

Dear Parents ,

Greetings !

*Mindfulness In Education --STARTS WITH A PURPOSE & CREATES AWARENESS .*

*Lessons on techniques to calm the mind and body - can reduce the negative effects of stress and increase students' ability to stay engaged, stay on track academically and avoid behavior problems increasing their attention span*

#### How to Regain Focus When Your Child's Mind Wanders

*With constant distractions like news notifications, social media, and never-ending to-do lists, it can be hard to focus on what's important. Rich Fernandez offers a mindfulness practice for stability and concentration. Even without stress, anxiety, and more, the mind will wander. And in fact, research shows it wanders 50% of our waking moments. Mind-wandering is ubiquitous. And, contrary to popular belief, mindfulness doesn't cause all thought to cease.*

*Mindfulness can help you practice stabilizing and directing the mind, which comes in handy especially in moments when we may feel stressed, distracted, or overwhelmed. This focused-attention practice can help learn to direct your full, undivided attention to a single object of focus, in this case the experience of breathing. And when (not if) your mind wanders, you simply bring your attention back to the breath.*

#### A Simple Breath Meditation to Regain Focus When Your Child's Mind Wanders

- 1. Sit in a way that is alert yet relaxed. Notice your body, your feet on the ground, your legs and torso as they make contact with your seat or the ground. Also notice your posture: See if you might sit in a way that's upright but not rigid, relaxing into your body and breathing normally.*
- 2. Begin to notice your breath. Without changing your breathing, direct your attention to the experience of breathing, the sensations of the in-breath and the sensations of the out-breath. Noticing the air coming in and out of your body, firmly but gently direct your full, undivided attention to this experience of breathing, whatever that means to you.*
- 2. Notice when your mind wanders. Simply take note and then gently bring your attention back to your breathing. Come back to the experience of in-breaths and out-breaths, the full cycle of breath. This is the process of focusing attention on the breath.*

*Even with a very short practice, you can get a sense for how this exercise is useful for cultivating a calm and focused state of mind.*

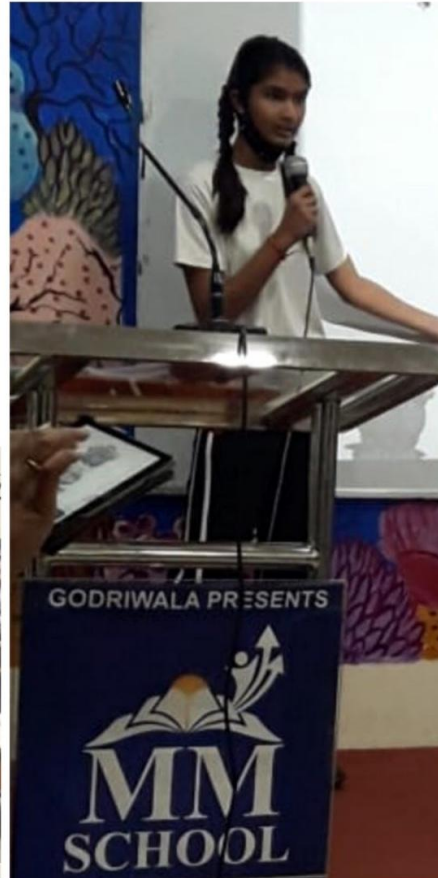
**M.M.School**

**11th November 2021**

**National Education Day**



**Annual achievement survey**



**“ Live as if you were to die tomorrow learn as you were to live forever”**

**In India we love to celebrate our heroes of the past that have helped our country.To achieve freedom among such heroes is Maulana Abul Kalam Azad the first education minister of Independent India. His birthday , 11th November was celebrated as national education Day as a way to honour his legacy and life's work towards furthering the cause of national education.**

### **Children's Day Celebrated in MM School.**

#### **"M.M. School Raipur' 13 November 2021**

M.M.School Raipur on the 13th of November 2021 Celebrated the 122nd Birth Anniversary of our first Prime Minister of independent India, Pandit Jawahar Lal Nehru also called Chachaji.

On this occasion, students came in colourful clothes, adding essence of joy and celebrations. The program started by lighting the lamp - Saraswati Puja - by paying floral tributes to Nehru ji. In this festival, teachers presented many programs including welcome song, group dance, short drama for the entertainment of the students, which the students liked very much as all the teachers made the students feel special for mankind.

On this occasion, school **Principal** Ms. Sushmita Deb gave a motivational speech to everyone and to adopt child-friendly, equal-hearted, love-goodwill-discipline and Nehru ji's personality-work in life.





M.M.School

15th November 2021

Birth Anniversary of Birsa Munda



**On the 15th of November Students celebrated the birthday of Freedom Fighter Birsa Munda and learnt about the bravery and conspiracies against him by the British.**

**“M.M.School,Raipur”.19th November 2021.**

**M.M.School.Raipur celebrated ‘Prakash Utsav’ by singing the hymn Ek Onkar with devotion in the morning assembly.552nd birth anniversary of the Sikh founder,Guru Nanak Dev Ji was celebrated and his teachings of selfless service to humanity was practiced.The Principal of the School Ms Shushmita Deb bestowed the students by enlightening them with the golden words of the guru.**



M.M.School

20th November 2021

Extended Learning (English)

English extended learning Activity was performed by grade VI Students to imbibe the importance of Adjectives in English Language .



M.M.School

24th November 2021

The Ailing Planet (Theatre Integration-Mime)

The students of grade 11 performed 'mime' On the Topic 'The Ailing Planet' to make Students aware and responsible for the deteriorating health of the planet.





