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Singhanians' Chronicle

From the Editor's Desk -

"A vacation helps to relieve stress and boredom, gives us a change of scenery, provides us with adventure, and helps to bring us closer to the people in our lives." – E. S. Woods

Holidays are very important as they give a break from the monotony of a set routine. Students, who have a fixed timetable for the whole year wait anxiously for these holidays to pursue their hobbies and other interests. Holidays rejuvenate them and can maintain their focus on academics.

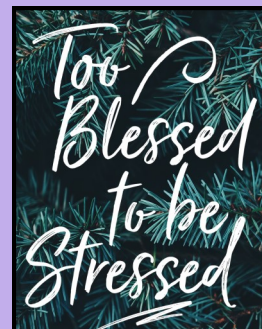
Many students use this duration to visit and explore new places for it is said: "A change in latitude helps change your attitude." They can spend some quality time with family and build bonds.

Thus, we see how these holidays play an important role in maintaining a great balance between work and play. I am sure you must have made the most of the holidays and spent it wisely.

Never waste a holiday as they are very few where you can actually, rest or utilize it properly.

WELCOME BACK FROM HOLIDAYS !!!

Ms. Aastha Shrivastav
Editor-In-Chief



WORKSHOP ON EFFECTIVE TEACHING TECHNIQUES

In today's scenario, the teachers not only have to deal with academics but also have to equip the students with 21st Century skills like media literacy, social literacy, communication skills, analytical skills, etc. Without arming our students with these skills we cannot expect them to achieve the heights that they are capable of.

The resource person Mr. Narendra Mishra threw light on various Effective Teaching Techniques. He insisted that the students should not only focus on plan A, but they need to have plan B in reserve too.

The session was very interesting with many interactive activities. Everybody participated enthusiastically in the workshop and was filled with a positive aura.



WORKSHOP ON UNDERSTANDING AND DEALING WITH MENTAL AND PHYSICAL WELL-BEING

Ratna Sagar Pvt. Ltd. Conducted a workshop for the whole staff, conducted by the resource person Ms. Neerja Chathly and the topic was Understanding and Dealing with Mental and Physical well-being. The workshop began with a wonderful quote on teachers and all paid tribute to the corona educator warriors by chanting Gayatri Mantra. Many activities were conducted throughout the session. We learn about happiness and self wellbeing and the importance of happiness for the holistic development of the child. The issues like depression and stress among the children were also discussed and how joy and happiness help reduce the mental and physical health risk factors. The workshop was emphasizing the 'Happiness curriculum' and its objectives. Ma'am Neerja also gave us tips on how to make a class happy. The session was concluded by presenting a sapling to our esteemed guest by our Respected Principal Sir. It was a wonderful, enlightening and happy session.



WORKSHOP ON EXPERIENTIAL LEARNING



A workshop on Experiential Learning was organised by Oxford Publication in Sir Padampat Singhania School, Kota. The workshop started by welcoming the Resource Person, Dr. Nishi Sehrawat Phogat who gave a deep insight into various domains of learning like language skills, cognitive skills, psychomotor skills,

creativity, sensory and social, emotional, and personal skills.

Dr. Nishi also enlightened us by giving a peep into NEP and briefing us about experiential learning, which is an integral part of NEP.

The workshop also comprised of various live activities which aimed at developing social emotional and personal

skills to acquaint teachers with experiential learning.

Various videos and PPTs related to experiential learning and Blooms Taxonomy were also shared in the workshop.

To conclude the workshop we presented our guest of the day, Dr. Nishi, with a letter of appreciation along with a token of gratitude.

Dear Students

Greetings!!

Welcome back to your Second home after summer vacation.

Let's begin with a very important habit of life which is "Self Discipline".

The single most important attribute to becoming successful is self-discipline. It helps you stay focused on reaching your goals, gives you the gumption to stick with difficult tasks, and allows you to overcome obstacles and discomfort as you push yourself to new heights.

What exactly is self-discipline? It's the ability to control your impulses, emotions, reactions, and behaviors; it allows you to forego short-term gratification in favor of long-term satisfaction and gain. It's saying "no" when you want to say "yes." It isn't about leading a restrictive and boring life void of enjoyment. It's next to impossible to be self-disciplined in all areas of your life. Rather than attempting to be disciplined in all you do, use it to focus on what's most important.

All the best.

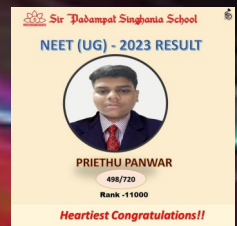
Shaily Sharma

Co-Ordinator

(Secondary Wing)

**PROUD
MOMENT**

Hearty Congratulations to the Prismatic Singhanians **UDAY MAHESHWARI & PRIETHU PANWAR** who have proved their mettle and paved their way to success by qualifying the prestigious NEET '23 with flying colours .



Editorial Board

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Principal's Club

