



# CAREER ACADEMY

AFFILIATED TO CBSE, NEW DELHI

A Co-Ed, English Medium, Secondary School

A School with a Difference

## E-CAREER TIMES

MAY-NOV 2020

EDITION: 5



# CAREER ACADEMY

Bhadson Road, Patiala

7341119681, 7341119682



careerschoolacademy@gmail.com



www.careeracademypatiala.com



## Go Green – Slogan Writing Competition



Career Academy School's Primary department organized the Slogan writing competition with the theme 'GO GREEN'. Students of grade I, II and III participated with great zeal and enthusiasm. Students showcased their creativity by giving important message to society to go green by planting a tree

## I.H Best Pamphlet Designing – Fundamental Duties

Career Academy School, Patiala organized a virtual inter-house pamphlet designing competition based upon the theme 'Fundamental Duties'. The competition saw enthusiastic participation from the students of class VI to VIII who made informative and attractive pamphlets. This competition increased the awareness amongst the students, on the importance of fundamental duties and practicing the same in our daily lives.



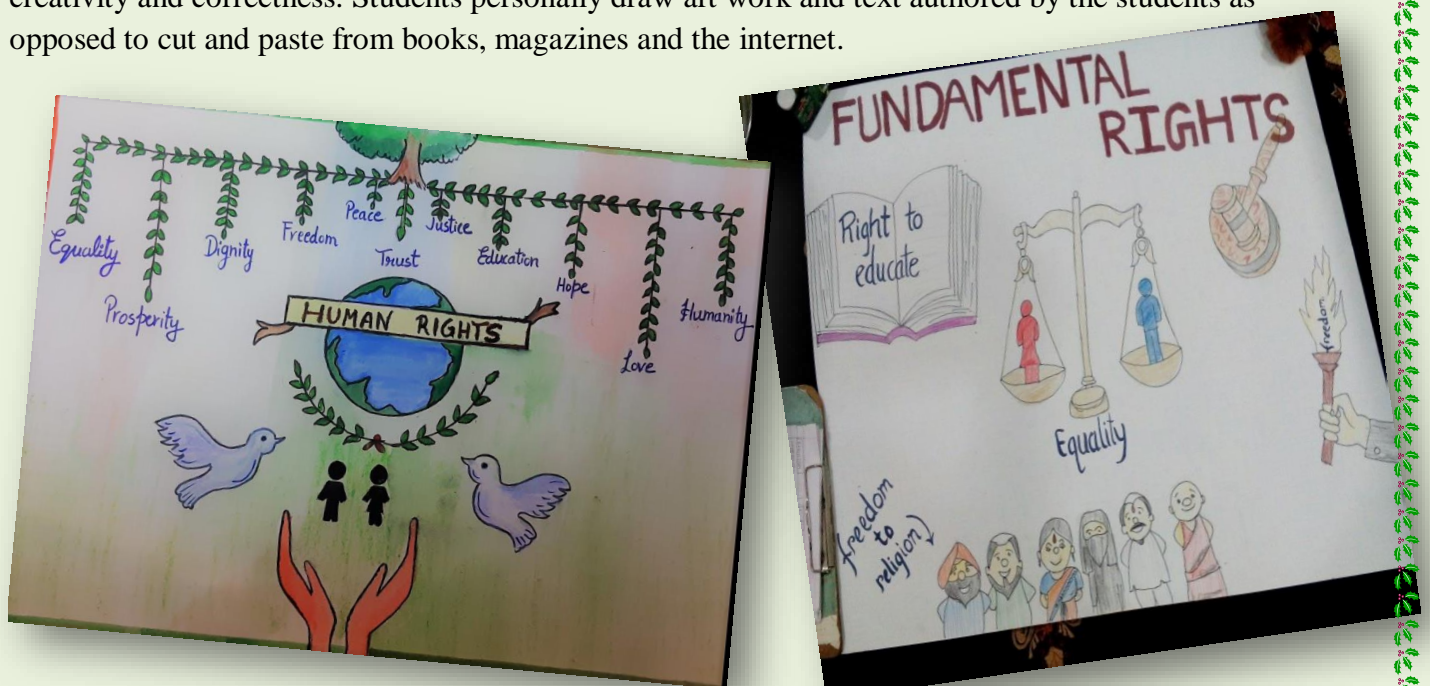
## Kindergarten Plant Sapling Activity

To motivate little buddies and bunnies the importance of planting trees and save the mother earth. The Kindergarten of Career Academy School celebrated plant sapling activity on 15th July 2020. To commemorate GROW MORE TREES, Students of class Nursery, LKG, UKG participated with great zeal and enthusiasm to give a message "The Best Time to Plant a Tree Was 20 Years Ago the Second Best Time is Now"



## Brochure Designing Competition on Fundamental Duties of Citizens

Career Academy School, Patiala conducted Brochure Designing Competition on Fundamental Duties of Citizens among the learners of Grade IX and X on 20 July, 2020. The Brochure was judged on content, creativity and correctness. Students personally draw art work and text authored by the students as opposed to cut and paste from books, magazines and the internet.



## Kindergarten Virtual Colouring Competition

The Kindergarten of Career Academy School organized a virtual colouring competition on 20th July 2020. Students of class nursery participated with great zeal and enthusiasm to give a message "DREAM IN COLOURS NEVER SEEN BEFORE BE CREATIVE." This activity is conducted with a view to develop many skills such as concentration, fine motor and coordination for early writing skills and correct finger grip.



