



From the **DIRECTOR'S DESK**



CHALK AND DUSTER

As a community engaged in Education, these two aspects are fundamental to learning. Yet, learning goes beyond the walls of a classroom, beyond the common paraphernalia of chalk and duster. Education has been revolutionized and has become increasingly progressive in today's world.

The concept of learning is no longer related to the local context but is always understood in the global context. We don't view the world with a perspective which belongs only to our community

or our city. With the advent of technology and the modern age, the perspectives have shifted and allowed a multitude of opinions, conflating and conflicting with each other, to reach a cohesive understanding.

Ideas become words and words become knowledge, and that knowledge is the sum of all our learning. Unlike a mathematical equation where $A+A$ gives us $2A$, learning is not a straightforward approach as it goes back and forth, with a million permutations and combinations, fitting and ascribing itself to individual values. However, it is communicated with a holistic approach, keeping in mind every possibility.

As we progress, we tend to leave behind archaic methods of teaching and learning, and move into a realm where education has changed its face completely. Yet the Chalk and Duster, the quintessential elements of learning are not forgotten. What used to be cannot be forgotten in favor of what will be as the future cannot exist without the past and teaching and learning cannot forgo the beloved chalk and duster.

Ms.Sudha Goyal
School Director

Being Humane and Kind should be our *SUPER POWER*

We as adults are role models for our kids, the way we interact with people around us is keenly observed by our little ones and emulated in their behaviours. Therefore, what will help us and our society immensely is the need to develop empathy, sympathy, compassion and kindness as our super powers. In its simplest form, empathy is the ability to recognize emotions in others, and to understand other people's perspectives on a situation. At its most developed stage, empathy enables us to use that insight to improve someone else's mood and to support them through challenging situations. Compassion and empathy are important attributes for adults and children to have. Not only does it helps us to understand and relate to people from all walks of life, it also improves our capacity to communicate with others to be a part of the team and to enhance our leadership skills.

I feel it is our responsibility to help our children to develop a strong sense of sympathy with people around us because it helps them to build a sense of security and stronger relationships with other children, positioning them well for learning. It encourages tolerance and acceptance of others. It promotes good mental health which is the need of the hour. Being kind and gentle can

help our children build trust and strengthen relationships as they grow older. They will gradually understand to interact sensitively and with the intent to understand the feelings of others.

So if we want the world to be a better place, we need to infuse these super powers in ourselves to become better learners and read others more accurately, and show better social behaviour. Unexpected kindness is the most powerful, least costly and most underrated agent of human change. I agree wholeheartedly with Josh Randor when he says that it is not our job to play judge and jury, to determine who is worthy of kindness and who is not. We just need to be kind, unconditionally and without ulterior motive, even- rather, especially- when we'd prefer not to be.

Ms.Seema Bhati
Primary School Principal



PYP

NURSERY

What we learn becomes a part of who we are...

The students of Nursery while delving into the unit under the Transdisciplinary Theme- How we express ourselves, learnt to appreciate and understand the many ways to express themselves- be it through dance, music, verbally or through their handiwork using a variety of resources. Spending time in different areas of the simulation corners, handling of resources, role play sessions and more gave the students a chance to be risk-takers and open-minded to try new things, to collaborate and develop positive interpersonal relationships and hone their self-management skills. The exploration through the use of different resources helped in promoting choice amongst the little ones and paved the way for agency and inquiry into important concepts and personal interests. Celebrating colour day, bringing in their favourite toy and sharing with peers, play based games such as 'Tippi Tippi Tap', 'Musical Chairs', 'What Am I- Mystery Box', 'Scavenger Hunt', and many more gave the learners various opportunities to play, manipulate, explore, learn and come to new understandings. This symbolic exploration and expression definitely gave vent to their imagination and creativity.



KINDERGARTEN

“Learning is not the product of teaching. Learning is the product of the activity of the learners.” - John Holt

Developing responsible dispositions and behaviour by linking knowledge to real-life issues is what is endeavoured through an inquiry undertaken in the IB curriculum. As the unit under the Transdisciplinary Theme- Who we are culminated, considering themselves as active agents of change, the students of Kindergarten chose to conduct an Awareness Drive in order to

advocate positive lifestyle changes in response to their learning. Through this, they strived to take tangible action of their conceptual understanding and campaign the need to focus on well-being of one's body by taking care of it, by being active and making informed choices for betterment of one's health. Working in groups, the enthusiastic Highlanders made posters, set up simulation corners to highlight the ways to take care of a particular body part that they chose to represent, and shared their understanding with the primary teachers confidently. Presenting a collective voice, they took a pledge to show their continued commitment towards one's health and encouraged the others to do so too.



GRADE I

If we were meant to stay in one place, we'd have roots instead of feet -Rachel Wolchin

The young Highlanders of Grade One further delved into the unit under the Transdisciplinary Theme – Where we are in place and time, the children honed their knowledge on the causes, impact of relocation through a variety of learning engagements like understanding of maps and location through stories and songs., Inquiry into own or family members relocation history. The unit culminated with the learners doing a role play depiction the

various reason for relocation and the challenges faced during and after relocation.



GRADE II

***We learn....We explore.....
We reflect.....We create***



Under the Transdisciplinary Theme- How we organize ourselves, the reflective Highlanders of Grade Two not only gained knowledge but also put their learnings into practical use as they recycled waste material found at home and repurposed it into a useful and visually appealing product. They could connect with the Central Idea as they displayed their creative and self-management skills by coming

up with some ingenious ideas to create products like stationery organizers, planters, photo frames and bags to name a few. The children exercised agency and also became kinesthetic learners in the process. Kudos to our thoughtful learners!!



GRADE III

**No one is born a great cook,
one learns by doing...**

In an interesting engagement under the Transdisciplinary Theme - How we organize ourselves, Grade Three students exhibited their culinary skills through the Master Chef activity. They prepared delectable recipes (fireless cooking) and demonstrated their understanding of calculating tools to measure different ingredients appropriately while preparing a dish. This learning engagement enabled them to develop their self-management skills. They further comprehended that people have created systems of measurements to make our life easy.



GRADE IV

"Creativity is now as important in education as literacy." - Sir Ken Robinson

The Highlanders of Grade Four interpreted how an economic activity relies on systems of production, exchange and consumption of goods and services by participating in an array of learning engagements under the Transdisciplinary Theme- How we organize ourselves. The 'Little Entrepreneurs' exuberantly organized a Market Fest and set studios of an eclectic range of goods and services in collaboration with their team members. While collaborating they chose roles from the supply chain for example producers, consumers, wholesalers and retailers and executed their roles consequently. They flaunted their freebies, discounts and offers exhibiting their marketing skills. Responsible citizens, they showed ownership towards consumer rights and responsibilities while dealing with the customers.





