



# ARUNODAYA

*An initiative of Aditya Birla Vani Bharati, Rishra*

## WORKSHOPS-2022

*A field of clay touched by the  
genius of man becomes a castle*



# ARUNODAYA

Workshop Issue 2022



## MR. GOUTAM SARKAR, PRINCIPAL, ADITYA BIRLA VANI BHARATI

*Education in the true sense of the term helps an individual to be mature and free, to flower with grace and goodness. We should always have an interest in shaping young minds with certain principles and virtues. Self-knowledge or "awareness of one's total psychological process" is another important objective for Aditya Birla Vani Bharati. We believe that the student should "observe and understand his own self-projected values" and the conditioning influences. The student learns to see himself or herself clearly and his or her relationship with others and the surrounding environment. Closely associated with development of intelligence and self-knowledge is the realization of wisdom. For ABVB "wisdom comes from the abnegation of the self". When we are rooted in competition and greed, the self dominates. When we let go of the notion of me and mine and abide by love, wisdom arises naturally. We at ABVB speak frequently of the importance of love and compassion as we feel love and intelligence should be closely connected. To understand our responsibility, there must be love in our hearts, not mere learning and knowledge. We realize and firmly believe that education should help to shape a new set of values. It should not just reinforce conformity and competition that exist in society but help in the transformation where freedom, creativity, and peace are deeply respected and experienced in daily life. Workshops are one of the efficient tools to facilitate this process of transformation aided with the curiosity, compassion and innovation of young minds.*



# MUSIC WORKSHOP (02.03.2022)



Mr. Raghab Chatterjee conveyed it to the students that music is a main subject and not an extra-curricular activity and we must practice songs regularly just like we perform our most important daily chores every day. He put a lot of emphasis on careful listening to songs for a careful listener can be a good singer according to him. He further stressed on practising the low notes for one who practices the low notes can very easily catch the high notes as well. Moreover, he also focused on giving less pressure to vocal power as he asserted that we must sing according to our vocal limits and proportionate utilisation of our vocal power will determine our singing capability.

MR. RAGHAB CHATTERJEE (RENOWNED SINGER & COMPOSER)





# DANCE WORKSHOP (04.03.2022)

Mrs. Tanusree Shankar taught different poses by showing alphabets in gesture and innovatively she taught a complete dance with the help of alphabets. She emphasised on the free flow of body as according to her, dance is the free expression of our heart's desire and we must not try to impose it on us rather it can be the result of our willingness and enthusiasm.

MRS. TANUSREE SHANKAR (RENOWNED DANCER, CHOREOGRAPHER & ACTOR)





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## Workshop Issue 2022

### JOY WORKSHOP (07.03.2022 & 08.03.22)





## Workshop Issue 2022

### JOY WORKSHOP (07.03.2022 & 08.03.22)

The tender heart and minds have been caged for long two years by the pandemic. The chirping birds longed to sing in ecstasy and fly in the clear blue sky. Aditya Birla Vani Bharati organised 'Joy Workshop' to escalate their flight of joy on 07.03.22 and 08.03.22. The fresh dandelions of LKG, UKG and I were given a platform to showcase their talent, bask in the sprawling green campus and rejuvenate the environment with their fun, frolic, fantasy and carefree activity. Both the parents and the child got an opportunity for animated interaction and enjoyable experience. They went back home as a happy enriched member of Aditya Birla Vani Bharati family, cherishing every exciting moment of the workshop.

### Parents Corner



Mr. Raju Das  
Father of Adrija Das

"The Welcome Carnival organised at Aditya Birla Vani Bharati School on 7th March as a parent it was a great experience. It was organized in a beautiful environment, the children and their parents have been introduced very nicely. The cultural program, activities program, the whole thing



Mrs. Nilanjana Saha  
Mother of Oishani Saha

"We are glad for participating in the welcome carnival arranged by Aditya Birla Vani Bharati on 7th March, 2022 for the new comers of class LkG. It will remain as a memorable day for our one and only daughter, Oishani Saha for first day at school. She enjoyed a lot by reciting poem, kicking football, throwing darts etc. The musical chair event was also played by them. All over it was a nice experience for students as well as guardians. We, as a guardian also enjoyed a lot."



Mr. Bhaskar Sanyal  
Father of  
Moitreyyee Sanyal

"Joining in opening carnival for newly admitted little buds in class Lower KG with our little one is really a vibrant memory in our life. The overwhelming welcome, well decorated school compound, amicable cooperation from respected teachers and last but not the least, warm hospitality from all concerned of the school really make us feeling like heavenly abode. Children also enjoyed the throughout arrangements of entertainment arranged for them. At the last, the photo shoot to frame our memory a vivid one is also praiseworthy. Over all, we would like to convey our heartfelt thank to the school authority of Aditya



Mrs. Nabanita Das Nayek  
Mother of Debyani Das

"We spent some good time. The child was very excited. We enjoyed the activities arranged by the teachers. The family photograph was a very good idea."



Dr. Pratap Kumar Si  
Father of Yaajnaseni's

"I have no words to express my feelings. It was too good. The child was very happy to visit her school for the first time."



Mrs. Mousumi Bhattacharjee  
Mother of Sreejoyee  
Bhattacharjee

"The child is in love with the beautiful campus and playful activities. She cried the whole way back to home and wanted to be in her school for long hours."



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### JOY WORKSHOP (07.03.2022 & 08.03.22)



### RECITATION WORKSHOP (11.03.2022)



Mrs. Bijoylakshmi Barman said that the proper way of presenting a poem is called Recitation. She stressed on the need of memory, pronunciation and presentation for proper recitation. She further asserted that we must not lose our eye contact with the audience during recitation and we need to understand the meaning of each and every line to modulate our voice accordingly and recite with perfection.

