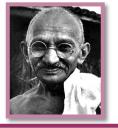
## Tagore International School, East of Kailash Tagore Times Newsletter

ISSUE 1 APRIL TO MAY

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#### Marking 150<sup>th</sup> birth anniversary of Mahatma Gandhi



"Your beliefs become your thoughts, Your thoughts become your words, Your words become your actions, Your actions become your habits, Your habits become your values, Your values become your destiny." — Gandhi

### PRINCIPAL'S MESSAGE

"The secret of change is to focus all of your energy, not on fighting the old, but on building the new."

#### Socrates

With the outbreak of COVID 19, we were thrown into an unprecedented situation. As we were excitedly gearing up to start the new session, we had to suspend our plans as the pandemic and the severity of its spread hit us and we were confined to our homes. The schools across the nation had to shut down with the lockdown of the country. At such a time, with the sole purpose of bringing the school to homes realising that lost academic time cannot be compensated especially for Classes X and XII, we planned our strategy to transition to the online platforms. It was not easy, to say the least.

I have always believed in making the best of the available situation and we came up with the plan of remote teaching before any other school planned that. We did our research on the possible platforms which could be used for live teaching through the homes and our teachers were swift in implementing the same. It was seamless, the way teachers conducted classes, transacted the curriculum, interacted with students, settled their anxieties. And since then there has been no looking back. We have evolved, we had our own moments of hits and misses but looking back at the past two months, I can very proudly say that all our teachers lived upto our expectations on ensuring that learning is not locked down and it continues without any restrictions.

During these trying times we not only ensured that scholastic activities continue but also gave students a platform to exhibit their skills in various co scholastic areas. We organised intra class, inter house and also inter school competitions, all with the aim of providing an outlet to the creativity of the students and as a medium of expression of their feelings. Various sessions were organised for the entire Tagore fraternity ; parent workshops to help them guide the students to cope with the anxieties and doubts that the situation had brought in, students' counselling sessions and workshops, teachers workshops to help them better their skills related to technology.

I proudly present to you this first edition of our online newsletter which will give you a glimpse of the activities undertaken in the last two months.

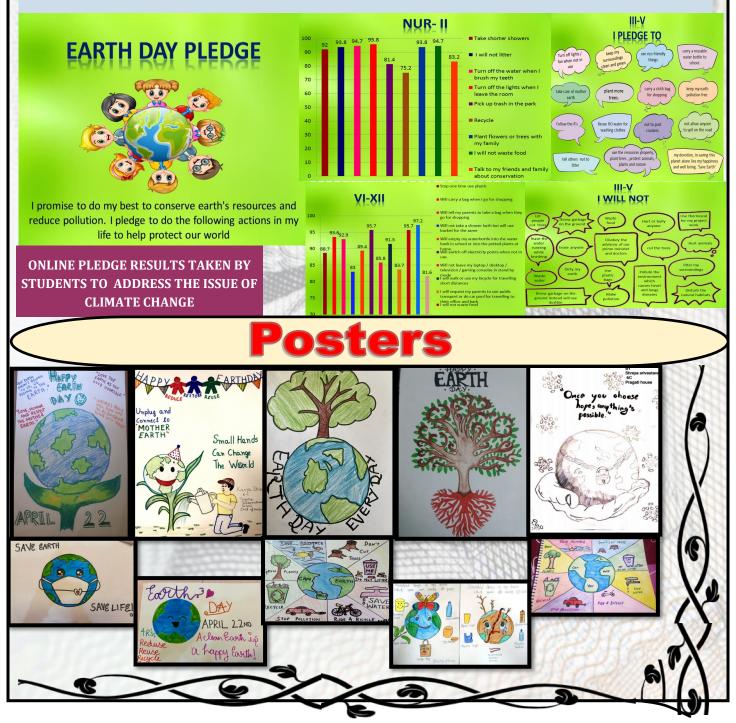
At the end, I would like to thank you parents for your continued support. Your letters of appreciation have helped our staff stay motivated during these challenging times. We have realized the value of technology as an important tool to stay connected with our students and will make constructive use of it in future too.

