



PANORAMA

SCHOOL MAGAZINE



January
Edition



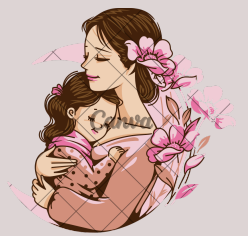
Featured Topic
The Stories of Genesis Polaris



International
Day of
Families

Braille
WORLD DAY

हिन्दी
दिवस



Tourism

TABLE OF CONTENTS

ABOUT

Principal's piquant point

Magic mantra-the secret to success

EVENTS

January journey

- Jan 5th to 11th -Love for learning PA 3
- Jan 12th to 17th- Sankranthi sambaralu (vacation)
- Jan 22nd - Competition
 - Gr 1&2-Poem recitation
 - Gr 3&4-Cursive writing
 - Gr 5&6-Spell Gram
 - Gr 7&8-Earth warriors
- Jan 26th - Republic Day celebrations
- Jan 27th - Swachta pakhwada week celebration

Progressive practices

Gr 10 Golden guidelines

Pre Primary power
Brown babu & browny baby

Assemblies & Activities

Peaceful plant

Tranquil task

Principal's piquant point

Dear Students, Parents, and Guardians,

As we usher in another promising year, I extend my heartfelt wishes for success, growth, and happiness to each one of you. The dawn of a new year is not just a change in date but a reminder of fresh opportunities awaiting us. Let us embrace it with enthusiasm and determination.

To our Grade 10 students, as you stand on the threshold of your board examinations, remember that these exams are not just a test of your knowledge but a testament to your hard work, dedication, and perseverance over the years. Believe in yourself, stay focused, and remain calm during this crucial period. Remember, you are well-prepared, and we have utmost faith in your abilities.

I urge all students to approach these exams with a positive mindset. Remember to take breaks, maintain a balanced routine, and seek support whenever needed. Your mental well-being is paramount, and we are here to guide and support you every step of the way.

Parents and guardians, your unwavering support and encouragement have been instrumental in shaping our students' journey. As we navigate through these critical times, let us continue to work hand in hand, ensuring our students feel confident and prepared.

In conclusion, let this year be a testament to our resilience, unity, and commitment to excellence. Together, as a school community, we will overcome challenges, celebrate achievements, and brighter future for our students.

Wishing everyone a prosperous New Year and success to Gr 10 in the upcoming board examinations!

Warm regards,
Ms Nalini Dadi



Magic mantra-Success

Tips for Grade 10 Students for Their Board Exams

1. **Organize Your Study Schedule:** Create a study timetable allocating specific times for each subject. This will help you cover all topics systematically without feeling overwhelmed.

2. **Practice Previous Years' Papers:** Familiarize yourself with the exam pattern and question types by solving previous years' board exam papers. This will boost your confidence and improve your time management skills.

3. **Understand Exam Syllabus:** Ensure you have a clear understanding of the exam syllabus. Focus on important topics and chapters while allocating sufficient time for revision.

4. **Take Regular Breaks:** While studying is crucial, taking regular short breaks can improve concentration and prevent burnout. Incorporate short breaks between study sessions to relax and rejuvenate.

5. **Stay Healthy:** Maintain a balanced diet, stay hydrated, and get adequate sleep. A healthy body leads to a healthy mind, enabling you to focus better and perform well in exams.

6. **Revise Regularly:** Regular revision is key to retaining information. Allocate time for daily revision of topics studied during the day to reinforce your learning.

7. **Seek Clarifications:** If you have any doubts or queries, do not hesitate to seek help from teachers, classmates, or online resources. Clarifying doubts timely will ensure a thorough understanding of concepts.

8. **Practice Time Management:** Practice writing answers within the stipulated time frame to improve your speed and accuracy during the exam. Divide your time wisely among different sections of the paper.

9. **Stay Calm and Positive:** Maintain a positive attitude and believe in yourself. Avoid last-minute stress and stay calm during the exam. Focus on giving your best without worrying about the outcome.

