

Dear CNItes, Parents, Staff and Well-wishers,

As we are drawing to a close to our first term, I am deeply gratified to witness the way we have teamed up to pull through the hard times. We have triumphed in our endeavours until now and on this occasion, I sincerely appreciate the teaching and non-teaching staff of our school for their unflagging efforts in the smooth and successful functioning of the school, both in virtual and direct modes. I am pleased to know that most of our students have shown diligence in attending the online classes regularly, in being up-to-date with the class works and home works and in preparing well for the examinations. Our teachers are also doing their best to demonstrate varied learning experiences before you, to subdue the constraints of virtual learning. As responsible CNItes, your duty is to uphold the

discipline and decorum of the school, abide by its rules and regulations, observe netiquettes and above all focus on your studies.

Dear CNItes, the need of the hour is to stay motivated. I am confident that my crew is efficient and equipped to deal with these stressful and arduous circumstances. With their support, my dear students, you can scale new heights and bring fame and glory to CNIS.

Wishing you all, health and happiness in this festive season. God Bless You! God Bless CNIS! Rev. Fr. Thomas Chennattusserry CMI Principal

CONGRATULATIONS!





IGCSE AND A LEVELS RESULTS OF CAMBRIDGE EXAMS FEBRUARY / MARCH 2021 SESSION WERE ANNOUNCED ON 25TH MAY 2021. IN IGCSE, GRADE 10 STUDENTS WON ACCOLADES BY BRINGING 100% RESULTS WITH 12 DISTINCTIONS AND 4 MERIT AWARDS. BHAVANA HARIKRISHNAN AND LINO JOSEPH BECAME SCHOOL TOPPERS FOR IGCSE WITH THE HIGHEST AGGREGATE MARKS AND A* IN 7 OUT OF & SUBJECTS.

IN A LEVELS, GRADE 12, SARA JAYAN BECAME SCHOOL TOPPER WITH HIGHEST AGGREGATE MARKS FOLLOWED BY NANDINI V NAIR AND SIBI ALOSHIOUS.

IN AS LEVELS, GRADE 11 STUDENTS BROUGHT MAGNIFICENT RESULTS WITH 7 STUDENTS OUT OF 19 SCORING THE HIGHEST GRADE, AN 'a' IN ALL THE FOUR SUBJECTS AND 6 STUDENTS SCORING AN 'a' GRADE IN 3 OUT OF 4 SUBJECTS. AMONG THE TOPPERS ARE SANYA MARY DENNIES AND VAIBHAV. D. PILLAI WITH THE HIGHEST

AGGREGATE MARKS CLOSELY FOLLOWED BY LIZZA KODIATTU JACOB, ENRIQUE JOSEPH AND MANU GAUTAM.

Ms. Manisha Bhandari Cambridge Exam Officer



As the pandemic continued to disrupt the normalcy of life, we, at Christ Nagar International School, decided to go ahead with the virtual academic activities this year too. Unlike last year, this academic year, we introduced live classes for Junior School and Middle School as well, which became a resounding success. The live classes were also supplemented with video lessons. Although these changes were not easy to implement, our teachers, students and parents quickly adapted to the changing demands of the situation. Our teachers continuously strive to make the online classes an enjoyable experience for the students. We take pride in saying that the entire system functions infallibly with the relentless and unflinching leadership of our Principal Rev. Fr. Thomas Chennattusserry CMI as well as the unfaltering support of the teachers, students and parents.

We realize that the restrictions on movement and closure of schools had a severe impact on children's daily routines, their social interactions as well as their psychological well being. To address such issues, we constantly endeavour on facilitating students with the services of ancillary systems including Career guidance Cell and Counselling Cell. To compensate for the shortcomings of remote learning and to create more effective and enriched online learning experiences, we are providing several interactive platforms for our students to showcase their talents. The ongoing 'Thrill CNIS' is one such successful attempt that has witnessed enormous student participation. We are also pleased to announce that more such exciting and engaging activities are around the corner.

