



## From the Principal's Desk

### **Importance of Examination-dispelling the Myths**

Examinations have been an integral part of the education system for centuries. They serve as a critical measure of a student's understanding, knowledge retention, and ability to apply what they've learned. However, over the years, several myths and misconceptions about exams have emerged. In this article, I aim to dispel these myths and shed light on the true importance of exams in education.

### **Myth 1: Exams Promote Stress and Anxiety**

One common misconception is that exams are solely responsible for the stress and anxiety experienced by students. While it's true that exams can be stressful, they also offer an opportunity for students to learn valuable skills in managing stress and time effectively. These skills are essential for success in both academia and life beyond school.

### **Myth 2: Exams Promote Rote Learning**

Exams are often criticized for encouraging rote memorization. However, well-designed exams assess not only memorization but also a student's ability to analyze, synthesize, and apply knowledge. They encourage critical thinking and problem-solving, skills that are crucial in today's complex world.

### **Myth 3: Exams Don't Reflect Real-World Situations**

Critics argue that exams are artificial and do not mirror real-world situations. In reality, exams simulate scenarios where individuals must demonstrate their knowledge and skills under pressure, a skill required in various professions. Moreover, they serve as a stepping stone for future challenges, including job interviews and professional certifications.

### **Myth 4: Exams Only Benefit High Achievers**

Exams are not just about separating high achievers from low achievers. They help identify areas where students may need additional support and provide a benchmark for improvement. Every student, regardless of their current level, can benefit from exams by setting goals and tracking progress.

### **Myth 5: Exams Limit Creativity**

Another misconception is that exams stifle creativity. While exams may focus on specific content, they also evaluate a student's ability to express themselves clearly and coherently, which is an essential aspect of creativity. Furthermore, creativity can be fostered in other aspects of education, such as projects and presentations.

### **Myth 6: Exams are the Sole Measure of Intelligence**

Exams are just one measure of intelligence and potential. They should be seen as a part of the holistic evaluation process that includes classroom participation, assignments, projects, and extracurricular activities. Each of these elements contributes to a more comprehensive understanding of a student's abilities.

In conclusion, exams, when approached with the right mindset and understanding, play a vital role in education. They help students develop essential life skills, assess their progress, and prepare them for future challenges. It is essential to dispel the myths surrounding exams and view them as valuable tools in the pursuit of knowledge and personal growth.

As educators, parents, and students, let us work together to embrace exams as an opportunity for growth and development rather than fear them. By doing so, we can ensure that exams continue to serve as a meaningful and relevant component of our educational journey.

**- Ms. Sonika Kochhar Girotra,  
Principal RIAH**

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### **Quote of the month**

***"The secret of your success is determined by your hard work and unwavering focus on your goals."***

This quote means that if you work hard and stay focused on what you want to achieve, that's the key to being successful. Your success depends on your effort and determination.

# Coordinator Speak



## Preparing for Exams with a Free Spirit

Exams are more than just a series of questions and answers. They reflect our journey through the vast landscapes of knowledge and understanding. Instead of seeing them as ominous hurdles, it is time to shift our perspective and embrace them as gateways to personal growth. By adopting a free-spirited approach to learning, we allow ourselves to be open, adaptable, and resilient. Few tips that aid us prepare for any examination:

- Set Realistic Goals
- Adopt a Growth Mindset
- Explore Different Learning Methods
- Embrace Mistakes as Learning Opportunities
- Stay Curious and Ask Questions
- Prioritize Self-Care

Exams, in the grand scheme, are just milestones in our continuous quest for knowledge. When we approach them with a liberated, free-spirited attitude, they transform from daunting mountains to exhilarating challenges. They cease to be verdicts on our worth and become reflections of our journey. So, as you prepare, remember that it is not just about the destination, but also the beautiful, winding path of learning and self-discovery. Your true essence lies not in the grades you achieve but, in the wisdom, you gather and the person you become along the way.

**- Ms. Kirti Ranjan,  
Academic Coordinator – RIAH**

# Activities

## Teacher's Day

On 5th September, students across various grade levels came together to pay tribute to their cherished teachers through a series of creative competitions. These events not only showcased the artistic and literary talents of the students but also conveyed their deep gratitude and admiration for the educators who have played an integral role in their lives.

Grade I and II students participated in a Drawing and Painting Competition, with the theme "Teachers' Day." Their vibrant and heartwarming artworks depicted their reverence for teachers, serving as beautiful expressions of appreciation.

