OCTOBER 2025 Edition

VOLUME 27

BML MUNJAL GREEN MEDOWS SCHOOL

GANGA GREENS, BEHIND CRYSTAL WORLD ON HARIDWAR -ROORKEE ROAD, HARIDWAR

TATTVA

OUR MONTHLY NEWSLETTER

Dr. BrijMohan Lall Munjal

HERO FOREVER

1st July, 1923- Forever

"I have always seen myself as a traveller and an adventurer, riding towards a fixed destination. If I came across roadblocks or speed breakers, I would slowdown. If there were rough patches, I shifted gears. I never stopped. I never lost faith!"

-Dr. BrijMohan Lall Munjal

"Education is the most powerful weapon which you can use to change the world."
— Nelson Mandela

FROM THE DESK OF HEAD MISTRESS

"If you want to lift yourself up, lift up someone else. —Booker T. Washington

Dear Parents, Guardians and Students!
Greetings!

The month of October is always special as it is the time of festivities and celebrations, laughter and togetherness. Our students were also busy with many activities along with their studies during the whole month.

During the month our students were visited by the Traffic Police Department of Haridwar to make them all aware of the traffic rules and regulations while on the road. Next was the Handwashing day which we celebrated on October 15 where our students through a wonderful act showed the importance of handwashing and how it can affect our health and hygiene if not done properly. All the students were taught the proper way of washing their hands and this activity was conducted by the Eco club students of our school. Diwali activities taught the students to make beautiful decorative items for their homes.
Our Annual Book Fair, Abhigyaan was the highlight of the month where our students, teachers and parents equally participated in purchasing books and enhancing their reading habits. The fair was a success and we were happy to see so many young readers coming up. Other Scholastic and Co-Scholastic Activities kept the students on their toes round the month like elocution, Speak and tell, Maths Quiz and Green Grocers Day.
The team did their best in bringing up all the events of month in this newsletter and hope you all enjoy reading it as much as we did while framing this newsletter for you.

Happy reading!
Dr. Tapasaya R. Mukker
Head Mistress

FROM EDITOR'S DESK

"Every great design begins with an even better story."— Lorinda Mamo

Dear Readers,
Thank you for giving us an opportunity to grow together stronger as a family.

Shipra Sharma

Dear Readers,
Thank you for keeping up with us through out. Soon, we will all flourish together.

Ritu Singh

Feel free to give us suggestions, and share your ideas with us at :
contactusgangagreens@@bmlgreenmedows.com

BRIGHT BEGINNERS:
OUR PRE-PRIMARY WING

DIWALI ACTIVITY

OCTOBER 17, 2025

"Let the light of learning shine through creativity."

The teachers of Pre-Primary Wing conducted a Diwali Activity on October 17, 2025, filled with festive joy and creativity. Nursery students made colourful diyas using potato and thumb impressions, LKG learners crafted bright rockets decorated with studs, and UKG students created beautiful diya designs using ear bud printing. The activity helped children express their creativity and understand the spirit of Diwali—spreading light, joy and positivity.

GREEN WEEK

OCTOBER 29-31, 2025

"Green is the prime colour of the world, and from it springs the beauty of life." 🌿

The Pre-Primary Wing joyfully celebrated Green Week with fun-filled activities. Nursery students sorted green objects, LKG students made leaf impressions, and UKG students explored colour mixing. The week concluded with the Green Grocer Activity, where children identified green fruits and vegetables and learned about money. The celebration fostered love for nature and the joy of being green! 🌿💚

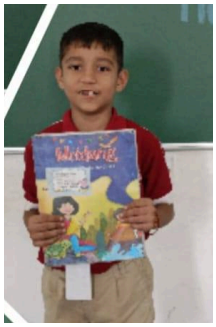
CURIOUS LEARNERS : PRIMARY & MIDDLE WING

SEE AND SPEAK

October 09, 2025

"Learning is a treasure that will follow its owner everywhere."

