

LOCKDOWN BUZZ

APRIL - JUNE 2020

LEARNINGS IN THE TIMES OF COVID-19



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LEARNING DURING COVID-19

While the Covid-19 seems to have put a break in our everyday lives, we at Seth M.R. Jaipuria School are trying our best to not let it put a break in the academic development of our students. Being one of the first schools to shift to digital learning, the school has been successfully conducting online classes for all its students, across all subjects.

White boards and texts have been replaced by audio and video lectures and the classroom has moved on to platforms like Google Meet, Zoom and What's App. The teachers have been following a schedule as they would in a regular school and the students are given homework and assignments to complete. Moreover, the students are assessed and marked on the said topics. The school has also conducted its scheduled Parent-teacher meetings on Zoom.

Its not just the academic subjects that are being taught this way, but also value enhancement subjects such as Yoga, Sanskrit, Art, Physical Training, Music & Dance. Sanskrit shlokas are recorded and explained and then shared with the students, who are in turn encouraged to memorize them. Popular programs like the Mindspark is also being conducted remotely and students are given tasks to complete.

Maintaining physical fitness while being indoors is extremely important and hence, exercise regimes are planned and then shared with the students. Yoga asanas Music & dance lessons are conducted to help the students relax and keep up with their interests.

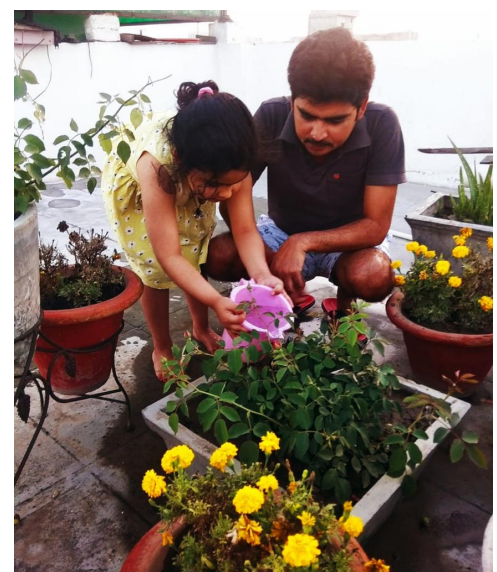
Each day's lessons begin and end with a minute of silence to improve concentration and absorb the learning of that day.

CAMPAIGNS & CELEBRATIONS

To keep our students engaged positively and constructively, a number of online campaigns and initiatives were organised. These campaigns were then featured on the school Facebook page and shared on the school What's App groups.

#Bonding With Daddy

What better a way for the children to make up for the lost time with their fathers than to spend some quality time with them during the Lockdown! Fathers were encouraged to dedicate some time from their busy schedule solely for their children and engage in activities that they love. Some did gardening together, while some others got their fitness regime synced; some jammed music and some others made food!



#Story sessions & Pyjama Parties

Have you ever heard of a virtual Pyjama party? Well, at our school, we had one every weekend for our Playgorup and Pre-primary students. The children would slip into their favourite pyjamas with their favourite toy tucked snugly under their arm and eagerly wait for the clock to strike 7. Their class teacher would then magically appear on their television / phone screens and read out a beautiful bedtime story to them. And the best part of it all, different stories were narrated in different sections in English as well as in Hindi!



CAMPAIGNS & CELEBRATIONS

Mother's Day

Mother's are the glue that hold the family together. A friend in need, a shoulder to cry on, the most fierce supporter, the greatest critic and above all, someone who loves us forever! To celebrate this versatile personality, our school students made sure their mother's felt appreciated and loved on the occasion of Mother's Day. Some made cards, some gave flowers, some sang a song, some cooked and some baked goodies.



Nacho Dil Se

Even in the Lockdown, our students made us proud by participating and winning in Nacho Dil Se- an International dance competition organized by Nrityam Dance School, Hisar. More than 300 participants from India as well as 6 participants from Sri Lanka participated in this unique online competition.

