



E-GENESIS

THE SCHOOL NEWSLETTER
DECEMBER 2021



E-GENESIS

The School Newsletter
MPS INTERNATIONAL

Merry
Christmas



The Editorial Team

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From the Desk Of...

Honorary Secretary



Let's start with the definition of productivity. Productivity is a measure of a person's ability to complete a task efficiently. We frequently believe that productivity entails completing more tasks each day. In fact, productivity is defined as the ability to regularly complete key tasks. There are just a few things that are actually vital, regardless of the matter what you're working on. Maintain a constant, average pace on a few things, rather than maximum speed on everything, is the key to be productive. This straightforward choice chart can assist you in taking action, organizing activities, and completing more tasks. This matrix has the advantage of being able to be used for both large productivity goals ("How should I spend my time each week?") and smaller, daily plans ("What should I accomplish today?"). Experts recommend for peak productivity: The Ivy Lee Method: The daily routine experts recommend is that the productivity method is simple: start each day by doing the most essential thing. The Ivy Lee Method is a foolproof approach to put this idea into action. The majority of productivity tactics are focused on short-term efficiency: how to successfully manage your to-do list, how to get more work done each morning, how to cut your weekly meetings in half, and so on. All of these suggestions are reasonable. However, we frequently overlook the fact that some strategic decisions must be made if we are to optimize our productivity over time. In the following pieces, I dissect certain long-term productivity concepts. Considering Productivity in a different light being in motion vs. taking action is a common blunder made by smart people. How to Stay Focused When you are trying to achieve your objectives is more important to manage your energy than it is to manage your time. If you think about it, you'll undoubtedly notice that you're better at accomplishing specific things at certain times. What kind of energy do you have when you wake up. In the afternoon. In the evening. Determine which jobs are best suited for each energy level and time of day. The night before, prepare everything. Spend a few minutes every night planning your to-do list for the next day. It takes ten minutes that night and three hours the next day to complete. People who are able to maintain high levels of productivity are more likely to engage in specific activities, according to research. They establish clear boundaries between "work" and "life," say "no" to additional duties when they feel overwhelmed, value regular breaks and time off, and cheerfully interact with others in mutually beneficial ways.

Nirmal Dargar
Secretary (MPS International)



From the Desk Of...

Respected Principal



Slow and steady wins the race. For centuries people have used this moral for Aesop's fable The Tortoise and the Hare.

The moral is too simplistic to be true. You need a lot more to win.

The first skill needed is victory over self-doubt. This is a must needed skill to overcome all kinds of negative thoughts your mind tells you and others repeat.

The second skill needed is abundant enthusiasm. It is that quality that keeps up a joyful energetic go-getting attitude even when progress is extremely slow.

The third skill you need is the readiness to do the same boring things again and again. One step at a time, one step at a time, one step at a time it goes on.

Finally, what you need is the hope that you'll touch the finishing tape however slow life seems to move on. There is no substitute for this.

Above and beyond all this, trust that God does not despise a slow mover. The God who created the eagle also created the snail.

So we should not doubt God who has created every human being with a purpose. It's up to us how sincerely we make efforts to fulfill it. It's never too late to make a start.

Dear students as 2021 is coming to an end, everyone is getting very excited to enter into the new year. 2022 will be the year where everyone can start afresh. For the past two years, people have taken to their homes to abide by the social distancing rule due to the coronavirus pandemic.

May all sorrows get locked, and you get showered with the best of the best blessings. Let's All Pray For The Coming New Year To Be The One With Fewer Disasters.

More Laughter, Less Sorrows And More Kindness Towards Humanity!

Wishing Everyone A Rocking New Year!

Archana Singh
Principal (MPS International)



From the Desk Of...

