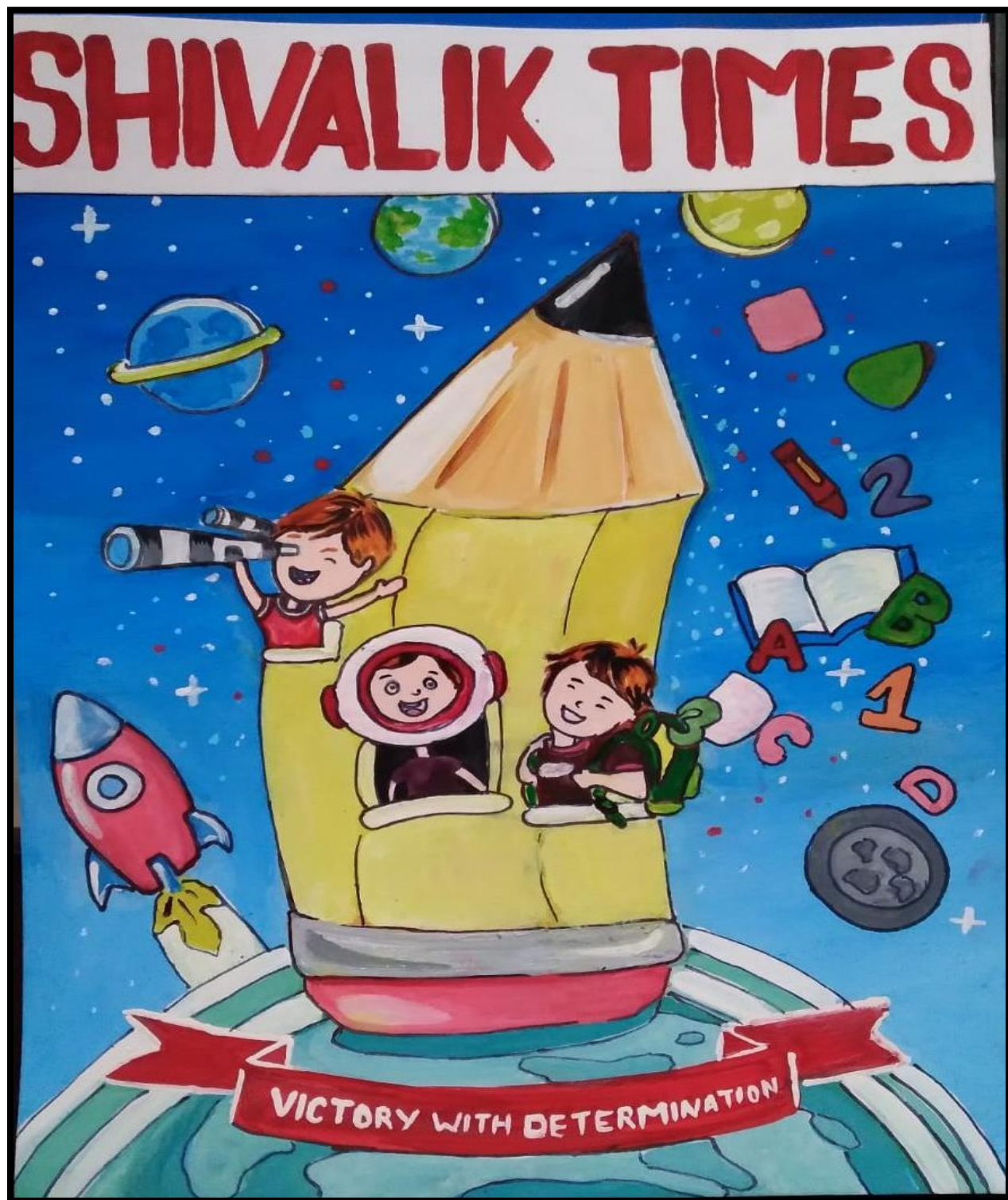


APRIL- JUNE, 2023



## FROM DIRECTOR'S DESK

***"Your mind set determines your potential. Embrace growth, embrace challenges and watch yourself soar to new heights." – Carol Dweck***

Education is the cornerstone of progress and the key to unlocking endless possibilities. In our rapidly evolving world, it is vital that we provide our students with a holistic education that goes beyond the acquisition of knowledge. Our aim is to foster a learning environment that nurtures critical thinking, creativity, collaboration, and resilience.

