



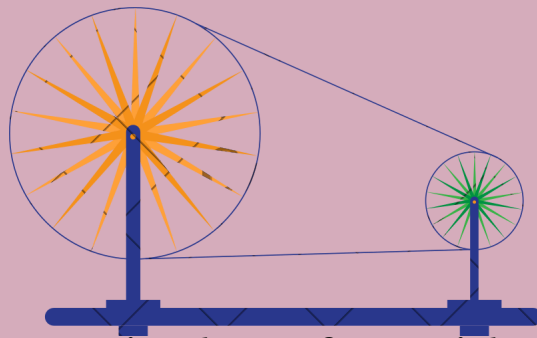
PANORAMA

SCHOOL MAGAZINE



The triumph of good over evil.

October- 2024 Edition



International Day of Non-Violence

Featured Topic
The Stories of Genesis Polaris



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Onward and upward

Principal's point

Dear Parents, Students, and Staff,

As we bid farewell to the vibrant month of October, I hope you all had a joyous and meaningful Dussehra celebration. The festival brought with it the spirit of reflection, renewal, and togetherness, and I trust it filled your homes with happiness and peace.

During the Dussehra vacations, our students enjoyed a well-deserved break. Preparing for their Half Yearly Assessments was a task as these assessments served as an important milestone, giving students the opportunity to reflect on their learning and progress. I hope they found value in the experience and are motivated to continue their academic journey with renewed focus.

We also successfully held our Parent-Teacher Meeting (PTM), where we had the chance to discuss the academic and holistic development of our students. I sincerely thank all parents for their active participation and valuable insights, as your involvement is crucial to our collaborative effort in nurturing the students' growth.

October also witnessed the enthusiastic participation of our students in an exciting inter-school competition. Their dedication and talent were truly commendable, and we are proud of their efforts and achievements. Our students triumphed in success over the victory in four events.

One of the highlights of the month was the grand Parent Extravaganza event, which brought our school community and parents together for a day filled with joy, engagement, and celebration. It was heartwarming to see the energy and collaboration of Gr 1 & 4 Parent fraternity that made the event a success.

As we now look forward to the upcoming events in November, I am confident that we will continue to grow as a community, embracing new opportunities and challenges with enthusiasm.

Warm regards,

Ms Nalini Dadi
Principal

Observant opinions

Adolescence -effects

Adolescence and Its Effects on a Student's Academic Progress

Adolescence is a transformative phase, marked by rapid physical, emotional, and cognitive changes, often having a profound impact on a student's academic progress. Understanding these changes can help educators and parents better support adolescents during this crucial time.

1. Cognitive Development-

During adolescence, students experience significant cognitive growth. The prefrontal cortex, responsible for decision-making, problem-solving, and impulse control, is still developing. This growth can enhance critical thinking and abstract reasoning, which are crucial for academic success in subjects like math and science. However, this cognitive maturation can also lead to:

Inconsistent focus: Adolescents may struggle with concentration due to the ongoing development of their executive functions, affecting their ability to stay organized and manage time effectively.

Risk-taking behaviors: Adolescents may engage in impulsive behavior, which can lead to distractions from studies, particularly with the increasing presence of social media and peer influence.

2. Emotional Changes-

The emotional volatility of adolescence can significantly affect academic performance. Hormonal changes often lead to mood swings, increased sensitivity, and emotional outbursts. As a result:

Stress and Anxiety: Academic pressures, peer relationships, and social expectations can heighten stress and anxiety levels, potentially leading to burnout or disengagement from studies.

Self-Esteem Issues: Adolescents often struggle with self-image and confidence, which can impact their willingness to participate in class, seek help when needed, or take academic risks.

3. Social Factors-

Peer relationships become increasingly important during adolescence, influencing both positive and negative academic behaviors. Students may experience:

Peer Pressure: Adolescents may prioritize fitting in with their peer group over academic responsibilities, leading to lower engagement in schoolwork or adopting unhealthy study habits.

Desire for Independence: Adolescents often seek more autonomy, which can be beneficial if it encourages self-directed learning. However, without guidance, it may lead to poor academic choices, such as procrastination or skipping assignments.

Observant opinions

4. Physical Changes-

The physical changes associated with adolescence, such as growth spurts and puberty, can affect a student's energy levels and focus.