## Special Virtual Assembly: Observance of National Flag Adoption Day

Career Academy School conducted Special Virtual Assembly on National FLAG Adoption Day on July 22, 2020 to remember the adoption of Tri Colour as Indian National Flag depicting symbol of a free country and its extreme significance for India's individuals portraying the sentiments of patriotism and motivating viewers to live in harmony and amicably with every single living being.

### Kindergarten Cooking without Fire Activity:

The Kindergarten of Career Academy School celebrated cooking without fire activity on 22 July 2020. This activity is conducted with a view to create awareness about the nutritional value of food cooked without fire. The students prepared healthy dishes like different salads, sprouted bhel and sandwich using easy and quick recipes. Students of class nursery, LKG, UKG participated with great zeal and enthusiasm to give a message EATS HEALTHY, LIVE LONG, LIVE STRONG.

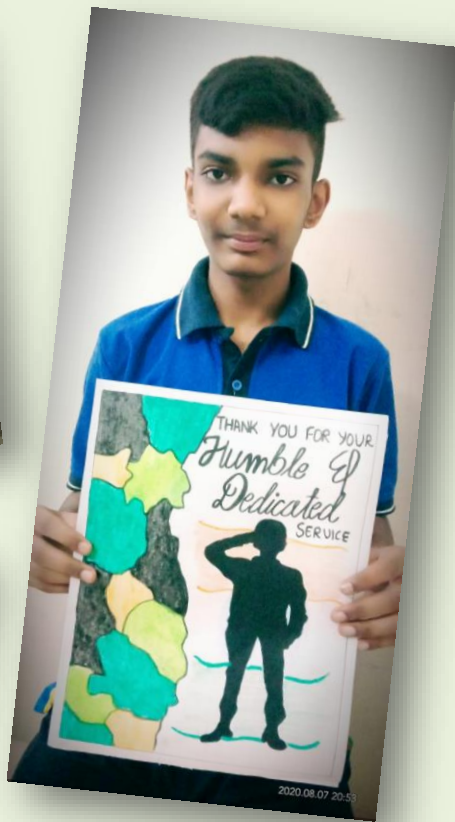


## Virtual Assembly Speech: Hiroshima and Nagasaki

Career Academy School showcased Virtual Assembly in form of Student's Speech on Hiroshima and Nagasaki on 6 August 2020, to promote "peace politics" against the war. At the same time, it teaches us about powerful recovery through tireless efforts. Student's rhetoric skills leave a long lasting effect on listeners, about the threat of nuclear weapons.

## Gratitude Cards for Brave Indian Soldiers

Career Academy School organized competition on Gratitude Card Making for Brave Indian Soldiers on August 7, 2020 to express proud on their courage and relentless service. Students expressed their thanks for gallant efforts of soldiers through beautifully, brightly and colourfully designed cards – a sweet gesture that melts the hearts of many.



## Hindi Poem Recitation Competition - Janamasthmi Celebrations

The Primary wing of Career Academy School organized Hindi Poem Recitation Competition on 10th August 2020 and the topic is Janamasthmi. Students of class 1st, 2nd, 3rd participated with great zeal and enthusiasm.



## INDEPENDENCE DAY CELEBRATIONS

**"Independence is a blessing which needs to be protected and preserved"**

Career Academy School celebrated Independence Day with great zeal and patriotic fervour. The celebration was embellished with various enthralling performances of Careerians keeping the envision of 'Atmanirbhar Bharat'. Director K. K. Bhatia appreciated the effort!!!



## Physical Fitness Week – Special Virtual Assembly: Yoga Session

Career Academy School, Patiala conducted Physical Fitness Week by organising virtual Yoga session on August 24, 2020 which helped the learners in reducing COVID-19 related stress and to promote personal health and wellness. It helped students to focus on mindfulness and restoration. Varied Yoga Asanas practiced during the session made students happy and relaxed.



### Online Career Quality Education Test (English)

Career Academy School Conducted Online Career Quality Education Test (English) on 25 August 2020 among the students of Grade IV to VIII to assess learners grammar, vocabulary, spelling, reading and comprehending skills. These tests are set on international exam patterns of IELTS & TOFEL.

### Scarp File Designing Competition on Indigenous Sports of Punjab and Andhra Pradesh

Career Academy, Patiala conducted Scarp File Designing Competition on Indigenous Sports of Punjab and Andhra Pradesh on 26 August, 2020 among the middle class learners to create awareness about not just the games, but also the culture and heritage of the states to which they belong. It helps to highlight the rich legacy of indigenous and traditional games which we have across the length and breadth of the country with the underlying narrative of 'Ek Bharat, Shresth Bharat'.



## Poetry Recitation Competition on Physical and Mental Fitness

Career Academy School, Patiala conducted Poetry Recitation Competition on Physical and Mental Fitness on 27 Aug, 2020 among the primary learners. Confidence, Voice modulation, memorization and overall presentation of tiny tots won the hearts of all. The young poets enthralled the audience with their articulation and memory skills. It was a splendid opportunity for them to gain confidence through stage exposure.

## Portrait Making Competition

Career Academy School, Patiala observed National Sports Day in form of Portrait Making Competition among senior class learners on 27 August 2020. The students made the beautiful portraits of their favourite sports star to express their thanks for the significant contribution that make to our community.



## Special Virtual Assembly Group Song

Under Fit India movement, Career Academy School, Patiala organized a special virtual Assembly on September 3, 2020 regarding 'fit India'. The children sang a group song highlighting the importance of fitness and put forth their enthralling performance.

