



# PRISM

CBSE EDITION

# The Co-ordinator's Message

Dear readers,

Greetings! Welcome to the August edition of the CBSE Newsletter!

It gives me immense pleasure to write and interact with you through this channel. The pandemic has been a trying time for students, teachers, school authorities, and parents alike. Restricted to our homes, we are fighting with monotony; our feelings and emotions take us on a roller-coaster ride every day. Know that there is no perfect way of coping with the current situation. We need to nourish our bodies and minds and care for our emotional well-being. It is a sharp incline, yet we need to soldier on. We need to believe in ourselves and motivate others, particularly our children, to walk this difficult path with determination.



The one lesson that the long-drawn Pandemic has taught us is to appreciate what we have rather than complain about what we lack.

We at The Gaudium believe in creating happy and responsible leaders who balance their inner and outer worlds and become future-ready. Our children should have the confidence to seek help when things become overwhelming.



# The Co-ordinator's Message

I wish to encourage them to reach out to their teachers, parents or other near and dear ones; It's important to believe, to express, and to talk. Remember, tough times never last, but tough people do.

I also wish to take this opportunity to thank our committed and supportive management, dedicated teachers, and considerate parents.

I am reminded of an inspirational quote by Martin Luther King Junior "We must accept finite disappointment, but we must never lose infinite hope." With hope and promise in our hearts, we shall march on.

Stay safe, stay happy and spread joy

Warm Regards

Meena Malik

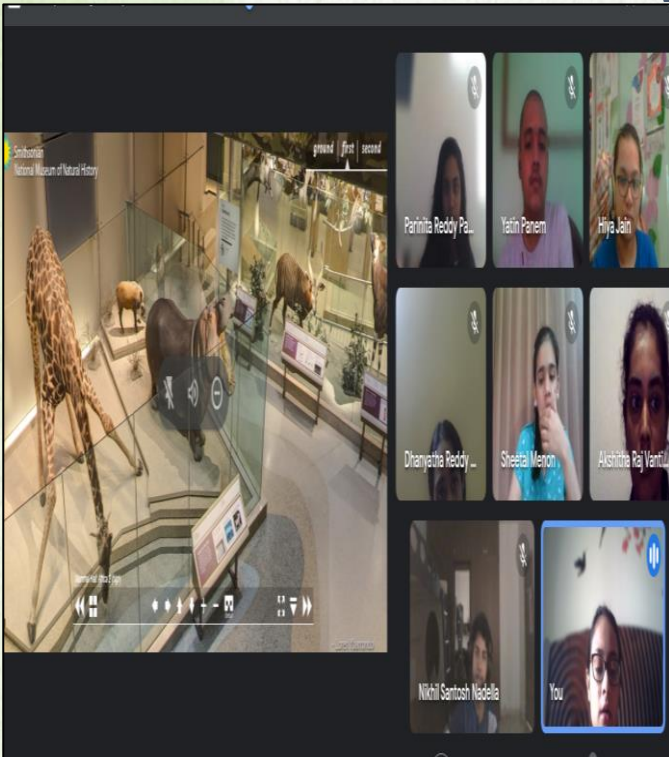
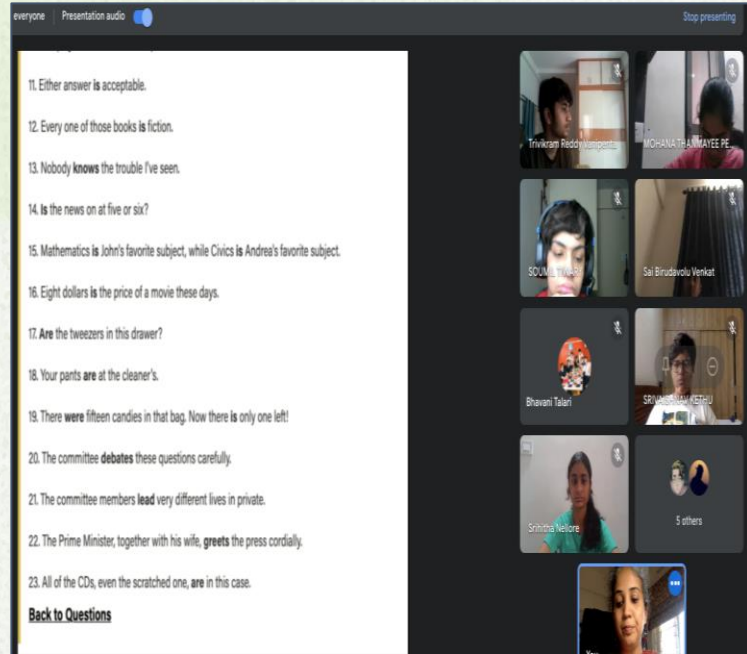
CBSE Coordinator



# HOLISTIC EXCELLENCE

## Grammar Ninjas: Subject Verb Agreement

GRADE IX students watched BBC videos and learned about the application of subject verb agreement rules in everyday scenarios



