PGKM SCHOOL
CBSE AFFILIATION NO. 1131452
HARIBHAI DESAI VIDYADHAM, NEW S. NO. 63,
HISSA NO. 2, PLOT NO. 1, KONDHWA, PUNE - 411048

अंतर्नाद
Tune-in to Alpha World

Ramanlal T Shah Pre-Primary Section | Jairaj Group Primary Section | Vallabhbhai Lalji Patel Secondary Section

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SEPTEMBER 2026 EDITION

Janmashtami Celebration

When the School Turned into Gokul!





The Pre-Primary Section **celebrated Janmashtami with great enthusiasm** and festive spirit on the school turf. The celebration introduced the **young learners to the birth of Lord Krishna** and the cultural significance of the **festival through prayer, music, dance, and traditional activities.**

The programme began with a warm welcome and a short prayer, followed by an engaging **introduction to Janmashtami by the teachers.** The children listened with curiosity as they **learned about Lord Krishna and the traditions associated with the festival.**

Junior KG and Nursery students added joy and colour to the celebration with their lively dance performances. The children also thoroughly enjoyed a **special dance performance by the teachers.**

The highlight of the celebration was the traditional Matki Breaking ceremony, which filled the school turf with excitement and cheerful applause. **The celebration concluded with music and dancing, making the occasion memorable for everyone.**

The event beautifully brought together culture, learning, and enjoyment while encouraging confidence, participation, expression, and a sense of **togetherness among the young learners.**







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श्री कृष्ण जन्माष्टमी

A Day Filled with Krishna's Colours & Cheer





A Celebration Rooted in Tradition

The school auditorium came alive with **devotion, colour, and festive cheer as students gathered to celebrate Janmashtami, commemorating the birth of Lord Krishna.** The celebration created a joyful atmosphere while giving students an opportunity to experience the **cultural and spiritual significance of this cherished festival.**

Adding to the festive charm, students arrived **dressed in beautiful traditional attire, with many dressed as Radha and Krishna.** Their colourful costumes brought the stories and traditions associated with Janmashtami to life and added a special touch to the occasion.

The programme began with a **traditional puja and prayers, creating a peaceful and devotional atmosphere in the auditorium.** Through the celebration, students gained an understanding of the significance of Janmashtami and connected with the values, traditions, and cultural heritage associated with Lord Krishna.








Music, Dance & Festive Joy

The celebration continued with lively dance performances and devotional music, filling the auditorium with energy and enthusiasm. **Students participated wholeheartedly, expressing the festive spirit through graceful movements, colourful costumes, and joyful performances.**

The combination of traditional attire, music, dance, prayer, and cultural activities made the occasion engaging and meaningful. **The performances provided students with an opportunity to showcase their confidence, creativity, expression, and enthusiasm.**

The event beautifully brought together devotion, tradition, learning, and celebration, allowing students to experience Indian culture beyond the classroom. The cheerful participation and vibrant festive atmosphere made the Janmashtami celebration a memorable experience for the entire school community.

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Ganesh Chaturthi Celebration

Celebrating Bappa : A Journey of Faith & Tradition





Little Hearts Welcome Bappa

The spirit of Ganeshotsav filled PGKM School with devotion and festive joy as our **Pre-Primary learners celebrated the arrival of Lord Ganesha. Through Ganesha Aarti, prayers, Prasad distribution, and engaging storytelling sessions, the little ones were introduced to the stories, traditions, and values associated with Bappa.**

The celebration created a warm and joyful atmosphere, allowing the young learners to experience the festival beyond the classroom. **Their enthusiastic participation made the occasion meaningful while nurturing an early appreciation for Indian culture, traditions, and togetherness.**










Celebrating Faith, Culture & Tradition

Students of **Grades 1 to 5 participated enthusiastically in the Ganeshotsav celebrations, coming together in an atmosphere of faith, devotion, and festive spirit. The celebration included Ganesha Aarti, recitation of the 108 Names of Lord Ganesha, collective prayers, and Prasad distribution.**

Through these traditional practices, students gained a deeper understanding of the cultural significance of Ganeshotsav and the values associated with Lord Ganesha. The celebration beautifully blended spiritual learning, cultural awareness, and collective participation, creating cherished memories for the students.

