EKYA

nava

go beyond

THE BULLETIN 2025

CAMPUS HIGHLIGHTS

The month of February was creatively stimulating at Ekya Nava. We had 4 varied workshops over the weekend as well as woodworking workshops during the weekdays. The weekend creative workshops were conducted by **Dr. Bhumija,** Ekya Nava's **in house facilitator.** In addition we also conducted well-being sessions for parents each weekend with a different theme each time.

The woodworking workshop, which was facilitated by **Mr. Rahul Ram on** February 20, was an interactive and immersive session. The children got to work with carpentry tools to create their own working model of a catapult. This experience was quite engaging and it also provided a real time perspective of what it will be like for Ekya Nava students to learn and work hands-on in the **Makery**.

Additionally, a creative workshop was facilitated by **Dr. Bhumija,** on February 15. Children made beautiful handmade items from non toxic inexpensive air dry clay, (which they made from scratch). They then used that to craft their clay creations – a leaf tray and a Turtle brush stand. It was an entertaining and innovative workshop which the children thoroughly enjoyed.

CULTURE AT THE CAMPUS

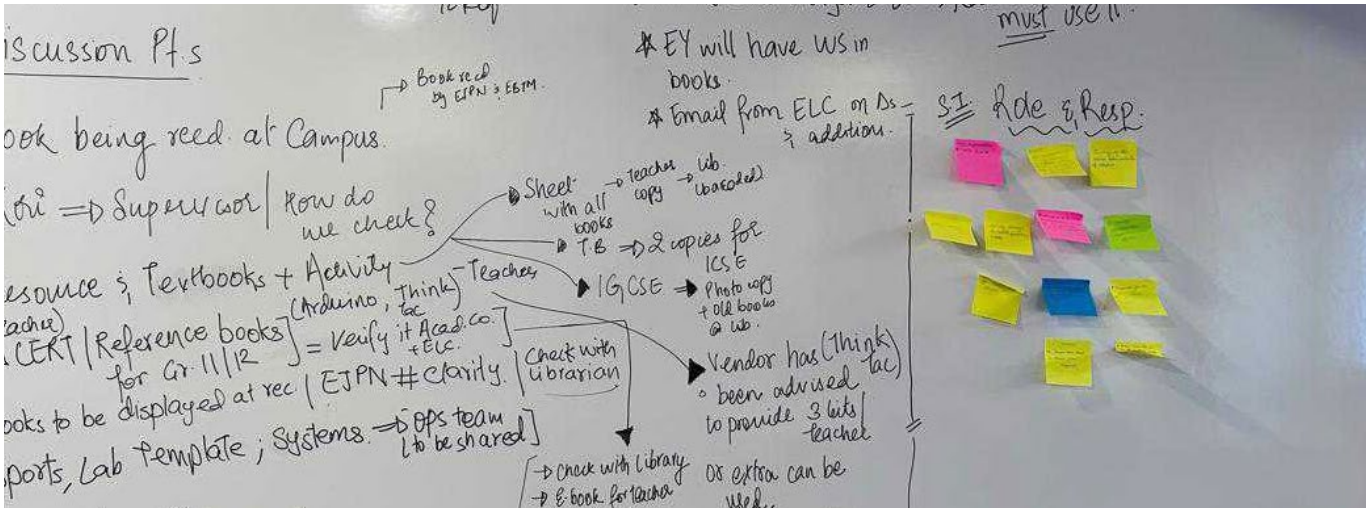
The well-being session conducted at Ekya Nava for the parents has been very well received. Each session took up a specific theme, so through the month, the well-being counsellors spoke about conscious parenting, then addressing tantrums and creating a safe space for children as well as a session on **Mindfulness techniques** which can help children manage their stress.

The sessions were relatable to parents and their everyday challenges of parenting. A parent who attended the session said, *"It was so nice to feel understood and the insights provided were so practical. I can actually think about implementing some of it"*. Student development,

beyond everyday classroom is a key initiative at Ekya Nava and the well-being sessions conducted on the campus for parents, reaffirms this commitment. The sessions are aimed at achieving a deeper understanding of children's emotional development and how we as educators and parents can contribute to it in a constructive and meaningful manner.

