

# IMAGINE

NOVEMBER 2022

## FIT INDIA

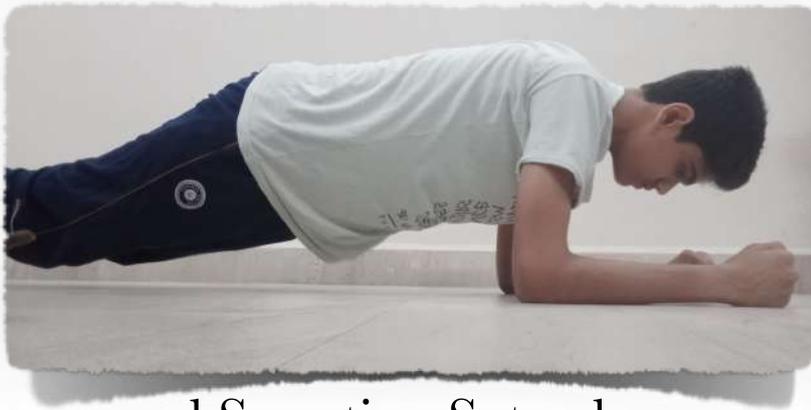
I pledge to make fitness a part of my daily routine

I will engage in physical activities to keep my body healthy and strong

I will make healthy choices in my diet and lifestyle

I will encourage others to join me in this journey towards fitness

Together, we will work towards a Fit India for all!



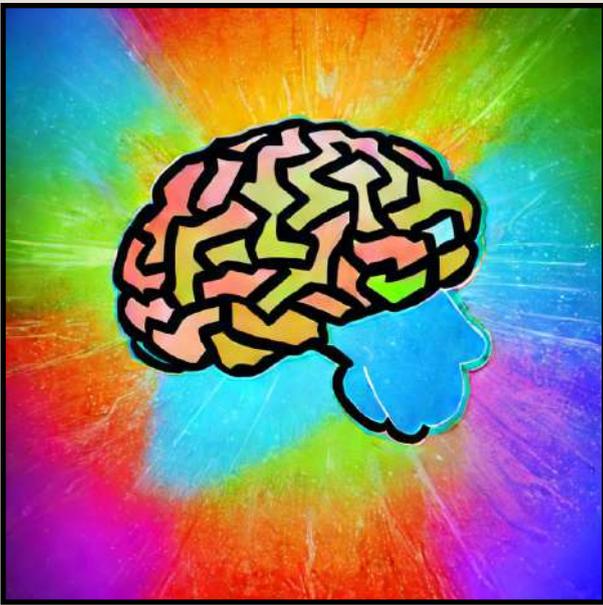
## Serene and Sweating Saturday



The Serene and Sweating Saturday program was designed to promote physical health, mental peace, and overall balance through bodyweight exercises. From June 2022, this program has provided a supportive community for individuals to care for and improve their health together.

While the program initially saw strong attendance and positive feedback from participants, the team has recently noticed a decline in attendance. In an effort to bring members back to the exercise floor, the team is exploring new ways to engage and motivate the community.





## Ways to improve and maintain good mental health

01

### Physical Health

Exercise regularly, eat a healthy and balanced diet, and get enough sleep

04

### Practice Gratitude

Take time to appreciate the good things in your life, no matter how small

02

### Stay Connected

Talk to friends and family and consider seeking support from a mental health professional if needed

05

### Engage and Enjoy

Find hobbies or activities that bring you joy and make time for them in your schedule

03

### Cope with Stress

Try relaxation techniques such as deep breathing, meditation or yoga

06

### Seek help

Don't be afraid to reach out if you're struggling with your mental health. There are many resources available to help us.

On November 5, 2022, the team held a reflection session to review the progress made in the previous month and plan for the future. During this session, all sub-committee heads presented their monthly reports with evidence of their work, and recognized the contributions of their team members. The team shared and celebrated their success stories and reflected on any setbacks they may have encountered.

# Violence and Cyber Bullying

Stress can have negative impacts on both physical and mental health. It is a common issue that affects not only adults, but also young people who may be under academic pressure and facing hormonal changes. In addition to these challenges, young people may also be grappling with questions about their identity and the impact of social media on their lives.

