



# SPECIALIST SUBJECTS NEWSLETTER

**Friday 29<sup>th</sup> January 2021**

Dear Parents/Carers,

We are pleased to share our first specialist subjects lockdown newsletter, celebrating highlights in Sanskrit, Philosophy Religion and Ethics (PRE) and Yoga across the school over the last week.

Our unique Sanskrit, PRE and Yoga curriculum strongly contribute to the development of each child's full potential by discovering and nurturing all parts of themselves – intellectual, emotional, physical and spiritual. Developing the whole child is at the core of everything we do at Avanti House Primary, without such subjects this would not be possible!

“The greatest compassion is to help a person understand his/her eternal relationship with God” H.H. Radhanath Swami. The study of Sanskrit enables us to relish the sweet details imbibed within the Vedas. Through the study of these scriptures and yoga, we can establish our link with God.

With gratitude,

Mrs Joshi and Mr Koorichh  
Co -Principals



**AVANTI HOUSE**  
Excellence · Virtue · Devotion

Sanskrit  
Peace Mantra. Śrī Īśopaniṣad – Yajurveda.

*om pūrṇam adaḥ pūrṇam idam  
pūrṇāt pūrṇam udacyate  
pūrṇasya pūrṇam ādāya  
pūrṇam evāvaśiṣyate*  
Om Shaantih Shaantih Shaantih ||

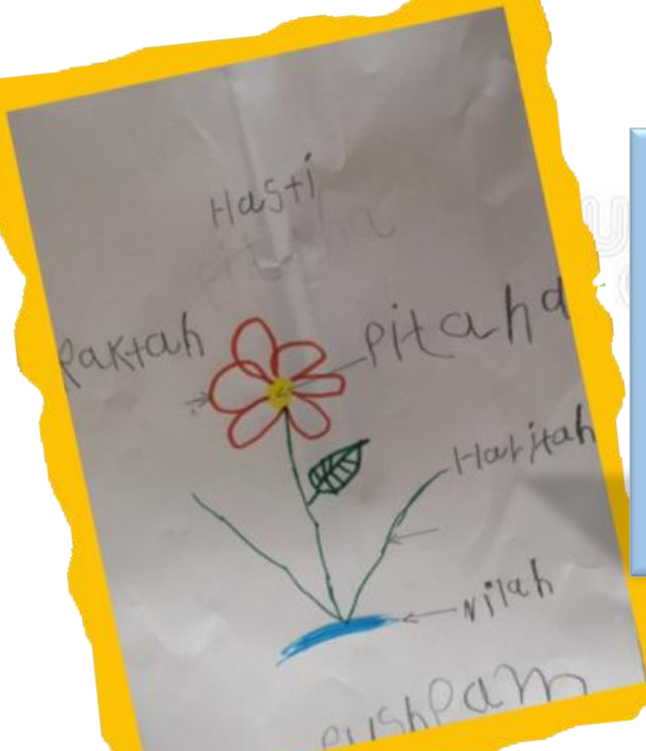
**Simple Literal Translation:**

The Supreme Personality of Godhead is perfect.  
That is perfect. This is perfect.  
Perfect comes from perfect.  
Take perfect from perfect, the remainder is perfect.  
May peace and peace and peace be everywhere.



## EYFS

The children in EYFS have been learning how to identify different colours. They love drawing and colouring-in their work and challenge each other to name the colours.



