

Ambassador Times





Connecting Hearts.....Connecting Minds...

From the Principal

'Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence.'

- Helen Keller

Dear Parents,

I hope this message finds you in good health and high spirits as we embark upon another exciting term. I wanted to take a moment to extend a warm welcome to all our students both new and returning, along with our dedicated staff.

We, at Ambassador, believe in enriching every child's education, coupled with their personal growth and development. We have introduced new programs and initiatives to explore the potential of our students coupled with their skill development. Our ongoing initiative, the Global Awareness Program (GAP) with the foundation laid in Kindergarten with the Around the World program is a step in this direction to help broaden a child's horizon, instill a sense of global citizenship and equip them for a diverse yet interconnected world.

The multifarious aspects related to the activities expose students to a wide ambit of global cultures and perspectives and steer them to think beyond borders. A sense of universal tolerance and empathy entails an in-depth understanding and respect for diverse languages and traditions.

In the spirit of collaboration, we have embarked on student-led online seminars with schools across the continents to enable them to develop a global perspective.

ASMUN Club is launching their maiden venture as an inter-school event to facilitate our young Ambassadors to showcase their critical thinking and analytical skills to navigate complex world challenges. The program is a stepping stone to enhance their future prospects, especially in a globalized job market, as they learn to comprehend the mindset of different nationalities.

STREAM & AI integrated lessons continue to enrich the students with core skills of problem-solving and innovation.

We invite you to embrace this enrichment initiative as a family. You can actively participate in your child's educational journey by engaging in conversations with your ward/s about the topics they learn, explore global news together and create an environment for them to share their thoughts with you.

Please stay connected with us through the newsletter, website and social media channels, for updates on school events, news and announcements. Kindly feel free to reach out to us with queries, if any. Let us join hands to make this experience an inspiring one for our children!

Warm regards
Dr. Sheela Menon
Principal



Highlights of the Month

LITERATI - 2023



AL FALAH 2023- INTERSCHOOL STUDENT LED SEMINAR



HIGHLIGHTS OF THE MONTH

LITERATI -2023

Literati 2023, an Interschool English competition, was held on Saturday, 16th of September, at Gems Modern Academy. The event provided a forum for participants to showcase their literary knowledge and skills through fun and thought-provoking challenges to foster a spirit of healthy competition, collaboration and reflection.

Eight students from Ambassador School, Dubai participated in a variety of competitions. The chance to demonstrate their oratory, persuasive, and illustration talents was a delight for our students. Another learning opportunity was witnessing other competitors perform and compete against the finest. Our students privileged to be the 'ambassadors' did us proud yet again- living up to the school's name. Niranjana Balasubramanian and Advait Vijayvergiya secured the First position in Haiku and Stand up comedy respectively!

Congratulations students! We are super proud of each one of you!!



HIGHLIGHTS OF THE MONTH

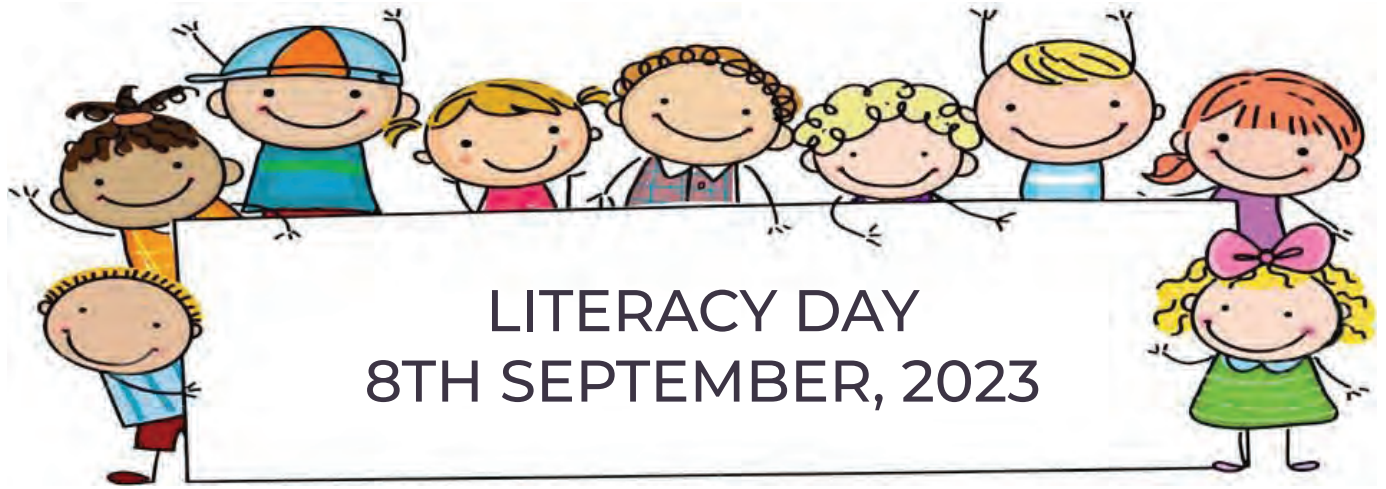
AL FALAH 2023

“Ambassador School, Dubai was excited to host its 5th edition of Al Falah 2023 – Inter-school Student Led Seminar for the Able, Gifted and Talented Learners from grade 6 to 12, that was conducted on 23rd September 2023.

