



Ganga International School

AKASHGANGA

The Milky Way

AKASHGANGA...

A GALAXY OF BRILLIANT MINDS, ON A TRAIL BLAZING SUCCESS

EDITORIAL TEAM

Chief Patron

Ms. Swati Joshi

Editors

Ms. Nalini Sharma

Ms. Poonam Singh

Mr. Rahul

Student Editors

Sindrella Sarkar XII C

Padma Dhasal XII S2

Chief Reporters

Afia Bashir XII S2

Anchal Agrahari XI S2

Reporters Academics

Aditya XI S1

Yashvi X C

Hostels

Aditi XI S2

Priyanshi Mishra X B

Sports

Eyaz XII S2

Dharia Tanwar X B

Activities

Arnav XI H2

Arush Vijay X D

Celebrations

Priyanshi XII H1

Shaheen X B

Design

Sandeep Tanwar

EDITORIAL DESK

Dear Readers,

As we usher the month of November, we find ourselves surrounded by the festive spirit of Diwali, the festival of lights. Diwali is not just a celebration of joy, but a reminder that virtue always triumphs. The glowing diyas, vibrant rangolis, and the warmth of togetherness during this festival serve to unite us all, bringing a sense of hope and positivity.

Diwali also inspires us to embrace our inner light. Each one of us has a unique spark of creativity waiting to shine brightly. Whether through words, art, or ideas, there are countless ways to express the beauty and brilliance within us. With this thought, we invite all our talented students to contribute to this edition of our school magazine. Share your original poems, stories, articles, and artwork to illuminate these pages with your imagination and creativity.

Let this Diwali be the beginning of something beautiful. Let it inspire you to pen down your thoughts, share your stories, and showcase your artistic talents. Your voice matters, and your creativity deserves to be celebrated.

Wishing you all a joyous and safe Diwali filled with light, laughter, and inspiration. May this festival encourage you to let your talents shine brightly and make this edition truly exceptional.

Happy Reading and Happy Diwali!



PRINCIPAL'S DESK

Dear Readers,

As we enter the auspicious month of November, the vibrant and uplifting spirit of Diwali fills our hearts and homes with joy and optimism. Diwali, the festival of lights, holds a revered place in our cultural and spiritual traditions. It signifies the ultimate triumph of light over darkness, good over evil, and wisdom over ignorance—a universal message that resonates across generations and geographies. The significance of Diwali transcends its luminous celebrations. It is a time to reflect on the values that form the foundation of a harmonious and fulfilling life. Diwali teaches us the importance of righteousness, integrity, and compassion. It reminds us that true happiness lies in illuminating the lives of others and fostering a sense of community and togetherness. While the festival inspires celebration and joy, it also calls upon us to be mindful of our surroundings and the environment. An environmentally responsible Diwali is the need of the hour. The bursting of firecrackers, though a long-standing tradition, contributes significantly to air and noise pollution, adversely affecting both human health and the planet. Let us take a conscious pledge to celebrate a cleaner, greener, and more sustainable Diwali this year. Instead of fireworks, let us illuminate our homes with earthen diyas and eco-friendly decorations that symbolize purity, simplicity, and reverence for nature. At the heart of Diwali lies the essence of sharing and giving. This is the perfect time to extend our love and kindness to those who may not be as fortunate as we are. Let us make this Diwali truly meaningful by reaching out to others—sharing sweets, clothes, gifts, and, most importantly, our time and compassion. A small gesture of generosity can bring immense joy and hope to someone else's life, reminding us of the power of kindness and humanity.

I encourage each one of you to embrace the true spirit of Diwali. Let it inspire you to be beacons of positivity, empathy, and responsibility. As you light the lamps in your homes, may you also ignite the flame of knowledge, purpose, and goodness within your hearts. Remember, small acts of mindfulness and kindness can contribute to a greater good, creating a brighter and more inclusive world for all.

Wishing you all a safe, joyous, and profoundly meaningful Diwali. May this festival of lights illuminate your path and inspire you to live with purpose, care for the environment, and spread happiness wherever you go.



Best Wishes

Swati Joshi

Indian Idol

NEHA BYADWAL : IAS AT 24 YEARS

Neha Byadwal's name resonates with determination, resilience, and success. Born and raised in a modest family in Jaipur, Rajasthan, Neha's journey is a testament to the power of dreams, hard work, and unwavering belief in oneself.

From an early age, Neha exhibited an insatiable curiosity and a passion for learning. Despite facing financial constraints, she excelled academically, securing a scholarship to pursue her Bachelor's degree in Computer Science. It was during these formative years that Neha developed a keen interest in artificial intelligence and machine learning, fields that were still nascent but rapidly evolving.

Undeterred by challenges, Neha's innovative spirit led her to develop a groundbreaking project during her final year—an AI-powered educational tool to help underprivileged children access quality learning resources. This project not only earned her accolades but also cemented her vision of leveraging technology to create social impact.

