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September 2021

From the DIRECTOR'S DESK

CHANGING TIMES

Humanity as a whole is going through some difficult times. Our entire way of life and living has been irreversibly

altered. Our ways of working, studying, travelling and interacting have all seen a massive change.

For people of all ages, the changes have been abrupt and, in some cases, with no definite end. Young children who would have started school did so electronically, which is sure to have affected their ability to form social ties. The changes were huge. One can say the worst affected were the students. The way of being educated had taken three sixty degrees turn, once what was familiar did not appear to be there for the time being. What the future held nobody knew but one has to accommodate and adjust with the new normal. But as is usual with all changes, adaptation became the first key to cope with it. The students continued their education on a digital and virtual platform and

the pupil learned that this might be the way forward for them. There were a variety of ways to learn among them video conferencing, digital and social media platforms.

There have been a multitude of discussions on the topic of mental health and how the pandemic has affected everyone differently. People have been isolated for months, away from their friends and family. Everyone's social equilibrium has shifted and their ability to cope with things has also changed.

It is important to take small measures to ensure the well-being of the student. Making sure that the communication is taking place on a regular basis. There is no sudden change in the behaviour of the ward. Always make sure that as a parent you ask the ward what he is doing on the Net and keep yourself involved with the upkeep of his mental health. These small little steps will help one tremendously in looking after their mental wellbeing.

It is important that every individual take some responsibility to keep their mental health stable. Experts have listed out many activities and exercises that are useful in keeping a check on one's mental health. Remaining connected being the most basic.

As teachers and guides in our Highlander's holistic development, we at SHIS have been aware and are taking the best possible steps to ensure that our Highlanders are able to come out of this pandemic unscathed, with their mental and physical facilities both developing holistically.

Me Sudba Goval

Ms.Sudha Goyal School Director

Significance of Celebrating Together

"Life should not only be lived, it should be celebrated"

-Chandra Mohan

The world has shrunk! We are connected to each other more than ever today than we were in the last decade. Digital world has made establish a bond with people all over the globe. Today we are global citizens, celebrating all the important day and festivals together with an understanding of the significance of those special days. Today we can easily share our social heritage, which is a mixture of customs, traditions, moral values, attitudes, festivals, folklore, beliefs and ideals not only with people around our immediate community but across the world. This sharing not only makes us who we are but binds us to pass it on from one group of people to another within diverse cultural settings.

The best way to understand global citizenship is to learn about each other through celebrating festivals together. This has both social and economic angle to it and it helps in developing international mindedness. In the chaotic and stressful planet we inhabit, happiness is overshadowed by negativity and insecurity and so the need for something that could bring positivity has been felt time and again. Thus, celebrating special days and

festivals together give us the opportunity to forget all our worries and celebrate the positive side of life. These days act like stress relievers and help us balance our emotions. More positivity naturally lowers negativity, it also provides an opportunity to reduce friction and brings separated friends and relatives together in a bond of love.

Nothing brings people together like festivals do. They play a pivotal role in building human relationships and bringing people from various economic and social background together. It is a known fact that we do not invent or create something unless required, therefore, if we look at the fascinating journey of celebrations we will realise that they have been significant in bringing people together locally and globally. Celebrations contribute immensely to feelings of social unity, many such celebrations focus on cultural or ethnic topics and seek to inform community members of their traditions. They involve community elders sharing stories and experiences setting examples for maintaining unity among families which in turn can be a great source of entertainment and cheer. They divert our attention from our demanding lives and amuse us in our leisure time. Therefore remember... Celebrate family....friends...life....

