



VILE PARLE MAHILA SANGH'S
Surya Vidyalaya CBSE (Proposed)
(2025-26)

Mangalayatan, Paranjpe B, Scheme Road no. 1,
Vile Parle East, Mumbai, 400057

**“Bright Ideas, Qualities and Knowledge
radiating like a sparkling sun.”**

SURYA'S SPECTRUM



Our Motto

"Explore, Enjoy, Enrich, "for a Better Tomorrow.

OUR SCHOOL



MANAGEMENT TEAM OF VPMS



अध्यक्षा
श्रीमती गायत्री बापट



कार्यवाह
श्रीमती अनिता भागवत



खजिनदार
श्रीमती संगिता इनामदार



उपाध्यक्षा
श्रीमती राणी जोशी



संयुक्त कार्यवाह
श्रीमती सुनिती जोशी



संयुक्त खजिनदार
श्रीमती स्नेहप्रभा पारगांवकर



सभासद
श्रीमती नीता जोशी



सभासद
श्रीमती नीलिमा जोशी



सभासद
श्रीमती अनुमती धारुकर



सभासद
श्रीमती नीता चाबुकस्वार



सभासद
श्रीमती वर्षा करंबेळकर



जोडून घेतलेले सभासद
श्रीमती लीना तांबवेकर

VISION

Our Vision is to create a Nurturing learning environment that empowers individuals to realize their Potential and drive Positive change. We aim to cultivate lifelong learners who embody Integrity, Empathy, and appreciation for diverse Cultures. Through a Holistic Approach, we inspire Critical thinking, Creativity, and Global Citizenship, encouraging students to lead with Compassion and Resilience, shaping a future where knowledge fosters Hope and Prosperity.

MISSION

Our Mission is to create a Holistic and Dynamic learning Environment that promotes Academic Excellence, Moral Integrity, and a profound appreciation of Indian Culture. We employ Innovative teaching methodologies and a diverse curriculum to achieve this goal.

- **To cultivate a passion for learning through several co-curricular activities and foster value-based, quality education.**
- **To promote Indian Cultural Heritage and encourage Global Citizenship.**
- **To empower personal growth, respect, and manners while partnering with parents and the community.**
- **To empower students to achieve Academic Success, uphold integrity, and positively impact their communities and their world.**

CORE VALUES

- **Humanity and Justice**
- **Reflection**
- **Honesty and Cultural Integrity**
- **Critical Thinking**
- **Empathy**
- **Sustainability**



Dr. Ranjana Kolwankar
Principal.
Primary & Secondary
Sections.



Ms. Yamini Poray.
Principal
Pre-Primary Section.

Dear Students, Parents, and Staff

As we embark on a new academic year, we feel immense pride in our dynamic Learners. We are excited to launch our school's first 'Surya Spectrum' (E-Newsletters), which highlights our various competitions, achievements, events and celebrations, offering a panoramic view of our school life.

Our school is dedicated to nurturing students through a holistic approach that emphasizes academic excellence, creativity and personal growth. It's rewarding to witness our students evolve into compassionate, curious and confident individuals, armed with essential skills and values to thrive in an ever-changing world.

Our dedicated staff has worked tirelessly to create a supportive environment that encourages growth, learning and exploration. We are enthusiastic about the positive impact our students will make in their communities as they continue on their paths.

We encourage parents to enjoy reading 'Surya Spectrum' and share their feedback, helping us continually improve.

Happy Reading!

Pre - Primary Teaching Staff



Primary Teaching Staff



Index

Sr. No	Name	Page No
1	<u>Advice Column</u>	9-10
2	<u>Fun Facts</u>	11-12
3	<u>Fun Riddles</u>	13
4	<u>Pre-Primary & Primary Achievers</u>	16-18
5	<u>Pre-Primary & Primary Activity from April-August</u>	19-45
6	<u>Vibrant Celebrations</u>	46-60
7	<u>Techer- Parent Seminar</u>	61-62
8	<u>exhibition</u>	63-65
9	<u>competition</u>	66-68
10	<u>Find Us</u>	72

Advice Column

Maintaining a Healthy Lifestyle

- 1. Eat a balanced diet:** Focus on whole, nutritious foods, including fruits, vegetables, whole grains, and lean proteins.
- 2. Stay active:** Engage in regular physical activity, such as sports, dancing, or simply walking.
- 3. Get enough sleep:** Prioritize sleep, aiming for 7-9 hours each night.
- 4. Stay connected:** Nurture relationships with friends and family, helping to reduce stress and increase happiness.



