

TODAY'S EDITION

► Celebrating the bravehearts - our teachers. **PLUS:** Stories that will inspire you
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► **SCHOOL IS COOL:** Students celebrate their teachers with heartfelt wishes
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► Our panel of experts share handy tips and tricks for acing e-classes
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STUDENT EDITION

SATURDAY, SEPTEMBER 4, 2021

THE TIMES NIE
Newspaper & Education

THE TIMES NIE TEACHERS WELLNESS SURVEY 2021
SAMPLE SIZE: 600 TEACHERS ACROSS 17 CITIES, ACROSS PRIMARY, SECONDARY AND SENIOR SECONDARY CLASSES

Pics: iStock

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SUM OF THE YEARS

As a teacher, the last two years were...

Interestingly, while 54.8% classified the last two years as challenging, nearly 41% used it as a learning curve. It was heartening that only a paltry 4.2% found it stressful

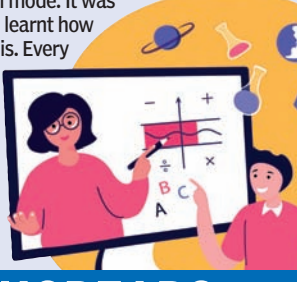
LEARNING CURVE: 41%
STRESSFUL: 4.2%

TEACHER SPEAK

"Self-motivation is key"

DEVIKA AWATAR, vice principal, KV 3 BRD, Chandigarh

"As a teacher, it was a real challenge to involve all students in the transition to the virtual mode. It was also during this time that I learnt how important self-motivation is. Every challenge taken up with positive spirit gives you fruitful results. The pandemic showed us the utility and success of 'Blended Learning' for future education."



THE BUGBEARS

The biggest challenge was...

A closely-fought space where adapting to online teaching at 26.5% was the biggest challenge - a little ahead of students not completing their work (21.2%). Maintaining work-life balance was another big challenge that teachers faced in 2020-21

ADAPTING TO ONLINE TEACHING: 26.5%
NOT COMPLETING WORK: 21.2%
LACK OF CONTACT: 19.2%
MAINTAINING WORK-LIFE: 18.2%
LACK OF GUIDANCE: 3.8%

TEACHER SPEAK

"Schools stepped up"

PALLAVI SHARMA,

principal, Mamta Modern School, Delhi

"We have completed an entire year in front of our laptops. With experience, we became more empowered as far as technology was concerned. One of the very special learning experiences was the 'teachers forum' being organised in our school so that they could share their innovative teaching pedagogies and learning styles to engage the learners. Our evenings became quite fruitful, as every day we had teachers presenting their lesson plans innovatively."

A whopping 68.7% said that their school held numerous workshops to help teachers out

POSITIVE THINKING

My mental health has...

A healthy 41.8% admitted that they actually worked on their mental health. Though a 22.5% chose to tick don't know/can't say

DON'T KNOW/CAN'T SAY: 22.5%
DECLINED: 20.4%
NOT CHANGED: 15.3%

IMPROVED, SINCE I WORKED ON MYSELF: 41.8%

TEACHER SPEAK

"Overcome your fears" JACQUELINE MITCHELL,

middle school coordinator, Christ Church School, Byculla, Mumbai
"You will face many defeats in your life, but never let yourself be defeated, said Maya Angelou. This pandemic has taught me to overcome my fears. Adapting to new technology for my classes, I faced many challenges. I used Google and YouTube like never before to increase my knowledge and bring out my creative side. This made me feel powerful within."

MIND YOUR MANNERS

In a classroom, it was toughest to...

Most said they found it difficult to get children to participate in class. But only a paltry 5.2% were bogged down by complaints of cyberbullying - a practice that was on the rise in the online world in 2020-21

ENSURE PARTICIPATION: 54.3%

ENSURE DISCIPLINE: 28%
HELP FROM PARENTS: 12.5%
CONTROL CYBERBULLYING: 5.2%

TEACHER SPEAK

"Look for the silver lining" ESHA, teacher,

classes IX-X, Doon Heritage, Dehradun
"Online teaching has its perils - the most relatable one was managing students virtually. Still, the pandemic made all of us familiar with online tools and how much easier they have made our lives. Teachers' productivity increased. We also had a chance to grow as individuals and had enrolled in various courses."



