



ਸਿਰ ਉਪਰਿ ਠਾਢਾ ਗੁਰੂ ਸੂਰਾ ॥ ਨਾਨਕ ਤਾ ਕੇ ਕਾਰਜ ਪੂਰਾ ॥

Upon whose head The Brave & Powerful Guru stands, O Nanak, all his efforts are fulfilled.

## E-bulletin for the month of September & October, 2020

### **KHALSA MODEL SENIOR SECONDARY SCHOOL (SENIOR SECTION)**

#### *Minding our minds during the COVID-19*

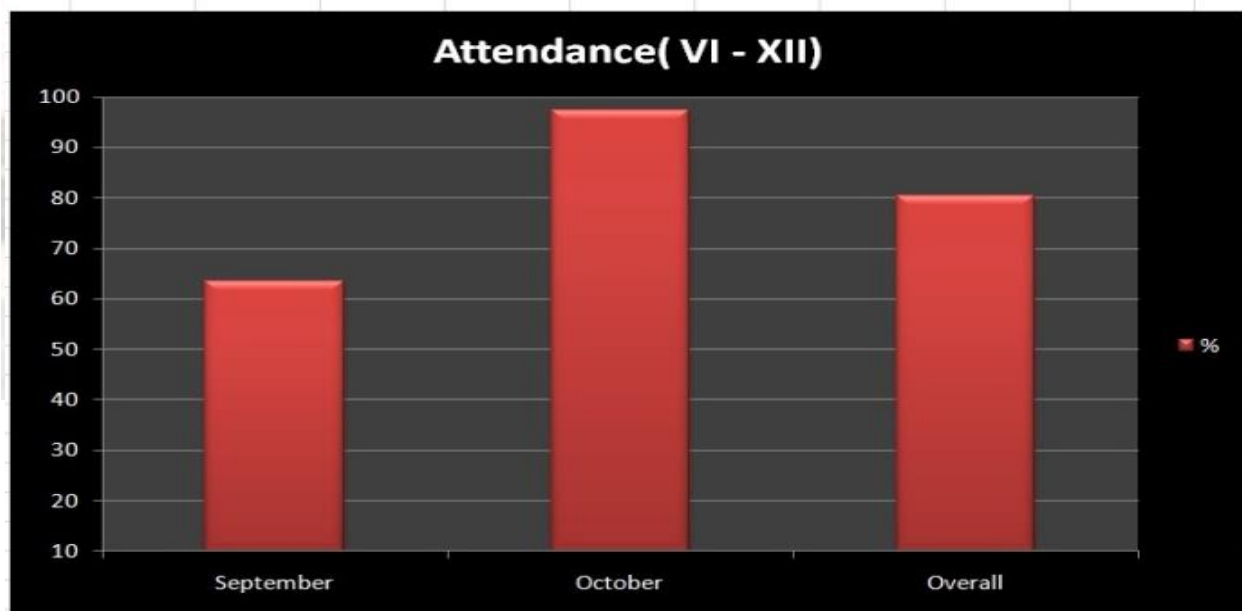
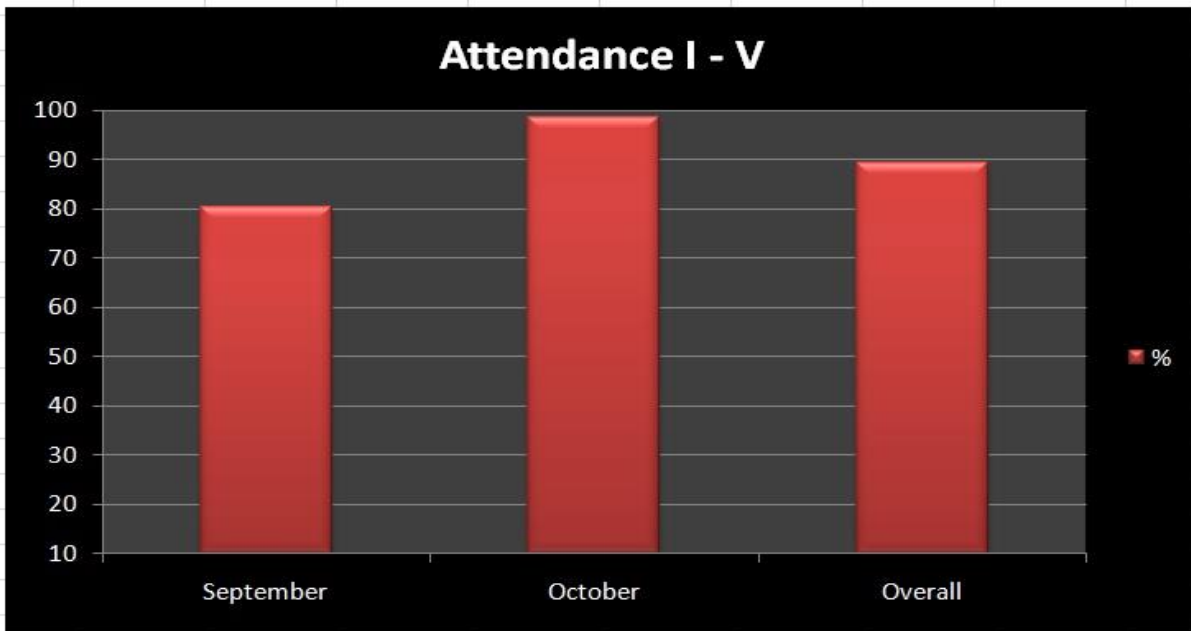
*A healthy lifestyle in the middle of a crisis like this is difficult to maintain. The uncertainty, and worries related to finances, childcare, elderly parents, and job security disrupt our routines, our lifestyles and mental health. The uncertainty about the future, the ceaseless news coverage and constant social media driven flood of messages can increase our sense of anxiety. Stress is a normal response to these types of situations. Stress disturbs our sleeping and eating patterns, leads to irritability or emotional outbursts, low motivation etc. It is extremely important to maintain a healthy lifestyle and get back into a routine. Taking care of your friends and your family can be stress reliever, but it should be balanced with care for yourself. Helping others cope with their stress, such as by providing social support, also make the community stronger. During times of increased social distancing, you can still maintain social connections and care for your mental health. Phone calls or video chats can help you and your loved ones feel socially connected, less lonely, or isolated. So it's up to you today to start making healthy choices. Not choices that are just healthy for your body, but healthy for your mind.*

