



E-CAREER TIMES

NOVEMBER 2019



CAREER ACADEMY
Bhadson Road, Patiala

7341119681, 7341119682

careerschoolacademy@gmail.com

www.careeracademypatiala.com



COOKING WITHOUT FIRE: 2 NOV, 2019

Career Academy School, Patiala Cooking without fire activity was conducted in the school. Students of Kindergarten donned their 'Chef Caps' to exhibit their culinary skills in 'Cooking without Fire'. Children participated with full zeal and enthusiasm. Food items displayed were a visual treat. Students talked about the nutritional value and the recipes which overawed the teachers.



APPRECIATION OF STUDENTS TO PARTICIPATE IN INTER-INST. SCIENCE FAIR: 4 NOV, 2019

Students were awarded certificates and accolades based on their hard work and creativity by participating in Inter Institutional School Science Fair, so that students are much more drawn towards such competitions and understand the importance of it.





E-CAREER TIMES, NOV 2019: EDITION 2



LAUNCH OF E-MAGAZINE: E-CAREER TIMES: NOVEMBER 4, 2019

Career Times School's official E-Magazine was released for the month of October 2019, During the event, the Faculty members of English Department and IT Department were applauded for their tireless efforts in contributing towards the successful compiling and launch of e-Magazine. The Career Times e-Magazine is a symbol of pride and miniature representation of the school. Any individual going through the magazine, would clearly gauge the principles, values and ideology of the institution. Our respected Principal Ms. PunamDhiman motivated the students to contribute articles, poetry, essays etc for the school E-magazine.



INTER-CLASS HINDI POETRY RECITATION: NOVEMBER 5, 2019

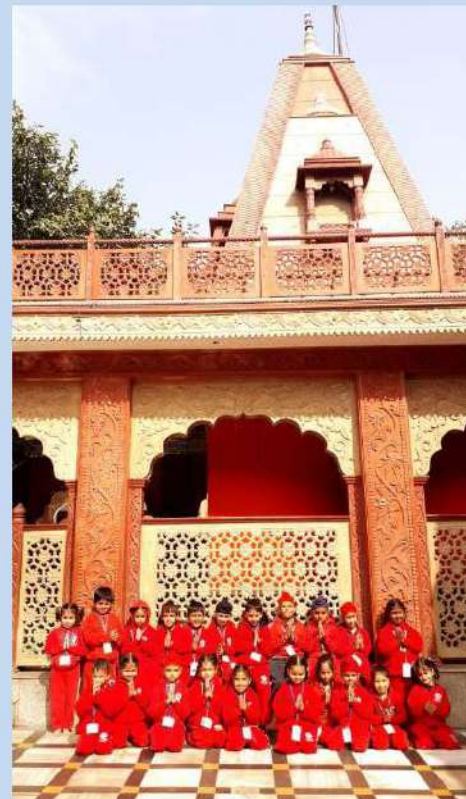
An inter-class Hindi Poetry Recitation was organized for the Primary Wing. Beauty is the realm of poetry, children enjoy the beauty of words. Taking all those facts into consideration the competition was organized and the children were inspired to come forward and recite on stage. The children came up with different poems on various ideas with great zeal and enthusiasm. Students were judged on parameters like confidence, voice modulation, the props used and overall presentation. From Class I GurpreetKaur stood first whereas Harjiwan secured the second position. Among Class II students Bhavleen was declared as the First position holder and Hamoor stood second in the competition. From Class III Manpreet Kaur and Dilreet got first and second position respectively. Principal Punam Dhiman appreciated and applauded the performance of the participants.



VISIT TO KALI DEVI TEMPLE: NOVEMBER 8, 2019



For seeking the blessings of the Almighty, omnipresent Devi Kali, students of Primary Wing visited the ancient Kali Devi Temple. They worship the idols of different Lords and Goddesses. Students paid obeisance and learnt about historical importance of the temple by sitting in the serene and calm environment. They also loved sacred meal served to them in the shrine. The motive of this visit was to open their insights of spiritual world and to develop religious harmony.