## Smithsonian Comes Home

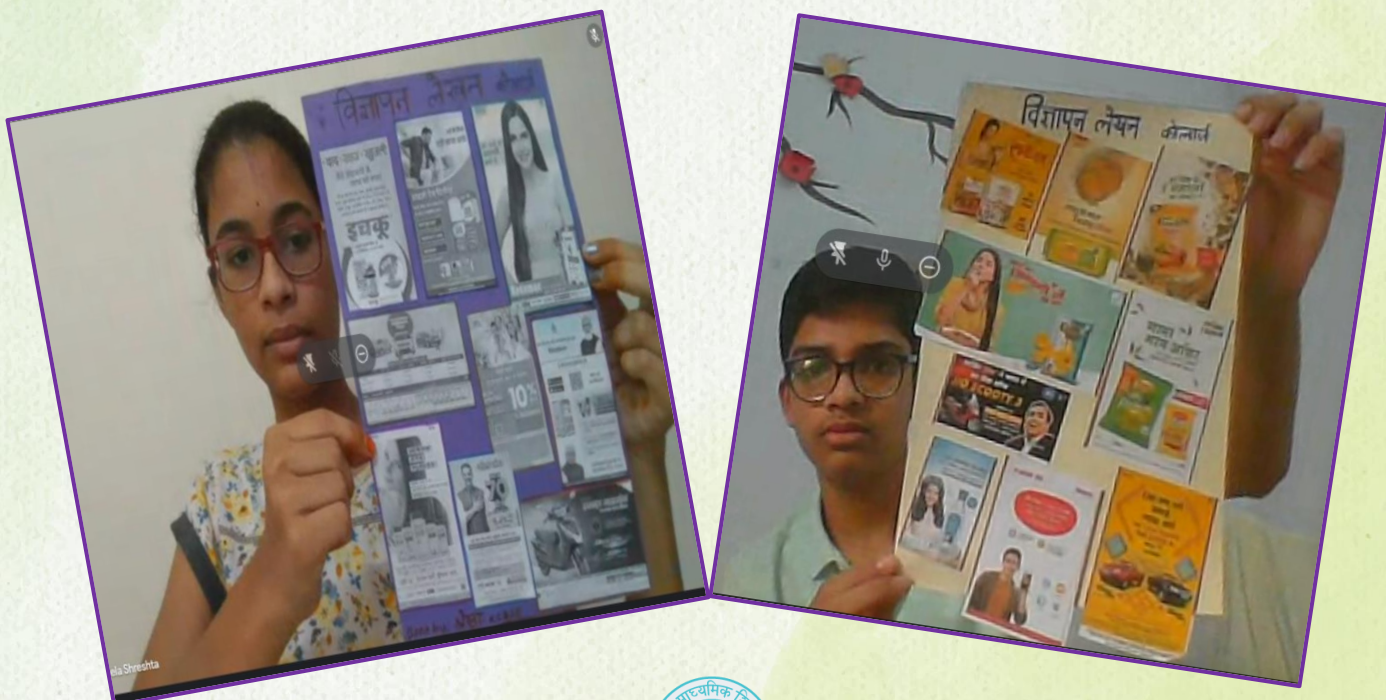
The students of Class XI took a virtual trip to the Smithsonian museum while studying about "Taxonomic aids". It helped in building up research skills and critical thinking skills

# HOLISTIC EXCELLENCE

Session about Reproductive health for Class XII



Vigyapan Lekhan by Class X



# HOLISTIC EXCELLENCE

## Art Integration - Class VIII

STATES & UTs	DANCES	FAIRS & FESTIVALS	ART FORMS	TRADITIONAL DRESS	TRADITIONAL FOODS
Haryana	Chhhol, Daph, Dhamra, Phag, Dhamra, Jhumar, Dhamra, Lora, Gugga, Dhamra, Khora, Chhhol	Lohri, Haryana Day, Phag Heritage Festival, Gugga/Guggur, Bawal, Gugga, Naam, Sunjand, Mal, Karhi, Far	Tamasha, Metal Jewellery, Zari Juti, Sandesh carving, Peetha Making, Cochar, Panga, Dhamra, Lac Bangla, Madra Making, Banghi Dahi	Choli-Kurta, Kurta / Sheri, Lehnga, Odhni, Pajama	Bajra ki Kheer, Mawa, Chhhol, Malpua

Culture of Haryana

This is me when i was cooking mixed dal it was hard for the first time i tried if u do it 2-3 times it is easy to do.

