



ASPEE NUTAN[®]
ACADEMY
(AFFILIATED TO CISCE)

SCHOOL NEWSLETTER

EXPRESSIONS

*Every achievement has a story.
Every story finds its expression.*

AUGUST, 2026

VANDE MATARAM



*A glimpse into the vibrant life of
our school.*



MEET OUR TEAM



Mrs. Adita Dogra
(Principal)



Ms. Freda Almeida
(Vice- Principal)



Ms. Saleena Cardoz
(Editorial Head)



Ms. Jhanvi Sisangiya
(Editorial Head)



Ms. Nashrah Patel



Mrs. Ramya Menon



Mr. Shubham Kambli



Mrs. Alka Sharma



Ms. Vandana Gupta



Mrs. Vinita Parmar



Ms. Purvi Gaonkar



Mrs. Jainee Gada



Mrs. Abhilasha Ratnam



Mrs. Tanushree Prajapati



Mrs. Pallabi Jalui



Mrs. Ruhinaaz Khatija



Ms. Sufiya Shaikh

BEYOND THE CLASSROOM

A Remarkable young Artist



Rudrav K Gohil

Rudrav K. Gohil

**Making His
Mark in
History** 📜 🏅

Rudrav K. Gohil proudly participated in a Guinness World Record for the largest simultaneous Hindu text recital, held on 2 February 2026 in Vadodara, Gujarat. The event brought together 12,723 participants and was organised by the International Children's Forum of BAPS.

His participation in this remarkable achievement reflects his enthusiasm, dedication, and willingness to be part of a historic global accomplishment. We are proud to celebrate Rudrav's achievement and his contribution to this memorable milestone.

INDIA'S HIDDEN GEMS !

India's Parkour Capital : Rampur, Uttar Pradesh



In a country where sports coverage is dominated by cricket, Rampur in Uttar Pradesh stands out as an unexpected hub for urban movement. Here, youth have traded bat and ball for the high-flying, obstacle-clearing sport of Parkour (free-running), turning old alleyways and brick rooftops into their personal training ground. It is known historically for its Nawabi architecture and the famous Raza Library, the town's modern identity is rapidly shifting toward youth-led extreme sports.

Spearheaded by local youth teams like Leonine Parkour, who transformed bare alleys, broken walls, and historic ruins into an open-air athletic arena. The athletes use Rampur's unique architecture—old brick walls, terraces, narrow alleyways, and abandoned buildings—as a dynamic obstacle course, creating a striking contrast between historical structures and modern extreme sports.

RAMPUR

Without expensive equipment, fancy gyms, or government funding, local teenagers taught themselves high-level acrobatics using YouTube tutorials, sheer determination, and natural agility. Rampur's vibrant free-running scene went viral online, catching the eye of international parkour legends and media platforms (including Red Bull and OMG! Yeh Mera India), putting this small town on the global action-sports map. Parkour has given the local youth a productive focus, fitness outlet, and strong sense of community, inspiring kids from neighboring villages to embrace athleticism over sedentary routines.

The story of Rampur shows that you don't need top-tier infrastructure or expensive gear to achieve athletic excellence—just creativity, discipline, and a willingness to see potential in everyday surroundings. It leaves student readers with an inspiring question: How can we turn the simple, everyday spaces around us into opportunities for growth and passion?



CULTURE ON A PLATE



Modak

Modak is a traditional Indian sweet made with rice flour or wheat flour and filled with a delicious mixture of coconut, jaggery and cardamom. It is especially popular during Ganesh Chaturthi and is considered one of Lord Ganesha's favourite foods. Soft, delicate and beautifully shaped, modaks are an important part of Indian festive culture.



Cultural Significance

- Modak is closely associated with Ganesh Chaturthi, one of India's most celebrated festivals.
- It is traditionally offered as prasad to Lord Ganesha during prayers and celebrations.
- The unique pleated shape of a traditional modak represents the care and craftsmanship involved in making it.
- In Maharashtra, Ukadiche Modak, made with a steamed rice-flour covering, is especially popular.
- Families often come together to prepare modaks at home, making them a symbol of love, devotion and togetherness.
- Modaks are now enjoyed in many varieties, including chocolate, dry-fruit and mawa versions, while traditional flavours remain cherished.

