



INDIAN LANGUAGE SCHOOL, LAGOS

E. Magazine



INDIAN LANGUAGE SCHOOL, LAGOS

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Vice Chairman



Mr. T. Venket Subramanian
General Secretary



Dr. Sharmila Anandaraj
Treasurer



Ms. Nidhi Mundra



Ms. Heer Dilip Sawlani



**Mr. Shankar
Prabhakaran**



Mr. Nipul Doshi



Mrs. Shruti Mohnani



Mr. Pramod Bhatia



**Mr. Sivakumar
Palaniyandi**



**Mr. Saurabh
Suresh Bagdi**



**Ms. Deepali
P. Shetty**



**Dr. Pratima
Virjanand Vaidya**



Ms. Annie Sharmila Pink



Ms. Anjali Bhageria



Ms. Reema Pratik Doshi



Mrs. Rashmi Harsh



INDIAN LANGUAGE SCHOOL, LAGOS



PRINCIPAL'S MESSAGE

Sonali Gupta

*Principal,
Indian Language School, Lagos*

Dear Parents and Students,

The 21st century learning has opened new doors and multitude vistas for learning for the students. One of the key ways of learning is Experiential Learning which is widely used world over and is the process of learning from your experiences. It involves, engages students in hands-on activities, experiences and the process of reflection after their experiences. When students participate in experiential learning not only are they able to have a clear and better understanding of their course content but they are able to connect theories and knowledge learned in the classroom to real-world situations. It helps the students to get a clear insight into their own skills, interests, passions, and values which goes a long way in choosing a right career pathway and realizing of their dreams.

Experiential learning is one of the best ways to teach creative problem-solving. With real-world content, children learn that there are multiple solutions to challenges, and they are encouraged to seek their unique solution to hands-on tasks.

By reflecting on the outcome, students are encouraged to analyze how their actions affected the issue, and how their outcome may have varied from other students'. This analysis helps them better understand how the concepts learned can be applied to other, varied circumstances.

Experiential learning is designed to engage students' emotions as well as enhancing their knowledge and skills. Playing an active role in the learning process can lead to students experiencing greater gratification in learning.

Students can be engaged in experiential learning through activities such as work internships, student teaching, projects, international travel, cultural exchanges, museum tours, and project-based learning. This helps them to develop their self-confidence and leadership skills and gives them a broader view of the world and an appreciation of community.

So let us encourage our children to learn in diverse ways, have a deeper understanding of what they learn and encourage them to reflect on their experiences and become lifelong learners who are ready to face the world.



INDIAN LANGUAGE SCHOOL, LAGOS



VICE CHAIRPERSON'S *Message*

PARENT "the first teacher of the Child who introduces the child to the world inculcates the values in the child and "TEACHER" the first person who teaches the Child to implement all values practically to face the world. The combination of Parent-Teacher leads a Child to conquer the acme. The Association between a Parent and a Teacher has to be very candid in order to get an excellent output from the child both personally and professionally which in turn turns the child to be an excellent human being. PTA 2020-21 team focused on this insight and toiled to get the best from child as well as from the teacher. Extra-curricular activities help students to learn about themselves and develop and use their skills and knowledge in different contexts.

PTA 2020-21 did the best to bring possible online activities for students, parents and teachers. Innovative Child Competition 2020-21 was held for the students by Parent Teacher Association which included many new activities like Nose Mask Making and Photography. Student from grade LKG to 12 participated in large number and showed their innovative talent to the fullest. Parents played an important part, encouraged and motivated their kids. So in order to give parents a boost so that they are themselves motivated and relaxed which in turn will be reflected through their kids, PTA 2020-21 tried to show the gratitude towards parents by organizing Yoga session and Art of Living session for them which turned out to be very positive for parents in the hard days of pandemic.

Pivoting into a digital classroom means one has to think and learn quickly. Teachers of Indian Language School delivered with grace and grit. In a short amount of time, they adapted curriculum to new teaching platforms and tools. PTA 2020-21 took the opportunity to show the gratitude towards the teachers by organizing "TAMBOLA" for them and distributing the prizes to them which were nothing in opposite to what they did for the Children to have a continuous study and make them understand more easily and quickly. "Hats off to all the Teachers". PTA 2020-21 tried to recognize the hard work and dedication of non-teaching staff and arranged small gifts for them as a token of gratitude and love as without a team work no institution can run effectively.

"All for One, One for All" - This saying expresses the strength of the team in any sector of life. Individual members are the pillar of the team, while the team inspires every person to triumph over any obstruction. Teamwork leads you to your goal and through this, you make the impossible possible. It is the secret behind big success. I find myself lucky to have a team which was ever ready to support and give their 100% for PTA. A big thanks to all the executives of PTA Team 2020-21.

As the Vice-Chairperson of PTA 2020-21, I would extend my extreme gratitude to the Principal of Indian Language School Mrs. Sonali Gupta for her leadership and positive attitude that has helped pull us through. We feel very fortunate to have her as our principal during these challenging times. She always encouraged and guided us to the right path.

Wishing all the very best to the upcoming team!
Stay Safe, Happy and Be Positive Always!

Sincerely

Ramneet Kaur
Vice-Chairperson (PTA 2020-21)



INDIAN LANGUAGE SCHOOL, LAGOS



GENERAL SECRETARY'S *Message*

Though we have learnt over years that change is only constant factor, but changes in the year 2020-2021 were unthinkable. During these difficult times PTA 2020-2021 took charge. Primarily, our biggest challenge was how we would adapt to it and provide the support required by the parents and teachers in order to create a better and brighter future for the students despite the new circumstances.

