

# THE TIMPANY

## Magazine

October

2024

*Feel*



**International Trip**  
7 day trip to the vibrant cities of Singapore and Malaysia.

**SPORTS DAY**  
**MENTAL HEALTH WORKSHOP**  
**VEER GATHA PROJECT 4.0**

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# INTERNATIONAL TRIP





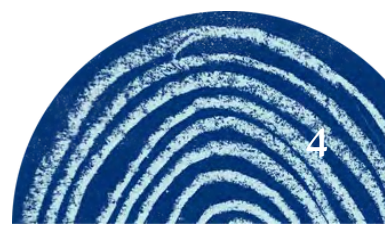
For this year's international trip, Timpany School embarked on a 7-day trip to the vibrant cities of Singapore and Malaysia. The well-balanced itinerary allowed students to explore world-famous tourist places, visit major amusement parks, including Universal Studios and attend a university program to get an idea of the international curriculum. The trip began with a quick photo session at the Singapore Changi Airport, capturing its beautiful infrastructure.

After breakfast, the entire group was taken on a quick city tour through Chinatown, where we learned about its heritage and importance to Singaporean culture. The team was taken to the famous Marina Bay, home to the extraordinary Merlion statue. Jurong Bird Park was the day's highlight with its serene bird-watching moments. Students got to witness birds on the verge of extinction and learn about the varieties of birds, migration patterns and much more. Following the bird expedition, nature was shown at its best at the renowned Gardens by the Bay. Low temperatures, beautiful displays of rare specialities of flowers and the intertwining of lights with flowers were a few of the place's main attractions.

The Light Show was the last destination for the day, where music joined hands with technology, bringing emotions buried deep in our hearts to life. Every musical note vibrated through our veins, and the lights added to the fever. The team was taken to the lively Sentosa Island on the second day. The Sea Aquarium was the first stop for the day, providing an educational tour for all the students. From rare species to deep water aquatic life, the sea aquarium was a vast pit of knowledge where students were left fascinated with the extraordinary aquatic beings and their qualities.



After taking in the view of the aquatic life, the students were finally taken to the most awaited part of the trip, Universal Studios. After a fun-filled day at Universal Studios, the group was taken to the Wings of Time Show to witness the surreal spectacle that is highly praised by tourists. This was followed by dinner and a shopping spree at the well known Mustafa Shopping Center. The third day, the group started its journey to Kuala Lumpur, Malaysia with a three hour stop at Malacca.





In Malacca, one of Malaysia's heritage centres, students were taken to old broken-down church ruins where they learnt about the effects of the wars on Malaysian properties and its people. Old gates, artefacts, and models of war equipment were among the few items the students got to watch. This was followed by lunch at a restaurant in Malacca and a shopping stop at a local factory outlet.

On reaching Kuala Lumpur, a quick city night tour was done around the city, including the Malaysian Tower, the Petronas Twin Towers, the local markets and other centres, before we packed in for the day.

On day 5, the team began their journey with a visit to the iconic Batu Caves, where they explored the stunning limestone formations and vibrant temple complexes. Next, they embarked on an exhilarating cable car ride to Genting Highlands, immersing themselves in the breathtaking beauty of the lush mountains. After a scenic lunch, the day concluded with an evening of excitement and entertainment at the lively Skytropolis Indoor Theme Park.

Day 6 kicked off with a Kuala Lumpur city tour, where the team visited notable landmarks, including historical monuments, the King's Palace, and other renowned tourist attractions. Their next stop was the thrilling Sunway Lagoon Water Park and Amusement Park, where students enjoyed exhilarating rides and water adventures. As the sun set, the group capped off the day with a visit to the iconic Petronas Twin Towers, taking in the awe-inspiring views of the cityscape.

On the final day of the trip, the students embarked on an educational visit to INTI University. Here, they learned about diverse career paths, international study opportunities, and participated in engaging activities and games. The day's last stop was the delightful Chocolate Factory, where students observed the intricate process of chocolate-making and savored unique, artisanal chocolates—an unforgettable treat to end an enriching journey. Before heading to the airport, the group enjoyed a last-minute shopping spree at Mitsui Outlet Park, picking up souvenirs and gifts. Finally, they made their way to the airport, filled with unforgettable memories as they prepared for the journey back home.



# DOMESTIC TRIP

Mumbai, the bustling financial capital of India, is a vibrant city known for its rich history, diverse culture, and iconic landmarks. From the Gateway of India to the serene Marine Drive, Mumbai offers a unique blend of tradition and modernity.

## Day 1

The thrill of exploration and the joy of learning came alive as students and teachers set off on a remarkable journey to Mumbai. Excitedly, the group boarded their flight, eager to embrace the adventures that awaited everyone.

## Day 2

The students had an enjoyable stay at Novotel Imagicaa and spent the day exploring the thrilling rides at Imagicaa Theme Park. From exciting roller coasters to interactive attractions, the day was filled with fun and adventure, making it a memorable part of their trip.

## Day 3

The next day, the group enjoyed visiting some of Mumbai's famous landmarks. The tour began at the Gateway of India, where they admired its grand architecture and historical significance. Photos were taken at the iconic Taj Hotel, followed by a scenic drive along Marine Drive, with stunning coastal views. The trip ended with a peaceful stroll through the Hanging Gardens, offering a relaxing and enriching experience of Mumbai's beauty and culture.

## Day 4

The following day brought an exciting and educational visit to Bollywood Film City and the Bollywood Theme Park. The group had a unique opportunity to explore the behind-the-scenes magic of the Indian film industry, learn about the art of filmmaking, and immerse themselves in the vibrant world of Bollywood.

## Day 5

On the final day of the trip, with bags full of souvenirs and excitement still in the air, the group headed to the airport, marking the thrilling end of an unforgettable adventure. The energy from the day's shopping at Mall Indigo and lunch at McDonald's carried through as they reflected on the fun-filled, action-packed journey.







# A VISIT TO NAVAL SHIPS

On the 18th of October, 2024, the students of class 12 were taken on an educational trip to the naval dockyard at Visakhapatnam to visit the Naval Ships Programme held by the Indian Navy. Students witnessed the intricate details and designs of the naval ships INS SHIVALIK and INS MUMBAI.

The Timpany team got first-hand experience of the deck and the hangar and a detailed explanation of the onboard operations. Students were taken around the deck and into the hangar, where a gear display was set up. The display included oxygen masks, the gear used during emergencies, hand safety flares, and other sea safety equipment. In addition to that, a collection of guns was shown.

