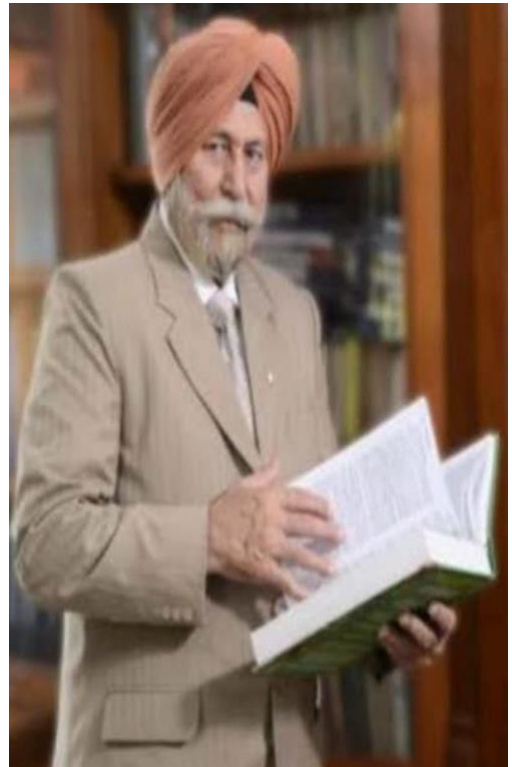


FROM THE DIRECTOR'S DESK

In its early stages, human mind is a coarse grain of sand, recurring a nurturing shell of broad spectrum of earning opportunities and experiences. It eventually gets nourished into nature's most gifted ominous pearl of creative ideas, knowledge and critical hinging that ever revolutionised the world.

I am extremely sanguine that Shivalik Public School, since its genesis in 52 years has offered itself as a shell for sheltering & fostering human minds in their raw state to be matured into empowered innovators, inventions and discoveries. The school in these years has unlocked the store house of taken & creative genius and set buoyant human spirit ever eroding and co-curricular activities. The wheel of excellence and continual progress has been steered with values & conventions as its fulcrum, quality education, constant improvement in infrastructure, educational technology, teaching and learning processes as its spokes to fortify innumerable efforts to set the wheel on its track.



The need of the hour is to root students firmly in an enabling & constructive work ethics for their meaningful blossoming. Meeting this need, Shivalik Public School has set up three edifices of learning equipped with latest educational technology down the hemline. These edifices of learning act as a spring board for honing skills & harnessing unbound talents of young learners with unique needs. The school administration has been able to create a balance between quality and quantity.

Sh. D.S. Bedi

PRINCIPAL'S MESSAGE

A dream becomes a goal when action is taken towards its achievement.

The entire gamut of school education is undergoing transformation in the teaching learning process. In the modern concept of schooling, mere teaching has become redundant, paving way for facilitation of learning through knowledge sharing. The wave of digital learning and cloud computing is reaching new heights. In all this whirlwind of new age technology, it is important to charge ahead but with one's head firmly on one's shoulders.

The school strives to inculcate moral values, manners, responsibilities among students so that they may build a world free from all the evils. Students here are encouraged to dream, groomed to give wings to their dreams, to take off and explore the unexplored. The plethora of interesting & exciting opportunities available to youngsters today often leave them with anarray of things to do. It is important therefore to help them build their focus on the subject that draws them most and give shape to their vision.



“Take up one idea. Make that one idea your life think of it, dream of it, and live on that idea. Let the brain, muscles, nerves, every part of your body, be full of that idea, and just leave every other idea alone. This is the way to success.”

Dr. Anupkiran Kaur

EDITOR'S NOTE

“Logic will take you from A to B. Imagination will take you everywhere.” Albert Einstein

In keeping with the above quote, it can be rightly agreed upon that we are living in times that are changing with an alarming velocity.

Change has become a constant entity in our lives and it further determines our experiences and perceptions in the continually evolving reality that forms the core of our existence today.



Adapting to this cycle of change, we have our young students whose minds encapsulate tremendous energy and a powerful spirit of curiosity and adventure, laced with the desire of creative expression, swelling at the seams of the remotest of the dimensions of thoughts and feelings. This edition of the school magazine presents the robust and enthusiastic work of our students which highlights a beautiful juxtaposition of reality and imagination in the expression of the most cherished years of their lives. This magazine also espouses the values that we propagate and manifest in the form of various events and activities conducted throughout the year. I truly wish the readers a scintillating experience as they go through every page of the magazine.

Happy Reading

Arshpreet Kaur

Editorial Team



From left to right- Ms. Sunidhi, Ms. Arshpreet Kaur, Ms. Rajni , Ms. Dimpy , Ms Ramandeep Kaur, Ms. Deepshikha , Ms. Krishma , Ms. Monika

SECONDARY AND SENIOR SECONDARY SECTION

FOUNDER'S DAY, BAISAKHI AND AMBEDKAR JAYANTI CELEBRATIONS

The school celebrated 52 glorious years of relentless contribution towards the society on the occasion of Baisakhi as the school commemorated the Founder's Day. Special Assembly was organized and the students presented poems, speeches, PowerPoint presentations and cultural dance performances. The school also observed ceremonial religious Kirtan presented by Ragi Jattha. The school Director and Principal appreciated the students' efforts, zeal and enthusiasm.

World Book Day

"Today a reader Tomorrow a leader."

The school took the initiative to celebrate World Book Day, through a series of activities planned for the students while acquainting them with the colourful world of books commemorating the birth anniversary of the greatest dramatist of English Literary history, William Shakespeare. The weeklong celebrations included various competitions and activities like Book Talk, self-composed poetry, Book Cover making and special assemblies discussing the importance of the day

Results:

Poetic recitation

Nachiket (IX-C)-1st

Harman Kaur (IX-S) – 2nd

Book Cover:

Sneha(IX-A) -1st

Harshpreet Kaur (IX-B)- 2nd

Ambika (IX-M) – 3rd

Biography Writing Competition

Samaira (XII) - 1st

Sneha (XII)- 2nd

Notebook Review:

XM: Ashmita, Sunakshi, Anisha, Harsirat

XS: Kihushi, Lovepreet, Sanvi

X A: Swarn, Saurav

X B: Palak, Ikshita

EARTH DAY:

The students enthusiastically participated in various activities held to commemorate the benevolent Mother Earth. The creative activities were organized with the view to sensitize the children about natural resources. The day commenced with a PPT on the importance of Earth Day. Special assembly and activities like poster making, poetic recitation and saplings plantation were organized.

HUBS OF LEARNING:

English Poetry Recitation Competition:

Nachiket Pathania and Harsirat Kaur Gill, Harman Kaur and Jiya ASharma secured first and second positions respectively in Class IX and Class X categories in a Virtual English Poetry Recitation Competition under the Hubs of Learning – an initiative by CBSE for self-improvement and collaboration of schools within the vicinity of Mohali hosted by Gian Jyoti School, Mohali. The theme of the competition was “MOTHER’S DAY”



YOGA MONTH CELEBRATIONS

“Yoga is the golden key to unlock the door of peace, tranquility and joy.”

1st - 15th May, 2022

Yoga is an ancient art that builds strength and awareness and brings together the mind and body. It includes breathing exercises, meditation and asanas aiming at inner peace and mental well-being. Yoga is not a religion; it is a way of living that aims towards a healthy mind in a healthy body.

Man is a physical, mental and spiritual being; yoga helps promote a balanced development of all the three. Yogic exercises recharge the body with cosmic energy and facilitate the attainment of perfect equilibrium and harmony and promote self- healing removing negative blocks from the mind and toxins from the body.





Shivalik Public School organized various activities with a view to instill the importance and benefits of Yoga among the students by conducting special assemblies, Power Point Presentations on the significance of practicing the art of Yoga while emphasizing the mental health development for living a balanced life. The month long undertakings included Essay Writing and Poster making activities which focused on the significance of Yog in order to achieve mental peace and harmony. Students also shared their self- composed poems on the significance of Yoga which inspired everyone to be a part of this movement. The school corridors were adorned with posters reminding the students about the aesthetic and mental art of Yoga which has been an inherent part of our cultural heritage bestowed upon us by our ancestors. Special Yoga sessions were conducted in the school wherein the students practiced various asanas while learning their benefits as well.

