# Counseling Session - <a href="https://www.facebook.com/groups/AECSMMPS/permalink/6545226518895620/">https://www.facebook.com/groups/AECSMMPS/permalink/6545226518895620/</a>



"One small crack does not mean that you are broken, it means that you were put to test, and you didn't fall apart." Our mental health makes us who we are.

Understanding the importance of Mental Health in the health and wellness of an individual AECS Magnolia Maaruti Public School, Bengaluru organised an Awareness Programme on Mental Health for its students and staff on 04th August 2023, Friday in the school premises.

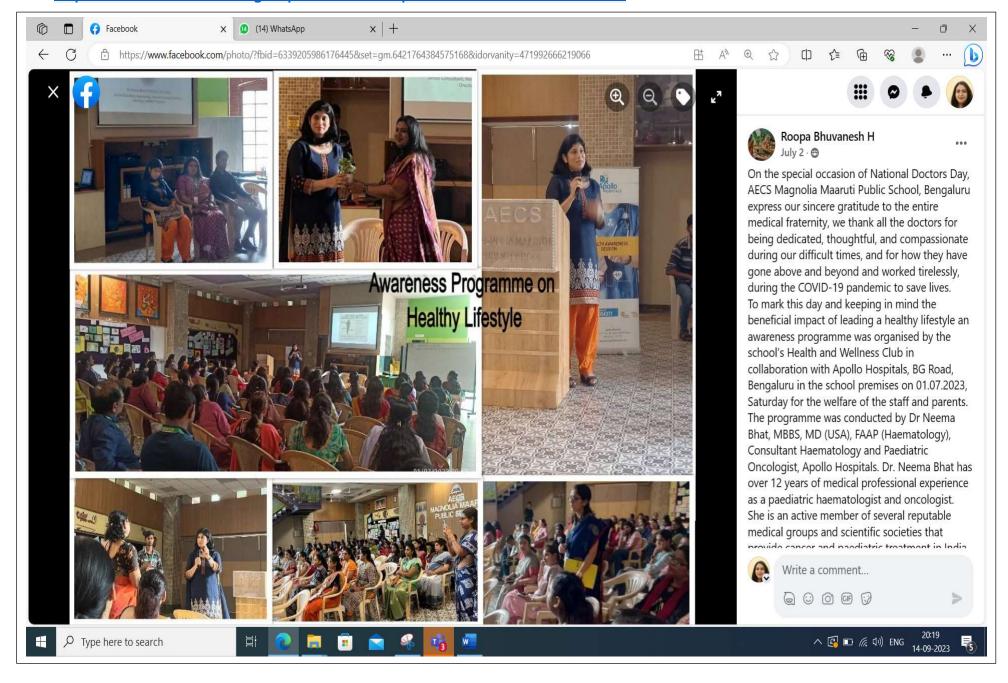
The session was conducted by Dr Sugami Ramesh, Clinical Psychologist, specialized in child psychology, Including developmental and educational psychology in children at Apollo Hospitals, Bannerghatta Road, Bengaluru. Dr. Sugami Ramesh is one of the top clinical psychologists in Bangalore, she is an expert in child psychology and is helping children through various issues. She has counselled children across schools specialising in developmental and educational psychology. Dr Sugami Ramesh discussed topics like dealing with stress, coping with failure and lessons to learn, techniques to divert the mind, self-motivation, and the importance of seeking help when







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#### AFCS ANGELS OF MAGNOLIA



#36/909, AREKERE, BANNERGHATTA ROAD, BANGALORE-76

#### Report on Counselling KG 2023-24

Good mental health is an important part of healthy child development. It helps children build positive social, emotional, behaviour, thinking and communication skills. There should be holistic development of each and every child. The counselling session was conducted on 21st June 2023 on the topic "Emotions & Feelings" for kindergarten students by the Counsellor Ms. Veena M.

