

# HAPPY ME

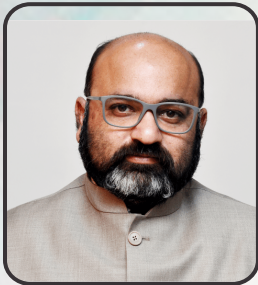


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(COORDINATOR)



Ms. Bindal Parikh  
(COORDINATOR)



Ms. Anita Gangwani  
(COORDINATOR)





**Mrs. K.L. Bhatt**  
Co-Founder  
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**C**reativity plays an important role in our life to give satisfactory outputs. It helps us to express our feelings and ideas in our own way. Every person must have a unique thing, and that uniqueness if applied in proper way, in channelized form, can give miracle results. Hence, identify your uniqueness and present yourself for getting better output.

It's my personal experience when you decide on a path for yourself and work hard to get the destination, nobody can stop you to touch your heights of success. You know that Thomas Edison failed many times in attempting to invent the light bulb, but he kept his spirit high and he kept confidence on his own ideas and one day he got the success. Therefore, keep patience and trust yourself which will definitely lead to your success. Students always try to do your best. You are all my pride, so always keep it up your best.

**I**t is well said that proper education builds individuals, and those individuals can build better societies, and better societies build great nations. Hence, Education is the key to change. Remember victories teach you to be humble, but mistakes make you more skillful. So just do your best! And become better citizens for better tomorrow.

So, I wish all the students good luck and keep up the hard work and you will get the best results. I would say that no one should ever give up on something that they truly want to do because every body can achieve something if there is a will to put effort in the work and have a strong mindset towards overcoming the particular challenge. My true success will be seen all of you, when you all will be at better positions. Wishing you a successful year ahead.



**Dr. Archit Bhatt**  
Managing Director

**H**ardwork is the main backbone to get success, without practice, there is no success in life. It is impossible to reach the height of success because, it is the only way to achieve the goals of our life. Hence it is a powerful tool to win the battle of life, so be motivated and be focused in your life! Remember what we earn by sweating our brow gives us immense happiness than something we achieve by a stroke of luck. Thus, we can see that timely devotion and dedication and contribution towards achieving your goals always gives fruitful and progressive result. One must be constantly vigil to work honestly in a focused way as it can help you to achieve your dreams. As we have heard, man is born to work, just like steel; he shines in use and rusts in rest. My good wishes are with you all!



**Dr. Jyoti A. Bhatt**  
Director  
(Finance & Future Projects)

# “HAPPY ME”



**Dr. Pratiksha Parikh**  
Principal

**W**e all know that everyone's version of happiness is a little different and so it is the path to achieve it.

Create thoughts list. Take time to re-treat and re-evaluate your goal.

“To Remain Happy Is In Our Hands”. It is a matter of habit what we cultivate, so let's all make positive habit apart from routine, is the first change we need to do, to get the positive start of the day.

There is no scripted definition of the happiness. Happiness is the state of mind, to remain happy is in our hand because the reason of the happiness varies from person to person, hence we are the ultimate Boss to decide our schedule and the parameters of the happiness. Don't put the clause and conditions and don't plot the parameters of happiness. If we talk about the components of the happiness one is balancing the emotions, feelings and our moods and always we have seen that happiness is generally linked with the experience of positive feelings and on our thoughts. Second thing which derives the happiness is the life satisfaction, which is related to how satisfied we are in different areas of our life including our personal relations, professional and personal work, our achievements and many other things which are considered important in our life as per our priority, hence we have observed that both the components are in our hand, to control our emotions and to feel the satisfaction of success.

Happiness is nothing but a human desire. There is a little difference between happiness and to be happy. For getting happiness we have to change our thought, our routine, and our desire but to be happy, no condition is applied. It is just to find a positive learning and positive result in every movement. We don't have to link our happiness with our desire because we have generally seen all other human desires exist as a way to obtain happiness, but when we relate it with the desire the happiness remains for short term, as it is human mentality that when one desire is fulfilled after some time another desire occurs, hence we depend upon the occurrence of our desire and on its achievement which decide our happiness from time to time.

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## “HAPPY ME”

My experience says that to remain happy is just requires a positive mind and to start our day with little regular exercise and yoga which is the actual support of our mind to remain happy, rather than giving importance to our desires to remain happy, give importance to set a routine which can keep your body and mind in a stable condition. Looking to the stress of today's era, to realize the stress is more important than find the happiness in any of the achievement, hence smile, exercise, get plenty of sleep, eat with mood, practice gratitude, make habit of giving compliments to others in positive note. Take fresh air, do regular yoga, acknowledge the unhappy moment, avoid comparing yourself to others, don't carry your stress on your head, make a diary ,jot down the problem and plot the solutions in an option forms, make good friends with whom you can interact well to get the conclusion of any matter in a very positive way, plan your week in such a way that at the end of the week you can contribute some personal time for your loving work , special attention would like to drag about today's behaviour regarding using the mobile which the human behaviour had also added for remaining happy.

If they are getting more likes on their post they feel happy, if they are not getting more likes on their post they become unhappy, my question is WHY? We give excess of our happiness to others, hence ditch your mobile phone, use your technology to get the benefit and for the easement of your work, Don't allow technology to control your emotions, whenever you get time, explore nature, we can see many discoveries which can be a contributory factor to aware the general public. Meditation is the best method to control our mind, emotions and to become stable in our thoughts, therefore make meditation your best companion. Feel your importance and your role which you are contributing to your family, which is most important.

It's all you who can choose to dwell on an unhappy event all the day or you may choose to refuse to think about any negative thoughts to lead in your mind, you can remain focus with all suggested options to feel happy and bring smile to your face. Hence my advice is that choose to be happy, no matter what the situation is, choosing happiness is a way of life which I have adopted in my life and will suggest the same. Yes, it requires to put some efforts from your part, but nothing is impossible! It's our attitude that makes us feel happy or unhappy!



# “Talent can be explored any time”



**MR. Bhavin Pathak**  
Vice Principal

“All of us do not have equal talent; but all of us have equal opportunity to develop our talent.”

— APJ Abdul Kalam

**T**he function of education is to teach and to think intensively and critically. In the current global scenario, the school believes that students must exhibit competence, skills and character. The aim of the school has always been to bring out the best in the students and make them better citizens.

**“Focus on the journey, not the destination. Joy is found not in finishing the activity but in doing it.”**

At Tripada English School, we encourage our students to learn through experiences within and beyond the classroom. We want our children to be courageous, confident, disciplined and responsible.

It is with immense pleasure that the new edition of "Talking Parrot" is brought out, showcasing the creative ideas and critical thinking of our students.

In today's competitive era, when everything is achieved by hard work and skill, it is also a necessity to happily accept failure along with success. The title of this magazine "Happy Me" gives the inspiration that every single moment of life should be lived happily. A person with a happy mind is able to take competent decisions in difficult situations. A student with full of happiness can do proper planning for his study and can achieve desired goals.

Reflecting on your skills, talents, competencies, and personal characteristics is a great place to start in helping you to discover yourself and improve them. Begin with self-belief, promoting your strengths and neutralising your weaknesses. Do this on daily practice, at work, in your school life and with your short-term goals. With time, depending on your goals, look at the weaknesses holding you back and the subsequent skills you need to develop. This method will improved you day by day!

Happy Reading!!

# Benefits of Self Study



**Ms. Kavita Pandya**  
Co-ordinator

**S**elf-studying is a learning method where students direct their own studying—outside the classroom and without direct supervision. Self-study is becoming more and more effective way to engage students with what they are learning in class. Students have the ability to access many resources that now, learning can happen anywhere, anytime—not just in the classroom.

Students are beautifully made by nature, to self-direct their own learning. For almost all students, learning is innate, which is why they prefer learning on their own by exploring, observing, questioning, and participating. The learning instinct in them would work best if they are provided with opportunities to flourish.

A lot of research has shown that students who study with study techniques not only study better but also get better grades as compared to those who don't use any study techniques.

## **It is a four steps process:**

1. Pick a topic and understand it properly
2. Explain the topic to someone in an easy way (from basic) so that the other person can easily understand what you want to teach
3. Identify your knowledge gap where you can't explain clearly
4. Organize Simplify the concept (if you can't return to the literature to understand it better)

## **Importance of Self Study**

1. Students who self-study gain the ability to choose what to study and how to study it according to their capabilities.
2. Students can create their notes and study them in the language they are most familiar with using efficient self-study techniques.
3. The confidence of a student is increased by self-study. It meets their requirement and enables unrestricted study.
4. Students who self-study have the freedom to learn at their speed and can concentrate on the subjects that interest them the most.
5. Self-learning gives students the freedom to select a subject they are passionate about learning, making for a more effective and engaging learning environment.

Self-study is an essential component of any preparation. Self-learning is more than just reading for an hour every day. It also consists of making your study time more effective and productive.

# We believe in Education



**Ms. Bindal Parikh**  
Co-ordinator

**E**very childhood is a fundamental stage of children's lives, the initial years being particularly important for their physical, intellectual and emotional development. We have developed our pedagogical approach, bringing together the best practices from various methods, always based on education for values and affection.

It is our priority to create a personalized environment for our children and their families for the individual development of each child. Establishing positive interaction, creating a stable, organized and at the same time flexible routine are the main strategies in the development of our curriculum. Individualized teaching, daily English language lessons like conversation, rhymes are undoubtedly some of the strengths of our educational provision.

We believe that parents are essential partners of our school and we encourage the relationship between the school & the family. Parental involvement in their children's education is their right, as well as a responsibility and our principle. We believe that education should, from an early age, guide children towards becoming the true protagonists of their lives and asserting themselves as dignified, aware and active citizens, developing their potential and necessary skills in order to be independent, supportive and happy.

I hope and pray that the students of our school will scale great heights.





# “SMILE IS NUTRITIOUS”



**Ms. Anita Gangwani**  
Co-ordinator

The title itself brings happiness and smile on our face. If a person is happy surely the whole environment around will be happy and the positive vibes can be experienced. Now a days the mentality of people has changed ,they don't want a perfect life but they want a HAPPY LIFE. For being happy we need a reason& that as an individual we need to decide what kind of day we will have. The parameters of Happiness vary from person to person. We can be happy in whatever the situation we are into, that depends on us how to deal the situation in positive way to make our day worth full and happier. To remain happy we need to love someone or do something or hope for the best. If we enjoy our work & enjoy the company we are with, will lead to happy me.

