



ਸਿਰ ਉਪਰਿ ਠਾਢਾ ਗੁਰੁ ਸੁਰਾ ॥ 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 April, 2021**

### **KHALSA MODEL SENIOR SECONDARY SCHOOL (Senior Section)**

#### **HOPE FOR FUTURE**

Hope is the essence of life. Life is unpredictable and hard in these testing time, things go out of hand and beyond our control sometimes. Hope helps us keep the fight on and improves the chances of making our life better. It is very hard keeping up with the inner faith during the most critical times, but those who never leave hope, actually make it till the end. Let's not worry about the fact that today is bad. Hope keeps saying to us that tomorrow will be better than this.

Hope is optimism. When you are hopeful for anything, you are thinking that sorrow and difficulty of today will soon end. Hope keeps us stay positive. As you know, our mind has lots of effects on our actions. If your mind tells you to stay strong on a path and not to lose courage, you will do so. So, hope gives a positive mind power. It generates an aura around you which protects you from the negatives.

The new session at Khalsa started with hope and optimism for learning at its best. Let us maintain the bright enthusiasm as hope believes you will get through it and remembers the times you made it through.

*Dr. Gurmeet Kaur Arjani*

## EVENTS & COMPETITIONS FOR APRIL 2021

The Khalsa Model Senior Secondary School began its new session with enthusiasm and zeal to fit into the Covid - triggered changed circumstances.

Initially classes IX - XII had offline classes from the last week of March, maintaining the required social distancing but soon shifted to Online mode of imparting education owing to the current Covid 19 situation. Like other sessions, the KMSSS team designed a variety of events and activities to keep the young minds productive and enhance creativity.

**Good Friday** speech delivered at the Morning Assembly enlightened us about the sorrow, penance associated with the day and reasons to observe it as a holiday.

**World Health Day** was observed on the 7th of April 2021 in KMSSS. Students of Class IX presented a skit under the guidance of Ms. Deepa Mukherjee, Ms. Archana Chowdhury and Suparna Das ma'am. The children's initiative of creating awareness about maintaining good health and fitness was appreciated at the morning assembly. Motivating the audiences regarding importance of regular exercise, balanced diet and plenty of fluid intake to ensure a healthy body.

Video of the skit was circulated in class groups to create greater impact on young minds.

To celebrate **Baisakhi & Bengali New Year** various virtual events were organised to welcome the New year. Children of classes I- V participated for Drawing/ Poster making competition. Almost 134 enthusiastic children took part and sent pictures of their drawings and posters which rekindled positive energy among all the KMSSS family. To celebrate **Ambedkar Jayanti** a Speech competition was held for classes VI- VIII on the topic 'Contribution of Dr. B.R. Ambedkar for the Nation.'

**Earth Day and every day** we should be talking with our children regarding the well being of our earth, the planet that we live in. Therefore our school organised a Slogan / Poster Competition on the topic **Save Our Earth**, for classes IX- XII on the occasion of **Earth Day**. It was an overwhelming moment for us to receive several posters and slogans indicating our children to be responsible citizens of tomorrow.

# COMPETITION

## RESULT OF BAISAKHI, AMBEDKAR JAYANTI & BENGALI NEW YEAR (12.04.21)

GROUP	POISTION	NAME	CLASS	SECTION	HOUSE
<b>A (CLASS I – V)</b> <b>Drawing /Poster</b> <b>making competition</b>	<b>1<sup>ST</sup></b>	Torsa Paul	<b>III</b>	<b>B</b>	<b>BLUE</b>
		Namrata Das	<b>IV</b>	<b>E</b>	<b>RED</b>
	<b>2<sup>ND</sup></b>	Pratyusha Paul	<b>II</b>	<b>D</b>	<b>RED</b>
		Debarshree Behara	<b>IV</b>	<b>E</b>	<b>YELLOW</b>
		Srikrishan Dutta	<b>V</b>	<b>D</b>	<b>BLUE</b>
	<b>3<sup>RD</sup></b>	Simran Roy	<b>II</b>	<b>C</b>	<b>GREEN</b>
		Soham Saha	<b>I</b>	<b>B</b>	<b>GREEN</b>
		Saptarshi De	<b>IV</b>	<b>E</b>	<b>RED</b>
		Dipayan Sil	<b>IV</b>	<b>E</b>	<b>BLUE</b>
	<b>B (CLASS VI –VIII)</b> <b>Speech</b> <b>competition</b>	<b>1<sup>ST</sup></b>	Prajita Ghorai	<b>VII</b>	<b>C</b>
<b>2<sup>ND</sup></b>		Shrestha Sarkar	<b>VII</b>	<b>A</b>	<b>YELLOW</b>
<b>3<sup>RD</sup></b>		Ahili Sarkar	<b>VI</b>	<b>B</b>	<b>RED</b>