Managing Stress

- 1. Take breaks:** Take regular breaks to relax and recharge, reducing burnout and increasing productivity.
- 2. Exercise regularly:** Engage in physical activity, such as walking or sports, to reduce stress and improve mood.
- 3. Talk to someone:** Share your concerns with a trusted friend, family member, or counselor.
- 4. Practice relaxation techniques:** Try techniques like deep breathing, meditation, or yoga to calm your mind and body.

Study Tips

- 1. Create a study schedule:** Plan out your study sessions in advance, setting specific goals for each session.
- 2. Break it down:** Break down large topics into smaller, manageable chunks, making it easier to focus and retain information.
- 3. Use active learning techniques:** Engage with the material by summarizing it in your own words, creating concept maps, or making flashcards.
- 4. Practice past papers:** Practice past exam questions to get a sense of the format and timing.



Exam Preparation

- 1. Start early:** Begin preparing for exams well in advance, reviewing material regularly.
- 2. Stay organized:** Keep all study materials, including notes and practice questions, organized and easily accessible.
- 3. Get enough sleep:** Aim for 7-9 hours of sleep each night to help consolidate information and stay focused.
- 4. Stay hydrated and energized:** Drink plenty of water and eat nutritious foods to maintain energy levels.

Fun Facts

Human Body Fun Facts

- 1.You can't tickle yourself: Your brain anticipates the tickle and cancels it out.**
- 2.Your nose can detect over 1 trillion scents: Our sense of smell is incredibly powerful.**
- 3.Your heart beats around 3 billion times: In a lifetime, your heart pumps around 1.5 million barrels of blood.**



Animal Fun Facts

- 1.Cheetahs are the fastest land animal: They can reach speeds of up to 70 mph (113 km/h).**
- 2.Dolphins are highly social: They live in groups, called pods, and have been known to help other animals, including humans.**
- 3.Butterflies taste with their feet: They have taste receptors on their feet, which help them detect sweet or bitter substances.**

Space Fun Facts

- 1.The Andromeda Galaxy is approaching us: It's expected to collide with the Milky Way in about 4.5 billion years.**
- 2.There's a giant storm on Jupiter: The Great Red Spot has been raging for centuries.**
- 3.The International Space Station orbits the Earth: It completes one orbit every 90 minutes.**



Technology Fun Facts

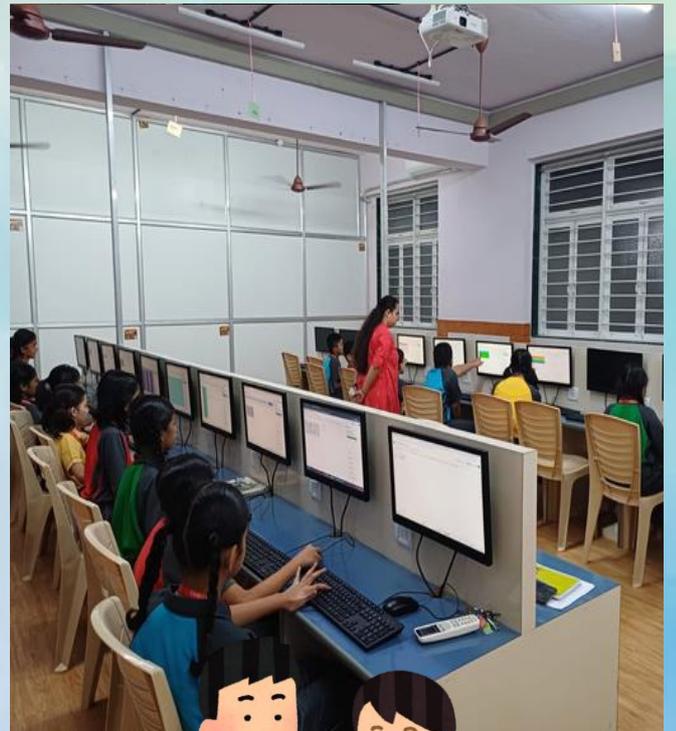
- 1.The first computer bug was an actual insect: In 1947, a team of engineers found a moth stuck in a relay switch.**
- 2.The world's first website: Went live on August 6, 1991, and is still available today.**
- 3.The first smartphone: Was the IBM Simon, released in 1994.**