□ Organised various yoga activities on International Yoga day

1. Mass Yoga Session- 1st- 15th May,2022
2. Poster Making,Slogan Writing- 2nd -6th,May,2022
3. Essay Writing Competition- 9th-15th,May 2022
4. Showing Videos on Yoga - 8th- 14th, May 2022
5. Quizzes on Yoga- 6th- 8th May,2022
6. Awareness on Benefits of Yoga- 2nd- 6th,May 2022

INTERNATIONAL YOGA DAY:

The school conducted a series of activities with a view to instill the importance of Yoga among students through the months of May and June.

Activities: Mass Yoga Sessions, Poster Making, Slogan Writing, Essay Writing Competition. Showing videos on Yoga, Conducting Quizzes on Yoga and sessions on benefits of Yoga.

CELEBRATION OF INTERNATIONAL YOGA DAY UNDER HUBS OF LEARNING:

Young enthusiasts of the school actively participated in an interactive session on the occasion of International Yoga Day on 28th May, 2022. Organized and hosted by Guru Nanak Foundation Public School, Mohali. The event was a part of the Hubs of Learning - an initiative by CBSE for self-improvement and collaboration of schools within the vicinity. The students performed Yoga asanas and learnt the art of 'Deep Meditation' sponsored by 'Sehaj Yoga Kendra' conducted at Fateh Burj. 105 students from the school participated in the event. It included NCC cadets Volunteers and students from classes VIII and IX. A Nukkad Natak was also presented on the importance of Yoga.

WORLD ENVIRONMENT DAY:

The students actively participated in a special assembly conducted to observe World Environment Day. Power Point Presentations and speeches were presented by the students.

National Level Online Competitions- World Environment Day 2022 by Green Earth NGO and Haryana Pollution Control Board:

Students participated in a series of online competitions conducted on the World Environment Day- Quiz, Poster Making and Slogan Writing. E- certificates and cash prizes were awarded to the winners in different categories as follows:

POSTER MAKING COMPETITION:

Harmanpreet Kaur- 1st (Rs. 500 cash prize)

Jasmeet Kaur- 2nd (Rs. 300 cash prize)

INTER SCHOOL COMPETITION ON WORLD ENVIRONMENT DAY:

Rattan Cherub Foster School, Sector 78, Mohali conducted a series of competitions for different age groups in different categories. Students of Shivalik Public School won laurels for the school as they secured top positions in various events.

CAPTION BASED PHOTOGRAPH COMPETITION:

Hargun- 1st

ILLUSTRATION COMPETITION:

Sakshi Sharma- 2nd

ORRATORICAL:

Hassanpreet Kaur- 3rd

POWER POINT PRESENTATION:

Samarpreet – 1st

SOIL CONSERVATION INITIATIVE:

CBSE in collaboration with Sadhguru initiated a movement for 'Soil Conservation'. Students shared their messages and letters to Honorable Prime Minister on an online portal where they expressed their concern for saving soil for the well being of future generations.

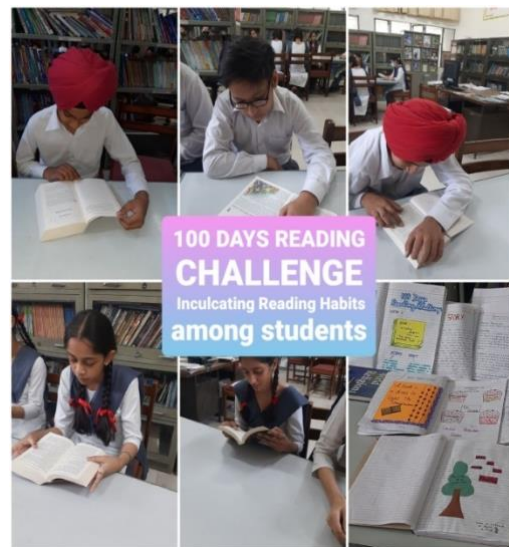
100 DAYS READING CHALLENGE:

Reading is an exercise for the mind. It helps kids calm down and relax, opening doors of new knowledge to enlighten their minds. From developing cognitive skills, building vocabulary, improving focus and concentration of young minds, reading is a skill which raises empathetic and confident leaders. Shivalik Public School initiated 'DROP EVERYTHING AND READ' - 100 DAYS READING CHALLENGE which included discrete fun activities spread over fourteen weeks. The idea



behind the challenge was to inculcate reading habit among the students through various activities. The students actively participated including their friends, family and grandparents in the challenge. Love for reading thrived and echoed in every corner of the school. Intriguing reading activities were planned for the students which included library visits, reading and writing stories with their own endings, book talks, interview sessions posing as characters, reading poetry and stories with siblings and friends, lyric writing, reading in their own language, engaging book talk videos made by students, reading and enacting the favourite characters, reading and organizing one act plays (William Shakespeare’s Macbeth), DROP EVERYTHING AND READ in the final week wherein the whole school would read at the same time as the culmination of the 100 days reading challenge.

WORLD BICYCLE DAY:



Students of Shivalik Public School actively participated in Fit India Freedom Rider Cycle Rally being conducted under the “Azadi Ka Amrit Mahotsav Manaye Chalo, Cycle

Chalo” using the Fit India Mobile App. The participants were awarded e-certificates.

EK BHARAT SHRESHTHA BHARAT ACTIVITY:

Under the EKSB initiative , the students were shown informative Power Point Presentations to apprise them about the cultural similarities and differences between Punjab and the paired state Andhra Pradesh. The students also learnt to write the Telugu alphabet.

HOUSE ASSEMBLIES:

Students actively participated in the PRATAP, RANJIT, AZAD and SUBHASH house assemblies. The students shared thought of the day, moral stories, News Headlines and G.K. questions.

STUDENTS' CORNER

My Insight Vision

For my beautiful India ,my insight vision
Free from all the division
Its high time we need to make a bold decision
Which yours what mine there should be no religion
Our aim is to be at the top position
Lets together work on this mission
Being united and a great India is only my vision

Everything is good here , but we ought to make it the best
Strong , ethical , good infrastructure from the rest
A pollution free country is on what we need to work next
Empowering the women will strengthen up the society & a just a small step can change the variety
There 's a strong need to built a powerful judiciary
More strict rules for the rapes
A quick action without a gap
We Somewhere have chance to replace
We can still create India , a better place
Come forward step out of your shells
Work on the mission & complete the vision
Everyone wants change yet no one wants to change
If the future seeps into the dark
I just want to know who is to be blamed?
~ Jasmine

TEACHERS' SECTION

“The self discipline you enforce today determines the success you will enjoy tomorrow. Self discipline is the bridge between goals and accomplishments.”

Self discipline is when you know how to utilize your time and not procrastinate. Self discipline is to control one's temptations and resist them and to make such decisions which reflect positively. Sometimes when are enjoying ourselves, we seem to immerse ourselves in a fit of relaxation. We choose to neglect important deadlines. We keep delaying doing that work which should have been completed long ago. Our mind seems to wander off.

Self discipline is required to help you live a purposeful, fruitful and successful life. It helps in overcoming one's weaknesses and to lead a successful life. By

understanding the importance of Self Discipline in your life, you would not only strengthen your will power but your character would also get enhanced and your life would get a real meaning.

As children, you must learn to be disciplined from a very young age. You need to inculcate basic ethics and mannerism which would include saying short yet powerful words like Sorry, Please; I beg your pardon etc. Some people are self-disciplined while others have to put in some effort before achieving it. To achieve Self-Discipline, you all must engage yourself in meditation. A few minutes of meditating a day would help you to control your urges and channel your energy in right direction.

