

MANDAKINI BUZZ

REALISING, HONOURING, SHAPING



EDUCATION IS THE KEY TO OPPORTUNITY

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November, 2024





PRINCIPAL'S DESK

"A school is a building that has four Walls with future inside."

As we step into the festive month of October, Ganga International School, Sawda, is filled with joy, excitement, and the warmth of celebration. October brings us closer to our rich cultural heritage, and this year, our school has truly embraced the spirit of the season. From the vibrant Diwali celebrations to the recent activities highlighting Dussehra's values, these events have provided our students with invaluable lessons on tradition, kindness, and unity. Such festivities allow us to rejoice together and strengthen the bonds that make our school a family.

With the onset of cooler weather, I encourage everyone to take the necessary precautions to stay healthy and energized for the months ahead. Let us all strive to keep our environment safe and clean, especially as we celebrate Diwali in an eco-friendly manner this year. As we enjoy this festive season, let's remember the importance of caring for each other and staying connected.

I wish you all a joyful and enriching month filled with positivity, learning, and celebration. May this season bring happiness, good health, and success.

YOUNG MINDS



A Dr. Ezequiel Coscueta is a Junior Researcher at the Center for Biotechnology and Fine Chemistry and Invited Assistant Professor at the Faculty of Biotechnology, Portuguese Catholic University. A native of Argentina, he obtained a Ph.D. in Biological Sciences (Universidad Nacional de Rosario – UNR, Argentina) and a B.Sc. in Biotechnology (Universidad Nacional del Litoral – UNL, Argentina). His academic and professional background involves applying biotechnology to food and

biomedical engineering. Over the last five years, his work has focused on developing innovative solutions to address challenges in the nutraceutical field for gastrointestinal and metabolic health.

CLUB ACTIVITIES







Ganga International School, Sawda, believes in nurturing the holistic development of its students, and one of its most vibrant initiatives is the establishment of four engaging clubs: the Sports Club, Dance Club, Eco Club, and Reading Club. These clubs provide a platform for students from classes IV to XII to explore their interests, develop new skills, and foster a sense of community. Students are thoughtfully divided into these clubs based on their passions and preferences, ensuring that they can immerse themselves in activities they genuinely enjoy. The Sports Club promotes physical fitness, teamwork, and sportsmanship through a variety of games, competitions, and training sessions in sports like basketball, football, badminton, and athletics. It instills discipline and a spirit of healthy competition among students. The Dance Club serves as a hub for creativity and self-expression, offering students the chance to explore classical, contemporary, and folk dance forms, participate in performances, and build confidence through stage exposure.

The Eco Club is at the forefront of environmental awareness, involving students in activities like tree planting, recycling drives, and campaigns to reduce plastic usage. It cultivates a sense of responsibility towards nature and encourages sustainable living. Meanwhile, the Reading Club ignites a passion for literature and storytelling. Through book discussions, storytelling sessions, and creative writing workshops, students develop critical thinking, enhance their vocabulary, and expand their imagination.

EDUCATIONAL EXCURSION

Ganga International School, Sawda, recently organized an educational excursion to **Joy Gaon**, a vibrant destination that blends recreation with cultural enrichment, leaving students with unforgettable memories. From the moment they arrived, students were captivated by the plethora of activities that catered to all age groups, ensuring every child found something they loved. The day was filled with excitement as students enjoyed an array of thrilling rides, from the merry-go-round to adventure sports like zip-lining and wall climbing. Joy Gaon also offered various sports-related activities, where students tested their skills in games like cricket, volleyball, and archery, fostering both teamwork and confidence.

The excursion wasn't just about fun; it also provided an immersive experience into Indian culture. Students participated in cultural activities such as pottery-making, traditional dance performances, and folk art displays, giving them a deeper appreciation for their heritage. They were fascinated by the hands-on experiences, like trying their hand at traditional crafts and savoring authentic regional cuisine, which added an educational element to the trip.

