



FOREWORD

A BRAND NEW BEGINNING IN A BRAND NEW CAMPUS !

As you turn into the new campus, there is a particular spot that always takes my breath away. From this point, you can see the entire length of the campus, and I must admit, it has been the cause of many emotional moments for me. Week after week, over these last few months, I've watched our campus grow—inch by inch—unfolding its beauty, and, more importantly, its promise to nurture everyone who steps foot inside. Seeing a dream come to life is something that words struggle to capture, but the feeling is simply beyond anything I could have imagined.

This campus is not just about infrastructure; it's about creating a space with a soul—a heart that beats for everyone within it. This is Prana—one of the Panchadhatus that defines Tapas. Over the past few weeks, I've seen both learners and adults come in, at first with a bit of hesitation, and then, slowly, making this place their own. Witnessing this transformation has been a beautiful reminder of why we are here.



The Aarambhotsava was a true celebration of community, and the support from friends, family, and the entire Tapas family touched us deeply. With over 1000 people in attendance, the spirit of the day shone brightly, not just in the joyful interactions, but also in our shared commitment to sustainability. We are incredibly proud that, despite the scale of the event, the waste generated was minimal (our goal was zero, and we will keep striving toward that). The event was more than just a showcase of the space—it radiated the energy, intention, and togetherness that defines Tapas.

Now, as we settle into this beautiful space, we are more conscious than ever of the incredible responsibility it carries. We have the space. We have the intention. And we have the community that believes in us. Our promise is to keep evolving so that every learner and every adult who walks through our doors leaves a little more enriched, and a little closer to becoming the best version of themselves.

With warm regards !

Preethi

PREETHI VICKRAM



ANANDA IN EVERY STEP: THE HEART OF LEARNING AT TAPAS

- Krishna Khajanchi

After moving to Bangalore, I explored various schools, but something always felt missing. My heart wasn't fully content, and I kept searching for that elusive element. Then, by chance, I came across Tapas. From the moment I stepped into the school, I felt a positive energy. It was as if the missing piece I had been searching for was finally within reach. And I was right. Starting with the school's core values and vision to their unique approach through PBL (Project-Based Learning) and life skills classes, Tapas embodied everything I hoped for in a learning environment for children.

Tapas is a school with heart—a place where every child's journey is celebrated. The smallest of achievements are transformed into proud stories to be shared. It's a school where students become lifelong learners and teachers take on the role of facilitators, guiding and nurturing growth. And most importantly, there is joy, "ananda", in everything the children do, whether it's exploring, creating, or learning.

In the Early Years program at Tapas, each class is named after an environment. Our school has become an underwater adventure, where you will encounter tiny turtles, mighty sharks, and playful dolphins. Each environment reflects the personality of the facilitators, showing just how deeply young minds are influenced by their surroundings and the adults within them.

The tiny turtles settled faster than anyone expected. Through their project *Myself* and my surroundings they discovered a lot about themselves. They sang rhymes, danced to related songs, and in the end, created stick puppets that resembled themselves.

The mighty sharks dove deep into the topic of Water. They explored water through painting, playing with it, and examining its different states. I found myself wanting to join in when they made popsicles to explore water's transformation from liquid to solid. I was envious—I wanted to be part of their class, having fun while exploring water in all its forms.

And then, there are my ever-considerate and compassionate dolphins. As their name suggests, they are playful yet mature.



Their project, Café; initially seemed like an ambitious plan. Running a café for a week sounded challenging for such young learners, but they overcame every hurdle under the guidance of their resourceful facilitator. They visited local cafes, tasted, prepared, and discussed various foods, eventually deciding on their menu items. They took on different roles, each child selecting a position based on their strengths. Together, they voted to name their cafés. With confidence that would put most adults to shame, they visited a bank to secure a loan, presenting their café plan convincingly. Each day, they assembled to reflect on what went wrong and how to improve their service. They accepted feedback with maturity and a positive attitude.

The dolphins successfully ran their café for five days, earning a significant profit. With so much happening, my days are never dull. Every day is filled with excitement, joy (Ananda), and learning.

Isn't this the kind of environment we, as educators, aspire to provide for every child? Yes, there is chaos, but it's an organised chaos—one where children are actively debating, discovering, and growing.

At Tapas, there is ananda (joy) in everything the children do, and this joy guides them as they blossom into strong, capable individuals.

