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AMICU

In Education since 1986 A branch of AMITY SCHOOL, BHARUCH

Ref: 8TH/19-20/1ST November, 2019

Dear Parents,

We are happy to meet you through the 8^{th} letter of the academic year 2019-20 of our school.

1. EDITORIAL

Diwali is one of the most awaited festivals of the year. One loves everything about it - the sweets, the gifts, house full of Diyas, the firecrackers. But Diwali brings with it a lot of concerns too - Environment Concerns, Safety Concerns. When it is a festival of celebration, why should such concerns be given a place.

The AISV sends a message for everyone - to celebrate Diwali in the most fun way but with as much consideration for everything around you. It is the festival of lights and with all the diyas lighting up your home driving away the darkness of the new moon night, and crackers boosting your excitement level lighting up the sky, please remember the simple steps of caution which can prevent the joyous occasion turning into a scarred one.

It is a festival like no other. On this occasion if we keep in mind the five points to conserve our mother nature, we will be making an effort to make the young generation happy in future.

- Reduce: the number of things we use
- Reuse: the things we have in different forms until we have absolutely no use for them
- Recycle: items that are no longer functional.
- Rethink: the choices we make when deciding to buy something and
- Refuse: things that we do not need at all.

So, this Diwali, before you buy something new, apply the above five points and only then pay at the counter!

Harit Diwali, Swasth Diwali will be truly A Happy Diwali!!

2. SCHEDULE FOR NOVEMBER, 2019

ACTIVITIES / CELEBRATIONS TO BE HELD IN NOVEMBER, 2019

SR No.	DATE	PARTICULARS	DETAILS	STANDARD
01	04.11.2019	SPORTS DAY PRACTICE	Run through for Sports day	PP to 8

02	07.11.2019	SHADES OF VIOLETAs per the theme poems and class activity would be done wherein, they will enhance their fine motor skills, develop vocabulary and participate in group activities.		JG & NUR
03	07.11.2019	Clubs	Sports day Drill Practice	1&2
04	11.11.2019	NSO	NSO SOF NSO - NATIONAL SCIENCE OLYMPIAD NSO will be conducted. It is compulsory for all students to be present on that day. Please Note: Exam shall not be rescheduled.	
05	12.11.2019	COMMUNITY HELPERS THEME	As per the topic- Roleplay and other related activities would be done through which they will enrich their word bank and also enhance their social skills.	UKG
06	14.11.2019	CHILDREN'S	CHILDREN'S DAY CELEBRATION	PP to 2
07		DAY	CHILDREN'S DAY- Special Assembly	1 to 8
08	18.11.2019	BIRDS AND FLOWERS DAY	Joy Group and Nursery shining stars will celebrate Birds and Flowers Day. Surprises stored for our tiny tots.	JG & NUR
09	19.112019	ZOO- FIELD TRIP	- FIELD TRIP As part of their ongoing topic on 'Birds', students will visit Sayaji Baugh Zoo - Consent form and details would be sent through communicator.	
10	20.11.2019			LKG
11	21.11.2019	ZOO- FIELD TRIP		1&2
12	22.11.2019		sent through communicator.	UKG
13	21.11.2019	FRUIT SALAD DAYWelcome to the world of fruits. As part of their ongoing topic 'Fruits', our vibrant LKG will celebrate Fruit salad day - it's going to be tummy, yummy day!		LKG
14	23.11.2019	RUN THROUGH OF SPORTS DAY	Sports day Run through Timing: 8 AM -11 AM	PP to 8
15	24.11.2019	SPORTS DAY	SPORTS DAY CELEBRATION Students and Parents will come to school for sports day celebration. Time: 7.30 AM to 10:00AM	PP to 8
16	28.11.2019	NCO	SOF NCO - NATIONAL CYBER OLYMPIAD NCO will be conducted. It is compulsory for the students to be present on that day Please Note: Exam shall not be rescheduled.	1 to 8
17	28.11.2019	HINDI AKSHAR GYAN	हिंदी हमारी मातृआषा है जिसका हम अपने जीवन में सदैव उपयोग करते है बच्चों के मानसिक विकास के लिए कक्षा १ के बच्चें दिए गए वर्ण एवं दी गई मात्रा से मात्रा वाले शब्द बनाएँगे और कक्षा २ के बच्चें दिए गए शब्द से वाक्य बनाएँगे	1&2

3. HIGHLIGHTS OF OCTOBER, 2019

A. PRE-PRIMARY

GANDHI JAYANTI: 1ST OCTOBER, 2019

Tiny tots celebrated 150TH birth anniversary of Mahatma Gandhi wherein they were briefed about Gandhiji and also, they watched a short video regarding Gandhi's journey of freedom for our Country India.



