

BUBBLES

World Environment Day

World Environment Day is celebrated on the 5th of June, every year and is the United Nations principal vehicle for encouraging awareness and action for the protection of the environment. It was first held in the year 1974 and has been a flagship campaign for raising awareness on various environmental issues including overpopulation, marine pollution, wildlife crimes, deforestation etc.

This year, being struck by the pandemic, the school missed the opportunity of celebrating World Environment Day with the beloved students, who participate in events and debates very enthusiastically on this particular day.

The session commenced with silence and Mother's blessings.

It was a new experience altogether, with diya's sharing their opinions on the protection of the environment, led by our Principal, who started the small celebration by talking about the ethics which the school follows for the conservation of our natural resources and how the facilitators can make a difference by inculcating the same ethics in our students. After the speech diya's were engaged in a fun filled activity led by Sheetal didi.

It was indeed an eye-opening session.

Then it was followed by Antara didi's talk on World Environment Day and a heart-warming Hindi poem, 'रो रो कर पुकार रहा हूँ, हमें जमीं से मत उखाड़ो', which is based on a tree's beseech to be saved from being cut.

The poem left an impact on many diya's who could visualize the scenario, and gave birth to the endless thought of survival without trees.

The session made almost everyone rethink about their day-to-day actions that could contribute in saving the planet from further exploitation.

The session concluded with silence.



कविता- पेड़ की पुकार
कवि- श्री शम्भू नाथ जी

रो रो कर पुकार रहा हूँ, हमें जमीं से मत उखाड़ो।
रक्त स्त्राव से भीग चूका हूँ, कुल्हाड़ी अब और मत
मारो।

आसमां के बादल से पूछो, मुझको कैसे पाला है।
हर मौसम से सींचा हम को, मिट्टी करकट झाड़ा
है।

उन मंद हवाओं से पूछो, झूला हमें झुलाया है।
पल पल मेरा खयाल रखा है, अंकुर तभी उगाया
है।

तुम सब सूखे इस वन में, पेड़ों का एक बाग लगा
लो,

रो रो कर पुकार रहा हूँ, हमें जमीं से मत उखाड़ो।

इस धरा की सुन्दर छाया, हम पेड़ों से बनी हुई है।
मधुर मधुर ये मंद हवाएँ, अमृत बन के चली हुई है।

हमीं से नाता है जीवों का, जो धरा पर आएंगे।
हमीं से रिश्ता है जन जन का, जो इस धरा से
जायेंगे।

शाखाएं आंधी तूफानों में टूटीं, ठूठ आँख में अब
मत डालो।

हमीं कराते सब प्राणी को, अमृत का रसपान।
हमीं से बनती कितनी औषधि, नयी पनपती जान।
कितने फल फूल हम देते, फिर भी अनजान बने
हो।

लिए कुल्हाड़ी ताक रहे हो, उत्तर दो क्यों बेजान
खड़े हो?

हमीं से सुन्दर जीवन मिलता, बुरी नज़र मुझ पे मत
डालो।

रो रो कर पुकार रहा हूँ, हमें जमीं से मत उखाड़ो।

अगर जमीं पर नहीं रहे हम, जीना दूभर हो
जाएगा।

त्राहि त्राहि जान जान होगा, हाहाकार मच जाएगा।
तब पछताओगे तुम बन्दे, हमने इन्हें बिगाड़ा है।

हमीं से घर घर सब मिलता है, जो खड़ा हुआ
खिंवाड़ा है।

गली गली में पेड़ लगाओ, हर प्राणी में आस जगा
दो।

रो रो कर पुकार रहा हूँ, हमें जमीं
से मत उखाड़ो।

Yoga Day

Yoga is an ancient practice that keeps one's mind healthy and body fit. It's a mind-body workout which has stretching and strengthening poses along with deep breathing techniques. One should practice yoga and meditate to compose oneself.

The theme of this year's International Yoga day was "Yoga at home and yoga with family" due to the ongoing COVID-19 pandemic.



At school, we celebrated Yoga day without the children. The staff had a yoga session which started at 9.00 a.m. and lasted for forty five minutes, strictly adhering to the social distancing rules. Our session commenced with pranayama and meditation.

Independence Day



We celebrated our 74th Independence Day at AMIS amidst the Covid-19 Pandemic. Though we were socially distant, we all were emotionally connected with the fervour of solidarity, unity and love for our nation.

