

SANSKRITI INTERNATIONAL SCHOOL

MONTHLY

# NEWSLETTER

August 2022

DEEPER INTEGRATION FOR PEACE AND PROSPERITY



*“Tell me and I forget, teach me and I may remember, involve me and I learn.” – Benjamin Franklin*

# NOTE FROM THE PRINCIPAL



## Dear Parents, Greetings and Namaste!

This time of the month, our learners enjoyed their learning activities both indoors and outdoors. What is a school without having fun? As part of our school curriculum, it was great to see our learners enjoying their outdoor trips and coming back with good memories. The pouring rain was definitely a concern while planning for the trips. However, we have been lucky to successfully manage all the trips for this semester. After all, happy kids make all of us happy too!

I would also like to extend my felicitation to the Elementary School for their Annual Poem Recitation Program. It was definitely an honor to be a part of it and to see the young participants performing, Well Done! Thank you parents for joining us and motivating our learners.

Thank you learners for all the love that you showered on all the teachers during Guru Purnima, "Teachers Day". On behalf of all the teachers, I would like to thank you from the bottom of my heart for appreciating our effort and making teaching and learning fun for all of us. We are there because of you, for you and with you- ALWAYS!

Wishing everyone a great summer break! May you and your family have a happy and healthy summer! Happy holidays!

**Best Regards,**  
Timila Shrestha

► *Krishna Janmashtami - EY*

The curiosity of learners and the joy of being dressed up as Radha and Krishna on the occasion of Krishna Janmashtami were spectacular. Early Year learners celebrated Janmashtami on Thursday, August 18, 2022. Hitting the hanging pot was the main attraction of the day. They enjoyed playing games and dancing with their peers and watching movies. It was a vibrant and wonderful experience with the little learners and the teachers. Through this celebration, learners gained more knowledge about Lord Krishna and Radha, the favorite food of Krishna, and why we celebrate Janmashtami.



## ► Green Fingers – Migmer ma'am

Learners of Grade 1 had an exciting Entry Point of their new IPC Unit “Green Fingers” on Monday, August 8, 2022. The unit was related to plants and nature and all the activities were focused on the same. The learners were engaged in numerous activities related to nature. They created an artwork where they colored pictures of fingers using green color and cut the green fingers and pasted it. Learners of both Grades 1A and B were enthralled to go beyond the four walls of the classroom and visit the school garden where they observed various plants, herbs, trees, and insects. They also brought recycled plastic bottles and used them to make a pot to plant seeds. They planted various kinds of herbs such as mint, coriander, mustard, beans, fenugreek seeds, and garlic. At the end of the task, learners placed their pots in warm sunlight and watered them. The entry point proved to be one of the significant parts of exploration, paving the way for fantastic learning experiences to our learning journey.



## ▶ Seeing the Light - Pramila Ma'am

'In order for the light to shine so brightly, the darkness must be present.' - Francis Bacon

Learners of Grade 2 had an exciting Entry Point on the Unit "Seeing the Light" on Wednesday, August 3, 2022. The class setup was changed into a dark room so that the learners could feel the absence of light and appreciate the darkness. They experienced how their eyes adapt to darkness. They performed various activities to understand the theme 'Light and Dark' of the unit. They compared different types of lights and their effectiveness to dispel the dark. Learners also did the treasure hunt and tried to sort out new vocabulary to enhance their learning of the unit. They were resilient, collaborators, adaptable, communicators, and thinkers during the activities. They realized the importance of light in our lives. In the end, the learners consolidated their experiences and drafted a journal of this interesting Entry Point.



## ► Plant more trees - Shreeti Ma'am

"Take a positive turn to give plants a nice return. Plant more trees!"

Deforestation is a growing global concern. Not only do we lose precious natural resources, but deforestation also contributes to global warming. Grade 3 learners emerged with concerns during the geography task when they found out about the cause of deforestation and how it has impacted the lives of all living things. To elaborate their understanding of deforestation effects in a more practical manner besides research projects, they came up with their own experiment ideas. Firstly, they made three types of land in a plastic bottle using the concept of 4 Rs. The first bottle is a land covered with soil without any plants or vegetation whereas the second bottle is the land where all the trees are cut down and only dead leaves are left over with few branches. The third bottle is the land where there are plants and leaves. This might look like such a simple experiment but it definitely shows the importance of having vegetation covering the soil. They loved this "hands-on" experiment!

