



# Poiesis

ACHIEVEMENT FOUNDATION

P-Times

Learners Today.  
Achievers Tomorrow.

Dear Readers,

Learning new things is a powerful booster for confidence and freshness of mind, leading to miles of smiles. This P-Times of 'The Visionary - Building Future Achievers', batch 81, shows us the journey of children that began by knowing each other and how by working together, they have developed insights for many useful concepts, while experiencing joy.

Children worked together to create amazing structures and learnt about team-work. Through role plays, they explored rules of communication, especially listening, speaking and the importance of asking questions. They discovered many interesting childhood incidents of great achievers while making creative and informative scrapbook, which they shared in the form of skits made by them. The visit to Gandhi Ashram provided an opportunity to know more about Gandhiji's life and contribution.

They brainstormed to prepare a list of positive and negative emotions experienced everyday and made an action plan to convert negative emotions into positive energy. The activities during goal setting and time management sessions gave them an understanding about different short and long term goals possible at their age and ways to use their time effectively to achieve them.

Children visited the world class manufacturing plant of Claris Lifesciences Ltd. and saw for themselves how quality can be built into work. Their face-to-face interaction with Mr. Sushil Handa, the founder of Claris provided life lessons about pathway to success. We thank him and also Ms. Sharmistha Chakraborty, visiting faculty for her guidance for managing emotions.

A big Thank you to parents for their support and to children for creating miles of smiles!!

Be happy and keep on smiling, always!

*Beena Handa*

January 07, 2017

Beena Handa  
and Team Poiesis



## Hum Saath Saath Hai...

'Teamwork makes dream work'. Children learnt to work in teams by being architects and designed different models. They realized the benefits of teamwork and also shared the problems as well as behaviour which helped them to work better...



We made a hotel named 'Royal Kingdom' and our company is 'Indian Architects'. The most fascinating part of the hotel is that the floors are rotating from west to east. It has a large swimming pool and a beautiful garden. There are many indoor as well as outdoor games facilities like badminton, table- tennis, snooker and carom. For the first stay, there will be 25% off including food and free spa facility. Charges per night will be Rs.50,000/- only. We have seen teamwork in different games like kabaddi, football, cricket and many more. Good team-work leads to a better performance.

Aayush, Harsh, Karan, Preet



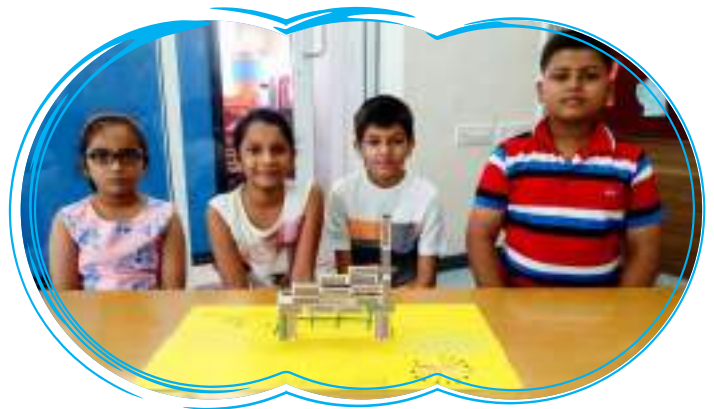
We created a hotel and named it 'Lotus'. Our company is 'Magic Pearl Building Makers'. In hotel, there are 20 rooms, a big restaurant made of stone, beautiful swimming pool, play area for children and speed boats for water riding. Aged people will get a special multipurpose bed and children below 5 years will have caretakers. Every Sunday, there will be a disco party with 30% discount on entry in the month of May. Every night, a game of housie will be played and thereafter a musical show will be arranged for the entertainment. The 100th person entry will be free and 40% discount will be given on Billiards game.

Everyday at 3 pm, a movie will be shown in amphitheatre area and everyone will get a gift before leaving the hotel. In our team, we fought with each other, were not able to decide which work has to be done first and by whom. But after facing all these problems, we solved them by distributing the work and listening to each other.

Ansh, Heer, Moksha, Shlok, Yana

Our team made a hotel and named it 'Buj Alrab' and our company is 'Future Achievers'. The most amazing thing of the hotel is that it is made in the middle of sea. Some of the rooms are below and some are above the water level. The underground aquatic rooms are the most beautiful attraction for the visitors and the whole hotel is decorated with lights of different color. Visitors can see many kinds of fish and aquatic animals from their room and a very big play area for the children. While working in a team, we got to know more about each other, that made us very good friends. Teamwork also benefited us in completing our work faster.

