

# Kashmiri Goenkans Junior گوئنکنڈ کشمیری

November - A Time to Reflect, Learn, and Shine

Editors: Ms. Asma Parveen, Ms. Syed Seherish

## CELEBRATING THE POWER OF WORDS!

On 11th November 2025, G.D. Goenka Public School, Srinagar successfully conducted Spell Bee 2025, an inter-grade linguistic competition that witnessed the enthusiastic participation of over 1700 students from Grades 3 to 9.



## MOTHERS, MEMORIES & KEHWA MOMENTS

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## A CUP OF WARMTH, A CIRCLE OF CARE

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## SHARING KEHWA, SHARING KINDNESS

The Nursery Department of G. D. Goenka Public School, Srinagar hosted a heart-warming event- "Kehwa with Caring Moms" on 18th November 2025. Celebrating the gentle, nurturing bond that mothers share with their children. The gathering was designed to honour the love, patience, and guidance that mothers provide each day, shaping their child's earliest experiences.



## PLAY, COMPETE, SHINE!

GD Goenka Public School, Srinagar - Goenkan Games 2025

"Sports build resilience, character, and the confidence to face every challenge in life." The vibrant spirit of Goenkan Games 2025 came alive on November 8, 2025, at GD Goenka Public School, Srinagar, celebrating athletic skill, teamwork, and the holistic development of young learners.



## FUN, FOOD, AND FESTIVITIES FOR ALL!

"When learning meets laughter and creativity finds expression, education turns into celebration."

Brimming with joy, colour, and community spirit, GD Goenka Public School, Srinagar, in collaboration with Blossom by Syed Mehnaz, hosted the much-awaited Goenkarnival 3.0 on the 1st and 2nd of November 2025.



## TINY VOICES, TIMELESS RHYMES!

Nursery and LKG Rhyme Recitation Competition: A Celebration of Innocence and Creativity

The final round of the Rhyme Recitation Competition for Nursery and LKG students was held on Monday, 24th November 2025. The event highlighted the children's enthusiasm and earnest attempts as they presented their rhymes with great interest and sincerity.



## LEADING WITH HEART, SERVING WITH PURPOSE!

The Grade 1 of GD Goenka, Srinagar, simulated the much-awaited event "Community Champs in Action" on 25th November 2025. The activity aimed to help students understand and appreciate the valuable role of community helpers in our daily lives.



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November - A Time to Reflect, Learn, and Shine

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*"Are those who know equal to those who do not know? Only those who reflect will understand."*

*[Surah Az-Zumar, (39:9)]*



Srinagar  
J&K

G.D. Goenka Public School, Srinagar  
Junior School Monthly Newspaper – Culminating Month of November, Session 2025

Dear Parents, Students, and Members of the Goenkan Family,

As we approach the close of the Session 2025 with the concluding month of November, we take a moment to reflect with immense pride, gratitude, and joy on the remarkable journey of this academic year. Each day at G.D. Goenka Public School, Srinagar, reaffirms our belief in the vision and mission that guide us—nurturing confident, compassionate, and capable learners who shine in academics, values, skills, and character. This year, once again our students have made us proud through their achievements, participation in and outside school events and ever-growing enthusiasm. Their progress helps us continue living the dream of our legendary founder, Late Mr. Gulam Qadir Kawoosa, whose dedication, ideals, and love for education still echo through every corridor of our school. Though he is no longer with us, his spirit remains alive in the smiles, accomplishments, and growth of our little Goenkans. We believe he would be immensely happy to see the children blooming each day, each month, each year, and each season within this nurturing Goenka environment.

The Session 2025 has been a vibrant blend of academic excellence, co-curricular engagement, and meaningful initiatives that reflect the true essence of our mission. Our school continues to grow by leaps and bounds, upholding the standards of quality and holistic education envisioned by our founder.

We extend our heartfelt congratulations to all students for their outstanding achievements this year and for their well deserved promotion to the next grade. You are the pride of the Goenkan legacy. We also warmly welcome all new students who joined the Goenka family this year; we look forward to watching you flourish in the years ahead.

To our dedicated staff and teachers, we express our sincere appreciation for your commitment, guidance, and contribution in shaping young minds. And to our parents, thank you for your constant support, trust, and partnership with the school.

