



Intelancy
Education







ORIENTATION

2021-22

FOR XI Graders



WHAT ZONE ARE YOU IN ?

Blue	Green	Yellow	Red
 A blue character with large glasses and a white sweater, looking downcast.	 A blue character in a yellow dress, smiling and dancing with arms raised.	 A purple character with a long nose and a red bow tie, looking frustrated.	 A red character with a flame-like head, shouting with clenched fists.
<p>Sick Sad Tired Bored Moving Slowly</p>	<p>Happy Calm Good to Go Focused Ready to Learn</p>	<p>Frustrated Worried Silly/Wiggly Anxious Excited</p>	<p>Mad/Angry Mean Yelling/Hitting Out of Control I Need Time and Space</p>

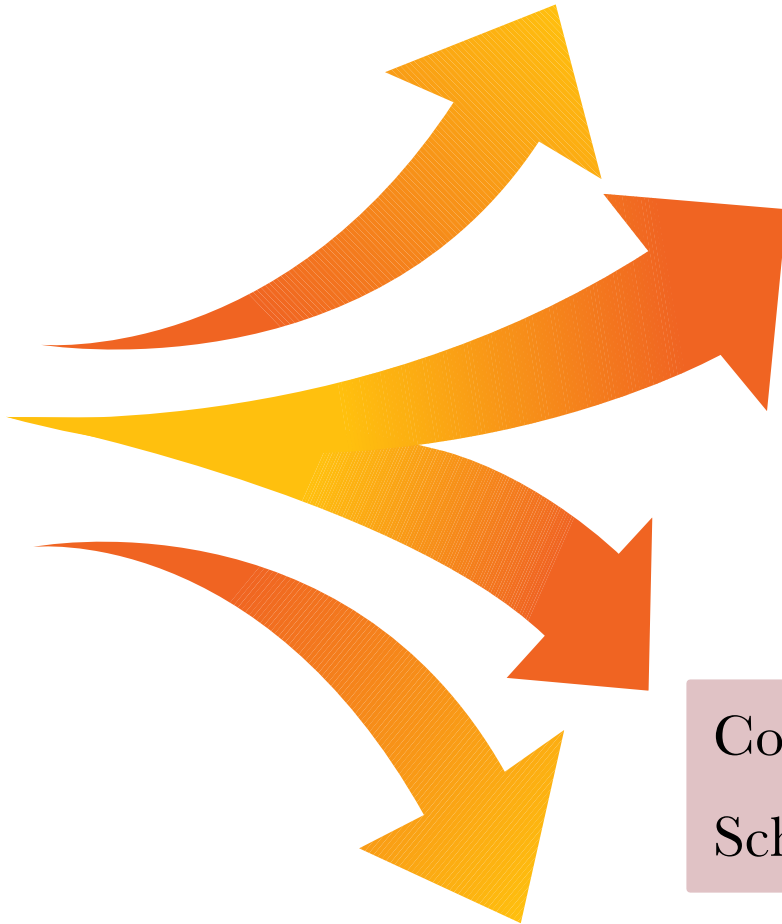
CONTENTS

Welcome to Udaya Family

What we offer

Corrective Measures for
School Discipline

Self-Care during the
COVID-19



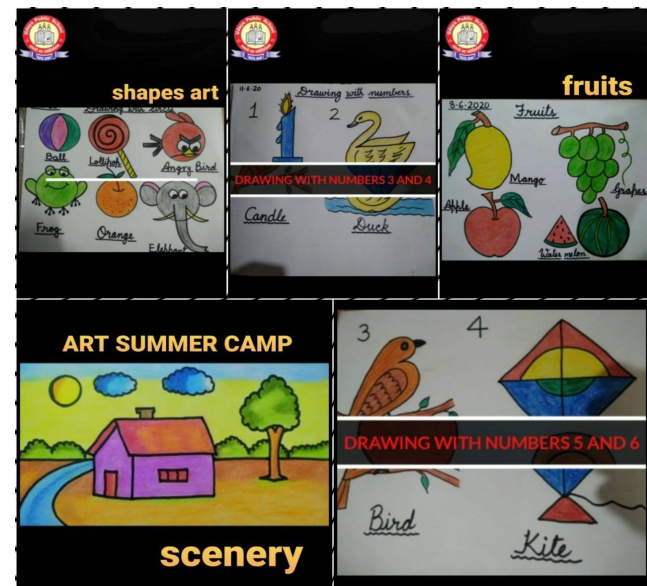
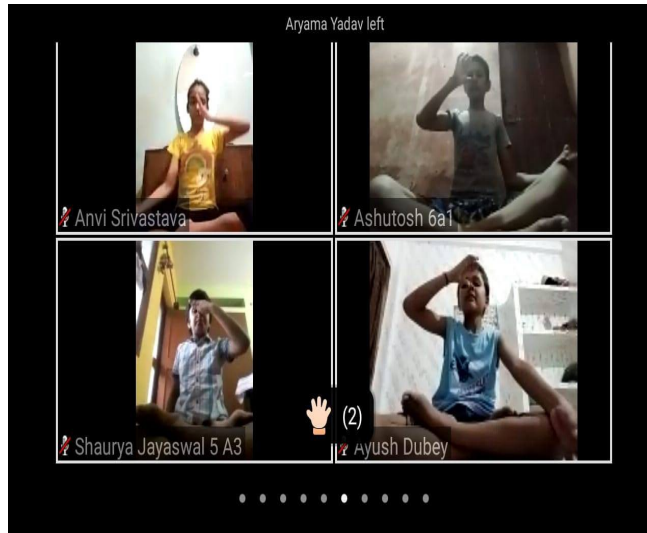