While the previous year was certainly difficult to tread through, it also brought with it many opportunities. A new world was emerging, communication through the virtual platform popularized and people were now just a single click away from one another. It is interesting that all these technologies were available earlier, but its full potential was tapped during 2020-2021 and its application reaching the peak. As said rightly 'where there is a will, there is always a way'. With technology now becoming an integral part of the education system, teachers of ILS quickly adjusted to the new ways and diligently carried out their duties even in those tough times which was only possible due to the collective efforts of Mrs. Sonali Gupta, the Vice Principals, teachers and of course all the parents and students who have helped in making 2020-2021 another success.

Students of ILS have constantly been one step ahead of others. Times are testimony to the fact that they have excelled in every field. ILS Students are today pursuing higher studies across the globe in reputed universities. They have proved yet again that no matter what the difficulties are, nothing can stop them from achieving their goals.

PTA 2020-2021 has accomplished many milestones and created new benchmarks. This was only possible due to hard work and teamwork of all the executive committee members. Every year, a new executive committee is elected who work along with the School Management to ensure that the best education is available to the students. PTA will continue to achieve further; Nevertheless, the memory of 2020-2021 would never be forgotten.

Sincere Thanks to all the Parents, Teachers, and Students who made this possible and best wishes to the New PTA.

Mr. T. Venket Subramanian

General Secretary

PTA 2020-2021



INDIAN LANGUAGE SCHOOL, LAGOS



A Message From The **TREASURER'S DESK**

A At the end of the day, the most overwhelming key to a child's success is the positive involvement of the parents.

The complex network of relationships and interdependencies located at both individual and group levels such that their activities and roles cut across the social, economic, cultural and educational realms all in favor of better student academic outcomes, better school effectiveness and educational development.

There is no gain saying the fact that education is an instrument for national development, integration and self-reliance. It is for this reason that the business of education calls for active participation by individuals, communities and other non-governmental organizations. And one of such community based organizations is the Parents Teachers Association.

It is also accepted that beyond educentric gains the correlation fosters parents' self-esteem as they get involved in non-academic activities of the school. Their involvement in school makes their children behave better because parents' presence increases accountability at school and in the community.

It's an immense pleasure to be a part of PTA 2020-2021. Throughout this pandemic, we as a team never met in person once and conducted all our meetings virtually. It's an entirely different prospective and we achieved success in all our virtual competition and events.

I take this opportunity to thank all my fellow executive members of the team for their continuous and constant support throughout the tenure. With much gratitude I extend my thanks to all the sponsors for their generous contribution to help us to achieve greater height.

VOLUNTEERS DO NOT NECESSARILY HAVE THE TIME; THEY HAVE THE HEART....

With this note, I wish good luck for the upcoming PTA Team to take ILS PTA to a greater extent.

Dr. Sharmila Anandaraj,
Treasurer, PTA - 2020-2021.



INDIAN LANGUAGE SCHOOL, LAGOS

VIRTUAL TAMBOLA

LS PTA 2020-2021 conducted a Virtual Tambola session for our respected Principal, Vice Principal, teachers and the entire management of the Indian Language School on the 28th of May, 2021. The PTA wanted to appreciate the efforts of our beloved school staff by adding some fun and excitement into their lives so as to get over the stress in these difficult times. The online Tambola game with its exhilarating prizes was one of the most memorable moments of this year.

There were 15 variation games whose winners were awarded NGN 10,000 each and 7 full houses for which the winners bagged prizes starting from the range of NGN45,000 to NGN15,000.

There were around a 100 participants and the list of winners was as follows;

01 VARIATION GAMES

Kindergartens (Early 5) - Mrs. Jhanvi Sadarngani

Primary (Early 7) - Mrs. Lalitha Chandrashekrani

Junior (Breakfast) - Mrs. Afiya Masood

Intermediate (Lunch) - Mrs Bhavani Devi
and Mrs. Kumkum kumar

Senior (Dinner) - Mrs. Dhanya Arun

Vertical Lines - Mrs. Anamika Sharma

Horizontal lines - Mrs. Anamika Bisht

Small School - Mrs Parul Sood

Big School - Mrs Ishita Yadav, Mrs Shweta,
Mrs Anshu Priya and Mrs. Sunita Tejvani

Upper Line - Mrs Gharima Singh

Middle Line - Mrs Deeplai Dixit and Mrs Dham

Lower Line - Mrs Vandana Bhatia

1s and 0s - Mrs Melwani and Mrs Hema Mohan

02 FULL HOUSE

First house - Mrs Natasha

Surprise game - Mrs Nirmala Goyal,
Mrs Stella Lanus and Mrs Neelam Singh

Second house - Mrs Anu Kaurani and Mrs Uma Rani.

Third house - Mrs. Akankasha Bhist

Fourth house - Mrs Ishita Yadav

Fifth house - Mrs Leena Dham

Sixth house - Mrs Kumkum Kumar

Seventh house - Mrs Vandana Arora

Heartiest congratulations to all our winners and a big thank you to all the participants for joining in.

On the day of the event, the addressing, welcome speech and introduction of the PTA committee 2021 was done by the office bearers Mrs. Ramneet Kaur, Dr. Sharmila Anandraj and Mr. T. Venket Subramanian respectively. The Tambola application was run and numbers were called out by Mrs. Heer Dilip Sawlani. The rules of the game were announced by Mrs. Reema Doshi while the details of the variations were explained by Mrs. Anjali Bhageria and Mrs. Nidhi Mundra. The variation control, winners claim control, winners record keeping/announcement, screen control, claim verification and chatbox support were taken care by Dr. Pratima Vaidya, Mrs. Shruti Mohnani, Mr. Nipul Doshi, Mr Sivakumar Palaniyandi, Mrs. Nidhi Mundra and Mr. Saurav Bagdi respectively. The entire PTA team coordinated in a perfect manner to make sure that the Tambola event was a grand success.



