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world

# Teacher's Digest

January 2025

## Teacher Wellness - Fundamental to Educational Excellence

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**Deepa Sridhar**

Director- Academics  
Sri Kumaran Group of Institutions

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## About us

TeacherTribe.world is an exclusive teachers' platform by Greycaps Knowledge Tribe. A thought seed of Dr. Abdul Kalam, TeacherTribe.world is a community forum. It is an initiative which strives to bring teachers, principals and educators across the world together, to share thoughts, knowledge and to **'celebrate the teacher'**. Our main aim is to foster a teaching community and build a Teachers' Tribe.

TeacherTribe has also interacted with schools and educational institutions through its conferences in cities like Jamshedpur, Kotagiri, Hyderabad and Kuwait. We organise Professional Development Programs for teachers and Teacher Training sessions, aligning with the school requirements.

Know more about us and our initiatives, here - <https://www.teachertribe.world/>

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Editor, TeacherTribe.world

# The Power of Appreciation

*Varsha Prasad*

To be recognised, appreciated and accepted are some of the intrinsic human emotions and desires. The simple act of appreciating someone can go a long way. It can contribute significantly to personal growth, self-esteem and feeling of acceptance. Feeling appreciated and being appreciative of someone can boost morale, keep the person motivated and provide strength.

**How significant is appreciation for children?**

**How does appreciation affect our brain?**

Gratitude and appreciation are often linked to positive emotions and play a major role in regulating mood and emotions.

*The article emphasises the need for appreciation in children and adults. The editorial outlines how appreciation can be integrated into the school and classroom.*

Let us enter this New Year, by appreciating the people around us!

Scan the QR code to read the entire article.





Former Director of Academics, CBSE. Helped initiate many innovative approaches at CBSE such as frontline curriculum and communicative approach to language teaching.

# Navigating From Chaos To Comfort

*G. Balasubramanian*

The terms 'chaos' and 'chaos theory' can derive meanings across many disciplines- economics, social theory, music theory, etc. It also affects numerous everyday mundane events- patterns of the weather, a strong breeze waving a flag. Philosophers, sociologists and scientists alike have debated for centuries about the acceptance of chaos and the accompanying crisis in order to find comfort and peace.

**How does managing chaos translate to the professional and personal environments?**

***Chaos management is an essential requirement for sustenance and growth.*** In a professional environment, the success of good leadership is often characterised by how well the leader steers the ship and leads the team from chaos to comfort through organised efforts.

The article discusses how one can manage a journey from chaos and safely navigate to comfort. It further provides pointers for consideration including avoiding the panic button, listing factors that fuel chaos and identifying the epicentre of the chaos to help minimise its influence.





Director – Academics,  
Sri Kumaran Group of  
Educational Institutions.  
Accomplished leader with  
over 27 years of experience  
in education. Member of  
the Principals' Center at  
Harvard Graduate School  
of Education. Masters  
Degree holder in  
Educational Management &  
Administration, University  
of Sydney.

# Teacher Wellness - Fundamental to Educational Excellence

*Deepa Sridhar*

In an interview with TeacheTribe.world, Deepa Sridhar discusses challenges facing the educational sphere as schools look to shift from rote learning to a comprehensive approach to learning.

***She draws attention to how teachers need to embrace and model lifelong learning, and how a happy teacher is important to create a happy classroom.***

Deepa Sridhar emphasises on teacher wellness as a fundamental aspect in educational excellence. She highlights the need for meaningful opportunities for professional growth, which may include clear pathways for advancements, structured collaboration time and teachers feeling valued as lifelong learners.

Scan here to read the complete interview.





IB PYP educator at Prometheus School, Noida. Mind Trainer with a strong interest in child psychology. Master's degree in English literature.

# How Should One Learn In A Class?

*Arushi Sikri*

The 4 walls of a classroom provide ample learning opportunities. However, how does learning appear from an educator's perspective?

## What does learning in a classroom involve?



In this short poem, Arushi Sikri focuses on the need for a student-led learning environment. The poem discusses the importance of meaningful classroom discussions that lead to learning.

Teachers may even notice that each student brings in their own perspectives and the classroom can act as an open field for creativity, critical thinking and learning.

Scan here for more.





