



THE GAUDIUM
PRISM

**Cambridge
International
Edition**

July-2020



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**Shalini Singh Hamilton
Principal
Cambridge International & CBSE**

Dear Parents & Geckos,
Greetings from TGS!

Taking forward from where I left last month... The 'Five Developmental Pillars' of the 'Happy Minds Model'. I would be touching upon each of the pillars for the next five months, starting from this edition. The pillar of 'Mindfulness and Wellbeing' which has been envisioned to ensure the wellbeing and mindfulness of the TGS stakeholders, is indeed the need of the hour in this Covid-19 situation. With the state entering the community transmission stage, it has become all the more important for us to be extra vigilant, stay home and take care of ourselves and our family.

An invisible virus has changed the way we think and live. From the lockdown, to work from home, virtual classes and e-assessments, everything has changed. It's easy to get caught up in all the fear and anxiety surrounding us during this pandemic time. Hence, it is necessary to give wellbeing a priority, stay healthy, productive, and well during such challenging times.

With things changing so rapidly, so much uncertainty can take a toll on our mental and physical health. Mindfulness meditation reduces stress, anxiety and depression. Mindfulness also helps us see things more clearly and helps us strike a balance between staying informed and making sensible choices without becoming overwhelmed.

This is the perfect time to take a step back, take a breath, and practice gratitude. Practicing gratitude can be a great daily exercise to help ground our anxieties and fears. Taking a few minutes to think of things we are grateful for, making it a family activity or doing it solo and sharing it with our loved ones.



**Shalini Singh Hamilton
Principal
Cambridge International & CBSE**

Managing our emotions and supporting each other can be challenging at times. Therefore, we all need to be doing our best to regularly pause, take a breath and be proactive in looking after ourselves and others. While social connection may be tricky during this time when many of us are physical distancing, staying connected to others is more important than ever as we are wired to connect and seek comfort and care from others. We are fortunate to have so much technology at our fingertips enabling us to remain connected to family, friends and colleagues. Contributing to the wellbeing of others helps move our attention from ourselves onto what we can do for them. This helps us connect with others; gain a sense of agency, even if only in a small way; plus helping others also positively impacts our own wellbeing.

The Gaudium Team has been proactive to ensure the wellbeing of our geckos. Right from the assemblies, to the sessions by the school counsellor and from the reflection time to the study lounge where the students interact with their mentors and share their concerns, we are making sure that we support our geckos in every possible way.

We are in this together. Let's empathise, be understanding, practice gratitude, and do our part to help ourselves, and others, stay home, stay healthy and well.

It gives me immense pleasure to share the result of IGCSE Class 10, batch of 2020. Our first batch of students have performed very well and made us proud with 100% results. Congratulations to all the students and the teachers.

The Coordinator's Message



CREDO ERGO POSSUM

I believe, therefore I can...

Greetings to everyone!!!

Today's best and brightest students can only be described as such because they believe in their own abilities; if they didn't, they would have fallen behind their peers long ago. Students' difficulties in basic academic skills are often directly related to their beliefs that they cannot read, write, handle numbers, or think well—that they cannot learn—even when such things are not objectively true. That is to say, many students have difficulty in school not because they are incapable of performing successfully but because they are incapable of believing that they can perform successfully—they have learned to see themselves as incapable of handling academic work or to see the work as irrelevant to their life.

Here are a few winged words to remind us of that ability which is inherent to everyone, to believe.

IF you think you're beaten, you are,
If you think you dare not, you don't
If you'd like to win, but you think you can't,
It is almost a cinch that you won't.
If you think you will lose, you are lost;
For out of the world, we find
Success begins with a fellow's will
It's all in the state of mind.
If you think you are out classes, you are
You've got to think high to rise.
You've got to be sure of yourself before
You can ever win the prize.
Life's battle Don't always go
To the stronger or faster man
But sooner or later, the man who wins
Is the one who thinks HE CAN!

Sunitha Indukuri

CI Coordinator





Hello everyone!

While I was brainsurfing before writing this note, I came across this story on The Economist about the partly or largely Buddhist countries in South-east Asia where there has been little destruction owing to the pandemic compared to the rest of the world. The immediate religious-karmic connection that comes to mind will not stand as Vietnam with a population of 97 million (and ZERO death due to the pandemic), is ruled by an atheist dictator. What is important to notice is the rigid tenacity and stern discipline with which they are fighting each battle against the 'novel' virus. Well, this story immediately brought me back to the story of our schools where each stakeholder is pushing beyond their reach to make sense of the times. Be it the parent, or the student or for that matter the teacher - everyone is contributing largely to ensure that the institution of school continues to thrive.

The story of Thailand is even more interesting. As a country in administrative shams Thailand had miraculously held its medical infrastructure, so much so that travel in the country has earned the name of medical tourism. This reminds me of those days in March and April when we as a school were gearing for a long offensive and were making necessary preparations. We gathered enough people to help run the virtual show and we took up electronic measures to back up the virtual proceedings. And if those were not enough, we kept planning throughout the so-called summer vacation, so when the school started we had minor hiccups.

Now that more than a month has passed and things look a lot more settled with the first set of online tests already administered, we have not rested in our endeavours. All the three pillars of school education have come forward as we have understood the value of our children's education. And, in this hour of crisis, what else do we want from each other!!!

Prithvi Sinha

Editor &

HOD English

POSITIVITY IN PANDEMIC - PARENT PARTAKING

The happiness of our life depends on the quality of our thoughts. We need to train our mind to see good in everything. Positive thoughts can create real values in our lives and help us build skills that last much longer than a smile. A child who runs around outside, swinging on branches and playing with friends, develops the ability to move athletically (physical skills), the ability to play with others and communicate with a team (social skills), and the ability to explore and examine the world around them (creative skills). In this way, the positive emotions of play and joy prompt the child to build skills that are useful and valuable in everyday life.

The coronavirus disease (COVID-19) pandemic has upended family life around the world. School closures, working remotely, physical distancing — it is a lot to navigate for the parents.

We need to use everyday activities as learning opportunities for your children. Although establishing a routine and structure is critically important for children and young people, in these times you may notice your children in need of some level of flexibility. You may switch activities. If your child is seeming to be restless and agitated when you are trying to follow an online learning program with them, flip to a more active option. Do not forget that planning and doing house chores together safely is great for development of fine and gross motor functions. Try and stay as attuned to their needs as possible.

Encourage your children to ask questions and express their feelings with you. Remember that your child may have different reactions to stress, so be patient and understanding. Discuss good hygiene practices. Drawing, stories and other activities may help to open a discussion. Try not to minimize or avoid their concerns. Be sure to acknowledge their feelings and assure them that it's natural to feel scared about these things.

Digital platforms provide an opportunity for children to keep learning, take part in play and keep in touch with their friends. But increased access online brings heightened risks for children's safety, protection and privacy. Discuss the internet with your children so that they know how it works, what they need to be aware of, and what appropriate behavior looks like on the platforms they use, such as video calls.

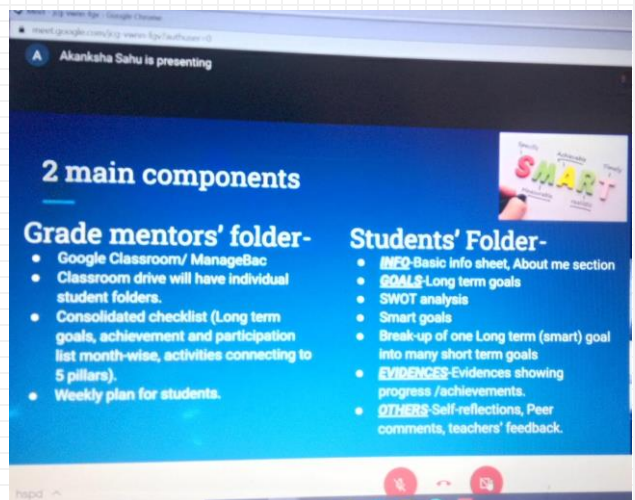
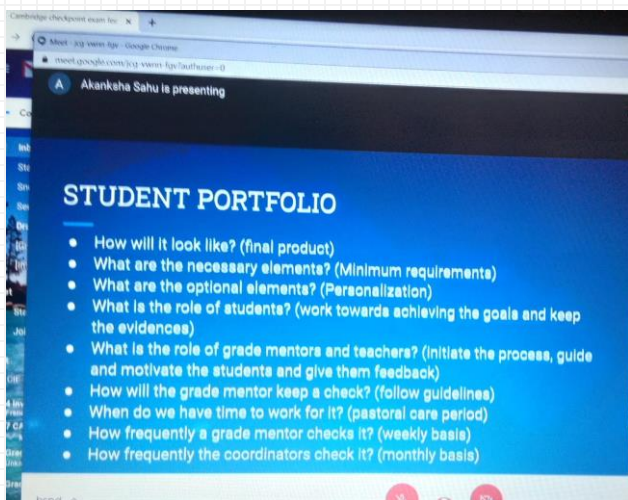
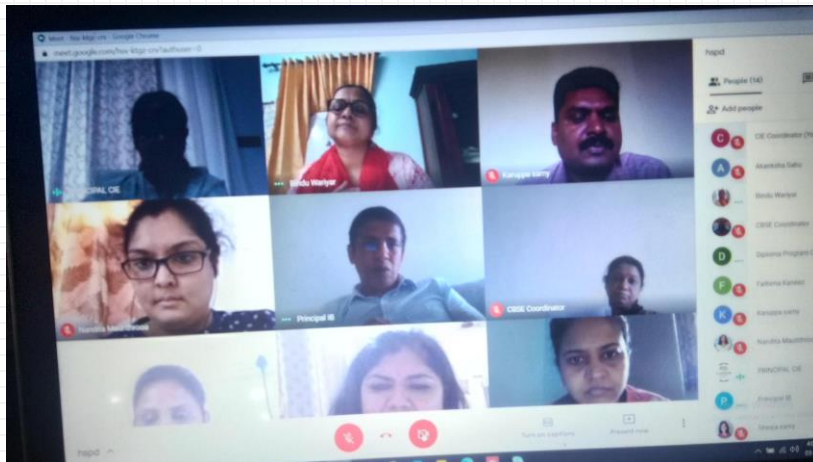
Establish rules together about how, when and where the internet can be used. Set up parental controls on their devices to mitigate online risks, particularly for younger children. Identify appropriate online tools for recreation together - organizations like Common Sense Media offer advice for age-appropriate apps, games and other online entertainment. In case of cyberbullying or an incident of inappropriate content online, be familiar with school and other local reporting mechanisms, keeping numbers of support helplines and hotlines handy.

Stay in touch with your children's education facility. Find out how to stay in touch with your children's teacher or school to stay informed, ask questions and get more guidance. Parent groups or community groups can also be a good way to support each other with your kid's home schooling.

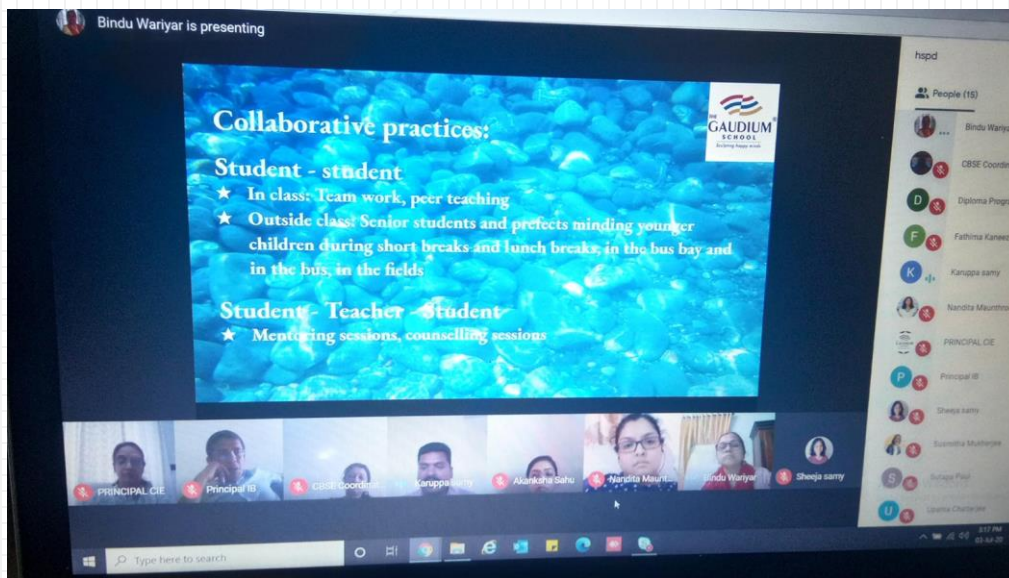
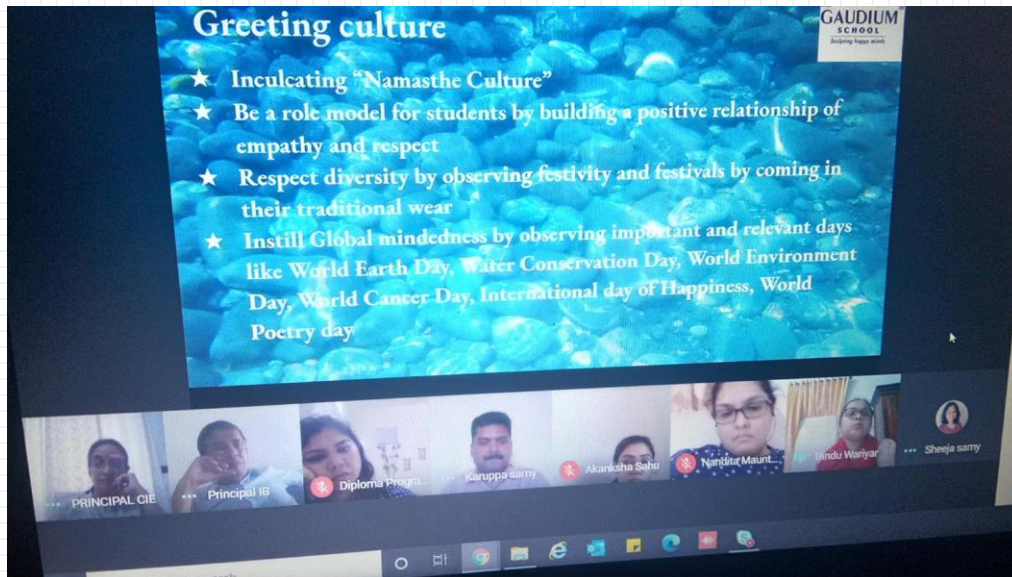
SUNITHA INDUKURI
ENGLISH FACILITATOR
CI & IBDP

