



## International Day of Yoga -2024

'International Day of Yoga' was celebrated by the students of grades 6<sup>th</sup> to 10<sup>th</sup> and teachers with great enthusiasm.

### 1. June 18<sup>th</sup>, 2024 to June 20<sup>th</sup>, 2024.

Sri. T. Ramu, yoga guru was invited to our school. To make the children feel the significance of Yoga for overall health and well-being and its need in day to day life to secure health. Children were given demonstration and practice under the guidance of the Yoga master on all the three days from June 18<sup>th</sup> to June 20<sup>th</sup>.

### 2. June 21<sup>st</sup>, 2024

The International Yoga Day events began with the yoga song followed by a brief introduction of yoga by our Principal Ma'am.

- Sri. T. Ramu has taken initiative in giving warm up exercises to all the students. They practiced and performed sitting and standing asanas. Importance of these asanas was explained simultaneously by Ms. Geeta.
- Yoga pledge was taken by all the students to introduce this activity in their daily lives. It was conducted by Ms. K. NehaPranavi of Class X.
- The event featured an inspiring speech, by Ms. G. Rupa Devi emphasizing the significance of yoga followed by an enlightening talk about the seven chakras by our student of Class IX.
- Quiz on Yoga was conducted successfully for all the students. Separate questionnaires were prepared for juniors and seniors wherein most of the students secured the maximum marks.
- The celebration concluded with the speech of our honourable Director Ma'am. She encouraged students to practice yoga regularly and to remain fit and improve concentration.



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### **REPORT ON SHIKSHA SAPTAH**

*Day 1 – July 22, 2024*

1. An activity focusing on Mathematics was conducted for students in grades 6 to 10. Students were divided into groups. Each group received a set of puzzle and challenge cards tailored to their grade and subject matter to enhance their problem-solving abilities.
2. Games like Rubic's cube, Beyblades, were conducted. Students were divided into groups to play the games respectively.
3. The toy making activity using paper for grades 6 to 10 was a resounding success. The students have developed their fine motor skills and basic engineering concepts.
4. Students from grades 6-10 were involved in making puppets using waste materials and old clothes to promote recycling creativity.
5. Students demonstrated creativity in crafting unique stories using story cards. They have come up with different stories fostering their creativity and communication skills.
6. A reading activity was conducted to foster a love for reading, enhance comprehension skills and encourage students to explore various genres of literature.
7. Students from grades 3 to 5 were encouraged to design posters on the themes 'Food and Vegetables', 'Local Market', 'My family' etc.
8. The activity of making colourful boxes involved students from grades 3 to 5. They were given a choice of selecting their favorite colours and shapes. They measured and marked the dimensions on coloured paper, cut out the shapes and assembled them into boxes using glue. Doing the above, fostered their creativity, enhanced motor skills and reinforce geometric concepts.
9. Students from grades 3 to 5 were given a choice to select a theme (fruits, vegetables, animals) for their cards. They have sketched their designs on paper before transferring them to the cardstock, thereby enhancing their artistic skills.
10. Making masks activity involved students from grades 3 to 5. This has provided an opportunity to sketch various animals mask design on paper, cut out the mask shapes, attach elastic bands or strings to secure the masks. It has enhanced their understanding of wildlife.
11. Reading and Storytelling activities were conducted for grades 3 to 5. Children were given a choice to select from a variety of books. They were encouraged to read their books for a set of period. They were also encouraged to tell their own stories, either by retelling a favorite story or creating their own using props.
12. Small skits, Thumb painting, Hand painting and Storytelling with the help of teachers were conducted for grades 2 & 3.



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### **REPORT ON SHIKSHA SAPTAH**

*Day 2 – July 23, 2024*

1. Workshops were conducted for teachers, focusing on the various teaching methodologies used to ensure clarity and comprehensiveness.
2. Activities involving Mathematical strategies and storytelling were conducted.
3. Students showcased a strong commitment to upholding the principles outlined in the pledge.