ANANDA IN EVERY STEP: THE HEART OF LEARNING AT TAPAS

- Krishna Khajanchi





DOLPHINS CELEBRATE "DIFFERENCE CELEBRATION WEEK" (JULY 15TH-19TH, 2024)

- **Afrah Fathima** (SENIOR MENTOR FACILITATOR)

The third week of July was an exciting and insightful time for the Dolphins as they celebrated Difference Celebration Week. Through a series of engaging activities, the young learners explored their differences, realised how unique they all are, and learned to appreciate both themselves and each other despite these differences.

Mismatched Day kicked off the celebration on Monday. Learners wore mismatched outfits, sparking conversations about physical differences and uniqueness. This fun and lively day helped them understand that just like it was perfectly okay to wear mismatched clothes, it is also okay to be different from one another.





DOLPHINS CELEBRATE "DIFFERENCE CELEBRATION WEEK" (JULY 15TH-19TH, 2024)

- **Afrah Fathima** (SENIOR MENTOR FACILITATOR)

On Talents Day, the learners had the opportunity to showcase their various talents. From storytelling with puppets and singing songs to playing musical instruments, performing magic tricks, and cracking jokes, everyone enjoyed seeing the unique abilities of their peers. The day was filled with applause, laughter, and appreciation for the variety of talents within the group.



SCAN FOR MORE GLIMPSES OF TALENT'S DAY !





DOLPHINS CELEBRATE "DIFFERENCE CELEBRATION WEEK" (JULY 15TH-19TH, 2024)

- Afrah Fathima (SENIOR MENTOR FACILITATOR)

On Expressions Day, the learners explored different ways people express emotions and learned that it's okay for everyone to express themselves in their own way. Through various scenarios, they shared how they would express emotions like happiness, sadness, and frustration, fostering an understanding of emotional diversity and empathy.

The week concluded with Togetherness Day, where the focus was on how strong we are when we come together, even with our differences. The learners brought snacks from home to share with their friends, watched videos emphasising the power of unity, and created a banner reading "Strength lies in differences, not in similarities." The celebration ended with a joyful group paper dance, reinforcing the message that they are stronger as a team.

Difference Celebration Week was a wonderful journey of self-discovery, learning, and appreciation for the Dolphins. It left them with a deeper understanding of their own uniqueness and the power of kindness, expression, and togetherness.



DOLPHINS CELEBRATE "DIFFERENCE CELEBRATION WEEK" (JULY 15TH-19TH, 2024)

- **Afrah Fathima** (SENIOR MENTOR FACILITATOR)

Kindness Day followed, where the learners were immersed in stories about the importance of kindness—not only towards others but also towards themselves. The day ended on a sweet note as the learners baked heart-shaped cookies and shared them with school helpers, showing their gratitude for the daily support they receive. They also exchanged heart-shaped badges with each other, sharing stories about how a classmate had been kind to them.



FATHER'S DAY - FIRELESS COOKING EVENT

- Sapna



The first celebration of the year for this academic year involving parents was the Father's Day celebration with a fireless cooking event. Once the announcement for the event was made, the learners were filled with excitement and eagerness. We would ask them everyday what they were planning to make and they would not share any clues about it. They were being secretive and wanted to surprise us.

On the day of the event, learners were happy to show their space to their father's. The celebration began with an engaging talk by a clinical and sports nutritionist, who shared valuable insights on the importance of balanced nutrition for both growing children and active adults. A brief Q&A session allowed parents to clarify any doubts they had about children's food and nutrition.





FATHER'S DAY - FIRELESS COOKING EVENT

- Sapna

Then, it was time for the highlight of the event, the fireless cooking event. It was great fun for both the father's and the learners to set up their cooking stations. We loved to see our learners get involved in each step of the process to make a nutritious dish. We could see their eager hands work tirelessly with their father's resulting in spectacular dishes created with much love and enthusiasm. Their smiles as they posed with their creations was unparalleled and second to none.

To make the event even more memorable, our little ones surprised their dads with specially crafted badges they made in class. These badges, worn proudly by the fathers symbolized the love and appreciation they share with their children. Of course, no celebration would be complete without capturing these precious moments! Our selfie booth, set up for the occasion, was a huge hit. Fathers and their children posed for fun pictures, capturing the joy of the day and creating lasting memories.

It was a truly special event, fostering connection, creativity, and learning in a unique and heartwarming way. We at Tapas look forward to more such moments where families can come together to learn, share, and grow!

FATHER'S DAY - FIRELESS COOKING EVENT



SNAPSHOT!



FATHER'S DAY - FIRELESS COOKING EVENT



SNAPSHOT!





