



An Aditya Birla Education Trust Initiative

SCHOOL NEWSLETTER

SEPTEMBER 2025

PRINCIPAL'S

Note

As we power through yet another exciting academic year, I am filled with pride and optimism for all that lies ahead. The newsletter is our way of celebrating the achievements of our children, sharing important updates, and staying connected. Tabis has always been and will remain more than just a place of learning — it's a space where curiosity is encouraged, creativity is nurtured, and every one of you, is valued. Whether you're a student exploring new ideas, a teacher inspiring young minds, or a parent providing vital support, your presence and participation make our school truly special.

Let this be a year of growth — not only in academics and activities, but in kindness, resilience, and unity. Let's cheer each other on, face challenges together with courage, and celebrate the big and small victories with equal gusto!

So go ahead, enjoy all the stories, voices, and moments this edition of the newsletter highlights. May it serve as a reminder of the vibrant spirit that makes TABIS one of a kind!

Ms. Aisha Bharmal



IN THIS ISSUE

- Welcome Students & Staff
- Knowledge in action
- Expeditionary Education
- Assembly
- Nishastra Workshop
- Reward & Recognition
- Growth, Pathways, Workshops
- Walk of Life
- Testimonials



WELCOME TO *School*



Krishank Sahu
Grade - EIP - 2



Rohan Bokadia
Grade - EIP - 2



Samarpratap Deshmukh
Grade - EIP - 2



Jash Shah
Grade - GIP - 2



Naysa Lyngskor
Grade - GIP - 2



Kabir Sharma
Grade - GIP - 2



Manasvi Balugade
Grade - GIP - 3



Karran Diwan
Grade - GIP - 5



Vyoma Hedge
Grade - OBE Elementary



Aarav Mahensaria
Grade - 1



Dev Dharod
Grade - 1



Revaa Mehta
Grade - 1



Rudra Singh
Grade - 1



Sachchit Nath
Grade - 1

WELCOME TO *School*



Evan Roy
Grade - 2



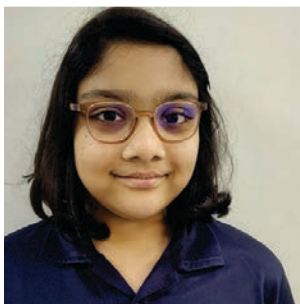
Ishan Jha
Grade - 2



Emon Chatterjee
Grade - 3



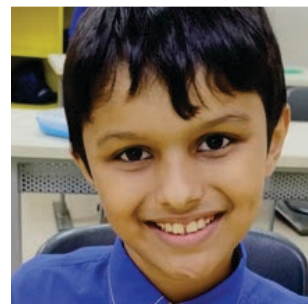
Nathan Dsilva Monteiro
Grade - 3



Kanaer Kaul
Grade - 4



Kayan Jain
Grade - 4



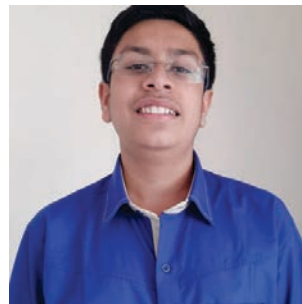
Abdul Devlaliwala
Grade - 5



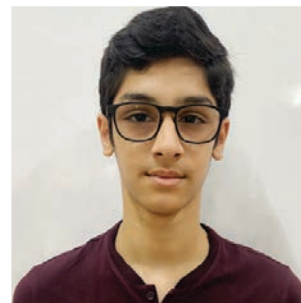
Yuvraj Kapasiya
Grade - SL1



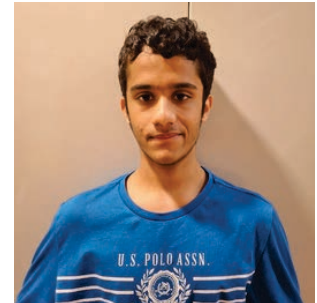
Keshav Agarwal
Grade - 8



Krishiv Behl
Grade - 8



Taha Zoomkawala
Grade - JCL1



Abhimanyu Nair
Grade - JCL1

WELCOME TO TAB IS



Ms. Suvarna Prabhu
Co-ordinator - Events,
Communication, Co-curricular



Ms. Steffi Sequeira
Counsellor



Ms. Eisha Misar
Senior Section



Ms. Vidonia Gracias
Senior Section



Ms. Vandana Dingley
Junior Section



Ms. Sejal Chavan
Junior Section



KNOWLEDGE *in Action*

DIFFERENTIATED LEARNING PROGRAM



GRADE - EIP 2 MATH - BIG & SMALL

The concept of "big and small" was taught using flashcards and hands-on object sorting. Children explored size differences by comparing concrete items like, balls, and books. Flashcards reinforced visual recognition, while sorting activities encouraged active participation. This multi-sensory approach helped children grasp the concept effectively through play and interaction.



GRADE - EIP 3B CONCEPT - COMMUNITY HELPERS - VET