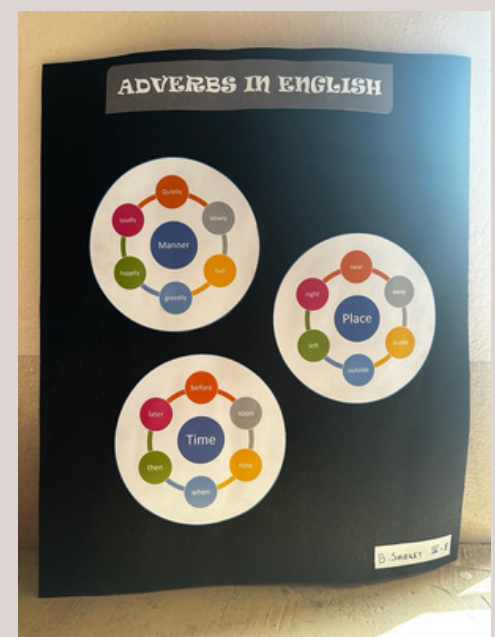
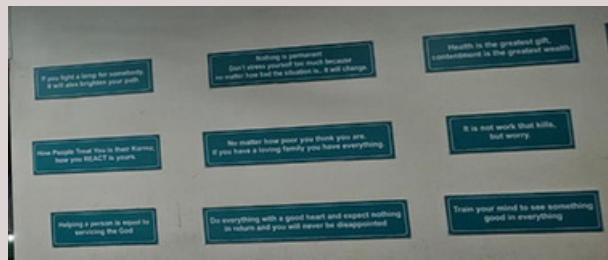
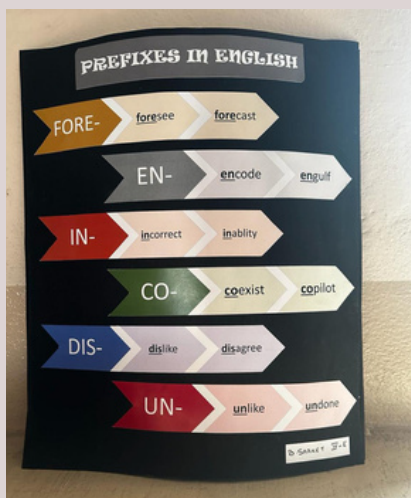
10. **Believe in Yourself:** Lastly, believe in your abilities and remain confident. You have prepared diligently, and with dedication and determination, you will excel in your board exams. Trust your preparation and stay focused on your goal.

Remember, board exams are a stepping stone towards your future endeavors. Approach them with confidence, determination, and a positive mindset. All the best!

Love for learning-PA3

Periodic Assessment 3 was conducted between Jan 4th and 11th to assess the student's academic performance of the topics taught, recapitulated and assessed in various forms such as learning and writing.

Reading and speaking skills are assessed internally as tasks. Various activities are conducted in all subjects to ensure their positive growth and development academically as well as physically and mentally.



Jan 12th to 17th Sankranti Vacation



Makar Sankranti

Makar(a) Sankranti is the only Hindu festival based on the solar calendar instead of the lunar. Makar Sankranti is the celebration of the sun's journey from the Southern to the Northern Hemisphere and is considered an auspicious time. Makar translates as 'Capricorn' and Sankranti means 'transition'. The astrological configuration on Makar Sankranti is called 'Maha-snana-yoga.' Some observers celebrate by bathing in rivers and lakes, especially at the confluence of holy rivers. Makar Sankranti is also a harvest festival. It is a time of celebration and expressing thanks to Mother Earth or nature when winter starts to recede. People give each other presents, especially til, the traditional sweets made with sesame. It is also celebrated with a feast that includes a dish made of green gram, rice and jaggery.



Jan 22nd - Competition

Gr 1 & 2 Lit club - Lang 2- Nanhe kavi

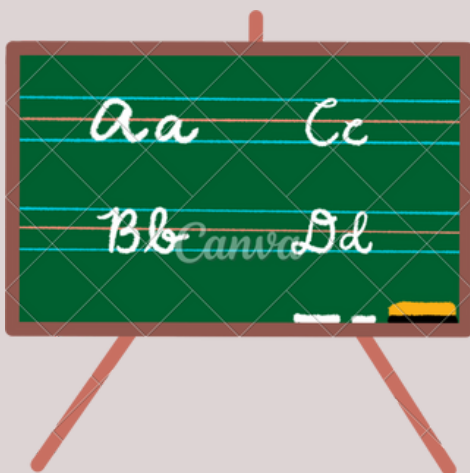
Gr 1 poets recited poems on theme festival and Gr 2 gracefully recited about pollution. Definitely a task for parents to teach the child but in fact they are being made to learn the speaking skills and also remembering lines. Also, students are introduced to important features and distinctive problems about our country.



Gr 3 & 4 A/C club-Cursive writing

Gr 3 students were asked to write about my family which makes them to think about parents, grand parents and the hardships parents are facing to take care of them along with the intention of making them write neatly.

