



P R I S M

CBSE - HS



October – November 2023

# Message From the Head of School

At The Gaudium School we believe and abide by cross cultural respect and accommodation of diversity. Students are encouraged to be open-minded and empathetic and caring.

At the recent Farmer's market, we introduced the ancient legacy of our culture 'Vasudhaiva Kutumbakam' or All the world is one family. It looked at issues at the grassroot level, of outreach towards the local farming community, less privileged children in the neighbourhood schools and 'Shramdaan' as a way of increasing assets that can then be bestowed on deserving individuals and institutions of education.

We encouraged habits of sustainable consumption by introducing millets as a wholesome and nutritious alternative to long grained hybrid varieties of grains that are wiping out indigenous crops.

We coordinated our efforts with the National Institute of Rural Development (NIRD) and the ICMR- Hyderabad National Institute of Nutrition, to encourage the sale of a variety of millets, organic honey and various other products made by cottage industries. The significant part of this effort was that the ownership and responsibility of the change towards sustainability was on the students.



From packing 1000 kgs of grains into retail packages to framing artwork by students of the ZP School to sewing and crochet and craftworks of great beauty- our students poured their souls into the effort to do some small thing for others in society. They were robustly backed up by every teacher.

We are grateful to you dear parents for always encouraging your children to align with the spirit and philosophy of the school. We thank your active participation in our events.

We look forward to building a cohesive and culturally enriched and equitable society for our students to grow and thrive in.

Towards a better and greater tomorrow....

**- Ms. Sudeshna Chatterjee**



# Associate Co-Ordinator's Message

Dear Students,

Season's greetings!

The months of October and November had been extensively wrapped in plethora of activities and events, that started with the SEWA camp for the senior secondary school, Gandhi Jayanti Observance, Weaves of India - Fashion show, Cyber security workshop,

Three-way conference, Workshop on coping examination stress, followed by Autumn break. The school reopened with excitement for farmer's market which culminated in the mega event on 4<sup>th</sup> of November showcasing the efforts and talents of our students. The trip to Sikkim brought back our smiling students who couldn't stop raving about their exquisite experiences. Month of November also witnessed the beginning of weekly assessments for Grades IX and XI and first set of Pre-boards for Grades X and XII.

Our students made us proud by bagging the second prize in the Girls basketball at the CBSE clusters, Vijayawada. The unprecedented glory was accorded to the school when Nishka Agarwal of Grade X won Gold medal at International Artistic Gymnastics at

Uzbekistan.



Nishka is not only our sports prodigy but also an academic genius. This brings me to the message that I would like to share with you at this crucial juncture when your exams are fast approaching and you are at a vital threshold of your life, I would like to talk to you about GRIT.

In psychology, **GRIT** is a personality trait of perseverance and passion for the long-term goals. World renowned psychologist Angela Duckworth in her bestseller book with the same name regards GRIT as trait that matters more than talent. People with grit are able to maintain their determination and motivation over long periods despite experiences with failure and adversity.



# Associate Co-Ordinator's Message

As GRIT provided the required push to stay on track despite setbacks. It is that determination to forge ahead irrespective of disappointments. It is a belief that if you continue the path that you have chosen, success is within your reach. Quoting from the book – Jeff Bezos told the Princeton graduates the story of leaving a high-salary, high-status Manhattan finance job to start Amazon.

He said “Whatever it is that you want to do, you’ll find in life that if you are not passionate about what it is you are working on, you won’t be able to stick with it.” Very aptly said, it is with passion, resilience and perseverance (our core value), you can trespass any mental and emotional blocks and unlock your potential.

You can achieve anything you set your mind on provided you pursue it with GRIT. Students whose interests align with their course of study earn higher grades and are less likely to drop out.

And it is time that you align your interest with your choices, put in more than the required practice and embellish it in your purpose. You will see that there is no limit to what you can achieve.

Wishing you all the best!

**- Vijayetha Agarwal**

**Associate Coordinator – CBSE-HS**



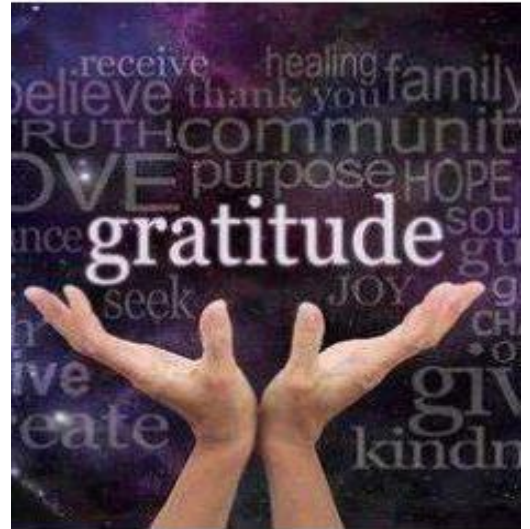
# Attitude of Gratitude: The Key to a Fulfilling Life

In a world characterized by fast-paced lifestyles, constant striving for more, and an overwhelming desire for success, it's easy to overlook one of the simplest yet most profound virtues – gratitude.

The concept of an "attitude of gratitude" reminds us to appreciate the positive aspects of our lives, no matter how small they may seem. In a society where we often focus on what we lack, fostering an attitude of gratitude can bring about a remarkable shift in our well-being and perspective.

Gratitude, fundamentally, is the act of recognizing and appreciating the goodness in our lives. It doesn't require a grand gesture or a significant life event; rather, it's about acknowledging the everyday blessings that often go unnoticed. When we embrace this attitude, we unlock a treasure trove of benefits. First and foremost, an attitude for gratitude enhances our mental and emotional well-being.

Scientific studies have repeatedly shown that practicing gratitude can reduce stress and anxiety, lower the risk of depression, and improve overall psychological health. When we focus on the positive aspects of our lives, we naturally shift our attention away from negative thoughts and emotions.



This can create a sense of contentment and peace that contributes to a happier and more fulfilled life.

