

The Communique

www.pavnaintlschool.com | info@pavnaintlschool.com



पवना
INTERNATIONAL
SCHOOL

Cambridge Assessment
International Education
Cambridge International School



FUN UNDER THE SUN

EMBRACING THE SUN'S WARMTH



SCAN & WATCH

Embracing the sun's warmth outdoors brings a touch of magic to each moment. Nature, our expansive playground, opens up endless possibilities for engaging game activities.

In today's digital age where children are often engrossed in screens, providing opportunities for them to engage in physical activities and explore the outdoors is of utmost importance. At Pavna International School, we prioritise the social and physical skills development, as well as the overall well-being of the child.

Through a strong collaboration between parents and teachers, we proudly entered the Champions' arena with the "Fun under the Sun" event, hosted at the picturesque PIS school grounds. This joyful occasion united primary students, enthusiastic parent volunteers, dedicated teachers, and staff in a celebration of learning and play.

Parents and coordinators prepared child-friendly games for each category, carefully considering the students' skills and capabilities to ensure success in the specially prepared games. All students became winners as they were emerged as winners as they were certificates and received certificates and gifts at the end of the event. The primary aim was to develop the students' self-esteem and instill the notion that the games are for fun, emphasizing the joy of participation rather than the focus on winning.

It was truly a "Fun under the Sun" day for all the students, parent volunteers, teachers, and staff, where the central focus was on fostering joy, teamwork and the spirit of play amidst nature.





Aarti Nigam - Principal

One of life's greatest pleasures lies in watching a plant grow- from seed to seedling, to green branch to bough, to flower to fruit.

A futuristic school that PIS is, this abode of learning is synonymous with breeding civilisation, teaching and mentoring the students for their overall development.

It's a privilege to witness the vibrant growth and intellectual curiosity flourishing within our walls. Each day, we embark on a journey that extends beyond conventional education, shaping resilient and curious minds ready to navigate the complexities of our ever-evolving world.

The infusion of technology into our educational framework is carefully designed, not just to equip students with digital skills but also to cultivate innovative thinking. Our commitment extends beyond textbooks to immersive hands-on experience, fueling creativity and critical skills through engaging projects.

Our institute offers an opportunity for continuous professional development of the faculty, so that 21st century skills permeate into the curriculum and are transmitted to the students as well.

PIS goes beyond mere boarding; it's a vibrant community fostering academic and social development. Modern cozy rooms inspire dedicated study and personal growth. The fun-filled entertainment zone brings joy, creating an ideal environment for relaxation and social connections. With extended study hours and mentorship initiatives, we ensure a gratifying academic journey

"Fun Under the Sun" event for primary kids beautifully intertwined moments of laughter, games, and creative expressions. Beyond fostering a love for exploration, it struck a personal chord with me as it embedded essential values of teamwork, leadership and confidence in our young learners.

As we rejoice in the festivities, I extend warm and heartfelt wishes to the entire school community— Merry Christmas and a Happy New Year!



Stephen Sibthorpe - Director Of Academics

Greetings Parents,
I thought I would focus on 'anxiety in children' for this particular edition.

Research is always being conducted these days on the effects of mindfulness... especially for children, and the idea of the potential importance of children becoming more aware of their feelings and thoughts. This links to meta-cognition of course, and teachers are always thinking about what might be going on in the mind of adolescents as they teach them. However, a child or adolescent might not realise that any negative feelings they have might 'go away' or might be altered or reduced. Children can realise that they don't have to be defined by anxious thoughts. The child's realisation that they can think about their thoughts, at certain ages, and potentially keep their thoughts in some sort of perspective, can help reduce anxiety.

Through simple and short mindfulness training sessions, children can be reoriented towards more positive thinking in general. This might encourage them to develop coping strategies for situations that trigger strong emotions. Adolescence, for

example, can be a difficult time for children, but it's also a time to make very strong memories. Memories with strong emotional components tend to be remembered better, but awareness and control of those emotions can certainly reduce any anxiety surrounding them.