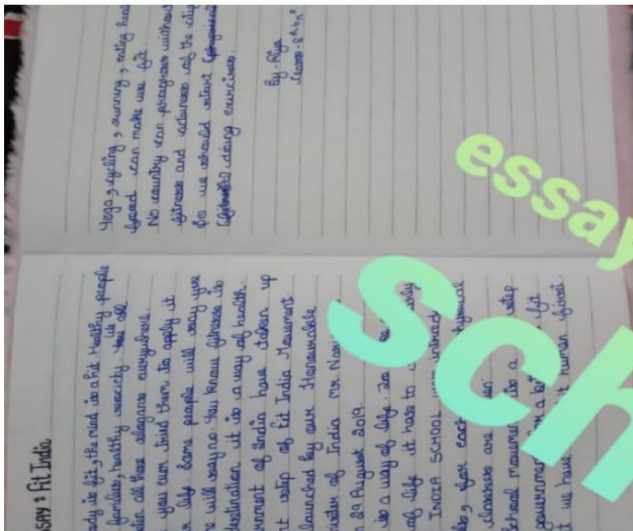
## POSTER MAKING COMPETITION: FIT BODY, FIT MIND, FIT ENVIRONMENT

On September 9, 2020, Career Academy School organized a poster making competition for classes VI – VIII based on the theme "Fit Body Fit Mind, Fit Environment". The students displayed their artistic skills through an array of posters on the given topic. The main aim of this virtual competition was to bring out the creative expression of the students and also to gauge their awareness quotient



## Fit School: Essay Writing Competition

Fit India School in consonance with Fit India Movement, a virtual Essay Writing Competition was held in Career Academy School on September 10, 2020. Students of VII and VIII enthusiastically participated in the competition and won the hearts of teachers by showing their creative writing skills.



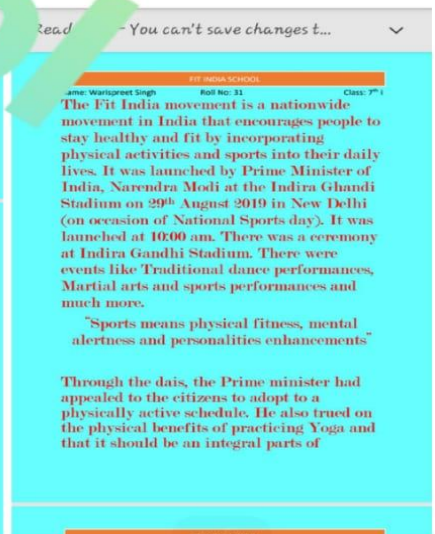
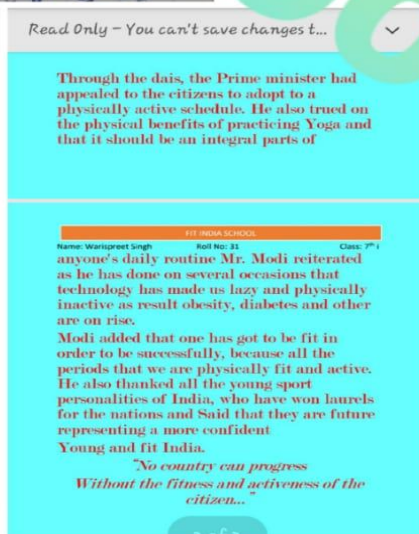
accepted to be including in Prime Minister's award.

A school has to satisfy the certain qualifying parameters in order to be recognised as fit India school. The certain as follow :

- The school should have a t least one physical education (PE)instruction who is fit and active
- The school premises should have a playground where students play 2 or more outdoor games .

