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True Observing India

English Daily Youth E- Newspaper

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23 FEBRUARY , 2026

THE IMPORTANCE OF PHYSICAL ACTIVITY IN ACADEMIC LIFE



Taniya Dyson

A Healthy Body Supports a Healthy Mind

Physical activity plays a crucial role in shaping a student's academic journey. While classrooms, textbooks, and digital tools are essential for learning, the importance of movement and exercise cannot be overlooked. Research consistently shows that regular physical activity improves brain function, enhances memory, and increases concentration. When students engage in sports or simple exercises, blood circulation to the brain improves, leading to sharper focus and better understanding of complex concepts.

Boosting Concentration and Memory

Students often experience mental fatigue after long hours of study. Physical activity acts as a natural refreshment for the mind. Activities such as walking, yoga, cycling, or team sports help reduce stress hormones and stimulate the release of endorphins—chemicals that promote a positive mood. As a result, students return to their studies feeling more energized and attentive. Improved focus and memory retention directly contribute to better academic performance.

Developing Discipline and Time Management

Balancing studies and sports teaches students valuable life skills. Participation in physical activities encourages discipline, punctuality, and commitment. Whether preparing for a sports event or attending regular practice sessions, students learn to manage their time effectively. These habits translate into academic life, helping them plan study schedules, meet dead-

lines, and stay organized.

Enhancing Emotional Well-being

Academic pressure can sometimes lead to anxiety and stress. Regular exercise provides a healthy outlet for emotional expression and tension release. Physical activity builds self-confidence and resilience, especially when students overcome challenges in sports or fitness goals. A positive emotional state strengthens motivation and helps students approach academic tasks with determination and optimism.

Encouraging Social Interaction and Teamwork

Sports and group activities foster cooperation, communication, and leadership skills. When students work together toward a common goal, they develop mutual respect and camaraderie. These interpersonal skills are equally important in academic projects and classroom discussions. Teamwork learned on the field often reflects in collaborative learning environments.

Striking the Right Balance

Academic success does not depend solely on long hours of study. A balanced routine that includes regular physical activity leads to overall growth and improved performance. Schools and families should encourage students to participate in sports, outdoor games, or fitness routines as part of daily life. In conclusion, physical activity is not a distraction from academics but a powerful tool that supports intellectual, emotional, and social development. When students move their bodies, they strengthen their minds—creating a foundation for lifelong learning and success.

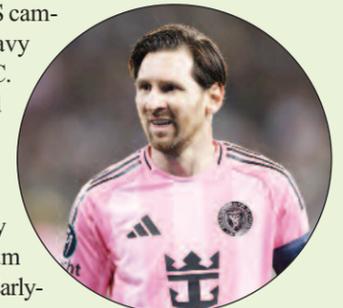
ORGANISERS UNDER FIRE OVER SEEDING DEBATE

In the T20 World Cup, coach Daren Sammy expressed empathy toward organisers amid controversy surrounding pre-seeding arrangements. The debate has centred on fairness and transparency in tournament structure. Sammy acknowledged logistical complexities while urging focus on performance rather than administrative disputes. Tournament governance often attracts scrutiny, especially when competitive balance appears questioned. The situation highlights the delicate relationship between sport and organisation. Ensuring clarity in rules and processes remains essential for credibility. Ultimately, outcomes on the field will shape narratives more than off-field disagreements.



MESSI'S MIAMI STUMBLE IN SEASON OPENER

Lionel Messi's Inter Miami began their MLS campaign with a heavy defeat to Los Angeles FC. Defensive lapses and limited cohesion undermined attacking intent. Expectations surrounding Messi magnify every result, placing the team under intense spotlight. Early-season struggles, however, are not uncommon as squads adjust tactically. Observers note that long campaigns reward consistency over immediate brilliance. The defeat offers lessons in balance and organisation. For Messi and Miami, the challenge lies in transforming individual star power into collective rhythm across the demanding months ahead.



WINTER BRILLIANCE AND PREMIER LEAGUE PRESSURE

Johannes Høsflot Klæbo completed a historic sweep in cross-country skiing at the Winter Olympics, showcasing endurance and precision across disciplines. His dominance contrasted with the fierce competition seen in other winter events. Meanwhile, in the Premier League, Manchester City maintained pressure on leaders with a controlled victory over Newcastle. Across sports, sustained excellence defines champions more than isolated triumphs. Whether on icy tracks or crowded football grounds, consistency remains the decisive factor separating contenders from title holders.