150TH BIRTH ANNIVERSARY MAHATMA GANDHI: NOVEMBER 8, 2019

To commemorate the occasion of 150th Birth Anniversary of Mahatma Gandhi, our school students paid a tribute to his values and philosophy. As a part of Digital India, our students participated in Adobe Creativity Challenge organized by CBSE. Students of class VI designed a stamp showing Gandhian Values on social evils and Dandhi March popularizing the notion of "Be the change you want to see". Students of class IX-X values: Sustainable Development Goals and application in 21st century. This challenge provided an impetus to digital literacy and early creative skills across India. In the 21st century, the creative skills are the best way of safeguarding and following Gandhian principles of non-violence, truth and dignity of all people regardless of caste, economic status or economic status.





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CHILDREN DAY CELEBRATION: NOVEMBER 14, 2019

The giggles and laughter of students scented Career School on the grand celebration of Children Day. The function started with the remembrance of Pt. Jawaharlal Nehru followed by semi-classical mash-up, musical band performance and a colourful choreography. Pupils also enjoyed movie “Lion King” and surprise dance performance by Kindergarten teachers. The talented careerians were awarded Golden Badges.



KINDERGARTEN CHILDREN’S DAY CELEBRATIONS: NOVEMBER 14, 2019

“There is no garden as beautiful as childhood”. Every child is a different kind of flower; together they make this world a beautiful garden. Like every year, this year too our school paid tribute to the legendary freedom fighter and our first PM Pt. J.L Nehru. Our school always emerges out with something new for its students and children’s day being a day especially for them was celebrated with pomp and show. The Kindergarten teachers showed their love and care towards the care towards the students by performing on the stage. They danced on peppy songs. Children favourite songs were played in which they shook a leg with their facilitators. The entertainment did not stop here. Students were awed to see the movie ‘The Lion King’ along with their teachers. The movie was shown to instill the values of courage and intrinsic motivation while being entertained.





E-CAREER TIMES, NOV 2019: EDITION 2



FIT INDIA WEEK DAY-1: NOVEMBER 18, 2019

The Programme 'FIT INDIA SCHOOL' launched by P.M. Narendra Modi began with distinguished echo of 'Fit India' song recited by the choir of Career Academy School. The HOD Science delivered speech on importance of nutritional and healthy diet. Even nutritional and healthy diet tips for maintaining Fitness for being healthy in daily routine was circulated among the teachers.



FIT INDIA WEEK DAY-2: NOVEMBER 19, 2019

The second day (19 November, 2019) of Fit India School drive started with the assembly speech on the importance of Yoga. The classes IV-V exhibit different free hand physical exercises. The students of various classes exercised Yoga asanas in their respective periods. They were explained about the benefits of each Yoga Asanas and their application in one's life.



KINDERGARTEN PUNJABI RHYME COMPETITION: NOVEMBER 19, 2019

'Poetry is the spontaneous overflow of the emotions recollected in Tranquility'.

Punjabi Rhyme Competition was organized for the students of preprimary wing to enhance their oratory skills as well as to give them a platform to express their emotions, feelings and thoughts through poetry. They recited rhymes on various themes in Punjabi language.



FIT INDIA WEEK DAY-3: NOVEMBER 20, 2019

As per Fit India Movement – Fitness Week Celebrations on Day 3 (20 November, 2019), Poster Making Event was conducted in the school on the theme “Fit Body, Fit Mind, Fit Environment”. All the students were quite enthusiastic about preparing posters with vivid ideas and vibrant colors. Students spread the message through their posters that ‘Exercise should be regarded as a tribute to the heart as good things come to those who sweat and when we heal the earth, we heal ourselves’. Our Principal ‘Mrs. PunamDhiman’ encouraged the students to engage themselves in more artistic activities and appreciated their efforts in making the posters.



