

# SHIVALIK TIMES



**OCTOBER 2024 - DECEMBER 2024**

# FROM THE DIRECTOR'S DESK

Since the beginning of human civilization, education has played a central role in fostering progress and empowerment. Ensuring universal access to education is crucial, as its absence stifles both personal growth and societal development. Shivalik Public School has consistently dedicated itself to providing a strong academic foundation, essential for nurturing the intellectual and all-around development of its students.



However, education goes beyond simply gaining knowledge; it is about shaping individuals and instilling integrity. It enables people to fulfill their societal responsibilities. True education should cultivate human values like compassion, tolerance, discipline, and open-mindedness, while also preserving the cultural legacy that must be passed down to future generations. It should blend the wisdom of the past, the realities of the present, and the ambitions for the future. As we mark 54 years of excellence, we continue to nurture motivated and compassionate young minds who are eager to make a positive impact on the world. Our commitment remains unwavering: to provide an environment that fosters both academic success and personal growth.

In today's fast-changing world, where technology touches every aspect of our lives, education must adapt to prepare students for the complexities of the digital era. To thrive in this global and technology-driven environment, students need not only academic knowledge but also a wide range of skills. They must be flexible, resilient, and innovative thinkers. As educators, it is our duty to ensure they are equipped with the necessary tools and experiences to navigate and succeed in this constantly evolving world.

MRS. SATWANT KAUR BEDI

# FROM THE PRINCIPAL'S DESK



It is an honor to speak to you today and express my sincere appreciation and encouragement.

To our students, you are the heart of this institution. Your passion, curiosity, and thirst for knowledge inspire us all. Education goes beyond simply acquiring facts—it is a path of self-discovery, growth, and empowerment.

Seize every opportunity that comes your way, push your limits, and dare to dream without boundaries. Trust in your potential, for you hold the power to accomplish remarkable things.

To our cherished parents, you are integral partners in shaping the bright futures of your children. Your steadfast support, guidance, and involvement in their education are crucial to their development. Thank you for trusting us with their mental and emotional growth. Together, we will continue to offer the best educational experience.

As we aim for excellence, let's remember the importance of creating a dynamic, 21st-century learning environment. We are living in a time of rapid progress, where technology and innovation are transforming the world. Our duty is to equip our students with the skills, knowledge, and mindset necessary to navigate these changes with confidence.

As we embark on this journey, I want to reaffirm our institution's dedication to embracing fresh ideas, encouraging creativity, and promoting collaboration. We will keep investing in advanced resources and innovative technologies to enhance the learning environment and prepare our students for the challenges and opportunities ahead.

I encourage each of you to stay resilient, adaptable, and open to new possibilities. Let's face the future with courage, determination, and a shared commitment to excellence. Together, we will build an environment that empowers our students to become lifelong learners, critical thinkers, and compassionate global citizens.

**DR .(MRS) ANUPKIRAN KAUR**

# FROM THE VICE PRINCIPAL'S DESK

"Empowering the Leaders of Tomorrow: Cultivating Resilience, Curiosity, and Excellence"

In today's rapidly changing world, educators are charged with the responsibility of cultivating critical and analytical thinking while simultaneously fostering both intellectual and moral growth. The objective is not just to impart facts or ideologies, but to equip students with the cognitive skills required for sustained success.



Challenges are an inevitable part of life, but it is our response to them that shapes our character. Embrace resilience and hard work, recognizing that each obstacle overcome is an opportunity to strengthen your character and prepare for future challenges.

Moreover, cultivate an insatiable curiosity. Foster a deep desire to question, explore, and absorb new knowledge. The pursuit of wisdom is a lifelong journey, and it is through this intellectual curiosity that we unlock our full potential and make meaningful contributions to the world around us.

In the face of uncertainty, Shivalik Public School has remained a shining example of resilience. Guided by the ethos of "Victory through Determination," we have transformed challenges into opportunities and setbacks into catalysts for growth, driving us towards success.

At Shivalik Public School, whether through academics, the arts, sports, or community service, every endeavour reflects our steadfast commitment to excellence.

The continuous pursuit of knowledge, rooted in ethical values and unwavering dedication, paves the way for endless opportunities and profound personal transformation, particularly in the realm of education. Through unwavering dedication, we equip the leaders of tomorrow with the tools to shape a brighter future.

**DR.(MRS)TEENA CHOPRA**



# EDITOR'S NOTE

“Good leaders create a vision, articulate a vision and passionately owns a vision and turn it into a reality” - Jack Welch.

Dear Readers,

It's my great pleasure to welcome you to this special edition of our news letter. As always, this magazine serves as a reflection of the creativity, hard work, and talent that each of our students and faculty bring to our school community. This issue is filled with incredible stories, artwork and achievements, showcasing the diverse voices and experiences that make our school so unique.



As we turn the pages, we invite you to explore the perspectives of our students, celebrate their accomplishments, and get inspired by their ideas.

In the ever-changing world of education, our institution has consistently been a beacon of excellence and innovation. This edition offers a thorough insight into the heart of our school, where each day brings new challenges and triumphs. As we navigate the complexities of contemporary education, we remain dedicated to fostering an environment where every student's potential is cultivated and their goals are achieved.

Our school is not merely an educational establishment; it is a vibrant community driven by the commitment, enthusiasm, and dreams of our students, faculty, and staff. In this edition, we aim to capture the true spirit of the School, celebrating both remarkable academic accomplishments and the wide range of co-curricular activities that contribute to the well-rounded development of our students. We take immense pride in highlighting academic excellence alongside artistic pursuits, athletic achievements, and community involvement, all of which are integral to the foundation of our institution.

This newsletter also serves as a tribute to the unwavering support of our parents, whose involvement plays a key role in the success of our students. Together, we are building a strong, inclusive, and supportive community that nurtures the growth of every child.

In an era of continuous change and challenges, it is our collective commitment to education, progress, and compassion that defines our school and ensures our students are prepared for the future.

We express our heartfelt thanks for your ongoing support of our institution. As we continue this shared journey, we eagerly look forward to celebrating our accomplishments together and anticipating even greater milestones ahead.

I hope you enjoy reading this edition as much as we enjoyed putting it together!

Warm regards,

**Harpreet Kaur Walia**

# EDITORIAL BOARD

Dear Shivalikians,

We are thrilled to present to you the latest edition of the Shivalik Public School, Mohali magazine! This publication is a testament to the dedication, creativity, and hard work of our students and faculty.

Within these pages, you will discover a rich tapestry of our school's vibrant life. From insightful articles and creative writing pieces to reports on school events and achievements, each contribution reflects the spirit and excellence that define Shivalik Public School.

This issue features special sections on the activities and special days celebrating the diverse talents and accomplishments of our students.

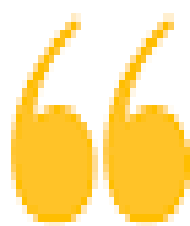
Thank you for your unwavering support. Happy reading!

Warm regards

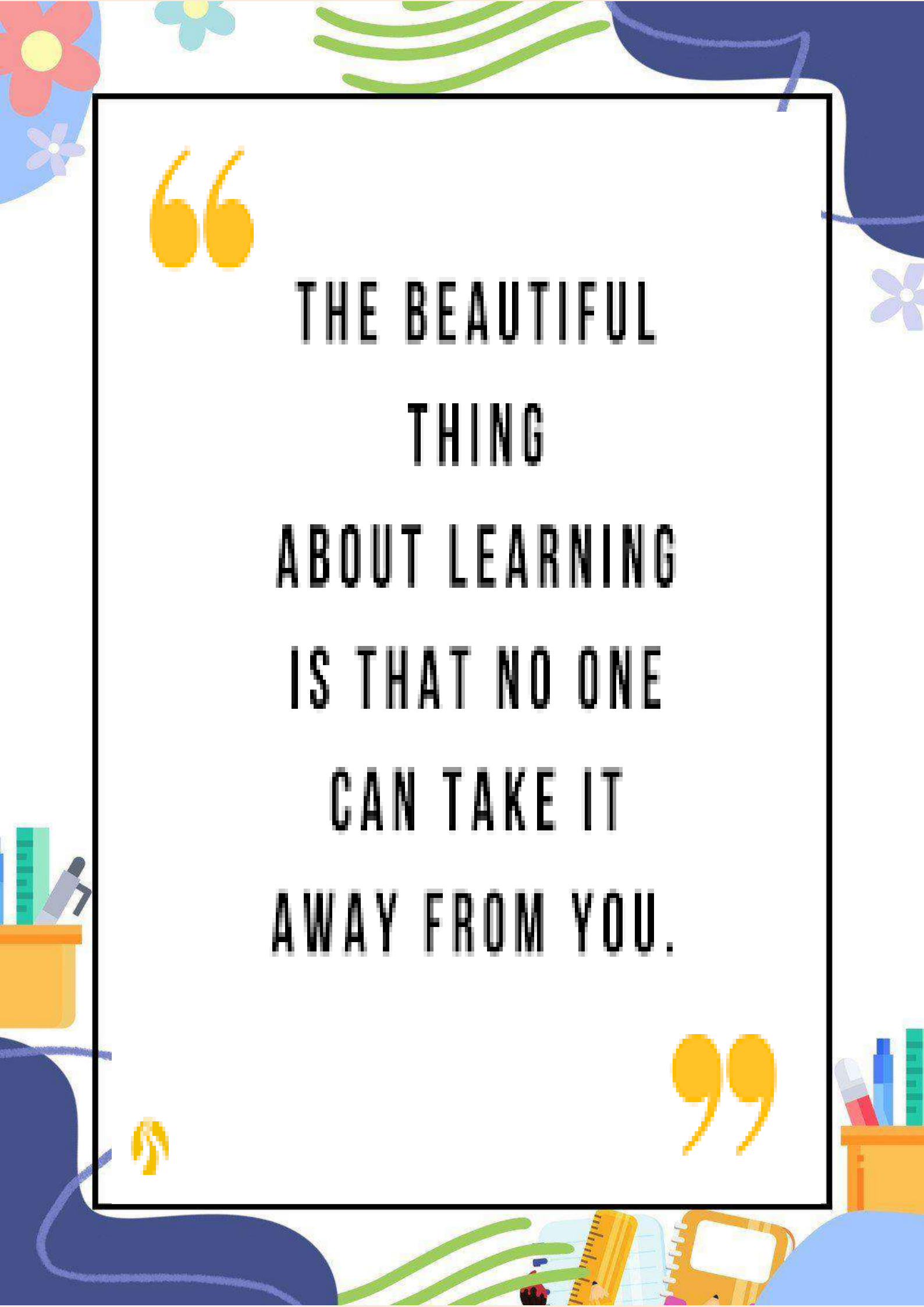
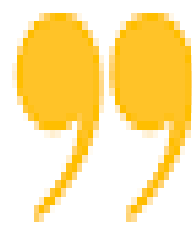
**The Editorial Board**



**Ms. Paramjit Kaur , Ms. Mili Mahajan , Ms.Harpreet Kaur , Ms. Sonali Sood,  
MsVandana , Ms. Amanjot Kaur & Ms. Amarpreet Kaur**



THE BEAUTIFUL  
THING  
ABOUT LEARNING  
IS THAT NO ONE  
CAN TAKE IT  
AWAY FROM YOU.





# CLASSES IX-XII (October-December)

## ANNUAL EXHIBITION HELD AT SHIVALIK PUBLIC SCHOOL, MOHALI.

An exhibition for all subjects was held in the School on 4 November, 2024. Students from classes III to IX and XI participated and displayed their innovative talents in the Exhibition on the theme 'Kaleidoscope 2024'. The exhibition was inaugurated by the School Principal Dr. (Mrs) Anupkiran Kaur and Principal SIER Dr. (Mrs)Jyoti Soni.

Various models such as Subject Verb Agreement, Modals, Tenses, Descriptive Paragraph, Email Writing, Parts of Speech and Poems and Prose were the highlights of English Section. Hindi Section specially focused on Grammar and Stories, similarly Punjabi section demonstrated Boli, Navi Purani Tahijeb, Historical monuments and Famous crops of Punjab. In the Maths section, students presented models based on Quadrilaterals, Pythagoras Theorems, Square root clock, Net of 3D shapes, types of Angles, Rotational Symmetry, Basic proportionality Theorem, Inclinator, Coin separator, Area of circle, Pascal's Triangle and Median. The Mathematicians' tree was also part of the Exhibition.