A Vegetarian Delight

- Traditional modaks are completely vegetarian and can also be made vegan.
- Coconut and jaggery provide the classic sweet filling.
- Rice flour gives the outer covering its soft and delicate texture.
- Steamed modaks are a lighter traditional preparation compared to deep-fried varieties.



Why Modak Represents Indian Culture

Modak is more than a sweet—it represents faith, family, celebration, and the rich tradition of Indian festive food. From preparing them together at home to offering them during prayers, modaks bring food and culture together on one plate.



STUDENT DIARIES

Exploring the Nizam's City- My Hyderabad Diaries...



SAUMYA KARVIR V-C

During my summer vacation, I went to Hyderabad with my family. I was very excited because it was my first time visiting Hyderabad. We visited the famous Charminar and took many pictures there. I also saw the beautiful Golconda Fort. The fort was very big and had a lot of history. One of the most memorable places we visited was Hussain Sagar Lake. It is a large, heart-shaped lake in the middle of the city. In the center of the lake, there is a huge and beautiful statue of Lord Buddha standing on a rock. We enjoyed a boat ride on the lake, and the evening view with all the lights was amazing!

Another great part of the trip was eating the famous Hyderabadi biryani. The biryani was very delicious, aromatic, and flavourful. It is world-famous for its special taste and spices, and I enjoyed eating it with my family.

We also went shopping in the busy markets of Hyderabad. I bought some small gifts, bangles, and souvenirs for my friends. The weather was very hot, but I still had a lot of fun.

I enjoyed spending time with my family during the trip. We laughed, explored new places, and made many happy memories together. It was one of the best summer vacations I have ever had. I hope I can visit Hyderabad again someday!



AI IN EVERYDAY LIFE!

ADVANCED AI IN SMARTPHONE PHOTOGRAPHY

SCENE & OBJECT OPTIMIZATION



INSTANT NEURAL SCENE RECOGNITION.

Dynamically optimizes exposure, color balance, and based on recognized context.



NEURAL NIGHT & LOW-LIGHT



ADVANCED LOW-LIGHT SIGNAL PROCESSING.

Smart multi-frame fusion and denoising for professional-quality night shots.



PRECISION DEPTH MAPPING

3D DEPTH MAP GENERATION.

AI maps the depth and blurs the background automatically.

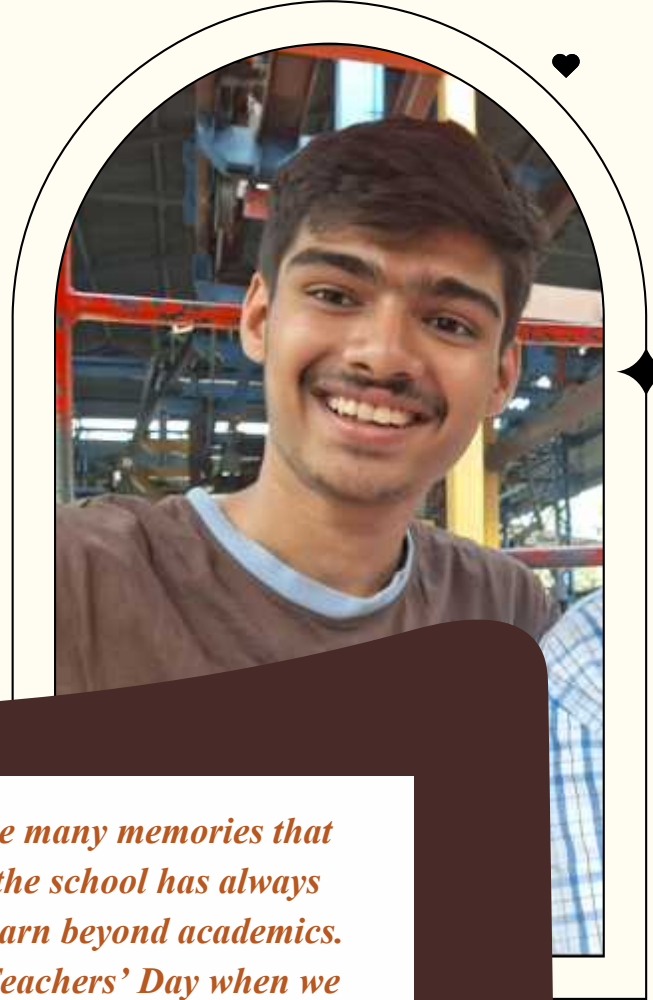
INTELLIGENT PHOTO ENHANCEMENT



IMAGE QUALITY UP- RESOLUTION & TUNING.

