VIVEK HIGH SCHOOL
SECTOR-70, MOHALI








SENIOR WING NEWSLETTER
July-September, Volume-2

WITHIN CAMPUS

Digital Safety Workshop

Our young learners from Montessori Upper Elementary recently attended an engaging and age-appropriate workshop on Digital Safety!
The session introduced students to important online concepts, starting with an interactive look at various digital threats such as phishing, spoofing, trolling, sweepstakes, cyberbullying, and deepfakes.
To ensure a holistic approach, the session was followed by meaningful discussions on digital wellness, proper netiquette, cyber hygiene, and responsible sharing.
Through this session, our little ones grasped the importance of fact-checking, protecting their personal information, and treating others with kindness and respect online. It was a wonderful step toward building a strong foundation of safe and mindful digital habits from an early age!





Career Counselling IX-X



The session was very useful and gave me a clearer understanding of mathematics, liberal arts, and future study options. The counsellor explained the difference between core and applied mathematics. I learned that core mathematics focuses more on theory and problem-solving, while applied mathematics focuses on using mathematical concepts in real-life situations. We also learned about liberal arts, which includes subjects such as history, literature, and social sciences. It helps develop critical thinking, creativity, and communication skills. The counsellor also discussed different universities and courses that we can consider after Class 12, based on our interests and career goals. Overall, the session helped me understand which path might suit me and how to plan my higher studies.

- Aadhya Mandhotra, X - A

Doctor's Talk

Learning how to stay calm and take the right action during a crisis is just as important as academic learning. Recently, doctors from Indus Hospital visited our school to conduct an interactive First Aid session for Classes VII and VIII. From learning how to handle common emergencies, such as burns and insect bites, to watching a live, practical demonstration of CPR, the session equipped us with hands-on skills that can actually save lives. It cleared our doubts, dispelled myths, and left us feeling much more confident about helping others when it matters most.

- Zorawar Mongia, VIII - B



ROAD SAFETY

Colouring Our Way to Road Safety!

It was a very exciting event at my school during No-Bag Day in July. We had a fun Road Safety Colouring Event for our young students.
We all became creative and used bright colours to colour traffic lights, zebra crossings, road signs, people, and children in the pictures.

The competition conveyed an important message and taught us how to stay safe while walking on the road. As we coloured, we noticed that the drawings featured essential lessons, such as stopping at red lights and looking both ways before crossing the road.

This creative activity helped us and the younger children understand the importance of following road safety rules. It was a fun and colourful way to learn how to stay safe on the road!

- Ayaanshi, V - Cavern







Road Safety Workshop

On our No Bag Day, we attended an informative and engaging lecture on traffic safety conducted by a Police Inspector. He highlighted the serious consequences of jumping traffic signals and over-speeding, explaining how strict fines can help discourage traffic violations. He also stressed the importance of avoiding underage driving and following traffic rules responsibly.The session became especially lively when he asked how many students had driven a scooter or car, and almost half the class raised their hands! Overall, it was an interactive, informative and enriching session that helped us understand the importance of road safety and responsible behaviour.

-Aarna Mahajan, VIII - C



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NO BAG DAY





A Day Full of Learning and Fun

It was the fourth No Bag Day organised at our school, held on the second Saturday of August. It was the most enjoyable one yet, filled with enthusiasm and excitement. Instead of spending the day reading paragraphs, memorising book titles and learning dates, we engaged in a variety of physical and mental activities.We were also given the opportunity to express our thoughts and creativity through music and art. One of the most valuable experiences of the day was learning about first aid and handling medical emergencies. This important session was conducted by a professional and experienced doctor, whose teaching methods were both engaging and effective.Overall, the day was a wonderful learning experience. I would like to thank our school for providing us with such meaningful lessons and experiences—ones that will remain with us and prove useful throughout our lives.

- Ranbeer Singh, VIII - A










INTER HOUSE COMPETITIONS

Integrated Maths And Science Competition

I got the opportunity to participate in a Science and Maths competition, “Shark Tank.” I presented an eco-friendly device that helps reduce air pollution and converts the pollutants into useful energy.

At first, I felt nervous about presenting my idea, but after some time, I became more comfortable and interested in explaining how the device worked. This innovative idea addressed two major challenges: cleaning the air and converting pollution into renewable energy. The device could be beneficial for homes, buildings, schools, and other places.
I was very happy and proud to share that my project won 2nd prize in the competition. This experience helped me develop important skills such as problem-solving, teamwork, creativity, and presentation skills. It was a wonderful learning experience that boosted my confidence and encouraged me to explore more innovative ideas.

- Agamdeep Singh, VI - Archipelago

Dance Competition, Grade 4, 5







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1st Position: Nalanda		
S.No	Winner	Class
1.	Jasraj Singh Sehra	IV - Cavern
2.	Navseerat Kaur	IV - Cavern
3.	Jasmine Rajpal	IV - Isthmus
4.	Savya Modgill	V - Cliff
5.	Harkeerat Kaur	V - Cliff
6.	Mahira Chaudhary	V - Peninsula
7.	Aananya	V - Dune
8.	Abeer Sharma	V - Dune
9.	Harnoor Kaur	V - Cavern
10.	Charvi Narula	V - Dome
2nd Position: Taxila		
S.No	Winner	Class
1.	Rishamgeet Kaur	IV - Cliff
2.	Vaanya Choudhary	IV - Oasis
3.	Jasjot Singh	IV - Delta
4.	Niharika verma	IV - Peninsula
5.	Shivaay Goyal	IV - Dune
6.	Ivaan Singh Gill	IV -Cavern
7.	Sehrish Kaur	IV -Cavern
8.	Anahita Batra	IV -Dome
9.	Swara Singh	IV - Isthmus
10.	Arveen Kaur Bhatia	V - Peninsula
11.	Nitya Gupta	V - Canyon

3rd Position: Vikramshila		
S.No	Winner	Class
1.	Teghnaman Kaur	IV - Cliff
2.	Navanya	IV - Delta
3.	Raaisha Nagpal	IV - Peninsula
4.	Khaivya Mahajan	IV - Dune
5.	Gurnaaz Kaur	IV - Plateau
6.	Arwyn Kaur Dhillon	IV - Dome
7.	Hasrat Bansal	IV - Dome
8.	Javlyn Kaur	IV - Plateau
9.	Aanya Jaiswal	V - Delta
10.	Mahira	V -Dome
11.	Gabina Kaur	V - Isthmus
3rd Position: Gandhara		
S.No	Winner	Class
1.	Manroze Kaur Dhindsa	IV - Cliff
2.	Yogamya	IV - Oasis
3.	Tvisha Mehta	IV -Dome
4.	Gaurisha Jain	V - Oasis
5.	Inayat Verma	V - Delta
6.	Naira Verma	V - Dune
7.	Hunar	V - Cavern
8.	Vaanya Sharma	V - Isthmus

Shark Tank Competition, Grade- 6



Shark Tank

1st Position: Gandhara		
S.No	Winner	Class
1.	Kaivalaya Kaur	VI - Cavern
2.	Harnimrat Kaur	VI - Dome
3.	Mayra	VI - Cliff
4.	Gurniamat Kaur	VI - Archipelago

2nd Position: Nalanda		
S.No	Winner	Class
1.	Japleen Kaur	VI -Dune
2.	Sahir Vashisth	VI - Archipelago
3.	Agamdeep Singh	VI - Archipelago
4.	Advik Aggarwal	VI - Estuary

3rd Position: Vikramshila		
S.No	Winner	Class
1.	Vamika Srivastava	VI - Peninsula
2.	Nimrit Kaur	VI - Oasis
3.	Saksham Panday	VI -Oasis
4.	Samreet Kaur	VI - Archipelago