Moreover, gratitude can strengthen our relationships with others. Expressing thanks and appreciation towards loved ones can foster a deeper emotional connection.

It shows them that we value and respect their contributions to our lives, which, in turn, can lead to stronger bonds and better communication. This is particularly important in a world where the hustle and bustle of daily life can strain personal connections.



# Attitude of Gratitude: The Key to a Fulfilling Life

An attitude of gratitude can also impact our physical health. Studies have shown that grateful individuals tend to engage in healthier behaviors, such as regular exercise and better dietary choices. Gratitude may even boost the immune system and reduce the perception of pain. It's as if the act of being thankful has a positive ripple effect that extends beyond our minds and hearts.

Cultivating gratitude in our lives need not be complicated. Simple daily practices, like keeping a gratitude journal, can be incredibly effective. In this journal, you can jot down three things you're thankful for each day.

They can be as trivial as a warm cup of tea in the morning, a kind word from a colleague, or the beauty of a sunset. Over time, this habit can help you develop a more positive outlook on life.

In addition to personal journals, acts of kindness and generosity can also foster an attitude for gratitude. When you give to others or lend a helping hand, you not only improve someone else's life but also experience the joy that comes from knowing you've made a positive impact.

This cyclical nature of gratitude, where it's both given and received, creates a positive feedback loop that can elevate our overall well-being.

Gratitude isn't just about appreciating the good times in life; it's also about finding value in the face of adversity. When we can find something to be thankful for even in challenging circumstances, we become more resilient. This doesn't mean denying our pain or hardships, but rather recognizing that there is always a silver lining or a lesson to be learned.

In a world that often pushes us to desire more and chase the next big thing, an attitude for gratitude is a refreshing reminder to pause and savor what we already have. It encourages us to celebrate life's small victories, cherish our relationships, and find beauty in the ordinary.

This simple yet powerful mindset shift can transform our lives, leading to improved mental, emotional, and physical well-being.





# Attitude of Gratitude: The Key to a Fulfilling Life

In conclusion, adopting an attitude for gratitude is a choice that can make a profound impact on our lives. It's a reminder to cherish the blessings, no matter how small, and to express our appreciation to those around us.

As we cultivate gratitude, we pave the way for a more fulfilling and joyful existence. So, why not start today by counting your blessings and sharing your gratitude with the world?

**Dr. Bornali Yadav**

**IBDP Psychology Facilitator**

**Student Counsellor (MYP & IBDP)**

**The Gaudium School**

**Hyderabad**



# Core Values

## Special Assembly on Reinforcement of SDG Goal 6 – Cleanliness and Hygiene

We believe that fostering a culture of cleanliness and hygiene not only contributes to a healthier and more sustainable environment but also aligns with our commitment to creating a better future for all.

A special assembly dedicated to reinforcing the importance of Sustainable Development Goal 6 – Cleanliness and Hygiene.

This assembly aims to shed light on the critical role we all play in achieving this goal and maintaining a clean and hygienic environment within our school community.



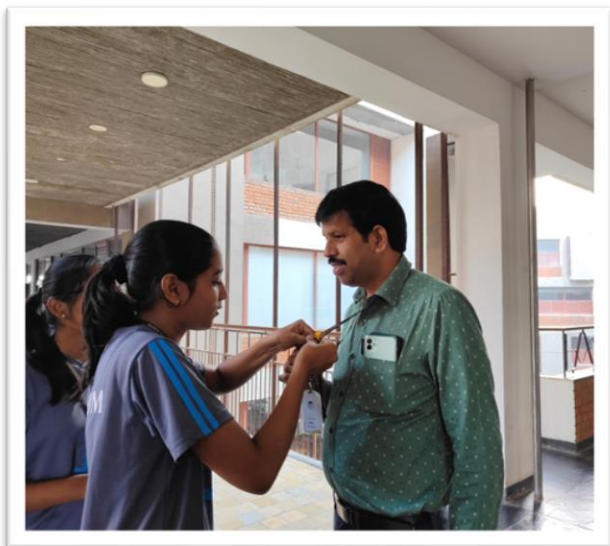


# Core Values

## Fibonacci Day

Grade IX D students played Consecutive Fibonacci Sudoku Puzzle by placing the Fibonacci number 1,1,2,3,5,8 in each empty cell in the grid such that each row, column, and marked 2x3 box contains each number exactly once (1 twice). In all cases where two neighbouring cells contain consecutive Fibonacci numbers, a circle is placed between those cells. Students learnt about Fibonacci numbers.

The students were shown a PPT where the significance of the day and its application in day to day life was discussed.

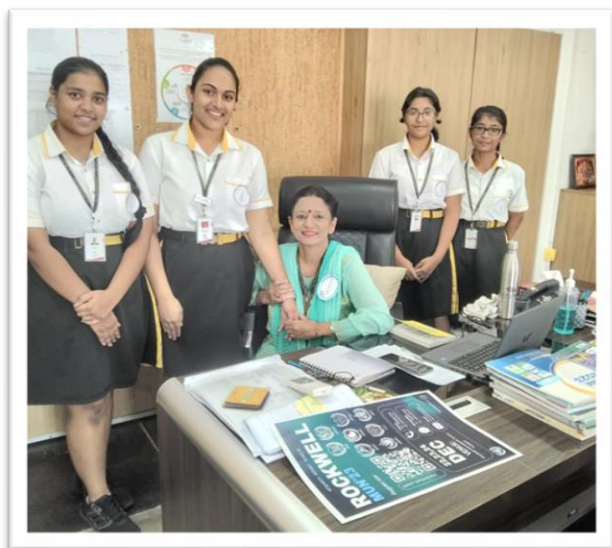


# Core Values

## World Kindness Day

Grade IX D students played Consecutive Fibonacci Sudoku Puzzle by placing the Fibonacci number 1,1,2,3,5,8 in each empty cell in the grid such that each row, column, and marked 2x3 box contains each number exactly once (1 twice). In all cases where two neighbouring cells contain consecutive Fibonacci numbers, a circle is placed between those cells. Students learnt about Fibonacci numbers.