Al Falah is a seminar that aims at tapping into the innovative thinking and creativity of the young minds to generate ideas that will help in developing the world sustainably and making it a better place. Continuing with the vision of providing an enriching learning experience for all students, the AGT students of various schools presented their innovations focusing on the theme ‘Sustainability towards Community Needs. The participants were reassigned to form new groups with the objective to better the proposed prototype/working model or add an advancement to the same. Al Falah was graced by three esteemed panelists from well-reputed universities who with their years of knowledge and experiences provided their valued insights and further enriched the event.

The panelists were impressed by the participants’ ability to come up with creative advancements in various fields of sustainability, and also extended an invitation to students to participate in an idea presentation in the event which is also hosted by Curtin University.



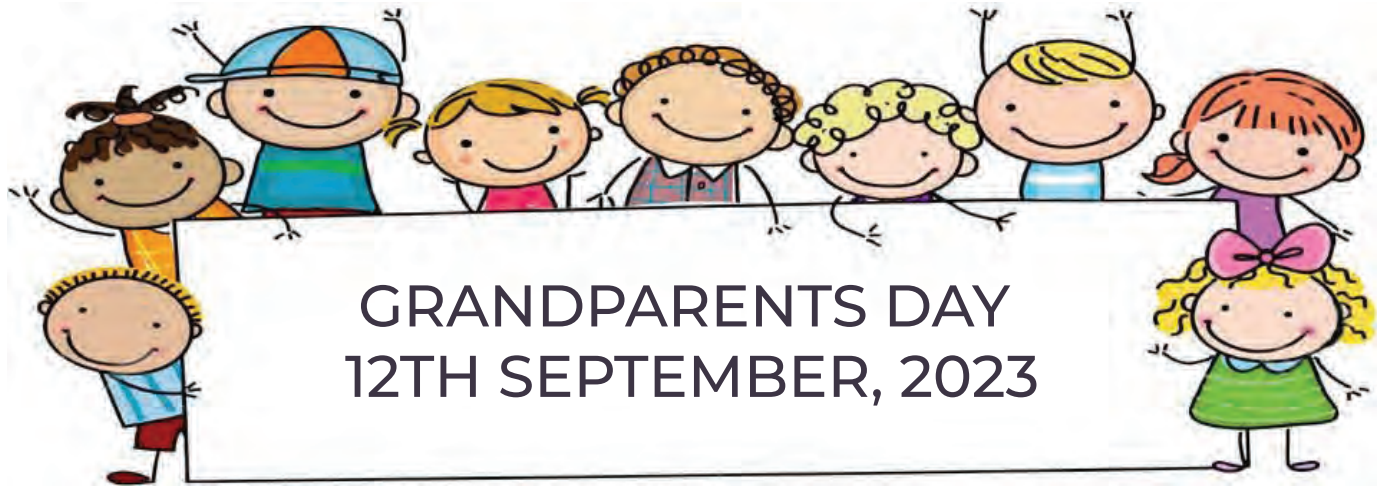


The Kindergarten campus at Ambassador School celebrates Literacy Day!

Pre KG dressed up as favourite rhyme character. They not only walked the parade with confidence but also enriched the language learning through rhyme, music and rhythm! It was indeed a fun parade and they enjoyed the muffins from the muffin man, jumped around with monkeys and finally calmed down with the twinkling stars of the Pre KG!

KG1 students enhanced communication, language and expression through show and tell! The activity conducted as inter house activity also strengthened the team bonding. The voice modulation, rhyming words and the props set a perfect tone for the day!





GRANDPARENTS DAY 12TH SEPTEMBER, 2023

The Grandparent's Day celebration was a heartwarming event filled with love and blessed presence of grandparents. The Kindergarten campus buzzed with excitement as grandparents arrived, wearing proud smiles, ready to enjoy the day.

They were welcomed by beloved principal and the students of the class. The highlight of the day was grandparents bonding not only with their grandchild but also their friends. Everyone today felt a profound sense of gratitude and the realization of the invaluable role that grandparents play in our lives





Our Kindergarten students celebrated International Dot Day by learning the story of a little girl 'Vashti' the protagonist of Peter H. Reynolds book, 'The Dot.' They learned that even a small mark can leave a big impact. Through various art activities they discovered that we can leave our own unique mark on the world.

A huge thank you to our amazing students for an enthusiastic participation in the Dot Day celebration today! It was wonderful seeing so many of them wearing dots and expressing their creativity!





World Gratitude Day was celebrated with students learning about the value of Gratitude and thankfulness and how it can be extended through kindness and appreciation.

Gratitude Day was celebrated in School, by sharing the voluntary contributions collected from student with their loving aunts and support staff. Acknowledgement and appreciation truly made them feel special.



AMBASSADOR KG



Young Learners of Pre KG settled in well by now, walked with style flaunting their creative hats on the Crazy Hat Day. Excited and elated with cheers and applause during the parade, Pre KG sure enjoyed themselves all the way.