After completing her education, Neha's career took a meteoric rise. She joined a leading tech company, where her contributions to AI-driven solutions caught the industry's attention. However, her entrepreneurial instincts pushed her to take a leap of faith. In 2018, Neha founded her own startup, "TechBridge Solutions," focusing on bridging technological gaps in education and healthcare.

Under her leadership, TechBridge Solutions became a



trailblazer in its domain, introducing AI tools that revolutionized how rural communities accessed healthcare and learning. Her startup's flagship product—a telemedicine platform powered by machine learning—won multiple national and international awards for innovation and impact.

Neha's journey has been far from easy. From battling gender biases in the tech industry to overcoming financial

setbacks, she faced each hurdle with grit and grace. Her story has inspired countless young women to venture into STEM fields and entrepreneurship. Today, Neha is not just a successful entrepreneur but also a mentor, speaker, and advocate for women in technology.

Recognized as one of the "Top 50 Women in Tech" by a leading magazine, Neha continues to make waves with her unwavering commitment to innovation and inclusivity. Her life's mantra is simple yet profound: "Dare to dream, and dare even more to make those dreams come true."



THE SCHOOL HEADLINES

SPARKLING DIYAS AND JOYFUL HEARTS AT GIS DIWALI CELEBRATION

The festive spirit of Diwali was beautifully celebrated at Ganga International School on October 28, 2024. The event commenced with a mesmerizing Ganesh Vandana, invoking blessings for prosperity and well-being .

This was followed by an enchanting classical dance performance that left the audience spellbound . A musical segment of melodious songs uplifted the celebratory mood, adding a touch of joy to the event . The highlight of the occasion was the inspiring addresses by School Mentor, Mr. Sushil Gupta, Chairman Mr. Bharat Gupta, Director Colonel Ashok Kaul, and Principal Ma'am, Ms. Swati Joshi. They



emphasized the importance of light, hope, and togetherness in life and education . The celebration filled everyone with cherished memories of this special day.



ENTHUSIASTIC CELEBRATION OF CHILDREN'S DAY

Little Minds, Big Smiles: marked the celebration of Children's Day.

The Children's Day celebration at Ganga International School on 14 November, 2024 was a heartwarming tribute to the joy and innocence of childhood. The event began with a prayer followed by a graceful classical dance performance that set the tone for the celebrations.

Teachers took center stage to showcase their talents, entertaining the students with melodious songs and an engaging skit that filled the ambience with laughter and applause. The highlight of the day was the beautiful message delivered by Principal Ma'am, Ms. Swati Joshi, who emphasized the importance of cherishing the spirit of childhood while striving for excellence. The celebration fostered joy and togetherness, making it a memorable day for all.



COLOUR MY WORLD COMPETITION

On 4th October 2024, Ganga International School organized two vibrant art competitions for its primary students: "Colour My World" for classes I to III and a Poster Making Competition for classes IV and V. The event aimed to encourage creativity and artistic expression among young learners. In "Colour My World," the students from classes I to III used a variety of bright and cheerful colours to bring their imaginations to life. The theme was open-ended, allowing students to create artwork that reflected their unique perspectives. The competition was filled with joy and excitement as students coloured their world with vivid drawings. Meanwhile, students from classes IV and V participated in the Poster Making Competition. They were given specific themes related to social awareness, such as "Diwali-Festival of Lights" and "Clean and Green Earth." Young artists showcased their talent by creating thought-provoking and visually stunning posters, reflecting their understanding of important global issues. Both competitions were judged based on creativity, presentation, and relevance to the theme. The winners were awarded certificates, and all participants were praised for their artistic skills and enthusiasm. The event was a resounding success, fostering a sense of creativity and awareness among the students.

CLASS/ SEC	NAME	POSITION
I A	ARYAK SUHAG	I
I A	KAVYA SHEKHAWAT	II
I A	SAMRIDHI CHAUHAN	III
I A	AVANYA	III
I B	ARYA JHA	I
I B	SANAYA	II
I B	DHRUV	III
I B	RITIKA	III
I C	TAARUSH KHARB	I
I C	DIVYANSH	II
I C	PRITHVI	III
II A	VIHAN	I
II A	TANSH	II
II A	ANIRBAN	III
II A	RUDRAKSH	III
II B	IKSHITA	I
II B	MANVI	II
II B	RUDRANSHI RAJPUT	III
II B	NAILEEN AGGARWAL	III
II C	RUDRANSHU CHAKRABORTY	I
II C	LEON SHARMA	II
II C	MISHIKA LAKRA	III

III A	AARADHYA	I
III A	GATIK	II
III A	VIRAJ	III
III A	DISHA	III
III B	TAPASYA	I
III B	VIVAAN SEHRAWAT	II
III B	PARI DAGAR	III
IV A	RITI SHARMA	I
IV A	VAANI	II
IV A	KAARTIK MALIK	III
IV A	HITESHI SHARMA	III
IV B	ARADHYA	I
IV B	REYANSH	II
IV B	RIYANSHI CHHIMWAL	III
IV C	ARNA TIWARI	I
IV C	KAVYA SHARMA	II
IV C	KAVYANSH YADAV	III
IV C	CHIRAG ROHILLA	III
V A	YANVI SHARMA	I
V A	BHUMI	II
V A	NAVYA	II
V A	SACHI	III
V A	VANSH	III
V B	TRIJAL MITRA	I

V B	MANAN BHARDWAJ	II
V B	HITESH DRALL	III
V C	MANVI	I
V C	KUNAL	II
V C	YOGITA SWAMI	III



CLAY MODELLING COMPETITION

“Imagination turns dreams into reality.”

