



EPOCH

Adamas Quarterly Chronicles

Apr-May-June '24

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PRINCIPAL'S MESSAGE

It is a matter of great pride and satisfaction for ADAMAS WORLD SCHOOL to bring out the News Letter 'EPOCH'- ADAMAS QUARTERLY CHRONICLES as another feature to keep everybody updated on the all-round progress of the school along with marking the milestones. We have made tremendous progress in all areas: academics, non-academics, sports, capacity building relevant to staff and students. I am confident that the first issue of this News Letter will send a positive signal to the staff, students and the parents as we endeavour to reflect a clear picture of all sorts of activities undertaken by the school.

I congratulate the Editorial Team of this News Letter who have played a significant role in accomplishing the task in Record time. I am confident without a doubt that our Adamas spirit and positive energy, teamwork, and dedication to excellence will guide us through another successful school year.

Adamites are into a flurry of activities the whole year round. With this, let us take a glimpse into the activities for the first quarterly - April'24 to June'24.

Warmest Regards,
Gobind S. Moorjani.

From the Editor's Desk



It gives me immense pleasure to present the newsletter 'EPOCH'- Adamas Quarterly Chronicles that reflect and record the wide spectrum of activities in different areas. This venture started with our students having successfully attended the Summer Camp conducted by the Times NIE, that explored their creative potential, training them to be brilliant writers. I applaud each student of the Editorial team for their stimulated thoughts and varied hues in presenting the articles which are entertaining, interesting and absorbing. We will strive to add more articles contributed by our students in the quarterly chronicles and am hopeful that this small piece of technical work shall not only develop the taste for reading among students but also develop a sense of belonging to the institution as well.

Regards,
Barnali Sen,
HOD (English)

Editorial Team

Gobind. S Moorjani, Chief Editor
Barnali Sen, Editor
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Debarati Dey Banerjee- Coordinator
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Sampurna Mukherjee, Sub-Editor, CI XII Humanities
Svetlana Mukherjee, Sub-Editor, CI X A
Debadrito Paul, Sub-Editor, CI IX A

UPCOMING SCHOOL EVENTS

Interhouse Hindi elocution Competition
Interhouse Bengali elocution Competition
Investiture Ceremony
Interhouse Music Competition

ACHEIVEMENTS UNVEILED

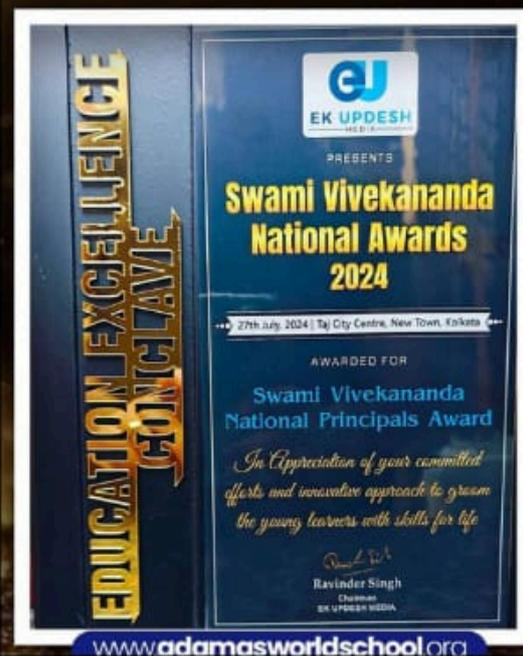
Swami Vivekananda Awards 2024



Our respected Principal, Mr. Gobind S. Moorjani has been awarded the prestigious Swami Vivekananda National Principals Award, a distinguished honor that celebrates his unparalleled leadership and transformative impact on education. This accolade reflects his profound commitment to pioneering innovative teaching methodologies and his unwavering dedication to nurturing the holistic development of students.

His visionary approach has profoundly enriched our institution, fostering an environment where academic rigor, ethical values, and personal growth are seamlessly integrated. This recognition underscores his exceptional contributions and sets a benchmark for excellence in educational leadership, highlighting his role in shaping a brighter future for our students.

