#screenfreehour

-An Initiative by Podar International School, Ahmednagar (Mr. Subhash Gole)

We at Podar International School, Ahmednagar always strive to bring innovation in day to day life and develop students morally and ethically. So here we represent #ScreenFreeHour initiative from our school. The initiative was started on the occasion of Sports Meet – 2019-20. We are surrounded by technology in every sphere of our lives. We are surrounded by gadgets every waking moment and are almost enslaved by them. The future, it seems, will be full of individuals cocooned in their personal tech bubbles. It's not just the children but parents who are affected as well. It is time for us to become mindful of this menace and our growing dependency on technology. It's time to move back to the basics, take some time off the remote buttons, mobile screens and look at the world around us. To minimize the effect of technology in our lives Podar International School, Ahmednagar has taken an initiative known as "SCREENFREEHOUR" for every individual in society. Podar International School, Ahmednagar decided to create and launch a pledge called "Screen Free 60 minutes a day – A pledge by the school, for the students and parents". 60 minutes in 24 hours that are not devoted to any sort of technological gadget but spent with ourselves, our children and our families. The Principal of School Mr. Mangesh Jagtap Sir felt that even if each one of us start with this basic doable, a lot can be achieved. The impact of this one hour, could have positive long-term effect. He said now days we see that the use of gadgets is at high level at present situation in our society. The kids and even others family members are glued to phones leading to poor sleeping habits, stress and some disorders etc. and it came up that parents play an important role at home in curbing this. The need to have parents practice what they preach was felt. He said that the organization believes that it would motivate parents and students to make #ScreenFreeHour part of their daily routine. He requested all the students to join hand with them in urging parents, children and teachers to participate in the programme. The pledge has now been initiated at the Podar International School, #Ahmednagar. An example indeed that can easily be replicated with long term effects for a healthier tomorrow.

If you are wondering how you can make #ScreenFreeHour a daily routine, here are some wise tips to help you do just that. Just follow these simple tips.
Tips to disconnect from gadgets during #ScreenFreeHour:
1. Schedule gadget-free time every day for you and your family.
2. Set aside gadget-free zones in the house.
3. Have gadget-free meals together at home or outside.
4. When spending time with children, turn off your notifications and phones. Even better, hide them from sight.
5. Turn off Wi-Fi at a fixed time, every night.
6. Turn off Television, Laptop, Computer etc. during #ScreenFreeHour.

We also have put together simple activity ideas for you to rediscover the joy of connection with your family members.
Tips to connect with children during #ScreenFreeHour:
1. Eat together: Eat together as a family, chatting, sharing jokes and relishing the food.
2. Play together: Play cards, board games, carroms, hide and seek and more.
3. Walk together: Take a little stroll around your neighbourhood and just talk about everything under the sky!
4. Share together: Pull out old family albums or your child's baby albums and look relive the memories.
5. 'Act' together: Cook, dance, sing, paint... Work as a team (family).

An Endeavour to inculcate and develop scientific temperament in the young learners of today, Podar International School, Ahmednagar proudly set its steps into the noble mission of knowledge enhancement. With this noble mission the school is launching an "INNOVATIVE STUDIO" in academic year – 2020-21 for its students. It will be a work space where students can give shape to their ideas through hands on do-it-yourself(DIY) approach and thereby acquire innovation skills. It would provide a constructive platform for innovative research. It will be integrated with Mathematics, Science and Technology to enhance creativity and curiosity of young students. The core objective of the Innovative Studio is to foster curiosity, creativity and imagination in young minds. Students will get a chance to work with tools and equipments to understand what, how and why aspects of STEM (Science, Teachnology, Engineering and Maths).
Tools in Innovative Studio-

Listed below are some of the tools in the Innovative Studio:
1) Robots –
The Robotic lab will be a bright and generous space where children will spread out to do their inventions. There will be computer stations where children will test and program their robots. Equipments will be available for every student. Each student group will work with one another to design, create, and program a robot to meet a designated challenge. A robotics class will meet in the lab once each week to learn robot construction and programming principles. They will learn to build robots using the latest Robotics Systems, as well as principles of motion and gearing, and use of light, touch, and ultrasonic sensors. Students will compete in a variety of robotic challenges that includes drones, mazes, obstacle ride, races, and soccer. Students will join competitions at national and international levels.
2) MBot –
    MBot is a STEAM (Science, Teachnology, Engineering and Maths) education robot for beginners, which will make teaching and learning robot programming simple and fun. With just a screwdriver, the step by step instructions, and a study schedule, children will build a robot from scratch and experience the joys of hands-on creation. As they go, they will learn about a variety of robotic machinery and electronic parts, get to grips with the fundamentals of block-based programming, and will develop their logical thinking and design skills. With MBot, teachers will launch courses or workshops on machinery, programming and design.

