

Bunts Sangha's S M Shetty High School & Jr. College



ISO Certified 21001:2018



KALEIDOSCOPE

2021-22

CONTENTS

- Editorial
- Vision, Mission and Core Values
- From the Desk of the Principal
- From the counsellor's Desk
- Administrative and Non- teaching Staff
- Students Activity

EDITORIAL BOARD



Ms. Seema Sabhlok Principal



Ms. Reshma Rao Vice Principal



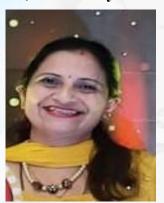
Ms. Neha Bhave Head Mistress (Pre-Primary Section)



Sapna Swami



Jayanti Patil



Soniya Mali

Vision, Mission and Core

"OUR VISION"

"India is on its growth path of developing through different industries and agriculture. World is becoming smaller and globalization has come to stay. In this process of inevitable changes in the world, there is a need to prepare value driven global citizens and technically competent socially conscious people for India.

In Bunts Sangha's S.M. Shetty Educational Institutions we will prepare the critical mass of human resources for preparing "New India". We will continually provide the environment and facilitate students to discover and develop their potential. This will be done through unique learning centres which will become the benchmark for academic institutions globally."

"OUR MISSION"

"Personality Development for Nation Building"

We deliver excellent and holistic quality education for overall development of students and strive for their continual development in our endeavor of making them quality human beings and responsible citizens of our nation.

"CORE VALUES"

✓ Competent and committed academic staff ✓ Need based individual attention

Holistic approach to child's development



From The Desk of Principal

Sharing my thoughts at this moment has helped me connect the dots and I must admit that I was never an educationist. I became an educationist by chance and not by choice. However, once I stepped into this field, I gave it my all and therein began my journey of self-exploration. Believing in myself and my mission entrusted in me by the Almighty Himself, I let self-awareness be my science, self-discovery be my research and my gut instinct and intuition be my guiding light. This resulted in an endless curiosity to help myself and my team evolve and bring forth our best potential. The realization that my organization and I share the same goal of giving back to the society has propelled me to help us together going beyond our comfort zone. I must say that the trust we had in each other trumped everything else. Along with knowing the prowess of my teachers and expecting the best from them, I understood that creativity has always depended on openness and flexibility. A free rein to express and actualize our ideas and sync each one's goals and objectives with that of the organization has helped us together to evolve while accomplishing our vision, 'Personality Development for Nation Building'. Our institution gave us all a platform to enhance and polish our skills, actualize our dreams and we must have made mistakes but we never quit, and along this journey we have forged strong bonds of trust and friendship that is for keeps. Our success is connected with action and we will keep moving forward. Our mission aligned with that of our institution has helped us enhance our own personalities and shine our way ahead. My journey as an educator has also been fulfilling because I am fueled by the ideologies of such great stalwarts from our ancient times. I am a big fan of Chanakya, Dronacharya and Krishna. Chanakya's thinking ideology revolves around a sense of realism and practicality. . One needs to realize the facts of life and society in order to rise above and eventually beyond it. Dronacharya was a renowned teacher who posed great challenges to his students so that they could acquire the unwavering spirit of mastering the skills of military and archery. Krishna's philosophy of the two paths in human life - Pravritti, the path of action and progress and Nivritti, the path of inward contemplation and spiritual perfection. The amalgamation of these ideologies in a teacher transform them from ordinary to extraordinary. This is what my staff of teachers and I have endeavoured to uphold and imbibe so that we can impart quality education which again is aligned with our institution's goal and vision to build personalities for building a strong nation and personalities just like Chanakya helped evolve the great Chandragupta Maurya, the bond of the mentor and disciple shared by Dronacharya and Arjun and yet again the inner consciousness lesson of Gita acquired by Arjun from Lord Krishna. Imparting the values of these great and revered teachers along with endeavoring to give a global experience to my teachers and students has been my objective. Let us celebrate our efforts to be the Chanakya's, Dronacharyas and Krishnas to our students. A celebration of many promises that we together have to fulfill and the most important goal to keep moving forward to take that big leap forward without hesitation, without once looking back and forging towards a bright future for all, leaving no one behind.

Thank you.

