

## PRESS RELEASE

### INTERNATIONAL DAY OF YOGA

In order to create awareness among NCC Cadets, International day of Yoga was conducted by 3 PB (I) COY NCC in Shivalik Public School, Mohali in which 57 NCC Cadets participated from various schools and Government College Mohali . The Principal of the school, Mrs. Anupkiran Kaur, ANO Mr. Gurjot Singh, Caretaker Ms.Karamsheel motivated cadets to adopt Yoga in their lifestyle. Subedar Gurpal Singh and Havildar Jasbir Singh briefed about the essence of Yogic exercises on the health of individuals. Thereafter, an expert Yoga teacher Ms.Sukhraj held a long session with demonstration of Asanas. Refreshments were offered to the cadets. The event was well received by the cadets and they were encouraged to think about their physical, mental and spiritual health.



### IN-SERVICE TEACHER TRAINING PROGRAMME

Shivalik Public School Phase VI, Mohali conducted the Annual INSET Programme from 27th May to 1st June, 2019 for 300 teachers from all the branches of Shivalik Public School located in Chandigarh, Nawan Shehar, Patiala and Mohali. The program was initiated with an informative discussion on creating sensitization on “Child Sexual Abuse” presented by Mr. Arun Nayar, a social activist. This was followed by a discussion on “Classroom Strategies” by Ms. Nishi Sherawat . The second day of the INSET was initiated by Mr. P.M.Phillip, Principal Holy Angels School, Rajpura, who apprised



the teachers with the concept of ART INTEGRATION into teaching of different subjects for learning complex topics in an interesting manner. He also deliberated upon the challenges of 21st century teachers. Ms. Usha Pathania, Education Development Specialist at India Today, New Delhi conducted an interactive learning session on “Effective Teaching Strategies for 21st century teachers”. Ms. Neenu Puri, Director of Education, S.Chand, Harcourt - Development of educational resources, Teacher Training and School Consultancy, emphasized the need and ways of integrating “EXPERIENTIAL LEARNING” into teaching and learning. Ambassadors from O.P.Jindal University and JIBS( Jindal Institute of Behavioural Sciences) focused on the importance of Emotional Intelligence presented by Dr. Manjushree Pulit, career possibilities in the field of Commerce by Mr. Anand Mishra and Dr,. Tithi Bhatnagar, who discussed about the importance of well-being in developing effective relationships. Professor Gurmeet Singh, from Panjab University discussed tips and habits for “Improving Health through Exercise”. The program culminated with an inspiring note by Mr. D.S.Bedi, Director Shivalik Public Schools.



### **MAKERSHALA SUMMER CAMP WORKSHOP**

MAKERSHALA SUMMER CAMP WORKSHOP was organised in Shivalik Public School, Mohali under the aegis of Atal Innovation Mission, NITI Aayog for classes IV th to IXth from 27<sup>th</sup> May to 1<sup>st</sup> June 2019. 54 students participated in the workshop and worked on six projects. The students of classes IVth and Vth developed various innovative models including PVC lamps and Water Level Indicator which helps to detect and indicate the water level in an overhead tank. The students of classes VIth and VIIth created an LED Tilt Lamp which can be turned by using tilt

sensor and rechargeable batteries. They also made a Smart Bin (Hungry Robot) which includes an AIR sensor with Servo motor using Additive Manufacturing Technology. Grade VIIIth and IXth students developed an Air purifier and a Smart pot using Additive manufacturing Technology (3D printing), electronics circuit and soldering. The models developed by the students were displayed and exhibited on the last day of the workshop. It was an innovative learning experience for students



### FANCY DRESS COMPETITION

The tiny tots of classes I and II showcased their talent at the Fancy Dress Competition organised in the campus of Shivalik Public School, Mohali.

Some of the children conveyed beautiful message through their acts like “Say no to plastics” , Mother Earth, Preserve trees and donate blood while others depicted themes like fairies, fruits, vegetables, humanity and also enacted the roles of famous personalities like Mr. Narendra Modi, Mother Teresa, Indira Gandhi, Subhash Chandra Bose and Bhagat Singh. All the students participated enthusiastically. The winners were awarded appreciation certificates.



School Principal, Ms. Anupkiran Kaur appreciated the efforts of the students and further added such activities provide unique platform to improve their communication skills in addition to improving their confidence .



## MOTHER'S DAY

**“Mother’s hold their children’s hands for a short while but their hearts forever.”**

**In the same spirit Shivalik Public School, Mohali celebrated mother’s Day in school auditorium on 11 May 2019. Celebration was glorified by the presence of revered Director Satwant Kaur Bedi and Principal Ms. Anupkiran Kaur. The function commenced with the school shabad followed by introductory speech by the school staff. In this fun and frolic celebration, vibrant and enthusiastic mothers of primary wing students participated in various events like musical chair, tongue twisters, recognition of famous personalities, individual tip tapping guest performance were also there. It was followed by showcasing a video depicting different roles of a woman. The function concluded by the grand dance performance by the teachers.**



## PARENT ORIENTATION

**' A parent is a teacher at home and a teacher is a parent in school and the child is the centre of our universe.'**  
Under the able guidance of the worthy Director, Shivalik Public Schools, Mr D S Bedi , an Orientation Programme was organized for the parents of XI and XII students. The aim was to familiarize the parents, 'as partners in progress' with the curriculum, rules and regulations of the school, teaching methodologies and the



co- curricular activities, The parents were briefed about the rules and regulations of the school. Later, the teachers gave an overview of the various subjects like English, Math, Biology, Physics, Physical Education and Chemistry and not to forget the co - scholastic activities which gave them an assurance that the curriculum involves self-directed, hands-on learning activities which not only give vent to their creative talents and energies but also help in their all-round development of the child.