As we step into the winter break, we encourage our students to stay connected with academics, spend joyful time with family, and continue to build your profile by exploring creativity, learning a new skill, or engaging in meaningful hobbies. Use this time wisely and return refreshed with renewed enthusiasm for an exciting and prosperous year ahead.

As we conclude this year, we wish everyone heartiest congratulations and extend our warmest wishes for success, happiness, and continued growth in 2026. May the Goenkan spirit continue to shine brightly in all our children.

Warm regards

School Management  
G.D. Goenka Public School, Srinagar



# Kashmiri Goenkans Junior گوئنکنڈ کشمیری

## "FLASHBACK MOMENTS THAT WARM THE HEART!"

Goenkan Junior Newspaper – Culminating Month of November, Session 2025

Dear Parents, Students, and Esteemed Staff,

As we bring the Session 2025 to a graceful close with the culminating month of November, I feel immense pride and gratitude reflecting on the wonderful journey we have shared this year. It has been a vibrant tapestry of learning, growth, creativity, and achievement.

This year has witnessed a beautiful camaraderie of academic excellence, co-curricular participation, and purposeful skill development. Each success of our students stands as a testament to the tireless efforts of our dedicated staff, the enthusiasm of our young learners, and the unwavering support of our parents.

We are delighted to welcome our little Goenkans who joined the Goenkan family this year, as well as the new teachers who have enriched our school community with their expertise and commitment. We look forward to their continued success and contribution in the coming year.

My heartfelt congratulations to all parents for the outstanding achievements of your children. Your cooperation, encouragement, and trust have played a vital role in their progress.

A warm appreciation to our teachers and staff for their dedication and constant support in nurturing young minds and guiding students toward excellence.

To our dear students, congratulations on your achievements and on your promotion to the next grade. You have made us proud with your hard work, curiosity, and joyful participation throughout the year.

As we step into the winter break, I encourage all students to stay connected with your academics, enjoy quality time with your family, and also use this period to build your profile by doing something creative, learning a new skill, or exploring a new interest. Make this winter a time of meaningful growth and discovery.

As the year concludes, I extend my warmest wishes and heartiest congratulations to everyone. May the upcoming year, 2026, bring renewed energy, greater achievements, and continued success for our entire Goenkan Junior family.

Best Wishes

P J Johnson  
Principal GD Goenka School Srinagar



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“FLASHBACK MOMENTS THAT WARM THE HEART!”



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## CELEBRATING THE POWER OF WORDS!



On 11th November 2025, G.D. Goenka Public School, Srinagar successfully conducted Spell Bee 2025, an inter-grade linguistic competition that witnessed the enthusiastic participation of over 1700 students from Grades 3 to 9. The event was conducted in three competitive phases spread across two months, where students showcased their spelling skills, vocabulary strength, and confident communication. After a series of intense and engaging rounds, the winners and runners-up emerged, reflecting the hard work and dedication of our young Goenkans.



At G.D. Goenka, we strongly believe in providing platforms that empower students to excel not only in sports and co-curricular activities but also in literary and linguistic arenas. Spell Bee 2025 stood as a proud testament to this vision, encouraging students to build stronger vocabulary, improve language proficiency, and grow into confident speakers.



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On 11th November, 2025 the Grand Finale brought together 44 top contestants who competed fiercely through multiple challenging tie-breaker rounds, making the final stage both intense and exciting. The event concluded with the Prize Distribution and Culmination Ceremony, where the achievements of all finalists were celebrated with great pride and applause.



During the ceremony, the School Management, the Managing Director, Mrs. Massara Kawaosa and the Principal, Mr. Johnson P.J. felicitated all finalists with certificates and trophies. They commended the students for their dedication and encouraged them to continue participating in such enriching platforms, emphasising that the 21st century is defined by strong communication skills and confident expression. Addressing the gathering, they congratulated the participants, appreciated the quality of the competition, and cheered for the young achievers, acknowledging Spell Bee 2025 as a meaningful step towards strengthening students' linguistic and communicative abilities.



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## “MOTHERS, MEMORIES & KEHWA MOMENTS.”