Mitwamii, Pearl, Raj, Tanmay



Our company's name is 'Indian Architects'. We made a school named 'Royal Kingdom'. The whole building of the school is centrally air conditioned with hi-tech technology available in all the classrooms. The school has also their own transport facility for pick up and drop. Food is not allowed from home as it is provided by school only. It also has a big swimming pool surrounded by green grass and garden. When we are in a team, we should be polite and should have compromising behavior. We should listen to each other's ideas and be co-operative.

Karunay, Nishi, Rujuta, Tattvam





## What's Up...?

"Communication is about being effective, not always about being proper"- Bo Bennett. Children made a drawing based on instructions of a virtual teacher and realized the importance of speaking, listening and questioning for effective communication...

I was made the virtual teacher. I described a picture and children were supposed to draw. In the first round, the children were not allowed to ask questions but later they could ask. It gave them more clarity about the picture and hence they drew similar to the original one.

Aayush



### While Speaking...

While speaking, we should include all information. We should maintain eye contact, have proper body language, voice modulation and facial expressions.

Heer

We should talk politely and at an appropriate speed. We should take proper pauses and use our hands to explain with a smile on our face.

Karan



### While listening...

To show that we are listening, we should pay attention and maintain eye contact with the speaker. We should ask questions, so that speaker knows that we are interested.

Preet

While listening, we should write notes, give answers, nod and participate on topic. During discussions, we should not interrupt but wait for our chance.

Shlok

### While Questioning...

We should ask questions to understand better and gain more knowledge. We normally do not ask questions because of hesitation, fear of getting scolded from the teacher if she has already explained the topic etc.

Rujuta

Sometimes we do not ask questions because we think that others will laugh at us, or feel shy, ignored, confused or frightened. We should use 5W's & 1H (what, where, when, why, who & how) while questioning. Asking questions helps to be clear and saves us from making mistakes.

Yana

## I Want To Be...

"The future belongs to those who prepare it from today"- Malcolm X. That is what we learnt from the life journey and qualities of achievers. Children selected an achiever, made creative scrapbook and they enacted on their childhood incidents...

My achiever is Muhammad Ali. He was a boxer. I like his sportsman spirit, courage and fearless attitude. I selected him because I also like to learn judo and boxing.

Harsh



I selected Enid Blyton as my achiever. She is a good thinker and a creative writer. I love to read books written by her.

Karan

I like Mother Teresa because she was very kind, helpful, caring and honest. She looked after poor people and worked hard for the needy in society.

Moksha

I chose Albert Einstein as my achiever because he was very sincere, hardworking and a great scientist. He was a great mathematician also. I chose him because I wanted to know how he used maximum (13%) of his brain.

Nishi

My achiever is Henry Ford. I chose him because I have interest in making mechanical things like cars. He was the founder of the Ford Motor company. The qualities that I admire are, he was curious, intelligent and eager to know things.

Raj

Michelangelo is my achiever. He was an Italian sculptor, artist, architect and considered to be one of the greatest painter. He was very imaginative. He created 'David' and 'Pieta'. I also like to paint.

Shlok

We showed a childhood incident of Wright brothers. Karunay and Mitwamii became Wright brothers, Ansh as father and Pearl as mother. The incident was that one day their father brought a toy glider as a gift for them. He flew the toy glider in the air and brothers were amazed to see that! From that incident, they got inspired to make an aeroplane.

Our skit was on Walt Disney. He used to sell newspapers with his brother to earn at a very young age. They woke up at 4 am and distributed a newspaper to each and every house. We also showed how he sold candies and earned money to buy the colours for drawing. Preet became Walt & father, Yana as his brother Roy, Rujuta as Walt and student and Tattvam as the shopkeeper.



## Inspirational Journey of Mohan...

"Be the change that you wish to see in the world"- Mahatma Gandhi. A visit to Gandhi Ashram gave children the insights into Gandhiji's life and his contribution. They saw different places like Upasana Mandir, Painting gallery, Museum, Hriday Kunj and learnt about the struggles done by him...

I learnt to follow strict rules, value my time and be gentle to others.

Ansh, Tattvam

I will always speak the truth and help others. I will also do my daily routine work by myself.

Moksha

The habits that I would follow are to develop one good habit which I will do daily, live a simple life and help poor people.

Pearl

I saw many places but I liked kitchen the most because there were amazing replica of many things used in that era of Gandhiji like charkha, dishes, spoon and many more.

Harsh

I liked painting gallery the most because there were many unique pictures of Gandhiji like portrait made by groundnut shell and 3D painting, which were outstanding. I also liked the statue of him.