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From Aarti to Visarjan: The Spirit of Ganeshotsav





Celebrating Bappa with Devotion & Festive Spirit

Students of Grades 6 to 10 celebrated Ganeshotsav 2026 with great devotion and enthusiasm, creating an atmosphere of faith, culture, and togetherness.

Spiritual Celebrations

- **Ganesha Aarti**
- **Recitation of the 108 Names of Lord Ganesha**
- **Chanting of the Ganpati Atharvashirsha**
- **Collective prayers**
- **Prasad distribution**

These activities helped students connect with the cultural and spiritual significance of the festival while fostering unity and shared values.

Cultural Performances

Students of Grades 8, 9, and 10 added vibrancy to the celebrations through:

- **Dance performances**
- **Singing performances**

Their enthusiastic participation filled the occasion with music, creativity, and festive joy.





Grand Visarjan Procession

The celebrations concluded with a spirited Visarjan Miravnuk, accompanied by energetic Dhol-Tasha beats and chants of “Ganpati Bappa Morya!” Students came together to bid a heartfelt farewell to Bappa, bringing four memorable days of devotion, culture, and celebration to a joyful close.





TEACHERS DAY

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Teacher's Day is a special occasion to recognise the invaluable role educators play in shaping young minds and inspiring future generations.
Continuing its cherished tradition, Poona Gujarati Kelavani Mandal (PGKM) honoured outstanding educators from its institutions for their exceptional contributions to education..

Celebrating Excellence: PGKM Educators Honoured



This year, PGKM School proudly received four prestigious awards across different sections, recognising the dedication, commitment, and excellence of its teaching and administrative staff.
Mrs. Nikita Nagar (Pre-Primary Section) received the Ramanlal T. Shah Award, Mrs. Renuka Dhalawat (Primary Section) received the Jairaj Group Award, and Mrs. Suchitra Sasane (Secondary Section) was honoured with the Vallabhbhai Lalji Patel Award. Mrs Shamika Tambe received the Admin Team Recognition for her valuable contribution to the institution.



Mrs. Nikita Nagar (Pre-Primary Section)



Mrs. Renuka Dhalawat (Primary Section)



Mrs. Suchitra Sasane (Secondary Section)



Mrs. Megha Kulkarni, accepting the award on behalf of Mrs. Shamika Tambe

These accolades reflect the passion and commitment demonstrated by our educators and staff in nurturing students and contributing to the growth of the institution.
PGKM School extends heartfelt congratulations to all the awardees.
Their achievements inspire the entire school community and reaffirm the values of excellence, dedication, and service that define our institution.

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HYGIENE & GROOMING

Nursery : Fun Friday: Little Hands, Big Life Skills





Nursery - Little Hands, Big Life Skills: Hygiene & Grooming

At PGKM, learning goes beyond books, and our little learners explored essential hygiene and grooming habits through playful, hands-on activities. The session introduced children to the importance of cleanliness, self-care, and personal grooming in a simple and enjoyable way.

From spraying and cleaning gloves to bathing dolls, children actively participated in activities that demonstrated everyday hygiene practices. They also learned about combing and caring for their hair through a creative threading activity using colourful beads, making the experience both engaging and meaningful.

These practical activities encouraged children to develop good hygiene habits and a sense of responsibility from an early age. At the same time, tasks involving cleaning, threading, and grooming strengthened their fine motor skills, hand-eye coordination, concentration, and independence.

The session beautifully combined learning with play, helping little hands discover big life skills while understanding the joy and importance of caring for themselves.













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Health & Hygiene

Sr. KG: Fun Friday: All about Health & Hygiene





Sr. KG – Health & Hygiene

Our Sr. KG children had an enriching learning experience on Health and Hygiene Day through specially designed observation stations. These visual learning setups helped children understand the importance of personal hygiene and encouraged them to develop healthy habits in an engaging and meaningful way.