The trip ended with a Career Counselling Session where students were encouraged to join the Indian Defence Force. Students were given directions on how to join the Indian Defence and queries were answered. Overall, it was an inspirational trip, making students ambitious, lighting up a burning flame for success, and leaving everyone in awe of the defence force.



## HEALTH CHECKUP AT TIMPANY SCHOOL

On 21st October 2024, Timpany School organised a comprehensive health checkup for the teachers. The examination included several important tests, such as eye screening, blood sugar, blood pressure (BP) monitoring, an electrocardiogram (ECG), and a dental checkup. These assessments were conducted to ensure the teachers' overall well-being and early detection of any health concerns. We sincerely thank the school management for taking this thoughtful initiative for the benefit of the teachers'.



## HEALTH CHECK UP AT TIMPANY STEEL CITY SCHOOL

Timpany Steel City School organised a comprehensive health check-up camp for its teachers on October 22nd, highlighting its commitment to staff well-being. The initiative featured a thorough range of health assessments provided by Care Hospital, including screenings for blood pressure, diabetes, and ECGs. MaxiVision Super Speciality Eye Hospital conducted detailed eye examinations, while Clove Dental facilitated dental check-ups, ensuring that teachers evaluated their health holistically.

This proactive approach promotes a culture of wellness within the educational environment. It emphasises the importance of regular health evaluations, empowering staff to maintain optimal health and performance in their essential roles as educators. The school management's thoughtful organization of this event was met with gratitude from the teachers, reflecting a shared commitment to fostering a healthy and supportive workplace.



# PRAYER SERVICE

*"For we are God's masterpiece. He has created us anew in Christ Jesus, so that we can do the good things he has planned for us long ago".*

*Ephesians 2:10*



The prayer service for this month was conducted at Timpany School on 22nd November 2024 in the Timpany School Chapel at 2 pm.

The service began with an opening prayer by Pastor Emmanuel. Mrs. Satyapriya led responsive reading from Psalm 23. The choir led the congregation in a spirit-filled time of Praise and worship for His sovereignty. The scripture reading was read by Mrs Rebecca Victor from Numbers 11:16-23.

The speaker for the day was Pastor Sanjay Joshua. He began his message with a promise from Jeremiah 1:19 that says no one can overcome us when God is with us. He spoke on the topic 'Just Watch' from the life of Israelites who enjoyed God's Providence in the wilderness, saying:

1) God is not limited and constantly amazes us with great things. We need to obey and trust Him at all times.

2) Do not allow disbelief, doubt or fear to settle in your life.

He concluded his message by saying we are more than conquerors in Christ Jesus. The meeting ended with holy communion, offertory, closing prayer, and Rev Pastor Sanjay Joshua's benediction.

The dignitaries who attended the meeting were Mr Sunil Macwana, Secretary, ETASI; Mrs Vandana Abraham, Academic Director cum Principal of Timpany School and Principal of Timpany Senior Secondary School; Mrs Christobel Stevenson, Principal, Timpany Steel City School; Mrs Georgina Veronica, Vice Principal, Timpany School, Mrs Maryann Abraham, Vice Principal, Timpany Senior Secondary School, Pastor Emanuel and staff of all three schools.



# SPORTS DAY AT TIMPANY SCHOOL

*Champions rise; together, we thrive!*

On October 24th, 2024, Timpany School celebrated the electrified Annual Inter-House Sports Day. It was a day filled with excitement, hope, and determination, and the spirit of sportsmanship was shown spectacularly on the field.

Dr Anthony Robert Charles, a renowned paediatrician from Bengaluru, graced us with his presence as the Chief Guest for the day. Mr. Sunil Macwana, Secretary, ETASI, joined as the Guest of Honour. The dignitaries who attended the Sports Day were Mrs Vandana Abraham, Academic Director cum Principal of Timpany School and Principal of Timpany Senior Secondary School; Mrs Christobel Stevenson, Principal of Timpany Steel City School; Mrs Georgina Veronica, Vice Principal of Timpany School; Mrs Maryann Abraham, Vice Principal, Timpany Senior Secondary School, and the dedicated staff of Timpany.



The programme began with the traditional Scripture reading and the prayer song "Arise" elevating spirits. The Sports Captains, Akshaya Maraju (Girls) and Sri Surya Pusapati (Boys) opened the meet with the official torch-bearing ceremony. The Marching contingents, led by the School Captain, Elina Claire Fernandez, marched into the arena with tenacity and resolution. The Four Houses are as follows: Jupiter house, captained by Disha Rathi and vice-captain Rehan Ali Khan; Mercury house, captained by Hitasree Maddukkuri and vice-captain Rakshith Pentapati; Neptune house, captained by Prakriti Maheshwari and vice-captain Aashritha Pusapati; Venus house captained by Yashika Sanghi and vice-captain Abdul Khwaja Moinnudin.



The Timpany Twinklers, students of nursery, following their seniors, marched forward dressed up as great sports legends while the Mass PT display continued with dumbbells as props, showcasing how exercise can be a fun activity. The racers of class 6-12 geared up for their respective races including the 100m, 200m and 4 X 100m race. The racers of classes 1 to 5 ran with immense energy in the 80m race and the novelty race with a special theme and message dedicated to each run.

The Timpany Twinklers, students of classes 1-2, classes 3-5 and classes 6-9, wore colourful, vibrant costumes as they danced to the tunes of Cotton Eye Joe, if you believe, stronger, loca loca, the magic in the air and much more lively music. A particular race was conducted for the ex-Timpanians and the ever-supportive parents.

The meet ended with an inspiring message by the Chief Guest focussing on two main points that athletes should impart in their lives: balance and teamwork. Mrs Vandana Abraham, Academic Director cum Principal of Timpany School and Principal of Timpany Senior Secondary School, reiterated the Chief Guest's words of advice - 'Balance & Teamwork' and that participation is essential, as said by our Guest of Honour, Mr Sunil Macwana. She also thanked the whole gathering for their efforts and the hard work put in by all the students, teachers, and everyone who contributed to its success. On this note of gratitude, the Sports Meet 2024 ended with joyful faces, celebration and cheers.