Participant: Taxila		
S.No	Winner	Class
1.	Seerat Kaur Sandhu	VI - Archipelago
2.	Tiarah Aggarwal	VI - Estuary
3.	Jayesh Rawat	VI - Plateau

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अंतर-सदनीय हिंदी प्रतियोगिता

दिनाँक 24-08-2026 विवेक हाई स्कूल, मोहाली में 'अंतर्सदनीय हिंदी प्रतियोगिता' का आयोजन किया गया। जिस में कक्षा IV, V और VI के विद्यार्थियों ने बढ़-चढ़ कर भाग लिया। प्रतियोगिता में विद्यार्थियों ने पूरे जोश और उत्साह के साथ भाग लिया। प्रतियोगिता से विद्यार्थियों में आत्म-विश्वास बढ़ा। कक्षा IV भूमिका-अभिनय प्रतियोगिता विद्यार्थियों ने महान व्यक्तित्वों की भूमिकाओं को जीवंत करते हुए अपने अभिनय, आत्मविश्वास और अभिव्यक्ति-कौशल का प्रभावशाली प्रदर्शन किया। कक्षा V कहानी वाचन प्रतियोगिता विद्यार्थियों ने रोचक एवं प्रेरणादायक कहानियों का भावपूर्ण वाचन करते हुए अपनी भाषा, उच्चारण और प्रस्तुति-कौशल का सुंदर प्रदर्शन किया। कक्षा -६ नुक्कड़ नाटक प्रतियोगिता विद्यार्थियों ने सभा में उपस्थित दर्शको एवं श्रोतागण को सामाजिक मुद्दों के प्रति जागरूक करवाया। कार्यक्रम के अंत में प्रतिभागियों को सम्मान पत्र द्वारा सम्मानित किया गया।












अभिनय प्रतियोगिता-कक्षा -४

क्रम० सं०	विजेता	कक्षा	स्थान	सदन
1.	जुबेर प्रताप सिंह	IV – कैनियन	प्रथम	गंधारा
2.	रायशा नागपाल	IV – पेनिनसुला	द्वितीय	विक्रमशिला
2.	गुरफ़तेह सिंह गिल	IV- क्लिफ़	द्वितीय	नालंदा
3.	लोविक सरीन	IV- ओएसिस	तृतीय	तक्षशिला

कहानी वाचन प्रतियोगिता-कक्षा -५

क्रम० सं०	विजेता	कक्षा	स्थान	सदन
1.	शहाना	V–डोम	प्रथम	तक्षशिला
2.	पनव पाल सिंह	V–कैनियन	द्वितीय	विक्रमशिला
3.	अरिहान गोयल	V-कैनियन	तृतीय	नालंदा

नुक्कड़-नाटक प्रतियोगिता

क्रम० सं०	विजेता	कक्षा	स्थान	सदन
1.	सक्षम पांडेय	VI – ओएसिस	प्रथम	विक्रमशिला
2.	प्रणील पराशर	VI – कैनियन	द्वितीय	तक्षशिला
3.	अतुल्य कालरा	VI- ड्यून	तृतीय	नालंदा
3.	मायरा ग्रोवर	VI- क्लिफ़	तृतीय	गंधारा

अनुभव — हिंदी प्रतियोगिता

विद्यालय में आयोजित हिंदी प्रतियोगिता में मुझे उत्साह, उमंग और आत्मविश्वास से भरा एक अनमोल अनुभव प्राप्त हुआ। इस कार्यक्रम में मुझे उद्घोषक (संचालक) की भूमिका निभाने का अवसर मिला। मंच पर खड़े होकर प्रतिभागियों का परिचय करवाना, दर्शकों का ध्यान बनाए रखना और पूरे कार्यक्रम को आगे बढ़ाना मेरे लिए बेहद रोमांचक रहा।

मंच की हलचल और दर्शकों की तालियों के बीच बोलते हुए मुझे ऐसा लगा जैसे मंच के शब्दों ने मुझे एक नई पहचान दे दी हो। इस अनुभव ने मेरे आत्मविश्वास को बढ़ाया और मेरे व्यक्तित्व में एक नया आयाम जोड़ा।

नुक्कड़ नाटक की जीवंत प्रस्तुतियों और अन्य प्रतिभागियों के उत्साह ने इस कार्यक्रम को मेरे लिए एक यादगार अनुभव बना दिया, जिसे मैं हमेशा संजोकर रखूँगी।

धन्यवाद।

- वर्मिका श्रीवास्तव, कक्षा – VI, पेनिनसुला

Integrated Computer Competition

Follow Traffic Rules, Stay Safe

On 3rd August 2026, I participated in the Annual Inter-House Computer Competition. I was very excited to represent Gandhara House. For the competition, I created a poster on Road Safety using a computer. I used different colours, pictures, and text to spread the message, “Follow traffic rules, stay safe.”

It was a great experience to use my computer skills and creativity. I learned about time management and discovered new designing techniques.

Thank you to all our teachers for guiding us and making this event so much fun and educational!

- Rivaan Wadhera, IV - Estuary

Cyber Security

Taking part in a cyber-security competition was an exciting and educational experience for me. I learned many useful tips about protecting computers, accounts, and personal information.

During the competition, we solved different challenges related to passwords, phishing, malware, and online safety. I learned that using strong passwords and two-factor authentication can greatly improve security.

The competition also taught me to think carefully before clicking unknown links or downloading suspicious files. Working with my teammates made the experience more enjoyable and helped me learn from others.

Overall, the competition increased my interest in cyber security and made me more aware of online threats. I will use the security tips I learned to stay safer on the internet in my daily life.

- Saksham Panday, VI – Oasis

I took part in an Inter-House PowerPoint competition on how to stay safe from cyber threats. When I came to know about the competition, I started preparing for it. First, I learned about cyber threats, password hacking, and how to stay safe online. Then, I made my PowerPoint presentation and learned how to make it look attractive.
I learned that good information is important, but the way we show it is also important. I worked hard on learning the topic, making the presentation, and preparing how to speak. On the day of the competition, I was confident and gave my presentation well. All my hard work helped me get the second prize, and I was very happy.

- Harshaan Singh Brar , VI - Cliff











Inter House Computer Competition

Poster Making – Grade V

S.No	Winner	Class	Position	House
1.	Aishmeen Kaur	IV - Canyon	1st	Gandhara
2.	Abdul Basit	IV - Plateau	1st	Nalanda
3.	Rivaan Wadhera	IV - Estuary	2nd	Gandhara
4.	Ivaan Singh Gill	IV - Cavern	3rd	Taxila

Fun With Scratch – Grade IV

S.No	Winner	Class	Position	House
1.	Aayansh Bansal	V - Delta	1st	Gandhara
2.	Guribadat Kaur	V- Plateau	2nd	Vikranshilla
3.	Gurniwaz Singh	V- Isthmus	3rd	Taxila

Fun With Scratch – Grade IV

S.No	Winner	Class	Position	House
1.	Ajunipreet Kaur	VI - Dune	1st	Taxila
2.	Harshaan Singh Brar	VI - Cliff	2nd	Nalanda
3.	Herin Choudhary	VI - Peninsula	3rd	Vikramshila

Infinity Times

I really enjoyed taking part in the Infinity Times activity. It was a fun and different learning experience for me. While making the newspaper page, I learned many new things about Maths, Science, and Computers. I also learned how to work in a team and share ideas with others. Designing the page and making puzzles and charts was very interesting. This activity helped me improve my creativity and confidence.

