

AKLAVYA INTERNATIONAL SCHOOL

(Affiliated to the Council for the Indian Schools Certificate Examinations vide aff.No.PN002)

Benchmarking / Best Practices

Benchmarking enables our school to systematically compare its academic and co-curricular performance with other reputed ICSE institutions as well as with internal standards.

This process fosters a culture of continuous improvement and supports the enhancement of student performance, teaching quality, and co-scholastic achievements. Through benchmarking, our school can identify strengths, address areas requiring development, and ensure progressive educational outcomes.

1. Power Teaching Method:

Power Teaching is an interactive, high-energy instructional approach designed to actively engage students throughout the lesson. It uses techniques such as **gestures**, **call-and-response**, **repetition**, and **peer teaching** to improve understanding and retention. This method encourages collaboration, maintains student attention, and makes learning more enjoyable and effective.

Practice Example:

After the teacher explains a concept, students repeat it to their partners using actions and keywords (“Teach–Okay” method).

Benefit:

Increases student attention, participation, and retention.

- Students are **fully engaged** using voice + movement
- Learning becomes **fun and memorable**
- Peer interactions improve **understanding and confidence**

Teaching Methodologies Practiced to Develop Student Skills

Our school adopts a variety of effective and interactive teaching methodologies to ensure holistic student development, promote critical thinking, and enhance real-life application of concepts.

List of Teaching Methodologies:

1. Demonstration Method
2. Activity-Based Learning (ABL)
3. Project-Based Learning (PBL)
4. Experiential Learning
5. Collaborative Learning
6. Power Teaching Method
7. Gamified / Game-Based Learning
8. Circle Method
9. Discussion / Socratic Method
10. Concept Mapping / Flowchart Method
11. Mind Mapping
12. Role Play / Simulation Method
13. Differentiation Method
14. Peer Teaching / Group Discussion
15. Storytelling Method
16. Hands-on Learning Approach
17. Brainstorming Method
18. Visual, Auditory, and Kinesthetic (VAK) Method
19. ICT-Enabled Teaching (Smart Boards, Digital Labs)
20. Questioning Method
21. Model-Based Teaching
22. Formula Substitution Method
23. Learning Through Examples / Bullet Points
24. Jolly Box Method
25. Real-Life Correlation Method
26. Board Test Method

Link : <https://www.facebook.com/share/v/16zaqxWh1W/>

2. Flipped Learning

Flipped Learning is an instructional approach where **students learn new concepts at home** through videos, online lessons, or reading materials, and then **use classroom time** to apply their learning through discussions, problem-solving, and hands-on activities. This method supports deeper understanding, collaboration, and personalized teacher guidance during class

Practice Example:

Before a science topic, students watch a short video; in class, they perform an experiment or project based on it.

Benefit:

Encourages self-learning, responsibility, and deeper understanding.



- Students come **prepared** with background knowledge
- Classroom becomes more **interactive and collaborative**
- Teacher can give **personalized attention** to students who need help
- Higher-order thinking skills are practiced during class

3. Spiral Learning

Spiral Learning is a progressive teaching approach in which **key concepts are introduced at a basic level first**, and then **revisited over time** with increasing depth and complexity. This ensures improved understanding, long-term retention, and mastery as students connect new learning with what they already know.

Practice Example:

Topics like “Water Cycle” in Science are first introduced with basic facts in lower grades and revisited in higher grades with advanced applications.

Example – Science (Water Cycle)

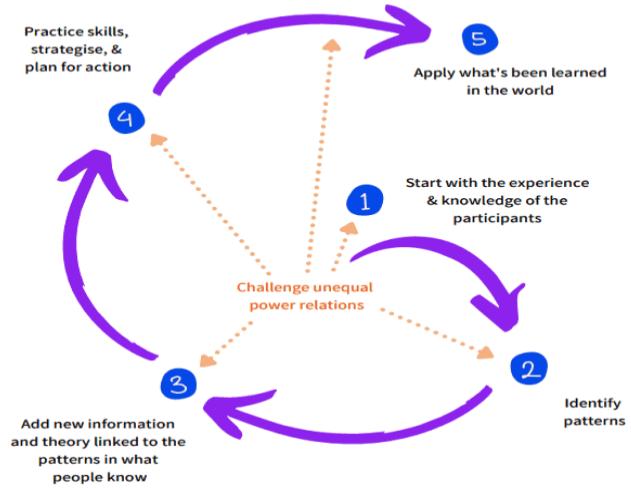
Grade Level	Concept Taught	How Complexity Increases
Class 3	Basic water cycle – evaporation, condensation, rain	Simple diagram + naming processes
Class 5	Full cycle – evaporation, condensation, precipitation, collection	Causes, examples, real-life impact
Class 7	Detailed processes and human influence	Groundwater, transpiration, pollution, conservation measures

Benefit:

Enhances long-term understanding, retention, and critical thinking among students.