This experiment showed the importance of afforestation. As soon as we rip out all of the natural resources, we pollute the groundwater, which later becomes harder and harder leading towards impurity of drinking water.



## ► इन्ट्री पोइन्ट - अन द मेनु by Uma ma'am

२०२२, ८ अगस्ट बिहीवारका दिन कक्षा ४ का विद्यार्थीहरूले आआफ्ना घरबाट पकाएर ल्याएका खानेकुराहरू एक अर्काबिच बाँडेर खाए । आइ.पी.सी. युनिट अन्तर्गत ह्वाट्स अन द मेनु ? शीर्षकको युनिटमा आधारित रहेर उनीहरूले आफ्नै कक्षामा इन्ट्री पोइन्ट गरेका हुन् । कोरोना महामारीको जोखिमका कारणले गर्दा उनीहरूलाई बाहिर कतै नलगेर कक्षामा नै इन्ट्री पोइन्ट गरिएको हो । ब्राह्मण/क्षत्री, नेवार, शेर्पा र माडवारी गरी चार समुदायका विद्यार्थीहरूले आआफ्ना समुदायमा पाक्ने मिठा मिठा खानेकुराहरू अभिभावकको सहयोगमा आफैले पकाएर ल्याएका थिए । उनीहरूले खीर, सेलरोटी, बारा, योमरी, समेबजी, लालमोहन, मःम जस्ता खानेकुराहरू ल्याएर एकअर्कासँग साटासाट गरी खाएका थिए । उनीहरूले खानेकुराका सामग्री, पकाउने तरिका र तयार पारेको अनुभव पनि बाँडेका थिए । उनीहरूले आआफ्नो समुदायमा खाइने प्रत्येक खानाको महत्त्वबारे विस्तृत जानकारी दिए । यसबाट उनीहरूले हामीले खाने कुनैपनि खानेकुरा हाम्रो टेबलसम्म आइपुग्नका लागि केके कुराहरू आवश्यक पर्ने रहेछन् र ती खानेकुरा पकाउनका लागि कति समय लाग्ने रहेछ भन्ने व्यवहारिक ज्ञान प्राप्त गरे । उक्त क्रियाकलापबाट विद्यार्थीहरू निकै उत्साहित र खुसी पनि भएका थिए ।



## ▶ SAARC Summit Newsletter - Jasmine Ma'am

The South Asian Association for Regional Cooperation (SAARC) is an economic and political organization of eight countries in South Asia. Sanskriti Model SAARC SUMMIT-2022 (SMSS) was held on Thursday from August 16-18, 2022 on the premises of Sanskriti International School. The theme was 'Deeper Integration for Peace and Prosperity (शान्ति र समृद्धिका लागि बलियो एकीकरण)'. The cooperation in SAARC is based on respect for the five principles of sovereign equality, territorial integrity, political independence, non-interference in internal affairs of the Member States, and mutual benefit. In the Sanskriti Model SAARC Summit, learners were resilient and worked hard for their program. Sanskriti Model SAARC summit was developed as a part of the national curriculum, integrated with international mindedness. The summit was conducted as an exercise in which everything was as close as possible to a real SAARC and helped learners to better grasp the essence of the summit. To understand and experience the importance of the SAARC summit, learners collaboratively integrated all the personal learning goals and SDG Goals required during the summit. All the learners of Grade 5 were involved and contributed toward this event. This was the first SAARC Summit held in Sanskriti International School by Grade 5. It was a great opportunity for the learners to learn about SAARC and their objectives and their collaboration for peace and prosperity in all SAARC countries. The learners were divided into groups from all eight SAARC countries. They researched, prepared reports, and were ready for the Summit. Teachers mentored all the learners through their learning journey. During the Summit the learners represented the various heads of state of the SAARC countries and put their individual concerns of their country in the summit. At last, declarations were made and future plans discussed. Overall the summit created an excellent opportunity for the learners to have a hands-on learning experience of SAARC, be confident, and resilient, and have excellent presentation skills which will further help them in the future.