KINDERGARTEN SHOW & TELL ACTIVITY: NOVEMBER 20, 2019

The Primary wing organized Show and Tell Activity to strengthen the verbal skills and to foster public speaking competency of the young minds. The students from Nursery to UKG participated in the activity which helped them to build their self-confidence and to improve their descriptive skills by communicating their feels, thoughts and emotions. The students were asked to bring any object of their choice. They were excited to share their descriptive narration and waited eagerly for their turn to show and tell. It was an interacting and a thrilling experience for the kids sharing their feelings with peers which provided fun and comfortable arena for everyone involved



FIT INDIA WEEK DAY-4: NOVEMBER 21, 2019



On day 4 (21 November, 2019), as a part of Fit India School Movement, Career Academy School students embellished the premises by a commendable Gatka performance which is an ancient martial art of Punjab used to foster physical strength and brain power. Followed by Taekwondo activity by various classes in their physical education period which includes kicking techniques such as kicks, punches, blocks, open handed strikes and many more physical bearing methods. Such games are used to promote awareness about fitness as an integral part of a students' life.

FIT INDIA WEEK DAY-5: NOVEMBER 22, 2019

Poem and Essay Writing Competition was conducted in the school for the classes VIII and IX on Day 5 (22 November, 2019), taking forward the nation – wide “FIT INDIA MOVEMENT”. The students composed poems and penned down their views on theme “FIT INDIA SCHOOL”. Their talent and confidence was uplifted as they went on to pen down their innovative skills. The children enjoyed the beauty of expression, thoughts, feeling, rhythm and music of words. It was followed by a “Sports Quiz” to check the enforcement of this drive among the students of classes VIII-X. Students participated whole heartedly and with full enthusiasm on the questions related to famous sports, personalities, achievements of Indian teams and awards given for their outstanding work in their respective fields. It was very informative and knowledge enriching competition for the participants.



FIT INDIA WEEK DAY-5: NOVEMBER 23, 2019

As a part of the observance “Ek Bharat, Shreshtha Bharat” and to rationalize the concept and importance of regional games. Career Academy organized a special set of activities in the school premises. Kho-Kho activity of Andhra Pradesh (Partner State 2) was a huge success among the students. Students proved their mettle by participating in the above game which involves physical strength, alertness and team spirit. The main motive of promoting such indigenous games is to improve physical development and brain stimulation which is the need of the hour in sedentary lifestyle.

STORY TELLING COMPETITION: NOVEMBER 23, 2019

Recently CBSE announced a Story Telling Competition from classes III to XII in all CBSE affiliated schools. Our school participated in this competition. The aim of the competition was to promote creativity among students, to promote their thinking skills, enhance their analysis and evaluation skills and to develop their communication skills. Our school selected the three best enteries from all the three levels i.e. Primary, Middle and Secondary and registered for the Regional Level. The students awed their teachers by composing and narrating unique ideas in the form of stories.



KINDERGARTEN COOMUNAL HARMONY: NOVEMBER 23, 2019

'What's more fun for young children than acting like grownups?'

Not only they feel themselves as responsible citizens but also it boosts up their confidence level. A stage activity was conducted for the students on November 23, 2019. The tiny tots dressed up as one of the helper and recited poems. It was an awesome sight to see them dressed up as politician, army man, doctor, milk man, post man etc. the aim of the activity was to sensitize the learners towards different professions and gain knowledge about their work.



MEGA HERITAGE FEST, 2019: NOVEMBER 24, 2019

The Inter-school 'Mega Heritage Fest, 2019' was held on 24 November, 2019. Patriotism exuded from each and every school who walked up onto the stage and presented rich cultural heritage of different states through their dance moves. Social Science and Art department of our school presented Mizoram state depicting culture, tradition, festivals, tribes, languages, cuisine, costumes and handicrafts at the fest which was commended by all the visitors and principals of different schools. Students of class VIII and IX were taken to fest which helped them to develop understanding and respect for other cultures of different states that paves way for a harmonious social living. The presence of students from all over Patiala and surrounding areas provides a cosmopolitan set up that broadens the horizons of interaction among children.



CONSTITUTION DAY : NOVEMBER 26, 2019

To commemorate Constitution Day special assembly was organized in School on November 26, 2019. The Preamble was read aloud on this occasion. Each of the key words were explained by the students of Class VI. HOD Social Sciences highlighted the Philosophy embedded in the Preamble of the Indian Constitution.



