



JVK'S BULLETIN

JOSEPH VIDHYA KSHETRA SENIOR SECONDARY SCHOOL

POONAMALLEE-CHENNAI.

AFFILIATION NO:1931476



TAKE A PEEK!

- WELLNESS INITIATIVE CAMP FOR EDUCATORS
- FAMILIARIZATION PROGRAMME FOR TUTORS
- MINDFULNESS BASED STRESS MANAGEMENT
- PRIMING THE FACILITATORS BASED ON INDUSTRIAL STANDARDS
- ACADEMIC MEET-2023-2024
- PRODUCT ANALYSIS BY FACILITATORS
- SUMMER CAMP
- STEM EDUCATION
- EDITORIAL PAGE
- CONTACT US

Principal's Desk

As the summer draws to a close, the anticipation and excitement are palpable as schools across the nation prepare to reopen their doors after the refreshing summer break. Students, teachers, and staff will eagerly return, ready to embark on a new academic year filled with opportunities and challenges. The school premises will come alive once again, adorned with colourful decorations and welcoming smiles. The classrooms, once empty, will once again bustle with energy and enthusiasm as students reunite with their friends and settle back into their routines.

For many, it is a time of new beginnings—a chance to set goals, make fresh resolutions, and embrace learning with renewed vigour. Teachers, armed with innovative teaching methods and updated curriculum, are eager to inspire young minds and foster a love for knowledge. It is a time for growth, self-discovery, and building lasting friendships.

As the academic year commences, the air is filled with hope and determination, as students and educators embark on a journey of growth and enlightenment. The reopening of schools is a testament to the resilience of the educational system, as it continues to nurture the minds of tomorrow's leaders.



WELLNESS INITIATIVE CAMP FOR EDUCATORS

To insure good health: Eat lightly, breathe deeply, live moderately, cultivate cheerfulness and maintain an interest in life

– **William Londen**

In today's fast-paced day and age, people tend to compromise their health, big time. The fast-paced way of living has become more of a lifestyle in sorts of having followers ranging through diverse age groups. Be it Students or Office goers everyone seems to have fallen prey to the shallow way of living life which majorly contributes to following an unhealthy regimen and compromising with self-care and a healthier and fit body for individuals. To ensure its tutors' sound health and awareness about health check-ups, JVK organised a Free Diabetic & General Health Check-up Camp on the 12th of May, 2023 in the school auditorium. The camp started at 10 A. M and continued till 1.30 P.M. On the 13th of May, the facilitators of JVK and STJMHSS visited the Government Hospital for further check-ups, especially for Breast and Ovarian Cancer. Doctors gave suggestions about food and exercise to maintain a healthy lifestyle. It was highly enlightening. Mr. Manoj V. A the Principal expressed heartfelt thanks to the medical staff. It further propagated the idea of a healthy lifestyle and self-care. The free Health checkup Camp set by the School was a huge success and of great help to all who reaped the benefits of the programme.

FAMILIARIZATION PROGRAMME FOR TUTORS

If your actions inspire children to dream more, learn more, do more and become more, you are indeed worthy of the title Teacher.

A Faculty Orientation Programme was structured by the management of DFT on 25th May, 2023 in the auditorium of St. Joseph Matric School, Poonamalle in which DFT group of schools facilitators had taken part enthusiastically. The objective of the programme was to familiarize the effective academic practices to be followed in the academic year 2023-2024.

Mr Manoj. V. A, Principal, JVK, in his inaugural address, gave an overview of the programme. The Principal addressed important academic aspects and suggested the members of the faculty comply with them strictly and effectively. With the help of a PowerPoint presentation, Mr Xavier, HR, DFT has explained the Mission and Vision of our institution and also introduced the gathering to the various departments of the institution, their faculty members and how the management is developing day by day including the number of educational institutions functioning under DMI. He has given an overall impression of the DFT groups.

Education is not preparation for life;
Education is life itself.

– John Dewey



Mr Vijimon, Academic Coordinator, DFT, gave a presentation on 'Time Management.' He defined what time management is and stated its importance quoting many examples and his personal experiences. He also discussed that the foundation of every teaching is to introduce critical thinking in children. Knowledge is limited but ideas and imagination are not. Teachers should become aware of the new winds of change and train students to adapt to them. Further, he moved on to explain the nuances of Curriculum Design and Development, Academic Flexibility, Curriculum Enrichment, Feedback System, Teaching-Learning Process and Evaluation Process.

The last session on the day of the programme was on 'Role of the Teacher' by Mr Robert Rajan, Principal, STJMHSS, Poonamallee. He narrated many relevant stories, anecdotes, and case studies. The session was more informative and inspirational.

The staff were inspired by the session and are charged to begin the new academic year with a new mindset and a futuristic vision of dealing with students entrusted to them.

