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NARRATIVES

- Understanding FOMO: 1
- Indian Raga- Evolution & Correlation: 2
- Embracing Neurodiversity: 2

CAMPUS NEWS

- Academics: 3
- Sports: 9
- Cultural: 12

LANGUAGE SECTION

- Assamese: 16
- Hindi: 17
- Sanskrit: 18

STUDENT SECTION

- First Founder's: 19
- Artistic Corner: 24
- Explore the Literary Wonderland: 26

NARRATIVES

Understanding FOMO: A Guide for Students

- Apu Dey, Principal

'FOMO'- You may have heard this term thrown around, but what does it really mean? FOMO stands for the fear of missing out, and it's something that many of us experience, especially in today's fast-paced world of social media and constant connectivity.

So, what exactly is FOMO? It's that uneasy feeling you get when you worry about not being part of social events, gatherings, or staying updated with the latest news and trends. It's that nagging sensation that you're missing out on something exciting, and it can make you feel anxious or left out.

Think back to a time when you weren't invited to a party or when everyone seemed to be talking about something you didn't know about. That's FOMO in action. It can also manifest in constantly checking your phone for messages or saying yes to everything, even when you're already swamped with commitments.

But here's the thing: FOMO isn't just a fleeting feeling. It can actually take a toll on your health. It might disrupt your sleep or eating habits, leaving you tired, irritable, or unmotivated. It can also fuel feelings of anxiety or loneliness, as you worry about what you're missing out on or how others perceive you.

So, why do we feel this way? As humans, we naturally crave connection and belonging. When we feel excluded or out of the loop, it can trigger feelings of insecurity or inadequacy. And for teens, who are constantly bombarded with images of seemingly perfect lives on social media, FOMO can be especially intense, leading to issues like low self-esteem or even depression.

The good news is that there are ways to combat FOMO and regain control of your life:

- Take breaks from social media and the news: Sometimes, the best way to overcome FOMO is to disconnect from the digital world and focus on the present moment. Give yourself permission to log off and enjoy the here and now.
- Spend quality time with loved ones: Building strong connections with friends and family can help you feel grounded and secure. Make an effort to prioritise face-to-face interactions and nurture meaningful relationships.
- Practice mindfulness or meditation: Learning to quiet your mind and stay present can be incredibly empowering. Try incorporating mindfulness techniques into your daily routine, whether it's through meditation, deep breathing exercises, or simply taking a moment to appreciate the world around you.
- Seek professional help if needed: If FOMO is significantly impacting your mental health or overall well-being, don't hesitate to reach out to a therapist or counsellor for support. Cognitive-behavioural therapy (CBT) and other therapeutic techniques can help you develop effective strategies for managing FOMO and building resilience.

Remember, it's okay to miss out sometimes. Life is full of opportunities, and it's impossible to be everywhere and do everything. What's important is finding balance and focusing on what truly matters to you. So, the next time you feel the grip of FOMO tightening, take a deep breath, remind yourself of your priorities, and embrace the beauty of being exactly where you are.

Indian Raga- Evolution & Correlation With Contemporary Music

- Nitul Krishna Goswami, Centre for Culture

“Music is the universal language of mankind” - Henry Wadsworth
Longfellow

From the chirping of birds at dawn to the mellifluous tunes of nature carried by the evening wind, music surrounds us in various forms. Just the feel, determines its qualities. The dropping dew over the nascent petals of the flowers, showing the rhythm on its own, accompany the tunes of the blowing winds & the streams, maybe the Dhaivat, Gandhar & Nishad! Nature itself is the music that Indian Ragas represent!

If we discuss the evolution of Indian Ragas, it can be traced back to ancient Indian Scriptures having an evolution over thousands of years influenced by different regional and cultural traditions of India. At various stages of its evolution, getting the touches of great maestros practising and researching as per its connection with nature, Ragas have got its ultimate form in today's world.

However, it is a matter of concern that we all are not willing to learn it or to know about it, being good music listeners or students of music or musicians/singers. Is it too tough to know about it or to learn? Or else, have we kept the ragas in a place where everybody cannot get the proper access? On the other hand, do we need a more advanced and attractive methodology of teaching so that the new generation shows more interest in it!

Music is like a river; it flows on its own, it cannot be stagnant! The notion that Indian Ragas have nothing to do with contemporary music is, we believe, not true from all aspects. To be precise, proper application and extracts of ragas may boost various contemporary music to the next level. It is not necessarily required that if we learn ragas, we need to be a classical singer or musician; we can definitely go by our choice. Only having some knowledge about ragas may be of great assistance to music students as well as listeners.

Although Indian Ragas have their boundaries and dignity of different kinds, we must do some advanced research on its methodology of teaching so that more students of music get attracted and loosen up the chord of orthodoxy a little without ruining its dignity or value to spread the beauty of Indian Ragas to everyone.



Embracing Neurodiversity - A Step Ahead to Achieve an Inclusive Society

- Bhargabi Kashyap, Special Educator

In every classroom, a hidden tapestry of diverse minds exists, often unnoticed. When educators thoughtfully incorporate strategies for these students, they unlock a richer, more engaging learning experience for everyone. Every child is different, so the support that one child needs might differ from what another kid needs. Neurodiversity is a way to think about how everyone has different brains and behaviors. This may mean having ADHD, autism, dyslexia, Asperger's syndrome, learning differences, and more, which are included in the umbrella of neurodiversity. All these can cause difficulties in how one processes information or behaves socially. Neurodivergent children have diverse thinking patterns. Their brains work very uniquely; they may learn or communicate in atypical ways. They may also perceive their environment differently than neurotypical people do. Some neurodivergent people have difficulty with sensory processing, while others find social interactions and group dynamics to be challenging. They may have unique strengths, such as the ability to solve math problems quickly or recall detailed facts. It is important for us to recognize and embrace their unique skills and strength

Neurodiverse people may interpret, interact with, and experience the world in unique ways. The concept of neurodiversity helps to reduce stigma around how different people learn and think differently from others. By providing an accommodating environment, supporting them through their weaknesses, and playing with their strengths, we can help both neurodivergent students to thrive and make valuable contributions to society. In conclusion, society needs to recognize the importance of neurodiversity and its role in human development. We should celebrate the differences between us and embrace them instead of trying to eliminate them. Neurodiversity is a gift to society, and we should all learn to embrace each of our unique differences and talents.



ACADEMIC ACTIVITIES @ VANDYA

COMMUNITY SERVICE

The 'Joy of Giving' community service program, launched on October 2, 2023, aimed to foster a culture of giving and support within our community. Students of Vandya International School, accompanied by teachers, visited Illa Snehalaya (orphanage home) and Helping Hand (old age home), bringing with them various items such as food and stationery. They devoted quality time to introducing themselves, playing, dancing, and sharing stories with the residents.

On October 14, 2023, another group of students, along with teachers, visited Shishu-Gram (orphanage home), carrying a thoughtful array of food items and stationery.

