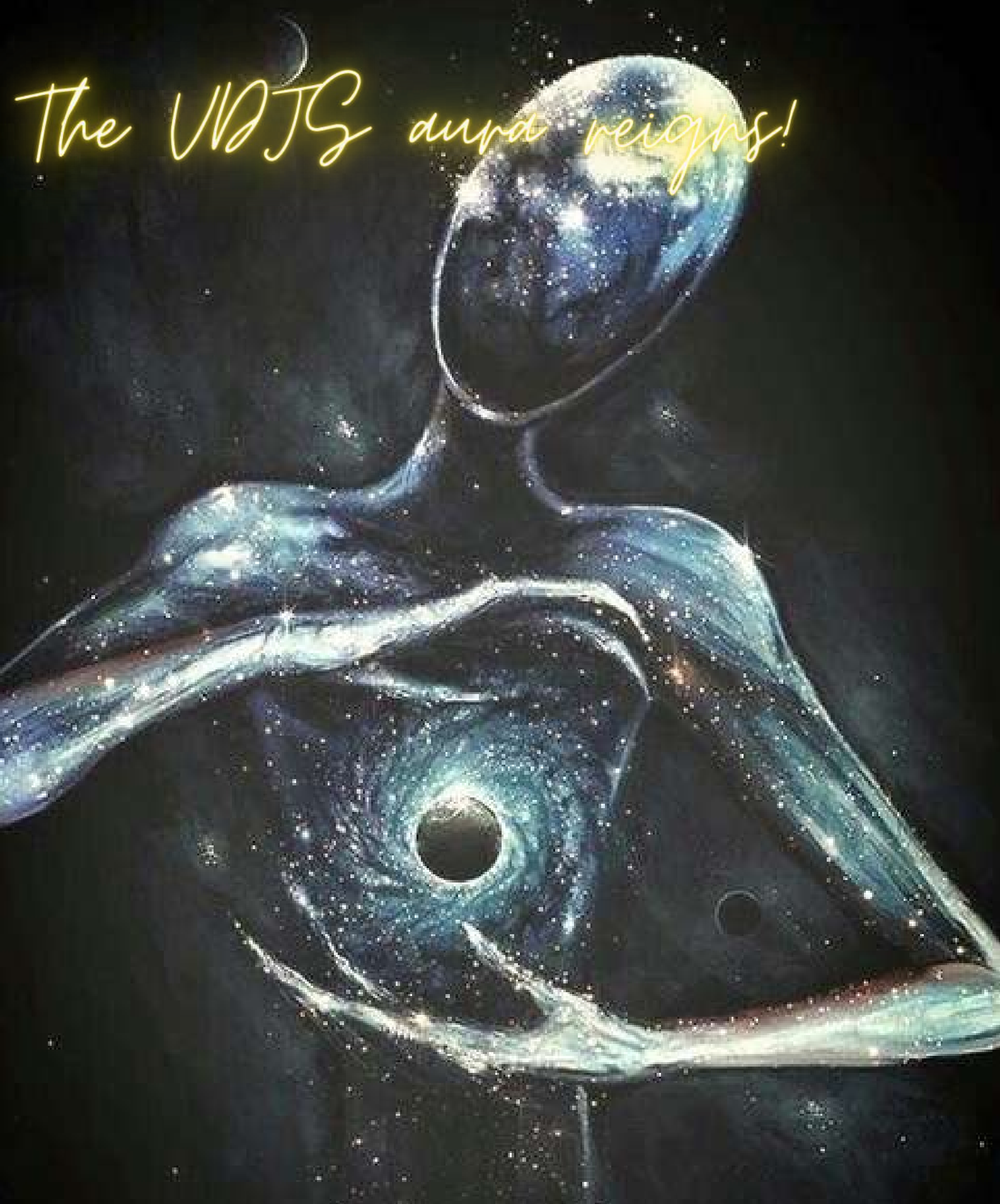


VDJS GAZETTE

VOLUME 4

EDITION 2



The VDJS aura reigns!

READ MORE ABOUT AURA ON PAGE-08.WHAT AURA IS AND HOW IT HELPS YOU IN LIFE?

