

MODERN SCHOOL
Aliganj, Lucknow

Why **MODERN SCHOOL**

Modern School seamlessly blends traditional values with innovative educational practices, creating a nurturing environment where students thrive. We are committed to shaping

well-rounded individuals who lead purposeful lives through joyful learning and lifelong skills, becoming role models in their communities.



HAPPINESS AS OUR FOUNDATION

Student happiness is at the heart of everything we do. By fostering a joyful and supportive environment, we ensure that learning becomes an engaging and positive experience, making school a place students love.



WELL-ROUNDED EDUCATION AS OUR PRIMARY FOCUS

We focus on holistic development, nurturing students physically, emotionally, socially, morally, and intellectually. This balanced approach prepares them to navigate life with confidence and integrity.



LIFELONG LEARNING SKILLS AS OUR FINAL GOAL

Our ultimate aim is to develop independent, lifelong learners equipped with essential skills to excel in an ever-changing world. By instilling adaptability and a passion for learning, we empower students to achieve success in all aspects of life.



OUR PROGRAMS

PRIMARY YEARS

Nursery to Grade 5:
International
Baccalaureate (IB)
Primary Years
Programme -
fostering creativity,
critical thinking, and a global
perspective.



BRIDGING YEARS

Grades 6 to 8:
A unique curriculum blending
the inquiry-based learning of
IB and the academic rigour of
ICSE, enriched with NEP 2020
guidelines.

SENIOR YEARS

Grades 9 to 12:
ICSE and ISC -
academic
excellence and
preparation for the
world beyond school.



Foundation of the **SCHOOL**

Established in 1979, Modern School draws inspiration from the teachings of spiritualist Shri Jiddu Krishnamurti. Guided by the motto “Know Thyself,” the school fosters self-knowledge, mindfulness, emotional intelligence, and wisdom. Our mission is to nurture thinkers, innovators, and leaders by building strengths of mind in a safe and inclusive environment. We empower children to become inquiring, compassionate, lifelong learners who lead purposeful and successful lives.

“

When the mind gets disintegrated between what is and what should be, unhappiness is caused. We must love ourselves and not allow the mind to disintegrate.

”

SHRI RAKESH KAPOOR

About Our **FOUNDER**

Shri Rakesh Kapoor (1951–2021), our esteemed founder, devoted his life to creating an educational environment that encouraged mindfulness and fulfilled living. An accomplished scholar with advanced studies at Teachers College, Columbia University, and a foundation in English Literature and Education, Shri Kapoor envisioned a school where every child could reach their full potential. Under his leadership, Modern School became a trailblazer in educational innovation, earning accolades such as being the first ISO 9001-certified school in India and adopting the Koalaty Kid program by the American Society for Quality. A prolific author, his books, including Total Presence of Mind and The Power of ‘Know Thyself,’ embody his commitment to self-awareness and personal growth. Shri Rakesh Kapoor’s legacy endures through the values and culture he established, inspiring students to strive for excellence and lead meaningful lives.



Message from the **DIRECTOR**

“

FEAR CRIPPLES INTELLIGENCE. WHERE THERE IS LOVE, AFFECTION, THERE IS NO FEAR.

”

Shri Jiddu Krishnamurti

At Modern School, we hold these words by Krishnamurti close to our hearts. Fear stifles creativity and curiosity, while love and affection create the freedom for children to explore, question, and grow. For 45 years, we have strived to build an environment where every child feels supported, valued, and fearless—a space where learning is a joyful and transformative journey.

Our approach to education recognizes that true learning happens when children are free to try, experiment, and even make mistakes. Mistakes are not setbacks but opportunities to reflect, improve, and build resilience. By fostering a culture of encouragement and understanding, we empower children to take ownership of their learning, think independently, and confidently face challenges.