First of all we should love & spend some time for our self. We should do the activity which makes us happy & relax. We should feel and believe in ourselves. As an individual, I am not perfect but honest, loving & caring which makes me happy!



# Pros And Cons Of Science



**Ms. Anita Menon**  
Educator

Science is a blessing to the mankind. It makes man's existence comfortable. Scientific information and knowledge has empowered man. In farming, communication, medical science and almost every field, man has got abundant developments with the understanding of science.

So where can we find science in daily life? You don't need to find it. It is always there around you. The growth of science has improved the quality of living. If we apply science effectively, it can make our lives easier and healthier. The development of cell phones with internet access is a benefit for the current world. We have access to all the amenities and comforts.

Although science has given us a lot, we are all aware that everything has a price. There are also drawbacks of science. Science can create everything, but it can also destroy it. Some examples of this are the innovation of atomic and nuclear bombs.

Since everything is being done by machines, science is also making people lazier. Human health is also impacted by science. It also leaves a lot of individuals without jobs. Science doesn't always treat nature well. The latest innovations are a major contributor to pollution. There is no end to the wonders of science, and its potential is limitless. Science can be a difficult master, despite its many positive traits. It is crucial to remember that excess of anything is poison, and this also holds true for science. It's critical to use this resource effectively if you want to have a beneficial impact on humanity.

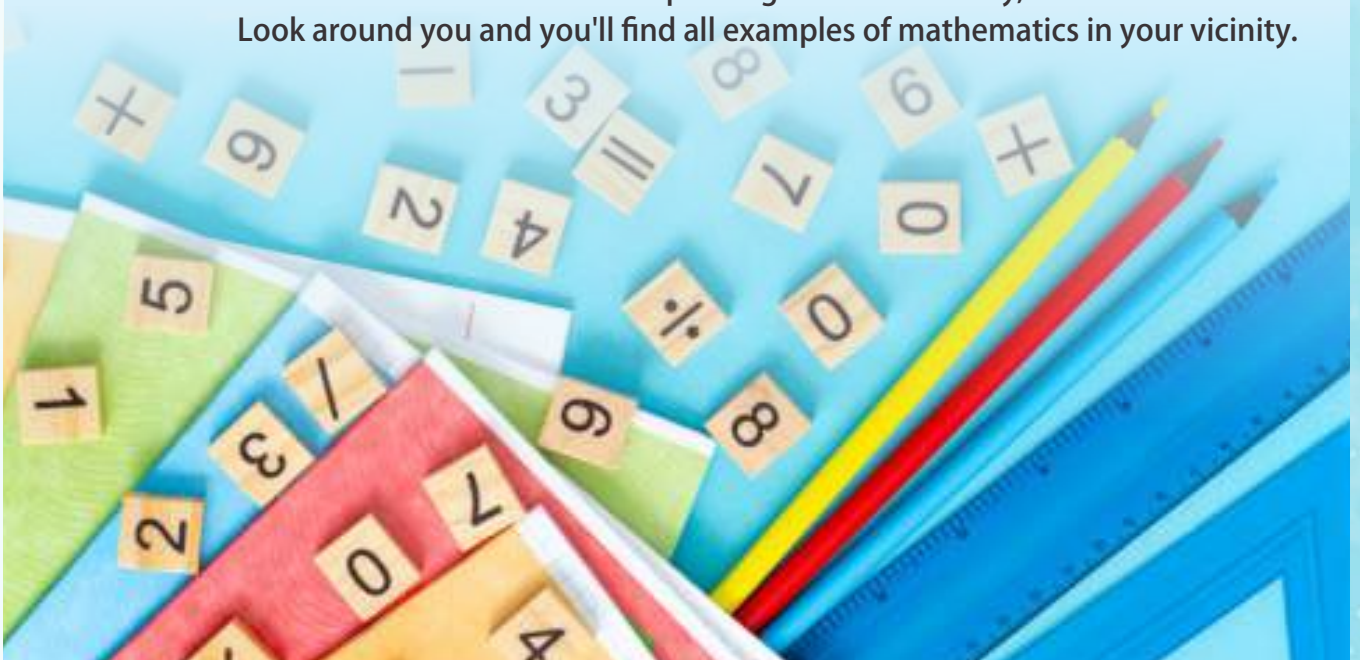




**Mr. Arvind Kapadia**  
Educator

# MATH

The golden ratio and symmetry,  
Every construction's backbone is Geometry.  
Algebra and statistics help us all,  
In creating structures like a school building, home or mall.  
Mathematics has made everything possible,  
By identifying coordinates and making everything traceable.  
It helps us make combinations and find the probability,  
It goes by proof and enhances our ability.  
To analyse and solve a problem,  
To learn to share by dividing candies and being awesome.  
Symmetry always helps us all,  
And makes beautiful all creatures great and small.  
Trigonometry is used to find the distance between rivers,  
We also use mathematics to find the height of pillars.  
From counting stars and birds,  
To learning area, volume and law of Surds.  
In real world it has imaginary numbers,  
With maths in hand we can always create wonders.  
It is just to use it in the right way,  
All ideas are proved, none is stray.  
It never stops but goes on till infinity,  
Look around you and you'll find all examples of mathematics in your vicinity.





# Safety And Hygiene



**Mr. Robin Joseph**  
Head Administrative

Since children spend a substantial part of their day in school, it is very important that the ambience in school remains positive and cultivating, and student safety is guaranteed along with the children feeling safe and secure among their care providers.

Our school has installed CCTV in all nooks and crannies of the school premises, so that the school catches all the activities that happen on camera and nothing leaves un-captured if there be a fishy movement. With the help of CCTV, we ensure that a child's day-to-day life in school is constantly being monitored and recorded. The teachers and staffs are well trained to understand key indicators of child abuse, and are also made well prepared to respond instantly to any inappropriate behavior. Our school's compound is also well fenced and gated from all sides and in this way the number of people who come and go out are checkmated. We have also deployed enough Security Personnel at the School Gate and on no event, we allow the school gate be left unmanned. These security guards maintain an inward and outward register where the details of all the visitors entering and leaving the school are maintained. Also, the school is conducting a proper security check before employing teachers and other employees.

With regards to preparedness against disasters and emergencies, the school conducts safety drills at the start of the year and regularly throughout the year and ensures that the students and the staffs are well prepared in the event of an emergency and they know how to respond to an emergency event like fire, earthquake, or other incidents in the school. These drills empower the students and staffs to take appropriate action based on the specific situation and circumstances.

With regards to regular cleaning of the school premises, classrooms, furniture, labs, canteen area and storage space, we have employed enough cleaning staff, who makes sure that utmost care in work is undertaken to ensure absolute cleanliness, which in-turn helps us to ensure a bug-free learning and teaching environment. All the classrooms are vacuumed and mopped every day. Dustbins are kept in all the washrooms and also in every floor; so as to encourage students to throw any thrashes into dustbins only.

# Learning Is Experimental



**MS. Sheela Karia**  
Educator

Exciting. explorative, experimental and explanatory ...what more can we have in a classroom!.Envisage this scenerio. The traditional class room is filled with a learning buzz - small group of Tina, Meera and Jay are busy discussing the gravitational force experienced on the moon. Alia, Dhruvi and Veer are looking through the microscope at slide to study the water droplets and its contents - brownian movement .Another group is intensely involved in the discussion of the poem " If" by Rudyard Kipling ... Facilitating all this is Ms Radhika who moves around to each group with a reassuring and confident air that her brood is doing well. This is what blended learning is all about - a marriage of traditional " face to face Learning with Online Learning using all modern Technology . We need to understand and accept that Blended Learning is here to stay.

## Some things!



**MS. Bala Iyer**  
Educator

Some things are meant to be  
Some things are not  
Either way you look at it though  
You know you can't go wrong

Make choices, make mistakes  
That's what life is all about  
But no matter what, you can do  
anything  
Determination is all it takes

Some things are worth the trouble  
Some things are not  
Some juice is worth the squeeze  
Some is nothing but a problem

No matter how you look at it  
No matter what happens  
Some things are meant to be  
Some things, you just can't pick



# જીવનમાં યોગનું મહત્વ



**MS. Mamta Pandya**  
Educator

યોગ એ પ્રાચીન ભારતીય પરંપરા દ્વારા મળેલી એક અમૂલ્ય ભેટ છે. તેમાં મન અને શરીર, વિચાર અને ક્રિયા વચ્ચે રહેલી એકતા, મનુષ્ય અને પ્રકૃતિ મધ્યેની સંવાદિતા સાધવાનો અને આરોગ્ય અને કલ્યાણનો સમગ્ર દષ્ટિકોણ છે. યોગ એ કસરત નહીં પરંતુ પ્રકૃતિમાં રહેલી એકરૂપતાની શોધ છે. આપણી જીવનશૈલીમાં ફેરફાર કરીને તથા ચેતના જાગૃત કરીને તે આપણને આબોહવાના પરિવર્તનનો સામનો કરવામાં મદદ કરી શકે છે.

તા. ૨૭ સપ્ટેમ્બર, ૨૦૧૪ના રોજ સંયુક્ત રાષ્ટ્રસંઘની દલ્હી સામાન્ય સભાને સંબોધિત કરતી વખતે ભારતના માનનીય પ્રધાનમંત્રીશ્રી નરેન્દ્રભાઈ મોદીએ વિશ્વ સમુદાયને ‘આંતરરાષ્ટ્રીય યોગદિવસ’ અપનાવવા માટે વિનંતી કરી.

સંયુક્ત રાષ્ટ્રની સામાન્ય સભાએ આ દરખાસ્તને સર્વ-સંમતિ દ્વારા મંજૂરી કરી ૨૧ જૂનને ‘આંતરરાષ્ટ્રીય યોગ દિવસ’ તરીકે સ્થાપિત કરવા ઠરાવ કર્યો અને સ્વીકાર્યું કે યોગ, આરોગ્ય અને સુખકારી માટે એક સંકલિત અભિગમ પૂરો પાડે છે. તથા વિશ્વના આરોગ્ય અને સુખકારી માટે યોગ અભ્યાસના લાભો વિશેની જાણકારીના બહોળા પ્રચાર અને પ્રસારની જરૂરી છે.

