

# THE JAIN INTERNATIONAL SCHOOL AURANGABAD

## A Slice of Summer



The News Letter



### DITORIAL

It's summer time, Season of mangoes has arrived, festivals take a back seat as humidity builds up, awaiting the release of the rain. The Sun is warming, the birds are chirping, the flowers are blooming, and the garden is growing. May acts as the bridge between spring and summer, hinting at warmer weather for those still stuck in spring's grasp, while heating things up for those already well. Children are taking a respite in the lap of their parents and enjoying the Slice of Summer with their loved ones, coping up well with heat and also adjusting themselves to the new normal, staying indoors, safe and secured.

Dear parents, you can visit the TJIS FB Page for latest posts and pics by the following link.

https://www.facebook.com/tjis.aurangabad.5

### **PDATES**

- The FTP is on 2nd, 3rd & 4th June 2021 🔻
- \* The School will reopen on 7th June 2021

### **AY ALMANAC**

Date	Day	Event	
1st	Sat	Workers Day (International Labour day)	Maharashtra Day
2nd	Sun	(1st Sunday) World Laughter Day	
3rd	Mon	Press Freedom Day	
4th	Tue	(1st Tuesday) World Asthma Day	
4th	Tue	Coal Miners Day	International Fire-Fighters Day
7th	Fri	World Athletics Day	
8th	Sat	World Red Cross Day	World Thalassaemia Day
9th	Sun	(2nd Sunday) Mother's Day	
11th	Tue	National Technology Day	
12th	Wed	International Nurses Day	
15th	Sat	International Day of The Family	
17th	Mon	World Telecommunication Day	World Hypertension Day
18th	Tue	World AIDS Vaccine Day	International Museum Day
21st	Fri	National Anti-Terrorism Day	
22nd	Sat	International Day for Biological Diversity	
24th	Mon	Commonwealth Day	
31st	Mon	Anti-Tobacco Day	

## **AY HIGHLIGHTS**

#### 14 Under 14

"All of us are talented in our unique way. We just need to recognize our capacity and develop our talent to its full potential." Blessed are the people who are born with unique talent and are more gifted than others. Talent needs to be accompanied by continuous hard work and great will power and when it is presented with the right opportunities it leads to extraordinary results. As JGI group is committed towards the holistic development of our students. The group always tries to recognize and motivate the hidden talent of our students on different platforms. With this motive JGI group took initiative to promote 14 amazing talents and invited all the students across all four branches under 14 years from grade I to X to nominate themselves for this Unique Award 14 Under14. It was a compilation of 14 outstanding students who had achieved laurels to the school in academics, extra-curricular activities and sports in and outside the school and TJIS takes an immense pleasure to share that we have such an outstanding and talented students in our family. Four students from Aurangabad were selected eligible for this award. They were Amogh Joshi, Swastik Deoda, Shweta Kandhare and Srishti Jain. These students along with the students from other branches were felicitated by all the dignitaries with juries on 30th April 2021.Res. CEO DR. Chandrashekhar D P, Dr. Mona Mehdi, Mr. Guru Nadkarni, Mr. Neol Pascal along with all the principals were present on the occasion. All the respected dignitaries congratulated and motivated the students with the valuable words. The programme was ended with the National Anthem.

































### A SLICE OF SUMMER!!

Summer is here and it had brought the family together with the sweetness of mangoes, love and warmth of the closed ones, children have rejuvenated and relaxed in the confines but with the love, care and trust from their loved ones, they also have learnt to adjust and cope with the new normal since kids can't go out to play with their friends or maybe on a vacation with their families in such times of uncertainty.

It's highly imperative to stay inside taking care of the health and hygiene in the best possible ways, without being panic or scared of the situation. We need to be safeguarded by wearing the masks, by sanitizing or washing the hands frequently. We must be well aware of the situation and need to make people aware of it and move ahead with a positive attitude.

Students would be bustling with energy, and it's essential to tap it with some well-defined guided activities and academic assignments. Keeping the same sentiment intact, TJIS Aurangabad gave a well-structured research-based holiday assignment along with few fun activities.

I am truly ecstatic seeing, that the initiative of Summer Funtoosh-A Summer Bonanza for JGIANS has been taken in such a great spirit by the students of TJIS Aurangabad that they not only watched but also participated in all the activities zealously and I could witness the excitement in the work which these enthusiastic learners have come up with.