### UKG KEHWA WITH CARING MOMS (ALBUM 01 and ALBUM 02)

G. D. GOENKA Public School  
Srinagar conducted on 15th November 2025, the much-awaited and heart-warming event, “Kehwa with Caring Moms.” The programme was organized to celebrate the special bond between mothers and their children, and to appreciate the love, guidance, and support mothers provide in shaping young minds.



The event commenced with a speech by our esteemed Principal Mr. Johnson P.J. and a warm welcome by grade coordinator Ms. Irfana Soubhi. The delightful performances presented by our little learners mesmerised everyone present at the event. The children showcased their talents with confidence and joy, creating a lively and emotional atmosphere for the audience.



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Mothers actively participated in fun-filled interactive activities that promoted bonding, teamwork, and joyful engagement. The highlight of the event was the beautiful moments shared between mothers and children over a cup of traditional Kehwa, adding a cultural and homely touch to the celebration.



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## "A CUP OF WARMTH, A CIRCLE OF CARE."



### LKG KEHWA WITH CARING MOMS (ALBUM 01 and ALBUM 02)

G D Goenka Public School, Srinagar, orchestrated a heartfelt and eagerly awaited event, "Kehwa with Caring Moms," for LKG students on 17th November 2025, celebrating the profound and irreplaceable bond between mothers and their children. This delightful gathering was thoughtfully curated to honour the unwavering dedication, nurturing care, and wise guidance that mothers extend to their young ones, shaping their cognitive growth and emotional well-being.



The event commenced with an inaugural address by the Coordinator, Ms. Rumisa, and the revered Principal, Mr. Johnson P.J., which beautifully set the tone for the day. This was followed by a series of enchanting performances by our young Goenkans, whose innocence and enthusiasm captivated the audience. Their graceful presentations, filled with joy and confidence, infused the atmosphere with warmth and cheerfulness.



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Mothers also enthusiastically participated in engaging interactive sessions and lively gaming activities. These moments of fun and collaboration added a refreshing charm to the celebration, fostering camaraderie and creating cherished memories.



The parents' heartfelt feedback and visible happiness further added glory to the event, reflecting their appreciation for the thoughtful planning and the meaningful bonding experience it offered.

The traditional sharing of Kehwa served as the perfect culmination of the celebration, enriching the ambience with cultural warmth and togetherness—beautifully embodying the spirit of love, gratitude, and connection between mothers and their young ones.

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## “SHARING KEHWA, SHARING KINDNESS.”



The Nursery Department of G. D. Goenka Public School, Srinagar hosted a heart-warming event- “Kehwa with Caring Moms” on 18th November 2025.

Celebrating the gentle, nurturing bond that mothers share with their children. The gathering was designed to honour the love, patience, and guidance that mothers provide each day, shaping their child's earliest experiences.



The morning began with a warm welcome by the grade Coordinator Ms. Andleeb Aziz and followed by the encouraging words of our respected Principal, Mr. Johnson P. J. The thoughtful messages delivered by both beautifully set the mood for an enriching and joyful celebrations.



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Our little Nursery Goenkans charmed everyone with their delightful presentations. The sweet voices, innocent smiles, and confident performances filled the auditorium with happiness, winning over the hearts of their mothers and teachers alike.



The event also featured interactive moments and enjoyable activities, where moms participated wholeheartedly with their children. These shared experiences created laughter, closeness, and lovely memories that will be cherished for a long time.



The ceremony concluded with serving of traditional Kehwa, adding a touch of Kashmiri warmth and cultural richness to the day. The joyful expressions and positive feedback from parents truly reflected the success and emotional depth of the celebration.

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## “PLAY, COMPETE, SHINE!”



GD Goenka Public School, Srinagar –  
Goenkan Games 2025

“Sports build resilience, character, and the confidence to face every challenge in life.” The vibrant spirit of Goenkan Games 2025 came alive on November 8, 2025, at GD Goenka Public School, Srinagar, celebrating athletic skill, teamwork, and the holistic development of young learners.



The event opened with the flag-hoisting ceremony, graced by the presence of our worthy Principal, Mr. Johnson PJ. Following the hoisting of the flag, the Principal addressed the gathering, highlighting the importance of physical fitness in shaping a balanced and disciplined life. He emphasized that sports are not merely activities, but powerful life lessons that teach students perseverance, focus, and team spirit.



