



15 Years of
Extraordinary

**EKYA
SCHOOL**
ITPL



**THE BULLETIN
2025**

CAMPUS HIGHLIGHTS



Fireless Cooking Competition

As part of the monthly theme Health & Wellness, Ekya ITPL hosted an engaging **Fireless Cooking Competition** for students of **Grades 1 to 5**. The event aimed to promote the importance of nutritious eating while allowing students to express their creativity in the kitchen—without the use of fire. This unique initiative encouraged our young learners to explore healthy food choices and innovative preparation methods, all within a safe and enjoyable environment.

Students came prepared with a wide variety of colorful, healthy, and imaginative dishes—from layered fruit salads and sprout-based snacks to refreshing smoothies and sandwiches. Each creation was judged on aspects such as nutritional value, presentation, hygiene, and originality. The activity offered students an opportunity to collaborate with peers, take initiative, and build confidence in their abilities.

More than just a cooking competition, this event served as a meaningful platform to instill lifelong habits of wellness and mindful eating. It was heartening to see the enthusiasm, effort, and pride our young chefs brought to the table, truly making it a delightful and rewarding experience for all.



The Interhouse Basketball Tournament

The Interhouse Basketball Tournament at Eky School ITPL was a thrilling and joyful event filled with energy, excitement, and strong house spirit.

In the Middle School, teams were mixed, with boys and girls playing together. The first round saw Jal vs Bhoomi and Agni vs Vayu. After some tough and exciting matches, Jal and Vayu reached the finals. The final game was very close, and the players gave it their all. With just a few points difference, Vayu House won the trophy. The joy and cheers from Vayu were loud and proud, while Jal showed great sportsmanship despite their narrow loss.

In the Senior School, matches were held separately for boys and girls. Jal played against Bhoomi, and Agni played against Vayu. Once again, Jal and Vayu made it to the finals in both categories. This time, Jal House played with great confidence and teamwork, winning both the boys' and girls' finals. The courts were filled with smiles, happy tears, and high-fives as Jal celebrated their double win. Vayu, though disappointed, showed respect and clapped for the winners.



Throughout the tournament, emotions ran high – there was nervousness before matches, excitement during the games, and pure joy and pride after each win. Students shouted, clapped, and stood up for their houses. Teachers also joined in to encourage the players, making it a true team effort.

We were also happy to welcome back our alum, Anshoo, who kindly came over to referee the matches. It was heartwarming to see former students stay connected to the school community and support younger learners in their journey.

The tournament was not just about winning. It was about teamwork, trying your best, handling wins and losses with grace, and coming together as one school.

CULTURE ON CAMPUS



At Ekya ITPL, **morning affirmations** are a meaningful way to help students start their day with confidence, focus, and positivity. These affirmations are short, powerful statements that encourage students to believe in themselves, be kind to others, and take ownership of their actions and learning. The main goal of self-affirmation is to build self-esteem, resilience, and a growth mindset. It helps students manage self-doubt, handle negative emotions, and feel more responsible and motivated in their learning journey. Each morning, students either sit calmly or stand in a circle to begin their day. With a hand over their heart, they repeat affirmations—either aloud or silently. Teachers guide them to understand the meaning behind these words and believe in their power.

Some examples of self-affirmations include:

- "I am capable of learning new things."
- "I am kind to myself when I make mistakes."
- "I am brave enough to try my best."
- "I am responsible for what I do."

Saying these affirmations daily helps students train their brains to think positively—a process called **neuroplasticity**. It lowers anxiety, boosts confidence before assessments or presentations, and encourages a positive attitude toward schoolwork and life. In addition to self-affirmations, we also practice **peer affirmations**, which help build empathy, friendship, and a sense of belonging in the classroom. This practice reduces bullying and isolation by promoting appreciation and support among students.

Students may engage in partner or group activities to share kind words, or take part in a **Circle of Appreciation** where one says, "I appreciate [name] because..."

Examples of peer affirmations include:

- "You are a great friend because you listen."
- "I admire how hard you work in math."
- "Your creativity inspires me!"

These moments build a culture of kindness, reduce conflict, and improve teamwork. They also help students feel seen, valued, and motivated. By combining both self and peer affirmations, we aim to support our students' emotional, social, and academic growth—preparing them not just for school, but for life.

