

# .....Activity Report.....

**A**ctivities – academic and non-academic – are the life blood of a School. Extra and co-curricular activities provide variety to an otherwise, what many feel, dull and monotonous routine of academic life. And variety, they say, is the spice of life; it makes living interesting. These activities keep students alert, interested, occupied, active and provide for their growth; emotionally, mentally and physically. They tickle their grey cells and pump their adrenalin.

Academically speaking, the result in the SLC Examination is seen as the benchmark of its success. Gyanodaya has a track record here that it can truly be proud of. Our SLC results have always been excellent. In fact, Gyanodaya was declared as the best School, both at the regional level from the Central Region as well as at the National level, from among all the Private Schools in the country, by the Ministry of Education and Sports on the occasion of the Thirty-first Education Day: 2062B.S. All we can say is that this recognition speaks for itself; its results over the years tell their own tale.

But academics, most important though that may be, does not make education complete by itself. We, at Gyanodaya, are acutely aware of it. Hence, great emphasis is laid here on co and extra-curricular activities. So calendar of activities, both **intra-school** generally held as Inter-House competitions and **inter-school**, is carefully worked out at Gyanodaya to include several components of co and extra-curricular activities. They are judiciously mixed with academic activities for the overall growth of mind, body and spirit of the student community. These activities have wide-ranging variety and are conducted with sufficient frequency to ensure participation from all students. And these

activities are so well integrated with the academic calendar and so well spread out over the academic session that they are held as a matter of routine without in any way hampering academic life.

At the **intra-school** level, we have recitation competitions to develop communication skills in children. Spelling contests are organized to help them with their pronunciation and enrich their vocabulary. Handwriting is another area where our students compete. A neat and legible handwriting complements their academic competence. Story, letter, essay and poem writing contests are organized to give them opportunity for self-expression, to help them communicate effectively and to develop their critical thinking skills. Other areas where our children compete include singing, dancing, art



and painting which allow them to give expression to their creative talents. A wide range of sporting activities that are held here ensures that children muscle their way in a competitive spirit and learn to work as a team, accommodate and assimilate with others and develop their physical capacity for endurance. Such games include basketball, volleyball,

**If what you are working for really matters, you will give it all you have got it.**

*Nido Qubein*

football, badminton, etc. Besides, a Project Nepal Exhibition was held at the Residential School in the third quarter of the year with the message of ethnic and communal harmony and national integration which was attended by a large number of parents, guardians and invited guests. Further, the School also features programmes like the Parents' Day, Foundation Day commemoration every year where children demonstrate their talents in dramatics, acting, singing, dancing and their adeptness in playing various musical instruments. The Annual Sports Day is another attraction which provides a healthy environment for children to compete among themselves in good spirits in various athletic events.



Educational trips to some interesting locales -- social, historical, touristic, religious and scientific -- also form an important part of the School activity. They are thoroughly enjoyed by our students. They have their recreational value as well as serve some educational purpose. Trekking is another area which makes a part of the activity calendar. It brings children closer to nature, helps them understand the importance of environment to human life and builds their endurance too.



Our children also regularly participate in the **inter-school** competitions organized by various schools in the valley. Gyanodaya itself was host to one such inter-school sporting event – the **Gyan Carnival**. Our children have participated at the

inter-school level in competitions as varied as poem writing and recitation, essay and diary writing, quiz and painting, photography and PowerPoint presentation, swimming and scouts and sports including basketball, football and volleyball. Such competitions, both co and extra-curricular, not only allow us to evaluate where we stand among other schools but also gives an opportunity to our students for self-assessment and to understand where they stand among their peers from other schools. It provides an incentive for them for self-improvement. Such competitions are also occasions for our children to adjust themselves to new surroundings and socially acquaint with new faces. And they have acquitted themselves well in the competitions they have participated bagging one or the other prizes and also making new friends. We also had a group of 5 scouts from the School who participated in the Scouts Special Jamboree held in Calcutta from 2-7 January 2007 to mark its centenary celebrations.

