

BUBBLES

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CELEBRATING VALUES AT AMIS

Celebration day

Tenth December was a special day. It was Celebration day! The evening's cool weather had a scent of beauty. The stage was set up in the front ground, with a beautifully-decorated backdrop representing the theme of Celebration Day, 2016 – the search for values such as courage, beauty, sharing, joy, and truth among many others. The program started at 5.30 pm with a few minutes of silence as is custom at AMIS. The first performance of the evening was a melodious song, 'Talash Hai', performed by the Calendula group. The Song 'Talash Hai' was written by Harvinder Didi, and set to music by Kevin Bhaiya and Shobha didi. The song represented the search for the value of 'truth'. Then the little children of pre-primary groups displayed their talents through various dances. Their performances were a joy to watch, not just for the dances, but also for the perfectly designed props and glittering costumes. The children, performing with a big smile on their faces, taught everyone what 'joy' really means. After this, came the turn of the Antigonon and Rain Tree groups to perform the song, 'He lives in you', from the movie, 'The Lion King II'. It was an energetic act that left the atmosphere charged. The song said that we should search out the strength, faith and ability which is within ourselves. Among the highlights of the evening was the Hindi skit performed by the Antigonon, Rain Tree and the Calico groups on the problems with schooling in India. It led the audience to ponder over who was responsible for the poor condition of school education. Pratham and Bhuvan of Catharanthus and Daisy groups put up a Tabla performance along with the Tabla master. Adding to the beauty of evening's show were the robotic dance by the Catharanthus and Gulmohar groups; a dance set to instrumental music by the Balsam group; a Spanish lullaby sung by the Day Flower and Marigold groups, folk dances from Gujarat and Punjab performed by the Spathiphyllum, and the Rose and Calico groups respectively, and the tribal dance performed by the Aster and the Calico groups. The program ended with a dance drama about Onake Obava, an ordinary woman who almost single-handedly defeated Hyder Ali's forces using a pestle as a weapon. It was performed by the students of the Alamanda, Marigold, and Catharanthus groups and represented the value of 'courage'. The children of Daisy Group did the compering for the program.

From the stage set up, to the music and the actual performances, the students of AMIS participated enthusiastically in all activities. It was the most anticipated day of 2016 and the best too!

- By Sanjana S. with inputs from Shayan Hirani and Aryan S Prabhu (Rain Tree Group)

Nature, The Best Healer

Science Field-Trip



The students of the Calendula, Day Flower, Alamanda, Antigonon and Rain Tree groups visited the Foundation of Revitalization of Local Health Traditions (FRLHT) for their science field trip on 9th November, 2016.

FRLHT is an NGO near Yalahanka New Town that works on the conservation of local medicinal plants. At FRLHT, many medicinal plants are grown both under controlled laboratory conditions and naturally, so that they can continue to be available to people.

The students arrived at the FRLHT campus at around 10.15 am in the morning and were briefed on the work done there at a seminar hall. After this they went on a round of the campus where they saw a range of medicinal plants and trees, including rare ones such as the *Rudraksh* tree. They also visited the labs, the aroma garden, where they saw various kinds of aromatic plants, and the nursery. At the laboratory the

children were told about the foundation's ongoing research activities.

They were shown *drosophila* (fruit flies) fed with Brahmi to assess the efficacy of the herb in improving memory. The children were also shown how water could be made germ-free by keeping a copper mesh immersed in it. Later, the children learned how medicinal plants could be grown at home and each one was gifted one to take home.

They returned to school at around 3.30 pm after a day spent learning about how we could use plants available locally to curative and preventive purposes.



Off To The Market

Field trip to Russell Market



Children of the Rose, Marigold and Aster groups went on a field trip to Russell Market on 29th November 2016. It was an exciting trip for the little ones who boarded the bus with a lot of enthusiasm and curiosity about what they would see at the market.

The market was full of people rushing up and down. The first thing the children spotted was the fruit market. They saw a variety of fruits and started naming those which they knew and learning about the ones which they

did not know. The children also noticed the hawkers shouting at the top of their voices and hawking their goods. Next they went to the vegetable and flower markets. It was sweet and fragrant amidst the flowers. The children lost no time in touching and smelling a few flowers. One flower-seller gave roses to the children, who were thrilled to receive them. In the vegetable section, the children began talking to the shopkeeper. They checked with him about the cost of a few vegetables and asked him what else he sold. The sight of huge boxes and loaded trucks of vegetables and fruits being unloaded fascinated the children. They also observed how people were buying vegetables and fruits.

The trip made it possible for the children to experience a wholesale vegetable and fruit market. It was a valuable experience for many to whom the idea of "shopping" is usually restricted to visiting a local supermarket.



Destination - Railway Station

On 30th November 2016, a pleasant Wednesday morning, the children of the Calico, Spathiphyllum, and Daisy groups excitedly got on board buses, bags and all, chattering nineteen to the dozen, for a trip to the Bangalore Cantonment Railway Station.

