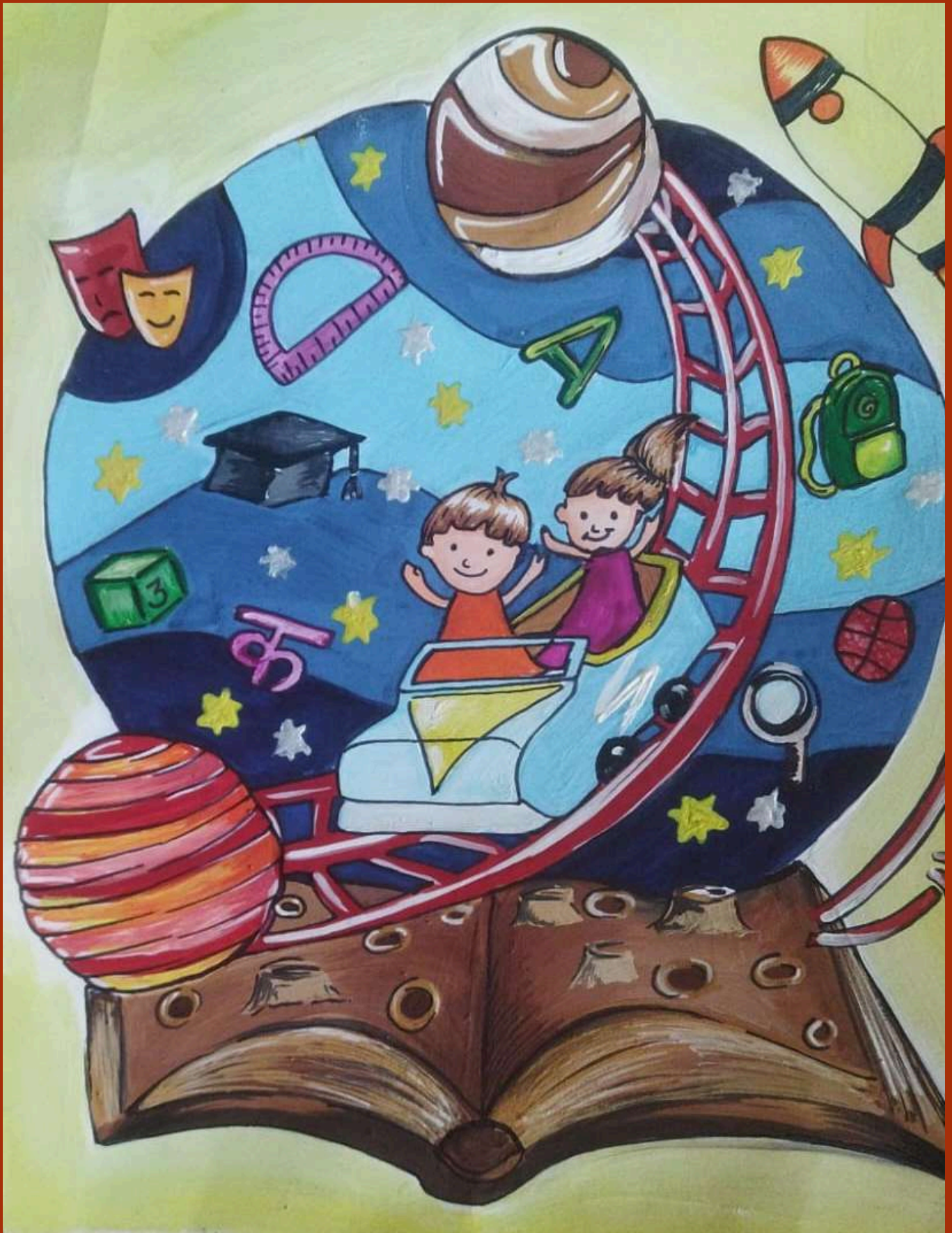


SHIVALIK TIMES

APRIL- JUNE, 2024





***Legendary Leader
Shri. D.S. Bedi***

***“ In tribute to a luminary of education,
Let us unfold the tale of inspiration,
Shri. D.S .Bedi's journey, a beacon bright,
guiding generations with unwavering light.”***



LEGACY OF LIGHT: THE JOURNEY OF LEGENDARY EDUCATIONIST



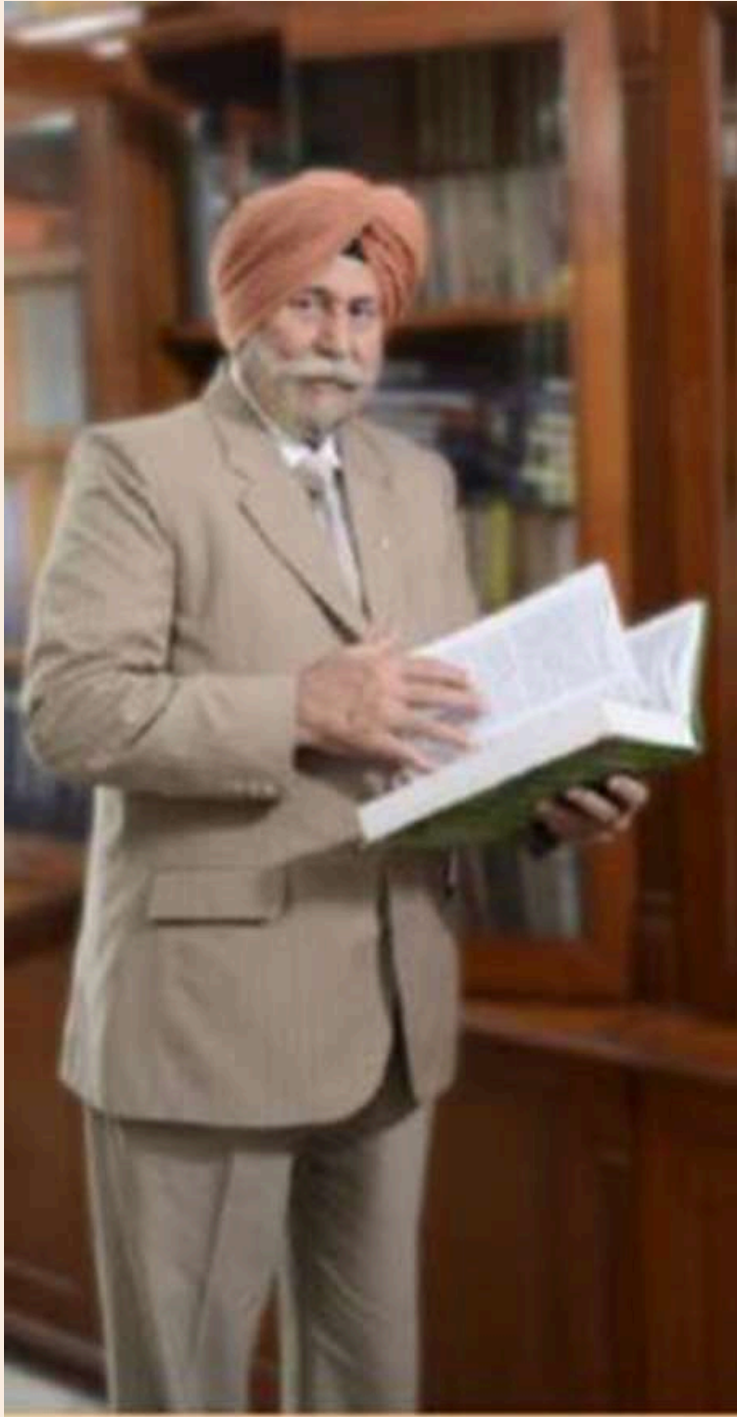
SHRI. D.S.BEDI

***"Born to Live
Live to Achieve
Achieve to Leave
Leave to be
Remembered"***

*"In the heart of Shivalik,
a son of soil,
Born of humble roots,
his dreams uncoil.
From small school to halls of higher
learning,
His journey of knowledge,
forever burning.
From West Pakistan's shores,
post-partition's divide,
To Ambala's embrace,
where dreams abide.*

*At Dagshai Public, his teaching began,
In Science and Sports,
he'd craft each plan.
With idealistic fervor,
he envisioned anew,
An English medium school,
with values true.
In Chandigarh's embrace,
the dream took flight,
A beacon of culture,
shining bright.
Founder of Shivalik,
a visionary true,
Guiding souls with wisdom,
Through and through
Victory with Determination he proved
true.
A referee on the football field,
In education's realm,
his influence sealed.*

LEGACY OF LIGHT: THE JOURNEY OF LEGENDARY EDUCATIONIST



***A Man with a Vision
Our Source of
Inspiration***

*Self-financed,
yet burden bearer,
Education's torch, he'd proudly
wear.
Chairman, leader, in every stride,
Turning dreams into reality,
with pride.
Dedicated teacher,
with ambitions grand,
Guiding schools with a steady hand.
A team player, problem solver too,
Victory with determination,
his virtue true.
Proactive leadership,
with expertise profound,
Institutions of excellence,
his legacy renowned.
From Chandigarh to Patiala's gate
and then to 78 .
His vision's reach, beyond debate.
Concerned for reputation,
excellence his aim,
Making strides in sports,
building fame.
His dreams, now reality in sight,
Growing and glowing,
in education's light.
"He exemplified that victory is the
sweet fruit of determination,
nurtured by perseverance and
guided by vision."*

FROM THE DIRECTOR'S DESK



Mrs. Satwant Kaur Bedi

Throughout history, education has stood as a fundamental catalyst for development and empowerment. Providing education to all is paramount, as its absence would impede growth and socioeconomic advancement. Over time, Shivalik Public School has steadfastly upheld a robust academic ethos, essential for nurturing our students' cognitive well-being and advancement.

While knowledge acquisition is pivotal, education encompasses more—it shapes character and fosters integrity essential for individuals to fulfill their societal responsibilities. Education should instill humanism, tolerance, discipline, and open-mindedness, carrying forward our rich heritage to successive generations. It ought to integrate the best from our past, present, and future outlooks.

Accomplishing 54 years of existence, our aim is to cultivate creative, ambitious, and compassionate young minds poised to make distinctive contributions to the future. With this vision, we remain committed to delivering quality education to students who aspire to pursue knowledge, academic excellence, and continual personal growth.

In the 21st century, our world has become intricately interconnected and multifaceted, with technology reshaping our lifestyles, work environments, and communication channels. To flourish in this digital era, our students must possess not only academic prowess but also a diverse array of skills. They must be adaptable, resilient, and adept at solving problems creatively. It is our responsibility to ensure they receive the education and experiences necessary to thrive amidst this ever-evolving landscape.

FROM THE PRINCIPAL'S DESK



Dr. Anupkiran Kaur

I am honored to speak to you from my desk and offer words of encouragement and gratitude.

To our students, you are the lifeblood of our institution. Your passion, curiosity, and thirst for knowledge inspire us all. Remember, education is more than just acquiring facts; it's a voyage of self-discovery, growth, and empowerment. Embrace every opportunity, challenge yourselves, and dare to dream big. Believe in your potential, for you hold the key to greatness.

Parents, you are our indispensable partners in shaping your children's future. Your steadfast support, guidance, and involvement in their education make a profound impact. Thank you for entrusting us with the task of nurturing their minds and spirits. Let's continue working hand in hand to provide them with the finest learning journey possible.

In our quest for excellence, let's not overlook the significance of fostering a conducive, 21st-century learning environment. We dwell in an era of unparalleled progress, where technology and innovation mold our world. It's our responsibility to equip our students with the skills, knowledge, and mindset to navigate this swiftly evolving terrain with confidence.

As we embark on this venture, I assure you of our institution's unwavering commitment to embracing innovation, nurturing creativity, and fostering a spirit of collaboration. We'll persist in investing in state-of-the-art resources and technologies to enrich the learning experience and prepare our students for the challenges and opportunities ahead.

I urge everyone to remain resilient, adaptable, and open-minded. Let's confront the future with courage, determination, and a shared aspiration for excellence. Together, we'll forge a learning environment that empowers our students to become lifelong learners, critical thinkers, and compassionate global citizens.