Talking about the Social Science exhibition showcased various models and charts as a part of their project based learning methodology. The students displayed different models based on the topic such as Recycling, Solar Power Irrigation System, Windmill Turbine Model and Waste Water Treatment.

At the Science corner, students exhibited learning by doing activities. Models showcasing Human Eye Working Model, Path of Light, Resonance, Bohr's Model, Hydroelectricity, Solar Irrigation System, Human Heart, Artificial Blood, Soap Formation, Excretory System, Solar Energy and Wind Mill, Reverse Osmosis, Hydraulic Pressure, Function of Wind Vane Tesla Coil, 3-D, Electrolysis of Water, Mitotic Division in Cells and Improvement in Food Resources.



From Class IX, Ananya and Avni stood first in English, Ishan Joshi stood first in Mathematics, Mehak secured the first position in Hindi, Nimrat stood first in Social Science and Simrat Kaur and Dashnoor Kaur stood first in Punjabi. From class XI, Khushdeep kaur and Sidakpreet Kaur stood first in Chemistry. From XII Akshat and Punnay Sharma stood first in Physics.

To add on to this Classes III to VIII also showed a spectacular models, Anshika class VI, Ridhi class VII and Deepakshi class VIII secured first position in English exhibition.



Supriya Rana class VI, Aaradhya Saklani class VII, Amanjot Kaur and Deepal class VIII stood first position in Hindi model. Whereas, Namanpreet Singh class VI, Surveen Kaur VII and Rehmat Kaur class VIII got first positions in Punjabi models. The fun didn't end here, Anubhav class VI, Lakshdeep class VII and Kanak class VIII stood first in the maths models. The tech of science also amazed everyone by the models presented by our winners Davik Bhardwaj of class VI, Arjun of class VII and Dilkash Kaur of class VIII. Social students also came forward with informative models like Niharika of class VI, Pranshi of class VII and Tanoor Sudan of class VIII

The parents were also provided an opportunity to view it. The students were zealous to explain the concept of their project and experiments to everyone present. The judges were delighted and overwhelmed by each child's performance. The school is dedicated to providing a nurturing environment where students can thrive academically, socially, and artistically.



### **Narayana Scholastic Aptitude Test (NSAT)**

Shivalik Public School, Phase 6, Mohali

Shivalik Public School is proud to announce its participation in the National Scholarship Assessment Test (NSAT) Stage-2, a prestigious academic platform designed to nurture young minds and assess their skills and knowledge. This stage is exclusively for students who have successfully qualified in Stage-1.

Event Details:

Date: October 20, 2024

Venue: St. Stephen's School, Sector 45 B, Chandigarh

Reporting Time: 10:00 AM

Examination Time: 10:30 AM to 11:30 AM

Parents are requested to ensure that their children carry a valid school ID card or any official identification for verification purposes. Students eligible for free participation and rewards can refer to the official notification for further details.

The NSAT provides a valuable opportunity for students to showcase their academic abilities on a national platform while building confidence and striving for excellence. Shivalik Public School encourages all eligible students to make the most of this opportunity.

## Taekwondo Competition



### Shivalik Public School Student Excels in Taekwondo Competitions

Mohali, October 24, 2024 – Puranjay Sharma, a student of Class 10 B at Shivalik Public School, has demonstrated extraordinary talent by winning consecutive gold medals in two highly competitive Taekwondo tournaments.

The first victory came at the Taekwondo District Tournament held on August 27, 2024, at the Multipurpose Stadium, Sector 78, Mohali. Competing in the Under-17, Over-78 kg category in the Kyorgi (Fight) event, Puranjay emerged as the champion, securing a gold medal. His outstanding performance at the district level has qualified him for the upcoming state-level competition, where he will proudly represent Shivalik Public School.

Puranjay continued his winning streak by clinching another gold medal at the Taekwondo

Independence Cup, held on September 1, 2024, at the Sports Complex, Sector 56, Chandigarh. Competing once again in the Under-17, Over-78 kg category in the Kyorgi (Fight) event, he showcased remarkable consistency and dedication.

## ANNUAL DAY AND PRIZE DISTRIBUTION CEREMONY,

### ‘SYMPHONY-2024

Shivalik Public School, Mohali, celebrated its Annual Day and Prize Distribution Ceremony, ‘Symphony-2024,’ with great zest, vibrancy, and elation, showcasing immense talent to mark 54 memorable years of academic excellence. The day was eagerly awaited, and students, faculty members, and parents gathered with enthusiasm to witness the extraordinary performances by students, who had worked diligently for this occasion.

The program took place in the school auditorium. The event commenced with the lighting of the ceremonial lamp by the Hon’ble Chief Guest, Dr. (Ms.) Gurkiranjeet Nalwa, Principal, Shivalik Public School, along with Dr. (Ms.) Anupkiran Kaur, Principal, Shivalik Public School, Mohali, escorted by other dignitaries. Following the lamplighting, a heartfelt tribute was paid to the school’s



director, Mr. D. S. Bedi, honoring his visionary leadership and contributions to the school's success and growth. This was followed by a sapling presentation and a welcome address. The school Vice-Principal, Dr. (Ms.) Teena Chopra, presented the School's Annual Report for the session 2024-25. The cultural program, SYMPHONY, 2024, featured an array of performances under themes such as Nature's Symphony, Desert Elegance, Cultural Mosaic of India, Women Empowerment, Western and Regional Folk Dances, and other theme-based acts portraying pride, heritage, and contemporary issues. Following these performances was the Prize Distribution Ceremony, where the Hon'ble Chief Guest awarded prizes to the meritorious students of the school. The school honored these students with a cash reward of Rs. 3100/- for their outstanding academic performance in the session 2023-24. The Tricity topper, Baljot Kaur of Class XII for the session 2023-24, was awarded Rs. 5100/-. Additionally, two teachers, Ms. Jaspreet Kaur, TGT Punjabi, and Ms. Rajinder Kaur, PGT Physical Education, were awarded a cash prize of Rs. 11,000 each for achieving a 100% result in their respective subjects. The Chief Guest, Dr. (Ms.) Gurkiranjeet Nalwa, Principal of Shivalik Public School Chandigarh, expressed her admiration for the students' magnificent performances. The program concluded with the Vote of Thanks, proposed by the school principal, Dr. (Ms.) Anupkiran Kaur.

### **Green Diwali Celebration**

A special assembly on "Green Diwali" was organized at Shivalik Public School to promote eco-friendly and sustainable celebrations. The event began with a thought-provoking speech by the students, emphasizing the harmful effects of

firecrackers on the environment and health. Teachers presented an informative and engaging PowerPoint presentation that highlighted the significance of adopting eco-friendly practices like using diyas, avoiding plastic decorations, and planting trees. A vibrant cultural performance, including a skit and dance, further reinforced the message of a clean and green Diwali. Students also recited self-composed poems advocating for sustainable celebrations. The Principal encouraged everyone to celebrate responsibly, fostering awareness and commitment to protecting the environment. The assembly concluded with a pledge to celebrate a pollution-free Diwali.



### **Rashtriya Ekta Diwas**

Shivalik Public School observed Rashtriya Ekta Diwas on 31<sup>st</sup> October, 2024 with great reverence to honor the birth anniversary of Sardar Vallabhbhai Patel, the Iron Man of India. As part of the commemoration, a special session was organized by the class



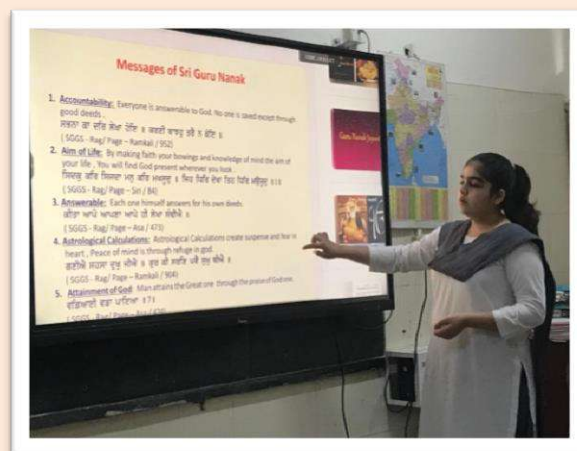
teacher, wherein a detailed PowerPoint presentation was shared with the students. The presentation showcased the extraordinary life, leadership, and pivotal role of Sardar Vallabhbhai Patel in uniting the princely states of India post-independence.

The teacher emphasized the core values of unity, integrity, and dedication to the nation, as exemplified by Sardar Patel, encouraging students to imbibe these ideals in their personal and academic lives. The session also highlighted the significance of Rashtriya Ekta Diwas in fostering a sense of national pride and cohesion among the younger generation. This interactive activity provided students with a deeper understanding of Sardar Patel's invaluable contributions to the nation's unity and instilled a sense of patriotism.

The activity was conducted in a well-organized manner within the classroom, ensuring that all students actively participated and attentively engaged with the content. The session not only enriched their knowledge but also inspired them to reflect on their role in upholding the unity and integrity of the nation, thus making the observance of Rashtriya Ekta Diwas a meaningful and impactful experience.

### **Informative Session on GURUPURAB**

On the occasion of Gurupurab, celebrated on 12th November 2024, Punjabi teachers at Shivalik Public School, Mohali, organized a special session for students. The celebration was marked by a presentation (PPT) shown in the class, which highlighted the significance of Gurupurab, the life and teachings of *Guru Nanak Dev Ji*, and the values of peace, harmony, and service. The PPT also included cultural insights, prayers, and quotes from Guru Nanak Dev Ji's



teachings, encouraging students to follow his path of love, equality, and service to humanity. The session was interactive and aimed at fostering respect for Sikh culture and traditions among students.

### **Annual Sports Day 2024**

Mohali, 14th November 2024: Shivalik Public School, Mohali, celebrated its Annual Sports Day with great enthusiasm on 14th November 2024 at the school's sports ground. The event was graced by the presence of the esteemed Chief Guests, Dr. Gurkiran Jeet Nalwa, Principal, SPS Chandigarh and Dr. Jyoti Soni, Principal,





(SIER) along with the school's Principal, Dr. Anupkiran Kaur, and Vice Principal, Dr. Teena Chopra.

The event commenced with a Welcome Address, followed by the Badge Ceremony. The highlight of the ceremony was when Dr. Gurkiranjeet Nalwa officially declared the sports meet open and gave permission to the cadets to start the March Past. The students of Class X led the March Past with exceptional coordination and enthusiasm. An Oath Ceremony was conducted to instil the values of sportsmanship, followed by the symbolic Passing of the Torch.

Once the games were declared open, the boys of Class IX showcased their agility through a Mass P.T. drill, and the girls of Class IX captivated the audience with an energetic Hula Hoop performance.

The sports activities included a range of competitions designed to foster a spirit of healthy competition. Senior boys participated in the 200m race, Ball Throw, Long Jump, and a thrilling 4x100m Relay race. The girls demonstrated their skills in events like the 100m finals, Shuttle Run, Skipping Rope competitions, and the 4x50m Relay race.

In addition to the students' events, the teachers joined in the excitement with a lively Musical Chair competition, adding to the festive atmosphere. The day culminated in a Medal Ceremony where the efforts and achievements of students were recognized and celebrated. The event concluded with the National Anthem, instilling a sense of pride and unity among the attendees.



Through this Annual Sports Day, Shivalik Public School emphasized the importance of sports as an integral part of holistic education, promoting physical fitness, mental alertness, and overall well-being among its students.

### **'Bharat Ko Jaano' Quiz Competition**

Mohali, November 26, 2024 – Shivalik Public School takes immense pride in announcing the remarkable achievement of its students in the prestigious *Bharat Ko Jaano* Quiz Competition, held at Khalsa College, Mohali.

In the Senior Category, Class 9 students Tripta and Radhika displayed remarkable intellect and poise, also achieving the 1st position with a commendable score of 50 points, surpassing five competing teams from Mohali-1.

Principal, Dr. Anupkiran Kuar expressed heartfelt congratulations to the students, stating, "These achievements reflect the hard work, dedication, and excellence of our students and the unwavering support of our teachers. We are proud of their success."

This victory highlights the commitment of Shivalik Public School to fostering academic excellence and all-round development among its students.