WELCOME

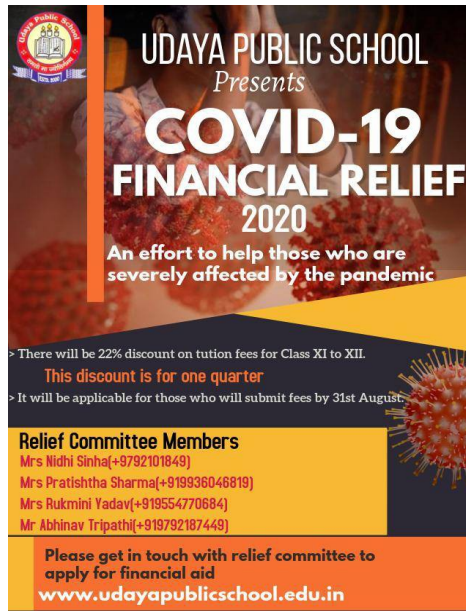
TO

UDAYA FAMILY

2020 : THE YEAR IN PICTURES



2020 : THE YEAR IN PICTURES



UDAYA PUBLIC SCHOOL
Presents
COVID-19 FINANCIAL RELIEF 2020
An effort to help those who are severely affected by the pandemic

- There will be 22% discount on tuition fees for Class XI to XII.
This discount is for one quarter
- It will be applicable for those who will submit fees by 31st August

Relief Committee Members
Mrs Nidhi Sinha(+9792101849)
Mrs Pratishtha Sharma(+919936046819)
Mrs Rukmini Yadav(+919554770684)
Mr Abhinav Tripathi(+919792187449)

Please get in touch with relief committee to apply for financial aid
www.udayapublicschool.edu.in



Udaya Public School
ESTD. 2000

VIRTUAL MEET WORKSHOP 2020
Short Talk

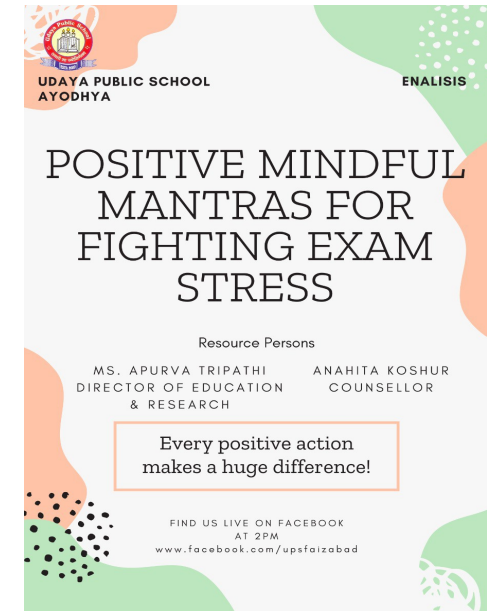
Organiser
Udaya Public School
October 20, 2020
10AM - 11AM

THE SPEAKERS

SPEAKER NAME: Divyanshi
SPEAKER NAME: Divyanshu

DISCUSSIONS AND INSIGHTS
Topic :Tips and Tricks by subject toppers (Physics)

Via Zoom App



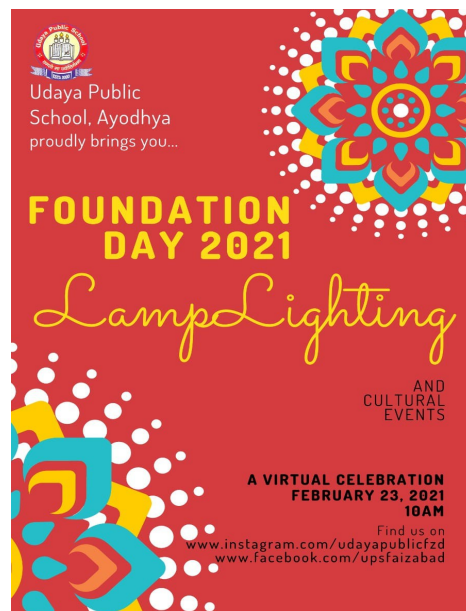
UDAYA PUBLIC SCHOOL AYODHYA ENALISIS

POSITIVE MINDFUL MANTRAS FOR FIGHTING EXAM STRESS

Resource Persons
MS. APURVA TRIPATHI DIRECTOR OF EDUCATION & RESEARCH
ANAHITA KOSHUR COUNSELLOR

Every positive action makes a huge difference!

