



Salient features of our Hostel MESS MENU

- Nutritious well researched Veg & Non-Veg menu to give the children a much needed balanced diet in their growing years.
- Special care is taken to provide a balanced diet of cereals, fresh milk, butter, eggs, cheese, meat, organic vegetables and fruits.
- Non vegetarian food is served three times a week.
- Cottage cheese (paneer) is served three times a week.
- Eggs are served regularly.
- Milk intake is insisted upon and extra milk on demand is made available. Milk and vegetables are organic (in house from our own dairy farm and farm respectively).
- Fruits are served twice a week and fruit juices once a week.
- Chef's Choice and Student's Choice dishes are special attractions on the menu.
- On special medical advice special diets are also provided whenever needed.
- Dining and Table Etiquettes are taught and have to be followed by all boarders in the Dining Room.



Dr. Subhas Anand International School | Lower Canada College Montreal, Canada | St. George's Grammar School Cape Town, South Africa | The Indian High School, Dubai

ACHIEVEMENTS

- Sunbeam School Lahartara has been adjudged as the **GREAT PLACE TO STUDY** at the House of Commons, London by Skill Tree.
- In a survey conducted by Education Today "Sunbeam School Lahartara" is ranked **No. 1 in India** under the Top CBSE School -under the Parameter '**Individuals Attention to Students**'
- In the EDUCATION WORLD ANNUAL SCHOOL RANKINGS 2018 Sunbeam Lahartara was ranked **NO. 1 Co-Ed Day School SCHOOL IN VARANASI** (8th year running) and **NO. 3 Co-Ed Day School SCHOOL IN U.P.**
- Sunbeam School Lahartara has been ranked by the prestigious Fortune Magazine as one of the **TOP 50 Future Ready School India.**
- Sunbeam School Lahartara got the scroll of honor for **Global Membership of Round Square** from H.H.King Constantine and Queen Anne Marie of Greece at Montreal Canada.
- Sunbeam School Lahartara is the proud recipient of **MARK OF SCHOOL EXCELLENCE AWARD** by Education Today.



Sunbeam School & Hostel Lahartara "Developing *Intelligence plus character*"



Sunbeam
 Estd. 1972
 Group of Educational Institutions - Varanasi
 A Group of 100 Minority Private and trusted Educational Institutions



Lahartara Tel # 09721452500, 09721452920, 09721452902
 Suncthy Tel # 09721452627, 09721452608
 Bhagwanpur Tel # 09721452100, 09721452472
 Varana Tel # 09721452435, 09721452700, 09721450459

over 47 Years of Educational Excellence!
 (1972 - 2019)

www.sunbeamschools.com | ihthostel@sunbeamschools.com

No. 1 DAY SCHOOL IN VARANASI
 (for the last 8 years*)



Sunbeam
 School & Hostel LAHARTARA

A unified coherent vision of what modern education should be!



Near D.R.M. Office, Lahartara Overbridge, Lahartara, Varanasi (U.P.) India

* As per Education World Annual School Rankings

Aims and Values

"If you would hit the mark, you must aim a little above it"



Leisure Time

Activity

1. Musio-vocal
2. Dramatics
3. Eloubon - Debating
4. Art & Craft & Painting
5. Photography
6. Electronics
7. Theater
8. Pottery
9. Sculpture
10. House Keeping
11. Recitation, Poetry Writing, Story writing
12. Dance- Indian Classical, Indian Folk, Western
13. Instrumental - Sitar, Tabla, Violin, Keyboard, Flute and many more.

We aim to help each child to:

1. Learn effectively and develop their full potential.
2. Acquire the attitudes, skills and knowledge that will form the basis for their future living and learning.

We aim to:

1. Provide all children with a secure, caring, friendly and well organised environment where discipline is firm, fair and consistent.
2. Ensure that all children receive equal regard and equal access to the curriculum.
3. Incorporate technology, Theory of Multiple Intelligence, collaborative learning in all areas of teaching.
4. Develop in children a degree of independence and self motivation.
5. Encourage behavior that is tolerant, sensitive to others and reflects good manners and moral awareness.