List of Winners is as follows:

**INDIVIDUAL CHAMPIONS**

CLASS	BOYS	GIRLS
1	ADHVIK PAIDI	CHAITRIKA PEETHALA
2	P.A. MOHIT SRI YADAV	K. KEERTHANA SREE
3	THUMMALA AADYANTH	KHIRAANSHI GAUTAM
4	MALLINENI SUJAY	MANIPATRUNI RUTVI
5	M. JAYADEV	GANGULA ANJALI RIYA
6	VARUN KRISHNA	N. SAI PRIYA
7 & 8	JASON SMITH	VANSHIKA SARDA
9 & 10	NELLI SNEHIL ADARSH	G.R.L. HASINI
11 & 12	PREETHAM SEKARMANTRI	ELINA CLAIRE FERNANDEZ



Uma Bala Memorial Rolling Trophy Individual Championship for Super Senior Girls: Elina Claire Fernandez

Rolling Trophy for Individual Championship for Super Senior Boys: Preetham Sekarmantri

Daniel Jayaraj Rao Memorial Rolling Trophy for Overall Championship: Venus House

Mary S.B. Jeyaraja Rao Memorial Rolling Trophy for Best House in P.T: Neptune

Best House in March Past: Jupiter

Best House in Discipline: Venus/Neptune

Best Captain 2024-2025: Disha Rathi

The Most Gracious Losers Cup: Neptune

Best House Pyramids: Jupiter



## PARENTS RACE - MEN'S RACE

I	<b>Mr. Aashif</b>
II	Mr. Harsh Gautam
III	Mr. R.Bhaskar

## WOMEN'S RACE

I	<b>Mrs. Soumya Maraju</b>
II	Mrs. Sheshu Kumari Dabbi
III	Mrs. Christian P Diana

## EX - STUDENTS RACE - BOY'S RACE

I	<b>Unnat Hirawat</b>
II	Jeet Tulsaney
III	Shaurya Nangelia

## GIRL'S RACE

I	<b>Ayushi Gupta</b>
II	Khanak Jain
III	Sonali Panigrahi



# SPORTS DAY AT TIMPANY SENIOR SECONDARY SCHOOL

*Fuel your Passion, Unleash your Power*





Sports Day is an eagerly anticipated event that fosters teamwork, competition, and school spirit among students. This year, the INTER HOUSE ANNUAL SPORTS MEET at Timpany Senior Secondary School was held on 23rd October 2024, with the theme “Fuel your passion, unleash your power, the mascot the leopard, which symbolises strength, agility and uniqueness, was a resounding success, showcasing the athletic talents of our students and spectacular display of hard work intertwined with commitment.

The event was graced by Mr Sunil Macwana, Secretary, ETASI; Mrs Vandana Abraham, Academic Director of Timpany School and Principal of Timpany School and Timpany Senior Secondary School; Mrs. Christobel Stevenson, Principal, Timpany Steel City School; Mrs. Maryann Abraham, Vice Principal, Timpany Senior Secondary School, parents, ex-students and participants.





The programme began with a torch lighting ceremony initiated by Chief Guest Mr Sunil Macwana, Secretary, ETASI, and carried out by Sports Captain Kaushal Gaggar. After the meeting was declared open by the Chief guest, the field reverberated with an opening march past led by the School Captain- Arush Kada, Vice Captain-Nimitha Reddy, and Sports Captains- Kaushal Gaggar and S.D.Tohipka Gangboir followed by the four houses: JUPITER HOUSE with the motto PERSEVERE TO CONQUER, led by Captain –KARTEEKESH KHAITAN and Vice Captain – HESHA GRANDHI MERCURY HOUSE with the motto PROGRESS SOARS TO PERFECTION, led by Captain – SHAURYA NANGELIA and Vice Captain – VYSHALLI NAMBALLA. NEPTUNE HOUSE with the motto EVER THIRSTY FOR WISDOM led by Captain – ANAGH SARDA and Vice Captain – DARSHANA JAIN. VENUS HOUSE with the motto SCALING NEW HEIGHTS UNDAUNTEDLY, led by Captain KHUSHI RATHOD and Vice Captain SURYA PRAKASH.

S.D.Tohipka Gangboir , the Sports Captain, led the marching contingents and participants in oath administration that voiced out that each student would participate with the true spirit of sportsmanship and give their best for the glory of sport and the honour of their school.

The day was filled with a variety of events, like Track and Field Events, Team Sports, drill displays catering to different interests and skill levels. Various dance drills were performed spreading messages to save water, reduce ocean acidification and reduce pollution of all forms by adapting a sustainable lifestyle where students participated with great zeal and enthusiasm. The Chief Guest, Mr. Sunil Macwana, Secretary , ETASI , addressed the gathering to be resilient and participation is more important than winning trophies or medals. Victory and defeat are part and parcel of life. The eventful Sports day concluded with the prize distribution both for individual and team events where students proudly received their medals and trophies. Jupiter house took away the Overall Championship with a surprise turn of scores on the final day.

List of Winners is as follows:

1. STD.1 (GIRLS): YASHVITH RIYA MOLLI	CLASS: 1A	MERCURY HOUSE
2. STD.1 (BOYS): DHARSHAN DASARI	CLASS: 1B	NEPTUNE HOUSE
3. STD.2 (GIRLS): AARADHYA NISSI MADEY	CLASS: 2B	JUPITER HOUSE
4. STD.2 (BOYS): SHREYANSH TIWARI	CLASS: 2E	JUPITER HOUSE
5. STD.3 (GIRLS): YASHITHA DANDOOD	CLASS: 3A	VENUS HOUSE
6. STD.3 (BOYS): ALAVELLI VENKATA SRIHAN	CLASS: 3D	VENUS HOUSE
7. STD.4 (GIRLS): EVELYN	CLASS: 4E	NEPTUNE HOUSE
8. STD.4 (BOYS): SUPREETH VIRAJ ARYA HANSA	CLASS: 4D	VENUS HOUSE
9. STD.5 (GIRLS): G.KEERTTHANA	CLASS: 5E	NEPTUNE HOUSE
10. STD.5 (BOYS): AYUSHMAN	CLASS: 5A	JUPITER HOUSE
11. STD.6 (GIRLS): A.YOSHITHA SRI	CLASS: 6A	VENUS HOUSE
12. STD.6 (BOYS): K.AARUSH	CLASS: 6D	VENUS HOUSE
13. STDS. VII & VIII (GIRLS): M.CHITRAKSHI TANVI	CLASS: 7A	JUPITER HOUSE
14. STDS. VII & VIII (BOYS): SIDDHARTH MAHTO	CLASS: 8E	JUPITER HOUSE
15. STDS. IX & X (GIRLS): MUNISA AARIF	CLASS: 9A	VENUS HOUSE
16. STDS. IX & X (BOYS): P.JATIN SRINIVAS	CLASS: 10E	JUPITER HOUSE
17. STDS. XI & XII (GIRLS): TOHIPKA GANGBOIR	CLASS: 12C	NEPTUNE HOUSE
18. STDS. XI & XII (BOYS): SWASTIK ROY	CLASS: 11B	VENUS HOUSE