At the crossroads, Hope is still alive...As Hope can traverse the most difficult path. I am very hopeful that these times would gradually pass and tomorrow would be new dawn with humankind inoculated. Healthy bodies and healthy minds would work in harmony. The school campus would again agog with excitement!!

Normalcy will gently alight!!

Vice-Principal

Mrs. Shikha Srivastava





## **HALL MARK**



राज्य स्केटिंग स्पर्धेत अंश आर्या, अमेय बेलवंकीने जिंकली पदके





































## राज्यस्तरीय स्केटिंग स्पर्धेत अंश आर्याला सुवर्णपदक



### **ONLINE NATIONAL ABACUS COMPETITION**



**SRISHTI JAIN** Class- III E









**KANISHK JAIN** Class- VI



## **STUDENT ZONE**

### महाराष्ट्र दिन

नियमितपणे ऑनलाईन वर्गाची सवय असल्याने आज मी जरा लवकर आवरून मोबाईल फोन हातात घेतला. तारीख पा<mark>हिली तर आज १मे!" अरे आज पासून</mark> उन्हाळी सुट्टी सुरू होणार आहे, हे मी विसरूनच गेले." आता फोन हातात घेतलाच होता तर मी व्हाट्सअप स्टेट्स बघायला <mark>सुरुवात</mark> केली. त<mark>र आज</mark> सगळ्यांच्या स्टेटसवर महाराष्ट्र दिनाच्या शुभेच्छा देणारे वेगवेगळे फोटो व काही दणकेदार गाणी सुद्धा ऐकली. खरं <mark>तर मराठी</mark> माणसाने अभिमानाने साजरा करावा असा हा दिवस, पण गेल्यावर्षीप्रमाणे ह्या वर्षीही कोरोना आजार वाढत असल्यामुळे राज्यसरकारने साधेपणाने हा दिवस साजरा करावा असे आवाहन केल्याची मला आठवण झाली.

संयुक्त महाराष्ट्राची स्थापना होऊन ६१ वर्ष पूर्ण झाली. महाराष्ट्र प्रगतीच्या क्षेत्रावर जरी असला तरी आज <mark>महाराष्ट्र कोरोनाच्या एका वेगळ्याच लढाईत गुंतला</mark> आहे. त्यामुळे कुठेतरी आपली वाढ खुंटल्यासारखी मला जाणवते आहे. लढाईत लढताना कित्येक योद्धे आपल्याला सोडून गेले. त<mark>र कित्येक लढ</mark>त आहे. त्यामधे आपला ही समावेश असू शकतो. त्यासाठी प्रत्येकाने शासनाने घातलेल्या नियमांचे पालन हे केलेच पाहिजे व इतरांना ते पाळण्यास भाग पाडा<mark>वे.</mark>

> "मंगल देशा, पवित्र देशा, महाराष्ट्र देशा, प्रणाम घ्यावा माझा श्री महाराष्ट्र देशा राकट देशा, कणखर देशा,दगडांच्या देशा, नाजूक देशा, कोमल देशा, फुलांच्याही देशा"