The Jaipurians who made us proud in the competition are:

- Pawni Keserwani - 1st in Group B
- Anushrita Gosh - 3rd in Group B
- Palak Bhandari - Consolation prize in Group B
- Misha Singh - 2nd in Group A
- Divyanshi Jain - 3rd in Group C



CAMPAIGNS & CELEBRATIONS

#Home Dance Challenge

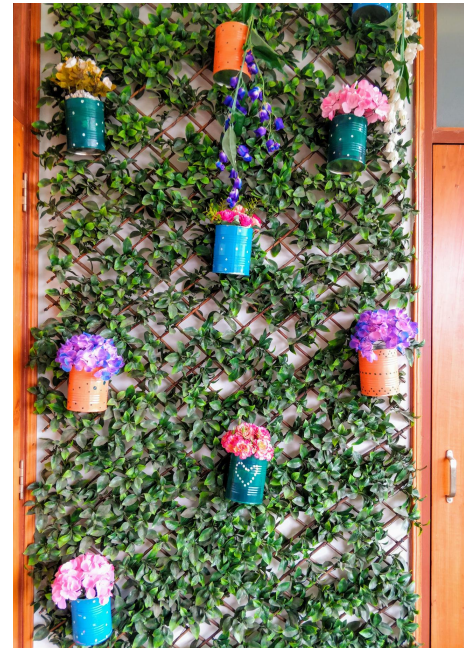
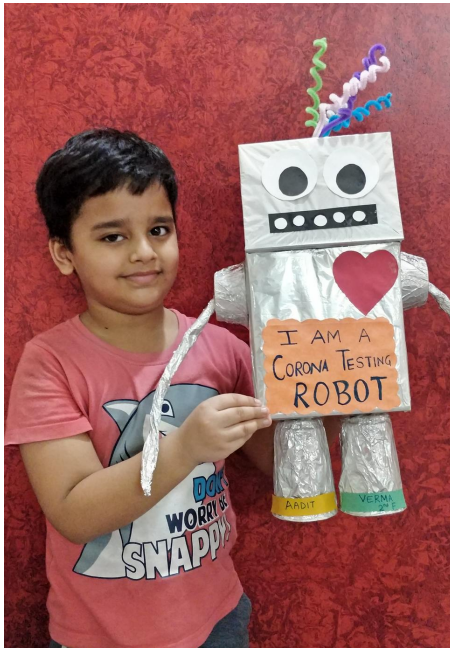
With so many of our very talented dance enthusiasts locked down, we knew we just had to do something to get them grooving again. And so, the Home Dance Challenge was started with the idea of not only showcasing our spirited young talent but also to keep our students motivated.

What started as a challenge for the middle school students, the campaign quickly gained momentum and became quite popular with the rest of the school. We received dozens of entries each day from students across all grades.

Link: <https://www.facebook.com/watch/?v=679728972593752>

#TimeForNature - World Environment Day

On the occasion of World Environment Day 2020, we asked our junior school students to make recycled crafts using materials available at home. It was a delight to witness the sheer ingenuity of our students who came up with interesting and innovative crafts with the most basic of household materials.



CAMPAIGNS & CELEBRATIONS

#Father's Day


"The Heart of a father is the Masterpiece of Nature".

Our students expressed their gratitude and love towards their dads in the most fun and unique ways. From making cards to cooking meals to writing poems and baking cakes, they seemed to have done it all!




#21DaysOfYoga

Practicing yoga is an integral part of learning at SMRJ; our students have won many accolades for their brilliant Yoga presentations in the past. To create awareness about Yoga and its importance, we started a three week campaign on the school Facebook page. Each day, a picture of our student performing an asana along with its benefits, was posted. Once again, we saw participation from students across all grades for this initiative.