LET'S CELEBRATE OUR TEACHERS

It has been an 'interesting' two years. And while we have all settled in the "new normal", this Teachers' Day, we ask our teachers: "How are you feeling?" Because while reams have been dedicated to managing children's stress, not much is talked about the challenges of our teachers. Many became overnight tech wizards, while others kept their chin up to motivate their students - to ensure that the course of learning never stops. It's this spirit of survival, the tenacity of our teachers that we celebrate today through **Times NIE Teacher Wellness Survey 2021**. We got together an issue that is full of good counsel, has stories of hope, appreciation and tips to empower our teachers. Happy Teachers' Day! We owe you one...

EYE, EYE, Ma'am!

EXPERT SPEAK
DR NAVIN SAKHJIA
Ophthalmologist

Online teaching has led to a remarkable decrease in the much-needed rest for the eyes.

Screen time affects vision
Excessive screen time leads to dry eyes because of reduction in the tear film and that leads to tired, gritty, uncomfortable burning eyes, which increase by the end of the day and is often accompanied by headaches. The American Academy of Ophthalmology reports that near-sightedness has doubled since 1971 - and now stands at 42%. Some Asian figures are alarming - nearly 90% of teenagers and adults are near-sighted. According to studies, there is evidence that shows that increase in indoor activities have been a major contributing factor.

Tips on how to handle this:

1. Lead by example - cut down your own screen time and engage with your child. A family activity will reduce screen time.
2. Take frequent breaks.
3. Washing the eyes frequently is NOT a

HEALTH WATCH

Most niggling health issue...

Nearly 48.5% respondents claimed that their eye health deteriorated during the course of the last two years, with 30.8% saying their power went up, and 21.7% got spectacles

WEIGHT GAIN: 21.3%
FATIGUE: 20.2%
BAD POSTURE: 6.7%
BAD EATING HABITS: 3.3%

A whopping 74.7% admitted that their health was impacted negatively in 2020-21

good idea, as it flushes away the tears and ultimately, leads to a red irritable eye
4. Increased outdoor activity has been shown to reduce the progression of near-sightedness.

EXPERT SPEAK
DR BLOSSOM KOCHHAR
Wellness expert

BUST THAT STRESS...

A lot of reimagining was done in the education sector as Covid-19 hit us all. This tremendous journey that teachers took is likely to have added additional stress in their lives. I would like to thank all the teachers for their continuous efforts by sharing a few stress management ideas.

TRIED LION EXERCISE?
When you are too stressed, try this. Now, how to do that? Open your eyes wide, stick your tongue out and make a loud noise. Yes, it works!

HAND MESSAGE IS HEALING: Take any hand cream, rub it between your palms for activating all the reflexes in your body. Then

ONLINE TROUBLE

Biggest stressors for classes were...

More than shifting learning to a new medium, most teachers got bogged down by technical glitches, like network snarls, slideshows not working, etc. 34.5% struggled to make their classes interesting

DAILY ACTIVITIES: 34.5%
DISINTERESTED STUDENTS: 17.7%
POORLY-BEHAVED STUDENTS: 4.8%

TEACHER SPEAK

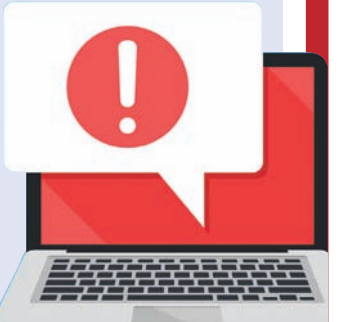
"Change your strategies and adapt"

NEHA KAKKAR, teacher, Mondrian House, Dehradun

"Biggest challenge as a math teacher is to coordinate with students. To find out how much they are actually practising, given work with pen and paper was difficult. But we devised new ways and strategies that worked. We were a little strict about deadlines, giving priority to online discipline and class attendance, and also grading on the basis of class performances; and using online tools like Jamboard, Quizziz app, Geometry Geogebra etc."

"Slow and steady" SIDDHARTHA SHANKER MISRA, teacher, class XI-XII, City Montessori School, Gomti Nagar Extn, Lucknow

"This phase completely changed the way of learning. Being a computer science teacher, it was easy for me to teach effectively. Students who are self-motivated are doing much better in this system. But this mode is incomplete without parent's participation."



FIT FACTS

My fitness routine...

