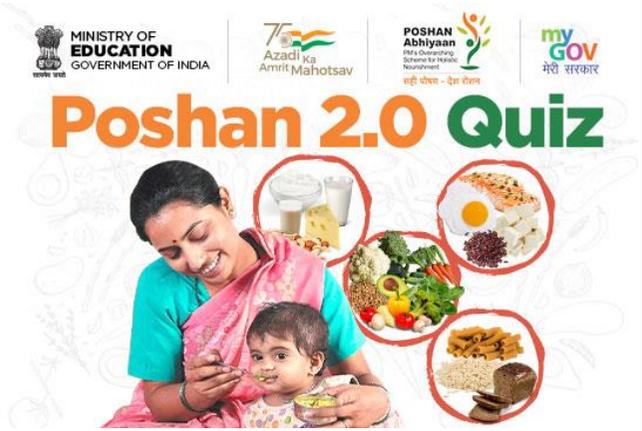


Kothari International School
Grades 4 & 5 Session 2021-22

DATE/MONTH	EVENT	GRADE	FEEDBACK	PHOTOGRAPHS
SEPTEMBER	POSHAN E-QUIZ	4&5	<p>Poshan Abhiyaan (National Nutrition Mission)was launched by the Hon’ble Prime Minister on 8th March ,2018. The programme strives to reduce the level of under-nutrition, low birth weight in children and Anaemia in adolescent girls, pregnant women, lactating mothers and children.</p> <p>“Rashtriya Poshan Maah” is being celebrated during the month of September 2021 to further accelerate various activities under POSHAN Abhiyaan and to create a “Jan Aandolan” in the process by adhering to COVID-19 protocols. For this, Ministry of Education and MyGov conducted a Poshan 2.0 Quiz to spread information and awareness regarding Food and Nutrition, healthy eating practices, balanced diet, importance of handwashing etc.</p> <p>Students of grade 4 and 5 of Kothari International School participated in E-quiz focusing on malnutrition and nutrition awareness with great enthusiasm. This quiz was organized by</p>	

government of India and students participated through Mygov Portal. This was a timed quiz with 20 questions to be answered in 300 seconds.

2nd September
2021

TEACHER'S DAY
CARD MAKING

4&5

Teacher's Day is celebrated every year on 5th September to appreciate the role played by teachers in the life of students—the leaders of tomorrow. The day is also celebrated to pay tribute to Dr. Sarvepalli Radhakrishnan, former President of the country and a visionary educator. Teachers provide the power of knowledge and education and create possibilities for better future. Amidst the pandemic, children of Grades 4&5 celebrated this day with great enthusiasm by designing & painting Thank You notes & cards showing their gratitude towards teachers. They were really excited and displayed their love and affection through these beautiful cards. Even if they couldn't meet them in person, they made sure to share their lovely thoughts with them too. They used variety of colours & various art techniques to make it colourful and penned their thoughts using calligraphy technique as they decorated it with their beautiful handwriting skills. Thanks a lot to all the children for making the day memorable for the teachers.