या कवितेच्या ओळीप्रमाणे महाराष्ट्र हा चैतन्याने सळसळणारा राकट, रांगडा, दऱ्याखोऱ्यांनी नटलेले महान असे राज्य आहे. पण कवी आपल्या शब्दांत महाराष्ट्राचे वर्णन करतांना महाराष्ट्र देशा' म्हणूनच करतात. ह्या महाराष्ट्राला "संतांची भूमी" मानले आहे. कारण येथे महान संत जन्माला आले आहेत. संत तुकाराम, संत ज्ञानेश्वर, संत नामदेव, संत एकनाथ, संत चोखामेळा. इथेच अभिनेते, क्रिकेटपटू, राजकारणी तयार होतात. "गाँड ऑफ क्रिकेट" आपला लाडका सचिन तेंडुलकर हा देखील महाराष्ट्राचाच, आपल्याला ओळख मिळून देणारे छत्रपती शिवाजी महाराज हे ह्याच राज्याचे. आज जेव्हा आपण इतिहासाकडे मागे वळून पाहतो, तर ह्याच महाराष्ट्राला संयुक्त महाराष्ट्र करण्यासाठी अनेकांनी थोरांबरोबर लहानांचाही खारीचा वाटा उचललेला दिसतो. भारताला स्वातंत्र्य मिळाल्यावर भारताची भाषावर प्रांतरचना झाली. यात महाराष्ट्र हे राज्य अस्तित्वास आले. मुंबई महाराष्ट्राची की गुजरातची यावरून प्रचंड संघर्ष झाला. दिल्लीचा डाव हाणून पाडत मुंबईसह महाराष्ट्राची निर्मिती झाली. या कार्यात सुमार १०६ मराठी बांधव हुतात्मे झाले. महाराष्ट्र राज्य निर्मितीसाठी बलिदान दिलेल्या हुतात्म्यांचे स्मरण या दिवशी केलं जातं. मुंबईसह संयुक्त महाराष्ट्र झालाच पाहिजे, यासाठी मोठी चळवळ, आंदोलन करण्यात आले होते. आणि याचाच परिणाम म्हणजे संयुक्त महाराष्ट्र चळवळीत सक्रिय झाली व अखेर १ मे १९६० रोजी महाराष्ट्र राज्य स्थापन झालं.

आज या महाराष्ट्राच्या प्रगतीच्या आडवे येणारे हे कोरोनाचे लागलेले ग्रहण आपण सर्वांनी मिळून मिटवून टाकले पाहिजे. त्यासाठी प्रत्येक नागरिकाने विनाकारण बाहेर फिरणे टाळावे, मास्क लावून व ठराविक अंतर ठेवून इतरांशी बोलावे, तरच महाराष्ट्राला आपणच या विळख्यातून बाहेर काढू शकतो.

माझ्या या महान राष्ट्राला माझा मानाचा मुजरा! जय हिंद जय महाराष्ट्र मृण्मयी तारक

#### The lost lullaby

The river of time flowed quickly,
The river flowed eternally.
Hope, Despair, Be it chaos, Be it peace,
All when time comes shall cease.

The still world kept changing, Unchangeable was its happening. Morning to night, be free, or in a cage, All when time comes shall change.

When lost is one amidst the crowd, Feel alike but never proud. To be white, the swan need not dive, To be you, one need not strive.

**SOHAM DATE** 

Class-IX

enjoyment so everyone should stay home to stay safe.

### Summer Time

It was a summer morning,
Sun shining brightly,
My garden blooming with beautiful flowers.
It looks like sun smiling at me
And me craving ice- creams all through it.
Go to beach where the sea is blue,
And little waves running at you.
Schools are out, summer camps in
Days are lazy, nights are fun and crazy.
To make it cool, we wanna go to pool.
Picnics are on wish list,
Shades are on ,flip- flops too
In summer there's So much to do!!

DIVYA BUTOLE

is an amazing season where we enjoy a lot. By having ice-creams cold drinks and many more. The only fascinating and most liked by children in this season is the king of fruits that is Mango. Mango is the fruit which every human likes. Summer is mainly known for its hot temperature and hot breezes. So because of this hot temperature even schools gives holidays to the children. During the holidays children enjoy summer a lot most of them visit there native places and enjoy their village and spend most memorable time with their grand-parents even most of the children with their parents visit water parks and enjoy their summer with a lot of joy. But suddenly a deadly virus entered called covid-19 and made everyone compulsory to be in their houses which totally destroyed the joy of the summer now no ice-cream no cold drinks no visit to other places. This virus made everyone to sit in their homes. Because of this virus all joy ruined. Now everyone should take a step and we have to be in our homes this summer we should not think about joy and enjoyment. This had become a great pandemic situation so we all should be in

our limits to eradicate this virus and to get back to old summer of joy and

Summer it is a season loved by everyone from children to elders. Summer

Thank you

MOPURI NITIN

## Mother's Day

Mothers are thought to be one of the most powerful creatures on Earth. The greatest kind of love is a mother's love in any animal species. Many others can hardly imagine the sacrifices a mother is possible of making. And to honor the existence and contribution of this human in every one life, we celebrate Mother's Day every year. Starting from feeding us to teaching us manners, our mothers do it all. And from being a mother, every woman goes through the pain that is of such extreme levels. In our school, before the Mother's Day celebration occurs, many planning and rehearsals are done. The program is planned so that every child should participate, and their mother gets to see them and get happy. Mother's Day is celebrated every year by the entire family as an occasion, by children giving small gifts to their mothers, or organizing an event that mothers come to see where the children perform. As long as this day is given importance in some way or another, even it is a small verbal wish, think it makes our mothers happy. We all should get a sense of recognition in our work, and mothers should get even more recognition because of their effort behind the upbringing of a child. On the mother's day, we should make our mother's favorite food or we should make things that make her happy. This day should be celebrated as the best day for mothers.

