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The Power of a Growth Mindset

- Jahnvi Dutta, School Counsellor

In our school community, the way we treat each other shapes our environment and personal growth. Adopting a growth mindset means continuously working to become better—focusing on respect, empathy, and self-control. With this mindset, we can choose words and actions that build each other up rather than harm. Always keep in mind the following points:

1. Words matter: Words have a deep impact, even when used casually. Hurtful language can leave lasting effects, while thoughtful words can encourage and support. Practicing patience and choosing words carefully reflects a growth mindset, making us role models for positivity.
2. Actions Speak Just as loudly: Actions, like words, define who we are. While impulsive actions might seem fun, they often lead to regrets. A growth mindset encourages us to pause and think, making choices that contribute to a respectful, supportive atmosphere.



3. Building Respect Through a Growth Mindset: Respecting others means treating them the way we would like to be treated. When we act with respect, we not only build trust but also create a sense of community. If we focus on growing and learning, we'll find that respecting others becomes a natural part of who we are. This change benefits everyone around us, creating a school culture where everyone feels safe and valued.

4. Choosing Growth Every Day: A growth mindset isn't something we achieve overnight—it's something we work on daily. Start with small steps: be mindful of your words, think before you act, and ask yourself, "Is this choice helping me become a better person?" With time, you'll find that these small changes lead to big improvements in your relationships and self-respect.

By choosing a growth mindset, we can create a school where everyone feels included and supported. Let's work together to build a positive community where our words and actions reflect our commitment to growth and respect. Together, let's make each day an opportunity to grow, supporting each other with words and actions that reflect the best of who we are.



ACADEMIC ACTIVITIES

FRIENDSHIP DAY CELEBRATION



On August 2nd, the students of Ahaan and Ankuran celebrated Friendship Day with enthusiasm and joy. They crafted vibrant, handmade friendship bands, which they exchanged with classmates from other sections in a heartwarming gathering on the playground. This meaningful activity allowed students to share thoughts and motivate one another, filling the atmosphere with happiness and connection. Teachers guided them through the celebration, emphasizing the importance of friendship, making it a memorable day for all.

IH DECLAMATION COMPETITION

On August 10th, 2024, our school held the Inter House Declamation Competition for Grades 6-9, an eagerly anticipated event in our co-curricular calendar. Students from all four houses impressed the audience with their powerful speeches and deep insight into their topics.

In the individual category, Kefrina Rahman from Minivet House earned first place, followed by Dichang Barman from Sunbird House and Simran Saxena from Malkoha House in second. The third position was shared by Puja Pabana Sharma from Barbet House and Anom Reeha Mazid from Minivet House. In the overall house rankings, Barbet House claimed the top spot, with Minivet, Malkoha, and Sunbird Houses following. This competition not only highlighted the students' impressive oratory skills but also their enthusiasm and team spirit.



IH QUIZ COMPETITION

The Inter House Quiz Competition was held for grades VI-IX. The competition consisted of four rounds – Multiple Choice Questions (MCQs), Picture Identification, Guess the Song or Singer, and Rapid Fire. Quizzers were tested on a diverse range of disciplines, such as Science and Technology, Economics, Information and Communication Technology, Political Science and International Relations and more. Sunbird House won the competition, followed by Malkoha House in second position and Barbet House in third. Overall, it was a valuable learning experience for students, emphasizing the importance of staying informed about global happenings to broaden their horizons.



FACULTY MUN



From August 15th to 17th, Vandy International School's Grade 8 and 9 students participated in the Faculty Higher Secondary School MUN (FHSSMUN 2024), gaining an enriching glimpse into the workings of the United Nations and its committees. This experience allowed them to sharpen their public speaking, diplomacy, negotiation, and networking skills through dynamic debates and complex discussions. Their dedication and growth were evident, with a special highlight being Shazaib Raif Hussain of Grade 8, who received a verbal mention award in his very first MUN. The skills and insights gained from FHSSMUN 2024 have not only broadened their understanding of global issues but also equipped them with valuable tools for future success.

STORYTELLING COMPETITION

The Ankuran Storytelling Competition showcased the creativity and expressive abilities of our young students in a delightful event. Held in two stages—with the first round in classrooms and the final round in the MPH—40 students brought their unique flair to the stage, choosing either popular tales or original stories to share.