The students were shown a PPT where the significance of the day and its application in day to day life was discussed.



# Core Values

## Morning Prayer

Prayers are a good source of passing the morals and values to the student. Morning assembly conducted everyday plays a vital role in imposing good morals among the students and it gets registered in their mind quickly. Children have to make many decisions throughout the day, and sometimes, they have to do it without external help. Morning prayers help them remain calm to make better decisions. They also navigate their choices during the assembly and understand what is the best option is for them.



## Eco Friendly Diwali

An eco-friendly Diwali is not about compromising on the joyous spirit of the festival but rather redefining it to align with sustainable practices. By making mindful choices, we can ensure that our celebrations not only bring happiness to our lives but also contribute positively to the health of our planet. This Diwali, let us illuminate our homes and hearts with the warmth of eco-conscious celebrations. Grade IX students presented an assembly





# Core Values



## Childrens Day

14th November, the birth anniversary of the first Prime minister of India, celebrated as Children's Day is an important occasion to raise awareness about the rights, education, and welfare of children. A Bagless day for the students was arranged so that they could enjoy the multitudes of programs arranged by teachers right from singing melodious grooves to shaking a leg on their favourite music. This extended to fun activities in the classrooms along with lip smacking snacks shared with friends.





# Core Values



## Bhatukamma Celebration

Our school radiated festive spirit during the Batukamma Festival celebration, uniting teaching and non-teaching staff. Vibrant floral stacks, traditional dances, and shared laughter marked the occasion. This cultural celebration not only embraced our diversity but also strengthened the bonds within our school community. A joyous Batukamma celebration for all!





# Core Values



## Farmers Market

Farmer's market an annual Gaudium event is a showcase of the involvement with the community. Our students learn the Bible idea of "Charity wrapped in Dignity" and involve themselves in this beautiful and heart touching carnival at school. The event encompasses all classes and all curricula, bringing together all the stakeholders at this mega school festival.



# Core Values



## Farmers Market

This year we adopted the G20 theme of Vasudaivakutumbakam and also added value to the government of India's initiative on the Year of Millets through an exclusive millets counter at the event. We cannot wait to organise it again next year





# Holistic Excellence

## CHP Application to trigonometry

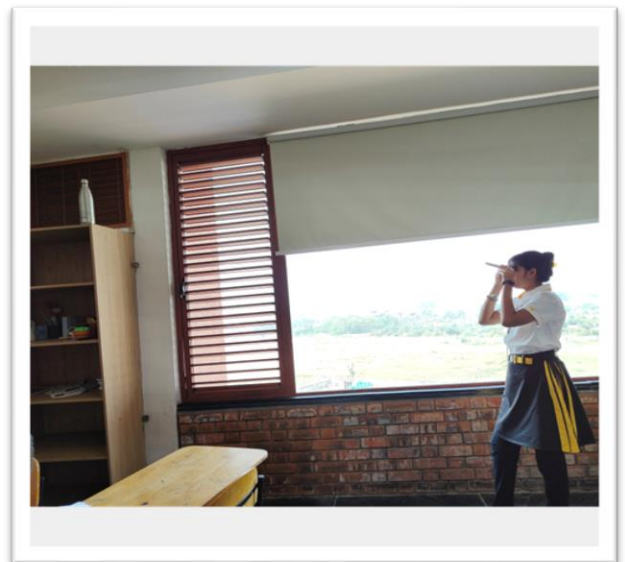
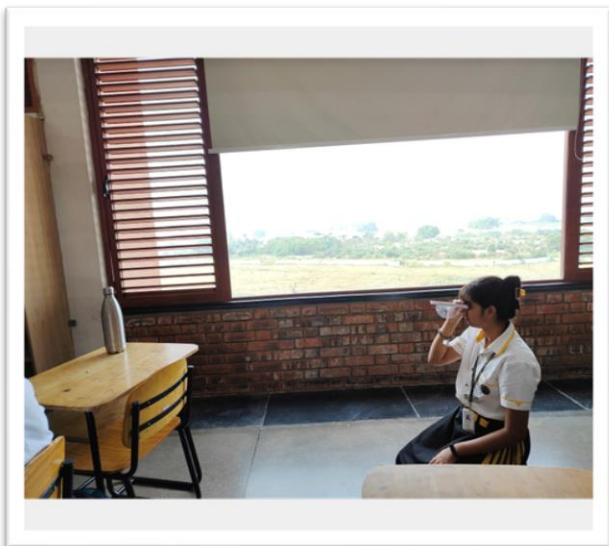
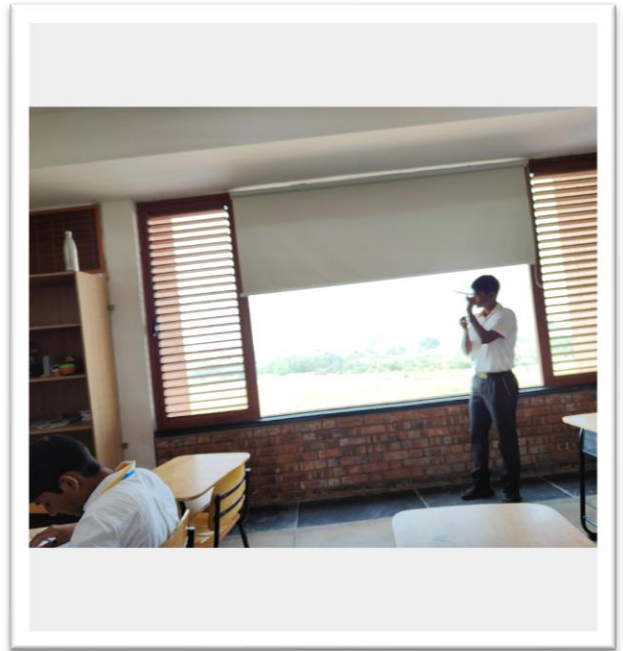
### Model : Clinometer

Students used the clinometer to find the height of the bottle placed at an elevation.