GRADE V

SCIENCE - A WINDOW TO THE WORLD

Exploring the scientific understanding and knowledge under the Transdisciplinary Theme- How the world works, made learners of Grade Five knowledgeable and inquirers. The unit increased awareness among young learners about the fact that science is omnipresent, as it is everywhere and in everything. During their visit to the Physics lab, the learners observed and conducted various experiments based on basic scientific principles, and learnt how it impacts our lives. Through this they were able to enhance their understanding about scientific inventions, its usage and effect in our day to day life. Learners observed their surroundings to conduct experiments and imagined themselves a young scientist to predict and create their own hypothesis.



*Facing challenges with strength,
determination and confidence
is what matters, and you have done it.*

CONGRATS!

Naisha Bansal of Grade II participated in the Taekwondo Pro-League National Tournament, held in Goa. She made school and her parents proud by receiving two medals, one silver and one gold respectively.



It is a proud moment for Scottish High International School as our Math facilitator Dr.Gurpreet Kaur and our Primary HRT Ms. Pallavi Kumar have been awarded with Guru Samman Award 2022 by Sanskriti ke Saarthi Organization. The Chief Guest for the occasion was the Governor of Uttarakhand Lieutenant General (Retired) Gurmeet Singh.





PARENT - TEACHER MEETING

**The PTM to hand over the
Mid Term Progress Report
for the academic session 2022-23,
for both Early Years and
Primary Wing was held on
Saturday, 24th September, 2022.**



हिन्दी संस्कृति एवं सभ्यता का प्रतिबिंब

किसी भी देश की भाषा और संस्कृति लोगों को एकदूसरे से जोड़ने और एक मजबूत राष्ट्र बनाने में महत्वपूर्ण भूमिका निभाती है। हिन्दी भाषा प्रेम, एकता और भाईचारे की भाषा है। हिन्दी दिवस 14 सितंबर को बड़े गर्व और जोश के साथ मनाया जाता है क्योंकि इस दिन वर्ष 1949 को हिन्दी को हमारे देश की आधिकारिक भाषा के रूप में अपनाया गया था। देश की सबसे व्यापक रूप से बोली जाने वाली भाषा के महत्व को दर्शाने के लिए सितंबर महीने में (दिनांक 12 से 16 तक) हिन्दी सप्ताह के रूप में मनाया गया।

हिन्दी सप्ताह के अंतर्गत कई प्रकार की विभिन्न गतिविधियों में हिस्सा लेकर छात्रों ने न केवल अपने भाषा कौशल को विकसित करने का प्रयास किया अपितु अपनी प्रतिभा का प्रदर्शन भी किया। हमारे छात्रों ने पी.वाई.पी. के मूल तत्व एजेंसी का प्रयोग करते हुए विभिन्न कार्य नीतियों के अनुसार दृश्यश्रव्य साधनों के माध्यम से कहानी देख कर चित्रकथा रची, उनमें आए शब्दों से शब्दसीढ़ी का निर्माण किया व व्याकरणिक ज्ञान का खेल विंगो खेला। कहानी के आधार पर वी.एम.ई. कार्यनीति के अनुसार रचनात्मक उल्लेख किया। हिन्दी सप्ताह के अंतिम दिन छात्रों ने हिन्दी वाग्मिता प्रतियोगिता में उत्साहपूर्वक भाग लिया। जिसमें छात्रों ने कविता एवं पक्तियों के माध्यम से पूरे आत्मविश्वास के साथ दिए गए विषयों पर अपने हार्दिक भाव के कौशल को अभिव्यक्त करते हुए प्रस्तुतिकरण किया।

इसी जोश और उमंग को और आगे बढ़ाते हुए हमारे इनिशियल चैप्टर के नन्हें-हैं हाइलैंडर ने हिन्दी सप्ताह के अंतर्गत कहानी कथन और रोल प्ले जैसी गतिविधियों में हिस्सा लिया। नन्हें हाइलैंडर अभिनंदन शब्दों से अवगत हुए तथा प्रयोग करना सीखा।





Deputy PYP Coordinators

IBDP

As we approach the final quarter of the year, the IB programme has eased its way into examination and submission mode. The students of both Grades XI and XII were engaged in Semester 1 and Semester 3 examinations. They underwent rigorous testing on various levels to ascertain their understanding of their subject choices.

Following the examinations, a Parent Teacher meeting was held to discuss the performance of the students and help them identify problem areas and find suitable solutions. Some students have done exceptionally well, obtaining a perfect score in these examinations.

Beyond this, an Expert Talk was conducted for the students of XI and XII DP regarding financial planning and analysis, which will help them relate to their course in Economics and Business Management on a more pragmatic level.

Additionally, post exam rejuvenation was also planned for the students as they all went for the School Camps to Sursinghdhar for Grade XI and Nainital Hills (Pangot) for Grade XII. All work and no play is not a philosophy that the school abides by which is why this much needed break was planned for the students at the most optimal time. The students enjoyed thoroughly and took up various challenges in adventure sports, team building exercises and open mic nights during these camps.

Finally, as the University admissions have opened up, our students have also started applying for their desired courses for undergraduate study.

Apart from that, the horizontal and vertical collab of teachers continued with a discussion on PSP and PDP, with a sustained focus on Culture. Other aspects of student results, admissions and CAS opportunities were also discussed. Furthermore, as the TOK Titles for 2023 have been released, the teachers and the students were apprised of the same.

Gearing up for an eventful month ahead!

Ms. Sugandha Malhotra
Ms. Pooja Sharma
Deputy IBDP Coordinator



Medley Of Activities

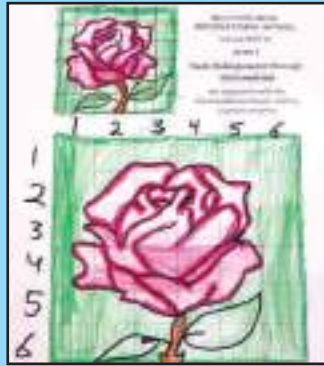
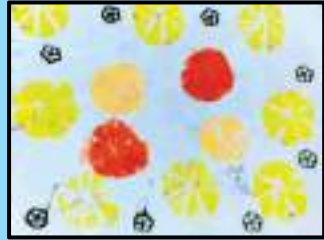


In the month of September, Grade I students were introduced to number drawing. They learnt how to draw different things from numbers 1 to 10 and made composition with it. Grade II students did vegetable printing and tie & dye engagement related to the transdisciplinary theme “How we organize ourselves” with the central idea: Many products go through a process of change before they are consumed or used. This was explained to the students by giving example on paper and cloth as they go through different stages of manufacturing and printing. Grade III students were introduced to grid method. This engagement is related to the transdisciplinary theme “How we organize ourselves with the central idea: People create systems of measurements to meet their needs in daily life.

Artists use this method of measurement to enlarge an image or a drawing. On the other hand, Grades IV and V students are learning how to do shading. Shading is the process of adding value to create the illusion of form, space, and most importantly - light in a drawing. When executed correctly, shading can make a drawing appear three dimensional and create a convincing image. Students are learning how

much pressure has to be applied on the pencil to have a darker or a lighter tone. Whereas, middle school students continued working on their art and craft projects after their half yearly exams.