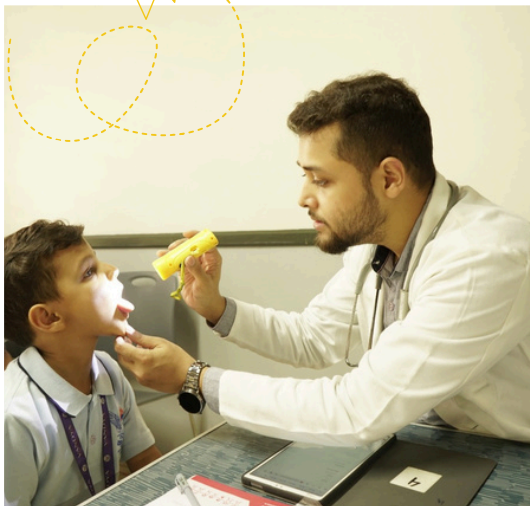
Judges assessed participants on clarity of speech, expression, body language, and overall presentation, and were impressed by the enthusiasm and effort shown by all. This event not only highlighted the storytelling talents of our students but also provided a valuable learning experience, ending with the announcement of winners and a celebratory round of applause for everyone who took part.



HEALTH CHECKUP

Our school conducted a comprehensive health check-up for students from Nursery through Grade 9 in collaboration with the Project Child team of medical professionals. This initiative aimed to ensure the well-being of students by identifying any potential health concerns early.

The health assessments provided students with complete evaluations, including ENT, dental, vision, and general health check-ups. This proactive initiative reflects the school's commitment to a healthy learning environment, prioritizing students' physical well-being as part of their overall growth and development.





IH SHLOKA COMPETITION

The recent Inter-House Shloka Recitation Competition brought together students from Grades 3 to 9 in a showcase of linguistic talent and reverence for Sanskrit. Four students from each house participated, reciting shlokas from revered ancient texts like the Bhagavad Gita, Upanishads, and Ramayana.

In the individual achievements, Hrishikesh Sarmah from Minivet House emerged as the winner, followed by Jigyasman Goswami from Barbet House as the 1st runner-up, and Saransh Gupta from Malkoha House as the 2nd runner-up. In the overall house standings, Minivet House claimed the top position, with Malkoha House as the 1st runner-up and Barbet House securing the 2nd runner-up position. This event highlighted the students' dedication and respect for Sanskrit's timeless wisdom, making it a memorable and enriching experience for all.

POEM RECITATION COMPETITION

The Hindi Poem Recitation Competition at Vandya International School was a delightful showcase of young talent, as students from Grades 1 and 2 delivered heartfelt and expressive performances. In Grade 1, Kaashvi Bagaria from 1A secured first place, Ditvi Sureka from 1A earned the second place, while Jia Agarwal and Reyan Sethi from 1A shared the third position. For Grade 2, Nainika Jain from 2A impressed the judges to win first place, followed by Khusi Jain from 2A in second and Prisha Agarwalla from 2A in third place.

The competition celebrated these young students' enthusiasm and growing appreciation for Hindi literature, adding depth and joy to their language-learning journey.



MARIAS LITERARY FEST

Students from Vandya International School showcased their talent in the Inter-School event at Maria's Public School Literary Fest. Demonstrating their linguistic skills and cultural pride, Nirvi Krishna Goswami of Grade 5 achieved first place in Group A, while Ishan Parash of Grade 8 secured second place in Group B. These accomplishments highlight the exceptional talent of our students and the school's dedication to promoting linguistic and cultural heritage.





DICTIONARY ACTIVITY



To enhance language skills in students, a fun and interactive Dictionary Activity was organized, focusing on building vocabulary, understanding word meanings, and using words in context. The session began with the word "Supercalifragilisticexpialidocious," meaning extraordinarily good or wonderful. Students were then challenged to create as many meaningful words as possible from the given word, engaging their creativity and analytical thinking.

This hands-on experience not only made learning new words exciting but also fostered teamwork as students shared their findings and discussed word meanings. The activity was well-received, with students finding it both enjoyable and educational. Overall, it successfully promoted vocabulary development making language learning a memorable experience.

WORKSHOPS FOR STUDENTS

Our school keeps organizing workshops aimed at promoting emotional growth, social awareness, and essential life skills. Recently, we organized a series of such workshops across various grades.

