

"Victory With Determination"



Estd. 1970

SHIVALIK TIMES



Mr. D.S. BEDI
DIRECTOR
Shivalik Public Schools

FROM THE DIRECTOR'S DESK

*"VISION WITHOUT ACTION IS MERELY A DREAM,
ACTION WITHOUT VISION JUST PASSES THE TIME,
VISION WITH ACTION CAN CHANGE THE WORLD"*

Every child is born with certain degree of courage, which is to be nurtured properly in conducive atmosphere for self expression and creativity.

It is rightly said that " When educating the minds of our youth we must not forget to educate their hearts "

In the current challenging times it is essential that children should not only excel in academics but should also develop life skills. Shivalik has laid a strong foundation to be the best in imparting knowledge and value education . As we know that childhood is the best time to lay the foundation of the core values essential for the the overall development of the future citizen of tomorrow.

We, at Shivalik Public School endeavor to optimise their creative and adventurous spirit by providing them all possible avenues of creativity , adventure and sports activities. They are encouraged with their imagination to spread wings with unrestricted thoughts. We focus on overall development of the child. At Shivalik ,we are dedicated to exhaustive quality learning and are eternally committed to a continuous process of improvement for excellence. We have endeavoured to tweak the conventional teaching and digital interaction in a manner that the tech-driven teaching does not scotch the ecstasy of imagination and visualisation. We are always open to refreshing views and suggestions which can add more value to the students of our school.

Today's youth are the leaders of tomorrow. We put in our outmost efforts to groom them boldly face the challenges that await them in the future. With continued efforts, it is our endeavor to build capacity for the lifelong learning leading to success and satisfaction as good citizens and productive workers in a knowledge society

***Born To Live,
Live To Achieve,
Achieve to Leave,
Leave To be remembered***



Ms. ANUP KIRAN KAUR

PRINCIPAL
Shivalik Public Schools

PRINCIPAL'S MESSAGE

Dear students, as we complete 50 glorious years of success in Shivalik, what comes to my mind is that "Success comes to those who work hard and stays with those, who don't rest on the laurels of the past."

The entire purpose of education is not to restrict itself to imparting bookish knowledge only but inculcate humanitarian values like wisdom, compassion, courage, humility, integrity and reliability in a student. We in Shivalikimbibes the concept of work with integrity and succeed with integrity and act as promoters of such a culture in Shivalikans. We must believe in the culture of excellence. Excellence in thinking and action is the foundation for any mission.

Dear students, you all belong to the youth community, which should stand for culture of excellence. Moreover, excellence is not by accident. One must continuously strives to better oneself.. You are not in competition with anyone else, but yourself . That is the culture of excellence. I am sure; each one of you will aspire to become unique with culture of excellence.

Learning is lifelong process, This school is oriented to the total formation of a child and to adaptations of various methods suiting the dynamics of changing world in order to achieve excellence.

The foundation for our students' success is based on the partnership among students, staff and parents. Active participation of all is essential for achieving excellence.

Shivalik, all along the journey ,has endeavoured towards excellence with collaboration of all concerned, I convey my sincere and profound appreciation with an ardent hope that you all will ever continue to support and stand by the institution which you cherish so much .Keeping in mind our mission "Victory With Determination",Shivalik will never ever fail to share learning .

As, we are in the 51st year of our revered institution, in all humility, I say ,that we all will achieve excellence together.

ALL THE BEST !



Ms. POOJA PIPLANI

Editor

EDITORIAL

Welcome to the "Shivalik Times" we are really proud and exuberant to acclaim that we are ready with all new hopes and hues to bring out this issue, which is going to surely unfold the unraveled world the most unforgettable and precious moments of the school.

I firmly believe that "A Teacher's purpose is not to create students to his own image but to develop students who can create their own image"

In Shivalik, it is our endeavour to prepare each and every child to face this competitive world with the aim of "Victory with Determination" .

We at Shivalik have encouraged and supported our children to go beyond their textbooks and to reach to the level of understanding with the introduction of 21st century tools. Shivalik is helping each student it to reach his / her maximum potential by providing with various platforms to express and excel in in all spheres of life.

Dear students be independent and confident in your disposition, honest in your dealing and grow up to be complete individual.

The reflection of the students creativity and achievements is the epitome of the newsletter.

Helen Keller rightly says that the world is moved along not only by the mighty shoves of its heroes, but also by the aggregate of the tiny pushes of each honest worker.

This herculean task of editing this school newsletter would not have been possible without the sincere support of the members of the editorial board Ms. Saranjeet Kaur, Ms Mili, Ms Ajit, Ms Amandeep Kaur, Ms Monikaand, Ms Nimisha. I am thankful to all my colleagues who dipped their oars into the turbulent water of this newsletter and have sailed it to the shore of printing it.

My heartfelt thanks are due to our revered Director Mr. D.S.Bedi and our worthy Principal Ms Anupkiran kaur for their blessings and good wishes for encouraging us.

Dear Students

Success is a journey not a destination a year from now you may wish you had started today.

Every beginner is a winner. Success is not escaping problems but facing them creatively.

There is no success without sacrifice....

Happy Reading

EDITORIAL BOARD



Ms. Amandeep Kaur



Ms. Ajeet Kaur



Ms. Monika



Ms. Nimisha



Ms. Mili



Ms Saranjeet Kaur

SCINTILLATING ACHIEVERS

CBSE STORY TELLING COMPETITION 2019

Inside each of us is a natural-born storyteller, Waiting to be released.

CBSE had launched an innovative national –level Story Telling competition for all the students ranging from class3 to class12.

It was held at multiple levels i.e at school level ,regional level and then the national level .Shivalik Students have always made their presence felt everywhere. It was a proud moment for Shivalikians when Nachiket Pathania of class VI C got selected at regional level and represented Chandigarh region at the National level to showcase his innate talent in story telling.



Nachiket Pathania
VI-C

CBSE REGIONAL SCIENCE EXHIBITION 2019

Our Students of Class 9th, Samarpreet Singh and Rajdeep Singh have been declared winners in CBSE Regional Science Exhibition, 2019 wherein they had displayed 'Ton Sewage Water Mist Transformer' under the theme 'Resource Management.' They got an opportunity to display their scientific temperament at National level too. The novel idea shown by the students won the admiration of judges

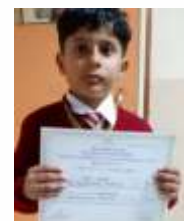
We are very proud of our students who represented our school at the National level of the CBSE Science

Exhibition 2019 and proved that "Achievers are not talented but they possess the "I can do it "attitude"



PHILATELY QUIZ WINNERS

PHILATELY QUIZ UNDER DEEN DAYAL SPARSH YOJNA was organized in the school to create awareness about the role and contribution of postal system. NACHIKET PATHANIA and GAURI CHOPRA of VI-C and IX B respectively cleared 1st round and bagged scholarship worth 6000/- for making scrap file on the topic –Incredible India.



Nachiket Pathania
VI-C



Gauri Chopra
IX-B

INSPIRE AWARD WINNER

Rajdeep Singh won second prize in Dr. A.P.J. Abdul Kalam Science Outreach Programme held at Chandigarh University Project: Blind People Helper Tools. He also qualified for State Level Inspire Award MANAK Scheme and got scholarship of Rs 10,000/-



Rajdeep Singh

2nd KOREA – INDIA FRIENDSHIP PAINTING COMPETITION

"Painting is the silence of thought and the music of sight"

Korean Cultural Centre India announced 2nd Korea-India Friendship Painting Competition 2019. The competition allowed Indian national class 1 to 12 students to participate. LIZZA VIII-S of our school received certificate of honor.



Lizza



Antam Gill

To celebrate National library week students of different schools were informed to participate in competitions organized by Central State Library, Chandigarh. Students of our school participated in different events and NACHIKET PATHANIA of VI-C stood 1st in HASYA KAVI SAMELAN .ANTAM GILL of class IX-S stood 1st in declamation.

NATIONAL GROUP SONG

**Let us go singing as far as we go,
The road will be less tedious.**

The inspirational annual competition generating patriotic fervor has come to provide a measure of Bharat Vikas Parishad's popularity and identity among the student community, their family members and the teachers. Singing melodiously students of Shivalik Public School, Mohali cheered with 2nd position.



APTITUDE TEST BY BYJU'S

**No tricks, no tools, but talent
makes a task truly top class.**

Quantitative aptitude is an inseparable and integral part of aptitude exams. As the proverb goes, 'A stitch in time saves nine', a well planned preparation for these exams help the students in future. To prove the proverb true students prepared well and brought laurels to the school



Harmandeep Singh VI-C 1st position and Sushant Garg VII-A 1st position.

WHITE HAT JUNIOR LIVE ONLINE CODING FOR KIDS

HARJAS VI B participated in White Hat junior live online coding competition. He is one of the youngest kids in the world to become a White Hat Junior certified game developer. He was awarded the certificate for game development by a panel of computer scientists from IIT, Google, Intel, Microsoft and Amazon.



ACHIEVEMENTS ADDING GLORIES TO THE SCHOOL

- Our school represented the folk culture of the northern region of India at the district level in the REPUBLIC DAY celebrations held at Government College, Phase VI, Mohali. The school team showcased the SAMMI DANCE which was awarded by the chief guest of the event Capt. Amrinder Singh, Chief Minister of Punjab.



Adding glories to the School

- To commemorate the 550th Birth Anniversary of Guru Nanak Dev Ji, Shivalik Public School Mohali organized Inter-School Shabad Gayan Competition under the programme 'HUBS OF LEARNING'. All the teams recited shabads from Guru Nanak Dev ji's Bani. Team of Shivalik Public School Mohali was adjudged as first.



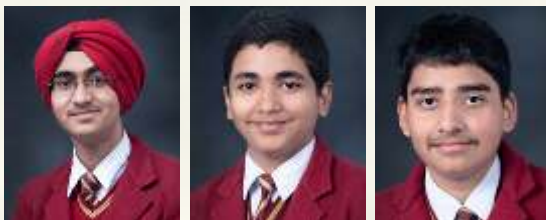
Gurkaran Singh Parikshit Negi

- Gurkaran Singh and Parikshit Negi of Class X were able to crack the first level of NTSE exam.

- Sushant Garg of Class 7 brought in lots of laurels and accolades to your esteemed school by participating in the International Olympiad of Science (iOS19-Level 2) competing with their counter parts from India and abroad despite their early ages and curved a niche for them-selves in the above Olympiad.



Sushant Garg



Tanveer Singh Shivank Mishra Prithvi

- Team of Tanveer Singh, Shivank Mishra and Prithvi of Class X stood third in Environment Awareness Quiz 2019 conducted by NCS 2019.

- Ekamjot Singh of Class X got 2nd prize in declamation competition on Guru Teg Bahadur Ji organized by Bharat Vikas Parishad



Ekamjot Singh

ANNUAL REPORT (2018-19)

WE TAKE PRIDE IN PRESENTING THE SCHOOL ANNUAL REPORT OF THE SESSION, 2019-20

- The foundation of Shivalik Public School that was laid in 1970 under the aegis of Shivalik Educational Society (Regd.), has transformed into an institution , with 4 senior secondary schools and a teacher training college, Shivalik Institute of Education and Research for imparting quality teacher education under the phenomenal leadership of a great visionary, the Director of the school, Mr.D.S.Bedi.
- Located in a sprawling campus of 10 acres, the digitally smart school has well-endowed Library and Lab facilities like Computer, Physics, Chemistry, Biology, Language Labs, and the 3D lab which is a pure delight, taking students into a life- like virtual world, where abstract ideas come to life.
- Atal Tinkering Lab shape our students' ideas through hands on do-it-yourself mode consisting of kits and equipment on – science, electronics, robotics, open source microcontroller boards, sensors and 3D printers and computers including meeting rooms and video conferencing facility.
- World class sports complex, gymnasium hall with indoor Tennis and Badminton Courts along with the fitness centre, basketball, volleyball courts well-lit with floodlit lights, deco-turf Hockey Ground laid for six –A side Hockey have been provided to offer the best sports facilities.
- The colourful nursery block, E- Blocks for our tiny tots, the herbal garden, the school auditorium and the Open Air Theatre provides an invigorating environment.
- The school's hostel separately for boys and girls well supported with dairy and the vegetable farm provides a comfortable, secure and familial atmosphere.
- It is endorsed with the supply of solar energy, self sufficient for itself.
- The school buses are also monitored with CCTV and are GPS enabled.
- We are proud to report that 2018-19 batch of X and XII students have brought laurels to the school by their excellent results.
- Sudhanshu Garg of Class XII become the topper by scoring 93.8% marks in Medical stream in AISSCE examination.
- Shiva Goel scored 90% marks in class XII Non Medical.
- Anisha Bhardwaj and Bhanvi Goyal of Class XII secured 99 marks in Physical Education
- Out of 153 students who appeared in class X board Examination in session 2018-19 , 20 students obtained 90% and above marks. And 45 students were placed between 80% and 90%.
- Yashvi Singh made us proud by scoring 96.6% marks. She was closely followed by Noor Mehta and Muskan, both stood second by scoring 96% marks.
- It is heartening to announce that Gurleen Kaur scored 100% marks in Social Science .
- Yashvi Singh, KunalKansal and Sumit Yadav scored 99 marks in Mathematics, Hindi and Social Science respectively.
- In Pariksha Pecharcha 2.0 at New Delhi, our students Sumit Yadav, Kunal Kansal, Diljot Singh, Daksh, Rajat, TanveerSingh, Isha Pandey and RaagsimranSekhon along with Dr. Onkar Singh got an opportunity to interact with the Honourable Prime Minister.
- Seven students namely Harsirat Kaur, Leisha Gupta, Ayush Sharma, AvishiSaini ,Mankamal Kaur , Riya and Gurkaran Singh received “The DeenDayal SPARSH Yojna scholarship” from the Directorate of Postal Services, Punjab.
- Geetakshi of Class XI stood Third in the Inter School declamation competition at the State Level

organised by Bharat Vikas Parishad. She was bestowed with a cash award of Rs.1100/-.

