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Brilliance Beyond Books



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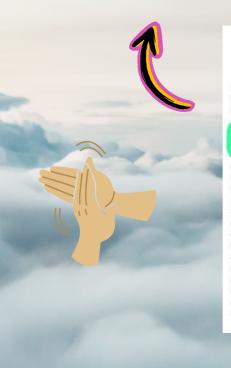








Rishit Behra of Grade VIII has attended a two week internship called Young Innovators Programme at CCMB - Centre for Cellular and Molecular Biology, Hyderabad. Our student was fortunate enough to be one among 27 students, after a thorough screening test. Rishit shares his experience with us.





బసవరాజు శ్రీనివాస్, వేణుగోపాలరావు, ఈఓ రాజేశ్కుమార్లు తెలిపారు. అనంతరం మరింగం టి విజయకుమార్ ఆలపించిన తిరుప్పావై ప్రవచ కరన్, సుజయ్ప్రకాశ్, రామచందర్ పాల్గొన్నారు.

ఆలయ కమిటీ ప్రతినిధులు బాలభాస్కర్, ఆత్మ రామ సూర్య సుబ్రహ్మణ్యం, నారాయణన్, శివ శం

సిసీఎంజిలో విద్యార్థుల పరిశోధనలు

ాపేట: నగరంలోని సెంటర్ ఫర్ సెల్యూల 300 మారిక్యూలర్ బయాలజీ(సీసీఎంబీ) ఆధ్వర్యంలో ఏర్పాటు చేసిన యంగ్ ఇన్నోవేటర్స్ ప్రోగ్రాం (వైఐపీ) శుక్రవారంతో ముగిసింది. కార్యక్ర మానికి రాష్ట్రంలోని వివిధ పాఠశాలలకు చెందిన 2 మంది విద్యార్థులు ఎంపిక కాగా వారికి ఈ నెల 3 నుంచి 12 వరకు సీసీఎంబీలో సైన్స్ పరిశోధనలు చేసే అవకాశం లభించింది. ఇదిలా ఉండగా శుక్ర వారం జరిగిన ముగింపు కార్యక్రమంలో డైరెక్టర్ డాక్టర్ వినయ్ కె నందికూరి విద్యార్థులు ఉద్దేశించి మాట్లాడారు. తల్లిదండ్రులుగా తమ పిల్లలను ఇంజి నీరింగ్, మెడిసిన్మైనే ఫోకస్ పెట్టేలా కాకుండా వారు కొరుకునే రంగంలో రాణించేలా అవకాశం ఇవ్వాలన్నారు. 10 రోజులుగా సీసీఎంబీలో నేర్పు లకు సర్టిఫికెట్లు అందించారు.



సీసీఎంజీలోని కార్యక్రమానికి హాజరైన విద్యార్థులు

కున్న విషయాలు నిత్య జీవింతంలో ఉపయోగప డేలా ఉన్నాయని చెప్పారు. అనంతరం విద్యార్థు

experience



My experience at Young Innovators programme-CCMB Hyderabad

I am extremely glad to share my experience of the prestigious CCMB's, Young Innovators programme.

I always feel happy and excited to learn new things. I had a great learning experience working with the research professionals of CCMB for 2 weeks.

During these days, I have participated in many hands-on activities, experiments, and indepth discussions with scientists at CCMB.

In the programme, I had the opportunity to visit the Advanced Microscopy Lab wherein, we got to witness the Electron Microscope, 3D Microscope, High Resolution Microscope, Surface Topography Microscope etc. Fellow researchers have explained the working of these microscopes.

It was a thrilling experience for me to extract the DNA from the banana and I also witnessed the PCR Lab (Polymerase Chain Reaction) where, a single strand of DNA can be copied into millions using enzymes.

