

Kothari International School
 Grades 4 & 5 Session 2019-20

June

DATE	EVENT	GRADE	FEEDBACK	PHOTOGRAPHS
24-27 th June 2019	YOGA SESSION	K-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> <p>The staff members practiced various yoga asanas under the guidance of the trainer, starting with warming up and stretching followed by the series of asanas. A yoga capsule was also designed for the students of the school which has to be done every day. The capsule consisted of some asanas and mantras which will help the students and teachers to attain mental peace and healthy growth</p> <p>All the staff members really enjoyed the session.</p>	

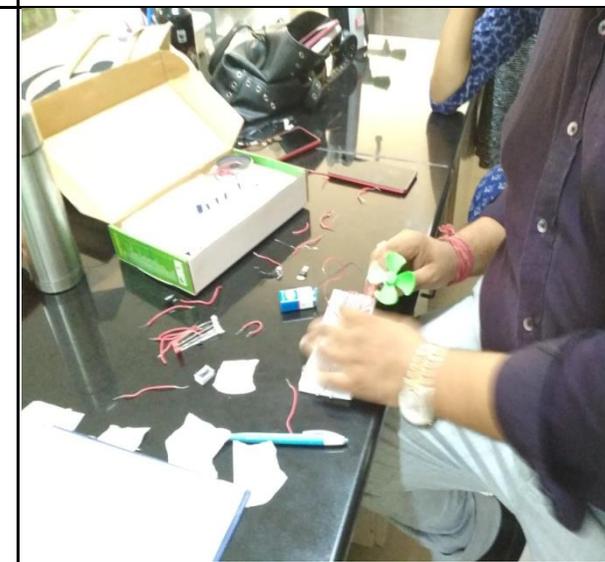
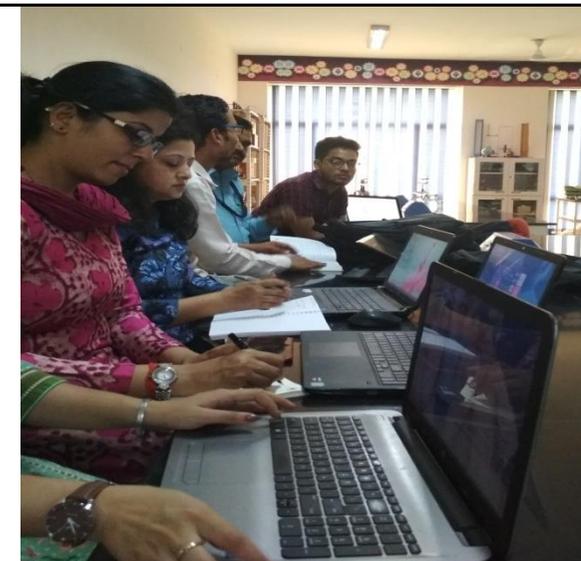
<p>24th June 2019</p>	<p>WORKSHOP ON HEARTFULNESS RELAXATION - MEDITATION</p>	<p>K-12</p>	<p>The main objective of Heartfulness Yoga classes is to introduce students and train teachers not only to classical yoga asanas but to the ultimate goal of Yoga, which is oneness through meditation. Heartfulness is a unique technique of meditation with yogic transmission adapted for modern day life. Heartfulness Yoga integrates body, mind and soul in the true spirit of Ashtanga Yoga. The two hour session with the faculty of Kothari International School, Noida had a deep talk on what is Yoga and Meditation along with their benefits. The session also gave few brain challenging tasks (using our motor skills) , and ended with Meditation which indeed relaxed our mind, body and soul. Heartfulness is Raja Yoga for the modern world. The practice starts directly with the seventh</p> <p>step of Patanjali's Ashtanga Yoga, <i>Dhyana</i> or meditation. It is a shortcut to human evolution. The possibility of evolution of consciousness is given in this pure and simple approach. But if you study deeply the philosophy behind Heartfulness, if you experience it genuinely, you will see that the practice encapsulates Ashtanga Yoga, with all the eight limbs concentrated in their purest form.</p> <p>In the end, the resource person answered to various queries raised by the faculty of the school related to 'Yoga' where we were told the difference between 'Yoga Nidra' and 'Sleep'.</p>
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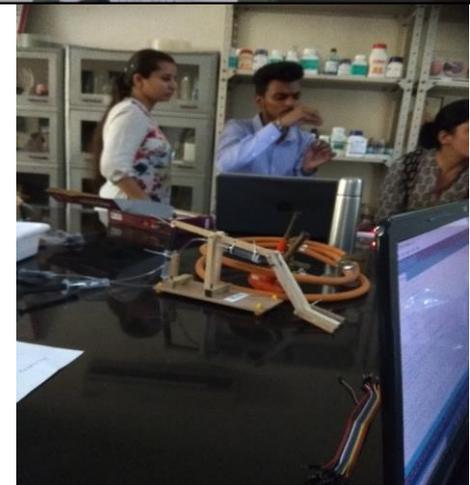
<p>24th June 2019</p>	<p>WORKSHOP ON SERVICE RULES</p>	<p>K-12</p>	<p>On 24th June, 2019, Our Principal Ms. Manju Gupta met the entire staff of KIS in the School A.V Hall to discuss and educate the staff members about the Service Rules.</p> <p>She started the session by asking the staff members to introduce themselves and help each other know better. This enabled the entire staff from K1 to 12 to know each other in a better way.</p> <p>Our Principal discussed all points of the service rules elaborately and also cleared doubts of the teachers regarding any policies. It was an informative session as many queries regarding Salary, Gratuity, PF, Leaves, Transportation and Other Facilities were cleared.</p>
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<p>24th June 2019</p>	<p>WORKSHOP ON ROBOTICS</p>	<p>4-12</p>	<p>A workshop was organized for science and computer science teachers in ATL Lab of Kothari International School on 24th June, 2019.</p> <p>The topics introduced were:</p> <ol style="list-style-type: none"> 1. Introduction to mechnazo 12+ and linkup installation. 2. Introduction to LINKUP software. 3. LINKUP software basic block and control block. 4. LINKUP software logic block + sensor interfacing. 5. Make crazy car 6. Program crazy car from LINKUP <p>Everyone loved the experience and they were very involved in the activities. It was a great learning for all the science and ICT teachers.</p>
<p>25th June 2019</p>	<p>WORKSHOP ON ELECTRONICS</p>	<p>4-12</p>	<p>A workshop was organized for science and computer science teachers in ATL Lab of Kothari International School on 25th June, 2019.</p> <p>The topics introduced were:</p> <ol style="list-style-type: none"> 1. Introduction to resistors and capacitors. 2. Finding the value of a resistor. 3. Making different circuits <p>Everyone loved the experience and they were very involved in the activities. It was a great learning for all the science and ICT teachers</p>