School Facilities

- Well equipped state of the art labs-Science, Math, Computers, Ev.S. and Language, Psychology Lab, Active Learning Lab & Aisr Tinkering Lab.
- Studios - Art and Craft, Dance and Music
- Two Air Conditioned multipurpose halls
- State of the art conference room.
- Technology enabled classrooms
- Separate Teachers' Resource Centre
- Spacious and stocked library
- Fully Air-Conditioned KG section



"My school is special because we have fantastic teachers and when you learn something new they make you feel good about yourself." ... Sheshwat Mishra

A glorious past, a celebrated present and a promising future

- The schools board results have been phenomenal down the years replete with overall district toppers and subject toppers in CBSE class XII boards. The school has been giving 100% board results down the years.
- Innumerable students from the school have cracked the IIT and other prestigious



competitive exams and are part of / have passed out of prestigious higher education institutes.

- The school has won innumerable championship titles at both national and international level.
- The school Chess, Badminton, Table Tennis, Volleyball and Basketball teams are forces to reckon with and have won several titles among them CBSE zonal and national tournaments besides other trophies.

Promoting Internationalism through Round Square & AFS affiliations!



Sunbeam Hostel Lahartara

...the 'best educational environment' your child can get!!

- Excellent infrastructure with separate wings for boys and girls.
- Well trained & experienced house masters and wardens giving a personal touch.
- Wi-Fi enabled Campus.
- Additional after school academic coaching for all boarders by trained teachers.
- Provision for specialised coaching for senior school boarders for engineering, medical and CLAT exams.
- An uninterrupted supply of power, hot and cold running water and drinking water through R.O. is available all the time.
- Round the clock security.
- Air cooled rooms.
- Common rooms for recreation.
- Well designed holiday routines to explore innate potential of Boarders.
- Calendarised Inter Sunbeam Hostel Sports and CCA activities to provide additional competitive platform.
- Separate Hostel Computer Resource centres for technology enhancement.
- Regular Yoga, Meditation and Art of Living Classes.
- Separate infirmary with qualified staff. Arrangements with major hospitals to handle emergency.
- Mindpark training (computer-based training in Maths for better concept understanding and clarity) classes are provided to boarders till class X.
- Logophilia Pronunciation Program Sunbeam hostels have introduced Etymology-based English Pronunciation programme for boarders form classes VIII upwards to give them powerful understanding of how words in the English Language should be pronounced, logically.
- Special evening coaching in sports and other activities.
- International Exchange Programs.



Other Benefits :

- In house Gymnasium
- Food Court & Canteen
- Free Laundry Service
- Stationery & Tuck Shop
- Air-Conditioned Mess



Sunbeam School

Annapurna, Bhagwanpur, Indiranagar, Lahartara, Suncity, Varuna, Sarnath

Sunbeam School **MAGIC**

Dear Parents

The Sunbeam Schools epitomize state-of the art, technology-aided learning system which is delivered by educationists par excellence straight from the heart. In our endeavor to revolutionize education and harness different skills in a child, we have introduced various learning and teaching programs which not only develops their mental agility but also aids in reading, communication, presentation and life skills. We would take this opportunity to introduce you to a few of these programs.

MULTIPLE INTELLIGENCE : Sunbeam schools recognize that children learn in myriad ways and demonstrate intelligence beyond mere language and mathematical abilities. MI incorporated in our teaching helps them to understand and learn it the way they want to. The MI tests that we conduct provide details regarding the dominant and dormant intelligence in a child and suggestions on how to nurture and hone them up. We also have provision for mapping MI through the science of Dermatographics.

QUALITY CIRCLE TIME (QCT) : Quality Circle Time is time for children to gather together to share their personal feelings and ideas about things that are significant to them. By showing children that their opinion counts, encourage them to express their feelings and make real choices, QCT enhances their self esteem.

SCHOOL CINEMA : The reality of how our children are growing today is very different from what it used to be. The world has enormously changed. Bullying, fear, pressures, stress, have all taken over our children, and they have more to deal with than our earlier generations ever did. And when it comes to teaching our children about this new world, the need of the hour is a method of communication through which we can talk to them, in a language they can understand. Today, films have an unbelievable impact in society. We are happy to bring to our students – a film-based learning module for classes I to XI supported by a fun and exciting workbook, designed to introduce and reaffirm life-skills, values and morals to children in the form of School Cinema. The films that the students see under School Cinema deal with a range of topics like values, life skills, citizenship, national integration and understanding children.