- In an inter- school declamation contest, Avishi Saini of Class IX got third prize.
- In Bharat Kojaano contest organised by the Bharat Vikas Parishad, Kunal Kansal of Class X and Prithvi of class IX won second prize.
- Yashvi Singh of Class XI secured first position in an inter school scrabble competition.
- In Inter- school Technominds competition, Sourav of Class VII secured first position in poster making competition, Lizza of Class VIII stood first in power point presentation and Tanveer Singh of Class X got second position in Website Designing.
- In Technothon competitions, Angad Partap Singh and Lizza of Class VIII bagged first prize in inter-school power point presentation and Shivam Singh of Class X got third prize in Inter School blog creation activity.
- Our students exhibited their artistic talent in "On the spot painting competition" organised by Generation Saviour Association, Himanshi, Shreya, Sukhpreet Kaur and Balwinder Kaur of class XII bagged first, second, third and consolation prizes.
- Merit positions were shared by Viney Sahni and Jasmeen Kaur of Class IX.
- In Inter- school painting competition organised by Punjab Pollution Control Board, our students Aryan of Class IV, Milan of Class V, Jasmine of Class IX and Balwinder of Class XII were awarded with trophies and certificates for outstanding performance.
- Muskan, Daen of class VIII and Gungun Dey of class VI got merit positions in poster making competition held at KHALSA COLLEGE, MOHALI.
- In Inter-school poster making competition organised by Rotary club Mohali, Muskan Tiwari of Class VIII stood second.
- The school's sports teams enthusiastically participate in different events on regular basis.
- Abhishek of class X bagged Gold medal at District and State level Taekwondo Championship.
- Shubhdeep of Class IX won Gold medal at District and State level in Taekwondo Championship. He also won Bronze medal in District level Rifle shooting Championship.
- Gunjit Singh of Class VII B got first position (Under 12) and second position (Under 14) category in lawn tennis at district level held at Sports Complex Mohali.
- Tejas of Class VII stood third in CFL Chandigarh football league and bagged achievement trophy.
- In Inter school Roller Skating Championship, Luvya Rawal of Class VIII won Silver Medal in 300 metre and 200 metre inline rink race each. She also won silver medal in 500 metre inline road race.
- Sumrita Singh of class VIII made us proud by bagging gold medals in different Taekwondo Championships held at District and State level.
- Various Inter House sports activities were organised on National Sports day. Fit India pledge was also administered.
- School has recently inaugurated Basket Ball Academy to hone the skills of the students. Students also got an opportunity to interact with the team and Satnam Singh, an International Basket Ball Player.
- In Inter- Shivalik Bookmark competition, Mankamal Kaur of class X stood first.
- In Inter-shivalik computer competitions on National Technology Day
- Team of Hargunkaur and Antam Gill of Class IX stood first. Samarpreet Singh and Avishi of class IX

stood third in Powerpoint Presentation Competition.

- Tanvir Singh got first ,Shivank Mishra secured second and ShivamVerma secured third position in Blog Creation .
- In Inter ShivalikHasyaKaviSammelan ,Varun and Tanveer Singh of class X secured first and third positions respectively.
- In Inter ShivalikKaviDarbar Competition
 - « KajalPanwar and Ekamjot Singh of class X stood first and third respectively.
 - « In Inter Shivalik Hindi declamation Shivank Mishra of class X stood second.
- In Punjabi declamation
 - « Ekamjot Singh of class X got second prize and third prize was shared by Rajat and Kajal of class X.
- In English declamation
 - « Avishi of class IX and Yashvi Singh of class XI stood first, Tanveer Singh of class X stood second, and Mannat of class XII got third prize.
- In Inter- Shivalik One act Play Competition, our students presented commendable performances and our skits were adjudged as the Best Skits in all the three languages. Varun, Sanjana Rana, Rajat, Avneet Kaur and Avishi Saini were awarded as the Best Actors.
- Our NCC parade contingents were adjudged as the best at the district level functions conducted on the occasions of Republic Day and Independence Day.
- NCC cadet Geetakshi was declared as the Best NCC Cadet and bestowed with the cash prize of Rs 4500/-
- NCC Wing of the school took out rallies emphasizing importance of swachhta and water conservation. They also participated in tree plantation drive.
- The NSS unit of the school is quite active in contributing towards social causes. A Seven Day NSS Camp was organized by NSS volunteers to promote cleanliness and sensitize the citizens.
- NSS Volunteers visited Paraplegic Rehabilitation Centre Mohali and villages to focus at core areas such as life skills, education, healthy life and clean environment.
- Yashvi Singh of Class XI was felicitated with Best Student Award and MrsRenu was bestowed with the Best Teacher Award on Guru Vandan- ChhatraAbhinandanDay .
- Mrs. Renu also won the first prize in the category of Above 18 years in the Letter Writing competition organised by department of Post, Chandigarh and was awarded with a cash prize of Rs 25000/- and a merit certificate.
- Dr. Onkar Singh was bestowed with Best Teacher award from International Institute of hotel Management for his remarkable contribution in shaping the next generation.
- MsJaspreet ,Ms. Krishma ,Ms. Dimpi and MsNeetu were honoured by the school management on teacher's day for their constant endeavour and outstanding service towards quality education.
- To remain abreast with the latest teaching learning methodologies, our teachers attended various Capacity Building Programmesorganised by CBSE. The School also organised its annual In Service Teacher Training Programme.
- Chandigarh Chapter of the National Academy of Sciences (NASI), India, organized Lecture –cum-Demonstration program for Classes XI and XII and demonstrated scientific concepts through simple



Mrs. Renu



Dr. Onkar Singh

experiments exhibiting the scientific phenomenon of Light.

- Career counselling for the Senior students is provided to inspire them to put their creative minds to think wisely about the choice of career.
- A Health Talk was organised on World Heart Day to make teachers and parents acquainted with the health problems, their causes and preventive measures. CPR was also demonstrated.
- Indian academy of paediatrics basic life support mass awareness program was organised by IAP accredited centre. 361 students of the school participated in ALS training including CPR(Cardio-Pulmonary Resuscitation) and First Aid.
- Mock Fire Drill was organised to sensitize students to under Disaster Management Programme.
- Creativity and imagination is fostered under ATL activities. Young innovators of our school come up with interesting concepts and prototypes like hydraulic lifted bridge, automatic sensor gate, future city with automatic toll Plaza, Traffic light control system etc.
- Various schools of the vicinity also actively exhibited their technical and innovative skills in different activities held on Atal Community Day 2019.
- Six days Makeshala Summer Camp was organised in the school premises under the aegis of Atal Innovation Mission, Nitiayog for classes VI To XI . Students participated in the workshop and worked on six different projects.
- Nobel Media team visited ATL Lab and were impressed by the innovative projects created by students.
- 62 students participated in "The Student Solar Ambassador Workshop" which was organised by IIT, Bombay at Atal Tinkering Lab in the premises wherein hands-on training was given to students to make their own Solar Study Lamp.
- Educational Field trips are also an integral part of our curriculum.
- Students of senior secondary visited IISER Mohali on the occasion of their 11th Foundation Day. The students witnessed fascinating experiments of science and attended a workshop on Robotics.
- Parent Orientation programmes was organized to help the parents in getting an insight about the guidelines and rules laid by CBSE for registration , curriculum and teaching pedagogy of the school.
- Council members were bestowed with badges and ranks in an investiture ceremony. They were administered oath by the Director Mr. D.S Bedi. They pledged their commitment to uphold the school ethos to the highest order.
- Exhibitions are organized in the school to develop a scientific and creative attitude.
- Theme based assemblies are conducted to help the students to gain different values, life skills, importance of National and International Days.
- A medical health check-up by qualified and dedicated professionals under under the School Health Programme.
- Dear Parents, it gives me remarkable pleasure to announce that another branch of Shivalik in Sector-78 is sprucing up soon in the approaching months. Making it the 5th branch of the Shivalik flagship of Institutions.
- We avail this opportunity to express a heartfelt thanks to our revered Directors Mr. D.S Bedi, and Mrs. Satwant Bedi whose sagacious judgement, sincere advice and positive approach, boost our efforts to make Shivalik Public School one of the best schools.
- So ,in the end, I would like to conclude by saying: Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence.

GLIMPSES OF ANNUAL FUNCTION 2019-20

A rainbow of colours unfurled on the stage as Shivalik Public School, Mohali celebrated its Annual Prize Distribution and Cultural Programmes.

THE PRE-PRIMARY, PRIMARY, JUNIOR AND SENIOR SECTIONS OF SHIVALIK PUBLIC SCHOOL, MOHALI CELEBRATED THEIR ANNUAL FUNCTIONS AND PRIZE DISTRIBUTIONS AMIDST GREAT ZEST, VIBRANCY AND ELATION. THEIR PERFORMANCES ENTHRALLED THE SIZABLE NUMBER OF THE AUDIENCE DURING THE PROGRAMMES

EXOTIC MOVEMENTS CLASS NURSERY TO KG





EXPRESSION WELL EXPRESSED

CLASS I TO II



A failure is a man who has blundered, but is not able to cash in on the experience.



PARADISE ON EARTH

CLASS III TO V

There is only one success--to be able to spend your life in your own way.



A RHYTHMIC FEAST

CLASS VI TO VIII



Success is sweet: the sweeter if long delayed and attained through manifold struggles and defeats.



VIBRANCY OF YOUTH

CLASS IX TO XII



PROUD WINNERS OF THE SCHOOL

JUNIOR SCHOOL (III-V) | FIRST IN ACADEMICS(2018-19)

CLASS NAME

V M SEHAR MEHTA
V S NATIK GOYAL
V A HARNAVROOP KAUR
V B ANANYA
IV M AANYA THAKUR
IV S HARIANSH KHERA
IV A MEHAK
IV B HARSHITA
IV C SUKHMANJOT
III M PALAK DHIMAN
III S JASKIRAT SINGH
III A SAHJOT SINGH
III B SAKSHIT

BEST IN DRAMATICS(2019-20)

V M DHRUV MITTAL(ENGLISH)
IV B MEET BRAR(HINDI SKIT)
V A ANHAD SINGH
V S SAHIBA SIDHU

BEST IN DECLAMATION(2019-20)

III M ALISHAV BCHAITYANYA(HINDI)
IV B GURLEEN KAUR (PBI)

BEST IN ART & CRAFT(2019-20)

III S MANMEET SINGH
IV M ERIK SHARMA
V B MILAN

BEST IN PROJECT MATHS & EVS

III M TEJ SHARMA
IV S ISHITA
V B DIKSHANT
III S VIRAT
IV M DIVYANSH
V A NISHTHA

BEST IN SINGING

V M TARUNDEEP
IV A ARMAANVIR SINGH
III B GURNOOR

BEST IN POETIC RECITATION

IV M PRATYUSH PIPLANI(HINDI)
IV S ANSHVEER SINGH(PBI)
IV B AVNEET KAUR

BEST IN COMPUTER

III M DAKSH
IV M AVNI SAIN
IV M HARSH

BEST IN SPORTS

IV B JASPREET SINGH
V M ANSHIT
V M AMRIT
V M AGAMJOT SINGH

BEST IN CALLIGRAPHY

III B DEEPAL
III S TANNOOR SUDAN
III A AMAIDHI JHA
IV A HIMANSHU
IV C NISHA BINDRA
IV B SIMRAT KAUR
VM MANAV CHAUDHARY
VA PRBHLEEN KAUR
VB RAVNEET KAUR

100% ATTENDANCE

III M SNEHA GUPTA
III S PREETI
III S RAVJEET SINGH
III A JASHANDEEP SINGH
III A JASHAN DEEP KAUR
III A PIYUSH SHARMA
III B REHMAT KAUR
IV M ANUBHAV MISHRA
IV S ABHIMANYU
IV A TRIPTA
IV B JASPREET SINGH
IV C JASPREET KAUR
IV C BHAVYA
IV C HARMAN SINGH
V M ANISHA
V S GAGANVEER
V S GURDIT SINGH
V S MANVEER SINGH
V A AMANPRRET
V A HIMANSH
IV A KARAN KUMAR
V B AMRIT SHARMA
III S KARTAVYA
IV C PRIYANSHU

MIDDLE SCHOOL (VI TO VIII) | FIRST IN ACADEMICS(2018-19)

CLASS NAME

V M AMBIKA
V S AKSHITA BHADWAL
V A KHUSHDEEP KAUR
V B AISHVI THAKUR
V C NACHIKET
VI M HARSIRAT KAUR
VI S GURSHARN KAUR
VI A SHUSHANT GARG
VI B IKSHITA
VII M KHUSHDEEP KAUR
VII S LIZZA
VII A SAHIBA JOSHI
VII B DISHA

BEST IN DRAMATIC(2019 -2020)

VIII B PARTH
VIII M HIMANSHU
VIII A SAHIBA JOSHI
VII B KRISHNA
VIII M SUMRITA
VI M MAHI

BEST IN DECLAMATION(2019 -2020)

VII S KHUSHMEET KAUR
VIII M ANKITA PANDAY
VII B IKSHITA
VI S JASMEET KAUR
VII A HUNARDEEP KAUR
VIII M NAVKARAN SINGH
VI C KHUSHDEEP KAUR
VII A NAVDEEP SINGH

BEST IN ART AND CRAFT(2019 -2020)

VI M GUNGUN DEY
VII B ANAYA
VII A KAMALJIT KAUR

BEST IN SINGING(2019 -2020)

VI S VAIABHV
VII M ANISHA
VIII M KHILIN

BEST IN COMPUTER(2019 -2020)

VI C NACHIKET
VII A SOURAV
VIII S LIZZA

BEST IN PROJECT WORK(MATHS)(2019 -2020)

VI C ANSHUMAN
VII B AKASHDEEP SINGH
VIII M HARMAN KAUR
VIII M KULJIT KAUR

BEST IN PROJECT WORK(SCIENCE)(2019 -2020)

VI C GURANMOL KAUR
VI A JAIVEER SINGH
VII B ANSHPREET SINGH
VIII S GAGANPREET SINGH
VIII S AYUSH BHARDWAJ

BEST IN LIBRARY READING(2019 -2020)

VI B HARSIMRAT KAUR
VII B NISHITA
VIII S AMAN JAIN

BEST IN POETIC RECITATION(2019 -2020)

VIII M KHUSHDEEP KAUR
VII A JIYAVI SMANNAT
VIII B IQWINDER KAUR
VII A GURKAMAL KAUR
VI C HARSIRJAN KAUR
VII M HARSIRAT KAUR
VII M AFREENVI SAKSHIT
VI S MANNAT KAUR

BEST IN SPORTS(2019 -2020)

VI M SAHIB SINGH
VIII A URMILA
VII M AMANPREET SINGH
VII M GUNINDER SINGH
VII S SAHIB SINGH
VII B PUNEET KAUR
VIII M SUMRITA
VIII M LUVYA
VIII S NESYA RAJ KAUR
VIII S AYUSH SHARMA
VIII S SAQLAIN
VIII A TANIYA SINGH
VII B GUNZZIT SINGH

SENIOR SCHOOL (IX TO XII)

BEST IN STAGE ACTIVITIES (DRAMATICS)

IX-S SANJANA
IX-A AVNEET KAUR
X-A VARUN THAPAR
X-B RAJAT
XI GEETAKSHI

BEST IN LANGUAGE ACTIVITIES

IX-A AVISHI SAIN
IX-A KAJAL PANWAR

BEST IN ART & CRAFT

IX-S VINEY SAHNI
X-A SWATI SHARMA

BEST IN COMPUTERS

IX-M HARGUN KAUR
X-M TANVEER SINGH

BEST IN PROJECT WORK (SCIENCE)

IX-M RAJDEEP SINGH
IX-B SAHIL TULANI
IX-S ABHI KANSAL
X-B HARJASUDAY SINGH

BEST IN PROJECT WORK (MATHS)

IX-S HARSHDEEP KAUR
X-A SAHIBPREET SINGH

BEST IN SPORTS

IX-A SHUBHDEEP SINGH
X-S ABHISHEK DHIMAN

BEST NCC CADET

IX-M ROHIT SHARMA
X-B AMANJOT SINGH

BEST NSS VOLUNTEER

XII AMARVIR SINGH
XII SHREYA

BEST IN LIBRARY READING

IX-S GURSIMARPREET SINGH
X-M SHIVANK MISHRA
XI JASPREET KAUR
XII GAGANAJIT SINGH

MOST PROMISING STUDENT ATAL TINKELING LAB

IX-S ABHINAV MAHESH
IX-M SNEHA THIND

TOP OF PYRAMID- ALLROUNDERS (2019-20)



III
VIDUSHI



IV
ADITI



V
VAMIKA



VI
SANA NAHAR



VII
MISHTHI PIPLANI



VIII
ANGADPRATAP SINGH



IX
ANTAM GILL



X
SHIVAM



XI
YASHVI SINGH



XII
NIDHI

ANNUAL SPORTS MEET

'Gold medals aren't really made of gold.. They're made of sweat, determination and hardwork'

Sports help in overall physical as well as mental development of the student. While playing with each other children develop a sense of team spirit, self confidence and positive attitude.

