



SIR PADAMPAT SINGHANIA EDUCATION CENTRE  
Kamla Nagar, Kanpur.



**MONTHLY SCHOOL REPORT – JUNE 2020**

Dear Madam/Sir,

Greetings!

The ongoing corona virus pandemic showed no signs of abating in the month of June 2020 although the city witnessed its first unlock-phase after prolonged lockdown. Functioning on **the core values** of our venerable institution, we propagated the philosophy of 'empowerment to all'. In an **attempt to equip our educators with the cutting-edge technological know-how and strengthen their competence, numerable sessions and webinars** were conducted in this month. The **online classes continued till the first week** of the month followed by **a two-week summer break. The last week was reserved for revision** of the topics that would be tested in the first online internal assessment. Our seasoned educators, with their steadfast resolve to innovate and improvise, too augured well with remote teaching platforms and brought forth engaging learning sessions for the students. This period of confinement and social-seclusion gave them an **opportunity to up their ante for being better than before**. Impressed by this tenacity, the school too decided to give them a helping hand by sanctioning new learning horizons for them.

We would like to apprise you with the activities conducted in the month of June, 2020.

This month, the primary focus was to ensure seamless online teaching-learning and comprehensive revisions. **The technical assistance group kept the teachers abreast with the latest extensions added to online platforms.** The collaborators too kept **a track of Google worksheets and learning materials** that were sent to the students on a regular basis. **G-suite IDs were created for the staff and the students.** This ensured greater control on class management and student participation.

We would now introduce you to various measures and practices along with the activities we had conducted this month.

**I. ACADEMICS**

**SENIOR SECTION**

**1. ONLINE CLASSES**

**ZOOM MEETING PLATFORM**

All classes were conducted timely in an efficient and planned manner. The online classes through zoom app have been well accepted by all – teachers, parents and students. Teachers continued to work on alternate platforms to work upon.

Zoom classes were found to be well-matched and accessible by teachers. The digital records of students were maintained on a regular basis. This platform helped in making academics very effective.

These classes continued to be **accepted by the students whole heartedly.** Their connect with teachers was exemplary.

They feel that collaborative engagement motivates learning and promotes **a deeper and more critical approach** to subject matter. Some of them expressed that collaboration becomes a challenge when students are not physically present together.

## GOOGLE CLASSROOM

### Multimedia

Graphic and aural aids in e-learning help to understand the ideas of topic taught in a much innovative way.

The questionnaires based on Videos clips and audios on various topics are being shared in all the subjects. The videos that are provided to the students are prudently created by the teachers .They ensure that the content in the video is pertinent, accurate and to the point and that it coherently explains the topic.

Furthermore, the **teachers also make videos of the lectures** they deliver and attach it to the worksheets for the student's reference, especially those students who miss out on their live class due to network issues.

These clippings being novel ones and topic based are cherished by students as they can grasp the chapters better.

These have also facilitated the students to **bring into line the learning in zoom classes**. This way they can memorise well and practice the concepts strategically taught on a bigger scale.

### WORKSHEETS AND QUIZZES

Google worksheets and quizzes are shared by teachers to ensure adequate **practice in the topics imparted**. These quizzes include multiple choice questions. The **size** of questionnaire is perfect enough for students to solve it in the specified time.

The scholars are practicing and are able to relate them with the classes going on. **A record** is being prepared and students are checked by teachers to complete them on time. Teachers also **share the status of the same with parents**. This way, **students' progress is pursued, observed and documented**. The parent-teacher collaboration ensures that the students complete the task allocated and cross-check the mistakes they made while attempting questions.

## 2 PLANNING AND IMPLEMENTATION

The unflinching zeal of the dedicated panel of **Google co-ordinators** made the entire process of teaching progressive, methodical and structured. They put in incredible efforts in **shaping the learning outcomes of subjects and topics taught**.

All online classes are handled by a group of teachers. This ensures smooth and **well-coordinated sessions** of teaching. The whole process of each google worksheet, **from delivery to submission is methodically managed**. The collaborators promptly upload them on the days allotted for different subjects.

### New Platform: Google Suite

The team worked with utmost sincerity to find a better alternative to zoom class with the help of G-suite.

The online teaching-learning pattern was moved to a new, safer and secured Google suite platform that was granted to us this month. We shifted the live classes of **the students of Root to X (to be introduced in classes 11 and 12 in the month of July)on this platform**. It is found that **Google Meet Live Streaming** offers **better security** features when compared with Zoom..Google meet offers a video quality of 720 p (high definition) which is twice the video quality of zoom. By employing Google Meet Streaming, most of the **fears about security leak were allayed**.

Now we can use the upgraded version of Google class and google Meet where we can add 250 participants and conduct webinars and add 100000 participants in the same.

Through Google Meet live streaming(Webinar), the school can generate automatic reports containing lots of information regarding participation of the webinar which was not possible in zoom app,(A cumulative report of the same will be sent in the next month)

## Video Creation by the subject teachers at School:

Teachers teaching Class XII created videos in three versions namely-animated, live and on touch screen in the school itself with the help of the Computer faculty.

### 3. Refresher Classes for Board appearing students of Grade XII (2019-20)

Refresher classes for the subjects of which the Board exams had been postponed began from 1st June. The students were given adequate recapitulation sessions to strengthen their learning outcomes. However, the classes had to be discontinued on 24<sup>th</sup> June due to the cancellation of the board exams

### 4. Online Internal Assessment

The first phase of online internal assessment for classes I to X commenced from 29<sup>th</sup> June, 2020. The students were sent prior notice about the schedule, type of assessment and syllabus on the WhatsApp Class Group by the co-ordinators. Revision sheets were also sent on Google Classroom so that the students could practice well for the tests. The teachers also took students' queries on WhatsApp.

## ACADEMICS –PRE-PRIMARY AND PRIMARY SECTION

**Google Classroom:** While developing learning skills among students, the online education tool 'Google Classroom' for primary classes had been very successful. **Google Classroom** had been primarily used to streamline the process of sharing videos and assignments with students. Through this web service the teachers monitored the progress of each student and gave suggestions for their improvement.

- **Subject worksheets** were shared with the parents through Google classroom from Monday to Friday every week.
- Subject coordinators shared the topic wise **teaching videos** of their subject with the parents through Google classroom.
- **Google Meet session** for the children of Root, Bud & Bloom started from June 22, 2020 and the classes are being conducted regularly.
- **Time Table:** The well-constructed time- table of all classes establishes a natural rhythm and routine which is comforting for everyone. Teachers aim at proper utilization of time for students. The time table including various activities for each day was shared by the class teachers before the holidays concluded.

## 5. PARENTS' CONNECT

### SENIOR SECTION

**Regular feedback** is collected from parents **by all class teachers**. Their constructive feedbacks encourage teachers to work steadfastly. They appreciate the hard work of teachers to keep children involved and make learning accessible to them during this pandemic. **The school's well-organized continuum of online academics has assuaged the parents and have given them a lot of assurance in these testing times.**

When parents were **contacted over the phone** to take their feedback, it was found that **they are appreciative** of honest efforts of teachers and superb **initiative of school** to conduct online classes for students. They have shown their **gratitude to the teachers for their availability** at all the times and especially for their strenuous efforts in helping their ward in this momentous situation.

Teachers also made a call to enquire about the fee payment, which was responded back in a very gracious manner and it is expected that the balance fee amount will be paid by them at the earliest.

## **PRE-PRIMARY AND PRIMARY SECTION**

### **Video calls:**

The teachers **continued** with the concept of making video calls to each student to make the teacher student learning process meaningful and establish a bond with their students, The teachers interacted with the students through video calls and talked about how they had spent their summer break.