This is only one positive aspect of being mindful, and encouraging mindfulness in schools.



Christopher M. Edmunds - Head Of Secondary

In the dynamic landscape of education, the teacher stands out as the single most crucial factor shaping a child's learning journey and overall development. Recognising this paramount role, Pavna International School's secondary teachers are actively engaging in a series of professional development workshops. These sessions are meticulously designed to equip educators with cutting-edge, research-based pedagogical skills, ensuring they stay ahead in fostering optimal student growth.

At PIS, we understand that a teacher's influence extends far beyond the classroom, shaping not only academic achievements but also character and critical thinking abilities. By investing in ongoing training and development, our educators are dedicated to creating an enriching environment where students can thrive. With this commitment to excellence, Pavna International School ensures that every child's educational experience is nurtured by educators who are not just teaching, but inspiring, making learning happen, and transforming lives.



Nupur Sinha - Head Of Primary

Growing Together PIS Learning Path

"The beautiful thing about learning is that no one can take it away from you."

- B.B.King-singer & songwriter

The New Educational Policy 2020 highlights as one of its fundamental principles the professional development (PD) of teachers and faculty at the heart of the learning process. We, at PIS, truly believe that our strongest pillar is the team of dedicated teachers committed to continuous growth and learning.

Keeping the above in mind, we undertook different PD sessions. The culture of questioning focused on sparking curiosity amongst children through various techniques during teaching. This session, led by me, had the teachers discussing different routines that could make the questions interesting and challenging for the students. Our school places strong emphasis on creating a culture of collaboration through professional development initiatives. A peer assessment session on lesson planning and its important elements made the teachers delve into how they can further improve their planning to align with the learning objectives, outcomes keeping the Cambridge attributes in mind.

The team game conducted by the Physical Education department and the session of sharing good practices provided a platform for teachers to share wonderful ways in which they work in their classrooms. The teachers

also underwent an experiential learning session on understanding 'Design and Technology'. Some of our teachers also attended the Apple Training held at New Delhi. The Early years teachers were part of the webinar on Digital Assessments in classrooms conducted by Cambridge University Press and Assessment. The Director Academics took sessions on Visualisation Techniques, Fire Evacuation Process and Team building. Ensuring our teaching staff remains abreast of pedagogical advancements, curriculum changes, and education-focused technology is imperative. Professional development serves as the catalyst for this ongoing transformation.

Professional Development Takeaways

Professional development programmes ordained in school, enable teachers to expand their knowledge base in different subject areas. The more professional development a teacher undergoes, the more knowledge and industry insight he or she gains.

Oftentimes we tend to become burdened by the grind of teaching. Professional development programmes undertaken by PIS gives an opportunity to educators to step out of their routine — they get to be the student instead of the teacher. This keeps us engaged because we feel like receiving the professional help we need, to be better teachers. After all, professional development nurtures the talents of teachers who aspire to take on educational leadership positions, and teachers must learn from other experienced leaders to become effective future leaders themselves.

Implementing professional education development has benefits for both teachers and students, but most importantly, it helps us, teachers, to become better educators.

- SHABANA HALEEM
(Global Perspectives Teacher)

Professional development at Pavna International School fosters teachers' growth and effectiveness. These sessions enhance teaching skills, deepen subject expertise, and introduce innovative methodologies. In the dynamic realm of educational technology, ongoing training ensures proficiency in digital tools.

As an educator, I've learned to cultivate a positive learning environment, manage behavior, and tackle classroom challenges. This commitment to professional development models lifelong learning, crucial for optimal education. It is essential for teachers to refine skills, stay current, and contribute to the overall success of the education system.

- RASHMI UPADHYAYA
(HRT - STAGE 1)



VARDAN AGRAWAL

STAGE 10

A Son's Palindrome

In the heart of autumn's tender grace,
Her eyes, like leaves, in a gentle embrace.
Her hands adorned by henna's trace,
As autumn's patterns interlace.

A Karva Chauth's moon in close embrace,
Her radiant face, a soft, warm space.
Where her beauty outshines the moon's chase,
In this world, a special place.

