



Kothari International School
Grades 4 & 5 Session 2019-20

April

DATE	EVENT	GRADE	FEEDBACK	PHOTOGRAPHS
1 st April 2019	WELCOME ASSEMBLY REPORT	1-12	<p>Kothari International School organized a welcome assembly on 1.4.19. The assembly began with a prayer song. This was followed by the thought for the day and news headlines. The students exhibited their excitement for the commencement of the new session. The Principal welcomed the students and teachers and showered her good wishes and blessings for the new session. They were congratulated for their hard work and dedication. She said that the school has made a mark by winning different awards in various competitions. Everyone was motivated to work harder to bring greater laurels to the school. The students were advised to raise the bar and focus on their new goals and aspirations.</p>	 
9 th April 2019	YOGA SESSION	K1-12	<p>Kothari International School hosted a Yoga session for the staff members. The resource person focused on the flexibility of body and mental peace. He professed that yoga is accepted worldwide as one of the most effective form of exercise to influence the mental control. A qualified yoga trainer imparted basic yoga knowledge to the staff members.</p>	

The staff members practiced various yoga aasanas under the guidance of the trainer, starting with warming up and stretching followed by the series of asanas and ending with Shavasana.

All the staff members really enjoyed the session.



<p>12th April 2019</p>	<p>YAKULT, THE PROBIOTIC DRINK</p>	<p>4&5</p>	<p>On the 12th of April 2019, Kothari International School organized a workshop for the students of classes IV and V, in the A.V. Hall.</p> <p>The workshop was conducted by Yakult, the probiotic drink company. The informative session enlightened students on the process of digestion, the harmful effects of bad bacteria and the significance of probiotics in fighting these.</p> <p>The workshop started with a brief discussion on the human digestive system and the processes which occur during digestion. We were reinforced with how digestion starts in the mouth where saliva is secreted from the salivary glands. Saliva is capable of breaking down starch into simpler sugars that can be further broken down in the small intestine. Quite interestingly, the weight of food a normal human consumes in his lifetime is equal to the weight of seven elephants!</p> <p>However, in such a vast system there are both good and bad bacteria. The percentage of good bacteria is 85% and the remaining 15% are opportunistic bacteria. This 15% gets converted into bad bacteria if an imbalanced diet is consumed and a regular sleep pattern is not followed. This can cause harmful diseases Therefore probiotics are consumed to avoid the growth of bad bacteria and to fight them. Probiotics are live bacteria introduced into the body and which aren't affected by digestive enzymes. These secrete lactic acid which doesn't support bad bacteria, in fact destroys them. It also trains the good bacteria to fight bad bacteria and increases immunity.</p> <p>At the end of the session an animated video was played to encourage a better understanding of these concepts and samples of Yakult milk were distributed among the children. Regular exercise, adequate sleep and a balanced diet increase the ratio of good bacteria. So, stop jumping on the fast food</p>
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			bandwagon and eat lots of vegetables to stay healthy in order to keep such bacteria at bay, was the call of the cause! Now, that the significant role played by Yakult is known, one must drink it daily, for, it is the little hero in our belly!
15 th April 2019	YOGA SESSION FOR STUDENTS	4&5	<p>On the 15th of April 2019. Kothari International School organized a workshop for students of classes IV and V, in the A.V. Hall. The workshop was conducted by Mr Sandeep Yogacharya, a renowned yoga instructor spreading the message of yoga and health through his organization 'Poorna Prem Yoga'. The interactive session introduced students to yoga, its health benefits and positive impact on a human body.</p> <p>The workshop started with a chant of Hari Om Tatsat, continuing with an engaging game, focusing on the balance between our sense of touch and cognitive skills. Moving ahead, the facilitator introduced children with different asanas like, Singhasana, Tadasana and Malasana, in a fun and interactive manner. The objective of each asana focused towards enhancing the flow of oxygen through the body and channelizing our positive energy to nourish our body, mind and soul while ejecting negativity out.</p> <p>The session ended with a boost of energy as the children repeated the words 'I am the BEST' and 'Hari Om Tatsat'.</p>