Green Team is conducting a special assembly on Sustainability and they have collaborated with their seniors in Grade 1 to remind the school on how to 'Go Green' and keep the planet safe!



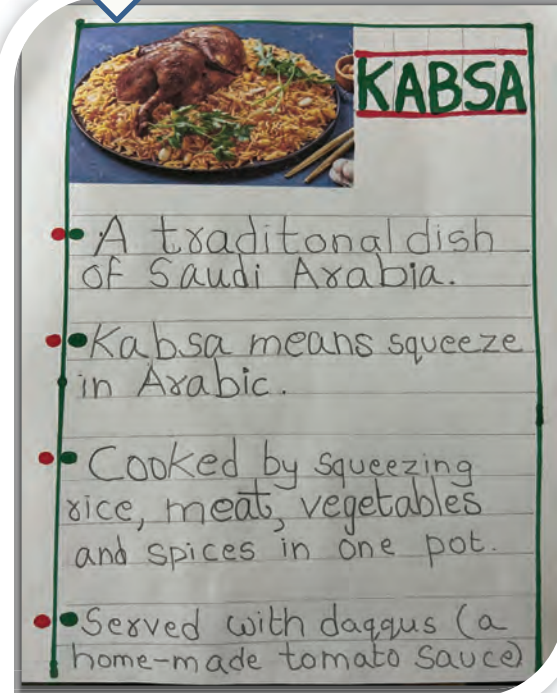
MY SPACE

JAPAN



By KYRA KHAN
Grade - 2A

SAUDI ARABIA



By MANAY PANDYA
Grade - 2E

GERMANY



By AVANTHIKA NAIR
Grade - 3A

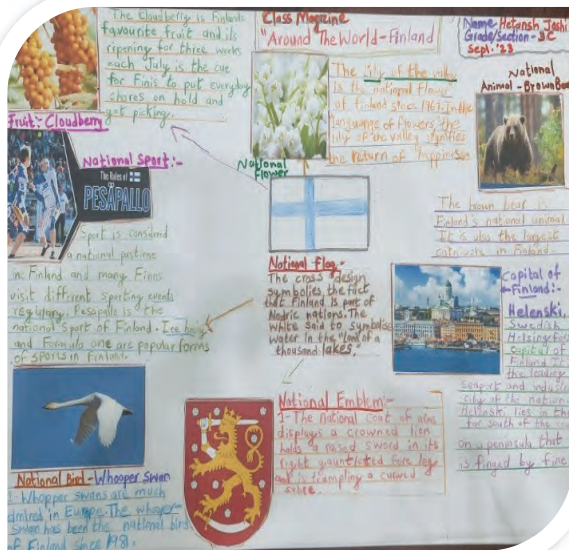
FRANCE



By NIA
Grade - 3B

MY SPACE

FINLAND



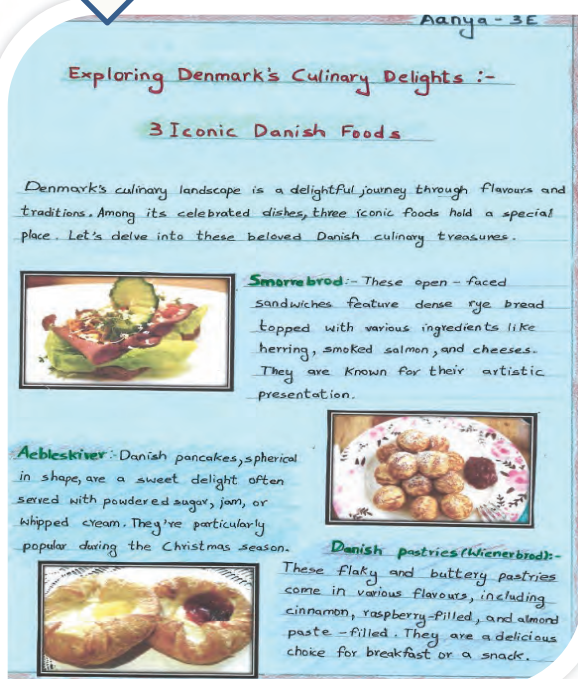
By HETANSH JOSHI
Grade - 3C

FRANCE



By PRISHA
Grade - 3B

DENMARK



By AANYA SUKUMAR
Grade - 3E

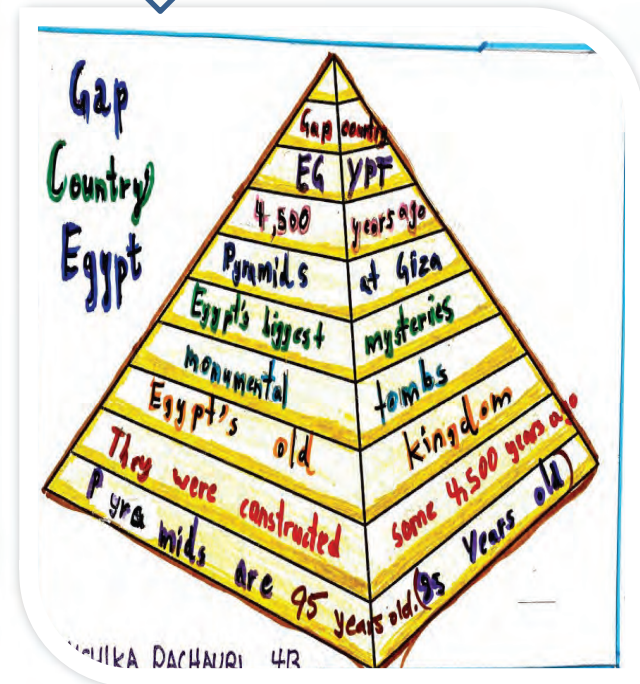
BRAZIL



By VISHNU RADHAKRISHNAN
Grade - 4A

MY SPACE

EGYPT



By MISHIKA PACHAURI
Grade - 4B

UK

The United Kingdom is made up of four nations England, Wales, Scotland and Northern Ireland.

2. The capital city of United Kingdom is London which is also the largest city.

3. The primary language spoken in United Kingdom is English.

4. The national currency of UK is the British Pound.

5. The national anthem of UK is God save the King.

6. The Prime minister of UK is Rishi Sunak.

7. Buckingham Palace is the official residence of the British monarch in London.

8. Fish and Chips is the traditional British dish along with an afternoon tea and cake.

9. UK is home to many famous authors like JK. ROWLING of Harry Potter series.

10. Stonehenge is a prehistoric monument located in Wiltshire, England.

11. UK has most famous landmarks including Big Ben, London eye, Buckingham Palace and Towers.



By JAIMIN MEHTA
Grade - 4C

TURKEY

Interesting Facts

1. Longest river: The 'Red River' (Kizirlimak) with 1355 km/ 842 miles is the longest river that is entirely in Turkey. However, the Euphrates River is the longest river of the region that passes through Turkey.
2. Largest dam : Ataturk Dam which is 169 m/ 554 ft high.
3. Largest region of the seven regions in Turkey: Eastern Anatolia covers over 20% of the country.



By AADVIKA BISHT
Grade - 5B

BHUTAN



By BHAVYA GAUR
Grade - 5D

CLIMATE CRISIS

What Is Climate Change?

Major changes in the temperature and weather patterns are known as climate change. Human activity is the main cause for this. Activities such as burning fossil fuels produces gases such as CO₂ that trap heat. Other compounds like CFC gases released from fridges etc. also contribute to climate change. One of the impacts of Climate Change is Global Warming.

Is Climate Change Something To Look Out For?

Yes, It is definitely so this is because Droughts that are more frequent and intense, storms, heat waves, rising sea levels, melting glaciers, and warming oceans can all directly harm animals, destroy the habitats they rely on for survival, and have a disastrous impact on people's way of life and communities.

Impact Of Climate Change?