Heer



In Gandhi Ashram, I liked Upasana Mandir the most, where Gandhiji and all Ashramites used to pray twice in a day for peace of body and mind.

Mitwamii

Once Gandhiji was travelling in South Africa in a train with the first class ticket but as per British rule, all the fair people could sit in the first class and all the black people could sit in only third class. The guard asked him to get down but he refused. The guards had to throw him from the train. He decided to fight for equality.

Aayush



The incident I liked the most was one child used to eat a lot of jaggery, so his mother told Gandhiji to make him understand that he should not eat jaggery. Gandhiji asked the mother to bring him after one week. After one week, Gandhiji told the child not to eat a lot of jaggery. Mother asked Gandhiji why he asked for 1 week time, so he told that he also used to eat a lot of jaggery. He wanted to improve his habit before advising.

Karunay

Once Gandhiji had stolen golden armlet of his brother. He was afraid to tell his father. Not because of any punishment from him, but because of causing great pain to his father. He confessed to his father in writing.

Mitwammi





I liked the incident of Dandi Satyagrah movement. Gandhiji and his followers walked 388 kilometers to remove the tax on salt, which the Britishers had imposed.

Nishi, Shlok

## Express Yourself...

Children shared some incidents and listed various emotions like fear, excitement, happiness, anger, pride, sadness which they feel in routine life. By doing role plays, they understood how to handle their emotions...

If we are angry, we shout or scream on others. To avoid anger, we can do meditation, listen to music or splash cold water on face.

Aayush, Ansh



If we are afraid, we become nervous and don't talk to anyone. To overcome, we can talk with our parents and be brave to face it.

Karan, Karunay

If we are confident, we can speak without any hesitation, feel happy and do things perfectly.

Mitwamii, Moksha

If we are jealous, we hurt our self and complain to our parents every time. We learnt that we should be happy and make the best use of what we have.

Harsh, Preet

If we feel proud of our work, we will perform again very well, feel confident and feel like sharing happiness with others.

Raj, Rujuta

When we are excited, we start jumping here and there, sing songs and tell everyone the reason behind that excitement.

Tattvam, Yana

We become sad because of bad behaviour of friends, when someone ignores us, mother's mood is bad, something wrong happens, when we are alone or when we see emotional movie. We can overcome it by eating chocolates, go out to play, watch comedy movie and talk to our parents or think about something positive.

Ansh, Harsh, Karan, Karunay



Happiness is when mother hugs, teacher appreciates us for good marks or when we read books, attend birthday celebration, spend time with parents, go for trip, achieve something, eat favourite food, get surprises and when we go for a movie with friends.

Pearl, Raj, Rujuta, Yana

When someone teases us, we feel very bad, start crying, become nervous, get irritated and run away from that place. At that time, we should not react, be cool and think about our good qualities. Just ignore them or talk to the person confidently, talk assertively and if they still do not stop then talk with the parents for the solution.

Heer, Pearl, Rujuta, Tattvam

## Learning Experience...

"Experience is the best teacher of all things"- Julius Caesar. Children visited manufacturing plant of Claris Lifesciences Ltd. They were amazed to see the world class infrastructure, greenery and cleanliness maintained in the campus. They were so excited to meet Sushil sir, the founder and asked him many questions about his work, goals, hobbies, experiences and achievements...

The best thing I liked at the plant was seeing many women working in the checking department to ensure that there are no germs in the medicine. This showed how quality is maintained by them.

Mitwamii, Nishi

In Claris, a big part of the land (37 %) is covered with greenery. We saw different types of Hi-tech machinery used by them. We also liked the linear pattern of manufacturing designed by them.

Shlok, Tattvam

If I will get a chance of starting an industry, I would like to manufacture horse riding helmet because I love horses and want to learn horse riding.

Aayush



Like Claris, I would also like to make medicines with no harmful chemicals and no side effects. We would also give some free medicines to poor people who can't afford to buy.

Harsh, Heer

I like speed in life so, my dream is to manufacture formula one racing cars and bikes of different styles.

Raj

Through this visit, we learnt that we should do the quality work, hard work and do our best to achieve goals in life.

Karan



Being the founder of the company, though busy, Sushil sir found time for us and we have learnt many things from him like, always learn from difficulties and should be imaginative in life.

Karunay, Moksha

I am inspired by Sushil Sir's talk as he motivated us to dream big and achieve big.

Pearl

We learnt that we should not waste time, always try to do our best in any situation and to think twice before doing anything.

Rujuta, Yana

We should have courage to face any situation and not give up. We must study hard to increase knowledge.