Fun Riddles

- ❖ What has keys but can't open locks?
- ❖ What starts with an E, ends with an E, but only contains one letter?
- ❖ What is as light as a feather, but even the strongest man can't hold it for much more than a minute?
- ❖ What has a long neck and spots?
- ❖ What is cold and creamy?
- ❖ What has a fluffy tail and whiskers?
- ❖ I'm a fruit that's red and sweet, In the summer, I'm a treat to eat. What am I?
- ❖ I'm a creature that's big and grey, I live in the ocean, and I play all day. What am I?
- ❖ What is always coming but never arrives?
- ❖ What has a face and two hands but no arms or legs?
- ❖ What can be measured, but not seen?
- ❖ What goes up but never comes down?

Answer key

1. A piano
2. An envelope
3. Breath
4. A giraffe
5. Ice-cream
6. A cat
7. A strawberry
8. A whale
9. Tomorrow
10. A clock
- 11.. Time
- 12.. Your age



Computer Lab





Library

APPLAUSE FOR OUR ACHIEVERS

Pre – Primary Section

Congratulations

Nirvi Ajit Rawool

Class - Jr. Kg

**Secured Class Rank 1 in the
Drawing Olympiad, Level 2,
2024-25**



Rudra Wadke

Class - Sr. Kg

International Winner

for

Rangotsav Competition

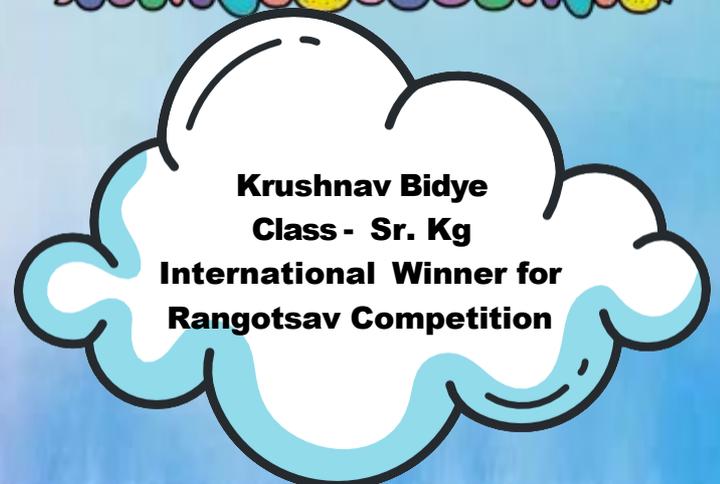


Krushnav Bidye

Class - Sr. Kg

International Winner for

Rangotsav Competition



Applause for Our Achievers

PRIMARY SECTION

Swimming Competition Winners



Shaurya Agnihotri