It was an enchanting experience for me to learn the basics of Spectrophotometer, X- ray Crystallography, research in the Fruit Fly Lab and the Zebra Fish Lab. Our visits also included, Cancer Cell Lab, Tuberculosis Lab , Cell Incubation Lab, Human Chromosomes Lab wherein, research fellowship students of the institutes have explained to us the study and culture of Xanthomonas oryzae pv oryzae and also how mutations occur, resulting in the formation of Cancer cells. We also visited LaCONES (Laboratory for the Conservation of Endangered Species) in the department of Ecology and Conservation Biology. We were also introduced to entrepreneurship by Atal Incubation Centre . We had an opportunity to perform Corona screening tests from the sample of waste water. During the programme, we had lectures on Antibiotic Resistant Bacteria, Post Traumatic Stress Disorder (PTSD) by the department of Neuroscience.

On the last day we had an interactive session with the Director

Dr. Vinay K. Nandacoori who bestowed us with certificates.

I came out of my comfort zone and made friends with students of other schools. On the whole it was an inspiring learning experience, the memories of which I will cherish.

I am grateful to the Director, Scientists and Coordinators of CCMB for guiding us through the programme and for the scrumptious food which was served at the canteen.

I express my heartfelt gratitude to our Correspondent ma'am , Principal ma'am, Prathibha ma'am and Ashwathi ma'am and the teachers of Genesis for the wonderful opportunity they have given me.

Thank you! 😊

Rishit Behra





Special Achievements





Genesis emphasizes more on sports and games which is an integral aspect of Holistic Development of a child. We are glad to announce the special achievements of our students who are adding more feathers to our cap.







We are proud of our student K. Charan of IVB who has won Gold medal in (500m) & Silver medal in 1000m at state level (U-11 boys) SGF State Level Speed Skating Championship

We are excited to announce that master Charan has been selected for the upcoming Roller Skating National Championship.

Hearty congratulations and best wishes for the forthcoming event!







Hearty congratulations to our student **G.Ramsaketh Reddy** of VIIA and **G.Rithvik Reddy** of VA, for securing **three Bronze medals** each in different categories at **SGF State Level Speed Skating Championship**

Badminton

We are pleased to announce that **M. Sri Harsha** has racked up **Gold medal** in the **Open State Badminton Championship** (U-14 boys) held here in Hyderabad. He will be soon representing our state at the **National Championship**. Congratulations and all the best.





1st Youth National TargetBall Championship





Our girls Targetball team has participated in **1st Youth National Targetball Championship** 2023 - 24 held at Siddipet from 13th to 16th January and bagged **Bronze medal**.

We thank all our coaches for their guidance and support. $\ensuremath{\underline{\Upsilon}}$





Fostering future leaders & change makers (NCC)







We thank our NCC officer **Ms. Geetha Joseph** for her guidance, support and motivation in making the NCC programmes successful.

Our school is committed towards social and national responsibilities, bearing this in mind we have raised the NCC wing for the girls to ensure their holistic development. Our cadets have attended the NCC camp in Bison Training Ground, Secunderabad from 30th Dec 2023 to 08th Jan 2024, which provided Kaleidoscope of marching opportunities to the cadets by strenuous drill practices, personality development & voluntary service programmes, guest lectures, sports competitions etc.

Cadets participated in multifarious learning activities with an unquenchable spirit. After the Annual Camp our NCC Cadets had practical and theory examination for

"A certification".

Our cadets have cleared written and practical exams and have successfully completed the Academic year after a two year course of NCC.

A Platform for tomorrow's leaders -

Youth Parliament



To make students understand the parliamentary procedure, to make them consider public issues and form their opinion on them and to train students in the technique of group discussion, Genesis has organized a "Youth Parliament" session for the students of Grade VIII and IX.

It was just a reflection of how our Parliament works. The ruling and opposition parties debated and discussed in an outstanding way on different topics like the Ministry of home affairs, infrastructure and response system of the ongoing public health challenges, how is the sports ministry leveraging technology for enhancement of fan engagement and promote sports etc.

This wonderful session gave our students an opportunity to enrich their knowledge in politics. The session went on successfully in terms of generating enthusiasm and interest among the students as reflected in their active participation in the event and have learnt life skills and communication skills through this session.

The first ever Youth Parliament in our school was a nice experience for everybody.









Ministry of Tourism



Our sincere thanks to our social department Ms.T.Saritha ma'am, Ms. C.Vidyavathi ma'am, Ms. P. Sangeetha ma'am, Ms. A. Shireesha ma'am for guiding the students.



