



BROOKFIELD INSIDER

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E-News letter for the month of June 2023



EDITORIAL BOARD

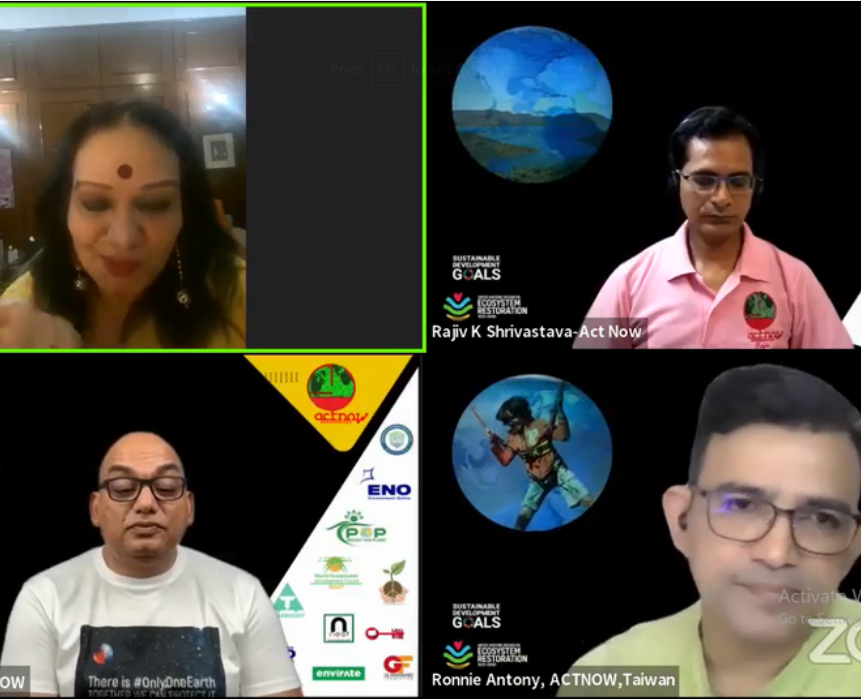
"Holistic development nurtures the mind, body, and soul, creating a harmonious symphony that empowers individuals to thrive in all aspects of life."

With a firm belief in the importance of nurturing both the physical and mental well-being of young minds, **Brookfield International School** has consistently demonstrated its commitment to providing a comprehensive education experience.

At our school, the integration of physical and mental wellness is ingrained in every aspect of the school's curriculum and routine. From the youngest learners in pre-nursery to the seniors in grade XII, students are encouraged to actively participate in a wide range of activities that promote their overall well-being. By fostering a nurturing environment that addresses the physical and mental aspects of development, the school ensures that students not only excel academically but also grow into well-rounded individuals ready to face the challenges of the world.

BFIS serves as a shining example of how educational institutions can make a profound impact on the lives of their students by prioritizing holistic development. We applaud their efforts and look forward to witnessing the continued success of their students in the times to come.

Ms. PARAMJOT, Ms. PRIYANKA KAUSHAL & Ms. SAKSHI GERA



The 4th Edition of the **World's Longest and Largest Environment Online Event** was successfully held at **Brookfield International School** on the **4th and 5th of June** with the theme **"Plastics don't pollute; we do!"** The event aimed to raise awareness about the environmental impacts of plastic pollution and inspire individuals to take action for a sustainable future. The event took place over a span of 24 hours, non-stop, bringing together students, educators, and experts from around the globe. The event was hosted on a virtual platform, enabling participants to join from anywhere in the world. This allowed for a diverse and international audience, fostering a global exchange of ideas and experiences. Eminent environmentalists, scientists, and activists delivered inspiring keynote speeches on various aspects of plastic pollution and its consequences. Panel discussions involving experts from different fields from all over the world provided a platform for in-depth conversations about the challenges and opportunities surrounding plastic pollution.