This impactful visit served as a significant learning experience for the young citizens. After an hour of heartfelt interaction, the students pledged to continue contributing to the community in their own ways.



Furthermore, a poster-making competition, centred around promoting mental health, provided students with a creative outlet to express their thoughts and contribute to the ongoing awareness programme.

The event not only addressed the stigma surrounding mental health but also ignited a spark of creativity and empathy among students, paving the way for a more inclusive and compassionate future.

WORLD MENTAL HEALTH DAY

World Mental Health Day was observed on October 10, 2023. It served as a crucial platform to combat the prevailing social stigma surrounding mental health. The celebration aimed to openly address these concerns and normalise the challenges faced by individuals. Students from Grades 3 to 7 participated in various performances, including a solo song, a group song focusing on mental health, and a mime act addressing related issues. The school counsellor delivered a significant speech underscoring the importance of Mental Health Day.



SOF EXAMINATIONS

The SOF Exam was conducted with the aim of providing a platform to the students for enhancing their learning abilities beyond the curricular programs. Our students brought laurels with their commendable achievements in the International Science Olympiad, the International Mathematical Olympiad, and the International English Olympiad. In celebrating academic excellence, we are delighted to share that Davis Bora from Grade 3, Shreshtha Chakrabarti from Grade 4, Ritisha Mayra Rajbongshi from Grade 5, Namassyah Parassar from Grade 6, and Ayush Longkho from Grade 7 have earned their place in the next level of the SOF English examination.



Nitisha Jain from Sunbird secured the first position in Junior Category. In the senior category, Ayush Longkho from Minivet claimed the winning position.



IH PPT COMPETITION

The Inter-House PPT Competition was held on 09th Dec 2023. The competition was held in two categories: Junior Category (III-V) and Senior Category (VI-VII). Two teams from each house participated and showed their presentation skills.

The Competition included creating a PPT using MS PowerPoint 2016. The topics for the presentation were: Importance of Competitions in School, Digitalisation of Education, Impact of A.I. on the Real World.

The team of Bhavamanyu Ajitsaria (VII) & Atharv Jain (VI) from Malkoha scored 106 points and got 1st Position. The team of Pragyan Mazumdar (VII) & Aditi Nawlakra (VII) from Minivet scored 102 points and got 2nd Position. The team of Shazaib R. Hussain (VII) & Medha Singh (VI) from Sunbird scored 98 Points and got 3rd Position.



IH BEST OUT OF WASTE

The Best out of Waste competition took place on October 14, 2023, with enthusiastic participation from students in Grades 3 - 7 who represented their respective houses. The competition aimed to instil an understanding among the children about environmental preservation through the creative reuse and recycling of waste materials. Fantastic ideas were demonstrated, utilising materials such as newspapers, old CDs, used plastic bottles, ropes, ice cream sticks, bangles, shoe boxes, glass bottles, plastic oil cans, and straws. The competition featured two categories: Junior and Senior.

JUST A MINUTE (ENGLISH)

The much-awaited Just-a-Minute English competition, showcased the linguistic prowess of students from Grades 3 to 7 in an inter-house event. The competition witnessed active participation from enthusiastic students who displayed their eloquence and quick thinking.

The participants were given an impromptu topic and they had to speak on the topic for one minute. After a series of engaging speeches, Shuzana Hussain from Grade 3 emerged as the best speaker, Shazaib Hussain from Grade 7 secured the second position. The third position was shared by Davis Bora from Grade 3 and Nirvi Goswami from Grade 4. Overall, Sunbird secured the first position, Minivet came second and Malkoha third.



JUST A MINUTE (HINDI)

The Inter House Just a Minute Hindi competition for Grades 3 to 7 showcased remarkable enthusiasm among the students. Participants spoke on assigned topics for one minute, promoting correct language usage. This event significantly bolstered students' confidence in the Hindi language imparting valuable language skills and understanding. Following some engaging speeches, Kefrina Rahman of Grade 5 clinched the top spot, with Nivaan Sarawgi of Grade 6 securing the second place and Swesha Sharma sharing third. In the overall rankings, Sunbird claimed first place, Minivet secured second, and Barbet earned the third position.



IH QUIZ COMPETITION

Inter House Quiz Competition was held on 13th October. The Competition consisted of three rounds – Multiple Choice Questions Round, Picture Round and Rapid Fire Round. Quizzers were quizzed on various topics related to Politics and International Relations, Art and Culture, History, Science and Technology, Geography, Information and Communication Technology and Sports. Both static and dynamic general knowledge were given emphasis. Minivet won the competition followed by Sunbird in second position and Malkoha in third position. Overall, quizzers performed well and gave their best while answering questions.



ESSAY WRITING COMPETITION

The recent Essay Writing Competition for Grades 3 to 7, witnessed impressive literary prowess in both Hindi and English categories. In the English Essay Competition, Diyona Dutta claimed the top spot in the junior category and Nivaan Sarawgi emerged victorious in the senior category.

Switching to the Hindi Essay Competition, Shrestha Chakraborty secured the first position in the Junior Category and Kenisha Jain earned the top spot in the senior category.



SCIENCE EXHIBITION

Vandya International School recently hosted a science exhibition where students of Grades 3 - 7 represented their innovative projects. The event drew a significant number of visitors who were eager to witness the diverse models crafted by the students. The showcased models included a laser security home, a Tesla coil, a working model of the solar system, an Earth-moon working model, an eclipse model, a functioning heart model, a smart city model, and a renewable energy source model, etc.

Each model was meticulously designed to illustrate various scientific concepts and principles. The science exhibition was a resounding success, showcasing the students' commendable hard work and innovative ideas. The Science Exhibition not only demonstrated the students' impressive understanding of scientific concepts but also highlighted their enthusiasm for hands-on learning.



PERIODIC ASSESSMENT II

Periodic Assessment II, conducted from November 21st to November 30th, served as a comprehensive evaluation tool for students. During this assessment, children tested their knowledge of various subjects, showcasing their academic progress. In mathematics, they demonstrated problem-solving skills, while in language arts, their writing and comprehension abilities were assessed. Science assessments delved into understanding concepts, and social studies evaluated their knowledge of historical events and geographical facts.

Overall, this evaluation period provided a holistic view of the students' learning journey, allowing educators to tailor their support based on individual strengths and areas needing improvement.



FARM VISIT

A group of children from Ahaan had an exciting farm visit on a sunny morning, filled with discoveries and fun. They fed cows, made friends with loyal dogs, marveled at a basking turtle, and were greeted by a vibrant macaw. Observing hens and ducks, they learned about the animals' roles in our lives. The day was both educational and adventurous, leaving the kids with lasting memories and a deeper appreciation for nature and its wonders. This hands-on experience was a valuable part of their early education, fostering gratitude and respect for the farm and its delightful inhabitants.



PLANETARIUM VISIT

On October 5th, Ankuraan students eagerly visited the local planetarium, aiming to fuel their curiosity about the universe. Accompanied by teachers, they explored interactive displays showcasing planets, stars, and galaxies. The highlight was a mesmerizing star show, leaving the students with a newfound appreciation for space. The field trip aligned with the science curriculum, creating lasting memories and sparking animated discussions among the children as they returned to school.