Another way of achieving Self Discipline would include effective time management. You need to divide your day in such a way that you get time for everything which needs to be on your priority list. By doing so, you can study all the subjects and still have some extra time to revise some topic or maybe use that freedom to indulge yourself in a hobby.

Nowadays, due to advancement in technology, we have our mind diverted. We easily get perturbed by social media notifications. Instead of being an active part of this virtual world, we should concentrate more on our real life. We should not be overwhelmed by what we see on internet; instead we must focus on bettering our own lives.

When you are self-disciplined, you would see that you are doing better in every aspect of your life. Self-discipline helps you to stick to your dreams and goals and makes the path to achieve those goals.

In order to inculcate a sense of Self Discipline, you must focus on these points.

- You need to understand your strengths and weaknesses and then try to develop a strategy to achieve self-discipline.
- You need to understand what things are harmful for you. Surround yourself with good people, technically who are disciplined would help you become better.
- Try to manage the limited time you have to get higher output.
- Note down the things you want to get done by the end of the day or a week, this way you get reminded and can also check your progress.

There is no particular framework or book that can guide you to be self-disciplined. It is just in our mind. The time you decide to stick to your thoughts and goals, nothing can stop you from being one.

To conclude, Self-discipline is crucial as it teaches us to be a better version of ourselves. To be decent, caring and loving. Remember you are doing it for yourself and not for any other person. It may be difficult to achieve self-discipline but it is crucial for leading a peaceful life. Through the efforts and effective usage of time, a self-determined person achieves great heights.

-Aanchal Bhalla

PGT Chemistry

Creative ways to learn faster

Learning is most important part of studies.

So here are few points about creative ideas for learning.

Research suggests you should be writing down what you learn by hand. Study found that students who took notes on pen and paper learned more than students who typed notes on their laptops. Writing forces you to confront ideas head-on, which leads them to stick with you over time.

Being perfect is overrated. The entire point of learning is to make attempts, fail, and find a lesson about where you went wrong.

Which means the faster you learn, the more successful you can be.

Say out loud what you want to remember.

Research shows that compared to reading or thinking silently (as if there's another way to think), the act of speech is a "quite powerful mechanism for improving memory for selected information.

Give yourself enough time to space out your learning sessions. You'll learn more efficiently and more effectively. Distributed practice" is a much more effective way to learn.

Test yourself on what comes after your intro. Test yourself by listing the five main points you want to make.

When you are done with your learning part try to quiz yourself .It will help you to figure out that how much you have learned.

you will learn difficult topics if you relate them to something else you already learn or you can make some funny or interesting points to remember them.

Rather than trying to cram all of the information in a short amount of time, take your time for learning. Always review information from your last practice session for a little while in the following session so you don't forget about it.

Beant Kaur

Punjabi Teacher

UPPER PRIMARY SECTION

World book and copyright day

“There’s no friend as loyal as a Book”.

To keep up this spirit of reading , Shivalik Public School celebrated World Book Day on 23rd April,2022 and organized a book reading drive for the students of Class VI – VIII to foster children’s growth as readers and promote a lifelong love of literature and integration into the world of work.

Students took a pledge to inculcate more reading in their daily routine so as to become capable of solving any upcoming problem in the future and serve the nation as responsible citizens.

To mark the importance of the day, students of class VI made ‘Posters’, class VII made ‘Book Jackets’ and students of class VIII wrote ‘Book Reviews’ on various books they read.



BOOK COVER DESIGN MAKING

VI M

- I. Parampreet singh
- II. Sanmit Thakur
- III. Lovekirat

VI S

- I. Manmeet kaur
- II. Jasleen
- III. Prabhsirat , Aarav Thakur

VI A

- I. Shivansh and Dilkash Kau
- II. Sahjot kaur
- III. Sehaj Kahyap

VI B

- I. Amanjot kaur
- II. Parampreet singh
- III. Jashandeep singh

BOOK REVIEW WRITING

VII M

- I. Rajvansh
- II. Pratyush Piplani
- III. Rachit Mittal

VII S

- I. Anshveer Singh
- II. Aditi
- III. Aditya heer

VII A

- I. Aanya
- II. Avneet Kaur
- III. Prabhleen kaur

VII B

- I. Gurleen kaur
- II. Shubhangi
- III. Kareena

VII C

- I. Piyanshu
- II. Nisha
- III. Anmolpreet singh

POSTER MAKING

VIII M

- I. Gagandeep Kaur
- II. Manav
- III. Avneet Kaur

VIII S

- I. Anushka and Noopreet
- II. Naitik
- III. Gaurika

VIII A

- I. Gurkirat kaur
- II. Anshika
- III. Anamika

VIII B

- I. Sharin and Angel singh
- II. Aryan and Yuvika
- III. Anamika

Baisakhi and founders day

Shivalik Public School, Phase VI celebrated Baisakhi and it's 52nd Founder's Day on 13th April, 2022. Keeping up with the tradition of celebrating all the festivals with great fervour, gaiety and apprising the children of their rich culture and heritage, celebrations were started with Sukhmani Sahib Paath in the school Premises. Students gave dance performances, delivered speeches, and sung solo songs. The Principal Dr. Anupkiran Kaur appreciated the efforts of the students and encouraged them to be prepared for upcoming session with school's motto "Victory With Determination".

Earth day

Shivalik Public School , Mohali conducted online national level competitions initiated under International Environment Day-2022 Competitions' focusing on Environment, Swachh Bharat Mission (Sanitation, Health & Hygiene) and Jal Jeevan Mission (Water Resources) were organized/ coordinated by Green Earth Organization/ Institute of Sustainable Development, Kurukshetra with aim to connect/ involve the maximum students in attaining & sustaining the "Clean- Green Pollution Free Environment".

The main objectives of the competition were to educate about the environment education , creating the awareness about how to manage the waste, creating awareness about the spirit of Swachh Bharat Mission & Jal Jeevan Mission and making the responsible citizens for clean, green, & pollution free environment. The theme of competition was Swachh Bharat Mission, Jal Jeevan Mission, Global warming, Deforestation, Composting, Polythene/ Thermocol/ Plastic hazardous wastes, Sanitation &



Hygiene, Environmental Pollution & Control, Stubble burning, Water pollution & control, Wild life, Health & Safety and Energy conservation.

Class board decoration

To give wings to the imagination of budding students, Shivalik Public School organised an Inter Class Board Decoration Competition. Thematic boards adorned with vibrant sketches, and vivid borders were prepared by students.

The classes were congratulated and prizes were given to them.



Mothers' day

“Mothers love – a brilliant GEM to be treasured.”

The day that recognizes the essence of a mother was celebrated in high spirits and merriment. This being one of those occasions that none of us can afford to miss was zealously enjoyed by one and all. The children irrespective of nationalities, castes, cultures and genders have emotions binding them to their mothers.

Keeping this bonding emotion in mind, the students of Shivalik Public School had a special celebration on mother's day. Teachers made an earnest effort to instill the importance of mother in a child's life through effective thematic presentations, moral stories, dramatization and video clippings. Students made beauty full cards for their mother as a token of love.



International yoga day

Shivalik Public School Mohali celebrated Yoga week from 10-5-2022 to 17-5-2022 to commemorate International Yoga day,2022.

The yoga sessions happened daily for 40 minutes which was conducted by the sports teacher that included the activities such as Mass Yoga Session, poster making, slogan writing and essay writing competition. In addition , various inter section competitions like chess , Sudoku and Rubik's cube were also organized in the school premises. The event was well received by the practitioners and served to highlight the importance of yoga ,as a part of healthy all round regimen.



In chess , Aniket Singh, Bhavya and Samarvir Singh secured the 1st,2nd and 3rd positions respectively.

In Sudoku, the winners securing the 1st , 2nd and 3rd positions were Aarushi Kathpal , Naitik Goyal and Gurdit Singh.

And in Rubic cube Sehaj Arora , Manav and Paras got the 1st , 2nd and 3rd positions.

Karanveer singh, Simran and Vineet Kumar Gond got 1st , 2nd and 3rd positions in yoga poster making.

