

2021

# ARMY PUBLIC SCHOOL BIRPUR: MONTHLY REPORT

## STRENGTHEN HAND MUSCLES WITH FINGER EXERCISES

**M**aking fitness a priority energises a person. Exercise makes you feel better, changes your body flexibility and mood. Finger exercise is one of the most beneficial things for our fingers. It gives flexibility, fitness, strength to our fingers. It develops fine motor skills that connect our hand to head and heart, meaning good coordination of 3H - hand, head and heart. For students, it helps in improving our handwriting, improves performance in hands-on-activities. Before asking the children to write, we must first strengthen their small hand muscles and grip. It also helps in improving our



capacity to hold things strongly. Having strong muscles help the child to pressure the tip of pencil in forming correct letter and allows children to gain confidence that they need. It helps to heal our hand muscles from strain. It reduces pain and relaxes the muscles after work. There are many finger exercises to be practiced in day-to-day life. **ANSHIKA**, class IV, Army Public School Dehradun

## Internet can provide knowledge, not instill moral values

**T**here is no denying the fact that Internet has proved a boon to the students during this pandemic time. I personally feel that our teachers touch our lives in immeasurable ways. They all are exemplary figures to us all. They have a positive impact on us, which develops our character from a childhood stage. These days, we are quite familiar with the online classes and online teaching-learning process. But unlike teachers, the Internet cannot give us the motivation, encouragement, and support that we, as humans, need at times.



Teaching is not just about making sure that the students are learning and syllabus is complete, it is also about developing moral values and good habits in children so that they can become good people in life. Moreover, it is also about developing in children a positive attitude towards learning anywhere everywhere. The Internet does not take into consideration the learning differences between students. Internet can only provide information, but teachers provide knowledge and wisdom that stays with us lifelong. **PRANAV GUPTA**, class V, Army Public School, Birpur, Dehradun

## HAVE YOU TRIED CHAIR YOGA YET?

**C**hair yoga is a gentle practice in which asanas are performed while seated or with the support of a chair. Like other regular yoga poses, chair yoga increases flexibility, strength and body awareness. It is a good way to train for balance, and those who cannot participate in traditional yoga classes can perform many exercises while using a chair for support. It improves focus, mental clarity



and relaxation. It brings additional benefits for older adults and to the persons suffering from arthritis, osteoporosis, chronic pain, coronary artery disease, diabetes and a variety of autoimmune conditions. It is a great form of yoga for beginners, ideal for the persons doing desk jobs. So practice yoga and enjoy good health and happiness. **SARVIKA CHOUDHARY**, class III, Army Public School, Birpur, Dehradun

## Safe food now for a healthy tomorrow



**F**ood safety is everybody's business. World Food Safety Day is celebrated on 7 June every year. We all are responsible for the food that we get from the farm to our table. We should ensure that the food we eat is nutritious and safe for us. With an estimated 600 million cases of food-borne illnesses annually, unsafe food is a threat to human health. Keeping cleanliness and hygiene at all times while cooking and eating is important. Cook the food properly and use clean water. Salad is one of the best food items for our body. It is rich in protein, vitamins and other nutrients. It is good for our eyes, good for digestion, good for our heart and boosts the immune system. Let's celebrate the day with cheers. **SHRDEYA JOSHI**, class IV, Army Public School, Birpur, Dehradun

**O**ur environment is currently at a vulnerable stage and it needs our help. This earth does not only belong to humans but also, flora, fauna and many other organisms that thrive here. As custodians of this beautiful planet, it's our collective responsibility to save our habitat. Global warming is a cause of excessive industrialization, but its harmful effects can be negated by growing more and more trees. Everyone can plant trees and saplings, be it of flowers, fruits or herbs. Gardening is my favourite hobby as it brings me closer to nature. Blooming flowers give me lots of happiness. Every time when I see them they give me a feeling of freshness and positivity.