Seamless, model-driven enhancement of detail and contrast.

Meet Our Alumni



Having spent 10 wonderful years in the school, I have many memories that I look back on with a smile. Throughout these years, the school has always supported and encouraged us to try new things and learn beyond academics. One such experience that I will always remember is Teachers' Day when we were in the 10th grade.

On that day, we got the opportunity to step into our teachers' shoes..quite literally! We dressed up like teachers and were given the responsibility of teaching students from the lower grades. At first, it was extremely exciting. It felt strange and fun to be on the other side of the classroom, standing in front of students and actually being the one teaching them.

I still remember one funny moment when one of my friend, who was a Commerce student, was assigned to teach Physics. He walked into the classroom only to realise that he had absolutely no idea what he was supposed to teach! Watching him try to manage the situation while the students waited for their "teacher" was one of the funniest moments of the day. By the end of the experience, we were tired but had a completely new appreciation for our teachers. We also realised, with a little embarrassment, just how much we must have troubled them over the years!

Looking back after 10 years in the school, moments like these remind me of how the school always gave us opportunities to step outside our comfort zones, have fun and learn important lessons in unexpected ways.

-Dhruvil Mehta



Teacher's corner



Ms. Sufiya Shaikh
Secondary Teacher

IF I WERE A STUDENT AGAIN...

If I were a student again, I think I would enjoy school a little differently.

I would probably worry less about marks, ask more questions, and not panic every time a test was announced!

I would pay more attention to the little things—the conversations with friends, the excitement of a school event, the occasional laughter in class, and even the lessons that once felt far too difficult.

Of course, I might still have a few questions about the some subjects, but this time I would remind myself that it is perfectly fine not to understand everything immediately. Learning takes time—and sometimes, a little trial and error.

If I were a student again, I would simply be more curious, enjoy the journey, and make a few more memories along the way.

Looking back, I realise that some of the best parts of school were not written in any textbook.

If I were a student again, I would be more relaxed, and probably just as happy when the bell rang for lunch!





ACT OF KINDNESS

When I was young, I got fewer marks in my exam and started crying at school. No one noticed me, but my best friend did. She came to me and started talking to me. I felt very comfortable with her and soon began laughing.

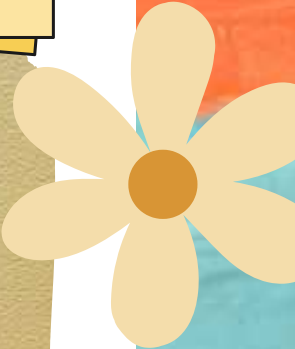


"We Should
Always Help
Others"

During the lunch break, we shared our tiffins. She also gave me a chocolate, and we happily ate it together. She told me, "We will study together next time."
Her small act of kindness wiped away my tears, and I no longer felt lonely. It made my whole day better.
I will never forget this beautiful day, and I will always try to be kind like her.