CLEANLINESS DRIVE: 3RD OCTOBER, 2019

It is truly said that 'Cleanliness is next to Godliness' and our first school is our home, first teachers are our parents and thus the initiative for 'Cleanliness Drive' begun from home to school. Our tiny tots were asked to bring old newspapers from home and they were explained about how newspapers would be recycled into books and thus reused.



DUSSEHRA CELEBRATION: 4TH OCTOBER, 2019

To understand the importance of celebration of Dussehra, Pre-primary educators presented a puppet show wherein few glimpses of Ramayana were featured. The children were introduced to different characters and also, they were explained the importance of celebrating Dussehra and were also briefed how people celebrated the same with festivity, enthusiasm and joy highlighting the **Victory of Truth over Evil**.



RATRI AFTER NAVRATRI: 12TH OCTOBER, 2019

The AISV and the Mothers' Club of the School organised the Navratri festival. All the parents and students celebrated it by playing Garba with great joy and vigour. The celebration was started with traditional *aarti* and students were told about the importance of nine days of Navratri. All the students performed Garba on various traditional Garba songs with great zeal. Parents & staff of AISV also participated in Garba performance enthusiastically.



BROWN COLOUR DAY: 16TH OCTOBER, 2019

The fascination of the kids knew no bounds when they saw the cut-outs of their favourite teddy bear, yummy muffins, chocolates, ice-cream etc. Yes, it was 'Brown colour Day'. Tiny tots happily showed the brown colour objects which they had brought from their home. Children enjoyed the day by doing fun activities related to colour brown.



EARTHEN LAMP (DIYA) POTTERS WHEEL: 17TH OCTOBER, 2019

Tradition of pottery is one of the oldest crafts of India. And as Diwali is around the corner, a potter was invited to school who showed how clay is moulded into an earthen lamp and different earthen wares. Students were mesmerized to see the potter's wheel go around and round and how the potter moulded the lump of wet clay into beautiful earthen lamps, vases, glasses, piggy banks etc. Thus, the students started the preparation of the upcoming festival 'Diwali' by taking an earthen diya home as a take away gift as 'Diya signifies purity, goodness, good luck and power'.



PRE-PRIMARY REPORT READING: 19TH OCTOBER, 2019

Meeting of the parent and teachers help parents to know more about the academic progress of a child evaluated through regular class observation, assignments and activities. Pre-primary Report reading was held on 19TH October 2019.



DIWALI CELEBRATION: 23RD OCTOBER, 2019

Pre-primary already had a glimpse of Dussehra through puppet show and thus the festivity continued to the enlightenment through Diwali celebration. Significance of the festival was explained and tiny tots enthusiastically spread the colours of brotherhood and sharing by doing beautiful RANGOLIS and added spark of their innocence and smile to the air of festivity.



B. PRIMARY

GANDHI JAYANTI CELEBRATION: 2ND OCTOBER, 2019

A **special assembly** was conducted by students of grade 8 on the occasion of **150**th **Anniversary of our Father** of the Nation - Mahatma Gandhi. On this special day- students sang "Vaishnava Jana To Tene Kahiye" which was the favourite bhajan of Gandhiji.

The Principal of the school - Dr. Hema Abhiroop addressed the students and explained the essence of this bhajan. She also shared the 5 strong pillars of Gandhiji's Principles- which are-**Non-violence**, **Truthfulness**, **respect and understanding**, **acceptance**, **appreciation and compassion**. The students were asked to inculcate these qualities in their day to day life activities.

All the Educators and students took an oath to follow the 5 Pillars of non-violence and pledged for the cleanliness drive.

A song for **SWACHHAGRAHA** was also sung by the students followed by conduction of cleanliness drive, where all the students were told about the importance of keeping our environment clean and conserving resources. All the Amicians pledged to say no to '**single use plastic**' materials.

• Students of grade 3-5 participated in **Drawing Competition** and expressed their feelings towards Non-Violence, Truth, Patriotism or Say no to the single use-able plastic/save the planet from single use-able plastic, through art.

