



SCHOOL CODE: 57056

AFFILIATION NUMBER: 130180

REPORT ON POSHAN PAKHWADA ACTIVITIES

As part of the nationwide initiative Poshan Pakhwada, students of our institution participated in spreading awareness about the importance of nutrition and promoting health and wellness among everyone. It was marked by a series of activities aimed at fostering a better understanding of healthy eating habits and a balanced diet.

1. Clay Modelling Activity – Fruits and Vegetables Theme

Students were encouraged to use clay to make models of fruits and vegetables. This activity helped the children learn about the importance of including fresh fruits and vegetables in their daily meals.

2. Seminar on Nutrition and Balanced Diet

A seminar was organized for students to raise awareness about the importance of nutrition. Topics such as the components of a balanced diet, and the benefits of healthy eating were discussed. The session helped students understand how healthy food choices contribute to physical and mental well-being.

3. Interactive session on Nutrition, Health, and Wellness

An informative session was conducted to educate students about the importance of nutrition, health and wellness. Visual aids were used to make the session more understandable. The session encouraged students to adopt safe and healthy habits, contributing to a cleaner and healthier future.

4. Nutrition Literary Campaigns

A fair was arranged where different types of healthy foods and junk foods were showcased. Students were guided through the display to observe, compare, and understand the nutritional value and impact of each.



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INTERNATIONAL DAY OF YOGA -2025

'International Day of Yoga' was celebrated by the students of grades 6th to 10th and teachers with great enthusiasm.

1. June 18th, 2025 to June 20th, 2025.

Sri. T. Ramu, yoga guru was invited to our school. To make the children feel the significance of Yoga for overall health and well-being and its need in day to day life to secure health. Children were given demonstration and practice under the guidance of the Yoga master on all the three days from June 18th to June 20th.

2. June 21st, 2025

The International Yoga Day events began with the yoga song followed by a brief introduction of yoga.

- Sri. T. Ramu has taken initiative in giving warm up exercises to all the students. They practiced and performed sitting and standing asanas. Importance of these asanas was explained simultaneously by Ms. Geeta.
- Yoga pledge was taken by all the students to introduce this activity in their daily lives. It was conducted by Ms. U. Sriya Sathwika of Class X.

- The event featured inspiring speeches, by class IX students emphasizing the significance of yoga in today's fast paced world.
- The early distribution of yoga material played a key role in the success of the program.
- A Quiz on Yoga was conducted successfully for all the students. Separate questionnaires were prepared for juniors and seniors wherein most of the students secured the maximum marks. The winners were awarded prizes, which added excitement and motivation to the event.
- The celebration concluded with the speech of our honourable Director Ma'am. She encouraged students to practice yoga regularly and to remain fit and improve concentration.



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HAR GHAR TIRANGA PROGRAM

School Quiz (7th August, 2025): On the occasion of 79th Independence Day, a school quiz on the Freedom Movement and the prominent Freedom Fighters was conducted successfully for the students from classes 6th to 10th. It was very informative and knowledge enriching competition for the participants.

National quiz on the Tiranga (2nd-8th August 2025): Students were encouraged to participate in the national quiz on the Tiranga via the MyGov platform in coordination with MeitY (MyGov).

Local Tiranga Rally (12th August, 2025) :One of the most impactful events was the Local Tiranga Rally, in which students marched with banners and raised slogans through nearby areas. This initiative filled everyone with honour for the great sacrifices made by our freedom fighters.

Essay writing (14th August, 2025): Students of classes 6th to 10th enthusiastically took part in Essay Writing competition. The competition aimed at celebrating the spirit of Independence Day while encouraging young students to express their thoughts on this significant national event.

Poster Making (14th August, 2025): Poster Making Competition was conducted for Classes 1st to 10th. The objective of this competition was to create awareness in students regarding India's freedom struggle. Students were asked to express their ideas through beautiful posters. The young learners displayed their artistic and creative skills through an array of posters.

Independence Day celebrations (15th August, 2025): On the occasion of 79th Independence Day, a series of events were portrayed that resonated with the essence of freedom, unity and national pride.

- Hoisting the Tricolour by the Chief Guest and Saluting the Tricolour Tiranga by all marked the beginning of the solemn and grand celebrations.
- A colorful cultural program unfolded, featuring patriotic songs and dances that captured the spirit of patriotism and paying tribute to all our freedom fighters.
- Students delivered speeches in multiple Indian languages that highlighted the notable events of Indian freedom movement and the eminent leaders that led the movement.
- More than 50 students enacted the skit that displayed all the events of Freedom Movement from 1857 First War of Independence to 1947 India won its Freedom.
- Students presented a dance which depicted the important events of Indian Freedom Movement at The District Collector Office and won the third prize. The students' dedication, dance skills and love for nation have clearly paid off.
- The celebrations ended with National Anthem that echoed the spirit of patriotism in each and every child, parent, teacher and the guest.