The Counsellor interacted with the students and taught the values of "Emotions and Feelings" Using A/V by showing Rhymes, using Flash cards of different Emotions(Happy, sad, angry, scared) with enthusiasm.

Student also interacted and responded. They identified the faces of emotions and expressed their emotions and feelings as well with the counsellor. Student learnt the values of emotions. The overall session was very good, interactive and informative. Children enjoyed the session.

#### Sharing the glimpse of the Counselling Session.



# **COUNSELLING SESSION**

Topic: Concentration and following instructions Objective: Online classes during the pandemic lockdown appears to have affected the attention span and concentration of children. This session aims to improve the concentration and attention span of children so that they become efficient at following instructions (imperative for academic productivity) Activity: The students are asked to sit and keep the body still. Control of body movements helps focus on simple stimulus targets. A picture with a specific theme is shown to the students for a brief period of time. They are encouraged to concentrate on the picture and note the details. The picture is then withdrawn and then the students are asked to recollect the details from the picture. This activity is followed by instructions given by the facilitator.( raise your right hand, put your left foot forward, cross yourarms etc). The students are required to follow the instructions with minimalerrors. A combination of both the activities facilitates Concentration and improves the attention span of the child. Feedback: The students enjoyed the activity and participated enthusiastically. Multi sensory stimuli may be included to improve attention span of students.



#### Session on Health, Hygiene and Safety in School

Considering the significance of staying healthy and maintaining a clean and safe surrounding, a session on "Health, Hygiene & Safety in School" was conducted in the school for grade IX & X students as two different sessions for boys and girls on 02.06.2023, Friday. Teachers highlighted the values of "being hygienic is being healthy" to the students so that they become responsible for their healthy life and in turn others life. So, teachers educated the students on Hygiene habits in the classroom, corridor, rest rooms etc., They enlightened about the personal hygiene grooming nails & hair, cleaning and washing shoes and socks on regular basis. Results on poor hygiene was highlighted as it can cause sickness and diseases, social rejection and also it can lead to low self-esteem. Teachers concentrated on educating the students on the results of being hygienic, as it protects us from infectious diseases, spreading diseases to other students and also ensures healthy environment. Students were also taught to support every house keeping staff and contribute in keeping the school surroundings clean and healthy by maintaining the cleanliness their classrooms. The students were instructed to make use of the facilities made to dispose biodegradable and non-biodegradable waste in appropriate bins in the classrooms and in the school premises. The teachers also discussed with the students and advised them to maintain discipline and move in an orderly manner at all times in the school premises for the safety of self and others. The students not only learnt to take care of their health and safety but also others.

