

REPORT

A. WORKSHOP ON ENGLISH LANGUAGE SKILLS ON "SOUNDS IN ENGLISH & LANGUAGE SKILLS'

1. A Workshop on "Sounds in English and Language Skills" under CBSE : Hubs of Learning was conducted at 1100 hrs on 08 Jan 2020 at Chanakya Hall, Sainik School Rewa (MP). The partner schools viz Jyoti Senior Secondary School, Rewa (MP), Geetanjali Public School, Rewa (MP), Gurukul Senior Secondary School, Rewa (MP), Bal Bharti School, Rewa (MP) and Sohagi Public School, Sohagi, Dist. Rewa (MP) participated in the workshop with a total of 14 subject teachers from participating schools.
2. Dr RK Sharma and Mr RPM Tripathi from English faculty, Sainik School, Rewa (MP) were the resource personnel for this workshop. Dr RK Sharma acquainted the participants with all the 44 distinct sounds in English while Mr RPM Tripathi covered the topic "How to develop language skills in the students".
3. Both the topics as per feedback facilitated the participants to enhance their professional skills (Proformas attached herewith).

B. WORKSHOP ON "YOGA"

1. A Workshop on "Yoga" under CBSE : Hubs of Learning was conducted at 1100 hrs on 11 Jan 2020 at Chanakya Hall & Motivational Hall, Sainik School Rewa (MP). The partner schools viz Jyoti Senior Secondary School, Rewa (MP), Geetanjali Public School, Rewa (MP), Gurukul Senior Secondary School, Rewa (MP) and Bal Bharti School, Rewa (MP) participated in the workshop.
2. Hav/APTC Sombir, PTI, Sainik School, Rewa (MP) was the resource personnel for this workshop. He acquainted the participants with different Yogas which are beneficial to all to remain physically fit and mentally alert.
3. The Power Point Presentation was presented before the participants in which the participants were acquainted with different types of Yogas, Pranayam (Anulom, Vilom) and Satkarm Kriyaye.
4. The following practical exercises with emphasis to obesity, mental stress, joint pain, mental concentration, digestion, flexibility, eyesight, immunity etc were demonstrated during the workshop :-
 - (a) Suksham Vyayam
 - (b) Different types of Yogas
 - (c) Pranayam (Anulom & Vilom)
 - (d) Exercises to relieve the backbone
 - (e) Stress Relief Exercises
 - (f) Meditation
 - (g) Yog Nidra
 - (h) Sat Karm Kriyayen

PHOTOGRAPHS

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WORKSHOP ON "YOGA"