The Counselling team

COUNSELLORS











Nikita Kubal MA Clinical Psy

Unnati Doshi MA Counselling Psy

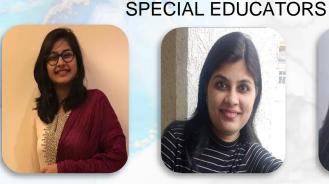
Adishri Shetty MSc Psyc Well-being

Nivedita Mane M.O.Therapy

Ms Natasha Mehta, MA Counselling Psy, Dip in ASD, REBT, Yoga and Trauma Therapy



Deepali Soundattikar B.Ed in Sp. Ed



Dhwani Parekh B.Ed in Sp. Ed



Pallavi Vairagade B.Ed in Sp. Ed



Remya Urath M.Ed in Sp. Ed

From The COUNSELLOR'S DESK

THE MOOD METER - Developing Emotional Quotient

Children with higher emotional intelligence are better able to pay attention, are more engaged in school, have more positive relationships, and are more empathic. They also regulate their behaviour better and earn higher grades.

Everu mornina. Ms. Meaha thinks about how her feelinas will affect her teachina. If she feels frustrated or overwhelmed when she arrives at school, she takes a deep breath and makes a plan for managing her emotions so that she can fully engage with her students and fellow teachers. She greets children as they walk through the door and asks how they are feeling. Throughout the day, children use a classroom mood meter to acknowledge their feelings. Ms. Megha also uses the mood meter to talk with children about her own feelings, how characters in books feel, what happened to cause their feelings, and how characters' emotions change throughout a story. In many different ways, Ms. Megha models emotional intelligence and supports its development in her students.

- Emotional Intelligence is the skill to recognize, manage and understand emotions.
- Emotional intelligence is essential for understanding yourself as well as successfully navigating your social world. While some people tend to come by these skills naturally, there are strategies that you can use to learn and strengthen your own emotional intelligence skills.

EI along with monitoring emotions (of self and others) provides an ability to use emotions to guide one's thinking and actions and is related to many important outcomes for children and adults. Children with higher emotional intelligence are better able to vay attention, are more engaged in school, have more positive relationships, and are more empathic. They also regulate their behaviour better and earn higher grades. For adults, higher emotional intelligence is linked to better relationships, more positive feelings about study and work, lower job-related stress, and burnout.

Mood meter for your class and home.

The Mood Meter is designed to help us learn to recognize emotions, in ourselves and others, with increasing subtlety and to develop strategies for regulating (or managing) those emotions. It provides us with a 'platform and language' to talk about our feelings.

Recognize: How am I feeling? Cues from our bodies (e.g., posture, energy level, breathing, and heart rate) can help us identify our levels of pleasantness and energy. Think about how our feelings may affect the interactions we have with others.

Understand: What happened that led me to feel this way? As feelings change throughout the day, think about the possible causes of these feelings. Identifying the things (e.g., people, thoughts, and events) that lead to these feelings.

Label: What word best describes how I am feeling? Although there are more than 2,000 emotion words in the English language, most of us use a very limited number of words to describe how we are feeling (e.g., happy, sad, mad). Cultivating a rich vocabulary allows us to pinpoint our emotions accurately, communicate effectively, and identify appropriate regulation strategies.

Place those feelings in the quadrant as you discuss them and their purposefulness.

The Mood Meter is a square divided into four quadrants — red, blue, green, and yellow — each representing a different set of feelings. Different feelings are grouped together on the Mood Meter based on their pleasantness and energy level.

Feel free to choose your own colours (Refer to the diagram above)

RED feelings: high in energy and low in pleasantness (e.g., angry, scared, and anxious);
 BLUE feelings: low in energy and low in pleasantness (e.g., sad, disappointed, and lonely);

GREEN feelings: low in energy and high in pleasantness (e.g., calm, tranquil, and relaxed);

• YELLOW feelings: high in energy and high in pleasantness (e.g., happy, excited, and curious).

Express: How can I express appropriately what I am feeling for this time and place? There are many ways to express each of our feelings. At different times and in different contexts, some forms of expression are more effective than others. Explaining to children what we are doing and whu, as we express different feelings, provides them with models of different strategies to express their own emotions. To use the tool, encourage your class, and if you are a parent reading this encourage the family to plot their feelings several times throughout the day or week. You can use the colors of the Mood Meter to discuss your feelings or inquire about your child's feelings. For example, you could say: "It seems you're in the red and you want to feel more green, is there something I can do to help?"