## Armed Forces Flag Day

December 7, 2024

Every year on December 7 we symbolize flags as Armed Forces Flag Day. We celebrate as a way to honor the valiant members and martyrs of the Army, Navy and Air Force.

As a collective duty, the Armed Forces Flags were distributed for voluntary contributions towards providing care, support, rehabilitation and financial aid.

Each of the flags was priced at 20 rupees.

## REPORT OF 7 DAYS NSS (NATIONAL SERVICE SCHEME) CAMP, December 3, 2024 to December 9, 2024

### DAY1: INAUGURATION AND TIME FOR NATURE

December 3, 2024

On day one, our school proudly inaugurated its 7-day NSS camp, an initiative aimed at fostering personality development through social service among students. With participants from various streams of the 10+1 batch, the program exemplifies the school's commitment to holistic education and societal contributions. The camp commenced with a ceremonious inauguration graced by distinguished guests: Ms. Anup Kiran, Ms. Teena, Ms. Joti Soni, Brahmakumari Sumanben, and Brahmakumari Gaitariben.

The event began with the lighting of the lamp of knowledge and the presentation of saplings to the guests as symbols of growth and sustainability. The objectives and motto of NSS, "Personality Development Through Social Service" and "Not Me, But You," were introduced, followed by the NSS song and the unveiling of the NSS symbol. Brahmakumari Sumanben shared valuable insights on life skills, emphasizing the importance of balancing smart work and hard work, embracing individuality, avoiding dependence on external approvals, and understanding the inevitability of karma. She encouraged students to practice meditation and prepare for life's challenges

with resilience.

The day continued with a vote of thanks, a creative poster-making activity on Swachh Bharat, and an enlightening visit to the herbal garden, where students explored a diverse array of plants, including aloe vera, turmeric, curry leaves, pomegranate, Japanese orange, etc. A PPT on environmental protection concluded the day, inspiring participants with life hacks to adopt eco-



friendly habits like reducing plastic use, composting, conserving water, and practicing minimalism. The first day set the tone for an engaging and transformative week ahead.

## **DAY 2 : LEARN TO KNOW**

**December 4, 2024**

The second day of the NSS camp was packed with enriching experiences, starting with a visit to the Paraplegic Rehabilitation Centre (PRC), where students explored various facilities, including the office and computer room, meditation lab, UDCHALO (Air Force service section), physiotherapy hall, wardroom, dining hall, and basketball court for the physically challenged. The visit emphasized the importance of discipline, service, and self-care. Engaging in recreational activities like basketball and cricket added a dose of fun to the day. A pivotal highlight was an insightful session on the Protection of Children from Sexual Offences (POCSO) Act, 2012. The session focused on safeguarding children from abuse, harassment, and exploitation, with key provisions addressing penetrative and non-penetrative assaults, sexual harassment, and the misuse of children. Topics like child-friendly reporting procedures, judicial protection, and the challenges of stigma, victim-blaming, and delayed justice were discussed to raise awareness. The importance of protecting children's dignity and privacy was strongly emphasized. The day concluded with a campus cleaning activity, where students practiced teamwork and responsibility, embodying the spirit of the NSS motto, "Not Me, But You." This day reinforced the values of service, awareness, and community welfare among the participants.



## **DAY3: SERVICE SPARKS, INSPIRING CHANGE THROUGH SOCIAL IMPACT**

**December 5, 2024**

The third day of the NSS camp was marked by two enriching visits that combined learning and empathy. The day began with an educational tour to Verka, guided by Ms. Sarbjeet Kaur and Ms. Manpreet Kaur, where students observed the intricate processes of dairy production. From bulk milk centers and tank sampling to the processes of standardization, homogenization, and packing of milk and curd, students gained insights into quality control, lab testing, and production efficiency. They even witnessed the cleaning of tanks



and packaging methods, gaining an understanding of the operational intricacies of the dairy industry.

The afternoon took a compassionate turn with a visit to Pingalwara, guided by Simran



Sir. Established by Bhagat Puran Singh, Pingalwara's legacy of care was deeply inspiring. Students explored its museum and special school, learning about its history, including the story of its first patient, Piara Singh. The institution's efforts in providing education and resources, such as free books for volunteers, left a lasting impression. Students served food, performed activities to uplift the spirits of the residents, and shared a heartwarming lunch prepared by Pingalwara. A delightful tree-painting activity added joy to the visit. The day concluded with a motivating PPT presentation on finding inspiration within oneself and spreading it to others. This day of experiential learning and meaningful interactions reflected the true essence of the NSS program.



#### **DAY4: SAFE STREETS, SMART CHOICES**

**DECEMBER 6, 2024**

On the fourth day of our NSS camp, we embarked on two enriching visits. The first destination was the Air Force Museum in Chandigarh. The experience was truly immersive as we explored numerous visual models and exhibits outside the main building. A guide then took us on an enlightening tour inside the museum, where we delved into the history of the Indian Air Force. We learned about its origins under British rule and its evolution post-independence



including changes in uniforms, aircraft, and technologies. The guide also highlighted the accomplishments of officers, iconic battles, and prestigious awards like the Padma Shri. The tour gave us a profound appreciation for the Air Force's legacy and its vital role in safeguarding our nation.

Our second visit was to the Chandigarh Traffic Park, where we attended an engaging lecture session with Mr. Rajinder. He emphasized the critical importance of road safety, including wearing helmets, even for children above three years old. He explained various road signs, traffic rules, and safety measures to prevent accidents. The session was enriched with real-life examples of accidents caused by negligence, underscoring the need for awareness and responsibility on the roads. The experience was made interactive by encouraging questions and awarding trophies to participants who demonstrated excellent knowledge and engagement, which was truly motivating. The visit concluded with a warm gesture of tea and biscuits, leaving us with valuable lessons in safety and discipline. We returned to our school, enriched by the day's knowledge and experiences.





## DAY 5 : EVEN WITHOUT SIGHT, THERE IS A VISION

**December 7, 2024**

On the fifth day of our NSS camp, we had two impactful visits. The first was to the Institute of Blinds in Chandigarh, where we learned about the various tools and technologies that assist blind individuals in their daily lives. We explored mechanical typewriters and Braille language,



gaining insight into how these tools help the blind access information and communicate effectively. We also witnessed how technology like computers is made accessible to them. The visit was further inspiring as we met several students from the institute, each incredibly talented and full of confidence. One student was a great singer, another was an excellent speaker, and a boy from 10+2 was also a remarkable singer. Despite their blindness, these individuals had a strong vision for their future. The tour also introduced us to the sports activities they participate in, such as chess, Ludo, and outdoor games, with special equipment designed for their needs. The institute is even building a gym to support their physical activities, which was truly impressive. Our second visit took us to a village town daun where we participated in a rally for Swachh Bharat Abhiyan, holding posters and spreading awareness about cleanliness. We performed a NukadNatak (a type of street play) at various locations, attracting the attention of the locals and sharing our message through slogans and engaging performances. The rally concluded with a visit to the local Gurdwara, where we enjoyed langar (community meal), reflecting the spirit of service and unity.



Later in the evening, we began preparing for the upcoming valedictory day, marking the culmination of our camp. Afterward, we had dinner, followed by a small assembly where camp participants shared their experiences and learnings. Exhausted yet fulfilled, we finally retired for the night, eagerly anticipating the final day of our journey.



## DAY 6 : LEGAL LITERACY

**December 8, 2024**

The day began with a routine morning followed by a movie, *Chaar Sahebzaade*. We then welcomed Dr. Preeti Swami, a motivational speaker, with speeches and a rendition of the NSS song. Dr. Swami's lecture focused on the importance of youth and the power of inner monologue. She explained how six simple



questions (the 5Ws and 1H) can help solve any problem. She also addressed generational gaps, trauma, self-esteem, and self-confidence, engaging us in interactive activities that promoted self-awareness.

After lunch and some rest, we continued preparing for the valedictory day. In the evening, Sir Kulvinder Singh, Deputy Director of the Youth Affairs Department, Punjab, delivered a lecture about the significance of NSS and its benefits for personal growth. The day ended with dinner and more practice.

## **DAY 7 : WHAT SOCIAL SERVICE ACTUALLY MEANS**

**December 9, 2024**

The final day of our NSS camp began with the usual morning routine, followed by breakfast. We then rehearsed for the valedictory function, which started with a warm welcome to our distinguished guests, including Anupkiran Ma'am and Mrs. Jyoti Soni. The event featured speeches, motivational poems, and both solo and group songs.



One of the key highlights was a session where students shared how the NSS camp had shifted

their perspectives, positively impacted their personal lives, and contributed to their growth. The function also included a Google Meet session where we were educated on the importance of being registered on the government website.



The day culminated with a stunning *gidda* and *bhangra* group dance. Each volunteer was awarded a certificate of appreciation for their participation and talents. Parents were invited, treated to tea and biscuits, and the camp came to a close with us heading home with our families.

## **Trip to Kurukshetra**

One day educational trip to Kurukshetra for classes IX and XI, arranged by Pack Travels & Tours. The students visited prominent landmarks, including Brahma Sarovar, Darohar Museum, Krishna Museum, Jyotisar and the Panorama Science Centre, gaining insights into India's historical and cultural heritage. The trip commenced at 6:15 AM from the school, with meals provided at the renowned Divine Clarks hotel. Students





explored the sites under the guidance of experienced escorts, ensuring a safe and enriching experience. The group returned to school at 7:00 PM, concluding the well-organized trip.

### **Aryabhata Ganit Challenge 2024**

Mohali, December 23, 2024: Shivalik Public School, Phase-VI, Mohali, proudly announces that Manav Choudhary, student of Class X, has secured a position among the top 100 students in the prestigious Aryabhata Ganit Challenge 2024 conducted by the Central Board of Secondary Education (CBSE).



The Aryabhata Ganit Challenge is a nationwide competition that promotes mathematical thinking, logical reasoning, and problem-solving skills among students. Manav Choudhary's exemplary performance represents the Chandigarh region and underscores the school's commitment to fostering academic excellence.

This achievement is a testament to the rigorous academic guidance provided by Shivalik Public School and the determination of its students to excel in challenging competitions. The school congratulates Manav on this remarkable accomplishment and wishes him continued success in his academic journey.

### **ARYABHATA GANIT CHALLENGE 2024 (BEST SCHOOL)**

ARYABHATA GANIT Shivalik Public School Declared 'Mathematics Promotion School' by CBSE Shivalik Public School, Phase-VI, Mohali, has been honoured as a 'Mathematics Promotion School' by the Central Board of Secondary Education (CBSE) in the Aryabhata Ganit Challenge 2024. This prestigious merit certificate was awarded to the school for achieving the maximum number of student participations in the first stage and for their active involvement in the second stage of the Aryabhata Ganit Challenge 2024. The challenge aims to inspire students to enhance their mathematical aptitude, critical thinking, and problem-solving skills, all of which are crucial for academic and professional success. The school management commends the dedicated efforts of its students and teachers, whose hard work and enthusiasm have led to this remarkable accomplishment. This recognition reflects the institution's mission to foster talent and cultivate a deep-rooted passion for learning among its students. Shivalik Public School remains committed to providing quality education and empowering its students to excel in every domain, preparing them to meet future challenges with confidence and competence.

### **CBSE Workshop on “Learning Outcomes and Pedagogies”**

28<sup>th</sup> December, 2024

Shivalik Public School organized an enlightening and interactive session as part of the CBSE Workshop on



“Learning Outcomes and Pedagogies.” The program aimed to empower teachers to excel in their roles as motivators, guides, and lifelong learners.

The workshop commenced with the School Shabad and the lighting of the ceremonial lamp by the resource persons – Dr. Anupama Sharma and Dr. Poonam Sharma – along with Dr. Teena Chopra, Vice Principal of Shivalik Public School, Mohali.



The resource persons are renowned experts in the field of education. Their insightful sessions revolved around the theme “Teaching is All About Connectivity.” They emphasized the importance of building meaningful connections with students, fostering motivation, and guiding them toward both academic and personal excellence.

The morning session, led by Dr. Anupama Sharma, introduced several key concepts and activities, including: The importance of equal pathways in education to ensure inclusivity. The distinction between learning objectives, which define instructional goals, and learning outcomes, which measure what learners achieve.