FIND US LIVE ON FACEBOOK AT 2PM
www.facebook.com/upsfaizabad



Udaya Public School, Ayodhya proudly brings you...

FOUNDATION DAY 2021
Lamp Lighting
AND CULTURAL EVENTS

A VIRTUAL CELEBRATION
FEBRUARY 23, 2021
10AM

Find us on
www.instagram.com/udayapublicfd
www.facebook.com/upsfaizabad



Motivation


Let's get motivated!

Presentation Design by Anahita Koshur

2020 : THE YEAR IN PICTURES



ABOUT US



Our long term goal is creating a future generation of thinkers that are equipped with not just information but also the ability to implement and use that information in a way that promotes *Compassion and Curiosity..*

ADMINISTRATION



Chandra Prakash Tripathi
Chairman



Apurva Tripathi
Director of Education & Research

AND THE LEADERS



Jievendra Singh

Principal

Incharge: XII



Nidhi Sinha

Vice-Principal

Incharge: IX & XI

INCHARGES



Shweta Srivastava
Incharge: NLU - II

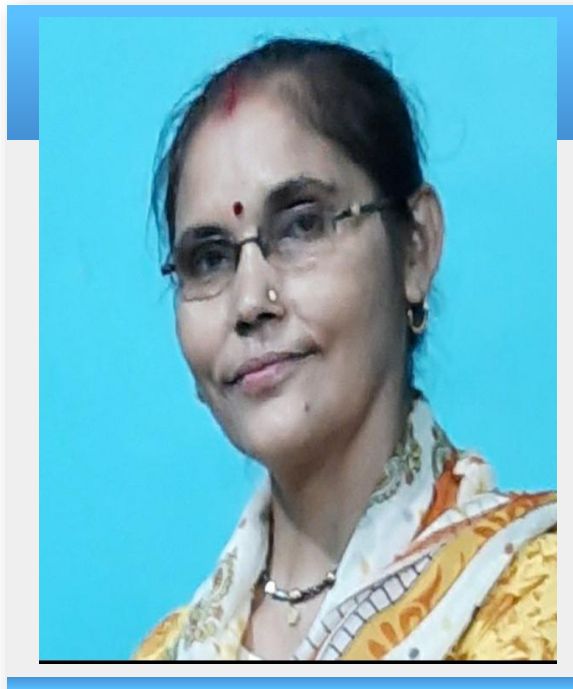


Vineeta Singh
Incharge: III - V



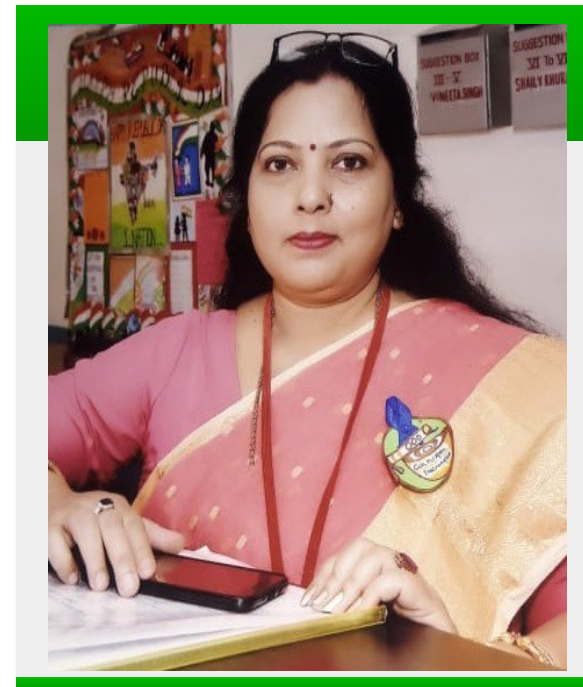
Shaily Khurana
Incharge: VI - VIII

INCHARGES



Pratishtha Sharma

Incharge: X



Meeta Srivastava

Cultural Incharge

MEET THE COUNSELLORS



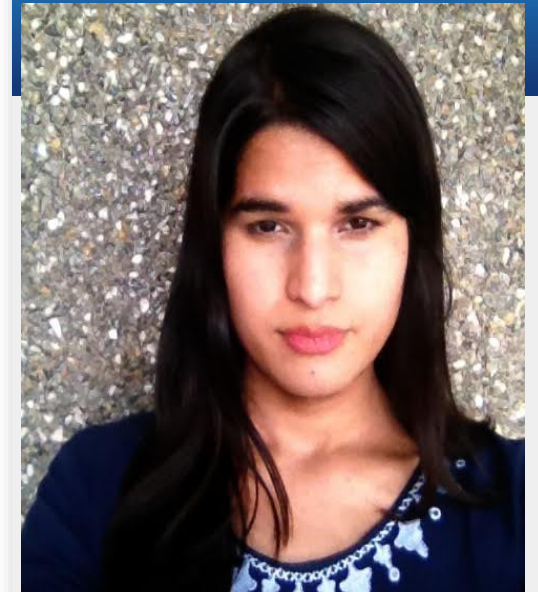
Seema Pandey

Classes: III - VII



Anita Tripathi

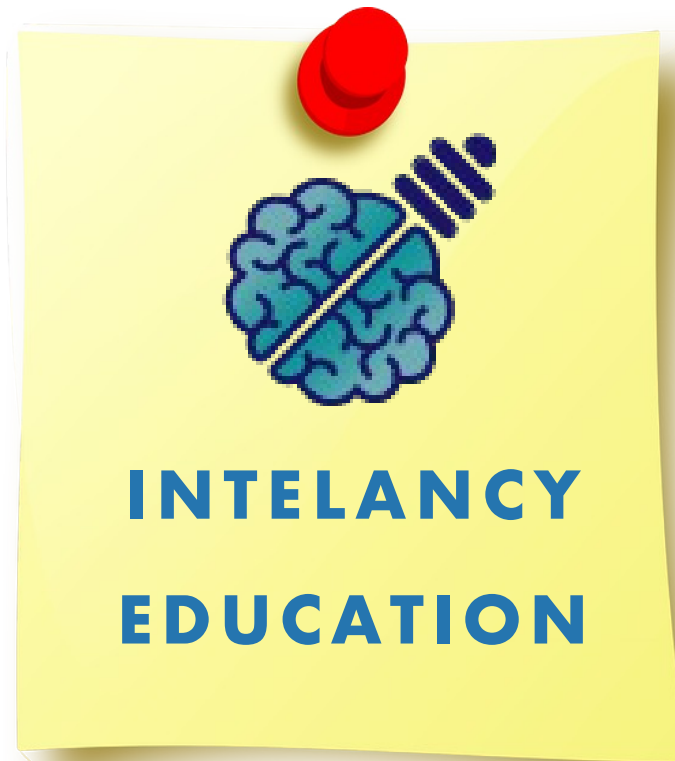
Classes: VIII - XII



Anahita Koshur

Interactive Session
(One-on-one)

OUR COLLABORATIVE PARTNER



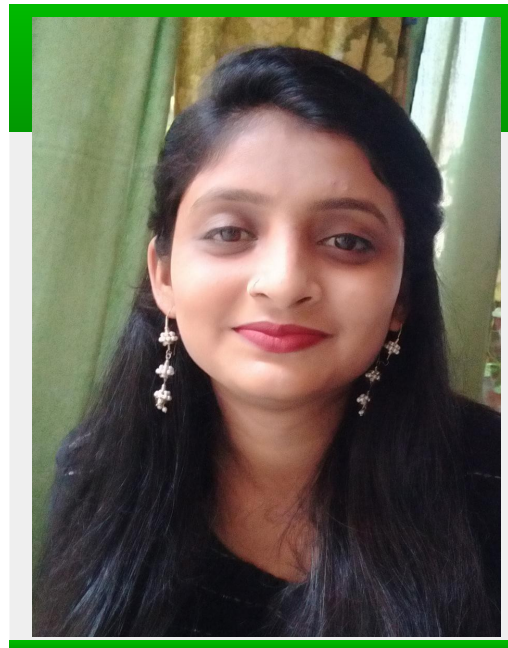
“ We aim to work in the education ecosystem providing a range of services that include HR, Research, Design, and Technology-led innovations ”