યોગ આંતરિક વિજ્ઞાન પણ છે. જેમાં એવી વિભિન્ન પદ્ધતિઓનો સમાવેશ થાય છે જેના દ્વારા મનુષ્ય શરીર અને મન વચ્ચે એકતા-સંવાદિતા મેળવીને આત્મસાક્ષાત્કાર કરી શકે છે. યોગસાધનાનું મુખ્યલક્ષ્ય તમામ પ્રકારની પીડાઓ અને કષ્ટો દૂર કરવાનું છે.

પ્રાચીન સમયથી જ આજ સુધી વિખ્યાત યોગગુરુઓના ઉપદેશો દ્વારા યોગનો વિશ્વમાં ફેલાવો થયો છે. આજે રોગનિવારણ, સ્વાસ્થ્યની જાળવણી માટે યોગપ્રણાલી ઉપર સૌને દૃઢ વિશ્વાસ છે. સમસ્ત વિશ્વમાં લાખો લોકોને યોગાભ્યાસ દ્વારા લાભ થયો છે. યોગપ્રથા દિવસે અને દિવસે વધુને વધુ સ્વીકૃત થતી જાય છે.



# BRIDGE BETWEEN EMPLOYER AND EMPLOYEE



**MS. Krishna Khandwala**

HR

**H**uman resources or HR manages the employee life cycle. HR professionals handle a wide variety of job responsibilities that are important for an organization's success.

The human resources department of an organization focuses on improving the satisfaction and engagement level of employees. The goal of HR is to provide a productive and healthy work environment for all employees.

HR management helps to bridge the gap between employees' performance and the organization's strategic objectives.

The importance of Human resource in an organization is considered very high and effective management of people in an organization is the task which is always on priority. Managing the human resources is that part which develops the human aspects of the organization. They directly or indirectly contribute in achieving organizational goals and thus increase the importance of human resource. In other words, management of human resources is concerned with employee engagement at all levels.

The other human resources importance is to keep its employees happy and motivated. This happens through stress free work environment.





# PLAY SPORTS DAILY!

**S**ports develop the physical as well as mental strength in students. Daily physical exercise is essential for students because exercise not only helps students to stay healthy, but it also helps to improve their emotional fitness.

Sports is a major part of the school curriculum because if students stay emotionally and physically healthy, they can easily focus on their studies. Sports are important in schools because it helps to teach various skills to students like leadership, patience, team efforts, and social skills.

At Tripada English School, sports and games curriculum is an integral and compulsory part of the education process. Sports help to build character and teach the importance of discipline in life. It inculcates a respect for rules and allows the participants to learn the value to self-control. Our school has the following sports facilities - Badminton Court, Volleyball Court, Indoor facilities for Kabaddi, Table Tennis etc., arena for doing Yoga and other physical activities, to name a few.

If studies are for the soul, sports are for the body. Keeping this in mind, TES celebrated SPORTS WEEK from 20th January – 3rd February 2023, among the participants of the 4 houses – Gandhi, Bose, Sardar and Tagore, by emphasizing on events like – Kabaddi, Badminton, Volleyball for students of Grade VII – IX and Dodge Ball, Kho-Kho, Musical Chair, Standing Broad Jump, Drills, 50 m Running Race for students of Grade I – VI. All the students as well as teachers enjoyed the games, and what truly was to be lauded was the camaraderie, sportsmanship and team work among students. Prize distribution was conducted, where prizes were awarded to the top three players/team in all the categories. This Annual Sports Event, not only fills every student with new energy but also motivates them to excel further, so that we can guide them in their future endeavours. —**Mr. Hemal and Mr. Chandan (Sports Educator)**





# Up coming - Learning resources

## Coding and its Benefits

- The coding classes is introduced to our students as a skilled subject, which tests a variety of abilities.

### **BENEFITS OF CODING:**

- IT hones problem-solving and analysis skills, such as finding errors and thinking logically.
- Coding will help our learners to develop teamwork and interpersonal skills, since it is observed and found that using such software and application projects are often cross-disciplinary and collaborative. Hence, students are going to learn to form self-discipline also. It's regular application will enhance to develop computational thinking skills like algorithmic thinking, decomposition, pattern recognition, abstraction and evaluation while playing coding games and solving puzzles. Students will effectively learn to use programming constructs of sequencing, looping, debugging and conditionals.
- **Algorithmic thinking:** It is the ability to think in terms of sequences as a way of solving problems. It is a core skill that learners develop when they learn to write their own computer programs. Debugging ,finding and fixing mistakes in a program also sharpen the skills as they learn and do more practice.
- **Decomposition:** It is breaking down problems into smaller, more manageable parts. Students are taught this by giving examples of everyday activities like brushing teeth or getting ready for school. All these tasks can be broken down into several activities.
- **Pattern Recognition:** It is an important CT skill. Recognizing patterns helps in finding similarities in things that may look different at first, but have something in common. Identifying patterns in code and using loops to repeat instructions multiple times helps hone this skill in students.
- **Abstraction:** It is removing unnecessary detail and focusing on the main idea.
- **Evaluation:** It is making judgments. Determining effectiveness of a solution, generalizing and applying to new problems.



Mr. Hitesh Parikh  
IT HEAD



## ARTIFICIAL INTELLIGENCE:

Artificial Intelligence is a subject of Computer Science aimed at building machines and computers that can enhance logical operations. It is a modern approach of science which has raised the status in education, deals with the potential goals and the broad usage and the development in the software area, Artificial intelligence is different and upgraded program rooted through computer systems but differentiates on the basis of rationally thinking vs. acting. Like Human Approach: system that think like humans, system that act like humans. It is also an Ideal approach: system that thinks rationally, system that acts rationally. In the simplest form, artificial intelligence is a field, which combines computer science and robust data sets to enable problem-solving.

AI systems have the ability to execute tasks naturally associated with human intelligence, like speech recognition, decision-making, visual perception, and translating languages .Students have the option to build their career as a Machine Engineer, Software Engineer, Hardware Engineer, Research Engineer, Business Intelligence Developer, and Data Scientist etc.

## CODING

Coding and Data Science Curriculum are focused on building critical thinking, computational skills, problem-solving skills, creativity and hands-on exposure to new technologies. In keeping with the NEP 2020, we have introduced these courses with the aim to build next-generation skills in students as coding and data science are the currency of the future.



## HANDICRAFTS

This skill module on 'Handicrafts' focuses on practical activities and will provide a learning experience to the students. Handicrafts will help to build aesthetic sensibility, creativity, planning skills, problem-solving skills and innovativeness amongst students. Practicing handicraft activities will improve hand-eye coordination- enhance dexterity, will learn to appreciate art and culture, will enhance self-expression, creativity, memory and visual learning of the students.

# WAYS TO SHOW YOUR CHILD LOVE TODAY!



Parenting consists of these 3 Vital things: Empathy, Understanding and Respect. Gentle parenting is basically to encourage the child to take responsibility for themselves. Gentle parenting is to make your child learn to explore their emotions, as well as teaching children to manage their feelings.

Gentle parenting is making children feel accepted and make them learn to recognize the emotions as natural. Through Gentle Parenting, Children also learn to manage their emotions in a peaceful and nurturing environment, building resilience.

Gentle parents pay close attention to how their children react to problems and use empathy to identify their child's needs.

## **Tips to Incorporate Gentle Parenting in your Routine:**

### **1. Comment on the action, not on the person.**

Try to separate the action from the child when you speak. It's the difference between responding with "You're mean to your brother" and replacing it with "I don't think your brother likes it when you do that." This indicates that mistakes happen to all of us, but they don't define who we are.

**Continued on p14**

## 2. Moulding the social behavior of students

Use kindness towards yourself to show your child how to be compassionate about their own emotions. And share what self-care looks like to you. You can say, "Oh! I am so tired today. A nice shower will make me feel more rested & relaxed, and I will go to bed earlier tonight". Your child will learn and treat themselves and others in times of need.

## 3. Encourage your child to work collaboratively with you.

This can be as simple as changing the format of your demand to a question that encourages your child to work collaboratively with you. While a command might sound like "Tie your shoes", a gentle parenting alternative would be, "Don't you think, You should tie your shoe lace so you don't fall down?"

## 4. Encourage the Positive actions.

There are ample of options of saying 'No'. Gentle Parenting means you choose to set clear boundaries and do not focus on the things you do want to encourage. For instance, such as not touch something can be conveyed by saying things like "Let's use gentle hands on this" or even "This one is just for looking".

## 5. State the facts instead of constantly giving commands

Kids aren't robots programmed to do our commands. Those parents who restrict their child, their kids often do exactly the opposite of what they are asked to do.

The trick is to turn your instruction into teaching moment. So instead of, "Put that milk away," you might say: "Milk spoils when it's left out." This approach tells a child, "When you have all the information, you'll do the right thing."



**MS. Aayushi Thakkar, Counselor**



# एक कथन



"उठो, जागो और तब तक नहीं रुको,  
जब तक अपना लक्ष्य प्राप्त न हो जाए,"

मैंने भी कुछ इस तरह के लक्ष्य को साकार किया है--

भारत देश के प्रधानमंत्री के साथ ग्रुप फोटो में मेरा शामिल होना सपने साकार होकर लक्ष्य पाना , यह सुअवसर २२जनवरी २०२३ रविवार को देशप्रेमी, कर्तव्यपरायण, अनुशासनशील श्री मुकुल कुमार सिन्हा को माननीय प्रधानमंत्री के द्वारा दिल्ली में ' अखिल भारतीय पुलिस महानि / महानिरीक्षक सम्मेलन २०२२ में ' प्रेसिडेंट पुलिस मेडल ' से नवाजा गया , उनकी सहयोगी बनकर इस आवार्ड सम्मेलन में मैं भी एक हिस्सा बनी , संघर्ष जितना बड़ा होगा, कामयाबी उतना ही शानदार होता है -यह हमने विगत ३१ सालों के संघर्ष, त्याग और कुछ असाधारणकर्तव्य को जनून के साथ करके इस महान उपलब्धि को पाया है द्य प्रत्येक क्षण को पूर्ण आत्मविश्वास के साथ चुनौतियों का सामना की हूँ.

मेरी इस उपलब्धि में कई सन्देश हैं , जैसे - संघर्ष, लक्ष्य और लक्ष्य प्राप्ति का जज्बा ,

१ ) हमारे विद्यालय के युवा छात्र - छात्राएं इसके महत्व को समझते हुए इसका पालन करें और कुछ नया करने का प्रयास करे तथा प्रगति के पथ पर अग्रसर होते हुए असम्भव को संभव बना लें ,

"सूरज कई तरह चमकना चाहते हो टी पहले सूरज कई तरह तपो"

२ ) मेरी यह सफलता नारी शक्तिका भी प्रमाण है-- नारी अपनी सोच एवं मनोबल से किसी को महत्वपूर्ण बना सकती है ,

"आकाश की ऊँ चाई इतनी भी

ऊँ ची नहीं है.....

