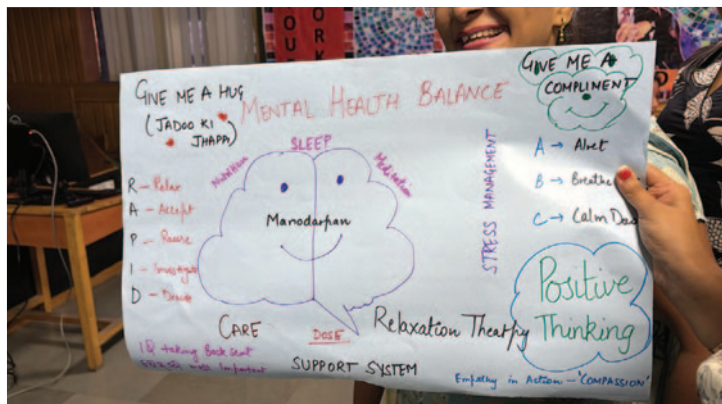


Mind before marking

The Practical Tools For Educators by CBSE



Educators learn about Manodarpan manual for mental health

AIS Saket

Over 60 teachers from different schools across Delhi/NCR attended a Capacity Building Programme by CBSE. The workshop was conducted by Shruti Pandey, consultant psychologist, and Tanu Priya Sharma Biology educator, Army Public School, both resource persons from CBSE on September 16, 2025. Its objective was to create

awareness about the importance of mental health and wellness among students and equip the teachers with strategies to manage stress, build emotional resilience, and develop a positive mindset.

The workshop commenced with a welcome address by school principal Divya Bhatia, followed by 'The Metabolic Fitness Pledge' taken by all the participants wherein everyone committed to adopting mindful eating, consis-

tent sleep patterns, and regular physical activity, for a better life.

The resource persons emphasised upon the crucial role of teachers as wellness ambassadors and encouraged them to communicate with families about the overall health of children regularly. They highlighted the use of tools like the PRASHAST app for early screening of disabilities without stigma, ensuring inclusivity and timely interventions for students and manual Manodarpan which provides access to counselling, helplines, as well as resource materials for students, teachers, and parents to help them manage stress and improve emotional well-being.

Role of DOSE i.e Dopamine (happy hormone), Oxytocin, Serotonin, and Endorphin and other hormones for health and well-being were also discussed. Several activities were conducted to inculcate awareness about physical activity, mindfulness, effective time management, and self-care. 🇮🇳



Scouts and guides at the camp with their mentors

Tents and trails

AIS Vasundhara 6

A team of 8 scouts and guides attended a 3-Day Bharat Scouts & Guides Rajya Puruskar Testing Camp from September 11-13, 2025 at Shambhu Dayal Inter College, Ghaziabad. The guides Akshita Gupta (IX), Pragun Arora (IX), Rudrakshi Singh (IX), and Malyaa Thapar (IX); the scouts Anirudh V Kamath (XI), Aditya Aggarwal (XI), Aditya Roop Rai (IX), and Priyanshu Banerjee (X), were shortlisted for the camp on the

basis of their three years training at the school.

On the first day of the camp they undertook a viva exam for evaluation of their scouting knowledge. On the second day, they appeared for a written test on *Dwiitiya & Tiritiya Sopan* and on the third day they did tent pitching, drills, and group discussions. The camp enriched their survival skills, teamwork ability, leadership skills, etc. It concluded with a closing ceremony which was graced by Devendra Kumar, District chief commissioner, Bharat Scouts & Guides.



17 Delhi gymnasts, including 8 from Amity, on the victory stand

The wow gymnasts

AIS Pushp Vihar

A team of 17 young gymnasts representing Delhi state, of which eight were from AIS Pushp Vihar alone, has won the bronze medal in the U-14 Aero Dance category at the All Age Group Aerobic Gymnastics National Championship. The event was held at Kochi from September 8-10, 2025.

The phenomenal feat has been achieved under the visionary leadership of Dr (Mrs) Amita Chauhan, Chairperson, Amity Group of Schools and RBEF.

The winsome eight Amititans who

took their team to victory stand are : Shriya Poit (VIII), Divyanshi Chopra (VIII), Kaashvi Balhara (VIII), Krishna Dahiya (VII), Mahi Arora (VIII), Pahal Rakheja (VIII), Parnikaa Dhingra (VIII) and Samaira Allhan (VIII).

The event was organised by Gymnastics Association and Gymnastics Federation of India (GFI).

The team was selected through trials conducted by Delhi Amateur Gymnastic Association (DAGA), the official body for gymnastics in the national capital that is affiliated to Gymnastics Federation of India (GFI) and the Delhi Olympic Association. 🇮🇳

One planet, one purpose

AIS VYC Lko

A special interactive session was conducted for the entire school during morning assembly on September 30, 2025, to mark World Environmental Health Day which is celebrated every year on September 26, 2025. The resource persons for the sessions were Stephen Andreas Vogt, a German educator, caregiver, and residential manager for unaccompanied young refugees from the Middle East and Africa; and Dr Shishir Srivastava, founder and CEO, Unifusion Global, and founder, Shishir Leadership Academy; both experts in sustainability solutions and international relations, lending insights to global citizenship education.

The assembly commenced with a morning prayer, followed by a soulful rendition of a Sanskrit shloka and a welcome song by the school choir. Speaking to the students during assembly Stephen Andreas Vogt emphasised upon the importance of uniting people globally for sustainability, and shared the practical actions re-



School principal Roli Tripathi with the experts at the event

quired to solve global challenges. Dr Shishir Srivastava in his address shared his perspectives on global citizenship and the vital role of education in creating a sustainable future.

One of the key highlights of the assembly was the unveiling of brochure of Vasudha 3.0, the school's upcoming interschool science fair. School principal Roli Tripathi encouraged students to strive for ex-

cellence while contributing positively to society and environment. The event concluded with an interactive question and answer session, where students engaged with guests and gained practical insights. Overall, the programme blended spirituality, learning, and global awareness, marking the launch of Vasudha 3.0 and setting an inspiring tone for the everyone in the school community. 🇮🇳