Respected Vice Principal



Knowledge refers to the ability to comprehend facts, information, descriptions, and abilities. It is man's source of power, which sets him apart from other creatures in the cosmos. Though man is physically weaker than many animals, he can't see as far as an eagle. He can't even carry as much weight as carried by some other animals. He is, nevertheless, the most powerful creature on the planet. This power is primarily derived from his knowledge rather than his physical strength. **'Knowledge is power'** suggests that a person can use knowledge to gain education and control over his life. Man's power comes from his ability to gather information, maintain it, and pass it on to future generations. It enables him to master nature's powers and employ them to his advantage. If knowledge is applied appropriately, it has the potential to provide happiness to mankind. Wisdom, respect and power are all outcomes of knowledge. What Makes Knowledge So Valuable? Power may not necessarily accompany knowledge. Knowledge is the state of being aware of, comprehending, and gaining precise information about something, which is acquired by experience or study. This implies that a person can dynamically express himself and make informed decisions based on his daily experiences, knowledge, and comprehension. This does not imply that a man is powerful. When a person uses his knowledge to mobilize in the correct direction, he is said to be powerful. A person develops power when he has the ability or capacity to act or perform effectively with his knowledge. Knowledge is essential for shaping our personalities and perfecting our interactions with others. Knowledge improves one's ability to think critically. To be able to establish an opinion or develop a path of thought, you must have knowledge. Knowledge gives a person the ability to analyze and assert situations. An individual can master the ways of adjusting and accommodating to changes in his environment and life conditions provided he has enough knowledge.

A man's ability to withstand adversity and remain balanced is enhanced by knowledge.

It's a way to dispel gloom of ignorance. Individuals with higher knowledge have more possibilities in their professional careers.

True democracy can only exist when citizens are well-informed on the country's social and economic problems. 'Knowledge Prospective Education' is a key to success, and this phrase is true since knowledge can lead to a prosperous existence. In fact, the advancement of civilization in our society has been facilitated by the expansion of human intellect. It is the key to life's success. Humans are distinguished from animals by their knowledge, as well as their ability to think and analyze. We learn to be modest and empathetic as a result of our education. Only in this way can societal harmony be maintained.

Manju Sharma

Vice Principal (MPS International)



The School News

GOLD MEDAL IN SPELL BEE COMPETITION

In order to make the students fluent in English, the Spelling Bee Organization organized the 'Spelling Bee Competition 2021' in which around 200 students participated from class first to ninth in different groups. From Group 1 - Vyom Jain, Group 2 - Manisha Sarada, Group 3 - Aakash Sharma, Group 4 - Avni Khandelwal and Group 5 - Radhika Rathi secured a gold medal.



BAGGED A GOLD MEDAL IN BADMINTON

A student of MPS International, 'Kavyansh Sharma' of class 6th won a gold medal in under-13 District Level Badminton Championship and got selected for National Level Badminton Tournament. Honorable Secretary, Mr. Nirmal Dargar, Principal Ms. Archana Singh along with the entire school faculty congratulated coach Mr. Vijay Singh Rathore and Mr. Ranveer Singh Raj purohit and Kavyansh for their brilliant performance