STORYTELLING COMPETITION

The event started with class-level preliminary rounds where enthusiastic participants, adorned in colorful props, charmed the audience with vibrant narratives. Stories ranged from whimsical adventures to heartwarming tales, each showcasing unique storytelling styles. Judged on delivery, character portrayal, and overall creativity, the competition emphasized both storytelling prowess and a holistic understanding of narrative structure. The event concluded with applause and words of encouragement, leaving participants with a sense of accomplishment and a newfound passion for storytelling.

The event's impact extended beyond the stage, fostering a shared love for narratives and creating a tapestry of stories that will resonate in the hearts of participants and spectators alike.



ENGLISH POETRY RECITATION

A symphony of youthful voices echoed through the halls of Vandya International School as Grades 1 and 2 students recently took center stage in a captivating English Recitation event. The auditorium buzzed with anticipation as the budding wordsmiths stepped up to showcase their linguistic flair and poetic charm.

The event kicked off with a preliminary round which was held in respective classes. The young participants recited a diverse selection of poems with remarkable confidence and enthusiasm. It demonstrates the students' grasp of language and their ability to convey emotions through words. The atmosphere was filled with a delightful blend of giggles, thoughtful pauses, and applause as each participant recited their chosen piece, adding a personal touch to the event.



WORLD RECORD FOR FLAG RECOGNITION

Dheer Parasramka's remarkable achievement in setting the world record for the fastest time to identify All National Flags in sequence order (English) highlights his exceptional knowledge and cognitive prowess. This feat not only showcases his dedication but also serves as an inspiration to others, emphasizing the significance of global awareness and cultural understanding.

Congratulations to Dheer Parasramka on this outstanding accomplishment!



As we stand at the pinnacle of success, Vandya International School remains steadfast in its commitment to fostering a dynamic learning environment, nurturing young minds, and sustaining the pursuit of educational excellence.

The future holds exciting possibilities as we continue our journey of academic distinction !



EDUCATION WORLD RANKING

Vandya International School proudly secures the 2nd place nationally and clinches the top spot in Guwahati in the Education World Grand Jury India School Rankings 2023-24 as an Emerging High Potential School! This exceptional achievement reflects the dedication and excellence of our esteemed Principal, the unwavering commitment of our dedicated team of educators, the outstanding achievements of our exceptional students, and the indispensable support from our parents.



SPORTS ACTIVITIES @ VANDYA

IH TABLE TENNIS

The Inter House Table Tennis competition was organised for class III to VII on 13th October & 14th October for Grades 3 to 7. The students showcased their expert gaming skills and received emphatic applause and appreciation. The excitement and enthusiasm for the competition was soaring high, all the participants played marvellously well and exhibited great team spirit.

Swagjyoti Deka of Grade 6 and Namrata Choudhury of Grade 7 were awarded as the best players of the tournament.



IH ATHLETICS

The Inter House Athletics Competition witnessed a spectacular showcase as students from all the grades enthusiastically participated in various races. The school grounds became a battleground of talent and determination as young athletes sprinted, jumped, and competed with zeal. The atmosphere was charged with excitement as cheers echoed for participants across the different grades.

The winners were rewarded with medals and certificates after the event.



IH SKATING

The Skating Competition at Vandya International School showcased impressive talent across various categories, with participants from different classes demonstrating their skills on November 9th, 2023. The categories, ranging from Grade 1 to Grade 7, ensured that skaters of different skill levels could participate and contribute to the overall success of the event. The vibrant atmosphere and enthusiastic participation made it a memorable day for everyone involved.

Samarth Jain of Grade II, Nekib Hussain of Grade V and Kenisha Jain of Grade VII were rewarded as the Best Players of the Tournament in the Junior and Middle Category.



INTER SCHOOL SWIMMING COMPETITION

Varun Kashyap, a distinguished swimmer from Grade 4 secured a well-deserved Bronze Medal in the 25m backstroke event at the NPS Guwahati Interschool Swimming Competition. His success not only brings pride to our school but also inspires fellow students to strive for excellence in their respective fields.



BALLOON RACE

The children of Ahaan experienced sheer joy and excitement during the thrilling Balloon Race held as part of our fun-filled activities. The event started with an air of anticipation as each child received a colorful balloon, adding a burst of energy to the atmosphere. The children of Nursery started with a balloon tied to their feet where they had to reach the finish line on time, next the children of LKG and UKG continued their fun Balloon race where each child participated in this fun filled activity. The simplicity of the activity allowed the children to engage in a delightful race, chasing their balloons and reveling in the playful chaos. The event not only promoted gross motor skills but also encouraged teamwork and friendly competition among the children of Ahaan.



FOOTBALL DAY

Vandya International School's vibrant Football Day brought together the students of Grade 1 and 2 students for a day of energetic matches. The sports field was alive with enthusiasm as young football enthusiasts showcased their skills.

The House teams Sunbird, Malkhoha, Barbet, and Minivet displayed impressive teamwork, emphasizing that age is no barrier to the love of the game.

The event promoted physical activity, teamwork, discipline, and fair play, creating a positive and encouraging environment for all participants.



HULA HOOP

The children of Ahaan had an exciting time with engaging Hula Hoop games, bringing laughter, coordination, and teamwork to the forefront. In the 'Passing the Hula Hoop' game, they passed vibrant hoops, promoting cooperation and fine motor skills, creating a joyous atmosphere of camaraderie. In the 'Skip the Hula Hoop' activity, colorful hoops on the ground became portals of playful exploration, enhancing physical coordination and sparking creativity. To cap off the festivities, the 'Ring the Hula Hoop' challenge had UKG children aiming to toss hoops onto cones, refining hand-eye coordination in a friendly competition.



CHESS TOURNAMENT

Ritisha Mayra Rajbongshi, Grade V, secures victory in the All India Open School FIDE Rating Chess Tournament (U-11) showcasing not only her exceptional skill but also embodying the spirit of perseverance and strategic brilliance.

We extend our heartfelt congratulations to Ritisha for her dedication and commendable performance, embodying the values of discipline and sportsman



TAEKWONDO CHAMPIONSHIP

In a display of exemplary talent and dedication, two budding stars from our school have left an indelible mark at the 38th State Taekwondo Championship 2023. Jonak Jiwan Das of Class 1 showcased his martial arts prowess by securing a Bronze in the PEEWEE, Below-8-years Boys Under-24 kg weight category. Meanwhile, Nirvan Siotia, also from Class 1, achieved a remarkable feat by winning a Silver medal in the Peewee division for boys below 8 years, competing in the under-16 kg weight category. This impressive display of skill and sportsmanship took place at the prestigious Nehru Stadium in Guwahati, reflecting not only the individual excellence of Jonak and Nirvan but also the school's commitment to fostering diverse talents. Congratulations to both these young achievers for bringing honor to our institution.



