

# REFLECTIONS

*Towards tomorrow...*



NAVAL KINDERGARTEN, NAUSENA BAUGH

MARCH, 2022 VOL IV



## PRINCIPAL'S MESSAGE

*"It takes a big heart to shape little minds"*

*~ Anonymous*

The kindergarten phase in a child's life is one filled with anticipation and enthrallment. There is so much to learn and so many things to explore. The unusual scenario that prevailed over the last couple of years changed the whole aspect of kindergarten education.

Kindergarten means making new friends, learning new ideas and reaching new goals. Despite the lack of physical classes, the teachers ensured that the little ones never missed out on their experiences.

While teachers shifted to more nurturing and encouraging roles through screens, the enthusiasm and excitement of the young students during online classes and online competition was a sight to behold.

The experiences of the last couple of years have taught us that kindergarten children are confident in spirit, infinite in resources and eager to learn so let's revel in their indefatigable joie de vivre and adopt their mantra that everything is still possible.

Jai Hind!

*Parul Kumar*

**Dr. Parul Kumar**  
**Principal**  
**Navy Children School**  
**Visakhapatnam**



## FROM THE DESK OF THE HEADMISTRESS

*"The future belongs to those who believe in the beauty of their dreams".*

*- Eleanor Roosevelt*

The role of a school is not only to pursue the academic excellence but also to motivate and empower the students to be lifelong learners, critical thinkers, and happy members of an ever-changing global society. Converting every individual into a keen learner and a joyous child, our school provides an amalgam of scholastic and co-scholastic activities.

The last two years were difficult for the planet and were extremely challenging for the educational institutions. We too had to find creative and engaging ways to reach out to our little ones. I am proud of my team NKG NSB who rose to the occasion and kept the students motivated to learn happily. I thank all the parents and express my sincere gratitude for their participation and support in this process.

The school magazine aims at inculcating creativity in students and serves as a platform to showcase their talents and achievements. Our last edition for this session ***Reflections-Towards tomorrow*** is a prayer anticipating the coming days to be sunny and bright for all of us. As I present this edition to you, I wish you all a very bright future ahead.

I thank all the parents and teachers for their whole hearted contribution towards this edition. I also express my gratitude to the management for strongly supporting us in all our endeavours.

With warm wishes and God's blessings.

Happy Reading!

**Jai Hind**

**Mrs Swati Adak**  
**Headmistress**

**Naval Kindergarten, NSB**

# EDITORIAL

*“To live without Hope is to cease to live”*

*Fyodar Dostoevsky*



While focusing on the present is healthy, a good dose of hope for the future can also keep us going. It's a balance. Getting stuck in the past or the present can be limiting but being exclusively focused on what's coming next can undermine actions we can take today. Focus on today but stay hopeful for tomorrow.

The past year has been a bust and we all want to get over it. But the future is full of possibility. It is ours to create and we can make a significant positive contribution to the future of our children if we learn, grow and act accordingly.

It is rightly said, "There is no medicine like hope, no incentive so great and no tonic so powerful as expectation of something like, better tomorrow. Let us celebrate the Hope for a brighter and better tomorrow.

This edition espouses the school spirit which is built up through collective actions, thoughts and aspirations and also gives a reader an Insight of our world. We compiled thoughts learning activities and experiences of our little Kindergarteners, parents and school over this period.

We would like to extend our gratitude to each and every contributor and parents for the insightful, thought provoking and innovative articles. We appreciate the kind of support provided to the school by parents, management and teachers who have helped breathing life into this magazine.

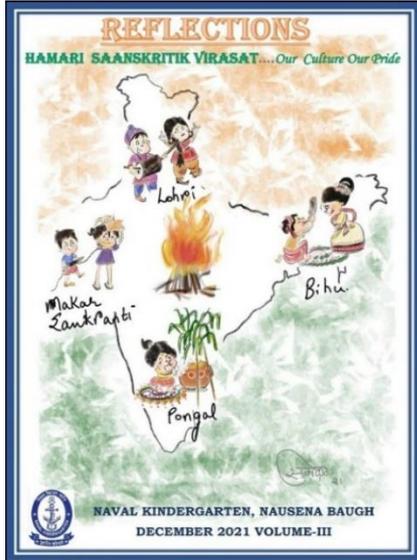
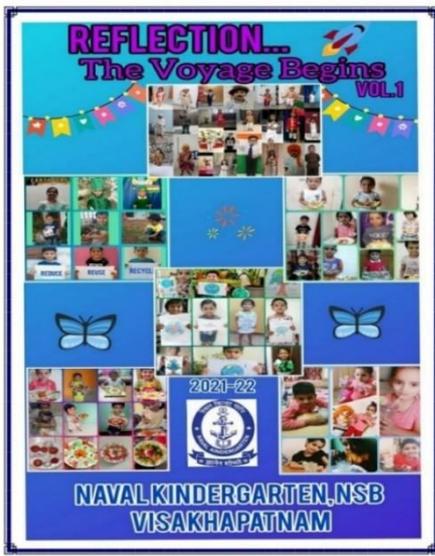
Above all I wholeheartedly thank our Headmistress Ma'am for her exemplary leadership, guidance and flawless endeavour in accomplishing this goal.

On behalf of entire team, I wish the readers "Happy reading"

**Mrs. Rupali Agarwal**

**NKG, NSB**

**(On behalf of the Editorial Team)**



## EDITORIAL TEAM



**Mrs.Rekha Kuntal**



**Mrs.Aasha Kumari**



**Mrs.Rupali Agarwal**



**Mrs.Swati Adak  
Headmistress,NKG-NSB**



**Mrs.Bharti Shivani**



**Mrs. Deepa Mahesh**



**Mrs.Anita Bisht**



**Mrs.Sanjana Oruganti**



**Mrs.Reena Yadav**

# SCHOOL MANAGEMENT COMMITTEE



**Sitting (left to right):** Mr. Nishikant Aggarwal, Principal KV-2, Shri Mohit Kumar Dubey, IDSE, GE, NB; Lt. Cdr Vishal Dhabi, SO (Works), HQENC; Cdr K Srinivasan, SSO (ED) I, HQENC & Director NCS (V); Cdr John D Valloor EXO, INS Circars; Capt Rajneesh Sharma DGM (WL & SIG) SBC; Surg Capt AK Sinha O/C SHO; Cmde M Goverdhan Raju, NM NOIC (APD); Cmde Rajvir Singh Command Education Officer, ENC; VAdm Sanjay Vatsayan, AVSM, NM Chief of Staff, HQENC; Dr. Parul Kumar, Principal, NCS (VZG); Mrs. Kavita Raghuraman NWWA Education Co Ordinator; Mrs. Vijaya Negi Vice Principal, NCS (VZG); Mrs. D Srividya Vice Principal, NCS 104 Area (VZG); Mrs. Anuradha Mago HM, Primary Wing, NCS (VZG); Mrs. Swati Adak HM, NKG, NSB (VZG); Mrs. Rakhi Khanna HM, NKG, DH (VZG)

**Standing (left to right):** Mr. Ganapathi Rao, TGT (PET); Mrs. Ranjeeta Pandey, PRT (General)

## BID ADIEU TO OUR DEAR HEADMISTRESS

Team NCS bid a heart-warming farewell to Mrs. Swati Adak (Headmistress, NKG, NSB) on her superannuation. Wishing her success and happiness in all the future endeavours.