Sleep Patterns: Many adolescents experience a shift in their circadian rhythms, leading to a tendency to stay up late and struggle with early school hours. Lack of sleep can result in reduced attention span, poor memory retention, and overall decreased academic performance.

Body Image and Health: Concerns about physical appearance can lead to distractions, affecting self-esteem and focus in school. Additionally, some adolescents may develop unhealthy eating or exercise habits, further impacting their ability to concentrate.

5. Motivation and Interest-

Adolescents often begin to explore their interests and passions, which can either positively or negatively impact their academic progress.

Increased Curiosity: Adolescents may develop a deep interest in specific subjects, leading to enhanced academic engagement in areas they find personally meaningful.

Decreased Motivation: On the other hand, students may lose interest in subjects they view as irrelevant or uninspiring, resulting in poor performance and disengagement.

6. Family Dynamics-

Family support and expectations play a crucial role in how adolescents navigate academic challenges. A supportive home environment can foster resilience and academic discipline, while family conflict or high academic pressure can contribute to stress, anxiety, and disengagement.

In conclusion, adolescence is a time of both challenges and opportunities for students. The physical, emotional, and cognitive changes they experience can influence their academic progress in various ways. By providing appropriate guidance, emotional support, and a structured environment, educators and parents can help adolescents manage these changes effectively, fostering their academic growth and overall well-being.

October odyssey

October

OCTOBER - 2024 (Working Days - 16)						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Half Yearly	2 Gandhi Jayanti	3 Bathukamma	4	5
	7	8	9	10	11	12 Vijaya Dashami
13	14 School Reopens	15	16	17	18	19 PTM
20	21	22	23	24	25	26
27	28	29	30	31 DIWALI		



October is a month filled with cultural, educational, and national significance. As we transition from the monsoon into the cooler months, October stands out for its numerous festivals, academic milestones, and globally recognized days. Here's a closer look at the importance of this dynamic month:

1. Cultural and Religious Festivals

October is rich with festivals that celebrate culture, spirituality, and the victory of good over evil. These festivals bring families and communities together, reinforcing values of kindness, devotion, and unity.

Dussehra (Vijayadashami): Celebrated towards the beginning or middle of October, Dussehra symbolizes the triumph of Lord Rama over the demon king Ravana, representing the victory of good over evil. It is also a time for reflecting on one's inner struggles and emerging stronger.

Durga Puja: Particularly significant in West Bengal and other parts of India, Durga Puja marks the victory of Goddess Durga over the buffalo demon Mahishasura. It is a celebration of feminine strength, grace, and power.

Gandhi Jayanti (October 2): Celebrated as the birth anniversary of Mahatma Gandhi, this day emphasizes the principles of non-violence, peace, and truth. Schools and organizations reflect on Gandhi's teachings through various activities, spreading awareness about his values.

Diwali (October 31): Diwali, the Festival of Lights, symbolizes the triumph of light over darkness and good over evil. It is celebrated with the lighting of lamps, bursting of fireworks, and exchanging of sweets, bringing families and communities together. Diwali also marks the return of Lord Rama to Ayodhya after 14 years of exile, signifying hope, prosperity, and new beginnings.

October odyssey

2. Academic Milestones

October often marks the mid-point of the academic year, making it a critical month for both students and teachers.

Half-Yearly Assessments: This period offers students an opportunity to reflect on their progress, revisit lessons, and prepare for the second half of the school year. The results from these assessments can guide students to focus on areas that need improvement.

Parent-Teacher Meetings (PTM): Many schools conduct PTMs in October, fostering communication between parents and teachers regarding students' academic performance and overall well-being. These meetings ensure that parents are involved in their children's educational journey.

3. Global and National Awareness Days

October is also recognized for important global and national awareness campaigns that foster knowledge, reflection, and action on social and environmental issues.

World Teachers' Day (October 5): A day dedicated to appreciating educators for their contributions to shaping the future. Schools may organize events to recognize the efforts of teachers and promote the importance of education.

World Mental Health Day (October 10): This day is significant for spreading awareness about mental health issues and promoting mental well-being in schools, workplaces, and communities. It reminds everyone to prioritize mental health as a key aspect of overall well-being.

World Food Day (October 16): Highlighting the importance of food security and sustainable agricultural practices, this day raises awareness about hunger and the need for global action to end malnutrition and promote equitable food distribution.

