



WAVES

The Official Newsletter of Vissanji Academy



CPR Awareness Session



Fashion Show



Hindi Diwas



Igatpuri Trip

www.vissanjiacademy.com

A RAINBOW PLATE OF GOODNESS- FRUITS - Jr.KG(29-9-25)

Our Jr.KG children learned about colourful fruits and talked about how each colour gives our bodies something special- vitamins for our body, energy to play and a lot of day to day activities. To make the learning fun they made their very own 'fruit rainbow' by placing fruits in red, orange, yellow, green, blue, indigo, violet order so they could see how many colours they could eat. They also learnt that when we eat many different coloured fruits we help our bodies grow strong, stay healthy and feel happy. Rainbow eating reminds us that every colour has a job, one colour keeps us healthy, another gives us power, another helps our mind and when we mix them all, we become healthy.



**ANIMAL HABITAT
Sr.KG(10-10-25)**

Our Sr.KG children enjoyed exciting lessons on animals and their food habits. They learned to classify animals into herbivores, carnivores, and omnivores through fun discussions and pictures. To make learning more engaging, the children also created beautiful models of animal habitats, helping them understand what each one eats and the surroundings they live in. It was a wonderful hands on experience that made learning both meaningful and enjoyable.



CHOOSE TO RISE

**They laughed when I stumbled,
Whispered sharp words in the dark,
"Not good enough," they hissed,
As if my worth could be written in losses.**

**I've tasted defeat like bitter ash,
Felt the weight of a dream collapse
Nights I cried myself to sleep,
Blanket soaked in silent shame.**

**They didn't see the hours,
The blood beneath the smile,
The way my hands still shook
Long after the scoreboard turned its back.**

**Sometimes, I break in places no one sees—
Moments my mind turns heavy,
Breathing feels like lifting the world
With tired arms and a soul on fire.**

**But deep inside, there's a voice—
Not loud, not proud,
But stubborn.
It says: Keep going.**

**Because I am more than the fall.
More than a missed shot, a lost chance,
More than their doubt or even my own.**

**There is potential in me
Doesn't die with failure,
That burns through wounds,
Rises even when I can't.**

**So I got up.
Bandaged heart, teary eyes,
Not because I'm unbroken—
Because I choose to rise.**

- Roseann D'Souza (7B)

PICK AN APPLE BUILD A WORD - A FAMILY WORDS Sr.KG(19-9-25)



Our Sr. KG children are learning to read simple CVC words. To make learning more fun, they enjoyed a word family activity, where they created and grouped words that belong to the same family, such as cat, hat, bat, and mat. This hands on recap helped them recognize patterns in words, build their reading confidence, and develop a love for phonics.



ABOVE OR UNDER -THE VEGGIE SHOW-

Where do vegetables grow-underground/above the ground Jr.KG (13-10-25)

This month, in Jr.KG, our children learnt about colourful vegetables and how they help our bodies grow strong and healthy, giving us vitamins, minerals and fibre. They also discovered that some vegetables grow under the ground and some grow above the ground so they know where to find them. Knowing this makes us curious, helps us choose more veggies to eat and appreciate how food comes to our plate. They did a creative and hands-on activity to have a first hand experience. Through this activity they understood how the vegetables are different, how they grow, and how eating them helps our whole body get stronger.



HAPPY SPOT NUMBERS- RECAP OF NUMBERS (1-6) NURSERY(10-9-25)



Our little learners looked at the spots, counted carefully from one to six and then chose the number that matched the spots. Through the game they practised number recognition and one to one correspondence while having fun together. They moved from simply seeing numbers to understanding how many items they stand for. What started as counting spots became a confident step toward

COMMUNITY CHAMPIONS CREW- NURSERY COMMUNITY HELPERS- (SEPTEMBER 2025)

Nursery children took part in role plays about community helpers to learn how people's jobs help others and the community at large. Through pretending to be these helpers, children develop empathy, language and social skills while understanding how each person contributes to a community's well being. They also learnt what different helpers do, why their work matters and applying that knowledge. Our tiny tots took their step towards showing respect or thinking about how they too can help.



Std. 5 Math Activity.

Integrated Learning Math with Art.

Students created a shape by solving decimal sums and forming a shape by matching the correct answers to the given questions.