The Five Pillars

Core Committee contributing to E-Portfolio creation



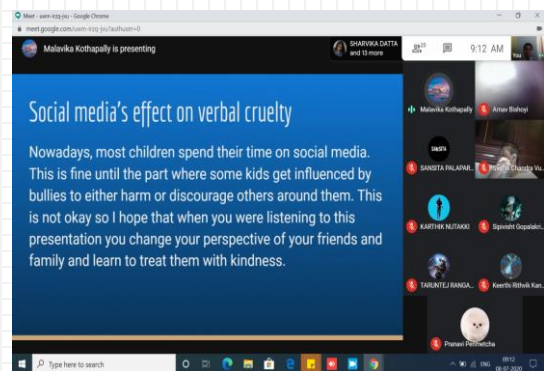
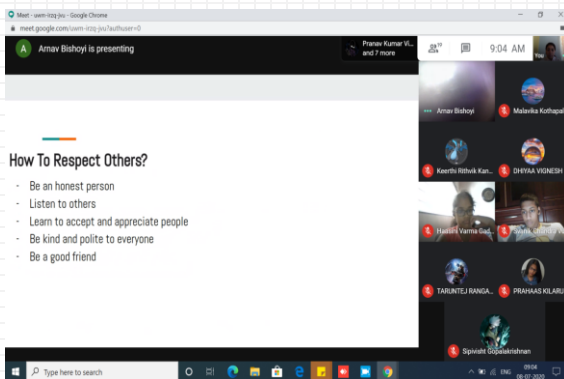
The Five Pillars



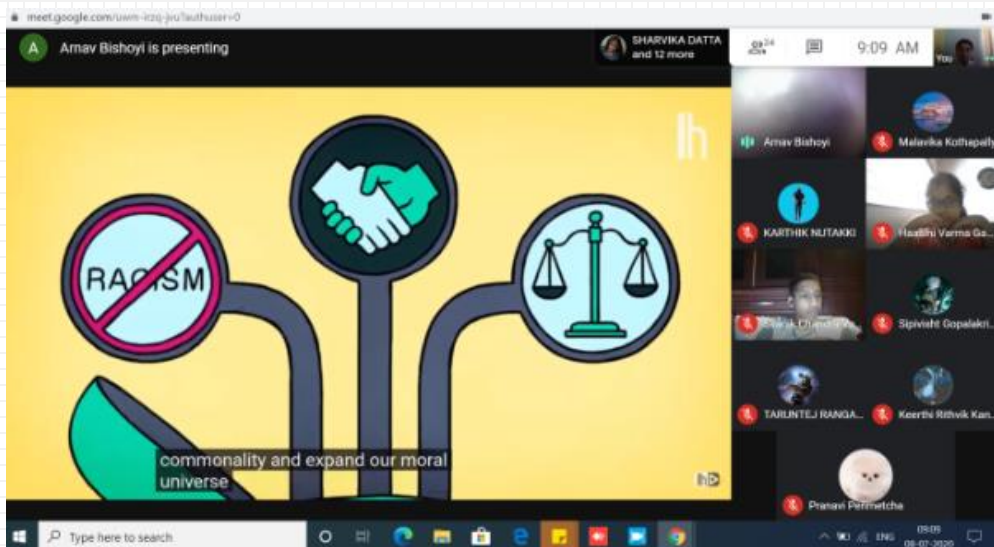
The 4 Q's and H's by the Mindfulness team left the audience speechless

The Congregation of Calibre

It is so rightly said - 'It is only through the power of association that those of any calling exercise due influence in their communities'; morning assemblies during the virtual classes are increasingly transforming into a platform to associate and build connections that reinstate the five developmental pillars of the Gaudium and the student learning profiles. Replete with mindfulness activities, motivational discourses and candid conversations it is widening the vistas of knowledge for the students and teachers, alike.



Class- Grade 8 Assembly Details:- Core Value: Respect

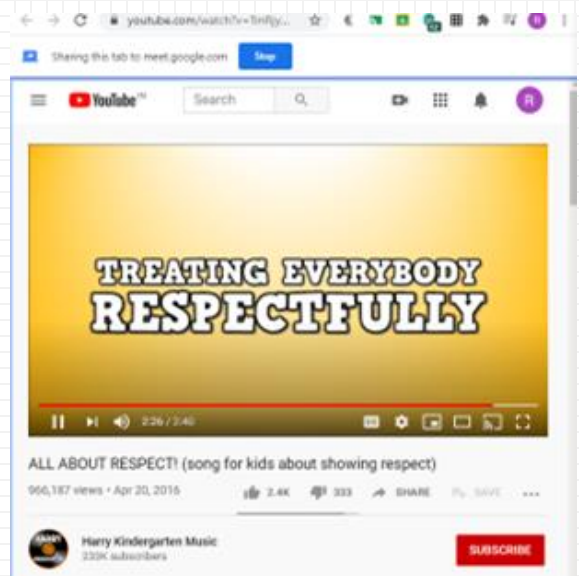
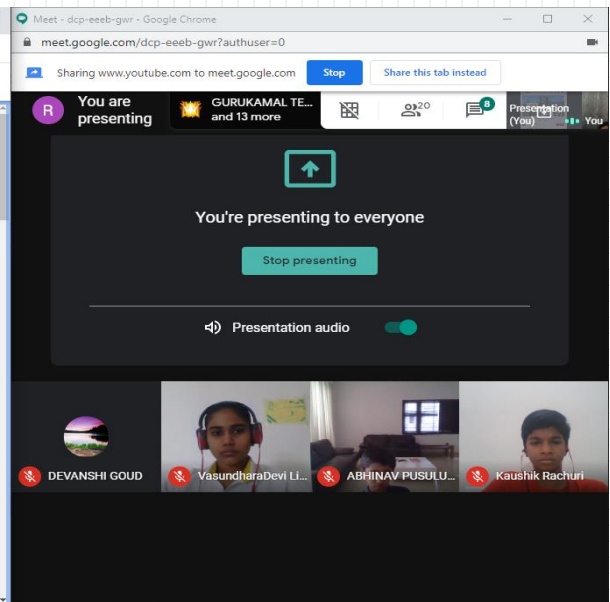
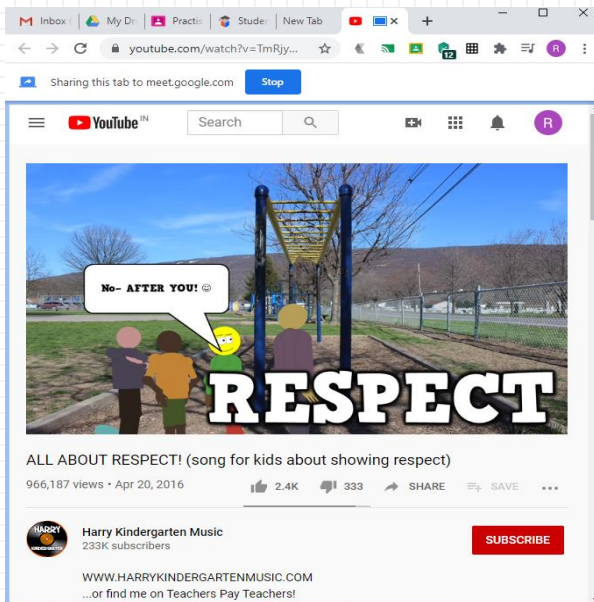


The Congregation of Calibre

Song: ALL ABOUT RESPECT!

Class:7

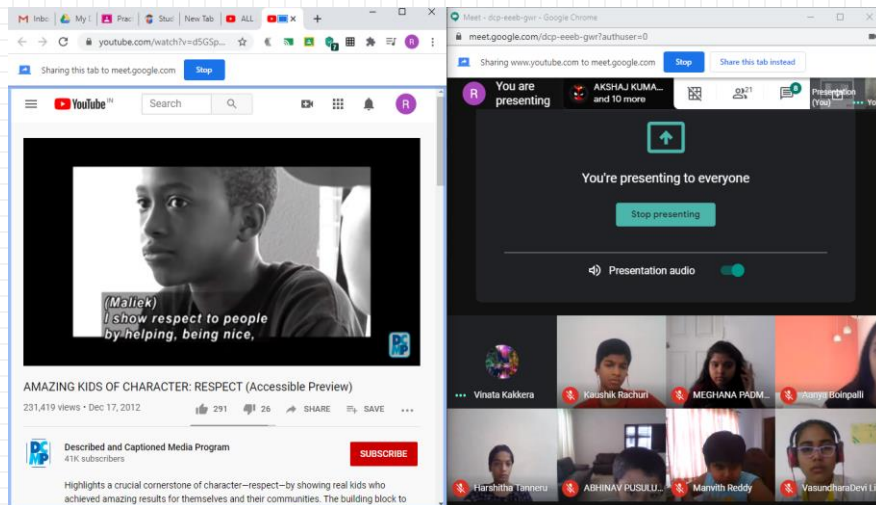
Educational Content: The song teaches that RESPECT is "treating your friends like YOU HOPE they'd treat you." This song goes through four "scenarios" at school where you can show respect: on the playground (waiting in line), in the hallway (being quiet), in the classroom (cleaning up something, even when it wasn't yours), and with your friends (being nice to others and NOT imitating bullying behaviors)



The Congregation of Calibre

AMAZING KIDS OF CHARACTER:

This video highlights a crucial core value —respect—by showing real kids who achieved amazing results for themselves and their communities.

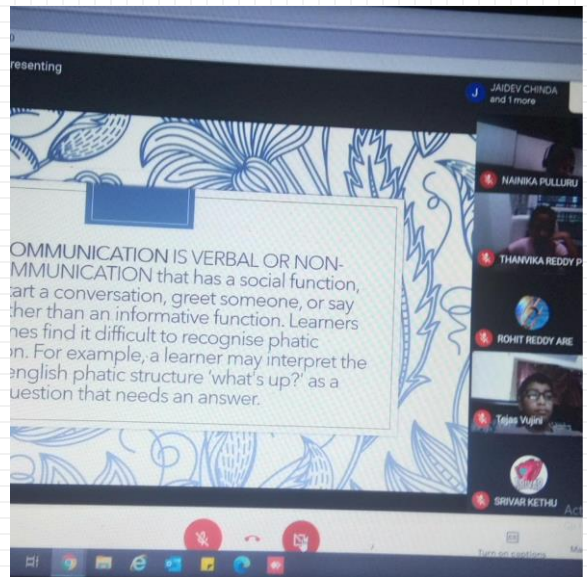
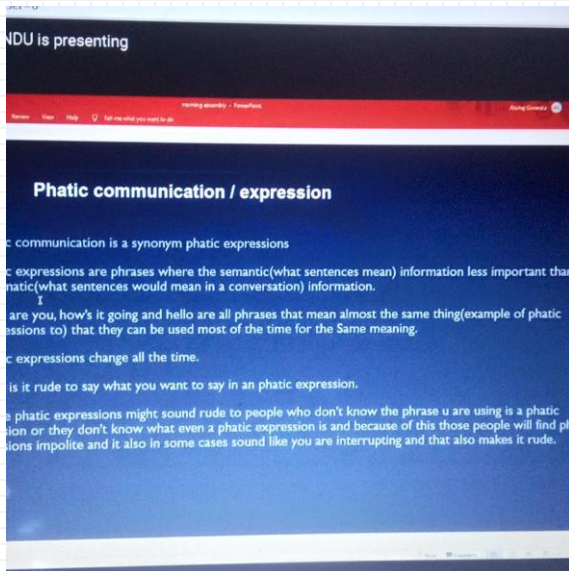


	TWO SITUATIONS YOU SHOWED RESPECT FOR OTHERS IN THIS MONTH:	ONE SITUATION YOU SHOWED DISRESPECT FOR OTHERS THIS YEAR	TWO SITUATIONS YOU THINK YOU WILL SHOW RESPECT FOR THROUGHOUT YOUR LIFETIME:
ABHINAV PUSULURU	<ol style="list-style-type: none"> 1) I went and helped my mother when she needed help 2) I did my brother's homework for him 	<ol style="list-style-type: none"> 1) I gave my mother headache by not focusing in anything <p>HOW CAN YOU AVOID DOING IT NEXT TIME? By listening to her instructions</p>	<ol style="list-style-type: none"> 1) To help people give me respect 2) To understand and show value to surroundings and to people
Varma	<ol style="list-style-type: none"> 1) I helped my mom with baking a cake. 2) I let my mom do her work from home. 	<ol style="list-style-type: none"> 1) I shouted at my dad and even cursed at him. <p>HOW CAN YOU AVOID DOING IT NEXT TIME? By doing what's important for me.</p>	<ol style="list-style-type: none"> 1) the people we need someone most. 2) to respect every kind of living creature and people.

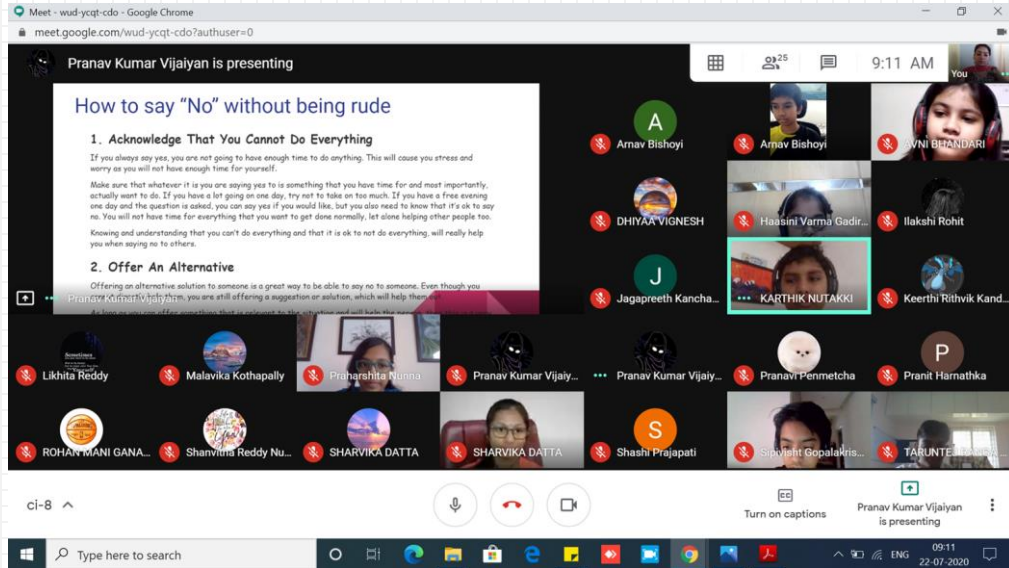
TASK: After watching both the videos students filled the reflection sheet designed by the teacher which was based on the session.