Ms.Seema Bhati Primary School Principal

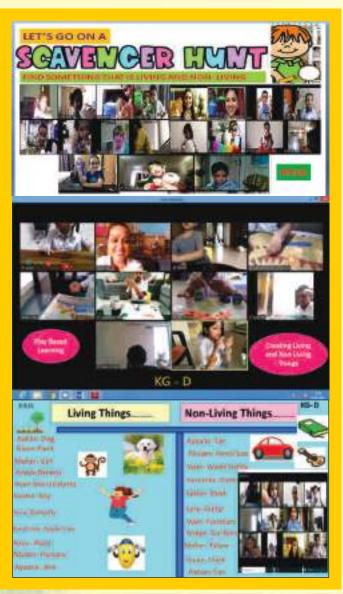


PYP

As John Dewey says, "Education is not preparation for life; education is life itself," we as facilitators continue with our endeavour towards making the children lifelong learners. Taking their journey of learning forward, the young Highlanders of Nursery have begun an exploration into journeys and how they provide experiences and can lead to new opportunities under the Transdisciplinary Theme- Where we are in place and time. The unit was provoked by the Home Room Tutors revealing a setup during their online class which included a suitcase and a travel kit to initiate curiosity. Learning about different types of journey brought about many excited responses from the little ones, eager to share their experiences of the journey undertaken by them or by their family members. Integrating it with mathematics, these young ones learnt to collate and represent the data of children who have gone on short journey and those on a long journey through a Bar Graph. In the coming weeks, the young inquirers shall be exploring about the purpose of a journey undertaken and the planning required for the same. Role pays, planning required for a journey by making a checklist, involving parents to share their experiences, taking a virtual trip to a place of one's choice are some of the engagements that will keep them purposefully engaged. In this unit, the children will also explore the impact of a journey made; it will motivate them to inculcate the attributes of IB Learner Profile-Open-minded and Risk-takers as they make new discoveries and choices while travelling to new places, albeit virtually!

Through the unit under the Transdisciplinary Theme- How the world works, moving ahead with their learning, the students of Kindergarten are now inquiring about different living beings. Questions posed during the virtual classes like, 'How are living things different from non-living things?' 'What are the

characteristics of living things?', 'What are the patterns of growth living beings go through?' and the like are leading to critical thinking and evoking discussion amongst the learners. The young Highlanders are becoming good inquirers by delving into the growth pattern of different living beings during the online classes. A variety of engagements like Scavenger Hunt to observe and point out living and non-living things in one's immediate environment, Power Point Presentations, singing of relevant rhymes and songs, viewing of video links on YouTube, going through flashcards to understand the change and connection at each stage of growth in the life cycle of a living thing and so on is making them comprehend that all stages of growth pattern are inevitable and that all over the world all living beings follow the same pattern of growth, thus leading to International Mindedness. In the coming weeks these young learners will feel motivated to enhance their research skills; presenting a life cycle of a living thing through a medium of their own choice, comparing the growth patterns of two living beings using different graphic organizers, exploring ways to represent different growth patterns creatively are some examples that shall enhance the same.







Our young Highlanders of Grade 1 are true inquirers. They investigated their own place of origin and widened their research skills, under the Transdisciplinary Theme- Where we are in place and time. They shared their story of origin and relocation by using charts and Power Point Presentations which enhanced their communication skills and confidence. Students became knowledgeable as they located themselves on the world map. They identified their geographical location and connected it to that of others across the globe. Students showcased their creativity and imagination while drawing pictures to unfold the transdisciplinary theme. Stories like Berenstain Bear's – 'We are Moving' and 'Moving House' helped them to understand the Central Idea- People relocate for a variety of reasons.





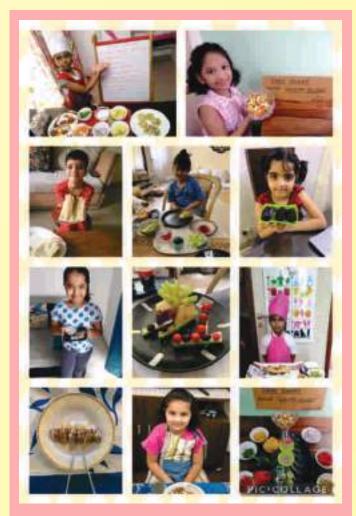








The young Highlanders of Grade 2 observed various processes during their ongoing unit of inquiry on- How we organize ourselves. They were able to understand how raw materials go through several changes before becoming a final product that can be used or consumed. Wearing the chef's hat, they demonstrated creativity and confidence while preparing mouthwatering recipes with their choice of ingredients. They enhanced their vocabulary with unit related words such as production, manufacturing and distribution. The children learnt about the factors consumers keep in mind when buying a product, such as need, price, quality, brand and advertisement. To wrap up the unit, they showcased their in-depth knowledge and good research skills while presenting the lifecycle of a variety of products which was again a rewarding experience.