SKATING COMPETITION

Vandya International School takes immense pride in sharing the extraordinary achievements of our talented students. Ms. Yashvi Kankaria from Grade I (A) has been selected to represent the school in the upcoming National Speed Skating Championship, organized by the Speed Skating Federation of India. This prestigious event is scheduled to take place in Coimbatore, Tamil Nadu, from the 27th to the 29th of January 2024.

Simultaneously, we extend heartfelt congratulations to another exceptional talent, Yuvin Agarwal of Grade III, for securing a well-deserved Bronze Medal in the 500m race at the All Assam Speed Skating Championship held at the Dispur Skating Rink on the 25th-26th of December 2023.



CULTURAL ACTIVITIES @ VANDYA

KATI BIHU CELEBRATION

The Kati or Kongali Bihu is one of the three important Bihus festivals that are celebrated in Assam. It is observed in mid-October and is celebrated on the last day of the Aahin month of the Assamese calendar. This Bihu is celebrated in the evening time by lighting 'saaki' in the various places of the house and paddy fields. The people of Assam pray and welcome Goddess Laxmi by lighting 'saaki' in front of the Tulsi plant which is an important part of the festival. This procedure continues for the whole month of 'Kaati'.

Vandya International School with a view of creating awareness of the significance of Kati or Kongali Bihu among the students organised a special morning Assembly where the students where all the aspects of Kati Bihu were showcased traditionally. Following it was organised a Tulsi Bheti and in front of it Ghoxaa (traditional Assamese prayer) was presented by the students. The special Assembly came to an end with lighting saaki and everyone having Maah Proxaad.



AZADI KA AMRIT MOHOTSAV

The vibrant spirit of Vandya International School resonated with patriotic fervour as it actively participated in the 'Azadi ka Amrit Mahotsav.' The collaboration with the Indian Army marked a significant milestone, exemplified by a remarkable 150-kilometre long Cycle Rally. This initiative not only aimed at raising awareness but also fervently promoted the ideals of 'Unity in Diversity' and 'Environment Protection'.

The enthusiastic cheers of the students resonated along the rally route, symbolising their support for these noble causes. The event not only showcased the school's commitment to national values but also instilled a sense of responsibility towards environmental conservation among the students.



LACHIT DIVAS

Lachit Borphukan, a distinguished Ahom Borphukan, is celebrated for leading the Ahom Army and leaving an indelible mark on the history of Assam and India. Each year on 24th November, we honor him with Lachit Divas. At Vandya International School, Lachit Divas was celebrated by students. A special assembly was conducted. A few students recited a heartfelt poem composed by Mrs Deepamoni Devi, faculty of Assamese Department. May Lachit's valor and commitment serve as an enduring inspiration, guiding us towards unity, resilience, and the relentless pursuit of justice.



HALLOWEEN PARTY

On October 31st, both Ankuraan and Ahaan celebrated Halloween with spirited parties, aiming to infuse fun and creativity in a safe environment. Students showcased their imagination in a costume parade, featuring cute pumpkins, superheroes, and spooky characters. Trick-or-treat stations added excitement as children collected treats. Both parties included activities like Spooky mask making, providing a memorable and enchanting experience for the young learners. The lively events featured vibrant costumes, laughter, and a touch of spooky delight, leaving the children with cherished Halloween memories.



DIYA PAINTING ACTIVITY

The Diya Painting Activity at Ahaan and Ankuran for Diwali brought joy to the children. The rooms were buzzed with enthusiasm as kids, dressed festively, painted plain earthen Diyas. Guided by teachers, they turned a simple task into a magical experience, experimenting with vivid colors. Laughter filled the room as the Diyas transformed into radiant works of art. Glitter, sequins, and stickers added a personal touch. The children proudly displayed their masterpieces, tangible expressions of creativity and cultural understanding. This festive activity created lasting memories, connecting the children to the traditions of Diwali.



DANDIYA CELEBRATION

The Dandiya dance celebration at Ahaan, Ankuran and the students of Grades 3 to 7 was a vibrant and culturally enriching event for the children. The school hall transformed into a festive space adorned with bright decorations, creating a perfect stage for the little ones to experience the joy of Dandiya. The festivities commenced with a brief introduction to the traditional Dandiya, where teachers demonstrated basic steps. The rhythmic beats and lively atmosphere left a lasting impression on the little dancers, making it a delightful and culturally immersive experience.



INTERNATIONAL GIRL CHILD DAY

Celebrating International Girl Child Day with our precious little ones was a burst of colors and creativity! In our special handprinting activity and crown making and each little girl became an artist, dipping their hands into a rainbow of paint. Amidst giggles and excitement, we gathered the girls around to talk about how special and unique each one of them is. With tiny hands ready, they pressed their colorful imprints onto large sheets of paper, creating a vibrant collage of handprints that mirrored the diversity and joy within our school community.



BLUE DAY

Early identification of colours helps create a cognitive link between visual clues and words which is an important part of a child's development. The children Of Ahaan dressed in different hues and tints of blue they had an amazing learning experience. With great enthusiasm, they made blue whale origami and then stuck them to an ocean. Their excitement and happiness were reflected through when they proudly held the ocean with their peers making it a memorable and fun experience altogether.



THANKSGIVING

A special assembly on Thanksgiving began with cheerful greetings, creating an atmosphere of excitement and togetherness. To engage the little ones, the cycle area was filled with lively rhymes and songs celebrating friendship and thankfulness. Through this special assembly, we aimed to plant the seeds of gratitude and unity in the hearts of our preschoolers, nurturing values that will continue to grow throughout their early years.



VANDYA CARNIVAL

Vandya Carnival Day was organized to celebrate Children's Day, crafted to cultivate camaraderie, instill the core values of sharing and encouraged a positive competitive spirit among the young learners to fostering essential 21st century values. The carnival featured an array of food stalls, offering a diverse range of culinary delights, prepared game stalls by the four houses that provided entertainment for both children and adults, raffle draw, live orchestra, ahaan and ankuran fancy dress competition, housie game, music and dance. Toddlers and kids had play zone and toy rides for them. This carnival provided a wonderful opportunity for all of us to connect and relax outside the confines of our daily routines. It was a day of happiness and togetherness.



PAINTING COMPETITION

Nekib Hussain, a talented student from Grade 4 has achieved first place in the 9th National Level Painting Competition, "Japan On Canvas 2023." This remarkable accomplishment is even more noteworthy considering the intense competition, with 1651 participants from 67 different schools across India.

This national-level accomplishment adds another vibrant stroke to the school's canvas of achievements, showcasing the thriving artistic spirit within its student community.



PIANO INSTRUMENT EXAM

With immense joy and pride, Vandy International School celebrates the outstanding accomplishment of Suwagjyoti Deka, a shining star in Grade 6. Suwagjyoti's musical journey has reached new heights as he attains an A grade with distinction in the Level II Piano Instrument exam. This noteworthy achievement took place under the auspices of the esteemed Piano Kids Institute, a recognized institution accredited by the prestigious Trinity College of Music, London.