- Students of grade 6-8 participated in **Essay writing Competition** on topics such as Truth, Dandi March, Quit India Movement, Non-Violence and teaching from the life of Mahatma Gandhi.
- All the educators and students had done **Tree plantation** in and around the campus.



The winners of the Drawing and Essay competitions are mentioned below:

DRAWING COMPETITION: 2ND OCTOBER, 2019

Grade	First	Second	Third
3 RD	Laasya Somasundaram	Zaynab Tinawala	Aarav Suthar
4 TH	Aarush Patel	Shreyansh Sahu	Hemali Rathva
5 TH	Palak Thakur	Deeti Shah	Stuti Shah



ESSAY WRITING COMPETITION: 2ND OCTOBER, 2019

Grade	First	Second	Third
6 TH	Divya Chaudhary	Aditya Narayan, Anushka	Alfizabanu Mansuri
7 th	Ankit Kiran	Yug Rana	Siddhant Gameti
8 TH	Jagriti Punjabi	Naincy Rathva	Bhuvneshvari Rohit



POTTER'S WHEEL: EARTHEN LAMP(DIYA) :17TH OCTOBER, 2019

Tradition of pottery is one of the oldest crafts of India. And as Diwali is around the corner, a potter was invited to school who showed how clay is moulded into an earthen lamp and different earthen wares. Students were mesmerized to see the potter's wheel go around and round and how the potter moulded the lump of wet clay into beautiful earthen lamps, vases, glasses, piggy banks etc. Thus, the students started the preparation of the upcoming festival 'Diwali' by taking an earthen diya home as a take away gift as 'Diya signifies purity, goodness, good luck and power'.



DUSSEHRA CELEBRATION: GRADE 1 TO 4: 4TH OCTOBER, 2019

To understand the importance of celebration of Dussehra, Pre-primary educators presented a puppet show wherein few glimpses of Ramayana were featured. The children were introduced to the important characters from the RAMAYANA. They were explained how people welcomed Lord Rama with festivity, enthusiasm and joy highlighting the **Victory of Truth over Evil**.



REPORT READING: GRADE 1& 2: 19TH OCTOBER, 2019

Report Reading for Term I for grade 1 & 2 was conducted on 19th October 2019.



SOCIAL SMARTNESS: 16TH OCTOBER, 2019

Students of grade 4 learnt about natural resources and soil conservation, 5 to 8 were engrossed to know about the history of British arrival, New questions and ideas of Buddha and Mahavir, Devotional path to divine and after civilisation of the city they studied about Indian Judiciary.



MATHEMATICAL LOGICAL APPLICATION: 21ST TO 23RD OCTOBER, 2019

Grade 1 to 3 students had a gala time in celebrating "Maths Magic week", where they had different activities every day to look up to. Day 1 they played **Math Quiz** and Day 2 **Math Games** -where they participated House wise. Students created their own Maths Project in groups which taught them teamwork, which were presented on Day 3 before the invited parents.



SCIENCE EXPLORATION: 15TH OCTOBER, 2019

Students of grade 8 explored about force, friction and pressures used in our daily life activities. They further were amazed to make and play a **JAL TARANG** and understood the concept of sound. Students of grade 7, dissected a flower to explore its various parts.



LITERARY ELEMENTS: 17THOCTOBER, 2019

When Pronouns replaced nouns and set in Grade 1, Verbs started acting funny showing various actions in Grade 2. we did a thorough reading session on the other hand Mr. Adjective peeped in and introduced himself and suggested for Diwali break.



Students of grade 7 and 8 explored literature through various skit like Julius Caesar and Prometheus, the giver.

GURUKULAM: 5TH & 19TH OCTOBER, 2019

'As gold purified in a furnace loses its impurities and achieves its own true nature,' the mind gets rid of the impurities of the attributes of delusion, attachment and purity through meditation and attains reality through Gurukulam sessions for all grades from 1 to 8.



MUSIC BUILDS CHARACTER: 2ND OCTOBER, 2019

Music develops analytical thinking because it requires students to be creative. They don't just regurgitate memorized facts. They have to apply those facts. If children are not introduced to music at an early age, I believe something fundamental is actually being taken from them. Students prepared song and tried to show their instruments playing talent and played very beautifully.