THIS WEEK

As exams crept closer, Jindalites geared up for the academic battle after a tranquil Diwali break. But amidst the books and notes, a new trend emerged - students turned to divine intervention for solace. The chilly winds of winter blew in, making scholars swap their airy clothes for warm hoodies, turning the VDJS campus into a winter wonderland. Yet, with hearts ablaze like the hearths of yore, the Jindalites charged forward, ready to conquer the exam monsters and emerge victorious. Winter may be here, but these unstoppable spirits will melt the snow with their fiery determination!



SCHOOL AND BEYOND

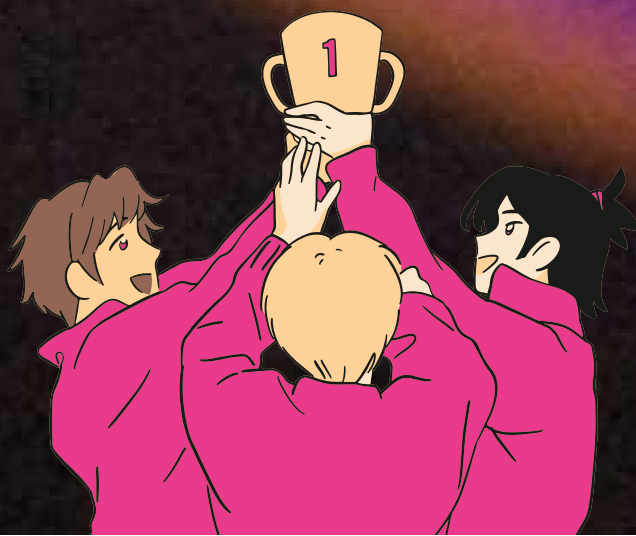
Behold the glory of our illustrious school, where the Jindalites radiate brilliance both within and without!

With fire in their hearts and bullets in their hands, they soared to the 66th National Shooting Championship, with many of them earning a chance to compete internationally and basking in the limelight of their exceptional performances.

The ballers proved their mettle in the 'Khel Maha Kumb' Basketball State level trials, letting their skills on the court speak for themselves.

But there's more! The soccer superheroes of the school dazzled on the field, dribbling past challengers to secure the 2nd runner up position in the U-19 Reliance Foundation Youth Sport Districts.

The Jindalites are indeed the shining stars of the school, their fame spreading far beyond its walls. As the wise Beyonce once said, "WHO runs the world? GIRLS!"



Birthdays

ORAYNA BANA
VIII-C
22-11-23

LAVANYA
X-C
22-11-23

BHAGARANI KAUR
VIII-B
25-11-23

SHREYA DROLIA
VIII-C
25-11-23

PRANJAL
X-A
27-11-23

GARGI DOGRA
XII-S
28-11-23

KALASH
XI-H1
29-11-23

AKSHITA GUPTA
XII-H1
30-11-23

AMANAT KAUR
IX-D
30-11-23

ASTRO-LOL-OGY

Aries: Get ready for the victory parade, Aries! Your exam results are marching in like a conquering hero, fueled by your determination and the secret weapon of caffeinated study sessions. Your academic battlefield is now a victory dance floor – time to do the victory shuffle and celebrate your well-deserved triumph!

Taurus: Your academic journey is like a slow-cooked success stew, Taurus. Your exam results are the delicious outcome of simmering dedication and a sprinkle of stubbornness. You've cooked up a recipe for success that's leaving everyone craving your secret ingredients. Bon appétit, Taurus – you're the master chef of academia!

Gemini: Drumroll, please! Your exam results are about to drop like the hottest mixtape, Gemini. Your brain has been dropping knowledge beats, and now it's time for the world to hear the genius playlist you've composed. DJ Gemini, spinning the turntables of academic success – drop the mic, because you've aced it!

Cancer: Trust your gut, Cancer – and by gut, we mean the one that said, "Maybe I should study a bit more." Your intuition has guided you through the maze of exams, like a GPS with a knack for academic shortcuts. It's time to embrace your inner exam ninja – stealthy success is now yours!

Leo: Cue the dramatic entrance, Leo! Your exam results are strutting in like the superstar they are, draped in a glittery cape of success. Your charisma has not only charmed the papers but also left them blushing with high grades. Time to take a bow, Leo – you're the headliner in the grand spectacle of academic achievements!

