



**VIKAS  
MANTRA**  
PUBLIC SCHOOL

*Volume 1, Issue 1  
Newsletter Date:*

### **Chief Editor**

**Ms. Priyanka Ghosh GJ**  
**Principal.**

### **Editorial Team**

**Ms. Gayathri.U**  
**Teaching Faculty**  
**Ms. Janet**  
**Teaching Faculty**  
**Ms. Sujatha**  
**Teaching Faculty**  
**Ms. Aashika**  
**Teaching Faculty**

### **Student Editorial board.**

- 1. Allin Joeshrinaa VI**
- 2. Hisham VII**
- 3. Ashita Singh VIII**

### **From the Editorial team.**

*Our School Newsletter is a collection of exceptional thoughts of students and teachers. We are in immense pleasure to release the first trimonthly newsletter of our school. The uncertain situation due to Covid-19 makes it so necessary to enhance bonding, contacts and exchanges. The difficulty with us is “pandemic”; it weighs on us; it pursues us, it’s haunting us in our sleep, for we had to live up to it.*

*The school has made significant strides in achieving this goal with unflagging enthusiasm. The school induces the students to learn more practical knowledge to inculcate in their real life situation. We are molding the playful soul into an efficient and a thoughtful person. We are grateful to Almighty God for his blessings and look forward to many laurels.*

### **Contents**

- ❖ **World Environment Day**
- ❖ **International yoga day**
- ❖ **Virtutainment for Teachers and Parents**
- ❖ **Colour day celebration**
- ❖ **Janmastami Celebration**
- ❖ **Ganesh Chaturthi celebration**
- ❖ **Virtual India Week Celebration**
- ❖ **Students Art Work**
- ❖ **Students Corner**
- ❖ **Teachers Corner**

## ***World Environment Day- 5<sup>th</sup> June 2020***

*The greatest threat to our planet is the belief that someone else will save it. Everyone can do something in their everyday life for saving our planet.... like recycle, buy less useless stuff, use less water, don't buy plastic water bottles and pick up trash when you see it on the beaches or on the road. We need to inculcate the habit of planting saplings and grow along with the nature When a man moves away from nature his heart becomes hard so...*



## *International Yoga Day-21<sup>st</sup> June 2020*

*Yoga practice gives us “self acceptance, accountability, mental balance and clarity in life. Yogis are real life super heroes*

*In order to commemorate International Yoga day, our students showcased their interest and flexibility through Asanas. This session encourages the students actively even during this Pandemic situation.*

*Let it all fall through your fingers until you feel free.*



***Virtutainment for Teachers and Parents- 29<sup>th</sup> June 2020***

***Entertainment makes us renaissance and ethereal enchanting experience***

***E- eccentric,***

***V -vehement***

***EN- enlivened***

***T- tenacious.***

***Vmps introduced a creative idea to spread positivity, happiness, love and mutual relationship with teachers and parents through Virtutainment. Teachers have organised a game session for the Parents and even the students have participated. Parents showed great enthusiasm and pleasure in spending time with our teachers and it encourages us to do more innovative ideas.***

***Games like Guess the Song, Identify the personality, Guess the Profession, Scavenger Hunt, Riddles, Melodious round of Antakshari are conducted.***



## *Colour day celebration- 6<sup>th</sup> August 2020*

*The beauty of god's creations is colours. Each colour represents different emotions.*

*Our dazzling kids from Vikas Mantra Public school have proved that they are highly efficient to set the stages on fire with their wonderful art works with amazing theme. Blue which represents the colour of Trust, Responsibility, Calm and Peace. These activities motivate the students to open up their potential and the creativity. It was really a visual treat for everyone to see the kids dressed in blue.*



*“Celebrating festivals are a great way to share a global education. Celebration will bring students closer to traditional and cultural belief.*

*In Vikas Mantra Public School, We train our student’s right from childhood to experience various cultures through the celebration of all religious festivals and develop understanding, and respect for communities that paves way for a harmonious social living”*

*Janmastami celebration- 11<sup>th</sup> August 2020.*

*Janmashtami is a day to reminisce the birth of Lord Krishna and celebrate the playful childhood mischief in his mystic innocence. The students of the Vikas Mantra Public School celebrated Janmastami on August 11<sup>th</sup> 2020 with great enthusiasm, devotion and happiness.*



# *Ganesh chaturthi celebration- 22nd August 2020*

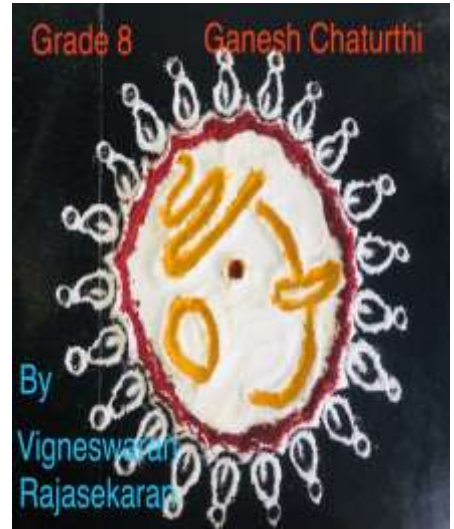
*Jai ShriGanapatiBappaMorya!*

*Let Ganesha bring a glow of happiness with success and joy to cheer our days.*





***Rangoli.***





*Virtual India week celebration*

*(12<sup>th</sup> August- 15<sup>th</sup> August)*

*“True independence and freedom can only exist in doing what’s right”.*

*We at Vikas mantra public school celebrated India week from 10th August to 15th August to show our gratitude towards our nation by conducting various activities like Fancy dress, Tri colour food display, Jam session, Quiz, Documentary movie show.*