"SMALL ACTIONS TODAY CAN LEAD TO A GREENER TOMORROW. LET'S JOIN HANDS, REDUCE PLASTIC USE, AND SAVE OUR ENVIRONMENT FOR FUTURE GENERATIONS."

Students from **Brookfield International School** and other participating institutions presented their research findings, projects, and initiatives related to plastic pollution. This allowed young minds to showcase their innovative ideas and actions, fostering a sense of empowerment and motivation among participants. The event served as a platform for knowledge sharing, collaboration, and inspiration, empowering participants to become agents of change in their communities. By bringing together diverse voices, the event reinforced the urgency of addressing plastic pollution and highlighted the importance of collective efforts in building a sustainable future for our planet. As the countdown to a sustainable future begins, the event served as a catalyst for change, encouraging everyone to act now for the well-being of our Earth.





INTERNATIONAL YOGA DAY

Brookfield International School celebrated International Yoga Day on 21st June 2023 with great enthusiasm and participation from students, faculty, and staff. The event aimed to promote the physical and mental well-being of the school community through the practice of yoga. As part of the International Yoga Day celebrations, the school organized a live-streaming session on Facebook, where students demonstrated different yoga postures and techniques. The session aimed to encourage viewers to embrace the practice of yoga and its numerous benefits.

Alongside the yoga session, various activities were organized to provide students with a platform to showcase their talents. Students were encouraged to participate in events such as poetry recitation, poster making, essay writing and many more. These activities not only highlighted the diverse talents of the students but also fostered a sense of confidence and self-expression.

In addition to physical activities, the celebrations also emphasized the importance of mental well-being. Mindfulness sessions were conducted, incorporating meditation and relaxation techniques to promote a calm and focused mind. Renowned yoga practitioners and experts were invited to deliver motivational talks on the significance of yoga in leading a balanced and healthy lifestyle. The International Yoga Day celebrations at Brookfield International School proved remarkable, showcasing the school's commitment to promoting holistic well-being among its students.

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We may not be able to control external events or circumstances, but through yoga, we can find peace and stability within ourselves.”



Teacher's Training Session

LIFE SKILLS

"EMPOWERING TEACHERS WITH LIFE SKILLS TRAINING IS THE KEY TO NURTURING RESILIENT INDIVIDUALS WHO CAN NAVIGATE THE COMPLEXITIES OF THE MODERN WORLD WITH CONFIDENCE AND PURPOSE."

A teacher training workshop on **Life Skills** was conducted by the respected **Founder Principal, Dr. JK Singh** at **Brookfield International School**. The workshop aimed to enhance the teaching abilities of educators and equip them with the necessary skills to guide students towards a successful and fulfilling life. The highlight of the training session was the importance of fostering critical thinking, problem-solving, communication, and interpersonal skills in students. Attendees were introduced to innovative teaching methodologies and practical strategies for integrating life skills into the curriculum.

Various interactive sessions were held, encouraging participants to share their experiences and exchange ideas. The workshop also provided hands-on activities, group discussions, and case studies to deepen the understanding of effective life skills instruction. **The event concluded with participants expressing gratitude for the valuable insights gained from Dr. Singh's expertise.**





A workshop on good health and well-being was held at **Brookfield International School** on **26th June**. **Dr Tejinder Kaur**, an experienced Obstetrician and Gynaecologist from Motherhood Hospital in Mohali, conducted the workshop. The objective was to raise awareness among teachers about the significance of caring for their bodies, minds, and spirits while providing valuable insights on achieving overall well-being. **Dr Kaur** emphasized the importance of preventive health check-ups and shared practical tips for maintaining a healthy lifestyle. Participants actively engaged in discussions and sought guidance on physical health concerns. Dr Kaur's expertise equipped the teachers with self-care practices to incorporate into their daily lives.