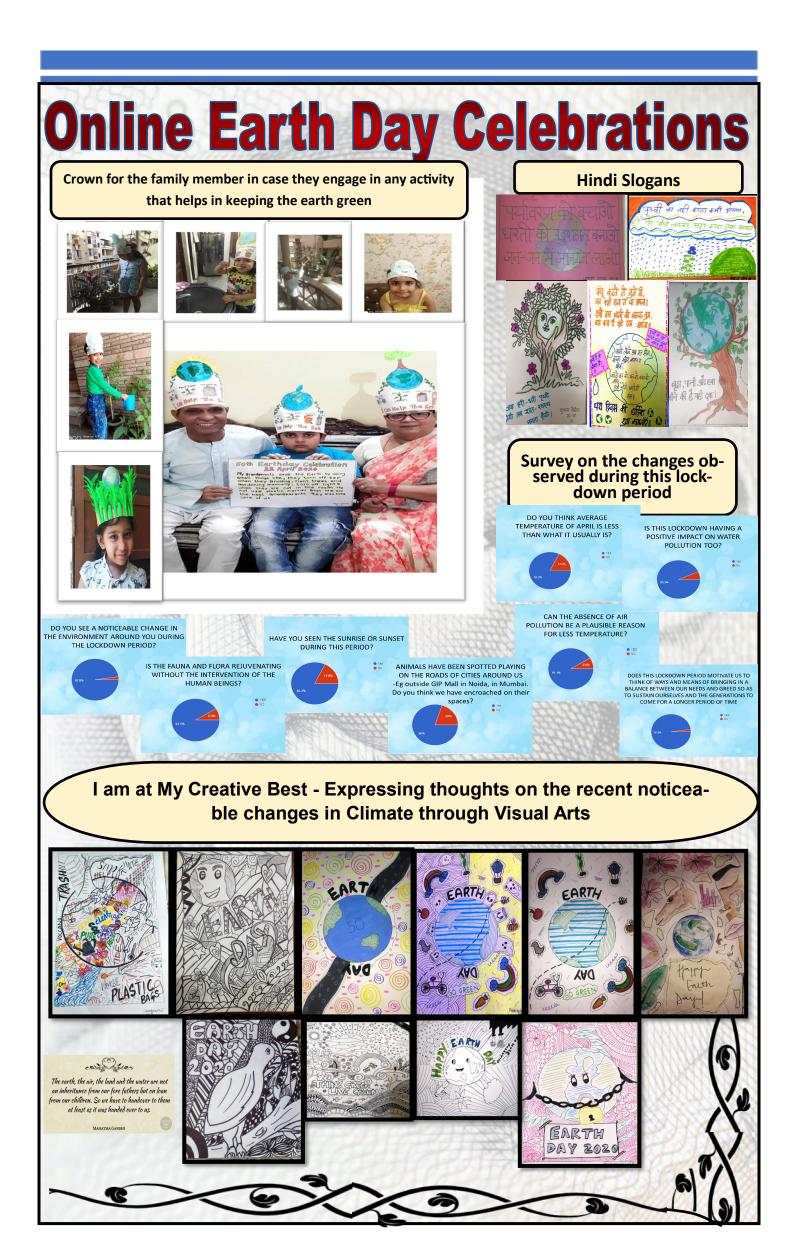
# **Online Earth Day Celebrations**

#### THEME: CLIMATE ACTION

As we have transitioned smoothly to the online mode of teaching learning, it has been a constant endeavour to sensitize our students to global issues and engage them in activities showcasing their creativity, confidence, competence and imagination.

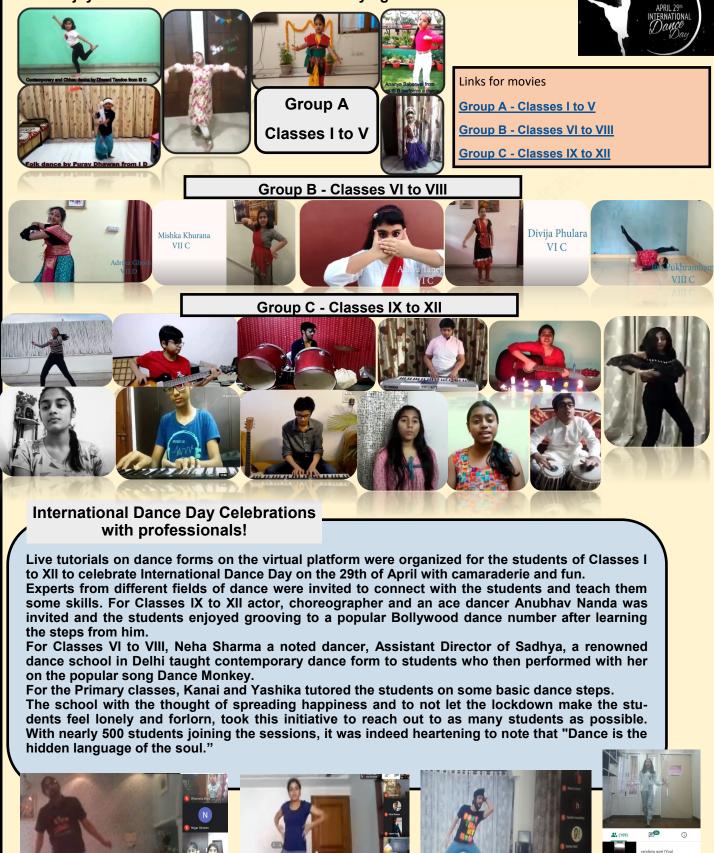
COVID -19 and the subsequent lockdown hasn't deterred us from continuing in our commitment in promoting environmental awareness and with this in mind, we created a specific plan to mark the Golden Jubilee year of Earth Day Celebrations. Along with some common activities in which the entire school community participated, there were class-specific activities too. The highlight of the day's celebration was the 'Earth song' especially composed and sung by school students to spread awareness which the students sang with their parents and other family members at home. Going by the data collected on pledge taking activity and the survey conducted by the senior students, we can surely say that our students have displayed the same enthusiasm in virtual participation as they would have in real-time school. In fact the icing on the cake was that due to people staying indoors and abiding by the COVID protocols, it served as an opportunity for not just the students but their families to come forward to participate in the activities. We appreciate their response to our celebrations.





## **Aashaiyein – World Dance Day Competition 2020**

School celebrated International Dance Day with enthusiasm with the students sending in their videos of performances maintaining the protocols of the lockdown. The school had invited students from Classes I to XII to send in their entries in Vocal, Instrumental Music and Dance. The teachers received an overwhelming response. Dance teacher, Ms Chameli Debnath explained the relevance of celebrating International Dance Day in her unique style and students also expressed their views on why they dance. Dance is an expression of emotions that we feel and the videos uploaded on the website are a testimony to the joy that our students feel even in these trying times.





The Book Week celebrations went virtual this year. Had our students been in real time school, they would have participated in a number of activities like every year. So some may have ex-pressed themselves creatively through interpretation of the book that they read through art, some would have made book jackets and some would have expressed themselves through prose or poetry

But isn't it amazing how the students mould themselves as per the situation or if we can call it the limitation of a lockdown. So we had all expressions done through the virtual platform. As a run up for the Book Week, the school librarians were sending suggested readings to all classes for the past three weeks. The students were getting the audio as well as the video versions of the books to make it easy for them to access the books during this period of COVID 19 restrictions. And given the spirit of our students and their creative expressions we weren't surprised to see so many coming forward with their unique work.

