

Dear Parents

**Council's effort to continue with its initiative on ABP Ananda by conducting 'live lessons' for Classes III to XII.**

All schools have been under lockdown since late March, due to the Covid-19 pandemic. Teaching learning transaction, at least the way we know it, has not been possible during this period. In order to ensure that students stay in touch with studies and continue to learn, programmes are being organised for two core subjects, namely English and Mathematics, for our Junior, Middle School and High School children from Classes III to XII.

**Objectives:**

- \* To present selected elements of two core subjects, namely English and Mathematics, to Junior, Middle School and High School children studying from Class III to Class XII in CISCE affiliated schools.
- \* To develop an interest in the subjects through simple games and activities so that children are able to relate and apply learnt concepts to real life situations.

**For Classes IX to XII**

<b>DAY/DATE</b>	<b>SUBJECT</b>	<b>TOPIC</b>
18TH APRIL	ENGLISH LITERATURE (ISC)	POEM: DOVER BEACH – MATHEW ARNOLD (CLASS 12)
SUNDAY 19TH APRIL	ENGLISH LANGUAGE (ICSE)	RECAP ON FRIENDLY LETTER WRITING. NOTICE WRITING PRECISE WRITING (FOR CLASS 10)
25TH APRIL	ENGLISH LANGUAGE (ISC)	PATTERN OF THE QUESTION PAPER (CLASS 11) PROPOSAL & REPORT WRITING (CLASS 11 & 12)
SUNDAY 26TH APRIL	ENGLISH LITERATURE (ICSE)	MERCHANT OF VENICE ACT 3, SCENE 2. (FOR CLASS 10)
2ND MAY	MATHEMATICS (ISC)	MATRICES (CLASS 12)
SUNDAY 3RD MAY	MATHEMATICS (ICSE)	INEQUATIONS (FOR CLASS 10)

The programmes may also be viewed in the links mentioned below:

Twitter : <https://twitter.com/search/abp+ananda>  
YouTube : <https://www.youtube.com/user/abpanandatv>  
Facebook : <https://www.facebook.com/abpananda>  
Website : <https://bengali.abplive.com/>  
Hotstar : <https://bengali.abplive.com/>

## **Programme Schedule For Classes III to VIII (Total duration: Four Hours)**

Saturday – 11:00 to 12:00 hrs (April 18, 2020)

Saturday – 11:00 to 12:00 hrs (April 25, 2020)

Sunday – 10:00 to 11:00 hrs (April 19, 2020)

Sunday – 11:00 to 12:00 hrs (April 26, 2020)

**The Programmes will be telecast on News18 Bangla Channel.**

The same may also be viewed live on:

YouTube : <https://tinyurl.com/y2lvqmxj>  
Facebook : <https://www.facebook.com/News18Bangla>  
Twitter : <https://twitter.com/News18Bengali>  
Official Website : <https://bengali.news18.com>

## **Fit India Live Sessions**

### **Council has arranged programmes for Fit India Live Sessions for our School going children**

While the Council has taken steps to ensure some continued academic activity during this extended lock down period through its initiatives of online teaching through its collaboration with ABP Ananda and News 18 television channel, it is equally concerned about the physical wellbeing of the students due to the lack of physical activities.

The Council has entered into a collaboration with 'Fit India Mission' which has customized and developed special physical activities for the students of our affiliated schools. Fit India Mission will provide live sessions by experts covering a range of topics for holistic well-being of school going children, which will include simple actionable tips around basic exercises, nutrition, yoga & meditation, boosting immunity etc. These sessions will be **LIVE on youtube daily at 9.30 AM starting from 20th April 2020**, at the following link

Youtube- Channel name – Fit India Movement Link

- [https://www.youtube.com/channel/UCQtxCmXhApXDBfV59\\_JNagA?view\\_as=subscriber](https://www.youtube.com/channel/UCQtxCmXhApXDBfV59_JNagA?view_as=subscriber)

- Facebook: @FitIndiaOff

- Instagram: @fitindiaoff

Kindly participate and profit from these programmes. Let us make a combined effort to keep our children physically fit and active during this time of the lockdown through these live fitness sessions and to continue with the teaching learning process.

## Fitness Programme schedule

Programme Schedule Day	Day	Date	Time	Coach	Expertise	Topic
Mon	Day 1	20th April	09:30 am	Heena Bhimani	Yoga	Yoga for school children
Tues	Day 2	21st April	09:30 am	Ronak Gajjar	Meditation	Breathing right and intro to meditation
Wed	Day 3	22nd April	09:30 am	Tufail Qureshi	Fitness Trainer	Fun Workout for Children
Thur	Day 4	23rd April	09:30 am	Pooja Makhija	Child Nutrition	Eating right
Fri	Day 5	24th April	09:30 am	Luke Coutinho	Holistic Lifestyle Coach	Tips for healthy body & mind
<b>Weekend Break</b>						
Mon	Day 6	27th April	09:30 am	Dr. Bhushan Shukla	Child Psychiatrist	Mental wellness for development
Tues	Day 7	28th April	09:30 am	Wanitha Ashok	Fitness Trainer	Games based training
Wed	Day 8	29th April	09:30 am	Dr. Rajat Chauhan	Sports and Injuries	Building muscles correctly
Thur	Day 9	30th April	09:30 am	Arooshi Garg	Child Nutrition	What should be in your tiffin box?
Fri	Day 10	1st May	09:30 am	Sheetal Tewari	Yoga	Yoga and stretching
<b>Weekend Break</b>						
Mon	Day 11	4th May	09:30 am	Dr. Bhushan Shukla	Child Psychiatrist	Mental wellness for development
Tues	Day 12	5th May	09:30 am	Parwage Alam	Running Coach	Boosting your stamina
Wed	Day 13	6th May	09:30 am	Yasmin K	Fitness Guru	Easy workout tips for children
Thur	Day 14	7th May	09:30 am	TBC	Session for children with special care	Session for children with special care
Fri	Day 15	8th May	09:30 am	TBC	Fitness	Inspirational talk on imp of Fitness / Fitness demo

**\*Schedule and speakers subject to change**

With warm regards,

Yours sincerely,

Sr. Jossy Mathew  
Principal