The Primary Department of Ganga International School conducted a delightful 'Clay Modelling Competition' on 13th November, 2024 where young artists brought their ideas to life. From animals to abstract designs, each creation showcased the students' boundless creativity and fine motor skills. The event provided a perfect platform for the children to explore, learn, and give shape to their imagination, leaving everyone inspired.

CLASS/ SEC	NAME	POSITION
I A	NIKUNJ RAJORA	I
I A	ABHIK RANA	I
I A	JAI ADITYA SINGH	II
I A	CHIRAG KAUSHIK	II
I A	NISHIT MANN	III
I A	KAVYA SHEKHAWAT	III
I B	JAIRAJ LAKRA	I
I B	BIHAAN	II
I B	RITUL AMBIKA JHA	II
I B	SANAYA	III
I B	ARYA JHA	III
I C	NAKSH SEHRAWAT	I
I C	TAARUSH KHARB	II
I C	MEENAKSHI	II
I C	DRISHA SHOKEEN	III
I C	DIVYANSH	III
I C	AKSHIT	III
II A	VIHAN	I
II A	SIDDHARTH GAUTAM	II
II A	RUDRAKSH	II
II A	TANUSH SAINI	III
II B	SWARA SINGH	I
II B	KUSH	II
II B	ARADHYA	III

II B	KUSHAGRA SHARMA	III
II C	REEVA DRALL	I
II C	NITYA	II
II C	MISHIKA LAKRA	III
III A	NUPUR	I
III A	SHAURYA	II
III A	DISHA	III
III B	GARVIK	I
III B	VANSHIKA	II
III B	VIVANG	III
IV A	AAROHI JHA	I
IV A	TEJAS PAHAL	II
IV A	BHAVAY SHARMA	III
IV B	AADYA	I
IV B	RIYANSHI CHHIMWAL	II
IV B	IMON BISWAS	III
IV B	ANAV JANGRA	IV
IV C	Arna	I
IV C	Bhavya	II
IV C	Vanshika	III
V A	SAUMYA	I
V A	KASHVI SINGH	I
V A	VANIA MATHUR	II
V A	BHUMI	II
V A	ARNAV CHOPRA	III
V B	DIVYA	I
V B	MRINAAL	II
V B	MANVIR	II
V B	TRIJAL	III
V B	SANVI	III
V C	NAKSH DALAL	I
V C	RONAK	II
V C	KUNAL	II
VC	KESHAB	III
VC	DRISHTI	III



KNOWLEDGE BITES

Countries - Capital, Currency And Language

COUNTRY	CAPITAL	CURRENCY	OFFICIAL LANGUAGE
Afghanistan	Kabul	Afghani	Dari Persian; Pashto
Albania	Tirane	Lek	Albanian
Algeria	Algiers	Dinar	Arabic; Tamazight; French
Andorra	Andorra la Vella	Euro	Catalan
Angola	Luanda	New Kwanza	Portuguese
Antigua and Barbuda	Saint John's	East Caribbean dollar	English
Argentina	Buenos Aires	Peso	Spanish
Armenia	Yerevan	Dram	Armenian
Australia	Canberra	Australian dollar	English
Austria	Vienna	Euro (formerly schilling)	German
Azerbaijan	Baku	Manat	Azerbaijani
The Bahamas	Nassau	Bahamian dollar	English
Bahrain	Manama	Bahrain dinar	Arabic
Bangladesh	Dhaka	Taka	Bangla
Barbados	Bridgetown	Barbados dollar	English
Belarus	Minsk	Belorussian ruble	Belarusian; Russian
Belgium	Brussels	Euro (formerly Belgian franc)	Dutch; French; German
Belize	Belmopan	Belize dollar	English
Benin	Porto-Novo	CFA Franc	French
Bhutan	Thimphu	Ngultrum	Dzongkha