**BAISAKHI & BENGALI NEW YEAR CELEBRATION**

## RESULT OF EARTH DAY COMPETITION (22.04.2021)

GROUP	POSITION	NAME	CLASS	SECTION	HOUSE
CLASS IX - XII	1 <sup>ST</sup>	Ehsaas Gupta	X	C	YELLOW
	2 <sup>ND</sup>	Sneha Yadav	X	C	GREEN
	3 <sup>RD</sup>	Srija Ghosal	IX	B	GREEN



**WORLD HEALTH DAY  
CELEBRATION**



**GOOD FRIDAY  
CELEBRATION**





On 1<sup>st</sup> April an awareness session on Mental health was conducted in the school auditorium by the school counsellor for the teachers. Importance of sound mental health, taboos and stigmas related to mental health issues were discussed. The main focus of the session was to identify the reasons of inhibitions and to find out the ways to break the stigma among all the stakeholders of the teaching-learning system related to mental health. Enthusiastic participation of the teachers made the session successful.

### LIFE SKILL

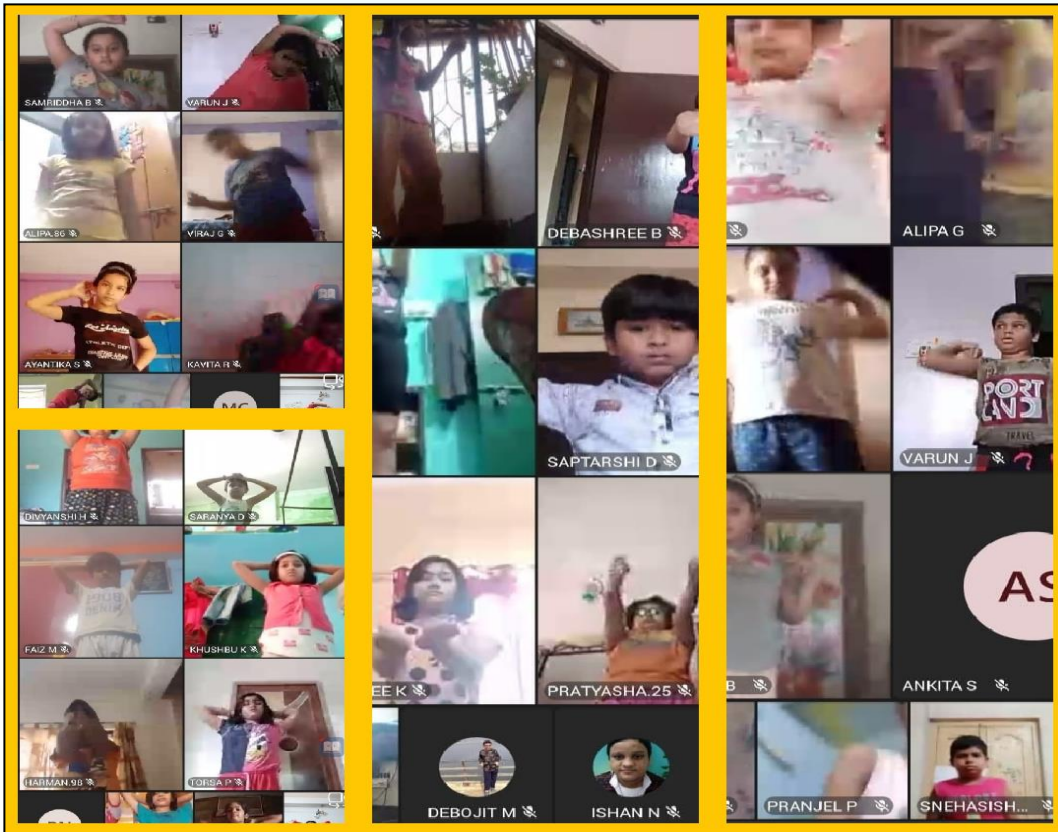
Life skills are “A group of psychosocial competencies and interpersonal skills that help people make informed decisions, solve problems, think critically and creatively, communicate effectively, build healthy relationships, empathize with others, and cope with and manage their lives in a healthy and responsible manner.” In short, life skill education improves mental wellbeing of an individual.