We celebrated our Annual Sports Day for all the students right from kindergarten to Senior Wing, on the sprawling grounds. Students winning in various races and events were appreciated and awarded medals.

JUNIOR SCHOOL

CLASS – NURSERY –M

BOYS

EVENT : TEDDY BEAR RACE EVENT : BUNNY RACE

- 1st. Ekambir Singh
- 2nd. Aviyansh Gandhi

EVENT : FLAG RACE EVENT : ZIG-ZAG RACE

- 1st. Samdeep Singh
- 2nd. Ekamveer Singh

GIRLS

- 1st. Kritika
- 2nd. Reva Sharma

- 1st. Aashi Thakur
- 2nd. Samreet Kaur

CLASS – NURSERY –S

BOYS

EVENT : TEDDY BEAR RACE EVENT : BUNNY RACE

- 1st. Harkawal Singh
- 2nd. Harjas Singh

EVENT : FLAG RACE EVENT : ZIG-ZAG RACE

- 1st. Aakrit Yadav
- 2nd. Aarav Saini

GIRLS

- 1st. Reet
- 2nd. Saesha

- 1st. Prabhnoor Kaur
- 2nd. Amreen Kaur

CLASS – L.K.G. M

BOYS

EVENT : BIRTHDAY BASH EVENT : BALL BALANCING RACE

- 1st. Chiragdeep
- 2nd. Vivan Sharma

EVENT : CUP STACKING RACE EVENT : HULA HOOP RACE

- 1st. Samarth
- 2nd. Rudra

GIRLS

- 1st. Asreet
- 2nd. Dwiti

- 1st. Agamya
- 2nd. Sehaj Simar

CLASS –L.K.G. S

BOYS

EVENT : BIRTHDAY BASH EVENT : BALL BALANCING RACE

- 1st. Yuvraj
- 2nd. Mohd. Faisal

EVENT : CUP STACKING RACE EVENT : HULA HOOP RACE

- 1st. Mahin Kumar
- 2nd. Aarav Dhiman

GIRLS

- 1st. Ravya
- 2nd. Shristi

- 1st. Gurleen
- 2nd. Divyanshi

CLASS – L.K.G. A

BOYS	GIRLS
<u>EVENT : BIRTHDAY BASHEVENT : BALL BALANCING RACE</u>	
1st. Gurmaaninder Singh	1st. Aaruhi
2nd. Mayank	2nd. Gurpreet Chaudhary
<u>EVENT : CUP STACKING RACEEVENT: HULA HOOP RACE</u>	
1st. Guranash Negi	1st. Devanshi
2nd. Jasroop Singh	2nd. Avni Rana

CLASS – K.G. M

BOYS	GIRLS
<u>EVENT : HULA HOOP AND BALL RACEEVENT : BUILDING THE BLOCKS RACE</u>	
1st. Harnoor Singh	1st. Bismun
2nd. Bhagatveer Singh	2nd. Aanchal
<u>EVENT : BOTTLE RACEEVENT: FLOWER RACE</u>	
1st. Utkarsh	1st. Aditi
2nd. Aarav	2nd. Ishika

CLASS – K.G. S

BOYS	GIRLS
<u>EVENT : HULA HOOP AND BALL RACEEVENT : BUILDING THE BLOCKS RACE</u>	
1st. Aagman Yadav	1st. Krisha
2nd. Harjas Singh	2nd. Kashish Sharma
<u>EVENT : BOTTLE RACEEVENT: FLOWER RACE</u>	
1st. Satbir Singh	1st. Aditi
2nd. Akshit Singh	2nd. Ashima

CLASS – K.G. A

BOYS	GIRLS
<u>EVENT : HULA HOOP AND BALL RACEEVENT : BUILDING THE BLOCKS RACE</u>	
1st. Jasnoor Singh	1st. Manreet Kaur
2nd. Dev Rajpoot	2nd. Jasleen Kaur
<u>EVENT : BOTTLE RACEEVENT: FLOWER RACE</u>	
1st. Samarvir Singh	1st. Gurleen Kaur
2nd. Hitesh	2nd. Ishana

CLASS – K.G. B

BOYS	GIRLS
<u>EVENT : HULA HOOP AND BALL RACEEVENT : BUILDING THE BLOCKS RACE</u>	
1st. Nivan Katoch	1st. Harliv Kaur
2nd. Anshuman	2nd. Gurman Kaur
<u>EVENT : BOTTLE RACEEVENT: FLOWER RACE</u>	
1st. Veronic	1st. Dhruvi Thakur
2nd. Viraaaj	2nd. Anaya Jamwal

CLASS – K.G. C

BOYS	GIRLS
EVENT : HULA HOOP AND BALL RACE	EVENT : BUILDING THE BLOCKS RACE
1st. Fateh Singh	1st. Manishka
2nd. Samar	2nd. Ashima
EVENT : BOTTLE RACE	EVENT : FLOWER RACE
1st. Harveer Singh	1st. Agamnoor Kaur
2nd. Manjot Singh	2nd. Tanvi

I-II WINNERS

CLASS – II M

50 METRE RACE (GIRLS)	50 METRE (BOYS)	50 METRE (GIRLS)	50 METRE (BOYS)
1. HARSIRAT KAUR -I	1. SIMRANJEET-I	1. HARNOOR KAUR	1. ISHPREET
2. YASHIKA- II	2. PRABHJOT- II	2. PIHU	2. ARMANVIR
BOOK BALANCE	HURDLE RACE	LEMON & SPOON (GIRLS)	ZIG ZAG RACE
1. RIDHIMA-I	1. AARIF	1. NISHIKA	1. SHREYANSH
2. DIYA -II	2. TEJBIR	2. GARIMA	2. LAVISH

CLASS I M

CLASS –II S

50 METRES RACE (GIRLS)	50 METRE (BOYS)	50 METRE (GIRLS)	50 METRE (BOYS)
1. GUNJAN-I	1. DARSH -I	1. AKRITI	1. ADITYA
2. NAVIKA -II	2. GHRITAV-II	2. PIHU	2. DIVYANSH
BOOK BALANCE	HURDLE RACE	LEMON AND SPOON	ZIGZAG
1. AARADHYA SAKLANI	1. AARMANDEEP	1. MEHAK	1. MAYANK RAI
2. KRITIKA	2. AGAM	2. PRISHA	2. NIHAL

CLASS I S

CLASS IIA

50 METRE (GIRLS)	50 METRE (BOYS)	50 METRE (GIRLS)	50 METRE (BOYS)
1. SUKHPREET	1. GURICK SINGH	1. LOVELY	1. SHAURYA
2. MUSKAANJEET	2. SHREYAN SAJTA	2. PRAKRITI	2. NAUNIHAL
BOOK BALANCE	HURDLE RACE	LEMON AND SPOON	ZIG ZAG
1. NAVSIRAT	1. ARJUN SRIVASTAVA	1. DIVYANSHI	1. PRABHROOP
2. SUHANA	2. VIHAAN	2. GURSHAGAN	2. SAMAR

CLASS I A

CLASS IIB

50 METRE (GIRLS)	50 METRE (BOYS)	50 METRE (GIRLS)	50 METRE (BOYS)
1. KHUSHI	1. JAY ADITYA SAINI	1. ARPANJOT	1. ALOK
2. NAVREET	2. ABHIRAJ SINGH	2. TANISHA	2. CHAITANYA
BOOK BALANCE	HURDLE RACE	LEMON AND SPOON	ZIG ZAG
1. PARI	1. JORAWAR SINGH	1. GURNOOR	1. KUNJ
2. PRABHLEEN	2. ABHAYINDER	2. MEHARDEEP	2. ISHANT

CLASS 1 B

CLASS IIC

50 METRE RACE (GIRLS)	50 METRE (BOYS)	50 METRES (GIRLS)	50 METRE (BOYS)
1. GURJOT KAUR	1. HARJAS	1. SEHHEJPREET	1. GURBANBIR
2. MANSIRAT KAUR	2. AKSHAT	2. YASHIKA	2. SHREYANSH
BOOK BALANCE	HURDLE RACE	LEMON AND SPACE	ZIGZAG
1. HARLEEN KAUR	1. EKAMDEEP	1. EKROOP	1. MANMEET SINGH
2. SWARNIKA	2. SAMAKSH	2. NARINDER	2. HARSHIT

CLASS 1 C

III-V WINNERS

50 METRE RACE

NAME	CLASS	POSITION	NAME	CLASS	POSITION
TANISH	III S	FIRST	RITIKA	III A	FIRST
KARTAVYA	III S	FIRST	SAUMYA	III S	SECOND
MANPREET SINGH	III B	SECOND	SHRISTI	III M	THIRD
AKSHIT	III M	THIRD			

LEMON RACE

NAME	CLASS	POSITION	NAME	CLASS	POSITION
MANMEET SINGH	III S	FIRST	KAVYA	III A	FIRST
ARUSH	III B	SECOND	NITIKA	III M	SECOND
DIVYANSH	III B	THIRD	SHIVANGI	III A	THIRD

ZIG ZAG RACE

NAME	CLASS	POSITION	NAME	CLASS	POSITION
TANISH THAKUR	III A	FIRST	JASLEEN	III S	FIRST
DAKSH	III M	SECOND	JASHANDEEP	III A	SECOND
HARI	III S	THIRD	CHETNA	III M	THIRD

50 METRE RACE

NAME	CLASS	POSITION	NAME	CLASS	POSITION
PRABHJEET SINGH	IV C	FIRST	AANYA THAKUR	IV M	FIRST
GURNOOR SINGH	IV S	SECOND	MEHAK	IV A	SECOND
ANSHVEER SINGH	IV S	THIRD	ADITI	IV B	THIRD

LEMON RACE

NAME	CLASS	POSITION	NAME	CLASS	POSITION
PRIYANSHU	IV C	FIRST	MANNAT RANA	IV S	FIRST
DISHANT	IV B	SECOND	ANSHIKA	IV M	SECOND
ADITYA	IV S	THIRD	MEHAK	IV A	THIRD

ZIG ZAG RACE

NAME	CLASS	POSITION	NAME	CLASS	POSITION
KARANVEER	IV B	FIRST	ARSHDEEP KAUR	IV A	FIRST
PARAMBIR SINGH	IV M	SECOND	JASPREET KAUR	IV S	SECOND
PRIYANSHU	IV S	THIRD	RAGINI	IV M	THIRD

50 METRE RACE

NAME	CLASS	POSITION	NAME	CLASS	POSITION
MANAV	V A	FIRST	ANANYA	V B	FIRST
SAHIL	V A	SECOND	JASMEET	V B	SECOND
HITANSH	V S	THIRD	SHREYAS	IV S	THIRD

LEMON RACE

NAME	CLASS	POSITION	NAME	CLASS	POSITION
ARYAN	V B	FIRST	SANJANA	V B	FIRST
DUSHYANT	V A	SECOND	PREETIKA	V B	SECOND
KARANVEER SINGH	V M	THIRD	GAGANDEEP KAUR	V M	THIRD

HURDLE RACE SKIPPING RACE

NAME	CLASS	POSITION	NAME	CLASS	POSITION
KARANVEER SINGH	V A	FIRST	RAVNEET KAUR	V B	FIRST
PAVAN	V S	SECOND	RAMAN	V M	SECOND
MANPREET SINGH	V A	THIRD	SABIHA	V S	THIRD

