



Motivational Sessions

For Teachers and Volunteers

Celebrations

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Motivational Session for Teachers and Volunteers:

As a precursor to an action-packed Academic year 2016-2017, *Buniyaad* invited **Dr. Saroj Verma**, Asst. Professor in Business Economics at R.D. National College, Mumbai to conduct a workshop on 'Time and Stress Management' and 'Good touch and Bad touch'. This workshop was primarily for the teaching staff of *Buniyaad*. Dr. Saroj Verma has a doctorate in 'Child labour in the Zari industry' and is a Guest Motivational Speaker at Xoriant Solutions Pvt. Ltd.

We bring to you excerpts of the teachers' experiences: Teacher **Mrs. Sarika Matode** said, "Dr. Verma offered many solutions to manage time effectively." For her the most memorable and useful was the counsel -

"when we arrange our schedule and make a list of our work it helps to do our job without much stress".

Another one of our teachers **Mrs. Mitali Yadav** found Dr. Saroj's advice on 'Good touch and Bad touch' very useful. In her words- 'in these days of constant peril Dr. Verma's ideas will help keep parents and children to be alert always'. Mrs. Yadav found Dr. Saroj's suggestions on time management very valuable, especially for teachers like her who are always hard-pressed for time.

The interactive nature of the session, gave all teachers equal opportunity to share their views, concerns and experiences. They were delighted and thankful to Dr.

Saroj for such useful workshop as it gave them many "good pointers" to lead a relatively stress-free life by managing time well. Team *Buniyaad* extend thanks to Dr. Saroj Verma, for sharing her valuable time, resources and experiences.

Captain Anil Bhatia, from Anglo-Eastern Maritime Training Center conducted a 'Time Management and Stress Management Workshop' for Team *Buniyaad* in the last week of June 2016. Capt. Bhatia has vast experience as a Guidance Counselor in various universities, like Mumbai University, TISS and AEMTC to name a few. The session touched upon ideas that would be helpful to manage time in an effective manner thereby helping in managing stress in our fast-paced lives.

Capt. Bhatia explained that setting of S.M.A.R.T goals, viz., Specific, Measurable, Achievable, Realistic and Time-bound goals, is almost half the battle won. The workshop also provided valuable tips on spending quality 'ME' time and touched upon other areas such as multi-tasking, physical and emotional wellbeing. Team *Buniyaad* found the session helpful and wishes to thank Capt. Anil Bhatia for sharing his valuable time, resources and experiences.

Celebrations:

Teacher's Day celebration

Teachers play a great role in our lives. They shape us in the right manner for success. *Buniyaad* thanks all Nursery Teachers for their selfless service. Teacher's day was the best time for Volunteers and kids to spend the day with them and say 'Thank-you'. To create a special gift, Volunteers clicked



a picture of students with their respective Nursery teachers, earlier in the month. The teachers didn't have any inkling, but these pictures were used to design a 'Personalized' Coffee Mug, filled with chocolates for sweet remembrances of 2016-17... The importance of this day and the teachers' value in our lives were explained to the tiny-tots. Students were delighted to gift their Teacher a Mug filled with chocolates, and were all smiles when chocolates were shared. Everyone had a wonderful time...

For more pics, click on

http://www.buniyaad.org.in/activities_tchrsday.html

Independence Day:

All the Nurseries celebrated Independence Day and created tri-color bands with strips of orange, white and green paper. The classrooms were then decorated with 'torans' made by stringing these bands together. Chorus of 'Vande Mataram', 'Jhanda Uncha



Rahe Hamara' and the National Anthem rendered by children, Teachers and Volunteers enhanced the spirit of the day. Sweet and memorable moments were highlights of the day for the kids...

For more pics, click on

http://www.buniyaad.org.in/activities_indepday.html

Rakhi:

Rakshabandhan was celebrated with great gusto in the nurseries. Volunteers explained the significance of the festival. Children were given a chance to make their



own Rakhis in class. They were given circular discs with attached ribbons on which they painted and stuck mirrors and bindis in the centre. Excitement was in the air as they used

their creativity to decorate individual pieces. Sweets and savouries were distributed, without which no celebration is complete. For more pics, click on

http://www.buniyaad.org.in/activities_rakhi.html

Colours of Life: Editorial Initiative

'In life it is only a Matter of Time To Find the Suitable Colours'... Colours of Life, the Editorial Initiative for the year 2016-2017, gave precisely that; time and opportunity for all, teachers and children, to explore their creative streaks associated with colours.

The Editorial Initiative was spread over the months of July-August. Each Nursery was allocated a colour. Yes, there were seven colours; No, they were not *all* the colours of the rainbow!! The Editorial Team added some distinctive colours like white and brown, to the regular gamut of red, blue, green and yellow.

The mandate for this Initiative was to illustrate and highlight things, objects and ideas associated with the Colour allocated to their Nursery. The teams could depict colourful entities found in nature, or manmade. Their canvas was to be a standard-sized mount board. Teachers also had to create an artwork, a 'pièce-de-résistance' symbolizing their respective colours. Thenceforth, the teams of Teachers and tots, with the help of Volunteers, searched, discovered, collected and created... Taking it a step further, teachers were also asked to explore the subtle, the abstracts associated with colours; they were asked to pen their thoughts on



their interpretation or significance of the allotted colour in their lives, et al.

The Initiative concluded successfully in the second week of Aug. 2016. Vibrant worlds were recreated on mount boards. **Mrs. Shailaja Desai**, a professional Kuchipudi danseuse-cum-artiste and **Mrs. Binu Pillai**, an avid reader and Special Educator, were the esteemed Judges who judged the charts and essays,



respectively. Team *Buniyaad* thanks the Judges for devoting their valuable time. **Nursery No. 3, Ganesh Nagar(Blue)**, teacher-**Mrs. Sujata Tambat** was pronounced as the winner, and **Nursery No. 1, Varsha Nagar (Yellow)**, teacher-**Mrs. Bharti Ahire**, the runner up of this Initiative. Congratulations to the winners!! And kudos to all for giving their best in the exploration of world of colors...

http://www.buniyaad.org.in/activities_EdInit.html

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