M.M.School.

24th November 2021

Science Experiential Learning

The science of today is the technology of tomorrow.





M.M.School

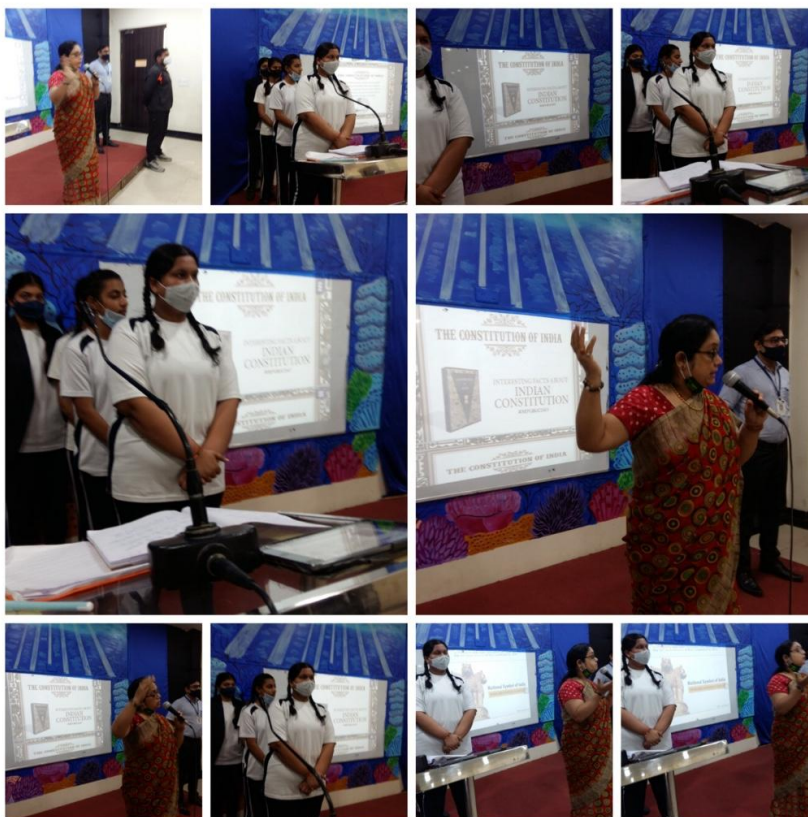
26th November 2021

### National Constitution Day.

Constitution Day, also known as "National Law Day", is celebrated in India on 26 November every year to commemorate the adoption of the Constitution of India. On 26 November 1949, the Constituent Assembly of India adopted to the Constitution of India, and it came into effect on 26 January 1950.

The Constitution of India gives equal rights to every citizen of the country to live in independent India. The purpose of celebrating this day is to promote the values of the constitution, spread awareness among the youth of the country. In making the Constitution of India, Dr. B. R. Ambedkar has played an important role.

In the morning assembly the students, remembering Babasaheb Bhimrao Ambedkar, threw light on the Constitution of India and its features and took an oath to contribute to the development of the country as a responsible citizen and presented colorful programs.



M.M.School.Raipur.  
Seminar on Pollution.  
27th November 2021.

Students of grade 8 Prepared presentations to explain the different topics of Pollution.Each student got a chance to express themselves taking the seminar to another level.



**M.M. School.Raipur.  
Kitchen Gardening Activity.  
27th November 2021.**

**The students of grade 7 from M.M.School.Raipur were engrossed in 'Kitchen Garden Activity'. Students enjoyed digging,watering and levelled the piece of land allotted to them.**



## **M.M.School**

**29th November 2021**

### **The young Achievers Award**

The young achievers award distribution function was organised in Magneto Mall. The successful students in various fields such as sports , Education, Research skills and other skills had to be honored in the function. Devbrat Sharma, Bhumika Kukreja, Purvi Athawani, Anushka Sharma, Purvi Mukim, Sonal Thourani , Charulata Chandra of MM School were awarded by honorable Chief Guest Mr. Kuldeep Singh Juneja and Principal of MM School Ms. Sushmita Deb congratulated all the students by showing her presence during the whole event. Purvi Mukim of grade VIII was awarded for good skills in sports , and also participated in table tennis divisional trails. Anushka Sharma of grade 9th was awarded for representing the school table tennis team in divisional trials good in academics research skills and practices . Sonal Thourani of grade 9th , Purvi Athvani and Charulata Chandra of grade 10th were awarded the following skills such as good in critical thinking. Bhumika Kukreja of grade 11th was awarded to represent the school team in inter school basket pool tournament and participated in block level trials. Devbrat Sharma of grade 12th science was awarded for representing three times in inter school Basketball tournament 2018-19 ,2019-20 and 2 times represented Raipur district basketball team and Secure second place in 2021-22 good in curricular activities.





M.M.School

30th November 2021

Extended Learning (English)

Extended Learning Opportunities allow students to gain knowledge and skills through learning that takes place outside of the traditional classroom. Grade-7 students participated in poster making activity on 30th November 2021 on Save Tiger. Through this activity they learnt to write slogans and importance of saving nature.



**M.M.School**

**30th November 2021**

**Extended Learning (English-Grade-VIII)**

**Extended Learning is an important part of school life, contributing to student progress and attainment, Grade-8 students have performed skit on the story -Kidnapping of Clarissa Montgomery on 30th November 2021. Students enacted enthusiastically and learnt to overcome from difficult situation.**