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Zoom Meeting: You are viewing Rajal Bhargava (PTA)'s screen

VARIATIONS

- ▶ KINDERGARDTEN (EARLY 5)
- ▶ PRIMARY (EARLY 7)
- ▶ JUNIOR/ INTERMEDIATE/ SENIOR (Breakfast/ Lunch/ Dinner)
- ▶ 1'S N 0'S
- ▶ 2 VERTICAL PAIRS
- ▶ 2 HORIZONTAL PAIRS
- ▶ 4 CORNERS WITH BULL'S EYE (STAR)
- ▶ SMALL SCHOOL/ BIG SCHOOL
- ▶ UPPER LINE
- ▶ MIDDLE LINE
- ▶ LOWER LINE
- ▶ SURPRISEs

HOUSES:

ILS HOUSE (1ST FULL HOUSE)
 FLYING HIGH HOUSE (2ND FULL HOUSE)
 GAMES HOUSE (3RD FULL HOUSE)
 MUSIC HOUSE (4TH FULL HOUSE)
 ART AND CRAFT HOUSE (5TH FULL HOUSE)
 LIBRARY HOUSE (6TH FULL HOUSE)
 DANCE HOUSE (7TH FULL HOUSE)

Zoom Meeting Controls: Unmute, Start Video, Security, Participants, Chat, Share Screen, Pause/Stop Recording, Reactions, Leave

Zoom Meeting: You are viewing Nihar Sawant (PTA)'s screen

Zoom Meeting Controls: Unmute, Start Video, Security, Participants, Chat, Share Screen, Pause/Stop Recording, Reactions



INDIAN LANGUAGE SCHOOL, LAGOS

The screenshot displays a Zoom meeting grid with 50 participants. The participants are arranged in 10 rows and 5 columns. The names of the participants are visible below their video thumbnails. The bottom row of the grid contains a search bar and system icons. The meeting controls bar at the bottom shows 101 participants, chat, share screen, and recording options.

Row	Column 1	Column 2	Column 3	Column 4	Column 5
1	Dolly Anra	Gursharan Sher...	Vandana Charipe	Chhaya Okafin	anshu priya
2	Yashni Ja malresh	Aurumita Sanya	Jyusha Sinha	Bindu Malliew	Garima Singh
3	Abudun Tini U...	Rashmi Lakhni...	Tanghala padm...	Soemia Tandin	Karunijot Bal
4	Kgozi Kenneth	veena tiwari	Hita Aggarwal	MALWKA SHAI	ALIYA ABIB
5	nipul doshi pta	leena lays	Pushpita Ghosh	Sarika Verma	Venket Subram...
6	Search	System Icons	System Icons	System Icons	System Icons
7	Nisha Sharma	Veera Chandran	Uma Rani G	Mirra Uche	Vandana Anra
8	Sanjay Brijja	Sandhya Patel	Amritha Dhaw...	Sonia Gaur	Nalini Suresh S...
9	Anu Agnihotri	Nisha Ramchand...	Taruna Deepak	Soemia Khulu	Aliya Masood
10	Subarna Jee	Iema Mohan	Deepa Jain	Altha Chandra...	Dhanya Arun
11	Lakshmi Pilla	Manisha Jain	Geetha Bai Hajaj	Jeepa D D yf	Sudipa Joy Mitra



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ILS PTA INNOVATIVE CHILD COMPETITION 2021

Parents Teachers Association of ILS has been on the forefront of establishing a bridge between the parents and school. PTA has conducted various activities over the period of years for the benefit of Parents/ Teachers/ Students and today the pandemic has taught us how to carry on with the good work virtually. Balmela / Sports competition (Chess/Football) have been the success stories of PTA activities over past years. Though there can never be any replacement to physical activities, PTA 2020-2021 had innovated exciting activities through a virtual platform so that the students of ILS could unleash their creativity. A big thanks to all our Executives who involved themselves whole-heartedly with their ideas and dedication. PTA organized an Innovative Child Competition 2021 on 10th and 11th April 2021 using virtual space for our innovative Children. A heartfelt gratitude to our class coordinators who put in their best efforts. We feel overwhelmed by the response received from the students and parents. We also feel amazed with the tremendous financial support received from our sponsors who have given unprecedented donations to help us with our Virtual Competition. We feel proud to announce that we had more than 450 Students participating in Innovative Child Competition 2021. Knowing fully well that the competition would be tough we had invited Professional judges from across the globe. With an optimistic view, we advanced further with a desire that we would be able to organize an entertaining, educative, and successful event.

REGISTER NOW

ATTRACTIVE CASH PRIZES

INDIAN LANGUAGE SCHOOL
PARENT TEACHER ASSOCIATION
VIRTUAL INNOVATIVE CHILD COMPETITION
2021

GRADE 1 TO 2
SATURDAY 10TH APRIL
LEG to URG - VEGETABLE PRINTING
1 to 2 - INNOVATIVE PULSES

GRADE 1 TO 3
SATURDAY 10TH APRIL
FLAMELESS COOKING

GRADE 4 TO 5
SUNDAY 11TH APRIL
NOSE MASK MAKING

GRADE 6 TO 11
SUNDAY 11TH APRIL
PHOTOGRAPHY

VENUE: ZOOM PLATFORM
HURRAY !!!
REGISTER YOUR CHILD'S NAME WITH PTA GRADE COORDINATORS
LAST DATE OF ENTRY- 6TH APRIL 2021

RANJEET KAUR
(VICE CHAIRPERSON)
08170048787

VENKAT SUBRAMANIAN
(GENERAL SECRETARY)
8800990091

DR. BHARATI SANKAR
(TREASURER)
8800141904



INDIAN LANGUAGE SCHOOL, LAGOS

ILS PTA INNOVATIVE CHILD COMPETITION 2021 (Cont'd)

11th APRIL, 2021

- ✓ 9.30am to 10.30am - Grade LKG&UKG
- ✓ 9.30am to 10.30am - Grade 3
- ✓ 11.00am to 01.00pm - Finale 9th Grade to 12th Grade - Virtual Photography competition 2021

24th APRIL, 2021

- ✓ 11.00am to 12.00pm - New LKG-Innovative Child Colouring Competition 2021

25th APRIL, 2021

- ✓ 12.00pm to 2.00pm - ILS-PTA's VIRTUAL PRIZE DISTRIBUTION (GRADE LKG TO 8)

Competition was done in 6 categories & Class wise participation was as follows.

