

APRIL - JUNE 2021

# MILESTONES

EICHER SCHOOL FARIDABAD

A Goodearth Foundation School



## From the Editors' desk-

Dear Readers

A new day means new opportunities- to learn, grow, improve and strive for a better tomorrow. At the onset of the new academic year, we too renew our vow to provide the best to our students and make them future-ready. Fighting the odds, we shall certainly make it through. A lot has changed in the past few months. But we have been making every possible effort to keep pace with the changing times. We bring the first edition of our school publications for the session 2021-2022, apprising you about the latest happenings in the ESF family.

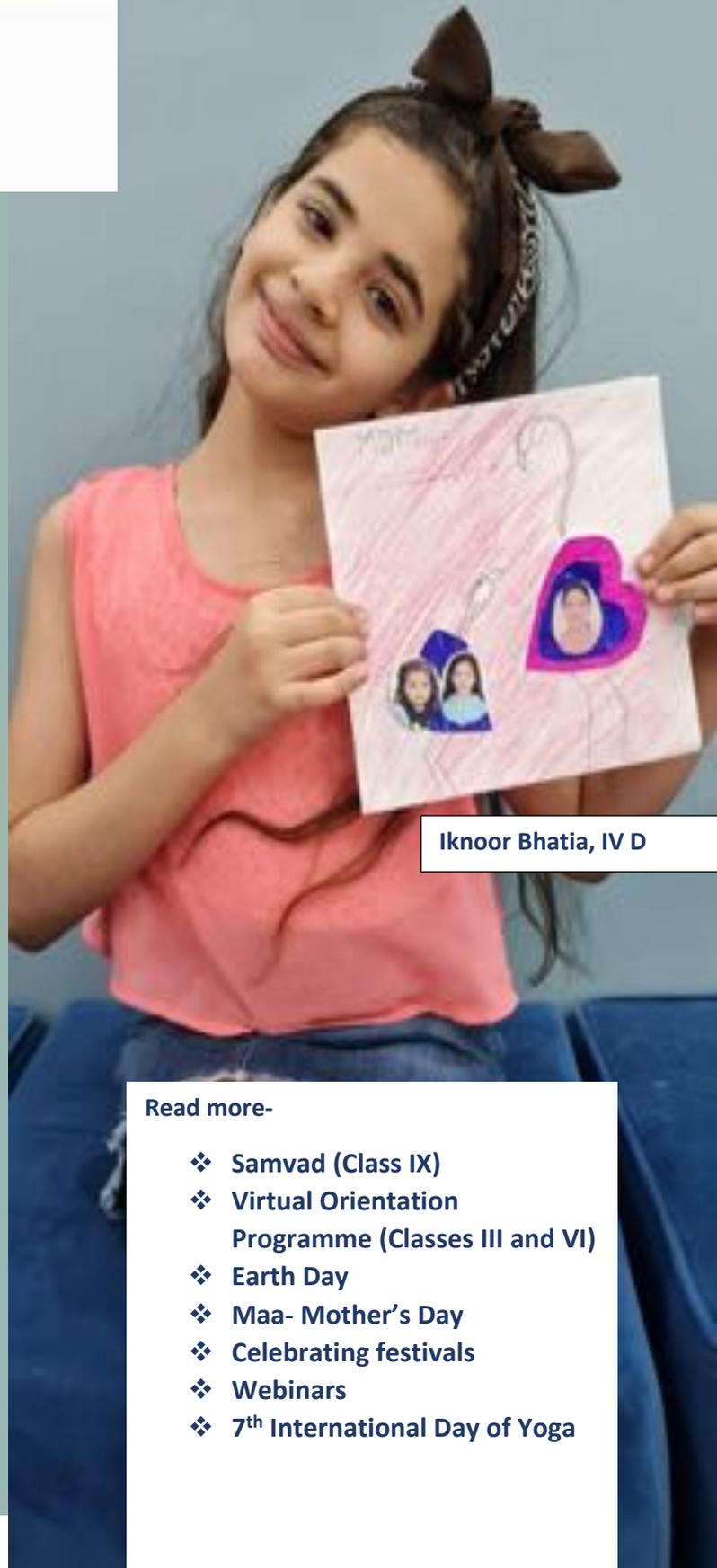
Wishing you a great year ahead.

Warm regards

Rakhi Cornelius

Sangeeta Sekhani

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Iknoor Bhatia, IV D

## Read more-

- ❖ Samvad (Class IX)
- ❖ Virtual Orientation Programme (Classes III and VI)
- ❖ Earth Day
- ❖ Maa- Mother's Day
- ❖ Celebrating festivals
- ❖ Webinars
- ❖ 7<sup>th</sup> International Day of Yoga

# SAMVAD

~ an open platform for class IX

On April 1, 2021 a subject orientation programme, SAMVAD, was held for the parents and students of class IX. It was an endeavour to apprise them about the subjects to be chosen and the Board pattern followed in classes IX and X.

PPT presentations by Hindi, Sanskrit and French teachers - Ms Poonam Banga, Ms Rimple Mediratta and Mr Deepak Verma respectively - highlighted the scope of their language and career opportunities available. Ms Jaya Balan, Coordinator and Ms Jyoti Mendiratta, Co-Coordinator, Secondary wing, discussed the various policies followed to prepare students for the Board examination.

Principal Ms Arpita Chakraborty discussed the expected code of conduct in school during offline classes in the changed scenario and expressed gratitude to the parents for their continued support during these hard times. An interactive Q/A session clarified the queries of everyone. The session was appreciated by one and all.

*Children are not things to be moulded, but are people to be unfolded.*

## What we learned-

The POP was very well organised. It helped me in a great way as I was very confused about the subject I



should choose as my second language. The guidance of our teachers and the way they all explained their subjects in the session was just perfect. Secondly, for us, class IX is a big step and there are many new things like the selection of Basic or Standard Mathematics in class X, upcoming CBSE registration in the current session, etc. Honestly, the POP was a great help and I am very grateful to my school for organising it.

Shreya Kodnani, IX D

The orientation programme was very informative. It gave an insight into changes to expect in class IX. The session helped me to choose the second language. The information shared was beneficial in clarifying our doubts related to Basic and Standard Mathematics. It was indeed a great effort in guiding us in the right direction.



Aditya Uppal, IX D

In my opinion the session was highly beneficial. I attended it along with my father. The session



helped me to choose the right subjects to excel in studies. There were many teachers who gave information about the new system in classes IX and X. They gave us the opportunity to clarify our doubts and explained about the second languages available and the choice we have to make between Basic and Standard Mathematics in class X. It was a very interactive session and I thank Principal Ma'am and the teachers for organising it.