Calligraphy

Shivalik Public School organized Calligraphy Competition in English, Hindi and Punjabi to inculcate the habit of good handwriting among students. The aim of the competition was to encourage the students to write neatly & present the content in a proper manner. The students exhibited their writing skills through different forms of calligraphic fonts. The assessment was done by a select panel of teachers on the basis of writing style, curves & patterns, legibility & beautification.



ENGLISH CALLIGRAPHY WINNERS

VI M

- I. Abhinav Arya
- II. Lovekirat kaur
- III. Ishman kaur

VI S

- I. Preeti
- II. Jiya
- III. Simrat

VI A

- I. Sehajleen kaur
- II. Sahjot singh
- III. Sehaj Kashyap

VI B

- I. Deepal
- II. Harshil
- III. Ishaan

VII M

- I. Aanya Thakur
- II. Anvi
- III. Harmanjeet Singh

VII S

- I. Anshveer Singh
- II. Arshpreet kaur

VII A

- I. Bhoomi and Avneet
- II. Prabhleen
- III. Ramneet kaur and Tushar Thakur

VII B

- I. Kareena
- II. Hamid
- III. Palak

VII C

- I. Jaspreet kaur
- II. Roopneet kaur
- III. Manjot

VIII M

- I. Harsh
- II. Gagandeep Kaur
- III. Chitwan

VIII S

- I. Sahiba
- II. Shreyasi

VIII A

- I. Amanpreet kaur
- II. Trisha
- III. Yashika

VIII B

- I. Sehaj Mathur
- II. Aditi
- III. Yuvika and Aryan

HINDI CALLIGRAPHY

VI M

- I. Angel
- II. Sneha Gupt
- III. Lovepreet kaur

VI S

- I. Simrat kaur
- II. Manmeet kau
- III. Harshveer kaur

VI A

- I. Jshandeep kaur
- II. Sehaj

VI B

- I. Amanjot kaur
- II. Harshdeep kaur
- III. Mannat sharma

VII M

- I. Aanya Thakur
- II. Avni Saini
- III. Prachi pathak

VII S

- I. Arshpreet kaur
- II. Anshveer singh

VII A

- I. Bhoomi
- II. Ekampreet kaur

VII B

- I. Gurleen kaur
- II. Kareena
- III. Ishan

VII C

- I. Manjot kaur
- II. Nisha

VIII M

- I. Japnoor kaur
- II. Raman
- III. Chitwan Pandit

VIII S

- I. Shreyasi
- II. Akriti Negi

VIII A

- I. Prabhleen kaur
- II. Amanpreet kaur
- III. Prisha

VIII B

- I. Sehaj Mathur
- II. Manvi
- III. Dikshant

PUNJABI CALLIGRAPHY

VI M

- I. Vidhushi
- II. Lovekirat kaur and Palak
- III. Angel Jain

VI S

- I. Simrat kaur
- II. Manmeet singh
- III. Prabhsirat kaur

VI A

- I. Sahjot singh
- II. Kanan
- III. Sehaj kashyap

VI B

- I. Mannat Rana
- II. Amanjot kaur
- III. Gurnoor kaur and Harshil

VII M

- I. Aanya thakur
- II. Prachi Pathak
- III. Sehaj Dhiman

VII S

- I. Arshpreet kaur and anshveer singh
- II. Prabhleen kaur
- III. Jaspreet kaur

VII A

- I. Ekampreet kaur
- II. Avneet kaur and Mehak
- III. Tejomani Singha

VII B

- I. Gurleen Kaur
- II. Harshita Thakur
- III. Palak

VII C

- I. Roopneet kaur and Nisha
- II. Anmol
- III. Manjot kaur

VIII M

- I. Japnoor kaur
- II. Raman
- III. Harsh Chauhan

VIII S

- I. Naitik Goyal
- II. Sahiba Sidhu
- III. Shreyasi Sajta

VIII A

- I. Prabhleen kaur
- II. Himanshi
- III. Shriya

VIII B

- I. Sehaj Mathur

- II. Ravneet kaur
- III. Shreya and Yuvika

No Tobacco day

Shivalik Public School, Mohali observed “World No Tobacco Day” on 31st May, 2022. Every year, on 31st May, the World Health Organization and global partners observe World No Tobacco Day (WNTD). The annual campaign is an opportunity to raise awareness on harmful and deadly effects of tobacco smoke use and second-hand smoke exposure, and to discourage the use of tobacco in any form. This year the theme of World No Tobacco Day 2022 is "**Protect the Environment.**" Students of classes VI – VIII made posters, presented PPTs, thought of the day, speeches etc highlighting the ill effects of tobacco consumption. Through infographics and videos, awareness on the importance of ending the use of tobacco products was created among the students.



PRIMARY SECTION

BAISAKHI, FOUNDERS DAY AND DR. B.R. AMBEDKAR JAYANTI CELEBRATION

Years of relentless and dedicated contribution to the society, academic excellence and co-curricular brilliance, Shivalik Public School Celebrated its 52nd Founder's day on Baisakhi Day. The school also commemorated Dr. BR Ambedkar Jayanti with great zeal and enthusiasm. A special assembly was conducted for the students of class III – V. The assembly started with a morning prayer. 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 Day, Baisakhi Day. Dr. B.R. Ambedkar Jayanti which helped the students in realising their role in shaping country's future. The children came forward and celebrated this day by reciting poems, singing songs, dancing etc. Further the students continued the program by highlighting the work of Dr. Bhim Rao Ambedkar who recreated the revolutionary era and the foundation of world's longest constitution: “THE INDIAN CONSTITUTION.”

The assembly concluded with a resplendent dance performances.



ORIENTATION PROGRAMME

“Together may we give our children the roots to grow and the wings to fly.”

Shivalik Public School, Mohali conducted orientation programme on April 19, 2022. 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.



HEALTHY TIFFIN COMPETITION

“Healthy minds live in a healthy body”

Shivalik Public School, Mohali organised a "Healthy Tiffin Competition" for classes III- V on April 21, 2022. This competition was an initiative by the school to promote eating of healthy wholesome meals and saying no to junk food.

RESULTS:

CLASS III M

1st – Ishika

2nd – Satbir Singh.

3rd – Japnoor Kaur

CLASS – III S

1st – Aashima

2nd – Aarav

3rd – Manvi



CLASS – III A

1st – Khushi

2nd – Jasnoor Singh

3rd – Japneet Kaur

CLASS – III B

1st – Hargun Raj

2nd – Ayan Rai

3rd – Yashasvi Sharma



CLASS – III C

1st – Anureet Kaur

2nd – Ashima

3rd – Paakhi

CLASS – IV M

1st – Harnoor

2nd – Simrita

3rd – Harleen, Ishpreet

CLASS – IV S

1st – Harsimran Kaur

2nd – Ainjal

3rd – Babandeep Singh

CLASS – IV A

1st – Gurshagun

2nd – Shaurya

3rd – Saanvi

CLASS – IV B

1st – Tanisha

2nd – Gurnoor

3rd – Chavi

CLASS – IV C

1st – Jaaivish
2nd – Jannat
3rd – Manvir Kaur

CLASS – VM

1st – Harsirat Kaur
2nd – Sehajpreet Singh
3rd – Pranshi

CLASS – VS

1st – Gurleen Viridi
2nd – Agampreet Singh
3rd – Jaskirat Singh

CLASS – VA

1st – Muskanjeet Kaur
2nd – Avjeet Singh
3rd – Arnav Ranjan

CLASS – VB

1st – Anshpreet Kaur
2nd – Hargunpreet Kaur
3rd – Abhiraj

CLASS – VC

1st – Garima
2nd – Harleen
3rd – Mansirat



EARTH DAY

“Go green and make our earth a beautiful place to live.”

HAPPY EARTH DAY...

Shivalik Public School, Mohali celebrated Earth day enthusiastically. The activities were organised with a view to sensitise the children about the conservation of natural resources and to motivate students to do their bit towards making their planet beautiful. Different activities were organised like:

- POSTER MAKING
- SLOGAN WRITING

All the students participated in the activities with enthusiasm.