The Congregation of Calibre

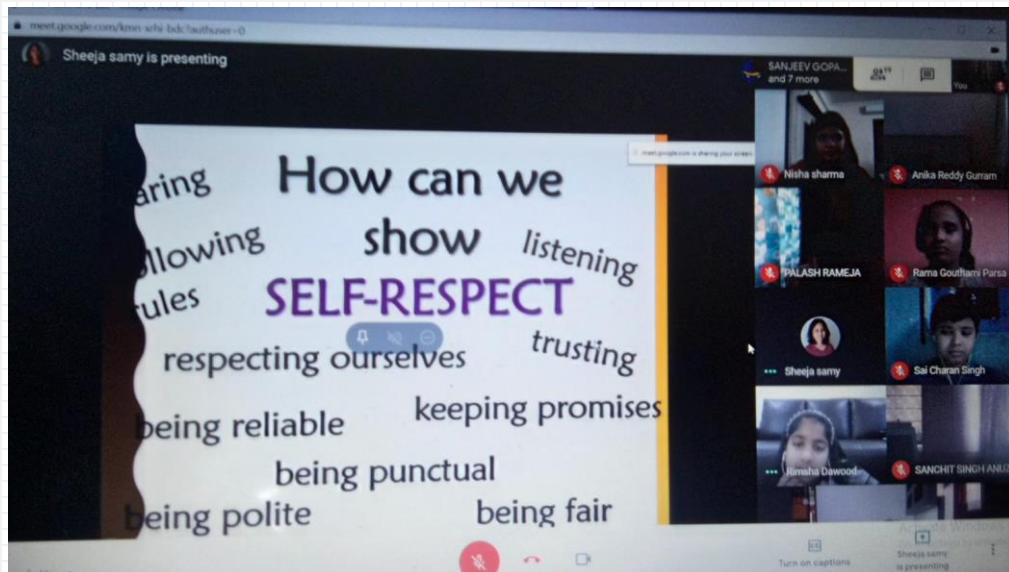
Assembly on Phatic Communication:



The Congregation of Calibre



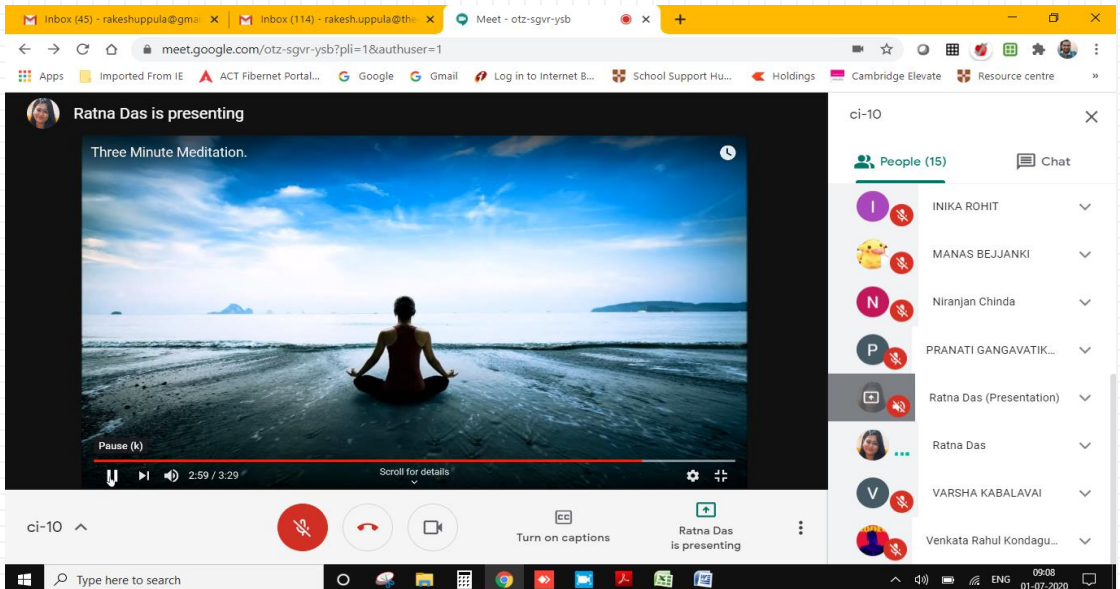
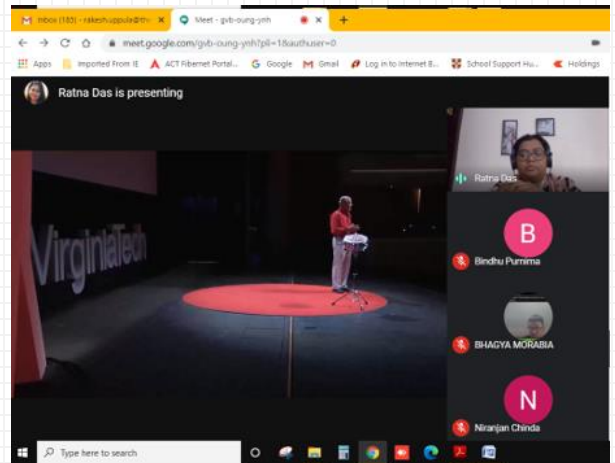
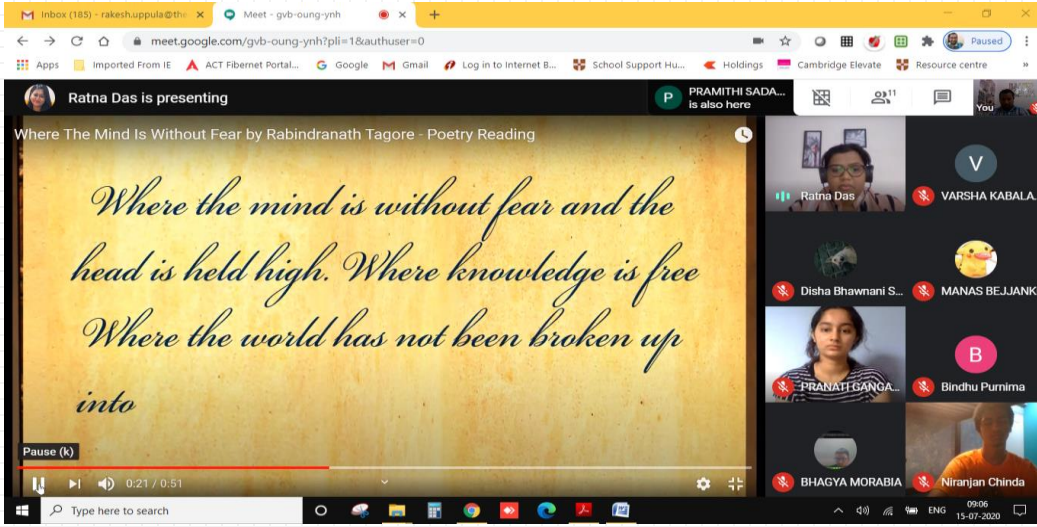
Grade 8



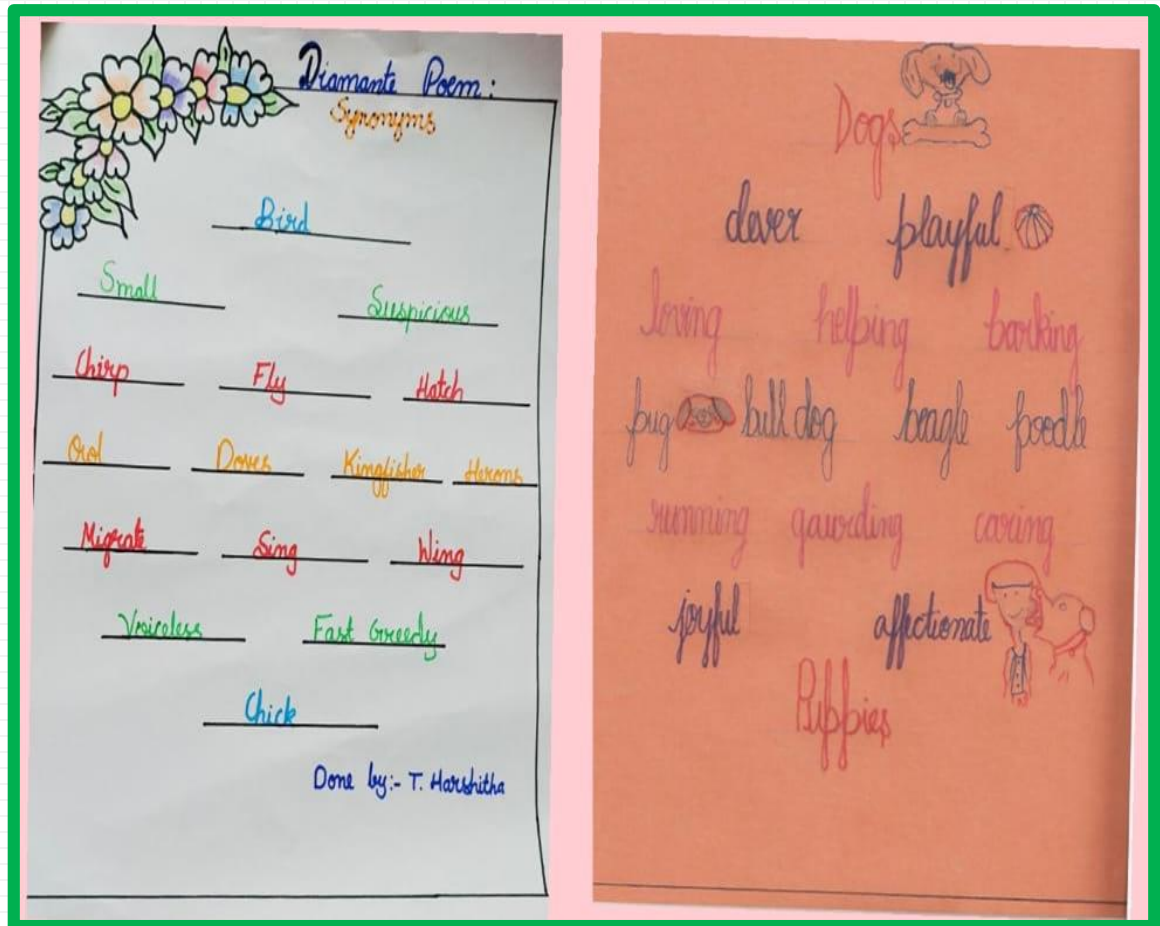
Grade 6

The Congregation of Calibre

Grade 10



A magical power resides in words. There is power in being able to articulate, express, explain or describe using this magical potion. Our language classes progressively strive towards strengthening the charm, infusing linguistic empowerment into the Geckos.



Budding poets with their Diamante poems

Find Your Happiness!

Once there lived an old man in a village. He was very handsome, considering his age, but he was always grumpy, which spoiled his face. With age, his words grew more poisonous; the villagers started distancing themselves from him. Everybody started hating him so much, that it was now unnatural and also insulting to be around him.

On the day the old man turned eighty, the villagers heard a short squeal from the grumpy man's neighbour. The villagers ran there, wondering what calamity the old man had brought on the neighbour's house. As they entered the house, they saw the old man standing at the entrance of the neighbour's house, while the neighbour was standing there, his face stricken with shock.

The head of the village started shouting at the old man, saying "What misfortune have you brought upon us this time? You are so old now, does it hurt you to just smile a little?" The old man turned around, with his handsome face, now even more handsome with a smile adorning it! Now the head was also as shocked as the neighbour. "What...Why...How...When did you start smiling? I thought that word wasn't in your dictionary at all!"

The old man replied "All these days, I was chasing my happiness. At this old age, my consciousness told me to stop chasing it, and slow down. And so, I did. That is when I decided, that I will not chase happiness now. Let it come to me. That is when I found my happiness".

Even though all the villagers were shocked at this sudden change in events, they understood the man's plight. They happily forgave him for his sourness and started to accept him. He was soon a very happy person, and his unfortunate plight changed into a happy tale. He remembered the lesson learnt thereafter- "Happiness doesn't need to be chased. It can always be found within you."

Vaishnavi Bodhi Reddy

6B

MY NEW FRIEND

I flopped down on my bed. My family had just moved from Hyderabad to Mumbai. It had been a few weeks since I moved and I wasn't prepared for a whole new life. I was feeling lonely. I didn't have any friends or anybody to keep me company.

“Ava! Come in the living room, we have something for you!”

That's my mom. She's always in a very creative mood. I walked into the living room and right away, I noticed a huge box on the floor mat.

“Great. Probably more furniture to unpack”, I thought.

Dad opened the box and I peered inside. It was a mound of fur, at first. Then the thing moved and I realised it was ... A cute puppy! I had never been so glad to have a pet! I picked up the little puppy. It looked at me with its brown eyes, shining.

“I'm going to call you Summer.” I told her.

I decided it was a girl. The puppy kept looking at me and then licked my hand.

Later that day, we went out and bought it a collar which was red with a little heart keychain. We also bought her a cosy bed to sleep in, a feed bowl and, of course some food.

The next day, I took my dog for a walk in the park. One girl walked up to me and said “Hi, I'm Laxmi. Are you new here?”

“Yeah. I moved in a couple of weeks ago.”

“Oh, I see. Where did you get this cute puppy?” She bent down and stroked Summer.

“This is Summer. My parents bought her for me because I was feeling rather lonely.” I replied.

“Oh. Well, this is a cute puppy. Would you mind if I show her to my friends?” asked Laxmi.

“No, I don't mind. In fact, I would be happy to.” I replied.

“Ok, follow me!” she said.

After a few minutes, we reached a gang of 5-6 girls chatting with each other.

“Hey guys!” said Laxmi. “Check out this sweet little puppy. It's so cute!”.

Contd.,

All the girls turned around and looked at me.

“Hi, I’m Ava, and this is my pet, Summer.” I said rather shyly.

One of the girls said “Hi Ava. nice to meet you! I’m Nikki, Nikki Simpson. And, oh, your puppy is so adorable!” she said.

“Thanks. Would you like to hold her?” I asked Nikki.

She looked at Summer and lifted her up. Summer gave her a quick, affectionate and very wet kiss. Nikki put Summer down and told me “You are very nice. Why don’t you come with us?”.

I smiled at her and said “Sure! I would love to!”. This is how one little puppy got me so many friends.

Ira Abhijith Kulkarni

6A

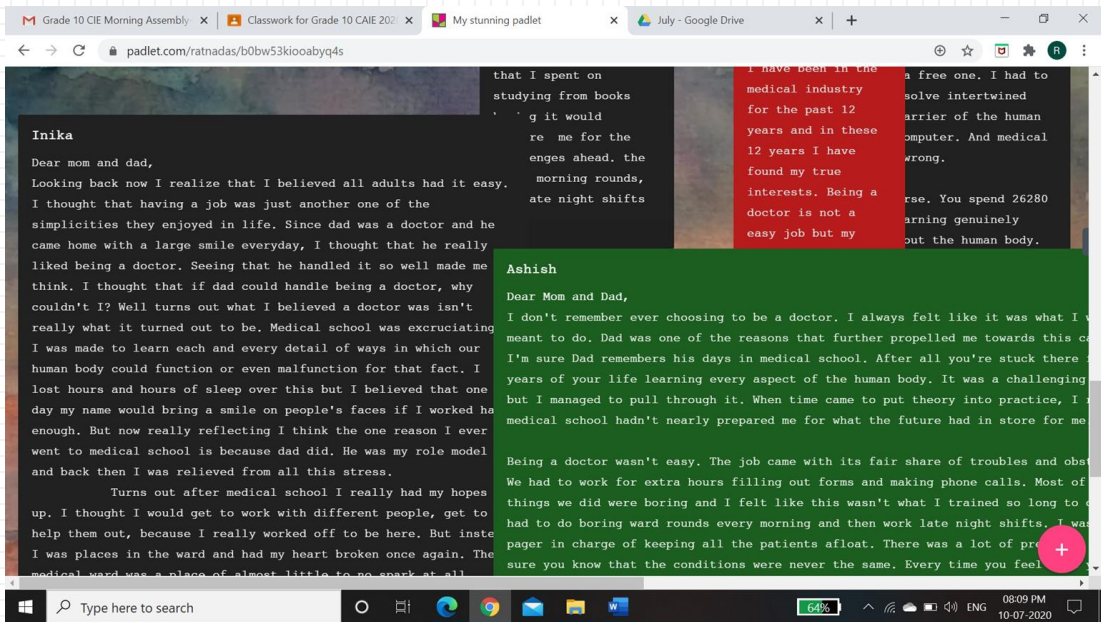
Who needs a colour palette when you can paint a wreath of words on the virtual palette called Padlet?