Pumpkins' eyes in the Halloween's race,
In dreams, his steadfast, unwavering grace.
His eyes cool as an autumn's breeze pace,
A gleam that time can't efface.

Every due, we sing their praise,
Through life's labyrinthian maze.
Their love, a beacon shining bright,
In winter's cold, a guiding light.

Light's a guiding in winter's cold,
In bright shining, a beacon of love they hold.
Maze labyrinthian, life's through,
Praise their singing, every dew.

Music Achievements

The assembly focused on 'Music Achievements,' highlighting its emotional, motivational aspects, and its ability to evoke special memories. The event commenced with enchanting musical performances, including the song 'Hello Hello, It's good to see you,' followed by a captivating 'Band Performance' featuring instrument cut-outs. Insights about the power of music were shared. A lively 'Rhythm Challenge performance,' showcased the ability of learners to clap, tap, and snap in synchronization. A fusion of rhymes was presented by the students with the help of ukulele. The assembly concluded with a heartfelt song to express gratitude for music.

Stage 7 Assembly

An assembly was presented on the occasion of Gandhi Jayanti and Lal Bahadur Shastri Jayanti. Children participated in the assembly with great enthusiasm and expressed their views on both leaders' brief life history and their praiseworthy life. Simple living and high thinking they left behind a string of quotes and slogans. They also got an opportunity to explore the relevance of their ideas in today's challenge.

Dussehra Assembly

Secondary students organized an assembly celebrating Dussehra, where they highlighted the festival's vibrant spirit. The program included a musical performance, an interactive quiz, and a visually captivating video about unknown facts of Dussehra. The event aimed to foster cultural understanding and strengthen community bonds.

World Cities Day

In the spirit of global unity 'World Cities Day' was celebrated with a vibrant assembly that brought students, teachers, and staff together to explore the beauty, challenges, and innovations of urban life. The theme for this year's World Cities Day was "Financing sustainable urban future for all".

ASSEMBLY INSIGHTS

Halloween Assembly

Stage 6 captivated the Halloween assembly, showcasing creativity and enthusiasm. The assembly was led with spooky music, engaging everyone with animated narration of the history of Halloween day. The meticulously planned presentation and questions brought joyful scares. The following day's treat-or-trick session, featuring candies galore, added a sweet touch to the spooky festivities, leaving everyone thrilled and sugared up!

Diwali Assembly

The assembly was a lively celebration of tradition and joy, promoting an eco-friendly Diwali without firecrackers. Students, dressed in colorful costumes, performed to upbeat music, showcasing the festive spirit. They displayed their talents through rhythmic clapping, traditional dances, and beautiful songs. The assembly also included an interesting video and a fun quiz, making it an enjoyable and educational experience.

World Television Day

The assembly covered the theme 'Accessibility.' The history of World Television Day and its significance was highlighted with the help of a presentation. A video clipping was presented to depict the transformation of television over the century. Interactive question sessions about tele-electronic gadgets and the tele-marketing media process added vibrancy to the assembly, which centered around the theme of 'Accessibility.'

Good Touch and Bad Touch

Students from stage 2 conducted an assembly on 'Good Touch and Bad Touch'. They were very excited to explain what good touch and bad touch is and also what can be done when we come across it.

Health is Wealth

The assembly emphasized information about good health, healthy diet and their benefits. 5 "W" plan and different ways to keep ourselves healthy was explained. Students learned a lot about good health. Many open-ended questions were asked in which students showed their interest and answered them very well. The assembly ended with the message that everyone should do regular physical activity for a better future.

International Day Of Banks

An assembly was conducted on International Day of Banks. It commenced with a short song on banking. The assembly emphasized on the role of banks in day to day working. The students were also informed about various frauds and spams related to banking and precautions that should be taken while doing online transactions. There was an open discussion on banking where students asked their queries related to banking services.