**YASH SINGH TOMAR**, class IV, Army Public School, Birpur, Dehradun



## MEDITATION: QUIET THE MIND AND THE SOUL WILL SPEAK

**M**editation is the best mental practice to develop positive mood and outlook, self discipline and focused concentration. It heals all the sensory organs of a human body. As we all know that we are passing through a tough condition that is affecting our mental as well as physical health. If we are physically unwell, we go to the doctor and get treatments. But most of the time we ignore our mental health. Meditation is a practice where we use techniques such as mindfulness to focus the mind on a particular task, object, thought or activity. Through meditation



we achieve strong mind and emotionally calm body. It reduces stress and controls anxiety. It promotes emotional health and increases attention span. Through meditation we can overcome so many physical health issues. Your will-power becomes stronger and you can concentrate better. I do meditation daily to increase my level of intelligence, creativity, memory and attention span, manage emotions and reduce pain and stress. This way I enjoy a healthy mind in healthy body. **YATI PANDAY**, class III, Army Public School, Birpur, Dehradun

# **W**orld Environment Day.

Every year on 5 Jun, people across the globe gather to celebrate World Environment Day to raise environmental awareness. World Environmental Day is a great opportunity for families and individuals to spend some time focusing on how they can lead greener lives. Everyone needs to work together for a cleaner world. One thing we all know for sure is that our big blue beautiful planet Earth is very similar to us! She lives, breathes and ages just like us. She even falls sick like how we humans do, and 90% of the time, it is caused by us. So what can we do to help save our environment? EVS Department of APS Birpur, (Primary Wing) came forward with some eco-friendly ideas and activities to help our family lead greener lives with the 3 R's (recycling craft) and plantation. Our students and teachers became Environmental Warriors to feel the importance of this day. EVS Department planned following activities, which were carried out by the students and teachers of Primary Wing with great enthusiasm:-

CL I - II PLANTATION – Planted saplings of their choice.

CL III - V WASTE MANAGEMENT – Learnt to reuse, reduce and recycle (3 R's) material. Made useful items out of the waste material available at home, which they thought would help the environment stay clean. Glimpse of our Environmental Warriors doing the activity is as under:-



**R**ebel Girls World Environment Day on 06 Jun 2021. “Humans have since time immemorial exploited natural resources for their gains. The United Nations General Assembly has declared the years 2021 to 2030 the UN Decade on Ecosystem Restoration. According to the United Nations Environment Programme), the world needs 8.1 trillion US Dollars by 2050 to restore biodiversity, reduce climate change and curb land degradation. It is time for us to take of our planet, to take collective action and to restore the environment”. The following was the theme for the online event held through virtual mode on Sunday 6 Jun 2021, from 2 - 4 pm and 235 students of Army Public School, Birpur registered for the same. The event titled “Rebel Girls interactions: Collective action for restoring the environment’ was an edifying feat where the intellectual minds from the world of environmental science, entertainment and academia assembled just to produce a highly elucidative discussion for the young minds. The main speakers of the event were:-

