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# The Gyananda Echo

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<b>ALUMNI REFLECTIONS:</b>  "From Local to London: Alumni Recalls Artistic Journey"  <i>"See Page 1"</i>	<b>ONE TREND, TWO OPINIONS:</b>  "Two Understandings of the Viral Trend: I'm Just a Girl"  <i>"See Pages 4 and 5"</i>	<b>MEMES:</b>  "The Return of Everyone's Favourite Page!"  <i>"See Page 7"</i>
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## Alumni Reflections

### From Local to London: Alumni Recalls Artistic Journey

Amid the loud shrieks and screams echoing through the school's corridors, standing before the very classrooms where my creative journey began, brought an unexpected sense of peace. Even in my last days at Gyananda, the concept of studying away from school-let alone across the globe, felt foreign and distant. Yet here I was, standing amidst my peers and teachers months later.

A strange wave of nostalgia hit me; I felt as if I had never left. Talking to old friends and mentors, I realized the school had changed-a new basketball court, new opportunities, and new faculty-but the memories tied to it remained. The memories of lugging huge canvases through school, clowning around during lunch, and getting on my teachers' last nerves were fresh in my mind. I giggled and laughed as I heard about the recent developments in my friends' lives.

It is undeniable that, although short, Gyananda will remain an indispensable chapter in my personal and academic journey. Studying in London has made me truly recognize the importance of the close-knit environment Gyananda provided and how it helped me flourish into the person I am today.

Walking out of the exhibition, I felt a deep gratitude for the place that nurtured me. Coming home reminded me of how far I've come-and how vital it is to stay connected to the roots that shaped me. This visit wasn't just a trip down memory lane; it was a full-circle moment, a reminder that dreams can begin anywhere.

-Radhika Kohli

Ex Gyaneer (Currently Studying at University of the Arts, London)



# Campus Chronicles

## Updates

### National Shooting Competition

Students from our school participated in the National Shooting Competition, with events held in two locations. The pistol shooting events took place at the renowned Dr. Karni Singh Shooting Range in Delhi, while the rifle shooting events were held at the Madhya Pradesh State Shooting Academy.

We are thrilled and extremely proud of our talented students who represented our school at this national-level event. The six participants from our school were:

1. Simone Miller
2. Alishba Khan
3. Vaishnavi Bhatt
4. Diya Aggarwal
5. Aarisha Dhani
6. Dhruvita Manas

We are proud of their achievements and applaud their dedication, hard work, and passion for the sport.

### Best out of Waste Bulletin Board Decoration Competition

A festive and creative competition was held among the classes of Grades 6-8, where students were tasked with decorating their bulletin boards with a Christmas theme using "Best Out of Waste" materials. The event aimed to promote creativity, teamwork, and environmental awareness.

This event was proudly organized by the Environment Club members.

All participating classes showcased their artistic skills and the student's creativity and imagination were evident in the unique and innovative use of recycled materials.

After careful judging, the results are as follows:

1. 1st Place: VI A
2. 2nd Place: VII A & VIII-A
3. 3rd Place: VI B

We congratulate the winning classes and appreciate the efforts of all participants!







# NEWS: Nerdy Exclamations About the World

## " **Hamas Agrees to Draft Ceasefire, Hostage Release in Gaza Conflict** "

Hamas has formally accepted a draft agreement for a ceasefire in Gaza, marking a significant de-escalation in the ongoing conflict. The agreement also includes provisions for the release of hostages held by both sides. Negotiations are still ongoing to finalize the terms, but the development is seen as a hopeful step towards reducing the violence and facilitating humanitarian aid to the region. The international community has welcomed the move, urging both parties to adhere to the terms and ensure peace and stability for the people of Gaza.

## " **Tropical Flora Survived Deccan Volcanism, New Study Reveals** "

A groundbreaking study has shown that tropical flora in the Indian subcontinent managed to survive the catastrophic Deccan Volcanism events, which occurred millions of years ago. Researchers found that the plants, despite enduring significant environmental disruptions from volcanic eruptions, demonstrated a remarkable resilience that may have contributed to the region's ecological diversity. The study challenges previous assumptions about the destructive effects of volcanic activity on plant life.

## " **Odisha Enhances School Meals with Milk to Boost Student Nutrition** "

In a move to combat child malnutrition and improve educational outcomes, the state of Odisha has announced an expansion of its mid-day meal scheme. The government will now include milk in the meals provided to students, a decision aimed at addressing nutritional deficiencies. This addition is expected to boost the health of children in both rural and urban areas, supporting their physical and cognitive development.