As Suwagjyoti continues to strike the chords of success, we look forward to witnessing more harmonious milestones in his musical journey.



RSL INDIA GRADED EXAM

Heartiest congratulations are in order for Nishant Das of Grade VII, who has achieved a significant milestone in his musical journey. Nishant successfully cleared the RSL Level 1 Graded Exam in music performance (Drums) - Grade 1 with an impressive merit score of 77%. This noteworthy accomplishment took place during the RSL India Awards Graded Exam held on the 27th of November 2023.

As he continues to make harmonious strides in his musical journey, we eagerly anticipate more melodious accomplishments from this budding musician.

ASSAMESE DEPARTMENT

অসমৰ এক নিজস্ব চহকী সাংস্কৃতিক পৰিচয় আছে। বন্দ্যা ইন্টাৰনেচনেল স্কুলৰ অসমীয়া বিভাগে নতুন প্ৰজন্মক অসমীয়া ভাষা সাহিত্য-সংস্কৃতিৰ প্ৰচাৰ আৰু প্ৰসাৰৰ বাবে সময়ে সময়ে চেষ্টা চলাই আহিছে।

কাতি বিহু: কাতি বিহু বা কঙালী বিহু জাতীয় উৎসৱ তিনিটাৰ অন্যতম। এই সময়ত উৰালত ধান প্ৰায় শেষ হয়। অভাৱ-অনাটনৰে ভৰা এই সময়ত উদযাপিত হোৱাৰ বাবে কাতি বিহুক কঙালী বিহু বুলিও কোৱা হয়। বন্দ্যা ইন্টাৰনেচনেল স্কুলৰ ছাত্ৰ-ছাত্ৰীসকলে পুলি ৰুই তাৰ গুৰিত চাকি জ্বলাই নাম গায়। শিক্ষক-শিক্ষয়িত্ৰীৰ লগতে ছাত্ৰ-ছাত্ৰী সকলৰ অন্তৰ আধ্যাত্মিকতাৰ জ্যোতিৰে আলোকিত হয়।



লাচিত দিৱস: সমগ্ৰ অসমতে প্ৰত্যেক বছৰে বীৰত্ব আৰু শৰাইঘাটৰ যুদ্ধত অসমীয়া সেনাৰ বিজয়ৰ স্মৃতিত ২৪ নৱেম্বৰৰ দিনটো, “লাচিত দিৱস” পালন কৰা হয়। লাচিত বৰফুকনৰ প্ৰতি সন্মান জনাই বিদ্যালয়ৰ ফালৰ পৰাও লাচিত দিৱস পালন কৰা হয়। চতুৰ্থ শ্ৰেণীৰ ছাত্ৰীসকলে লাচিত বৰফুকনৰ ওপৰত ৰচনা কৰা এটি কবিতা আবৃত্তি কৰি তেখেতলৈ শ্ৰদ্ধা আগবঢ়ায়।



প্ৰদৰ্শনী: বন্দ্যা ইন্টাৰনেচনেল স্কুলৰ “ফাউণ্ডাৰচ দে” উপলক্ষে আয়োজন কৰা প্ৰদৰ্শনী অনুষ্ঠানত অসমীয়া বিভাগটোৱে ছাত্ৰ-ছাত্ৰীৰ মাজত অসমৰ সাংস্কৃতিক ঐতিহ্য সম্পৰ্কে সচেতনতা বৃদ্ধিৰ বাবে বিভিন্ন বস্তুৰ প্ৰদৰ্শন কৰিছে। অসমীয়া বৰ্ণমালাৰ পৰা আদি কৰি অসমীয়া খাদ্য, অসমীয়া গহণা, অসমীয়া বাদ্যযন্ত্ৰ, হস্ততাঁত, শিৱসাগৰৰ ঐতিহ্য, অসমীয়া লোকৰ সাজ-পোচাক আদি প্ৰদৰ্শন কৰিছে। ইয়াৰ উপৰিও অসমৰ বিখ্যাত ব্যক্তিসকলৰ ছবি সংগ্ৰহৰ লগতে অসমীয়া জনগোষ্ঠীয় পৰম্পৰা অতি সুন্দৰকৈ দাঙি ধৰিছে।



- Deepamoni Devi, Assamese Department

‘विश्व हिन्दी दिवस’

निज भाषा उन्नति अहै, सब उन्नति को मूल,
बिनु निज भाषा-ज्ञान के, मिटत न हिय को सूल ।
अंग्रेजी पढ़ि के जदपि, सब गुन होत प्रवीन,
पै निज भाषा-ज्ञान बिन, रहत हीन के हीन ।
उन्नति पूरी है तबहिं, जब घर उन्नति होय,
निज शरीर उन्नति किए, रहत मूढ़ सब कोय ।
निज भाषा उन्नति बिना, कबहुँ न हौहैं सोय,
लाख उपाय अनेक यों भले करे किन कोय ।
इक भाषा इक जीव इक मति सब घर के लोग,
तबै बनत है सबन सों, मिटत मूढ़ता सोग ।
और एक अति लाभ यह, या में प्रगत लखात,
निज भाषा में कीजिए, जो विद्या की बात ।
तेहि सुनि पावै लाभ सब, बात सुनै जो कोय,
यह गुन भाषा और महं, कबहुँ नहीँ होय ।
विविध कला शिक्षा अमित, ज्ञान अनेक प्रकार,
सब देसन से लै करहु, भाषा माहि प्रचार ।
भारत में सब भिन्न अति, ताहीं सों उत्पात,
विविध देस मतहू विविध, भाषा विविध लखात ।
सब मिल तासों छाँड़ि कै, दूजे और उपाय,
उन्नति भाषा की करहु, अहो भ्रातगन आय ।

जनवरी में अंतर्राष्ट्रीय स्तर पर विश्व हिंदी दिवस मनाया जाता है। इसे मनाने का उद्देश्य दुनियाभर में फैले हिंदी जानकारों को एकजुट करना और हिंदी की आवश्यकता से अवगत कराना है। अंग्रेजी भाषा भले ही दुनियाभर के कई देशों में बोली है और लिखी जाती है, लेकिन हिंदी हृदय की भाषा है और इसलिए हम गर्व से कहते हैं कि "हिंदी हैं हम वतन हिन्दोस्तां हमारा" हिंदी भाषा से दुनिया को अवगत कराने और हिंदी को प्रोत्साहित करने के लिए हर साल 10 जनवरी के दिन को विश्व हिंदी दिवस (World Hindi Day) के रूप में मनाया जाता है। विश्व हिंदी दिवस का महत्व इसलिए भी बढ़ जाता है, क्योंकि यह भाषा विश्व स्तर पर स्थापित हो चुकी है। वैश्विक स्तर पर हिंदी भाषा को बढ़ाना देने और दुनियाभर में फैले हिंदी जानकारों को एक सूत्र में बांधा या एकजुट किया जाता है।