### **REPORT ON SHIKSHA SAPTAH**

*Day 3 – July 24, 2024*

1. A series of sports events were conducted to promote physical fitness, and sportsmanship among students. The events provided a platform for students to showcase their athletic talents and to encourage a healthy and active lifestyle.
2. A special child was encouraged to participate in a table tennis. This initiative aimed to promote inclusivity, confidence and the joy of sports.

### **REPORT ON SHIKSHA SAPTAH**

*Day 4 – July 25, 2024*

1. A vibrant cultural event showcasing traditional dances from various states was organized. This event was designed to celebrate the rich diversity of Indian culture and provide students with an opportunity to engage in.
2. A painting activity was organized to encourage creativity and artistic expression among students.



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## **REPORT ON SHIKSHA SAPTAH**

*Day 5 – July 26, 2024*

1. Seminar was presented by Master SrihithTirnat, a student from abroad. The seminar focused on valuable insights and advanced knowledge on finance.
2. An activity was conducted to enhance children's communication skill in sales and marketing.
3. Field trips were organized, this is mainly to provide students with practical insights into agricultural practices, management of livestock and crops.
4. Students were encouraged to cook nutritious food and also participated in cleaning and waste management tasks.
5. An opportunity was provided to students to explore the artistic potential of clay and develop their skills in moulding and sculpture.
6. Seminar on 'Teen Empowerment' was led by a professor from abroad, Mr. Steve Gardener during which an opportunity was given to students to interact with him.

## **REPORT ON SHIKSHA SAPTAH**

*Day 6 – July 27, 2024*

1. The Eco Club held a meeting to discuss a range of topics relevant to the club's interests and objectives.
2. A plantation activity was organized for students. The event aimed to promote environmental awareness and engage students in hands-on activities related to planting and caring for trees and plants.
3. As a part of these MISSION LIFE seminars were conducted on Forest Day, Environment Day, Conservation of Mangrove Eco system Day. Poster Making and celebrations were organized on Water Day and Earth Day.



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## **REPORT ON SHIKSHA SAPTAH**

*Day 7 – July 28, 2024*

1. An overview of the importance of education in a student's lifetime was given by Madam Bala Tripura Sundari. She emphasized the value of developing talents and skills in addition to the routine learning for every child.
2. This year, our school had the fortune of welcoming Mr. Steve Gardner who guided our students to look at life multi-dimensionally. He enlightened our students to start an early exploration of their powers to become productive and unique in life.
3. NukkadNataks were demonstrated by our students highlighting the importance of education in every child's life and how education makes a life changing difference for every child.
4. Our students held a rally in the nearby community raising slogans "Education for all" for the poor and neglected children in the locality with an idea of promoting education and encouraging parents in the community to send their children to schools.



## HAR GHAR TIRANGA PROGRAM

**Quiz (13<sup>th</sup> August, 2024)** : On the occasion of 78<sup>th</sup> Independence Day, a quiz was conducted successfully for the students from classes 4<sup>th</sup> to 10<sup>th</sup>. They were provided with the material, illustrations and portraits. It was a very informative and knowledge enriching competition for all the participants.

**Poster Making (13<sup>th</sup> August, 2024)** : Poster Making Competition was conducted for the students from classes 1<sup>st</sup> to 10<sup>th</sup>. The objective of this competition was to create awareness in students regarding India's freedom struggle. Students were asked to express their ideas through beautiful posters. The young learners displayed their artistic skills through an array of posters. All the posters were exhibited in the entrance hall visible for all students, teachers and parents.

**Essay writing (14<sup>th</sup> August, 2024)** : An essay writing competition was held for students from classes 6<sup>th</sup> to 10<sup>th</sup>. The competition aimed to celebrate the spirit of Independence Day while encouraging young students to express their thoughts on this significant national event.

**Elocution (14<sup>th</sup> August, 2024)** : The elocution program was conducted for students from classes 1<sup>st</sup> to 5<sup>th</sup> on Freedom Fighters. The event aimed to foster patriotism, enhance their public speaking skills, and encourage students to express their thoughts on the relevant topic.

