CELEBRATING 25 YEARS

CMR

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THE BULLETIN
2025

EKYA SCHOOL JP NAGAR MAKES IT TO THE TOP 10 MOST INNOVATIVE SCHOOLS IN T4 EDUCATION WORLD'S BEST SCHOOL PRIZES 2025

Ekya School JP Nagar has made it to the **Top 10 Most Innovative Schools in the World by the T4 Education World's Best School Prizes 2025,** a prestigious global platform that honours schools driving exceptional impact in education.
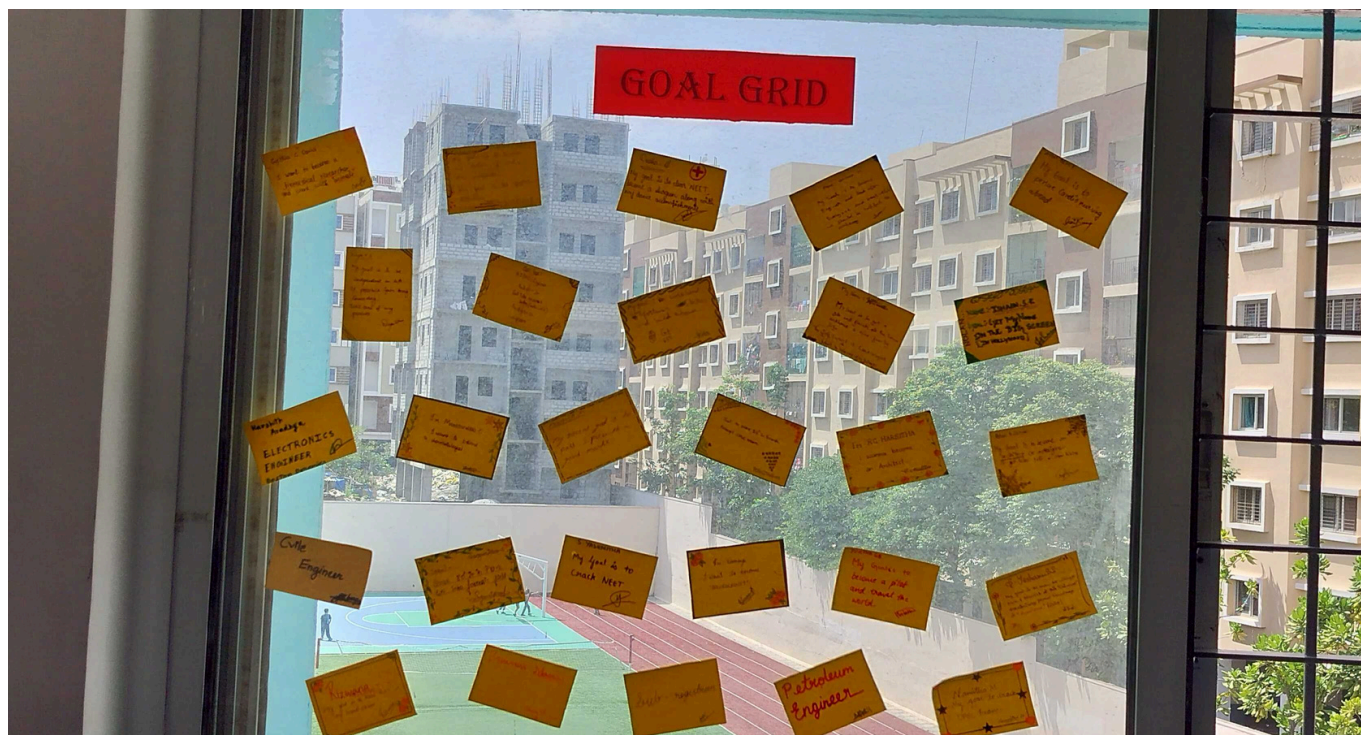
This recognition places Ekya Schools on the international stage for its **pioneering integration of Design Thinking into K–12 education.** By adopting this structured, problem-solving methodology, students have addressed real-world issues such as waste management, public health, and social inclusion.