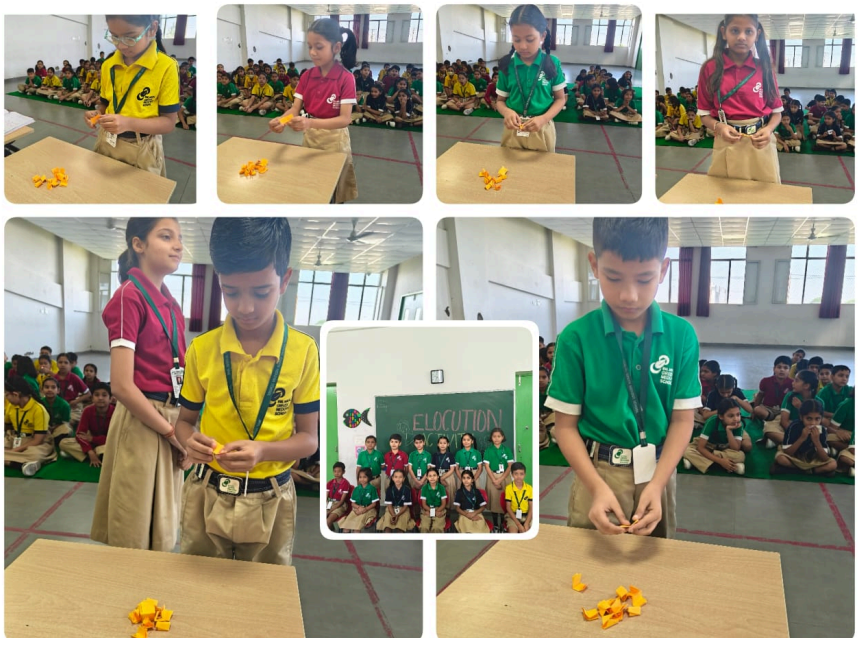
BML Munjal Green Medows School conducted a 'See and Speak' activity for students of Classes 1 and 2 on October 9, 2025. The activity encouraged young learners to observe, think, and express themselves confidently while enhancing their communication skills.



ELOCUTION ACTIVITY

October 09, 2025

"Words have the power to both destroy and heal. When words are both true and kind, they can change our world."— Buddha



We conducted an Elocution Activity on October 09, 2025 for the students of Grade lll to V to enhance students' public speaking and communication skills. The main aim of the event was to encourage students to express their thoughts confidently.

The activity was a great success. It not only helped students enhance their speaking skills but also inspired them to become confident and expressive individuals.

CULINARY ART WORKSHOP

OCTOBER 09, 2025

"A plate is not just for food, it's a canvas for creativity!"

Students of Classes VI-VIII of our school, participated in the Culinary Art Workshop, exploring cooking basics in a fun, hands-on environment. They learned culinary techniques, nutrition, and teamwork, while preparing simple, fireless recipes. The workshop fostered creativity, confidence, and practical life skills, aligning focus on holistic development. A delightful blend of education and enjoyment!

WORKSHOP ON ROAD SAFETY

OCTOBER 14, 2025

A workshop on traffic rules was conducted on October 14, 2025 for all our students. The session was led by Sub-Inspector Mr. Pradeep Kumar Singh from Haridwar Traffic Police Department, who engaged students and staff with practical insights into road safety, traffic signs, pedestrian responsibilities, and the importance of following traffic regulations. The objective was to instill awareness and discipline for safer commuting and responsible citizenship.

GLOBAL HANDWASHING DAY

OCTOBER 15, 2025

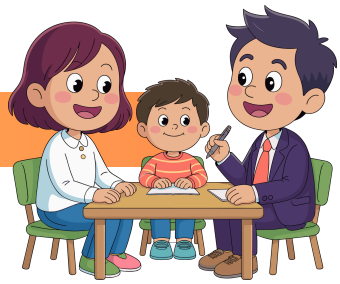
"Clean hands are a symbol of care and protection."

BML Munjal Green Meadows School, Ganga Greens, celebrated Global Handwashing Day on October 15th, 2025, under the Eco Club initiative. The event aimed to spread awareness among all students about the importance of hand hygiene.

Students participated in demonstrations and talks on proper handwashing techniques. The activity successfully encouraged everyone to make handwashing a healthy daily habit.

PARENT RENDEZVOUS

OCTOBER 18, 2025



"When parents and teachers work together, every child wins."