**Independence Day Celebrations (15<sup>th</sup> August, 2024)** : On the occasion of 78<sup>th</sup> Independence Day, a series of events were portrayed that resonated with the essence of freedom, unity and national pride.

- The day began with a solemn flag hoisting ceremony by our Director Ma'am.
- A colorful cultural program unfolded, featuring patriotic songs, dances that captured the spirit of India's diverse heritage and conveyed messages of unity and harmony.
- A Skit portraying a timeline of the key events that led towards freedom was performed by the primary students for about half an hour. Around 60 children have participated portraying their respective roles.



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- Students delivered speeches in different languages that highlighted the significance of Independence Day.
- Citations were given to the students who have excelled in academics, sports and various other competitions.

Around 75 Students performed a patriotic musical drama, the 100 year freedom struggle by enlivening and portraying the characters and the scenes of Mangal Pandey, Jhansi ki rani, Lal Bal Pal, Jallianwala Bagh, Bhagat Singh, Rajguru, Sukhdev, Subhash Chandra Bose, Mahatma Gandhi ji, Jawaharlal Nehru, Sarojini Naidu in the **East Godavari District**

**Independence Day Celebrations winning the First Prize.** Their act received a huge applause and appreciation from all the viewers and also felicitated with a standing ovation by all the chief guests on the dias.

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## **SWATCHATA PAKHWADA – 2024**

SwatchhataPakhwada, a part of 'SwachhtaAbhiyan' was initiated in our school with the objective of bringing a fortnight of intense focus on the issues and practices of cleanliness.

Many activities and events were organised as a part of this programme beginning from 30<sup>th</sup> August to 14<sup>th</sup> September 2024.

### **SwachhataShapath Day**

**August 30, 2024**

In the morning assembly at school, the Principal, teachers and students from classes 6<sup>th</sup> to 10<sup>th</sup> have taken up the pledge. The event aimed to instill a sense of responsibility among students towards keeping their surroundings clean and taking initiatives to promote sustainable practices in their daily lives.

### **Swachhata Awareness Day**

**September 03, 2024**

Swachhata Awareness Day was taken up by the school Eco Club under the guidance of Ms. Geetha supported by Mr. Chandu and Mr. Phani. The main purpose of this was to promote cleanliness among our students. They have checked on various locations to make sure that every nook and corner was tidied and kept well.

Every washroom area and water points were thoroughly checked out to ensure no leakages, proper functioning. The entire campus was monitored and reported. On the same day, Principal followed by other teachers addressed children regarding Swatchhata Awareness Day. As part of Swachhata Awareness Day, Posters were put up all around and in the corridors to promote the awareness and the commitment of the school to cleanliness.





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## **Community Outreach Days**

**September 5, 2024**

The people of Bucchainagar were spoken to about the importance of cleanliness. Meeting highlighted and addressed the issues of dumping, open toilets etc. The school assisted by these locals combed up the place, identified such places and together removed the debris.

## **Green School Drive Day**

**September 6, 2024**

‘Green School Drive Day’ activity was taken up which included water conservation to educate the locals to practice natural sources of water, involving children of the classes 6<sup>th</sup> to 10<sup>th</sup>. As part of the ongoing Swachhata campaign, children enthusiastically participated by creating posters, slogans depicting the minimum use of plastics, paper, reuse of plastics, 6R’s etc.

## **Hand Wash Day**

**September 10, 2024**

Teachers gave live demos regarding the proper and the right way of hand washing, its importance in protecting from and preventing diseases. Washrooms are equipped with spacious, wheelchair-accessible toilets and accessible drinking water facilities for Divyang students.

## **Personal Hygiene Day**

**September 11, 2024**

All the students and teachers were spoken to by the Principal about personal hygiene. Teachers carried this programme in the classes discussing about how physical health impacted the mental health. Principal held separate meetings for teaching staff and for drivers and cleaners who are we believe a part of the success of the entire programme.



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### **Swatchhata School Exhibition Day**

**September 12, 2024**

An exhibition was conducted where best out of waste models, Artistic dustbins, Paintings/Drawings were exhibited. Photographs were taken as part of the event.