*Day-1*

*Fancy dress (10<sup>th</sup> August 2020)*

*Day- 2*

*Tri Colour food display.(11<sup>th</sup> August 2020)*

*Day-3*

*Jam Session (12<sup>th</sup> August 2020)*

*Day-4*

*Quiz Competition (13<sup>th</sup> August 2020)*

*Day- 5*

*Documentary movies (14<sup>th</sup> August 2020)*

**Day -1**

**Fancy dress (10th August 2020)**

***A fancy dress competition is a great way to infuse confidence and tackle stage fear of the child, let them spread wings! It will invoke a sense of ambition and thought about the future of the child.***

***Our Primary cluster kids are participated in the fancy dress to show them as freedom fighters and National leaders.***





**Day -2 Tri colour food Display (12.08.2020)**

***Our primary kids at Vikas Mantra Public School celebrated Independence Day with the tri colour dishes to realize the importance of our National flag.***





### **Day -3 Jam session (12<sup>th</sup> August 2020)**

*Just a Minute (JAM) session is a very useful activity for students and it helps them in improving their fluency, accuracy and time management skills. It builds self-confidence among the peer students.*

*To celebrate the spirit of patriotism, Independence Day Jam session was conducted on third day of Virtual India Week .Our Vikas Mantra Public School Students are rocked with their powerful speech in virtual Jam session conducted by English Department. To appreciate and recognize their hard work E- Certificates was issued in Face book page.*



## **Day -4**

### **Quiz (13th August 2020)**

*Quiz was conducted for students of Grade IV- VIII on fourth day of the Virtual India week to gain knowledge, seek opportunities to excel beyond academics.*

## **Day -5**

### **Documentary movie show (14th August 2020):**

*Documentary movies were shown to our Vikas mantra public school students to inculcate the importance of our freedom, under the topic of National Monuments, National Symbols.*

### **Independence Day Celebration: 15th August 2020**

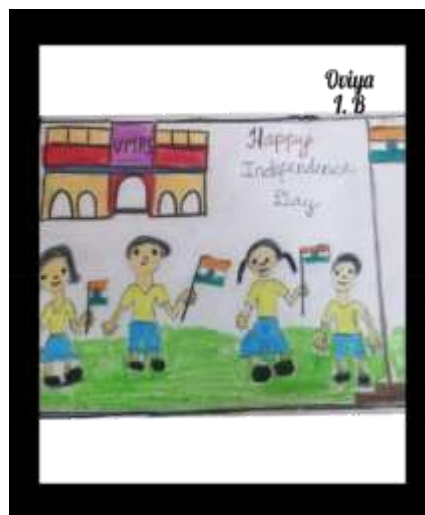
*Independence Day is one of the most honorable celebrations of our nation and we feel proud to celebrate our Independence day every year on 15th August. This year we celebrated virtually live in our school Face book page. Our National flag was hoisted by Principal Ms.Priyanka Ghosh GJ, Followed by our students speech, Dance and Song. The celebration came to an end with the singing of the National Anthem, which amazed the minds and warmed the hearts of all.*



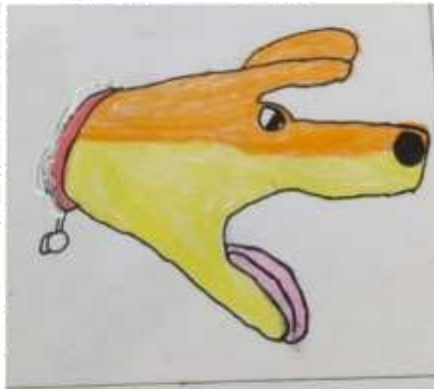
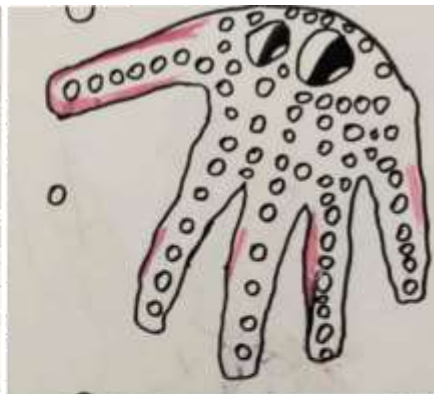
*“Art is the most intense mode of individualism that the world has known”.*