ART & CRAFT: ART TAKES NATURE AS ITS MODEL: 14TH OCTOBER, 2019

Art encourages children to think, developing skills and confidence as they go. This month students explored tea leaves activity, brainstorming games, Project work and craft work related to thread work and tie & dye.



CLUBS & COMPETITION: INTER SCHOOL CRICKET TOURNAMENT: U-14 YEARS (BOYS): 19TH OCTOBER, 2019

Students of grade 6 & 7 went for Inter school 9A side knockout cricket tournament at Avalon World School waghodia. They have won **the RUNNER UP trophy** out of 14 schools and got a certificate.

SR.NO.	GRADE	PLAYER'S NAME	
1	7 TH	Yug C Rana	
2	7 TH	Aditya K Patel	
3	7 TH	Priyanshu kumar Yadav	
4	7 TH	Siddhanth D Gameti	
5	7 TH	Sohan S Bhownik	
6	6 TH	Henil Patel	
7	6 ^{тн}	Swayam S Sharma	
8	6 TH	Shubham V Bind	
9	6 ^{тн}	Keshav Kamboj	
10	6 TH	Aditya Narayn	



3RD LANGUAGE COMPETITION: GRADE 4 TO 8 : 5TH OCTOBER, 2019

To improve the language skills and check their 3rd language knowledge- a Poem recitation, storytelling competition was conducted for the students who opted Gujarati and Sanskrit.

संस्कृत काव्य पाठन एवं कथा वाचन प्रतियोगिता :

कक्षा	प्रथम स्थान	द्वितीय स्थान	तृतीय स्थान
चतुर्थ	समृद्धि लोधी, श्लोक पालने	अमृतांश पांडे, श्रेयांश कुमार साहू	अदिति सिंह
पंचम	जोएना मेसी	एंजिल सिंह	पलक ठाकुर
षष्ठम	दिव्या चौधरी	अलफिजा बानू	केशव कम्बोज
सप्तम	शिवम् राठौड़	आकृति ओझा	अंकित किरन, यग राना
अष्ठम	जागृति पंजाबी	अंकित यादव, वंशिका गोयल	



ગુજરાતી સ્પર્ધા:

ધોરણ	પ્રથમ નંબર	દ્વિતીય નંબર	તૃતીય નંબર
ધોરણ – ૪(વાર્તા સ્પર્ધા)	નીતાન્શી જયસ્વાલ	ફોરમ સોલંકી	ચાહત પંજાબી
ધોરણ - ૫ (વાર્તા સ્પર્ધા)	રિષિકા ચૌહાણ	નેવિલ વાછાણી	રાજદીપ રોઢિત
ધોરણ - ૬ (કાવ્ય ગાન સ્પર્ધા)	નિયતિ વાધેલા	વસુંધરા	હીરબેન ભાટિયા
ધોરણ - ૭ (કાવ્ય ગાન સ્પર્ધા)	એન્જલ મૅકવાન	હની	ઓમ ભાટિયા
ધોરણ૮(વક્તવ્ય/ભાષણ સ્પર્ધા)	ભુવનેશ્વરી રોઢિત	નેન્સી રાઠવા	મેહ્રા ભાટિયા



NAVRATRI CELEBRATION: 12TH OCTOBER, 2019

The AISV and the Mothers' Club of the School organised the Navratri festival. All the parents and students celebrated it by playing Garba with great joy and vigour. The celebration was started with traditional *aarti* and students were told about the importance of nine days of Navratri. All the students performed Garba on various traditional Garba songs with great zeal. Parents & staff of AISV also participated in Garba performance enthusiastically.



Winners for this event are:

	GARBA UTSAV 2019							
	STUDENTS RESULT							
		BEST PERFORMANCE						
Grade	First	Second	Third					
JG/NUR	Jiya Patel	Riddhi Sengar	Hiva Panchal					
LKG	Twincy Patel	Mann Thakkar	Neel Pane, Sarwan Barot					
UKG	Sachi Agrawal	Bhargavi Banker	Charmi Patel, Devansh Charan					
1	Saumiya Mahant	Aaradhya Sisodiya,Aaradhya Arora	Kunjkumar Patel					
2	Avika Sharma	Harit Punjabi	Veronica					
3	Trisha Parmar	Jasleen Kaur	Arsh Tiwari					
4	Swayam Rohit, Hemil Mistry	Tia Panchal, Chahat Punjabi	Aarush Patel, Hemali Rathava, Krina Tailor					
5&6	Mehak Saini,	Aditya Narayan,	Palak Thakur,					
580	Alfiza Banu Mansuri	Aayush Bhavsar	Jiya Mistry					
7&8	Shivika Sharma, Vanshika Punjabi	Jagriti Punjabi	Aditya Patel, Priyanshu Yadav					

