

AT THE HELM OF AFFAIRS...INSPIRING WORDS BY OUR PRINCIPAL

Dear Vidya Vikasini Family

GREETINGS ! DEAR STUDENTS, PARENTS, AND ESTEEMED MEMBERS OF THE STAFF,

A TIME TO REST, REFLECT AND RENEW!!

As we enter the vibrant month of April, we come to a meaningful pause in our academic journey a time when our school doors temporarily close for holidays, but the doors of learning through life open even wider.

First and foremost, I extend my heartfelt gratitude to our dedicated teachers, whose tireless efforts, patience and passion have guided our students throughout the term. My sincere thanks to our supportive parents, who stand as strong partners in nurturing discipline, values and responsibility in their children. And dear students, I appreciate your hard work, enthusiasm and perseverance. Each one of you has taken a step forward in your journey of growth.



Sr. Johnmary Dondeti
Principal
VIDYA VIKASINI SCHOOL (C.I.S.C.E)



Holidays are not just a break from studies they are an opportunity to rediscover ourselves. In the silence away from classrooms, we often hear the most important lessons of life. Use this time wisely: rest your mind, refresh your spirit and renew your goals. Spend quality time with your family, help your parents, read good books and engage in activities that inspire creativity and happiness.

At the same time, we must be mindful that April brings intense summer heat. The rising temperatures and heat waves can affect our health if we are not careful. I urge all students and parents to take necessary precautions. Stay well hydrated, avoid stepping out during peak afternoon hours, wear light and comfortable clothing and maintain a healthy daily routine. Your safety and well-being are always our priority.

Let us also remember that true education goes beyond textbooks. It is reflected in our actions, our discipline, our kindness and our respect for others. During this holiday, practice values such as responsibility, gratitude and compassion. Small acts helping at home, speaking kindly, respecting elders build strong character and shape a better future.

Dear students, success is not built in a single day; it is the result of consistent effort and a positive mind set. Even during holidays, keep your curiosity alive. Learn something new, ask questions, observe the world around you and grow each day.

As we take this short break, let us not lose our focus but strengthen our determination. Return to school with renewed energy, fresh ideas and a strong commitment to excellence.

May this holiday be a time of joy, safety, reflection and inspiration for all of you.

Wishing you a peaceful, healthy and happy summer break!

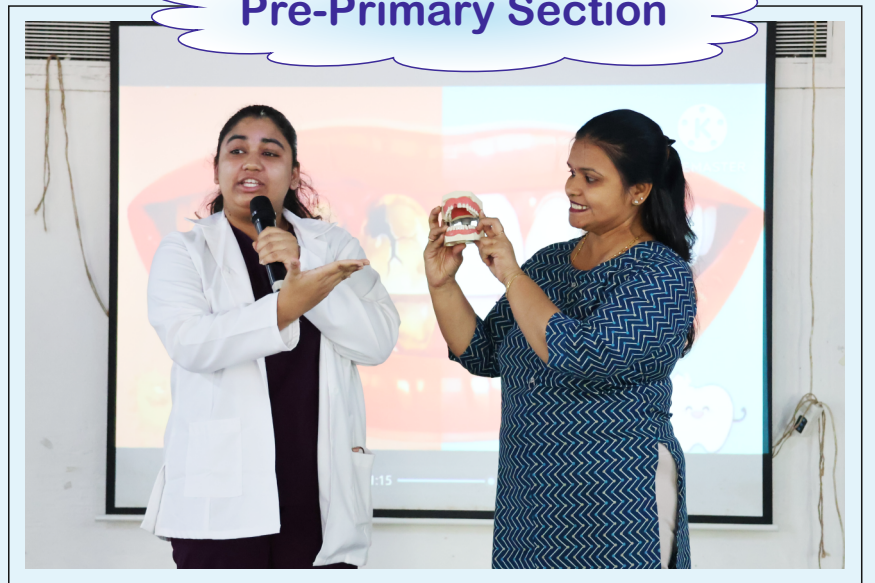


A Session on Oral Hygiene

This year, we were privileged to have our very own ex-student, Dr. Richita Nair, as our resource person to speak to our students about basic Oral hygiene and dental care. She was nostalgic to be back in the school where she began her own Pre-primary and passed out with flying colours in Std. X going on to becoming a dentist.