## EARLY CHILDHOOD EDUCATORS



*Teaching Staff of NKG-NSB with Dr. Parul Kumar, Principal, NCS (VZG) and Mrs. Swati Adak, Headmistress, (NKG-NSB)*

## TEAM BEHIND THE CURTAIN



# HOPE IS ESSENTIAL TO OUR LIVES

When kids are overwhelmed or afraid due to things going on in the world, or in their lives, focusing their attention on hope can help them to cope and thrive. One of the most important things we can do for our kids is help them to cultivate that hope.

We need to give them opportunities to have optimism and to look for ways to keep their spirits up, to be resilient when things around them are not going the way they expected.

## GROW

*There is nothing like nurturing a new plant coming up out of the soil to teach about hope. It lets children learn about growth and while this concept may be a bit large for them right now, it is something they will understand as they, themselves, grow in their personal lives. This activity also teaches them that sometimes you have to wait a while and be patient while still having hope for your desired outcome.*



## BUILD OR MAKE



*Building and/or making is hopeful because it shows kids, they can change things by taking what is in front of them and working to turn it into something more . . . something better.*

## GIVE OR SHARE

*Giving is related to hope because kids will see that their willingness to give is a gift to others. This allows not only themselves, but others, to have hope for the future.*



## From the Pen of our Parents

### The winning edge is ATTITUDE..!!

*Parents are like a bow and children like arrows. The more the bow stretches, farther the arrow flies..." – Khalil Gibran*

Couldn't agree more!!

Children learn best when the significant adults in their lives like parents and teachers and other family members- work together to encourage and support them. And parents being their first teachers, have a key role in shaping them. A balance of education at home and school moulds a student's actual learning. Their role is not only limited to home and academics but involvement in school activities too. The current pandemic has posed many challenges before everyone. The health and wellbeing of children is of primary concern and one way of ensuring this is by engaging students in co-curricular activities for an optimal period of time. Research has shown that children's involvement in such activities helps them become tougher and avoid mental health issues, which have been a major concern in the context of the pandemic.

Continuous academic work, online classes, sitting for a long time in front of the screen leads to boredom and monotony, especially for kindergarteners. Now, more than ever, we need these co-curricular activities for children to enable them to feel refreshed about academics. This encourages

students to make an effort to learn new things more rigorously and this may even rub off on academic work. A right balance between the two (academics and co-curricular) leads to the desired results.

As a parent I feel, it is very important to encourage your child to take part in co-curricular activities. These activities improve their learning experiences, help them identify and develop their inner talents like creativity, public-speaking skills, leadership qualities etc. Co-curricular activities offer them an opportunity to think creatively and develop the innovative ideas of their own. It fuels their learning by stimulating creative thought, improving their social and organisational skills, developing their interests and talents and offering them the chance to do something they really enjoy. The students through co-curricular activities learn essential ethical values about different cultures, religions, events of national and international importance as well as discipline and school life ethics.

I am so grateful and thankful to the school, Naval Kindergarten, NSB for giving their students the opportunity and platform to take part in these co-curricular activities. Headmistress Ma'am, Mrs Swati Adak and our kindergarten teachers have put in so much efforts into planning and carrying out these activities smoothly & systemically throughout the year. I really appreciate their efforts to offer our children the opportunities to take part in inter school competitions and giving them the exposure and experience of the outside world!

Opening up of personality, developing the latent talents; promotion of the intellectual effort and an opportunity of healthy competition are factors, which the school and parents should always encourage. Only when they do that, they fulfil their role in the total education of the young ones.

After all, Children are like clay in the potter's hands. And we, as adults, can mould them the way we desire. the way we should!

**Mrs Apoorva Rai**  
**M/O Aarav Rai**  
**LKG B**



# My little Cheff...Cooking without fire Activity

We live in the Gen Z era, where our days are planned by the minute and life is fast & full. In all this, children need our quality time, hence, creating a special ritual reinforces positive behaviour and emotional wellbeing of the child.

One of the activities which we enjoy doing together as a family is cooking. Cooking with children offers a whole spectrum of benefits ranging from honing their gross and fine motor skills via chopping, peeling and picking activities to sharpening their mathematical and analytical techniques by counting, measuring and navigating through a recipe.

But as a mother, my first and foremost aim is to raise a child who can enjoy cabbage as much as cupcakes!

For an early kindergartener, "Cooking without fire" is an ideal activity to explore food, its taste, smell, textures and kitchen in a safe manner. This also promotes a healthy lifestyle and encourages the child to eat variety of food.

For us, Fruit chat is a family favourite!

Below is the recipe we follow-

Ingredients-

1. Fruits- Apple, Banana, Guava, Pomegranate, orange and any other seasonal fruits. {Mom tip- Sneak in the "less favourites" and they will not mind at all }
2. Seasoning- Black or regular salt, chat masala, black pepper and lemon juice.

Equipment-

Lemon squeezer, chopping board, mixing bowl, ladle and serving bowls.

Steps:

1. Ask the child to wash the fruits. Great sensory play.
2. The child can peel bananas, oranges, pick grapes or pomegranate seeds and under the supervision of the parent chop soft fruits like strawberries.
3. Put all of them together in a mixing bowl along with the seasonings as per taste.
4. Mix, mix, mix
5. Tadaaa...fruit chat is ready!!!

Perfect recipe for an engaging, joyful treat.

Enjoy this super healthy snack together as a family!!!

**Mrs Ruchika Dhillipn**

**M/O Aayansh Tiwari**

**LKG- C**



# My Child's Favourite Activity This Year

Being a parent is tough, being a teacher is even tougher, which I realized during the Pandemic. Yes, it's hard on us but the ones who are impacted the most are the little ones. Yet, it surprises me how they adapt themselves to varying conditions; be it online schooling or lockdown. No matter what, one thing that kept me and my child interested in these tough times is ART. The school activities made sure that my son is actively involved and made him discover the hidden artist in himself.