The need for learning outcomes as a tool to align teaching strategies with desired competencies, marking a shift from rote learning to outcome-based education for deeper understanding and skill acquisition. Strategies to support children with special needs (CSN), promoting equity and inclusivity in the classroom. These insights highlighted the evolving focus on holistic and inclusive education.

The afternoon session, conducted by Dr. Poonam Sharma, focused on the essential qualities of a teacher. She discussed positive attributes such as empathy, patience, and innovation, as well as negative traits to avoid, such as rigidity and lack of engagement. She also elaborated on Bloom’s Taxonomy of Educational Objectives, covering the Cognitive, Affective, and Psychomotor Domains. Additionally, she provided guidance on targeted strategies for active learning, including Case-Based Learning, Field-Based Learning, Lab-Based Learning, Community-Based Learning, and Inquiry-Based Learning. The session concluded with discussions on the topics of revisiting learning outcomes and involving students in the assessment process.

The faculty members found the sessions highly engaging and appreciated the practical strategies and motivational insights shared during the event.

Shivalik Public School continues to take pride in nurturing its educators, fostering a dynamic and student-centric learning environment to ensure holistic development and academic excellence.



# Etiquettes: A Reflection of Personality

“Good manners are the foundation of a strong personality.” – Anonymous

Etiquettes are much more than a set of rules; they are a mirror of one’s personality and character. The way we conduct ourselves in various social, professional, and personal settings speaks volumes about who we are. Good manners not only foster positive interactions but also leave a lasting impression on others.



## The Essence of Etiquettes

Etiquettes encompass a wide range of behaviors, from table manners and communication skills to respect for others’ opinions and space. These behaviors are rooted in values such as kindness, humility, and empathy. A person’s ability to adhere to these norms reflects their upbringing, emotional intelligence, and ability to adapt to diverse environments.

## How Etiquettes Reflect Personality

- 1. Respect for Others-** Being polite and considerate indicates a respectful personality. For example, saying “please” and “thank you” shows gratitude, while active listening demonstrates that you value others’ opinions.
- 2. Confidence and Poise-** Good etiquettes, such as maintaining eye contact or speaking calmly, convey self-assurance. They portray a composed and confident individual who can handle different situations gracefully.
- 3. Empathy and Understanding-** Etiquettes like apologizing when wrong or helping someone in need reflect a compassionate and empathetic nature. Such actions show emotional maturity and a genuine concern for others.
- 4. Cultural Awareness-** Adapting to social norms across cultures demonstrates an open-minded and adaptable personality. For instance, following appropriate greetings or dress codes in different settings reflects cultural sensitivity.
- 5. Discipline and Self-Control-** Observing punctuality, refraining from interrupting others, and maintaining proper decorum indicate self-discipline and respect for boundaries.

## The Impact of Etiquettes

Etiquettes play a crucial role in building and maintaining relationships. Whether in professional settings or personal life, they pave the way for trust, respect, and harmony. For example:

- **In Professional Life:** Good etiquettes, such as dressing appropriately, greeting colleagues warmly, and conducting oneself with integrity, contribute to career success.
- **In Social Life:** Politeness and tactfulness foster strong and meaningful relationships.

## Developing Good Etiquettes

- 1. Be Observant-** Pay attention to social cues and adapt accordingly. Learn

from role models who exhibit exemplary manners.

2. **Practice Empathy**- Understand and respect the feelings and perspectives of others.

3. **Stay Consistent**- Make good manners a habit, both in public and private settings.

“Your manners define your character, and your character shapes your destiny.” – Anonymous

In conclusion, etiquettes are not just about rules or protocols; they are a reflection of who we are at our core. By practicing good manners, we not only enhance our own personality but also contribute to a more harmonious and respectful society.

**Ms Pooja Piplani**

**Coordinator (Block A)**

# CLASSES VI-VIII

## Diwali Celebration

The Diwali celebration at Shivalik Public school was, filled with festive joy, creativity, and cultural significance. The celebration brought students, teachers, and staff together to celebrate the Festival of Lights, embracing the spirit of unity, prosperity, and positivity. Several activities, including a Diya Decoration Contest, Rangoli Competition, and Poster Making Contest, were organised to engage students in celebrating the vibrant traditions of Diwali through art and expression.



**Sports Day** The annual Sports Day at Shivalik Public School was held and proved to be an exciting and action-packed event, filled with enthusiasm, team spirit, and outstanding athletic performances. The event saw the active participation of students and it was an excellent opportunity to celebrate physical fitness, teamwork, and the importance of sports in school life. The day's activities included a wide range of events, from track and field competitions to fun relays, with both individual and team sports on



display. The teachers and students came together to cheer on the students, making the event a memorable celebration of athleticism and camaraderie.



## **ANNUAL FUNCTION**

Our school celebrated its much-awaited Annual Function with the theme Cultural Odyssey. A vibrant event that showcased the immense talent and hard work of our students. The cultural program was the heart of the celebration, featuring a spectacular lineup of performances. Students impressed the audience with lively dance performances and soulful music. The event also honoured students for their achievements in academics, sports, and extracurricular activities. Awards were given to those who demonstrated excellence, leadership, and all-round development. It was a day that truly reflected the spirit of Shivalik Public School a place where every student shines in their unique way.





**CHILDREN'S DAY CELEBRATION**

The school celebrated Children's Day a special occasion dedicated to children and their well-being. The day was filled with joy, laughter, and exciting activities. This celebration was organized to honour the anniversary of Pandit Jawaharlal Nehru, the first Prime Minister of India, who was known for his love and affection towards children. Children's Day at school was a fun-filled event that brought everyone together. It was a day to





celebrate the innocence and joy of childhood.

**GURU NANAK JAYANTI** Guru Nanak Jayanti, also known as Gurbpurab, is one of the most significant festivals celebrated by Sikhs worldwide, marking the birth of Guru Nanak Dev Ji, the founder of Sikhism. This year, the occasion was observed with great reverence and devotion in our school.

A special assembly was held at our school, where students presented speeches highlighting Guru Nanak Ji's teachings of peace, equality, and selfless service. The emphasis was placed on his message of unity, stressing that all people are equal in the eyes of God, regardless of their background, and that service to humanity is an essential part of life.



**EDUCATIONAL TRIPS** Our school organised educational trip to Anandpur Sahib for class 8 and Chowki Dhani for classes 6 and 7. The trip to Anandpur Sahib and Chowki Dhani provided an excellent blend of spiritual enrichment and cultural immersion. Anandpur Sahib gave a deeper understanding of Sikhism, its history, and the values of community service and equality. The visit to Chowki Dhani, on the other hand, introduced students to the vibrant traditions of Rajasthan, including folk dances, music, crafts, and cuisine. The trip helped students appreciate the diverse cultural fabric of our country, enriching our knowledge and broadening our perspectives.



**Celebration of Poshan Maah**

Shivalik Public School celebrated Poshan Maah under the Poshan Abhiyan launched by the Hon'ble Prime Minister aims to achieve improvement in the status of nutrition of both children and women. To observe Poshan Maah theme based activities were conducted which includes Group discussions and presentations on “ Let's





talk about Anaemia”. Poshan pledge were also taken by the students reflecting the spirit of Bacha and shiksha.

### **Christmas Celebration**

The Christmas celebration at Shivalik Public School was a joyous and heartwarming event that brought together students and teachers to celebrate the spirit of Christmas. The festivities filled the school with festive cheer, creativity, and a sense of community. The celebration was marked by a series of activities, performances, and decorations that reflected the values of love, generosity, and togetherness associated with the holiday season.



# The Importance of Lifelong Learning"

Lifelong learning is an essential habit that students should embrace to succeed in both their academic and personal lives. While school provides a strong foundation of knowledge, the world is constantly changing, and new ideas, technologies, and skills emerge every day. For students, lifelong learning means going beyond textbooks and formal education, taking the initiative to keep learning throughout their lives. This habit helps students stay adaptable in an ever-evolving world. It prepares them to face challenges in their careers, as industries and job roles continuously change, requiring new skills and knowledge. By adopting a lifelong learning mindset, students are more likely to stay relevant in the workforce and be able to take on new opportunities. Moreover, lifelong learning fosters curiosity and personal growth. Students who continue learning can explore new interests and passions, which enriches their lives outside of school and helps them become well-rounded individuals. Learning also boosts confidence, as students gain new abilities and knowledge that make them feel more capable in different situations. It also helps develop critical thinking and problem-solving skills, which are crucial for success in both personal and professional areas. Embracing lifelong learning helps students not only improve academically but also build resilience, creativity, and adaptability. Ultimately, it equips them with the tools to navigate the complexities of life and ensures they can grow and thrive in an ever-changing world.



**Harpreet Kaur Walia**

**Coordinator**

**Middle School**

# CLASSES III-V

## ANNUAL EXHIBITION

Shivalik Public School, Mohali organized an exceptional exhibition where students from classes III to V showcased their remarkable talents and creativity. Inaugurated by the School Principal, Dr. (Mrs.) Anupkiran Kaur, and Principal SIER, Dr. (Mrs.) Jyoti Soni, the event was a celebration of innovation, learning, and student excellence. In the English section, students from classes III to V focused on fundamental concepts such as Nouns, Verbs, Adjectives, Articles, and Tenses. The creative displays made these topics engaging, helping students and visitors alike appreciate the importance of language learning in a fun way. The EVS section featured important topics like Rainwater Harvesting and the campaign to "Save Earth, Save Life." Students presented models and posters demonstrating how rainwater can be collected and utilized to conserve water, and how saving the environment is essential for the future of our planet. In Hindi Section students focused on Grammar and Stories, similarly Punjabi section demonstrated festivals, seasons and historical monuments. In the Math's section, students displayed their understanding of Multiplication Tables, presenting them through innovative models.

The students were eager to explain their projects and experiments, sharing their knowledge with enthusiasm. Parents had the opportunity to explore the exhibits, and the judges were thoroughly impressed by the effort, creativity, and passion displayed by each child. The exhibition provided a wonderful opportunity for students to demonstrate their learning in an interactive and exciting way.





## DEMONSTRATION AND EVALUATION-

Shivalik Public School, Mohali organized 'Demonstration and Evaluation' Programme, a joyful learning experience for the students of classes III to V. In this exercise, mid-term evaluation of students was done through fun and frolic activities where each student participated in the presence of their parents. The programme started with school shabad, followed by patriotic song and Self-Introductory session in which 100% participation of the students was recorded. Students participated in all the subject enrichment activities whole heartedly. Children showcased their talent through storytelling, poetic recitation and singing. The models prepared by the students were amazing and explained beautifully. Eye catching art activities were also organized. Worthy Principal, Dr. (Mrs.) Anupkiran Kaur, in her address congratulated the students and teachers for their exceptional performance and also the parents, for their whole hearted support and cooperation.



## DIWALI CELEBRATIONS

Diwali, the festival of lights, embodies the timeless message of triumph of good over darkness and evil. Shivalik Public School, Mohali embraced this spirit with a series of engaging activities for students in classes III to V. Students in class 5 showcased their creativity by designing posters that promoted

a safe, healthy, and green Diwali, emphasizing the importance of spreading light in our lives and communities. Class 4 students crafted beautiful torans to adorn homes, adding a touch of vibrancy and warmth to the festive atmosphere. Meanwhile, students in class 3 participated enthusiastically in decorating candles and diyas, further contributing to the celebrations. Through these activities, the students not only celebrated Diwali but also deepened their connection with the values it represents.





## **FIELD TRIP TO RAMGARH FORT**

Shivalik School recently organized its annual Field Trip for classes IV and V at Ramgarh Fort. The trip provided students with an exciting opportunity to explore and learn beyond the classroom, helping them to develop teamwork and self-reliance while gaining practical knowledge.

Accompanied by their teachers, the students engaged in hands-on learning experiences, connecting classroom lessons to real-world scenarios. This field trip aimed to broaden their understanding of various subjects and promote the development of important life skills.





