

Your Purkal Journal

September 2026



***We are the weavers of quiet wonder and the
architects of tomorrow's light.***

Remembering Swamy Sir: A Guiding Light

'Altruism is the best source of happiness. There is no doubt about that' -

Dalai Lama



September 26 marked the 90th birth anniversary of our beloved progenitor, Shri G. K. Swamy, and PYDS honoured the day with remembrance, prayer and giving.

The day began with a special assembly, where the choir sang *Poojniya Prabhu*, their sweet, melodious voices filling the drizzling morning air.

Shreya of Navjeevan Batch 8 spoke about the significance of the day. *'His kindness is the ground on which we stand today, his humility is our strength, and his vision shows us the right path,'* she said, words that resonated with everyone who had ever been in Swamy Sir's presence.

Later in the morning, all staff gathered for a prayer meeting. Mrs Chinni Swamy, wife of the late Swamy Sir, lit the ceremonial lamp and led the prayers. The staff

members then paid their respect by offering flowers.

As an expression of the school's motto, 'Life is for Giving', a blood donation camp was also organised on campus, conducted by a team from Shri Mahant Indires Hospital, Dehradun.

Parents, alumni, teachers, office and supporting staff came forward, resulting in a total of 37 units of blood being donated by 29 male and 8 female donors.

We are deeply thankful to every donor for this generous act, which made the day even more meaningful for the PYDS family.

Outdoor Learning Programme

Kindness, curiosity and confidence: three things no textbook can hand over.



Learning Tree School

To encourage kindness and foster a sense of belonging among individuals with diverse needs, students from classes XI C and XII C visited Learning Tree School on September 19. This school is dedicated to the education and development of children with developmental and neurological conditions, such as Cerebral Palsy, Down Syndrome, and Autism.

It has classes I to X and follows both the NIOS (National Institute of Open Schooling) and NCERT (National Council of Educational Research and Training) curricula. To make experience more immersive, our students were divided into teams of five, with one team assigned to each class. The teachers had planned fun activities such as singing rhymes and the school prayer together. Amritanshu Chauhan (XII C) was inspired by the way two teachers, one of whom has special needs, led the class with confidence and created a warm, welcoming environment. Outside, everyone played games like *Kho kho*, creating unforgettable memories.

The Learning Tree children also presented a dance performance, showing that studies and fun go hand in hand in their school.

The world our students experienced was full of warmth and kindness. The children of Learning Tree School welcomed them into their little space with open and loving hearts. Ayushi Sharma (XI C) shared her key takeaways: *"All of them were wonderful, and we learned important lessons: we should not judge someone's abilities by their appearance; we should love and support everyone, as the students care for each other like siblings; and we should be grateful for what we have and enjoy the present instead of complaining."*