Our curriculum reflects this philosophy. From the foundational years of our IB PYP program to the rigorous academic preparation of ICSE and ISC, every stage is thoughtfully designed to balance knowledge, skills, and values. Through our bridge curriculum for Grades 6 to 8, we seamlessly integrate the best of IB, ICSE, and NEP 2020 guidelines to nurture holistic development and a love for lifelong learning.

Student agency lies at the core of our vision. We encourage children to ask questions, voice their ideas, and pursue their passions. By giving them the freedom to explore their interests and chart their own learning paths, we nurture confident and compassionate individuals ready to make meaningful contributions to the world. Mindfulness is another cornerstone of our philosophy. In a world often defined by pace and pressure, we teach children to pause, reflect, and

stay present. Mindfulness practices integrated into our daily routines help students build focus, manage stress, and develop empathy, laying a strong foundation for their emotional well-being.

Our vibrant campus, with its iconic 45-year-old banyan tree, symbolizes growth, strength, and rootedness. From cultural performances under its branches to annual events like Cognito, our students find countless opportunities to express themselves, celebrate their achievements, and create lasting memories.

At Modern School, we are also deeply committed to partnering with our parent community. Through our parent-connect app, interactive events, and open communication channels, we ensure that parents become an integral part of their child's journey.

We invite you to join us in creating a learning environment where every child feels loved, valued, and unafraid to dream big. Together, let's nurture the next generation of thinkers, innovators, and changemakers.

Warm regards,

SIDDHARTHA KAPOOR

Director, Modern School





Message from the **PRINCIPAL**

At Modern School, we are dedicated to nurturing the hearts and minds of children while respecting their individuality. We consider parents and grandparents as integral partners in education. By providing a psychologically safe, empathetic, and transparent environment, we enable children to grow mentally and emotionally courageous. Our guiding principles include:

- › Learning without cramming
- › Excellence without distress
- › Discipline without fear
- › Relationships of mutual regard

Rooted in the neo-Buddhist teachings of Shri J. Krishnamurti, we cultivate a peaceful and reflective environment. As our founder, Shri Rakesh Kapoor, stated: “Knowing thyself is remaining attentive to the continuous, unending changes in the universe—everything that we feel and are aware of. To be alert to ever-new reality is to surrender yourself, your identity to it.

This philosophy drives our growth as individuals and as a community, making Modern School a transformative place to learn, re-learn and grow.

Blessings,
MEENA KANE
Principal, Modern School



Modern TEACHING METHODS



CHAMPIONING PERSONALIZED EDUCATION

At Modern School, personalized education is central to our philosophy. With a student-teacher ratio of 20-25, we provide tailored activities that cater to individual learning styles and paces. Technology and differentiated instruction foster creativity, self-expression, and curiosity, helping every child achieve their fullest potential.

◀ *Grade 1 students exploring the different states of matter with hands-on activities*



STUDENT-CENTERED CLASSROOM

Our student-centered approach empowers learners to take charge of their education. Teachers create inclusive spaces where students voice ideas, collaborate on projects, and explore concepts through hands-on activities and multimedia tools. Flexible grouping strategies further support diverse learners and build teamwork.

◀ *Grade 5 students presenting the findings of their inquiry into interdependence of communities*



HIGHER ORDER THINKING SKILLS

We develop Higher Order Thinking Skills (HOTS) based on Bloom's Taxonomy, focusing on analysis, evaluation, and creativity. Students apply these skills through differentiated tasks and hands-on projects, preparing them to solve complex problems and think independently.

◀ *Grade 3 students using shape grouping strategies to sort daily needs and wants*

“

We are amazed by how Modern School instills environmental awareness in young minds. Our child, Sanvit, recently stopped a shopkeeper from using a polythene bag, explaining its harm to the environment. The school's holistic education goes beyond academics, fostering responsibility and sustainability in everyday actions.