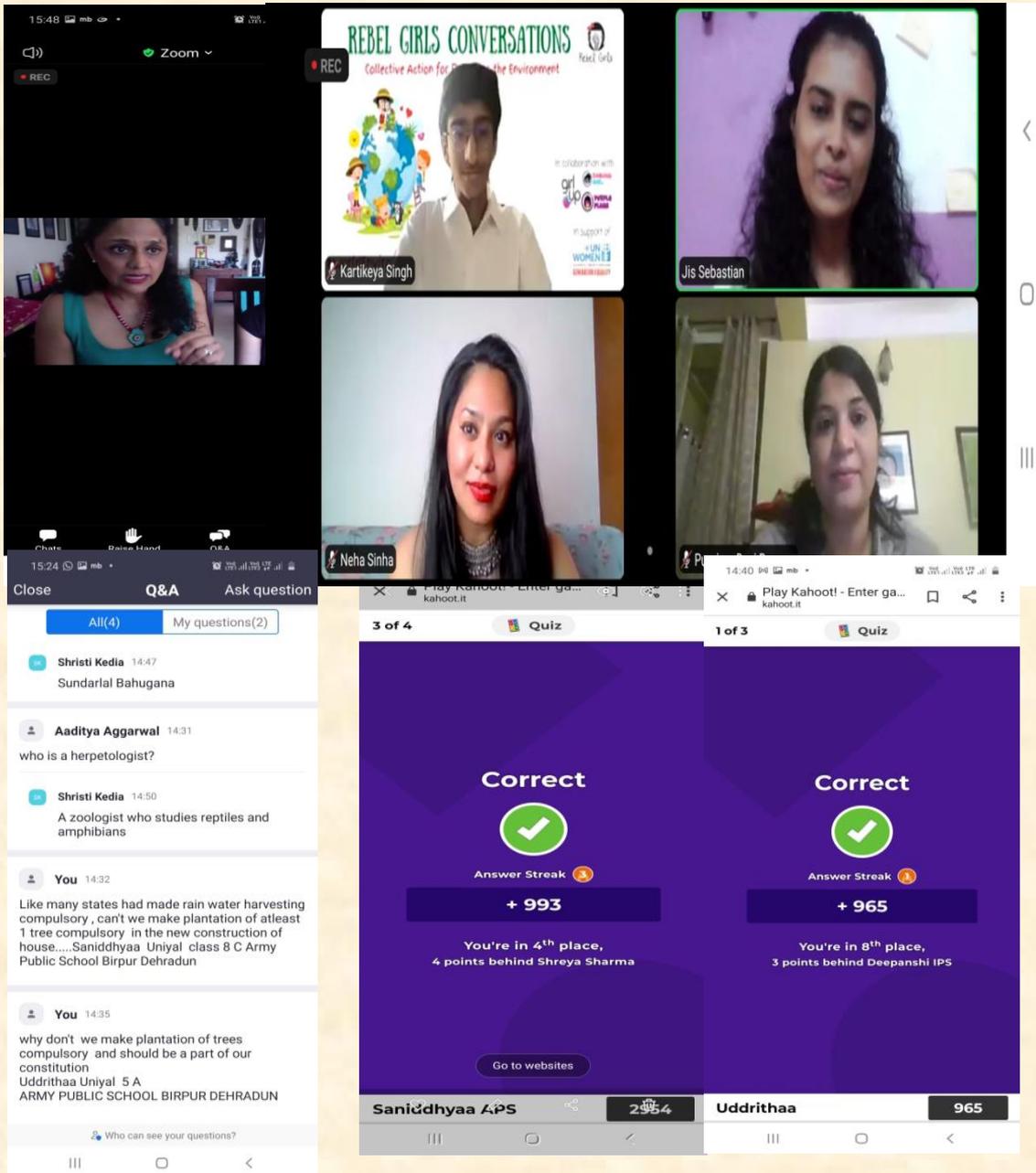
- (a) Purnima Devi Barman
- (b) Neha Sinha
- (c) Prerna Singh Bindra
- (d) Radhika Suri
- (e) Jis Sebastian
- (f) Suneeta Rao

This Rebel Girls session celebrated World Environment Day and featured three women environmentalists, who shared their story on how they have worked towards restoring ecosystems across the country and discussed how students can contribute to the mission. There were four rounds of highly entertaining online quizzes too for the indulgence of the participants. They were thoroughly enjoyed by all and three students viz, Priyanshu Mahar, Saniddhyaa Uniyal and Uddrithaa Uniyal scored great ranks like first, fourth and eighth rank in it. The following were the resource person of the event:-

- (a) Ms Purnima Devi Barman is a wildlife biologist from Assam, India. She is known for her conservation work with the greater adjutant stork. She is a member of the NGO Aaranyak and the founder of the Hargila Army, an all-female conservation initiative. She is also the winner of the Nari Shakti Puraskar.
- (b) Ms Neha Sinha is an award-winning wildlife conservationist, who has contributed inputs to the wildlife Protection Act, Wetland Rules, Compensatory Afforestation Fund Act and many others. She currently works with the Bombay Natural History Society.
- (c) Ms Prerna Singh Bindra is a wildlife conservationist, writer, communications and policy strategist with a primary focus on the conservation of wildlife habitats. She was formerly a member of the Standing committee, National board for wildlife and has contributed to the creation of new Protected Areas. She is currently pursuing a PhD at the University of Cambridge.
- (d) Ms Radhika Suri is the Director, Environment Education, and World Wildlife Fund India and has been instrumental in drafting a strategy for implementation of environmental education initiatives that aim to build a generation of environmentally conscious citizens.
- (e) Ms Jis Sebastian is a conservation ecologist who fought gender discrimination and stayed all alone in the forest to promote the environmental revolution. She works with plants and animals to help preserve and save the environment. She is specialized in the distribution pattern of orchids in the Western Ghats.

(f) Ms Suneeta Rao - an Indian Pop Singer and spokesperson of the NGO 'Laadli'. She recently launched the 'Vaada Karo Single, a pledge to save the environment with Dharavi Rocks.