Instructions were given to the teachers regarding making calls. The agenda for the call was –

- Feedback about the summer camp & Zoom sessions conducted so far.
- Informing the parent about switching from Zoom to Google Meet.
- Briefing them about the upgraded online classes through Google Meet & AMP; details regarding virtual classes to be conducted from Wednesday to Friday.
- Informing them about the workbooks which shall be available soon.
- A feedback of the video calls on daily basis shall be shared with the Coordinator.

The coordinator shall make random calls to any one parent of each section to take the feedback for the same

## **6. MAINTAINING RECORDS**

### **SENIOR SECTION**

Records are being maintained to check the students' attendance, topics covered, assignments and videos shared to ensure the systematic working and keep a track of all classes in progress, Parents' feedback records are also maintained so that if there are any apprehensions at any level, they are addressed and a remedy is found to the parents' gratification. The teachers work in tandem with the parents, thus ensuring a unified learning experience for students.

### **PRIMARY SECTION**

All the records of Google Meet Classes, quizzes, worksheets and activities etc are compiled by the teachers. They are always prepared to work harder for better projection of their efforts. The record keeping activity simplifies pedagogical dispensation.

## **7. TRAINING OF TEACHERS**

Teachers were shared links to be a part of training of Google Meet, Live streaming, Zoom Meetings (security check) and Webinars. These informative sessions were quite interesting as the teachers kept themselves abreast of all technical know-how and developed their tutoring techniques. These trainings helped in stimulating teachers' competency and organisational skills. Their academics delivery has immensely improved with the aid of these trainings.

Rigorous training sessions were conducted for the teachers of classes Root to X, guiding them how to use the Google Meet (Live streaming and Recording) Application for conducting on-line virtual classes.

### **Coding Courses done by teachers in the month of June**

Computer Teachers of our school have been certified with the certification of completing an online course on Java through cursa app / website. The duration of the course was 6 hours. There was an assessment

after the completion of the course. They all have been issued a certificate for the same. The details are as under :-

S.No	Name of the teacher	Institution/ Organisation	Name of the course	Date
1	Priyanka Shukla	Udemy website	Python: A-Z online course on Python:5 in 1	June 28,2020
2	Charu Bhatia	Udemy website	Python: A-Z online course on Python:5 in 1	June 28,2020
3	Mehak Sial	Udemy website	Python: A-Z Artificial Intelligence with Python:5 in 1	June 28,2020
4	Suman Rastogi	Udemy website	Python: A-Z Artificial Intelligence with Python 5 in 1	June 28,2020
5	Deepali Nigam	Udemy website	A-Z Artificial Intelligence with Python 5 in 1	July 01,2020
6	Shumaila Ahmed	curso app / website	PYTHON	June 29 , 2020
7	Bharti Rajpal	curso app / website	Java	June 23 , 2020

## 8. ONLINE ADMISSION:

The online admissions during the period were conducted at a smooth pace as previous month. After the online test, the candidates had to undergo an interview by a panel of teachers. Tabulated result was discussed and feedback collected.

### **\*\* The Proud Moment\*\***

#### **A TRENDSETTER'S INGENIOUS REFLECTIONS ON RESTRUCTURING ACADEMICS**

**Footprints on the sands of time are not made by sitting down.**

**Congratulations to our Guiding star, our own Vice Chairman, Mr. Abhishek Singhania ji whose life has been an inspiration and whose accomplishments have been outstanding in the field of education. His hands are perpetually entwined with dedication for the cause of the society. It was a wonderful moment for all the Sighanians to stand and cheer for our Leader, the achiever- for his amazing reflections on Covid challenges in the Education World Magazine. The staff of SPSEC congratulated him on his achievement for having recognized the challenges in the wake of this pandemic and wielding his thoughts amazingly in the prestigious magazine.**

**Here is a glimpse of his reflections -**

**The Covid-19 crisis has majorly disrupted the education system. How has the JK Group of education institutions responded to this challenge?**

Fortunately, our schools began investing in online education two years ago. Therefore, when the Covid-19 pandemic and national lockdown forced closure of education institutions, our transition to online teaching-learning was smooth. Our digital infrastructure and content was ready and teachers and students were well-prepared to adapt to virtual education. E-learning in our schools is not limited to academics — it covers co-curricular education such as dance, music, arts and crafts, yoga, physical fitness and sports.

**What are the major challenges confronting Indian education in the new Covid-19 era?**

The Covid-19 pandemic has devastated livelihoods in 198 countries and disrupted the schooling of 1.6 billion children around the world. I believe the major challenge confronting Indian education is the sudden

and unplanned migration to online teaching-learning. Indian students and teachers are accustomed to the conventional model, and are hence unprepared for this transition. Poor Internet connectivity is also a major issue in some urban and most rural areas.

**Several state governments have issued fees waiver/deferment circulars to private school managements. What's your comment?**

The government has taken a compassionate view of the pandemic which has destroyed livelihoods and therefore issued these fees deferment circulars. We have also restructured our policies to give parents maximum flexibility to pay fee either monthly or quarterly. Moreover, there will be no fee increase in our institutions and no student will be deprived of education because of failure to pay tuition fees.

**What are your Top 3 proposals for reviving and reforming K-12 education in India?**

Covid-19 is here to stay and the education system will have to adapt to this new normal. My Top 3 proposals:

- NCERT should focus on creating K-12 education content and pedagogies which can be delivered in the blended online/offline modes. Blended learning is the future of education
- Syllabuses of K-12 and higher education institutions in India are not in sync with industry needs. Revamp syllabuses and align them with industry requirements to boost graduate employability
- The Covid-19 pandemic may result in closure of government and private schools especially in rural areas. The government should bail out these schools. It should also launch a parent education campaign to encourage them to send children to school post-Covid.

**Future plans...**

There will be a lot of uncertainty to manage over the next two years. Therefore, expansion will take a back seat. Instead, we intend to focus on improving all aspects of education delivery in the post-Covid era, especially by building a digital knowledge repository, emphasising personality and character development and boosting sports infrastructure.

### ACTIVITIES

**Date** : 01 June, 2020  
**Event** : Puppet Making Activity  
**Classes** : I & II

**Details** : “Creativity is intelligence having fun.” Puppetry may take any form, but it shares the process of animating inanimate performing objects to tell a story. In the light of this, students of Classes 1 and 2 had an extraordinary activity of Puppetry Making in which the students were introduced to the hand puppet. This activity helped them develop their visual-spatial intelligence and kinaesthetic intelligence. It encouraged their craftsmanship and originality and enabled them to learn about puppet design and amazing techniques to create them. Their immaculate work of preparing colourful and meaningful puppets by using interesting materials surely deserve a big appreciation.

**Date** : 01 June, 2020  
**Event** : Blog Writing Competition Results – May 2020  
**Classes** : III - XII

**Details** : The Singhanian bloggers wielded out their pens to impress and express their feelings. Kudos to all the winners of Pool A, B and C who justified their topics by expressing themselves aptly. The flooded inbox with blogs from all Pools is a testimony to eloquent Singhanians.

## **Blog Topics**

Pool A: 'Nothing is Impossible to a Determined Mind'

Pool B: 'Positivity is the Key to Unlock Everything'

Pool C: 'I'm yearning for the past to return in the near future.'

