





Let's Rekindle Lives...

Dr. Prabhat Kaushik's Model of education **BYTE SIZED MODULES, BIG TIME IMPACT SERIES** NON-TECH AND NOCOST

- 1. 1 Minute Meditation
- 2. 15 Minutes Talk with Grand Parents
- 3. **15 Minutes Guided Meditation with Family**
- 4. 24 Vs. 6 Hours Education
- 5. 3 Minutes to Perfection
- 6. **360 Degree Communication**
- 7. 80% Vs. 20% Rule
- 8. A Therapy with Nature
- 9. **Adopting A Tree**
- **Ambassadors of School** 10.
- 11. **Anger Management**
- 12. **Attitude of Gratitude**
- 13. **Behaviour Management**
- 14. **Best Out of Waste**
- **15. Blessings Twice a Day**
- 16. **Block Teaching**
- **Candle Exercise 17**.
- 18. **Citizenship Awareness**
- 19. **Collaborative Skills**
- 20. **Confidently Inspirational**
- 21. **Connecting All the Dots**
- 22. **Connecting School and Family Rules**
- 23. **Creating Orators**
- 24. **Creativity Enhancement**

















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- 26. **Cultivating Values in Childhood**
- 27. **Current Affairs Bytes**
- 28. **Detoxification Is Medicine**
- 29. **Developing Endurance**
- 30. **Developing Students**
- 31. Each 1 Teach 1
- 32. **Emerging Students**
- 33. End To End Management of Students in School & at Home
- 34. **Entrepreneurship**
- 35. **Exercise** is Medicine.
- 36. **Fearless & Self Disciplined**
- **37. Finding Low Hanging Fruits**
- 38. Free Look - In Periods
- 39. **General Competency**
- 40. **Greetings Committees**
- 41. **Help A Needy**
- 42. **How Expectations Reduce the Joy of Life**
- 43. I Am Manager of Myself
- 44. I Am Not Football of Others' Opinions
- 45. I Am the Craftsman of My Life
- 46. I Can, I Will
- 47. I Compete with My Yesterday
- 48. **Identify And Nurture Your Aptitude**
- 49. **Identifying A Critic and A Mentor**
- 50. **Incentivising Daily Routine**
- 51. Laughter is Medicine.
- **52**. **Learning All Around**











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- 54. Let Me Be Eagle Mom
- 55. Let Me Manage Time Before It Manages Me
- 56. **Let Me Nurture Myself**
- 57. **Lunch With Principal Some Day**
- 58. Make Me Responsible
- 59. **Manage Self Today to Manage World Later**
- 60. **Mastering Students**
- 61. **Me Inspiration**
- 62. **Media Literacy**
- 63. **Meditation And Mental Well Being**
- **Mothers As School Supervisors** 64.
- 65. **Mothers Support in Doubt Clearance Daily**
- 66. My Campus My Home
- 67. My Home My Temple My Parents My Gods
- 68. My Parents, I Support
- 69. My Plan, I Follow
- 70. My School, I Recommend, Why Recommend
- 71. **Newspaper Summarisation/Vowel Cutting**
- **No Cost Creativity 72.**
- **73**. **No Couch Potato**
- 74. **No Junk Please**
- **Nurturing Giftedness 75.**
- 76. **Nurturing Multiple Intelligence**
- 77. **Officers Like Qualities**
- 78. **Our Parents, We Train**
- **79. Paced Learning**
- 80. **Parents - Friends - Teachers**
- 81. **Parents Are My Best Friends**















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82.	Parents	Assessment	Č	Certification:	Kubric

- 83. **Parents Buddy**
- 84. **Positivity All Around**
- 85. **Principal's Daily Connect (Offline/Online)**
- **Procrastinators Vs Doers** 86.
- 87. Quality Circles (Home/Class/School)
- 88. **Quality Family Time**
- 89. **Quitting Junk Food Is Medicine**
- 90. **Reading Vs. Notes Writing**
- 91. **Regular Potlucks**
- 92. **Relationship Management**
- 93. **Resource Literacy**
- 94. Same Teacher in School & At Home
- 95. **Self Esteem & Self Respect**
- 96. Sleep Is Medicine.
- 97. **Sound Character**
- 98. **Speciality Of the Day**
- 99. **Study Buddy**
- 100. Sunlight Is the Best Medicine.
- 101. Syndicate Working
- 102. Table Management
- **Take Me Out of Comfort Zones** 103.
- 104. **Team Teaching**
- 105. Think Pair & Share
- 106. Today Is Inevitable. Let Me Win Today
- 107. Traditional Values & Modern Outlook
- 108. Transparent Schooling
- 109. Vegetables And Fruits Are Medicine
- 110. You Can Sell, What You Can Show
- 111. Zero Tuition School