- a) Experiential Learning**
- b) Collaborative Learning**

The Spiral Model



4. Parallel Processing

Parallel Processing is a learning approach where students **think, connect, and process information from multiple perspectives at the same time**. It encourages simultaneous engagement of **creative, analytical, verbal, and physical skills**, improving focus, coordination, and cognitive flexibility.

Practice Example:

Students analyze a story for its **moral values (English)**, **historical background (History)**, and **artistic presentation (Art)** - and present it through **parallel processing activities** such as **Silambam (traditional martial art)**, **Skipping routines**, or solving the **Rubik's Cube** while narrating or explaining concepts.

This integrated practice enhances both mental agility and motor coordination.

Benefit:

Encourages **multi-dimensional learning**, improves **concentration and memory**, and develops the ability to **synchronize mental and physical skills**, preparing students for complex, real-world problem-solving.

- Enhances **memory retention** by activating multiple senses at once
- Improves **concentration and coordination** during learning tasks
- Strengthens **cognitive flexibility** and quick decision-making
- Encourages **active participation** and deeper understanding

5. Ambidexterity (Writing in both the hands)

Ambidexterity involves training students to write and perform tasks using **both hands**, which helps balance **analytical (left-brain)** and **creative (right-brain)** skills. This practice enhances brain coordination, improves handwriting agility, and supports stronger neural development in learning.

Example – Ambidexterity Activity (Classroom)

During a handwriting session:

- Students write simple letters, numbers, or short words using their **non-dominant hand**

- They also perform **mirror writing** or draw basic shapes with both hands simultaneously
- Gradually progress to writing short sentences or copying notes with both hands

This engages both **left and right hemispheres** of the brain at the same time.

Benefit:

Promotes flexible, balanced, and well-rounded learners.

- Strengthens **brain connectivity** and cognitive development
- Improves **fine motor skills**, handwriting control, and visual-motor coordination
- Enhances **focus, creativity, and problem-solving abilities**
- Builds **confidence** by helping students master new learning skills

Link: <https://www.facebook.com/share/v/1FJbMVdV3K/>

6. WOW Schooling

WOW Schooling is a joyful and child-centered approach that creates a **happy and caring learning environment**. It emphasizes **motherhood-like care**, strong **parent-teacher bonding**, and continuous **encouragement for students** in all activities. This approach nurtures confidence, emotional well-being, and holistic development in every child.

Practice Example:

Incorporating mindfulness sessions, outdoor exploration into daily learning.

During the activities,

- Students participate in joyful, hands-on activities like art, music, storytelling, and games
- Teachers give **warm, caring interactions**—appreciating each child personally
- Parents are invited to join to **support** through activities
- Every child's effort is celebrated with **stars, smiley cards, or applause**

This creates a **happy school atmosphere** where children feel loved, supported, and excited to learn.

Benefit:

Builds emotional balance, curiosity, and a love for learning.

- Promotes **emotional security** and happiness in students
- Builds **positive relationships** between teachers, parents, and children
- Increases **student participation**, confidence, and motivation
- Encourages **holistic development** in academics and life skills
- Reduces stress, anxiety, and absenteeism
- Supports a **safe, caring, and joyful** school culture

Link: <https://www.facebook.com/share/v/1Fnq5uByhS/>

7. Study Techniques

Study Techniques involve guiding students to develop **effective study habits, time management skills, and organized learning strategies**. This helps them plan their work, revise better, stay focused, and take responsibility for their learning, leading to improved academic performance and confidence.

Practice Example:

Use of mind maps, memory techniques, link and story method , acronym method, PMS method, etc.

Benefit:

Improves concentration, organization, and academic performance.

- Improves **time management** and reduces last-minute stress
- Strengthens **memory, focus, and understanding**
- Develops **self-discipline** and responsibility for learning
- Helps students perform better in **assessments**
- Builds confidence and **lifelong learning skills**

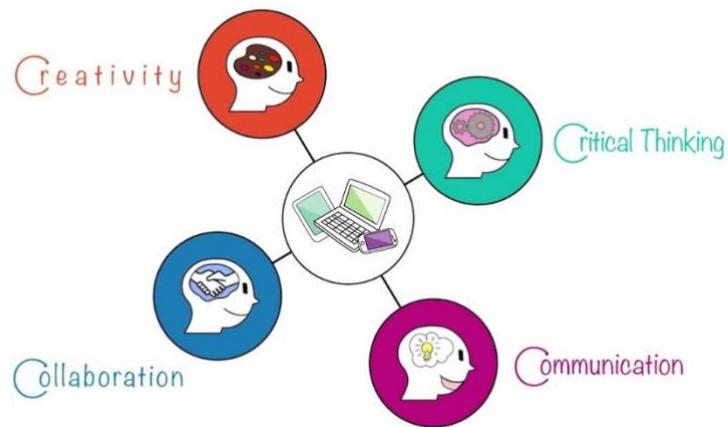
Link: <https://www.facebook.com/share/v/1KNTXmUyV4/>

8. 21st Century Skills

21st Century Skills prepare students to succeed in the modern world by developing **Critical Thinking, Communication, Collaboration, Creativity, and Digital Literacy**. These skills enable learners to solve problems, work effectively with others, express ideas confidently, and use technology responsibly for learning and innovation.

