

## **WEBSITE: OCTOBER 2020**

### **1. Mahatma Gandhi and Lal Bahadur Shastri Jayanti: 02<sup>nd</sup> October, 2020**

The occasion of 151<sup>st</sup> Birth anniversary of Mahatma Gandhi and 116<sup>th</sup> Birth anniversary of Lal Bahadur Shastri on 02<sup>nd</sup> October, 2020 was observed very enthusiastically on the digital platform with the Sophian students. A special assembly was conducted by students where prayers were said to keep our country safe and disease free; speeches were recorded which acknowledged the selfless contributions of our great leaders on their birth anniversary.

### **2. Mental health and emotional well being: 04<sup>th</sup> to 10<sup>th</sup> October, 2020**

Corona virus a curse to mankind has overpowered everything in the lives of the people, from enjoyment to restrictions one has to adhere to them only when social distancing and no human contact is applicable. While basic needs are being addressed to an extent by the government and many other associations or NGO's, there is another dimension that the pandemic has created which is to be addressed patiently and seriously is the issue of mental health. With a specific focus on children and adolescents, there are emerging mental health concerns that are often reported in such situations. Children and adolescents may be more vulnerable and may experience a great level of stress, anxiety and fearfulness, along with other emotional and behavioral issues. What has been brought to the forefront is the need for man to understand man itself and the need to be more human. Keeping it in mind, CBSE observed a Mental Health week from 04<sup>th</sup> October, 2020 to 10<sup>th</sup> October, 2020 on the occasion of World Mental Health Day on 10<sup>th</sup> October, 2020 and asked schools affiliated under it to conduct sessions to support emotional well-being of students who are affected by closure of schools, new system of online classes, restrictions during pandemic period etc. which has led to stress and anxiety among them. All the class teachers from primary to secondary of Sophia school conducted sessions through various digital platforms during this Mental Health week. Interesting PowerPoint presentations, videos, PDFs, various text materials etc. were prepared and shared with the students during their sessions to highlight and acknowledge the important issues regarding mental health and emotional well-being. Various suggestions and methods were conveyed to the students which could act as stress-busting mood boosters to make them feel better in this pandemic time, such as acknowledging stressful emotions, caring-sharing, adopting to creative skills to channelize their energy, healthy lifestyles, spending time with family and friends, to be vocal about their emotions etc. Students were motivated and encouraged to share their experiences of this lockdown period and as a result many wonderful stories came forth. Students felt relieved to talk about their

feelings and to find a friend in their teacher. Thus, this online therapy worked out constructively for the students as well as their class teacher.

### **3. Young Chef India 2020: 10<sup>th</sup> October, 2020**

International Institute of Hotel Management (IIHM), Jaipur organized a Chef Competition in more than 50 schools of the city, as a qualifying round to explore the culinary skills of the students. The qualifying round was conducted on 16<sup>th</sup> November, 2019 for Home Science Sophian students. All the Home Science students participated very enthusiastically in the competition, where eight students out of them were selected for the second round. But as our lives were brought to a standstill due to Covid-19 pandemic, the competition was also postponed for few months. During this chaos, technology and digital world came to rescue of human race and continued to keep up the enthusiasm of worldly affairs. In the month of September 2020, second round of the competition was conducted through the digital platform i.e. ZOOM for all the selected candidates of various schools. The participants were given limited food items list and they had to make tasty dishes out of them. The judges observed them making the dishes and asked questions about the procedures followed. The round was successfully qualified by our four Sophians, who got selected for the final round. Five schools from the city along with St. Angela Sophia, Ghat gate, were able to make up for the finals. On 10<sup>th</sup> October, 2020 the final round of the competition was conducted, again through ZOOM, where the special judge- Mr. Ranveer Brar (Indian celebrity chef, TV show judge and Food stylist) joined the platform to encourage the participants and announce the winner. For the final round, participants were given particular recipes and judged for the procedure and presentation of the dishes. Sakshi Morani of class XII E secured third position in the competition and added another feather in the Sophian cap. Sakshi was asked to prepare Gatte ki sabji with makke ki khooba roti and laapsi. She was specially acknowledged by Chef Ranveer Brar for her presentation of her dishes. It was a proud moment for Sophian fraternity.