**Hasti from RBB** created this beautiful picture using the colours that she learnt.

**Hasti  
RBB**



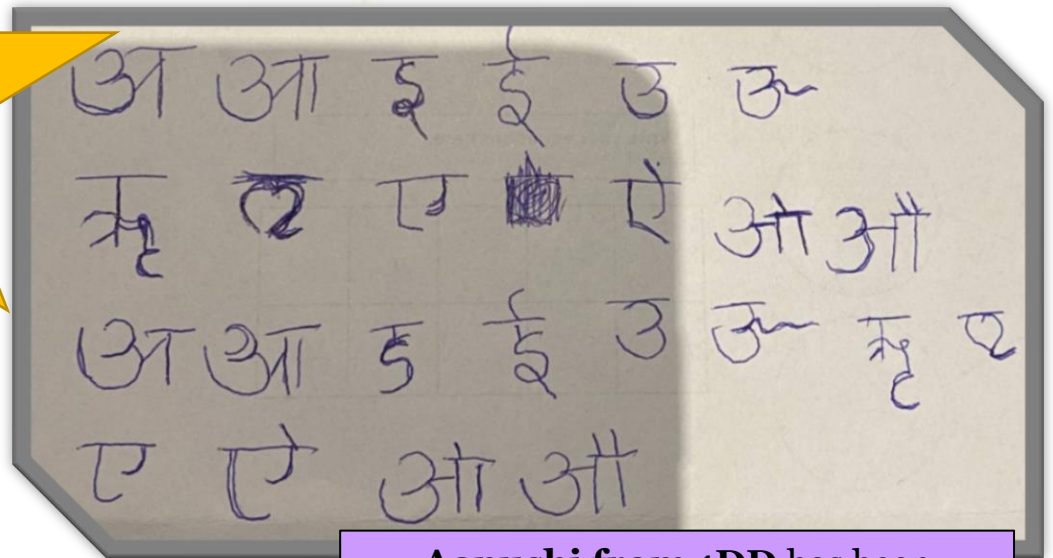
**Heyan from RLL** labelled his drawing with the correct colour names.

**Heyan  
RLL**

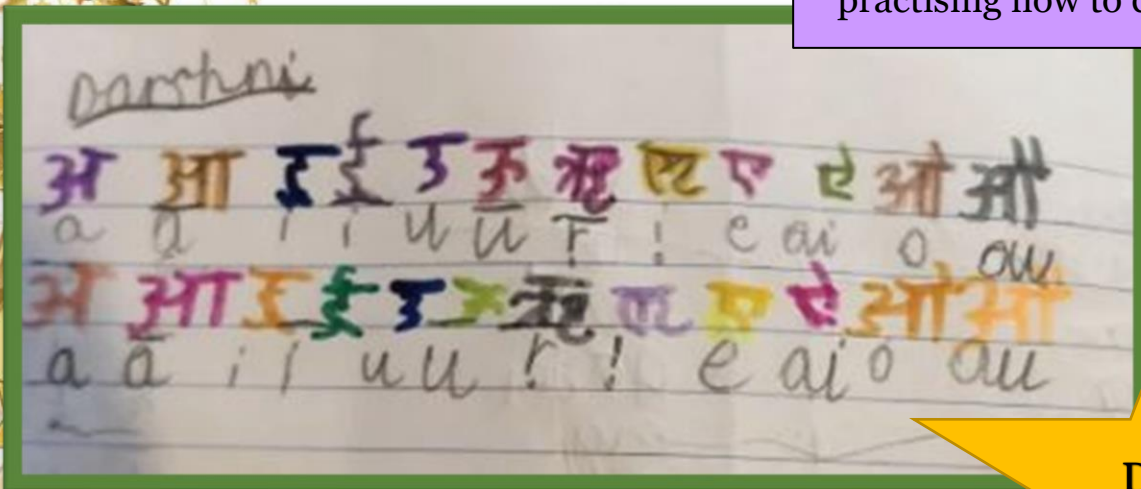
## Year 1

**Year 1** – The children in Year 1 have been focusing on reading and writing the Vowels of the Devanagari Alphabet. They have been practising how to form each letter beautifully.