Raphael Centre

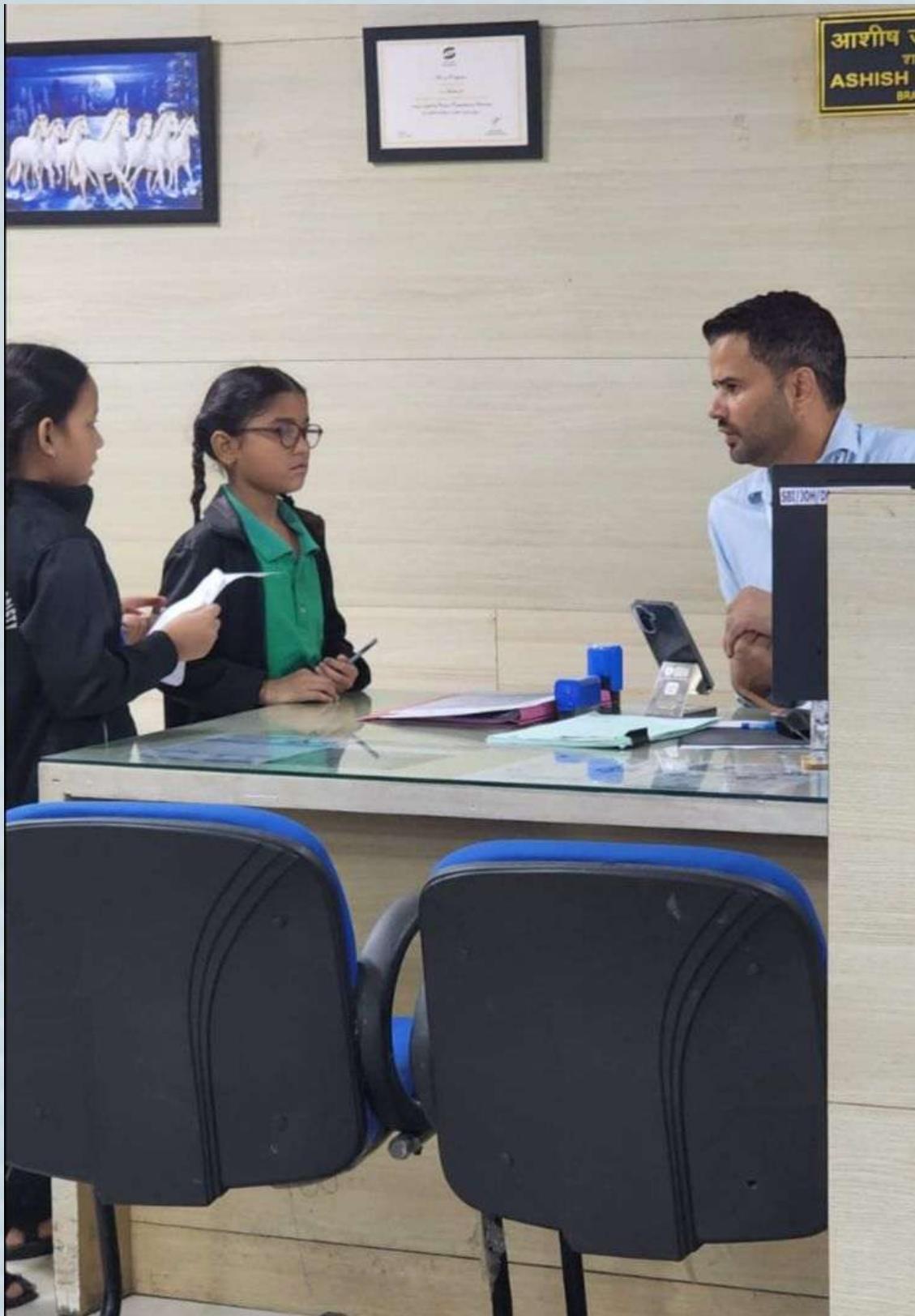
To deepen their understanding of inclusive education and foster a spirit of gratitude, students of XI A and XII A visited the Raphael Centre on September 21, while XI B and XII B made the same visit on September 25. The nonprofit organisation provides education, therapy, residential care, and medical treatment for individuals of all age groups with developmental disabilities, tuberculosis, and leprosy.

Students were divided into groups to tour the campus, interact with residents and observe the learning environment. Our students joined their dance classes, played sports with them and went roller skating together. They also spent time with the elderly residents, chatting comfortably with them in their mother tongue, shaking hands and exchanging hugs. They lifted everyone's spirit by singing the Bollywood song *Chak dhum dhum* and encouraging everyone to join in. They also saw residents engaged in with outline drawings, colouring, beadwork and making garlands, and the residents patiently taught them the process. The teachers noted that our most mischievous students surprised them by being the most compassionate and patient with Raphael's residents.

The teachers learned something too. Tasks were thoughtfully assigned based on each person's abilities: one group cut paper, another painted, and a third assembled

the material. This reinforced the importance of celebrating varied talents rather than measuring every child by the same standard.