## **Winners:**

Pool A: Tanmay Rathore, 5A

Pool B: Roshni Thapar, 7B

Pool C: Samarth Srivastava, 10C

**Date** : **03 June, 2020**  
**Event** : **Science Zone Activity**  
**Classes** : **Root, Bud & Bloom**

**Details** : Happiness is seeing the smile on a child's face as they learn. It was fun watching the smile and curiosity on the faces of students of classes Root, Bud & Bloom during Science Zone activity. The zealous kids learned interesting experiments through online teaching by their educators. These experiments helped children develop their resourcefulness particularly their skills at goal setting and problem solving. Besides nurturing their intellectual curiosity, the teachers helped students acquire new ways of asking questions and made them understand the world around them thus fostering their scientific acumen.

**Date** : **05 June, 2020**  
**Event** : **World Environment Day**  
**Classes** : **I & II**

**Details** : SPSEC celebrated the World Environment Day on June 5, 2020 with great zeal. The young Singhanians of classes 1 and 2 participated in plantation drives to make their surroundings green. The students adopted a plant in their house or neighbourhood and took a vow to take its care always. The main aim of this drive was to spread and create awareness in their young minds and to protect the environment from degrading. This also helped in imbibing a sense of responsibility among the students.

**Date** : **05 June, 2020**  
**Event** : **REMINISCENCE – Down the Memory Lane**  
**Classes** : **III - VIII**

**Details** : To reminisce the school memories and mark the beginning of summer holidays, an online session 'REMINISCENCE- Down the Memory Lane' was conducted for the students of classes III-VIII. The students were reminded of the sweetest moments of the time spent in their second home, their school, through pictures, poems, songs and stories narrated by the teachers that kindled strong surges of nostalgia among them. The session concluded with enthralling tongue twister and riddle activities that involved the active participation of students and teachers.

**Date** : **05 June, 2020**  
**Event** : **ZOOM Pool Party**  
**Class** : **Root**

**Details** : The adoring angels of Class Root had a cool way of beating the heat as they enjoyed an exciting Zoom pool party before they started off with their summer break. Dressed in stylish swim wear, they plunged into the cool pool and entertained themselves thoroughly as the fresh water washed

away all the heat and exhaustion from their body and soul. Refreshing drinks further enhanced their pleasure as they promised to face the challenges, with new fold energy and vigour.

**Date** : **05 June, 2020**  
**Event** : **Virtual Party**  
**Classes** : **I & II**

**Details** : The much-awaited virtual party of classes 1 and 2, conducted on 5th June,2020 turned out to be the most cherished memories for all our little munchkins. They had a great fun with wonderful activities like puppet show, mind-boggling riddles and puzzles. The amusement level was highest while playing some interesting games like tongue twisters that got them all exhilarated.

**Date** : **08 June, 2020**  
**Event** : **Best out of waste activity**  
**Classes** : **Root, Bud & Bloom**

**Details** : Creativity is rearranging what we know in order to find out what we do not know. Following environmental friendly principle, “Best Out of Waste” activity was organised for students of classes Root, Bud and Bloom in which kids created useful and picturesque objects out of waste material. Little hands and imaginative minds came together in a creative burst of energy. Their innovative models and art items from different waste materials created an amazing array of display items and useful everyday objects leaving everyone spellbound. It was amazing to see how scrap could be transformed into such useful and beautiful articles.

**Date** : **08 – 13 June, 2020**  
**Event** : **Summer Extravaganza**  
**Classes** : **I - VIII**

**Details** : To break the monotony and bring some cheer during pandemic time, a 6 days online Summer Extravaganza had been conducted for classes I to VIII that saw fun filled activities through which students could not only have a blast but they also discovered their inner talents. Following are the details of the activities

**Day 1- Shake and Bake, Flaunt your Plant**  
**Day 2- Dancomania , Grain O Brain**  
**Day 3- Spread your Thread**  
**Day 4- Symphoneista**  
**Day 5- Crafto Art**  
**Day 6- Grand Finale Supro Surpriso**

#### **Summer Extravaganza Day 1 (June 08, 2020)**

- 1) Good to Great' Motivational Session by Mr Manish Gupta (Classes 5-8)
- 2) Flaunt your Plant' (Classes 1-8)
- 3) Shake and Bake' (Classes 1-8)

The very first day of Summer camp commenced with a highly motivational session by Mr. Manish Gupta, the founder and director of Buddhi World. He introduced the concept of Good to Great and said that one must aim to become great. The first step he said was to know how to speak and talk. Further he introduced the children to the 'Magical Words', which if practiced in our daily lives, could help one and all to inch forward towards greatness. Mr. Gupta also talked about calmness and positivity to take better decisions and lead a happy life ahead. On the whole Mr. Gupta was extremely patient, very composed and was able to get many children and participants to interact. It was a very meaningful and interactive session where even the parents seemed excited and participated in the program. The session continued with the activity of 'Flaunt Your Plant' where the children planted some seeds/saplings, promising to nurture it daily. Finally,



the cherry on the cake was the 'Shake and Bake' activity where the children were taught by the teachers, how to make sandwiches and shakes. It was a very fascinating beginning of the summer camp.

### **Summer Extravaganza Day 2 (9th June,2020)**

- 1) Gadgets and Time Optimization' Motivational Session by Mr Manish Gupta (Classes 5-8)
- 2) Dancomania' (Classes 1-8)
- 3) Grain O Brain' (Classes 1-8)

The second day of Summer camp (2020-21) started with a session by Mr. Manish Gupta, where he focused on planning and exercising conscious control of time spent on certain things, specially gadgets to increase effectiveness, efficiency and productivity. Through a story narration, he emphasised on the importance of being sure about goals. The panellist teachers and the students were also briefed about the harmful effects of excessive screen time and were made aware of tracking their time.

The kids were then brought to joy through 'DANCOMANIA' where the dance teachers led the class for the students. The music and choreography helped the kids to tap their feet and twirl around in mirth.

Next in the row was 'GRAIN O BRAIN' activity that was mosaic piece of artwork in which the kids filled their drawings by pasting different kinds of grains/cereals. It brought out the best creative talent of the children and a variety of art pieces were modelled on.

### **Summer Extravaganza Day 3 (10th June,2020)**

- 1) Zoom to Focus' Motivational Session by Mr Manish Gupta (Classes 5-8)
- 2) Spread your Thread' (Classes 5-8)
- 3) Rule your Wool' (Classes 1-4)

The third day of Summer camp commenced with the session by Mr. Manish Gupta, who talked about the focus check and guided on how to focus on goals. He also briefed about how focusing can help us to change our lives and how one can improve focus. Through examples of famous personalities like MS Dhoni, he apprised the students to be focused on their goals and rise with flying colours. The session was continued by the panellists of classes 5-8 with the activity 'Spread your Thread' where the students were taught how to create beautiful free style painting using a sewing thread. The kids actively participated and displayed amazing patterns. The students also learnt how to design book marks using rough sheets of paper.

The panellists of classes 1-4 helped the kids in learning how to make a dream catcher using a thermocol plate. The name of the activity was 'Rule your Wool' where all the kids enthusiastically participated and created wonderful master pieces. By the end of session, book mark designing also helped them to boost their creativity.

### **Summer Extravaganza Day 4 (11th June,2020)**

"MEM- Musica Euphonious Melodies" (Classes 1 to 8)

This E-summer camp session focussed on how music plays a key role in our lives and is a way of expressing our feelings and emotions. The music performed by different teachers at popular peppy songs energized the students, whetting their curiosity and love for music.

### **Summer Extravaganza Day 5 (12th June,2020)**

- 1)'Upgrade to Elevate' Motivational Session by Mr Manish Gupta (Classes 5-8)
- 2)'The Wellness Plenum' (Classes 1-8)
- 3)'Hand crafty Craft' (Classes 1-8)

The fifth day of Summer camp commenced with a session by Mr. Manish Gupta, where he shared simple ideas of elevating oneself. He not only emphasised on life skills but also notified of non-life skills that can help us to upgrade ourselves.