- ✚ Colouring Competition - New LKG - 19.
- ✚ Vegetable Printing - LKG - 18; UKG - 21.
- ✚ Innovative Pulses - 1st Grade - 65; 2nd Grade - 42.
- ✚ Flameless Cooking - 3rd Grade - 48; 4th Grade - 49; 5th Grade - 25.
- ✚ Nose Mask Making - 6th Grade - 21; 7th Grade - 20; 8th Grade - 13.
- ✚ Photography - 9th Grade - 10; 10th Grade - 12; Grade 11th - 7; Grade 12 - 7.



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ILS PTA INNOVATIVE CHILD COMPETITION 2021 (Cont'd)

New Challenges brought in new ideas.

With Covid changing the way of life new PTA 2021 was faced with a daunting task of managing all our activities online. With time thanks to the efforts of PTA - Executives, School Management and Parents we were able to move forward with many activities. While coming to the end of the year we faced the greatest challenge of organizing a program for ILS Students. That is when an idea came for organizing a virtual program for our Children and thus ILS-PTA organized PTA Virtual Innovative Child Competition 2021 on Zoom Platform on 10th April 2021.

Events of ILS-PTA organized on 10th April / 11th April / 24th April / 25th April is as follows.

10th APRIL, 2021

- ✓ 9.30am to 10.30am - Grade 7&8
- ✓ 10.00am to 11.00am - Grade 4
- ✓ 11.30am to 12.30pm - Grade 1
- ✓ 12.00pm to 1.00pm - Grade 5
- ✓ 1.30pm to 2.30pm - Grade 6
- ✓ 2.00pm to 3.00pm - Grade 2



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ILS PTA INNOVATIVE CHILD COMPETITION 2021 (Cont'd)

In total 377 Children participated in the Virtual Innovative Child Competition 2021.

The Competition was sponsored and supported by the following companies.

- *World Wide Commercial Ventures Limited*
- *Kellogg's Tolaram Nigeria Limited*
- *GEEPEE industries Limited*
- *Free zone utilities LFTZ Enterprises*
- *Sona Industrial Gases Limited*
- *VEEPEE Industries Limited*
- *Sumo steels Nigeria Limited*
- *Crownpack Nigeria Limited*

The Competition was supported by the following individuals.

- *Sassicoumar*
- *Gunasegaran Perumal*
- *Madan Nadar*

Many Professional Judges helped to Judge our events.

- *NEW LKG - Ms. Ramneet Kaur*



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ILS PTA INNOVATIVE CHILD COMPETITION 2021 (Cont'd)

- LKG-UKG - Ms.Amrita Bhuyar Relwani & Ms.Shrividhya Ananthan
- GRADE 1 - Ms. Deeksha Hiranandani & Ms.Heena
- GRADE 2 - Ms.Mehak & Ms.Heena Hirani
- GRADE 3 - Ms.Shweta Mistry & Ms.Kalaramani
- GRADE 4 - Mr.Jai Shetty & Mrs.Shweta Mistry
- GRADE 5 - Mr.Viveq Pawar & Mrs.Rupa Shetty
- GRADE 6,7,8 - Ms.Archana Udeshi & Ms.Deepali Mundhra
- GRADE 9,10,11,12 - Ms.Nithya Rajkumar & Ms.Vidya Subramanian

Finally we had our Prize winners

INNOVATIVE CHILD COLORING COMPETITION 2021 NEW LKG RESULTS

- 🏆 First Prize - REYA FATHIMA C (New LKG-B)
- 🏆 Second Prize - SANYRA KHAN (New LKG-A)
- 🏆 Third Prize - MIRNALINI BALAJI (New LKG)

VEGETABLE PRINTING COMPETITION 2021 GRADE - LKG

- 🏆 First Prize - TANUSHREE TRIPATHY-(LKG-B)
- 🏆 Second Prize - PRISHA SOMANI-(LKG-A)
- 🏆 Third Prize - YUVAAN KHANDELWAL-(LKG-A)

INNOVATIVE CHILD COMPETITION 2021 - UKG - VEGETABLE/FRUIT PRINTING.



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INNOVATIVE CHILD COMPETITION 2021 - UKG - VEGETABLE/FRUIT PRINTING.