NATIONAL MATHEMATICS DAY CELEBRATED

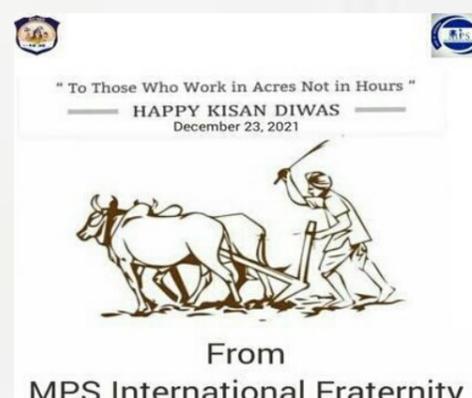
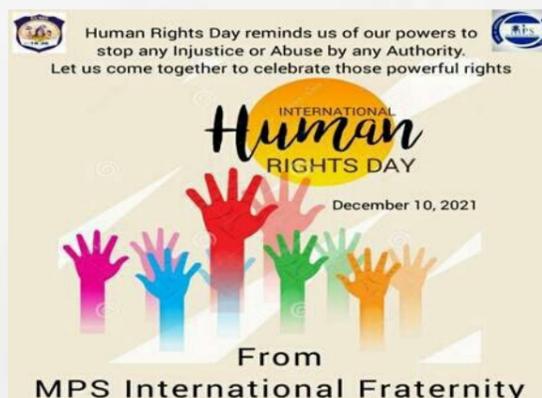
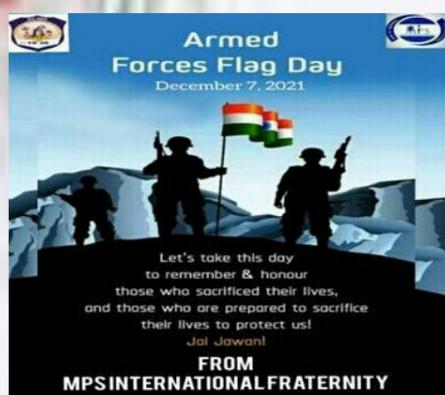
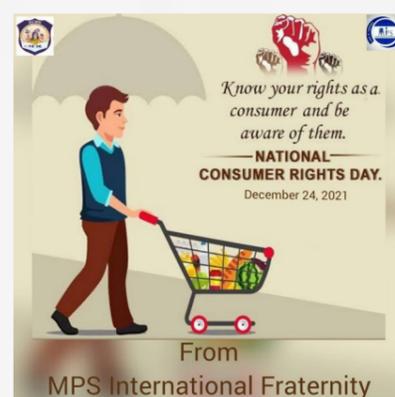
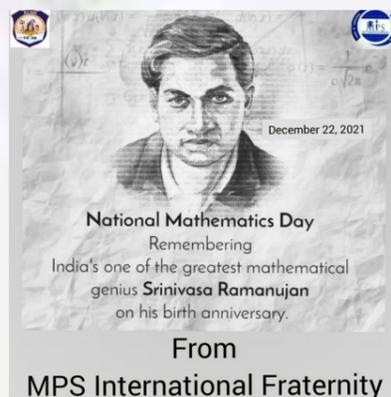
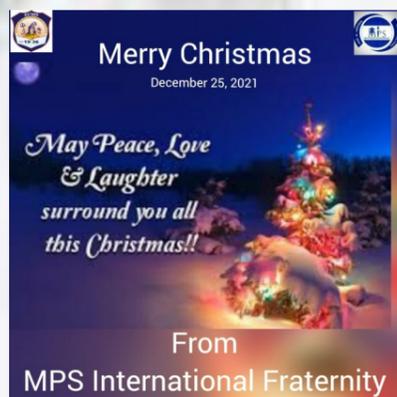
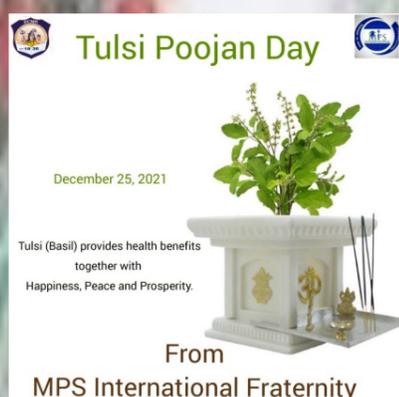
On the birth anniversary of the great Mathematician Srinivasa Ramanujan, to display the versatility of students on National Mathematics Day, a Math week was organized to eliminate the fear of mathematics from student's minds, to awaken interest in the subject and to explain the importance of mathematics in our day to day lives. During the week, children displayed various models, theorems, mathematical games, many forms of profit and loss, easy puzzles and short plays related to mathematics. Posters and models were made by the students to show their life character. Principal Ms. Archana Singh encouraged the children for mathematical thinking along with



The School News

WISHES ON THE OCCASIONS

MPS International wished the students on National Farmers Day, Human Rights Day, Armed Force Flag Day and conveyed their importance and significance to students.



VIJAY DIWAS CELEBRATED

On the occasion of Vijay Diwas, MPS International's NCC Cadets honored the martyrs who sacrificed their lives for the country on Amar Jawan Jyoti. They obtained enlightening facts about the indomitable might of the country's army from the soldiers of Rajputana, Mahar, and Fateh Saheb regiments. Student- Krityasudha Vyas, Tanisha Sharma, and Jayesh Alha presented their thoughts while praising the bravery of the martyrs. By visiting the martyr's site, the students also got valuable information about the clothes, weapons, scenes of war sites, etc., due to which the feelings of patriotism were infused in them.