A healthy 47.2% chose walking or running (even if indoors) over any other exercise, but yoga was a close second

WALKING/RUNNING: 47.2%
YOGA: 31.3%
OTHER: 17%
CYCLING: 3.7%
LIFTING WEIGHTS: 0.8%

Teachers used this time to work on their fitness goals. A whopping 82.7% answered 'yes' to making a "conscious effort to stay fit". Exercise is one of the most potent ways to beat stress

massage your wrists in circular movements, pull each finger and press at the tip of the finger, then massage between the fingers. Repeat once and in the end just shake your hands. This technique releases all the tension from your body. Do it daily before bedtime.

GO FOR ESSENTIAL OILS:
Essential oils have the power to relax and calm you. Lavender and sandalwood oils are great de-stressors. Lavender will uplift your mood, calm your anxiety and since it has a sedative effect, it will help you to sleep better. Exam stress is another one to add to the already full kitty, so use basil essential oil to improve your concentration in those busy days.

MAKE TIME FOR SELF-CARE: It is important to follow a good skin care routine, because if you look fresh, you will feel fresh. So, follow cleansing, toning and moisturising twice a day, morning and at night. Women teachers can use some uplifting fragrance and light make-up to feel cheerful and nice. Men can use subtle fragrance to feel pepped up at work.

EXPERT SPEAK
SURA KSHIT GOSWAMI
Yogacharya

THE POWER OF ROUTINE

The last two years, all of us had the same problems: stress, anxiety, and worry. We were literally in the same boat. But whether the stress stresses you out is in your hands. The one thing that will help is ACCEPTANCE rather than waiting for it to finish or setting deadlines like "how to enjoy life once all this is over". Here's what I have learnt in the last few years:

1 We have never been trained to live life. There's training for work, earning money, meeting deadlines. But nothing on how we should live in the moment. These two years have made us appreciate this aspect.

2 To beat stress, work on creating a happy environment. Just like you light a lamp to brighten the room, if you lighten up within, it'll help to spread lightness around you.

3 The bottomline is you have to do your karma: either by being stressed or choosing to be happy. The choice is yours.

4 The basic idea is that you have to maintain positivity inside your body. Here's a five-step routine that anyone can follow (in the morning, preferably outdoors):

ANULOM VILOM: 8-10 MINUTES
Consider this pranayama a treatment to

cure all your stress and to balance body energy. But do this very slowly by making no sound. Never rush through a pranayama, as the effectiveness goes away.

DEEP BREATHING, 5 MINUTES
This is mindful breathing where you breathe in and out slowly. Keep a hand on your stomach and feel your stomach fill up as your breathe in, and contract as you breathe out. The hand on the stomach helps you to keep your attention on the breath.

BRAHMARI PRANAYAMA, 10-12 TIMES
Usually, we do this pranayama only 2-3 times, like eating just 2 bites. Par agar aap Haridwar jaeenge, toh dubki toh lagani hogi. Brahmari is a powerful pranayama that releases your happy hormones.

AUM JAAP
Break down the three syllables. First jaap with 'a' uchharan, followed with 'u' and 'm' - all three times each. Finally, do the 'aum' three times. This will increase your positive vibrations.

DHYAN
End with Dhyana. There's no set time. Start slow and increase your time.
For teachers, it's important to remain positive to spread positivity among their students. Only if you are feeling positive from within, will you be able to do so.

EAT RIGHT

EXPERT SPEAK
AVNI KAUL
Nutritionist

Teachers play an important role when one talks about nation-building.

And let us acknowledge that teaching is certainly not an easy task, as it takes plenty of mental and physical energy. So, what should they do to look after their nutrition and wellness? Here are some tips...

HYDRATION
Besides drinking water, snack on fruits and vegetables like celery or melons.
Use a straw to drink water. You will find yourself sipping precisely.

Refrain from dehydrating foods like anything sugary or salty.
Keep a reusable water bottle or cup beside you in the classroom. If it's in front of you, you won't forget to drink it periodically.

DIET
Stick with your meal plans. If you have spent some time planning out dinners for the week or have freezer meals, stick to your plan. Changes of meal plans mostly leads to impulse ordering.

Always keep healthy snacks with you. Prepare prior to your time of cravings.
Make certain your meals have a balance of fruit, vegetables, carbohydrate, protein, vitamins and some fats.

THE BURDENS WE BEAR

What bothered me was...