## ► धूमधामको घुमघाम - Uma ma'am

यही मिति २०७९ साल भाद्र महिनाको १३ गते सोमबारका दिन संस्कृति इन्टरनेसनल स्कुलका कक्षा पाँचमा अध्ययनरत सम्पूर्ण विद्यार्थीहरू कमलमणि थिएटर, रातो बङ्गला स्कुलमा प्रदर्शन गरिएको; कनकमणि दीक्षितद्वारा रचित लोकप्रिय बालपुस्तक 'धूमधामको घुमघाम' मा आधारित नाटक हेर्न गएका थिए। यस विद्यालयमा उक्त बालपुस्तक 'धूमधामको घुमघाम' कक्षा पाँचमा अतिरिक्त पाठ्यपुस्तकका रूपमा राखिएको छ। विद्यार्थीहरूले उक्त नाटक हेरेर प्रत्यक्ष नाटकको रसास्वादन गरे। साथै, उनीहरूले आफूले पढ्नु पर्ने बालकथा शृङ्खलाको विषयवस्तु र कथाबारे पछिसम्म पनि नबिर्सने गरी जानकारी प्राप्त गरे। किताबको पानाबाट आफूलाई मन पर्ने पात्रहरू रङ्गमञ्चमा उत्रेको देख्दा विद्यार्थीहरूले असाध्यै रमाइलो मानेका थिए। भक्तप्रसाद भ्यागुताको नेपाल यात्राको अनुभव र अनुभूति भएको यस नाटकबाट विद्यार्थीले यात्रा र जीवन भो गाइ सम्बन्धी धेरै जानकारी प्राप्त गर्नुका साथसाथै लेखकलाई सामुन्ने देख्दा उनीहरू अत्यन्तै खुसी भएका थिए।



## ► Challenging Our Minds - Rita Ma'am

“Questions are the engines of intellect, the cerebral machines which convert energy to motion, and curiosity to controlled inquiry” - David Hackett Fischer

The Inter-House, Intra-Class Quiz Contest 2022 was successfully concluded on Tuesday, August 9, 2022, by Grade 6. The program started with a great level of enthusiasm among the participants. The contest grew more intense and challenging with the participants giving their best as the rounds progressed.

Cuboid house grabbed the Quiz Contest trophy with a whopping 170 points followed by Rhombus House, Prism House, and Ellipse House respectively.

All the house members created an environment of competitiveness and fair play. The Quiz Contest came to a grand closing, reinforcing resilience, communication, cooperation, and deep thinking in the learners.

While following the personal learning goals, our learners actively answered the given questions which left everyone staggered.



## ► इडिलस वादविवाद प्रतियोगिता Sarita Ma'am

मिति २०७९ भदौ २ गते कक्षा सातको सदन स्तरीय इडिलस वादविवाद प्रतियोगिता (भ्लनष्कज मभदवतभ अकउभतप्तप्यल) सम्पन्न भएको छ । समाजिक सञ्जालले राम्रो भन्दा हानि गर्छ, भन्ने शीर्षकमा विद्यालयको कार्यक्रम हलमा वादविवाद कार्यक्रम भएको हो। उक्त कार्यक्रममा चारजना विद्यार्थीहरूले विषयको पक्षबाट अर्थात् समाजिक सञ्जालले राम्रो गर्छ र चारजनाले विषयको विपक्षबाट अर्थात् सामाजिक सञ्जालले हानि गर्छ भन्दै आफ्नो गहकिला तर्कहरू प्रस्तुत गरेका थिए । पाठ्यपुस्तकमा पाइने वादविवादका शीर्षकभन्दा फरक विषयवस्तुलाई समेटिएको हुँदा वादविवादको शीर्षक अझ रोचक र नौलो बन्न पुगेको थियो। विद्यार्थी भाइ बहिनीहरूले विभिन्न खोज अनुसन्धान गरी तयार पारेका तर्कवितर्कले वादविवादको माहोललाई रनक्क तताएको थियो। फरक फरक विचार र दृष्टान्तबाट विषयलाई स्पष्ट पार्ने काम दुवै पक्षबाट भएको थियो । यद्यपि प्रतियोगिता भएकाले नतिजा सुनाउनै पर्ने थियो । तीनजना निर्णायकको आ-आफ्नै मूल्यांकनलाई जोडेर नतिजा निकाल्न निकै कठिन अवस्था आएको थियो । सबैको तर्क उत्तिकै चुस्तदुरुस्त मजबुत थिए। सामाजिक सञ्जालको नकारात्मक र सकारात्मक प्रभावको जानकारी गराउनुका साथै बौद्धिक बहस गर्न र फरक विचारहरू राख्न, तर्कहरू प्रस्तुत गर्न सिकाउनु कार्यक्रमको उद्देश्य रहेको थियो । सहभागी विद्यार्थीहरूको तर्क वितर्कलाई सुनेर निष्पक्ष निर्णय गर्न सहयोग पुर्याइदिनुहुने यसै विद्यालयका निर्णायकद्वय जब स्मृति पाण्डे ज्यू र पिकी तामाङ छिरिङ्लाज्यू लगायत अतिथि निर्णायक युयुत्शु आर. डी.शर्मा सरप्रति संस्कृति स्कूल आभार व्यक्त गर्दछ।