Prime Minister



Ministry of Home Affairs



Ministry of Finance





Special Assemblies



Sankranti-IB & VIIIA



One of the best ways to develop lifeskills is by communal celebration. The special assemblies of this month include Abilities and Achievements, New Year and Sankranti Celebrations. The importance of Bhogi, Sankranti & Kanuma were displayed with great festive spirit by the students. New year special assembly ushered hope, positivity and joy in all students and teachers with their enthusiastic performances.

The hidden ability of a person was brought out in an excellent way through the assembly-'Abilities & Achievements' showcasing the efforts and struggles of our great freedom fighters.

Abilities & Achievements-VIIIB



Republic Day





Freedom in Mind, Faith in Words, Pride in our Hearts, Memories in our Soul, our school celebrated the 75th Republic Day with the guard of honour and unfurling our national flag by our Principal.

After the flag hoisting our Director sir, Correspondent ma'am and our Principal ma'am saluted the Republic Day parade by our NCC cadets.

Students of Grade III in the parade, were dressed in the costumes of different states of our country to showcase the oneness of our Nation.







The programme consisted of speeches, phenomenal job by our choir, sensational dances and drill with pom poms by our students of Grade IV . Our students of Grade III have presented and spoke about National Symbols. It was an enlightening programme for all.

On the account of Republic Day, **Balancing cone** competition was conducted for **Grades I & II.** Children have participated with great sportive sprit and had fun.

Special achievements were recognized and were awarded. It was indeed a day of rejoice which made everyone feel proud of being an Indian!















Genesis School-Spreading its wings wider





Turkyamjal Campus



We believe that education is everything & everything around it is about preparing your children to be successful at doing what they love. We are extremely overwhelmed to announce that Genesis has come up with two new campuses under the stewardship of our dear Chairman and our Directors, one at Alwal & another at Turkayamjal.

The entire Genesis fraternity has gathered at new campuses and celebrated the joy of togetherness with some fun filled activities.



Founder & Chairman



Alwal Campus





Sankranti Celebrations





"Imagination is the highest kite that can fly". The idea of a kite brings a smile on children's face, the fun they have as they create their own flying object and then take it outside to fly. As a part of Sankranti celebration, Kite and Rangoli making activity was organized for the students of Grades I to V.

It was a wonderful opportunity for the students to showcase their creativity. Students made beautiful kites and decorated them with glitters and patterns. On the whole, the activity was full of colours, fun and innovative thoughts. Such activities inculcate a feeling of thrill, positivity and happiness in our children.





Promotion of Disaster Management-Disaster Risk Reduction





Celebration of National Youth Day



Drive Against Drug Abuse e- pledge



Observance of National Road Safety



Collabration with Adobe on Digital Creativity Skills powered by Adobe express

CBSE TRAINING FOR TEACHERS



Capacity Building Program on "Artificial Intelligence" in collaboration with Intel

>>>> Orientation for Holistic Progress card

Implementation of National Credit Framework



Sports, Physical education, Fitness & Leisure Skill Council



Club Activities- January

SPORTS AND GAMES CLUB - Marathon Run





INTERACT CLUB - Step out of your comfort zone-"Socialization"



DISASTER MANAGEMENT CLUB - Observance of National Road Safety



LITERARY CLUB - Spin & Speak Activity



CULTURAL CLUB - Heralds of Assamese- "Bihu"



HEALTH AND WELLNESS CLUB- Dance for Well-being-Embracing the Rhythms of Health





ART AND CRAFT CLUB - Greeting card and gift box <making





ENVIRONMENTAL CLUB - Indoor Plants- The silent healers











Experiential learning



EE





Teachers' Day Out!



Our management has organized a special outing exclusively for our dedicated teachers on 12/01/2024 to Yadagirigutta and to a beautiful farm house at Keesara. The outing was a gesture of gratitude for the tireless efforts of our exceptional educators. The day outing started first to Yadagirigutta, the most unique, and pleasant Hillock, magnificent and sprawling pilgrimage centre and an architectural marvel, aesthetically done ensuring its divinity both internally & externally. Our teachers had a wonderful spiritual time and blessed darshanam at the temple.