In the Dance Movement Psychological Session, students in UKG and Grade 1 engaged in activities like Freeze Dance, building self-confidence and fostering positive peer relationships. Grade 4 students participated in an Anti-Bullying Workshop, learning the importance of kindness and strategies to counter bullying. Grades 5-7 attended a Disability Etiquette Session led by Young Indians, focusing on understanding disabilities, respectful language, and fostering empathy. Grade 7 students also took part in Mirror Exercises as part of the Dance Movement session to enhance self-awareness. Grade 8 students participated in an Attention Skills Workshop, improving their focus and concentration through kinesthetic activities.



TERM I ASSESSMENT AND PTM

The Term 1 Assessment marked a crucial milestone in evaluating students' academic progress, skills, and understanding of core subjects. The assessments aimed to gauge individual strengths and areas for improvement, setting a solid foundation for the upcoming term.

Following the assessments, a Parent-Teacher Meeting (PTM) provided an opportunity for detailed discussions on each student's performance and development goals. The PTM also included an enlightening session on the "Role of Educational Institutions in Industry 4.0" by Mr. Satyam Sarma, alongside presentations by Drones Tech Lab and LearnHill Technologies. These sessions highlighted the school's focus on integrating technology in education, preparing students for the demands of a rapidly evolving world.

JEDI DEBATES: DOON SCHOOL, DEHRADUN

On August 29 and 30, 2024, Vandy International School students Ayush Longkho and Shazaib Raif Hussain of Grade 8 and Shaibali Buragohain of Grade 9, led by Master-In-Charge Subhalaxmi Bora, participated in the Junior English Debate Invitational Cup (JEDI) at The Doon School, Dehradun. Despite it being their first experience with the World Schools Debating Championship (WSDC) format, Ayush Longkho won two Best Speaker Awards, and the team secured victory in one motion round. They also tackled impromptu debates with only an hour's preparation, showcasing quick thinking and adaptability. Their impressive performance highlights the potential of Vandy International's debate talent, and this experience will be a cornerstone in building a vibrant debate culture within the school.

Let's hear directly from our young debaters about their experience and the skills they gained from this remarkable event.



The JEDI debate competition held at The Doon School in Dehradun was an unforgettable experience for our team. I attended the event with my teammates, Shazaib and Shaibali, and our teacher, Subhalaxmi Ma'am, whose guidance was invaluable. Competing with an injured ligament was a big challenge and often a hindrance, but Shazaib was a constant support, helping me manage and literally pushing me to keep going. Winning the Best Speaker award in rounds 1 and 4 added to the excitement and gave me a strong sense of accomplishment. The competition itself was challenging, especially since we faced strong teams like Doon Foot, who reached the quarter-finals, and Vasant Valley, a finalist team. Competing with them not only tested our abilities but also helped us improve by learning from their styles and strengths. Overall, the JEDI competition was a fantastic opportunity to grow, refine our debating skills, and bond as a team.

Ayush Longkho, Grade VIII

On 28th August 2024, we, along with our mentor Subhalaxmi Bora, departed for Dehradun to participate in the prestigious JEDI Debate held by Doon School. The journey, carried out with Indigo Airlines, ensured a smooth and timely arrival in Dehradun. The debate event was scheduled for the following day, 29th August 2024. The JEDI Debate is renowned for its high level of competition and the opportunity it provides to engage with bright students from various institutions. Our first match was against Salequai International School, our second match was against The Doon School Team Foot, our third match was against Vasant Valley School, and our last match was against St. Joseph's School. The trip was challenging for our teammate, who was injured in his right leg and had to use a wheelchair. Nonetheless, he showed great spirit and participated in the debate, making it a valuable experience and exposure for all of us.

Shazaib Raiff Hussain, Grade VIII

As a group of three, heading to The Doon School in Dehradun for the JEDI Debate was both exciting and nerve-wracking. From the moment we entered the beautiful 74-acre campus, we could feel the legacy of academic excellence. The JEDI debate format was unlike any we'd ever experienced. It encouraged us to think on our feet and collaborate as a team under pressure. From the four qualifying rounds, we won the first against a school called Selaqui. It was a close match, but we thankfully won. Next, we went against one of the Doon School teams in an impromptu round, and, due to our lack of experience, we lost by a great margin. The following rounds weren't great either, as we lost, but the experience was enriching despite only one win. The students were kind and offered help when we were troubled. The atmosphere was wonderful, and we got to mingle with many schools. Overall, the experience and learning were amazing. I learnt a lot, more than I thought I would.