Through the different stations, children observed the difference between clean and unclean habits and learned simple hygiene practices they can follow every day. They understood the importance of washing hands before eating, keeping their nails short and clean, maintaining personal cleanliness, and following healthy daily routines.

The activity went beyond classroom learning by helping children understand that good hygiene plays an important role in staying clean, healthy, and active. It also encouraged them to take these lessons home and practise them independently in their everyday lives.

By introducing these habits at an early age, the activity aimed to build a strong foundation for a healthy and hygienic lifestyle.

Clean kids, healthy future!















MY BODY

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Sr. KG: Fun Friday: Exploring the Wonders of My Body





Discovering My Body

Section: Sr. KG | Topic: My Body

The Fun Friday session offered Sr. KG children an exciting blend of learning, exploration, and joyful participation through the theme “My Body.” The session was designed to help young learners understand their bodies through simple, age-appropriate, and interactive activities that encouraged curiosity and active participation.

Children began by exploring bones and joints through an engaging sorting activity. By observing and identifying different pictures, they learned how the skeleton gives our body shape and support and helps us move. The hands-on approach made the concept easier for children to understand and remember.

They then explored the five sense organs – eyes, ears, nose, tongue, and skin and discovered how each helps us experience the world through seeing, hearing, smelling, tasting, and touching. Connecting these concepts with everyday experiences encouraged children to develop observation skills, body awareness, and a better understanding of how their bodies work.







Learning Through Hands-on Activities

Through an engaging internal organs pasting activity, children identified important organs and carefully placed them in their appropriate positions on a body outline. This hands-on experience helped them understand that although these organs cannot be seen from the outside, they perform important functions that keep our bodies working.

The highlight of the session was the skeleton puzzle activity, where children worked individually and in groups to arrange different pieces and complete the skeleton. They observed the shapes and positions of the bones, experimented with different placements, and worked together to solve the puzzle.

Throughout these activities, children practised observing, identifying, sorting, matching, communicating, and collaborating. The session encouraged problem-solving, concentration, logical thinking, and teamwork, while also strengthening their fine motor skills, hand-eye coordination, vocabulary, and body awareness.

POPCORN ACTIVITY

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Grade: 1 A Pop of Learning!





A Pop of Learning!

Grade: 1 | Subject: English | Topic: Describing Words

Learning was popping with excitement as Grade 1 students explored Describing Words through a fun-filled popcorn activity. The interactive experience turned a classroom concept into an exciting opportunity to learn through the senses. From watching the kernels pop to touching, tasting, and describing the popcorn, students discovered words such as crunchy, salty, fluffy, and warm. They observed its appearance, texture, taste, and feel while understanding how describing words make sentences more expressive.

The activity encouraged sensory exploration, observation, vocabulary building, and active participation, making the concept simple, engaging, and memorable. It was a delicious learning experience where every pop brought a new word!

ANIMAL KINGDOM

Grade: 2 Exploring the Animal Kingdom







Grade 2 Storytelling Activity – Exploring the Animal Kingdom

Unleashing Creativity Through Stories

The classrooms echoed with excitement and imagination as the students of Grade 2 enthusiastically participated in a captivating Storytelling Activity based on the theme “The Animal Kingdom.” The young learners brought a variety of animal characters to life through engaging narratives, expressive storytelling, and creative props, transforming the classroom into a vibrant world of wildlife and adventure.

With confidence and enthusiasm, students showcased their storytelling abilities, captivating their peers with animated expressions, voice modulation, and vivid imagination. The activity provided an excellent platform for enhancing public speaking skills, improving communication, and building self-confidence in front of an audience.

More than just a storytelling session, the experience nurtured creativity, encouraged self-expression, and fostered a love for literature and narrative art. It was a joyful and enriching learning opportunity that left the young storytellers feeling proud, accomplished, and inspired to continue exploring the magic of stories.