For grade III and IV students, the Greeting Card Making Competition revolved around the theme of "Teachers' Day." The heartfelt greeting cards they crafted celebrated their teachers and their unique teaching styles, adorned with messages of gratitude and lessons learned.

In the Essay Writing Competition for grades V to VII students, "My Favourite Teacher" was the topic. The students creatively portrayed their beloved teachers, narrating touching incidents and even penning poems within their essays, illustrating the profound connections they shared.

These competitions not only honored Teachers' Day but also highlighted the strong bonds between teachers and students. Through their creative expressions, students showcased their appreciation for the inspiration, guidance, and knowledge provided by their teachers. These events beautifully underscored the transformative impact of teachers on their students' learning and personal growth journeys.

## National Nutrition Week

On 8th September 2023, the RIAH community celebrated National Nutrition Week, emphasizing the importance of healthy eating habits and the risks associated with junk food. The event featured



# Activities

engaging competitions tailored to different grade levels, aiming to educate and involve students in nutrition and well-being.

Grade I and II students began with a creative role-playing competition. Dressed as their favorite unhealthy foods or beverages, they delivered speeches illustrating the harmful effects of junk food. This imaginative approach made learning enjoyable and laid the groundwork for understanding the significance of healthy food choices from an early age.

Grade III and IV students participated in a poster design challenge, creating visually striking posters promoting a balanced diet. These informative artworks stressed the importance of wise food choices, serving as both creative expressions and educational tools.

The students of grades V to VII showcased their eloquence in an elocution competition, emphasizing the importance of a balanced diet. With confidence, they educated their peers and the audience about nutrition's crucial role in health and well-being, encouraging informed dietary choices.

National Nutrition Week at RIAH equips students with knowledge that can positively impact their lives and those around them. These competitions make learning interactive and enjoyable while ensuring students understand the consequences of their food choices.

In a world with increasingly unhealthy food options, events like National Nutrition Week are vital. They foster a generation that values nourishing their bodies with wholesome food, recognizing the long-term benefits of wise dietary choices.

## World First Aid Day

On 9th September 2023, RIAH celebrated World First Aid Day with grades I to VII students participating in an educational activity centered on first aid awareness. The purpose was to introduce



## Activities

students to the concept of first aid and familiarize them with the essential items typically found in a basic first aid kit. This hands-on experience aimed to instill a sense of safety awareness, emergency preparedness, and the ability to respond effectively to minor injuries or accidents.

During the activity, students created visual representations of first aid kits, skillfully illustrating the components and their proper placements. This exercise not only encouraged creativity but also helped students understand the importance of having a first aid kit readily available in a classroom or other everyday settings.

In a practical component of the exercise, students assembled simple first-aid kits and presented the contents to their peers. Through this hands-on experience, they gained valuable skills in preparing a basic first aid kit and explaining the purpose and usage of each item. This activity not only enhanced their practical abilities but also improved their communication skills as they shared their knowledge with classmates.

These activities played a crucial role in acquainting students with first aid essentials, enabling them to grasp the importance of being prepared for emergencies in various settings. By participating in these exercises, students developed a heightened sense of responsibility for safety and well-being, both within the classroom and in their daily lives.



## हिंदी दिवस

14 सितंबर, 2023 को, हिंदी दिवस के उपलक्ष्य में, कक्षा I से VII तक के छात्र हिंदी भाषा की सुंदरता और महत्व का सम्मान करने के लिए समर्पित विभिन्न प्रकार की मनोरम और रचनात्मक गतिविधियों में शामिल हुए। इन गतिविधियों ने न केवल उनकी भाषाई प्रतभा को प्रदर्शित किया, बल्कि हिंदी से जुड़ी समृद्ध सांस्कृतिक विरासत के प्रति गहरी सराहना भी पैदा की।