In an English Language class activity students of Grade 10 IGCSE wrote an imaginary letter to their parents describing why they wanted to quit the medical profession. Inspired by the literary work 'This is Going to Hurt- Secret Diaries of a Junior Doctor' by Adam Kay the activity was a powerful confluence of colour, creativity and upbeat written communication skills.

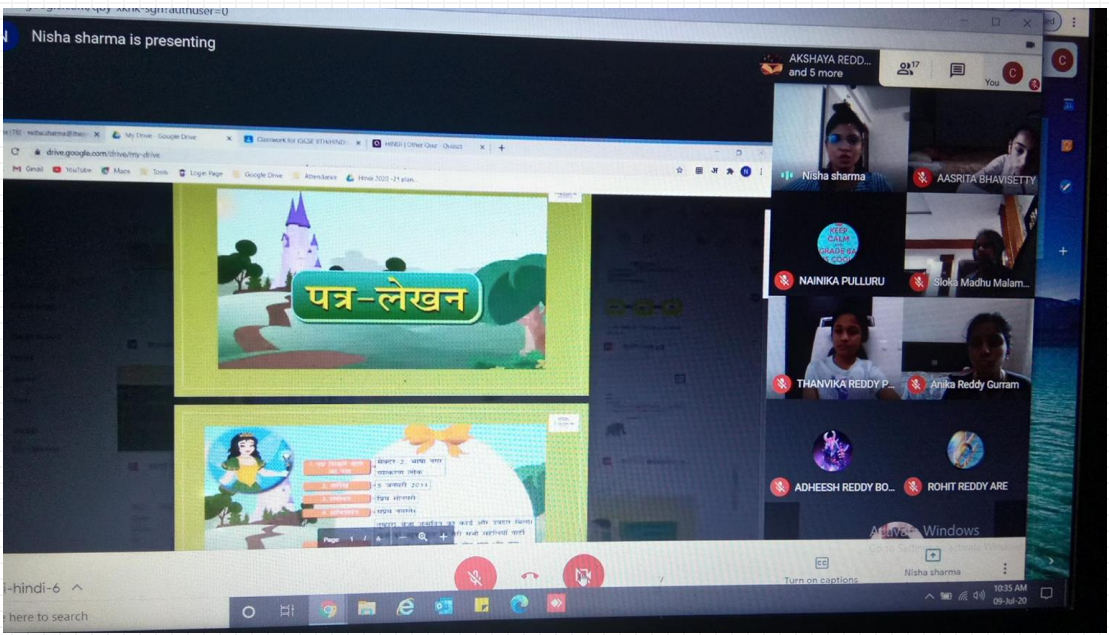
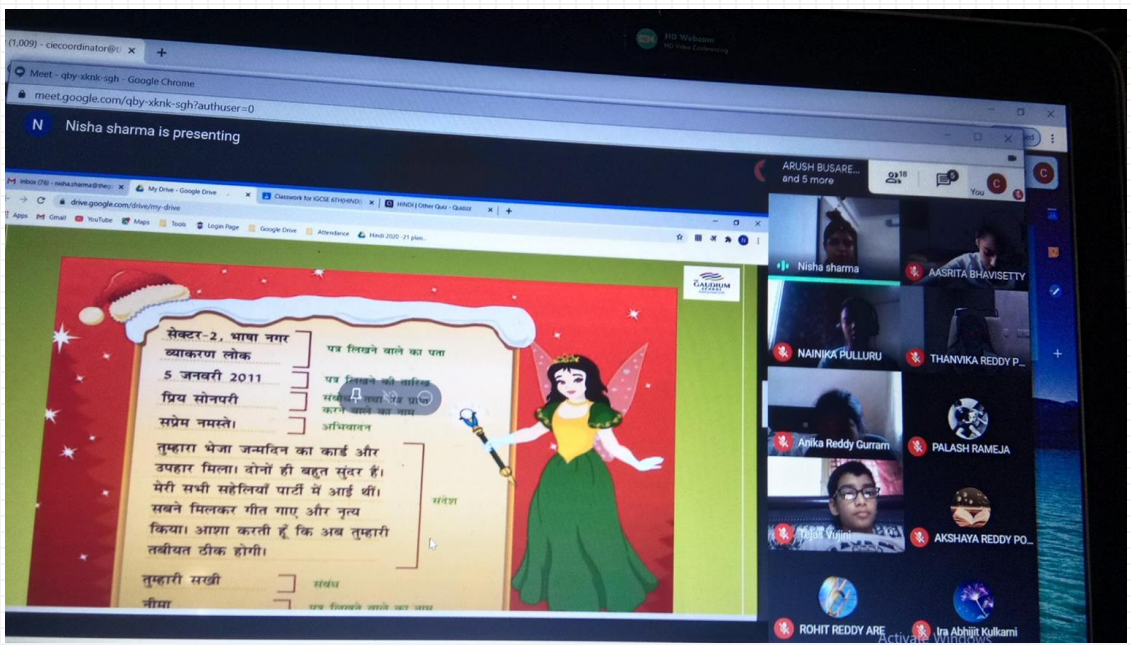
Ratna Das,

Class Mentor and English Language facilitator

IGCSE 10

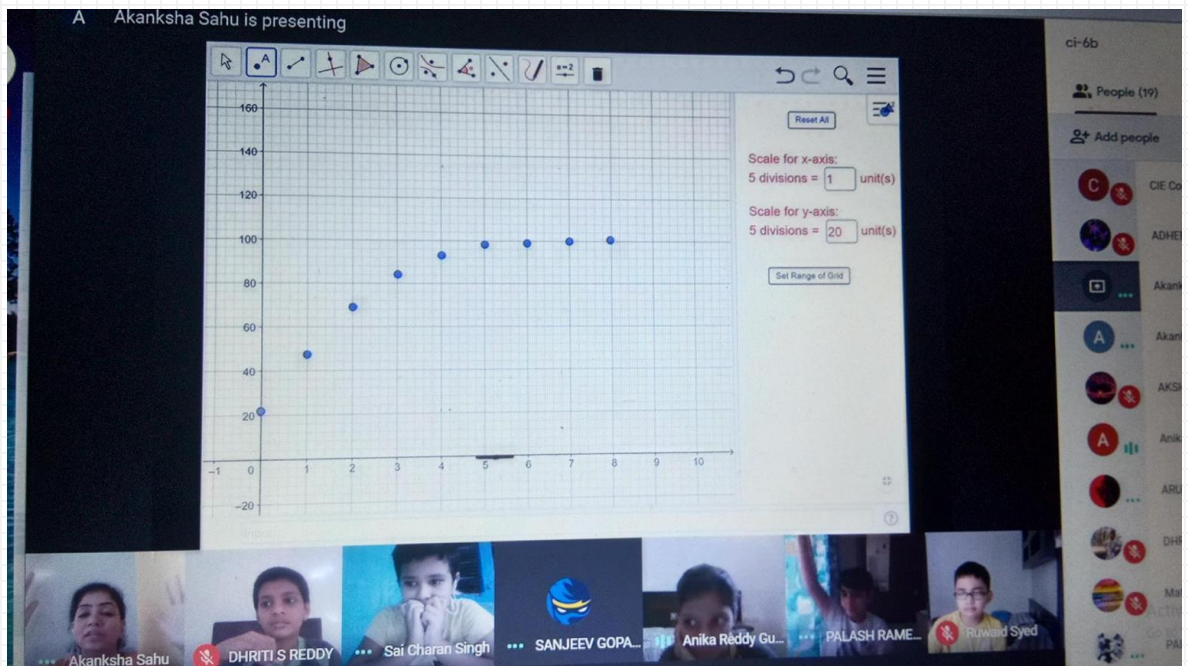


Letter Writing in Grade 6



Quantum Collators

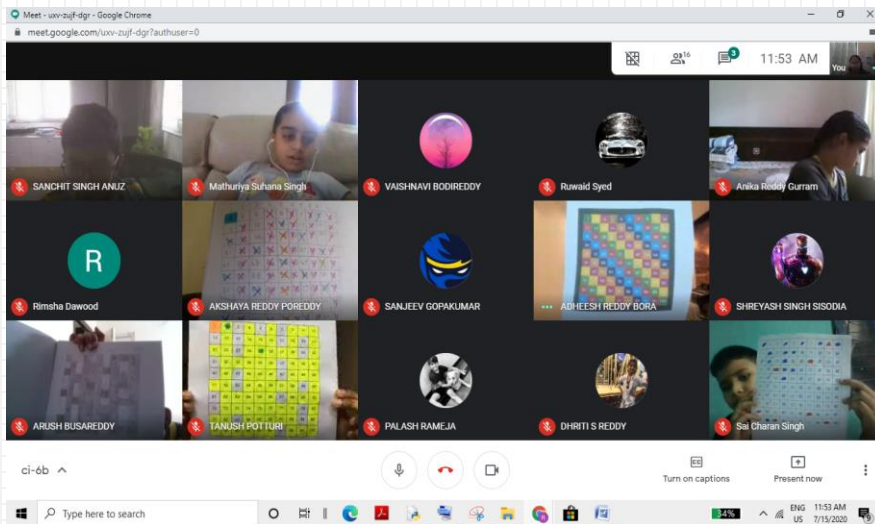
Since time immemorial the human race has chosen to wonder, and that has been the seed of science. In our science classrooms we undertake the expedition of wondering about things around us, till we reach a point where they become gateways for wonderful discoveries. Inquire, Investigate and Infer that's our mantra for success!



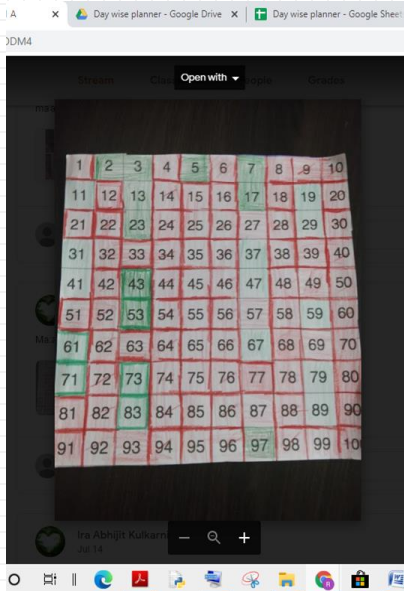
The tool called Geogebra used to depict the graphical representation of time & temperature

The Magic of Mathematics

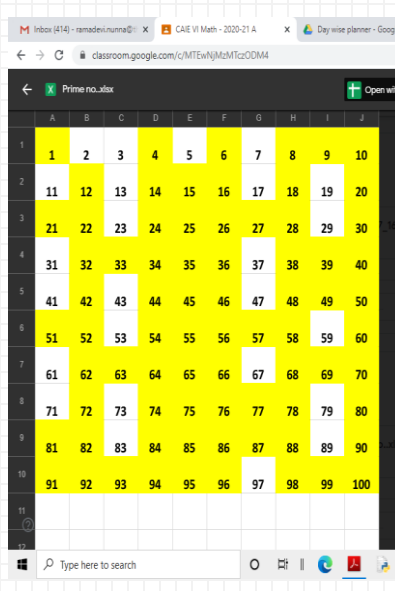
In the world of numbers, we create an equation to connect the abstract to the real and the countable to the infinite. Traversing labyrinthine ways of our complicated problems we solve the mysteries of mathematics. Then the real magic happens! When numbers become our playmates, the frolic with problems reigns.



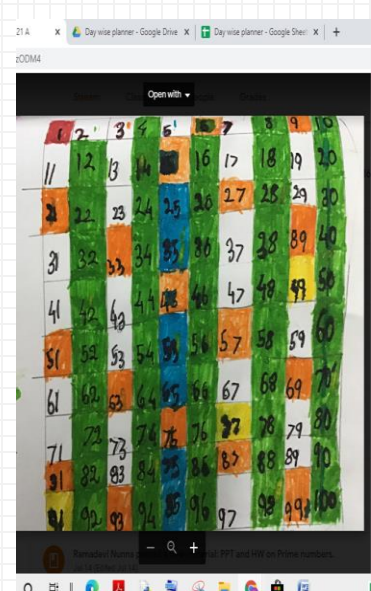
Activity: Generating prime numbers using The Sieve of Eratosthenes. Students apply the test of divisibility rules of 2, 3, 5 and 7 and generate them.



Very well done Ira!



Good job Sara!



TEJAS, Good job!

The Magic of Mathematics

Brainstorming to find the solution to this complicated puzzle...