The background was beautifully decorated with colourful flowers and ferns by Manoj bhaiya and team. The staff, upon which, the flag was mounted was decorated with a trail of marigold flowers. Not to miss, the photographs of freedom fighters. These pictures were hung, which gave the air of nationalism and a feeling of oneness to all present on the occasion.

The program commenced with the hoisting of our National Flag, followed by the rendition of the National Anthem and lastly a chorus of songs were sung by our diya. This enhanced the feeling of solidarity amongst all present at the event. Additionally, AMIS was also celebrating Sri Aurobindo's birthday, one of the greatest revolutionaries who later became a spiritual reformer, introducing his visions on human progress and spiritual evolution.



The day bespoke of a changed time as the star celebrities, our children, were missing from the gathering. Keeping the emotion of togetherness and a belief of a better tomorrow, a tomorrow free from Corona nestled in our hearts; we celebrated the Independence Day at AMIS. As a tribute, Sheetal didi rendered a pleasant insight about the divine journey of Sri Aurobindo. The program ended on a sweet note, with all of us relishing sweets.

Teacher Training Programme 2020



The training programme (31/08/2020) began with a session on 'Powers Within' conducted by Manoj bhaiya on the first three days and Gayathri didi on the following three days. Here, all the diyas participated enthusiastically in the activities that were organised and learnt how best to inculcate qualities like agility, reflex action, memory, concentration, co-operation, etc. among the children, to stimulate their multi-sensorial and holistic, all round development. The session by Harvinder didi began with an introduction to the first principle of Integral Education - 'nothing can be taught' followed by a lively interaction among the diyas, each of whom came up with a different interpretation of Sri Aurobindo's principle.

Next, the two other principles of The Integral Education were discussed (01/09/2020)-

'The mind must be consulted in its own growth' and 'from far to near'. There were intense discussions on both the principles by the diyas and bhaiyas, many of whom gave examples drawing from personal experiences. It was a very enriching session for the gathering. Amidst fun and laughter, a lot was un-learnt and learnt. We all arrived at a common conclusion, that, undoubtedly, The Integral education is a value addition to learning, here at AMIS. On the last day the training programme concluded with a wonderful session on 'Drama' conducted by Gunjan bhaiya. He discussed and demonstrated various ways to include Drama in classroom teaching, and also on how to adapt them to the different subjects.



Values and The Integral Project

The sessions on The Integral Project (02/09/2020) with Harvinder didi helped the diyas understand the three principles of Integral Education in depth through interactive discussions.

These sessions gave the diyas an insight into the project method which enables children to inquire and learn to seek the answers to their questions. Knowledge is ingrained within oneself and the project method provides an environment to invoke learning in an individual.



When space and freedom is given to a student, the Integral project greatly stimulates the interest of the child and evokes a deeper response from him/her.

With schools closed, due to the ongoing pandemic, the integral education has played a vital role in self-learning. The ability to think critically is the most valuable resource for engaging in self-directed learning. Having students choose their learning helps them build creativity

and time management. They can explore real-world problems, do research and this also makes them accountable for their learning process.

At the end of the session, diyas felt enriched and enlightened to embark on their journey as educators to equip themselves to the present day situation.



Journal Writing



An image of a 'Time Machine' was set as the precedent for introducing the session on 'Journal Writing'. The process of finding a connection between the two led to an understanding that journal writing in some ways is like travelling in a time machine. For the children, an image of the 'Time Machine' acts as a background to capture their attention, before plunging into journal writing.

A taste of travelling back in time was experienced by the diyas, by answering a couple of questions like “which memory of your chosen day would you like to revisit? What does it signify to you? “, “Since you are inside the time machine, you can change the part of the day which you feel you could have done better, why do you prefer the change?” The essence of journal writing penetrates deeper and mirrors one’s experiences, which leads to self-learning, questioning and re-scripting one’s future responses, therefore empowering oneself towards personal growth.



Story Telling Workshop



The story telling session was held on 4th of September, 2020. It was conducted by the pre-primary diyas (Jubailene, Geetha and Antra) under the guidance of Harvinder didi.

Harvinder didi led us into the session with silence and by playing the flute melodiously.

The pre-primary diyas narrated the story of 'The Musicians of Bremen' with appropriate voice modulation and sounds produced by various objects. It was a delight to watch the diyas conduct such an engaging session.