They have drawn inferences on finding angle of elevation as well as angle of depression of objects.

### Skill involved:

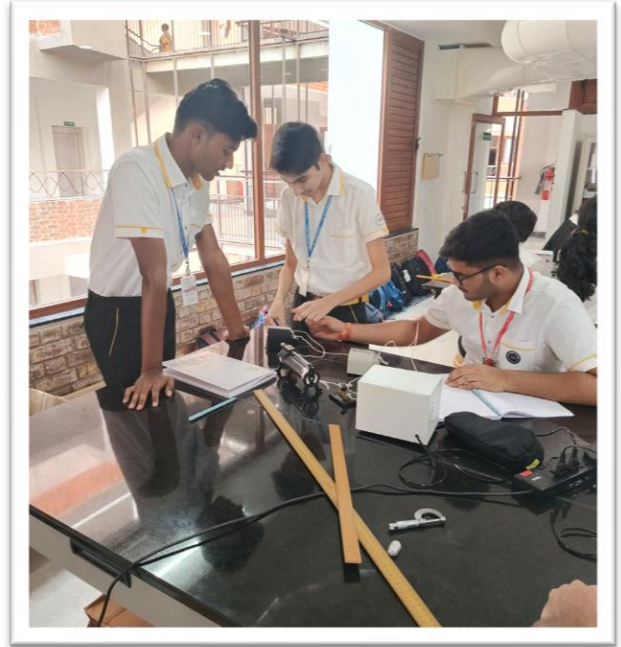
Insight on finding the height of tall buildings.



# Holistic Excellence

**Aim of the experiment:** To determine resistivity of two / three wires by plotting a graph for potential difference versus current.

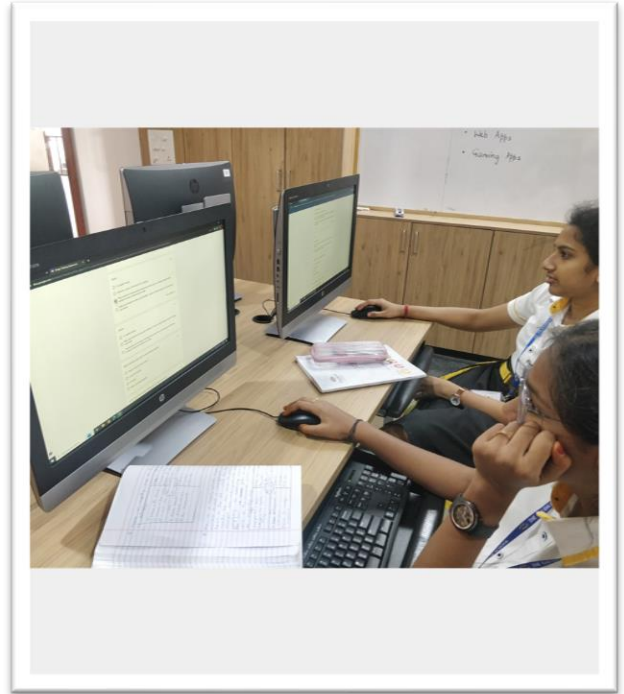
Students of Gaudium XII were investigating the relation between current and potential difference. Then the students determined the resistance of the given wire to find the resistivity.



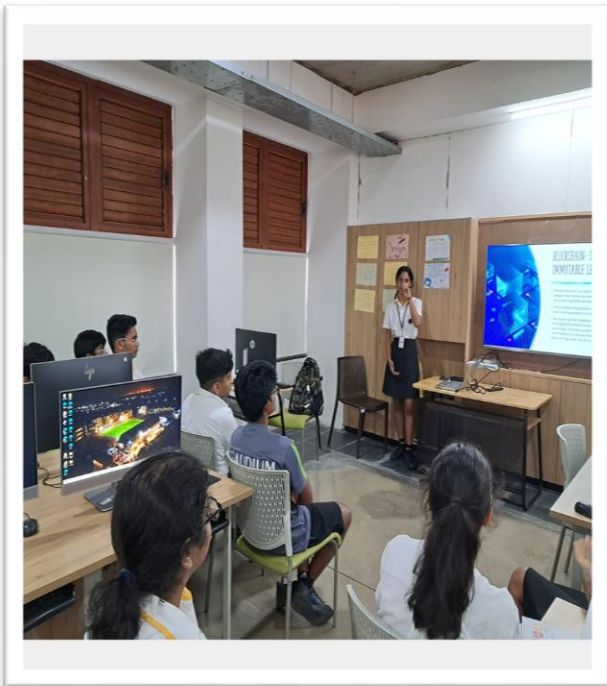
# Holistic Excellence

## Quiz

Implementing chapter-wise quizzes in Class 11 for AI provides a multifaceted approach to learning. These quizzes not only reinforce knowledge but also contribute to the development of essential skills such as critical thinking, time management, and problem-solving. By fostering an interactive and engaging learning environment, educators can empower students to excel academically and cultivate a lifelong love for learning.



Grade XI IP students showcase their knowledge and expertise through engaging presentations on the innovative world of blockchain technology.