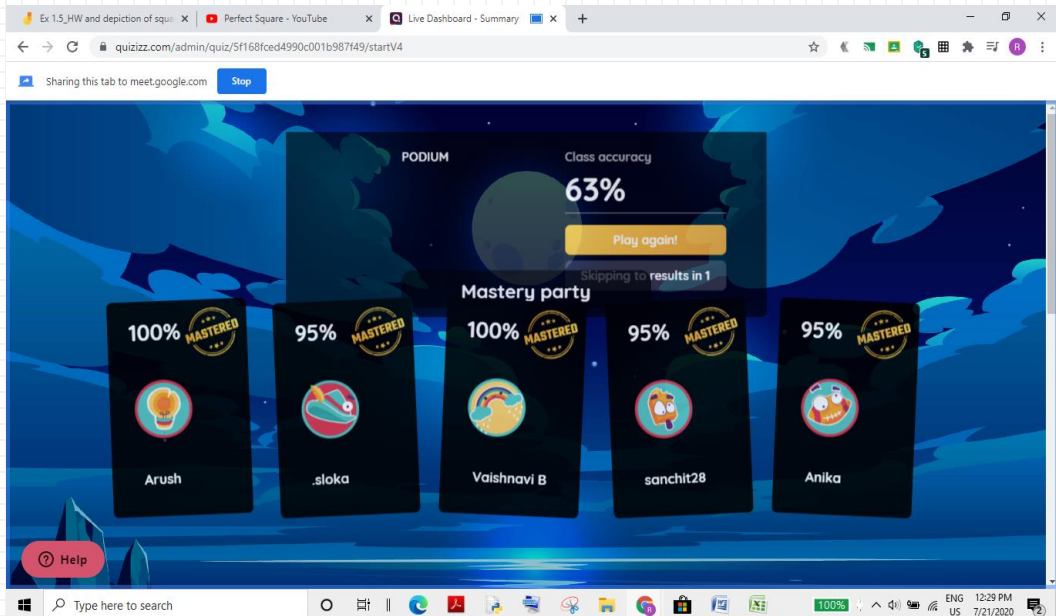
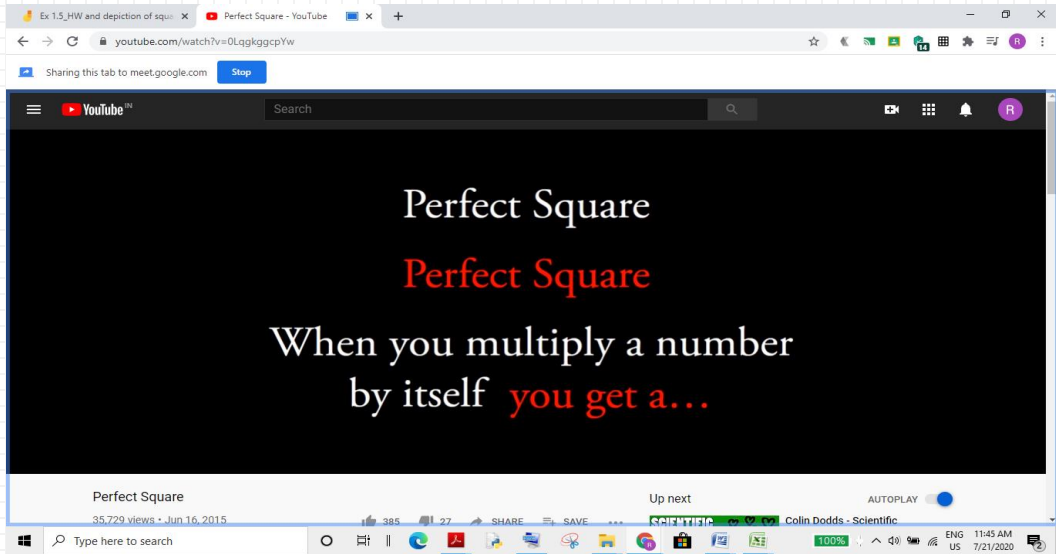
The screenshot shows a Google Meet session. On the left, a browser window displays the 'Nine Digit Sum' puzzle. The puzzle asks to arrange digits 1-9 in a 3x3 grid to form a correct addition. The grid is currently empty. On the right, a presentation control overlay is visible, indicating 'You're presenting to everyone' and 'Presentation audio' is on. The meeting participants' video thumbnails are visible at the bottom.

The screenshot shows the same Google Meet session. The 'Nine Digit Sum' puzzle on the left is now solved. The grid contains the digits 7, 3, 6 in the top row; 2, 4, 5 in the middle row; and 9, 8, 1 in the bottom row. A red starburst graphic with a smiley face says 'CORRECT! Are there any other solutions?'. The presentation control overlay on the right remains the same, and the meeting participants' video thumbnails are visible at the bottom.

Good job Shreyas!!! You figured out the solution for the puzzle very quickly though it was a tricky one.

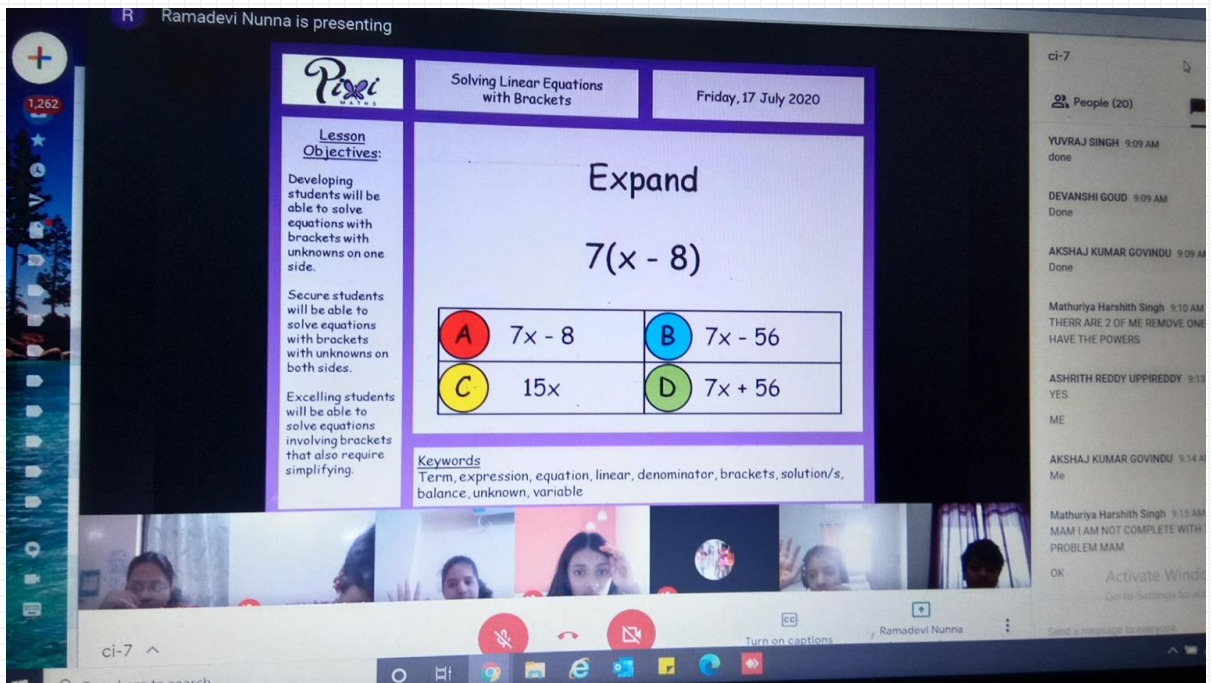
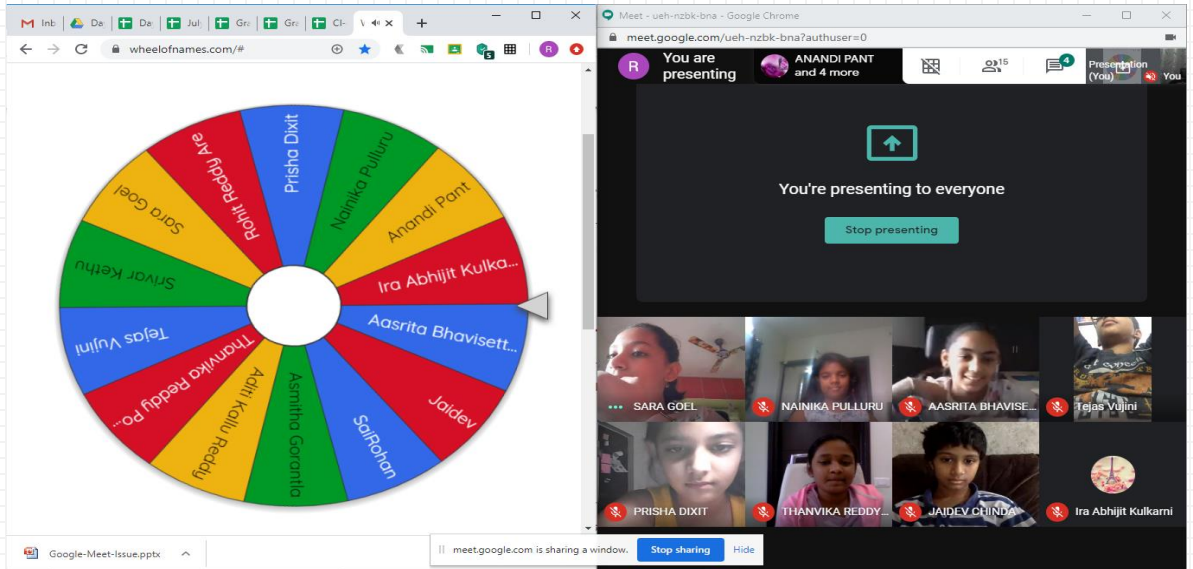
The Magic of Mathematics

Activity: Song on square numbers followed by a quiz on square numbers.



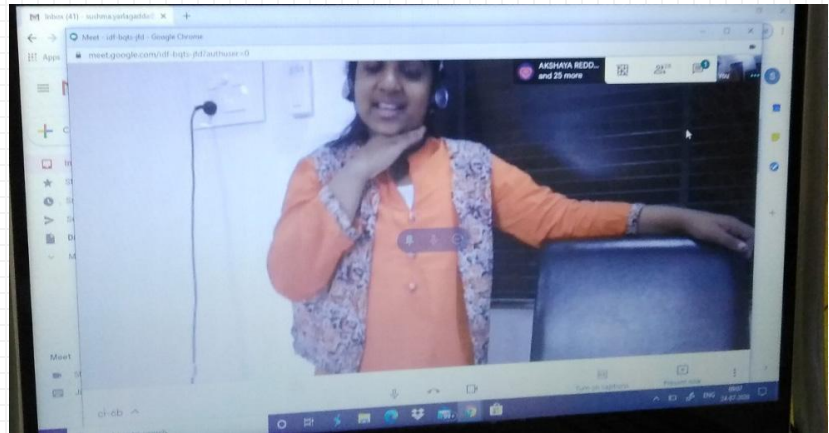
The Magic of Mathematics

An activity on multiples using wheel of chance, which gives a fair chance to every student to answer a question. It was actually fun to choose the name using a names spinner.

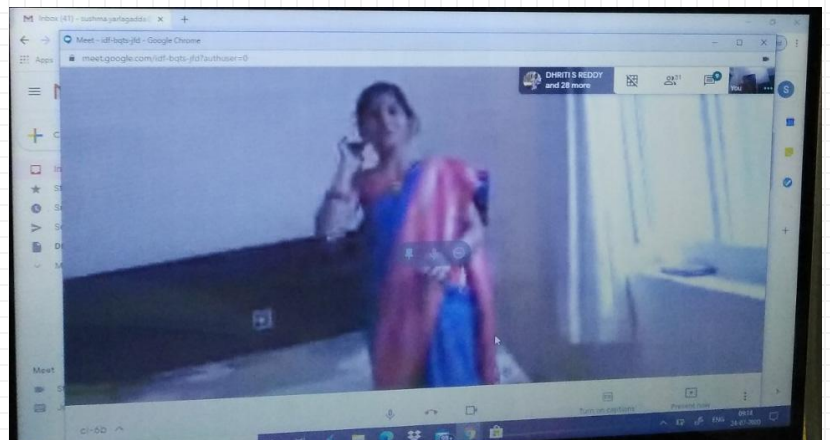


The House of Humanities

History, Civics, Geography, Economics, Philosophy, Law... was there ever a greater force that controlled the universe? In the house of humanities, we seek the truth, attain refinement and usher the advancement of the community.



Role Play by 6B



The House of Humanities



EXPLORATION AND RESEARCH IN DAILY LESSONS...

Indian culture is unique and is one of the oldest cultures in the world. India is one country that has a multitude of religions, beliefs, languages, and food. The main religions followed in India are Jainism, Sikhism, Buddhism, Hinduism, Christianity, and Islam. Even in the era of avant-garde technological advancements, it is our culture that keeps us grounded.

Cultural awareness among kids is a must from a very young age. If they grow up to accept and appreciate their own, unique, distinct culture, it will make their transition into adulthood better. There are many ways in which we can teach the kids to value the tenets of Indian culture and seek to know more about other world cultures.

The best mode of teaching is by citing appropriate examples. Giving examples of our roots will have a better and deeper impact on children. When they see the positive aspect of their own unique culture, they will be able to create a lifelong bond with it.

Children should take pride in their own culture. They should understand that people from other cultures come here to see this renowned culture. Only when kids develop respect for their own culture will they pass it onto the next generation.

Grade 6 B (IGCSE) has come out with a Roleplay Activity to present our culture and traditions. Children explored the diversity in Cultures in India and participated very enthusiastically, dressing themselves depicting each state.. We invited Ms. Sunitha, Ms. Sheeja as the guest for the Activity, along with Grade 6 A (IGCSE) kids as audience. Thank you all for the guidance and support, it was a great motivation to the students

Sushma Yarlagadda

Global Perspectives Facilitator



The Upskill Clan... Enduring Experiences

It is incredible when skills and passion come together; we are left marvelling at its outcome. Our Geckos are constantly striving to upskill themselves to become their best versions. Here's a glimpse.



RESEARCH WORK

WHAT IS A TELEVISION?

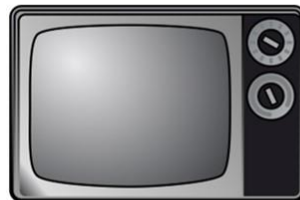
A TELEVISION IS A MACHINE WITH A SCREEN, TELEVISION IS A SYSTEM FOR TRANSMITTING VISUAL IMAGES AND SOUND THAT ARE REPRODUCED ON SCREENS, IT IS USED TO BROADCAST PROGRAMS FOR ENTERTAINMENT, INFORMATION, AND EDUCATION. THE TELEVISION SET HAS BECOME A COMMONPLACE IN MANY HOUSEHOLDS, BUSINESSES, AND INSTITUTIONS. IT IS A MAJOR VEHICLE FOR ADVERTISING.

WHEN WAS TELEVISION INVENTED?

IN THE YEAR 1927, 21-YEAR-OLD PHILLO TAYLOR FARNSWORTH INVENTED THE FIRST ELECTRONIC TELEVISION IN THE WORLD.

WHO INVENTED THE TELEVISION?

THE SYSTEM WAS INVENTED BY PHILLO TAYLOR FARNSWORTH, A 21 YEAR OLD INVENTOR WHO LIVED IN A HOUSE WITHOUT ELECTRICITY UNTIL HE WAS 14.



WHERE WAS THE TELEVISION INVENTED?

ELECTRONIC TELEVISION WAS FIRST DEMONSTRATED IN SAN FRANCISCO ON SEPTEMBER 7. IT WAS INVENTED BECAUSE PHILLO WANTED TO TRANSMIT VISUAL IMAGES JUST AS RADIO TRANSMITTED SOUND.

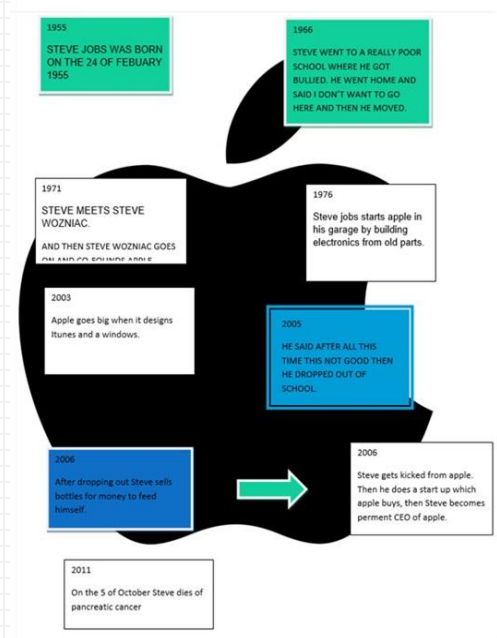
HOW DOES TELEVISION AFFECT OUR LIFE?

