



॥वसुधैव कुटुम्बकम्॥

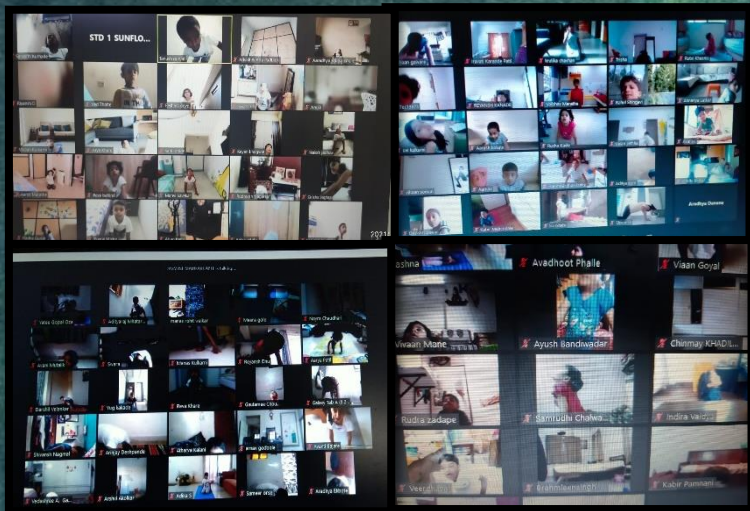
## HIGHLIGHTS

- *HM'S Desk*
- *Yoga Day Celebration*
- *STD VII Activity*
- *Proud Moment*
- *We Appreciate*
- *Good Reads*



## HM'S DESK

*Welcome to the start of a  
new adventure -  
with greater heights to scale,  
new paths to explore  
and  
new memories to create.*



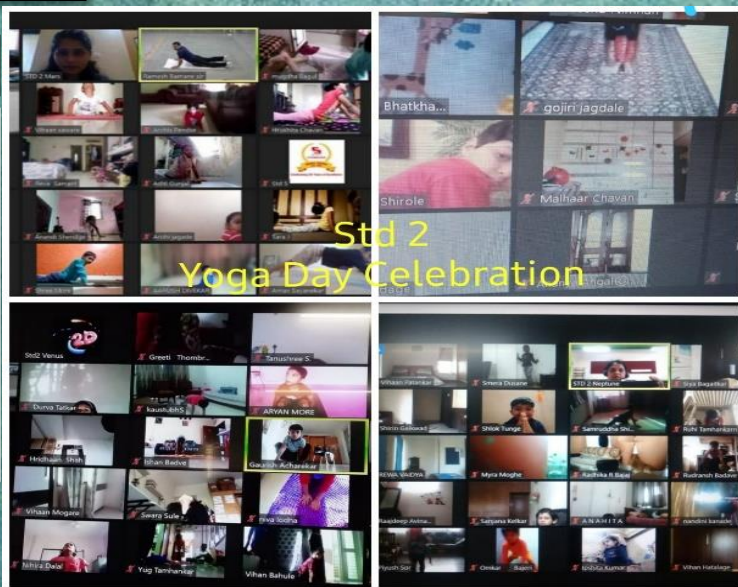
### STD I

21<sup>st</sup> June is celebrated as the International Yoga day all over the world. So our little ones of Std 1 celebrated this day by understanding the importance of Yoga and thus performing Surya Namaskars virtually.

### STD II

Yoga means addition- addition of energy, strength and beauty to mind, body and soul.

Std 2 children enjoyed virtual International Yoga Day on the longest 'Sunny' day by performing 'Surya Namaskars'



Std 2  
Yoga Day Celebration

### STD III

The students of Std 3 enthusiastically celebrated International Yoga Day. A special session was organised to commemorate the occasion. The significance of this day as well as the benefits of practising Yoga was explained to them through a video. All of the students as well as the teachers performed the Surya Namaskar. The children enjoyed the session.





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# SYMBIOSIS SCHOOL

ISSUE JUNE



**"Yoga at home, Yoga with teachers"**  
Std IV students and teachers came together on an online platform to demonstrate **Yogasana - SURYANAMASKAR**  
Everyone celebrated the day with a lot of eagerness and joy.