Virgo: Precision, diligence, and a touch of perfectionism – your exam success is like a well-orchestrated heist, Virgo. You've cracked the code of academic achievement with meticulous planning and attention to detail. You may not wear a cape, but your well-pressed study notes are your superhero suit. Thumbs up for your scholarly stealth!

Libra: Balancing studies and leisure is your secret weapon, Libra. Your exam results are the perfect equilibrium, achieved while juggling textbooks and relaxation. You're the tightrope walker of academia, gracefully dancing through the challenges. Time to celebrate with a delicate waltz – you've achieved the perfect balance!

Scorpio: Dive deep, Scorpio – into the sea of knowledge or, more accurately, your impressive study notes. Your intense focus has turned exams into an underwater adventure, and you've emerged with a treasure trove of good grades. Your dedication is so deep that even submarines envy your academic prowess. Take a victory splash, Scorpio!

Sagittarius: Your academic journey is an adventurous expedition, Sagittarius. Your exam results are the souvenirs from the thrilling quest for knowledge. With an arrow of curiosity, you've hit the bullseye of success. Time to put on your explorer hat and celebrate – you're the Indiana Jones of the academic jungle!

Capricorn: Ascend the academic mountain, Capricorn! Your disciplined approach has turned exams into a rigorous climb, and now you're standing triumphantly at the summit of success. Forget Everest – you've conquered the peak of knowledge. Time to plant your flag and declare yourself the reigning scholar of the mountain range!

Aquarius: Unleash your intellectual fireworks, Aquarius! Your creative thinking has turned exams into a dazzling display of academic brilliance. Your mind is a sparkler, and each innovative idea has lit up the night sky of success. Grab some popcorn – your intellectual fireworks show is the must-watch event of the academic season!

Pisces: Swim freely in the sea of success, Pisces! Your dreamy thoughts have transformed into a splash of fantastic exam results. You're not just a student – you're the director of an underwater fantasy film, and your grades are the stars of the show. Time to take a bow, Pisces – you've turned academic dreams into a blockbuster reality!

MOTIVATION- THE SCIENCE BEHIND IT

- Ms. Parul Vij, Senior Life Skills Counsellor



We can't see motivation; we can only see the consequences.

Psychologists define Motivation as "the impetus (force/catalyst) that gives purpose or direction to behaviour and operates in humans at a conscious or unconscious level."

In other words, Motivation is the Driving Force behind Human Actions, it describes why a person does something. For instance, motivation is what makes you get up early and do a workout or pushes you to get better grades at school.

Motivation can be either Intrinsic or Extrinsic. Extrinsic motivation arises from outside of the individual and often involves external rewards such as trophies, money, social recognition, or praise whereas Intrinsic motivation is internal and arises from within the individual, such as solving a complicated Rubric cube purely for the gratification of solving a problem or doing your singing practice without any expectation of monetary gains or praise from others just for yourself.

Whenever you are demotivated always ask yourself these questions:

- 1. Why is it so hard to stay motivated?**
- 2. When is it hard to stay motivated?**
- 3. Why do some people stay motivated in the same situation to achieve their goals and some don't?**

When we talk about motivation it is just not about you, but it's about you, the task, and the setting.

'You' means, what are your skills and competencies.

'The task' means what kind of task is it, difficult or easy, individual or social.

'Nature of the setting' means demands, comfort, the pressure of the event, and support provided.

Some of the typical reasons for low motivation can be the following, please choose one that suits you:

- I do not enjoy doing this task but I must do this.**
- I do not know where to start.**
- I keep getting distracted.**
- I will never be good enough.**

Each of these problems has a solution but it is not easy.

If you've ever had a goal like winning a medal at an interschool event or scoring an A+ in an assessment, you probably know that simply having the desire to accomplish these goals is not enough but you must also be able to persist through obstacles and have the endurance to keep going despite difficulties faced. No matter what, problems and challenges are a part of life and they will come your way in every phase of life. But if we have the motivation to achieve something that has value for us, we will pass through every tough phase to live our dreams.

Researchers have identified three major components of motivation: Activation, Persistence, and Intensity. These different elements or components are needed to get and stay motivated.

Activation is the decision to initiate a behaviour. An example of activation would be enrolling in psychology courses to earn your degree.

Persistence is the continued efforts toward a goal even though obstacles may exist. An example of persistence would be showing up for your class even though you are tired from staying up late the night before.

