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EDITORIAL

PEER PRESSURE: PROS AND CONS

It's something everyone experiences at some point. It can be a feeling pushed to try something new, maybe something outside your comfort zone. As we navigate the social landscape of high school, the desire to fit in and be accepted can sometimes lead us to act against our better judgment. While peer pressure can occasionally motivate us to improve; it often presents challenges that require resilience, self-awareness, and strategic thinking.

Peer pressure occurs when individuals within social groups exert influence on one another to adopt certain behaviours, attitudes, or values. This influence can be direct, like when friends ask us to do something, or indirect, through the unspoken expectations of our social circles. The need to belong and avoid social rejection can be so strong that it leads us to make choices we might later regret. The key is learning how to navigate these situations and stay true to yourself. The impact of peer pressure is multifaceted, affecting our academic performance, social interactions, and emotional well-being. Academically, we might feel compelled to cheat or cut corners to keep up with peers who seem to excel effortlessly. Socially, the pressure to engage in risky behaviours, such as substance abuse or reckless driving can jeopardize our safety and future. Emotionally, constantly trying to conform can erode our self-esteem, leading to anxiety, depression, and a diminished sense of self-worth. To handle peer pressure effectively, we need to build self-confidence, awareness and confidence. Understanding our values, strengths, and weaknesses helps us make decisions that align with our beliefs. Building self-confidence through positive self-talk and celebrating achievements fortify our resolve to stand firm against external pressures. Choosing friends

who share our values can also help mitigate negative peer pressure.

Positive peer groups encourage healthy behaviours and provide a support system that reinforces good decision-making. Effective communication is another crucial skill in managing peer pressure. Learning to express our boundaries and reasons for not conforming can dissuade peers from pushing further. Practicing refusal skills like saying no firmly and confidently help us resist unwanted pressures. Seeking support from trusted adults, such as parents, teachers, or counsellors, can provide guidance and reinforce positive choices. Developing critical thinking skills enables us to evaluate situations objectively and consider the long-term consequences of our actions. Weighing the pros and cons of conforming to peer pressure helps us make decisions that are in our best interest. Reflecting on past experiences and learning from them can also strengthen our ability to handle future pressures effectively. Engaging in hobbies, sports, and other extracurricular activities can provide a sense of purpose and fulfilment, reducing our reliance on peer approval for self-worth. These activities also offer opportunities to form friendships based on shared interests, further insulating us from negative influences. Ultimately, the most important thing is to be comfortable in your own skin. By knowing your values, being assertive, and surrounding

By surrounding yourself with positive people, you can develop the strength and confidence to navigate peer pressure and make decisions you feel good about.

By: Saket Pandey XI
(Mathematics)

KARATE BELT EXAMINATION HELD

The Karate Belt Examination was held on 20 July in Nayakan Hall, was a successful event, demonstrating the growing interest and proficiency in Karate among students. A total of 81 students, representing different grades, participated in the examination. The diverse group reflected the broad range of skills and experience levels, from beginners to advanced practitioners.



The exam was conducted under the supervision of Shihan Jaydev Sharma, the Head Coach of the Karate Association of India. Shihan Sharma's extensive experience and renowned expertise provided a high level of scrutiny and credibility to the assessment. Mr. Sandeep Agrawal, the school's Karate coach, also played a vital role in overseeing the participants' preparations and performances.

The students showcased a variety of skills, including katas (forms), kumite (sparring), and self-defense techniques. The level of performance ranged from basic techniques to more advanced movements, reflecting the hard work and training the students had undergone.

Shihan Sharma and Mr. Agrawal provided detailed feedback to each participant, highlighting strengths and areas for improvement. Their insights are invaluable for the students' ongoing development in Karate. The exam was not only a test of skill but also an opportunity to recognize and celebrate the achievements of the students. Many students received new belt ranks, symbolizing their progress and commitment to the martial art.



Under the guidance of Shihan Jaydev Sharma and Mr. Sandeep Agrawal, the exam provided a rigorous and encouraging platform for students to advance in their Karate journey. The positive atmosphere and constructive feedback offered during the event are expected to motivate students as they continue their training and strive for further excellence in Karate.