The session was carried forward with a Health talk by Dr. Shikha Sachan, Consultant Intensivist and in-charge Regency Hospital, Kanpur.

She apprised the students of key considerations with regards to COVID-19 pandemic. She also helped out the parents on how they can interact with their kids constructively during this time of confinement. Not only this, the entire procedure of washing hands was also shared with the teachers, parents and kids. Guidance on the right selection of mask was also provided.

Next in the row was craft activity that was based on making photo frame and pen stand using old newspapers and magazines. It brought out the best creative talent of the children and the young artists blossomed with great enthusiasm. The activity provided a platform to the kids to create new things. It made them think differently and it also helped them innovate new ideas.

### **Summer Extravaganza Day 6 (13th June,2020)**

"Grand Finale- Supro Surpriso" (Classes 1 to 8)

The fun-filled summer camp 'Summer Extravaganza' marked its closer with yet another fantabulous session. The Day 6 session witnessed the Grand Finale filled with 'Supro – Surpriso' which commenced with a lot of positivity. The motivational speaker, Mr Manish Gupta poured in his valuable insights. His deep perceptive of life and his words of encouragement and inspiration added to the freshness of the morning.

The session was further taken over by the teachers where in a number of fun-filled activities, games and a lot more were organised. Although online, the students showed enthusiastic participation through their quick answers. The foot tapping numbers by the teachers also exhilarated everyone. Finally, the session ended on a positive note with messages from the teachers.

**Date** : **09 June, 2020**  
**Event** : **Online Quiz Competition**  
**Participant** : **Siddharth Singh of Class X**

**Details** : The Department of Economics, Jawala Devi Vidya Mandir PG College, Kanpur had organized an online quiz competition 'Ek Bharat, Shreshtha Bharat'. Siddharth Singh of 10-B participated in this competition and secured 95% marks. He won 'Excellence Award Certificate' for participating in this quiz.

**Date** : **23 June, 2020**  
**Event** : **Online quiz on Indian Culture and its challenges.**  
**Participant** : **Siddharth Singh of Class X**

**Details** : Siddharth Singh of class 10 also participated in another Online Quiz on 'Indian Culture and its Challenges' on June 23, 2020. He received a Certificate of Excellence.

**Date** : **21 June, 2020**  
**Event** : **International Yoga Day**  
**Classes** : **I - XII**

**Details** : Spreading the message of peace, harmony, happiness and oneness to every soul in the world, the little ones of SPSEC fervently celebrated International Yoga Day on 21st June, 2020.

This activity greatly imbibed the value of self-discipline among children in which they could assimilate mental, physical and spiritual food which is the need of the hour these days.

The tiny tots of classes Root, Bud and Bloom performed Yoga in their own cute style.

This brought for them an opportunity to know how yoga embodies unity of mind and body in a natural and most pleasant way.

Parents gleefully shared with the educators the images of various asanas performed passionately by the little ones at home.

The importance of the day lay in its physical aspect where Little Singhanians enthusiastically glorified the day with their promise to follow culture of their Nation in their own little way.

In Senior Section, International Yoga Day was celebrated via new online platform of 'Google Meet', to make the students and the parents aware of the benefits of Yoga. The session started with some warm up exercises and a conscious breathing practice, Pranayama, that was introduced to the students by the Yoga teacher, Mr. Pawan Yadav. Some *yogasana* techniques were also taught to the kids that encouraged them to enhance their asana practice and improve concentration level.

**Date** : **21 June, 2020**  
**Event** : **Father's Day**  
**Classes** : **Root - XII**

**Details** : Celebrating the beautiful bond of a father's selfless love with child, the Pre-Primary and Primary classes of SPSEC celebrated Father's Day with a belief that there could not be a more universal celebration than the one that celebrates the accomplishments and efforts of a Father in nurturing his child.

In our endeavour to teach children the values of life and respect for parents, they were guided by teachers to express their love and gratitude for their fathers by making cards and speaking their hearts out for them.

The session continued with the celebration of Father's Day, honouring fatherhood, paternal bonds and the role fathers play in our society. The panellist teachers acknowledged and appreciated their fathers and father figures through different poems, stories, songs and wished all the fathers on this special day. To strengthen the special bond between children and their father, students were guided different ways of expressing their love for fathers and thanking them for always being there.

**Date** : **22 June, 2020**  
**Event** : **End of Summer Break**  
**Classes** : **Root - XII**

**Details** : Online teaching-learning resumed after the fifteen-days long summer break for the students. The teachers picked up the revision of the chapters and topics that would be tested in the online internal assessments in all the classes.

**Date** : **22 June, 2020**  
**Event** : **A virtual summer camp (DAY 1- Summer Jamboree)**  
**Activity** : **The Best Bite - Cooking without Fire activity**  
**Classes** : **Root, Bud and Bloom**

**Details** : The activity was conducted with a view to create awareness about the nutritional value of food cooked without flame, the necessity and advantages of healthy eating and to encourage students to stay away from the junk food.

Through this activity the students not only learnt culinary skills, they also appreciated the hard work put into cooking. The aim of the activity was also to provide a platform for students to showcase their talent and explore new areas of interest.

The students prepared healthy dishes like Oreo Pops and Cucumber Mojitos with their educators' guidance.

**Date** : **23 June, 2020**  
**Event** : **Groove N Glam (Day 2 - Summer Jamboree)**  
**Classes** : **Root, Bud and Bloom**

**Details** : The day 2 of Summer Jamboree - Uniting Curious Minds commenced with lot of thrill and excitement among the little ones who were so excited to jump and hop about and have lots of fun in the dance session. Children with dedication, discipline and focus learnt and practiced different dance steps out of exhilaration.

The dance session proved a bliss as it helped children develop emotionally, socially and cognitively. Imparting these important life skills will surely trail exuberance in all aspects of their lives.

It was so heartening to see the parents who ebulliently joined the session along with the kids thus boosting their spirits.

Exhibiting their creative skills, the little ones also prepared a rattle with the help of waste material. Their splendid skill truly won appreciation.

**Date** : **24 June, 2020**  
**Event** : **Dream Crafters (Day 3 - Summer Jamboree)**  
**Classes** : **Bud and Bloom**

**Details** : Taking time off from the regular school chores and routine curriculum, the students of Bud and Bloom channelized their creative and innovative skills with the guidance of their teachers to create spaceships and aquarium of their own.

Day 3 of the Summer Jamboree focussed on the aim to encourage our little ones to enrich their talent in the field of art and craft thus making their summer break more interesting and fruitful.

Kids explored space world and underwater world with the help of their educators and created a spaceship and aquarium using waste material. They were enthralled to find vibrance brought about in their routine work.

It was great to see the fascination and excitement amongst the children who while exploring about spaceship and sea creatures were in a state of jubilation throughout.

**Date** : **25 June, 2020**  
**Event** : **Imaginarium (Day 4 - Summer Jamboree)**  
**Classes** : **Bud and Bloom**

**Details** : To impart all possible platforms to learn and explore to our little ones, Day 4 of Summer Jamboree aimed to provide a virtual trip of Bud and Bloom students to the under-water world and Space where they admired the world around them while sitting at their homes. The goal was to use technology and transport students to places where they are probably unable to go due to present pandemic conditions. It was a wonderful learning session. These virtual field trips for kids saw them gazing at world-class art, exploring and discovering science and even checking out what it's like in the outer space.

