

VDJS *gazette*

VOL- III EDITION-II

*Celebrating
Mental Health
Week*



MENTAL HEALTH AND US

Amidst the dynamic environment of boarding school life, mental health holds a profound significance. It serves as a silent yet crucial underpinning for the academic, social, and personal facets of this unique experience. Mental health in a boarding school context is not just a matter of coping with the demands of education; it profoundly impacts the formation of relationships, the quality of interactions, and the overall well-being of students.

It's a cornerstone, influencing the ability to navigate the challenges of adolescent life. By nurturing mental health, students can enhance their resilience and emotional well-being. This focus on mental health fosters an atmosphere of understanding, empathy, and support. While fun and excitement are inherent to the boarding school experience, the underlying importance of mental health in maintaining equilibrium and achieving personal growth should never be overlooked.



MENTAL HEALTH AWARENESS AT VDJS

In our school, we believe that nurturing not only young minds but also the well-being of our students is of paramount importance. That's why we've embraced a holistic approach to education. Our mental health awareness programme includes grooming sessions that boost confidence, mindfulness activities that foster inner peace, and peer support initiatives that create a sense of community. Additionally, our students have the incredible opportunity to visit the tranquil Om Shanti Research Centre, where they learn the art of mindfulness and self-care in a serene setting.

mindfulness activities



peer support group



grooming workshops

Through these activities, we aim to equip our students with the tools they need to navigate the academic challenges of school life while also taking care of their mental health. It's about promoting self-awareness, emotional intelligence, and resilience. Together, we're breaking down stigma, encouraging open conversations, and helping every student thrive not just academically, but also emotionally. At our school, mental health is not just an idea; it's a way of life.

SNAPSHOTS

MENTAL HEALTH WEEK



TALK, TALES AND TIDBITS

Umika

STUDENT EXCHANGE

SOUTH AFRICA X INDIA



UMIKA X LAVANYA

1. Q: What was the most mischievous thing you did in Sarojini House?

A: I sneak in a lot of food hidden from the eyes of Ms. Gill. I almost expected Mission Impossible music to start playing!

2. Q: Which teacher's class did you find the most interesting?

A: In the humanities department, Jha Sir and Santosh Sir turned history into a very exciting experience. It was fun watching them getting angry.

3. Q: What is one thing you found shocking in VDJS?

A: The students use calculators as if they were secret spy gadgets – I thought math was a universal language!

4. Q: A cuss word you learned here?

A: Let's just say my vocabulary got a spicy makeover, and I'm now ready to compete in the linguistic Olympics of masala words.

5. Q: On a scale of 1 to 10, how would you rate the Indian education system?

A: Math gets a 3 because it's as complicated as playing the sitar, and playing the sitar itself? Well, let's just say I'm sticking to air guitar. Otherwise, overall a solid 8.

6. Q: What performance of House Nite did you enjoy the most?

A: The fashion show, duhhh.

7. Q: Are there any quirky cultural differences you've noticed between our countries?

A: Here, we don't casually "di" our elders; we're more "benn," but only if there's a Grand Canyon of an age gap!

8. Q: Any travel tales from your journey here?

A: IGI Airport's labyrinth got the best of me during visa time; I ended up in a whole different aisle.

9. Q: If you could describe your exchange in 3 words, what would they be?

A: Fun, scary, exciting – kind of like a Bollywood plot, but with more fun and a lot less dancing around trees!

THIS WEEK



Our school became the ultimate playground for sports, creativity, and style, and the fun was off the charts this week.



In the Interhouse Field Hockey showdown, our students chased the ball with such zeal that they could give the Road Runner a run for his money! It was like watching an epic game of magical tag, and the laughter was as infectious as a giggle-spell.



Then, the Interhouse Swimming extravaganza turned our pool into a splash-tastic paradise. Students created waves of joy and laughter as they competed in synchronized splashes, cannonball contests, and more aquatic antics. While the poolside became the merriest place in town!



It's that time of the year when pencils turn into magic wands, and numbers become the coolest superheroes in school! Math Week is here, and we're calling it Ganit Utsav – a grand celebration of all things math-tastic. From mind-boggling puzzles to epic math battles, we're turning every classroom into a math playground.



But the real barrel of laughs happened during the Interhouse Digital Designing competition. Students unleashed their inner tech-geeks and artistic clowns, crafting digital wonders that made screens chuckle with delight.

And if that wasn't enough, our 9th and 10th graders had a grooming session that turned them into the coolest cats in school.