Shaibali Buragohain, Grade IX

CULTURAL ACTIVITIES

INDEPENDENCE DAY CELEBRATION



VIS celebrated the 78th Independence Day with enthusiasm and patriotic spirit. The day began with the Principal hoisting the national flag, joined by students, faculty, and staff, while the Project Manager also attended. Following the national anthem, students presented an impressive march past.

In the Multipurpose Hall, a cultural program showcased dance, song, and speeches in Hindi, Assamese, English, and Sanskrit, celebrating India's diversity. The Principal's speech highlighted unity and freedom, honoring those who fought for independence. The day ended with a heartfelt rendition of the state anthem, marking a memorable celebration of national pride.

HERITAGE FEST

Our students participated in an Inter School art, drawing, and painting competition held at APSARA Premises, Paltan Bazar. Eleven students showcased their talents across singing, drawing, and painting, proudly representing the school. In the Drawing and Painting Competition, Kashvi Baagariya emerged as the winner, impressing judges with her creativity and skill. In the Singing Competition, Ishan Parakh and Sanaya Dutta displayed remarkable vocal talent, with Ishan taking the top prize for his outstanding performance.

The event was more than a competition; it was an opportunity for our students to connect with peers, gain exposure, and celebrate their talents on a broader platform.



JANMASTAMI CELEBRATION

The children of Ahaan celebrated Janmashtami with joy, marking Lord Krishna's birth in a festive spirit. The event began with a captivating storytelling session, where the kids listened to tales of Krishna's playful and brave deeds. Each child then took turns lovingly swinging the Ladoo Gopal in a beautifully decorated Jhula, showing their affection for young Krishna. The excitement peaked with the Matka Breaking ceremony, as the children joyfully broke the clay pot filled with chocolates, filling the room with cheers and laughter. The celebration concluded with a lively jam session, where little Krishnas and Radhas danced, spreading happiness and devotion among all.



IH INSTRUMENTAL COMPETITION



The Inter-House Instrumental Competition was organized in two categories: Group A (Grades III to V) and Group B (Grades VI to IX), with separate awards for Individual and House performances. All participants delivered their best, showcasing remarkable talent and adding vibrancy to the event. In Group A Individual, the first, second, and third positions were secured by Nirvi Krishna Goswami, Prince Aman, and Darshita Banerjee, respectively, while Minivet, Barbet, and Malkoha took the first, second, and third positions in the House category. In Group B Individual, Moksha Sanjeevani Bora, Surya Sawant Sarkar, Bhavamanyu Ajitsaria, and Priyanka Sarma won first, second, and third positions, respectively, with Malkoha, Barbet, and Minivet leading in the House category with first, second, and third positions. Special Drum Awards were given to Nishant Das, Puja Pabana Sarma, and Hrishikesh Sarma for their exceptional performances, securing first, second, and third positions.

TEACHERS' DAY CELEBRATION

The day began with a warm meet-and-greet between students and teachers, followed by breakfast. At 9:30 a.m., the school community gathered in the Multipurpose Hall for the main celebration, which started with a felicitation ceremony honoring Ajanita Hazarika, the Principal and Rituparna Roy Choudhury, the Project Manager. A cultural program showcased band performances by students from grades 7 to 9, along with lively dances and group songs. A heartfelt student speech expressed gratitude, making each teacher feel valued. The principal concluded with blessings and thanks, after which the management hosted a lunch with a cake-cutting ceremony, presenting each teacher with a token of appreciation. The day ended with teachers leaving with pride and gratitude for their profession.



SPICMACAY

SPICMACAY's Guwahati chapter recently held a captivating lecture-cum-demonstration on Mohiniyattam at Vandy International School, featuring renowned SNA awardee Gopika Verma. Accompanied by Prasanna Baruah on flute, her disciple Jayanti, Satheesh on vocals, and Sandhu on edakka, Ma'am Verma offered an enriching experience for students and faculty. The event, graced by Mrs. Moushumi George, Chairperson of SPICMACAY Assam, began with a Lamp Lighting Ceremony, followed by an interactive session where Ma'am Verma explained the intricacies of Mohiniyattam. Her performance enthralled the audience, leaving a lasting impact. The program concluded with an address by the Principal, encouraging students to embrace and appreciate India's classical arts.