We believe in the power of education to transform lives. We are committed to creating a safe and inclusive space where every student can thrive and reach their fullest potential.

In this digital age, we must embrace the opportunities presented by technology and equip our students with the necessary digital literacy skills. However, we must also recognize the importance of balancing technology with human connection. We need to encourage empathy, and effective communication skills to prepare our students for the complexities of 21 st century real world.

We understand that education is not confined to the four walls of a classroom. We encourage our students to actively engage in extracurricular activities, community service, and leadership opportunities. These experiences shape their character, enhance their teamwork skills, and instil in them a sense of responsibility towards their community and the world at large.

As we navigate an ever-changing world, we must prepare our students to become adaptable and resilient individuals. We impart them with the ability to embrace challenges, learn from failures, and persevere in the face of adversity. We believe that it is through these experiences that they will develop the courage to take risks and become the leaders and innovators of tomorrow.



**Mr. D.S.Bedi**

## DIRECTOR'S MESSAGE

***"The only person who is educated is the one who has learned how to embrace change." - Carl Rogers***

All through history, education has been recognised as one of the primary agents of development and empowerment. It is vitally important to give education to all, because the lack of it would hinder growth and socioeconomic progress. Over the years, it is with this intent that Shivalik Public School has successfully upheld a strong academic ethos that forms the key to our students' cognitive well-being and progress.



The acquisition of knowledge is only one aspect of education, the other being the development of character and integrity needed for a well-adjusted personality for the discharge of his duties towards the society. Education should inculcate humanism, tolerance, discipline and broad-mindedness. It should take our rich heritage to the successive generations. Education must be such that it brings out the best of our past, takes the best of the present, but keeps in mind the future.

As the school completes 53 years of its existence, we aim to grow creative, ambitious and caring young minds that will make unique contributions to the future. With this objective in mind, we shall continue to provide quality education to the students, who aspire to pursue knowledge, academic excellence and lifelong development.

In the 21st century, the world has become increasingly interconnected and complex. Technology has revolutionized the way we live, work, and communicate. To thrive in this digital age, our students must possess not only academic knowledge but also a diverse set of skills. They must be adaptable, resilient, and equipped with the ability to solve problems creatively. It is our duty to ensure that they receive the education and experiences that will enable them to thrive in this ever-changing landscape.

**Mrs. Satwant Kaur Bedi**

## FROM PRINCIPAL'S DESK

***“Success is the result of preparation, hard work and learning from failure.”***  
**- Colin Powell**

It is my privilege to address you from my desk and share a few words of encouragement and gratitude.

To our students, you are the heart and soul of our institution. Your enthusiasm, curiosity, and eagerness to learn inspire us all. Remember that education is not just about acquiring knowledge; it is a journey of self-discovery, growth, and empowerment. Embrace every opportunity that comes your way, challenge yourselves, and never be afraid to dream big. Believe in your abilities, for you have the potential to achieve greatness.



Parents, you are our invaluable partners in shaping the future of your children. Your unwavering support, guidance, and involvement in their education make a world of difference. Thank you for entrusting us with the responsibility of nurturing their minds and hearts. Together, let us continue to work hand in hand to provide them with the best possible learning experience.

In our pursuit of excellence, let us not forget the importance of creating a conducive and 21st-century learning environment. We live in a time of unprecedented advancements, where technology and innovation shape our world. It is our duty to equip our students with the skills, knowledge, and mind-set necessary to navigate this rapidly changing landscape successfully.

As we embark on this journey, I assure you that our institution remains committed to embracing innovation, fostering creativity, and cultivating a culture of collaboration. We will continue to invest in cutting-edge resources and technologies that enhance the learning experience and prepare our students for the challenges and opportunities that lie ahead.

I encourage you all to remain resilient, adaptable, and open-minded. Let us face the future with courage, determination, and a shared vision of excellence. Together, we will create a learning environment that empowers our students to become lifelong learners, critical thinkers, and compassionate global citizens.

