



### *From the* **DIRECTOR'S DESK**



## REASON AND CHAOS

**W**e live in a world of dualities where one exists alongside the other. The dualities are often pitted against each other, often conflated and often forgotten in favour of another.

Our lives are ruled by reason, chasing it in corners where none exists, looking for rationality and logic, to ease the ever present curiosity in our minds. Reason is what makes us humans, makes us different from the animals. We chase reason to be labelled as progressive, elevated and even intellectual. However, in the midst of this chase, do we tend to forget that for reason to exist, it has to exist in negation to chaos?!

What better way to define chaos than disorder, disarray and denouncement of all that is orderly. Yet, chaos is what breeds creativity when logic unknowingly pulls away from it.

As we grow up and understand the world better, we realise that these oppositional forces don't really exist in isolation, you need a bit both to find the perfect balance. It is similar to the greek comprehension of Apollonian and Dionysian, where the greek opposites are meant to exist in harmony, and not in extremes. One must not exist without the other as the world is not solely about order existing without disorder.

When we find the perfect balance, it is then when we understand the true meaning of life. It not the linearity of life in semblance with only one aspect that we must strive for, but an intermingling of the two, which lends the perfect blend.

So as you approach life, think about the possibilities of looking at the larger picture, with an open mind. One must remember, when nothing existed, there was chaos, and everything arose out of that dark abyss. So, for light to exist and reason and logic to prosper, there has to be an intrinsic understand of chaos.

**Ms.Sudha Goyal**  
School Director

## Powerful Ways to Respond

**P**arenting can be very challenging in these uncertain and stressful times. It is not easy to remain positive and acknowledge issues faced by children when there is already a lot going on our personal and professional fronts. We are constantly affected with one adversity after the other, most of which we have no control over. But four things we have total control over is how we react, how we adapt, how we breathe, and how we take action. This is what we need to teach our kids at an early age, that there is a difference between how we react and how we respond to any situation.

Reacting means that we meet our children's emotionally charged behaviour with our own emotionally charged reply. They throw a tantrum and we react to it by yelling at them, on the contrary what we need to do is quiet them down by letting them get over their fussing. Responding calmly on the other hand shows that we are in control of our emotions and can help the children vent out their frustrations without criticism. Responding can feel ineffective or too passive at first, but in the long run it is very helpful for kids. Children will learn that it is safe to express their thoughts and feelings in front of adults they trust, and that they will be able to process big emotions with their support. Once this happens,

children will need less of adult intervention in resolving conflicts. So what are the examples of reacting and responding when a child throws a crying tantrum? We need to move from "Stop that crying right now!" to "You look upset, do you need a hug?"

Therefore, mindful parenting is the need of the hour. It means that we bring conscious attention to what's happening instead of getting hijacked by emotions. Our children are going to act like children, they will not be able to manage their feelings. But we can and we need to lead as example by being calm, controlling our emotions, leading them to logical thinking, helping them with anger management etc. I agree with Tim Elmore when he says that, we have to prepare the child for the path and not prepare the path for the child.

**Ms.Seema Bhati**  
Primary School Principal



# PYP

*"Education is the passport to the future, for tomorrow belongs to those who prepare for it today." - Malcolm*

## Front Desk Programme

*"The future belongs to those who learn more skills and combine them in creative ways."*

The Highlanders of Grade IV put forth effervescent performances during the Front Desk Programme. They demonstrated their acquired skills through multiple lively and energetic presentations. They exuded confidence and exhibited their splendid communication skills as they enacted skits with messages to make this world a better place. The enthusiastic IB learners spread the message of the importance of stopping global warming, encouraging gender equality, education for all, waste management and child rights. They also showcased their knowledge as they demonstrated their comprehension of the transdisciplinary themes and attributes of IB Learner Profile with poise.

The zealous performers put forth the various skills they have learnt during school through enthralling dances, melodious songs in multiple languages exhibiting their International Mindedness. The unison of mind and body was displayed through ball drills, calming and disciplined fitness yoga. The quick-witted Highlanders posed several tricky riddles to the parents in both English and Hindi which attracted bouts of laughter and fun rolling. The FDPs had the audience spell-bound as their wards spread the magic of their self-confidence and talents in the air.



## International Week

*"No man is an island; every man is a piece of the continent, a part of the main." - John Donne*

Internationalism is a fervent culture of the philosophy of SHIS. Imbibing it in our students we observe and celebrate International week each year. International Week was celebrated from 22nd

August to 26th August'22 with myriad activities. Our school as a learning community strives to create and model a culture of International Mindedness. The IB Learner Profile that defines the International Minded person is what was emphasized upon while celebrating International Week. Embarking on this journey, the young Highlanders of Nursery and Kindergarten are learning to imbibe attributes of Learner Profile through songs, story narrations. Intercultural understanding was also developed through learning



experiences in Dance, Music and Games where the children delved into the origins of different dance forms, musical instruments and sports, respectively. Making this journey a process of defining, learning, acting and reflecting, these



these engagements are helping them in their understanding what it means to be a global student. Primary students engaged in interesting tasks to develop International Mindedness and connect globally. They actively participated and collaborated to understand different perspectives across the world. Different engagements spread across the entire week helped promote respect, empathy and compassion and enabled the learners to be open-minded. Moreover, considering this as a process and not an end point, we shall continue to nurture the development of International Mindedness in our young learners all year long.

### Gallery Walk

*The great aim of education is not knowledge but action.*

An eagerly awaited 'Gallery Walk', by both students and parents was a huge success, yet again. The beaming children showcased their learning, expressed and displayed in their own creative ways. Parents were awed, watching their young confident Highlanders showing their incredible communication skills with pride in their eyes. A Gallery Walk is always a special event in the calendar because the agentic learners take the onus and responsibility to showcase their work and also guide the parents in understanding the process involved in the PYP curriculum. The children highlighted their understanding of integration of the unit with other subjects which is of key importance. We are proud of our spirited and unflappable learners. The PTM held on 27th August in the Early Years proved to be a right forum for the Home Room Tutors and the parents to reflect upon the child's progress in all aspects of learning experiences in the school, together. This platform gave the stakeholders an opportunity to collaborate and reflect for better learning outcomes and success criteria for their children.







