

# PGKM SCHOOL

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# अंतर्नाद

Tune-in to Alpha World

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JULY 2024 EDITION

# PGKM

AN ULTRA MODERN GURUKUL

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## JULY - A SACRED MONTH

### Student's insightful Journey with Warkaris



July began with the auspicious Pandharpur Wari. Pandharpur Wari is an embodiment of the human spirit at its purest. It is an opportunity for all those who seek spiritual awakening to bask in the radiance of this unparalleled experience. It is a celebration of life where the richness of humanity unfolds, unencumbered by the trappings of the material world. More than a physical journey, it is a spiritual odyssey that touches the depths of one's soul. It is a testament to the power of devotion and the potential of collective faith.





Our grade 8 students had the opportunity to meet and interact with the warkaris during their stop in Pune at the Mauli Garden marriage hall on their way to Pandharpur. The students had numerous questions about the waari, such as the logistics of cooking and serving food along the route and the sleeping arrangements during the journey. The in-charge answered all their questions patiently. Through their interactions, the students learned many interesting facts about the warkaris and enjoyed listening to some melodious bhajans sung by them. It is the immense faith in Vitthal that inspires these pilgrims to walk miles from various hamlets in Maharashtra to Alandi to celebrate Ashadi Ekadashi.



In a special assembly, the students of grade 8 shared their experience of interacting with the warkaris. They spoke about how these pilgrims walk down the waari path facing so many challenges. About how they overcome challenges with teamwork and move on singing Abhang towards their destination. The waari is very unique as countless pilgrims from various walks of life come together to praise Lord Vitthal and seek His blessings..





## Ashadi Ekadashi celebration at PGKM



The Ashadi Ekadashi celebration at PGKM spanned two days, with the foundational stage participating on day one and the higher grades on day two. Our unique celebration featured a dindi decorated with newfound words, books read by students, and motivational quotes. The 8th-floor turf was beautifully adorned, with handmade idols of Vitthal Rakhumai taking center stage and a beautifully decorated palkhi. Teachers narrated stories about the Ashadi festival, and the air was filled with the sounds of abhangas and Vitthala chants. Students, dressed as warkaris, proudly carried the palkhi on their shoulders as they participated in the dindi. The atmosphere was vibrant and devotional





## Ashadi Ekadashi celebration at PGKM

On Thursday, 18th July 2024, the PGKM Dindi procession was celebrated at the school. Students participated in this palkhi procession dressed in traditional attire. The school premises resonated with the chants of "Vitthal Vitthal Vitthala Hari Om Vitthala."

On the occasion of Ashadhi Wari, the students had placed papers with motivational quotes and knowledge-related content written by them in the palkhi. Carrying the palkhi on their shoulders, chanting Vitthal's name, performing ring dances, and playing traditional games, the students enjoyed the procession.



That day, to impart knowledge about saints to the students and instill values of patriotism and positive thoughts, Mrs. Pratibha Tai Ghuge from the Santseva Sangh came to guide them. She narrated the story of devotee Pundalik, highlighting his devotion to his parents as well as providing information about his early life. Tai emphasized how the company of virtuous people and saintly companionship can transform individuals, using devotee Pundalik as an example. She provided valuable guidance on serving one's parents and the nation, drawing inspiration from the lives of such devotees.

The school principal, Mrs. Prajakta Bhide, also interacted with the students, praised them, and encouraged them to incorporate the motivational quotes written on the papers into their lives. Some students performed beautiful dances. The event concluded with a rendition of "Pasayadan" by the school music teachers Madhura and Shreya. The program was hosted by the school teachers Pragya Thite and Suchitra Sasane.





## Vachan Sanskruti - Book reading club

Saturdays are always bustling at PGKM with a variety of activities, and this week was no exception with the launch of our new reading club. Aimed at fostering a love for reading, the club will meet every fortnight, starting with its inaugural session for grades 3, 4, and 5.