The students explored the role of veterinarians through a fun and engaging activity. They brought their own stuffed animals to school and learned how vets care for animals using tools like stethoscopes, bandages, and medicines. This hands-on experience helped them understand the importance of veterinarians in keeping animals healthy and appreciate their valuable contribution to the community.



GRADE - GIP 2 MATH - CLOCK

In our math class, we learned about the clock and how to read time. Each student was given their own clock to explore and understand its parts, like the numbers and the hour and minute hands. The activity was fun and interactive, as students moved the hands of the clock themselves. This hands-on experience helped them understand better how the clock works and how to tell the time correctly.

KNOWLEDGE *in Action*

DIFFERENTIATED LEARNING PROGRAM



GRADE - NIOS - FS1 BAKING - TYPES OF BISCUITS

Students engaged in an enjoyable hands-on activity where they explored different types of biscuits. Through identification and blind tasting, they actively participated in discovering unique features and flavours. The activity not only sparked curiosity but also made learning interactive, enjoyable, and meaningful.

GRADE - OBE- LEVEL A PREVOCATIONAL - BASIC KITCHEN SKILLS

Students of OBE Level A learned a prevocational skill by making chaas. The teacher demonstrated the steps, after which students identified the ingredients and prepared chaas practically. They followed instructions carefully, gaining hands-on experience. This activity enhanced their confidence, independence, and ability to apply learning in real-life situations.

GRADE - OBE- ELEMENTARY BASIC COMPUTER SKILLS

Students of the elementary class were introduced to various input and output devices of a computer. The activity encouraged them to connect classroom learning with practical application by identifying and labeling the different devices in the computer lab. It provided hands-on experience, enhancing their understanding of basic computer concepts in an engaging way.



KNOWLEDGE *in Action*

JUNIOR SECTION



GRADE 1 COMPREHENSION - RAINY DAY

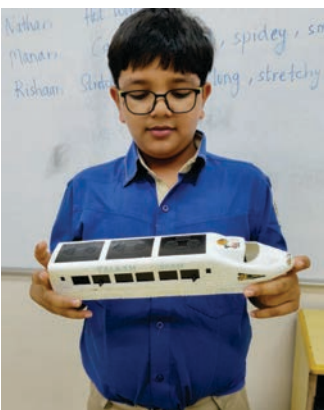
Students enjoyed a lively picture comprehension session on 'A Rainy Day' through discussions, they identified key elements like rain, clouds, umbrellas, and puddles. An engaging origami boat activity followed, which they floated in water playfully. The hands-on experience made learning enjoyable, enhancing observation, vocabulary, and creativity.

GRADE 2 LIFE SKILLS - SETTING THE TABLE

Students learned the everyday skill of setting a table through a hands-on activity using laminated layout sheets with picture cues. With practice, they began setting it independently. This practical approach built routine, responsibility, and confidence, helping them apply the skill meaningfully in real-life situations beyond the classroom.

GRADE 3 ENGLISH - ADJECTIVES

Students had a fantastic "Show and Tell" session! They brought their favorite toys and practiced using adjectives to describe them. It was a fun and interactive way to learn that adjectives are powerful words. We heard about a cute chase dog, speedy red cars, and a long train! What a creative way to build vocabulary.