As we wrap up the first term of this academic year, I would like to thank everyone who has been supporting us to get over these challenging times and help our children chase their dreams; for, "the future belongs to those who believe in the beauty of their dreams."

Stay safe at home and celebrate the season!

Ms. Ambili Gopalakrishnan Academic Coordinator

Words of Gratitude!

My journey with CNIS is definitely one that I would certainly look back in gratitude. CNIS became more and more like a home, than a school. I had amazing teachers with whom I could bond with and who pushed us to the very best of our abilities. The application-based curriculum ensured that we leave school with the ability of connecting theoretical concepts with real life situations, rather than just memorizing it.

I have had so many opportunities here, and for that, I am indebted to CNIS. My and for that, I am indebted to CNIS. My experience here has taught me so much, and I am still reeling from the fact that my school days are over. It feels like yesterday, when a shy 10 year old myself welked into CNIS, nervous about joining a new school and meeting new people. Time flies. CNIS has prepared me for taking on challenges that the world would in due course be hurling at us, and I know I would be walking this world with those values CNIS stands for.

CNIte Sara Jayan School Topper AL

I was in CNIS for only one year, but still it was a great experience. Initially when I joined CNIS, I was in the U.S. Due to the pandemic I couldn' travel to India. So, I had to attend classes at the

couldn't travel to India. So, I had to attend classes at the odd hours of night because of the change in time zones. There was no chance of meeting the teachers or classmates, to talk or query something face to face. But the good thing was that all my teachers and classmates were so accepting and supporting, es-pecially our class teacher Pallavi Ma'am. Unfortunately, I dln't get a chance to enjoy the CNIS campus, but my class and teachers were like a family who supported me. This one year has helped me understand the best of myself. I express my sincere gratitude to the Al-mighty, to Father, to my parents, and to all my teachers and friends at CNIS. I will miss CNIS.

CNIte Bhavana Harikrishnan School Topper IGCSE

I would like to express my warm grati-tude to our respected Father Principal Thomas Chennattusserry CMI, Vice Principal, Academic Coordinator, and all my subject teachers who have worked relentlessly for my success. I'm lucky to have had Pallavi ma'am and Vigod Sir as my cleare teacher face and Vinod Sir as my class teachers for the last two academic years.

I've seen a lot of my seniors come here with their success stories but I never thought I'd make it here as well. It is indeed an honour. All the credit goes to the amazing teachers of Christ Nagar International School and the entire Chis Family. I've gained a lot of wisdom and knowledge; that is irre-niceceble.

Furthermore I'm thankful to my family. They have been supportive throughout my journey. Lastly, I'd like to thank my friends for the constant motivation and competi-tion that has led me to these heights. They have been extremely supportive in every step of the way. I am going to miss CNIS.

CNIte Lino Joseph IGCSE topper





m/watch?v=6wk1UsSvK20 https://www.voutube.co

On 1st June, 2021, Christ Nagar International School, began another academic year virtually. Amidst the Covid pandemic, the school has encouraged students to make use of the online platform as a means for learning and has ensured that this virus would not pose an obstruction to each student's learning progress. The reopening day was an online event premiered on YouTube where students were given a light of hope for the new academic year. They were motivated to work towards their goals and never give up hope. Before beginning their journey, they were taken back to savour the beautiful memories of the previous academic year when we as a school triumphed in achievements and persevered during an extremely difficult time. Through the wise words of the Chief Guest, Mr. Huw Bollen, and Principal Rev. Fr. Thomas Chennattusserry CMI, students were encouraged to stay resilient in the face of challenges, to look for constructive ways to solve problems and remain hopeful that we would overcome these trying times soon. Furthermore, CNItes came out with excellent results in their IGCSE. AS and A level examinations bringing great pride to our school.

This was followed by the lamp lighting ceremony where CNItes marked the start of the year by lighting the lamp of wisdom as they journey onward and strive for another victorious year. After this, our CNItes enchanted the audience with a dance performance as a way of encouraging people to remain positive even in this storm of troubles.