Everyone returned with one important lesson: *"Inclusive education is not limited to classroom learnings but extends beyond classroom teaching to active social integration."*



State Bank of India (SBI) Visit

To connect classroom learning with real life banking practices and help students understand banking services, money management, and the use of digital technology, Classes IV and V visited the neighbourhood SBI branch on September 2. The visit aimed to build their observation, communication, questioning, mathematical, and financial awareness skills while also encouraging them to step out of their comfort zone.

The Branch Manager welcomed our children and explained the various functions of a bank and its role in our daily lives. They toured the ATM, loan and insurance sections and learned about digital payment and banking apps like Paytm and SBI YONO. They then asked to the staff. Jeevika of Class V asked, *"How do banks distinguish between fake and real notes?"* Another child asked, *"Can children under 18 also open a bank account?"* The staff answered every question patiently.

Next came a hands on exercise: the children filled out cash withdrawal and deposit forms, learning the meaning of each term. In a practical demonstration, they handed over the form and the written amount to the bank employee and received a receipt. The cash counting machine excited them the most, and they watched it with great curiosity, asking how it worked.

The visit ended on a delightful note, with the bank staff distributing sweets to everyone. Back at school, the children made a presentation on their learnings and experiences to their teachers and the principal. They also performed a skit on how to protect themselves from scams and keep their bank accounts safe.

Educational Trip to Delhi - Class VI

*'The real voyage of discovery consists not in seeking new landscapes,
but in having new eyes' - Marcel Proust*



On 14 September 2026, forty seven excited students and six teachers set off from Dehradun on a six day learning adventure to Delhi. As this was the first big journey beyond the city for many of the students, excitement buzzed through the group right from the start. The bus journey was full of chatter and laughter, with a lunch stop at Shamli along the way. In Delhi, the Pink Line Metro was a first time ride for the students. Still full of energy, they arrived at Apex Public School in Delhi by evening. A wholesome dinner was followed by a briefing from the teachers about the days ahead, during which the students displayed remarkable enthusiasm.

The exploration began the next morning at Qutub Minar, where the guide brought the monument's history to life. The students listened closely, took notes and learnt about the Delhi Sultanate, the construction of the 72.5 meter high Minar and the remarkable Iron Pillar in the complex. At the Lotus Temple, they admired the marble flower, formed by 27 petals like structures and surrounded by nine pools, sat in the silent hall, and were introduced to the Bahá'í ideals of unity and harmony. At India

Gate, designed by Sir Edwin Lutyens, they learnt about the soldiers of the British Indian Army who gave their lives in World War I. This instilled in them a deep respect for the sacrifice of soldiers.

At the National Museum, ancient artefacts such as the statue of Lord Vishnu and early food storage pots gave students a glimpse of ancient civilisations and taught helped them understand how archaeological evidence reveals the lives of people who lived thousands of years ago. Laxmi Lodhiyal said, *"Seeing the relics of the Harappan civilisation, the upcoming chapter in our SST class, was particularly fascinating."* At the National Zoological Park, seeing Bengal tigers, white tigers, rhinos, otters and pythons up sparked lively talks about habitats, biodiversity and conservation. Later, at Science City, a film about the life of a tree and the hands on exhibits sparked curiosity about nature and everyday science.

The National Rail Museum was a much awaited stop. Students explored old locomotives and coaches, including the Fairy Queen of 1855, and traced the growth of Indian Railways up to models like the Vande Bharat. The Joy Train ride stole the show and brought plenty of cheers. At the Nehru Planetarium, the show on the story and evolution of the universe filled them with wonder and led to many questions about space. The day ended at the Red Fort, built of red sandstone by Emperor Shah Jahan. Before the sound and light show, the students explored the lanes of Chhatta Chowk Bazaar, choosing small gifts for their loved ones back home. The show then brought Delhi's history to life.