LEARNING & INSIGHTS

Hindi

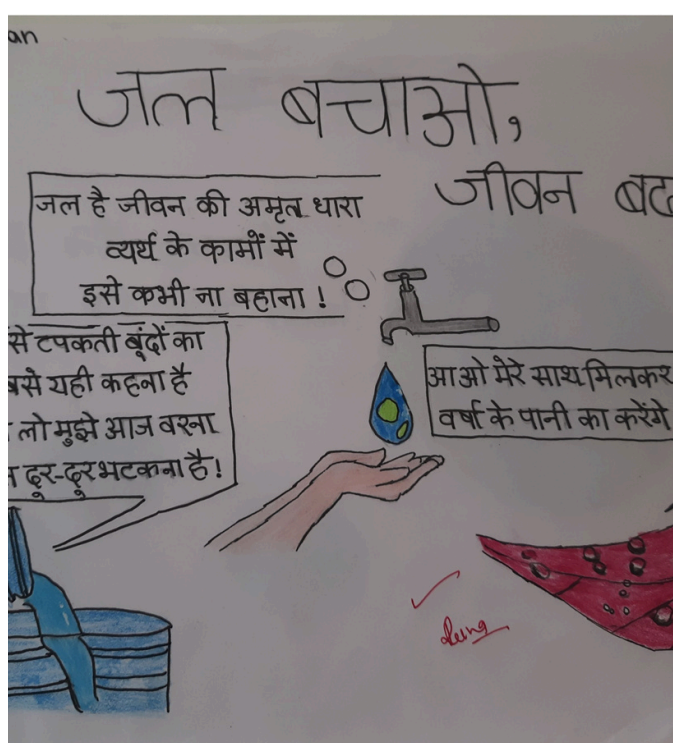
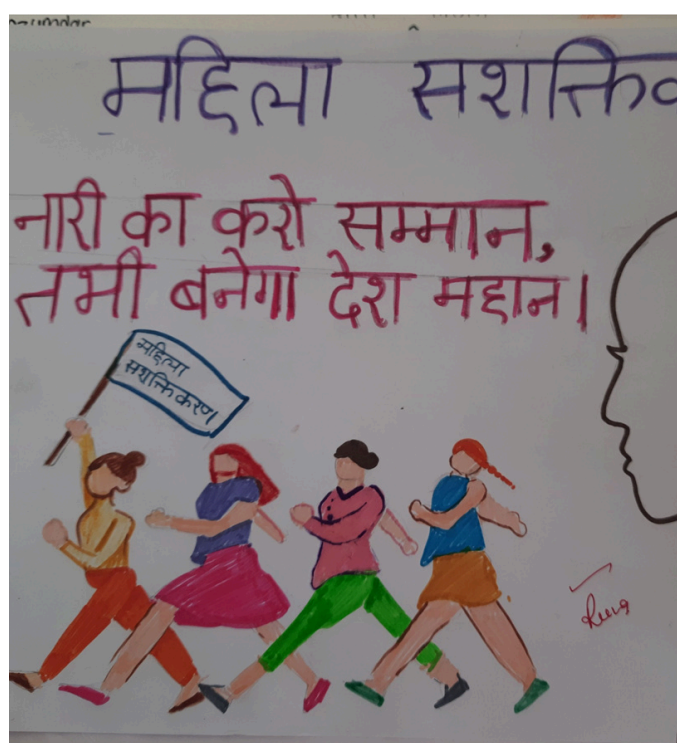
नारा लेखन का मुख्य उद्देश्य छात्रों में रचनात्मकता और संक्षिप्त व प्रभावशाली अभिव्यक्ति की क्षमता विकसित करना है। इससे वे कम शब्दों में गहरे संदेश देने की कला सीखते हैं। यह गतिविधि भाषा ज्ञान, व्याकरण और शब्दावली को मजबूत करने में सहायक होती है। साथ ही, यह सामाजिक जागरूकता बढ़ाने में मदद करती है, जिससे छात्र पर्यावरण, स्वच्छता, शिक्षा और देशभक्ति जैसे विषयों पर सोचने और अपने विचार व्यक्त करने में सक्षम बनते हैं। नारे गढ़ने की प्रक्रिया उनके आत्मविश्वास और संचार कौशल को भी मजबूत करती है, जिससे वे अपने विचारों को प्रभावी ढंग से प्रस्तुत कर पाते हैं।