Then all have returned to the farm house at Keesara, the day was further enriched by moments of relaxation and delectable meals, adding to the joyous experience. Amongst the lush greenery, laughter filled the air as the bonds grew stronger and memories were created. Staff members had a great time together with lots of activities such as games, physical activities, dance, music and water pool.

We thank our Director sir, Correspondent ma'am and Principal ma'am for organizing the picnic which was much needed and well spent with lots of sweet memories, positivity and strong bonding among the staff.



PA-III Examinations



Periodic Assessment -III was held successfully for all the grades from pre-primary to grade X to assess students learning for further progress.











>>> PARENT TEACHER MEETING

Parent Teacher Meet (PTM) was held on 20th January. Parents have attended the PTM to discuss their child's progress at school and find solutions to academic or behavioral problems. The parents appreciated the effort put in by the teachers in revising the topics and making them perform well in the exams. Parents have given their valuable suggestions and feedback which are considered very helpful for the teachers and they are trying to make the necessary changes.









CCA-COMPETITIONS

Grade I & II - Balancing Cone









Grade III & IV - 100 Metre Hurdle Race



CCA Winners



Grade-I

I. G. Bhavesh ID II. V. Saishaadvik IB III. G. Akshay IE III. K. Mohit IA

Grade-II

I. S.Sriramkrishna IIB II. A. Goutham IID III. T. Siva Kethan IIE III. D. Sheshagna IIE

Grade-III

I. B. Devansh IIIB II. K. Nihan Varshith IIIA III. J. Priyatham IIID

Grade-IV

I. V. Srivatsa IVG II. KP. Bhuvik IVB III. V. Rithwik Rudra IVD IV. R. Kovidh IVD

Girls

Conoratulatio

Grade-I

I. G. Hiranya Reddy IE II. A. Advika IE III. P.Eekshitha Rao IA III. M. Saharshini IB

Grade-II

I. G. Aadhya IIE II. Ch. Varunya IIA III. V. Adithi IIE IV. A. Bhavanya IIC

Grade-III

I. G. Jaswitha IIIA II. D. Advaita IIID III. D. Prerana IIIA IV. P. Hanvitha IIIA

Grade-IV

I. M. Disha IVE II. S. Jayathri IVD III. K. Hasmitha IVG IV. V. Poorvika IVC Grades V to X (Girls- Table tennis) (Boys- Cricket)









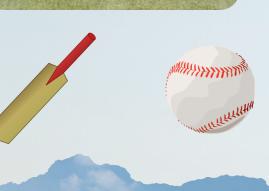








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CCA Winners

Table Tennis(Girls) Sub-Juniors

Grade V

Grade VI

I. V. Tharuni VC II. Ch.Thanusree VF III. Farah Azml VB

I. D. Gloria Emily VIE II. B. Samvidha VIB III. Y. Sangeetha Lasya VIC

Table Tennis(Girls) Juniors

Table Tennis(Girls) Seniors

Grade VII & VIII

I. T. Varsha VIIE II. M. Satya Srivalli VIIIA III. S. Ananya Chowadry VIIIA Grade IX & X

I. M. Keertana IXB II. V. Poorani IXA III. K. Haswika XB

Cricket(Boys) Sub-Juniors

Grade V

WINNERS

P. Himansh VD B. Pankaj Rathod VD K. Shritan Sai VB Ch. Vilihith Reddy VB P. Rishi VB S. Shriyansu VC D. Arjun Krishna VF D. Ruthwik VE S. Sri Nikesh VA

T. Aryavarth VF

RUNNERS

G. Kushal Sujay VB
P. Sai Ganesh VD
V. Shlok Vinayak VD
N. Nihal VC
G. Sai Pranav VF
L. Sai Nikesh VE
E. Pranaysimha Reddy VF
S. Vihaan Reddy VD
G. Rohan VA
Vishal Rathod VB
N. Varenya VC

