



# Miles of Smiles

The Art of Living Free Schools Newsletter

JULY 2023



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# The Art of Living Free Schools

82,000+ Students

1096+ Schools in India

In 1300+ Villages in India

Across 22+ States in India

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## I) ACHIEVEMENT:

### 1) WINNERS OF KINGU SHITO RYU OPEN KARATE CHAMPIONSHIP:

Two students from our Tamil Nadu school, M. Sajithan of class VIII and T. Vishva of class VII won third prize in the Kingu Shito Ryu Open Karate Championship. We congratulate the winners.



### 2) WINNERS OF THE THANJAVUR BOOK FAIR:

25 students from our school in Tamil Nadu, Thanjavur District recited more than 150 Thirukkural in the Thanjavur Book Fair organised by the Govt. of Tamil Nadu. The competition was organised by Meenakshi Mission Multi Speciality Hospital. The winners were awarded books from the book fair for their remarkable achievement.



## II) SCHOOL ACTIVITIES:

### A) RESPONSIBILITY TOWARDS PRESENTING THE LEARNINGS:

#### 1) DRAWINGS:

Students of our school in Bihar presented wonderful drawings on nature, heart, and telescope. Our Kerala school students presented drawing of famous Malayalam story writer. Students of Sec 48, Delhi learnt to draw flowers and fruits with the help of vegetables like ladies finger, potato. The teachers conveyed to the students that one needs to eat vegetables to stay healthy.



## 2) CRAFT:

Our students of Kerala school showcased houses made with paper and they also made articles out of small coconuts. Students of our school in Sec-48 Delhi made clock out of cardboard.



## 3) LEARNING THROUGH ACTIVITY:

Our schools in Delhi made the students learn Ordinal Numbers in Mathematics and nouns in English through an activity. Activity based learnings makes the concept more clear in the minds of the students.



## B) RESPONSIBILITY TOWARDS BRINGING POSITIVE CHANGE IN SOCIETY:

## 1) RESPONSIBILITY TOWARDS ENVIRONMENT:



Our schools across 22 states conducted various activities to make the students responsible towards their environment and also on reducing and reusing plastic. Protecting, Conserving and Maintaining the environment was the main theme. The students were taken to the farm and showed how to sow the seeds. They planted small saplings in the vicinity of the school, campaigned with slogans against the usage of plastic which is very harmful to the environment. They spoke



to pedestrians for using cloth bags and paper bags instead of plastic. They made useful articles out of plastic which could be put to best use. Seed Bank was created in the school and the students were asked to bring different seeds of plants like mango, jackfruit, Lakshmi Taru, lemon thereby bringing an awareness on protecting, conserving and maintaining the environment in which plants play a major role. They also performed a skit on the harmful effects of plastic on the environment.

The students were also taken on a nature walk.



## C) RESPONSIBILITY TOWARDS SELF:

### 1) CLEANLINESS:

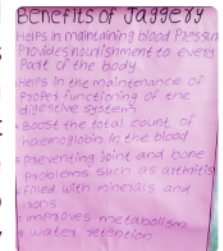
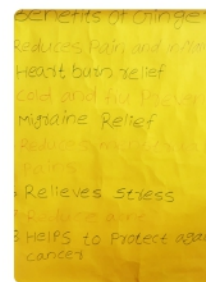
Our school in Baripaikant, Bihar showed through an activity on how to wash hands before and after meals especially after the outbreak of the pandemic covid 19. Though at present there is no covid but the students were asked to take care on simple hygiene matters.



## D) MAINTAINING AGE OLD PRACTICES:

### 1) BENEFITS OF GINGER AND JAGGERY:

Our schools follow the tradition of maintaining age old practices which were used by our ancestors. Our schools in Delhi, Kerala and West Bengal made the students to do an activity on the benefits of using ginger and jaggery. By making a chart and speaking on the benefits children were made aware of the usefulness of the product.



### 2) RALLY ON DRUG ABUSE:

Our students of Chakmaghat school, Tripura took out a rally on drug abuse. By this rally the students brought in an awareness on the harmful effects on the usage of drugs.



## 2) USE OF SAND CLOCK AND BEAM BALANCE:

Students of our school in Tamil Nadu made Sand Clock. They also made beam balance. Beam balance is a device used to measure mass.



## III) DEVELOPMENT AND CAPACITY BUILDING ACTIVITIES:

### 1) DISTRIBUTION OF BOOKS, BAGS, UNIFORMS, SHOES AND UMBRELLA:

Text books, note books, uniforms, shoes and umbrellas were distributed to all our school students across 22 states.



## 2) ELECTIONS:

Following the democratic election process at the government level of our nation, our 10th std English medium Karnataka school student leaders were elected by way of ballot. The student ministers along with the president and vice president took an oath to uphold the discipline and smooth functioning of the school at the student leader level with the guidance of teacher committees. The school appointed student ministry for hygiene, sports, cultural activities, discipline. The objective of the election was to encourage older students to take up leadership and accountability of school community at the 10th std level thereby preparing them to be leaders of the world.



### 3) BAG FREE DAY:

As per the order of the Karnataka Education Department the 3rd Saturday of every month has been announced as Bag Free Day. The children will not be carrying any books/textbooks on that day but they will be involved in a number of activities as planned for the respective section. The school engaged the children in various activities like dance, making articles out of play clay etc. the objective being bringing forth the inbuilt talents of the child.