- Rabbani, X - B



Infinity Times- Exploring Maths, Science and Technology Together

S.No	Winner	Class	Position	House
1.	Adwita Sameer	X C	1st	Gandhara
2.	Dishita Markanday	X C	1st	Gandhara
3.	Gurnoor Singh	X C	1st	Gandhara
4.	Aarav Sharma	X C	1st	Gandhara
5.	Harbaan Singh	X D	2nd	Vikramshila
6.	Anantpreet Kaur	X D	2nd	Vikramshila
7.	Manseerat Kaur	X D	2nd	Vikramshila
8.	Dakshveer Singh Sandhu	X D	2nd	Vikramshila
9.	Guneet Kaur Sodhi	X D	3rd	Nalanda
10.	Ibadat Kaur Brar	X D	3rd	Nalanda
11.	Bikram Pratap Grewal	X D	3rd	Nalanda
12.	Jobanpreet Singh	X D	3rd	Nalanda
13.	Devanshi Kaura	IX A	3rd	Vikramshila
14.	Utsav Saroch	IX A	3rd	Vikramshila
15.	Anant Kaushal	IX A	3rd	Vikramshila
16.	Sakshum Walia	IX A	3rd	Vikramshila
17.	Gurmehar Singh	IX A	3rd	Vikramshila
18.	Anusha Chaudhuri	IX A	3rd	Vikramshila

Threads of Math & Science

We had an Inter-House Rakhi Making Competition in which we had to create Rakhis by incorporating concepts from Mathematics and Science. Each house was required to use only biodegradable materials, making the activity both creative and environmentally friendly. The activity gave us an opportunity to learn and apply various concepts, such as midpoints, patterns and the properties of different materials, in an interesting and practical way. Each house created its own unique Rakhi and prepared a write-up explaining the mathematical and scientific concepts used in its design.Overall, the competition was an enjoyable and enriching experience. Everyone participated enthusiastically and enjoyed learning through creativity and teamwork. We look forward to many more such innovative and engaging activities in the future.

- Dhruvi ,VII - C





The Bhasha Switch English & Hindi

Participating in The Bhasha Switch as part of Gandhara House was an unforgettable experience. Standing on stage for the English and Hindi rounds, tackling rapid-fire vocabulary, grammar, and spontaneous expression, kept our hearts racing the entire time. Switching between both languages under a ticking timer was tough, but our team preparation and constant encouragement for one another kept us going. Hearing Gandhara House announced as the winners was pure magic, making all our hard work and team spirit totally worth it!

- Simarjot Kaur, VII - D





The Bhasha Switch- English & Hindi Result

CLASS: VII & VIII

S.No	Name	Class	Position	House
1.	Vedang Inoday Vasisht	VII B	1st	Gandhara
2.	Simarjot Kaur	VII D	1st	Gandhara
3.	Aarna Mahajan	VIII C	1st	Gandhara
4.	Haneesha Premi	VIII C	1st	Gandhara
5.	Jai Pratap Singh Ghuman	VII A	2nd	Vikramshila
6.	Ayan Rana	VII D	2nd	Vikramshila
7.	Ayati Kandpal	VIII A	2nd	Vikramshila
8.	Madhav Dutt	VIII B	2nd	Vikramshila
9.	Anahat Kaur Bhatti	VII A	3rd	Nalanda
10.	Ramneek Singh Arora	VII D	3rd	Nalanda
11.	Nandini Dhial	VIII A	3rd	Nalanda
12.	Kenisha Gupta	VIII C	3rd	Nalanda

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CELEBRATIONS









Teachers Day

A Celebration of Gratitude and Joy

Teachers' Day at school was a heart-warming celebration filled with love, laughter and appreciation. Our students went the extra mile to make their teachers feel truly special—from beautifully decorated classrooms and thoughtful titles to melodious music, lively presentations, entertaining skits and fun-filled activities. Every gesture reflected their creativity, affection and gratitude. Adding to the celebrations, the management hosted a special lunch for all the teachers, making the occasion even more memorable. It was a beautiful day of togetherness and a heartfelt reminder that the bond between a teacher and a student goes far beyond the classroom.

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On 3rd August 2026, our class celebrated Teachers' Day with immense joy and enthusiasm in the presence of our class teachers, Gayatri Ma'am and Shamli Ma'am. To make the occasion memorable, the students organized a wonderful surprise by thoughtfully decorating the classroom. The celebrations began with inspiring speeches delivered by my classmates and me, expressing our heartfelt gratitude to our teachers for their guidance and dedication. Adding to the energetic atmosphere, a few students delivered a lively Bhangra performance that delighted everyone. The highlight of the event was a delicious, homemade cake brought by a fellow student, which was thoroughly enjoyed by all. Our teachers were genuinely touched by the thoughtful surprise, and the entire event turned out to be a joyful and memorable experience for our class.

Inayat Sachdeva, VIII - D

Independence Day

I like Independence Day. Not only because there is no school. Although, obviously, that helps.
I like waking up to the little tricolour flag stuck near the window, hearing patriotic songs from somewhere down the street, and seeing shops covered in saffron, white and green. Even the newspaper looks different.
At school, everyone is unusually excited. The ground is full of children, teachers are arranging chairs, the microphone keeps making strange noises, and the flag is waiting at the top of the pole. Then it rises. Everyone stands up.
For a few minutes, even the loudest children become quiet. I look around and see hundreds of small flags moving in the morning air. Someone beside me is singing too loudly. Someone behind me is fixing their badge. I can smell the sweets waiting to be handed out. And somehow, in all that noise and excitement, I feel proud. Not the kind of proud that needs a speech. Just a small feeling that says:
This is my country.
Maybe that's my favourite part of Independence Day.
Not the holiday.
Not even the sweets. Just that one moment when a flag goes up, everyone looks at it, and for a little while, we all feel like we belong to the same story.

- Haneesha Premi , VIII-C



STUDENT MUSINGS

Anecdotes

The Missing Buildings

Lucan, a boy around 15, lived in the magical city of Nevermore. He was once watching the news, and it stated that buildings in Nevermore were disappearing. He and his friend Sylph were determined to find the cause; they met up at the city centre and studied the pattern of the disappearances and saw that the houses were disappearing block by block. So they went to their parents and asked them to let them have a sleepover and in the middle of the night, they went to the building which was next on the list. It turns out that the buildings were just disappearing with a cloud of smoke. There was no sign of the thief and the building looked like it had never been there, so they suspected that it was some magical phenomena. They went to the underground station where they found remains of the missing buildings. The two boys were terrified and also fascinated, they knew that the humans in the building also never returned, so they examined the buildings and found NO human DNA which told them that this was DEFINITELY magical phenomena so they went to the place where ANY magical phenomena would lead to, the old town, the old town was a place where a lot of magic came together to form strange disasters, such as, once in old town it literally rained cats and dogs. Which led the townspeople to leave old town. When Lucan and Sylph arrived, they saw more remains of buildings which told them that they were close. After a few more hours of searching, they heard a scream, they ran to the scream and saw a wounded person. They asked him where all the other people were and they carried him and the other people out (which proved to be difficult, as they were children) and got them to a hospital. The boys received a badge of bravery from the Nevermore mayor. They also received public honour and a scholarship to a very prestigious school, the Guardsmark School.

The End...

- Arihaan Goel, V - Canyon

Financial Management

Financial management is a topic which is much underestimated as none of the parents teach their children.

Everybody thinks saving money is just a wastage of time and money but never think about the compound interest applied (it means that when you add money and it is doubled by the percentage of the fund) as Einstein has also said that "8th wonder of the world is compound interest." Throughout the journey I have learned that finance is the second most important thing after studies. We just need to know that finance is a topic that needs to be known for our life, for our good not someone's so starting from our pocket money is the first and the best step.
Why don't we start now?