ग्रेड I और II के सबसे कम उम्र के प्रतिभागियों ने 'मेरा

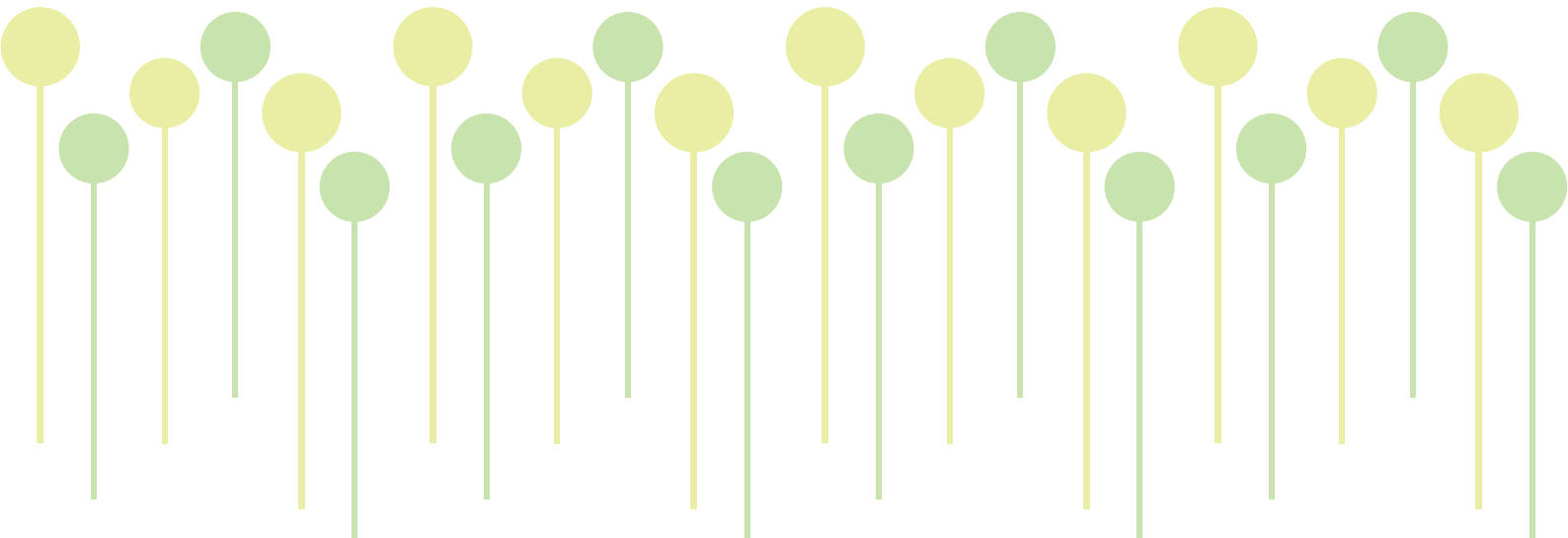
## Activities

नाम का परचिय प्रतयोगिता' में भाग लिया, जहां उन्होंने अपना परचिय हृदी में दिया, जिससे उन्हें भाषा से अधिक परचिति होने में मदद मली। समवर्ती रूप से, उन्होंने 'स्वर फ्लावर पॉट मेकगि एक्टिविटी' में भाग लिया, जो भाषा और कलात्मकता का मशिरण है, क्योंकि उन्होंने हृदी वर्णमाला स्वरों (स्वर) से सजे जीवंत फूल के बर्तन तैयार किए। इस दोहरी गतविधिने उनकी रचनात्मक प्रवृत्तिका पोषण करते हुए भाषा दक्षता को बढ़ावा दिया।

ग्रेड III और IV के छात्रों ने 'कहानी कथन प्रतयोगिता' के साथ कहानी कहने की यात्रा शुरू की, और अपने साथियों को हृदी में सुनाई गई छोटी कहानियों से मंत्रमुग्ध कर दिया। इससे उनकी भाषाई दक्षता और कहानी कहने की क्षमता का प्रदर्शन हुआ। इसके अतिरिक्त, उन्होंने 'हृदी व्यंजन वृक्ष' की खोज की, जो एक रचनात्मक अभ्यास था जिसने उन्हें हृदी व्याकरण की समझ को बढ़ाने के साथ-साथ हृदी व्यंजनों में गहराई से जाने के लिए प्रोत्साहित किया।

ग्रेड V से VII के लिए, 'वज्जापन अभियान-हृदी' गतविधिने एक अनूठी चुनौती पेश की। उन्होंने विभिन्न वर्षियों पर सावधानीपूर्वक वज्जापन तैयार किए और उन्हें पूरी तरह से हृदी में वितरित किया। इस कार्य ने उनकी भाषाई क्षमताओं का परीक्षण किया और उनकी रचनात्मकता को उजागर किया क्योंकि उन्होंने हृदी भाषा का जश्न मनाते हुए विधि विचारों और उत्पादों को बढ़ावा दिया।

