



# Miles of Smiles

The Art of Living Free Schools Newsletter

AUGUST 2023



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# The Art of Living Free Schools

82,000+ Students

1096+ Schools in India

In 1300+ Villages in India

Across 22+ States in India

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## I) ACHIEVEMENT:

### 1) KHO KHO, KABADDI AND FOOTBALL COMPETITION:

Our Kannada medium girl student from our Karnataka school earned first place in Kabaddi and second place in Khokho out of 22 schools from the villages of Kaggalipura, Somanahalli, and Vajarahalli. Our boys triumphed in the taluka level football competition. Primary school took home the medal in the under-14 cluster level competition.



### 2) RECITATION COMPETITION:

In the recitation competition held in our school in Devachijali, Maharashtra the winners were felicitated with compass box.



## 3) WINNERS OF VARIOUS COMPETITIONS:

### A) DIFFERENT COMPETITIONS ORGANISED BY AGARAM ACADEMY AND VICTORY FOUNDATION:

Students from our Tamil Nadu school won different competitions organised by Agaram Academy and Victory Foundation. Certificates were given to the winners.



### B) WINNERS FROM MANGALPUR SCHOOL, ODISHA:

Students from different divisions of our school in Mangalpur, Odisha competed in various competitions such as drawing, speech, and singing, and the winners were awarded awards. Class 5 Ritik Kumar Mohanta won first place in the drawing competition, and Sarmishtha Nanda won first place in the speech competition. Jeet Ranjan Giri from class 7 won second place in the speech competition. Krishna Giri, Class 6, won second place in a drawing competition. Hardik S Nayak, Class 3, won first place in the speech competition. Class 1 Mousam Raj Nayak won second place in the speech competition. Ishika Gochhyat from Class 5 won the singing competition.



## C) U-14 ZONAL ATHELETE MEET:

In the U-14, zonal athlete meet held at Mela-ulur, TamilNadu our student Iniya won first place and Yoga Priya won second place.



## II) DEVELOPMENT AND CAPACITY BUILDING ACTIVITIES:

### 1) DISTRIBUTION OF BOOKS, UNIFORMS, SHOES AND SCHOOL BAGS:

Books, uniforms, shoes and school bags were distributed to our school students in various states.



## 2) EXAMINATIONS:

Our schools in Rajasthan, Kerala, and West Bengal held their respective first test, first terminal, and second summative exams.



## 3) PROGRAM:

### A) UTKARSH YOGA:

In our schools in West Bengal and Karnataka, Utkarsh Yoga was taught to all students aged 8 to 13. It is a programme that teaches youngsters how to communicate successfully, work in groups, support those in need, deal with challenging emotions, and improve their cognitive skills.



### B) BAL NAV CHETNA SHIVIR:

Our school in Sankra, Chattisgarh, hosted the Bal Nav Chetna Shivir. It entails empowering



underprivileged children and assisting them in reaching their full potential through interactive activities, group discussions, creative tasks, and stress-reduction techniques such as breathing, pranayama, and meditation. At the conclusion of the programme,

the students were fully armed with tools to assist them deal with situations, break down personal barriers, and motivate them to face life's daily difficulties with renewed confidence.



### C) MEDHA YOGA 1 AND 2:

Medha Yoga 1, is a dynamic and fun program for the age group from 14 – 17 years that challenges teens to take responsibility for their life and provides a comprehensive set of practical tools for releasing stress, mastering emotions, and raising self-awareness. Medha Yoga 2 provides the time and space for introspection and to develop and apply those skills live in action. Our school in Karnataka conducted both the programs for their students.



### D) ADVANCED MEDITATION PROGRAM:

Advanced meditation program takes one deeper into spiritual practices with advanced insights on the laws governing our mind and emotions as well as advanced breathing techniques. This program was conducted for all teachers of our school in Bud Bud, West Bengal.



### 4) TEACHERS TRAINING:

A 2-day teacher's training was organised in Bangalore Ashram for all our schools in the southern states of Karnataka, Tamil Nadu, Telangana and Kerala. Mr. Ravindra Yevale a well know educationist from Pune took the teachers training program. The teachers were fully energised after the training.





a wonderful time. On reaching the mountain top the students did Van Bhojan. They climbed trees and enjoyed.



## 6) BAG FREE DAY:

The Karnataka Education Department has declared the third Saturday of each month as Bag Free Day. The children will not be carrying any books/textbooks on that day, but they will participate in a variety of activities as arranged for the particular section. The school involved the children in a variety of activities with the goal of bringing out the child's natural talents.



## 5) EXCURSION:

The students of our school in Devachijali, Maharashtra were taken on a trekking trip on the mountains behind the school. They had

## 7) LAUNCH OF CHANDRAYAAN-3:

Our Telangana students saw the launch of Chandrayaan-3.



were made aware of the disease through a demonstration led by the students of our school in Sankra, Chhattisgarh, and all students were given Filariasis pills.



## 8) HEALTH CHECK UP:

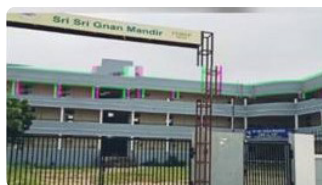
### A) DEWORMING AND VITAMIN TABLETS DISTRIBUTED:

Rashtra Bal Swasthya Karyakram, a government initiative, provided Deworming and Vitamin pills to our students at Guntur School in Andhra Pradesh. This organisation visits all schools every two months and distributes Deworming and Vitamin tablets to all the children.