VI-VII WINNERS

CLASS VI

BOYS

100mt

NAME	CLASS	POSITION
SAHIB SINGH	VI M	I
PARMINDER SINGH	VI B	II
AADITYA KUMAR	VI S	III

BALL RACE

NAME	CLASS	POSITION
VINAY	VI C	I
AMRITPAL SINGH	VI S	II

LEMON RACE

NAME	CLASS	POSITION
JATIN BABBAR	VI C	I
AMRINDER SINGH	VI M	II
SOHAM BANSAL	VI S	III

GIRLS

100mt

NAME	CLASS	POSITION
DEEPIKA DEVI	VI A	I
LAKSHMI VAISHNAVI	VI B	II
HARLEEN KAUR	VI A	III

SKIPPING RACE

NAME	CLASS	POSITION
MANNATBIR KAUR	VI M	I
HARBALB KAUR	VI M	II
HARSIMRAT KAUR	VI B	III

LEMON RACE

NAME	CLASS	POSITION
SIMRAN KAUR	VI M	I
RAVNEET KAUR	VI A	II
RITIKA KUMARI	VI B	III

CLASS VII

BOYS

100mt

NAME	CLASS	POSITION
SEHAJ PADDA	VII B	I
VISHNU	VII A	II
HARMAN RANOTE	VII B	III

200mt

NAME	CLASS	POSITION
GURDIT SINGH	VII S	I
HUZAIR	VII B	II
RAJRATTAN	VII A	III
VANSH SHARMA	VII M	III

OBSTACLE RACE

NAME	CLASS	POSITION
SEHAJPREET SINGH	VII B	I
SUSHANT GARG	VII A	II
SADIK	VII S	III

GIRLS

100mt

NAME	CLASS	POSITION
ANISHA PANDEY	VII M	I
GURKAMAL KAUR	VII A	II
MEENAL	VII M	III

SKIPPING RACE

NAME	CLASS	POSITION
DOPINDER KAUR	VII S	I
PALAK	VII B	II
JASPREET SEJAL	VII M	III

LEMON RACE

NAME	CLASS	POSITION
HARSHAL	VII S	I
NITA DEVI	VII B	II

CLASS VIII

BOYS			GIRLS		
100mt			100mt		
NAME	CLASS	POSITION	NAME	CLASS	POSITION
MANKIRAT SINGH	VIII A	I	TANIYA SINGH	VIII A	I
ARMANDEEP SINGH	VIII S	II	NIKITA SHARMA	VIII B	II
PUSHKAR	VIII S	III	KASSAK	VIII S	III
200mt			SKIPPING RACE		
NAME	CLASS	POSITION	NAME	CLASS	POSITION
SAQLANE	VIII S	I	DINNAIN KAUR	VIII A	I
GAGANDEEP SINGH	VIII B	II	MEHAKPREET	VIII A	II
BHAVISHYA	VIII	III	KHWAISH	VIII S	III
OBSTACLE RACE			LEMON RACE		
NAME	CLASS	POSITION	NAME	CLASS	POSITION
ROHIT MATHUR	VIII M	I	LIZZA	VIII S	I
AYUSH TRIPATHI	VIII M	II	SAHIBA	VIII A	II
AYUSH SHARMA	VIII S	III			

SENIOR SCHOOL

Shivalik Public School ,Mohali celebrated its Annual Sports Day for the students of Senior Wing, here today, on the sprawling grounds.

A scintillating start to the day's programme began with the March past which was crowning glory of all sporting events .The well synchronized parade consisting of the cadets of NCC boys, followed by the contingent of class X M & X S followed by the students of class X A & X B.

The ceremonial sports torch was lit by the school Director marking the commencement of the sporting events of the day .He addressed the student with his inspiring words explaining the importance of sports and outdoor activities in student's life.

The event was marked by the impressive aerobics and Military drill. Formation of 2 - tier ,3 - tier and 4- tier pyramids by class IX and X boys reflected a dramatic showpiece of their daily endeavor , exemplary precision and daredevil techniques .

Nidhi ,head girl of the school administered the oath of unity and integrity ,followed by all the participants of the sports event with true sportsman spirit.

More than 350 students participated in the customized and fun filled track and field events such as 200 meters ,400 meters,shuttle run ,standing skipping ,medicine ball throw etc. The day concluded with the award ceremony wherein the winner of cluster sports tournaments and CBSE zonal tournament were awarded too.

The winners were felicitated with medals and certificates .School Principal Ms Anupkiran Kaur appreciated the students for enthusiastic participation in the sports day programme and also thanked the staff for the meticulous planning and execution of the sports events.

A SCINTILLATING VIEW OF ANNUAL SPORTS MEET



SYNCHRONISATION



STANDING TALL WITH PRIDE



TAKE THE LEAD



EXPRESSION OF CONTENTMENT

MUSIC MAESTROES MESMIRISED SHIVALIK CAMPUS

Here held a Guitar Recital program presented by SPIC MACAY; an organisation dedicated towards the preservation of Indian culture, motivating the youth to discover the wonderful treasure of Indian culture . Dr. Kamala Shankar a renowned Slide Guitar musician, graced the occasion accompanied by another Slide guitar maestro Shri NirmalSaini and Shri Jyanswarup Mukherjee a well knowntabla master. Dr. Shankar is first lady Indian Classical Slide Guitar musician who has enthralled the world through her immaculate and melodious renditions of Indian classical music. She has the credit of inventing the Shankar slide guitar.



The music maestros mesmerised the students with their immaculate and melodious renditions. In the age of an inclination towards rap singing and pop culture it was a wonderful endeavour by SPICMACAY wherein the students got an opportunity to familiarise with their glorious heritage and Indian legacy

EXCURSIONS

Every student loves to get out of the classroom and explore. Great school excursions take planning and effort but the rewards can be huge for both students and teachers and something students will remember for a long time. Keeping this in mind Shivalik Public School, Mohali planned excursion to Science City, Kapurthala and Kurukshetra Panorma & Science Centre.

LETS CATCH A SIGHT OF LEARNING OUTSIDE THE FOUR WALLS



Learning Imprints on Gentle Minds

EFFECTIVE COMMUNICATION

Communication refers to the exchange of thoughts and ideas with the intention of conveying information. Communication is a two way street that includes vocalization as well as gesticulation. The purpose of communication is to convey one's beliefs, ideas, thoughts or needs with clarity so as to reach a consensus or a mutually acceptable solution.



The importance of communication skills cannot be underestimated. It has been known, that long before when language was yet to be invented, people used hand gestures, body language etc to converse with one another. Good communication skills are necessary in all walks of life. The lack of effective communication skills has a negative impact on the personal as well as professional life of a person.

Communication skills are essential for the successful future career of a student. Reading, writing and listening carefully are the three most important communication skills for students. These skills like most of the communication skills sounds too familiar as a result of which we take them for granted.

Apart from reading and writing presentations, reports and speeches are a part of school curriculum. This has been introduced in schools and colleges for the overall development of students. This makes expressive skills and managing skills also important for a student. It is also important to develop communication skills in relationships.

Realizing the importance of these skills in modern day life, most schools have made it a regular part of their curriculum. Here comes the role of expressive skills and managing skills.

Expressive skills are those which are used to express our feelings, thoughts and expressions and thus get across our point successfully to the listener. To develop expressive skills, students need to learn is how to communicate effectively and get the full attention of the listeners.

Listening skills are also an important skill that should be taught to a student. Listening skills should not only be limited to the classroom but also in a normal conversation. Students should be taught as how to give undivided attention to a person with whom a conversation is taking place.

Also, students should be taught as to how to show the other person respect when the other person is speaking. Such etiquette is a part of conversation in every sphere of life, be it professional or personal.

The first activity to develop communication skill in students is group activities. Teachers should limit group activities not only in the classroom but also ask students to complete assignments in equally divided groups. Also the teacher should continuously change the groups. This is so that there is more interaction among the students. This process helps a lot in the long run.

The next activity is to develop communication skills for students. This is to put in the habit of active listening. For this, the teacher should continuously read out something from newspapers magazines and other sources in order to ask questions from that. Also the teachers should make it a point to encourage active participation of the students.

By infusing a healthy feeling of competition and curiosity in students, it would become possible to develop communication skills for students.

Students also have unaddressed language or speech difficulties which lead to poor communication. Personality differences and peer pressure add to the mix, making some classroom interactions feel awkward or forced. All these factors make the development of Communication skills an important factor in shaping an individual's personality. Good communicators will always exhibit a higher self-esteem. Effective Communication skills aid in the development of leadership skills, empathy and emotional intelligence which are the prerequisites of 21st century.

Ms Malvinder Kaur

OLYMPIAD CHAMPIONS

Olympiad helps to identify a child's capability and real potential that may help him survive better in today's modern competitive world. They motivate students to endeavor for better and deeper understanding of scientific facts so as to enhance their reasoning, analytical and problem solving skills. They also bring out the areas lacking proficiency so that a proper orientation can be given to improve in that area.

ENGLISH- NACHIKET 6C 2nd SILVER & RAJDEEP 6B 1st GOLD

MATH- NIMRAT 6S 3rd BRONZE

SCIENCE- NACHIKET 6C, SUSHANT 7A & SUHANI 8B 1st Position GOLD Medal

HARSIRAT 7M 2nd Position SILVER Medal

NAMAN GUPTA 6B & GURINDER 7M 3rd BRONZE

COMPUTER - SWARN 7A 1st OLD GOLD

GREEN OLYMPIAD-

- LIZZA 8S 3rd BRONZE
- Atulaya of class V – B won Gold Medal in English Olympiad.
- Dhruv of class V – M got first position in school and he also bagged 19th position in city in G.K Olympiad
- Dishant of class IV – B won Gold medal in Science Olympiad.
- Atulaya of class V – B won Gold Medal in Science Olympiad.

OUR GEMS.....



Sushant Garg VII A



Nachiket



Harmandeep VI C



Harjas VI B



Gauri Chopra



Dishant IV B



Atulaya V B



Swaran VII A



Dhruv V M

SPECIAL ASSEMBLIES

STAY CONNECTED WITH YOUR ROOTS

ENRICH | ENGAGE | EVOLVE

CHRISTMAS CELEBRATIONS



Special assembly was organized in the school auditorium. Students of classes III-V participated with zeal and enthusiasm. Students presented spectacular dances , carols and skit followed by poems and speeches.



Let us sing together

To commemorate the sacrifices laid by CHAAR SAHIBZAADE; a video was shown to the students. Special Assembly was conducted which included poetic recitation , speeches , thought provoking presentations and teacher's talk. The school Principal Ms. Anupkiran Kaur apprised the students about the bravery of sikh Gurus and motivate the students to spread the message of Universal brotherhood.

ASSEMBLY COMMEMORATING 550TH BIRTH ANNIVERSARY OF SRI GURU NANAK DEVJI

Gurupurab Assembly

"By conquering your mind, you conquer the world."

A special assembly on the eve Gurpurab was conducted to mark the birth anniversary of the first guru of Sikhs, Guru Nanak Dev ji. The assembly commenced with a morning prayer. The students shed light on the significance of Gurpurab and various rituals associated with the festival.



Holy occasion solemnisation

A STEP TOWARDS BUILDING BETTER SOCIETY

SEVEN DAY NSS CAMP WITH SENSE OF COMMITMENT

NSS unit of Shivalik Public School Mohali , inaugurated a week long NSS Camp on its campus held from 18-12-2019 to 24-12-2019 with the motto “ Not me but you”. 27 STUDENTS VOLUNTEERS were registered. The Chief Guest of the day, Dr. Jyoti Soni, Principal B.Ed college along with guests of honour, Dr Teena Chopra and Ms. Harneet Kaur were greeted by School principal, Ms. Anupkiran Kaur with the saplings of trees for promoting the habit of greening of city, followed by the lamp lighting ceremony by the



dignitaries

s .The opening day started off with enchanting the school shabad followed by the series of programme including Thought of the day by Jasleen Kaur, PPT on NSS objectives by Shaina and Jaspreet , Speech on NSS by Brahmsimran and Yashvi Singh to inculcate social welfare in students. Poem on social service by Runyunpreet Kaur mesmerised the dignitaries followed by the NSS group song presented by the 27 NSS volunteers from class XI who seemed fully charged with the zeal to serve the society.



Care for Mother Earth

Seven days programme schedule was discussed by Ms. Shalini Anand led by the orientation session by Ms Pooja Gosain and Ms. Kartar Kaur on Stress Management. The Resource persons highlighted the key sources of stress and trained the audience, through several Yogic Kriyas and techniques to manage everyday stress. Through interesting interactive sessions, they touched upon the subtle and useful ways to tackle Physical, Mental, Emotional and Financial Stress effectively .



The Unit visited the herbal garden and undertook the noble task of planting saplings and spreading greenery and the awareness drive by Ms. Ruchika about benefits of various trees and plants . It was indeed



a fruitful pursuit to bring the students closer to the real situations and realize the importance trees.

The day concluded with an informative and productive words of the chief guest who called on the students to be a good citizen by imbibing good values and set an example for the rest and asked students to work sincerely and take up the responsibility of developing our society. School Principal inspired the students by highlighting the



Competitive Students

Culmination of 7 Day NSS Camp with stern commitment to serve the nation.

The NSS camp culminated up with great fervour and enthusiasm in which the student volunteers of the school NSS Unit actively participated.

Dr. Jyoti Soni, Principal of Shivalik Institute of Education and Research, Mohali, the chief guest of the valedictory function was welcomed by the Principal of the School, Ms. Anupkiran Kaur.

The NSS volunteers Yashvi Singh and Brahmsimran Kaur presented the day wise report of the NSS camp, wherein the stern hard work and the pious work done by the

importance of NSS camps and added that such programmes are meant to inculcate social welfare in students. NSS Programme Officer, Ms. Sukhraj Kaur thanked the dignitaries and volunteers for various activities and assured all sort of co-operation.

In afternoon students got an in-depth tour of the institute of visually impaired children. The students interacted and played with the children and also presented gifts to them. NSS volunteers work amazed to see the ways in which



For better India

volunteers was truly narrated and showcased with the help of a PowerPoint Presentation. Volunteers also shared their experiences of their varied visits i.e. Traffic Park, adopted Village Daon, Paraplegic Rehabilitation Center, Blind Institute, Sec-26, Chandigarh, Senior Citizen Home, Sector 15, Chandigarh and Verka milk plant.

Poetic recitation was presented by Jasman and Yashvi. A street play on 'Prevention of Stubble Burning' and 'Road Safety' were also staged. The students also paid homage to Chaar Sahibzade through Shabad Recitals and Songs.



Expressions well expressed

Certificates were given to the best NSS volunteers who had participated in the camp. The Chief guest in her speech emphasized that major objective of the NSS was to inculcate the noble human and social values among the youth and she also appreciated the activities undertaken in the camp. Principal Ms. Anupkiran Kaur, addressed the volunteers and appreciated their outstanding efforts and emphasized the need of community service. She also appreciated Ms. Sukhraj Kaur, the Programme Officer for making the NSS camp a grand success. The camp ended with the singing of National Anthem.



CAREER COUNSELLING SESSION PART OF OUR SYSTEM

Interactive workshop for students of class 9 & 11 on "How to future proof your career?"



republic day celebration

Republic Day is a remarkable day in the history of India as this is the day when finally the Constitution of India came into effect on January 26, 1950. As part of the celebrations, a scintillating fly past and flamboyant march past by various classes. Students of classes VI-VIII participated in cultural dance at state level.