The next day, the group visited Raj Ghat, where the students stood by the black marble platform and the eternal flame and reflected on Mahatma Gandhi's life and his values of truth and non violence. From here, the students also observed the Yamuna River, now dark with pollution, and contrasted its condition with the clean rivers near their home villages. A visit to Humayun's Tomb introduced them to Mughal architecture, symmetry and the charbagh style of gardens. The day ended at Akshardham Temple, where Sahajanand Darshan, Neelkanth Yatra, Sanskriti Vihar (with its boat ride) and the Water Show immersed students in stories of Indian culture, values, perseverance and service.

Throughout the stay, the students won the hearts of their hosts. They kept their rooms and beds neat, reached every meal and outing on time, and treated the staff with kindness and good manners. Before leaving, they thanked the hosts for their warm hospitality. Shreya Singh delivered a thank you speech on behalf of the students. The students were also deeply grateful to the school, their teachers and trip coordinator for giving them this opportunity.

The trip was truly a rich learning experience. Students saw first hand the places and artefacts they had only read about in textbooks or seen on television, and connected classroom lessons with real life. They played, explored and learnt together, absorbing every moment in their own way. As they looked after one another, friendships grew stronger, and memories were made for life. The journey back to school on 19 September brought back more than luggage. It carried new knowledge, stronger friendships and countless stories to share.

Showcasing Uttarakhand Culture at Rashtrapati Niketan

'Culture is the widening of the mind and of the spirit' - Jawaharlal Nehru



On World Tourism Day, PYDS students performed at Rashtrapati Niketan, a historic presidential retreat in Dehradun, and presented a cultural performance on Uttarakhand's cultural traditions.

Heavy rain en route did not deter the group. They reached the venue on time, and their spirits were high.

Ten girls performed a Garhwali folk dance. For many of them, this was the first time they were dancing in Garhwali attire. The costumes made the dance feel closer to their own homes and culture.

A seventeen member music team comprising two harmonium players, two *dhol-damau* (traditional drums) players and one tabla player supported the dance programme. Thereafter, they also sang the *Mangal Geet* (an auspicious song sung at celebrations) and a Kumaoni song with a classical touch.

The stage was smaller than what the students had practised on. The dancers changed their steps and formations on the spot, and they managed it well. Seeing students from another school perform with confidence made some of them nervous. It also pushed them to give their best.

The students were felicitated for their lively presentation of the state's culture. Many parents were present, and the hall remained vibrant with energy.

Nikhat (VIII A), one of the dancers, said, *"We are thankful to our school and teachers for providing us with this great opportunity to perform in such a prestigious place."*

The programme gave our students valuable stage exposure and strengthened their artistic confidence and stagecraft.

Tek Chand U-12 Girls Basketball Tournament

'The difference between the impossible and the possible lies in a person's determination' - Tommy Lasorda



Twelve girls from our school participated in the 17th Shri Tek Chand Memorial Inter School Basketball Tournament (U-12), hosted by The Doon Girls' School from September 24 to 26. A total of eight schools took part in the tournament and were divided into two pools, with our team placed in Pool B. On the first day, our girls defeated Gyananda Academy (18-2) and Convent of Jesus and Mary (21-4). On the second day, they won against Doon International School (16-2). Remaining unbeaten at the pool stage enabled them to qualify for the semi-finals, where they played against St Joseph and won again (20-2).

In the final against the hosts, The Doon Girls' School, the team won by a big margin (26-6) and was crowned tournament champions. The coach highlighted the remarkable efforts of our captain, Manvi, who gave 100% on the court despite a shoulder injury. Karuna received the individual trophy for Best Player of the tournament.

Reflecting on the experience, Manvi said that teamwork, time management, self improvement, and accuracy were some of the things she learned during the course of the tournament.

We are proud of all our players, who showed grit, determination and talent, and we congratulate them on bringing recognition and glory to our school.