WORLD BOOK DAY

“Books are the plane, and the train, and the road. They are the destination and the journey.
They are home.”

World Book Day also called International Day of the book is an annual event organised worldwide to promote Reading, Publishing and Copyright. Shivalik Public School, Mohali celebrated World book and Copyright week from 23rd April to 27 April. On the occasion of World Book Day all the students took pledge to read and an intersection competition of Book mark making activity was organised. All the students participated with great Zeal and enthusiasm.

Class 3rd Activity – April 23, 2022

Class 4th Activity – April 25, 2022

Class 5th Activity – April 27, 2022



We Pledge to Read

We promise to read
Each day and each night.
We know it's the key
To growing up right.

We'll read to ourselves,
We'll read to a crowd.
It makes no difference
If silent or loud.

We'll read at our desks,
At home and at school,
On a bean bag or bed,
By the fire or pool.

Each book that we read
Puts smarts in our heads,
'Cause brains grow more thoughts
The more they are fed.

So we take this oath
To make reading our way
Of feeding our brains
What they need every day.

RESULTS:

CLASS III M –

- 1st – John
- 2nd – Harnoor
- 3rd – Samar

CLASS III S –

- 1st – Riya Singla.
- 2nd – Aashima
- 3rd – Prabhnoor Kaur

CLASS III A –

- 1st – Aarushi
- 2nd – Ekam
- 3rd – Japleen

CLASS III B –

- 1st – Nevan
- 2nd – Gurman
- 3rd – Aarav

CLASS III C –

- 1st – Jasraj
- 2nd – Jasleen Kaur
- 3rd – Jaideep Singh

CLASS – IV M

- 1st – Harnoor
- 2nd – Krishiv
- 3rd – Aliana, Armaan Veer

CLASS – IV S

- 1st – Harsimran
- 2nd – Arpita
- 3rd – Purvika.

CLASS – IV A

- 1st – Kanav Sharma
- 2nd – Gurshagan Kaur.
- 3rd – Harazzez Singh



CLASS – IV B

1st – Gurnoor
2nd – Tanisha, Avni
3rd – Eknoor

CLASS – IV C

1st –
2nd –
3rd –

CLASS – VM

1st – Asreet Kaur
2nd – Viraj
3rd – Veronica

CLASS – VS

1st – Agampreet Singh
2nd – Amishi
3rd – Daksh

CLASS – VA

1st – Nistha, Avjeet Singh
2nd – Anika, Reyansh, Ekampreet
3rd – Harleen, Somya, Ishpreet

CLASS – VB

1st – Abhayinder Singh
2nd – Prabhleen Kaur, Shrishti
3rd – Tanveer

CLASS – VC

1st – Radhika
2nd – Yuvraj
3rd – Divyanshi



MOTHER'S DAY

A mother's love for her child is like nothing else in the world. It knows no laws, it dares all things, and crushes down remorselessly all that stand in the path.

- Agatha Christie

Mothers are precious, and Mother's day gives us the opportunity to thank them for all they do. Shivalik Public School, Mohali celebrated the most special and wonderful bond between mother and child in a very special way. All the students came forward and made beautiful cards for their mothers. A fun-filled day was organised to honour the lovely mothers. The children expressed their emotions and paid tribute to their mother's unconditional love and support through amazing cards, tags etc.



WORLD NO TOBACCO DAY

GSA (Generation Saviour Association) is an NGO, engaged in creating awareness among the children and youth about the ill-effects of tobacco consumption. GSA organised a series of competitions which include:

- Poster Making
- Slogan Writing
- Awareness Video
- Poetry Video
- One Act Video
- E-Poster Making
- Poetry Writing – Hindi, English, Punjabi

The students of Shivalik Public School, Mohali participated in the poster making competition with great zeal and enthusiasm and won the competition.

- Nishika – IV M (1st Prize)
- Pranshi - V M (Consolation Prize)
-

DIVISION LEVEL PAINTING COMPETITION

The District Child Welfare Council conducted Division Level Painting Competition at Bal Bhawan, Mohali. The theme of the competition was “Having fun at playground”. In the category of 5-9 years (green group), Sahibjot Singh of Class – VM secured third position in the competition.

CALLIGRAPHY COMPETITION

“A language is not just words. It's a culture, a tradition, and a whole history that creates what a community. A language is a vision of life.”

Shivalik Public School, Mohali organised calligraphy competition to improve presentation skills hand to inculcate the habit of good handwriting among students. The students of classes 3-5 participated in the competition with great enthusiasm and showed excellent creativity through their writing skills.

The main aim was to encourage the students to write neatly and present the content in a proper manner.