Aaryan Verma, IX D

# Snippets from the presentation-



## Indo-French relations

- Civil nuclear cooperation
- Defence cooperation
- Counter cooperation
- Space cooperation
- Cyber security/digital cooperation

एन.सी.ई.आर.टी.द्वारा कक्षा नौवीं एवं दसवीं हेतु प्रदत्त पाठ्य पुस्तकें 'आयशर विद्यालय' में हिंदी भाषा 'कोर्स-बी' के रूप में पढ़ाई जाती है ,जो निम्नलिखित विशेषताओं से परिपूर्ण है :-

- विद्यार्थी सरलता से समझने में पूर्णतया सक्षम रहते हैं।
- यह न तो कलिफ्ट है और न ही बोझिल।

### कक्षा नौवीं की पुस्तकें

स्वर्ण भाग 1

संवचन भाग 1

स्वर्ण भाग 2

## EXAMINATIONS

- CLASS-IX
- COMMON EXAMINATIONS
- WEEKLY TESTS
- MID-TERM EXAMINATION
- ANNUAL EXAMINATION
- FULL SYLLABUS
- ATTENDANCE -75%

- CLASS-X
- COMMON EXAMINATIONS
- WEEKLY TESTS
- MID-TERM EXAMINATION
- STUDY CAMP
- PRE-BOARDS
- INTERNAL ASSESSMENT

## छात्रवृत्ति (Scholarship)

केंद्रीय संस्कृत विश्वविद्यालय

केंद्रीय संस्कृत विश्वविद्यालय

स्तर 10 वीं तक के छात्रों के लिए

10 वीं तक के छात्रों के लिए (संस्कृत/हिंदी/अंग्रेजी)

10 वीं तक के छात्रों के लिए

10 वीं तक के छात्रों के लिए

## SENIOR WING

### CLASSES IX-X

- \* CBSE CURRICULUM
- \* NCERT BOOKS
- \* LANGUAGE SELECTION
- \* SHUFFLING OF CLASS
- \* LANGUAGES OFFERED HINDI/ SANSKRIT/ FRENCH

## हिंदी भाषा की विशेषताएँ:-

- हिंदी हमारी मातृभाषा है।
- यह अपने-आप में 'परिपूर्ण भाषा' है ,इसकी किसी अन्य भाषा के साथ तुलना करना असंभव है।
- हिंदी भाषा को भारत की 'राजभाषा' का सम्मान प्राप्त है।
- हमें इस बात का गर्व होना चाहिए कि हिंदी 'अंतर्राष्ट्रीय स्तर' पर विश्व में 'द्वितीय' स्थान पर बोली जाने वाली भाषा है।

## संस्कृत विषय छात्रों को क्यों लेना चाहिए ?

- बोर्ड परीक्षाओं में बेहतर परिणाम के लिए।
- भाषा ज्ञान के विस्तार के लिए।
- शुद्ध उच्चारण के लिए।
- नैतिक मूल्यों के समावेश के लिए।
- भारतीय संस्कृति के अध्ययन के लिए।

## Professional Aspects.

**DELFL scolaire**

Diplôme d'études en langue française

Public : enfants scolarisés dans l'enseignement secondaire

Niveaux évalués : A1 à B2



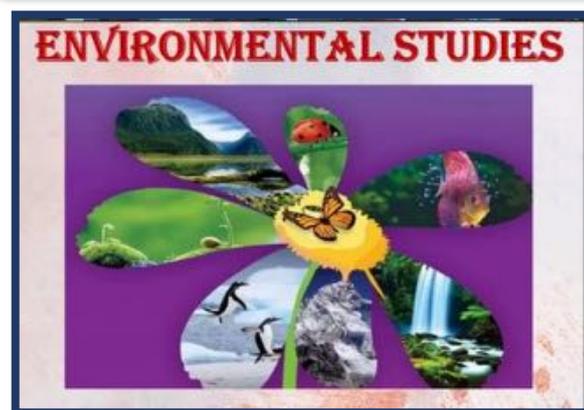
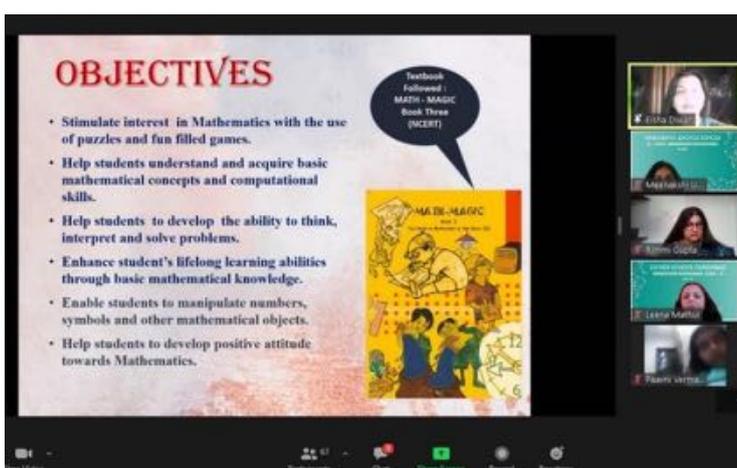
# VIRTUAL ORIENTATION PROGRAMME

~ for classes III and VI

A virtual orientation programme was organised for classes III and VI on April 5 and 6, 2021 respectively to update parents about the teaching-learning process to be followed in the new session. Teachers gave an overview of various subjects like English, Mathematics, Hindi, EVS, Social Science, French and Sanskrit.

It was pointed out that the curriculum includes self-directed, hands-on learning activities which not only give vent to the creative talents of children but also help in their all-round development. Stress was laid on keeping the channels of communication between teachers and parents open. Different measures to nurture a child with love and care were stressed on to build a strong foundation for a glorious future.

The programme helped in evolving a common teaching strategy and identifying suitable follow-up methods for effective learning. Students were made aware about the Covid-19 protocols being followed in school to ensure their safety students and how all were waiting eagerly to welcome them back.



*A parent is a teacher at home and a teacher is a parent in school and the child is the centre of our universe.*

**Eicher School!**

The orientation programme was a great online event. It helped us to understand the new curriculum pattern and gave us an opportunity to familiarize ourselves with the faculty for the new session. Everything was handled so smoothly. We really appreciate your effort. Thank you for your support and co-operation. 🙏🙏

**Charandeep Singh & Navneet Kaur**  
Parents of Gurnaaz Kaur, III B



The orientation programme conducted by the school was very useful. We liked the concept and teaching pattern to be followed in class III. Moreover, teachers put in a lot of efforts to make children understand the new class better. We encourage you to take more such sessions. 😊

**Rajesh Batra & Sandhya Batra**  
Parents of Ashmita Batra, III B

The orientation event was very valuable in giving an insight into how the online sessions would be conducted in an improvised way during this pandemic. The course information was presented in a structured manner and was extremely helpful in making it feel manageable to study from home during the lockdown with the teachers' guidance. Measures to be undertaken for the health and safety of all once the school reopens were also explained.