Gr 4 students wrote on Vanmahotsav depicting the importance of growing plants and the benefits of keeping our surroundings green and clean.



Wonderful
Beautiful
Amazing

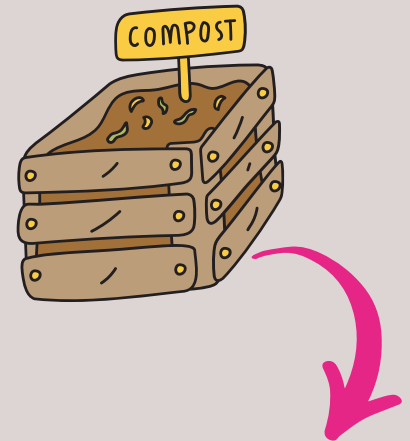


Gr 5 & 6 -Lit club- Spell gram

Students of Gr 5 & 6 were tested on account of their memory skills i.e. the spellings of words from lessons 1 to 8 were given as dictation and the one who writes all correct wins the medal.

Retest was conducted as many came first with same score and the second round was tougher to get the best result.

Tough words toughened the brains of the toughest students.



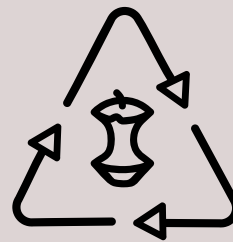
Gr 7 & 8-Soc & Env club- Earth warriors.

Students of Gr 7 were asked to show the composting methods and techniques as we are insisting them to practice 'go green' by planting saplings, to take care and nourish them.

Indeed, they need to know how to compost soil to take care of the sapling too.

Gr 8 showcased their skills on how to reduce, reuse and recycle items that are no longer needed. Best out of waste material was used to make a new toy, new decorative item, etc.

Kudos to the students for their innovative ideas and efforts put forward.



Jan 26th - Republic Day celebrations

जय हिंद

Significance of Republic Day

After gaining independence from the British rule, the new constitution was drafted by the drafting committee helmed by Dr.BR Ambedkar. The Indian Constitution came into effect on 26 January 1950, which affirmed India's existence as an independent republic.

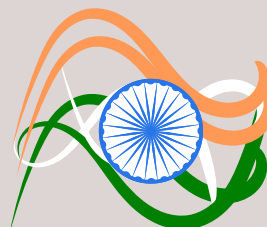
January 26th was chosen as the date because on this day in 1930, the Indian National Congress proclaimed Purna Swaraj, the declaration of India's independence from the colonial rule.



Students showed patriotism towards their nation by participating in the flag hoisting ceremony at school.



Various cultural programs and inciting messages and important points about republic day were shared on this occasion.



Jan 27th - Prize distribution ceremony

Medals for various competitions held between August and January have been awarded to the deserving students of Gr 1 to 10. Teachers from the administration dept have awarded the winners.

Individual and group competition winners were declared and honored with medals and certificates.



Jan 27th- स्वच्छता पखवाड़ा सप्ताह

स्वच्छ भारत ,स्वस्थ भारत,संपन्न भारत



Program has been initiated by Mr N Raja Kumar (ADDITIONAL COMMISSIONER OF INCOME TAX (IRS) office of Range-2, Hyderabad) and conducted at Genesis ,Polaris.

Mr Jayapal Reddy Sir has graced the occasion along with our members of management.



Also, Mr R.M Mujumdar (ADDITIONAL COMMISSIONER OF INCOME TAX (IRS) office of Range-8, Hyderabad) has attended the program.

Mr Raja Kumar briefed the students on how to be healthy by exercising regularly, to make some good postures of sitting and standing a habit and to eat healthy food.



Mr Mujumdar has explained about child safety and hygiene.

Mr Pratyush briefed about taking care of our environment and to keep our surroundings clean and green.

Swacchta abhiyan ,a pledge was taken by all and the school arena was cleaned by students and guests.



Progressive practices



Congratulations to Manasvi of grade 8th C for securing bronze medal in 24th Sqay National level championship conducted at Gyan Vihar University Jaipur, Rajasthan for individual KATA under 18 category.

NCC camp

25 girl cadets attended a 10 day camp of National Cadet Corps 7(T)GIRLS, ARTY BTY @ Secunderabad Bison ground. Also, a test has been conducted to check their knowledge and capabilities.