पंख फैला कर उड़ने की हौसला तो रख..."

— लतिका सिन्हा



## Foundation Day Celebration (Rath Yatra)



To commemorate the Foundation Day and as part of celebrations of Lord Jagannath's Rath Yatra, Tripada Group of Schools organized the 55th Bal Rath Yatra on 1st July 2022. The theme of the procession was based on the 75th Azadi ka Amrit Mahotsav. In the 8-km procession, students displayed their vocational and creative skills through activities like March Past, Mass PT, Stick Walk, Garba & Zumba Dance, Gymnastics, Skating, Kudo, Pyramid, Hula Hoop and wore traditional and western outfits showcasing globalisation, all the while preserving Indian culture.



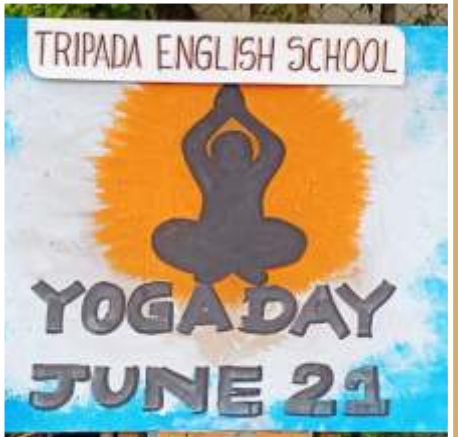
# YOGA DAY

We believe that education does not mean mere imparting of knowledge or facts but it encompasses an all-round development of an individual. The celebration of International Yoga Day as declared by the United Nations was highly an exuberant event with the buoyant and enthusiastic participation of not only students of all grades, but also of our Principal Ma'am, Vice Principal Sir and teachers. The school organized a plethora of activities for students of all ages ranging from asanas, Pranayam to Surya Namaskar.

The students stretched their arms, bent their legs, rolled their neck and twisted every sinew in their body with greater dexterity, in a spectacular synchronicity with English and Hindi instructions. Vrikshasana, Trikonasana, Padmasana, Vajrasana were the asanas, to name a few, performed on the occasion. This event had a very positive impact on creating awareness about the benefits of yoga in human life.









# GURU PURNIMA

**G**uru Purnima as the name suggests is the day dedicated to our teachers and parents. The students of Grade 1 to 9 of TES celebrated the same on the 13th of July with full zeal and fervour. The celebration begin with welcome of parents, teachers and the guests. Inspirational speech was delivered by Managing Trustee Mr. Archit Bhatt, Principal Madam Dr. Pratiksha Parikh and Vice Principal Mr. Bhavin Pathak to describe the significance of the GURU in our life.

Students did GURU PUJAN as well as MATRU-PITRU VANDAN (PARENTS PUJAN) on the GURU PURNIMA day to show their gratitude towards them and get blessing from them.

Each and every teacher / parents were made to feel special for their role in the holistic development of the child.





# RAKSHA BANDHAN

**R**aksha Bandhan is one of the most endearing way to celebrate the bond between brothers and sisters. On this auspicious day, rakhi-making and rakhi-tying activities were the centre of attraction. Students used decorative threads, stars, mirrors, flowers and pearls for making beautiful attractive rakhis. As part of the ritual, girls had put kumkum tika on the boys' forehead and the girls tied Rakhi to the boys on their wrists. Boys exchanged the chocolates with girls.

Class X students celebrated Raksha Bandhan by tying rakhis to plants and trees, thereby taking an oath to protect Mother Nature. The Raksha Bandhan celebration ended with full enthusiasm and wonderful memories.

To support local NGOs, the school installed stalls and encouraged students and teachers to buy hand-made rakhis and other items, made by semi-skilled and skilled women. Through this way, we showcased our support towards women empowerment and boost women to be financially independent.







# INDEPENDENCE DAY

**T**ripada English School celebrated 75th Independence Day, which was themed on the 75th Azadi Ka Amrit Mahostav with great enthusiasm on 15th August 2022. The school campus was beautifully decorated with flags and balloons to commemorate the day. The programme started with a prayer, followed by flag hoisting by the Chairman of the school, along with the chief guests.

A cultural programme was organized where students of all classes participated. Some students performed a patriotic song, some performed a patriotic dance, and some dressed up as freedom fighters and played their roles.

As the event came to an end, the chairman, Mr. Archit Bhatt spoke about the importance of independence and how we should become good citizens of India.







# JANMASHTAMI

**J**anmashtami is a festival commemorating the birth of Lord Krishna, one of the most powerful and famous reincarnations of Lord Vishnu.'

To seek the blessings of Lord Krishna, the students celebrated Janmashtami with mirth and joy. The students came dressed up as Lord Krishna, Radha, playmates and friends of Krishna's childhood. They were accessorized with colourful bangles, odhnis and peacock crowns to set the Janmashtami mood. The school premises was decorated with balloons, flutes, matkies giving the vibes of festivity. Special assemblies were conducted wherein the students swayed to the tunes of traditional songs.

The students were overjoyed when they broke the 'Dahi Handi' to grace this occasion. The happy and excited students also participated enthusiastically in craft work and made flutes, crowns and decorated matkies. The teachers instilled the value of self-worth and introspection in the students. The day was a delightful divine journey for the students.









# NAVRATRI CELEBRATION







# DIWALI CELEBRATION





# CHRISTMAS CELEBRATION





# KITE FLYING CELEBRATION





# REPUBLIC DAY CELEBRATION





# School trips: let's explore!



Field trips and excursions are organized for students for every academic session. Further, the school organizes planned visits to various places to enrich the students and to take learning beyond the four walls of the classroom. Travel expands one's horizons and school life cannot be complete without the fun of educational tours and excursions. These trips are tailor made to facilitate the students to know and understand the real, multicultural world. A host of activities are undertaken as a part of trips which act as a catalyst to think out of the box and broaden the outlook. The school discreetly organizes educational trips to strategically and historically important places and facilitates for students to reach out for information beyond the text books.

The outings were organized for students of Grade I – X and were scheduled as per the annual planning of school. The trips ranged from Traffic Park, Camping at Aloha Hills, Shanku's Water Park, Flower Show for lower grade students to Bakor, Camp Dilly, Nadabet, Lothal, Trip via Metro, Shatabdi Mahotsav for middle and secondary grade students.