Regulate: What can I do to maintain my feeling (if I want to continue feeling this way) or shift/ navigate my feeling (if I do not want to continue feeling this way)? Having short-term strategies to manage emotions in the moment as well as long-term strategies to manage emotions over time is a critical part of effective regulation. Keep handy a range of regulation strategies, stories, and patience.

Best Regards, Natasha Mehta Psuchologist Counselling Center Head



ADMINISTRATIVE & NON-TEACHING STAFF

		CENTRALISED
Sr.No	Name of Employee	Designation
1	Dr. Sandeep Singh	General Manager-Administration & Academics
2	Ms. Savita Shetty	Assistant Manager- Central Purchase & Admin
3	Ms. Subhash Pandit	Admin Officer
4	Ms. Nivruti Fagare	Security Supervisor
5	Mr. Pradeep Shetty	Electrician
6	Mr. Sachin Tayade	Assistant Electrician
7	Mr. Santosh Mestri	Carpenter & Plumber
8	Mr. Santosh Jawandale	Supervisor
9	Ms. Pavitra Karthik	Assistant Manager- HR
10	Ms. Ankita Shetty	Senior Executive- HR
11	Mr. Ashok Shetty	Assistant Manager - IT
12	Mr. Prayer Raj Nadar	System Admin
13	Mr. Suchit Shetty	Junior Administrator
14	Mr. Irshad Shaikh	Junior Administrator
15	Mr. Ajinkya Lanke	Junior Administrator
16	Ms. Sumangala Shetty	Manager-Accounts
17	Mr. Devendra Kadam	Assistant Manager-Accounts
18	Ms. Priyanka Padwal	Senior Accountant
19	Ms. Gayathri Ajila	Receptionist
20	Ms. Mini Manoj	Staff Nurse
21	Ms. Neelam Gaikwad	Staff Nurse
22	Mr. Kalam Singh	Ground man
23	Mr. Sunil Shirsath	Peon
24	Mr. Vijay Kamble	Peon



State Board Non Teaching			eaching
	Sr.No	Name of Employee	Designation
	1	Mr. Dayanand Shetty	Accounts Assistant
4	2	Mr. Amrut Pol	Lab Assistant
	3	Ms. Bhagyashree Jadhav	Librarian
	4	Ms. Swapna rane	Asst Librarian
	5	Ms. Usha Shetty	Clerk
	6	Ms. Sujata Shetty	Clerk
	7	Ms. Kusum Dhabelkar	Data Entry Operator
	8	Mr. Jaywant Pawar	Peon
	9	Mr. Mohan Shetty	Peon
	10	Mr. Ajinkya Sawant	Peon
	11	Mr. Ravindra Shetty	Peon
	12	Mr. Shankar Sawant	Library Attendant

We are one of the kinds..... Teachers and Students alike We love to learn, while we also teach to learn.....

Our days in S M Shetty School are like a kaleidoscope. Each day is a reflection of a mirror as in multifaceted and comprehensive learning and unraveling of new and unknown concepts. While under the able guidance of our facilitators, mentors and guide, our students are like pieces of coloured glass or paper that produce diverse, beautiful and a very eye pleasing consequence. Every instant, expect a change, new harmonies, new contrasts, new combinations of every sort. Our lovely innocent minds stand each moment in some new relation to each other, to their work, to their learning's to the surrounding objects. They try to create a magical world of fairy tales, fighting battles unknown to each other. They adjust and adapt to the colors and help shape the beautiful pattern that you will be witnessing as you thumb through the articles and pages of this magazine. So, gear up for an interesting, extra ordinary, breathtaking visual treat as you scroll through

Music connects the world

At this moment, when the world is struggling to come out of the epidemic, and living in a tense environment, we need to relieve ourselves of stress. Music is what fills our lives with a lot of happiness. It also helps to relieve and calm your mind.

Recently, when I was exploring world music and peaceful, soothing music, I found a gentleman who is a very talented musician and multi-player, 'Nuno Pereira' who lives in Lisbon, Portugal.

I heard his music and I liked it very much. I did a presentation with my song in his music.

He loved my performance and composed two such songs.

The first song is on "Alaap" and instrumental music, the feeling of this song gives a peaceful effect.



The second song is based on Hindustani classical music raag 'Bhimpalasi', based on a very popular bandish "Ja Jaare Apna Mandirwa".



Background Instrumental 'Nuno' played and recorded it live.