Grade VI

Cricket(Boys) Sub-Juniors

WINNERS

P. Harshith VIE
K. Pranay VIB
T. Mokshagna VIE
Sk. Arfaz VIC
Aryaman Patnaik VIA
K. Lokesh Ramcharan VID
Y. Lalith Aditya VIB
K. Ashrit VIB
T. Eshaan Karthikeya VIA
P. Aditya Sai VID
P. Kethan VIC

A. Dhiraj VID

RUNNERS

K. Nihal VIC T.V. Mokshagna VIC P. Chandhith Reddy VIE Y. Reyansh VIB K.V. Bhardwaj VIB P. Charith Reddy VID G. Vidhath Thrushana VID M. Hanshith Sai VIB B. Sai Vigneshwar VIA G. Aaron VIA A. Sai Sri Harsha VIC Ch. Rohan Karthik VID

Cricket(Boys) Juniors

Grade VII & VIII

WINNERS

J. Sanjeev Rayudu VIIID M. Hasith VIIIA K. Shreyas VIIA V. Harrshiv VIID M. Dhanush VIID A. Hrithvik VIIIC K. Karthik VIIIC A. Niteesh Reddy VIIB T. Sai Vardhan Reddy VIIC T. Shivavaga Siddharth VIIID Ayansh Satapathy VII A D.L. Adithya VIIIC P. Shoumik

RUNNERS

B. Varshit Reddy VIIID
Abhinav Reddy VIIIA
A. Gagandeep Reddy VIIC
G. Saketh VIIIC
N. Rohan VIIIC
P. Avinash VIIB
V.V. Danush VIIA
I. Sri Shanth VIID
A. Varshith VIIIC
P. Adithya VIIIB
K. Tanuj VIIE
T. Karthik VIIA

Grade IX & X

Cricket(Boys) Seniors

WINNERS

A. Manish XA P. Rithvik IXA Ch. Harish XA K. Jeshwanth Sai IXC G. Sai Charan IXC R. Dipesh IXB Sk. Jabeer XA V. Kushal Prasad XB G. Chethan Shashank IXA Anuj Rathi XB D. Mourya Meghan XB

RUNNERS

N. Hitesh XB Abdul Shaheed IXB D. Nikhil IXC A. Nihal IXA C. Laxmi Chaitanya IXA N. Samanvith IXC Kevin Neil XA V. Abhiram IXB K. Sarthak IXA N. Dhanush XB V. Damaruk XB

Pre- Primary Corner

Sankranti Celebrations





To instill the value of cultural affinity in our students, our blooming buds of Genesis have celebrated Sankranti in a grand manner as a dedication to our farmers. They had an amazing time marking the Pongal festivities, before they broke off for their Pongal vacation. Students have come dressed in ethnic attires to take part in the celebration. A traditional mini village was designed to mark the true manifestation of our rich culture and traditions.



, No 500

To bring the festive atmosphere, students and teachers danced together. Afterwards, teachers explained the importance of the festival and guided our tiny tots to make colourful paper kites as a take away for the children to enhance their celebrations.



Embracing Purity and Light-White Colour Day





Colour has the ability to inspire, excite, soothe, heal and even agitate. So, to infuse the concept of white colour to the tiny toddlers our school celebrated White Day with zest and zing. All our little champs were dressed in white and were looking like angels.

The celebration began with an introduction about the significance of white colour. Students were made to recognize the white colour objects. They were excited while doing the group activity which was arranged for them by the class teachers. The aura was immensely peaceful and calming throughout the day! We thank all the parents for supporting us at every step.



Republic day celebration & Fancy Dress competition



As India commemorated its 75th Republic Day on January 26, 2024, children of our Pre primary observed this day in grandeur by performing amazing activities to celebrate the most significant patriotic day. The school as well as the children were decked up with tricolor elements and accessories. Fancy Dress competition was conducted for the students on the account of Republic Day. Children have come dressed as freedom fighters, performed gracefully and mesmerized everyone with their attire. It was a great learning experience for our children to see different religions and languages, their outfits, which has strengthened their faith in humanity and love for people of all faiths and religions.