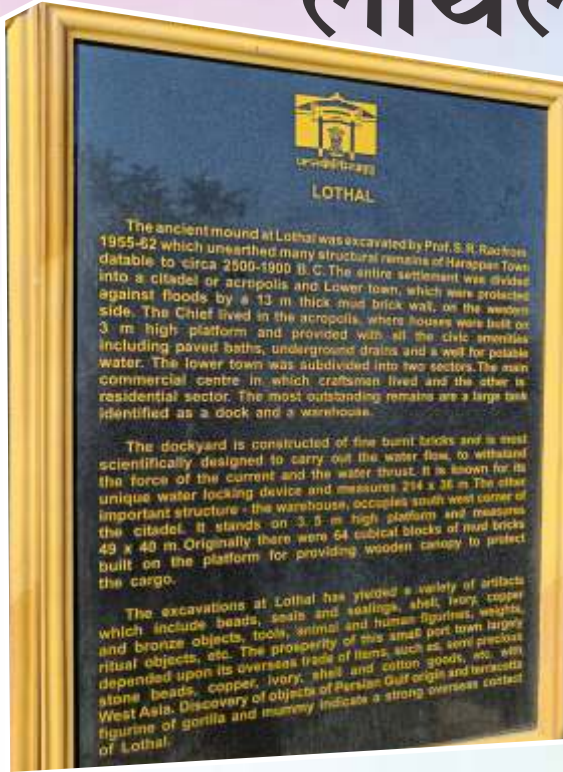








# “लोथल की गाथा”

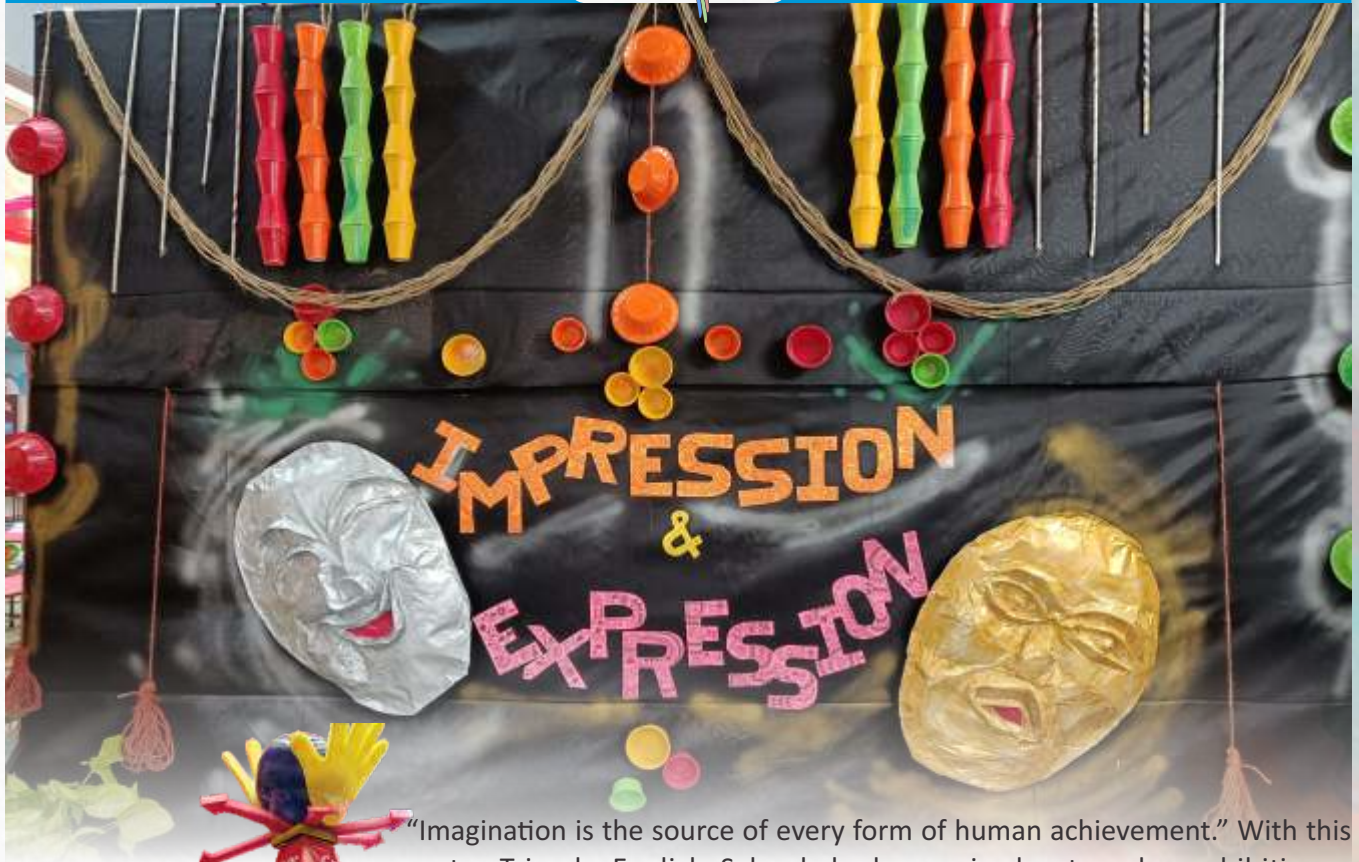


१७ जनवरी को त्रिपदा इंग्लिश स्कूल के बच्चे शैक्षिक भ्रमण के लिए लोथल गए हुए थे। लोथल अहमदाबाद से ७९.३ किलोमीटर की दूरी पर है। वहाँ जाने में हमे तकरीबन १ घंटा और ४९ मिनट लगते है। मुझे वह जाने की बहुत इच्छा थी किंतु, बीमार होने के कारण मैं वहाँ नहीं गई। मुझे अपने सहपाठी तथा प्राप्त सूत्रों से यह जानकारी मिली है कि लोथल का अर्थ मुर्दों का टीला है। लोथल प्राचीन काल में फलता फूलता व्यापार केंद्र था, जहाँ से मूर्तियां, रत्नों और गुणों का व्यापार, पश्चिम एशिया तथा अफ्रीका तक किया जाता था। नेशनल इंस्टीट्यूट आफ ओशनोग्राफी, गोवा ने स्थल पर समुद्री माइक्रोफॉसिल और नमक, जिप्सम, क्रिस्टल की खोज की, जो दर्शाता है कि यह निश्चित रूप से डॉकयार्ड था। बाद की खुदाई में . स. डू. ने टीला, बस्ती, बाजार और बंदरगाह का पता लगाया। खुदाई वाले क्षेत्रों के निकट पुरातात्विक स्थल संग्रहालय है, जहाँ भारत में सिंधु युग की प्राचीन वस्तुओं के कुछ सबसे प्रमुख संग्रह प्रदर्शित किए गए हैं। पर यह संग्रहालय सड़क साल बाद खुलने वाला है, और मैं वहाँ जरूर जाऊँगी। मैं भविष्य में पुरातात्विक बनना चाहूँगी क्योंकि पुरानी चीज को ढूँढना और उनके बारे में जानना मेरा शौक है। — काव्या पंचाल, कक्षा ९





KHOJ is one of the first dynamic group of museums in India focusing on connecting science, art, and innovation by means of participatory displays, inquiry-based activities, and inquisitiveness-based explorations. Students are encouraged to interact, participate, play, and explore different exhibits and concepts.



“Imagination is the source of every form of human achievement.” With this note, Tripada English School, had organized a two-day exhibition – “Impression & Expression” on 22nd & 23rd December 2022. The theme of the exhibition was based on Bloom's Taxonomy, a framework for learning which identifies 3 learning domains – Cognitive, Comprehension & Critical Thinking. Our themes were:

- Sustainable Development
- Patriotism
- Education
- Literature, Art & Sciences (IKS)
- Current World
- Social Reforms, Requirements



The exhibition was inaugurated by honourable Chief Guest Mr. Jatin Z Patel and Managing Director of Tripada Group of Schools, Mr. Archit Bhatt. Students showcased their creativity, talent and shared knowledge about subjects which was really appreciable. The students as well as teachers went to great lengths to make the event successful.

**More Picture P 13,14,15**













# SPORTS WEEK 2022-23

Sports develop the physical as well as mental strength in students. Sports should be a major part of the school curriculum because if students stay emotionally and physically healthy, they can easily focus on their studies. At Tripada English School, sports and games curriculum is an integral and compulsory part of the education process. Our school has the following sports facilities - Badminton Court, Volleyball Court, Indoor facilities for Kabaddi, Table Tennis etc., arena for doing Yoga and other physical activities, to name a few.

Students are coached and trained by dedicated P.E. teachers in games like Volleyball, Badminton, Kabaddi etc and are motivated to participate in various state and national level competitions, where students have won several accolades. We also celebrated SPORTS WEEK from 20th January – 4th February 2023, among the participants of the 4 houses – Gandhi, Bose, Sardar and Tagore, by emphasizing on events like – Kabaddi, Badminton, Volleyball for students of Grade VII – IX and Dodge Ball, Kho-Kho, Musical Chair, Standing Broad Jump, Drills, 50 m Running Race for students of Grade I – VI. This event, not only filled every student with new energy, it also demonstrated students' camaraderie, sportsmanship and team work.









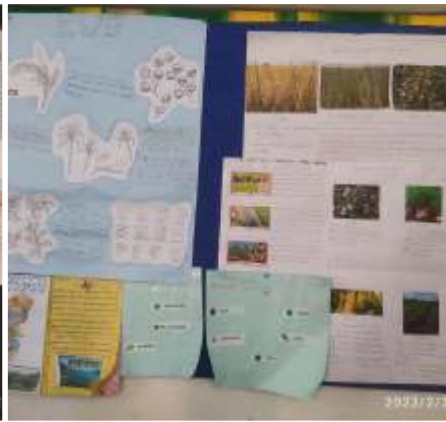
# CLUB ACTIVITY

Clubs are aimed at providing a platform for the children to not only showcase their talent, but also gain more knowledge in the chosen subject. We guide students to discover and create their own understanding. Besides academics, co-scholastic activities form an integral part of the school curriculum. For the holistic development of the student, activities under various clubs aim to enhance experiential learning-tangible and intangible both. The students are provided a platform to unleash their hidden talents and give a meaning to their abstract thoughts and perceptions.

For the academic year 2022-23, the activities planned varied from 'Play with words', Card making, Poem Recitation, Mental Math, Hindi Diwas Celebrations, to, Storytelling, Making Best out of Waste, Slogan Writing, Clay Moulding, Poster making and Rallies, where participation was witnessed from students of Grade I to VIII.











# STUDENTS' CREATIVITY

## EARTH DAY



**W**orld Earth Day was celebrated to spread awareness about environmental protection and acknowledge the global climate crisis. As the future ambassadors of the planet, we see mankind killing Mother Nature. With the belief that we have taken the earth as a lease from the future generation, students from Grades I – IX prepared posters, charts, project models on the theme – Best out of Waste to enlighten others about our actions and its consequences. Through the Earth Day celebrations, the students were made aware to take different measures to protect the resources of the Earth and work towards a more sustainable way of life as sustainability is path to prosperity.

## World Book Day



**A** book is the device to ignite Imagination, a dream that we can hold in our hands, a conversation to ourselves". World Book Day is observed every year on April 23 to promote reading. We celebrated this day, where students were addressed with motivational messages stressing the importance of reading books. Students from Grade I onwards were taken to the library and read books. Students showcased their creativity by making posters, charts, book covers and bookmarks. "A room without books is like a body without a soul." So dear friends, let's read books and enhance our knowledge.

## LABOUR DAY

To celebrate the painstaking effort of the labour force, that work tirelessly, the International Worker's Day also called as Labour Day, was celebrated on 1st May 2022 with great zeal. Labour Day is a reminder for us that they are the real architects of our society, and they deserve their due respect. We have always believed that it is small acts of kindness that count and we attempt to inculcate that same virtue in our children.

The tiny tots of Pre School and Pre Primary celebrated the Labour Day by doing fun filled craft activity. They were involved in making 'Thank You' flowers, cards and badges. The teachers briefed the children about Labour Day and its importance. The activity was designed to forge a better understanding of the labour community among our students who must learn to respect and appreciate their efforts.



## ART INTEGRATED LEARNING



Art Integrated Learning is the need of the hour. The NEP exclusively focuses on integrating arts with the school curriculum to attain holistic development of the students. The objective is to create data of all art forms of Chhattisgarh, its possible integration with the school curriculum and exposing the students to the much needed experiential learning. Students from Grade I – X submitted their projects, models, art work on topics like flora, fauna, weather conditions, famous festivals, dance form, authors and poets, holy places, political leaders etc of Chhattisgarh. This kind of integration broadens the mind of the student, and enables them to see the multi-disciplinary links between subjects, topics and real life.



## Competitions

**E**locution competitions were conducted among students of Grade IX and X in English, Science and Hindi. For Science, the topics were based on 'Science of medicine', 'Light and its effects', 'Usefulness of bacteria to humans', 'Artificial Intelligence – Boon or Bane' and 'Are computers becoming superior to humans'. For English, some of the topics were - Characteristics that makes a person hero, Technology makes people lonely, Depression is not a disease, Global Warming is a myth, Connection between science and religion and All humans are spiritual in one way or another. The elocution analysed the exceptional ideas, verbal skills, presentation, and voice modulation of students on science. A debate competition was also organized among students of Grade X in Gujarati on – Medium of instruction in schools – English or Mother tongue.

Bhagavad Gita chanting and competitions are vehicles for inspiring and motivating children and adults to learn and memorize the sacred verses of Srimad Bhagavad Gita. In order to bring this philosophy into children's lives, the Bhagavad Gita Chanting competition was pioneered by Chinmaya Mission Ahmedabad. The students of TES participated in the preliminary round on 19th November 2022. A total of 60 participants from Grade I – IX took part in this event, where students were to recite verses from Chapter 3. Three judges from Chinmaya Mission assessed the competition on certain parameters. Overall, the event went on smoothly and the students performed well. Towards the end of event, certificates were distributed to the students for their participation.