Swami Vivekananda Awards 2024



DELVING INTO THE WORLD OF JOURNALISM: A GLIMPSE INTO THE TIMES NIE SUMMER CAMP

By Koushiki Ghosal, CI XII Humanities



As a student of Adamas World School, Class XII Humanities, I, Koushiki Ghosal, along with Sampurna Mukherjee, had the honor of attending the esteemed Times NIE Summer Camp from May 29th to 31st. This immersive experience provided a deep dive into journalism, reporting, and editing.

Throughout the duration of the camp, we were immersed in a plethora of enlightening sessions, each meticulously curated to unravel the intricate tapestry of journalism, reporting, and editing. Led by seasoned professionals, these sessions provided invaluable insights into the multifaceted nature of the journalistic craft. We delved into the nuances of news gathering, uncovering the inherent challenges faced by reporters on a daily basis. Moreover, we gained a profound appreciation for the indispensable role played by editors as the unsung heroes behind the scenes, meticulously refining and sculpting news narratives to resonate with the masses.

Beyond the academic rigor, the camp fostered a sense of camaraderie and intellectual exchange among participants.

Engaging with fellow enthusiasts of the written word, each imbued with a fervent passion for storytelling, was both inspiring and enriching. Collaborative activities, including the creation of a demo newspaper named "India Inked," served as a testament to our collective creativity and ingenuity.

Throughout the camp, we were enlightened about the intricacies of newspaper production and distribution. We learned firsthand about the challenges faced by reporters and the invaluable contributions of editors in shaping the narrative landscape. A visit to a functioning paper press offered a glimpse into the remarkable machinery behind the scenes, highlighting the technological marvels that facilitate mass communication.

As the curtains drew to a close on this transformative journey, I emerged with a newfound sense of purpose and passion for the journalistic craft. The Times NIE Summer Camp was more than a mere educational endeavor; it was a transformative odyssey that equipped me with the knowledge, skills, and inspiration to embark on my own journalistic pursuits with confidence and conviction.



International Yoga Day

Arshia Basu, CI XII Humanities

Yoga is a practice that combines physical postures, meditation, and breathing exercises. It originated in ancient India and aimed to enhance both physical health and mental health. Yoga helps us to cultivate a calm and focused mind, and increases awareness. This can include guided meditation, silent meditation, and visualization techniques.

Adamas World School celebrated International Yoga Day on June 21st with great vigour and participation from the students. The event was held at the school premises where the eager students, present in their yoga uniform, demonstrated various Asanas, under the guidance of the Yoga teacher. Physical postures were shown, such as Vrikshasana and Virabhadrasana which improve strength, flexibility, and balance. Breathing Exercises or Pranayama such as Nadi Shodhana and Anulom Vilom were also performed, which involve controlling the breath to enhance respiratory function, and focusing the mind. The traditional practice of honouring the Sun, called the Surya Namaskar or Sun Salutation, was gracefully shown. Through this event, the students demonstrated the importance of yoga along with its positive effect on the body. Increased flexibility, range of motion, balance coordination are a few of the physical benefits. Apart from these, yoga also benefits the mind by reducing stress and anxiety, and increasing focus and concentration. Adamas World School incorporates the benefits of yoga, through the weekly assigned yoga classes for the children, aiming to teach everyone how to bring consonance between their body and their mind.

To promote students' well-being, various institutions have included yoga classes in their curriculum, promoting physical fitness as well as prioritizing the health of children. The advantage of yoga classes are that it can be modified for different fitness levels and abilities, making it accessible to a vast range of students. It is crucial for students to practice yoga to improve breath-work, relaxation, and stress management, which in turn enables them to perform better.

The successful celebration of this day by the students, along with the teachers of Adamas World School has promoted the importance of doing yoga regularly, in order to maintain a healthy, peaceful, and balanced life.

World Environment Day celebration by AWS

By Sampurna Mukherjee (XII Humanities)

WORLD ENVIRONMENT DAY celebrated every year on 5th June, is a global celebration with a powerful message - "Our ongoing efforts in our daily lives will help this beautiful planet flourish." It serves as a reminder that even one person can have a positive impact on a global scale. In line with this, Adamas World School commemorated "World Environment Day" through a variety of activities on 14th June after the summer break.

The entire school community participated in the "Go-Green initiative," including students, support staff, teachers, guards, administrative staff, and helpers. The students were encouraged to take small, achievable actions to protect Mother Earth.