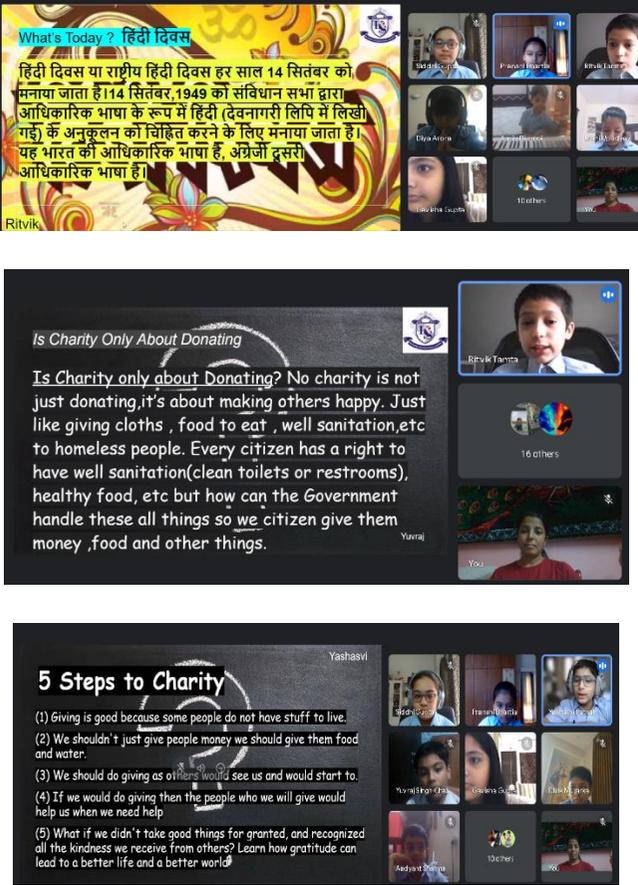
4th September 2021	TEACHERS' DAY CELEBRATION	K1-12	<p>“Great teachers have the ability to change lives for the better.”</p> <p>Knowledge and education are the basis for all things that can be accomplished in life. Teachers provide the power of education to today’s youth, thereby giving them the possibility for a better future. All over India, Teacher’s Day is celebrated on 5th Sep every year for showing due respect to all the teachers in the country. This marks the birth anniversary of our first Vice-President & the second President of India, Dr. Sarvapalli Radhakrishnan.</p> <p>With lockdown restrictions and social distancing norms put in place, KIS family had taken to celebrate Teacher’s Day virtually. The virtual event was visualized by our honourable Principal Ma’am Mrs. Sangeeta Arora, our Vice Principal Mrs. Neerja and all the faculty members. It was a great experience for all. There were some noteworthy performances by the students in the form of dance and songs especially created in honour of the teachers, which had a mesmerizing appeal.</p> <p>A few teachers got together and conducted various fun games like ‘Antakshari’, ‘Guess the songs’ etc. It was a fun-filled occasion and all the teachers had a gala time.</p>	
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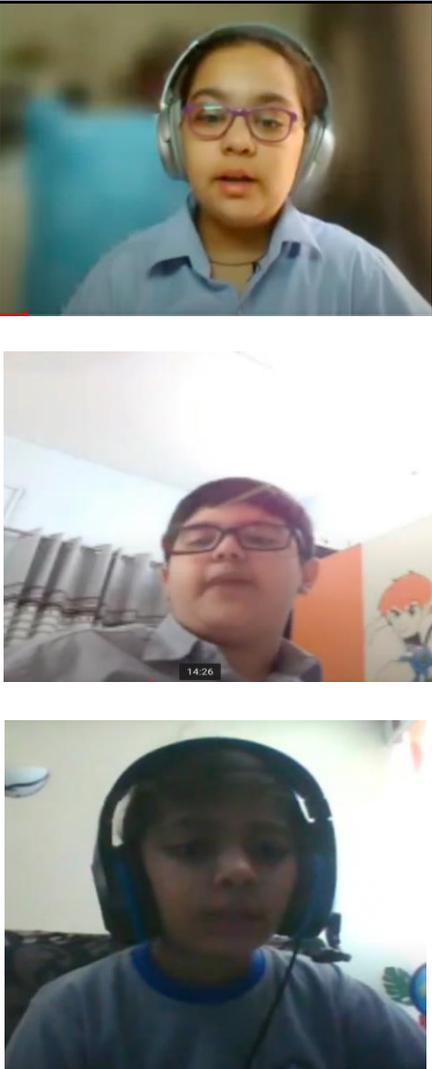
			<p>It was a novice experience that taught us how a program can be successfully compiled and completed in the situation of constant instability due to the prevailing pandemic.</p>	
<p>9th September 2021</p>	<p>SOCIAL SCIENCE ACTIVITY ROUND 1 – ZAYKA INDIA KA</p>	<p>4</p>	<p>Indian cuisine consists of a variety of regional and traditional cuisines native to the Indian subcontinent. Given the diversity in soil, climate, culture, ethnic groups, and occupations, these cuisines vary substantially and use locally available spices, herbs, vegetables, and fruits. Indian food is also heavily influenced by religion, cultural choices and traditions. Keeping this in mind the students of Grade 4 were engaged in an activity named ‘Zayka India Ka’. The Students had to make any one traditional dish belonging to any state of India and represent the same.</p> <p>The students participated enthusiastically in the activity and were dressed in the traditional outfits and they displayed a variety of Indian cuisines. Not only did they just display the dishes, the students were well versed with the ingredients used, importance of that dish and also its nutritional benefits.</p> <p>It was indeed a very colourful and flavorful activity and the students enjoyed thoroughly.</p>	