- Sirjan Bharara, VI - Dune

Once upon a time there lived a twin brother and sister –Connor and Alex. One day their grandmother had got them a gift for their eleventh birthday. It was their grandmother's storybook. 'But this is yours' said Alex, 'we can't take something that is yours'! But grandma wouldn't take it back. During the night 'Alex saw the book was glowing! The book practically ate the girl, and she screamed as she fell. Due to the noise Connor came running to her room and was also consumed. The book shut close. The siblings both landed one by one into THE LAND OF STORIES. There they found a helpful frog who gave them a journal which had all the items for the wishing spell. It allows them to make any wish in the whole entire world but can only be used twice. It had already been used once by their father. Now they had to do the spell fast as the greedy, evil queen wanted the items for herself. The evil queen waited until the twins collected all the items. Then the evil queen orders the BIG BAD WOLF to kidnap the twins in exchange for Queen Red Riding Hood. The wolf agrees. The Queen then snatches the items from the twins and prepares the spell but dies in the process. The twins cannot go home as they do not have the items, so they rest at Snow White's palace when they get an invitation to Cinderella's palace.
When they arrived, they saw their grandma on a stool
It was Cinderella's fairy godmother!

Grandma explains that she is from this world and had given the book for a reason.
Grandma transports them home and they live happily ever after.

THE END!!!!

- Aananya, V - Dune

My Dream

My dream is to play cricket and become a world-famous player. I love cricket very much and I play it every day after school. I enjoy batting, bowling, and fielding with my friends. I want to work hard and become a successful cricketer in the future. My favourite team is Royal Challengers Bengaluru. I always watch their matches with excitement. My favourite player is Virat Kohli because he is a great batsman and inspires many young players. I want to play like him one day and make my family proud. My friends' favourite teams are Chennai Super Kings and Rajasthan Royals. My friends Aarish, Daksh, Shivay, and Palaksh play cricket with me after school every day. Aarish and Daksh are pace bowlers, while Shivay and Palaksh are spin bowlers. We have a lot of fun while playing together. Sometimes we make our own teams and play matches in the park. We cheer for each other and learn new cricket skills every day. I hope that one day I will play for India and become a famous cricket player loved by everyone.

- Azaan Sidhu, IV – Isthmus.

The Blue Wand

The Blue Wand One day a fairy was practicing her spells. Her name was Lea. Her mother called her to help bake a cake. She left her wand in her room. When she came back her wand had disappeared! She told her mother and her mother said, “It must be in your school bag.” Lea checked her bag, but it wasn't. She felt sad. So, she went for a walk. During the walk, Lea spotted a four-year old fairy struggling to do a spell. She helped that fairy and the little fairy thanked her. She went back home, ate dinner and slept. The next day when she woke up, she found a peculiar blue wand near her feet. It had a message — “Thanks - Regards Elie”. She remembered that yesterday she helped a little fairy and knew it was from her. She tried a spell, it worked perfectly. She aced all her spell test just because she helped a little fairy. Moral: Kindness always finds its way back to you. —

- Mahira Mathur, V- Isthmus.

Lily and the Helpful Bunny

Once upon a time, there was a girl named Lily. She lived in a small village. One day, her mother got sick. She didn't have anything to eat at home. She thought of going to the nearby forest to collect some mushrooms. Then, she took her basket and went into the jungle.
After going further and further, she saw a little bunny that was injured. She went close to the bunny and found that the bunny had an injury on its foot.
“Are you okay, Bunny?” asked Lily.
“I am not okay,” said the bunny.
Then Lily thought of finding a bandage and started looking for one. Then, she found a bandage under a tree. She took the bandage to the bunny and tied it around the bunny's foot. The bunny felt better and happy and asked Lily, “How can I help you in this jungle?”
“I need to find mushrooms for my sick mother,” said Lily.
“I know a place near the river where we can find plenty of mushrooms,” said the bunny.
Then Lily agreed to go near the pond to find mushrooms. When they reached the river, they found that there was no bridge to cross it. So, the bunny had an idea to build a bridge. The bunny told Lily to look for some wooden pieces. Then, they started to build the bridge.
After some time, they completed their bridge. Then Lily said that they should move further to find mushrooms. Finally, they reached the place near the pond where the bunny had told her to go. They found plenty of mushrooms on the hilltop.
Lily quickly collected the mushrooms and thanked the bunny for helping her find them. Then, they both became best friends forever.
Moral: We should be kind and help each other.

- Aishmeen kaur, IV - Canyon

The Last Ladoo

Once upon a time, there lived two old people. One was a grandfather and the other was a grandmother. They were very greedy. Their neighbours were very good. Their neighbours gave them Ladoo's every day and they ate every day. Once their neighbours gave them 5 Ladoo's. One ate 2 and the another ate 2 and one Ladoo was left. They had a fight for who will eat the last Ladoo. The grandmother had an idea that one who moves first will lose and the other will eat the last Ladoo. They did not move for hours. They felt thirsty but they did not move. Soon they felt asleep. Soon the villagers came to see their house. They thought that they were lying dead on the floor. They took them for crimination but they did not move. They took them to the fire. The fire was burnt and grandmother said “I lose, you win". They both stand up and went to their house. They found that a wolf was liking that last Ladoo.
Moral: A war is not a solution.

- Devansh Arora, VI – Isthmus

The Magnificent Butterflies

Colourful, Colourful are your wings,
You make our dull days bright with joyful things.
I wonder where you are,
Are you resting on a flower?
You sip the nectar from the flowers,
I think you have a magnificent power.
You flutter gently through the sky,
Bringing smiles as you pass by.
With every graceful, colourful flight,
You fill the world with joy and light.
You dance among the flowers with glee,
A little wonder for all to see!

- Anaya Sharma, IV- Peninsula

My Mango Mission in the Village!

During summer holidays, I went to my village and my main mission was to eat ALL the mangoes in our orchard. My sister and I ate so many mangoes that my hands and face became yellow. My grandma said we look like two little mangoes!

We also played hide and seek. I hid so well in the hay that everyone went home, as they couldn't find me. I was still hiding and shouting, "Find me", which was very funny. I tried to help my grandma while doing so I broke one plate. I tried to help my grandpa water the plants but ended up watering his slippers! It was hilarious.

I also experienced echo as I shouted from the hill and my own echo shouted back at me. Living in the hills was super fun.

- Naureen Kanwar, V- Plateau

Tween Girl

No longer a kid,
Not yet a teen
You're my lovable
Spirited 'in-between'
Expressing yourself
With friends on the phone.
You've got your own style
And a mind of your own.
Follow your dreams
Do what you do best
Trust in the talents
With which you are blessed.
And may this always remind
You….
You've got always got God
And me behind you!

- Myrah Singh, VI – Delta

Poem

The Place We Call School

Every morning, through the gates we go,
With sleepy eyes and dreams in tow.
The school bells ring, the classrooms fill,
With curious minds and eager thrill.
From books and art to laughter shared,
We learn with friends who truly care.
Kind teachers guide us day by day,
To help us grow and find our way.
For school is where we learn and bloom,
Creating memories in every room.
Though years may pass and time moves fast,
These cherished days will always last.

Harnidh Makkar, VIII - A

Between Who I was And Who I'll Be

Saying goodbye is hard,
I'm falling like a shard.
No more freedom, no more fun,
This is hitting me like a shot from a gun.
What is this new phase of life,
Hitting my childhood with a little knife? I was excited to be a teen,
But there is no one for me to lean.
It's just a phase,
I will get myself to raise.
Sometimes it's okay to be wrong, But I need to be strong.

- Aarna Mahajan, VIII - C

Moving On.....

A traveller travels through towns,
Going through town squares
Sitting in noisy caravans
And moves on

A toucan sits on the branch of a pear tree
Eating and munching the ripe fruit
Looking for another fruit to gulp
And moves on

The wind storms through the desert
Unbraiding the sand
Playing with the leaves of the mighty palm tree
And moves on

- Ranbir Pratap Singh Brar, X-C

The Beautiful Nature

Nature is so beautiful,
Nobody can match its grace.
Whenever I think about it,
It just lights up my face.
Look at the stars,
Look at the moon.
When you look at it
You wish you could go there soon
If you go to the forest,
And hear Mother Nature speak.
Her voice is so powerful,
It makes the mightiest feel weak.
At my front porch,
Whenever I contemplate nature.
It always gives me an urge,
To go on an adventure.