INTERNATIONAL KIDS FILM FESTIVAL : All the Sunbeam schools take part enthusiastically in the annual International Kids Film Festival, a unique festival hosted by schools across the globe that provides an opportunity for students to watch the best of International Children's Films, learn from film making master classes and make films to participate in the World's largest film making competition.

TECHNOLOGY AIDED LEARNING : To enhance our academic delivery system, all classes across Sunbeam schools till class XII are digitized. The extensive use of Computer Graphics, Computer Aided Tools, Learning software, audio visual aids have developed the learning capacity of students and increased their understanding.

COUNSELING : Counseling is an important and effective way of dealing with stress and strain of everyday life. In order to help students cope with problems like lack of concentration, restlessness, disinterest in studies, aggressiveness, behavioral and emotional disorders etc., we have a trained psychologist in the school. Students and parents are encouraged to come and discuss their problems with the counselor and seek guidance. Teachers are the first hand counselors and the school also has trained teachers to provide Pastoral care. Teachers have been trained extensively by external agencies to provide pastoral care.

SHIAMAK DAVAR'S INSTITUTE FOR PERFORMING ARTS (SDIPA) - Taking inspiration from their motto "Have Feet. Will Dance", Sunbeam students will have the pleasure to be trained by SDIPA with an objective to offer an opportunity to learn dance with special focus on styles and techniques. Besides the knowledge of dance, Shiamak's Dance Education (SDE) also helps to de-stress students and develop well-rounded personalities.

LEISURE TIME ACTIVITY : helps children to broaden their vision and enhance classroom learning. These activities are done under the guidance of experts who are masters in their respective fields.

ASSET DIAGNOSTIC TEST CONDUCTED BY EDUCATIONAL INITIATIVES, AHMEDABAD : Students from classes III to X participate in Asset diagnostic test taken by the best of schools from all over India and abroad for students to help pin-point their strengths and weaknesses in core subjects and also provide them a benchmark with their peers. The schools also get to know specific areas requiring attention. The Asset tests are held in English, Maths & Science.

CAREER INFORMATION CELL : In order to keep students abreast of all happenings across and to provide them more information on the career front, to help them decide on a fruitful career and provide them in-depth information on the same, we have Career Information Cell for students from class VIII upwards. Trained Career counselors from different agencies also conduct special sessions on career avenues for our senior school students along with conducting psychometric tests and disseminating results. Director ICS is on our advisory council as well.

JODO GYAN ACTIVITIES & TEACHING LEARNING MATERIALS : KG section and Classes I & II use a variety of Jodo Gyan tools and kits to teach different mathematical concepts. These teaching learning materials and activities have been developed over a period of time by actual problem solving by teaching mathematics and help children in the junior school to understand mathematical concepts easily and for a lifetime.

THE ETIQUETTE CLUB : This club grooms the children in terms of etiquettes and confidence to stand out in a crowd during the course of a celebration or a function and of course in everyday life too. This 6 class course is held on 6 consecutive Sundays and ends with a celebration in a restaurant. Participation in this club is completely optional.

LOGOPHILIA PRONUNCIATION PROGRAM : Sunbeam has introduced Etymology-based English Pronunciation programme for students from **classes VIII upwards** to give them powerful understanding of how words in the English Language should be pronounced, logically. This endeavor is in association with India's foremost training concern in Etymology, **Logophilia Education**. The Logophilia Pronunciation Programme provides a powerful and systematic explanation of the sounds in the English Language, using Orthoepy principles, delivered through Etymology Education.

Sunbeam Hostel Magic

Bhagwanpur, Lahartara, Varuna & Suncity

Sunbeam Hostels believe in holistic education, excellence, and personality development in students. The various programmes and activities organized for the boarders motivate and inspire them to discover more about themselves and their potential and also the world around them - and evolve into 'Leaders' of tomorrow .