विश्व हिंदी दिवस के रूप में मनाए जाने की घोषणा 10 जनवरी, 2006 में भारत सरकार द्वारा की गई थी। इसे लेकर सबसे पहले विश्व हिंदी सम्मेलन का आयोजन तात्कालीन प्रधानमंत्री इंदिरा गांधी ने प्रथम विश्व हिंदी सम्मेलन का उद्घाटन 10 जनवरी, 1975 को नागपुर में किया था। इसमें 30 देशों के 122 प्रतिनिधि शामिल हुए थे। फिलहाल भारत समेत पोर्ट लुईस, स्पेन, लंदन, न्यूयॉर्क, जोहानसबर्ग जैसे देशों में विश्व हिंदी सम्मेलन का आयोजन किया जा चुका है। अक्सर लोगों को हिंदी दिवस और विश्व हिंदी दिवस को लेकर यह भ्रम रहता है कि दोनों एक ही हैं। लेकिन हिंदी दिवस को 14 सितंबर के दिन राष्ट्रीय स्तर पर मनाया जाता है, जबकि विश्व हिंदी दिवस को 10 जनवरी के दिन अंतर्राष्ट्रीय स्तर पर मनाया जाता है। विश्व हिंदी दिवस मुख्य रूप से हिंदी भाषा के प्रचार पर केंद्रित है तो वहीं हिंदी दिवस विशेष रूप से भारत में हिंदी की मान्यता पर केंद्रित है। हमारे देश में कई भाषाएं बोली और लिखी जाती हैं, लेकिन आजाद भारत के बाद विविधताओं वाले इस देश को जोड़ने और एकजुट करने के लिए सोच-विचार पर देवनागरी लिपि वाली भाषा हिंदी का राष्ट्र भाषा के रूप में चुनाव किया गया।



विश्व हिंदी दिवस पर महान विभूतियों के अनमोल विचार--

1. महात्मा गांधी:
हृदय की कोई भाषा नहीं है,
हृदय-हृदय से बातचीत करता है
और हिंदी हृदय की भाषा है।
2. जॉर्ज ग्रियर्सन:
हिंदी बोलचाल की महाभाषा है।
3. भारतेन्दु हरिश्चंद्र:
निज भाषा उन्नति अहे
सब उन्नति को मूल...
4. माखनलाल चतुर्वेदी:
हिंदी हमारे देश और भाषा की प्रभावशाली विरासत है।
5. बालकृष्ण शर्मा:
राष्ट्रीय एकता की कड़ी हिंदी ही जोड़ सकती है।
6. विनोबा भावे:
मैं किसी भी विदेशी भाषा का विरोध नहीं करता, लेकिन मेरे ही देश में हिंदी का सम्मान न हो ये मैं सहन नहीं कर सकता।
7. स्वामी दयानंद:
हिंदी के माध्यम से सारे भारत को एक सूत्र में पिरोया जा सकता है।



- डॉ० शैलेश मिश्रा
हिन्दी विभाग

"नुक्कड़-नाटक एक विधा"

न तज्ज्ञानं न तच्छिल्पं न सा विद्या न सा कला।
न स योगो न तत्कर्म नाट्येस्मिन् यत्र दृष्यते॥

आचार्य भरत ने नाट्यशास्त्र के प्रथम अध्याय में नाट्य को तीनों लोकों के विशाल भावों का अनुकीर्तन कहा है तथा इसे सार्ववर्णिक पंचम वेद बतलाया है। भरत के अनुसार ऐसा कोई ज्ञान शिल्प, विद्या, योग एवं कर्म नहीं है जो नाटक में दिखाई न पड़े। नुक्कड़ नाटक का इतिहास नुक्कड़ नाटक एक ऐसी नाट्य विधा है, जो परंपरागत रंगमंचीय नाटकों से भिन्न है। यह रंगमंच पर नहीं खेला जाता तथा आमतौर पर इसकी रचना किसी एक लेखक द्वारा नहीं की जाती, बल्कि सामाजिक परिस्थितियों और संदर्भों से उपजे विषयों को इनके द्वारा उठा लिया जाता है।

जैसा कि नाम से जाहिर है इसे किसी सड़क, गली, चौराहे या किसी संस्थान के गेट अथवा किसी भी सार्वजनिक स्थल पर खेला जाता है। इसकी तुलना सड़क के किनारे मजमा लगाकर तमाशा दिखाने वाले मदारी के खेल से भी की जा सकती है। अंतर यह है कि यह मजमा बुद्धिजीवियों द्वारा किसी उद्देश्य को सामने रखकर लगाया जाता है। भारत में आधुनिक नुक्कड़ नाटक को लोकप्रिय बनाने का श्रेय 'सफ़दर हाशमी' को जाता है। उनके जन्म दिवस १२ अप्रैल को देशभर में राष्ट्रीय नुक्कड़ नाटक दिवस के रूप में मनाया जाता है। यों तो नाटक और रंगमंच की शुरुआत ही खुले में हुई अर्थात् नुक्कड़ ही वह पहला स्थान था जो नाटकों के खेलने में इस्तेमाल हुआ। आदिम युग में सब लोग दिन भर काम से थक जाने के बाद मनोरंजन के लिए कहीं खुले में एक घेरा बनाकर बैठ जाते थे और उस घेरे के बीचों-बीच ही उनका भोजन पकता रहता, खान-पान होता और वही बाद में नाचना गाना होता। इस प्रकार शुरू से ही नुक्कड़ नाटकों से जुड़े तीन ज़रूरी तत्वों की उपस्थिति इस प्रक्रिया में भी शामिल थी - प्रदर्शन स्थल के रूप में एक घेरा, दर्शकों और अभिनेताओं का अंतरंग सम्बंध और सीधे-सीधे दर्शकों की रोज़मर्रा की जिंदगी से जुड़े कथानकों, घटनाओं और नाटकों का मंचन मध्यकाल में सही रूप में नुक्कड़ नाटकों से मिलती-जुलती नाट्य-शैली का जन्म और विकास भारत के विभिन्न प्रांतों, क्षेत्रों और बोलियों भाषाओं में लोक नाटकों के रूप में हुआ। उसी के समांतर पश्चिम में भी चर्च अथवा धार्मिक नाटकों के रूप में इंग्लैंड, फ्रांस, जर्मनी और स्पेन आदि देशों में ऐसे नाटकों का प्रचलन शुरू हुआ जो बाइबिल की घटनाओं पर आधारित होते थे।

आधुनिक युग में जिस रूप में हम नुक्कड़ नाटकों को जानते हैं, उनका इतिहास भारत के स्वाधीनता संग्राम के दौरान कौमी तरानों, प्रभात फेरियों और विरोध के जुलुसों के रूप में देखा जा सकता है। इसी का एक विधिवत रूप इप्टा जैसी संस्था के जन्म के रूप में सामने आया, जब पूरे भारत में अलग-अलग कला माध्यमों के लोग एक साथ आकर मिले और क्रांतिकारी गीत, नृत्य व नाटक प्रदर्शनी से विदेशी शासन के अत्यचारों को भारतीय लोगों तक पहुंचाया और अंग्रेजी सत्ता का विरोध भी।