4. Seasonal Significance

October is often the beginning of cooler weather, signaling the end of the monsoon season in India and the transition into winter.

Agricultural Significance: October is a crucial month for farmers in India as they prepare for the harvest season after the monsoon. The festivals during this time also have roots in agricultural practices, with communities thanking the gods for a good harvest.

Environmental Awareness: As we enter the autumn season, October also brings attention to nature conservation, including campaigns for tree planting and environmental sustainability.

5. Community and Extracurricular Activities

October is also a month that often features a variety of community-based and school events aimed at fostering teamwork, creativity, and leadership skills among students.

Overjoyed outcomes

Genesis Inter school sports meet 2024-25

Genesis management under the leadership of Chairman Mr Jayapal Reddy Sir has initiated a sports meet for all the campuses where students get exposed to various qualities required under sports and games.

Games like Kho kho, Volleyball & Basketball for boys & girls under Sr & Jr categories were organized .



Members of management from all five campuses ie Polaris,Olympus,Iris,Lunaris & Novas have graced the occasion. The program starts with a genial welcome ,prayer ,prayer song and a welcome dance followed by a regal march by all the teams.



Overall Championship 2024-25-POLARIS





NCC cadets underwent training sessions and the best were ranked as BHM's, Sergeant's, Lance Corporal's and Corporal's



**BHM Pearl Sahasra
BHM Aayush**



**Sergeant N. Pranavi
Sergeant Roger**



**Lance Corporal Vira Goenka
Lance Corporal Nithin Reddy**



**Corporal Satviki
Corporal Akshita**



Outstanding occasions

Special events

Dussehra Vacation-Oct 3rd to 14th.

Students were anxiously waiting for the vacation as it is the time of the year where families meet, travel and enjoy togetherness also marking the significance of Dussehra into the child's mind.

Dussehra, a triumph of good over evil, celebrates Lord Rama's victory over Ravana's cruel devil.

The burning of effigies symbolizes the destruction of sin, marking the end of Navratri, a nine-day celebration within.

A festival of joy, faith, and victory, Dussehra brings hope and happiness to all kin.



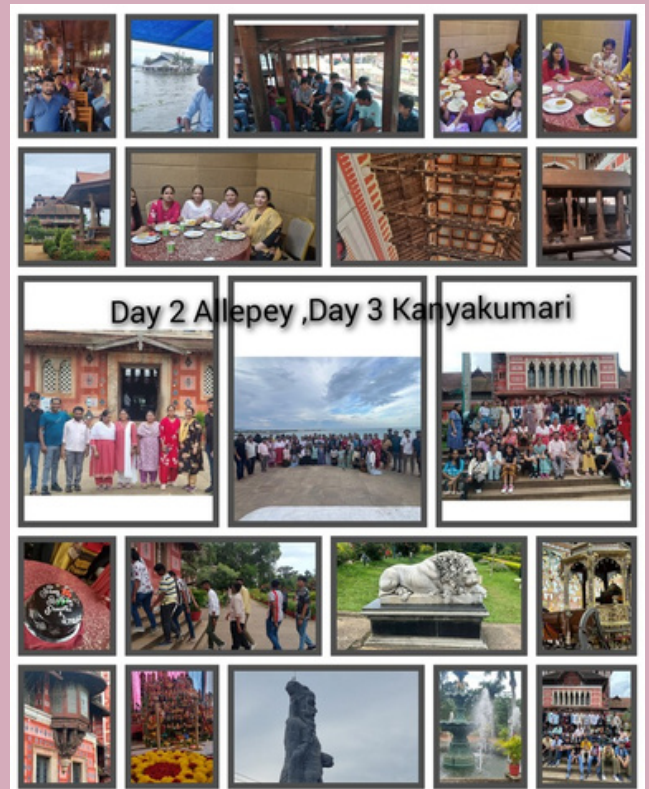
The important thing is to teach a child that good can always triumph over evil.



All the evil qualities have to be destroyed just as the effigy is burnt.