I have edited the last audio and video sitting in India

After all, a world fusion music was created sitting far away in two corners of the world.

Music binds people and places and crosses every border.

These two songs have been released on YouTube platform (PM's Music) and were accepted globally.

Recently, on one of these songs, a multifaceted artist, dancer, yoga trainer from Portugal, "Tara Chantal Gomez", founder of dancer performing arts school Goa/Lisbon Portugal, also stepped forward and danced to the tune of 'Ja Jaare Apni Mandirva'



It is a very commendable work. She performed with his heart on an Indian music. She proved that music has no language. It is a river in which music lovers flow

It is a wonderful experience of music lovers connecting with musicians from all over the world even while they are far away.

-Payal Mallik (Mother of Pranil Mallik-JRKG -A)

NANO-BUBBLE AQUEOUS OZONE (NAO)

The Future of Hygiene & Infection control

Nano-bubble Aqueous Ozone (NAO) The Future of Hygiene & Infection Control

Producing your Own Cleaning & Disinfecting liquid at your schools with using just

Tap water & Electricity

Seems Unbelievable???

Nano-bubble Aqueous Ozone (NAO) The next generation, most powerful and efficient replacement for harsh chemical based cleaners and sanitizers.

The latest technology in the domain of Hygiene & Infection Control takes tap water & infuses it with ozone gas to create Aqueous Ozone Solution in form of Nano-bubble. A cleaning solution which is more powerful, proven to be equally as effective as traditional cleaners, but it is all "Natural & Safe".

Let us avoid harsh chemicals, leftover residue & dangerous chemical mixes.... When we can have cost effective solution which is U.S. FDA Approved, Green Seal Certified and Recognized by Environmental Protection Agency (EPA). NAO Reduce and Eliminate cleaning and toxic chemicals from schools to showcase an environment conscious and low carbon footprint brand image.

Let's come together to participate the use of the latest approach in Hygiene and Infection Control i.e. On site generated, Non Chemical, Non Consumable.

POSITIVE PARENTING

Parenting.

This article is an initiative towards Positive How we assume in order to make our children behave

better, we need to make them feel worse by being hard on them, yelling at them, labelling them and even slapping them.

The truth is, this is what we have been taught through generations. The way we have been parented come most naturally to us. That's the reason, many of us don't believe

in the idea of gentle parenting. We need to break this chain of us being hard on our

children, just because our parents were hard on us, and we turned out fine. Did we? Look at the amount of anxiety, depression and so much more that prevails today. Think again did we?

Somewhere I read that, "children are not allowed to have grumpy mood, bad days, disrespectful tone or bad

attitudes, yet we adult have them all the time." This hit me

hard, this is the bitter truth.

Remember, children believe that the way we treat them is how they deserve to be treated. When we show our

children respect, they feel they deserve it from world too.

There will be times they won't listen to us, so let's just learn to handle it, they have their own Will. Which will help them in

PARENTS TO CHILDREN

facing the world later on. **Expecting them to ALWAYS be Happy** We get so uncomfortable when our

children get upset or feel angry, we want them to stop feeling that but remember they are human being and will feel different

3 UNREALISTIC EXPECTATION FROM

Expecting them to ALWAYS Listen to us

emotions at different times as we do. **Expecting them to UNDERSTAND Your** reasoning and CALM DOWN during tantrum

When the child is throwing the tantrum, their emotional part of the brain is activated and the logical part is not working well. So wait for the tantrum to pass and then try to explain logic to your child.

mistakes, not just pay for them." Do you feel that your child manipulates

you by throwing tantrum? A child brain is under development. Their

just understanding what work for them and

what doesn't.It's human behaviour.

Written by:

Stop giving into tantrum and you

can do it without getting angry

and losing it. Just be calm. That

punishments. Children need to

learn how to fix their mistakes, not

no guarantees in parenting. All we

really have is today's love. So

out. There is no point in it.

presence in the moment.

don't get caught up in the result

or worry how everything will turn

Instead, love your child today the

best you can and offer your loving

"We must look for

There are absolutely

tantrum will pass.

solution, rather than

just pay for them."