We've had an amazing array of creative activities aimed at raising awareness about the conservation of natural resources and inspiring children to take action in making our planet even more beautiful. The environmental conservationists from the Kindergarten and Primary Wing have been hard at work, organizing various impactful activities to make a real difference.

World Environment Day was a blast this year! The little ones in Nursery and Kindergarten were super pumped to dive into all the fun and educational activities their teachers had in store for them. The teachers really went all out to make sure the kids were informed and aware of how to take care of our planet. The best part? The kids took a pledge to keep their surroundings clean and plant more trees. It was an action-packed Earth Day celebration filled with learning and excitement!

The students from classes I to V have created beautiful drawings and eye-catching posters on the crucial topic of "Save Earth and Plant Trees." Meanwhile, the students from classes VI to XII have delved deep into the realm of creativity by crafting compelling essays and captivating autobiographies about trees. They have also conducted thorough research into the collective efforts of both the public and the Government to safeguard our precious Earth, protect trees from logging, and combat the alarming rise of global warming.

Adamite breaks State Record

- by Debadrita Paul , IX A



Young Adamite Sanithi Mukherjee of class VI B recently broke gold medallist swimmer Jahnavi Chowdhury's 50 m Freestyle State Record of 29.63 seconds by 0.28 seconds thus completing her swim in 29.35 seconds, during the Bengal State Swimming Championship 2024. Her dedication and perseverance finally bore fruit when she bagged five gold medals at the state level, making her friends, family and school proud.

Poila Boiskah Celebration

-by Debadrita Paul , IX A

On the 13th of April, Adamas World School celebrated "Poila Baisakh" or the Bengali New Year, that is, the first day of the month of Baisakh in the Bongabdo or the Bengali solar calendar.

Dignitaries of the Adamas family, teachers and students gathered in the School assembly Hall, bustling with excitement and zeal, as they waited with bated breaths for the participants to put up an extravagant exhibition of Bengal's rich cultural heritage.

The talented prodigies did manage to keep pace with the Audience's soaring expectations. Revolving around evergreen songs like Rabindranath Tagore's "Jagorone Jay Bibhabori" and "Amra Sobai Raja", and Saleel Chowdhury's "Purano Din Purano Mon", along with Sukumar Ray's popular "Borsho Sesh" poem, the students' performances exuded enthusiasm and showcased their talent, keeping the audience captivated throughout the event. The meticulous choreography and soulful renditions added an extra charm to the celebration, creating a truly enriching experience for all the attendees.

In closing, the event emphasized the importance of learning from both victories and defeats of the past year, urging everyone to embark on the new journey with renewed determination and hope. The program terminated with a sense of renewal, marking the transition from the old to the new with joy and cultural pride.

Beyond the Threshold: Unveiling Hidden Hazards in Our Homes

By Svetlana Mukherjee, CI X A



Photography credits, Souvik Chatterjee

“Are we safe inside the familiar walls of our homes?” was the first stroke by Dr. Indrani Ghosh, stirring juvenile interest. On 16th of July, 2024, the Faculty of Environmental Science at Adamas University, in collaboration with The University of York, organized an insightful workshop focusing on the crucial topic of "Air Quality in the Homes of the Global South." This workshop aimed to explore the key sources contributing to indoor air quality in Indian homes, identify the areas of maximum risk, and understand the barriers to reducing indoor air pollution exposure in both rural and urban settings.

The workshop was conducted to identify the challenges associated with various aspects of air quality. The session was led by Dr. Ghosh who began with a comprehensive overview of the current state of indoor air quality in rural and urban Indian homes, highlighting its significance and the health impacts of poor air quality. She emphasised the need for understanding and addressing the key sources contributing to indoor air pollution.

Participants were given detailed questionnaires to gather data on various factors affecting indoor air quality and the individual perception of students of indoor air pollution. These included

The use of substances such as cooking fuels and cleaning agents.

The size and ventilation of the house.

Common diseases and symptoms related to poor air quality.

Other relevant factors contributing to indoor air pollution.

The workshop focused on identifying the primary sources contributing to indoor air pollution in rural and urban homes. Common sources discussed included cooking fuels like biomass and kerosene, tobacco smoke, and household cleaning products.