**Dr. (Mrs.) Anupkiran Kaur**



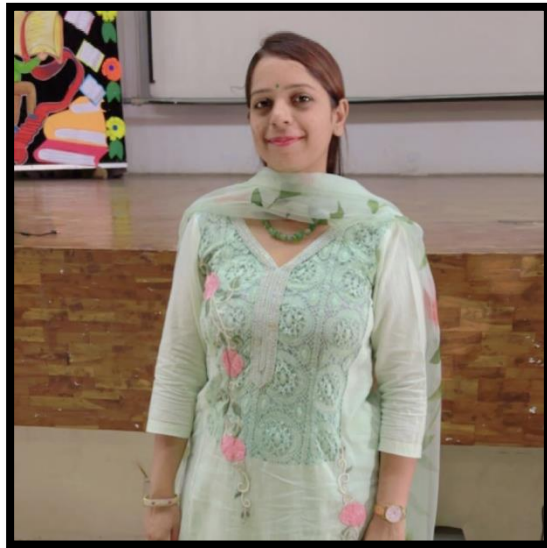
## EDITOR'S NOTE

***“The only impossible journey is the one you never begin.” - Anthony Robbins***

**Dear Readers,**

We are truly delighted and ecstatic to present to you the latest edition of our school newsletter Shivalik Times 2023-24 with all new joys and hues, which will undoubtedly unravel the school's most precious and treasured moments. In this issue, you will find a diverse range of activities and celebrations conducted in the school. It truly showcases the talents and achievements of our school community.

One of the highlights of this edition is the spotlight on our exceptional students and their accomplishments. We take great pride in celebrating their successes, whether it be in academics, sports, or the arts. Their hard work and dedication are truly commendable, and we encourage you to join us in recognizing their achievements.



I would like to pay gratitude to our worthy Directors and Principal ma'am for the cooperation they extended in making this edition of newsletter a success. I am also grateful to the Editorial team for extending their support through this journey. I wish you all to have a delightful reading experience.

Lastly, we would like to thank you, our readers, for your continued support and engagement. We hope that you find this edition to be a source of enjoyment and inspiration.

Thank you for joining us on this exciting journey. Enjoy reading!

**Mrs. KRISHMA SALHOTRA SIDHU**

## EDITORIAL BOARD

**“Teamwork divides the task and multiplies the success.”  
Together everyone achieves more.**



**From left to right: Ms. Ramandeep, Ms. Ruma, Ms. Deepa, Ms. Krishma,  
Ms. Deepshikha, Ms. Rajni, Ms. Dimpy**

## ACTIVITIES AT A GLANCE

### SECONDARY AND SENIOR SECONDARY SECTION- Classes IX- XII

#### ORIENTATION PROGRAM

With the advent of the new session, the school organized a PARENTS AND STUDENTS ORIENTATION PROGRAM for classes IX and X; in order to help the students understand the vision and ideals set before them as a Shivalikan inculcating within them a readiness for the opportunities in the new session. Along with the rules of the school, parents and students were also informed about the CBSE directives on the latest Curriculum and Assessment criteria for Secondary and Senior Secondary classes. The students were also notified about class IX and X Registration for CBSE board examinations. The format of the Sample Question Papers for different subjects released by CBSE were also shown to the students. This was an opportunity for the parents and teachers to collaborate and interact on an open platform. Principal highlighted the importance of developing a growth mindset and a specific skill set focused on improving the students' performance. The program culminated on a positive note of the school, parents and teachers working as a team to help the students excel in every field.



#### FOUNDER'S DAY AND BAISAKHI

The school celebrated its 53<sup>rd</sup> founder's day with zeal and enthusiasm as it was a nostalgic moment for all the SHIVALIKANS for being part of such a prestigious institution. The students pledged to uphold and carry on the legacy of the school with Sukhmani Saab path and kirtan as they sought the blessings of the almighty. The religious ceremony was followed by cultural events and celebrations with poems, speeches, role plays and captivating dance performances by young enthusiasts. The school Director Mr. D.S. Bedi, addressed the





students and appreciated their contributions for the day. The Principal, Dr. Anupkiran Kaur also congratulated the school for completing 53 glorious years of service in the process of man making, preparing students for 21 st century challenges and opportunities. The ceremonies culminated the faculty members of all branches of the school socializing over sumptuous lunch to celebrate the day.