We conducted an Open House for the classes Nursery to VIII on August 30, 2025 (Saturday).
The session provided a platform to discuss each child's regular performance in academics as well as co-curricular activities. Such timely interactions play a vital role in ensuring the overall growth and development of children, while strengthening the partnership between parents and teachers.

WEAVE A STORY

OCTOBER 30, 2025

"Storytelling is the most powerful way to put ideas into the world." — Robert McKenzie

We organized an English activity — "Weave a Story" — on October 30, 2025 for Classes I & II. The young storytellers showcased creativity and confidence by narrating imaginative stories using props and expressions. It was a delightful display of their storytelling skills and imagination!

MATH QUIZ

OCTOBER 30, 2025

"Mathematics is the foundation of all sciences, and science is the key to progress." - Srinivasa Ramanujan

A Maths Quiz was conducted on 30th October, 2025 for students of Classes 3 to 5.

The quiz not only strengthened students problem-solving and critical thinking skills, but also fostered confidence and a positive attitude towards mathematics. Such activities play a vital role in making learning enjoyable, meaningful, and engaging.

MATH OLYMPIAD

OCTOBER 30, 2025

"Math is the playground for the mind—where thinking becomes fun."

The Mathematics Olympiad was held on October 30, 2025 at BML Munjal Green Meadows School Ganga Greens, bringing together students from grades 6 to 8 to showcase their mathematical skills and problem-solving abilities.

The Mathematics Olympiad aimed to encourage students to think critically, logically, reason abstractly and develop problem-solving strategies. The students participated enthusiastically promoting a culture of critical thinking and problem-solving.

SPECIAL EVENT OF THE MONTH

October 17-18, 2025

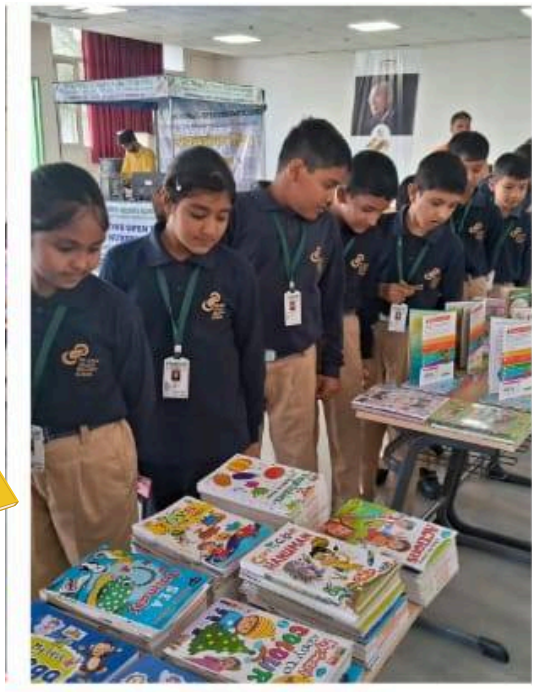
ABHIGYAAN

A room without books is like a body without a soul." – Marcus Tullius Cicero

Our school organized its annual book fair ABHIGYAAN on October 17th and 18th, 2025 to celebrate the joy of reading and to encourage students to develop a love for books. The fair showcased a wide variety of books ranging from storybooks, comics, novels, biographies, and encyclopedias to educational and reference books for all age groups.

Students, teachers, and parents enthusiastically visited the stalls and explored the collection. The fair helped students realize that reading is not only educational but also a source of great pleasure.

The Book Fair was a grand success as it inspired everyone to make reading a daily habit.



SPECIAL ASSEMBLIES

INDIAN AIRFORCE DAY

October 08, 2025

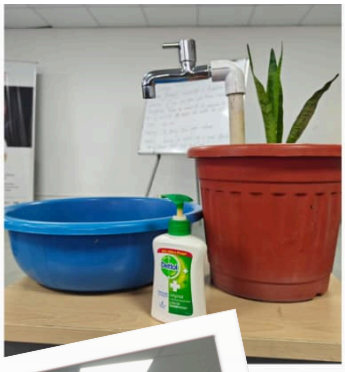
"Touch the Sky with Glory"

A special assembly on Indian Air Force Day was conducted by Class I on October 08, 2025. The students presented a thought, speech, and a patriotic poem highlighting the courage and dedication of our Air Force heroes. The assembly filled everyone with pride and respect for the nation's protectors.