Under the Transdisciplinary Theme- How we organize ourselves, students of Grade 3 acknowledged the fact that the systems of measurement have evolved over the years to make our lives easier. Their understanding of the unit was evident through strategies and graphic organizers such as mind maps, PMI, BAR and Cluster Web to understand the function of tools of measurement. Learners enhanced their comprehension skills when they connected to the systems of money, time, length, mass and temperature in their day-to-day life through various audiovisuals. Students explored various tools of measurement used around them and prepared a recipe keeping in mind the dynamics of the units and measuring tools to be used. Donning the role of a Master Chef, they gave a live presentation with the exact method of preparing an interesting dish during the online session, making them independent learners. The virtual tour of the Physics Lab was a knowledgeable experience which ignited their curiosity where they inquired into implications of the standard systems of measurement. As Agentic learners, they investigated and evaluated the measuring tools used in different professions which helped sharpen their analytical skills.









Under the Transdisciplinary Theme- How we organize ourselves, learners of Grade 4 inquired into the unit by creating a flow chart on organizing their daily routine. They comprehended the importance of markets and how they are an integral part of our local and global community. Through a virtual visit to the markets, children shared their views and understanding of products and their distribution. The unit moved on with sharing of ideas among children who then worked on a critical thinking task of prioritizing their needs and wants from the given list. Videos on 'Demand and Supply' helped the students to gain deeper insight into how consumerism is linked to it and forms of markets. The ongoing assessment kindled the creativity and brought out the best in students when they connected with their partners and created a digital presentation to move further with their understanding of Offline and Online markets. Their last visit to the market heightened their understanding of marketingproduct, price, promotion and place. Creating their own summer business activity further enhanced their thinking and creative skills.

Learners of Grade 5 delved into another fun filled inquiry under the Transdisciplinary Theme- Where we are in place and time. They had an opportunity to investigate ancient civilizations. Students enhanced their creative thinking skills as they imagined and went back in the past and explored the civilizations of those days. Then they inquired on different areas of their lifestyle. They compared, analyzed and found commonalities between ancient and modern civilization about their geographical location of settlement, religion, art and architecture, political conditions, economy and specialized skills using GRAPES strategy. They developed a deeper understanding of the concept of evolution of human societies over time. They showcased knowledge of the characteristics of civilizations and societies in the ancient times then shared interesting facts that fascinated them. By researching and recording their findings, learners made inferences about the concept of evidence and shared their understanding of the connection between evidence and civilizations. They also visualised and predicted the futuristic civilization of their chosen city. Overall children developed a sound understanding of the concept of civilization which never ends.

"It is the supreme art of the teacher to awaken joy in creative expression and knowledge."

- Albert Einstein

Teachers Day celebrated on 5th September every year to commemorate the birthday of Dr. Radhakrishnan was also celebrated at Scottish High with children coming forward to wish their facilitators and mentors fervently. As teachers, we guide, befriend, discipline, encourage and love the students in equal measures and most importantly develop a connection which each one of them which makes this bond precious. It is this strength of relationship between the teachers and students that makes the difference in translating our passion for teaching into passion for learning. Teacher's Day gives the students an opportunity in return to come forward and show their gratitude.



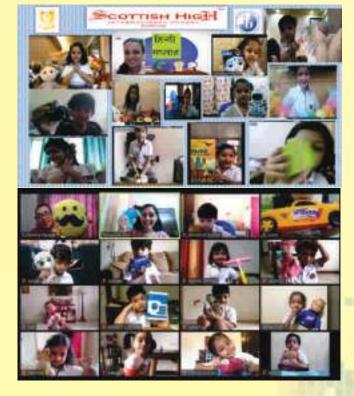
The students of Primary and Early Years took upon themselves to make the teachers feel loved and special wholeheartedly. They used virtual class as a platform to sing, dance, and do other fun things, and even shared 'Thank You' videos and cards, later.





The Hindi Diwas is celebrated on 14th September; as always at Scottish High, Hindi Week was celebrated with much vigour and enthusiasm. There were a myriad of engagements that were organized keeping in mind to inculcate the love for the

language and provide opportunities to the Highlanders to express themselves in the said language. Learning how to greet one another, singing rhymes and poems, sharing anecdotes about personal experiences during circle time, learning to count in Hindi, listening to a Hindi story and so on during virtual classes kept the young students purposefully engaged. Moreover, Early Years learners chose this week as a platform to showcase their enhanced language skills by giving an oral presentation on their favourite toys. Primary students enthusiastically took part in the Hindi Elocution Competition. It gave a glimpse into their enriched vocabulary and proved to be an apt tribute to the mother language of India.