*-Oscar wilde*

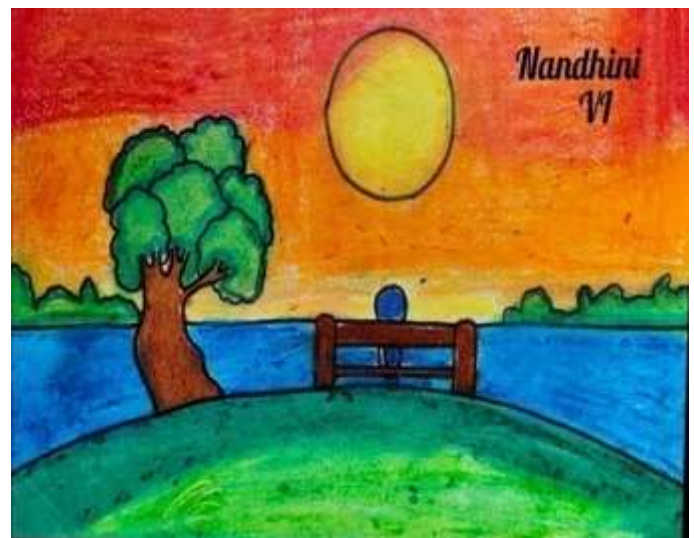
*Arts and crafts activities can enhance the children’s dexterity and agility. Engaging in activities related to arts and crafts from a very young age leads to a tremendous improvement in hand-eye coordination. Our Vmps kids are well versed in Art work, In this Pandemic situation their input towards the Art work was tremendous and amiable.*



# Students Art work



*“Art is not what you see but what you make others see”.*





# Students corner....

## Online learning Advantages and Disadvantages:

*The Covid-19 pandemic has greatly affected various aspects of normal life, including going to school. As a result, schools have shifted from regular classes to online classes instead.*

*Currently, conducting online classes is the only way out. It involves the use of digital services to create a virtual classroom. The teacher and students sign into a communication app and sit in front of their devices. In the beginning this new system was very different and difficult to use but now things have become easier to use.*

*But the challenge for the teacher is maintaining the classroom environment, especially when it comes to silence. As un-muted microphones can disturb the entire class and since the children are at home, which is an informal environment, they find it easier to get distracted, especially since everyone does not have sufficient space for family and devices for siblings. Yet, most students have been able to adapt and attend online classes with sincerity.*

*A very strong disadvantage of online classes is the lack of interaction with peers. However, today's generation has access to data networks and voice and video calls are possible with ease. Though it is not the same as face-to-face conversations, it allows students to interact with friends and even teachers. Overall, online learning has its own set of challenges and advantages but as Brownie McGhee quotes "Something is better than nothing."*



*-By Hisham Grade-VII*

## My Experience of Online Class

*I really enjoyed the online classes. I thought it was well planned and laid out, easy for me to follow. The work load (H.W. & Test) was just enough, so I could finish everything with enough time, learn about the topics and not feel over loaded and rushed. Overall I really like this class because all lectures, assignments, and tests are straight forward.*

*The experience of this class has being positive. I thought the coarse outline/power point was extremely helpful. The homework, quizzes and test were reasonable. What I like about learning online is that I'm not as pressured to present myself as an excellent student, I can relax more, as well as think more...*

*You don't make friends in online class. Yeah, people would joke around with each other in the chat during live class, but no one was allowed to speak during zoom classes. So, I miss my friends and my teachers.*

*I think online school is a good break from regular school. I wouldn't recommend it for our entire school years. It is also very flexible. I liked it so much better! No worries about maybe running late, jostling with people...just the comfort of home, nice and quiet. I could concentrate better and send questions at any time. There are real-time classes with none of the hassle.*



*-By A.AllinJoeshrinaa Grade- VI*

## ***My school experience 2020***

***Hello everyone, I am prithvi shetty from Vikas Mantra Public school.***

***This year had a huge pandemic situation named COVID-19. Our Government declared lockdown till date due to which our Schools started with virtual Classes. So my online classes started and it was a very new experience of learning. My class teacher Mrs.Gayathri mam , she is our English teacher when we started our first session, I got a good Confidence,that I can study here very well. Then my online class was going on and I was getting good marks in my school due to my teachers because they were making me understand about all chapters and their concepts.Then I made many friends in my class.Every class was not boring because the teacher was teaching us in an Interesting way. and my favorite teacher is my biology mam Mrs.Yamini mam and my English teacher Mrs.Gayathri mam they are teaching me so nicely that I understand everything about the Concept of the chapters.so, I am ending my words here for my School.***

***Thankyou my teachers for giving me good teachings.***



***-ByPrithviShetty Grade-VIII***

## ***School days....Fun days.....***

***Our last working month was January and I really miss my school, friends and my lovely teachers. I am thinking of when we will be back to school. The exciting days are yet to come. Learning from online gave me an opportunity that no future generation may get it, it was really a new experience. All the basic grooming kits, notebooks, books, etc. is running in my mind. I miss chatting with my most lovable ones, playing and enjoying with my friends and discovering new stories. Also I miss my school events.***

