

BLENDING LEARNING: THE FUTURE OF EDUCATION

A famous saying states 'Learning should never stop'. Keeping this in mind, in 2020, the students were taught by using tech via online teaching, due to infamous evil Coronavirus! It sounds interesting to get school learning at home, as the travelling time is reduced and the monotonous school environment is avoided.

Many would think that online teaching is fun and beneficial. Well, even if technology has supported learning, it has somewhere distracted the young generation too. When in physical class, a child is influenced by his peers and surroundings, to study and get at least some knowledge, re-



gardless his interest in doing so. Nevertheless, online teaching makes a child an all-rounder, as he can take his classes while talking, eating,

bathing, and even sleeping. This versatility available to a child in online learning makes him incompatible of facing of-line exams.

A clarity is required here, that online teaching has been helpful throughout the pandemic, as it kept students in pace with the education. If, even after e-learning, children lagged a year behind their standards, the scenario without it would be dreadful even to think.

After analysing and experiencing the whole situation, one could easily understand the right way of blended learning which is indeed the future of education. The correct method to mix technology with education is surely not to take the school classrooms in a screen, instead bringing the screens in real classrooms, maybe in the form of smart boards, robots, tabs etc is advantageous. As going to school is not just about academics, it is about an overall development of an individual.

CHHAVI, class XII - A, SAM International School, Dwarka

'Jugalbandi' at The Indian School

The Indian School- Second Shift, Josip Broz Tito Marg, hosted its online annual inter school music and dance competition 'Jugalbandi-2021' on December 11, 2021. The theme of the competition was United Nations' Sustainable Development Goal (SDG) number 13, 'Climate Change' and SDG number 15, 'Life on Land'.

The competition was open to students of classes 6 and 7. Students from 17 eminent schools from Delhi and other states, like Delhi Public School, Kalyanpur, Mount Carmel School, New Delhi, Shiv Nadar School, Gurugram, Tagore International School, New Delhi participated in the same. The event was graced by a member of



the managing committee Dr Nayana Goradia who directed the participants to take positive action in their endeavours. Also,

the acting Principal Sukhmeen Kaur Cheema motivated the students with her sage advice.

The dance competition was a portrayal through an amalgamation of folk dances of North and South India. Whereas, the second event of music consisted of performance through the coalescence of folk songs of North India only.

The first position in the dance category was a tie between Sunbeam English School, Bhagwanpur, Varanasi, UP and The Indian School-Second Shift, New Delhi.

Under the music category, the first position was secured by Sunbeam English School, Bhagwanpur, Varanasi, UP.

Doon Public celebrates POSHAN MAAH

Doon Public School, Paschim Vihar celebrated Poshan Maah campaign last year to inculcate the values of generosity and kindness.

In order to sensitise the students and generate mass awareness regarding the under-nutrition, Doon Public School conducted an activity wherein the students



child from the underprivileged sections of the society, living in their neighbourhood.

Students from class 1-12 participated in this cam-

paign wholeheartedly. This, not only helped the children understand the nutritional values of the meal but also imbibed a sense of social responsibility, inclusion and volunteerism in them.

In addition to this, a School Nutrition Garden (SNG) is also planted in the school campus. It aims towards addressing the problem of malnutrition and micro nutrient deficiencies by consumption of freshly grown vegetables. For better learning and understanding of the topic, the students also became a part of a virtual ceremony conducted by Seth Anandram Jaipuria School for the launch of health education curriculum for schools.

CHAKRASANA - THE WHEEL POSE

The Wheel Pose- Cultural Asanas for forward bending of the spine. The body takes a wheel-like, semicircular posture while performing this asana. The dynamic variation of the anterior-posterior Chakrasana, evolved by Shri Yogendraji, offers an excellent exercise to the mid-trunk and the spine especially, the cervical and lumbar regions.

Starting position: Stand erect with hands at their respective sides. Keep the feet parallel to each other and maintain a distance of 20 inches between them. Keep the neck straight, chest thrown well forward, the abdomen in normal contour and the chin drawn in. Focus the eyes at one point, straight ahead. Return to starting position (for all phases.)