<p>13th to 17th September 2021</p>	<p>वाद विवाद</p>	<p>4&5</p>	<p>कक्षा -चार व पाँच के विद्यार्थियों द्वारा पोषण माह का महत्व प्रकट करते ऑन लाईन सभा का संचालन किया गया। अध्यापिका ने उन्हें बताया कि यह महीना मानव शरीर के लिए सही पोषण के महत्व और भूमिका पर प्रकाश डालता है .आवश्यक पोषक तत्वों और कैलोरी के संयोजन के साथ संतुलित आहार मानव शरीर के सुचारू कामकाज और विकास के लिए महत्वपूर्ण है. अध्यापिका ने बच्चों को आगे बताया कि -हर साल पोषण माह मनाने के लिए एक अनूठी थीम चुनी जाती है .इस साल जब भारत तेजी से और गहन पहुंच सुनिश्चित करने के लिए' आजादी का अमृत महोत्सव 'मना रहा है, समग्र पोषण में सुधार की दिशा में एक केंद्रित और समेकित दृष्टिकोण के लिए पूरे महीने को साप्ताहिक थीमों में बांटा है. पहली थीम वृक्षारोपण गतिविधि" पोषण वाटिका "के रूप में है और 1-7 सितंबर तक मनाया जाएगा .दूसरी थीम पोषण के लिए योग और आयुष है और इसे 8 से 15 सितंबर तक मनाया जाएगा. तीसरी थीम ज्यादा बोझ वाले जिलों के आंगनवाड़ी लाभार्थियों को' क्षेत्रीय पोषण किट 'के वितरण के रूप में तय किया गया है और 16-23 सितंबर तक</p>	
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मनाया जाएगा. अंत में, चौथी थीम' एसएएम) गंभीर रूप से तीव्र कुपोषित (बच्चों की पहचान और पौष्टिक भोजन का वितरण 'है और 24-30 सितंबर तक मनाया जाएगा. पोषण व्यक्ति के समग्र विकास में महत्वपूर्ण भूमिका निभाता है .जैसे स्वस्थ शरीर में ही स्वस्थ मन का वास होता है, वैसे ही हमारे दैनिक आहार में लवण, विटामिन, प्रोटीन जैसे पोषक तत्वों का होना जरूरी है. महिला और बाल विकास मंत्रालय के एक बयान में कहा गया है कि“ पोषण अभियान जन प्रतिनिधियों, सामाजिक संगठनों और निजी क्षेत्रों की भागीदारी को शामिल करके एक जन आंदोलन या“ जन आंदोलन ” है. बच्चों द्वारा पोषण का महत्व स्पष्ट करते हुए अपने अपने-अपने संबंधित विचार प्रस्तुत किए गए । बच्चों ने अपने विचार व्यक्त करते हुए बताया कि - उनके शारीरिक , मानसिक और बौद्धिक विकास लिए संतुलित भोजन उनके लिए कितना आवश्यक है । बच्चों ने संतुलित भोजन के बारे में बताते हुए गौरांजित महसूस किया ।