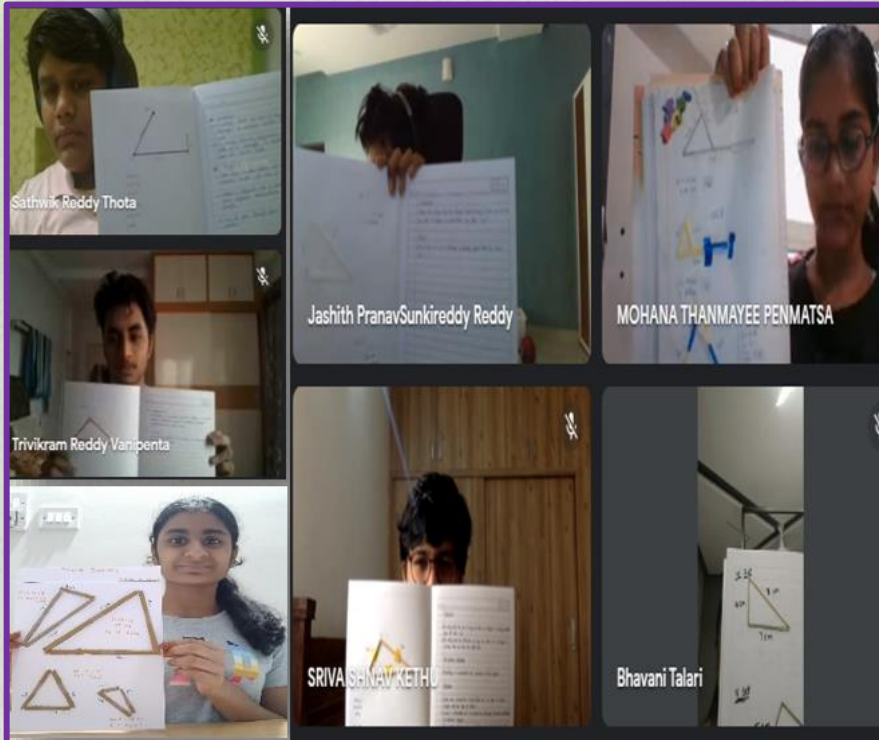
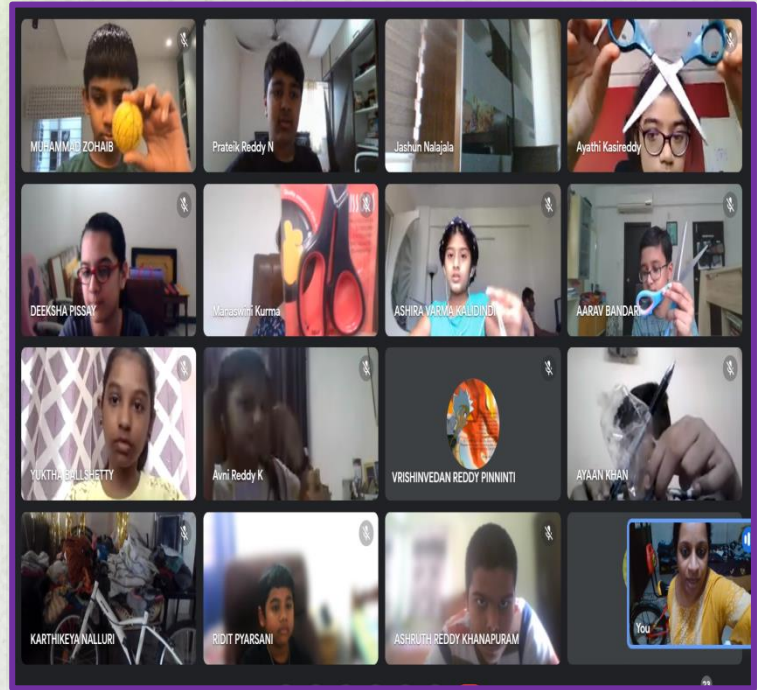
Fun with Algebra

Students of Grade VIII learning to derive algebraic identities geometrically, using square and rectangle cutouts. This activity enlivened the abstract concept of algebra

# HOLISTIC EXCELLENCE

## Online Treasure Hunt

Students of Class VI learnt about basic geometric concepts through an innovative *Treasure Hunt* activity. They were given five minutes to identify and locate objects representing geometrical concepts. Participating enthusiastically, they found scissors (intersecting lines) fork (parallel lines) and cycle for concurrent lines—all at home



## Creative Math

Various properties of triangles were explored by Class IX using the paper cutting method

# HOLISTIC EXCELLENCE

Project Work-Class VI students exhibiting their mother's signature dish : UNSDG – Goal-3 (Good Health and Wellbeing)



General Studies Project Presentation-Grade XI



# CORE VALUES

The Telugu special assembly captured the essence of Independence day and highlighted the importance of native languages



Honouring the Brave hearts—Children's artwork



# CORE VALUES

**Azadi Ka Amrit Mahotsav** – Awareness Activities were conducted to sensitise students about the Freedom struggle. The programme witnessed huge participation. Students and teachers received participation certificates from Ministry of Culture

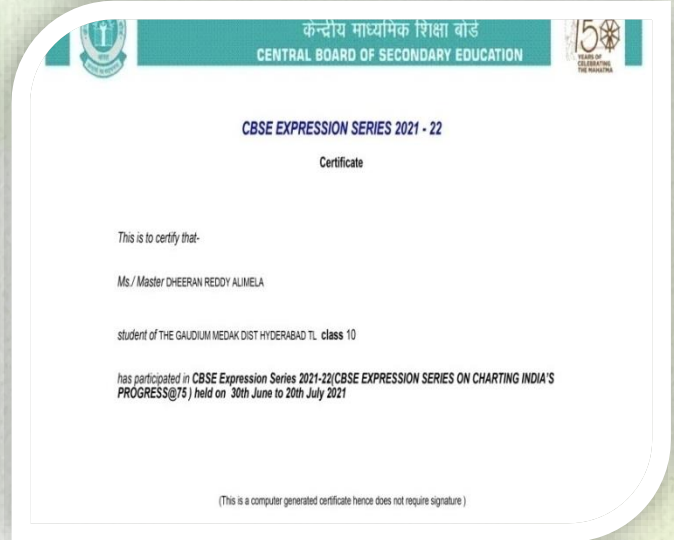
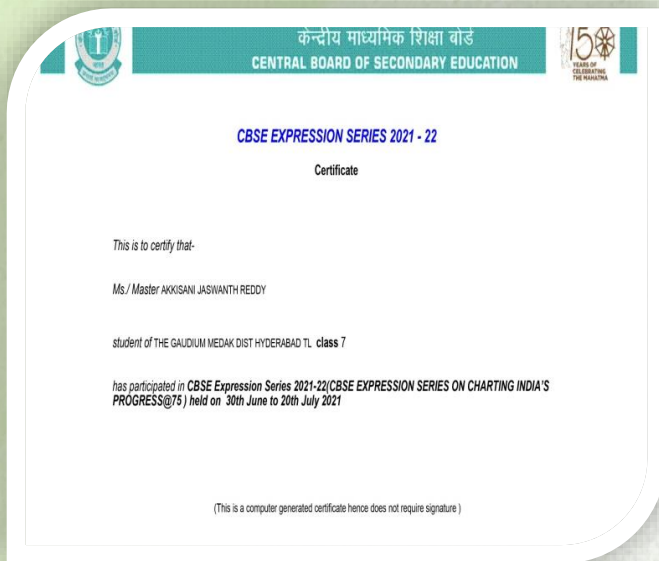


