

# Conexión

Monthly E-Newsletter

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## Blended in wellness: Medhayoga Programme

Knowledgeum Academy organised its active wellness programme - Medhayoga - to refresh the mind, body, and soul. The students participated in various activities that helped them declutter their minds and reconnect with their thoughts and emotions.

The learners experienced significant benefits from practising meditation, yoga, breathing exercises and other mind and soul-soothing exercises. These activities have helped to strengthen their mental well-being, providing a much-needed respite from the high pressure academic environment they operate in.



## Blended in wellness: Medhayoga Programme

Some of the proven benefits of indulging in yoga and simple yet powerful breathing techniques for growing students are listed below:

- 01 Improved Focus and Concentration: Yoga and meditation help them quiet their minds and improve their ability to focus and concentrate on their studies.
- 02 Reduced Stress and Anxiety: It equips them to manage stress and anxiety by practising deep breathing and guided meditative techniques.
- 03 Increased Physical Flexibility: Regular yoga practice helps students increase their physical flexibility and strength, resulting in a positive impact on their overall health.
- 04 Improved Mental Clarity: Yoga helps clear their minds, reduces negative thoughts and provides them with stability and clarity.
- 05 Boosted Confidence and Self-Esteem: The art of training one's breath and core is known to help students develop a stronger sense of self-awareness and boost their confidence and self-esteem.



In conclusion, the IBDP learners of Knowledgeum Academy have reaped significant benefits from incorporating yoga, meditation, and other mind-stimulating exercises into their daily routines. By doing so, they have become better equipped to handle the demands of their academic pursuits, leading to improved mental well-being and academic success.

# Where the energies were soaring and the participants scoring: **Kite-Flying Festival**

On the occasion of Makar Sankranti, the academy hosted a DIY kite-flying competition where the learners were enlightened about the origin and purpose of the festival.

In Karnataka, Makara Sankranti is observed with a ritual known as "Ellu Birodhu," in which women exchange "Ellu Bella" (regional delicacies made from freshly cut sugarcane, sesame seeds, jaggery, and coconut) with family and friends. Farmers mark the occasion as "Suggi," or "harvest festival," by dressing up their bulls and cows in colourful costumes. Farmers and their bulls jump over fire in a ritual known as "Kichchu Haayisuvudu." People also believe that flying vibrant kites is a way of expressing gratitude for bestowing a bountiful season upon them.

In the festive spirit, the students were provided with colourful stationery and ornaments and grouped into teams with a designated educator per team. The teams were instructed to build their kites and fly them during the competition. The activity was fun-filled and everyone enjoyed themselves while learning about the auspicious festival and watching their kites soar high.

Watch their creativity come to life at

[https://www.youtube.com/watch?v=1p\\_VNjLAFcs](https://www.youtube.com/watch?v=1p_VNjLAFcs)





# Celebrating 74 years of Republic Day: #WePublicDay

To celebrate the 74th Republic Day of India, our learners and educators engaged in a thought provoking elocution where they presented their unbiased and personal opinions on the given topic on the spot. The activity was arranged to nurture their thought processes and encourage them to participate in public speaking to provide practice and boost their self esteem.

The occasion was graced by all the department heads alongside our founder Ms. Aparna Prasad who ensured to shower the students with her words of wisdom and guidance.

The programme concluded with a beautiful, patriotic dance performance by two of the Academy's budding dancers.



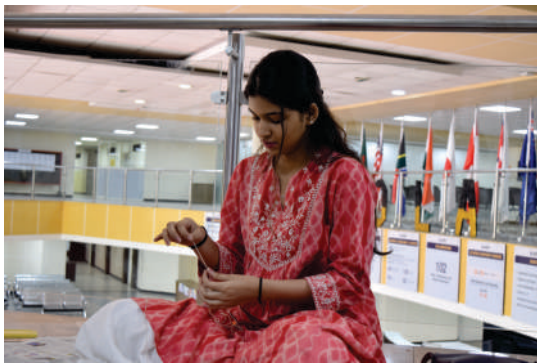
The links to the elocution are as follows:

[https://www.youtube.com/watch?v=\\_kMMdOkWJzQ](https://www.youtube.com/watch?v=_kMMdOkWJzQ)

<https://www.youtube.com/watch?v=UxdmBfkEKqc>

<https://www.youtube.com/watch?v=k4QsBILmxnU>





# Being a good sport: Badminton & Basketball

To emphasise the athletic and core development of its learners through structured sports training, they were taken to

The aim is to regularly provide them with energizing sessions of training in basketball and badminton. Since our academy aims at providing a well-rounded and well-designed sense of personal development, incorporating sports into their regular lifestyle, they will receive formal coaching in these sports to learn, compete and excel.

Sports allow the players to learn to play, think on their feet and thrive in teamwork.

Encouraging learners to partake in sports aid in their hand-eye coordination, agility, and brain stimulation and is overall an interactive and fun way to bond with their batchmates. The learners had a ball at the sports arena and returned to the Academy charged for the upcoming academic year!