OTHER REASONS: 24.2%
POOR WORK-LIFE: 18.8%
CONCERNS OF MY OWN: 12.1%
STUDENTS' MENTAL HEALTH: 10.4%

A whopping 88.3% - felt appreciated and seen by the students, parents and school

TEACHER SPEAK

"Parents acknowledged our efforts"

VEENA SUSHIL GANJU, teacher, classes X-XII, P R Khattiwala Vidyaankul, Surat, Gujarat

"I was overwhelmed when a parent told me: 'Ganju ma'am, our family looks forward to see your smiling face and hear your 'Good morning, children!'. It fills our day with good energy too.' Children appreciate the extra efforts teachers make."

DEEPA RADHAKRISHNAN, teacher, classes X-XI, EuroSchool North Campus, Bengaluru

"There was a lot of positive response from students and parents. All the technical challenges were taken care of eventually and I enjoyed learning many new things in technology, implemented many of the firsts successfully with the team. The willingness to learn has been my motivating force."





Teachers play a significant role in our life. The subject which we like the most also depends on the teacher who is teaching us. The interest that the teacher cultivates in students makes all the difference. I salute my teachers!

ADITYA KUMAR, class VIII, DPS, Bopal, Ahmedabad



TEACHERS WHO WENT THAT EXTRA MILE TO SERVE THEIR COMMUNITIES

Forty-four teachers have been selected from across India for the National Teachers Award 2021. Some of the recipients of this prestigious award share details of their inspirational journey with us. Know their stories – from their bruises to eventual victory and recognition of their efforts. They reveal all...



"I LEARNT A LOCAL DIALECT TO TEACH IN THE HAMLETS OF GADCHIROLI"

■ When Covid struck, I realised that students in the hamlets of Gadchiroli (no electricity) will suffer a huge learning loss. I learnt the local dialect and started teaching a small cluster of students in the jungle. I moved from one cluster to another to cover all students.

KHURSHID SHEIKH, teacher who taught students of Gadchiroli as 'jungle batches', Maharashtra



"MY STUDENTS' MENTAL HEALTH WAS MY RESPONSIBILITY TOO"

■ A teacher's job is also to look after the students' well-being. I didn't have internet, so I travelled to a local shop to get a phone network. I broke my class into smaller, manageable batches and connected with them online; we would chat and I encouraged them to take up an exercise. Soon, we had hundreds of students.

JAISINGH, physical training teacher, Rajasthan

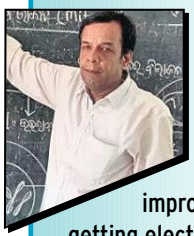
The purpose of giving National Awards (by President Ram Nath Kovind to the chosen teachers) on September 5 is to celebrate the unique contribution of some of the finest teachers in the country



"ARRANGING SPONSORS FOR DROPOUT STUDENTS WAS MY PRIORITY"

■ My main concern was school dropouts. I have been connecting students of my school with alumni, who are willing to sponsor dropouts' education. This way, 50 students since 2001 are getting educated.

ASHOK SATPATHY, science teacher, Zilla Government School, Bhadrak, Odisha



"SETTING UP MORE CLASSROOMS AND BASIC AMENITIES WERE MY GOALS"

■ When I joined a government school at Kanamana, the place lacked basic amenities and had only two classrooms. Villagers were not keen to send their kids to school. I tried to improve things by setting up three more classrooms, getting electricity, clean drinking water. The work continues.

AJITH KUMAR SETHY, headmaster, Kanamana school, Odisha



The pandemic-tested teachers across the globe had to adapt overnight even as they battled Covid-19, lockdown stress and new technical and professional challenges. But they did come out stronger than ever. This Teachers' Day, Times NIE brings to you some heart-felt stories of our leaders in crisis time



HEART-WRENCHING TO SEE CHILDHOOD RESTRAINED

These pandemic years will never be forgotten; everyone adapted their teaching/learning patterns overnight. Covid-19 opened up a 'Pandora's Box' of emotions. We were excited to explore the 'New Normal', but it was heart-wrenching to witness childhood restrained. The irony was asking students to use mobile phones/laptops, something we have otherwise discouraged. It has been a tough journey, but if mentors stay happy and motivated, our kids will follow suit.

VASUDHA GUPTA, primary teacher, Lotus Valley International School, Noida



Together
WE

OVERCAME
ALL ODDS



I AM AN EDUCATOR, NO PANDEMIC CAN TAKE THAT AWAY

I have nurtured a loving bond with my students for the past so many years. Each student is special and dear.

