



NEWSLETTER

December-2022





ASSEMBLY ACTIVITY



Hindi Rhyme

Haathi Raja Kaha Chale



Students of Grade I





SUSTAINABLE DEVELOPMENT GOALS SPECIAL ASSEMBLY



Introduction to the Sustainable Development Goals started at the beginning of the academic year. It is incorporated in lesson plans and charts. But if reinforcement of the same does not happen then children tend to forget. So to do that Grade X children conducted 17 Sustainable Development Goals for the complete week by taking 3 to 4 goals in a day and all were covered from Monday to Friday. Thoughts, Student talk, Teacher talk, skit were done based on these 17 Sustainable Development Goals. It created an awareness among the students to take these goals seriously and bring them into practice by taking small steps towards it.





LIBRARY ACTIVITY

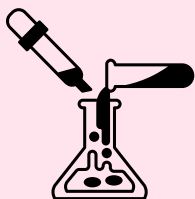


The benefits of school libraries are innumerable.

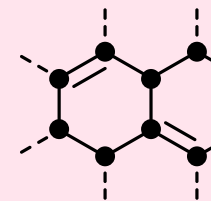


From promoting literacy and information technology to enriching the curriculum, they significantly impact students' learning, creativity, and social skills.



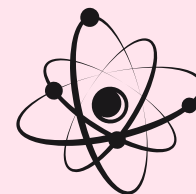


CHEMISTRY CLASSROOM ACTIVITY



Students demonstrated through the experiments that:

1) Distilled water can't conduct electricity because it doesn't contain ions while salt solution/lemon juice conducts electricity as it contains ions due to the presence of dissolved salts in it.



2) The passage of an electric current through a conducting solution causes chemical reactions.



STUDENTS' CORNER



STUDY TIPS

- 1. Find out your learning style and create your own style of learning in which you can understand the concept thoroughly. Always try to study at your own pace .*
- 2. Create your own timetable in your time apart from school timings. Give more time for the subject in which you find yourself weak and follow the timetable regularly without fail.*
- 3. Develop a habit of waking up*
- 4. Try the Pomodoro method of learning . Decide what you want to accomplish and estimate how long you will study for. Then break your work into pomodoros.*
- 5. Do not refer to external websites for extra questions and extra information. Read only the textbook as it is the primary source of information. Always do line by line critical reading of textbooks. (Even if you study only 1 page a day, try to master that topic).*
- 6. Always ask doubts and ask for help. The more doubts you get the more perfect you become.*
- 7. Teach others. The more you teach, the more you learn.*
- 8. Sit in a place where you do not have any disturbance i.e., create a right environment to study.*
- 9. Sit with a fresh mind before you start studying. Critical thinking and analysis are important.*
- 10. To memorize easily, create flashcards and stick them in the place where you spend most of your time so that you can always refer to those flashcards.*
- 11. Reward yourself after completing your set goal . Give time to yourself and have a healthy routine . Good sleep will help you to concentrate more .*
- 12. Take breaks in between to avoid stress and stay organized in your work.*
- 13. Silent your cell phones to minimize distractions as much as possible .*
- 14. Once you study, try to write down all the key points that you read from the past few minutes. ("1 time writing = 3 times of reading " - do not be lazy to write)*
- 15. Solve the ncert questions. Study for understanding, not just for the tests.*
- 16. Do not forget to reflect on your day. Know where you are, know what else you have to do to make yourself better than what you are now. Reflection is the key to improve yourself and to find the best version of you.*

Thank You

**ROSHNI J
GR X**



Student
Corner

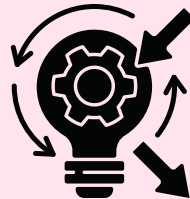




S2S REFLECTIONS



The reflections bring out a specific image of a topic. It allows the child to examine, experience and give thoughts and feelings from his point of view so that there is no wrong answer as such. Each child is free to imagine the concepts in their own way.



ACHIEVERS IN OLYMPIAD - IGKO AND IEO



Olympiad exam is to provide a unique competitive platform and identify the young geniuses and create a talent pool for the future. It has helped the students to learn new techniques and to understand the concepts and methodologies.