For grade 3, the session featured a storytelling activity centered around the story "Croak." The students enjoyed not just the tale but also interactive elements like reading and a brief quiz.

In grades 4 and 5, the focus was on exploring different book genres. Grade 4 delved into fantasy and moral stories, while grade 5 explored mystery and humor. Both grades participated in reading sessions where they sampled snippets from storybooks. The teacher encouraged students to read more from these genres and try writing their own reviews, aiming to deepen their engagement with literature.



## The Appreciation day

At PGKM, we believe in nurturing values in our students through diverse and engaging activities. Recently, we organized an Appreciation Carnival within the classes to help students recognize and celebrate each other's worth. Teachers encouraged students to openly share what they admired about their peers, teachers, class, and school. This open forum allowed students to express their thoughts and feelings freely, fostering an atmosphere of mutual respect and understanding. Additionally, students were given the opportunity to showcase their hidden talents, revealing new aspects of their personalities. This exercise not only boosted their confidence but also deepened their appreciation for one another. The carnival was a resounding success, leaving everyone with a stronger sense of community and respect.



## Sensory Week for Foundation group : A Journey Through Playful Learning

Sensory Week at our preschool was an immersive and dynamic experience, thoughtfully designed to stimulate and nurture the senses of our young learners. This special event featured a variety of play stations, each meticulously crafted to target specific senses—touch, sight, smell, taste, and sound—encouraging exploration, creativity, and holistic development.

The week was filled with excitement as the children eagerly engaged with different sensory activities. The tactile station, for instance, allowed the little ones to explore various textures through sand, water, and clay, fostering their sense of touch. Meanwhile, the visual play area was adorned with vibrant colors and patterns, captivating their sense of sight and sparking artistic expression.

At the olfactory station, a delightful array of scents from flowers, fruits, and spices filled the air, helping the children differentiate between various smells. The taste station offered an adventure of flavors, as the young learners sampled sweet, sour, salty, and bitter tastes, broadening their palate and understanding of different food sensations. Lastly, the auditory station encouraged them to create and listen to sounds using musical instruments, enhancing their auditory skills and rhythm.

Overall, Sensory Week was not just a time for play but a crucial step in the developmental journey of our preschoolers. Through these thoughtfully designed activities, the children were able to connect with their environment in a meaningful way, laying a strong foundation for future learning and growth.





## Mango Day: A Delightful Celebration of Learning and Fun



Mango Day at our preschool was a delightful celebration filled with fun, learning, and, of course, lots of delicious mangoes! The children were excited to explore this pulpy fruit through various activities and learn interesting facts about the "King of Fruits." Mangoes are one of the most loved fruits in India, known for their sweet and tangy flavor. They're not just tasty but also packed with nutrients like vitamins A and C, which help keep us healthy. Mangoes come in many varieties, and they are enjoyed in different forms—ripe and juicy, in shakes, or even as pickles! Mango Day was not just about enjoying a tasty fruit—it was also an educational experience. The children learned about the nutritional benefits of mangoes, the different varieties available, and their cultural significance in India. Through hands-on activities, they developed their sensory skills, creativity, and curiosity.



## Grade 1 - The Skeletal experience

Excitement was in the air as the young learners of Grade 1 visited the science lab for a hands-on exploration of the human body. The highlight of their visit was getting an up-close look at a human skeleton, which provided a captivating and educational experience. The students eagerly discovered the various parts of the skeleton, learning about bones and how they work together to form the human body. The interactive session sparked curiosity and wonder, allowing the children to connect classroom learning with real-life anatomy. This engaging experience not only deepened their understanding of science but also ignited a sense of wonder about the complexities of the human body, making it a memorable part of their educational journey.



## Grade 2 - Gujarati - learning about health and hygiene

On July 19, 2024, Grade 2 students participated in a Gujarati subject activity focused on hygiene and cleanliness. The learning objectives were to teach the correct hand washing methods to keep hands germ-free and to emphasize the importance of personal hygiene. During the activity, students engaged in hands-on practice, thoroughly washing their hands to understand how to eliminate germs effectively. The experience was both enjoyable and educational, as the students grasped the correct handwashing techniques and recognized the significance of maintaining personal cleanliness.