**Dr. Gurmeet Kaur Arjani**

**Principal (KMSSS)**

## ATTENDANCE

Attendance for the month of September & October is shown below.



## **Counseling sessions- (for the month of September)**

Presently 25 students, from classes II to XII had been undergoing counseling sessions. The sessions were designed on the basis of individual needs and behavioral modifications, empowering children to make them more independent and confident in solving real life problems.

## **Counseling sessions (for the month of October)**

Follow-up sessions were conducted for the students those who were undergoing counseling sessions on regular basis. Strategies of handling exam stress, time management during exams and some specific exam-related issues were discussed.

## **Life skill Programmes for Students (I-VIII)**

A series of life skill programmes were conducted throughout the month for the students of class I-VIII to enable them to deal effectively with the demands and challenges of everyday life. Topics like self awareness, problem solving, critical thinking and decision making were discussed to inculcate adaptive and positive behaviour in them.

## **Webinar for Students (IX-XII)**

A series of webinars on the topic of “**Dealing with exam stress**” were conducted for the students of class IX-XII on 14.9.20, 15.9.20, 16.9.20 and 18.9.20. The aims of the webinars were to enable students to relieve their stress related to exams and to find out ways to eliminate the risk of burnout. Most of the students participated with the mindset to grasp the ways to be confident before their exams by setting realistic goals, making a proper study plan and most importantly by engaging themselves in some mindfulness relaxation techniques for managing their exam stress. The enthusiastic participation of students throughout the session and especially in the newly introduced mindfulness meditation techniques for combating stress made these webinars enriching and successful.

## REPORT ON CO-CURRICULAR ACTIVITIES(SEPTEMBER)

Virtual Teachers' Day celebration was conducted by the students through drawings, music and speeches based on the theme, TEACHER- THE- REAL HERO. Activities like Role- play, Mime, Poster competition were displayed with much zeal amidst this tough time.

Webinars and life skill programmes were organized to engage students to inculcate values and deal with day to day stress and frustrations.

## REPORT ON CO-CURRICULAR ACTIVITIES(OCTOBER)

Activities for the month of October commenced with the celebration of 150 th birth anniversary of Mahatma Gandhi. Role play, Mimes, Speech and Poster designing were part of this event. Enthusiastic students participated for the programme organised by the CBSE on Mahatma Gandhi.

A captivating dance performance choreographed by the students on Goddess Durga, an epitome of feminine strength over all evils ushered in our Puja vacation. Both teachers and students enjoyed the virtual programme conducted by the students of the Khalsa Model Senior Secondary School.

### EVENTS (INTRA-SCHOOL COMPETITION )

Date	Competition	Group	Position	Name of the Students	Class	Sec
02.10.2020	Mahatma Gandhi Jayanti Competition	A	1st	Sutanuka Roy	IV	B
			1st	Arnab Datta	II	B
			2nd	Rehan Ashraf Ansari	III	C
			2nd	Sritrishan Dutta	I	D
			3rd	Shreya Kumari Ray	V	D
		B	1st	Sneha Pandey	VIII	E
			2nd	Shrestha Sarkar	VI	A
			3rd	Prajita Ghorai	VI	C
		C	1st	Adity Banerjee	X	A
			1st	Swapnodeep Ghosh	IX	B
			2nd	Anupama Dey	XI	E
			2nd	Ria Jaiswal	X	A
			3rd	Anshi Shukla	X	A
			3rd	Arshiya Ahluwalia	X	D