Wishing good luck to the school management and its highly experienced staff for a good future. Thank you for an excellent event.

**Dr. Amit Awasthi & Rucho Chandwaskar**  
Parents of Radhika Awasthi, III B



The orientation programme, as a whole, was very valuable in informing and giving an insight into the different subjects of class VI. Parents were briefed about the rules and regulations of the school. Later, respective teachers gave an overview of the various subjects and activities which would be undertaken in the year ahead. Not to forget, the co-scholastic activities were also discussed that gave parents an idea of the curriculum which is self-directed with hands-on learning activities that not only give our children a medium to fully utilize their creative talents and energies, but also help them in their all-round development.

This was a sincere effort made by the school in educating parents to look after and guide their children in a proper manner. It also helped in evolving a common teaching strategy and identifying suitable follow-up methods to reinforce the learning process.

It was an extremely helpful session. I really enjoyed it and learned so much from it. Many thanks to the great staff and those who helped put a fantastic day together for us. Thank you for such a great orientation!

**Poonam Singh**  
Parent of Darsh Singh, VI C

The orientation programme was a wonderful way to explain a few points related to different subjects. We learnt that in class VI Environmental Studies bifurcates into two parts - Science and Social Science (History, Civics & Geography). Teachers of all subjects discussed the objectives, content and distribution of marks of each subject which will help students to prepare for exams. We were informed about Olympiads and their preparation and how a few topics of Science and Mathematics will include a lot of interesting activities and experiments.

**Amit Ahuja & Taruna Ahuja**  
Parents of Nikita Ahuja, VI C



We want to thank all the teachers of Eicher School for the hard work they have put into the online sessions and for explaining the topics in a detailed manner. All the assignments are easy to understand for children as well as for parents. The online orientation was quite informative and helpful.

**Sanjay Ghosh & Ranjita Ghosh**  
Parents of Ahana Ghosh, VI C

The orientation programme organised for us was extremely helpful in analysing and choosing the right subjects for Agastya based on his capabilities and interests. We got an essence of all newly added subjects which helped us to prepare him for the new class. We are really thankful and appreciate your efforts for such a wonderful session .🙏🙏🙏😊

**Gaurav Walia & Ella Walia**  
Parents of Agastya Walia, VI C



The orientation programme organised by Eicher School for class VI students was extremely informative and helpful for students as well as parents. The teachers gave good insight into the new subjects that would be introduced like S.St, third language, General Science etc. Each and every subject was explained in depth along with a doubt clearing session by the subject teacher as well as the Coordinator. The special session taken by Principal ma'am was also very thoughtful as it helped everyone to understand the course structure even better.

**Shampa Nayak & Surajit Nayak**  
Parents of Shayoni Nayak, VI E

# EARTH DAY

~ Meri Dharti, Mera Aadhar

Earth Day was celebrated on April 22, 2021 to remind everyone about their duties towards Mother Nature. Virtual educational and action-oriented activities were a great learning for the students.

Teachers of the Foundation Years presented a talk about the day to sensitise everyone towards the environment. During the online sessions, students shared some significant contributions that they can make to support the 'Save Mother Earth' drive. They indulged in craftwork symbolic of the special day, focusing on upcycling material at home to create wonderful reminders to keep our planet green. They also took a pledge to keep the environment clean on an individual level which would then lead to a global change. The day was marked not only by awareness but also enthusiasm on the part of students.

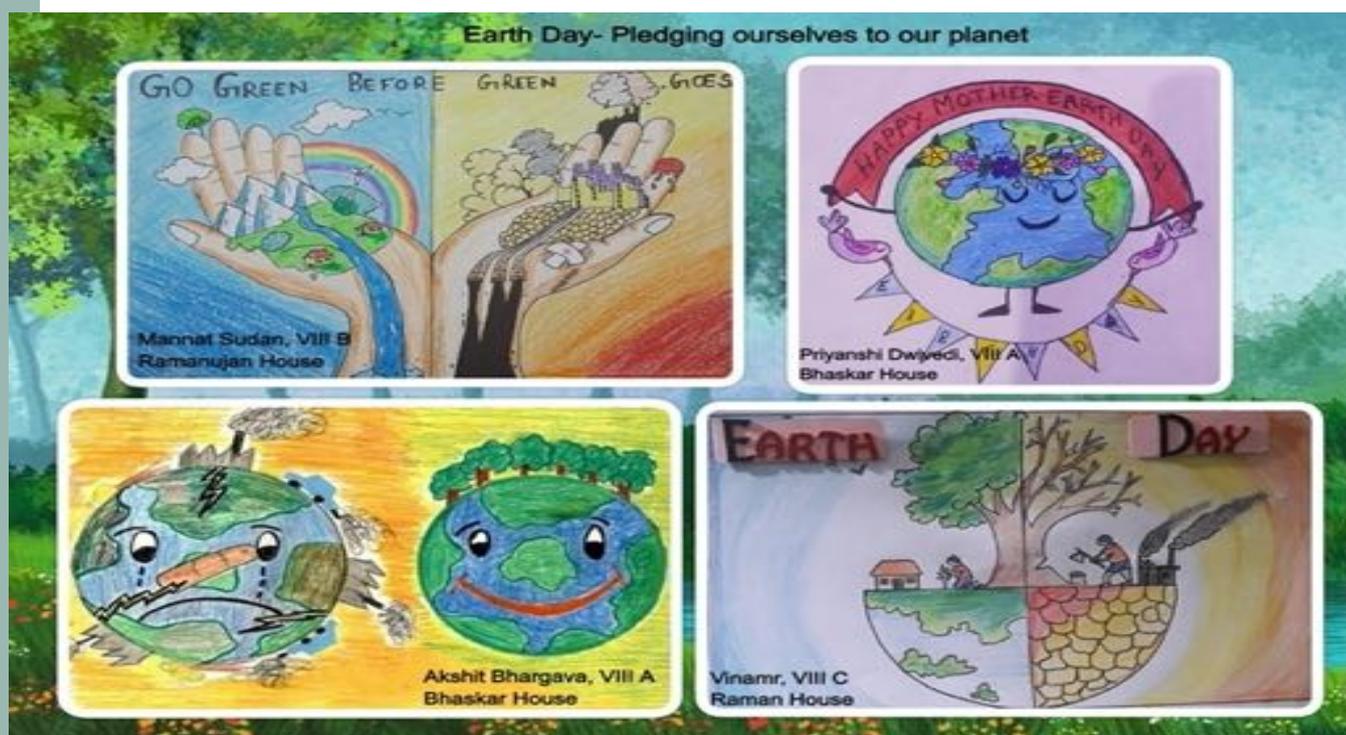
The Primary wing conducted drawing and colouring activities on the theme 'Our Beautiful Earth' for class III, quiz and poetry recitation for class IV, poster making for class V and dance and music presentations for class VI. The theme of environmental consciousness was also interwoven with regular teaching.

