

# **PODAR INTERNATIONAL SCHOOL CBSE. NERUL**

## **A REPORT ON CO-CURRICULAR AND CO-SCHOLASTIC ACTIVITIES**

Podar International School CBSE Nerul takes pride in the activity-based curriculum which it follows. Hence, the school has its own activity calendar along with which all the CBSE activities are also conducted.

The list of activities conducted are:

1. **SEWA:** As per the CBSE curriculum of class 10 - **Social Empowerment through Work Education and Action** is part of the **HPE**. **SEWA** aims to develop a whole person in their intellectual, personal, social, emotional and social growth. The experiential and constructive modes of learning emphasize the immediate personal experience of the learner and view learning as a process. SEWA takes learning beyond the walls of the classroom and sometimes even beyond the boundaries of the school, building bridges with the authentic and real world in meaningful and positive ways.

In this activity our students participated in the Community Service Programme.

Adult education was the main theme where the staff of school was taught the 3Rs and the use of computers



2. **Life skills:** School counsellorshandled these sessions with the aim of developing qualities like leadership, team building, cooperative projects etc



3. **In HPE strand 1 and strand 2, team games** individual as well as group are encouraged. Students have performed in several DSO events and won laurealsIndividual event winners from school in private and government recognized competitions were endless.



4. All the classes were involved in activities like **Swatch Bharat**, **Khadi wearing day** during the **Gandhiji's birth anniversary expression series** conducted by CBSE. A special assembly was organized and a street play on gandhiji's ideals was performed by the senior section.



5. The School also conducted activities on preparing **first aid boxes**, **donation drive**, meeting with the military on **Kargil Divas** and **painting posters for them**.





6. **CBSE projects on solar power, water conservation, tree planting ideas, research on sustainable agriculture, latest developments in artificial intelligence, modern inventions and endangered species** were conducted throughout the school and displayed on the softboards for the all.



7. The School has several Clubs like- **the Eco-club, Maths club, Reading club, Heritage club, Literary club, Music and Cultural club**. Several activities are conducted based on a common theme like Joy of giving, happiness , conservation of resources Several quiz contests like Maths Quiz, Eco- quiz, Social science quiz, Sports and fitness quiz, etc





8. Along with this the **CBSE Water Conservation** series was conducted involving all classes from. 3<sup>rd</sup> to 10<sup>th</sup>.



9. **CBSE Story telling competition** was also held which was part of experiential learning as the children wove wonderful stories around the topics of certain subjects taught in class



10. CBSE has decided that each year **SECOND and THIRD WEEK in November** will be celebrated as **"Fitness Week"** This movement therefore endeavours to alter this behaviour from 'Passive Screen time' to 'Active Field time' and the aim of the objective is to develop Sports Quotient among all the students' to achieve a healthy lifestyle. Different Indian sports were encouraged in this week like KhoKho, Kabaddi, Langdi, Skipping, Yoga, Gymnastics etc



11. **The School Annual Sports Event for 3 days – KHELO INDIA-** was also arranged during this time with several other events like athletics, shotput, football matches, basketball, volleyball, handball matches between the 4 houses.



12. **A quiz-FIT INDIA-** was conducted for the awareness of the achievements of Indian's in the international sports arena and to tell them about different kinds of sports



13. Constitution Day was **Constitution day-**

A pledge taking ceremony to mark the occasion. Special Assembly was organized where the Pledge was read out. Students in all classes read out the pledge.



14. **Rashtriyaekta divas**-The birth anniversary of SardarVallabhbhai Patel is being observed as '**RashtriyaEktaDiwas**' (National Unity Day) on **31st October 2019**. The occasion provides us an opportunity to re-affirm the inherent strength and resilience of our nation to withstand the actual and potential threats to the unity, integrity and security of our country. School organized an essay writing competition and also a poster making competition. Also the pledge was taken



15. **Reading week** - The National Curriculum Framework (NCF) 2005 at pages 40-41 highlights the need of building opportunities for individualised reading at all stages in order to promote a culture of reading.



16. **Vigilance Day**- The secondary students of Podar International School CBSE, Nerul organized a special assembly on the above topic. Teachers and students spoke on the topic. Students also addressed the topic given by CBSE this year, ie, '**Ethics and integrity during examination**'.