Name : Maninder Sandhu

Class : 7th



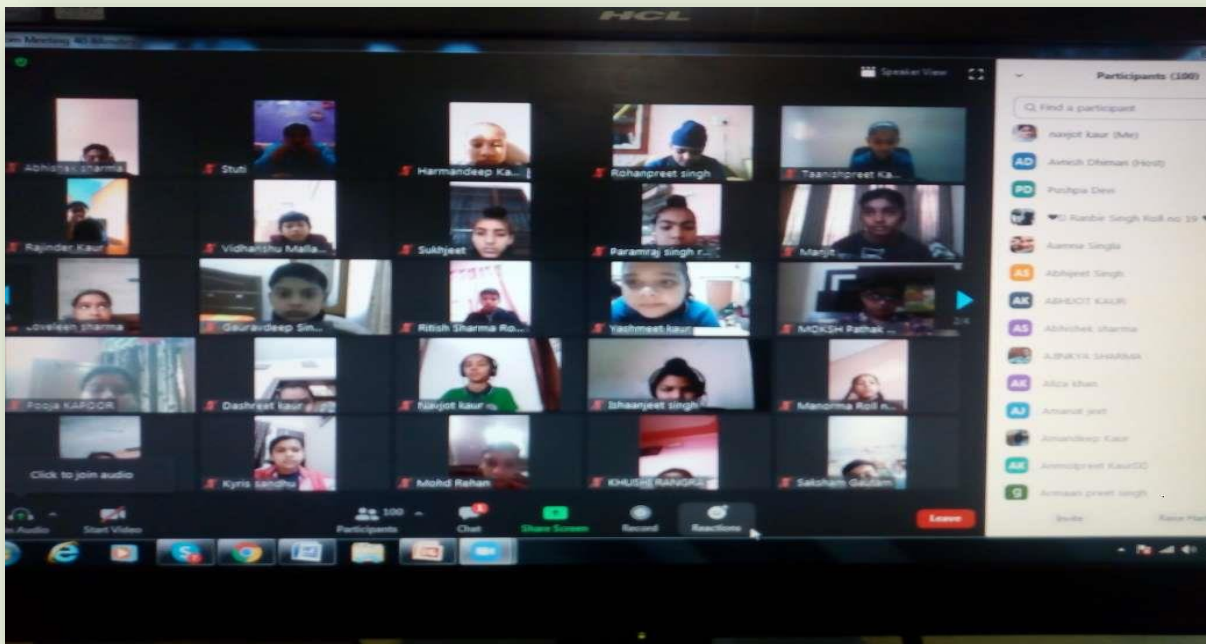
## English Debate: Mental Fitness

Career Academy School organized English Debate Competition on Mental Fitness for classes IX and X on September 11, 2020. The aim was to have their minds re-strengthened in the current pandemic situation and to hone their public speaking skills. The Students actively participated in the virtual debate.

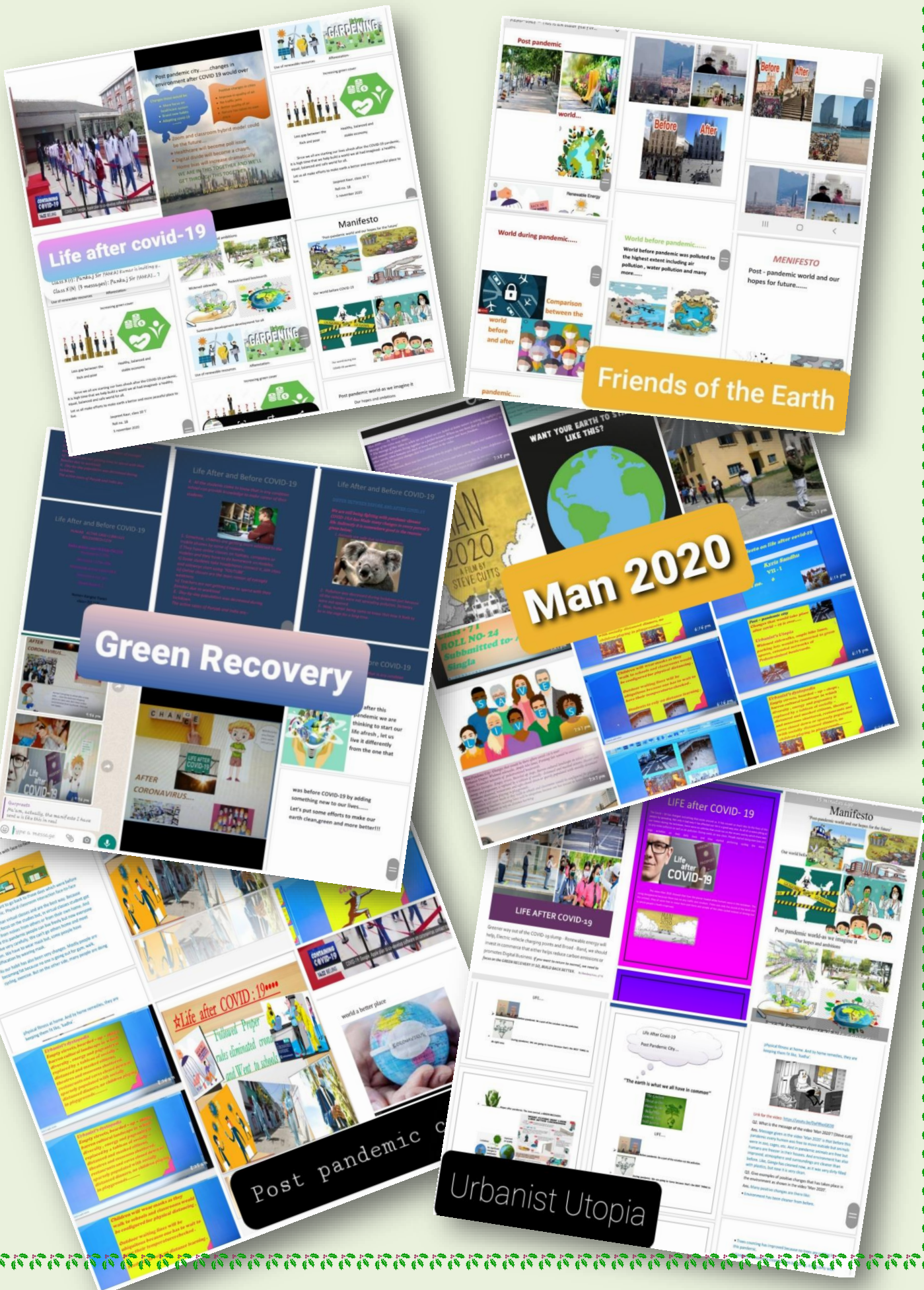
## Virtual Traffic Awareness Program

Virtual Traffic Awareness Program organized by School. In an effort to create awareness about road safety, Department of Traffic Police conducted a virtual program. Pushpa Devi, Traffic official addressed a gathering of about 100 students and teachers.

The main aim of this program was to create consciousness among students regarding traffic rules, child safety, women safety and cyber safety. Students were acquainted with the recent apps and web support which can be used for safety purpose. Principal Punam Dhiman also addressed the audience and urged to comply with all the rules and stay safe during pandemic.