## CHILDREN'S DAY CELEBRATIONS

Shivalik Public School, Mohali, celebrated Children's Day with great enthusiasm and joy by organizing a Talent Hunt competition for students of classes III to V. The event provided a vibrant platform for young talents to showcase their skills in dance, singing, Rubik's Cube solving, and mimicry. Each performance was met with applause, highlighting the creativity, confidence, and dedication of the students. The Talent Hunt not only created a fun-filled atmosphere but also gave the children an opportunity to express their individual talents and boost their confidence. In addition to the Talent Hunt, a delightful community lunch was organized for the students, fostering a sense of unity among them. The lunch served as a perfect opportunity for the children to bond and celebrate the spirit of the day together. Indeed, it was a day to remember, filled with laughter, talent, and the true essence of childhood.





## **GURU NANAK DEV JAYANTI**

On the occasion of Gurburab, Shivalik Public School, Mohali, organized a special event for the students of classes III to V to commemorate the birth anniversary of Guru Nanak Dev Ji. A captivating PowerPoint Presentation was shown to the children, explaining the significance of Gurburab, Guru Nanak's teachings, and his contributions to humanity. The students also participated in the recitation of Shabad, immersing themselves in the spiritual essence of the occasion. The event aimed to foster a deeper understanding of Guru Nanak's message of peace, equality, and love. Through this celebration, the students gained a deeper understanding of the Guru's message, which will inspire them to live with kindness and respect towards all.



## **ANNUAL DAY AND PRIZE DISTRIBUTION CEREMONY**

Shivalik Public School, Phase 6, Mohali celebrated its Annual day and Prize Distribution Ceremony, 'Kaleidoscope 2024' for the primary section with great enthusiasm, vibrancy and excitement showcasing remarkable talent of the students. The event commenced with the lighting of the ceremonial lamp by the Honorable Chief Guest, Dr. (Ms.) Gurkiranjeet Nalwa, Principal, Shivalik Public School, Chandigarh along with Dr. (Ms.) Anupkiran Kaur, Principal, Shivalik Public School, Mohali escorted by other dignitaries. Following the lamp-lighting, a heartfelt tribute was paid to the school's director, Mr. D. S. Bedi, honoring his visionary leadership and contributions to the school's success and growth. The school Vice-Principal, Dr. (Ms.) Teena Chopra, presented the School's Annual Report for the session, 2024-25.

The cultural program showcased a vibrant display of worldwide performances, where students presented various traditional dances from across the globe. The mesmerizing presentations took the audience on a virtual tour, highlighting the rich diversity of cultures around the world. Through these performances, the students beautifully depicted the unique culture and traditions of the different countries. The Chief Guest, Dr. Gurkiranjeet Nalwa, felicitated the meritorious students with prizes, acknowledging their hard work and dedication and expressed gratitude to the parents. The grand finale stole the show, and the ceremony concluded with the rendition of national anthem, instilling a sense of patriotism and unity.



## **MATHS WEEK CELEBRATION**

With an aim to enhance critical thinking, reasoning, and creativity, Shivalik Public School, Phase 6, Mohali, recently hosted a dynamic Math Celebration Day filled with interactive and educational activities. Class III explored geometric shapes and participated in an Odd-Even activity, reinforcing number patterns. Class IV students focused on paper folding to understand the concept of perimeter and created Rangometry patterns, blending art with math. They also learned about great mathematicians and explored angles through clock designs. Class V engaged in Poster Making for National Mathematics Day and participated in a Dodging Tables competition across all classes, boosting their multiplication skills. By combining fun with learning, the celebration allowed students to discover how mathematics can be both practical and enjoyable in everyday life.





## **SPECIAL ASSEMBLY ON THE MARTYRDOM OF CHAAR SAHIBZAADE**

A special assembly was organized to honor and commemorate the Martyrdom Day of the Chaar Sahibzaade, a day of profound significance in Sikh history. During this solemn event, students paid heartfelt tribute to the bravery and supreme sacrifice of the Chaar Sahibzaade, the four sons of Guru Gobind Singh Ji, who laid down their lives in the defense of faith and righteousness. The assembly began with an enlightening presentation through a PowerPoint (P.P.T.) that educated the students about the historical importance of the day. During the event, students recited heartfelt poems, soulful Shabads, and narrated inspiring stories, keeping the legacy of the Chaar Sahibzaade alive in everyone's hearts. The students were also made aware of the courage and dedication exhibited by the Sahibzaade, whose martyrdom serves as an eternal symbol of sacrifice, valor, and unyielding commitment to their principles.





# The Importance of Self-Study

In today's ever-evolving educational landscape, self-study plays a vital role in shaping the minds of young learners, particularly those in classes 3 to 5. These formative years are not just about acquiring knowledge but also about building essential life skills. By fostering the habit of self-study, we help children take charge of their learning and develop independence, which will benefit them throughout their lives.



## **What is Self-Study?**

Self-study goes beyond simply revising what has been taught in the classroom. It involves exploring topics on one's own, identifying areas of interest, asking questions, and seeking answers without constant guidance. It is a process of self-driven discovery that encourages curiosity and creativity.

## **Why is Self-Study Important for Classes 3 to 5?**

At this age, children are naturally curious and eager to learn. Encouraging self-study helps channel this curiosity in the right direction. Here are some key benefits:

### **1. Encourages Independence:**

Self-study teaches students to rely on their efforts rather than waiting for answers from teachers or parents. This independence helps them grow into confident learners who trust their abilities.

### **2. Strengthens Understanding:**

Every child learns at their own pace. Self-study allows students to revisit topics, practice more, and understand concepts deeply, especially those they might not have fully grasped in class.

### **3. Builds Critical Thinking Skills:**

When students study on their own, they learn to analyze, evaluate, and solve problems. This critical thinking ability is a valuable skill not just in academics but in life.

### **4. Develops Discipline and Time Management:**

Allocating time for self-study teaches children how to plan their day, set priorities, and stick to a schedule, laying the foundation for lifelong discipline.

### **5. Enhances Academic Performance:**

Students who engage in self-study are better prepared for tests and assignments. The practice reinforces classroom learning and ensures they excel academically.



## **How Parents and Teachers Can Support Self-Study**

Creating a supportive environment is crucial to making self-study effective and enjoyable for children. Here's how we can help:

- **Provide a Quiet Space:**

A dedicated study area free from distractions can significantly enhance concentration.

- **Set a Routine:**

Encourage children to allocate specific times for self-study daily, balancing it with playtime and other activities.

- **Offer Guidance When Needed:**

While independence is key, young learners might still need help with difficult topics. Be available to clarify doubts but avoid spoon-feeding answers.

- **Incorporate Engaging Resources:**

Use colorful books, interactive videos, or educational games to make self-study enjoyable and captivating for young minds.

- **Encourage Curiosity:**

Motivate children to ask questions and explore beyond the syllabus. Curiosity is the first step to meaningful self-learning.

- **Self-Study: A Path to Lifelong Learning**

Self-study is more than just an academic practice; it is a life skill that empowers children to be independent thinkers and learners. By developing this habit early in life, students build confidence and resilience, preparing them to face challenges both in and outside the classroom.

As educators and parents, it is our responsibility to nurture this practice and make learning a joyful journey for our young learners. Together, let us guide them to take small, confident steps towards becoming lifelong learners.

Let self-study be the key that unlocks their true potential!

**Ms. Teena,**

**Coordinator of Primary Wing**

# CLASSES I – II

## GANDHI JAYANTI

Gandhi Jayanti was celebrated on October 1, 2024. Video on the life and teaching of Mahatma Gandhi were told. Students made sketch of Gandhi ji with his famous quote “ Be the change you wish to see the world.”



## WORLD MENTAL HEALTH DAY

World ment Health Day was celebrated on October 10, 2024 Students were taken to the ground and a few yoga, aerobics exercises were taught such as Tadasana, Trikonasana, Sukhaasana etc.



## INTERSECTION ENGLISH CALLIGRAPHY

COMPETITION Intersection English calligraphy competition was held on October 19, 2024. Calligraphy request skills for inscribing and positioning words in away that shows rhythm, integrity, harmony and creativity.

Result of the activity was:-

STUDENT NAME	SECTION	POSITION
Harsirat	I-M	Ist
Aarav	I-B	IIInd
Manseerat	I-C	IIInd
Manaya	I-S	IIIrd
Muskaan	I-A	IIIrd

## DUSSEHRA

Dussehra was celebrated on 18<sup>th</sup> October 2024. Special assembly was held. Many students came in the costumes of Ram, Laxman, Sita and Hanuman also. Dussehra festival signifies the “ Victory of good over evil”





**INTERSECTION HINDI QUIZ COMPETITION:** To celebrate Hindi Diwas Intersection Hindi Quiz Competition organised on 25 October, 2024 in class1 to promote the use of Hindi language and preserving its rich cultural heritage among students.

STAR PERFORMER	CLASS- 1
ARAYNA KATARIA	1 C
YAKSHINI	1 C
REYANSH BHATT	1 C



**SPELL BEE COMPETITION:**

A spell bee competition was organised on October 25, 2024. The competition was divided into different rounds such as pronunciation, vocabulary, reading and writing. School hold this activity to encourage the children how to read write and pronounce correctly.

STAR PERFORMER	CLASS- 2
PAARTH GUPTA	II-B
AAKRIT	II-B
OSHEEN	II-B
SARGUN KAUR	II-C
NIMRIT KAUR	II-C

STAR PERFORMER	CLASS- 1
AARADHYA	I-A
GURADAB SINGH	I-A
KRITIKA	I-B



### **DIWALI CELEBRATIONS**

Diwali was celebrated with great enthusiasm on October 28,2024. Students made Rangoli and lanterns. The theme was GREEN DIWALI.



### **WORLD FOOD DAY**

World Food Day is celebrated on October 16, 2024 in the honour of the date of the foundation of the food and agricultural organisation. Intersection Sandwich Making Competition was held.

Result of the activity was

STUDENT NAME	CLASS 2	POSITION
EKAMVEER SINGH	II S	Ist
KRANAK BANSAL	II S	IIInd
CHARANKAMAL	II C	IIIrd
SAANVI	II B	CONSOLATION
TANVI PURI	II B	CONSOLATION

STUDENT NAME	CLASS 1	POSITION
PARAV	I A	Ist
SAMEINN KAUR	IS	IIInd
SANVI	I B	IIIrd
ARADHYA	I A	CONSOLATION
EVNEET KAUR	IS	CONSOLATION



### **GURUPURAB**

Gurupurab the birthday of Guru Nanak Dev Ji was celebrated on 14 November, 2024. Special assembly was held students recited shabad, teachings and saakhis of Guru Nanak Dev Ji were also told , Ppt and video on Guru's life was shown



### **CHILDRENS DAY**

Childrens Day was celebrated on 14<sup>th</sup> November, 2024 on the occasion drawing and colouring activity, fun games like musical chair,tail the cat, quiz related to Pt Jawaharlal Nehru was organised.Children also enjoyed community lunch.



### **ANNUAL FUNCTION**

Annual Function, Medal ceremony and Cultural programme was held on, December 20, 2024, in the school auditorium. Theme of the function was – 'Voyage 2024'. In which students depicted the harsh reality is of the earth such as pollution, deforestation and global warming. Ending it with a plead to save mother earth which is the need of an hour.





**VEER BAL DIWAS** : Veer Bal Divas was organised on December 23, 2024 as the government announce that 26 December would be observed as 'Veer Bal Divas' to mark the martyrdom of son of Shri Guru Gobind Singh Ji's char sahibzadas. To create awareness about their sacrifice PowerPoint presentation shown in respective classes shabad and poems were taken up by the students of classes 1 and 2.



# Guiding Children beyond Screens

**“Children are great imitators, so give them something great to imitate.” – Anonymous**

In today’s digital era, screens have become an integral part of our lives, but overexposure can affect children’s mental, emotional, and physical well-being. As educators, we often witness how excessive screen time influences students’ concentration, creativity, and social skills. Parents play a crucial role in guiding children toward healthier habits. Here are some effective strategies to help parents curtail their children’s screen time:



## **Set Clear Boundaries and Rules**

Establish specific screen time limits for weekdays and weekends. Use timers or apps to monitor and enforce these rules. When children know what to expect, they are more likely to adhere to the guidelines.

## **Encourage Screen-Free Zones**

Designate areas in your home, such as the dining room or bedrooms, as screen-free zones. This encourages meaningful family conversations and ensures better sleep for your children.

## **Be a Role Model**

Children learn by observing. Reduce your own screen time and engage in activities like reading, cooking, or outdoor games. When they see you valuing offline activities, they’re more likely to follow suit.