***Learning from home is really a difficult task, to be attentive in online classes with no distractions, looking at a teacher on screen and learning, imagining that I am in school is quite interesting. Learning from home is difficult but it's achievable. Remote learning really helps me to manage time, energy independent and creative thinking but being in school is always lovely. In my mind there is a continuous question as "when I will be back to school?"***

***I am excited and looking forward to be at school.***



***-By S.Monish Grade- II A***

## ***THE TREE HOUSE***

*Yesterday, I took my saw*

*And some logs of wood*

*And I made a little house*

*Nicely as I could*

*I put on a mossy-green*

*Little pointed roof,*

*And I cut a tiny door*

*That is pussy-proof.*

*I will hang on the branches of the tree*

*And I am sure birds will come,*

*And stay in my house.*

*They will sing for me!!*



*- By AdwaithRatheeshPillai. Grade-V*

### ***Tips***

***Protect yourself and others from COVID-19.***

- 1. Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.*
- 2. Maintain at least 1 metre (3 feet) distance between yourself and others.*
- 3. Avoid going to crowded places.*

## ***COME LET'S PLAY***

*Come and play*

*a game with me.*

*It is fun,*

*You will see.*

*I hop one*

*And you hop two;*

*I am on red,*

*You are on blue.*

*Hop to green*

*Hop to blue,*

*You hop one*

*and I hop two.*

*It was good*

*To play with you*

*I had fun*

*And you did too.*



*-By Harsh singh Grade- V*

நாட்டுப்புறப்பாடல் - முளைப்பாரிப்பாடல்

தன்னானேநானேனன்னே

தானேனன்னேநானேனன்னே

தன்னானதானேனன்னே

தானேனன்னேநானேனன்னே!

எங்கஊருவிர்பாண்டி

எங்கசாமிகௌமாரி

எடுத்துவந்தேன்முளைப்பாரி

எல்லோரும்சேர்ந்துகும்மியடி!

சீரானகலயத்தில

சித்திரசம்பாநெல்லெடுத்து

வேண்டியதெகேட்டுஇங்கே

பொங்கலிட்டுக்கும்மியடி

சிறுபயறுபெரும்பயறுகாராமணிப்பயறு

சிதறாமகொண்டுவந்துசிரத்தையோடகும்மியடி!

எட்டுநாளுமுளைவளர்த்துஅடுத்தநாளு

எடுத்துவந்து

எட்டாதஉயரத்தஎட்டிடவேகும்மியடி

நாளெல்லாம்தான்உழைச்சிநல்லபடியானானிருக்கேன்

நல்லமனம்கொண்டோரெல்லாம்நலமாகவாழவேணும்

என்றுசொல்லுகும்மியடி!



-க. ரக்ஷனா

4ஆம்வகுப்பு

கவிதை - கடல்

கால்

நனைத்து

விளையாடுகிறது

ஒருகுழந்தை!

அதன்கால்

ஸ்பரிசுத்தில்

குழந்தையாகிறது

கடல்!



-ர. ரஜினிஷ்

ஐந்தாம்வகுப்பு

## Amazing Facts!

1. *A crocodile cannot stick its tongue out.*
2. *A hippopotamus can run faster than a man.*
3. *An Ostrich's eye is bigger than its whole brain.*

## நான்விரும்பும்தமிழகம்

“செந்தமிழ்நாடென்னும்போதினிலே

இன்பத்தேன்வந்துபாயுதுகாதினிலே”  
என்றுபுகழ்ந்துபாடப்பட்டதமிழகத்தைப்  
பற்றியசிலசெய்திகளைக்காண்போமா!

தமிழ்நாட்டின்வரலாறும்,  
தமிழ்மக்களின்நாகரிகமும்உலகில்மிக  
ப்பழமையானது.தற்காலஇந்தியாவிலு  
ள்ளதமிழ்நாடுமண்டலத்தின்வரலாறுப  
ல்லவர்காலத்திலிருந்துதொடங்குகிற  
து.சேர ,சோழ,  
பாண்டியப்பேரரசர்கள்பண்டையதமிழ்  
கத்தைஆண்டனர்.  
ஐரோப்பியநாடுகளிலிருந்துபோர்ச்சுகீ  
சியர்கள்,டச்சுக்காரர்கள்மற்றும்ஆங்கி  
லேயர்கள்வணிகம்செய்யத்தமிழகம்வ  
ந்தனர்.

அவர்கள்கிழக்கிந்தியக்கம்பெனியை  
1611

இல்தொடங்கினார்கள்.தென்னிந்தியா  
வின்பலபகுதிகளைஉள்ளடக்கியசென்  
னைமாகாணம்

18ஆம்நூற்றாண்டில்உருவாக்கப்பட்டது  
.இந்தியசுதந்திரத்திற்குப்பின்மொழியி  
ன்எல்லைகளைஅடிப்படையாக்கொண்  
டுதமிழ்நாடுமாநிலம்உருவாக்கப்பட்ட  
து.தமிழ்நாடுவடக்கில்ஆந்திராமற்றும்

கர்நாடகமும், மேற்கில்கேரளாவும்,  
கிழக்கில்வங்காளவிரிகுடாமற்றும்

தெற்கில்இந்தியப்பெருங்கடலும்

எல்லையாகக்கொண்டுள்ளது.