INTELANCY TEAM LEADERS



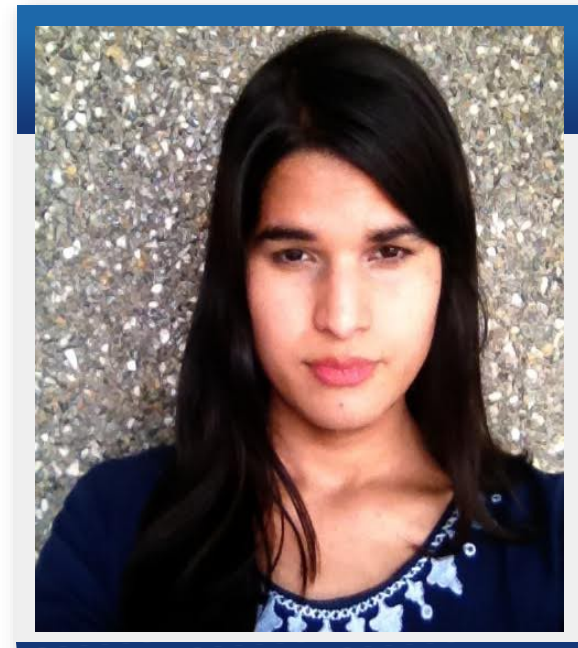
Mohit Kushwaha

Design & Technology



Niharika Singh

*Human Resources &
Event Management*



Anahita Koshur

Research & Innovation

EMAIL DIRECTORIES

NAME	DESIGNATION	EMAIL ADDRESS
Apurva tripathi	Director of Education & Research	apurva@udayapublicschool.edu.in
Jievendra Singh	Principal	jievendra@udayapublicschool.edu.in
Nidhi Sinha	Vice-Principal	nidhi@udayapublicschool.edu.in
Seema Pandey	Counsellor	seema@udayapublicschool.edu.in
Anita Tripathi	Counsellor	anita@udayapublicschool.edu.in
Anahita Koshur	Research Assistant	anahita@udayapublicschool.edu.in



In Udaya Public School
we conduct
Sensitisation and
promote Anonymous
Reporting

WHAT

we

offer

ANNUAL EVENTS

- ✓ Inter House Carrom Competition
- ✓ Inter House GK Quiz
- ✓ Inter House Dance Competition
- ✓ Inter House Sports Competition

- ✓ Essay Writing Competition
- ✓ Poem Writing Competition
- ✓ Sahodaya Basketball Competition

- ✓ Social Science Exhibition
- ✓ Science Exhibition
- ✓ Inter School Debate Competition
- ✓ Drawing Competition
- ✓ Dance Competition



Know your Counsellors

Counsellor
Seema Pandey

Email:

seema@udayapublicschool.edu.in

+91 87268 94379

Class : III - VII

Counsellor
Anita Tripathi

Email:

anita@udayapublicschool.edu.in

+918318530499

Class: VIII - XII

One-on-one Interactive Session

(Open to all the students)

Resource Person : Apurva Tripathi, Director of Education
& Research

Session Facilitator : Anahita Koshur, Research Assistant

Mobile No. +91 8400230107

Email : anahita@udayapublicschool.edu.in

Child helpline number: 1098

Tele-counselling number: icall- 022-25521111

U.P Covid helpline number: 18001805145

COUNSELLING SERVICES



FACILITIES



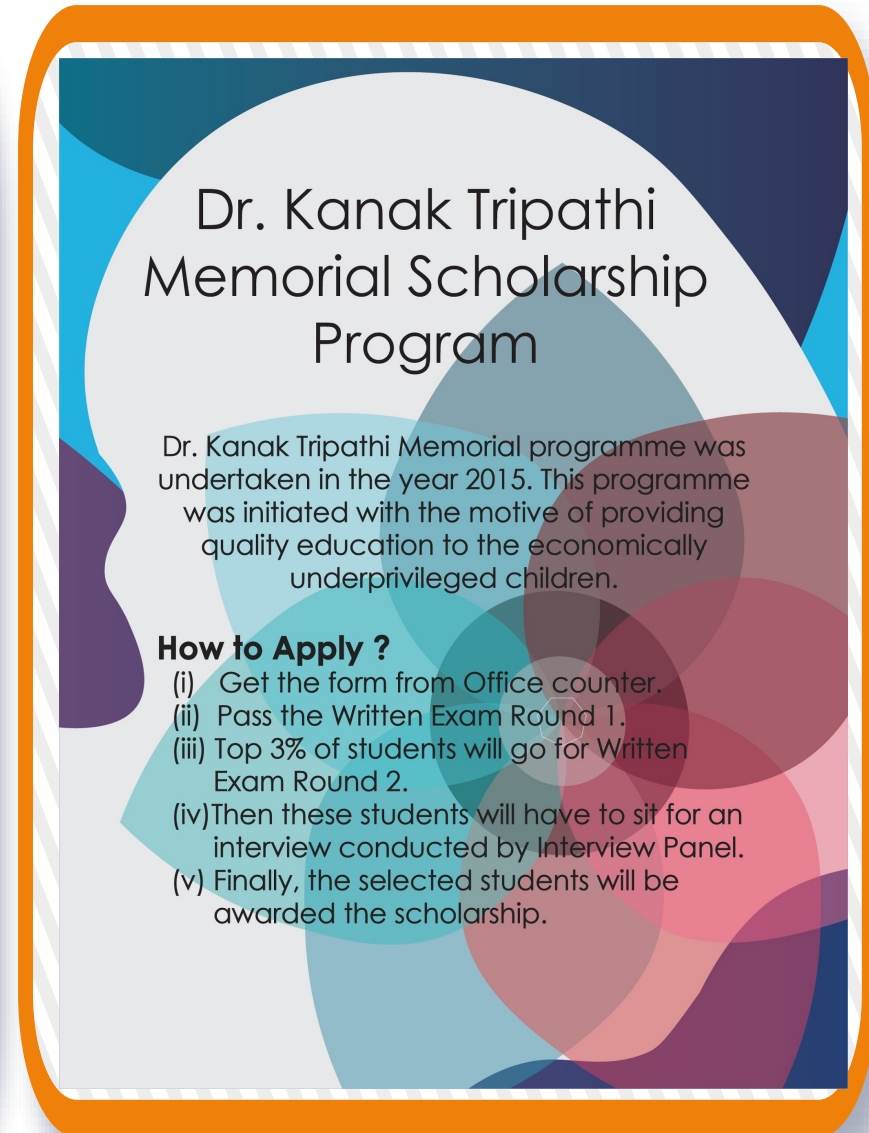
The infographic features a central white circle with a pink and blue border. The word 'Trips' is written in a pink arc on the left, and 'Remedial' is written in a grey arc on the bottom right. A list of trip types is positioned inside the circle, and a paragraph about remedial teaching is at the bottom.

