

Helping parents shape confident students through a new program



Anuradha Handa, Founder and Principal



Srikti Bajaj, Education & Welfare Advisor and Parent Coach

Recognising that the formative years lay the bedrock for children's lifelong success, GD Goenka Public School aims to create a nurturing environment that inspires confidence, empathy and resilience. To strengthen this partnership with parents, the school recently launched the Nurture: A Complete Parenting Experience Toolkit workshop series, featuring Founder and Principal Anuradha Handa along with Education and Welfare Advisor and Parent Coach, Srikti Bajaj. With each having a career spanning 35 years in teacher training, curriculum design, and school leadership, their collective expertise has brought a wealth of knowledge and experience to help parents understand holistic child development.

The first session was a blend of wisdom and practicality. Parents explored case studies, learning how everyday interactions profoundly shape their child's emotional and intellectual growth. "Meanwhile, young first-timers embarked on a creative adventure, engaging in hands-on activities in classrooms and studios, designed to kindle collaboration and creativity. The session summed up the school's philosophy with the thought that 'It takes a village to raise a child'."



And indeed, GD Goenka Public School is that village—a place where evidence-based practices meet the joys of childhood," says the school's management team.

Adding more vibrancy to this mission, the school hosted Eco Vibes: A Green Family Festival. "Families enjoyed butterfly gardens, eco-friendly craft stations, and a local sustainable

market, while celebrity choreographer Alia Mehtani got everyone grooving to his dance beats. The event was a spectacular fusion of fun and purpose, creating unforgettable memories for parents and children alike," the team adds.

"At our school, learning transcends textbooks, embracing the emotional, social, and creative realms. By equipping parents with practical insights and fostering cherished family moments, the school continues to inspire a new generation of compassionate, confident, and capable individuals—ready to thrive in a world brimming with possibilities," the team adds.

Address: Block A, Vasant Vihar, Sector 48

School nurtures skills with sports event

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About the sporting event, the team informed, "Over the course of three days, more than 1,000 students from Delhi-NCR schools turned the campus into a festival of camaraderie. From an electrifying opening ceremony to nail-biting finals across table tennis, skating, badminton, basketball and football, the event was a masterpiece in teamwork and fair play."

In her address during the opening ceremony, Founder-Principal Anuradha Handa said, "Sports teach us to rise with resilience, lead with integrity and celebrate every effort on the journey to success."

The team further observed that what sets the school apart is its integration of sports into its curriculum. "This isn't about adding a few games to the timetable—it's about fostering a culture where physical activity and mental resilience go hand in hand. The Extended Sports Training Program further elevates this approach, giving aspiring athletes the platform to refine their skills and aim for glory at national and international levels," they added.

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View of the school

GDGPS Sec 48 Features in Gurgaon Times

School's innovative learning spaces impresses visiting foreign delegates

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According to the team, the delegation was impressed by the competence, preparation and poise with which the students conducted themselves. "Through interactive student-led presentations, visits to the creative and performing art studios, cutting-edge tech labs, and world-class sports facilities, they witnessed the empowered learning environment the school provides," the team informed.

Besides hosting the Australian delegation, the school was also selected by FICCI as one of the top schools in Delhi NCR for National School Leaders to visit and observe the best practices in skills and competency, according to the team. "The delegates were particularly impressed by the school's innovative learning spaces, forward-thinking vision, and the seamless integration of advanced technology with time-honoured values, reflecting the school's unwavering commitment to raising empowered individuals," added the team.

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View of the school



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visiting delegates said, "Students' autonomy is evident everywhere – their voices are heard, they are leading programs, designing curriculum, and making informed choices."

The team concluded, "The confluence of global perspectives and local values expanded horizons for all involved, deepening cultural competence and enhancing mutual understanding. The delegates took back fond memories of their time at our school."

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leaders

**GD Goenka
Public School,
Sector 48,
Gurugram**
PHOTOS: HTCS

The essential spirit of education at **GD Goenka Public School, Sector 48, Gurugram**, is to ensure the growth and happiness of each student.

An enabling environment that fosters a love of learning; a creatively innovative approach to the curriculum that is engaging, appealing, and relevant; infrastructure that is well-equipped with appropriate learning aids; and a teacher who is invested in appreciating and developing the unique character and potential of each learner; all of these contribute to the delivery of true education.

Multiple methodologies are used during the foundational years, including Montessori for sensorial training, Play-way for conceptual skills, and Project Methodology to encourage team spirit and self-discovery.

Rather than forcing children to memorise facts, the preparatory and middle school years focus on the



delivery of concepts with a connection to the real world. The curriculum is devised and delivered with the aim of developing the capacity for abstract thinking and reflection on work. Through the use of various digital and multimedia tools in the classroom, an environment of fun and learning is created.

The secondary and senior secondary years are dedicated to preparing students for their final step into the world. Opportunities

are created for them to explore, to make decisions, to take responsibility for their decisions, and most importantly, to always ask, "what if..."

With its mission to equip every child with 21st-century skills, echoing the proposals of NEP, GDGPS Sector 48 nurtures every Goenkan into an integrated learner who is globally educated, civically engaged, and skilled in inquiry. Here, education is imparted for life and not just for a living.