Practice Example:

Group discussions, ICT-based projects, and peer collaborations.



Benefit:

Prepares students for real-world problem-solving and teamwork.

- Enhances **problem-solving** abilities
- Strengthens **teamwork and leadership** skills
- Improves **communication and presentation** confidence
- Encourages **innovation and creativity**
- Prepares students for **future careers and real-life challenges**
- Builds responsible and **tech-savvy learners**

9. Guru Poornima Day

Guru Poornima Day is a special celebration dedicated to honoring **teachers and mentors** for their guidance, knowledge, and support. Students express their **gratitude and respect** through , thank-you cards, sweets and meaningful gestures that strengthen the teacher-student relationship.

Practice Example:

On Guru Poornima Day, **students highlight the importance of teachers and mentors** by expressing gratitude for their guidance and wisdom. They present **handmade cards and thoughtful gifts** as tokens of appreciation. Teachers also share **motivational messages** that inspire students to uphold values such as discipline, respect, and lifelong learning. This celebration strengthens emotional bonding and nurtures a culture of respect within the school community.

Benefit:

Instills respect, gratitude, and cultural values among students.

- Encourages **gratitude, respect, and value for teachers**
- Strengthens **teacher–student and parent–teacher relationships**
- Builds students' **moral values and cultural awareness**
- Enhances confidence through public speaking and cultural participation
- Creates a **positive school climate** with emotional bonding

Link: <https://www.facebook.com/share/p/1D8VpsQT7f/>

10. ASTRA

ASTRA is an Olympiad-based program designed to enhance **Mathematics and Science skills** among students. It nurtures **gifted and talented learners** by providing advanced concepts, competitive exposure, and challenges beyond the regular curriculum. This initiative promotes logical reasoning, problem-solving, and higher-order thinking abilities.

Practice Example:

Higher-level Olympiad training, and mentorship.

- Students attend **special coaching sessions** for Olympiad topics in Math and Science
- High-achieving students receive **mentor guidance** and enrichment materials
- Participation in **inter-school and national level Olympiads** boosts confidence and exposure

This enables students to explore advanced concepts and perform beyond grade-level expectations.

Benefit:

Encourages innovation, leadership, and excellence.

- Strengthens **logical reasoning, analytical and critical thinking**
- Identifies and nurtures **gifted and talented students**
- Builds **competitive spirit** and academic excellence
- Enhances performance in future **higher competitive exams**
- Motivates students to pursue **STEM learning pathways**

Olympiads - NSO, IMO, IEO, IGKO, ISSO, IHO, ICSO

Olympiads are competitive examinations that assess students' **logical reasoning, analytical skills**, and **subject proficiency** in areas such as Science, Mathematics, English, General Knowledge, Social Studies, Hindi, and Computer Science. Participation in these exams encourages higher-order thinking and motivates students to excel beyond classroom learning

Practice Example:

Participation in Science, Math, English, Social, Hindi, GK, Computer Science

- Students enroll in Olympiads like **NSO (Science), IMO (Maths), IEO (English), IGKO (General Knowledge), ISSO (Social Studies), IHO (Hindi), ICSO (Computer Science)**
- The school conducts Olympiads **exams**
- Top achievers are recognized through **certificates, medals, and awards**
- Students gain **national & international exposure** through ranking and results

This boosts student motivation and academic competitiveness.

Benefit:

Boosts academic confidence and sharpens competitive skills.

- Enhances **analytical thinking, problem-solving, and reasoning skills**
- Improves **conceptual clarity** and academic excellence
- Builds **confidence** for future competitive exams
- Encourages **self-assessment** and independent learning
- Provides opportunities for **national-level recognition**

Link: <https://www.facebook.com/share/p/1C4kJnfhxG/>

11. BMIT (Brain Mapping Intelligence Test)

BMIT is a diagnostic assessment designed to identify each student's **learning style, aptitude, strengths, and type of intelligence**. By understanding how students learn best, teachers can provide **personalized support**, helping them achieve greater success through tailored teaching strategies.

Practice Example:

Students take the BMIT annually; teachers use results to plan differentiated lessons.