COUNTRY	CAPITAL	CURRENCY	OFFICIAL LANGUAGE
Bolivia	La Paz (administrative);- Sucre (judicial)	Boliviano	Spanish; Quechua; Aymara
Bosnia and Herzegovina	Sarajevo	Convertible Mark	Bosnian; Croatian; Serbian
Botswana	Gaborone	Pula	English; Tswana
Brazil	Brasilia	Real	Portuguese
Brunei	Bandar Seri Begawan	Brunei dollar	Malay
Bulgaria	Sofia	Lev	Bulgarian
Burkina Faso	Ouagadougou	CFA Franc	French
Burundi	Gitega	Burundi franc	Kirundi; French
Cambodia	Phnom Penh	Riel	Khmer
Cameroon	Yaounde	CFA Franc	French; English
Canada	Ottawa	Canadian dollar	English; French
Cape Verde	Praia	Cape Verdean escudo	Portuguese
Central African Republic	Bangui	CFA Franc	Sango; French
Chad	N'Djamena	CFA Franc	French; Arabic
Chile	Santiago	Chilean Peso	Spanish
China	Beijing	Chinese Yuan	Mandarin
Colombia	Bogota	Colombian Peso	Spanish
Comoros	Moroni	Franc	Comorian; Arabic; French
Republic of the Congo	Brazzaville	CFA Franc	French
Democratic Republic of the Congo	Kinshasa	Congolese franc	French



परीक्षा में सफलता



परीक्षाएँ जीवन का अहम हिस्सा होती हैं, जोकि क्षमताओं और कौशलों का आकलन करती हैं, हमें उत्कृष्ट बनाती हैं लेकिन अक्सर परीक्षा के समय तनाव और दबाव महसूस होता है, जिससे प्रदर्शन और परिणाम पर प्रतिकूल प्रभाव पड़ सकता है। इस तनाव को कम करने और हमें अपने मनोबल को बढ़ाने के लिए कुछ महत्वपूर्ण उपाय करने चाहिए- क्योंकि परीक्षा के समय सकारात्मक सोच को प्रोत्साहित करना अति आवश्यक है। विद्यार्थियों को यह समझाना चाहिए कि परीक्षा एक अवसर है, न कि डर का कारण। यदि आप इसे सकारात्मक दृष्टिकोण से अपनाएं, तो न केवल आपका आत्मविश्वास बढ़ेगा, बल्कि मानसिक संतुलन भी मजबूत होगा। परीक्षा की तैयारी में समय का सही प्रबंधन अत्यंत आवश्यक है। हमें यह पता होना चाहिए कि हम किस तरह से समय का उपयोग कर सकते हैं, ताकि बिना तनाव के अपनी पढ़ाई पूरी कर सकें। समय सारणी तैयार करना और उसका सख्ती से पालन करना इसमें मददगार साबित हो सकता है।



MS. POONAM (TGT HINDI)

स्वस्थ जीवनशैली भी परीक्षा में अपेक्षित परिणाम प्राप्त करने में सहायक होगी परीक्षार्थियों

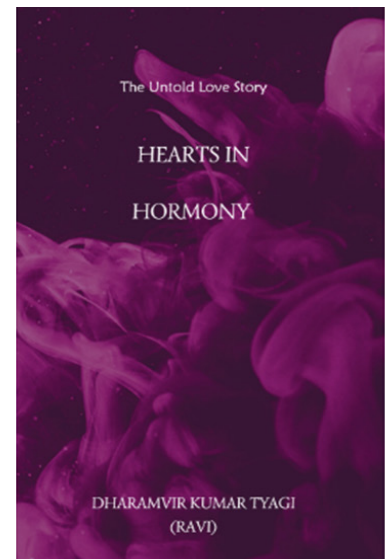
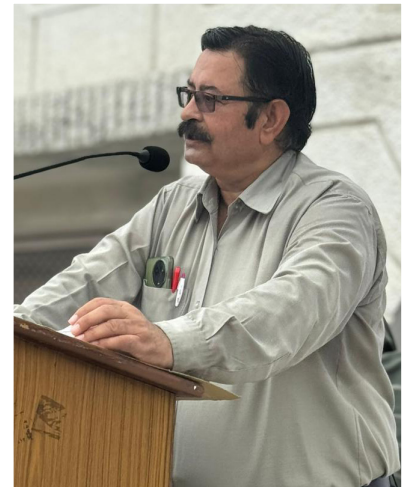
को संतुलित आहार, पर्याप्त नींद और नियमित व्यायाम की आदत डालनी चाहिए। ये सभी उपाय उनके शारीरिक और मानसिक स्वास्थ्य को उत्तम बनाए रखते हुए, परीक्षा के दौरान उन्हें ऊर्जा और उत्साह प्रदान करेंगे। ध्यान और योग जैसी मानसिक व्यायाम विधियों का अभ्यास करने से विद्यार्थियों का मन शांत रहता है और वे अपने डर को काबू में रखने में सक्षम होते हैं। ये उपाय मानसिक तनाव को कम करने में सहायक होंगे और अपेक्षित परिणाम देते हुए आपको, आपके लक्ष्य तक अवश्य पहुँचाएंगे। आप की आगामी परीक्षाओं के लिए बहुत सारी शुभकामनाएँ।



CONGRATULATIONS MR. D.K TYAGI

FOR HATRICK RELEASE!