19. BEST MASS P.T. LEADER –

M. HIMANI CLASS: 6D HOUSE: NEPTUNE HOUSE

20. BEST HOUSE CAPTAIN:

ANAGH SARDA CLASS: 12A HOUSE: NEPTUNE HOUSE

21. OVERALL CHAMPIONS: JUPITER HOUSE

PARENTS RACE- WOMEN -WINNERS:

1. MRS. LATHA
2. MRS. SWATHI
3. MRS. SUMAN

PARENTS' RACE- MEN -WINNERS:

1. MR.LOVA RAJU
2. MR.MURALI
3. MR. S.K.VALI



Mrs Vandana Abraham, Academic Director of Timpany School cum Principal of Timpany School and Timpany Senior Secondary School, voiced her appreciation, congratulating one and all for their hard work and the excellent show that was put up, enthralling all who attended.



lee







# SPORTS DAY AT TIMPANY STEEL CITY SCHOOL

*Pride Fuels the Soul, but  
Victory strengthens the Spirit*



The much-awaited Annual Sports Day was excitedly held on October 25, 2024, with the theme “Roar to Victory, Triumph with Pride”. The mascots were the tiger and the peacock, resembling strength, courage, resilience, pride, beauty, and grace. The program was graced by distinguished guests, including the Chief Guest, Mr Sunil Macwana, Secretary of ETASI, along with Mrs Vandana Abraham, Mrs. Vandana Abraham, Academic Director cum Principal of Timpany School and Principal of Timpany Senior Secondary School; Mrs Georgina Veronica, Vice Principal of Timpany School; and Mrs Mary Ann Abraham, Vice Principal of Timpany Senior Secondary School and our host, Mrs Christobel Stevenson, Principal of Timpany Steel City School, Academic Coordinator, teachers, parents, students and ex-students.

The students of Timpany Steel City School paraded with pride, fostering a sense of camaraderie. The track and field events were a sight to behold, with athletes sprinting and throwing their way to glory. It was a display of determination, teamwork, confidence and spirit of sportsmanship that left the spectators in awe. Students participated in various events like drills, relay races, novelty races, pyramids, Tug-of-War, ex-students races, and Parent races, which added vibrancy and enthralled the audience. The unique attraction of the day was Korada Akhil, who showcased his skills in 10-metre rifle shooting. N. Pavitra Reddy, a brown belt in Kumpte Karate, captivated the spectators by performing her skills, which genuinely mesmerised the audience. Jupiter House was the overall Annual Sports Day 2024-25 Champions. Venus House stood as Gracious Losers.

In his keynote address, the Chief Guest, Mr Sunil Macwana, Secretary, ETASI, enlightened the gathering, emphasising the importance of teamwork, resilience, discipline and endurance. He expressed his appreciation for the efforts of the teachers and students in executing the Annual Sports Day 2024-2025. He encouraged the children to handle both winning and losing equally. It’s not the outcome, but the character they display that truly defines them.

Mrs. Christobel Stevenson, Principal, Timpany Steel City School, expressed her gratitude to the dignitaries and parents. She appreciated teachers, students, ex-students, business department and helper staff for their unwavering dedication, resulting in a remarkable accomplishment.

List of Winners is as follows:

**Best house captain:**

Student name	Class	House
Selva Shivani	X-C	Jupiter

**Best mass PT leader:**

Student name	Class	House
S. Vatsalya	X-B	Mercury

**Individual Championship- Boys:**

Student name	Class	House
K. Uday Kumar	X-B	Neptune

**Individual Championship- Girls:**

Student name	Class	House
P.Harshini	IX-A	Neptune

**Overall Championship: JUPITER House**

**PARENTS RACE - MEN'S RACE**

I	Mr. Kishore
II	Mr. Dilip
III	Mr. Aneesh

**WOMEN'S RACE**

I	Mrs. CH.Shanti
II	Mrs. CH.Bhavani
III	Mrs. Nirmala

## OLD STUDENTS RACE - BOYS RACE

I	Yogesh
II	Saveer
III	Ebenezer

## GIRLS RACE

I	Deva Priya
II	Nikitha
III	Soumya

















# ACTIVITIES

## *A Symbol of Hope for Global Unity*

Students of class V showcased their creativity by drawing symbols representing various UN agencies and discussing their significance. Through this activity, the children understood the significance of the United Nations and its vital role in promoting global cooperation. They recognized that no other organization offers as much hope to individuals striving for a better world and the future we desire.



# NOURISH YOUR BODY, NOURISH YOUR SOUL

Students of Class IV of Timpany Steel City School engaged in a creative nutritional food activity, integrating concepts of fractions while highlighting the importance of a balanced diet and hygiene in today's world. This hands-on experience not only enriched their understanding of healthy eating but also fostered awareness about maintaining overall wellness.



# HONOURING OUR BRAVE PROTECTORS

Police Commemoration Day was observed by the students of classes VI to VIII at Timpany Steel City School on 21st October to honour the courageous police personnel who have lost their lives in the line of duty. The students participated in various activities, including poster making, drawing, essay writing, and elocution, demonstrating their respect and appreciation for the police force's dedication and sacrifices. Std VIII students conducted a special assembly paying tribute to these heroes. These activities not only highlighted the importance of police services but also instilled a sense of gratitude among students for the police force.



# MOCK PARLIAMENT

"The Parliament is the custodian of the nation's freedom."

Students of class IX from Timpany Steel City School presented a standard session of the Indian Parliament through a programme titled "Mock Parliament". They demonstrated the underlying democratic procedures in a Parliamentary session and engaged in debates on various contemporary issues. They were enthusiastic in their participation and embodied the roles of ministers, politicians and members of parliament, displaying the democratic processes behind the working of administrative institutions in our nation. The event helped students gain appreciation as active citizens by participating in the administrative process.



# VIGILANCE AWARENESS WEEK

"No bribes, No Lies, Anti-Corruption for our nation's rise!"

Timpany Steel City School students were engaged in Poster Making, Slogan Writing and Cartoon representations to raise awareness against corruption under Vigilance Awareness Week, associated with the theme "Culture of Integrity for Nation's Prosperity". These activities aimed to sensitize the students about the ill effects of corruption in societal processes and promote moral values among the students.



# CELEBRATING UNITY AND PATRIOTISM – RASHTRIYA EKTA DIWAS

Rashtriya Ekta Diwas was celebrated by the Students of Timpany Steel City School in honouring the legacy of Sardar Vallabhbhai Patel, the Iron Man of India. His vision of a unified nation reminds us that India's strength lies in its unity and diversity. The students presented a vibrant display of national unity, dressed in costumes from various states and cultures across the country.