हृदी दविस की इन गतविधियों ने न केवल हृदी से जुड़ी भाषाई विधिता और सांस्कृतिक वरिसत का जश्न मनाया, बल्कि छात्रों को प्रभावी और रचनात्मक रूप से भाषा का उपयोग करने के लिए सशक्त भी बनाया। यह भाषाई अन्वेषण और प्रशंसा का दिन था, जिसने छात्रों पर एक स्थायी प्रभाव छोड़ा, उनके जीवन में और भारत के भीतर भाषाओं की जीवंत टेपेस्ट्री में हृदी भाषा के महत्व पर प्रकाश डाला। हृदी दविस 2023 एक ऐसा दिन था जब भाषा, संस्कृत और रचनात्मकता हमारी राष्ट्रीय भाषा, हृदी के साथ गहरा संबंध बनाने के लिए एकत्रित हुईं।



# Activities

## Honourable PM Narendra Modi's Birthday

On 18th September 2023, in celebration of the honorable Prime Minister Narendra Modi's birthday, students spanning from grades I to VII engaged in a series of educational activities designed to pay tribute to the leader and promote thoughtful engagement with significant national issues.

For grade I and II students, the 'Inspiration Quote Speaking Competition' was a platform where they delivered powerful quotes and messages, inspiring others in under 1 minute. Additionally, they discussed important topics such as poverty and population control, instilling awareness and a sense of responsibility from a young age.

Grade III and IV students participated in the 'Extempore Competition,' where they stepped into the shoes of the Prime Minister and shared their visions and strategies for the nation's development if they were in his esteemed position. This activity encouraged critical thinking about the country's growth and the actions necessary for progress.

In a heartfelt 'Letter Writing' activity, grades V to VII students composed letters to wish Prime Minister Narendra Modi on his birthday, expressing their appreciation for his initiatives in the country. These letters, adorned with decorative borders and written in beautiful cursive handwriting, served as a testament to their respect and gratitude.

These activities not only celebrated the Prime Minister's birthday but also prompted students to contemplate leadership, national issues, and the significance of expressing appreciation. These educational endeavors provided an opportunity for students to engage meaningfully with their leader's vision for the nation and fostered a sense of civic responsibility among the youth.





# Activities

## National Sports Day Inter House Finale

National Sports Day in India, celebrated on 29th August, is a day dedicated to honoring the legendary hockey player Major Dhyhan Chand Singh on his birth anniversary. Major Dhyhan Chand's remarkable achievements in hockey, including winning gold medals for India in the Olympics in 1928, 1932, and 1936, make this day a significant occasion for sports enthusiasts across the nation.

To commemorate this special day, an Inter-House Competition was organized, commencing with heats on 26th August and culminating in the grand finale on 15th September 2023. This event provided students with a platform to showcase their sporting talents and fostered a spirit of healthy competition and sportsmanship.

Grade I and II boys engaged in an exciting Futsal competition, showcasing their agility and football skills. Simultaneously, the girls displayed their prowess on wheels with a Skating competition, gracefully gliding across the skating rink.

In grades III and IV, the girls exhibited their football skills in a Futsal competition, demonstrating teamwork and agility on the field. Meanwhile, the boys took to the basketball court, showcasing their dribbling, shooting, and defensive abilities in an intense Basketball competition.

Grades V to VII demonstrated their aquatic talents in a Boys' Swimming competition, highlighting their strength and speed in the pool. On the other hand, the girls displayed their mettle on the cricket field, demonstrating batting, bowling, and fielding skills in a Cricket competition.

These Inter-House Competitions not only celebrated the spirit of National Sports Day but also encouraged physical fitness, teamwork, and sportsmanship among students. It was a fitting tribute to Major Dhyhan Chand Singh and an opportunity for students to follow in the footsteps of a true sporting legend while forging their own paths in the world of sports.



# Activities

## International Day of Peace

In a world often overshadowed by chaos and discord, RIAH School stands as a beacon of tranquility and understanding. Our commitment to fostering peace was illuminated on the occasion of the International Day of Peace. The youngest poets from grade I and II gracefully wove heartfelt verses on the theme of 'Peace,' imprinting their innocent souls onto the pages of their School Activity Scrapbooks. These delicate strokes of inspiration began weaving a tapestry of peace that enveloped our campus.

In grade III and IV, our students took the podium, wielding their persuasive powers to share profound insights on 'How to Teach People to Be Peaceful?' Their thought-provoking speeches resonated, inspiring a longing for a more harmonious world.

With grades V to VII, history came alive through a 'Nobel Peace Winner' role-play competition. Our students embarked on a journey into the lives of Nobel Peace Prize laureates, offering us profound glimpses into the remarkable individuals who have sculpted the course of history with their unwavering dedication to peace. At RIAH, we believe that through knowledge, empathy, and creativity, we can nurture a world where peace prevails.

