



FROM OUR DESK

Dear Reader,

It is our pleasure to bring to you the **6th Anniversary Edition!!**

As you are aware, '**b-in-touch**' is an instrument that highlights the work undertaken at *Buniyaad* Nursery and Playgroup. As a part of our social responsibility, over the last few years, *Buniyaad* has introduced various health and social awareness programs. This has assisted in the development and progress of the society through our Nurseries & Playgroups. To further this cause, the Editorial Team has taken up the initiative and endeavored to reach beyond classrooms. This has manifested as Breast Cancer Awareness Camp, Students Adopt a Plant (SAP), Reuse and Recycle etc. This academic session, the Editorial Team has decided to extend the gift of health and balance by organizing **Yoga Camps** in phases across all nurseries for the parents of the students.

It has been wonderful sharing our thoughts and activities with you...
Happy Reading!!

Anniversary Highlights

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| <ul style="list-style-type: none"> ☺ Art and Craft Competition ☺ Children's Day Celebration ☺ Coloring Competition | <ul style="list-style-type: none"> ☺ Diwali Celebrations ☺ Activities in Nurseries ☺ Editorial Initiative |
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Inspiration from Rains:

'Rain, Rain please do not go away,
Little Johnny in **Colorful Raincoat** will come out and play!!!'

The task for the very first Art and Craft competition in *Buniyaad* Nursery and Playgroup was to create a 'Designer Raincoat'.



This was held successfully on 19th Sept. 2011 across all Nurseries. The Nurseries were provided with a huge sketch of a raincoat, colorful papers, ribbons etc.



As always, the emphasis was on best execution with the materials available within the specified timeframe.

After some students finished their designated tasks of sticking accessories on the art-piece, they were engaged in reciting poems and songs for the judges. Some kids sidled along to the judges and we saw some heart warming bonding between them. The judges regaled them with cartoon characters on their cell phones and showered them with attention.

Clearly, a new person in their nursery was not a daunting affair for the children at all! When one judge asked a child to recite No. 1 to 10, the



child promptly replied '1 to 10' much to everyone's amusement!! After the task was completed in specified time, the respective judges took a while to evaluate. Sweets were distributed as a reward for all the enthusiasm and effort!

Mrs. Rupashi Mani, who is an artist, judged the final 'Designer Raincoats'. **Nursery No.1- Parksit** was



declared to be the winner of this competition. Kudos to students and the class teacher **Mrs. Bharti Ahire!!**



Diwali Celebrations:

Diwali was ushered with fanfare in all the Nurseries. Students, class teachers and volunteers made special preparations to welcome and please the goddess of wealth. Special floral *rangoli* designs with petals



looked pretty and were inviting. A beautiful *toran* using hand made and colored paper – *diyas* strung together adorned the classroom. What a unique welcome!!



Students, teachers and volunteers had turned out in festive clothes, which added glitter to the occasion. Appearance of a small feast of savories and sweets made the kids go slurp, slurp...

This added a sparkle to their already happy demeanor. An impromptu round of applause rent the



air in Nursery No.2!!! All the students were lovingly educated about the precautions they must observe while celebrating the 'Festival of Lights'. *Diwali* vacation followed!!



Children's Day Celebrations:

Nothing you do for a child is ever wasted - GARRISON KEILLOR

At *Buniyaad* Nursery and Playgroup, every day is children's day since students are always made to feel very special and wanted. Children's day, as gifted by *Nehruji* on his birthday, was celebrated with additional fun and frolic by *Buniyaad*. Children were told about *Pandit Nehru* and his immense love for children. Caps were made out of newspapers and the children looked so happy

posing for photo sessions with the caps sitting snugly on their little heads!! The best-dressed girl and the most smartly dressed boy got the chance to don the hats first of all!! The class teachers went an extra mile and decorated the classrooms with balloons and colorful buntings to make the day extra special for them. Music was arranged and everyone present enjoyed by dancing or just singing along.



Children were given chocolates and a box of colors as gifts. It was a complete children's day in the true sense...