Menstrual Health Awareness Session

'Some questions are easier to ask when someone finally says the answer out loud'



Girls from Classes VII to X, along with the Class XI and XII Biology students, gathered in the auditorium for a menstrual health awareness session conducted by a gynaecologist from Uttaranchal Hospital.

The doctor began with the basics. A menstrual cycle is counted from the first day of bleeding, and a healthy cycle usually lasts between twenty one and thirty five days. She explained that mild cramping and light premenstrual mood changes are normal, while severe pain, unusually heavy bleeding, or irregular cycles are warning signs that need medical attention. For many of the girls, this clear distinction was completely new.

The talk then turned to everyday care. The girls learnt to choose fragrance free pads, to change them every six to eight hours even when the flow is light, to keep the area dry and to wash their hands well.

They were also encouraged to carry on with sports and daily activities, to talk openly with their families, and to see a doctor for severe pain or irregular cycles.

The doctor then spoke about the changes women face in their fifties during perimenopause and menopause, encouraging the girls to support and care for their mothers through these phases.

The session helped our girls attain a clear understanding of healthy menstrual cycles, essential hygiene practices, the importance of proper nutrition, Vitamin D3, calcium, and regular physical activity, and when to seek medical advice, all very valuable lessons that are not easily available.

Teachers' Professional Development

Science Seminar

'The best lesson a teacher can give is the space to wonder'



Four primary teachers attended a day long workshop titled 'Making Science Meaningful' on 19 September. The workshop, organised by Rupantaran School at Balvikas Kendra in Dehradun, was led by Nirmala Sam, a lead primary science teacher with nearly 38 years of teaching experience.

The workshop introduced the WEAR framework (Wonder, Explore, Explain, Apply, Reflect), along with classroom tools such as See-Think-Wonder and Claim-Evidence-Reasoning. Teachers moved around five inquiry stations on water, shadow, nature, magnets, and air, showing how children can learn by exploring, observing, predicting, investigating, testing ideas, and using evidence.

Learnings from the workshop have helped them alter the approaches they intend to adopt to teach science. They now give fewer answers and ask more questions; "What did you notice?" and "What makes you think so?" have replaced ready-made explanations for students' questions. This altered method encourages students to explain their thinking and understand that making mistakes is an essential part of their learning process, thereby building confidence that will benefit them beyond the classroom.

Learning to Read Better

'Reading is to the mind what exercise is to the body' - Joseph Addison



On 8 September, two of our teachers participated in a Professional Development Session, 'How to Read a Book?' facilitated by Mr Istemad Ali, a Senior Economics faculty member at The Doon School. The session explored the idea of reading as a skill that can move from basic comprehension to deeper analysis and comparative thinking.

A key takeaway was learning to preview a book, engaging actively with its ideas, and comparing perspectives across different texts. Inspired by the workshop, teachers are planning to bring these practices into the classroom, helping students preview chapters, make quick notes, and connect ideas across different readings.

It was a valuable reminder that reading is not just about finishing a book, but learning to think through it.

A Moment of Pride

'Education through art empowers young minds to dream, create and contribute to society' - Bhanu Dev Sharma



Sodhan Foundation, an Indian social welfare organisation, honoured our Arts teacher, Bhanu Dev Sharma with the *Shiksha Ratna Samman 2026*. The award recognised his research paper, 'Impact of Art Therapy in Understanding Human Psychology & Students' Learning Behaviour,' and his years of dedicated work in nurturing young artists. Bhanu sir, who is also the Director of Amritanshu Art Group and Studio, sees this recognition as renewed encouragement to work harder and create greater opportunities for his students.

What he appreciates most about PYDS children is their eagerness to learn art not simply as a subject in their curriculum, but as something they genuinely choose to explore. He encourages his students to stay close to nature, to observe it, spend time with it and learn from it. In his words, *the more deeply they connect with nature, the more they begin to understand themselves*.