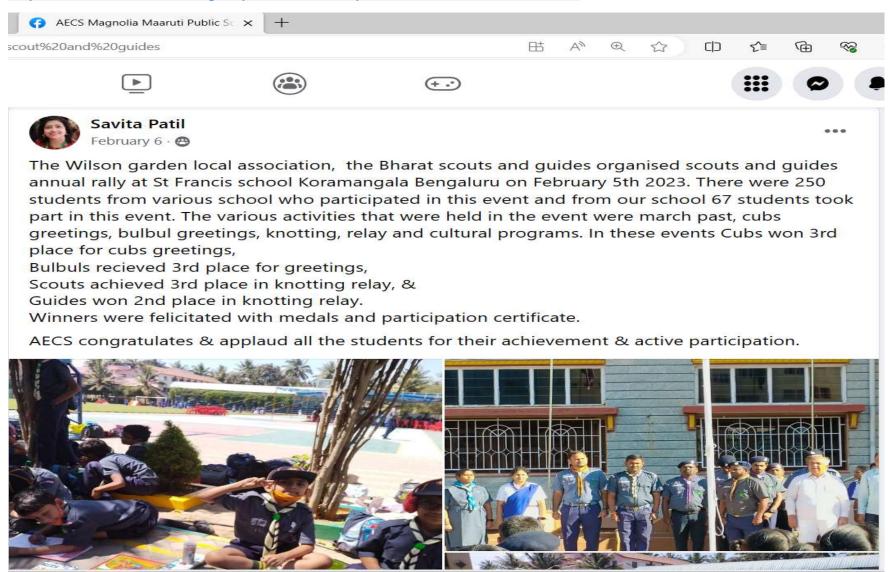






#### The Bharat Scouts & Guides

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# Savita Patil

August 30, 2022 · 😁

Wilson garden local association, the Bharat Scouts, and Guides conducted the Dwitiya Sopan test from 26/8/2022 to 28/8/2022 for three days at Janapada Loka, Ramanagar District.

Two hundred sixty students took part in this testing camp from various schools. From our school, seven Scouts and 15 Guides participated in this testing camp. There were theory and practice tests as well. Students took part enthusiastically and are now eligible for district-level exams—all the best to everyone.



1 You, Seema Goel, Deepanwita Chatterjee and 33 others

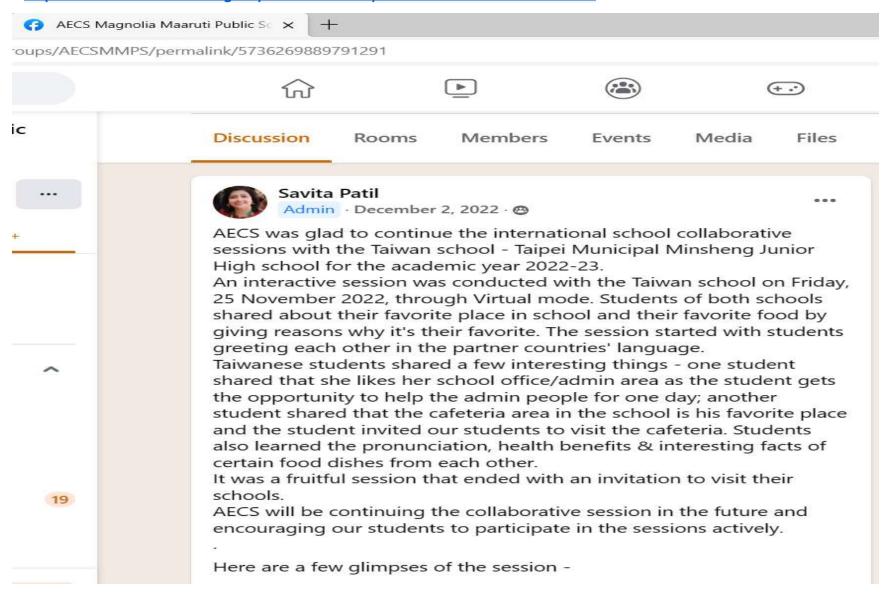
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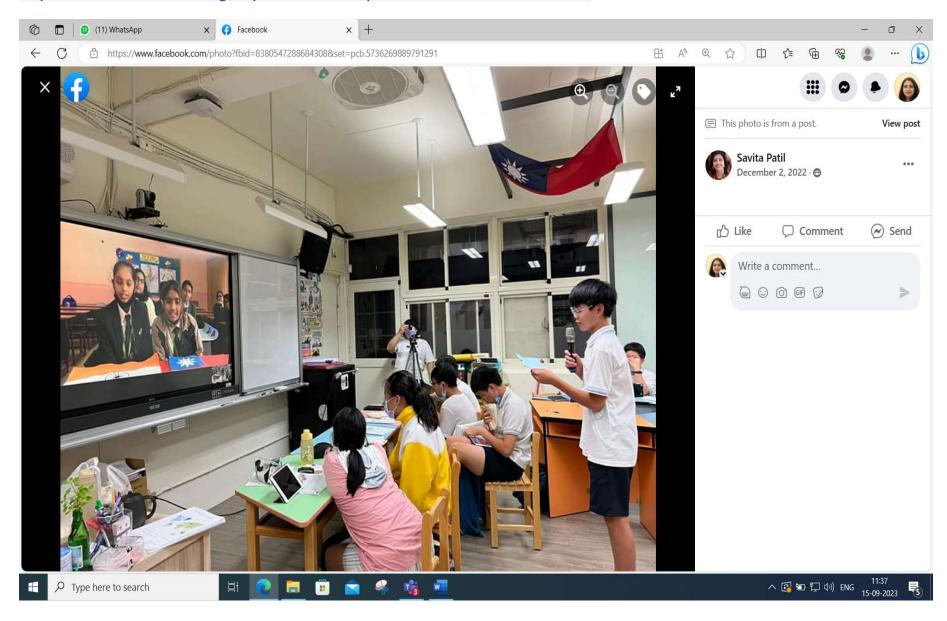




