



# CHRONICLE

## THE MODERN SCHOOL WEEKLY

### MODERN SCHOOL, BARAKHAMBA ROAD

[www.modernschool.net](http://www.modernschool.net)

ESTD 1920

***"Speed, skill and synergy-where man and horse become one. Polo isn't just a sport :  
It's an art in motion"***



**Principal Dr Vijay Datta with the Equestrian Team**

## **GALLOPING GLORY: A THRILLING ENCOUNTER WITH POLO**

The rhythmic thud of hooves, the swift strikes of mallets, and the electrifying energy of the polo field set the stage for an unforgettable experience on March 19, 2025. Accompanied by the principal, a group of students witnessed the grandeur of professional polo at the Jaipur Polo Grounds, Delhi Race Course. The event was a spectacular display of skill, precision, and equestrian excellence, immersing the students in the rich heritage of this dynamic sport.

A key highlight of the day was the breathtaking display of expert riding techniques, including the spectacular "Triple Tent Pegging," the Ride-Off Technique, and Lemon Cutting. These traditional equestrian skill showcased the riders' precision, co-ordination, and mastery over their horses, leaving the audience in awe.

Beyond the excitement of the match, the visit provided students with valuable insights into India's rich equestrian heritage and the discipline required in the sport. The experience left them inspired and appreciative of the dedication and teamwork involved in polo.



### ***WHAT'S NEW AT MODERN...***

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# EMPOWERING EDUCATORS: A TRANSFORMATIVE CAPACITY BUILDING PROGRAMME

*“Education is not the filling of a pail, but the lighting of a fire.”...WB Yeats*



**Principal Dr Vijay Datta as a Distinguished Guest Speaker at St. Stephen's College**

St. Stephen's College, Delhi University, hosted a Capacity Building Programme for model school counsellors, on March 18<sup>th</sup>, 2025. Dr Vijay Datta, Principal, Modern Barakhamba, graced the event as the distinguished guest speaker. The session proved to be an intellectually stimulating and insightful experience, equipping educators with innovative teaching strategies and a holistic approach to student development.

Dr Datta captivated the audience with his thought-provoking presentation, emphasizing the importance of holistic education—an approach that integrates academics, co-curricular activities, sports, discipline, and creativity. He introduced cutting-edge



teaching methodologies, including flipped classrooms, interdisciplinary learning, and experiential education, inspiring educators to rethink traditional teaching models. A key highlight of his discourse was the power of positive affirmations, empathy, and perception in shaping a student's academic journey and emotional intelligence. He underscored the significance of confidence transfer—the idea that educators can instill self-belief in students, fostering resilience and a growth mindset. Adding a literary touch, Dr Datta referenced timeless classics by Thomas Hardy, Wordsworth, Shakespeare, and Rudyard Kipling's *Gunga Din*, weaving literature into the session's narrative and resonating deeply

with the audience. The workshop also included an engaging poetry recitation segment, where educators shared their reflections, enriching the learning experience with creativity and expression. Dr Datta's powerful message—that every child is unique and requires a personalized approach to learning—sparked meaningful discussions among the attendees. The interactive session encouraged school counsellors to reflect on their methods, fostering a renewed commitment to nurturing both academic and personal growth in students. The programme was an enriching and transformative experience, leaving educators inspired, empowered, and equipped with invaluable tools to elevate their teaching practices and positively impact young minds.



## NURTURING MINDS: EMPOWERING TEACHERS FOR MENTAL WELL-BEING AND ADOLESCENT UNDERSTANDING

*“A good teacher is like a candle—it consumes itself to light the way for others”*  
 --- Mustafa Kemal Atatürk



### A Workshop on Mental Well Being and Adolescent Understanding

In today's fast-evolving educational landscape, teachers play a pivotal role not only in academics but also in shaping the emotional and psychological well-being of students. Recognizing the growing need for mental health awareness among educators, a comprehensive workshop on “Mental Health of Teachers and Understanding Adolescents” was conducted at Modern Barakhamba, on March 18<sup>th</sup> and 19<sup>th</sup>, 2025.

Led by esteemed experts Dr Rajiv Sharma (Psychiatrist, AIIMS) and Dr Sarika Bisarya (Psychologist & Special Educator), the interactive workshop aimed to equip teachers with resilience, confidence, and practical strategies to navigate student behavioral challenges while prioritizing their own mental and emotional well-being.

Key areas of focus included self-regulation, stress management, anger control, mindfulness and fostering positive classroom environments. Teachers were encouraged to adopt empathetic problem-solving techniques, home-school collaboration strategies, and wellness practices to enhance their personal and professional lives. The session also introduced effective coping mechanisms, such as pausing, mindful breathing, and positive reinforcement, which teachers found invaluable for both immediate and long-term benefits.

Participants gained a deeper understanding of adolescent psychology, along with actionable insights on how to support students dealing with social, emotional, and behavioral challenges. The workshop not only empowered educators to better manage classroom dynamics but also reinforced the importance of self-care and emotional balance in their daily interactions.

With its profound impact, this initiative stands as a testament to the school's commitment to fostering a supportive, mindful, and emotionally intelligent learning environment for both teachers and students alike.



*“The greatest gift you can give your students is not just knowledge, but a healthy and positive mind”*



# ARTISTIC STROKES



Modern School provides various opportunities to its students to showcase their creative pursuits. Diving deep into the world of colours, the students express their aesthetic sense through artistic marvels. Some charismatic artworks, which are a blend of imagination and expression, are presented below. The technique, colour combination and precision reveal their proficiency and dedication.



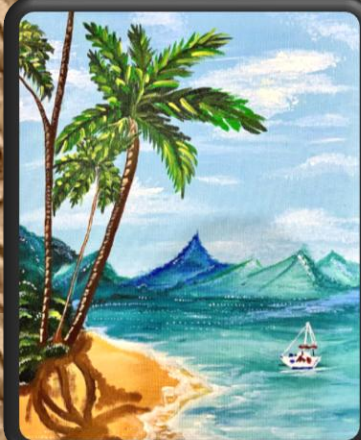
Amalgamation of Colours(left) and Japanese Ink Painting by Firoza Bakshi(S4-D)



Sketches by Aryaman Singh  
S4-F



ArtSpark by Binaisha Singh (S3-A)



Creative Art by Alaisa Gupta Class S4- D

*In the hand of students, art becomes a mirror of dreams, emotions and untold stories.*