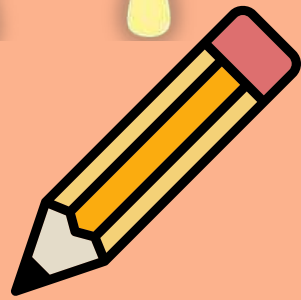
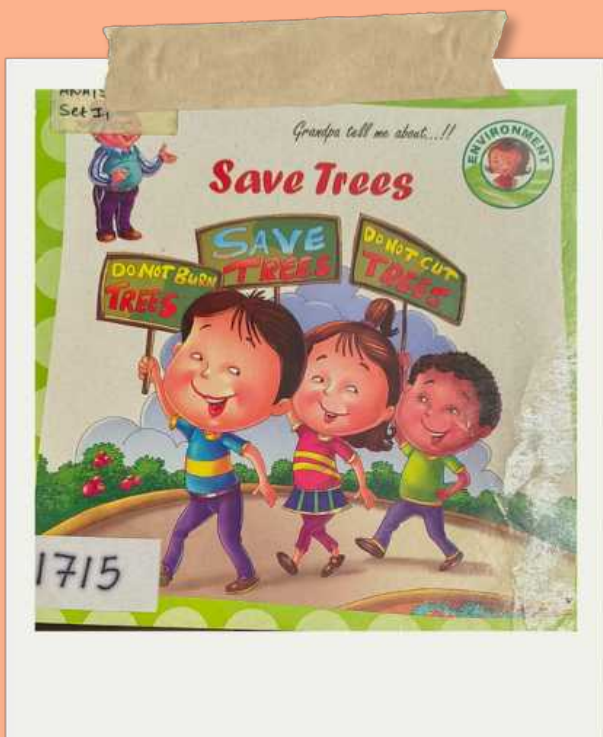
YANA SHAH
IV-B





ANA BOOK CLUB

Pre-Primary Section



A classic book about trees that introduces them as giant, living friends that change through the seasons and help the world around them and how without trees, the air would become dusty and dirty, also they make clean oxygen for humans and animals to breathe.

- **Save Trees!** This book helps learners read simple sentences, rhythmic phrasing, and predictable patterns help emergent readers connect spoken sounds to printed sight words.

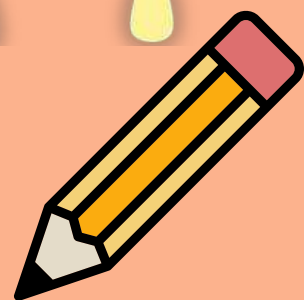
**GOOD NEWS! YOU CAN FIND THE BOOK
SAVE TREES AT OUR SCHOOL LIBRARY!**





ANA BOOK CLUB

Primary Section



Inside Lizzie & Lucky:

The Mystery of the Stolen Treasure is an illustrated children's story about a young girl named Lizzie and her dalmatian puppy, Lucky, who team up to solve a local heist involving missing treasure.

Someone should read it because it offers positive, inclusive representation through a clever deaf protagonist who uses British Sign Language and lip-reading, paired with a fun, fast-paced mystery that inspires young readers who love animals and puzzle-solving.

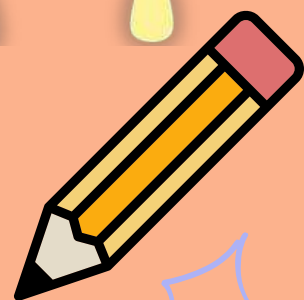
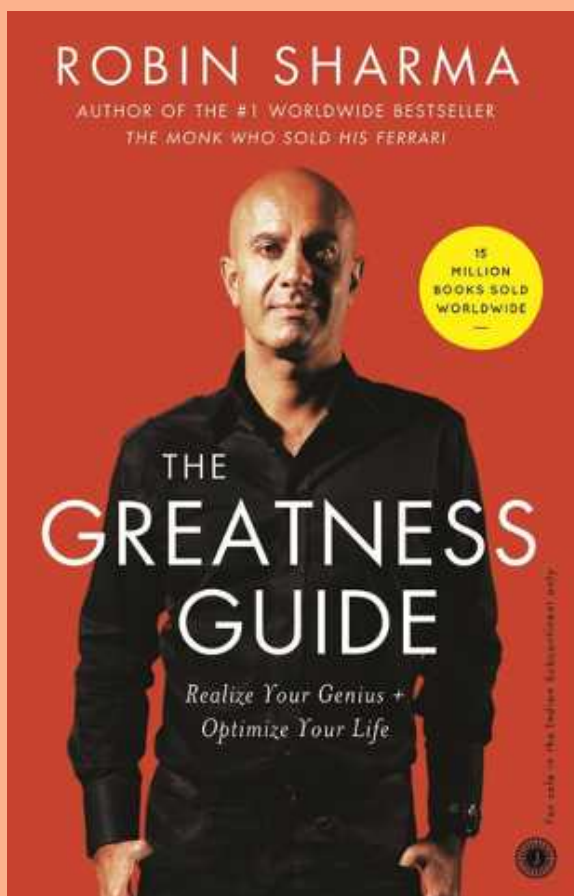
AVAILABLE NOW IN OUR SCHOOL LIBRARY