**Aanushi  
1DD**



**Aanushi from 1DD** has been practising how to create each letter.



**Darshni from 1TT** has used colours to form her letters and has included the Roman Transliteration for each letter.

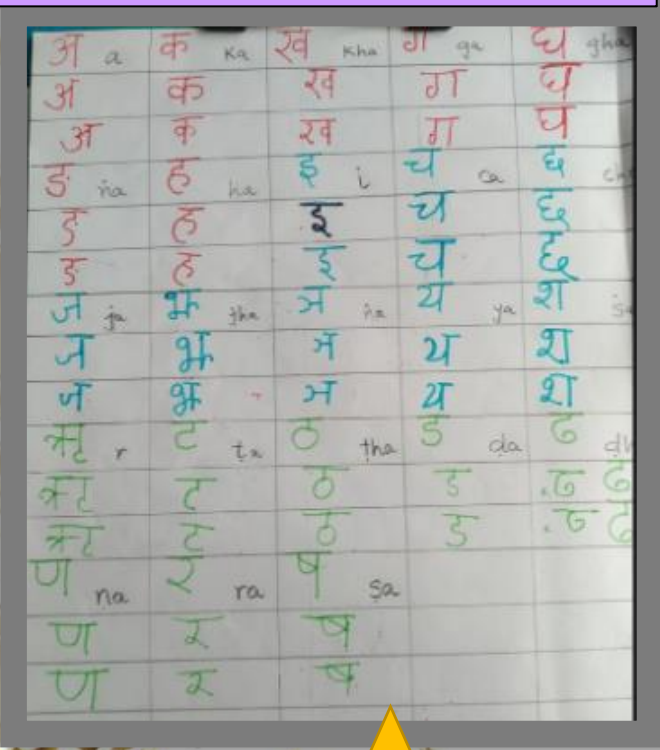
**Darshni  
1TT**



Year 2

**Year 2** – The children in Year 2 have been focusing on reading and writing the first 3 families of the Devanagari Alphabet. They have been practising how to form each letter beautifully and have started to learn new words, to start reading.

**Anik from 2PP** has been practising his letter formations.



**Jaynaa from 2FF** has also been converting the Devanagari script into Roman Script.

Using the letters on the previous page,

Write the following *devanāgarī* letters using Roman script:

- |            |            |
|------------|------------|
| 1. क - ka  | 6. ऋ - ṛ   |
| 2. श - śa  | 7. ह - ha  |
| 3. ङ - ṅ   | 8. च - ca  |
| 4. ख - kha | 9. य - ya  |
| 5. ठ - ṭha | 10. ष - ṣa |

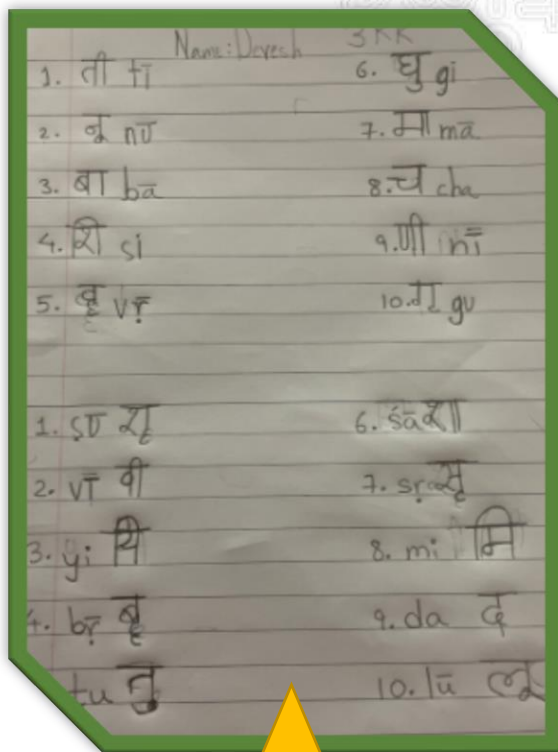
**Anik  
2PP**

A yellow five-pointed star with a black outline. Inside the star, the text "Jaynaa" is written in a black serif font, and "2FF" is written below it in a bold black sans-serif font. Above the star, there are two horizontal blue lines.