- The increasing temperature causes fast spreading of some diseases. Climate change also has an effect on the physical well being of humans.
- The rising sea levels pose a threat to coastal settlements.
- The time for migration of birds as well as hibernation of animals is altered due to climate change.

What Can You Do?

- Spread awareness of climate change.
- Walk or atleast use carpools to get around.
- Reduce your energy consumption by using energy-efficient electric appliances, switch off the lights, reduce usage of heaters and air conditioners as well as other possible things that may help save energy.



JANOS HARRISON
GRADE 8B

CLIMATE CRISIS AND ITS IMPACT ON THE WORLD

The world is changing, can't you see?
Our climate in crisis, it's time to agree.
With rising temperatures and melting ice,
The consequences are not very nice.

The polar bears are losing their home,
As the Arctic melts, they're left to roam.
The coral reefs are turning white,
Ocean acidification is causing their plight.

The Earth, once vibrant, now bears the scars,
As glaciers crumble and forests turn to charred mars.
Species disappear, their voices silenced in plight,
While storms rage on, growing in strength and might.

Extreme weather events on the rise,
Hurricanes, earthquakes and floods take us by surprise.

Droughts and wildfires ravage the land,
Leaving destruction, discomfort and pain in their hand.

But there's hope in our hearts, we must believe,
That together we can make a change and achieve.

Reduce, reuse, recycle, we must strive,
To protect our planet so it can thrive.

So let this poem be a reminder to all,
That the Climate Crisis won't simply stall.

It's time to act, it's time to care,
For the world we love and the future we share.

**SARAH HUSAIN
GRADE 8B**

CULTURAL AND TRADITIONAL VALUES

In Sweden's land of snow and light so fair, Where
traditions and culture grace the air
Midsummer's eve, with maypole high,
In twilight's glow, they dance and sigh with the
breeze
Celebrating summer with such ease

Fika's sweet moments in cafes so quaint, Coffee,
pastries, conversations paint,
A canvas of friendship, simple and pure.
In Swedish customs, this is the lure.
Lucia, with candles in her crown so bright, Guides
the way through the winter night,
A procession of light, songs that soar,
A tradition cherished, forevermore.
Easter witches roam, faces painted in glee, Exchang-
ing drawings for candy, full of esprit,
Christmas Eve's feast with loved ones near,
In Sweden's heart, the holiday's cheer.
Moose hunting in forests, a rugged quest, Alleman-
srätten's freedom
, nature's bequest, Folk music's melodies, nyckelhar-
pa's tune,
In Sweden's tapestry, they all commune.
From northern lights to southern plains, Sweden's
traditions in diverse domains.
A vibrant culture, both ancient and new.