**CBSE Expression Series** – Students' entries for The first Expression Series based on the sub-theme 'Charting India's Progress@75'



# CORE VALUES

## CBSE EXPRESSION SERIES – participation certificates



## Talking Titans – Sudeshna Bhowmik

A sound mind lives in a healthy body. At the Gaudium, we acknowledge the importance of healthy habits and nutrition for our students. On 4th August, Ms. Sudeshna Bhowmik—an expert in clinical, community and sports nutrition—spoke about the importance of a rich, balanced, and nutritious diet. She highlighted the importance of food quality and encouraged students to cut down on junk eating

### Nutritional Problem in school children

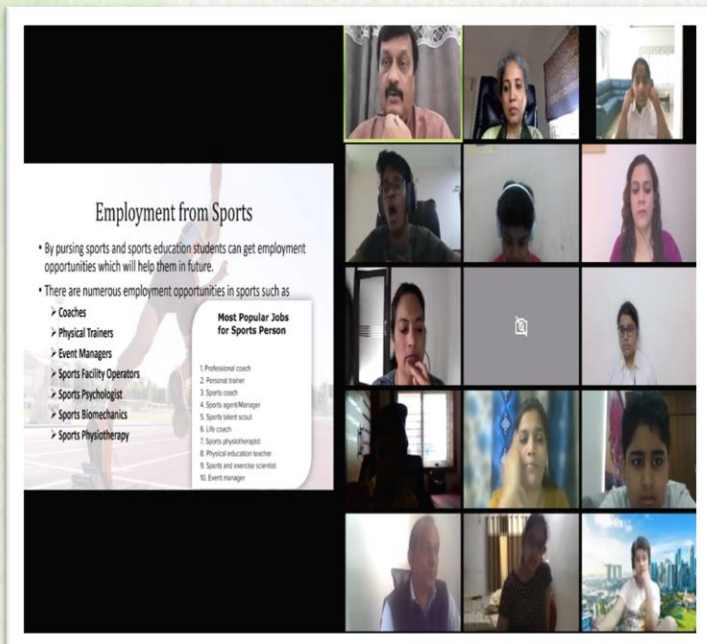
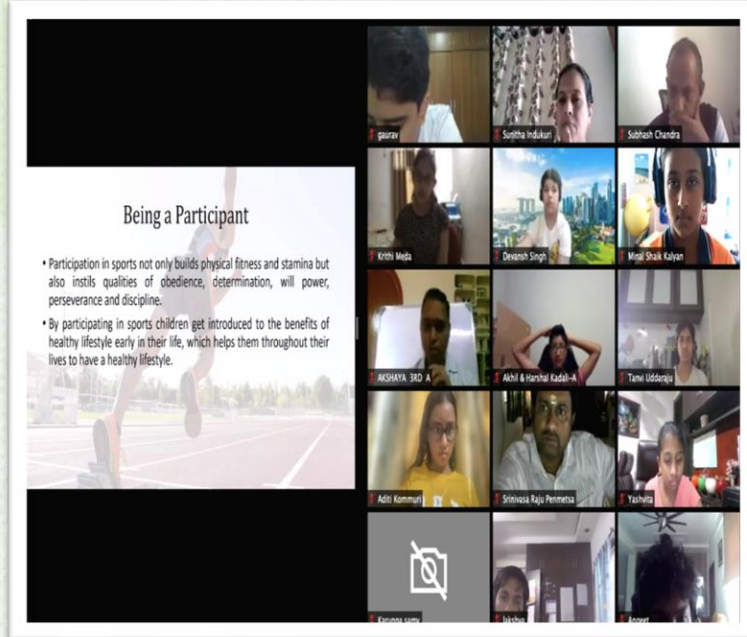
- Obesity
- Eating Disorder
- Tooth Decay / Dental Carries
- Anaemia
- Lack of physical activity
- Eating habits
- Health and Hygiene

Sudeshna Bhowmik

# CORE VALUES

## Talking Titans: Tasneem Meer

What can be more inspiring to children than meeting young achievers and listening to their stories of determination? Our students were delighted to meet Tasneem Meer, the 16-year-old badminton champion from Mehsana (Gujarat). Tasneem answered students' questions about her routine, likes and dislikes, how she manages studies with sports, and her strategies for focus and performance



