

# For healthy life

## Amitians Learn All About Holistic Wellness



Students at AIS Gurugram 46 practice meditation



Dental camp at AIS Noida

### AIS Gurugram 46

School celebrated Swasti - The Wellness Week to promote holistic well-being among students from April 29-May 5, 2024. It featured an array of activities aimed at fostering physical, mental, and emotional wellness. Every day of the week was dedicated to a health programme. Mindful Monday had sessions on meditation and self-awareness practices. Transformative Tuesday fostered a culture of support, empathy, compassion, and connection. Wellness Wednesday focussed on promoting posi-

tive affirmations, gratitude practices, and language ethics. Thoughtful Thursday aimed at nurturing mindfulness and emotional regulation to enhance interpersonal relationships. Fitness Friday had students participate in yoga, aerobics, dance, and zumba sessions. All these days were also marked with special assemblies, and activities like poster making, *nukkad natak*, reflective stories, gratitude note writing etc. 🇮🇳

### AIS Noida

A dental awareness camp and program was organised for the pri-

mary wing from July 22-23, 2024. A team of qualified dentists conducted thorough dental check-ups for the children, providing personalised feedback and recommendations. They also shared with them importance of dental care and role of good diet in managing overall health and well being. Insights about brushing and flossing techniques were also shared by the dental experts. The session witnessed young children sing rhymes based on dental health and proper brushing techniques. The initiative enhanced awareness about oral hygiene and good dental habits among students. 🇮🇳

## Laughter challenge

### AIS Saket

An inter-house Hindi Hasya Kavita competition was organised for Class II-IV giving young students a platform to showcase their creativity, humour, and oratory skills in Hindi language on July 12, 2024.

Each house had six participants, two from every class. The enthusiastic and confident, humorous poem presentation by young poets, captivated the audience with their witty expressions, clever wordplay, and animated gestures. The participants were evaluated on their fluency, humour, recitation skill, stage presentation and costumes. Alaknanda house emerged as winner with Mandakini house bagging the second prize, and Pawani house receiving the third prize.



A recital of laughter



Young poetess on stage



Math genius Vedanshi

## Golden win

### AIS Vasundhara 6

Vedanshi Teotia of Class-V has been awarded the prestigious Gold award at the Singapore Math Olympiad (SASMO) for her impressive country rank 7 and global rank 333. Only the top 8% participants are awarded the gold award. Created in 2006, SASMO is one of largest math Olympiad in Asia, aimed at instilling love for math in students. Every year this unique Olympiad witnesses enthusiastic participation from schools across Asia. 🇮🇳



An expert shares insights on POCSO with parents

## Staying safe

### AIS Pushp Vihar

A workshop for Protection of Children from Sexual Offences Act (POCSO) was organised on April 27, 2024, in association with the South District Legal Services and Directorate of Education. Madhu Jain, district judge, graced the occasion as chief guest while Jyoti Maheshwari, DLSA secretary (POCSO Act), Komal DCPU, POCSO cases and child rights, Preeti, Delhi Police Inspector, Cyber security and Dr Ashok Tyagi, Department of Education, were the

speakers for the event. They highlighted the important role of an educator in spreading awareness about POCSO Act and explained the role of schools and shared guidelines for school police verification of the staff. They also shared insights on cyber bullying and emphasised on learning self defence, implementing an online POCSO e-box where children can file complaints anonymously and role of doctors and counselors, etc. Children were informed about the toll-free child helpline number, 1098 and a short film 'Komal' was screened for them.

## Know Japan



Students at Hello Japan programme

### AIS Vasundhara 6

Forty students from Class VI participated in Hello Japan programme held at Embassy of Japan on July 9, 2024. During the three-hour session, students participated in several activities that provided them with an overview of Japan's rich cultural heritage, landmarks, traditions, and modern influences. The interactive event included wearing Yu-kata (traditional Japanese attire),

getting familiar with Japanese fashion and etiquettes. In the origami (paper folding) and the Tanabata festival, students wrote their wishes on colourful strips of papers (Tanzaku) and hung them on a bamboo tree. Also Shado - the Japanese calligraphy enriched their understanding of Japanese culture. The day concluded with all the students singing Japanese song Shiawase Nara (If you are happy) as a tribute to Indo Japanese ties. 🇮🇳