## ‘Developing Social and Emotional Wellbeing’

It is believed that Mindful Practices enhance the connection between our body, our mind and everything else that is around us. We at Scottish High care about our students and their social emotional health and well-being and this is deeply embedded into everyday experience in school. Our commitment to these values is expressed in our physical space-each classroom has a social and emotional health corner for students, so that they keep its importance in mind. A 'Safety Awareness and Safety Circle' talk was conducted with the students of Early and Primary Years students to sensitize them about the same. The school counsellor and doctor spoke to the students about the importance of respecting each other's space and to be caring towards one another. In the Early Years, the talk was initiated through a discussion and viewing of a PPT which helped the learners in becoming better acquainted about mindful practices at home and in school and the significance of adopting them for one's welfare. It was an important session as the children understood that they are the most treasured members of the school and are surrounded by people who will always listen to them with patience and respect.



## Happy Independence Day

*“Let be freedom in the mind, soul and body. Faith in your words and pride in your nature.”*

As India celebrated its 76th Independence Day and honoured the 75 glorious years of freedom, this 'Azadi Ka Amrit Maha Utsav- Har Ghar Tiranga' was commemorated in our school with great fervour and zeal. It was a special day for the students of Early and Primary Years as they were encouraged to think about the past, the sacrifices made by the heroic deeds of the freedom





fighters and make resolutions about a better future for our country. Dressed up as eminent leaders, freedom fighters or as a famous personality, the young Highlanders impressed one and all with their innovative attire and thoughts. Furthermore, to instill the spirit of freedom, the week-long celebration had the students learn about the significance of the day, engage in craftwork, reflect upon what freedom means to them, sing and dance on patriotic songs!



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

**-Bo Bennett**

Our young Highlanders participated in the Inter School Competition Annual Conclave on 26th August, 2022 organized by Vegas school. In the two categories- Choral Recitation and DIY Superhero they bagged 1st and 2nd position in DIY Superhero and 2nd position in Choral Recitation Competition. Well done and congratulations to Sargun Kaur, Naisha Manglunia, Khanak Sharma, Anaya Natu, Inayat Kaur Dhaliwal, Parisa Singh.

**Deputy PYP Coordinators**



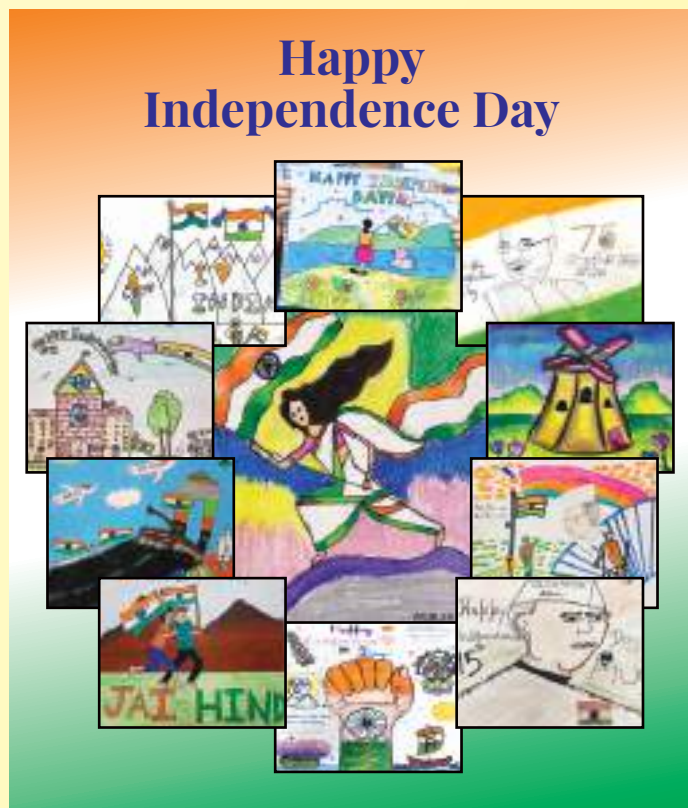


# Medley Of Activities



Grade I students learnt about puppets and expressed their self-weaved short story through puppets. It was a wonderful experience and all students responded to the fact that art is a means of communication and expression. They started with colour theory and tried hands on merging of colours. Grades II to

V are working on the Standalone planner with the Central idea: Visual & performing arts facilitate understanding of the world around us. All the students are working on Interpretation of art by using basic elements of art. Grade II students learned about warm and cool colours in mosaic technique. They learnt how to take care of their tools and materials while using them. Grade III students started doing Zentangle art, which is a way to create beautiful images by drawing structured patterns or tangles. Grade IV students completed the posters related to the unit of inquiry "Sharing the planet" on anyone social issue of their choice. They presented the poster to parents during the FDP's and requested them to further display in their societies to spread awareness. It was appreciated by everyone. Grade V students designed a card with the motifs and patterns of a civilization. They also learnt about the cave painting and its texture with soft pastels. In addition to this, primary students made rakhi's and drawings related to Independence Day celebrations.



In the optional Art activity, Grades VI & VIII students are continuing with water colours techniques, they are learning how to make realistic paintings out of this medium. Grade VII students are done with shading pencils works and they have started with the watercolour basics, students will compose and colour using this medium. Whereas in the Craft activity, Grades VI to VIII students are completing their projects done so far for the submission like dot art, clay work and thread work on canvas.





Krisha III-B



Advil III-B



Ida III-E



Aarush III-F



Shanaya III-H



Peahen IV-H



Naisha VII-A



Sahar VII-A



Siddhi VII-C



Agastya VII-C



Sonakshi VII-C



Aditi VII-E



Students of Middle School were introduced to the concept of Advertisement Performance also known as AD-MAD in this art form students were asked to create an Advertisement on a self-created product.

Students were divided into various groups for this activity in which they mutually decided on who will take up which role during the pre-production and on stage. Students were very creative in presenting their Advertisement as well as informative in the content, all the performances were enjoyed by the whole class. Inter clan Street Play competition for Senior school was organised in which students of all the four clans performed their self-written street play on the topic of Child labour and Global Warming in the school Amphitheatre, Students research and creativity was creating an immense positive impact on the audience.



**Rohit Kumar Kalra**  
Theatre Arts - Instructor



The month started with the FDP of Grade IV and all sections created and performed a grand event for their parents. In western music, the song performed was Jumbo Bwana and in Indian music Hai Junoon and Oh Palan Hare. All the parents and guardians were very appreciative and grooving along with the children. The students in primary and seniors also prepared an Independence Day performance and sang songs like Hall of Fame, Azadi Ke Liye, Yeh Desh Hai Veeron Ka, A Million Dreams, etc. At the end of the month the students in primary classes took their parents for a gallery walk around the school, and really enjoyed the same. The Performing art department organized an Inter Clan Solo Singing Competition for Grade VII on 23rd August. All students sang really well and judges were hard pressed to declare the winners. It was a very enjoyable and fulfilling experience for all students, judges and the faculty. In senior wing, students further honed their instrument skills and learned to sing many good songs like What's Up, Demons, and a lot more.