## World Tourism Day

On the occasion of World Tourism Day, celebrated on 27th September 2023, we at RIAH hosted a series of captivating competitions to commemorate the beauty of travel and cultural diversity.

In the spirit of exploration, our youngest minds in grade I and II became virtual tour guides, representing different states of India. They showcased the rich tapestry of languages, flavors, traditions, and iconic places within a concise one-minute presentation, painting vivid pictures of India's diversity.

This competition encapsulated the spirit of World Tourism Day, reminding us of the transformative power of travel and cultural exchange.



# Activities

## Community Service

The "Each One Teach One" community service initiative has been successfully launched for the month of September, uniting our students, parents, and volunteers to provide quality education to underprivileged children in our community. This initiative, founded on the belief in the transformative power of education, aims to bridge the educational gap while fostering a sense of responsibility, empathy, and community engagement among our students. Student volunteers are encouraged to use their academic skills and creativity, while parent volunteers play a crucial role in ensuring the initiative's success through teaching, coordination, and support. We have partnered with the NGO Robin hood Army, conducting classes for underprivileged children every Saturday from 4:30 pm to 6:00 pm at a designated location. We invite both students and parents to join us in this noble cause and become part of the Robin hood Army's efforts to make a positive impact on these children's lives, collectively building a brighter future through education. Our students and parents have shown their support by actively participating in this noble cause.



## Tirangaa

Tirangaa 2023, hosted by RIAH on 2nd September 2023, united ten schools in a vibrant celebration of unity, talent, and patriotism. The event showcased the diverse talents cultivated within these institutions, fostering camaraderie among students while paying homage to inspirational figures. Various competitions, including mental games, singing, and creative performances, demonstrated the exceptional abilities of the participating students, creating an atmosphere of boundless energy and enthusiasm. Chief Guest Col. Atul Shukla and Miss Sanketa Huddar's presence added prestige and inspiration to the occasion.

For the second consecutive year, Elpro International School emerged as the winner, underscoring their commitment to excellence under pressure. Tirangaa 2023 served as a powerful reminder of

## Activities

the indomitable spirit of youth, celebrating unity in diversity and emphasizing that the future of the nation is secure as long as the tricolor flag continues to soar high. The event effectively achieved its objectives of uniting students, showcasing their talents, and celebrating unity and competition.



## Special Assembly

### Teacher's Day

On the occasion of Teachers' Day, Ryan International Academy Hinjawadi organized a special assembly presented by the students to express their gratitude and appreciation towards their wonderful educators. The assembly served as a heartfelt tribute to the teachers who have played a significant role in shaping their lives and nurturing their minds. The assembly began with a soul-stirring welcome speech delivered by one of the students, expressing genuine gratitude for their teachers' dedication and commitment. The students then showcased their creative talents through a variety of performances that were dedicated to the teachers.

The stage came alive with a mesmerizing welcome song presented by the choir group and dance performance, wherein the students gracefully showcased their talent and expressed their gratitude through graceful movements. The synchronized steps and the rhythm of the dance filled the atmosphere with an aura of celebration and joy.

Next, a group of students presented a short skit highlighting the role of teachers in shaping the future of every student. The skit beautifully portrayed the bond between a teacher and student, emphasizing the transformative impact teachers have on their students' lives. It left the audience with a deep appreciation for the hard work and dedication of teachers.

The Teachers' Day special assembly left an



## Special Assembly

everlasting impression, reminding everyone of the invaluable contribution teachers make in shaping the future of their students. It was an expression of love, respect, and gratitude, making the day truly memorable.



## Class Activities

### हिंदी विषय संवर्धन गतिविधि

#### कक्षा 1

#### विषय संवर्धन गतिविधि

शिक्षण और सीखने की प्रक्रिया जीवंत और प्रभावी है क्योंकि छात्र विषय को प्यार और रुचि के साथ सीखते हैं। वे विभिन्न गतिविधियाँ करके इस भाषा का अभ्यास करते हैं जो उनके विषय ज्ञान को समृद्ध करते हैं। सर्च इंटरएक्टिव गेम छात्रों को हिंदी शब्द निर्माण और शब्दावली निर्माण के बारे में सिखाने के लिए आदर्श है। छात्रों को गतिविधि से परिचित कराना उनकी जागरूकता और मात्राओं के ज्ञान का आकलन करने में मदद करने का एक शानदार तरीका है। कक्षा 1 के छात्रों को समूहों में विभाजित किया गया और उन्हें हिंदी पाठ दिया गया। उन्हें एक निश्चित समय में मात्राओं को शब्दकोश देने को कहा गया।