<p>15th April 2019</p>	<p>GENERAL MEETING</p>	<p>K1-5</p>	<p>On 15th April 2019, the principal of Kothari International School, Ms Manju Gupta, conducted a general meeting with the teachers of Pre-K to grade 5. The meetings core objective was to orient and guide teachers as a new academic session begins.</p> <p>First in agenda was to bring in focus the importance of communication, vigilance and active involvement of teachers in the school activities. It was pointed out that teachers need to be aware of the activities taking place in the entire school, and not just within their sections, to build an environment where ideas are exchanged along with constructive criticism. Another important step to achieve this objective would be heedful planning and documentation. Second, the importance of SLC (Student Led Conference) was brought in attention. How imperative is it to have a platform like SLC, which through its spontaneity can become a medium to bridge the communication gap between adults and children. Keeping this in mind, SLC for all the grades was proposed. On the similar note, ideas for Parent Led Conference and Teacher Led Conference were welcomed to be shared in future.</p> <p>Special attention was given to the idea of peer learning, not only amongst children but amongst teachers too. It was proposed that the stay backs for teachers should be utilized for microteaching i.e. academic expansion, and sessions for physical and health benefits, such as yoga. Microteaching may include working on integration of theatre, art and ICT in the teaching-learning themes.</p> <p>One of the major objective to be fulfilled in this academic session is kept as teacher's learning development and reflection, and teacher's self-development. Class teachers were suggested to</p>
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24 th April 2019	INTER-SCHOOL ART COMPETITION, HARMONICA	4&5	<p>On the 24th of April 2019, Lavanya Mishra of Kothari International School, Grade 5C, participated in an Inter-school art competition 'HARMONICA 2019'. The art competition was organized by Vishwa Bharti Public School to celebrate Earth Day through the theme 'Protect Our Species'. Lavanya used Folk Art as the medium to depict her ideas for which her work was highly appreciated.</p>	

<p>26th April 2019</p>	<p>A DIALOGUE WITH MR PAWAN GUPTA</p>	<p>K1-12</p>	<p>On 26th of April, Kothari International School Noida organized a dialogue between a highly reputed educationist Mr Pawan Gupta and the faculty members of the school. Mr Pawan Gupta is the founder of 'India Literacy Program' and has been a means to formal education for numerous children of rural India. He finds inspiration from the educational philosophy of Mahatma Gandhi.</p> <p>During the dialogue he shared his learning and experiences with the teachers drawing their attention towards the major gaps in our education system.</p> <p>The dialogue began by pointing out how our education system infuse children with a sense of inferiority towards all that is their own – language, culture, and lifestyle. Mr Pawan emphasized on how our education practices mindlessly imitate the so called urban developed world and teaches our students to look down upon the traditional wisdom without critical examination of its roots.</p> <p>Indian languages, culture and lifestyle, in comparison to most of others, are existential in nature and focus towards the actions and their intensions, still we have operate from a sense of inferiority. No matter the achievements of a person such perceptions inculcates relative confidence in a person rather than absolute confidence. With relative confidence as the driving force the person seeks validation from comparison with others and not from the reflection of self. This directs Indian students to always suffer from an inferiority complex and not lead a wholesome life.</p>
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29 th April 2019	YOGA SESSION	K1-12	<p>On 29th of April 2019, Kothari International School Noida organised a yoga session for the faculty members in the A.V. Hall. The workshop was conducted by Mr Sandeep Yogacharya, a renowned yoga instructor spreading the message of yoga and health through his organization 'Poorna Prem Yoga'. The interactive session revolved around the objective of using yoga as a tool to bring harmony and peace within one's body. It is the alignment of mind and body that brings out the natural expression of a being and enhances mental and physical health.</p> <p>During the session the importance of chants, sound vibrations and meditation were pointed out. The <i>asanas</i> and exercise routines introduced were simple and effective, equipping teachers with methods to deal with daily life health issues.</p> <p>The session ended with a hearty welcome of Mr Sandeep Yogacharya into the Kothari International School as a faculty member; and a hope that, through regular practice, yoga will become a permanent part of our lives.</p>	