Yoga is not just an exercise, it is a way of living. Like all other days, on International Yoga day too, Symbiosis School planned to pay a tribute by starting their day with learning and stretching. Students were present with great zeal, wearing their white coloured outfits. Our sports team had created videos on- Introduction to Yoga and Suryanamaskar. Children were fascinated to see one more video of staff performing Yoga. We teachers, could feel the joy of our little ones while they were spotting their old, new and present teachers in the video. We could also experience how the purpose of Celebrating Yoga day was rightly achieved by our rockstars of grade 5. After performing Sun-salutations, Symbians were all set to resume their studies with their everlasting energy.





INTERNATIONAL  
YOGA DAY  
2021

STD VI

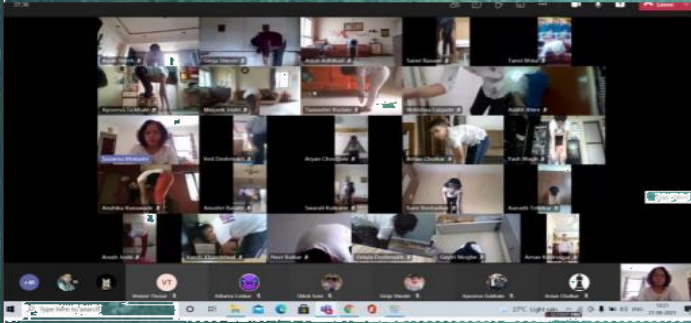
6 A

6 B



6 C

6 D



व्यायामात् लभते स्वास्थ्यं दीर्घायुष्यं बलं सुखं। आरोग्यं परमं भाग्यं स्वास्थ्यं सर्वार्थसाधनम् ॥

भारतीय प्राचीन संस्कृती, परंपरा यांमध्ये योग, योगासने, योगसाधना यांना अनन्य साधारण महत्त्व आहे. अगदी प्राचीन काळापासून ऋषी मुनींनी वेळोवेळी योगाचे महत्त्व, त्याचे फायदे आणि त्याची गरज पटवून दिलेली आहे. आजच्या काळातील धकाधकीच्या जीवनात योगाच्या माध्यमातून आपण आपले शरीर तर तंदरुस्त ठेवू शकतो; शिवाय मनावरही चांगले संस्कार करू शकतो. तन आणि मन यांचा एकत्रित व्यायाम म्हणजे योग, असे म्हणता येईल. भारतातील ही योग संस्कृती जागतिक पातळीवर बहुतांश देशांनी स्विकारली असून, योगासनांचे लाभ त्यांनीही मोठ्या प्रमाणावर अनुभवले आहेत. जगभरातील देशांनी केवळ योग स्वीकारला नाही, तर त्याचा प्रचार आणि प्रसारही केला. आताच्या घडीला संपूर्ण जगावर कोरोनाचे सावट असताना योग दिनाला विशेष महत्त्व प्राप्त झाले आहे. शक्य असलेल्या प्रत्येकाने योगाचा अंतर्भाव आपल्या दैनंदिन जीवनात नक्कीच करावा, असे आवाहन आपल्या शाळेमार्फत सातत्याने केले जात असते. त्याचाच एक भाग म्हणून २१ जून २०२१ रोजी 'व्हर्च्युअल योगा डे' साजरा करण्यात आला. माननीय मुख्याध्यापिका सौ वीणा हवनूरकर मॅडम यांनी दीपप्रज्वलन करून उपक्रमाचे उदघाटन केले. मुलांना योगावर आधारित माहितीची चित्रफीत दाखवण्यात आली. शाळेतील शिक्षक व शिक्षकेतर कर्मचारी यांनी वेगवेगळी आसने करून विद्यार्थ्यांना प्रोत्साहित केले. मुलांनी उत्साहाने सूर्यनमस्कार करून उपक्रमात सहभाग नोंदवला. सदर कार्यक्रमाचे आयोजन श्री कोकरे सर, बामणे सर, वंदना मॅडम, कांगणे सर व सानिया मॅडम या पी. टी. शिक्षकांनी केले.