"EDUCATION IS THE CATALYST THAT PROPELS HUMANITY FROM THE DARKNESS OF IGNORANCE TO THE BRILLIANCE OF ENLIGHTENMENT." - PLATO

I am delighted to address you in this edition of our school magazine, reflecting on our past achievements and anticipating the opportunities ahead. It fills me with pride to see the progress we've made as a cohesive educational community.

Central to our educational ethos is the belief in holistic development. Beyond imparting knowledge, we aim to instill critical thinking, nurture creativity, and ignite a lifelong love for learning. Our curriculum not only meets academic standards but also fosters personal growth and character building.

In today's dynamic world, adaptability and resilience are paramount. Hence, we're devoted to equipping our students with the skills needed to thrive in an ever-changing environment. Through innovative teaching techniques, hands-on learning experiences we prepare our students to navigate the complexities of the modern era.

Furthermore, our commitment to inclusivity and diversity is unyielding. We embrace and celebrate the unique talents and backgrounds of every individual in our school community, fostering an environment of acceptance and mutual respect. By embracing diversity, we enrich the educational journey and prepare our students for success in an interconnected world.

As we embark on the journey ahead, I urge all members of our school community to continue collaborating towards excellence. Whether you're a student, parent, teacher, or staff member, your contributions are indispensable to our collective progress.

Together, let's continue to inspire, challenge, and empower the leaders of tomorrow.

Dr. (Mrs.) Teena Chopra
Vice Principal

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. Nimisha, Ms. Edha, Ms. Saranjeet Kaur, Ms. Harleen Kaur Kaler,
Ms. Pooja Piplani, Ms. Seema Rani, Ms. Ruma Dhulia***



Shivalik Public School

Phase VI, SAS Nagar, Mohali, Punjab - 160055

**Congratulations
to students, staff & parents**

SCHOOL TOPPER



Baljot Kaur
Medical 98.4%

SCHOOL TOPPER



Jasleen Kaur
Non-Medical 92.2%

**XII TOPPERS
SESSION 2023-24**

Baljot Kaur topped the school with 98.4% and filled the school with immense pride as she stood first in Tricity (Chandigarh, Mohali and Panchkula). Baljot Kaur has scored 100 marks in Physical Education, 99 in Biology, 98 in English and Chemistry, 97 in Physics.

CBSE CLASS X SESSION 2023-2024

 Kushaan Ahuja 96.8%	 Aishvi Thakur 96.8%	 Jasmeet Kaur 96.6%	 Gurleen Kaur Goggar 96.6%	 Bismar Singh 96.2%	 Sana Naser 96.0%	 Ritika Kumari 95.4%	 Chavi 94.8%	 Jalveer Singh 94.8%	 Ridhima 94.8%	 Nashiket Pathania 94.6%
 Saanvi Guring 94.4%	 Sidhpreet Kaur 94.2%	 Jaspreet Kaur 94.1%	 Roopam Guleria 93.8%	 Lavisha 93.4%	 Meet Aggarwal 92.4%	 Eshani 92.2%	 Kushdeep Kaur 92.2%	 Aditi Jain 92.1%	 Nimrat Kaur Mann 92.0%	 Anvi Tyagi 92.0%
 Sachpreet Singh 92.6%	 Gunjan Dey 92.4%	 Gurpreet Kaur 92.4%	 Maanya 92.2%	 Vaibhav Sharma 92%	 Guramit Kaur Thind 92%	 Anshika Semwal 91.8%	 Manu 91.6%	 Ani Sharma 91.6%	 Gurpreet Kaur 91.4%	 Simranpreet Kaur 91.4%
 Gurleen Kaur 91.4%	 Aaditya Pandey 91.2%	 Harshika Kaur 91.2%	 Pankraj Singh Grewal 91.1%	 Surbhav Verma 91%	 Jasleen Sidhu 90.8%	 Doraj Hemdan 90.4%	 Harshpreet Kaur 90.4%	 Boyina Lakshmi Vaisnavi 90.4%	 Rajdeep Srivastava 90.4%	 Akshita Bhadwal 90.4%
 Jay Pankajmehra 90.2%	 Khushpreet Kaur 90.2%	 Diksha Singh 90.2%	 Divish Mahal 90.2%							

RESULT AT A GLANCE

Number of students appeared : **174**

Students scoring 95% and above : **07**

HALL OF FAME
SUBJECT –WISE HIGHEST MARKS
SESSION 2023-24
CLASS-XII

SUBJECT	MARKS	ACHIEVERS
PHYSICAL EDUCATION	100	BALJOT KAUR
CHEMISTRY	98	BALJOT KAUR
PHYSICS	97	BALJOT KAUR
BIOLOGY	99	BALJOT KAUR
MATHS	84	JASLEEN KAUR
ENGLISH	98	BALJOT KAUR, GITASHI MEHTA
COMPUTER SCIENCE	92	SIMAR TIWANA

CLASS X

SUBJECT	MARKS	ACHIEVERS
ENGLISH	97	HARBALB KAUR
HINDI	97	AKSHITA BADWAL GURSIMRAN KAUR
PUNJABI	100	HARBALB KAUR SIMRANJEET KAUR
MATHS	99	MEET AGGARWAL
SCIENCE	96	KUSHAAN AHUJA
SOCIAL SCIENCE	98	HARPRAB KAUR
INFORMATION TECHNOLOGY		AVNI TYAGI

ACHIEVEMENTS

“YOU CAN, YOU SHOULD, AND IF YOU'RE BRAVE ENOUGH TO START, YOU WILL.” — STEPHEN KING

“Spotlight on Success: Achievement That Make Us Proud”

Philately Scholarship Scheme Mohali, Punjab - Shivalik Public School is proud to announce that Viraj Choudhary of Class VIII, Sehar Mehta and Chaitanya of Class X have been awarded scholarships of Rs 6000/- each in “Philately Projects” Level 2 under “Deen Dayal Sparsh Yojna 2023-24”. Launched in collaboration with the Department of Posts, Government of India, this initiative has garnered significant enthusiasm and participation from budding collectors. The scheme, named after the visionary leader Pandit Deen Dayal Upadhyaya, is designed to inspire students to explore the rich cultural and historical heritage encapsulated in postage stamps. Through workshops, exhibitions, and interactive sessions, students were introduced to the art of stamp collection, unlocking a world of learning and discovery. Dr. Anupkiran Kaur Principal of Shivalik Public School, expressed delight at the overwhelming response to the program, stating, "The 'Deen Dayal SPARSH Yojna' has sparked a newfound curiosity among our students, instilling a sense of pride in our nation's heritage. We are committed to nurturing this passion for philately and providing every support to our budding collectors."



Viraj Choudhary
Class VIII



Sehar Mehta
Class X



Chaitanya
Class X

“Tech Triumph: Our Python Ninja Punnay Sharma of Class XII Wins Big at INTER-SCHOOL COMPETITION”

Punnay Sharma, a student of Class XII, Non-Medical, participated in Technothon Python Ninja Interschool Competition held at St. Soldier School. Phase-7, Mohali on May 4, 2024. He secured 2nd position in the same.



WINNER OF INTER- SCHOOL POSTER MAKING COMPETITION

Poster Making Competition was held at New Public School, Sector-18B, Chandigarh on 27th April 2024 in which Asreet Kaur of VII-M secured second position



“Champion Kicks: Taekwondo Star of Shivalik Public School Mohali

Rakshit Watts, a bright and promising student from Class III at Shivalik Public School in Mohali, has achieved a significant milestone by winning a gold medal at the 3rd Indo-Nepal International Taekwondo Championship, 2024. This prestigious event, organized by Negi Taekwondo, India, brought together talented taekwondo practitioners from both countries, making Rakshit's triumph all the more commendable. His exceptional performance is a testament to his dedication, rigorous training, and passion for the sport. Rakshit's success not only brings honor to his school but also serves as a source of inspiration for other young athletes aiming to excel in taekwondo and other sports.



Breaking Barriers: Our Taekwondo Champion Leads the Way”

Taekwondo is a Korean martial art that emphasizes kicking techniques and includes hand strikes and blocks. It promotes discipline, respect and the development of both physical and mental strength. It is also an Olympic sport contributing to International camaraderie and fostering a sense of global unity through athletic competition.

Prince Rai of class 10th participated in the 7th Emerald Taekwondo Championship and won a Silver medal in the in Cadet Category. It was held at Carmel Convent School, Sector 9B, Chandigarh on 19 May, 2024.



Winner of Punjabi Declamation Competition

Harnavroop, Class 10 got 2nd prize (trophy, certificate and cash prize of Rs. 2100/-) in punjabi declamation competition held at Gian Gyoti Global School on occasion of completing there 50 global years in education field.



Students of Shivalik bagged Scholarship

Guru Ramdas Gurmat Scholarship Society (Reg.) conducted a written exam for the students of Shivalik Public School, Mohali. All the participants received certificates and a cash prize of 300 Rupees each. Eighteen students participated from the Primary group, eight students from the Junior group, and three students from the Senior group. The details of the students are as follows:

NAME	CLASS
------	-------

JAPLEEN KAUR	IV
MANJOT KAUR	IV
DILNOOR KAUR	V
JAPNEET KAUR	V
JAPLEEN KAUR	V
EKROOP KAUR	V
JANNAT RAJPOOT	V
MANMEET SINGH	V
PRABHSIRAT KAUR	IV
GARVIT GULERIA	IV
SONAKSHI	IV
GURNOOR KAUR	V
HARAZEEZ SINGH	V
AARAV PRASHAR	V
PRABHNOOR KAUR	IV

NAME	CLASS
------	-------

MEHAKPREET KAUR	V
GURNOOR KAUR	V
JAPLEEN KAUR	IV
HARLEEN KAUR	VI
NAVSIRAT KAUR	VI
ISHMAN KAUR	VII
JASHANDEEP KAUR	VII
KHUSHLEEN KAUR	VII
JASPREET KAUR	VIII
HARMANJOT KAUR	VIII
ROOPNEET KAUR	VIII
PRABHLEEN KAUR	IX
GURKIRAT KAUR	IX
HARMAN KAUR	IX

CLASSES IX-XII



"Let us remember:
One book, one
pen, one child and
one teacher can
change the world."





"COMMUNICATION IS YOUR TICKET TO SUCCESS, IF YOU PAY ATTENTION AND LEARN TO DO IT EFFECTIVELY." THEO GOLD

I staunchly believe in having good communication skills as Well developed communication skills are vital to a child's academic success. At all levels of education, students must be able to communicate effectively. If a student stutters or mumbles they may become fearful of speaking up in class, and this in turn can lead to low grades and diminished self-esteem

It's important to make sure that we're talking with each other in a way that heals, not in a way that wounds. Let me give you an example of the great Swami Vivekananda who was a brilliant Communicator. Communication skill is accepted as top of leadership abilities. Vivekananda was a transformational leader: He was a great organization builder. He achieved the highest success for his inspiring speech with proper communication.

What did Mahatma Gandhi, Martin Luther king Jr. and Swami Vivekananda have in common? Apart from being great leaders of their times, they were also exceptional orators. They could keep the audiences captivated and spell bound with their inspiring speeches. One can either choose to be dormant in life or soar high like an eagle and reach pinnacles of success in career and social life. It's all about successfully breaking barriers like negative body language, poor verbal communication, insufficient clarity and inadequate social and cultural etiquette.

Our Late President, Dr. A. P. J. Abdul Kalam is believed to have remarked, 'Success is when your signature changes to an autograph'. Receiving the right kind of training for effective communication is part of the journey of your signature turning into an autograph.

Ms. Pooja Piplani
Coordinator (Classes IX to XII)

BAISAKHI FESTIVAL

Baisakhi festival, and Dr. B.R. Ambedkar Jayanti were celebrated at Shivalik Public School Mohali, blending religious and cultural fervour into a memorable occasion for all Shivalikians. The day commemorated 54 years of unwavering commitment to building a better society, coinciding with the auspicious day of Baisakhi.