## Grade 3 - Fun Plant-Themed Addition Activity in Math!

On July 19, 2024, a Math activity centered around the theme of plants was conducted with the objective of teaching students of grade 3 how to create multiplication tables using addition. During the session, students were given flower cutouts to write the tables of 5, 6, 7, and 8. They were divided into four groups and took turns writing the respective tables by applying the addition method. The activity was designed to make learning engaging and interactive, and the students enjoyed the creative approach. As a result, they successfully learned how to construct multiplication tables through addition, making the concept more accessible and enjoyable.





## Grade 4 Students Take an Oath to Care for All Living Beings

Our Grade 4 and 5 students recently took an inspiring oath to protect and care for animals and birds. Before taking the oath, their Hindi teacher narrated stories that highlighted the importance of caring for all animals, including stray ones, not just pets. This engaging session sensitized them to the needs and well-being of animals in their surroundings. The activity served as a significant learning experience, teaching our students the value of compassion and responsibility. They learned to extend their care beyond their immediate circle to the entire environment, which includes various birds, animals, and plants. This initiative emphasized the importance of nurturing and protecting all forms of life in our ecosystem.



## Grade 5 - Students discovering the Magic of Germination!

Germination experiments offer a fascinating glimpse into plant biology and the various factors that affect seed growth. By observing these processes, we gain valuable insights into the stages of plant development. These experiments are particularly useful in educational settings, where they help illustrate fundamental principles of botany and agriculture. Students can witness firsthand how different conditions, such as light, temperature, and moisture, impact seed germination and growth. This hands-on approach not only enhances understanding but also fosters an appreciation for the complexity of plant life. Through these experiments, learners can explore concepts such as seed dormancy, the role of enzymes in germination, and the importance of environmental factors in plant survival. Additionally, germination experiments can be used to demonstrate the effects of various treatments, like fertilizers or growth inhibitors, providing practical knowledge applicable in agriculture. Overall, these experiments are an engaging and informative tool for teaching and learning about the intricate world of plants.





## Exploring Light: Grade 6 create pinhole camera in school

Grade 6 students made a pinhole camera to see how light travels in straight lines, which helps in forming images. This simple camera uses light rays to create pictures. It's a fun way to understand how photography works.

The pinhole camera has a small hole that lets light in, and this light forms an image inside the camera. Because the camera is so basic, students can experiment and be creative with it. They can try different ways to capture images and see how changing the size of the hole or the distance to the object affects the picture.

Using a pinhole camera helps students learn about the principles of light and photography in a hands-on way. They get to enjoy the process of making and using the camera while exploring the science behind it. This activity encourages curiosity and creativity, making learning both fun and educational.



## Inspiring assembly for the grade 7 students

During the ET period, students from grades 7A, 7B, and 7C gathered for an inspiring assembly. Vraj from 7B captivated the audience with a story about the invention of the Rolls Royce. He shared how Charles Rolls and Henry Royce came together to create this iconic car, emphasizing their commitment to excellence and innovation. Vraj explained how their partnership began in 1904, leading to the creation of some of the most luxurious and reliable cars in the world. He highlighted the craftsmanship and attention to detail that set Rolls Royce apart, inspiring the students with the story of perseverance and vision behind the brand.

Following Vraj's presentation, Naman from 7B shared insightful information about Martin Luther King Jr. and his fight for justice for Black Americans. This segment emphasized the importance of equality and civil rights, resonating deeply with the students. To conclude the assembly, the first five Manache Shlokas were recited. The meanings of these shlokas were explained, offering the students valuable lessons in ethics and personal development. This combination of historical insights and moral teachings made the assembly both educational and inspiring for the students.