- Gurbaaz Singh Brar, IX - B

Before the Bell

The clock hangs above us,
too loud for something
that never speaks.
Ceiling fans turn slowly,
papers rustle,
and somewhere in the room
a pen clicks for the seventh
time.
There is a faint smell of ink
and freshly sharpened pencils.
The question paper lies face
down,
looking harmless.
It isn't.
“Begin.”
And suddenly,
the room fills with small sounds:
pages turning,
chairs shifting,
pens racing across paper,
someone whispering a prayer
under their breath.
We spend months learning
chapters,
dates, diagrams, formulas,
and then spend three hours
trying to fit all of it
into the tiny blue lines
on a page.
Every few minutes,
someone looks at the clock.
Every few minutes,
the clock looks back.
Then comes that strange
moment
when you know the answer
but the word refuses to arrive.
You stare at the ceiling.
The ceiling offers nothing.
So you write.
Maybe perfectly.
Maybe not.
Outside, sunlight spills across
the corridor,
a bicycle bell rings near the
gate,
and someone is already
laughing
as though an examination
has never ruined a perfectly
good afternoon.
The bell rings.
Pens stop.
For three hours,
we tried to prove
what we knew.
But perhaps the quieter truth
is what the paper can never ask:
What did we discover
while we were learning?
What made us curious?
What made us laugh?
What stayed in our minds
long after the textbook was
closed?
Those answers
will never be printed
beside our marks.
And perhaps
they are the ones worth
remembering.

Haneesha Premi, VIII - C

Paths of a Page

My pen traces the blank paths of a page,
Capturing everything I say.
Oh how it listens to me, even during my worst days!

Day after day I fill them up, freezing the moments as memories.
My ears listen to the ink flow,
Keeping my mind at ease

A poet may die,
But his works never will.
Your thoughts may be suppressed,
But the spirit you can never kill.
Some write because they want to feel heard,

Like a bird leaving a cage to be free.
My pen traces the blank paths of a page,
And maybe I'll write yet another day.

- Seerat Khurl, IX - B

Waves

A wave they said, calms down
Once it reaches the shore, we always assume the shore as its destination,
But what if, the wave just like us, had to give up on its dreams, what if it didn't want to calm, or even reach the shore?

Waves are always reaching and yearning for something, but never get what they want, they try to reach the moon and sun but fail.
A huge wave they say is aggressive but it is the very wave that calms down before even reaching the shore.
The waves and the ocean have a lot of memories buried somewhere inside it.
The ocean has a lot to obscure,
And bury but the waves are its heart, its feelings that it can't hide.

The more the ocean tries to conceal, the higher the waves go.
Isn't the ocean so calm at concealing and the waves so reminiscent?
The ocean, at least to me, is not aggressive, it's just trying to veil all its feelings.
The ocean is so similar to humans, isn't it?

- Mahira Jindal, X - C

Sugarcanes to Hurricanes

As I began my journey in middle school, life appeared perplexing. The upheavals in my life, people of different hues and colors, and my adjustments galore. I requested my father to provide an elixir for my parched soul. My mother then suggested the Havelock Islands; its enthralling natural beauty would make the trip an unforgettable experience. I was traveling by air to a beautiful, scenic place called the Havelock Islands in the Andaman and Nicobar Islands. The air hostess gave me a Time magazine. I read an article titled "The Cataclysmic Report." At the front, there was a beautiful picture of a tornado. I asked my mother, "Have we not witnessed a natural calamity a few years back?" My mother replied, "These things don't happen often." I asked my mother, "Can a natural disaster occur during our trip?" My mother replied, "No, dear, I checked the weather forecast."

My mother and I conversed no longer, and the flight landed at Veer Savarkar International Airport in Port Blair. We traveled by ferry to the Havelock Islands; the water was a beautiful blue-green turquoise. We reached our grandiose hotel and asked our manager what water activities could be done. He told us that the water around the islands is crystal clear, making it a great place for swimming. The island is also a popular destination for scuba diving and underwater walking. We selected certain activities for the next day and paid the advance money. With dreams of a lovely stay, I sat there sipping a Virgin Mojito at the dinner table. My mother spoke, "Why am I hearing gurgling sounds while you're drinking?" I stared at the empty glass, and before I could throw a tantrum, a hotel staffer walked over to us and said, "Cyclone Jawad is reaching Havelock Island tomorrow morning; you need to vacate."

I was perplexed. Who in the world was Jawad? My father patted my back, told us a cyclone was hitting the island soon, and pointed toward the rising water level. The next day, my father contacted a local police officer and saw the details of the government boats ferrying stranded tourists. We boarded the ferry, and the captain said, "I have some alarming news: we are too late, and we are stuck in the cyclone."

An old lady sitting beside me looked at the strong waves striking the glass panes of the ferry and asked me, "Child, do you know what is happening?"

I put my small hand on the rugged and seasoned hand of the old lady and remarked, "Aunty, I Really Do Know It All!"

My mother had rightly said that it would truly be an unforgettable experience.

Was it déjà vu?

- Mehar Kaur, VIII - A

The Night Before

The night before an exam has its own atmosphere. Books are everywhere. A highlighter has mysteriously lost its cap. The desk is covered in tiny paper scraps, and the clock seems to move faster every time you look at it. There is always that one chapter you suddenly decide is extremely important. We read. We underline. We revise. We stare at the same page long enough to memorise absolutely nothing. And then, somehow, morning arrives. The exam begins, and the panic slowly gives way to concentration. One answer becomes two, two become three, and the blank page starts filling up. Maybe exams are not really about knowing everything. Maybe they are about showing up with whatever you managed to gather, putting it on paper, and discovering that you usually know more than you thought. And yes, next time, we should probably start studying earlier.

Haneesha Premi, VIII - C

The Exam I Will Never Forget

One day, I reached school for my social science exam, feeling completely prepared or so I thought. I walked into the examination hall, sat down, and suddenly realised something horrifying: I had studied for the maths exam instead! Maths is the subject I dislike the most, so at that moment, I was literally about to cry. I had no idea what to do and was convinced that I was going to fail.

Just then, Vidhi Ma'am and Natasha Ma'am came in and helped me so much. They calmed me down, guided me through the situation, and made sure I could attempt my exam.

I will never forget that day. What started as a complete examination disaster turned into a memory I will always cherish. Without Vidhi Ma'am and Natasha Ma'am, I honestly don't think I would have even passed!

Sometimes, the people who help us in our most panicked moments become the people we remember the most.

Harnidh Makkar, VIII - A

NEWSLETTER 2026-27 | QUARTER-2

LEARNING BEYOND BOOKS








Sports- Fueling Fitness And Fun





Nature Walk: Capturing Time and Imagery

Ms Rajsee's observation assignment revealed how completely a landscape can transform while the observer remains the same. On a rainy day, the school garden felt enchanting and mysterious, wrapped in low, dark clouds, the soothing hum of insects, the earthy fragrance of petrichor, and raindrops clinging like pearls to flowers, while birds splashed in puddles. The very next day, golden sunlight replaced the grey skies, transforming those raindrops into sparkling diamonds. Butterflies sipped nectar, birds sang cheerfully, and children's laughter rang out from the swings. Though the atmosphere shifted entirely, from a soft, fragrant sanctuary to a vibrant, energetic playground, the porch and the student remained unchanged. Ultimately, the experience reflected John Ruskin's wisdom that there is no bad weather, only different kinds of good weather. It taught us that beauty exists in every mood of nature if we simply pause to observe and appreciate it.