GANESH CHATURTHI CELEBRATION

The Ganesh Chaturthi celebration at our school began with a traditional Lighting of the Lamp ceremony, setting a reverent tone for the festivities. A thoughtful speech highlighted the significance of Ganesh Chaturthi and the values it embodies. Students from Grades 1 and 2 energized the audience with a lively dance performance, while Class 6 students captivated with their talent and dedication. Adding to the charm, a Grade 2 student performed a melodious song, enhancing the celebratory atmosphere. The event was a beautiful blend of cultural expression and community spirit, making it a memorable occasion for everyone involved.



GRANDPARENTS DAY

Ahaan's Grandparents' Day celebration beautifully united children and their grandparents in a heartwarming, nostalgic gathering. With a retro theme, the event transported everyone to a golden era of timeless music and memories. The children, dressed in classic outfits, delighted their grandparents with lively performances that filled the room with pride and joy. Fun games followed, sparking laughter and creating moments of bonding as generations played side by side. The day concluded with a vibrant jam session, where everyone joined in, singing and dancing together. It was a celebration of family, bridging generations through music, love, and cherished memories, leaving everyone with smiles and unforgettable moments.

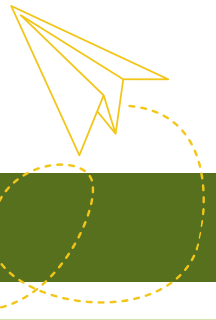


NEW RECORDS

Prisha Agarwalla of Grade II (A) has achieved remarkable recognition by setting an Exclusive World Record as the youngest child to perform and recite Asamyukta Hasta Mudra Shlokas in Bharatanatyam. Additionally, Prisha has entered the Assam Book of Records (ABR) for the fastest recitation of a Sanskrit Shloka. Vandya International School proudly celebrates her accomplishments, acknowledging her dedication and talent in preserving India's cultural heritage. Her achievements serve as an inspiration to her peers, and the school wishes her continued success and many more accolades in the future!



SPORTS ACTIVITIES



FOOTBALL DAY



The students of Ahaan and Ankuraan celebrated Football Day with boundless enthusiasm, making the event a memorable success. The day featured thrilling football matches where students displayed impressive skills, coordination, and teamwork. Alongside the matches, various football-themed activities and games kept the excitement high, allowing students to immerse themselves in the spirit of the sport. Their sportsmanship and camaraderie were inspiring, as they cheered for each other and celebrated every goal and effort on the field. This celebration not only strengthened their love for football but also fostered important values like teamwork, resilience, and fair play, which are vital both on and off the field.

IH CHESS COMPETITION

The IH Chess Competition was held in two categories: Sub-juniors (Grades I & II), Middle (Grades III to V), and Juniors (Grades VI to IX). Each group played four rounds following the FIDE Swiss Blitz Rules. The students displayed remarkable focus and resilience, executing moves with the precision of seasoned players. In the Sub-Junior category, Shivay Poddar secured the first position, followed by Nirvan Siotia and Sivam Roy Choudhury. Among Middle School participants, Davis Bora emerged as the winner, with Drihita Banerjee and Purnom Kumar Bhuyan also placing strongly. In the Junior category, Ariv Das clinched the top spot, with Pragyam Majumdar and Pranav Gupta following closely. The tournament was a celebration of skill, concentration, and sportsmanship, with each participant demonstrating a passion for the game.



PHYSICAL PROFICIENCY I

In the recent physical fitness assessments for Grades I to IX, students showcased strong abilities across endurance, speed, strength, flexibility, and agility categories. Impressively, 80% of students achieved satisfactory scores in at least three categories, with 15% excelling in all five. While younger grades focused on endurance runs, dashes, and basic strength exercises, older students engaged in more challenging metrics like pull-ups and zig-zag runs. Across all levels, flexibility and agility saw high completion rates. To continue building physical proficiency, we recommend sustained emphasis on physical education, and encouraging participation in sports and activities beyond school.