KNOWLEDGE *in Action*

JUNIOR SECTION



GRADE 4 SOCIAL STUDIES - INDIAN SPICES

As part of the "All About India" theme, the Grade 4 students explored the rich world of Indian spices. They engaged in a fun and educational multisensory activity where they touched and smelled various spices from a traditional Indian masala box. Many were also excited to taste some of the spices, making the learning experience even more engaging. In addition, they learned both the Hindi and English names of the spices, so they can now confidently identify them and even assist in the kitchen!

GRADE 5 WELLNESS - BOARD GAMES

During the wellness period, students of Grades 5 and 6 were introduced to a variety of board games. The primary aim of this activity was to help them recognize that there are enjoyable alternatives to video games and PC games. Board games not only entertain, but also encourage communication, healthy competition, bonding, focus, and attention. The students thoroughly enjoyed playing with different classmates and made the most of every moment, filled with excitement, laughter, and happiness.

GRADE 6 MINDS MATTER - MINDFULNESS

As part of the Minds Matter program, Grade 6 students engaged in mindfulness activities to help them become more aware of their thoughts and emotions. A key focus was on practicing positive affirmations, which are an important part of mindfulness and self-care. Each student reflected on their strengths and wrote positive statements about themselves on a wooden bookmark. They decorated these bookmarks creatively and kept them as daily reminders of their worth and inner strength, supporting a more mindful and positive mindset.



KNOWLEDGE *in Action*

SENIOR SECTION



GRADE 7 HOME SCIENCE - MEAL TRACKER

As part of the Home Science curriculum, Grade 7 students participated in a week-long Meal Tracker activity. They recorded each meal and reflected on their eating patterns. The objective was to help students assess their diets and understand the importance of including all essential nutrients. Class discussions reinforced the concept of balanced eating and healthy food choices.

GRADE 7 HOME SCIENCE - BALANCED DIET AND DEFICIENCY DISEASES

To help Grade 7 students understand the importance of a balanced diet and the impact of nutrient deficiencies, a role play activity was conducted in the Home Science class. Through engaging doctor-patient scenarios, students identified deficiency diseases, the missing nutrients, and suggested appropriate food sources for recovery. The objective was to promote nutritional awareness and encourage practical application of classroom learning.

GRADE 8 ENGLISH - PLANTING WHEAT GRASS

To engage students in hands-on learning about plant growth, environmental care, and understand that trees planted today will benefit future generations. Students were asked to plant wheat grass seeds, water their plant each day and nurture the seeds until they sprout. Each student got a plastic container with soil in it. The wheat grass was spread evenly, lightly pressed down and then watered.



KNOWLEDGE *in Action*

SENIOR SECTION



GRADE 8

HOME SCIENCE - DEFINITION BOOK

I am delighted to share a creative initiative by our Grade 8 students in their Home Science class. As part of their learning, they have designed their own Definition Book—a personalized booklet to record important definitions throughout the chapter. Students have also decorated and customized these books, making the process engaging and enjoyable. This activity not only promotes active learning but also makes revision easier and more fun. The Definition Book will serve as a handy tool for quick reference during assessments and exam preparations.

GRADE 8

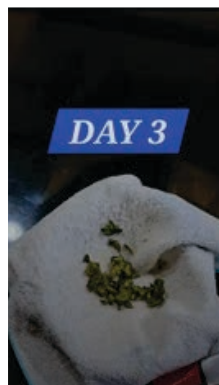
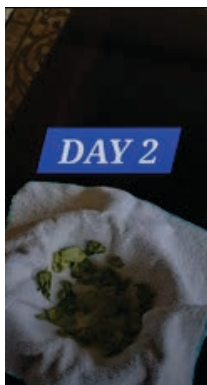
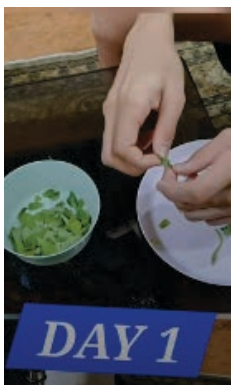
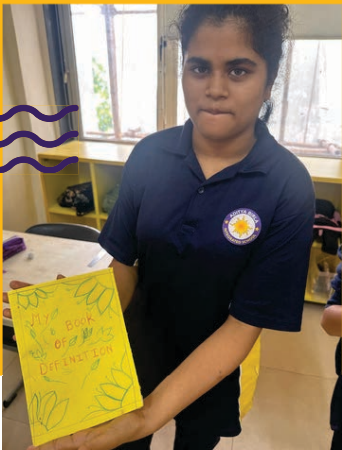
HOME SCIENCE - ART OF COOKING