दिशा व उपदिशा

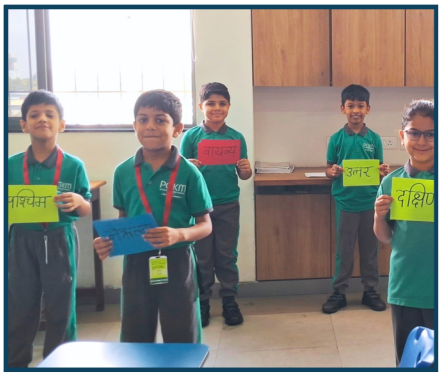
Grade: 3 दिशा व उपदिशा – कृतीआधारित उपक्रम

Grade: 3 | Subject: मराठी | Topic: दिशा व उपदिशा – कृतीआधारित उपक्रम

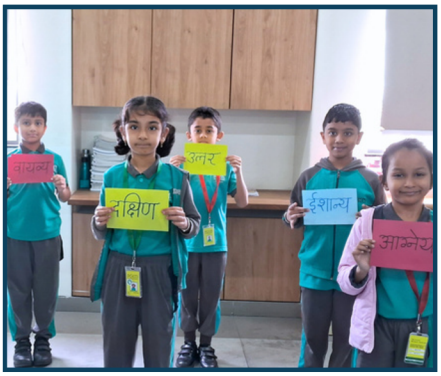
दिशा व उपदिशा – कृतीआधारित उपक्रम

विद्यार्थ्यांना मुख्य दिशा व उपदिशा सहज समजाव्यात आणि त्यांचा क्रम लक्षात राहावा यासाठी कृतीआधारित उपक्रम घेण्यात आला. विद्यार्थ्यांनी प्रत्यक्ष कृतीत उत्साहाने सहभागी होत उत्तर, दक्षिण, पूर्व, पश्चिम तसेच ईशान्य, आग्नेय, नैऋत्य व वायव्य या दिशांची ओळख करून घेतली.

या उपक्रमामुळे विद्यार्थ्यांचे दिशांचे ज्ञान, निरीक्षणशक्ती व स्मरणक्षमता विकसित होण्यास मदत झाली. प्रत्यक्ष सहभागातून शिकल्यामुळे दिशांची संकल्पना विद्यार्थ्यांना आनंददायी, सोप्या आणि प्रभावी पद्धतीने समजली व दृढ झाली.









Grade: 4 Adaptation Art – Exploring How Plants Survive

Grade: 4 | Subject: EVS | Topic: Adaptation in Plants – Adaptation Art

Adaptation Art – Exploring How Plants Survive

Grade 4 students explored the concept of plant adaptations through a creative Adaptation Art Activity. Students created drawings showcasing a plant alongside its natural habitat, connecting its special adaptations to their respective functions using pointers.

Through this activity, students discovered how different plants develop unique features to survive and grow in their surroundings. Combining art with EVS made the concept engaging and helped students strengthen their observation, creativity, and scientific thinking skills.

The activity offered an enjoyable way to understand the relationship between plants, their habitats, and their adaptations, making learning both meaningful and visually engaging.







Grade 5 - Exploring the Three States of Water

Grade: 5 | Subject: EVS



The school organised a Safety First Activity to help students understand the importance of staying safe and behaving responsibly in different situations. Mavshi and Kaka explained important school safety rules, including keeping the surroundings clean, walking carefully, and behaving responsibly. Students were also introduced to first aid box and learned about its importance during minor injuries and emergencies. The Coordinator demonstrated essential stair safety, including holding the handrail, avoiding pushing, and moving in a queue. Canteen Madam discussed canteen safety, cleanliness, careful handling of food, and avoiding food wastage. Patil Sir introduced students to fire safety and the use of a fire extinguisher, emphasising the importance of staying calm and following safety instructions during emergencies.

The activity created greater awareness about personal and community safety and encouraged students to become more responsible and mindful while protecting themselves and others.









