

L'Echo. . .



CAS Coordinators note :

Dear CASIANS,

It 'as a new start of new academic year for the rest of the school but for the Diploma programme, its is a fresh start after the vacation . The vacation or the rest period had definitely enabled each and everyone of us to hone our skills and take part in new innovative CAS programs. To a new start from the CAS bench, the practice to be followed during the month of June is to enthral yourself in SILENCE , for its is Silence and Calmness which had enabled us to LISTEN more and take our actions forward for a more it was a promising month.

Maria Antony Rolf Swaminathan (MARS)

YOGA WEEK :-

The month of June is known for the International Yoga Day and the CAS Team of DP Year 1 joined hands with representatives from the CBSE School to plan for YOGA WEEK , wherein activities were planned accordingly.

Yoga has been an integral part of Indian culture, and traditions – not only is it a backbone for our life, but it also encourages self-reflection and mental awareness. Yoga is not just a form of exercise, but it's also a lifestyle, and this statement has been reinforced through the various activities for Yoga done this week.

On Monday – 18.06.18

The Student Council presented and talked about the 8 stages of Yoga to students of grade 5 to 9. The presentation comprised of the types, benefits, importance, as well as the connection to our mental ability of each stage of Yoga. Students also experienced an intense meditation session, and a question-answer session. In order to explore more about Yoga, students were asked to put their understanding on paper, by making creative charts showing their knowledge about what they learnt. Student Council will then assess and evaluate the displayed charts in each class, and declare four winners from each grade.



JUNE 2019



On Wednesday – 20.06.18

Student Council went to each class to assess all the charts displayed, and certainly weren't disappointed. Each class represented Yoga in different and unique ways, and it was certainly difficult to choose the winners.

On Thursday – 21.06.18

Of course, when celebrating Yoga week, there must be physical forms – Asanas to do, focusing on the physical aspect. All grades were able to do Asanas led by other students and teachers. The experience for the youngsters especially, were said to be “Cool”, “Nice” and “Interesting” Many of them sparked an interest and said they would definitely like to explore more.

On Friday—22.06.18

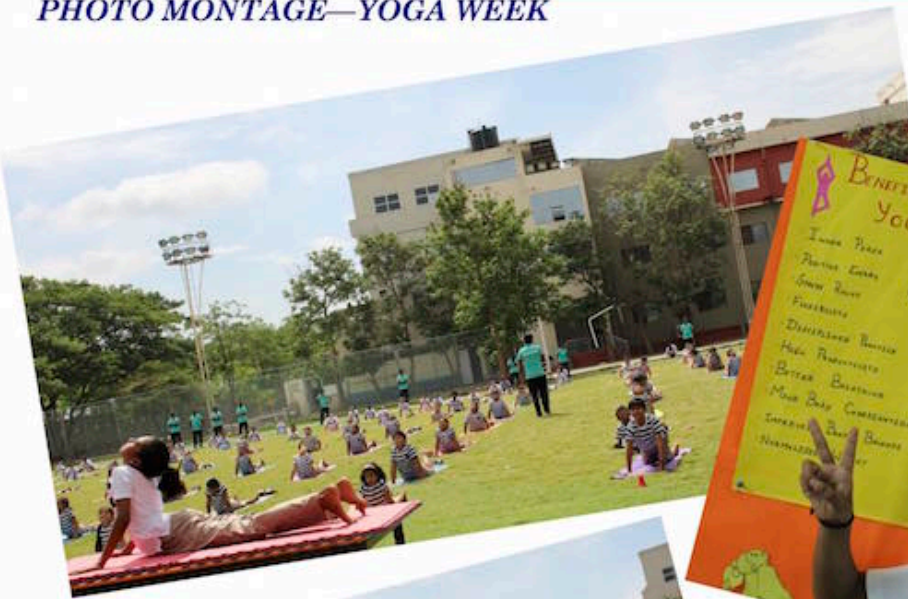
A tree Plantation was organized at TIPS CBSE Campus and around 200 saplings were planned. The management of TIPS which includes the Corporate Academic Officer, Dr. Sonali, the School Director, Ms. Thaara Mohan, the Diploma Coordinator, Mr. Ibson, Ms. Jean, the Middle Years Coordinator and the CBSE School Principal, Ms. Chitra Nair were present and the first four saplings were planted by them followed by the students plantations.

Several of the older students felt relieved and “calm and happy” especially during exam times. Overall, the experience during this week, was certainly that of a good and unforgettable one. Encouraging the youth to pursue Yoga for more than its health benefits physically, and rather for its importance in our life, for discipline, self-reflection, and a motivated lifestyle is certainly a challenge, but it helps us to understand our roots and culture later in life when it will matter the most...

ON A STREET THEATRE ACTIVITY

Today was a stressful day for me, and I was feeling tired and mentally exhausted, and I assumed that today would be like any other day where everything just goes by, and I end up loaded with work at the end of the day, and it was exactly like that. But, something different happened today. Something fresh and new, and something to do with theatre. Today, a new project was introduced to us students. A project which seems so bizarre and odd, but nonetheless interesting. "CAS street theatre" is exactly what it sounds like. Theatre in the street. Many of us weren't convinced at the beginning, I for one wasn't. But seeing the way that our teacher approached this project, the way he interacted and engaged us, and how it acts as a device to communicate our concerns in society, it opened a gateway in our minds, and provided us with an opportunity. In order for us to truly understand this idea, we were each given a scenario to showcase as a picture frame. It was a fun activity and all of us were able to submerge ourselves into something completely unrelated to academics. It was an outlet for our stress, and a reminder for all of us that it's okay to have fun and do something other than studying for once. It reminded us of the fact that we're still kids, and we don't need to act mature all the time, and that we needn't sweat the little things in life. I personally feel that this is a project which will certainly aid all of us by giving us something to look forward to at the end of the day. It will not only help us to communicate, create and take several risks, but it will also allow each and every one of us to explore our talents and help us to reflect

PHOTO MONTAGE—YOGA WEEK



TREE PLANTION AT TIPS—CBSE