As part of their learning journey on Methods of Cooking, Grade 8 students participated in a hands-on activity that brought textbook concepts to life. Each student prepared two homemade dishes highlighting methods such as boiling, steaming, baking, roasting, or frying. They presented their dishes, explained the process, and identified the technique used, reinforcing both understanding and application. The session ended with a joyful food-sharing experience where students served their creations to teachers and peers. It was a wholesome blend of learning, creativity, and community spirit—truly a recipe for success!

GRADE JCL1

HOME SCIENCE - FOOD PRESERVATION

While learning about food preservation, JCL1 students explored practical ways to preserve food items at home. Over a week, they tried techniques such as drying methi leaves, making pickles, jam, and orange squash, dehydrating potato chips, and freezing peas. Students documented their efforts by sharing step-by-step pictures of each process, showcasing creativity and hands-on learning.



EXPEDITIONARY *Education*



GRADE-FS1 VISIT TO IKEA

On 4th July 2025, students visited IKEA, Worli as part of the Home Science curriculum to explore home organisation concepts and interior decoration, gaining insights into wage and self-employment opportunities through real-life observations and experiences.

GRADE-FS2 VISIT TO PARADOX MUSEUM

The students visited the Paradox Museum, Fort, for a hands-on Painting experience. They explored elements of art through interactive exhibits, enhancing visual perception and stimulating creativity. The visit provided an engaging platform to connect classroom learning with real-world artistic expression.

GRADE-6A & 6B VISIT TO A PROVISION STORE

As part of their Economics unit, students visited a nearby shop to practically explore the concepts of scarcity and choice. Each student carried ₹50 in an envelope and had to decide what to purchase within their limited budget. This hands-on activity helped them understand that they could not satisfy all their wants and had to prioritize wisely. The experience not only reinforced classroom learning but also encouraged meaningful discussions on needs, wants, and decision-making in everyday life.



EXPEDITIONARY *Education*



GRADE 7 Painting

Students visited Chhatrapati Shivaji Maharaj Terminus (CSMT) on 27th June 2025 as part of their art and architecture exploration. The UNESCO World Heritage site offered them firsthand exposure to Victorian Gothic Revival architecture fused with Indian elements. Students observed and sketched features like arches, spires, stained glass, domes, and stone masonry, linking classroom learning to real-world examples. Through guided discussions, they explored how design balances beauty with function in a bustling railway terminal. The trip enriched their understanding of architecture as an art form and deepened their appreciation of India's cultural heritage.

GRADE SL2 Visit to HDFC Bank

A field visit was organized for Grade SL2 students to the HDFC Bank, Fort Branch, on 14th August 2025. The purpose of the visit was to provide students with practical exposure to the functioning of a bank and to help them relate their classroom learning with real-life applications.

STUDENTS' LEARNING

Vihaan Gupta: "Got a lot of knowledge about demat account and how it works with the share market."

Parikshit Kanabar: "Saw the working of ATM machine."

Mehernaz Mulla: "Good to know how to get a gold loan."

Rian Gupta: "Learnt about the limits of withdrawals of Debit and credit card."

Bhavyanshu Dedhia: "I learnt more about the interest on savings account."



SCHOOL ASSEMBLY



GRADE - 2 FRIENDSHIP DAY

Grade 2 hosted a delightful assembly to mark Friendship Day, filling the morning with warmth and cheer. The students shared heartfelt thoughts on the importance of friends in our lives and expressed their joy through a lively performance of "This is the Way We Make Friends", complete with energetic actions that had everyone smiling. Their presentation was a gentle reminder of the value of kindness, connection, and companionship. The celebration concluded on a sweet note as beautiful friendship cards were distributed to every member of the school, spreading love and friendship across the campus.



