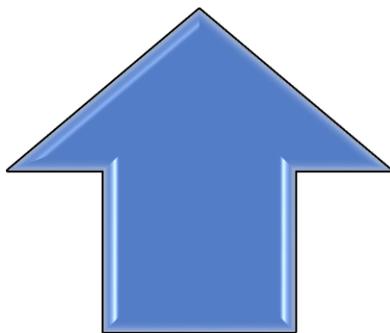


# *Strengthening Lives 4.0*

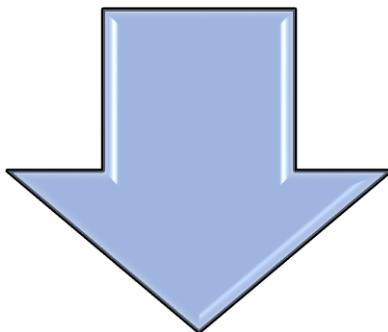
*- October '23*

***“The beautiful thing about learning is that no one can take it away from you.”***  
***—B.B. King***

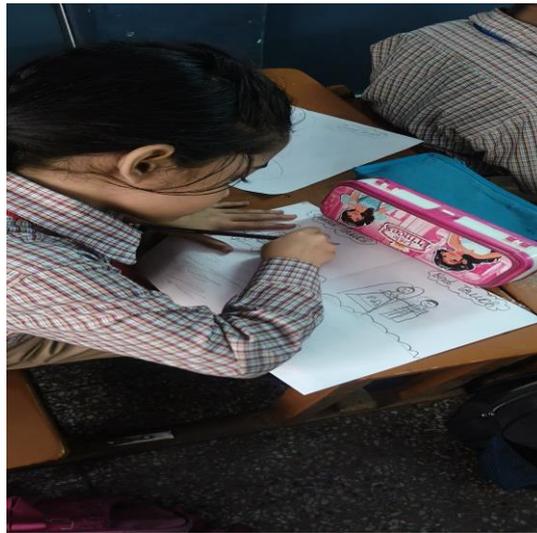
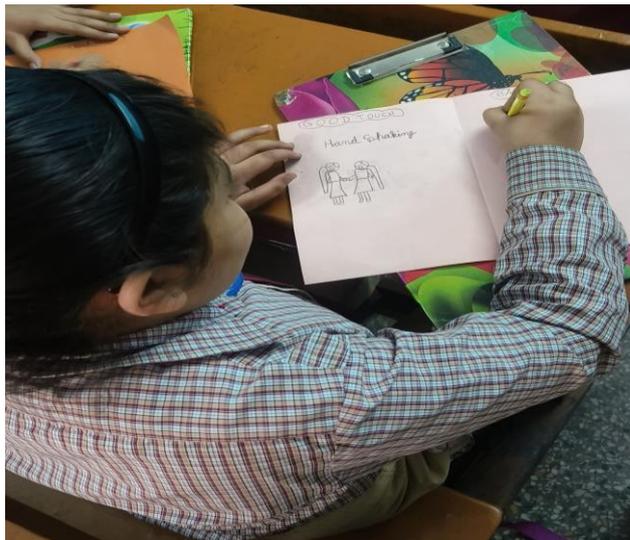
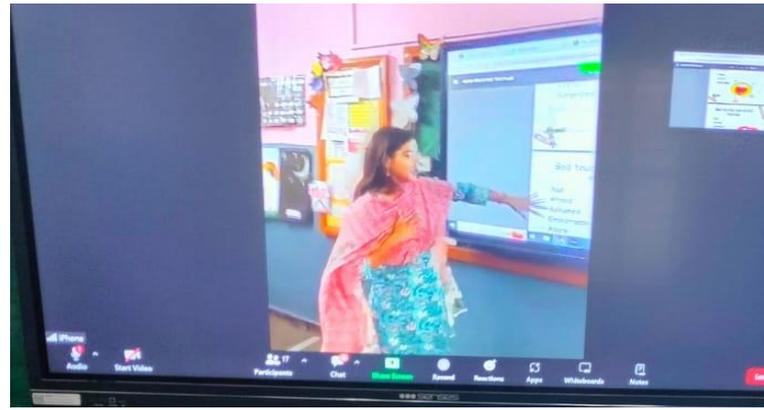
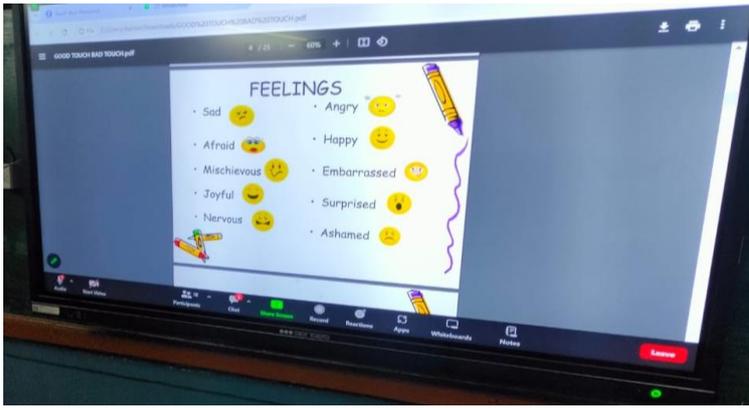
SGNPS observed its fourth phase of initiative –‘Reduced Working Hours’. On 31<sup>st</sup> October, Classes 1 to 12, gained exceptional knowledge and learning and sense of responsibility towards their personal lives. For this day, we have divided the activities in two slots, for classes 1 to 5, our School Counsellor organised session on Good Touch-Bad touch for creating awareness in children for body science. For classes 6 to 12, our H.O.D of Computer Department took webinar on Cyber Security for spreading knowledge about the boon and bane of Internet.