Finally, the event concluded with a note of inspiration to the CNItes to move ahead with greater hopes and aspirations as they welcome the new academic year.

Onam



World Environment Day

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The Air is filled with Joy and Prosperity!

At the time when the air is filled with vigour, joy, and happiness with the arrival of Onam, the CNItes worked splendidly to put together an amazing celebration video to spread the high spirits of Onam all the way into our homes. This year we are very thrilled to have had a special guest Prof. V. Madhusoodanan Nair Poet, and Critic who has a great fondness for children for giving us all a wonderful message carrying the real reason 'why' we celebrate this festival, the Joy of Giving. To enliven things up a bit, there was a mesmerizing fashion show by our very own Tiny Tots adorned with the traditional attire of Kerala. Moreover, there were also performances depicting God's Own Country's unique art forms and customs like the exquisite floral carpets Athapookkalam, Pulikali and many more by our students followed by a traditional dance and song presented gracefully by our dear teachers. Principal Fr. Thomas Chennattusserry CMI conveyed a warm and pleasant message through his kind words. The experience was fulfilled by the Arrival of mythical and righteous King Mahabali wishing us all a delightful Onam

A Humble Gratitude to Mother Nature !

The pandemic has taught the students some valuable lessons; most important being : "Appreciating Mother Nature". Students of Grade 12 hosted a virtual assembly on World Environment day on 5th June 2021. The video was aimed at spreading awareness and inspiring change. The assembly was presented in the form of a skit wherein Mother Earth was interviewed which in due course brought to light the not so commonly observed ways and means thru which nature has been penalised enroute the quest to man's never ending thirst for leisure and comfort ; therefore, understanding the urgent need to make a collective effort to be instrumental in protecting and preserving Mother Earth. This was followed by an informative session explaining negative impacts of the Industrial Revolution and an outstanding artwork by students illustrating our dying planet. The video was an excellent portrayal of the need to preserve Mother Nature for our progeny.

Discover your inner peace with Yoga!

An empowering video on International Yoga Day was hosted by Grade 10 students educating students to practice yoga as a medium to discover happiness in making the world a better place to live in. The video presented various asanas that would help to strike a balance in life and therefore should be made part of our lives.

https://www.voutube.com/watch?v=RVISI Gmo7M



World Music Day

Where the Words Fail Music Speaks !

The video also focussed on the theme The World Music Day, laying importance on nurturing one's affection for music and sharing music with all without any restrictions. The assembly started with a speech by Mr. Andrey Morozov, a professional opera vocalist, a professor for singing, and a conductor for chords at Christ University, Bangalore who informed the CNItes on the beauty and influence of music in their day-to-day lives. In light of International Music Day, students also gave a lovely music group performance.

The video was an impressive portrayal of how yoga and music could make a beautiful blend in our lives.

https://youtu.be/ltnHVsys26wv Merit Day



IGCSE & AL Toppers



Onam is a celebration of the

home-coming of King Mahabali. Keep The Spirit of Onam in your hearts. May you get the opportunity to enjoy the love and **bounties** of nature by sharing it with your friends and family.

Rev. Fr Manager Paul Mangad CMI

Giving, sharing, loving and celebrating together - that's the essence of Onam. May this festive season bring in you brightest and choicest happiness you have ever wished for!

Rev. Fr. Tinto Pulinchuvallil CMI Bursar

Proud Moment for CNIS!

It was a big day for the graduating Class 10 and 12 students at Christ Nagar International School. The school arranged a Merit day event to felicitate the Toppers and Merit holders of the Cambridge March 2021 exams. Our honourable Manager, Rev. Fr. Paul Mangad CMI presided over the function. Our Principal,

Rev. Fr. Thomas Chennattusserry CMI in his speech stressed on the importance of preparation which is the key to success and congratulated all the achievers. The oration that the school toppers gave was quite motivational. It was truly a joyous and momentous event.

Climbing through the votes for a greater CNIS!

CNIS Parliamentary elections were conducted online, successfully, for a second time,

The much-awaited CNIS Parliamentary Elections 2021-22 was held on 15 June 2021 after a storm of campaigning by the school leader and deputy school leader candidates.

