



# b-in-touch

"Educating Minds...Strengthening Roots...for a better tomorrow."

## Activities in Nurseries:

Christmas celebrations  
 Teacher's initiative  
 Editorial Initiative- Follow up of Yoga Camp  
 Annual Sports Day

## Christmas Celebrations in Nurseries:

Christmas signifies the birth and gift of Jesus Christ. It is a season of cheer, joy and abundant peace. Christmas celebrations were ushered in all the nurseries of *Buniyaad* with the narration of the Christmas story, Santa magic, singing and dancing to jingle bells. Children eagerly participated in decorating the Christmas tree with hollies and



bright ornaments. Goodie bags of sweets with their nametags were kept beneath the tree. These made the children feel very special. The party was wrapped up by feasting on wafers, cake and some more chocolates!!

## Teacher's Initiative:

This year, the class teacher of Nursery No. 2, *Milind Nagar* Mrs. Sarika Matode, has implemented a few ideas, which resulted in better & timely information disbursement. The class teacher communicates by placing a blackboard at a vantage point at the exit which carries announcements, messages etc; and, displaying daily activities by way of charts, colored sheets, etc in the class. The teacher has drawn flowers with the children's pictures in the center and birthdates



alongside to create an attractive garden. At the end of every month, there is a combined birthday celebration in the class. The students who had their birthdays falling in that month are the stars of the day and a joint birthday party is organized. Parents welcome this new line of communication opened between them and *Buniyaad* Nursery and Playgroup. Team *Buniyaad* recognizes and encourages individual initiative. As a token of appreciation Mrs. Matode was gifted a 'Be My Guest' voucher for herself and her family to dine out.

## Dreamt it, Ran it!!!

This year StanChart Dream Run 2012 witnessed a group entry from *Buniyaad* supported by Xoriant Solutions Pvt. Ltd. All the participating volunteers completed the run in excellent time.

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## **Yoga-The gift of health and balance**

Yoga camp (phase 2) was organized across the Nurseries in *Buniyaad*. While the yoga camp (phase 1) was introductory in its nature, session 2 was a test of how much of the learning was retained. 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 experience of teaching Yoga across many cities. The turnout of parents in this follow up was also indicative of their enthusiasm and eagerness to make yoga a part of their daily life.

The session commenced with prayers and the *Gayatri Mantra*. The *asanas* such as *Bhujang Asana* and *Vakra Asana* done previously were revisited. Many of the mothers had been practicing the *asanas* and some came forward to perform those, which had been done earlier.



During the session the *Vir Asana*, *Gomukh Asana*, *Dhruv Asana*, *Vriksha Asana* and the first stage of *Pranayama*, i.e. *Bhasrika* were taught. After this, the Volunteers and insrtuctor took a quick round of responses and feedback from the parents about the yoga session, its utility and further such sessions for them. One parent applauded *Buniyaad*'s effort to bring the parents in the ambit of its concern and care. Some others told us how they found our Yoga instructor's directions easy and useful. One parent pointed out that they consciously took out time to practice yoga. The session ended with *Gayatri mantra* and chants of Om. Some of the parents walked up to the yoga instructor to thank her. In every follow-up session, the yoga instructor personally appreciated the parents' dedication in making yoga a part of their life.

We at *Buniyaad* see this as a major boost to our humble efforts to bring about a better life style to those who are our target section. In small measures, slowly but surely, we hope to better and enhance their lives.

## **Annual Sports Day**

On 25<sup>th</sup> Jan. 2012, all the students of *Buniyaad* Nursery and Playgroup came together to celebrate Republic Day and the Annual Sports Day at *Mahapalika Udhyan, Kailash Complex, Vikhroli*.



The large and open grounds set the mood of the children for the Sports Day and they were busy running around as though practicing for the upcoming races. Mother Nature provided the perfect weather, as the day was bright with gentle Breeze. The Annual Sports Day started with a PT display by students from all the Nurseries. They executed drill to the beats of a brass drum.