Participants were guided to understand where the risk of exposure to indoor air pollutants is highest. Factors such as poor ventilation, overcrowding, and the use of traditional cooking methods were highlighted as significant contributors to increased risk.

A critical part of the workshop was dedicated to discussing the barriers to reducing exposure to indoor air pollutants. These included socioeconomic factors, lack of awareness, and limited access to cleaner alternatives. The session provided a platform for brainstorming potential solutions to overcome these barriers.

The interactive session with questionnaires allowed the students to relate the discussed concepts to real-life scenarios, making the learning experience practical and engaging.

In conclusion, the workshop on "Air Quality in the Homes of the Global South" was a significant step towards raising awareness and finding solutions to improve indoor air quality. The collaborative effort between Adamas University and The University of York underscored the importance of academic and research partnerships in tackling global environmental issues.

Dr. Indrani Ghosh emphasized the urgency of this work by stating,

"If we don't address these problems now, there might come a time when the change becomes irreversible."



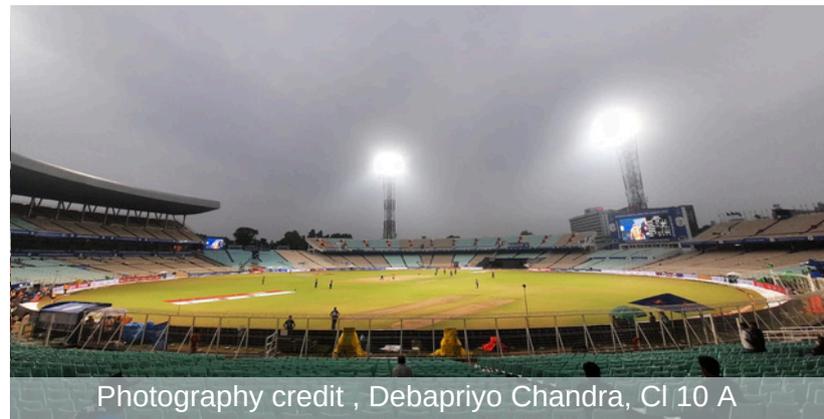
Photography credit, Souvik Chatterjee



Photography credit, Souvik Chatterjee

EUPHORIC RAINS AND EPIC WINDS

By Koushiki Ghosal, CI XII Humanities



Photography credits, Arnab Biswas

Photography credit , Debapriyo Chandra, CI 10 A

It's hard to beat a person who never gives up...

On the 21st of June, 2024, our school embarked on an exhilarating excursion to Eden Gardens to witness the Adamas Howrah Warriors compete. The day began with palpable excitement as we boarded the school bus, anticipation electrifying the air

The journey was vibrant, with students engaged in animated conversations. Upon arrival, the sight of the grand stadium amid a gentle drizzle was awe-inspiring.

The rain, far from being a deterrent, infused the day with a unique charm. The match itself was a spectacle of skill and strategy. The Adamas Howrah Warriors exhibited commendable prowess, each run and wicket met with fervent applause from our cohort. The atmosphere was electric, with the rain providing a picturesque backdrop to the unfolding drama on the field.

The highlight of the day was when the Adamas Howrah Warriors emerged victorious. The final moments of the match were intense, but when the winning run was scored, the entire stadium erupted in applause and celebrations. We waved our school flags and joined in the jubilation, celebrating the team's hard-earned victory. As the match concluded, we took a moment to soak in the atmosphere and the joy of the day.

The trip back to school was filled with discussions about the game and the unforgettable experience we had just shared. The rainy day added to the magic of the event, making it a truly memorable outing.



INTER HOUSE DANCE COMPETITION

By Sampurna Mukherjee, CI XII Humanities

On 19th July 2024, Adamas World School hosted a spectacular Inter House Dance Competition in the School Assembly Hall. The event showcased vibrant and compelling performances from the House of Confucius, Rousseau, Socrates, and Swami.

Students from classes 3 to 5 delivered captivating solo dances on the theme of patriotism. Prithwiraj Das from Rousseau and Esha Majumdar from Socrates confidently clinched the first place. Sreenika Datta from Confucius and Aditri Basak from Swami shared the second place, while Koushiki Biswas and Afreen Sultana, both from Rousseau, secured the third place.