#### कक्षा 2

#### विषय संवर्धन गतिविधि

भाषा केवल संप्रेषण का साधन ही नहीं बल्कि बल्कि यह एक माध्यम भी है जिसके द्वारा हम अधिकांश जानकारी प्राप्त करते हैं यह एक व्यवस्था है जो अधिकांश सीमा तक वास्तविकताओं को हमारे मस्तिष्क में व्यवस्थित करती है। हिंदी भाषा संवर्धन के अंतर्गत कक्षा 2 के छात्रों ने सुरक्षा संकेतों, जो कहीं आते जाते समय दिखाई देते हैं उनका चित्र बनाकर उन संकेतों के विषय में कुछ पक्तियों के द्वारा जानकारी दी। इस गतिविधि से छात्रों को सुरक्षा की जानकारी प्राप्त हुई। छात्रों ने मनोरंजक रूप से भाग लेते हुए गतिविधि को संपन्न किया।



# Class Activities

## MATH Subject Enrichment Activity

In September, Ryan International School, Hinjawadi, orchestrated Subject Enrichment Activities tailored for students across grades III to VII, with the overarching goal of cultivating a genuine interest in mathematics while alleviating any apprehensions associated with the subject. These enrichment activities are designed to stimulate critical thinking, bolster problem-solving aptitude, enhance concentration, and imbue learning with meaning, making it more engaging and rewarding for students. The evaluation criteria encompassed content comprehension, presentation skills, accuracy, and the infusion of creativity, enabling students to grasp foundational concepts in an enjoyable and interactive manner.

Grade III students, harnessed their creative flair to illustrate the concept of division. Grade IV delved into practical money management by devising birthday expense bills. Grade V embarked on a journey of discovery using Venn diagrams to identify common factors. Grade VI demonstrated their imaginative prowess in tackling integer-based problems. Meanwhile, grade VII ingeniously employed coloured strips to visually represent data through double bar graphs.

The students wholeheartedly embraced these activities, utilizing their creative faculties within a conducive and encouraging learning environment, fostering not only a deeper understanding of math but also a newfound appreciation for the subject.

## Innovation Lab

During the student age, innovation is the key to unlocking the full potential of a child. It's not just about studying textbooks and passing exams; it's about exploring new ideas, solving real-world problems, and making a positive impact on the world.

At RIAH, we always inspire our students to embrace



# Class Activities

innovation and explore its exciting possibilities. In the month of September -

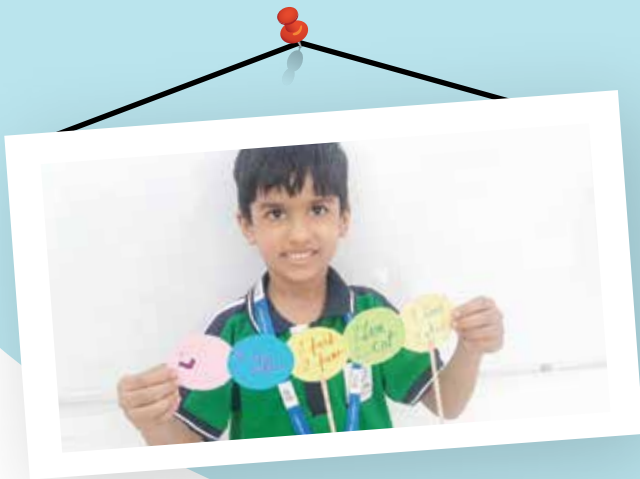
- Grade I students engaged in a traffic light signal project, which helped them understand the purpose, functions, and rules associated with traffic light signals.
- Grade II students delved into remote control train projects, providing them with hands-on learning experiences that developed their motor skills and piqued their curiosity in science and technology.
- Grade III embarked on a household machine project that not only introduced them to the world of simple machines but also encouraged creativity, problem-solving, and hands-on learning. It proved to be a fun way for grade III students to apply scientific concepts to real-world scenarios while nurturing their imagination and innovation.
- Grade IV students learned the basics of electrical connections, components, and the concept of circuits by creating circuits on a breadboard. It served as a fantastic starting point for young learners to explore the realm of electronics.
- The project involving robotic mechanisms for hospitality exposed grade V students to the concepts of robotics and problem-solving. It provided them with an opportunity to apply their knowledge to a real-world scenario within the hospitality industry. Additionally, it fostered teamwork and creativity in the design and construction of the robot.
- In grade VI, the retractable table project not only introduced students to woodworking skills but also educated them about design, measurements, and the practical application of engineering concepts. It encouraged creativity and problem-solving as they worked on creating a functional piece of furniture.
- Lastly, grade VII students worked on a traffic light signal project using Arduino. This endeavour not only taught them about electronics and programming but also introduced them to the practical application of these skills in real-world scenarios, such as traffic management. It encouraged creativity and problem-solving as they designed and programmed their traffic light system.