Grade 6 - Methods of Separation in Everyday Life

Grade: 6 | Subject: Science | Topic: Methods of Separation in Everyday Life

Grade 6 students visited the school canteen for a hands-on learning experience to understand how different methods of separation are used in everyday life. They observed various processes and tools, including a winnowing basket and sieve, used to separate useful materials from unwanted substances. Students also explored the flour mill and observed the process of grinding wheat into flour, making the learning experience more practical and relatable. They enthusiastically observed the different tools and processes and connected them with concepts learned in the classroom.

The activity helped students develop a clear understanding of different separation methods and their real-life applications, while encouraging observation, curiosity, and experiential learning.







TIE-DYE ACTIVITY

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Grade 7 - Tie and Dye



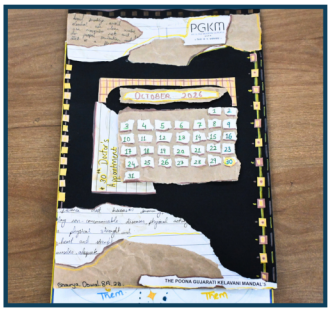


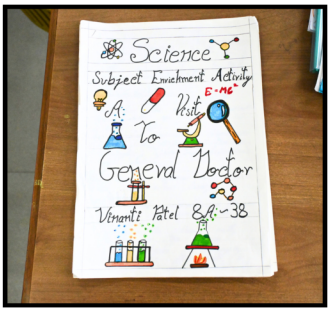
Grade 7 | Enterprise Time – Tie and Dye

As part of Enterprise Time, Grade 7 students explored the **creative art of Tie and Dye through research**, experimentation, and hands-on learning. They began by conducting surveys to understand different patterns and traditional tie-dye techniques, building a strong foundation before beginning the practical process.

Students then prepared their own natural dyes using organic materials and learned various methods of tying and dyeing fabric. Through experimentation with colours, patterns, and techniques, they created their own unique tie-and-dye pieces, developing creativity and practical skills along the way. The project concluded with students presenting their final products in class and explaining the surveys, experiments, and techniques used throughout the process. The activity encouraged creativity, research, problem-solving, experimentation, and confident presentation skills.

Grade 8 - Understanding Diseases and Promoting Community Health



Grade 8 | Health: The Ultimate Treasure

As part of the **Subject Enrichment Activity, Grade 8 students participated in "A Visit to a General Practitioner/Doctor", gaining a deeper understanding of health through a real-world learning experience**. Students interacted with a healthcare professional and **explored communicable and non-communicable diseases, disease prevention, responsible use of antibiotics, and healthy lifestyle practices.**

Through this experiential and inquiry-based approach, students moved beyond textbook learning by **interviewing the doctor, asking relevant questions, and connecting classroom concepts with practical knowledge**. The activity strengthened their communication, observation, data-analysis, questioning, and critical-thinking skills.

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ELECTIONS

Grade 9 Election Process – Democracy in Action





Date: 9 September 2026 | Grade: 9A | Subject: Social Science – Democratic Politics
Students of Grade 9A participated in **an interactive Election Simulation Activity to understand the different stages of elections in a democracy.** The activity covered the process from nomination and **scrutiny of candidates to campaigning, voting, vote counting, and declaration of results.**
Students took on different roles as candidates and voters, experiencing the election process firsthand. **They also learned about the importance of the secret ballot, right to vote, and free and fair elections.**
The activity connected classroom learning with practical experience while **developing teamwork, communication, decision-making, and democratic awareness. It helped students understand the importance of active participation in a democracy in an engaging and meaningful way.**

Sanskrit Ganpati Puzzle

इयत्ता १० वी : श्रीगणेशाच्या विविध नावांमधून समासांचे ज्ञान

समास या व्याकरण घटकाचा अभ्यास व्हावा म्हणून शब्दान्वेषण क्रीडेची मदत घेतली.
गणेशोत्सवाच्या निमित्ताने श्रीगणेशरूपम् या पत्रकातून विद्यार्थ्यांनी गणपतीची विविध नावे शोधायची होती. त्या नावांचे अर्थ समजून घेण्यासाठी समास विग्रह पत्रकात दिले होते. उदाहरणार्थ - गजाननः गजः इव आननं यस्य सः गजाननः बहुव्रीहिः समास किंवा वरं ददाति इति वरदः उपपदतत्पुरुषः समासः अशाप्रकारे विद्यार्थ्यांनी सामासिक शब्द आणि त्यांचे विग्रहवाक्य यांचा अभ्यास केला.