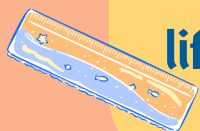
ANA BOOK CLUB

Secondary Section



The Greatness Guide by Robin Sharma (author of The Monk Who Sold His Ferrari) is a practical, high-energy self-help book. Instead of a continuous story, it is structured as a collection of 101 short, punchy chapters. Each chapter offers direct advice, mental frameworks, and daily habits designed to push readers past mediocrity and toward world-class performance in both life and business

AVAILABLE IN OUR SCHOOL LIBRARY.



ART CORNER



Aadhya Patel
Grade : 3A

ART CORNER



Shivansh Mehta
Grade : 5 D

ART CORNER



Harshi Mewada
Grade :5A

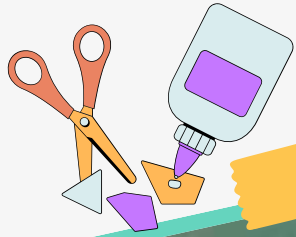
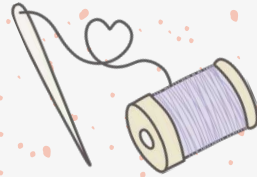
ART CORNER



Niara Shah
Grade :3 A

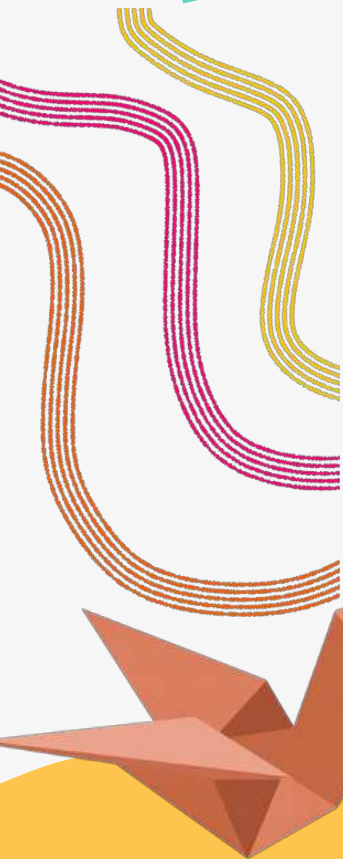


ACTIVITY ALLEY



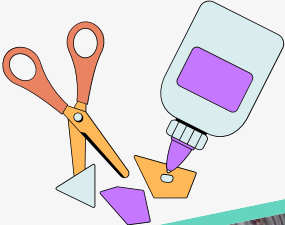
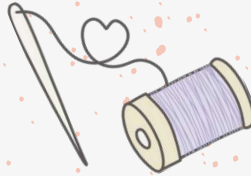
Yellow Hues

Sunshine Spectrum





ACTIVITY ALLEY



Sense and Explore



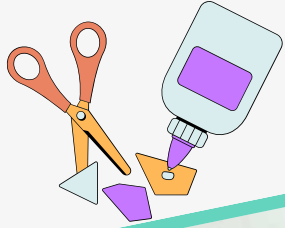
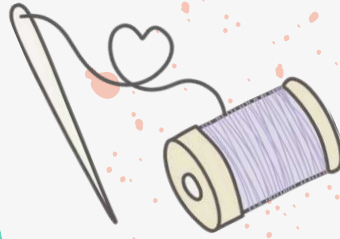
Foodie Fun

Taste Touch and Fun!