Unlike adults, pre-schoolers aren't self-conscious about what they're doing. They don't have a clear picture in mind before creating a final product. But letting go and allowing kids to enjoy the process of creation can reap big rewards. This, I learnt from my 5-year-old son. Actually, I have learnt many things, this is just one of them. Now I just let him be in the moment and let him express himself the way he wishes to. Therefore, instead of giving instructions on what to do, all I do is hand him a blank sheet of paper with few poster colours. He scribbles, paints, uses his hands instead of brushes, yet most of the times he comes up with a marvellous final piece of art.

It amazes me how painting helped him develop his decision-making skills; now he doesn't require my help to choose colours for different parts of the painting. Apart from hand-eye coordination, fine-motor and mobility skills, discovering new shapes and patterns, painting played the role of "THERAPY" for my child. Painting helped him feel better and overcome the accident that hit us last year.

It has been rough, but what made us strong and kept going is me and my son's favourite activity "PAINTING". And yes, more than anything else painting provided me and my child a great platform to develop a strong bond and spend valuable time together. After all, for us as parents this is what matters the most, isn't it?

**Dr. Vrushali Narvekar**  
**M/o Shreyas R. Narvekar**  
**UKG-G**



# My Child's Favourite Activity

Saeed is very fond of making paper folding art and craft. Moreover, he enjoys crafting with the paper without the use of scissors. Paper folding activity is an easy and fun activity which he can do by himself without taking any help from his parents.

His passion for craft is evident from the fact that he even makes paper folding fan out of newspaper & grocery bill receipt.

During the Pandemic, he created many different things but his favourite was Paper Fan....The paper folding activity really helped and kept my child interested throughout.

**M/o Saeed Ahmed Quadri,  
LKG-C**



# Friends Forever

My sister's arrival has made me a "big brother" today  
and I have learnt a new role to play.

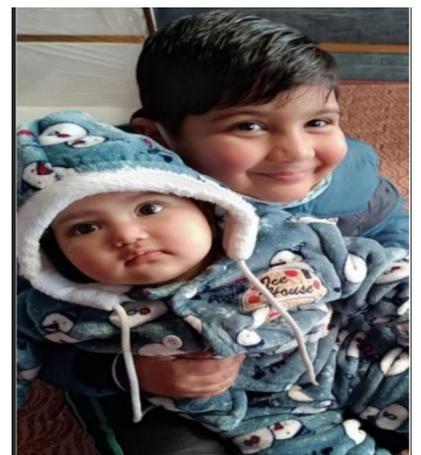
Her laughter and coos fill my heart with joy,  
As if I got a brand-new cheerful toy.

Together we eat, together we play, together we make time glide;  
Throughout the day I have her by my side.

We have become best of friends sharing parents love and care,  
Now I have the privilege to love someone new and to share.

Sometimes, I may tease and annoy her;  
Yet we will always share all ups and down, holding onto to each other.

**Cdr Shweta K Sharma  
M/o Devyansh Singh  
UKG – F**



## Discover the joy of sharing and you will find the reason for living

Sharing makes us grateful: The Joy is unlimited. It gives our life meaning and purpose which is important in evoking the feelings of gratitude. As parents, one of the ways through which we can raise an exceptional child is by inculcating the feelings of sharing. Even small acts of giving can trigger off the feelings of gratitude.

According to research, the secret to life-long happiness is to give. It gives our life meaning and purpose.

There are a lot of ways in which we can encourage our children to start giving. From sharing a toy with a child not as fortunate, to cooking a meal for someone of limited means, children who give from childhood, grow up to be happy, confident and healthy adults. Few of them are enumerated: -

- Keep talking to your children about the importance of giving to others. You can include personal stories as well.
- Be a role model. Children imitate and follow whatever we do and if we practice giving in our lives, they are sure to follow suit.
- Plan for a trip to an orphanage, an old age home or a hospital for children. Time spent at these places is also a great way to make our children appreciate even the small things that they often tend to take for granted.
- Every 6 months or so, go through your cupboards along with your child and sort out stuff that you may not use. An exercise like this is not only a fun way to bond with your child but it's an interesting way in which you could identify clothes, books and toys that are no longer being used. Once segregated, these can be packed off into carefully labelled boxes and donated to people who are not as fortunate as us.
- Keep a diary of all the good deeds that your children have done. Encourage them to perform at least 2 good deeds every week.

Helping others is not only good for kids and a good thing to do, it also makes them happier and healthier too. Giving also connects us to others, creating stronger communities and helping to build a happier society for everyone. Making them feel good early in life about helping others will build up their character. They will later on discover that life is indeed more fulfilling if they can make a difference in this world. And it's not all about money - we can also give our time, ideas and energy.

Joy is contagious in nature. The happiness that we get when we give something to someone cannot be matched. So, to all the parents and children out there, let us all pack our lives with joy and happiness, let us be grateful for all the things we have in our lives and let us all come together to make the lives of those not as fortunate as us a little brighter.

At last, I would like to sum up by a famous saying:

If you want Joy, give joy  
If you want love, spread love  
If you want to be prosperous, share more.

**M/o Veda Gupta**  
**LKG-D**



## Child's imagination and creativity

Your child asks a lot of questions, and that's okay!

At some point in their development, children begin to ask a lot of "why?" questions, "how come?" "Questions, and "who did that?" questions. This is a good thing, and you need to teach your child to keep asking questions. Better yet, encourage these questions by supporting him/her and providing (when possible) some answers to the questions asked.

Some children don't feel comfortable asking questions, because sometimes questions are interpreted as a sign of weakness. A common misunderstanding is that people who ask too many questions aren't too "smart". In reality, it is quite the contrary! You can explain this by repeating the maxim "there is no such thing as a dumb question – there are only dumb answers."

Asking questions denotes curiosity and a desire to know, and curiosity ignites imagination, because it stimulates the brain to wonder how things work, why they work the way they do, and how they would work if we did it in another way. Questions, combined with creativity, are a powerful mechanism for change. The next time you tell your child that "water is precious and should not be wasted", or that "we should separate our waste. Be the one to start the conversation by asking "why do you think water is important?" or "why do we need so much water?". That way, you will have a chance to explain and you will stimulate children to think about these issues.

A creative attitude does not mean that you always have to "create" something new. Every once in a while, let your child enjoy the creativity of others.