Activities in Nurseries:

There is never a dull moment in the *Buniyaad* Nursery and Playgroup. This is well expressed through activities undertaken in the Nurseries.

1) Introduction to colors was a multi-colored approach. For red, all children were asked to wear something red. For identifying and relating to color green, all students brought leaves and strung them into a *toran*. For yellow, students were asked to bring a lemon. In this manner they also get familiar with colors and fruits/vegetables.

2) Students not only learned 'I for ice cream', they also created mouth-watering ice creams!!

Soft, fluffy and colorful cotton balls doubled up as yummy scoops of different flavors to recreate ice creams on paper. Coloring the cones caramel brown completed the picture.

3) Introduction to yoga has taken the level of physical activity in the classrooms to a new level. Teachers have been trained by Volunteers to execute *yogasanas* accurately.

Children find it most exciting to make use of newly learnt words like 'up' and 'down' while executing 'butterfly *asana*'. It is remarkable to watch kids gleefully strike a tree, a monkey or a warrior pose with élan.



Color Our World Pretty:

This was the exciting task planned for second Art and Craft Competition. The competition was held on 25th Nov 2011 at all the Nurseries. Students had to fill colors in predesigned scenery, which was made up of a toucan, mountains, fish in a pond, trees etc. The respective class teachers specified the color combinations and usage. Our 'Young Picassos and Dalis' were raring to go, but had to be lovingly restrained by the class teachers. They were asked to take turns to color so that the assignment could proceed in a systematic manner. *Buniyaad* extends sincere thanks to Volunteers from **Xoriant** and

Anglo-Eastern

Maritime Training

Center for joining the children at the Nurseries for the competition. It encouraged students to color with reinforced zeal. Volunteers were

asked to analyze the teachers' ingenuity, their interaction with the students and ability to conduct the activity in a controlled fashion.

Ms Sneha Kodi, an Intermediate certificate holder with a 'B' ranking in Art, currently pursuing her Architecture, adjudged the finished colorings. She has



reviewed parameters like clarity of design, usage of colors, neatness and overall presentation. **Nursery No. 2, Milind Nagar** has been declared the winner. Accolades to the 'Young Picassos'

and their mentor, **Mrs. Sarika Matode!!**



EDITORIAL INITIATIVE:

YOGA: The gift of health and balance.

Yoga is said to be a means of integrating the functions of and harmonizing the mind, body and spirit. With this as the end goal for our beneficiaries, *Buniyaad* organized yoga camps (phase 1) across all the nurseries for the parents of the students. Earlier this year *Yoga* was introduced at the Nurseries for the new students. It is now being taken forward by bringing mothers into the purview of health. 'A healthy mind resides in a healthy body'- goes the



adage. Our baby steps towards this direction were met with much enthusiasm from the parents of the tiny tots. The turnout at each nursery was heartening. Our instructor **Mrs Deepti Bhalerao**, who is a *Yogshikshak* from the reputed *Yoga Vidya Dham* in *Nasik*, assisted us in our endeavor. Mrs *Bhalerao* has 20 years of teaching experience across many cities. The session started with an opening address about the importance of yoga and what

significance it can hold if adopted as a lifestyle. The need of Yoga was underscored when their common



health ailments were discussed. The initial curiosity of the participating mothers was soon replaced with murmurs of approval as the yoga instructor discussed health problems. There was some wonderful sharing by some participants at this stage. The Yoga session commenced with the chanting of "Om" and the recitation of "Gurur

Brahma Gurur Devo..." prayer.

Soon after, some stretching exercises were shown.

Subsequently, *Vajrasana*, *Bhujangasana* and *Vakrasana* were done.

Their relevance and benefit were enumerated.

With the encouragement from our Yoga instructor the ladies

were soon at ease and displayed enthusiasm and willingness to learn. These *asanas* were done initially with shy giggles and later with mounting confidence and delightful accuracy! The children and the teachers too joined in. A spontaneous round of appreciative applause ensued and queries for follow-ups came thick and fast at the conclusion of the camp!! All in all, it was an event, which was immensely satisfying in the response received.



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