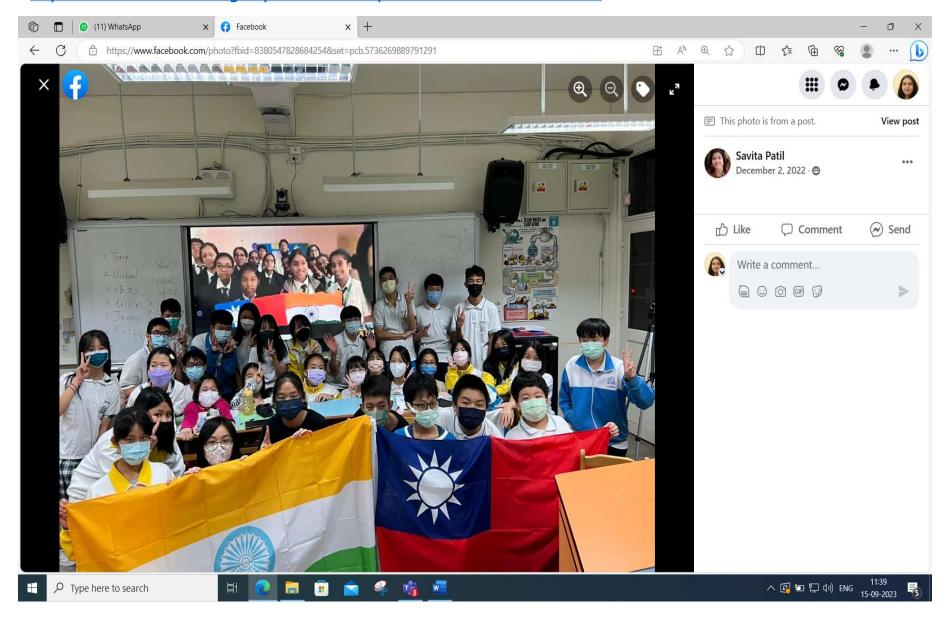
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It is believed that knowledge should not be restricted within boundaries of four walls. Keeping this thought in mind, every year

AECS collaborates with various schools across the world. In the last few years we were fortunate enough to collaborate with countries like U.K., Taiwan, Japan, Egypt etc.

This global association not only helps the children to develop the thinking process but also helps them to understand the cultures and traditions of other countries.

This kind of International Dimension in Education is really important for holistic development of the child.

This academic year of 2022, started with a collaborative activity with

Castle Primary School, England. Initially, mails were exchanged and the journey started with a positive note. This time, the students of grade 1 and 2 were

a part of this interactive session. Students from Castle Primary School had asked us a few interesting questions.

Some snippets let me share here...a child called Arthur was curious to know if our school has music classes and playgrounds. A child from our school, doubtfully asked, which accent to be Used while answering the friends from England. The other common question asked were related to games, dance and food. The main aim was to bridge the gap about opinions formed about schools from different countries, and how do they function alike in reality.

Yes, time has changed, technology has improved and these little ones are always pondering to learn new things, be it Indian or Global.