SHARKS EXPLORE THE DIFFERENT STATES OF WATER

- **Afrah Fathima** (SENIOR MENTOR FACILITATOR)

In the Water project, the Sharks class dived into an exciting exploration of the different states of water. Through hands-on activities, the learners explored how water changes its state when exposed to different temperatures. For the same learners had the opportunity to touch and feel water in its solid, liquid, and gas forms—playing with ice cubes, splashing in a tub of water, and feeling the steam from a steamer.





SHARKS EXPLORE THE DIFFERENT STATES OF WATER

- **Afrah Fathima** (SENIOR MENTOR FACILITATOR)

As the grand finale of their learning, the class made delicious watermelon popsicles! This activity was a big hit, not only reinforcing their understanding of water's transformation from liquid to solid but also teaching them the value of patience as they waited a whole day for the popsicles to freeze.

The Sharks class not only grasped an important science concept but also enjoyed a refreshing treat they made themselves. It was a fun and fruitful learning experience for all!





THE TURTLES

- Sapna

Did you know that Sea turtles have shells that are as unique as human fingerprints? They value their own and others' uniqueness. This line could definitely define the young turtles in our class. They are a bunch of enthusiastic, creative, unique and imaginative individuals.

Let me however start from the beginning, the month of June, which was a new phase in the life of the Turtles. Each day was different with loads of exploration, a bit of crying and some trepidation. Some days would go very smoothly but others would require us to strive to ensure the learners felt comfortable and happy in the environment.

As the learners embarked on this new journey, our job as facilitators was to create a stimulating environment

where the learners felt safe and happy. The home visits of course helped both the learners and facilitators as they provided a greater sense of security for the learners and we, the facilitators, developed a better understanding of the learners interests and the way they learn. Starting with shorter days and gradually increasing the time as learners became more comfortable also helped to ease their separation anxiety.

Slowly but surely with each passing day, the learners started to figure out the daily routine starting with the assembly, circle time, project time, play time, snack time and so on. Offering stories and rhymes as well as sensory activities ensured that each child felt involved and interested in the activities. The stories undoubtedly helped develop language skills.



THE TURTLES

- Sapna

We played games where the learners were introduced to one another and encouraging group play helped them form friendships, making the environment feel more familiar. As time went by, we had learners coming up and asking why their friend was not at school today. They were happy to be with their peers and enquired about them.

From learners who came in crying and not talking to anyone, we are now a bunch of learners moving from one activity to the next, with hands busy with blocks, paints, and puzzles. Their enthusiasm is contagious, each child brimming with curiosity as they discover new shapes, sounds, and colours. It's a joyful, bustling environment filled with chatter, where curiosity is celebrated, and every question leads to a new adventure in learning and of course with learners as unique as the shell of the sea turtle.



JANMASTHAMI CELEBRATIONS !!

- Ashita

My journey at TAPAS started when I decided to step out of my comfort zone and board on a learning wagon fully run by women.

With learners there are always eureka moments, we had several such incidents to cherish. One such incident was the Janamastmi celebration, where learners celebrated Janmashtami with completely sustainable items and upcycling the available resources.

The decoration was done using reusable torans and dupattas brought by our very enthusiastic facilitators and decor motives were earthen pots and peacock coloured by learners.

The celebration commenced with the meditative sound of flute which took the learners in a state of trance.



JANMASTHAMI CELEBRATIONS !!

- Ashita

After that all the three environments saw a movie clip of Krishna leela, which inspired them with the life of Krishna focusing on this character. Learners made tiaras with newspaper bands, with a peacock feather colored by them and worn to make them feel like Krishna.

The surprise element which added so much soul to this event was that our facilitator Ms. Gowthami dressed up as Krishna and played flute for the learners. It was followed by circle time discussions about qualities of Krishna which they would like to inculcate in their lives.





OUR MONTESSORI JOURNEY

- Sapna

Our learners came filled with enthusiasm and a little bit of hesitation to the new environment which is the Montessori environment. As they entered into the world of Montessori, they became fascinated with all the materials around them. From not knowing how to use the materials and the rules to follow in the Montessori environment to becoming independent individuals choosing their own work and working with concentration, they have come a long way in the last couple of months.

It seems not long ago when they were excited to go to the Montessori environment but did not know what to expect. Slowly but surely after establishing trust with the children, we began to see a love of work, deep concentration, peacefulness, empathy, self-discipline, and more in the children. The children have an innate need for order and by preparing an environment where they feel safe and secure, we were able to provide a strong structure

during the first days and weeks to help the children ease into their new class.