Trips

Social Trips	State Trips
City Trips	Sports Trips
Surprise Trips	Educational Trips
Relaxation Trips	Entertainment Trips

Remedial teaching is identifying slow learners and providing them with the necessary help and guidance to help them overcome from their problems, after identifying their areas of difficulty. A remedial teaching class is one that is meant to improve a learning skill or rectify a particular problem area in a student. Remedial instruction involves using individualized teaching of students who are experiencing difficulties in specific subject areas. It may be taught individually or in groups.

Remedial



The infographic has a white background with a large grey circle at the top. The title 'Dr. Kanak Tripathi Memorial Scholarship Program' is centered in the circle. Below the circle, there is a paragraph about the program and a list of application steps.

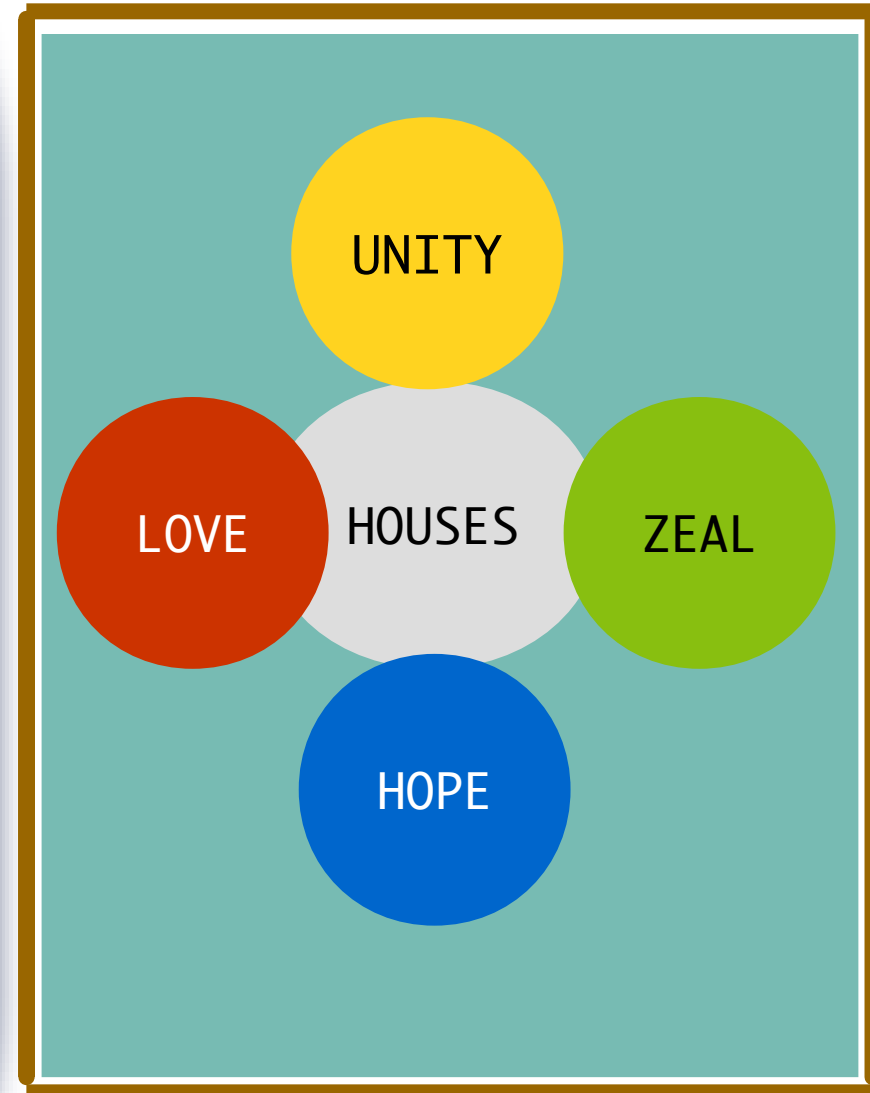
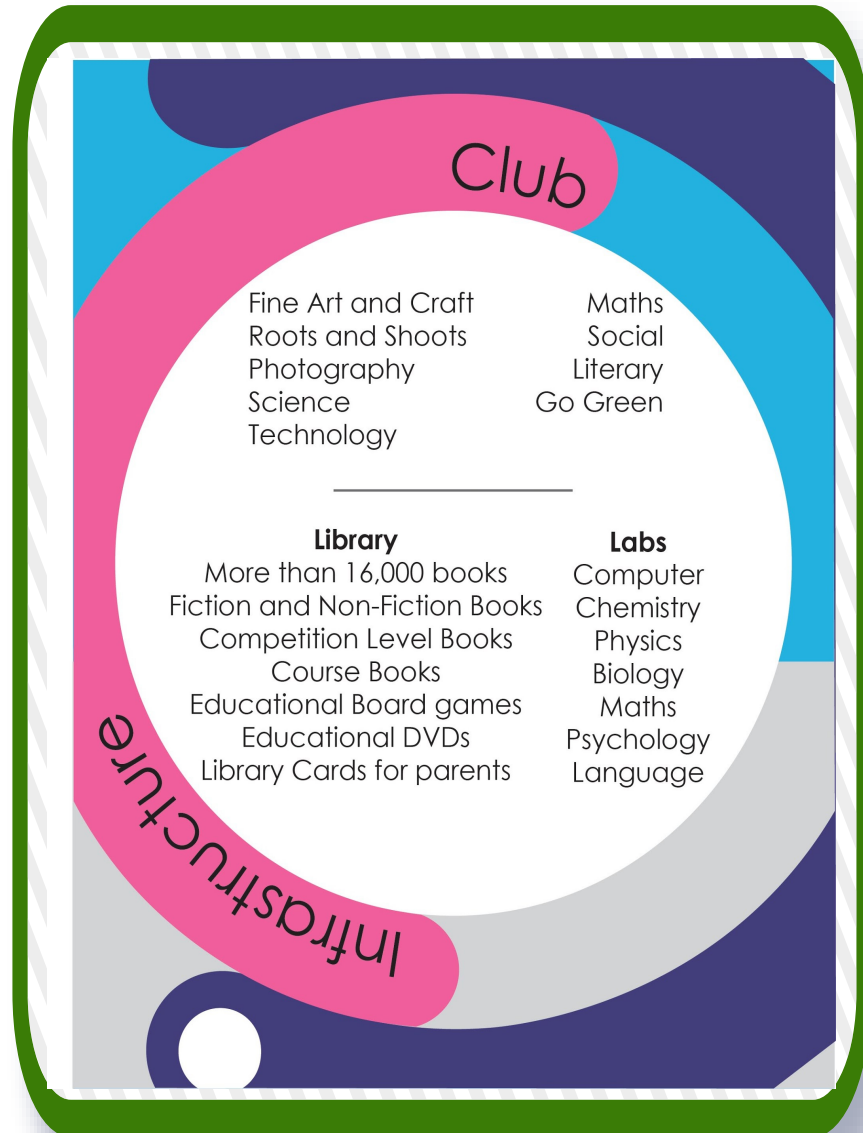
Dr. Kanak Tripathi Memorial Scholarship Program

Dr. Kanak Tripathi Memorial programme was undertaken in the year 2015. This programme was initiated with the motive of providing quality education to the economically underprivileged children.