	BEST TRADITIONAL DRESS					
Grade		First		Second	Third	
JG/NUR		Paren Patel		Jiya Patel	Mahi Jaiswal	
LKG		Meet Thakkar		Mahit Mistry	Sanchi Patel, Vriwa Thakkar	
UKG		Vyoma Shah		Harsh Chauhan	Charmi Patel	
1	(Gracy Ajudiya		Mihir Patil	Vidushee Vikram	
2		Hitarthi Patel		Misri Patel	Vedant Patel	
3		Swara Dhule		Aarav Suthar	Krish Patel	
4		Gunja Shah		Nitanshi Jaiswal	Shlok Palne, VatsrajSinh Gohil	
5&6	A	ditya Narayan		Anushka	Vasundhara Varotariya	
7&8		oham Bhownik, hivika Sharma		Akriti Ojha	Archi Parekh	
		PA	RENTS A	AND EDUCATORS RESULT		
Events		First		Second	Third	
MOTHER'S CLUB		Ms. Komal		Ms. Neelam	Ms. Pratisha	
BEST TRADITIONAL DRESS		Mrs. & Mr. Ghanshyc Patel parent of Hit Patel - C2		Mrs. & Mr. Mehul Thakkar parent of Maan & Meet - LKG	Mrs. & Mr. Hardik Shah parent of Vyoma Shah - UKG-B	

BEST COUPLE PERFORMANCE	Mrs. & Mr. Jigar Patel parent of Param Patel- Nursery- B	Mrs. & Mr. Mihir Patel parent of Mahith-LKG	Mrs. & Mr. Amitkumar Shah parent of Ritika Shah- UKG-B
BEST PERFORMANCE	Kina Patel	Shweta Bhavsar	Hetal Mahera

RANGOLI COMPETITION: 19TH OCTOBER, 2019

The student participated enthusiastically in Rangoli Competition organised on the occasion of Deepawali on October 19, 2019. From the AISV Fathers' Club - the talented father- Mr. Chirag Patel and Mr. Ambubhai Ratwa were invited as judges.



	WINNER'S LIST						
Grade	First	Second	Third				
3 RD	Laasya Somasundaram and Zainab	Dhruvi Rathod and Swara Dhule	Divy Punjabi and Trisha Parmar				
4 [™]	Aarush Patel and VatsrajSinh Gohil	Chahat Punjabi and Nitanshi Jaiswal	Madhav Vyas and Krina Tailor				
5 th	Rishika Chauhan and Toya Jadav	Palak Thakur and Mehak Sainin	Nikita Prajapati and Angel Singh				
6 TH	Anushka, Jiya Mistry and Vasundara Varotariya	Heer and Alfiza Banu	Niyati Vaghela and Divya Chaudhary				
7 TH	Akriti Ojha and Riddhi Yadav	Ankit Kiran and Tirth Patel	Hani Ahirwar				
8 th	Ankit Yadav and Archi Parekh	Shivika Sharma and Bhuvneshwari Rohit	Jagriti Punjabi and Vanshika Punjabi				

GUEST LECTURE: MATHEMATICS WORKSHOP BY MATH EXPERT: 5TH OCTOBER, 2019

An interactive math workshop was organized by the school for the students of grades 5-8. The trainer for the same was Ms. Ruchi Parikh - a very passionate mathematics educator. She shared some basics steps of mathematics with the students. She shared the tips about maths was " how to practice maths with ease".



MATH MAGIC DAY: 21ST TO 23RD OCTOBER, 2019

Students of grade 1 to 8 enthusiastically took part in Math Magic week. From 21st to 23rd October every morning began with energetic assembly by the students of grade 8. Day 1 was **quiz competition**, day 2 was **games** conducted by the students of grade 7&8. Final day where students showed their hidden talents to parents through different projects and attractive games. A special thanks to grade 7 and 8 students and all parents to join us in this event.