# Ikigai Centre of Learning

## Literary Club

Ryan International Academy, Hinjawadi, offers the Literary Club as a Passion Building initiative, aiming to enhance students' communication skills. Recognizing that effective communication is vital in today's world, the club focuses on various activities such as recitation competitions, story reading, and storytelling. Additionally, it places importance on grammatical proficiency through engaging exercises like the "noun caterpillar" and "adjective flower." To foster creativity, students design posters and book covers. Confidence is nurtured through oratory activities, including news reading, poem writing, and recitation. This initiative aims to equip students not only with knowledge and creativity but also with the confidence needed for leadership. It envisions a brighter future for our students, the next generation.





# Health, Safety and Child Protection

## Health Monitoring Assessment

In the fast-paced world of Information Science, RIAH places the well-being of its students as the top priority. Under our Health Safety and Child Protection (HSCP) Policies, we recognize the significance of students' physical and mental health in achieving success in life.

To ensure the well-being of their students, RIAH conducted a comprehensive Health Monitoring Assessment in collaboration with Sanma Health Basix. A team of 13 Doctors from Ruby Hall Clinic, Hinjawadi, Pune, conducted the assessment on 14th and 15th September, during school hours. This assessment covered all Ryanites from mont 1 to grade VII, as well as all staff members.

The importance of health monitoring lies in its ability to detect health issues early, offering proactive intervention and reducing the risk of complications. These assessments provide valuable insights into individual students' health profiles, enabling tailored support such as dietary guidance, counseling, or physical therapy. They also serve as a platform for promoting healthy lifestyles and educating students about the importance of balanced diets, outdoor activities, and regular exercise.

The assessment included physical examinations, measurements, dental checkups, vision tests, and general physician consultations. Any deviations from the norm were promptly addressed in the health monitoring reports.

By incorporating health monitoring assessments, RIAH takes a proactive step towards nurturing well-rounded, healthy, and successful individuals. It not only improves students' quality of life during their school years but equips them with valuable knowledge and habits for a lifetime. As RIAH continues to prioritize student well-being, these assessments remain a crucial tool in achieving this goal.





## ENGLISH LANGUAGE ENRICHMENT PROGRAMME

In September, RIAH continued its commitment to fostering a strong connection with language and emotions through a series of engaging activities in the English Language Enrichment Program (ELEP). For grades I and II, the students embarked on an exciting journey with games like Snakes and Ladders and Name, Place, Animal, Thing, which not only entertained but also enhanced their vocabulary. They explored opposites through a crossword puzzle, adding an element of challenge to their language enrichment.

In grades III to V, the activities focused on expanding vocabulary and creativity. Categories challenged students to think on their feet, while Chalkboard Pictionary added a fun artistic element. Word Antakshari and Synonyms CROSSWORD further enriched their language skills, promoting a deeper understanding of words and their meanings.

The students of grades VI and VII engaged in interactive games such as Name, Place, Animal, Thing, and Word Antakshari, fostering both competition and camaraderie. Dumb Charades added a dramatic twist to language exploration, encouraging non-verbal communication. The crossword puzzle, themed around "Colour Expressions," challenged students to explore the nuances of language in a creative and enjoyable manner.