17. RSP and Scouts and Guides - development of leadership skills and strategies for teambuilding.



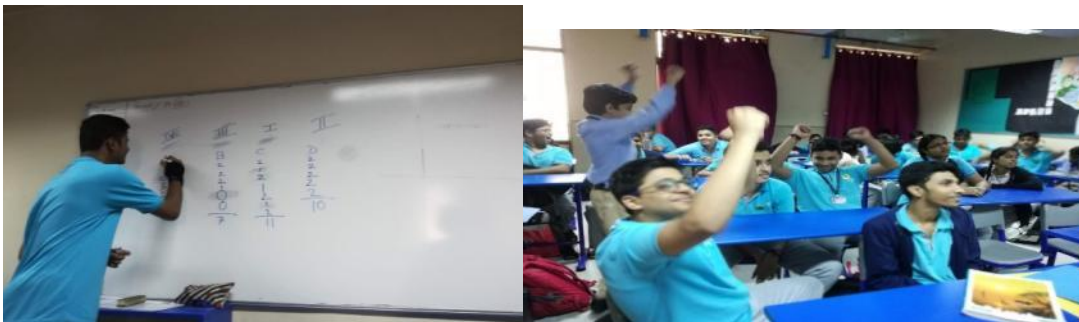
18. The **Class Constitution competition** was an inter- class competition to prepare a constitution for each class to make the students aware of the constitution. The next level will be an inter-school, competition to be held in January 10<sup>th</sup>, 2020



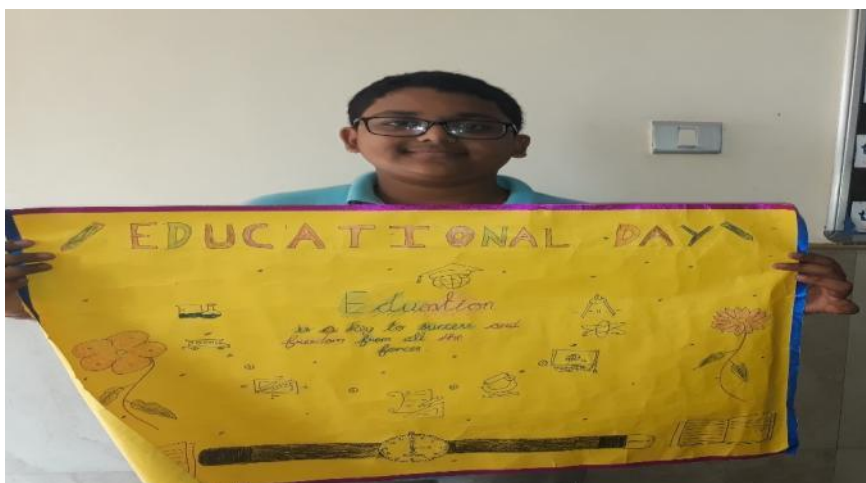
19. **Art Integration** is a cross-curricular approach to teaching and learning based on learning through arts. Our school has a curriculum which supports art integration.



20. **Multiple Assessment through quiz and other activities**



21. **National Education Day** is observed on 11 November in India to honour MaulanaAbulKalam's birthday. Let us have a look at National Education Day, its history and contributions of MaulanaAbulKalam Azad in the education sector. **There was a poster making activity in school**



22. Go Green project was also undertaken and sapling planting projects done involving the entire school by the Eco club of school



23. Activities on **Space research, Chandrayaan programme** was conducted. School arranged for a cultural programme based on Space troopers as the theme. A mime on Chandrayaan 2019 was showcased.