Now, for the first time, as I sit, not in the classroom but in front of the screen, I miss those hugs and kisses. A situation unforeseen. Grieved with near panic and fear, I puzzle and mull over how to teach virtually. Mind-boggling, it is a complete mystery. I rise to the occasion with full gusto, motivated by my little ones, who love me so. I am an educator, a mentor, No pandemic can take that away I am proud to be a teacher as I learn and evolve each day.

SARGAM HANS, primary teacher, Lotus Valley International School, Noida

TO TEACHERS, WITH LOVE...

Dear teachers and mentors, thanks for being the guiding light in our lives. When online classes became difficult at times, you remained patient and encouraged us to do better. You have believed in us when we have lost confidence.

URMILA JITHESH, class XII, Bhavan's Vidya Mandir, Elamakkara, Ernakulam



My teacher in second grade had created a unique system by dividing the class into three groups; each group got points on dancing, behaviour, class work. At the end of the semester, the group with the most points won but everyone got books!

NANDINI SINGLA, class V, Sri Venkateshwar International School, Dwarka, Delhi



My wonderful teachers, I will forever be thankful to you all for all the new concepts you have taught, for all the skills you have helped me nurture, for the endless possibilities you have opened my eyes to, and for the ocean of opportunities you have given me.

NIMISHA T, class XI, Fiitjee Narayanaguda, Hyderabad



Teachers are truly the ones who help us a lot. They deserve to be appreciated because of all the hard work they do in every situation. I would like to thank my teachers for everything they have done for me. Only because of them I am what I am today.

RADHIKA CHOPRA, class X, Father Agnel Multipurpose School, Vashi, Mumbai



Happy Teachers Day to all the teachers who have guided us in making important decisions in our career. We are grateful for having such amazing teachers who invest so much in us to bring out the best in us. Thank you, teachers, for being our spark, inspiration, and a vital part of our lives.

MANUSHRI SINGH, class XI, La Martiniere Girls' College, Lucknow



COPING AND HOPING...

TAKING ON CHALLENGES: For a person who passionately believes in good old classroom teaching, imagine trying to retain the attention span of 17-year-olds while manoeuvring through alien online platforms!

The exercise was a blur at first. But yes, I am glad to say I surmounted the challenge and now I pride myself on being a change-maker.

K S SUMITA, PGT Eco, Hyderabad Public School, Begumpet, Hyderabad



REGAINING NORMALCY ONE BOOK AT A TIME: I recently lost my husband to cancer. After lying low for a while, I have resumed online (book reading) classes; it is helping me 'resume' living. My book club for kids also includes fun, creative writing classes, so, we are doing that too.

ARCHANA ATRI, founder, AA's Book Nerds, Delhi



REGAINING CONTROL: I experienced the loss of my near and dear ones, but teaching had to be continued with a smile. To regain control was tough. But I got there.

RANJANA BHARADWAJ, English teacher, Army Public School, Chandimandir, Chandigarh



I FELT HELPLESS: I lost my role-model teacher husband Perminder Dasani to Covid. It left me hopeless. But I have to continue the legacy of my husband, so, I continue to teach.

HARSHITA DASANI, principal, Chowringhee High School, Kolkata



COMMITMENT FOR WORK WAS THE DRIVING FORCE: I lost my husband to renal failure that left me devastated.

But I realised I cannot live with it forever and eventually I let go of my misery for the sake of my ambitious students. My focus towards my work as a teacher made me live again.

PRIYA RAJ, Science teacher, ELGI Matriculation Higher Secondary School, Coimbatore



HOPE PREVAILED: Three teachers I knew succumbed to Covid-19 in the second wave. My whole family was also covid-positive. But the show had to go on and I continued working.

MICHELLE ANN GARDNER, vice principal, St Jude's School, Dehradun



WAITING TO TEACH IN-CAMPUS AGAIN: I miss the hugs, interactions of real time school. I don't enjoy 'sharing my screen' that obliterates the faces of students. Looking forward to in-campus teaching again.

SONAL NARANG, vice-principal, Anand Niketan, Ahmedabad



A SMILE: I resumed work after recovering from Covid-19. During a class, I got the news of my husband and daughter testing positive, but continued with a smile.