# Learning with Technology – Presentation on Life after Covid 19



## Virtual Assembly: Group Song: Mental and Physical Fitness

Career Academy School, Patiala organized a special virtual assembly on November 9, 2020 based on the theme “Mental and Physical Fitness for grade VII. A group song was presented enthusiastically to make everyone aware about physical and mental fitness.

## Fit School: English Poetry Composition Competition

Under the Fit India Movement, Career Academy School, Patiala organized a Virtual English Poetry Composition Competition on the theme ‘Fit School’ on November 10, 2020. Students from class VII to IX showed their creativity and aesthetic skills by penning down their thoughts regarding Fit School.

## Virtual Assembly Role Play on Fitness and Nutrition

A virtual role play on ‘Fitness and Nutrition’ was organized by the science department of Career Academy School, Patiala on November 12, 2020 for class V. Students gave sensitizing enactments to promote healthy eating habits especially during Corona pandemic. The main objective of this virtual activity was to sensitize the minds of children to stay fit and eat balanced nutritional diet. Principal PunamDhiman applauded their efforts.

## Kindergarten Hands on Learning



Hands on learning in early education have numerous benefits for younger learners. It allows them the opportunity to explore concepts through the use of different modalities, and it encourages the development of critical thinking. These skills are needed for lifelong learning

## Kindergarten Virtual Diwali celebrations

The festival of lights came alive virtually at Career Academy School, Patiala. Young children wore a festive look and they lead the way in spreading the message of celebrating safe and pollution free Eco-friendly Diwali. The virtual celebration came to an end with lots of joy and happiness sparkling on the faces of very Careerian.

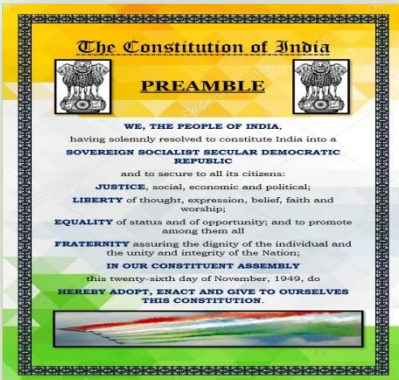


## Rangoli making and Diya decoration Activity



The Primary wing of Career Academy School organized Rangoli making and Diya decoration activity. In virtual class teachers motivate the students to celebrate green Diwali. Students of class I, II and III participated with great zeal and enthusiasm


# Virtual Assembly on Constitution Day



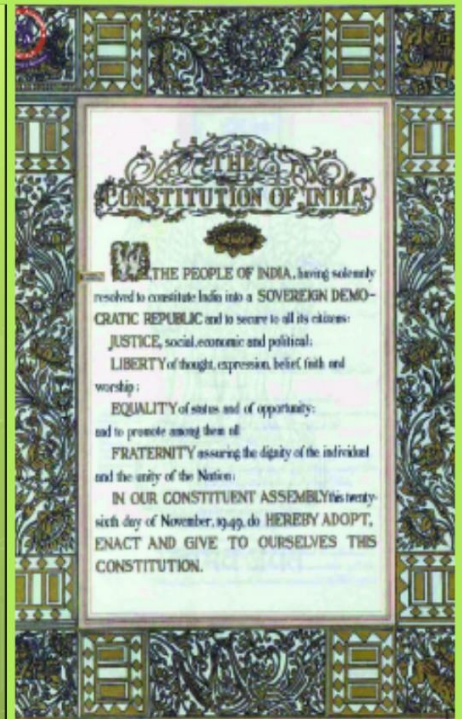
School organized a virtual assembly to commemorate Constitution day on November 26<sup>th</sup>, 2020. Students gave speeches, prepared ppts to highlight the philosophy embedded in the Preamble of the Indian constitution. HOD Social Science appreciated their efforts.

<p><b>WHY DO WE NEED A CONSTITUTION ?</b></p> <p>First, it generates a degree of trust and coordination that is necessary for different kind of people to live together.</p> <p>Second, it specifies how the government will be constituted, who will have power to take which decisions.</p> <p>Third, it lays down limits on the powers of the government and tells us what the rights of the citizens are.</p> <p>Fourth, it expresses the aspirations of the people about creating a good society.</p>	<p><b>WHAT IS CONSTITUTION ?</b></p> <p>Constitution is defined as the supreme law that determines the relationship among the citizens and its country and also the relationship between the people and government. It is a set of written rules that are accepted by all people living together in a country.</p> 	<p><b>TIME LINE OF THE INDIAN CONSTITUTION</b></p> <p>22 July 1947: National flag adopted. 15 August 1947: Achieved independence, India split into the Dominion of India and the Dominion of Pakistan. 29 August 1947: Drafting Committee appointed with B. R. Ambedkar as its Chairman. The other 6 members of committee were Munshi, Mohammed Saadulla, Ali Jinnah, K. M. Munshi, G. Sankaranarayanan, K. T. Khanna and M. R. Jaybhoy. 16 July 1948: Along with K. T. Khanna, G. Sankaranarayanan, V. T. Krishnamachari was also elected as second vice-president of Constituent Assembly. 26 November 1949: The Constitution of India was passed and adopted by the assembly. 24 January 1950: Last meeting of Constituent Assembly. The Constitution was signed and accepted. (with 395 Articles, 8 Schedules, 22 Parts) 26 January 1950: The Constitution came into force</p>
<p><b>WHY DO WE NEED A CONSTITUTION ?</b></p> <p>Fifth, A constitution helps serve as a set of rules and principles that all persons in a country can agree upon as the basis of the way in which they want the country to be governed.</p> <p>This includes not only the type of government but also an agreement on certain ideals that they all believe the country should uphold.</p>	<p><b>WHAT IS CONSTITUTION DAY ?</b></p> <p>Constitution Day (National Law Day), also known as <b>Samvidhan Divas</b>, is celebrated in India on 26<sup>th</sup> November every year to commemorate the adoption of the Constitution of India. ... On 26<sup>th</sup> November 1949, Constitution of INDIA came into effect on 26<sup>th</sup> January, 1950.</p> 	<p><b>TIME LINE OF THE INDIAN CONSTITUTION</b></p> <p>6 December 1946: Formation of the Constituent Assembly (in accordance with French practice). 9 December 1946: The first meeting was held in the constitution hall (now the Central Hall of Parliament House). The 1st person to address was J. B. Kripalani. Sachchidananda Sinha became temporary president. (Demanding as separate state, the Muslim League boycotted the meeting.) 11 December 1946: The Ass.embly appointed <b>Rajendra Prasad</b> as its president, H. C. Mukherjee as its vice-chairman and B. N. Rau as constitutional legal adviser. (There were initially 389 members in total, which declined to 299 after partition. Out of the 389 members, 292 were from government provinces, 4 from chief commissioner provinces and 93 from princely states.) 13 December 1946: An 'Objective Resolution' was presented by <b>Rajendra Prasad</b>, laying down the underlying principles of the constitution. This later became the Preamble of the Constitution</p>