Mr. Dharamvir Kumar Tyagi literary contributions are highly impressive. in Hindi as well as English He is the author of a poetry collection titled "Koshish-Jara See," published by Bookleaf Publishing, which showcases his poetic prowess and creative expression. Additionally, he has authored a fantasy novel "Hidden Ties" and a motivational book "Hearts in Harmony," both published on Thepencilapp platform and available on major online retailers such as Flipkart, Amazon, Google Play Books, and Amazon Kindle. Moreover, Mr. Dharamvir Kumar Tyagi, writes under the pen name 'Ravi' has co-authored several other notable works, including 'The Society,' 'Prernadayak Kavitaeyin,' 'Ink and Petals,' 'Sunahari Sehar,' 'Summer Lovin,' and 'The Mega Manuscript.' His co-authored work, 'The Mega Manuscript,' has garnered prestigious accolades, including recognition from the India Book of Records, Worldwide Book of Records, Asia Book of Records, Unique World Record, and India's World Record, underscoring the exceptional quality and impact of his literary endeavors. Mr. Dharamvir Tyagi is renowned for his meticulous and diligent approach to his writing. He sets rational, achievable objectives and breaks them down into smaller milestones, allowing for continuous assessment and improvement. This methodical approach ensures that he remains at the forefront of fresh writers, constantly evolving his literary style to provide the best possible reading experience..



हौसला



जीवन की इस राह में, कांटे श्री आएं, हौसला रखो दिल में, सपने सच हो जाएंगे
अंधेरों से लड़कर, रोशनी को पाओ, हर मुसीबत को पार कर, आगे बढ़ते जाओ
गिरने से डरो मत, फिर उठ जाओ, हर मुश्किल को पार कर, आगे बढ़ते जाओ
धैर्य और साहस से, हर मुश्किल पार करो, मंजिल की ओर बढ़ो, सपनों को साकार करो
सपनों की उड़ान में, बाधाएं बहुत आएंगी, मन में विश्वास रखो, राहें खुद बन जाएंगी
मुश्किलों की राह में, धैर्य का साथ रखो, हर चुनौती को पार कर, जीत का लक्ष्य रखो
हर मुश्किल के बाद, सुख का सवेरा आएगा, संघर्ष की इस रात का, अंत जरूर आएगा
धूप छांव का खेल, है जीवन की राह में, हौसला रखो दिल में, हर मुश्किल राह में
हर चुनौती को पार कर, आगे बढ़ते जाओ, संघर्ष की इस राह में, जीत का परचम लहराओ
यह जीवन सफर है कठिन, चलते रहो, मुश्किलों की हर एक राह, से नजरें मिलाते रहो
तुफानों से लड़ो, हार मानो नहीं, आशाओं की नयी रोशनी, जलाते रहो
कठिनाइयों से लड़ो, जीत का जश्न मनाओ, जीवन राह में 'रवि' की तरह रोशनी फैलाओ



ARE YOU STRESSED ABOUT EXAMS?

TAKE EUSTRESS...

Ah, exam season—when your body turns into a stress ball, and you're Googling "How to survive finals without spontaneous combustion." But before you start spiraling, let's talk about a secret weapon to crush exams without losing your mind: eustress.

No, it's not an organic, gluten-free stress alternative. Eustress is "good stress"—the kind that motivates you, sharpens your focus, and turns that pre-exam panic into productivity. Unlike distress, which has you ugly-crying over textbooks, eustress is the energy boost you get when you think, "I can totally ace this!"

What Is Eustress, and Why Should You Care?

Eustress is the superhero of stress—pushing you to perform your best when it matters most. Think of it as your mental coach, cheering you on during a tough exam instead of leaving you frozen with anxiety. It's that zing of nervous energy that says, "Let's do this!" rather than "I'm doomed."

How to Spot Eustress (and Not a Panic Attack)

Heart Rate Goes Up—but So Does Focus: When the clock's ticking, and your heart races, you feel focused, not flustered.

Energized, Not Exhausted: That pre-exam adrenaline isn't doom—it's your turbo boost. Use it!

Motivated Without Meltdowns: Eustress makes you care about doing your best without turning you into a sobbing mess.

How to Harness Eustress for Exam Success

1. Embrace the Challenge

Got a tricky question? Instead of thinking, "Why am I even here?" remind yourself: a little stress means you care. Use that energy to tackle challenges head-on.

2. Break It Down

Don't cram 10 chapters in one night—it's a disaster waiting to happen. Instead, split your material into smaller chunks. Every time you tick off a topic, you'll feel a mini confidence boost.

3. Turn Studying Into a Game

Make study sessions fun (yes, it's possible!). Time yourself, set goals, or compete with friends. Treat it like leveling up in a game—except the rewards are less about power-ups and more about avoiding last-minute panic.

4. Reward Yourself

Finished revising a tough chapter? Treat yourself to a snack, a quick Netflix episode, or a celebratory dance break. Positive reinforcement keeps eustress alive and well.

