


DELHI PUBLIC SCHOOL, MATHURA ROAD  
JUNIOR SCHOOL  
CLASSES (I-V)  
NEWSLETTER - JUNE'2021



Dear Parents,

***"When the going gets tough, the tough get going" ...***

Welcome back! We hope that everyone had a rejuvenating break. We shall continue to make our students learn and grow and have fun being at home through digital mode making best possible use of technology.

Pushing the boundaries, we have worked towards bringing in new and better changes, our online lessons, audio-visual aids, hands on activities, videos shoots, PPTs are meticulously planned which will sharpen their talent, skills and abilities.

Congratulations to our dear colleagues, Ms. Sadhana Mehta, Ms. Poonam Maira and Ms. Poonam Bhardwaj on their retirement. We honour and thank them for their years of dedication to education, and especially for all the lives that they have impacted over the years.

With the pandemic spreading its wing it took away so many people who were close to us. We lost our beloved colleague Ms. Neha Ghai. I offer my deepest condolence to their families.

Prayers for everyone's good health and well-being and hope that we will overcome this global pandemic and shall see each other soon. Stay safe and protected.

***All the best for Term-I Assessments starting from 18th June'2021.***

(Ranjana Dean)


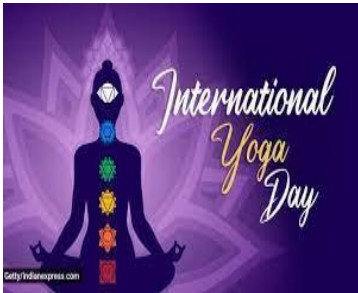
Headmistress

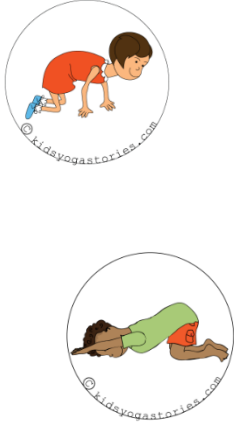



# DELHI PUBLIC SCHOOL, MATHURA

## RAOD, PRIMARY WING

### ACTIVITY SCHEDULE – JUNE, 2021

<u>DATE</u>	<u>CLASS</u>	<u>ACTIVITY</u>	<u>MATERIAL REQUIRED</u>	<u>LEARNING OBJECTIVES</u>
20/06/21		<u>World Fathers' Day</u>		
	I-V	Children will be encouraged to engage in any creative activity/a game/cooking without fire/dance etc which they and their fathers/grandfathers/uncles enjoy doing together.		Children will celebrate the bond of love, care, trust and friendship with their fathers/uncles/grandfathers etc... They will value the relationship even more.
21/06/21		<u>International Yoga Day</u>  The International Day of Yoga has been <u>celebrated annually on 21 June</u> since 2015, following its inception in the <u>United Nations General Assembly</u> in 2014. <u>Yoga</u> is a <u>physical, mental</u> and <u>spiritual practice</u> which originated in <u>India</u> . The <u>Indian Prime Minister, Narendra Modi</u> , in his UN address suggested the date of 21 June, as it is the <u>longest day of the year</u> in the <u>Northern Hemisphere</u> and shares a special significance in many parts of the world.  Children will be encouraged to prepare a Yoga corner in their own room. They will try to make the ambience as beautiful as they can using yoga mat, flowers, incense sticks, soft relaxing music, some pictures and quotes on fitness/yoga etc and use that space every day for doing yoga and meditation. Children will be encouraged to do a few asanas and learn at least one new asana every week.		Children will gain awareness about the value of Yoga and its benefits at various levels..i.e.. physical,mental,emotional and spiritual.  They will also understand that how by doing Pranayams and certain asanas one can build immunity and be protected from Covid 19.

<p><b>I</b></p>	<p>Children will do the following animal pose yogasanas and know their benefits.</p> <p>Cat pose/Puppy pose</p>		<p>.</p>
<p><b>II</b></p>	<p>Children will do the following asanas and know their benefits.</p> <p>Tadasana and Vrikshasna</p>		
<p><b>III, IV, V</b></p>	<p>Children will do the following Asana and know its benefits.</p> <p><u>Sun salutation/ Surya Namaskar</u></p> <p>Surya Namaskar is a great warm-up for kids, as it stretches the entire body and helps move every joint and major muscle group present. The smooth transition between the poses helps one concentrate and focus and can have a marked effect on the creativity and focus levels of the child.</p> <p>The sun salutation is a series of twelve postures which are to be done slowly, while breathing in and breathing out. There are several short videos available on Google which children can see and learn from.</p>	