Freedom, Oxygen of Soul



Be close, Be gallant for nation

ONE NATION READING TOGETHER-23 January,2020

We joined the annual event of ONE NATION READING TOGETHER initiative by SCHOLASTIC INDIA in the campus. The event aimed at encouraging and celebrating reading as a pleasurable and enriching experience. A series of exciting and innovative activities were arranged for the students like “ Drop everything else and read” wherein the school read together, spin a yarn story telling activity was conducted, quotes by famous authors, book mark and book cover making, sharing favourite characters, reading and writing poetry was done. The students took a pledge to inculcate the skill of reading as their hobby- as George R.R.Martin says “ A reader lives a thousand lives before he dies. The one who never reads lives only one.”. The students displayed their thoughts on the GRAFFITI WALL. Best of students works were displayed and appreciated by the school Principal encouraging children to make reading a habit, as there is no learning possible without reading.



Military Literature Festival attended by NCC cadets at Lake Club, Chandigarh



INTERACTIVE WORKSHOP FOR
STUDENTS OF CLASS 9 & 11
ON
" HOW TO FUTURE PROOF YOUR CAREER? "

2019/12/11 11:12



NCC DAY CELEBRATION BY
NCC CADETS, CONDUCTED CYCLE RALLY,
ANTI DRUG CAMPAIGN



Talk on Road Safety in Shivalik Public School Mohali

ASI Janak Raj, Traffic Education Cell, SAS Nagar and Constable Harjeet Kaur addressed the students on "Road safety and traffic rules". 350 students along with faculty attended the seminar. He acquainted the students about the driving license and importance of helmet. He quoted various incidents to make the students understand the importance of traffic rules and various laws related to road safety. Children were urged to play away from roads. Apart from the road safety students

were informed about the ill-effects of drug abuse.

ASI Janak Raj emphasized that we should all accept personal responsibility for our environment and actively participate in making it pollution-free and clean.

He also had an interactive session with Transport committee of the school along with drivers, conductors and lady attendants regarding the Safe Vahan Scheme.

Ms. Anupkiran Kaur, Principal, Shivalik Public School also inspired the students to follow safety rules to become responsible citizens of the country.



VIGILANCE WEEK ORGANISED BY CANARA BANK, ESSAY WRITING COMPETITION





DIWALI CELEBRATION

Diya decoration, Card making, Rally on stop burning crackers, Rangoli making activities of Classes 3rd to 5th



WHERE LEARNING IS A JOYFUL EXPERIENCE

TWINNING OF SCHOOLS PROGRAM

Activities were conducted like-

- Poster Making Competition on Save Environment
- PPT by School Doctor on Health and Hygiene
- Quiz on Diet and Nutrition
- Sports activities like kho-kho and Kabaddi
- Visit to Maths, I.T, Social Science Lab and Library
- Community Lunch(sharing of food)



ATL TINKERING LAB Solar Student Ambassador Workshop on 2 Oct. 2019

In the wake of energy sustainability and mitigating climate change, the idea of Energy Swaraj has been conceptualised as Global Movement to sensitize the young minds towards solar energy and dire consequences of climate change. The young generation who will bear maximum burden of climate change, has to be an integral part of this clean energy revolution and energy Swaraj marking the 150th birth anniversary of Mahatma Gandhi. "The Student Solar Ambassador Workshop" was organised by IIT, Bombay at Atal Tinkering Lab in the premises of Shivalik Public School, Shivalik Mohali under the aegis of NITI Aayog wherein hands-on training was given to students to make their own Solar Study Lamp. 62 students between 11 to 15 years of age participated in the Workshop enthusiastically and also shared their experiences. The Principal Mrs. AnupKiran Kaur addressed the students to encourage them to be Non-Violent towards environment by following AMG (Avoid, Minimize, Generate) Principle. The Director of the school Mr. D.S Bedi also visited and appreciated the efforts done by the students.



CREATIVITY UNVEILED

DEMONSTRATION AND EVALUATION

"Somewhere over the rainbow, skies are blue and the dreams that you dare to dream, really do come true."



Excellence Captured.....

EVERY CHILD IS LIKE A YOUNG BIRD AND ONE DAY THEY MUST TAKE A REAL FLIGHT OF LIFE

FAREWELL 2020

Shivalik Public School organised Farewell Ceremony on 13th Feb, 2020 to bid an affectionate adieu to the outgoing batch of class XII.

The event began with the recitation of the school shabad. Yashvi Singh gave a welcome speech which was followed by a poem by Sachit and Updesh of class XI that showcased the multiple talents of the students. Melodious group song and electrifying dance performances by girls and boys of Class XI were a visual treat.

A presentation on the glimpses of school days of class XII students was a fiesta to the years spent together with friends and teachers to reminisce the precious and joyous moments. Many interesting games were arranged and winners were awarded by gifts.

The highlight of the show was a ravishing walk by the students of class XII and the questionnaire session. The Headboy and Head girl shared their experience and expressed their profound gratitude towards management, teacher and students who made the day so special.

Each student of class XII was presented a souvenir as a token of love and affection. Ms Nidhi was titled as Ms Shivalik and Yuvraj was titled as Mr Shivalik followed by the title of Ms Charming and Mr Personality being given to Ms Ashwinder Kaur and Mr Ravinder respectively. On the occasion the School Director, Ms D. S Bedi showered his blessings on the children wishing them to attain greater height in life. He also applauded the efforts put in by the class XI students. The programme came to an end by mass singing of the song "hum hongay kamyabek din".



Taking a flight of life

ROSE FESTIVAL

The 9th Punjab University Rose festival was organized in the pious month of February 2020, where students of Shivalik School, Mohali participated in different categories and won prizes to glorify the name of the school.

Name	Class	Category	Award
Gungun	VI M	Painting Competition	Consolation
Nachiket	VI C	Fancy Dress	1st Position
Vaibhav	VI S	Singing Competition	Consolation
Harman Kaur	VI S	Poem Recitation	

Adding another feather to the cap of achievements of Shivalik Public School, Mohali; students of classes III-V brought laurels to school by winning various competitions. Students bagged various prizes in the Rose Festival organized by Punjab University, Chandigarh.

- Harjapkaur (IV M) and Vidushi Bharadwaj (III M) won second position and Ekamdeep Singh (IV M) won third position in the Fancy Dress competition.
- Pranav (IV A) bagged first position in the Face painting Competition.
- Milan Joshi, Aryan Chadha, Angel Singh of class V- B bagged first, second and third positions respectively in the painting competition.
- Ananya Chadha (V- B) won second position in Painting competition too.
- Our team of talented students Manpreet Singh, Fatehjit Singh and Angad of V-B stood third in the Rangoli Competition. Advika (IV-A) won consolation prize.
- Saurabh and Piyush of class V-B stood third in Slogan writing competition. Kanav, Gurindersingh and Aditi of class V-B got consolation prizes.
- Himanshu and Aditya of class IV A got consolation prizes in the Poetic Recitation in English and Hindi respectively.
- Hariansh Kherra (IV-S) bagged third position and Kanav (IV-B) got consolation prize in the Solo singing competition.

Children Bloom At Different Times Just Like Flowers

WELCOME TO THE WORLD OF BLOOMING BUDS

Children are like flowers as they all grow, develop and truly bloom at different times. They are all unique with different dispositions and characters, so they will always do things in their own way and get there in their own time.

DEVELOPMENTAL STAGES - As a parent you naturally want the best for your child and to know they are happy, confident and achieving the best they can. Stages of development typically follow a natural order. Developmental milestones help us all to check in on each child's progress and to offer a little more support when and how they need it.

WINDOWS OF OPPORTUNITY - As children grow and develop they pass through prime times for learning which are named as 'Windows of Opportunity' in social, emotional, physical, language and cognitive development.

DON'T COMPARE - Comparing your child's development to another child of the same age can be tempting to do but it can be really stressful for you and your child. So the best thing is to stay focussed on what your child can do and celebrate their individuality and achievements as they come.



Inderjit Kaur

DIWALI CELEBRATIONS

Festivals are a powerful, rhythmic force in connecting children to nature in a predictable way. Diwali, the festival of lights, sound and fun galore, was eagerly looked forward to by the children to celebrate and enjoy.

The kindergarten wing celebrated the festival of lights, Diwali in an environment friendly manner with great enthusiasm and joy. There was cheer, festivity and bonhomie all around. A host of activities were planned to lay emphasis on celebrating an eco-friendly, green Diwali. The students made Diwali Lantern with glitter sheets, Nature walk was conducted and give a message to celebrated eco friendly Diwali.



SPORTS DAY CELEBRATIONS

'With distinct individual style'

The kindergarten wing celebrated Sports day to commemorate to inculcate and develop the spirit of enthusiasm, sportsmanship, comradeship and team work. Various activities and competitions were conducted which included March past, fancy drill, yoga and different events.



Nurturing the budding talen well

SHOW & TELL

Show & tell is a common expression about showing an audience something and telling them about it. This activity was conducted for kindergarten students. This activity increase the skills of public speaking and encourages them to use descriptive words and complete sentences. The props used by the children were stunning. The little children spoke remarkably on the topics.



EXHIBITION

Imagination is the highest form of research. Annual school exhibition was conducted where different teaching aids made by teachers were presented.



PICNIC

"Children desperately need to know – and to hear in ways they understand and remember – for that there is nothing than experiencing in the open"

The Kindergarten students were taken to the 'Rose Garden' for their school picnic. Through these kind of activities children gain confidence and become bold in groups.



REPUBLIC DAY CELEBRATIONS

Feel proud to live in a democratic country Republic Day was celebrated in all its solemnity and grandeur at the kindergarten wing. The whole wing reverberated with patriotic fervour and enthusiasm. Fancy dress competition was organised Kindergarten students were given opportunity to get their unique experience on the stage. This competition was conducted with blending learning with fun and also with the purpose of developing their self esteem and confidence. The young ones dressed as freedom fighters and famous personalities. Some students efforts need to be appreciated here.



CHRISTMAS CELEBRATIONS

The Kindergarten wing of Shivalik Public School, Mohali celebrated Christmas with a lot of enthusiasm and fervor. Dressed in lovely red attire, the little ones looked adorable. The entire Kindergarten wing was transformed into a land of joy, celebration and happiness. Special assembly was organised by kindergarten wing. In which students sang "Carols" enthusiastically. Students also made Santa caps and decorated Christmas tree. . Gift exchange activity was also done in class where tiny tots exchanged their gifts. Candy distribution by Santa Claus was the main attraction for the children. The entire event was enjoyed by all the tiny tots and their laudable performance mesmerized the audience present there.



DEMONSTRATION AND EVALUATION

"Demonstration and Evaluation a joyful learning experience programme" for tinytots. In this exercise, final term evaluation of tiny tots was done through fun and frolic activities, in the presence of their parents. With hundred percent participation children showcased their talents through different plays like The Jungle Boy, The Ugly Duckling, The Little Red Riding Hood and Mr. Sun on a Holiday.



Excellence Captured

ROSE FESTIVAL

"Believe in yourself and all that you are. Know that there is something inside you that is greater than any obstacle."

Adding another feather to the cap of achievements of 'Shivalik Public School, Mohali; students of kindergarten brought laurels to school by winning 'Fancy dress competition'. Students bagged various prizes in the 'Rose Festival' organized by Panjab University, Chandigarh.

- Aahna Thakur of (K.G – S) won first position .
- Japnoor Kaur of (K.G – M) won second position.
- Aditya of (K.G – C) won consolation prize

THE POWER OF POSITIVE WORDS

*" Words are powerful. They can create or they can destroy.
So choose your words wisely."*

Sticks and stones may break my bones, but words will never break me" is a phrase that initially appeared in 1872 to teach kids that name-calling was harmless. It was one of the greatest lies ever told to kids. Words hurt. And the words we repeatedly hear can become self-fulfilling prophecies.



People tend to act in line with what they believe is expected of them.

We tend to be clumsier when around people who think of us as clumsy. We have more to say around people who think we're interesting. In other words, the labels used to describe us lead us to believe that certain behaviour is a fundamental part of our nature. What we say to the kids matters more than we think. It shapes their personality and shapes the relationships we develop with them, well beyond the childhood years.

It's always nicer to hear positive things about us than negative ones. When we focus on our children's positive traits, we communicate what we think about them—disorganized or creative, too loud or confident, shy or mindful.

Our words also set the stage for how others see our kids. When we repeatedly define a child as "really shy," others are likely to share this view and consider this as a negative trait. Yet when you choose a different word to define the same character, say "peaceful," others are more likely to view the same character trait as positive.

Replacing negative labels with positive ones ultimately changes how we view our kids, their behaviour, and how we react to it. Next time you're about to describe your child as "nosy," switch that to "inquisitive" and see how it changes everything.

THE HEALING POWER OF POSITIVE WORDS

Words have an incredible healing power in people's lives. Words of love, comfort and encouragement have a positive impact on people's lives. This is evidenced by health in the body. Positive speech is a weapon against disease and bad luck. Take control of your tongue, to ensure it speaks no evil against the absent or departed. Make sure your words do not injure a person's reputation. Practice self-control, good company and good words as they bring light to the heart.

10 POSITIVE THINGS TO SAY TO YOUR CHILD DAILY

1. You are cared for and loved.
2. I will always be here when you need me.
3. You are important.
4. I am proud of you.
5. Follow your heart.
6. Always be kind, no matter what.
7. Don't give up.
8. It's okay to say no.
9. Tell me about your day.
10. Just be yourself.

Sharan Kaur Sidhu

ANNUAL FUNCTION

A glimpse of elegance, beauty, grace and strength of Shivalikians. The primary section of Shivalik Public School, Mohali celebrated the annual function on the theme "Incredible India" and medal ceremony amidst great zest, vibrancy and elation. Their performance enthralled the sizable number of the audience during the programme.



Innate Talent



CANTEEN DAY

Life skills play a vital role in shaping one's personality. So to cultivate social skills among students canteen day was organized, students enthusiastically enjoyed the delicious and hygienic food with their friends.



Sharing...

DIWALI CELEBRATIONS

Festivals are a powerful, rhythmic force in connecting children to nature in a predictable way. Diwali the festivals of lights, sound and fun galore was eagerly looked forward by the children to celebrate and enjoy. The students made kandil and diyas using origami sheets. Nature walk was organized to give the message of "eco-friendly and green diwali". Bright colours of rangoli spread bright smile on their faces. Children enthusiastically participated in it.



Every child has an artist within

CHILDREN DAY CELEBRATION

The school celebrated the children's day to pay tribute to the legendary freedom fighter and our 1st Prime minister Pandit Jawahar Lal Nehru popularly known as Chacha Nehru. Drawing competition and community lunch was organized.