**Shivam Srivastava**  
Music - Instructor





## Modern Foreign Language

### French Poetry Recitation Competition

***"Poetry is simply the most beautiful, impressive and widely effective mode of expressing things."***

An Inter-school French Poetry Competition on the theme "Nature" was held on 24th August, 2022 in G.D Goenka Public School, New Delhi.

Recitation is one of the important and effective mode of learning a language and appreciating a piece of literature. Beauty is the realm of Poetry and our Highlander Toshhani Momaya of Grade X IGCSE enthusiastically participated in the competition and exhibited her talent and confidence in French language. She performed exceptionally well and recited a beautiful poem "Le Dormeur du Val" (The Sleeper of the Valley) by Arthur Rimbaud. Our young Highlander enthralled the audience and the judges with her poetic skills and art of language.

Toshhani made the school proud by securing the 2nd position and by winning the trophy

Their messages were displayed in tri colour on the board which was placed in the corridor. It enhanced the fervour of the celebration of 76th Independence Day. Each student took pride in writing those messages and showcased their love for the country.



**Ms. Isha Verma,  
Middle School Coordinator  
Head of the Department - Modern Foreign Languages**



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Middle School Coordinator  
Head of the Department - Modern Foreign Languages**

## Middle School (Class VI to VIII)

***"For to be free is not merely to cast off one's chains, but to live in a way that respects and enhances the freedom of others." - Nelson Mandela***

The Month of August owns an irreplaceable place in each Indian heart and our Highlanders are no different. They understand the true meaning of freedom which is evident with their messages which they wrote during the activity conducted in the school to commemorate 75 years of Independence Day Celebration.

### SCOTTISH HIGH INTERNATIONAL SCHOOL MODEL UNITED NATIONS 2022 SHISMUN '22

***"There are no permanent friends or permanent enemies,  
just permanent interests."***

**~ Carol Moseley Braun**

Scottish High International School organised the seventh overall edition of its annual two-day Model United Nations conference on 30th and 31st July 2022. SHISMUN '22, hosted about 600 delegates in thirteen committees. Living up to the high standards set by its predecessors, SHISMUN '22 was flawlessly organised and marvellously executed, owing to the hard work of the Secretariat, the Organising Committee and the immense support the school personnel and teachers provided over the months spent in preparation leading up to the conference.

Scottish High has always believed that the purpose of education is to develop well-rounded individuals with a spirit of inquiry and perseverance. To that end, the school strives in fostering intellectual development in its students by combining various types of learning.

SHISMUN '22, true to the spirit of the previous editions, was organised entirely by the Highlanders themselves. SHISMUN '22 stood apart for a plethora of reasons, such as its innovative agendas that covered a variety of social and political issues that are of importance in the current age, the experienced Executive Board members and sponsorships whose goals aligned with the vision of SHISMUN '22.

The closing ceremony was held on 31st July 2022. The two days of the conference were filled with remarkable levels of debate, tough negotiations and great resolutions with special emphasis on helping the first-timers. The Executive Board members who have been a part of SHISMUN in previous editions expressed their awe at the consistency of SHISMUN as a conference over the years.





The delegates were awarded for their participation and achievements in the conference. It gives us immense pleasure to report that Scottish High International School, with a score of 40 points emerged as the overall winner however, being the host school, we showed magnanimity and the Runners-up- the Suncity School, Gurgaon was awarded with the best school delegation. After months of hard work and dedication the conference was finally ended by our Secretary General, Pratyush Taing, who gave a heartfelt speech to all the attendees and declared the conference closed by the bang of a gavel.

**Stuti Khanna, Grade XI D (ISC)**  
**Deputy USG Conference Affairs**

## IGCSE

For most people, memories of exams consist of tedious hours of revision, last minute panics and anxiety-inducing post-exam chats with friends, that only ever convinced them that they had got everything wrong. The scale of the challenge can be so intimidating that just getting started can be really hard. Here are a few valuable tips for the students:

1. If you struggle with motivation, start in good time by doing SOMETHING. It doesn't matter how small, just something that helps with the upcoming exams early on.
2. Make sure you make a timetable to organise what revision work you're going to tackle each day. It really helps you set out what you need to do in small chunks.
3. Looking over some past exam questions or even answering some in exam conditions can help calm your nerves.
4. Use apps to block social media websites (like - Self-control, Cold Turkey etc.) temporarily so you don't get distracted.
5. Use Post-it notes to help break ideas down into bite-sized chunks and highlight key points you wish to remember.
6. Draw mind maps to see the big picture.
7. Put a sweet in random pages – then you'll have a surprise treat every now and then!
8. To make your day more manageable, Break down each hour into 40 minutes of solid revision followed by 20 minutes of wandering in the fresh air.
9. Break up your revision with some exercise! Whether it's just a brisk walk, not only will it let your mind relax for an hour, you'll also get a burst of energy.
10. Combat worry thoughts or negative thoughts with positive thoughts or cheerleading statements such as “I got this” or “I am going to try my best”. Write these cheerleading or positive statements out and post them around your study area.
11. Go to bed early. The most productive brains are those that rest properly.
12. Drink lots of water. Keep yourself hydrated.
13. Focus on yourself and don't worry about anyone else. Remember your best is good enough!
14. Keep everything in perspective – in 5 years' time this will not be a concern and regardless of the outcome, things will be ok anyway.

**Ms. Maitraiye Sharma**  
**Team Mentor,**  
**Global Perspectives Facilitator**

## ICSE - ISC Bulletin

The ICSE/ISC Specimen Papers for the Year 2023 Examination in all the Subjects were issued by the Council on their website. The question paper format contains a variety of MCQs, short answer and long answers questions. CISCE has also conducted one day Teacher Training Programmes, pertaining to the modified paper pattern of 2023 Examination at ICSE and ISC levels. The new pattern was discussed, informing the teachers about the changes in the teaching learning process and checking of the papers. Subsequently, the teachers designed sample papers in accordance with the new pattern to help students be thorough with the syllabus.

The half-yearly exams for Grades IX ICSE and X ICSE (2022-23) began on August 29, 2022. The students received enough revision practise using sample papers and assignments that followed the same format as those given by the Council. The half-yearly exams for Grades XI ISC and XII ISC will commence from September 7, 2022.

The ASISC Literary competitions are also underway and Scottish High represented the school in both Creative Writing and Debate and qualified for the next round which will be held in September. The Regional sports competitions are also going on with the school sending representation in Football, Cricket and Basketball. The Regionals for the same will be held in September.