Grade : 3



Mihir Dalvi
Grade : 3



Yukta Agnihotri
Grade : 1



Applause for Our Achievers

Karate Competition

Singing Competition



Nirvi Pacherwal
Grade : 3

Dhruvi Jadhav
Grade : 3



Cricket
Man of the Match

Prasad Chudasama
Grade : 3

PLAY-WAY LEARNING AND FUN ACTIVITIES

April to August



Learning by
doing

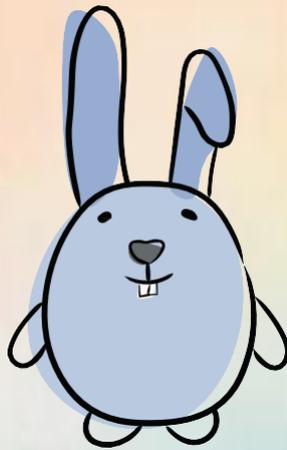


Fine - motor skills
development



PLAY-WAY LEARNING AND FUN ACTIVITIES

April to August



**Hands on Fun
with
Joyful Learning**

PLAY-WAY LEARNING AND FUN ACTIVITIES

April to August

**Big Jumps,
Bright
Minds**

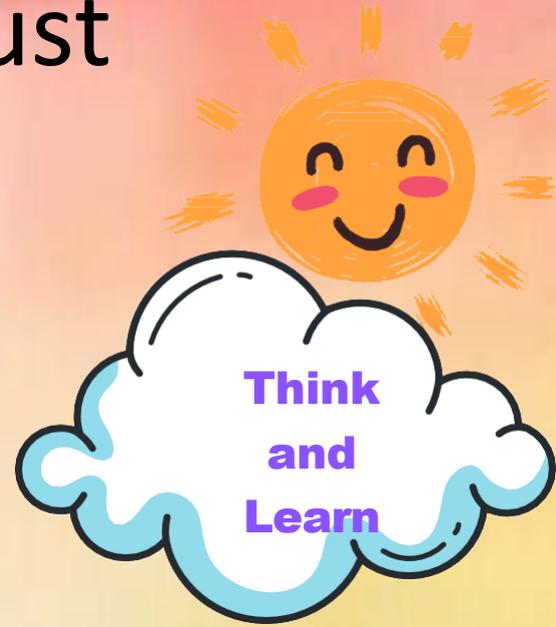


**Gross -
Motor
skills
development**



PLAY-WAY LEARNING AND FUN ACTIVITIES

April to August



**Cognitive
skills
development**



PLAY-WAY LEARNING AND FUN ACTIVITIES

April to August



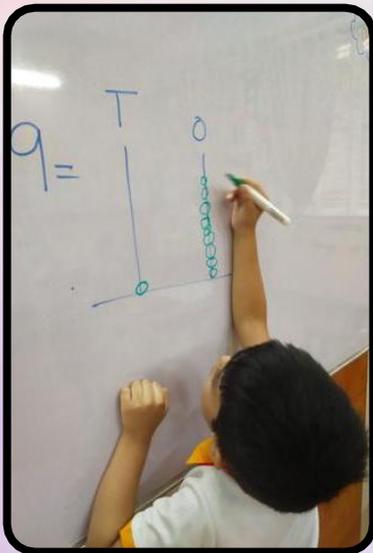
PLAY-WAY LEARNING AND FUN ACTIVITIES



April to August



Active Learning



PLAY-WAY LEARNING AND FUN ACTIVITIES

April to August



PLAY-WAY LEARNING AND FUN ACTIVITIES

April to August



**Gross and fine
motor skills
development**

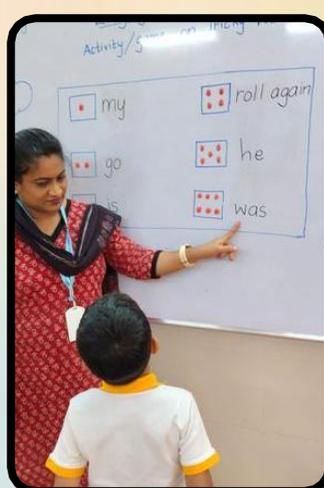
**Sense
Explorers**

**Cognitive
development**

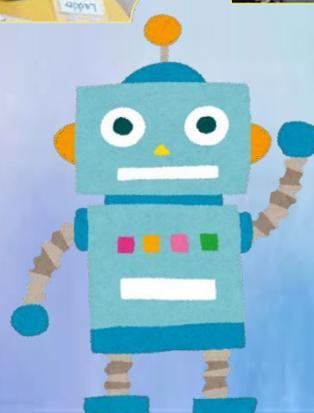


PLAY-WAY LEARNING AND FUN ACTIVITIES

April to August



**Initiating
Creative
Thinking**



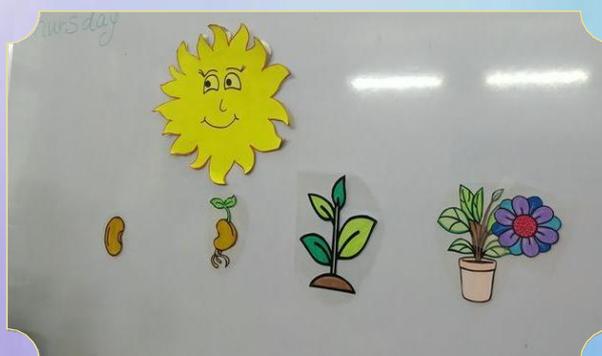