HTC

Making children sensitive towards the environment

United Nations Decade of Education for Sustainable Development is a vital opportunity to make children responsible towards their environment and humanity at large, while reassessing the concept of 'progress.' The wisdom to perceive the interconnectedness of life, the courage not to fear differences and be compassionate towards others, are the attributes that should be cultivated during school years.

The process of developing and strengthening these qualities is at the heart of education at GD Goenka Public School (GDGPS), Sector 48 Gurugram. Recognising that traditional form of classroom teaching is of little consequence in the present scenario, children at GDGPS are taken through the interlocking process of learning, reflection and empowerment through project-based learning.

Unblocking all limitations, the young Goenkans participated in diverse activities to understand the exquisite variety of flora and fauna across the world, and how growth and survival of all living things is

interconnected. Further, they learnt about Earth and what needs to be done to safeguard the planet so that it remains healthy, green and clean in the future. Undertaking research work, they embarked on the journey of learning and realisation, presenting their work using 3D models, PPT, work sheets, collages, quizzes using EdTech tools, along with intense discussions around the chosen themes.

The astounding performance by the Goenkans garnered appreciation from all, with a parent commenting, "From singing to dancing, observing to doing, listening to speaking, experiencing to expressing, the collaboration between teachers and learners was palpable. I could see my child conquering all fears of improbability, and channelising her energies towards evolving and progressing."

The most important lesson Goenkans learnt was that development which meets the needs of the present without compromising the needs of the future is true sustainable development.

HTC



Adopting a futuristic approach to education

The pandemic has brought about a tectonic shift in education, impacting students' life enormously. "To pick up the fallen threads and weave the fabric of learning from this point on, it's essential that teachers capture a complete picture of where each child stands and then provide tailored interventions. This is where ensemble assessments play a critical role. Adopting a futuristic approach, GD Goenka Public School Sector 48 is conducting 'ensemble assessments', with a focus on achieving quality and balance in the assessment system to support decision-making and increase student motivation and success in learning," says the management of the school.

They add, "As action research confirmed the absolute necessity of such assessments, the leadership team trained with the experts and in turn, educated the teachers on planning from the macro to the micro level. The assessment areas have been finalised, that include students' scholastic acumen, subject-specific skills, performance in the co-scholastic domains, learning style and ethics and values. Teachers have researched and formulated rubrics to convert qualitative data into quantitative data. The most critical part of analysing the captured data has been taken up by the IT team, which has de-



veloped a software for Data Analysis Tools that shall accurately map each child's learning graph."

According to the school, "The standout feature of ensemble assessments is the deep study of ethics, values, discipline and social-emotional health of each student. The importance of ensemble assessments is beyond measure. The management adds, "Ensemble assessments are an excellent means to know the true learning achieved by children in all areas, from academics to sports; from activities to ethics. It enables us to know the learning style of each child, leading to appropriate interventions. The best part is that the fear of assessment is replaced by fun!"



The Gurgaon school has introduced 'ensemble assessments' to boost student motivation and success in learning

TAVI can restore valve function without the need for open heart surgery: Doc

On a December afternoon, a patient was rushed to Shalby Sanar International Hospitals with chest pain, blackouts, and breathlessness, notes Dr DK Jha, MD. He adds, "Diagnosed with severe Aortic Stenosis (AS), a narrowing of the aortic valve, he faced restricted blood flow that impacted his overall circulation. Tests revealed a degenerated prosthetic aortic valve, necessitating immediate intervention."

About Aortic Stenosis, Dr Jha explains, "The aortic valve, located between the heart's left ventricle and the aorta, regulates blood flow. Conditions like congenital defects or calcium buildup can prevent the valve from opening fully, hampering blood flow and potentially leading to heart failure. Symptoms include chest pain, shortness of breath, blackouts, and fatigue, often unnoticed until the condition worsens."

He adds, "For severe AS cases, surgery is essential. Traditional open heart surgery may not be suitable for all patients. TAVI (Transcatheter Aortic Valve Implantation) is a less invasive alternative, using a catheter to place a prosthetic aortic valve over the degenerated one. This procedure restores valve function without the need for chest surgery and is ideal for high-risk patients."

Informing about who is eligible for TAVI, he says, "The procedure is eligible to people in all risk categories. It is often prescribed to people with moderate to severe symptoms of aortic stenosis. The minimally invasive procedure is emerging as an effective alternative for people in high risk category of valve replacement surgery. To see if a person is eligible for TAVI, the attending cardiologist might make you take some tests including blood readings, echocardiogram, ECG, CT scan, coronary angiogram and others."

According to the doctor, "In most cases, people find their symptoms getting better after TAVI, improving the quality of their lives. However, to get full benefits from the procedure, the following lifestyle changes can be adopted - eating healthy foods, becoming physically active, saying no to smoking and alcohol, regular medical checkups and regular dental check-ups."