# BAGLESS DAY

A "Bagless Day" is a creative initiative in schools that allows students to take a break from regular academic schedules and engage in activities without the burden of their school bags. It focuses on experiential learning, creativity, and social interaction, helping students explore new interests and develop life skills in a fun, relaxed environment.

Students expressed their creativity in a fun and relaxed environment. Children learnt the usage of adjectives and the degrees of adjectives. Children were also involved in exciting and attractive games that helped them improve their cognitive and observational skills. Class 1 students were engaged in paper folding activities like making an envelope, which enabled them to improve their dexterity.

Class 3 students had a great time learning about fractions. As part of their mathematics curriculum, students participated in a "Fraction Pizza Party" activity that made learning fun and interactive. Class 5 students were engaged in various arts and crafts activities, allowing their creativity to flourish. They made beautiful paintings, collages, decorations and handmade cards for the upcoming Children's Day celebration, learning valuable skills such as teamwork and patience.

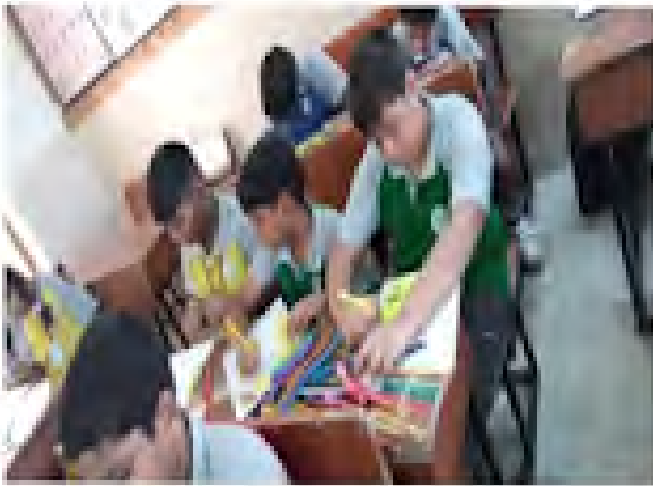




**Creative Hands  
At Work**







**BAGLESS DAY  
FUN FILLED DAY!**





# GERMINATION OF A SEED IN THE NURSERY

Germination is an exciting process where a tiny seed grows into a plant.


For students in the nursery, watching this process is a moment of pure joy! They eagerly water the seeds daily and wait excitedly to see the first tiny sprout. When they spot the green shoots pushing through the soil, their faces light up with pride and happiness, feeling like little gardeners. Through this experience, they learn patience, care, and the wonders of nature, making the process both educational and delightful.



# VEER GATHA 4.0

To disseminate the details of the acts of bravery and the life stories of gallantry award winners among the students, students were encouraged to do projects/activities based on the contributions of gallantry award winners.

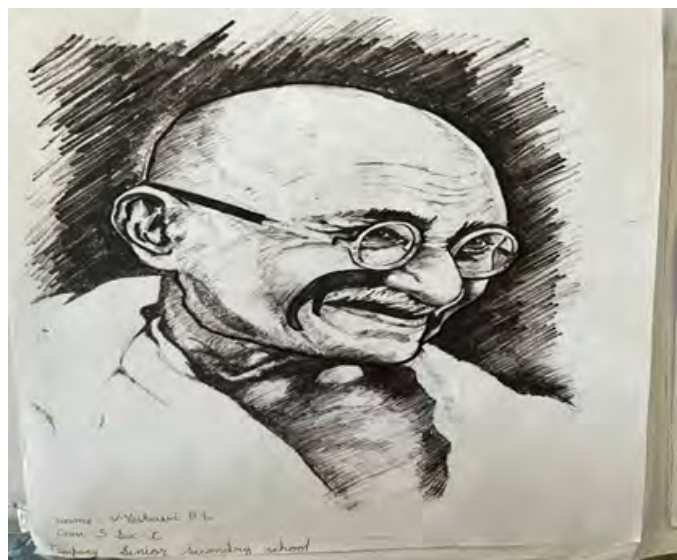
**MY ROLE MODEL**



**ARNAV GUPTA  
5C**

**Captain Vikram Batra**

Captain Vikram Batra, an officer of the Indian Army, is remembered as one of the most courageous heroes of the Kargil War (1999). Born on September 9, 1974, in Lalampur, Himachal Pradesh, he was commissioned into the 13th Battalion of the Jammu and Kashmir Rifles. Batra's bravery during the Kargil War earned him the nickname "Lion King" among his comrades and adversaries. His most famous achievement was the capture of Point 4875, a strategic peak, for which he led his troops under heavy fire. Batra's rallying cry, "Jeh dil mrange more!" became legendary as a symbol of his fearless spirit. Tragically, he was martyred while rescuing a fellow soldier during the war.



**Proud to be an Indian**

**Param Vir Chakra**



**Veer Gatha**

by Ananya Reddy



*Rani Lakshmbai came into my dream  
She wanted me to serve our nation  
by courage & patriotism.*