”

SAUMYA RANJAN,
mother of Sanvit Ranjan Agarwal



INQUIRY APPROACH WITH REAL-WORLD CONTEXT

Inquiry-based learning connects classroom concepts to real-world contexts through field trips, guest speakers, and hands-on problem-solving. This approach cultivates curiosity, critical thinking, and a lifelong love of learning.

◀ *Grade 6 students visited a local pharmacy to explore the composition of medicines, including elements, molecules, and compounds, as part of their inquiry into the composition of matter.*



VISIBLE THINKING ROUTINES

Visible Thinking Routines encourage students to delve into complex ideas, fostering deeper understanding and active learning. These routines help develop reflective habits and critical thinking, empowering students to engage meaningfully with their education.

◀ *During the Student Led Conference (SLC), an Upper KG student presented her understanding of "after" and "before" concepts.*



POSITIVE LEARNING ENVIRONMENT

A safe, stress-free environment is at the core of our ethos. Transparent communication, collaborative discussions, and mutual respect create a supportive space where students thrive emotionally and academically.

◀ *Grade 5 students shared their findings on community interdependence, using Visible Thinking Routines and grouping strategies to empower each child.*

Enriching **EXPERIENCES**

CULTIVATING SKILLS THROUGH SCHOOL EVENTS

Events at Modern School foster essential skills and confidence while offering students opportunities to showcase their talents and interests. Programs like Cognito – The Joy of Inquiry, the Literary Carnival, Founder's Week, Hackathon, Orators for Life and the Baal Mela promote creativity, teamwork, problem-solving, and social skills.

These experiences help students interact, collaborate, and develop meaningful relationships with peers and mentors. The school also hosts vibrant art and craft exhibitions and cultural programs, where performing arts such as dance and music take center stage, encouraging self-expression and creativity.

NURTURING GROWTH THROUGH THE HOUSE SYSTEM

Our house system, inspired by Socrates, Gita, Vivekananda, and Krishnamurti, emphasizes inquiry, excellence, courage, and mindfulness. Participation in house events develops leadership, teamwork, and a sense of belonging, fostering camaraderie and mutual respect among students.

EMPOWERING REAL-WORLD ENGAGEMENT

Lab work, field trips, and community engagement projects connect academic concepts to practical applications, nurturing curiosity and real-world readiness.

EMBRACING LOCAL AND GLOBAL CULTURES

Modern School integrates the richness of diverse cultural traditions with a global perspective. The school celebrates festivals, events, and traditions from across the world, fostering respect and appreciation for cultural diversity.

Students actively participate in celebrations that honor local customs while gaining exposure to global traditions. Inquiry-based learning incorporates a global context, encouraging students to critically analyze and explore cultural and societal practices worldwide. This approach nurtures a well-rounded worldview, preparing them to thrive in an interconnected global society.

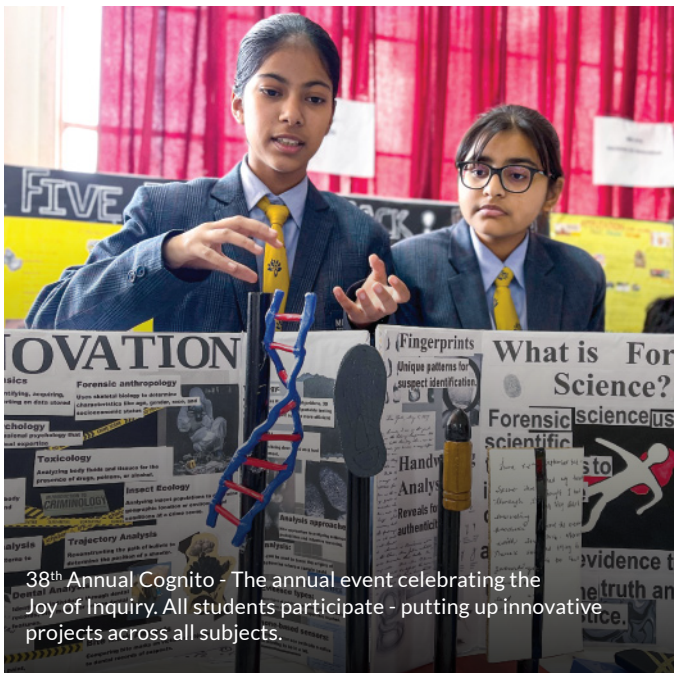
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Grades 3-5 bring Shakespeare's 'A Midsummer Night's Dream' to life at the Cultural Fest 2024, Under the Banyan.