Hoping for an even better month coming fall!

**Ms. Barkha Anand**  
**ICSE/ISC Coordinator**

## CAS

### Celebrating The True Spirit Of Independence - Reviving The Aravalli Forest

To celebrate the spirit of Independence, the students of Scottish High International School in collaboration with NGO 'IamGurgaon' planted the saplings of native trees to revive and restore the Aravalli OxyVan which is spread over 180 acres on Faridabad Gurgaon Road, Near Khushboo Chock Gurugram on 16th August 2022.

In the beginning, students were given a brief orientation about the history and original biodiversity of the area. They were explained about the native species of the Aravalli ranges, which are particularly grown in the semi-arid zone of the Aravalli foothills. In a specially arranged drive for the tree plantation, the students gained the valuable experience of learning about a vast array of plant species and gaining knowledge about the plants and trees native to the Aravalli environment.

After having an orientation session, they were accompanied by the environmentalists, trained gardeners, and their CAS Coordinator Ms. Kavita Yadav to the tree planting sites, where demonstrations were given to them, to plant the sapling in a correct way. After the orientation, they were directed and supervised by the environmentalists to plant the saplings. Students expressed their admiration and care for the natural environment, each of them playing their part to help to reforest our Gurugram by planting various native saplings and aiding against deforestation and the drive to decrease air pollution levels. Each of the environmentalists there clearly had much passion for their cause and helped the students learn the proper





passion for their cause and helped the students learn the proper manner of planting trees, to ensure the maximum chances of a plant surviving and hopefully, becoming a self-sustaining tree.

Students planted some of the native trees of Aravalli ranges like *Butea monosperma* (Dhak/Palash), *Adhatoda vasica* (Adulsa), *Acacia catechu* (Goya-Khair), *Cassia fistula* (Amaltas), *Bauhinia racemosa* (Jhinjheri), *Cordia sinensis* (Lasuda//Goondi), *Grewia tenax* (Gangeti), *Salvadora oleoides* (Mithi Jaal/Pilu), *Clerodendrum phlomidis* (Arni), *Crateva religiosa* (Barna), *Diospyros cordifolia* (Bistendu), *wrightia tentoria* (Dhudhi/Indrajao), etc. to name a few. Each of the environmentalists there clearly had much passion for their cause and helped the students learn the proper manner of planting trees, to ensure the maximum chances of a plant surviving and hopefully, becoming a self-sustaining tree. During the interaction with the environmentalists involved in reviving the Oxyvan forest, our students received lots of praise for the work they are doing to make the city healthier and greener.

Overall, it was an enriching experience for the students enhancing their environmental knowledge, as well as putting them in the unique position of being able to benefit their local community by dedicating a few hours of their time. Students have plans to continue to take part in this noble cause in the future too. The School Director Mrs. Sudha Goyal praised the students and motivated them further to plant the saplings in their neighbourhood areas also and nurture them till the time they become self-sustained.



**Ms. Kavita Yadav**  
CAS Coordinator

## From The Counsellor's Desk

***'Before playing with his equals, the child is influenced by his parents', quoted by Jean Piaget***

A counselling session was organised for the parents of Grades VI and VII on 'Transitioning into Adolescence'. The session began with a short video showing transition into teenage and

the challenges faced by parents. This was an interactive session wherein parents shared their struggles. Simple and doable strategies were shared with the parents and they were also encouraged to share the strategies working for them.

The session concluded with insisting the parents on prioritizing their mental health. Parents provided their valuable feedback at the end in which they shared one takeaway from the session and suggestions for the next session.

**Ms. Deeksha Saini**  
School Counselor

## Summer Leadership Workshop by the Harvard Project for Asian and International Relationships (HPAIR)

The school organized Summer Leadership Workshop by the Harvard Project for Asian and International Relationships (HPAIR) in collaboration with the Learn with Leaders. 23 students were selected to participate in the same including students from Scottish High International School, Gurugram, Scindia School, Gwalior, Pathways School, Gurugram and Lancers International School, Gurugram.

Students were mentored by three Harvard College mentors – Dhvani Garg, Camilla de Pourbaix, Camilla, and Amy Huang. They helped students in learning a systematic, comprehensive approach to solving real-world problems. Mentors helped hone the thought process of students to become more analytical and creative. Participants learnt to use data to quantify and validate their proposed solutions. They practiced communication skills to effectively convey their recommendations.

There was rigorous brainstorming on practical methods to implement solutions to problems. The workshop helped participants to forge life-long, value-rich networks with IVY league mentors, global thought pioneers and peers around the world who share the passion for finding creative answers.

Participants were facilitated with certificates and awards in the closing ceremony.

**Ms. Neha Singh Maurya**  
School Counselor

***Sigmund Freud once said, "Out of your vulnerabilities will come your strength."***

Counselling department at SHIS conducted a variety of sessions pertaining to both the middle and senior school. A University Career Fair was organised for the parents of senior students on Saturday, 23rd July. Over 30 national and international universities visited the fair and addressed the doubts and questions from the parents. Parents and learners made the best of the fair by clarifying their doubts about the admission process, course structure and future scope.

ISDI School of Design and Innovation from Mumbai, conducted a workshop for the students of Grades XI and XII. The students interested in design related courses such as animation, movie making and digital designing, attended the workshop. The speaker provided in-depth details of the college, university affiliation and course details.

Saanvi, Harshita and Eshanya from Grade IX conducted a workshop on mental health with the students of Grade IX. They briefed the attendees about a website named 'Athena Mental Health' wherein they have addressed concerns related to mental health and well-





being. The session concluded on an interactive note wherein participants clarified their doubts and also volunteered to extend help in a variety of ways.

Counsellor's talk with the girls of Grade IX was organised. The session aimed at addressing behavioural, emotional and social issues pertaining to mid-adolescence. It was an engaging session wherein participants shared their thoughts, challenges and concerns

As students of Grades XI and XII prepare to begin the college application process, five alumni of the School visited campus on 3rd August, 2022, and interacted with the Classes of 2023 and 2024, guiding them in their forays abroad. On the road to success, they spoke of their various pursuits at top universities across the world in the United States, the United Kingdom, and Hong Kong.

Aakriti Gupta, Mahika Rathore, Samarth Narang, Aaruni Arora and Srijan Saxena enlightened learners of the gamut of opportunities related to admissions. They spoke about the University of Michigan, New York University, University of Illinois, Imperial College and Hong Kong University of Science and Technology. They also shared information about courses offered at colleges and universities. It was an enriching experience for all the Highlanders.