5. Visualize Success



Instead of imagining exam disasters, picture yourself confidently acing it. Visualization is like giving your brain a pep talk—it boosts your belief in your abilities.

The Bottom Line: Stress Smart, Not Hard

Exams don't have to be a nightmare. Eustress can be your secret sauce for success. The next time your heart races before an exam, don't panic. Recognize it as your body gearing up to perform. Channel that energy, stay positive, and give yourself credit—you're doing something hard and smashing it!

So go ahead—embrace the eustress, crush those exams, and plan that victory treat. You've earned it!



INTER - ZONAL CULTURAL COMPETITIONS



Kriti Chimwal VI-B Ist Position
JUNIOR ENGLISH DECLAMATION



Insha VIII-D IInd Position
JUNIOR ENGLISH EXTEMPORE



BREAKING THE STIGMA AROUND MENTAL HEALTH

Just as someone with low immunity isn't labelled as a 'weak' person, someone managing a mental health condition shouldn't be reduced to being called 'ill'.

As a Counsellor, I've encountered many situations where students shy away from asking for help because of the stigma surrounding mental health. This stigma is most often a result of distortions of the truth, which can lead to the fear of being judged and misunderstood. Breaking this stigma is

not just a challenge; it's a necessity for fostering a supportive and inclusive school environment.

Why Does Stigma Exist?

Quite often, students tend to root their perception of mental health in the negative state, categorizing those who experience mental health problems being either mentally weak or suffering from emotional disorders. Cultural influences and media portrayals often exacerbate these misconceptions. For instance, a student once told me, "I didn't want anyone to think I was crazy," after hesitating to discuss their anxiety. Such beliefs can discourage students from seeking help, leading to worsening mental health conditions.

The Impact of Stigma

The effects of stigma are far-reaching. It can induce feelings of shame, pushing the individual away, and discouraging them from seeking help, such as counselling or joining a support group. Research findings shows that students who perceive stigma around mental health are less likely to seek help, even when they experience severe symptoms.

How to Break the Stigma

1. **Education and Awareness:** Incorporate mental health education into the curriculum to dispel myths and normalize discussions. Activities like mental health awareness weeks can encourage open conversations.
2. **Role Models:** Teachers and staff can share their own experiences with managing stress or seeking help, showing that it's okay to prioritize mental health.
3. **Student Advocacy:** Empower students to lead initiatives like mental health clubs or campaigns, fostering peer-to-peer support.
4. **Language Matters:** Encourage using respectful, stigma-free language to discuss mental health.

Breaking the stigma is a collective effort. By creating a culture of acceptance and understanding, we can ensure that every student feels safe to seek help and thrive—emotionally, socially, and academically.



MS. PRAJNASMITA PANIGRAHI



SHINING STARS: OUR ACHIEVERS OF SCHOOL GAMES FEDERATION OF INDIA



DEEPANSHU DRALL XII-H1
39 NATIONAL REPRESENTED
JUNIOR ATHLETICS BOY UNDER
19 CHAMPIONSHIP



ISHAN X-A
68 NATIONAL
REPRESENTED SCHOOL
GAMES ATHLETICS BOY
UNDER 17 CHAMPIONSHIP



SEJAL DABAS X-A
68 NATIONAL REPRESENTED
SCHOOL GAMES TAKEWONDO
GIRLS UNDER 17
CHAMPIONSHIP

SHINING ACHIEVEMENTS IN ZONAL COMPETITIONS



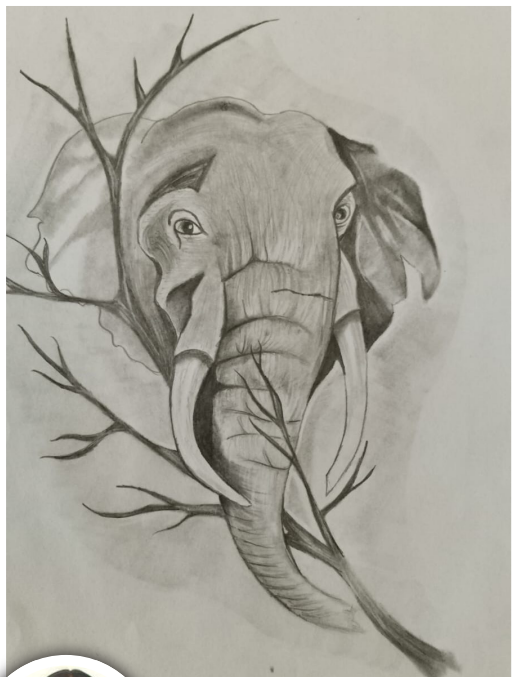
**THIRD POSTION IN ZONAL
HOCKEY BOYS UNDER 19
COMPETITIONS**

