



# **SPJ SADHANA SCHOOL**

## **AUGUST 2024 NEWSLETTER**

The month of August 2024 began with a very special Independence Day Celebration. Independence Day was celebrated with a musical event organised by Shahra Shri of the Ruchi Soya Group. A team of musicians led by Dineshji Shahra and Anubhutiji sang Desh Bhakti songs. The students of Sadhana School also enthusiastically joined in the singing. The event ended with hoisting of the National Flag and a group of students performed the silent national Anthem. They were trained by the Dance Movement Therapist. The students and all the staff enjoyed a delicious South Indian lunch and then gifts were distributed to the students.



A Special Assembly on the theme of Friendship Day was conducted by the OPC Class. This Friendship Day highlighted that friendship extends beyond human connections to include human relationships as well as our relationship with nature comprising trees, plants and animals. Human relationships also reflect the essence of friendship. Our parents are our first friends who enrich our lives, guide us through challenges, celebrate our successes and shape us into the individuals we will become. Our siblings are our first playmates and confidants. Through sharing laughter and occasional disagreements, they teach us patience, compromise and the enduring bond of family. Lastly our classmates are friends who journey with us through our school days. They challenge us, support us and make every school day brighter. The OPC Class presented this unique perspective on friendship through a small musical. The performance formed a part of the rich process of learning for the students, helping to develop diverse intellectual abilities, such as linguistic intelligence, logical-mathematical intelligence, visual-spatial intelligence, bodily-kinaesthetic intelligence, musical intelligence, as well as interpersonal and intrapersonal intelligences. Thus the performance itself was an important learning experience for the students. The performance ended with a musical game, where the audience was invited to join in by singing as many songs as they knew about friendship.



The school participated in Project Samarth, an initiative of Hyundai in association with NDTV. The initiative aimed at creating awareness on Inclusion, and generating support for our para-athletes who were participating in the 2024 Paralympics in Paris. Videos of the Samarth Project and the para-athletes were shown to the students, and they were encouraged to create good-luck cards, collages, placards or other innovative displays for the para-athletes who would be competing, in order to motivate them. Team Samarth also recorded video clips of a few students and a few teachers. As a part of this project, a workshop session was also conducted in the school on the theme of Inclusivity.





The Suhani Fluid Painting Art Workshop was conducted at the school by Ms. Suhani Shah. Fluid Art is free-flowing art which happens by mixing colours and creating a unique artistic effect by pouring it on canvas. The workshop started with an interactive session with the children, and discussion of questions related to art, and then proceeded to the artistic activity, creating beautiful works of art.



An activity with the "Clownsollor" was conducted at S.P.J Sadhana School by Ms. Nirmala Mehendale, Trustee, Kindness Unlimited. This has been started in the academic year 2024-25, as a pilot project with Action Research led by two professors from the Tata Institute of Social Sciences (TISS) to explore the correlation between volunteering and mental well-being. The volunteering experience aims to empower undergraduate students with life skills learnt through service. The project has been started at Sadhana School where TISS already has a curriculum consisting of 30 hours of volunteering followed by reflection sessions. The objective of this project is that a percentage of participating youth may continue to become lifelong volunteers, be of service, experience the joys of giving, and become more responsible citizens. The project aims to spread kindness within and around the college area, by contributing to the community and looking for opportunities to be of service. The project was undertaken to spread joy at the school for the students while providing the undergraduate volunteers with the opportunity to experience volunteering and develop compassion.



Thus the month of August 2024 ended with this unique and extremely rewarding project.