RESULTS OF ENGLISH CALLIGRAPHY COMPETITION

CLASS – III M

1st – Aanchal

2nd – Ishika

3rd – Samaira, Japnoor

CLASS – III S

1st – Ashima

2nd – Harjas, Akshita

3rd – Harnoor, Manreet

CLASS – III A

1st – Shanvi

2nd – Sargun Kaur

3rd – Gursheen kaur

CLASS – III B

1st – Gurnoor Kaur

2nd – Ayesha

3rd – Akshat

CLASS – III C

1st – Laxit

2nd – Jasraj

3rd – Jasleen, Arihan

CLASS – IV M

1st – Jagtar Singh

2nd – Nishika, Kanish

3rd – Amanpreet

CLASS – IV S

1st – Navreet Nafri

2nd – Purvika
3rd – Harsimran, Raunak

CLASS – IV A

1st – Jasnoor
2nd – Gurshagan, Aliya
3rd – Shaurya

CLASS – IV B

1st – Gurnoor Kaur
2nd – Karmanjot Singh
3rd – Shruti

CLASS – IV C

1st – Manveer Kaur
2nd – Niharika
3rd – Shaunak

CLASS – V M

1st – Sartaj, Asreet
2nd – Gurbani, Lakhwinder
3rd – Sahibjot, Pranshi

CLASS – V S

1st – Kritika
2nd – Belaku
3rd – Navika

CLASS – V A

1st – Satvik
2nd – Arjun
3rd – Saumya, Muskanjeet

CLASS – V B

1st – Anshpreet
2nd – Pranavi
3rd – Ridhi

CLASS – V C

1st – Aditya Joshi
2nd – Radhika
3rd – Garima

RESULT OF HINDI CALLIGRAPHY COMPETITION

CLASS – III M

1st – Samaira

2nd – Aanchal
3rd – Saanvi Anand

CLASS – III S

1st – Akshita
2nd – Kalpana
3rd – Saneha

CLASS – III A

1st – Prabhnoor Kaur
2nd – Sukhleen
3rd – Sargun

CLASS – III B

1st – Prabhnoor, Gurnoor
2nd – Ayesha
3rd – Akshat, Gurman

CLASS – III C

1st – Laxit
2nd – Aditya, Aashima
3rd – Jasleen Kaur, Manishka

CLASS – IV M

1st – Jagtar Singh
2nd – Anshika
3rd – Kavya, Krishiv

CLASS – IV S

1st – Navreet
2nd – Aditya, Sanehal
3rd – Pihu, Riya

CLASS – IV A

1st – Alia
2nd – Gurshagan, Sanjana
3rd – Harsharan, Shaurya

CLASS – IV B

1st – Divya
2nd – Avni, Gurnoor Kaur
3rd – Tanisha, Manseerat Kaur

CLASS – IV C

1st – Niharika
2nd – Ishaan Tiwari

3rd – Manmeet Kaur, Japneet Kaur

CLASS – V M

1st – Pranshi
2nd – Asreet
3rd – Gurbani

CLASS – V S

1st – Kritika
2nd – Navika
3rd – Belaku, Tanishtha

CLASS – V A

1st – Eknoor Kaur
2nd – Harleen Kaur
3rd – Muskanjeet Kaur

CLASS – V B

1st – Anshpreet Kaur
2nd – Jorawar Singh
3rd – Krishti

CLASS – V C

1st – Radhika
2nd – Gurjot Kaur
3rd – Aarika Joshi

RESULT OF PUNJABI CALLIGRAPHY COMPETITION

CLASS – III M

1st – Aanchal
2nd – Samaira
3rd – Avneet, Aditi

CLASS – III S

1st – Aashimi
2nd – Suhana
3rd – Aaradhya Sood

CLASS – III A

1st – Kunal
2nd – Sargun Kaur
3rd – Japleen, Harsimran

CLASS – III B

1st – Gurnoor Kaur
2nd – Prabhnoor Kaur
3rd – Oshaan

CLASS – III C

1st – Laxit
2nd – Anureet
3rd – Ashina

CLASS – IV M

1st – Jagtar Singh, Anshika
2nd – Kanish Balihar
3rd – Nishika Thakur

CLASS – IV S

1st – Riya
2nd – Navreet, Harsimran
3rd – Snehal

CLASS – IV A

1st – Sanjana
2nd – Aaliya, Prakriti
3rd – Gurshagan Kaur

CLASS – IV B

1st – Gurnoor
2nd – Tanisha, Chhavi
3rd – Gurleen, Avni

CLASS – IV C

1st – Japneet Kaur
2nd – Niharika
3rd – Ekamveer Singh

CLASS – V M

1st – Gurmehak Kaur
2nd – Arshnoor Singh, Sahibjot Singh
3rd – Harsirat Kaur

CLASS – V S

1st – Kritika
2nd – Gunjan
3rd – Manya

CLASS – V A

1st – Satvik Sharma
2nd – Nistha Sharma

3rd – Saharsh Gupta

CLASS – V B

1st – Pranavi

2nd – Abhayinder Singh

3rd – Prabhleen Kaur

CLASS – V C

1st – Mansirat Kaur

2nd – Radhika

3rd – Mannat

“GREEN EARTH – INTER SCHOOL COMPETITION”

On the occasion of “World Environment Day” Haryana State Pollution Control Board organised inter – school competition. The competition was organised in different categories like:

- **Quiz**
- **Poster Making/Drawing**
- **Slogan Making**

Students of various schools participated in the competition. Students of Shivalik Public School, Mohali who added one more feather in their cap are:

- **Asreet Kaur – V M (Poster Making Competition)**

PRE PRIMARY SECTION I

BAISAKHI CELEBRATIONS(April 13,2022)

Baisakhi Day was celebrated with great enthusiasm. Special assembly was organized in which students participated in poems, role plays and speeches on Khalsa Panth. PowerPoint presentation was shown depicting the importance of the day. Assembly ended with foot tapping dance performance (Bhangra).



FOUNDERS DAY CELEBRATIONS: (April 13, 2022)

Shivalik Public School laid its foundation stone on the occasion of Baisakhi. This year school has completed its 52 years of journey. Presentation showcasing the prestigious achievements of the school's journey was shown to the students. Drawing activity on the theme "My school is the best" was conducted where students participated enthusiastically.



DRAWING ACTIVITY: (TABLE MAT ACTIVITY- APRIL 20, 2022)

Table mat activity was conducted in which students creatively participated in drawing activity on the theme "EAT HEALTHY STAY HEALTHY". The purpose behind this activity was to acquaint them with good table manners.



EARTH DAY CELEBRATIONS (APRIL 22, 2022)

Earth is the God's best gift to us. Let's join our hands together to make it even more green than ever.

With the same spirit students enthusiastically participated in Assembly where they took an oath to make their surroundings clean and green. Students planted saplings in their pots.

Animated video showcasing three R's (Reduce, Reuse and Recycle) was presented to the students. Drawing activity was conducted where students beautifully drew earth and wrote few points to save Earth.



WORLD BOOK DAY: APRIL 23, 2022

“A room without books is like a body without soul”

On the occasion of World Book Day, ‘Book Mark Making activity’ was conducted. To inculcate reading habits in the students, ‘reading corner’ was made in the classroom. Video showcasing ‘sight words’ was taken up as a reading activity.



LABOUR DAY :APRIL 30,2022

“There is dignity in work and we must respect that.” Students beautifully drew cards and brought sweets for the helpers in the school. They paid heartfelt thanks to all of them. Video illustrating community helpers were shown to them.



MOTHER’S DAY (MAY 9 , 2022)

“The 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 made beautiful cards and wrote, Why their moms are special to them. These cards were presented by them to their mothers.



FANCY DRESS COMPETITION : (MAY 26 ,2022 TO MAY 30,2022)

Intra-section Fancy dress competition of classes – 1 and 2 was held. Its motive was to inculcate and encourage the feeling of confidence and presentation among the students.

This activity involves holistic development of children .Results are as follow:-

Class	Name of the student	Position	class	Name of the student	Position
I M	RashikaGoel	1 st	I A	Sahibjot Singh	1 st
I M	SamreenKaur	2 nd	I A	Nistha Thakur	2 nd
I M	Aanay Singh	3 rd	I A	ParneetKaur	3 rd
I M	Khishitij	4 th	I A	Aarman Gupta	4 th
I M	Ripanpreetsingh	5 th	I A	Japmanjot Singh	5 th

Class	Name of the student	Position	Class	Name of the student	Position
I S	PrabhnoorKaur	1st	I B	Chaitnya	1st
I s	NakshGarg	2nd	I B	Manjaapsingh	2nd
I S	Shivika	3rd	I B	Gurtaj Singh	3rd
I S	HarneetKaur	4th	I B	Tanishka	4th
I S	BhagyanshSaini	5th	I B	Piyush	5th

Class	Name of the student	Position	Class	Name of the student	Position
II M	HarjapSingh,KrishnaBansal, Sharvi Sharma	1st	II A	TanveerKaur	1st
II M	Agamyadhingra	2nd	II A	Jaskirat Singh , AishitPatial	2nd
II M	BanreetKaur	3rd	II A	KavinpreetSingh,MokshitParihar	3rd

Class	Name of the student	Position	Class	Name of the student	Position
II S	SanviYadav	1st	II B	Kavya	1st
II S	Gurmanjeet Singh	2nd	II B	Niharika	2nd
II S	ManyaBharadwaj	3rd	II B	Samridhi	3rd
II S	Vivaan Sharma	4 th	II B	Keshav	4 th
II S	Samridhi	5th	II B	Aryan	5th

PRE PRIMARY SECTION II

FIRST DAY OF CLASS



This April, the start of the school year seemed more overwhelming than ever before for both parents and children.

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.





The Kindergarten section of Shivalik Public School celebrated Baisakhi with enthusiasm on April 13, 2022. Children were explained about the importance for the festival by showcasing the Punjabi culture. A lot of theme based activities were planned for students with a motive of helping them to learn various aspects of Baisakhi. Students of school, danced to the tunes of bhangra and enjoyed themselves to the fullest.

EARTH DAY

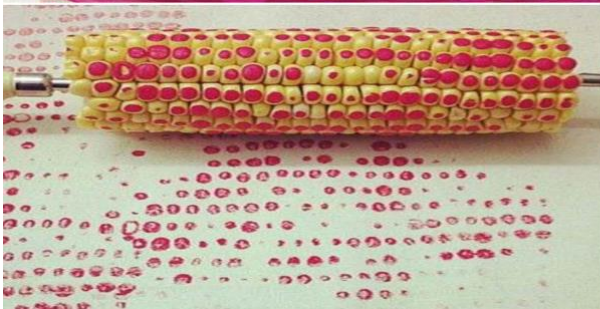


Every year, earth day is celebrated on April 22, 2022 the Students of Shivalik Public School, came with the theme of GO GREEN .To mark Earth Day and emphasis upon the need to save trees ,Kindergarten students of the school were involved in different activities depicting Earth day. They thoroughly enjoyed the seed germinating activity.The tiny tots watered the plants in the school premises. They recited slogans conveying the message of keeping surroundings clean and taking care of the Mother Earth.