Learning is joyful

INTERSECTION SHOW AND TELL

Competition was organized for classes 1 and 2 based on the theme "My Favorite Toy" and "Means of Transport". The motive behind this activity is to enhance public speaking skills.



Joyful Experience

Results

1st Purvika IS	1st Viraj II M
2nd Anshika IM	2nd Saharsh II A
3rd Savgeet IB	3rd Arjun II A
4th Shaurya IA	4th Pranshi II M

ANNUAL EXHIBITION

A teaching aid is a very effective tool to make the teaching learning vibrant, interactive and interesting. So the Annual exhibition on teaching aids was organized on December 20, 2019. Students from class 1 and 2 participated and explained their respective teaching aids.



Budding Artist

Results

1st Shaurya Gupta IA	Story- The Magic Seed
2nd Gurshagan Kaur IA	Waste Management
2nd Purvika IS	Prepositions
3rd Jasnoor IA	Measurement
1st Satvik II A	Properties of air
2nd Viraj II M	Solar energy
3rd Mansirat II C	Sources of water
4th Aaradhaya II S	Nouns

SPORTS DAY

"Arise, Awake and stop not till the goal is achieved" based on the same theme sports day was organized. It included events (50 metres race, hurdle race and book balancing race), drills (lazium, dumbbell, fan), yoga and aerobics. Students participated in the events with great zeal and gusto.



Healthy Body in Healthy Mind

CHRISTMAS CELEBRATIONS

Special assembly was organized on December 23, 2019 for classes 1 and 2. Students enthusiastically sang melodious carols. Animated video on the life of Jesus Christ was showcased. Gift exchange activity was also organized in the respective classes.



PRE REPUBLIC DAY CELEBRATION

"Ask not what your country can do for you, Ask what you can do for your country" with the same patriotic fervor special assembly was organized on Republic Day. Students participated in poetic recitation and dance competition.



Patriotic Fervour

Results English Patriotic Poems

1st Nishika IM	1st Viraj II M
2nd Gurshagan IA	2nd Satvik II A
3rd Virinda IM	3rd Aaradhaya II S
4th Sahibjot I C	Yashika

Results English Hindi Poems

1st Savgeet IB	1st Mehakpreet Kaur II A
2nd Satnam IS	2nd Abhayinder Singh II B
3rd Sehhejpreet IC	3rd Radhika II C

ROSE FESTIVAL

Rose Festival was held at Panjab University, Chandigarh, in which students from Shivalik Public School participated enthusiastically and brought laurels under different categories.

Result as follows:

- Savgeet (I B) got consolation prize in Dance Competiton.
- Pari (II B) stood 3rd in Dance Competiton
- Gurmeet (I A)stood 1st in Fancy Dress
- Parneet(I B)stood 3rd in Fancy Dress
- Somya (II A) stood 1st in Fancy Dress

- Ananya (II A) stood 4th in Fancy Dress

Maths Olympiad champions:

Gold Medalist – Viraj (II M)

Silver Medalist – Pranshi (II M)



Pranshi



Viraj

DEMONSTRATION AND EVALUATION PROGRAMME

Experiential learning is a method through experience, skill, knowledge, reflection and hands on training session. With the same spirit demonstration and evaluation was organized where students showcased their talents, in front of all parents and thus enhance their skills too.

Not only , they also showcased different theme based one act plays.



I alone cannot change the world, but I can cast a stone across the water to create many ripples.

Mother Teresa

Everyone has an opinion on what is wrong with the world, yet few will do the work to improve their own lives. It is easy to draw attention to what is wrong in the world but no one wants to take a minor step to make it correct. If you want to change reality, start with yourself first and be a part of solution. It makes sense to work on yourself so that outside conditions no longer affect you as they once did. This is the key to enlightenment , raising your level of consciousness so you transcend problems with a higher awareness.



Swami Vivekananda has rightly said, “ Talk to yourself at least once in a day , otherwise you may miss a meeting with an excellent person in the world.” Understanding yourself deeply is the only permanent solution to all your problems. The key is to be; true to yourself. Every person has a spark of inspiration. When your soul purpose is to believe in something bigger than yourself , you act differently. Do not get stuck in over thinking and dreaming about a perfect idea. Disconnect from the outcome and take every challenge with passion. Always remember- Winners don't do different things , they do things differently. Be the example you wish to see in the world. You'll definitely make a difference without even realizing it. One person can really make a difference and everyone should try. Always remember –

I may only be one person but I can be one person that makes a difference.

AMANDEEP KAUR
BLOCK - C

Impressions

LOW RATED JOBS VS HIGH RATED JOBS



Most of us have a delusion in our mind about jobs. If you will ask a child or a teenager or even an adult about what they want to be in life their first reply would be a doctor, an engineer, a businessman or a scientist. This is because of the belief of

People about the lower and higher jobs that are struck with these few jobs. Today a little change can be seen in the situation because today children follow their dream jobs or their interests which is very good but their prejudice against the lower jobs don't change.

For example, No parent would wish that their child should be an electrician even no child will think about it because in our society these jobs are less rated. But have we ever thought that an electrician is even greater than a doctor who knows the illness of the machine without telling him. No machine speaks that I have fever or I have this issue but an electrician solves its problem in few minutes. Even a Potter can be compared to a teacher as it also shapes the mud into a masterpiece as a teacher do with the students and shapes their future.

People are hesitating to follow the jobs like the barber, carpenters, laborers, tailors, cobbler, masons only because they are valued less in the society. But if everybody would be a scientist or a pilot then who will cut your hair, who will clean your house, who will stitch clothes for you or who will make your houses?

Children should be taught that no job is high or low, and they should never judge anyone because of their job. Parents should treat everyone equally whether a cobbler or a businessman. The society should stop discriminating the low rated persons and value low jobs as well. The children should be motivated to preach the jobs like barbers, carpenters; so that they might not forget the importance of them. Change should be brought in the society and that changer might be you. So from now promise that you will never consider any job high or low!

Khushdeep Kaur
Class IX M

TWO BOOKS

Two books were lying on my desk,

I was confused which one to read,

with which should i lead ?

and if I lead with the second one ,
would I have that much fun ?



Now finally when I took the first one,
I felt a little hungry,
hungry for more as I read the lore.

Now I finished reading the book,
and found it interesting ,
and thought
should I read it again ?
Because still, I have a lot to gain.

And today i learnt that:-

Books are like treasure ,
reading them is truly a lifetime's
pleasure !!

If today you read the first one,
tomorrow someone is waiting for you ,
that is the second one.

Angad Pratap Singh
IX M

AN IDIOSYNCRATIC COUNTRY : INDIA

I wonder to see this picturesque country,
which finds solution to every problem easily.
This idiosyncratic nation,
is really like a poet's imagination,
which can enthrall any person,
with its beauty which always glistens.



This is a country which was known as a golden bird,
Attacked by kings from all over the world.
Every religion embraced it's every city,
and this is how India got its unity in diversity.
It is a nation with contrasting colours,
where people of every religion live like brothers.

The country's nobility and art, is seen from Taj Mahal
to India Gate which resides in every heart.

It's eminence is heard in the echoes of Vindhyas and
Himalayas, as it mingles with the blues of Yamuna
and Ganga.

With strong will and determination,
our countrymen make us proud.

Leisha
IX-M

MARVELS OF UNIVERSE

**UNIVERSE HAS A BEAUTIFUL WAY OF TRANSMITTING
ITS MESSAGE, BUT WE NEED TO DECODE IT**

Unleash your power, strength and
imagination to explore the universe. The
universe is so vast and beautiful, feel it
with your complete heart. The dynamics of
universe is so amazing. The stars, its
planet, every celestial object has a
purpose. If anything in the universe will
stop working, then think of what will happen? I will give
you one example; that if the earth stops rotating around
the sun then there will be no day and no night. Think of
it. We should note that human mind is a unique gift.
Marvels of universe you can enter into it only if you have
curiosity and thinking. I suggest all of you; thinking
should become your capital assist, no matter whatever
ups and downs you come across your life. You should
have that much strength to face it.

At the end i would like to say that increase the level of
imagination and reach to your unlimited and limitless
goals...

Mishthi Piplani
VIII-B



MOTHER EARTH

The land is in a constant
state of birth,
Giving life to all who live
on Earth.

Our carelessness and fears
have taken a toll over the
years.

Her land is parched and scorched;
as man continues to light the torch.
We endure a want of speed and ease.
All while our pesticides kill off the bees.
It's time to wake up and see Mother Earth's
pain.

Humanity's selfishness is becoming insane.
Soon her cries will turn to gloom,
And man will cause his own doom.

Jashanjot Singh
VIII M



BEYOND MY SUCCESS

The stress of a teacher
remains in mind but words
of some teachers touch the
heart.

Whenever I open my book,
your words come to my
mind .

Whenever I enjoy my success ,
Your blessings make me shine,

Whenever I am stuck somewhere, your
advice makes me aware .

Your words are for cheering ,
Your eyes are for caring.

Whatever the situation is you always give
me a solution .

I never feel depressed but I feel sorry for
the mistake that I made.

In future whatever I will achieve ,
whatever I will win

Will be all yours ,

Because you are the one who made me
learn everything I have earned.



Palak
IX M

SOMEDAY

The world is shrinking and shivering,
in a pandemic way.

I will be eat, this cage,
Oh ! Yes-Yes, Someday.

I want to go to the grasslands,
I want to climb mountains.
I want to swim the river,
I want to go to the plains.

I love to read adventure stories,
and thriller books took.
I want to reach at the top,
and enjoy the exquisite view.

The happiness will approach me,
and this misery will fade away.
I will be out this cage,
Oh ! yes-yes, someday.

Now, I am locked in a concrete cell,
locking my strength.
I don't know the time limit,
I don't know the time length.

For me, to unlock my power
and to go out and play
I don't know how
But, I will manage some way.

I will be killed depriving my freedom
terrorising me they say,
But inside me I take those
negative thoughts away
and I feel that I can and know
Oh ! yes-yes, someday.



Manal Xth-A

SEASONS

The spring breeze
That won't cease
The summer holidays
The so called "awesome days"
The monsoon rains
Say, "forget the pain"
Autumn's fall
Beloved by all
Wintery cold
It's quite bold!
Seasons are the best
They make you forget the rest.



Aditi Sharma
Vth-S

THE LAST TWO MONTHS HAVE MADE ME A CHANGED HUMAN BEING

As with an outbreak of Coronavirus (COVID-19), The Chinese Media had put all the countries in a deep sigh. With this Pandemic, the Indian Government had announced a full lockdown and being in Punjab was much difficult as there was a complete curfew. We cannot go out even for a walk or something. Somehow this was really sad for a child who is in 10th now but our problem was taken serious and the syllabus is reduced by CBSE. Moreover, the news made people very emotional about the workers and daily wage employees who were treated very badly in the time of crisis.



Now, when we were sure that we are locked in homes, with our loving family. So, I changed my lifestyle. The major changes are like not get tensed on each and every small thing changed my routine like earlier I would wake up at 7 am between at 6 am. Then do regular exercise and yoga to maintain my active brain and body. Our school is providing us the best type of classes which they can say from 9 to 1, I am online with teachers and classmates. Then after that I attend my tuition which is also online. Then at evening we do our homework and sleep. The best thing of this time is that we all are able to know our family in much better way. We all spend time and play games. Many life lessons are being taught by this time. I know its difficult to spend time at home and many people also gets depressed. So, I will share sometimes to reduce stress and spend this time beautifully.

- 1) Keep a positive attitude towards everything around you.
- 2) Accept that all situations can't be controlled.
- 3) Be assertive instead of being aggressive.
- 4) Eat Healthy, well-balanced meals.
- 5) Keep your mind busy.
- 6) Get back to your hobbies and interests.
- 7) Exercise regularly.

There are very few but their are many more. I managed my time and brought changes in me and so can be done by others if they pay a bit of attention to this thing.

Harjasleen Kaur, Xth

SOMEDAY

I have told you once,
mom has told you twice.
Forgetting homework just isn't nice.

Homework is like getting dressed;
got to do it to be your best.
You say it isn't fair,
but people do it everywhere.

Do it now, get it done.
I know it is not fun.
Homework is like cleaning your room,
except you don't have to use a broom.

Do it fast, mom will give you a treat,
something tasty and good to eat.
You need to work hard,
and show your marks on your report card.

So it will be better,
to always do your homework and skip it never.

Ishita Thakur
V S



FUTURE OF STUDENTS ONLINE EDUCATION

In the age of pandemic future of education, as we know that impact of Corona Virus has spread over the whole world. Every person has been locked in the anxiety. However, to promote the education of students, our Government has taken very valuable step to give the online education to the students of our country. The students to remain in touch with their studies which is taught by their teacher daily of all subjects online. The action of our government is very praise worthy because of the updation of the study regularly. By taking the online study, the teacher as well as the students are safe from this dangerous disease for us.

Rajnish Kaur
IX-S

COVID-19

Covid-19! We are all locked...
Because of which, we are so shocked!

There are no vehicles on the road,
And no one can travel abroad...

Everyone is missing members of their families,
And some are yearning to celebrate their birthday parties.

There is a need for masks and sanitizers,
And everybody is encouraging the front-line warriors...

Corona virus pandemic is a real sigh;
But our policemen and doctors are keeping our heads high!

They leave their families to serve us daily,
And they really do their work seriously.

We don't know how these people do;
But there's someone who cares for us too.

Let's not waste our time on trivial things,
As we know time also has wings.

We have ample time to share
Smiles and laughter everywhere...

Love your family and serve one another,
Help yourself by helping others....

Jasmeen Kaur
Class X-M



STUDENT'S LIFE



Student's Life is full of fun,
Let them do what they want.
This time will never be there again,
Let them be free to make up their own brain.

They get up in the morning and feel so cool
And have their breakfast to go to school.
After returning from the school their energy is low,
This is the routine they always follow.

They go to school and study everyday,
Not to become a fool but to make a new way
To fulfil their aims,
And to play different games.

They have many friends and make new friends,
Of which some are there which will never end
By showing their love not the hate
This is what that makes them great.

In the school they learn new things,
And then also do numerous questionings.
There life is just about trying and exploring,
And then success comes to them roaring.

During the exam time when they have to appear,
They become very very sincere.

And after taking out all the fear
They make all the concepts totally clear.

They try not to let anyone down,
Because of which they get praise from all around.
Then their success speaks so loud ,
Which makes their parents feel so proud.