In the prayer meeting of the school, the students saluted the bravery of the soldiers, acknowledging that December 16 is the same day when Indian soldiers sored the teeth of Pakistan. Class 10th student Richa Sharma stunned everyone by singing 'Teri Mitti Mein Mil Jawan'. Tributes were also paid to the recently martyred CDS General MR. Bipin Rawat and other brave soldiers. Principal Ms. Archana Singh also gave a message to the students to remember the martyrdom and valor. While encouraging the students, Vice Principal Ms. Manju Sharma said that it is not necessary that you can serve the country only by becoming a soldier. We can also become a good citizen and serve our country.





Sweet Seedlings



PARTH AGIWAL
III- G



MAHI MAHESHWARI
V- A



MERRY CHRISTMAS

Twinkle, Twinkle
Christmas lights
Lighting up December nights
Red and Yellow
Orange and blue
Make such a lovely view
Let love and happiness
Fill our lives
Christmas is a season not only
Rejoicing but of reflection
Merry Christmas

PADMAJA SHARMA
III- D





Enthusiastic Youth

READ, RECITE, REVIEW

Technology is growing by the day and has made self-study a tad easier as we can look up the Internet for references from several sources. Self-study effectively is one of the best ways to Achieve good marks in the Class X board exam. Here are some tips that can help as we enter the last lap of the Annual academic year.

Be consistent with your studies.

Dedicate and allot a specific time of the everyday study.

Don't just study your favourite subject.

Note down important points while studying.

Make use of reference materials such as guides, Online resources, videos, etc.

It is scientifically proven that browsing social media decreases the productivity of the brain. So, browsing is not good, especially during exam time.

Follow 3R's – Read, Recite, Review

Practice a lot of questions in each and every subject, work out previous question papers.

Prepare Flash Notes

TANUJA MAHESHWARI

IX- G



BEFORE YOU LET GO

Try one more time, no?

Afraid of failure? I know,

Confused about how things will go.

Still, there is a little desire which you could sow,

If it has got all it wants, it will grow.

Even if it doesn't; know that it's not meant,

Letting go will hurt, for you have spent.

But don't remain upset; just remember one thing,

To every end, there is a new beginning.

Yet,

Before you let go,

Hold onto the last ray of hope,

Scared that you might fall?

But what if you succeed.