In the Senior wing, class VII had a splash with paints as students expressed their ideas about protecting the planet through colourful drawings. Their creations were compiled in the form of an e-book and presented to them.

Inter-house competitions marked the occasion for classes VIII and IX. There was a variety of activities that saw enthusiastic participation from all the four houses.

Students of class VIII designed vibrant posters to spread the message 'Meri Dharti, Mera Aadhar'. The first position was bagged by Mannat (VIII B) of Bhaskar House. Vinamr (VIII A) of Raman House and Akshit (VIII C) of Bhaskar House bagged the second and third position respectively.

Students of class IX expressed their views through a speech on the topic 'Trash or Treasure' wherein the first position was bagged by Smriti (IX C) and Gunika (IX D) of Aryabhata House. Riddhima (IX A) and Shreya (IX D) of Raman House grabbed the second place followed by Ananya and Anushka (both IX C) of Bhaskar House.



*It is our collective and individual responsibility to preserve and tend to the environment in which we all live.*

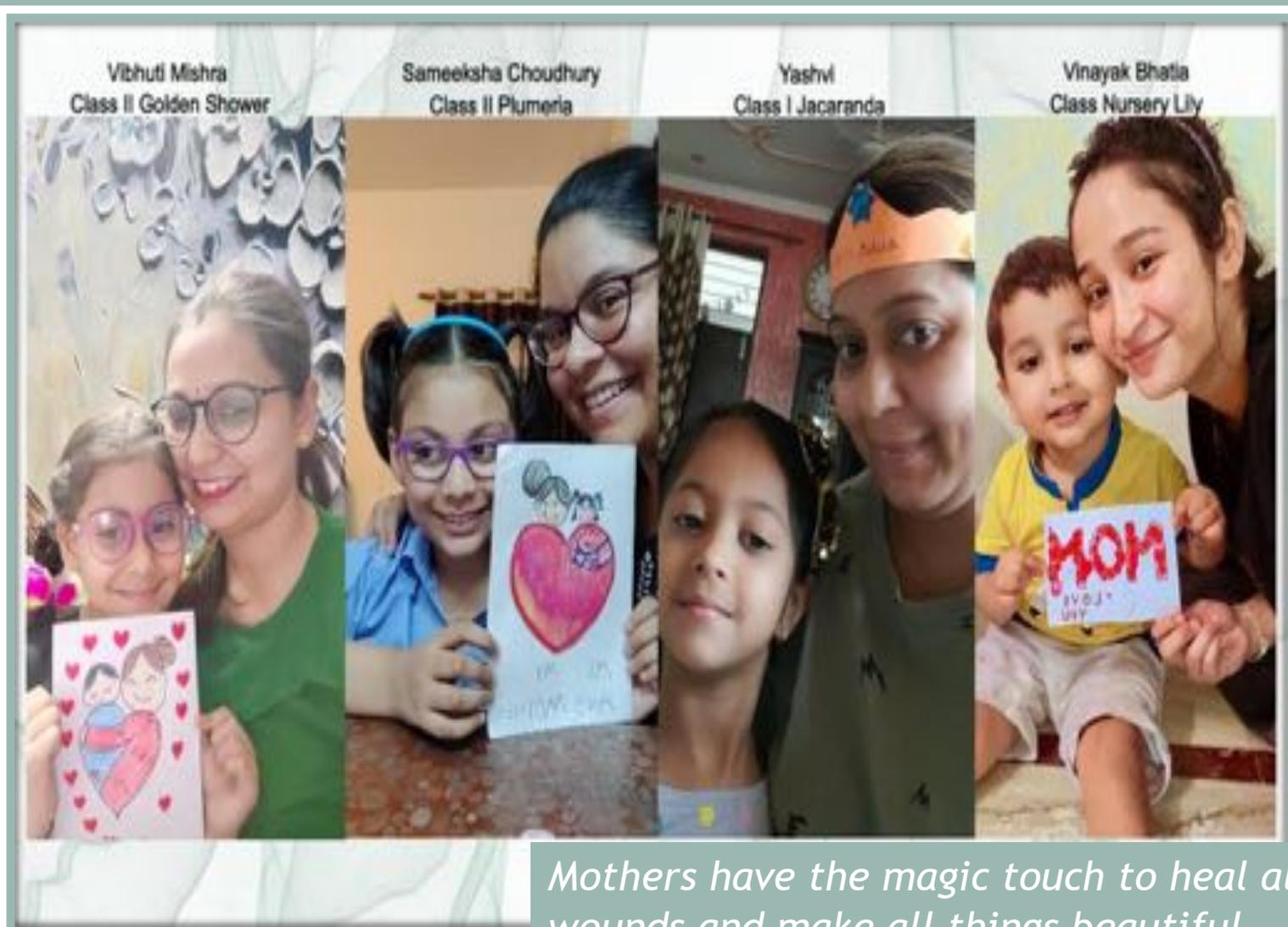
# MAA - MOTHER'S DAY

~ celebrating a special bond

The event 'Maa' was organised on the occasion of Mother's Day on May 8, 2021 for classes Nursery, LKG and UKG. The virtual event was a token of gratitude for all the lovely mothers for their untiring efforts and constant support.

The attendees were given a hearty welcome. Children participated with their mothers in a plethora of activities like A Minute to Win It, Bingo, Cookie game etc. They danced their hearts out to Dance & Freeze followed by dhol beats. The highlight of the day was the mother-child duo flaunting summer accessories as they walked the ramp hand-in-hand.

An e-book compilation of dance presentations and the craft prepared by kids was a surprise gift for the lovely mothers. The event succeeded in giving the ever-busy moms a good time with their little ones and also in expressing our appreciation for all that they do.



I want to say 'Thank you' to Eicher for organising Mother's Day celebration as it was really an amazing 'n' joyful virtual event. I enjoyed every moment of it. During this pandemic situation, this celebration was like a stress buster. I saw many happy faces during the activities. I enjoyed ramp walk, dance, music and last but not the least, the activity in which my daughter did my makeup. That was my favourite moment. A million thanks to you!