KINDERGARTEN VEGETABLE PRINTING ACTIVITY: NOVEMBER 29, 2019

Children acquire a variety of activities. Painting is early education and becomes much more than just a simple activity. Children convey their ideas, express emotion, use their aesthetically pleasing works and experiences. The Careerians expressed their ideas and developed their fine motor skills through vegetable printing activity. They dipped the vegetables like potato, onion, bitter guard in water colour and printed those on chart papers. They also made different shapes. Kids also discussed the importance of eating green vegetables and they were taught to appreciate the nature for providing us many valuable things.



A GIRL NOT A BOY

She is a girl
Not a boy!
Is this the reason?
For letting her die?
Let her see
Let her to be born,
Let her feel and
Shine like a sun!
So what if a girl
Not a boy!
Is this the reason?
For letting her die?
Let her breathe
Let her enjoy
Let her be in the world
Created by god
To live and enjoy!
She is not a boy
But a girl
Is this the reason?
For letting her die?
Have almighty's fear!
Have this dear!
The world will come too bend...
Same way as my poem is end.



By: Mehakjot Kaur
Class: X-i



Career Academy, Patiala

Halloween was celebrated, wherein a fancy dress parade was held at the Kindergarten Section. Children came dressed as ghosts, witches, vampires and bats. Pupils wore masks and participated in spooky activities to scare each other.



Career Academy, Patiala

A special assembly was organised at the school to observe Constitution Day. The Preamble was read out and the key words were explained by students of Class VI. Serial skit was heard highlighted the philosophy embedded in the Preamble.



Kids stand out in taekwondo

Students of Career Academy, Patiala, proved their mettle in Taekwondo Championship held at Scholars Public School, Rajpura. Varun Tiwari, Arvind Kaur, Harmanjot Singh, Husandeep Singh and Abhishek Sharma bagged the gold medal, Aliza Khan and Priyanshu Chauhan won the silver medal, while the bronze medal was bagged by Prabhjot Singh, Gurjobanpreet Singh, Gurshaan Singh, Prabhjot Singh, Gurveer Singh, Amantjeet and Vishu.



Career Academy pupils shine

Parveen Kaur, a student of Class IV of Career Academy School, Patiala, won gold medal in roller hockey (Under-11) and three silver medals in 100m, 500m and 600m rink road races in the District Roller Skating Association Open Championship. She also won a silver medal in roller hockey games held at Mohali and gold in district games held at Patiala (Under-14). She also bagged gold in 1,500m road race and a silver medal each in 1,500 m road race and 500m rink race at the District-Level School Games. Manmeet Kaur, a student of Class II, won gold medals in 200m, 500m, 800m rink races and roller hockey (Under-11) in the District Roller Skating Association Open Championship. She also bagged gold in roller hockey (Under-11) and silver at in roller hockey (Under-11) held at Patiala. Principal Punam Dhiman appreciated the students' efforts.

MC MARY KOM BOXING STAR

The sports star who gives me inspiration is MC Mary Kom. Every time she sets her foot in the ring, she owns it.

Did you know that she is the only woman to become World Amateur Boxing champion for a record six times, the only woman boxer to have won a medal in each one of the first seven World Championships, and the only boxer (male or female) to win eight World Championship medals? No wonder, she has been nicknamed Magnificent Mary.

She is also the only Indian woman boxer to have qualified for the 2012 Summer Olympics, where she won the bronze medal. She had also been ranked No. 1 in AIBA World Women's Ranking (Light Flyweight 51 kg category). She also became the first Indian woman boxer to get a gold medal in the 2014 Asian Games at Incheon, South Korea, and the first Indian woman boxer to win gold at the 2018 Commonwealth Games. She is also the only boxer to become Asian Amateur Boxing Champion for record five times.

2016, she was nominated as a member of the Rajya Sabha. In March 2017, the Ministry of Youth Affairs and Sports appointed Mary Kom and Akhil Kumar as national observers for boxing.

After her sixth world title in 2018, the Government of Manipur conferred on her the title "Meethoi Leima", loosely translated as great or exceptional lady.

ABHINAV JOSHI, CLASS V
CAREER ACADEMY, PATIALA