He adds, "We at Shalby Sanar International Hospitals, conduct over 100 diagnostic angiographic procedures and over 40 coronary interventional procedures in a month using our advanced Cardiac Cath Lab and EPS / RFA equipment. We take pride in having performed over 1000 cardiac interventional procedures, over 35,000 coronary angiograms and more than 2000 device im-



Dr DK Jha, Director & Head of Department, Interventional Cardiology, Shalby Sanar International Hospitals, Gurugram

plant surgeries. From minimally invasive procedures to handling complex and critical cardiac care, our team of skilled cardiologists, cardiac surgeons, intensivists, physicians, anaesthesiologists and intensive care experts work in synergy to provide the best for your heart health.

He says, "Our Department of Cardiac Sciences offers quality diagnostic services all under one roof. Our cutting edge technology and state-of-the-art laboratory cover varied diagnostic cardiac procedures including, 2D/3D Echo, Colour Doppler, TMT, Exercise and Dobutamine Stress Echocardiogram, CT Coronary Angiography alongside CT Imaging and MRI scans. We also take pride in performing a full range of cardiac and vascular sur-

geries including coronary artery bypass surgery, surgery for valve disease and minimally invasive cardiac surgery. Our skilled electrophysiology team is highly experienced in treating and managing complex conditions such as heart failure, arrhythmias and many congenital birth defects. In case you or your loved ones are suffering from cardiovascular diseases, reach out to our team of experts who will take good care of your heart."

Address: Golf Course Road, DLF Phase 5, Sector 53
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Email: info@shalbysanarhospitals.com
Website: www.shalbysanarhospitals.com

Disclaimer: The views/suggestions/opinions expressed in the article are the sole responsibility of the experts.

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City bakery offers festive desserts and snacks



The desserts on offer at the bakery

A cherished name in Delhi's culinary scene, Defence Bakery has brought its famous flavours to Gurgaon's Sector 15 Market. "Just in time to spread some Christmas cheer, our brand, which has been serving Delhiites since 1982, aims to offer the same quality and tradition to Gurgaon with a festive twist," says the brand's management team.

"Step into a cozy holiday ambience and indulge in our special Christmas offerings," they add. Here, one can try their traditional plum cake, gingerbread cookies, stollen bread, yule log cake as well as gingerbread houses.

"Besides a delightful meal, one can also host birthday parties and special occasions at DGBistro," they add. The menu also features breakfast dishes, light snacks, meals, and festive desserts.

Address: SCO 20, Sector 15 Part 2, Market
Contact: 9313309851
Website: www.defencebakery.in



STOLLEN: GERMANY
Stollen is a traditional Christmas bread that is popular in Germany and other parts of Europe. A rich, dense fruit bread, it is flavoured with candied citrus peel, raisins, and nuts. Stollen is typically dusted with powdered sugar and sometimes decorated with almonds or candied fruits.

RISALAMAND: DENMARK
The traditional Danish dessert, often served during Christmas, is a simple creamy rice pudding made with rice, milk, sugar, vanilla, and whipped cream. Served cold and topped with a warm cherry sauce, the pudding is typically flavoured with almond extract and often includes chopped almonds.



CHILES EN NOGADA: MEXICO
These are poblano peppers stuffed with a variety of fillings along with candied fruits and spices, with a white walnut sauce (nogada) poured all over it. The garnish of red pomegranate seeds and parsley leaves represents the colours of the Mexican flag.

'HCP can reverse knee pain without surgery'

According to the experts at De Bharti Holistic Wellness, in people suffering from osteoarthritis, pain is due to chronic tendon tension, chronic muscle spasm and irritation of the exposed nerve endings. Speaking about a patient, the experts say, "Sandhya, a 58-year-old, had been battling multiple debilitating health challenges for over a decade - crippling osteoarthritis (OA), rheumatoid arthritis (RA) and frozen shoulders. Everyday tasks became increasingly difficult, and her pain grew worse despite relying on oral medications for RA. Doctors advised knee replacement surgery. However, Sandhya was determined to explore a natural, non-invasive path to healing. That's when she discovered about the Holistic Corrective Programme (HCP), a specialised regimen combining deformity correction and metabolic correction."

Discussing how the patient's life transformed after completing the HCP, the experts say, "Over the course of few months, the re-



Sandhya, patient

sults were beyond her expectations. She not only reversed her osteoarthritis and regained full mobility in her frozen shoulders but also experienced reversal for rheumatoid arthritis, all without undergoing surgery. Today, Sandhya leads a pain-free, active life, filled with energy and hope. Her incredible transformation highlights the power of holistic wellness in addressing chronic conditions effectively and naturally."

On how HCP works, the experts add, "As soon as muscle spasm, tendon tension and nerve irritation is released, it releases the pain. Realignment of thigh and leg bone and widening of reduced spaces within knee joints establishes the normal walk. Ultimately the patient does not require any kind of surgery."