தமிழ்நாட்டின்முக்கியத்தொழில்வேளா  
ண்மைஆகும்.கழனிகண்டதமிழகம்க  
ணினிகாணவும்தயங்கியதில்லைஎன்ப  
தைதமிழ்நாட்டில்அமைந்துள்ளதொழி  
ற்பேட்டைகளும்,  
மென்பொருள்நிறுவனங்களும்பறைசா  
ற்றுகின்றன.

தமிழ்நாட்டின்மொத்தசாலைகளின்நீள  
ம்சுமார் 1,93,918கி.மீ.

தன்கலைச்சிறப்பினாலும்விருந்தோம்  
பல்முதலானபண்பாடுகளாலும்தனக்  
கெனஒருஇடத்தைத்தரணியில்பதிய  
வைத்துவெற்றிநடைபோடுகிறது.

வாழ்கதமிழ்நாடு!

வாழியஅதன்புகழ்!



- பி.ஜெயஸ்ரீ  
(எட்டாம்வகுப்புமாணவி)

## My School

मेरा नाम आशितासिंह है, मैं विकासमंत्रा पब्लिक स्कूल में पढ़ती हूँ।

मैं आठवीं कक्षा में पढ़ती हूँ। मुझे स्कूल जाना और स्कूल जाकर पढ़ना बहुत अच्छा लगता है पर कोरोना वायरस ईसे मेरी आंखों पर बुरा असर हो रहा है और जो पढ़ाई कक्षा में होती है ऑनलाइन में नहीं हो सकती है।

इस कोविड-

19 से सुरक्षित रहने के लिए हमें अभी घर पर रहकर ही पढ़ाई करनी होगी और ऑनलाइन मै ही सभित्योहार मनाने होंगे इस लिए घर पर रहिए और सुरक्षित रहिए।

धन्यवाद



- By Ashita Singh Grade VIII

## Moon:

चंद्रामामा आसमान में अकेले तुम, रहकर भी कैसे मुस्कुराते हो

शायद इस मुस्कान के वजह से ही, तुम बच्चों के मामा कहलाते हो।

कभी दिखते तुम पूरे और कभी दिखते तुम आधे हो,

शायद तुम भी हमारी तरह, नानी से मिलने जाते हो।

याद बहुत आते हो, तुम जब कहीं नजर नहीं आते हो,

पतान ही क्यों छुप-छुप कर तुम, ऐसे हमें रुलाते हो।

बस करो अब चंद्रामामा, बहुत रात हुई अब आजा ओ,

जब भी प्यार से तुम्हें पुकारूँ मैं, मुझे आकर गले लगा जाओ

॥



-By Nandini Singh Grade VI

## Riddles

1. What can't talk but will reply when spoken to? - An echo
2. What is black when it's clean and white when it's dirty? - A chalkboard
3. It belongs to you, but other people use it more than you do. What is it? - Your name
4. What gets wet while drying? - A towel
5. What goes up but never comes down? - Your age

## Teacher's Corner....

கொரோனா - கவிதை

வாசலிலேமஞ்சள்சாணம்  
வாடைத்தென்றலின்வசந்தஉலா  
பாரம்பரியஉணவுப்பழக்கம்  
பாதம்கைகளின்சுகாதாரம்  
கரம்கூப்பியதமிழ்வணக்கம்  
கட்டுப்பாடானவாழ்வியல்நெறி  
கொடைவழியேஇறைவழிபாடு  
கொண்டாட்டமில்லாஅரசியல்கூட்டம்  
ஆலைக்கழிவில்லாஆகாயகங்கை  
ஆர்ப்பாட்டமில்லாப்பண்டிகைகள்  
மீட்டெடுத்தவிவசாயம்  
மீண்டுவந்தவனவிலங்குகள்  
புல்வெளியின்பச்சைப்போர்வை  
புள்ளினங்களின்சந்தோஷப்பாட்டு  
தமிழ்க்குடியின்கலாச்சாரம்  
தரணியெங்கும்பறையொலியாய்  
கொரோனாவேஇன்றுஉன்னால்முழங்  
குகிறதே! -நீ  
கொலைகாரன்அல்லன்.  
எங்கள்பாரதப்பண்பாட்டைப்பாருக்கெ  
ல்லாம்  
கற்பிக்கவந்தபண்டிதனே!  
பட்டுத்தெளிந்துவிட்டோம் - இனி  
விட்டொழித்துச்சென்றுவிடு!