Throughout the day, laughter, camaraderie, and curiosity filled the air, as students not only enjoyed themselves but also learned valuable lessons about teamwork, cultural diversity, and the importance of balancing recreation with learning. The visit to Joy Gaon truly exemplified the school's commitment to combining education with experiential learning, creating a well-rounded and joyous experience for its students.







ANNUAL SPORTS MEET

On On 14th November, Ganga International School, Sawda, came alive with vibrant energy and enthusiasm during its Annual Sports Meet, a true reflection of the school's commitment to holistic education and athletic excellence. Dedicated to nurturing the limitless potential of every child, the event highlighted the school's mission to develop well-rounded individuals through a harmonious blend of academics and sports.

The day's festivities featured a wide range of events for all age groups. Younger students participated in lively races and friendly competitions, while senior students engaged in challenging events such as shot put and 100m, 200m, and 400m races. Separate categories for boys and girls ensured fair competition, reflecting the school's inclusive spirit. Throughout the event, parents played a vital role, volunteering in various capacities, from helping with decorations and maintaining discipline to assisting in the smooth conduction of the activities.

One of the most inspiring moments was the torch-lighting ceremony, which symbolized the spirit of sportsmanship and excellence. Selected students with outstanding achievements in sports, who had brought various medals and accolades to the school, had the honor of lighting the torch. They carried it in a ceremonial run across the ground, igniting a sense of pride and motivation among their peers. In her inspiring address, Principal Ms. Prerana Chauhan emphasized the pivotal role of sports in instilling discipline, teamwork, and resilience. She eloquently reminded the students of the significance of Children's Day, celebrating their potential and bright futures. Her words set the stage for a day brimming with sportsmanship and joy.





GRATITUDE CULTURE

Thanksgiving is not just a holiday but a cherished reminder of the importance of gratitude in our lives. It is a time to pause, reflect, and express appreciation for the countless blessings we often take for granted. At Ganga International School, Sawda, the spirit of Thanksgiving transcends cultural boundaries and becomes a core value woven into the fabric of daily life. The school nurtures a culture of gratitude that shapes the character of its students and helps them develop a positive and mindful approach to life.

Ganga International School understands that gratitude is not limited to a single day or event; it is a way of life. The school emphasizes this philosophy through its morning prayer, where students collectively express their thanks for the opportunities, resources, and relationships they are blessed with. The prayer is more than a ritual—it is a heartfelt moment that sets a positive tone for the day.

Every morning, students are encouraged to acknowledge even the simplest joys—a beautiful sunrise, a supportive teacher, or the comfort of their homes. This practice instills humility and helps students develop a sense of responsibility to give back to their community.

To deepen the understanding and practice of gratitude, the school has introduced Happiness and Meditation classes. These sessions serve as safe spaces where students can pause amidst their academic routines, reflect on their experiences, and discover the power of mindfulness.

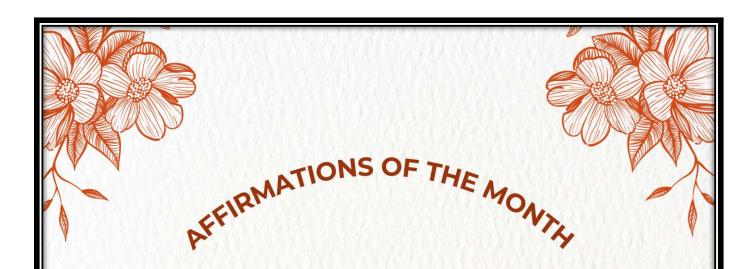
The Happiness classes are designed to cultivate emotional intelligence, empathy, and resilience. Through storytelling, creative activities, and group discussions, students learn to appreciate the intangible gifts in their lives—kindness, love, and the support of their peers and teachers. These lessons are complemented by Meditation classes, where students engage in guided exercises that calm the mind and foster self-awareness. Meditation not only reduces stress but also enhances focus and emotional well-being, allowing students to approach their challenges with a grateful heart.