Aims to reframe inclusion in schools through building teacher capacity, offline and online through customised masterclasses and self-paced courses.

# How To Integrate Social-Emotional Learning (SEL)?

## *The Teachers Collective*

The methodology of Social-Emotional Learning can help create a foundational base for a student's overall success. Evidence-based SEL practices identify several core skills such as self-awareness, social awareness, relationship skills and responsible decision-making through its implantation.

***How can you integrate and implement SEL practices in the class?***

***The article discusses various methods to promote active brainstorming with students to identify emotions and coping mechanisms resulting in a change in student mindset.***

It discusses how teachers can help arrive at acceptable solutions when emotions overwhelm students. The article emphasises that SEL skills need time and practice. It is likened to academic concepts broken down and taught in smaller chunks over a period of time.







Entrepreneur and financial literacy advocate. Promotes financial literacy for women through her platform, Sthreedhan.

# What Factors Influence Health Insurance?

***Aarti Tibrewala Darooka***

Hetali is a working professional who wants to plan for a baby. She earns well and has been using her latest salary hike towards her immediate critical needs. She discusses financial health with her friends and realises that many factors need to be considered before opting for health insurance for the family.

***What factors determine health insurance? How do external aspects play into the insurance?***

***The article outlines various factors that can influence the cost of buying health insurance. It details how age, gender and prior medical history can affect the cost of buying health insurance premiums.***

External factors such as place of living also affect the cost of health insurance. If one lives in a metro city where medical facilities are expensive, the health insurance premium would be higher.

Scan the QR code to learn more.





Consultant physician and cardiologist. Director Baliga Diagnostics, Bengaluru. He is a keen advocate of patient education and loves to blog about health-related things.

It's often stated that just walking 10,000 steps a day can ensure one's good health. Fitness-based brands and smartwatches have contributed to marketing the significance of 'steps' in one's lifestyle.

However, is achieving the step goal for the day enough to stay healthy?

Walking can provide a base for daily movement but incorporating a variety of exercises can prevent the monotony of the routine and provide cognitive benefits.

# Is 10000 Steps A Day Enough To Stay Healthy?

*Dr. Vivek Baliga*

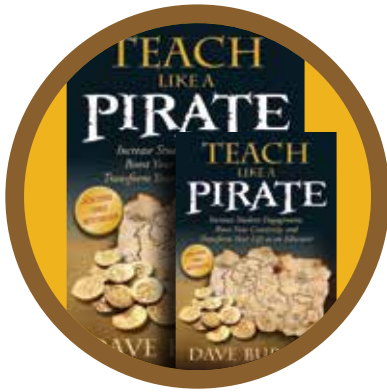
The article discusses the requirements of a comprehensive fitness routine to achieve one's health goals.

***It emphasises the need to incorporate quality workouts and exercises that enhance flexibility, balance and coordination.***

SCAN



HERE



# Teach Like a Pirate

## *Book Recommendation*

In the book, *Teach Like a Pirate*, author Dave Burgess delves into unique teaching methodologies, practical techniques and ideas to engage students in a classroom.

### *What is The PIRATE teaching philosophy?*

The book is organised into sections that reflect the author's teaching philosophy.

***The acronym 'PIRATE' which stands for Passion, Immersion, Rapport, Ask & Analyse, Transformation and Enthusiasm effectively outlines the methodology.***

This book will help educators gain insight into creating lesson plans and classroom activities that engage the students.

Read here for more.



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# What Makes a 'Better Teacher'?

*TeacherTribe brings to you 'The Better Teacher' a series with Quiz Host and Co-Founder of TeacherTribe.world, Rashmi Furtado and Former Director of Academic, CBSE, G. Balasubramanian, that guides you to being a better teacher and educator.*

The series discusses various thought-provoking and inspiring aspects of being an educator.

Episodes examine the benchmarks of being a competent teacher, the requirements of self-learning and its avenues and questions if formal curriculum lead to a restrictive approach to teaching among many others!



Watch the episodes only on the TeacherTribe YouTube channel.

SCAN





Educationist with more than 35 years of experience. Associated with St. Ann's High School, ICSE, ISC, Secunderabad, teaching English language and literature for over three decades

# Teaching Literature

*S. Indira Narayan*

It is often observed that literature takes inspiration and concepts from the society we inhabit, the lifestyles we partake in and the time period. Together they weave stories relevant to the people. Literature offers a broad canvas for interpretation and analysis. Text can be interpreted in many different ways, albeit within the necessary context.

