



Queen Mary's School

Northend, Model Town, Delhi

Highlights

June & July '2022



International Yoga Day 2022 21st June

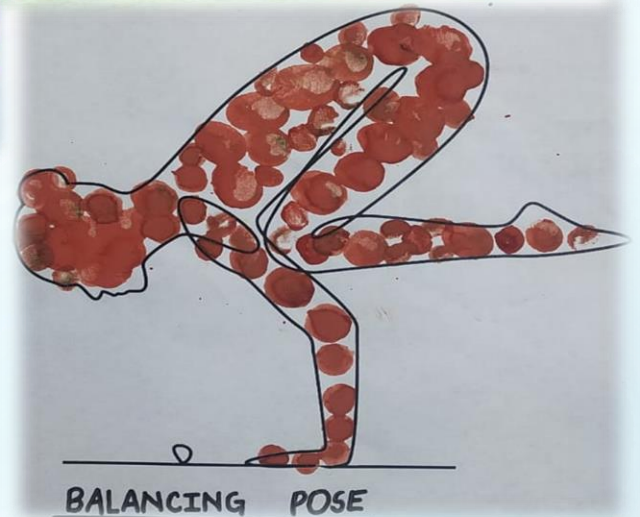
"Yoga is a mirror to look at ourselves from within"

B.K.S. Iyengar

21st June is celebrated as *International Day of Yoga* all over the world with the motive to promote yoga for physical and mental wellbeing.

Queen Mary's School, Northend always ensures the best for its students. To mark the event and to teach the benefits of Yoga, various activities were organised for the students.

Class	Activity
I	
II	Thumb & finger printing on yoga postures
III	
IV	Logo designing for Yoga
V	





Workshops for Teachers

30.6.22- Our school in collaboration with Oxford University Press organized a workshop on *Effective lesson planning for teachers*. The resource person, Ms. Swagata Chakraborty, a passionate trainer did activities with teachers to enhance their teaching skills at various levels. The workshop was very informative, interesting and rejuvenating.



Environmental Legal Literacy Zero Waste Life Style: The webinar was hosted by *Delhi State Legal Services Authority* in collaboration with *Department of Education*. The theme of 2022 is '*Only One Earth*'. The spokesperson Mr Himanshu suggested the ways to contribute towards zero waste. He discussed different ways to reduce plastic waste. The guest speaker Mr Shivam Gupta explained dry and wet waste, and the ways to manage and reduce it. He also suggested ways to make and use product like floor cleaner using fruit peels, lemon and other waste generated at home. It was a very educative and an interesting webinar.

Socio- Legal Interventions for Special Circumstances-This was the fourth session hosted by Manodarpan- Initiative by Ministry of Education, Government of India. Mr Paresh Jha and Mr Akshay Chitkara were the moderators of this session. They enlightened the audience about the statutory bodies like National Commission for Protection of Child Rights (NCPCR) and the State Commission for Protection of Child Rights (SCPCRs). Teachers were enlightened with the mission, vision and functions of NCPCR, Acts like Juvenile Justice Act, 2015 and Right to Free and Compulsory Education Act, 2009. Child Sexual Abuse- its meaning, types and range was discussed. The POCSO Act, the offences covered under it, punishments under POCSO, were also explained.

Establishing Linkages, FAQ's and Road Ahead for Schools - This was the fifth session hosted by Manodarpan- Initiative by Ministry of Education Government of India. This was a discussion session where all the moderators discussed and gave suggestions on healthy screen habits, standards for surfing online, how to empower adolescents, how to handle post covid aggression tendencies in children, building good environment at school and home. This session was full of information and suggestions from the learned and experienced personalities in the field of education.





CBSE Expression Series on Yoga for Fitness

20.7.22- To celebrate **Azadi Ka Amrit Mahotsav (AKAM)**, CBSE announced Expression Series for the Session 2022-23 on the theme '**Yoga for Fitness**'. In an attempt to give emphasis to the holistic development of students, the school conducted the first Level Expression Series in classes III to V where the students creatively expressed their ideas through paragraph writing and painting on the topic: **My Yoga schedule will be....** thus, giving the students a platform to showcase their creative vision for India@2047.



We have a hunger of the mind which asks for knowledge of all around us, and the more we gain, the more is our desire; the more we see, the more we are capable of seeing.

-Maria Mitchell