### 4) HEALTH CHECK UP:

Our schools in Delhi conducted health check-ups for their students and our school in Pampapur, Chhattisgarh conducted eye check-up for their students.



### 5) REVIEWING TEACHERS:

Pampapur school instructors were evaluated based on their qualifications, instructional methods, and student-teacher relationships. Mr. Sunil Kumar Gupta, tahsildar, dist-Jashpur, Chhattisgarh, and Mr. Abhishek Jha, agriculture officer, served on the review panel. Mr. Sanjeev Kumar, a member of the school committee, organised this meeting with the goal of improving the school on all levels.



### 6) SCHOOL MANAGEMENT COMMITTEE:

Our school in Sankra, Chhattisgarh held a meeting with all the guardians and teachers to form School Management Committee. The committee was formed of guardians and teachers of the school in order to run the school well. The committee also ensures regular timely attendance of all teachers and students, enrollment of all boys and girls in the age group of 6 to 14 years and enrolling disabled

children and ensuring their facilities. To motivate for arranging regular Parent Teacher Meeting.



and satsang. It was enjoyed by all the children, parents, villagers and school staff. The children showcased beautiful drawings. Saplings of plants were planted by students, and teachers. Delicious food was prepared and served as prasad to all children, parents, villagers, teachers and staff.



## 7) KARKIDAKA THEEYAM:

Karkidaka Theeyam is a set of Hindu rituals performed on a specific monsoon day in the state of Kerala. It is an age old ancient tradition which is followed even today in some parts of Kerala. It is believed to cure or alleviate the monsoonal diseases and the ill effects of Karkidakam or monsoonal miseries. The students of our school in Kerala were educated on this tradition and they were awed in seeing the dance with colourful attire.



## IV) CELEBRATIONS:

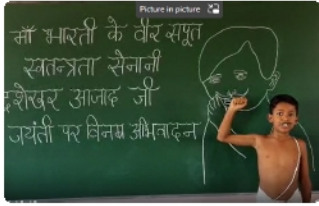
### 1) GURUPURNIMA:

Guru Purnima or Vyasa Purnima is the day to celebrate and pay our gratitude to our Gurus. Guru Purnima is celebrated to honour our teachers, who remove the darkness from our minds. Guru Purnima was celebrated in great pomp across all our schools. The schools decorated by putting beautiful rangolis and flowers. It was followed by performing gurupuja, meditation

### 2) BIRTH ANNIVERSARY OF LOKMANYA TILAK AND CHANDRA SHEKHAR AZAD:

The teachers of our schools guided our students by giving information about both the freedom fighters. They said Lokmanya Tilak shook the foundation of foreign rule with the demand of Purna Swaraj. Chandra Shekhar Azad lived life in his own terms, answered the British in his own language and he sacrificed his life for the country. He is a symbol of fearless courage and patriotism. Some students even expressed their thoughts on the great leaders. The children showed arti and bowed down in front of the picture of Lokmanya Tilak. They even dressed themselves as Chandra Shekhar Azad.





## 5) LAUNCH OF CHANDRAYAAN 3:

The Chandrayaan 3 space craft spent two weeks in an Earth orbit before injecting itself into a translunar orbit early on Tuesday, 25th July 2023. Our school in Tamil Nadu telecasted the live take off of the space craft for class IX and X Std students. The students expressed gratefulness to be part of this historic moment in Indian space history.



## 3) EDUCATION DEVELOPMENT DAY:

Our School in TamilNadu, on the Birthday of Kamaraja, a political leader who first introduced Free Meals and Free Education in TamilNadu, students from Grade1 to 10 participated in various competitions.



## 6) THANJAVUR BOOK FESTIVAL:

The Government of Tamil Nadu especially the Education Department organised Book Fair in every district of Tamil Nadu. The 10-day fair was conducted in the Thanjavur Palace. Students from Class VI to X from our school in Tamil Nadu visited the Book Fair. The respective Books publication were also present. The students purchased 150 books on a discount of 30%.



## 4) KARGIL VIJAY DIWAS:

This day is celebrated to mark India's triumph in the 1999 conflict with Pakistan. Our school in Karnataka celebrated this day with students saluting the bravery and sacrifices made by Indian soldiers during the intense and prolonged war.



## 7) ALANDI YATRA:

On Maharashtra during Kamaki Ekadashi, alandi yatra is organised in various parts of Maharashtra. The yatra starts in Alandi and ends in Pandharpur. Palkhis are arranged keeping the padukas of Sant Dnyaneshwar and devotees during the yatra sing bhajans, kirtans and, taking the names of other saints like Nivrutti, Sopan, and Tukaram Maharaj reach Pandharpur. The padukas are then kept in the shrine. Our schools in Maharashtra too arranged a Alandi Yatra. The yatra culminated in a temple near the school. Children dressed themselves in beautiful attires, taking the palkhi sang bhajans, kirtans in praise of Lord Vithoba. After reaching the temple near to school, the padukas were kept in the shrine. The children then gave a sterling performance of their dance. They also played phugadi a traditional game of Maharastra. All the children later were given Prasad.





# Gift A Smile...

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