- ✚ First Prize - IVAAN DOSHI (UKG-C)
- ✚ Second Prize DAKSHYA SAKTHIVEL (UKG-C)
- ✚ Third Prize AAROHAN SHAM (UKG-B)

INNOVATIVE CHILD COMPETITION 2021 -Grade 1 - innovative pulses decoration

- ✚ First Prize - Vihana Kabra (1-C)
- ✚ Second Prize - Kanishq LVB (1-B)
- ✚ Third Prize - Trisha Goswami (1-B)

INNOVATIVE CHILD COMPETITION 2021 -Grade 2 - innovative pulses decoration

- ✚ First Prize - Dhruv Rathí
- ✚ Second Prize - Anaisha Mohanta
- ✚ Third Prize - Lavanya Arora

INNOVATIVE CHILD FLAMELESS COMPETITION - 2021 - GRADE 3

- ✚ First Prize - GAURRAV FATNANI (3-C)
- ✚ Second Prize - PRIZE-SANA RAYAN (3-E)
- ✚ Third Prize - TRISHA VAIDYA (3-D)

INNOVATIVE CHILD FLAMELESS COMPETITION - 2021 - GRADE 4

- ✚ First Prize - Athul Biju
- ✚ Second Prize - Krishna Nautiyal
- ✚ Third Prize - Rachita Gaggar



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INNOVATIVE CHILD FLAMELESS COMPETITION - 2021 - GRADE 5

- ✚ First Prize - Yug Jain (V-D)
- ✚ Second Prize - Chaitanya Chandwani (V-E)
- ✚ Third Prize - Dev Mahendra Tilwani (V-D)

VIRTUAL NOSE MASK MAKING COMPETITION 2020 - 21 - GRADE -6

- ✚ First Prize - Jobanreet Kaur (6-D)
- ✚ Second Prize - Kuber Devjani (6-D)
- ✚ Third Prize - Shayestha Soudagar (6-F)
- ✚ Third Prize - Shubham Anand Bhardwaj (6-C)

VIRTUAL NOSE MASK MAKING COMPETITION 2020 - 21 - GRADE -7

- ✚ First Prize - Mansha R. Vasnani (7-C)
- ✚ Second Prize - Dresha lanus (7-C)
- ✚ Third Prize - Swara Upadhayay (7-B)

VIRTUAL NOSE MASK MAKING COMPETITION 2020 - 21 - GRADE -8

- ✚ First Prize - Tanreet Kaur (VIII-C)
- ✚ Second Prize - Yana Goyal (VIII-C)
- ✚ Third Prize - Diya Mohnani (VIII-A)
- ✚ Third Prize - Sia Prashant Patil (VIII-B)



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Innovative Child Virtual Photography Competition 2021 - Grade 9

- ✚ First Prize - Dhvani Rathí
- ✚ Second Prize - Mohammed M Abbas
- ✚ Third Prize - Divyadeep Singh
- ✚ Third Prize - Fiza Sheikh

Innovative Child Virtual Photography Competition 2021 - Grade 10

- ✚ First Prize - Jahnvi Nandwani (X B)
- ✚ Second Prize - Atharva Kadam (X C)
- ✚ Third Prize - Sneha Mohnani (X B)
- ✚ Third Prize - Gehna Jain (X B)

Innovative Child Virtual Photography Competition 2021 - Grade 11

- ✚ First Prize - Yashwi Rathí
- ✚ Second Prize - Aaisha Dilip Sawlani
- ✚ Third Prize - Gaurav Shah

Innovative Child Virtual Photography Competition 2021 - Grade 12

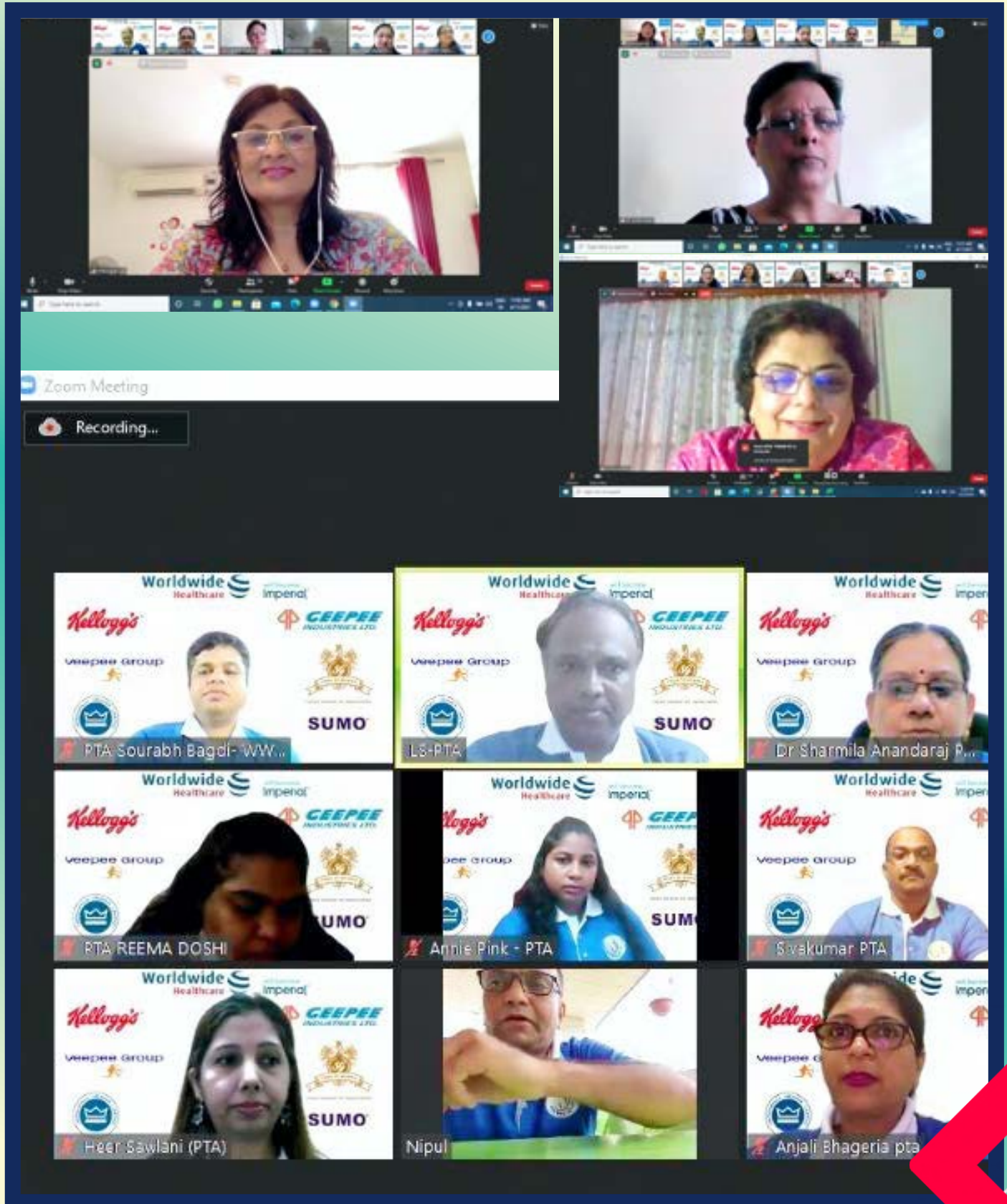
- ✚ First Prize - SHIVANSH VAID
- ✚ Second Prize - PRABAL KOCHHAR
- ✚ Third Prize - DURKA RAJESHKUMAR