## WORLD BOOK WEEK CELEBRATIONS

**A reader lives a thousand lives before dying.**

**Today a reader tomorrow a leader**

With the idea of encouraging the students to inculcate reading habits World Book Week was celebrated in the school on the occasion of World Book Day wherein a number of interesting activities were organized. The students actively engaged themselves in fun activities like Book mark , Book cover designing, Book Talks and Poetry Writing and reading to their friends and family. The last day of the week marked a discussion on students and teachers sharing their favorite books and authors for recommendations. The students took a reading pledge to devote their time and effort towards building the skill of reading.



## WORLD HERITAGE DAY

On the World Heritage Day, The Panjab Digital Library conducted Poster Making competition in the school. A set of 25 selected students participated in the event. Akshita of class IX A and Tanika of class X B were awarded with special prizes for their outstanding performance. All the participants were given certificates of participation. The event aimed at raising awareness among the students about the significance of cultural heritage and the need to preserve it for future generations.



## WORLD LABOUR DAY

The students commemorated and celebrated the contribution of workers worldwide and learnt the value of dignity of labour on the World Labour Day. They were engaged in Group discussions and Poster Making activities as they were apprised with the history and significance of the day.



## GURU ARJAN DEV JI'S

Remembering the supreme sacrifice of Guru Arjan Dev Ji his martyrdom day was commemorated in the school. The students paid a tribute to Guru Ji as he sacrificed his life for upholding and protecting the faith and religion of his people. Informative Power Point Presentation, videos and life stories of Guru Arjan Dev Ji were shared with the students as well.



## CHILDREN SPORTS FESTIVAL

As per the guidelines of The Ministry of Women and Child Development, Government of India the school celebrated Children Sports Festival, under the observation of 'Azadi ka Amrit Mahotsav' in the month of April. The festival which continued for three days witnessed zeal, vigor and high energy. The sports events which were organized included indoor games for classes III-VIII like Chess, Ludo, Carom and outdoor games like Football, 100m sprint, Tug of War, Dodge Ball, Badminton, Basketball, Handball and Hockey for classes V- X.

The essence of Azadi ka Amrit Mahotsav was displayed throughout. Since, the festival aimed to foster the true sportsman spirit along with the collective growth of brain and brawn, the teachers availed the opportunity to the fullest and ensured maximum participation of the students.

### **The results are as follows:**

#### **Day 1: Volley Ball, Basket Ball , Dodge ball and Chess**

In Chess, for classes VI-VIII, Karanvir (VIII-C), Ishant (VIII-B), Bhavya (VIII-C), stood first, second and third from the boys group respectively. Avantika(VIII-B), Bhavya(VI-B), secured first and second positions from the girls group respectively.



### Day 2: Hockey, Handball, Tug of War and Ludo

In Ludo, Pratiyush of VIII M and Aditya of VII S secured first and second positions respectively.

In tug of war- A team of following student participated and secured first rank in Tug of War Sahibpreet (VIII-S), Nitin (IX-M), Pawn (IX-S), Sagar (IX-S), Manav(IX-S), Parminder(X-S),Vibhor(X-S),Sehajvir(X-A),Aryan(X-B),Jatin(X-S),Sparsh(X-M),Avi Sharma(X-S).

### Day 3: Football , Rubiks Cube and 100m race-

In 100 m race from classes IX-X, Dildeep (X B), Parminder (X B), Avi Sharma (X S), secured first, second and third positions respectively.

From classes VI-VIII, Dhruv (VII-A), Adarsh (VIII-S), Sonit (VI-B), secured first, second and third positions, respectively.



The school Director appreciated the efforts and encouraged the sportsman spirit among the students.

## INAUGURATION OF ECO CLUB

***"We did not inherit the planet from our ancestors but borrowed it from our future generations."***

In order to sensitize the students towards the need and their role in preserving environment, the school formulated the inauguration of ECO CLUB. The ceremony included students' presentation of the ways and strategies of conserving the natural resources, stressing upon the importance of recycling, saying no to plastic and going green for saving the planet.



The Eco Club members pledged their commitment towards leaving a better world for the future generations and shared their thoughts on implementing these ideals through various activities.

## TECHNOLOGY DAY

With the aim of inculcating 21 st century skills among the students special sessions based on Technology Integration and Inter section competitions like Mind Map Designing and Blog Writing were organized in the school. Students actively participated in all the events and this promoted joyful learning.