The day began with a religious function, featuring the recitation of Sukhmani Sahib Path, Shabad Kirtan, Kavishri, and poetic recitations by students, accompanied by insightful explanations from the faculty about the significance of the day. Students learned about the historical context of Baisakhi, particularly the formation of Khalsa Panth by Guru Gobind Singh Ji, the massacre of Jallianwala Bagh, to combat injustice and protect the oppressed. In the cultural segment, students showcased their talents in the school's modern auditorium, aiming to acquaint them with their rich cultural heritage. These included speeches, poems, religious songs, and presentations highlighting the significance of Baisakhi, with each program exuding its unique charm. The day featured religious presentations symbolizing the harvest season of Baisakhi, performed with traditional attire and accompanied by both students and teachers, captivating the audience. Additionally, the birth anniversary of Dr. B.R Ambedkar, the architect of the Indian Constitution, was commemorated. Faculty members from Shivalik Institute of Education and Research, Mohali, and Shivalik Public School joined the ceremony, reflecting on the institution's 54 years of growth and excellence.



The Shivalik Public School community came together to honour their esteemed Director, Mr. D S Bedi, whose vision and dedication have been instrumental in shaping the institution's journey over the past 54 years.

As the founder's legacy was celebrated, Mr. D.S. Bedi was lauded for his unwavering commitment to excellence and his tireless efforts in nurturing the school's growth and development. Teachers and students alike expressed their gratitude for his leadership and guidance, acknowledging his role in fostering a culture of learning, innovation, and moral values within the school community. It was a moment to reflect on the profound impact of his leadership and to celebrate his enduring legacy on Founder's Day. A Tribute - Legacy of Light: The Journey of Legendary Educationalist, Mr.D.S. Bedi was paid by Mrs.Pooja Piplani. Principal Dr. Anupkiran Kaur and Vice Principal Dr. Teena Chopra delivered an inspiring address and paid tribute to the revered director Mr. D.S. Bedi.

EARTH DAY

"Clean the Earth, so it can breathe again."



World Earth Day, observed annually on April 22nd, is a global initiative to raise awareness and inspire action for environmental protection. Originating in 1970, it has grown into a significant platform for advocating sustainability and addressing pressing environmental challenges. On this day, individuals, communities, and organizations worldwide come together to promote eco-friendly practices, conservation efforts, and climate action. World Earth Day serves as a reminder of our shared responsibility to safeguard the planet for future generations, emphasizing the importance of collective action in preserving the Earth's precious ecosystems and biodiversity. This year, the theme is "Planet v/s Plastics ". The students of class X made posters on Earth day whereas the students of class IX wrote slogans on Earth Day.

Results for the same are -

CLASS X

1. XM

- | | |
|------|-----------------|
| 1st. | Himanshi |
| 2nd. | Karanveer Singh |
| 3rd. | Ekamdeep Kaur |

2. XS

- | | |
|------|---------------|
| 1st. | Harshit |
| 2nd. | Satveer Singh |
| 3rd. | Dushyant |

3. XA

- | | |
|------|-------------|
| 1st. | Alisha |
| 2nd. | Vineet |
| 3rd. | Manoj Kalsi |

4. XB

- | | |
|------|----------|
| 1st. | Simra |
| 2nd. | Niharika |

CLASS IX

1. IXM

- 1st. Avantika
- 2nd. Aayesha Singh
- 3rd. Aanya Thakur

2. IXS

- 1st. Gurleen Kaur
- 2nd. Ekampreet kaur

3. IXA

- 1st. Anubhav Mishra
- 2nd. Advika Bhargav
- 3rd. Abhimanyu

4. IXB

- 1st. Prachi
- 2nd. Sukhman Kaur
- 3rd. Rupanjot Kaur

5. IXC

- 1st. Radhika
- 2nd. Mehak
- 3rd. Tripta

WORLD BOOK DAY

World Book Day, celebrated annually on April 23rd, is a global homage to the written word and the profound impact of books on society. This day, designated by UNESCO, serves as a rallying cry to promote literacy, encourage reading, and celebrate the rich tapestry of stories and knowledge found in books. From classrooms to libraries, communities worldwide come together to honour authors, cherish literature, and inspire a lifelong love of reading. World Book Day reminds us of the transformative power of words and the enduring magic found within the pages of a book. The students of Class X made posters on the theme 'World Book day' whereas the students of IX wrote slogans on the same theme. Students also undertook a reading pledge.

Results for the same are -

CLASS X

1. XM

- 1st. Manvi
- 2nd. Gurkirat Kaur
- 3rd. Nitima Anand

2. XS

- 1st. Sehaj
- 2nd. Sabiha Sidhu
- 3rd. Preetika

3. XA

1st. Jasmeet Kaur
2nd. Kanishka
3rd. Chitwan

4. XB

1st. Simran
2nd. Angel
3rd. Arashjot Kaur

CLASS IX

1. IXM

1st. Shorya Anand
2nd. Adhiraj Rana
3rd. Vritti

2. IXS

1st. Harmanjeet Singh
2nd. Anshveer Singh

3. IXA

1st. Pratyush Piplani
2nd. Samarveer Singh Sembi
3rd. Ishan Joshi

4. IXB

1st. Jaspreet Singh
2nd. Kashiv Singh



ANNUAL ORIENTATION PROGRAMME (IX -XII)

Shivalik Public School earnestly acknowledges that the school and parents jointly hold a precious asset - the child. In dedication to fostering excellence in education and fostering a collaborative bond with parents, the Annual Orientation Program for parents of XI-XII students was convened at Shivalik Public School, Mohali on April 27, 2024. The event aimed to familiarize parents with the diverse evaluation methodologies outlined by CBSE for classes XI-XII.

In the inaugural speech, parents were elucidated on how every aspect of the school, from its infrastructure to its ethos, stems from the unwavering commitment of our Founding Director, Mr. D S Bedi and Principal Dr. (Mrs.) Anupkiran Kaur towards educational advancement and the welfare of every Shivalik pupil.

To address parental queries comprehensively and dispel doubts, a detailed overview of the curriculum, school regulations, and board exam grading systems across various subjects was provided through a meticulously prepared presentation. Ms. Harleen Kaur and Ms Deepti Salgotra delivered insights into the school curriculum of classes IX and X. Dr Onkar Singh familiarized the students and parents with the process of CBSE Registration. Ms Navita Kanwar and Ms Aanchal Bhalla shared the details of class XI and XII Curriculum.

Another integral component of the Orientation Program featured information about counselling sessions and the importance of taking care of mental well-being skilfully conducted by the school counsellor, Ms Saireema Banga. Emphasis was laid on the significance of effective time management. The program successfully achieved its objectives, enlightening parents about assessment methodologies and delineating key evaluation criteria for their children. Additionally, through presentations, teachers delineated essential topics such as health tips and adolescent psychology.

Parents were briefed on the experiential and thematic curriculum adopted in Senior Secondary education to ensure holistic student development. Their avid interest in parenting strategies to alleviate student stress and adapt to challenging environments was evident, recognizing this transitional phase as a developmental continuum.

In her concluding remarks, Dr. (Mrs.) Anupkiran Kaur, the Principal of Shivalik Public School, Mohali, highlighted the pivotal role parents play in nurturing children and navigating adolescent challenges.

Overall, the event provided parents with comprehensive insights into Senior Secondary education, offering a holistic experience and reaffirming the commitment of Shivalik Public School to academic excellence.

CBSE SCIENCE CHALLENGE – Round 1

Science is inexplicably linked with our lives and helps us to understand the world around us better. By engaging with this subject, students learn to think, solve problems and make informed decisions. For the same, the board organized CBSE Science Challenge for the students of classes 8th to 10th.

The theme for the same was- “Science, Environment and Sustainability”

This was held on April 26, 2024. The selected students are-

1. **Class X** - Harsh Chauhan and Ekamdeep Kaur
2. **Class IX** - Shaina and Ambalika Rajput

CLASS ASSEMBLIES

For Block a, daily assembly is conducted for Class IX and X in the auditorium which is led by a class. Class X and class X take lead on alternate days. Each assembly has a theme related to which the ‘Word’, ‘Thought’ of the day and moral story are spoken.

CLASS	THEME
XM	World Health Day
IX M	Eid- Ul- Fitr
XS	Gratitude
IX S	Dr. B.R. Ambedkar
XA	Ram Navmi
IX A	World Heritage Day
XB	Mahavir Jayanti
IX B	World Earth Day
IX C	Discipline

LABOUR DAY CELEBRATION

Labour Day, observed on May 1st in many countries around the world, is a tribute to the contributions and achievements of workers and the labor movement. It originated as a commemoration of the historic struggle for workers' rights and better working conditions, particularly the eight-hour workday. Labour Day serves as a reminder of the ongoing fight for fair wages, safe working environments, and labor rights. It honors the dignity of labor and recognizes the indispensable role workers play in building and sustaining societies. Beyond its historical roots, Labour Day also symbolizes solidarity among workers and advocates for social justice and equality in the workplace. It's a day to celebrate the resilience, strength, and unity of the labor force while advocating for continued progress towards a more just and equitable society for all workers. Students made posters for the workers of the Block and presented those to the workers. They expressed their gratitude towards the services rendered by them.



MOTHER'S DAY CELEBRATION

Mother's Day is a special occasion celebrated globally to honor and appreciate mothers, motherhood, and maternal bonds. Typically observed on the second Sunday of May, Mother's Day is a time for people to express gratitude and affection towards their mothers or mother figures for their love, care, and sacrifices. It's a day to recognize the immense role mothers play in shaping our lives and society. Whether through heartfelt gestures, gifts, or simply spending quality time together, Mother's Day serves as an opportunity to show appreciation and make mothers feel cherished and valued. Beyond individual celebrations, Mother's Day also highlights the universal significance of maternal love and the importance of nurturing relationships within families. The students of classes IX to XII participated in Card Making for Mother's Day Celebration. School bulletin Boards were decorated with the same.

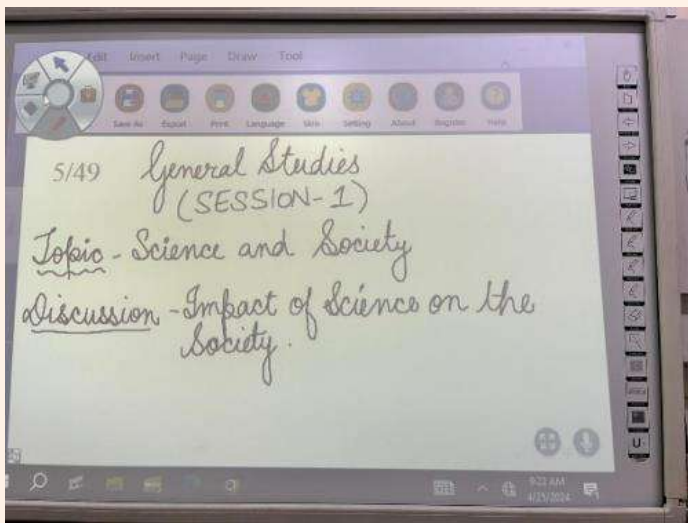


ACTIVITY PERIODS

Activity periods in a school play a vital role in the holistic development of students. These designated periods offer students opportunities to engage in extracurricular activities beyond the traditional academic curriculum. Whether it's sports, arts, music, drama, or clubs, activity periods provide avenues for students to explore their interests, talents, and passions. Engaging in such activities fosters social interaction, teamwork, leadership skills, and self-confidence among students. It promotes a well-rounded education by nurturing not only intellectual growth but also physical, emotional, and social development. Activity periods also serve as a break from academic rigor, allowing students to recharge, rejuvenate, and maintain a healthy balance between studies and recreation. Overall, activity periods contribute significantly to creating a vibrant and enriching school environment conducive to the overall growth and well-being of students.

Activity Periods cover-

- Ek Bharat Shreshtha Bharat
- Mental Ability
- Literary Club
- Life Skills
- 3D Lab
- PT/ Yoga/ Aerobics
- General Studies
- Counselling
- Chemistry Tutorial
- Eco Tutorial
- Physics Tutorial



CLASSES - VI-VIII

YOU must be the
CHANGE
you wish to see in
THE WORLD.

Mahatma Gandhi





HOW STUDENTS CAN DEVELOP THEIR PERSONALITY

Students can develop their personality through various means, encompassing self-awareness, social skills, and emotional intelligence. Here are some key strategies:

1. Self-Awareness and Self-Improvement

Self-Reflection: Students must spend time reflecting on their strengths, weaknesses, interests, and values. Keeping a journal can help track their growth and understand their emotions better.