CULTURE AT CAMPUS

GRATITUDE SHARING

5th June unfolded with the **"Day of Wonder,"** with a session of mindfulness, guiding the students through breathing exercises to centre their minds and bodies. Following this, students shared positive thoughts and experiences, fostering a sense of community and optimism. In the spirit of gratitude, the students participated in a "Gratitude Sharing" session, where they acknowledged individuals for whom they are thankful. To inspire future aspirations, the "Goal Grid" activity was introduced. Students were provided with postcard-sized papers on which they wrote their goals and affixed them to a designated wall as a constant reminder of their aspirations throughout the year.

LEARNING BEYOND THE CLASSROOM

International Yoga Day: A Unified Celebration Across PU Campuses

International Yoga Day was celebrated with great enthusiasm and energy across all CMR PU campuses, bringing students, faculty, and staff together in a shared spirit of mindfulness and wellness. The campuses transformed into serene spaces as early morning sessions began with traditional chants, followed by guided asanas, breathing techniques, and moments of deep relaxation. Experienced yoga instructors led the way, ensuring students of all levels could participate and connect with the practice. From open lawns to indoor halls, every space echoed with focus, calm, and collective energy. Beyond the physical postures, the day emphasised the deeper values of yoga-balance, discipline, and mental well-being. Students reflected on the importance of slowing down and staying present, even in the midst of academic demands. It wasn't just an event-it was a reminder of inner strength and harmony, beautifully embraced by every PU campus.

Wrap Around Program

The Wrap Around Program has become a cornerstone of after-school life, offering students a vibrant mix of activities that inspire creativity, build skills, and promote well-being. From sports and dance to robotics, theatre, and art, the program ensures every child finds a space to thrive beyond academics.

What truly elevates the experience is the quality of mentorship. Passionate coaches and facilitators bring expertise, energy, and encouragement, creating a safe and stimulating environment where students feel motivated to push their boundaries and try new things.

More than just extracurriculars, the Wrap Around Program fosters teamwork, confidence, discipline, and joy. Whether students are mastering a chess move, perfecting a dance step, or scoring on the football field, each moment adds to their personal growth.

With committed teams and thoughtful programming, after-school hours become a time of discovery and delight, making every day fuller, richer, and more rewarding.

PROFESSIONAL DEVELOPMENT

The Professional Development team successfully concluded the **Academic Orientation** for our Early Years Educators. Our academic orientation is an annual flagship training held at the beginning of the academic year, aimed at welcoming newly recruited educators, providing a deeper understanding of Ekya's culture and curriculum, and addressing classroom challenges faced by our existing educators in the previous academic year. Our Behaviour Counsellors also took part in a training session on Navigating Resistance and Silence in Student Counselling. Our Post-graduate Diploma in Early Childhood Education is also in full swing and we are slowly moving towards completion of our Term 1!

STUDENT EDGE

The Importance of Microhabits for Teens

Microhabits—small, consistent actions—may seem insignificant at first, but they play a powerful role in shaping a teenager's life. Adolescence is a time of rapid physical, emotional, and mental development. The choices and habits formed during this phase often lay the foundation for adulthood. Unlike drastic lifestyle changes, microhabits are manageable and easier to stick with, making them ideal for teens navigating a fast-changing world.

Why are these habits so important? Because habits are not just about studying or playing—they are about how you manage your time, your mindset, your interactions, and even how you respond to challenges. It's the way you get out of bed on time, choose kindness over anger, or take five minutes to reflect at the end of your day. These small decisions build your character over time.

Microhabits can also offer moments of peace and routine in a busy and often overwhelming life. They teach valuable lessons—like patience, discipline, and the importance of steady progress. Success is rarely the result of giant leaps; it's usually the outcome of small, consistent steps taken every day.