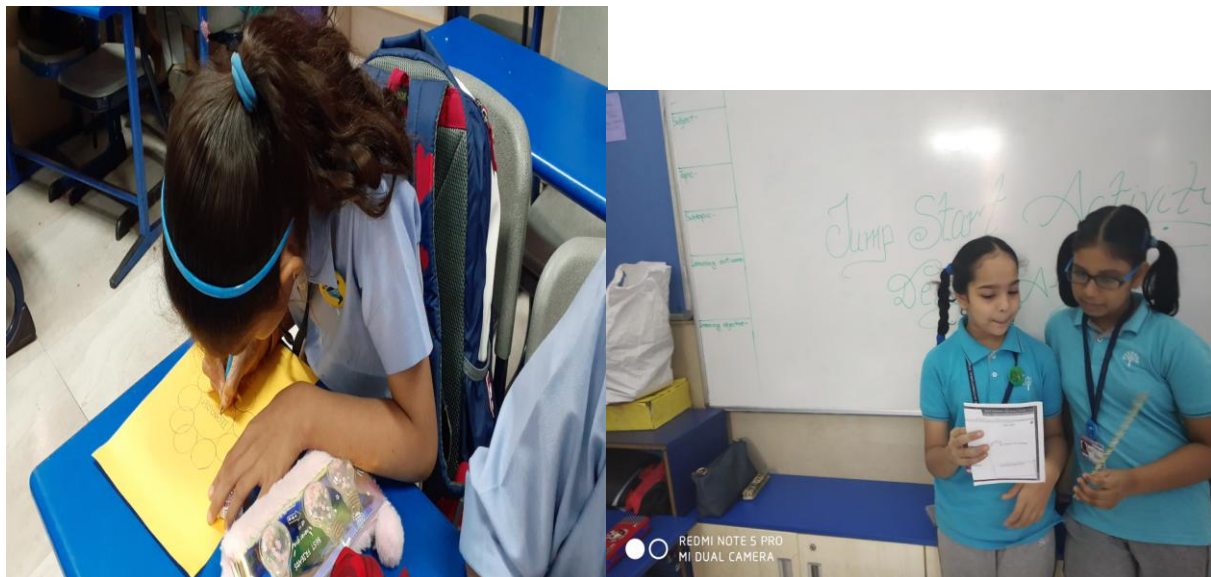


24. Isha foundation conducted yoga sessions on **Yoga Day** involving the entire school and also teachers and staff



25. Several school activities like jumpstart, express yourself etc are conducted based on modules<sup>i</sup>

<sup>i</sup>sent by Podar head office which help to develop team spirit, creativity etc of the child.



26. **Solo singing competition** was held to groom the students for other competitions outside.



27. Sanskrit divas, Marathi divas and Hindi Divas was conducted with equal zeal



28. Special assembly for all festivals including Gandhi jayanti, Janmashtami, Ganesh Chaturthi etc, was conducted



29 **Drishti2020** is the 4th interschool competition on the vision of late APJ Abdul Kalam. Various activities are chosen each year. This time it was a debate based on the idea of connecting the rivers of India



30. Several topics are discussed in the daily assembly to make the children aware of important world events.



31. Several class activities are organized to bring about the experience in learning by doing, for example, **Independence day activity, Christmas activity, Diwali activity, Candle decoration, andrakhi making , etc.** Also **students distributed Diwali cards to the Bus Staff.**



32. School also organized inter class **MUN on Water Scarcity and Unmanned Ariel vehicles and their sanctity.** Students were trained and sent to different MUN competitions outside school



33. Apart from these students won several competitions held outside school: **MUN Best Delegate in Podar CIE Nerul, First runners up MUN in BalBharati Public school, NaviMumbai, Rotary Spirits Competition winners in solo-singing, story telling, Calligraphy, Group singing,, Best School Award in Essay on Nobel Laureatism by Navi Mumbai Science Foundation, 3<sup>rd</sup> Position in YMCA inter-school debate, DSO Badminton , Don bosco basketball tournament, DSO Archery, DSO 600mts athletics, DSO Swimming, DSO Taekwondo, DSO Skating, School Library Association of India Mascot competition, NIE best student 2019, outstanding achievement in Spell bee international level, first runners up of Bharat koJano quiz, senior group.**