Last but not the least, there was open forum round where our children asked many questions and they were addressed satisfactorily.



**Story Making Olympiad.** On 15 Jun 2021 "Little Leap" Organized a Story Making Competition where Sanniddhya Uniyal of CI VIII of APS Birpur bagged the first position in the first round of the competition.

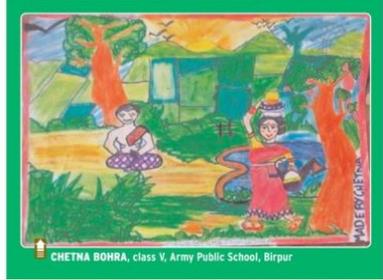
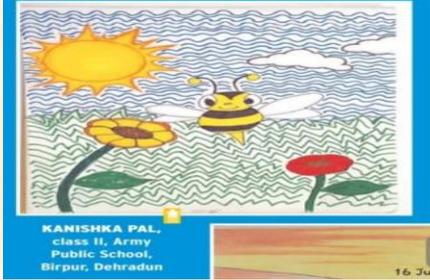
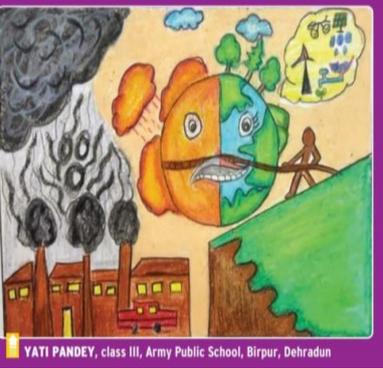
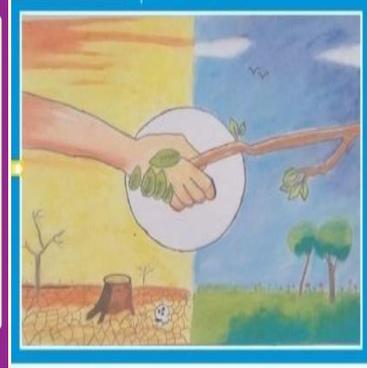
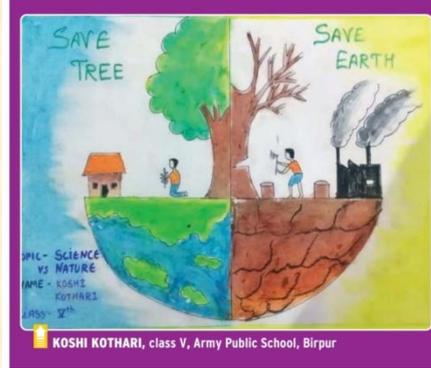
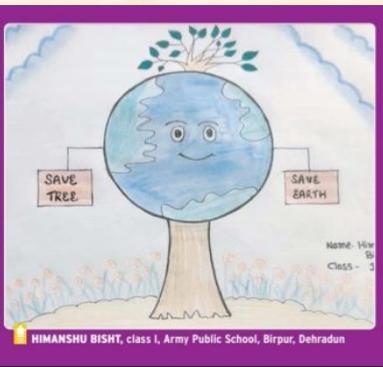
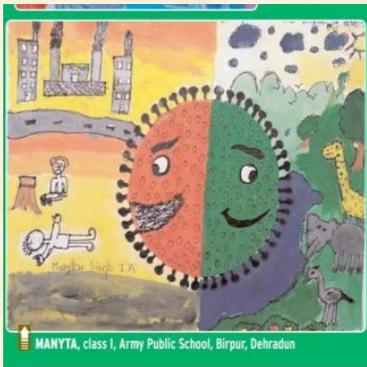
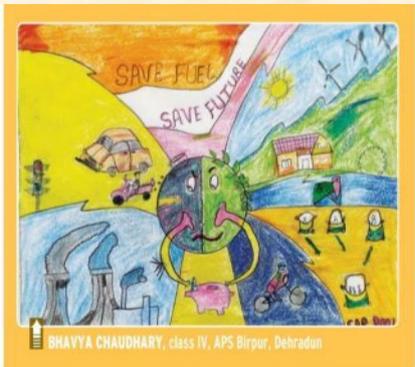


**Yoga Day.** On 21 Jun 2021, NCC Cadets and ANO - Durga Thapa Chhetri of APS Birpur participated in Yoga Day. Total 35 cadets participated online/offline and spread the importance of yoga in individual's life.





