

INFOCUS : NUTRITION WEEK 2021

National Nutrition Week Celebrations @Apeejayschools

In a healthy body resides a healthy mind. With this philosophy in mind, Apeejay Schools, Bhubaneswar, Haldia and Kolkata celebrated the National Nutrition week from the 1st of September 2021. An array of activities were planned for the children of classes III – X to make them realize the importance of food and nutrients in the holistic growth and development of one's body, mind and soul.

The **tiny tots of LKG-II** were happy preparing a healthy plate of a wholesome breakfast. The Pre primary teachers involved the children in storytelling sessions on food and nutrition, caterpillar craft making, vegetable printing, Making of Crafty Fish, healthy sandwich making, fruit salad making and making my funny face using healthy food. **Children of classes III- V** learnt about the importance of a healthy breakfast, a proper lunch and a light

dinner. The middle school children concentrated on understanding the effects of deficiency of nutrients in children, the use of food supplements in regular diet. The traditional cuisines of India and their benefits was a hot topic of discussion and deliberation among the students of class VII. They made a Power point presentations based on research and development. Peer teaching sessions helped the students to streamline their thoughts. **Senior students of class IX-X** along with their PA teacher and Biology teachers studied Nutrition in sports and BMR calculation calorific value of food. Obesity and its harmful effects were discussed in detail and children were asked to get involved in some kind of sports activities in their everyday life.

Mr Kiranjit Singh Pannu, CEO said, Apeejay Schools are keen on inculcating healthy nutritional eating habits amongst its students and staff. It is extremely important for the students to understand the need of a healthy body and mind leading to long term happiness and success. The school emphasizes on education as a pleasure and not as a pressure for all.



PERSPECTIVES

The Grandeur of Tokyo Olympics

Miraitowa, the mascot of the Tokyo Olympics 2020 welcomed the athletes and visitors to the Tokyo Olympics which commenced on 23rd July 2021 at the Olympic Stadium in Tokyo. The Olympic Games commencement is conducted with the placement of the Olympic Flame in the Olympic Cauldron during the opening ceremony.



Few days ago a news headline in the morning paper caught my attention. In big bold letters, was written "Silverstory : from carrying heavy loads on the back to bagging second position in Olympics." The

news was about Mirabai Chanu winning the silver medal in the Women's 49kg weightlifting category, indeed a very proud moment for the whole nation. Ravi Kumar Dahiya, the wrestler from Sonipat too bagged a silver medal who exhibited exemplary wrestling skills in the ring against his opponent Nurislam Sanayev. The tall pugilist from Assam, Lovlina Borgohain, too bagged a silver thus raising the medal tally a notch higher. PV Sindhu wrote her name in the history of Olympic games with her fourth Olympic medal.

The India Women's hockey team defeated Australia by 1-0 score and made a historic entry into the semifinals. The Indian Men's hockey team secured a place for themselves on the podium with a bronze breaking a 41 year medal jinx.

Neeraj Chopra secured the first position in the Olympic games and gifted the nation its first gold medal in the Javelin throwing event. At last India had bagged a gold in athletics after hundred years which was a huge feat and the nation greeted the news with joy and cheer.

The grand Olympic Games came to an end on 8th August 2021. The iconic eternal flame of the Olympic Torch will continue to illuminate the sports world.