## GLOBAL ROAD SAFETY WEEK

### Training on Traffic Rules and Road Safety

The Transport Ministry Punjab organized a training session on Traffic Rules and Road Safety in the school. The students were addressed by the ASI, Shri Janak Raj Singh and ASI Bathinda, Shri Hakam Singh, (Incharge Traffic Education Cell, Mohali) which was quite commendable and resourceful. The discussion focused on educating the students about the importance of road safety, traffic rules, guidelines and discipline under the commemoration of The Global Road Safety Week from 15 th May, 2023 to 21 st May, 2023 initiated by the government. The students were also informed about various safety measures like wearing helmets and seat belts which can help in preventing road accidents and the basic rules which must be followed while driving and walking on the road. The Principal presented a vote of thanks to the Transport Ministry for initiating an awareness program for the young students.



## PROFESSIONAL DEVELOPMENT TRAINING PROGRAM FOR TEACHERS

The school organized an Orientation Program for teachers, which was inaugurated by the school Director Mr. D.S.Bedi. Teachers from all the branches of Shivalik Public School gathered for the elevating experience. This program provided an opportunity to the members for collaborating their knowledge and experiences and explore the transformative vision of education outlined in the National Education Policy (NEP) 2020. The program infused new energetic and electrifying spirit into the eager participants. The INSET Program provided a mammoth platform for exploring new teaching methodologies and exchanging innovative ideas that empowered the teachers with latest teaching-learning tools. The program was indeed an enriching experience as eminent resource-persons enlightened the faculty. Dr. Davinder Singh, Vice Chancellor, Chandigarh University delved upon understanding the application of the National Education Policy 2020. He stressed upon the pivotal role schools play in building the foundation for Higher Education.



Thereafter Mr. Kiranjot Singh and Mr. Divneet Singh also from Chandigarh University talked about building Happy Classrooms and shared tips on dealing with Generation Z using differential teaching techniques. Ms. Sunita Seshadri, Deputy Director, NIPCCD, sensitized the teachers towards various learning disabilities among students and emphasized on the need for focusing on emotional and mental well being. She also apprised the audience about the POCSO Act.

Professor Dr Amritpal Kaur, from Chandigarh University deliberated upon Competency Based Education and skill development among teachers. Ms. Sonia Relia from Oxford University Press

conducted an Activity based workshop for the Foundational classes. Ms. Renu Patiyal, internationally certified Yoga instructor and founder of PANKH Organization took a session on Yoga and wellness. Professor Archana R. Singh from The School of Communication Studies, Panjab University development interacted with the teachers enlightening them about the need and ways of developing Communication skills among students and teachers. The school Director Mr. D.S.Bedi addressed the faculty members and motivated them to continue to learn, grow and make a positive difference in the lives of their students.



## INTERNATIONAL YOGA DAY

Yoga Day was celebrated with great enthusiasm and fervor. The faculty members and NCC cadets participated in the event through a series of breathing exercises, yoga postures and meditation techniques, emphasizing the importance of balance, flexibility and inner peace. Experienced yoga and sports faculty informed the students about the significance of yoga in maintaining physical and mental well-being was highlighted. The serene atmosphere and the collective energy of everyone practicing yoga created a sense of unity and harmony among all students.





## PRIMARY SECTION – Classes III -V

### BAISAKHI CELEBRATIONS

The celebration of Baisakhi marked the beginning of festivities at the 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

Students of class III-V enthusiastically participated in “Healthy Tiffin Activity” organized on April 17, 2023 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, and appropriate cutlery to eat the healthy food.



### EARTH DAY

To commemorate our benevolent Mother Earth, different activities were organized with a view to sensitize the children about the conservation of natural resources and to motivate them to do their bit towards making their planet even more beautiful. Students participated in various activities like: self-composed poem, making best out of waste, tree plantation and seed germination activity.



## WORLD BOOK DAY

On the occasion of World Book Day, all the students of classes III-V took pledge to read. Bookmark Making Competition was organized to give the students a platform to show their creativity. Students made beautiful bookmarks.



## ROLE PLAY COMPETITION

With the aim of boosting the confidence and developing the communication and language skills of the students, Role Play competition was conducted for the students of classes III-V. The students participated enthusiastically and enjoyed performing the iconic roles of Shaheed Bhagat Singh, Captain Vikram Batra, Savitri Bai Phulle, Kalpana Chawla, Mr. Narendra Modi, Doctor, Teacher 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.