Jyoti Sharma  
Mother of Rishika Sharma, Nursery Lily



Motherhood is a 24\*7 job. During this pandemic, a mother has been managing so many things simultaneously – job, home and kids. It's true that at times playing these multiple roles becomes stressful and exhausting but a simple hug from your baby, a loving smile and words like 'Thank you' work wonders and fill you with superpowers to reboot and start the next day afresh.

That is what teachers of Eicher School taught to my little princess and other kids – appreciate your mother, help her and make her feel special. Also, thanks to the school and all the teachers for organising this fun-filled event with amazing games and videos. Kudos to their efforts for filling Mother's Day with endless joy and fun! Thank you so much for an amazing day.

Surbhi Bajaj  
Mother of Aashi Agrawal, UKG Daisy



#### In the picture

1. Ram Bidhuri, LKG Rose
2. Manya Dawer, LKG Rose
3. Nirvi Sood, LKG Rose
4. Akarsh Sharma, II Plumeria
5. Ananya Aggarwal, VI B
6. Charvi Chaudhary, II Golden Shower
7. Varnan Butta, UKG Sunflower
8. Dhairya Gupta, VI B
9. Inaaya Siddiqui, LKG Rose
10. Bhavika Dayma, UKG Daisy
11. Aarav Mahajan, IV D

# BAISAKHI & EID

~ celebrating the spirit of oneness

The school believes in inculcating respect for every religion and thus, each festival and religious day is celebrated with equal fervour and enthusiasm. Activities and special assemblies infuse students with the spirit of brotherhood and togetherness.



In the picture-

- |                                |                                    |
|--------------------------------|------------------------------------|
| 1. Dipanshu Mahajan, IV A      | 8. Vanya Bhadana, UKG Daisy        |
| 2. Lavanya Kapoor, IV A        | 9. Arshia Bala, LKG Rose           |
| 3. Aarav Bose, II Plumeria     | 10. Kabir Singh, LKG Rose          |
| 4. Abhigyan Pandey, IV A       | 11. Hardik Bisht, II Balsam        |
| 5. Hitakshi Bakshi, IV A       | 12. Syra Kaur, Nursery Lily        |
| 6. Shaurya Sharma, UKG Daisy   | 13. Samayara Garg, I Jacaranda     |
| 7. Harsimrat Kaur, I Jacaranda | 14. Riyansh Mohindra, UKG Hibiscus |

*We are a culture of festivals - a way to celebrate all aspects of life.*



**In the picture-**

- |                            |                                     |
|----------------------------|-------------------------------------|
| 1. Abhigyan Pandey, IV A   | 6. Vyom Bhatia, UKG Sunflower       |
| 2. Aafiya Saifi, UKG Daisy | 7. Varidhi Bhatnagar, UKG Sunflower |
| 3. Aradhya Bhardwaj, IV A  | 8. Kiara Wadhwa, UKG Sunflower      |
| 4. Aryaveer, IV B          | 9. Jasonmeet Singh, UKG Hibiscus    |
| 5. Harshita Kalra, IV A    | 10. Advik Singhal, I Palash         |

*The greatness of a culture can be found in its festivals.*

# WEBINARS

~ learning and growing continuously

- **WOWcabulary**

An interesting webinar on the correct usage of words was held by Mr Ashish Garg on May 15, 2021 for the students of classes IX - XII. He spoke about how mnemonics helps in relating words to the environment to remember them. The bilingual session was replete with a number of examples of how to retain words in memory by association. Songs from films, scenes from TV serials etc. added the 'wow' factor to the session.

PRATHAM | Lead the way..

## PUTTER (v)

Pronunciation - puht er  
Link - **pa**tar **pa**tar  
Key - Ladkiyon **PATAR** kar ke bahut time **PUTTER** karti hain!  
Meaning - to waste time in idling  
Usage - The gardener **puttered** away the hours in the garden in winters.



PRATHAM | Lead the way..

## CANOROUS (adj)

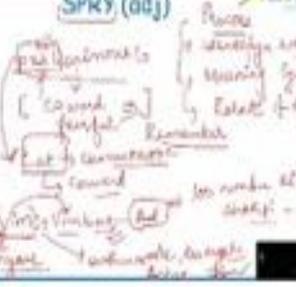
Pronunciation - ken o ras  
Link - **kan** (ear) **me**in **ras** (syrup)  
Key - Aisi Awaaz jo ghol de **KAANO ME RAS** usey kehte hain **CANOROUS**.  
Meaning - melodious  
Synonym - tuneful, musical  
Usage - My father eagerly looks forward to Tony's **canorous** broadcasts every Friday.



PRATHAM | Lead the way..

## SPRY (adj)

Pronunciation - spray  
Link - **sp** (speak) **ry** (ready)  
Key - **sp** (speak) **ry** (ready) **sp** (speak) **ry** (ready) **sp** (speak) **ry** (ready)  
Meaning - ready to speak  
Usage - He was **spry** in his remarks.



PRATHAM | Lead the way..

## SWERVE (v)

Pronunciation - swerve  
Link - **sw** (sway) **er** (turn)  
Key - **sw** (sway) **er** (turn) **sw** (sway) **er** (turn)  
Meaning - to turn aside  
Synonym - to deviate  
Usage - My father has a habit of **swerving** from the sensitive issues.



PRATHAM | Lead the way..

## GLIB (adj)

Pronunciation - glib  
Link - **gl** (glue) **ib** (issue)  
Key - **gl** (glue) **ib** (issue) **gl** (glue) **ib** (issue)  
Meaning - readily fluent  
Usage - The politician's **glib** remarks will not solve the issue.



PRATHAM | Lead the way..

## CAMARADERIE (n)

Pronunciation - ka me ra da ree  
Link - **ka** (kama) **me** (me) **ra** (ra) **da** (da) **ree** (ree)  
Key - When two friends can share a **KAMRA** & a **DARRI**; they have **CAMARADERIE** (rapport)  
Meaning - brotherhood, bonhomie  
Synonym - good fellowship  
PS. Happy Friendship Day = Happy 'CAMARADERIE Day'  
Usage - **Comaraderie** among the team members created a very positive impact on the crowd.



PRATHAM | Lead the way..

## LASSITUDE (n)

Pronunciation - las tyood  
Link - **la** (lazy) **ss** (sloth) **it** (idle) **ud** (idle)  
Key - **la** (lazy) **ss** (sloth) **it** (idle) **ud** (idle)  
Meaning - feeling of lack of interest or energy, weakness and lethargic gesture.  
Usage - One should never fall prey to **lassitude**.