PALAK DHARAMDASANI

IX-D



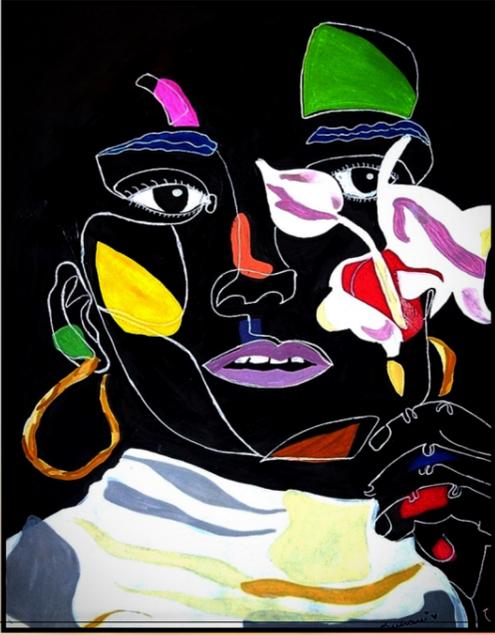
VINAMRAM

SHARMA

XII- G



Enthusiastic Youth



SUHANI MAHESHWARI

IX- G



समझदारी

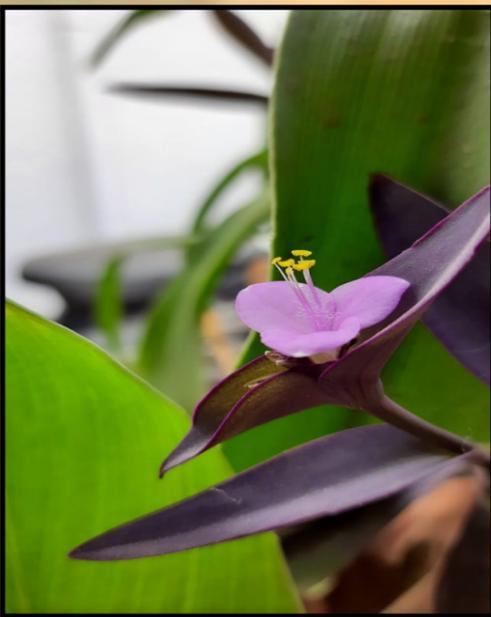
एक बार एक गुरुकुल में प्रार्थना सभा के बाद गुरु ने पुछा, "तो शिष्यों, आप सब ने क्या माँगा?"

एक बच्चे ने कहा, "गुरुजी मैंने तो ये माँगा कि मैं आगामी परीक्षा में अच्छे से प्रदर्शन कर सकूँ।" "अच्छा, और तुमने क्या माँगा?" गुरु ने दूसरे शिष्य से पुछा। "गुरुजी, मैंने माँगा कि मैं बहुत बड़ा आदमी बन सकूँ और खूब धन कमाऊँ।" "बहुत अच्छा, और तुम बताओ, तुमने क्या माँगा?" उस बच्चे ने उत्तर दिया, "गुरुजी, मुझमें इतनी समझ कहाँ कि मैं अपने लिए कुछ माँग पाऊँ, अगर कुछ गलत माँग लिया और ईश्वर ने सच कर दिया तो? इसीलिए मैंने तो ये माँगा कि मेरे माता पिता की सारी इच्छाएँ पूरी दीजिये। क्योंकि वैसे भी वे तो जो कुछ भी माँगते हैं मेरे भले के लिए ही माँगते हैं। तो भगवान अगर उनकी सारी इच्छाएँ पूरी करेंगे तो मेरा जीवन तो अपने आप खुशहाल हो जाएगा।"

गुरु स्तब्ध नजरों से उस बच्चे को देख रहे थे और मन ही मन उसकी समझदारी को प्रणाम कर रहे थे।

JIYA GARG

XI- A



VINAMRAM

SHARMA

XII- G



DETERMINATION

How determined are you? Some people appear to bounce back easily from personal mistakes and disappointments, while others have a much harder time. Are you fast to give yourself a chance and adapt towards the situations when life throws you a curveball? Or do you feel entirely overwhelmed, with little faith in your capacity to handle the situation? Not to worry if you fall into the latter category. Fortunately, there are a variety of practical ways for developing mental toughness; it is a skill that can be developed and honed through practise, dedication, and hard work. When lifestyle conditions change abruptly and for the worse, our resilience is put to the test- including a deceased family member, the loss of a career, or the termination of a relationship. Such hardships, on the other hand, provide an ability to rise above and return even stronger than before.

KRITYASUDHA VYAS

IX- G



Enthusiastic Youth

MENTAL HEALTH

My son came home, said nothing I tried to understand his silence

I tried taking him to a counsellor

BUT HE WAS JUST TOO SHY TO SPEAK OUT ABOUT HIS PAIN

And my efforts, all in vain

I said it's okay to not feel okay

Then my son said.

"You don't have any idea about my sleepless nights "

"I got fired 3 times from my job, and you say that my future is bright "

Do you have any idea how depression feels like?

"It's like ghosts being active in the middle of the night "It's like that witch who tried to kill snow white "

What's the use of waking up every day?

My life is full of black and whites, greys and blues and happy moments, only a few

Tomorrow, today, yesterday every day feels the same

sad and gloomy

I think of committing suicide every night

"Anxiety issues lingering up to my body when other people have the courage to show their might "

A tear dropped from my eye I told him

I know love what depression feels like I was 16

And no one wanted me on their team

"I could have committed suicide "

"But when I chose to spoke ""They laughed me out " "When I wrote "

"They shut me down"

AND YOU SAY I DON'T KNOW WHAT DEPRESSION FEELS LIKE!