## Year 3

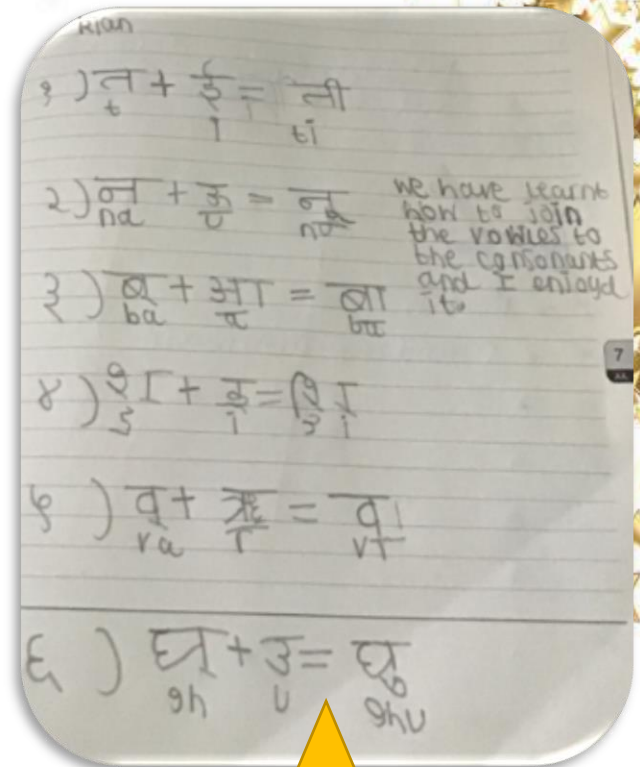
**Year 3** – The children in Year 3 have been practising how to combine simple vowels to consonants using special symbols. They have also been practising how to transliterate each letter of the alphabet to help them to read simple words.

**Devesh in 3KK** shows us how he transliterated each Devanagari letter into Roman script and vice-versa.



Devesh  
3KK

**Rian in 3KK** has been joining Vowels to the Devanagari Consonants using special symbols.



Rian  
3KK



## Year 4

**Year 4** - The children in Year 4 have been practising how to combine complex vowels to consonants using special symbols. They have also been practising how to transliterate each letter of the alphabet and reading new words.

**Himaksh from 4HH** has transliterated some Vocabulary words and drawn some pictures to go with each word.

**Himaksh  
4HH**

ॐ आहार - AhaRah - Food  
ॐ ईशः - īśah - Lord  
ॐ ककः - kakah - crow  
ॐ जननी - janani - Mother  
ॐ तारका - taraka - star  
ॐ दूतः - dhutah - Messenger  
ॐ नदी - nadi - River  
ॐ नारी - nari - Lady  
ॐ पृथिवी - prithivi - Earth  
ॐ नासिका - nasika - nose  
ॐ वाल्मिकः - valmiki - boy

**Krishna from 4RR** shares the new words she has learnt to read and write.

आहारः - āhārah - Food  
ईशः - īśah - Lord  
ककः - kakah - crow  
जननी - janani - mother  
तारका - taraka - star  
नदी - nadi - river

Krishna Natha  
4RR

**Krishna  
4RR**

Today we learnt a few words  
and we also drew some pictures.  
I really enjoyed today's lessons.  
We learnt how to pronounce the  
words.

## Year 5

**Year 5** - The children in Year 5 have been learning about combined consonants with vowels. They are learning about special symbols to use in their writing of new words and have started forming short sentences.

**Zara from 5SS** had lots of fun creating her very own sentences using a variety of nouns and verbs.

**Zara  
5SS**

Today in Sanskrit I enjoyed making sentences in the Devanagari script and writing the meaning in English and I learnt new words! - **Arya- 5JJ**

**Mehek  
5JJ**

**Mehek from 5JJ** shares her sentences with us...

In Sanskrit we are learning how to read, write and make sentences with nouns and verbs. I have written 10 sentences including nouns and verbs. I really enjoy making these sentences and we have a wide variety of vocabulary to choose from.



## Year 6

**Year 6** - The children in Year 6 have been learning how to join the unique letter R to consonants using the Leg and Hook symbols. This has helped them to be able to learn more complex words and thus extend their vocabulary to be able to write longer sentences. They have been learning about special combinations and are using word which contain them, in their writing.

### Freya from 6CC shares her Special Letter Combinations

क + ष = क़ ष  
k + sa kṣa

क + त = क्त  
k ta kta

त + त = त्त  
t ta tta

श + र = श्र  
ś + ra = śra

ज + ण = ज्ञ  
j + ṇa = jña

य + द = द्य  
ya + dh = dhya

In Sanskrit, we are learning to join halant letters to consonants.