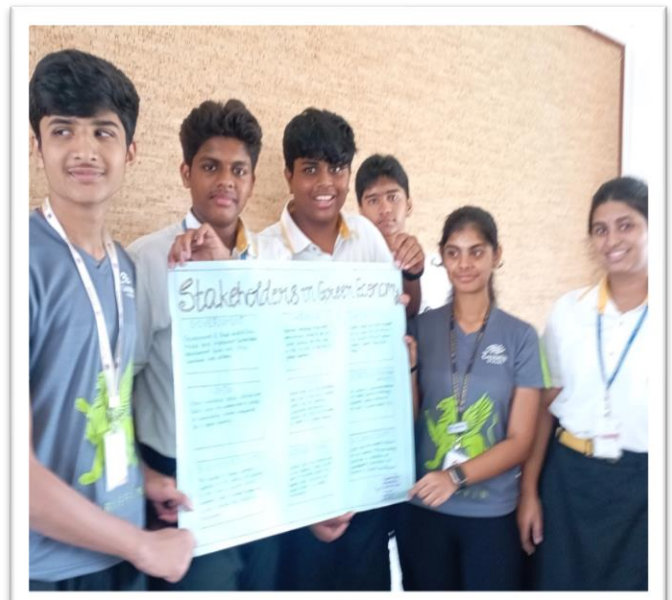




# Holistic Excellence

## Flipped classroom

A Group Activity on Constitutional Design (Drafting of Indian Constitution) by Grade 9A. Students created an interactive learning environment. Allows the students to take on a more active role in their learning. Helps improve students' engagement and communication between the teacher and students as well as their peers. Paves the way for deep learning when students processes and reflects on new information and concepts on their own



## Green Skills Poster Making:

Green skills are those skills needed to adapt processes, services, and products to climate change and the environmental regulations and requirements related to it. They include the knowledge, abilities, values, and attitudes needed to live in, develop and support a sustainable and resource-efficient society.

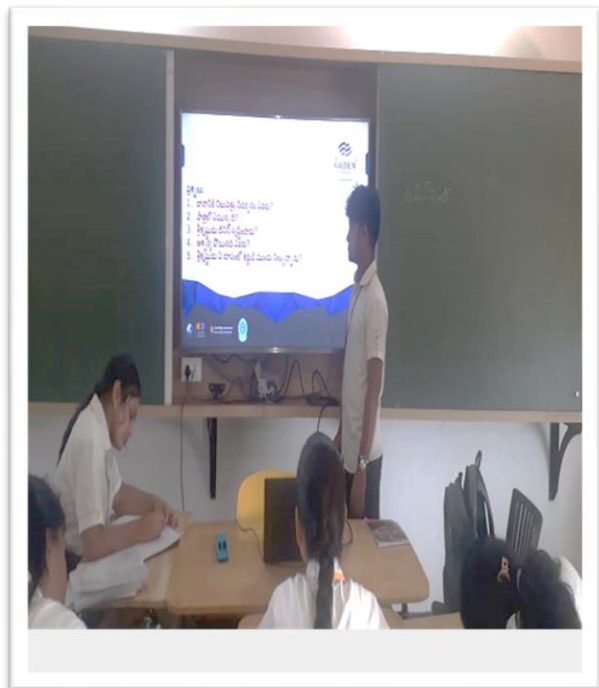
Grade XI students made the posters for the green skills project as a part of their academic learning through Employability skills.



# Holistic Excellence

## Topic - Human Memory

For students to understand the types of memory and its uses. Students stood as the stage model of memory. Through activity students were able to grasp the how the different types of memory work.



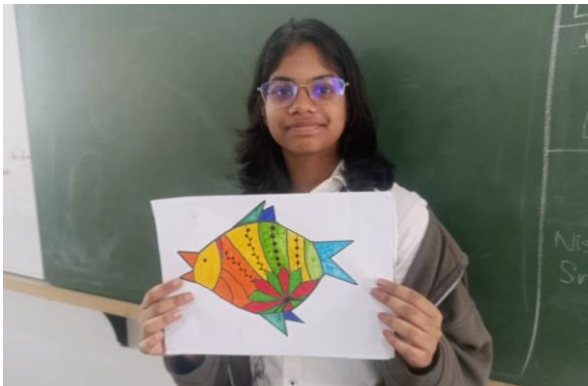
శ్రవణ, భాషణ మరియు లేఖన సామర్థ్యాల  
కార్యాచరణ నిర్వహణ

(Listening and Writing skills activity):

పదవ తరగతి విద్యార్థులకు భాషా సామర్థ్యాలలో భాగంగా ఈ కార్యాచరణను నిర్వహించడం జరిగింది. దీనివలన విద్యార్థులు విషయాన్ని ఎంత శ్రద్ధగా వినగలుగుతున్నారో తెలుసుకోవడానికి విషయానికి ఒక ఆడియోను వినిపించి దానికి సంబంధించిన ప్రశ్నలను రూపొందించి జవాబులను మౌఖికంగా మరియు లేఖనం ద్వారా రాబట్టడం జరిగింది. దీనివలన విద్యార్థులలో ఎంత మేరకు శ్రవణ, భాషణ మరియు లేఖనా సామర్థ్యాలపై అవగాహన కలిగివున్నారో తెలుసుకోవడం జరిగింది.



# Holistic Excellence

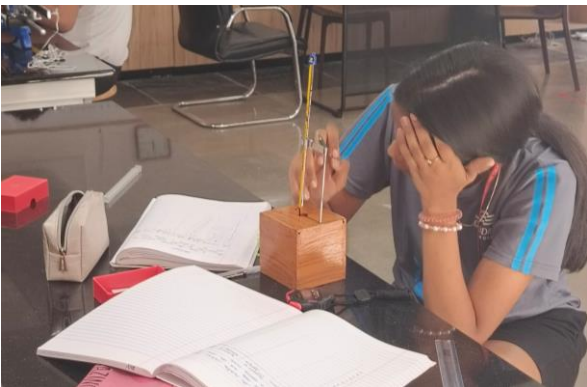


**Activity:** Real numbers and congruence of triangles The students of Grade 9 D presented the Real numbers and congruence of triangles with an Art integration Jharkhand .Tribal art is taken and integrated with math which provides an engaging and effective way to achieve standards in both math/geometry and visual arts. By doing this students developed math skills of identifying, classifying, and describing the Real numbers along with congruent triangles.





# Holistic Excellence



**Aim of the experiment:** To study the relationship between the temperature of a hot body and time by plotting a cooling curve.

**Skill Assessed:** Research, problem solving & observation



# Mindfulness

## Acceptance and Mindfulness

Acceptance shows us the reality and necessary changes to connect with the broader aspect of humanity. It Helps to develop the tolerance in individuals. In our present diverse society acceptance brings a true meaning on togetherness and respect for every individual. One of the key components of mindfulness is acceptance.