## ► Inter House Spelling Bee Contest - Smriti Ma'am

The Grade 8 Inter-house Spelling Bee contest was held on Thursday, August 11, 2022. Challenging their own intellectual abilities, two participants participated from each house. The contest was held in four rounds: Warm-up round, Word Craft, Medley, and Rapid Roar round. In the Warm-up round, every house got three words to spell following the Open, Spell, and Close (OSC) rule. In the second round, team members had to write as many words as possible out of scrambled words in 60 seconds. In the third round, learners had to answer the question within a minute by looking at the four pictures displayed on the screen. And in the Rapid Roar round the participants had to spell as many questions as possible in 60 seconds. The ceremony concluded with the certificate distribution where Ellipse House came first, then came Cuboid House, Rhombus House, and Prism House in the respective order. All in all the program was a huge success.



## ▶ Storytelling - Khusbu ma'am

"The purpose of a storyteller is not to tell you how to think, but to give you questions to think upon."— Brandon Sanderson

Stories teach us about ourselves, others, and life. It is a unique way for students to develop an understanding, respect, and appreciation for other cultures in a way that promotes a positive inclusive culture.

On Tuesday, August 16, 2022, the learners of grade 9 participated in the inter-house storytelling competition. The participants from different houses enthusiastically and creatively showcased their storytelling skills. Moreover, the learners who were chosen after a round of the selection process had rigorously rehearsed for the final day.



The participants had beautifully brushed their story delivery skills with gestures, intonation, and choice of words. Even the chief judge for the program Ms. Mangolika Chakraborty was impressed with the learner's confidence and creativity and encouraged them to continue working on it. The learners were resilient, adaptable and empathetic throughout the presentation.

Finally, the learners of Cuboid House- Nayan Jung Thapa and Riyanna Maharjan bagged their first position. Similarly, Nayan Jung Thapa was selected as the best storyteller. In a similar manner, Rhombus House stood in the second position, Prism the third, and Ellipse in the fourth position respectively.





## ► Inter House Speech Contest - Chandra Sir

SIS Inter-House Speech Competition for Grade 10 was successfully held on Aug 16, 2022 in the School's auditorium hall. Two competitors from each house participated in the competition. Competitors were selected through the pre-selection round in the class competition where almost all the learners from Grade 10 participated.



The cuboid house became successful standing in the first place while Prism house, Rhombus house, and Ellipse house stood in the second, third, and fourth place respectively.

Likewise, Suhi Shrestha from Cuboid house became the best speaker in the competition.

Principal, Ms. Timila Shrestha inspired all the participants along with other learners during her address that such competition was not only for the sake of competition but for the learning and experiences also.

The speech was evaluated by a panel of judges: Ms. Sangita Ghotane, Ms. Manisha Sada Lepcha, and Ms. Prerna Sarraf.