“Masheeno Ke Beech Akela Insaan” — A Thought-Provoking Assembly at Seth Anandram Jaipuria School, Ansal Campus



True Observing India

On Friday, 20th February 2026, Seth Anandram Jaipuria School, Ansal, conducted a meaningful Special Prayer Assembly centered around a powerful Nukkad Natak (street play) titled “Masheeno Ke Beech Akela Insaan” (A Lonely Human Among Machines).

The assembly commenced on a serene note with students rendering the devotional hymn “O Palanhare,” creating a reflective and spiritually uplifting atmosphere. The soulful prayer set the tone for the insightful presentation that followed.

The highlight of the assembly was the impactful street play performed by the students. Through expressive dialogues, symbolic actions, and compelling drama-



tization, the play portrayed the growing isolation of human beings amidst the rapid advancement of technology. It depicted

how excessive dependence on machines and digital devices can distance individuals from real-life relationships, emotions, and meaningful human interactions.

After the performance, students elaborated on the deeper message conveyed through the Nukkad Natak. They emphasized various social concerns prevalent in contemporary society, particularly the overuse and misuse of technological devices. The discussion underscored how street plays serve as a powerful medium to raise awareness about pressing social issues in a simple yet engaging manner.

The young performers also reflected thoughtfully on personal responsibility. They acknowledged that machines themselves are not at fault; rather, it is the

improper and excessive usage by humans that leads to imbalance and alienation. The assembly encouraged students to introspect about their own habits and strive for a healthier balance between technology and human connection.

The special assembly successfully conveyed a strong moral message, reminding everyone present that while machines are tools designed to assist humanity, it is essential to ensure that they do not replace genuine emotions, relationships, and values. Through this creative and socially relevant presentation, the students of Seth Anandram Jaipuria School, Ansal, once again demonstrated the power of art and expression in fostering awareness and responsible citizenship.

Moon Mission Delayed for Technical Assurance



NASA has ruled out a planned March launch for its Moon mission due to unresolved technical issues. Officials emphasised that mission safety outweighs adherence to timelines. Space exploration involves complex systems where even minor irregularities demand investigation. Engineers are conducting additional testing to ensure reliability. While delays can frustrate observers, they are common in high-stakes aerospace projects. Each postponement allows refinement and risk reduction. The decision underscores the cautious approach required in human spaceflight. Precision and preparation remain fundamental principles guiding missions beyond Earth's orbit.

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YELLOW DAY CELEBRATION AT MODERN ACADEMY, VINAY KHAND 2



True Observing India

Yellow is a bright, cheerful, and energetic colour. It is often associated with positivity, joy, and optimism. In many cultures, yellow symbolizes warmth, light, and happiness. It is a colour that instantly lifts the mood and creates a sense of happiness and energy. Yellow is the colour of sunshine, gold, and flowers like sunflowers and daisies. It is the brightest of all the colours in the spectrum and is known for its stimulating and uplifting qualities. Yellow is universally recognized as the colour of happiness. It is often linked with positive emotions like joy, laughter.

To celebrate Yellow Day, the children in the Pre-Primary section partici-



pated in a variety of fun and engaging activities. The main activity of the day was creating Best of Luck Cards. The

children used their thumbs to make prints on the cards, creating unique and colorful patterns. They loved the sensory expe-

rience and enjoyed getting their hands a little messy while creating their beautiful designs. The children also coloured in smiley faces, filling them with yellow to reflect the joy and happiness associated with the colour. The children were extremely happy during the activities. Their faces lit up with joy as they created their cards and shared them with their friends. It was a wonderful way to bring smiles, promote creativity, and make the day memorable for all involved. The celebration not only helped the children understand the importance of colours but also allowed them to associate yellow with happiness and good luck, leaving them with positive memories of the day.

Young Global Voices Shine: Celebrating Round Square Achievers at Seth Anandram Jaipuria School



True Observing India

As a proud member of the Round Square community, the school continues to encourage its students to engage actively in global learning opportunities. Upholding this spirit of internationalism and collaboration, students regularly participate in Round Square's enriching online sessions that connect young minds from across the world.

In recognition of their enthusiastic involvement, 20 students from Classes

III to V were felicitated on 20th February 2026 for their commendable participation in various Round Square online activities. The acknowledgment celebrated not only their active engagement but also their confidence and curiosity in exploring diverse themes on an international platform.