Students of Grade V participated in both the Pre-judged and Physical events in the IDEATE competition organized by GIIS, Ahmedabad held on 21st December 2022. TES, competing with 22 schools all over Gujarat bagged the Third position in the 'Wreckie-Techie' event.

# THE ORIGINAL-BAND PERFORMANCE



# NATIONAL CADET CORPS (NCC) DISCIPLINE & UNITY





# BLESSING CEREMONY



# LEAD ORIENTATION / WORKSHOP



# “LET THE BOOK TALK”



A school library facilitates diverse life skills, thereby enhancing personal development in young children. It promotes curiosity, innovation, and critical thinking. It endorses desirable study habits in students. A library is truly integral to the teaching and learning processes. Libraries are a crucial source of information for children in schools. It creates the essential habit of reading in students. Each school must have libraries. The library in schools is a major part of the lives of students, serving as a storehouse of information.

# 'Let music flow in your heart'



# CHHATTISGARH PROJECT





Sanvi Darji, Std 3-B



Menil Chavda, Std 3-C



Aadhya Rathod, Std 4-A



Kavya Khatri, Std 4-D



Diya Panchal, Std 6-D



Swadha Dalal, Std 7-A



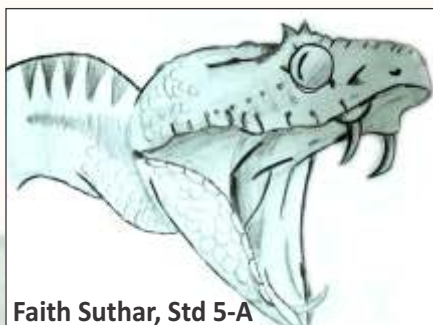
Krishna Patel, Std 4-C



Aarav Patel, Std 3-B



Hena Patel, Std 4-B



Faith Suthar, Std 5-A



Shiven Patel, Std 2-A



Faith Suthar, Std 5-A



Tanvi Panchal, Std 4-B



Maitri Sharma, Std 4-C



Riaan Gajjar, Std 2-B



Rehan Prajapati, Std-3 A



Prathana Patel, Std 5



Kanha Patel, Std 6-C



Naksh Patel, Std 5-A



Mahi Prajapati, Std 2-A



Keya Patel, Std 5-A



Naysha Shah, Std-1-B



Anshi Patel, Std-7-D



Navya Rathod, Std-4 A



Hetakshi, Std-2 B



Veera Mistry, Std 6-B



Pranali Brahmbhatt, Std 5-A



SIA, Std 5

# PARENTS ARTICLE

## THE WAY YOU LOOK AT THINGS

Happiness is a state of mind. It's just according to the way you look at things. If we want to learn and understand what happiness is, observe a child. He is naïve, innocent and his action reveals what happiness is, out of the world, contented with all it has, smiling and laughing, dancing and talking without caring of the outside world, without worries and anxiety. We should try to learn from our children that whatever we have at present, we should enjoy that moment without worrying about the future, as we all know it's uncertain. Being content is the key to happiness. Happiness is a direction. There is no path to happiness, happiness in itself is a path. It is well said by Thomas Merton that "Happiness is not a matter of intensity but of balance, order, rhythm and harmony."

—Hiya Jaymin Vyas, Grade 2B





## POSITIVE THINKING

Importance of positive thinking Positive thinking is an attitude which helps to highlight a brighter side of a person. Positive thinking is very important to lead a healthy & happy life. Positive thinking always brings in satisfaction. A person with positive thinking follows a healthy mind set. Positive thinking always keeps a person happy & positive. It even enhances our energy & brings a lot of good energy to do a work with a positive mind set. Positive thinker is always open minded. Positive thinking does not come naturally but we have to attain it. A positive person always spreads positivity. The optimism in a person always keeps him happy & calmer this relaxes the mind as well. What is positive thinking and why you need it. Positive thinking is a mental and emotional attitude of expecting good and favorable results, and not getting discouraged when plans do not proceed as expected. It means trying over again and not accepting defeat. The Key To Success – Positive Thinking and Positive Action Did you know that one of the most important keys to success is positive thinking? With this key – this state of mind, it is easier to achieve success, improve relationships, have better health, and enjoy happiness, satisfaction and inner peace.

—Havya Solanki, Grade 1



## “SMILE AT WHILE”



Smile and laugh,  
That will make your problems half,  
Stay happy and stay free,  
Which will give your happiness of tree; it is better for you,  
Make your friends and parents happy,  
That is the way the world can remain away from habit of shabby,  
And the happiness will be stored in the app of your mind,  
Which will lead your surroundings always cheerful and fine,  
So, be happy and remain shine!

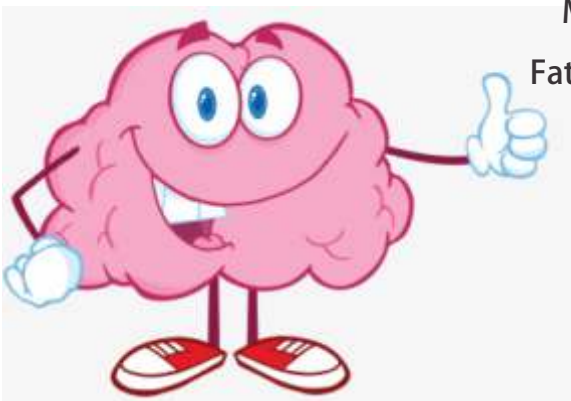
—Patel Mayer, Std-6th C



## “HAPPY MINDS SHOW MIRACLES”

If we are happy, we are delight,  
Our work efficiency reaches on top of the flight,  
We smile, world, smiles,  
Seeds smiles and it is converted into seedlings,  
Clouds smiles and it is converted into rain,  
Words smiles and it is converted into sentence,  
Mother smiles and it is converted into love,  
Father smiles and it is converted into discipline,  
Teacher smiles and it is converted into knowledge,  
Students smile and it is converted into achievement.  
So, smile, smile to reach at miles.

—Moksh D. Patel, Grade 6th-C



## The only joy in the world is to remain happy

I always like to be happy . The most thing which makes me happy is drawing. Drawing gives me happiness. I always love to express my happiness through drawing. Dancing also makes me happy and I love to dance. Staying happy is very important. Laughing and smiling all day keeps one healthy and fit. Everyone should keep smiling and make others smile. Spreading happiness is one of the best thing one can do. One should know to find happiness in every little thing around us and be thankful for what we have. I am a happy and enthusiastic person. I always find happiness in all little things instead of dreaming of expensive things. Always be grateful for what you have and thank God everyday for blessing you with this beautiful world you live in. I never miss any chance to make myself happy. I also try to make everyone smile if anyone around me is sad. People say money is happiness but one can find happiness around all small things around us. So always stay happy and keep smiling. —Dhairya Milan Shah, Grade 1





# STUDENTS PERSPECTIVES JOURNEY IN TRIPADA

My journey as a 10th grader at Tripada English School (TES)  
Hello,

My name is Helly Patel and I am in 10th grade. I will be taking my 10th Board Exams this year (2022-23). I joined Tripada from 1st grade. My parents have always been my support system, but my school is my second home where I spend most of my time. Above all, it gives me a platform to do better in life and builds my personality. I have met the coolest people out here. I met those friends who had become a part of my life over the years. We have shared many memories in class. Throughout my academics, hobbies and skill development, they have always inspired me. For this reason, I am grateful to have close friends around me who helped me on my difficult days to reconnect with myself.

At school, we have the most talented teachers who have taught us our subjects very well. They also imparted to us real life experience of teaching and always supported us by solving our problems. This class has presented us with a lot of challenges and our teachers have guided us at every point. I too have many weak areas, but teachers and my close friends have helped me to tackle those areas and work on them. They arranged many activities for us so that our skills could develop. My friends always encouraged me to participate in all these activities which I did. Taking part in school activities builds our confidence to accomplish things in a successful manner. Initially, I was an introvert, but after participating in school activities, I have overcome my fear of being judged.

For these, I am grateful to my parents, Vice-Principal Sir, Principal Mam, my class teacher, all subject teachers and my school friends who have always supported me.  
Thank you everyone!

— Helly Patel



### My experience as a 10th grader

My experience of class 10th was priceless. This year seemed like dark chocolate, bitter yet tasty. I laughed, I fell, I rose and moreover I gave my best.

Though I was an average student I managed to complete the syllabus. I have been in this school, since I was a kid. The teachers here are well experienced. They devoted so much time over our studies, with equal attention to all the students. They know exactly how to teach, and their teaching methods are skilled perfectly.

How ever the era of class 10th felt totally different than any other classes. To the upcoming batch of 10th graders, best of luck!!

— **Khushi Patel**

### My Class 10 Journey at Tripada English School

When I came in 10th grade, I came across several myths like it is the most difficult grade, syllabus is vast etc. It all busted during the preparations. The joyous fact was that all teachers of the school were very supportive. Our Principal Ma'am as well as our Vice Principal Sir used to come to check our progress and motivated us.

The teachers had even made all time boring subjects like SST – our favourite lectures!! The teachers never refused to solve our doubts. When we were bored, teachers used to change our mood by telling jokes, stories, and even by playing some games. The interesting debates, discussions made the journey more likeable. The school is like a second home for me. The journey is perhaps the most unforgettable!!

— **Lakshya M Dadhich**

I've been in Tripada since I was in nursery school. I've progressed from a child to a teen and am now approaching adulthood. The kind of development that I have seen in myself is unprecedented. As my tenth-grade year is coming to an end, so is my journey with Tripada.

Standard 10th was truly special because of the dedicated and skilled teachers who led the classes. They were incredibly supportive and encouraging, and they always went above and beyond to help their students succeed. In addition to the exceptional teachers, we had our Principal ma'am as well as the Vice-principal sir, to address any concerns or issues that arose. They had a clear vision for the school and worked tirelessly to create a positive and inclusive learning environment for all students.

I strongly believe our director, Mr. Archit Bhatt, has prepared all the students who will shed from the wings of Tripada to be a better citizen, for a better tomorrow.

— **Mahima Jethwa**



## 10th Grader's Journey in India: How I Went from Being a Brilliant Student to an Average One and How School Life Changed Along the Way

My name is Kalash Naik and I am a 10th grader in India. I study in Tripada English School. All I wanted to do was to excel in school. I was always one of the early learners in my class and I had a bright future ahead of me. However, after entering 10th grade, my grades started to decline, and I found myself struggling to keep up with my peers. I was no longer the brilliant student I once was. This is my journey into 10th grade and how my school life changed along the way.