Since long distance train travel could be one of the most interesting and exciting things for children, the idea was to expose children to a railway station, how it functions and what facilities it offers to travellers.

There was a lot of hustle and bustle at the station, which was crowded with all sorts of passengers. Everyone seemed in a hurry. There was a long queue in front of the booking windows which the children enthusiastically noted, counting the number of people in line.

At the platform the children looked around interestedly as they saw passengers eagerly waiting for their trains to arrive. Some were sitting on benches reading newspapers, a few others were drinking cups of tea and coffee while the vendors were having a busy time!

Soon, they met up with the station master who proudly showed them his ID and his walkie-talkie and explained how the latter worked. They also saw quite a few bulletin boards where lists of 'lost and found' people and 'beware of thieves' posters were put up. They noted where the retiring rooms and the refreshment rooms were and also saw a room for the sick with medical facilities. The children very earnestly jotted down these points as they moved on and walked across an over-bridge to go to the next platform.

They also noticed the Railway Protection Force (RPF) personnel and even talked enthusiastically to one of them. Soon it was time to depart from the station for the day. All in all, the children had an interesting time even as they learned a lot.

Picnic In The Park

Pre Primary Picnic



On 24th November, the pre-primary sections (LKG and UKG) went to the lush, tree-covered Jayprakash Narayan Biodiversity Park near North West Bangalore for their annual picnic.

Two buses with excited children, didis, and aunties left for the biodiversity park at 9.30 am. The children enjoyed their walk through the park which is known for having many different varieties of trees and shrubs spread over 85 acres.

The children viewed the prominent displays of village life put up at the park. After spending time close to nature, playing in the kids area and eating their snacks, the kids returned to school by 2.30 pm.

They were invigorated after spending an entire morning outdoors.

Children's Day Of Fun

Fun, frolic and enjoyment marked the Children's Day celebration at AMIS on 14th November 2016. The diyas put up a show filled with dance, drama and poetry to make the day a memorable one. The program began with a song performed by the Diyas, followed by a poetry presentation. The gibberish song, the dance performance of the pre-primary diyas and the Dandiya dance by the Aunties kept the children engrossed and entertained. The Bharatanatyam dance and the song by Kevin bhaiya were the other performances of the day. The program ended with a boundary cricket match played by the children of the Alamanda group. The performances by the diyas and the Aunties had a child-like spirit that reached out to the children and made the day a very special one for them.



Walking Flowers

Flowers Day

Walking flowers may sound strange and unbelievable, but at AMIS we witnessed this wonderful phenomenon on 30th November, 2016 as the pre-primary children celebrated 'Flowers Day'. They adorned themselves with beautiful flowers and spread fragrance wherever they walked. The diyas were amazed at the creativity of parents, who dressed their children in accessories like flower earrings, ties, belts, chains, wreaths, head gear, bracelets, key chains, skirts, flower-embroidered jackets, caps, hats, and wands. The Mother's love for flowers and its spiritual significance was briefly explained. The didis, along with the children, were thrilled to learn the names of different flowers. Learning about them was not from text books but experiential. The children happily took part in different activities aimed at developing their sensorial skills. Each child was given a rose at the end of the day to be gifted to a person to whom they wanted to express their gratitude.



Pinnacle Of Merriness At AMIS

Christmas Celebration



Christmas season is the time to feel joy and happiness in the air. We at AMIS celebrated the day with a lot of festivities on 22nd December.

As the children walked into school they were welcomed with a well-decorated crib with infant Jesus placed at the entrance. Alongside was a small glistening Christmas tree that shone bright.

The morning assembly began with the rendition of the well-known carol, 'Joy to the world', sung beautifully in chorus by the school choir. This was followed by a skit, 'A Christmas Carol', performed vividly by the students of Alamanda group. The play, which was scripted and

directed by the students, was based on a Charles Dickens' story about the spirit of Christmas. The children of the Alamanda group left all those assembled with a question — how we can ourselves become like a gift to those around us in this season of giving and receiving gifts.

To conclude the morning's programme, pre-primary children dressed as angels in pink and white walked into the assembly area, spreading much cheer and joy by their very presence.

The spirit of the morning's celebration continued through the day as the choir visited each and every class, singing carols to all the students and teachers. The corridors reverberated with their music carrying everyone into the holiday season.

Making Poetry Come Alive

Poetry workshop for Teachers

A poem is like a written photograph. It can be searingly-personal, similar to a self-portrait, or it can be a snapshot of the world outside, captured with the unique lens that each individual has. Like pictures that stay with us, poetry has the power to burrow into our memory and trigger intensely-felt emotions.

But there is something else about poetry which is beyond words and ideas. The origins of a good poem are almost always subterranean. This means that while poetry may not always be understood in straightforward ways, the experience of it can be lived, re-lived and made one's own in unforgettable and transformative ways.