**Counselling Team**

## IBDP

With more than half the year gone by, the highlanders are gearing up for the next quarter of their session. Though the year end seems to be close, their achievements seem to see no ends and bounds.

Our Highlanders have been consistently representing Scottish High and winning laurels for the school. Sreshtha Chaturvedi went to G.D. Goenka School, Vasant Kunj, for a slam poetry competition and the team of two won the third place in the same. Aarna Chopra of XI DP went for the Haryana State National Football championship and won third position. Yash Moitra of XII DP was invited as the Assistant Director of HMUN in Hyderabad, the only student chosen across India for the same. Moreover, highlanders participated in the Inter-Clan street play competition with full vigor and enthusiasm.

The school organized an Atal Tinkering Lab (ATL) hands-on session with an approach to help solve problems in a community through scientific thinking. Tanush Zutshi and Lavya Kumar of XII DP worked on a system that aims to only allow the bike to function when the biker puts on the helmet, making the helmet a necessity for all riders.

The students of Grade XI DP, accompanied by the CAS coordinator Ms. Kavita Yadav had gone for a Tree plantation drive on 16th August for the restoration and rewilding of Aravalli Oxyvan, which is 180 acres of City forest with the NGO 'I am Gurgaon'.

A workshop on Extended Essay was organized by the Extended Essay coordinator on 1st August. She apprised the students of the concept of the EE along with its requirements and do's and don'ts. The workshop is their first step into the 18 month long IB Core requirement and the student's discussed possible subject options.

A counseling session was organized for the parents of Grade XII, informing them about the process of Predicted grades and University applications. The parents were happy to be part of the process and discussed the problems and hindrances they face during the application and admission process.

The IBDP vertical collab meetings have been happening on a regular basis with a special focus on Evaluation 2024. This month, the focus was primarily on the aspect of Environment, where the faculty members engaged in discussions about the social, physical and emotional environment. Moreover, as the half-yearly exams are approaching, a review of their syllabus along with sample papers and answers was also discussed.

**Ms. Sugandha Malhotra**

**Ms. Pooja Sharma**

**Deputy IBDP Coordinator**

## From Our Budding Writers

### HUMAN GENERATORS

An idea coming to life. The 'Human Generators' is a project based on the principle that kinetic energy can be converted to electrical energy. The exercising /spinning cycles which are used in homes can be used to generate electricity. These spinning cycles produce a lot of kinetic energy. If we connect a dynamo to the wheel of the spinning cycle, it can convert the kinetic energy produced to electrical energy. This energy can be stored in an energy bank and used whenever needed.

Most of the societies also have gymnasiums which are used regularly by residents. On the same principle, Gym equipments like manual treadmill and cycles can also be used on a bigger scale to generate electricity. Whenever there is a power outage, instead of using a diesel-powered generator which produces a lot of pollution, we could use this stored energy.

**This innovation has many benefits:**

- It reduces the amount of pollution releasing in the environment.
- It also encourages people to exercise for a good cause and remain healthy. The people become more conscious of the environment.
- It helps to save fossil fuel.

Thus, it is a win-win for all.

**Anya Arora, Grade VIII CS-B**

### Maths

Math is a world of numbers and operations,  
It's fun to solve, but it has its complications.

Even though it's tough I still love it,  
It's amazing all you need is one digit!

This is a very important subject,  
In real life too – to keep your money in check.

This is one of the best subjects,  
I love it as it has so many good uses!

**Saavir Kaul Sethi, Grade V-B**





## FIRE

The glimmering orbs of saffron gold glided smoothly through the air, scarcely illuminating the vast darkness that enveloped it. As the night grew darker and the plethora of stars embellishing the heavens seemed closer, the sparks engulfed the darkness around it, stealing the elixir from the cinders supplied to it. The fire began to set the maple wood ablaze, leaving detailed etches of the flames upon the surface, scarred eternally. The flames flowed flawlessly as if in a trance, rhythmically dancing to the tempo of the phoenix's poetry, transforming into silky ribbons of warmth and light, the streaks of colours utterly brilliant and pure, from the rich scarlet reds emerged the golden yellows and the shining oranges, each blending seamlessly into the other, delicately lingering in the shadows of twilight, relishing in their splendour. The steady crackle of the fire sliced into the deafening silence of the night, while the aroma of burnt ash wafted throughout the atmosphere, the allure of tranquillity hypnotising all. The flame made its way towards the constellations above, as the red sparks burst forth from the edges of the energetic flame creating intricate motifs in the sky until they swiftly faded into an enchanting grey, disappearing into the night.

**Himanshi Aggarwal, Grade XI-IBDP**

## IMAGINATION

Should story books and novels have pictures in them? It's a simple question with a twisted thought. The essence of reading lies in its help to develop and enhance creativity in people. Be it then the young children, adults, or ageing seniors. While reading fosters imagination, having pictures to look at whilst you do the same, simply kills it. Writing is the art of expressing yourself without actually having to say something. Imagery at its best allows space for vivid thoughts, unfettered emotions & unsurmountable conquered.

Bright, coloured images while certainly do attract, ironically, can only provide amusement and leisure. We all have different perspectives and live in our imagination, and that is what makes each one of us unique and more exciting to get to know. There are no rules to follow when it comes to what's going on in that head of yours, even the wildest thoughts make sense there. Not everyone has to have the

same dream car as the author, if it's your dream car, it's up to you! Reading is all about exploring the unexplored, breaking through the shackles of pre-disposed judgment and pre-defined notions.

While visuals offer shortcuts, be sure to look at what's inside the box before you check the outer side of it! As 'Winnie the pooh' pens it, "The things that make me different are the things that make me"

**Chaanan Randhwana, Grade X-B**

## Free Yourself

Humans are known for their constant evolution and

growth; a continuous need for change around their natural domicile. Never in one place SATISFIED and not even CLOSE to harnessing their optimum capabilities. However, the same cannot be said for the way we choose to pattern our lives. It's a concept known as the "circle of life" which strikes the balance in nature, symbolizing the flow of energy - when something leaves earth, it duly gives life to more of themselves; to keep the "cycle" going.

"Earth, birth, education, job, retire and back to earth" - the basic idea. This has managed to solely lure society into toxicity and sorrow. This very concept in real-life terms can hugely impact our decisions, our preferences and opinions on what it is we truly seek. We work HARD until we find ourselves into our desired college, we work HARDER until we have an alluring resume no one would want to reject, only to seek more STRUGGLE as we get a handsomely paid job.... and following this, when you believe yourself SETTLED and ready to take a small nap, there comes the time to start a family.