## " **Geologists Warn of Widening Tectonic Gap Beneath India** "

A team of geologists has reported a widening gap between tectonic plates beneath the Indian subcontinent, sparking concerns about the region's long-term geological stability. While the phenomenon is not expected to cause immediate seismic events, experts warn that the ongoing separation could lead to significant geological changes in the distant future, potentially reshaping the landscape over millennia. The findings have

raised questions about the future of the Indian Plate and its role in the Earth's tectonic processes, though scientists emphasize that there is no imminent danger.

## " **Indian Army Replaces Mules with Technology in High-Altitude Operations** "

The Indian Army is transitioning from using traditional mules for high-altitude logistics operations to employing more modern solutions, including drones and all-terrain vehicles. This shift is designed to enhance efficiency, reduce the physical strain on soldiers, and ensure safer and more reliable transport of supplies to remote and challenging terrains.

## " **Maha Kumbh Mela Commences in Prayagraj, Drawing Millions of Pilgrims** "

The Maha Kumbh Mela, one of the largest and most significant religious gatherings in the world, has officially begun in Prayagraj, Uttar Pradesh. The 45-day event is expected to attract millions of Hindu pilgrims from across India and abroad, who will participate in sacred rituals and bathe in the holy confluence of the Ganga, Yamuna, and Sarasvati rivers. The gathering marks the completion of 12 Kumbh Mela cycles, which occur once every 144 years. The event is an important cultural and spiritual occasion for Hindus, with elaborate ceremonies, religious discourses, and a sense of community among attendees.

## " **HMPV vs. COVID-19, Flu, and RSV: Key Differences Explained by Experts** "

Experts have weighed in on the similarities and differences between Human Metapneumovirus (HMPV) and other common respiratory illnesses, including COVID-19, influenza, and Respiratory Syncytial Virus (RSV). HMPV, a lesser-known virus, shares many symptoms with these other viruses, such as fever, cough, and difficulty breathing, but it differs in terms of spread and severity. Particularly in children and the elderly, HMPV can cause severe respiratory distress, though it is generally less contagious than COVID-19. Medical professionals are urging increased awareness as the virus spreads in various parts of the world, especially during colder months when respiratory infections are most prevalent.



# Creative Construction

## The Girl Behind The Trend

A tide of trends sweeps through our days,  
"Girl Maths," "Girl Dinner," in whimsical haze.  
Each carries laughter, a joy to defend,  
Yet hidden beneath, where do these paths end?

A fragile joy, an ironic delight,  
A space reclaimed, a fleeting respite.  
For what begins in jest, in glee,  
May sink to depths we fail to see.

"Girl Maths" tallies a playful jest,  
Yet whispers softly, "She's not her best."  
A calculation, a laugh, a game,  
But beneath the humor, more of the same.

Gwen's lyrics rise from 1995,  
A defiant anthem that keeps alive  
The truth of what it means to be  
A woman trapped by what they see.

Patriarchy binds with unseen threads,  
Imposing roles as light as lead.  
"You're weaker, smaller," they softly state,  
As stereotypes carve out your fate.  
We laugh at trends, yet feel the sting,  
The burden of what their echoes bring.  
A whisper grows into a shout,  
A question asked, "What's this about?"

"Girl Dinner" begins with a fragile bite,  
Three grapes, a Coke Zero, a hunger slight.  
Yet in its shadow, a feast can bloom,  
Crackers, cake, wine to consume.

For lurking still is diet culture's grip,  
Twisting freedom with a tighter script.  
"Eat less, be less," a chant refrains,  
A whispering echo of invisible chains.

Patriarchy's web is subtle and tight,  
Imposing roles by day and night.  
Masculine strong, feminine meek,  
A binary code we're forced to speak.

"Girl Maths," a joke on how we spend,  
But who decided where this trend would end?  
"Girl Dinner," a feast or a lie?  
Does it nourish the soul, or let us deny?

Look at Gwen's refrain,  
Her song a map of joy and pain.  
A world that sees her as "just a girl,"

As weaker, smaller, fragile pearl.  
Yet in her voice, rebellion grows,  
A strength no trend can decompose.

And so we laugh, and so we cry,  
As "just a girl" becomes our sly  
Wink to the world, a layered jest,  
But do these jokes pass the test?