नुक्कड़ नाटक आमजनता के लिए उसी की भाषा में, उसी की समस्याओं को आधार बनाकर खेला जाता है। इन नाटकों का उद्देश्य देश की जनता को राष्ट्रीय-अंतर्राष्ट्रीय, सामाजिक, राजनैतिक, आर्थिक, धार्मिक, सांस्कृतिक, शैक्षिक अर्थात् उन सभी मुद्दों से अवगत कराना होता है। वंद्या इंटरनेशनल स्कूल के विद्यार्थियों ने विद्यालय परिसर - प्रदर्शनी में पर्यावरण का महत्व को बढ़ावा देते हुए ' पर्यावरण संरक्षण ' विषयान्तर्गत नुक्कड़ नाटक कला का बखूबी उद्देश्य पूरक प्रस्तुति का अनोखा प्रदर्शन किए। नुक्कड़ नाटक को देखकर सभी अथितिगण व अभिभावक प्रसन्नचित हो विद्यालय और विद्यार्थियों की सराहना की।



- डॉ० शैलेश मिश्रा
संस्कृत विभाग

FIRST FOUNDER'S DAY

SPORTS DAY

Vandya International School enthusiastically commemorated its First Founder's Day on December 22nd and 23rd, 2023. The two-day event demonstrated the school's commitment to fostering a vibrant learning environment and honouring the exceptional achievements of our students in both academics and co-curricular activities.

Day 1 began with Sports Day. Parents, masters and children gathered with excitement for the event. We were honoured to have Shri Harmeet Singh, IPS Spl. DGP (HQ) Assam, as the esteemed Chief Guest who added a distinguished touch to the day's proceedings. The event was filled with intricately choreographed performances like Flag Hoisting, March Past, Ganesh Vandana Dance, Gymnastics, Rhythmic Calisthenics, Yoga Demonstration, Zumba Dance, Taekwondo, Ball Drill and several races from Grades Nursery to 7. The high-spirited Tug-of-War between parents and teachers represented the close ties within our school.

The performances and games were followed by the Prize Distribution Ceremony where the individual as well as the winning houses were given recognition. To bring the event to a memorable close, our distinguished chief guest graced us with his wisdom, sharing insightful words that resonated with the essence of achievement, unity, and a collective pursuit of excellence.



CULTURAL EVENING

The lively Sports Day was followed by the Cultural Event. The evening was graced by Shri Adil Hussain, National Film Award winner who was our Chief Guest. The event began with a soulful Ganesh Vandana dance. The pupils' accuracy and synchronization were demonstrated by the lively Cup Song, which reverberated throughout the corridor. The Orchestra enthralled the crowd with melodic tunes of famous songs like 'Arabian Nights', 'Jai Ho', etc. This was followed by the school song, a hymn that is sung by every Vandyan.

With the grace of Kathak, whose deft footwork and expressive gestures painted a vibrant cultural canvas, the Cultural Event went on. The dynamic spirit was given by the vivacious Bihu and Blues Fusion Dance, which skillfully combined traditional and modern dance traditions. A charming Christmas carol then echoed the happiness and harmony of the season.

The evening came to a meaningful closure as our Chief Guest and the Principal addressed the gathering and shared their words of wisdom.



EXHIBITION

Founder's Day resumed with an interesting exhibition on Day 2, which was graced by the distinguished special guest, Shri Chandan Singh Ghughytlal, Head of Mathematics, The Doon School.

During the exhibition, each department showcased its own distinctive concepts and ideas. Every department had unique and captivating displays, ranging from the fascinating world of preschool to the precision of Mathematics, the linguistic richness of Language, the wonders of Science, the insights of Social Studies, the creative expressions in Fine Arts, the captivating moments captured in Photography, and beyond. The engaging displays and interactive exhibitions aroused the guests' curiosity and excitement, creating a buzzing atmosphere. Additionally, everyone in the audience was drawn in and intrigued by the energetic street play (nukkad natak) performances that were held during the show.



In conclusion, the exhibition was a resounding success, enriched by the vibrant and diverse showcase of each department's unique contributions. The captivating exhibits, interactive displays, and energetic street play performances created an environment that sparked interest and excitement in the audience and left a lasting impression. Besides celebrating the school's accomplishments, the occasion showcased the passion and creativity of both students and faculty.

PRIZE GIVING

An atmosphere of excitement pervaded the auditorium as the Prize Giving ceremony took place on the second day of Founder's Day.

Mr Arnab Ranjan Goswami, Editor in Chief of Republic Media Network was the Chief Guest of the event.

Every student who had demonstrated excellence in their studies, extracurricular activities, and athletics over the term came forward to accept their well-earned awards. As names were announced and students gladly stepped to the stage to showcase their accomplishments, the amphitheater was filled with applause. The pupils' expressions of accomplishment and pride reflected the commitment and effort they had put out during the term.

The pupils were further inspired by Mr Arnab Goswami's speech, which urged them to follow their passions with tenacity. In addition to celebrating academic achievement, the event stressed the significance of holistic development and acknowledged the role that athletic and cultural accomplishments play in creating well-rounded people.

Along with certificates and trophies, the children left the ceremony with a renewed sense of inspiration, reminding them of the importance of hard work, dedication, and pursuing their passions. The Prize Giving ceremony not only recognized achievements but also served as a motivating platform for students to strive for excellence in all aspects of their lives.



GRAND FINALE

The grand finale of our inaugural Founder's Day was nothing short of a spectacular culmination, with Mr. Arnab Ranjan Goswami, the Editor-in-Chief of Republic Media, gracing the event as the chief guest. The focal point of this grand conclusion was a mesmerizing performance titled "Quest for Happiness," a captivating Musical Play choreographed by the skilled teachers of the Sumeet Nagdev Dance Academy. Engaging the entire school community, this enchanting production unfolded a tale of Vandya, a spirited young girl embarking on a whimsical journey through life's challenges in pursuit of joy. The vibrant musical score added an extra layer of enchantment to the narrative, exploring the themes of togetherness, love, and self-discovery

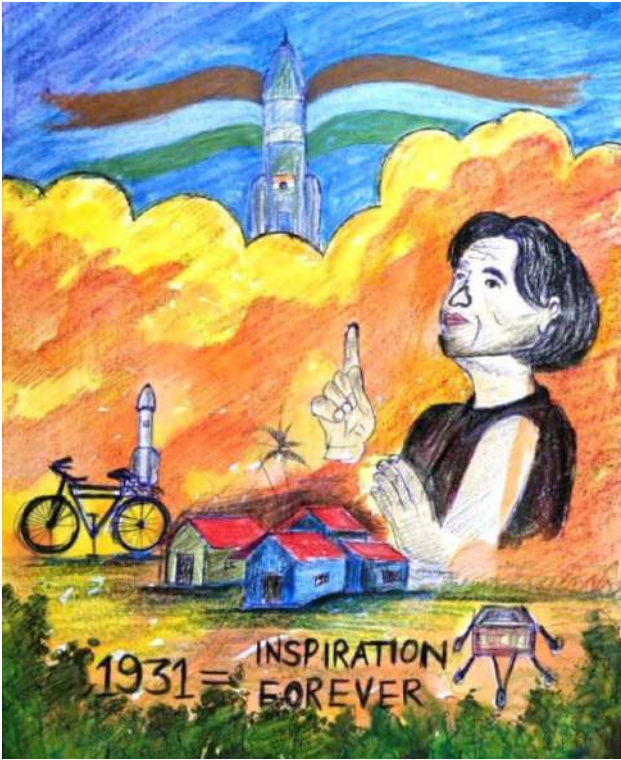
in addition to entertainment. An emotional tapestry that engulfed the audience was created by the deftly arranged musical score, which seemed to reflect the characters' feelings.