Address: H-25/1, Kachar Marg, DLF Phase-I, Sector 26, Gurgaon
Contact: 9204700222
Other centres: Delhi, Noida, Lucknow, Dehradun, Jaipur, Kolkata and Faridabad
Website: hcp.debharti.in

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Risalamande, Barszcz: Xmas dishes from around the world

Traditional Christmas dishes are as delicious as they are timeless. Here's a look at some of the most popular festive delicacies from various parts of the globe



MINCE PIES: ENGLAND
Mince pies are small, round pies filled with a sweet mixture of dried fruits, spices, and suet (a type of fat). The filling is often flavoured with alcohol and can include ingredients like raisins, currants, candied peel, and spices like cinnamon, nutmeg, and cloves. These are typically served with cream or custard.



BARSCZ: POLAND

A Christmas Eve dinner staple, Barszcz is a traditional Polish beet soup. It's a clear, ruby-red soup with a tangy flavour, and is often served with uszka (small dumplings filled with mushrooms).



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BLURRED LINES

Forum Shah's *Blurred Lines* is India's answer to *Hanging Loose*, the *Twisted* series and *Hooked* series – a dark romantic thriller that explores the fragile boundaries between love, pain and survival.

Set in Bangalore, the novel follows the life of Kavya Seth, an artist trapped in a cycle of trauma, addiction and reckless relationships. With its heart-pounding twists, *Blurred Lines* stands out as one of the dark romantic thrillers of the year, leaving readers questioning the fine line between pleasure and pain. Shah's storytelling is raw and unflinching, addressing the darkness of sexual violence, emotional manipulation and substance abuse. The author says, "Each page peels back layers of Kavya's psyche, exposing the blurred lines between hope and despair, love and obsession."



BOOKS



HUGH JACKMAN'S DAY AT THE MCG

Fans couldn't keep calm as Wolverine aka Hugh Jackman made an appearance at Melbourne Cricket Ground to watch the India vs Australia match. "Sensational day at MCG @ausmencricket. Sam Konstas, 19 years old. First ball (sic)," wrote the actor as he shared a pic

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View of the school

View of school

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NOIDA, Nirula's Sec-2, Near Metro Station, Sec-15, Noida
LAJPAT NAGAR, 48, Main Ring Road, Adj. Haldi Ram, Near Moolchand Crossing

How to: Organise a New Year's Eve get-together for children at home

CHOOSE A THEME

Having a theme can make the party feel more exciting and organised. For a time travel, theme decorate with clocks, gears, and futuristic elements. For a rainbow-themed party, use colourful decorations and treats.

CURATE A CHILD-FRIENDLY PLAYLIST FOR THE OCCASION

Curate a fun playlist with songs that kids will enjoy dancing to. Think upbeat pop songs or fun party tunes. If you have the space, set up a karaoke machine to let them perform their favourite songs.

PLAN PARTY ACTIVITIES

Set up DIY craft stations where kids can create simple crafts like hats or masks. Organise a mini dance-off with fun prizes. Create a themed bingo card or a scavenger hunt with small treats or prizes. Have the kids write down their favourite memories from the year or their wishes for the upcoming year, and put them in a "time capsule."

SET UP A NEW YEAR COUNTDOWN

You can create a countdown that's adapted for children. They may not stay awake until midnight, so set an earlier



Keep an assortment of cake pops, cookies and cupcakes. You can also serve mini sandwiches, fruit kabobs and pasta bites.

countdown, like 5pm or 6pm, and celebrate with confetti poppers or party horns. Play a video or countdown timer on the TV to make it feel like a real celebration. Send kids home with party favours like a bag of treats and stickers.

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Motivational speaker & life coach inspires students to embrace AI and innovation

With the aim of creating platforms where young minds can explore, question, and prepare for the future with clarity and confidence, GD Goenka Public School, Sector 48, recently hosted a motivational speaker and life coach Sandeep Maheshwari. "As one of the globally renowned speakers, his visit was a carefully curated opportunity to provide students and parents with insights into navigating the complexities of tomorrow. Addressing a packed auditorium, he shared profound thoughts on how Artificial Intelligence (AI) is reshaping the world and why embracing a flexible, open-minded approach, coupled with critical thinking, is key to thriving in this new era," says the school's management team.

On stage, the speaker narrated relatable stories and insights with charismatic delivery. He spoke about the importance of harnessing AI as a tool for growth rather than a threat, emphasizing that success will favour those who remain curious, adaptable, and innovative. "His message was more than inspiring and aligned seamlessly with the school's ethos of fostering future-ready individuals who question, analyze, and lead with purpose," the team says.

"This event was not just a talk; it was an experience that reflected our school's dedication to providing students with various opportunities. By



The view of the school



The school hosts Sandeep Maheshwari

hosting visionaries like him, our school aims to empower its learners to dream big, think critically, and step into the future with confidence and resilience. After the session, students walked away with a renewed sense of purpose, parents felt reassured about their children's futures, and everyone left inspired by the possibilities ahead," the team adds. The school focuses on nurturing not just learners but intrinsically motivated individuals for whom excellence is a way of life.

Address: Block A, Vipul World, Sector 48

EMPOWERING YOUR CHILD FOR LIFE

"The secret of education lies in respecting the pupil."

— *Ralph Waldo Emerson*

What is the fundamental purpose of education? It's the realization of happiness. It entails raising children to lead a life of value that actively seeks to benefit others as well as themselves.