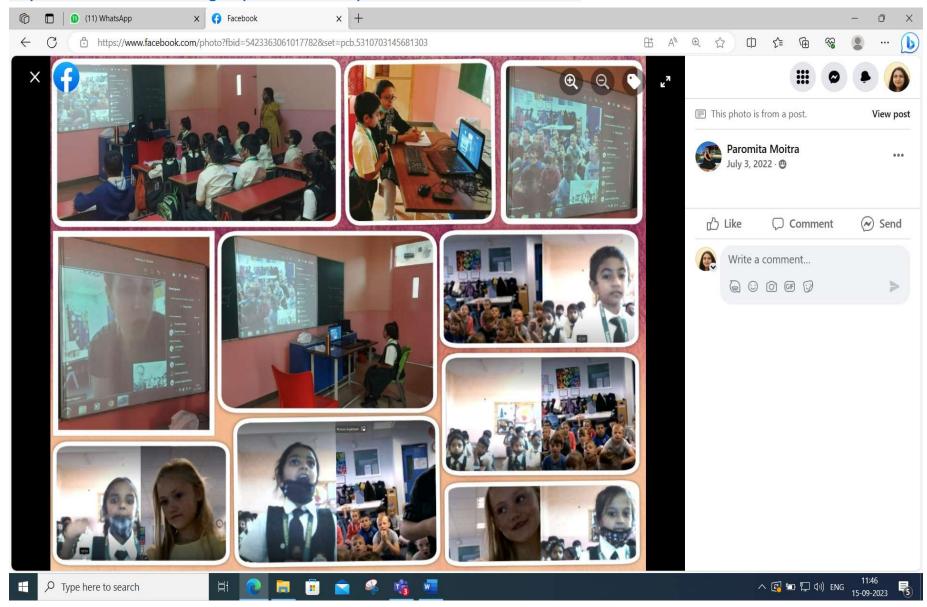
Hence, these kinds of experience is truly beneficial to make them grow as a world citizen. We will be continuing this journey with the students in future as well.

Some glimpses of the session are shared below.





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### Community Outreach Program –

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"Goonj: an enchanting connection

"The measure of our giving is not just the quantity but the immense love we pour into it."

AECS has partnered with Goonj an NGO to provide assistance to the victims of Assam Floods and other affected areas. The collaboration aims to extend support to the districts of Dhemaji Jorhat and Lakhimpur in Assam as well as regions like Himachal Pradesh Uttarakhand and Jammu & Kashmir. These areas have been facing severe challenges due to flash floods landslides and continuous rainfall. AECS is committed to making a positive impact and helping those in need during this difficult time.

The event of collecting donations for Goonj a nonprofit organization began with a call to action for parents staff and students to contribute. Students took the initiative to educate their fellow Magnolians about the significance of this cause. Donations poured in from all grades in the form of grains biscuits medicines sanitary napkins umbrellas and clothes. The generosity and support from the management , parents and staff were overwhelming. Eventually on August 2nd 2023 students and staff gathered at the Goonj office to hand over the collected items. It was a deeply gratifying experience and we extend our heartfelt thanks to all those who participated in this noble endeavor.







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# Mission Accomplished "Delivered"















# "Joy of Giving"

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# Roopa Bhuvanesh H

Admin · November 30, 2022 · @

Every year under the act of Joy of Giving, AECS Magnolia Maaruti Public School, Bengaluru takes one step towards their philanthropic responsibility. In order to support our objective, our VIII-XII graders contributed exponentially in collecting funds by setting up stalls for the "Independence Day Carnival 2022" on 11th August 2022. The little entrepreneurs proved that they are best at what they do.

The first phase towards the noble cause was initiated on 24th August 2022 as the student volunteers visited a bookstore and made the purchase with the collected fund.