TELEVISION CAN IMPACT YOUNG PEOPLE MORE THAN ADULTS, AS THEY WATCH MORE TV THEY GET INFLUENCED BY THE CHARACTERS. PEOPLE THINK THAT THE CHARACTERS IN THE TV ARE HAVING A BETTER LIFE THAN THEIRS. KIDS WHO SPEND MORE TIME WATCHING TV (BOTH WITH AND WITHOUT PARENTS AND SIBLINGS PRESENT) SPEND LESS TIME INTERACTING WITH FAMILY MEMBERS. EXCESSIVE TV VIEWING CAN CONTRIBUTE TO POOR GRADES, SLEEP PROBLEMS, BEHAVIOR PROBLEMS, AND RISKY BEHAVIOR.

Computers are not only about playing games. The importance of the application of computer science has been truly understood by all the age groups due to the ongoing crisis. Every subject is benefitted by integration of technology in their lesson planning. So, it is very important for the students to realize that there are various applications available on the globe where they can showcase their talents in the form of creativity, language development and problem solving skills. With all this in mind the journey of computer science for Grade 6B started with a variety of hands-on experience in documentation and presentation.

The creative minds were at work for making their own comic strip. Right from the selection of characters, plot, dialogue and story, the originality was maintained throughout. Also they learned to record their voice and implement it in the software. They also created fact cards, pictionary and timeline on other fields of computer science. These applications are effective because they engage students in a meaningful learning experience where they get a chance to enhance their cognitive, intellectual, social, and cultural values. The teaching and learning is successful only when we reflect on the topics, understand the challenges and work on them. Hence it is a practice in computer science class to take reflection from students and share an action plan with them.

Sushmita Mukherjee
Computer Science Facilitator

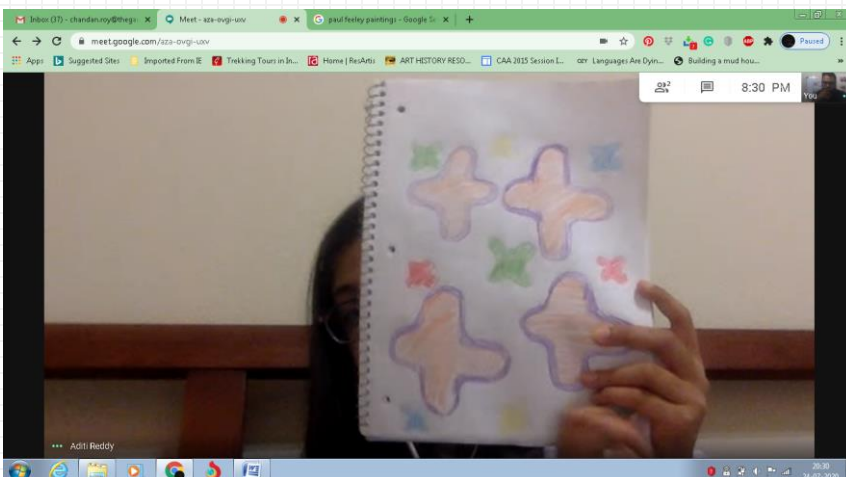
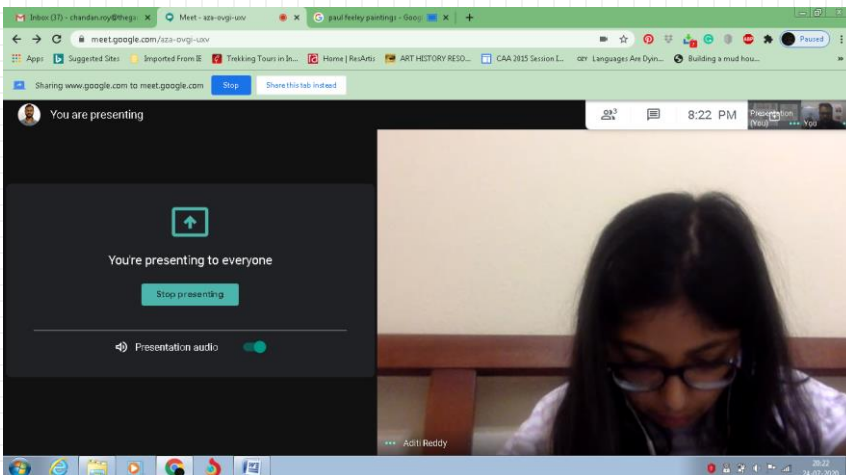


The Upskill Clan... Enduring Experiences

Visual Art

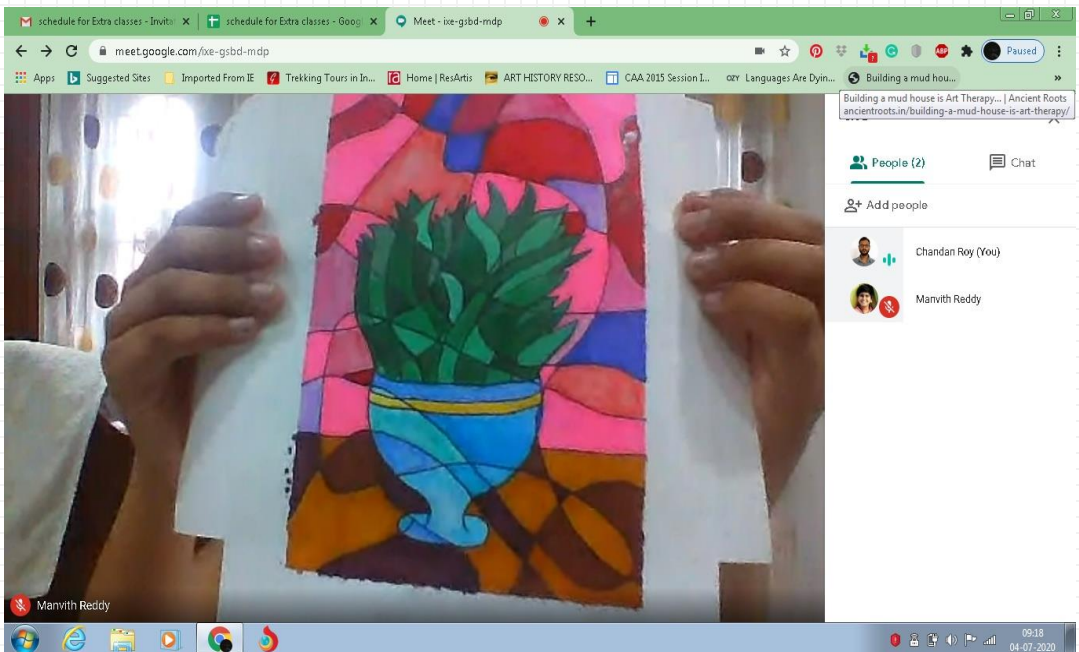
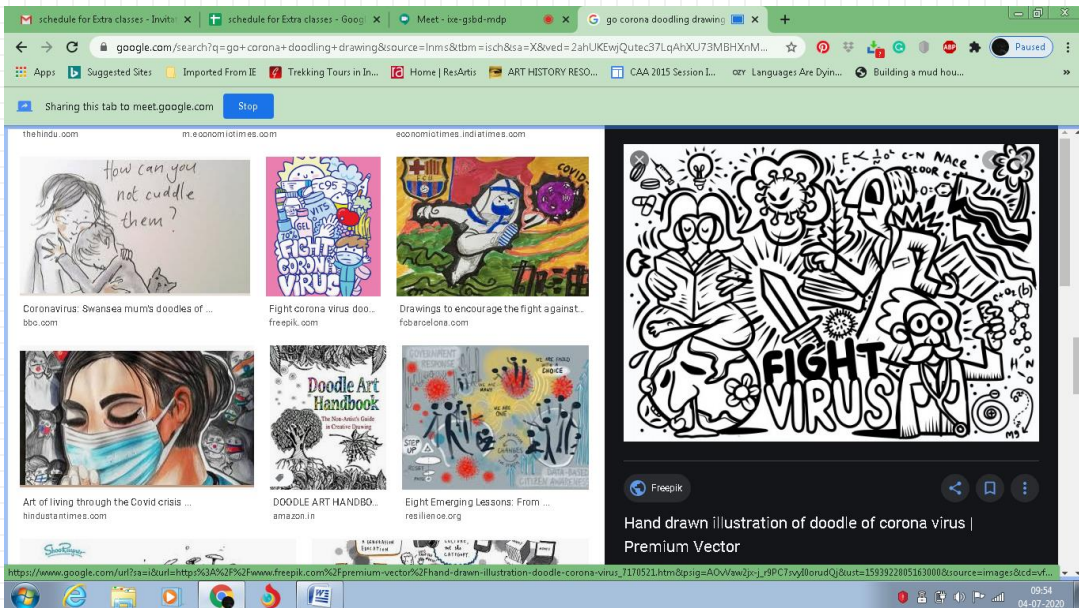
COVID CATAPULT

The Covid-19 pandemic has been the greatest challenge we have faced since World War II. The pandemic is a health crisis that has also cramped the social, economic and political structure of every country. However, we believe that the deep and long standing scars will eventually heal by the embalming waves of time. This positive vibe was induced in our little champions through a poster making project which assured them of a more vibrant and prosperous future.



The Upskill Clan... Enduring Experiences

Visual Art





Monologues and Vocals in Drama Class...

Drama promotes communication skills, teamwork, dialogue, negotiation, socialization. It stimulates the imagination and creativity; it develops a better understanding of human behaviour and empathy with situations that might seem distant.

Dramatic exploration can provide students with an outlet for emotions, thoughts, and dreams that they might not otherwise have means to express.

In theatre, a monologue is a speech presented by a single character, most often to express their mental thoughts aloud, though sometimes also to directly address another character or the audience. Monologues are common across the range of dramatic media (plays, films, etc) They involve one 'voice' speaking but there are differences between them.

The 5 Pillars Reflection



Diving Deep...

“Educating the mind without educating the heart is no education at all” – Aristotle

I was pleasantly surprised when I got a mail from The Gaudium regarding a meeting of the core committee members just before the school was scheduled to reopen. The excitement paved the way to curiosity to explore this new arena.

As a teacher, I have always believed that imparting knowledge is just one of the roles that we have to play in the lives of students. An equally important role for teachers is to shape the character of the children we are entrusted with. So, to this effect, when the school echoed these thoughts and more importantly seemed to have a path to achieve it through *“The Five Pillar – Happy Mind Model”*, I felt a wave of satisfaction run through my senses.

When we were asked to choose one of the pillars of our choice, I had no doubt that *“Mindfulness and Wellbeing”* was what I wanted to work with. This was primarily because I have, after practising mindfulness, witnessed a tremendous transformation and abundance in every sphere of my life. However, an in-depth dive into the topic opened a sphere of possibilities about how mindful living can transform our existence. A careful analysis of the five pillars surfaced the fact that there is indeed a deep chord that intertwined these pillars together.

I believe that including *“Mindfulness”* as a parallel curriculum is all the more crucial at this time of uncertainty and turbulence as it essentially trains us to be present in the current moment and evaluate its impact on the energy encircling us. Cultivating mindful habits can have a profound effect in nurturing a more open-minded, balanced global citizen.

The Gaudium School has indeed stepped ahead of the traditional school curriculum by its forward-looking vision that focuses on creating a stronger, more secure tomorrow.

BINDU WARIYAR

CHEMISTRY FACILITATOR



Talking Titans

A wise Napoleon Hill once said “One of the most valuable things any person can learn is the art of using the knowledge and experience from others”. And fortunately enough I acquired a bit of this cherished treasure from Siddharth Tripurani, an IBDP graduate who will be attending New York University- Stern School of business this year.

This guest lecture specifically, was very unique due to one precise distinctive reason. Siddharth was not so long ago a student of our age, who knows what it means to be a Gen Z student in a world full of technology and advancement. His session was rich in content for many reasons; at the outset I was able to comprehend the preconceived negative notions that a few students have about some elements of IBDP such as ToK and the actual truth behind such interpretations, along with that, he also provided a philosophical introspection about how to plan and organize ourselves and our efforts into becoming better. Seeing Siddharth talk about “What not to do” in the process of preparing for the imminent is all that I needed to hear and his hearing assisted me in finding the balance between how much effort and stress needs to be going to groundwork. After much reflection upon his words, I have realized how sometimes we put ourselves under so much pressure and hassle to live up to our expectations and how in other times, we take everything for granted and are neglectful towards our schedules and tasks. We occasionally forget that what we are going through right now is just a process of never ending learning and evolution, and due to this we are content when we reach a goal but the truth is there is never an end to success.

Now, I can say assertively that I have become much more open-eyed towards what goes into becoming not only a student with an exemplary performance but also a responsible human being in general.