As parents, choosing the right school for your child is a pivotal decision. G D Goenka Public School Sector 48 Gurugram understands the gravity of this choice. The school affirms that when it comes to holistic education, instilling values, nurturing personality and life skills, and preparing students for a prosperous and contented life, it stands as your trusted partner.

The school's unwavering dedication to providing holistic education commences right from the foundational stage. It under-



stands that these early years are the bedrock upon which a child's educational journey is built. The approach nurtures not just academic proficiency but also hones physical, emotional, and social development, setting them on a trajectory of growth and self-discovery. In recognizing the paramount importance of these foundational years, the school's programmes are meticulously crafted to instill a love for learning, while creating a safe, nurturing environment where young minds can flourish.

Commitment towards providing all-round development is seamlessly integrated into the middle school curriculum. These are transitional years that bridge the gap between childhood and adolescence, and set the stage for future academic pursuits. The school's approach endeav-

ours that students not only excel academically but also develop essential life skills and a strong character. Focus is on cultivating ethical and compassionate citizens and instilling values like integrity and empathy in them. Priority is given to developing personality and equipping students with critical thinking, problem-solving, and communication skills, crucial in today's fast-changing world.

As students move into the secondary and senior secondary years, the school offers tailored guidance and mentorship to help students explore their passions and align them with potential career choices.

The school believes that career preparedness begins early. Hence it equips students with the knowledge and skills necessary for a successful career. The dynamic academic environment encourages inquiry, creativity, and adaptability, ensuring that children are well-prepared for the rigors of life.

G D Goenka Public School in sector 48 is an institution that believes in nurturing not just students but future leaders, thinkers, and responsible citizens. The school is dedicated to providing a comprehensive education that empowers children to reach their fullest potential, find purpose, and lead a fulfilling life. Join them in this transformative journey towards a brighter future for your child.

*For more information, contact:
GD Goenka Public School,
Sector 48 Gurugram*



Flower show organised by Central Park: A mesmerising view for all garden lovers

Central Park, a leading realty brand in Gurugram, organised a two-day flower show on March 12-13 at Central Park Flower Valley in the south of Gurugram, on Sohna Road. Over 2,000 visitors witnessed one-of-a-kind blend of beauty and fragrance at the venue. The flower show showcased over 80 varieties of blooms.

Some flowers that were exhibited at the show were alyssum, aster, asters, anemone, carnations, daisies, brachycome, dahlias, geraniums, gerberas, petunias, phlox, gerbera, nasturtium, stock, calceol, petunia single white, petunia single rose and freesia.

The guests at the event praised the multiple species of flora, the arrangements and the garden displays, urging people to give flowers and plants which are a vital part of our ecosystem.



Water fountain at Central Park Flower Valley

A stunning display of flowers

Empathetic transition to active school life



Fundamentally, humans respond to change not logically but emotionally. The pandemic brought with it an immediate unprecedented change, an immense impact on student school communities and to welcome the students this year, it was paramount that they compensate for the while supporting the well-being and individual needs of students.

Goenka Public School, Sector 48 Gurugram, has taken an initiative in ensuring that this transition into active school life was a joyful, stress-free experience for students. The school planned a special routine wherein students started their day with 'Gurukul Time' under the cosmic exposure of Nature. Yoga, meditation and deep breathing exercises calmed their mind. Thus energised, they went on to sit with their teachers for enrichment sessions, practice sessions and doubt clearing sessions, while revising that day's syllabus at the same time. Only after they were fully prepared — mentally, emotionally and psychologically — were the students taken to appear for offline assessments that were due as per the school calendar.

What was especially remarkable was that the parents were completely aligned with the thought process of the school through interactive online sessions organised every evening. These sessions gave a deep sense of security to the parents who were worried about how their children would respond to offline school and assessments.

The empathy exhibited by GDGPS Sector 48, thinking from the perspective of the student and their needs, has impacted the students profoundly, resulting in almost 90% of students opting for offline exams. The school portals have once again come alive with the vibrant and cheerful energy of the learners, uplifting the spirits of everyone.

In the words of a parent, "The effort put in by the school to ensure that children are emotionally, psychologically and mentally prepared for coming back to school is beyond measure."



GD Goenka Public School, Sector 48 Gurugram

HELLO! Hall of Fame Awards holds its 10th edition in Mumbai

The HELLO! Hall of Fame Awards 2022 took place recently at the Auditorium, The St Regis Mumbai. The event was attended by notable figures from cinema, business, sports, fashion and art. With its 10th edition, the prestigious awards ceremony showcased a new level of luxury, sustainability and innovation.

With 'Disruption' as the theme for the awards, the winners of the 2022 HELLO! Hall of Fame Awards — in association with Mercedes-Benz India — were announced at an elegant sit-down dinner at The St. Regis Mumbai. Also celebrating the evening was the associate partner Qatar Tourism.

Hosted by actor Anushka Sharma, the event saw the crème de la crème of society in attendance, with the event spearheaded by Aarav Jain, editorial chairperson of HELLO! and Richika Mehta, editor-in-chief of HELLO!.