Some samples of their creative expression! Also some samples of suggested readings that were given to our students with suggested activities! Well done students! Keep reading, as Sir Francis Bacon said 'READING MAKETH A FULL MAN'

My Interpretation



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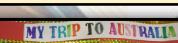
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Travelogue









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"यदि मनुष्य सीखना चाहे तो उसकी हर भूल उसे कुछ शिक्षा दे सकती है।"

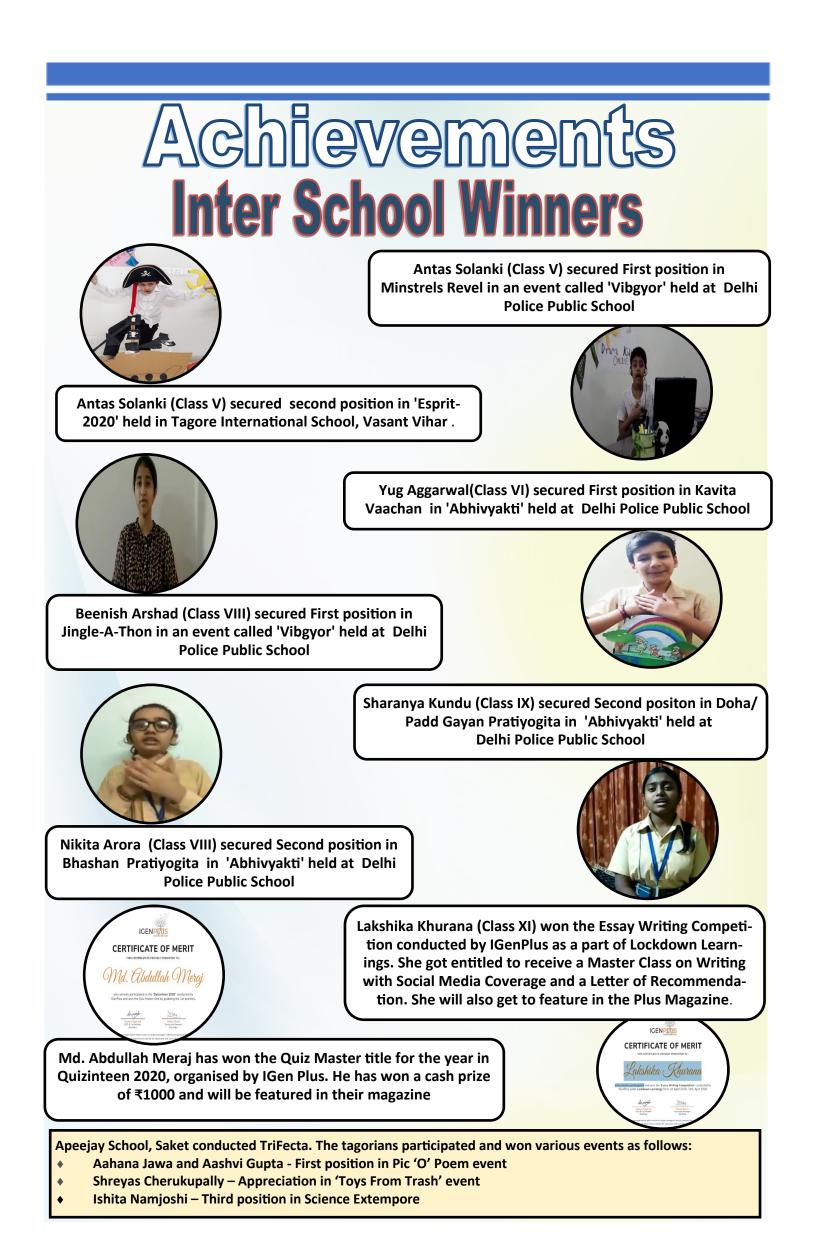












## **Polaroid**

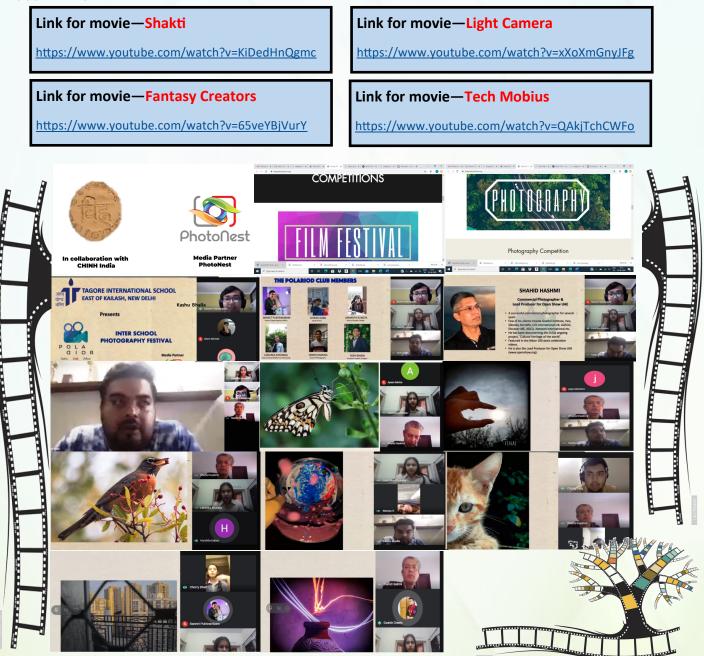
Film and Photography Festival



Amidst the COVID19 pandemic, the Polaroid Club of school or-ganized its first edition of Polaroid: Short Film and Photog-raphy Festival from Saturday, 23 May 2020 to Wednesday, 27 May 2020. Making a transition to the online mode for the festival, the school left no stone unturned to engage the creative POLAROID: Film & Photography Festival couraged to step out of their comfort zones, put their thinking caps on, work on ideas and pro-

duce masterpieces with constraints of space and resources and thus discover their skills. In order to enhance the same, the themes that were chosen were open to interpretation.