## ACTIVITIES

Class	Date	Activity
I – XII	05.09.2020	Teacher's Day Activities

## EVENTS (OUTSIDE SCHOOL)

Date	Competition/Webinar	Conducted by	Class	Participants
05.09.2020	Discovery Super League (Written Quiz Competiton)	The times of India & Byju	III - X	72 participants (10 selected for Scholarship)
12.09.2020	Teenage health and hygiene	Procture & Gamble	VI & VII (Girls)	103 Students with their mothers attended
12.09.2020	Eureka Junior- A business Plan Competition for school students	IIT Bombay	VI - XII	50 students registered
19.09.2020	Webinar on changed face of industry after pandemic and shriving in Industry	Icai	IX – XII	Commerce students
19.09.2020	Webinar on Liberal education in India	Asoka University	XI - XII	27 students registered
05.09.2020-30.09.2020	National Painting Competition	The national Mission for clean Ganga ministry of Jal Shakti	I - XII	Primary section students participated



# WEBINAR

**PRINCIPAL DO**

ONLY PLATFORM FOR PRINCIPALS TO SHARE THEIR VIEWS ON  
"EDUCATION CHALLENGES, SOLUTIONS & OPPORTUNITIES IN THE NEW NORMAL"

**CHETAN SHARMA**  
FOUNDER, EDUMATE TV

**17th OCTOBER**  
**2:30PM**

[WWW.EDUMATE.TV](http://WWW.EDUMATE.TV)

**abha** | Mission for Social Health and Education

**PRESENTS TO YOU**

**'আমার ই চেতনার রঙে'**  
**IN THE COLOR OF MY OWN CONSCIOUSNESS**

Abha Mission for Social Health and Education invites one and all for 5-day webinar series from 3rd October 2020 to 8th October 2020 to celebrate Daan Utsav and to observe World Mental Health Day. Live Sensitising session with experts and experienced panelists.

**Depression, Anxiety and Suicidal Ideation**

**PANELISTS**

**UTPAL ROY,**  
SOCIAL WORKER, LONDON

**APARAJITA**  
FINAL YEAR UNDERGRADUATE STUDENT

**DR. GURMEET**  
ARJANI, COUNSELLING PSYCHOLOGIST AND PRINCIPAL, KHALSA MODEL SENIOR SECONDARY SCHOOL, KOLKATA

**DR. PRASANTA KUMAR ROY,**  
ASSOCIATE PROFESSOR OF CLINICAL PSYCHOLOGY, INSTITUTE OF PSYCHIATRY (COE), KOLKATA

Session moderated by  
Mrs. Aditi Basu Roy  
Assistant General Secretary, ABHA Mission  
Principal, GRADS International School Greater Noida

**DATE: MONDAY, 5TH OCTOBER 2020**  
**TIME: 06:30PM TO 08:00PM**  
**FB LIVE @ ABHA MISSION'S FB PAGE**  
[HTTPS://WWW.FACEBOOK.COM/ABHAMISSIONTRUST](https://www.facebook.com/abhamissiontrust)

## ONLINE SESSION BY CBSE

Month	Topic
SEPTEMBER	Happy Teachers Creating Happy Spaces
	Understanding Bloom's Taxonomy and its application in Science
	Integration of Art in English
	Understanding Bloom's Taxonomy and its application in Mathematics
	Understanding classroom management
	CBSE Assessment Scheme - Decoding Board/Periodic Test Papers and Multiple Assessment Techniques
	Conduct Management in Class Consequences and Reward
	Exploring Happiness
	Enhancing life skills - Self Awareness
	Enhancing Practical Skills / Projects and map work in Geography
OCTOBER	EMPOWERING YOUR TEAM.....LEADERSHIP SKILLS
	Schools approach to values education
	ICT integration in teaching of Physics
	Innovative Pedagogy in Social science- Experiential Learning
	Innovative Pedagogy in Science- Experiential learning
	Assessment in (Science)
	Common errors committed in Mathematics

## *Bidding Farewell to Mrs. Uma Chakraborty*



On 30<sup>th</sup> of September 2020 Mrs. Uma Chakraborty started her journey of superannuation. She had served in this institution for more than three and a half decade. She had performed the different roles assigned to her sincerely and successfully throughout her service.

The Microsoft Teams provided a platform to reach out to the teachers. Mrs. Swarachita Mukherjee played an efficient host to the programme where our music teacher Mrs. Sugandha Das performed a Hindi song followed by a speech delivered by our Honourable Principal ma'am, Dr. Gurmeet Kaur Arjani. Our respected Vice Principal of the institution, Mr. Sukhraj Singh, shared a few appreciative words for Mrs. Uma Chakraborty. Bengali recitation by Mrs. Anjana Ghosh , fond memories were shared by Mrs. Archana Chowdhury and Mrs. Rupinder Kaur added colour to the programme. All the colleagues wished their beloved Uma ma'am a happy, healthy and peaceful retired life.

The programme came to an end with a few encouraging words from Mrs. Uma Chakraborty for her colleagues and her beloved school.

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