It is important to support young people in freely expressing themselves and exercising their rights, and to encourage them to contribute to a global community that is respectful and

understanding of different viewpoints. To achieve this, we must work towards improving communication standards and creating safe environments for all. In recognition of the International Day against Violence and Bullying at School including Cyberbullying, the 2022 headline event is "Not on my watch." This event will bring together education policy makers, practitioners, and other members of school communities to explore ways to prevent violence in schools.

Ms.Jasintha

English Facilitator



## Changing Course and Transforming Education

Every minute is a chance to change the world," as Dolores Huerta once said. This statement emphasises the potential we all have to make a positive impact, no matter how small. It also reminds us that change begins with us, as individuals. Embracing change can bring a lot of joy and satisfaction in the future, as we see the results of our efforts and the positive impact we have made.

In recent times, there have been significant changes in the field of education. Traditional methods of teaching, which were often teacher-centred and focused on one-way transfer of

knowledge, have evolved to become more interactive and student-centred. With the emergence of technology, there are now multiple ways to transfer knowledge, such as through online platforms and virtual classrooms.

The transition to online education, which was necessitated by the COVID-19 pandemic, was a challenge for both students and teachers. There were connectivity issues, lack of one-on-one interactions, and the loss of group activities that we all enjoyed. However, despite these challenges, teachers have done an excellent job in adapting and

making the learning process innovative. Even though we are physically far apart, we are still able to engage and interact with each other.

"Education is not about learning facts, but about training the mind to think," and the best way to educate is to support each other, to adapt to new methods, and to use technology to our advantage. By changing our approach to education and transforming the way we learn, we can bring about the desired change in the future.

Ms.Lavanya

Kindergarten Facilitator



## Reinventing Education for 2030 and Beyond

The Central Board of Secondary Education (CBSE) recently held the National Sahodaya Conference in Gujarat from November 18-19, 2022. This conference brought together over 800 national and international participants, and was held in collaboration with Gyan Sarovar-The Central Gujarat Sahodaya Schools Complex. The theme of the conference was "Education 4.0- Reinventing Education for 2030 & beyond," and featured discussions on a range of topics related to education, including the use of technology and artificial intelligence in education, building

learning communities, and capacity building for teachers. Representatives from Balsam Academy, including Ms. Hema Kumari (Instructional Principal), Ms. Shalini (Vice Principal), and Ms. Nownihal (Finance Controller and HR),

attended the conference and gained valuable insights into the challenges and opportunities facing education in the future.

## Student Council Body

The Balsam Academy Student Council Body held its sixth meeting on Friday, November 11, 2022 from 2:40 to 3:40. The meeting was conducted virtually and was attended by all advisors and co-advisors from the various houses, as well as Mr. Prabakaran, the Administrative Principal, and Mr. Toji Jose, the SCB head of Balsam Academy.

At the beginning of the meeting, the preparation of each house for the upcoming stage play competition was discussed and Mr. Prabhakaran thanked the house advisors for their hard work in preparing their teams. The SCB also emphasized the importance of respecting both adults and children and listening to the concerns of students. In order to support the well-being of students, the participants decided to reach out to the school counselor to arrange a session for teachers on how to handle sensitive issues when working with teenagers.

The goal of education is not to increase the amount of knowledge but to create the possibilities for a child to invent and discover, to create men who are capable of doing new things.

- Jean Piaget

All teachers in charge were asked to train the house captains and vice captains, as well as the house representatives, on board work, classroom organization, cleanliness, participation in contests and monthly challenges, communication, behavior, and attitude.



## INTER-HOUSE STAGE PLAY CONTEST

Participating in stage plays has numerous benefits, including fostering social interaction, promoting self-expression and creativity, and providing a platform for reflection on society and culture. Research has even shown that students who participate in theater tend to have higher academic performance.

The recent inter-house stage play competition on Children's Day was a testament to these benefits, with all four houses showcasing their talents and creativity through their performances. The theme of "Transforming Urban India" allowed the students to explore a variety of concepts and showcase their teamwork and original ideas. The combination of drama with traditional arts, including classical and western dances, added to the impressive nature of the performances.

The judges, Dr. S. Vidhya and Mr. J. Joshua Devadas, were highly impressed by the students' flawless dialogue delivery and praised their efforts. The event would not have been possible without the hard work and dedication of both the students and parent and student volunteers. Overall, the inter-house stage play competition was a success and a memorable experience for all those involved.