-க. சுஜாதா ( தமிழாசிரியை)

## शिक्षककीमनोभाव

कभीनहींसोचाथा  
चार्ट- डस्टरछोड़  
ऑनलाइनपढ़ाऊंगी  
उनमुस्करातेबच्चोंसे  
इतनादूरहोजाऊंगी  
कभीनासोचाथा  
ऑनलाइनपढ़ाऊंगी  
रोजलेतीहूँलाइवक्लास  
लेकिनमजानहींआतापढ़ानेमें  
नहींमिलतीहैसंतुष्टि  
जिसफोनसेदूररहनेकीकरतीहूँ  
अक्सरबातउसीकेपासरहनेकोसमझूंगी  
कभीसोचानाथा  
ऑनलाइनपढ़ाऊंगी  
लॉकडाउनमेंढीलहोतीहै  
तोजानेलागीस्कूल  
लेकिनवहस्कूलनहींसिर्फइमारतहै  
बिनाबच्चोंके  
सुनी बैंक, खालीमैदान, सुनसानआंगन, गलियांवीरान  
इसहालतमेंभीकभीस्कूलआऊंगी  
औरमास्कलगाकरपढ़ाऊंगी  
कभीसोचानाथा  
ऑनलाइनपढ़ाऊंगी  
जिज्ञासुबच्चेआजभीप्रश्नपूछतेहैं  
लेकिनजिनसेमैंकुछपूछतीहूँ  
नेटवर्कप्रॉब्लमकहक्लासछोड़देतेहैं  
बिनाउन्हेंडांटे  
अपनेआपकोभीसमझूंगी  
कभीसोचानाथा  
ऑनलाइनपढ़ाऊंगी ।  
सिरमेंरहताहैअक्सरदर्दधीमा- धीमा  
मनभीविचलितहै  
कभीवीडियोबनातीहूँ  
कभीगूगलटेस्टबनातीहूँ  
फिरभीलगताशिक्षणअधूरा  
अपनेआपकोइतनाविवशपाऊंगी  
कभीसोचानाथा  
ऑनलाइनपढ़ाऊंगी ।



-By Aashika Teacher

## ***Online Education: How has it Helped Students during Lockdown?***

*Attending online classes everyday has become the 'new normal' for students during the lockdown. As schools are closed because of the lockdown to control the spread of coronavirus, online class have taken center stage in students life now.*

*Despite the lockdown, Our school(Vikas Mantra Public School)have taken timely steps to continue the flow of education by holding online classes for students. Interestingly, these online classes have helped students during lockdown. Here's how.*

### ***Learning at comfort of home***

*Children don't need to run to school daily. They can study and learn at the cosy ambience of their home and submit their assignments online. In online classes, there is less physical activity and more mental activity which makes students more academic oriented.*

### ***Students become more tech-savvy***

*Another positive effect of online education is students have become more tech-savvy. They got to know more about various apps and programs. Apart from academic learning, there is so much of technological learning happening in students during lockdown.*

*Their knowledge about computers, smartphone/mobile phone, has been enhanced*

### ***Relevant information at one platform***

*In online classroom system, students have access to all relevant information at one platform. Teachers can easily share all useful information over the internet and keep it securely preserved in an electronic archive. It makes the process of interaction so much easy between the school, teacher and students. It also ensures that if students need further explanations, they can easily view these records and resolve doubts instantly.*

*As we have a popular proverb “ Where there is a will there’s a way” we teacher’s of Vikas Mantra Public School is making use of all available source to make the new learning in an effective way that will make our students happy to travel along with us in the journey of Learning.*



*By S.V. Janani Teacher*



## **Educational Technology**

*In today's era, everything that we come across has some technological connotation to it. Be it at home, school, workplace or public place, technology has found a comfortable and has become an integral part of life.*

*With the use of technology, several areas are seeing changes and education is also one of them. The birth of educational technology has proved to be a boon to students worldwide.*

*Let me share my views on the uses and benefits of educational technology in this modern-day setting. You must be wondering that what "Educational Technology" means.*

*The term 'educational technology' has a broad perspective which is also referred to as instructional technology or learning technology. This technology plays a vital role in enhancing the learning process of students and also assists teachers in communicating with the students in an easy way.*

*Educational technology has successfully transformed the image of classrooms into a modern and more interesting one. Due to this modern development, classrooms are no longer a boring place and learning is actually a fun experience. Technology has changed education to a great extent. There are many benefits of introducing technology in the field of education.*

***Here are some of the benefits of educational technology.***

*Educational technology helps students to improve their learning capabilities. Since it is constantly changing, new updates can be easily introduced to the students and class*

*plans can be prepared with the help of the software.*

*The information can be portrayed in various ways with the help of study materials. Knowledge has become easily accessible to students in every part of the world with the implementation of technology in the field of education.*

*Online classrooms help students to interact with other students belonging to the same stream. Since the Internet is the main medium and other things like hand held tablet, PCs and smart boards. Students do not have to carry heavy backpacks loaded with books.*

*With the birth of virtual classrooms, the instructor from any part of the world can teach the learner who may be living at the other end. The reach of this technology is quite far and students living in the remote places can also avail it with ease. With the use of technology, the concept of education is undergoing a transformation for the advancement of the students as well as the teachers. The introduction of technology plays very crucial role in education. Thanks to educational technology, now learning and teaching have become more enjoyable*