Intensity is the concentration and effort that goes into pursuing a goal. For example, one student might be involved without much effort (minimal intensity) while another student studies regularly, participates in classroom discussions, and takes advantage of research opportunities outside of class (greater intensity).

To understand the science behind Motivation it is also very crucial to understand what theories psychologists have proposed to explain what motivates human behaviour.

The instinct theory of motivation suggests that behaviours are motivated by instincts, which are fixed and inborn patterns of behaviour. They include biological instincts that are important for an organism's survival. This theory suggests that instincts drive all behaviours. For example, a dog shaking after it gets wet or birds migrating before the winter season or the sucking reflex in babies.

Many behaviours such as eating, drinking, and sleeping are motivated by biology. We have a biological need for food, water, and sleep. Therefore, we are motivated to eat, drink, and sleep. The drive reduction theory of motivation suggests that people have these basic biological drives, and our behaviours are motivated by the need to fulfill these drives.

Abraham Maslow's hierarchy of needs is another motivation theory based on a desire to fulfill basic physiological needs. Once those needs are met, it expands to our other needs, such as those related to safety and security, social needs, self-esteem, and self-actualization.

Vroom's expectancy theory of motivation says that an individual's motivation is affected by their expectations about the future.

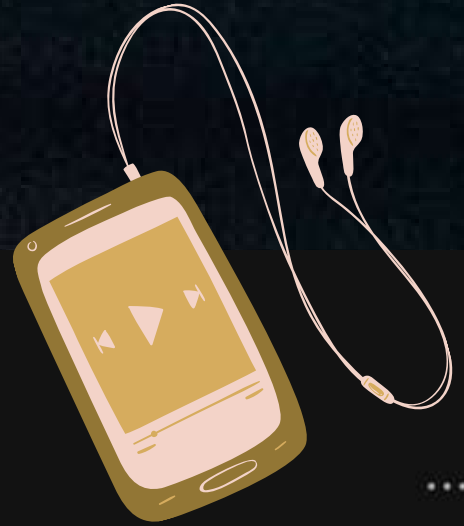
McClelland affirms that we all have three motivating drives, which do not depend on our gender or age. One of these drives will be dominant in our behaviour.

The dominant drive depends on our life experiences, it can be Achievement, Affiliation or Power drive.







Some tips to stay motivated: We all lose motivation from time to time. When you're feeling demotivated, try one of these science-backed strategies to get yourself back on track towards your goal.

1. Instead of Abstract ambitions set an achievable goal.
2. Goals should also, whenever possible, trigger intrinsic, rather than extrinsic, motivation.
3. Put your goal on the calendar.
4. Make working toward your goal a habit.
5. Plan for imperfections.
6. The trick is to focus on the elements of the work that you do find enjoyable.
7. Set small goals to build momentum.
8. Track your progress.
9. Reward yourself for the little wins as well as the big ones.
10. Embrace positive peer pressure.
11. Practice gratitude
12. Do some mood-lifting exercise (Maybe listening to music, singing, painting).
10. Change your environment (Walk, change the place, sit outside or go out in the open to study) and always remember "Why you are doing this?"

LIL JAM SESH'



+ Add to this playlist

-  **bad idea right?** *Is it?*
Olivia Rodrigo
-  **Lover (Remix) [feat. Shawn Mendes]**
Taylor Swift, Shawn Mendes
-  **Single Soon** **UPCOMING**
Selena Gomez
-  **Music For a Sushi Restaurant** ✂️
Harry Styles
-  **Young And Beautiful** *WOW!!!*
Lana Del Rey **SUPERMACYYY!!**
-  **you should see me in a crown** *👑*
Billie Eilish *i think you're pretty.*



WHAT'S IN	WHAT'S OUT
Sweaters and hoodies	Dresses
Farewell Preparations	Unit Tests
Pre boards	Morning Sports (sigh of relief)
Gajar ka Halwa	Afternoon Prep

LET THE UNIVERSE WORK FOR YOU!

Dear Readers,

What is aura

An aura is a colour-specific energy field that surrounds all living things, including humans, animals, and even plants. It is a form of energy that radiates a few inches to a few feet in an oval shape around the body, and can change based on thoughts, feelings, and experiences.

Auras are referenced in many traditions, including yoga. There are differences between each discipline, however they all agree on the idea of the aura as an extension of the energy field of the human body.