Congratulations

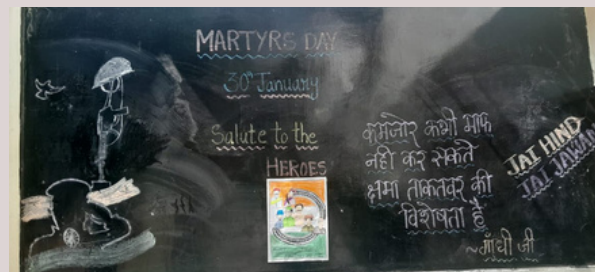


Best of Luck



Jan 30th - Martyr's day

Students observed silence for 2 minutes to honour the sacrifices made by our valiant soldiers who laid their lives for our freedom.



Gr 10-Golden guidelines

"HOJJAYEGA" MINDSET

A strong unwavering belief that you can get things done such that even during dire times, you will be able to perform. Such a belief helps you anytime and anywhere in life.

RATIONAL THINKING

Thinking rationally so that you can achieve goals even during stressful times or even when you make mistakes such a clear mindset always helps to make good decisions. Thinking rationally means thinking about the current situation, rather than feeling regret or shame for all the mistakes you made.

POWER OF RESPONSIBILITIES

A strong sense of gratitude to the people who brought you to such a fortunate position makes you feel responsible to achieve your potential to repay them. This type always helps you.

PLANNING

The first step of any good plan is to know what we need to know. After that you map out what you know

And what you don't know. the final step is to find out how you can get there.

Most plans often fail because they are not flexible enough, so always remember to make sure that your plans are flexible. there is a lot of resources to make good plans, when you try to find them.

The term stress is used widely by different people and has different meanings but for all intent and purposes regarding student's stress is an indicator for the personal fears sense of being unsure or incase of your plan dint work out.

How did I overcome stress? to be frank over coming stress has never been won of my strong suits. even now, it's a maze that I feel that I can't figure out. But this time it is different. I overcame stress by knowing why I am in stress for the first reason. Finding the root cause, eliminating it logically all these but how? Discuss with your parents. Talk with good friends. Converse with teachers map out what you are right now, what you envision yourself to be, bridge the gap between the current 'YOU' and the perfect 'YOU'. That is how I will overcome stress.

Sisir & group

CLASS 10

SECTION A

Good luck

THANKFUL AND BLESSED



Key to be Focused

To study productively, first we need to find an appropriate study environment. Identify the best time when you can focus the most. For board exams, it is best to focus on NCERT. Make a proper study schedule with frequent breaks. Staying hydrated will help you concentrate better. Choose quality of studying over quantity. Do multiple and practice Yoga. Limit your screen time. Follow a healthy diet and have adequate sleep. And lastly, do not listen to upbeat music before an exam.

X-C



WISH YOU ALL THE BEST



GRADE 10D OVERCOMING FEAR OF EXAMS!

Exams are at neck and it's normal for students to have the fear of exams. More than fearing the exams everyone fears the result. But with proper planning and preparation one can overcome the fear. One must be confident in abilities and strong in the concepts so taught. We must see exams as a step of improving ourselves rather than the deciding factor of pass / fail. If we do a proper planning by setting up daily goals for accomplishment, then the confidence gets developed within us and fear gets out of our mind. One must not compare with other students as everyone has a unique style of studying. Fear of exam is a temporary thing which can be overcome with time. Discipline and consistency converts us from a fearful person to a bold one. Hence, by following these tips, one can overcome the fear of "EXAMS".

Stress has a huge impact on your health. Stressing over exams is quite common.

Here are some advices to overcome stress:

- Sleeping properly.
- Getting fresh air.
- Spending time with parents, friends and family.
- Listening to relaxing music.
- Meditation.
- Cooking.
- Stretching.

Hope this advices help you overcome stress and fear of exams.

Gr 10 B

THANK YOU



GRADE 10D TIPS FOR PREPARATION

We all know that boards are approaching and the students are extremely tensed about the exams. To remove this fear among students, here are few tips which would help the students:

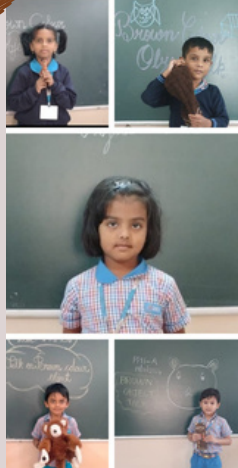
- Revising the topics taught in class regularly might help few students as most of them grasp things easily.
- Solving sample papers can be useful as the students get to know the model of questions and also gain time management skills.
- For a quick summary of the topic, there are many good youtube channels you can visit. This will help in easy and quick understanding of the books before you attempt a sample paper.
- Preparing mind maps is the best way to get interest. One can indulge himself in preparing notes which helps him/her revise the topics well.
- Despite of all these, having adequate sleep, proper diet and doing yoga / exercise might help relieve stress.

