

# VDJS Gazette

Volume 7

Edition 1

4TH FEB.

# World Cancer Day

VDJS dedicates the month of February to Cancer Awareness

# INSIDE

About Cancer, its Causes,  
Prevention & Cure

A Talk with the School RMO



# THIS WEEK



While the new 10th and 12th welcome their board classes with a pristine lunch at the Jindal club, the rest of the school is buckling up their belts for the dreaded annual examinations.



The month has been decorated with a lot of banquets. So much so that a few Jindalites are booked for a week's dinner, filling themselves up to their necks. As if the banquets weren't easy enough to digest, Sarojini house had their righteous pizza party!



If you have had the time to raise your heads out of your books, you'll notice the little pattering of feet out on the soccer field where the little ones turn their hyperactive fleet into fervorous football matches i.e. the Baby league. This week has indubitably set winds to every achiever's sail and spurred the rest into action!

# SCHOOL AND BEYOND

This week was a crazy ride for our Jindalites! Soaring through every competition, our teams sent others in the competition off for a jaw dropping spin.



Under the expert coaching of our volleyball coach, our girls spiked their way through the 67th SGFI Volleyball National U-19 held at Sri Adichunchanagiri Pre-University College, Shimoga, Karnataka.

Adding on to our glory, our skilled dancers twirled their way into finals and effortlessly captured the second position at the District Kala Utsav Folk Dance Competition which was held at Blooming Dales School, Hisar.





# *Vidya Devi ji birth anniversary*

On 12th of February 2024 the birth anniversary of Vidya Devi Jindal Ji was celebrated with a grand hawan in the front lawn of the school. Grades 4 to 12 attended with great zeal, as they sat patiently, taking in the soulful incantations of the revered priest as they threw handfuls of kindling at the holy fire.



# BIRTHDAYS

**Arya Tulyan**

**XI**

**01-02-24**

**Aayana Goenka**

**VIII**

**02-02-24**

**Vanshika**

**IX**

**04-02-24**

**Konkona Roy**

**V**

**6-02-24**

**Yuvika Sarda**

**VIII**

**09-02-24**

**Nikita**

**XII**

**11-02-24**

**Anjali**

**IX**

**12-02-24**

**Alisha Rout**

**VI**

**14-02-24**

**Annvi Kumari**

**VII**

**14-02-24**





# OPINION POLL

## IS PHONE BOOTH BETTER OR KEYPAD PHONES FOR CALLING?

### Against



- 1.Connectivity issues: Unstable internet results in dropped calls and poor quality. - Navya VIII
2. Voice quality: Many experience unclear or distorted audio. - Maanya VIII
3. Background noise: Excessive noise disrupts communication. - Sargam VIII
4. Limited mobility: Users struggle to multitask or move freely during calls. - Ansh VIII

### For



- 1.Convenient communication: Calls offer convenience by allowing students to connect with parents at any time. - Mannat VIII
- 2.Time management:Calls promote better time management skills by scheduling specific communication times. - Sitara XI
- 3.Spontaneous chatting: They facilitate impromptu conversations, making it easy for people to connect quickly. - Ananya VII
- 4.Parental convenience:Calls are particularly convenient for busy parents, providing a hassle-free way to stay in touch with family members. - Isabella VI



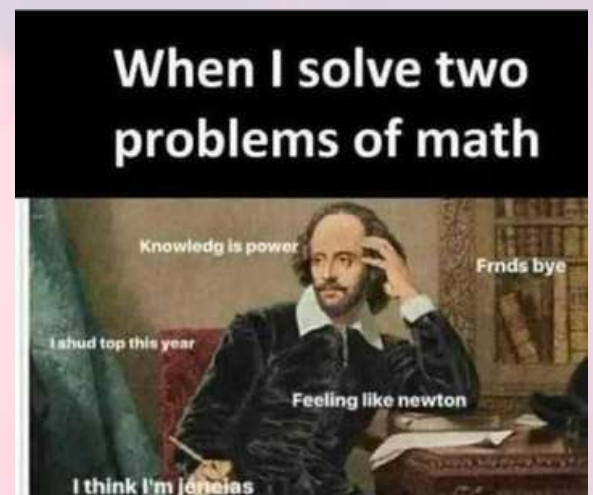
# Currently Brewing

- 
- NEW 12th getting back into Sports.
- The flowers are disappearing from the gardens? Hair getting burned by the new hair dryers.
- The editorial team going for principal's dinner