We can develop acceptance in our society just by doing few simple changes in our mind, which can be an easy journey by practice mindfulness. Student life is the best time to start practicing acceptance and build a better tomorrow for the world.

-

**Sudakshina Dey**

Special Educator

Middle and High School

The Gaudium School





# Mindfulness



## International Mindfulness Day on connecting the mind and body

Students besides watching the school video, indulged in the following activity by watching a video on enhancing listening skills. Did an activity on memory, where they memorise 3 list and when they finished the activity, they interpreted the test and concluded that mnemonics enhance effective memory.

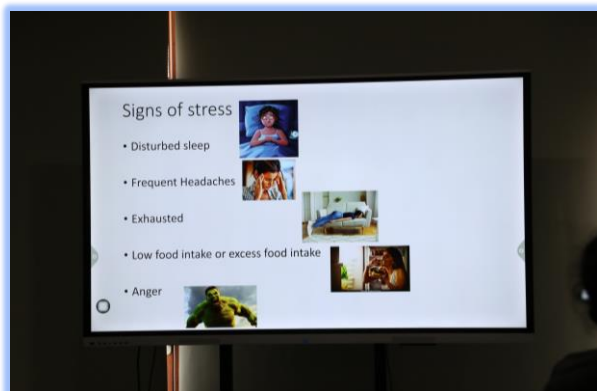
# Mindfulness



**World mental Health Day was celebrated on 10th October 2023.**

The Inclusion Learning and Diversity team conducted an assembly on the various important aspects of mental health. The theme of World Mental Health Day followed by , the thought for the day, Short speech on Mental Health, Dance which depicted various aspects of Mental Well-being Activity- Students had to pen down a thought that would help them to stay physically/mentally healthy. Teachers were given an activity based on the same parameters.

# Mindfulness



## Mental Health Day for Grade X and XII : Mann ati Chanchal, – Arjun says to Krishna,

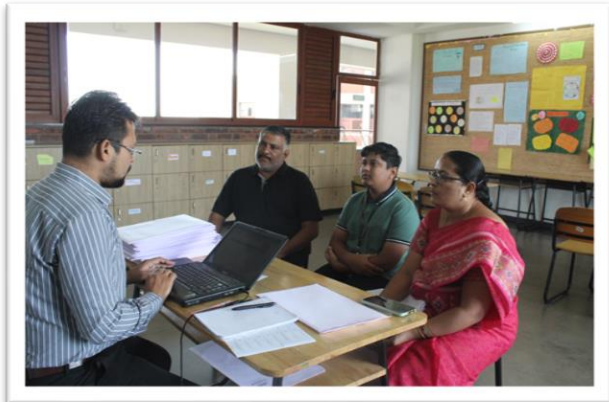
Dr. Siva Anoop Yella, a Consultant Psychiatrist at Medicover Hospitals, Hitec city addressed the CBSE board batches as they are at a crucial treshold and experiencing emotions they may not be sure of – anxiety, depression, difficulty paying attention, excessive activity, peer pressure, acting without regard to consequences, rapid and unexpected changes in mood, eating disorders, self-harm, media addiction.

Dr. Yella addressed the causes of stress and suggested easy to adopt techniques like starting preparation at least a month before, focus on learning rather than marks, balanced diet, proper sleep and rewards. He also taught couple of breathing exercies.

The impact of excessive mobile usage and ways to overcome mobile addiction was also addressed. Students came out more relaxed and confident



# Stakeholder Engagement



CBSE High school held its Three Way Conference (3WC) in the month of October. The school witnessed a huge rush of parents accompanying their wards. Parents were briefed about the academic and holistic development of their wards during their close interaction with the teachers.



# Stakeholders Engagement



## DILSeY - Cyber Security Awareness Program

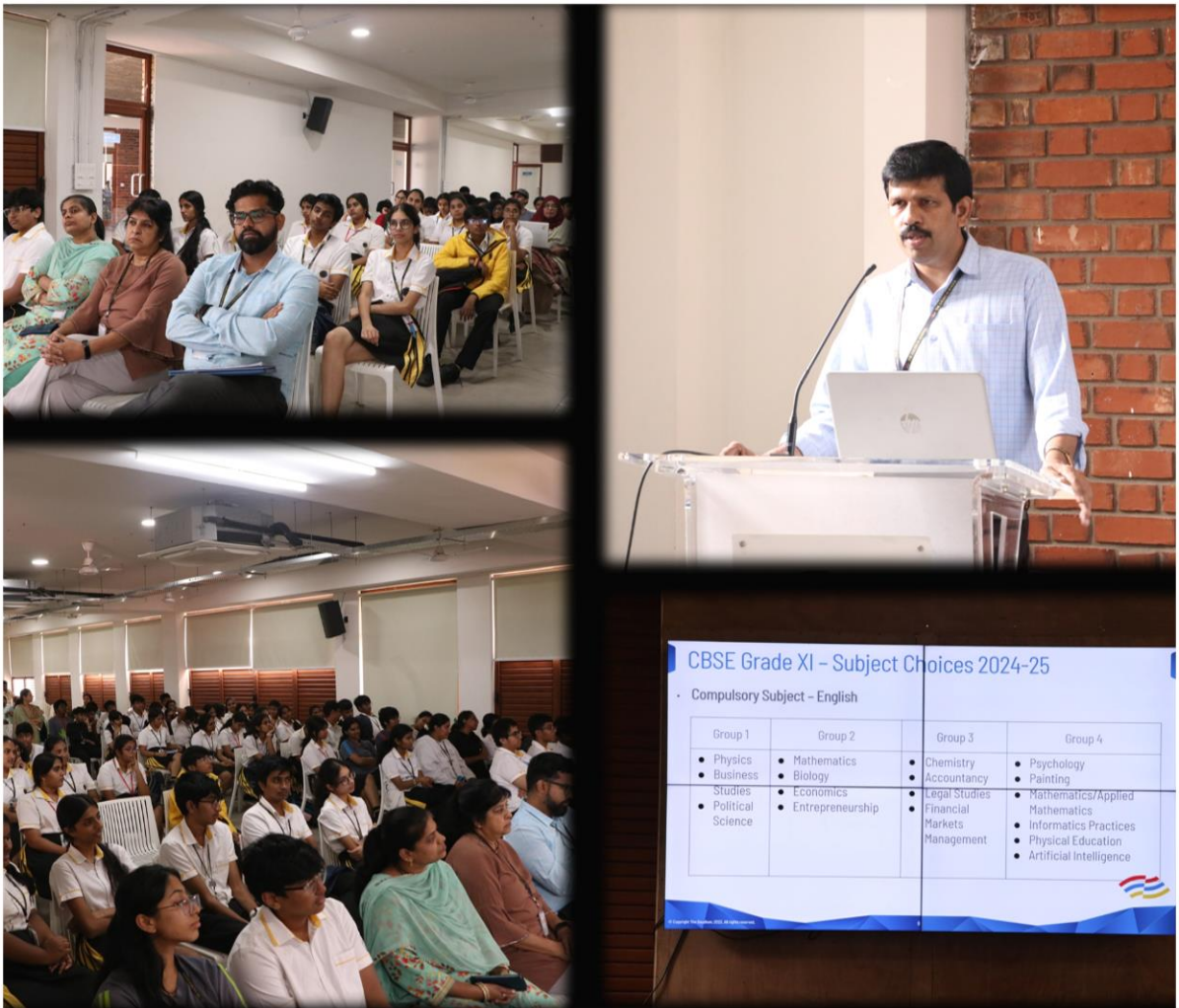
Cyber Crimes Awareness Session organized in association with Cyberabad police Commissionerate.