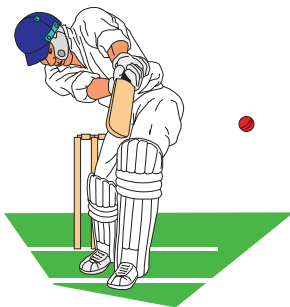
Let us move on to sports now. Admittedly, the year has not been about winner's trophy for us all the way. But our record here too gives us reason to be happy and thankful. Our School teams trained mostly by professional coaches participated in various competitive games at different levels organized by various institutions in the valley. In the Coca Cola Inter-School Football Tournament organized by the All Nepal Football Association, Gyanodaya ranked among the top four. And this is a National School Level Football Tournament. Our senior girls bagged the Runners-Up Trophy in the Milan Vidya Mandir Inter-School Basketball



**What we see depends mainly on what we look for.**

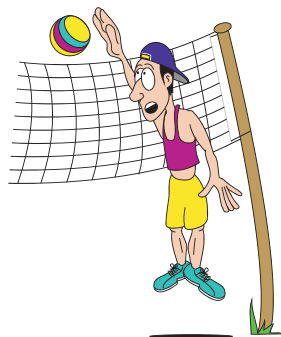
*Sir John Lubback*

Tournament losing 34-36 in a closely fought match against the Valley Public School. This was, indeed, some change for us particularly, after being crowned the Champions for the past three consecutive years. They repeated this feat in the other Inter-School Basketball Tournament organized by Shridiwa International School as well. They emerged Runners-Up. The boys were not so lucky though both our senior and junior boys made their way to the Quarter Finals. Our boys had also to be satisfied with a Quarter Final placement in the senior division in another invitational Inter-School Basketball Tournament organized by the Himalayan International Model



School. It is, of course, not all about football and basketball. The residential students took part in the Inter-School Swimming Competition organized at the Little Angel's School. Our

School Cricket Team played in the Third SNB Memorial Cricket Tournament organized by the Adarsha Vidya Mandir School. And in the Inter-School Volleyball Tournament hosted by Anal Jyoti Secondary Boarding School, Gyanodaya was awarded the Fair Play Trophy. That says all about sportsmanship at Gyanodaya.



A few words, before we close this report, as an organizer would perhaps, be in order here about the Gyan Carnival. A sporting gala, the Gyan Carnival began in 1994 as the brainchild of the Executive Director of Gyanodaya Mr.

Nirakar Yakthumba. It was conceived and launched to foster a spirit of understanding and cooperation and strengthen interrelationships among schools in Nepal through the medium of sports. It is a senior division basketball tournament for boys and girls with participation from both within and outside the valley. It has, over the years, grown both in popularity and participation giving us reason to believe that the message it seeks to promote has been well received. And since 2003, this tournament has been recognized by the Nepal Basketball Association as a National School Level Basketball Tournament. The 13<sup>th</sup> edition of this Carnival was held this year from 6 December. Sixteen teams in the boys division and twelve teams in the girls division competed in the tournament. The Carnival came to an end with the Finals played on 18 December at the Gyanodaya College compound with the hosts taking on Wilson Academy in the boys' and Alpha's School in the girls' division. The Gyanodaya School Basketball Teams emerged Runners-Up in both. Three Cheers to Wilson Academy and the Alpha's School! Long Live its message of friendship, cooperation and brotherhood!!!

'KUDOS' to all our children; you have all done the School proud. Keep up the spirit!

*(All activities related calendars, report and results compiled with contributions from Mr. Raju Gurung, Vice Principal, Gyanodaya Residential School, Mr. Anmol Kullung Rai, Head of Department, Games, Mr. Bhakti Ghimire, Nepali Department, Mr. Popindra M. Singh, Scouts Master, Mr. Devi Ghimire and Mr. Prakash Mukhiya ECA Masters. Thank you all!)*

**You are what you think. You are what you go for. You are what you do!**

**Bob Richards**