नारा लेखन भाषा सीखने की एक प्रभावी विधि है, जो छात्रों को कम शब्दों में गहरा संदेश देने की कला सिखाती है। यह न केवल उनकी रचनात्मकता को बढ़ाता है, बल्कि भाषा के सही प्रयोग, व्याकरण और शब्दावली को भी मजबूत करता है। नारे लिखते समय छात्र नए शब्दों का प्रयोग करना सीखते हैं, जिससे उनकी अभिव्यक्ति क्षमता में सुधार होता है। संक्षिप्त और प्रभावशाली लेखन की यह प्रक्रिया संचार कौशल को भी विकसित करती है, जिससे छात्र आत्मविश्वास के साथ अपने विचार प्रस्तुत कर पाते हैं। इस प्रकार, नारा लेखन भाषा अधिगम को रोचक और प्रभावी बनाने में सहायक होता है।

नारा लेखन की एक बहुत ही रोचक गतिविधि है। इस अभ्यास से छात्रों को कम शब्दों में अपने विचार प्रभावशाली तरीके से प्रस्तुत करने की कला सीखने का मौका मिलता है। इससे न केवल उनकी रचनात्मकता बढ़ती है, बल्कि हिंदी भाषा की शब्दावली और व्याकरण भी मजबूत होता है। नारे तैयार करते समय छात्र विषय पर गहराई से सोचने और सही शब्दों का चयन करते हैं। साथ ही, जब वह अपने नारे कक्षा में प्रस्तुत करते हैं, तो उनका आत्मविश्वास भी बढ़ता है। यह गतिविधि उनके संचार कौशल को सुधारने में बहुत मददगार होती है।

कक्षा में नारा लेखन की गतिविधि सफलतापूर्वक आयोजित की गई। सबसे पहले, शिक्षक ने एक विषय चुना और उस पर एक नारा बनाकर कक्षा में प्रस्तुत किया। इसके माध्यम से छात्रों को प्रभावी नारे बनाने की विशेषताओं के बारे में बताया गया। इसके बाद, छात्रों को समूहों में विभाजित किया गया और प्रत्येक समूह ने दो विषयों का चयन किया, जैसे – जल बचाओ, सड़क सुरक्षा, महिला सशक्तिकरण, ग्लोबल वार्मिंग आदि। प्रत्येक समूह ने अपने विषयों पर नारे बनाए और उन्हें मोटे अक्षरों में रंगीन कागज पर लिखा।

इसके बाद, समूहों ने कक्षा के सामने अपने नारे प्रस्तुत किए। प्रस्तुति के बाद, अन्य समूहों ने प्रतिक्रिया दी, जिसमें उन्होंने नारों की सकारात्मक विशेषताओं को बताया, प्रश्न पूछे और सुधार के सुझाव दिए। अंत में, शिक्षक ने इंटरएक्टिव बोर्ड पर कुछ प्रभावी नारों के उदाहरण दिखाए और छात्रों को बेहतर प्रस्तुति कौशल विकसित करने के तरीकों पर चर्चा की। इस गतिविधि से छात्रों को नारा लेखन की कला सीखने और अपने संचार कौशल को सुधारने का अवसर मिला।



LEARNING BEYOND CLASSROOM



Leadership Bootcamp at Ekya Nava: Building Future Leaders

On **9th July**, Ekya Nava hosted an inspiring **Leadership Bootcamp**, bringing together student leaders for a day dedicated to building skills, confidence, and a spirit of collaboration. The bootcamp focused on nurturing the qualities that define effective leadership—communication, decision-making, empathy, and resilience.

Through engaging workshops, team challenges, and thought-provoking discussions, students explored what it truly means to lead with purpose. Expert facilitators guided them through activities that tested their problem-solving abilities and encouraged them to think creatively and work cohesively.

One of the highlights was the peer-sharing circle, where students exchanged ideas, shared personal goals, and reflected on their own leadership journeys.

The energy at Ekya Nava was vibrant and focused—students left feeling inspired, motivated, and better equipped to take on responsibilities in their schools and communities. The bootcamp was not just a training session, but a meaningful step toward shaping tomorrow's leaders today.



Dussehra Camps: Adventure and Discovery Await!

This Dussehra break, students are all set to step away from their desks and dive into the outdoors with camps planned at **Yelagiri, Ramanagara, Sakleshpur, Hampi, and Wayanad**. From misty hills and rocky cliffs to coffee estates, ancient ruins, and forest trails, each destination promises a unique blend of adventure, learning, and fun.