Bindhu Poornima

IGCSE 10

सम्मान पाना हैं तो पहले सम्मान दीजिये (Give Respect – Get Respect)

हम सब एक सम्मानित जीवन जीना चाहते हैं, हम चाहते है की लोग हमारा प्यार से आदर सत्कार करे, हमें मान सम्मान दें। लेकिन जब ऐसा नहीं होता तो हम दुखी हो जाते हैं, यही सोचते हैं, उसमे संस्कार नहीं हैं। मान सम्मान मांगा नहीं जाता, इसे कमाना पड़ता है। कोई दिल से मान सम्मान करता है, कोई डर से और कोई मान सम्मान का दिखावा करता है।

गाँधी जी ने कहाँ था, 'जो बदलाव आप दुनिया में देखना चाहते हैं, पहले वो बदलाव खुद में लाइए' अगर सम्मान पाने की चाहत हैं, तो पहले स्वयं का और दूसरों का सम्मान करना सीखिए। जो व्यक्ति खुद से प्यार नहीं करता, अपने आप को ठीक से प्रस्तुत नहीं करता, साफ़ सफ़ाई का ध्यान नहीं रखता, जो खुद अपनी इज्जत नहीं करता। आखिर वो कैसे औरो से इज्जत और आदर पाने की उम्मीद कर सकता है।

सम्मान पहले आपको देना होगा

ये मान सम्मान तो घर से शुरू होता है, जहाँ माँ के बनाये खाने की तारीफ बच्चा दिल से करता है, माँ का सम्मान करता है, उसके प्यार मोहब्बत के लिए। एक पिता अपने बच्चों के अच्छे रिजल्ट पर उसे सम्मानित करता है, और रिजल्ट अच्छा न होने पर उसे प्रेरित करता है। मान सम्मान ऐसा होना चाहिए की सामने वाले को बनावटी न लगे, सम्मान दिल से और सुधारने के भाव से होना चाहिए।

दुसरो को सम्मान देना यानि खुद का सम्मान करना

मान सम्मान देना, आदर करना ये एक महान गुण है, ऐसा करके सबसे पहले अपने मन को खुशी मिलती है। जैसे एक फूल बेचने वाले के हाथ में महक रह जाती है। ईश्वर की बनाई हर रचना, सराहनीय हैं उसका सम्मान किया जाना चाहिए।

अगर किसी की गलती को सुधारना है तो पहले उसके अच्छे काम, उसके कोशिश की तारीफ होनी चाहिए, बिना किसी ऊंच - नीच की भावना से हमे सभी व्यक्ति का सम्मान करना चाहिए और आपको सभी की नज़रों में बड़ा बनाया। इसलिए, पहले सम्मान देना ज़रूरी है, सम्मान पाने के लिए।

“हर व्यक्ति अपने आप में अनोखा होता है। हम भी दूसरे व्यक्तियों के अनोखेपन का सम्मान करते हैं” रॉबर्ट शूलर

As we grow as unique persons, we learn to respect the uniqueness of others. – Robert Schuller

निशा शर्मा

HINDI FACILITATOR

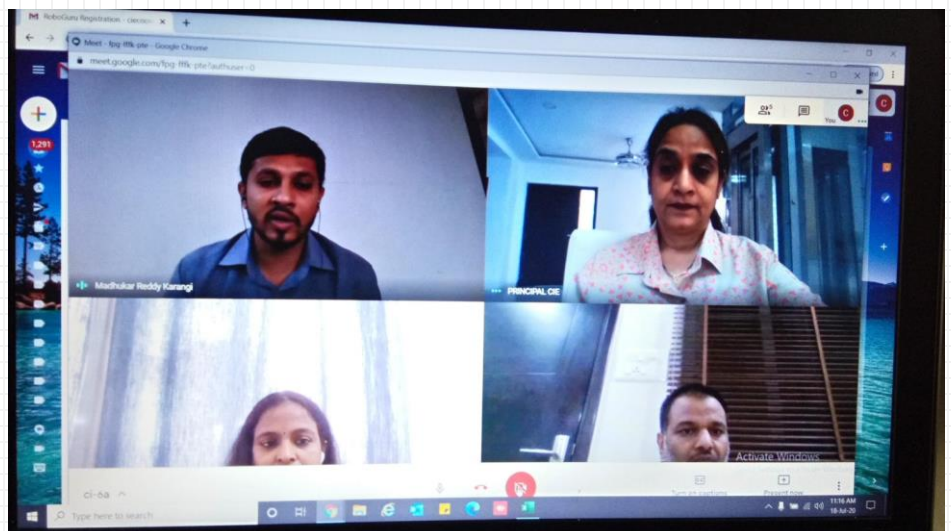
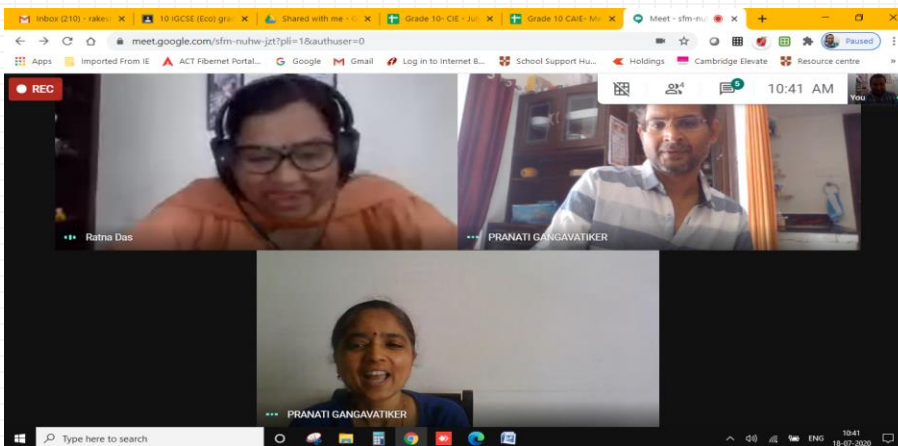
Stakeholder Engagement Con-Connect

The parent and teacher meeting is an effective way through which parents can discuss several issues that they feel are hindering their child's learning. Face to face communication with the teacher immensely helps the parents to plan out the learning process of their child.

The present pandemic has paved the way to explore novel ways to connect with each other.

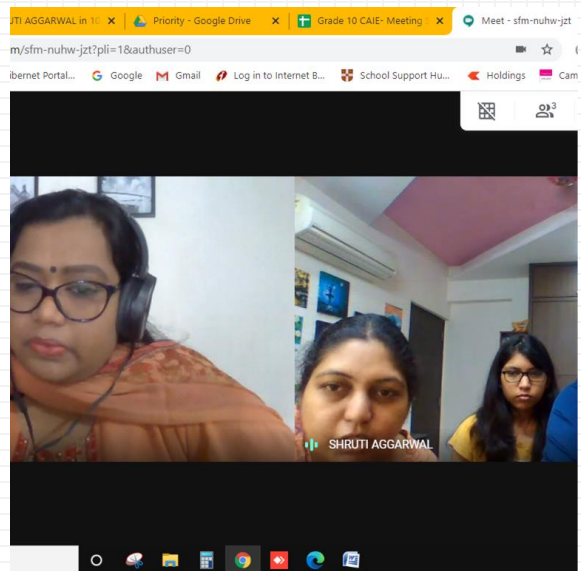
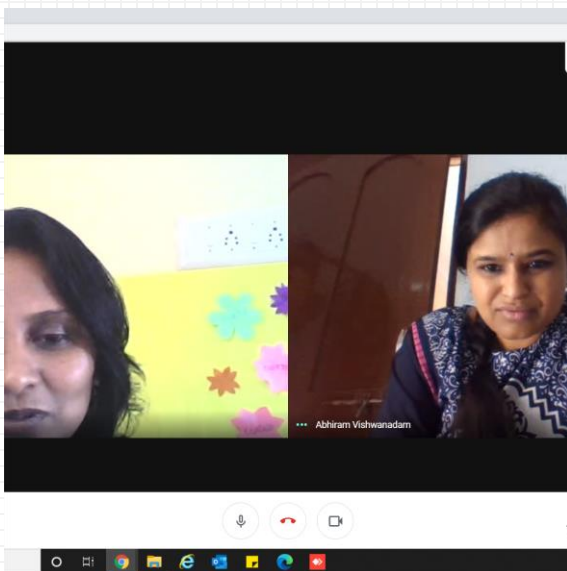
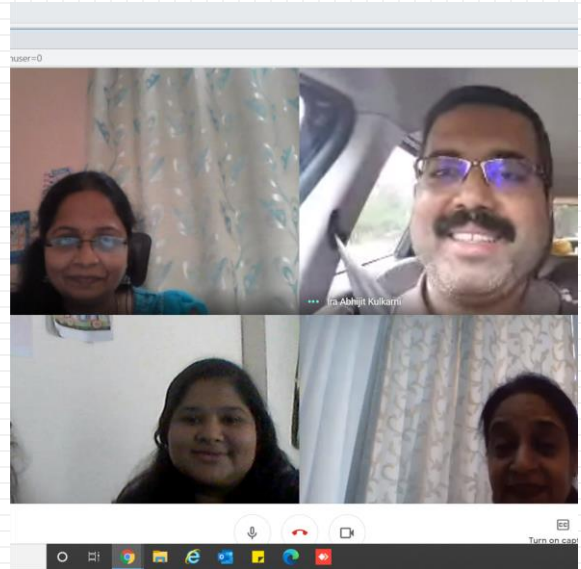
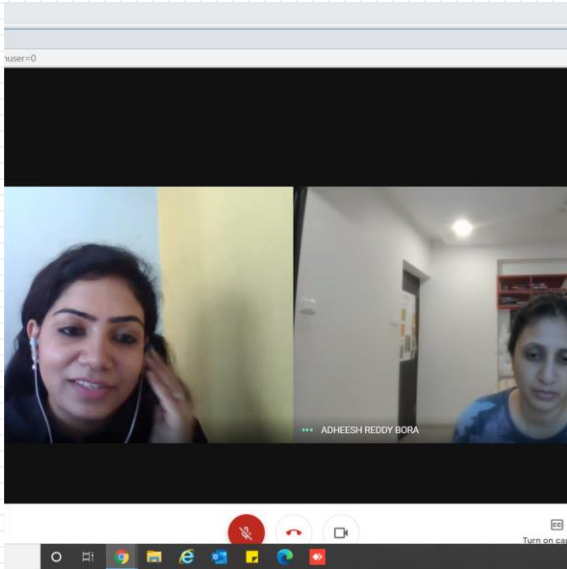
The CON-CONNECT(Virtual PTM) on July 18th, was no less than any other Parent Teacher Meetings. In the given time slots parents moved from one code to another to meet their ward's respective subject teachers.

Sunitha Indukuri



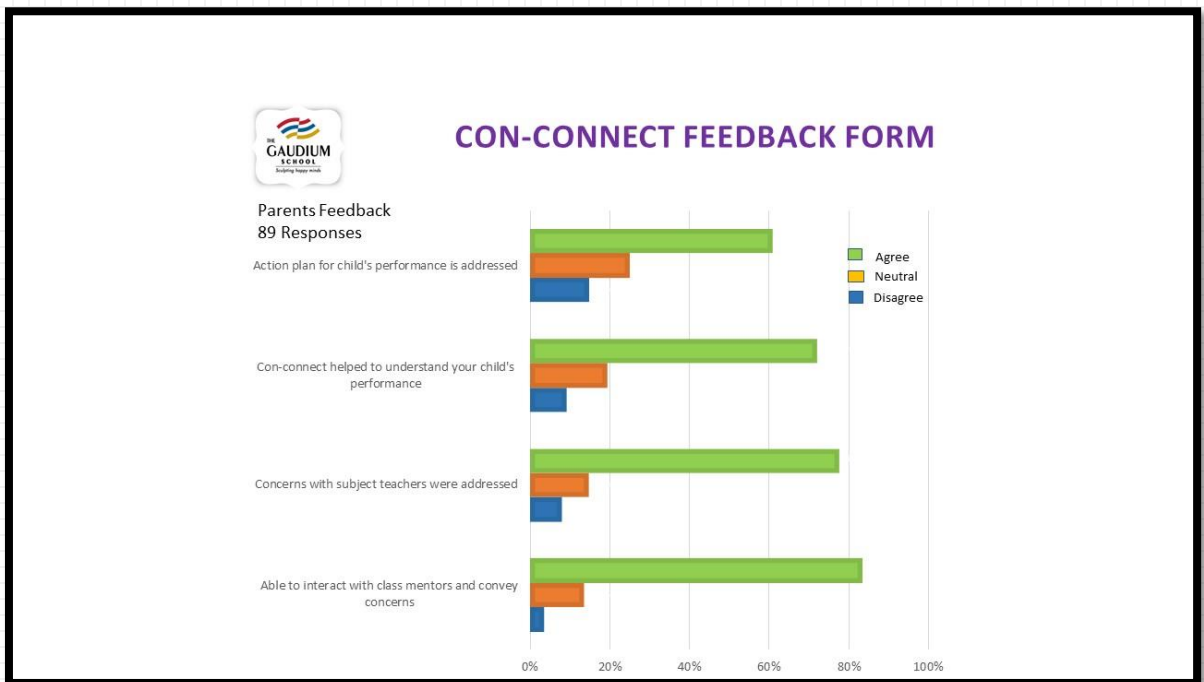
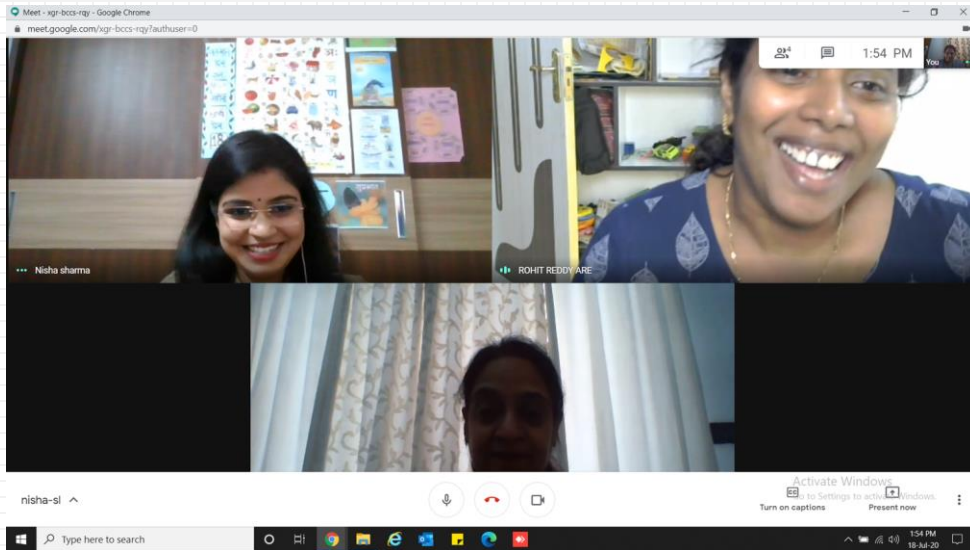
Stakeholder Engagement Con-Connect

Connecting with the parents...



