

# CHRONICLE-THE MODERN SCHOOL WEEKLY



MODERN SCHOOL BARAKHAMBA ROAD  
www.modernschool.net Est. in 1920



**Bharat Sachdeva with Indian Boxer Mary Kom (L) and Basketball player K. Lalthianglima (R)**

## WHAT'S NEW AT MODERN

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## MODERNITE ACHIEVERS

Modern School student(Ex) Bharat Sachdeva (Class of 2001) has been appointed as **Fitness Trainer** for the Indian Boxing Team for **Tokyo Olympics**. Presently the Indian team is in Italy for pre Olympic Training Programme.

Modernite K . Lalthianglima (Class of 2021) has been selected by the Basketball Federation of India to play for Team India in the FIBA **Asia Cup 2021**. He will be attending a rigorous twenty eight days training camp at Bengaluru for the same. He was spotted in 2019 by the National Selectors. Another proud moment to celebrate!



## **ENROLMENT AND TRAINING SESSION OF MODEL UNITED NATIONS SOCIETY**

Model United Nations Society's Enrolment and Training Programme was conducted in the month of June'21 under the able guidance of Teacher-in-charge, Ms Sonia Kapoor. More than a hundred students participated in the comprehensive virtual training sessions. A three tier process was utilised to gauge the aspiring students' understanding of contemporary global events while testing their ability to solve crises and articulately present arguments. The students demonstrated their prowess through varying assessments and mediums. The final session saw an overwhelming response of the students.

**STAGE 1: EVALUATIVE ANALYSIS AND PERSPECTIVE:** The first tier of the process, conducted on 18<sup>th</sup> May 2020, involved individual submissions of Critical Analysis essays by the students of S4. The essays were carefully reviewed on the basis of the originality of their answer, demonstrated ability to construct coherent arguments and application of problem-solving skills.

**STAGE 2: GROUP DISCUSSION:** Shortlisted students participated in engaging, on-the-spot group discussions on a plethora of thought-provoking topics related to international affairs and contemporary global challenges. Six groups of students came together on 24<sup>th</sup> and 25<sup>th</sup> June to moderate this dialogue using the Microsoft Teams Application. This round saw an exceptional display of acumen, eloquence and conviction coupled with the students' penchant for political issues.

**TRAINING SESSION:** After having selected zealous students as new members of the society, the senior members of the society conducted a comprehensive online training session on 28<sup>th</sup>, 29<sup>th</sup> and 30<sup>th</sup> June'21, which entailed explaining the fundamentals of the United Nations, along with the rules of procedure, research, debate and delegation for Model United Nations. To further broaden their horizon of knowledge, the MUN Society created a forum for a mock MUN simulation where each student assumed the role of a delegate, governed by the agenda "Discussing the Refugee Crisis". The efforts of the organising team came to fruition on 30<sup>th</sup> June 2021, with sixty five budding leaders and diplomats being successfully added to the MUN Society for the year 2021-2022.