GRADE - JCL1 & JCL2 KARGIL VIJAY DIWAS

On 26th July, the students of JCL1 and JCL2 conducted a special assembly to mark Kargil Vijay Diwas. Through speeches, poems, and a short skit, they paid tribute to the courage and sacrifice of the Indian soldiers who fought in the Kargil War. The assembly not only honoured the martyrs but also educated the school about the significance of the day in India's history. Their heartfelt presentation left a deep impact, instilling patriotism and respect for the armed forces among the students and staff.



SCHOOL ASSEMBLY

BEYOND BORDERS

By: Newsletter Team



KNOW YOUR CITY - MUMBAI

Our recent series of assemblies gave students an engaging window into the past, present, and hidden heritage of Mumbai.

The first assembly introduced the story of Mumbai's formation, tracing how the city emerged through the unification of different islands. This history was brought to life through an enthusiastic role-play, helping students visualize Mumbai's fascinating journey of evolution.

Building on this, the second assembly—"Mumbai: Then and Now"—showcased the city's remarkable transformation. Students explored the contrasts between an earlier Mumbai of trams, double-decker buses, textile mills, chawls, talkies, and old cafés, and the modern Mumbai of skyscrapers, malls, the coastal road, and the digital revolution. The presentation also highlighted the city's growth from port trade and textile mills to its present status as India's financial capital, thriving IT hub, and the heart of Bollywood, while capturing its resilient and cosmopolitan spirit.

The third assembly shifted focus to Mumbai's hidden villages, spotlighting Khotachiwadi in Girgaon. Through a visual tour, students discovered its narrow lanes, Portuguese-style cottages, verandahs, and chapels that reflect East Indian culture. The session emphasized the importance of preserving such heritage spaces even as modern urbanization continues to reshape the city.



NISHASTRA WORKSHOP

The Nishastra workshop was organized for 3 days from 20th to 22nd August 2025. The workshop was organized for the students of ABWA, TABIS and Nalanda.

Nishastra, a self defense workshop was led by Usha Vishwakarma with 5 others known as the Red Brigade from Lucknow. The session started off with discussions which were very interactive. It was very nice to see that our students were able to actively participate in the discussion and also give quick and amazing responses to the questions asked. The workshop continued with the instructors demonstrating strategies and techniques of self defense. The students also practiced these techniques with the instructors. Students were given the opportunity to try to defend themselves and learnt that techniques we think of and practically doing them are difficult.

STUDENTS' REFLECTIONS

The 3-day Nishastra Workshop at ABWA was truly empowering. Led by Usha Vishwakarma, founder of Red Brigade Lucknow, it taught us how to protect ourselves against unwanted touch and respond without hesitation when threatened. Usha ma'am's personal story was powerful and eye-opening, reminding us that danger can come from anyone. Despite my martial arts training, she showed me practical strategies that worked even in restrictive situations. The sessions highlighted how to react swiftly, even using fear to our advantage. I left feeling stronger, aware, and better equipped to defend myself in real-life situations.

-Mehernaz Mulla

Grade - SL2

The Nishastra Workshop at ABWA was an incredible learning experience. We were taught not to panic in dangerous situations and instead use quick, effective moves to protect ourselves. Some techniques included kicking, slapping, breaking free when pinned down, and escaping if dragged away. The training was practical and engaging, giving me the confidence to respond if ever faced with such circumstances. It was a very useful workshop, and I will always carry these lessons with me, even though I sincerely hope I never have to use them in real life.

-Aayat Vadgama,

Grade - 8



GROWTH PATHWAYS WORKSHOPS



THE HEART OF HUMAN CONNECTION

Nalanda team conducted a workshop on the topic - The Heart of Human Connection on 21st June 2025. Compassion is more than an emotion; it is the foundation of meaningful human connection. By recognizing the struggles of others and responding with kindness, empathy, and support, we build trust and strengthen relationships. Compassion bridges differences, nurtures resilience, and creates an environment where individuals feel valued and understood. In both personal and professional settings, it is the heart of human connection, enabling us to grow together as a community.