With something as alive as poetry, it is best not to underestimate what a poem can do to its reader. This is the idea with which Harvinder didi set the tone for a poetry workshop conducted for language teachers on 5th November 2016. The question before the diyas was how to make teaching and learning of poetry an experiential process in the classroom.

The workshop presented diyas with the question whether they could remember any poem they had experienced so far. Many recalled poems from their childhood. The experience of the poem had not diminished despite the passage of time. One teacher shared that some poems had a magical quality to them, in that, once they went inside they could leave a deep impact.

Harvinder didi explained the unfolding of a poem depended on how the facilitator or teacher 'brought' a poem to the class. This would determine whether a child merely understood the meaning of a poem or went beyond to experience the essence of the lines. The act of connecting with another person across time and space, through the medium of verse, could make it possible for the child to explore and become more aware of what was going on within his or her own inner world. That was when a poem was truly experienced.

This detailed discussion was followed by a beautiful and expressive poetry presentation by all the diyas who attended the workshop.

Sound Of Musical Tales

PEP Session



Can parents tell stories at home accompanied by music? That too without proper musical instruments or any training in music? This may sound like an uphill task but in reality everyone can do this at home quite easily by using improvised musical instruments made of objects commonly available in homes and kitchens.

A Parent Enrichment Program (PEP) on this very topic was held on 26th November, 2016. The didis showed how this can be done through a live story-telling demonstration.

The instruments they used were steel or plastic containers filled with sugar, spices, pulses and grains. They also used steel plates, spoons and bowls. Using these 'musical instruments' they showed parents how the sounds produced could be matched to the situations in the story.

At first the parents were just asked to read the story without sound effects. Later, they were asked to read it again along with appropriate sounds made by using the instruments available. The difference between the two rounds was marked. Music deepened the experience of hearing the story and also made it far more enjoyable.

The session ended with a presentation made by the didis using real musical instruments like shakers, flutes, tambourines and others. There were discussions on the advantages of story-telling and the faculties that it helped to develop in children. The parents thoroughly enjoyed the session and promised to try using the easily available musical instruments at home while narrating stories to their children.

भाषा और संगीत

Hindi Workshop

गायन, वादन और नृत्य के समूह को संगीत कहते हैं। संगीत में इन तीनों विद्याओं का योगदान है। संगीत वो भाषा है जो पूरी दुनिया समझती है। जिस प्रकार भाषा हमारे मस्तिष्क को समृद्ध करती है उसी प्रकार संगीत हमारी आत्मा को समृद्ध करता है। इंसान किसी भी भाषा का हो संगीत के प्रभाव से अछूता नहीं रह पाता और संगीत के इसी खास अनोखे आकर्षण की वजह से कोई भी भाषा संगीत प्रेमी के लिए रुकावट नहीं हो सकती।



संगीत की इसी जादूई विशेषता को ध्यान में रखते हुए और मीरा की हिंदी अध्यापिकाओं के लिए हरविंदर दीदी द्वारा एक कार्यशाला आयोजित की गयी। कार्यशाला का मुख्य उद्देश्य ये समझना था कि कैसे संगीत (गायन) द्वारा हम हिंदी भाषा को सीखना और अधिक रुचिकर व आसान बना सकते हैं। कार्यशाला के दौरान अध्यापिकाओं ने ये जाना कि कैसे हिंदी के गीतों के सुंदर बोलों के द्वारा न केवल हम बच्चों का उच्चारण शुद्ध करने में सहायता कर सकते हैं बल्कि भाषा व्याकरण का अभ्यास भी करा सकते हैं, जैसे मुहावरे, विलोम शब्द, पर्यायवाची आदि। कार्यशाला का प्रारंभ श्रुति के महत्त्व की चर्चा से हुआ। अध्यापिकाओं ने समझा कि कैसे किसी भी भाषा को सीखने की प्रक्रिया में श्रुति अर्थात् सुनना कितना महत्वपूर्ण है। अतः कहने का सार यह है कि भाषा किस रूप में व किस प्रक्रिया से सीखी जा रही है। दीदी के मार्गदर्शन से अध्यापिकाओं ने गीतों की एक सारणी भी बनायीं जिसे वे अपने पाठ्यक्रम में इस्तेमाल करके हिंदी शिक्षण को अधिक प्रभावशाली व रुचिकर बना सकती हैं। इस समूह में ऐसे गीतों का चयन किया गया जिसमें राष्ट्रभक्ति, आध्यात्म, भक्ति और हास्य रस का समागम हो। कार्यशाला के प्रारंभ और अंत में हरविंदर दीदी ने शिक्षिकाओं को श्रवण श्रमता बढ़ाने और एकाग्रता निखारने के लिए आसान व्यायाम बताये जिनका उपयोग कक्षा में बच्चों के साथ किया जा सके।