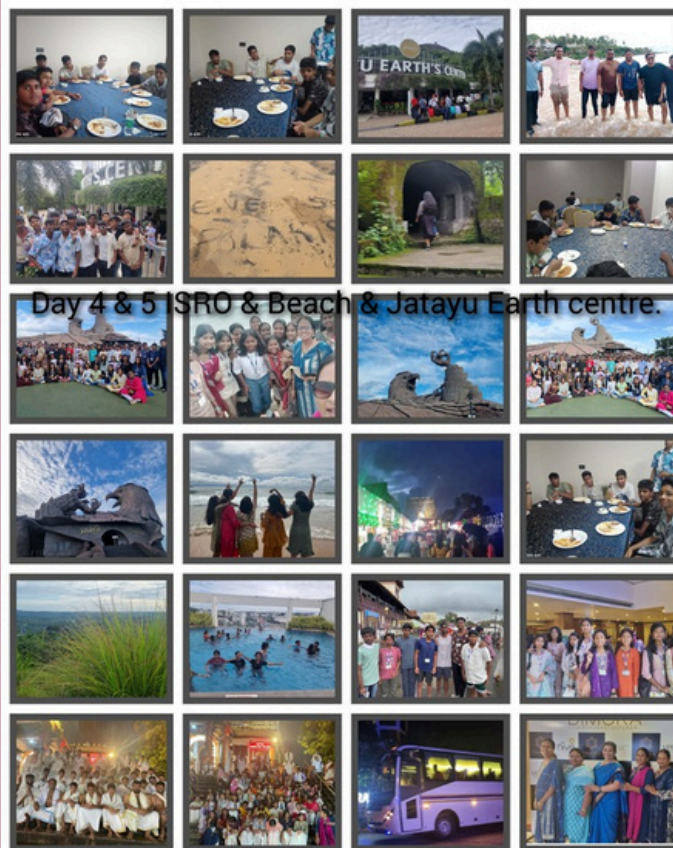
Kerala Kaleidoscope- Oct 4th to 8th

124 Students of Gr 9 and 10 along with 13 members (teachers & management) have travelled to Cochin, Allepey, Trivandrum and Kanyakumari .
A journey that introduces individuality, sense of responsibility, knowledge sharing and peer caring into students young minds and that which instills togetherness and sympathy towards each other.



Directors Mr Avinash Reddy and Mr Anvesh Reddy along with campus head Mr Rajshekar Reddy were on toes checking continuously the arrangements and requirements for the day .

Hotel stay ,safety,food ,travel were made easy and comfortable with their presence.



Assemblies of the month



Grade VIA



Grade IIB



Grade IIC



Art & Craft

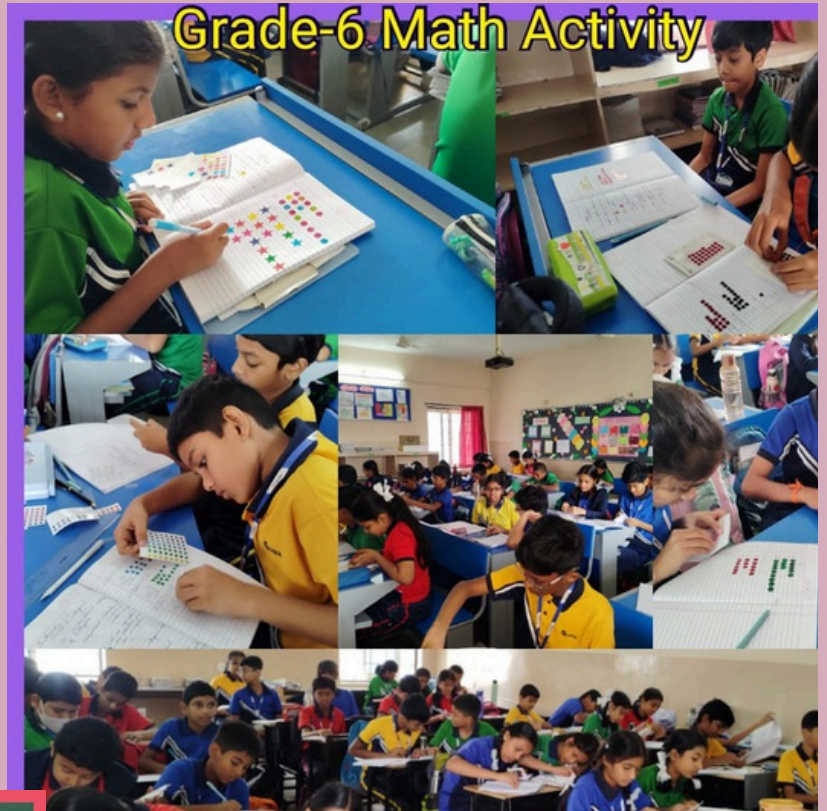


Award Winners



GRADE IXB

Openminded opportunities Activities/ Programs



Miniature craft



Olden days Traditional cooking



Fountain

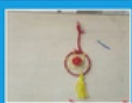
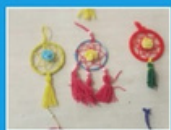
Diwali craft by Grade-4 A&B