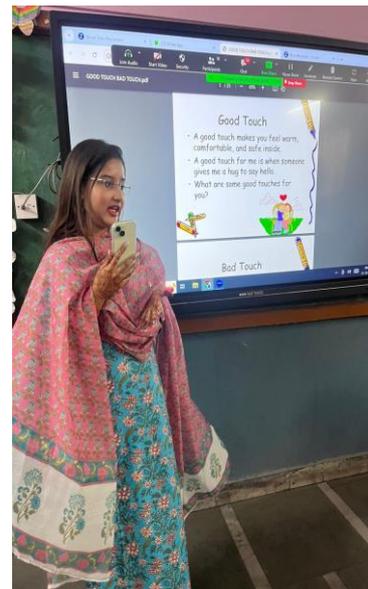
***GOOD TOUCH -BAD TOUCH***  
***(Classes 1-5)***



***CYBER SECURITY***  
***(Classes 6-12)***

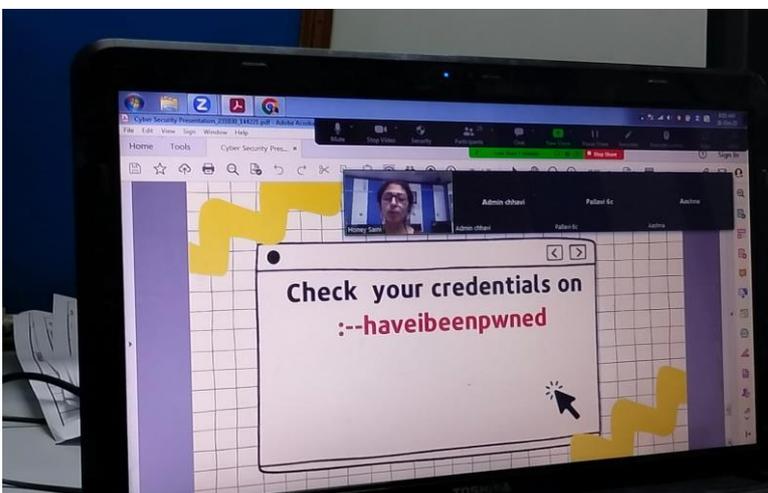
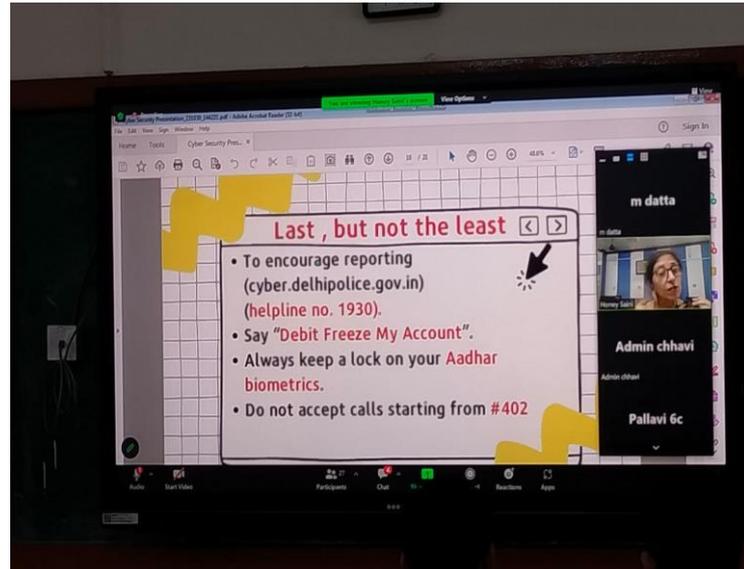
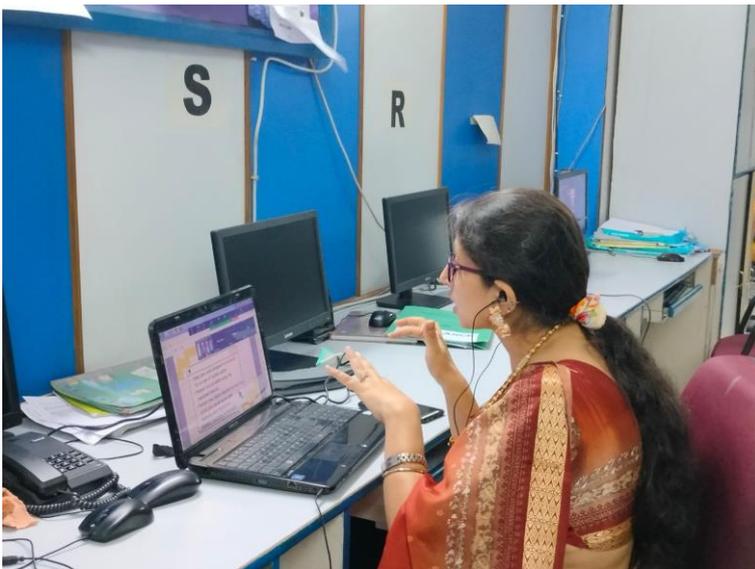