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‘VIGILANCE AWARENESS WEEK-2025’

Vigilance Awareness Week was observed in our school with great enthusiasm and active participation from students of Classes 6 to 10. A series of activities were organized. The celebration aimed to promote integrity, transparency and the importance of being vigilant citizens.

- **Integrity Pledge:** To mark the spirit of Vigilance Week, students and teachers collectively participated in taking the Integrity Pledge, promising to uphold honesty and fairness in all their actions.
- **E-Pledge :** Message was sent through the school app for students, parents and the staff to take the e-pledge from the Central Vigilance Commission’s portal.
- **Sensitisation Programme:** A session was organised for the teachers to promote awareness about integrity, transparency and ethical values in the education system. The session highlighted the importance of being role models for students by practising honesty in all professional activities.
- **Elocution:** As part of the activities, an elocution program was organized for students of Classes 6 to 8, where participants expressed their views on the importance of honesty, responsibility, and ethical conduct in daily life. Their thoughtful speeches highlighted the need for moral values in building a corruption-free society.
- **Quiz & Poster making:** For Class 9, a quiz competition was conducted to test students’ knowledge about vigilance, integrity and the role of citizens in promoting transparency. Along with this, a poster-making activity was also held for Class 9 students, allowing them to creatively express their ideas on the theme of vigilance through art and imagination.

The week-long observance successfully spread the awareness about the importance of ethics and collective responsibility in fighting corruption and promoting fair values among students.



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‘Celebration of Janjatiya Gaurav Divas 2025’

With a heartfelt tribute to Bhagwan Birsa Munda and honouring his great contribution to the freedom struggle, we celebrated “Janjatiya Gaurav Divas 2025” commemorating the 150th birth anniversary of the iconic freedom fighter Sri Bhagwan Birsa Munda.

We proudly share the particulars of the activities that upheld the core purpose of celebrating “Janjatiya Gaurav Divas 2025” and highlighting “the Contribution of Tribal Communities to Indian Society and Heritage in General” from 1st November to 15th November 2025.

- **1st November 2025:** The school assembly — the first platform to ignite young minds — displayed a 4D photograph of Bhagwan Birsa Munda with a brief introduction. Later, students of Classes VI and VII were shown a documentary on Janjatiya culture.

- **3rd November:** Worli Art Gallery (4D) was organized; students from Classes VI to X participated in learning and creating Worli art.

- **4th November:** A “Story-telling Competition” was held, with the theme “Janjatiya Gaurav Divas 2025” and “the Contribution of Tribal Communities to Indian Society and Heritage in General,” honouring the 150th birth anniversary of Sri Bhagwan Birsa Munda. Students narrated folk tales and heroic episodes, bringing the spirit of tribal valor to life.

- **6th November:** An engaging Photo Quiz covering milestones of Bhagwan Birsa Munda’s life and tribal history was conducted for all classes. It succeeded in kindling patriotic spirit and paying respect to the sacrifices of the great freedom fighter.

- **7th November:** An Essay-writing Competition on “Sri Bhagwan Birsa Munda” was organized for students of all classes. In addition, classroom discussions were held focusing on the Contribution of Tribal Communities to Indian Society and Heritage in General, encouraging critical thinking and appreciation of tribal legacy.

- **10th November:** A powerful Nukkad Natak (street play) on the theme “Janjatiya Gaurav Divas 2025” and “Sri Bhagwan Birsa Munda” was performed by children. The enactment inspired the entire school and filled the young minds with immense respect for the selfless sacrifice of Bhagwan Birsa Munda.

- **12th November:** Students from all classes showcased tribal dances and folk songs representing different states of India, vividly displaying the rich tribal heritage of our nation. The performances were received with great enthusiasm and pride.

- **13th November:** Community Bhoj was held, fostering mutual respect, care, happiness and the importance of togetherness among children.

- **14th November:** An outreach activity was conducted wherein students visited the nearest tribal homes. This direct interaction allowed them to understand the living heritage and contemporary lives of tribal communities, deepening empathy and connection.

- **15th November:** A reflection session and final presentation were held, summarizing the fortnight-long celebrations. Students shared their experiences, learnings and the impact of the various events, bringing closure to “Janjatiya Gaurav Divas 2025” on a note of gratitude and pride.