Students from over 20 schools participated in the festival, showcasing their creativity and obtaining exposure to active criticism and professional support and guidance. An experienced panel of judges from the fields of photography and filmmaking were invited to judge the com-petitions. The panel included Mr Shahid Hashmi and Mr Kashu Bhalla, well-known names in the photography community. Meenakshi Vinay Rai, the founders of CHINH India were invited to judge the short films sent for the screening during the fest. In her address, principal Mallika Preman emphasized on the importance of learning new things, constant progress and experi-menting with oneself. The results were announced on 28 May 2020. The award for the Best Film was bagged by 'Kisne Socha Tha', a submission by Shaurya Babbar, Lotus Valley Interna-tional School, Gurugram. In the Photography segment, the Best Photograph award was bagged by Himanshu Rawat of Ahlcon Public School and Aadya Kamath of Tagore International School, Vásant Vihar.



## **Inter House Competitions**

#### Mono Acting Competition

The Inter- House Mono- acting Competition for classes VI-VIII was conducted on 8 May 2020. The participants were to present a short scene in which they played two opposing characters, differentiating between them by changing their voice. The participants presented a situation of 'conflict' and then how the matter was resolved. They used their creativity to the fullest extent by coming up with interesting arguments and using voice modulation. The event was judged by Mr. Stephen Marazzi. Mr. Marazzi guided all the participants on what parameters to be kept in mind while writing the dialogues for their script and how they can improve on the tone of their voice and leave the listeners mesmerized by their performance. It was a learning experience for all.

The results of the competition are as follows:

#### **CLASS VI**

**First Position** Yug Aggarwal- VI C (Shakti House) Second Position Aiza Faizal- VI C (Ekta House) Third Position Shaurya Pandit- VI A (Shakti House)

#### CLASS VII

First Position Nayana Bhagat- VII D (Pragati House) econd Position Navya Handa- VII C (Shanti House) Third Position Pranamya Karanth- VII A (Shanti House)

#### ASS VIII

Pranav Shandilya- VIII A (Shakti House) Manavjeet Singh- VIII D (Pragati House) Third Aseem Asad- VIII B (Shanti House)

#### Inter TIS online Quiz

An online Inter TIS Quiz was held between East of Kailash and Vasant Vihar branches with 3 teams from each school comprising of students from Classes VI to VIII competing for the top slot. The Quiz was conducted by renowned Quizmaster Mr. Arindam Chakravorty. After interesting rounds on History, Music, mixed bag questions in Rapid Fire round, the team from Vasant Vihar bagged the first position. The Quizmaster also kept the audience engaged by throwing open questions to the audience too.







#### Photography Competition

The Inter- House Photography Competition for classes VI-XII was conducted on 22 April 2020. The theme for the competition was 'Hope'. The participants used their creativity to the fullest extent and their creations captivated the attention of the viewers and made them ponder over the inner meanings of the photographs. The event was judged by Mr. Kashu Bhalla and Mr. Stephen Marazzi. Mr. Marazzi took a session with all the participants on how they can improve on their skills in the field of photography. It was a learning experience for all. The results of the competition are as follows:

First Position:	Position: Harsh Khanna- XI B		
	(Shakti House)		
Second Position:	Shikhar Mohan- X B &		
	Akansha Mandal- IX D		
	(Ekta House)		
Third Position:	Swastik Praharaj- XI D		
	(Pragati House)		
Special Prize:	Viraj Pattnaik- IX A		
	(Pragati House)		











## **Intra Section Poem Recitation Competition**

The primary wing of the school conducted an online intra-section humorous poem recitation competition for classes I to V. The competition was held in both English and Hindi languages with humour being the main element. The response from students across all the classes was overwhelming. Their videos spoke volumes and took their creativity to new heights.

The entries were judged on various parameters. All the winners received e certificates for the same.

#### **Result of Class I**

#### **Result of Class II**

II A II B

ПC

II D

II A

II B

II C

II D

II A

II B

II B

II C

II C

II D

**First Position** 

Second Position

**Third Position** 

Jihan Gulati

Aashka Arora

Lakshiv Keswani

Shivanshi Ghai

Saanvi Singh

Pehareen Kaur

Geetika Ahuja

**Garvit Aggarwal** 

Palakshi Goel

**Pearlin Kaur** 

Zayaan Akhtar

Abdul Ahad Ansari

Idhaant Chanana

Risha Dhir

Aaratrika Gulati Devanshi Sharma Ambojini Banerjee Arham Jain	IA IB IC ID	First Position
Mehrat Kaur Aleena Nazeer Prabhneet Kaur Daksh Sabharwal	IA IB IC ID	Second Position
Maira Rahman Sehaj Khurana Aryan Batheja Ayat Ahad Khan	IA IB IC ID	Third Position

#### **Result of Class III**

Siddharth Chopra Kunaal Bangia Jaiwik Mishita Gupta	III A III B III C III D	First Position
Khush Keswani Jaagrit Kumar Angel Kushal Anika Agarwal	III A III B III C III D	Second Position
Aarav Khanna Ashwina Sethi Prateeksha Karnath Rudrakshi Kaushik	III A III B III C III D	Third Position