Call us anytime: 011-264696111  
www.prathamonline.com

## • NEP – Ideas That Matter

A webinar on NEP – Ideas That Matter was organised for the teaching faculty of Goodearth Foundation Schools on May 19, 2021. Prof. Atul Khosla, VC, Shoolini University, Kasauli Hills and Mr Vivek Atray, ex-IAS and TedX speaker discussed the important principles of NEP. They stressed on the importance of inclusiveness, inspiration and creativity and the need to think out-of-the-box for successful teaching strategies.



## • Social Entrepreneurship

Alwar Public School, Alwar organised a webinar on Social Entrepreneurship for the Commerce students of all its sister schools on May 23, 2021. The session was conducted by Ms Saloni Sacheti, a lawyer turned social entrepreneur who recently made it to the list of Forbes 30 under 30 Asia.

She spoke about her desire and aspiration to do something for the community at large and how she mustered the courage to break the stereotypical rules and even change her field of career. She shared how she joined SBI Youth for India fellowship, where she started a project BAANSULI, an initiative for the upliftment of socio-economic artisans who specialise in uniquely handcrafted bamboo jewellery, home decor and bamboo rakhis made from locally sourced variety. Many queries about her startup and how she was inspired to do it were answered by her.

**Social Entrepreneurship- learning to create opportunities**

**Location Background**

**Upcoming products**

- Bamboo jewelry (necklaces, earrings, bangles)
- Bamboo home decor (candle holders, planters, etc.)
- Bamboo rakhis
- Bamboo baskets
- Bamboo pens
- Bamboo diaries
- Bamboo planners
- Bamboo notebooks
- Bamboo stationery
- Bamboo bags
- Bamboo pouches
- Bamboo wallets
- Bamboo keychains
- Bamboo coasters
- Bamboo trays
- Bamboo organizers
- Bamboo desk sets
- Bamboo gift sets
- Bamboo gift baskets
- Bamboo gift boxes
- Bamboo gift tags
- Bamboo gift certificates
- Bamboo gift vouchers
- Bamboo gift cards
- Bamboo gift certificates
- Bamboo gift vouchers
- Bamboo gift cards

**Problem Background of Artisans**

**Solution to artisans problem**

Availing more alternative livelihood options

Bamboo jewelry, proved to be the most beneficial product line

Providing limited, durable and contemporary bamboo jewelry as a mainstream activity is necessary to the artisan market.

**Thank you**

Handcrafted by the tribal artisans of Dango

### How we benefitted-

The webinar was about the inspiring journey of Ms Saloni Sacheti. She narrated how she had started her project 'BAANSULI', an initiative for the upliftment of socio-economic artisans from Porbandar, Gujarat.

Takeaways for our students included:

- Role of an entrepreneur
- How to convert a business plan into reality
- Knowledge of marketing philosophy applied in her project, planning process, USP and marketing mix.
- Functions of marketing
- How to raise finance for a project
- Women empowerment etc.



Students also actively participated in the interactive session. In the end, our Chairman Joshi sir addressed the students and emphasized the need of applying knowledge into practice. Eicher School Faridabad appreciates the students, staff members and management of APS for organising this very practical and useful webinar.

Somu Swaminathan  
Educator

### • Creating Healing Spaces

Ashoka University organised an exclusive workshop on 'Creating Healing Spaces' with Dr. Arvinder Singh, Director, Ashoka Centre for Well-Being, for high school students and their parents on May 25, 2021. In this session Dr. Singh addressed the impact of school closure and isolated learning, postponement of exams and the loss of loved ones on students. He also stressed on the need for resilience and motivation in these times of uncertainty and that one should create healing spaces with empathy and kindness amidst difficulties.

**Creating Healing Spaces**  
A workshop on mental well-being during the pandemic for high school students

**BE OF HELP**  
Listen just listen...  
without interrupting, judging or moralising  
Have constructive conversations  
Reach out and check in  
Become aware of symptoms of stress, distress and crisis  
Connect people with resources where you can

**THE TFA CYCLE**  
THOUGHTS  
ACTION → FEELINGS

**GOING FORWARD**  
• Anchor in purpose  
• Look at progress not victory  
• Stay connected with sources of support  
• Reduce the stigma around seeking help  
• Gratitude  
• Random acts of kindness

**BACK TO BASICS**  
• Have a rhythm to the day - gives a sense of purpose  
• Set boundaries  
• Routines and rituals  
• Being in the present moment... carving time for self care, meditating, caring for a pet, taking short breaks, journaling, seeing a plant grow, exercise are some examples

**WHAT DO WE NEED TO CREATE THIS SPACE?**  
To be heard and understood → To feel safe and protected  
Caring and compassion → To feel connected  
To be in control → To have a purpose  
To be productive → Sense of community

**WHAT EMOTIONS ARE YOU GOING THROUGH?**  
Anxiety Fear Isolation Grief Anger  
Sadness Dispair Hopelessness Confusion  
Helplessness Uncertainty Trauma  
Loss - of control, identity, motivation  
Exhaustion - physical, mental and emotional

**HEALING**  
• It is a positive subjective process  
• Personal experience  
• Transcends suffering  
• Involves transformation  
• Transforms to a feeling of wholeness

**REMEMBER**  
**WE ARE IN THIS TOGETHER**  
This is a shared collective experience each one is going through

**A healing space therefore**  
Offers you an emotionally safe space and an opportunity  
• to grow  
• to feel whole  
• to feel empowered  
• To build hope and resilience

*Develop a passion for learning. If you do, you will never cease to grow.*

• **Summer Workshops by Pearl Academy**

Pearl Academy organised summer workshops from June 1 to June 3, 2021 in the field of Fashion, Design, Creative Business and Media for classes XI and XII. It was a wonderful opportunity for students to explore, engage and enrich and get e-certified after 3 days of exploring career options and upgrading their creative aptitude. The online classes by faculty and experts turned out to be a great learning experience and students were also able to develop new skillsets in the comfort of their home.