The grand finale, a testament to the tireless dedication of both students and teachers, marked the remarkable success of our inaugural Founder's Celebration. The collaborative efforts brought the celebration to life, leaving a deep and resonant impact on all who attended. As the curtains closed on this extraordinary event, it not only concluded the first Founder's Day but also set a high standard for future celebrations, capturing the essence of unity and creativity within the school community.



Vandya's voyage, depicted with elegance and ardor, evolved into a symbolic investigation of the human psyche. The underlying themes of self-discovery and resilience gave the audience pause for reflection in

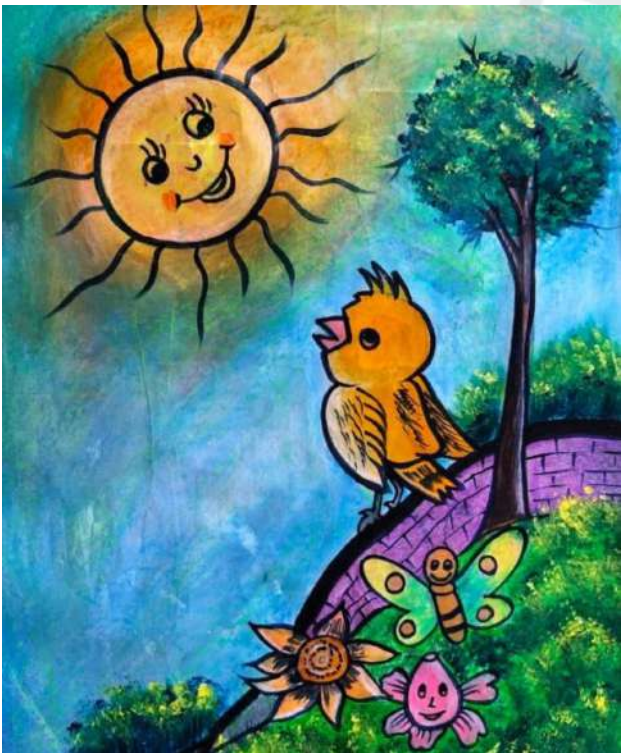
THE ARTISTIC CORNER



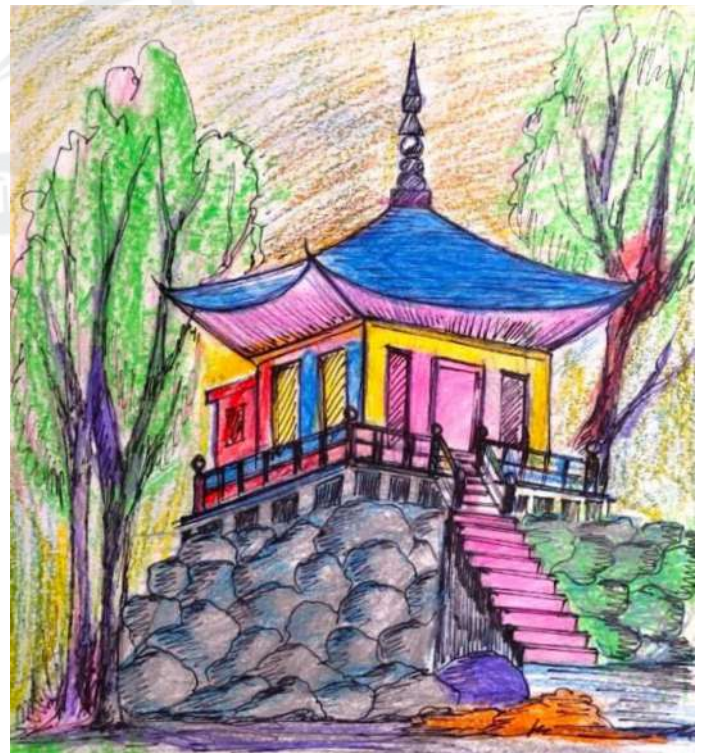
- Pragyans Mazumdar, Grade 7



- Sakshi Pareek, Grade 5



- Divyam Kumar, Grade 7



- Shrishti Singh Morya, LKG

THE ARTISTIC CORNER



- Divyam Kumar, Grade 7



- Varun Kashyap, Grade 4



- Namassyah Parashar, Grade 6



- Nekib Hussain, Grade 4

Explore the Literary Wonderland: Book Recommendations

- Niharika Chakravarti, Editor

Take a trip of creativity and exploration by reading these interesting books!

1. Magic Tree House series by Mary Pope Osborne

A series of books that blend history, adventure, and magic. Each book follows siblings Jack and Annie on exciting journeys through time.

2. Diary of a Wimpy Kid series by Jeff Kinney

Humorous and relatable, this series presents the challenges and experiences of middle school through the diary of Greg Heffley, complete with illustrations.

3. The Blue Umbrella by Ruskin Bond

A heartwarming novella about a young girl named Binya and her cherished blue umbrella. It beautifully captures the essence of rural life in the hills.

4. Percy Jackson & the Olympians series by Rick Riordan

A captivating series that combines Greek mythology with modern-day adventures. Follow Percy Jackson as he discovers his demigod abilities.

5. Wonder by R.J. Palacio

This novel follows Auggie, a fifth-grader with facial differences, as he navigates the challenges of attending a mainstream school. It's a powerful story about kindness and acceptance.

6. Charlie and the Chocolate Factory by Roald Dahl

Join Charlie as he explores Willy Wonka's magical chocolate factory. Roald Dahl's whimsical storytelling and Quentin Blake's illustrations make this a captivating read.

EDITORIAL TEAM

APU DEY, AJANITA HAZARIKA, NIHARIKA CHAKRAVARTI,
ISHITA MALHOTRA, DR SHAILESH MISHRA, DEEPA MONI DEVI, RINKU PATHAK

DESIGN AND LAYOUT

NIHARIKA CHAKRAVARTI

PUBLISHED BY

VANDYA INTERNATIONAL SCHOOL, GUWAHATI, ASSAM 781031

WEBSITE WWW.VANDYA.COM

TELEPHONE: +91-7099010082/7099063803

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