EDUCATIONAL TOUR TO ARCHAEOLOGICAL MUSEUM

An educational tour was organized to Archaeological Museum, Sagar on 21 July, 2024. Students of grades 11th and 12th Humanities stream went on this educational tour. The trip was successfully completed under the direction of the school principal and with the cooperation of the teachers.



Students took a closer look at various types of archaeological objects and sculptures in the museum. They also got information about the sculptures of the 11th and 12th century. They obtained information about the idols of Uma Maheshwar, Varun, Ganesh and Jain Tirthankaras found in Sagar district.

Students were guided by archaeologist Mr. Sujit Puri Goswami. He provided students with knowledge of the history and culture of Sagar. Students also asked him many questions. Mr. Sujit Puri satisfied the curiosities of the students by giving answers. Students got information about employment possibilities in the field of



archeology. During the entire journey the students enjoyed food and natural views. The students were supervised and coordinated Mr. Narendra Kumar, Mr. Shailendra Kurmi and Mr. Anurag Singh



CAREER AWARENESS WORKSHOP

On July 24th, our school organized an educative career counseling session featuring Ms. Rosy Jaiswal (B.Com, FCS, LLB) from the ICSI Bhopal Chapter, a government organization. The session provided valuable guidance to students of classes 10, 11, and 12 about pursuing a career as a Company Secretary.



The event began with a warm welcome for our guest, Ms. Jaiswal who shared insightful information on the responsibilities and career path of a Company Secretary, emphasizing the importance in corporate governance and compliance. She highlighted the educational qualifications required, particularly the Company Secretary course offered by the Institute of Company Secretaries of India (ICSI).



The principal, Dr. Abhinav Shukla, also addressed the students providing valuable information on various career options available after 12th grade.



His words complemented the session, encouraging students to explore diverse career paths. Following his speech, Dr. Shukla felicitated Ms. Rosy Jaiswal, acknowledging her contribution. Ms. Anuja Modi concluded the session with a vote of thanks, expressing gratitude to Ms. Jaiswal for her enlightening presentation. The entire session was well-coordinated by Mr. Asraf Hussain and Ms. Anuja Modi, ensuring a smooth and informative experience for all attendees.



HINDI BHASHAN PRATIYOGITA ORGANISED

On July 24, 2024, Naykan Hall was abuzz with enthusiasm as junior students showcased their oratory skills in the Hindi Bhashan Pratiyogita. This event, organized by Mr. Abhishek Tripathi, aimed to foster public speaking abilities and celebrate the richness of the Hindi language among young learners.

The competition featured a diverse array of speeches delivered by students on various topics, demonstrating their grasp of Hindi and their ability to articulate thoughts effectively. The students, ranging from beginners to more experienced speakers, presented their ideas with clarity and passion, making the event both educational and engaging.



The esteemed judges for the event were Dr. Sanjay Tiwari and Ms. Vinita Litoriya. Their role was crucial in evaluating the speeches based on content, delivery, and overall impact. Their expertise added a significant level of credibility and professionalism to the competition.



The audience, comprising students, teachers, and parents, was actively engaged throughout the event. The speeches were met with applause and encouragement, reflecting the community's support for the students' efforts.

The Hindi Bhashan Pratiyogita held on July 24 was a memorable event that achieved its objectives of promoting Hindi language proficiency and public speaking skills among junior students. The success of this event is a positive reflection of the students' hard work and the community's commitment to educational excellence.

INTERHOUSE MATCHES: TT, BADMINTON, CHESS HELD

On July 27, 2024, an exhilarating series of interhouse matches were hosted featuring Table Tennis (TT), Badminton, and Chess. The event was conducted across various categories for both senior and junior students, showcasing their skills and sportsmanship.



The TT matches were conducted in the TT Room, were highly competitive, with participants demonstrating remarkable agility and precision. Mr. Padam Rawat was referee who provided valuable guidance and supervision, ensuring the matches ran smoothly and maintaining high standards of play.



The Badminton matches took place at the designated Badminton court in the Naykan Hall where players exhibited impressive speed and technique. Mr. Trilok Singh was referee who the mentor for the badminton event, played crucial role in overseeing the matches and offering strategic advice to the participants.