Topics engaged in were:

- ❖ Style yourself like an influencer
- ❖ Drawing for Fashion
- ❖ Surface Imprints & Expressions
- ❖ Entertainment Media Basics (Film Appreciation)
- ❖ Digital Photography
- ❖ Advertising
- ❖ Digital Kickstarter
- ❖ How to make money using AI
- ❖ Games Storming
- ❖ Power of Design
- ❖ Story of Spaces
- ❖ Data Visualization

• **Virtual Summer Fiesta '21**

The school organised a virtual summer camp for classes III to XII from June 1 to June 20, 2021. It was open for students and their friends / buddies from other schools. There were many exciting art, craft, fitness, dance and music activities which were thoroughly enjoyed by them. The camp was a stupendous success and much appreciated by parents as well as students. Here are some moments captured from the grand finale-



**Art & Craft**



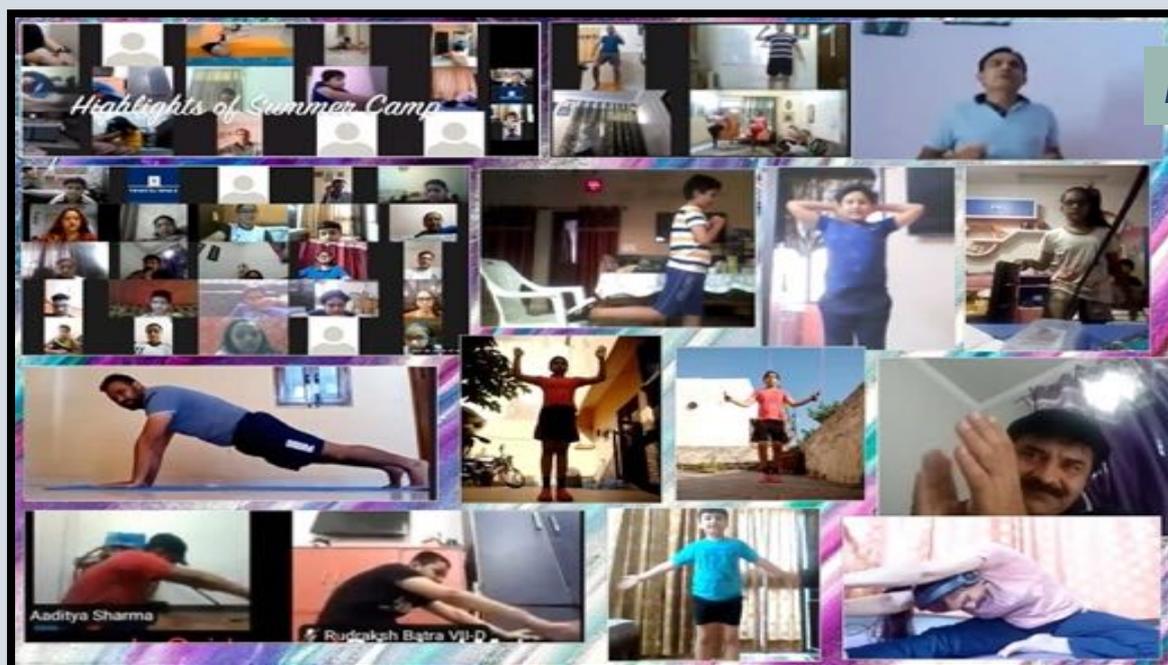
Music



Dance



Fitness



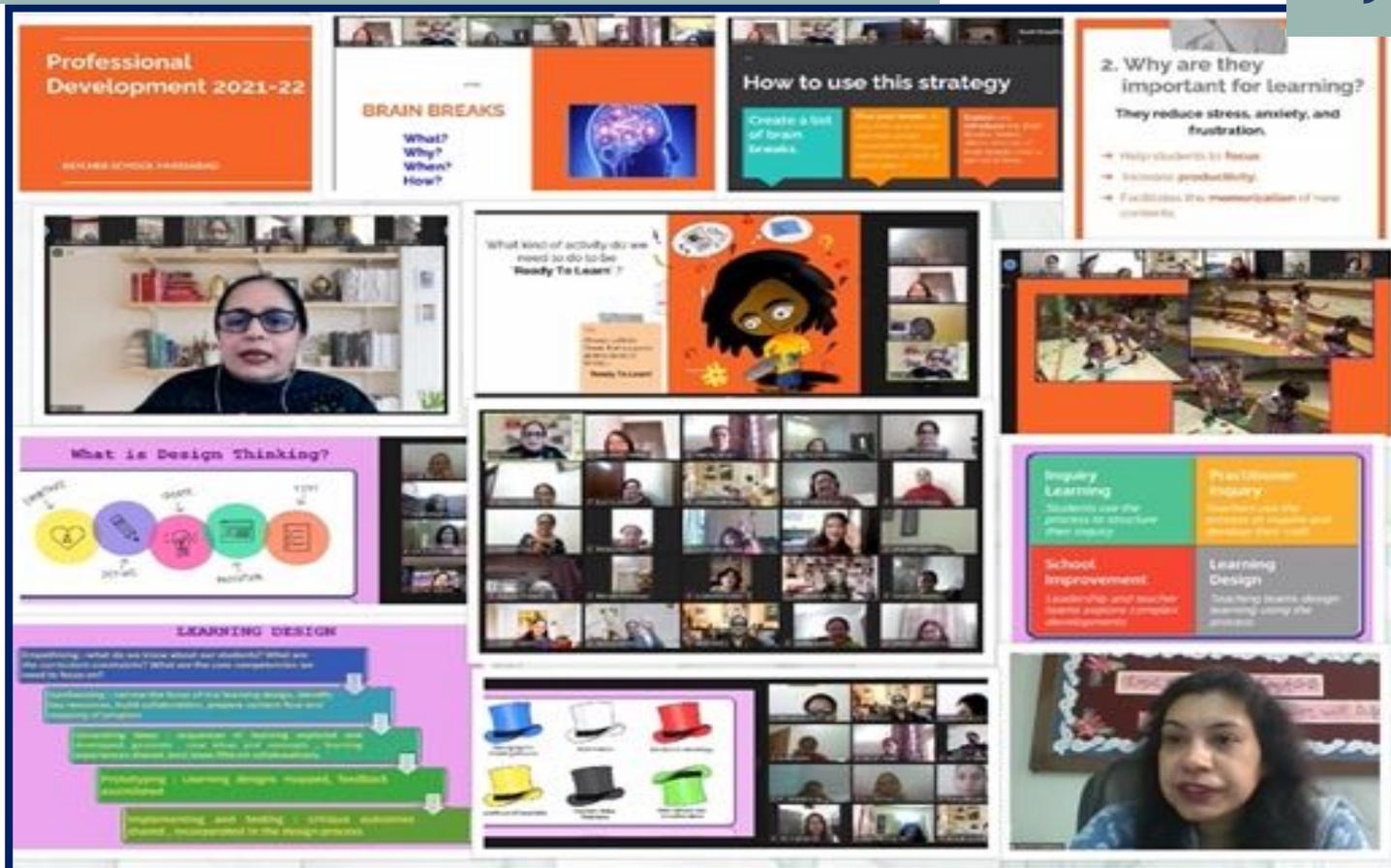
• Learning together- Teacher Training Week