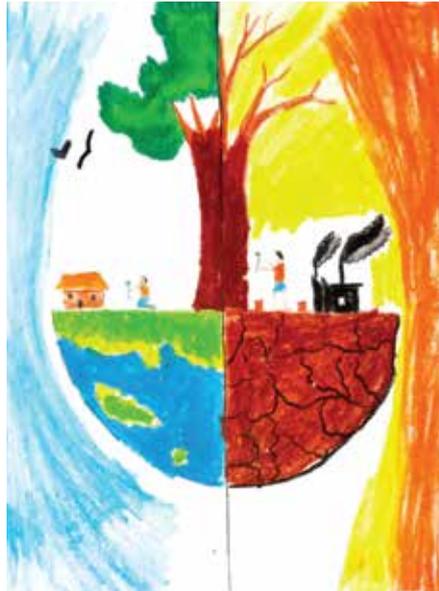
Name- Samiddha Ganguly, Class 8 - A



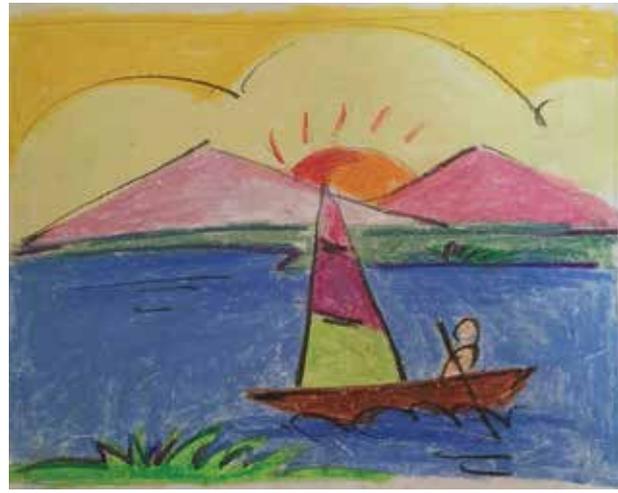
LEISURE



▲ Riddhima Dalapati, Class 3, Haldia



▲ Sohinee Das, Class 4, Haldia



▲ Shubhajt Raut, Class , Haldia



A man goes to the doctor and says, "Doctor, wherever I touch, it hurts."

The doctor asks, "What do you mean?"

The man says, "When I touch my shoulder, it really hurts. If I touch my knee - OUCH! When I touch my forehead, it really, really hurts."

The doctor says, "I know what's wrong with you - you've broken your finger!"

Mother: "Did you enjoy your first day at school?"

Girl: "First day? Do you mean I have to go back tomorrow?"

Jhanessa Chaudhury, Class- VII, Bhubaneswar.

A man is talking to God.

The man: God, how long is one million years?

God: To me, it's about a minute.

The man: God, how much is a million dollars?

God: To me, it's a penny.

The man: God, may I have a penny?

God: Wait a minute.

A student is talking to his teacher.

Student: Would you punish me for something I didn't do?

Teacher: Of course not.

Student: Good, because I haven't done my homework.

Pranith Das, Class- III, Bhubaneswar.

VOX POP

Ms. Anindita Banerjee: We at Apeejay Schools look forward to a more effective teaching-learning process to be implemented in true letter and spirit, hoping it will create thinking individuals- the need of the hour!!!!

Ms. Moushumi Gupta: It gives me immense pleasure to be a part of the Apeejay School group as I see the relentless effort the same is making towards the incredible goal of reducing the gap created by the modern era between us fellow humans along with providing our scholars with guidance in academics, co scholastics as well as co-curricular activities. There is a lot we have accomplished and more to look forward to. May God bless us with positivity, energy, good health and good morals

Ms. Paromita Guha Ray: Opinion matters in larger perspectives of life...the e-papers gives students to ponder and express their views over a issues which are topical and relevant thereby honing their analytical skills, making them articulate and confident. It will also teach them to be accepting of others views.

PRINCIPAL'S SPEAK



Alvin Toffler says, "Illiterates in 21st century are not those who cannot read and write but those who cannot learn unlearn and relearn"

Teachers now have to unlearn, learn and relearn their role in this digital century. The oldest text Vedas define the glory of guru as one who brings us to light from darkness. So from the oldest of the books to the cyber world guru (teacher) is a forever phenomenon and whose value and need can never be undermined. Even in technology infused learning environment the role of teacher will always be important. Transforming role of teachers and innovative learning through technology with safe and secured measures of students is the need of the hour. Every child needs to be happy and enjoy childhood. Technology plays a supportive role but it is the

teacher who brings it all together. Learning is a continuous and spontaneous process and should not be restricted to class room teaching only. Creation of learning environment is of paramount importance and it is the responsibility of the institution and the teachers to ensure conducive learning environment on the campus too. Parents even have a great role in motivating the children into reading habit and spending quality time with them.

Children must be empowered by creating interest for learning by exposing them to real life situations. Each child has his own method of learning which depends upon economic, social and environmental background. Therefore, it should be the responsibility of the teachers to identify different learning strategies based on the child's background before exposing them towards learning. We teachers must be aware of preparing the child to filter the acquired knowledge and use it for the development of society by instilling a fragment of wisdom. Every teacher must aim at enhancing the student proficiency in understanding and child should be taught and exposed to the practical challenges in life to gain confidence. Good teachers inspire children to be lifelong learners, creating a culture of independent enquiry with their enthusiasm and passion. They have the skills to know exactly how to get the best out of each and every child in their care and guidance. Together, let's create a safe environment for our future generations to grow up in an appropriate way.

Dr. Sasmita Tripathy. Apeejay School, Bhubaneswar.

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