



**Welcome**

**Orientation Programme**

**Class X**

**2024-25**

# Orientation Programme Class X (2024 - 25)



# Guiding Gurus



# Class X-A

**CLASS TEACHER : ARCHANA SHARMA**

ENGLISH	Ms. ARCHANA SHARMA
HINDI	Ms. JYOTSNA
SANSKRIT	Ms. POONAM GAUR
GERMAN	Ms. MAHIMA KOCHAR
MATHS	Ms. PREETI SHENOY
SCIENCE	Ms. A. SUNITA MALLIKA (PHYSICS)
	Ms. RANJAN REKHA (CHEMISTRY)
	Ms. DEEPIKA (BIOLOGY)
SOCIAL SCIENCE	Ms. SINU NAIR (HISTORY)
	Ms. SINU NAIR (CIVICS )
	Ms. SINU NAIR (ECONOMICS)
	Ms. RUCHI PAUL (GEOGRAPHY)

# Class X-B

**CLASS TEACHER : REKHA ROY**

ENGLISH	Ms. AISHWARYA BABU
HINDI	Ms. NEHA TANWAR
SANSKRIT	Ms. POONAM GAUR
GERMAN	Ms. MAHIMA KOCHAR
MATHS	Ms. REKHA ROY
SCIENCE	Ms. A. SUNITA MALLIKA (PHYSICS)
	Ms. NANDITA NATH (CHEMISTRY)
	Ms. ANITA ARORA (BIOLOGY)
SOCIAL SCIENCE	Ms. MRIGANKA SINGH (HISTORY)
	Ms. MOUSHUMI GHOSH (CIVICS)
	Ms. MOUSHUMI GHOSH (ECONOMICS)
	Ms. RUCHI PAUL (GEOGRAPHY)

# Class X-C

**CLASS TEACHER :SINU NAIR**

ENGLISH	Ms. MERLIN THOMAS
HINDI	Ms. JYOTSNA / Ms. NEHA TANWAR
SANSKRIT	Ms. POONAM GAUR
GERMAN	Ms. MAHIMA KOCHAR
MATHS	Ms. REKHA ROY
SCIENCE	Ms. VANI GOEL (PHYSICS)
	Ms. A. SUNITA MALLIKA (CHEMISTRY )
	Ms. DEEPIKA DASS (BIOLOGY)
SOCIAL SCIENCE	Ms. SINU NAIR (HISTORY)
	Ms. SINU NAIR (CIVICS )
	Ms. SINU NAIR (ECONOMICS)
	Ms. RUCHI PAUL (GEOGRAPHY)

<b>COMPUTERS</b>	SUCHANDA SEN
<b>LIBRARY</b>	SHIPRA SARKAR
<b>SEVA</b>	MOUSHUMI GHOSH(10A), RUCHI PAUL (10B), GEETA KAVIDAYAL (10C)
<b>YOGA</b>	PRIYANKA PASRICHA
<b>GAMES</b>	MANISH DABAS (10A & C), RACHNA SHARMA (10B)

**“Education is a shared  
commitment between dedicated  
teachers, motivated students and  
enthusiastic parents with high  
expectations.”**



# Important Instructions

## class X



Instructions

# IMPORTANT INSTRUCTIONS

- ▶ 75 % attendance is compulsory.
- ▶ Please ensure that your ward studies regularly at home.
- ▶ The text book should be read minutely and thoroughly as CBSE focuses on close reading of the subject content.
- ▶ Internal assessments and projects should be submitted on time.





# IMPORTANT INSTRUCTIONS

- ▶ In case a child is absent due to ill health during examination, the parents should give a written application to the Principal citing the reason for the absence .
- ▶ This must be followed by a medical certificate from a registered medical practitioner within 3 days.





# IMPORTANT INSTRUCTIONS

- ▶ Attending **PTM** and meeting teachers is mandatory for parents. We have three PTMs during the academic year, i.e. in July, October and January.
- ▶ Academic and behavioral issues must be discussed with class teacher/school counselor.
- ▶ Inform the class teacher and office immediately in case of a change in your address and telephone numbers.



# IMPORTANT INSTRUCTIONS

- ▶ Kindly note school timings are from 7.15 a.m. to 1.35 p.m. Students travelling by private transport are requested to ensure that they reach school in due time.
- ▶ No student is allowed to carry a cell phone to school. If found, the cell phone will be confiscated.
- ▶ In case of an emergency, parent should send an application addressed to the Principal citing the reasons for carrying the mobile. Students should deposit phones in the Principal's office which will be returned after school hours.
- ▶ Parents must ensure wards attend school in proper uniform.



# IMPORTANT INSTRUCTIONS

- ▶ We discourage students from possessing, carrying or wearing expensive items to school.
- ▶ Nail polish, colouring of hair, highlighting hair will be taken as violation of school rules.
- ▶ Parents kindly monitor your ward and ration their time spent on the net.
- ▶ Kindly be alert to the company your ward keeps.
- ▶ Use school diary / school phone number/email for communication.