Freya  
6CC

Sentences! Aashi 6CC

1. मित्रम् तिष्ठति Friend Stands
2. मायां कोपः Wife anger
3. देहः जानाति Body knows
4. देवः गायति Lord sings
5. सेना धावति Army runs
6. भ्राता खादति Brother eats
7. गुरुः लिखति Teacher writes
8. रवगः पतति Bird falls

Aashi from 6CC shares some of the sentences she composed.

Aashi  
6CC

how to combine two letters and write short sentences. We learn how to write new words so we can use them in our sentences. All credit goes to Mrs Bandheri!

Sanskrit

1. गर्दभः तिष्ठति Gardabhaḥ tiṣṭhati Donkey stands	1. क + ष = क्ष k + ṣa = kṣa
2. राक्षसः क्रोशति Rakṣaḥ kṛośati Demon cries out	2. क + त = क्त k + ta = kta
3. पुत्रः क्षिपति Suta kṣipati Son shoots	3. त + त = त्त t + ta = tta
4. सर्पः तिष्ठति Sarpaḥ tiṣṭhati Snake stands	4. श + र = श्र ś + ra = śra
5. मित्रम् तिष्ठति Mitraṁ tiṣṭhati Friends stands	5. ज + ञ = ज्ञ j + ña = jña
	6. द + य = द्य d + ya = dya

By Janki Patel  
(600)

Janki  
600

**Janki from 600** shows us how two letters can come together to create brand new unique letters.



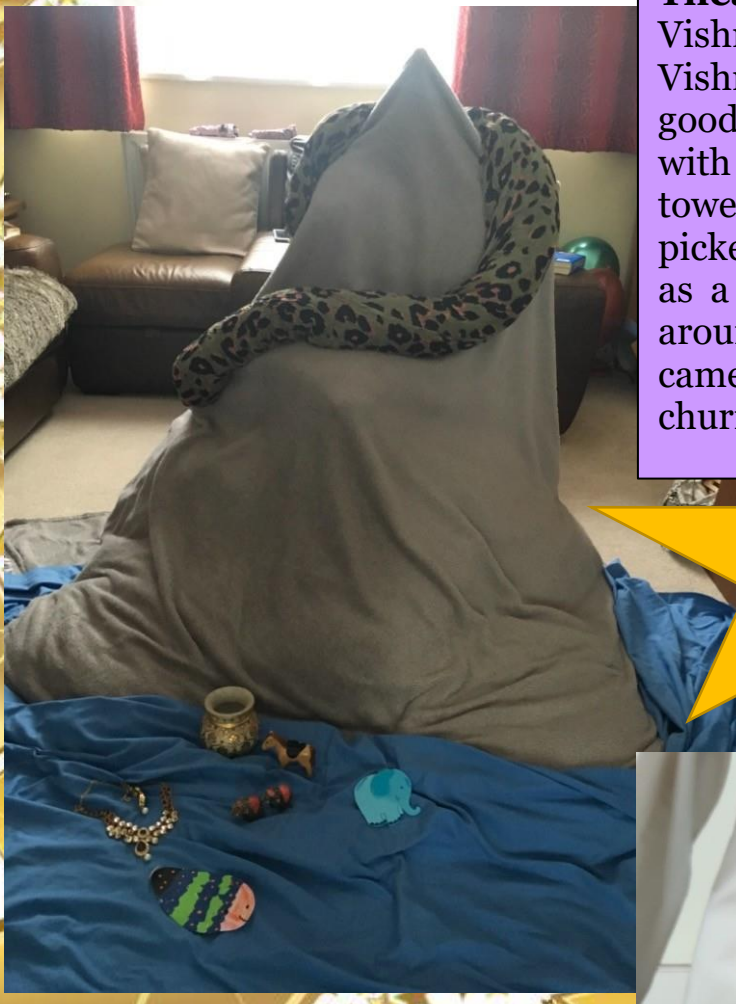
# Philosophy Religion and Ethics (PRE)

*rāja-vidyā rāja-guhyam pavitram idam uttamam*

*pratyakṣhāvagamam dharmyam su-sukham kartum avyayam*

**BG 9.2: This knowledge is the king of sciences and the most profound of all secrets. It purifies those who hear it. It is directly realizable, in accordance with *dharma*, easy to practice, and everlasting in effect.**

What better way to start PRE learning in EYFS than a story about Krishna, his pastimes and his different forms? Mr Ananda and the children have been on an adventure during lockdown learning about different personalities including Kurma Avatar (Tortoise).