Oh, dear if it wouldn't have been you

I would have died

You gave me a reason to smile You gave me a reason to be brave

AND IF YOU HAVE MENTAL HEALTH ISSUES

DON'T BE AFRAID

Because your mother is with you.

JHALAK MALL

XI-H



Teacher's Corner

प्यारे बच्चो नमस्कार

नववर्ष प्रारम्भ हो गया है। आप सभी ने नए वर्ष के आने का जश्न खूब मनाया होगा। कई सपने देखे होंगे, कई लक्ष्य बनाए होंगे। नववर्ष में बहुत कुछ करने की ठानी होगी। लेकिन जैसे जैसे वक्त गुजरता है ये जोश, ये उत्साह कम होने लगता है।

ऐसा क्यों? क्योंकि जिस उत्साह से आपने लक्ष्य बनाए उसी उत्साह से आपको उन्हें क्रियान्वित करने की योजना भी बनानी चाहिए थी। सिर्फ योजना बनानी ही नहीं चाहिए थी उस पर अमन करना भी शुरू कर देना चाहिए था।

होता क्या है कि जैसे ही आप अपने लक्ष्य की तरफ बढ़ने लगते हैं कोई न कोई बाधा खड़ी हो जाती है। फिर आप उस काम को टाल देते हैं। ये सिलसिला यही चलता रहता है। और आप कभी अपना सोचा हुआ काम समय पर पूरा कर ही नहीं पाते। आपके रास्ते में आने वाली बाधा आपके लक्ष्य से बड़ी कैसे हो गयी?

ये कभी सोचा आपने?

नहीं न,

देखो बच्चो, जब आपने अपने लक्ष्य (टारगेट) की तरफ बढ़ना शुरू किया तो आपकी इच्छाशक्ति (विलपावर) प्रबल (स्ट्रॉंग) थी मगर जब कोई मुसीबत आयी तो आपने उसे हल करने की बजाए उस रास्ते को छोड़ दिया और आलसी हो गए।

जैसे मानो आपने सोचा आप सुबह जल्दी उठकर पढ़ेंगे लेकिन उस दिन जब आप जल्दी उठना चाह रहे थे ठंड बहुत हो गयी, आप बिस्तर में से निकलकर पढ़ाई के लिए तैयार होने के लिए अपने आप को राजी नहीं कर सके। मन ने कहा कल पढ़ लेंगे आज ठंड बहुत है। फिर कल भी यही हुआ।

लेकिन अगर उस दिन आप अपने मन को नियंत्रित करके उठ कर पढ़ने बैठ जाते तो सर्दी के रूप में जो बाधा आपके सामने खड़ी थी जिसने आपको आलसी बना दिया वो खत्म हो जाती।

यानी जब आप अपने लक्ष्य पथ पर पूरी मजबूती व इच्छाशक्ति से बढ़ते हो तो कोई भी बाधा टिक नहीं सकती।

आप सोचिए, क्या उस सर्दी वाले दिन आपके मम्मी -पापा ने जल्दी उठकर अपने अपने काम नहीं किये? किये न ?

फिर आप क्यों नहीं कर पाए? क्योंकि आपको उस काम को टालना ज्यादा सरल लगा।

इसलिए अब, जब भी कुछ करने की ठानो तो उसे करके ही मानो।

क्योंकि

जो बीच राह में बैठ गए वे बैठे ही रह जाते हैं

जो लगातार चलते रहते वे निश्चय मंजिल पाते हैं।

जीवन में बाधा सबके सामने आती है।

उस बाधा से अपना लक्ष्य बड़ा समझो और आलस्य छोड़ मेहनत का हाथ पकड़ कर अपने रास्ते पर बढ़ो।

आज का काम कल पर कभी न टालो।

जब मन में आये कुछ करने का

उसी क्षण उसे कर डालो।

उम्मीद है अपनी दीदी की यह बात आपको खूब समझ आयी होगी।

परिस्थितियों को चुनौती बनाकर उन्हें अवसर में बदल लेना ही सफल व्यक्ति की पहचान है।

तो अभी बनाइये अपने इस वर्ष के लक्ष्य, उसे प्राप्त करने की योजना व रूपरेखा (चार्ट)।

जुट जाइये उन्हें प्राप्त करने में।

याद रखिये आपको सफल होने से सिर्फ आप ही रोक सकते हैं और कोई नहीं।

फिर मिलेंगे, कुछ और आपकी ही बातों पर बात करने के लिए।

VIJAYLAXMI JANGID

TEACHER



World Disability Day

World Disability Day is celebrated on 3 December every year.