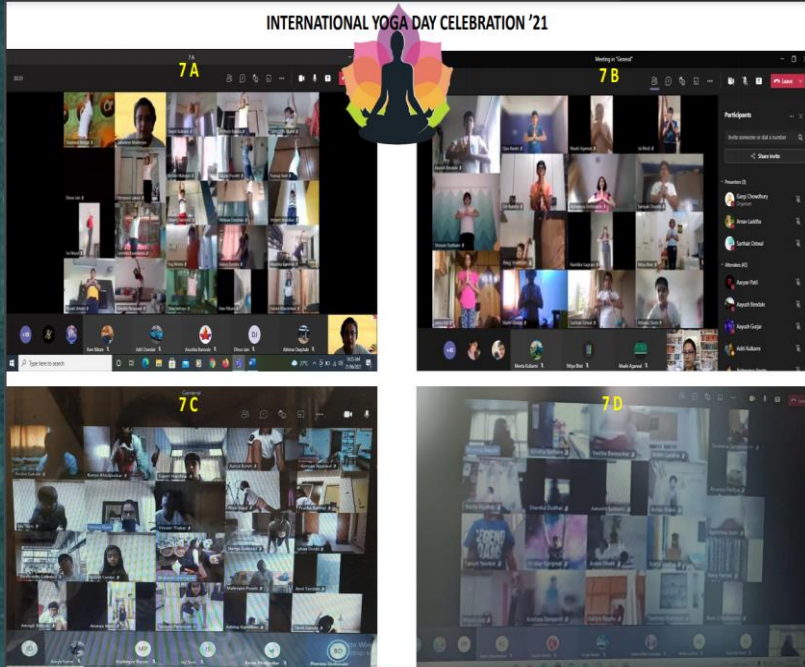


# SYMBIOSIS SCHOOL

ISSUE JUNE



## STD VII



International Yoga Day was celebrated virtually by the students of Std 7 on 21<sup>st</sup> June. Children were shown a video to help them understand the significance of this day, since its inception in 2015, and the reason why 21<sup>st</sup> June was chosen to commemorate this day. A video of members of staff performing Yoga was also shared. The short but impactful celebration ended with children performing two Suryanamaskars while watching a guided video on the same. The session left everyone feeling peaceful yet invigorated.

Physical, mental and spiritual balance. Yoga is acknowledged as an International form and thus 21<sup>st</sup> June is celebrated as International Yoga Day.

On this occasion, our students too enjoyed this day. They too experienced this moment of being a proud Indian. Physical and mental fitness leads to a healthy and successful life. We believe in this fact and thus Virtual Yoga Day was celebrated with students.