English Assembly

Effective English skills help to gain confidence, enhance the personality and also to meet the career goals. To focus on these aspects and to showcase the skills the students had acquired so far, the assembly was conducted with the theme "Celebration of English Work". Students recited self-composed English poems, narrated the story of "Gingerbread Man" and enacted a skit based on the story "The Monkeys & the Capseller". Some interesting facts about the language were also shared. The students showcased their learning skills with correct pronunciation and fluency. Along with that the theme of 'International Day for the people with Disabilities' was shared with the help of a short movie clip.

Christmas Assembly




The Christmas assembly illuminated the essence of "Christ mass," emphasizing joy, peace, and faith. Students portrayed the transformation of emotions, emphasizing that Christmas is about intangible gifts like love and joy.

INTER HOUSE COMPETITIONS - RESULTS

*"Competition is always a good thing. It forces us to do our best.
A monopoly renders people complacent and satisfied with mediocrity."*

Tribal Masking Making Competition (Primary)

The competition aimed to instill in children an appreciation for the tradition and artistry of mask making.

-  First position
Malachite House
-  Second position
Emerald House
-  Third position
Sapphire House

Mandala Art Competition (Secondary)

Theme of the competition was 'Spiritualism or Erudition of geometric symbols'.

-  First Position
Garnet House and Sapphire House
-  Second Position
Malachite House
-  Third Position
Emerald House

Inter-house English Poem Recitation Competition (Primary)



The event unfolded as a celebration of poetic expression, where young talents from various houses poured their hearts into reciting verses that resonated with depth and creativity. In every recitation, a world unfolds - a world of emotions, stories, and the transformative power of poetry.

-  First Position
Malachite House
-  Second Position
Sapphire House
-  Third Position
Emerald House

Inter-house Vocabulary Competition (Primary)

The Primary Inter-house Vocabulary Competition was a linguistic extravaganza, leaving an indelible mark on participants and attendees. The event celebrated linguistic brilliance within our school community.

-  First Position
Sapphire House

-  Second Position
Garnet House and Malachite House
-  Third Position
Emerald House

Inter-house Rangoli Competition (Secondary)

Rangoli Competition showcased a blend of tradition and creativity. It showcased a vibrant display with dedication to artistic expression. With each Rangoli, a story unfolded - a tale of colors, traditions, and shared creativity.

-  First Position
Sapphire House
-  Second Position
Malachite House
-  Third Position
Emerald House




Inter- House Hindi Recitation Competition (Primary)

The Primary Inter House Hindi Recitation Competition, centered around the theme "What I Want to Become When I Grow Up". The competition not only highlighted linguistic prowess but also inspired students to dream ambitiously about their future aspirations.

-  First position
Malachite House
-  Second position
Emerald House
-  Third position
Sapphire House

Inter House Self Composed Poem Competition (Secondary)

The Inter House Poem Competition showcased the poetic talents of students. The event celebrated the rhythmic symphony of words and the imaginative spirit of our secondary students.

-  First Position
Garnet House
-  Second Position
Sapphire House and Emerald House
-  Third Position
Malachite House

WELCOME TO THE CLASSROOM - DESIGN AND TECHNOLOGY



Pavna International School strives to harness children's inherent curiosity and passion for innovation. Our goal at Design & Technology is to nurture their abilities, equipping them to navigate an ever-evolving world. We encourage independence, creative problem-solving, and teamwork, fostering

individual growth and collaborative thinking. Through the iterative process of Design and Technology, children have diverse ideas, learn from their mistakes, enhance their designs, and ultimately select the most fitting solutions, all within the framework of the design thinking cycle.



DIGITAL FABRICATION USING 3D PRINTER

WRESTLING ROBOT USING EV3 KIT

Exploring Design and Technology empowers children to integrate hands-on skills with a comprehension of aesthetics, societal and environmental considerations, functionality, and industry insights. This comprehensive approach enables them to contemplate and assess historical and contemporary ideas and technologies, understanding their uses and impact. We embrace dynamic approach, supporting and challenging children through ongoing assessments, adapting our plans accordingly.