Like the previous year this year also we have included life skill classes in our regular monthly schedule. Presently life skill classes have been related with the value education classes. In the month of April life skill classes were conducted for the children of classes I- VIII by focusing on some skills and values that are related to the lives of students. Respect, empathy, responsibility, honesty, kindness, self esteem and self reliance were some of the topics that were highlighted in life skill classes. Enthusiastic participation and spontaneous queries from students marks it a successful story.

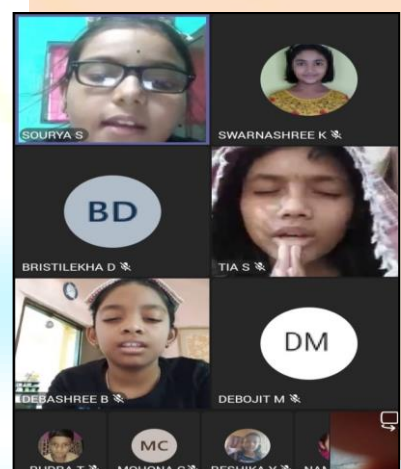
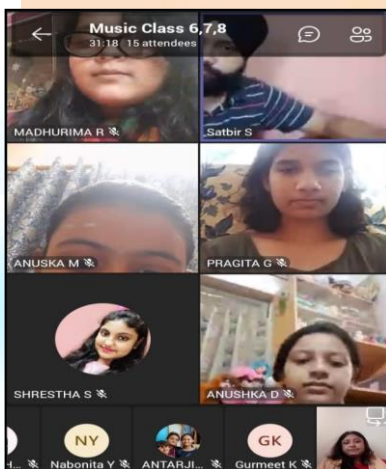
### Counselling

Individual follow up counselling sessions were conducted online. For the senior students some of the sessions were offline and conducted in school. Some of the new cases were also reported and taken care of. All the sessions were conducted on the basis of the individualistic need.

## Budding Sport Stars



## Online Music Class







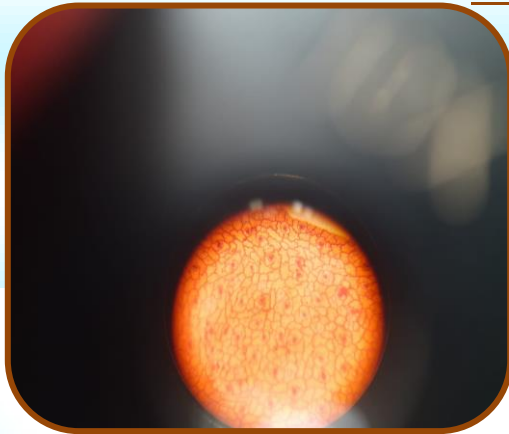
### Language departments

To expose students to the world of literature, numerous activities were conducted in the virtual classes where children participated readily. Extracts and poems from popular pieces were read out to expose children to various forms of writing. Activities like recitation, Debate, Role Play, Skits were enacted to ensure wholehearted participation of students.