"Sunshine is a welcome thing; it brings a lot of brightness"

- James Davis

Scottish High welcomed the Highlanders of the Primary Section to on campus schooling from 27th September onwards. The enthusiastic students enjoyed coming back to school. They actively participated in the engaging tasks planned for them. Good to have you back, Highlanders!!



Asst PYP Coordinators



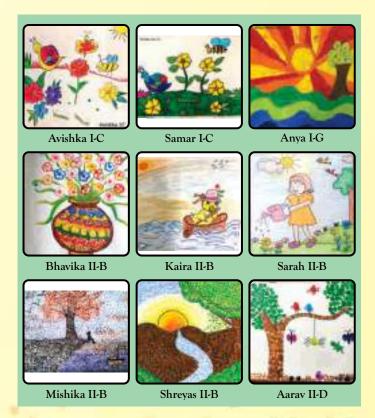
MEDLEY OF ACTIVITIES



In the month of September, Grade I students were introduced to warm and cool colours. They learned how to make different kinds of puppets with a variety of materials related to the Transdisciplinary Theme: How we express ourselves as it is a way to communicate. They also weaved a short story based on a learner profile and use puppets to express their perspectives.

Grade II - V are worked on the Standalone planner with the Central idea: Visual & performing arts facilitate our understanding of the world we live in. All the students are worked on interpretation of art by using basic elements of art. Grade II students were also introduced to finger printing and origami. All the students made beautiful artworks. Grade III

Grade II students were also introduced to finger printing and origami. All the students made beautiful artworks. Grade III and IV students learnt about Pointillism technique. Pointillism was pioneered by Georges Seurat and Paul Signac in Paris in the mid-1880s. Grade V Highlanders started with Stippling artwork. Giulio Campagnola first created the process of stippling in 1510. Stippling and Pointillism both incorporate a series of dots. However, stippling uses dots in one colour to create a texture, detail, or complete picture. On the other hand, Pointillism implements several different colour dots to create a whole piece of art. To put it simply, hundreds of dots that are tightly concentrated together will give the illusion of a dark shadow. Fewer dots that are spaced far apart will give the illusion of light. Middle school students were busy with their half yearly exams.









Amita Gahallot HOD Visual & Performing Arts



Knife Painting of Saira Asrani of VII F



Saira Asrani VII F

Helipad, Bridge and a track built using Zenga, Chess pawns and kids cars



Athary Sharma III-D



Dance can be a way to stay fit for people of all age, shape and size. It has a wide range of physical and mental benefits. Also dance expresses/communicates emotions, feelings and ideas.

It's the most powerful artistic medium to either engage in or witness. Highlanders are learning this style of expressing. And everyone is enjoying their dance classes.

> Sourabh Choudhary Dance - Instructor



Middle School students were introduced to the concept of, 'Playmaking' through an activity called, "Say before you Think" to be performed in pair. Students are expected to have a conversation with each other in alphabetical order according to which they will start their dialogue in the

alphabetical order. This activity increases the

student's ability to create more scenario for a story and also improves their vocabulary. Students were also divided into teams through "The Auction" activity in which students are given limited points which they need to use to get specific number of students in their team. They also played "Number Game" which is a team building exercise to help them get along with their respective teams.

These activities help students understand the value of team effort in drama and play production, it also helps students to strategize their activities during the competitions.

Rohit Kumar Kalra Theatre Arts - Instructor



Music has always been an integral element of our school. Hence, we have always strived to impart the best musical experience to our Highlanders. As our students slowly joined offline classes, it was a pleasure for them to sing with their peers and have a real choir experience.

Our primary students learned many exciting songs this month like the, 'Coconut song', 'Happy, The Nights', 'Zindagi', also feeling their inner spirituality while singing beautiful hymns and prayers like Subha Savere Lekar Tera Nam Prabhu, Namo Namo Shankara, etc.

Our young students also learned about the elements of music like Rhythm, Melody, Alankaar, and more.

In senior grades, instrumental and vocal practice continued and our Highlanders were more excited than ever to continue their indoor classes as their exams got over.

This was a month which marked a new beginning for our students, leading in the right direction.