Preparation FOR LIFE



38th Annual Cognito - The annual event celebrating the Joy of Inquiry. All students participate - putting up innovative projects across all subjects.



Orators for Life 2024 - over 12 Lucknow schools participate in a day long public speaking and debating competition. Hosted annually by Modern School. Organized entirely by students.



Code Hackathon 2024 - over 25 Lucknow schools participate, over two days, in a series of gruelling competitions on coding, computer design, graphic design, AI, tech. Hosted annually by Modern School. Organized entirely by students.

“

Being bold taught me to ask questions and learn beyond immediate needs. Participating in extempore speech competitions and quizzes, both within and outside school, helped me become a better public speaker and team player.

”

MOHIT VERMA

Alumnus 2005,

Principal Product Manager at Microsoft



EQUIPPING STUDENTS FOR A CHANGING WORLD

At Modern School, we prepare students for an ever-evolving world by instilling essential skills, values, and a mindset geared toward adaptability and resilience. Rooted in the philosophy of 'Education for Life,' our approach emphasizes lifelong learning, social responsibility, and problem-solving. We equip

students to excel in careers and technologies yet to be imagined, fostering individuals ready to thrive in the challenges of tomorrow.

DEVELOPING REAL WORLD SKILLS

At Modern School, education extends beyond academics to prepare students for the challenges of the real world. Through events like Code Hackathon, Orators for Life, and Cognito, students develop essential skills such as critical thinking, problem-solving, communication, and teamwork. These

activities provide platforms for innovation, public speaking, collaboration, and real-world application of knowledge, shaping students into well-rounded individuals ready to lead and excel.

EMPOWERING STUDENTS THROUGH CONFERENCES AND RESPONSIBILITIES

Student-led conferences empower students to reflect on their progress and present their achievements and goals to parents. These conferences, combined with responsibilities like participation in councils and house events, help students build confidence and develop

essential leadership skills. By taking ownership of their learning and contributing actively to school life, students grow into responsible and self-assured individuals.

“

Modern School was one of the first in Lucknow to focus on holistic development. We had numerous extracurricular activities when most schools focused solely on academics.

”

AASTHA NIGAM
Alumna 1997,
HR Professional at
Walmart Global Tech India



FOSTERING COMPASSION THROUGH COMMUNITY PROJECTS

Community projects inspire students to address real-world issues with empathy and purpose. Working collaboratively, they identify problems, design solutions, and take action, fostering critical thinking, teamwork,

and communication. These initiatives help students develop a deeper understanding of their role in society and empower them to make meaningful contributions to their communities and beyond.

ENCOURAGING SELF-REFLECTION AND GROWTH

Self-reflection is integral to learning at Modern School. Students regularly evaluate their strengths, set goals, and refine their strategies using tools like journaling and discussions. By taking charge of their learning,

students become self-aware, adaptable learners with a lifelong love for growth. Collaborative projects further develop courage, responsibility, and essential self-management skills.

INVESTING IN CONTINUOUS TEACHER DEVELOPMENT

At Modern School, we believe that quality education starts with well-trained and motivated teachers. Continuous professional development equips our educators with the latest teaching methods, technologies, and strategies to address diverse student needs. Through workshops, seminars, and training sessions, our teachers enhance their skills in

areas like inquiry-based learning, classroom management, emotional intelligence, and technology integration. This ensures they remain effective mentors, fostering innovation and excellence in the classroom. By investing in our educators, we create a dynamic learning environment that prepares students for future success.