January - Brown babu and browny baby



Assembly by the tiny tots on the theme "Every thing is hard before it is easy" captivated the audience of other grades and teachers.

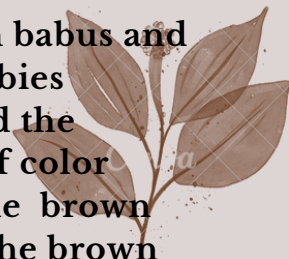
Look, how confident and prepared they are in delivering their learnt dialogues and aren't they so cute.



The color Brown represents steadfastness, simplicity and dependability. Brown also interestingly stimulates appetite. Brown, when used in combination with green, conveys a natural tone.



Our brown babus and browny babies understood the concepts of color brown. The brown dress day, the brown colored food they ate and the brown object they described this month was all about learning in detail about a color and its significance.





Children could witness సంక్రాంతి సంబరాలు-a spirit of festivity before going for Sankranti vacation. They enjoyed the decoration and display of our traditions.



Dance Competition for Pre Primary



Our cutie pies all decked and dressed up to showcase their talent. Swinging and grooving to the tunes of their favourite songs.



Assemblies and Activities



Monthly assemblies play a major role in impacting the thoughts and beliefs of young minds.

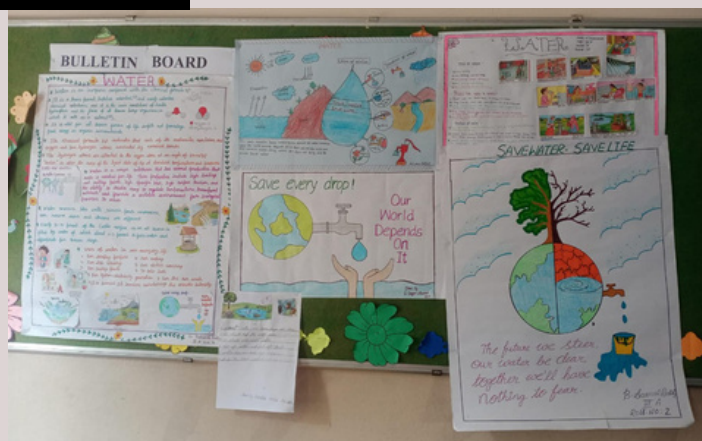
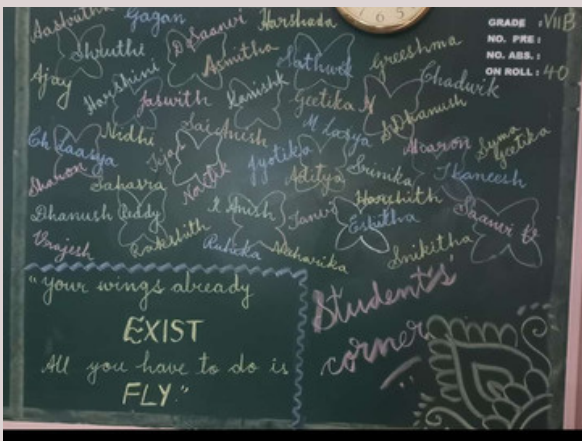
The thought provoking skits and messages influence the students to think positively about values, discipline, heritage and culture . Invariably, Genesis quests for academic excellence with progressive and personal growth in a positive environment for every student.

Sports and Games

Junior boys completed their volley ball matches which went pending due to rains and other activities. Students were very happy to get selected and play the matches. The best group won and the others gained experience.



General pictures



Peaceful plant- నేల వేము

Nilavembu famed as the 'king of bitters' has innumerable immune enhancing properties like antipyretic, digestive, hepatoprotective and anti inflammatory properties.