Setting Goals: Students must set short-term and long-term goals. These goals should be specific, measurable, attainable, relevant, and time-bound (SMART).

Reading and Learning:

2. Social Skills Development

Effective Communication: Students must understand the importance of clear and respectful communication. This includes active listening, maintaining eye contact, and being mindful of body language.

Team Activities: Students must participate in group activities such as sports, debate clubs, and drama groups. These activities promote teamwork, leadership, and cooperation.

Empathy and Understanding: students must indulge in activities that help them understand and appreciate different perspectives. Volunteering and community service can be excellent ways to develop empathy.

3. Emotional Intelligence

Managing Emotions: Students must know the techniques for managing stress and emotions, such as mindfulness, meditation, and breathing exercises. Understand how to handle emotions constructively is crucial for personal development.

Resilience: Students must learn from failures and setbacks. They must know about famous personalities who overcame obstacles and learn the importance of perseverance.

4. Independence and Responsibility

Decision Making: Students must learn to make their own decisions and understand the consequences. This can start with small choices and gradually move to more significant decisions.

Time Management: Students must know the importance of managing time effectively. Using planners, setting priorities, and breaking tasks into manageable parts can help students stay organized.

5. Positive Attitude and Self-Confidence

Positive Affirmations: Students must focus on positive affirmations to build self-confidence. Students must remember to focus on their achievements and strengths rather than their shortcomings.

6. Exploration and Curiosity

Try New Things: Students must step out of their comfort zones and try new activities. This could be learning a musical instrument, taking up a new sport, or exploring creative hobbies.

Critical Thinking: Develop critical thinking skills by engaging in discussions, solving problems, and analyzing different scenarios. This helps students make informed decisions and view challenges from various angles.

7. Role Models and Mentorship

Find Role Models: Students must look up to positive role models, whether they are historical figures, family members, or mentors. Learning from others' experiences can provide valuable insights.

Seek Mentorship: Having a mentor can provide guidance, support, and a different perspective on personal and academic challenges.

8. Healthy Lifestyle

Physical Health: Students must prioritize the importance of a healthy lifestyle, including regular exercise, balanced nutrition, and adequate sleep. Physical well-being directly impacts mental and emotional health.

Mental Health: Encourage open discussions about mental health. Students must find resources and support to deal with mental health issues.

9. Cultural Awareness and Tolerance

Cultural Exposure: Students must get exposed to different cultures and traditions.

Respect for Diversity: Students must respect and appreciate diversity in all its forms, fostering an inclusive mindset.

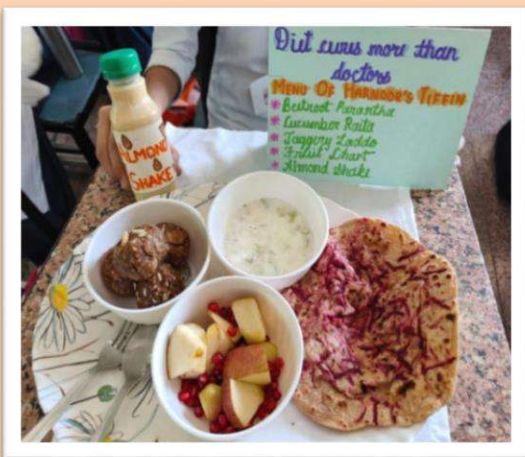
Conclusion

Developing a well-rounded personality during the teenage years requires a balanced approach, involving personal reflection, social interaction, emotional management, and continuous learning. By focussing on these areas, they can grow into confident, empathetic, and responsible adults.

HEALTHY TIFFIN COMPETITION

“A Healthy start is always a good start”

Students of class VI-VIII with great zeal participated in “Healthy Tiffin competition” organized in the school on April 09, 2024 a progressive initiative by the school to promote Health and Wellness of each and every student and to say a big no to junk food. Therefore, in this activity Students were asked to bring healthy and nutritious food from home and to speak about its nutritional facts. Through this activity child learned about value of healthy regime and its impact on their day to day activities.



BAISAKHI AND FOUNDER'S DAY CELEBRATIONS

The celebration of Baisakhi marked a optimistic beginning of festivities at our school in addition with, the honour to 54th Founders day. The day embarked with religious ceremony featuring the recitation of Sukhmani Sahib Path, Shabad Kirtan, Kavishri and Poetic recitations, accompanied by the insightful explanations about the significance of the day by the school faculty and the students.

As the Founder's Day legacy was commemorate, Shri.D.S Bedi was lauded for his unwavering commitment to excellence and his tireless efforts in nurturing

the school's growth and development. A Tribute- Legacy of Light: The Journey of Legendary Educationalist Mr D.S Bedi was paid by Mrs.Pooja Piplani.

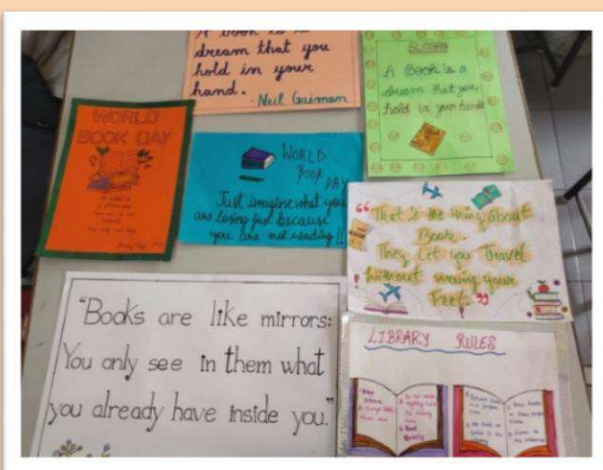


WORLD BOOK DAY ACTIVITY

It is well said, "A Reader lives a thousand lives before he dies and the man who never reads lives only once" keeping this in mind Shivalik celebrated the World Book Day also popularly known as World Book or copyright day, an annual event organised by UNESCO through the globe to promote positive reading habits within students. The following Day is observed on 23rd April 2024. Students of class VI, VII and VIII actively participated in the event. The special assembly featured poetry recitations, speeches, skits, and role-plays, along with additional creative endeavors of reading. Variety of activities like Poster Making, Slogan Writing and Book Jacket Design of your favourite book was taken up in the classes.

Students were encouraged for reading books and importance of reading books was also shared with the students via teacher talk and they were guided that Good books can inform you, enlighten you and lead you in the right direction. There is no better companion than a good book. Reading is important because it is good for your overall well-being and it also develops your language skills and vocabulary.





EARTH DAY CELEBRATION

“Earth is a precious jewel and everyday is a Earth day”. The Earth has its music for those who listen and with this a series of week long activities were conducted in the Shivalikian family. Earth day serves as a powerful reminder for preserving and protecting our mother earth. The week commenced with dedicated assemblies in which significance of conserving Planet Earth was discussed with the students. Throughout the week various activities like Making Bird feeders using waste material, Planters and Plant saplings, Poster making, Powerpoint presentaion etc were taken up in the school. Such activities not only make students aware but also inspired them to take the right steps towards the nature



BOARD DECORATION ACTIVITY

To give wings to the imagination of students and a platform to showcase their talent the school organised classroom board decoration activity. Creative and informative charts were made by the students along with students corner, motivational message and classroom rules. The committedness and passion of all the students turned out to be great achievement for everyone. Further assessment was also done by the B.ED faculty keeping in view the uncountable efforts made by the students.



LABOUR DAY CELEBRATION

On the occasion of Labour Day, the school organized a special thanksgiving activity for the students. This initiative aimed to honour the dedicated helpers who tirelessly contribute to our school community. On the following day, students enthusiastically participated in preparing handmade cards to express



their gratitude towards the helpers in our school. These cards served as a heartfelt token of appreciation for the invaluable contributions made by the helpers each day. The day not only fostered a sense of gratitude among the

students but also highlighted the importance of recognizing and acknowledging the efforts of all members of our school community.

MOTHER'S DAY CELEBRATIONS

Shivalik Public School celebrated Mother's Day with great enthusiasm and love. It aims to recognize the invaluable contributions of mothers and mother figures in shaping the lives of our students. It features various activities filled with love, appreciation, and gratitude for the incredible women who nurture, support, and inspire us every day like heart warming speeches, creative classroom card making activity and short videos of students sharing their special moments with their mother's all dedicated to expressing our profound appreciation for these remarkable individuals. Shivalik is a vibrant learning community committed to academic excellence, character development, and the holistic growth of every student.



CLASSES III- V

“

**Work hard,
be kind, and
amazing things
will happen.”**





FOSTERING CREATIVITY AND INNOVATION: THE HEART OF OUR SCHOOL COMMUNITY

As we navigate through the currents of academia, it's crucial to pause and reflect on the essence of our journey. So, I want to shed light on a fundamental aspect of our school ethos: fostering creativity and innovation. In our rapidly evolving world, where the landscape of knowledge constantly shifts, the ability to think creatively and innovate is paramount. These skills not only empower us to tackle complex challenges but also imbue our lives with meaning and purpose. At our school, we believe in cultivating an environment that nurtures creativity at every turn. From our vibrant classrooms to our dynamic extracurricular activities, we strive to inspire and ignite the creative spark within each of you.

But what does it mean to be creative? It's more than just painting a masterpiece or composing a symphony (although those are undoubtedly important expressions of creativity). Creativity permeates every facet of our lives, from problem-solving in mathematics to crafting compelling narratives in literature. Moreover, creativity is not a solitary endeavor. It thrives in collaborative spaces where diverse perspectives intersect and ideas flourish. That's why we encourage teamwork and collaboration in all our endeavors, whether it's a group project or a spirited debate in the classroom. However, creativity alone is not enough. To truly make an impact, we must pair it with innovation—the ability to transform creative ideas into tangible solutions that address real-world needs. Whether it's developing sustainable technologies or devising innovative educational approaches, innovation is the engine that drives progress. As members of our school community, you are the torchbearers of creativity and innovation. Your unique talents and perspectives enrich our collective experience and propel us forward into the future. Embrace your creativity, nurture it, and let it guide you as you embark on your academic journey. In closing, I invite each of you to embrace the spirit of creativity and innovation that defines our school. Let us continue to push the boundaries of what is possible and leave an indelible mark on the world around us.

Ms. Teena

Coordinator (Classes III to V)

BAISAKHI CELEBRATIONS

The celebration of Baisakhi marked the beginning of festivities at our school. The day was celebrated with a great pomp and zeal. A special assembly for the students of classes III-V was conducted. Students recited poems and delivered speeches. Teachers also enlightened the students about the historical background and significance of these days. The students made the program more joyous by singing and dancing.

HEALTHY TIFFIN ACTIVITY

'Healthy mind lives in healthy body' Students of class III-V enthusiastically participated in 'Healthy Tiffin Activity' organized on April 09, 2024 for the awareness of the students towards healthy food. Students brought home cooked healthy food in their tiffin and spoke about its nutritional facts. Through this activity children learned about good table manners. They used table mats, cloth napkins, cutlery etc.



EARTH DAY

To commemorate the World Earth Day, Shivalik Public School, Mohali organized a week long celebration by conducting a series of activities and special assemblies for the students of classes III to V. Class 3 students planted saplings while simultaneously understanding their role in preserving nature, whereas Class 4 students showcased their creativity in a Poster Making Competition on environmental conservation. Additionally, Class 5 students crafted slogans to raise awareness about saving the Earth. Apart from these mindful activities, special assemblies were also taken up. Students performed poems, speeches followed by skits, role play and group song. These activities not only educated the students but also inspired them to take action and become guardians of our planet's future.



WORLD BOOK DAY

World Book Day was celebrated with great enthusiasm at Shivalik Public School, Mohali, where students from classes III to V participated in a variety of engaging activities. The special assembly featured poetry recitations, speeches, skits, and role-plays, along with additional creative endeavors.

Class 3 students expressed the importance of reading and library rules through drawings, while Class 4 crafted bookmarks with the same theme. Additionally, Class 5 dedicated their efforts to creating posters for World Book Day.

Through these activities and insightful talks by teachers, students gained a deeper understanding of the significance of books and the worlds they open up for exploration and learning.