Design and Technology offers students the opportunity to embody our school values by fostering collaboration, idea-sharing, and

perseverance, mirroring the traditional practices of designers. It's an inspiring, rigorous, and hands-on subject, demanding creativity, resourcefulness, imagination, critical thinking, and an innovative mindset. Kids tackle real-world challenges, applying knowledge from various subjects like Science, Arts, Mathematics, and Computing. The cross-curricular nature encourages risk-taking, reflection, innovation, entrepreneurship, and resilience. Acquiring these skills equips students for future success. Learning about the contributions of designers throughout history imparts the understanding of how inventors shape our world, inspiring students to continue this legacy.

Key objectives

- 1) Products are made to solve real-world problems.
- 2) It's essential to guarantee individuality in the design and construction of products for children.
- 3) More emphasis is given on creating 'innovative' products.
- 4) Highlighting the significance of continual adaptations and enhancements throughout the creation process.
- 5) Testing the prototype with users and working on it again depending upon the feedback.
- 6) Going through the process of making a product from scratch.



Design and Technology contains a vast number of domains like Design based prototype, Electronics & Circuits, Digital fabrication, Creative coding, Artificial intelligence and Internet of things and it is envisioned to cover 3 domains per year. Design and Technology projects are thematic and cross curricular and ensure progression through the key stage. Health, hygiene and safety play a vital role in ensuring all children are aware of the hazards involved when embarking on a project.

SHOUT OUTS BY STUDENTS

NANDINI - STAGE 6

My journey in Design and Technology has been incredibly rewarding. We've delved into diverse areas, from constructing with Lego and coding to creating circuits, and my personal favorite, exploring the possibilities of the 3D pen. Currently, I'm crafting a ukulele, a fascinating project. I look forward to continuing our exploration and crafting more impressive projects in the future.

SAANVI - STAGE 9

The synergy between Design and Technology captivates us with its transformative potential, seamlessly blending creativity and innovation to turn ideas into impactful solutions. The dynamic interplay of aesthetics and functionality keeps our exploration in this realm endlessly interesting. Presently, we delve into digital fabrication, leveraging 3D printing to bring our imaginative concepts to life in tangible products.

DARSH - STAGE 9

Design and Technology stands as my favorite subject, providing a wealth of knowledge on interactive 3D printing and allowing us to bring forth numerous creative designs. This discipline not only fosters a strong connection to the real world but also serves as a profound source of inspiration, motivating me to contribute to the community for its betterment.

THE MENTOR

Pavneet kaur, an engineer with an ample amount of teaching experience, currently serves as the "Head of Design & Technology" at Pavna International school. Her expertise lies in curriculum development and creating dynamic learning environments, she has actively transformed traditional teaching methods by imparting 21st-century skills. Additionally, she has conducted training sessions for educators in multiple schools across the northern region and motivated them to bring the required change in their education system. She has actively collaborated with Harvard University's esteemed "Soft Robotics Program" and has contributed to the publication of numerous research papers.



THAT'S HOW WE LEARN AND GROW, TOGETHER!



AEROBICS

SOCIALISING

FUN IN THE SUN

FREE DRAWING

DIWALI CELEBRATION

SHAPE DODGING

ART & CRAFT

PEBBLE PAINTING

WORLD AROUND US

INTRA-CLASS LEARNING

FESTIVE PREPARATIONS

WAO Podium where every learner is a celebrity!!!

Embarking on a captivating journey, students from stages 3 to 12 are exploring an innovative approach designed to foster active participation, enriched learning, and remarkable achievements. And this is happening through a series of Drama In Education and Theatre In Education workshops.

This unique initiative allows students to explore their own identities, and get their very own professionally curated web pages.

The mastery of these skills is manifested through tangible outcomes. For instance, in the realm of creative writing, students embark on the exhilarating journey of an author. They craft their self-authored storybooks, which are digitally published. Additionally, selected students have the opportunity to channel their narratives into captivating podcasts or videos, bringing their stories to life in an innovative manner.