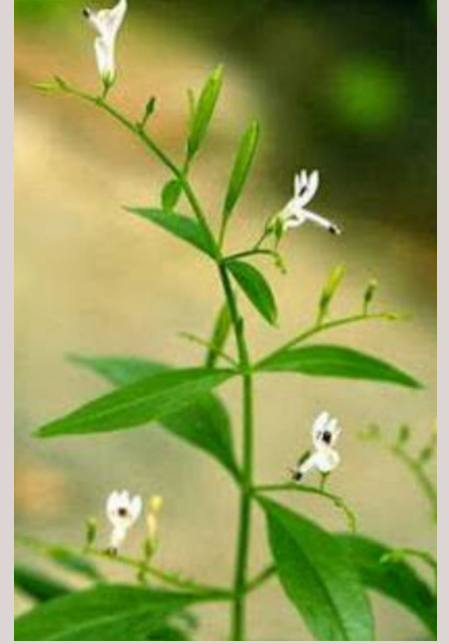
It is commonly known as kalmegh in Hindi. It is the ultimate remedy for the treatment of different types of intermittent fever which mostly occurs in elements like malaria, dengue, chronic fever and chikungunya.

It also helps in providing relief from headache, muscle pains, loss of energy, fatigue, weakness.

It is extremely beneficial for reducing joint pain, rashes, joint swelling etc.



As promised we are sharing the details of another plant నేల వేము, its uses and importance.



Directions To Prepare Nilavembu Kashayam From The Churnam

Boil approximately 2-3 tbsp i.e. 10 gms of the herbal powder in 240 ml of water until the decoction reduces to $\frac{1}{4}$ of its original quantity. Strain the concoction and keep it for future use. Consume 30 to 60 ml of this warm decoction twice a day on an empty stomach. One can add palm jaggery, [mishri](#) or honey to the aqueous decoction to enhance the taste.



Liver Disorders:

Take 1gm of Nilavembu leaf churna, 1-2 gms of Bhumi amla powder and 2gms of mulethi powder. Boil the powdered mixture in about 200 ml of water till it reduces to $\frac{1}{4}$ of the quantity. Strain the mixture and drink up the solution raw or add a teaspoon of honey to it.

Digestive Disorders:

Make a mixture of 2gms of each nilavembu churna, amla powder, and [Mulethi powder](#) and boil the mixture in 400 ml water. Continue boiling the mixture until the water quantity reduces to $\frac{1}{4}$. Strain and drink the concoction.

Tranquil Task

Dear Student

Set Clear Goals.
Create a Structured Routine.
Prioritize Tasks.
Practice Self-Control.
Stay Committed and Persistent.

By adhering to these principles of discipline, you can enhance your academic performance, achieve your goals, and cultivate valuable life skills that contribute to your long-term success.

Just a Joke

5 ants rented an apartment with another 5 ants.

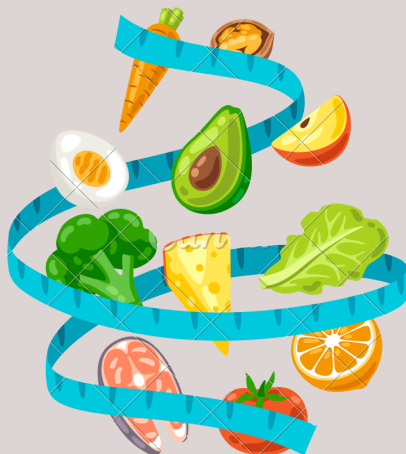
Now they're tenants.



Health tips

| Healthy Millets of India | | |
|--------------------------|---|---------|
| Foxtail Millet |  | कांगनी |
| Barnyard |  | सनवा |
| Pearl Millet |  | बाजरा |
| Amaranth |  | राजगीरा |
| Finger Millet |  | रागी |
| Buckwheat |  | कुहू |
| Little Millet |  | सामा |
| Sorghum |  | जवार |

Eat healthy



Dear Parent

Some tips for you to support your children during exam period-

1. Maintain a Calm Atmosphere.
2. Encourage Healthy Habits.
3. Provide Adequate Resources.
4. Avoid Overemphasis on Grades.
5. Be Supportive and Encouraging.
6. Teach Stress Management Techniques
7. Stay Involved but Respect Boundaries.
8. Be Patient and Understanding.
9. Encourage Breaks and Relaxation.
10. Celebrate Efforts, Not Just Results.

By implementing these tips, parents can play a crucial role in supporting their children through the challenges of exam periods while nurturing their overall well-being and academic success.

**STAY
OPTIMISTIC!**

February focus

**STAY
CURIOUS!**

Feb 3rd - Graduation day (PP)

Feb 9th - Annual awards day

Portion completion

STAY

Revision schedule

STAY

MOTIVATED!

COMMITTED!

Feb 15th - CBSE Gr 10 Examinations



**STAY
POSITIVE**
February



**STAY
STRONG &
POWER ON**