## PRIMARY SECTION- Classes I - II

### BAISAKHI

Baisakhi was celebrated with great enthusiasm and a special assembly was organized where students presented poems, speeches and role plays commemorating the foundation of Khalsa Panth. Power Point presentation was shown to the students depicting the importance of the day. Assembly ended on foot tapping dance performance (Bhangra). Students enjoyed the program whole heartedly.



### EARTH DAY CELEBRATIONS

Earth is God's best gift for us. Let us join our hands together to make it green again. The same spirit was rekindled in the hearts of young students who enthusiastically participated in a special assembly on Earth Day. The students took an oath to make their surroundings clean and green. Students made human chain showing the message to save our valuable planet Earth. Nature walk was also conducted to bring the students close to Mother Earth.

Animated video showcasing three R's was also shown to the students. Drawing activity was conducted where students beautifully drew a picture of Earth and shared their opinions on saving it as it lies in danger.



## NO BAG DAY

The school observed a No- Bag Day under the guidelines of CBSE. This day became a fun learning day for children as special co-curricular activities based on subject enrichment designed for their personality development were taken up. Students showed their creativity and enjoyed the activities.



## WORLD BOOK DAY

**"Today a reader, tomorrow a leader."**

With the same spirit, on this auspicious day Book Mark activity and Reading Challenge activity was conducted. Students read their favorite story books and summarized them in their own words.



## HEALTHY TIFFIN COMPETITION

**"A healthy mind dwells in a healthy body."**

Students were motivated to bring healthy meals and avoid junk food. Presentation on table manners was also showcased. Intersection competition was also conducted.







## ENGLISH CALLIGRAPHY

Inter- section English Calligraphy was conducted in order to build the students' handwriting skills and correct their formation of letters. Results are as follows:

NAMES	CLASS	POSITION
YASHMITA	II M	I
RASHIKA	II M	II
AHANA	II C	II
DIVYANA	II C	III
ERLEEN	II S	III

## HINDI CALLIGRAPHY

Inter- section Hindi calligraphy was conducted. Students were motivated to write neatly and in correct formations. Results were as:

NAMES	CLASS	POSITION
AHANA	II C	I
AMAYRA	II S	II
KREET	II C	III

## MOTHER'S DAY

"A Mother's heart is the child's school room." With the same spirit in the hearts students participated in the Card Making Activity. The tiny tots drew beautiful cards and wrote heartfelt messages for their lovely moms. They also made beautiful bouquets from pastel sheets and gifted them to their moms.



## ROLE PLAY ACTIVITY

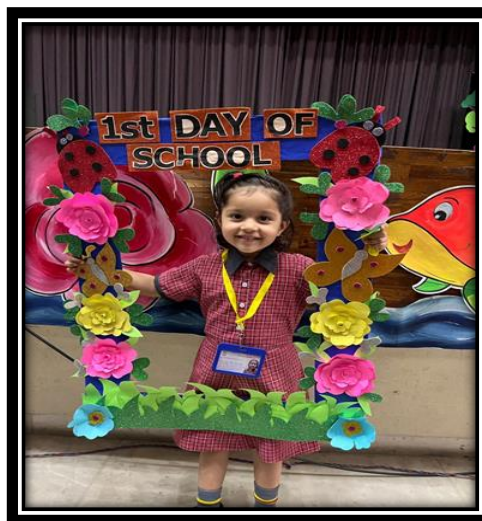
A special role play activity was conducted to build the children's confidence and to enrich their vocabulary. Students participated enthusiastically. They enacted the roles of great personalities and our helpers. The students enjoyed the activity.



## PRE- PRIMARY SECTION – Classes KG, LKG AND NURSERY

### FIRST DAY OF SCHOOL

The beginning of the school year seemed more overwhelming for both parents and children than ever before. 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 done to make children more comfortable with the classroom environment. Children were also introduced to their daily schedules.



### BAISAKHI

The Kindergarten section of Shivalik Public School celebrated Baisakhi with enthusiasm on April 12, 2023. Children were explained the significance of the festival by showcasing the Punjabi culture. A lot of theme- based activities were planned for students with a motive of helping children learn various aspects of Baisakhi. Students of the school danced to the tunes of Bhangra and created an electrifying atmosphere by depicting the Punjabi culture.