AADI AMOL SARAF





## STUDENT ZONE

#### IT"S SUMMER TIME!

Summer is the season of scorching heat. In India it begins in month of March and ends in the month of May. It occurs when the hemisphere of earth tilts towards sun. Days are hotter and longer than usual and nights are shorter and cooler in this season .It is the warmest period of year yet it is loved by children. Since children often get summer holidays which they enjoy fully by learning new things and exploring the world. Apart from being children's favorite season It is the season it is well known for bringing the variety of fruits and vegetable like Mangoes, plum, grapes, brinjal, chilli etc. As well as farmers. prepare their land for cultivation of crops this season. It is the time when zaid crops are grown like cucumbers, watermelon, muskmelon etc. It plays vital role in lives of all organisms- it is the time when migratory birds arrive their countries and animals like wildebeests start their great migration Serengeti national park Tanzania. Thus Summer season holds unique YOGESHWARI DHAYAGUDE place among all other seasons and is enjoyed fullest by humans and animals.

#### THE IPL SAGA..

The Indian Premier League (IPL) is a professional, annual Twenty20 cricket league that began in 2008. It was conceptualised as a result of the popularity boom of T20 cricket format in India when the national team won the 2007 T20 World Cup. It was founded by then BCCI vice-president Lalit Modi and Board of Cricket Control of India and is usually held from March to May, every year and has an exclusive window in the ICC Future Tours Programme.

There are in all 8 teams that represent 8 cities of India having their own franchises. Players of each team are selected in IPL auction where the owners do the bidding on local and overseas players but there is a condition laid by BCCI that squads can have a maximum of 8 overseas players, while, in any IPL match, out of 11, only 4 overseas players are allowed to play a match and remaining players should be Indians...

Every year each of the eight teams play each other with two points earned for win, one point for tie/no result, and none for defeat. At the end of double round-robin process, the top four teams go in playoffs. The teams that finished first and second play each other in Qualifier 1. The winner of that match progresses to the final. The teams that finished third and fourth in the table play each other in the eliminator. The loser is knocked out, while, the winner plays the loser of Qualifier 1 in Qualifier 2. The winner of Qualifier 2 plays the winner of Qualifier 1 in the final.

There have been great <mark>changes i</mark>n the past <mark>few years d</mark>ue to financ<mark>ial and match-fixing</mark> charges inflicted <mark>on</mark> some of the famous franchises like Rajasthan Royals and Chennai Super Kings. As a result, some teams were banned for a couple of years. They were replaced by Pune Super Giants and Gujarat Lions. However, the old teams came back and at present, the eight teams participating in IPL are: Chennai Super Kings, Delhi Capitals(formerly known as Delhi Daredewils, Punjab Kings (formerly known as Kings XI Punjab), Kolkata Knight Riders, Mumbai Indians, Rajasthan Royals, Royal Challengers Bangalore, and Sunrisers Hyderabad (replacing Deccan Chargers, Hyderabad).

Till now, there have been 13 seasons of the IPL tournament since 2008. It is the most attended cricket league in the world being watched live by more than 411 million viewers, every year. It also became the first sporting event in the world to be broadcasted live on YouTube. According to Duff & Phelps, the brand value of the IPL in 2019 was ₹475 billion and is increasing, every year, while, according to BCCI, the 2015 IPL season contributed₹11.5 billion to the GDP of the Indian economy. Undoubtedly, IPL is the biggest and the most unique domestic cricket league on the globe in which all the best cricketers in the world unite to play under one team forgetting their nationalities. YASHWARDHAN ASTHANA

#### **MOTHER'S DAY**

Just love and care till the end First my mom, forever my friend Her sacrifice. doesn't change like the trend She has PTMs to attend Does she get a chance to apprehend She nurtures me. 'cause she' s a walking miracle Sometimes she acts typical Yes! she has Superpowers! She is as sweet as a flower I owe to my angel mother

KINJIAI PANCHAI

#### A Home, A House

Ahome Is Not built in Roam; A place where a boy Connects to joy; A place where girls Dress in pearls; Agrandmother who cares Agrandfather who has stories to share; But no feelings. Amom more like a friend

With whom you easily blend, A place that keeps you on track A place that calls you back; A place where there is lot to share

A place where people love and care.