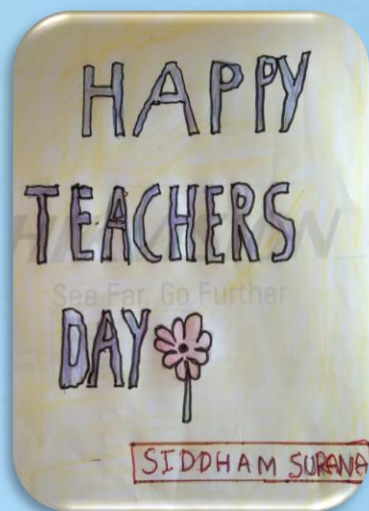
They used different materials available at home to create sounds, example - newspaper for rain, carton box for drums etc. Voice was modulated, so as to suit the characters of the story.

In the second part of the session, the diyas were asked to imitate sounds of the animal characters in the story 'The Greedy Python'. They participated enthusiastically and learnt new sounds of rare animals, like that of the porcupine.

The diyas concluded the day with a question-answer session where they posed questions to the audience as to whether they felt this activity could be implemented at home or in the classroom without the use of musical instruments.



Teachers' Day



Teachers' Day, celebrated on September 5th, is a very special day for all teachers and students. It marks the birthday of a great teacher Dr. Sarvepalli Radhakrishnan, who tried to simplify numerous learning techniques and singled out education as a vital tool. He believed, teachers must be the best minds in the country and he earned the reputation of being the bridge builder between India and the West.

Our Teachers' Day celebration this year was unique, wherein, the students, wished their diyas online. Some of them created lovely videos with their classmates and some with the help of their parents. They shared the videos with the class diyas while others shared individual videos with their subject diyas. It was indeed exhilarating to watch students express their gratitude and love towards their diyas. Our students made us feel deeply loved and truly special.



Training of Support Staff



The purpose of the training was to help our staff in focusing on their job and to enable them in improving the assigned job with more care, proper planning and techniques so as to do a meticulous job. The training programme was conducted for a period of five days from 8th to 14th September 2020, for an hour every day, except Saturday. We have around eighteen female and six male support staff members in our school.

Topics covered were:

- Ideals of School & rules/regulations
- Sensitivity towards Children
- Behaviour & level of awareness, respect to fellow colleagues
- Team work & co-operation
- Personal health & hygiene

We conducted some activities for the support staff, which they performed as a team. The leaders of each group facilitated and built the teams and through their skills and inner capabilities helped steer and complete all the tasks efficiently, which helped the staff to improve on their skill advancement or to assume greater responsibility.



Jigsaw Puzzle Workshop



Have you heard of the latest version of the jigsaw puzzle? Its outcome is different every time you put the pieces together. The puzzle lies entirely on the perspective of the player, who, in the process also becomes an inventor. Would you like to play it too? If yes, then grab a piece of paper, cut it into different random shapes and fix it to discover your creative or analytical side. Envision the fun children will have for their minds are not conditioned to think a certain way and they can put the puzzle together by applying 'out of the box' thinking.



This idea was conceived by Harvinder didi, who is a keen observer of children's playful mind and based on the cue, designed an activity to facilitate a forum to yield faculties like creative thinking and problem solving and so on. The diyas responded to the workshop stating, 'I was intrigued', 'I want to complete', 'Can I play some more?' 'I love doing it', further assured the outcome of the activity, and team AMIS is looking forward to introducing this concept to our children. For more details click on the below link <https://youtu.be/6OzOUiQK3c4>

Children's Day

"Children are our valuable resource" - Herbert Hoover

November 14th is celebrated as Children's Day to mark the birth anniversary of Pandit Jawaharlal Nehru.

Every year this day is celebrated with great enthusiasm, but this year was challenging.

Even the current situation couldn't hamper the spirit of celebrating Children's Day with the same enthusiasm virtually.

The diyas engaged their respective classes with fun activities and games. It was a new experience, which they enjoyed a lot. The kids actively participated and had a good time.

The principal, along with the other diyas, conveyed their best wishes to the children through a video, which expressed their love and affection for the children.

The diyas donned their creative hats and made beautiful greeting cards for our super stars.

It was a fun filled day, which, both the kids and diyas enjoyed.