We are proud to announce that Shraavi Shah from Grade 1 has achieved International Rank 1 and Zonal Rank 1 for Maharashtra and Goa in the SOF International Mathematics Olympiad for the year 2023-24



We are pleased to share that Tanisha Mehta from Grade 2 has secured International Rank 18 and Zonal Rank 14 for Maharashtra and Goa in the SOF International Science Olympiad for the year 2023-24



We are delighted to announce that the Science Olympiad Foundation (SOF) has honored Mrs. Reeti Yadav as the Best District Level Coordinator for the year 2023-24.

## Story of Ritika - Our young designer



When Ritika was in grade 5, she shared her dream of becoming an entrepreneur and designing clothes with the principal Prajakta Madam. Curious if there were any books in the school library on the subject, she asked whether there was any book in the library related to this. Principal madam recommended "The story of Nike" and asked Ritika to write a review of it. When Ritika went to submit her review, she met our director, who, upon learning about her ambition, asked her to design jackets for the support staff. Principal ma'am asked her to form a questionnaire and ask the support staff what kind of jackets they require. Ritika did the research and came up with a few design. She submitted the designs and colors, and with the help of our school manager, Pooja.T teacher and the tailor, a design was selected. Ritika was overjoyed to see the support staff actually wearing the jackets she designed.





## Odisha Odyssey: A Flavorful Celebration of Culture and Cuisine



This month, our school canteen was thrilled to celebrate the rich and diverse culinary heritage of Odisha! Nestled along the eastern coast of India, Odisha is renowned for its vibrant culture, historical temples, and delectable cuisine that tantalizes the taste buds and warms the heart. The canteen was adorned with informative charts highlighting various aspects of the state of Odisha. Some charts illustrated the native costumes, while others detailed the rich cultural heritage. A model of the Jagannath Puri Yatra was prominently displayed, accompanied by the melodic strains of Oriya music in the background. Students enjoyed Bara Ghugni, a popular street food, for breakfast and savored Dalma with Phila, which is served as prasada in the Jagannath Puri Temple, for lunch. The atmosphere was beautifully set, and everyone had a memorable and special time.



## Odisha's Culinary Gem: Pilaf Rice Recipe

### Ingredients:

- 2 cups basmati rice
- 4 cups vegetable broth
- 2 tablespoons olive oil or butter
- 1 medium onion, finely chopped
- 2 cloves garlic, minced
- 1 carrot, diced
- 1 bell pepper, diced
- 1 cup frozen peas
- 1 teaspoon cumin seeds
- 1 teaspoon ground turmeric
- 1 cinnamon stick
- 4-5 cardamom pods
- 2 bay leaves
- Salt and pepper to taste
- Fresh cilantro or parsley for garnish



### How to make :

- Rinse the basmati rice under cold water until the water runs clear. This helps to remove excess starch and prevents the rice from becoming sticky
- Heat the olive oil or butter in a large pot over medium heat.
- Add the cumin seeds and cook until they begin to sizzle and release their aroma.
- Add the chopped onion and sauté until it becomes translucent, about 5 minutes.
- Add the minced garlic and cook for another 1-2 minutes, stirring frequently to avoid burning.
- Add the diced carrot and bell pepper to the pot and sauté for another 5 minutes until they start to soften.
- Stir in the ground turmeric, cinnamon stick, cardamom pods, and bay leaves.
- Add the rinsed rice to the pot and stir well to coat it with the oil and spices.
- Pour in the vegetable broth, season with salt and pepper, and bring to a boil
- Once the mixture reaches a boil, reduce the heat to low, cover the pot with a tight-fitting lid, and let it simmer for about 15-20 minutes, or until the rice is fully cooked and the liquid has been absorbed.
- Stir in the frozen peas, cover the pot again, and let it sit off the heat for another 5 minutes. The residual heat will cook the peas.
- Remove the cinnamon stick, cardamom pods, and bay leaves.
- Fluff the pilaf with a fork and garnish with fresh cilantro or parsley before serving.
- Enjoy your homemade pilaf!



## Theme for the month of August