**RIYA ALOK PAREKH** 

Ahome is not a dome; It's a bond like a big pond. A house is a place

That has a base; It has ceilings

Aplace with many chicks who are difficult to fix;

A place where you pout Only to shout.

A place with doors Only to clear chores A place which you hate when you get inside the gate.

A house can be a home

Only then it can feel like Roam.

#### **IT"S SUMMER TIME!**

Summer is the hottest season of the year. However, kids enjoy it a lot because of the long vacation. It is a very interesting and entertaining season for them as they get a chance to enjoy swimming, hilly regions, eat ice-creams and their favourite fruits. They enjoy a long school off during summer vacation. My Father provided me ice creams. This was the period of lock down. I spent much and more time with my family members. I enjoyed my holidays a lot.

Thank you

RIYA NAPHADE























### **WASTE TO WEALTH**

Recycling turns things into other things, which is like magic.

JGI Group came up with initiative of free summer camp for the students across four branches keep them engaged creatively & constructively, Keeping this in mind a virtual 'Waste to Wealth' activity was organized by The Jain International School for the students of Age group 5 to 9 years on May 3, 2021. Two activities were organized for the same.

### i) Seed balls

### ii) Photo frame

To generate awareness among students for greater greenery in the country and to control pollution, students were taught how to preserve the seedlings and plant them in their house compound with the help of their parents. The students were instructed to make beautiful and colourful photo frames using various materials like Newspaper, fevicol, scissors, some decorative materials etc. This activity not only helped students to enhance their creativity and presentation skills but also helped them to realize the importance of recycling and reusing waste material available to them. The motto- Reduce, Reuse and Recycle was once again reiterated through this activity. Little hands and imaginative minds came together in a creative burst of energy and fabulous ideas and they showcased their craft work beautifully beyond expectation. It was amazing to see how scrap could be transformed into such useful and beautiful articles. The activity proved to be a true learning experience for all the participants. Overall, it was a fun filled day. Children participated earnestly in the activity and their efforts were























Making the best out of waste has been a part of human life since the early ages. Its a human creative mind that gave birth to this extraordinary idea of using unwanted material in a useful way. There are lot of things around us which are considered as dump. If these things can be utilised in a better way they can be useful to others. Teachers have a significant role in nurturing the value of environmental protection and conservation among children through creative craft activities like Best Out of Waste.

#### "Recycle today for a better tomorrow."

To inculcate this in students Waste to Wealth activity was organised under 'Summer Fantoosh 2021' programme by Jain International School. This activity was arranged for the age group 10 to 13 years on 5 May 2021 by the resource person Ms. Deepa Jadhav

#### Two it ems like

### Decorative Doll with News Paper and Decorative Ball/Night Lamp with woollen threads were taught in this activity.

As recycling paper conserves natural resources, saves energy and reduces greenhouse emissions, students were taught to reuse the waste papers to make a doll. They were taught to make the straws of waste papers and arrange them artistically using fevicol and make a beautiful doll. Then they were asked to use different attractive colours and few other decorative items to decorate the doll. In second activity students were taught to prepare a decorative night lamp using balloon, fevicol and woollen threads. Students participated and enjoyed the activity enthusiastically. Through this activity understand the importance of 3RS to contribute and to save our mother earth by reusing the waste material which is easily available at home. This can be proved as the best leisure time activity during Summer Vacations for the children.