## EARTH DAY

Every year, Earth day is celebrated on April 19, 2023. Young enthusiasts came out with the theme of GO GREEN to mark the Earth Day and emphasized upon the need to save trees. The students were involved in different activities in their worksheets and thoroughly enjoyed the seed germinating activity. The tiny tots watered the plants in the school premises.



## LEAF PRINTING

Leaf painting activity was conducted by class LKG on April 29, 2023. Painting in early education and care is part of its natural landscape. It is a way for children to: convey ideas, express emotions, use their senses, explore colors, understand process and outcomes, and create aesthetically pleasing works and experiences. The students dipped the leaves in water color and printed them on a chart paper. Children acquired a variety of knowledge through these activities.



## NATURE WALK

This activity was conducted by class LKG on May 17, 2023. Going on a Nature walk and deliberately noticing things encourages children to observe with all their senses. A nature walk can help children learn to focus their attention and take in the details of things around them. It can also be a peaceful, reflective experience for children.





## MOTHER'S DAY

**"In this world the second name of God is mother."**

Mother's day celebrations were held in school through dance and creative art forms to pay regards to women who are raising children and shaping

them as a good person. Kids were told that the day is all about thanking a mother for all the love she is showering and efforts she has been putting in since the years. Kindergarten wing celebrated this special day with lots of fun activities and some memorable performances. They also prepared photo frames, cards, flowers, and other thoughtful gifts for their mothers.



## HEALTHY EATING COMPETITION

Healthy eating competition was held on May 05, 2023. Healthy eating habits are more likely to stay with you if you learn them as a child. That's why it's important that we teach our children good habits. This will help them avoid developing chronic diseases. Students of the kindergarten wing were shown a video on healthy eating. Students participated in the activity by bringing healthy food items.



## TABLE MANNERS ACTIVITY

Whether children are eating at home, having meals in school, or dining out with your friends, good table manners will help them enjoy the mealtimes and make them thrive in social situations for the rest of their lives. Teaching table manners to kids is important, and the earlier you start the better. Good table manners are necessary for social interactions and knowing that your child has learned them, you can send him to his friend's birthday party without worrying about he/she will eat behave.



## RHYME TIME

This activity was conducted by kindergarten wing aiming to provide an opportunity and platform to the budding poets of the kindergarten wing that engaged the tiny tots in an understanding of rhythmical creation of words and phrases. Rhymes help children to experience the rhythm of a language. As they recite rhymes, they learn to speak with modulation, expressions, confidence, and actions. Rhymes also prove handy in engaging kids which is an essential component to keep them happy and cheerful.



## FREE PLAY ACTIVITIES

Children engage and interact with the world around them through play. Free play during early childhood is about exploring, experimenting, discovering and learning. These activities were organized for tiny tots to explore their environment to foster learning.



## THE RISING STARS OF SHIVALIK

Students of Shivalik Public School added another feather to its cap as they won accolades in various competitions.

### BLOG WRITING COMPETITION

Tejbir Singh from class XI won laurels for the school as he secured the third position in BLOG WRITING COMPETITION held at Saint Soldier's Convent School.



### POSTER MAKING COMPETITION

Akshita of class IX A and Tanika of class X B were awarded with special prizes for their outstanding performance in Poster Making competition organized by The Panjab Digital Library on World Heritage Day.



### POSTER MAKING COMPETITION ON WORLD TOBACCO DAY

Generation Saviour Association conducted 27<sup>th</sup> Annual Poster Making Competition on World No Tobacco Day. The competition was organized for various age groups.

**In Group A** for classes III to V, Nishika Thakur won the first rank while Shruti Verma stood meritorious.

**In Group B** for classes VII to VIII, Avantika from class VIII stood second and Rehmat from class VII stood meritorious.

**In Group D** Kassak of class XII, won consolation prize.

Overall Shivalik Public School was declared as the second runner up in the event.