Get your little ones used to enjoy the arts (by listening to music, painting, looking at pictures). Encourage them to experience what others have created (e.g., taking them to an exhibit or out to the movies). Even if it may seem like they are not creating anything, their creativity will be recharging in the background, taking the many stimuli from the outside world and putting them to work, reorganizing them into something new or something creative!

So, I would like to end by saying-

Creativity is to be celebrated and enjoyed.

**Mrs. Suman**  
**M/o Yuvika Singh**  
**UKG-B**



## My child as a kindergartener

*“Live all of your life. Understand it, see it, appreciate it and have fun.”*

Joss Whedon has brilliantly penned down the above words that I surely want to tell my kindergartener.

We were battling pandemics when my child entered kindergarten. It sounded like a great amount of work initially but when I think about it now, it was a fun journey. Instead of real, we had virtual class room, with real teacher and school friends.

Learning through tutorial videos, interaction during virtual meet, taking part in co-curricular activities via Microsoft Teams were all normal for her generation. Above all I was full of gratitude that I was present in every moment of her life. Learning through art and craft, music and physical activities. She was completely engaged throughout the week. From watching fascinating YouTube videos to watching highly engaging knowledgeable videos.

We did it all together. I was always behind the camera sitting by her watching her learn, watching her trying to do things and carving her own path step by step.

We ticked another milestone together and I cannot express my happiness in words. I promise to keep encouraging you and be with you at every step of your life ahead.

**Mrs Swati Singh**  
**M/O Samaya Singh**  
**UKG- F**



# THE NEWS MAKERS - OUR TWINKLING STARS

## TALENT HUNT ACTIVITY

LKG-A



LKG-B



LKG-C



LKG-D



LKG-E



LKG-F



**LKG - A**

I	DARSH PANWAR
II	THANVIK NALLURI
III	ATHARV SINGH
CON-1	AMIKA KARTEEK
CON-2	TANVI AICH

**LKG - B**

I	AARAV RAI
II	LAVANYA MALIK
III	SHIVANSH PATEL
CON-1	RUDRANSH RAJPUT
CON-2	SAANVI

**LKG - C**

I	SHREYA YADAV
II	RADHYA SHARMA
III	D.SHANAV
CON-1	D.SHANAV
CON-2	MYRA RAWAT

**LKG - D**

I	EKLAVYA
II	MEDHEER KAUR
III	BHUMISHIKA SINGH BISHEN
CON-1	AMEYA BONTHA
CON-2	ANIKA BONTHA

**LKG - E**

I	ADRIKA P SAHOO
II	AASHVI THOSH
III	AANYA SINGH
CON-1	ARVAN SINGH
CON-2	ANAISHA DASH

**LKG - F**

I	RADHYA SINGH
II	RAJVARDHAN P SAHOO
III	JAHNVI ARUN
CON-1	ANAYASHA MEHTA
CON-2	URVASHI



UKG-A



UKG-B



UKG-C



UKG-D



UKG-E



UKG-F



UKG-G



UKG - A	
I	RISHIKA PATEL
II	AARUSH SINGH
III	SHREYAN MONDAL
CON-1	MERCY DANIEL
CON-2	RUDRA SINGHL

UKG - B	
I	PRAKHAR PATEL
II	YUVIKA SINGH
III	KYRA SHARMA
CON-1	ROOHKA SHUKLA
CON-2	NIHARIKA YADAV

UKG - C	
I	RIYA MISHRA
II	AYUSHMAN SINGH
III	BARU PRATYUSH
CON-1	ADARI KEDAR HARSHA
CON-2	SHANVI JHA

UKG - D	
I	IDHIKA sRIVASTAV
II	PRIYADARSHINI
III	HANISH KUMAR
CON-1	ANVI RANAA
CON-2	DHANUSH AITHAL

UKG - E	
I	JEMIMAH AJITH JACOB
II	VED KUSHWAH
III	BHOOMI
CON-1	JAPFATEH SINGH
CON-2	SANAYA GUPTA

UKG - F	
I	ESHANI MALIK
II	ANVI CHOUDHARY
III	DAKSH SINGH LATWAL
CON-1	SAMAYA SINGH
CON-2	BHAVYA DWIVEDI

UKG - G	
I	PIHU GUPTA
II	SIDHARTH PATRA
III	VAIDEHI BHADAURIA
CON-1	HARSHITA
CON-2	SAMPRIT SHAW



# LAURELS THEY BROUGHT



**Aarav Rai (LKG-B)**  
**Secured 1st position in Fancy Dress**  
**Manthan 2021-22 (Karanja)**



**Sadhvi V (UKG-C)**  
**Consolation Prize**  
**GMHOTS**



**Hridhan Dhaka (UKG-C)**  
**Consolation Prize**  
**GMHOTS**



**Aarav Rai (LKG-B)**  
**Consolation Prize**  
**GMHOTS**



**Yuvika Singh (UKG-B)**  
**All India drawing & Essay Writing Competition 2021-22**  
**Aurangabad, Maharashtra**



# THE SPIRIT OF CELEBRATION



## NEW YEAR CELEBRATION

New Year brings possibilities for new beginnings and opportunities. As we entered the New Year 2022, We at NKG-NSB celebrated the event with full zeal and wished as it may bring happiness, love, peace and prosperity to the mankind. We prayed together for a healthier and happier planet this year. Children of LKG-B presented a celebration bidding farewell to 2021 and welcoming the New Year 2022.

# HAPPY NEW YEAR



# REPUBLIC DAY

In 1950 we embarked our journey as a Republic on 26th January, affirming to the principles laid down in our Constitution. Since then, every year we celebrate the glory and sacrifices of our ancestors which has brought our country to where it stands today.

On this day we did celebration to mark the essence of Republic Day. We appreciate the efforts taken by the parents.

# REPUBLIC DAY



# BASANT PANCHAMI

Basant Panchami is also called as Saraswati Puja as we worship goddess Saraswati on this day. Basant Panchami marks the arrival of spring and it also celebrates agricultural fields with yellow mustard crops. Basanti actually means the colour Yellow.

Goddess Saraswati is the Goddess of knowledge, wisdom and art. We offer yellow sweets to ma Saraswati and prayed to her.

## HAPPY BASANT PANCHAMI



# HOLI

Holi is the festival of colours, one of the most awaited festivals and is celebrated with much joy and vigour all across the country especially in North India. Holi is not just a festival; it's a tradition which dates back millenniums.