**THIRD POSTION IN ZONAL
HOCKEY BOYS UNDER 17
COMPETITIONS**



KABADDI U19 BOYS ZONAL THIRD POSITION

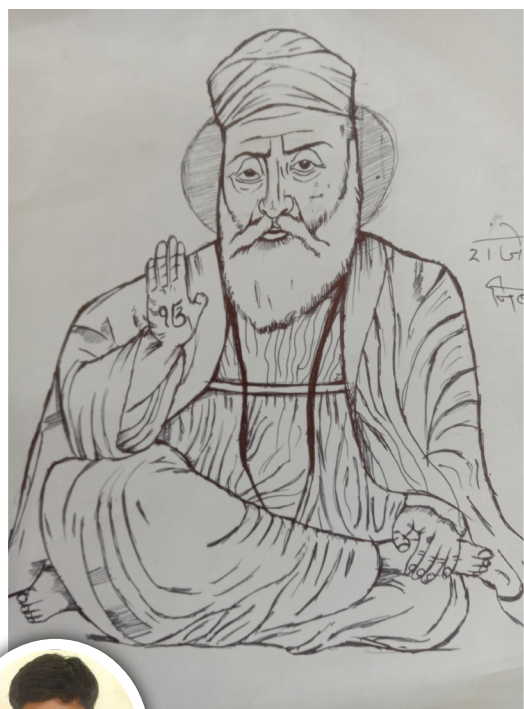
SPOTLIGHT ON ART



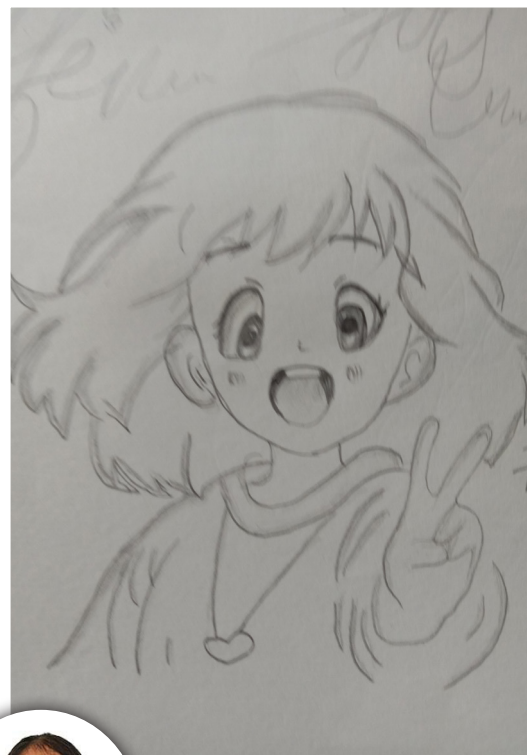
KIRTI XII - S1



MANAN BHARDWAJ V-B



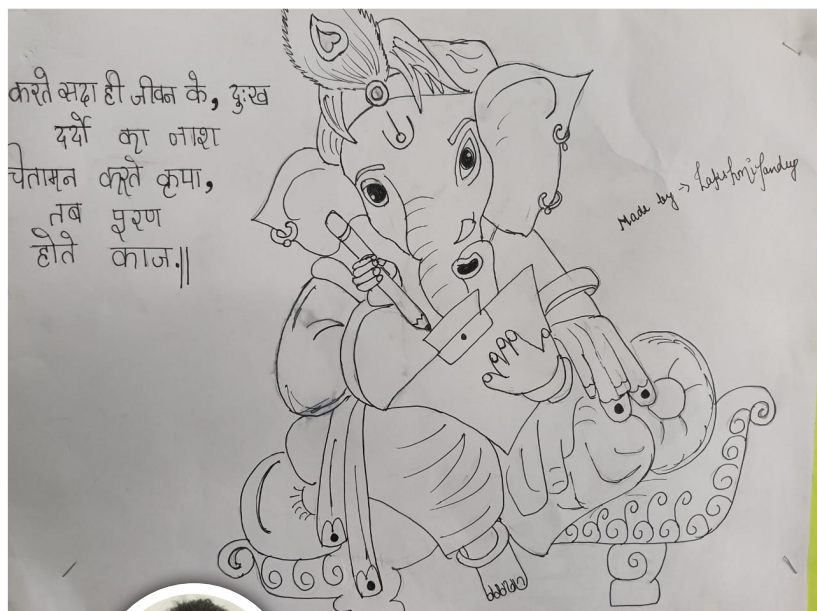
MANNU VIII-A



PRATIBHA SINGH VIII-D



RICKYSAN XI-H2



LAKSHMI PANDEY 11-H1



AVINAV DRALL VI-A



CHINMAY IX-B



EXPRESSIONS

HUMANITY

Call me an old soul
Laugh at my day dreams
But my pleasure is different from yours
I love moon and stars
Believe in granny's stories
I believe in righteousness
I believe in peace and wellness, well being
I believe in traditional family
I believe in humanity



THINLES ANGMO
IX- B

THE WHISPER OF TIME

The clock ticks slow, but move fast,
Each moment comes, but never last's.
Time has something enigmatic about its way,
That it veils the night, then lights the day.