I believe that everything happens for a reason, and there is always a lesson to be learned from everything that happens in our lives. I came to understand that my grades declined over time because I lacked the motivation necessary for success. I was no longer interested in my studies as much as I was before. When we are not motivated, it becomes very difficult to study. When we are not interested in our studies, it becomes difficult to manage our time and be productive as well. We then end up with a lot of unfinished tasks. Due to which it becomes very difficult to earn good grades. It becomes easier to simply give up as we feel that we won't be able to achieve success. I was left feeling confused and frustrated. It is a very normal thing to feel when your grades start to decline and you do not know what is causing it. Moreover, it becomes very difficult to think clearly. This causes trouble in decision making.

This decline affected my social life as well. I loved spending time with my friends and loved to be the center of attention. As the syllabus was moving ahead my stress level was skyrocketing. I felt very depressed and became a loner.

“Disregard of what troubled you in the past, think about what is going to help you improve.”

When our grades start to decline, it becomes very important to identify the reason behind it. I found out that I lacked 'time management'. So I implemented a strategy to turn my grades around. I started a 'to do list' made my time management schedule way as simplistic as possible. As I started the use of this strategy my grades start improving, it became very easy to make the right decisions and concentrate on work.

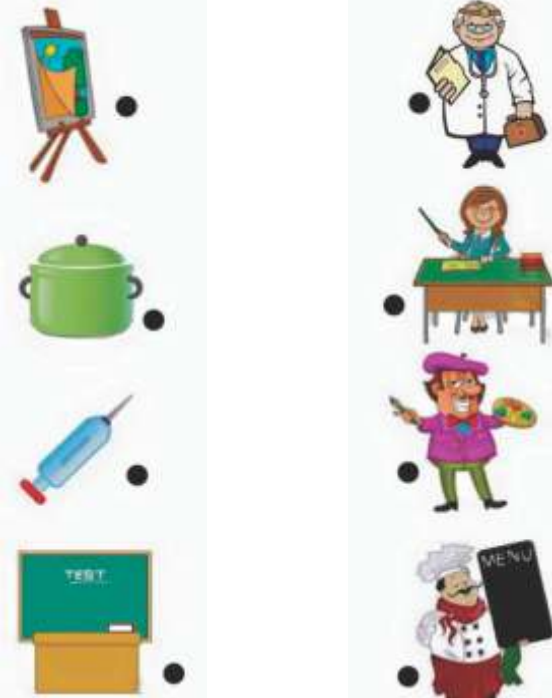
When our grades start improving, it becomes very easy to stay focused on our work. When our grades start improving, it becomes very easy to stay positive and optimistic.

Now,

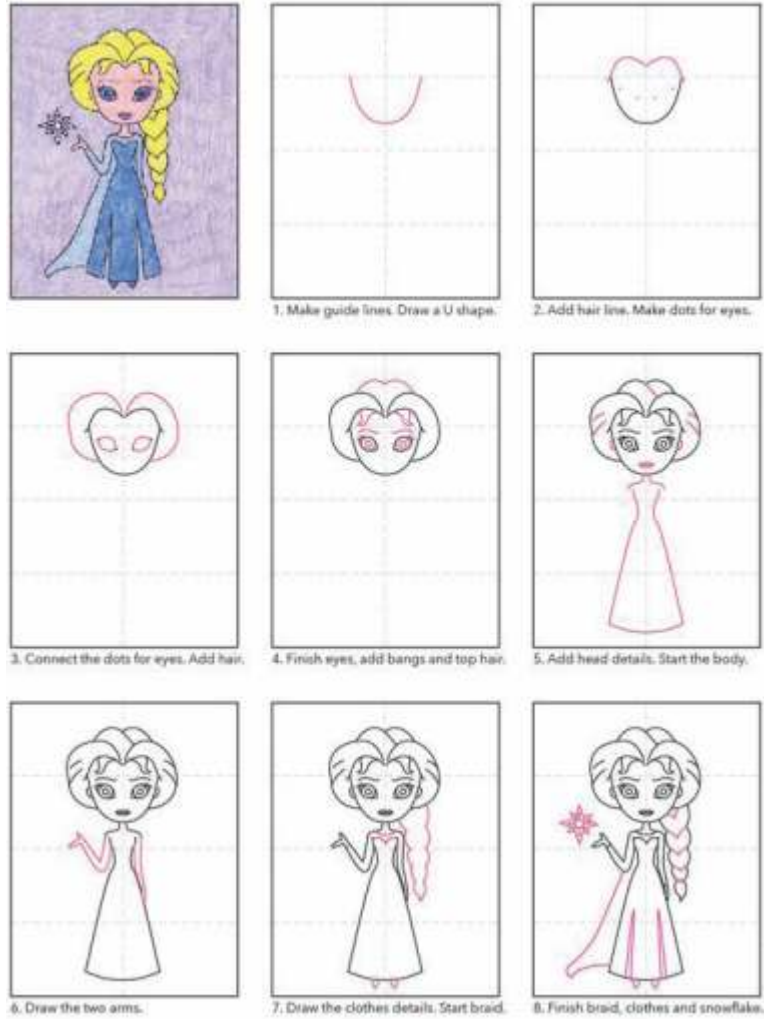
After Practicing for hours, for days and nights. After solving sample papers and extremely difficult questions. I feel confident about my final boards exams and positive about the results. Every person gets a chance to prove themselves, if you know the right time you can show them what you are capable of! Best of luck to every student and I believe you will succeed in all of your' exams of life'.

— Kalash Naik

### Match the proper things



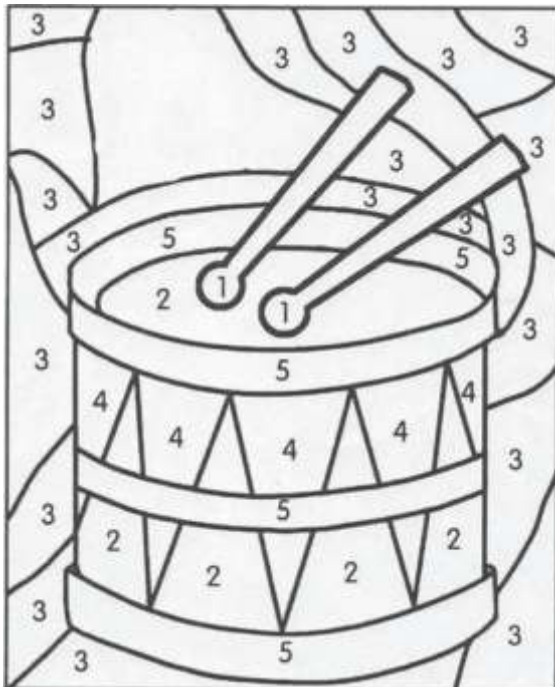
### Complete the picture in steps



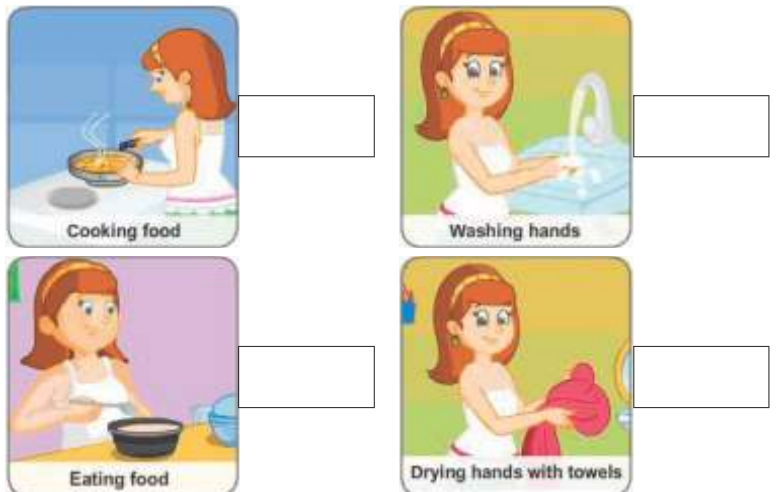
## FUN WITH COLOURS

Name: \_\_\_\_\_

Std: \_\_\_\_\_ Mobile No.: \_\_\_\_\_

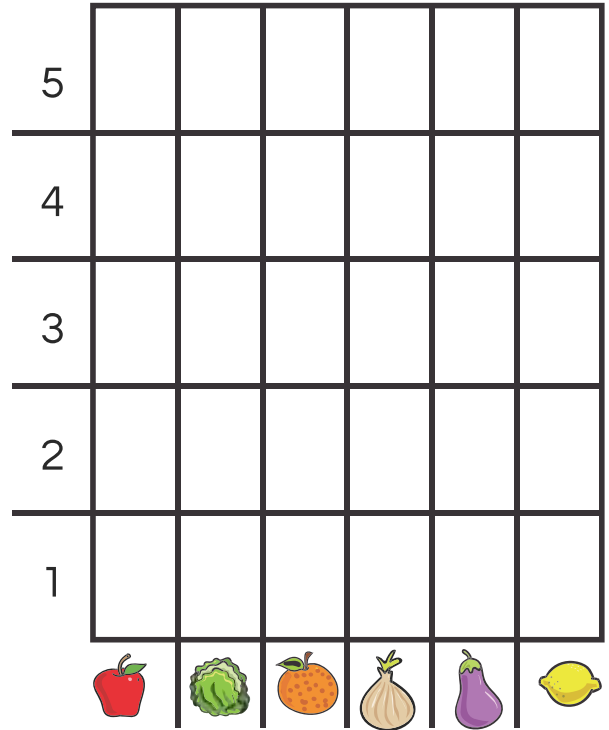
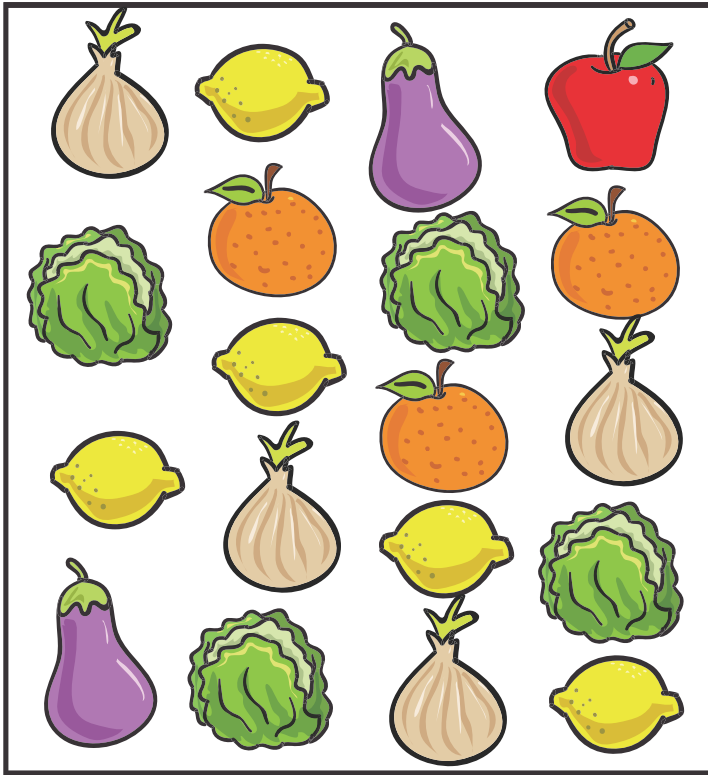


### Sequence the pictures in order of 1 to 4



## Our charming Chart

What a wonderful garden! These living things are growing quickly! Let's use a graph to show how many of each thing we have. Count the vegetables and color in the chart next to the correct picture.