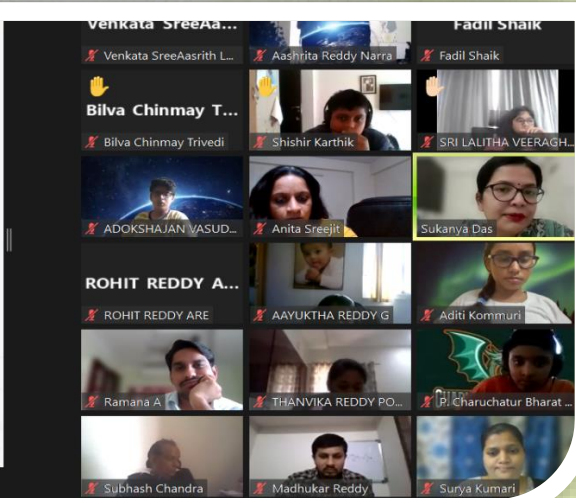
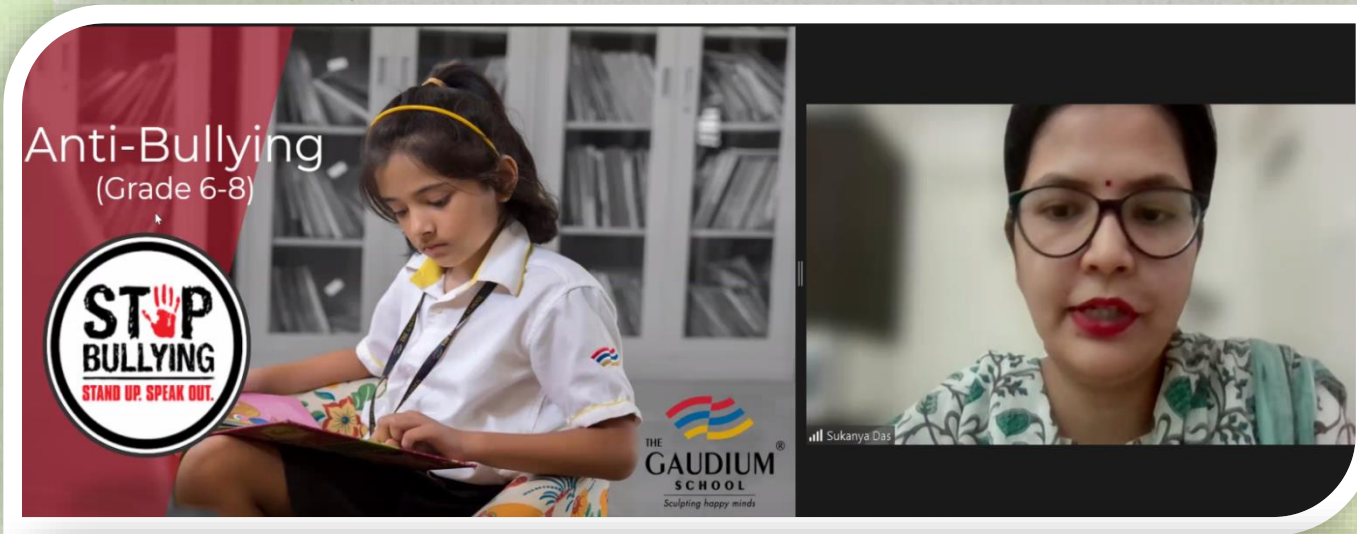
## Talking Titans: Sudhanshu Shekhar Roy

Dr. Sudhanshu Shekhar Roy, (the mentor of Tokyo 2020 Olympic Games javelin star Neeraj Chopra) addressed our students on 11th August. Dr. Roy emphasized the importance of healthy nutrition, sports, and exercise in life. He discussed the many opportunities and career options in sports. Dr. Roy also shared fascinating insights about Olympic games, which truly represent universal fraternity and harmony

# CORE VALUES

## Anti Bullying Awareness session

In an online set up it becomes crucial to sensitize children to online etiquettes and behavior. We strive to inculcate mindfulness about conduct and behavior onscreen and off it. As part of pastoral care, the school counsellor conducted an anti-bullying session. During this talk, issues, such as different types of bullying, impacts of bullying, and cyber bullying were discussed. The session aimed at educating children about their rights and empowering them to raise their voice against bullying



# MINDFULNESS AND WELLBEING

Reflection about Daily Mindfulness Activity by our teacher

दिमागीपन (सचेतन) गतिविधि प्रतिबिंब 2021

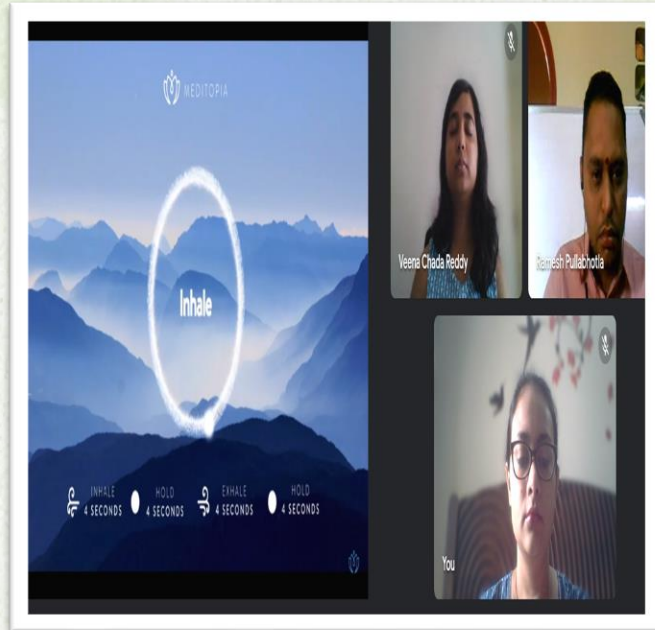
Mindfulness Activity Reflection August 2021