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Hobby Japanese Language

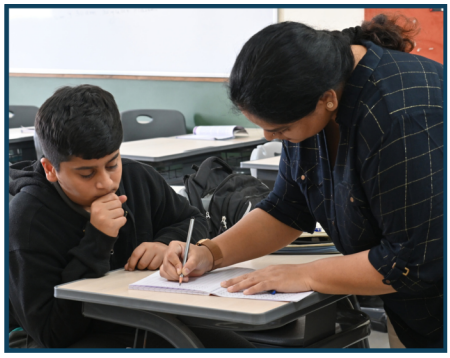
Discovering Language, Culture & the World of Japan

The Japanese Hobby Class introduces students to the fascinating world of Japanese language, culture, and traditions while building confidence in reading, writing, listening, and speaking.

Students explore Hiragana, Katakana, greetings, vocabulary, sentence formation, numbers, and everyday conversations, along with Japan's landmarks, festivals, customs, and traditions. Interactive dialogues, role-plays, Japanese songs, and Haiku writing make learning creative and enjoyable.

The class also introduces students to Japanese etiquette, including Ojigi (bowing), helping them understand the connection between language and culture.

Through engaging activities and practical learning, students are encouraged to communicate confidently and explore a new culture with curiosity. The programme develops communication skills, cultural awareness, adaptability, and a broader global perspective, making language learning both meaningful and enjoyable.


Hobby Bharatnatyam

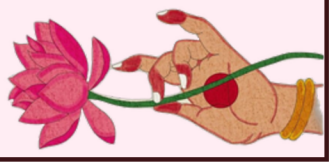
Rhythm, Expression & Heritage

Bharatanatyam, one of India's classical dance forms, beautifully combines rhythm, movement, music, expression, and storytelling. Through this hobby, students experience the richness of Indian classical art while developing their physical and creative abilities.

Regular practice helps students strengthen discipline, concentration, balance, flexibility, coordination, posture, and rhythm. Through Abhinaya, they learn to express emotions and stories through movement, building confidence, creativity, imagination, and self-expression.

Students also explore Indian mythology, music, traditions, and cultural values, gaining a deeper understanding of the stories behind the dance. Group practices and performances further encourage teamwork, stage presence, cooperation, and presentation skills.

More than learning dance steps, Bharatanatyam allows students to express through art and connect with culture, inspiring them to appreciate and carry forward India's rich classical heritage.







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Hobby Chess

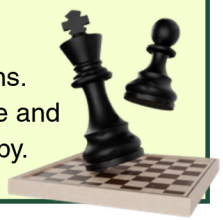
Think, Plan & Play

The Chess Hobby Class provides students with an engaging space to learn, think, plan, and enjoy the game of chess. With guided learning, students explore the rules, movements, strategies, and techniques of the game.

Through chess puzzles, practice matches, strategic activities, and friendly competitions, students learn to apply different strategies and improve with every game. These interactive sessions strengthen concentration, memory, logical thinking, patience, problem-solving, and decision-making skills.

Chess also encourages students to think ahead, learn from mistakes, and accept outcomes positively. Every move becomes an opportunity to analyse, adapt, and make thoughtful decisions.

By combining challenge, creativity, strategy, and enjoyment, the Chess Hobby builds confidence and critical-thinking skills while encouraging students to develop chess as an enjoyable lifelong hobby.









Hobby Tabla

Cultivating Rhythm, Creativity & Musical Curiosity

The Tabla Hobby offers students an engaging space to discover their natural sense of rhythm while exploring the rich world of Indian music.