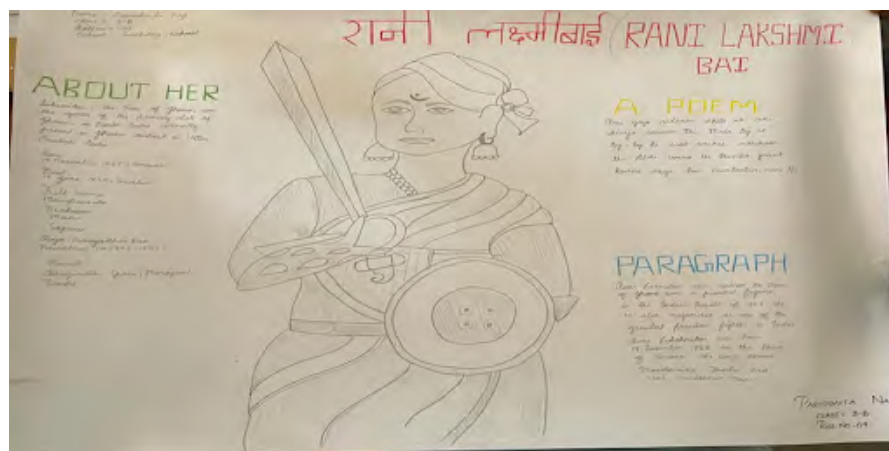
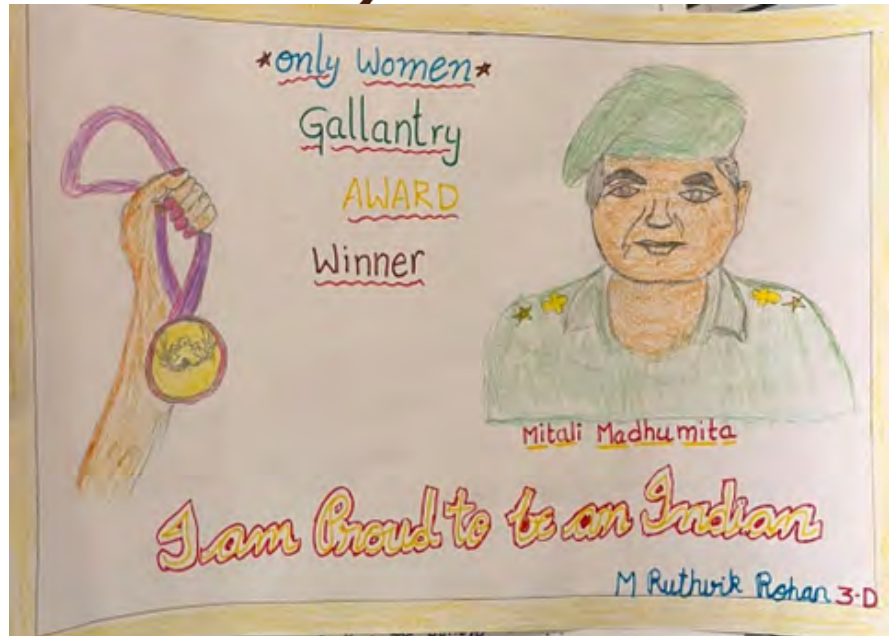
**WOMEN EMPOWERMENT**

"No, Sir, I will not abandon my tank. My main gun is still working and I will get them!"

- Second Lieutenant Arun Khetarpal  
The youngest recipient of the Param Vir Chakra



G. ARSHAN SAM SUNDAR  
III B



# ENHANCING MENTAL HEALTH SUPPORT IN EDUCATIONAL SETTINGS



In observance of World Mental Health Week (4th October to 10th October 2024), aligned with the vision of the National Education Policy (NEP) 2020, to empower school leaders and counsellors to address students' psychosocial needs effectively and following the successful National Counsellors' Conclave on "Shaping the Landscape of Well-Being in Schools" held on 11th September 2024; CBSE organized another virtual Conclave on 4th October 2024 which the school counsellor and a panel of teachers attended. This initiative is part of a broader effort to promote mental health awareness and support within school communities nationwide.

The Conclave delved into crucial aspects of mental health support in educational settings.

Topics included:

Global Support Systems for School Mental Health: Exploring best practices and innovative approaches.

Strategies for Supporting Students with Psychosocial Challenges: Fostering emotional resilience and adjustment through collaboration between teachers, counsellors and families.

Leadership in Mental Health: Highlighting the vital role of school principals in creating a supportive and inclusive environment.

- A Case Study was presented by Dr Manjuri, who highlighted a 7-year-old with ADHD, demonstrating the importance of a "Golden Triangle" approach (student, teacher, parent).

The rest of the panel members addressed methods for fostering a supportive environment for children with mental health challenges and the need to develop strategies for overcoming stigma among parents about seeking help for their children.

The key points from the Panel Discussion were:

- **Mental Health at School:** Schools are workplaces for both students and staff; their mental well-being is essential, and it is vital to integrate life skills, structured routines, and empathy in classrooms.
- **Engaging Parents:** Suggestions for communicating effectively with parents and addressing concerns about their child's behaviour.
- **Technology and Mental Health:** Discussions on managing screen time and encouraging physical activities.

Recommendations

- **For Schools:** Regular training for teachers and counsellors, adopting flexible and inclusive learning environments.
- **For Counsellors:** Develop strong rapport with families and communicate transparently.
- **For Parents:** Support structured routines at home and reduced screen time for children.

Call for Collaboration: Participants were encouraged to create smaller local forums to promote mental health initiatives.



### INTRODUCTION

- At least 80 million children in India were affected with mental health issues and 80 – 90 per cent have not sought support. (Journal of Psychiatry, 2019).
- Children with mental health disorders are mostly undiagnosed and hesitant in seeking help or treatment.
- While the impact on children's lives is incalculable, according to the World Health Organization, the economic loss due to mental health conditions between 2012-2030 is estimated to be USD 1.03 trillion in India, according to WHO 2020.

### HISTORY:

There was no history of complication during pregnancy or after birth. All developmental milestones was achieved at an appropriate age. But client's speech was delayed.

At 3 years of age the child spoke monosyllables like 'mama' 'papa'.

Speech is still unclear and has difficulty in speaking long sentences and certain alphabets. Also has echolalia.



### SCHOOL

#### Classroom Accommodation:

- ♦ Sit in front
- ♦ Worksheets for quicker learning
- ♦ Frequent breaks
- ♦ Shadow Teacher to help with adjustment in the classroom.
- ♦ Peer support
- ♦ Use of ICT
- ♦ Teachers observation checklist

#### General

- ♦ Increase awareness about such problem and possible accommodations in school set up.
- ♦ Initiating programs and workshops for students, teachers, and parents
- ♦ Alternative assessment/exam accommodations
- ♦ Teacher training

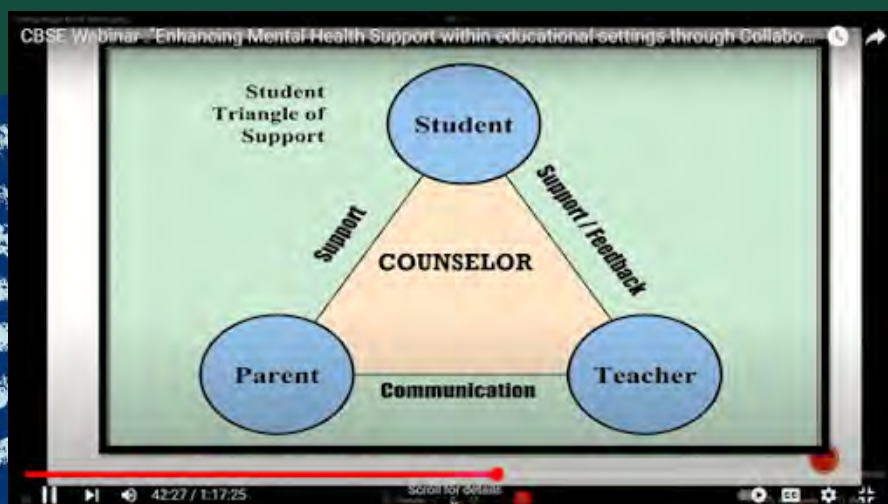
**Hyperactivity** is defined as a pattern of excessive movement, energy, or talking.