In lands where rice fields stretch their endless span,
A tale of Vietnam's history began.
From ancient times, through struggles long and
wide,
A nation's journey, with a resilient stride.

Once ruled by empires, foreign hands in might,
Vietnam yearned for freedom, for its own light.
Dynasties rose and fell, a turbulent sea,
Yet the spirit of its people remained free.

Colonial rule, the French had their command,
But resistance grew strong, in every strand.
The struggle for independence, hearts ablaze,
Led to a war, where heroes met their fates.

And then, the conflict that divided all,
A war that brought the nation to its fall. n torn apart,
But from the ashes, hope would soon restart.

In '75, the North emerged victorious,
Yet the scars of war ran deep and laborious.
Reunited, a nation tried to heal,
With visions of a brighter future to reveal.

But politics, a complex web, did ensnare,
Ideologies clashed, leading to despair.
Communist rule, its grip held firm and tight,
While whispers of democracy sought the light.

Economic reforms, a path they'd tread,
Opening doors to global trade widespread.
The 'Doi Moi' era, transformation's start,
Aiming to uplift and mend every heart.

Through years of change, Vietnam did evolve,
With growth and progress, problems to resolve.
A nation poised between its past and now,
Navigating politics, and learning how.

Today, Vietnam stands with heads held high,
A nation shaped by history's endless sky.
Though politics may shift, and tides may turn,
The spirit of Vietnam will forever burn.

In unity and hope, they strive to find,
A balance for the heart, the soul, the mind.
A story of resilience, strength, and grace,
Vietnam's history, its enduring embrace

SHIVANI MOHAN BAPORIKAR
GRADE 10C

RUSSIA'S HISTORY OF WARS AND THEIR CONTRIBUTION TO THE WORLD WARS

Russia has a rich history of involvement in various wars, and its role in the two World Wars, especially World War II, was significant. Here's an overview of Russia's history of wars and its contributions to the World Wars:

- **Russo-Japanese War (1904-1905):** This conflict with Japan resulted in Russia's defeat and had consequences for the balance of power in East Asia. It played a role in the lead-up to World War I by weakening Russia's prestige and resources.
- **World War I (1914-1918):** Russia's involvement in World War I was marked by significant losses and hardships. The Russian army's performance was mixed, leading to discontent and unrest at home. This ultimately contributed to the Russian Revolution of 1917 and the country's withdrawal from the war.
- **Russian Civil War (1917-1923):** Following the Bolshevik Revolution of 1917, Russia descended into a brutal civil war between the Bolshevik (Red) forces and various anti-Bolshevik (White) factions. Foreign powers, including the Allied intervention forces, also became involved. The Red Army emerged victorious, leading to the establishment of the Soviet Union.
- **Soviet-Japanese Border Wars (1930s):** These border conflicts between the Soviet Union and Japan were part of a larger series of hostilities that continued until 1945. They contributed to the complex geopolitical situation in East Asia in the lead-up to World War II.
- **World War II (1939-1945):** Russia's role in World War II was pivotal. Initially, the Soviet Union signed a nonaggression pact with Nazi Germany in 1939 (the Molotov-Ribbentrop Pact), which included secret protocols that divided Eastern Europe into spheres of influence. However, in 1941, Hitler broke the pact by launching Operation Barbarossa, a massive invasion of the Soviet Union. The Eastern Front of World War II became the largest and bloodiest theater of the war.
- The Soviet Union played a crucial role in defeating Nazi Germany. The Battle of Stalingrad (1942-1943) marked a turning point in the conflict. The Soviets pushed the German forces back and eventually captured Berlin in 1945.

WORDSMITHS' WALL

- The contributions of the Red Army and the suffering endured by the Soviet people were immense, with millions of soldiers and civilians losing their lives.
- The Yalta and Potsdam Conferences in 1945 established the post-war order, with the Soviet Union emerging as one of the world's superpowers.

In summary, Russia's history of wars, particularly its involvement in World War II, played a crucial role in shaping the outcome of the conflict and the post-war world order. The sacrifices made by the Soviet people in defeating Nazi Germany were immense and had a lasting impact on the geopolitics of the 20th century.

SUBHODEEP CHOUDHARY

SUSTAINABLE WARRIOR SAM

Parenting is a difficult job, but it becomes even more challenging when parents are tasked with instilling moral values in their children. In today's society, children are exposed to a wide range of influences, and it is up to parents to ensure they grow up with a strong moral compass.

Teaching moral values is essential because it lays the foundation for how children will interact with others, make decisions, and handle difficult situations. Values such as honesty, respect, responsibility, and kindness are essential for children to develop a sense of empathy, self-awareness, and emotional intelligence.

Children who grow up with a strong set of moral values are more likely to make ethical decisions and behave in a socially responsible way. They are also better equipped to navigate challenges and setbacks in life, which can help them build resilience and a strong sense of self.