## **Introduce Alternative Activities**

Provide creative outlets like art, sports, or puzzles to keep them engaged. Encourage outdoor play or hobbies that foster curiosity and creativity.

## **Promote Family Bonding**

Organize regular family activities like games, storytelling, or walks. These moments strengthen bonds and create lasting memories, replacing the need for digital distractions.

## **Educate About the Impact of Screens**

Have age-appropriate discussions about the effects of excessive screen time on their health and academics. Empower children to make informed choices about their habits.

### **Use Technology Positively**

Introduce educational apps or programs that promote learning rather than passive consumption. Encourage mindful screen use by discussing the content they watch.

### **Create a Balanced Routine**

Help your child develop a structured daily routine that includes time for studies, play, rest, and hobbies. Balance fosters discipline and reduces the urge to overuse screens.

Remember, curbing screen time isn't about eliminating technology but about teaching children to use it wisely and responsibly. By fostering a balance, parents can ensure their children grow into well-rounded, healthy individuals.

**“The best inheritance a parent can give to their child is a little of their time each day.” – Anonymous**

**Ms.Dimpy Sharma  
Coordinator (Classes I-II)**



# KINDERGARTEN (NUR- K.G)

## GANDHI JAYANTI ACTIVITY



In celebration of Gandhi Jayanti, an engaging Charkha (spinning wheel) making activity was organized for children, aimed at honoring Mahatma Gandhi's principles of self-reliance and simplicity

The activity began with a brief introduction to the significance of the Charkha in India's freedom struggle and its role in promoting the Swadeshi movement. Participants then created miniature Charkhas using eco-friendly materials, cardboard, matchsticks and thread, emphasizing the importance of sustainable practices.

"This activity not only helps children connect with India's rich heritage but also fosters creativity and teamwork,"

## DUSSEHRA CELEBRATIONS

To mark Lord Ram's victory over Ravana and to reinforce the message

That 'Good Always Triumphs Over Evil' the Kindergarten wing of Shivalik Public School, Mohali organised fun-filled activities for the little ones on the occasion of Dussehra. The teachers shared information about the festival with the children through an interactive storytelling session. The children also took part in an art and craft and colouring activity giving way to their imagination. It was an exhilarating experience for coloring the children as they learned about the festival and shared the message and story of Dussehra with others.



## DIWALI CELEBRATIONS





Kindergarten wing organized a vibrant and creative Diya making activity on eve of Diwali. The activity aimed to instill cultural values and unleash the artistic potentials of young learners.

The little artists enthusiastically decorated diyas using paints, glitter, and other decorative materials, transforming plain earthen lamps into colorful masterpieces. The activity also introduced children to the essence of the festival of lights, fostering a sense of joy and creativity.

Teachers guided the students throughout the process, ensuring an engaging and enjoyable experience. The beautifully decorated diyas were a testament to the kindergarteners' budding creativity and enthusiasm.



### **SANDWICH MAKING ACTIVITY**

To nurture creativity, fine motor skills, and healthy eating habits among young learners, nursery teachers organized a delightful Sandwich-Making Activity for its kindergarten students.

The event transformed the classroom into a lively kitchen as the little ones donned aprons and chef hats, excited to prepare their own nutritious sandwiches. Guided by their teachers, the children explored a variety of colorful ingredients, including bread, fresh vegetables, cheese, and spreads.

The hands-on activity not only encouraged the children to experiment with flavors and textures but also taught them the importance of healthy eating. It provided a fun and engaging platform to develop their decision-making skills, teamwork, and creativity.

"This activity is more than just sandwich making; it's about empowering children to make healthy choices while having fun. We are proud to see their enthusiasm and creativity come alive."

The day concluded with happy faces and delicious sandwiches, leaving the little chefs proud of their culinary creations.



### **SHOW AND TELL ACTIVITY**

Students of kindergarten participated in a show-and-tell activity. The event was filled with enthusiasm as they shared why these toys hold a special place in their heart. The whole presentation highlighted the importance of small joys and how toys help children learn, explore, and express their emotions. It was amazing to see when students of lower kindergarten shared some facts about their favourite toys and the students of upper kindergarten spoke on their favourite animals through engaging presentations and props. This activity was organized to enhance their creativity and speaking skills and they emerged as confident speakers. It was so wonderful to see the excitement of our little ones



## CHILDREN DAY CELEBRATIONS

Children's Day the birthday of Pandit Jawaharlal Nehru was celebrated with vigor and enthusiasm. The teachers made the day special for little ones by organizing fun-filled games and activities. The teachers made the day special as they had a lot of fun-filled games and activities. The children came in party clothes and excitedly took part in all the games and activities. These activities give students a sense of responsibility and often lead to a lot of laughter and joy.



## GURUPURAB CELEBRATIONS



To commemorate the auspicious occasion of Gurupurab, a special visit to the Gurudwara was organized for children to foster spiritual values and cultural awareness. The activity aimed to introduce young minds to Guru Nanak Dev Ji's teachings and legacy, promoting equality, kindness, and service.

The children participated enthusiastically in various activities at the Gurudwara. They listened to Kirtan (spiritual hymns), took part in Ardas (prayer), and learned about the significance of Gurpurab and the contributions of Guru Nanak Dev Ji. Jaap of "Mool Mantra" was recited by the children.

This enriching experience left a profound impact on the children, teaching them the importance of unity, respect for all religions, and the joy of giving back to society. The event concluded with the distribution of Prasad and a heartfelt message of love and compassion shared by the teachers.



## ANNUAL FUNCTION



The little stars of the Kindergarten wing mesmerized the audience with the series of colorful costumes, melodious music, lively dances, and beautiful props. The students took the audience on a whimsical adventure through the fairy land to the sea of courage and cloud kingdom. Each act carries a message that reflects the values of life like hope, kindness friendship, togetherness, etc. This journey to dreamland was a reminder that if We dream big, We can achieve big. The medal ceremony was also held to felicitate the young learners.

Parents and guests were enthralled by the confidence and enthusiasm of the tiny tots, who performed with remarkable grace and charm.

The event's grand finale was a treat for everyone's eyes where all Participant's came together for a vibrant closing act, leaving the audience in awe. The event concluded with the national anthem instilling a sense of patriotism. Indeed the function was a memorable celebration for each and everyone.

## GIFT EXCHANGE ACTIVITY ON CHRISTMAS



To celebrate the joy and spirit of Christmas, a delightful Gift Exchange Activity was organized for young children at kindergarten wing. The event aimed to spread love, kindness, and the true essence of sharing during the festive season.

Children arrived with beautifully wrapped gifts and exchanged them with their peers, fostering a sense of camaraderie and excitement.

“This activity teaches children the importance of giving and receiving with gratitude.”

The children were overjoyed as they opened their gifts, and their happiness was evident in their bright smiles and laughter. Parents and guardians appreciated the initiative, highlighting how it instilled values of generosity and kindness in the young participants.

## A New Dawn for Early Childhood Education

As the Kindergarten Coordinator, it is my pleasure to share insights into the transformative National Education Policy (NEP) 2020, which lays a robust foundation for early childhood education in India. This framework marks a pivotal moment in our nation's journey toward nurturing young minds and building a bright future.



The National Curriculum Framework (NCF) plays a vital role in shaping the learning journey of our little ones, focusing on a joyful and meaningful educational experience. Here are the key highlights of how NCF enriches our kindergarten programme:

**Play-Based Learning:** Emphasizes the importance of play as the primary tool for learning, making activities enjoyable and engaging for young minds.

**Child-Centric Approach:** Prioritizes the overall development of each child, nurturing their physical, emotional, social, and cognitive skills.

**Building Foundational Skills:** Strengthens essential early literacy, numeracy, and problem-solving abilities using interactive and age-appropriate methods.

**Fostering Creativity:** Encourages imaginative thinking and creative expression through art, music, storytelling, and hands-on activities.

**Developing Social Skills:** Promotes teamwork, empathy, and communication through group play and collaborative tasks.

**Preparing for Lifelong Learning:** Creates a strong foundation by sparking curiosity, self-confidence, and a love for learning in every child.

By aligning our kindergarten curriculum with the principles of NCF, we ensure that each child's journey is joyful, holistic, and purposeful. Together, with your support, we aim to create a nurturing environment where our little learners thrive and blossom!

**Ms. Inderjit Kaur**

**Coordinator (Junior Wing)**



Dear Students,

As your school doctor, my primary goal is to help you stay healthy, safe, and ready to learn. Your health plays a significant role in how you perform academically and how much you enjoy your time at school. That's why I'd like to share a few simple yet important tips to help you take care of yourself every day.



## **1. Healthy Eating: Fuel Your Brain**

What you eat affects how you think, feel, and perform in school. Start your day with a nutritious breakfast, including whole grains, fruits, and proteins. Avoid excessive sugary snacks and drinks during the day—they may give you a quick energy boost but can lead to a crash later. Instead, snack on fruits, nuts, or yogurt to stay energized.

## **2. Stay Active**

Physical activity isn't just good for your body; it's also great for your mind. Whether it's playing sports, dancing, or even a quick walk around your neighborhood, exercise can reduce stress, improve focus, and boost your mood. Aim for at least 30 minutes of physical activity every day.

## **3. Prioritize Sleep**

Sleep is essential for your brain to process what you've learned during the day. School-aged students need about 7-9 hours of sleep per night. To improve your sleep quality, turn off screens at least an hour before bedtime and create a calming bedtime routine.

## **4. Stay Hydrated**

Dehydration can make you feel tired and less focused. Carry a water bottle and sip water throughout the day. Avoid excessive caffeine in drinks like sodas or energy drinks, as it can disrupt your sleep and make you jittery.

## **5. Mental Health Matters**

Feeling stressed, anxious, or overwhelmed is common, especially during exams or when managing multiple responsibilities. Remember, it's okay to ask for help. Talk to a trusted adult, teacher, or counselor if you're struggling.

## **6. Hygiene Habits**

Simple hygiene practices can keep you healthy and prevent the spread of illnesses. Wash your hands regularly, specially after using washroom and before meals . Cover your mouth and nose when sneezing or coughing, and avoid sharing personal items like water bottles.

**7. Regular Checkups and Timely vaccination** Regular checkups and timely vaccinations are essential for maintaining good health. Visiting your family doctor for routine health assessments and staying up-to-date with vaccinations can help detect potential issues .

Remember, taking care of your health isn't just about avoiding sickness—it's about feeling your best and making the most of your time at school. If you ever have questions or concerns about your health, feel free to visit MI room. Remember, a sound health lays the foundation for a sound mind, empowering you to thrive both academically and personally.

Stay Well

**Dr. Jaidev Singh**

**(MBBS,MS General Surgery)**

**Medical Officer**

**MI room**

# Managing Exam Anxiety: Tips for a Calmer and More Focused Mind

Exams are a significant part of every student's journey, but they can also bring waves of anxiety and stress. While a little nervousness can motivate us to prepare, excessive anxiety can hinder performance. Understanding how to manage exam anxiety is crucial for both mental well-being and academic success.

Here are proven strategies to help you navigate this stressful time with confidence and calm.



## 1. The Power of Breaks

Studying for long hours without a break might feel productive, but it can actually lead to mental exhaustion. Short, regular breaks improve focus and help you retain information more effectively. Consider the **Pomodoro Technique**, where you study for 25 minutes and take a 5-minute break. Use this time to stretch, hydrate, or step outside for some fresh air.

## 2. Stretching and Movement

Sitting for hours at a desk can cause physical tension, which amplifies stress. Incorporate simple stretches into your routine, such as neck rolls, shoulder shrugs, and standing forward bends. Movement releases endorphins, the body's natural stress relievers, helping you feel refreshed and energized.

## 3. Breathing Exercises

Deep breathing is a powerful tool to calm an anxious mind. Practice the **4-7-8 technique**: inhale deeply for 4 seconds, hold your breath for 7 seconds, and exhale slowly for 8 seconds. This technique slows your heart rate and reduces anxiety, allowing you to regain focus and clarity.

## 4. The Role of Good Sleep

Sleep is often sacrificed during exam preparation, but it's essential for memory consolidation and cognitive function.

Aim for at least 7-9 hours of quality sleep each night. Establish a calming bedtime routine—dim the lights, avoid screens 2 hours before bed, and try relaxation techniques like reading or listening to soothing music.