*Remembering William Shakespeare through his quotes and poems on his Birth Anniversary on 23<sup>rd</sup> April*

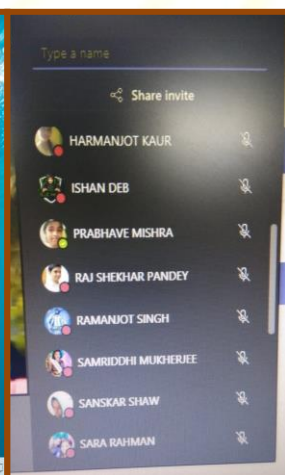
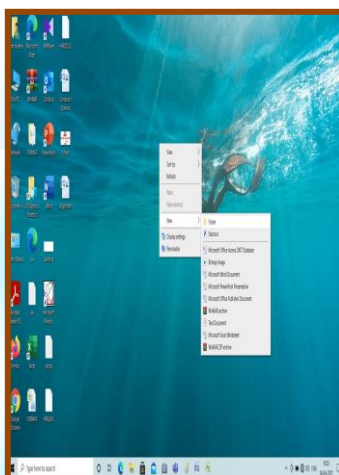
# LAB ACTIVITY



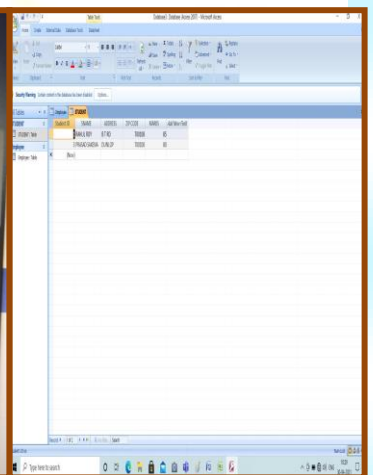
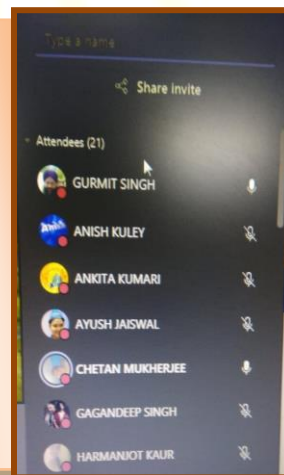
Knowing the unknown:  
Glimpses through the lens



Home Science Lab  
Chefs in the making  
Children in one of their Offline Classes displaying Culinary Skill.



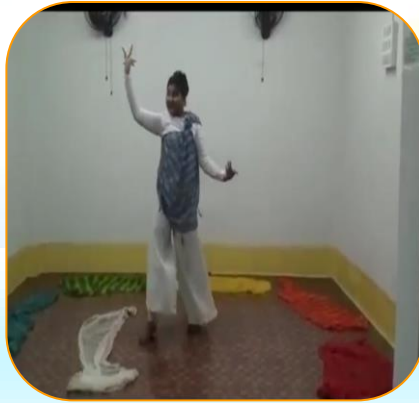
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KMSSS choir for a presentation at the Gurudwara  
Music - Conquering the barriers of language.



Every year International Dance Day is celebrated on 29 th of April, anniversary of the birth of Jean- George's Noverre, creator of modern ballet. Valuing this art form, the students of Khalsa Model Senior Secondary School participated in an Inter School Dance Competition organised by BDMI School. Certificates for participants were awarded.

# WEBINAR



## Khalsa Model Senior Secondary School

### Webinar

1. Pros and Cons of studying Abroad.
2. Medicine as a career.
3. How to manage stress , and develop the psychology for success.



**Dr. Panchajanya 'Panch' Paul**  
( Child, Adolescent, and Adult Psychiatrist )

**Schedule:**  
**10th April at 6:00 p.m.**

**Platform: MS Teams**

☎ 033-25787255/033-25775140  
✉ kmsss135@gmail.com  
🌐 <http://khalsaschoolkolkata.org>