BMIT in School Practice:

- Students take the **Brain Mapping Intelligence Test** to assess their dominant learning style (Visual / Auditory / Kinesthetic) and multiple intelligence areas
- Teachers receive individual **BMIT reports** for each student
- Based on the results, teachers **adapt teaching strategies** like using more visuals, hands-on activities, or discussions
- Students are encouraged to build on their strengths while improving weaker areas

This ensures **personalized and effective** learning support.

Benefit:

Personalized teaching and better academic outcomes.

- Helps teachers understand **how each student learns best**
- Improves **student confidence and performance** through targeted support
- Enhances **teacher-student and parent-teacher collaboration**
- Supports early identification of **talent, interests & abilities**
- Encourages **holistic growth** by balancing strengths and challenges

12. Meditation

A daily **mind-calming meditation** practice is scheduled from **12:00 pm to 12:10 pm** in our school to help students relax, improve focus, and develop emotional balance. This short break in the day refreshes the mind, reduces stress, and promotes inner peace supporting better learning and behavior.

Practice Example:

10 minutes guided meditation after 12pm- 12.10pm daily.

Every day at **12:00 pm**, the school bell rings for a **10-minute meditation break**:

- Students sit quietly with eyes closed and practice **deep breathing**
- A teacher or audio guide leads **mindfulness and relaxation**
- Calm music or silence helps students **de-stress and reset**
- After meditation, classes resume with improved **focus and positivity**

This simple routine supports students' mental well-being throughout the school day.

Benefit:

Reduces stress and improves concentration.

- Improves **concentration, memory, and learning efficiency**
- Reduces **anxiety, anger, and restlessness**
- Enhances **self-control** and emotional management
- Promotes **discipline, patience, and calm behavior**
- Boosts overall **mental health and happiness** in school

Link: <https://www.facebook.com/share/v/1LDh7R5M2C/>

13. Daily Morning Routine

Our school follows a structured daily morning routine that includes **Yoga, Brain Gym exercises, Thoppukaranam**, and positive affirmations. This practice promotes **discipline, physical fitness, mental alertness**, and a positive mindset, ensuring students begin their day with energy, focus, and enthusiasm for learning.

Practice Example:

A structured start to the school day promotes discipline, positivity, and overall well-being among students. Each day begins with a series of mindful and physical activities that prepare learners for an active and focused school day.

Benefit:

Builds discipline, focus, and moral grounding.

- Promotes discipline and mindfulness
- Enhances concentration and academic performance
- Builds physical fitness and flexibility
- Reduces anxiety and boosts confidence
- Creates a positive school environment

14. DivyaDrishti

A transformative program designed to develop **intuition, sharp observation, creativity, and innovative thinking** among students. It includes activities such as memory games, pattern recognition tasks, visualization practices, and sensory awareness techniques that stimulate the brain's higher-order thinking skills.

By engaging both the left and right hemispheres of the brain, the program nurtures **critical thinking, problem-solving ability, and imaginative thinking**, helping students approach learning with curiosity and confidence.

Practice Example:

Students engage in color & picture identification, visual puzzles and creative problem-solving activities.

Benefit:

Enhances concentration, creativity, and visionary thinking.

- improved concentration and decision-making
- Enhanced memory and mental agility
- Boost in creativity and innovation
- Better emotional awareness and confidence

Link: <https://www.instagram.com/reel/DNr0tmuQjtc/?igsh=MW5kcGJsMWkyYnZuYg>

15. Nap Time (DivyaNithra)

A short relaxation break scheduled daily from **12:40 pm to 12:50 pm** to help students refresh their mind and body after lunch. During this time, students rest in a calm environment that promotes **better concentration, reduced stress, and improved learning efficiency** for the remaining school hours.

Practice Example:

10–15 minutes of quiet rest or guided relaxation.

Benefit:

Refreshes the mind and enhances afternoon learning focus.





16. DivyaVidya

A **spiral learning** and **value-based education** approach where students are introduced to core concepts at lower grades, and these concepts are **revisited, expanded, and integrated** into advanced learning in higher grades. Along with academic growth, DivyaVidya ensures students develop strong **values, life skills, and moral understanding** as they progress through each level.

Practice Example:

DivyaVidya follows a **spiral learning** system. Students learn foundational concepts in lower grades, and the same ideas are **revisited with deeper understanding** in higher grades. Along with academics, DivyaVidya shapes **character, values, discipline, empathy, and life skills**.

Benefit:

- Builds integrity, empathy, and a strong moral foundation.
- Holistic growth
- Emotional and social development
- Strong value system

- Better discipline and leadership qualities

17. Classroom Library

A Classroom Library is a small reading space set up inside each classroom, stocked with age-appropriate books to promote a strong reading culture among students. It encourages self-reading, improves vocabulary, and nurtures a love for literature through easy access to books during free time and designated reading hours.

Practice Example:

Students borrow books weekly and share reviews.