## **Result of Class IV**

Punyashlok Jagadale Aashni Chugh Sifte Zunaira Shehran Akhtar	IV A IV B IV C IV D	First Position
Pratyasha Guha Mantej Singh Kohli Saanvi Raj Rashi Singhal	IV A IV B IV C IV D	Second Position
Mannat Saini Anugrah Kushwaha Palakshi Sharma Vedika Mehta	IV A IV B IV C IV D	Third Position

**Result of Class V** Aashvi Gupta VA V B Aahana Jawa First Position Shreyas Cherukupally VC Ántas Solanki V D Vihaan Arva Kumar VA Aaditya Prajapati VВ Second Position vc Yusuf farooqui Akshat Kumar V D **Arnav Narang** VA Saisha Panigrahi VB **Third Position** Tazkiya Naseem vc Abdullah Siddiqui "Beauty of poetry is that the creation transcends the poet." -Mahatma Gandhi



'Ensuring Well Being during Lockdown with Ms. Arti Anand' (Class XII) 23/04/2020- 24/04/2020

There is a great amount of uncertainty about COVID 19 pandemic and with uncertainty, feeling of being unsettled and unsafe has found inroads into students' minds. Whilst the uncertainty may continue, it is important that the students are guided on the things they can do to manage worries and anxiety. The session provided students a platform where they could highlight their concerns regarding the current scenario. Through the session an insight was provided into coping techniques that can be used by everyone to deal with their anxieties and also gave ideas as to what innovations can be brought in the lifestyle amidst the lockdown.

#### Online Workshop on 'Emotional Wellness' by Mr. Shashank Kasliwal (25/04/2020)

The key speaker for the session was Mr. Shashank Kasliwali, he is the Director of Emotional Intelligence Inc. & also the Chapter Head for Indore Centre of Forum for Emotional Intelligence Learning (FEIL). Mr. Kasliwal is a young, dynamic, enthusiastic motivator and above all a farsighted visionary. He is a graduate in Commerce and has studied Scientology of L Ron Hubbard, Ontology from Werner Erhard and attended various training programs in India and abroad conducted by Personalities like Dr. Daniel Goleman on Emotional Intelligence, Deepak Chopra on Synchronicity in Life, also certi-fied by David J Lincoln on NLP and specialises in various psychometric tools such as MBTI ® Thomas Profiling, Thomas Kilman Instru-ment for Conflicts and (ESAP) Emotional Skills Assessment Process. His first book, "Freedom from the I" is about living a powerful life with inner confidence irrespective of circumstances, money and what people say.

The session focused on leading a stress free life, using anxiety in a positive way, gaining freedom from the attitude of controlling things, positive projection of the mind, developing patience and inculcating the habit of listening. It was an enlightening session and students promised Mr. Kasliwal they will try to view their problems with a positive outlook and try to overcome by resolving them rather than escaping.

#### 'Ensuring Well Being during Lockdown with Ms. Arti Anand' (Class X) 24/04/2020 & 25/04/2020

The Coronavirus led lockdown has indeed interrupted our regular lives, but it completely depends on our thought process how we perceive this interruption. The session focused on showcasing the brighter side of the lockdown period such as the increase in patience level, doing things which were otherwise not possible due to scarcity of time, an opportunity to learn new language, picking up a new hobby, learning new skills, studying ahead, working on the areas which need more practise, donning the creative hat, strengthening family bond and valuing the life we are bestowed with. The students were motivated to make the best use of the lockdown and were guided to follow a routine as unstructured time can create boredom and spike anxiety.

#### 'Ensuring Well Being during Lockdown with Ms. Arti Anand' (Class VII) 30/4/2020-01/05/2020

Transition to the virtual mode was something unimaginable and would have sounded unrealistic a few months ago but viewing it from a positive lens it has made students explore more learning platforms and implement ideas that they have never tried before. Class VII students were full of zeal and were ready within seconds with their elucidations about the lockdown period. It was amazing to discover that they were all on the same page, full of positivity and were delighted that the nature was healing amidst the lockdown. From becoming young chefs, to budding painters, to impressive you tubers, to promising musicians they were all set on an introspective and exploratory mission during the lockdown.

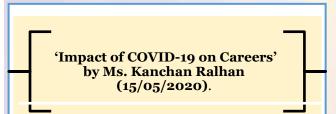






Webinar with renowned author Mr. Christopher Doyle (05/05/2020)

School organized an engrossing live webinar, with renowned author, Mr. Christopher Doyle on 5 May, 2020. The topic of discussion was, Hidden Secrets and Ancient Mysteries: The Quest of Truth. The webinar saw a whopping attendance of students and teachers from both the branches of the school. Mr. Doyle engaged the students in a thought-provoking discussion on ancient myths and amalgamated them with contemporary life in an interesting manner. The session started on a riveting note with Mr. Doyle, sharing interesting facts about Alexander the Great, highlighting how he valiantly fought, for eight consecutive years. The discussion further canvassed to an array of mysterious subjects from Stonehenge to Denisovans; and from the Pyramids to the great Indian epic, Mahabharata. The author further stressed on the forgotten relevance of mantras and how the wrong pronunciation of the word 'mantra', reversed their overall impact. The illustrious author regaled the students with wondrous and fascinating information. It was like an epic journey through historical times. The session culminated with Mr. Doyle, answering the questions posed by the young and inquisitive minds promptly and patiently. It was indeed a great opportunity for the students and the teachers to explore the hidden secrets and mysteries of the past.