The spirited candidates, chosen in the preliminary elections, were introduced through the 'Meet the candidates' video, released on June 7th, where they persuaded and swayed voters from Grades V to XII

Under the guidance of Principal Fr. Thomas Chennattusserry and the School Election commission, CNIS had for the first time, live-in class campaigning, with the candidates armed with a multitude of ideas, aspirations and plans. The campaigns left the voters convinced about their choices and zealous about the school year and its upcoming events.

Meet the candidates



Voting Day!

The elections introduced the OTVC,(One Time Voting Code), for a tamper-proof election. The ballot papers were posted by 3 pm on June 15th and voting commenced by 5 pm.

The votes rushed in and by 7 pm, 236 votes were cast.

The Much Awaited Results!

The results were announced at 9 pm the same day, with the resounding victory of CNIte. Adithyan S Neelamana as School Leader and CNIte. B Ashvath as Deputy School Leader, through a video, bringing an end to the breathtaking elections. Other candidates were assigned different positions in the school student council, with a Teacher in charge.



School Student Council 2021-22	
School Leader	CNIte. Adithyan S Neelamana
Deputy School Leader	CNIte. B Ashvath
Sports Captain	CNIte. Manu Gautam
Arts Club Secretary	CNIte. Vaibhav D Pillai
Student Editor	CNIte. Lizza Kodiattu Jacob
Girls' Representative	CNIte. Krishna Arun
Wellness Envoy	CNIte. Alfie Stephen
Goodwill Ambassador	CNIte. Suzanna Mary D'cruz



Green is the prime colour of the world, and that from which it's loveliness arises . ' La Barca

World Environment Day was celebrated on June 5 by the little ones of the kindergarten who actively and enthusiastically participated in the Earth Crown activity and at this tender stage understood the importance of planting more trees.



Festival of Peace, Joy and Prosperity!

Onam is not just a festival to cherish but a moment to reincarnate a past of prosperity and goodness. The tiny tots of CNIS made colourful pookalam, sang lively songs and had a delicious feast ! Children of kindergarten enjoyed their Onam with CNIS.



Investiture Ceremony



https://www.voutube.com/watch?v= Wwgos920U8

With the elections at a close, it was on this day, the 5th of July 2021 that the candidates, as office bearers were invested. As part of a courteous gesture of gratitude from the school, the parents of the candidates were invited too. Principal Rev. Fr. Thomas Chennattusserry CMI, enlightened all the CNItes on the true meaning of Leadership, and with the Office bearers led the Oath Taking ceremony. The year saw the rise of four more prestigious positions in CNIS, the Middle and Junior school Head Boy and Girl. The Chief Guest for the ceremony was the Mayor of Trivandrum, Arya Rajendran, an icon of perseverance and dedication to young leaders across the country. The newly invested School Leader, CNIte Adhityan S Neelamana, addressed the CNites promising them to make the quality of life in CNIS skyrocket to new heights. The Vote of thanks was delivered by our New Deputy School leader, CNIte Babu Ashvath. To recap on a quote that the principal had stated during the investiture was of Bill Owen's; "True leadership lies in guiding others to success. In ensuring that everyone is performing at their best, doing the work they are pledged to do and doing it well".





CNIte Neel Naren Rakesh CNIte Mili Ann Jacob CNIte Rvan Binu David CNIte Indugowri Nair

The Junior and Middle School Head Boy and Head Girl were chosen by the CNIS Selection Committee consisting of School Principal, Section Heads & Class Teachers. The committee looked into the scholastic and non-scholastic performance of the nominated students to make a decision.



How could I sum up my experiences campaigning this time around? Well, I don't know. It's hard to distill to a single word or phrase the sheer strength of CNIS spirit that I was able to witness firsthand. I haven't felt anything like this since I ran for Deputy School Leader two years ago, back before COVID and lockdowns. This time we didn't have crowds, but the enthusisam and excitement to participate remained unwavering.