Students from Grades II and III set the stage with a beautifully synchronized Mass PT display, showcasing coordination, grace, and energy. This was followed by an impressive Martial Arts demonstration, where students presented a skilful sequence of techniques—reflecting agility, inner strength, and months of dedicated practice. A series of track events and team-based activities added excitement to the day, encouraging students to participate with enthusiasm and to support one another—embedding values of unity, fair play, and healthy competition.



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A special highlight of the event was the Kabaddi match conducted by Grade IX, which brought tremendous enthusiasm from both participants and spectators. The match was a lively display of strategy, stamina, and quick reflexes.



The occasion became even more memorable with the presence of our esteemed Chairman, Mr. Imtiyaz Kwoosa. In his address, Chairman Sir applauded the students for their spirited performance in the Kabaddi match. He fondly recalled his own childhood experiences with traditional sports, creating a nostalgic moment for everyone present. Encouraging students to engage actively in physical activities, he urged them to spend more time on the playground and less on social media, highlighting the irreplaceable value of sports in building strong minds and healthy bodies.



The Goenkan Games 2025 left a lasting impact on everyone present—celebrating talent, fostering character, and reinforcing life skills that extend far beyond the sports field. It was a day of joy, learning, and inspiration for the entire Goenkan family.

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## “FUN, FOOD, AND FESTIVITIES FOR ALL!”



“When learning meets laughter and creativity finds expression, education turns into celebration.” Brimming with joy, colour, and community spirit, GD Goenka Public School, Srinagar, in collaboration with Blossom by Syed Mehnaz, hosted the much-awaited Goenkarnival 3.0 on the 1st and 2nd of November 2025. Over time, Goenkarnival has become a name synonymous with fun, enterprise, and festivity—an event that everyone eagerly waits for its unique blend of learning, entertainment, and cultural vibrance.



The carnival opened its gates at 11:00 a.m. on Saturday, welcoming an enthusiastic crowd to a world of excitement and creativity. The campus transformed into a buzzing fairground filled with colour, laughter, and aromas—offering an array of Kashmiri crafts, local delicacies, and business showcases. A separate game zone by Fun Paradise kept the thrill alive with attractions like the Planetarium, swings, Castle, PS5 Gaming Station, Movie area and much more, ensuring something delightful for every age group.



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The highlight of the two-day celebration was the series of spellbinding performances by Goenkans across grades, who captivated audiences with music, dance, drama, and confidence—truly reflecting the school's belief in holistic learning. The school band 'Epic Performances' lived up to its name, stealing the show with electrifying rhythms and boundless energy. Adding to the excitement, renowned local bands performed live, making the evenings unforgettable.



The carnival concluded on a high note with certificate distribution by Ms. Syed Mehnaz, who appreciated the enthusiasm of students, faculty, and participating business enterprises. Her inspiring words encapsulated the true spirit of the event—that every platform like Goenkarnival fosters confidence, creativity, and an entrepreneurial outlook among young learners.



Goenkarnival 3.0 was more than just a fest—it was a celebration of learning, laughter, and life, where education moved beyond classrooms and joy became the greatest lesson of all.

Two days of laughter, learning, and limitless joy – Goenkarnival 3.0 was truly a celebration to remember!

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## “TINY VOICES, TIMELESS RHYMES!”

### Nursery and LKG Rhyme Recitation

### Competition: A Celebration of Innocence and Creativity

The final round of the Rhyme Recitation Competition for Nursery and LKG students was held on Monday, 24th November 2025. The event highlighted the children's enthusiasm and earnest attempts as they presented their rhymes with great interest and sincerity.



As aptly expressed, “Rhyme patterns are nothing without meaning to the words.” Our young learners added life to their rhymes by giving meaning to every line, making their simple renditions truly heart-warming. Their innocent performances reflected the joyful spirit of early learning.

We sincerely commend all our students for their wholehearted participation and appreciate the effort they put into preparing for this event. Their willingness to try, learn, and perform made the competition a memorable experience for everyone.



The event was a cheerful celebration of early expression, dedicated effort, and the beautiful innocence of childhood.