A session was on the impact of COVID 19 on careers was held for class XI & XII students. The resource person for the session was Ms. Kanchan Ralhan, she has 14 years of experience in the Education sector, specializing in Strategy Development, Student Recruitment and counselling. A Private Pilot License holder and with a degree of LLB, she has mentored several young minds. The session was divided into the following subtopics:

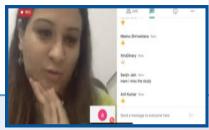
• COVID19 - impact & future

• Career opportunities - in the next 5 years (science, commerce, humanities)

- Jobs which will get obsolete
- About Indian universities and their
- requirements
- Requirements for admission abroad
- Indian v/s Global universities
- Goal setting techniqueSkills needed in a post Covid-19
- world
- Myths and facts about studying in India or abroad

#### Embracing Emotions during Lockdown' by Ms. Kritika Mehta 05/05/2020 and 06/05/2020)

A counseling session was planned for class VI which was conducted over two days-5th and 6th of May. The resource person for the session was Ms. Kritika Mehta; she is a developmental psychologist with an MSc from Lancaster University, UK. She has an extensive experience of working with children, adolescents and families, at-risk population and training teachers and parents. The sessions were not just informative but also fun for students. They shared their feelings about the lockdown period. The session had lot of activities planned for students



#### 'Managing Emotions during Lockdown' by Ms. Khwaish Sharma (08/05/2020)

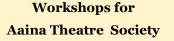
A session on Managing emotions during lockdown was conducted in two slots for class IX students. The first session was held with IX A and B, the second session was held with IX C and D. The resource person for the session was Ms. Khwaish Sharma, who is a practising psychologist; certified expressive arts based therapist and a crisis counsellor. She trains and researches in the field of clinical, expressive arts and alternative treatments in psychology. She has completed her graduation in psychology from Lady Shri Ram College for women and has a master's degree in clinical psychology from Royal Holloway, University of London. The session was activity based and students enjoyed interacting with the resource person. The student shared one object that they are really close to or is giving them solace during the lockdown period. A document of hope was shared at the end of the session which listed some activities that can be

some activities that can be done during the lockdown period.









The Theatre Society of TIS, Aaina was indeed lucky to get a chance to interact with stalwarts from the field of theatre, acting, singing, direction and even a historian of international acclaim.

The mentors of the Aaina Theatre Club arranged the virtual meetings to acquaint the members of the society with the finer nuances of theatrical performance. Ms. Vidya Shah, a well- known personality in the field of music, very generously agreed to conduct a workshop for all the budding actors of the Aaina Theatre Society. The online workshop took place on 25 April 2020. Ms. Shah sang a beautiful inazm' and shared her experiences as a young artist which encouraged and motivated all the students to do well in their respective fields. Ms. Sohaila Kapur met the students virtually on 26 April 2020. An ace director, playwright and theatre personality, she addressed the budding actors and shared her experience with everyone. The students interacted with Ms. Kapur who answered to all the curiosities of the students. Ms. Kajal Suri, a director, playwright, singer and a remarkable actress, very kindly consented to appear as a guest in one of the virtual workshops conducted on 3 May 2020 and the students were mesmerized by her song. She shared her experience with all the students and explained the importance of maintaining a balance in one's life. Mr. Keshav Raina actor, model, journalist, social worker and a proficient filmmaker, appeared as a guest in one of the online workshops on 8 May 2020. Mr. Raina shared his experiences as a director and all the difficulties he had to face while directing films. He suggested various methods which could help the students to make their own movies better than before. He talked about various angles and light placements which must be kept in mind while shooting a scene. It was an amazing session. Mr. Sohail Hashmi, an ace theatre personality, eminent historian, activist, academician and a film- maker, appeared as a guest in yet another enriching episode of the virtual training sessions for the students. Mr. Hashmi shared his experience with everyone, telling them how he preserved the rich culture of Old Delhi, preventing it from vanishing into thin air. He answered to all the questions of the students which added to their knowledge and encouraged them to know more about history of Old Delhi.

All the sessions were insightful as they opened vistas for better understanding of subjects that looked remote and historic to the students. The experts trained the students to take a plunge into the art of story telling, creating a persona on stage and weaving magic before the eyes of the audience. All the sessions were greatly savoured by the students.



### Cyber Security and Awareness by

#### Mr. Naveen Dham on 29/05/2020

The statistics on cyber-crime in India paint a picture that none of us can be proud of. What is most alarming in recent times is the increasing number of youth being the victim of cyber-crime. The workshop was intended to create awareness among them. The key speaker for the session was Mr. Naveen Dham a veteran security strategist & having a rich experience in Information Security (ISO27001) Implementation, Maintenance, IT Security Auditing and IT Service Delivery. He has also been honoured with Global Award in London in the year 2011 for his exemplary work in Information Security Implementation and IT Service Delivery Domains.

Mr Dham interacted with the students and discussed about the trending apps and games. The students were guided about the legal aspects of accessing the internet like the legal age, ethics and rules of using social media and gaming. The students were advised to handle real and virtual life judiciously. He also enlightened students about possible threats of efrauds, online banking frauds, hacking, phishing, cyber defamation, cyber bullying, stalking etc. He explained the safe use of social media, online shopping, internet games, correct methods of using debit and credit cards and internet banking. He gave tips on keeping passwords safe, avoiding cyber bullying, data thefts, threats of fake profiles and defamatory posts. This workshop was an eye-opener for children. If followed properly, Mr. Dham's advice can help them with a digitally secured life to a good extent.



#### SKILLS FOR LIFE

Over the last two months, worldwide developments have catapulted us into a new present, filled with unimaginable challenges, as we strive to build a secure and hope-filled tomorrow. Education, a key element to development and progress is seeing rapid changes in the way it is perceived and disseminated.

Alive to this new reality and with the aim of providing alternative, new learning opportunities for our students, we have started our special *Virtual Learning Room* plan for senior level students, titled **SFL**, designed and conducted by Edutainment specialist, Mr Stephen Marazzi. Aimed at developing essential **Life skills**, this innovative VLR experience is intended to engage and challenge students at different levels, as they tackle a range of subjects through exploration, discussion, experimentation and presentation, in an atmosphere of informality and fun.