Mehar Kaur, VIII- A



कक्षा गतिविधि

'साक्षात्कार' विषय पर आधारित एक रोचक कक्षा गतिविधि का आयोजन हिंदी विभाग द्वारा कक्षा आठवीं के विद्यार्थियों के लिए 20 अगस्त 2026 को सफलतापूर्वक किया गया। इस गतिविधि का उद्देश्य विद्यार्थियों में श्रवण, लेखन, संवाद एवं प्रभावी संप्रेषण कौशल का विकास करना था।गतिविधि के अंतर्गत विद्यार्थियों ने अपने घर के नाना-नानी अथवा दादा-दादी में से किसी एक का साक्षात्कार लिया। विद्यार्थियों ने स्वयं प्रश्नावली तैयार की, जिसमें उन्होंने बुज़ुर्गों के पुराने समय, रहन-सहन, जीवनशैली, अनुभवों एवं बीती यादों से संबंधित प्रश्न शामिल किए। इसके पश्चात विद्यार्थियों ने साक्षात्कार के दौरान प्राप्त उत्तरों को लिखित रूप में प्रस्तुत किया। गतिविधि के अंत में विद्यार्थियों ने अपने बुज़ुर्गों के हस्ताक्षर भी करवाए।इस गतिविधि ने विद्यार्थियों को पारिवारिक अनुभवों से सीखने तथा उन्हें अपनी भाषा में प्रभावी ढंग से प्रस्तुत करने का अवसर प्रदान किया। साथ ही, उनमें अपने बुज़ुर्गों के प्रति सम्मान, संवेदनशीलता एवं आत्मीयता की भावना भी विकसित हुई। यह गतिविधि विद्यार्थियों के लिए एक ज्ञानवर्धक, भावपूर्ण एवं प्रेरणादायक अनुभव सिद्ध हुई, जिसने उनके भाषा-कौशल के साथ-साथ सामाजिक एवं भावनात्मक समझ को भी समृद्ध किया।

अतीत से मिली अनमोल सीख

हमारी हिंदी की कक्षा में "अतीत से मिली अनमोल सीख" विषय पर एक रोचक गतिविधि करवाई गई। इसमें हमें अपने परिवार के किसी बड़े सदस्य, जैसे नाना-नानी या दादा-दादी, का साक्षात्कार लेना था। इसका विषय 'पहले का समय और आज का समय' था, जिसके माध्यम से हमें पुराने समय के रहन-सहन, जीवनशैली और आज के बदलते परिवेश के बारे में जानने का अवसर मिला। मैंने अपनी नानी का साक्षात्कार लिया और बातचीत के अंत में उनसे हस्ताक्षर भी करवाए।यह गतिविधि मेरे लिए केवल एक विद्यालयी कार्य नहीं, बल्कि बीते समय को करीब से समझने का एक अनूठा अनुभव रही। नानी की बातों से मुझे पता चला कि पहले का जीवन कम सुविधाओं वाला होने के बावजूद सादगी, मेहनत, आत्मनिर्भरता और आपसी अपनत्व से भरपूर था। इससे मुझे यह सीख मिली कि आधुनिकता के साथ आगे बढ़ते हुए अपनी परंपराओं, संस्कारों और मूल्यों को भी संजोकर रखना चाहिए।यह गतिविधि मेरे लिए एक ज्ञानवर्धक और यादगार अनुभव रही तथा इससे मुझे अपने बड़ों के अनुभवों और जीवन-मूल्यों को समझने का अवसर मिला।

अर्शिया गोयल, आठवीं डी

NEWSLETTER 2026-27 | QUARTER-2




Activity: Geometrical Proof of $(a + b)^2$

As students of Class VIII, we recently participated in a hands-on activity to verify the algebraic identity $(a + b)^2 = a^2 + 2ab + b^2$. By cutting and pasting different geometric shapes, we were able to visually derive and understand the formula's expansion. Connecting abstract algebra with concrete geometry made this a highly effective and memorable learning experience.

Reyaansh Bimbra, VIII-D



Exploring Nature Through Leaves



Participating in the leaf-collecting activity for our Punjabi Subject Enrichment Activity on No Bag Day was a wonderful, hands-on way to connect with nature. Collecting ten different leaves and documenting their features deepened our understanding of plant diversity, environmental balance, and the role of plants in human health. Creating the scrapbook combined classroom learning with outdoor discovery in a fun and engaging way, providing us with a valuable reference tool while inspiring a genuine appreciation for our natural environment.

Jai Pratap Singh Ghuman, VII-A

Metals and Non-metals

Science comes alive when we connect classroom concepts to the world around us. For our Science Subject Enrichment Activity, we classified pictures of everyday objects into metals and non-metals based on properties like lustre, hardness, and conductivity. Creating the poster made learning interactive and fun, helping me notice the science in daily life while sharpening my observation skills.



Jaiveen Kaur, VII-D

My Class Election Experience

Elections are a celebration of teamwork, responsibility, and the power of every voice. Our class elections gave us an exciting and memorable experience of how democracy works. Four candidates participated and presented their ideas through creative campaigning, speeches, and manifesto sheets. We had a proper polling booth with polling officers, an election commission, voter signatures, ballot voting, and even ink marks on our fingers. Some students also took on the role of news reporters, covering the election proceedings and reporting what was happening around them. Although we faced a few challenges, the activity helped us understand that managing elections even in a class of 25 students can be challenging. It taught us that elections are not just about winning, but also about participation, confidence, teamwork, and learning together. Overall, it was an enjoyable and valuable experience that taught me many important lessons.



- Aarna Mahajan, VIII - C

OUTSIDE CAMPUS

Gillco Summit 2.0 – Orators Odyssey, Gillco International School

Speaking at Gillco Summit 2.0, hosted by Gillco International School, was a profound experience, and this would not have been possible without the guidance of my educators. In my talk, I explored how fear and mistakes shape our personal growth. Although I missed the top podium finish, I was deeply honored to receive the Jury's Special Award, and representing my school was the ultimate privilege. After all, growth is measured not by the podium we stand on, but by the courage with which we speak.

- Seerat Kaur Sandhu, VI - Archipelago



Infantine Techathon 2026 – Infant Jesus Convent School, XI - Mohali



Representing my school for the very first time at the Infantine Techathon 2026 was a thrilling milestone for me. When I stepped up for the Digital Poster Making competition on the topic 'Save Earth,' I was initially nervous. However, once I focused on the canvas in front of me, everything clicked. Winning the 2nd position made me feel truly proud, and I am deeply grateful to Rupinder Ma'am for showing immense confidence in my abilities and encouraging me to take this leap.

Sharing this proud moment with my parents and school inspires me to do even better next time."

- Yashveer Ghanda, IV - Canyon

S.L.A.Y. Poetry Recitation Competition at Saupin's School, Mohali

Participating in the S.L.A.Y. Poetry Recitation Competition at Saupin's School was a wonderful experience. I was very excited to represent my school and perform in front of everyone. The competition helped me improve my confidence, pronunciation, and stage presence. I felt extremely happy and proud when I secured the third prize. This experience taught me that hard work and practice can lead to success. It is a memory I will always cherish.

- Maanya Tiwari, VI - Peninsula



BEHES



As the debaters sat with their poised pens and ready wits, even the heavens above roared with deafening thunder. In their midst, representing our school as Team BISONS (MIG-21), we argued with formal composure and an orator's fervour. However, the competition stood for much more than just speakers and adjudicators; it embodied the spirit of giving one's best and never being daunted in the face of one's greatest fears. Hazel and I were awarded bronze medals for our speaking, and, overall, our team qualified for the national-level Maha Behas competition. It was a true honour for any debater to have such a magnificent audience and the freedom to orate one's heart out. For me, it was an experience that went beyond winning—it was about finding the courage to speak, express and rise to the occasion.