Shlok

## Get, Set, Go...

Hard work is not fruitful without a purpose in life. Children played dart game and also shared about their short term and long term goals. They promised that they will really follow the goal setting in their day to day life. They saw a video of a motivational speaker John Foppe, an armless person and were inspired by him...

Goal means to decide something and achieving it. Goals provide us the energy. It also helps us to keep going in many difficult situations to achieve and focus better on our work.

Karunay, Raj



My short term goal is to get selected in the school football team and for that, I will wake up early to do exercise and cycling, pay attention in practicing sessions, with friends or with coach.

Heer

I will improve my Gujarati and Hindi language in next 3 months. That is my short term goal and for that I will practice with my parents everyday for 1 hour and speak in front of mirror slowly.

Preet

My long term goal is to reduce my spectacles numbers and for this, I will eat fresh vegetables, eat more almonds, watch less television and will study in the morning instead of night.

Aayush

In long term, I want to improve my French language. I will try to be clearer about words, improve vocabulary, will never miss tuitions and be more attentive.

Pearl



The one thing I liked the most about John Foppe is his thinking, 'If I will make limitations than I would not be able to do all things by myself, so don't limit yourself physically'. He was able to do all his work with his legs, shoulders and head.

Harsh

John Foppe was born without arms and inspite of that, he could do many things with his legs. He drove the car and made food for himself. I was surprised to see the way he broke the eggs.

Karan



I liked that Foppe learnt to write, typing on computer, eating food, taking out money from ATM with his legs. We should be thankful for what we have and make the best use of it. I learnt that nothing is impossible.

Moksha

I was happy to see the video of John Foppe, who was not taking help from anyone for doing his own work. I learnt to do all things by myself and not to be dependent.

Nishi

I was astonished when I saw John Foppe going to gym for exercise to be fit and wearing a tie with his legs. I learnt to always think positive and don't keep mental blocks.

Rujuta



I was surprised to see John Foppe shopping in the mall and picking up things from the upper rack, which is really difficult. We should never give up in life.

Tattvam

## Yesterday, Today, Tomorrow...

"Time management is Life management"- Robin Sharma. Children did role plays to show how they waste time and also learnt how to overcome them by using time consciously...

We waste our time by sitting idle for long hours, taking long time in doing homework, chatting with friends unnecessarily, over sleeping, playing games in bathroom, arguing with everyone or by playing for long hours.

Ansh, Nishi

Watching TV for hours, keeping awake till late night and then sleeping till late, snoozing alarm in the morning, searching things here and there, doing mischief in class and not paying attention and going again and again to drink water while studying are some of the ways in which we waste time.

Preet, Shlok



The habits which come in the way of time management are excess use of technology, delaying our work etc. When we do things in a hurry, we make many mistakes, get tense, our focus fluctuates and then we have to do it again and again. But we can be systematic and develop habit to complete our work on time. We should use technology for only limited hours.

Karunay, Pearl

Habit of being not organized wastes our most of the time in searching things; not saying no to others while doing important work also affects our time. Habit of overfriendliness leads to more talking unnecessarily. We can improve our all these habits by putting all the things in an organized way, understand our priorities and can chit chat less with friends.

Raj, Yana

We can manage our time by paying attention in class, avoid side talking, can learn to make something creative and improve our habits.

Moksha, Nishi



## Actions! Actions!

Have children transferred their resolutions into actions!  
Yes! 😊

'I am following my planned routine'.

'Earlier I used to cry often. Now, I can control my crying'.

'I put my things in its place'.

'Now I wake up at once and not take 5 minutes as I used to do'.

'I have learnt how to talk to others and made more friends'.

'I am more focused and confident now'.

To improve our use of time, we will read more books, make a time table & accordingly plan everything so that we are able to do our work faster. We should also play brain games like crossword or word search to make our memory sharper. Time management is really life management.

Ansh, Mitwamii

We are...

Kudos 🙌 to children...



### First row (L to R):

Raj Shah, 12yrs; Tattvam Vaidya, 10yrs; Karunay Saundh, 11yrs; Karan Desai, 11.5yrs; Preet Varu, 10yrs; Mitwamii Venkatesh, 9.5yrs; Moksha Shah, 10yrs; Yana Shah, 10yrs; Pearl Modi, 10.5yrs; Ansh Mehta, 10.5yrs; Tanmay Prajapati, 12yrs; Shlok Prajapati, 12.5yrs

### Second row (L to R):

Mrs. Beena Handa (Founder Director); Harsh Sanghni, 12yrs; Aayush Jhaveri, 11.5yrs; Nishi Prajapati, 12yrs; Rujuta Shah, 10yrs; Heer Modi, 12yrs

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