Classes 1 to 5, were guided by School Counsellor on Good Touch Bad Touch. This topic is very sensitive but needs to be addressed on regular intervals to help kids grow into an educated and responsible people. The session talked about feelings, emotions and about body science. The speaker discussed ways to protect private part and ways to react on bad touch. The session was informative and students shared their own experiences with class teachers. It was great to see that our students opened up and shared what happened with them. The session also discussed who are the people whom our kids can approach if they ever come across bad touch incident.





For Classes 6-12, CYBER SECURITY AWARENESS WEBINAR was organised by HOD Computer Science. The Webinar enlightened students about Cyber Security, Cyber bullying, Cyber grooming, digital footprints and tips to be digitally safe. Webinar was followed with Cyber Awareness Quiz in the classes and Winners were rewarded with E- Certificate by the Principal and Vice Principal. The webinar was liked by students and teachers and everyone received exceptional knowledge about digital world. These webinars filled motivation and guided our students in efficient manner.



# Strengthening lives 3.0

-August'23

***"Just believe in yourself. Even if you don't pretend that you do and, and some point, you will." —Venus Williams***

SGNPS is striving at every possible arena, making the above said quote right. A school not only provides quality education, but is responsible to make happy and developed persona of a child. SGNPS celebrated 12th National Sports Day on last working day of August, in the concept of reduced working hours which was launched in the month of April.

On this particular day, our Sports department and entire staff helped students from classes K.G to 12<sup>th</sup> to participate in sports integrated activities involving '**neuromuscular activities**', which improved students functioning of brain. Our activities were as follows:

**Remember  
the color**

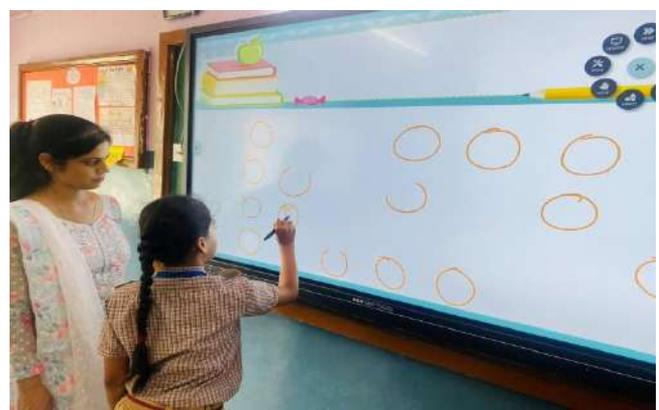
**Pass the  
Bottle**

**Brain  
Storming**

**Fill the  
Alphabet**



**Remember the color** activity focused on the memory power of the student. They were given set of circles with different colors and they were allowed to see the pattern for five to six seconds. Then they were supposed to match the pattern and color it. It helped them in improving concentration.





## Pass the Bottle

**Coordination Game:** To assess the coordination skills among the students, a "Pass the Bottle" game was organized. In this game, water bottle was passed from one student to another in a coordinated manner. This activity not only tested their ability to pay attention and react quickly but also encouraged teamwork and synchronization



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Students were called slots wise in the sports ground and they were asked to perform physical activities. They were given instructions and they were asked to do the opposite of what is being told- for instance, if were told to sit so they had to stand. It was an enthusiastic atmosphere filled with creativity and fun.



GLIMPSE..