Suryaansh Juneja, X - C

Robo- Tug Of War

CreateX Challenge 2026 – A Journey of Learning and Resilience



On 1 August 2026, my partner, Japtej Singh, and I represented Vivek High School at the CreateX Challenge 2026, held at Saupin's School, Sector 70, Mohali. Competing as Team Quantum Racers in the Robo Race category, we had barely a week to transform an idea into a working machine. The experience taught us that precision is just as important as ambition, and that success is never achieved alone. I am deeply grateful to Aditi Ma'am for her patient guidance from the very beginning, and to Jaspreet Ma'am and Rupinder Ma'am for their constant encouragement and support throughout the journey. Although we did not win the competition, we never lost our determination. For us, the experience was not merely about winning, but about learning, improving and becoming better with every challenge. It was a memorable journey that taught us the true value of teamwork, perseverance and resilience.

- Dilpartap Singh, VIII - B

On August 1st, my partner Dilpratap and I (Japtej Singh) participated in the CreateX challenge at Saupin's School under our team name, Quantum Racers. The event featured four exciting competition categories—Game Development, Robo Race, Robo Fight, and Robo Tug of War—and our team competed specifically in the Robo Race category. It was an intense, hands-on opportunity to test our engineering, programming, and problem-solving skills under pressure. Designing and calibrating our bot for the race pushed us to optimize sensor integration, motor control algorithms, and autonomous speed and steering dynamics. Navigating the race track required real-time adjustments and seamless teamwork between Dilpratap and me. Balancing mechanical precision with speed taught us invaluable lessons in iterative testing and hardware-software synergy. Representing Quantum Racers at Saupin's School was a rewarding milestone that reinforced our passion for robotics, programming logic, and technical innovation.

Jastej Singh, VIII - B



MOVIE - TOY STORY 3

My Movie Experience

On 8th August 2026, I, along with my friends had gone from our school to watch the movie - “Toy Story -5” at PVR, Mohali Walk.

This movie is about the personification of toys. This movie shows that the toys have their own world and what all they experience in their own little world, that people do not even know.
While watching the movie, I sat with my friends and we all had popcorn and soft drinks which we enjoyed together. I loved the movie.

This was my first experience to watch a movie with my friends in a theatre and I really enjoyed this experience.
While going back to school I played games with my friends in the bus. After we reached school we had our lunch. It was a fun day.

I would love to enjoy such experience again.

- Tvisha Mehta, IV - Dome

No Bags, Big Screen and Birthday Cheer

On 8th August, Vivek High School, Mohali, organized a special movie screening of Toy Story 5 at PVR Mohali. It was part to our no bag day activity.

We were very excited because we did not have to carry our school bags and Could enjoy a fun day with our friends and teachers.
We reached PVR Mohali with our teachers and classmates. Everyone was very happy and excited to watch the movie. We entered the theatre, found our seats, and settled down. The big screen, comfortable seats, and exciting atmosphere made us feel thrilled.

Toy Story 5 was an entertaining and enjoyable movie. My favourite scene was when all the toys helped each other. I liked it because it showed the importance of friendship and teamwork. It was special to me because I was watching the movie with my friends and teachers.

It was also my birthday on 8th August, so the movie screening made my birthday even more special. I felt very happy and enjoyed the day a lot.

- Niharika Verma, IV - Peninsula



NOURISHING HABITS HEALTHY TIFFIN COMPETITION

On 1st September, 2026, I got an exciting opportunity to visit the 'Fortis Hospital' as a part of our Healthy Tiffin Competition. The visit was both interesting and educational. We were asked to present our healthy dish and explain about its nutritional value.

The doctor gave us useful tips about hygiene, healthy eating and staying active. I understood that a balanced and healthy meal is the first step towards a healthy and happy life. It was really a wonderful experience.

- Kabir Sethi, IV - Archipelago





FIELD VISITS

Radio Recording

Conducting a podcast with Ms. Ritu Singal was a deeply inspiring and reflective experience. Hearing how she stepped forward to rebuild the Raglan Group after her husband's tragic loss, speaking without bitterness and focusing on duty, taught us that true resilience is steady, deliberate, and grounded in clarity. Her story reminded us never to lose hope, no matter the hardship. Beyond the profound life lessons on leadership and grief, hosting the podcast was a productive and engaging opportunity that sharpened our communication skills, leaving us truly grateful for the experience.

Ayati Kandpal, VIII-A



Sohana Gurdwara

Visiting Gurdwara Singh Shaheedan, Sohana, on our No Bag Day was a truly memorable and enriching experience. Listening to the soulful Gurbani Kirtan created a serene, spiritual atmosphere that set a peaceful tone for the day. Doing Langar Seva, by serving meals, washing utensils, and contributing essential groceries like flour and lentils, taught us the deep value of humility, kindness, and selfless service. Interacting with Bhai Sahib helped us appreciate the rich history and significance of the Gurdwara, while working alongside our classmates made learning about teamwork, equality, and compassion genuinely fun. Partaking of the Langar and Karah Parshad together brought the day to a wonderful close, leaving us deeply inspired and grateful to our teachers for organizing such a meaningful trip.

Aahana Kaur, VII - B





Visit To Sewing Centre

Visiting the Woman and Child Welfare Society in Sector 45 for our No-Bag Day was a deeply moving and inspiring experience. Interacting with the women there, who are learning tailoring and embroidery to support their families, taught us powerful lessons about talent, hard work, and resilience. During the interactive workshop, the women patiently guided us through basic life skills like stitching buttons, attaching hooks, and trying simple embroidery. Working on these textile crafts together was both engaging and practical, giving us useful skills that everyone should know. More than the crafts, it was their warm hospitality and uplifting stories that left a lasting impression on us. This visit nurtured a strong sense of empathy and gratitude, reminding us of the strength and determination of these women. We are truly thankful to our school for organising such a meaningful field trip that combined hands-on learning with real-world compassion.

- Surveen Kaur, VII - D





स्वर्णभूमि पंजाब-हि

विवेक हाई स्कूल के विद्यार्थियों ने लिया समाज सेवा और विकास का अनुभव

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TOURS AND TREKS

My Unforgettable School Trip to Japan

The educational trip to Japan, comprising 49 students and 5 teachers, was a great learning experience for everyone. Students experienced Japan's rich cultural heritage, which included ancient Buddhist temples like Senso-ji Temple and Nara Park. The visit to the Hiroshima Peace Memorial Museum was a poignant reminder of the horrors of World War II and our responsibility as global citizens. The Tsukuba Space Center provided excellent exposure for our students to aerospace engineering and satellite technology. Students also had a wonderful time at Universal Studios Japan and attending the samurai workshop in Kyoto. The Japanese cuisine, manners, and civic sense were incredible—almost too good to be true.





My school trip to Japan during the summer holidays was an amazing and unforgettable experience. I had the opportunity to explore a new country, learn about its unique culture, and spend quality time with my classmates. We visited many fascinating places, including the Tokyo Skytree, Shibuya Crossing, Waseda University, the JAXA Tsukuba Space Center, and the Hiroshima Peace Memorial Museum. I was especially amazed by the way Japan seamlessly combines modern technology with its rich traditions. Every place we visited taught me something new and made the trip even more interesting.

My favourite part of the trip was shopping in Ginza, especially at Itoya and Uniqlo. Both stores had 12 floors, so there was so much to explore! I enjoyed looking at the wide variety of products and experiencing Japanese shopping culture firsthand. From discovering new places to learning about Japanese culture, every moment added to the experience.

It was a wonderful trip filled with learning, laughter, and unforgettable memories. I will always look back on my school trip to Japan with great happiness and hope to visit this amazing country again someday.

