

A decorative scroll with autumn leaves and floral motifs. The scroll is white with a gold border and is surrounded by orange and red maple leaves. The text is centered on the scroll.

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**Monthly Report  
for Activity  
of  
May 2024**

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# Community Helpers Day Celebration

**Date: 1 May 2024**

**Grade - 1 to V**

Community helpers are very important, they keep the community safe and healthy and make life better for the people in the community. "Community Helper's Day" is a wonderful way to broaden the child's horizons and help them learn about the world beyond their home—their community.

A community is also a place where people live. A community can be a school, town, city, or neighborhood. Community helpers are people who live and work in our communities. Community helpers make communities cleaner, and safer and help the community function more efficiently.

This topic is important as it teaches children some important learnings such as safety, thoughtfulness and understand the way the world works. It teaches them to address politely the people in our neighborhood, mingle with them by asking his or her names, and try to show them that they should feel safe and that these people take care of them.

With these objectives to be achieved, Community Helper's Day was organized in the school.

On May 1st, 2024, Mittal International School joyously celebrated Helper's Day, a day dedicated to honoring hardworking staff members. Children from grades one to five poured their hearts into crafting handmade cards, which they lovingly presented to the employees. The school administration reciprocated this gesture of appreciation by giving gifts to the employees as token of gratitude and arranging refreshment for them. Principal Sarabpeet Mukharjee lauded the employees for their dedicated work and delivered words of encouragement to continue their efforts. To add an extra touch of warmth, the younger children delighted everyone with a heartfelt poem and a song dedicated to the employees. The event was a beautiful demonstration of unity and appreciation within the school community.



# Yoga and Meditation Camp

**Date: 01<sup>st</sup> May to 03<sup>rd</sup> May 2024**

**Venue : Mittal International School**

## **Introduction:**

A three-day yoga and meditation camp was conducted at Mittal International School by the **Isha Foundation**. The camp aimed to introduce students in Grades 6 to 10 to the benefits of yoga and meditation.

## **Day 1:**

The camp commenced on May 1st with a warm welcome to the resource persons, Mr Sorabh and Mr. Dakshit, who were greeted with a bouquet of flowers. They began by enlightening the students about the Isha Foundation and its diverse programs. Throughout the day, the students were taught various yoga asanas tailored to their age group. Additionally, the instructors elucidated on how meditation can aid students in their academic endeavors.

## **Day 2:**

On the second day, the students continued to actively participate in the yoga and meditation sessions led by Mr. Sorabh and Mr. Dakshit. The instructors provided further guidance on perfecting the yoga poses and deepening the understanding of meditation techniques. Students were encouraged to integrate these practices into their daily routines for holistic well-being.

## **Day 3:**

The final day of the camp concluded with heartfelt gratitude expressed by the Principal towards the resource persons for their valuable contributions. Students enthusiastically engaged in the activities, demonstrating their newfound knowledge and skills acquired over the three days.

## **Conclusion:**

The yoga and meditation camp organized by the Isha Foundation at Mittal International School proved to be a resounding success. Students not only learned the importance of physical and mental well-being but also gained practical skills to incorporate yoga and meditation into their lives. Such initiatives fostered a positive learning environment and promoted holistic development among the students.



## Inter-House Jewellery Making Competition Report

**Date:** May 8th, 2024

**Venue:** Art Room

**Grade:** 6 to 10

The Art Room buzzed with creativity and enthusiasm as students from various houses participated in the Inter-House Jewellery Making Competition. The theme, celebrating the cultural richness of Rajasthan and Nagaland through jewellery design, inspired students to showcase their artistic talents.

### **Participating Houses:**

#### **Blue House (1st Place):**

Alia Khan  
Purna  
Shradha  
Dravya  
Suhani  
Suhana

#### **Green House (2nd Place):**

Akshina  
Dipali  
Alice  
Vanshika  
Radhika  
Sakshi

#### **Yellow House and Red House (Tied for 3rd Place):**

##### **Yellow House:**

Mannat  
Kanak  
Maliha  
Imrose  
Avika  
Himakshi

##### **Red House:**

Jigisha  
Dishita  
Veena  
Angel  
Mitansha  
Kavya

Each team displayed remarkable creativity and attention to detail in their jewellery pieces, reflecting the cultural nuances and heritage of Rajasthan and Nagaland. From intricate designs to vibrant colors, every piece was a testament to the students' dedication and craftsmanship.

Judging the competition proved to be a challenging task, given the high quality of work from all participating houses. However, after careful consideration, the following results were announced:

1st Place: Blue House

2nd Place: Green House

3rd Place (Tied): Yellow House and Red House

The competition not only provided a platform for students to showcase their artistic skills but also fostered teamwork, creativity, and cultural appreciation among participants. It was truly a celebration of talent and diversity within our school community.

We extend our gratitude to the teachers and staff who organized and supervised the event, ensuring its smooth execution. Their support and encouragement are invaluable in nurturing the creative spirit of our students.

Congratulations to all the participating students for their exemplary efforts, and we look forward to more such engaging events in the future.



## Best Out of Waste Inter-House Competition

**Date: May 7, 2024**

**Venue: Art Room**

**Time: Zero Period**

**In charge: Art Teachers**

**Participants: Grade III to V**

The Best out of Waste Inter-House Competition held at Mittal International School on May 7, 2024, during the zero period in the Art Room, concluded successfully. Students from Grades III to V showcased their creativity and innovation by repurposing waste materials, particularly newspapers, under the guidance of our dedicated art teachers.

**After careful evaluation, the winners were announced:**

**Dresden Green**

**Blue Maharaja**

**Golden Pelican**

Congratulations to the winning houses and all the participants for their remarkable efforts. Special thanks to our art teachers for their support in organizing this event. Such initiatives not only foster creativity but also promote environmental responsibility by encouraging the reuse of materials.