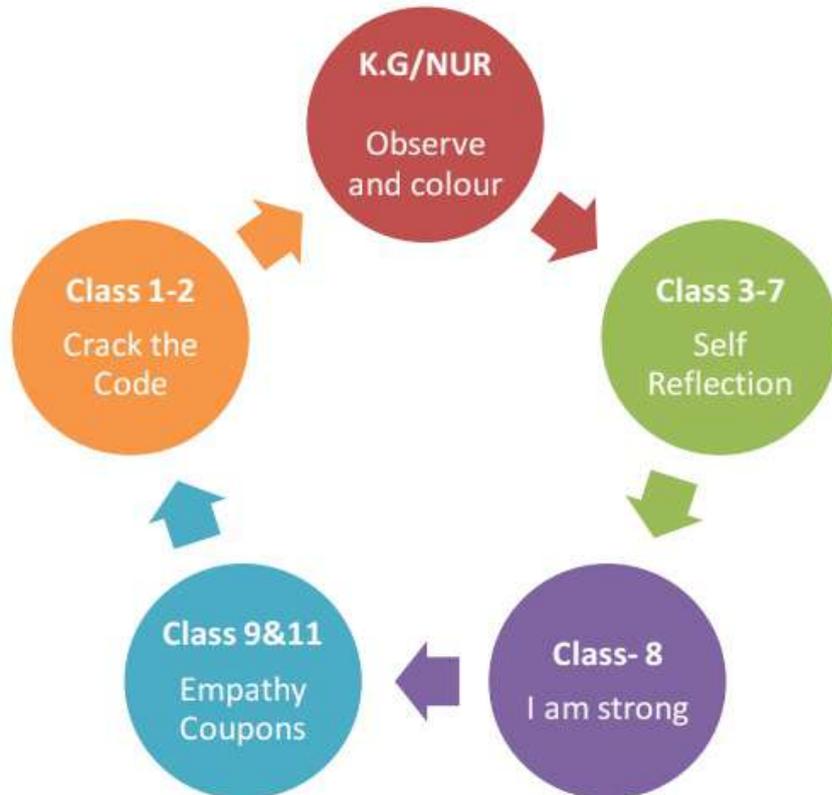


**Students of classes K.G to 12<sup>th</sup> performed various activities related to physical output and mental inputs. Our Qualified sports department promoted the use of 'Neuromuscular' activities. The teachers and students participated in full enthusiasm and created a happy environment. For overall development of children, physical and mental abilities need to be cater. Moreover, the activities focussed on the left and right hemisphere of the brain. The memory game, pass the bottle game, or hand eye coordination focussed on the areas of brain development. Students with same routine, often gets obsessed and unhealthy in course of life. With these kind of activities, SGNPS focussed on promotion of physical and mental wellbeing.**

# *Strengthening lives 2.0*

S.G.N.P.S is leaving no stone unturned behind, to work in the area of overall holistic development of Students. At S.G.N.P.S, we believe that School is a place where children explore, learn and try to know their best potential. School provides a nutshell to children for being self-aware and be ready mentally, socially and emotionally. Considering the need of hour, SGNPS has introduced an initiative of 'Reduced Working Hours' , starting from the academic session of 2023, in which every last working day of Month will be observed as Personality development day focussing on Social and life skills of students. The extensive efforts of Management of S.G.N.P.S, Principal, Vice Principal, School Counsellor and all teachers makes the day effective and fruitful.

On April 29 2023, SGNPS observed the first phase of this initiative. For the Second phase, that is Strengthening Lives 2.0, observed on July 31, 2023- Classes K.G to 12<sup>th</sup> participated in the event with full enthusiasm and curiosity. Following are the details of the event:



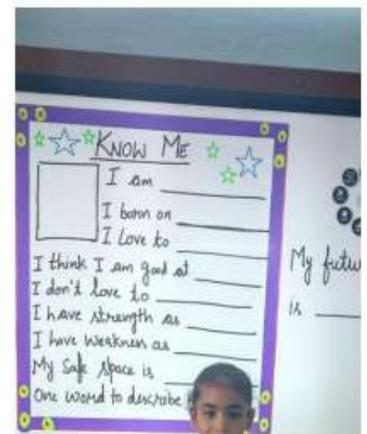
Students of Classes K.G and Nursery performed activities of 'Observe & colour'. Following instructions they performed the basic colouring activity which helped them in improving gross motor skills and grip command over hands. This also improves their concentration towards instructions and observes improved class coordination. They were given a tree with labels of colours, students need to follow the instruction and colour only according to the mentioned numbers.



Classes 1 and 2 performed the Mind Activeness Activity. They were given codes to color to map their mind attention. They were given codes to crack and form three letters words. Teachers could map their gross motor skills and visual motor skills.



Class 3, displayed their extra ordinary skills by performing activities of self-awareness and Pictionary. Students made beautifully crafted 'Know Me' profile in which they mentioned things about themselves. In addition to this, they performed the activity of Pictionary, in which 5 students were called and they've written something on the back of other student. Each child had to guess what is written. This improved sensory motor observation.