Shivam Srivastava Western Music - Instructor



IBDP News

This entire month of September 2021 tested students' aptitude and academic skills as they appeared for their Semester examinations. Examinations were conducted in a hybrid mode for both XI and XII grade students following all the COVID protocols and government guidelines. Virtual PTM was held for both the grades to apprise parents with their ward's progress.

Students of grade XII have started working on streamlining their college preferences and few those who are applying to Oxbridge/ Early action (U.S.)/ UCAS (Medicine/ Dentistry/ Veterinary Medicine) have even started with their application process, assisted by the Counselling Department.

A number of webinars / virtual fairs were organized for the students to assist and support them with their college applications. On 24th September 2021 a Virtual fair on "Study in Singapore" along with a Stress Management workshop on "Choosing Self" by Ms. Shalini Sharma from Plaksha University was organized. Adding on to the list was the webinar on "Shortlisting Universities and Finding the Right Fit to study in U.S" on 17th September 2021; Australia UG Tour on 23rd September and IC3 webifair on 11 September 2021.

Our Highlander from Grade XI IB DP, Yash Moitra's Research Paper "Government Spending does not cause Inflation" has been published in the International Journal of Economics and Research, a matter of immense pleasure. Our facilitators- Ms. Monika Gulia, Ms. Indrani Sinha and Ms. Renuka Bhasin also took a lead to attend Virtual WiSTEM2D Workshop on Science with t- Gelf and Johnson & Johnson on 28 September 2021.



We also saw our Grade XII students getting immersed again in their academics after the examinations and strategizing their time-table to complete their Internal assessments. Unpacking of the TOK titles for May 2022 was done by the TOK Facilitator. Hoping they will utilize their time wisely and ensure timely completion.

Ms. Renuka Bhasin Asstt. IBDP Coordinator

Clan News

"Success is the sum of small efforts - repeated day in and day out."

- Robert Collier

Success, despite the popular belief, isn't a one-way path or a straight line. It is a muddled road with various ups and downs, and you should navigate it with popular care. You might fall or get lost in your way. However, if you keep going, you will eventually reach your destination. Perseverance is the key to a successful life. If you keep persevering long enough, you will achieve your true potential. Just remember, you can do anything you set your mind to, but it takes action, persistence, and the courage to face your fears.

There was a little intermission in the series of Interclan Competitions in this month which is sure to resume from the next month. Highlanders went through a rigorous process of self study for their half yearly exams in the month of September. Students have burned the midnight oil and overcame all obstacles to give an outstanding performance and reach the zenith of glory. Success should be a perfect balance of academic and non-academic pursuits. Tutees have an adequate understanding of this and therefore they devote equal amount of time, energy and attention to both curricular and non curricular goals. Apart from just achieving one's academic and non academic targets, a student is said to have attained success when he learns life skills, human relationships and competence in social as well as personal front.

The road to success is full of obstacles and challenges and one has to brave these hurdles with diligence and persistence. Facing failures while climbing the ladder of success is inevitable. In spite of being depressed with their failures, students should try to extract life lessons from it. It, in turn, helps us to comprehend our mistakes and know ourselves better. It is only one's determination and continuous hard work that takes you to the pinnacle of victory. Success is attained by those who value time and work towards making their dreams come true. Time management, patience and self-discipline are some of the other traits of a successful student.

Clan Elders would like to encourage the Highlanders to participate in as many competitions as they can. Every competition and every activity should be undertaken with full zest, aiming not only to achieve success in terms of victory but also to prove that the performance was par excellence. The main objective of every participant should be to give in his or her best and to make sure that the performance given was delivered well. Highlanders know that there is a wild and intoxicating joy in doing something to the satisfaction of all.

Clan Elders



FROM THE SPORTS FIELD



The month of September started with the examinations for Grades VI to XII. Online outdoor activities held as per schedule. Morning training session of Basketball, Football, Cricket, Badminton and Lawn Tennis started for Grades VI to XII.

Sports department is now preparing for the coming Physical Fitness competition for Grade VII.