Benefit:

Improves vocabulary, comprehension, and imagination.

Link: <https://www.instagram.com/reel/C8cnYA3httC/?igsh=MWVhZmFqMGlnZXNrdw>

18. Action Sequence Board

An **Action Sequence Board** is a visual tool that displays a series of pictures related to a concept. Students observe the sequence and **explain the concept as a story**, helping them understand **order, logic, and narration skills**.

It also acts as a **performance tracker**, showing student participation and progress in communication, comprehension, and creativity.

Benefit:

Motivates students and builds a sense of accountability and achievement.

- Enhances **storytelling and speaking skills**
- Supports **concept understanding** through visuals
- Improves **logical thinking and sequencing ability**
- Encourages active participation and confidence

Link: <https://www.facebook.com/share/v/17bcpn2qot/>

19. Ayangara style

Saptamahakriya

Saptamahakriya is a wellness program designed to promote **holistic development** in students. It integrates **Golden Smile Meditation** where children focus on each of the **five major organs** - Lungs, Heart, Liver, Spleen, and Kidney - representing the elements of Saptamahakriya, along with **their associated healing sounds**, breathing exercises, and mindfulness practices.

This daily routine helps students:

- Maintain a **calm and focused mind**
- Develop **positive emotions and self-awareness**
- Improve **physical health and energy balance**
- Build **emotional strength and confidence**

Practice Example:

Students perform daily breathing, stretching, and meditation exercises during morning assembly.

Benefit:

Promotes emotional stability, focus, and physical well-being.

Oil Pulling

A traditional Ayurvedic oral health practice where oil is swished inside the mouth to remove toxins and harmful bacteria. It is included in the school's wellness routine to promote better oral hygiene and overall health awareness among students.

Practice Example:

Students perform oil pulling under supervision once a week as part of the morning wellness routine. Teachers provide proper guidance on duration and method.

Benefit:

Improves oral hygiene, strengthens gums and teeth, reduces bad breath, and encourages students to adopt healthy traditional practices from a young age.

Link: <https://www.facebook.com/share/v/1DCpEKvm9X/>

20. Lion Meeting (Department-wise with Teachers)

A structured review and planning session conducted department-wise where teachers evaluate their academic progress using the L-I-O-N format:

- **L – Last Week:** Review of syllabus covered and activities completed
- **I – Issues:** Challenges faced in teaching-learning or student understanding
- **O – Opportunities:** Strategies and new methods to improve learning outcomes
- **N – Next Week:** Planning lessons and targets for the upcoming week

Practice Example:

During weekly meetings, teachers present their planner and discuss portion coverage, classroom challenges, and student needs. Solutions are collaboratively planned—such as differentiated teaching or re-teaching activities—to ensure continuous improvement.

Benefit:

Promotes accountability, collaborative problem-solving, and effective academic planning. It ensures smooth syllabus progression, improved teaching quality, and timely support for students.

21. Reading Card

A reading progress tool designed to strengthen literacy skills and foster a strong reading culture among students. Each reading card encourages students to practice loud reading with correct pronunciation, actions, expressions, and emotions, followed by summarizing the story to ensure comprehension and communication development.

Practice Example:

Students select a reading card weekly and first practice reading aloud in class. They then progress through multiple stages—silent reading → reading with actions → reading with expressions → reading with expressions and emotions. Finally, they paraphrase or summarize the story/message in their own words and share their reflections with peers or the teacher.

Benefit:

Improves fluency, pronunciation, comprehension, expression, emotional connection to text, and confidence in communication. It nurtures a lifelong love for reading and enhances presentation skills.

Link: <https://www.facebook.com/share/v/1DcQ1z8zBv/>

22. Superspeed Card

A structured fluency-building tool that helps students improve their reading, writing, and mental arithmetic speed. Using a timer or stopwatch/stop clock, students practice reading passages at **1x, 2x, and 3x speed**, promoting faster processing, accurate recall, and confident academic performance.

Practice Example:

Students complete weekly timed activities where they read passages, write sentences, or solve arithmetic problems at increasing speeds ($1x \rightarrow 2x \rightarrow 3x$). Their progress is recorded in the Superspeed Card, allowing them to track improvements over time.

Benefit:

Enhances speed, accuracy, concentration, and confidence in core academic skills. It strengthens quick thinking, reduces hesitation, and prepares students for effective performance in assessments and real-world tasks.

Link: <https://www.facebook.com/share/v/1BrUEv4KwE/>

23. Kreya (Grade 1 to 8):

Kreya is a dedicated creative learning period where students explore design and innovation through hands-on activities. They get opportunities to build and experiment with **blocks, drones, and other creative tools**, fostering problem-solving, critical thinking, and technical skills in a fun, engaging environment.

Practice Example:

Hands-on projects, displays, or model-making.