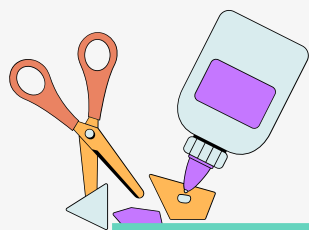
ACTIVITY ALLEY



My Country My Pride



ACTIVITY ALLEY

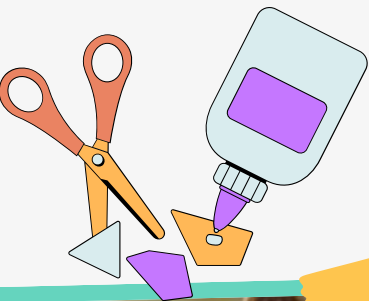
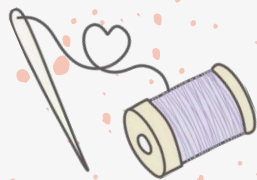


Ready for 21st Century



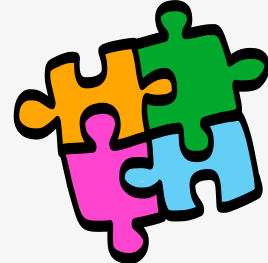
Explore- Innovate- Create

ACTIVITY ALLEY

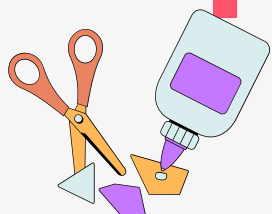


Daddy and Me Day





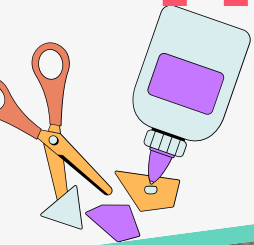
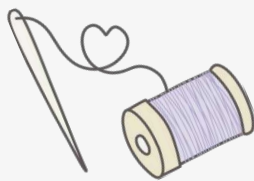
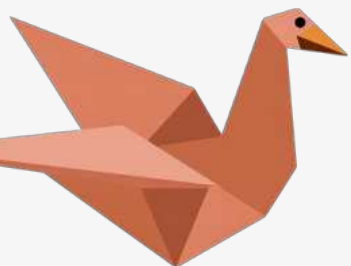
ACTIVITY ALLEY



Daddy and Me Day



ACTIVITY ALLEY

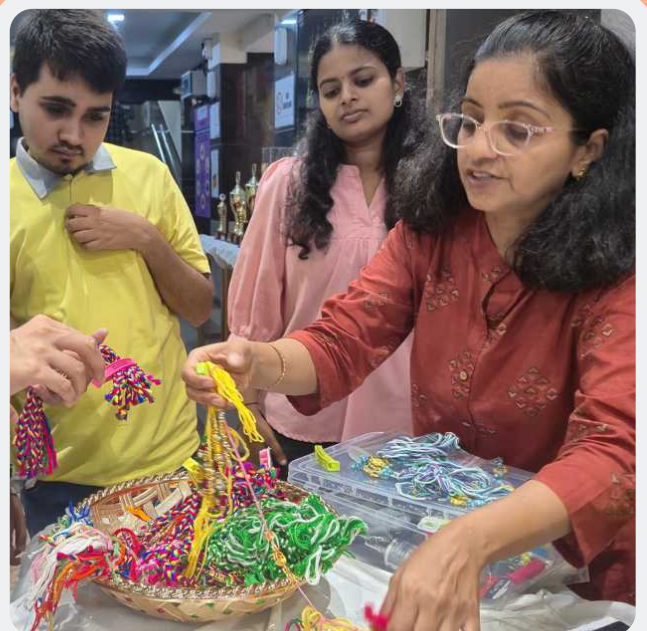


Freedom: A Legacy to Cherish

EVENTFUL MOMENTS!

PRIMARY SECTION

Urja Foundation: Empowering Lives



EVENTFUL MOMENTS!

PRE PRIMARY SECTION

The Bond Beyond the Thread



EVENTFUL MOMENTS!

Patriotism in Little Hearts.



EVENTFUL MOMENTS!

SECONDARY SECTION

Science Day



EVENTFUL MOMENTS!



EVENTFUL MOMENTS!

TRIBUTE TO OUR MOTHERLAND



MANY THEMES, ONE NATION



EVENTFUL MOMENTS!

Celebrating Academic Excellence



EVENTFUL MOMENTS!

Celebrating the Spirit of Freedom



EVENTFUL MOMENTS!



NATIONAL SPORTS DAY





ASPEE NUTAN[®]
ACADEMY
(AFFILIATED TO CISCE)

AND THAT IS A WRAP ON THIS EDITION!

*See you in the next edition of our
updates.* 😊

~EXPRESSIONS