Through progressive, hands-on learning, students are introduced to bols, taal, rhythmic patterns, compositions, accompaniment, and solo performance. Regular practice strengthens concentration, coordination, memory, discipline, active listening, and creative expression.

Beyond playing the instrument, students explore how rhythm interacts with melody and shapes musical expression. They are encouraged to listen, observe, experiment, and develop curiosity about the depth and diversity of Indian classical music.

With guided practice, students gradually build rhythmic sensitivity, musical confidence, and creativity. The Tabla Hobby transforms music into a joyful language of expression—one beat, one pattern, and one discovery at a time.









मुक्तछंद SATURDAY CLUB
EXPLORE • CREATE • PERFORM • GROW

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RANGOLI MAKING ACTIVITY ACTIVITY

Crafting Tradition: Rangoli Making Workshop



Crafting Tradition: Rangoli Making Workshop

Grade: 6 & 7 | Conducted by: Mokshada Deshpande

The PGKM School Art Studio came alive with colour, creativity, and tradition during an engaging Craft Rangoli Making Workshop for students of Grades 6 and 7.

Students explored a **reusable, non-spill rangoli technique, blending traditional Indian rangoli with a practical modern approach.** Through tracing, shading, colouring, and detailing, they transformed simple templates into **vibrant designs using OHP sheets, rangoli colours, markers, and acrylic colours.**

The workshop allowed students to experiment with colours and patterns while understanding the importance of precision and balance in rangoli art. Working through each stage of the process allowed them to develop their artistic skills and express their individual creativity.

The hands-on session encouraged patience, concentration, neatness, symmetry, colour sense, and creative thinking, while helping students appreciate the richness of Indian folk art.

The workshop was a joyful experience where tradition met innovation, with every design reflecting the students' creativity and enthusiasm.







मुक्तछंद SATURDAY CLUB
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LEAF ART ACTIVITY

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Nature Imprinted: Leaf Printing on Paper Bags



Nature Imprinted: Leaf Printing on Paper Bags

Grade: 5 | Conducted by: Aarti Bura

Students discovered how **nature can become a beautiful source of art through a fun**, eco-friendly leaf-printing activity on paper bags.

Using **fresh leaves, paints, and paper bags, students experimented with different leaf shapes, textures, and colours, creating unique patterns with every impression.** The activity encouraged them to observe nature while expressing their creativity through art closely.

Students explored different arrangements and **colour combinations to create their own distinctive designs.** The hands-on process helped **develop observation, creativity, fine motor skills, and artistic expression while making learning enjoyable.**

Beyond creativity, the activity carried an important message about sustainability and mindful choices. By decorating reusable paper bags, **students learned how simple creative practices can contribute towards a greener and more environmentally conscious future.**

With colourful prints, curious minds, and plenty of enthusiasm, the Art Room became a space for creating, discovering, and caring for nature.







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॥ धियो यो नः प्रचोदयात् ॥

वाचन संस्कृती

Read. Imagine. Grow





Unleash the Power of Animal Idioms







The Vachan Sanskruti session, held on 12th September, introduced students to the fascinating world of **animal-based idioms through fun and interactive activities.** Students explored a **variety of idioms, discovered their meanings**, and **understood how idiomatic expressions** often convey meanings beyond their literal words.
Through interesting examples, **discussions, and engaging challenges, students learned how to use animal idioms in sentences and connect them with situations from their everyday lives.** The activity encouraged them to think beyond the literal meaning of words and understand the creative use of language.
The session helped students strengthen their vocabulary, reading, comprehension, and communication skills while encouraging them to express their ideas confidently and creatively. It made language learning enjoyable, meaningful, and memorable.
Read • Reflect • Discover • Use • Grow!