The colourful festival of Holi spans over two days and marks the beginning of spring. On the first day, known as day of "Holika Dahan", fire is lit marking the victory of truth over evil. The second day is "Phag", when the actual Holi is celebrated with vibrant colours and water. The festival bridges gap between people of different communities and age groups and people hugs each other while smearing each other's face with colour.

# HAPPY HOLI



# CREATIVE DRIZZLE : FUN WITH ART & CRAFT

## LKG

### COLLAGE OF TRANSPORT



### PAPER FOLDING : FAN



### TEAR & PASTE: KITE



### REPUBLIC DAY ACTIVITY: FLAG



## LIFE SKILL ACTIVITY

The aim of Cooking without fire activity is to provide awareness about the nutritional value of food cooked without fire. In order to inculcate the importance of healthy food in children's everyday life, NKG,NSB,conducted a Cooking without fire activity, where they made Carrot Chutney. Teachers explained the benefits of carrots in children's diet and encouraged children to make Carrot chutney in Parent's presence. It was fun and enriching activity which children enjoyed.

# COOKING WITHOUT FIRE CARROT CHUTNEY



# BLOOMING BUDS

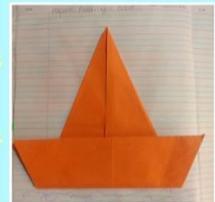
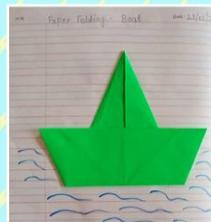
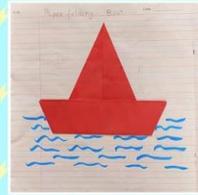


# CUTE KITTIES

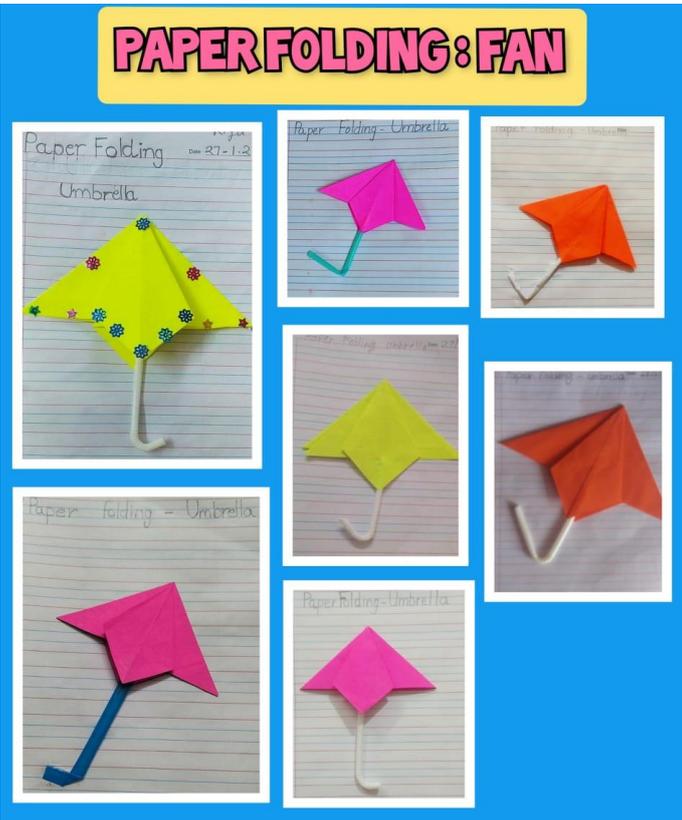
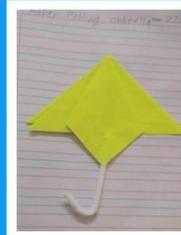


# PAPER FOLDING ACTIVITY

## BOAT



# PAPER FOLDING: FAN



# FLAG MAKING ACTIVITY



## LIFE SKILL ACTIVITY

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# COOKING WITHOUT FIRE CARROT CHUTNEY



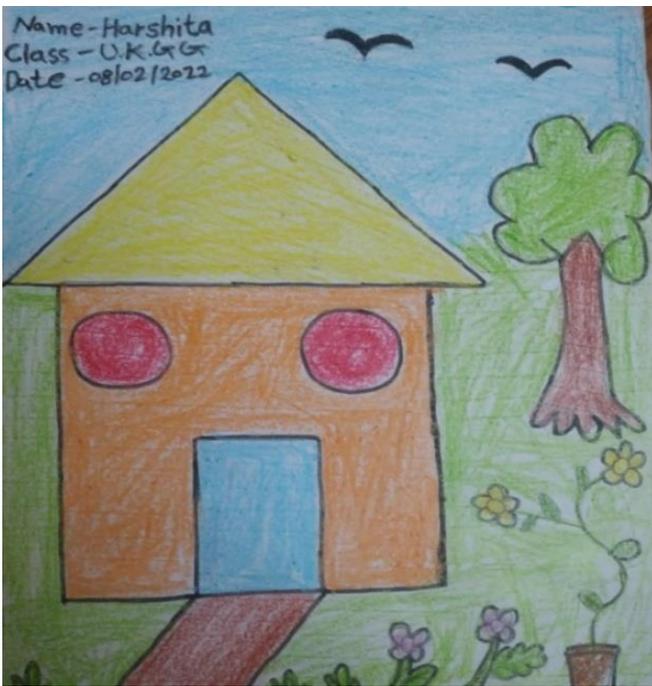
# CREATIVE MINDS... Their imagination, Their world



Jemimah Ajith Jacob , UKG-E



Mercy Daniel, UKG-A



Mercy Daniel, UKG-A



Shivnya Pratap , UKG-E



Mercy Daniel, UKG-A



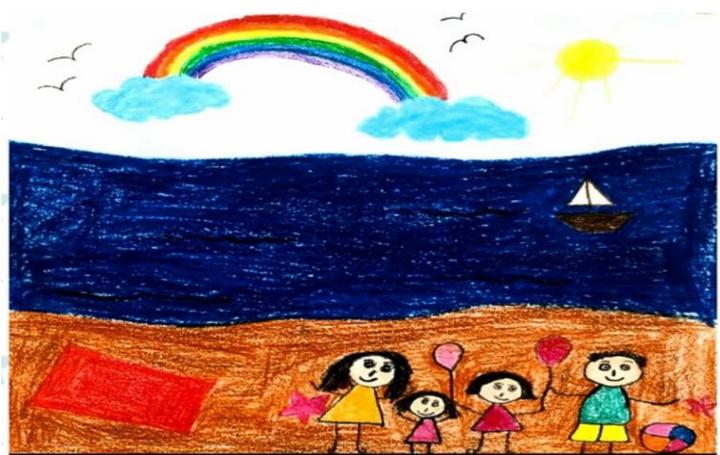
Jemimah Ajith Jacob, UKG-E



Aashvi Thosh, LKG-E



Aanya Singh, LKG-E



Anayasha Mehta, LKG-F



Darsh Panwar, LKG-A



Radhya Singh, LKG-F

We at NKG, NSB encouraged children to avoid use of synthetic colours and encouraged them use organic and natural colours at home by using Turmeric powder, beet root, herbs and leaves.