25 th June 2019	SCIENCE WORKSHOP	4-12	A science workshop was organized for the science teachers from grade 4-12. Mr. Ranjit Majumdar talked about making the science learning easy and realistic for the learners. He also talked about different scientific achievements in our country within the past four years. He introduced the names of different fighter planes, missiles and submarines which helped the staff to enhance their learning. The session was interactive and everyone loved it.
26 th June 2019	WORKSHOP ON ELECTRONICS	4-12	The third day of Robotics workshop for Science and ICT teachers was on 'ARDUINO'.The session started with the assembling of a Hydraulic JCB, followed by Arduino Programming in which the glowing of LED was controlled with the help of a switch and then, by using a bluetooth. Use of Ultrasonic sensor HCRO4 for measuring distance that works on the principle of reflection of sound waves was also explained. It was a great learning session.



<p>26th June 2019</p>	<p>WORKSHOP ON TEACHING AND COMMUNICATIONS SKILLS</p>	<p>4-12</p>	<p>“Success and productivity is never an accident but always a result of commitment to excellence, intelligent planning and focused effort.” realising this very philosophy Kothari International School Noida conducts a number of capacity building programs for its faculty and one of such sessions was conducted on 26th June 2019, by Ms Mona Verma and Mr S Hali of Disha Foundation, in the AV Hall. The session was divided into four modules taking the participants through an interactive journey beginning from their exploration of self to surrounding and from fears to perceptions. The participants could make out the importance of communication to create a safe learning environment and stepping back to look at things from a different perspective, creating a balance between emotions and knowledge. The session was enjoyed and appreciated by all participants.</p>
<p>26th June 2019</p>	<p>WORKSHOP ON ALPHA MATHS</p>	<p>K-5</p>	<p>A workshop on Alpha Maths was conducted by Ms. Sarita Mathur and Ms.Payal for the Maths teachers of Grades K-5 on 26th June 2019 in the P.D. Room. The topic of the workshop was Problem Solving and Bar Modelling. The resource people shared many activities and strategies that can be used for problem solving approach at various levels. They further shared various word problems which were solved by the teachers during the session using the strategies taken up by them.</p> <p>The workshop was very interactive and informative.</p>