PHASE-1

1. Inhaling clench the fists and raise the arms up, keeping the arms close to the ears.
2. Interlacing the fingers of the upstretched arms, above the head, arch back the spine, keeping the lower body, below the waist fixed. Complete the above steps in 3 seconds, while inhaling.

3. Immediately, exhaling, in 3 seconds, unlocking the fingers, bend forward and downwards with the up-stretched arms in position (ie kept close to the ear) to touch the ground.
4. Maintain this position for 6 seconds, with the breath suspended (final position).

PHASE-2 (AFTER MASTERING PHASE-1)

1. After attaining the final position of phase-1, continue to bend the upper part of the body, till the forehead comes in line with the knees.
2. Maintain this position for 6 seconds, with the breath suspended (final position).

PHASE-3 (AFTER MASTERING PHASE-2)

1. After attaining the final position of phase-2, freely swing the arms, held straight, upward and backward until they come to a vertical position.
2. Maintain this position for 6 seconds, with the breath suspended (final position).

PHASE-4 (AFTER MASTERING PHASE-3)

1. After attaining the final position of Phase-3, interlock the fingers of the upturned arms and leverage it to extend the bend of the body till the head crosses the knees.
2. Maintain this position for 6 seconds, with the breath suspended (final position). Inhaling, bring the arms down to touch the ground (unlock the fingers in

Phase-4).

3. Then slowly lift the body to return to the upright starting position, ensuring the arms and head are kept in position, to complete 1 round. Complete the above steps in 3 seconds, while inhaling.

RECOMMENDED PRACTICE

Practice 3 rounds, with pause in-between rounds. In case of static pose, maintain the final position for 30 seconds, gradually taking it up to 1/2 minutes with regular practice. Breathing should be normal-slow and rhythmic.

BENEFITS OF CHAKRASANA THE WHEEL POSE

1. Strengthens both the superficial and deep muscles of the chest and waist.
2. Develops the muscles of the back, neck, spine and shoulders.
3. The anterior stretching of the major and deep abdominal muscles causes favourable changes in the abdominal pressure and stimulates the intestines.
4. Rouses sluggish liver and colon and provides relief in case of constipation.

Courtesy: The Yoga Institute, Santa Cruz, Mumbai. Estd.1918

Yoga should be practiced under the supervision of Yoga Guru. The views expressed in the above article are those of the author and the newspaper takes no responsibility for it.

Student Corner



▲ DHRUV TANWAR, class VIII-C, Ramjas School Pusa Road

▲ HAMNA TANVEER, class VIII-E, Hamdard Public School, Sangam Vihar

Khusboo Rana wins gold in Taekwondo

Khusboo Rana, student of class IX in Shaheed Bishan Singh Mem Sr Sec School, Mansarovar Garden, New Delhi brought laurels to school by winning gold medal and a scholarship of Rs. 1 lakh from Government of India in the Sub Junior Category of National Pencak Silat (Taekwondo) Championship, held at M D University, Haryana.

She even got direct entry to the School Asian Games-2022, to be held at Canada, after displaying her incredible game. Pencak Silat teaches us that there are only three ways to play the game: give up, give in, or give

it your all. Khusboo Rana chose the last choice and performed admirably in the game, putting forth her all-out effort and giving it her all, resulting

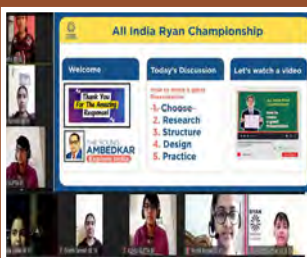


in a proud moment for everyone. Chairman H S Hanspal and principal Puja Singhal congratulated and honoured her parents for this great achievement and wished her all the best for her future.

RYAN ORGANISES 'THE YOUNG AMBEDKAR'

Ryan Group of Institutions believes in all round development of students. Under the able guidance of Chairman Dr A F Pinto, Ryan International School, Sector-31, Gurugram has organised All India Ryan Championship 'The Young Ambedkar' for the students of class 8.

In this championship, students have to give a 4-minute presentation



about a place from nature, history or modern. They will also listen to other students and vote for the best presentation. In five rounds, starting from the class level competition, every student gets a chance to become the all India winner. The initiative was highly appreciated by the parents. They were happy to see their children learning to research and present.