# HAPPY HOLI



# AZAADI KA AMRIT MAHOTSAV

Patriotism means love, respect and loyalty towards one's country. It is a feeling that needs to be instilled rather than taught.

With the launch of the event, Azaadi ka Amrit Mahotsav by our Prime Minister Shri Narendra Modi ji, we at Naval Kindergarten, Nausenabaugh together with the support of our dear parents tried to instil this feeling of Patriotism in our little kindergarteners.

Since April 2021, we organized various events and activities for our little ones viz. Patriotic Costume Contest, Patriotic Dance Activity, Cleanliness Drive, Patriotic Poem Activity etc. And towards the end of this academic year, our little ones have amazed us with their thoughts, words and actions towards Patriotism.

The positive impact of the celebration was clearly visible in their performances. These activities have given them an opportunity to know about our Country minutely. Celebrating this Mahotsav, has definitely taught and made our children aware about the great freedom fighters and leaders who sacrificed their lives with fearless courage to bring freedom to the Nation.

**Mrs. Bharti Shivani**  
**NKG, NSB**



# LET'S BLOOM WITH KINDNESS

*Kindness is more than deeds. It is an attitude, an expression, a look, a touch. It is anything that lifts another person. ~Plato*

Kindness can be described as the value of being polite, compassionate, and thoughtful. Unconditional love, tenderness, comfort, concern, and support are words associated with kindness. Although kindness has an undertone that someone is innocent or vulnerable, that's not the case.

Being compassionate also calls for bravery and determination. Compassion is an interactive ability. Kindness is not a core value to be embraced or shown in particular situations. Instead, it should be absorbed as the fundamental behavioural element of living creatures. Compassion is not only a moral attribute. But in all aspects of existence, it can be quite well adapted.

Being compassionate to your parents or friends helps create a stable family base. Showing courtesy to friends, neighbours, elders, workers, helpers, animals, birds and even the poor tends to create a healthy social climate. Only small considerations and selfless acts of kindness can help to build up a successful company. As has been said previously, every human person knows the language of compassion. All it takes to bring it out is a kind and determined mind.

Children are the easiest to mould and hence inculcating the values and importance of kindness at an early age will help bring out the best in every child. Kindness is always appreciated worldwide and an act of kindness which may be small for us, would mean the entire world for the person being helped. The importance of subtle acts of kindness and compassion must be taught to children in order to make them appreciate the sentiments and necessity of kindness in their life.

Apart from that, a kind person has no reason to hate or be hated. He is always loved and wanted and will never be made to regret his choices of kindness and compassion. The children who spread kindness, attract kindness and that is all it takes, to make this world more beautiful, colourful, vibrant and thankful. It is no secret that every person wants to be treated with kindness.

Hence, inculcating the values and importance of kindness at an early age in children will result in a kinder and caring attitude. Kindness towards parents, friends, family, workers, helpers, senior citizens and even the poor must be inculcated in a child's daily life. Young children have the tendency to learn what they see, hence, small acts of kindness.

**Mrs. Deepa Mahesh**  
**NKG, NSB**



# GO GREEN - CLEAN INDIA

*"Think clean, GO GREEN. Go green to make this world CLEAN."*

There is not much that is more beautiful than a surrounding with swaying lush green trees, sparkling clean water bodies and pure air to breathe. Cleanliness is an important factor of life. It has many aspects such as a hygienic body and proper sanitation. Cleanliness is a habit of maintaining our body and home along with keeping our surroundings neat and clean. It is an essential quality required to live a healthy life.



Cleanliness refers to an environment that is free from pollution and environment degradation. The word "Green" is generally associated with planting more trees for the purpose of a healthy and beautiful surrounding. The concept of clean is incomplete without the concept of green. Which is why we should avoid deforestation and plant more trees. Plants purify the air and give us fresh air to breathe. Nature will be green if your surroundings are green.

We, the teachers at school try to create awareness among children by celebrating special days like Earth Day and Litter Free Week through which we inculcate good habits. Cleanliness should be practiced from early age. Food habits on young children will make a big impact on their quality of life. They are taught the ways to keep their surroundings and environment clean and green.

We all must understand the importance and need of cleanliness and should implement it in our daily life. As teachers and parents, we should encourage children practice cleanliness from the young age and should lead by an example as they learn from us.

"A clean and green India, is a dream India."

**Rachel Seth**  
**NKG, NSB**



## **THIS IS JUST A BEGINNING, YOU ARE A STAR IN MAKING - SHINE ON..!!!**

The secret of getting ahead is getting started. Kindergarten provides this much need start by preparing young children for formal education at school. Circumstances caused by COVID 19 forced suspension of conventional classes, but quickly our teachers, parents and children adapted to online classes and it is a matter of great pride that our little children are fully confident and capable, to undertake the forthcoming education at school.



Imparting knowledge through 'Online Interaction' and 'Activity Video' was a new and challenging task. Therefore, at the beginning of the school year, emphasis was given to establish effective and complete communication between teacher and the student. New ideas were explored and interactive sessions were initiated on the subject of children's interest such as games, videos etc. The content of videos / games / academic materials was refined many times to make it interesting for the children. Gradually, trust and confidence built up among teacher, parent and children and process of imparting moral, social and practical education to kindergarten was expedited. Teacher - parent team worked together to achieve a shared goal i.e., Providing the children with what they needed to develop and grow as pre-schoolers.

Looking ahead, our children are very well-equipped to take on the next part of their educational lives. They have strong foundations and we feel very confident that we have given the children a great start in life. They have learned many priceless lessons. They have been exposed to Indian value system, festivals and important events which came along, throughout the academic year.

This kindergarten is thankful to one and all who helped towards the process of 'Teaching and Learning'. Gratitude to management, for providing all the necessary facilities for undertaking online classes. We are very thankful to proud parents, who not only entrusted us to provide quality learning to their little one's, but also dual hated as co-teacher at home, during online classes.