Students will trek scenic paths, try activities like rock climbing and rappelling, explore heritage sites, discover local wildlife, and share stories around warm campfires under starlit skies. These camps are more than just a holiday—they help students build confidence, teamwork, and a love for nature. With backpacks packed and excitement in the air, the Dussehra Camps are the perfect chance to make new memories, deepen friendships, and experience the joy of learning outside the classroom. An unforgettable adventure awaits!



Field Trips: Young Explorers at Bannerghatta and Jeeva Park

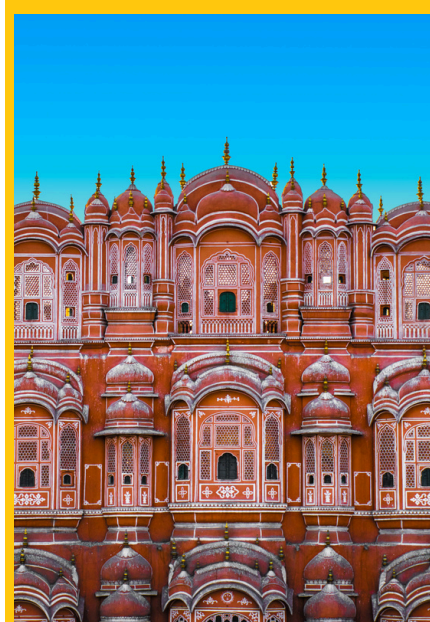


This term, our primary students set out on exciting field trips to **Bannerghatta Biological Park** and **Jeeva Park**, turning a regular school day into an adventure filled with learning and wonder.

At Bannerghatta, students got up close with nature's incredible diversity—spotting lions, tigers, bears, and deer while learning about wildlife conservation and animal habitats. The safari ride was a highlight, with wide-eyed children eagerly spotting animals roaming in their natural enclosures.

Meanwhile, a visit to Jeeva Park offered a refreshing day outdoors. Surrounded by greenery, students explored different plants, insects, and tiny creatures, understanding the basics of ecology and the importance of preserving green spaces. Fun games, nature walks, and storytelling under the trees made the day even more memorable.

These trips sparked curiosity and gave our young learners a chance to see, touch, and experience the natural world—making learning joyful and real.



Christmas Voyage: Exploring Jaipur & Ranthambore

This Christmas break, students from **Grades 6 to 9** are gearing up for an unforgettable voyage to the vibrant city of **Jaipur** and the wild beauty of **Ranthambore**. The trip promises the perfect blend of history, culture, and adventure—making it a magical way to end the year.

In Jaipur, students will step into the royal past as they explore majestic forts, palaces, bustling markets, and colourful streets, discovering the rich heritage and stories behind the Pink City's iconic landmarks.

At Ranthambore, the excitement shifts to the wild as students set out on thrilling safaris, hoping to spot tigers, deer, and other fascinating wildlife in their natural habitat. Evenings will be filled with bonfires, fun activities, and time to bond with friends under starry skies.

More than a trip, the **Christmas Voyage** is a chance to learn, explore, and create memories that will last a lifetime!

PROFESSIONAL DEVELOPMENT

We have been conducting a series of focused bootcamps for staff members on leveraging **AI tools** and exploring practical applications of AI in day-to-day workflows across roles. Our **senior school educators** participated in a **Professional Development Day** to upskill themselves on 'Using AI Tools in Differentiated Instruction.' The session focused on practical strategies to personalise learning pathways using AI-powered tools, ensuring every student's needs are met. We conducted a three-day in-person [workshop and field immersion](#) for candidates of our **Postgraduate Diploma in Early Childhood Education**. Held at the **CMR University City Campus**, the experience combined hands-on learning, peer collaboration, and real-world application of theory.

We have officially opened applications for the [ReThink Educator Certification Program](#), a three-month virtual learning journey designed for aspiring and in-service educators to deepen their understanding of progressive education practices.



STUDENT EDGE

Remains of a Brning Home

A rock, ancient and grey, spiralling around a burning sun.
Once lifeless, volatile, with surfaces of molten rage.
Who do we thank for calming its wrath, for letting life begun?
From lava to lushness, from chaos to a thriving stage.

She, the Earth, mother to all that crawls and soars,
Turned desolation into rivers, valleys, and bloom.
Her crust of rock became nurturing floors,
Breathing life into what once knew only gloom.