THE DERMATOLOGY DISCUSSION

On the 24th of October, the students of grades 8th, 9th and 10th were taken for a session with the respected and distinguished Dr. Pallavi Rathi, a highly experienced dermatologist who provided insightful eye-opening information on 'How Social Media Influences Skin Care in Teenagers'. The session began with a brief introduction on the various beliefs and traditional practices and their capability and competency to improve of skin and hair health exposing false beliefs and their adverse effects. She elaborated on the various scientific approaches to deal with problems normally faced by adolescents and prescribed many creams and ointments to treat various skin conditions.

Next, we had a short but entertaining game where we were challenged with identifying the from the overly-popularized myth between two options. After each question was followed by a detailed explanation regarding both statements. Dr. Rathi then addressed the most important and alarmingly dangerous aspect of social media with regards to skin care, "Social Media Trends and Societal Expectations."

She explained with the rising power of social media certain fads and societal expectations such as "Glass Skin", and how they are considered a harmful influence, depleting the mental health of many adolescents through such unrealistic and unethical crazes. She also explained the harmful and adverse effects of blindly following DIY trends based on skin care which may seem economical but can have unknown detrimental effects. Through shocking real-life examples, she explained the dangers of impulsively following social media trends and advised us to follow the guidance of an experienced dermatologist before consuming or applying anything. Finally, we ended the session through a question-and-answer session where we enthusiastically raised relevant questions and clarified our doubts. At the end of the session, Dr. Rathi generously gave each one of us a gift voucher of Rs. 250, for any skin or hair related treatments.

By Nicole Andrades

Class- 9A



A REPORT ON GLOBAL SCHOLARS FAREWELL EVENT 2024–2025

The farewell ceremony for the outgoing batch of Global Scholars 2024-2025 was organised on 17th September, 2025 in the school auditorium. The event was conducted by the Global Scholars students under the guidance of the in-charge teachers. The program commenced with a welcome speech, followed by the students sharing the reflections of their journey and the contributions to the school. The outgoing batch of students of Global Scholars Program 2024-2025 expressed their gratitude for the guidance and support they received from their teachers in-charge and school management and then welcomed the new batch of 2025-2026 on stage with a hand shake. The farewell concluded with a vote of thanks by Principal Ma'am and a group photo session. It was a memorable event filled with good wishes for the upcoming batch.





DIWALI PARTY



INTER-CLASS FASHION SHOW – STD. 1 & 2

Theme: "Freedom and Progress – Our Guiding Light"

On the joyful occasion of India's 78th Independence Day, the students of Std. 1 and 2 came together for a vibrant and inspiring Inter-Class Fashion Show, celebrating the theme "Freedom and Progress – Our Guiding Light." Dressed in colourful and creative costumes symbolizing the values of unity, peace, education, technology, nature, equality, and dreams for the future, our little learners took to the stage with confidence and enthusiasm. Each child spoke a few lines on either: "India Through My Eyes", or "What Freedom Means to Me" The fashion show was a joyful celebration of expression, patriotism, and imagination. It served as a reminder that the future of India lies in the hands – and hearts – of these young, bright minds.



हिंदी दिवस के अवसर पर विशेष कार्यक्रम का आयोजन किया गया। विद्यार्थियों ने कविता पाठ, नाटक, नृत्य एवं समूह गायन के माध्यम से हिंदी भाषा की महत्ता को प्रभावशाली रूप से प्रस्तुत किया। रंगारंग प्रस्तुतियों और सृजनात्मक गतिविधियों ने सभी को मंत्रमुग्ध कर दिया। कार्यक्रम ने विद्यार्थियों में हिंदी भाषा के प्रति गर्व और प्रेम की भावना को सुदृढ़ किया।



CPR AWARENESS SESSION FOR STUDENTS

Date: 9 September 2025

A CPR (Cardiopulmonary Resuscitation) awareness session was conducted for students on 9 September 2025 to educate them on basic life-saving techniques. The resource person explained the importance of timely response during medical emergencies and demonstrated the correct steps of CPR using a mannequin. Students actively participated in the hands-on practice session and learned how to respond calmly and confidently in critical situations. The session was informative, engaging, and helped create awareness about the value of first aid and emergency preparedness.



Drawings by Kreesha Panchal



Eco-friendly bag painted by Deshana Vora.

Teachers' Day Celebration – Honouring Our Educators



The Teachers' Day programme was celebrated with great enthusiasm and warmth, honoring the dedication and commitment of our educators. The event featured joyful performances, interactive activities, and moments of appreciation that brought the staff together. The celebration concluded with fellowship and memorable moments, making the day truly special for all teachers.