## 5. Healthy Eating and Hydration

What you eat directly impacts your energy and mood. Opt for balanced meals with whole grains, lean proteins, fruits, and vegetables. Avoid excessive caffeine, as it can heighten anxiety. Staying hydrated is equally important; even mild dehydration can affect concentration and mood.

## 6. Positive Self-Talk

Anxiety often stems from negative thoughts like "I'll never do well" or "I'm not prepared." Challenge these thoughts with positive affirmations: "I've prepared to the best of my ability," or "I can handle this." Reframing your mindset can significantly reduce stress.

## 7. Mindfulness and Meditation

Practicing mindfulness helps you stay present and avoid overthinking. Spend a few minutes each day focusing on your breath. Even a short session can improve your



emotional resilience.

### **8. Seek Support**

If anxiety feels overwhelming, don't hesitate to talk to someone you trust. Share your feelings with a parent, teacher, or counselor. Sometimes, simply expressing your worries can lighten the mental load.

### **9. Plan Your Study Schedule**

Last-minute cramming can heighten stress. Instead, create a realistic study plan that breaks your syllabus into manageable chunks. Ticking off tasks from your schedule gives you a sense of control and accomplishment.

### **10. Visualize Success**

Spend a few moments visualizing yourself confidently walking into the exam hall and answering questions with ease. Positive visualization can help reduce fear and build self-assurance.

Remember, exams are just one part of your academic journey and not the sole determinant of your abilities or future. With the right strategies, you can manage anxiety effectively and perform your best. Stay calm, stay prepared, and believe in yourself—you've got this

**Ms. Saireema  
Counsellor**

# Disability Awareness: Breaking Down Stigmas and Stereotypes

“The greatest disability is the inability to see the ability in someone.”

As a special educator at our school, I have had the privilege of working with students of diverse abilities and needs. However, I have also witnessed first hand the stigmas and stereotypes that often surround disability. In this article, I aim to raise awareness about disability, challenge common misconceptions, and promote inclusivity and acceptance.



## **What is Disability?**

Disability is a natural part of human diversity, affecting approximately 15% of the global population. It can take many forms, including physical, sensory, intellectual, and mental health disabilities. Despite its prevalence, disability is often misunderstood, leading to stigma, exclusion, and marginalization.

## **Breaking Down Stigmas and Stereotypes**

1. People with disabilities are not inspirational just because they exist: While it's great to acknowledge achievements, we must avoid reducing individuals with disabilities to their disability alone. They are multifaceted individuals with interests, talents, and personalities.
2. Disability is not something to be overcome: This mindset perpetuates the idea that disability is a limitation or a defect. Instead, we should focus on providing accessible environments and support systems that enable individuals with disabilities to thrive.
3. People with disabilities are not helpless or dependent: Many individuals with disabilities live independently, work, and contribute to their communities. We must recognize and respect their autonomy and agency.
4. Disability is not contagious: Unfortunately, some people still harbour fears about contracting disabilities. This is simply not the case. Disability is not something you can “catch.”

## **Promoting Inclusivity and Acceptance**

1. Always have respectful attitude and behaviours
2. Create accessible environments
3. Listen to and amplify the voices of people with disabilities
4. Educate yourself and others

Disability awareness is not just about recognizing the existence of disabilities; it's about promoting inclusivity, acceptance, and social justice. By breaking down stigmas and stereotypes, we can create a more equitable and supportive environment for everyone. Let's

work together to build a culture of acceptance, respect, and empowerment for all individuals, regardless of their abilities or disabilities.



# SCHOOL IN NEWS

## IN NEWS

Shivalik Public School, Phase 6, Mohali



The school celebrated its media ceremony and cultural programme 'Yogya 2024'. The theme was based on the state of Mother Earth in the year 2050. It was a beautiful enactment by students showcasing the harsh realities of pollution, deforestation and global warming culminating with a promise to save Mother Earth. The event commenced with the lighting of the ceremonial lamp by chief guest Dr Gurkiranjit Kaur Nalwa, Principal, Shivalik Public School, Chandigarh, along with Dr Anupkiran Kaur, Principal, Shivalik Public School, Mohali, escorted by other dignitaries. Following the lamp lighting, a heartfelt tribute was paid to the school's Director, DS Bedi, honouring his leadership contribution to the school's success and growth. The school's Vice-Principal Dr Teena Chopra presented the school's Annual Report for the session 2024-25. It was followed by theme-based dance performances based on nature, pollution, technology and five elements (panchabhutas). The coordination, expressions, delivery and confidence of the students led in vibrant attire left the audience spellbound. This was followed by the media ceremony for 100 per cent students. The guest of honour, Dr Gurkiranjit Kaur Nalwa, in her concluding address appreciated the students' magnificent performances. The programme culminated with the singing of the national anthem.

## SPOTLIGHT

Shivalik Public School, Mohali



The school hosted an enriching CBSE Workshop on Learning Outcomes and Pedagogies. The event was attended by 60 teachers and graced by the presence of chief guest Dr Gurkiranjit Nalwa, Principal of Shivalik Public School, Sector 41, Chandigarh. The workshop, designed to empower educators with innovative teaching strategies and insights, was a step forward in aligning educational practices with the competency-based education framework promoted by the CBSE. The session was facilitated by two renowned educationists — Anupama Sharma, retired Principal of MRA DAV Public School, and Poonam Sharma, Principal of Shri Sukhmani International School, Dera Bassi, Mohali.



Shivalik Public School, Phase 6, Mohali

The school celebrated its Annual Day and Prize Distribution Ceremony, 'Kaleidoscope 2024', for the primary section. The event commenced with the lighting of the ceremonial lamp by chief guest Dr Gurkiranjit Nalwa, Principal, Shivalik Public School, Chandigarh, along with Dr Anupkiran Kaur, Principal, Shivalik Public School, Mohali, escorted by other dignitaries. Following the lamp-lighting, a heartfelt tribute was paid to the school's Director, DS Bedi, honouring his visionary leadership and contributions to the school's success and growth. Vice-Principal Dr Teena Chopra, presented the school's annual report for the session, 2024-25. The cultural programme showcased a school's annual display of worldwide performances, where students presented various traditional dances from across the globe. The mesmerising presentations took the audience on a virtual tour, highlighting the rich diversity of cultures around the world.

## स्कूल में पुरस्कार वितरण समारोह आयोजित

संवाद सहयोगी, जागरण • मोहाली : शिवालिक पब्लिक स्कूल मोहाली ने शुक्रवार को जूनियर क्लास के बच्चों का सालाना पुरस्कार वितरण समारोह आयोजित किया गया। छात्रों ने विभिन्न राज्यों के लोकनृत्य पेश किए। स्कूल की प्रिंसिपल अनूप किरण ने बच्चों से

कहा कि वे पढ़ाई पर पूरा फोकस और खेलकूद में भी भाग लेते रहे। ने गिद्धा-भंगड़ा के अलावा राजस्थान डांस, गढ़वाली डांस सहित अन्य नृत्यों के बारे में जानकारी दी छात्रों को प्रिंसिपल ने पुरस्कार देव उनके भविष्य की कामना की।



मोहाली : बच्चों ने गढ़वाली डांस पेशकर वाहवाही लटी • लखवत सिंह

Shivalik Public School, Mohali

The school organized a week-long National Service Scheme Camp for its students. The week-long camp aimed to foster a sense of civic engagement and holistic development among the NSS volunteers. Guest of honour Dr Jyoti Soni, Principal, SHER, along with guest speaker Brahmakumari Suman Behra and Brahmakumari Gayatri Behra, were graced by school Principal Dr Anupkiran Kaur and Vice-Principal Dr Teena Chopra with saplings for promoting tree-planting and environmental conservation, followed by lamp lighting ceremony by the dignitaries. NSS Programme Officer Anshul Bhatia thanked the regulars. The NSS volunteers actively participated in various community outreach activities and initiatives to support local underprivileged communities. The camp focused on environmental conservation and discussion on sustainable development. The opening day started off with singing the school 'shabadi', followed by a series of programmes including thought of the day by Sachinpreet Singh, PPT on NSS objectives by Gurbaaz Singh, PPT on NSS Emblem by Manish, speech on NSS by Nimrat Kaur and poetic recitation on social service by Sana. The NSS volunteers presented the NSS Anthem. They attended 'Life Skills Session' by Brahmakumari Suman Behra and Gayatri Behra. A poster making competition on 'Sascha's Rhinar Abhyasan' was conducted. The NSS volunteers visited the school Herbal Garden, followed by a lecture on 'Environmental Protection' by Aranya. On Day 2, the NSS volunteers visited the Paraplegic Rehabilitation Centre (PRC), Mohali, where they witnessed disabled service men from around the world of India nurturing the values of commitment, empathy and self-determination. Students enthusiastically interacted with Director of PRC Col Darsiraj Singh, who deepened their understanding of resilience. The day concluded with a session on POC-SO by Ishita. On Day 3, the volunteers were given an opportunity to visit Verka Milk Plant, Mohali, where the volunteers observed the intricate processes involved in the production of milk products. Following this, they visited Prigwara in Mohali, where they showcased a vibrant variety programme, filled with cultural and entertaining performances, spreading joy and cheer among the residents. The volunteers also distributed fruits as a token of care and kindness, embodying the spirit of selfless service. The day concluded with a lecture presented by Dr Gaggi Gopalan effective study tips.

## Shivalik Public School, Mohali

The school celebrated its Annual Sports Day on its sports ground. The day's festivities began with a warm welcome address, setting an inspiring tone for the event, followed by the badge ceremony. Principal, Shivalik Public School, Chandigarh, Dr Gurkiranjit Nalwa officially declared the sports meet open, granting permission to the cadets to initiate the march past. Led by students of Class X, the march past was executed with outstanding coordination and spirit. The oath ceremony emphasised the values of sportsmanship, followed by the symbolic passing of the torch. Once the games were declared open, students showcased various performances, with the boys of Class IX demonstrating impressive agility through a mass PT drill, and the girls captivating the audience with a lively hula-hoop display. Senior boys participated in the 200 m race, ball throw, long jump, and an exciting 4x100m relay. Girls exhibited their skills in the 100 m race finals, shuttle run, skipping rope contests, and the 4x50m relay. Adding to the excitement, teachers participated in a spirited musical chair competition. The event concluded with a medal ceremony celebrating the dedication and accomplishments of the students, followed by singing of the national anthem. Principal of the school Dr Anupkiran Kaur emphasised the importance of sports in a holistic education, fostering physical fitness, mental acuity, and overall well-being among the students.



Kindergarten students recently participated in a demonstration programme, where they showcased their confidence and abilities by performing in front of proud parents. The event began with prayers, followed by a yoga session that helped children focus and set a positive tone. The programme continued with interactive storytelling using creative props. Students demonstrated their learning through engaging rhymes and topics from mathematics, Hindi and Environmental Studies (EVS), highlighting their understanding and enthusiasm for these subjects. A slate activity for dictation was also included, where students showcased their writing skills with impressive accuracy. The children further delighted the audience with their creativity through a hands-on craft activity. The parents were thrilled and deeply touched to see their children overcome stage fear, speaking and performing confidently, making the event an unforgettable experience for all.



# शिवालिक स्कूल में पुरस्कार वितरण समारोह मनाया

संवाद सहयोगी, जगरण • मोहाली : शिवालिक पब्लिक स्कूल फेज-6 मोहाली ने अपने प्रथमरी सेक्शन के लिए वार्षिक दिवस एवं पुरस्कार वितरण समारोह कैलिडोस्कोप 2024 का आयोजन उत्साह, जोश एवं उमंग के साथ किया। इसमें विद्यार्थियों ने अपने उल्लेखनीय प्रतिभा का प्रदर्शन किया। कार्यक्रम को शुरुआत मुख्य अतिथि डा. गुरकिरणजीत नलवा, प्रिंसिपल, शिवालिक स्कूल, चंडीगढ़ एवं डा. अनुपकिरण कौर, प्रिंसिपल, शिवालिक स्कूल, मोहाली की ओर से दीप प्रज्वलित कर की गई। कार्यक्रम के दौरान छात्रों ने मुनिया पर के विभिन्न पारंपरिक नृत्य प्रस्तुत किए।

कार्यक्रम को शुरुआत मुख्य अतिथि डा. गुरकिरणजीत नलवा, प्रिंसिपल, शिवालिक स्कूल, चंडीगढ़ एवं डा. अनुपकिरण कौर, प्रिंसिपल, शिवालिक स्कूल, मोहाली की ओर से दीप प्रज्वलित कर की गई। कार्यक्रम के दौरान छात्रों ने मुनिया पर के विभिन्न पारंपरिक नृत्य प्रस्तुत किए।



बच्चों को पुरस्कार देते शिवालिक पब्लिक स्कूल के टीचर्स व अन्य • स्कूल

## Kindergarten Annual Function

SHIVALIK Public School Mohali, Phase 6, Mohali hosted a Spectacular Kindergarten Annual Function with the enchanting theme, 'A Journey to Dreamland'.