Ever heard of those theories which suggest that the idea of 'life' as we know it is, in reality, a game which is controlled by the holy being some recognize it as a saviour, an angel and some just believe them to be a spirit of guidance; whatever spirituality is to you. A game consisting of a set of obstacles to test you to make you stronger, "but for what really!?", may you ask - to prepare you, for simply more STRUGGLE.

Eventually, all this makes you question if ever the norms of life and the supreme Nature itself are to blame for all that our world has come to suffer. Even though there is NOTHING we can do to dismantle the wiring of nature for our pleasure.

Our lives never become "easier." But we need to adapt to this pattern anyhow; either we grow through it or we fall below it. Your every success is rewarded with struggle - this is how the phrase "too good to be true" came in broad daylight. But through this at least we know we are choosing the right path for ourselves. Consider it Nature's way of portraying jealousy. If something isn't challenging you or giving you anxiety, it's not it.

The final takeaway? Life wants to see you sad, just do the opposite. It's okay to occasionally attend parties, miss out on a deadline, take deep inhales before starting work, have a good laugh after standing in the corridor as punishment, and do crazy things..... like CRAZY things, taking a nap.....it just doesn't end.

Because for what it's worth, our SMILE holds the power to confuse; a power you don't want to abuse.

**Disha Singh, Grade XI-IBDP**

## Constant Change

Every moment is fleeting, and that is constant. Thus, change is constant Change and impermanence are the only permanent things in life. It marks new beginnings, fresh starts and new opportunities. Change is inevitable, it is still happening. It is happening right now. Though, tenacious changes extend way beyond our personal experience.





Changes can either be fast or slow: and at times, slow changes give the wrong impression of thinking that there's no change at all. People become unwilling to progress in fear of constant change. If one is afraid of change, the capability to face the change becomes a challenge. When a society rejects the change, it restricts itself from success, progress and growth. People become unwilling to progress in fear of constant change. It's all about adaptations and adjustments to unforeseen situations and tackling problems wisely.

“Change can be both good and bad, but at the end of the day, how we embrace it will make all the difference.”

**Danicca Bajaj, Grade VIII-G**

## Adversity

Sometimes in life, we have to tear down all that we have to climb higher. Other times, we get so low that we stop looking up and can only see the gravel and dirt that surrounds us.

Adversity and its effect on people sit on a fragile scale. Too much to one side and the weight of the world will fall on an individual. Too little and the person will walk into the world on a path of daisies and butterflies, only to have reality crash right into them. In other words, one can never really escape adversity, because adversity and reality go hand in hand.

We all have faced some sort of misfortune or pain in our lives, but how much it has positively affected us is subjective.

For some, it has made them want to work harder. They held onto the crumbs of opportunity and hope and made the most of it. A little light seemed to burn like an eternal flame in the darkness of adversity. So many people in India are great examples of this like the leader of our women's hockey team, Rani Rampal. In the face of the oppressive patriarchy, she stood her ground and today she and her team create history in women's hockey for India.

However, adversity can sometimes do more harm than good. For some, it struck them so hard that they could never get up, or if they could, they were made to crawl the path of doom and gloom. Their only source of light was the stars at night that were so small and so far away that they could never reach them. And so they sat and still sit, and watch as the rest of the world goes on and more stars emerge while they continue to slowly move along their road of distress. They dream, and unfortunately, that is all they can do.

I often wonder how many women were unable to do what they wanted because, unlike Rani Rampal, they could not fight off the army of misogynists and their ancient rules on what a “woman” should be. Maybe somewhere an elderly lady sits and watches with tears streaming down her face as she looks at what could have been hers and sobs in pain for her broken dream that is lived by someone else. It is hard to be joyful for tomorrow when your past and present are shattered.

So to me, it is the way people fight against adversity that makes them stronger, not the adversity itself. Some people will move

mountains to win, while others will not even step into the ring. Some will brave the tsunami of pain, while others will drown in a puddle of ill luck. And some will rage till the very last bit of life escapes them, while others will release a single sigh as they let adversity succumb to them.

**Samiha Bellani, Grade XII-F**

## Secret Societies of India

In the early 1900s when the British rule in India was at its most oppressive with Lord Curzon as the Viceroy, the youths of India turned towards a cult of bomb and violence out of frustration. This gave rise to the growth of secret societies.

The first secret society was the Jugantar which initially started as a newspaper. The founders of this society -Aurobindo Ghose and his brother Barindra Nath played an important role in mobilizing the youths of Bengal. They started a bomb-making factory and planned several assassinations including that of the merciless Magistrate Kingsford of Bengal. The famous Alipore bomb incident- the uncovering of the bomb-making factories at Maniktala and the arrest of hardcore revolutionaries like Aurobindo and Barindra Nath was also connected to the Jugantar.

Another society-the Abhinav Bharat, based in Maharashtra was founded by the famous historian VD Savarkar. PN Bapat, a member, went to Paris to learn bomb-making from Russian Revolutionaries and also established centres abroad. The Abhinav Bharat thus played an important role in making the “Swaraj” movement international.

The Anushilan Samiti was founded by Satish Chandra Basu in the gymnasium of Scottish Church college. They emphasised the physical training of the youths. Assassination attempts on the District Magistrate of Dacca, Allen and the Bengal Governor, Fraser were also carried out by them

Thus, the lesser-known Secret Societies have had their activities away from the spotlight. Consisting mostly of youths their contributions did greatly influence the “Swaraj” movement of our country. They were successful in disturbing the British rule in India and creating a patriotic fervour in the hearts of people all over India.

**Stuti Khanna, Grade XI-D**

## Sudoku

				7				
9				5		4		
		8	9		2	5	1	
		4				6		
5	6						4	1
3	2					9		
		3			5	8		
	4		2	3				
			8	9			6	





## Clan News

### ANDERSON

*"Unless you are willing to try, fail miserably, and try again, success won't happen." – Phillip Adams*

I take this opportunity to express my immense gratefulness to all my adorable Andersonites for walking hand in hand and illustrating unswerving collaboration in elevating the clan to a better position. The students portrayed unequivocal zeal in participating in all inter-clan competitions and shone brilliantly in all the competitions. Andersonites depicted strong cohesiveness and exceptional bonds of team spirit as well.