**Echolalia** is defined as repetition of words, phrases or sentences that are spoken by others or oneself.

**Emotional Meltdown** is a stress response when some is overwhelmed by their emotions and temporarily loses control of their behavior.

**Headache** is also a stress response and can affect all age groups.

It is emphasized to do careful evaluation of the patient, other manifestations, durations and frequency of the events.





# PRE SCHOOL-TRAINING PROGRAMME - CALYX

The CALYX team conducted a training session on 16th October 2024 for the Preschool teachers of the three schools in the Timpany School foyer. This session enriched teachers' ability to inculcate innovative teaching practices using the Reading Eggs app, which parents can use to monitor and guide their children in learning effectively.

## BUILDING A SECURE TOMORROW!

The Management organised a seminar on 22nd October 2024 to educate school employees about various insurance policies and their benefits. Mrs Vandana Abraham, Academic Director of Timpany School and Principal of Timpany School and Timpany Senior Secondary School, invited the representative from Bajaj Insurance, Mrs Nitya, to address the details of the policies being to the staff. The event focused on understanding the importance of insurance, the types of coverage, and how to make informed decisions regarding the different available policies. The session was informative, and the attendees were grateful for such beautiful initiatives taken up by the Management for employee wellness and wellbeing.



# TIMELESS TEACHER!!!

On 30 October 2024, the Academic Director of Timpany School and Principal of Timpany School and Timpany Senior Secondary School, Mrs Vandana Abraham, accompanied by Vice Principal Mrs Maryann Abraham, felicitated Mrs Anna Mathew on attaining her superannuation for 29 years of dedicated service in this prestigious institution.

The programme began with Scripture reading by Mrs. Asha Jyothi and prayer led by Mrs. Michelle Bastian. Academic Director cum Principal Ma'am, Mrs. Vandana Abraham, in her appreciation speech, commended Mrs. Anna Mathew for her commitment and dedication for these many years. Ma'am further conveyed to the gathering that it was a blessing to have such an exemplary teacher who fulfilled her duties worthy of her calling, was a graceful guide both to students and teachers alike, firm yet very loving, a motherly figure and a friend. Mrs. E. Mamta shared her insights about Mrs. Anna Mathew, after which the teacher's choir sang a melodious number, 'Bless the Lord, oh my soul'.

In response, Mrs. Anna Mathew wholeheartedly thanked Academic Director cum Principal, Mrs. Vandana Abraham for her gracious support all throughout her tenure, her colleagues, the teaching staff, non teaching staff and the support staff for making her journey a memorable one.



# 'SAYING GOODBYE ISN'T EASY, BUT IT'S A NECESSARY PART OF THE JOURNEY.'

The Management and staff of Timpany School gathered in the school foyer to bid adieu to two of our beloved teachers of the Primary section, Mrs Blessy Naik and Mrs Bhavana Butolia. The felicitation ceremony began with a short message by our Academic Director cum Principal Ma'am, Mrs Vandana Abraham, who appreciated the dedication and hard work of both teachers. Their response of gratitude followed it.

Our Director Ma'am presented both teachers with a token of appreciation from the management and staff. The ceremony concluded on a heartfelt note as we captured precious memories together. After the ceremony, the teachers gathered warmly to bid farewell, extending their best wishes to the teachers for future endeavours.



# ACHIEVEMENTS



Yasho Vardhan Reddy Danda of Class 6 from Timpany School won three Bronze medals in speed skating events Inline category at the District Speed Skating Championship 2024. The event was conducted by the Roller Skating Federation of Andhra Pradesh.

Indala Rachna Satsangi of Class 6 from Timpany School was the Runners Up in the IGU South Zone Golf Tournament. The event was conducted by Indian Golf Union South Zone.



K.Sreehan of Class 1 from Timpany School won the Bronze medal in the 500m Speed Skating event for the 5 to 7 age category at the Andhra Pradesh Open State Championship. The event was conducted by Andhra Pradesh Skating Association.

# ACHIEVEMENTS



Vivan Bansal of Class 4 from Timpany School secured the 48th Rank at the National Level in the Spell Bee Competition. The event was conducted by Wiz National Spell Bee.

N.Chananyah Paul of Class 4 from Timpany School secured the 42nd Rank at the National Level in the Spell Bee Competition. The event was conducted by WIZ National Spell Bee.



Yamuzala Advitiya Vedanth of Class 4 from Timpany School secured the 23rd Rank at the National Level in the Spell Bee Competition. The event was conducted by WIZ National Spell Bee.

# ACHIEVEMENTS



P.Venkata Sai Bhavyesh of Class 4 from Timpany School secured the 50th Rank at the National Level in the Spell Bee Competition. The event was conducted by WIZ National Spell Bee.

Rutvi Manipatruni of Class 4 from Timpany School won two Silver medals in Show Group and Quartet Program in the Visakhapatnam District Roller Skating Championship 2024. The event was conducted by Andhra Pradesh Roller Skating Association.



D Hardhik Reddy of Class 2 from Timpany School won the Gold Medal in three events in Inline Speed Category at the District Speed Skating championship 2024. The event was conducted by the Roller Skating Federation of Andhra Pradesh.

# ACHIEVEMENTS



Silaparasetty Raghavendra of Class 8 from Timpany School bagged a Gold and 4 Bronze Medals in the AP State Inter District Gymnastics Tournament held at Guntur on 16th and 17th October 2024. Raghavendra has been selected for the National Level Gymnastics to be held at Kolkata.

P.Revan of Class 5 from Timpany School secured the 46th position at the National Level in the Spell Bee Competition. The event was conducted by WIZ National Spell Bee.



Sree Lakshmi Aadhya Penugonda of Class 5 from Timpany School won the Bronze Medal in the 1000m Quad Speed Category in the Open State Competition. The event was conducted by RSFI - Roller Skating Federation of India , Andhra Pradesh.

# ACHIEVEMENTS



Vivan Bansal of Class 4 from Timpany School was declared the Champion in the 44th NATIONAL ABACUS competition festival held at CHENNAI. The event was conducted by BRAINOBRAIN.

Vaishno Ram Pabbisetty of Class 6 from Timpany School secured the 32nd Rank at the National Level in the Spell Bee Competition. The event was conducted by WIZ Spell Bee.



SP Kaushal Varma of Class 3 from Timpany School secured the First Position in the E-Category (Under-16) Juniors South Zone Golf Tour 2024. The event was conducted by Indian Golf Union (IGU) at East Point Golf Club, Visakhapatnam.