*- By Anuradha Singh Teacher.*

*“Your mental health is a priority;  
Your happiness is an essential;  
Your self-care is a necessity”.*

*Health is a fundamental factor in every individual's life to function effectively and to contribute towards their family and the community they live in. The World Health Organization (WHO) defines health as “a state of physical, mental, social and spiritual well-being and not merely the absence of disease or infirmity”. WHO defines mental health as mental well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community.*

*It is common to feel stressed and anxious during certain situations and it is generally experienced by a larger population however as parents and caregivers, nurturing and preserving mental health of the children is a necessity. During the time of pandemic with schools providing online classes it is paramount to look into the child's new routines and to provide indispensable support and care. Some children enjoy their time at home being off school, while there are others who have difficulties adjusting with the corona virus outbreak and staying away from friends and the social community.*

*With the nationwide restrictions, they may eventually have to deal with self-isolation and worries about uncertainty. All these feelings will eventually ease with time for most but there are ways to provide emotional support to cope effectively with the problem. And they are,*

*1. Always listen to what the child has to share. Regularly ask the child how they are*

*doing to get the child talking about their problems and feelings. Create a safe environment where the children feel free to share and talk about their problems or any difficulties they have been facing.*

*2. Show support and stay connected with the child physically and emotionally. Show the child that you care about their interests and the things that are crucial to them.*

*3. Build a trusting relationship and nurture healthy routines in their daily activities. It is important to build rapport and win over the trust of the child to connect with the child at a personal level. Healthy routines such as introducing exercise, healthy diet and good sleep can be incorporated into their daily routines.*

*Thus, mental health should be nurtured and taken care of to lead a healthy and happy life. Taking care of one's own mental health is significant to provide support to those you care most about. Try and talk to a friend, a family member or a colleague you can trust and share how you feel. If not, there is plenty of help available outside. Never let your mind take rein over you.*



*-By Anu Shankar Teacher.*

## ***Role of a teacher in grooming a first generation learner***

*First generation learners (FGL) are those whose parents have never been to school. Even if elder sibling is graduated the younger one will be referred as FGL. These children face a multitude of academic, psychological, socio-economic and cultural challenges. They also face the academic challenges in terms of classroom challenges related to course content, method of teaching, regular attendance, assessment and participation in co-curricular activities. Also they all lack in terms of parental support. FGL are disadvantaged learners who are disadvantaged from an educational and economic point of view. They are considered to be linguistically deficient, academically unsuccessful and socially and economically backward. Most of these learners are children of agricultural laborers, bonded laborers, and civic sanitation workers with no educational background.*

### ***Challenges:***

*According to the teacher, due to lack of parental support, most of the FGL kids have trouble in completing their homework. Even after the parents start sending the children to school regularly, they can still drop out. To prevent this dropping out, there should be different localized plan. It is important to remember that when a five-year-old leaves home to come to school s/he is full of fear and inhibitions. The child has learnt about the school and teachers from siblings and other children. He feels that the teacher will play the part of the parent at school. S/he feels all his whims and fancies would be catered to here. In short the child has already created an*

*imaginary school within. Once within the premises child tries to match the real school with the one from his imagination. Therefore, when a child first comes to school instead of directly introducing books, s/he should be given some time to get used to the school atmosphere. The child may not be familiar with alphabet or numbers but s/he is aware of a number of things. Discussing those instills confidence in children. Song, dance, rhymes, and stories can engage them and encourage spontaneous participation. Thus the child discovers the imaginary school in reality and starts loving the school wishing to return to it every morning. But if the child's ego is hurt in school in anyway s/he may lose interest in school forever. Therefore the first few days are indeed crucial once it comes to the child's continuing in school. If the teacher succeeds in creating a joyful learning atmosphere within the classroom keeping aside the impediments, then the child will accept the teacher as a close kin and look up to him/her as an alternative parent.*

*In the first few days of schooling the child looks for a kin inside the school premises and closely scrutinizes every move of this friendly soul. A kind word or a little gesture on the part of the teacher can strengthen the bond dramatically. Once the bond is firmly established alphabet and number card can do the rest.*

### ***Supportive measures:***

*When a child is struggling to crack some things out be it a mathematical problem or struggling in pronunciation, instead of discouraging or de-motivating, a teacher can find new methods to help the kid learn that concept. The child will love the funniest*

element and starts enjoy learning. The child who refused to come and sit in the first row, will be brimmed with newfound confidence and emphasize that he/she can do it. Situational difficulties can hinder a child's progress but it is never too late to makeup.

Affectionate gestures from teachers surely influence the students. But it also has sustained effect on parents. An invisible bridge of companionship between parents and teacher comes into being beyond the teacher's knowledge. Let us take an example. It can often be noticed that despite following every pedagogical method a few students cannot catch up with others. These children cannot concentrate in the Mathematics class. The parents inform that they neglect studies at home. Since they have nobody to monitor their lessons at home they spend the study time playing. Next day, as an experiment they are asked which game they liked to play. Teacher got the reply, cricket. The teacher joined their game of cricket during recess. They count exactly how many catches they take. The game continued every recess. After a week it became clear that not only did the boys learn how to count but they have learnt to tell greater and lesser among numbers. The problem which seemed insoluble in class was easily sorted out in the playground. Getting acquainted with a child's world can solve a number of puzzles which apparently do not have any theoretical solutions.