PUBLIC SPEAKING WORKSHOP

READER'S BLOG



ASHISH VARSHNEY

F/o ANIKA & AARNAV VARSHNEY

I wanted to take a moment to express my appreciation for the fantastic newsletter you consistently provide to our school community. As a parent, I find the content both informative and engaging, and I believe it plays a crucial role in keeping us connected and involved in our children's education.

One aspect that stands out to me is the variety of topics covered in each edition. From updates on school events and important dates to insightful articles on education, your team does an

excellent job of catering to the diverse needs and interests of parents. The inclusion of student spotlights and achievements adds a personal touch that fosters a sense of pride within the community.

I particularly appreciate the clarity and organization of the newsletter. The layout is visually appealing, making it easy to navigate and locate specific information quickly. The use of images and graphics enhances the overall readability and adds a touch of creativity.

HOSTEL LIFE UNWRAPPED



HARSHIL JAIN

HOSTELLER - STAGE 8

Harshil Jain here from Stage 8, reflecting on my boarding journey at PIS. I've come a long way from being dependent on my parents. Starting as someone new to the boarding experience, I've found my stride and become more independent.

Engaging in exercises, running, and sports has transformed not only my physical appearance but also boosted my strength. The entertainment zone adds a delightful touch to my boarding experience. Boarding at PIS is more than just studies; it's a journey filled with vibrant experiences.



PRIYANSHI AGARWAL

HOSTELLER - STAGE 9

Hostel life has turned into an amazing adventure for me. Mornings kick off with a refreshing routine. Evenings bring out the gamer in me during fun gaming sessions. Returning to the hostel around 5:00 PM, the evening is all about a cozy chill session. I then dive into lessons and enjoy a delightful dinner. Finally, I hit the sack for a well-deserved rest. Hostel life, with its entertainment zone, has truly become a personalized and memorable journey for me.



Friendship Kaleidoscope: A Spectrum of Bond

In our kaleidoscope of friendship, each colour plays a unique role. Trust (Blue) is the sturdy foundation that holds us up through thick and thin. It's the unwavering belief that we have each other's backs, no matter what.

Laughter (Yellow) is the sparkling sunshine that brightens our days. It's the inside jokes, the contagious giggles, and the moments that make our hearts light up with joy. It's the glue that keeps us connected in times of happiness.

Support (Green) is the strong branch of a tree, always there to lean on. It's the encouragement, the lending of a helping hand, and the listening ear when a friend needs to pour their heart out. Like water and sunlight for a plant, support helps us grow tall and strong.

Understanding (Purple) is the empathy that lets us step into each other's shoes. It's the willingness to see things from a different perspective, to validate each other's feelings, and to truly care about what matters to our friends. It's the bridge that deepens our connection and strengthens our bonds.

As we turn the kaleidoscope of friendship, these colours dance and blend, creating a tapestry that's uniquely ours. Let's cherish the beauty of our kaleidoscope, celebrating the wonderful friends who paint our lives with these vivid colours.

HOMEWORK HIGHLIGHTS



ANIKA VARSHNEY

STAGE 10

The diverse range of tasks not only deepened my subject understanding but also honed crucial skills like time management and effective study strategies. Each assignment serves as a stepping stone, gradually building the foundation needed to approach IGCSE exams.



JAHANVI GARG

STAGE 4

I enjoy doing home learning tasks as they help me to explore and create innovative things. On one hand it helps us to revise the content taught and on the other hand it helps to grasp the new concepts easily.



KAVISH SINGHAL

STAGE 5

I do my homework regularly and sincerely as I feel it is a tool that helps me in developing my learning skills and recapitulating the concepts taught in the class. I enjoy doing the tasks given for home learning as my teacher gives interesting things to do.

**PRACHI MAHESHWARI**

ACCOUNTS & BST. TEACHER

Empowering Young Minds**Building a Brighter Future for India!**

India's future is akin to a grand puzzle, and guess who possesses the key? It's the vibrant and brilliant minds of our school! At this very moment, there are many of you, brimming with energy and potential, poised to achieve remarkable feats. India stands at the threshold of immense opportunity, with numerous young talents like you, and it's gaining strength with each passing year.

