



Vol. December 2022

# gyanodaya prabha

## Editorial

### New Year, New Challenges, and New Achievements



The advent of a new year is a festive occasion. A new year is just another set of 365 days, another rotation around the sun. A new year is a time in which we can start again with resolutions and make those changes we always wanted, and with the help of resolutions, we will finally embark on and accomplish them. No doubt, the new set of 365 days will also come with new challenges, and we have to do our very best to triumph over these challenges. The word 'CHALLENGES' occurs in each and everybody's life. We evaluate what we have learnt about ourselves to remind ourselves that we are always growing and evolving with the passage of time.

We must always be open to the joy of finding new versions of ourselves, and we should never grow tired of exploring our identities, our dreams, and the world around us. No matter if we are 9 or 90, we must always be able to surprise ourselves and those around us. But, it may not be applicable to all due to the challenges they face in life. From my short experience of life, I would like to share some measures that will help individuals to cope up with the challenges they face in life.

The management of time is one of the factors through which the challenges of life can be minimised. Good time management enables an individual to complete more work in a short period of time with less stress, improving efficiency and productivity. Good time management gives you extra time to spend on your hobbies and personal pursuits.

It is one of the key qualities that employers look for.

The difference between needs and desires can be easily understood when associated with human beings. Need is basically related to the human body, and desire is related to the human mind. The requirements of the human body are very limited, but the human mind is infinite. The human mind never gets satisfied with what it has and keeps trying to get more and more, which always leads to stress and challenges in life.

Self-reliance is the ability to combine time and effort to provide the necessities of life for oneself and other family members. Self-reliance means to be independent in terms of all spheres of life. If men or women can do their work independently, they will shine in life.

Last, but not the least, 2023 is here with new hopes, challenges, and changes. Whatever the year holds, we'll all be in it together to square up the challenges, to accept the changes, to celebrate the achievements, and to learn from mistakes while cherishing the memories of this span of time.



By:

Harshwardhan Singh XI D

## HAPPY LEARNING!!

By – Yashika Kushwaha (IX A)

I have observed – school is a place where the children start another phase of life with a big cry. It is really painful to stay away from parents. A feeling of insecurity may alarm your heart and mind if you remember your first day of school. Teaching becomes 'sharing' when you enjoy it. Thus, learning becomes more interesting if the children are involved in their experiential learning. Learning is an art, integrated with knowledge and skills.



It is just like gathering up the things / habits and utilizing them whenever needed. It is a fundamental life long process. If it is so important, let's do it happily! Happy learning significantly involves the active participation of children, both mentally as well as physically. This may include the smart way of teaching through smart classes, animated video or some video clips. It also involves a play way method of learning because children dream better when they are happy. Significantly, it is the friendly behavior of a teacher which sustains the interest and happy learning. If the teacher teaches like a friend no other method is required. So, let's enjoy the *Season of Happiness!!*



## COUNSELLING SESSION ON ADOLESCENCE



A Counselling Session on Adolescence was conducted for the students from Class VI to VIII on 30<sup>th</sup> Nov. 2022. Which was attended by 144 girls and 263 boys. The session was conducted by Dr. Swapna Tiwari and Mrs. Huma Qureshi for girls and Mr. Aaditya Dhanraj Dubey and Mr. Himanshu Upadhyay for the boys, including the following objectives and activities:

1. With an objective to enable them to vent out their unpleasant feelings. The Adolescence was introduced through discussing a few things such as their hygiene, the way they think and the decisions they make.
2. How to take necessary precautions when dealing with situations like Anger, Frustration, mixed feelings and uneasiness towards someone; avoiding to fall prey to negative peer influence and fall victim to substance abuse.
3. They were trained about using effective and healthy coping styles for overcoming their problems in life and encouraged to deal with the physical and psychological challenges.
4. A small skit was played on the projector to showcase the negative impact of social media platforms like Facebook, Twitter, Instagram, Whatsapp that are creating a hazardous atmosphere.
5. A ballot box was made to collect all the personal problems for students.
6. The issues that recently happened were discussed and methods to release stress/frustration were given to help the students to channelize their anger.
7. The Session aimed at creating a safe space for them to share their feelings and experiences without the fear of being judged or evaluated.







## Interhouse Tournaments

Games and sports are an inevitable part of the education for all round development of the children. Interhouse sports competitions for Kabaddi, Kho-Kho, and basketball were held in December. Teams of girls and boys from all four houses played with full energy and enthusiasm and used tactics and manoeuvre to make their houses win. The aim of organizing sports matches is to develop feelings of sportsmanship, teamwork, and leadership.