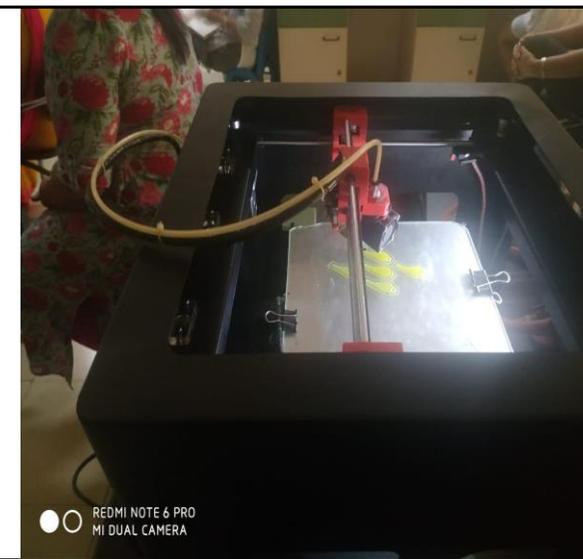
<p>27th June 2019</p>	<p>WORKSHOP ON DRONE</p>	<p>4-12</p>	<p>A workshop was organized for science and computer science teachers in ATL Lab of Kothari International School on 27th June, 2019.</p> <p>The topics introduced were:</p> <ol style="list-style-type: none"> 1. What are drones? 2. Types of drones. 3. History 4. Current application 5. Future analogy <p>Everyone loved the experience and they were very involved in the activities. It was a great learning for all the science and ICT teachers.</p>
<p>27th June 2019</p>	<p>TACKLING CHALLENGES OF INCLUSIVE EDUCATION IN CLASSROOM</p>	<p>4&5</p>	<p>Following the simple yet brilliant words “Know your challenges to know success”, the Rainbow department of Kothari International School Noida conducted a workshop on 27th June 2019, for the tutors of grade 4 and 5, addressing the achievements and challenges faced by the tutors as they put their best foot forward in building an inclusive classroom.</p> <p>The session included brain-storming activities for the tutors to highlight specific skill sets, a person hold and what challenges one can face in the absence and limited access to those skills, in order to understand the barriers some of their students maybe facing in day-to-day life.</p> <p>The tutors were provided with a series of strategies and methods to be more aware of the needs of their special or</p>



			<p>differently-abled students so to create a safe and inclusive environment in their classroom, addressing the need of each student's learning.</p>
<p>28-29th June, 2019</p>	<p>WORKSHOP ON HEARTFULNESS RELAXATION - MEDITATION</p>	<p>K-12</p>	<p>A session for heart fullness and meditation was organized in the AV hall of the Kothari International School. Mr. Sulabh Mishra talked about the connection of our mind to our soul. He also talked about how meditation can help us improve our lifestyle and release stress. We learnt the method of cleaning of thoughts followed by meditation. While meditating the staff experienced lightness in their body and mind. Everyone felt relaxed and more calm after the meditation was over. It was a great experience for all the staff members.</p>



<p>28th June 2019</p>	<p>WORKSHOP ON 3D PRINTING</p>	<p>4-12</p>	<p>A workshop was organized for science and computer science teachers in ATL Lab of Kothari International School on 28th June, 2019.</p> <p>The topics introduced were:</p> <ol style="list-style-type: none"> 1. Introduction to 3D printing 2. Case study 3. Application of 3D printing 4. CAD process 5. Hands on 3D printing <p>Everyone loved the experience and they were very involved in the activities. It was aw great learning for all the science and ICT teachers.</p>
<p>28th June 2019</p>	<p>OCCUPATIONAL THERAPY IN THE CLASSROOM</p>	<p>K-8</p>	<p>On 28th June 2019, Kothari International School Noida took another step towards creating an environment which promotes health and learning in the school by announcing the opening of an Occupational Thearapy (OT) Centre in the school premises and organised a workshop for the faculty to understand the approach and benefits of Occupational Therapy.</p> <p>The workshop was conducted by Ms Seema Rana and Ms Akansha of the Rainbow Department. The workshop pointed out that with the help of Occupational Therapy, kids can have enhanced development, improved cognitive and communication skills, and minimized developmental delay. The therapy is carried out according to the child’s disability or condition. The practitioners evaluate the kid and then set out a therapy procedure to improve the processing and enable new learning.</p>



<p>28th June 2019</p>	<p>NEXUS OF GOOD, TALK BY MR ANIL SWAROOP GRADES 4 & 5</p>	<p>K-12</p>	<p>On 28th June 2019, Kothari International School Noida organized an interactive session for their faculty and staff conducted by Mr Anil Swaroop. Mr Anil Swarrop is an Indian Author, retired Indian Administrative Service Officer, motivational speaker and much more.</p> <p>In his talk, Mr Swaroop through his anecdotes touched upon several topics from corruption to the transformation of education policies, and from subjective reality to the importance of failure and constant learning. The entire talk was engaging, informative and inspiring; made more relatable for the audience through a witty sense of humor.</p> <p>The session concluded with an interesting and interactive round of question and answer with the audience.</p>	
<p>29th June 2019</p>	<p>BUILDING THE FUTURE EDUCATION MODEL AND ARTIFICIAL INTELLIGENCE, TALK BY DR M.M. PANT</p>	<p>K-12</p>	<p>On 29th June 2019, Kothari International School Noida organized an interactive session for their faculty and staff conducted by Dr M.M. Pant. Dr M.M. Pant is Retd. VC JNU, Director IIT, Educationist par Excellence, Entrepreneur, and much more.</p> <p>In his talk, Dr M.M. Pant through his anecdotes and relatable examples touched upon several topics from artificial intelligence to the role of technologies and science in our life. The entire talk was engaging, informative and inspiring. The session was an interesting and interactive round of question and answer with the audience. The audience in their take back could express the life skill lessons and information they gathered through this session.</p>	