**D**rawings published in Newspaper 'TOI – Newspaper in Education' in the month of Jun 2021. Drawing plays a big role in the cognitive development of students. It assists learners to use artistic and aesthetic sensibility in day-to-day life situation. Eye-catching drawings of our students were published in the TOI, Student's Edition Newspaper.



**Articles published in Newspaper 'TOI – Newspaper in Education' in the month of Jun, 2021.** Writing is the means to express our ideas to ourselves and to others while preserving our personal experiences and our memories. The children of our school have expressed their views on different topics that were published in the newspaper. The students shared their ways to keep themselves mentally and physically strong. Article 'Nurturing Creativity – the need of the hour' by Ms Vijay Bala, (PRT) was also published in the newspaper.

### STRENGTHEN HAND MUSCLES WITH FINGER EXERCISES

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**ANSHIKA, class IV, Army Public School Dehradun**



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**PRANAV GUPTA, class V, Army Public School, Birpur, Dehradun**



### HAVE YOU TRIED CHAIR YOGA YET?

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**SARVIKA CHOUDHARY, class III, Army Public School, Birpur, Dehradun**



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**SHOURYA JOSHI, class IV, Army Public School, Birpur, Dehradun**



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**KAT FANDEY, class II, Army Public School, Birpur, Dehradun**



## Nurturing creativity - the need of the hour

Fostering creativity is part of a liberal as well as humanistic approach to education that dates back to the ancient world. Creativity is beneficial both to the society and individual. All humans are innately creative. The term creativity has mostly been used with arts, music and literature, but it has much wider values at the societal, individual and school level.

**CREATIVITY A THERAPEUTIC VALUE :** It helps individuals with low self-esteem to become more confident. When somebody totally breaks down and is incapable of doing their regular work then art is used in some or other form to help them to come to a normal life. It helps you look at problems and situations from a fresh perspective.

**MORE YOU USE, THE MORE YOU HAVE :** Creative thinking is not only for artists and scientists but for everyone. Every child is an

artist by nature. If one really wants this practice to grow up, make time for creativity, build your confidence, take risks, overcome the negative attitude and the topmost is fight fear of failure.

**SEEK JOY, NOT PERFECTION :** It's our power to cultivate a love of learning and creativity with ourselves and others. Taking risks, making mistakes, solving problems

together with others and experimenting are all essential parts of the creative process. In a nutshell where there is joy, learning takes place.

**FUN AND CREATIVITY GO HAND-IN-HAND :** It is obvious that fun boosts creativity. Sometimes having fun and breaking the monotony of a daily routine plays a huge role to increase creativity imagination and productivity. It can be as simple as going on a trip to energise one's mind.

**TEACHER AS A ROLE MODEL :** The most powerful way to develop creativity in your students is to be a role model. Children develop creativity not when you tell them but when they observe you doing.

Students always look up to their guru before doing things - be it handwriting, neatness, behaviour, oration or dressing sense. Being creative involves imagination, inde-

pendent thinking, risk taking, problem solving, divergent thinking, self-respect and expressing oneself. Students who see their teachers displaying all these virtues in his/her behaviour are most likely to follow the footsteps of such teacher. The central focus of fostering creativity in the classroom is not production of creative geniuses but thinking out of the box or the four walls of the rooms. Appropriate learning conditions can promote some element of creativity in all children as they have different potentials. A teacher can express her creativity by using variety of games and activities during the lessons, performing and visual arts and even physical education too. To promote high order thinking skill, it is necessary that the children are challenged in a positive way.

**VIJAY BALA GUPTA, PRT, Army Public School, Birpur, Dehradun**



**Report On News Paper Articles.** Students of APS Birpur (CI VI to IX) have been continuously writing articles/poems and making drawing/ paintings for TOI (Student Edition) which helps them to develop their creativity and imagination. It had given them an opportunity to express their thoughts in words. During this scenario of Pandemic, students are provided with a platform to make use of their energy and skill constructively. Here is the list of students who participated:-

- (a) Shreetama Jana (CI VIII)
- (b) Anant Jain (CI VIII)
- (c) Anshu Abhilash Samal (CIVII)
- (d) Sabyasachi Satpathy(CI IX)
- (e) Khushmeet Saini (CI VII)
- (f) Riya Rawal (CI VII)

# Power of social media

**S**ocial media is a platform where people can communicate with each other, connect, learn facts, develop interests through apps. While using social media there are both negative and positive effects. It completely depends upon the person that how she/he uses social media to their advantage. There are digital video streaming platforms that provide us with the newer sources of study materials, hobbies (blogging, cooking etc) other than our teachers and parents. We can learn a lot from people who share similar interests. One can use the social media to promote a noble cause that is dear to them or even use it as a platform to show their talent to the world. It also helps news travel faster. But like everything in this world, social media has its disadvantages too.