VEGETABLE PRINTING

This activity was conducted by class Nursery on April,28 2022.Children acquire a variety of knowledge through painting activities. Painting in early education and care is part of its natural landscape. Painting is a way for children to do many important things: convey ideas, express emotion, use their senses, explore color, explore process and outcomes, and create aesthetically pleasing works and experience. They dipped the vegetables like potato, capsicum, lady's finger in water color and printed them on a chart paper. A discussion was also taken up on the importance of eating green vegetables.



MOTHER'S DAY



“In this world the second name of god is mother”.

The Mother's day celebrations were held in school on May 6,2022. Kids were told that the day is all about to thank a mother for all the love she is showering and efforts she is putting in since 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.



HAND PRINT ACTIVITY



This activity was conducted by class Nursery on May 17, 2022. Hand print art promotes fine motor skills useful for handwriting in later years. As kids used their hand, they explored the movement and coordination of reaching out for the paints and printed them at the spot. It also improved and stimulated eye-hand coordination and imagination power.



SEED SORTING



This activity was conducted by nursery class on May 12, 2022. Sorting helps children in improving observation skills about how things are alike and different, which further develops visual perception, fine motor muscles, reasoning and problem solving skills. While working on classifying and grouping objects, young minds are busy analyzing similarities, differences and making choices.



RHYME TIME

This activity was conducted by kindergarten wing May 28,2022, 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 helped children to experience the rhythm of a language. As they recited rhyme, they learnt to speak modulation, expressions, confidence, and actions. Rhymes also proved handy in engaging kids which is an essential component to keep them happy and cheerful.



CLOSING FUNCTION BEFORE SUMMER VACATION

Closing function was held on May 30,22 by nursery wing. The function was a mixture of different rhymes, songs, and dance performances. The students showcased lovely performances followed by prayer, musical exercise and summer song. The story 'Thirsty Crow' was also presented by the class teachers. This function was worthwhile to liberate students from the monotonous and regular routine of school and studies.



MESSAGE FROM THE COUNSELLOR

Mantras to achieve success

Dear students

Greetings

Success is not at all easy to achieve. Success in layman's language means to attain the desired goal. To achieve any goal it is important to focus on that goal. Here the word start is important and then comes the hurdles that the person goes through in order to achieve the goal and attain success. Hurdles will always be there, it's just one should know how to deal with them.



So for becoming successful in life I will be sharing some general success mantras that one can follow in life and taste the success in return. These are:

- **Set proper schedule**
Proper scheduling is needed to know what all is to be done for achieving the goal.
- **Make small targets**
At first make small goals and then go on what big targets.
- **Read motivational books, quotes**
This is a must to get motivated and inspired.
- **Work at own pace**
Completion of work is important and not the pace.
- **Self-belief is very important**
Yes I can and I will do it. This is important.

Lastly, I hope that these mantras can help in bringing success in your lives.

Harshdeep kaur

School Counselor

MESSAGE FROM THE SPECIAL EDUCATOR

Learning Disabilities: Myths and Facts

Learning disabilities are common, one to 19 percent of school going children in India have learning disability but they are usually misunderstood. As a result, the correct diagnosis is not possible and create a wrong assessment about the ever-changing patterns of the child's behaviour. Below are the common learning disability myths and facts that need to be identified.



Children are just lazy or unintelligent

Learning disabilities are not outcomes of just "kids being lazy." Having these issues does not mean a child is not intelligent. Children with learning and attention issues may be just as bright and work harder than their peers, but the results might not show. With proper intervention, accommodations and support, children with learning disabilities can succeed in life.

Learning disabilities are a cause of low vision or hearing

Some learning disabilities and co-existing conditions like ADHD may indeed result from how the brain processes sights and sounds, but this

is not the same as having poor eyesight or hearing, which corrective aids may improve.

Children can outgrow their learning disabilities

Another prevalent myth is that children with learning disabilities will outgrow them in adulthood. Learning disabilities are not curable; instead, some adults adopt coping mechanisms and strategies to reduce the impact of their learning disabilities, while some continue to struggle through their adulthood.

Children with learning disabilities have low IQ

Children with learning disabilities or ADHD generally have average or above-average IQ, but they can impact the way children receive and process information. As a result, it affects their ability to learn necessary skills like reading, writing, Maths and Social skills.

Children with learning disabilities cannot have successful careers

Children with learning disabilities and ADHD generally have average or above intelligence. However, with appropriate support and intervention, they can significantly manage their learning disabilities and succeed in school, home, and work.

Chakshu Sharma
Special educator

SHIVALIK IN NEWS



Shanan Deka, the student of Arany Public School, Chandernagore who topped the NDA's first women's batch was felicitated by the Governor of Karnataka, Sandaru Duttatreya.

This is the first time NDA is taking a batch of women after the landmark ruling of SC last year and this 19-year-old has entered her name in history by topping the entrance exam. Shanan, hailing from Boklik, was lauded and received with



sweets by Duttatreya, who encouraged her to keep going and continue working hard. She was invited by the governor and felicitated by Col Deshmukh at his residence. Accompanied by her parents,

younger sister and teacher Divendran, she graciously went on to receive her well-deserved appreciation. Shanan described it as a wonderful experience which will keep motivating her to make her family and country proud.



Gurukul Global School, Chikmagalur, in collaboration with the Chas Library Society, organised an Hindi & English creative writing 10 days of classes from 10th to 20th. The workshop was conducted by Chandni Shekhar Verma and Sanjay Kumar, renowned writers and authors. The session included with a very creative and innovative task. The students were given a chance to showcase their writing skills. A poster competition was also held to mark the workshop whereas the

Students highlight health risks of tobacco by taking part in competitions

Every year, the World Health Organization (WHO) and its partners, including the World Heart Federation (WHF), mark World No Tobacco Day (WNTD) to highlight the health and other risks associated with tobacco use and advocate for effective policies to reduce tobacco consumption. To increase awareness about the harmful effects of tobacco, the National Tobacco Control Association, organised various competitions at different levels. Students of Shivalik Public School, Mohali participated in poster making, e-poster, poetry, video making, slogan writing and video making competitions. Students brought



school. All the winners were congratulated by principal Dr Anupam Kaur. In poster making group A, Nehika Thakur of class 10 bagged first position while Pranshi of class 7 got fourth position. In poster making group B, Freehika Duggan of class VIII got first position. Aryan Chhabra of class VIII bagged second position; in poster making group C, Jaanvi of class 12 was second place, in e-poster group D Sampriddha Singh Baghel of class 10 clinched first position; in slogan writing group C, Akshat of class 8 bagged first position; in poetry writing group C & D, Shikha Guleria of class 8 and Jaanvi of class 10 won first place; in video making Ja of class 9 and Sneha of class 10 won.

Shivalik Public School, Mohali

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Shivalik Public School initiated 'everything and read'—a 100-day reading challenge which included discrete fun activities spread over 14 weeks. The idea behind the challenge was to inculcate reading habit among the students through various activities. The students, including their friends, family and grandparents participated in the challenge. Students visited the school library and shared their views on their favourite books and shared their recommendations with each other. Book talks and discussions were an important part of the visit. In order to develop analytical and creative skills in the students, a fun activity 'The three diamonds' and creating your own story based on similar theme was organised giving them a confidence of creating something unique from their imagination. The

MY VERY FIRST TREK TO TRIUND

Studied in the mist of the Dhaulagiri mountains, Triund hills are also known as the crown jewel of Dhaulagiri. Triund is one of the shortest and easiest Himalayan treks with spectacular scenery, which attracts a lot of tourists. Trekkers need to

know that the best time to visit Triund is from March to May and September to December. Triund trek isn't dangerous unless it is the monsoon or winter season. It is a moderate level trip which can be done by beginners. During your trek, you'll see beautiful forests of pine, oak and deodar.

While carrying a jacket, sweater, woolen hat, warm socks and trekking shoes. You'll also need energy drinks, snacks and water bottle to refresh your energy. Above Triund, is the Laha Glacier trek (4 kms), which offers a lovely view of the area. Once you are there, you can also visit Bhageshwar Temple, St John in the Wilderness church, Baha Laha Temple, Narbada Temple & Ganga

Students blood donor
A group of students from Shivalik Public School participated in a blood donation camp.