### **CAKEY BAKEY**

Any celebration is incomplete without sweet dish. And if that sweet dish is delicious cake then it adds joy to the celebration. Cakes make an occasion a special one. Cakes are wonderful desserts that can be enjoyed in all seasons and for all reasons and specially at that time when there are summer vacations and temperature is soaring high ,its time to spend some time with our family. Already summer vacations are going on but there is limitation for our enjoyment due to lock down. But Jain International School wants our students to be engaged with creative activities. With this view a unique show Cakey Bakey was arranged in Summer Funtoosh 2021 '.This wonderful show was conducted by Ms.Tarannum Shaikh not only for students but also for their Moms. She taught delicious Black Forest cake in the show. All the techniques to prepare a cake were explained beautifully by her. A Long with the recipe she gave very useful tricks also like what to do to make cake more spongy, what is the use of sugar syrup, how to prepare it etc. Even she gave few remedies also if we don't have anything available at home, in place of butter paper A4 size sheet can be use.

The success of any recipe depends on how skill fully we present it. So the recipe was presented very beautifully in front of the viewers. This activity would surely enhance the patience, creativity ,and the art of presentation among the students. The motive behind this activity was not only skill ful development of the students but as activity was for both mother and children so that children would also learn to help their mothers and would increase the bonding between a mother and a child.









## **ABHIVYAKTI**

This summer Jain International School focused to improve the different skills among the students through 'Summer Funtoosh 2021'. This activity on 'Dramatics or Abhivyakti' was conducted by Mr.Prashant Likhar. Dramatics means stimulating creativity .Dramatic explanation can provide students with an expression for emotions ,thoughts and dreams. A famous Chinese proverb says "Tell me and I will forget. Show me and I will remember. Involve me and I will understand."

Dramatization helps to boost up the confidence and comprehension of the students. During the session Mr.Prashant explained Dramatics or Abhivyakti means to express yourself. He started the session with warm up activity to recharge the energy of the students. He explained that dramatics helps to improve the communication skill. Communication which means to express our feelings or emotions. He presented few dialogues / monologues from famous movies & actors.











### **CARVE YOUR NICHE**

Salad decoration is a fun way to create delicious food while showing off one's creativity. Whether you're trying to create a simple decorated salad made of patterns or more complex decorations like animals or flowers, there are lots of different ideas that will help you create something great. Appearance can elevate a dish The rule of first impressions is not only for humans; it also applies to food. Beauty can turn a mediocre dish into something worth remembering. Unless it is a hopelessly bad dish, the good first impression will likely overrule the simplicity of the food. With this Mr. Prafull conducted a salad decoration activity on 12th May 2021 where he displayed his talent by showing various types of both vegetable and fruit salads such as Watermelon Basket salad, Combo salad, Jumbo salad and many more ingenious salads using commonly available ingredients.

His artistic presentation was carried in an aesthetic manner.









### **SYMPHONY**

"Music is the literature of the heart; it commences where speech ends." Alphonse de Lam artine Music is an important part of our life as it's a way to express our feelings, ouremotions. It gives us relief and helps to reduce the stress. Along with different types of activities Jain International School arranged a session 'Symphony' for the students. The session was conducted by Mr. Shankar. Here in this session he introduced Alankara and few musical instruments. Learning Alankar is the prominent step of learning music. Actually Alankar means ornaments or adornments. Same application of an Alankar is to embellish or enhance the sweetness of the music. Mr. Shankar sir introduced few types of Alankara and also he introduced few traditional instruments like Dholki and Tabla. He told that these instruments are used in Bhajans and Lavni the folk dance form of Maharashtra. The session was melodious and fabulous one. It was really informative for the learners.









### **NAVRANG**

The young generation should be made aware of our cultures and Warli is one of the most prominent ones. Children learn to draw various figures like trees and animals with respect to Warli art and gain perspective about the Warli tribe. With a view to promote Indian folk art, TJIS Aurangabad organized a colourful activity "Navrang" on 19th May 2021 by Mr. Prafull. Warli paintings use a set of basic geometric shapes: a circle, a triangle, and a square, with these shapes being symbolic of different elements of nature. He added that the paintings have great demand nationally and internationally and would bear great fruits if chosen as a profession. Warli artists use their clay huts as the backdrop for their paintings, similar to how ancient people used cave walls as their canvases.

It was an excellent workshop and the children enjoyed it a lot.