The annual observance of the International Day of Disabled Persons was proclaimed in 1992, by the United Nations General Assembly resolution 47/3. The main objective of this day is to promote an understanding of disability issues and mobilize support for the dignity, rights and well-being of persons with disabilities. Every year we have a theme to celebrate the day, the theme for this year is 'Fighting for Rights in the Post-COVID Era', which celebrates the challenges, barriers and opportunities for people who live with disabilities, in the context of a global pandemic. A disability is defined as a condition or function judged to be sensitively impaired relative to the usual standard of an individual. Disability is intellectualized as being a multidimensional experience for the person involved. There may be effects on organs or body parts, and there may be effects on a person's participation in areas of life. But then it doesn't mean they are not a part of the Society. They are as important as a normal person.

Every child has a different ability in different areas including children with special needs. This can be proved by seeing many examples of great people doing miracles with severe disabilities for example Stephen William Hawking, was an English theoretical physicist, cosmologist, and author who, at the time of his death, was director of research at the Center for Theoretical Cosmology at the University of Cambridge. Between 1979 and 2009, he was the Lucasian Professor of Mathematics at the University of Cambridge. Helen Keller was an American author and educator who was blind and deaf. Her education and training represent an extraordinary accomplishment in the education of persons with these disabilities.

We as normal people and the great members of the society wanted to be aware, empathic and very kind hearted to children with special needs to make them feel comfortable and a part of the society and this we can do first and foremost from our own house, surroundings and family. We need to make them feel very happy, part of us, our family and society so that they feel happy, motivated and they do not hesitate to come out in the society and live a normal life.

Thanks

Special Education is an Art and it has become my life's Part.

SANTOSH KUMARI

SPECIAL EDUCATOR



Teacher's Corner

Sports have been one of the most loved activities in India. Almost everyone indulges in some form of sports from hockey, cricket, football, badminton, tennis to golf, swimming and archery. Gone are the days when different sports were mainly played for recreational purpose or to satisfy the fitness demands. The India of today plays with a competitive frame of mind. People have changed with time and opportunities available. Today, parents encourage their children to play games and earn name and fame for themselves. With the growing demand for all the sports, the need to have an athletic body has also gained importance.

To take Indian Sports to new heights, the task of governing and promoting them in India have fallen on a number of Indian sports associations. Sports organisations like the Indian Olympic Association and Sports Authority of India are working towards raising the standard of Indian sports through various talent promotion programmes. A host of sports academies and institutes are actively involved in the grooming of Indian sportsmen. Moreover, there are various corporate houses coming to the rescue of sponsors-starved games. India has set up an annual award for companies which promote sports in the nation of more than a billion.

Traits of a Sportsman

Sportsmen are required to be energetic, enthusiastic and physically fit.

Sportsmen must be absolutely committed and dedicated to the game they commit themselves to.

Patience, perseverance and sportsmanship are required to excel in any sports arena.

In team sports sportsmen need to shed their personal inhibitions to work as a team to achieve a common desired goal.

A sportsman has to undergo physical conditioning throughout his career.

Promise of a Bright Future

Indians now definitely believe in the power of sports. Indian sport is going through a makeover. Cricket is no longer the only source of glory of the Indian masses. They can now engage with other sports too. India's recent showing at various championships across the world has heralded a new era of sports in India. Yuki Bhambhani and Saina Nehwal are the carriers of the beacon of hope for Indian Sports.