To wind up in some simple words: A teacher can always be a light to a student when he/she understands the FGL students' needs and priorities. And teacher should take some

additional effort so that they can bring the FGL student to some extent on par the prevailing grade.

**OUT OF ALL FEATHERS FROM THE HAT WHICH DR. ABDUL KALAM WORE, HE LIKED THE TEACHER ROLE FROM HIS HAT. PROUD TO BE A TEACHER!**



-By Kavitha KG.Coordinator.

## ***Invention of words***

***Mother's Day- 1890***

***Milk Shake- 1889***

***Aero plane- 1873***

***Hospitalize- 1901***

***Film- 1905***

***Bad- 1897***

***Computer- 1865***

### ***A Wonderful experience in VMPS.***

*A wonderful working in Kindergarten is fun and that too working in VMPS kindergarten is a great boon to me where I explored all my learnt theories in to practice with our enthusiastic kids. I have evolved and sculpted myself by guidance and interaction with my Kg coordinator for which I am always thankful. Here, mistakes are taken as an learning opportunity and challenge. The unbreakable bonding between the colleagues and others, creates a positive atmosphere here and makes a wonderful place for our students to learn. Also safe place where learning happens each and every day for both staffs and students. It's a double joy for me when kids surround me with cute smile, their sweet words, innocent complaints, trust which build more bonding with them. Everyday little ones put me in wonder, laugh, surprise, shock, rethink, which are mixed tons of emotions which can only experienced and not expressed. Watching little ones progressive academically and socially is an amazing feeling which none other profession can give. It's only because of the unconditional love and supports of entire team and of course our dynamic kids.*

*The wonderful experiences which I have gained in this kindergarten along with Happy Tots curriculum over a year are patience, adaptability and creativity. The sense of happiness and trust which I have received and yet to receive from my second home (VMPS).*

*Happy working & proud working in VMPS.*



*-By R.Maheshwari Teacher.*

***“Education is our passport to the future, for tomorrow belongs to the people who prepare for it today.”***

***– Malcolm X***

## *Applaud! Applaud! Applaud!*

<i>Art Contest Winners- 10.08.2020</i>			
<i>SL.NO</i>	<i>Name of the student</i>	<i>Grade</i>	<i>Winners</i>
1	<i>B.J. Deavesh</i>	<i>I</i>	<i>Gold</i>
2	<i>M.S. Harish</i>	<i>I</i>	<i>Silver</i>
3	<i>OviyaSuchindran</i>	<i>I</i>	<i>Bronze</i>
4	<i>Varsanaa. S</i>	<i>II</i>	<i>Gold</i>
5	<i>PrathanaPriyadarshinMallick</i>	<i>II</i>	<i>Silver</i>
6	<i>Monish</i>	<i>II</i>	<i>Bronze</i>
7	<i>Renganayaki</i>	<i>III</i>	<i>Gold</i>
8	<i>Santhrupthi</i>	<i>III</i>	<i>Silver</i>
9	<i>Shaik Hana</i>	<i>III</i>	<i>Bronze</i>
<i>Virtual India week Celebration Jam Session Winners- 12.08.2020</i>			
<i>SL.NO</i>	<i>Name of the student</i>	<i>Grade</i>	<i>Winners</i>
1	<i>ShakthiKrishna</i>	<i>IV</i>	<i>Gold</i>
2	<i>Yohithakokku</i>	<i>IV</i>	<i>Silver</i>
3	<i>Vanshveersingh</i>	<i>IV</i>	<i>Bronze</i>
4	<i>Adwaith</i>	<i>V</i>	<i>Gold</i>
5	<i>Vaishnavi</i>	<i>V</i>	<i>Silver</i>
6	<i>Guhachaitanhya</i>	<i>V</i>	<i>Bronze</i>
7	<i>AllinJoeshrinaa</i>	<i>VI</i>	<i>Gold</i>
8	<i>Nandini Singh</i>	<i>VI</i>	<i>Silver</i>
9	<i>Gnanadeepthi .P</i>	<i>VI</i>	<i>Bronze</i>
10	<i>Hisham</i>	<i>VII</i>	<i>Gold</i>
11	<i>Kamalika</i>	<i>VII</i>	<i>Silver</i>
12	<i>Koushika</i>	<i>VII</i>	<i>Bronze</i>
13	<i>PrithviShetty</i>	<i>VIII</i>	<i>Gold</i>
14	<i>Ashita Singh</i>	<i>VIII</i>	<i>Silver</i>
15	<i>Suvaasini</i>	<i>VIII</i>	<i>Bronze</i>

*"A successful man is one who can lay a firm foundation with the bricks that other throw at him."*

**-- David Brinkley**