The young participants showcased remarkable confidence as they presented on a wide range of creative and thought-provoking topics. Their presentations included themes such as Our Hobbies

and Interests, Our Favourite Animal, Where Culture Meets Beauty, Traveling Back in Time: Exploration of the Ancient World, An Ancient Civilization, A Famous Invention from Our Part of the World, and The Best of Our 2025. Each topic reflected their imagination, research skills, and ability to express ideas effectively before a global audience.

Through these sessions, the students not only enhanced their communication and presentation skills but also gained exposure to different cultures, perspec-

tives, and ideas. Their participation demonstrated the school's commitment to nurturing globally aware, confident, and responsible learners.

The school extended heartfelt congratulations to all the participants for their dedication and impressive efforts. It also conveyed its best wishes for their continued growth and success in future endeavours, encouraging them to keep exploring, learning, and representing the institution with pride on global platforms.



CHILDHOOD CANCER REGISTRY SIGNALS ENCOURAGING SURVIVAL RATES

India's first childhood cancer survivor registry has reported a strong overall survival rate, offering optimism for pediatric oncology. Improved early diagnosis, advanced treatment protocols, and better follow-up care have contributed to progress. Experts note that survival statistics represent not just medical success but coordinated healthcare systems. The registry also allows researchers to monitor long-term outcomes and late complications. However, specialists caution that equitable access to treatment remains uneven across regions. Data collection is vital for shaping policy and resource allocation. Behind the numbers lies a broader achievement: sustained collaboration between hospitals, families, and public health institutions.

LESSONS FROM CATS IN THE FIGHT AGAINST BREAST CANCER

Scientists are investigating whether insights from feline biology could inform breast cancer research. Certain aggressive cancers in cats share similarities with human forms, making them valuable comparative models. By studying genetic mutations and tumour behaviour in animals, researchers hope to uncover new treatment pathways. Comparative oncology bridges veterinary and human medicine, revealing patterns that might otherwise remain hidden. While still exploratory, such cross-species research expands the search for solutions. Nature often holds parallels that guide scientific discovery. In the case of cancer, even domestic companions may contribute to understanding and potentially advancing therapeutic strategies.



A KERNEL OF TRUTH IN SCIENTIFIC INQUIRY

Scientific progress often begins with a modest observation, a kernel of truth that expands through careful experimentation. Researchers emphasize that breakthroughs rarely emerge fully formed; they evolve through incremental refinement. This process underscores the importance of peer review, replication, and open debate. In an era dominated by rapid headlines, the slower rhythms of validation can be overlooked. Yet scientific credibility depends on patience and precision. Each verified insight strengthens collective knowledge. The phrase "kernel of truth" reflects how even small discoveries can reshape understanding when nurtured through rigorous inquiry and sustained intellectual discipline.



PESTICIDE TOXICITY AND INDIA'S GLOBAL FOOTPRINT

A recent study places India among a small group of nations contributing significantly to global pesticide toxicity. Intensive agricultural practices and high-volume chemical use are cited as major factors. Researchers warn of long-term environmental consequences, including soil degradation and water contamination. Public health implications are also under scrutiny. Experts advocate for integrated pest management and safer alternatives to reduce toxic impact without harming crop yields. Balancing food security with ecological responsibility remains a pressing challenge. The findings suggest that agricultural policy reform could play a pivotal role in reducing environmental harm while sustaining productivity.





WHY THE NICOBAR PROJECT RECEIVED CLEARANCE

The National Green Tribunal's clearance of the Nicobar infrastructure project reflects a complex balancing act between development and environmental protection. Authorities cited strategic and economic considerations while mandating safeguards to mitigate ecological damage. Critics argue that biodiversity risks were underestimated, given the region's fragile ecosystem. Supporters contend that national security and connectivity needs justify the move. The decision highlights the tension inherent in large-scale projects situated within sensitive habitats. Environmental governance often involves competing priorities rather than absolute choices. The Nicobar clearance underscores how sustainability debates are increasingly intertwined with strategic imperatives.