Classes 4 to 8, curated beautiful masterpieces of Self Reflection. Students were given set of Twenty questions based on their personality, they had to dedicate colors based on their actions. **Red** - Never do, **Yellow**- Sometimes do, **Green**- Always do. Students enjoyed this activity where they got a reality check about their actions and behaviors. Students self-introspected



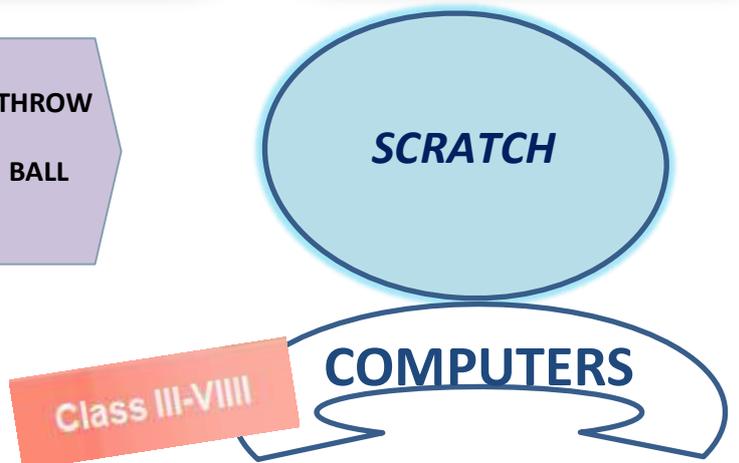
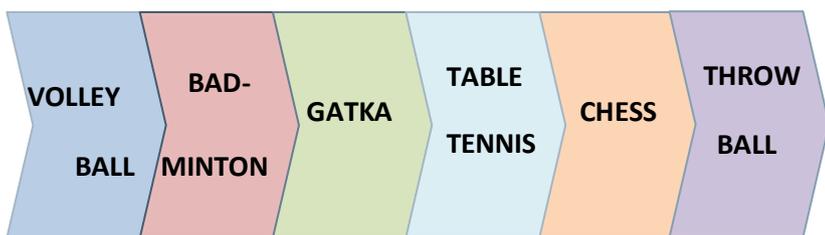
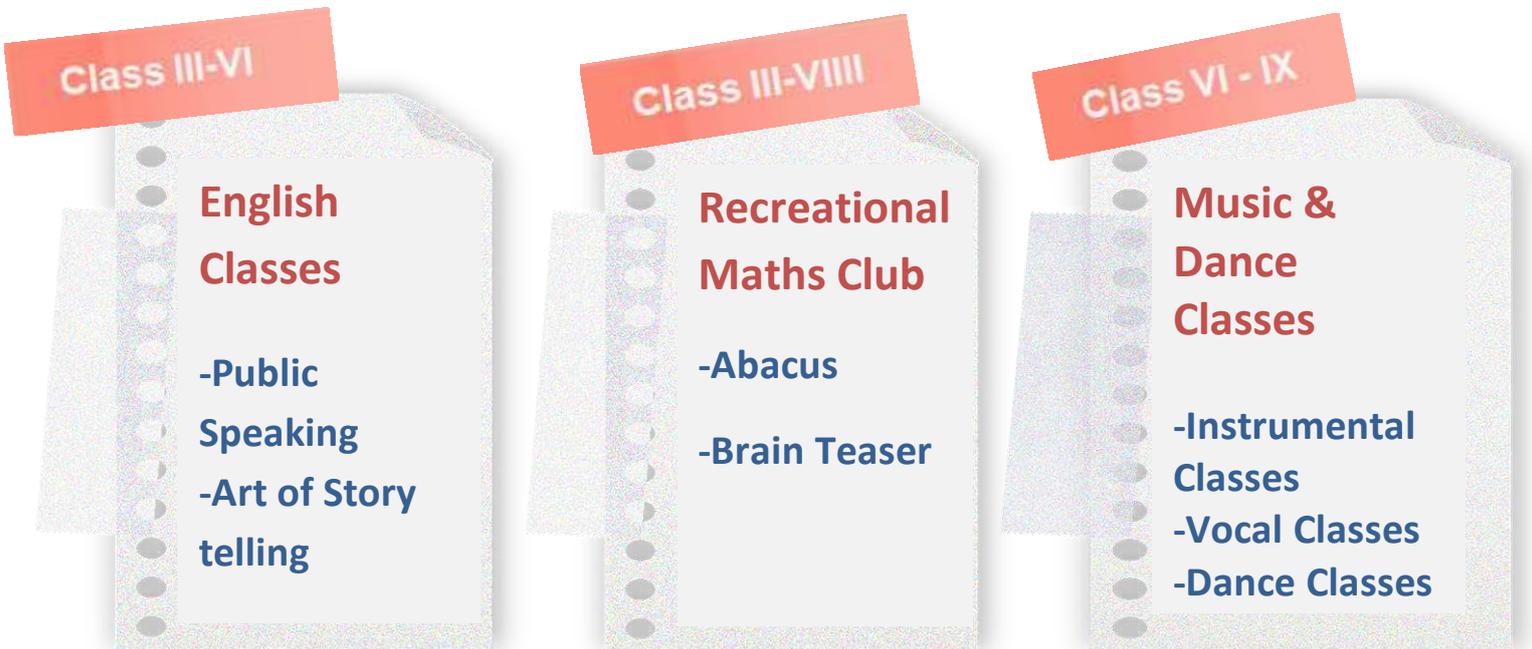
Our senior students, of Classes 9 and 11 managed to bring happy vibes in S.G.N.P.S by designing Empathy Coupons. They understood the value of empathy and dedicated their vote of thanks to whosoever made their life easier. Our students dedicated it to their Parents, siblings and created beautiful Empathy coupons for thanking their teachers. They not only felt happy by performing this activity, but also took a moment to genuinely appreciate their caregivers.