LABOUR DAY CELEBRATION

On the occasion of Labour Day, the Peace and Kindness Club organized a special Gratitude Activity for the students of classes III-V. This initiative aimed to honor the dedicated helpers who tirelessly contribute to our school community.

During the activity, students enthusiastically participated in preparing handmade cards to express their gratitude towards the helpers in our school. These cards served as a heartfelt token of appreciation for the invaluable contributions made by the helpers each day.

The event not only fostered a sense of gratitude among the students but also highlighted the importance of recognizing and acknowledging the efforts of all members of our school community. Through this activity, the Peace and Kindness Club aimed to instill values of empathy, respect and appreciation among the students.



MOTHER'S DAY CELEBRATION

Shivalik Public School, Mohali, embraced the essence of Mother's Day by celebrating the invaluable role mothers play in shaping families and society. Special assembly was conducted for students of classes III to V featuring engaging performances such as role plays, skits, recitations of poems and speeches. In a heartwarming gesture, students also crafted handmade greeting cards in school, serving as tokens of love and gratitude for their mothers. This thoughtful activity not only fostered appreciation for the pivotal role mothers hold in their lives but also encouraged students to express their heartfelt sentiments.



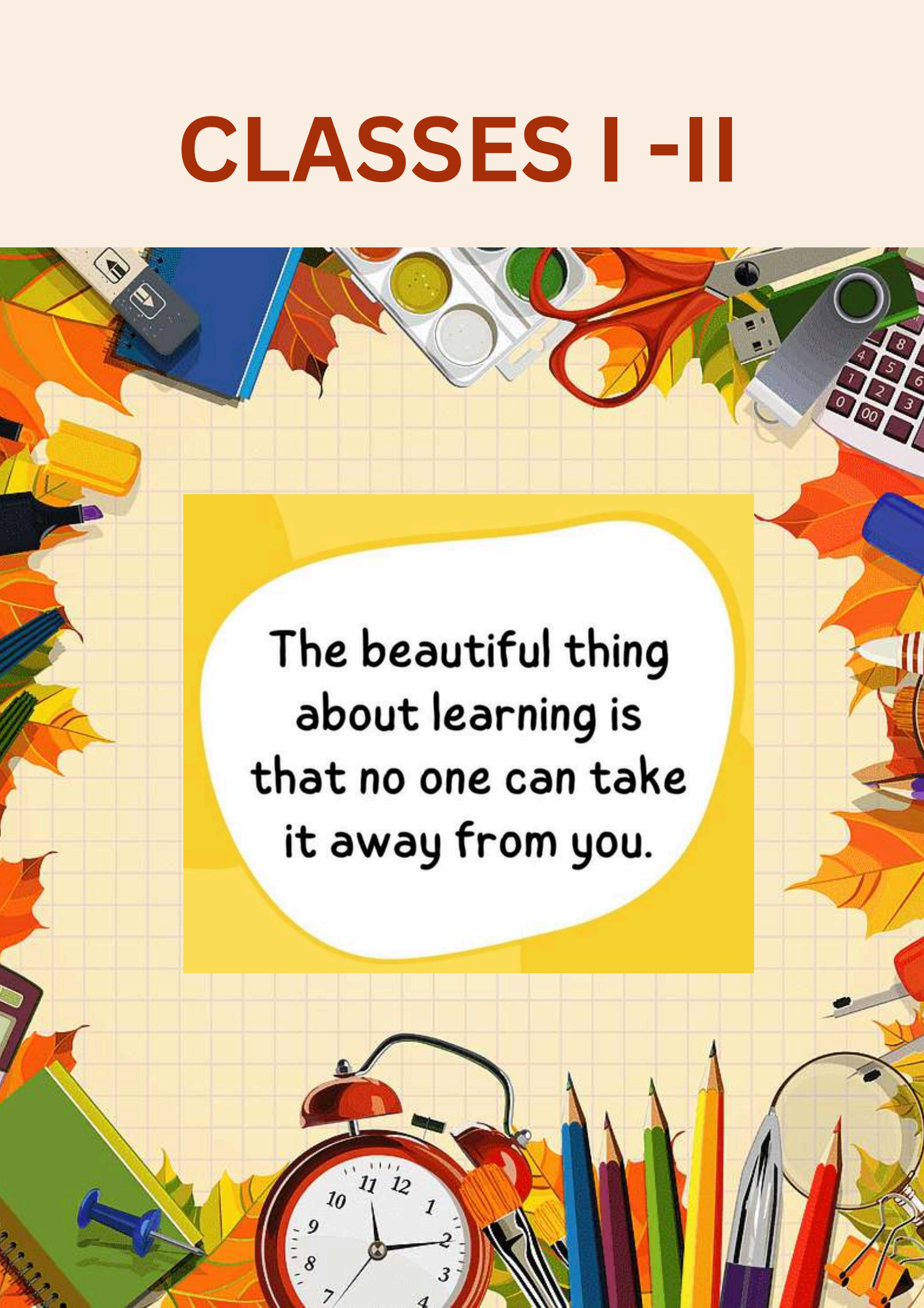
ROLE PLAY COMPETITION

With the aim of boosting the confidence and develop the communication and language skills of the students, Virtual Role Play competition was conducted for the students of classes III-V.

Students participated enthusiastically and enjoyed performing the role of Acid attack survivor, Newspaper, ATM machine, Firefighter, Kalpana Chawla, Teacher, Doctor etc. some of the students conveyed a beautiful message by performing the role of nature and social issues like save girl child pollution, save earth and save water.



CLASSES I -II

The background of the entire image is a light beige grid pattern. It is framed by a collage of various school supplies and autumn-themed elements. At the top, there are orange and yellow leaves, a blue folder, a paint palette with yellow and green paint, a pair of red-handled scissors, a calculator, and a USB drive. On the left side, there are more leaves, a yellow pencil sharpener, and a blue pen. On the right side, there are leaves, a blue pen, and a red pencil. At the bottom, there is a red alarm clock, a blue pushpin, a green notebook, a magnifying glass, and several colored pencils (blue, purple, green, yellow, red).

The beautiful thing
about learning is
that no one can take
it away from you.



“PLAY IS THE HIGHEST EXPRESSION OF HUMAN DEVELOPMENT IN CHILDHOOD, FOR IT ALONE IS THE FREE EXPRESSION OF WHAT IS IN A CHILDS SOUL”

Play is the natural way in which children learn and explore the world around them. It allows them to discover and express their creativity, imagination, and curiosity. Through play, children can develop their foundational physical, cognitive, and emotional skills, as well as their social skills and language abilities – and is known as an Internationally researched & accepted best practice, besides being emphasized in the new education policy (NPS) under roll out across India.

Here are some key reasons why play-based learning is so important, for young children:

1. Promotes creativity and imagination: Play-based learning encourages children to use their imagination and creativity, which helps them develop their cognitive abilities. When children play, they have the freedom to explore their own ideas, overcome difficulties and express themselves in unique ways.

2. Supports social and emotional development: Play-based learning provides children with opportunities to interact with others and develop their social and emotional skills. Children can learn how to take turns, share, and communicate with their peers through play, which helps them form strong relationships, learn team skills and builds self-confidence.

3. Enhances physical development: Play-based learning helps children to develop their physical skills and coordination through active play and movement. Children can also learn about their bodies and how they work through play.

4. Builds cognitive skills: Play-based learning activities can help children develop important cognitive skills, such as problem-solving, critical thinking, and decision-making. When children engage in hands-on play experiences, they are able to make connections between their learning and real-life situations.

5. Supports language development: Play-based learning provides children with opportunities to practice and expand their language skills. Children can learn new words and concepts through play and conversation with their peers and teachers

In conclusion, play-based learning is an essential component of early childhood education (i.e. especially upto age 8 – when the brain is developing exponentially and the foundations of brain and many other parts of the body is cast). It provides children with opportunities to develop important skills, knowledge, and attitudes in a fun and engaging way.

Ms. Dimpy Sharma
Coordinator(Classses I –II)

Baisakhi and Founder's Day Celebration.

Years of relentless and dedicated contribution to the society, academic excellence and co-curricular brilliance, Shivalik Public School Celebrated its 54th Founder's day on Baisakhi Day. Baisakhi is a festival that marks the onset of a new session. It is also a time to reap crops and therefore, an occasion for celebration. The teachers conducted different activities like: PPT on Founder's Day, Baisakhi Day. The children came forward and celebrated this day by reciting poems, singing songs, dancing etc.



Orientation Programme

‘When parents or teachers work together well everyone wins’

Shivalik Public School, Mohali conducted orientation programme on 26 April , 2024. The programme commenced with warm welcome of parents with the aim of familiarizing the parents as partners with the curriculum, rules and regulations of the school. The School organised this programme focusing on ‘Creative Curriculum’. The orientation programme culminated on the note of bringing up children into happy, skillful and well-adjusted citizens.





DAY 2: BOOK MARK ACTIVITY



DAY 3: NATURE WALK ACTIVITY



DAY 4: BEST OUT OF WASTE



DAY 5: SLOGAN WRITING



Mother's Day Celebration

‘The Mother’s heart is the child’s school room’

Mother’s Day is a celebration honouring the mother as well as motherhood, maternal bond and influence of mothers in society. To show the love and respect to their mothers the students of class 1 and 2 made bouquets and beautiful tiaras and rings for their mothers. Mothers enjoyed little token of love made by their kids which filled the air with heart - warming feeling of love, gratitude and appreciation.



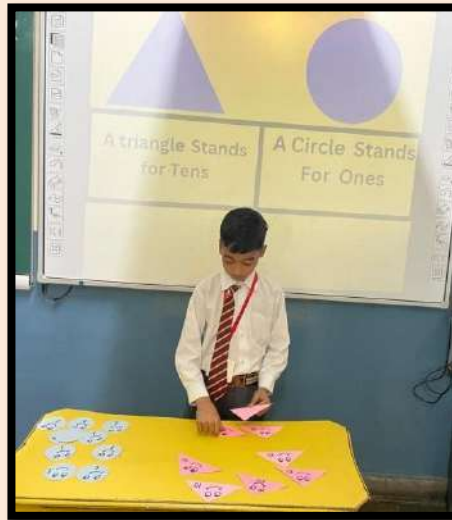
TASTE OF TONGUE ACTIVITY

Taste of tongue activity was organised to experience different taste: sweet, sour, salty and bitter. They came to know about the role of saliva and taste buds.



PLACE VALUE CARDS

To understand place value concept tens and ones activity was conducted by using flash cards. Students learnt the place value of two digit numbers that help to build a wide variety of maths skills.



KINDERGARTEN SECTION

Where little hands have
big ideas and hearts full
of wonder.





JAADUI PITARA: "UNLOCKING THE MAGIC OF EARLY LEARNING"

Jaadui Pitara, a fantastic new initiative by the National Council of Educational Research and Training (NCERT) aimed at enhancing early childhood education. This innovative "Magic Box" is designed to make learning a joyous and enriching experience for our youngest learners. Here's what makes Jaadui Pitara a game-changer in the world of education.

What is Jaadui Pitara?

Jaadui Pitara, which means "Magic Box," is a comprehensive educational kit filled with a variety of materials to stimulate young minds. It includes storybooks, activity cards, multimedia resources, and art supplies, all carefully selected to cater to the diverse learning needs of children in their foundational years.

Key Features of Jaadui Pitara

- *Storybooks and Picture Books*:** These engaging and beautifully illustrated books help develop language skills and foster a love for reading. Each story is crafted to capture the imagination and impart valuable lessons.
- *Activity Cards and Games*:** Designed to promote cognitive and social skills, these activities encourage children to think critically, solve problems, and collaborate with their peers.
- *Multimedia Resources*:** Audio-visual aids like songs, rhymes, and educational videos make learning dynamic and interactive, catering to different learning styles.

4. ***Puppets and Props***: Perfect for storytelling and role-playing, these tools help children express themselves creatively and develop emotional intelligence.

5. ***Art and Craft Materials***: These supplies stimulate creativity and fine motor skills, allowing children to explore their artistic talents.

Benefits of Jaadui Pitara

- ***Holistic Development***: Jaadui Pitara supports all aspects of a child's development, including cognitive, social, emotional, and physical growth.
- ***Engagement and Fun***: The diverse materials and activities ensure that learning is always exciting and enjoyable.
- ***Inclusivity***: The resources cater to various learning styles and abilities, ensuring every child can benefit.
- ***Parental Involvement***: Parents can participate in activities, strengthening the parent-child bond and enhancing the learning experience.