She held a short but lively and interactive session about basic dental care through a very cute and age-appropriate video and a lot of questions asked to the tiny tots who answered with great enthusiasm.

Pre-Primary Section



OUR BUDDING ARTISTS...



MITANSH DALVI - 8th B



SWAPNIL KANT - 6th C



MEET VANMALI - 5th A



KRIPA LOTIA - 5th A



OM PANCHAL - 7th B



RUDRENDU SEN - 8th A

A Career Counselling Session was organized for the students of Grade IX and X. The Guest Speaker was Dr. Leeyan Dias from HOPE. The session was designed to provide valuable guidance to both students and their parents in making informed decisions regarding future academic streams and career opportunities.

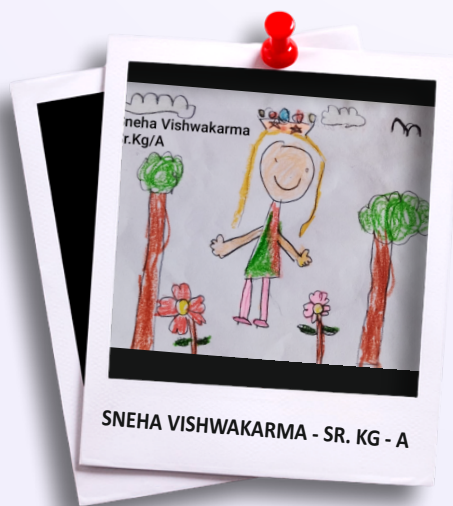
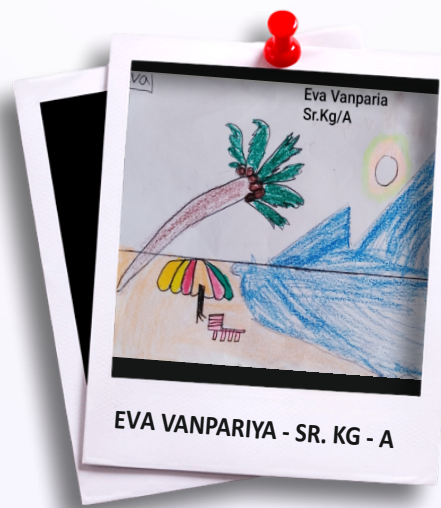
Our Principal, Sister Johnmary gave an intriguing start to the session by presenting a story drawing a parallel to their life with a person climbing a mountain who starts with great enthusiasm but as the journey gets tougher and diverse paths emerge, challenges become overwhelming. Here, the role of the Parent as the person holding the lamp to illuminate dark passages and the teacher holding the map to show the way, is crucial.

Dr Leeyan exhorted the parents present to support the career choices made by their children and understand their deep emotions and passion. She guided them to make the students meta-cognitively ready to face the future, be actively involved in their routine and monitor their child's socialising with friends in a sensible manner which is not detrimental to them.

Indeed, such sessions are the need of the hour in a student's life bombarded by the various influences of the media.



OUR BUDDING ARTISTS...





"Marathi is the soul of Maharashtra."

Marathi day is celebrated to commemorate the birth anniversary of the great poet, play wright and novelist Vishnu Vaman Shirwadkar also known as Kusumagraj.

Our school celebrated Marathi Day with a special assembly. The event aimed at promoting Marathi language and culture among our students.

The grand entrance march itself of our dignitaries, with our students dressed in their splendid Maratha traditional dress, to the beat of "dhol tasha" with "lazim", set a vibrant atmosphere for the programme!! The students showcased their talents through cultural performances. The pledge in Marathi, role play, skits portraying the importance of the girl child and women empowerment and a speech by students on the significance of Marathi language and culture were the highlights of the event.

The lively folk dance performances spread a wave of happiness in everyone's heart.



18th March, 2026



A SESSION ON SELF DEFENCE FOR GIRLS

A session on self defence was organized by the Palghar Academy of Pediatrics for the girls of Grade 9 and 10 with the objective of empowering them with essential safety skills and boosting their confidence. The session aimed to create awareness about personal safety, teach practical self-defence techniques, and encourage alertness in everyday situations.