At ESF, we have always believed that learning is a continuous process. Keeping this in mind, our fellow faculty members conducted vital training sessions for the teaching fraternity from June 14 to June 18, 2021. It was attended by all the staff members. The lineup-

Date	Topic	Conducted by
June 14	1. Brain Breaks 2. Design Thinking in Classroom and the Use of the Six Thinking Hats	Ms Anu Walia Ms Arpita Chakraborty
June 15	Essentials for a Good Teacher	Dr. K.K. Sharma
June 16	1. Understanding the Subconscious Mind 2. Learning Styles	Ms Priyanka Tripathi Ms Rimmi Gupta
June 17	Yoga and Fitness	Ms Ram Bhateri & Mr Pankaj Panwar
June 18	1. Post-Covid Nutrition 2. Mental Health and Wellness	Ms Arpana Singh Ms Urvashi Dua

Glimpses from the Teacher Training Week-

Day 1



### ESSENTIALS FOR GOOD TEACHER

### UNWAVERING SUPPORT

THE BEST TEACHERS KNOW THAT EXPENSE IS ABLE TO DO WELL IF THEY HAVE THE RIGHT TRACKS. THEY DON'T EXPECT THAT A STUDENT IS A LOST CAUSE. THEY ENCOURAGE IF YOU ARE HIGHLIGHTED AND PRAISE YOUR BELIEF THAT YOU CAN GET THE MATERIAL.

### WILLINGNESS TO HELP STUDENT ACHIEVE

BEST TEACHERS ARE THOSE THAT DON'T STOP TEACHING WHEN THE BELL RINGS. THEY KNOW THAT SOME NEED EXTRA ATTENTION OR ASSISTANCE, AND THEY DON'T LET THEM OFF. THEY KNOW THAT FOR SOMEONE AND KNOW THEY WON'T JUST EMPLOY TO GET STUDENTS TO BE ABLE TO DO HIGHER WORK, BUT DO WELL IN LIFE.

### CLASSROOM SPACE

BE SURE THAT YOU CAN BE SEEN AND HEARD BY STUDENTS SEATED AT VARIOUS POINTS IN THE CLASSROOM. BREAK AWAY FROM THE POODUM, DESK, OR CHALKBOARD

### HUMOUR

TRY USING CONSTRUCTIVE HUMOUR. SHOW CARTOONS OR TELL FUNNY STORIES THAT RELATE A POINT. PUT SOME STUDENTS THAT ARE "GOOD JOBS" ON ASSIGNMENTS WELL DONE, AND ADD SOME JOKE TO AN EXAM OR ASSIGNMENT. STUDENTS LOSE MORE WHEN THEY'RE HAVING FUN.

### What are the levels of mind?

### UNDERSTANDING SUB-CONSCIOUS MIND

UNTIL YOU MAKE THE UNCONSCIOUS CONSCIOUS, IT WILL CONTROL YOUR LIFE AND YOU WILL CALL IT FATE.

Is mind different from brain?

### Begin training your subconscious through following ways

- Repetition
- Imagination
- Thought visualization
- Self suggestion
- Repetitive recitation

ONCE THE SUBCONSCIOUS ACCEPTS AN IDEA IT BEGINS TO EXECUTE IT

### What are WE made up of?

- WE = Mind + Body + Soul
- Body = Physical part of who we are
- Soul = Spirit that inhabits us
- Mind = the center that organizes the mental process

### Strategies to use for Visual Learners

- Using colour to mark diagrams, including pictures, graphics, charts, outlines, daily notes and diagrams.
- When giving verbal directions, write them up and give them to students.
- Substitutions when you want your child to do something.
- Use the color code: Drawing and symbols to highlight key information.
- Illustrations: you could be write down and highlight key information.
- Encourage the use of Post-it notes when recording a list, plan, diary.
- Provide colour activities, including maps, outlines, puzzles, drawings, illustrating activities, comparing and contrasting.

### Types of Learning Styles

- Visual (learns through seeing)
- Auditory (learns through hearing)
- Tactile (learns through touch)
- Kinesthetic (learns through doing and feeling)

### Strategies / Materials for Kinesthetic Learners

- Working line
- Number line
- Tables
- Use of an object: Students use their finger to draw letters and draw images on a ball or use their hands to make letters.
- Grouping
- Partner
- Handwriting practice and letters
- Stretch and jump
- Words and colors
- Dot markers
- Dot markers
- Lightweight ruler: color bands to represent hand with page number to start, phrases and pictures to connect.
- Experiments
- Field trip
- Role playing
- Projects
- Games

### Learning Styles

Presentation By- Ms. RIMMI GUPTA

WHAT'S YOUR Learning STYLE?



# 7<sup>th</sup> INTERNATIONAL DAY OF YOGA

~ towards physical and mental well-being

The art of practicing yoga helps in controlling an individual's mind, body and soul. It brings together physical and mental discipline to achieve a peaceful body and mind; it helps manage stress and anxiety and keeps one relaxed. It helps in increasing flexibility and muscle strength as well as tones the body.

On June 21, 2021 Eicherites celebrated the International Day of Yoga with great enthusiasm. Students were made aware about the numerous advantages of the different yoga asanas. Faculty members shared their videos performing them and talked about the same during their classroom sessions.

In these stressful times, yoga asanas can help build strength, flexibility and confidence. Regular practice of yoga can help lose weight, relieve stress, improve immunity and maintain a healthier lifestyle. It is certainly an effective way to the overall wellness of an individual.



*Yoga is a symbol of universal aspiration for health and well-being. It is health insurance in zero budget.*



### *Towards Excellence*

*The time is tough  
And the going is rough.  
Passing innumerable hurdles  
For our dear boys and girls  
We make an earnest effort  
To retain their laughter and mirth.  
We're totally committed,  
To excellence devoted.  
We teach and learn  
And also have a lot of fun,  
And thus our journey continues  
Through life's myriad hues...*



#### **In the picture-**

- |                                     |                                 |
|-------------------------------------|---------------------------------|
| 1. Onish Awal, II Plumeria          | 6. Yuvaan Tewatia, UKG Hibiscus |
| 2. Karunya Kapoor, II Golden Shower | 7. Mokshi Garg, I Jacaranda     |
| 3. Arsh Wadhwa, IV A                | 8. Bhumi Ramu Vemanna, I Palash |
| 4. Laavanya Chauhan, UKG Hibiscus   | 9. Vanya Sahai, I Palash        |
| 5. Nyra Sachdeva, LKG Jasmine       |                                 |