Special thanks to the teachers who worked day and night to make videos and presentations, so that quality learning could be imparted. Lastly, but most importantly, we are grateful to our little ones, who played and learned with us, which resulted in successful culmination of this academic session 2021-22.

So my dear children, it's time for you to move on. We have played, studied, learned, and enriched our lives together. With a heavy heart, we have to say good bye to you. Soon you shall be putting your first step at schools, for formal education.

We wish you all the best for the same. You are star in the making and you will definitely shine on. Live happy, Love learning, take on new challenges and be all what you are.

Wishing you all the best.  
Jai hind,

**Arpana Kumari**  
**NKG, NSB**

**REACH FOR THE STARS, SPREAD YOUR WINGS AND FLY.**

**YOU NEVER KNOW WHAT YOU CAN DO TILL YOU TRY...!!!!**

 CONGRATULATION ANKUSH RAJ	 CONGRATULATION ANIKA SINGH	 CONGRATULATION SHREYAN MONDAL	 CONGRATULATION FARHAN KHAN	 CONGRATULATION MERCY DANIEL	 CONGRATULATION ARVAN HEMANTH	 CONGRATULATION NIKUNG RAWAT	 CONGRATULATION ADITYA PATEL
 CONGRATULATION RUDRA SINGH	 CONGRATULATION ADITI	 CONGRATULATION ANMOL	 CONGRATULATION REYANSH KUMAR	 CONGRATULATION HIMANK K PATHAK	 CONGRATULATION RISHIKA PATEL	 CONGRATULATION CHETNA	 CONGRATULATION MEHER SHANDILYA
 CONGRATULATION TAVISHI SHARMA	 CONGRATULATION AARUSH SINGH	 CONGRATULATION GARVIT JOSHI	 CONGRATULATION HARSHITA YADAV	 CONGRATULATION YUVAAN SINGH	 CONGRATULATION YASHVI KUSHWAH	 CONGRATULATION KHAWAISH KHUSHWAHA	 CONGRATULATION SIDDHARTHA SINGH
 CONGRATULATION LAMIKA	 CONGRATULATION ACHYUT KUMAR	<b>Keep Shining!</b>		 CONGRATULATION DARVIN SINGH	<b>Keep Going, Keep Growing.</b>		 Mrs. Sushma Singh Class Teacher

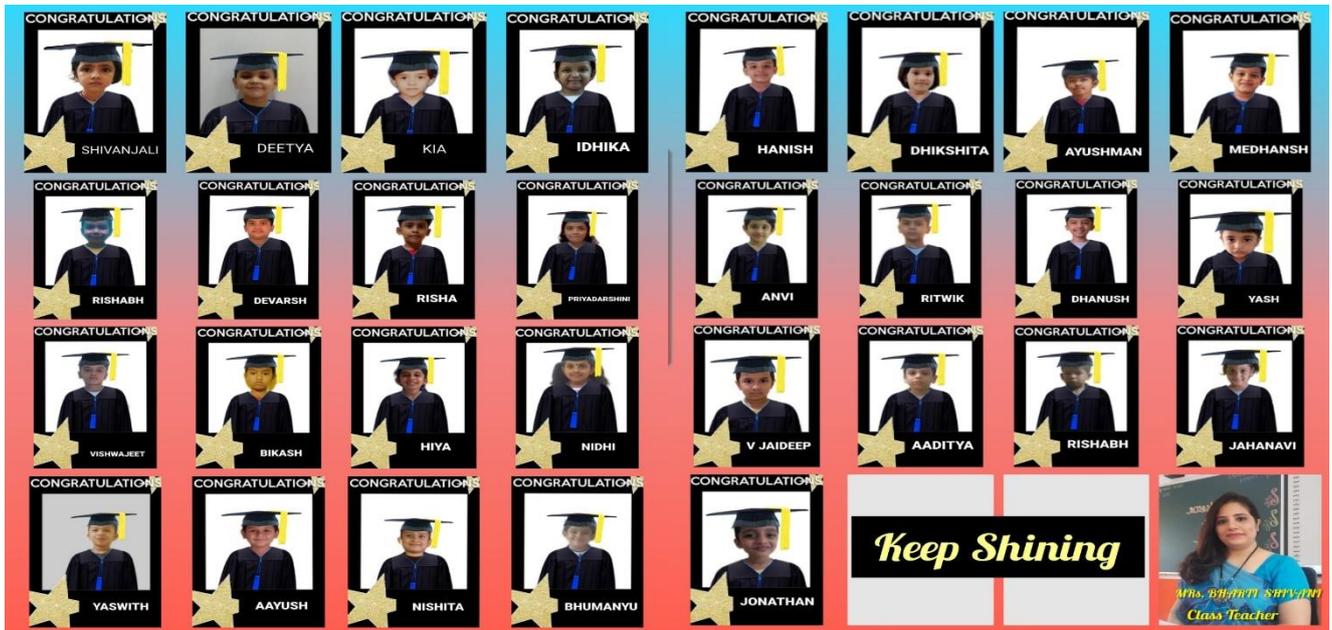
**UKG-A**

 CONGRATULATION S DIVYANSH RAJ	 CONGRATULATION YUVIKA SINGH	 CONGRATULATION VARUN KUMAR	 CONGRATULATION PRAKHAR PATEL		 CONGRATULATION AYUSH SINGH	 CONGRATULATION PRIYANSHU KUMAR	
 CONGRATULATION ISHAAN SINGH	 CONGRATULATION SHIVANGI YADAV	 CONGRATULATION SAANVI PANDEY	 CONGRATULATION HRIDYANSHU ROY	 CONGRATULATION HAIGLUNGBOU PAMAI	 CONGRATULATION YUKASHI CHAUHAN	 CONGRATULATION SHAIK SOHAIL VALLI	 CONGRATULATION ROOHIKA SHUKLA
 CONGRATULATION NIHARIKA YADAV	 CONGRATULATION ANIKA SINGH	 CONGRATULATION AADVIK PANDEY	 CONGRATULATION MAHESH PATEL	 CONGRATULATION KYRA SHARMA	 CONGRATULATION RUDRAPRATAP SINGH TOMAR	 CONGRATULATION ADITYA SINGH	 CONGRATULATION PRAYANSH KUMAR
 CONGRATULATION GURSHEENRAJ SINGH	 CONGRATULATION ANANYA KUMARI	 CONGRATULATION DIP-JYOTI SHARMA	 CONGRATULATION ADARSH KUMAR	 MRS MEGHA PANT Class Teacher of UKG B	<b>KEEP SHINING</b>		 CONGRATULATION GARV LIBU KAPPATTA

**UKG-B**



## UKG-C



## UKG-D



## UKG-E



## UKG-F



## UKG-G

*"Climb every mountain,  
Ford every stream,  
Follow every rainbow,  
'Till you find your dream"*

*- Rodgers and Hammerstein\**



Dear children,

I wish you all the luck and best wishes for your future ahead. May your foundation stone of KG help you in easy learning and progress ahead. I express my sincere gratitude to all the parents without whom this journey would have been impossible. You marched step to step with us and helped these little ones shine brighter. I congratulate you for the academic and Co-Curricular success of our students. I also congratulate all the teachers of NKG, NSB who made the learning so enjoyable and memorable for our children. Dear students, may you achieve greater heights and make us all proud. God bless, Thank you.