- **Hybrid Classes:** An amalgamation of Synchronous and Asynchronous Learning system using technology helps the boarders to personalize their learning and scale up conceptual understanding at their own pace and time. Boarders are allowed to use digital devices like Laptops and Ipads to continue with learning beyond regular school hours.
- **International & Intercultural student exchanges:** Being attached to Round Square and AFS boarders have privilege program of going to other countries on student exchange program and learn about different culture and traditions and also imbibe the spirit of internationalism. Our students have till now been to Italy, Puerto Rico, Japan, France amongst other countries. The Hostels have also hosted students from France, Ghana, Thailand, Italy, Turkey and other countries thus making our hostels a small global village.
- **Pastoral Care** – Sunbeam Hostels are committed to the development and growth and well being of each boarder. Trained pastoral guides and counselors focus on cultivating an environment and culture that supports the Physical, Social, Intellectual, emotional and spiritual development of all boarders.
- **Personality Development Sessions and Communication Workshops** sharpen English communication in all boarders and give them lessons in grooming and etiquettes to hold them in good stead in the future.
- **Quality Circle Time** with teachers and Wardens/ Housemasters/Administrators help in beautiful relationship-building and allowing boarders to speak their heart out and come out of their inhibitions.
- **Inter Sunbeam Hostel Competitions** give the boarders, across classes, a platform in various avenues like elocution, debate, quizzes, sporting events and they feel proud of representing their hostels and come back as achievers.
- **Sunday and Holiday Routines** are designed to give the boarders different experiences and skills towards education and entertainment thus brightening up their free time.
- **Sports Coaching** by professional coaches provide all boarders to delve deep within to bring out the champion and, in the process, be acknowledged as CBSE zonal and even national champions, bringing laurels to self and the schools.
- **Yoga, Meditation and Life Skills sessions** help the boarders to strengthen their Emotional and Spiritual Quotient.

- **Regular Outings / Class and Hostel Picnics** are a great time to bond and have fun and come back rejuvenated for regular school routines.
 - **Well researched Menu** not only appeals to the palettes of the children but also looks after their nutritional requirements and well being. We serve veg+non-veg cuisine/keeping the health+ ... Requirement of children
 - **Lines of Communication:** The boarders are allowed to make a call out and receive a call every week to be in touch with parents and dear ones. The parents can also call the Hostel office or the Superintendent to convey any important message out of turn. The boarders also write to their parents once every fortnight.
 - **Different Festival Celebrations** not only highlight the importance of respecting all religions but also bring out the values and morals behind each of them and also introduce the boarders to different cultures, celebrations and cuisines.
 - **Srijan** –the creativity camp for junior and middle schools brings out the hidden talent and polishes them thereby imbining a sense of achievement in every participating boarder.
 - **Cinema Time** provides opportunities for boarders to witness all time classics, deliberate and discuss, thus giving a new meaning to movie viewing. Once in a while, they step out of the campus to the halls to see and enjoy a trending blockbuster also.
 - **Karaoke Sessions** allow the boarders an hour of undiluted fun as they go about showcasing their musical intelligence.
 - **Zumba Dance Sessions** provide the boarders energy and enthusiasm as they go about capturing beats to lively music.
- ❖ **Yoga, Meditation, Art of living helps boarders to focus on Physical as well as mental and spiritual fitness.**
- ❖ **Logophilia Pronunciation Program.**
 Sunbeam Hostels have introduced Etymology-based English Pronunciation programme for boarders from **classes VIII upwards** to give them powerful understanding of how words in the English Language should be pronounced, logically. This endeavor is in association with India's foremost training concern in Etymology, **Logophilia Education.**
 The Logophilia Pronunciation Programme provides a powerful and systematic explanation of the sounds in the English Language, using Orthoepy principles, delivered through Etymology Education.

They will also get a certificate of Participation.

**For more details, do visit : <http://www.logophilia.in/>
 Mindspark by Educational Initiatives , Ahmedabad.**

Mindspark is a computer-based adaptive learning system in **Maths and in English** which primarily uses questions to help children learn, by explaining basic concepts and building strong fundamentals. Mindspark has a built-in adaptive logic that allows a student to proceed at his/her own pace, depending on their level of comfort in a particular concept. This helps in improving the confidence of the child when solving more challenging math problems. The focus on Mindspark is to help the child learn well, with understanding. When children learn the basics with understanding, this has a long term impact on how they perform on those topics as well as those built upon them. The questions are 'finely-graded' meaning that there are a very large number of questions of gradually increasing levels of difficulty. Questions are specially designed to test understanding and to help students clear misconceptions. There is very little emphasis on instruction due to the belief that students learn when they have to think – either to answer a question, or do an activity on the computer. This program is for all boarders from Classes III to IX English and Classes III to X Maths.

For more details, do visit :<http://www.mindspark.in/>