Forests rose where fire once burned,
Oceans filled the craters of ancient despair.
The skies cleared, and the seasons turned,
Welcoming creatures of water, land, and air.

For her children, she softened the ground,
Offered fruit from trees, shade from the sun's might.
She wrapped her winds gently around,
And lit the stars to pierce through the night.

Yet, how would she think of us now?
Those who rose on two feet and crowned themselves kings.
We cut her trees, scorched her brow,
Replacing green canopies with smoke rings.

A black fog blankets the gifts she gave,
Choking the soil, the rivers, the skies.
We pollute her oceans and flood her caves,
As if her patience were infinite and wise.

We take and consume, with no end in sight,
Ravaging her resources, mining her core.
Our industries roar through the day and the night,
Always wanting, always asking for more.

We forget to thank the one who nurtured us first,
The one who tamed the air so we could breathe.
We forget her toil, her boundless thirst
To keep us alive through storm and seethe.

She once cleared the smog with a breath of spring,
Now it's our turn to act, to repent.
Fate has paused its merciless swing,
Granting us time to reflect and lament.

It's time we awaken to our shared complicities,
To the damage we've done with selfish haste.
We must choose wiser possibilities
And let not her bounty go to waste.

Still, some fight with courage and care,
Planting seeds where concrete once lay.
Restoring balance, guarding what's fair,
Turning back destruction, come what may.

And so she stands, amid her leafy kin,
Watching with hope, where hope had gone.
For those who heal what others ruin,
Her pride shines like a breaking dawn.

Her other children — the wolf, the bee, the pine
—
Still whisper their songs in the winds we ignore.
She watches their struggle to realign
The harmony we broke at the core.

Though her wounds are deep, her faith remains,
In the hands of those who choose to rise.
Let us begin to break our chains,
And stop feeding ourselves with lies.

We may have pushed the world near collapse,
But it's not too late to answer her call.
Let justice, love, and reason perhaps
Be the tools we use — or we'll be the ones to fall.



Nivedita Susheer
Grade 9, EITPL

LEADERSHIP CORNER

"The child must learn by his own individual authority"

- Maria Montessori

Life Beyond the Curriculum

At Ekya Montessori, learning extends far beyond books and formal lessons. For our youngest learners, aged 3 to 5, every day is full of meaningful experiences that help them grow into confident, curious, and caring individuals.

We believe that true education happens through real-life activities. Children learn by doing — and in Montessori, these everyday tasks are part of the learning process. When a child pours water into a glass, folds a napkin, or sweeps the floor, they are not just being busy. They are building independence, focus, and responsibility.

A 3-year-old might be learning to spoon grains from one bowl to another, carefully using both hands. A 4-year-old can set the chowki for lunch time, while a 5-year-old may water plants or help a friend zip up their bag. These practical life activities teach children how to care for themselves and their environment.

Montessori classrooms also have a unique feature — mixed-age groups. Children aged 3 to 5 work and learn together in the same space. Younger children watch and learn from older peers. Older children take pride in helping their younger friends. This natural interaction builds a sense of community, patience, and leadership.

Beyond curriculum, children are exposed to celebrations and cultural experiences. During festivals, they make simple crafts, wear traditional dress, and share sweets with their friends. These moments teach children about togetherness, respect, and joy.

Nature is also a big part of Montessori life. Children may go on nature walks, plant seeds, or observe butterflies. A child who plants a seed and watches it grow learns patience, care, and wonder. These real-world experiences spark curiosity and connect children with the environment.

Emotional development is another key area. At Ekya, we gently teach children about grace and courtesy — how to say "please" and "thank you," how to wait their turn, and how to solve problems peacefully. A 3-year-old learning to ask for help politely is just as important as one learning the alphabet. Creativity is encouraged through music, art, and storytelling.

Children sing songs during **circle time**, paint with bright colors, and listen to magical stories. These moments build imagination, language skills, and confidence in self-expression.

Most importantly, it helps children develop a love for learning. It allows them to choose their work, move freely, and explore at their own pace. This freedom builds motivation, concentration, and self-discipline.

At Ekya, life beyond the curriculum is full of purpose, joy, and growth. Every task, conversation, and interaction shapes the child, helping them become independent thinkers and kind individuals.

Because in Montessori, the little things aren't just part of the day — they are the learning.



Melissa Waters
Early Years Educator, EITPL



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