“

A major part of whatever good I am is because of this school, especially the teachers and the stress-free environment that I was provided with. The years at school will define what you'll do in life. Make the most of it, you're in the right hands!

”

SHUBHENDU TRIVEDI

Alumnus 2010,

Management Consultant, Uber





Faraz Nomani
Alumnus of 2012, Senior Software Engineer at Meta

Modernite **SUCCESS TALKS**

At Modern School, 'Modernite Success Talks' inspire grades 8 to 12 students by connecting them with alumni who share their journeys, challenges, and professional growth.

LESSONS FROM ALUMNI

Alumni share experiences that shaped their success, highlighting perseverance, adaptability, and resilience.

CAREER INSIGHTS

Students gain valuable knowledge about career paths, real-world challenges, and the importance of planning and focus.

EMPOWERING EXPERIENCES

These sessions offer insights into industry dynamics, networking, and lifelong learning, empowering students to make confident, informed decisions.

BRIDGING GENERATIONS

'Modernite Success Talks' connect students with alumni, inspiring them to envision their own journeys with purpose and clarity.



Scan this QR code to find the key takeaways of the Modernite Success Talks

Here is a mention of some of the alumni who have been a part of these sessions and shared their valuable experiences:



SURUCHI SINGH Alumna 1998

Founder of SHE4HER Global Women Empowerment Initiative, she emphasized the importance of resilience in entrepreneurship and business.



SHUBHODEEP MUKHERJEE, Alumnus 2014

Head of Engineering at Winuall, he highlighted the significance of continuous learning and innovation in the tech industry. Recognized as part of the 'Forbes 30 under 30', he shared how staying ahead of the curve has been key to his success.



DR. NITIN MUKERJI Alumnus 1992

MBBS from AIIMS and a consultant **neurosurgeon at James Cook University Hospital, UK**. He shared his rewarding journey in medicine, highlighting the challenges and triumphs of neurosurgery.



RITIN SINGH RATHORE Alumnus 2001

Director at Liechtensteinische Landesbank, Dubai, he provided insights into global finance and the perseverance needed to excel in a competitive industry.



PRATEEK MATHUR Alumnus 2014

Working in strategy development at **Boeing**, he discussed how strategic planning and decision-making are crucial in shaping impactful careers.



Suruchi Singh
Founder of SHE4HER
Global Women Empowerment Initiative



LT. COL. SALIL JAIN
Alumnus 1999

He provided a firsthand account of life in the **Indian Army**, inspiring students with his dedication to military service.



SHUBHAM ASTHANA
Alumnus 2012

Serving as the **Second Officer at NYK Shipmanagement**, he discussed the challenges and adventures of a maritime career, inspiring students with his experiences at sea.



FARAZ NOMANI
Alumnus 2012

A **senior software engineer at Meta**, he shared how his lifelong dream of becoming a software engineer motivated him to work hard and achieve success in the tech world.



ANKUR SHUKLA
Alumnus 2010

A **Senior Data Scientist at Blinkit**, he discussed data science as a booming career, highlighting its transformative role in decision-making and problem-solving across industries.



TITIKSHA SRIVASTAVA
Alumna 2016

A **cyber law specialist** with the Future Crime Research Foundation, she discussed social media misuse, rising UPI scams, and shared practical tips for digital safety, emphasizing awareness and vigilance.



RAVI ANAND VAISH
Alumnus 2001

Assistant General Manager at TCS, he shared his experiences in the IT industry, offering valuable insights into the dynamic nature of technology and the importance of continuous skill development in the field.

THE CAREER COUNSELLING PROGRAM AT MODERN SCHOOL

At Modern School, success is about nurturing students to lead happy and meaningful lives. Our career counselling program plays a pivotal role in this journey by guiding students to discover their passions and align them with their future goals.