**Even as kids reach adolescence, they need more than ever for us to watch over them.**

**Adolescence is not about letting go. It's about hanging on during a very bumpy ride.**

*Ron Taffel*

*Thank you  
Sister*







# EVALUATION PATTERN

**Class X**

## INTERNAL ASSESSMENT

**20 MARKS**

Periodic Assessment (I,II,III)  
*(Average of best two PT will be taken)*

5 marks

Multiple Assessment  
*(Average of MA 1 and MA 2 )*

5 marks

Subject Enrichment Activities  
*(Average of SE1 and SE2)*

5 marks

Portfolio (Notebook)  
*(Average of P1 and P2 )*

5 marks

**PREBOARD Examination**

**80 marks**

**CBSE BOARD THEORY Examination**

**80 marks**

# **STREAM ALLOTMENT**

**Class X**

**Stream Choices in Class XI**

# Science Stream

English, Physics, Chemistry,  
Computer Science/Biology/Economics,  
Maths/Psychology

## Criteria for Science:

Aggregate 75% and above in ENGLISH, SCIENCE and MATHS  
(in PT1, PT2, PT3 and Preboard Exam in class X)

# Commerce Stream

English, Economics, Business Studies, Accounts,  
Maths/ Informatics Practices / Political Science

## Criteria for Commerce:

**Aggregate 70% and above in ENGLISH and MATHS**

(in PT1, PT2, PT3 and Preboard Exam in class X)

# Humanities Stream

English, History, Sociology,  
Maths/Pol Science,  
Economics/Psychology

## Criteria for Humanities:

**Aggregate 65% and above in ENGLISH and SOCIAL STUDIES**

(in PT1, PT2, PT3 and Preboard Exam in class X)

# ADOLESCENCE



**Session by**

**Mrs Bhavna Pande**  
**School Counselor**

# CHALLENGES FACED BY ADOLESCENCE AND WHAT CAN WE DO?

- **TRANSITION ISSUES**
- **ACADEMICS**
- **RELATIONSHIPS**
- **HOME AND FAMILY**





# WHAT IS MENTAL HEALTH AND WHY AM I HERE?

- MENTAL HEALTH INCLUDES OUR EMOTIONAL, PSYCHOLOGICAL, AND SOCIAL WELL-BEING.
- IT AFFECTS HOW WE THINK, FEEL, AND ACT.
- *THREE CRITICAL AND INTER-RELATED COMPONENTS OF MENTAL HEALTH:*
- **SOCIAL** (HOW WE RELATE TO OTHERS),
- **EMOTIONAL** (HOW WE FEEL), AND
- **BEHAVIOURAL** (HOW WE ACT) SUPPORTS TO PROMOTE **OVERALL WELL-BEING**



# MENTAL HEALTH AND IT'S SIGNIFICANCE

- POST COVID KIDS ARE FACING MORE ADJUSTMENT ISSUES THAN BEFORE
- ISSUES LIKE ANXIETY, DEPRESSION ..HAVE BECOME MORE COMMON
- CHILDREN ARE **RESILIENT**
- **DO NOT IGNORE ANY WARNING SIGNS** EXHIBITED BY YOUR KIDS



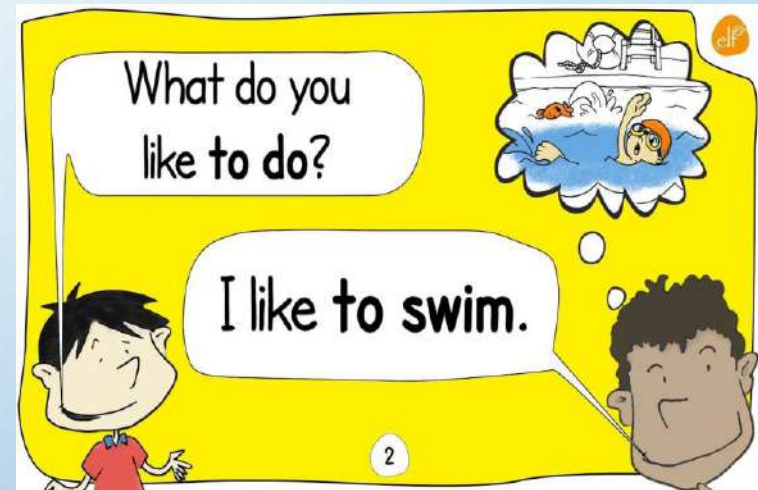
# STREAM CHOICE

*HOW DO YOU CHOOSE YOUR CAREER/STREAM?*

*OUR THINKING IS LIMITED TO THE ONLY AVAILABLE RESOURCES.*

## WHAT IS INTEREST?

- INTEREST IS AN INDIVIDUAL'S PREFERENCE FOR ENGAGING IN ONE OR MORE SPECIFIC ACTIVITIES.
- EG. INTEREST IN DRAWING, PAINTING





## COUNSELLING IN SCHOOL:

- **SCHOOL** PROVIDES ACCESS TO ALL STUDENTS TO REACH OUT TO THE SCHOOL COUNSELOR IN CASE OF NEED.
- **CLASS TEACHER'S / SUBJECT TEACHER'S** ALSO INTIMATE THE SCHOOL COUNSELLOR IN CASE OF BEHAVIOURAL OR ACADEMIC CHANGES IN A CHILD.
- **PARENT'S** CAN PERSONALLY REACH OUT TO THE SCHOOL COUNSELOR IN CASE OF ANY QUERY OR DOUBT.



**YOU CAN ALWAYS REACH OUT TO ME IN CASE OF ANY QUERIES :**

• **EMAIL ID:**

**[SCHOOLCOUNSELOR.CARMEL@GMAIL.COM](mailto:SCHOOLCOUNSELOR.CARMEL@GMAIL.COM)**



YOU CAN EMAIL ME YOUR QUERY WITH THE FOLLOWING DETAILS:

- FULL NAME OF THE STUDENT
- CLASS AND SECTION
- REASON FOR CONTACT
- PARENT NAME
- PARENT CONTACT DETAILS

*Let's Connect!*

**Together may we give our  
children the roots to grow and  
wings to fly.**

**We wish you all a successful  
and fruitful year  
2024 - 2025**



Thank you