Benefit:

Develops creativity, innovation, and fine motor skills.

Link: <https://www.facebook.com/share/v/1MBhNienQs/>

24. Parihara Statement

A Parihara Statement is a reflective or corrective note where a student acknowledges responsibility for their actions and commits to improvement. For example, if a student arrives late to school, they write/read a Parihara Statement to reflect on the behavior and plan steps to be punctual in the future.

Practice Example:

Parihara Statement

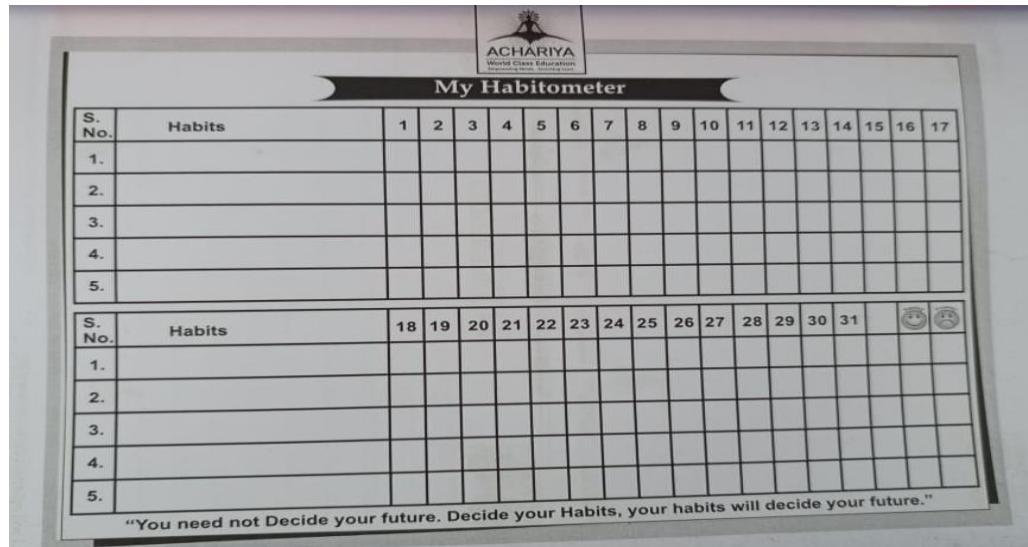
.....(NAME) was late/did not complete H.W/ did not finish Assignment on time/did not obey my teacher because(NAME) was not in integrity .I correct and complete myself by restoring my integrity with authenticity, taking up responsibility enriching myself and others.I seek blessings of my gurus and sangaas to be in total completion.

Benefit:

Encourages accountability and personal growth.

25. Habitometer

The Habitometer is a self-assessment tool that helps students track their daily habits and behaviors. Students record their progress in a diary, encouraging consistency, self-reflection, and personal growth in their routines.



Practice Example:

Weekly self-rating on punctuality, respect, teamwork, and discipline.

Benefit:

Develops consistency and positive character traits.

26. White Book

The White Book is a tool that helps students connect their **inner circle** with the **outer world** by exchanging visiting cards and initiating conversations. Students engage with family members, elders, and social service contributors, enhancing communication skills, social awareness, and confidence in interacting with diverse people.

Practice Example:

Includes reflections, communication, and conversation.

Benefit:

Helps track improvement and set goals.

Link: <https://youtu.be/GyLgh2R7bEw?si=9KObgrhytjfCkaCK>

27. Yellow Book

The Yellow Book is a record where students reflect on **110 values** they read and apply in daily life. It helps track personal growth, develop positive behavior, and cultivate values that guide them to lead a responsible and meaningful life.

Practice Example:

Entries include remarks, achievements, and reflection notes.

Benefit:

Promotes self-awareness and emotional intelligence.

28. Blue Book (Career Guidance)

The Blue Book is a personalized record where students track their **academic performance, aptitudes, and career aspirations**. It helps them reflect on strengths, set goals, and plan steps toward their future career paths.

Practice Example:

Students record their interests and strengths, and teachers guide them through career counseling sessions.

Benefit:

Helps students make informed choices about future studies and careers.

29. Green Book (Dream to Destiny)

The Green Book is a reflective journal that helps students **set goals, monitor progress, and track personal growth**, guiding them to turn their dreams into achievable outcomes.

Practice Example:

Students write their goals and achievements on progress.

Benefit:

Encourages self-awareness, goal-setting, and personal responsibility.

30. Citation Day

Citation Day is a special event where students are formally recognized for their **achievements and excellence**—academic, behavioral, or creative. Awards include **Champion of**

Champions, General Proficiency, Star of the Year, Bumble Bee 5 Icons (Initiator, Influencer, Imaginator, Impact Creator, Innovator), and 100% Attendance. Each student also presents a speech on their **ambitions and future goals**, making it a memorable and inspiring moment.