Conducted By: Ms. Vushalakshi Salian & Ms. Pooja Gada

ONLINE TOOLS IN EDUCATION

A session was conducted on online tools reshaping education by making teaching and evaluation more interactive, flexible, and data-driven. Platforms such as Google Classroom, Microsoft Teams, and Zoom support virtual instruction, while tools like Kahoot, ChatGPT, Quizizz, and Google Forms enable engaging assessments with instant feedback. Learning Management Systems (LMS) were also discussed, highlighting their role in providing structured access to resources, tracking student progress, and generating performance reports. These tools not only bridge geographical barriers but also encourage personalized learning, collaboration, and continuous assessment in real time.

Conducted By: Mr. Dolphus Perreira

BEHAVIOUR MANAGEMENT OF STUDENTS REACHING PUBERTY

The workshop on Behaviour Management of Students Reaching Puberty was designed to help our team gain a deeper understanding of the behavioural changes to expect in both girls and boys during this critical stage. It focused on providing strategies to manage and respond to student behaviours effectively, ensuring that our teachers feel confident and prepared in their approach. We believe this session will equip our teachers with practical tools to support students during this crucial phase of their development.

Conducted By: Ms. Aditi Thakur & Ms. Ridhima Sharma



WALK OF LIFE



Our first session, under our "Walk of Life" initiative, was led by an inspiring individual, Ms. Ria Kharkar. Born with a hearing impairment, Ria received a cochlear implant at a young age. Like many of our students, she journeyed through years of therapy sessions, speech milestones, moments of uncertainty, and quiet but powerful victories. As an aspiring graphic designer, Ria interacted with our students, sharing her personal and professional journey, and opened up a world of possibilities that lie ahead for them.

Conducted By: Ms. Ria Kharkar



EXPERT INSIGHT SESSION

As part of the NIOS Secondary Curriculum, a guest lecture on "Healthy Diet" was conducted for students of NIOS FS -1 and FS-2. The session focused on understanding a healthy diet, components of a balanced diet, making healthy food choices, suitable food combinations, and the basics of meal planning, enriching their knowledge for healthier living.

REWARD & RECOGNITION

ADITYA BIRLA
EDUCATION TRUST



Where Language Comes To Life

Smita makes learning an engaging experience. She makes Hindi and Marathi easy and relatable with conversations, songs, and innovative teaching techniques and platforms!

Every child in her classroom learns differently. So Smita patiently understands them, customises her lessons and passionately transfers her love for language.

Slowly, the children lose their fear. They gain the confidence to speak, read, and interact with people outside their classroom.

Smita, thank you for empowering our students for the last 10 years!

Keep Up With Your Passion. Keep it C.R.I.S.P.

Smita Shinde

Teacher



REWARD & RECOGNITION

ADITYA BIRLA
EDUCATION TRUST



Our IT Hero!

There is a saying in our schools — when Krunal enters the room, the IT problem solves itself.

Krunal manages our Nalanda and TABIS campuses — each with its unique challenges. Krunal runs the show like a well-coded programme.

From digital training for teachers and parents in lockdown, to setting up the IT systems at Mpower, from setting up centralised WIFI to introducing new tech, Krunal is always thinking about how to make our digital experience seamless.

Krunal, thank you for being our tech backbone.
Keep Your Seamlessness Going. Keep It C.R.I.S.P.

Krunal Patel
Assistant Manager - IT



TESTIMONIALS



Guest Speak series - Walk of Life

"This is indeed a wonderful step by the school! The introductory write-up on Ms. Ria Kharkar is truly impressive and inspiring. Thank you for such events planned by the school."

Parents of Sayuj Kalyanpur

Grade - SL2

Conclave

"Wonderful to see the Teachers and Students together."

Parents of Shaunak Joshi

Grade - SL1

"Very well done, and happy to see all our kids confidently presenting."

Parents of K.V. Abhishek

Grade - 7

"Great teamwork, students & teachers."

Parents of Mehaan Shah

Grade - SL2

"All the students seemed to have worked super hard, and they were so confident. Kudos to all the work put in by the students and teachers".

Parents of Aayat Vadgama

Grade - 8