Telangana and Jharkhand state culture craft



McCreme craft of Dream catchers and Keychains





Parent Teacher Meeting- 19th Nov



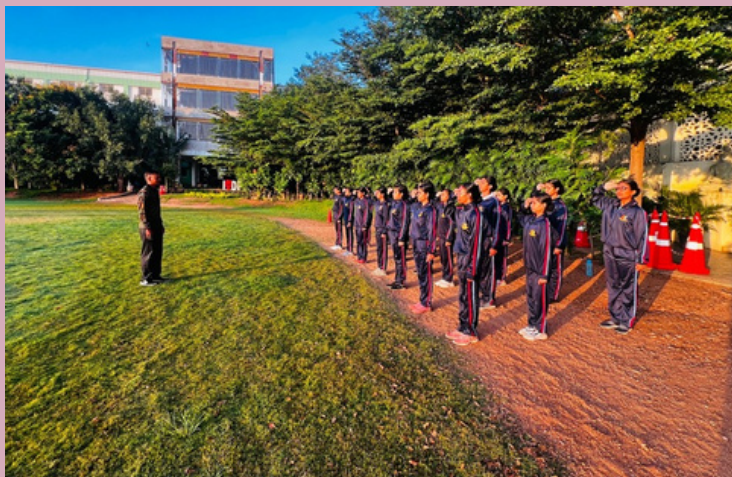
Visit by Opthamologist

As term 1 had dental check up done for Gr 4 to 10 ,term 2 was time for eye check up .
Team of Opthamologists from Win Vision hospitals were checking and giving the review to each and every child about the importance of regular check ups and also proper suggestions were given.