Jiyal I-B

Sabeeha I-H



Avikaa IV-E

Dhruv IV-E



Saisha IV-E

Hitaksh V-D



Vardan V-D

Hunar VI-A



Mahika VI-B

Aryaman VI-D



Navya VII-B

Sashrika VII-B



"Dancing increases cognitive acuity at all ages. It integrates several brain functions at once like kinesthetics', rational, musical and emotional further increasing ones neural connectivity," -Richard Powers.

Studies say that dancing keeps you healthy into old age and reduces the risk of disability and dementia. It is an art form that applies the body and the range of movement of which the body is capable.

Our Highlanders are excited to learn new dance forms. Grades I & II are learning dance on believer song. Grades III and IV are learning dance on hall of fame. Grade V have started their annual day practise. Middle school children and senior school students are learning various new dance forms for the annual day.

Ms.Shreewarna Rawat
Dance Instructor



Students of Middle School were divided into various groups and were given Production related specific roles to learn and explore the art of play making.

Director, Writer, Actor, sound in charge, music and costume in charge were the various roles given to the students.

Students practiced and performed their self-written and directed plays in their groups and were very happy with their learnings. Students also did story narration activity in which they narrated a real life incident as a story to the whole class learning how to bring imagination and observation together.

Rohit Kumar Kalra
Theatre Arts - Instructor



The month of September started with a lot of fervour. The students enjoyed celebrating and performing on Teacher's Day. They put up a stupendous performance entertaining all the teachers. The

FDP of Grade IV also came to an end with the students performing their songs like Jambo Bwana, which was well accepted by the parents. Hindi song Hai junoon was also well accepted and got a thunderous applause.

The Grade V was introduced to a new Hymn - Walking with the lord, which they are learning to perform for their assemblies. Grade IV was introduced to a fun song- Birdie Song and a prayer song- All things bright and beautiful, which they are going perform in their assemblies. Grades I to III learned songs like Waving Flag, Unstoppable, Brown Girl in the Ring and started preparing for their FDP performance.

Students also learned Hindi songs like Tu Kitni Acchi Hai Maa, Tu Rang Sharbaton Ka, Badal Pe Paon Hai, Aashayein, and bhajans like Subha Savere Lekar Tera Naam, Teri Hai Zamin, etc. Senior students also started practicing for Annual Day, preparing for thunderous band and choir performances

Tony Stalin Fernandes
Western Music Teacher

Social Science Exhibition

"Heaven is a myth; Ladakh is real."

The Social Science Exhibition was held on the 24th of September 2022 with the topic of the mystique land of "Ladakh". The students of Scottish High embraced this theme wholeheartedly and used the opportunity to create a virtual mini Ladakh in our very own Auditorium.

Models were made, charts were prepared and knowledge was gained. As the day of the exhibition drew closer, the children were amazed to find out about the unique physical and cultural heritage of Ladakh. Talented Highlanders created two interactive 6x3 feet 3D Maps depicting the location and physical features using the paper mache technique on one and the main tourist destinations in Ladakh using Catographical Technique on the other. Sonam Wanchug's Solar Tent for soldiers living in high altitudes with extremely low temperate was depicted through a 3x4 Feet Model that left the parents in awe. Life-size rotating prayer wheels and a 3x4 model of Ladakh relief and urban settlement had a mesmerizing effect on all the visitors.

The parents were spellbound to see all aspects of Ladakh being covered by the Highlanders with such accuracy. The topics covered ranged from the location and political divisions through maps and models, cuisine through miniatures of food items made by students with clay, bead jewellery made up of terracotta, costumes worn by students, and especially the mannequin draped in traditional Ladakhi attire. The art and architecture exhibited through models and charts revolving around sustainable lifestyle methods in Ladakh, and a religious corner full of statues of Buddha, incense sticks and prayer beads gave it a religious flavour. Parents were especially captivated by the beauty of the paintings of the Ladakhi landscape. Tibetan prayer flags that were hung all across the Auditorium added a festive feel to the exhibition.

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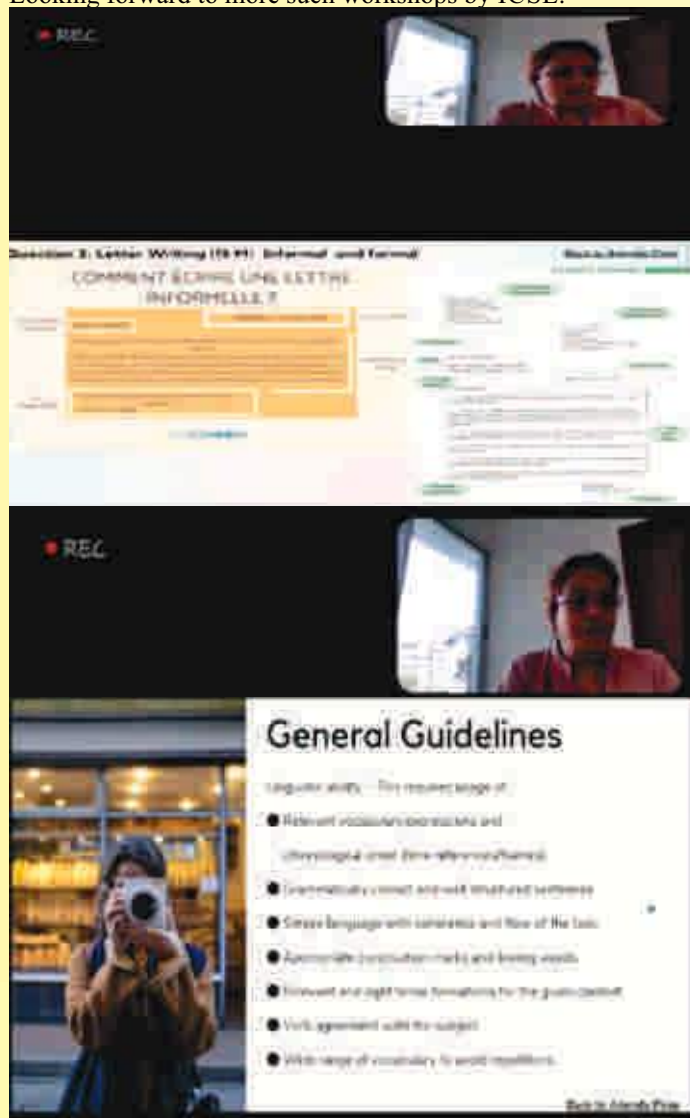
Ms. Bhawna Dhull,
HOD Social Science

Modern Foreign Language

ONLINE TEACHER TRAINING PROGRAM FOR FRENCH AT THE ICSE LEVEL

An online teacher training program was conducted for French teachers across India and abroad to discuss the new and updated pattern of the exam. The same was attended by Ms. Isha Verma, Head of the Department - Modern Foreign Languages. The training took place on 21st September 2022, Wednesday through online zoom session from 2:00 pm to 6:00 pm. The resource person for the training was Ms. Aamina Yasmeen. The teachers asked all their queries and questions about the updated pattern and resources which can be used to make the paper. A group was also made for all the teachers to facilitate the French teaching and share all the resources. As it was the first time that ICSE held a workshop for French, it was quite beneficial for the teachers who had attended the workshop.