Practice Example:

Award certificates during citation for achievements in internal and external competitions and academics.

Benefit:

Encourages motivation and excellence.

Link: <https://youtu.be/6CZ6iN3ZHio?si=CEDfHRgMi2a3gLBT>

31. Skill Project

STANDS (Students' Talent Ability New Discovery Session):

STANDS is a hands-on learning initiative where students **demonstrate subject-wise concepts** from the cumulative portions of each term. It connects academic knowledge with real-life skills, fostering **creativity, problem-solving, and practical application** of learning.

Benefit:

Enhances critical thinking, problem-solving, and entrepreneurship.

Link: <https://www.facebook.com/share/p/19xbuoNCri/>

32. Theme Project

The Theme Project is an **interdisciplinary initiative** where students integrate subject-wise learning around our **school theme**. It provides a platform for students to **showcase their skills, creativity, and understanding** during **Theme Project Day**.

Practice Example:

Theme – **Evolution** Projects integrating English, Maths, Science, Social, Language, and Art.

Benefit:

Promotes holistic understanding and teamwork.

Link: <https://www.facebook.com/share/p/1D1Fn2QwyR/>

33. Exchange Program

The Exchange Program is an initiative that provides students with **collaborative learning and exposure** through **inter-school or inter-state academic and cultural exchanges**, broadening their perspectives and fostering adaptability, social skills, and cultural awareness.

Practice Example:

Students participate in a 3-day exchange visit with partner ICSE schools for shared learning experiences.

Benefit:

Develops social adaptability, global awareness, and communication skills.

Link: <https://youtu.be/w2hNrvS58E?si=UFzsa3B8QLYzet-1>

34. Sports

Sports are an essential part of holistic education, promoting **physical fitness, teamwork, discipline, and a healthy competitive spirit** among students.

Practice Example:

Weekly sports periods, inter-house tournaments, and activities such as bean bag games, juggling, and hula-hoop are conducted to encourage student participation.

Benefit:

Improves physical health, team spirit, and leadership qualities.

Link: <https://www.facebook.com/share/p/1A3HLzh4PR/>

35. Spiritual Learners:

Spiritual learning for teachers is very helpful for their personal and professional growth. Our school provides this opportunity by sharing positive thoughts and values that support their holistic development and well-being. These spiritual learning practices help teachers maintain a positive outlook, strengthen their character, and reflect on their life and work. In turn, inspired teachers are able to guide students effectively and contribute to their future progress and success.

Practice Examples:

- Daily meditation or mindfulness sessions
- Reflective journaling about personal and professional experiences
- Sharing positive thoughts and values in staff meetings
- Engaging in gratitude or affirmation exercises

Morning Reflection & Positive Thought Sharing:

Each day begins with a short reflection session where teachers engage in mindful breathing, listen to a motivational thought, or participate in a value-based discussion. This helps them start the day with calmness and clarity.

Benefits:

- Enhances **self-awareness** and emotional well-being
- Strengthens **character and ethical decision-making**
- Promotes a **positive outlook** and reduces stress
- Improves ability to **guide and inspire students** effectively
- Supports **holistic personal and professional growth**
- Teachers develop patience, empathy, and emotional balance, which positively influences classroom behavior.
- Students observe and learn essential values such as **respect, kindness, and responsibility**.
- A peaceful and supportive learning atmosphere is created, helping students stay focused and confident.
- Teachers become better role models, encouraging students to **set goals** and develop a positive attitude toward life.

36. Leader in Me (7 Habits):

A character-building and leadership framework that helps students develop responsibility, teamwork, and personal effectiveness.

7 Habits

- 1. Be Proactive**
- 2. Begin With the End in Mind**
- 3. Put First Things First**
- 4. Think Win-Win**
- 5. Seek First to Understand, Then to Be Understood**
- 6. Synergize**
- 7. Sharpen the Saw**

Practice Examples:

- Goal-setting journals
- Weekly reflection on habits
- Classroom leadership roles
- Peer listening and empathy exercises
- Group tasks emphasizing cooperation and “win-win” solutions

Benefits:

- Builds self-discipline and responsibility
- Improves communication and empathy
- Enhances decision-making and emotional awareness
- Encourages teamwork and leadership in everyday situations

37. Six Thinking Hats:

A structured thinking tool to help students see problems from multiple perspectives and think more creatively and systematically.