As the final phase, the students and staff of AECS MMPS visited the Government Primary School, Yelanahalli, Begur Hobli, Bengaluru South, on 29th November 2022 and donated the purchased books on English Speaking Courses, Encyclopedias, Comic Books, Science Facts Books, General Knowledge Books, Teaching aids like Globes, Charts and amenities like almirahs for their library. The books are such that create interest among students. The students performed cultural events and even conducted fun games, this was followed by lunch for all which was sponsored by the AECS school management. The small effort made by our school was received with bounds of happiness and gratitude. All in all it was an eventful day for both the parties. This celebration of Joy of Giving introduced all students and staff to generosity and kindness towards humanity.





#### Inter school Basketball Tournament

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## Savita Patil June 27, 2022 · 😂

\*Celebrating International Yoga Day\*

"You have to grow from inside out. None can teach you; none can make you spiritual. There is no other teacher but your soul "- Swami Vivekananda

With a focus on the importance of a robust body & mind, AECS MMPS, Bangalore, held its second year of \*Ashtangaa Kumbhaka -2022\* - a virtual inter-school yoga competition- to motivate and inspire young minds to showcase their talent in YOGA.

It was great seeing students move from one pose to another effortlessly and seamlessly. Students performed various asanas with so much agility and explained with confidence the benefits of the asanas performed.

Our sincere gratitude to the below participating schools for their active participation and for making this event a grand success.

BGS National public school Hulimavu

Delhi Public School E-City. Kendriya Vidyalaya

Jindal Vidya Mandir School

National Hill view public school

Sri Chaithanya Techno School

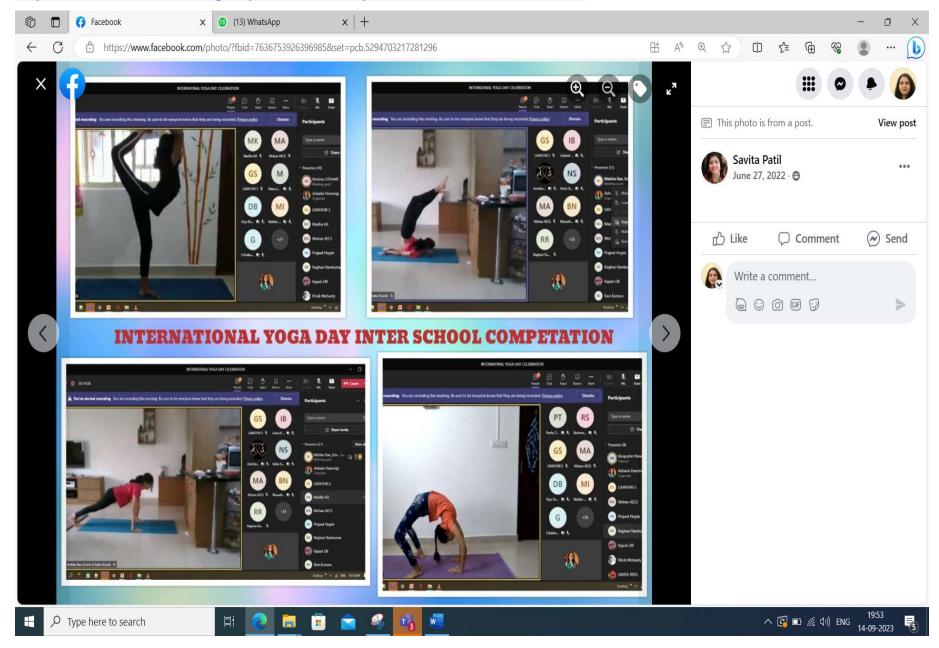
School Of India

Congratulations to all the winners!

Below are Snippets of the event -

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# International Yoga Day Celebrations 2023 – <a href="https://www.facebook.com/groups/AECSMMPS/permalink/6389538304464443/">https://www.facebook.com/groups/AECSMMPS/permalink/6389538304464443/</a>