### **Swatchhata Action Plan Day**

**September 14, 2024**

It required constant planning, execution and maintenance for the upkeep of the Swatchhataprogramme to ensure its continuity. Children from Classes 8<sup>th</sup> to 10<sup>th</sup> teamed up with teachers to discuss about what to do. How to do. And when to do.



## ‘VIGILANCE AWARENESS WEEK’

Vigilance week on the theme “Culture of Integrity for Nation’s Prosperity” was observed from 28.10.2024 to 03.11.2024 during which a series of activities were organised to raise awareness about integrity and ethics among the students and staff.

The following activities were observed:

- 1. Integrity Pledge:** To mark the spirit of vigilance week, all the students and the staff participated in administering the integrity pledge, a symbolic act of Unity affirming the commitment to uphold honesty and integrity in all actions, fostering a responsibility towards creating a transparent and accountable society.
- 2. E-Pledge on CVC website:** Students and staff were encouraged to actively participate in taking the E-Pledge hosted on the CVC website to reinforce the importance of integrity, transparency and honesty.
- 3. Elocution:** Elocution was held where students eloquently expressed their thoughts on topics related to corruption and promote probity, integrity and sincerity. This provided a platform for the students to articulate their perspectives on combating corruption and promoting transparency, while also developing their thoughtfulness on the prevalent issues of corruption and non-integrity.

Vigilance week was a valuable experience, strengthening students’ understanding of integrity and the role they play in building a corruption-free society.



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## **‘RUN FOR UNITY’ ON RASHTRIYA EKTA DIWAS**

On 31<sup>st</sup> October 2024, the birth anniversary of ShriSardarVallabhbhai Patel, the architect of National Integration of Independent India, is observed as ‘RASHTRIYA EKTA DIWAS’ (National Unity Day) at our Tripura English Medium School, paying a grateful tribute to the great visionary.

We have observed the following activities

**Run for Unity:** Participants showcased the spirit of unification in action by running within the school premises. The school Principal Ms. L. Mrunalini spoke about the significant role of ShriSardarVallabhbhai Patel in National Integration and the necessity of every citizen to stand committed to the Unity of our Nation.

The Run for Unity was a resounding success. With immense pride and infinite gratitude towards our beloved ShriSardarVallabhbhai, all the students vowed to continue to protect and strengthen the Unity.

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## CONSTITUTION DAY

We, TRIPURA ENGLISH MEDIUM SCHOOL celebrated the 'Constitution Day', commemorating the adoption of the constitution of India.

All the classes were encouraged to participate in the profound activities to highlight and reiterate the values and principles enshrined in our constitution besides knowing and understanding the Living Book of Law - "The Constitution of India".

To begin with, the morning assembly had a mass reading of the Preamble to the Constitution of India, which was done by the selected students of Class IX. All the children and the staff followed suit through repetition.

A briefing session was conducted to commemorate the adoption of the Constitution of India on 26<sup>th</sup> November 1949. An informative session by the students was held to highlight the importance of the Articles and Amendments of the Indian Constitution - how it defines the parameters for the governing authority and its duties. All the children of the Classes VI to X participated with great enthusiasm and reverence. The discussion was held for about an hour in the morning session.

The students of Class 6 delivered a melodious rendition of the preamble, which had been set to a rhythmic and uplifting tune.

In the beginning of the afternoon session, a preamble writing activity was organized for the students as a part of the ongoing efforts to promote Constitutional awareness and appreciation. Thereby a quiz on constitution was also conducted for Classes 6 to 10. It was delightful to watch such young children participate with brimming cheer and mounting interest in the Indian Constitution.

The students demonstrated a captivating formation of a human chain depicting the map of our country India, with a feeling of pride of our rich cultural diversity.

Children were reminded about the provision that has been made on My Gov Portal to "Read the Preamble" online and download their certificates. They were also reminded about the message that the school has shared with the link for the same on 26-11-2024.

We are thankful to the CBSE for coming up with such an incredible opportunity to help children understand the Constitution, its implications and importance.