The guests for the session were Dr. Archana Joshi, the Ex President of IAP, Palghar, her spouse, Dr. Hemant Joshi, and Dr. Jayshree Deshpande, the President of Palghar Academy of Paediatrics and the Convenor of "Swasaurakshan".

We also had two Martial arts trainers, Mrs. Chaitali Sakpal and Mr. Nayan Sakpal.

The resource persons explained how being aware of one's surroundings and responding promptly to danger can help prevent unsafe situations. The session emphasized that self-defence is not only about physical strength but also about mental preparedness and confidence.

During the practical segment, students were taught various techniques to protect themselves from potential threats. These included simple moves to escape from wrist grabs, holds, and other common forms of attack. The trainer also demonstrated how to use one's body weight and common objects available in one's bag such as pens and identity cards effectively to protect oneself and target vulnerable points to break free and seek help.

In addition to physical techniques, the session covered important safety tips such as:

- Staying alert in public places
- Trusting one's instincts
- Avoiding isolated areas when alone
- Using loud verbal commands to attract attention
- Understanding non verbal communication



The students actively participated in the demonstrations and practiced the techniques with enthusiasm.

(A Report by Tr. Sharon Miranda)



Articles

of the Month



Friendship... The Golden Thread

Mumma Is the Best

Friendship is a bond
That can never be broken...
A peaceful pathway
That can never end.
Hundreds of stars
In the sky that I see.... However, my friend,
You are the only twilight for me.
You comfort me
When I'm feeling blue...
So I know you are
The only friend that's true.
I've finally found
The meaning of life....
A friend who's with me Through pain and strife.
Friendship is
An inseparable relation...
A peaceful pathway Through which I will happily run.
Friendship is like a Golden Thread....
It can never be broken!



- Mayra Kambli Std 6 A

Flowers

Roses are red,
Violets are blue,
There is nothing
Compared to you.
Sunflower are yellow,
Lilies are white,
They enlighten you
By spreading light.
Lotus are pink,
Hibiscus are orange,
Making you feel
You're in a college.
Daisies are purple,
They make you smile,
Wear a dress with this pattern
And step out with style.



- Shamitha Sorapadi Std 3 D

Mumma, Mumma, I want to live a good life.
Tell me, how can I make it fine?
Tell me the way to brightly shine,
Because you are the best mother of mine.
You told me to stay healthy -
So that I can become wealthy.
You have curly hair and you are also fair.
Everyone is my favourite, but Mumma is the best,
as she makes delicious cookies.
You take care of our family and relationships nicely.
Mumma, I promise to maintain all this wisely.
Mumma, you are a warrior.
You have inspired me not to be a failure.
You are so calm -
As you chant the name of Lord Ram.
Mumma, Mumma, I want to live a good life.
Tell me, how can I make it fine?
Tell me the way to brightly shine,
Because you are the sweetest mother of mine.



- Krishala Sharma Std 6 A

Snowy Winter

I rise up at night
To see you in the candle light.
I wake up to go out and play
And spend most of my day.
I go home when my mom calls,
But I can't resist the snow fall.
I love to drink hot chocolate too;
I finish all the food on my plate — and that is true!
Again I call upon you my snow
To make my day high, not low.