MRS. BIJOYLAKSHMI BARMAN (RENOWNED RECITER & ACTOR)







# YOGA WORKSHOP (12.03.2022)



**MR. TARAKNATH DAS & MS. NAMITA DAS**

The word 'Yoga' is derived from the Sanskrit word 'Yuj', meaning 'to join' or 'to unite'. The practice of yoga leads to the union of individual consciousness with that of the universal consciousness, indicating a perfect harmony between mind and body, man and nature. And herein lies the significance of yoga. If our body is a 'temple', the 'yogasanas' keep that temple pure, beautiful and peaceful. The practice of yogasanas inculcates discipline and calmness in young restless minds. It helps to manage stress and anxiety .It also helps in increasing flexibility, muscle strength and body tone. We must dedicate some time to yoga for a sound mind and a healthy body.





# CHESS WORKSHOP (15.03.2022)



chess is a board game played between two players and is said to originate in india. it has been known as the 'royal game' for its popularity among the kings and noblemen. chess helps one to think ahead and not be impulsive. one learns to weigh their choices before taking a decision. it prepares one to make the best choice for a fulfilling productive outcome.

*MR. DARUNATH CHATTERJEE (SENIOR NATIONAL ARBITER, NATIONAL CHESS TRAINER) & MR. PRITAM GHOSH (NATIONAL ARBITER, FIDE RATED PLAYER, CHESS COACH)*





# DANCE WORKSHOP (16.03.2022)



*Mrs. Kasturi Mahato*

**Dancing improves the ability of understanding music and moving in harmony. Students are able to inculcate self-discipline and do not deviate from their focussed path.**





# DEBATE WORKSHOP (16.03.2022)



*MRS. SANGHAMITRA CHAKRAVARTHY, MRS. SRIJITA SANYAL & MR. SAIKAT MUKHERJEE*

Using debates in the classroom provides students the opportunity to explore real-world topics and issues. Debates also engage students through self-reflection and encourage them to learn from their peers.





# RECITATION WORKSHOP (17.03.2022)



## MRS. MANDIRA ADHIKARI & MRS. SUKLA CHATTERJEE

**The purpose of recitation is to help students learn how to apply the information they've learned in lecture. You can help by giving insights into the reasoning that you've used to arrive at a solution. It is important, however, for students to be actively involved in the recitation.**





# SPELL BEE WORKSHOP (17.03.2022)



*Mrs. Jayanti Dutta, Mrs. Sarbari Sengupta, Mrs. Asha Roy & Mrs. Sujata Mistry*

**Spell bee encourages students to learn about the word components' usage, meaning and history, such as affixes. Not only is vocabulary increased, but students who target their spelling study can also develop cognitive abilities and learning strategies.**





# SPELL BEE WORKSHOP (17.03.2022)



Mrs. Sanghamitra Chakravarthy, Mrs. Srijita Sangal & Mr. Saikat Mukherjee





# KARATE WORKSHOP (21.03.2022)



KARATE CAN TEACH MANY OF THE SKILLS REQUIRED TO SUCCEED IN SCHOOL. WE'RE NOT SOLELY LOOKING AT ACADEMIC PERFORMANCE, AS CONFLICT AVOIDANCE, WORKING WELL WITH OTHERS, AND RESPECTING OTHERS AND ONESELF ARE SOME OF THE MANY ESSENTIAL TRAITS ACQUIRED FROM KARATE TRAINING.

*MR. NANDAN GUCHAIT & MRS. SAYANTI GUCHAIT*







### FUN WITH COLOURS WORKSHOP (22.03.2022)



*Fun with colours helps improve academic performance, not just through creativity, but it improves learning in areas like math and science as well as the literary field. Art education also fosters collaboration and group learning.*

**Mr. Promod Das**





# TERACOTTA WORKSHOP (23.03.2022)



Terracotta is the term used for sculpture made in earthenware. It is also used to make pots, vessels, vases, bricks, pipes and surface embellishment. Such workshops aim to promote the use of clay ware and spread awareness against the use of plastics. One learns to make eco- friendly products.

**MR. DHIREN PAL (RENOWNED TERRACOTTA & CLAY SCULPTOR**





### MENTAL MATHS WORKSHOP (23.03.2022)



**Practising mental maths keeps our brain sharp and boosts learning capabilities. While mathematical skills are supposed to be a task of the left brain, mental math stimulates the right brain which is responsible for imagination, visualisation and creativity.**

**MRS. TAMALI HAQUE, MR. GOUTAM PAUL, MR. AMIT BANERJEE & MR. SOURAV PAL**





# HINDI WORKSHOP (24.03.2022)



THE PURPOSE OF HINDI WORKSHOP WAS NOT ONLY TO ROUSE INTEREST AMONG THE STUDENTS BUT ALSO TO REFINE THEIR VOCABULARY THROUGH VARIOUS ACTIVITIES LIKE TONGUE TWISTER, RIDDLES, EXTEMPORE AND PICTURE COMPOSITION. THE STUDENTS WERE TAUGHT TO IDENTIFY THEIR MISTAKES THROUGH FUN FILLED ACTIVITIES AND LEARN TO RECTIFY IT THEMSELVES. THE WORKSHOP ENHANCED THE STUDENT'S LOVE AND RESPECT FOR THE LANGUAGE.

DR. KIRAN DWIVEDI, MRS. VARSHA DADHICH & MS. VANDANA VERMA





### ART & CRAFT WORKSHOP (25.03.2022)



Arts and craft activities help instil a sense of achievement and pride in children, boosting their self-confidence. The opportunity to create whatever a child desires helps foster creativity. A child will learn to make correct and effective decisions by facing and solving artistic challenges.

**Mr. Promod Das**





*Transforming young minds  
into competent individuals with  
human values...*