"GOOD HEALTH IS NOT JUST THE ABSENCE OF ILLNESS, BUT A STATE OF PHYSICAL, MENTAL, AND EMOTIONAL WELL-BEING THAT ALLOWS US TO FULLY EMBRACE AND ENJOY LIFE'S BOUNDLESS POSSIBILITIES."



WORKSHOP ON GOOD HEALTH AND WELLBEING





TEACHER TRAINING SESSION ON CLASSROOM MANAGEMENT.

"Effective classroom management lays the foundation for a thriving learning environment, where students can blossom and teachers can empower."

A workshop on **Classroom Management** for teachers was conducted at **Brookfield International School** on **June 27th, 2023**. The day started with a revitalizing yoga session to provide teachers with a refreshing experience. The workshop, led by **Dr JK Singh, Founder Principal**, featured interactive sessions where innovative teaching methodologies, pedagogical techniques, and the integration of technology in classrooms were discussed. Emphasis was placed on promoting student-centred learning and nurturing critical thinking skills. The workshop aimed to enhance mindfulness, enabling teachers to maintain a positive work-life balance. Overall, the training session offered valuable professional development opportunities and personal rejuvenation.

CAPACITY BUILDING PROGRAM

"Unlock your full potential through continuous learning and growth. A capacity building program is the catalyst that empowers individuals to reach new heights of knowledge, competence, and impact."

On **June 28th, 2023**, **Brookfield International** organized a capacity-building program for teachers. The day commenced with an invigorating aerobics session aimed at providing teachers with a refreshing experience. The workshop began with an interactive session led by **Dr JK Singh**, the **Founder Principal**, who encouraged teachers to persevere and embrace change. The session emphasized the importance of fostering strong relationships among staff members. New staff members had the opportunity to showcase their talents and become familiar with the school's system. The teachers also received instruction from Mr Saurabh Benipal, a resource person, on the usage and various features of **IFPD panels**.



YOGA SESSION FOR TEACHERS



We introduced a diverse range of yoga styles, transcending the boundaries of a traditional yoga class at **Brookfield International School**. The teachers embraced a harmonious union of their hearts, bodies, and souls during the invigorating Yogadance session. They also experienced profound joy and rejuvenation through the practice of laughter yoga. In this unique class, our teachers guide you through a beautiful journey of complete relaxation and inner rejuvenation. Incorporating widely-practised techniques such as clapping and chanting, childlike playfulness, and laughter yoga pranayama, the aim is to induce hearty laughter and stimulate the release of endorphins in their bodies. The school's ambience exudes positivity, optimism, and a sense of hope for a fresh new perspective and a renewed zeal in the days to come.

IMMERSE YOURSELF IN THE MYRIAD HUES OF YOGA AND DISCOVER PROFOUND TRANQUILLITY AND SERENITY WITHIN.



FROM THE TEACHER'S PEN

Education is a journey that requires both effort and enthusiasm. I encourage you to continue embracing the joy of learning and exploring new horizons. Remember, knowledge is a powerful tool that empowers you to navigate through life's challenges and seize opportunities that come your way. As we move forward, let's remain committed to fostering a positive and inclusive learning environment. Let us celebrate our diversity and embrace different perspectives, for it is through understanding and respect that we create a rich tapestry of ideas and experiences.

I also want to emphasize the importance of balance in your lives. While academics are undoubtedly crucial, it is equally important to take care of your mental and physical well-being. Make time for activities that bring you joy, whether it's pursuing a hobby, spending time with loved ones, or simply taking a moment to relax and recharge.

Remember, dear students, each one of you possesses unique talents, skills, and passions waiting to be unleashed. So dream big, set goals, and work diligently towards achieving them. Believe in yourself, and never underestimate the impact you can have on others and the world around you.

Keep shining bright, and remember that your potential knows no bounds.

Wishing you all continued success and fulfilment in your academic and personal pursuits.