How to Use Jaadui Pitara

Parents and teachers can integrate Jaadui Pitara into daily routines to make learning a seamless part of children's lives. Here are some tips:

- ***Create a Learning Schedule***: Set aside dedicated time each day for exploring the contents of the Magic Box.
- ***Encourage Exploration***: Allow children to choose activities that interest them, fostering independence and curiosity.
- ***Participate Actively***: Engage with your child in reading, playing, and creating, making learning a shared adventure.
- ***Celebrate Progress***: Acknowledge and celebrate your child's achievements to build confidence and motivation.

Jaadui Pitara by NCERT is more than just an educational toolkit; it's a gateway to a world of discovery and joy for young learners. By incorporating this magical resource into our educational practices, we can ensure that our children develop a lifelong love for learning. Let's unlock the magic of Jaadui Pitara and watch our children thrive!

Ms. Inderjeet Kaur

Coordinator (Kindergarten Group)

WELCOME

A Classroom and interaction with peers are very important in the school years. It provides students with a neutral environment for social interactions that aids in developing skills like setting boundaries, learning and cooperation. On the very first day of school different activities were conducted like “WELCOME TO SCHOOL” craft and handprint craft. Interactive session with the help of songs and rhymes was conducted to make children more comfortable with the classroom environment. Children were also introduced to their daily schedules.



BAISAKHI AND FOUNDER'S DAY

The Kindergarten Wing of Shivalik Public School, Mohali celebrated Baisakhi, and its founder's day on 12th April, 2024. The festival that is full of colours and vibrancy, with great enthusiasm. The students learnt about the significance of this festival which marks the harvest of the rabi crops and how farmers pay their tribute by thanking God for an abundant harvest, which is a symbol of prosperity. A PowerPoint presentation was shown to the students to apprise them with the historical background, significance and relevance of this festival by showcasing the punjabi culture and Baisakhi festivities including folk dances, fairs and processions. The mood was upbeat and the children got actively mesmerized in the festive spirit.



Earth Day Celebration

The children of Shivalik Public School, Mohali were sensitized about environment friendly practices to celebrate Earth Day. They were made aware of their responsibility to take care of our planet.

Through various activities, they were made aware about their social responsibility to save our planet. The interactive discussions rekindled concerns about our blue planet and motivate the students to save, love and respect Mother Nature with their heart and soul.

Green Week

Every year, earth day is celebrated on April 22nd to April 26th, 2024. The Students of Shivalik Public School, came with the theme of GO GREEN. To mark Earth Day and emphasis upon the need to save trees, Kindergarten students of the school were involved whole week in different activities like seed germinating, nature walk, cleanup activity, recycling sorting activity depicting Earth day.

#DAY 1: Promise to Mother Earth:



#DAY 2: Recycling sorting activity



#Day 3: Nature Walk:



#Day 4: Earth Day Craft:



#Day 5: Clean Up Activity:



TABLE MANNERS WEEK

Healthy Eating healthy food fills your body with energy and nutrients. To aware the students about healthy eating teachers gave to the students and shown a video on healthy eating.

TABLE SETTING

The use of table settings and good manners enhances food as a social experience. The teachers demonstrated in class how to set a table and why it is important.



Healthy food Activity

“Junk food satisfies for a minute but healthy food satisfies you for life”

Eat better, feel better, live better



Mother's Day Celebration

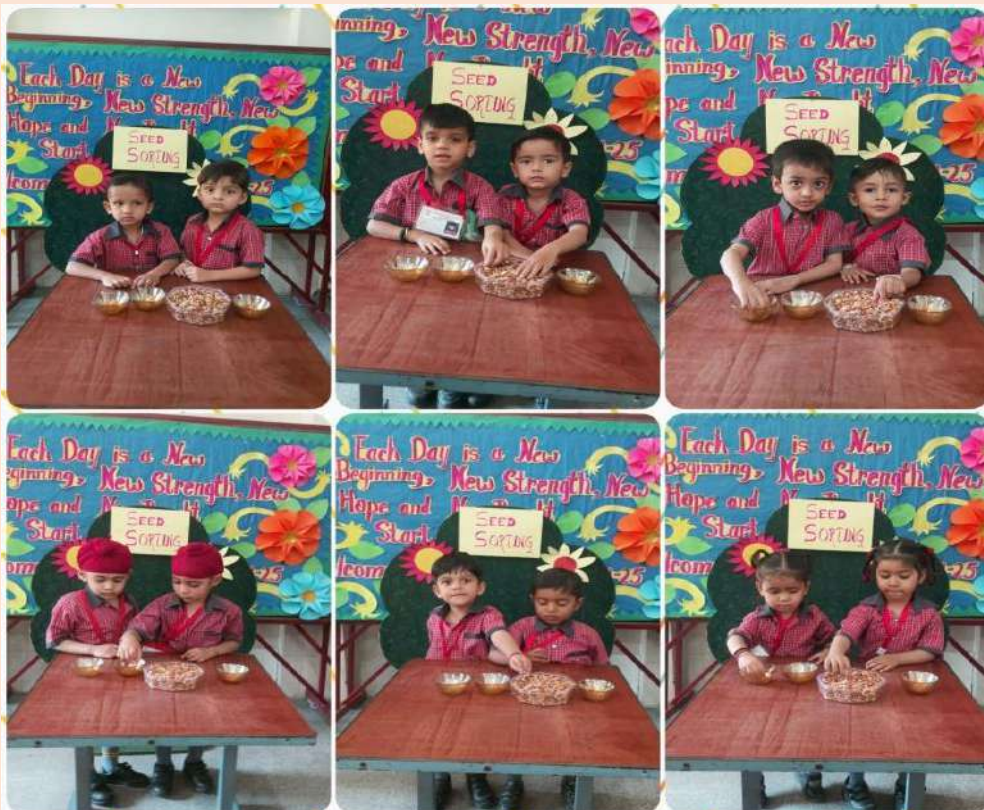
Mother's Day is a special day for all the children and mothers too, as it celebrates an everlasting bond of love and affection. The students of the Kindergarten wing of Shivalik Public School, Mohali celebrated this special day in a beautiful manner. The children made their mothers feel special by showing them how much they love them and what they mean to them through beautiful self-made cards, photo frames and purses.



SEED SORTING

Sorting and classifying are the basic skills taught to children as part of Pre School Programme. Sorting is a beginning of Maths skill. Sorting activity was conducted by Class Nursery. By Sorting, children understand that things are alike and different, as they can belong and be organized into a certain group.





NCC: INCULCATING UNITY AND DISCIPLINE

The National Cadet Corps (NCC) camp - Combined Annual Training Camp -82 was held at Doaba College, Kharar from May 1, 2024 to May 10, 2024 which was attended by 47 Cadets. It was an exciting and impactful event, showcasing the multifaceted development of our students. Each day began with invigorating morning activities, including drill exercises and physical training sessions, setting a tone of discipline and energy. Throughout the day, cadets enthusiastically participated in various competitions such as tug of war, races, and quiz contests, which fostered teamwork and intellectual growth. Artistic talents were on full display during the painting competition, while the declamation event honed their public speaking skills and confidence. Evening activities continued to build camaraderie and sportsmanship, making the camp a comprehensive platform for holistic development. The NCC camp was not just an event but a significant educational experience, reinforcing the importance of well-rounded growth and community spirit among our students.





ATL LAB : A HUB FOR INNOVATION AND CREATIVITY

EXPLORING NEW HORIZONS WITH ATL LAB

- Ten Students attended a workshop in Chandigarh Engineering College (CGC Landran). Students explored High Tech Cybersecurity lab, Drone Lab and 3D Printing Lab.

STUDENTS -

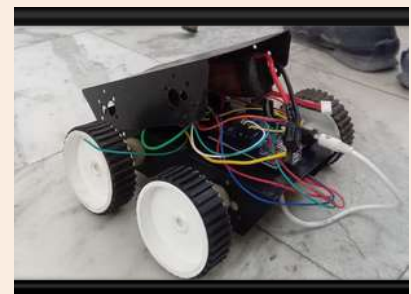
- 1) ARNAV (7A)
- 2) BHAVIT (7B)
- 3) ANANT (8B)
- 4) MANTHAN (9M)
- 5) DILKASH (8A)
- 6) NISTHA (8B)
- 7) SAHJOT (8A)
- 8) JASKERAT (8S)
- 9) UTKARSH (9A)
- 10) ISHAN (9A)



- Students participated in “Robo Fight Competition” organized by St. Soldier International Convent School. They built a wireless bluetooth controlled fighter bot.

STUDENTS -

- 1) ARNAV (7A)
- 2) MEHARVEER (8B)





SUMMER HEALTH ADVISORY FOR STUDENTS AND PARENTS

As summer vacation approaches, it's important to remember that this season, while a time for relaxation and fun, also brings its own set of health challenges. To ensure that our students remain safe and healthy during the summer months, I would like to provide some essential tips and guidelines.

1. **Hydration is Key-** Summer heat can lead to dehydration, which can cause fatigue, headaches, and more severe health issues. Make sure your children drink plenty of water throughout the day. Encourage them to carry a water bottle and take regular sips, especially if they are playing outside or engaging in sports.
2. **Sun Protection-** Prolonged exposure to the sun's UV rays can cause sunburn and increase the risk of skin cancer. Apply a broad-spectrum sunscreen with at least SPF 30 to your child's skin 15-30 minutes before they go outside, and reapply every two hours or immediately after swimming or excessive sweating. Additionally, encourage wearing hats, sunglasses, and lightweight, long-sleeved clothing for extra protection.
3. **Heat Safety-** Heat exhaustion and heat stroke are serious conditions that can occur in high temperatures. Make sure children play in the shade during peak sun hours (10 a.m. to 4 p.m.) and take frequent breaks in cool, shaded, or air-conditioned areas. Signs of heat-related illnesses include dizziness, nausea, headache, and confusion. If your child shows any of these symptoms, move them to a cool place and seek medical attention if necessary.
4. **Balanced Nutrition-** With the relaxed schedule of summer, it's easy for eating habits to become irregular. Maintain a balanced diet rich in fruits, vegetables, whole grains, and lean proteins to ensure your child gets the necessary nutrients. Limit sugary drinks and snacks, which can lead to energy spikes and crashes.
5. **Active Play-** Encourage your children to stay active. Summer is a great time for outdoor activities like swimming, biking, hiking, and sports. Ensure they wear appropriate safety gear, such as helmets and knee pads, to prevent injuries.
6. **Preventing Insect Bites-** Mosquitoes and ticks are more active during the summer. Use insect repellent containing DEET or picaridin on exposed skin and clothing. After outdoor activities, check your child's body for ticks, especially in hidden areas like the scalp, behind the ears, and under the arms.
7. **Water Safety-** Swimming is a favorite summer activity, but it comes with risks. Ensure children are always supervised when near water, whether it's a pool, lake, or ocean. Enroll them in swimming lessons if they do not know how to swim. Teach them about the dangers of rip currents and how to react if caught in one.
8. **Maintaining a Routine-** While it's important to relax, maintaining a consistent daily routine can help children transition back to school more smoothly. Encourage regular sleep schedules, meal times, and limited screen time.

By following these guidelines, you can help ensure that your children have a fun, safe, and healthy summer break.

Dr. Jaidev Singh MS (Gen Surgery)
School Doctor



CELEBRATING THE UNIQUE GIFTS OF SPECIAL STUDENTS

“CELEBRATE EACH STUDENT AS AN INDIVIDUAL”

As a special educator, I have the privilege of working closely with students who possess a wide range of abilities and talents. Each day, I am inspired by their resilience, creativity, and unique perspectives. In this article, I want to shine a spotlight on the special students in our school community and celebrate the ways they enrich our lives.

Special students bring a richness and diversity to our classrooms that cannot be replicated. They teach us about empathy, patience, and the power of perseverance. Whether they are overcoming challenges, expressing themselves through art, or sharing their passions with others, special students have so much to offer.