दिमागीपन यह जीवन का दर्शन है, एक रास्ता जिसे अपनाया जाना चाहिए अपने आप से जुड़ने और हमारे आस-पास की वास्तविकता के बारे में अधिक जागरूक होने के लिए। इसके लिए अभ्यास और इच्छा की आवश्यकता होती है, यही कारण है कि यहां और अब एक गैर-न्यायिक और दयालु मानसिकता के साथ होने की क्षमता में सुधार करने के लिए गतिविधियों की एक श्रृंखला को पूरा करने के लिए हमारे विद्यालय में यह कार्यक्रम ऑनलाइन शुरू किया गया है जिसका उद्देश्य है बच्चों को मानसिक रूप से स्वस्थ और दुरुस्त रखना हम अपनी कक्षा में विद्यार्थियों से चर्चा भी करते हैं कि इससे आपको क्या फायदा हो रहा है तो वह अपने अनुभव को बताते हैं। इस दिमागीपन (माइंडफुलनेस) का अर्थ है अपने को एकाग्रचित करना और अनुशासन में रहना, और अपने ध्यान को इधर-उधर भटकाने से रोकना क्योंकि वर्तमान समय में किसी के पास इतना समय नहीं है कि वह अपने लिए एक पल निकाल सके इसलिए इस गतिविधि को शुरू किया गया है। पहले समय में हमारे ऋषि मुनि यही गतिविधियाँ करते थे और अपने को शांत करते थे और अपने मन को विचलित नहीं होने देते थे और अपने इंद्रियों को काबू में रखते थे। इसे लोग सही मानते थे और पाश्चात्य को अपनाकर अपनी जीवन शैली में कई बदलाव लाए। लेकिन जब से कोरोना महामारी फैली और इंसान दिमागी संतुलन खोने लगा तब युवा और सभी को तगा की हमें यह गतिविधि करनी चाहिए और विद्यालयों में बच्चों के लिए बहुत अनिवार्य है। इस के कारण हमारा ब्लाड प्रेशर, दिल की बीमारी के खतरे कम करने में सहायक है। क्योंकि इस महामारी के समय लोग इतने उत्तेजित और चिंताग्रस्त हो गए कि वह धबराहट के कारण उनका ब्लाड प्रेशर का बढ़ना और दिल का दौरा पड़ने के कारण लोग अपनी ज़िंदगी से हाथ धो बैठे। मानव जाति को शांत करने के लिए यह कार्यक्रम का ऑनलाइन आयोजन किया जा रहा है।

