



# School of the Month

Activities :  
15 April to 15 August 2025

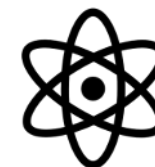
## Modern High School for Girls





# IGNITE

- Explore
- Discover
- Invent



Held at the Ice Skating Rink and Shed, IGNITE brought together students from Classes 6 to 12 to showcase interactive science models and experiments.



It was inaugurated by Dr A Mukherjee , Principal, RCC-IIT.Visitors moved through a buzzing space filled with creativity—solar-powered models, chemical reactions, and biology displays that demonstrated curiosity and innovation. The fair encouraged teamwork, critical thinking, and real-world application of classroom knowledge.IGNITE left a lasting impression on all who attended.



## Chat with a Doctor

*How Do I Handle Myself?"*



## Class 10

Practical strategies to:

- ✓ manage stress
- ✓ build emotional resilience
- ✓ approach the year ahead with a balanced perspective.



While the tag line remains" Chat with a Doctor" to reiterate the need for reaching out to professionals, each segment with its unique sub tag is curated to address the nuances of need of the particular age/class level. Through this initiative MHS recognises that academic success is closely tied to mental health. We are committed to fostering a supportive environment where students can access guidance, build resilience, and learn healthy coping strategies. Our focus is on proactive care and open conversations ensuring that every child feels heard and supported.

## Chat with a Doctor

*How Do I Look After Myself?"*



Dr Madhurima Viyarthi

## Class 6

- Consultant Endocrinologist
- MRCP (London & Edinburgh), FRCP (UK), PG Diploma in Diabetes (Cardiff)
- Parent and alumna, Modern High School (Batch of 1995)

Dr. Vidyarthi brings both medical expertise and empathetic insight to support children through their growing-up journey

## Class 9 Chat with a Doctor

*How Do I Handle Myself?"*



**Dr. Madhurima Vidyarthi**  
Consultant Endocrinologist  
MRCP (London and Edinburgh),  
FRCP (UK), PG Diploma in  
Diabetes (Cardiff)  
Parent and proud MHS alumna  
(Batch of 1995)



**Dr. Sanjay Garg**  
Senior Consultant Psychiatrist  
MBBS, MRC Psych (London), CCT (UK)  
HOD – Psychiatry, Fortis Hospitals Kolkata  
Ex-Consultant – NHS Greater Glasgow & Clyde, UK  
Secretary – Indian Psychiatric Society (WB) and Indian Association of Private Psychiatry (WB)

## A Chat with a Doc

*How Am I Doing?*

Facilitator: **Dr. Jai Ranjan Ram**

- Consultant Child & Adolescent Psychiatrist, Apollo Hospitals
- 22+ years of experience in India & the UK
- MBBS, MD, MRCPsych, CCST
- Former NHS UK Psychiatrist | Member, Indian Psychiatry Society

Focus of the Session:

- ✓ Student well-being and emotional awareness
- ✓ Coping with academic pressure and life transitions
- ✓ Encouraging open conversations around mental health



# 11&12





## "Coordinate"ing Geometry

### Magic of Maths – Peer Teaching Initiative

On 15 July, MHS hosted *Magic of Maths*, a peer-led teaching-learning activity during the regular Mathematics period of Class 8. Eighty Class 12 students, who had opted for Mathematics in their academic pathway, guided 160 Class 8 students in understanding the basics of coordinate geometry.

Each senior was paired with two to three juniors, introducing them to plotting points on the Cartesian plane and identifying quadrilaterals. Prior to the session, teachers briefed both groups and coordinated logistics, ensuring smooth execution.

The activity aimed to demystify Mathematics for Class 8 while giving Class 12 an opportunity to strengthen their own foundations. The juniors benefitted from relatable, less intimidating peer instruction, while the seniors realised that teaching is the strongest test of conceptual clarity.







## Vriksha Ropana Utsab @ MHS



### TREE PLANTING CEREMONY

Rabindranath Tagore initiated the Vriksharopana Utsav in 1928 by planting a bokul sapling, a tradition that continues in Shantiniketan with music, dance, and chanting. He emphasized the dangers of deforestation, condemning human greed that destroys forests and violates nature's balance. Through this festival, Tagore sought to inspire people to plant trees out of love and safeguard the environment. At MHS, we follow this tradition of reaffirming our connection with nature through our own adaptation of Tagore's Tree Planting Ceremony. All 160 students of class 8 participate in a programme of dance, hymns and songs celebrating the 5 elements that protect nature.







## Independence Day by Class 4







## Beyond Academics





# Winners of the CISCE Basketball Tournament 2025

