

TIMES SCHOOL SURVEY 2023

Pre School Tri city	
1	First Step School, Panchkula
2	The Nurtuary pre School, Panchkula
3	Willow Tree Smart School, Panchkula
4	Eurokids International Ltd., Chandigarh
5	Birla Open Minds Preschool, Mohali
6	Blooms A Creche, Panchkula
7	Sunshine Meadows Playschool, Chandigarh
8	D C Montessori (Sr.Sec. SMART) School, Chandigarh
9	Bachpan Play School, Mohali
10	Sanawar Montessori, Chandigarh



Pre School Ludhiana	
1	BCM World Preschool, Ludhiana
2	Sunshine World School, Ludhiana
3	Clay Pre School, Ludhiana
4	Kidzee, Ludhiana
5	Maple Bear Canadian Preschool, Ludhiana
6	Oakwood International Preschool, Ludhiana
7	Little Dumplings, Ludhiana
8	Nanhe Kadam Play School, Ludhiana
9	Toddlers Town Playway & Nursery School, Ludhiana
10	Orchid Junior International, Ludhiana



School Mohali	
1	DPS Mohali, Sector -92, Mohali
2	Manav Rachna International School, Sector -82, Mohali
3	Anees School, Mohali
3	Gyan Jyoti Global School, Phase 2, Mohali
4	Gurukul World School, Sector -69, Mohali
5	Oakridge International School, Mohali
6	Shemrock School, Sector -69, Mohali
7	St. Xavier's High School, Sector 71, Mohali
8	Ryan International School, Sector 66, Mohali
9	DAV Public Senior Secondary School, Sector-64, Mohali
10	Ajit Karam Singh International School, Sector 65, Mohali



School Panchkula	
1	Bhavan Vidyalaya, Sector -11, Panchkula
2	Sattaj Public School, Sector -11, Panchkula
3	CLDAV Public School, Sector -11, Panchkula
4	DC Model Sr Sec School, Sector-7, Panchkula
5	Hansraj Public School, Sector -6, Panchkula
6	Doon School, Sector -11, Panchkula
7	The Gurukul, Sector -11, Panchkula
8	Kimberley, The International School, Panchkula
9	Manav Mangal School, Sector -11, Panchkula
10	The British School, Sector 12, Panchkula



School Chandigarh	
1	Delhi Public School, Sector -40, Chandigarh
2	Gurukul Global School, Sector -13, Chandigarh
3	Chitkara International School, Sector -25, Chandigarh
4	Ajit Karam Singh International Public School, Sector- 41, Chandigarh
5	Ryan International School, Sector -49, Chandigarh
6	Bhavan Vidyalaya, Sector -27, Chandigarh
7	Sacred Heart Senior Secondary School, Sector-26, Chandigarh
8	St Kabir Public School, Sector -26, Chandigarh
9	D C Montessori (Sr.Sec. SMART) School, Sector- 13, Chandigarh
10	St Anne's Convent School, Sector -32, Chandigarh

School Ludhiana	
1	Bal Bharati Public School, Dugri, Ludhiana
2	Jesus' Sacred Heart School, South City, Ludhiana
3	Manav Rachna International School, Golden Enclave, Ludhiana
4	B.C.M. Arya Model Sr. Sec. School, Shastri Nagar, Ludhiana
5	Sacred Heart Senior Secondary School, BRS Nagar, Ludhiana
6	DAV Public School, B.R.S. Nagar, Ludhiana
7	Delhi Public School, Ayali Kalan, Ludhiana
8	BCM School, Sector 32, Ludhiana
9	Ryan International School, Jamalpur, Ludhiana
10	Harvest International School, Jassowal-Kular, Ludhiana

Studies, examinations and results major causes of anxiety for students, survey reveals

Majority of the students commonly expressed happiness with school life, which declined as students moved to secondary stage finds the "Mental Health and Well-being of School Students" survey by the National Council of Educational Research and Training (NCERT) on 3.79 lakh students from 36 States/UTs. The study also revealed that studies, examinations and results were major causes of anxiety for students.



which impact mental health.

The Mandargen Cell of NCERT undertook the task of conducting the survey to help understand the perceptions of school students on aspects related to their mental health and well-being.

It collected information from students across gender and grades - middle state (VI-VIII) and secondary stage (IX-XII) between January to March, 2022. Anonymity of participants was ensured by making the name column optional, allowing students the comfort, privacy and independence to respond.