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## “LEADING WITH HEART, SERVING WITH PURPOSE!”

The Grade 1 of GD Goenka, Srinagar, simulated the much-awaited event “Community Champs in Action” on 25th November 2025. The activity aimed to help students understand and appreciate the valuable role of community helpers in our daily lives.



To create an engaging real-life experience, several vibrant setups were arranged across the venue. These included a Marketplace Setup, Hospital, Post Office, Police Station, School, and other thematic corners representing different community spaces. The lively marketplace, with multiple stalls, allowed students to enact the roles of shopkeepers and customers, participating in simple buying-selling activities. Through this hands-on experience, children learned how money is exchanged to purchase goods and understood the practical use of currency in daily situations.



The young Goenkans of Gr.01 enthusiastically showcased their talent and confidence by speaking about the roles assigned to them. Dressed as various community helpers such as doctors, postmen, policemen, teachers, nurses, shopkeepers, and many others, the children beautifully explained how these helpers support us in our day-to-day life.



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The activity was thoughtfully integrated with English, EVS, and Mathematics, reinforcing the concept of money while strengthening communication skills and environmental awareness. Above all, the event helped students appreciate the importance of community helpers and the valuable contributions they make to society.



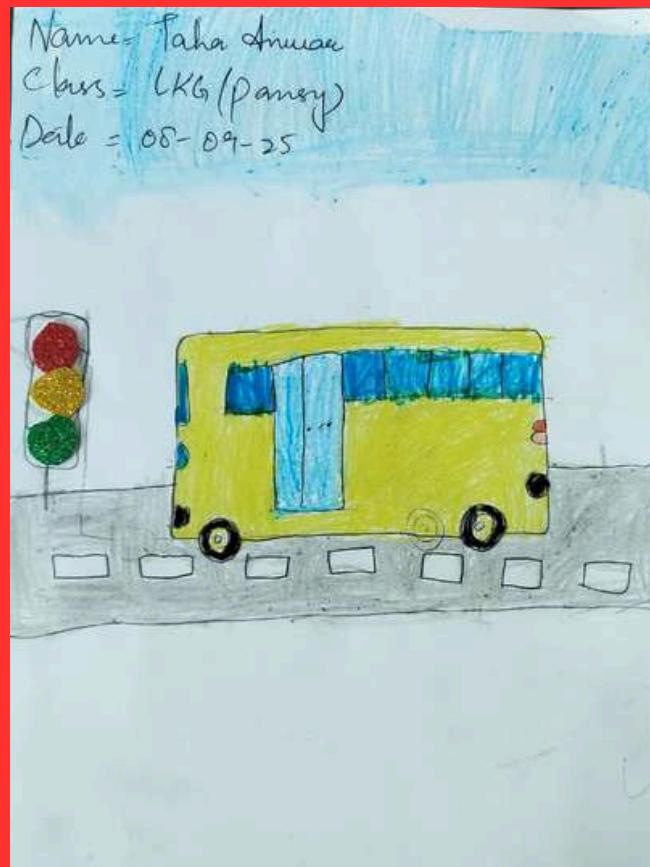
The day was filled with learning, joy, and meaningful experiences for our young learners.



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# Kashmiri Goenkans Junior

## THE ART CORNER



# Kashmiri Goenkans Junior گوئنکنڈ کشمیری

"LEAVES OF LOVE: CELEBRATING AUTUMN THROUGH A CHILD'S EYES"



*"Autumn in Kashmir:  
A symphony of colours and  
calmness"*

A heart felt reflection on the beauty of nature as seen through the eyes of an eight- year- old.

Autumn in Kashmir is the most beautiful season and as an 8 year I see autumn as a time when the world turns into a big colourful painting. Everywhere I look, the trees appear red, yellow and orange. The Chinartrees are the best part, its big leaves are fun to jump on when the wind blows to drift them down. Even I love to run through the piles of fallen leaves.

Sometimes I even try to catch a leaf before it lands but they always seems to slip away. Weather also turns just cool enough to put on my favourite sweater and feel cozy outside. So Autumn is a magical time for me when nature shows its most beautiful colours and even getting ready to rest.