When I think of November my mind instantly connects it to be a month of positive vibes, I think of peace, and its eerie silence which is louder than words itself, as the fog sets in and makes space in the sky as soon as the sun sets, and all of us hide from it under layers of woolen clothes, i urge you- to smell the hope in the air, to be grateful for the hot water you get and gloves on your hands. I hope you smell the aroma of calm as I, and most of all, let the universe work for you. Let these angel numbers guide you and that's your aura.....

111

INTUITION

222

ALIGNMENT

333

SUPPORT

444

PROTECTION

555

CHANGE

666

REFLECT

777

LUCK

888

BALANCE

999

RELEASE

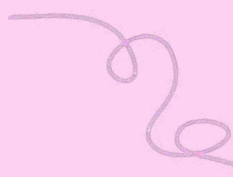
Wrapping up the month

Oh, November, how you spoil us with your delightfully dazzling days! The Sports Day was an all-out brawl of epic proportions that left us in a frenzy of excitement and awe. And the Farewell? Well, let's just say the juniors' performance had us senior students feeling a mixture of anticipation and adrenaline.

But wait, let's not forget the Annual Day! All the students showed off their incredible talents in music, dance, and drama, and we were left feeling like we were in the presence of future superstars.

After such a wild ride, we had a much-needed break for Diwali. And upon our return, the campus was shrouded in a misty haze, making for some tranquil mornings and cozy evenings. But with unit tests and pre-board exams looming, it was time to get back to the grindstone.

As we say goodbye, we promise to keep the thrills coming in the VDJS Gazette!



हिन्दी इनसाइट्स

प्रकाश पर्व

गुरु नानक जयंती सिख धर्म के लोगों के लिए बहुत ही लोकप्रिय पर्व है, जिसे हर साल कार्तिक पूर्णिमा के दिन मनाया जाता है। गुरु नानक साहब को सिखों का पहला गुरु माना जाता है। इस साल गुरु नानक जयंती सोमवार, 27 नवंबर 2023 को मनाई गयी। यह नानक देव जी की 554वीं वर्षगांठ है।

गुरु नानक जयंती को प्रकाश पर्व के रूप में भी मनाया जाता है। इस दिन लोग गुरुद्वारे जाकर मत्था टेकते हैं और गुरु ग्रंथ साहिब का पाठ करते हैं। साथ ही इस खास दिन पर गुरुद्वारे में भजन और कीर्तन का विशेष आयोजन भी किया जाता है। स्वयंसेवकों द्वारा भक्तों को लंगर भी परोसा जाता है।

नानक जी का जन्म 1469 को पंजाब के तलवंडी में कार्तिक पूर्णिमा के दिन हुआ था। यह स्थान अब पाकिस्तान में है। इस जगह को ननकाना साहिब भी कहा जाता है। इनके पिता का नाम कल्याण चंद और माता का नाम तृप्ता था। 16 साल की नानक जी ने दौलत खान लोदी के अधीन काम करना शुरू किया। इसके बाद 24 सितंबर 1487 को इनका विवाह माता सुलक्कनी के साथ हुआ। नानक सिख धर्म के संस्थापक थे। गुरु नानक जी द्वारा 974 भजनों का योगदान दिया गया है। सिख धर्म के लोग अपने गुरु की जयंती कार्तिक पूर्णिमा के दिन मनाते हैं।

गुरु नानक जी ने अपना पूरा जीवन समाज-सुधार के कार्यों में समर्पित कर दिया। इन्होंने जात-पात और ऊँच-नीच व भेदभाव को दूर करने के लिए खास कदम उठाए और लोगों को इंसानियत, ईमानदारी व एकता के सूत्र में बाँधने का कार्य किया। इसके लिए इन्होंने कई उपदेश दिए। नानक साहब ने समाज सुधार के लिए ज्ञान का प्रकाश फैलाया। यही कारण है कि इनकी जयंती को प्रकाश पर्व के रूप में भी मनाया जाता है।

आइए इस अवसर पर हम सब वर्ग रहित, जाति रहित, भेद-भाव रहित समाज के निर्माण का संकल्प लें।

रक्षिता

कक्षा- 9 'अ'



UPCOMING WEEK

WHAT'S YOUR FAVOURITE SONG?



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