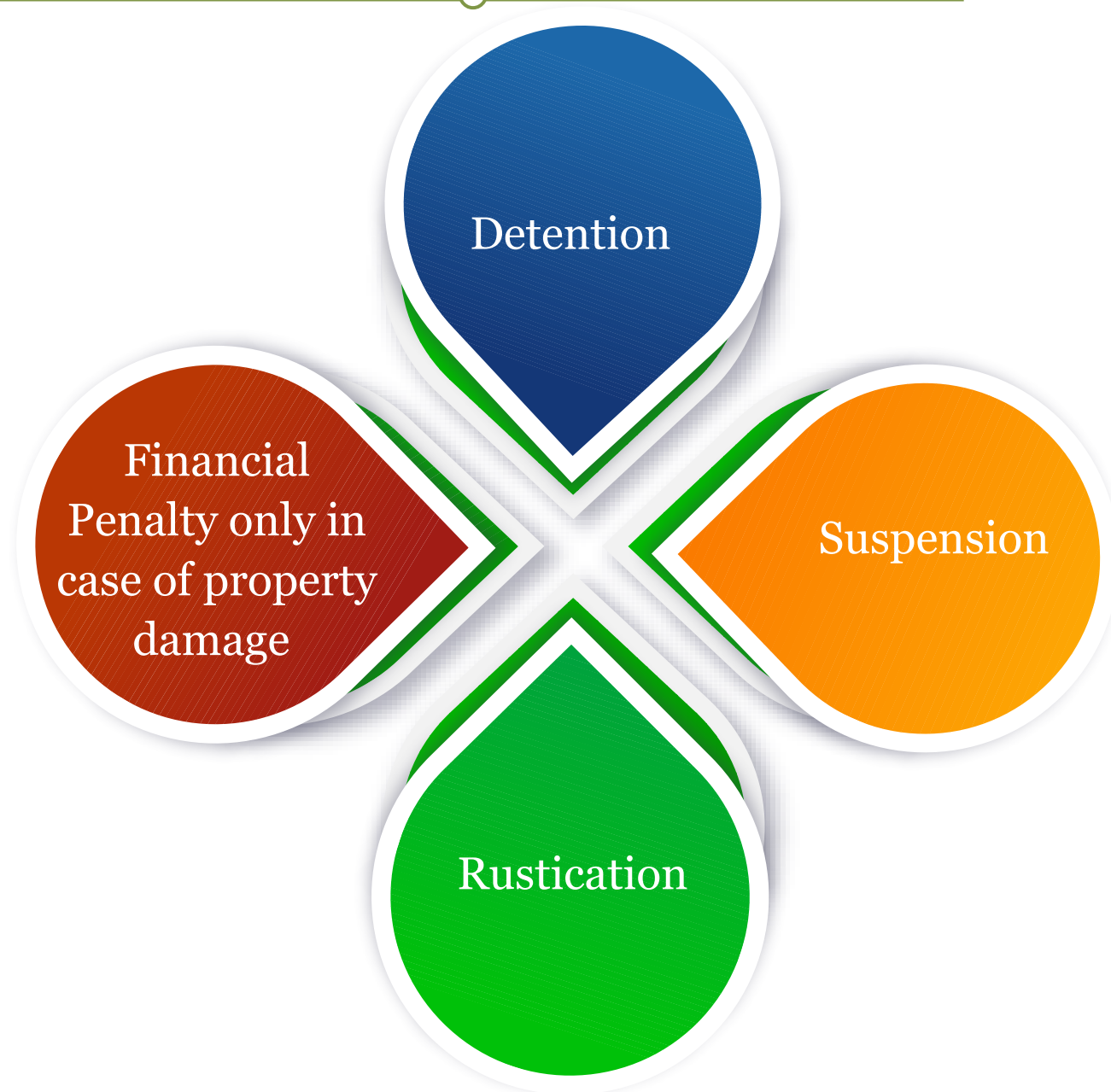
How to Apply ?

- (i) Get the form from Office counter.
- (ii) Pass the Written Exam Round 1.
- (iii) Top 3% of students will go for Written Exam Round 2.
- (iv) Then these students will have to sit for an interview conducted by Interview Panel.
- (v) Finally, the selected students will be awarded the scholarship.

FACILITIES



CORRECTIVE MEASURES





SELF-CARE

during COVID-19

Understanding Self-Care

Self-care is anything you do to take care of yourself so you can stay physically, mentally, and emotionally well

Its benefits are better physical, mental, and emotional health and well-being.

Self-care requires checking in with yourself and asking yourself how you're doing and what your body's asking for

Research suggests self-care promotes positive health outcomes, such as fostering resilience, living longer, and becoming better equipped to manage stress.

Understanding Self-Care



5 Self-Care Practices

Physical Self-Care

- ✓ Are you getting adequate sleep?
- ✓ Is your diet fueling your body well?
- ✓ Are you taking charge of your health?
- ✓ Are you getting enough exercise?

Social Self-Care

- ✓ Are you getting enough time with your friends?
- ✓ What are you doing to nurture your relationships with friends and family?

Mental Self-Care

- ✓ Are you making enough time for activities that mentally stimulate you?
- ✓ Are you being proactive in terms of taking care of your mental health?

5 Self-Care Practices

Spiritual Self-Care

- ✓ What questions do you ask yourself about your life and experience?
- ✓ Are you engaging in spiritual practices that you find fulfilling?

Emotional Self-Care

- ✓ Do you have healthy ways to process your emotions?
- ✓ Do you incorporate activities into your life that help you feel recharged?



Thank you

ANY

QUESTIONS?