Artwork by Riya Rawal



feeds. There are many digital platforms that also promote online challenges and trends which are quite dangerous for youngsters who are unable to draw a line between real and virtual life. Many teens also start solely depending on the social media for validation when it comes to their physical appearance, number of friends, skills and many other aspects, which can have a harmful impact on the psyche of an impressionable mind. Social media is a powerful tool, if used well it can benefit many but if not carefully handled, it can also destroy lives.

**RIYA RAWAL**, class VII, Army Public School, Birpur, Dehradun



## THEY, NOW, WHEN FADED MEMORIES

They, now, when faded memories... (Text is partially obscured and difficult to read)

## SAVE ENVIRONMENT WHOSE RESPONSIBILITY IS IT ANYWAY?

Save environment whose responsibility is it anyway? (Text is partially obscured and difficult to read)

## POWER OF POSITIVE THINKING

Power of positive thinking... (Text is partially obscured and difficult to read)

## BOOK REVIEW: 'THE ADVENTURES OF TOM SAWYER' BY MARK TWAIN

Book review: 'The Adventures of Tom Sawyer' by Mark Twain... (Text is partially obscured and difficult to read)

## CELEBRATIONS GALORE!

Celebrations galore! (Text is partially obscured and difficult to read)



# SAVE ENVIRONMENT

Save environment is our motto, Beautiful environment is our mind's photo. Saving environment is our duty, We need to protect environment's beauty. Fresh and pure water in stream, Clean environment is our dream. Therefore plant more trees, Get oxygen and fruits for free. So don't be late, Or else we will have to regret.

**SHREETAMA JANA**, class VIII, Army Public School, Birpur, Dehradun

# MY DOG

I have a dog,  
His name is Hog,  
He loves to live in fog,  
And he likes to jog.  
He eats rice,  
But fights with mice  
He plays on ice  
And likes mutton slice.  
His colour is brown,  
Run up the stairs and down,  
He wears a crown,  
But doesn't know nouns.  
He eats a chicken raw,  
Cracks the bones with his jaw,  
Scratches with paw,  
And fights to draw.

**ANSHU ABHILASH SAMAL**, class VII, Army Public School, Birpur

# MEMORIES OF MY SCHOOL

**S**chool is a place where some children hate to go but some enjoy. I love going to school. It is the best place to study, learn new thing and have fun. I still remember the kindness of our teachers. One day when we all were playing cricket in the ground it started raining. For a moment we all got upset because we thought the game would be cancelled but our teacher allowed us to continue the match in the drizzle. It was a lot of fun. Maths is not my favourite subject and some days I leave my homework incomplete. I like sitting on the last bench with my friends. We talk and play. We haven't attended school physically for the past one and a half years, but I know we will soon get back to the routine and I can't wait for the day to come. School days are the best days of our lives.

**ANSHU ABHILASH SAMAL**, class VII, Army Public School, Birpur, Dehradun

# SCHOOL DAYS ARE THE BEST!

School is a kind of a tiny world, which gives us all the experiences, the good, better and the best.

**W**hen we talk about schools, most of us don't like it. But when we go there we enjoy a lot, after all, school is a fun place. We play, we talk, we hop, we study, we eat, jump and do many more things. Due to the pandemic, currently the schools are closed which has started to make many children very impatient - we all want to meet our friends and teachers. Don't we? We all have two families; the first comprises your parents, siblings and relatives while the second one is your school family. I really miss rushing to my classroom excitedly, cleaning the blackboard, opening the cupboards and all. Some of us might hate Maths and call it a boring period. When it rains during the games period, we all feel very annoyed. But if one day the Maths teacher is absent and the substitute teacher allows us to play indoor games, the same boring class becomes joyful. My favourite place in the entire school is the canteen. We give parties on our birthday; we also get many healthy eatables there. Earlier when the school music band held its practice sessions, the noise would make it impossible for us to concentrate on our studies. But now I even miss those disturbances. I hope that the school reopens soon so that we all get back to our routine.



