



SAINIK SCHOOL GHORAKHAL

GLIMPSES - FEBRUARY

“BUDDHIRYASYA BALANTASYA “

‘ ONE WHO HAS INTELLIGENCE HAS TRUE POWER ’

Our School Motto



Patron : Gp Capt VS Dangwal

Adm Support : Lt Col Prashant Yadav

Editor-in-Chief : Cdr S Nagarajan

Editor: Dr Ratna J Nelson

Cadet Assistance :

Cdt Aman Joshi

Cdt Shresth Negi



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Presentation on Stress Management

A session on Stress Management was conducted on 5th February 2025 for students from class 6th to 12th by the school counsellor. The session focused on the causes of stress and its impact on students' mental and physical well-being. The counsellor discussed various strategies to manage stress, with a particular focus on dealing with exam stress. The presentation also emphasized the do's and don'ts for students to handle stress effectively.



POCSO Awareness Session

On 8th February, the school organized an awareness session on the Protection of Children from Sexual Offences (POCSO) Act, 2012. The session aimed to sensitize all school employees about the importance of child safety, their rights, and how to prevent sexual abuse. The presentation covered crucial topics, including children's rights, various forms of abuse, legal provisions, and workplace safety guidelines, ensuring that all staff are equipped with the knowledge to protect children.



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Mr GP Upadhyay, IAS (Retd) Visits to Sainik School Ghorakhal

We had the honour of hosting IAS (Retd) Mr. GP Upadhyay at our school on 6th February 2025. Mr. Upadhyay delivered a highly engaging motivational lecture on leadership skills, government policies, and potential career options. The session was interactive, with cadets asking questions and discussing various career paths. The event concluded with the Principal, Gp Capt V S Dangwal, presenting a memento to the chief guest as a token of appreciation.



Pooja and Bhandara for Class X and XII Board Examinations

A special Pooja and Bhandara were organized on 10th February 2025 for cadets of classes X and XII, who were about to begin their Board Examinations. The Pooja was conducted to seek blessings for the students' success and well-being during their exams, followed by a bhandara for all attendees.





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Closing Ceremony of the 38th National Games

On 14th February, 35 cadets from class IX, along with 6 staff members, were sent to Haldwani to witness the closing ceremony of the 38th National Games. This event offered our cadets a chance to experience the grandeur and excitement of a national sporting event, fostering a sense of national pride and sportsmanship.



Pariksha Pe Charcha (Online)

On 10th February 2025, cadets and staff had the privilege of attending Pariksha Pe Charcha, an online session hosted by Hon'ble Prime Minister Shri Narendra Modi. During this session, the Prime Minister shared valuable tips and techniques for managing exam stress and preparing effectively for exams. This motivational session was greatly appreciated by both students and staff.

Pariksha Pe Charcha (Second Edition) continued from 13th to 15th February, with both cadets and teachers participating. The second edition of the event provided additional insights into managing academic pressure, making it an invaluable experience for everyone involved.



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Online NASO Level-II Examination

The Online NASO Level-II Examination was conducted on 13th February 2025 for 18 gold medallist cadets. The exam took place from 1:00 PM to 2:00 PM in the computer lab, where the cadets showcased their academic proficiency.



AISSE and AISSCE Board Examinations

The Board Examinations for class X (AISSE) commenced on 15th February, and class XII (AISSCE) exams began on 21st February. Additionally, our school serves as an examination center for CBSE, with 110 students from Lakes International School Bhimtal and 107 students from Devotto School Bhowali appearing for their exams. Examinations for classes IX and XI began on 24th February, marking an important academic milestone for the students.

Powerpoint Presentations on Capacity Building Programmes by Teachers

As part of our continuous professional development, eight teachers participated in Capacity Building Programmes covering various relevant topics of Pedagogy. On 21st February, the following teachers gave powerpoint presentations sharing their topics at the Capacity Building Programme-

- Mr RK Sharma
- Ms Deepa Pant
- Mr Rakesh Dhakar
- Mr Arvind Kathait

Additionally on 28th February another set of the following four teachers who gave powerpoint presentations sharing their topics at the Capacity Building Programme-

- Mr Vivek Pathak
- Dr (Ms) Shalini Misra
- Mr Alok Sharma
- Mr Rahul Shukla

These programmes were designed to enhance teaching techniques and foster a more positive and dynamic learning environment



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Painting Competition on World Wildlife Day

A painting competition was organized by the G B Pant High Altitude Zoo, Nainital on 3rd March 2025, to celebrate World Wildlife Day. A total of 37 cadets from Sainik School Ghorakhal participated in the event, with 21 boys and 16 girls from class VI to X competing in different categories. The competition was an excellent opportunity for the cadets to express their creativity while raising awareness about wildlife conservation.



Conclusion

February 2025 has been an eventful and enriching month for all members of the Sainik School Ghorakhal community. From impactful sessions on stress management and child protection to motivational talks by esteemed guests and the commencement of board examinations, this month has seen a variety of enriching experiences. We look forward to continuing this momentum in the months ahead, as we strive to provide a balanced and holistic education for all our cadets.