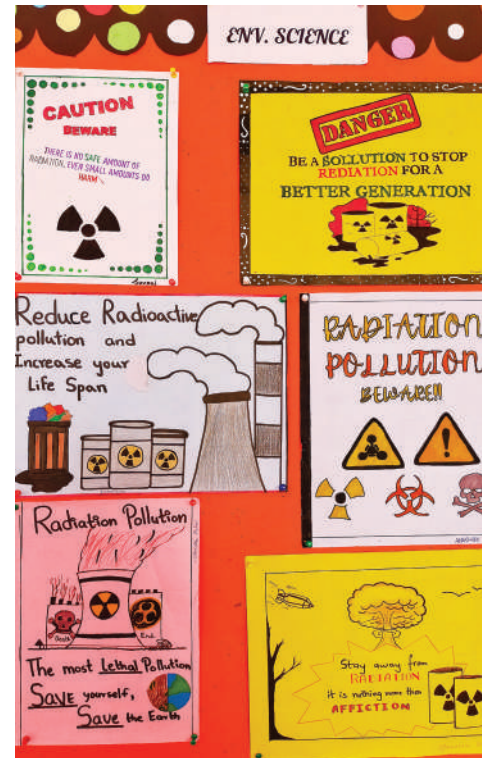
## ► Radiation Pollution - Anil Sir

“Tell me and I forget, teach me and I may remember, involve me and I learn.” – Benjamin Franklin

Radiation pollution, which increases the risk of cancer, tumors, and damage to many vital organs in humans, is one of the most serious and important issues of the twenty-first century. To create awareness regarding this matter, learners of grade 10 produced posters that illustrated the concept, causes, effects, and consequences of radiation pollution as a group project in their environmental science class.

In the project, they demonstrated how radiation contamination harms the environment, human health, and the environment. The learners also presented controlling measures of the same.

The learners were asked to carry out research on the internet and other references. Later, they were divided into groups and had group discussions along with group sharing. Finally, they concluded by making posters.



During the activity, the learners practiced the 4Cs of the 21st century - critical thinking, creativity, collaboration, and communication. It also provided an opportunity to know about radiation



## ▶ Reflecting on HOLC experiences - Dikahya Ma'am

Sanskriti International School is proud to announce that our learners are invited to become student keynote presenters at the International Curriculum Association (ICA) conference to be held virtually on October 20, 2022, along with Habeli Outdoor Education Center Director, Ms. Reshu Aryal Dhungana.

The pilot program run by Habeli Outdoor Learning Center and Sanskriti International School has been noticed globally as a highly relevant and impactful way to teach and learn and educators from around the world will be hearing from us (HOLC, SIS, and our students) to learn from and model this method.



The school, once again teamed up with Ms. Reshu to take our learners to reflect back on their outdoor learning experiences when they were in Grade 5. For the same, a group of 30 learners from Grade 8,9 and 10 were taken to revisit the Outdoor Learning experience on two different days and destinations. The learners re-explored and documented their insights on various aspects of outdoor learning like Math, Geography, weather and the elements, Sciences and Arts, Poetry and Species identifications, and a whole lot of natural learning. Almost all the learners were grateful while talking about how outdoor learning has helped them to shape themselves as internationally minded global citizens.

Learners were not only enjoying but also having meaningful conversations regarding the roads, Sisdol landfill, and KTM garbage problems, our natural heritages, and their connections with our present and future. Learners were exposed to the whole ecosystem of Kathmandu Valley from 2 different angles to internalize its challenges and also the importance of their engagement with the environment.

Few insights from learners:

“Outdoor learning built habits of resilience and consistency and opened up paths to being curious and creative, all of which are essential and are of immense help in our present learning.” Nitisha, Grade 10.

“Before HOLC visits, I had hated going outdoors and nature. I had thought that I didn't need to go outdoors and didn't want to because of the bugs. But now I am more inclined to participate in outdoor activities, whether planned by the school or with family and friends.” Mahina, Grade 9

“The outdoor learning experiences have helped me by giving me a fun experience and still gave me a lot of information. It gave me a good idea about soil erosion and the importance of mulching for soil. It gave me a good idea about climate change. Also, I remember when we went hiking, we got lost and didn't know where we were but I remembered what we were told if we did get lost, which was to stay calm, call for the guide, and slowly make our way to camp. Experiences like this could help me if I was in situations like that in the future.” Aaron Man Singh's Grade 8



With such insights, we feel motivated to deliver an innovative learning environment for our learners.