## STD VIII



## STD IX

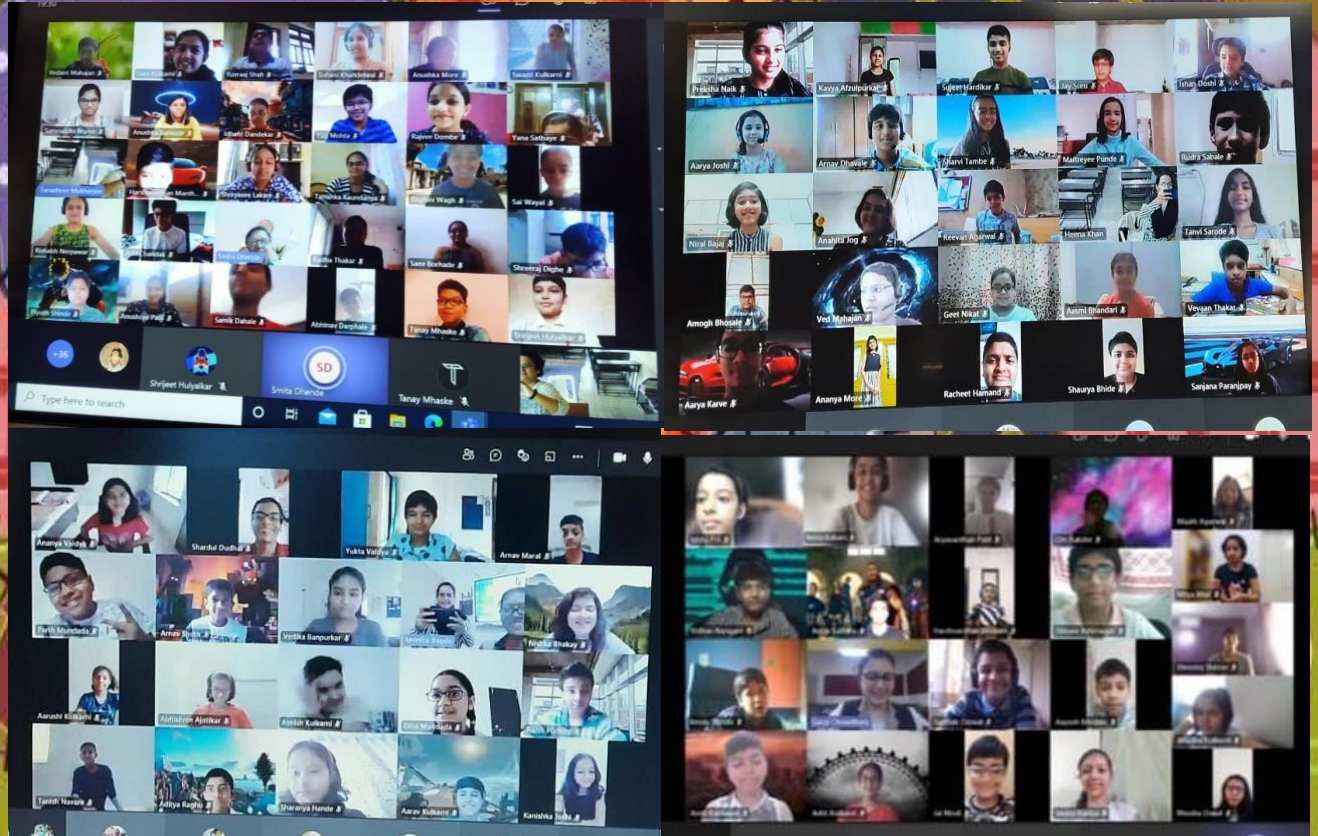


Happy soul, a fresh mind and a healthy body, all three can be achieved with Yoga. International Yoga Day was celebrated by teachers and students of Std IX with great enthusiasm. Students spoke on the benefits of yoga. After that, they were shown videos on Yoga Day and the staff performing yoga. The students also performed some standing and sitting asanas. The teachers of Std IX encouraged students to practice regular yoga to remain fit and improve concentration.





## STD 7 - MONTH END MAKEOVER



*Dressing up for special themes is often educational and motivational for students. The thematic dress up days help students build class/school spirit, encourage creativity and imagination and also promote attendance and participation.*

*30th June, 2021 was celebrated as **PATTERN DAY**.*

*The students were full of enthusiasm and excitement. They were all dressed in various patterned clothing. The patterns included stripes, polka dots, zigzags, squiggles and more.*



## We Are Proud



Aishwarya  
Singh  
9B

*Aishwarya Singh of Symbiosis Secondary School participated in the Skool Sansad Competition organised by Deepastambha Charitable Trust and was awarded 'The Best Parliamentarian Winner 2021'.*

"अभिज्ञान ,पुणे " संस्थेने राज्यस्तरीय काव्यरचना स्पर्धा आयोजित केली होती ; त्यात गौरी आराध्ये यांनी पाठवलेल्या कवितेला विशेष उत्तेजनार्थ पारितोषिक मिळाले.

ज्येष्ठ संपत आला की तमाम विठ्ठलभक्तांना आषाढीचे वेध लागतात. कर कटावरी घेऊन आपल्या लेकरांची वाट पाहणारी ती माऊली अन् ते सावळे रूप आपल्या डोळ्यांमध्ये साठवणारा वारकरी दोघेही आज एकमेकांच्या भेटीसाठी आसुसले आहेत; कारण ..... कोरोनारूपी संकटामुळे वारीचा तो सोहळा रद्द झाला. या पार्श्वभूमीवर ती आर्तता शब्दांमध्ये मांडण्याचा केलेला हा प्रयत्न.