## Gyanodaya Bags The Laurels In Inter State Boxing

66th Inter State Boxing Championship was held in Guna, MP, organised by the State Government from 7th to 10th December 2022. Four students of our school participated in it and won medals under different categories - Himanshu Rawat (Class XI) won Bronze Medal in 52 kg weight category and Harsh Vardhan (Class IX) won Bronze Medal in 65 kg weight category.



## CBSE West Zone Cluster Sports Competitions

CBSE West Zone Boxing Championship was also organised in Alwar, Rajasthan, from 13 Dec to 15 Dec. 2022 and 350 students from 4 states participated in it. 8 students from our school also participated and won 3 medals under different categories-

**Keshav Prasad** Class - VIII won gold medal under 17 boys 42 kg, **Nakul Awasthi** class - X won Bronze medal under 56 weight category and **Priya Thakur** won silver medal under 19 girls 48 kg weight category.



Our school's teams of boxing, basketball, and volleyball also participated in the CBSE West Zone Cluster Competitions for 2022-23. Basketball and volleyball tournaments were organized in Indore and Sagar respectively where our teams performed well.





## Arihant Jain of Gyanodaya Honored by Urban Administration and Housing Minister



Arihant Jain, a student of Gyanodaya Senior Secondary School Khurai and Karate player of Amateur Karate Development Association Sagar, and national coach Sandeep Agarwal were felicitated by Honorable Mr. Bhupendra Singh, Urban Development and Housing Minister of Madhya Pradesh, Government of Madhya Pradesh. Arihant was honored for the past 4 years in the field of Karate for his excellent performance in national and international karate competitions in Nepal and Thailand. Arihant gives the credit of his achievement to the efficient guidance, tireless hard work and encouragement of his coach and Secretary of Amateur Karate Development Association Sagar Mr. Sandeep Agarwal.

## CHANDERI TRIP FOR TEACHERS



A One Day Trip was organized for the teachers on 11th Dec. 2022 with a purpose to refresh and appreciate them for their dedication and industrious work for the school.

## Fireless Cooking



Learning with fun, on 7th Dec. 2022, "Fireless Cooking" an activity was organized for the tiny tots of primary and kindergarten students with lots of fun.



All the tiny chefs of the classes Nursery, LKG and UKG showed culinary skill in the fireless kitchen. They prepared healthy dishes like *fruit Chaat*, *Bhel*, and *Sandwiches*.



In this activity, they learnt about the nutritional values of food cooked without flame, the importance of hygienic food, and the necessity and advantages of healthy eating.



The objectives of the activity are to develop interest for preferring nutritious food preparation without flame and art of garnishing and serving.



## Christmas: The Story of Life

When we talk of Christmas (celebration) many colourful images come to our mind; the Santa or the Christmas Father, Christmas bells, the star, Christmas Tree, the manger scene complete with Mary, Joseph, Baby Jesus, the wise men, angels and shepherds with sheep. Let's dwell on their significance for a while.

The Christmas tree is a major symbol of celebration around the world. We consider a tree to be a giver of oxygen, shade, shelter, fruit, wood, etc. Similarly, Jesus brought new life to spiritually dead and lost souls through the power of the Almighty Father.

Secondly, the coniferous Christmas tree grows straight, pointing towards the heavens. It reminds us that our focus should be upward, towards God.

The joyful jingle of bells transcends cultures and countries to fill the skies with its sweet, lingering melody, proclaiming the arrival of the season of celebration and joy. Indeed, the jingle leads us on to the birthplace of baby Jesus, for every stable, every cattle shed, is filled with tinkling, jingling bells.



Like the bells, the light of the star leads one to the manger. For the Star led the wise men from far East to praise the righteous ruler of the world and offer precious gifts of their respective country. The star also represents the light of the world, Jesus. Incidentally, the manger symbolizes simplicity and humble advent of a King who came to reign over the souls ranging from illiterate shepherds to highly literate wise men.

The wise men brought the most precious gifts for the baby Jesus. In the same way we exchange gifts to remember that Almighty parted with his son to make him as the best gift for the world, for its redemption and salvation. What can be a better expression of love than giving your best things to others?

This simple story of the nativity of Christ is depicted by different countries in their own traditional and cultural ways. For example, the story of the Christmas father, St. Nicholas, who helped the poor in a secret way to make their Christmas celebration more fulfilling with spiritual joy.