Looking forward to more such workshops by ICSE.



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

IGCSE

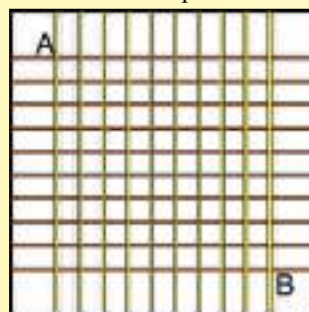
P and NP problems

Ever encountered a Math problem so hard that it seemed like the solution did not exist, but only to see the answer at the back of the book to be amazed that yes, the question was indeed solvable? If you did, then you have a faint idea of what NP problems are. These are problems that easily checkable – that is you can verify if the answer is correct, or not, within seconds – but these questions take loads of time to solve.

The Clay Mathematics Institute, an institute near Boston, USA, aims at expanding Mathematical knowledge and is known for giving out various Mathematical sponsorships and awards. This institute, in the year 2000, released seven mathematical problems. These problems are seven of the toughest problems which can have huge implication in real-life. If a Mathematician solves any of these seven problems, they will get a reward of a million dollars!

P and NP problem is one of these 7 problems, specifically proving or disproving that $P=NP$. This equation asks the question - can NP problems, with easily verifiable answers, be solved as quickly as P problems? So far, no one knows the answer!

P problem, or Polynomial time problem, are the ones that take polynomial time to solve. In other words, the longer the question gets, it doesn't become increasingly harder to solve those questions. P problems can be both checked and solved quickly. An equation like this: $x-1=0$, can easily give us that $x=1$, and you can verify the answer as well ($1-1=0$). Longer equations can also be solved quickly by simplifying and then solving for x. Meanwhile, NP (Nondeterministic Polynomial time) problems are more like this: if you had to go from point A to point B on the map below, with ten roads across and ten roads down which is the fastest route between the two points?



The answer to this question has not been solved, but the number of possible routes from A to B are $10! + 10!$. This means that there are 7,257,600 ways of getting from point A to point B! If you need the fastest way, you will have to calculate the time taken for each of the 7 and a quarter million routes and see which is fastest. A more Mathematical description for what defines P and NP problems is this: problems that take time proportion

to x (the size of the problem) to solve are P problems. For example, you need to find the largest number in a list of size 'x.' You will see each number in the list, check if it is the largest one in the list so far, and at the end of the list you know the largest number in the list. So, the time taken to solve this problem is proportional to x. Other P problems are proportional to x^2 or x^3 . NP problems, however, take time proportional to a number raised to the xth power: 2^x or 3^x .

For any problem where x is ten, P problems take just 10sec, or 100sec (1min 40sec) when proportional to x^2 , but for NP problems when x is 10, time taken is to solve 1024sec, or 59049sec (16h 24min and 15sec).

This huge gap is why proving $P=NP$ is particularly important because most real-life scheduling problem are NP problems. A well-known problem is the Travelling- Salesman one. This is about having pre-set destinations a salesperson/mail carrier must visit and a condition of a maximum distance that can be travelled by the salesperson is also present. So, which is the best way to reach all destinations in the least time while making sure that



maximum distance is not exceeded? Eventually the answer will come, albeit in a very inefficient and time-consuming way, which leads us back to $P=NP$. Is there a better way to solve these NP problems?

Why no one has yet proven or disproven $P=NP$ is because all NP problems are based on fundamentally the same thing. If you can find an easier way solve one NP problem, then you can quickly solve all other NP problems. Since proving or disproving $P=NP$ involves trying to solve a NP problem, it indirectly makes proving $P=NP$ a NP problem.

Prakhyat Sinha, Grade X-IG-A

ICSE - ISC Bulletin

The ICSE/ISC Convener Meeting for the 2022–2023 academic year was held at Shikshantar School to discuss the student and examiner statistics for the 2023 Exam. The same was attended by Ms. Barkha Anand and Ms. Bhawna Rajput.

The half-yearly exams for Grades IX-X ICSE and XI-XII ISC were conducted in the month of September 2022. The ICSE and ISC question papers were created using the changed paper pattern for the 2023 Examination. MCQs, short answer questions, and long answer questions were all included in the papers. The corrected answer sheets of the same were given back to the students. On September 24, PTM was held. During this time, the students' success in the half-yearly exam was addressed, and parents received an overall evaluation of their ward's performance as well as suggestions for improvement. Overall performance across all the subjects was satisfactory. However, remedial classes, will be scheduled for the students who require help in the improvement of their Grades in certain subjects.

Switching the environment and bringing the students out of their classrooms into the natural world can be a great way to spark their interest.

After the midterm exams, camps for students in Grades IX to XII were planned with this in mind. We must provide such enduring experiences for students if we are to successfully prepare them for life. When they interacted with others in a less formal setting, students improved their communication abilities and sense of self. Outside of their usual group, the students collaborated as a team with other classmates. They created friendships that will last a lifetime, which is undoubtedly a pleasant learning experience in itself. In addition to having fun, students also picked up several crucial life lessons. The students had a incredible time enjoying the nature and being with their friends during these days and came home with treasured memories.

Ms. Barkha Anand
ICSE/ISC Coordinator

CAS

Highlander Green Crusaders Seek Protection for Aravallis: Save Aravallis Campaign

Highlander Green Warriors have joined hands with the student representatives of many schools in Delhi and the NCR region and visited the Prime Minister's Office, Environment Minister's Office, Ministry of Housing and Urban Affairs, and Haryana and Rajasthan Chief Ministers' Offices on the 13th and 14 September 2022 to give their petition to support the 'Aravalli

Bachao Campaign' for the threat that 'NCR Draft Regional Plan 2041' poses to the entire ecosystem and the quality of life of everyone living in the NCR area. Earlier, the entire Scottish High Community signed a petition to remove the environmental dilutions from the NCR Draft Plan 2041. In their petition, the Green Warriors highlighted that the implementation of the new NCR Draft Regional Plan 2041 will threaten the quality of life of millions of people living in the 25 districts of the 4 NCR states as this draft plan excludes the terms 'Aravallis', 'Forest Areas', 'Natural Conservation Zone'. It has also removed tributaries, floodplains of rivers, and waterbodies not created by acts of nature and other natural areas not recognized in revenue records or notified under central or state acts, etc. They handed over this petition which was signed by more than 12000 students and 900 teachers and requested the authorities asking them to remove the environment and ecosystem-related dilutions in the NCR Draft Regional Plan 2041. If this draft plan is implemented the way it is, it will take away protection for most of our natural ecosystems and will open them for commercialization in 25 districts across the 4 NCR states of Delhi, Haryana, Uttar Pradesh and Rajasthan. While talking to the Highlanders, the Honorable Minister of Housing and Urban Affairs Mr. Hardeep Singh Puri, ensured that he will consider their request and suggestions given by the environmentalists and will invite the students for a workshop to strengthen the environmental and ecological aspects of Aravallis. The students also met a senior official in the Haryana Bhawan and the Chief Resident Commissioner at the Rajasthan Bhawan. All these meetings gave excellent exposure to the students on how to talk with senior government officials and a real-life experience of being active citizens. Mrs. Shubhra Singh, the Chief Resident Commissioner at Rajasthan Bhawan was very pleased with the passion of the children for Aravalli protection. Mrs. Singh assured the students that she would convey their concerns to the Chief Minister of Rajasthan. On 14th September 2022, when Highlanders were at the Ministry of Environment with the delegates of other schools, NDTV invited the Aravalli Bachao team with a few students to participate in a live discussion in their studio in Greater Kailash. 5 schools including Scottish High got a chance to go to the NDTV studio. Our student representatives spoke to the NDTV anchor Divya Wadhwa about their concern to save the Aravallis. Highlanders are planning to give their petition to the Chief Ministers of UP and Delhi as well as to the top bureaucrats to register objections to this draft plan and give suggestions to them to increase the forest cover of Aravallis.



