

TOPS IN ACADEMICS
TOPS IN SPORTS



The Avadh School
(INDIA)

THE TAS TIMES

The Official Newsletter of The Avadh School

OCTOBER 2020, ISSUE 7

GRATITUDE MAKES FOR A HAPPIER LIFE

Dear Parents,

Our well being in testing times is linked to both our physical and mental health. We need happiness more than ever before in these trying times. That is precisely why we must start everyday by expressing gratitude for this priceless gift called life.

When we look at the trees, mountains, rivers- the whole of nature outside of our homes we realise that life exists in glorious forms all around us. It exists as a deep, silent prayer. It leaves us in awe and silence; and a deep sense of gratitude. Prayer exists in the inner realm, at the very core of our being. Researchers are now discovering that the sense of gratefulness not only has a profound impact on our overall health; it also helps in reducing depression, anxiety and in treating sleep disorders.

When we thank the trees for the breeze in the morning, it becomes a prayer and it turns into pure gratitude. The misery, pain and suffering we witness today should drive us to help someone in need. This action could bring joy to someone.

We must be grateful for this opportunity to be of help to someone. It means we have an abundance that we can share with others. And being thankful for this abundance can enrich our life.

A deep appreciation and gratefulness for life means we must not show disrespect to even a speck of dust for it holds the whole universe within it. This is a deep message that means everything around has value.

We need to acknowledge that every existence offers us the potential to bring harmony and balance to our lives. Gratefulness is true communion with existence and perhaps the most elevated delight humanly possible. We should be grateful for breathing, for being helped and for the abundance.

Let this feeling of deep gratitude become our intrinsic nature. And, slowly we will realize that all our complaints simply disappear, leaving us in an ocean of joy, celebration and total bliss.



KEEP DISTANCE, STAY CONNECTED, RESPECT YOUR ELDERS.

Vijai Singh Yadav

Chairman,
The Avadh School

TAS UPDATES

OWING TO THE LOCKDOWN, ALL THE ACTIVITIES WERE DONE ONLINE..



ZUMBA CLASSES

Zumba is a fun and effective dance fitness routine that provides a total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy. Our students enjoyed Zumba classes under the guidance of **Ms. Deepti Shukla**.

GANDHI JAYANTI CELEBRATION

To commemorate the 151st birth anniversary of Mahatma Gandhi we conducted activities and events for students and teachers in an appropriate manner ensuring their participation from their homes due to the COVID-19 situation. The events included lecture series, home cleanliness exercises, elocution, inter-faith prayer, online morning assembly on Gandhian Philosophy etc. Teachers and students participated in the event with great enthusiasm.



INSPIRE



TAS UPDATES

NEVER TRY TO BE NORMAL, TRY TO BE MAGNIFICENT

MAGNIFICENTLY DONE BY OUR STUDENTS WITH REMOTE INSTRUCTIONS



HAND PRINT COLLAGE



HAND PRINT PAINTING



COVER MAKING



A TRIBUTE TO GANDHI JI

★ TAS STUDENT



VAISHNAVI BEDWAL
Class V

★ TAS STUDENT



AVINASH SINGH
Class VIII

THIS MONTH

15 September to 15 October

WHAT TEACHERS LOVED DOING

- Learning new things
- Online Teaching
- Lots of resources to explain topics
- Support their students

WHAT STUDENTS LOVED DOING

- Online Learning
- Creating Videos for class
- Making Projects
- Public Speaking

OUR MOTTO THIS MONTH

“ When you know better, you do better ! ”

TAS THIS MONTH

TEACHING IS ONE PROFESSION THAT CREATES ALL OTHER PROFESSIONS

Dear All,

With an aim to begin working towards the objectives of National Education Policy 2020, the Central Board of Secondary Education is delighted to share the 'Teachers' Resource for Achieving Learning Outcomes'. This document is a resource for teachers to help them incorporate Learning Outcomes in their day-to-day teaching and learning with students.

The document provides a mapping for each chapter of all core subjects from classes I to X. A list of suggested pedagogy is given along with Learning Outcomes that a child is expected to achieve by the end of the course of each class. Further, this document also contains a mapping of each chapter from NCERT textbook and several Learning Objectives and Learning Outcomes. The Learning Objectives for each chapter can be used by teachers to plan their lessons to achieve desired learning outcomes. More objectives can be developed by teachers while taking up the chapters.

This document is available on the CBSE website www.cbseacademic.nic.in at the link http://cbseacademic.nic.in/web_material/Manuals/TeachersResource_LODoc.pdf and on the DIKSHA Portal at the link https://diksha.gov.in/resources/play/content/do_3131155563542528001418.

We trust and hope that teachers would find this document useful and would engage with each other on the ways which can be beneficial in day-to-day teaching and learning.

STAY HOME, STAY SAFE AND KEEP LEARNING !

Twinkle Yadav

Director
The Avadh School



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