**Logical
thinking**

PLAY-WAY LEARNING AND FUN ACTIVITIES

April to August



**Sharp eyes,
Bright
minds**



**Power
play**

PLAY-WAY LEARNING AND FUN ACTIVITIES

April to August



See the Magic

Sound Safari

Smell the roses

Tasty tales

Touch and tell

PLAY-WAY LEARNING AND FUN ACTIVITIES

April to August

**Creative
corners**



Magic hands



FESTIVALS AND CELEBRATIONS

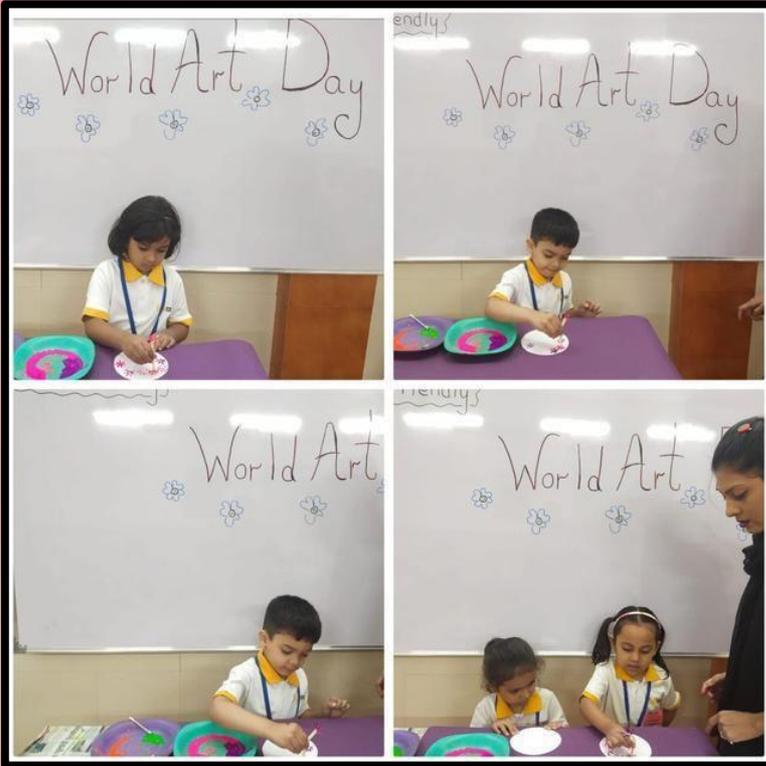
World Health Day



Strong body, strong mind - Health is our real wealth.



World Art Day



Art Day turned tiny ideas into magical masterpieces.

World Earth Day



Nurturing Nature with caring hearts and little hands.



World Book Day



Books opened a world of imagination for every child.

International Dance Day



Our tiny dancers turned movements into moments of happiness.

Seed Donation & Seedball Making



Activity was conducted by our society and our community by
Ms. Hema Nerulkar



“Body Safety & Boundaries”



Rotary Club conducted Safe and Unsafe touch session for grade 1 to 6

World Environment Day



"A clean earth is a happy earth. Let's keep it smiling!"



Environment Day



Fathers Day



Little hearts celebrated Father's day with big love.



Father's Day

International Yoga Day





**International
Yoga Day!**



Strangers are Dangers (Pre- Primary section)



Strangers are Dangers (Primary section)