Every thing looks so peaceful and calm.



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## Mental Health and Faith

Mental illness, like physical illness, can happen to anyone. We don't blame someone's faith when they have diabetes, headache, injury, or a broken leg. But when it comes to depression or anxiety, we suddenly assume that the problem is spiritual weakness. Common sayings in Kashmir There are many proverbs and phrases in our society that reflect this mindset:

"Yeli ne cxe imanaae chu, ave chu depression"

Advertisement

(Your faith is weak, that's why you have depression.)

"Cxe chune khudayas peth bharosae"

(You don't trust Allah.)

"Yeli ne namaze pareith, adee kya gase?"

(When you don't pray, that's why you are feeling all this?)

"Yus namaz paraan chu, temis chune depression gassaan"

(One who prays cannot get depressed.)

### Spirituality and Mental Health: A Psychological Perspective from Kashmir

Spirituality is widely regarded as one of the core coping mechanisms individuals adopt when dealing with stress.

In Kashmir, faith is a part of everyday life, shaping not just culture but how people understand and process their emotions. During times of distress, individuals often turn to spiritual practices such as prayer, Qur'anic recitation, and belief in Taqdeer (destiny). These practices are not only devotional but they provide comfort, ease emotional pain, and help people find strength and hope to carry on through difficult times.

In psychological terms, this is called emotion focused coping where people manage stress not by changing the situation itself, but by regulating their emotional response to it, finding peace, reassurance, and resilience through their faith and spiritual beliefs (Lazarus & Folkman, 1984). In Kashmiri culture, that meaning is frequently tied to religious beliefs whether through acceptance of divine will (Taqdeer) or hope for relief in the Akhirah (hereafter). However, this integration of spirituality and mental health often gives rise to a false dichotomy: the assumption that people with strong faith cannot face mental health struggles, or that those who do, must be weak in their spirituality. Spirituality is a psychologically supported coping mechanism, deeply rooted in Kashmiri cultural responses to suffering. While it provides strength and meaning, it should not be used to judge who may or may not suffer from mental illness. Mental health is not the absence of faith, and faith is not always a shield against emotional suffering. It's important to understand that a person can be deeply spiritual and still need help, and there's no shame in that. It is essential to build a community where no one is left to carry their burdens alone, and where faith and mental healthcare work together.



Mehak Gul  
Counsellor

# Kashmiri Goenkans Junior گوئنکنڈ کشمیری

Junior School Newspaper – November, Session 2025

G.D. Goenka Public School, Srinagar

Dear Readers, Parents, Students, and the Goenkan Family,

As we conclude the Session 2025 with the month of November, we are delighted to present this special edition of our Junior School Newspaper. This year has been filled with learning, creativity, and meaningful achievements, truly reflecting the spirit of our school's Vision and Mission.

Much of what we celebrate today comes from the dream envisioned by our beloved founder, Late Mr. Ghulam Qadir Kawaosa. His vision was simple yet profound to create a nurturing environment where children grow with confidence, values, discipline, and academic excellence. This vision continues to be upheld with dedication by our School Management, and we remain guided and steered in the right direction by our Principal, whose leadership continues to strengthen the Goenkan journey.

This year our Goenkan family has continued to grow stronger and brighter, with students excelling across academics, activities, and skill development. We warmly congratulate all our students for their achievements and successful promotion to the next grade, and we extend a heartfelt welcome to all the new students who joined the Goenkan family this year.

We express our sincere appreciation to all our students, staff members, and everyone who contributed to the successful compilation of this year's Junior Edition of the Newspaper. Your support, effort, and enthusiasm have made this publication truly special.

As winter sets in, we encourage our students to stay connected with your academics, spend quality time with your families, and use the break to explore creativity, learn a new skill, and continue building your profile.

As we wrap up 2025, we wish everyone happiness, success, and a bright, inspiring 2026.

Warm regards

Editors

Junior School Newspaper

G.D. Goenka Public School, Srinagar



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## The Editorial Board



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**THE EPIC**, Our Young Goenkan Music Band stands as a vibrant symbol of Creativity, Collaboration and Youthful Energy. United by Rhythm and imagination, they embody the joy of creating music together, inspiring and uplifting the Goenkan community.