<p>14th September 2021</p>	<p>ASSEMBLY- HOW GRATITUDE MADE ME A BETTER GIVER - CHARITY</p>	<p>4&5</p>	<p>“The best way to find yourself is to lose yourself in the service of others.” – Mahatma Gandhi</p> <p>Making a conscious decision to focus on gratitude in daily life, not only makes the person happy but also spreads happiness to others and thus the students of Grade 4 & 5 at KOTHARI INTERNATIONAL SCHOOL (KIS), Noida started off the day with a special morning Assembly on 14th September, 2021. The main aim of the assembly was making the students aware about the importance of Gratitude and inculcating the attitude of gratefulness among them which eventually develop a positive outlook towards life. The joy of giving is a state highlighted by your behaviour and approach to things. It is also considered one of the virtues of the human mind, along with kindness, patience, diligence and charity. Students also acknowledged the importance of Hindi Diwas and the reason why it is celebrated.</p> <p>The Assembly highlighted the importance of Giving. Some of the key highlights of the Assembly were the numerous advantages of Giving. The students also discussed how gratitude gives a great sense of contentment and joy even in the midst of challenging situations. It was a great learning experience for all.</p>	
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<p>16th and 17th September 2021</p>	<p>DEBATE ACTIVITY</p>	<p>5</p>	<p>The theme of National Nutrition Month (September), 2021 is ‘Feeding right from the start’. This year the government wants to lay stress on the importance of child nutrition and how kids can benefit from a nourishing diet. To celebrate this nutrition month, students of Grade 5 at Kothari International School organised a debate activity in class for the topics - Describing The Importance Of Balanced Diet And Healthy Habits In One’s Routine To Maintain A Wholesome Lifestyle VS. Describing The Transformation Of Fast Food From Unhealthy To Nutritious. For Example - Wheat Momos, Healthy Salads Etc. Indeed, the students had come up with various ways of presenting their views, opinions and counter arguments for the opposite group through powerpoint presentations, videos, and speeches. A balanced diet nourishes the body from top to toe, in and out. It is that component that keeps all bodily functions in check and maintains the cycle of wellbeing. The debate activity was concluded by bringing in both the viewpoints and realising that maintaining a balance is extremely important. The students stressed on Experimenting with foods and sampling new cuisines can be a wonderful experience, but always consulting with doctors before making any long term dietary decisions.</p>	
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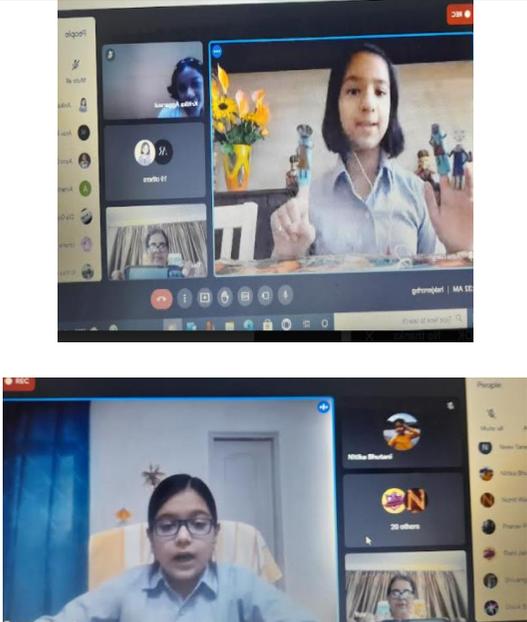
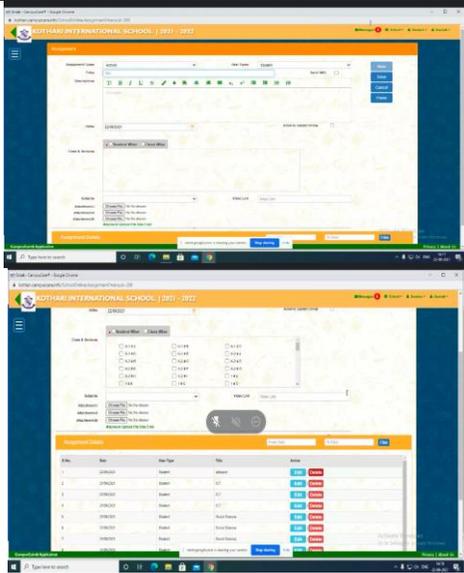
			<p>Cholesterol, allergies and other nutritional sensitivities may warrant special care when starting a new eating plan. Whatever steps one may takes, make it a priority to determine which foods make you feel good and fuel your body — and then commit to your own health. Enjoy everything in moderation, but sticking to a healthy eating plan can improve your sense of well-being and prolong your life. To good health.</p>	
<p>18th September 2021</p>	<p>गतिविधि - मोनो एक्टिंग (एकल गतिविधि)</p>	<p>4</p>	<p>अत्यंत हर्ष का विषय है कि विद्यालय में हिंदी दिवस के अवसर पर सितंबर माह में दिनांक 18 .09.21 कक्षा – चौथी के लिए हिंदी “मोनो एक्टिंग “ गतिविधि का आयोजन किया गया । इसकी अवधि एक मिनट रखी गई थी ।</p> <p>गतिविधि के मूल्यांकन हेतु निर्धारित मापदंड इस प्रकार थे :-</p> <ul style="list-style-type: none"> <input type="checkbox"/> विषय वस्तु <input type="checkbox"/> भाषा की शुद्धता व स्पष्टता <input type="checkbox"/> प्रस्तुतिकरण <input type="checkbox"/> आत्मविश्वास आदि । <p>ग्रह्यात्मक तथा अभिव्यक्तात्मक दोनों भाषायी कौशल का प्रयोग किया गया ।</p>	