The glam event was attended by notable figures from Bollywood



Nichelle and Yashin Poonawalla seen with Mercedes-Maybach S-Class



Richika Mehta



Nikhil Kamath

Unfiltered drama this week!



LOCK UP LEAKS

A T-Series and MX Player's Lock Up Badass Jail Atyacharhi Khet, with an unabashed celebrity host, grueling tasks, spectacular fights, and a fascinating combination of controversial contestants who will go to any length to win this competition makes for a perfect dose of entertainment. Last week, political analyst Tejinder Poonawalla got eliminated from

the show, and actor Isha Khan's ex-husband, actor GJ Ali Merchant, entered the jail, which disgusted Khan.

Viewers witness a new drama in the Lock Up house every day. Actor Siddharth Sharma revealed a secret where he confessed to having intimate relations with his neighbour. Captain actors Payal Bhargava and Karsanvir Bohra don't seem to get well along and

are always seen arguing. Actors Poonam Pandey and Nisha Rawal entered a shouting match over a quilt. Actor Siddharth Sharma had an emotional breakdown while he opened up about his father dying in an accident, and everyone

consolated him. Sharma had to walk out of the game in the first surprise elimination of the show. Unable to complete the 'Main magin to sapna' task, Rohit's

team was assigned to clean the washrooms for a week as a punishment. In the darts assigned to both the teams, every inmate was given a character to perform, and the winning team would gain access to the luxurious bathrooms. Ultimately, Bohra's team won the task.

The jailor, actor Karan Kundra, entered the jail to reprimand the kakis. He reminded wrestler Babita Phogat to know who her real friends are and not to get influenced by anyone.

The final nominated names on the charge sheet for this week are Pandey, Khan, Bohra, Rawal, Rohit, Phogat, designer Rishika Shinde and comedian Manoj Faruqi. Do watch out for a new contestant entry in the house tonight!

Keep voting for your favourite contestants and be a part of non-stop action on Lock Up Badass Jail. Atyacharhi Khet 10:30pm every night on ALTBal and MX Player.

FACIAL OIL FOR OILY SKIN: VILLAIN OR HERO?

Richika Garg
richika.garg@bikaneroils.com

Essential part of beauty routines since ancient times, oils are a crucial part of Ayurveda. Combined with various herbs and carrier oils, they have many healing properties. Besides pressed oils, like coconut oil, almond oil, sunflower oil, sesame seed oil, there are several essential oils used in Ayurvedic prescriptions for the face. There are oils meant for all skin types, and it's a myth that oily skin is not meant for oils.

BESIDES MOISTURISING, FACIAL OILS CAN HELP WITH BREAKOUTS AND GIVE YOU A RADIANT COMPLEXION

One should follow certain guidelines while applying them. When buying face oil, check the base oil or base ingredients. Lighter oils will sink into skin easily. Beauty expert Shabana Humin shares details about oils good for oily skin.

KUMKUMADI TALHAM It contains about 24 herbal extracts, including saffron, sandalwood, Himalayan cherry, khun, Indian barberry, leaves of the bayonet tree and many more. Sesame seed oil (or til oil) is the base oil. It can be used for all skin types, including oily skin. It is said to regulate the oil secretion. It has

antiseptic, anti-bacterial and anti-inflammatory properties. It can be mixed with tea tree oil and used for conditions like acne, pimples, rash, itching and burning. For oily, acne-prone skin, use only two drops on the skin at night. Leave it on for 20 minutes and rinse off with plain water. People with dry skin may use about four to five drops.

NEEM OIL Neem oil can't be used directly on the skin. It has to be combined in the prescribed proportion with sesame seed oil or sweet almond oil in Ayurveda. This can treat acne, fungal infections and even warts. Therefore, it can be used for oily skin.

MANJISTHADI OIL This Ayurvedic face oil is used to reduce dark spots, marks left by acne, dark patches caused

Have you always dreamed using oil on your face? Here's why you should change your mind



by sun exposure or hormonal imbalances. It also clears clogged pores and oily congested skin. The oil is used in the formulation of modern skin creams, gels, serums and facial oils.

KANAKA OIL Kanaka oil contains the herb mugwort, which is said to have several benefits for the face. It helps add a glow to the skin, also tones and nourishes it. The oil also has manjistha. The oil helps to produce an even colour tone. It also helps both normal to dry and normal to oily skin types.

Hum Se Behtar BHUJIA Ko Jaane Kaun!

Barson Se Bikano

Brand celebrates rich heritage of its timepieces with a new campaign



The Master Automatic watch



The Tropic Pocket Watch, it was popularly known as 'the watch that made the clock tower'. Pappa, even Mark Twain was a fan of it

Established in 1851 in Switzerland, the brand's rich heritage is celebrated in its new campaign. The brand says, "The way our grandfathers passed down their love for timepieces to us is the same as the way we pass it on to you. The brand's rich heritage is celebrated in its new campaign. The brand says, "The way our grandfathers passed down their love for timepieces to us is the same as the way we pass it on to you."