SPELLBEE INTERNATIONAL RESULTS: 17TH OCTOBER, 2019

Spell bee International conducted LEVEL 1 exam at our school in September and following students are qualified for LEVEL 2. The date of LEVEL 2 will be shared by the school at the end of October.

Vidushee Vikram of Grade 1 is the topper in the inter school competition scoring 100% marks.

Sr. No.	Grade	Name of Students
1	1 ST	Vidushee Vikram
2	1 ST	Anshuman Majhi
3	1 ST	Vishwam Singh
4] ST	Saumiya Mahant
5	3 RD	Zaynab Tinwala
6	3 RD	Vraj Solanki
7	3 RD	Asajh Pal
8	3 RD	Pakhee Pal
9	3RD	Trisha Parmar
10	3RD	Swara Dhule
11	3 RD	Arsh Tiwari
12	3 RD	Nikhil Bind
13	4 TH	Shaurya Pandey
14	4 TH	Hemil Mistry
15	7 TH	Ankit Kiran
16	7 TH	Shivam Rathod
17	7 TH	Siddhant Gameti
18	7 TH	Om Bhatia
19	8 TH	Meha Bhatia

4. IMPORTANT INFORMATION

- 1. This is a humble request to the parents to submit the pending documents with **original LC** of your child at school. The list is given to the child through the communicator.
- Parents are requested to pay 3rd quarter fees by Transaction ID only. If any parent is not getting transaction ID through text message, please inform us through communicator.
 Note: Transaction ID is sent only on Father's Number which is registered at school
- 3. Parents are requested to use communicator (School Diary) for any communication with school.
- 4. Parents are requested **not to call/send any WhatsApp messages** on WhatsApp number. This number is exclusively for broadcasting messages.
- 5. Parents are requested to check the communicator of their ward on a daily basis & sign on given note.
- 6. 23rd November, 2019 would be a working day for all the students as Run through of the Sports day will be done.

• LIST OF HOLIDAYS OF NOVEMBER, 2019

Date	Day	Occasion
25.11.2019	Monday	Compensatory leave due to sports day
30.11.2019	Saturday	Educators Training

AMICUS INTERNATIONAL SCHOOL, VADODARA FOOD MENU FOR THE MONTH OF NOVEMBER,2019

Date	Day	Lunch
1	Friday	
2	Saturday	Diwali Vacation
3	Sunday	Sunday
4	Monday	Panchratna Dal + Roti + Cabbage Sabji + Rice+ Onion Salad
5	Tuesday	Dry Aloo Bhaji + Puri + Veg Pulav + Bundi Raita
6	Wednesday	Idli Sambar + Chutney + Buttermilk
7	Thursday	Pav Bhaji + Salad + Lemon Juice
8	Friday	Mix Veg + Roti + Dal Fry + Jeera Rice +(Beet + Cucumber) Salad
9	Saturday	Holiday
10	Sunday	Holiday
11	Monday	Fried Rice + Manchurian With Gravy
12	Tuesday	Cauliflower Sabji +Roti + Dal + Rice
13	Wednesday	Kale Chane + Rice + Roti + Onion Salad + Papad
14	Thursday	Paneer Sabji + Roti + Rice + Dal Fry + Salad
15	Friday	Chhole + Wheat Puri + Salad + Butter Milk
16	Saturday	Aloo Mutter Gravy Sabji + Rice + Roti + Cabbage Salad
17	Sunday	Sunday
18	Monday	Bhindi Aloo Sabji + Roti + Rice + Gujarati Dal
19	Tuesday	Lachaka Moong + Rice + Roti + Lauki ki Sabji + Onion Salad
20	Wednesday	Dal Palak + Roti + Tindora Sabji + Rice
21	Thursday	Dal Bati + Churma
22	Friday	Mix Veg + Roti + Dal Fry + Jeera Rice Salad
23	Saturday	Idli Sambar + Chutney + Butter Milk
24	Sunday	Sunday
25	Monday	Holiday
26	Tuesday	Chana Dal Loki ki sabji + Roti + Rice +Papad
27	Wednesday	Rajma Gravy + Roti + Rice + Green Salad
28	Thursday	Mutter Paneer Sabji + Roti + Rice + Dal Fry + Salad
29	Friday	Idli Sambar + Chutney + Butter Milk
30	Saturday	Holiday