



A holistic approach towards collaborating with one's inner self and with the world around is achievable by practicing Yoga regularly.'

We at Reliance Foundation School Surat celebrated International Yoga Day with great enthusiasm. A special assembly on the theme 'Yoga and Growth Mindset' was conducted for the students of classes III -XII, wherein the 'INTERNATIONAL YOGA DAY' was celebrated zestfully. The assembly concluded with synchronized yogic asanas performed by the Middle School students, providing encouragement to students to practice yoga regularly to remain fit and improve their concentration.

Primary students took part in various activities like Slogan Writing, Colouring competition and Board Decoration with great passion and performed their best.

. Students from grade I to grade XII demonstrated Yoga asanas. Warm up exercises were taken and all the students performed sitting and standing asanas, importance of these were explained simultaneously in the class room.

The young learners from Middle School creatively decorated a corner in the library, in collaboration with the librarian, showcasing the benefits of yoga. Additional books available on yoga were showcased to enhance the awareness of young learners. Illustrating the theme 'Yoga for Humanity' competition was organised during the Co-Curricular periods in the middle School.





**YOGA IS THAT JOURNEY WHICH TAKES YOU TO YOUR REAL SELF,  
TO YOUR SOUL, THROUGH YOUR OWN SELF.  
HAPPY YOGA DAY 2022 !**







## MISSION MOMENT



### RFS MISSION

*'To provide a learning experience that makes every child a happy and a whole person - an experience that children would cherish for a lifetime; one that brings out the best in them to live life fully and in meaningful ways.'*

We intend to create a happy child- friendly environment conducive to wholesome and holistic development for the child, coupled with an array of experiences. The thrust is on child-centered education, activity based learning and learning by doing that are the hallmarks of the School.





# PRE PRIMARY HIGHLIGHTS

**YOGA-** “One cannot always control what goes on outside, But one can always control what goes inside”

The International Yoga Day was celebrated where we tried to connect each child with themselves, through meditation and different Aasanas. It enhances their concentration and flexibility.

**CORNER GAME (ROOMS):** Children learn more while they play. Corner game was organized to teach different rooms. Children learnt names, furniture and use while they played game. Each child spoke about room while playing game.

**ARRANGING BEADS ON PATTERNS:** It enhanced their sensory organ while they touch the rough beads. It also helped to develop their eye-hand co-ordination and learnt names of different patterns and shapes.

**PLANTATION:** Trees teach us many things, such as always stay grounded, bend whenever required, try to help others etc. Inculcating these values in children, we celebrated “World Environmental day” by planting plants.

**STORY TELLING:** Children learnt by listening. Story telling is best way to enhance their vocabulary, concentration, speaking skills etc. They enjoy the stories with intonation and voice modulation.



# PRIMARY HIGHLIGHTS



'Experiential learning is learning by doing – the learner is an active participant in the educational process'

Children of Std. I created various colourful shapes with the paper cut outs like triangles, circles, rectangles and squares. Such activities trigger critical thinking of young learners along with Art Integrated Learning. It widens their horizon of creativity through experiential learning.



Std III – V had been given new creative challenge that they happily took up during the summer. They made a creative magazine and a summer booklet where they penned down how their plans for the summer vacation and how did they spend their vacation. They learnt new vocabularies and also learnt to make a few winter recipe. They also creatively presented their magazine where they collected pictures of their favourite cartoon and wrote about it. Through these interesting projects students have had an enriching everlasting experiences and helped develop their overall being.



Restoring Normalcy! Celebrating Vibrancy!

The school campus is resonating with giggles, exciting chats, vociferous discussions of young ones moving from one lesson to another in the corridors of their offline classes. The learning curve is progressing in all dimensions.

All classrooms and corridors wore the theme of the month & celebrated the special days with great zeal and enthusiasm. The middle school corridors have regained it's life as students owned the display board decorations, decked up the classroom with creativity and leadership initiatives.

The educators on the other side are putting their best foot forward to address the jitters, overcome the learning loss, cater to the needs of students who are gradually settling into offline classes



Central Board of Secondary Education (CBSE) India has recognized the fact that it is necessary to develop scholastic as well as co-scholastic areas. It has been felt, that life skills education bridges the gap between basic functioning and capabilities. It strengthens the ability of an individual to meet the needs and demands of the present society. Thus, a relevant life skill education helps in dealing with the above issues in a manner to get desired behavior practical.

We here at RFS Surat utilise every opportunity of developing life skills in the students through various activities.