**By: Mrs. Pearl Kumar**

## A cultural evening: PRAYAS-2

A colourful and melodious event, "A Cultural Evening: **Prayas-2**," was organised in the Naykan Hall of the school in the evening hours of December, 23. It was organised by the boarders, to the boarders and for the boarders. Around 120 boarders showcased their talent through various performances that they practiced and learnt in their activity classes within the short span of time under the guidance of residential teachers of the school.



The boarders exhibited their talent through solo and group singing, western dance, Hindi and English skits, a presentation on composting, Gyanodaya monthly news, web designing, a demonstration of the engineering models, and thrilling stunts through skating. The aim of conducting various activities is to bring out and polish the hidden talent of the boarders, to enhance their creative and artistic skills, and to give them exposure to consider them as careers.



Mr. Arun Jain (Gurukul Trust Manager) as Guest of Honor and Mr. Atul Jain (Chief Warden of Gurukul Hostel) as Chief Guest graced the gathering with their luminous presence. Mr. Arun Jain extended his compliments after witnessing the overwhelming performances of the boarders in his short motivational address. The principal, Dr. Abhinav Shukla, felicitated the chief guest and the guest of honour, and expressed his gratitude for the residential mentor and mentees for successful accomplishment of the activities of session 2022–23. He also promised to restart the activity classes in the new session of 2023–24 with more lucrative and didactic activities.

Ms. Chanchal Pachouri, the activity coordinator, concluded the event with a vote of thanks. Indeed, it was an outstanding feat with unwavering efforts known as PRAYAS-2 produced moments that will be cherished forever in the annals of Gyanodaya boarding school.



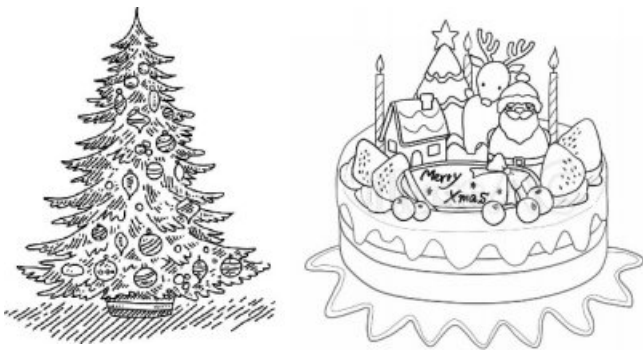
# STUDENTS' COLUMN



## Endings are beginnings

Endings are okay.  
They are simply the opening to new beginnings  
New life; new work; new experiences  
When an ending occurs, you get to take the love and  
experience with you in your heart.  
You get to choose a new beginning.  
You get to choose beauty.  
You get to choose love.  
You get to choose God.  
Finally, you get to choose YOU!!  
Don't fear to fail, it is not the end of the world.  
Take a deep breath and start again.  
It's a new day, and every day is a new beginning.

– Mahak Baghel XI 'D'



## "A Mystery Man"

When he visits,  
the reindeer come along.  
The season in which he visits,  
the 'Snow' is visible,  
Bringing magic and joy to a bag full of gift boxes,  
He takes our sadness away.  
Wearing a red coat, he spreads the message of love  
and prosperity.  
Who is this mystery man?  
I really want to see!

-Priyal Sharma XI 'A'

## A Bit Of Pleasure

A man set out in search of pleasure.  
He tried to buy it with treasure.  
But pleasure was very bold.  
It rejected to be vended by gold.  
For pleasure, wealth was trash.  
The wealth was worthless.

He found no contentment in clothes.  
not in the flavorful food's happiness.  
He bought a new car.  
and an Aeroplane that flied far.  
Happiness was not there.  
But it may be somewhere.

One day, he saw a beggar boy.  
His hunger was the reason for his annoyance.  
His heart glowed with a warm feeling.  
He gave him a stomach-full meal.  
He felt a lot of happiness.  
The actual happiness is kindness.

- Saksham Singh Chadar VIII 'C'

## Windy Winter Wings

Eastern winds blow to southlands  
Ptarmigan Turns white in winters deep  
Waxwings ventures to Vermont lands  
Goldfinches' burrows snow to sleep  
Parrots in the morning move to the rivers.  
And the poorwills migrates to Mexico for good  
And in the North, the Northern Cardinals' shivers  
And the mourning doves rely on warm wood.  
"Winters" has arrived these birds to tell  
Wear your sweaters, and all seems well.

-Om Gour IX 'C'



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