Bhavya Sharma
Grade VI - IGKO



Medal of Distinction + Certificate of Distinction

HARINI SEETHARAMAN
Grade V



Gifts Worth Rs. 1000/- +Zonal Gold Medal+ Certificate of Zonal Excel

ANIKA SINGH
Grade II



Gold Medal of Excellence + Participation Certificate and SPR

VRISH VARDHAN SHARMA
Grade I



Gold Medal of Excellence + Participation Certificate and SPR

ANIKA VERMA
Grade II



Gold Medal of Excellence + Participation Certificate and SPR

ADRIKA DEEPAK E
Grade VI



Gold Medal of Excellence + Participation Certificate and SPR

TARUNYA V
Grade VIII



Gold Medal of Excellence + Participation Certificate and SPR

VENKAT RAGHUNANDAN
Grade IV



Gold Medal of Excellence + Participation Certificate and SPR

ISHAN ROY
Grade V



Gold Medal of Excellence + Participation Certificate and SPR

YASH GAUR
Grade VI



Gold Medal of Excellence + Participation Certificate and SPR

DAMAN VAMSI VANKARA
Grade VIII



Gold Medal of Excellence + Participation Certificate and SPR

SAMARTH SANDEEP
Grade III



Gold Medal of Excellence + Participation Certificate and SPR

ABINAV RAJA
Grade VI



CAREER COUNSELING SESSION



The grade X career counseling workshop was conducted by Dr. Pankaj Jain, Alumni of IISc and director of Seed to Sapling on Friday, 16/12/2022 in the afternoon between 03:00-05:00 P.M. The workshop gave an insight of how students are to make their decision on choosing the right courses to follow their dream. It was also an eye opener session for the parents too who joined the children for the workshop to analyze their ward's choice of course selection for their future.



The session was very interactive with students and parents' opinions on the subject and the guest speaker Dr. Jain facilitated the flow of ideas from the student & parent community very well which brought an unison of ideas and career paths to choose. The seminar was worth-while at the crucial stage where the courses the students choose determine their future.

CONTINUOUS PROFESSIONAL DEVELOPMENT

राष्ट्रीय पाठ्यचर्या की भारतीय भाषाओं के शिक्षण का आधार पत्र में विनिर्दिष्ट हिंदी भाषा शिक्षण के मुख्य बिंदुओं को सब लोगों तक पहुंचाने की दृष्टि से CBSE, COE, बैंगलोर के तरफ से कक्षा 10 पढ़ानेवाले शिक्षकों के लिए 2 दिन का (10 दिसंबर से 11 दिसंबर तक) “क्षमता निर्माण कार्यक्रम”(Capacity building program) का आयोजन किया गया था।

कार्यक्रम में अधिगमकर्ता के श्रवण, वाचन एवं लिखने की कौशल्य का क्षमता बढ़ाने के लिए शिक्षकों को मार्गदर्शन दिया गया। अपने पाठ्यक्रम में पाठ परियोजना के बारे में, आकलन की विधियां, संदर्भ आधारित पत्रों के प्रारूप, व्याकरण शिक्षण, गद्य तथा पद्य शिक्षण के उद्देश्य, उनके अर्थ एवं संबंधित शिक्षण विधियों के बारे में जानकारी दिया गया और मूल्यांकन करने की तरीका, प्रश्नपत्र बनाने का रीति हिंदी भाषा शिक्षण के प्रमुख कौशल एवं संबंधित गतिविधियों के जानकारी दिया गया।



श्रीमती प्रेमलता एम .एच
शिक्षक हिंदी विभाग

Capacity Building Programme - Science

Mrs. Rajeswari, Physics faculty, and Ms Chaithra, Chemistry faculty attended the Capacity Building Programme in Science conducted by CBSE, hosted by Royale Concorde International School, Kalyan Nagar, Bangalore on 25 th of November 22. The session was taken up by Mrs Vamshee Priya Amar, Chairperson, Bangalore Sahodaya

The theme of the conference was - Reflecting and Reviewing the policy of science at the secondary level.

The focus was to equip students with skills and competencies.