**CAREER ACADEMY, PATIALA**



**CONSTITUTION DAY CELEBRATIONS**  
November 26, 2020.





# CAREER DEVELOPMENT PROGRAM

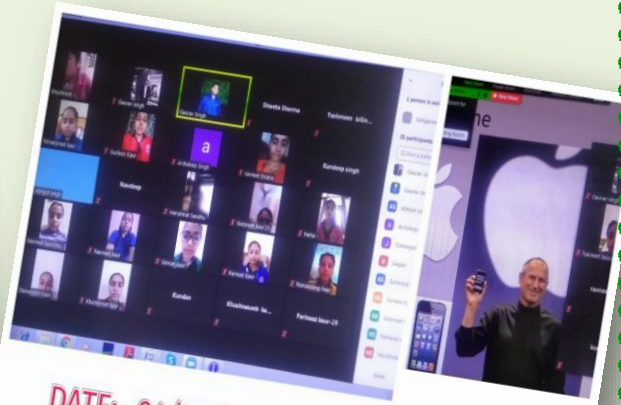
Career Development Program is our flagship program introduced in grade – 7 to identify hidden inherent talent, know the interests, aptitude and harness their potential in particular area.

**Arun Bhatia**  
Career Counsellor  
Since 1996

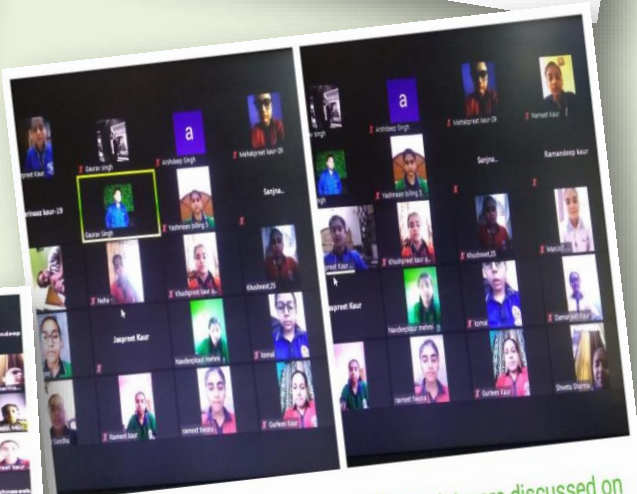
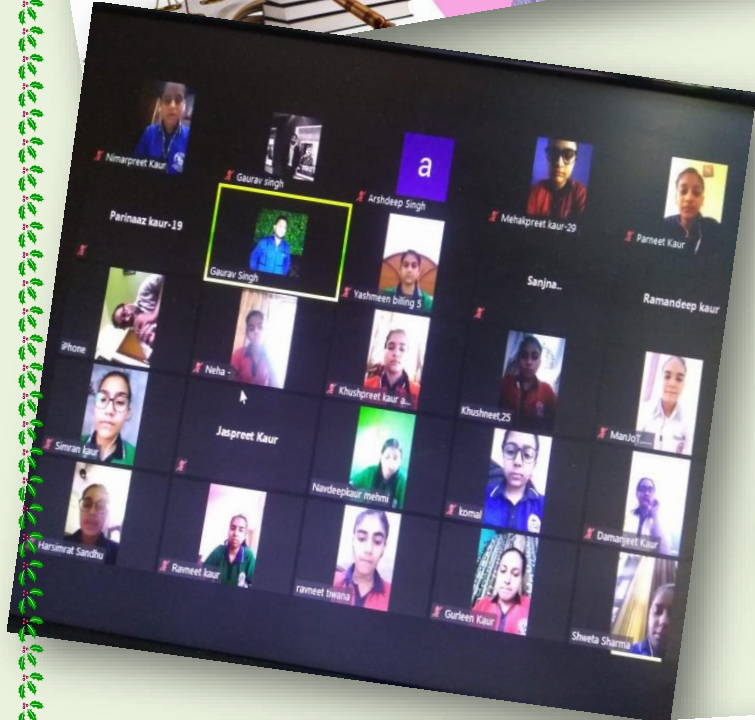
**Career CONSULTANCY**