"Zumba and fireless cooking activity was a wonderful approach by school in non-academic's field to increase our creative skills and improve our out of the box thinking. These co-curricular activities help us to strike balance between academic life and fun life with full of activities. Both of the activities helped us to take a break from our monotonous schedule of schools and tuitions. These co-curricular activities boosted our energy and was a fun way to overcome stress. I had a great time performing dance and preparing food." says Kashvi Jain ( X A)



"Hopefully we all are looking for the entire year to be full of such fun loving co-curricular activities." says Rishikesh (IX C)

"Exercise can oftentimes be a necessary truth one does in loathsome reluctance, but the class was both fun and mentally stimulating. Not only did I get a great cardio workout, I learned heaps of dance moves at an accelerated rate. It was definitely a powerful rhythmic exercise, having to pick up dance routines on the spot and be ready for any curveballs the instructor Ms. Jasmine Jinwala could throw in. Both the classes were full of laughter, energy and fun. The class was extremely versatile. It helped us to find a type of exercise that we enjoyed in and can easily be incorporated into our weekly routine." Says Anya Dabi (X A)





**VIRTUAL ART AND CRAFT GALLERY**



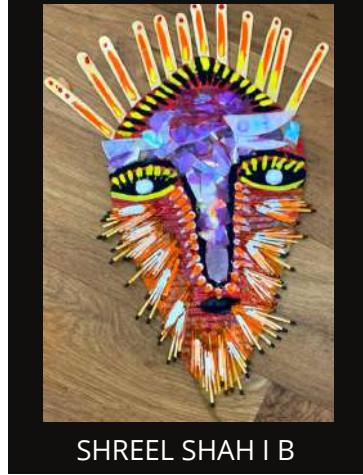
Viaan dosai



NAISHA KOTHARI JRKG B



NAVYA VAYEDA IV B



SHREEL SHAH I B



FAIRY PATEL IV C



AVISHI SHRIVASTAVA IV B



AVYAAN SHAH III B



ANIKA GUPTA

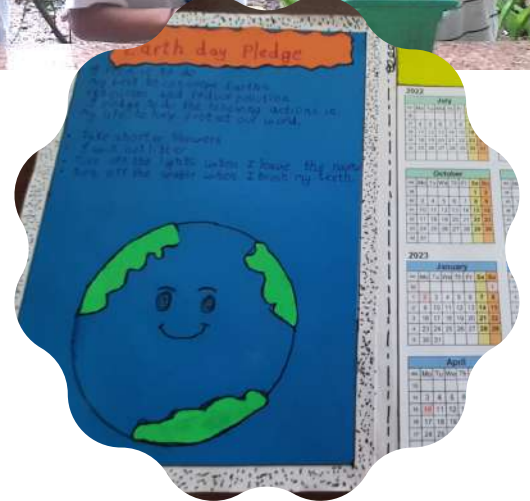


NAETHAN MATHEW





# CLUB REPORT



RFSSEM Science Club celebrated World Environment Day 22 on the - Theme : "Only one Earth" - with the focus on "Living Sustainably in Harmony with Nature". To make this celebration more meaningful various activities were conducted to encourage, involve, engage the students and sensitise them towards nature. Nurturing Nature- Saplings were planted and a promise was made by Jr KG and Sr KG students to save and nurture the nature.

Save Soil-Grade 1 & 2 students came up with beautiful storyline and presented their ideas to conserve soil in unique way.

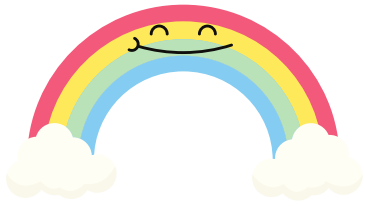
Degrading Air Quality-Aerial Animals at Risk- Grade 3,4 & 5 students explored the topic and came up with innovative suggestions and solutions to reduce the air pollution.

Go green- Pledge - Middle School students took their own pledge and made a calendar to monitor the days when they follow pledge.

5R's in Practice- Awareness Campaign- Class 9&10 students put posters in societies showing simple actions centered around 5R's of waste management, that every household can practice.

A video and Quiz were circulated among the students of classes 1 to 12th.





# The Glorious achievers



Winner  
JHANVI DESAI

## The Orator

Jhanvi Desai of class XII Commerce received first prize in the second edition of Public Speaking marathon organised by Ace Potential Unleashed at Luxuria Trade Hub, Surat on June 6th 2022.



## The Dancers

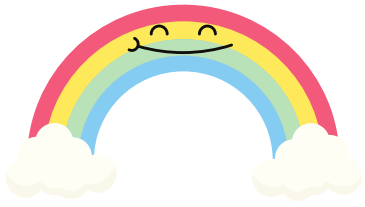
Four dynamic Students of Reliance Foundation School, Surat participated in Interschool Classical Dance Competition organised by Bhagwan Mahavir International School On 26th June 2022. In Junior category (class 1 to 5) Navyanaandee Shah (V B) secured 1st position and Aanya Rajput (V A) received certificate of participation. And in senior category (class 6 to 12) Manya Kapadia (VIII C) secured 3rd position and Vedieka Patel (9 B) received certificate of participation.



Winner  
Navyanaandee Shah, Aanya Rajput, Manya Kapadia, Vedieka Patel







# The Glorious achievers

## The Thinkers



**Winner**  
SHIVOM MODI X C &  
JINANSH SHAH IX C

A team of 2 students, Jinansh Shah from class IX C and Shivom Modi from class X C participated in All India Asteroid Search Campaign (AIASC) phase 1- May 27 – June 20, 2022 which is one of the most prestigious outreach events hosted by NASA, conducted globally by the International Astronomical Search Collaboration (IASC) and coordinated by SPACE in India. Four preliminary discoveries were made by them during the campaign.