Here's how our career counselling program supports every student:

➤ **PERSONALIZED GUIDANCE:**

Helping students of grades 8 to 12 explore paths that bring them joy and purpose, based on their strengths and interests.

➤ **CAREER AWARENESS SESSIONS:**

Introducing students to a wide range of fulfilling career opportunities.

➤ **PSYCHOMETRIC ASSESSMENTS:**

Using professional tools to help students understand their unique abilities and chart a purposeful career path.

➤ **PARENTAL ENGAGEMENT:**

Involving parents in the process to create a strong support system for students.

➤ **MOCA FEST (MODERN CAREERS FEST):**



Organizing an annual event where representatives from leading universities in India and abroad interact with students, providing insights into eligibility criteria, admission processes, and scholarship opportunities.

Our comprehensive career counselling program ensures that every student at Modern School is empowered to make confident, informed decisions for a happy and purposeful future.

Our CAMPUS



LEARNING AND PERFORMANCE SPACES

Science Labs:

Fully equipped labs for Physics, Chemistry, and Biology, promoting hands-on experimentation and scientific inquiry.

Digital Classrooms:

Technology-enabled learning spaces that make lessons interactive and engaging.

Auditorium Hall:

A versatile venue for cultural programs, school events, and seminars, equipped with advanced audio-visual technology.

Dance and Music Studios:

Specialized spaces designed to inspire creativity and refine performance skills, fostering an appreciation for performing arts.

Library:

A haven of knowledge with over 15,000 books, fostering a love for reading and a culture of inquiry.

Computer Lab:

A modern facility for developing IT skills and exploring digital innovations.

Art and Craft Studios:

Dedicated spaces for nurturing creativity and self-expression through visual arts

Learning Lawn:

Nestled at the heart of our main study block, the Learning Lawn is an open-air, dynamic space designed to inspire young minds through play and exploration. With artificial grass, vibrant play equipment, and a jungle gym, this area seamlessly integrates physical activity with cognitive development.

The Learning Lawn is more than just a play zone - it's a hub where curiosity thrives, teamwork is fostered and essential life skills are nurtured in an engaging and natural environment.



CLASSROOMS

Modern Infrastructure:

All classrooms are air-conditioned, ensuring a comfortable learning environment throughout the day.

Technology Integration:

Each classroom is equipped with iPads, projectors, and high-speed internet, enabling interactive lessons and digital learning experiences.

Flexible Seating Arrangements:

The classrooms feature re-arrangeable seating systems, allowing students to sit in groups. This flexible arrangement fosters collaboration, peer learning, and active participation.

Small Class Sizes:

With a maximum of 25 students per class, teachers can provide personalized attention to each student, ensuring better learning outcomes, stronger relationships, and more effective classroom management.

UNDER THE BANYAN



At Modern School, Under The Banyan offers a serene space for reflection, creativity, and outdoor learning. Our 45-year-old banyan tree serves as a backdrop for activities that foster mindfulness and personal growth.

Interactive Learning:

Students engage in group discussions, story-telling, and collaborative projects, promoting creative thinking.

Mindfulness:

Activities like reflection, meditation, and nature walks enhance focus and emotional well-being.

Cultural Celebrations:

The banyan hosts performances, art, and music, connecting students to both local and global traditions.

Under The Banyan is a symbol of growth, wisdom, and holistic development.



SPORTS AND PLAY FACILITIES

Participation in sports helps students develop discipline, focus, and resilience while fostering teamwork and leadership skills.

Pre-Primary Play Area:

A dedicated and safe space designed to encourage play-based learning and physical development in younger children.

Indoor Sports Activities:

Indoor facilities such as Table Tennis, Chess, and Carrom provide students with opportunities to enhance both their mental and physical development.