There is no particular quality that I need to mention,
This is the time when no one takes tension.
They just be the way the way they are,
And don't think about the matters that are quite so far.

Student's life is full of fun,
Let them shine bright like a sun.
This is the time when no one feels depressed,
And this is what that makes a student life the best.

Student's life is full of fun,
Let them play, work and learn.

Sneha
X-B

AN ODE TO A TEACHER...



When we fall,
you pick us up...
When darkness spreads,
you light us up.
When evilness showers,
You hold the goodness power.
When no one is there,
You stand as God and take us
to WORLD of THOUGHTS.
My future is bright under your guidance I can see
No one, like you, could be
Your guidance for me is must
Without you, I am clueless
Always under a burden and stress
And my life would have been a mess

Thanks to you mam
For making me successful.
I want to fly high...
I want to fly high,
I want to touch the sky
I will face difficulties on my way,
but I won't cry
My dreams... Are very ambitious
My dreams... Are very precious
My vision is very clear
I won't ever fear
THANKS TO YOU MAM, for standing as God and
taking me to the WORLD OF THOUGHTS

Mannat
7th-S

“जिन्दगी – कुछ दिनों का सफर”



जिन्दगी ऐ जिन्दगी तू क्या चाहती है
कभी ओस की बूंद में
कभी चिलचिलाती धूप में
कभी रेशम की नरमी में
कभी आग की गरमी में
हर रूम में कैसे ढल जाती है
जिन्दगी ऐ जिन्दगी तू क्या चाहती है.....

कभी फलों की खुशबु में
कभी काँटों की चुभन में
कभी हाथी के जहन में
हर बार कैसे मान जाती है
जिन्दगी ऐ जिन्दगी तू क्या चाहती है.....

कभी रात के अंधेरे में
कभी सुबह के उजाले में
कभी गीत में कभी सरगम में
कभी दर्द में कभी मरहम में
कैसे हर रंग दिखाती है
जिन्दगी ऐ जिन्दगी तू क्या चाहती है.....

कभी जगाकर कभी नींद में
कभी जताकर कभी अनजाने में
कभी हार में कभी जीत में
कैसे इतना कुछ सिखलाती है
जिन्दगी ऐ जिन्दगी तू क्या चाहती है.....

कभी सयानों के सवालों में
कभी बच्चों के जवाबों में
कभी रोती हुई आँखों में
कभी बोली हुई बातों में
कैसे ठहर जाती है
जिन्दगी ऐ जिन्दगी तू क्या चाहती है.....

बेशक हर बार नया तजुर्बा लाती है
गिरती है पड़ती है फिर सम्भल जाती है
हर रात की सुबह बन आती है
हर दिन की शाम बन ढल जाती है
जिन्दगी ऐ जिन्दगी तू बस जीना चाहती है.....

अंकिता मोदी, नौवी एम

पिछले दो महीनों ने हमें एक बदला हुआ इंसान बनाया है।

पिछले दो महीनों में बहुत कुछ बदल गया,
हँसते-खेलते जीवन जीना सीख गया
दूरियाँ बन गई, दोस्तों से मिलना छूट गया,
खुले आसमान की ताज़ी हवा छूट गई ।
पर घर-परिवार की दूरियाँ मिट गई ।

सब कुछ बदल गया,
कोरोना का प्रभाव पड़ गया।
सबको सामाजिक दूरी का पालन करना है,
कोरोना से अपना बचाव करना है।

घर पर रहकर सबका साथ देते हैं,
बिन बात बाहर नहीं निकलते हैं,
पिछले दो महीनों में सीखने की रफ्तार बढ़ गई है।
बाहर घूमना, बाहर जाना, सब बंद हो गया है ।
लेकिन ज्ञान का विस्तार हो गया ।
हमें लॉकडाउन में कई नई चीज़ें सीखने का अवसर
मिल गया,
संपूर्ण संसार कोरोना महामारी से हिल गया।
इस हिले हुए संसार को ठीक करने के लिए हमें संघर्ष
करना है, कोरोना से हम लड़ना है ।

दैनिक कार्यों में बदलाव आ गया,
विद्यालय का हर कोना यादों में छा गया।

दोस्तों के साथ की मौज-मस्ती छूट गई,
पिछले दो महीनों में सब कुछ बदल गया।

अब किसी भी चीज़ को छूने में डर लगता है,
यह संपूर्ण संसार ऑनलाईन बनकर रह गया है।
जाने कब मिलेगा इस कोरोना से छुटकारा,
इस कोरोना महामारी ने हमें घरों में कैद कर डाला।

लेकिन इस महामारी ने हमें आत्मनिर्भर बनाया,
देश को एक नई राह पर चलाया ।

इस महामारी ने सबसे प्रेम करना सिखाया,
पर्यावरण को बचाने का संकेत दिलाया ।
हर मुश्किल से लड़ना सिखाया है,
कठिनाइयों का सामना करना सिखाया है ।
सबको पर्यावरण की रक्षा करना सिखाया है ।

आज हमें प्रण करना है-

जीव-जंतुओं, पशु-पक्षियों, सम्पूर्ण प्रकृति के हम
संरक्षक बनेंगे । भेद-भाव, शत्रुता, क्रूरता शब्द भूलेंगे।
एक खुशहाल व स्वस्थ भारत बनाएंगे
परिवर्तित जीवन में हर एक चुनौती को स्वीकार करेंगे।
कोरोना के दंश को मिटा कर दम लेंगे...

धन्यवाद



अमन जैन नौवी-एस

लालच मत करना



प्यारे बच्चों एक सेठ की, सुन लो आज कहानी।
लालच में पड़ गया व्यर्थ ही, की उसने नादानी।
कपटी उसका एक पड़ोसी, सबको धोखा देता।
मीठी-मीठी बातें कहकर, चीजें सबकी लेता।
छली मित्र ने कहा सेठ से, दो उधार कुछ बर्तन।
लौटा दूँगा दे ही दिन में, दिए सेठ ने यह सुन।
जितने बर्तन दिए सेठ ने, उनमें पाँच मिलाकर।
कुछ दिन बीत गए फिर उसने, दिए सेठ को जाकर।
कहा सेठ ने भाई, इतने बर्तन कैसे लाए।
कहा छली ने बर्तन तो, बढ़ते-बढ़ते बढ़ आए।

तीन दिनों के बाद छली ने मांगे फिर से बर्तन।
दिए सेठ ने सोने-चाँदी के थे जितने बर्तन।
कुछ दिनों के बाद छली ने, कहा सेठ से रोक।
सब बर्तन भर गए आपके, घटते-घटते घट कर।
सुनकर कपटी की यह बातें, लगा सेठ पछताने।
कहा सेठ ने भाई मेरे, बुद्धि आई ठिकाने।
लालच बुरी बला है बच्चों, लालच कभी न करना।
लालच का फल बहुत बुरा है, सदा याद यह रखना।

जसलीन कौर
नौवीं एस

प्रकृति



अगर पेड़ भी चलते होते
कितने मजे हमारे होते
जहाँ कहीं भी धूप सताती
उसके नीचे बैठ सुस्ताते
बांध तने में उसके रस्सी

चाहे जहाँ कहीं भी ले जाते
लगती अब भी भूख अचानक
तोड़ मधुर फल उसके स्वाते
आती कीचड़ बाढ़ कहीं तो
झट उसके ऊपर चढ़ जाते

जब कभी वर्ष हो जाती
उसके नीचे हम छिप जाते
अगर पेड़ भी चलते होते
कितने मजे हमारे होते।

अकांक्षा,
आठवीं ए

वह मेरी बदसलूकी में भी मुझे दुआ देती है
सीने में भरकर सब गम भुला देती है।
यूँ लगता है जैसे जन्नत से आ रही हो खुशबू
जब वह अपने पल्लू से मुझे हवा देती है।
मैं अगर करूँ अनजाने में भी कोई गलती,
मेरी माँ इस पर भी मुस्कुरा देती है।

माँ

क्या खूब बनाया है रब ने रिश्ता माँ का
वीरान घर को भी जन्नत बना देती है।
माँ के बार मेरा कौन सहारा है,
ये ही सोच मुझे कभी-कभी रुला देती है।



गुरसिमर प्रीत सिंह

संयम और इंसान

समय ने संयम का नियम सिखा दिया,
इंसान को औकात में रहना सिखा दिया
अनुशासन की पगडंडी पर चलना सिखा दिया,
चारदीवारी से बतियाना सिखा दिया,
एक इंसान दूसरे इंसान से डरने लगा है।
समय से एकांत में प्रश्न करने लगा है,
क्यों-क्यों तू रौद्र रूप दिखाने लगा है,
क्या-क्या हमारे कर्मों का हिसाब लेने लगा है।
समय भी इंसान को समझाने लगा है,
मैं स्वामोश तेरा इतराना देखता रहा,

प्रकृति से खिलवाड़ का आईना दिखाता रहा,
हे इंसान ! सीमाओं में रहना सीख ले
आगामी पीढ़ियों को सुधारना सीख ले
अब अपना छोड़ परायों पर ध्यान दे
सच हमने बहुमूल्य समय बर्बाद किया
सच्चाई भूल नादानी को अपनाया,
हर पल का हिसाब तुम्हारे पास है
अब स्वार्थ नहीं परमार्थ को अपनाएंगे
इस जीवन को शुभकर्मों में लगाएंगे।



आयुष
दसवीं एम

ਪਾਣੀ

ਪਾਣੀ ਦੇ ਵਿੱਚ ਸ਼੍ਰਿਸ਼ਟੀ ਰਚੀ
ਕੁਦਰਤ ਦੇ ਵਿੱਚ ਪਾਣੀ
ਇਸ ਪਾਣੀ ਨੇ ਸਭ ਕੁਝ ਦਿੱਤਾ
ਕਰਜ਼ਦਾਰ ਹੈ ਪਾਣੀ ।
ਪਵਨ ਗੁਰੂ ਪਾਣੀ ਪਿਤਾ
ਲਿਖਿਆ ਵਿੱਚ ਹੈ ਗੁਰਬਾਣੀ
ਖਿਆਲ ਕਰੋ ਇਸ ਸੋਹਣੇ ਜਲ ਦਾ
ਨਹੀਂ ਜੀ ਸਕਦੇ ਬਿਨ ਪਾਣੀ ।



ਕਦੇ ਧਰਤੀ ਤੇ ਕਦੇ ਅਕਾਸ਼ ਉੱਤੇ
ਕਦੇ ਠੋਸ, ਤਰਲ ਭਾਫ਼ ਰੂਪੇ ।
ਪਾਣੀ ਜਲ ਕਈ ਨਾਮ ਮੇਰੇ
ਧਰਤੀ ਅਕਾਸ਼ ਹਰ ਥਾਂ ਮੇਰੇ ।
ਗਰਮ ਕਰੋ ਤਾਂ ਭਾਫ਼ ਬਣਦਾ
ਠੰਡਾ ਕਰੋ ਤਾਂ ਬਰਫ਼ ਬਣਦਾ ।
ਸਿੱਖੋ ਨਿਮਰਤਾ ਮੇਰੇ ਕੋਲ
ਹਾਲਤ ਦੇਖ ਢਲ ਜਾਂਦਾ ।

ਦਿਲਪ੍ਰੀਤ ਸਿੰਘ ਬੈਦਵਾਨੀ
ਅਠਵੀਂ ਐਸ

ਦੋਸਤ

ਦੋਸਤੀ ਕਿਸੇ ਖਾਸ ਇਨਸਾਨ ਨਾਲ ਨਹੀਂ ਹੁੰਦੀ,
ਜਿਸ ਨਾਲ ਹੋ ਜਾਂਦੀ ਹੈ, ਉਹੀ ਖਾਸ ਹੋ ਜਾਂਦਾ ਹੈ
ਦੋਸਤ ਸਾਰਿਆ ਦੇ ਹੁੰਦੇ ਹਨ, ਪਰ ਇੱਕ ਸੱਚਾ
ਦੋਸਤ ਉਹੀ ਹੁੰਦਾ ਹੈ, ਜੋ ਤੰਗ ਪਰੇਸ਼ਾਨ ਕਰੇ,
ਗੁੱਸਾ ਕਰੇ, ਇੱਕ ਦੂਜੇ ਤੇ ਅਟੁੱਟ ਵਿਸ਼ਵਾਸ ਰੱਖੇ
ਅਤੇ ਅੱਖੇ ਵੇਲੇ ਮੱਦਦ ਵੀ ਕਰੇ ।



ਪਰ, ਜੇ ਤੁਹਾਡਾ ਦੋਸਤ ਤੁਹਾਡੇ ਨਾਲ ਨਰਾਜ਼ ਹੋ ਕੇ ਗੱਲ ਨਾ ਕਰੇ
ਤਾਂ ਕੀ ਹੁੰਦਾ, ਅਸੀਂ ਉਦਾਸ ਹੋ ਜਾਂਦੇ ਹਾਂ ।
ਉਸ ਨਾਲ ਗੱਲ ਕਰਨ ਦੀ ਕੋਸ਼ਿਸ਼ ਕਰਦੇ ਹਾਂ ।
ਆਪ ਹਾਰ ਮੰਨ ਕੇ ਕਹਿ ਦੇਵੇ ਬਸ ਜੇ ਨਹੀਂ ਗੱਲ ਕਰਨੀ ਨਾ ਕਰ।
ਗੁੱਸਾ ਹੋ ਕੇ ਬੈਠ ਜਾਵੇ ਪਰ ਜੱਦ ਉਹ ਮਨਾਵੇ, ਇੱਕ ਵਾਰ ਵਿੱਚ
ਮੰਨ ਜਾਵੇ ।

ਦੋਸਤ ਅਧਿਆਪਕ ਦੀਆਂ ਝਿੜਕਾਂ ਤੋਂ ਬਚਾਵੇ,
ਸਜਾ ਮਿਲਣ ਤੇ ਆਪ ਵੀ ਖੜ੍ਹਾ ਹੋ ਜਾਵੇ,
ਦੋਸਤ ਉਹ ਜੋ ਸਾਰੀਆਂ ਮੁਸੀਬਤਾਂ ਨਾਲ ਲੜ ਜਾਵੇ,
ਦੋਸਤੀ ਤੋਂ ਖੁਬਸੂਰਤ ਹੋਰ ਕੋਈ ਰਿਸ਼ਤਾ ਨਹੀਂ,
ਰੱਬਾ! ਸਲਾਮਤ ਰੱਖੀਂ ਦੋਸਤਾਂ ਵੀ ਜ਼ਿੰਦਗਾਨੀ ਨੂੰ ।