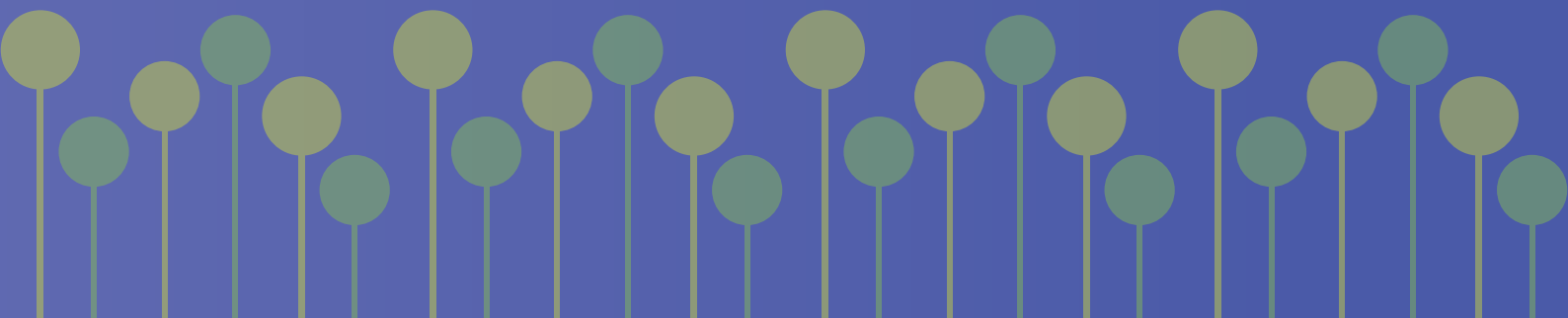
Through these diverse activities, RIAH continues to nurture a love for language and communication, helping students connect more deeply with their emotions and surroundings.



## PARENT'S CORNER

Exams are an integral part of our education system. They serve as a yardstick to check the student's understanding of the subjects they have studied. It is a structured method to evaluate how well a student has grasped the concepts taught. Preparing for exams instills discipline and time management skills in students. This process gives a structured approach to learning, and helps them to prioritize tasks and manage time effectively. These skills are not only important for academic success but also prepare them for the professional world. Exams can be stressful, but they teach students resilience and stress management. The pressure to perform and the fear of failure is a big challenge that students face. Exams help them to learn to cope with this stress and prepare them for future challenges. Exams are not merely a means to an end, but a significant learning process. They play a vital role in shaping a student's future, hence making it an inseparable part of our education system.

- Mr. Tushar Verma,  
Parent of Mast. Shaunak Verma Grade V 'A'



# STUDENT'S CORNER

**"Self-belief and hard work will always reap success." - Virat Kohli**

Exams may be on the list of the fears children always face throughout their lives, but they are also crucial parts of our journey, in school, to college, and beyond. They serve as a means to assess our understanding of a particular subject, one Exam per subject, and they challenge us, and our dedication towards studies. They allow us to showcase our skills and teach us valuable skills, like time management, organization, and the ability to handle pressure. Even if they do seem daunting and alarming, we should remember that they ultimately contribute to our growth and development, and as students, how they prepare us for challenges that lie in our academic journey.

We should all understand that if we do not get a favourable score on an Exam, it is not a reason to feel bad. All efforts being taken now, may not yield fruits, but in the future, the success you deserve, is inevitable, as long as you do hard work. The only thing we can do, as students, is work to the best of our abilities, and the results may not reflect all our hard work, but we must keep moving forward, whatever we want to pursue. Here are some tips that you can include in your daily routines, before, after, and during an Exam:

## **Before an Exam:**

- Make sure to have a set mindset on your goal. It is simple: If you want to succeed, you will work hard, and if you don't, you won't.
- Follow a set and healthy routine, which includes: healthy meals; exercise; meditation, (which helps in increasing the focus and sharpness of the brain. It also cools it down, allowing you to think clearer) and sleep, in which you should get around 7-8 hours of sleep.
- Dedicate at least 5-6 hours of studying every day. The longest shift in these hours should be dedicated to



# STUDENT'S CORNER

your weakest subject. Make sure to hold 2 favourite subjects of yours on standby, so that when you do not want to continue the topic anymore, you can move on to something more favourable, making you proactive in all subjects (don't just give the whole day to one subject).

## **During an Exam:**

- Always watch the time. Do not panic if there isn't much time left. At the beginning of the Exam, calculate 5-10 minutes off from the time given, to look through in the beginning, and the end of the Exam.

- Drink water regularly, especially in subjects with high-order thinking problems, like Mathematics. It allows you to keep hydrated and allows you to think in a calmer, and more productive way.

- If you cannot understand a question, leave it. Solve all the ones you know first, and come back to it later, so that you can dedicate more time to it.

## **After an Exam:**

- Cheer up! You did your best, and it is time to celebrate! Take a few days to relax from your continuous studying.

- Look through the mistakes you made (for example: Grammar, Spelling, Handwriting, Diagrams, so on, and so forth), and work on them, to perform even better next time.

- Accept yourself, and your score. If you think you didn't try your best, you have your life to prove it, and it is fully under your control.

- Ms. Anushvi Singh,  
Grade VII 'A'