K NAGA JYOTHI, Physical science teacher, Chitturi High School, Vijayawada



Special needs children sailed through

WE FOUGHT UNCERTAINTY

If there is one thing children with special needs (especially autistic ones) are scared of, it's uncertainty. I salute all the teachers of my school who brought back structure and routine in our kids' lives with online classes. We also saw it as a chance to teach adaptability and resilience to our children, which are great life skills.

DR SONALI KATARIA, principal and founder of Sunrise Learning (school for special needs children), Noida



KIDS WITH LEARNING DISABILITIES SUFFERED A LOT

Teaching special needs children has been challenging during the pandemic as they thrive on individualised education programmes (IEP) and need exclusive attention, which wasn't possible in virtual learning. The positive aspect though is e-counselling for children in remote areas.

AHIR ALI, special education teacher, Lotus Veda International, Delhi



CHILDREN TAUGHT TEACHERS TOO!

Teaching kids online is a big challenge, I used to think. But no more. Kids are very watchful people. They have learnt the art of seeking out from this distant virtual platform. I, too, have learnt many lessons as a teacher. Dance is a beautiful way to engage and impart. We just need some patience, and learning happens.

INDRAYANEE MUKHERJEE, classical dancer and teacher, Mumbai



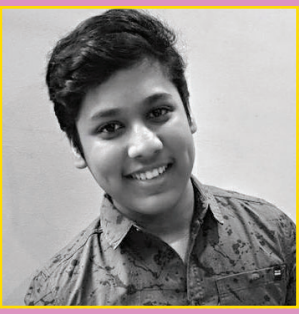
ART FRAT WELCOMED ONLINE LEARNING

SHY KIDS BLOOMED IN WORKSHOPS

When we went online, parents were a sceptical lot due to kids' overexposure to the virtual medium. Gradually, children started enrolling for the classes: they prepared dialogues, costumes at home. The best part is to watch shy kids bloom and become confident after completing our theatre courses.

PRIYASHA BHARDWAJ, co-owner of Drama Re-Engineered, Mumbai





A teacher has the power to sculpt a piece of unmolded clay, a child's brain, into a marvellous sculpture. We should show our gratitude to our teachers by respecting the unique bond created in class, which can never be broken.

CAROL ANTONY, class X, Unicent School, Bachupally

TO GURUS,
WITH LOVE



03

SATURDAY, SEPTEMBER 4, 2021

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A HEARTFELT THANK YOU!

TRUE INSPIRATION

Missing school and all the lovely celebrations we had every September 5, when students got together to wish our beloved teachers, our guides for life. A very Happy Teacher's Day and a big Thank You for inspiring and motivating each one of us, day in and day out!

NILANJANA SINGH ROY, class X E, Delhi Public School, Nacharam



CELEBRATING YOU EVERY DAY

To the ones who shape the minds of the future torchbearers of the world... To the ones who educate the young citizens of society to live life based on values... Thank you for nurturing me with values, love and concern. I acknowledge the efforts you have put in to teach me the most important lessons of life. I deem it an honour to be born in a country where gurus are worshipped. We celebrate you every day. I hope the ethics you cultivated in me will reflect in every walk of my life.

K GEETANJALI, class XII, Narayana Junior College



SECOND PARENTS

They say parents are our first teachers. But I think teachers are our second parents. Teachers are the well-wishers sent to us by God. Though they scold, give us lots of homework and punish us, it's all for our betterment. Teachers expect nothing more than for their students to be happy and achieve their goals. I wish that all teachers get the love and respect that they most certainly merit.

VARUNI PULLELA, class X, Tatva Global School



OUR POLE STAR

Every teacher plays a huge role in a student's life. The mother gives birth, father teaches the child to walk but the teacher is the first person who shows the child the world in its true sense. When we take the wrong path, the teacher helps us get back on the right track and helps us design and draw our future. They share with us our joys and sorrows. I have no words to show how thankful I am to all my teachers. You are the Google map of my future. Thank you!

MAHITHI REDDY, class X, Edify World School



MOST DEDICATED

After parents, teachers are the ones with whom children spend most of their time while growing up. They make all efforts in building up a resourceful person out of every child they teach. Pandemic could not deter their commitment to give their best despite online classes being a new concept. Hats off to all teachers for making the school and the country on the whole a wonderful place to learn and excel.

B SAAKET, class VII A, Delhi School of Excellence, Manikonda



OUR WELL WISHERS

Teachers are the backbone of our society. They stand by us at every step to guide, motivate and inspire to become better people. From them we get ideas or thoughts that one day each one of us will use to give back to society. After parents, they are the ones who take up the duty to shape students into ideal citizens of the country. It is our utmost duty to honour their contribution.