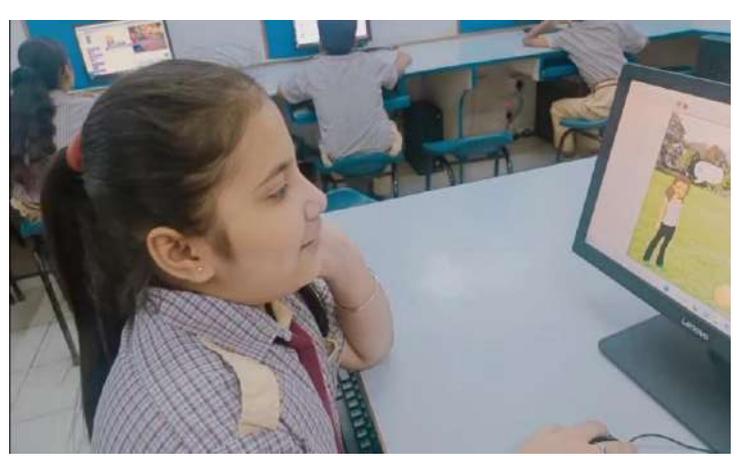


*The day came out to be a successful day with happy faces, light heart, enlightening mind and optimistic thoughts. Someone said the right proverb- "The beautiful thing about learning is that no one can take it away from you."*

# Summer Camp

SGNPS organised Summer Camp activities for our School Students, from Class Nursery to Class 9 and 11, during School hours. The tenure of summer camp activities was 15 May to 24 May. Summer camps enable children to develop confidence, independence, social skills, leadership skills, and physical fitness. Summer camp is a specially crafted program designed for children and teenagers during their summer vacation holidays as they come together and have fun while learning.





#Class III and IV starts with the Introduction of *JUNIOR SCRATCH*, a block-based programming to make simple animations and games with objects. Students learn to set backdrop, adding a Sprite, Movement of Sprite for simple animation.

#Class V and VI, students learn SCRATCH to change color of images, making story using objects and animations.

#Class VII and VIII for learning SCRATCH APPLICATIONS. Students learn to change the backdrop using looks control and create Birthday invitation in Sprite with simple text conversation.



The Sports enthusiasts in full swing participated in the activities of Badminton, Volleyball, Chess, Table tennis and many more sports. Chess holds its master in its own bonds, shaking the mind and brain so that the inner freedom of the very strongest must suffer. Playing badminton regularly can help strengthen the heart muscle and limit the risk of blood vessels clogging, reducing your risk of Heart Disease. The physical and mental health improvement was the main concern of arranging these activities.





Hobby classes were organized in Nursery & KG, which included Art and Craft, Dance, Personality Development, Handwriting, and Remedial classes. The children thoroughly enjoyed the classes. In the Dance class, they learned simple and easy dance steps in Bollywood free style and had a lot of fun. In Art and Craft, the children showed their best creativity by making creative things with the help of teacher. In English Conversation & Personality Development, the children learned new vocabulary words along with simple and easy sentences general mannerism ,etiquettes and they also were benefited with improved writing skills from the Remedial class.



To develop the personality, it is important to understand about oneself. Role plays provide a real world scenario to help students learn. Few role plays were conducted in the class wherein students understood about greeting each other and starting a conversation. A Good Manners 'Show n Tell' activity was based on showcasing a particular good manner that students display in their daily lives



During the summer camp, students have the opportunity to learn fundamental dance techniques, explore choreography, and develop their creativity through movement. They also engage in fun group activities and collaborations, fostering teamwork and building lasting friendships with fellow dance enthusiasts.



**DANCE CLASSES**



Tabla Classes, Instrumental Classes, Vocal Classes, develop their musicality, improve their coordination, and enhance their spatial awareness. Additionally, they will learn the importance of discipline, dedication, and perseverance, valuable life skills. Our classes cover essential techniques, music theory, note reading, and repertoire exploration.