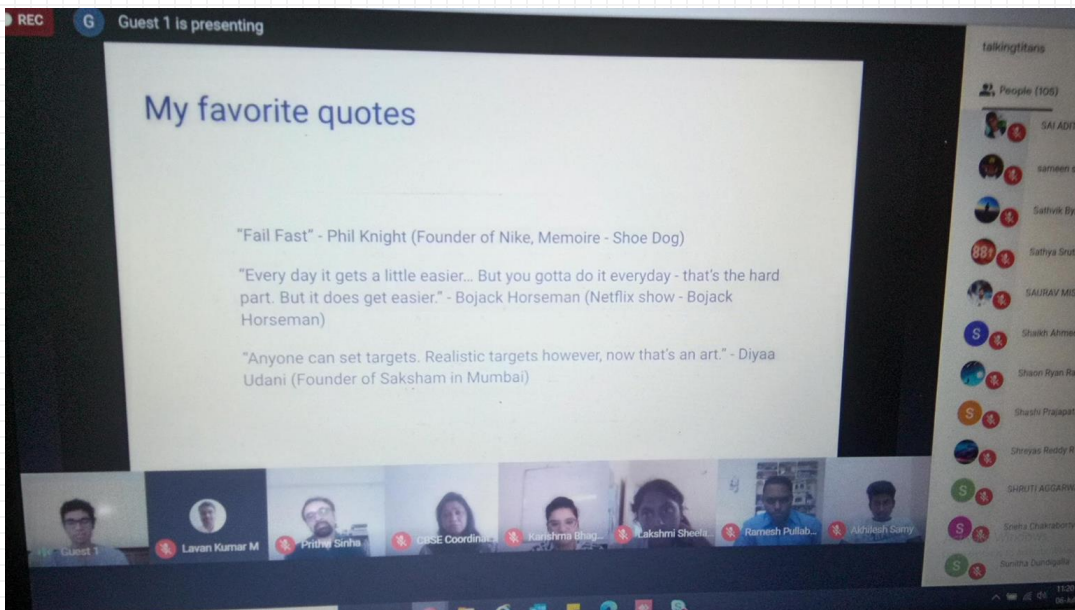
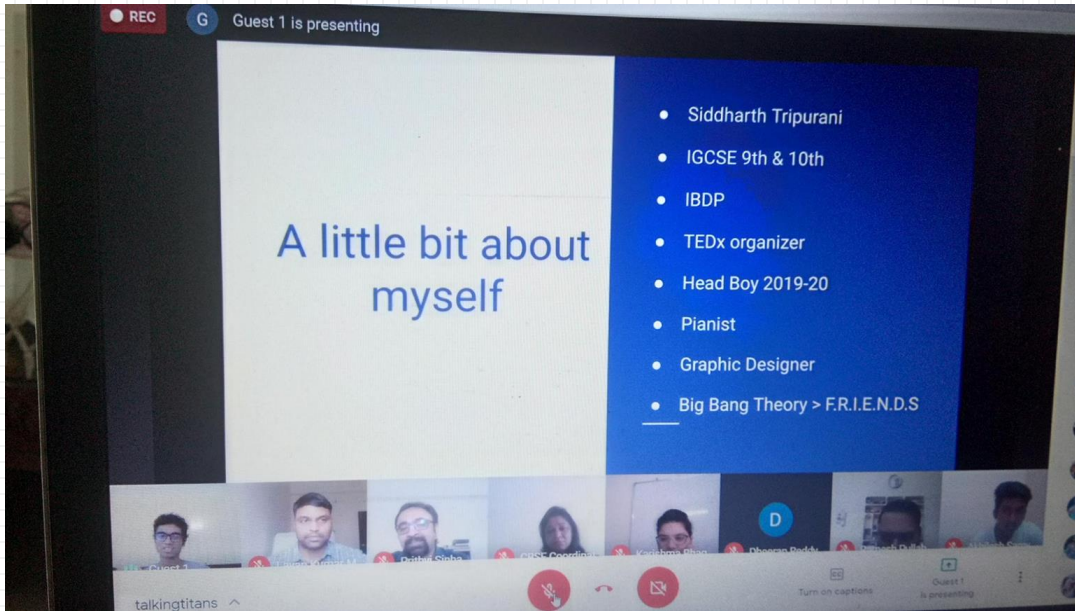
Stakeholder Engagement Con-Connect

Connecting with the parents...



Stakeholder Engagement Talking Titans

'There are no limits to what we can accomplish, except the limits we put on our own minds'. While our classrooms are a hub of exploring, analysing, and imbibing all that surrounds the young and eager minds, the guest talks "TALKING TITANS" added a perspective to their aspirations.



Stakeholder Engagement Counselling Session

Talk on DIGITAL ADDICTION by Sukanya Das

Meet - wlu-osyq-vmj - Google Chrome
meet.google.com/wlu-osyq-vmj?authuser=0

Sukanya Das is presenting

Impact of excessive video gaming

- Poor academic performance
- Poor healthy relationships with parents and siblings.
- Poor nutrition.
- Adverse effect to health – neuro and psychopathic disorders
- Poor decision making
- Lack of socialising
- Lack of personal identity and hygiene.

ONLINE CLASS

SHRIYA DASIGA and 47 more

1:34 PM

Activate Windows
Go to Settings to activate Windows.

Turn on captions

Windows search bar: Type here to search

Meet - wlu-osyq-vmj - Google Chrome
meet.google.com/wlu-osyq-vmj?authuser=0

Sukanya Das is presenting

Signs/Symptoms of online gaming addiction- Behavioural

Playing games during class hours	Anger
Withdrawal behaviour	Anxiety
Agitation	Depression

Yoshiha Adduri has left the meeting

digladd

People (65)

Add people

- CIE Coordinator (You)
- Aanya Boinpalli
- ABDUL RAOEEB SHAIK
- Abhiram Vishwanadam
- Adhvaith VM
- ADITYA RATAN POLINA
- ADVIK VELUMURI
- AISHA JAIN
- Akanksha Varma Pakalapati
- AKSHAJ KUMAR GOVINDU
- ALIMELA SRUJANI REDDY

Windows search bar: Type here to search

1:32 PM 24-Jul-20

Stakeholder Engagement



Digital addiction – how technology and excessive gaming behaviour impacts our Digital wellness

The World Health Organization has included “gaming disorder” as the obsessive behaviour that is inability to stop playing video games, into the International Classification of Diseases. The reason for doing so was the rise in health issue and demand for treatment.

The session on “Digital Addiction” aims to ensure Digital wellbeing by learning the negative consequences of excessive use of online video games and technology and learn the good practice of gaming and technology. Technology is designed to utilize the basic human need to achieve sense of belongingness, acceptance and recognition in the virtual world. Children who are deprived of attention and appreciation or lack sense of belongingness in the real world shows active use of social networking affiliation to acceptance through likes and comments on photos and statuses.

Excessive use of gaming causes harmful effects to the mind and health. Signs of nausea, headache, anger, withdrawal, lack of sleep, dizziness, Lack of attention and focus. The consequences can be negative in nature- Poor performance in academics, Poor decision making, Unhealthy relationship with parents, siblings and teachers and more negative consequences to lack of personal identity and hygiene.

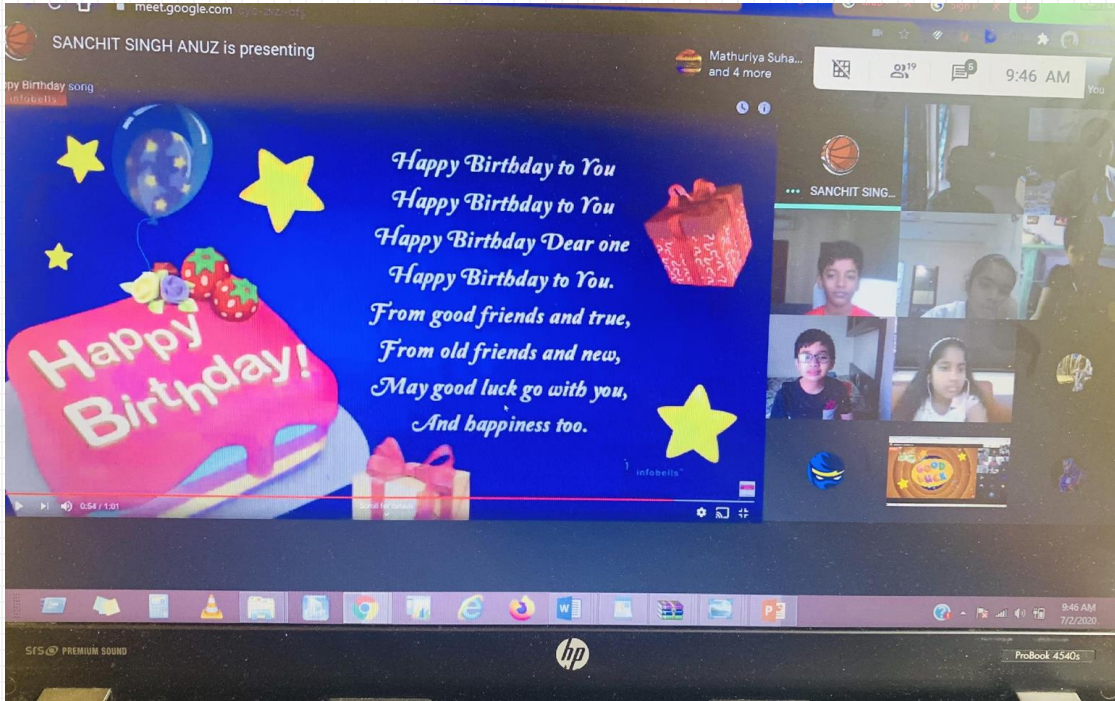
It is not bad to play games and use technology, however, we need to be watchful with our online gaming behaviour and technology. We can do that by adapting good practice of gaming and technology usage. We can first complete our priorities of the day and then play online games. We need to limit to 1 hour of gaming per day and if we cannot control and monitor our excessive gaming behaviour we can take the support of our parents and elder siblings to monitor us with “parental control” apps wherein parents can have the access to their children’s gaming hours and activities thereby helping them restrict their excessive use of gaming .The students showed eagerness to help themselves, shared their queries on behavioural issue and showed enthusiastic participation. Let us together bring in “Digital Wellness” by practicing the healthy techniques in letter and spirit.

Sukanya Das
School Counsellor.

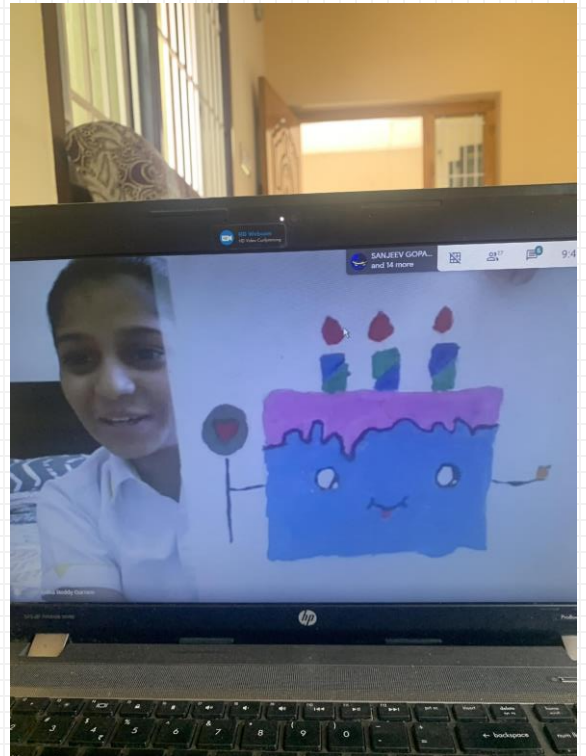


Stakeholder Engagement

Virtual Birthday Celebrations



**Childhood:
An age of celebration**



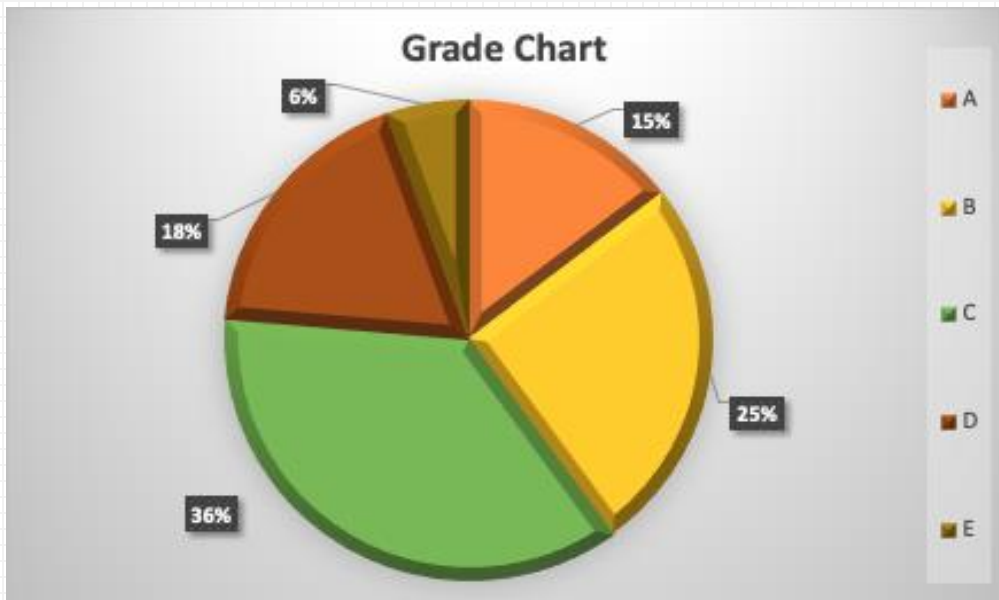
The Hall of Fame

Congratulations!!

The first batch of IGCSE (2020), have proved their mettle in giving 100% results.

All our students were awarded ICE certification with Merit.

Class and Subject Average %:



Events- Fire Safety Training

Fire Safety Training

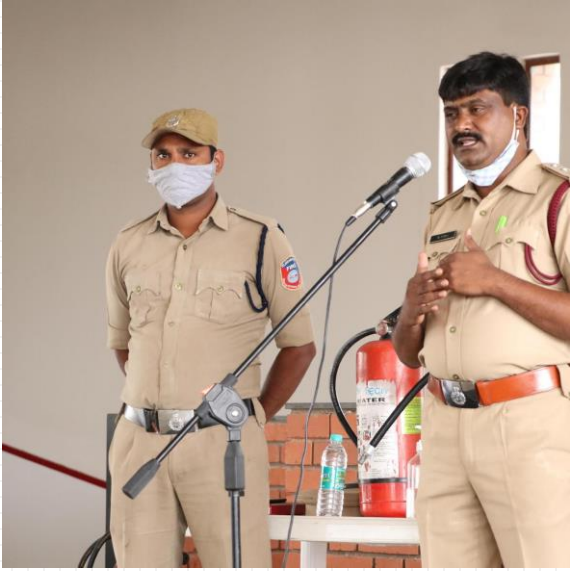
A training session was arranged for the office staff of The Gaudium School at the Kollur campus on 10th July 2020 on 'Fire safety'. The training was facilitated by the District Fire Officer and his team who visited the school campus to demonstrate the safety practices in order to avoid any unfortunate fire accidents and what to do when it occurs.

The session began with the Fire Officer briefing about the various types of fire accidents and the different ways it can be caused. He explained the simple precautionary measures to be followed at all times and also on how to defuse a fire using fire extinguishers during emergencies. The team at Gaudium were provided with a hands-on physical training on the methods of defusing wood, chemical and gas-cylinder fire.

Around 100 office staff attended the training session and found it to be extremely knowledgeable and practical.



Events- Fire Safety Training



Fire Officer speaking



Demonstration of defusing a fire



Handling the fire extinguisher



Defusing a gas cylinder fire

Coming up...next month

Date	Day	Event	Grade
31 st July	Friday	Varalakshmi Pooja Holiday	Playgroup to Grade 12
1 st August	Saturday	Bakrid Holiday	Playgroup to Grade 12
3 rd Aug to 7 th Aug		E-assessments	Grades 6 to 8
3 rd Aug to 10 th Aug		E-assessments	Grades 9 & 10
11 th Aug	Tuesday	Janmasthanmi Hoilday	Playgroup to Grade 12
15 th Aug	Saturday	Independence Day Virtual Celebrations Virtual Graduation Ceremony	Playgroup to Grade 12 IGCSE Batch of 2020
22 rd Aug	Saturday	Vinayaka Chaturthi Holiday	Playgroup to Grade 12

Our website:

<https://www.thegaudium.com/>

Learning blogs:

<https://www.thegaudium.com/the-learning-blogs/>

Facebook : For daily updates please like the page.

<https://www.facebook.com/thegaudiumschool/>

Sportopia registration link

<http://sportopia.thegaudium.com/pages/enquiries>

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