RAMYA PRIYA, class VIII, Sister Nivedita School, Ameerpet



HAPPY TEACHERS' DAY

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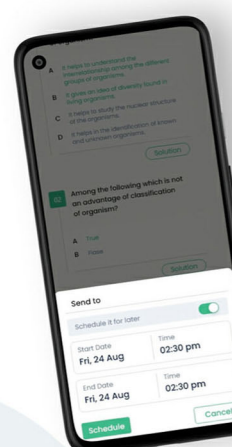


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I am blessed to have teachers who besides studies have also imparted many life lessons to me, for which I will be forever grateful to them. On Teachers Day, I convey my gratitude to the teachers for making me a better person.

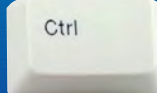
V NIKHILASREE, class X, Atkinson Senior Secondary School, Vijayawada



Experts tell teachers what to uptick for e-classes

A Teacher's ONLINE PHASEBOOK

When is the right time to take



...and when is the right time to press



LESSON 1



LET'S UNMUTE

How to ensure inclusivity

SUPPORT

We started "coffee mornings" with single parents to just chit-chat about how they are coping with this period. Our aim is to make life easier for all.

SHRUTI, teacher, Shiv Nadar School, Noida



AFTERHOURS HELP

For students who are lagging behind in academics or have next to no help at home (for reinforcement etc), extra classes are being held.

REKHA PURI, teacher, class 6, DPS, New Delhi



COUNSELLING

We have extended our counselling sessions by an hour every week. Our focus is on underprivileged kids and those who have been through irreparable suffering.

RITU MAKHIJA, teacher, class 8, Vishwa Bharti School, Noida



FINANCIAL AID

We know that the lockdown has rendered many jobless or with a substantial cut in pay. We have been distributing uniforms and textbooks to students.

RAKESH SHARMA, teacher, class 8, RK Academy Public School, Raipur

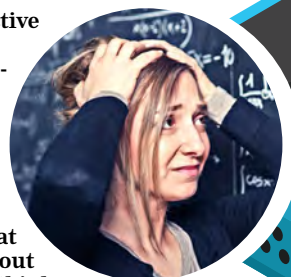


SQUAD GOALS

Form listening circles

► Maintaining a sense of collective belonging is essential.
► Starting forums like "listening circles" or "chat with someone when you are feeling alone", helplines to call when quarantined or isolated, are all helpful to prevent and alleviate the exhaustion.
► It's important to recognise that this exhaustion is not just about work but due to the increased thinking and planning required to meet the needs of a household and keep the family equilibrium while managing other tasks. If we can help each other, burnouts can be mitigated.

— DR KAVITA ARORA, psychiatrist, Children First



REBOOT



Time to play Connect 4

Here are some methods to handle the agile minds of this Covid generation.
► Pick 4 students who are passive during online classes. Tell them to hold sessions.
► Make your home a petri dish for creativity. Solicit a high volume of different ideas, but resist the urge to evaluate the ideas your kids come up with. Don't point out which ideas aren't possible, and don't decide which ideas are best. The focus of creative activities should be on process: generating (vs. evaluating) new ideas.
► Give children the opportunity to express "divergent thought". Let

them disagree with you. Encourage them to find more than one route to a solution, and more than one solution to a problem.

► If a student is missing classes, do try to find the underlying reason. A teacher's concern is imprinted in a positive way in the developing minds of kids.

— DR SAMEER MALHOTRA, psychiatrist, Max Hospital

INSTAFOOD



You are what you eat. As teachers, you need to build your stamina to counter those 40 restless minds. Try these:

INFUSED WATER

Infused water is a combination of fruits, vegetables, and herbs immersed in warm water. In Ayurveda, this is

Keep it healthy

prescribed to boost immunity.

DON'T SKIP MEALS

Keep it small, simple but regular bites are essential. Some easy options are ragi biscuits, oats with milk, nuts and fruits, hung curd salad,

vegetable sandwich with boiled egg etc.

GO FOR GREEN TEA

Instead of opting for the regular sugar-laden milk tea, have a blend of green teas.

VITAMIN C IS MUST

A glass of lukewarm lemon water is a great immunity booster with multiple benefits.