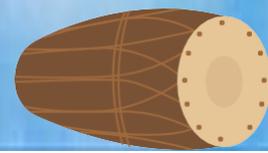


Vibrant Celebrations



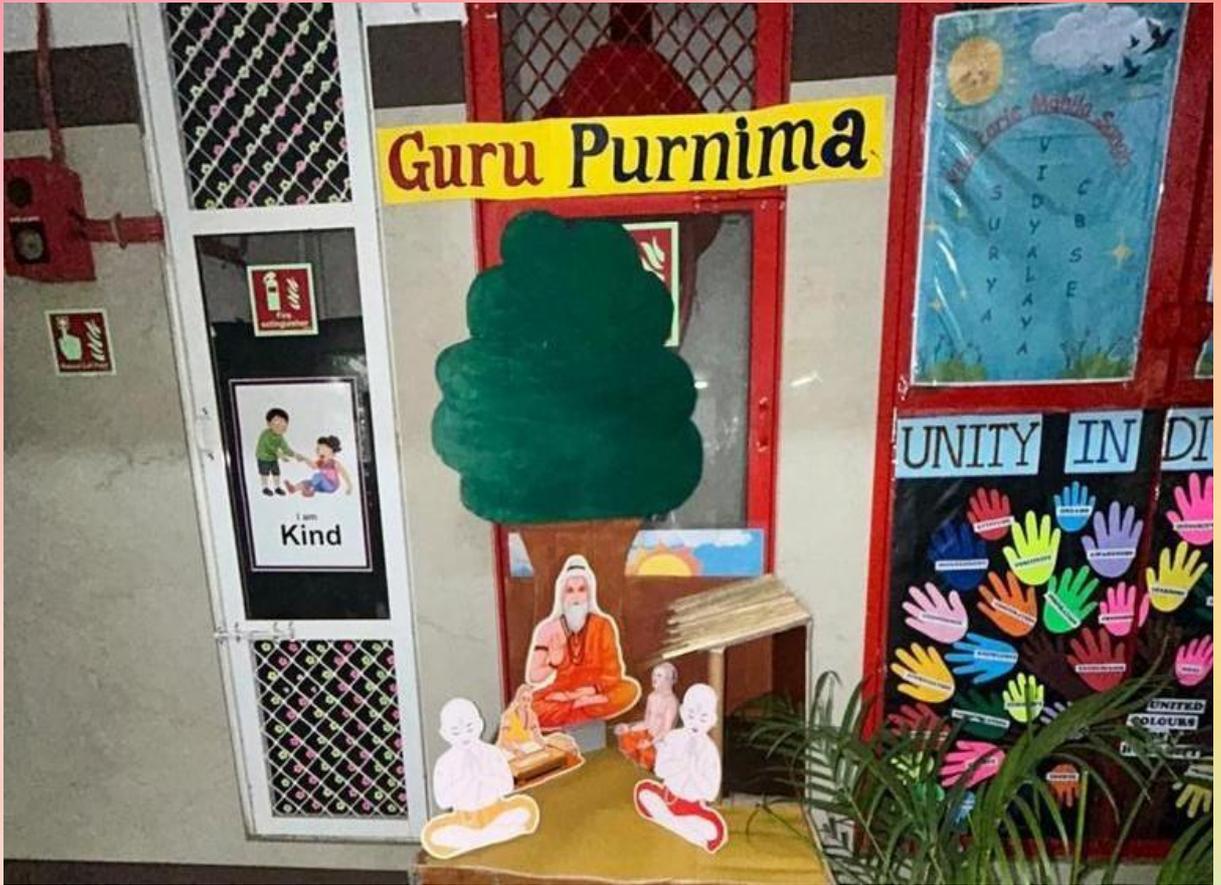
Ashadi Ekadashi



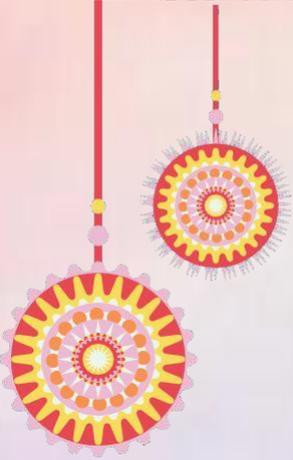


Guru Poornima





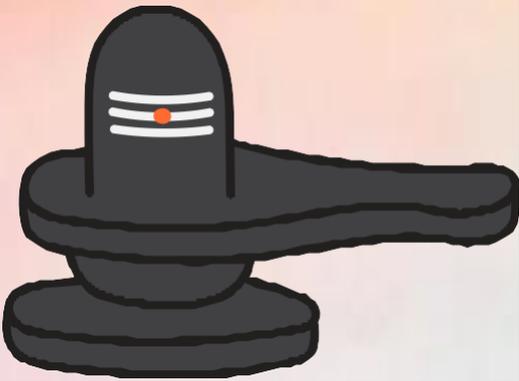
Deep Amavasya





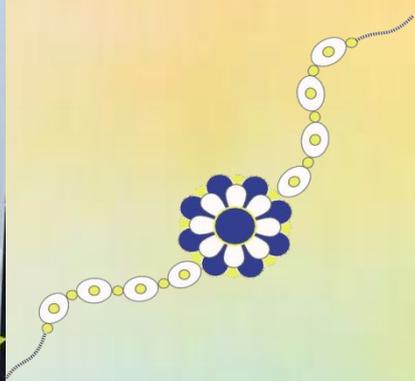
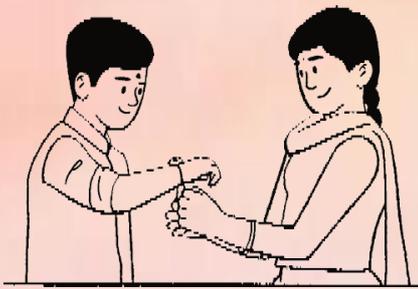
Nag Panchami





Raksha Bandhan and Narali Pournima





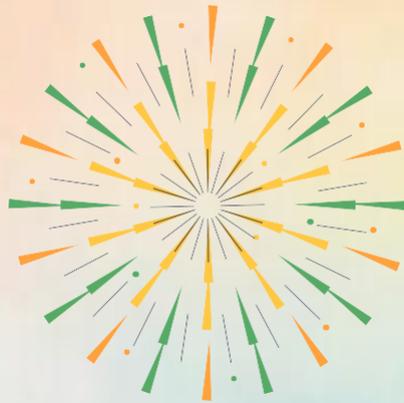
Gokul Ashtami and Dahi Handi

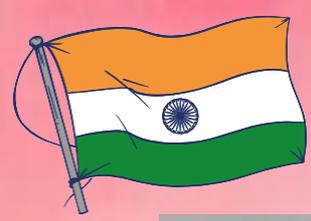






Independence Day





Special Parenting Seminar (Pre – Primary Section)



Teacher's Seminar

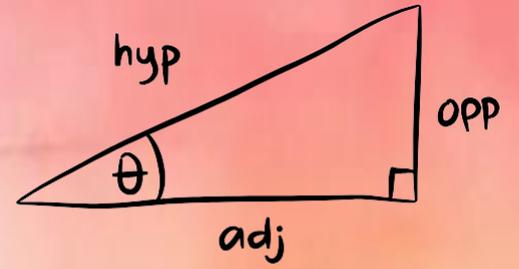


Exhibition





Language Exhibition



$$\sin(\theta) = \frac{\text{opp}}{\text{hyp}}$$



$$x = \frac{-b \pm \sqrt{b^2 - 4ac}}{2a}$$



Maths Exhibition



Competition





© 2017
Samsung Quad Camera
Shot on Galaxy M31s



© 2017
Samsung Quad Camera
Shot on Galaxy M31s



© 2017
Samsung Quad Camera
Shot on Galaxy M31s

Drawing Competition





Singing Competition



No Bag Day!

Ganesh Chaturthi





Dear Readers,

Our Surya Vidyalaya CBSE school, a venture of VPMS is evolving steadily. I'm delighted to share our progress. We've made significant strides in academic development, and our focus is gradually shifting towards a more holistic approach. Our aim is to nurture well-rounded individuals, equipped with knowledge, skills, and values essential for success.

We recognize there's still much to be accomplished. We're committed to staying updated with the latest trends and best practices in education, ensuring our students receive a world-class learning experience. Our dedicated team of educators and staff are working tirelessly to create a nurturing environment that fosters growth, creativity, and innovation.

I invite you to explore our school's journey, share your feedback, and join us in shaping the future of our students.

**Best Regards,
Ms. Sudha Nair
Head Administrative,
VPMS.**

FIND US @



7039769272 / 9326460431



SuryaVidyalaya_CBSE



SuryaVidyalaya_CBSE



SuryaVidyalaya_CBSE



vpms.cbse@gmail.com



**Mangalayatan, Paranjpe B Scheme,
Road no. 1, Vile Parle (East),
Mumbai
Pincode - 400057**

Thank you