Another important transformation that Indian sport is going through is the recognition and inception of young talent at the grass root level. This in turn is converted into young Indian talent putting up a good show internationally. The Saina Nehwal's, Rohit Sharma's, Chetan's, Jitender Kumar's and Mary Kom's are the promises of a great industry building up. The question now arises, what keeps them glued to their profession?

Firstly, there has been a remarkable change in the Indian outlook towards sports. Parents belonging to any background of society now believe in the power of sports. Once the family decides what game to follow, there rises the need to nurture the talent and build it. Sporting academies catering to a wide array of sports have been instrumental in providing the base for the country's young talent. Financial backing from the corporate world at the amateur level has also played a very important role in promoting talent. The young guns are now finding more encouragement than years ago. We can surely forecast a great sporting future for India.

VIJAY SINGH RATHORE
TEACHER



Teacher of the Month



Mr Anil Sharma

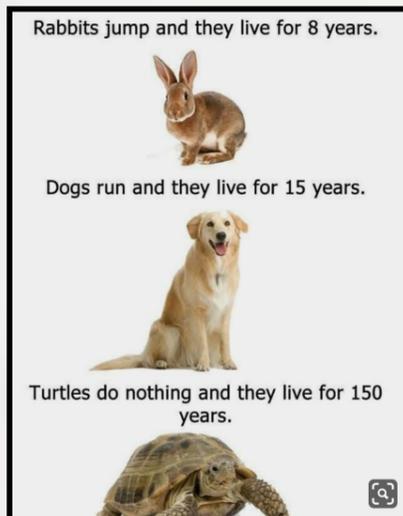


Ms Kamla Sharma

Student's Corner

HOW WE CELEBRATE THE NEW YEARS-

- (1) New Year's Day is observed on January 1st according to the Gregorian and Julian calendars.
- (2) Before midnight on the first day of the New Year, people have a lot of fun.
- (3) Almost every country celebrates the New Year with great fanfare.
- (4) On New Year's Day, everyone dresses up in new attire and exchanges greetings.
- (5) On New Year's Day, many different types of programmes are held in schools.
- (6) In the New Year's Eve event, many fireworks, dance competitions, singing competitions, and other activities are kept.
- (7) At New Year's, the market is a dazzling spectacle, with colorful lights and various beautiful things adorning every surface.



Idioms

BE OUT OF THE WOODS

to no longer be in danger or difficulty

The project has been given funding for another year, but it's not out of the woods yet.

Vocords

Idioms

PASS MUSTER

be accepted as adequate or satisfactory

eg. This manifesto would not pass muster with the voters.

Vocords

Idioms

AT THE DROP OF A HAT

without any hesitation, instantly

eg. If you need help, just call on Mike. He can come at the drop of a hat.

Happy Parents

Hello everyone,

Myself Santosh Vyas, mother of Krityasudha Vyas. My husband and I are working parents and being working parents we never got that much time that we could look into our children's academics and extra interests but I was never worried because I always trusted the school faculty of MPS INTERNATIONAL and they never let my hopes down. I am very happy that my daughter is studying in a school where she has perfect interaction and there is always someone who is focusing on her and helping her in her problems and I have often heard my daughter praising the school and not only the teachers but also the work staff. She says that everyone is so friendly and cares about them. The happiness on her face lets me sleep every night without any regret. From the bottom of my heart, I would like to say thank you to MPS International.

Santosh Vyas

Mother of Krityasudha Vyas IX-G



Hello,

I would like to take this opportunity to thank the entire staff of MPS INTERNATIONAL school for the efforts they are putting together to teach our children in this tough time. It was very overwhelming to see the new way of learning being adopted with huge efforts, and not only this, the entire children and parents community was also made comfortable by school.

I really appreciate the hard work, dedication, and enthusiasm of every single teacher for conducting the online classes. They are concept-based, interactive, and at the same time very knowledgeable also. The lesson is well planned. The deliverance is so perfect with all the possible inputs i.e. presentation, assignment, handling the kids, etc.

Being a mother I am very happy and thankful for the stupendous amount of efforts put in to mitigate the challenges during the pandemic.

Mona Heda

Mother of Mahi Heda VI-C

