

SEPTEMBER 2025

PLAYING, LEARNING & GROWING

Official Newsletter



Teamwork & Learning Take Centre Stage

September was all about teamwork, resilience, and joyful learning across Vidyaranya's centres.

From energetic sports sessions that sparked healthy competition and team spirit, to regular after-school evening classes that helped our children stay consistent with their academic progress. The month beautifully balanced play and discipline.

Whether on the field or in the classroom, our children and residents reminded us that growth is not just about winning or scoring but it's about showing up, lifting each other up, and moving forward together.



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Winning Beyond Scores

From musical chairs that filled the halls with laughter to cycling sessions that boosted balance and confidence, and traditional circle games that encouraged strategy and bonding, every activity this month became a joyful lesson in movement and teamwork. Sports at Vidyaranya are not just about play; they're about building resilience, friendship, and self-belief.



Other Monthly Updates



Our children at Vidyaranya attend school regularly and diligently complete their homework, ensuring consistent academic progress. With guidance from mentors and a structured routine, they develop discipline, focus, and a strong foundation in learning, preparing them for future challenges and lifelong educational growth.

Gentle yoga sessions were organised for our senior residents to help improve flexibility, balance, and peace of mind. Guided breathing and stretching exercises not only eased physical discomfort but also lifted spirits. For many, it became a cherished morning ritual of healing and togetherness.



Routine medical check-ups were conducted to monitor key health indicators such as blood pressure, sugar levels, and joint mobility. Doctors offered personalised guidance and medication reviews, ensuring timely care. These sessions help us proactively detect concerns and provide our elders the dignity of attentive, continuous support.

Women Empowerment



Skill development workshops this month empowered our women residents with new vocational abilities, boosting their confidence and self-reliance. Alongside learning and growth, we also celebrated our residents' birthdays with warmth and joy. It's a reminder that every achievement and every life deserves recognition... Learning and laughter went hand in hand throughout the month.

Celebrating Connections



Our children were treated to a special surprise organized by the members of Rotaract Bangalore Aagneya. They enjoyed a delightful pizza party, accompanied by a selection of sweet baked treats. The event brought immense joy to our Sitaare, creating moments of excitement and happiness that were truly memorable...



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