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‘Celebration of 150 Years of Vande Mataram’

To commemorate 150 years of the patriotic song “Vande Mataram”, a series of activities were organized on 7th November 2025. The celebrations aimed to help students and parents understand the historical, cultural, and national significance of the song while fostering a deep sense of patriotism, unity, and respect for the motherland.

Activities Conducted

1. Mass Singing of Vande Mataram

A grand mass singing session was organized in the school playground in the morning where students, teachers, and staff collectively sang Vande Mataram with great enthusiasm. The atmosphere was filled with patriotic fervor as voices united in harmony to honor the nation. The recording of this event is uploaded to the official campaign website as part of the nationwide initiative celebrating the 150th anniversary of Vande Mataram.

2. Participation in National Quiz via MyGov Platform

In coordination with the Ministry of Electronics and Information Technology (MeitY) and the MyGov platform, students and parents were encouraged to participate in the National Quiz on the Vande Mataram theme. The activity promoted awareness about the song’s origin, meaning, and role in India’s freedom struggle, while also engaging families in a shared learning experience.

3. Special Assemblies Dedicated to Vande Mataram

The school organized special morning assembly, focusing on the theme “Vande Mataram – A Tribute to the Nation.” Students presented speeches, poems, skits, and musical performances highlighting the song’s significance in inspiring freedom fighters and uniting the country. Teachers also shared insights on the song’s composer, Bankim Chandra Chattopadhyay, and its historical context.

Outcomes and Impact

The celebration provided students with a meaningful understanding of Vande Mataram as more than just a song — it is a symbol of national pride and unity. The active participation of students, parents, and teachers strengthened community bonds and encouraged everyone to uphold the spirit of patriotism in everyday life.

Conclusion

The 150th anniversary celebration of Vande Mataram at our TRIPURA ENGLISH MEDIUM SCHOOL, was a resounding success, inspiring the entire school community to reflect on the values of love, respect, and devotion toward the nation. The day concluded with a collective pledge to continue contributing positively to the nation’s progress and unity.



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CELEBRATION OF CONSTITUTION DAY

We, TRIPURA ENGLISH MEDIUM SCHOOL celebrated the 'Constitution Day', commemorating the adoption of the constitution of India.

1. Reading of the Preamble & Quiz Competition on Constitutional Democracy :

Children were encouraged to participate in the nationwide initiative of reading the Preamble of the Indian Constitution through MyGov Portal. In addition to this, students attempted Constitution Quiz on the MyGov Portal showcasing their learning and interest in civic awareness.

2. In-School Activities on 26th November :

On the occasion of Constitution Day, different profound activities were organized to highlight and reiterate the values and principles enshrined in the constitution besides knowing and understanding the Living Book of Law - "The Constitution of India".

- ***Prabhat Pheri*** was conducted for students of classes 6 to 9. Students participated enthusiastically holding the preamble to highlight justice, liberty, equality and fraternity.
- ***Quiz Competition*** was organized for classes 7 to 10, focusing on important topics. A detailed material about our Indian Constitution was shared with the students well in advance. The competition tested the students' knowledge of constitutional principles.
- ***Debate*** was also conducted for students to express their views on constitutional rights, duties and democratic responsibilities.

- **Preamble Reading** : The significance of the preamble was briefly explained, highlighting its role as the guiding philosophy of the Constitution. All the children and the staff followed suit through repetition.

The students of class 7 delivered a melodious rendition of the preamble, which had been set to a rhythmic and uplifting tune.

- **Awareness Session** : A session was conducted to commemorate the adoption of the Constitution of India on 26th November 1949. An informative session by the students was held to highlight the importance of the Articles and Amendments of the Indian Constitution - how it defines the parameters for the governing authority and its duties. All the children of the classes VI to X participated very energetically and enthusiastically. The discussion was held for about an hour in the afternoon session.

We are thankful to CBSE for coming up with such an incredible opportunity to help children understand the Constitution, its implications and importance.



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NAYI CHETNA 4.0 (25-11-2025 – 23-12-2025)

A comprehensive awareness campaign was conducted under Nayi Chetna 4.0 for the students of Classes IX to XII with the objective of promoting gender sensitivity, cyber security awareness, and understanding of digital violence.

The programme addressed key issues such as gender equality, breaking stereotypes, mutual respect, consent, and responsible behaviour. Special emphasis was laid on cyber security, including safe internet usage, protection of personal data, cyber bullying, and online privacy. The session also highlighted digital violence, educating students about online harassment, misuse of social media, trolling and ways to report and prevent such incidents.

Through interactive talks, audio-visual presentations, and discussions, students actively participated and gained practical knowledge to stay safe and responsible in the digital world. The campaign was informative and successful in creating awareness among students.