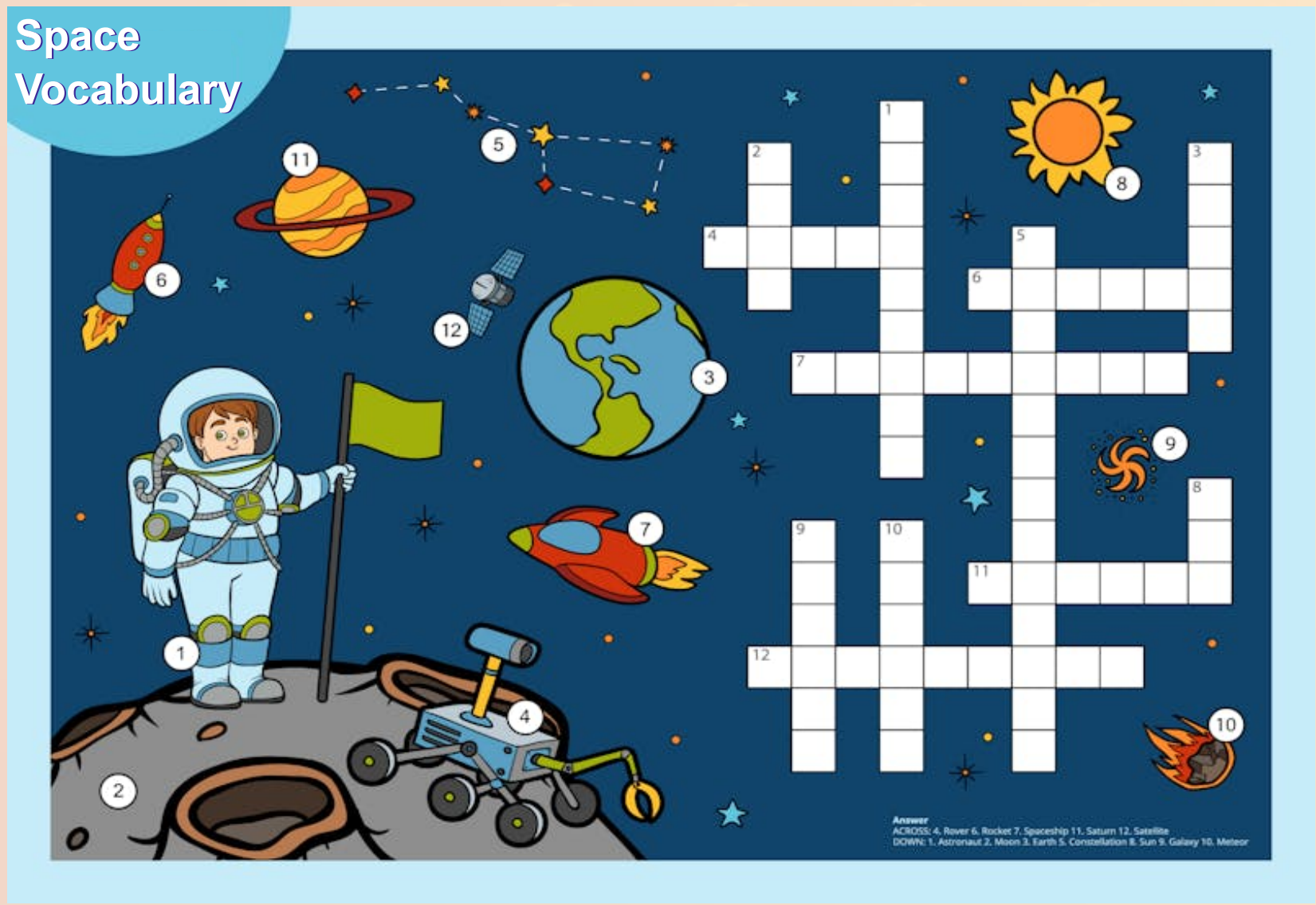


- Ditvi Shukla Std 3 C



SCIENCE CROSSWORD PUZZLES AND GAMES

Space Vocabulary



Answer
ACROSS: 4. Rover 6. Rocket 7. Spaceship 11. Saturn 12. Satellite
DOWN: 1. Astronaut 2. Moon 3. Earth 5. Constellation 8. Sun 9. Galaxy 10. Meteor

INSOLATION

Incoming Solar Radiation



The Sun Energy Source

Solar Rays

Solar Energy Reaching the Earth's Surface

Reflected by Atmosphere

Absorbed by Atmosphere

Scattered by Clouds

Earth

Low Angle

Angle of Incidence

Curvature of the Earth

Altitude Higher Altitude

Day Length

Season & Weather

Tropics Hotter Regions

Polar Areas Colder Regions

Summer, Winter, Clouds

OUR PLANET EARTH



EARTH FACTS

- 4.5 Billion Years
- 71% Water
- 29% Land
- 1 Moon
- Population: 7.8 Billion

ATMOSPHERE

- 78% Nitrogen
- 21% Oxygen
- 1% Other Gases (CO₂, Argon, etc.)