**VANDANA SHARMA
TEACHER (BFIS)**

TEACHERS' TRAINING BY INDIANNICA LEARNING

A **Teacher Training Workshop**, facilitated by **Mr Saurabh Beniwal** from **Indiannica Learning**, was organized at **Brookfield International School** on **03rd June 2023**. With his expertise and extensive knowledge in the field of education, the resource person shared valuable insights, innovative teaching techniques, and strategies to enhance the pedagogical skills of the teachers. The workshop played a significant role in the professional development of educators, equipping them with the latest trends, research-based practices, and effective teaching methods to improve student outcomes. The training focused on the latest trends, research-based practices, and effective teaching methods that can have a positive impact on student outcomes. Teachers gained valuable tools and strategies that could be directly applied in their classrooms, elevating the quality of education. The workshop also facilitated connections, collaborations, and networking among educators, creating a supportive professional community.

The workshop concluded with a serene meditation session designed to enhance concentration and focus. It was an insightful and informative session arranged for the teachers, aiming to elevate the standards of teaching at Brookfield International School.

मनुष्यता

मनुष्यता का अर्थ न अब तक तुम जान सके ।
 इस शब्द की गहराई न अब तक पहचान सके ॥
 किसी के दुःख को देख दुखी होना ही मनुष्यता नहीं कहलाता ।
 परदुःख को जो निजदुःख समझे, मानवता शब्द उसी के लिए आता ॥
 बड़े-बड़े ऋषियों ने अपना जीवन दान में दे दिया ।
 दानवीर कर्ण ने देखो निज कवच दान था कर दिया ॥
 सदा न रहने वाली इस देह के लिए तुम क्यों डरो ।
 दूसरों के हित के लिए बंधू, तुम भी तो कुछ करो ॥
 कहाँ ढूँढते ईश्वर को वे तो तुम्हारे भीतर ही समाए ।
 दूसरों की मदद कर जान देने को तुम्हारे भीतर हैं आए ॥
 सीने में जगी मनुष्यता की इस जोत को कभी बुझने न देना ।
 एकता में बल, मनुष्यता में छिपा है कल, ये शब्द जीवन में गुँजने देना ॥
 परहित के लिए प्राण देकर ही तुम ईश्वर को पाओगे ।
 और तभी मनुष्य कहलाओगे तुम तभी मनुष्य कहलाओगे ॥

अंशिका गुप्ता
 10वीं बीटा



मनुष्यता

इस जगत में इंसानियात्त शर्मिदा है,
 मनुष्य अब केवल अपने लिए ही
 जिन्दा है ॥
 क्योंकि अब इंसानियत इसके लिए
 कोई मोल नहीं रखती,
 यहाँ तो धन-दौलत से ही दुनिया है
 चलती ॥
 ईमादारी और मेहनत से ही मनुष्य के
 हाथ में कुछ आए,
 मनुष्य जब मनुष्य को समझे तो ही
 सच्ची मनुष्यता कहलाए ॥

साहिबा
 10वीं बीटा



मनुष्यता

जब भी जीवन में कभी आगे बढ़ें,
 श्रेष्ठ जनों के मार्ग का अनुसरण करें ।
 क्योंकि ये ही हमें मनुष्यता सिखलाएंगे,
 उचित और अनुचित का भेद समझाएंगे ।
 न करें हम मान कदापि वित्त पर,
 संयम का रखें दंड सदा ही चित्त पर ।
 रखें न कभी भेद-भाव की भावना,
 सबके हित की मन में धारें कामना ।
 काम ऐसा करें हम सभी,
 कि दुनिया कहे हाँ वो आया था जी धरती पर कभी ॥
 श्रीराम चन्द्र जब आए थे, मर्यादा पुरुषोत्तम कहलाए थे,
 श्रीकृष्ण प्रभु जब आए थे, तब कर्म का भेद समझाए थे ।
 कर्म कर, फल की इच्छा न कर ऐ इंसान,
 यही है गीता का ज्ञान, यही है गीता का ज्ञान ॥

कामाक्षी
 10वीं अल्फा