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Result

Nursery I Prize - Shaik Aariz Zohan & M. Avyukth II Prize - D. Viaan & T. Venkata Shanvi III Prize - N. Aaradhya & S. Chinmay Shriddhi

PPI-A

I Prize - G. Deetya Reddy & M. Thoshith Sri Charan II Prize - M. Devansh III Prize - B. Mahitha

PPI-B

I Prize - P. Charith Ayaan II Prize - R. Tashvin III Prize - G. Sharanya



I Prize - A. Hemal & G. Gagan Srivatsava II Prize - Aayog Kumar Patro & Jaden Rajil Abraham III Prize - Shivansh Datta & M. Dheeran Vasudev

PPII-B

I Prize - P. Vishista & Riya Yogendra II Prize - K. Shlok & Ch. Bhargav Tej Naidu III Prize - V. Saswathsri Raju & Arisha Mubeen

PPII-C

I Prize - P. Laasya Kamakshi & B. Shreyan II Prize - B. Abhiram & V.V. Rithwik III Prize - K. Sriyan & R.V.V. Satya Ameya Vikram

Inspiring Personality of the Month

"The Mozart of Madras"

A.R. Rahman an Indian composer, singer and music producer. He is widely considered one of the greatest music composers in the world. Rahman's life is marked by several lessons and inspirations.

Rahman faced financial difficulties and personal tragedies during his early life. His father's death and the family's subsequent financial struggles forced him to take up

composing for the film industry to support his family. From a young age, Rahman exhibited a deep passion for music. This passion was the driving force behind his decision to pursue a career in the music industry, despite facing societal and financial challenges.

Rahman is known for his innovative and experimental approach to music. He introduced a unique blend of Indian classical music with electronic music, creating a distinctive sound that set him apart in the industry. This willingness to explore and push boundaries contributed to his success.



AR Rahman

Despite facing initial setbacks and rejection, Rahman remained persistent in his pursuit of success. His resilience and belief in his talent eventually led to breakthrough opportunities.

Rahman's ability to connect with audiences globally has earned him international acclaim. Winning two Academy Awards for his work in the film "Slumdog Millionaire" catapulted him to global fame, showcasing the impact of talent transcending geographical boundaries.

Rahman's versatility is evident in his diverse portfolio. He has composed music for various genres of films, from romantic dramas to historical epics, showcasing his ability to adapt and excel in different musical styles.

Rahman has used his platform to address social issues. His work often reflects a commitment to promoting unity, peace, and understanding through music.

Despite achieving immense success, Rahman remains humble and grateful. He attributes his success to the support of his fans and the opportunities presented to him, emphasizing the importance of humility in the face of success.

In essence, A.R. Rahman's life teaches us about the power of passion, perseverance, innovation, and resilience in the face of challenges. His journey from humble beginnings to global recognition serves as an inspiration for aspiring artists and individuals striving to overcome obstacles in their paths.

G. Sai Varshith IXA





Comic Creations







M. Keerthana IXB

Ch. Sanjana Raj IXB

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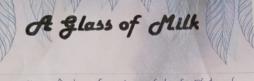


Walking On Water

In a quaint village nestled by a lake, tales of an ancient sage who could evalk on water were passed through generications. Maya, a curricus givel approached the eldest villages, hoping for insight the smiled and handed here a pair of shoes, possessed the magic: With hope and excitement, Maya tried them on Disheartened, she turned. The eldex laughed gently, "The secret isn't in the shoes but in knowing where the stepping stones are." <u>Moral: Real magic often lies in</u> <u>knowledge and understanding</u>.

<< V. Ashwitha

V.Aswitha IXC



Long ago, there lived a boy who used to do Plenty of different jobs to carn a livelihood and use the rest of the carned money for his calcation expenses. One day when he cas doing his job, as usual, he felt hungry. He was starving to the level that he could not basely walk. By gathering some strength, he walked UP

to a house door and requested for a glass of water. The young girl opened the dear and was shoked to see his Condition. She decided to give him a glass of milk insted of water. The famished boy guted the milk and thanked the fight.