One of the special aspects of this election has been going into each class and interacting with students over Zoom. I've been able to talk to people from around the school, to understand what they go through, and to provide a vision for a better CNIS for all of us. ch class

vision for a better CNIS for all of us. I still remember the feeling of winning, after watching the CNIS election stream on Youtube. I was incredibly glad to see that the work I put into meeting and understanding my fellow CNItes had paid off. Of course, I also realize that this victory demands the successful service of my schoolmates, which I intend to accomplish. I ran to win, of course, but I was running against three very capable individuals. I am blessed to have them in the Student Council in charge of various offices.

In summary, I'll say this: we may not have had rallies, or big public speeches with microphones and stages. But over the course of this election, we were able to bond with our fellow CNItes on a level that we had not felt before, and perhaps that is what will be far more valuable.

Adithiyan Neelamana School leader

Independence Day



The Voice Of CNItes



The election is a handsome opportunity for political participation. Furthermore, it is a way by which new issues can be raised in public. We as CNItes experi-need the Elections this year, and I'm in utmost joy to bring about many new things into the learning circle. Before J et back into my formal self, I would like to thank everyone for voting and also for allowing me to Rick roll the school following the elections (This prese of advice for my forthcoming leaders of the next generation and the following. Be precise, when you work with a large audience such as our school, you as candidates must learn to adapt and adapt to your audience. Anowing your audience is already win-means more than just the role, it's the light in the street that guides the way, and to experience this collaborative, consing your audience is not about shift their slight focus towards practi-al learning to help build the base of success to the better development of cit on yith students, but the nation

Ashvath B Deputy leader



As the Girls' Representative of CNIS, I am committed to ensuring gender equality and protecting every innova-tions of the second second second second tents of our school has been greatly supportive of the ideas on ensuring equality among students and providing them with the best regard-less of their gender. This year, the school council will be looking forward to introducing various other events and clubs as a part of the girls guid such as for spreading awareness on gender equality and by promoting write ups and thoughts on women empowerment created by our female students.

Krishna Arun. Girls' Representative.

Let us take Onam as an occasion to look back! Intertwined in its vast canvas of rituals, festivities, symbolisms, and folk arts is the 'Kerala cult', a hidden mystery to the rest of India that mesmerizes the entire world. Let us own it up, dear children; if grandma is not around, google 'ONAM'! Dr. Biju Soman

Parent Representative

Proud to be an Indian !

A video presented by Grade 9 students marking the 75th Independence Day reached the household of every CNite on the morning of 15 August 2021. The hoisting of the tri coloured flag, singing of the national anthem followed by the inspiring speech of our Principal Rev. Fr. Thomas Chennattusserry CMI to celebrate the freedom and rejoice in the spirit of independent India. He further urged the CNItes to think about the past and resolve to build a better future for our country.

The video included the melodious violin tunes, Independence Day quotes by the Junior School kids, a graceful dance and a heart touching patriotic song sung by the CNItes of Grade 9, inspiring the feeling of pride in our country.



Thrill CN18



https://youtu.be/c4MidodIDyk

Let's Not Miss it !



This year I had the honour of being able to help organize Thrill CNIS 2021-22. It was a new experience and I thoroughly enjoyed it. We have a lot of events coming up after the Onam break so take this time to prepare. Afterall, winning is something, but participation is everything, so try your best to bring back glory to your house. All the best !

CNIte Vaibhav D Pillai Arts Club Secretary



Onam is the festival of happiness and prosperity. May this beautiful season fill the lives of each and everyone of you with hopes for a better tomorrow.

Ms. Priyanka Cecil Parent Representative

No Plastic Day



https://youtu.be/RVISI_Gmo7M

A Time to Thrill!