The programme is being run for students of Classes IX and X. Specific days have been allotted to the students who have voluntarily registered for the programme and visual learning experience that focuses on life skills is going on during the vacation as per a carefully drafted schedule.



#### 'Admissions Abroad' by Mr Soumyo Gupta (08/05/2020)

The session was led by Mr. Soumyo Gupta, CEO Jamboore Education, he holds an engineering degree from NIT Durgapur and a post graduate diploma in management from the Indian Institute of Management, Bangalore. His focus areas include practice of 21st century education curriculum, use of technology for academic excellence and enabling students to realize their potential by choosing the right careers. He is a teacher at heart and enjoys spending time with students inside and outside the class, to guide them to achieve their dreams of studying in the top Universities of the world

The key takeaways from the session were -

Admissions criteria and applications process to universities abroad

Profile building and enhancement

Pursuing bachelors in India, US, UK, Ireland, Canada, Germany, Singapore - Comparative analysis Roadmap for class 10-12 students as per application deadline of universities

Scholarships and financial aid options

Advanced placement & summer schools

Job opportunities abroad after course completion - ROI

Info on SAT, SAT Subject tests, TOEFL, IELTS SAT scores at Indian universities

Students were briefed about the admission criteria of various countries – USA, UK, Australia, Canada, Hong Kong, Singapore, Germany and Japan. The speaker also highlighted both the pros and cons of studying in these countries. Students were provided information on profile building, IELTS, SAT, TOFEL and PR. The session provided an overview of many countries thereby making it easy for students to decide which country would be best for them to pursue



#### Online Workshop on 'Career Planning' by Mr. Vaibhav Sharma, UPES University (01/05/2020)

With new age careers coming up so fast it is important for us to help students choosing a career which is unique and in-tune to their skillset and hobbies. It is imperative that students receive the right career counselling in order to make informed decisions and interactions like these end such quests. The following sessions were planned for the students of class XII:

1st May, 2020 –Commerce stream The session focused on explaining careers in Management with specialised field of Power management, Oil & Gas Management, Auto Marketing, Finance, Aviation Operations and other domains. Real life scenarios and case studies to make students understand the career aspects of each specialised field were shared. Students were encouraged to inculcate the habit of reading newspaper and keeping themselves abreast of latest developments in corporate world.

2nd May, 2020- Science Stream The career planning session with science students ,exposed them to several distinctive careers in field of engineering, like in areas of Oil & Gas, Power, Cyber Security & forensics, Big-Data Technologies, Artificial Intelligence & Machine Learning, Fire-Health and Safety, Internet of Things & Smart Cities, Cloud Computing & Virtualization technology etc. We explained students, the importance of disruption in the economy and directed them to be a reason of change that adds value to our world with feasible ideas and innovation.

2nd May, 2020- Humanities Stream Specializations in the field of Design covering Industrial Design, Product Design, Communication design, Interaction Design, Graphics & Gaming, VFX & Fashion design etc were introduced to the students.

During the seminars, students sought guidance and evaluated a range of careers in a structured manner

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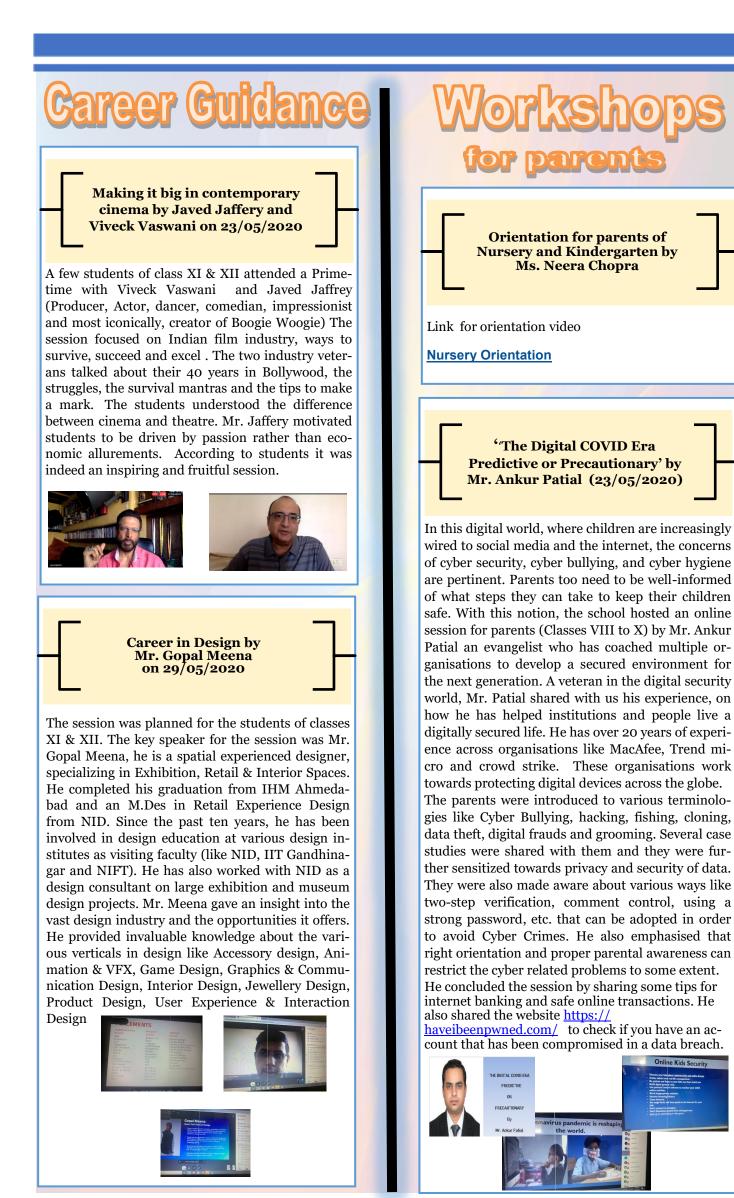
UPE