"Let's Pause for Two Minutes in Solidarity with Those Braving the Chill in Shorts and Pullovers!"

WHAT'S IN	WHAT'S OUT
BOARD EXAMS	9 & 11 EXAMS
SERIOUS PREPS	STROLLING TIME
CHIPTOLE SANDWICH	CHEESY FRENCH FRIES
HALF SLEEVED SHIRTS	VIJAY SIR'S CAP





# VASANT PANCHAMI



As the days grow longer again, and the morning dew evaporates before we wake, our eyes open one day and realize- “oh hey! It's Vasant Panchami again!” Lo and behold, the first sign of spring is here and the sun feels warmer on our skin. The season of new beginnings and joy, was heartily celebrated by an auspicious pooja with grade twelfth.



HAPPY  
VASANT  
PANCHAMI





# नमस्ते इनसाइड्स

## मैं भारत की बेटी

'मैं भारत की बेटी' यह सुनने में कितना अच्छा लगता है; किंतु सिर्फ सुनने-सुनाने के लिए नहीं बल्कि कुछ ऐसा भी करना होगा कि यह चार शब्द हमारी पहचान बन जाएँ। यदि हम पीछे मुड़कर भारत का इतिहास देखें तो हमें उन वीरांगनाओं के बारे में पता चलेगा जिन्होंने देश को स्वर्णिम भारत बनाने में अपने प्राणों की बली हँसते हुए दे दी। रानी लक्ष्मीबाई ने अंग्रेजों के दाँत खट्टे कर अपने देश की रक्षा के लिए अपनी कुर्बानी दे दी। भारत की इस बेटी ने यह साबित कर दिखाया कि आवश्यकता आने पर वह तलवार उठा, माँ चंडी का रूप धारण कर देश को दुश्मनों के आक्रमण से बचा सकती है। आज भारत की बेटियों ने अपने आपको सार्थक कर दिखाया है। देश के विकास की बागडोर थामे बेटियाँ न सिर्फ उद्योगों का संचालन कर अपितु सेना में शामिल होकर देश को तरक्की के मार्ग पर आगे ले जाने में अपना योगदान दे रही हैं। सीता, सावित्री, दुर्गा, लक्ष्मी- सरस्वती स्वरूपा बेटियों से कोई भी ऐसा क्षेत्र नहीं बचा जहाँ उन्होंने अपना महत्त्वपूर्ण योगदान देकर सफलता नहीं पाई हो। माँ की ममता-सा त्याग और स्नेह किसी से छुपा नहीं है। माता-पिता का अभिमान बनकर बेटियों ने त्याग और तपस्या की नई मिशाल स्थापित की है। देश का सम्मान हैं बेटियाँ। मुझे बहुत दुःख होता है जब मैं किसी लड़की को ग़लत कार्यों में संलग्न देखकर अपना जीवन बर्बाद करते हुए देखती हूँ।

"नदियों के संग बहती हूँ मैं, उड़ सकती हूँ नील-गगन में।

छू सकती हूँ चाँद-सितारे, कर लूँ दुनिया मुट्ठी में।।

शिक्षा को आधार बनाकर बड़े गर्व से कहती हूँ।

मैं भारत की बेटी हूँ।।"

वेदिका खेतान  
कक्षा - आठवीं अ

# World Cancer Day

World Cancer Day is a significant global event observed on February 4th each year. It aims to raise awareness about cancer, encouraging its prevention, detection, and treatment. This day provides an opportunity to unite people worldwide in the fight against cancer. It emphasizes the importance of early diagnosis, lifestyle changes, and ongoing research.