Examples of impactful microhabits include journaling, acknowledging and appreciating others, expressing gratitude, being respectful, reading a few pages daily, or simply making your bed each morning. These actions may seem minor, but they help build emotional intelligence, time management, self-awareness, and resilience.

In today's world, teens are often surrounded by distractions—social media, peer pressure, academic stress, and uncertainty about the future. Microhabits offer a way to regain control and clarity. They serve as reminders that you have the power to influence your life in a positive way, even if it's just through small actions.

Importantly, microhabits help you stay aware of what you are becoming. Being a teenager can be confusing, but it's also an opportunity. Every small habit you build now contributes to the kind of person you're growing into—whether that's a focused student, a compassionate friend, or a confident leader.

So take that small step—write in your journal, help someone out, or simply breathe deeply before reacting. You don't need to change everything overnight. Just start small. Stay consistent. And trust the process.
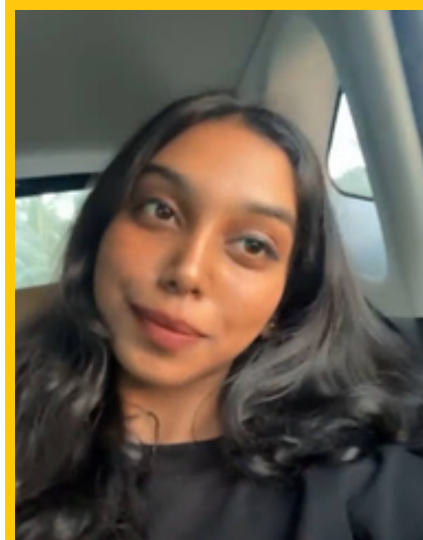
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LEADERSHIP CORNER

AI – A Boon or a Curse for Students

Artificial Intelligence (AI) has rapidly become a part of students' lives, transforming the way they learn, study, and interact with educational content. Whether AI is a boon or a curse depends largely on how it is used.

On the positive side, AI offers immense support to students. Intelligent tutoring systems, virtual assistants, and personalised learning platforms help students learn at their own pace. AI tools can identify a learner's strengths and weaknesses and adapt lessons accordingly. It also helps with language translation, making education more inclusive for students from different backgrounds. Moreover, AI can automate administrative tasks, giving teachers more time to focus on student engagement and personalised support.

AI as a Boon

AI-powered tools such as ChatGPT, Grammarly, and AI-based learning platforms like Khan Academy and BYJU'S help students understand complex concepts, write better, and get instant answers to queries. Adaptive learning software adjusts to individual learning styles, allowing slow or fast learners to progress at their own pace. Language translation tools, virtual labs, and online tutoring have broken geographical and language barriers, making education inclusive.

Moreover, AI helps in time management and organisation. AI-based calendars, reminders, and study planners help students manage their schedules more efficiently. It can also assist differently-abled students by converting speech to text, reading aloud content, and even enabling eye-tracking technologies for writing and browsing.

AI as a Curse

However, there are drawbacks. Over-dependence on AI can weaken critical thinking and creativity. When students rely on AI to complete assignments or solve problems, they may miss out on the actual learning process. This can result in poor understanding and long-term academic underperformance.

AI tools can also contribute to academic dishonesty. Many students use AI to generate essays, answer questions, or even cheat in exams. This raises ethical concerns and questions the value of hard-earned grades.

Additionally, not every student has equal access to AI tools, creating a digital divide.

Students from underprivileged backgrounds may lag behind, widening the gap in educational opportunities. There are also concerns about data privacy, as AI platforms often collect user data.

Conclusion
AI is neither entirely a boon nor entirely a curse—it is a tool, and its impact depends on how it is used. If students and educators use AI wisely - to assist, not replace learning - it can be a powerful ally. Schools should teach responsible AI use, promote digital literacy, and encourage critical thinking alongside technology use. With the right balance, AI can revolutionise education for the better, making learning smarter, faster, and more inclusive.

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