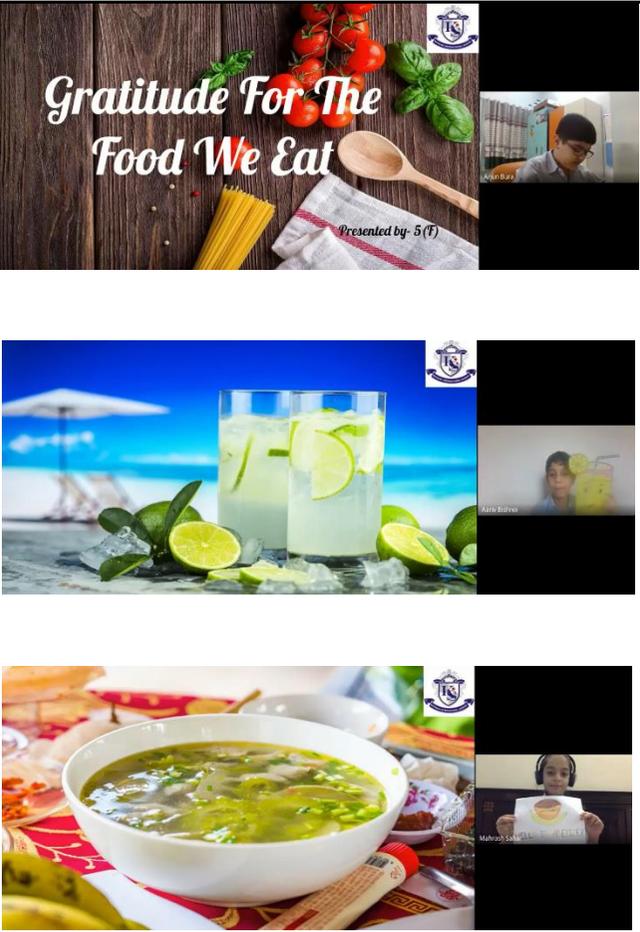
जिसके अंतर्गत स्पष्ट उच्चारण , मौखिक अभिव्यक्ति आदि कौशलों का ध्यान रखा गया | मूल्यांकन द्वारा ही पता लगाया जा सकता है कि बच्चों में कौन सा कौशल विद्यमान है और किस कौशल में सुधार की आवश्यकता है। इन्हीं मापदंडों को ध्यान में रखा गया जिससे बच्चों का भविष्य संभाला जा सके।