Classes 6 to 8 commanded the stage with powerful group dances centred on the theme "Save Tree and Save Life".

Socrates exuberantly claimed first place, with Rousseau and Swami sharing second place, and Confucius confidently secured third place.

Meanwhile, classes 9 to 12 fearlessly presented group dances focused on "Hridoye Rabindranath, Chetonay Nazrul". Socrates emerged as the unequivocal winner, with Rousseau and Swami tying for the second place, and Confucius boldly securing the third place.

Ms Sarmila Ghosh and Ms Priyanka Dhar hailed the students' creativity and unwavering dedication. The event was an unmatched success, reflecting the students' exceptional talent and the school's steadfast commitment to artistic expression. Congratulations to all the participants and winners!



Creative Corner

Samadrita Bala, Cl XII Humanities



A River's Odyssey

An echo of a quip across the woods,
Frisky and spry she stood,
Sprawled across the palisade under;
Mazed by the mighty mammoth,
She has been woken from her slumber

The morn has just begun,
Her silver foam glistens in the sun,
Aurora adorning her hues;
She runs through coves where no one goes,
As the green eclipses the blues

Through glades of fading grass
The months will pass,
She will see it all around;
She weaves tales as old as time,
Silent footsteps on the ground

Beneath the trees,
Carried by the wind,
Her sagacity knows no bounds;
She is here and there, she is everywhere
But you can't catch her now

Svetlana Mukherjee, Cl X A

Home

In towering heights, where eagles roam,
Among the peaks, I find my home.
Majestic mountains, strong and grand,
They cradle me in nature's hand.

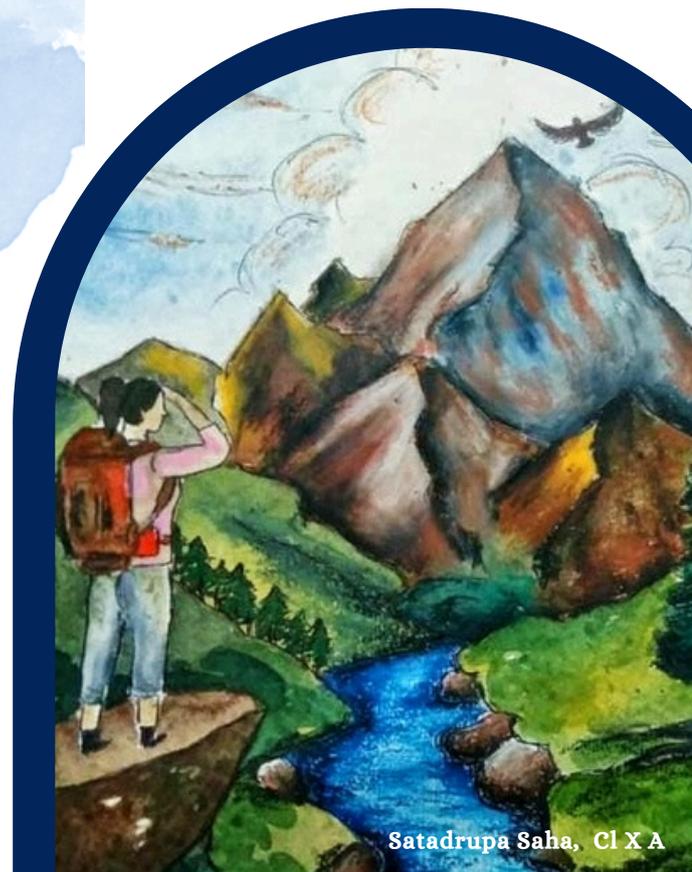
Their rugged faces, weathered and old,
Tell stories of time, of stories untold.
With every step, I climb and roam,
In these ancient hills, I've found my home.

The crisp, clean air, the skies so blue,
The whispering pines, the morning dew.
Each element, a comforting embrace,
In these mountainous arms, I find my place.

The rivers rush, the valleys wide,
In this wild world, I'm filled with pride.
For in these heights, I cease to roam,
The mountains, my heart, my cherished home.

So let me stay among their grace,
These mountains, my home, my sacred space.
In their rugged beauty, I'll forever roam,
For in these mountains, I've found my home.

Koushiki Ghosal, Cl XII Humanities



Satadrupa Saha, Cl X A