Several years later, the girl was shearsly III. Dr. Kevin was the in-charge of the girls case and treated her. After several months of treatment, she was able to cradicated the illness. When the time to Pay the bills came, the girl was nervous, as she had no money. But no the bill it's written, "Bill Paid, A Glass of milk"

Moal Spodsdeds never go in ven. The return to you in the most unexpected cays when your in need.

V.Greeshmi VIIIC

Greeshini

Simon and the Bird

Once, Simon saw a bird caught in a net spread by come boys The bird was freed by Simon and it flew away. A few days later,

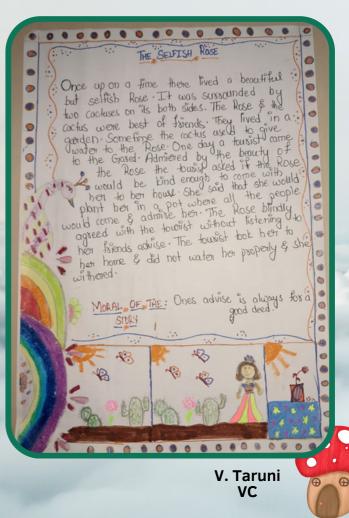
Simon was eating under a tree Suddenly, the same bird ewooped down

and took his food away. Simon jumped upto snatch his food back, but lost his balance and fell down. He was angry at the unthankful bight.

However, he saw a poisonous snake craciling down the tree and understood that the snake could have bitten him. The bird had saved his life.

Moral: Never misjudge people's intensions.

S.Ananya VIIIA







Life skills - Need of the hour

Life skills go hand in hand with development and can assist students to succeed later in life. Life skills are recognized as those essential skills that bring together the social, emotional, and cognitive capacities of a person to solve problems and achieve goals.Life skills play a vital significant role in a student's success in school and life. A student needs life skills to learn beyond academics. Mastering beneficial lifelong learning skills helps us to work, learn, and live better.

Here Are The Essential Life Skills That Help In Students Future Development

1. Decision-Making Skills

Students from a very young age must be taught to make decisions on their own. At home, the parents must grow this skill in kids by permitting them to choose their clothes, food, toys, games to start with.

2. Communication

Students require high-touch personal interaction every day to set up healthy social-emotional skills, comprising the ability to understand and communicate with others.

3. Focus And Self Control

Being parents, organize your home, so your kids know where to put shoes, books and personal belongings.

We live in a noisy, distraction-filled globe, so quiet

activities such as reading a book, completing a puzzle, enjoying sensory activities can assist students in increasing focus.

4. Resilience and Positive Thinking

As a parent, one must not shield and overprotect their child.

In fact, the students should be able enough to learn how to bounce back from failures and not take them to the heart or let it define them for life.

5. Problem Solving

Solving real-world problems with a method such as Solution Fluency is vital in surviving and thriving in the present and future.

6. Critical Thinking

For the future in a changing world, the ability to think critically is a must. It is about thinking responsibly, independently, and productively.

7.Self-defense

In today's world, safety and security is the most vital and foremost priority in everyone's life. Teaching the students this vital life skill of self-defense will not only make them independent but also safe.

In order to teach students to protect themselves, add this life skill to their curriculum. This is why developing life skills is not only to become successful in life, it's the key for our health and well-being.

Thank you



Ms. B. Prathibha Pavani Academic Coordinator





Mental Wellness- A Bliss!

Mental wellness can be described as a combination of how we feel (our emotions and life satisfaction) and how we function (relationships with others, personal control, purpose in life and independence)

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood. When we are mentally healthy, we enjoy our life and environment, and the people in it. We can be creative, learn, try new things, and take risks. We are better able to cope with difficult times in our personal and professional lives. There are 5 steps you can take to help improve your mental health and well-being, these are connect, be active, take notice, keep learning and give.

The definition of bliss includes finding happiness in oneself and in the moment. Well-being Principles

*Eat. Good nutrition can help you feel nourished on all levels and improve your daily life.

*Move. Discover the power of movement to create vitality in your life.

*Breathe. Learn about breathing and the effect it has on your health and wellbeing. *Love.



Ms. Sabiha Ahmed English Dept

Challenge your brain- Puzzles