I would like to congratulate Tveha Anand (XI) and Anuraag Pareek (XI) for being selected as Clan Captains for the year 2022-23. They were sworn in during the investiture ceremony and I expect they will surely fulfil their duties to everyone's expectations. Ayan (VIII) stood first in the MFL Spell Bee Competition (Spanish). Sharanya Pandey (XI) won the Commerce Sink and Swim Competition, unchallenged. Team Anderson from Grade XI (Angela Jeff Anthony, Tvesha Anand, Savni Kaul and Vidula Nagpal) secured the second position in the Science Static Model Making Competition. Saanvi Garg (VIII) and Paavni Thakur (VIII) bagged the second position in the English Story Weaving Competition. Chitwan Kwatra (VII) impressed the judges with his acting skills and came second

in the Monologue Competition. Shreshtha Bodapati (X) and Pranav Mahendru (X) achieved a good second position in the Business Plan Competition.

As the half-yearly exams are about to begin, I know there is quite a bit of stress and anxiety. But my advice to all my Andersonites is to work hard and put in your best effort and you can never err. But don't completely burn yourself out with these exams; just work at your pace and work for yourself. Don't let negative thoughts and emotions consume you; always stay positive. I wish all my pupils good luck and I'm sure you all will make everyone proud of you.

**Ms. Ruma Jain**  
Clan Elder - Anderson

### BOYD

*Today is your opportunity to build the tomorrow you want - Ken Poirot*

Scottish works constantly synching with the line mentioned above. Not through just words but through actions which speak for itself every day of a month and every month of a year. We provide our Highlanders with an exposure to varied opportunities. A glance at these opportunities can be seen, when one perceives the gamut of activities and competitions held in the month of August and

before. It gives us immense pride to mention our winners in different competitions. To start with, our team won second position in the Inter Clan Maths Quiz Grade VI. The team comprised of our budding talents namely Chhavi Bagga (VI-E), Moksh Mohan Sinha (VI-B) and Advita Airi (VI-C). We secured second position in the Inter Clan Heritage Quiz competition both in Grades VI and VII. The teams for Grade VI had Moksh Mohan Sinha (VI-B) with Arnav Goel (VI-C) and that of Grade VII had Adhrit Gautam (VII-F) with Advait Palakeezhil (VII-E). Our students leave no field without leaving a mark. Saying that, our team secured first

position in the Inter Clan Science-Plan, Construct and Design competition. This very talented team comprised of Arnav Goel (VI-C) and Hriday Sharma (VI CS B). Boyd has a lot of talent in store which was exhibited in the Inter Clan Sanskrit Doha and Shloka Recitation competition, where Anjaneya Kaul (VIII-G) bagged the first position.

Heartiest congratulations to all our winners and participants. Hoping that this number rises every month with a healthy sports spirit. Wishing everyone all the very best for the competitions lined up ahead.

**Ms. Akanksha Yadav**  
Clan Elder - Boyd

### LAMONT

*"Most obstacles melt away when we make up our minds to walk boldly through them."*  
— Orison Swett Marden

Life consists of experiences, challenges and achievements, all of which are building blocks that creates a path to success. In fact, obstacles are a necessary impetus and a driving force in our lives to keep us motivated towards our ultimate goals. Overcoming these obstacles requires hard work, motivation and confidence. Keeping that motivation and confidence high students took part in number of Clan competitions. First, we had Inter Clan Mathematics quiz competition where Manyata Jain, Nishka Talwar and Angadbir Singh Sethi of Grade VI showed their mathematical skills

as a team and secured third position. Myra Mehra and Avyukt Mahajan of Grade IX presented their idea regarding 'Metaverse in Education' in Inter Clan Business Plan competition and secured third position.

In Inter Clan Monologue competition for Grade VII Aarav Gupta presented his dialogue exceptionally well and secured first position. In English Literary quiz for Grades IX and X, the talented team comprising of Gayatri Sarin, Avyukt Mahajan and Aarika Sharma performed well and secured third position. From Grade VII team comprising of Advay Aggarwal and Sourish Arora did well in Inter Clan Heritage Quiz competition secured third position. In Inter Clan Hindi and Sanskrit quiz competition Lavanya Sumra and Aashani Shrivastava got first position. In Inter Clan Heritage Quiz competition Akshar Vijay and Jaivv Asher of Grade VI performed confidently

and were able to secure third position. In Inter Clan Historical Speech competition Myra Sehgal bagged first position. In Inter Clan Sink and swim competition for Grades XI and XII Akshat Vir Singh Mehta and Tedd Roy bagged third position. In Inter Clan Doha and Sanskrit shloka recitation competition Aashani Shrivastava secured second position. In Inter Clan Street Play competition for Grades IX and X talented team comprising of Prisha Gandhi, Ajooni Kaur, Diya Agarwal, Avyukt Mahajan, Aveer Singh, Krish Dewan, Tushin Kumar, Angad Joshi and Fateh D Singh presented their topic 'Child Labour' commendably and secured second position.

I congratulate every participant and winner who took part in all the competitions held so far. Keep up the good work.

**Ms. Geetanjali Ahuja**  
Clan Elder - Lamont

### MACARTHUR

*Famous Scottish proverb quoted here, "Wherever you are be there if you can be fully present now you will know what it means to live"*

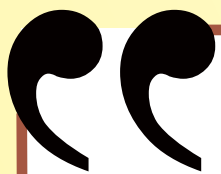
Our Clan MacArthur lived to its full potential this month with great intellects and creative heads coming together and set an example of working with perseverance. Highlanders, Kyan Kapoor of Grade VI-B and Aavyaan Sachdeva of Grade VI CS made the clan proud by performing to their optimum best and securing the first position respectively in the Inter-Clan Maths Quiz competition. The clan members Aalya Dua of Grade VI-C and Sahil Sahoo of Grade VI CS put their intellect to great use by bagging the second position in the Science Plan construct design competition. The Heritage Quiz helped enrich our knowledge also where our Highlander Sara Khatter of Grade VI-D and Manasvi Aggarwal of Grade VI-B secured the first position. The profound thoughts were expressed in

words and Kanika Suri of Grade VII-D secured the third position respectively in the Inter Clan Monologue Competition. The stream of accolades continued with the Heritage Quiz Competition, where in Abeer Singh Gujral of Grade VII-F and Hashiman Singh Grade VII-C secured the first position. The techies of our clan, Emya Jain of Grade VII-B secured the second position and Ojas Lath of Grade VII-D secured the first position in Science Mock News Reading competition. The creativity was at peak for the clan this time and we have Ananya Dogra of Grade VIII-F and Anya Nigam of Grade VIII-C secured the first position in Story weaving competition. Going back to our roots we had Hindi and Sanskrit Quiz Competition where Armin Kaur of Grade VIII-D and Atharv Vyas of Grade VIII-E secured the second position. Also we had Hindi Doha and Shloka Competition where Sia Aggarwal of Grade VIII-F secured the second position. Learning from the great history Anaya Dogra of Grade VIII-F secured the second position in Historical speech. We are looking forward to some budding entrepreneurs in our clan with Swarnika Joshi of Grade IX-F and Karandheer Gahlot of Grade IX-D secured the first position in Business