MINDFULNESS MANAGEMENT

BASED

STRESS

"Yoga is the journey of the self, through the self, to the self."
- **The Bhagavad Gita**

Yoga is a supreme harmonization of the physical, vital, mental, psychological and spiritual aspects of an individual. Yoga aims to bring balance into the body physically, mentally and emotionally.

A few minutes of Yoga during the day can be a great way to get rid of stress that accumulates daily, in both, the body and the mind. Yoga postures, Pranayama and meditation are effective techniques to release stress. With this aim in mind, a workshop was organized in JVK Campus on 23rd May 2023, for the teachers of the DFT group of Schools Chennai. The Faculty development programme was chaired by Director Mr Ignatius Xavier, Sr. Mourin, Correspondent DFT group of schools, Principals Mr Robert Rajan & Mr Manoj. V. A. The Chief guests for the day were Rev. Fr. Chinnappan, Aanmodhaya Ashram, Kancheepuram, Mrs. Lily Healer and Acupuncture Specialist and Mr Panner Selvam Yoga Instructor.

Fr. Chinnappan initially addressed the crowd and emphasized the importance of Yoga for the Body, mind and Soul. He illuminated the Tutors about how Life can be led in harmony and peace and gave some recommendations to overcome the barriers.

Mrs. Lily accentuated the significance of Leading a life free from strife. She advocated some tools, strategies and techniques that reduce stress and the negative impacts on our mental or physical well-being.

Teaching is more than imparting knowledge; it is inspiring change. Learning is more than absorbing facts; it is acquiring understanding."—William Arthur Ward



Mr. Paneer Selvam the Yoga Instructor guided the Facilitators with different asanas and instructed the Facilitators to follow and make it as a habit.

We enjoyed the session fully and greatly benefitted. As feedback, the participants appreciated the event. A few people shared their experiences as very enjoyable, useful, informative and excellent. The participants will look forward to attending similar sessions in future.

PRIMING THE FACILITATORS BASED ON INDUSTRIAL STANDARDS

DFT group of schools organized a session for its tutors about the core employability skills required for the students to upgrade themselves based on the benchmark set by the MNCs. The resource person of the day was Mr. Raja Meenakshi Sundaram Head of Operational Excellence Asia, Group of Antotolino. He commenced the session with an introduction to MNCs. He accentuated on how to groom the students into enhanced and confident personalities and help them achieve the highest standards of progression as they graduate into successful beings. He guided the Facilitators to understand Corporate Culture and Grooming Etiquette so that they can help the students in the process. He also guided the facilitator on how they can help students to identify their career path and also ensure that they are focused in the right direction with regards to their career

based on their calibre, scores, interest areas and long-term forecasting. The topic covered by the industrial expert ranged from soft skills, 10 steps to be successful in the corporate world, campus to corporate- A transformational journey, and Challenges of the corporate world. It was an insightful session where he met the tutors to bridge the gap or break the ice between the campus and corporate. Overall, we had a wonderful experience with the corporate world ethics.

ACADEMIC MEET-2023-2024

The Academic meeting for the year 2023-2024 was systematized in the JVK premises on 31st May 2023. The meeting was held in the school auditorium and was attended by all the educators. The main agenda of the meeting was to introduce the new Campus in charge and discuss various concerns related to the school. The Academic meeting was presided by Mr Ignatius Xavier, Director DFT group of schools ,Sr. Madharasi Campus Superior, Principal Mr Manoj. V. A. & Vice Principals Mrs Lalitha & Mrs Jaya Bharathi

The meeting started with the introduction of the Campus in-charge Sr. Madharasi to the educators followed by the Director's insistence on good work ethics. He emphasized the need for all staff members to be punctual and to maintain proper decorum on the school premises. He highlighted the importance of teamwork to achieve the



common goal of providing quality education to the students.

The Campus superior then addressed the facilitators and stated that a cheerful teacher can create a happy learning environment for the students. She also encouraged the staff members to share their thoughts and notion for the advancement of the school.

The principal then spoke about the staff members who had been upgraded and the new members who had been appointed for different duties. He gave an insight into the rules & guidelines that need to be followed in the academic year 2023-24

In conclusion, the staff meeting was very informative and productive. The gathering concluded with the principal thanking all the educators for their diligence and dedication towards the school.

PRODUCT ANALYSIS BY FACILITATORS

On the 11th of May JVK formulated a product analysis session on the product Magik Mat which can be used for kindergarten. Magik Mat is an innovative and interactive learning product that falls under the play-way method which helps in Cognitive-development of children. Mr Deepesh and Kalaivani from EDUCARE showed a demo on the Magik mat. It is an electronic mat that holds Alphabets, Numbers, Addition, subtraction, Shapes, and questions regarding the subject.

It is an Adapter based Mat, that can be charged prior before using.

The following are the various concepts of learning through the mat in English.

- Finding animals
- Missing Alphabets
- Rocket launcher
- Identifying vegetables
- Shooting balls
- Spellings
- Wild animals.

The following are the various concepts of learning through the mat in Maths.