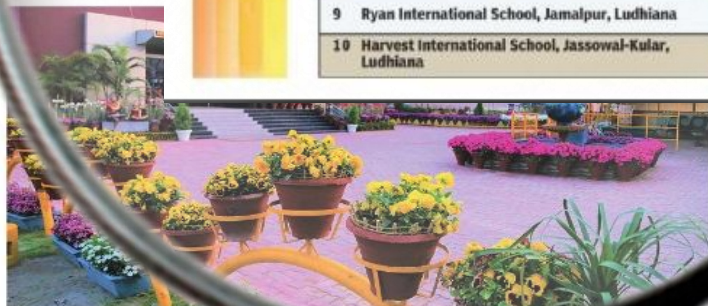
The focus of the survey was on the aspects known to contribute to the mental health and well-being of students. It explored students' perceptions about their own self and how they think others view them in the context of feelings, academics, relationships, peers, managing emotions, handling challenging situations etc. as these are important determinants

Exploring the contentment of students with personal and school life indicates higher satisfaction towards school life in comparison to personal life. Findings show encouraging trends as researches suggest that students' sense of belonging to school has an influence on their academic engagement. Higher school engagement leads to higher academic achievement and reduced likelihood of students dropping out of schools.

Decline in satisfaction with personal and school life is seen as students shift from middle to secondary stage. The secondary stage is marked by challenges of identity crisis, increased sensitivity towards relationships, peer pressure, fear of Board examination, anxiety and uncertainty experienced by students for their future academics, career etc.

The spread of Covid-19 pandemic impacted different aspects of life in several spheres, resulting in changes in routine, lifestyle and the ways in which we interact with others. The survey also covered the emotions experienced by students, especially during the unprecedented times of Covid-19, the attempts of continuing teaching learning online and challenges experienced by students.

The survey finds that "Yoga and meditation, attempts to shift the way they think and writing journals were reported as frequently adopted strategies by students for coping with stress.



PHYSICAL ACTIVITY TODAY'S NEED FOR A BETTER TOMORROW!

In the modern scenario, grooming and bringing up a child is a daunting task not only for the parents and schools, but also for the society at large. Every stakeholder is striving hard to give nothing but the best to children in every sphere of their learning period. Even after all the effort, are we fetching the desired results?

Looking back at older, simpler times, we find that despite having very few options of entertainment and hardly any materialistic upheavals, previous generations used to enjoy enough sunshine, plenty of fresh air, had more active lifestyles, and were only fed on natural and nutritious food.



Devraj Setya
Director
Gurukul Global School
Sector 13, Chandigarh



On the contrary, today's generation latched on to gadgets for everything. The addiction has multiplied to the stage where they eat, study or respond to doing anything only to watch a few more minutes of whatever content they are addicted to. This retropection demands from us to come out with corrective solutions to counter the same.

To take the present generation back to normalcy, it is mandatory for all the stakeholders to take the physical

fitness of this generation as a prime concern. Physical activity is an indelible component for child's overall development.

CBSE too has mandated the inclusion of physical education classes in its latest curriculum. It mentions that one of the objectives of integrating health and physical education in schools is to develop awareness regarding the importance of physical fitness in individual and social life including polishing of life skills.

It helps in building physical attributes like strength, focus, hand-eye coordination to name a few and also makes the brain more active resulting in better cognitive skills. Additionally, playing games help the children develop positive personality attributes like sportsmanship, concentration, confidence, team spirit, etc.

All these skills, comprehensively are a foundation for the all-around development of a child. The ultimate goal of a physical education syllabus is to understand, develop and maintain the fitness and well-being of every student in the school, and we facilitators are proactively engaged in achieving the same for our students.

Let us all pledge to give our children the gift of health and wellness which will sooner or later open up gates to a better wholesome future. This would lead to reduced stress levels and give the nation the much desired gift of healthy youth and thus a robust world.



SURVEY 2023



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Bal Bharati PUBLIC SCHOOL

Times School

New Age Learning: Bal Bharati Public School



Set up in 2007, Bal Bharati Public School, Ludhiana has been perpetually striving and crossing milestones of success in its aim to create future leaders and members of the society who believe in caring and sharing their brilliance. It's a prestigious institution managed by Child Education Society the apex body which runs 27 educational institutions with an experience of more than 75 years. With a history of accomplishments and laurels, the School has defined itself as a sanctuary of global citizens instilled with solid moral values. Its mission is to promote all-round development of students in their spiritual, moral, intellectual, physical, social and aesthetic areas. The School provides an amalgam of scholastic and co-scholastic activities for students to mould and spark their minds, enrich their souls and ignite the spark of lifelong learning in them.