### RESULTS OF STAGE PLAY CONTEST 2022 -23

|                | PLACE | HOUSE             |
|----------------|-------|-------------------|
| <b>STAGE 3</b> | I     | <b>HIMALAYANS</b> |
|                | I     | <b>TYLERS</b>     |
|                | II    | <b>ALPINES</b>    |
|                | III   | <b>GRANDS</b>     |
| <b>STAGE 4</b> | I     | <b>HIMALAYANS</b> |
|                | II    | <b>ALPINES</b>    |
|                | III   | <b>TYLERS</b>     |





## Sanskrit Recitation

naturally and develop their social skills. The students' articulate and memory skills were on full display as they recited the song, and it was a great opportunity for them to gain confidence and happiness through the exposure. The homeroom teachers were delighted by the students' performances and all in attendance appreciated and applauded their efforts. The process of learning Sanskrit involves using rich language materials, but students often only see, hear, and read them superficially. By reciting the language, they can strengthen their understanding and appreciation of it. As the famous educator Wei Shushing said, "The sense of language is strengthened by reciting more."

Recitation is a highly effective way for students to learn a language and appreciate literature. In November, students in grades 3 to 5 had the opportunity to showcase their talent and confidence by reciting a Sanskrit song in the classroom. This activity helped them practice speaking the language

## Rhythm and Action

Every child has innate talents that we should strive to cultivate. Participating in various activities can help children develop their imagination, creativity, critical thinking, teamwork, and leadership skills. For example, the "Make Your Own Thank You Card and Art for Creating Your Own Meals" activity that first grade students recently completed for Thanksgiving not only promoted gratitude and togetherness, but also allowed children to use their creativity and imagination through art.

They also enjoyed writing missing numbers and comparing lengths, and learned to arrange objects from shortest to longest. These activities not only provided enjoyment and learning opportunities, but also helped to develop important skills in the children.

Students in grades 3 to 5 participated in various activities such as familiarising themselves with the art forms of partnering states and organising virtual exhibitions to showcase their skills.

These activities not only encouraged self-expression, creativity, and confidence, but also helped students develop a sense of individual identity.

The students also engaged their families and invited them to be a part of the ART INTEGRATION PROJECT which provided an opportunity for interaction and mutual understanding between people of diverse cultures within India, with a particular focus on the state of Kashmir, which is known for its rich history and cultural heritage.

Overall, these activities promoted cultural understanding and appreciation, as well as personal growth and development in the students.

# Bal Diwas



Children's Day, also known as Bal Diwas, is celebrated on November 14th in honor of India's first Prime Minister, Jawaharlal Nehru. At Balsam Academy, we celebrated Children's Day with great joy and enthusiasm. The children arrived at school dressed in casual clothes and brought their favorite lunch. The celebration began with a movie and was followed by a variety of fun-filled activities and games planned by the teachers. The teachers made the day extra special by involving the children in activities such as playing the role of a teacher, chess, finding the ball, and cricket. It was a magnificent celebration enjoyed by all.

## EBSB

In November, our Kindergarten students celebrated Ek Bharat Shrestha Bharat by creating papier mache figures out of spare clothes and newspapers. They also dressed up as people from Kashmir and used play-box models to create characters in stories about the region. Additionally, they built huts similar to those found in Jammu and Kashmir. The contest for the month was an unsighted drawing activity, where the children had to shut their eyes and draw while listening to instructions. This activity helped them gain confidence and improve hand coordination. The children had a delightful time participating in these activities and learning about different cultures.

## A typical week

On Mondays, we focused on perceptual activities such as values stories, guided visualization, creative expression, and experiences that help students reflect on their sense of right and wrong.

On Tuesdays, we worked on emotional activities such as sharing positivity, having "aha" moments, practicing empathy and sympathy, and helping students identify their predisposed attitudes towards values.

Thursdays were set for sensorial activities such as brain gym exercises, 2-minute drawings, and art and craft projects that helped students develop their skills and identify their areas of interest.

Fridays were dedicated to activities that helped students gain understanding through experiential learning, such as solving riddles, puzzles, and other problem-solving tasks. Overall, these activities helped to promote the personal and social development of our students.