Outdoor Sports Activities:

The school offers basketball, cricket, football, gymnastics, roller skating as part of the school curriculum and as part of the evening Activities Centre

Swimming Pool:

A well-maintained pool with a robust filtration system, safety equipment, and trained lifeguards to ensure a secure swimming experience.

SAFETY AND SECURITY

Campus Surveillance:

Over 100 CCTV cameras and trained security personnel ensure monitoring.

Electrical Safety:

Routine maintenance and audits guarantee a secure and reliable electrical infrastructure.

Fire Safety:

Advanced fire safety systems and regular evacuation drills ensure preparedness for emergencies.

Dedicated Female Helpers:

Assigned to early years classrooms and school vans, ensuring the safety, comfort, and well-being of younger children.

Transport Safety

Modern School ensures safe and reliable transport with GPS-enabled vans, trained drivers, and female attendants for young children. Regular vehicle inspections and adherence to safety protocols guarantee a secure journey to and from school.



Primary headmistress in Grade 2 during one of her classes co-teaching with the homeroom teacher



HAPPY CLASSROOMS

At Modern School, we recognize that emotional safety is critical for a student's success. Our classrooms are designed to be nurturing environments that promote emotional well-being and positive growth.

Positive & Fear-Free Environment:

Classrooms are designed as safe spaces where students are encouraged to ask questions and take risks without fear of judgment. This promotes a growth mindset and allows students to learn from their mistakes.

Class Agreements:

Each classroom creates shared agreements that foster mutual respect, responsibility, and cooperation. These agreements help build a sense of community and ensure a positive atmosphere.

Student Voice and Choice:

Students are given opportunities to take ownership of their learning. By having a say in how they learn and what they focus on, they develop confidence, independence, and a sense of responsibility.

Collaborative Learning:

The flexible seating arrangements encourage collaboration and peer-to-peer learning, fostering strong social bonds & improving communication skills.

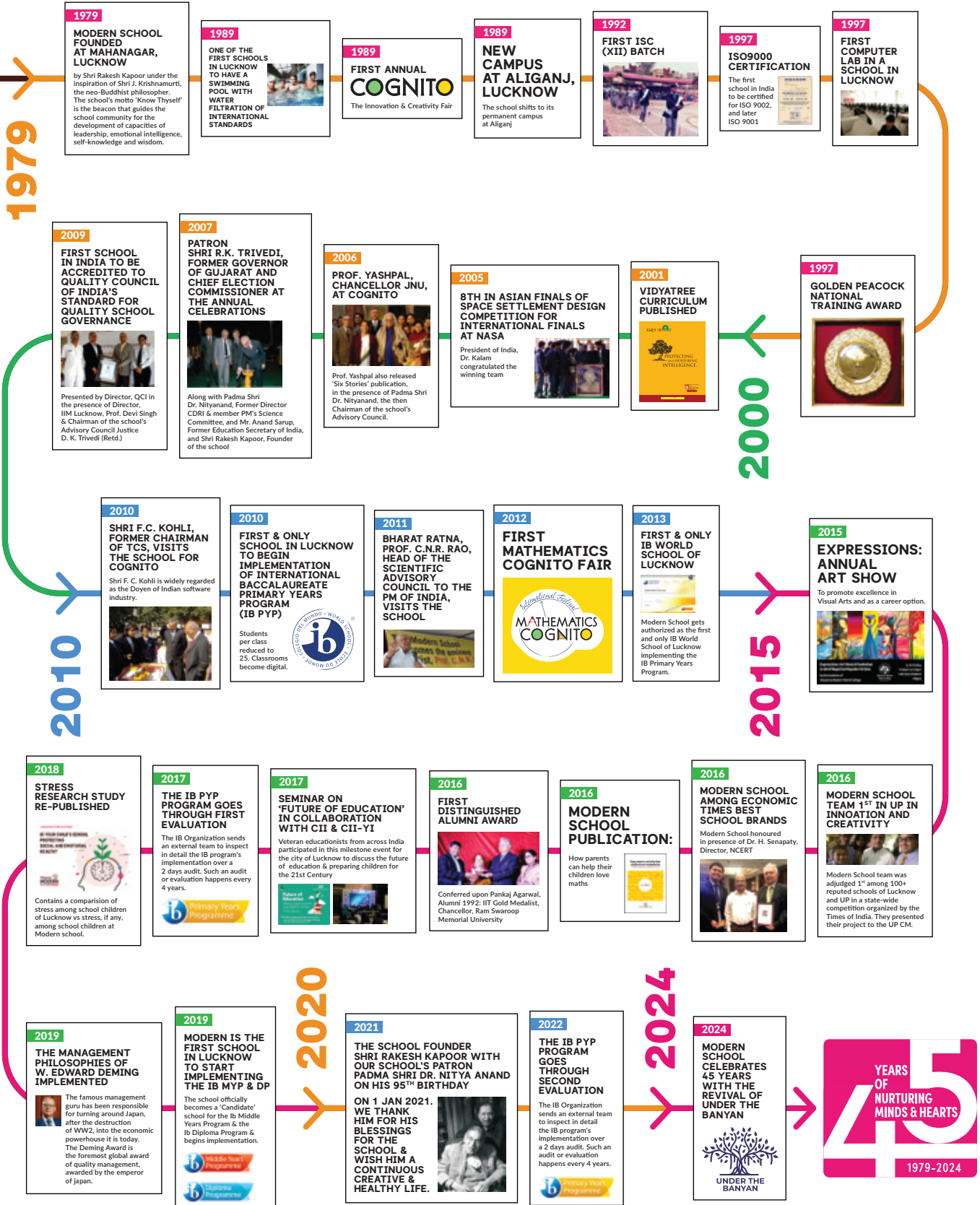
Emotional Support:


Teachers build strong, supportive relationships with students, offering personalized attention and guidance to address their emotional and academic needs. This helps students feel valued and understood, leading to a stronger sense of self-worth and motivation.

HAPPY TOILETS

All our toilets are well-lit, airy, and designed to create a clean and comfortable environment. For our early years students, we have special toilets that are bright and peppy, with vibrant colors that make them feel welcoming. Equipped with child-sized seats and thoughtful details, these spaces are designed to ensure that young children feel safe, comfortable, and confident.

our journey: LEGACY OF 45 YEARS





MODERN SCHOOL

Know
Thyself

Aliganj, Lucknow



Schedule
a visit

+91 95549 33337, +91 95549 33338

www.modernschool.org

Sector E, Aliganj, Lucknow - 226 024 India

“

Modern School has redefined our perception of education. Here, learning is fun, meaningful, and stress-free, without the burden of excessive homework. The balance between academics and holistic development is remarkable, and it has helped our child develop a genuine love for learning.

”

ILLA PANDEY,
mother of Iva Gupta



“

I am delighted to see my son, Aayansh, willingly helping me with household chores, saying, *Mujhe ma'am ne sikhaya hai ki mummy ko ghar ke kaam mein help karni chahiye.* A heartfelt thanks to his class teacher, for bringing about this wonderful change in him.

”

PRIYANKA BHARDWAJ,
mother of Ayaansh Bhardwaj



“

We are truly impressed by the school's focus on application-based learning, a rare and invaluable approach. Rather than rote memorization, students are encouraged to understand concepts through real-life applications, making education meaningful and deeply impactful. It's a refreshing and effective way to prepare students for the future.

”

AYUSH AGARWAL,
father of Adhyayan Agarwal



“

My son has been awarded the prestigious Justice D.K. Trivedi Scholarship for Academic Excellence in Grade 8. I am deeply grateful to the school administration and teachers for recognizing his potential and inspiring him to strive for continued excellence in his studies. Thank you for your unwavering support and encouragement.

”

DIVYA NEGI,
mother of Ishaan Singh Negi