REJUVENATING SPIRITS, UNLEASHING VITALITY

The Decoration Committee of St Michael's Sr Sec School, 3, Pusa Road, New Delhi organised a special new year's assembly. Under the leadership of Dolly Bhasin, the assembly was conducted on December 31, 2021 to pray and evoke the Almighty's blessings especially during the pandemic.

Students of classes 6 and 7 participated in the celebration program. It paved the way for the students to rejuvenate their spirits, remain rooted in their moral values and unleash their vitality. The assembly began on a pious note with a special prayer thanking the Almighty for the unique gifts given to each child and seeking blessings for the safety of the students amidst the pandemic. Students high-



lighted the importance of the day and shared their new year resolutions for a better year and fresh starts.

School manager Rev Fr Savrimuthu Shankar expressed his good wishes for the coming year. Principal Rev Fr Jas Elanjikal showered his good wishes, blessings and reflected on a meaningful new year urging the children to love and serve others by being the light of the world.

Teaching significance of democracy

Sun Valley International School, Vaishali, Ghaziabad initiated its first electoral literacy club (ELC), with an aim of making the students to understand the significance of democracy and vote.

In this direction SVIS conducted number of ELC campaigns, to educated students about the importance of vote towards making India a better India, to train students in the electoral process and encourage students to ensure that all eligible voters around them exercise their franchise.

SVIS planned a series of activities like poster making competition, slogan competition, essay writing competition and rangoli making competition to make students understand the value of their vote.



In this campaign, performances of our students are being promoted using YouTube media channel. All campaigns were planned based on theme 'Vote for a better India'.

Dr APJ Abdul Kalam - An inspiring soul

Greats are not born every day; they are born once in a rarity and are remembered for millenniums to come. One such great, Dr APJ Abdul Kalam, 'The Missile Man of India', the 11th President of India and the child lover was a kindhearted person with a positive attitude. There is always a story behind every success, Dr APJ Abdul Kalam said.

Dr APJ Abdul Kalam was born on October 15, 1931, in the temple town of Rameswaram, located in Tamil Nadu. He was born to a very poor Tamil Muslim family. His father was a boatman, and his mother a housewife. Since his financial conditions was not good, he started to support his father at a very young age of eight and when his classes were over, he along with his cousin Shamsuddin started distributing newspapers around the town. However, poverty did not stop him from achieving goals. He sold newspapers, collected tamarind seeds, and sold



them to a provision store in Mosque Street. He also faced the biggest myth in society i.e., social inequality.

Another difficult phase was when he wanted to join the Airforce, but could not get through the positions. He was disappointed and this chalked a new path for him. He opted for the second option and joined DTD&P at the Ministry of De-

INSPIRING ICONS
DR APJ ABDUL KALAM

fence as a Senior Scientific Assistant and then he did several projects in which he built a hovercraft named 'Nandi'. He worked at NASA, then went to Goddard Space Flight Centre (GSFC) in Maryland. Later, he joined ISRO and became the project director of SLV3. As Kalam never stopped and kept going, India launched its first ever satellite into the orbit named 'Rohini' on July 18, 1980. And what a great story he made, becoming the 'Missile Man of India'. When the rule of K R Narayanan's presidency came to an end, the country needed an inspirational leader and Dr APJ Abdul Kalam became the President of the people to serve the country.

Just as a boy from a small village can overcome all obstacles in his life and go on to achieve stupendous success in his life, every person has the potential to outshine everything in the world and set examples for the rest.

ZAINA SHAHRAM, CLASS VII, CITY MONTESSORI SCHOOL, CHOWK, LUCKNOW

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Gadget Watch @CES

Check out visionary technology on display at the world's largest annual consumer technology trade show, which was held at Las Vegas, Nevada in January this year



GENTEX VAPORSENS NANOFIBER

sensor technology for monitoring a vehicle's cabin air quality and identifying potential airborne contaminants are displayed during the Consumer Electronics Show (CES) on January 6, 2022 in Las Vegas, Nevada. - Air purifiers, sensors to prevent a child from being forgotten in the car, intelligent sun visors: there are more and more tools available to make motorists feel safe in their car. The idea is to transform the vehicle 'into a sort of healthy cocoon