#21 DAYS OF YOGA

DAY - 5




NADI SHODHANA PRANAYAM

(ALTERNATE NOSTRIL)


Infuses the body with oxygen
Clears and releases toxins
Calms and rejuvenates the nervous system

DIYA JAISWAL
Class - LKG H



#21 DAYS OF YOGA


DAY - 8



POORNA BHUJANGASANA (FULL COBRA POSE)


Balances the nervous system
Opens up the chakras
Beneficial for all abdominal organs especially kidneys and liver

NIHAL SINGH
Class - 6 F



#21 DAYS OF YOGA

DAY - 21



PURNA CHAKRASANA (FULL WHEEL POSE)

It stretches and strengthens the legs
It strengthens and stretches the area of thighs
It bends the entire back

VISHAKA TRIPATHI
Class - 11 A

SPIRITUAL LEARNING

#Spiritual Retreat 2020

Owing to the Pandemic, this year the entire Retreat was conducted online through a digital meeting platform. The Retreat was attended by more than 250 participants, which included students, teachers, alumni, parents and patrons of the school. Across a myriad of topics using live examples of famous personalities, self-assessment activities, impromptu quizzes and question-answer rounds, the Spiritual Retreat is an initiative to help the participants learn the 'very technology' of conscious transformation.

The speakers for this year's Spiritual Retreat were Ms. Anjali Jaipuria (Vice-Chairperson, Integral Education Society), Sri Shivakumar Ji (Sri Aurobindo Society - Puducherry), Dr. Sampadananda Misra (Director, Sri Aurobindo Foundation for Indian Culture - Puducherry) and Sri Sraddhalu Ranade (Scientist, educationist & scholar Sri Aurobindo Ashram, - Puducherry).

#Lessons from Mahabharata by Atul Satya Kaushik

Mr Atul Satya Kaushik, a celebrated playwright, director and a leadership and motivational speaker interacted with the students on an online session to give them valuable insights on integrating the teachings of Mahabharata in our lives. He stitched examples from Mahabharata seamlessly in the fabric of culture existing today. The audiences were left spell bound as he revealed the layers of human nature.

#Conversations on Dharma by Sarita Saraf

Mrs Sarita Saraf of Sri Aurobindo Ashram, Pondicherry, enlightened the Jaipurians on Dharma. In this three day sojourn, she spoke at length about what is Dharma and why are we in search of it?

She also spoke on the Dharma which takes us towards peace, light and love. She also shed light on how one can attain Dharma and how by following it, one can reach the world of immortality.

Her simple style of weaving stories in her narrative made us unlock the mysteries of the Vedic literature and its wisdom.



SUMMER ACTIVITIES & COMPETITIONS

#Online IT FEST

An Online IT Fest based on Computer Applications for students from class 1 to 12 was organized. Students from Class 1 to 4 were engaged in e-drawing competition whereas students from class 5 and class 6 competed in a quiz. Class 7 and 8 students participated in Web designing competition where they were supposed to design a website on specific topics using latest technology like CSS, Java, Query, Bootstrap and HTML. Senior school students took part in Visual Art Edits where they used Adobe software to create Art Edits. All participants were trained by Google Adobe resource team in a workshop prior to the fest.

#Jhankar Beatz

An online dance competition, Jhankar Beatz saw more than 350 participants. The competition included three categories: Solo Dance, Dance with Friends and Family Dance. Winners of the competition were awarded e-certificates and their dance videos were showcased on the school Facebook page.

#Make Your Own Mask

With masks becoming a necessity, the school organized a mask-making competition for its students as well as teachers. The contest was divided into two categories - Regular Masks and Style Statement Masks. We were fascinated to see the varied kinds of masks that were made; some were hand-painted while others were embroidered, some were made with a matching pair of gloves whereas others were embellished!



#Creative Writing Contest - Hindi & English

There is writer hidden in all of us which needs to be coaxed to come out. To hone the literary and creative writing skills and give vent to their expression, creative writing competitions were organized by English and Hindi department. The best entries from both the languages would be featured in the annual school chronicle.

#Anandotsav - The Music Fest

Music is a gateway to the soul and in these troubled times, can be extremely therapeutic. An online music fest, Anandotsav was divided into two main categories: Vocal and Instrumental. From the popular Guitar and Keyboard to the Indian instrument of Tabla, there was a variety of musical instruments that were showcased. It was heartening to see so many of our students participate in this competition and express their love for music.