Ms. Rajeswari and Ms. Chaithra along with Principal Ms. Shanthi Seetharaman

PROSPECTIVE RESOURCE PERSON TRAINING ON NEP 2020



The Mount Carmel Central School, Mangalore in association with CBSE- CDE Bengaluru and Karavali Sahodaya organized a one day seminar on "Prospective Resource Person" programme on NEP 2020 for the Principals and Senior teachers of CBSE schools on Wednesday, December 7 in the school premises.

The Objectives of the session were:

To sensitize the participants with the need of National Education Policy 2020.

To familiarize the participants with the fundamental principles of NEP 2020.

To enable the participants to understand the emphasis given to early childhood care and education in NEP 2020.

The session got enriched when the participants co created different principles of NEP 2020 and collaborated together to have a strong take away to empower teachers, create and bring a change over all.



LEADER IN ME- CONNECT- SYMPOSIUM AT THE CAPITOL HOTEL, BENGALURU ON MONDAY, 05/12/22.



Live Life Education Organized a Symposium and to establish a CONNECT among the education community to unleash greatness in schools, students and communities around the world. The main idea was to discover ways to elevate education in the classroom and in the school. It was a fruitful evening reflecting on the means by which plans are done to keep Life- Ready!

Character building, Soft skills, Life skills, Social-Emotional Learning, College & Career Readiness and 21st Century skills were shared by Mr Sean Covey, President of Franklin Covey Education, USA, New York Times Best- Selling Author and Dr. Kannan Gireesh Psychiatrist, Psychotherapist, Founder, CEO, LiveLife Education.

Mr Sean Covey briefed us all on the journey with his father Mr Stephen Covey on the making of the book titled “ Seven Habits of Highly Effective People”. Powerful lessons are learnt which bring a subtle change in every one when opportunities are given and grabbed too. The essence of reading this book is an inside-out approach. It is time to teach things as a culture and not as a subject.

The outcome of this session is to believe that every student is a Leader, a student voice is heard who are also responsible for bringing in a Happy School Ecosystem.

Finally, a time to network again with other Principals and reflect upon the fact that the message in the book of “ Seven Habits of Highly Effective People” was aligned with the National Education Policy 2020 brought a beautiful closure.

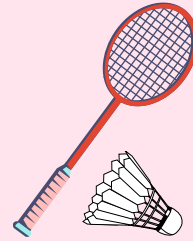




CBSE GAMES - SCHOOL TEAM



There are different aspects of a complete education. The aim of CBSE sports is to promote healthy living develop leadership qualities and team management among the students make students mentally strong and emotionally balanced and encourage sportsmanship. It aims to promote healthy competition among the schools and make students all-rounder.



SCHOOL BADMINTON TEAM

SCHOOL FOOTBALL TEAM



SCHOOL YOGA TEAM





CHRISTMAS CELEBRATION



Christmas a season of joy, love, and peace, an occasion to spread happiness everywhere.

The best of all gifts around any Christmas celebration is the delight of being wrapped up with each other's intellectual ideas.





ANNUAL DAY : 2022 - 23



A grand annual event titled Telgudi was held on 22nd and 23rd Dec 2022 at Vishwa Vidyapeeth. It was a fun filled event that took place with lots of cultural events from all curriculum in a very joyful way. A huge gathering of audience cheering the performances of their children was a heart - warming moment for everyone.





SESSION ON MENTAL HEALTH

TOPIC - BUILDING RESILIENCE



*Objectives of the workshop -
To improve quality of life.
It makes us more confident.
We learn to adjust better*

*This session was conducted at Varthur campus, Vishwa Vidyapeeth
CBSE, on 27th of December 2022 as a part of Winter Camp.*

Children participating were of age group 6 to 13 years old.

*Children were very keen to learn about resilience and actively
participated in the workshop. Shared their personal
experiences.*

*Ice - breaker activity was conducted where children spoke about
their happiest and scariest moments of their lives.*

**At the end of the workshop, an activity was conducted -
FREEZE DANCE, A musical freeze tag game helps with
children's listening skills and self-regulation (starting and
stopping).**