The orientation programme proved to be a sincere effort made by the school in educating the parents to look after and guide their children in a proper manner. It also helped in evolving a common



teaching strategy and helped the parents in identifying suitable follow up methods to reinforce the learning process of their children.

It was followed by a session taken by the school Counsellor, who guided the parents about various principles involved in the teaching of life skills. They were also made aware about guidance related to their adolescent age.

The Principal of the school Ms Anupkiran Kaur, in her address to the parents, asserted that a student's progress in any field in school is not possible without the cooperative efforts of the teachers and the parents.

Overall, it was a fruitful meeting and the parents were in high spirits after attending the orientation programme. They were equally delighted like the teachers and they parted with an assurance in their minds of a secured environment for each young mind.

## WORLD BOOK DAY

Shivalik public school, Phase - 6 Mohali, celebrated library week to commemorate World Book Day. The school aims to building a global community that reads and writes together. Keeping this in mind many activities were organized for students.



The school organized a special assembly for classes V and VIII focusing on inculcation of reading habit among the students. This was followed by a talk on benefits of reading. All students pledged to become avid readers and add reading to their daily routine.

A number of activities were conducted like Bookmark making competition for classes I-VIII, Book jackets, Story writing competition, book reviews competition, were also organized for classes VI-VIII. The students who came first in each activity were Class VI Ritika, class VII Harsirat kaur, Class VIII

## EARTH DAY CELEBRATIONS

“Let’s join hands on Earth Day to make our Earth a better place to live in” With this thought students of classes I and II of Shivalik Public School ,Mohali organised a special assembly in the school premises. Students beautifully dressed in green enthusiastically participated in poems, speeches, role act,mime,dance and songs based on the theme”Go Green”. The main aim of the assembly was to motivate and spread awareness





among the students on some of the ways to save our “Mother Earth”. An animated video depicting 3 R’s (reduce, reuse, recycle) was also showcased.

The programme concluded with a pledge to save our natural resources. Principal Ms. Anupkiran Kaur appreciated the efforts of young toddlers and added that we are fortunate to have born on Earth and we should join hands together to save our mother Earth

### **CLEANLINESS DRIVE - BY NCC CADETS**

In order to create awareness among people, Cleanliness Drive on ‘Swacchta’ was carried out by NCC Cadets of Shivalik Public School, Mohali. The Principal of the school, Mrs. Anupkiran Kaur, ANO Mr Gurjot Singh, Caretaker Mr Jasbir Singh motivated cadets to take preventive measures against environment pollution . NCC Cadets had cleaned area near



Phase VI market, neighbourhood park and school premises. Slogan writing and poster making competitions were conducted on ‘Clean and Green India’. It was a great opportunity to encourage the youth to maintain cleanliness in surroundings. Refreshments were offered to the cadets. The event was well received by the cadets and they were motivated to think about the environment.

## **FOUNDER'S DAY AND BAISAKHI CELEBRATION**

**13th April brought twin joys to everyone connected with Shivalik Public School, Mohali. The day witnessed celebrations of Baisakhi and the school's 49th Founder's Day.**

**First of all the celebrations were initiated with the religious fervour to celebrate the Baisakhi which coincided with the 'Sangrand' of the month 'Baisakh'. The religious congregation was organised in**

**the hostel mess where all the students put in their best to make this function a success by setting an example of discipline and perseverance.**

**The school students recited shabads**



**swaying everybody into the spirituality and devotion. Then the venue of the celebrations shifted to the Multi Sports Complex where the School Flag was unfurled by the Honourable Director, Shivalik Public Schools, Mr D S Bedi which was followed by an impressive smart Marchpast. The third phase of the celebrations was organised in the state of the art, the school auditorium. It was the great cultural extravaganza, a fruition of a collective dream that all Shivalikians had all tirelessly worked to execute. The celebrations began with the recital of the school shabad 'Deh Shiva Bar MoheIhe' followed by a tribute to the JallianwalBagh Massacre through a presentation, poetic recitation and a short skit.**

**Then the hearts and minds were filled with pride when a nostalgic PowerPoint Presentation on the school's glorious past : ' A Journey from sweet memories (1970) to Shivalik - A Trendsetter in**



**Education was showcased which showcased the strides taken by the school during the last 49 years.**

**It was a spectacular celebration, a delightful medleys of foot tapping music and stunning visuals, spectacular dances and thought provoking presentations, poetic recitation and speeches. The whole school came alive with the brilliant performances presented by the students.**

**.There were spectacular dance performances by the students and the melodious songs sung by the students set the mood of each and every one present in the school auditorium . Children ,dressed up in attractive**



**attires, participated whole heartedly and tapped the floor of the stage to the dancing tunes. This spread sparkling smile on one and all viewers.**

**The assembly concluded with a resplendent and energetic Punjabi folk dance performance that made a truly spirited stage! The aim behind the celebrations was to appraise the students of their rich culture and heritage.**

**Worthy Director, Shivalik Public Schools, Mr D S Bedi congratulated the staff and the students mentioning that ,'Punjabi culture has a rich tradition and such festivities are the reasons that give us an opportunity to present the beautiful form of Punjab. He wished everyone 'Happy Founder's Day' and Happy Baisakhi'. Cherishing the memories of the Founder's Day, he said that foundation stone of Shivalik was laid 49 years ago on this day by five studens amidst recitation of Gurbani, The curtain on the function came down with the singing of the National Anthem and later with the distribution of sweets among the students.**