The Six Hats

- **White Hat** – Facts & information
- **Red Hat** – Feelings & intuition
- **Black Hat** – Caution & critical thinking
- **Yellow Hat** – Optimism & benefits
- **Green Hat** – Creativity & new ideas
- **Blue Hat** – Planning & process control

Practice Examples:

- Analyzing a story or real-life situation using all six hats
- Group problem-solving sessions where each student "wears" a hat
- Decision-making exercises
- Creative brainstorming using the Green Hat only

Benefits:

- Enhances critical and creative thinking
- Helps students consider multiple viewpoints
- Improves problem-solving and reasoning
- Builds structured thinking and better decision-making skills

38. Bring Home Activity:

Bring Home Activity is a home-based extension program designed to reinforce classroom learning, encourage parent–child interaction, and help students apply their skills in real-life situations.

Students receive a **Bring Home Activity Kit (Grade 1 to 8)**, which contains **two sets of materials**. Along with the kit, **activity links** are uploaded for guidance. Students practice the tasks at home using the kit and then demonstrate and explain how they completed the activity.

Practice Examples:

STEM Kit Task & Creative Challenge: Using given materials (sticks, connectors, magnets), build a simple structure (bridge, tower, or shape) and record a short explanation video.

Benefits

- Strengthens **parent-child bonding** through shared, meaningful tasks.
- Reinforces **classroom concepts** through hands-on, real-life practice.
- Builds **communication skills** as students explain and demonstrate their work.
- Encourages **independent learning**, responsibility, and confidence.
- Provides an opportunity for students to apply **creativity, problem-solving, and critical thinking** beyond the classroom.
- Helps teachers assess the child's **practical understanding** in a home environment.

Link:

https://youtube.com/playlist?list=PLSrsr_B11umCLs_vIc7ESyH8C6CWp85iH&si=zxboD8NfhpR4PCDG

39. Yoga:

Students learn basic yoga postures, breathing exercises, and relaxation techniques with correct body alignment.

Practice Examples:

Surya Namaskar, Breathing exercises like Pranayama, Simple asanas such as Tree Pose, Cobra Pose, and Butterfly Pose.

Benefits:

- Improves flexibility, balance, and posture
- Reduces stress and increases focus
- Promotes emotional well-being and body awareness

40. Silambam: (A traditional Indian martial art using a long bamboo stick)

Students practice basic footwork, hand movements, and safe handling of the staff.

Practice Examples:

Basic spins and strikes, Footwork drills, Partner practice with controlled movements.

Benefits:

- Enhances coordination, reflexes, and strength
- Builds confidence and discipline
- Teaches self-defense skills

41. Malkhamb: (A traditional sport performed on a rope)

Students learn basic holds, climbing techniques, and simple balancing poses on the rope.

Practice Examples

Basic pole mounting, simple sitting or standing positions and beginner balancing and stretching poses.

Benefits

- Strengthens core muscles and improves flexibility
- Builds endurance and body control
- Boosts focus, confidence, and mental resilience

42. Happy Handwriting (Achariyan Font)

Achariya Font is a specially designed handwriting style used in our school to help children learn neat, legible, and uniform writing. It guides students to write correctly using:

- **Four-line writing**
- **Two-line writing**
- **Basic strokes and patterns**
- **Correct letter formation**
- **Proper spacing and alignment**

Happy handwriting means setting **clear standards** for how each letter, word, and sentence should look when written correctly. It provides a **reference model** for teachers and students so everyone follows the same format.

Practice Examples

- To maintain **uniformity** in handwriting across all classes
- To ensure students follow the **correct letter formation** using Achariya Font
- To help teachers track the **progress** and identify areas needing improvement
- To ensure children gradually move from **four-line writing** → **two-line writing** → **single-line writing**

Benefits:

- **Improves Motor Skills**
- **Develops Uniform & Neat Writing**
- **Enhances Reading & Spelling**
- **Boosts Academic Confidence**
- **Supports Slow Learners**
- **Reduces Teacher Correction Load**
- **Builds Lifelong Writing Habits**

Impact of Benchmarking Practices

Category	Practices	Key Outcomes
Academic Excellence	Flip Learning, Spiral Learning, ASTRA (Olympiads).	Improved academic results, curiosity-driven learning
Cognitive Growth	Parallel Processing, Ambidexterity, Study Techniques	Higher-order thinking, analytical ability, creativity
Emotional Well-being	Meditation, Nap Time, WOW Schooling, Spiritual learners, Yoga	Mindful, emotionally balanced learners
Character Building	Parihara Statement, Habitometer, Yellow, White Book & Green Book	Responsible, reflective, self-aware individuals
Skill Development	Skill Project, Theme Project, 21st Century Skills, Leader in Me, Six Thinking Hats	Innovative, collaborative, and problem-solving learners

The benchmarking practices serve as a roadmap for **continuous quality enhancement** in academic, emotional, and behavioral dimensions. Through structured reflection, innovation, and collaboration, the school fosters a community of learners equipped with **competence, character, and compassion**.

For reference, visit our website:

Link: <https://www.youtube.com/@AKLAVYINTERNATIONALSCHOOL-PUD>