The brand's rich heritage is celebrated in its new campaign. The brand says, "The way our grandfathers passed down their love for timepieces to us is the same as the way we pass it on to you."



The brand boasts of high-quality craftsmanship and detailing, and water-resistant watches

#BackToSchool: Making a switch to offline medium



Gateways of the school



The COVID pandemic has led to a shift in the way students learn. As schools prepare to welcome the students back this year, it has become a challenge for educators to make the transition from online to offline learning. According to the latest survey by the Ministry of Education, 70% of schools have adopted a hybrid learning model, combining both online and offline methods. This approach allows students to continue their learning from home while also benefiting from the hands-on experience of a classroom. The survey also found that 60% of schools have implemented digital tools and resources to enhance the learning experience. This includes the use of interactive whiteboards, digital textbooks, and online learning management systems. The Ministry of Education is committed to supporting schools in their efforts to provide a high-quality education for all students. It will continue to provide resources and guidance to help schools make the transition to offline learning.

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Entertainment & Promotional Features



G.D. Goenka Public School, Sector 48, Gurugram

Sports: Good for body and mind

Childhood is synonymous with play, and school days are filled with the boisterous activities of children engaged in games. Even though the pandemic years hit hard on this aspect of school life, G.D. Goenka Public School, Sector 48, Gurugram, ensured that children engaged in purposeful sports activities, no matter what. In the words of HOD Sports, "The school follows a holistic approach to sports and creates a structured curriculum for every game that comprises of theory and practice. During the foundational years, the focus is on developing their agility and strength before they start to learn the nuances of a game. During the preparatory years, all the students are taken through the rules and guidelines of a game, their origin, history, and development through the years, special terminology of the game, the layout of the play area, and the study of sports legends. Armed with such knowledge, children then start

playing the game and practising intensely during school and through the Extended Sports Training Program."

As students step into the middle school years, it's time for skill development. Students choose the game, and the choice is made based on their interest and the observations of their coaches. However, how to determine the skill level required for making an appropriate choice when students have been away from practical classes for two years? One also needed to form fresh teams as the fitness levels had taken a hit. To arrive at a fair conclusion, the sports captain, along with members of the student council, put up a proposal before the school principal, Amrutha Handa, requesting sports trials. Always

open to the ideas and suggestions of her students, the proposal was immediately implemented, and the entire school reverberated with the vibrant healthy competition among children as they took part in the sports trials. As Handa says, "My students are most dear to me, and I go that extra mile to ensure that they grow up to be healthy and wise leaders of society. The school provides them with every opportunity that is essential for their mental, physical, psychological and emotional development."

MTC



Students playing in the field.



Salman Khan wraps up shooting schedule of his Telugu debut

Actor Salman Khan has wrapped up a shooting schedule of his upcoming Telugu debut, *Godfather*, which co-stars actors Chiranjeevi, Nayanthara, and Ram Charan. The film's director, Mohan Raja, shared the update on his Twitter

handle, writing, "Finished an amazing schedule with the *Mighty Man*, sweetness personified, dearest Bhai @beingalmankhan. Thanks, bhai for making this so comfortable and so memorable, and thanks to our pillar of support @kchiranjeevi for making this happen for our *Godfather* @MusicThaman & Team."

The details of the role that Khan will play in the film have currently been kept under wraps. *Godfather* is the Telugu remake of the 2019 film *Lustfor*, which starred actor Mohanlal in the lead role, alongside actors Tovino Thomas, Manju Warrier, Indrajith Sukumaran, and Vivek Anand Oberoi.

ANI

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और अपने Budget से बाहर नहीं जायेंगे

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G D GOENKA PUBLIC SCHOOL SECTOR 48 GURUGRAM - INSPIRING CHANGE

Going strong for close to a decade, G D Goenka Public School, Sector 48, Gurugram has successfully created its niche in the domain of education with its unique vision of providing value based education with new innovations and ideas.

The school employs inventive age appropriate pedagogical practices that focus on ingraining a sound value system in students. The academic environment treats each child as a unique individual and provides a variety of learning experiences that promote integrated growth in all areas, be it the physical, intellectual, moral, emotional or social. The pedagogy followed by the school results in students gaining a strong academic base.

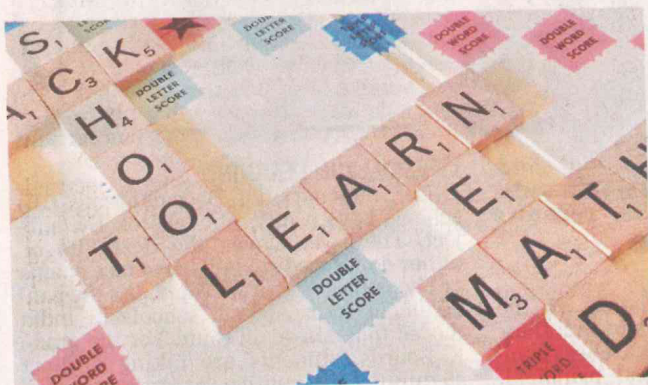
Believing that students must strive to be creative whole beings, the school follows a structured Co Scholastic curriculum with well defined learning outcomes for each class. This ensures that every child gets an equal exposure of the co scholastic domain, is able to identify areas of interest and develop proficiency in them, leading to making their passion their profession.