SCREEN TEST

20-20-20 eagle eye rule

With continuous online classes, follow the 20-20-20 rule. Look 20 feet away for 20 seconds after every 20 minutes of screen time. Teachers should encourage children to do the 'pen focus' eye exercises – where in you hold a pen and ask the child to focus on the tip and bring the pen closer till the pupils converge and then take the nib away.

— DR NAVIN SAKHUJA, ophthalmologist

DRY EYES?

- A warm compress on the lids twice a day will help
- Blinking reduces irritability during prolonged screen time
- Blue light protective glasses can also help reduce eye stress

LOG OFF

The art of YOGA NIDRA



Yoga Nidra, also known as 'sleep meditation', has been very useful in keeping the mind still and pushing it towards sleeping well. "Yoga Nidra is a state of consciousness between waking up and falling asleep. It relieves stress by helping an individual become increasingly aware of their inner self, and makes them focus on positive thoughts; by following a set of verbal instructions," says yoga expert Manish Pole.

DID YOU KNOW?

A 20-minute session of Yoga Nidra is equivalent to 1 hour of deep sleep

CLEAR CACHE

Internet is awesome, if secure...

Addressing concerns of 72% of parents who have claimed in a survey that they are worried about kids' online safety, Google has launched an interactive safety guideline for kids. "We hope that this project enables teachers to have open conversations with kids about their online experiences," says Sapna Chadha, Sr Director, Marketing, Google India.



ZOOM BOMBED? THIS IS WHAT YOU NEED TO DO

- One of the simplest ways to avoid such situations is by using security settings that are available to those who are hosts in a meeting. The settings include who has access to the meeting and who can control the screen.
- Check to see if their video service allows for password protected meetings so that others can't join in if they find or guess the meeting ID number.
- Ensure that the password is changed frequently, and the meeting IDs are fresh for each virtual meet.
- Educationists should always use school account for online classes.



HIGH SPEED NET & LIGHTING ARE NEW CHALK & BOARD

1 Bandwidth: A bandwidth of 8Mbps (minimum) is required for a stable video call per device. If video calls are a daily routine, opt for a minimum of 50 Mbps for smooth, uninterrupted streaming.

2 Have a designated space: It should be a well-lit space. Invest in new equipment such as camera, white board, headsets for high quality synchronous instructions.

3 Keep your visible work area clutter free. This is not just so that your house looks neat but also to avoid distraction amid online teaching.

4 Raise the web cam: Place it at eye level so that children can see you clearly.

5 Avoid embarrassing glitches: Test your class before you start the class. Consider doing a run through of the lessons before live streaming or recording them. Taking these steps can help minimise the amount of troubleshooting during the class.

10 e-class SMART HACKS YOU MUST KNOW

Focus on what you can control

- Classroom learning experience
- Your words, actions and relationship with students
- Boundaries: Till what time you get emails, assessments.



End session with tete-a-tete

- Make teams and tell them to stay back. Give them a language. Say Hindi, French, Spanish, and tell them to engage in a conversation about recent life experiences.

Flash cards during e-class

- Tell students to use red cards when they have not understood a concept; yellow if they have some confusion and green if they have got it all right.



Record at all the times

- There are times when the Internet gets disconnected and students get worried and ask you to repeat. It is wise to record or pre-record your sessions.

Use a document camera

- One of the most helpful things is to use a document camera to teach virtual students. It is a device wherein you can project the text to students easily.

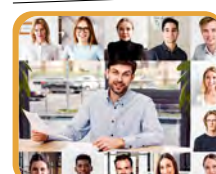


Mute students (when needed!)

- If you are co-teaching, make sure the settings give you co-hosting (or muting) capabilities. There are times when sessions get unruly and muting all is a way out.

Use inclusive language

- We don't know every student's home life or background. The recommended phrase is: "tell your grown-ups" rather than "tell your mom or dad".

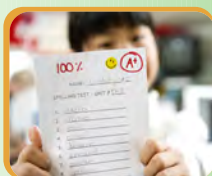


Clear communication to folks

- If you notice a student is missing some assignments and it's starting to show a pattern, shoot their caretaker(s) a quick email. Treat parents as stakeholders.

Adjust your grading standards

- We cannot have the same grading pattern that was followed in regular (in-person) school. Focus more on the process of learning than the outcome.



It's okay to share your space

- Just because the medium has changed, we as humans don't have to become mechanised too. It is okay and a good practice to exchange your true feelings.