This academic year, Thrill CNIS encourages CNItes to use their creativity and confidence to participate in friendly competitions online. Even during the pandemic, our school provides a platform to encourage and invite students to engage in extracurricular activities. So far, we have completed amusing events that have taken place on July 31st of this year, using the virtual stage to enthusiastically perform in front of judges. CNItes from kindergarten to 6th Grade have competed in the events that include rhyming, storytelling, recitation, mono act, and draw & colour. Students from Grades 7 to 12 have also taken part in the events such as declamation, RJ hunt, and story writing. These events had ignited the artistic and literary abilities within the students, proving their outstanding capabilities in acting, drawing and writing. Thankfully, Thrill CNIS does not end there.

There are numerous upcoming events that will take place during the months August to September.

Shape your Career !



Career decisions play a pivotal role in shaping the future growth and development of students. Keeping this in mind CNIS CAREER GUIDANCE CELL organized a career counselling webinar for the students and parents of class IX, X, XI and XII on 24th July 2021.

The resource person for the session was Mr Arun Daniel, an eminent career counsellor and AZURE Specialist with Microsoft USA. He is a prolific coach who has been associated with career counselling and guidance for the past 2 years. His career span runs through MNCs like Amazon and Infosys. The session aimed at making the audience aware of the multiple career options available. He shared information on sources and references to find examination patterns and details on foreign universities as well as various courses available internationally. Mr Arun urged the students not to make decisions based on peer pressure, instead guided the students to identify their interests and what they are good at and advised them to plan multiple activities during their vacations to hone their skills. The session was informative and enriching for students as well as parents.

Say No To Plastic!

We don't need a handful of people doing zero waste perfectly. We need millions of people doing it perfectly. These words were enough to inspire students of Grade 9 to bring their vision of a plastic free zone into a reality when their video on "No Plastic Day " hit the screens of CNItes on July 15, 2021. "No Plastic Day "; The key objective was to enlighten the CNItes on the harmful effects of plastic on the planet and guide them to preserve the environment. The Earth is our home, one we are obliged to protect. The knowledge was spread through a motivational speech followed by an inspirational skit and a voice-over animation that exposed the students to harsh realities. The virtual assembly also included a chain video to express how right decisions could make a huge change. DIY bag video also demonstrated how one could reuse plastic rather than discard it.

Being creative and resilient can be rewarding in all aspects of our life. Since July 15 was Youth Skills Day, the 9th Graders displayed their creativity with a magnificent illustration and resilience by adapting to Covid-19 and performing a musical number from their own homes. Considering this was the first virtual assembly, the presenters were a little on edge, but they made it happen by working together as a whole.

National Refreshment Day



https://youtu.be/Qdk6e-kYCIM

Celebrate Life!

The video by Grade 8 spotlighting the 'National Refreshment Day' was released on 22nd July 2021. This video was packed with information and suggestions on reducing the burdens of screen time and overcoming an unproductive and unhealthy lifestyle during these tough times. Students expressed different ways to revitalise their daily lives by engaging in activities like reading, exercising and yoga, playing games and sports safely, being in touch with nature via gardening, spending quality time with family and developing talents in music, dance, art and more. To emphasize the need for spreading positivity and refreshment to the lives of those stressed out during these tough times was the highlight. The engaging video reminded all of us that taking a break from the regular online activities is like having fresh watermelon juice on a hot summer day.

THRILL CNIS UPCOMING EVENTS

















CN1S Is Spreading Its Wings!

The Department of Art and Design was introduced this academic year. It is a course that is aimed to encourage the learners to express their imagination, to observe and understand different techniques and styles of art. The course started with a month of practice for pencil shading skills to perfect the basics before one could move on, and gradually advanced to different styles of art like Abstract Expressionism and Pop Art. With the help and support of the teaching faculty, students were able to complete many works in a limited time as well as learn new techniques. It is a truly engaging course one could opt for.

The Department of Sociology started this academic year is guided by a vision to create and disseminate knowledge that advances the well-being of all people. The addition of this new subject has allowed CNItes to embark on a learning journey, engaged in critical thinking that helps in the understanding of social life, social change, and the consequences of human behaviour. Furthermore, the classes provide many distinctive perspectives on the world and how it is studied, allowing us to explain the relationship between people and the society. Through teaching, research, and service, we seek to enhance the intellectual awareness of various aspects of the human condition around the world and throughout history. As the future generation of humankind, each class prepares us to address the most challenging issues of our time, identify potential flaws in the current tapestry of society and facilitate beneficial changes.