Online Career Development Program  
on "Career in Law" on 25<sup>th</sup> April, 2020

- Law Aptitude Test
- Ppt on Law
- Podcast by **Dr. Abhinandan** (Prof. RGNUL)
- 1 hour Career Guidance to 60 Students by **Arun Bhatia**



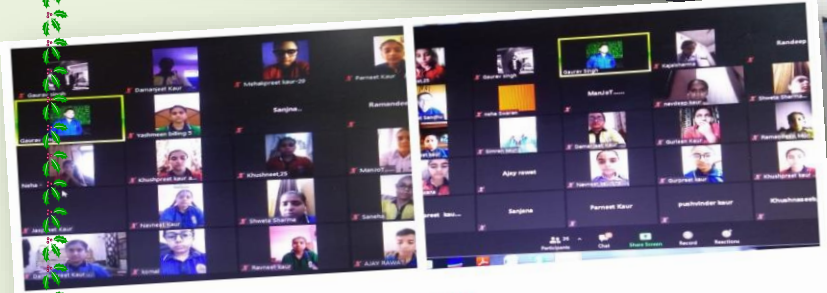
DATE:- 04/08/2020  
CAREER DEVELOPMENT PROGRAM:  
DOCUMENTARY ON  
STEVE JOBS  
DISCUSS ABOUT  
STEVE JOBS LIFE, CAREER  
\* Total number of students  
participated 36



7/7/2020 WEBINAR ON CIVIL SERVICE :- Point were discussed on

1. how to become ias officer
2. Exam pattern and syllabus
3. Main work of an ias officer
4. Life of ias officer
5. Rank structure perks and allowances

\* Total number of students participated 44



CAREER DEVELOPMENT PROGRAM :-  
AVIATION & AEROSPACE CAREERS  
-JOB OPPORTUNITIES FOR AEROSPACE  
ENGINEERS  
-AIRCRAFT MAINTENANCE TECHNICIAN  
-AIR HOSTESS TRAINING/CABIN CREW/  
FLIGHT ATTENDANT  
-JOIN INDIAN AIR FORCE / ALLOWANCE &  
PAY AT INDIAN AIR FORCE  
-TECHNICAL GROUND DUTY AS AERONAUTICAL ENGINEER  
\* total number of students present 38

## **Aatmanirbhar Bharat through Ek Bharat Shrestha Bharat: Innovation thrives when there is Unity in Diversity**

India today is seeking to develop into Aatmanirbhar Bharat. The phrase suggests a modern, progressive India that derives its strength from its culture and heritage. Progress is often defined in terms of solving issues of national concern, including health, education, employment and many more. The two common things that help resolve all these problems are sufficient funds and innovative solutions. Coincidentally, innovation brings about an influx of funds, while diversity encourages innovation. So, a nation's well-being conclusively rests on progress, spurred by innovation which is in relies on unity in diversity.

Finance is an extremely important aspect of governance, more so of self-governance. A nation that has limited monetary resources will not be able to fight its problems on its own and will need to borrow from the World Bank. Numerous researches, including one by the Forbes magazine have found a direct correlation between innovation and revenue generation in the business world. Applying the same logic to governance, it is clear that India needs more innovators and innovative ideas to progress.

Additionally, the same study also proves that diversity promotes innovation, meaning the need of the hour is to embrace diversity and form teams that are diverse, but united as well. Diversity refers to differences in terms of gender, age, ethnic background and other factors. A diverse team for instance, includes members who are women, members of varied age-groups and members who belong to various parts of India. All of them come together to form one team, working on one issue.

Diverse teams are characterized by their openness, in the sense that anyone who has an idea is more than welcome to share that idea and even gets credit for it. This environment brings up a lot of ideas, leading to innovative solutions. The fact that each person comes from a different cultural background is of great advantage, because it generates a plethora of perspectives.

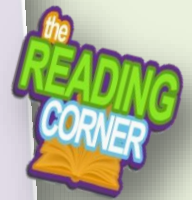
"Unity, not uniformity, must be our aim. We attain unity only through variety. Differences must be integrated, not annihilated, not absorbed."

Further, diversity also helps the government formulate policies that are culture sensitive. For instance the government's stance on saving the girl child will be different for the states of Meghalaya and Bihar. Bihar has a patriarchal culture, where men are considered superior, while Meghalaya has a matriarchal culture, where women are the real bread earners of the family. Thus, governmental policies need to be culture sensitive, which can only happen if it has the right feedback, which is precisely why we need diversity in the government.

The key to reaching the goal of Aatmanirbhar Bharat is through progress, which in turn depends heavily on innovation and diversity. If the people will go through the team work then only our country India can become self dependant or we can say atmanirbhar.

"Our ability to reach unity in diversity will be the beauty and the test of our civilization."

**By: Gursharan Singh  
Class: IX - I**



## **Fit India School**

Fit India school mission will make all schools fit,  
The mission will be 100% hit.

Whoever doesn't believe it is a fool,  
Who believe it is really cool.

Students will do exercise and become healthy,  
Those who will not become unhealthy.

Students don't know that becoming healthy,  
Is same as becoming wealthy.

If you don't want to become a fun,  
Then you should do yoga and should have a run.

Don't be fit only physically,  
Also be fit mentally.

For being fit mentally do some meditation,  
Also do some relaxation.