Darshan Singh Gahallot HOD Sports



Test Your I.Q

Q. Match the following important days with their respective countries:

1 4th July 1 Pakistan's Independence Day

2 26th January 2 National Day of China

3 15th August 3 Australia Day

4 1st October 4 South Korea's Independence 5 14th August 5 America's Independence Day

Q. Give the full form of following email abbreviations:

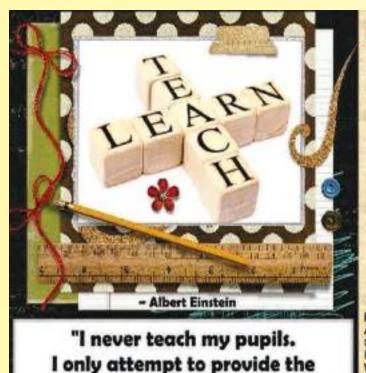
A. Taj Mahal a. Mexico
B. The Great Wall b. Brazil
C. Petra c. Italy

D. Machu Picchu d. Jordan
E. Colosseum e. China
F. Christ of Redeemer f. India

G. Chichen Itza g. Peru

Cambridge Assessment

Source: Internet Complied by: Dr Sanjay Sachdeva Senior School Principal



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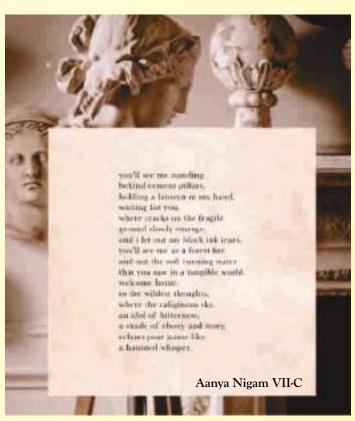
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Ms. Sudha Goval



From Our Budding Writers



EARTH IS OUR HOME

Earth is our home, For you, me or a person in Rome.

We must save every animal, plant, river and lake, For the future is ours to make.

> If we want a beautiful place to see, Buildings are not the key.

There is some hope left, we must give back what was once a theft.

We must save earth in every way we can, if we want to see robots or a futuristic fan.

All of us know that saving our planet is the only way, to see another beautiful day.

We must save our planet because it is our home, for you, me or a person in Rome.

Sanvi Das V-A

HOW I FELT BEFORE THE EXAM

How I felt before the exam, It was like peanut butter jelly jam. A layer atop of another, Here's what I discovered.

Just remember my mother said, I did remember and I was set. We read about civilizations,

And I thought, what wonderful creations.

In physical school for the exam we write and submit But in online all you have to do is click a button. Now the exam's over,

You've only scratched the surface, Now sit back and relax with a smile on your face



Advik Sharma Grade V-B

Think Before You Speak

Everything we say has a meaning to it, Right or wrong, we should speak with our wit. Before we speak, we should wait momentarily, Think about the words, make sure they will not make anyone feel surly.

Getting the facts straight should be a compulsion, Otherwise, everybody will spread rumours that will lead to consternation.

Happy or sad, bloom or gloom,

We shouldn't blurt anything or afterwards we will fume. Sometimes, the method of talking should be decided, While talking to somebody sceptic or minded. Facing the consequences, the hardest part of all,

Think before you speak, that's all.

Sia Aggarwal, VII-F





make way for another because despite these problems, the venture is still attractive. Who doesn't love adventure on their way to triumph!

Rida Mumtaz Grade XII C2 Siddhant Bhardwaj XII- IBDP

Entrepreneurship Myths

While today's career options go beyond the level of which one could possibly keep count, each year hundreds and hundreds of entrepreneurs are handed over in buffets. If you agree with this, my friend, that's the first myth getting busted!

Entrepreneurship is in-fact not that common. Simply because we, as a society have developed so much that innovation is hard to find in our bag of resources. You see, it's almost like the water has come to a boil and it's absolutely an exasperation.

Millions of people spend hours baffling behind new ideas but only few lucky ones get to define the "entrepreneurship" of the world's business segment.

Another quite habitual myth is how we expect entrepreneurship to stem from genetical reasons. In simple words, it's common to conclude that entrepreneurs are just born that way. Not really! Anyone can become an entrepreneur. The only aspect you most definitely need is the set of skills and mental weapons that makes one think like one.

What most of us often confuse it with is how not everyone might be able to be friend a business. It's possible that few people are more compatible than others when it comes to the "wish-list", or demands, of entrepreneurship.

Have you ever baked a pizza without an oven or a similar substitute? Or surely you must have performed gymnastics without ever training for it! Well, it's quite similar to these situations when we idealize the business idea in pursuing entrepreneurship.

