

## From The Editor's Desk -

**"When we are no longer able to change a situation - we are challenged to change ourselves." - Viktor E. Frankl**

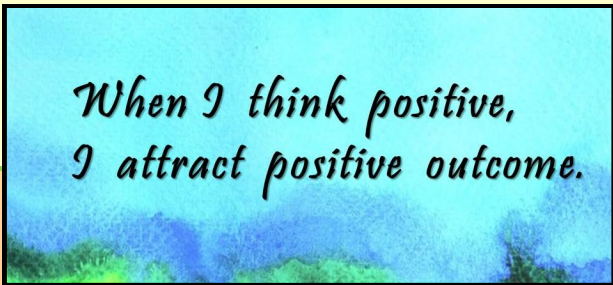
It is exhausting to push through challenging times in life, but when we remain resilient and persevere it can be an experience that changes us for the better. There are certain circumstances and experiences that we simply have to accept and cope with. We have to learn to accept what we cannot change.

The present situation is most difficult for kids who are living a life of a hostage in their own homes. We have to ensure that we help them utilize this time as a learning experience. They now have all the time in the world to pursue their hobbies and interests. We have to make them strong and tell them that these times will go in their experience chest. Meditation and yoga will help them stay positive and there is no battle that a positive attitude cannot win.

Stay Positive. Stay Motivated.

Ms. Aastha Shrivastav

Editor - In - Chief



*When I think positive,  
I attract positive outcome.*

## Summer Camp – Fun Extravaganza

After stressful months of April and May with talks of a pandemic, the month of June finally started for the students on a very happy and positive note.

Students were thrilled at the prospect of fun-packed extravaganza in the form of Summer Camp. The camp was scheduled from 1st to 7th June to be followed by summer vacation. An assortment of activities was planned for students which included vegetable printing, fireless cooking, creating designs using different shapes, story narration with the help of

puppets etc. Students had a splendid time and they waited for the next activity session with bated breath. The happiness and excitement were palpable and infectious. The strength of participants increased with each passing day.

Students enjoyed their summer break from 8th June to 22nd June. Activity-based HW was given to the students which they thoroughly enjoyed doing.

The camp was managed by a team of experts of the school. The camp provided a recreational and creative

opportunity for the children to develop new skills. The campaign camp ignited a spark of positivity and the students nurtured their talent in various forms. The Principal, Mr. Pravin Kumar, appreciated the endeavours of the teachers and students.

Remedial - cum - Revision Classes were conducted on daily basis till 7th June, 20 to clear the remaining doubts of the students. Time Table was provided for the same.

Summer Vacation commenced from 8th June 2020 to 21st June 2020.



Post-summer vacation, online classes started again from 23<sup>rd</sup> June 2020 in compliance to all the Educational bodies.



## Education and Avenues in 2020-21: WEBINAR

A promising series webinars were conducted by Sir Padampat Singhania School on 21<sup>st</sup> June 2020 & 24<sup>th</sup> June 2020 to enlighten the parents regarding education and avenues to be followed in the coming months during the post COVID era. The highlights of the webinar were challenges faced by the parents about deciding possible alternates to successfully complete

academic session, health and safety of the child; challenges faced by the school, challenges for the students (ensuring continuity of learning, managing online classes), methods of promotion that the school would be adopting. Awareness was created about all the safety measures that school has planned to take along with the seating plan covering all other details

which were being put forth by the parents. Reflections of the parents followed by learning outcome of the students through video presentation was shown to the parents. The series of webinars was appreciated by the parents. The parents thanked the Principal, Mr. Pravin Kumar and the Management for conducting such events.



## International Yoga Day

“Yoga is the journey of the self, through the self, to the self.”

Sir Padampat Singhania School, Kota organised a three-day live yoga session series from 19th June to 21st June to celebrate the International Yoga Day.

- Day 1- Yoga for Calmness
- Day 2- Yoga for Peace

Day 3- Yoga for Enriched Personality

Yoga Sessions on ‘Yogabhyasas’ and ‘Asanas’ were organised by the faculty members of the Department of Physical Education encouraging mental calmness and physical fitness.

They highlighted that Yoga embodies unity of mind and

body; thought and action, and a holistic approach to health and well-being.

The session ended on a positive note appealing to everyone to include yoga in their daily routine for its wholesome and salubrious effects on the mind, body and soul.



## Webinars for teachers

The Internet has made things quite easy and convenient for educators around the world. All one needs is a computer, an internet connection and we can hold classes, discussions and seminars anywhere in the world by connecting with people from all around the world in real-time. They provide an opportunity for leveraging

technology to ensure continuity of learning and development of students and teachers.

Education is a partnership between parents, schools and students. Every challenge is the opportunity in disguise. Technology plays a major role, we need to embrace innovation in these

challenging times. The main agenda of these sessions was to discuss all the possibilities to continue education during this Pandemic time. Various methods and strategies were discussed to make learning happen at home. These benefitted teachers thus resulting in better teaching-learning strategies for the students.

## Online Session on Positive Energy and Meditation

To unlock the exhausted mind and soul, a motivation online session was conducted for the members of the faculty of Sir Padampat Singhania School, Kota.

The enriching session was conducted by Ms. Ritika Data, a renowned Pranic Healer. The session was introduced by Ms. Hina Rahat Khan, Coordinator by a welcome speech.

The session elaborated

on energy of mind and enhancing positive energy to build an integrated and positive aura around the body. The chief focus of the session converged on students and teachers and transferring positive energy to each other.

Ms. Data also gave a practical training on Pranic Breathing Techniques and Meditation which

Invigorated the energy level of the teachers giving them a divine experience to boost their energy levels. The workshop had five consecutive sessions which included various aspects of spiritual and mental healing. The Principal, Mr. Pravin Kumar proposed the vote of thanks and appreciated Ms. Data for providing a soulful experience to all.



Dear Students  
Greetings!!!

Celebrate your strength, as it is a reminder to reckon challenges in life. You are the class of 2020, the class of courage. During this pandemic you all need to train your minds to be in harmony with your heart and hand. It is the time to accomplish the inner

attributes. Making best out of resources available is the mantra of the times. And above all one more thing has to be imbibed that no matter however hard the situation is, I WILL NEVER LET ANYONE SUFFER FROM HUMANITY C R I S E S I N M Y S U R R O U N D I N G.

Have faith in yourselves dear

starlings that you are the most distinct and divine creation of Almighty with a very sublime purpose.

Stay home .Stay safe.

God bless you all!!

**Kavita Singhani**  
Coordinator  
Secondary Wing



Nikhil Mudgil of class III made the school proud by securing 1<sup>st</sup> position in Kota at the National Level Competition of NSTSC. He was awarded a gold medal for his achievement.



**Editorial Board**  
**Ms. Aastha Shrivastav**  
**Ms. Kavita Singhani**



**Principal's Club**  
**Do Good Be Good**