Cancer remains a major health challenge, affecting millions of lives globally. On World Cancer Day, individuals and organizations come together to support those battling cancer, celebrate survivors, and

honor those who lost their lives to this disease. The focus is on education about cancer risk factors, promoting healthy lifestyles, and advocating for accessible healthcare.

Efforts to conquer cancer involve ongoing research, innovative treatments, and community support. By fostering awareness and understanding, World Cancer Day plays a crucial role in fostering a collective commitment to combat this formidable adversary. Together, we can strive for a world where cancer is preventable, treatable, and eventually defeated.

## SHOCKING FACTS ABOUT CANCER :-

1. Did you know? Cancer cells can grow in your body for up to 10 years before being detected! Talk about stealth mode!

2. Shocking fact: Cancer isn't just a human problem! Even dinosaurs

had it! That's one ancient disease!

3. Buckle up! Your body produces around 1,000 cancerous cells every day, but your immune system's like a superhero, wiping them out before they cause trouble!

4. Hold onto your hats! Some cancer cells can actually spread through

the lymphatic system, hitching a ride like sneaky stowaways on a train!

5. Here's a twist: Did you know that sharks don't get cancer? It's

like they've got some secret anti-cancer potion swimming around in their fins!



In the past,  
the time moved on so fast  
from stage one  
to having no one.  
Beside your hospital bed  
and the doctors said  
so sorry,  
but the end is gonna be scary.  
Hair falling  
and heart singing  
a rhythm you never understood  
and neither could.  
The worst part  
was the pieces of heart  
who died every day  
and wanted you to get up and say  
I am back but that can't happen  
as they all were sadden  
because you suffered  
from a disease that can't be recovered  
It is called cancer,  
which blew off the alarms and sensor  
the world that screams danger,  
so people please be aware.  
of the consequences  
of the diseases  
that take away your happiness  
and give you all the sadness  
- Hetisha VII



# Interview with Dr. Meenakshi

RESIDENT MEDICAL OFFICER VDJS

1. What are your views about cancer?

Ans. Cancer is a deadly disease. One should be aware of his/her body. Having said that, having the slightest impairment of the body such as a headache, stomach, etc should not be ignored and should be treated promptly and one should also keep in mind to not directly jump to the conclusion of having cancer.

2. Why should students be aware of World Cancer Day?

Ans. Because it brings awareness in society of the different types of cancers and how to take precautions not only for ourselves but also for our loved ones.

3. Have you ever met a cancer patient in your life?

Ans. Yes, I have met many cancer patients in my life. There was a patient who was a musician and was inflicted with stage four colon cancer. He ignored the early stages of cancer (stomachache, nausea, loose motion, stomach flu) which were the general symptoms.

As I said earlier, you should always be aware of what is going on with your body.

4. Why is Cancer Day important in the fight against cancer?

Ans. Cancer Day is crucial as it raises awareness, educating people on prevention, early detection, and available support resources, empowering individuals to manage their health.

5. What strategies can individuals adopt to reduce their risk of cancer, and how can they integrate them into daily life?

Ans. Adopting a balanced diet, regular exercise, avoiding tobacco, limiting alcohol, practicing sun safety, and getting regular screenings can significantly reduce the risk. Setting achievable goals and accessing informational resources can help integrate these strategies.

6. How can schools support Cancer Day initiatives and engage students in meaningful activities related to cancer awareness and prevention?

Ans. Schools can include cancer-related topics in the curriculum, organize events like guest speakers, awareness campaigns, and fundraising activities. Engaging students through discussions, projects, and peer collaboration fosters empathy and social responsibility.

*Thank you so much ma,am for the useful information*



# UPCOMING WEEK



## Editorial Board

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