**KNISHHEET SANKI**, class VII, Army Public School, Birpur, Dehradun



# MESMERISING LANDSCAPE OF DARJEELING & GANGTOK

**D**arjeeling is a hill station located in the northern side of West Bengal. Gangtok is the capital city of Sikkim, which has become popular as a Buddhist pilgrimage site and also one of the cleanest cities of India. In the month of August we planned a trip to travel to Darjeeling and Gangtok with my uncle and aunty. We decided to travel by cab. Our first destination was Darjeeling. The weather was quite cold considering the month. We saw numerous tea estates which produce the world's best tea as well as the amazing narrow toy train. We enjoyed visiting the tourist places including great viewpoints such as sunrise at Tiger Hill, Buddhist monasteries, cable car ride, temples, museum and art galleries. The next day we started our onward journey to Gangtok through valleys and forests. The major attractions that we visited in Gangtok were Rumtek Monastery, Ganesh Tok, Hanuman Tok, Baba Harbhajan Singh memorial (stupa), Nathula Pass and a local market. At the Nathula border the temperature was -3 degree Celsius; all the hills were covered with snow. We played with snow and made a snowman. The natural scenery of Gangtok was very attractive and gorgeous. In the evening we took a stroll down to the market and enjoyed local delicacies. We stayed there for two days and covered all the major tourist attractions. What left an impression on my mind about the visit was the cleanliness maintained in the state and the hospitality of the locals. I am happy that I got an opportunity to explore these beautiful locations.



**SARVYASACH SATPATHY**, class IX, Army Public School, Birpur, Dehradun



**F**aculty Development Programme. Faculty vitality is the main ingredient to enhance professional education and competence. Enriching the faculty vitality is key domain of teaching, assessing, research, professionalism and administration is perceived to improve the educational environment significantly and enhances the academic performance of learners. Keeping this in view Army Public School Birpur conducted a Faculty Development Programme from 24 Jun - 3 Jul 2021 which resulted in the enrichment of teacher's knowledge and skills.

Resource person for the FDP on 28 Jun 2021 was Dr. Kannan Gireesh, M.B.B.S & M.D (Psychiatry) Consultant Psychiatrist, Psychotherapist, and Counsellor Founder & CEO of Live Life Education Private Limited. He observed that youth of today are being overwhelmed with various problems such as children lack the will and strength to overcome these barrier sand hence, fail to achieve their fullest potential. Thus, based on the knowledge gained, he formulated a transformative, experiential and value based programme, which he shared with the teachers here and this helped teachers to understand the students' problems, identify their strengths and weaknesses and empower them to face life challenges. This workshop was specially designed for teachers to develop a positive outlook in their approach. Teachers of APS, Birpur got an opportunity to interact with Dr. Kannan Gireesh and also learn a variety of things on various aspects of children's life like pressure, depression, anxiety and stress-related problems. Sometimes children lack the will and strength to overcome these obstacles, and are in confused state and fail to achieve they desire. He talked on various things to help students, strengthen their will power, identify their strengths and how to work on their weaknesses and empower them to face life positively and to deal with the challenges of life.

He also interacted one to one with the teachers to suggest how to give emotional support to the students for their health and wellbeing. He said, "Teachers are the torchbearer of the world" and added that by their effort, they can make a significant change in a student's life because there is no such thing as a problem child, but there is a child with a problem. What we achieve is the result of our past actions. As fruit is the behaviour and the seed is the beginning. So, we all must sow the seeds of hard work and then only we will reap the fruits of success. He also emphasized on behaviour as children learn from other human beings not from God. We should sit with them and listen quietly and carefully to what they say. We should also treat them with respect. When a child experiences respect, he knows what it feels like and begins to understand how important it is. We wish to conduct many more such workshops in the larger interest of the school as a whole.



## **W**izKlub International HOTS Olympiad.

On 30 Jun 2021, HOTS Olympiad focuses on the core aptitude and IQ of a student and assesses the student's cognitive excellence. A student Avish Jakhar - CI IV E participated in the HOTS Olympiad and reached the finals and was awarded with a scholarship amount Rs. 2500 that was utilized towards 'Coding Program' for one month from WizKlub.