धन्यवाद -

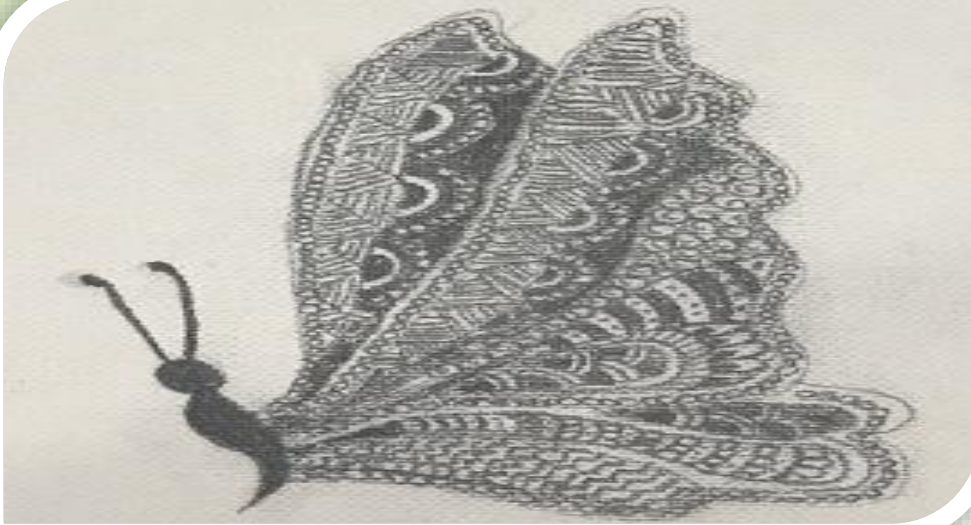
डॉ. वर्षा सिंह

हिन्दी अध्यापिका सीबीएसई



# MINDFULNESS AND WELLBEING

Mandala Art work showcased by Class IX students



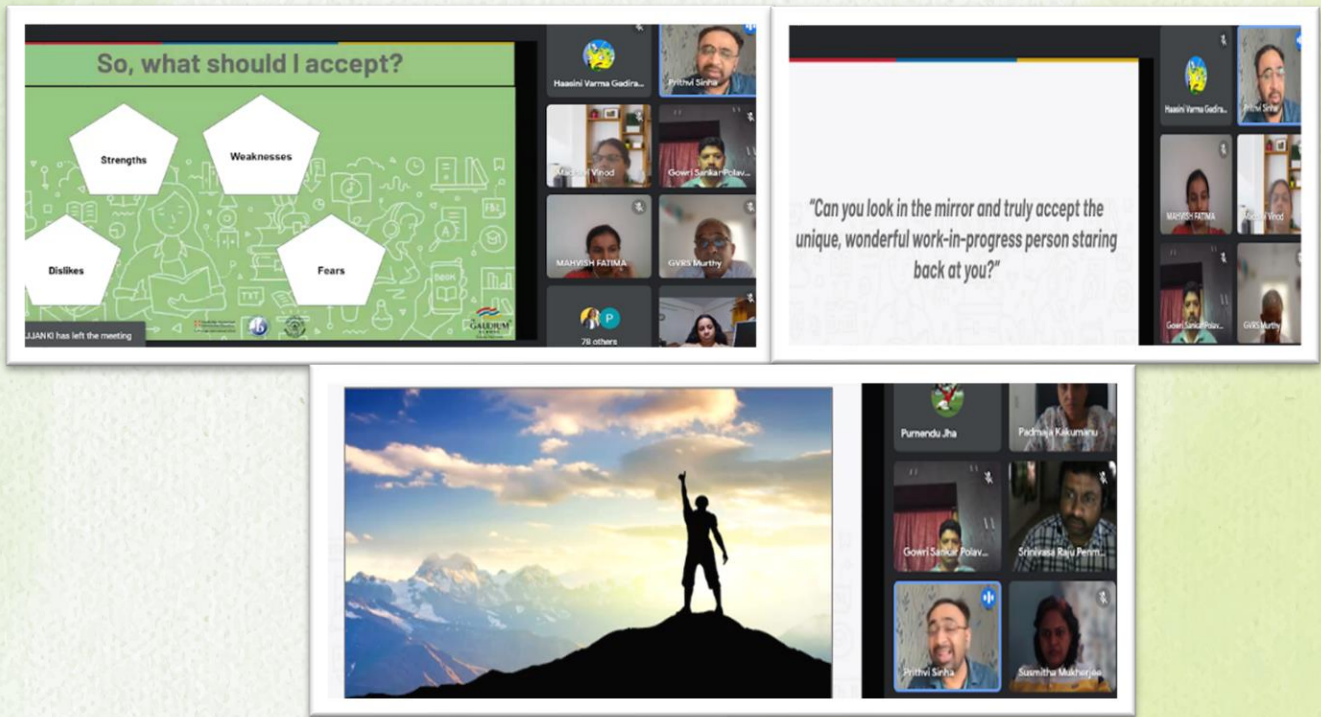
Art by Mehona

M.S.  
15/05/2021

# MINDFULNESS AND WELLBEING

## Session about Self Acceptance

To inculcate the core value of 'respect', an awareness session was conducted for the geckos. The session was conducted by Mr. Prithvi Sinha, the English HOD.



# MINDFULNESS AND WELLBEING

Commemorating the birth anniversary of Major Dhyan Chand (the famous Indian hockey player) and the contribution of other Indian sporting champions, the **National Sports Day** was celebrated on 29th August

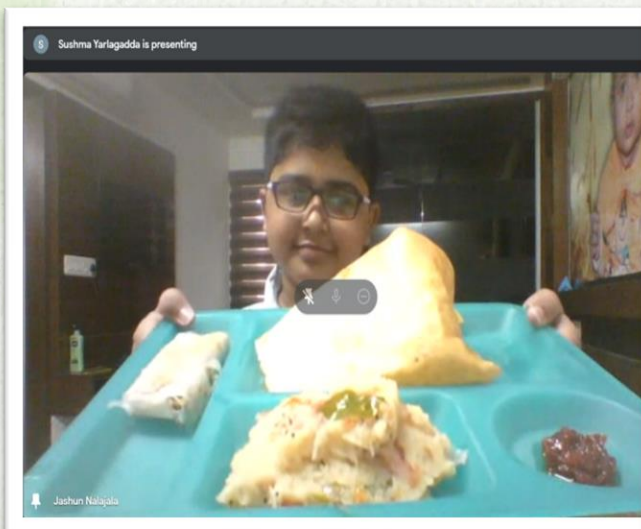
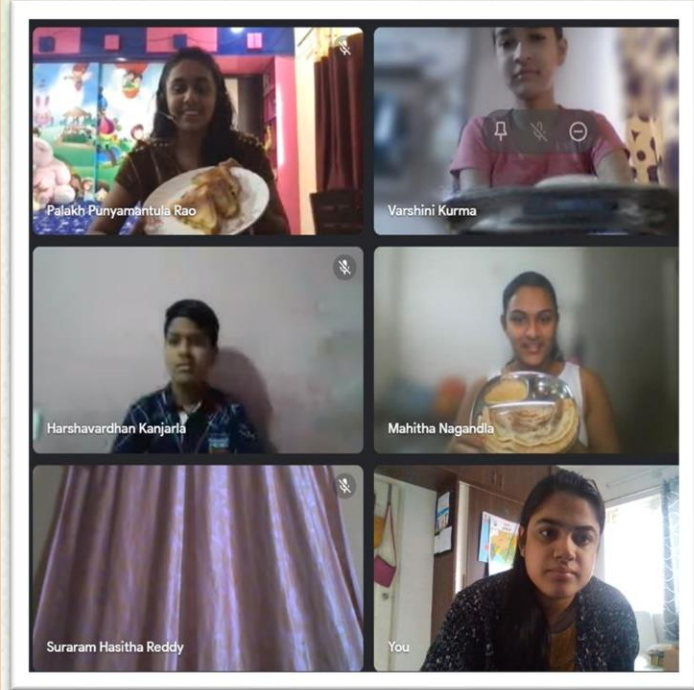


# STAKEHOLDER ENGAGEMENT

## *All happiness depends on a leisurely breakfast*

Capturing the experience of sharing a meal, a 'Bonding over Breakfast' session was organized for the energetic geckos of High school on on 18th August 2021.

The session culminated in a merry bonding time between the students, peers and the teachers. Stories rolled out about favourite foods and dining experiences Some geckos were pretty relaxed, while many of them were super excited! They shared their experience of prepping up for this event and proudly presented their goodies! The vibrant photos tell you the story of this enthusiastic day!



# STAKEHOLDER ENGAGEMENT



## Launch of Alumni Association

The Gaudium fraternity prides itself in building far-reaching bonds of togetherness. We celebrated the journey of our first graduating Class XII in a glittering ceremony at our Kollur Campus marking the launch of our first-ever 'Alumni Association' with the management, graduating students and teachers in attendance. The graduates expressed their gratitude to their teachers and management and penned down their future aspirations, which were sealed in a time capsule to be opened only after 5 years