Students map preservation
Students of Shivalik Public School participated in a map preservation activity.

TEACHER'S PEN

Learning and memorizing new things sometimes is a real disaster for students. The process of learning takes a lot of time and makes the poor students tired.

The problem of learning slowly usually arises if you are not able to read fast enough and understand all the necessary information at the same time.

Therefore, you have to read the text again with a slower pace in order to penetrate into the sense of text and get every single piece of information. It would be much easier for pupils to go through their daily studying routine if

there was a school subject dedicated to techniques and methods of efficient learning.

to track someone what you have learnt.

- Pay attention when you learn things for the first time.

Begin with finding a peaceful and quiet place for your studying. However, each person has his/her own perfect atmosphere for learning. Sometimes, calm and relaxing music may help us to concentrate better.

TIPS TO LEARN FAST

- Familiarise yourself with the text including information about its author, pictures, introduction and conclusion.
- Visualise what you are learning.
- Then highlight the main information in the text.
- If there any possibility, try

DIPA DAS, TGT Science, Shivalik Public School

THE EDUCATIONIST

HOW TO COMBAT BOREDOM

Boredom is a common feeling—a sense of being uninterested in an activity or unamused with a task. Boredom may occur when you feel energetic but have nowhere to channelise that vitality. It may also occur when you have difficulty focusing on a task.

Children and adolescents often complain of feeling bored. At times, they may

as of their boredom and find creative solutions.

To help prevent boredom:

- Keep a record of the circumstances in which a child becomes bored. Note the time of day, place, and activities preceding the boredom, so you can avoid those circumstances.
- Make routine tasks more interesting by adding a unique element. For example, start listing tasks to see

SHARANA, TGT SOCIAL SCIENCE, SHIVALIK PUBLIC SCHOOL, PHASE 4, MOHALI



Shivalik Mohali
Apr 1 · 🌐

Spotlight

School conducts demonstration and evaluation online for nursery kids



Shivalik Public School, Mohali, organised a virtual annual programme for the young learners of class nursery. The function included two sessions, namely "Demonstration and Evaluation". The programme commenced with the melodious prayer followed by an invocation dance by the students. It was followed by a spectacular display of performances in the form of academic activities related to functional literacy and numeracy skills. Patriotic feeling was also imbued in everyone through the performance on "I am an Indian" song. The programme concluded with foot tapping dance performance. In her address, principal Anupkiran Kaur appreciated the involvement and enthusiasm of the grandparents and parents, readiness of the tiny tots for the next level of their academic journey.

Shivalik Public School, Mohali

Jan 28 · 🌐

Spotlight

Shivalik Public School, Ph 6, Mohali



The school celebrated the 73rd Republic Day of India with great zeal. Students shared enlightening speeches, poems, patriotic songs and role plays creating a euphoric ambience. The event was a plethora of multicultural online activities to commemorate the establishment of Indian Constitution based on ideals of sovereignty, justice, equality and fraternity. The online celebrations commenced with the school shabad. The programme comprised speeches in English, Hindi and Punjabi regarding the making and importance of Indian Constitution. Students from different classes presented patriotic solo songs, energetic dance medley, poetic recitation etc. Principal Anupkiran Kaur eloquently spoke about the diverse nation and importance of the Constitution. The ceremony was well complemented with the motivational message of director of Shivalik Public Schools, DS Bedi, who beckoned all students to connect through the common purpose of raising an India of our dreams, upholding the philosophy of truth, virtue and beauty.

Shivalik Public School, Mohali

Mar 2 · 🌐

Spotlight

STUDENTS PLEDGE TO DEVELOP SCIENTIFIC CURIOSITY TOWARDS LIFE

Shivalik Public School, Mohali, organised the celebrations of National Science Day, with lot of vibrancy, remembering the work of Dr CV Raman for his contribution in the discovery of the Raman Effect. The day is annually celebrated with a view to spread the message about the significance of Science and how it improves the daily lives of the common man.

The teacher and encourage interest in science and technology, different activities were organised for the school students. They were shown power point presentations on the significance of the day. A variety of scientific demonstrations that explain basic science were conceptualised and executed by the science faculty of the school. A quiz to raise awareness about science and its importance was conducted. Students also took a pledge to develop a scientific attitude towards life and work hard for the development of the country. Principal Anupkiran Kaur was a great encouragement and motivation behind the successful observance of National Science Day in the school. An overall enthusiastic approach was exhibited by the students towards the subject.



Shivalik Public School, Mohali

Spotlight

School apprises students of Swami Vivekananda's ideology



National Youth Day or Yuva Divas is observed celebrated across India every year to commemorate the birth anniversary of Swami Vivekananda. It aims to create awareness amongst the students of classes (8-12) and to provide knowledge to the youth about the right in India. The theme of the National Youth Day 2022 was "It's all in the mind".


It aimed to inspire the youth generation and to educate them to behave properly in society. The day was celebrated in **Shivalik Public School, Phase 6, Mohali**, by apprising the students about Swami Vivekananda and his teachings. Gurkirat Singh showed his presentation on the Swami's ideology. Essay writing activity was also done online on the digital platform by the NSS volunteers of the school.

SHIVALIK PUBLIC SCHOOL

Feb 25 · 🌐

Spotlight

School commemorates Science Week with visit to SAIF Punjab



To commemorate Science Week, an educational visit was organised for the students of class XI and XII (Science) of **Shivalik Public School, Mohali**, where they became a part of STUTI Awareness programme initiated by SAIF-CIL, Punjab University, Chandigarh. This visit was organised with the aim of providing students an insight of the distinct techniques being used in the field of science and research. Prof GR Chaudhary, coordinator STUTI Programme, addressed the students and provided them an overview of the programme. Afterwards, Prof Rupinder Tewari gave a key note address on the topic "Who is smarter? Man or Microbes" wherein she discussed various techniques employed for the study of microorganisms. A quiz was held at the school with members - Arshpreet Kaur, Sukhmeet Kaur, Ramang Kaur, Vaishali Thakur, Harman Singh bagged that position. Also, an extempore competition was organised wherein Daya ad Rajat of class XII bagged first and third position respectively.

A lab tour of Sophisticated Analytical Instruments Facility was also conducted where students got a glimpse about X-Ray Diffraction and ICP-MS techniques.

Shivalik Public School, Mohali

Mahatsav on the occasion of World Bicycle Day. The endeavour aimed at promoting the motto of environment protection amongst all. Students from the classes 8 to 12 participated in the rally with great enthusiasm.



FOCUS ON MYSELF

By: Sahil Sharma

One day when some kids were making fun of her and she was ignoring them as usual, I got up from my seat, went up to her and asked why she wouldn't ask them to stop. She smiled and said, "I don't care what they think of me, I am happy as I am."

I was surprised.

I started to observe her. Despite her physical disability, she was the best at everything. She had a jolly nature and was self-motivated. Seeing her, I realised that even though we have everything, yet we keep complaining. Since then, I started focusing on the little joys in life and working on improving myself.

JANNI, class VIII, AZ National Public Sr Sec School, Zirakpur

School principal flags off cycle rally



NSS, NCC and Girl Guide volunteers of **Shivalik Public School, Sector 10, Chandigarh** organised a cycle rally to mark the directions by Nelson Mandela, Chandigarh at state level. It was a great initiative undertaken to commemorate India's 75 years of independence as part of Atal Bihari Vajpayee Mahotsav. The cycle rally was flagged off by school principal Anuja Sharma, who motivated the students to wholeheartedly participate in such rallies for their holistic development. Students from classes 8 to 12 participated in the rally in the vicinity of Sector 10. They also promoted cycling as a way to stay healthy and keep the environment clean, by wearing helmets and making posters on the topic of save life.

HPSMUN witnesses well argued arguments & solution!

IF I WERE



CREATIVE CORNER