आस

चन्द्रभागा तीरी । सजली पंढरी ।  
दर्शना वारकरी । आसुसला ॥

उणावला घाट । पाणावला काठ ।  
झाकोळली वाट । आसुसली ॥

अधीर सकळ । दाटले आभाळ ।  
भारले राऊळ । आसुसले ॥

लेवूनिया गंध । उभा पांडुरंग ।  
असोनि निःसंग । आसुसला ॥

रूप ते लोभस । पाहण्याची आस ।  
आतुर तो दास । आसुसला ॥

हरपले मन । नुरले देहभान ।  
सगुणां नयन । आसुसले ॥

अव्यक्ताशी भेट । उराउरी थेट ।  
पायीची ती विट । आसुसली ॥

सौ. गौरी संदीप आराध्ये





## We Appreciate

### Poem

By Ananyaa Joshi  
9th A

### *The Princess Who Was a Knight*

A deep red  
Was the dress that adored her petite frame  
Angelic features framed by lush locks  
An earthy brown was her hair,  
Scented of cinnamon  
The young night aged  
As it's stars - shining in her emerald eyes  
Sought out the lost  
Warm was the summer night  
That called upon by fate  
Grew devilish  
And tang was the reek  
Of the blood that her heart bled  
In remorse for the battles they had lost  
A peopled kingdom the glory of which  
Withered away  
Melting into this very summer night  
Then her eyes flashed  
And her mouth hardened  
Silver was the sword she raised  
And heinous was the battle she braved  
To restore the land to its once flaunted  
lustre  
Eventuated was the miracle of her soul,  
And Gold was the courage that was her!





## Good Read

### *My 15 Days of Quarantine*

As we all know, we have started a new academic year and before that, we had a long summer vacation. And I know everyone must have enjoyed it though we couldn't go out for long trips. I also had a lot of fun during my vacation. But I didn't know that something different would happen to me.

It was the month of April and my grandmother tested Covid positive after she had taken the second dose of the vaccine. I got scared because I had also started to show symptoms after a few days. I had a lot of dry cough and a little bit of fever. Then after 2-3 days my brother also got a fever and we decided to get our family tested. I was nervous and all sorts of negative thoughts started to come to my mind. The next day, the results came back and only my brother and I tested positive. I was shocked. I didn't know how to react. I had never imagined that I would be Covid positive. Later that day, our pediatrician told us to isolate ourselves at home as the other members had tested negative. Early on, it was fun to have a lot of 'we time'. Then we got bored of staying in one room for the whole day without anyone, though I had my brother with me all the time. One night, I had a weird feeling of loneliness. But I knew that my family would be with me the whole time. But still... something was there that was in my mind and I couldn't sleep. The first few days I was sad and shocked at what had happened. And because of all the negative thoughts, my cough started to worsen, the fever would come and go and I lost my appetite. I got to know this and I started to suffer. My parents told me that the more negative my thoughts were, the slower my body would recover. They told me to distract myself and not think much of it because everything happens for a reason. Play games, read books, also take rest and make this quarantine a memorable period of your life, they said. I decided to listen to them and thought that this was just a low period in my life which would last for a short period of time. I remembered my lines from my Hindi poem तूफ़ाँ तो आते रहते हैं इनसे भी क्या डरना जी |. Days flew by and I realized that by staying happy I started to recover. Then I wanted to learn something new, so my brother and I decided to learn German from the Duolingo app. I knew I couldn't do much but I tried to keep myself fit. I also practiced Mathematics as much as I could. Everything was fine till then. But then my father, mother and my maternal grandmother also tested positive. It was a difficult period but everyone successfully completed their quarantine and recovered fully. And after that we celebrated this by throwing a small house party for a happy ending.

The point of writing this is not to scare anybody but to tell everyone to be happy in times of crisis and fight with whatever comes.

Stay Home. Stay Safe.

*Ananya Vaidya*