Shaikh Umme Habiba

Izaan Dilshad Shaikh

brain is not designed to manipulate they are Sr.Kg. E



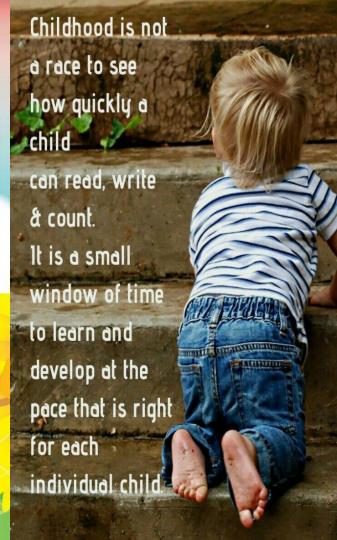
Hungry Tummy - Lunch





















Art is as natural as sunshine and as vital as nourishment.

EVERY CHLD **S** AN ARTIST ~PICASSO









children can make

BEAUTIFUL MUSIC

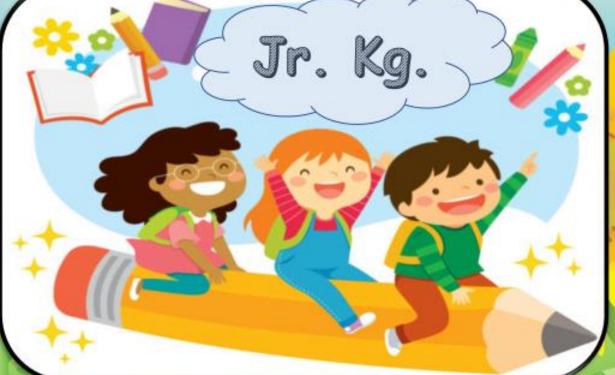
is less significant than the fact that music can make

BEAUTIFUL CHILDREN - Cheryl Lavender



66 Colours are the smiles of

Glimpses of





"The fact that children can make beautiful music is less significant than the fact that music can make beautiful children." - Gheryl Lavender





























"When children pretend, they're using their imaginations to move beyond the bounds of reality. A stick can be a magic wand. A sock can be a puppet. A small child can be a superhero."

















"Cooking with kids is not just about ingredients, recipes, and cooking. It's about harnessing imagination, empowerment, and creativity."

- Guy Fieri













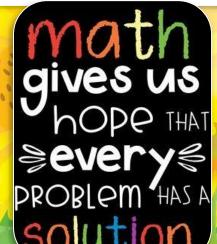


































You have two hands.

One to help yourself, the second to help others.

.......









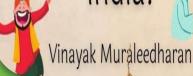








I am an Indian and we celebrate all festivals in every region of every religion. That is why it is called Incredible







Circle Time

Circle time is all about sharing stories and participating in activities like picture talk, oup activities, special reading and games



CREATIVE DEVELOPMENT FRIDGE





















"SUSTAINABLE DEVELOPMENT IS THE PEACE POLICY OF THE FUTURE."



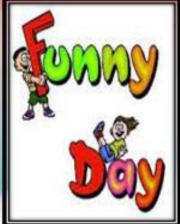










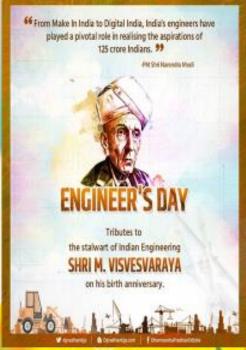
























When the power of LOVE
overcomes the love of
POWER then the
world will
know peace









hinking to



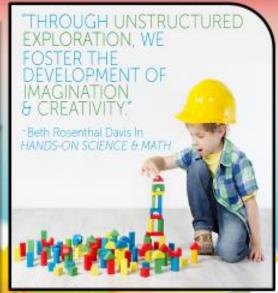




















MORE AND LESS



math concept

solve many problems







Heavy and Light



Broad-Narrow











Family Sequencing









Drawing Self-Portraits

SELF PORTRAITS:

A self-portrait is an intimate, bold declaration of identity. In her self-portrait, a child offers herself as both subject and artist. When we look at her self-portrait, we see a child as she sees herself. The story of self-portrait work is a tender story to tell.



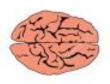


Senses empower limitations. Senses expand vision within borders, senses promote understanding through pleasure.

FIVE SENSES ACTIVITIES for KIDS









stomach

brain

heart







BEST FOOD



Brain Gym Exercises







The human body is the most complex system ever created. The more we learn about it, the more appreciation we have about what a rich system it is.