Over and above 70 consolation prizes were also given.



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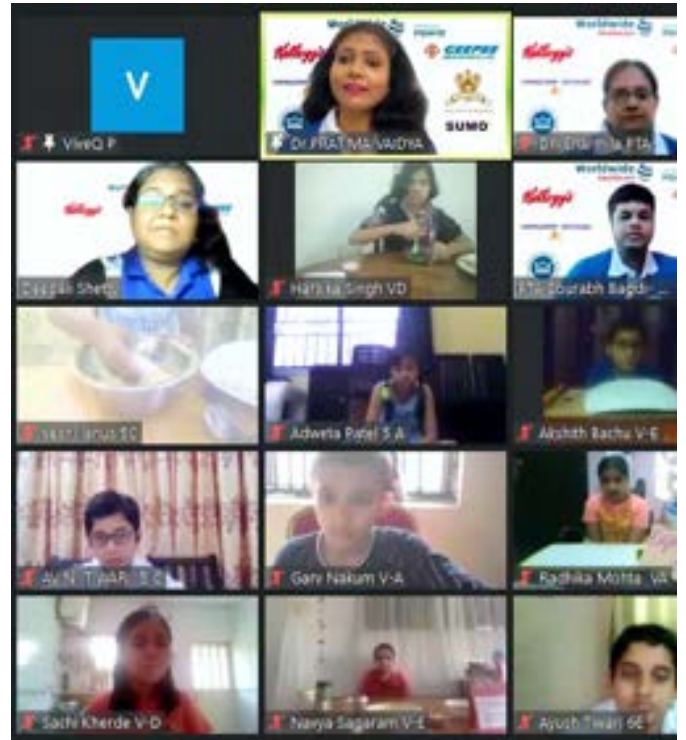
SOME PICTURES OF THE EVENT



SOME PICTURES OF THE EVENT



SOME PICTURES OF THE EVENT



ART OF LIVING

Parent Teacher Association organized a session on Art of Living on the topic- “Parenting in the New Normal”. Ms. Priyanka Bagaria, International Faculty with The Art of Living Nigeria shared practical tips and techniques on how parents can raise happy and stress free children during the current tough times. The session was informative and interactive. It gave insight into the dynamics of mind, emotion and energy management. Only a Happy Parent can raise a happy child, this message was well received by the 160 attendees. The session ended with a simple yet powerful breathing technique and a guided meditation. Everyone felt relaxed, rejuvenated and empowered. Information on their various children and adult workshops can be found on: <https://www.artofliving.org/ng-en>.