The Programme commenced with the lightening of the lamp of knowledge by Honorable Chief guest, Dr. (Mrs.) Gurkiranjit Nalwa Principal, Shivalik Public School, Chandigarh along with Dr. (Mrs.) Anupkiran Kaur, Principal Shivalik Public School, Mohali.

Other dignitaries were Dr. (Mrs.) Jyoti Soni, Principal Shivalik Institute of Education and Research, Mohali.

Following the lamp lightening, a heartfelt tribute was paid to the School's Director, Mr. D.S. Bedi. The School Vice Principal, Dr. (Mrs.) Teena Chopra presented the School's Annual report for the session 2024-25.

The little stars of the Kindergarten wing mesmerized the audience with series of colourful costumes, melodious music, lively dances and beautiful props. The students took the audience on a whimsical adventure through the fairy land to the sea of



courage and then to the cloud kingdom. Each act carried the message that reflected the values of life like hope, kindness friendship, togetherness etc.

The medal ceremony was also held to encourage the young learners. Parents and guests were enthralled by the confidence and enthusiasm of the tiny tots, who performed with remarkable grace and charm. The function concluded with the national anthem instilling a sense of patriotism. Indeed, the function was a memorable celebration for each and everyone.

## Spotlight SHIVALIK PUBLIC SCHOOL, MOHALI



The school hosted a spectacular Kindergarten Annual Function with the enchanting theme, 'A Journey to Dreamland'. The programme commenced with the lighting of the lamp of knowledge by chief guest Dr Gurkiranjit Nalwa Principal, Shivalik Public School, Chandigarh along with Dr Anupkiran Kaur, Principal, Shivalik Public School, Mohali. Other dignitaries were Dr Jyoti Soni, Principal, Shivalik Institute of Education and Research, Mohali. Following the lamp lightening, a heartfelt tribute was paid to the school's Director DS Bedi. The school's Vice-Principal Dr Teena Chopra presented the school's annual report for the session 2024-25. The little stars of the kindergarten wing mesmerised the audience with series of colourful costumes, melodious music, lively dances and beautiful props. The students took the audience on a whimsical adventure through the fairyland to the sea of courage and then to the cloud kingdom. Each act carried the message that reflected the values of life, like hope, kindness, friendship, togetherness, etc.

PERFORMANCES, MOVEMENTS, CELEBRATIONS

## Shivalik Public School, Phase 6, Mohali

The school celebrated Gurburb. The students of classes I and II participated in various activities to mark the birth anniversary of Guru Nanak Dev. A special visit to a gurdwara was organised for the students, where they had the opportunity to experience the peaceful and spiritual environment of the gurdwara. The students participated in the recitation of 'shabad kirtan' and 'sakhis'. The soothing music created an atmosphere of devotion and harmony. Children learnt the values of sincerity, hardwork, sharing and caring. A Power-Point Presentation (PPT) was shared with the students, highlighting the life and teachings of Guru Nanak Dev.

## School celebrates students' excellence at Prize Distribution Ceremony



Shivalik Public School, Phase 6, Mohali, celebrated its Annual Day and Prize Distribution Ceremony. "Kaleidoscope 2024" for the primary section with great enthusiasm, vibrancy and excitement showcasing remarkable talent of the students. The event commenced with the lighting of the ceremonial lamp by the chief guest, Dr Gurkiranjeet Nalwa, principal, Shivalik Public School, Chandigarh along with Dr Anupkiran Kaur, vice principal, escorted by other dignitaries. A heartfelt tribute was paid to the school's director, DS Bedi, honouring his visionary leadership and contributions to the school's success and growth.

The school vice principal, Dr. Teena Chopra, presented the annual report for the session 2024-25. The cultural programme showcased a vibrant display of worldwide performances, where students presented various traditional dances from across the globe. The mesmerizing presentations took the audience on a virtual tour, highlighting the rich diversity of cultures around the world.

The chief guest, Dr Gurkiranjeet Nalwa, felicitated the meritorious students with prizes, acknowledging their hard work and dedication and expressed gratitude to the parents.

The grand finale stole the show, and the ceremony concluded with the rendition of national anthem, instilling a sense of patriotism and unity among the students.



शिवालिक स्कूल किंडरगार्टन के बच्चों ने शानदार कार्यक्रम पेश किया • स्कूल

## किंडरगार्टन के नौनिहालों ने नृत्य से मोहा मन

संवाद सहयोगी, जगरण • मोहाली : शिवालिक स्कूल फेज-6 की ओर से किंडरगार्टन वार्षिक समारोह कराया। किंडरगार्टन विंग के नौनिहालों ने रंगबिरंगे परिधान, मधुर संगीत, जीवंत नृत्य से दर्शकों को मंत्रमुग्ध कर दिया।

छात्रों ने दर्शकों को परिलोक से साहस के सागर और फिर बादल के साम्राज्य तक एक रोमांचक यात्रा पर ले गए। प्रत्येक प्रदर्शन में जीवन के मूल्यां जैसे कि आशा, दया, दोस्ती, एकजुटता आदि का संदेश था।

## Shivalik Public School, Mohali, celebrates 'Symphony-2024'

The school celebrated its Annual Day and Prize Distribution Ceremony, 'Symphony-2024', showcasing immense talent to mark 54 memorable years of academic excellence. The programme took place in the school auditorium. The event commenced with the lighting of the ceremonial lamp by chief guest Dr Gurkiranjeet Nalwa, Principal, Shivalik Public School, along with Dr Anupkiran Kaur, Principal, Shivalik Public School, Mohali, escorted by other dignitaries. A heartfelt tribute was paid to the school's Director DS Bedi, honouring his visionary leadership and contributions to the school's success and growth. This was followed by a sapling presentation and a welcome address. The school's Vice-Principal Dr Teena Chopra presented the school's annual report for the session 2023-24. The programme featured an array of performances under themes such as 'Nature's Symphony', 'Desert Elegance', 'Cultural Mosaic of India', 'Women Empowerment', 'Western and Regional Folk Dances', and other theme-based acts portraying pride, heritage, and contemporary issues. Following these performances was the Prize Distribution Ceremony, where the chief guest awarded prizes to the meritorious students of the school. The school honoured these students with a cash reward of Rs 3,100 for their outstanding academic performance in the session 2023-24. The Tricky topper of Class XII for the session 2023-24, Baljot Kaur, was awarded Rs 9,100. Two teachers, Jaspreet Kaur, TGT Punjabi, and Rajinder Kaur, PGT Physical Education, were awarded a cash prize of Rs 11,000 each for achieving 100 per cent result in their respective subjects.



# Shivalik Public School, Phase 6, Mohali

The school organised an inter-section Hindi quiz competition in which all sections of Class I participated. Team Satluj comprised of Arayna Kataria, Yakshini and Reyansh Bhatt bagged the first position. The objective of the competition was to promote awareness and knowledge of Hindi language skills. Questions related to Hindi 'matras' were asked in the competition.

The school celebrated its Annual Sports Day on its sports ground. The day's festivities began with a warm welcome address, setting an inspiring tone for the event, followed by the badge ceremony. Principal, Shivalik Public School, Chandigarh, Dr Gurkiranjeet Nalwa officially declared the sports meet open, granting permission to the cadets to initiate the march past. Led by students of Class X, the march past was executed with outstanding coordination and spirit. The oath ceremony emphasized the values of sportsmanship, followed by the symbolic passing of the torch. Once the games were declared open, students showcased various performances, with the boys of Class IX demonstrating impressive agility through a mass PT drill, and the girls captivating the audience with a lively hula-hoop display. Senior boys participated in the 200 m race, ball throw, long jump, and an exciting 4x100m relay. Girls exhibited their skills in the 100 m race finals, shuttle run, skipping rope contests, and the 4x50m relay. Adding to the excitement, teachers participated in a spirited musical chair competition. The event concluded with a medal ceremony, celebrating the dedication and accomplishments of the students, followed by singing of the national anthem. Principal of the school Dr Anupkiran Kaur emphasized the importance of sports in a holistic education, fostering physical fitness, mental acuity, and overall well-being among the students.



# EXPRESSIONS (CLASSES NURSERY- K.G )



HITAISHI LKG FLAMINGO



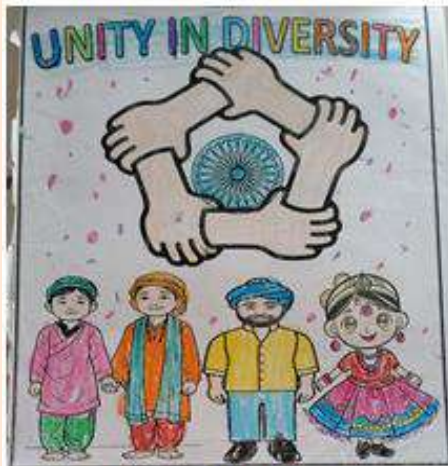
NAIRA LKG DOVE



ARNAV KG DAFFODIL



ARNAV KG DAFFODIL



HARGUN KG MARIGOLD



ARUSHI KG MARIGOLD



VIRAJ K.G TULIP



ISHANA CHAUDHARY K.G TULIP



KANIKA KG TULIP



ISHANA CHAUDHARY KG TULIP



# CLASSES I- II



AARSHIVA I SATLUJ



NAVIKA I SATLUJ



KHUSHBU I SATLUJ



YAKSHINI I SATLUJ



JAPNEET KAUR I<sup>st</sup> GANGES

JAPNEET CLASS I GANGES



MUDIT CLASS II NILGIRI



VANI II NILGIRI



SAMARTH II NILGIRI



# CLASSES III - V



NAVYA IV M



AANCHAL V M



HARGEET 4 B



ADITYA SHARMA V C



MANREET 5 S



AKSHAT III M



# CLASSES VI-VIII



Radhika (VI-C)



Ruhani Kamboj (VIII-B)



Amanjot Kaur (VIII-B)



Niharika (VI-M)



Jannat (VI-S)



Anshika (VI-M)



Rehmat Kaur (VIII-B)



Aaradhya Sharma (VI-M)



Harsimran Kaur (VI-M)



Niharika (VI-M)



Nishika Thakur (VI-M)



Asreet Kaur (VII-M)



# CLASSES IX-XII



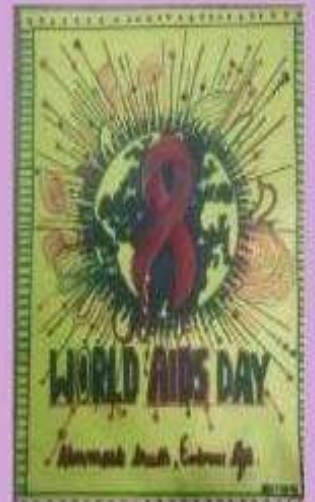
Sukhman kaur (IX-B)



Sukhman Kaur (IX-B)



Radhika (IX-C)



Aditya (IX-C)



Sehaj Mathur (x-s)



Avantika (IX-M)



Avantika (IX-M)



Avantika (IX-M)



Tripta IX-C



Gaurish Thakur (IX-A)



Tanvi Gupta (IX- A)



Tripta (IX-C)



Sehaj Mathur (x-s)



Sehaj Mathur (x-s)



Radhika (IX-C)



Sehaj Mathur (x-s)



# Qualities for Excellence

**Universal Values**

**Global Understanding**

**Service to the World**

**Leadership Skills**

**Full Commitment**

**Total Involvement**

**Goal-setting Competency**

**Positive Attitude**

**Strong Will Power**

**OUR VISION**

**Make every student a self-motivated agent of social change**