- Identifying numbers
- Blast the shapes
- Comparing numbers
- Match the shapes
- Missing numbers
- Shapes
- Same or difference
- Ninja jumping
- Counting.

The mat enables activity-based learning which will be highly constructive for kg and lower primary students. It has all three levels of learning Easy, Medium and Hard. It helps to evaluate the kid's memory according to the levels. It is safe and can be stepped on to play and learn. The content is displayed on the Digital board and connected via Bluetooth.

Sometimes we need a change not because something is outdated but because it needs to be updated.



SUMMER CAMP

The summer camp in JVK started on 24th April and culminated on 5th May 2023. Our summer camp included various activities like Robotics, Creative fun camp and sports camp. Fun-filled activities for the anxious children during the holidays gave them an opportunity to learn new skills -dance, Silambam, Kho-kho, skating, yoga, music, Handwriting, Coding, exploring science and excelling in sports. The camp aimed at keeping the students engaged and provided them with an even platform to explore and express their creativity in any form as per their interest. They not only made memories while having fun but they were able to overcome their fears, try new things, pushed their boundaries and realized self-sufficiency. They were able to make new friends amidst a lot of fun and learnt team spirit and be more confident. When summer camp concluded the certificates were distributed to the participating students and the camp was of great accomplishment for JVK.

STEM EDUCATION

As children are adapting to the new technological world! JVK accentuate the "STEM" education to empower their skills :

Critical Thinking:

Encouraging children to analyze and evaluate information critically, enabling them to solve complex problems and make informed decisions.

Problem Solving:

Equipping children with the ability to identify, analyze, and solve real-world problems using logical and creative thinking approaches.

Computational Thinking:

Developing computational and algorithmic thinking skills to break down problems into smaller, manageable parts and devise efficient solutions using programming and coding.

Creativity and Innovation:

Fostering imagination, originality, and the ability to think outside the box, allowing children to develop innovative solutions to challenges and create new technologies.

Collaboration :

Promoting teamwork and effective communication skills to enable children to collaborate with others, share ideas, and work collectively on STEM projects.

Analytical Skills:

Building the capacity to gather, interpret and draw





conclusions from data, enabling children to make data-driven decisions and predictions.

Scientific Inquiry:

Cultivating curiosity, experimentation, and observation skills to encourage a scientific mindset, exploration, and discovery in various scientific fields.

Technology Literacy:

Providing children with a solid understanding of digital tools, technologies, and applications, enabling them to navigate and adapt to the ever-changing technology landscape.

Engineering Design Process:

Introducing the iterative problem-solving approach used by engineers, involving identifying needs, brainstorming ideas, prototyping, testing, and refining solutions.

Through 21st-century skills-based "STEM" education, the children will enter the realm of innovation and new technology to improve their knowledge and skills. They will have access to a "STEM & Robotics lab" where they can explore and expand their capabilities.

"The best way to predict the future is to invent it."

–Alan Kay,

How to Prepare to Return to School After an Extended Break

Many schools offer long vacations between semesters and around holidays. But returning to school after an extended break can leave you filled with dread and anxiety. You're only going back to school - why is it so hard? If this question is something you've asked yourself, or if you could use some advice getting back into study mode, these skills will soon beat back your post-holiday blues and make school a breeze.

Set goals for yourself. A few days before you go back to school, take a pen and paper and write a list of personal goals that you'd like to accomplish during the semester. These goals might be social, intellectual, or physical, but by having something to work toward, you can relieve some anxiety about starting up again. Some goals you might consider:

- Making new friends
- Joining a club (or starting your own)
- Getting better grades
- Getting in shape

Review your homework. Or, if you didn't have homework assigned over break, take some time to look over the last assignments you did in each class before leaving school. This will remind you of where you left off in class, and looking over homework can prevent you from forgetting to complete it.

- Take this time also to reflect on the way you've done homework in the past. If you can think of any improvements you might make to your homework routine, returning to school



might be the perfect time to make a change. Connect with a teacher you like or respect. This might be a teacher of your favourite subject or a teacher who sponsors a club to which you belong. Ask if you might join this teacher during lunch to tell him about your adventures over vacation, or if you could work on homework in his room after school.

- If your favourite teacher is busy that day, see if he has time to catch up later on in the week.
- List things you can look forward to. There may be a field trip in a week or two, or maybe your science class has a cool experiment planned - whatever it might be, chances are you have something to look forward to when you return to school. By making a list of these things, you can replace any fear you have of going back with excitement to return.

Take your time getting back into the rhythm of things. There's no getting around it, you'll need some time before it feels normal going to school again. Don't be hard on yourself. This process can take a week or two, but coach yourself through your negative thoughts by saying things like:

- "It's normal to be a little nervous returning to something after a long break. Everything's going to be alright!"

"Most kids don't want to go back to school any more than I do. But at least I'll be able to see my friends! I can't wait to tell them about my adventures."



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