### Under the sea word search



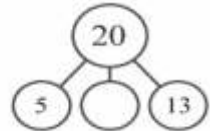
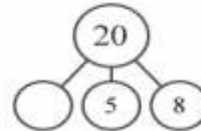
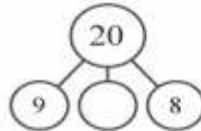
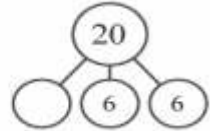
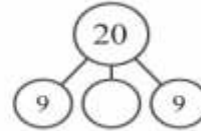
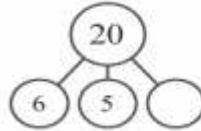
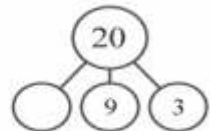
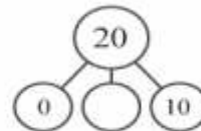
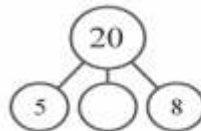
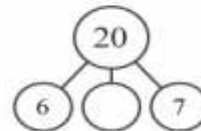
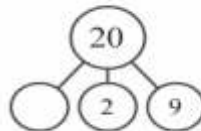
ALGAE  
BARRACUDA  
BASS  
BRIVALVE  
CLAM  
COD  
CONCH  
CORAL  
CRAB  
DIATOMS  
DOLPHIN

EEL  
KELP  
KRILL  
MACKEREL  
MANATEE  
OCEAN  
OCTOPUS  
ORCA  
OTTER  
RAY  
REEF

SEA CUCUMBER  
SEAL  
SHAD  
SHARK  
SHRIMP  
SNAIL  
SQUID  
TUNA  
URCHIN



### Complete the following ball number bonds





## FIND THE DIFFERENCE (ATLEAST 13)



## WEATHER WORD SEARCH

B R A I N B O W N O B W E E G J L K T D  
 M A S S O S L E E T E L T P A A L Q E H  
 S Q R Y J A R F S C H A I S P W U N M U  
 U H R O D T L A R T M E M Z P R O G P M  
 E Y C D M K H O V I R R R G Z I N R E I  
 E G O Z E E F U L A O A C M T A I R R D  
 C R N P T H T C N T T T C T A O Z R V A I  
 U O D R E A W E S D W M T O C M E D T T  
 M M E E O I A C R E E I O W S I E V U Y  
 U E N S R L T Y N I P R N S D P R T R C  
 L T S S O N E C V I H D T D P V H R E M  
 O E A U L W R L C W S U N N Y H G E U R  
 N R T R O Y E E W V K Z R J A N E X R S  
 I E I E G R R P F O G G Y R I A W R V E  
 M S O L Y P R C L O U D Y N I Q N R E Q  
 B M N S T R A T U S L L T E B C O Q V G  
 U O V E R C A S T B X H M F R P A X W T  
 S G Z Y N C L K W G G Q Y Z A V M N A A  
 M E V A P O R A T I O N K V O S U E E O  
 K Q E N E R G Y L T R O P O S P H E R E

- AIR
- ATMOSPHERE
- BAROMETER
- BLIZZARD
- CIRRUS
- CLIMATE
- CLOUDY
- CONDENSATION
- CUMULONIMBUS
- CYCLE
- ENERGY
- EVAPORATION
- FOGGY
- FORCE
- GAUGE
- HAIL
- HEAT
- HUMIDITY
- HURRICANE

## SUDOKU

4	3	7		1		2	6	
	5			6	3		1	
						8	5	
	7	4	6	2				
		9	7		3		1	
	2		9		5			
	9	3						
7			8		2		3	4
8			3	7	9			

**How to Play:** Fill each of the blank boxes with the number grid from 1-9, with no numbers repeating in vertical, horizontal rows or 3x3 grids. Do not repeat any letters in a line. Each puzzle has only one solution.

6	5	1	6	3	7	9	4	2	8
4	3	6	2	9	8	5	1	5	7
2	7	8	4	5	1	3	6	9	6
3	4	5	7	8	6	9	1	2	1
2	1	6	3	4	7	9	5	8	5
8	9	5	2	1	6	4	3	7	3
5	8	4	7	3	1	2	6	9	6
5	8	4	9	6	3	7	1	2	2
9	6	8	4	9	6	3	7	1	4
6	9	2	6	9	1	8	5	3	4

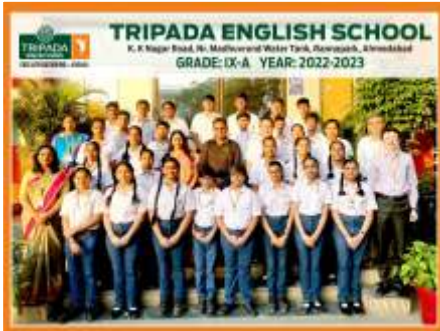
## ANSWERS

## KEEPING CLEAN

Identify and circle the objects related to the first picture.







# TRIPADA IN NEWS

ત્રિપદા ઈંગ્લિશ સ્કૂલ ખાતે ઇમ્પ્રેશન એન્ડ એક્સપ્રેશન પ્રદર્શનનું આયોજન કરવામાં આવ્યું



શહેરની ત્રિપદા ઈંગ્લિશ સ્કૂલ ખાતે ઇમ્પ્રેશન એન્ડ એક્સપ્રેશન પ્રદર્શનનું આયોજન કરવામાં આવ્યું હતું, જેમાં ધો. ૧થી ૧૦ સુધીના તમામ વિદ્યાર્થીઓએ પ્રોજેક્ટ અને વિવિધ એક્ટિવિટી દ્વારા ૬ અલગ વિષયોમાં તેમની સર્જનાત્મકતા રજૂ કરી.

ત્રિપદા ઈંગ્લિશ સ્કૂલમાં સ્પોર્ટ્સ વીકનું આયોજન



ઘાટલોડિયા ખાતે આવેલ ત્રિપદા ઈંગ્લિશ સ્કૂલમાં વિદ્યાર્થીઓ પોતાના સ્વાસ્થ્ય પ્રત્યે સજાગ રહે અને તેમનામાં કૌશલ્ય ખીલે તે હેતુસર શાળામાં સ્પોર્ટ્સ વીકનું આયોજન કરવામાં આવ્યું હતું.

ત્રિપદા ઈંગ્લિશ સ્કૂલ દ્વારા આજથી બે દિવસ 'ઇમ્પ્રેશન એન્ડ એક્સપ્રેશન'ની થીમ પર એક્ટિવિશન

નવગુજરાત સમય > અમદાવાદ: ત્રિપદા ઈંગ્લિશ સ્કૂલ દ્વારા 'ઇમ્પ્રેશન એન્ડ એક્સપ્રેશન'ની થીમ પર ૨૨ ડિસેમ્બરે સવારે ૮.૩૦ કલાકે એક એક્ટિવિશનનો પ્રારંભ કરવામાં આવશે. જેમાં મુખ્ય અતિથિ તરીકે સ્ટેન્ડિંગ કમિટીના સભ્ય જતીન. એસ. પટેલ ઉપસ્થિત રહેશે. ઘાટલોડિયાની ત્રિપદા ઈંગ્લિશ સ્કૂલ ખાતે ૨૨ અને ૨૩ ડિસેમ્બરે સવારે ૮.૩૦થી બપોરે ૧૧.૩૦ અને બપોરે ૧થી સાંજે ૪ વાગ્યા સુધી આ એક્ટિવિશન ખુલ્લું રહેશે.

ત્રિપદા સ્કૂલમાં ઇમ્પ્રેશન એન્ડ એક્સપ્રેશન એક્ટિવિશનનું આયોજન કરવામાં આવ્યું



શહેરના ઘાટલોડિયા વિસ્તારમાં આવેલી ત્રિપદા સ્કૂલમાં ઇમ્પ્રેશન એન્ડ એક્સપ્રેશન એક્ટિવિશનનું આયોજન કરવામાં આવ્યું હતું. જેનો ઉદ્દેશ્ય બાળકોને એક ઘર જેવું વાતાવરણ આપવાનો અને તેમને જોશ પૂરો પાડવાનો હતો. ઉપરાંત નવી પદ્ધતિઓનો ઉપયોગ કરી તેમની કુશળતા અને પ્રતિભા દર્શાવવા માટે પ્લેટફોર્મ પૂરું પાડવામાં આવ્યું હતું.

Mother concept - Grade I & II - With all activities for the development of our young learners in all areas like physically, socially, emotionally, intellectually and morally / spiritually. Learning will take place through play as well as with all the holistic development activities.

### CHESS



### SKATING



### KUDO





TRIPADA ASSOCIATION OF ALUMNI

*With great pride and joy we invite you to join us for*

**ALUMNI 20  
MEET 23**

## Link to register yourself

[https://docs.google.com/forms/d/e/1FAIpQLScLG-gIDxC7f53x8xiOb4TbPkUw7tTH65amC6E\\_Vc0SabdUtg/viewfor](https://docs.google.com/forms/d/e/1FAIpQLScLG-gIDxC7f53x8xiOb4TbPkUw7tTH65amC6E_Vc0SabdUtg/viewfor)

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