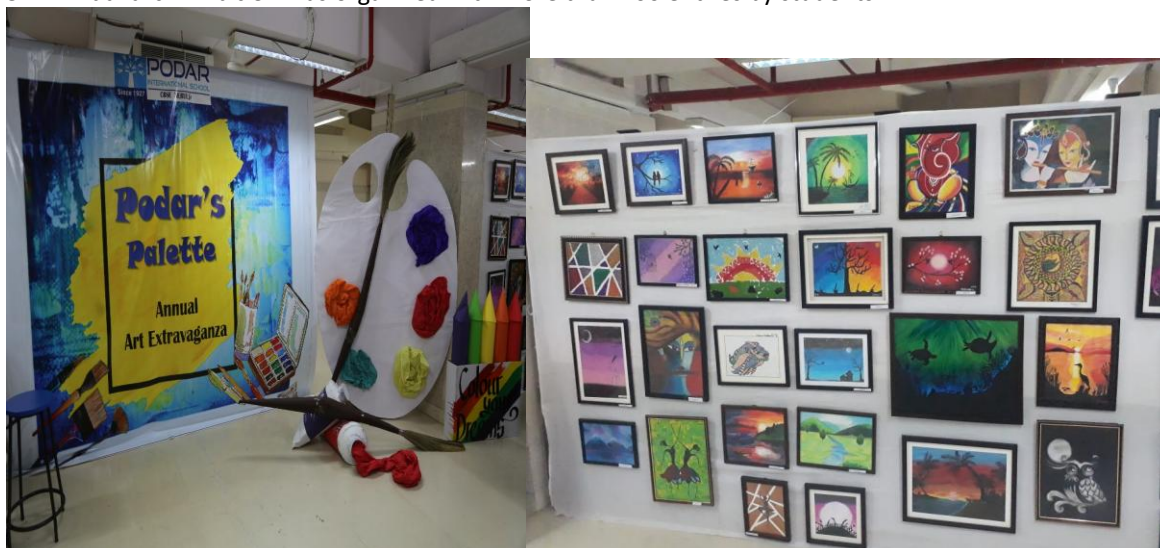


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Event name	Group	Language	Student Name	Place	Points
CALLIGRAPHY	Seniors	Eng.	DHYANAVI CHAUHAN	1st	10
DRAWING	Sub Seniors		APOORVA KUMAR	1st	15
DRAWING	Seniors 1		GAURI MENON	Consolation	0
GROUP SINGING			ROMA SARDEEP SINGH	3rd	10
POEM WRITING	Juniors	Eng.	APOORVA KUMAR	3rd	5
POEM WRITING	Seniors	Eng.	ANUSHKA RATHI	3rd	5
POEM WRITING	Juniors	Eng.	AHANA SAMANTA	Consolation	0
POSTER MAKING	Seniors		SHIVANSHI GUPTA	2nd	10
POSTER MAKING	Juniors		TANVI SINGHATIYA	Consolation	0
SHORT STORY WRITING	Seniors	Hindi	ARYAN MAHESHWARI	3rd	5
SOLO SINGING (Non Classical)	Juniors		AYUUSH SRIVASTAVA	1st	15



34. **Annual art Exhibition** was organized with more than 100 entries by students.



35. **School Annual Day** was conducted for all classes.



36. Also Under the aegis of school, students of 9<sup>th</sup> Std organized a **farewell** for the outgoing CBSE batch.



37. The interclass **science fair** was a huge affair with working models too involving all students.



38. School picnics were organized for all classes from 1<sup>st</sup> to 10<sup>th</sup> and also overnight trips were organized.

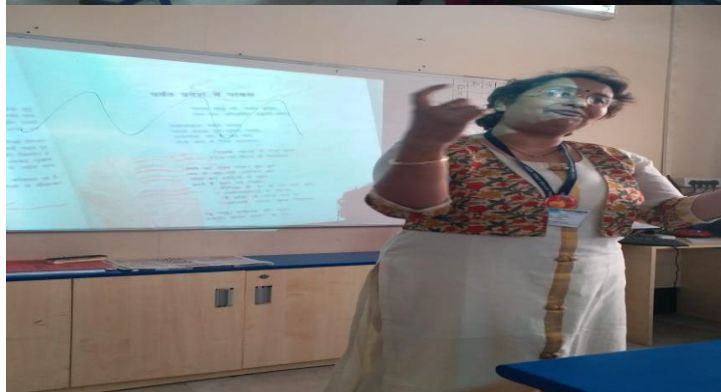


39. Wellness clubs, Boys and Girls club are organized where the school council members play a vital role.



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40. **Teachers' welfare club and monthly staff meetings and workshops** add a wholesome experience to the teachers.



41. Regular Yoga and Zumba sessions keep the teachers stress free.



42. For **experiential learning**, certain school themes are given to the children- for example **tropical rainforests**, **10<sup>th</sup> standard role play on money and credit**



43. Felicitation of CBSE 10<sup>th</sup> Standard batch of 2018-2019



#### 44. Students career counselling session



#### 45. Republic Day: Flag hoisting and cultural programme



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46. **Independence day:** Students sang patriotic songs to Commemorate the independence of India