**Date** : **26 June, 2020**  
**Event** : **Aqua men and Mermaids (Day 5 - Summer Jamboree)**  
**Classes** : **Bud and Bloom**

**Details** : The adoring angels of Kindergarten experienced a cool way of beating the heat as they enjoyed the exciting Zoom pool party on Day 5 of Summer Jamboree. Dressed in stylish swim wear, they plunged into the cool pool and enjoyed thoroughly as the fresh water washed away all the heat and exhaustion from their body and mind. Refreshing drinks and yummy snacks arranged by their parents enhanced their pleasure to the fullest. As the young kids played with water balls and toys, they were told about the concept of sink and float. In addition to this, they also added to their awareness about hygiene. Their zestful participation in this entertaining and informative activity made it all the more exciting. The event was thoroughly enjoyed by our little ones as it brought with it a noteworthy change from the everyday routine and a kick off start for everyone to enjoy the summer with new zeal.

**Date** : **26 June, 2020**  
**Event** : **Imaginarium (Day 5 - Summer Jamboree)**  
**Class** : **Root**

**Details** : As they say learning should never stop, we at SPSEC believe in imparting our little ones all possible platforms to learn and explore even during these pandemic times. Day 4 of Summer Jamboree aimed to have a virtual trip of Root students to the Zoo thereby exploring the world around them while sitting at their homes. The goal was to use technology and transport students to places where they are probably unable to go due to present pandemic conditions. It was a wonderful learning session. These virtual field trips for kids saw them gazing at world-class art, exploring and discovering science and even checking out what it's like in the outer space.

**Date** : **27 June, 2020**  
**Event** : **Magic Beans**  
**Classes** : **I and II**

**Details** : The teachers of SPSEC held a live session named " Magic Beans" for the students of classes 1 and 2. The session included some fun activities in the form of story-telling, funny riddles and some games. The story session was indeed valuable, it instilled the values of honesty and sincerity among the students. The children found it really interesting and remained engrossed in the story named "The Gift of honesty". It was narrated to them with creative gestures and facial expressions along with the appropriate use of voice modulation and body language. This infused in them passion, enhanced their imagination and expression and introduced children to new horizons of storytelling. To keep their young minds occupied Pictionary game was played where teachers drew the pictures on the whiteboard and the children guessed the right answers. It was an interactive session where the students participated with great zeal and enthusiasm. Overall, the session helped the young souls for creative thinking.

**Date** : **27 June,2020**  
**Event** : **Great Mates**  
**Classes** : **VI and VII**

**Details** : To facilitate identification with integration of new kids in SPSEC, an activity 'Great Mate' was conducted for classes VI and VII where the students interacted with the newcomers of the school sharing about their journey and experiences so far. The motive behind the activity was to acclimate newly admitted students to their new surroundings by providing them an opportunity to meet their new friends and know more about their new school. The session became more interactive when the new students portrayed their hidden talents and shared their experiences of being connected virtually with their school and beloved teachers.

## **ONLINE ART COMPETITION**

**Event** : **Artists and their Self Portrait**  
**Organised by** : **S.P.S.E.C.**  
**Classes** : **VII – XII**

**Details** : Nine artists of our school from classes VII to XII sketched their own portraits highlighting the nuances of art through their creative instincts. The portraits sketched by them enthused them with fervor to excel in their skill.

**Event** : **Doodle Art on Corona Virus**  
**Organised by** : **Sanskaar Vatika**  
**Classes** : **VI to X**

**Details** : Sanskaar Vatika had organised a Doodle Art Competition to spread awareness about Corona Virus among the students to find how they view it and express the same through art. Prachi Singh of class XA with her artistic fervour created a marvellous art piece reflecting her views on Corona and won first prize and Nimesha Agarwal of Class VIII E bagged third prize in the competition.

## **SPORTS**

**Date** : **02 June, 2020**  
**Event** : **Online Chess Tournament**

**Details** : Anirudh Agarwal (12-D) of our school won the first position for the second time in the Online Chess Tournament organized by Kanpur District Chess Association. He was awarded with an online winner's certificate.

## **WEBINARS:**

**Date** : **29.06.20**  
**Event** : **A webinar on 'EQ vs IQ What determines success'**  
**Time** : **5:00 – 6:00 p.m.**  
**Resource Persons:** **Ms. Bhawna Gupta- Principal , Sir Padampat Singhania Education Centre**  
Ms. Mamta Wadhwa- Principal, Manav Rachna International, Faridabad  
Ms. Amita Dhaka- Principal , Delhi Public School, Ambala  
Ms. Urvashi Warman -Principal , The Palace School, Jaipur  
Dr. Geoffery Fisher- HOS B. D. Somani International School  
Ms. Surekha Singh- Principal, Delhi Public School, Saharanpur

Details:

Charles Darwin, the propagator of the theory of evolution once said – “It is not the strongest of the species that survives, nor the most intelligent, but the one most responsive to change.”

The webinar on **'EQ vs IQ What determines success'** enlightened 300 attendees on the fact that in the contemporary world, the new buzz word that has transmogrified the dynamics and landscapes of leadership qualities is Emotional Quotient.

It can be the game changer to high performance and personal management. A big part of emotional intelligence is being able to feel an emotion without having to act on it. Researchers have shown that our success at work or in life depends on Emotional Intelligence 80% and only 20% of intellect.

While our intellect helps us to resolve problems, to make the calculations or to process information, Emotional intelligence (EQ) allows us to be more creative and use our emotions to resolve our problems. Emotional intelligence is the ability to perceive and express, assimilate emotion in thought, understanding the prism of emotions and adjust ourselves and others emotions. Unlike logical-mathematical intelligence, which suffers insignificant modifications once the end of adolescence, emotional intelligence can be

developed over time, free of age limit, with the condition that it is provided the necessary attention and effort to it.

Emotional intelligence can be the most potent weapon in our armoury. It helps boost our self-awareness, self-control, motivation, empathy, and social skills, all of which help us become much better leaders. An emotion is a natural instinctive state of mind deriving from one's circumstances, mood, or relationships with others.

The modern-day education system needs to incorporate EQ and blend it with IQ for a refined personality development of a student. Academic brilliance may give one a head-start but to emerge successful one must learn how to manage emotions. At the later stages of our lives, we are told to master emotional competencies to be successful. Such paramount life-skill traits cannot be left unchecked when they can be developed in a student in school.

IQ may get you hired but EQ may get you fired or promoted. The three components of EQ are - Emotional Competency (tackling emotional upsets, high self-esteem, handling egoism, handling inferiority complex) Emotional Maturity (Self-awareness, developing others, delaying gratification, adaptability and flexibility) Emotional Sensitivity (understanding threshold of emotional arousal, empathy, improving inter-personal relations, communicability of emotions) We have to be conscious about the need to instill EQ among the students and educators.

**According to Ms Bhawna Gupta** 'We believe that emotion is energy in motion. If used in a prudent manner, it can help to clarify, cut through and capture the essence of evolutionary spirit. We give high priority to inter-personal relations, camaraderie, team-work, positive attitude and promote a sense of belonging. For me, a spring in the step is a precursor to optimism in life. EQ is one human component, which if mastered, can have far reaching constructive outcomes in life.'

While IQ defines how smart you are, EQ defines how well you use what smarts you have. IQ is relatively fixed, EQ can be learned and fixed. EQ has more to do with success and happiness in life than IQ and it can be learned.

The resource persons answered the queries like:

1. What according to you are the qualities of a successful student?
2. Role of emotionally intelligent teaching in times when technology is the only medium of teaching.
3. Teaching children about dealing with difficult emotions is the new mantra- what strategies would you recommend in this context.