ਹਰਲੀਨ ਕੌਰ,
ਸਤਵੀਂ ਏ

ਜ਼ਿੰਦਗੀ



ਜ਼ਿੰਦਗੀ ਇੱਕ ਵਾਰ ਹੀ ਮਿਲਦੀ ਹੈ। ਤੁਸੀਂ ਕੁਝ ਵੀ
ਬਣਨਾ ਚਾਹੁੰਦੇ ਹੋ, ਕੁਝ ਵੀ ਕਰਨਾ ਚਾਹੁੰਦੇ ਹੋ, ਜ਼ਿੰਦਗੀ
ਇੱਕ ਮੌਕਾ ਹੈ। ਬਿਮਾਰੀ ਜਾਂ ਅਪਾਹਜਤਾ ਕਾਰਨ ਜ਼ਿੰਦਗੀ
ਖ਼ਤਮ ਨਹੀਂ ਹੋ ਜਾਂਦੀ। ਅਰੁਨਿਮਾ ਸਿਨਹਾ ਪਹਿਲੀ ਅਪਾਹਜ
ਔਰਤ ਸੀ ਜਿਸਨੇ ਐਵਰੈਸਟ ਚੋਟੀ ਨੂੰ ਸਰ ਕੀਤਾ। ਕੁਝ ਚੋਰ ਉਸਦੀ
ਸੋਨੇ ਦੀ ਚੇਨ ਅਤੇ ਬਸਤਾ ਚੋਰੀ ਕਰਕੇ ਉਸਨੂੰ ਰੇਲ ਦੀ ਪਟੜੀ ਉੱਤੇ
ਬੰਨ੍ਹ ਗਏ। ਰਾਤ ਨੂੰ 5-6 ਰੇਲਾਂ ਉਸਦੀ ਲੱਤਾਂ ਉੱਤੇ ਲੰਗ ਗਈਆਂ।
ਰਾਤ ਭਰ ਉਹ ਪਟੜੀ ਉੱਤੇ ਪਈ ਰਹੀ। ਉਸ ਦੀਆਂ ਲੱਤਾਂ ਸੜ
ਚੁੱਕੀਆਂ ਸਨ ਅਤੇ ਉਸ ਦੀਆਂ ਲੱਤਾਂ ਨੂੰ ਕੀੜੇ ਖਾ ਰਹੇ ਸਨ।
ਸਵੇਰੇ ਉਸਨੂੰ ਹਸਪਤਾਲ ਲਿਜਾਇਆ ਗਿਆ ਅਤੇ ਨਕਲੀ ਲੱਤਾਂ
ਲਗਵਾਈਆਂ ਗਈਆਂ। ਠੀਕ ਹੋਣ ਤੋਂ ਬਾਅਦ ਉਸੇ ਹਿੰਮਤ ਨਹੀਂ
ਹਾਰੀ ਤੇ ਆਪਣੀ ਨਕਲੀ ਲੱਤਾਂ ਦੇ ਸਹਾਰੇ ਐਵਰੈਸਟ ਤੇ ਚੜ੍ਹੀ।
ਸਾਨੂੰ ਹਿੰਮਤ ਅਤੇ ਹੌਸਲੇ ਨਾਲ ਜ਼ਿੰਦਗੀ ਦੀਆਂ ਮੁਸੀਬਤਾਂ ਦਾ
ਸਾਹਮਣਾ ਕਰਨਾ ਚਾਹੀਦਾ ਹੈ। ਸਾਨੂੰ ਇਹ ਯਾਦ ਰੱਖਣਾ ਚਾਹੀਦਾ
ਹੈ- ਹਿੰਮਤੇ ਮਰਦਾ-ਮਦਦੇ ਖੁਦਾ ।

ਗੁਰਸਿਮਰਨ ਕੌਰ
ਸੱਤਵੀਂ ਐਸ

ਤੇਗ ਬਹਾਦਰ ਹਿੰਦ ਦੀ ਚਾਦਰ



ਤੇਗ ਬਹਾਦਰ ਹਿੰਦ ਦੀ ਚਾਦਰ
ਦਾ ਨਾ ਕੋਈ ਸਾਨੀ
ਹਿੰਦੂ ਧਰਮ ਦੀ ਰੱਖਿਆ ਦੇ ਲਈ
ਦੇ ਗਏ ਜੋ ਕੁਰਬਾਨੀ ।

ਨਾਮ ਉਨ੍ਹਾਂ ਦਾ ਤਿਆਗ ਮੱਲ ਤੇ,
ਤਿਆਗ ਵੀ ਪੂਰਾ ਕਰਿਆ ।
ਜੋ ਵੀ ਗੋੜ ਸਮੇਂ ਦੇ ਚੱਲੇ,
ਨਾਲ ਸਹਿਜਤਾ ਜਰਿਆ ।
ਸਰਬੱਤ ਦਾ ਉਹ ਭਲਾ ਲੋੜਦੇ,
ਨਾ ਰੱਖਦੇ ਕੋਈ ਗਿਲਾਨੀ।
ਹਿੰਦੂ ਧਰਮ.....

ਨਾ ਭੈਅ ਦਿੱਤਾ ਆਪ ਕਿਸੇ ਨੂੰ
ਨਾ ਭੈਅ ਕਿਸੇ ਦਾ ਮੰਨਿਆਂ।
ਵਿੱਚ ਮੈਦਾਨੇ ਤੇਗ ਦਾ ਲੋਹਾ,
ਮੁਗ਼ਲਾਂ ਨੇ ਸੀ ਮੰਨਿਆ ।
ਤਿਆਗ ਮੱਲ ਤੋਂ ਤੇਗ ਬਹਾਦਰ,
ਬਣ ਗਈ ਰੂਹ ਰੂਹਾਨੀ ।
ਹਿੰਦੂ ਧਰਮ.....

ਅਸਾਮ ਦੇ ਵਿੱਚ ਸੰਧੀ ਕਰਵਾਈ,
ਦੇ ਰਾਜਿਆਂ ਵਿਚਕਾਰ।
ਪਟਨੇ ਦੇ ਵਿੱਚ ਜਨਮ ਲਿਆ,
ਤਦ ਪਿਆਰੇ ਗੋਬਿੰਦ ਬਾਲ।

ਆਨੰਦਪੁਰ ਸੋਹਣਾ
ਸ਼ਹਿਰ ਵਸਾ,
ਸਾਨੂੰ ਬਖਸ਼ੀ ਪਿਆਰ
ਨਿਸ਼ਾਨੀ।
ਹਿੰਦੂ ਧਰਮ.....

ਵੈਰਾਗਮਈ ਗੁਰਾਂ ਸ਼ਬਦ ਉਚਾਰੇ,
ਭਗਤੀ ਕੀਤੀ ਬਕਾਲੇ।
ਖੂਹੀਆਂ ਦੀ ਸੇਵਾ ਕਰਵਾਈ,
ਸੀ...ਪਿਆਸੇ ਮਰਦੇ ਸਾਰੇ ।
ਬਾਲ ਜਵਾਨੀ ਬਿਰਧ ਉਮਰ ਤੱਕ,
ਕਰ ਗਏ ਹੁਕਮ ਲਾਸਾਨੀ।
ਹਿੰਦੂ ਧਰਮ.....

ਜੀਵਨ ਬੁਲਬੁਲਾ ਪਾਣੀ ਦਾ,
ਸਾਨੂੰ ਗੁਰੂਆਂ ਨੇ ਸਮਝਾਇਆ।
ਨੂਰ ਫੇਰ ਨਹੀਂ ਸਾਂਭ ਹੋਣਾ ਜੇ,
ਬਹਿ ਬਹਿ ਸਮਾਂ ਗਵਾਇਆ।
ਨਾਲ ਗੁਰਾਂ ਤੁਸੀਂ ਪਾਓ ਪ੍ਰੀਤੀ,
ਛੱਡ ਦਿਓ ਜੀ ਮਨਮਾਨੀ।
ਹਿੰਦੂ ਧਰਮ.....

ਗੁਰਨੂਰ ਕੌਰ
ਦਸਵੀਂ -ਬੀ

CORONA-V (COVID-19) (SARS-COV2)



COVID-19 a large family of virus that cause illness -- from the common cold to more severe disease such as Middle East Respiratory Syndrome (MERS – COV) and Severe Acute Respiratory Syndrome (SARS-CO). A

Novel Corona Virus (NCOV) is a new strain that has not been previously identified in humans. There is difference of opinion about Covid-19 some scientist says that it came in human body from Bat, but other group of Scientist says that it is not alive – it is made in laboratory – In laboratory a protein particle is covered with fat around it. There is no DNA only RNA (Viral Protein).

Causes of Covid-19:- Once Covid -19 develop in people it can transmitted from person to person through respiratory droplets when the person - coughs, sneezes or talks. It moves through in air about the distance of 6 - 12 feet.

SYMPTOMS:-

- | | |
|------------------------------|------------------|
| • Fever | • Cough |
| • Tiredness | • Breathlessness |
| • SOAR THROAT | • Running Nose |
| • Chills | • Pain Chest |
| • Headache | |
| • Loss of taste buds & smell | |

TEST

RAPID TEST (RDT) :- Rapid Diagnostic Tests detects the presence of viral proteins (Antigen) expressed by Covid-19 virus in a sample from respiratory tract typically within 30 minutes.

RT-PCR TEST:- It is done when RDT test becomes negative (- ve). The test is done by taking the Nasopharyngeal (Nasal / Throat) swab from the patient. It involves in extracting RNA from which the virus is made (Genetic Material of virus). Sometimes it takes 4 hours to detect the virus. If virus is not present 4 hours then it is negative (- ve) test.

ANTIBODY TEST:- These Serological Test is used for find the virus in a body. In this method blood samples are used to find the antibodies that produce in immune system. It is indirect method of

testing, it can not find the virus but can determine the immune system has encountered it. Antibodies can show in 9-28 days after the infection. An infected person can spread the disease by the time if not isolated.

PREVENTION OF THE DISEASE

The most important thing is ISOLATION from infected person.

- Wear a mask
- To keep distance from every person at least the distance of 6-12 feet.
- Hand wash: Always hand wash should be done if you touch anything like handles, door & all. The hand wash should be done for at least 20-30 sec. with soap or hand lotion.
- Wear gloves
- keep sanitizer in your pocket
- Use of Sanitizer: Sanitizer should always use Alcoholic based (70-80% of Alcohol)
- Don't touch your eyes, nose or mouth.
- Stay home as much as possible
- If you have fever, cough, breathlessness then seek Medical Attention.
- Cover your head cap or cloth
- Treatment: There is only symptomatic Treatment of Covid-19 like fever, cough (Pneumonia) & Rhinitis

There is Plasma therapy to enhance antibodies in patients to fight against corona virus. It is successful treatment in some patients. In India many patients recovered with plasma therapy. In our country the Doctors also tried with antiviral drug.

Tab Remdesivir – in high doses. The recovery is seen in some patients.

Some countries are telling that they have made the vaccine, trial on Human is going on, but the truth is not known. Perhaps, Russia has tried Covid-19 Vaccine on people.

Dr. Pardeep Kaur
Ex. P.C.M.S.-1

हरियाणवी व गढ़वाली
गीतों पर थिरके बच्चे

SHIVALIK IN NEWS



Students of Shivalik Public School celebrate Diwali on the premises in Phase 6, Mohali. TRIBUNE PHOTO: VICKY

Boys perform bhangra in Mohali on Tuesday. TRIBUNE PHOTO: PRADEEP TEWARI

ये दो भास्कर के... (The two Bhaskars of...)



शिवालिक पब्लिक स्कूल दल टिनाम दंड समारोह

शिवालिक पब्लिक स्कूल दल टिनाम दंड समारोह... (Shivalik Public School team performs Dandia Raas ceremony...)

Assembly on Natl Voters Day

To commemorate National Voters Day the NSS volunteers of class XI of Shivalik Public School, Phase 6, Mohali, conducted a special assembly. In their presentations, they focussed on inclusiveness highlighting this year's theme 'No voter to be left behind'.

While delivering her address, principal Anupkiran Kaur motivated the students to make others aware of their duty to use their Right to Vote as everyone's participation in the political

process would strengthen Democracy. Students and staff administered a pledge too.



School director lauds students' energy

Principal Anupkiran Kaur, Shivalik Public School, Phase 6, Mohali, lauded the energy and enthusiasm of the students during the annual sports day. She highlighted their achievements in various sports and co-curricular activities, praising their dedication and teamwork.



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Shivalik Public School, Phase 6, Mohali, celebrated its 10th Anniversary. The school organized a series of events to mark the occasion, including a book exhibition, a sports day, and a cultural program. The principal, Anupkiran Kaur, expressed her pride in the school's growth and the students' achievements.

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Shivalik Public School, Phase 6, Mohali



Shivalik Public School holds maths exhibition



To motivate and assess the abstract abilities of students, a mathematics exhibition on the theme - "Mathematics In Real Life", was conducted at Shivalik Public School, Sector 41 B, Chandigarh. Students from classes VI to XII participated with full zeal and enthusiasm. More than 150 exhibits were displayed and a panel of judges selected the best models classwise. All the

Shivalik Public School, Phase 6, Mohali

To commemorate the sacrifices made by great men for the country and encourage



patriotic feeling among the students, a special assembly for pre-Independence Day celebrations of classes III to V was organized in Shivalik Public School, Mohali. The colourful bonanza presented by the students consisted of speeches, group songs, poems, dances and skit. In the end, school director DS Bedi appreciated the combine efforts of the students and teachers in



Shivalik Public School, Phase 6, Mohali

The NCC wing of Shivalik Public School, Mohali, took out a rally and raised slogans on 'Clean India campaign' and 'Save girl child', initiating the promotion of a better India and equal educational opportunities for all under the guidance of 3PB (I) NCC Ropar. The occasion was graced by principal Anupkiran Kaur, Hav Ramlal Prajapati and Jasbir Singh. The programme was

Junior class kids steal show at Sports Day



Shivalik Public School, Phase 6, Mohali, celebrated its Annual Sports Day with great zeal. It was a day full of energy, excitement and fun for the children. The celebration began with a march past by all the sections of KG. The balloon drill, class nursery, sunflower drill by class LKG, a coloured wheel drill by class KG were the main attractions of the event. The children bubbled with energy participated in various races like teddy race, carrot race, ball balancing race, hula hoop race, flower race and building the block race. The

CREATIVE EXPRESSIONS



Shivalik Public School

(Permanently Affiliated to CBSE, New Delhi)

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