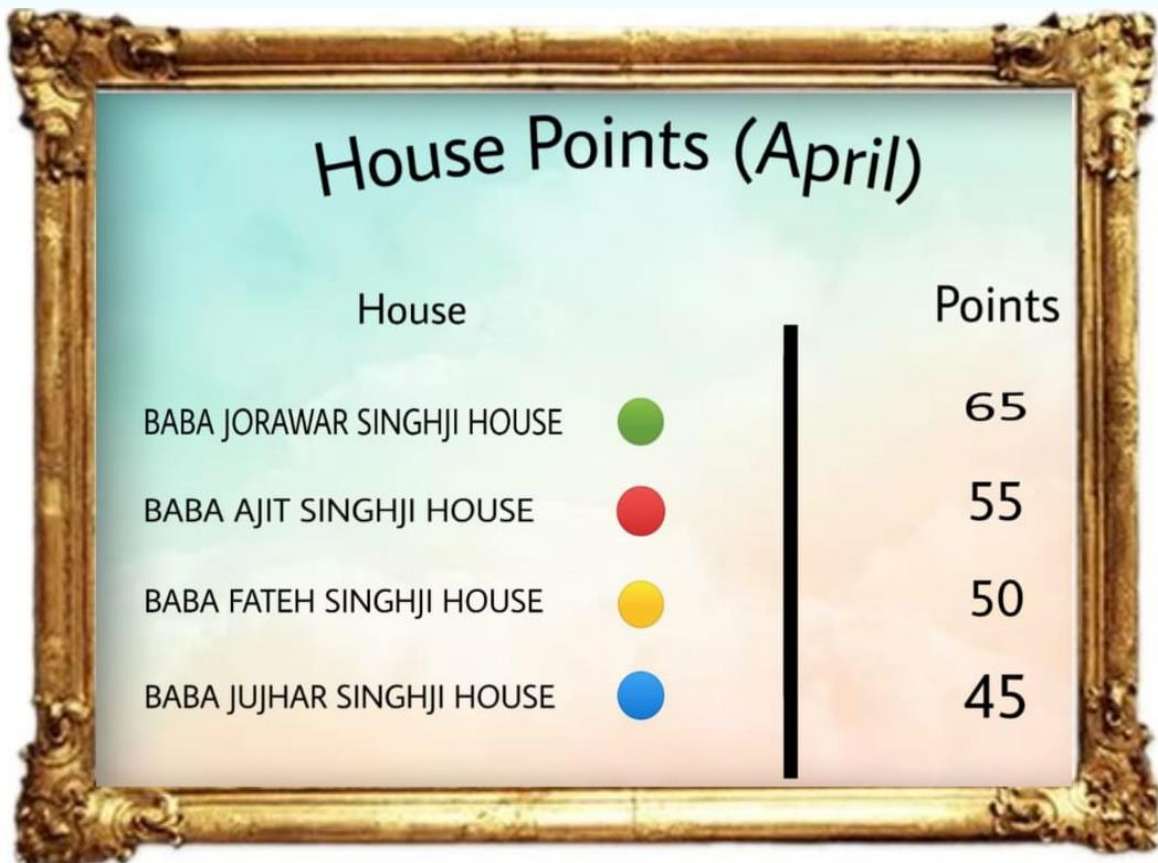


On the 10 th of April another webinar conducted by Dr. Panchajanya 'Panch' Paul on

- i) Pros and cons of studying abroad
- ii) Medicine as a career
- iii) How to manage stress, and develop the psychology for success

An alumnus of KMSSS, Dr. Panchajanya Paul' s presence was a great inspiration for the present students. His words and messages for the young students left a remarkable impact among children. It was indeed a proud moment for us. The KMSSS family conveys best wishes to Dr. Paul for his future endeavours.

## House Points at a glimpse



ਤੂ ਕਾਰੇ ਡੋਲਹਿ ਪ੍ਰਾਣੀਆ ਤੁਧ ਰਾਖੇਗਾ ਸਿਰਜਣਹਾਰੁ ॥  
ਜਿਨਿ ਪੈਦਾਇਸਿ ਤੂੰ ਕੀਆ ਸੇਈ ਦੇਇ ਆਧਾਰੁ ॥੧॥

Why do waver, O mortal being? The creator Lord Himself shall protect you.

He who created you will also provide nourishment & support.