**Date** : **09 June, 2020**  
**Event** : **Webinar**  
**Topic** : **Understanding to teach with the best of the pedagogies around the world for our Pre - primary learners.**  
**Organiser** : **Saar Publications on ZOOM App**  
**Presenter** : **Ms. Anshu Dua**  
**Attended by** : **Teachers of Classes Root, Bud & Bloom**

**Details** : A webinar for Pre- Primary teachers was conducted on 'Understanding to teach with the best of the pedagogies around the world' by SAAR publication on June 09, 2020.

The webinar aimed at providing enrichment courses for pre-primary teachers. Ms. Dua imparted the training through various activities, videos and games. The webinar focused on using Jolly Phonics while teaching kids about word formation, pronunciation and reading.

Jolly Phonics is a child centred approach to teach through synthetic phonics. The teachers learnt the actions for each of the letter sounds; the popular multi-sensory method was very motivating for them. The letter

sounds were split into groups -Letter Sound Order where the sounds were taught in a specific order (not alphabetically). This enabled the teachers to learn the technique of teaching children to begin building words as early as possible. As Jolly Phonics works using a synthetic phonics approach, Jolly Phonics teaches children the five key skills for reading and writing. This program imparted the way of teaching essential grammar, spelling and punctuation skills to the students.

Teacher participants were also taught about the letter formation using different multi-sensory methods. Lastly, the teachers were trained with tricky words which have irregular spellings and children learn these separately. The educator also taught the correct letter formation in English as well as Maths while making kids understand the difference between upper case and lower-case letters. Focus was not only laid on writing, speaking, pronunciation but also on various other skills to be taught to kids.

The idea of brain break was appreciated by the participants. A 5 min break after half an hour of continuous teaching refreshes the minds of young learners and enhances their retaining power.

The best part of the session was how to encourage kids by appreciating them for their work. The session was a lively one as the facilitator kept on engaging all the attendees in some or the other innovative activities. Links of various sites and apps on google play store were shared for reference.

The webinar proved to be enlightening & beneficial for the staff members as they found it to replete with the ideas of active methodology.

**Date** : **11 June, 2020**  
**Event** : **Webinar on Multiple Intelligences in Pre-School**  
**Organized by** : **Square Panda**  
**Attended by** : **Teachers of Classes Root, Bud and Bloom**

**Details** : Square panda hosted a webinar on ‘Multiple Intelligence in Pre School’ for the Pre-Primary teachers.

Panellists MS. SHALINI BHALLA & MS. SHWETA SHAH explained the importance of MULTIPLE INTELLIGENCE in preschool. They shared that the book on Multiple Intelligence was founded by Howard Gardner named Frames of mind. The intelligence is of two types – ‘Dominant’ & ‘Nurture’. Intelligence refers to a theory describing the different ways student learn and acquire information.

The Multiple intelligence is important in pre-school level -

- To lay foundation
- Holistic development
- Entire functioning of left & right brain

Child’s early years are the foundation for his or her future development providing a strong base for lifelong learning and abilities including cognitive developments. Multiple intelligence teaching strategy is designed to help educators feel more comfortable using the strategies in the classroom.

The theory of multiple intelligence posits that children have eight different types of intelligence and each child has at least one or two intelligences in which they are strong. Teachers can choose the activities within the curriculum that will help the students to learn in a better way.

The panellists also mentioned that multiple intelligence allows students to realize their strengths in learning. It focuses on creating the ability to visualize, understand and manipulate and helps in developing gross motor skills through body movements. Hopscotch, dance, action songs, treasure hunt, Simon says, musical chair are some of the activities which can enhance various multiple intelligences in children. It also gives teachers the opportunity to understand the dynamics of the classroom.

Overall, it was an enriching and informative session.



**Date** : 11 June, 2020  
**Event** : Conquer Your Mountains [Motivational Session]  
**Resource Person:** Mr. Manish Gupta (founder of Buddhi World)  
**Attended by** : Teachers of Classes I - VIII

**Details** : An extremely insightful programme that began powerfully and ended with an amazing Motivational story, left an indelible mark in the minds of all the teachers teaching classes 1 to 8 who found the talk very engrossing.

**The key takeaways from the program were as follows-**

- \* Feed your Confidence on a continuous basis.
- \* Get rid of your fears as soon as possible.
- \* Upgrade yourself by updating knowledge on a daily basis.
- \* Infuse positivity and surround yourself with positive people.
- \* Accept all kinds of feedback including CRITICISM
- \* Do not carry stress or any resentment in your heart for anyone for a long time. It will weigh you down and increase your levels of stress. Learn to let go of it or put it down. Don't keep holding on to it.
- \* Do not judge people by their status, looks, language, clothes or for any other matter. You never know what priceless learning the other person might be able to offer.

On the whole, the session was very absorbing and was delivered with great enthusiasm. The teachers too keenly took part in all the activities.

**Date** : 12 June, 2020  
**Event** : WEBINAR ON 'ELEVATE YOUR ENERGY THROUGH SPIRITUAL ODYSSEY'  
**Resource Person:** Ms Ritika Data  
**Attended by** : All the Teachers of SPSEC

**Details** : Meditation is one of several elements of a daily heartfulness practice that work together to deepen our inner experience. This captivating session that was attended by all the teachers of SPSEC began with the recapitulation of experiences of the attendees. The resource person was highly delighted by the over whelming reviews of the teachers.

The session was interactive as well as informative as Ms. Data solved the queries with great ease as she is a patient listener.

Ms Data also enlightened the attendees with the results of the rice experiment which was done by most of the teachers during one of the earlier sessions. She explained the difference in colour of rice kept into three bowls in a very persuading way.

The session ended with a meditation session that left everyone mesmerized by the positivity everyone has inside which just needs to be explored to the optimum level.

**Date** : 13 June, 2020  
**Event** : Webinar on 'Introducing Spirituality to Children'  
**Attended by** : All the Teachers of SPSEC  
**Resource Person(s):** i. Ms. Ellaenah Nilofer, piritual Mentor Counsellor, Writer and Motivational Speaker, Bach Flower Practitioner, Energy Health Facilitator, Channeled Card Reader  
ii. Ms. Jogita Jagwani, Angel Communicator, Bach Flower Practitioner  
iii. Ms. Sonali Gandhi, Headmistress, Jamnalal Narsee School  
iv. Ms. Kajal Shah, Tarot, Angel and Lenormand Card Reader

**Details** : Highly enlightening and enriching session by beautiful bevy of Resource Persons. The session attended by 101 teachers focused on the need to move beyond textbooks and inculcate in children the spirit of humanity, compassion, gratitude, love and empathy towards society.

The webinar was on integrating spirituality with children's daily life that can help them develop a different perspective, feel compassionate, open up to different possibilities, feel positive, and connect with their innermost feelings as well as those of others.

The discussions were based on how relevant it is to discuss about spirituality in today's times. The Parents, Teachers and Caregivers hold a huge sacred task as these children have entrusted their souls to us and it's we who have to uplift it. While talking to children on the subjects like spirituality one has to introduce through parables so that they can comprehend better. With school's point of view, it can be instilled through value-based education.

The parents and teachers themselves must be totally spiritual before introducing it to the students and the basic principle to start this is just by using words like 'Thank you, Please and Sorry'. We need to communicate with our children, specially our teenagers and always lend a patient listening. We need to respect their freedom as everyone has the right to follow their own thoughts. Each Resource Person spoke on areas of their expertise like Bach Flowers, Guardian Angels, Crystals etc. The panellists also emphasised that meditation does not need tools, one can be in a meditative state while cooking, listening to music, watering plants or anything that is mundane, it's a matter of deriving pleasure from.