Best time for Completing task

10 AM NOON 2 PM

Prepare for the day Lunch Food Digestion

Breakfast High Metabolism

☀️ 6 AM SUNRISE ☀️ 6 PM SUNSET

Exercise & Meditation Light dinner

Wake up Take a light walk for 15 min

2 AM 10 PM

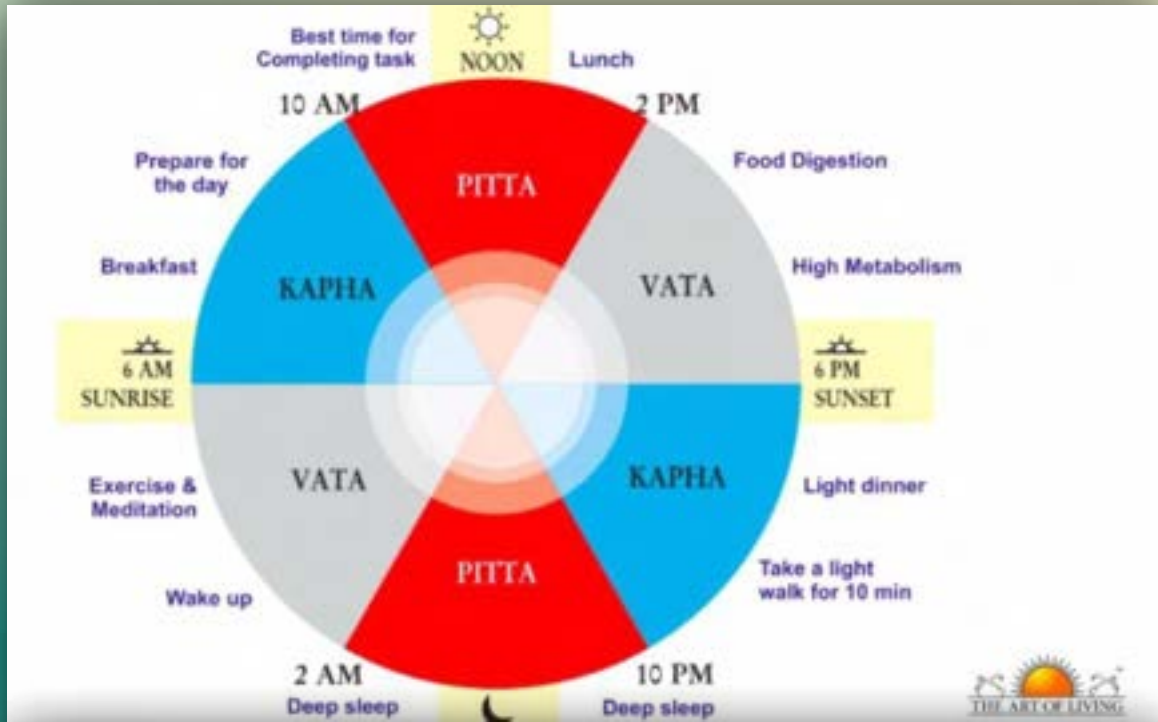
Deep sleep Deep sleep

Chat:

- Harinderpal Singh: Good session
- Harinderpal Singh: Keep it up
- Harinderpal Singh: Parents should understand and act accordingly
- Kiran Vaidya: Good morning
- Vijaya Nagarajan and Azmat Fatima Haidry are watching with you.

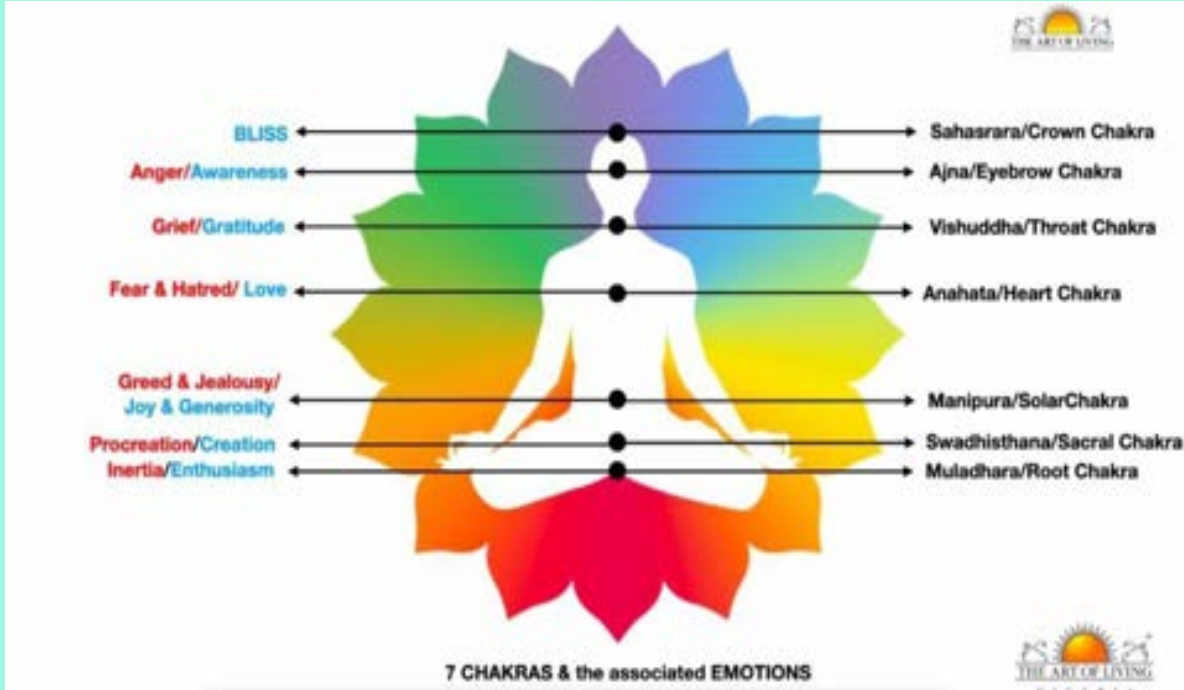
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Share Write a comment...



Circadian Cycle







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TOKEN OF THANKS TO ILS NIGERIAN STAFF BY PTA COMMITTEE – 29TH JULY 21.

THE PTA COMMITTEE WAS PLEASED TO PRESENT A TOKEN OF APPRECIATION TO THE NIGERIAN STAFF WORKING WITH INDIAN LANGUAGE SCHOOL. THE NIGERIAN STAFF HAS GIVEN THEIR BEST IN ALL TIMES SPECIALLY IN THE TIME OF THE PANDEMIC. PTA WAS GLAD TO HAVE THIS OPPORTUNITY TO GIVE THEM A TOKEN OF GRATITUDE FOR ALL THEIR DEDICATION AND HARD WORK.





INDIAN LANGUAGE SCHOOL, LAGOS

Ethical Communication by Annie Pink , Ascentech Services Ltd, Lagos, Nigeria.

The pandemic times of the year 2020 was challenging and took a massive toll on humans across all age groups. On the 4th of December 2020, the training was conducted on the topic "Ethical Communication" by Annie Pink, a Corporate Trainer, an Internationally Certified NLP Life Coach and a NLP Practitioner. The training was attended by students of Grade 9, 10 , 11 and 12 and the Teachers from Grade 7 to Grade 12. The training was conducted via Zoom online.

The main modules of the training were -

1. Everyone has a unique model of the world
2. People are not their behaviours
3. Everyone is in charge of their mind and therefore the results.
4. Identify your internal and external resources.
5. There is no such thing as failure only feedback.
6. If you can do it, then I can empower myself to do the right thing.
7. The quality of our lives is determined by the quality of Communication.