NCC activities

During training session



Simulator firing

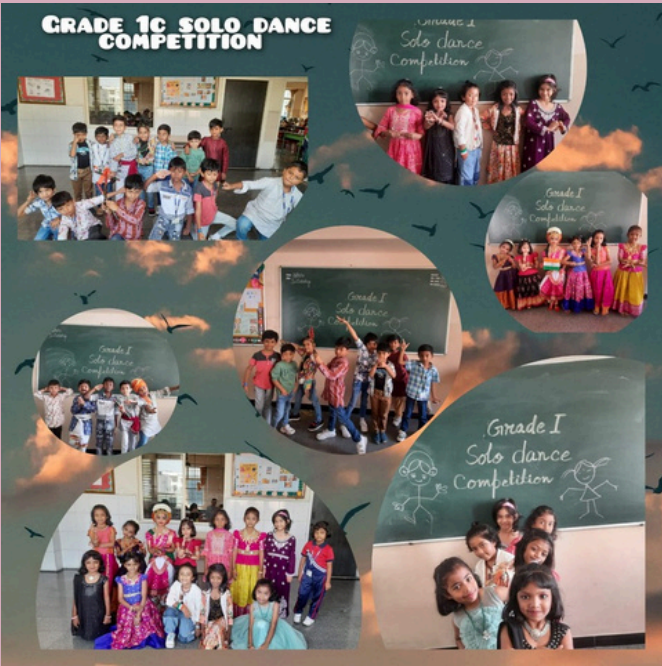


Competitions for Gr 1 & 2

26th Oct



1B Solo dance Competition



Competitions for Gr 3 & 4

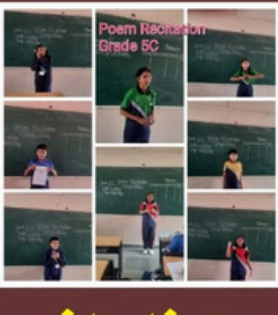
26th Oct

Gr 3A Poster making competition



Competitions for Gr 4,5 & 6

26th Oct



Poem Recitation Grade-5



Grade-6 Poem Recitation



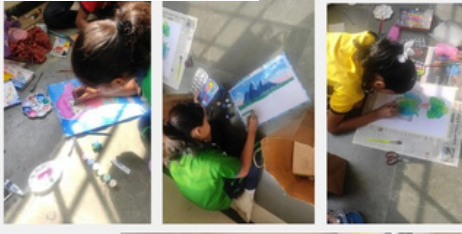
Competitions for Gr 7 & 8

26th Oct

VII-A



VII B Art Carnival



VII C



VIII E



Grade 8-A

Parent Extravaganza- 26th Oct

Gr 1 & 4 parents participated in the competitions organized for them with great enthusiasm and sportsmanship spirit. Their children encouraged them to participate in the Parent Extravaganza and either of both, mom or dad participated.

Grade 1- Diya decoration



Grade 4- Finger painting



Diwali celebrations- 30th Oct



Students were made to look at the special arrangements and pray to Goddess Lakshmi on the auspicious occasion of Diwali.

The importance of the festival, how Indians celebrate in the northern and southern states and what are the safety measures to be followed while burning crackers, etc were briefed by teachers and finally by Principal Ms Nalini Dadi.



Optimistic otters

Pre primary activities

Nur & PP1 Green colour activity



NUR & PP1 GREEN OBJECT TALK



NUR & PP1 GREEN COLOUR TALK





Nursery & PP1
"Grand moments - Little ears"



story telling session



Green colour dress



Nursery & PP1



Nur & PP1



DIYA decoration



General Awareness Activity
Class: PP2



Class: PP2
Green colour dress
picks



Optimistic otters

Pre primary activities



Nur & PP1 Diwali Celebrations



NUR & PP1 RANGOLI WITH FLOWERS



PP2- Rangoli with Flower



PP - 2 DIWALI CELEBRATION



Original oregano

October Herb

What Is Oregano?

Oregano is a woody-stemmed herb with small, rounded leaves from the mint family. It's often found in Italian, Greek, Syrian, Argentinian, Mexican, and Turkish cuisine, though it's popular globally. It has historically been used as both a culinary and medicinal herb. Oregano has been used by many cultures for healing many types of ailments, from coughs to stomach pains to wound care.



Health Benefits of Oregano

Herbs are thought to have some of the highest amounts of antioxidants known by weight compared to other foods. Oregano contains antioxidants, including caffeic acid, p-coumaric acid, rosmarinic acid, caffeoyl derivatives, carvacrol, and flavonoids (apigenin, eriodictyol, dihydroquercetin, dihydrokaempferol, thymol)

In addition, oregano contains ample amounts of vitamin K (1 teaspoon provides 14% of your daily needs).

Eating a variety of nutrient-dense foods and herbs like oregano can contribute to an overall healthy eating plan, but no single food will provide miracle effects. Factors that may affect potential health benefits from oregano include:

- Oregano type
- How much you consume
- Plant growth stage when harvested
- Environmental conditions when grown
- Preparation methods
- How it is absorbed in your body
- How your body responds to it

November nostalgia

NOVEMBER - 2024 (Working Days - 23)						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
					DIWALI	DIWALI
3	4	5	6	7	8	9
10	11	12	13	14	Founder's Day	16
17	18	19	20	21	15 Guru Nanak Jayanthi	23
24	25	26	27	28	29	30

Nov 1st & 2nd - Diwali

Nov 8th - Founder's day

Nov 14th - Children's day

Nov 15th - Gurunanak Jayanthi

Nov 16th - Competition
(refer Almanac pg 33 to 37)

Nov 8th - IEO

Nov 19th - IMO

(Gr 2 - 10, refer Almanac pg 38)

Riddle this month-
There's only one
word in the
dictionary that's
spelled wrong. What
is it?

