



The Indian School, Sadiq Nagar Embraces Afternoon Shifts to Transform School Education for the Better

School education's traditional morning-centric schedule is undergoing a shift, with many institutions globally adopting a two-shift system, favoring afternoon sessions. This change offers numerous benefits over the conventional morning routine. Afternoon schooling aligns with adolescents' natural alertness levels, promoting better sleep and overall health. It allows for quality family time, particularly during breakfast, after a well-rested night. Schools with afternoon sessions report higher student engagement, attributed to the ample physical and mental rest afforded by this schedule. In today's evolving social and work landscape, the afternoon shift eases the burden on working parents seeking childcare services during the day. They can drop off and pick up their children, fostering a positive work-life balance. Students in the second shift enjoy the convenience of



studying in a relaxed home environment, resulting in improved academic performance, reduced stress, and fewer behavioral issues. The Indian School, Sadiq Nagar, was among the first private schools in Delhi to implement the second shift model in 2014. Over nine years, this approach has significantly contributed to the school's reputation for academic excellence. The second shift maintains the same high standards as the morning session

boasting state-of-the-art facilities and an eco-friendly campus. The school's citizenship flagship program emphasizes environmental awareness and sustainable living. It places a strong emphasis on instilling moral values and ethics crucial for a child's holistic development. The school's robust student-teacher-parent network has yielded positive results in the past, furthering the institution's vision and success. The Indian School Second Shift aims to continue its growth as a beacon of academic excellence, nurturing students to uphold traditions, moral values, and a commitment to high standards. The dedicated academic staff ensures a vibrant, healthy, and child-friendly learning environment.

Investiture Ceremony celebrated at MDH International School, Janakpuri



MDH International School, Janakpuri held its Investiture Ceremony to bestow the deserving student's responsibility of leading the school with honour. The Investiture Ceremony is one of the momentous occasions when the school entrusts hope, faith and the mantle of responsibility to the newly appointed school cabinet. The school head boy, head girl along with the sports captains, cultural captain, house captains and prefects were conferred with badges. Motivational words delivered by the Headmistress, Simran Kaur guided the student council members to be role models and render their responsibilities sincerely. She also advised the students to inculcate the values of punctuality, dedication, discipline and determination. She also administered the oath to newly constituted student council members wherein the students pledged to carry out their responsibilities with integrity and dedication so as to uphold the glorious name of the school. The ceremony concluded with the national anthem.



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14th All India Inter Unit Bal Bharati Sports Meet 2023

The 14th All India Inter Unit Bal Bharati Sports Meet 2023, hosted by Bal Bharati Public School, Rohini & Pitampura, showcased sporting excellence. Over 1,300 athletes from 24 Bal Bharati Schools nationwide competed in track and field events, along with Badminton, Volleyball, Tennis, Table Tennis, Basketball, Chess, and Athletics. The event featured dignitaries including Himanshu Gupta, Director of Education, GNCT of Delhi, and Mukesh Kalia, President of the Delhi Basketball Association. Nikhil Channa, President CES, emphasized the importance of sports in holistic student development. A warm reception was extended to all the guests by Geeta Gangwani, Principal of BBPS Rohini and Meenu Goswami, the co-host and Principal of BBPS Pitampura. Bal Bharati Public School, Pitampura, claimed the Championship Winner trophy, exemplifying unity and sportsmanship.



AVB Public School, IP Extension Encourages Clean and Cracker-Free Celebrations



A special rally was conducted at AVB Public School, IP Extension emphasizing the twin causes of "Cleanliness and a Cracker-Free Celebration." Principal, Ritu Verma's unwavering support and encouragement provided the much-needed impetus for the entire event. The students, spanning across various grades poured onto the streets with vibrant posters and banners. The highlight of the day was the fervent chants and slogans echoing through the streets of I.P Extension. The aim was to instil a sense of responsibility for celebrating festivals in a sustainable and safe manner. Guided by Ritu Verma, the event was a resounding success in achieving its objectives.