Keeping the utmost coordination with the competitive world, the academic fundamentals are clubbed with experiential learning reinforced by well-equipped modernized science and computer laboratories, and ATL Tinkering Lab which provide a technical edge to the scientific temperament, innovative mind set and progressive growth pattern of children.

Talent is bidden in soul and consistent swirl is a requisite to extract perfection. Various clubs, like Literary and Reading, Heritage, Integrity Eco Friendly, Disaster Management, Entrepreneur, Adolescence Education Program, Sports & Health Wellness, Astronomy and Robotics are making children ready to explore diverse phenomenon of science besides help them polish their skills, educating them and bringing their ambitions to the fore.

Besides academics, the school is proud owner of fully equipped and updated infrastructure for many games like cricket, badminton, basketball, football, volleyball, table tennis, lawn tennis, kabaddi etc. along with qualified coaches as Sports form an integral part of education. A gymnasium with both electronic and manual fitness machines, half Olympic size all weather indoor swimming pool motivate students to set high goals. The sports champions have proved their mettle in various competitions at National and International level.

A team of proficient counsellors and special educator help to resolve emotional, hormonal and behavioural concerns of growing students. Sessions with experts, career counsellors and successful people in the professional world provide them insight of the available avenues. The school has a fully functional CCTV Camera surveillance system, fire extinguishers on each floor, GPS system in school transport and air-conditioned medical room under the care of a

well-qualified doctor and trained nurse to boost safety and security of the students.

An ambitious vision for learning is set by the school by facilitating the learners with separate art and craft, dance, music rooms, spacious auditorium, school band and well-equipped library with facility of e-library. All the classrooms are equipped with latest interactive panels providing modern technological support to digitally trained teachers who follow the latest trends in education.

The teaching learning methodology includes contextualized real life examples, interactive discussions, observations, project works, demonstrations, multimedia tools etc. Learning outcomes for students are maximised by adequate planning and programme implementation, following the latest trends in education, appropriate resource provision, comprehensive assessment and regular evaluation of all the school programmes. Concerted effort are made to keep staff members up to date on all pedagogical and technological developments to impart education with out of the box approach.

Community Outreach activities and projects develop leadership, resilience, empathy and service-mindedness in the students. Various Eco Friendly programmes like tree plantation, seminars, quiz competitions, painting competitions, rallies, makkaad natika are organized to sensitize young minds about the environment and the factors that help in sustaining ecological balance besides spreading their messages of clean and green environment among masses.

The school is committed to setting high academic achievement goals and building a supportive and collaborative spirit so that each student progresses at a developmentally appropriate rate and has continually raised its benchmark and emerged as a catalyst of positive change.



The highest education is that which doesn't give us merely information but makes our life in harmony with all existence.

- Rabindra Nath Tagore

Ranked No. 1

Times SCHOOL SURVEY 2023

...turing with care in early years



Times School FOSTERING CREATIVE MINDS THROUGH EXPLORATION AND INNOVATION

An informal, play-based and flexible instructional approach aligning with domain-specific learning outcomes, observation based informal assessments and social exposure to the young learners within the school education system makes the learning process holistic, as recommended by the National Education Policy 2020 (NEP).

Manar Rachna International School (MRIS), an innovative approach to education, has been recognized as one of the best schools in Ludhiana for its holistic, experiential, integrative and inclusive learning approach. The school's curriculum is designed to provide a well-rounded education for children, focusing on their physical, intellectual, emotional, and social development. The school's infrastructure provides a modern environment for children to learn and grow. The school's curriculum is designed to provide a well-rounded education for children, focusing on their physical, intellectual, emotional, and social development. The school's infrastructure provides a modern environment for children to learn and grow.

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New Age Learning: Bal Bharati Public School



For any further details about Times School Survey, contact shaz.hassan@timesgroup.com

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Bal Bharati
PUBLIC SCHOOL

Times
SCHOOL
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Technological support and conducive environment play a seemingly motivational role in encouraging the students to learn. Following the thought, BBPS provides its disciples with the best possible infrastructure and state of the art facilities to catalyse their driving force. The sprawling layout of the school is exquisitely designed to cater to various learning needs of the students.

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