The above modules were explained briefly with examples. The students asked questions during the Q&A session. The trainer concluded saying -

"You want a better life? Stop waiting for things to get better...start making things better...communicate to your-self ethically and thereby to others. Remember to respect and understand the fact that everyone has a unique model of their world".

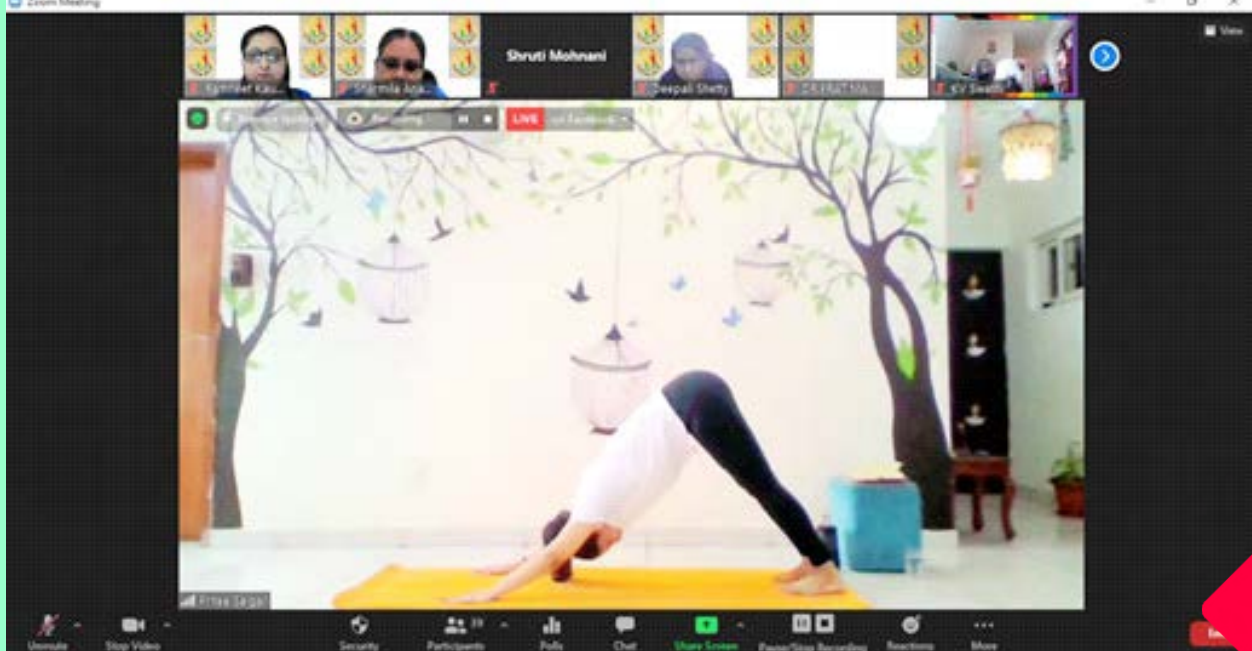


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“ILS PTA BE WELL YOGA”

ILS PTA 2021 has planned BE WELL YOGA for parents of ILS students. Yoga always help you feel better in your body, Simple, enjoyable movement brings your body into balance. Pain and tension begin to dissipate. You feel more alive, energized and awake.

PTA invited well-known YOGA professionals to help us with their Yoga sessions. Mrs. Rajkumari Falod and Mrs. Pritee Salgar presented the best of yoga asanas. The session was very much appreciated by parents.





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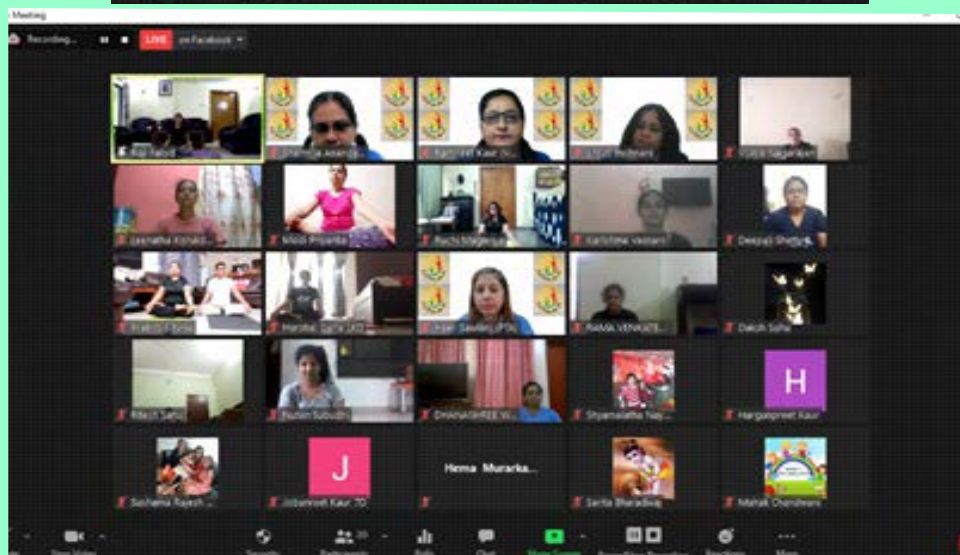
“ILS PTA BE WELL YOGA” (Cont)





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“ILS PTA BE WELL YOGA” (Cont’)





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No event is possible without sponsors." We are so pleased to announce that we received a tremendous response for our sponsorship. Thank you to our esteemed sponsors for taking out time to understand our purpose and deciding to sponsor us. We appreciate your generous contribution towards ILS PTA. You really helped us to get a great deal of work done with more ease and less stress. Without your support, we would not have reached this far.



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Appreciation

**The entire ILS PTA Committee
wish to express our gratitude
to everyone who has made the
ILS PTA 2021 program a success.**

Thank you!