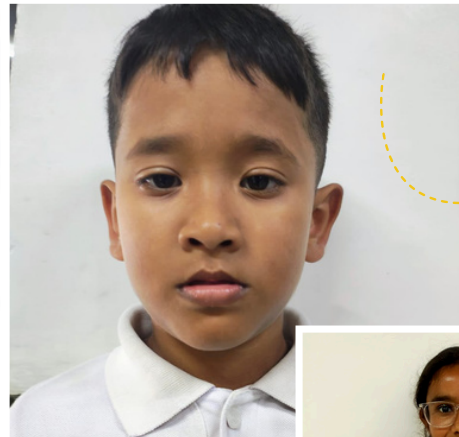
ALL ASSAM YOGA ASANA COMPETITION

Our students participated in the prestigious 1st All Assam Inter School Yogasana Competition, held at Modern English School, Guwahati, which brought together 180 participants from across the state. Among the highlights was Prapti Nath's impressive achievement of securing 10th position in the Artistic Yoga competition (Under 14 girls category), successfully reaching the final round. All our participants displayed remarkable teamwork, dedication, and a strong passion for yoga, showcasing their skills and representing our school with pride.



17TH INTER SCHOOL SWIMMING COMPETITION

Vandya International School is proud to announce its remarkable achievements at the 17th Inter School Swimming Competition, held at the North Guwahati Swimming Pool. Our young champion, Niyor Nath from UKG, secured a silver medal in the 25m freestyle event. Additionally, Simran Saxena from Grade 9 demonstrated her prowess in the pool by earning three bronze medals across the 50m freestyle, backstroke, and breaststroke events. This impressive performance reflects the dedication and talent of our swimmers, bringing pride to our school. Congratulations to our medalists for their outstanding achievements!



NEW RECORDS IN CARTWHEEL

Congratulations to Parshvii Agarwala of Grade 2 from Guwahati for achieving an Exclusive World Record as the "Youngest to Perform One Hand Cartwheels in One Minute." At such a young age, Parshvii has demonstrated incredible strength, balance, and dedication, impressing everyone with her commitment to excellence. This remarkable achievement not only highlights her unique talent but also sets an inspiring example for her peers, showing that determination and hard work can lead to extraordinary accomplishments. Parshvii's success is a proud moment, and we look forward to seeing her continue to reach new heights in the future.





ROLL BALL CHAMPIONSHIP



Mehal Agarwal from Grade 8 showcased her exceptional talent in the Skating Roll Ball Competitions, bringing pride to her school and city. She participated in the 4th East Zone Sub Junior Roll Ball Championship held in Muzaffarpur, Bihar, from 31st August to 1st September 2024, where she secured a Gold Medal. Following this achievement, Mehal went on to compete in the 17th Sub Junior National Roll Ball Championship, held in Pune, Maharashtra, from 12th to 15th September 2024, where she bagged another Gold Medal. Her dedication and skill in the sport have set a high standard for her peers and serve as an inspiration to young athletes.

IH SWIMMING COMPETITION

The Inter House Swimming competition showcased the exceptional talents of students across various age groups, with impressive performances in multiple events.

Junior Group:

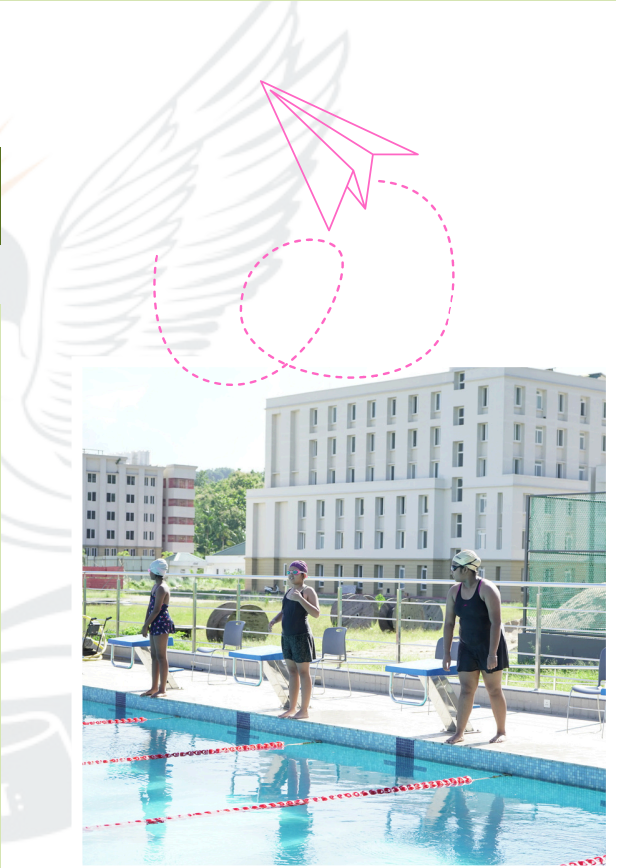
In the 25-meter freestyle event for girls, Merylyn Kashyap claimed the first position, followed by Nivriti Sharma in second place and Drihita Benerjee securing third place. In the boys' category, Varun Kashyap emerged victorious, with Yuvn Agarwal in second and Purman Kumar Bhuyan taking third. The 25-meter backstroke event for girls saw Merylyn Kashyap once again in the top spot, with Nivriti Sharma in second place and Udita Dutta finishing third.