# ACHIEVEMENTS



Dumpa Akash Reddy of Class 1 from Timpany School secured the Second Position in Gymnastics. The event was conducted by Visakhapatnam Coastal Gymnastics Association.

Pulavarthi Cherishya of Class 5 from Timpany School secured the 52nd Rank at the National Level in the Spell Bee Competition. The event was conducted by WIZ National Spell Bee.



Siddharth Patro of Class 5 from Timpany School secured the 59th Rank at the National Level in the Spell Bee Competition. The event was conducted by WIZ National Spell Bee.

# ACHIEVEMENTS

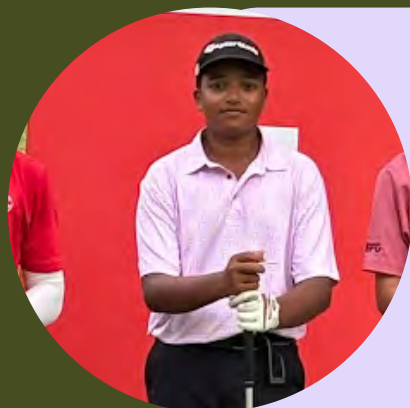


Sk. Amaan Ali of Class 5 from Timpany School secured the 41st Rank at the National Level in the Spell Bee Competition. The event was conducted by WIZ National Spell Bee.

Taej Jaiswal of Class 1 from Timpany School was awarded the Best Little Gymnast in the Visakhapatnam District Gymnastics Championship. The event was conducted by Visakhapatnam Coastal Gymnastics Association ( Districts Sports Authority Visakhapatnam and Gymnastics Association of Andhra Pradesh).



Vedsai Machiraju of Class 10 from Timpany School competed in the Singapore Junior Masters International Golf Championship, where over hundred players from 15 countries participated. He achieved the coveted top 'Ten Finish' in the tournament.



# ACHIEVEMENTS



Aadhya Jetti of Class II from Timpany Steel City School achieved All India Rank 7 in Handwriting and All India Rank 27 in the Spell Bee Competition. The events were organised by the WIZ National Spell Bee.

N. Jitendra Reddy of Class IV C from Timpany Steel City School secured a Gold medal and an appreciation certificate for National Level Writing Wizards Handwriting.



Medikonda Dithya of Class II -B from Timpany Steel City School was awarded a certificate and Gold medal for securing 22nd Rank in National Level Writing Wizards Handwriting and 39th Rank in National level Spell Bee competition conducted by Wiz National Spell Bee.

# ACHIEVEMENTS



Nauduri Ananthajeet of Class V -B from Timpany Steel City School secured 15th rank and was presented with a Certificate of Appreciation and a Gold medal in the National Level Writing Wizards Handwriting.

Ridhi Mehta of Class 9C from Timpany Senior Secondary School stood 25th in the National Level of the Wiz Spell Bee Competition



Ruthvik Rohan of Class 3D from Timpany Senior Secondary School received the Champion Trophy in XTRAGENIUS GLOBAL ABACUS OLYMPIAD 2024.

# ACHIEVEMENTS



Monalisa Seth of Class 8E from Timpany Senior Secondary School secured All India 73rd Rank in the WIZ National Spell Bee.

B. Tanvi Praneetha of Class 6B from Timpany Senior Secondary School received 1st prize in the Art Competition organised by Rotary Club, Visakhapatnam. She also bagged the 3rd prize in the Art Competition at the National Level that was organised by 'The Hindu'.



Divyanka Nath of Class 4D, Timpany Senior Secondary School had participated in "Vizag District Zonal Chess Championship" conducted by "Sri Chess Academy" on 27th October, 2024 in Visakhapatnam and secured 3rd position.

# ACHIEVEMENTS



Isha Patra of Class 1B from Timpany Senior Secondary School won a Bronze medal in the District Roller Skating Championship - 2024, in the Couple Free Dance Category. The event was organised by the Visakhapatnam District Roller Sports Association.

A. Hethan of Class 4B from Timpany Senior Secondary School was declared Runner up in the EPGC - South Zone Golf Championship 2024.



Ummidi Sree Parnicka of Class 2D from Timpany Senior Secondary School participated in the District Gymnastics Championship for Junior Group held at District Sports Auditorium , Pandurangapuram. She secured the 'Best Performance Award' and received a Trophy from the Honourable Collector Sri. M. N , Harendhira Prasad I.A.S and SAAP MD P. S Girisha.

# ACHIEVEMENTS



Pydi Gurumani Sai Prateek of Class 7C from Timpany Senior Secondary School secured 36th Rank in the National Level Grand Finale Spell Bee Competition conducted by WIZ National Spell Bee.

Vedant Patra of Class 5C from Timpany Senior Secondary School secured 54th Rank in the National Mega Final Spell Bee Competition conducted by WIZ National Spell Bee.



Mudragada Yovan Abhiram of Class 4C from Timpany Senior Secondary School stood Second in the District Level Gymnastics Competition.

# ACHIEVEMENTS



Kirlari Tanush of Class 4C from Timpany Senior Secondary School secured 58th Rank in the National Mega Final Spell Bee Competition conducted by WIZ National Spell Bee.

Nyra Tatiya of Class 3A from Timpany Senior Secondary School secured 53rd Rank in the National Mega Final Spell Bee Competition conducted by WIZ National Spell Bee.



J. Aadrika of Class 2A from Timpany Senior Secondary School secured 15th Rank in the National Mega Final Spell Bee Competition conducted by WIZ National Spell Bee.



# ACHIEVEMENTS



Naga Nandana of Class 10E from Timpany Senior Secondary School received 2 Gold medals and 2 Silver medals in Rhythmic Gymnastics at the State Level Gymnastics Competition. The Gymnastics Association of Andhra Pradesh organised the event. Naga Nandana is also selected to the National Level Competition that will be held from 1st to 3rd January 2025 in Surat, Gujarat.

Elina Claire Fernandez of Class 12 from Timpany School secured the 47th Rank at the National Level in the Spell Bee Competition. The event was conducted by WIZ National Spell Bee.



N. Pavitra Reddy of Class 4 C from Timpany Steel City School secured the 1st place in Junior Female Kumite held at Kathmandu, Nepal on September 29th and 30th, 2024 organised by Nepal Wado Ryu Karate -Do Association.



# ACHIEVEMENTS



Sanjana Katuri of Class IV C from Timpany Steel City School secured the 17th rank in the National level Writing Wizards Handwriting Competition. She was awarded a certificate and a Gold Medal for her achievement.