***How can literature be taught in the classroom?***



***The article discusses various techniques and approaches for teaching literature.***

It emphasises the need for preparation before a class and interpreting literature by simplifying the meaning of the terms and phrases. Literature can help develop students' vocabulary and engage with the text or story.



# Better Feedback with AI?

*Harvard Graduate School of Education*

With the advent and increasing integration of artificial intelligence in many spheres of life, the realm of education has also taken steps to integrate AI. However, concerns about the impact of AI on student learning and teaching remain.

*In this article, the Harvard Graduate School of Education explores the language model GPT-3. It discusses various takeaways and lessons learned while using the platform.*



It emphasises the need for educators to consider how students can work with AI to enhance rather than detract from their education. Incorporating AI can provide students and teachers with firsthand experience and learn the application of the tool moving forward in education.





Accomplished career coach. Designed, developed and deployed 3000 plus programs for educational institutions and Fortune 500 Companies.

# Pursue a Career in Actuarial Sciences

*Shravan Shetty*

## *What is Actuarial Science?*

Actuarial science applies mathematical and statistical methods to forecast future events and their financial impact.

***Actuaries are decision-makers who can predict financial risks and help design insurance policies or investments.***

Do your students enjoy mathematics and problem-solving? A career in actuarial sciences may be the field of opportunity! The article discusses the field and the skill sets required to pursue a career.

**What is the education pathway for actuarial science across India and internationally?**

Scan the QR code to learn more about the subject.





Master's Degree from the Department of Counselling and Counselling Psychology, Auburn University. Professional experience includes teaching, counselling, consulting and instructing at Auburn University.

***Can shyness hamper a child's peer interaction?***



# How to Handle Shy Students?

***Leah Davies***

Shyness is an often misunderstood emotion. It is usually categorised as a single sentiment but can comprise a blend of fear, apprehension, tension and embarrassment.

Shy students may appear self-conscious or lack confidence in new environments or when they are the focus of attention. Although being shy can be challenging, being reserved or shy is not inherently a negative emotion.

***How can educators facilitate the development of the child's social skills?***

The article discusses shyness as an emotion and its interdependence on environment and culture. It further elaborates on methods teachers and educators can adopt to integrate and help build a student's confidence and social skills.







Team TeacherTribe

# The Era of Blended Learning

*Asmita Sharma*

## *What is Blended Learning?*

The model of learning refers to the approach that mixes traditional teacher-led classrooms with digital content such as videos and e-resources.

In the 2020s, the incorporation of digital technologies in the classroom has gained significant momentum. With the rise of AI and widespread discussions about its role and place in education, the concept of blended learning has piqued the attention of many educators.

The article details blended learning and the benefits of its integration.

***Blended learning can promote student engagement and motivation. It can also promote continuous learning and knowledge retention.***

The article discusses how blended learning can enhance the teaching process and student learning.



# Working the Brain

*Can you solve these brain teasers?*

1

A sundial has the fewest moving parts in a timepiece. Which has the most?

2

If I add the number 5 to 9, I get 2 as the answer. Where is this solution possible?

3

What 5 letter word becomes shorter when you add 2 letters to it?

4

A red house is made of red bricks.  
A blue house is made of blue bricks.  
A yellow house is made of yellow bricks.  
What is a greenhouse made of?

5

If you overtake the last person in a running race, what place are you in?

**Solution:**

1. Hourglass- it has thousands of grains of sand
2. On a clock. Adding 5 hours to 9 a.m would make it 2 p.m.
3. Short
4. Glass
5. Second to last



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appropriate, fun manner



### AGE SEGMENT

Grades 5, 6, 7, 8 for schools  
across India

**1**

Round 1

**JAN 01 to  
JAN 10, 2025**

Online preliminary  
round

**2**

Round 2

**JAN 20 to  
JAN 25, 2025**

Quarter Finals

**3**

Round 3

**JAN 31 &  
FEB 01, 2025**

Semi-Finals



Round 4

**FEB 06, 2025**

National Finale

All rounds will be conducted digitally

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