The invigorating session was highly optimistic and full of energetic aura. The session culminated with the hosts addressing the doubts of the teachers. Overall, it was a very fruitful session for one and all.

**Date** : 14 June, 2020  
**Event** : "Discussion session for Parents to prepare their child to be ready for school"  
**Resource Person:** Mrs. Aparna Athreya - Educationist  
**Attended by** : Teachers and parents of Classes 1 and 2

**Details** : A live discussion session was conducted for the teachers and parents of classes 1 and 2 on Facebook, by Macmillan Education India to ensure that parents take necessary steps to ensure that their children are always eager for school.

It was an informative session for parents as well as teachers on how to take care and make the little children ready physically as well as mentally to visit and spend time in their second home i.e. school.

The attendees were given ideas on how to communicate with the little ones to make them comfortable as well as expressive in their surroundings. The session was very informative and interesting as it imparted various ways to interact effectively and efficiently with children through storytelling, music and activity-based learning to make teaching interesting and at the same time grasping their attention.

Certain rules which every child should be aware about were also shared like:

- i. Discipline rule
- ii. Time –management rule
- iii. Eating habits
- iv. Respect and love for each other.

Overall, the session was enriching and fruitful.

**Date** : 20 June, 2020  
**Event** : Webinar organized by Youreka  
**Topic** : At Home with Learning  
**Focus on** : Strategies and Opportunities for Teachers and Parents to Make Student Feel at Home in the New Environment

**Panellists:**

- **Dr. Shelja Sen (Clinical Psychologist & Co-founder - Children First Institute)**
- **Ms. Nooraine Fazal (Co-founder and CEO - Inventure Academy, Bangalore)**
- **Mr. Arun Kapur (Director - The Royal Academy, Bhutan & Former Director - Vasant Valley School)**
- **Mr. Anurag Behar (CEO - Asim Premji Foundation, Member - National Education Policy (2019) Committee)**
- **Moderator Mr. Gaurav Saklani**

**Attended by :**        **The teachers of Primary Section**

**Details :**        The enlightening webinar on ‘At Home with Learning’ was attended by the teachers of Primary Section..The panellists, Dr. Shelja Sen, Ms. Nooraine Fazal, Mr. Arun Kapur and Mr. Anurag Behar together with the moderator Mr. Gaurav Saklani gave many insights into what's happening in the new environment during lockdown and Covid-19 with our children, parents, teachers and schools. They discussed opportunities across the economic spectrum and left the audience with practical strategies. Diverse viewpoints and experiences were brought together on the platform.

**IMPACT OF THE NEW ENVIRONMENT**

Each child is impacted differently by the lock down; depending on age, orientation (for example sporting/ active or introvert), family background and situation;

Parents are stressed too and often take it out on the child but don't realise it. The child may be subjected to a triple jeopardy

- i. Children cannot label what they are going through
- ii. Parents are caught up in their stress and not able to deal with it
- iii. Our society doesn't take care of children's emotional needs

Parents tend to judge the child by the behaviour that the child exhibits (crankiness brought about by being stuck indoors, not doing his/her homework, staying cooped up in his/her room, etc) and do not take note of what is actually happening to the child.

There is a flip side; if the child is back at home and the environment there is supportive, then there is learning happening on many dimensions for the child (social, emotional, spiritual, physical and cerebral); Some children (in the proper environment) seem to be enjoying the extended vacation;

Teachers in private schools have reskilled themselves and put in a lot of efforts to go online; negative perception impacts their morale.

For a large part of India, curriculum and education is not the issue now. The lower middle-class people may have dragged into poverty and children may have been co-opted into the labour class to support the family / income and therefore it's not education that worries them but livelihood.

Many children do not have hardware or connectivity to attend online classes; Mr. Anurag Behar referred to a research that showed 45% of homes had a smart phone only with the head of the family; this is therefore another vector which is creating a completely differential opportunity for some classes of society.

School authorities and educators have no rule book and no play book to guide them in terms of what is needed; everyone is grappling with the reality and doing the best they can;

Syllabus completion seems to be a big concern in schools.

**OPPORTUNITIES IN THE NEW ENVIRONMENT**

Schools are not the only place where education can happen. This may be an opportunity to get from the silo of academics. Rather than learning things separately (Physics, Maths, Geography) there is an opportunity to develop education in a radically different way. Online tools can be used to stimulate adults and remove the shackles of schooling;

Teaching children 4 Cs (critical thinking, communication, collaboration, and creativity) is a must.

Parents have realised that in some sense they have “outsourced” parenting to the school for 7-8 hours of the day; This realisation may translate to investments in child care

The schools too are realising that they are part parents and must look at the investments needed in building the right attitude, values and skills in their capacity building.

The social notion of “success” being one of hustling/ hoarding/ winning is something that society must reconsider; we have set a treadmill culture that is harming our children and the planet. Children are not passive recipients we need to ask them what they mean by success. Children are wired to question the dominant way of thinking and we need to ask them what their dreams are.

Education must focus on “how to learn” and not “what to learn”; content itself is getting obsolete rapidly in many areas therefore the need to learn “how to learn”!

If some parts of curriculum are eliminated now, we have an opportunity to relook at it and make the cut permanent to reduce content.

## **PRACTICAL STRATEGIES THAT CAN HELP CHILDREN BE "AT HOME"**

Adults need to be happy in order for kids to be happy. They can cook. It brings love, compassion and sharing (don't burn the dish though!);

Recognise that everyone has needs; recognise own needs first and help others where possible - this time will be remembered for what people are facing ... so go out there and do something. Cross the street, help the auto driver, help the slum dweller;

Get outdoors if possible, meditate, read, spend time bonding with friends and family;

Develop PQ (Playfulness Quotient) - dance and have fun; It distresses and helps connect with children

Let's not get too serious - go running or go for a drive as a family;

Parents and teachers can help children by:

Taking a chill pill. Let go of the view that your (adult's) way is the only way or the right way. Don't be judgmental;

Practice your PQ with children;

The Avatar greeting of “I see You” is a great practice. To be able to communicate to the child that “I see you”, try to remember someone whose eyes lit up when they saw you and be that person for the child;

Empathise with the child and be compassionate if things don't happen; it's time to let go of routine and discipline and be with the child;

Give them choices, do not lecture, but ask;

On any problem (screen time etc.), listen to the child from your heart. Practice the You/Me/Us routine - You listen (and the child speaks)/ You speak (and the child listens) / Both of you reach an agreement.

**Date : 22 June, 2020**

**Event : Webinar on 'Spiritual Sojourn for Singhanians'**

**Resource Persons: Ms. Vibha Dwivedi, Senior English Teacher S.P.S.E.C.  
Ms. Anila Chandak, Senior English Teacher S.P.S.E.C.**

**Highlights of the session**

**\* What is spirituality\* Meditation \* Expressing Gratitude \* Super-brain Yoga  
\* Forgiving for inner peace**

**Attended by : 100 students of Classes IX - XII**

**Details :** About 100 students of classes 9 to 12 attended a webinar on Spiritual Sojourn which was hosted by the senior English Faculty of the school. It aimed to make the students understand that meditation is the mindful practice of connection to something that is greater, vaster, and deeper than the individual self. Driving to the world of metaphysics and detaching to the life of materialism the Singhianians were enlightened with the roadmap to live the life of longevity.