Currently, our country is enjoying what we term a 'demographic dividend', like having a large team of helpers. However, it also presents a challenge - ensuring everyone has access to good jobs. Some individuals hold degrees, yet they are still in search of the right opportunity. This is where exceptional individuals step in - they are like heroes who create jobs for others. We can refer to them as our 'job champions'!

Just imagine: you could be one of those job champions in the future! You have the power to create avenues for others and be an integral part of this exhilarating journey. It's not just about finding a job; it's about helping others discover their path to success.

Within your bright minds lies an abundance of potential and creativity, waiting to be unleashed. By sharing even a fraction of your knowledge, you can make a tremendous difference in someone's life. And here's the beautiful part - this positive energy ripples beyond, touching the lives of your family, friends, and our entire school community.

So, always remember, you have the potential to be a true hero! You hold the power to shape a brighter future not just for yourself, but for everyone around you. Isn't that an exhilarating journey to be a part of? Your mind is a powerhouse of energy and untapped potential. With your skills, knowledge, and creative spirit, you can make a positive impact on the lives of others.

Bits & Bytes**GARIMA GOSWAMI**

CHEMISTRY TEACHER

Nurturing Emotional and Ethical Maturity in Our Students

In the fast-paced world of education, our responsibility extends beyond imparting academic knowledge. It's crucial to foster emotional and ethical maturity in our students, laying the foundation for their holistic development. Emotional maturity equips students with the resilience to navigate life's challenges. By cultivating self-awareness, we empower them to recognize and manage their emotions effectively. This skill not only enhances their interpersonal relationships but also fosters a positive learning environment.

Ethical maturity, on the other hand, instigates a sense of responsibility and integrity. As educators, we play a pivotal role in guiding students towards making ethical decisions. Encouraging open discussions about moral dilemmas and ethical considerations helps them develop a strong moral compass.

In today's interconnected world, the significance of emotional and ethical maturity cannot be overstated. These qualities not only contribute to personal well-being but also shape responsible global citizens. Let's continue to create an inclusive educational environment that nurtures not only academic excellence but also the emotional and ethical growth of our students, preparing them to face the complexities of the world with confidence and integrity.

**SOUMYADEEP BANERJEE**

DANCE TEACHER

**Breaking Boundaries:
Dance Transcends Gender**

In the vibrant world of dance, a powerful revolution is unfolding - the breaking down of gender barriers. In today's dance landscape, the notion of gender is no longer a restrictive factor but a dynamic element that adds depth to our art.

Traditionally, dance forms were often associated with specific genders, imposing limitations on self-expression. However, contemporary dance has become a realm where fluidity and diversity thrive. Now, these days, we witness a beautiful spectrum of movement where anyone can embrace any style, irrespective of gender norms.

In our dance studio, we celebrate the freedom of expression, encouraging our students to explore a wide range of movements without conforming to predefined gender roles. The dance floor becomes a space where individuals express their true selves, breaking away from societal expectations.

As a dance teacher, witnessing this shift is immensely rewarding. Our dancers are not just performers; they are ambassadors of change, challenging stereotypes and reshaping perceptions. In a world where inclusivity is paramount, dance becomes a universal language that unites, empowers, and uplifts.

Let's continue embracing the evolution of dance, where gender is not a matter, but a beautiful mosaic that enhances the richness of our art. Dance liberates, transcends, and knows no bounds.



BAVANI C.

HRT - STAGE 6

"The Wonderful Benefits of Yoga for Primary School Students"

Yoga isn't just for grown-ups; it's an incredible practice for children too! As primary school students, the benefits of yoga extend beyond the physical. Incorporating yoga into their routine offers a range of advantages that support their holistic development.

