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Estd. In 1920



A glimpse from the Orientation Programme held for students of Class S1

#### WELCOMING THE S1 BATCH OF 2021-2022

"The essence of education is to help you discover your uniqueness, teach you how to develop it, and show you how to give it."

#### What's New at Modern

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Modern School, Barakhamba Road organised an Orientation Programme for the students of Class S1 on the Microsoft Teams Platform from 5<sup>th</sup> April to 9<sup>th</sup> April 2021. The aim of the Orientation Programme was to form a friendly bond with the students, to encourage an environment, which would make them feel liberated and hence, help them cater to their creative sensibilities, rather than just focusing on academics. Whether teaching in a physical classroom or a virtual one, the initial days of the new academic session are crucial for setting the tone for the entire term.

When the students start believing that they can express and freely put up their ideas with their classmates and the teachers, it is definitely a kick start to their productive learning process. Teachers of Class S1 conducted interesting activities which were creatively planned to initiate student participation. The students were more than happy to be a part of it and enthusiastically put in their maximum contribution during the sessions.





Student showing the work done during one of the sessions

Below are the activities which were conducted during the programme:

- A fun filled activity for which students were asked to draw any sketch which reflected their personality and also write about it. This activity helped in enhancing their creative as well as writing skills.
- Different team activities like Virtual Treasure hunt, Mathematical Cricket Quiz, Atlas and Map activities, reciting poems and sharing an experience. Such activities encouraged students to focus on a topic and thus contribute to the free flow of ideas.
- Debate activities on different topics that encouraged the kids to come up and express their opinion without having any fear of judgement. The zeal to learn and keep trying something new was clearly evident through their active role in general discussions.

All the students, despite some of them being introverts contributed not only in the class activities but also expressed their willingness to be a part of this adventurous journey which awaits them. Apart from being enthusiastic learners with great mannerism and respect for others, all the students are talented in some way, always willing to learn from each other. Their passion and excitement towards this new session was worth witnessing for the teachers.



**Interactive Sessions being conducted for students of Class S1** 

### **WORKSHOP FOR S1 TEACHERS**

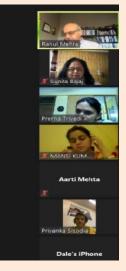


Modern School, Barakhamba Road organised Training Workshop for S1 teachers. Dr Rahul Mehra, Chairman Tarang Health Alliance and Indian Health Alliance conducted a six-hour online training session for the teachers from 2<sup>nd</sup> April to 4<sup>th</sup> April 2021. Dr Rahul Mehra (Modernite) has worked as an Assistant Professor of Medicine at the Downstate Medical Centre, New York.

# Modern School Teacher Session #1

**April 2, 2021** Rahul Mehra PhD Representative of India, UNESCO Chair Global Health & Education Executive Chairman, Tarang Health Alliance





**Training session for Teachers of class S1** 

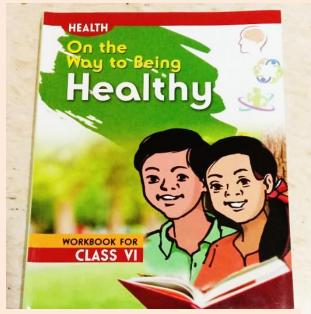
The interactive session emphasized on the need of teaching health and creating a culture of health in the school. The workshop was a great learning experience for the teachers to understand the importance of physical, mental and social health of the students that would help them to realise their full potential. Various teaching practices including hands on activities, demonstration, videos, were discussed to make the curriculum engaging and fun.

## **COMPREHENSIVE HEALTH EDUCATION CURRICULUM**

Modern School, Barakhamba Road has started 'Comprehensive School Health Programmme' for students of class S1 as a part of school curriculum. Team of nine teachers conducted virtual sessions on the Health Programme. The session was conducted for one hour each day from 5<sup>th</sup> April to 9<sup>th</sup> April, 2021. The curriculum would focus on developing healthy habits and skills among S1 students that would help them to learn desired health behaviours and lead a productive and fulfilling life.

The students were asked to attempt knowledge and behaviour questionnaire created by Dr Rahul Mehra and his team on Microsoft Teams Platform.

The technique of 'think, pair, share and write' was used to enhance their interest in the class.



Health Education Curriculum introduced for S1 students

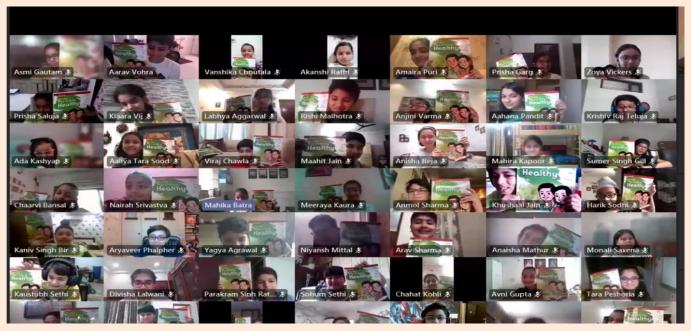


The students actively participated in understanding the importance of physical, mental and social health. The importance of health was emphasised using PowerPoint presentations and student workbook. The student's workbook lists 'Desired Health Behaviours' for various health topics.

The curriculum would focus on developing healthy habits and skills among the students. Students perform better academically when they are healthy. It allows children to think out of the box. Emphasis is laid on Student-initiated projects which empower students.

A Poster Making Session was held on 7<sup>th</sup> April, 2021 which is celebrated as 'World Health Day' every year. The students gathered their thoughts on various aspects of health and reflected them on a sheet of paper making posters, using attractive colours.

The students participated with great zeal and zest. They honestly believed in the need of being healthy and mentally fit even during this pandemic time. Students were responsive towards emotional intelligence. Health Education could not have been a part of the curriculum without the able guidance and support of the Principal, Dr Vijay Datta.



**Students during the Health Education session** 

### VIRTUAL SPORTS INTERACTION CLASSES FOR S1

Modern School, Barakhamba Road conducted Online Sports Interaction for students of class S1 from 5<sup>th</sup> April to 9<sup>th</sup> April, 2021. Every section of S1 was allotted an hour of interaction period on different week days. Primarily students were motivated to do physical activity and exercise to have long term health benefits and lead a quality life.

A pictorial presentation featuring the sprawling play grounds and courts were shown to the students. They were also motivated to choose two different sports out of eighteen myriad sport activities which the school offers.

Students were also asked to fill a sports form to ascertain their previous achievements. They were made aware of all the special sports achievements and great achievers of Modern School, Barakhamba Road, who keep the banner flying high.