**A Glimpse of MUN Society's Training Session**



## **BIZONOMICS SOCIETY ACTIVITIES**

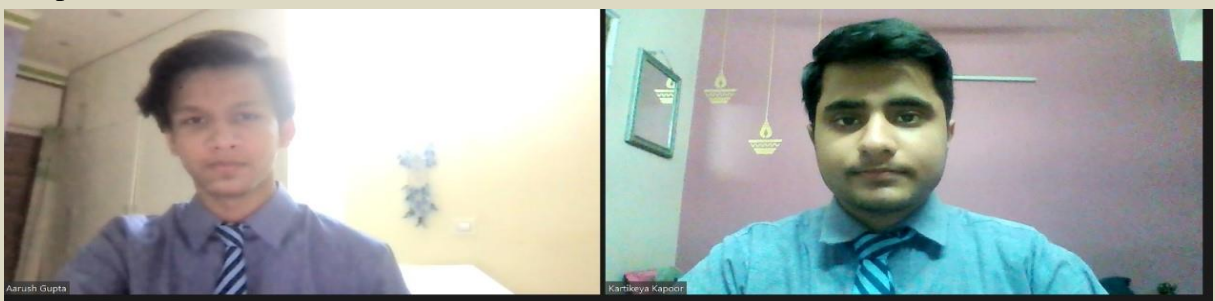
### **Eminence'21- SRCC**

The Eminence 2021, was an online event organised by Shri Ram College of Commerce on the 26<sup>th</sup> and 27<sup>th</sup> June'21. A delegation from the BIZONOMICS SOCIETY of Modern School took part in several workshops and interactive seminars. The event comprised of several speaker sessions, panel discussions and workshops organised by prominent speakers of the business world. The delegation comprised of Kritik Gupta (S7G), Parinistha Surya (S7E), Kartikeya Kapoor (S7H), Ojas Garg (S7G), Rohan Bhasin (S7C) and Zaina Sharma (S7G). The students found the speaker sessions vastly enriching, engaging, and inspirational, covering diverse experiences and topics. All the delegates were also provided individually, accredited Delegate Certificates for attending the same.



### **THE YOUNG BUSINESS TYCOON CHALLENGE 2021**

The Young Business Tycoon Challenge 2021, was held from 1<sup>st</sup> May to 7<sup>th</sup> July 2021. It brought together most influential players in the 'Entrepreneurship Ecosystem and Training' like NASSCOM 10,000 Start-ups, The Hong Kong University of Science and Technology, Harvard Student Agencies and Silicon Valley Entrepreneurs. The team from Modern School Barakhamba Road, comprised of Kartikeya Kapoor (S7H), Aarush Gupta (S7G), Madhav Gupta (S6F) and Arsh Agarwal (S7E). The participants were required to present a business idea in the form of Pitch Deck. Out of 6476 entries from all over the world, Modern School team was selected amongst the top five hundred entries. Interacting with participants from all around the globe was an enriching and a great learning experience for our future entrepreneurs.





## **SPORTS CURRICULUM FOR CLASSES 6<sup>TH</sup> – 10<sup>TH</sup> (2021-2022)**

“I have always believed that exercise is the key not only to physical health but to peace of mind.” - Nelson Mandela.

Sports are crucial for the holistic development of a child. It is vital that sports and physical education are made an accessible and regular part of the school curriculum. Apart from nurturing physical, social and emotional health, it boosts cognitive and intellectual abilities as well. It is proven to increase confidence, mental alertness and self-esteem along with various life skills like leadership, patience, empathy, motivation, problem solving and communication. When sports activities are made an integral part of the curriculum, students report healthy eating habits, better levels of cardiovascular fitness and decreased levels of anxiety and depression. These are imperative in dealing with the physical and mental health problems that the current Covid-19 pandemic has posed for our learners.

With these benefits in perspective, Dr Vijay Datta, Principal, Modern School, Barakhamba Road, has initiated a visionary and holistic integration of sports in the online curriculum, that the school has been following in these pandemic times. In an attempt to overcome the restrictions of the online forum and to maximize the benefits of sports for the learners, a comprehensive action plan has been put into place that combines the theoretical understanding of the benefits of sports with online exercises that would enhance the cardio-respiratory endurance, weight management, flexibility and muscle development of the students. Age- appropriate curriculum has been designed with these objectives in mind by the Sports Department of Modern School under the guidance of Ms Priyanka Sisodia, Middle School Sports in-charge.

The NCERT sports curriculum and textbooks for the middle and secondary classes have been taken as the point of reference. In the practical component, the students would be practising various Yoga and Meditative *asanas*, Cardio- Respiratory endurance exercises like Jumping Jacks, Burpees as well as Mountain Climbers, Weight Management exercises like Push- Ups, Squats, Sit Ups ,Planks and Resistance Band training exercises like Upright Rows, Sideways Bands, Kneeling Kickbacks. Flexibility exercises including Camel Pose and Bending Poses have also been included.

The sports period of one hour duration, held on a weekly basis, would be utilised productively in conducting these activities. This curriculum envisages to bridge the gap between home and the school and to ensure the socio- emotional as well as physical and cognitive health of the learners in these unprecedented times.

### **LOSS TO MODERN SCHOOL FRATERNITY**

Former Indian cricketer Yashpal Sharma died of heart attack on Tuesday, 13<sup>th</sup> July '21. He was one of the heroes in India's World Cup Cricket triumph in 1983.

His children had studied in Modern School, Barakhamba Road.