THE INDY AUTONOMOUS Challenge's Dallara AV-21 fully autonomous race car



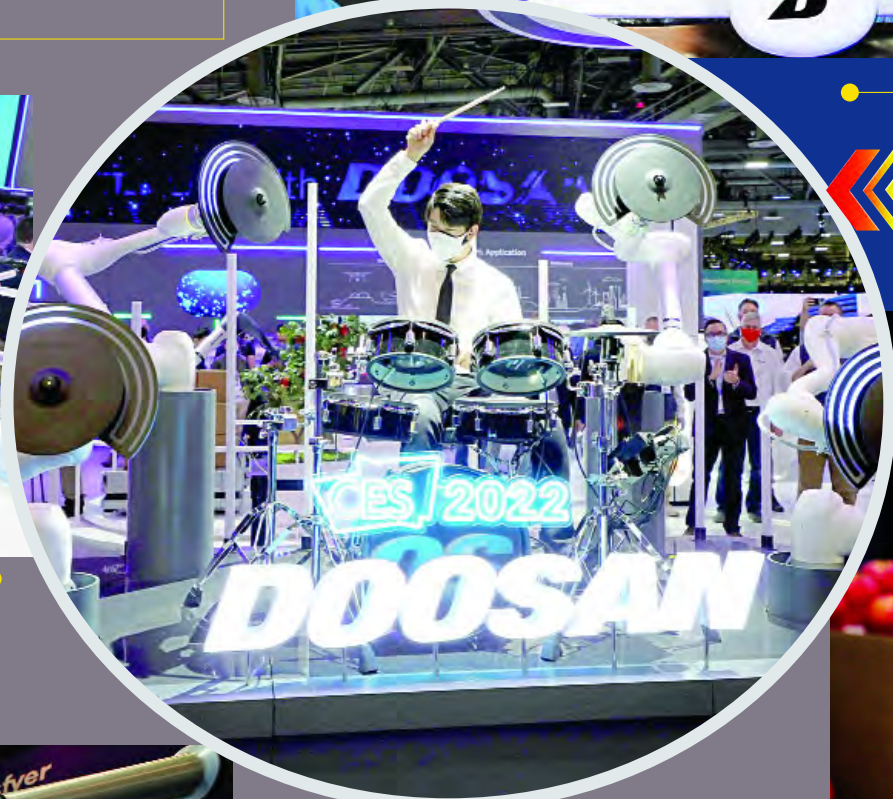
AN ATTENDEE SITS for a demonstration in a model of the Hyundai Heavy Industries (HHI) Group's Avikus autonomous cruising leisure boat during the Consumer Electronics Show (CES) on January 6, 2022 in Las Vegas, Nevada.



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DOOSAN MOBILITY INNOVATION'S DS30W hydrogen fuel cell drone



A DRUMMER PERFORMS with a drum robot moving four electronic drums as part of a demonstration at the Doosan booth at CES 2022



THE DOOSAN ROBOTICS The robot can be used for smart farming with the ability to measure the sweetness of fruits and harvest them without bruising. It can also be used for seeding, watering, planting and pesticide spraying.



KIRSTEN MACKIN GETS a massage at the Massage Robotics booth

THE MEGANEX VR GLASSES by Japanese startup Shiftall



TOP med gadgets

Pulse Oximeter
₹500 to ₹2,500



Pulse Oximeter has become one of the most important medical gadgets during the pandemic that everyone should have at home. As it is important to monitor blood oxygen level of coronavirus patients. Just make sure to go with the one that also shows pulse reading. Oximeters are available starting from Rs 500 to Rs 2,500 online as well as offline medical stores.

Contactless thermometer
₹1,000



Contactless or IR thermometers can measure body temperature from a distance of 1-2 inch distance without any physical contact. This helps reduce the chance of contamination. These thermometers can be easily found on online and offline stores for as low as Rs 1,000.

Digital blood pressure monitor
₹3,000



Digital blood pressure monitor is also a handy medical device to keep at home. A decent blood pressure monitor costs around Rs 3,000.

Glucometer
₹500 - ₹3,000



Glucometer is a must for all diabetic patients to keep track of their blood sugar levels. Price of a decent glucometer ranges between Rs 500 and Rs 3,000.

UV Steriliser
₹1,000



UV radiation is known as disinfectant for non-porous surfaces, air and water. Gadgetsnow