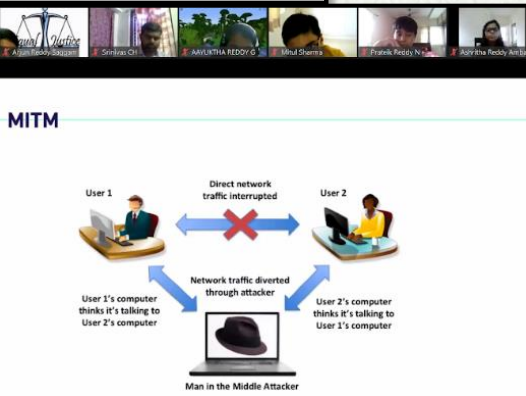


# STAKEHOLDER ENGAGEMENT

## Cyber security and Safety Session

### Types of Malware

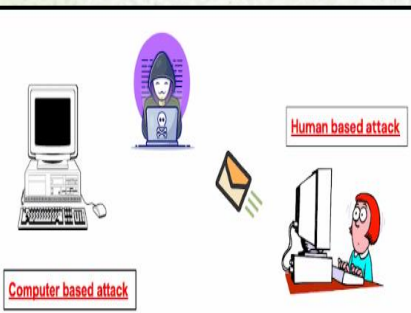
- Rootkits
- Keylogger
- Spyware
- Stuxnet
- Ransomware



### Whaling

#### WHAT IS WHALING?

A cyber-attack targeting a high profile executive with access to financial or sensitive data.



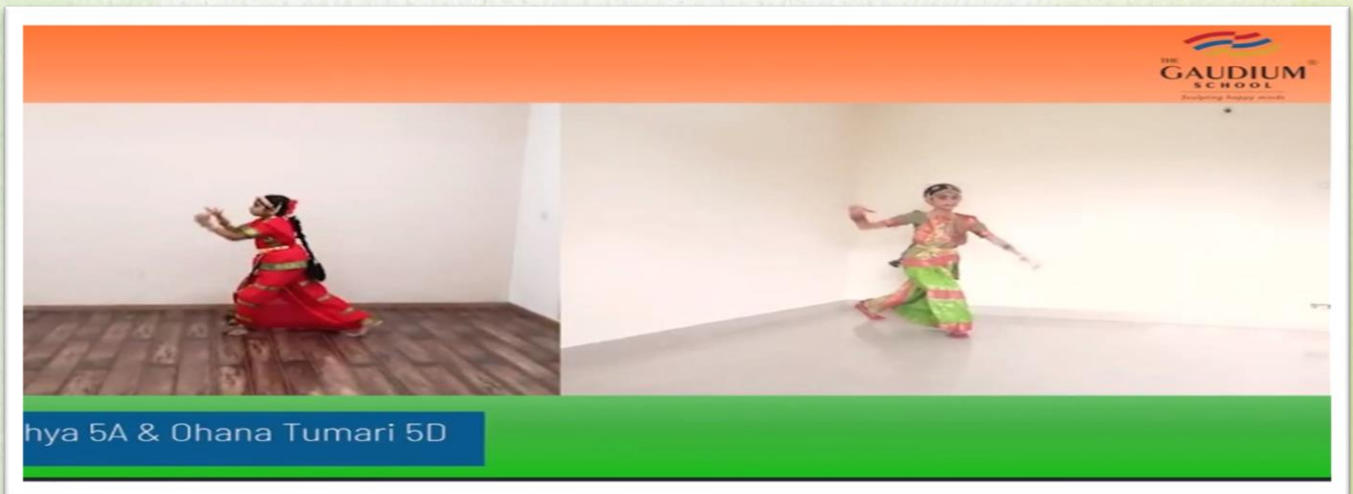
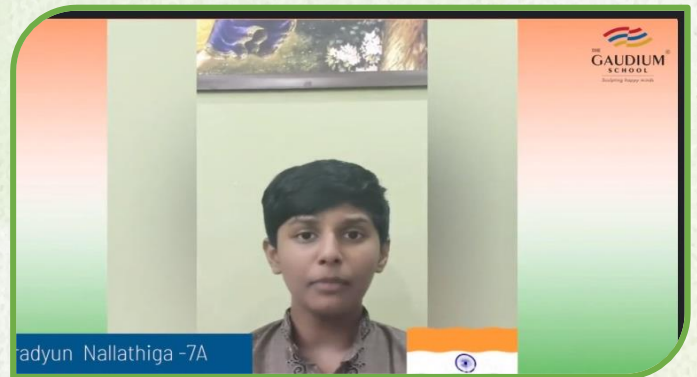
# GLOBAL LEADERSHIP



'A true leader has the confidence to stand alone, the courage to make tough decisions, and the compassion to listen to the needs of others. He or She does not set out to be a leader, but becomes one by the equality of his or her actions and the integrity of his intent.' We invest our student leaders with the trust of becoming a part of the school administration machinery where every wheel depends on each cog, thus structuring an efficient school system. The Gaudium believes in transforming our students into global citizens and enables them to make a difference to themselves and to the world. The newly elected student council for the academic year 2021-22 have embarked on their leadership journey. To mark the beginning of their leadership quest they were felicitated with the letter of appointment by the school management in a special ceremony on August 7<sup>th</sup> at the Kollur Campus. The felicitation ceremony was attended by the members of the student council and their parents following all necessary COVID protocol. It was indeed a proud moment for all!



# GLOBAL LEADERSHIP



The Many Hues of Independence Day Celebrations- 15<sup>th</sup> August 2021

# Coming up Next

Date	Day	Event	Class
1 <sup>st</sup> Sept.	Wednesday	Talking Titans	VI - XII
3 <sup>rd</sup> Sept.	Friday	Teacher's Day Celebrations	VI - XII
13 <sup>th</sup> Sept.	Monday	World Mindfulness Day	VI - XII
14 <sup>th</sup> Sept.	Tuesday	Hindi Divas	VI - XII
17 <sup>th</sup> Sept.	Friday	Term - I exams	VI - VIII
20 <sup>th</sup> Sept.	Monday	Periodic Test-II	IX - XII
21 <sup>st</sup> Sept.	Tuesday	International Day of Peace & World Gratitude Day	VI - VIII



# Links

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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