It's important for us to recognize that being a special student does not define a person's worth or potential. Each student is an individual with their own strengths, interests, and dreams. By embracing their differences and focusing on their abilities, we can help special students thrive academically, socially, and emotionally.

In our school, we are committed to providing a supportive and inclusive environment where all students feel valued and respected. We recognize the importance of offering personalized supports and accommodations to meet the unique needs of special students. Whether it's through specialized instruction or peer mentoring, we strive to ensure that every student has the opportunity to succeed.

But beyond academics, special students also contribute to the fabric of our school in meaningful ways. They bring joy and inspire us with their determination, and remind us of the beauty of diversity.

As we celebrate the special students in our school, let us remember to embrace their differences, champion their successes, and stand beside them as allies and advocates. Together, we can create a more inclusive and compassionate world where every individual is valued and celebrated for who they are.

"The world doesn't need more copies; it needs originals. Celebrate your uniqueness and make your mark."

Ms. Tanya
Special Educator



MINDFUL MINDS: THE ROLE OF SELF-AWARENESS IN STUDENT DEVELOPMENT

Self-awareness is the conscious understanding of your own personality, feelings, motives and desires. It involves recognizing who you are, what you want, how you feel and why you act the way you do. High self-awareness enables you to evaluate yourself objectively, manage emotions, align behaviour with values and perceive how others view you. This skill is essential for personal development, especially for school students, as it significantly impacts their academic and personal growth.

Five Elements of Self-Awareness:

- **Consciousness:** Awareness of internal experiences, including emotions and thoughts.
- **Self-Knowledge:** Understanding your beliefs, values and motivations.
- **Emotional Intelligence:** Ability to understand and manage emotions.
- **Self-Acceptance:** Accepting who you are and showing yourself compassion and kindness.
- **Self-Reflection:** Thinking deeply about your feelings, thoughts and goals to better understand yourself and your place in the world.

Benefits of Fostering Self-Awareness in School:

- **Emotional Regulation:** Self-aware students can identify and manage their emotions, reducing anxiety and enhancing performance in stressful situations like exams or public speaking.
- **Enhanced Decision-Making:** Self-aware students make informed decisions that align with their values and goals, helping them handle peer pressure and choose suitable subjects or activities.
- **Understanding Strengths and Weaknesses:** Recognizing personal strengths and weaknesses allows students to leverage strengths and work on weaknesses, improving productivity and communication skills.
- **Increased Motivation and Goal Setting:** Self-aware students set realistic goals and stay motivated, understanding what drives them and setting personal milestones.
- **Improved Relationships:** Self-awareness enhances interpersonal skills, leading to healthier relationships with peers, teachers and family members.
- **Improved Behaviour:** Understanding the impact of their behavior on others can lead to more positive interactions and a reduction in conflicts and disciplinary issues.

Cultivating Self-Awareness in Students:

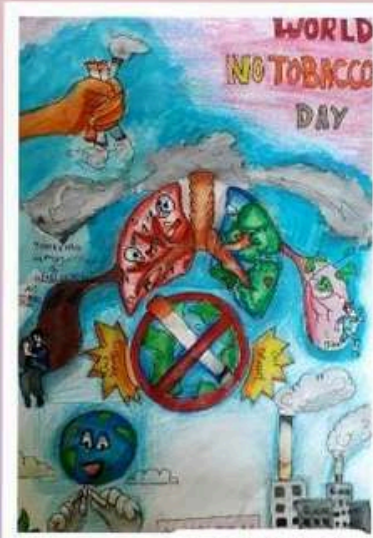
- 1.SWOT Analysis** A SWOT analysis involves identifying strengths, weaknesses, opportunities, and threats. Strengths may include academic skills, while weaknesses could be areas like time management. Opportunities might be extracurricular activities, and threats could involve peer pressure. This analysis helps students understand their internal capabilities and external challenges, guiding them to leverage strengths, address weaknesses, seize opportunities and mitigate threats for personal and academic success.
- 2.Journaling:** Encouraging reflective journaling helps students process and understand their inner world through prompts like, "What did I learn today?" or "What was the most challenging thing I faced today?"
- 3.Group Activities and Discussions:** Fostering open discussion and group activities promotes understanding of different perspectives and reflection on personal thoughts and behaviours.
- 4.Goal Setting and Planning:** Teaching students to set SMART goals and create action plans enhances self-awareness and motivation.
- 5.Self-Reflection Activity:** At the core of self-awareness is self-reflection, but many students ask the wrong "Why?" questions, leading to negative thoughts and insecurities. Shifting to "What?" questions allows objective examination of influencing factors, empowering students to make positive changes and improve self-awareness.
- 6.Role-Playing and Simulation Activities:** Exploring different scenarios through role-playing helps students understand themselves and their interactions with others.
- 7.Mindfulness Practices:** Introducing mindfulness exercises promotes awareness of thoughts, emotions and bodily sensations.

Conclusion

Self-awareness is a lifelong journey that profoundly influences a student's academic and personal life. By fostering self-awareness, students become more resilient, empathetic and successful individuals. This holistic development prepares them for academic achievements and equips them with the emotional and social skills needed to navigate the complexities of life.

**Ms. Saireema
Counsellor**

EXPRESSIONS



Aditi (V-M)



Rosy priya
(V-A)



Radhika (IX-C)



Sehaj Mathur
(X-S)



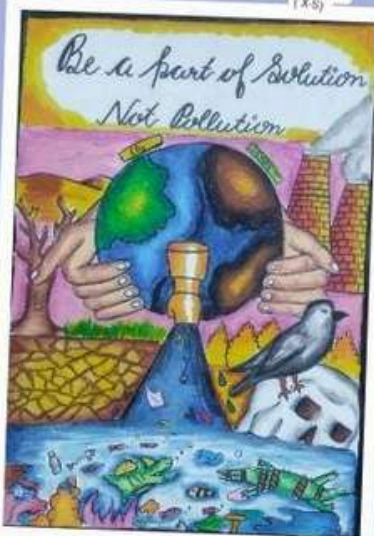
Muskanjeet
(VII-A)



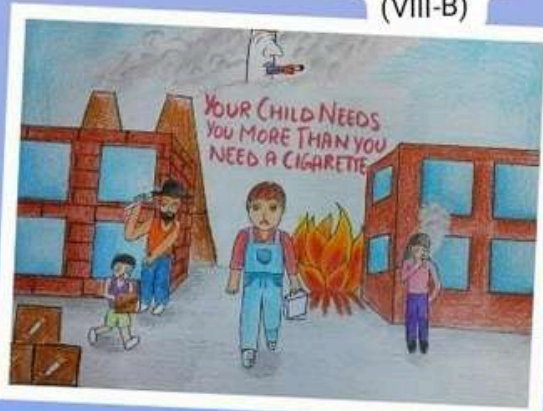
Sudhanshu
(X-C)



Rahmat kaur
(VIII-B)



Tripta (IX-C)

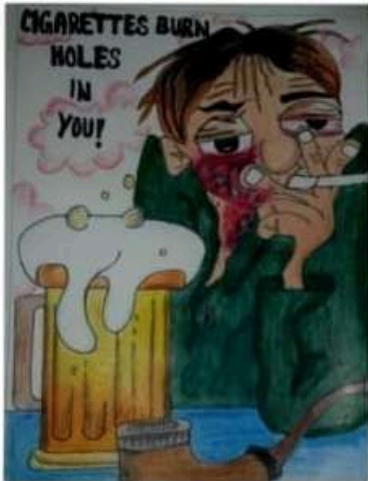


Ananya Modgil
(X)

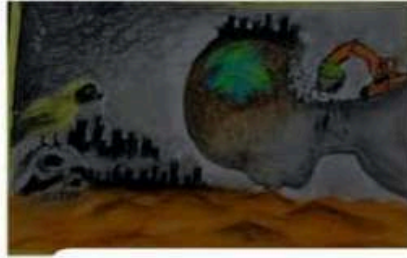


Nishika Thakur
(VI-M)

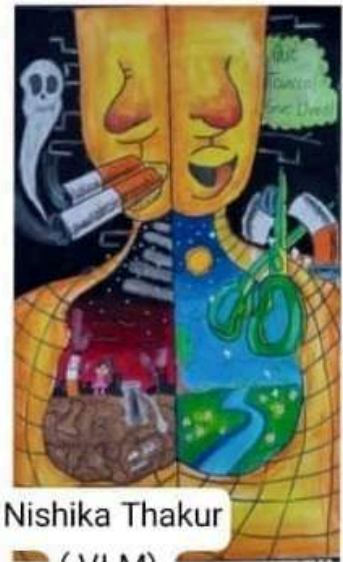
EXPRESSIONS



Muskanjeet kaur (VII- A)



Ravneet Kaur (X-M)



Nishika Thakur
(VI-M)



Sehaj Mathur (X-S)



Avantika (IX- M)



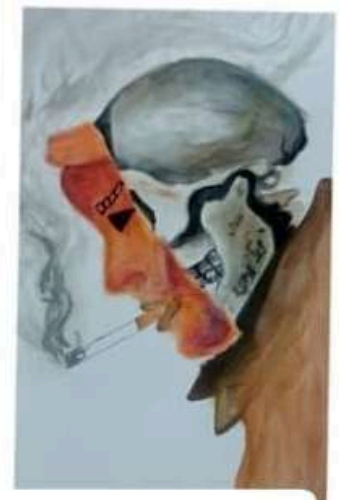
Asreet kaur (VII-M)



Radhika (IX-C)



Gaganveer Singh (X-S)



Ravneet kaur (X-M)

SHIVALIK IN NEWS

CBSE results: Girls make a clean sweep in XII, share top slot in X

Pass %age Goes Up In Govt Schools

TIMES NEWS NETWORK

Chandigarh: Girls have outshone boys once again in the Tricity, claiming top positions in all four streams in CBSE Class XII.

The Chandigarh region has witnessed a significant rise in pass percentage, touching 91.09% this year compared to 86.04% last year.

Although CBSE refrained from preparing a merit list for the fourth consecutive year due to concerns about unhealthy competition, data from individual schools revealed Arshpreet Kaur of Bhavan Vidyalaya, Chandigarh, and Ananya of Bhavan Vidyalaya, Panchkula, shared the top rank with a score of 98.8%.

While Arshpreet appeared in the commerce stream, Ananya sat for humanities exams. Arshpreet says she has always been interested in economics and wants to pursue an economics honours course from Sri Ram College

IN TOP LEAGUE

Arshpreet Kaur

COMMERCE

98.8%

School | Bhavan Vidyalaya, Chd

Aim | BCom (Hons) or BA (Eco Hons) from SRCC

Study schedule | There was no set timing. I used to go with the flow

Success mantra | Have faith in your efforts; prepare well for exams; don't panic on exam day



Ananya

HUMANITIES

98.8%

School | Bhavan Vidyalaya, Panchkula

Aim | Cracking civil services

Study | 4-5 hours daily and 5-6 hours during exams

Success mantra | Believe in yourself and work hard
Hobbies | Singing and dancing



Baljit Kaur

MEDICAL

98.4%

School | Shivalik School, Mohali

Aim | Oncologist

Study | 4-5 hours daily

Success mantra | Revise syllabus, solve sample papers and different types of questions, take mock tests and class tests seriously
Hobbies | Badminton, travelling and drawing



Wishka Singla

NON-MEDICAL

98.4%

School | S G G S Collegiate Pub

Aim | Computer science

Study | No fixed study hours; focus

Success mantra | Consistency and my mother's motivation



STAND-OUT PERFORMANCE

Vanshika

Class | X

96%

School | Institute of Blind in Chandigarh

Aim | Clear the UPSC exam. Graduate in history or political science



STUDENTS FROM BLIND SCHOOL MAKE A MARK IN CLASS X, XII RESULTS

Study hours | I used to rest for 2 hours after returning from school. Thereafter, I studied for three sessions lasting for 2 to 3 hours

Hobbies | Debating and other oratory activities



Rajeiv

HUMANITIES

88.6%

Class | XII

School | Institute of Blind, Chandigarh

Aim | Political



science from Delhi University; civil servant

Study pattern | 2-3 hours; relied on audiobooks and online courses

Success mantra | Use available resources, be consistent



from GMS-16 emerged as the overall topper with a score of 97.4% in humanities. Director, school education, Harsuhinder Brar said, "The entire credit of the improved and good results rests

the joint topper in the Tricity. The overall pass percentage of Chandigarh schools in CBSE Class X exams this year stood at 94.14%.

constable at sector 19 police station, Anoop aspired to join ITT and become an engineer.