THE SECURITY DILEMMA FACING AI FIRMS

Artificial intelligence companies face a growing security dilemma as government partnerships expand. While collaboration with defence agencies provides funding and scale, it also raises ethical concerns. Companies committed to responsible AI must navigate expectations of transparency alongside strategic confidentiality. The dilemma reflects broader geopolitical competition surrounding advanced technologies. Stakeholders debate whether safety principles can coexist with military interest. As AI systems become more powerful, the pressure to align with national priorities intensifies. The challenge lies in ensuring innovation does not compromise accountability. How firms resolve this tension may shape public trust in emerging technologies.



A WORLD CUP MATCH BEYOND THE BOUNDARY

A T20 World Cup fixture offered more than on-field drama, capturing the atmosphere of fans travelling together to the stadium. Shared bus rides, chants, and anticipation transformed the experience into a communal celebration. The spectacle of international cricket extends beyond players to supporters who shape the tournament's energy. Legends in attendance added to the aura. Such events remind observers that sport thrives on collective emotion as much as competition. The match experience becomes a story in itself, blending nostalgia, rivalry, and unity in vibrant, crowded stands.

SHOOTOUT LOSS TESTS INDIAN HOCKEY RESOLVE

India's men's hockey team lost to Australia in a Pro League match decided by penalties after an evenly matched contest. The game showcased defensive resilience and structured play, but execution in the shootout proved decisive. Coaches highlighted composure under pressure as an area for improvement. Such narrow defeats often offer learning opportunities ahead of major tournaments. The team's overall performance indicated competitiveness at the highest level. However, success in global hockey frequently hinges on fine margins. Refining closing strategies could determine future outcomes in closely contested fixtures.





WHY CHRONIC PAIN PERSISTS LONGER IN WOMEN

A new study explores why chronic pain conditions often last longer in women than in men. Researchers suggest that hormonal fluctuations, immune responses, and differences in pain-processing pathways may contribute. Historically, medical trials underrepresented women, limiting understanding of gender-specific outcomes. The findings highlight how biological variation influences treatment effectiveness. Scientists believe that recognising these differences could lead to more targeted therapies and improved management strategies. Chronic pain is not solely psychological or environmental; it is deeply biological. The study reinforces the need for gender-sensitive research to ensure medical care reflects physiological realities rather than outdated assumptions.

EMERGING CONCERNS OVER CHEMICALS IN MENSTRUAL PRODUCTS

Recent research has drawn attention to the possibility that certain menstrual pads and tampons may contain trace amounts of toxic substances. Chemicals used in bleaching, fragrance, or manufacturing processes could potentially be absorbed through prolonged contact. While levels detected remain under investigation, experts stress the importance of stricter transparency and regulatory standards. Women's health advocates argue that products used routinely deserve rigorous scrutiny. Consumers are encouraged to examine ingredient disclosures and support safer alternatives. The emerging discussion reflects a broader shift toward accountability in personal care industries, where long-overlooked safety questions are now gaining scientific.



WHY WILDFIRE SMOKE SPIRALS IN A SINGLE DIRECTION

Wildfire smoke often rises in dramatic, swirling columns that appear to rotate in one consistent direction. Scientists explain this behaviour through fluid dynamics and atmospheric physics. Intense heat from fires creates powerful updrafts, while surrounding cooler air flows inward, generating rotational motion. Wind shear and terrain features further influence the swirl. These smoke vortices are not random but governed by pressure differences and the Coriolis effect. Understanding such patterns improves wildfire modelling and emergency response strategies. What looks chaotic from afar is, in fact, an intricate interaction of temperature, airflow, and planetary motion shaping smoke's spiral ascent.

SCIENCE WITHOUT SWORDS: QUANTUM RESEARCHERS PUSH BACK

A group of leading scientists has issued a manifesto opposing the militarisation of quantum research, warning that defence priorities could distort open scientific inquiry. Quantum technologies promise breakthroughs in computing, encryption, and sensing, yet researchers fear that military funding may drive secrecy and limit collaboration. The manifesto calls for transparency, international cooperation, and civilian-focused innovation. Signatories argue that foundational science should serve humanity broadly rather than escalate geopolitical rivalry. As nations race to secure quantum advantage, the debate highlights a deeper ethical tension: whether transformative technologies will strengthen shared progress or reinforce strategic competition in an increasingly fragmented world.



FUN COOKING – MEXICAN BEAN TACOS

A protein-rich, flavorful snack.