Little handcrafted pompoms held in their tiny hands represented the tri-colors of our National Flag. Team *Buniyaad* organized theme races along with good old vanilla sprints to exercise both the body and the mind. At the beginning of each race, Volunteers explained the finer details and the dos and the don'ts to the young runners.

'*Aaloo le lo*' was aimed at making them good helping hands at home. In order to effectively finish the race, kids had to adjust their high speeds halfway, pick up potatoes and bring them to the finish line. Children who were able to judge the distance at which they would slow down to

pick up and then race forward line were certainly amongst the winners!!! To complement the mood set for the Republic Day celebrations



**Flag Race** was introduced, which combined speed with dexterity. To finish the race *successfully*, participants had to run halfway on the tracks, fetch a flag *and* hand it over at the finishing line.

**Dabangg Race** brought in some more fun and enjoyment. All the boys and the girls jumped up and down with excitement when they were shown the knick-knacks to be used in the race. Runners



had to wear a scarf, put on trendy sunglasses, throw on a cap and run to the finish line. Some did not *stop* at each point but *continued* to dress themselves on the way to the finishing line!!! Once the races were over, the winners were seen patiently waiting to receive their prizes. There would be a remarkable story to share at home and an award to show!! They were noisily cheered on by their peers and beaming class-teachers. The winners of various races are as follows: Sprints – Nidhi Chavan from Nursery No 4, *aloo le lo* – Pranjal from Nursery no 2, *Dabangg* – Aryan from Nursery no 2, Flag Race – Dax from Nursery No 3.



Teachers too were in for pleasant surprises when races were announced for them. The first race by popular demand was the Mat Race. For this, the participant had to pave the path and walk on it by using one mat at a time. “Look before you leap” was fittingly translated into “look before you throw”!! The winner of this race, **Mrs. Archana Shirsat** was able to strike *just* the right balance between time and distance to win this race followed by **Mrs Sarika Matode** – runner-up.

To understand that there is a game involved in all aspects of life, we converted a daily mundane chore into a race against time. Each participant was given a bag of mixed grains, which they had to separate. **Mrs. Sarika Matode** emerged as the winner by separating the grains of pulses and rice in the least amount of time followed by **Ms Punnalakshmi Mudaliar** – runner up.



Many congratulations to all the winners!!! For the closing ceremony the children rendered National anthem with full pride and passion. Before packing up for the day, all had a hearty meal followed by mini *gulabjamuns* ordered specially for the young participants.

### Dreamt it, Ran it!!!

What follows is a thrilling account of StanChart Dream Run 2012 by **Dr. Saidivya Narayan**. She lent her time and energy along with **Xoriant Solutions** to support our organization.

TTrrrrriinnnggg!!!! There goes the alarm...at 6am sharp! I jump outta my bed...its *finally* "THE" day...15<sup>th</sup> Jan. 2012! ☺ hoppin', skippin' I reach the common meetin' point as a BUNIYAAD supporter...aaaannnd joined the band wagon...looking smart in their bright red tees (with the sapling logo imprinted) ...sports shoes... the caps...and last but not least...the lovely smiles! As we boarded the *Aamchi Mumbai* local to CST, the excitement, the anxiety, the worries about successful completion of the 6km StanChart Dream Run 2012 seemed to be building up ...and when we reached the grounds... the atmosphere was electrifying!! The overflowing crowds... with various groups, in varied colors... and innumerable costumes, slogans, mottos and endorsers... The hot celebs adding to the glam! The lively music! In short...WOW!! Adding to the high energies were the spirited Xoriant Team...adorned in their costumes... masks...tees...and banners...All set to run for the cause - "BUNIYAAD- a foundation for a better tomorrow", "Don't Drink and Drive" – with a *Yamaraj* in costume, messages supporting their themes, banners etc.! ☺

With this mission in mind, we took our first steps. We ran, we walked and we conquered! Am glad that I ran the Dream Run as a proud supporter of *Buniyaad* for the cause of fundamental education for all!! This year was my first hope; next year would be yours! Cheers!! ☺



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