मौखिक अभिव्यक्ति हमारे जीवन का एक अभिन्न अंग है | इस कौशल के विकास से विद्यार्थियों को बहुत लाभ होता है | इसी का लाभ उठाते हुए बच्चों ने अपना बेहतरीन प्रदर्शन दिया | अंत में निर्णायिका द्वारा विजेताओं की घोषणा की गयी |



<p>18th September 2021</p>	<p>TALK SHOW: HEALTHY MIND RESIDES IN HEALTHY BOD</p>	<p>1-5</p>	<p>To further accelerate the ethos of POSHAN Abhiyan, we organized a Talk Show in collaboration with Ms. Deepti Sehgal, an internationally certified Macrobiotic Dietitian, internationally certified Alkaline Diet Coach, Detox Specialist & a Natural & Raw Foods Nutritionist. Ms. Sehgal explained the ancient approach to healthy living with dietary and lifestyle transformations. With a blend of Eastern and modern approach to foods, she emphasized on whole & natural foods drawing parallels to the medley of ancient food principles adopted from the oldest ancient dietary philosophies. During the course of the session, Ms. Deepti Sehgal also highlighted the following:</p> <ul style="list-style-type: none"> • Promoting Healthy eating habits • Preparing Happy- Balanced Meals • Handling Picky Eaters <p>86 participants attended the session and they actively participated.</p>	 
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<p>20th to 24th September 2021</p>	<p>गतिविधि - कहानी विश्लेषण</p>	<p>5</p>	<p>अत्यंत हर्ष का विषय है कि विद्यालय में दिनांक 20 सितंबर से सितंबर 24 के दौरान कक्षा- पाँचवी के लिए हिंदी 'कहानी विश्लेषण' गतिविधि चक्र-1 का आयोजन किया गया। बच्चों ने दी गई कहानियों में से अपनी पसंद की कहानी चुनकर उसका विश्लेषण बड़े उत्साह व जोश के साथ किया और उन कहानियों से मिलने वाली सीख को भी बताया । कहानी विश्लेषण गतिविधि में शत प्रतिशत बच्चों ने बढ़चढ़कर भाग लिया।-</p>	
<p>22nd September 2021</p>	<p>UPLOADING HOME WORK AND CLASS WORK ON ERP</p>	<p>4&5</p>	<p>With an increase in the number of big corporations entering the education market, the school management process has undergone a paradigm shift years back. Most of the practices adopted are to optimise the available resources, ERP management software being the frontrunner. The ICT dept. At Kothari International School, Noida organised a brief session for all the teachers to update and understand the steps to be followed for uploading the homework on ERP. The team of Resource people included Ms. Manu Chathly along with Mr. Raunaq.</p>	

<p>28th September 2021</p>	<p>ASSEMBLY- GRATITUDE TOWARDS THE FOOD WE EAT (NUTRITION MONTH)</p>	<p>4&5</p>	<p>There is an old saying that “Health is wealth”. Wealth can be earned in any part of the life but Health requires complete focus throughout life. Also, a “Healthy Mind lives in a healthy body”. Nutrition is the science or practice of consuming and utilizing food. Balanced diet is important for good health and well-being. So, to make people aware about nutrition and its importance in our life and to curb the problem of malnutrition “National nutrition week” is celebrated every year from 1st September to 7th September. People should include healthy diet in their daily routine like whole grains, fruits, vegetables, fat free milk etc. With full of Nutrition which not only helps in growth but also make the immune system strong.</p> <p>Morning Assembly in the school gives a cool and calm start to the otherwise hectic schedule of the day. Grade 4&5 presented their special Assembly and beautifully explained how we ourselves are damaging our health because of our life styles and casual approach towards it.</p> <p>On 28TH September , 2021 students of grade 4&5 at Kothari International School, Noida presented an assembly based on the theme ‘Gratitude for the food we eat ’.</p>	
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