It is certainly not the idea that makes you go all "successful with billion-dollar bills" in the business world. You can't bake a pizza or perform gymnastics without having even the slightest knowledge about its practical execution. Similarly, simply having an idea is of no use. You might as well estrange it completely and forget about it if the execution isn't proper in the first place.

If the idea takes so much time and effort, wouldn't actually implementing it define prospects for failure? That's another misconception! Yes, entrepreneurs are, often, unable to get desired results but that's just shuffling through ideas to find the most fitting of all!

Lastly, let's turn a page to our text-books and it's highly unlikely that you'll be taught the opposite of, "Become an entrepreneur and you are your own boss!"

Yes, that's right, entrepreneurship doesn't necessarily come with freedom. You're leaving an eight hour-a-day job for another extra two hours of entrepreneurism. The responsibility comes crashing down at you with hours and hours of workload. Your schedule is then no longer limited to just a few hours; the work never leaves your back. Moreover, this time you are answering to several stakeholders like customers, government, suppliers, investors and employees instead of just one snobbish employer dumping work on you. The list never seems to end, and that moment of freedom remains just that to change the way for your business endeavors.

Although these facts fighting the myths are compelling, let's not

Town of Ghosts

As I walk lonely, in search of company,

I notice the semblances of abandonment and surrender in this empty town.

No one looks out of these windows, no one stands at the doors,

The lonely street crumbles to dust, the doors of these houses are sewn.

I'm alone, I know, and the wanton wind reminds,

It whispers in my ear as it passes me by; And only for a second,

I feel a dark silhouette following behind,

Only to realise, it is a shadow of mine.

And apart from the wind's whisper, a deafening silence prevails, I only hear my breathing and beneath my feet the sand crumbling;

The silence speaks of it, the noise and stir that I yearn,

It causes an unsettling feeling, and so my body is trembling.

It is only a memory, now melting like the feeling of rain on my skin

Where did all the people go? Is this a result of my sins?

I'm alone now, I know, and this desolate town reminds,

There's nothing left in this uninhabited conurbation,

Except this fiend, my mind.

Even the street lights that flicker are not visited by an eclipse of many a moth,

Oh, if only anyone knew,

how much this loneliness I loathe.

Rida Mumtaz Grade XII C2

Innovation by a Highlander



Arin Baswana, a student of 12th grade, is an AI enthusiast who wishes to employ his skills for the sustainability of the environment in the future. After researching about water wastage and its management, he found out that on average, farms around the world account for 70% of all water that is consumed annually. Of that 70% used by farmers, 40% is lost to the environment due to poor irrigation systems, evaporation, and overall poor water management. In

search of a solution, he decided to build an automatic sprinkler, an agri-tech prototype designed to help with water conservation. The name of this project was "Water-Lady." The prototype comprised of a microcontroller, moisture sensor and water solenoid, and could check the soil moisture every 3 seconds. According to the moisture in the soil, the model automatically turns on and off the sprinkler till the apt moisture levels are reached. Under the guidance of our Physics Head Neeraj Pant, he was able to complete his prototype successfully. He set it up in his grandparents' farmlands and it worked efficiently. If such a model could be implemented at a larger level, it could make agriculture more sustainable, saving both energy and water.



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Golf Article

ANITYA'S TIP OF THE MONTH



This month, let's look at a very common fault in the set-up position as viewed from the face on angle.

The first picture shows how a player has set up with too much right side bend on their spine and shoulders. This is typically the case when a player has a very strong right-hand grip or is trying to scoop the ball up in

the air. They tilt their right shoulder down much ore than the left and have too much weight coming on to their right leg at set up. This will cause them to not turn properly in the backswing as well as hit behind the golf ball as they come into impact causing either duffs or tops. The second picture shows a well-balanced set up where the right shoulder is just below the left and the balance is very much in the middle of the feet. The right shoulder is a little lower than the left as the right hand is always below the left on the grip and hence pulls the right shoulder lower (for a right-handed golfer).

This balance set up is critical for a golfer to make a good backswing turn as well as transfer their weight through the ball. As any sport, a player who has a better set and better balance is very much likely to be better than the one who is out of balance

Compiled by Ms. Ankita Jain Golf Coordinator



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