**INSTRUMENTAL CLASSES**





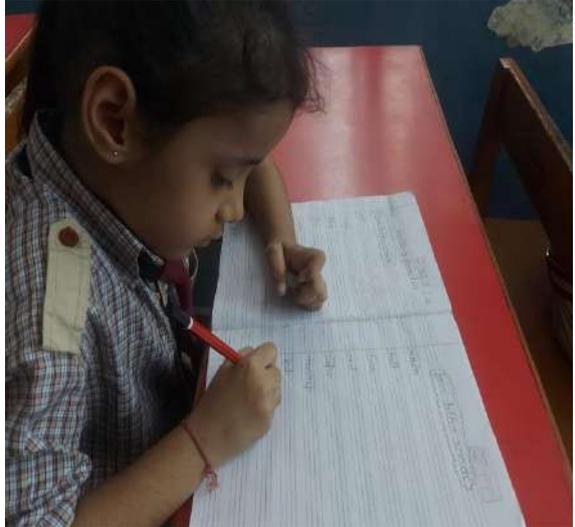
Communication is the way we connect with other people. It underpins learning and development in children of all ages and is a skill that can always be developed and improved. Students of SGNPS actively participated in the Public Speaking and learnt how to become a confident speaker during Summer Workshop.

Students of class V enthusiastically participated in The Art of Storytelling during the summer workshop. They actively created their own stories and learnt to make props.



विद्यार्थियों ने बड़े ही उत्साह से नाटक में अभिनय किया। यह नाटक आज की ज्वलंत समस्या सोशल मीडिया के बढ़ते दुष्प्रभाव पर आधारित है। विशेष रूप से आज का किशोर वर्ग इसका अधिक इस्तेमाल करके एक मुश्किल दौर से गुजर रहा है इसी की झलक इस नाटक में दिखाने का प्रयास किया गया है।

Students of class 1 & 2 enjoyed Hand writing practice during their summer camp. They learn during this class-How to improve handwriting and how to write in proper lines



# BRAIN TEASER

# WARLI ART



#SAVEWARLI



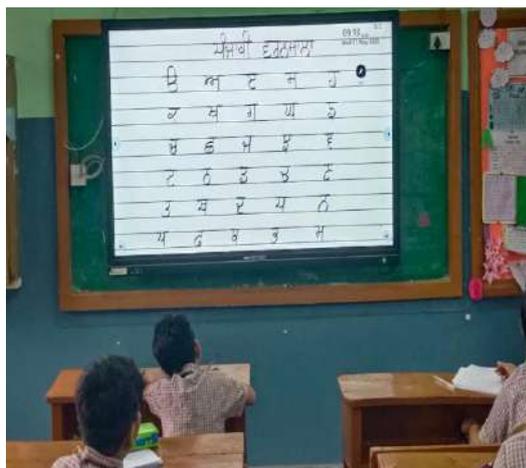
# NUMBER SERIES



Solving brain teasers boosts brain power, keeps our memory strong. SGNPS provided memory based questions and tricks to solve aptitude questions. Student enjoy very much and participate in all the activities with great enthusiasm. Our School organised ABACUS as well. Students participated with full enthusiasm. These hobby classes are fruitful for the students. They enjoyed and learnt Abacus counting on fingers as well on abacus.



SGNPS organised special classes to impart the students the knowledge of Punjabi language during the summer break. The children participated in the learning sessions with enthusiasm and excitement.





Students were enhanced with the divine knowledge of Sri Guru Granth sahib ji and were also taught to do Japji Sahib path. The classes were held in Gurudwara of School, focussing on Guruseva



Students enjoyed the workshop of Art and Craft using various creative aids. Paper craft is a collection of crafts using paper as a medium for the creation of two dimensional objects. The students enjoyed making a fish with paper craft, Hanging paper craft and Tulips flowers