Ms. Kavita Yadav
CAS Coordinator



From The Counsellor's Desk

"The goal of education is to form minds which can be critical, can verify, and not accept everything they are offered." - Jean Piaget

Counselling Department at Scottish High International School, Gurugram organised a plethora of events for students, parents and teachers.

Session with Parents

The University Application Process workshop was taken by a School Counsellor, Ms. Neha Singh Maurya, for the parents of our Grade XII ISC and IBDP students. Important national and international university deadlines were discussed with them. Parents were informed that a few applications, such as CLAT, UCAS, and Common App, had already begun. Major entrance tests were mentioned to them, along with the dates on which they will be held.

Parents were enlightened about the documentation and school support system. They were made to understand the components incorporated in preparing the transcripts. Process for the generation of predicted Grades and for requesting the letters of recommendations were discussed.

Session with Students

Counsellor's talks were also organised for Grades VII and VIII. Possible downsides of Social Media were discussed in these counsellor's sessions wherein four major downsides were focused upon - distractions, social comparisons, doom scrolling and cyber security. Learners could relate with the topic as it is directly impacting their lives. Today's youth is deeply indulged in social media, thus the discussion on this topic was indispensable.

Orientation sessions on camps were also conducted for the learners of Grades VI to VIII. Important points regarding the behavioral expectations on the camps, safety and security measures were discussed. Learners felt even more equipped to go on camps after these sessions and their excitement was palpable.

The University Career Fair was organized on the school campus for students and parents of Grade IX to XII. The fair began with an enlightening address by Mr. Swaraj Nandan who is the co-founder of KIC UnivAssist. The fair provided an opportunity for our students and parents to connect with university delegations in person. Representatives from 19 US universities and one university from Hong Kong participated in the event. The delegates interacted with our students on a one-on-one basis. The event proved to be a wonderful experience for both parents and students.

Session with Teachers

A session was organised for the teachers teaching Grades XI and XII, based on Letter of Recommendation and Predicted Grades. The session aimed to provide the basic structure of the LoRs; do's and don'ts while writing LoRs; LoR. ways to further improve the quality of the content. Teachers were also provided adequate guidance regarding predicted Grades.

Another valued session was organised for the teachers of Middle School, on Professional and Personal Ethics in Workplace. The session aimed to explicate the difference between professional and personal ethics and their significance in maintaining an ideal working environment. Teachers

reflected on the behavioural and professional elements of an ideal working environment. It was an eye-opening experience wherein teachers could reflect upon the seemingly meaningless behaviours that could make a huge impact in disrupting an ideal working environment.

Counselling Department

From The Sports Arena

The month of September started with the preparations and participation in SGFI and CISCE REGIONALS and Nationals competitions. Our Highlanders have been emerging victorious in a myriad of Sports Championships. We are happy to share their success with you,

Lawn Tennis

SHIS under 14 Girls and Boys Lawn Tennis team participated in District Lawn Tennis Championship and bagged the *First* position. The Team also qualified for the State Lawn Tennis Championship.

The team consisted of

Girls Team

Samaira Kohli (VIII)
Khushi Gaur (VIII)

Boys Team

Lakshay Dhiman (VIII)
Adhrit Gautam (VIII)
Naavya (VII)
Rishik Tandon (IX)

Football

SHIS Under 19 Football team won Gold Medal in the CISCE Regional Football Championship. Anirudh Sahijwani (XI) Abhigya Bist (XI) Madhur Yadav (XII) and Arjun Dev(XI) also got selected for the CISCE Nationals.

SHIS Under 17 Football team won Silver at the CISCE Regional Football Championship. Abhinav Sharma was selected to the National championship.

Rivaan Barola and Vedant Gutt were selected for the CISCE Under 14 Nationals.

Chess

The Under 14 Boys and Girls team won the CISCE Regional Chess Championship and also qualified for the Nationals.

Devansh Gupta (VII)

Advay Aggarwal (VII)

Advik Aggarwal (VII)

Aanya Bothra (VII)

Kanika Suri (VII)

Cricket

The Under 19 Cricket team bagged the *First* position in the CISCE Regional Cricket tournament

Five students from the team have been selected for the Nationals.

Jai Khetarpal (XII)

Pranav Sharma (XII)

Divvyesh Ramesh (XI)

Trish Khanna (X)

Param Shaurya (XI)



Skating

Sehar Arora and Anvi Jain from Grade VII and VIII respectively have won the Regional and got selected for National CISCE by bagging 2 gold medals each. Anvi Jain from Grade VIII also bagged 1 Gold and 1 Silver in SGFI District Skating Championship.

Swimming

In the Under 14 Category, Dhariya bagged the *Third* position in the 100 and 400 meter freestyle.

Dhruv Chadha bagged the *First* position in the 400 meter freestyle and *Second* in the 200 meter freestyle. Kabeer Singh placed *First* in the 800 meter freestyle.

Samridhi Verma bagged the *First* position in the 50 meter freestyle and the 50 and 100 meter butterfly.

3 students were selected for the SGFI State Championship.

Dhruv Chadha (IX)

Kabeer Singh (X)

Samridhi Verma (IX)

Samridhi Verma participated in SGFI State Swimming Competition and bagged 3 Gold and 2 Silver medals and qualified for SGFI Nationals.

Kabeer Singh and Samridhi Verma participated in Sub junior and Junior Open District Swimming Competition and won 11 Gold, 8 Silver and 2 Bronze medal.

(Kabeer 4 gold, 7 silver and 1 Bronze, Samridhi 7 Gold, 1 Silver and Q Bronze)

Gymnastic

Mihira G Prabhu (IX) participated in SGFI Haryana School State Rhythmic Gymnastic and won 4 Gold medals in beach apparatus as well as all round Gold medal and got selected for SGFI Nationals.

Athletics

Daksh Malik won Gold Medal in SGFI State Athletic Championship and got selected for Nationals.

Basketball

Chitra Singh (XI), Taniasha Sachdeva (XI) and Arushi Bist (X) won Basketball State Championship and got selected for Nationals.

Lawn Tennis

Under 14 Boys Team and U17 Girls Lawn Tennis Team participated in CISCE Regional Lawn Tennis Championship where boys Team got 1st Position and Girls got 2nd position.