**Thea in RLL** loves stories about Vishnu's avatars and learning why Vishnu took these avatars for the greater good. She loved making the mountains with a chair, a broom and plenty of towels, bedsheets and blankets. She picked a snake like shawl in order to use as a snake for the churning. She went around the house and picked items that came out of the Ocean from the churning.

**Thea  
RLL**

**Nikunj  
RLL**



**Nikunj in RLL**, with the help of an adult, made a mountain of the scrap papers and paints. He coloured the mountain without any help.

**Aansh  
RBB**

**Aansh in RBB** made this with help from  
daddy using his PJ mask characters 😊

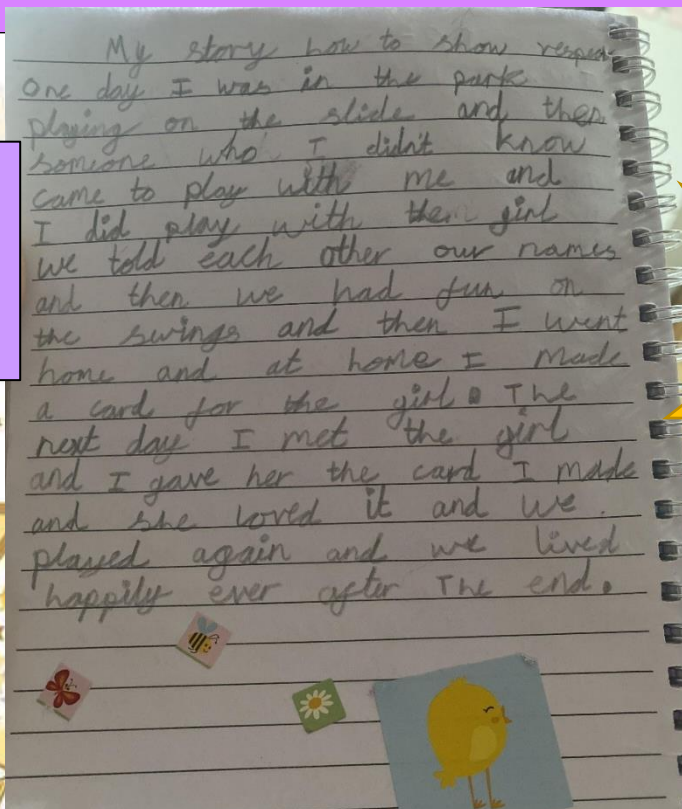


Year 1 had a chance to write a story about a time where they showed respect (combining a range of different learning opportunities including English, PRE and PSHE).

**Kiah in 1TT** shows  
that she has a very  
good understanding  
of respect through  
her very own story!

My story how to show respect  
One day I was in the park  
playing on the slide and then  
someone who I didn't know  
came to play with me and  
I did play with them girl  
we told each other our names  
and then we had fun on  
the swings and then I went  
home and at home I made  
a card for the girl. The  
next day I met the girl  
and I gave her the card I made  
and she loved it and we  
played again and we lived  
happily ever after The end.

**Kiah  
1TT**





PRE  
 Few months ago, my dad was dropping me to the school by bus. Then an old man got into the bus with a shopping bag. The bus started and he dropped his things. We helped him by picking his stuff and offering our <sup>seats</sup> ~~sits~~. We should respect old people. When we got off the bus, we <sup>said</sup> ~~said~~ thank you to the driver.

**Jivaansh in 1DD**

**Jivaansh in 1DD**  
 shows how he applies respect in his everyday life!

Year 3 were challenged to make their own Powerpoint presentation on one of the five incarnations that they are currently studying in class, during lockdown!



*Matsya avatar Ki jay !*

**Vanaiya 3GG**

**Saavan 3GG**



Varaha Avatar (the 3<sup>rd</sup> Incarnation of Lord Vishnu) came shooting out of one of Brahma's nostrils, in the form of an boar.