Firstly, yoga helps enhance flexibility and balance in young bodies. Through gentle stretches and poses, children can improve their body awareness and coordination. These exercises, often designed playfully, make fitness fun and engaging. Moreover, yoga promotes mindfulness and relaxation. Breathing exercises and moments of stillness encourage kids to focus on their breath, calming their minds amid the whirlwind of school activities. This practice instills valuable techniques for managing stress and emotions, fostering a sense of inner peace.

Yoga also cultivates better concentration and attention. The focus required to hold a pose or follow a sequence helps children build concentration skills, benefiting their learning abilities in the classroom. Beyond the physical and mental aspects, yoga nurtures social skills. When practiced in groups or classes, children learn cooperation, respect for others, and teamwork. They support and encourage one another, fostering a sense of camaraderie and inclusivity.

In essence, introducing yoga to primary students offers a holistic approach to their well-being. It intertwines physical fitness with mental tranquility and social growth, providing them with tools that extend far beyond the yoga mat. By integrating yoga into their lives, children not only embrace a healthy lifestyle but also develop crucial life skills that will serve them well into the future.

Positivity Fiesta

Step into the vibrant world of positive thinking, where every thought is a brushstroke on the canvas of your life, creating a masterpiece of joy and fulfillment. Imagine stress taking a backseat, the blues becoming a rarity, and your mental state transforming into a daily dose of sunshine. But hold on, there's an encore! Positive thinking throws a wellness fiesta, not only boosting your immune system but also making chronic illnesses RSVP 'No' to your life. Bouncing back from setbacks becomes your signature superhero move, turning challenges into stepping stones on your journey to greatness.

But here's the social twist—positivity is contagious. Your friends won't just be your buddies; they'll be your entourage of good vibes and lasting connections. Ready for the grand entrance into the world of positivity? Dive into a daily pool of gratitude, flip negative thoughts like a seasoned acrobat, surround yourself with a crew of positivity influencers who'd give the Avengers a run for their money, and set goals that feel like personal victories.

Get ready for the joy ride of your life—positive thinking is your backstage pass to a future that's not just brighter but more dazzling and extraordinary than you ever imagined!



SAANVI AGRAWAL

STAGE - 9



MISTHI JAIN

STAGE - 9

Dance: "A Universal Symphony of Joy and Connection"

Dancing, for me, is an immediate happiness boost. There's something magical about moving to the rhythm, spreading good vibes, and I've never seen anyone frowning on the dance floor—it's all about having a blast.

Dance is a global fusion of cultures, expressing stories through rhythm. Beyond being a workout, it celebrates diversity, promotes heart health, flexibility, and muscle strength. It's a joyous bridge connecting cultures and a powerful form of self-expression. Join me in celebrating the beauty and diversity that dance brings to our lives.

Revolutionizing Space Travel

As technology advances, the future of space travel will have a tremendous upheaval. While traditional rockets have been a staple for astronauts and scientists all over the world, the introduction of light speed technology as a viable vehicle is destined to change the way we think about our universe. Light speed has various benefits over traditional rockets, including increased precision, faster delivery, and the ability to engage planets from larger distances without having the need to slow down. As a result, in future space operations, light speed is increasingly being considered as a replacement for conventional rockets.



JAYANT BAJAJ

STAGE - 8

"SUSTAINABLE LIVING"

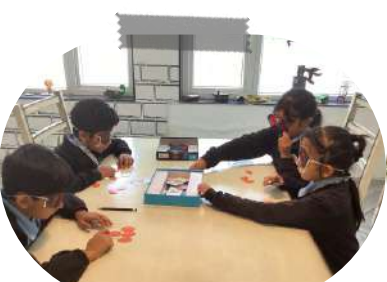
MAKE THIS EARTH, OUR HOME

Our "LIVING STANDARDS" mark a huge impact on nature. Let's take a step for "A BIG CHANGE"



SCAN & WATCH

Creativity Galore...



The Editorial Board

Student Editors

Vardan Agrawal
Anika Varshney

Faculty Editors

Kawal Narang
Dr. Garima Goswami
Manisha Sharma
Chitra Gupta
Michael Yadav

Send articles at
newsletter@pavnaintlschool.com