Lakshay Dhiman (VIII), Adhrit Gautam (VII), Rishik Tandon (IX), Nabhya Kinha (VIII), Mrinalini Mukherjee (X) and Arika Sharma (IX) qualified for Nationals.

Taekwondo

Riyaa Ahluwalia won Silver medal in G2 ranking 3rd Mount Everest Taekwondo competition held at Nepal. Good evening sir, Riyaa also got gold medal in Zonal and Regional CISCE Taekwondo competition and got selected for Nationals going to be held in Ahmedabad.

What a phenomenal list of achievements and an even greater victory!

Kudos to all!

Darshan Singh Gahallot, HOD Sports

SIVUS NATIONAL COACHING CAMP

"Sometimes even the greatest joys bring challenges, and children with special needs inspire a very, very special love." - Sarah Palin

INAS SIVUS INDIA conducted a National Coaching Camp for athletes with intellectual disability & associated conditions, to showcase their talent in Cycling and Table Tennis. It was a three-day camp where 3 athletes along with their coaches showcased their talent. This National Camp was hosted and organized by the Sivus Haryana in association with Scottish High International School. I Aarna Chopra student of XI-DP participated as a Unified Student Volunteer. This camp was conducted from 9th September to 11th September, 2022. Athletes Ranveer Singh Saini and Surpreet coached by Mr. Love Gulliya showcased skills and various techniques in the game of Table Tennis. Athlete Neel coached by Mr. Sanjeev showed dedication and hard work towards Cycling. It was a great learning experience for all athletes, coaches and volunteers. We are looking forward to host more such fruitful and successful events. All athletes and coaches now represent the Indian team for 2022 Virtus Oceania Asia Games, Brisbane Australia, scheduled in the month of Nov '22.



Aarna Chopra, Grade XI-DP

From Our Budding Writers

Math is a Mystery

Math is a mystery, so is its home.
Full of equations, factors and wholes.
"Math is great" is something I would say
I even have to practice it every day.
Taking out my pencil and a scale.
Getting ready to challenge my brain.
Each sum is like a mystery that I have to solve.
Now I can measure the weight of this salt.

Zara and Divyam, Grade V-F

The Good-Mannered Boy

Once in a poor family, a boy was born. His name was Rahul. He was poor in money but rich in manners. So, when he grew up, he went for a job interview in a big company, and he thought he would not be selected but he thought it was worth a try. Then he met the CEO of the company. He was old. The first thing that he did was touched his feet, greeted him, and showed a lot of manners and the CEO was surprised seeing that he was so good mannered and gave him the job. He did not give the job because he was skilled but by his manners.

Moral of the story- If we are poor or are rich, we should be rich in good manners.

Harshvardhan, Grade V-C

Nature

Nature, what a beautiful thing,
It is magical, though somethings might sting!
Like how dangerous some places are,
Only the bravest can journey into the mysterious afar.
Or how animals eat one another,
Just the thought of the brutal food chain can make you shudder!
But that is how life goes on,
Everything has its pro and con.
The majestic flora and fauna, animals, insects, or flowers,
It is dying and needs to be preserved, ultimately it is all ours.
There are creatures as giant and strong as the oldest trees,
They hunt for their prey, on land or in the seven seas.
There are creatures as small as a grain of sand,
Looking for a home, in a vast, barren land.
After all, our lovely nature has everything you need, from good to bad,
Once you learn the ways, you can never be sad.
But we must protect it at our best,
For if we are successful, everything will be good for the rest.

Saranshi Rao, Grade V-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 Kaur Sethi, Grade V-B



TEACHER'S DAY

I know, my teacher, you are the one,
Who wants to make me my best version.

You train me to flip my bad cards,
Please accept my deep regards.

I bow to you in a sincere way,
Wish you a Happy Teacher's Day!

Varalika Sharma, Grade V-C

प्रकृति

माँ की तरह प्यार लुटाती है प्रकृति,
बिन माँगे सब कुछ दे जाती है प्रकृति । ।

दिन में सूरज की रोशनी,
रात में शीतल चाँदनी देती है प्रकृति ।
बिन माँगे सब कुछ दे जाती है प्रकृति । ।

ऊँचे पर्वत, पेड़ और नदियाँ,
रिमझिम बारिश बरसाती है प्रकृति,
आओ मिलकर कसम ये खाएँ,
कुछ वक्त प्रकृति के साथ बिताएँ,
माँ की तरह प्यार लुटाती है प्रकृति,
बिन माँगे सब कुछ दे जाती है प्रकृति । ।

आज है खतरे में ये हरियाली ये प्रकृति,
मनुष्य ही बिगाड़ रहा है ईश्वर की आकृति,
माँ की तरह प्यार लुटाती है प्रकृति,
बिन माँगे सब कुछ दे जाती है प्रकृति । ।

अनन्या सरीन. छठी ड

BLACK HEAVENS

The black heavens conjured visions that went beyond dreams, the fires of heaven fiercely shining through the velvety darkness, bringing comfort to the mere mortals roaming below that even when we crave the euphoria of the sun, the light of twilight exists to bring hope of the dawn. The abode of stars swirling as if it were a foaming cup of hot chocolate stirred by the angels in a fit of stupendous laughter, my eyes unable to take a photographic image such that my memories would truly do it justice, my mind unable to grasp the concept that the plethora of orbs I was observing were the lifeforms upon other worlds that had entirely different notions of time and reality. The silver of the moon, a mere stone, and the sky full of deadly hardware, but oh God, how beautiful anyway. Above me, was a vastness of eternal space to fill with the gratitude of life, a moment lingering such that it sent an epiphany to connect us to the true fragility of Earth, I



sat there, in a state of absolute awe and adoration for the world that was somehow crafted.

Himanshi Aggarwal, Grade XI IBDP

IMAGINATION

Over the last few months, we have all witnessed not one but many life-changing experiences, all of which were overwhelming and each more pronounced than its predecessor. The impact, the recent supersedes our short-term memory quotient & the previous fades away and this only re-establishes the fact that we are somewhere within ourselves, not clear on our priorities. The ironic truth resonates and the hard-hitting reality surmounts- We have not been able to focus on our concerns & subjects that we want to draw upon.

Dependent on the internet to feed us constantly with the buzz, we have unintentionally allowed the invisible cyber hypnosis to take over. We believe what the web wants us to believe without even having our first view and perspective of the picture. Our judgments are biased & responses are influenced by the inputs from the web.

What we choose to forget, is that behind every paragraph on the internet is an individual whom we don't know or haven't met, and if we were to meet them today, we have no thoughts on the degree of trust we could place in them. Me, as a mature, rational thinker, I know I would rather trust a known nemesis over the specific someone whose news article is a part of my routine.

While thoughts may sound superficial, the rhetorical truth is, we are blinded by the glitz and glam and the all-encompassing presence of the net. So much so that, our reasoning is lost, the questioning subdued, the thinking forgot. Over the years all that has remained is e-news that has gained our trust to the extent of moulding and tampering with our thoughts. The web in a literal sense has woven a web around us, a web gripping our free minds and convincing us enough to believe that it is our safe space and a way out of situations.

