

EDITION : 8
DECEMBER 2024



Aff No:1130743



Sky is the limit...!



Jindal Vidya Mandir
Kalmeshwar



Certified By EOMS ISO 21001:2018

Recipient of "International Dimension in Schools" by British Council.



**JINDAL VIDYA MANDIR,
Kalmeshwar**

Monthly Newsletter

December 2024

From Principal's Desk:

Dear All,
Namaskar and festival greetings to all...!



The month of December 2024 marked the closing of the year calendar compelling us to count the blessings of the year passed by. One tend to extend gratitude towards the near and dear ones for the lessons learnt inclusive of successes and failures. This is also the time to look forward and plan for yet another successful year by settings tangible goals. The enthusiastic learners of JVM offered their parents and well-wishers, the gift of "Suhana Safar" a joyful musical journey in the annual day celebration and mesmerized the gathering with their toe tapping performances. We are grateful to the children for giving us a chance to revisit and re-live the old golden days of music. The student's participation in conducting the campaign of Winter Kit donation at an old age home was also commendable for it yielded a memorable time and experience for the elderly inmates adding to their well-being. The joy of festivities and sense of pride created ripples through carols and tableau, inter house competitions and activities to commemorate important occasions like National Mathematics Day, Energy Conservation Week and Christmas celebrations. Every experience added to the learning and made the year 2024 a grand success. I am grateful to our esteemed Mentors, Promoters and supporters for encouraging us to do well and excel in all endeavors of JVM as an institution. Looking forward for yet another exciting and productive year ahead!

Warm wishes!

Ms. Pallavi Chakkilala
Principal



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WELL DONE!

Ms. Akshara Game, Mast. Shahid Madare, Mast. Labhanshu Karmarkar & Mast. Pushpak Thakare represented the school at Taluka Level Science Exhibition 2024 - 25

Art Feast

Exemplars of
Social Science
– Subject
enrichment
activity Grade
X to promote
Indian Culture
and Heritage



Art Feast

4 QUALITY
EDUCATION





**JINDAL VIDYA MANDIR,
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My School in Action

Career Guidance Session by Cambridge



Resource Person : Ms.
Madhu Sharma

Agenda: Unconventional
Career Options

Community Outreach Activity



Student Council conducted Winter kit donation Campaign at
“Matoshree” an Old Age Home Kalmeshwar

11 SUSTAINABLE CITIES
AND COMMUNITIES





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National Energy Conservation Week in collaboration with JSWSCPL



Winners of Inter-house Poster Making, Slogan Writing and Extempore Competition

Human Rights Day Celebration



Badge Making Activity held in Primary Section

4 QUALITY EDUCATION





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National Mathematics Day Celebration



Gallery Walk – Math’s in real life Inter-house Math’s Relay competition

Christmas Celebration



Special Assembly was presented with Tableau & Carols by ECCE Wing



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Annual Day Celebration 2024 “Suhana Safar”



Lightening of the lamp



**Chief Guest with School Head boy &
Head Girl**



Tiny Tots is in Rhythm



Achievers of JVM



Chief Guest Address



Parents Partnership in action



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**Professional Development Subject based workshop on
Science, Social Science, Hindi, Marathi attended by
Teachers**



**Marathi Department: Ms. Jyotsna
Randhir**



**Hindi Department: Ms. Prity
Bais**



**Science Department: Ms. Ashwini
Ghodmare & Mr. Pawan Dadhe**



**SST Department: Ms. Saroj Patil &
Mr. Parag Buradkar**



**JINDAL VIDYA MANDIR,
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Staff Section

How Depression Manifests in Everyday Life: A Closer Look

Depression is often portrayed in extreme terms someone unable to get out of bed, visibly crying, or entirely withdrawn from the world. While these depictions are valid, depression frequently exists in subtler, less visible forms that blend into the fabric of daily life. For many, depression doesn't announce itself; instead, it lingers in ordinary routines, impacting how individuals work, interact, and perceive themselves. Fatigue is one of the most common signs of depression, though it's often misunderstood as laziness. Depression-related fatigue goes beyond being tired after a long day. Tasks that once seemed simple like doing laundry or responding to a text can feel overwhelming. To outsiders, this may appear as procrastination, but for the person struggling, it's an uphill battle against a lack of energy and motivation. Despite this, many people with depression still meet their basic responsibilities, often through sheer willpower. Depression doesn't just affect the mind; it impacts the body as well. Chronic aches, headaches, and stomach issues are common physical manifestations, often with no identifiable physical cause. A person might neglect self-care routines, such as skipping meals, eating poorly, or forgetting to exercise. These behaviours might not be drastic enough to attract attention but can signal an internal struggle. While some people with depression may isolate themselves, others stay socially active but feel emotionally distant. They may smile, laugh, and participate in conversations, yet feel detached or numb inside. This emotional flatness can lead to feelings of guilt and inadequacy, as they fear they're failing their loved ones by not fully engaging. Close friends or family may notice subtle changes less enthusiasm, reduced interest in activities, or shorter conversations but often chalk it up to stress or temporary mood shifts. Work and productivity can also be impacted in ways that may not be immediately obvious. A person with depression might appear to function well but struggle to focus, complete tasks, or meet deadlines. Their performance may fluctuate without a clear reason, leading to frustration and self-doubt. Despite accomplishing goals, they may feel no sense of pride or fulfilment, which can perpetuate feelings of worthlessness. Negative self-perception often accompanies depression, manifesting as persistent self-criticism or feelings of inadequacy. Even when others offer reassurance, a person with depression may struggle to believe it, as their internal dialogue is often dominated by doubt and negativity. Depression can affect sleep patterns in various ways, from insomnia to oversleeping. These disruptions often lead to a vicious cycle poor sleep exacerbates depressive symptoms, which in turn makes it even harder to rest. Despite all these challenges, many people with depression become adept at masking their struggles. They wear a metaphorical mask of normalcy, making it difficult for others to notice their pain. This is why it's essential to approach others with compassion and understanding, as their inner battles may not always be visible. Understanding how depression looks in everyday life helps reduce stigma and promotes empathy. By recognizing the nuanced ways it can manifest, we can create environments where people feel safe to seek support and prioritize their mental health.

**Ms. Deepa Nigam
Special Educator**





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Editorial Team



Ms. Pallavi Chhabhela
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Ms. Nilima Singh
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Ms. Anantana Mishra



Ms. Yukta Chairat

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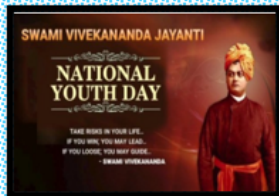


Ms. Priya Agarkar
IT Department



Ms. Priyanka Wasnik
Librarian

Next Month Jubilation





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THANK YOU

