

**NAVY CHILDREN SCHOOL, VISAKHAPATNAM**  
**PRIMARY WING, NSB**

**ACTIVITY REPORT – JUNE 2022**

**24 JUNE 2022**

➤ **STAFF MEETING**

- An all staff meeting was held post summer vacation for teachers of all the wings. It was chaired by Dr. Parul Kumar Principal, NCS, Visakhapatnam.
- A tribute was paid to late Mrs. Kalyani, PGT Physics by all present.

**The following points were conveyed during the Staff meeting –**

- International Yoga Day was celebrated on 21 June.
- Covid Protocols to be followed strictly.
- Awareness sessions on safety and first aid will be conducted in the coming days.
- Entab Resource person K. Anusha briefed the teachers about 'How to upload Homework in Entab'.
- A short session on Yoga was conducted by the yoga teacher Dr B.Satyavani on the topic 'Yoga for Life, A Traditional way with Scientific Approach'.
- Mr Bhaskar, Office Superintendent, guided the staff on how to fill e nominations online.

**27 JUNE 2022**

➤ **SCHOOL COMMENCES**

- School commences post summer vacation.
- Assembly was conducted.

➤ **GROUP ASSEMBLY FOR CLASS - I**

- Group assembly was conducted in assembly area for all class -1 students post summer vacation.
- The occupational therapist Dr.Anupama along with the Special Educator Ms. Kuna Jayanthi and Mrs.J.Brahmani together coordinated the group assembly with the help of class teachers and coordinators.
- Few BRAIN GYM exercises were taught and the children were advised to practice them on regular basis.

**28 JUNE 2022**

➤ **GROUP ASSEMBLY FOR CLASS - II**

- Group assembly was conducted in assembly area for all class II students post summer vacation.
- The occupational therapist Dr. Anupama along with the Special Educator Ms. Kuna Jayanthi and Mrs. J.Brahmani together coordinated the group assembly with the help of class teachers and coordinators.
- A few BRAIN GYM exercises were taught and the children were advised to practise them on regular basis .

## **29 JUNE 2022**

### **➤ CCA ACTIVITIES:**

- Class I – Hopping Race
- Class II – Hopping Race
- Class III- English Elocution Final (House wise)
- Class IV- Hindi Elocution Prelims (House wise)
- Class V- Hindi Elocution Prelims (House wise)

## **30 JUNE 2022**

### **➤ INTERNATIONAL YOGA DAY**

- Special Assembly on 8<sup>th</sup> International Yoga day was celebrated at Navy Children School, Primary wing, NSB.
- The session was held in the school Assembly area by the Yoga teacher Dr B. Satyavani.
- Students of class IV & V enthusiastically participated in the celebrations. The session began with an introduction of Yoga. Asanas starting with warming up and stretching were followed by a series Suryanamaskaras.
- All the students of class IV & V followed and performed the asnas with great interest.
- Head Mistress Mrs Anuradha Mago spoke on the benefits of yoga and its effect on physical and mental health.
- The session concluded with vote of thanks by a student of class V.

### **➤ GROUP ACTIVITY FOR CLASS – I**

- Group assembly was conducted in assembly area for all class 1 students.
- The occupational therapist Dr. Anupama along with the Special Educator Ms. Kuna Jayanthi and Mrs.J.Brahmani together coordinated the group assembly with the help of class teachers and coordinators.

#### **The following exercises were taught –**

- Touching the nose with one hand and touching the alternate ear with the other hand.
- Balancing exercises – standing on one leg and keeping both hands apart.
- Action rhymes were also taught.



(Mrs Anuradha Mago)  
Headmistress  
Navy Children School  
Primary Wing, NSB