OCTOBER

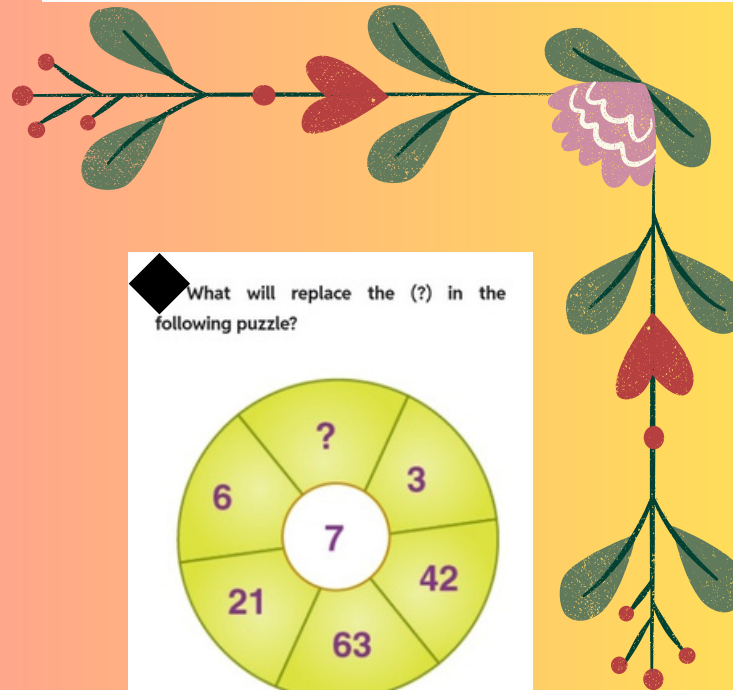
1 st	NATIONAL VOLUNTARY BLOOD DONATION DAY
1 st	INTERNATIONAL DAY FOR ELDERLY PEOPLE
1 st -7 th	WILD LIFE WEEK
1 st -10 th	INTERNATIONAL FILM FESTIVAL OF INDIA
2 nd	MAHATMA GANDHI'S BIRTHDAY
2 nd	ANTI-LEPROSY DAY
2 nd -8 th	PREVENTION OF BLINDNESS WEEK
2 nd -8 th	ANTI-UN-TOUCHABILITY WEEK
6 th	WORLD HABITAT DAY (HOUSING)
8 th	AIR FORCE DAY
9 th	WORLD POST DAY
10 th	NATIONAL POST DAY
11 th -25 th	FAMILY WELFARE FORTNIGHT
13 th	INTERNATIONAL DAY FOR NATURAL DISASTER REDUCTION (IDNDR)
14 th	WORLD STANDARDS DAY
16 th	WORLD FOOD DAY
21 st	AZAD HIND DAY
21 st	GLOBAL IODINE DEFICIENCY DISORDER (IDD) DAY
24 th	UN DAY
24 th	WORLD DEVELOPMENT INFORMATION DAY
24 th -30 th	DISARMAMENT AND DEVELOPMENT WEEK
28 th	WORLD THRIFT DAY
31 st	INDIRA GANDHI'S DEATH ANNIVERSARY (ANTI-TERRORISM DAY)

NOVEMBER

2 nd	ALL SAINTS DAY
9 th	LEGAL SERVICES DAY
9 th -14 th	INTERNATIONAL WEEK OF SCIENCE
14 th	NEHRU'S BIRTHDAY-CHILDREN'S DAY
14 th -20 th	WORLD HERITAGE WEEK
15 th -21 st	NATIONAL COOPERATIVE WEEK
16 th	INTERNATIONAL DAY FOR TOLERANCE AND PEACE
19 th	NATIONAL INTEGRATION DAY (INDIRA GANDHI'S BIRTHDAY)
19 th Nov-18 th Dec	ENVIRONMENT MONTH
19 th -26 th	QUAMI EKTA WEEK
20 th	CHILD RIGHTS DAY
26 th	CONSTITUTION DAY