Reece  
3GG

Year 5 had to distinguish between the various varnas (social classes) and the characteristics shown in the specific varna and determine a symbol for each of them.

Kshatriya  
Symbol:



Characteristics:

To protect the citizens from harm, especially women, children, cows, brahmanas, and the elderly.

To ensure that the citizens perform their prescribed duties and advance spiritually.

To be the first into battle and never to flee the battlefield.

To never refuse a challenge.

To develop noble qualities such as power, chivalry, and generosity.

Aashi  
5JJ

Hemi  
5JJ

Varna	Symbol	Characters/qualities
<b>Brahmana</b> Teachers and Priests		<ul style="list-style-type: none"> <li>control of the mind and senses</li> <li>mercy and truthfulness</li> <li>austerity and cleanliness</li> <li>satisfaction and forgiveness</li> <li>simplicity and knowledge</li> <li>complete surrender to the lord.</li> </ul>
<b>Kshatriya</b> Warriors		<ul style="list-style-type: none"> <li>unconquerable</li> <li>patient and forgiving</li> <li>challenging and charitable</li> <li>in control of their senses</li> <li>attached to the way of goodness</li> <li>always be jolly and truthful</li> </ul>
<b>Vaishya</b> Traders, Farmers and Merchants		<ul style="list-style-type: none"> <li>trying to advance in religion, wealth and sense</li> <li>enjoyment</li> <li>always trying to earn money with expertise</li> <li>being devoted to the demigods, gurus and the Lord</li> <li>believing in the words of the spiritual master and scriptures</li> </ul>
<b>Sudra</b> Artists and laborers		<ul style="list-style-type: none"> <li>offering respect to others</li> <li>cleanliness</li> <li>not stealing</li> <li>always speaking the truth and protecting cows and brahmanas.</li> </ul>



# Yoga

*yuktahara-viharasya yukta-cestasya karmasu  
yukta-svapnavabodhasya yogo bhavati duhkha-ha*

**B.G. 6.17: He who is regulated in his habits of eating, sleeping, recreation and work can mitigate all material pains by practising the yoga system.**

Our Lockdown Yoga has been great! Children have been engaged and practicing beautifully! We have explored many different postures and children have also led some warmups and prayer. Yoga is a super way to keep all of us fit mentally, physically and spiritually. Amazing Yogi's and Yogini's at Avanti House Primary School. Well done all for trying your best on online yoga!

**6CC**

Aryaa Gadhia &  
Dhruv Patel

**600**

Smit Malvankar &  
Prisha Pithadia

**1DD**

Reet Randhawa &  
Mayan Khetani

**1TT**

Mia Patel &  
Arjun Bagga

**RLL**

Yogiraj Pradhan &  
Reyha Chauhan

**RBB**

Adi Shah &  
Harita Gothadiya

**5JJ**

Shivani Natha &  
Sayona Rajjada

**5SS**

Anaya Gorasia &  
Panth Savalia

**2FF**

Nabhya Patel & Eva  
Brahmkshtriya

**2PP**

Prahi Thakkar &  
Viaan Butani

**4HH**

Ella Goodhead &  
Himakha Raghavani

**4RR**

Niam Patel &  
Diya Patel

**3GG**

Aanya Parikh &  
Yug Patel

**3KK**

Ishaan Raval &  
Anvi Lalji

## Children and parents share their reflection about Yoga:

I enjoy doing yoga online with my classmates, it's good it has continued. Yoga helps me many ways like keeping me active, in concentration and teaching me good breathing habits thank you really appreciate 🙏  
Dev Khakar (Year 5)

The yoga lessons are really good, gives the children a chance to stretch out in this time where they can't really go anywhere. Even the mummies and daddies are quite enjoying them 😊  
(EYFS parent)

I love doing yoga on zoom. Mrs Haria makes the class fun and my whole body feels nice and stretched. I enjoy having a break from reading and writing. Ash Hirani (Year 1).

Mrs Haria's yoga classes are always well organised and a great break from studying for the kids. It's hard to get them out every day in the winter, but the yoga classes help them to stretch their bodies and relax. The classes are personalised to the kids age groups, making it fun for them, and for us parents to join in too!  
(Year 1 parent)