Plan competition. Our clan also reported Chanan Randhawa of X B, Swarnika Joshi of Grade IX-F and Aarav Gupta of Grade X-A who secured the first position in English Literacy Quiz sharing a remarkable example to clan on having good command in languages. With best theatrical experience ever in the most fascinating way to express art Chinmay of Grade IX-B, Vaishnavi, Sabeer, Raisha and Kyra of Grade IX-IG, Ishani Das and Jayesh of Grade X-C secured the first position in Street Play and made us proud. Divyesh of Grade XI-C with his ability to express poignant thoughts in words, secured the first position in Self Composed Poem recitation competition. As great mathematicians we have Shaurya Mathur of Grade XI-C, Akshat Bagrdia of Grade XII-A and Panav Gilani of Grade XII-D who secured first position in Maths Quiz. Continuing with the tradition, Clan MacArthur simply keeps adding feathers to its cap with sheer hard work and dedication. And we thank all the participants.

**Ms. Pooja Sethi**  
Clan Elder - Macarthur



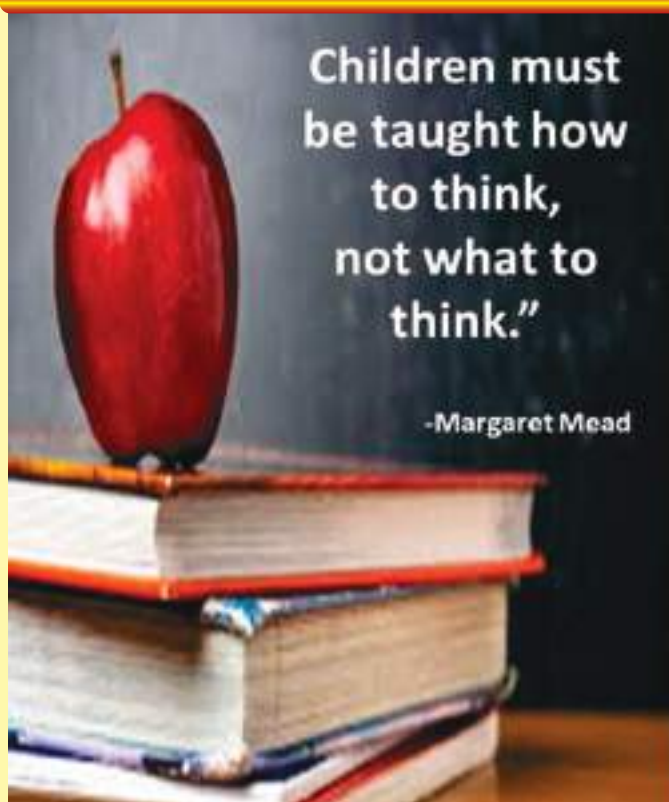


# Famous Quotes

## August

1. "In the end, it's not the years in your life that count. It's the life in your years." -**Abraham Lincoln**
2. "Life is a succession of lessons which must be lived to be understood." -**Ralph Waldo Emerson**
3. "Life is never fair, and perhaps it is a good thing for most of us that it is not." -**Oscar Wilde**
4. "The only impossible journey is the one you never begin." -**Tony Robbins**
5. "In this life we cannot do great things. We can only do small things with great love." -**Mother Teresa**
6. "Only a life lived for others is a life worthwhile." -**Albert Einstein**
7. "The purpose of our lives is to be happy." -**Dalai Lama**
8. Young men and women are to build-up a strong character. A nation's greatness was reflected in the character of her people. If it was sullied by selfishness, such a people could not prosper or achieve great things. Selfishness had its place in life as everyone had to look to his own needs and that of his family, but it could not be made the be – all and end – all of life. -**Sardar Vallabhbhai Patel**

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



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## From The Sports Field

The month of August started with the preparations of different ASISC Zonal sports competition and celebration of Independence Day. School Director Ms Sudha Goyal hoisted the National Flag. Parade Commander Chandramalika commanded the parade. General salute and National Salute followed by march past was held. Senior School Principal Dr. Sanjay Sachdeva and Primary School Principal Ms Seema Bhati also attended the celebrations.

Scottish High hosted Zonal ASISC football and Chess tournament where in Football under 14 team got first position and under 17 and 19 team got second position.

In chess competition SHIS under 14 and 17 team got first position. 23 Highlanders got selected for ASISC Regional football tournament held at St. Mary School, Bhogpur, Punjab where under 19 team secured first position and u 17 team got second position.

SHIS Swimming team participated in ASISC Regional Swimming tournament held at Barnala where the team got 14 Gold medals and 4 Silver medals. Upmanyu Dayma, Ashreya Goyal, Kabeer Singh and Samridhi Verma also got the best Swimmer trophy.

Under 14 and 19 Girls Yoga team participated in Regional Yoga Competition held at St. Stephen School Chandigarh where Anaya Dogra got Silver medal in Rhythmic Yoga.

SHIS Under 14 and 17 Badminton team won the ASISC Zonal competition and got selected for regional competition.

Riyal Ahluwalia participated in Haryana State Kurash Competition and secured Gold medal and also got selected for National Kurash Championship where she secured third position.

Hetavi Doshi from Grade VIII participated in the 15th world taekwondo culture expo 2022, Kyorugi and Poomsae championship held at Muju, South Korea. She won Gold medal in both Poomsae and in Kyorugi. In Poomsae she defeated her Korean opponent in finals.

**Darshan Singh Gahallot**  
HOD Sports

## Golf

### ANITYA'S TIP OF THE MONTH



When you watch golf on TV, you see a lot of players swinging the golf club very differently from one another. The fact that they are still hitting the ball on target with various different swings is because their impact position is very much the same.

Everything we do in our set up and back swing is to help us to get into a correct impact position where we can deliver the club the the golf ball in the desired manner. In the picture, you can see how I am depicting a good impact position. Notice how my weight has already transferred to my left side with my right foot

being off the ground. This helps my club to catch the ball first and then the ground ensuring a good strike on the ball. My hands are ahead of the golf ball making the shaft lean a little towards the target. As the impact position is a dynamic position rather than a static one, notice how my hips have turned where my belt buckle is pointing more towards the target rather than the golf ball and the line across my shoulders is also pointing left of the target line

It is very important to get your weight and body on to your left side at impact as it is very difficult to play good golf hanging back on your right leg.

**Compiled by:- Ms. Ankita Jain**  
Golf Coordinator



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