Teachers' Day 2025 - A Day in a Teacher's Shoes

Teachers' Day was such an amazing experience this year! Everyone came dressed up in traditional clothes — girls wore beautiful sarees and kurtas, and the boys looked really smart in suits. The whole vibe was so cheerful, and we even took a big group photo with our entire tenth grade. It honestly felt so special to capture that moment together. After the photo, I got the chance to go and teach class 2B. The kids were super sweet and really well-behaved. We talked about hygiene and played some fun games like Guess the Word. They were so energetic and excited that it made the whole class so much fun to handle. Overall, the day was just amazing! It was such a great experience to spend time with the little ones and learn how much fun teaching can be. We ended the day by thanking our Principal, Kalpana Ma'am, for giving us this wonderful opportunity. It really helped us connect with the younger kids and made Teachers' Day even more memorable.

-Arfa Syed XA



October Trips
Grade 6, 7 & 8 - Igatpuri Trip

Gargoti Museum



Morning Trail



Coin Museum



Bhawli Dam



Myanmar Gate



Artillery Museum



Nursery



DJ Party



Green Detective Activity (Waste Audit)

23rd September 2025

Being a detective is almost every child's dream, but being a Green Detective is a whole new experience altogether. In this activity, we formed groups and conducted a cleanliness survey across our school. We received a survey sheet on which we had to evaluate different classes based on their cleanliness.

The aim was to create awareness among students about waste generation, segregation, and sustainable disposal. Students were divided into five groups and assigned areas such as the Admin Office, Library, Canteen, Classrooms, and Laboratories to carry out a waste audit. A parallel session was held where students watched a documentary and discussed the importance of recycling and reducing single-use plastics. Later, each group presented their observations and suggested practical solutions for waste management.

We visited each class personally and observed their surroundings. We then gave marks based on their level of cleanliness and also shared suggestions on how they could improve. Additionally, we discussed ways through which students could spread awareness about maintaining hygiene and a clean environment.

This activity was one of the most insightful and mind-opening experiences of my life. It gave me a fresh perspective and encouraged me to take new initiatives towards cleanliness and environmental care.

We sincerely thank Project Mumbai for presenting us with this wonderful opportunity.

– Vivan Joshi, 8A



Raas Garba '25

The festive season of Navratri arrived once again, bringing with it joy and prosperity. The Raas Garba event held at the Vissanji Grounds beautifully highlighted the spirit of Garba and the joy of celebrating Indian culture. It was truly a sight to behold, filled with exciting games, scrumptious food, and, of course, energetic Garba performances. Students and teachers from all grades came together to participate in this memorable celebration. The games were designed to be fun and engaging, while also encouraging participants to think creatively. The food stalls offered an array of delectable dishes, spreading mouth-watering aromas and satisfying everyone's hunger. The Garba was undoubtedly the highlight of the event. Everyone formed circles, dancing continuously and effortlessly switching steps, creating unforgettable memories. Seeing the entire school dressed in vibrant traditional attire and united in the same festive spirit was truly priceless. The Raas Garba 2025 was a rocking event, and we eagerly look forward to reliving these memories and creating new ones next year.

— Aryan Khare (9A)



OUR SPORTS ACHIEVERS

Mrya Sangelkar secured the Bronze Medal in the Maharashtra State Table Tennis Championship in the Under-15 Girls category.



The Boys' Under-17 Handball team won at the Division Level and qualified for the Maharashtra State Championship.



Celebrating Success Beyond the Campus

Dilnaz Zubin Sidhwa

(Batch of 1993)

**Vice President & National Contact Center
Head – IndusInd Bank**

Vissanji Academy proudly celebrates Ms. Dilnaz Zubin Sidhwa, a distinguished alumna and accomplished banking professional. Currently serving as Vice President & National Contact Center Head at IndusInd Bank, she brings over 15 years of expertise in operations, process management, and financial services.

Dilnaz recently returned to her alma mater to lead an inspiring Financial Literacy Session for Grades 9 and 10, sharing real-world insights that left a lasting impact. A proud Vissanji parent too, with her children Shareez and Friyanaz as alumni, she truly embodies the spirit of a lasting Vissanji legacy.



Source: Internet

Dear Students,

We are excited to invite you to contribute to our school newsletter's **November** edition! You have the opportunity to showcase your talent by submitting self-composed articles, poems, jokes, and sketches. The finest submissions will be featured in the magazine.

Send your work to our official email address at waves@vissanjiacademy.com.

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