## The Writer



Ved Vyas of Class X C won Second Prize in a Story Writing Competition organised by Matrubharti. He also won Cash Award of Rs.3000.



**Winner**  
Ved Vyas



**Winner**  
Aastha Joshi VII B

## The Singer

Aastha Joshi of Class VII B won Second Prize in a National Level Online Singing Competition organised by Sangeet Varg & Kalvrind.





# JUNE – SPORTS ACHIEVERS

**Manaswee Dutta Class XII Commerce Won 3 gold and 2 silver at State level Swimming Competition organised by Swimming Federation Of India on 28th and 29th May '22 at Rajkot.**



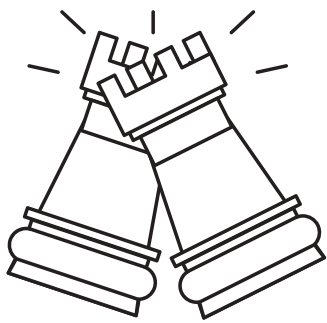
**Saachi Modi of class II D has secured Second Position in 44th FIDE Chess tournament in Gujarat State in the Under 15 category.**



**Viraj Shah of II A secured 1st rank in U-7 in 44th FIDE Chess tournament in Gujarat State.**



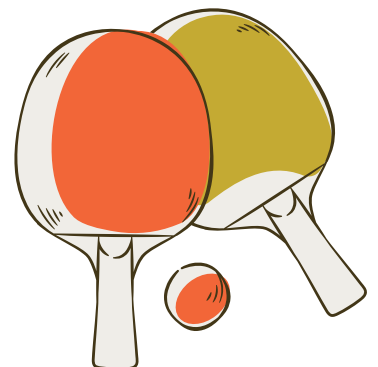
**He also Secured 8th position in Gujarat State level U-7 Chess Tournament held in Ahmedabad on 11-12 June 2022.**



**Sanvee Diwanji of class II A has won the 7TH Position in 44th FIDE Chess tournament.**



**Jeevika Patel of class V B had participated in First State Ranking Tournament 2022 in Table Tennis held in Tapti Valley School on 4th June 2022 and has reached the quarter final round.**





**Mrs. RADHIKA IYER**



**Mrs. AARTEE SHAH**



**Mrs. VIDYA MENON**



**Mrs. SHERI JEEJAN**



**Mrs. RICHA MOTIWALA**



**Mrs. SUNITA JHAWAR**



**Mrs. SHIMNA SUNIL**



**Mrs. ARCHANA RAWAT**

# MICROSOFT CERTIFIED EDUCATORS



**Mrs. BINAL MODI**



**Mrs. RUCHA MULEY**



**Mrs. YAMINI KHAMBATA**



**Mrs. CHAITALI BISHNOI**



**Mrs. SHAMPA CHATTERJEE**



**Mrs. RAJRUPA SENGUPTA**



**Mrs. NISHA SUTARIA**



**Mrs. JAYANTI NAIDU**



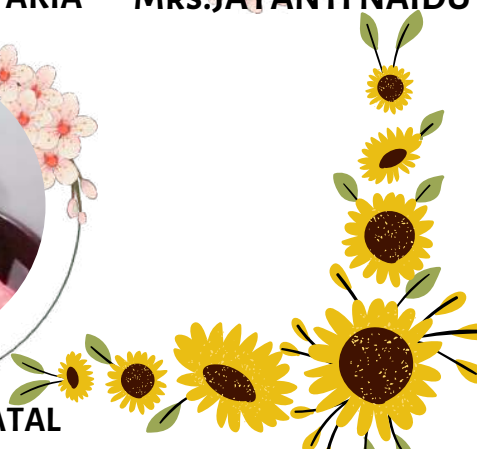
**Mrs. JOYA MOOKHERJEE**



**Mrs. SIDDHI SHAH**



**Mrs. ROSELIN NATAL**



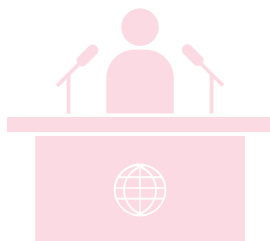


UPCOMING  
EVENTS -  
JULY 22



**We are the United Nations**  
Join the Union Of Nations, Join  
United Nations...  
Everyone ask, What has Country  
done for you... You be the One to  
tell What You Did For The Country..

Modern United Nation has come to  
You To Help You Become a better,  
Speaker  
Researcher  
Orator  
Debater  
Eloquent Communicator  
MUN has Come To Your School...



75  
आज़ादी का  
अमृत महोत्सव



Azadi Ka Amrit Mahotsav is an initiative of the Government of India to celebrate and commemorate 75 years of independence and the glorious history of it's people, culture and achievements. Many opportunities to exhibit your love for the country and your talent is on the way !!!!!

## INVESTITURE CEREMONY

Student councils are a great way for students to take on leadership roles, promote the voice of the student body and solve problems  
Student councils are powerful leadership and learning opportunities. Don't miss the opportunity!!!!!!