This week was indeed like a festival, leaving us all with smiles so wide they could compete with Cheshire Cat's grin. Our school spirit? It went through the roof, riding a rollercoaster of fun and laughter!

know where
to start.

SCHOOL AND BEYOND

In the lively world of Grade 12, our intrepid students embarked on a thrilling university visit, setting their sights on the grand campuses of Jindal Global University and Ashoka University. The air was thick with anticipation and dreams of academic adventures, as they explored the hallowed halls of these prestigious institutions.



Meanwhile, our swim team embarked on a remarkable journey to the CBSE North Zone Championship, and what a journey it was! With a formidable combination of skill and determination, they made waves in the pool, returning with a stunning haul of 10 bronze medals.



On the basketball court, the U19 team battled their way to an impressive 4th place in the IPSC championship, displaying their skills and camaraderie. Their journey was a testament to hard work and dedication, making the entire school proud.



But it wasn't all just sports and academics – our students also embarked on a cultural expedition, visiting an art museum. The strokes of creativity and the vibrant colors of history came alive as they wandered through the galleries, absorbing the magic of art.



And let's not forget our dynamic Grade 8 students who ventured on a transformative two-day journey to the serene On Shanti Retreat Centre. Amidst nature's embrace, they discovered mindfulness, yoga, and meditation, finding inner peace and forging deep connections with each other and the natural world.



So, my dear readers, in the whirlwind of hustle bustle, our students continue to embrace every opportunity. It's a journey of growth and discovery, and we eagerly await the next chapter in their incredible story.



INK AND INTRIGUE

My dear readers, Ink and Intrigue have returned to grace our lives with the latest scuttlebutt:

Ah, the transformation of zero period - from a realm of chaos to a monitored lecture of an hour and a half! Farewell to the so-called "self-study" sessions, though, let's be honest, no one was ever truly studying during those hours. (we didn't have to let that be known to the DOAC)

Kasturba House is back in action, and it's not business as usual - it's a party! After a few bumps in the road, they've reclaimed their throne with a burst of energy and innovation. This time, they're not just raising the bar; they're juggling it while riding a unicycle. Get ready for a wild, fun-filled journey with Kasturba House, as they redefine the game and leave a trail of confetti behind them!

In the never-ending race between the IT Cell and the elusive VPN, even the bravest students are trembling. It's a well-known secret that one thing keeps everyone up at night - the IT department!

In a shocking twist, the morning hours have turned into a half-sports, half-study ordeal for the Grade 12s. Thanks to the midterms, they finally had their 'a-ha' moment, realizing they might need to open those books. Or is it all just a grand pretense? Time will tell, but the truth shall emerge during the Pre Boards!

However, the chatter among the seniors of grade 12 revolves endlessly around one topic - whose house party reigns supreme. The title of "best" remains elusive, but there's a wealth of gossip surrounding the least favorite - a sneaky secret they're keeping close to their hearts!

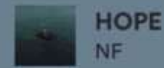
And so, the ink and intrigue continue to flow, weaving stories that entertain and astonish in equal measure. These are the whispers of our time, the secrets that shape our world.

But remember, one whisper at a time;)

Currently Brewing

1. Kashish Lohan in distress,,,VO sir going to Mussoorie,,, (Maths syllabus?)
2. Banreet seen in Laxmibai's house skirt!!?
3. Abhijit sir seen a lot in kurtas (sartorial shift)
4. Rupesh sir back from Germany (already missing Oktoberfest).
5. Ananya Jindal planning to surpass Riddhi in Accountancy?

Lyrics on the Lips



If you don't even believe in you
Why would you think or expect
Anybody else that's around you to?



Resident of the Week

Resident-1

Mehar
VI

Resident-2

Surmayee
XI

Resident-3

Sarah Arora
XII

Resident-4

Bhavika
X

हिन्दी इनसाइट्स

इंसान

जो इंसान दूसरों को खुशी देकर आनंद
में डूब जाए,

जो दूसरों की मदद करने से पहले न
देखे दाएँ – बाएँ।

वह इंसान जो अपने धर्म से न तनिक
भी डगमगाए,

अपने कर्तव्य-पथ पर बलिदान ही भी
हो जाए।

ये सारे गुण तुम्हारे अंतस में हैं, इन्हें
जगाओ।

दुनिया को वैमनस्य से रहित और भी
सुंदर बनाओ।

सान्वी मिश्रा
कक्षा-8 'ब'



UPCOMING WEEK



2023

THE NEW AFRICA

ROUND SQUARE INTERNATIONAL CONFERENCE
BROOKHOUSE SCHOOLS, NAIROBI KENYA
8TH - 14TH OCTOBER 2023



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