## 9) CORPORATE SOCIAL RESPONSIBILITY:

Aquity Solutions India Private Limited under its CSR obligations, provided funds for operational expenses like teachers' salaries, school books and student transportation for our school in the village of Medchal, Telangana.



### B) ROUTINE HEALTH CHECK-UP:

It was conducted by the doctors for our students of our school in Karnataka.



## III) RESPONSIBILITY TOWARDS BRINGING POSITIVE CHANGE IN SOCIETY:

### A) AWARENESS ON USAGE OF HELMETS:

Students from our school in Bastar, Chhattisgarh, went out into the streets and spoke to two-wheeler drivers, asking them to wear helmets while driving. They also created a poster promoting the benefits of wearing a helmet when driving.



### C) AWARENESS CAMPAIGN ON FILARIASIS:

Filariasis is a tropical infectious disease caused by one of numerous thread-like parasitic round

## B) AWARENESS ON CLEANLINESS:

Students from our school in Ghatoli, Rajasthan took the responsibility of cleaning the school campus.



## C) AWARENESS ON DENGUE:

A Dengue awareness programme was organised for our school's pupils in Narada, West Bengal.



## IV) RESPONSIBILITY TOWARDS ENVIRONMENT:

All of our schools in India held plantation programmes in which students planted seedlings of various plants in and around their school grounds and watered them.



## V) CELEBRATIONS: A) INDEPENDENCE DAY:

The 77<sup>th</sup> anniversary of our country's independence was honoured in all of our schools in 22 states, with schools proudly flying our tricolour flag. Students participated in singing patriotic songs, dancing, performing short skits, planting trees, painting our freedom fighters such as Jhansi Ki Rani, Bhagat Singh, and Mahatma Gandhi, and dressing up like them. Students and instructors marched in a parade, singing slogans like Vande Mataram and Jai Hind.





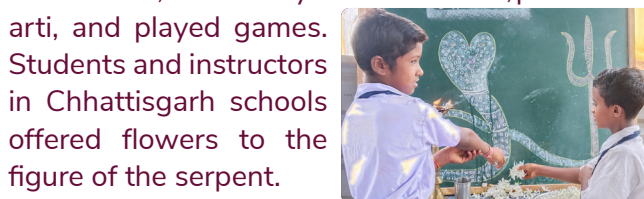


result of this. The youngsters were served with stew on the last day of the Ramayan Parayan.



### C) NAG PANCHAMI:

Nag Panchami is a significant festival dedicated to the worship of snakes. They are revered as dieties and are regarded as the most powerful creatures. Nag Panchami was observed in our schools in Chhattisgarh, Rajasthan, and Maharashtra. Our school in Maharashtra took their students to the snakes' den, where they offered flowers, performed arti, and played games. Students and instructors in Chhattisgarh schools offered flowers to the figure of the serpent.



### B) RAMAYAN PARAYAN:

Our school in Kerala successfully completed the Ramayana parayan on 16-8-23. Every day, a student read a portion of the Ramayan, and the teachers explained the meaning to the students. The students become aware of our texts as a



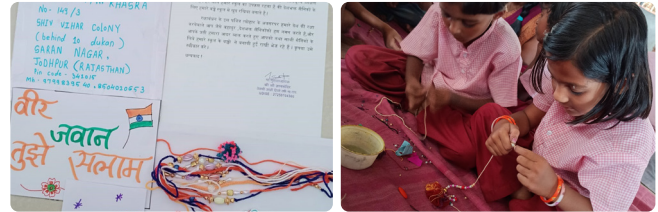
### D) NATIONAL SPORTS DAY:

Our schools observed National Sports Day to honour the birth anniversary of hockey icon Major Dhyan Chand Singh, as well as to respect the

nation's sports heroes and champions, and to recognise their contributions and dedication to bringing laurels to the country. The students participated in a variety of games on this day.



The female pupils then decorated the boys' wrists with lovely, colourful rakhis, placed flowers and performed arti on them while wishing for her brother to live a long, healthy, and happy life. The boys gave gifts to the girls. After that, everyone exchanged sweets. Students from our Maharashtra school made rakhis and posted them to the soldiers. Different games were organised by schools for all students. Cakes and sweets were distributed to one and all.



### E) ONAM:

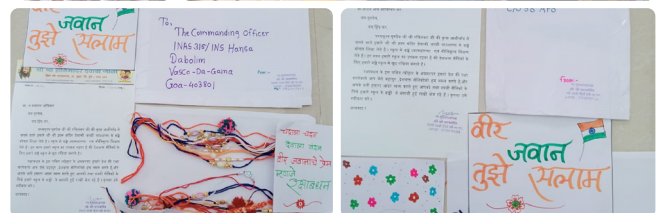
Onam is a prominent holiday observed in Kerala to commemorate King Mahabali's return. It is a harvest event that is eagerly anticipated by all Keralites. Our Kerala school celebrated Onam



with much zeal and splendour. Students and teachers created beautiful rangolis embellished with a variety of vibrant flowers. The school prepared a variety of delectable foods,



and kids ate them in plaintain leaf to their hearts' content. Onam was also celebrated at our school in Sector 48, Delhi, with gorgeous rangolis decorated with various flowers.



### F) RAKSHA BANDHAN:

With great joy and zeal, this day was celebrated in all of our schools across India. The students were required to make their own rakhi using the materials provided by our schools.





### G) WORLD TRIBAL DAY:

The World Tribal Day is observed to promote awareness of and safeguard the rights of the world's indigenous peoples. Children in Chhattisgarh's schools dressed up as tribals to commemorate this day.





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