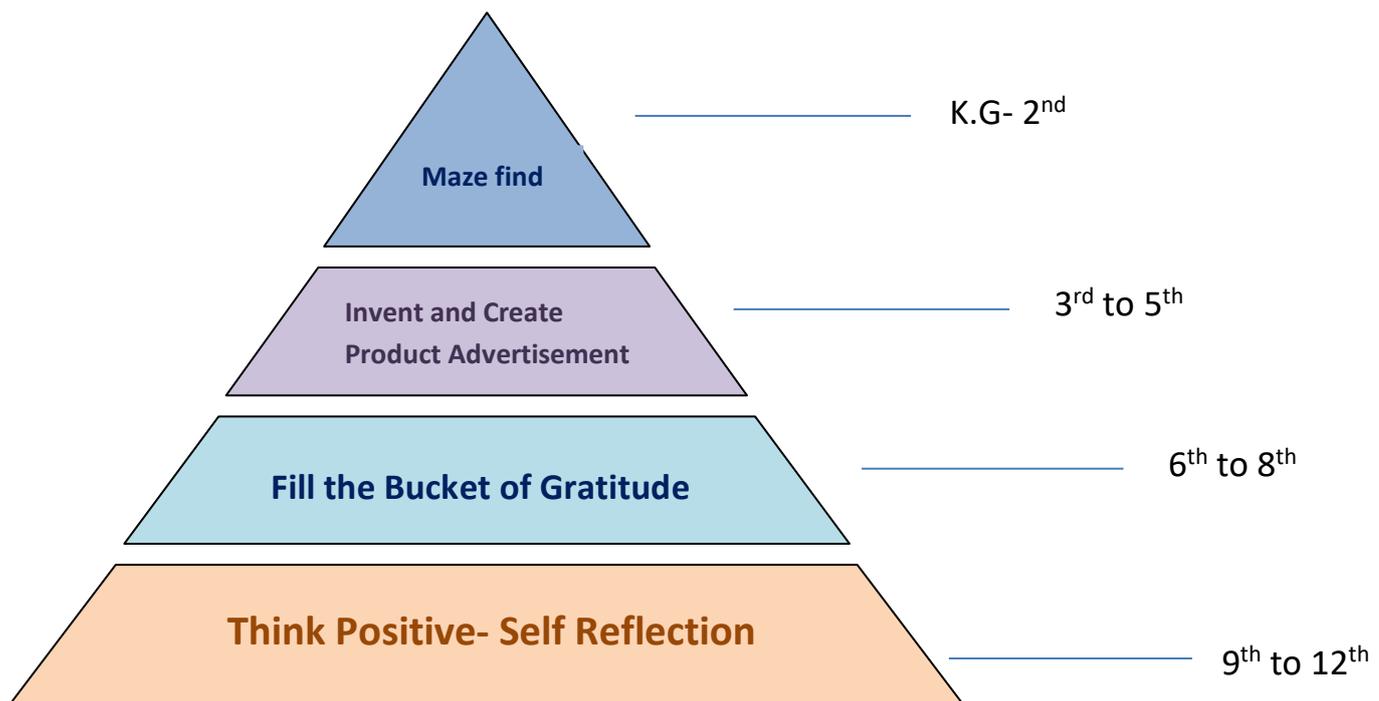
# Strengthening lives

"Education's purpose is to replace an empty mind with an open one." – Malcolm Forbes

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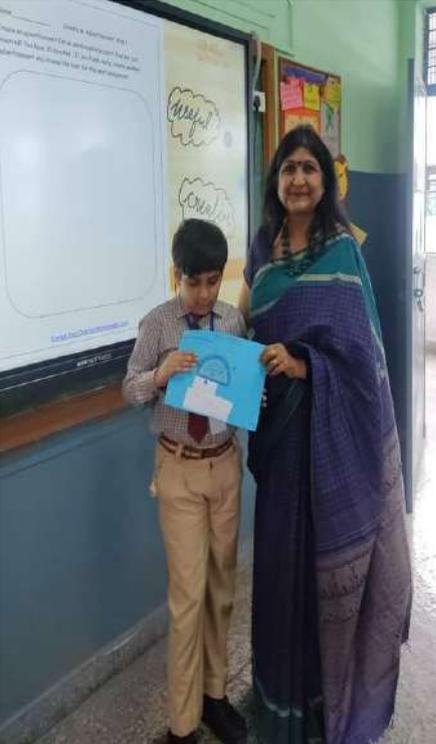
Students of Classes K.G and Nursery performed activity of 'Colour Me'. Following instructions they performed the basic colouring activity which helped them in improving gross motor skills and grip command over hands. This also improves their concentration towards instructions and observes improved class coordination.





Classes 1-3 enjoyed activity of Mindful colouring and Maze find. The colouring on patterns improves student's coordination with Visual muscles and makes their unconscious state relaxed. The maze find improves attention span and keep them focused on their own pattern. Students of this age lose attention very quickly. These patterns kept them engaged and all performed activity in a very excellent way.

Classes 4-5 designed beautiful and creative advertisement. Students used their thinking skills and invented a product which they will sale in real world. Some students invented Robots with high technologies, some created magical hair oil and shampoos. This activity focused on brain storming of students and it helped them to think out of the box. This enhanced their thinking and imagination skills and boosted self-confidence. They performed the activity happily.





Classes 6-8 performed the activity of fill the Bucket. They designed a bucket and filled meaningful compliments in it. They learned the art of Gratitude and value of thank you. The core learning outcome of this activity is to create importance of gratitude amongst students and they learn how these adjectives add to their personality.



Classes 9-12, curated beautiful masterpieces by putting their thoughts in words. They did the activity named-Think Positive. They learned the art of Positive thinking and self-reflected on their inner unconscious state. The senior students did jaw dropping assignment and made SGNPS staff astonished with their creativity.