WORKSHOP ON INNOVATION

A workshop on **Entrepreneurship and Innovation** was conducted by Mr. Vikas at Ganga International School, Sawda, to inspire and guide students about the dynamic world of startups and innovative thinking. The session aimed to instill entrepreneurial skills and spark creativity among the students. Mr. Vikas emphasized the importance of identifying real-world problems and devising unique solutions to address them. Through engaging activities, thought-provoking discussions, and real-life examples, he demonstrated how innovative ideas could be transformed into successful ventures. He also shared insights about the essential qualities of an entrepreneur, such as resilience risk-taking, and adaptability. The students actively participated in brainstorming sessions and were encouraged to pitch their own ideas, fostering a spirit of innovation. The workshop concluded with an interactive Q&A session, where Mr. Vikas addressed students' queries and provided valuable advice on pursuing entrepreneurial ambitions. The session was highly motivating and left the students with a deeper understanding of innovation and its role in creating a better future.





- I AM A BRILLIANT STUDENT.
 - I WORK HARD.
 - I SUCCESSFULLY DO MY ASSIGNED WORK ON TIME.
 - I AM BLESSED.
 - I DO MY BEST EVERYDAY.
 - I MAKE MY PARENTS AND TEACHERS PROUD.









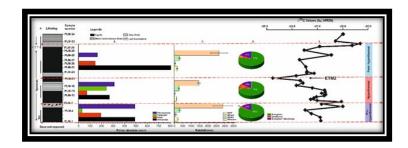
कहानी - घमंडी पर्वत एक जंगल में एक विशाल पर्वत था। एक दिन उस विशाल पर्वत ने जानवरों को देखा, जंगल को देखा और फिर खुद को देखा । उसे अपने आकार पर बहुत घमंड हुआ उसने कहा मैं सबसे शक्तिशाली हूं , मैं ही तुम्हारा ईश्वर हूँ । पर्वत की यह बातें सुनकर सभी जानवरों को बहुत गुस्सा आया । घोडे ने आगे बढकर कहा – ओ घमंडी पर्वत अपने आप पर इतना घमंड मत कर । एक क्षण में तुम्हें दौड़ कर पार कर सकता हूं , पर घोडा लडखडा कर गिर गया। पर्वत दिल खोलकर हंसा , इसी तरह हाथी ,ऊँट .जिराफ सभी ने कोशिश की पर वे पहाड का कुछ बिगाड नहीं पाए अब सभी जानवरों को अपना दोस्त चूहा याद आया । चूहा पर्वत के पास आया और उसने पर्वत को चुनौती दी । पर्वत ने चूहे का खुब मजाक उड़ाया । चूहे ने मुस्कुराते हुवे पर्वत में छेद बनाना प्रारंभ किया । अन्य चूहों ने भी पर्वत में छेद करना चालु कर दिया । पर्वत घबरा गया उसने सभी जानवरों से माफी मांगी। इस तरह पर्वत के घमंड को एक छोटे से चूहे ने तोड दिया। शिक्षा - कभी अपने ऊपर घमंड मत करो।

> अहाना कक्षा - छठी

कविता - आयी है दीवाली आयी है दीवाली देखो, आयी है दीवाली। ले के जीवन में खुशहाली, आयी है दीवाली। घर-आँगन में है रौनक, और चारों ओर रंगोली से सजावट। दियो से सज गयी है चौखटे, रंगीन हो गयी हैं झालरों से दीवारें। मन में हर्ष और उल्लास फैलाने, आयी है दीवाली। ख़ुशियों ने दी है आहटें, रौशनी से रौशन है सब। चारों ओर फैली है जगमगाहट पटाखों की गुँज से। आसमाँ भी हो गया है रौशन आयी है दीवाली देखो, आयी है दीवाली। रक्षित

कक्षा - सातवीं

SCIENTIFIC REVELATIONS



New study connecting rainfall & CO2 increase can aid future conservation of biodiversity hotspots

The unprecedented global increase in greenhouse gases can decrease rainfall in the equatorial region with associated shift and vegetation, and also replace India's biodiversity hotspots consisting of evergreen forests in the Western Ghats, northeast India and the Andamans into deciduous forests, shows a new study.