## ▶ Sanskriti International School welcomes Grade XI learners!

17th August 2022, Sanskriti International School welcomed the new learners for GRADE XI with new talents and new spirits. Everyone gathered in the reception and was taken to their respective classes. The school prioritized learners' comfort and ease for better education and a better future.



The first activity was the introduction. The learners introduced themselves and so did the teachers. The teachers and the learners were instantly bonded with various activities. The major highlight of the day "Treasure Hunt" was conducted and the learners were made to compete and find out all the clues given on their assigned chits. Following the start of the treasure hunt, all the learners were very excited and nervous too. They were all assigned with their seniors from grade XII who were assigned as 'buddies'. The treasure hunt was very lively and the learners got to know about their new college and school in a very entertaining way. It was quite an intriguingly convivial and creative way to bond and know their school well.

Although the learners were nervous about meeting new people and the new environment after they played treasure hunt it was exciting and interesting which made them close to all the seniors, friends, and teachers too. After the games, they went to their classes for orientation.

The learners were all very excited and looking forward to starting a new journey in Sanskriti.



The concept of creating buddies was very amazing and helpful as they would help them throughout the year. The orientations helped them choose subjects wisely and to decide what's good for their future.

All the learners were looking forward to making new friends and spending the year in joviality.

This ended the first day of welcoming GRADE XI learners. We wish them good luck in their upcoming journeys.

## ▶ *Greenfield School Interschool Basketball Tournament 2022*

The junior boys and senior girls' basketball teams participated in the Greenfield School Interschool Basketball Tournament held at Greenfield School in August. It was a good learning experience for our young junior boys playing competitive matches against other schools. The senior girl's performed well and reached the finals and after a close match with Kaasthamandap Vidhyalaya became runners-up.



► *In the process of transformation: Pedagogical Innovation. -Shreeti Ma'am*

An Educational workshop on “Pedagogical Innovation” was held in Rato Bangala School, Kathmandu Nepal, from 16th to 23rd August 2022. The workshop was facilitated by the Director of MASHAV Israel, Ms. Yudith Rosenthal.



The workshop aimed at providing new tools and knowledge on the implementation and development of Innovative Pedagogies to deepen professional expertise, eventually leading to improved student outcomes. It was a learning festival with 42 participants including Directors, Principals, and Teachers of various schools.

This 8-day long intense workshop opened various new horizons about where we, the educators are heading and how we are leading in our areas of expertise. We stretched from our comfort zone to take risks, thinking out of the box and aiming to transform, not change.

We also got an opportunity to work with a group of 16 learners from various schools during the workshop. The learners provided us with deep insights into their wants and wishes on how they would like to learn with transformation. It was a great learning experience for us to collaborate with these young minds to understand their perspective on learning.

Our sincere gratitude goes to our school Director Ms. Diptee Acharya for providing us with this platform to unlearn, learn and relearn. We are also grateful to our trainer, mentor, and role model, Ms. Yudith Rosenthal, the Embassy of Israel, and SSG for providing this learning space to collaborate and innovate.

The transformative journey has just begun!

## ▶ *Leader in Me (The 7 Habits of Highly Effective People) - Christina*

“You must be the change you wish to see in the world.”- Mahatma Gandhi

We all want to succeed. And one path to success is identifying the habits that can help us on our journey. With the mission to unleash the greatness of self-improvement, self-awareness, and transformation, the facilitators of ‘Leader in Me’ provided a reflective session based on the groundbreaking book ‘The 7 Habits of Highly Effective People’ by Stephen Covey. It is written on Covey's belief that the way we see the world is entirely based on our own perceptions. In order to change a given situation, we must change ourselves, and in order to change ourselves, we must be able to change our perceptions. The 3-days session focused on the inner need for developing personal effectiveness and growing healthy relationships with other people.

Educators of Sanskriti International School got an excellent opportunity to unfold and reveal their inner selves by changing their paradigms to change fundamentally. The session emphasized that it's our character that needs to be cultivated to achieve sustainable success, not our personality.