Chess matches were conducted in the dedicated chess room, where students engaged in strategic and thoughtful gameplay. Mr. Amit Y was referee who provided valuable guidance and supervision, ensuring the matches ran smoothly and maintaining high standards of play.



The event was managed with a focus on precision and concentration, though specific guidance details for chess were not mentioned, the environment was conducive for high-level play.

The interhouse matches were a vibrant display of talent and team spirit, with students actively participating and supporting their respective houses. The event fostered a sense of camaraderie and healthy competition, contributing to the overall development of the students.

The successful conduct of these interhouse matches reflects the schools' commitment to promoting extracurricular activities and providing students with opportunities to excel in diverse fields. The matches were well-received by both participants and spectators, contributing to a dynamic and engaging school environment.

INVESTITURE CEREMONY HELD

The Investiture Ceremony was held on July 27, 2024, marking a significant event in the school's calendar. The ceremony took place in the school's main auditorium at Nayakan Hall.

The ceremony commenced with the formal investiture of 33 class prefects who were awarded insignia, acknowledging their leadership roles in their respective classes. Additionally, 20 cabinet members were presented with their insignia, symbolizing their new roles and responsibilities within the student council.

The ceremony was witnessed by the entire student body, faculty members, and staff, creating a supportive and engaging atmosphere. The Investiture Ceremony



successfully set a tone of enthusiasm and responsibility for the upcoming academic year, and the newly inducted leaders are poised to make a positive impact within the school community.

The principal administered the oath of office to both the cabinet members and class prefects. This oath marked the beginning of their tenure and commitment to their roles. The principal delivered an inspiring speech on leadership, emphasizing the values of responsibility, integrity, and service. The address aimed to motivate the newly appointed leaders to strive for excellence and to lead by example.

The event concluded with rendition of the national anthem, bringing a sense of unity and patriotism to the occasion. The Investiture Ceremony was a well-organized event that highlighted the school's dedication to fostering leadership skills among its students. The presence and participation of all students and teachers underscored the collective support for the new student leaders as they embark on their roles.



School Cabinet 2024-25



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Gyanodaya khurai



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S. NO.	POSITIONS	SELECTED STUDENTS NAME	CLASS/ SECTION
1	SCHOOL CAPTAIN	GAUTAM PATEL	XII C
2	DY SCHOOL CAPTAIN	SHREYA KURMI	XII D
3	HEAD GIRL	MEENAKSHI THAKUR	XII D
4	HEAD BOY	KARTIK SINGH DANGI	XII A
5	HOUSE CAPTAIN (VIVEKANAND)	RISHIRAJ SINGH THAKUR	XII D
6	DY HOUSE CAPTAIN (VIVEKANAND)	OM GOUR	XI A
7	HOUSE CAPTAIN (TAGORE)	VIKRAM YADAV	XII B
8	DY HOUSE CAPTAIN (TAGORE)	SAKET PANDEY	XI A
9	HOUSE CAPTAIN (LAXMI)	POORVA RAJPUT	XII D
10	DY HOUSE CAPTAIN (LAXMI)	RITUL SAHU	XI B
11	HOUSE CAPTAIN (SAROJINI)	JAINAM JAIN	XII A
12	DY HOUSE CAPTAIN (SAROJINI)	RITIKA MASIH	XI B
13	SPORTS CAPTAIN	ANKIT KURMI	XII B
14	DY SPORTS CAPTAIN	HARSH VARDHAN CHOURASIA	XI D
15	DISCIPLINE CAPTAIN	DEV JAIN	XII C
16	DY DISCIPLINE CAPTAIN	BHAVYASHRI MALAIYA	XI A
17	ACADEMIC CAPTAIN	UDIT NARAYAN RAJPOOT	XI C
18	EDITORIAL BOAD CAPTAIN	SURBHI PANTHI	XII D
19	BOARDING CAPTAIN	AYUSH JAIN	XII A
20	DY BOARDING CAPTAIN	BHAVY JAIN	XII A

For more details
click on the given
QR code.



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