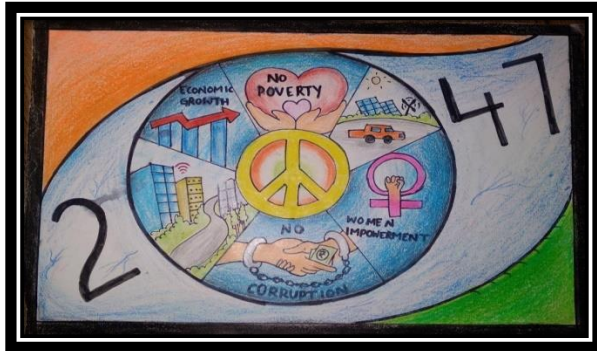
### STAND UP COMEDY COMPETITION

Tanvi of class IX won third prize in - **On the spot Stand up Comedy Competition** conducted by Gyan Jyoti Global School. She left the audience in peels of laughter as she gave a comic representation of a conversation between a mother and a teenager. More than twenty two schools in the tricity participated in the competition.





## ART CORNER



RAVNEET VIII B



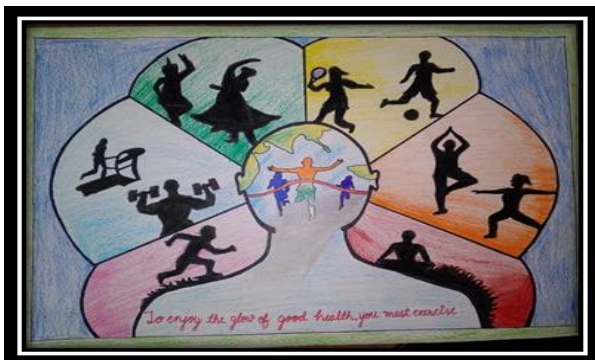
KARANVEER VIII M



JASMEET XS



GUNGUN DEY XM



SOMYA VA



ASREET KAUR VM



# SHIVALIK IN NEWS

## A day dedicated to yoga

### Shivalik Public School, Phase-6 Mohali

Young Shivalikians participated in an interactive session on the occasion of International Yoga Day to promote 'Har Aangan Yoga'. An enthralling session with demonstrations was held on the theme of "One Earth, One Family, and One Future". NCC Cadets of 3 Punjab (1) COY NCC Bapat, NSS volunteers and students from classes VI to XII took part in this session. Yoga instructor Shobanabai Rathi conducted the session. The students demonstrated various asanas like Surya Namaskar, Tadasana, Bhujangasana, Bhujangasana, Anulom-vilom and meditation session.



C.L. Aggarwal DAVM

Yoga Day celebrations were held at the school. Students from classes III to XII participated in the session.



### Shivalik Public School, Mohali

The school celebrated World Environment Day with an intent to foster a sense of responsibility towards environment. As initiated by the 3 PUNJAB (1) COY NCC, varied activities were taken up by NCC cadets. The cadets performed nukkad natak, participated in essay-

## SHIVALIK PUBLIC, MOHALI

An orientation programme was organised for teachers, inaugurated by school director DS Bedi. Teachers from all branches of the school, including Chandigarh, Patiala and Sector 7, gathered at the host school in Phase VI. Sunita Seshadri, Deputy Director, NIPCCD, sensitised teachers to various learning disabilities of students and emphasised the need for focusing on their physical and mental well-being. Sonia Relia from Oxford University conducted an activity-based workshop for the foundation

## Orientation session at Shivalik Public School, Mohali

The school organised an orientation programme for teachers. The teachers from all branches of the school, including Chandigarh, Mohali and Patiala, gathered here. Dr Davinder Singh, Vice-Chancellor, Chandigarh University delved upon understanding the application of the National Education Policy 2020. Kiranjot Singh and Divneet Singh also from Chandigarh University, talked about building happy classrooms where children learnt and engaged in



## Shivalik Public School, Mohali

The school organised an orientation programme for teachers. School Director DS Bedi, teachers from all the school branches, including Chandigarh, Patiala and Mohali, gathered at the host school. Sunita Seshadri, Deputy Director, NIPCCD, sensitised teachers towards various learning disabilities among students and emphasised on the need for focusing on emotional and mental well-being. She apprised the audience about

## SHIVALIK PUBLIC, MOHALI

The school organised an orientation programme for teachers from its all branches, including those at Chandigarh and Patiala. Eminent resource persons from the school faculty. School director DS Bedi addressed the teachers and motivated them to continue to make a positive difference in the lives of