Is it correct then to let a flash of news, a tweet, or a social media update blur our thinking? And if not, what, how, and when can we move to roll the stone back and rekindle our genuine, logical thoughts?

Chaanan Randhwana, Grade X-B

GOLDEN GREEN

Along the lines of social cleavage in this city run eyesore reminders of a dream far broken. In an era when Gurgaon was a jungle with lines on a map, enlightened shadows behind closed doors dreamt for the country a vision that would come to be shared by millions. The façade of equity, as they called it, was a book of old that was sold to farmers and villagers by their pillagers: a book so old, it was bound by mould at every crease and fold; a folk tale told, a vision so bold. Socialism was, at the time, a convenient lie for the proletarian voters who thought they held power within their hands. Their hands, unfortunately, were too full with a hammer in a world that was run by the

fickle, and not by the sickle.

And with the dawn of modernity, running was no longer enough for this fickle world; it needed now a faster mode of transport. And then came the wonders of the LPG Engine: wrapped in a green hull with a yellow tarp, the grand auto rickshaw took over the streets of India. With efficiency unparalleled and the ability to operate on routes long and short at minuscule scales of economy, these little three-wheeled birds took flight. The auto-rickshaw was a vehicle for all, regardless of who they were or where they came from. Factory workers, government officers, and housewives all adapted this paragon of flexibility with no hesitation. However, unlike the other landmarks of India's golden nostalgia, auto rickshaws seem to have stuck around.

Yash Moitra, Grade XII IBDP

A Third-World Take

On 24th February the whole world was plunged into a state of shock when the first bomb from Russia fell in the Ukrainian city of Kharkiv. A war which no one expected, despite multiple warnings by Russia, and which everyone dismissed as a meaningless threat had now become a reality.

A war expected to last only for a few days with the emergence of Russia as the victorious power, surprised people by continuing for over 8 months and still going on with Ukraine successfully thrashing its invaders.

Talking from a domestic viewpoint, the war has greatly impacted India's role in international relations as it has assumed a "Neutral Role" not siding with either Ukraine or Russia. Although India's neutral stance has been called into question multiple times on numerous occasions this stance has been supported by the citizens of the country. The reason for this neutral stance is India's foreign policy. Around 70% of the equipment of the Indian Air Force is of Russian origin. Russia has always supported India whether in 1971 or for India's demand for a permanent seat in UN Security Council. Moreover, Russia is an oil-rich country and India having fewer oilfields is bound to be dependent on it to some extent.

India neither has bad nor good relations with Ukraine. Ukraine has never supported India in international affairs such as in the United Nations. Thus, India contemplated the possibility of siding with Ukraine and upsetting its strongest ally-Russia.

Thus, not wanting to upset its strongest ally India adopted a neutral position.

When called into question India's neutral stance has rightly been justified by the External Affairs Minister of India, "Europe has to grow out of the mindset that its problems are world's problems, but world's problems aren't Europe's problems."

Stuti Khanna, Grade XI-D

Fall Rain

Gazing at the surreal sky
Watching blues change to greys.

Preparing for the violent storms
As the gushing rains enlighten the day
The pelting rain rushes and pours
Seeing the heat and dust wash away.

Admiring the beauty of September rain
Hearing the immaculate sounds
As it rushes to the ground
Slipping through the leaves and running into the creeks.

Sitting beside the window
With a book and a cup of coffee
Watching the raindrops glide so
Swiftly and expeditiously.

Savouring the dewy petrichor
Like music to the ears of a pluviophile.

Danicca Bajaj, Grade VIII-G

Forever In A Moment

The shimmering, silver gaze,
Under the Moon's watchful eye.
Eyes blurring near a haze,
Uttered a single quiet sigh.

The woman gives us light,
Under the dark a helpful sight.
But deep under the silver cover,
A tear drops a look to the lover.

The Sun hidden away,
The Moon's last hope.
Arrive just might he,
No longer should she lay.
And there rising like God,
Blooming like a flower.
The Sun looking like a lord,
But the Moon did not dare cower.

A simple, small moment,
A quiet silent look.
Passed their mouths not a single comment,
And away the Moon took off.
Now, silently drifting away,
In the darkness, she must stay.
Same and just as ever,
The moment though forever

Samiha Bellani, Grade XII-F

Growing up

The days pass by as I stare into the sky
No meaning, no reason, I just keep on living.

The sky is so blue, feels so out of my reach.
Like I will never reach there no matter how hard I try.
All these years went by in a click,
The next morning, I woke up to see myself in a horrible state.

Studying till the end of my life, not enjoying a single moment.

But in reality, youth has much more to it.
Seeing the world from a different view, everything changed.
Always wary of the person we meet, it's okay if you don't fit in!

Be yourself, be unique because that is who you are
It is okay to make mistakes because we are also human beings.

Party, enjoy life to the fullest,
But, don't forget where to draw the line, and know the limits.
Let out the emotions bottled up inside of you, it's okay to be yourself.

Break the walls built around your heart, and let the world see who you are.

Riana Bajaj, Grade VIII-A

Sometimes

Sometimes I think my heart's the night sky
Where there used to be a vividly gleaming constellation
Somewhere among those dim stars

Lay the last embers of my imagination.
Sometimes I think my mind is a kingdom

The subconscious a large palace
Somewhere among the broken glass chandeliers
Lies an unblemished, childlike and youthful face.
Sometimes I think my hands and feet stayed tiny

Even though the rest of me shot up tall
To remind me of the wet grass underneath my toes
That once I was pleased by it all.

Sometimes I think the cruellest part of growing up
Is leaving all the magic behind
Is waking up to the truth of this depraved world
That the fairies are no more yours to find.

Riti Aggarwal, Grade XII-F



Soulless

Yashita Grover, Grade XI-B



Clan News

ANDERSON

"Success is no accident. It is hard work, perseverance, learning, studying, sacrifice and most of all, love of what you are doing or learning to do." – Pele

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. 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 overcome all obstacles to give an outstanding performance and reach the zenith of glory.

Highlander Kenisha Kaur Roy (VII) won the Interclan Solo Singing Competition. Team Anderson comprising Shreshth Bodapati (X) and Pranav Mahendru (X) stood first in the Interclan Business Quiz. Arav Upadhyay (VII) won the Interclan English Debate. Team Anderson bagged the second position in the Interclan Street Play Competition for Grades XI-XII as well as stood second in the Interclan Dance Competition for Grade VI. Myrah Sharma (VII) secured the second position in the Interclan Science Mock Newsroom Competition. Harshil Walia (XII) Rudraraj Radhivani (XII) and Veer Kapoor (XI) attained

second position in the Interclan Maths Quiz. Savni Kaul (XI) and Samrudhi Singh (XI) secured the second position in the Interclan Science Stretch Your Imagination Competition. I congratulate Ojasvi Singla (VII) and Chitvan Kwatra (VII) for standing second in the Interclan Hindi and Sanskrit Quiz. 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 will help 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.