It is important for parents to model the behaviour they want their children to emulate. Children learn by example, so parents should strive to be honest, respectful, and responsible themselves. Additionally, parents can use everyday opportunities to reinforce moral values, such as praising their child for sharing or showing kindness to others.

In conclusion, teaching moral values is a critical part of parenting. It is an investment in a child's future that will pay dividends for years to come. By instilling strong moral values, parents can help their children become well-adjusted, socially responsible adults.

Sam went back to school the next day and told the class teacher about the unfortunate incident of food contamination. The teacher thought this was the right opportunity to make kids aware about plastic pollution. She explained how single use plastic ends up as trash in oceans and landfills which unfortunately ends up as fish food or even gets absorbed by the food crops. She also explained how thousands of turtles die every year due to the trash in the ocean. Hearing this Sam was totally shocked and decided he would ask his parents immediately to shun single use plastics. He promised to circulate this message in the school and also the community.

Sam's little effort of promoting sustainable environment was noticed by his school. He was called in the assembly, awarded a certificate and a green warrior badge and was appointed as a 'Sustainable Warrior.' Sam hereby had become a local hero and an active volunteer for reducing usage of single use plastics.

MRS. SUSHAMA KULKARNI
PARENT OF ARUSH KULKARNI
GRADE 3C

THE VOLCANO RANTS

You mess with me, and I will mess with you. Everybody misunderstands me, they think that I am ruining their life, causing commotion. You are asking for havoc, that you all deserve. You deserve every bit of it. As you humans call it, I am simply taking 'revenge' on you. For all that you have done to my family.

The smoke that come out of your factories, doesn't allow me to see or talk to my best friends, the stars. The sky that was once full of stars is now full of smoke. You are cutting down the trees to make more buildings. What did the trees ever do to you? You are hunting down the innocent lives, whom you call animals, those poor sweet creatures. What did they do to you? What if they decide to hunt you down?

You perform tests on monkeys, you make lions and elephants jump through rings of fire. For what? Your entertainment? You slaughter and torture them. You pollute air, you cut, you hunt and kill for pleasure. You destroy your own home in the name of innovation and progress. You care for none, not even for your own future generation?

Unlike you, I care for my family and I get angry and hurt and disillusioned by the humans and their dreams that hurt my beautiful home. When I burst in anger, rant and shiver, do you fear? You should fear me, I may vent out my frustration and yet you cannot do anything then. Your complete disconnect with the needs of others, pains me. My throwing up ash and dirt, smoke and gas is pollution for you, but what about what you do? My blood boils and that pours out in the form of lava. And yet I do good to you?

I give you minerals, gems and jewels, I give you rocks and ores, I give you soil on which you happily grow crops and make money. Can you tell me what you have done for us? You want me to be dead or remain in perpetual 'sleep mode', using your language only! You have done nothing for us, whom you love to call Mother Nature.

Let us get our acts together to save the home, ours and yours. If you disregard us, so do we. Hurricanes and cyclones, my friends, earthquakes and tsunamis, my cousins, and I can make you perish forever. Without you, my forest friends will be happier, my mother Earth will breathe well and my father Sea will be free of your garbage. Do we need you? What do you think?

Heed to what I said or else none will be there to pay heed to your cries for help!

SALOMI THOMAS
GRADE 9B

MASTERING TIME MANAGEMENT: A STUDENT'S GUIDE TO SUCCESS

In the bustling world of academics, extracurricular activities, and social engagements, students often find themselves in a race against the clock. Time management is a crucial skill that can make or break a student's academic journey. In this article, we explore the importance of time management for students and offer practical tips to help them excel in their studies while maintaining a healthy work-life balance.

Effective time management not only allows students to meet deadlines and complete assignments efficiently but also reduces stress, enhances productivity, and provides opportunities for personal growth.

One of the primary challenges students face is balancing their academic responsibilities with other aspects of life, such as social activities, part-time jobs, and personal hobbies.

Practical Time Management Tips for Students

- **Set SMART Goals:** Begin by defining your short-term and long-term goals. Knowing what you want to achieve will help you prioritize your tasks effectively.

S- Specific
M- Measurable
A- Achievable
R- Realistic
T- Time bound

- **Create a Schedule:** Develop a weekly or monthly schedule that includes class times, study sessions, work hours, and personal activities. Make use of digital tools or traditional planners like 'to do lists' to keep track of your commitments.
- **Prioritize Tasks:** Identify the most important and urgent tasks and tackle them first. The Eisenhower Matrix, which categorizes tasks into four quadrants, can be a useful tool for prioritization.
- **Break Tasks into Smaller Steps:** Large assignments or projects can be overwhelming. Divide them into smaller, manageable tasks with deadlines to make progress more achievable.