The webinar widened the perspective of understanding that spirituality isn't limited to any particular faith or religion. The blessings of spiritual meditation have a ripple effect: as our awareness and spiritual confidence increase, so do our desire and ability to be of benefit to others.

The discussions were based on performing meditation, its types and benefits. The students participated vigorously and expressed their views on meditation and how far it aids to cultivate concentration with insightful awakening.

The students were also encouraged to have inclination towards Super-brain Yoga as it improves emotional intelligence and increases the power of the memory to retain and recall. The session also focussed to instil, the values, ethics and morals in young minds.

The Resource Persons emphasised upon showing gratitude and being grateful to others as this is the pathway of having a blissful and delightful life. The gesture of being modest and humble not only purges the mind and body but entails the qualities of being compassionate and benevolent. The session reached to its final crescendo with the meditation performed by the attendees while experiencing the ecstatic state of abundance.

**Date :** 25 June, 2020  
**Event :** I, Me & Myself – Discovering & Enhancing the Teacher in Me  
**Organized by :** Square Panda on ZOOM App  
**Panellists: :** Ms. Anuradhsri Anand – Principal Excellere World School, Gurgaon  
Dr. Seema Negi – Principal Sanjeevni World School, Mumbai.  
**Attended by :** Teachers of Classes Root, Bud & Bloom

**Details :** The important aspects discussed during the webinar were-  
“Don't spend time to Find yourself. Spend time CREATING yourself into a person you will be proud of.”  
The panellists discussed about probability of various strategies that can be used by a teacher to enhance their teaching. They gave several examples and made the topic even more interesting with their real-life experiences.

#### **The important aspects discussed during the webinar were-**

- For students to understand inquiry and use it to learn science, the teachers need to be well-versed in inquiry and inquiry-based methods. Yet most teachers have not had opportunities to learn science through inquiry or to conduct scientific inquiries themselves. Teachers should have the understanding and skills to use inquiry thoughtfully and appropriately in their classrooms.
- What do teachers need to know and be able to do to use inquiry effectively? What kinds of professional development can help teachers practice to develop and use inquiry-based strategies?
- The National Science Education Standard and particularly the standards for the professional development of science teachers are useful for these questions. In the context of inquiry, these professional development standards can be organized into four categories:
  - Standard A: Learning Science through Inquiry
  - Standard B: Learning to Teach Science through Inquiry
  - Standard C: Becoming Lifelong “Inquirers”
  - Standard D: Building Professional Development Programs for Inquiry-Based

## **Learning and Teaching**

□ The panellists also discussed the need of the hour – Virtual Teaching. We have to adapt this method because the current situation might take longer to change. We should think of creative ideas for making our teaching more effective. The webinar was very interesting and informative as the emphasis was on discovering various intelligences inside oneself thus widening the horizon of attendees in abundance.

**Date** : 26 June, 2020  
**Event** : Webinar on Art Integrated Learning (AIL) in Social Science  
**Resource Person:** Madan Lal Sawhney, Master Trainer for CBSE Workshops.  
**Attended by** : Teachers of Classes VI - X

**Details** : The teachers of Middle school attended the Webinar on Art Integrated Learning (AIL) in Social Science. The webinar focussed to bring in collaborative learning as CBSE has come up with the novel idea of making Arts Education as the base of integrated learning with Social Science. The aim of this webinar was to elaborate on multidimensional growth of the student which is different from all round development, which involves physical, cultural and scientific, aesthetic and emotional development of students. Schools have to conduct such experiential activities which not only involve and engage students but they are also interactive. Such Arts Integrated learning broadens the thinking, visualisation, enquiry, investigation, exploration, critical thinking and creative thinking in students. Art integration makes the learning joyful and creative. The resource person also stressed on the importance of such activities. It develops many skills including interpersonal skills and broadens the thinking of the students. It enables to find out the multidisciplinary links between the subjects. During the last part of the workshop the resource person gave many examples of the way the activities could be conducted to make learning joyful. Thus, this way the purpose of learning outcome is achieved.

**Date** : 27 June, 2020  
**Event** : Webinar on AI and Machine Learning  
**Organized by** : Asian International School, Howrah  
**Attended by** : Aditya Pratap Singh and Rishit of Class XII

**Details** : Intelligencics-2020 a webinar on Artificial Intelligence was organised by Asian International School, Kolkata on the topic “Responsible AI for Youth”. Two students from our school, Aditya Pratap Singh and Rishit (both Class XII-G), participated in this webinar.

Mr. Kaustav Deb, Assistant Professor of Supreme Knowledge Foundation Group, addressed the attendees and told about the various pros and cons of Artificial Intelligence by showing his presentation on the same. Mrs. Jayita Saha, Doctoral Fellow of RUSA 2.0, discussed about Machine Learning and how it is an under category of the topic on Artificial Intelligence. After this they asked various questions on Artificial Intelligence.

The students from various schools started giving their views on the topic and also shared their presentation on the screen. They spoke with such confidence as if they were masters of this subject, their presentations also were the proof of their hard work and the amount of research they had done on this subject. Sixteen schools from various states participated in this with two students from each school. Both the participants from our school received e-certificates for their participation.

**Date** : 28.06.20  
**Event** : A webinar on ‘Anti Anxiety Art Therapy’  
**Time** : 5:00 – 7:30 p.m.  
**Speaker** : Ms. Ishani Ahuja, Psychologist Arts Based Therapist  
**Attended by** : 08 Students of Classes VIII - XII

Students and teachers of Sir Padampat Singhania Education Centre attended a webinar on ‘Anti Anxiety Art Therapy’. The session aimed at helping the attendees to find their inner challenges, strengths and resources to meander through the very personal and idiosyncratic journey with “anxiety”.

The blissful benefits of artistic expression go much further than relaxation and enjoyment. Expressing oneself through art can be self-revealing. Creating art gives us a chance to slow down and explore the jitters we are facing; thus, the resource person helped the participants release their anxiety by asking them to create some shape within a circle. The focus of the webinar was on the process of making art and not the final product as art therapy is not about becoming a great artist, but finding meaning and connection in one's life. Thus the listeners had to unleash their creativity and draw how their body reacts to anxiety.

The session not only helped in boosting the self-esteem of people attending it but also took them on a journey of self-discovery by aligning their chakras with the help of meditation and creating calmer spaces for self. The meditation helped in eliminating emotional roadblocks and taught how to communicate with ourselves and others to overcome anxiety.

**Names of the students who registered themselves for the webinar-**

- 1) Nida-E-Zahra- Zaidi XII
- 2) Neha Srivastava XII
- 3) Sahil Khanna class XI
- 4) Pratham Gupta XI
- 5) Prachi Singh X
- 6) Prakhar Mittal VII
- 7) Nimisha Agarwal VIII
- 8) Harshdeep Singh VIII

## **CONCLUDING REMAKRS**

SPSEC recognizes the need to educate students in a broad range of higher order cognitive skills and socio-emotional competencies, and providing effective opportunities for teachers to develop the expertise needed to teach these skills is a crucial aspect of effective implementation of curricula which include those goals. We have made large-scale efforts to empower teachers for deeper instructions capacity. We explicitly focus on building teachers' capacity to teach on a broader set of goals. These times of trials and tribulations have opened for us new avenues of learning and pedagogical dispensation. The remote learning has become a new buzzword to trounce the obstacles in learning posed by the ongoing pandemic. Investments made in building the capacities and sharpening the competencies of the educators by using modern tools like webinars, e-learning sessions, hangouts, etc. is bound to pay rich dividends in the long run. It will ensure that we not only stay ahead of the competition by also create new benchmarks in the new format of blended education delivery.

Bhawna Gupta  
Principal