The 7 habits exercise showed the pathway to move from a state of dependence to independence, and finally to interdependence. The seven habits are as follows:

1. Be proactive
2. Begin with the end in mind
3. Put first things first
4. Think win/win
5. Seek to understand first, before making yourself understood
6. Learn to synergize
7. Sharpen the saw

The interactive and synergistic session has inspired a new wave of thinking about personal and professional growth. It highlighted an inside-out approach, which is the only way to sustain personal, team, and organizational development.

Private victories precede public victories. If we want to succeed with others, we must succeed first with ourselves. It is said that if we can apply and practice just one habit out of those 7 habits, we would be highly instrumental in transforming our character, attitude, and skill which will ultimately lead us to a successful life. The participants expressed that it was eye-opening and a great learning experience for all.

Our profound gratitude to Sanskriti International School and the mentors from ‘Leader in Me’ for enlightening us with the 7 habits of highly effective people.



## ► 2022 Annual IC3 Conference - Shromona ma'am

The 2022 Annual IC3 conference took place from 23rd to 25th August in Hyderabad, India. I had the privilege to be a part of this conference and represent Sanskriti International School. There were other schools like St. Xaviers, Ullens, and KISC participating from Nepal. The theme for this year's conference was 'Access'.

The Annual International Career & College Counseling (IC3) brings together Higher Education Representatives for a collaborative dialogue on issues that drive sustainable and inclusive counseling practices focused on student success.



It was an excellent opportunity for me to network and learn from leaders in the field of Higher Education. The conference had many sessions conducted by renowned speakers from all over the world. These sessions helped me dwell deeper into the "what and where to study?" questions and participate in a global dialogue on important issues such as access, affordability, and community engagement.

I am extremely grateful to the IC3 Leadership Committee for providing me this opportunity to be a part of the IC3 Conference and also to the Sanskriti Leadership Team for always encouraging and supporting us in our endeavors.

## ► Importance of Feedback - Manisha Ma'am

Friday, August 26, 2022, 9 a.m. to 4 p.m. Teachers' Professional Development Workshop. Carried out by Dr. Bernadette Anand at Premier International School.

Focusing on Classroom observation and feedback was the main topic.

Dr. Bernadette provided a thorough explanation of the Five Standards of Authentic Instruction there, She added that a thorough approach to teaching and learning that helps students acquire the knowledge, skills, and competencies they need to thrive in the twenty-first century should incorporate professional development as a major element. In order to give instructors a unified framework that supports them across the whole professional continuum, professional learning should be tied to their experiences during preparation and induction as well as to teaching standards and evaluation. It should also act as a stepping stone for leadership opportunities in order to provide a holistic system centered on the development and improvement of teachers.



## ► Healing

As human beings, we are all unique in our own ways and we have our own ways of dealing with situations. Some are expressive and some bottle up within themselves. While we all put efforts to stand strong no matter what the situation, we all seek support of some kind at some point.

To help us destress, understand ourselves, and help ourselves and others in return, the school organized an Introductory Session on Pranic Healing, which was held at school led by Ms. Preeti Agrawal, a Pranic Healing Instructor, and Counselor, on Sunday, August 28, 2022.



Pranic Healing is a highly developed and tested system of energy treatment that uses PRANA to balance, harmonize and transform the body's energy processes. Further practice of this technique helps us to understand the science of energy, the aura, and the limitless power of the human body to heal itself.



The well-being of all the staff members is considered a critical component to maintain a healthy working environment at Sanskriti International School. Therefore, by providing a platform to help staff members take care of themselves, the School Senior Leadership team is always in a take out for initiatives to ensure that all of us make improvements in our performances, not just in our professional life but improve in our personal life as well.



It was an exceptional opportunity for all staff members to be a part of the session, where they learned the basics of Pranic Healing, forgiveness, and meditation. Gratitude to the School Management team for taking such a wonderful initiative for the well-being of all and Ms. Preeti Agrawal and Mr. Rachit Agrawal for sharing their time and valuable insights about Pranic Healing.



# THANK YOU

and hope you enjoyed reading!



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