FACILITATOR'S FRESCO

- **Minimize Distractions:** Identify common distractions like social media, TV, or noisy environments, and take steps to minimize them during study sessions. Consider using website blockers or apps that help you stay focused.
- **Learn to Say "No":** While it's essential to engage in extracurricular activities and social events, don't overcommit. Saying "no" when necessary will protect your study time and prevent burnout.
- **Take Care of Yourself:** Adequate sleep, regular exercise, and a balanced diet are crucial for maintaining your physical and mental health. Neglecting self-care can negatively impact your ability to manage time effectively.
- **Seek Support:** Don't hesitate to ask for help or guidance from professors, academic advisors, or peers. They can offer valuable insights and assistance in managing your academic workload.

Time management is a skill that students can carry with them throughout their lives. It empowers them to achieve their academic goals while maintaining a healthy work-life balance. By setting clear goals, creating schedules, and practicing discipline, students can take control of their time and make the most of their educational journey. In the fast-paced world of academia, effective time management is the key to success

**SAEE SURVE
DEPARTMENT OF SOCIAL STUDIES**

ONAM CELEBRATION

"Life becomes a festival when gaiety and culture blend. Onam delivers the message of both."

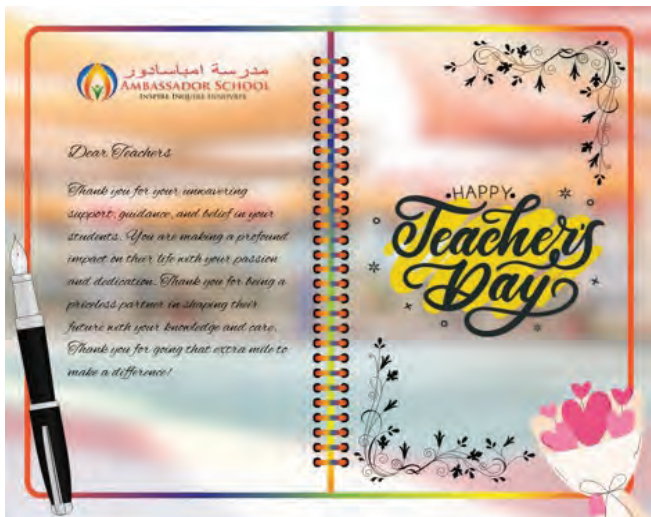
- Anonymous

With teachers dressed in white and gold, the fragrance of jasmine and the many colours of the flowers with the lamp of blessings at the center of it while Maveli going around blessing our students, brought the gaiety of Onam to ASD. The traditional dance and medley of onam songs spread happiness and joy all to the entire ASD family. The joy was all the more when the students had their beloved teachers singing and dancing along with them. Onam celebrations today, the first of the festivities of the season and the academic term, brought an extra sheen of merriness in the ASD family.



TEACHER'S DAY CELEBRATION

Teachers' Day, an annual celebration today, is a way to recognize the many who have dedicated their lives in building up generations, and who have been adding to the fantastic ongoing records of educated, empathetic and responsible citizens of their country and of the larger world. The day is a way to remember the most prolific teacher, on his birthday, Dr. S. Radhakrishnan and the philosophy that he lived by: a teacher by heart despite his great success in the field of politics and becoming the Vice President of India. The teachers are more than just their classroom teaching and their expertise in their subjects. So beautifully expressed by our Student Council during the morning assembly as they danced and sang and spoke about their teachers with deep emotions and gratitude, describing the multitude of roles which their teachers play in their lives.

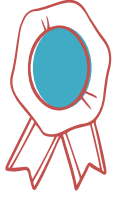


HINDI DIVAS CELEBRATION

“Hindi is the soul of our nation, the bridge between diverse communities. Hindi is not just a language, it’s a way of expressing our culture and heritage.” The day started with a beautiful morning assembly where students presented their take on the significance of the language, the beauty in it and the usefulness of the language. Students expressed their thoughts through a skit, expressing on the many misconception, and highlighting on the pride and sense of belonging that the language brings to us. Every classroom had many Hindi language activities where children participated with joy and gusto. This aimed at building all the language skills in a very creative way. Such fun activities help in bringing out their many talents, in developing an interest and liking for the language, bringing them a sense of belonging to their roots, despite staying away from their homelands.



HALL OF FAME



HALL OF FAME

Just 4 years old and this little Kindergartener has set her own record!

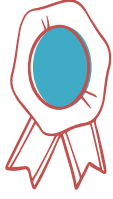
Aradhya Roy of KG1 -E earned a name for herself in the INDIAN BOOK OF RECORDS for recalling the names of 8 planets, 12 months, 7 continents, reciting Mahishasur Stotram, singing the National Anthem of 6 countries (UAE, India, Srilanka, Nepal, Pakistan & Bangladesh).

The happy parents expressed their gratitude to the school for instilling in her the competitive spirit and confidence that assisted her to achieve the amazing feat!

Congratulations Aradhya! We are super proud of your efforts and determination! Keep it up!



HALL OF FAME



HALL OF FAME

Nitin Pradeep's exemplary performance at Johns Hopkins University course! Ambassador school Dubai congratulates our Nitin Pradeep of class 10A for his outstanding achievement in successfully completing the challenging Honors Biology course at Johns Hopkins University with an exceptional overall score of 93.33% and earning a well-deserved A grade.

Honors courses at Johns Hopkins University are known for their rigorous curriculum and high standards. They are designed for gifted students like Nitin who possess a special talent or affinity for the subject. This accomplishment is a testament to his remarkable intellect, dedication, and passion for the subject.