Life Skills



SETTING THE TABLE















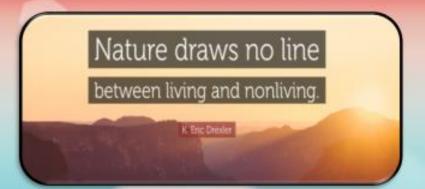
button a shirt





The greatest gifts you can give your children are the roots of responsibility and the wings of independence.

Denis Waltey



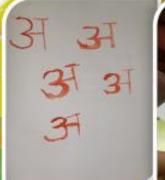
































celebrate
the your life
the more there
in life
celebrate



ORIGAMI

Fun Sessions

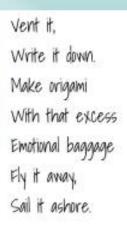
PUPPET MAKING















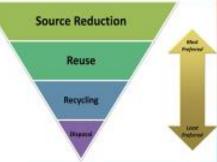
















Home made -Arcade Basket Ball Game-Fun & Challenging Game.



The player must concentrate, simply aim & shoot the ball through the rim and score 45 points.





Face Mask



















CARD MAKING DAY

















Best out Of Waste









Paper tearing by



Cotton pasting on sheep by Mannat kaur



Paper Crumpling by Kriv patel



Greeting card by Hridhaan Shetty



Palm printing by Harmeet Kaur



Pasta collage by Saraswati kanyaluru



Swab painting by Arya Joglekar



Rakhi by Aarush Baitpat



Flag painting by Veeha Jagtap



Mukut by Jatin chaudhary



Basic fold by Inaya khan



Paper Boat by Mohammed Ozil







Painting by Shazil Shaikh



Diya Painting by Pruthvij kadam



Table mat by Snehal patil



Clay moulding by Shlok Danawale



Santa by Divisha puthanpurayil



Kite by Chayan Warghade



Scissor Skills

Activities

the kids LOVE







Clay cutting by Basic cutting by Aarohi Gaud Jasvin



Colouring by Mannat Kaur



Lollipop Tracing & colouring by
Kriv Patel

Shape cutting by Smith Loke



The Part of the Control of the Contr



Fingerprinting by Aradhya shetty

Paper crumpling by Vihaan shelar

Paper Tearing by Izel Dsouza



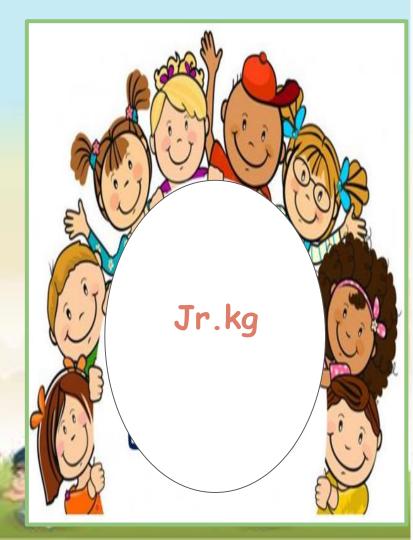




Sheep by Sonika Adep

Greeting card by Aurel Douncha

Fish by Paridhi Kanojia





××××××××

Jr.Kg Glimpses



Creative impression by **shaurya**



Paper fan by Sanjit khambadkone



Dahi handi by Aranya Potekar



Crab by
Sarah Hoda



Piggy bank by Tanishka Mayekar



Diwali Toran by Lavith poojary



Clay Moulding by Ayesha Baig



Circle Art by Vivaan Patil



Int of scissors by Shravik jagtap





Pattern cutting



by Tanishka Mayekar



Truck cutting by Asgar Khan



Cupcake by Jellyfish by







Shark puppet by Brij Moni



Drawing by Shreya Rane



Origami house by Aaira shaikh



Leaf Ganesh by Navisha Agarwal



Giraffe by Shreya Lohot



Toran by Shoury Ghag











Food pyramid by Raksh Rai

Mindfulness Colouring
By Sanchit Rahane

Drawing Dog by Alina Ansari



Stocking by Mohammed Chougule



Scissors Introduction
By Prarthana Adhav



Pattern Cutting
By Yusuf Chowdhary









Cutting of bird nest by Aathesh Shetty

Landscape Drawing by Viha patel

Landscape Drawing by Vivan Shah



Owl Drawing by Richa Jain















Learning has no destination. It's a continuous journey