Mehreen Kaur Sra, VII - B

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ANNUAL PRODUCTION IX

Vivek High School Mohali presented 'Rail Ki Baat', a theatrical production by the students of Grade IX at Tagore theatre on 1st August, 2026. Directed by Mr. Chakresh Kumar, founder of Alankar theatre. The play unfolded through stories set against the backdrop of an Indian railway station.

Blending humour, music, movement and emotion, it portrayed the diversity of human experiences and the spirit of India. The production provided students with a valuable platform to develop creativity, confidence, teamwork and communication skills. The performance was a celebration of young talent and the transformative power of theatre in education.

Beyond the Notes: My Journey with Rail Ki Baat

Being a part of 'Rail Ki Baat' was a truly memorable experience for me. I was a part of the singing team, and our two-month journey of preparation taught me much more than just performing on stage. In the beginning, practising the songs repeatedly sometimes felt tiring, but with every rehearsal, I became more confident and comfortable.
Working with my classmates made the entire experience even more special. We had to listen to each other, keep rhythm, practise together, and make sure that our singing matched the mood of the play. There were mistakes, corrections, laughter, and many moments that we will always remember.
On the final day, I felt nervous and excited at the same time. But when we finally performed, all those weeks of practice felt worthwhile. Rail Ki Baat taught me the importance of teamwork, dedication, confidence, and enjoying the process. It was not just a performance; it was a beautiful memory that I will always cherish.

- Harnoor Kaur, IX - B











INTERVIEW SEGMENT

1. What spark of imagination inspired the title 'Rail Ki Baat', and how did you turn the steady rhythm of a train into a live, breathing story on stage?

Director: The idea for Rail Ki Baat came while I was travelling with my family, and people around me were enjoying their journey so much. And I felt like, "Why am I being so serious? Why am I not enjoying my life? A railway journey brings together people with different emotions—someone is happy, someone is sad, someone is excited as travelling to meet their family. These little subtle moments are what makes life meaningful. That thought inspired me to create Rail Ki Baat—a play that captures these everyday emotions and connections. Later, with discussions with the Principal Ma'am, we added humour and different rasas, making the journey on stage as vibrant and alive.

2. When the final curtain falls, what lingering emotion or truth do you yearn for the audience to carry home?

Director: I just want the audience to leave the show with a smile. I want them to laugh, enjoy the characters, and feel like they have travelled on this train with us. And if, at the end, they say, “Let's take the kids on a train ride sometime!”—I'll feel we've truly succeeded in doing my part.

3. How did you strike that delicate balance, keeping the performance vibrant and entertaining without letting the moral compass feel heavy-handed?

Director: I wanted the play to be entertaining without making its message feel heavy on the audience. I revisited stories from writers like Rabindranath Tagore, Premchand and Chekhov to find the right balance of emotions, humour and meaning. Then, after auditions, we adapted the script to suit the students, their abilities, expressions and strengths. The final version evolved through this process of writing, listening and understanding the abilities of our young actors.

4. How did you strike that delicate balance, keeping the performance vibrant and entertaining without letting the moral compass feel heavy-handed?

Director: We began with a workshop where we introduced the students to the nine rasas described in the Natyashastra. Rather than simply teaching them emotions, we asked them to recall real moments from their own lives—when they felt happy, angry, sad or excited. By connecting emotions to personal experiences, they learned to shift naturally between different rasas on stage.

I taught the students to draw emotions from their own personal experiences. If they remembered a genuinely happy moment with their parents, I asked them to imagine that same feeling into their performance.

5. How did stepping onto the boards help these teenagers unearth hidden facets of their personalities beyond the classroom walls?

Director: Through exercises, we explored different levels of emotions—from a simple smile to uncontrollable laughter, or from mild irritation to anger. We also used imagination: asking them to picture what a loved one might be doing at that very moment. This helped them connect naturally with the rasas and make their performances in a more authentic manner.

The first step was making the students aware of their own bodies—how they sit, move, gesture or react unconsciously. We would point out small habits, like shaking a leg while speaking, and make them conscious of these movements.

6. Did any impromptu spark or imaginative choice from a student during rehearsals unexpectedly reshape a scene?

Director: One of the most important words in our rehearsals was try. The student was encouraged to improvise, experiment and suggest his own ideas. One person's imagination often inspired another's role. Nirvani, a quiet Class 9 student who initially said, “Sir, I won't be able to do this.” I gradually pushed her beyond her comfort zone through simple exercises, without pressure. Today, she plays the lead and confidently comes up with her own ideas.

7. With minimalist props, how did you compel the actors' raw expressions to paint the entire scenery?

Director: For me, a prop is an extension of the actor's body. So we first explore its different possibilities—its levels, angles, postures and movements. The same applies to the actor's own body; awareness of these possibilities allows them to discover something unique. Expression, however, comes from emotion and personal connection. If an actor connects a situation to something meaningful in their own life, the emotion naturally appears on the face. When the feeling comes from within, the audience can see it. I believe bonding comes from understanding and respecting each other's energy. When I joined the students, I had to adapt to them, and they had to understand me.

8. When working with Grade 9 students whose energy can shift in a heartbeat, how did you keep the momentum of the journey racing forward without losing control?

Director: I believe that whoever the individual is, whatever anyone's energy is, when we work together, some things you will have to keep in mind, and some things I will have to keep in mind. So, I think that all depends on both energies. I think enjoying each other's energy is the most important thing. And that's what I did, what they did. And I must make them understand why are we doing a play? Why do we want them to understand emotions? Why are we having them do this performing art? To groom them. To have an experience of public speaking, personality development, where to pause and how to speak the lines.

9. How did you help the Vivek High students become a true team and learn to trust and lean on each other backstage?

Director: The bonding happened gradually through practice, exercises, and to encourage concern regarding each other and understand each other's energy. We wanted the students to try new things, experiment, teach and learn from each other. They nurtured support while learning rehearsal and understand everyone's role. Slowly they became comfortable with each other, and the trust helped them work as a proper team backstage. As the understood my energy, I understood theirs. A strong bonding developed.

10. What delightful crisis or rehearsal mishap forced you to invent a brilliant, last-minute workaround?

Director: There were a few unspoken challenges during the rehearsal. The weather was one of them. When it started raining, there was a concern what happened with the set and how could we manage the performance. Then Rian Rao, who was a very good actor, unfortunately got injured. This situation had me a bit discouraged. Another challenge was Nirvani, who was quite nervous and was a shy child. She told me that, “Sir, I won't be able to do this”, and that she couldn't act. But I, instead of putting pressure on her, I worked with her through simple exercises and gradually pushed out of her comfort zone. Eventually, she gained confidence and started bringing her own ideas in her character's personality.



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Brush Strokes and Beyond

A showcase of creativity, imagination and artistic expression



AARADHYA DAS
VIII-B



AARNA GANDHI
X-A



GUNTAJ SINGH
X-B



HARMAN SINGH
X-A



XYRAH KAMBOJ
VIII-C

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MEHREEN KAUR
VII-B



MAHI DUTT
VIII-C



AAHANA KHAMBOJ
X-A



JOT
IX-B



SAMARPRATAP SINGH
IX-B



MANVEEN KAUR
IX-C



SEERAT KHURL
IX-B

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AISHMEEN KAUR
IV-CANYON



AMRITANSHU ROY
V-DOME



JASMINE SINGH
IV-PLATEAU



AISHMEEN KAUR
IV-CANYON



KABIR RAVISH
IV-ISTHMUS



KAVYA JALAN
V-RAINBOW



NAVANYA
IV-DELTA

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ANVI
V-CLIFF



JASMINE SINGH
IV-PLATEAU



PARADEEPTI ANEJA
IV-ISTHMUS



VAMIKA SHRIVASTVA
VI-PENINSULA



ZUBAIR SAHOTA
IV-CANYON

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