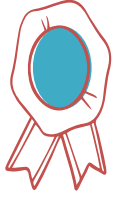
Nitin's ability to not only qualify for, but excelling in this demanding course speaks about his exceptional abilities and his commitment to academic excellence. This accomplishment is not only a personal triumph for our student, but also a source of immense pride for the Ambassador School Dubai. Congratulations Nitin! We are so proud of your exceptional achievement !



Course Completion Document

Nitin Pradeep
Honors Biology

HALL OF FAME



HALL OF FAME

Congratulations Ryka! We are so proud of you!

We celebrate the remarkable achievement of Ryka Gusain, grade 6C, Ambassador School, Dubai, who recently set a new record in the field of yoga. Ryka Gusain achieved the longest duration for holding the Yoganidrasana yoga pose, an accomplishment recognized and awarded by the India Book of Records. She successfully held the pose for an astounding 5 minutes and 22 seconds, setting a new benchmark in the world of yoga.

Ryka Gusain's achievement is a testament to her dedication, hard work, and the exceptional training provided by the expert trainers at our School. Ryka's motivation and success can be attributed to the School which has consistently invested in providing its students with access to world-class opportunities.

The school recognizes the unique abilities and needs of each student. Ryka's passion for yoga was recognized and supported from an early age, providing her with the platform to excel. Ryka's training was tailored to her specific goals and abilities, allowing her to reach her full potential in mastering Yoganidrasana.

Despite the challenges, Ryka Gusain's achievement in setting a new record for the longest duration Yoganidrasana yoga pose is a remarkable feat that reflects the dedication of both the student and our dedicated team to compete and gain recognition on national and international stages. Her achievement not only brings honour to the school but also serves as an inspiration to students and yoga enthusiasts worldwide.



Well-being Calendar - October



1

Set an intention to be kind to yourself and others this month -

Be kind to yourself, it's the best medicine to heal and grow

2

Get lost in a good book today -

Some days getting lost in a book is by far the best option

3

Practice active listening in your conversations to understand people better -

A good listener is not only popular everywhere but after a while he gets to know something

4

Look out for opportunities to show empathy, it could make you happier -

Empathy is seeing with the eyes of another, listening with the ears of another and feeling with the heart of another

5

Get out into nature for a dose of wonder and awe -

Look deep into nature and then you will understand everything better

6

Watch a new uplifting TV show -

Just chill out on couch and do watch your favorite TV show in your spare time

7

Your challenge today: perform five acts of kindness and see how you feel -

No act of kindness, no matter how small, is ever wasted

8

If you've been on the fence about meditation, give it a try -

Meditation, because some answers can only be found on the inner net

9

Find wonder and beauty in the small things -

Great things are done by a series of small things brought together

10

Practice being grateful during hard time, but don't put pressure on yourself -

Don't be so hard on yourself, you're going great

11

How happy are you when you're on the clock? -

Always find time for the things that make you feel happy to be alive

12

Try seeing goodness in other people -

When you choose to see the good in others, you end up finding the good in yourself gratitude

13

If you want to get ahead, nurture your relationships -

We can improve our relationships with others by leaps and bounds if we become encouragers instead of critics

14

Write down three specific things that have gone well recently -

Every night just before you go to bed, sit down for a while and look back at your day, think of 3 things that went well during the day, write them down

15

Thank yourself for achieving the things you often take for granted -

Be grateful for today and never take anything for granted, life is a blessing

16

Set a goal that brings a sense of purpose for the coming month -

Setting goals is the first step in turning the invisible into visible

17

What are your three priorities right now? -

To change your life, you need to change your priorities

18

Hold a games afternoon with friends or family -

Life consists not in holding good cards but in playing those you hold well with soul friends or family

19

Message someone you admire to tell them why -

When we compliment someone for what they are and the impact they have on others it can mean so much more

20

Share a book, article or podcast you found helpful -

Sometimes it takes only one good book and helping hand to change a person's life

21

Offer your time to someone in need -

When you give someone your time, you are giving them a portion of your life that you will never get back

22

Take all your meetings outside today -

The meeting can be a lot of fun with colleagues outside the door

23

Practice meditation for 10 minutes today -

Brilliant things happen with calm minds. Be calm, you're brilliant

24

Be enthusiastic when people share good news with you -

Celebrate the excitement of trying build something new and wonderful

25

Try something new, maybe a recipe, a sport or activity -

Champions keep playing until they get it right

26

Donate your unusual clothing to a local charity -

Giving is not just about making a donation, it is about making a difference

27

Join a team building workshop on mindfulness -

Mindfulness isn't difficult, we just need to remember to do it

28

Do something creative like painting, singing or writing -

Use the creative process - singing, writing, art, dance, whatever to get to know yourself better

29

Write down what you're grateful for -

Living in a state of gratitude is the gateway to grace

30

Take action to be kind to the planet -

No act of kindness, no matter how small is ever wasted

31

Do something outside your comfort zone -

The only thing that is stopping you from where you are to where you want to go is your comfort zone-



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