Ms. Ruma Jain
Clan Elder - Anderson

BOYD

The way I see it, if you want the rainbow, you got to put up with the rain.
- Dolly Parton

In the direction of achieving the rainbow of success in varied fields, Scottish High unveils all the possible ways for its Highlanders. Month of September started with the academic testing process in the form of half yearly examination 2022-23 to analyse how well our students are managing their academics along with other activities

To name a few of the different activities and competitions, our dedicated team comprising of Ray Verma (Grade XII DP) and Pavit Wadhwa (Grade XI), secured first position in the Interclan Stretch Your Imagination Science Competition (XI-XII). Here in this competition, our team came up with innovative ways to detect the general road problems and to overcome the same. Our boydians are no behind when it comes to express their thoughts, be it an extempore, debate or a street play. In the Interclan Street Play Competition, our talented and loud team secured first position by mesmerizing the audience with the strong message on the evolving problem of global warming. Once

again, our younger Highlanders Adhrit Gautam (Grade VII) and Kimaya Awasthi (Grade VII) secured first position as a team in the Interclan Hindi and Sanskrit Quiz Competition.

I congratulate all the winners and participants and wish all the best for the competitions lined up in the months coming ahead. True success is not the accumulation of trophies and certificates but of values. Keeping up the high and healthy spirit towards any and every kind of competition, I invite all the boydians to prepare themselves for an attempt and then finally to the real success.

Ms. Akanksha Yadav
Clan Elder - Boyd

LAMONT

"Unity is strength when there is teamwork and collaboration wonderful things can be achieved."

— Mattie J.J Stapanek

Cooperation is one of the most basic, pervasive and continuous, social processes. It is the very basis of social existence. Cooperation generally means working together for the pursuit of a common goal. Keeping that common goal, our clan students and teachers worked together for the success in all the competitions. We strive continuously in teaching our students to strike a balance

between academics and co-curricular activities.

First, we had Inter Clan Street Play Competition for Grades XI and XII where Pratyush Mehta, Atvika Gaur, Zena Sharma, Tansi Shukla, Pallak Ahuja, Bhavmanyu, Stuti Khanna, Aarna Chopra and Rachit Rathi of Grades XI and XII presented nukkad natak on theme 'Global Warming' and impressed judges bagged first position. In Inter Clan Business and Economics quiz competition Prisha Gandhi and Aveer Singh of Grades IX and X showcased their knowledge and skill for economics secured second position. In the Inter Clan Solo singing competition Ishanvi Vasant sang beautifully and mesmerized the

audience and secured second position in the same. Aryan Gupta, Pranav Kumar and Mannan Gupta of Grades XI and XII showed their mathematical skills in Inter Clan Mathematics quiz competition and secured third position.

Kudos to all the participants for working tremendously well in all the competitions held so far and we look forward to another rewarding month for such inspiring competitions.

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 with great intellects and creative heads coming together and set an example of working with perseverance.

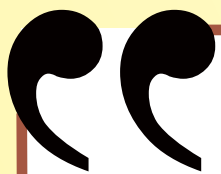
In August, our nightingale Emya Jain of Grade VII made the clan proud by performing to her best and securing the Third position respectively in the Inter-

Clan Solo Singing Competition. In the Inter-Clan Street Play enriched our knowledge where our Highlanders Akshat Bagadia, Shourya Mathur, Chitra Singh, Mehul, Arunima Mehta, Arsheyaa, Manya Lamba, Aditya Singh Reki secured second position. This month in September clan members Ahaana and Seher Shrivastva of Grade VII-A put their intellect to great use by bagging the third position in the Inter Clan Hindi and Sanskrit Quiz competition.

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

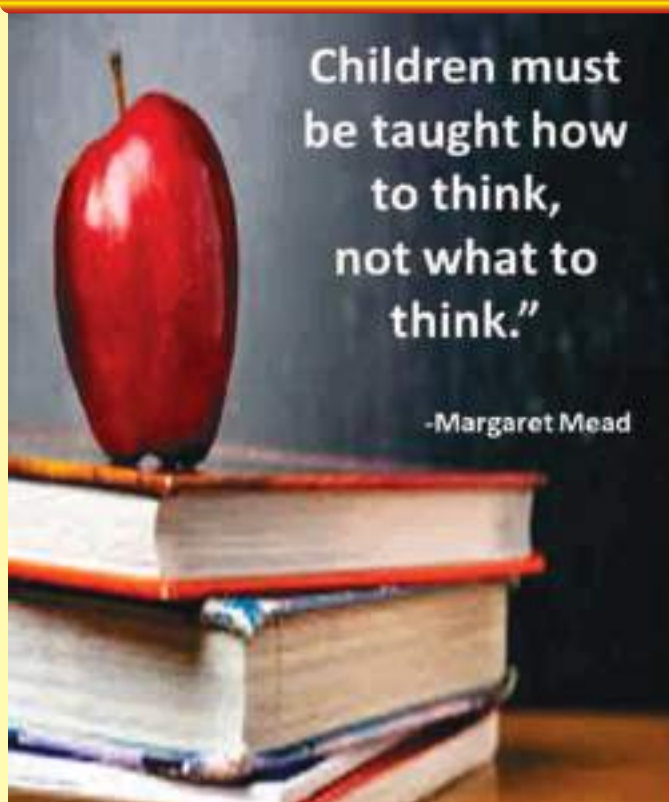


Famous Quotes

September

1. You will face many defeats in life, but never let yourself be defeated. -*Maya Angelou*
2. The greatest glory in living lies not in never falling, but in rising every time we fall. -*Nelson Mandela*
3. Put your heart, mind, and soul into even your smallest acts. This is the secret of success. -*Swami Sivananda*
4. Never let the fear of striking out keep you from playing the game. -*Babe Ruth*
5. Life is either a daring adventure or nothing at all. -*Helen Keller*
6. If I have seen further than others, it is by standing upon the shoulders of giant. -*Isaac Newton*
7. You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose -*Dr. Seuss*
8. Revolution is an inalienable right of mankind. Freedom is an imperishable birthright of all. -*Bhagat Singh*

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



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Golf

ANITYA'S TIP OF THE MONTH

Sliding Through Impact



Last month, we discussed how various players swing with various different swings but their impact position is very much the same. They have their weight on the left side and the club connects with the golf balls first before it strikes the ground

One of the common mistakes we see in junior golfers is sliding through impact. This happens when a golfer starts

the down swing too quickly with the hips and lower body thrusting towards the target rather than shifting on to the left leg and then turning out of the way. This can be seen in the picture where my hips have gone too far towards the target and the hands and club are lagging way behind. Sliding is commonly seen in junior golfers as they do not have the strength and stability in their lower bodies to be able to decelerate by the time the club reaches impact. When a player slides, it is also very difficult for them to maintain their balance till finish position

A very good drill to help reduce sliding through impact is to ensure that your right foot is flat on the ground at impact. This will help in reducing the amount the legs and hips thrusting through impact and stabilize the lower body

Compiled by:- Ms. Ankita Jain
Golf Coordinator



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