New Age Careers vs. Traditional Ones 93% Indian students are aware of just seven ca

> mputer Applications & IT an 150 different types of iob optic

> > u consider while choosing a

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#### 'Positive Parenting' by Dr. Roma Kumar (09/05/2020)

Stop trying to perfect your child, but keep trying to perfect your relationship with him/her - Dr. Henke In keeping with our promise to pro-actively reach out in forms of workshops and seminars we had a powerful orator and a renowned psychologist Dr. Roma Kumar to conduct a session for the new set of parents. Dr. Kumar is a senior consultant at Max Hospital, (Gurgaon) and at the Institute of Child Health, Sir Ganga Ram Hospital. She has been featured in prominent scientific national and international journals, In textbooks, newspapers, maga-zines as well as on Radio and TV Channels. The aim of this workshop was to motivate the parents to create a positive family atmosphere, believe in the concept of listening to their wards and to effectively meet up to any parenting challenge during the time of pandemic. She spoke about the importance of setting a routine for children and striking the right balance between disciplining a child and giving into his or her emotional



#### "Parenting an Adolescent' by Dr. Aruna Broota (10/05/2020)

Parents need to fill a child's bucket of self-esteem so high that the rest of the world can't poke enough holes to drain it dry - Alvin Price

Dr. Aruna Broota is a Psychologist, Hypnotherapist and Alchemist Trained psychologist. She is an acclaimed mental health expert, revered people-transformation expert and a highly sought after employee engagement expert with world's leading corporate conglomerates, schools, colleges as her clients Dr Aruna Broota has over 4 decades of wow work equity. Her numerous scientific research breakthroughs, ongoing popular publications, well attended group motivation/training sessions, regular public counselling over radio, TV and print media and successful individual counselling practice makes her a uniquely experienced.

Dr. Broota emphasised that parents are the role models for children therefore, it becomes imperative for them to unlearn a few things and to acquire many new skills to model the personality they would like their child to be. She also stressed that it is imperious that parents boost the self-esteem of children at all levels. Very eloquently she explained that positive parenting is an amalgamation of parenting techniques based on love, respect, encouragement, discipline using assertiveness, care and positive environment. With many questions, doubts and dilemmas being clarified at the workshop, it turned out to be a highly interactive session.

#### Positive and Happy Parenting' by Dr. Jitendra Nagpal (09/05/2020)

Your children need your presence more than your presents - Jesse Jackson

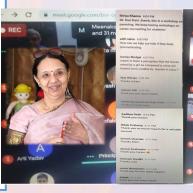
Dr. Jitendra Nagpal is a Senior Consultant Psychiatrist in Moolchand Medcity, New Delhi. He is a distinguished Psychiatrist with special focus on child, adolescent and women problems. Dr. Nagpal is a member of various committees for protection and promotion of mental health of children and adolescents and is involved in health policy making. He is also the Director of Expressions India, an NGO that coordinates training and consultation of school based mental health programs throughout the country supported by the World Health Organization. Dr Nagpal is a regular columnist and consultant on leading national media, both print and electronic (CNN, IBN, NDTV, Times of India Group, India Today, Hindustan Times, Jain TV, Sab TV) for mental health issues.

Dr. Nagpal resolved the queries of parents and motivated them to make the most of the family time available due to the lockdown. He suggested various collective family activities that can be done during the lockdown period. At all levels he emphasised on striking a balance of where to place boundaries, where to encourage, and where to discourage children.

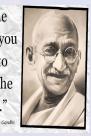


'Positive Parenting' by Dr. Roma Kumar for parents of Nursery & Kindergarten

Session of Positive Parenting by Dr Roma Kumar for Parents of Nur & KG



"Be the change you want to see in the world."



Aril Llezence ou godien

We pledge to educate our students amidst Covid 19

Knowledge cannot be 'locked down'-The quest for knowledge continues...

Students spread awareness about social distancing and the Novel Corona protocols.

<u>Students of Tagore International School East of Kailash spreads awareness about</u> <u>Social Distancing and the Novel Corona Behaviour</u>

We express our appreciation for the warriors who are helping us to fight against the pandemic

Thank you!!! We express our appreciation for the warriors who are helping us to fight against the pandemic. You inspire us with your dedication!! Our heartfelt gratitude

AAINA, Theatre Group of Tagore International School, EoK urges people to follow Corona protocols

AAINA, Theatre Group of Tagore International School, East of Kailash urges people to follow Corona protocols

#### We care for Mother Earth

We care for Mother Earth

Heal the World

Heal the World

Rap Song by Aaina Group

Rap song by Aaina Club-Yet another outstanding attempt by our students for spreading awareness about COVID 19

# Tagore Talkies- TIS Radio FM



To provide a creative outlet to the students and instill camaraderie in the student body that was connected virtually with their classmates ever since the session started, the school came up with a unique idea of creating its very own Radio FM channel **Tagore Talkies**. Different classes put up a 7-8 minutes programme that was aired on every Tuesday and Friday which had little snippets of news, acting, interviews, songs and jokes. The purpose was edutainment- entertainment coupled with skills of public speaking, audio presentations and technical aspects of putting pieces together. And proud to say, the students aced it!

Links

http://tiny.cc/2reeqz

http://tiny.cc/zyeeqz

http://tiny.cc/0veeqz