Intermediate Group:

In the 25-meter freestyle event for girls, Simran Saxena took the lead, with Shaibali Borgohain coming in second and Aarhi Kalita securing third place. For the boys, Pragyan R.K. Deka won first place, followed by Riyan Arya Bharali in second and Pragyan Mazumdar in third. The 25-meter backstroke event showcased Prayan Mazumdar as the winner, with Pragyan R.K. Deka in second place and Ariv Das in third. Moving on to the 50-meter freestyle event, Simran Saxena won first place among the girls, with Aarhi Kalita in second and Shaibali Borgohain in third. Among the boys, Pragyan R.K. Deka once again claimed the top spot, followed by Pragyan Mazumdar in second and Riyan Arya Bharali in third.

The special recognition was given to Pragyan R.K. Deka as the Best Swimmer for Boys, and Simran Saxena was awarded Best Swimmer for Girls, celebrating their exceptional performances and dedication to the sport.

The competition was a memorable event, filled with remarkable performances, sportsmanship, and enthusiasm!



STUDENTS' SECTION

The Butterfly's Smile

In a garden, bright and fair
Flowers bloom everywhere
A butterfly flutters by
Then softly in the sky
With wings of blue and dots of gold
She was around, so brave and bold
Come play with me, she seems to say
As we laugh and dance today
So close your eyes and dream with me
Of sunny skies and a big blue sea
Like the butterfly we'll be free
With our friends, dancing happily.

Annika Ayana Pathak, Grade III

Evenings Whisper

In twilight's gentle glow, we stroll
Where shadows play and night takes hold.
The air is filled with soft, sweet sighs
As stars peek out from velvet skies.
The leaves rustle in the evening breeze,
A quiet song among the trees.
With every step, our worries fade;
In this calm moment, peace is made.
So let's all walk together and free
Through the stillness for all to see.
In this soft light, our hearts will find
The simple joy of love entwined.

Shuzana Riffat Hussain, Grade IV

Birds

Birds have wings to fly
They fly high in the sky
Birds are colorful
Colors like green, red and purple
I have a favorite bird in mind
Her name is Ishuki, she lives in the wild.
She is green and red
I like her to visit me and I keep her well
fed.

Ishika Ayana Pathak, Grade I A

A Christmas Wish

The snowflakes fall, so pure and bright,
They twinkle softly in the night.
A Christmas tree with lights aglow,
Warms up the chilly streets below.
The world is filled with joy and cheer,
As Christmas Day draws ever near.
Carols sung in gentle tones,
Bring comfort to the coldest homes.
But beyond the presents, songs, and cheer,
It's kindness that we hold most dear.
So as you light the candles bright,
And share your joy on Christmas night,
Remember those both near and far,
And let them know how loved they are.

Alaina Thomas, Grade VI

The Ancient Art of Manipur: Thang- Ta

Manipur Thang-Ta, a traditional martial art from the northeastern state of India, is a testament to the rich cultural legacy of Manipur. This ancient art form has been an integral part of Manipur's history and identity.

According to local legends, this art form originated from the creator of the Meitei people, Tin Sidaba. Thang-Ta means "sword fight" in Meitei, where Thang means Sword and Ta means Spear. It dates back to the 13th century and emerged as a defensive mechanism against invading forces, later evolving into a comprehensive martial art.