3) Virtual Reality Provide Hands - On Experience -
Podar International School announces the introduction of virtual reality, a three-dimensional (3D) computer generated environment that will allow the students to interact with an environment, be it real or an imaginary one, in the school. The students will not only hear, see or read, but will have live interaction, experience while studying. The programme is mapped to the current curriculum followed at the school, and will be introduced initially from grades V to VIII. Virtual reality labs will be a boon for students who have a keen interest in technology and science. However, the system will not be just restricted to classroom learning. Students can virtually visit Mars and drive a rover on the red planet. Not only this, students will be able to transport themselves around the solar system merely by staring at a planet. Some of these interactive experiences will allow students to navigate through the human body, similar to cartoons previously seen on television. But unlike the cartoon, students can see all around them and drive themselves around, rather than being guided by an outside force. Some of the units will include lessons presented as comic books, animations, journeys, movies and graphic sound worlds. Few of the virtual field trips will take students on a virtual journey of The Great Wall Of China, The Redwood Forest in California and the magnificent Singapore Gardens etc.
Unlike virtual reality, which creates a totally artificial environment, augmented reality uses the existing environment and overlays new information on top of it.
4) Google Expedition –
Podar International School students now,
Can climb Mount Everest,
Can swim with sharks,
Can tour Amazon or

Can visit Moon
And all can be possible without leaving classroom…..!

Podarites will now have a chance to participate in the Google Expedition from academic year – 2020-21. Google Expeditions is an immersive education app that allows teachers and students to explore the world through over 1000 virtual-reality (VR) and 100 augmented-reality (AR) tours. Students can swim with sharks, visit outer space, and more without leaving the classroom. Students can tour the Amazon as they learn about geography, they can visit a national park in South Africa as they study large mammals, or they can visit Rome's masterworks.
Using special cardboard goggles or holding a selfie stick with a Smartphone, students will immerse themselves in 365 degree images that will take them momentarily to places far beyond.

5) Drones in education –
Drone Making will be developed to teach students the complex systems of drone technology. Designed as an interactive approach to applied learning, students will explore the fields of science, technology, engineering, and math. Students will become familiar with the basics of drone systems, robotics, and programming in a team based environment. In this program, students will become familiar with the basics of Drone robotics and programming through teamwork.

Thus, the lab activities are designed to spur the spark of creativity and go beyond regular curriculum and textbook learning. The labs will let students explore skills of future such as design and computational thinking, adaptive learning and artificial intelligence.

Other Ideas

Innovation in education encourages teachers and students to explore research and use all the tools to uncover something new. It involves a different way of looking at problems and solving them. **Innovation** improves **education** because it compels students to use a higher level of thinking to solve problems. **Being innovative** does not only mean inventing. **Innovation** can be defined as a process that involves multiple activities to uncover new ways to do things.

Podar International School, **Ahmednagar** teachers also contributed few **Innovative Ideas** for the year **2019-20** which are implemented and got the positive results. Some are as follows :

Sr. No.	Innovative Ideas	Name of the Teacher	Out comes
1	Outdoor story telling	Ms. Arpita	For PJK
2	Recreation Activities for the teachers	Ms. Vaishnavi	For Getting relief from the daily routine
3	Students Adapt Policy	Ms. Satnam	Grade I to VII - For guiding weak students
4	Stress Free Room	Ms. Satnam	For Getting relaxation from the daily routine of the Teachers and Students both
5	Symphonic Workshop	Ms. Trupti	For Grade I Parents
6	Personal Dictionary	Ms. Shubhangi	Grade III to VII – Students should prepare their own dictionary
7	Nature Class	Ms. Archana	For all classes – Once in a week whole class should take on the ground for teaching-learning

8	Everyday Five Sentences	Ms. Shilpa	Grade I to V (English) - Daily writing of 5 sentences and practice in the class very next day
9	Vermicompost	Ms. Sarika	For whole school – leftover of vegetables and fruits can be asked to bring from home.
10	Motivational Videos	Ms. Nalini	Once in a month students should get theatre feel for Entertainment And Inspiration
11	Science and Maths Exhibition	Ms. Nalini	Grade IV to VII - Students should get more knowledge and information of Science and Maths.
12	Podar Sports Encyclopedia	Ms. Sheetal	Grade IV to VII - Students should collect information about sports and games.
13	Creative Writing Skill	Ms. Dipali	Grade III to VII - Students should write their own ideas and creative thoughts on given topics. (For language development skill)
14	Dictation Test	Mr. Subhash	Grade I to VII - Students should learn and write the spellings.
15	Regular Reading	Mr. Subhash	Grade I to VII - Students should develop their Reading skill.