*Mrs Swati Adak(On behalf of all UKG Teachers)*  
*Headmistress*  
*Naval Kindergarten, NSB*

***Life is a journey with problems to solve and lessons to learn but most of all, Experiences to enjoy!!***

Dear Parents,

As I stand on the brink of culmination tenure on 31 March 2022,  
I wish to bid adieu to all the students & Parents.

My journey in this school commenced on 19 Dec 2011 and since then, there has been no looking back. I would like to express my gratitude to the parents and Management of NCS, Visakhapatnam for giving me an opportunity since 1998, to serve NCS Vizag for nearly 24 uninterrupted years in varying capacities and being the inaugural Headmistress of the KG Wing. I extend my heartfelt appreciation for your continued support to facilitate me in shouldering all my responsibilities, and encouraging me to introduce innovative and novel ideas to provide strong edifice to kindergarten students before they step into formal schooling. My concerted efforts in making the initial years of schooling happy and meaningful have been appreciated and rewarded on many occasions by various educational societies. I was also commended by FOC-IN-C, ENC on the occasion of the Navy Day 2020.



I joined NCS Visakhapatnam as a Kindergarten teacher in the year 1998 and rendered my services in varying capacities such as a teacher, independent coordinator and Headmistress. I take pride in the fact that I was the first Headmistress of KG at NCS, Vizag. I proactively introduced innovative pedagogy and channelized things which brought the KG Wing, NSB its respectability and high standing reputation in the city. Furthermore, I took up the challenge of establishing and setting up the Kindergarten Wing at Dolphin Hills in the year 2014 from 02 April and continued looking after the two KG Wings, NSB and Dolphin Hill till 25 October 2018.

The daunting challenge during pandemic period was to fully comprehend the requirements of the new pattern, train the teachers, implement and execute it. Each day has been eventful and full of learning. Not a day went by, when we at school or home, were not reviewing what we do, why we do and how to do it better. Over a period of time, brainstorming sessions online, deliberations during improvement programmes on every discussion, sharing experiences and information from other schools, helped us establish some best practices in our school system.

It has been our sincere endeavour to break away from the monotony of regular teaching and think of making each day meaningful for the children. This includes all kinds of activities, special assemblies, cultural activities, so on and so forth. The vibrant learning environment requires a sense of commitment, dedication and motivation in the staff. Discipline is of primary importance and applies universally to all members of the school.

I feel so proud that I have introduced these events to KG wing:

- (a) **Cultural Sports Day**: Combining sports day and annual day to cater cent percent students and parents' participation.
- (b) **Grandparents Day**: in order to rejuvenate special bond between generations.
- (c) **Adult Literacy Programmes**: As part of social responsibility, the task of educating sahayikas under taken on regular basis.

- (d) **Pick and speak for parents**: An effort to bring parents closure to the activities conducted at school.
- (e) **Story telling for parents**: To create bond between parents and child. It is a unique way for kids to develop an understanding, respect and appreciation for various situations.
- (f) **Hamari Sanskritik Virasat**: An exhibition on cultural heritage is to familiarise children with the language, culture, art & architecture, dance and cuisine of different states of India
- (f) **Gratitude to Helpers**: To unlock the fullness of life. It is regarded as a virtue that not only shapes our emotions and thoughts but also our action and deeds.
- (g) **Compulsory water breaks**: Two water breaks of five minutes introduced apart from regular Tiffin break to ensure intake of enough water to stay hydrated.
- (h) **Harvest Festival**: Festivals enable children as well as elders to celebrate the joy of being together and their happiness with family and friends. This further promotes the development of our cultural heritage and stimulates the feelings of oneness, cooperation, and preservation of our old traditions and customs.
- (i) **Pet show**: Pet show has been introduced in KG wing to make children familiar with pets and to make them understand how to be compassionate towards them.

## **ACHIEVEMENT**

- (a) **Work experience certificates from five principals.**
- (b) **Citation by Principal, NCS on 05 Sep 2007**
- (c) **Facilitation by Education world award for Extra Ordinary Leadership.**
- (d) **Certificate of appreciation from NWWA on 13 May 1998.**
- (e) **Certificate of Appreciation by chairman NCS.**
- (f) **Certificate of Appreciation from Navy Education Society IHQ, New Delhi.**
- (g) **Pt. Madan Mohan Malviya Excellency Award 2021.**
- (h) **Commendation by FOC-in-C, ENC on Navy Day 2021.**
- (i) **Innovative pedagogy**

The team spirit and resilience displayed by students, staff and parents and the resolve of the school Management, post Hudhud, which facilitated the school to bounce back on its 'feet within the shortest period possible.

Over and above the Academics, the prime focus of the school has been to inculcate the following skills through Sports and several activities held at school, as these skills are turning out to be key components for success in the 21st century.

- Critical thinking and problem- solving
- Agility and adaptability
- Initiative
- Time Management

- Effective oral and written communication
- Team player
- Curiosity and imagination

While it is important that we provide ample opportunities to students for freedom of expression, yet it is also incumbent upon us as elders to check them for truancy and unacceptable behaviour. Discipline is non-negotiable and an integral part of all aspects of schooling and applicable to all members of the institution.

The school is open to constructive feedback and re-inventing itself by incorporating new ideas and facilities which will enhance and make the teaching learning process more effective. Introduction of the Language lab & School Cinema as a part of Life Skills Education has been one such step.

I am deeply indebted to the School Management for having reposed faith in me and empowering me to discharge my responsibilities fearlessly.

I wish my enterprising staff, students, parents and all stakeholders, all the very best and trust that collectively, all of you will take the school to scale greater heights and its zenith! God Bless.

**Mrs. Swati Adak**  
**Headmistress**  
**Naval Kindergarten, NSB**



  
 Thank you.