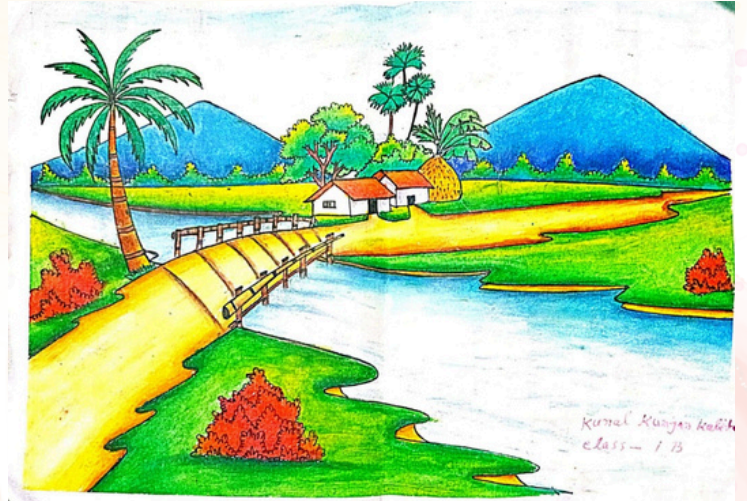
The Art form was patronized by Manipur's royal family and was an essential part of the state's culture and military tradition. Today, the martial art form is taught in some schools in Manipur and Jammu and Kashmir and has also influenced Manipuri classical dances such as Pung and Pala Cholom.

Hemraaj Sharma, Grade VII

ARTISTIC CORNER



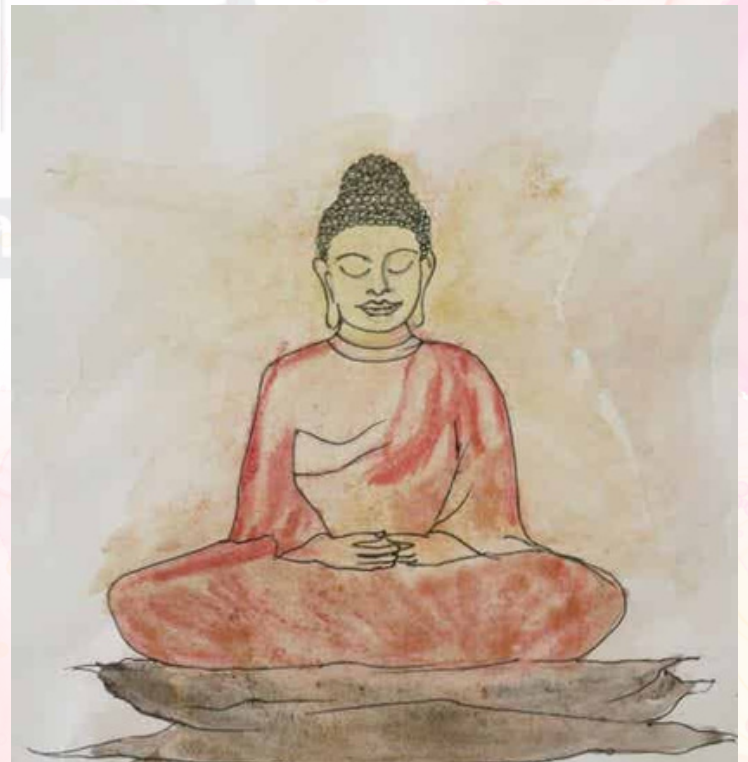
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Grade III



Jaydev Boro
Grade IV

FROM THE EDITOR'S DESK

Dear Readers,

As we reach the halfway point of this term, it's heartwarming to reflect on the many achievements and memorable moments our school community has shared. Our interhouse events have brought out the very best in our students, celebrating teamwork, creativity, and school spirit. From sports to debates, each event has fostered a sense of unity and enthusiasm that makes our school unique.

Our students have also made us proud by excelling in interschool, state, and even national competitions. Their accomplishments across these platforms stand as a testament to the dedication and talent within our community, inspiring others to aim high and work hard.

Beyond competitions, the dedication shown by our students in academics and co-curricular activities like music, art, and drama has been truly remarkable. It's clear that their hard work, combined with the guidance of our supportive teachers, is creating well-rounded individuals who are passionate about learning and growing.

Thank you for joining us in celebrating these milestones. We look forward to sharing even more achievements and moments of pride in the months to come as we continue this exciting journey together.

Warm Regards,
Niharika Chakravarti
Editor, Vandy Insights

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