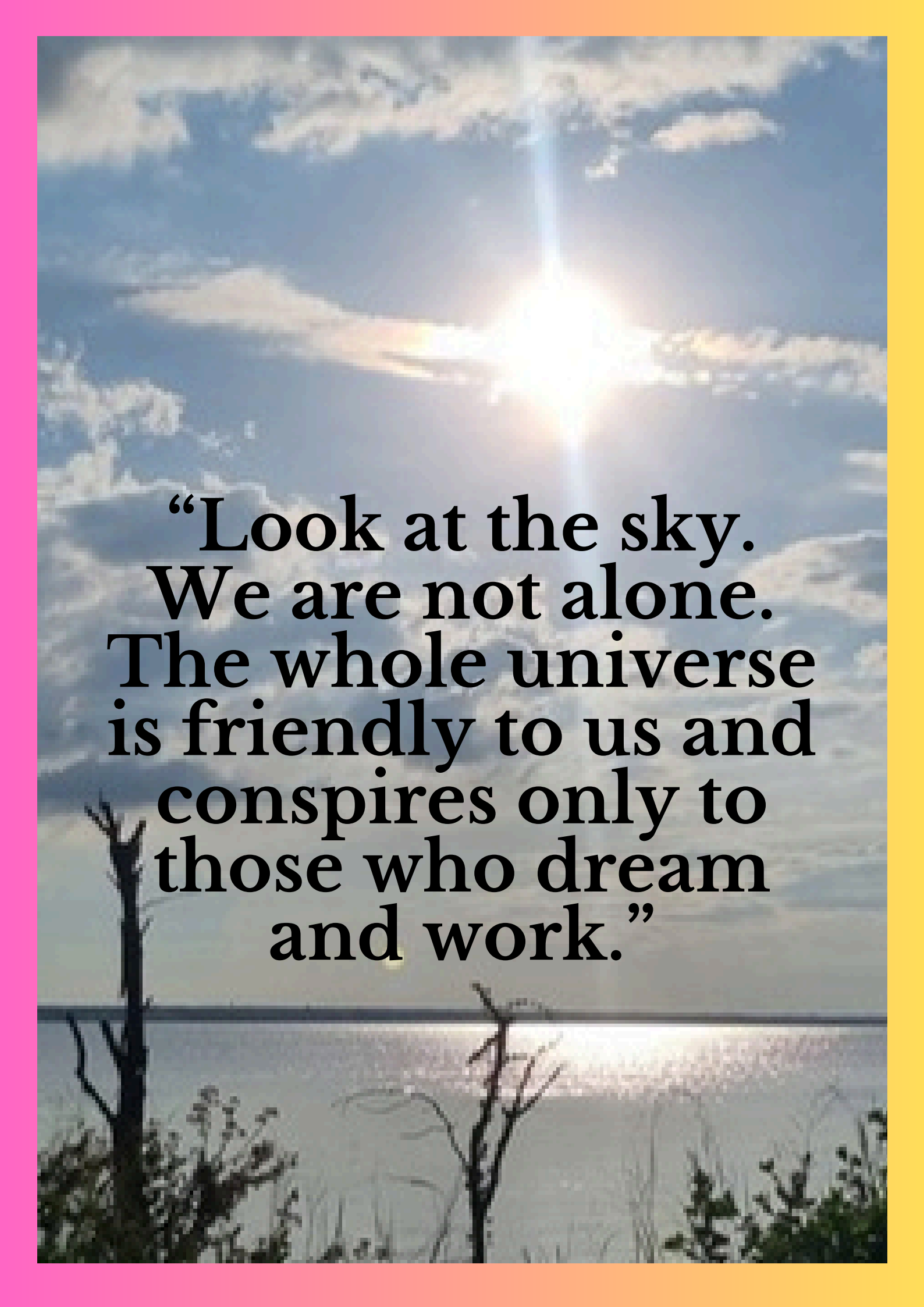
DECEMBER

1 st	WORLD AIDS DAY
2 nd	NATIONAL POLLUTION CONTROL DAY
3 rd	INTERNATIONAL DAY OF DISABLED PERSONS
3 rd	NATIONAL CONSERVATION DAY
3 rd	BHOPAL GAS TRAGEDY DAY
4 th	NAVAL DAY
5 th	INTERNATIONAL VOLUNTEER DAY FOR ECONOMIC AND SOCIAL DEVELOPMENT
6 th	DR. AMBEDKAR'S MAHAPARINIRVAN DIVAS
7 th	FLAG DAY
8 th	GIRL CHILD DAY-DECADE (1990 - 2000)
8 th	SAARC DAY
8 th -14 th	ALL INDIA HANDICRAFTS WEEK
10 th	HUMAN RIGHTS DAY
14 th	NATIONAL ENERGY CONSERVATION DAY



What will replace the (?) in the following puzzle?



A photograph of a sunset or sunrise over a body of water. The sun is low on the horizon, creating a bright glow and a long, vertical light streak in the sky. The sky is filled with soft, white clouds. The water in the foreground is calm, reflecting the light from the sun. In the lower left and right corners, there are silhouettes of trees and bushes. The overall mood is peaceful and inspirational.

**“Look at the sky.
We are not alone.
The whole universe
is friendly to us and
conspires only to
those who dream
and work.”**