PROFESSIONAL DEVELOPMENT

- The Professional Development team met new teachers who have joined our ecosystem and facilitated a **Pre-Service training program.**
- We also had a one-day training program for the Assistant Managers across campuses.
- We then had a Culture session on Building Aware, Compassionate and Engaged Teams for our central office team members.
- We offered two workshops on **Cultivating Curiosity: Inquiry-Based Learning for Young Minds and SEL in the Early Years: Nurturing Empathy and Emotional Intelligence.**



LEARNING & INSIGHTS

Science at Ekya is dedicated to nurturing a profound understanding and mastery of scientific concepts through an inquiry-based approach. Our main goal is to spark students' curiosity and build their critical thinking skills, enabling them to explore and unravel the mysteries of the natural world. The curriculum is carefully designed to build on each concept step by step, ensuring a cohesive and comprehensive development of scientific knowledge. This approach lays a robust foundation for advanced scientific exploration, fostering innovation, and equipping students with exceptional problem-solving abilities essential for future scientific endeavours.

Cell Model activity promotes a deeper understanding of cell structures and their basic functions by encouraging students to investigate how cells contribute to life processes within organisms. By constructing cell models, students gain insight into the strengths and limitations of conceptual representations, exploring how models help communicate scientific ideas effectively. This hands-on project integrates creativity and critical thinking, fostering a strong grasp of the **"structure and function"** relationship in cells. This experience bridges conceptual learning with practical application, supporting students in making connections between cellular biology and its role in the larger context of living organisms.

Dream Bike Project challenges students to design a lightweight, durable bicycle frame using composite materials. They apply knowledge of the periodic table, chemical bonding, and material properties to create detailed blueprints, a prototype sketch, and a poster on one element used in the frame.

This activity deepens students' understanding of how atomic structures influence material properties and bonding types. By integrating creativity and scientific principles, students enhance problem-solving and communication skills while connecting chemistry concepts to real-world engineering

Create an Ecosystem activity immerses students in addressing ecological imbalances by designing a model ecosystem. Acting as ecologists, students investigate the interdependence of biotic and abiotic components to propose solutions for maintaining ecological balance. This hands-on activity helps students understand the structure and function of ecosystems while fostering analytical and problem-solving skills. It encourages a deeper appreciation of the delicate balance needed for mutual survival, linking theoretical concepts to real-world environmental challenges

LEADERSHIP CORNER

For me, art is a language and a therapy, which heals the artist and the spectator at the same time. Whatever the artist wants to express, he or she can express through the rhythm of flowing lines with the variety of colours, hues and shades or with different mediums and materials showing the transparency, hardness or soft feather-like touch. Whoever becomes the spectator will have his own personality, situation, connection and understanding of the same artwork. The artwork can create lots of ripples of different feelings and emotions and at that point art becomes an expression for both of them.

Keeping in mind the above mentioned quality of art, I conducted a '**Child Parent Activity',** especially designed for the ages between 5 and 12 years. The activity was **"Portrait Puzzle: Me and My Family".**

This activity was curated to encourage children to understand who they are, their identity, and how they see themselves through their self portrait as well their family member's portrait. This can help reflect on their relationships and develop a deeper emotional connection with their parents and family. It can lead to a heightened sense of belonging and emotional well-being.

Our country is also struggling with the problem of pollution created by lots of waste material, some of which is actually biodegradable. With a huge population we cannot afford to keep continuing to consistently use non biodegradable items. The long term solution for sustainability is recycling. Art education, in my opinion, is the best option when it comes to inculcating sustainable life practices in students. Through this activity I tried to imbibe the idea of sustainability by using recycled material as the base.

For this activity, children chose their preferred material to make the self portrait as well as the family member's portrait. After the activity was completed, I also asked them to share their reflections about it.

It was an insightful session all around as children and parents both got some food for thought. As an educator, it was an enriching experience for me too.

Creative workshops may seem like it's all fun and games but in actuality there is a lot of learning, design thinking, imagination, creativity, innovation and application that goes into it. It requires open mindedness, a willingness to learn as well as a desire to create something.

At Ekya Nava I hope to infuse this creative spirit in all our students so that they also imbibe creativity through their learning journey.

"The aim of art is not to represent the outward appearance of things but their inward significance."
- Aristotle

DR. BHUMIJA
In-house Faciilator

https://nava.ekyaschools.com/

080-6945 7788