One such student is Lalit Verma of Class XII, who joined the art class unable to sketch a single line. With each session, his confidence and skill grew. While Lalit continues to develop his abilities across subjects, his art teacher has recognised a distinct spark in his creative work.

Bhanu sir's recognition is therefore not only a personal achievement, but also a booster for the transformative work at our school, where children are encouraged to explore their interests and develop their talents.

The PYDS family warmly congratulates Bhanu Dev Sharma on this well deserved honour.

Bachelor of Education (B.Ed.) Completed by Our Teachers

'The art of teaching is the art of assisting discovery' - Mark Van Doren



Every child's learning begins with the teacher in front of them, and a better trained teacher means better outcomes for every child. That is why completing the B.Ed. program is an important requirement for all teachers at our school. A number of our teachers recently completed their degree at ICFAI University, Dehradun. Four teachers were enrolled in the 2023-25 batch: Aarti Bailwal, Satyam Kumar Gosain, Twinkle, and Manisha. The subsequent batch (2024-26) includes seven more teachers: Shiva Kukreti Bahuguna, Aakriti Barthwal, Sushmita, Sheetal Pundir, Shalini Subba, Neha Gairola, and Geetanjali Chhabra. The teachers achieved very good results in the course. In class, they now plan lessons with clear goals, use activities and real life examples instead of surface learning, and encourage students to ask questions. They are also more aware of each child's learning needs and better at including children with different abilities. The benefits of the program are clearly visible and are already generating beneficial outcomes for the students. Many of them observed that in PYDS they were already practising many of the ideas they studied in the program. In addition, they acknowledged that they were able to perform well because PYDS gave special leave for attending classes, writing exams and attending the convocation, while also appreciating the financial support received by them for payment of course fees.

We are proud of Samiksha Pal (PYDS batch 2020 - 21)

'Work hard and enjoy your life to the fullest, with no regrets'



Samiksha Pal, a 2021 alumna, comes from Rajpur, Dehradun. Her father works as a lab assistant at Welham Boys' School, and her mother is a homemaker. She joined PYDS in Class III as a hosteller. After school, she completed a Bachelor of Business Administration (BBA) from the Institute of Cooperative Management and a Master of Business Administration (MBA) from Graphic Era University, gaining experience through internships at Lernx and Robonox.

Samiksha currently works as a Data Analyst in Consulting Services at Deloitte, one of the world's 'Big Four' accounting firms.

Reflecting on her growth and the milestones that shaped her, Samiksha shares:

"PYDS taught me to take initiative, accept challenges and try my best at every opportunity, and I became kind and humble. Speaking in front of the class and the school made me confident, and I am most proud of the basketball matches and debate competitions we took part in at other schools. Our trip to Uttarkashi, where we visited Harshil, Gangotri and Kedarnath, stayed with me because I love trekking and the mountains. The biggest lesson school taught me is that we grow by helping each other, and the peers we work with are our real strengths. I am still in contact with my batchmates, and we share a very good bond."

I chose a BBA and then an MBA because I wanted to enter the corporate world and saw the opportunities to grow there. My internships gave me experience in business development, client engagement and lead generation, and at Robonox I learned that learning is a part of growth and happens every day. Today, my work at Deloitte lets me showcase my problem solving skills and my ability to deal with people. In five years, I want to take on new challenges and see myself in leading roles. My long-term goal is to make my parents proud and provide them with everything.

To my juniors at PYDS: Take an active part in every activity, and learn beyond the books. Take the initiative and push yourself, because that is the only way to overcome challenges. PYDS doesn't only provide education; it helps students stay grounded and become good human beings."

Donate to spread smiles!



**With every crisp morning and soft morning sun, we find gratitude
for those who walk beside us through every season. Stay well,
stay hopeful, and take care until we meet next.**

Purkal Youth Development Society
Purkal Village
PO: Bhagwantpur
Dehradun, 248009
INDIA