Ingredients:

- 2 small taco shells or chapatis
- ½ cup boiled kidney beans (rajma)
- 2 tbsp finely chopped onion
- 2 tbsp finely chopped tomato
- 1 tbsp grated cheese
- A pinch of salt
- A pinch of paprika or chilli powder
- 1 tsp oil

CHEF'S CORNER

Instructions:

1. Heat oil in a pan and lightly mash the boiled beans.
2. Add salt and paprika. Cook for 2–3 minutes.
3. Warm the taco shells or chapatis.
4. Fill them with the bean mixture.
5. Add onion, tomato, and cheese on top.
6. Fold and serve warm.

Chef's Tip:

Lightly toast the filled taco for extra crispness.



Fun Activity – DIY Skill Ladder Sheet



Materials:

- A4 sheet
- Pencil
- Colored pen

Steps:

1. Draw a ladder with 6–8 steps.
2. Write your main skill goal at the top.
3. Break it into smaller steps on each rung.
4. Tick each step as you improve.
5. Review progress weekly.

Creative Twist:

Color each rung differently to show growth stages.

SUDOKU

2	5	
4		3
6	1	
	3	6
1		4
5	2	

FUN FACTS



- Vitamin K plays a crucial role in preventing excessive bleeding.
- Pressure is defined as force applied per unit area.
- Paper was invented in China around 105 CE.
- Kidney beans are rich in plant-based protein and complex carbohydrates.
- Reading fiction improves empathy by activating multiple brain regions.

RIDDLE OF THE DAY

What comes once in a minute,
twice in a moment,
but never in a thousand years?
Answer: The letter M

DIFFERENCE



TEST YOUR KNOWLEDGE!

Q1. What is the SI unit of pressure?

Q2. Which country invented paper?

Q3. What is $32 \frac{1}{4}$?

Q4. Which vitamin is essential for blood clotting?

Q5. Who wrote 1984?

Answers:

Pascal

China

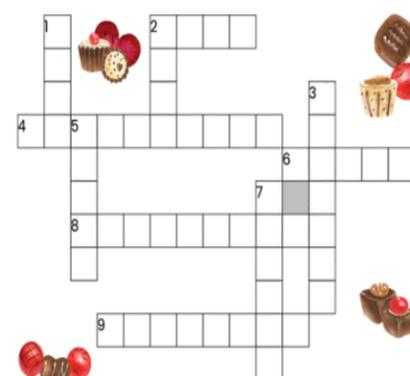
8

Vitamin K

George Orwell

CROSSWORD PUZZLE

Chocolate Mini Crossword Puzzle



ACROSS

2. Hollow shell to give shape
4. Varied collection
6. Beverage topped with marshmallows
8. Synonym for candy
9. Decadent chocolate treat

DOWN

1. Roasted cocoa bean
2. Liquefy with heat
3. Fudgy chocolate dessert
5. Thickened chocolate liquid
7. Acrid taste

© Puzzle Cheer

ADHD and Exam Stress

By Md. Sawood Basari

Examinations are widely regarded as measures of academic competence, yet for students with Attention-Deficit/Hyperactivity Disorder (ADHD), they often become sources of disproportionate stress. ADHD is not a reflection of intelligence or effort; it is a neurodevelopmental condition that affects attention regulation, impulse control, and executive functioning. When academic systems emphasize timed performance, sustained focus, and structured revision, students with ADHD may face challenges that extend beyond the subject matter itself.

Understanding ADHD in Academic Contexts

Students with ADHD frequently struggle with concentration, time management, organization, and task initiation. During exam preparation, these difficulties can intensify. Procrastination is often misunderstood as laziness, when



in reality it may stem from executive dysfunction—the brain's difficulty in organizing and prioritizing tasks.

Why Exams Trigger Higher Stress Levels

Exams compress evaluation into limited time frames. For students with ADHD, this format may amplify existing challenges.

Common stress triggers include:

- Difficulty sustaining attention during long study sessions
 - Struggles with time management in timed exams
 - Overwhelm due to last-minute preparation
 - Fear of underperforming despite understanding the material
 - Negative self-comparison with peers
- These factors can create a cycle where stress further reduces concentration, intensifying academic pressure.

Coping Strategies and Support Systems

Managing exam stress with ADHD requires structured strategies rather than willpower alone. Breaking study sessions into shorter intervals, using visual planners, and practicing timed mock exams can improve preparation. Professional support, such as counseling or medical guidance, may also help regulate symptoms. Balancing Performance and Well-Being.

CITY HIGHLIGHTS

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