They Focused on Digital footprint and Safety Tips, Social Media and Cyber bullying linked with financial frauds, Interaction with the students, a special address by Police Personnel - Cyberabad.





# Stakeholders Engagement



## CBSE Orientation on Grade X students

A CBSE orientation program towards creating awareness in students of all curricula was organized on 27th November. The program covered the courses and subjects offered by TGS as part of its CBSE curricula. The coordinators and HODs spoke about the scope of various subjects offered along with the prospects. The program culminated with an engaging Q and A session



# Stakeholder Engagement

IBDP team encouraged the interest in the IB program through an orientation program organised for Grade X students of all curricula on 28th November. The coordinators spoke about the curriculum - approaches to teaching and learning and provided a perspective to the subject choices and career options. Students were also engaged in an interesting activity to understand the concept of TOK (Theory of Knowledge).



A comprehensive session on question paper formatting was conducted for our esteemed teaching staff. The focus was on refining layout, clarity, and adherence to assessment guidelines. Empowering our educators with effective formatting skills ensures streamlined assessments, contributing to a conducive learning environment. A step towards precision in education!



# Stakeholder Engagement

**Title: The Power of Positive Parenting**

**Session Date: 25th November, 2023**

**Session Type: Parents Session**

**Grade/Segment: Grade 6 to 9 (Across Segments)**

The objective of the session was to support parents to understand the meaning of adolescence & stages of human growth and development, identify reasons for adolescent's typical behavioural patterns and risky teen behaviours that they might engage in and to discuss how parents can positively connect to their teens to eliminate the risk.

Student counsellors touches various growth and developmental aspects of adolescence from physical, mental, emotional and social development with support of relevant research studies. The session emphasised on hands-on strategies for parent-teen connect.

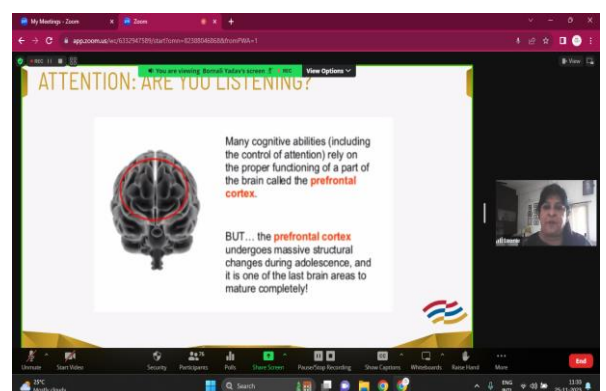
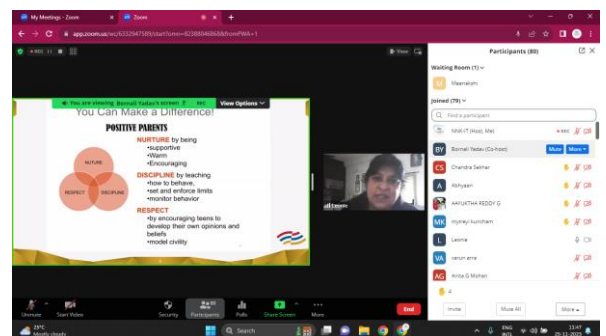
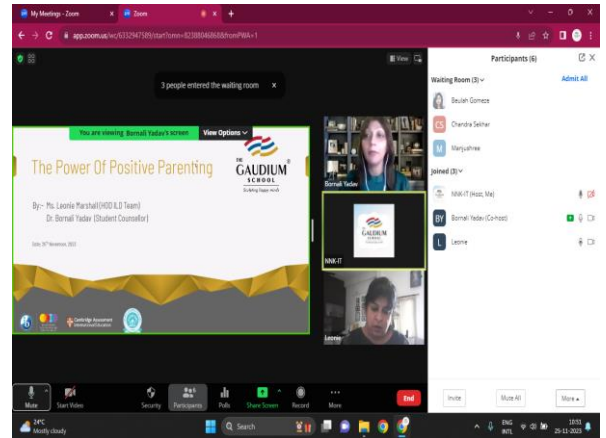
Finally, the session concluded with our honourable principal Ms. Sudeshna Chatterjee imparting insightful words towards positive parenting.