It holds through our joy & tears,
A keeper of our confidence & fears.
Time stays with us, unseen, yet near.
A silent guide through every year.



VENUS DEEP
XI- H2

YOU CAN RISE

When the world feels dark and cold,
And you feel you're losing hold,
Remember this, no matter how,
You have the strength within you now.

The road is hard, the climb is steep,
But dreams are yours, they're yours to keep.
Each small step will build your way,
And turn your night into a day.

Don't give up, though times are tough,
You're strong, you're brave, you're good
enough.

The light you seek is in your heart,
Believe in you, and make a start.

You can rise, and you will see,
The world is brighter—just be free



PRIYA NEGI
XI- S1

मौन



ज्यादा बोलने पर जग, देता है दुःख भार।
 एक चुप से हजार सुख, देता है संसार॥

कंकड़ तिनका हटाकर, अनाज छाने सूपा
 सार की बात सुहाती, जैसे कार्तिक धूपा।

विवाद सम्मुख हो रहा, खड़े रहे तुम ताका
 अगर देखल तुमने दिया, कट जाएगी नाका।

दाल भात में तुम कभी, न बनो मूसल चन्द।
 गैरों से पंगा लिया, सुन लोणे तुम गंद।

दादुर टरने लगे, हुआ विद्वान मौन।
 भैंस खड़ी पशुरा रही, बिन बजाए कौन।

भूलकर भी क्रोधी से, कभी न करें विवाद।
 विवेकहीन क्रोधी सब, कर देगा बरबाद।

क्रोधी से बहस कर तुम, मत भड़काओ आण।
 शांत हो क्षमा मांगने, वह आएगा भाण।

अपने मुंह मियाँ मिट्ट जहाँ पर बने लोण।
 भला वहाँ से खिसकना, आत्मस्तुति है रोण॥

आप गुप्त रखकर राज, जीवन करें सुखांता
 कहीं खोल दी पोल तो, झेलना दुःख नितांता॥

दूसरों की निंदा में, समय किया बरबाद।
 आप पिछड़ के रह गए, वह खा रहा प्रसाद।

भाषण कभी न झाड़िए, ज्ञात नहीं यदि खासा
 गलती पकड़ी किसी ने, तो होगा उपहासा॥

चिल्लाकर बोलने से, पड़ता नहीं प्रभावा

मौन रहिए ऐसे में, दिखे अच्छा स्वभावा॥

पूछे गए सवाल पर, मौन साधे जबाना

इसे समझिए, सहमति की पहचाना॥



चंद्रकाश
हिंदी अध्यापक

मेरा संसार



प्रेम करता हूँ मैं कितना
 शायद कभी यह कह सकूँगा
 बात दिल की, दिल से तुमसे
 शायद कभी यह कह सकूँगा...

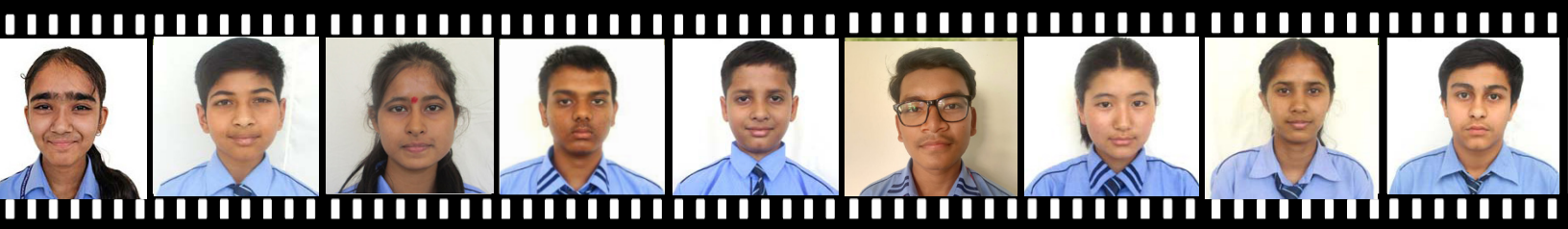
तुमसे ही मुझको जीवन मिला है माँ
 तुम ही मेरा आधार हो पापा
 तुम हो एक सहारा
 तुम ही मेरा संसार हो।

जब कभी मैं हार जाऊँ
 टूट कर के बिखर जाऊँ
 देकर सहारा समेट लेना
 स्नेह अपना लुटा देना

प्रेमाशीष लेकर के बढ़ूँगा
 सत्य के पथ पर चढ़ूँगा
 रखना भरोसा मैं जीत जाऊँगा
 नाम सबका कर दिखाऊँगा॥



सार्थक
आठवीं- अ



ACHIEVERS OF THE MONTH



Ganga International School

Hiran Kudna, Rohtak Road, New Delhi - 110041

Mobile : 9899975350, 8588865010, 9654292929

Website: www.gangainternationalschool.com

Email: info@gangainternationalschool.com