Exploring the Food Chain

Students had an engaging Vachan Sanskruti session where they explored the **fascinating concept of the Food Chain through books, flashcards, and an interactive activity. They read about different species, including animals, birds, plants, and insects, and understood the important role each one plays in nature.**
Each student received a flashcard representing a different species and actively participated in creating a Food Web using yarn. **This hands-on activity helped them understand how different living organisms are interconnected and dependent on one another for survival.** Through observation, reading, and participation, students discovered that even the removal of one species can disturb the entire food chain. The session made learning meaningful and enjoyable while encouraging curiosity, environmental awareness, and collaborative learning.
The activity concluded with an important message every species matters, and each one has a special role in maintaining the balance of our ecosystem.







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COUNSELLORS CORNER

Grade 1 & 2 - Healthy Habits: Building Stronger Foundations







Grade 1 & 2 | Healthy Habits

An engaging and interactive Healthy Habits workshop introduced students of Grades 1 and 2 to the importance of making healthy choices and developing independence, responsibility, and mindfulness in their everyday lives. Specially designed and facilitated by the school counsellors, **the workshop focused on four essential pillars of wellness personal hygiene, wholesome nourishment, active routines & screen balance, and mindful manners & responsibility.** Through **storytelling, poems, visual demonstrations, and group sharing, students discovered how simple daily habits contribute to their overall health and well-being.**

The session encouraged students to practise **good hygiene, make healthier choices, stay active, manage screen time, and develop positive manners.** Reinforcing these habits at school and at home will help build a strong foundation for children to grow into **healthy, confident, responsible, and mindful individuals.**



Grade 6,7,8 - Building Smarter Study Habits









Grade 6,7,8: Time management

The Wellness Counselling Team conducted a specialised Time Management session for students of Grades 6, 7 and 8, helping them learn **how to manage academic responsibilities and daily routines more effectively.** The session **focused on practical strategies to organise schedules, improve concentration, prioritise tasks, and manage time efficiently.** Students explored useful techniques such as the Eisenhower Matrix for prioritising tasks, the **Pomodoro Technique & Time Blocking for improving focus, the "Eat the Frog" Rule for tackling challenging tasks first, and the Pareto Principle (80/20 Rule) for achieving better results through smart effort.**

The session equipped students with valuable tools to plan their studies, **reduce unnecessary stress, stay focused, and balance their responsibilities.** These strategies encouraged them to become more organised, independent, and confident in managing both academic and everyday challenges.



Grade 9 & 10 - Building Responsible Digital Citizens





Grade 9 & 10 | Cyberbullying Awareness

An interactive Cyberbullying Awareness Session was conducted for students of Grades 9 and 10 by the school counsellors, with a focus on promoting safe, responsible, and respectful digital behaviour. **Students learned about different forms of cyberbullying and how online actions can affect an individual's emotional and social well-being.** Through **engaging discussions and real-life scenarios, students explored forms of cyberbullying such as online harassment, spreading rumours, sharing hurtful content, impersonation, social exclusion, and misuse of personal information.** They also discussed its possible impact, including stress, anxiety, fear, loss of confidence, and difficulty concentrating on studies.

The counsellors shared **practical ways to respond safely, including saving evidence, blocking and reporting offenders, protecting personal information, avoiding impulsive responses, and seeking support from trusted adults or counsellors.** The session encouraged students to become responsible digital citizens and contribute towards a safer, kinder, and more respectful online environment

ACHIEVEMENTS

Radha Nagarkar Achieves Her Third Guinness World Record

A Remarkable Milestone in Roller Skating

Poona Gujarati Kelavani Mandal (PGKM) proudly celebrates the remarkable achievement of Radha Abhishek Nagarkar (Grade 1C), who has earned her third Guinness World Record in roller skating.

Radha set the record for the Fastest 100 Metres on Inline Skates Backwards, completing the distance in an impressive 17.93 seconds at Belgaum, Karnataka, on 31 May 2026. This achievement was part of a challenging 72-hour non-stop relay skating event, showcasing the dedication and perseverance of the young athletes involved.

At such a young age, Radha has demonstrated exceptional discipline, determination, and commitment to her sport. Her achievement is a proud moment for the entire school community and an inspiration to her fellow students.

The PGKM family congratulates Radha on this extraordinary milestone and wishes her continued success and many more achievements in the years ahead.