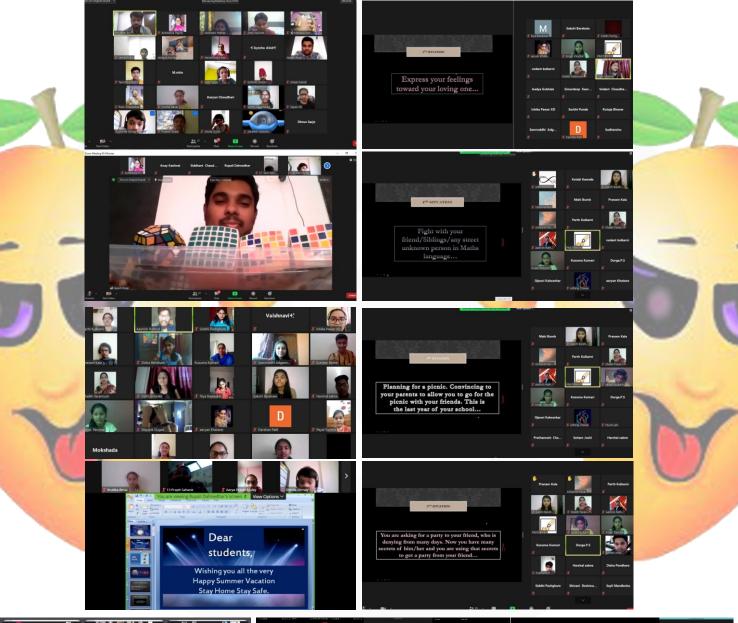




## **SUMMER DAY ACTIVITY**

### **FUN FAIR ACTIVITY**

What is summer without a little fun! Summer is all about fresh atmosphere, sunshine, cool drinks and relaxation. Summer holidays are the happiest period of the year for all the students. With this view TJIS decided to give the feast of activities to the students through Virtual Funfair on 30th April 2021 .To celebrate the happiness of students TJIS Aurangabad planned various activities like Ad mad show, Fun games, Historical Tour of India, Maths riddles, Rubik's cube activity etc. All the teachers under the guidance of coordinators took initiative to make this day special and memorable for the students. Students enjoyed this Virtual Fun Fair a lot. It was ended with the motivational speech by Res. VP ma'am. She wished healthy and happy holidays to all the students.













## **PARENTING TIPS**

#### TIPS TO KEEP KIDS SAFE FROM SUMMER HEAT

The summer season is here, and with it comes the scorching heat, sweat and high humidity levels, leaving you exhausted and de-energised. But for kids, it's time for holidays, which means that they will get a well-deserved break from the strenuous monotony of classroom activities. As temperatures and humidity go up, so does the risk of heat-related illness. Kids no wonder are most excited to spend more time outdoors, ignoring their health and safety. Therefore, the parents need to be careful to ensure their kid's safety from this unbeatable heat. So, here are some simple tips to help your child stay hydrated and for parents to ensure a healthy summer vacations for their little ones while they enjoy outdoors.







**Provide your kid with a water bottle:** It is very important for everyone to have plenty of water during summer season. More so for the kids, as they might sweat out playing in the heat. It flushes out all the toxins from the body and also provides fluidity for the flow of blood.

**Fresh juices and lemon water:** Parents should provide fresh juices, coconut water, buttermilk or lemon juice as refreshments to their kids as they replenish the fluids that are lost in sweat. Light colour clothing: Make your child wear light colour clothing as light colours absorb heat better during summers and allow sweat to evaporate.

**Sunscreen cover:** Always apply a good sunscreen, with a high SPF factor, (depending upon the skin type) whenever your child is about to go out in the sun to play. The sunscreen may be helpful in protecting your kid from the harmful rays of sun. You can also make them wear hats and shades to protect from direct sunlight.

**No junk food, please:** Avoid making your child eat a lot of spicy junkies like pizza, pasta and burgers instead go for fresh fruits like watermelons, muskmelons, chikku and kiwi, as they have antioxidant properties and water content which helps in preventing dehydration.

**Insect repellants:** Applying insect repellants are a must for your child before they go out to play to protect them from insect bites and bugs that can cause various infections. You can also ensure to make them wear full sleaves cotton fabric clothes so that they are protected from insect bites and also the sun heat.

**Keep kids out of mid-day sun:** Try to keep your kids out of direct sunlight especially during peak hours from 12-4 and instead engage them in indoor activities during that time of the day. Evenings are best for recreational activities, especially for kids playing outdoor games.

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