### **4. World Food Day : 16<sup>th</sup> October 2020**

To give knowledge about the importance of food, a poster making online activity was held by Maharaja Sawai Bhawani Singh School, Jaipur in which 2 students from Primary Section Vamika Sanghi from 5A and Rumeza Aadil 5D participated with great zeal .The duration of this online activity was 40 minutes.

The purpose of this activity was to create awareness among students about wastage of food, global hunger and healthy diet.

### **5. Theme-Positivity : 18<sup>th</sup> October 2020**

The Literary Rainbow Dashers Club organized online activities for classes 1 to 5 which were as follows:-

**Class 1**-Students pasted a picture of their grand-parents or siblings on an A-4 sized sheet and wrote positive things about them.

**Class 2**-Students gave a creative touch to stories by using pictures in place of words.

**Class 3**-Students designed bookmarks and wrote quotations on positivity.

**Class 4**-Students learnt the concept of an acrostic poem and added positive words to their name.

**Class 5**-Students were given topics on positivity and they had to write an essay.

These activities were held to make the students realize the importance of positivity and happiness in our lives.

#### **6. School Super League- Season 3: 27<sup>th</sup> October, 2020**

The Times NIE programme has been at the forefront in partnering with our school. Keeping in mind the current scenario of Covid 19 pandemic, the Pan India mega event 'School Super League,' the learning app, was rolled out in a brand new exciting contactless online version. Through this app, an aptitude test ranging across subjects like Maths, Science and Social Studies of 20 questions within 30 mins was conducted for the students of classes III to X on 27<sup>th</sup> October, 2020. All the students participated actively and were motivated by receiving an 'e-certificate of participation' after the completion of the test.

#### **7. Vigilance Awareness Week: 27<sup>th</sup> October to 02<sup>nd</sup> November, 2020**

The Central Vigilance Commission (CVC) observes the Vigilance Awareness week every year during the week in which the birthday of Sardar Vallabhai Patel (31<sup>st</sup> October) falls. This year, the theme of the Vigilance awareness week was 'Satark Bharat, Samridh Bharat'. This awareness week campaign affirms our commitment to the promotion of integrity and probity in public life through citizen participation. Throughout the nation, in different fields, organisations, institutions and offices this week was observed very sincerely by conducting various activities of its relevance. With regard to this, in our school all the students of grade X to XII along with the school staff were encouraged to take 'e-integrity Pledge' on 27<sup>th</sup> and 28<sup>th</sup> October, 2020 through the official portal of [pledge.cvc.nic.in](http://pledge.cvc.nic.in). Also, they were encouraged to design a poster related to integrity in public life, promote transparency, corruption free India, human values for prosperous India, honesty- application of moral values in day to day life, so as to march towards a

developed nation. All the students and the teachers participated actively and enthusiastically.

#### **8. Learning ethics virtually: 28<sup>th</sup> October 2020**

The Ethical Comrades Club organized online activities for students of classes 1,2,3,4 and 5 as follows:-

**Class1-** Slogan Writing

**Class2-** Penning down a slogan

**Class3-** Video for 'I Pledge'

**Class4-** Video for 'My Fundamental Rights'

**Class5-** Chart making (5 Directive Principles)

These activities were held to instill integrity and make the students experience ethical environment

#### **9. National Unity Day: 31<sup>st</sup> October, 2020**

Our school observed National Unity day in commemoration with the 145<sup>th</sup> birth anniversary of Sardar Vallabhai Patel on 31<sup>st</sup> October, 2020. As an endeavor to solidify the bond of oneness and to extend heartfelt appreciation about the role played by the Iron man of India in the minds of young with values integrated with knowledge and adoration about the country's rich heritage, a throng of activities was conducted online throughout the week. The students prayed for the unity and integrity of the motherland and highlighted the contribution made by the great leader by participating in the numerous activities like fancy dress, slogan writing, poster making, essay writing and quiz organized by primary, secondary and senior- secondary to mark this day. In the virtual class, National Unity Pledge was taken by the staff and the students to preserve the unity, integrity and security of the nation.