Harshit  
IXth i



## MY EDUCATION DURING COVID 19!

By Anupriya  
Sharma, 8<sup>th</sup> n

While staying at homes due to the coronavirus, students have been engaged into online learning. It has prevented any damage to the student's development even during tough times. I am very fortunate that my school thought about my education and successfully introduced me to Online Classes conducted by my brilliant teachers. I assumed that this experience would be difficult and very new to me but surprisingly I never thought it would be that smooth. There has been no single class I have ever missed, the reason been that the classes are so INTERESTING as well as INFORMATIVE. It never felt that I am studying from home and not sitting in the classroom. I experienced no lack of communication among my teachers and fellow mates. My parents were anxious about my studies as being a 8<sup>th</sup> grader, I need a proper guidance. But, the hard work of the teachers, the step taken by school towards New Normal and my growing interest towards online learning ultimately satisfied my parents. The school not only thought about my studies but also showed concerned about my MENTAL HEALTH during the pandemic. The sudden shift to online classes and change in routine would be very disturbing to me but teachers didn't let that happen. I have been provided surety about my privacy in video calling platforms. I attend my classes as per as the time table provided by the school which helps me to be productive. I never faced any discomfort while learning during online classes which resulted as my fast improvement and better grades.

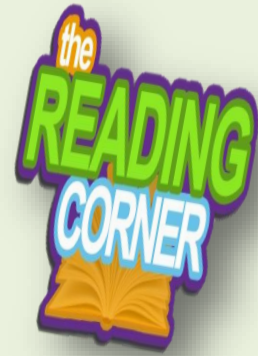


## Board preparation during covid-19

Board exams are approaching and the rising exam stress among students can be clearly felt. This year the students are even more worried as they are not thoroughly prepared for exams. Due to the covid-19 pandemic, everybody was bound inside their respective homes. The world shifted to technology completely, and classes too began to be held virtually. Virtual classes are, in actual, no match for physical classes most of the academic syllabus was covered through these online classes. Online classes have their own demerit and many students complain that they are not able to understand the concepts properly. This year though the syllabus have been reduced for students appearing for board classes, yet still many students are feeling stressed and are combating with low levels of self esteem. In my opinion, a little amount of anxiety is obvious to build, but unnecessary stress can be avoided. Students need to be more consistent. Low levels of confidence only lead to poor academic performance; students should not take unnecessary stress. Conceptual understanding of topics and practise of previous year questions and sample papers is the key to good marks. Proper study schedule is another very important thing. Students need to have a proper study schedule and make sure that they give enough time to each subject. Complete understanding of concepts is very important. Students need to turn off all distractions and be focused. Unnecessary stress will only prove harmful. There is still enough time left for board preparations. Persistence, hard work and self confidence will definitely lead to good scores.

By Jaspreet Kaur

Class: X-i



## MY EDUCATION AND PREPARATION OF BOARD EXAMS DURING COVID 19

How students can prepare for exams during COVID 19 pandemic- board and competitive exams like JEE main, NEET are just around the corner and revisions are under way!

With numerous distractions, it is common to lose focus every few minutes and feel frustrated. However due to current pandemic, it is a bit hard for students to concentrate on their studies. With the current COVID 19 situation along with exams stress or the fear of bad results is hampering the situation for exams. This lead to further stress, which reduces retention power. So to help me my teachers suggests some tips to improve my concentration and make optimum use of my study hours.

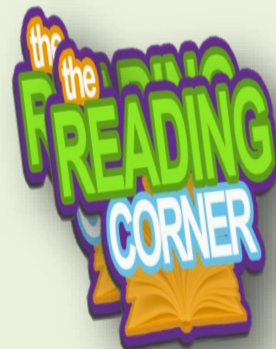
**CREATE A STUDY ENVIRONMENT:** A good study environment will allow students to maintain concentration and maximize learning efficiency. Choose a place with proper ventilation. Lighting and minimal distractions where you can study peacefully. This really helped me a lot.

**SET REALISTIC GOALS:** Set your goals according to your potential and priorities. Having realistic targets keeps you motivated and helps you focus better rather than getting worked up over unrealistic goals.

**TIME MANAGEMENT:** Before you start any task evaluate the time required and efforts to complete it. Be determined to complete the task within the specified time. Plan and schedule your daily timetable. I use mnemonics to help build memory. Mnemonics are memory techniques that help us remember information by associating it to images, sentences or words. I revise the doings and learning of my day by discussing it with my peers which helps me to retain it for much longer period. It helps to check my progress. I take regular breaks which is very critical to enhance my learning capacity. This makes my study time more efficient and productive too. In addition, I do meditation and physical exercise with little walks. Physical and mental exercise helps keep stress levels in check.

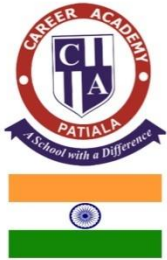
Moreover, I get unconditional support from my teachers and my parents which is equally important...

By Harsimrat Sandhu  
Class: X-I



# CAREER ACADEMY

**CBSE School**  
**Bhadson Road, Patiala**



**Mississauga**  
**Secondary Academy**



*Global Partnership*

**CAREER ACADEMY, PATIALA**



**MISSISSAUGA SECONDARY ACADEMY**  
**Mississauga Ontario, CANADA**

**Call: 73411-19681, 73411-19682**



# CAREER ACADEMY

**AFFILIATED TO CBSE, NEW DELHI**

*committed to excellence*