The school has an excellent Sports Programme that focuses on nurturing talent. World-over sportsmen are able



to perform well because of the level of infrastructural facilities, trained faculty and structured curriculum, under which they train themselves. Understanding the importance of good infrastructure, GDGPS ensures that state of the art facilities in the field of sports is offered to the students. Extended Sports Training Program provides free of charge quality training sessions beyond school hours to all interested students. Goenkans of sector 48 have been winning accolades at District / State / National Level Competitions.

At GDGPS Sector 48, compassionate trained teachers infuse quintessential life skills into the teaching learning process. Indigenously designed programs provide integrated and multi layered platforms to develop skills & competencies for a successful, fulfilling life ahead. The unique learning environment at G D Goenka Public School, Sector 48 nurtures children with a drive to succeed, soaring higher, ever higher!



Catch Them Young



R.C Bidhan- IAS (Commissioner) Gurugram, Mahipal- Chairman Institutions (Haryana) appreciating the NEET, JEE, CA-CS, CLAT secured nearly perfect score along with the parents

Leaders and result producers: Sanskar

The world within us is everything internal; like our mind, our body, and our emotions.

Education is the tool that breaks down all barriers. Education is about learning, growing, adopting and evolving. Not all the children when put in the same conditions and circumstances are able to perform the same. Providing the best of environment to meet

the best results individual but a being. It is us hand to our child Future. The first childhood. Stud that the early years of age) transformation

Children bringing a change in the society

Today's children are tomorrow's future. If we want to change the society for better, we must guide kids to the right path. Well, the wheel of change has been set in motion at **GD Goenka Public School**, Sector 48, Gurgaon, by the socially active students of the school.

One of the important learnings that the school imparts to children is being aware of their surroundings, and taking the responsibility of sensitising the society about the same.

The annual days organised at GDGPS, Sector 48, Gurgaon, provides a platform to talk about

socially relevant themes, and then taking them forward through on ground activities and projects.

This time at the annual day celebrations, the senior students of the school created a production that drew a parallel between society that existed during the Mahabharat era and the society as it exists today.

Children urged audience to not become silent spectators and sufferers, and rather raise their voices, initiate actions for an awakened society and become the Krishnas of the modern world.

The middle school students gave an equally touching performance

through their production that highlighted the plight of our sacred river Ganga.

The audience were drawn to introspect on their acts of senseless pollution of the river, in the hope that they become sensitive to the pain of the river.

The message of keeping the environment clean was taken to the society at large with children undertaking the drive of planting and distributing over 1000 saplings all over Gurgaon, and pledging to do their bit to save the environment.

The youngest Goenka-ns of the pre primary section enacted stories of joy and hope through their presentation.

HTC



Annual day celebration with a social message

Students performing an act that drew a parallel between the *Mahabharata* era and the society today



Students at GD Goenka Public School, Sector 48, Gurgaon are nurtured to be socially aware of their surroundings and take the responsibility of sensitising the society. The school organises annual day to espouse socially relevant themes and take them forward through on-ground activities and projects. This time, the senior students of the school created a production that drew a parallel between society that existed during the *Mahabharata* era and the society today. The children encouraged the audience to not become silent spectators and sufferers but raise their voices to usher in a sensitive, awakened society and become the Krishnas of the modern world.

The middle-school students gave an equally touching performance through their production that highlighted the plight of river Ganga. Through their act, they urged the audience to introspect on the act of polluting the river. The message of keeping the environment clean was taken to the society at large with children undertaking planting drives and distributing over 1000 saplings all over Gurgaon and pledging to do their bit to save the environment.

Apart from these, Goenkans of the pre-primary section, too, enacted stories of joy and hope through their presentation.

All about imparting valuable life skills to equip and empower

Fostering a culture where everyone carries a sense of responsibility towards themselves and the environment is the need of the hour. The recently concluded Centre of Excellence Program at GD Goenka Public School,

Sector 48, Gurgaon, focused on nurturing this very culture among all.

The programme, conducted annually by the school, centres around providing an opportunity to children to develop skills beyond the curriculum. It gives special

focus on areas that often go neglected — life skills and ethics.

However, what really stood out this year was the life skill training and guidance sessions that were conducted not only for the students but the entire support staff of the school.

Imparting training to the school support staff and initiating a drive to make each one of them feel special was a unique feature of the programme. The aim was to forge strong bonds of trust between all stakeholders and aid the support staff in developing high self-esteem and confidence.

As the school believes in going to the root of the problem, addressing the core issues and resolving them, the programme served as an



Skills training workshop held for students and support staff

excellent opportunity to instil a deep sense of ownership among the staff.

The children were further guided on how to become more responsible for their own safety, security, well-being, growth, and learning. Students also acquired valuable skills for life by

learning carpentry, sculpture, gardening, and repairing electrical appliances. The culmination of the programme saw the support staff of the school present a heart-touching special assembly, much to the delight of the guests and parents.

HTC



Students during a workshop held at the school