The children then decided to set up a few rules for their class like

- How to use a quiet voice
- Work is to be done on a rug or chowki
- Work is to be put away when done
- How to walk in the environment

As they enter into this environment, I can see them being inquisitive, excited, curious with their personalities shining through as they feel they are in a safe environment and are capable of doing so much on their own without assistance. They have been learning from the simplest things like folding a napkin, to pouring grains, to buttoning, grace and courtesy exercises and most importantly taking care of the materials in their environment. I cannot wait to see our learners grow in leaps and bounds as they discover the wonderful world around them and surprise us with their discoveries and insights.





ARAMBOTSAVA - Niharika Singh

As a proud member of the admin team of Tapas, being part of Arambotsava—the inauguration of our main campus—was nothing short of remarkable. What unfolded on the big day was the culmination of months of relentless preparation, hard work, and team spirit. When we first heard the official date of the event was approaching, our excitement was met with an equal amount of pressure. The heartbeat of the entire team seemed to quicken as we realized how much there was still left to do. The closer we got to Arambotsava, the more the weight of our responsibilities grew, and so did our determination to see it through. Our team poured heart and soul into every detail—be it logistics, decorations, or ensuring seamless coordination. It was no small feat, and every step of the way, the pressure was high. But the commitment of everyone involved never wavered.

There were long hours of work—extending late into the night and evening — yet the energy was palpable. We were driven by a shared vision: to

ensure the event was a reflection of the values and aspirations we uphold at Tapas. It was truly a “blood, sweat, and tears” effort, but watching it all unfold smoothly on the day made every challenge worth it.

What stood out most was how every member of the team rallied together, Shalini, Nandish and Nayan hustling in packing and transporting all the prerequisites required at the main campus, and the team at main campus all ready to unpack and keep it ready for the main event. The dedication didn’t end once the inauguration was over. Cleanup, follow-ups, and ensuring the campus was back to its normal rhythm by Sumathy ma’am and her extensive commitment to excellence and Tapas shone through till the very last task was completed.

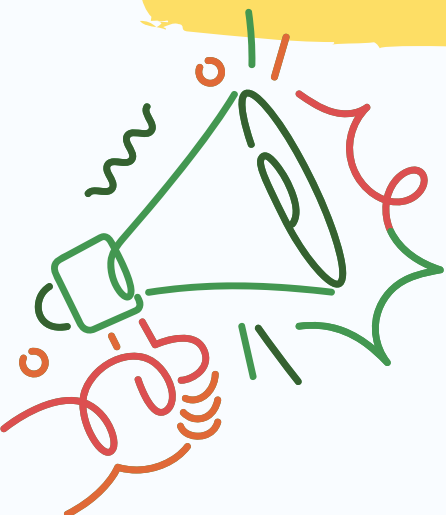
Arambotsava was not just an inauguration; it was a testament to the power of teamwork, resilience, and passion. And for me, being a part of it was an unforgettable experience that reaffirmed what it means to be a part of the Tapas community.



ANNOUNCEMENT

- SOTM (Summit of the Minds) will commence on **25th October, 2024.**
- We're excited to share that we're about to begin preparations for Sports Day, which is planned for December! We'll provide the dates and other details soon!

**STAY TUNED FOR FURTHER
UPDATES !**



Learners' corner

LOGO OF THE HAPPY CAFE



KINDNESS GREETINGS



Learners' corner

HAPPY CAFE TABLE SETTING



**VISUAL
REPRESENTATION
FOR THE STORY
HUNGRY
CATERPILLAR**

Learners' corner



CRAFTY REPRESENTATION OF LIFECYCLE OF A BUTTERFLY

PARTS OF THE BODY OF INSECTS - PUZZLE



Learners' corner



**REPRESENTATION
OF AN ANT**

**PRESENTATION
OF BUTTERFLY**



A photograph of children playing on a modern playground structure. The structure is made of grey metal frames with yellow handrails and steps. Several children are visible: one in a light blue shirt is climbing a set of stairs on the left; another in a yellow shirt is on a platform; a child in a white shirt is climbing a set of stairs in the center; and a child in a pink dress is climbing a set of stairs on the right. The playground is set on a green artificial turf. In the background, there is a building with vertical blinds. The image is overlaid with a large, soft yellow cloud shape in the center and several diagonal yellow lines crossing the frame. The text 'MORE TAPAS MOMENTS!' is written in a bold, dark green font across the center of the image.

**MORE
TAPAS
MOMENTS !**



REPRESENTATION OF EVERYDAY HEROES



WORLD ENVIRONMENT DAY

STORIES OF CALIFORNIA

BURRITOS



HAPPY CAFE SMILES!



HAPPY CAFE SMILES!



INTERNATIONAL YOGA DAY



GUBALALA LAKE FIELD VISIT!