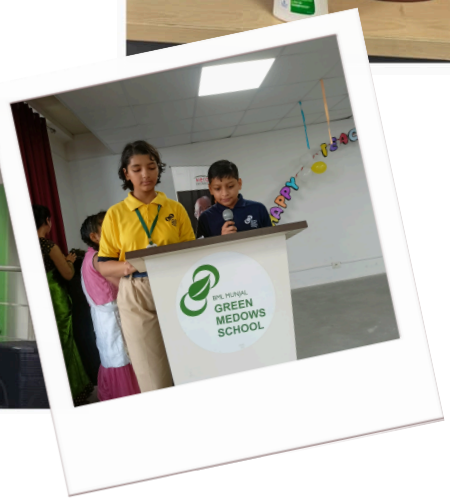
GLOBAL HANDWASHING DAY

October 15, 2025

"Clean hands are a symbol of care and protection."



Our school conducted an assembly on National Handwashing Day to highlight the importance of clean hands. Students presented a skit and demonstrated proper handwashing steps, spreading the message — "Clean Hands, Healthy Future."



WORLD FOOD DAY

October 16, 2025

"Eat healthy and stay fit"

On October 16, 2025 the students of Class II presented a special assembly on World Food Day with the theme "Eat Healthy, Stay Healthy." 🥦🍎

The assembly began with the Thought of the Day in English and Hindi, highlighting the importance of eating nutritious food.

Students also performed a lively skit on Healthy Food vs. Junk Food, spreading the message —

"Good food, good mood! Eat healthy and stay happy!"

DEEPAWALI

October 17, 2025

"The festival of lights is a reminder that even the smallest light can dispel the deepest darkness."- Mahatma Gandhi

A special assembly on Deepawali was held on October 17, 2025 where Students presented a short speech highlighting the significance of Diwali, a beautiful Ramayan act depicting the return of Lord Rama to Ayodhya which was followed by a vibrant dance performance showcasing the joy and togetherness of the festival. The assembly encouraged everyone to celebrate Diwali in an eco-friendly and safe manner, and to spread happiness and positivity.

NATIONAL UNITY DAY

October 30, 2025

"In diversity there is beauty and there is strength." - Maya Angelou

We celebrated Rashtriya Ekta Diwas on on October 30, 2025 to mark the birth anniversary of Sardar Vallabhbhai Patel, the Iron Man of India. The day reminds us of his efforts in uniting our nation. Students of class 3 presented the morning Assembly and remember his contribution and pledge to maintain unity and peace in our country.

EGAS BAGWAL

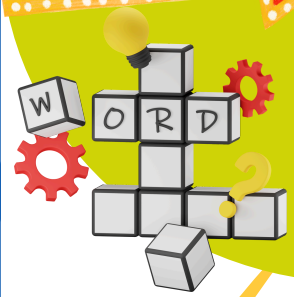
October 31, 2025

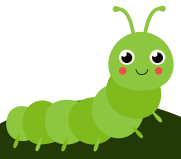
"Culture is the widening of the mind and of the spirit." -Jawaharlal Nehru

On October 31, 2025 a vibrant assembly on Egas Bagwal, presented by the students of classes VI to VIII students showcasing the festival's cultural significance.

The event featured traditional folk dances, thoughts, and speeches, highlighting the importance of preserving cultural traditions. The assembly promoted cultural awareness and appreciation among students.

FUN! TIME





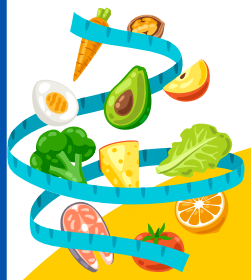
Green on the outside, red and juicy inside, seeds like little beads — slice me wide.

I pop when I'm heated and taste great with salt — a cinema snack that's never your fault.

FUN WITH RIDDLES

I look like a tiny tree, steamed or raw, I'm green and crunchy — very healthy for all.

I'm warm and slurpy, spoon in a bowl, I can be tomato, chicken, or noodle-roll.