For what is a girl when she's twenty-five,  
A woman who strives, who dreams to thrive?  
Yet mistakes are swept with a playful grin,  
"Blame it on gender, not what's within."

Crashed a car, ran from the curb,  
Laughed it off with a single verb.  
But beneath the jest, a pattern unfolds,  
The stereotypes that history holds.

And yet, within, camaraderie gleams,  
A sisterhood forged in collective dreams.  
Inside jokes, a bond so true,  
A way to navigate what we go through.

"Just a Girl," a label sweet,  
A mask to bind, a chain discreet.  
A phrase that sounds like playful jest,  
But hides the limits we detest.

These trends, a mirror, fractured and bright,  
Reflecting truths in the harshest light.  
A culture amused by its clever game,  
But slow to dismantle its core of shame.

And so, we question, we reclaim,  
What it means to own a name.  
Not "just a girl," not "small" or "weak,"  
But women who rise, who dare to speak.

We wield our words, our iron pens,  
To rewrite tales, to make amends.  
For joy alone cannot disguise,  
The harms that lurk where laughter lies.

Let us create a space anew,  
Where trends are kind, where truths shine through.  
No longer "just," no longer "small,"  
But women who rise and shatter it all.

***-Swaani Salgotra***  
***Grade VIII***





# Opinionated Editorial

आई एम जस्ट ए गर्ल: रूढ़ियों से अलग एक दृष्टिकोण

“मैं सिर्फ एक लड़की हूँ” यह वाक्य न केवल एक सामान्य वाक्य प्रतीत होता है, बल्कि यह गहरी सोच और समाज की अवधारणाओं को चुनौती देता है। यह वाक्य आज के समय में एक ट्रेंड बन गया है, जहां महिलाएं अपने आत्म-सम्मान और अधिकारों को लेकर जागरूक हो रही हैं। यह वाक्य उन सभी सीमाओं और रूढ़िवादी सोच को चुनौती देता है जो समाज ने लड़कियों और महिलाओं पर थोप रखी हैं।

इतिहास के पन्नों में और आजकल हर जगह ही यह देखा जाता है कि कैसे कई महिलाओं को उनके घरों तक ही सीमित किया जाता है और उनकी काबिलियत को सही तरीके से पहचाना नहीं जाता।

किंतु अब “मैं सिर्फ एक लड़की हूँ” इस ट्रेंड के माध्यम से लड़कियां समाज को यह बता रही हैं कि वे अपने आपको किसी से कम नहीं समझती और वे भी उसी तरह का सम्मान और अवसर चाहती हैं जैसा किसी भी एक पुरुष को मिलता है।

आजकल यह वाक्य एक आंदोलन की तरह उभर रहा है, जिसमें लड़कियां यह कहने लगी हैं कि वे समाज द्वारा तय की हुई सीमाओं से बाहर आकर अपनी पहचान बनाना चाहती हैं, किंतु क्या आप इस वाक्य का असल मतलब समझते हैं ?

“मैं सिर्फ एक लड़की हूँ” का मतलब यह नहीं है कि वे कमजोर हैं, बल्कि यह कथन यह साबित करता है कि वे समाज के दकियानूसी विचारों के खिलाफ खड़ी हैं और अपनी क्षमता को साबित करना चाहती हैं।

यह ट्रेंड लड़कियों को आत्मविश्वास देने का काम कर रहा है। यह उन्हें अपनी पहचान पर गर्व करने की प्रेरणा दे रहा है और आज जब एक लड़की कहती है कि “मैं सिर्फ एक लड़की हूँ”, तो वह यह संदेश देती है कि वह अपने आप में पूरी है।

**-सौम्या बिष्ट**

**कक्षा 9**





## Upcoming Events

### January 2025:

- **16<sup>th</sup> January to 27<sup>th</sup> January**  
Term II for Grade IX & XI (Thursday to Monday)
- **18<sup>th</sup> January (Saturday)**  
Third Saturday working (subject to change) for All Grades
- **20<sup>th</sup> January (Thursday)**  
Counseling Session for Grades I-V
- **23<sup>rd</sup> January to 31<sup>st</sup> January**  
Revision Session for Board Classes (Grade X & XII) from Thursday to Friday
- **24<sup>th</sup> January (Friday)**  
Special Assembly - Republic Day Celebration for Grade III
- **26<sup>th</sup> January (Sunday)**  
Republic Day (Holiday) for All Grades