Identical scores for twin sisters

Daily wageer's daughter finds key to success

Ishita Jairath & Kudrat Sandhu | old student, achieved a score

TRICITY TOPPERS

Several students made the Tricity proud with their performance in the CBSE Class 12 and Class 10 result. Take a look at the achievers.

CLASS XII RESULTS



PRIYA JAIN, 91.2%,
SCIENCE, VIDYA DEVI JINDAL
SCHOOL, HISAR



TANVISHA SEKHRI,
98.8%, HUMANITIES,
VIDYA DEVI JINDAL
SCHOOL, HISAR



URVI KAUR PANJRU
98.6%, (M)
DOON SCHOOL MEHALI



BALJIT KAUR/MEDICAL,
98.4%,
SHIVALIK SCHOOL, MOHALI



ANSHU SINGH RANA
98.2%, ST. JOSEPH'S
SR. SEC. SCHOOL



SAMANA AGGARWAL,
98.2%, MEDICAL, SACRED
HEART CONVENT SCHOOL,
SARABHA NAGAR, LUDHIANA



NAVYA MANIKOTIA
97.8%, ST. JOSEPH'S
SR. SEC. SCHOOL



ISHMEET KAUR, 97.6%,
ST. JOSEPH'S SR.
SEC. SCHOOL



RIDHI GUPTA,
97.4%, COMMERCE,
VIDYA DEVI JINDAL
SCHOOL, HISAR



VANYA MAHENDRAN,
97.2%, COMMERCE, SACRED
HEART CONVENT SCHOOL,
SARABHA NAGAR, LUDHIANA



NEETA SEH,
97.2%,
NON-MEDICAL, SACRED
HEART CONVENT SCHOOL,
SARABHA NAGAR, LUDHIANA



NARKIRAT SINGH, 97%,
HUMANITIES, SACRED
HEART CONVENT SCHOOL,
SARABHA NAGAR, LUDHIANA



SEERAT KAUR
96.6%, (M)
DOON SCHOOL MEHALI



MAHANT RAJWA
96%, ST. JOSEPH'S
SR. SEC. SCHOOL



AARADHYA BAJAJ
95.8%, (C)
DOON SCHOOL MEHALI



SATVIRAT SINGH
95.2%, (C)
DOON SCHOOL MEHALI



PRASHLEEN KAUR
94.6%, (M)
DOON SCHOOL MEHALI



SHIKHARDEEP KAUR
94%, (C)
DOON SCHOOL MEHALI



NEHA SHARMA
93.8%, (M)
DOON SCHOOL MEHALI



NIJUN PATRA
92.4%, (M),
DOON SCHOOL MEHALI



ANTARPREET KAUR
92.2%, ST. JOSEPH'S
SR. SEC. SCHOOL




JASLEEN KAUR
92.2%,
SHIVALIK SCHOOL, MOHALI

Activate Windows
Go to Settings to activate Windows.

SHIVALIK IN NEWS

CLASS X RESULTS

 HAROON KAUR, 98.6%, SHIVALIK SCHOOL MOHALI	 ARSHMEET KAUR, 98.5%, St. Joseph's Sr. Sec. School	 JAGDEEP KAUR, 98.4%, DOON SCHOOL MOHALI	 UDIT KALKAL, 98.2%, SHIVALIK SCHOOL MOHALI	 KARNEET KAUR, 97.8%, SHIVALIK SCHOOL MOHALI	 YUVIKA SHARMA, 97.8%, ST. JOSEPH'S SR. SEC. SCHOOL	 RUDRANSHI SHARMA, 97%, St. Joseph's Sr. Sec. School	 ADYA TANDON, 97%, ST. JOSEPH'S SR. SEC. SCHOOL	 KUSHAAN AHUJA 96.8%, SHIVALIK SCHOOL MOHALI
 AISHVI THAKUR 96.8%, Shivalik School Mohali	 JASMEET KAUR 96.8%, Shivalik School Mohali	 GURLEEN KAUR, 96.8%, Shivalik School Mohali	 BISMAN SINGH 96.2%, Shivalik School Mohali	 SANA NAMER 95.6%, Shivalik School Mohali	 EKAMVEER WALIA 95.4%, DOON SCHOOL MOHALI	 DIVYANSH SINGH, 95.4%, DOON SCHOOL MOHALI	 RITIKA KUMARI 95.4%, Shivalik School Mohali	 DIVYANSH KAUR, SACRED HEART CONVENT SCHOOL, JALANHA RAGAR, LUDEHANA

मोहाली के कनन, आरोही, हसरत और शिवांगी के 98.2 फीसदी अंक

संवाद न्यूज एजेंसी

मोहाली। फेज 10 स्थित मानव मंगल स्मार्ट स्कूल का दसवीं कक्षा का परीणाम सौ प्रतिशत रहा है। स्कूल से मिली जानकारी के अनुसार स्कूल के सभी 269 विद्यार्थियों ने परीक्षा पास की है।

स्कूल की चार छात्राओं कनन, आरोही तिवारी, हसरत और शिवांगी ने 98.2 प्रतिशत अंक लेकर स्कूल में पहला स्थान प्राप्त किया है। इनके साथ ही दो अन्य विद्यार्थियों ने 98 प्रतिशत और 40 विद्यार्थियों ने 95 प्रतिशत से ज्यादा अंक प्राप्त किए हैं।

 गुरलीन	 आन्या	 हसरत	 गुणिका
 लविशा	 शिवांगी	 जसमीत	 कनन
 जयंती	 ऐश्वी	 रोबिन	 कुशान

SHIVALIK IN NEWS

ਸੀਬੀਐੱਸਈ ਨਤੀਜਾ: ਟਰਾਈਸਿਟੀ ਵਿੱਚ ਲੜਕੀਆਂ ਨੇ ਮਾਰੀ ਬਾਜ਼ੀ

ਕਾਮਰਸ 'ਚ ਅਰਸਪ੍ਰੀਤ ਕੌਰ, ਨਾਨ ਮੈਡੀਕਲ 'ਚ ਮਿਸ਼ਿਕਾ ਸਿੰਗਲਾ, ਮੈਡੀਕਲ 'ਚ ਬਲਜੋਤ ਕੌਰ ਤੇ ਹਿਸਮੈਨੀਟੀਜ ਵਿੱਚ ਅਨੰਨਿਆ ਮਾਝੇ ਨੇ



ਕਾਮਰਸ 'ਚ ਅਰਸਪ੍ਰੀਤ ਕੌਰ ਆਪਣੇ ਸਾਥੀਆਂ ਨਾਲ ਖੁਸ਼ੀ ਸਾਂਝੀ ਕਰਦੀ ਹੋਈ।



ਹਿਸਮੈਨੀਟੀਜ ਵਿੱਚ ਮੇਰੀ ਆਈ ਅਨੰਨਿਆ ਪਾਏ ਆਪਣੇ ਮਾਪਿਆਂ ਨਾਲ



ਮੈਡੀਕਲ ਦੀ ਟੌਪਰ ਬਲਜੋਤ ਕੌਰ ਜੇਤੂ ਨਿਰਾਨ ਬਣਦੀ ਹੋਈ

ਕੁਸ਼ਾਨ ਅਹੁਜਾ 96.8% ਅੰਕਾਂ ਦੇ साथ प्रथम

ਮੋਹਾਲੀ। ਫੇਜ਼ 6 ਸਥਿਤ ਸ਼ਿਵਾਲਿਕ ਸਕੂਲ ਦੇ ਦਸਵੀਂ ਔਰ 12ਵੀਂ ਕक्षा का नतीजा शानदार रहा है। स्कूल की प्रिंसिपल डॉ. अनूपकिरण कौर ने बताया कि उनके स्कूल के 174 विद्यार्थियों ने दसਵੀਂ कक्षा की परीक्षा दी थी, जिसमें से 48 विद्यार्थियों ने 90 प्रतिशत से ज्यादा अंक प्राप्त किए हैं। इनमें से कुशान अहुजा ने 96.8% अंक लेकर स्कूल में पहला, ऐश्वी ठाकुर, जसमीत कौर व गुरलीन कौर ने 96.6% अंक लेकर दूसरा और बिसमन सिंह ने 96.2 % अंक लेकर तीसरा स्थान प्राप्त किया है। 12वीं में मेडिकल स्ट्रीम में बलजोत कौर ने 98.4% अंक लेकर स्कूल का नाम रोशन किया है। बलजोत ने फिजीकल एजुकेशन में 100 और बायो में 99 अंक प्राप्त किए हैं। संवाद



बिसमन सिंह

10वीं में खुशदीप कौर ने लिए 93.2 प्रतिशत अंक



ਮੋਹਾਲੀ | ਸੀਬੀਐੱਸਈ 10ਵੀਂ ਦੇ ਰਿਜਲਟ ਮੇਂ ਖੁਸ਼ਾਦੀਪ ਕੌਰ ਨੇ 93.2 ਪ੍ਰਤਿਸ਼ਾਤ ਅੰਕ ਲਿਏ ਹੇਂ। ਫੇਜ਼-6 ਸਥਿਤ ਸ਼ਿਵਾਲਿਕ ਪਬਲਿਕ ਸਕੂਲ ਕੀ ਸਟੂਡੈਂਟ ਖੁਸ਼ਾਦੀਪ ਕੌਰ ਨੇ ਕਹਾ ਕਿ ਟੀਚਰਸ ਔਰ ਘਰਵਾਲੋਂ ਦੇ ਸਹਯੋਗ ਸੇ ਇਤਨੇ ਨੰਬਰ ਆਏ ਹੇਂ। ਵਹ ਆਗੇ ਭੀ ਇਸੀ ਪ੍ਰਕਾਰ ਮੇਹਨਤ ਕਰਦੀ ਰਹੇਗੀ।

बेटियों का परचम... 12वीं में अर्शप्रीत, अनन्या, बलजोत
कौर, मिशका व 10वीं में अक्षधा-सुकीर्ति ट्राइसिटी टॉपर

und sich freuen

A group of young women in traditional Chinese attire, including white long-sleeved shirts and patterned vests, are performing a dance on a grassy field. They are in various dynamic poses, with some raising their arms and legs, suggesting a lively performance. The background shows trees and a clear sky.

सीडीएमई की ओर से जारी यह प्रिण्ट आउट रिपोर्ट को
के बाद जारी करने के भी सीडीएमई के रिपोर्टों। इस प्रिण्ट

मन संकल्प मे दुस्मिन्दि र्दोष धन विद्यास वसुधाम
 की सुखस अन्वया मे कदा कि अन्वये कान्ची नृप सोपन क
 कि नृप दुस्मिन्दि मे कान्ची नृप सोपन क
 जसम की कि सोपन सोपन मे ५२५, जसम की सोपन अन्वये
 अन्वये कान्ची कि दुस्मिन्दि र्दोष धन विद्यास वसुधाम की सोपन क
 अन्वये मे कान्ची कि सोपन सोपन विद्यास वसुधाम विद्यास
 कान्ची कि सोपन सोपन विद्यास वसुधाम विद्यास
 की सोपन सोपन विद्यास वसुधाम विद्यास
 की सोपन सोपन विद्यास वसुधाम विद्यास

[illegible]

विश्वप्रसिद्ध
 दवाइयाँ, कृत्रिम
 चालक सुप्लीमेंट
 अक्सोले ने दावा
 की है दुग्धशेती ठीक
 किया है। सुप्लीमेंट
 ने कालाया चर
 रोज 3-4 घंटे
 चराने का काम
 और पशुओं की
 रोगों से बचाव
 करने के लिए
 प्रयोग किया।
 रोगों से
 बचाव के लिए
 100 अंश प्रयोग
 किया है।

- सुप्लीमेंट के
 प्रयोग के
 बाद चालक
 रोज 3-4 घंटे
 चराने का काम
 और पशुओं की
 रोगों से बचाव
 करने के लिए
 प्रयोग किया।