CLIMATE ZONES

- Polar** Cold Regions
- Temperate** Mild Regions
- Tropical** Warm Regions

EARTH'S LAYERS

- Crust
- Mantle
- Core (5,500°C)

BIODIVERSITY

- 8.7 Million Species
- Plants & Animals

EARTH'S ORBIT

- 150 Million km to Sun
- 23.5° Tilt of Axis

SAVE OUR PLANET!

THINGS YOU DIDN'T KNOW ABOUT WATER



Thirst means you're already **dehydrated** – don't wait until you're thirsty.

- Drinking water first thing in the morning** jumpstarts your metabolism by up to 24%.
- Cold water** burns slightly more calories because your body heats it up.
- You can actually drink too much water** – it dilutes sodium and can be dangerous.
- 8 glasses a day is a myth** – your needs depend on body size, activity, and climate.
- Dehydration of just 2%** reduces cognitive performance and focus.
- Room temperature water** is better for digestion than ice cold.
- The color of your urine** is the best hydration indicator – pale yellow is ideal.
- Water before meals** can help you eat less and lose weight.
- Your body often confuses thirst for hunger** – drink water before snacking.
- Drinking water won't flush out toxins** – that's a myth.

An Excerpt from Hindustan Times

06th March, 2026



Metamorphosis: It's time to awaken your potential



Pre-Primary Graduation Day 28 February, 2026

Vidya Vikasini School, (CISCE), Vasai East

We celebrated the transition of Senior KG students to Primary school, a giant leap made smooth and

joyful.

Our theme, "Metamorphosis", highlighted the potential within. The ceremony involved every student of our Pre- primary and commenced with a grand march, prayer dance, and welcome dance.

Our Principal, Sister Johnmary, drew a beautiful parallel between a butterfly's metamorphosis and a child's growth.

The highlight was a musical skit, "From Leaf to Sky", showcasing the metamorphosis process, performed flawlessly by JR KG students.

The students of SR KG received their graduation memento with great pride holding it tightly to their tiny chest.

Our Chief Guest, Sister Vasantha, the Principal of Villa Theresa School, Mumbai, compared student growth to a seed germinating into a flowering plant.

The event was a testament to teamwork, with our Management, staff, and parents making it special. We're grateful for their support. The evening ended with a happy selfie session, creating lifelong memories.



Graduation Day at vidya vikasini CISCE.





Value Based
Assemblies

IV - D



V - C



VI - A





Achievements



Winning Laurels...



AADITRI KARMAKAR (SR.KG-A)

SRA INTER SCHOOL SKATING CHAMPIONSHIP 2026
Skating Long race 2nd position
Skating Short race 3rd position
1 Silver medal, 1 bronze medal



DARSH MEHTA (JR.KG-A)

Has won 2 bronze Medals at SRA
Inter School skating championship 2026
for Long race and Short race.



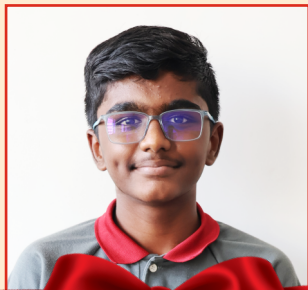
KAVERI RAUL (1-D)

Has Won
Silver in Long Skating
Bronze in Short Skating
At SRA Inter School Skating Championship 2026.
in U7 Group of Inline Category



ANSH MISHRA (4-B)

Won 2 Silver Medals U/12
Boys Pace in the race- 6th
Open Roller Skating Championship 2026



AARNAV MATWANKAR (8-B)

Won Runners-up in
Badminton Tournament Future Champ Cup 2.0 .
An Event Held In Vidya Vikasini School
On 1st March '26 U/13 Doubles Category.



SHLOK GOYAL (7-B)

Won 1st place in the Boys Singles category
at the Yonex Sunrise Manoj Ramchandran Memorial
State Open 2026 Badminton Tournament (U/15)



KHRISHA GOYAL (4-B)

Won 2nd place in the Girls Singles category
at the Yonex Sunrise Manoj Ramchandran Memorial
State Open 2026 Badminton Tournament (U/11)



Congratulations