HEALTHY EATING

- EAT MORE FRUITS AND VEGETABLES EVERY DAY.
- DRINK AT LEAST 8 GLASSES OF WATER DAILY.
- NEVER SKIP YOUR BREAKFAST.
- CHOOSE WHOLE GRAINS OVER REFINED ONES.
- EAT LESS SUGAR, STAY MORE ACTIVE.
- SNACK ON NUTS, NOT CHIPS.
- SAY NO TO JUNK FOOD.
- EAT SLOWLY AND ENJOY YOUR FOOD.
- KEEP YOUR PLATE COLORFUL WITH VEGGIES.
- AVOID OVEREATING — LISTEN TO YOUR BODY.
- DRINK MILK FOR STRONG BONES.
- ALWAYS WASH FRUITS BEFORE EATING.
- PREFER HOMEMADE FOOD OVER FAST FOOD.
- DON'T EAT WHILE WATCHING TV.
- ADD SALADS TO EVERY MEAL.

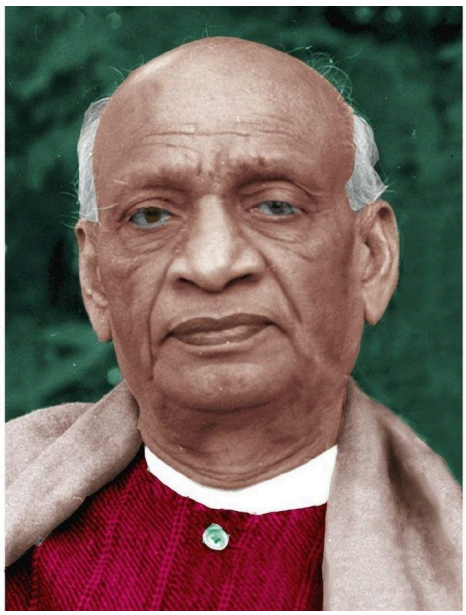
Answers of previous edition

1. Carrot
2. Milk
3. Banana
4. Honey

NATIONAL HEROES OF October

JAYAPRAKASH NARAYAN

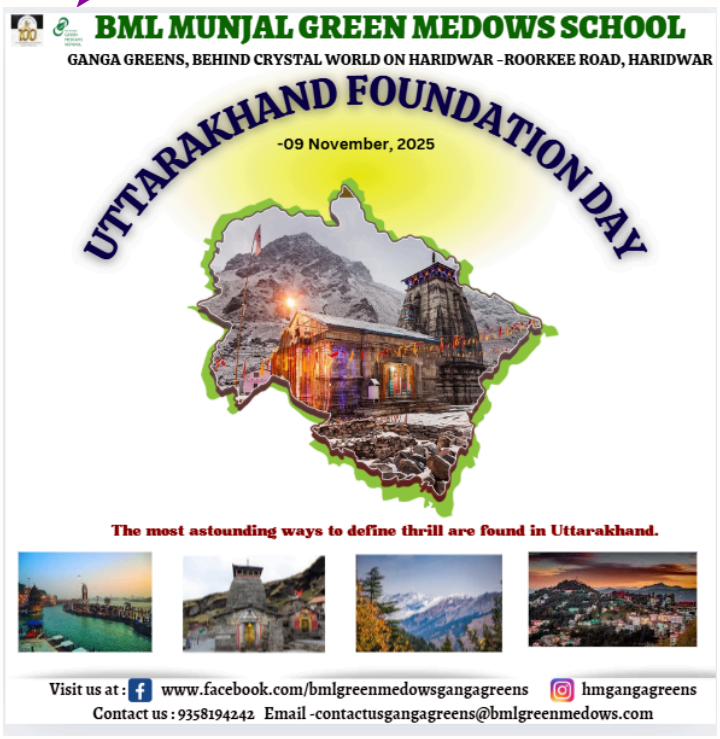
- Born on October 11, 1902
- Freedom fighter and social reformer, known for leading the “Total Revolution.”



SARDAR VALLABHBHAI PATEL

- Born on October 31, 1875
- India’s first Deputy Prime Minister, known as the “Iron Man of India” for uniting the nation.

UPCOMING EVENTS



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