### February 2025:

- **1<sup>st</sup> February (Saturday)**
  - Prep Leave begins for Grade X & XII (Current)
  - Classes begin for Grade X & XII (New)
  - Special Assembly - Basant Panchmi Celebration & Saraswati Puja for New Grade X

## Birthdays!

**G 10- Kirti Sah-** 21<sup>st</sup> January



**G 7B-Pratyasha Rawat-** 21<sup>st</sup> January

**G 6B- Vanya Rathi-** 22<sup>nd</sup> January

**G 7B-Anindhya Sekri-** 23<sup>rd</sup> January

**G 12-Mridusha Bisht-** 25<sup>th</sup> January



**G 9-Kashvi Kumar-** 27<sup>th</sup> January

**G 7B- Ananya Rekhi-** 1<sup>st</sup> February

**G 12-Gaurvi Sharma-** 2<sup>nd</sup> February

**G 9-Zara Vasisht-** 4<sup>th</sup> February

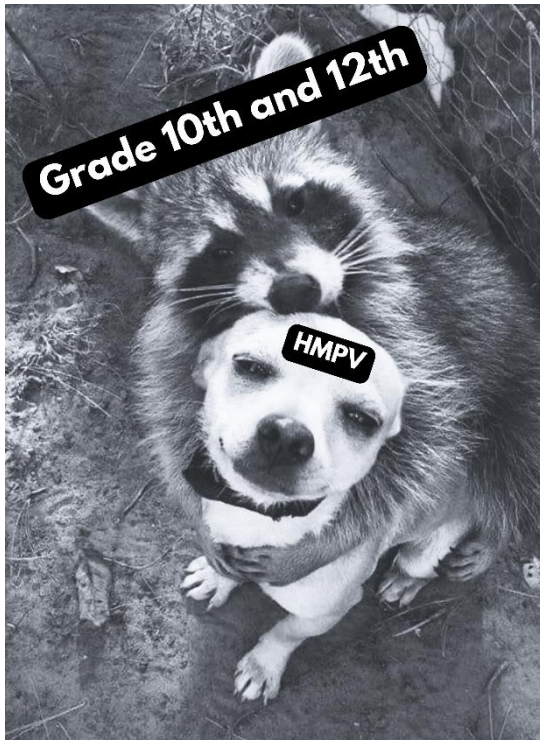
**G 7A- Myra Arora-** 7<sup>th</sup> February

**G 6A- Advika Pandey-** 8<sup>th</sup> February

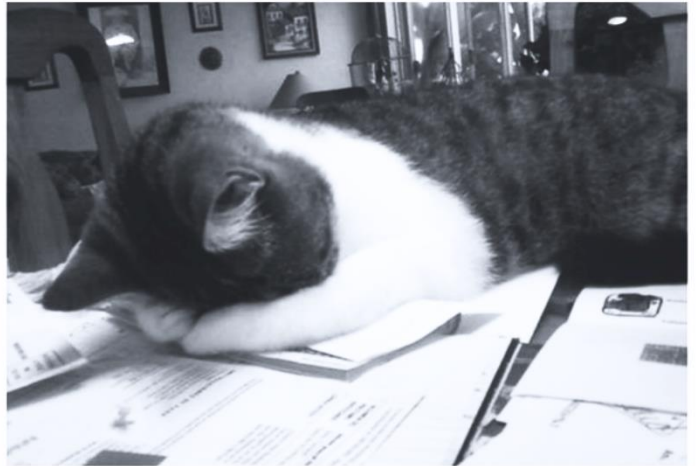




## Back to School Memes



Me when I realise I forgot my  
Thesaurus at home



No one:  
Me after studying for 5 minutes



Parents when it's the "Back to  
School" time of the year





# Snapshots



*Proud Heart, Teary Eyes*



*Miss Gyananda!*



*Wisdom Etched in Clay*

## Put Your Thinking Caps On....

Answer these 'most likely to' anime-themed questions based on your knowledge of your classmates, friends or perhaps even teachers!

1. Most likely to have an anime character as their profile picture?
2. Most likely to binge-watch an anime series in one sitting?
3. Most likely to start an anime club?
4. Most likely to cry during an emotional anime episode?
5. Most likely to know every opening theme song by heart?

Online Edition: [www.gyanandadoon.org](http://www.gyanandadoon.org)

This Edition of *The Echo* was led by Ed Board Members Simone Miller and Samriddhi Semwal

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