The Department of Environmental Management was started in this academic year and aims to take a step towards sustainable life. Our experience after taking the course has been very fruitful. Our learning is not just revolved around the textbook, but also on the Internet, as we research confusing topics and look up images to help build a better picture in our mind and comprehend the lessons more. Rather, it is more about analysing different problems and creating appropriate solutions based on our past knowledge. All in all, we students who have chosen the Environmental Management course feel very lucky that we had the chance to do so, and we hope that this class will be available to the students of Christ Nagar International School in the coming future.

The Department of Coordinated Sciences was started this academic year. This branch of science gives the learners the opportunity to study Physics, Chemistry and Biology within a cross -referenced, scientifically coherent syllabus. The learners gain an understanding of the basic principles of each subject through a mix of theoretical and practical studies, while also developing an understanding of the scientific skills essential for further study. The addition of this subject has been quite beneficial to the students as they find it very informative and engaging and are extremely delighted to have made the right choice..





CAMBRIDGE

IGCSE

ENVIRONMENTAL MANAGEMENT

Environmental

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Welcome to CN1S Family!



Ms. Ambili Gopalakrishnan Academic Co-ordinator



Ms. Vidya Rani I. P. Teacher in Maths



Ms. Shyama P. V. Teacher in German



Teacher in Chemistry



Ms. Sandeepa U. K G Teacher



Ms. Rinku Binu Public Relations Officer



Dr. Aswathy Mathew Teacher in Sociology



Ms. Theophine Simon



Ms. Vineetha C. V Librarian



Ms. Krishnendu G. S. Teacher in Psycology



Mr. Abhilash Madhavan



Mr. Anuroop A R Media Management & Graphic Designe

Staff Orientation Programme 2021-`22



A pre-academic year orientation workshop was organised by Christ Nagar International School for its teaching faculty on 28th May 2021. The resource person of the workshop was Mr. Jibrael Jose, formerly Associate Professor of Christ University, Bangalore. The theme of the workshop was 'Leadership and Creativity for Online teaching'. 40 Faculty members participated in the workshop. The duration of the session was 3 hours which included a warm up quiz, discussion session, activity session, sharing and conclusion. The resource person threw light on topics such as habits of an effective teacher etc.



Internet problems you can avoid, so you don't have to get paranoid

As a school counsellorit's my prime duty to approach and effectively collaborate to find solutions for the issues dealt by the student, parents and teachers within a compassionate and confidential environment. Continuing to hold classes online has created an overwhelming effect of dependence on technological resources. Nearwhile, resulting in a plethora of mental health issues like stress, anxiety, depression and to an extent nomophobia as well as internet addiction. However we are entering into a transformation from all the conventional protocols of age limit and access to gadgets limitations. How to manage our children from such technologically themed attacks is a big concern to any parent. Are these attacks similar for every age category? Yes, it can be the same but the preventive strategies could be different with age. I am trying to divide the age criteria into primary, secondary and higher secondary.



Junior School

Here the parents are the one who could implement such strategies:

- Always enable parental control in every gadget and internet platform
- Never let your child use internet without an adult supervision
- Let your kid know about the dark side of the web rather than the glorified version.
 Middle School

Middle School

- The Internet should not be a platform to engage autonomously.
- A clear set screen time and parental control on gadgets.
- Your child should know your presence in their technological activity.
 Having a gadget on their own is not advisable, if that's the case keep a time limit.
- Education starts from home so does awareness
- Higher Secondary School
 - Model the kind of behaviour you would like your kid to emulate
 - Monitor phone usage
 - Create a contract and guidelines for productive usage of internet and smartphones

Ms. Krishnendu G S School Counsellor

Kindly Note! Online live and video classes will resume from <u>81 August 2021</u> Second term fees are expected to be paid by <u>80 September 2021</u>