Overall, the session was very engaging and interactive where parents felt free to discuss their perspective and viewpoints.

**Drafted BY: Dr. Bornali Yadav**

**Student Counsellor, ILD Team**

**The Gaudium School, Hyderabad**





# Global Leadership



Poster making is a dynamic and engaging way to promote the UN Sustainable Development Goals. It can educate, inspire, and mobilize individuals and communities to take an action and work collectively towards achieving these vital objectives. By combining creativity with advocacy, we can raise awareness and make progress towards a more sustainable and equitable world.



# Global Leadership

## Fortis All India Psychology Competition

Held on - 7Th October 2023

The competition had a total of 3 rounds.

The working of the human mind

Influence of people

Various concepts of Thinking, Memory, Values, Beliefs, Attitudes, Learning, Conditioning.

The main aim of the competition was to enhance awareness of the various advantages and merits of Psychology. The competition was for a duration of one hour, consisting of 150 questions. This test was time based and each question was given 30 seconds to answer. The test taught the children about time management and quick thinking because of the time constraint for each question, teamwork and co-ordination because they had to put their heads together and agree on one answer regardless of its accuracy, and much more about psychology.



Apart from these, the students also gained self-confidence and self-motivation. Over 800 schools took part in this prestigious competition. The Gaudium school was represented by seven students from the 11th and 12th grade namely, Nischala Thammireddy, Anusha Panguluri, Tarun Srinivas, Pravallika Manyam, Siddhanth Goud, Himashree Reddy, and Maanya Sharma. The students gained a lot of experience and look forward to the upcoming competition by Fortis in the year 2024-25.





# Global Leadership



## University Career Fair

Educational fairs provide prospective students with the opportunity to meet university representatives. These events are where you can meet a range of universities, all under one roof. These events are a platform to discuss your study options, clarify your doubts on admission requirements, get information on scholarships, the application process, accommodations, and much more.

On October 12th Global University fair with 11 USA universities and each university was briefed about the courses, scholarship opportunities and the admission requirements. These events were extremely beneficial to the students, and the event concluded with a vote of thanks





# Global Leadership



Application of Mathematics in daily life needs development of certain competencies and to promote such competencies among students through joyful assessment, Aryabhata Ganit Challenge (AGC) is conducted by CBSE. This test will mainly focus on the extent to which students are able to apply mathematics to their daily life. The feedback from the performance of the test will help the Board to handhold the schools and students in application of mathematics in daily life. It is with great pride and joy that we announce the selection of three of our outstanding students to participate in the prestigious Aryabhata Ganit Challenge, organized by the Central Board of Secondary Education (CBSE).



# Global Leadership



## "Weaves of India" Fashion Show

A spectacular Weavers Fashion Show unfolded, showcasing the artistry of local weavers. From traditional to contemporary, each weave told a story of craftsmanship, heritage, and style





# Global Leadership

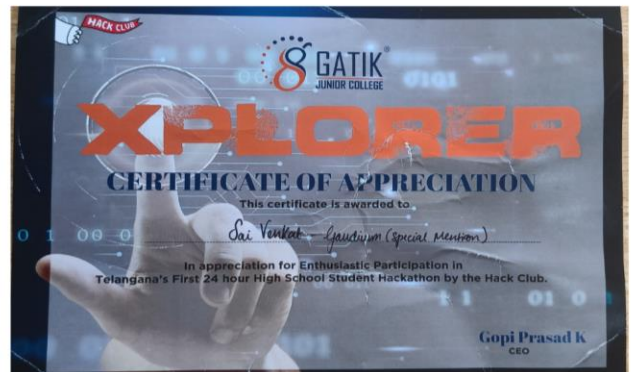


A mid-term reward and recognition was organized for the staff at the Gaudium followed by the festival celebrations. It was a pleasant surprise to a lot of teachers and support staff who have always placed duty before self. It was heartening to see our helpers, drivers being acknowledged for their tireless service. The initiative by the management encourages individuals and teams to walk an extra mile while embracing the school philosophy.





# Global Leadership



## Gatik Junior College of Hackathon

Students' enthusiastic participation in our 24Hrs Gatik Junior College of hackathon Xplorer 23. Our students' contributions played a significant role in making the event a resounding success. The innovative ideas and solutions that emerged from your team were truly inspiring. It was evident that they had put in a great deal of effort, creativity, and dedication into their projects.



# Global Leadership



## CBSE Workshop on Gender Sensitivity

The Gaudium School hosted the CBSE capacity building program on Gender Sensitivity for its teachers. The program was facilitated by the CBSE resource persons - Dr. Vasudha Rani and Mrs. Akella Padmavati. The full day program was an enriching experience for the educators who engaged in collaborative learning while analyzing the gender sensitive nature of our classrooms.





# Stakeholder Engagement



Senior school students visited Sikkim as part of their annual outing this year and they were ecstatic when they returned and had unexpected fun - they did not believe that school trips could be so enjoyable. The morning sunrise on the K2 was beautiful, while their hotel stay was comfortable, and food was great. The opportunity to interact with the students at the government school as part of service has left an indelible impression on the TGS team. The core value of Gratitude was embraced in its glory when our students came across the less fortunate and were grateful for all they had.





# Upcoming Events

DATE	EVENT	CLASSES
2 <sup>nd</sup> December 2023	3WC	Grades X & XII
5 <sup>th</sup> December 2023	Last Weekly assessment	Grade IX & XI
11 <sup>th</sup> December 2023 – 22 <sup>nd</sup> December 2023	Preboard – II	Grades X & XII
23 <sup>rd</sup> December 2023	Sports Day	Grades IX – XII
24 <sup>th</sup> December 2023 – 2 <sup>nd</sup> January 2024	Winter Break	Grades XI – XII



# 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>



# EDITORIAL BOARD

Chief Editors

CBSE HS Team

Creative Team

Ms. Shilpa Keesara