Deep time hyperthermal events are considered potential analogs for future climate predictions. However, data of these hyperthermal events are mainly known from the mid- and high latitude regions. However, there is lack of quantitative data from the equatorial or tropical regions.

Researchers from Birbal Sahni institution of Palaeosciences (BSIP), an autonomous institute of Department of Science and Technology, used fossil pollen and carbon isotope data from the Eocene Thermal Maximum 2 (ETM-2), also known as H-1 or Elmo, a period of global warming that occurred around 54 million years ago, to quantify the terrestrial hydrological cycle during that period.

It was during this period that the Indian plate lingered near the equator during its journey from the southern to northern hemisphere. This makes the Indian plate a perfect natural laboratory that offers a peculiar opportunity to understand the vegetation-climate relationship near the equator during the ETM-2. On the basis of availability of fossils from ETM2, the researchers selected the Panandhro Lignite Mine of Kutch in Gujarat and collected fossil pollen from there.

Analyzing the pollen, they found that when atmospheric carbon dioxide concentration was more than 1000 ppmv near the palaeo-equator, the rainfall decreased significantly, leading to the expansion of deciduous forests.

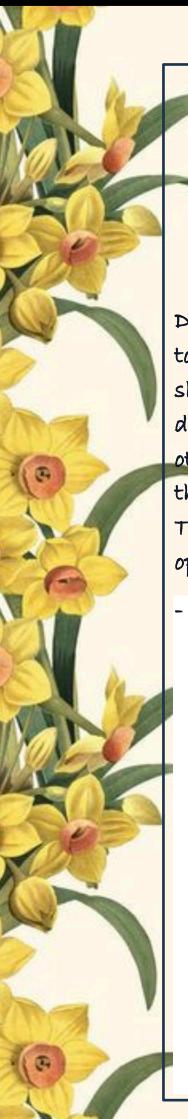
READER'S COLUMN

The Marvel of Photosynthesis: Nature's Green Powerhouse

Photosynthesis is a process that underpins all life on Earth, yet it often goes unnoticed in our daily lives. This remarkable phenomenon allows green plants, algae, and certain bacteria to convert sunlight into chemical energy, providing the foundation for the food chain and the oxygen we breathe. At its core, photosynthesis transforms sunlight, carbon dioxide (CO_2) , and water (H_2O) into glucose and oxygen. The process occurs in the chloroplasts of plant cells, where the pigment chlorophyll captures sunlight. Through a series of complex chemical reactions, energy from the sun is stored in glucose molecules, which plants use as food to grow and thrive. What makes photosynthesis extraordinary is its dual role. First, it produces oxygen as a byproduct, replenishing the Earth's atmosphere and making life possible for humans and animals. Second, it is the basis of almost all food chains, as plants serve as primary producers. By converting sunlight directly into fuels or capturing CO₂ more effectively, we might pave the way toward a sustainable future.

The Fascinating World of Bioluminescence

Imagine walking through a forest at night and seeing the ground light up beneath your feet or looking out over the ocean and witnessing waves glowing as they crash against the shore. This magical phenomenon is called bioluminescence, and it's one of nature's most enchanting spectacles. Bioluminescence is the ability of certain living organisms to produce light through chemical reactions within their bodies. You might be familiar with fireflies, which use their glowing abdomens to attract mates. But did you know that many other creatures, from deep-sea fish to fungi and even some types of plankton, also have this incredible ability? The light produced by these organisms can be used for various purposes, such as hunting, communication, or camouflage. For example, the anglerfish, a deep-sea predator, uses a glowing lure to attract its prey in the pitchblack ocean depths. The next time you see a firefly or hear about glowing waves, you'll know that you're witnessing the wonders of bioluminescence—a brilliant reminder of how extraordinary our planet truly is.



Do you know why god has given the power of speech to humans and not to animals? Because we should share good things to others. So, whenever you face difficulty or you receive joy, you must share it with others. But think of all the animals-those poor things can't even share their difficulty with anyone. They have to bear to alone. So, we should always be open. Don't hide, hiding is sin.

- Sudha Murthy

