



SRI SATHYA SAI LOKA SEVA GURUKULAM

ONLINE CLASSES 2021-22

GUIDELINES FOR PARENTS

Dear Parents,

Sairam! We hope you and your family are doing well at home, and your children are keeping good health too.

First and foremost, we would like to heartily welcome the newly admitted students for the academic year 2021-22. Your children and you have become a part of our family, and we are happy about this. This note comes to prepare you and your child for the online classes that have started for this academic year 2021-22. With the current COVID-19 situation, the Sri Sathya Sai Loka Seva Gurukulam will continue to conduct classes online like last year, for the safety and well-being of the children.

Last year, through video lessons and classes online, teachers did their best to teach the students. Students could contact them directly over phone to clarify doubts. But this was not very effective as we received a lot of feedback from parents and teachers. The academic year 2020-21 was a great learning for all of us. Keeping the learning in mind, we have a few points for the parents to keep in mind for this year's online classes.

A detailed timetable covering all the subjects will be sent soon. Our team of teachers might choose to pay surprise visits to your homes to enquire the well-being of your child. We may also call for your child to come to our Campus to submit the assignments and show the notes, while strictly maintaining the COVID protocols. The teachers will send monthly reports of your child's attendance, progress in studies, and the test marks by WhatsApp.

We have attached a few tips for the children to follow during these COVID times to keep themselves safe from infection. Please advise your child to follow these strictly and we request you to monitor children regularly.

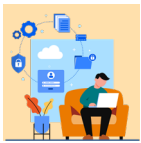
The schedule that is followed at the Gurukulam hostel is attached to this brochure, with the inclusion of the online class schedule. Parents are requested to encourage children to follow it at home.

We humbly request your co-operation with us to help us educate your child not only in academics but also for moulding them holistically. Your understanding is of utmost importance for the betterment of your child and the Institution. You may please feel free to contact the Warden/Chairman of your child's Campus for any clarification or feedback.

We pray to Sadguru Sri Madhusudan Sai to bless you and your family with good health and prosperity. Lokah Samastah Sukhino Bhavantu!

Warm regards
B N Narasimha Murthy

Do's



Please help your child to sit in a comfortable place where there is good network connection



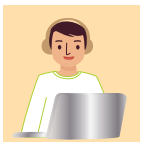
Please provide a laptop/desktop computer/smartphone which is in good working condition



Please top up internet data so that there are no interruptions during the class



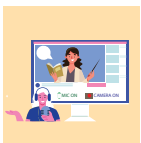
Help your child to sit upright while facing the laptop/desktop computer/smartphone



The children should be dressed in proper attire, preferably whites, suitable for the classes after having had their bath and morning prayers at home



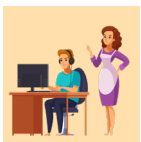
The child must drink some warm water during the classes



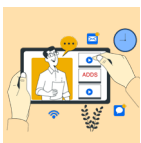
Please check to see if the camera is always switched on and the microphone is on mute. Only when except the child wants to speak or ask a doubt, switch on the mic



Please see to it that your child is attentive throughout the 4 hours of online classes and at least 2 hours for self-study every day



Please check if the child is misusing the phone or laptop



Sometimes advertisements or links will appear on the screen. Please check, so that the child does not get distracted during the class hours



Please check if the child is using the phone or laptop for social media or watching other unwanted videos

Do's



Please protect your child from contacting strangers online during or after class hours



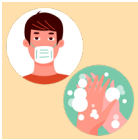
Please check if the child is paying attention and can understand what is being taught



If your child has doubts in any subject, please contact the teachers directly



Please check if the child is taking tests regularly. Child should submit the assignments on time



For good health, please encourage your child to wear masks and wash hands regularly



Eating healthy food which includes Vitamin C (lemon/ orange / amla) will be helpful



Regular exercise, and helping with physical activities at home will be good for the body



Reading good books, playing indoor games, and watching useful and educative videos are very useful for the mental health of your child



Don'ts

ABSENT



The child should not be absent from any of the online classes without teacher's permission. If the child has missed a class, please contact the teacher directly for any help



The child should sit straight and comfortably and not lay down on a sofa or bed while watching the laptop/ smart phone during class hours



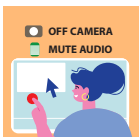
No wearing casuals or night dress during the online class



Child should not eat or munch during the class.
(Child should have finished breakfast early and may use the break time for any snacks.)



Child should not sit too far from the screen, and at the same time not too close. A distance of 2 feet from the smartphone or laptop would be appropriate.



Child should not switch off the camera or unmute the microphone unnecessarily



DAILY SCHEDULE (GRADE 6 TO GRADE 8)

AM

04:40.....Waking Up
05:00.....Suprabhatham and Meditation
05:30 - 05:40.....Yogasanas (indoors)/Exercises (outdoor)
05:40.....Hot drink like ragi/milk/sai protein
05:45 - 07:00.....Games and Sports
07:00.....Bath and Room Cleaning
07:30.....Breakfast
08:00.....Prayer
08:30 - 09:15.....First period
09:15 - 09:45.....Break (fruits or juice)
09:45 - 10:30.....Second period
10:30 - 11:00.....Break (fruits or juice)
11:00 - 12:00.....Third period

PM

12:15.....Lunch
1:00.....Rest
2:15.....Home work/study/practical classes
4:15.....Snacks
4:30.....Newspaper/Library (gaining general Knowledge)
5:00.....Get ready for evening session
5:40.....Vedam chanting
6:00.....Bhajans
6:30.....New stotram can be chanted before Nirvana shatakam
6:40.....Arati
(samastha loka, jaikara, vibhuti mantra, silent prayer two minutes)
6:45.....Dinner
7:30.....EHV/ extracurricular activities
(Last part of the day should be dedicated to para vidya)
8:50.....Milk (making the bed, diary writing, brushing)
9:15.....Hanuman Chalisa
9:30.....To Bed