



# SCOTTISH HIGH<sup>TM</sup> INTERNATIONAL SCHOOL

## THE NORTH WIND

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### From the Principal's Desk

#### Grey Sky, it's July

**A**midst the grey skies of July, a sense of relief washes over us, marking a welcome break from the scorching summer heat. This month offers a respite to our planet and provides a fertile ground for the growth of new crops. It's a heartening sight to behold as students return to school following a month-long summer vacation. Grade XII IB students wear proud smiles, celebrating their outstanding final results, knowing they now possess a strong foundation to secure admissions in prestigious colleges and universities, both in India and abroad.

Watching the young Highlanders carrying their vibrant umbrellas and raincoats, while the seniors enjoy getting a little wet during this enchanting monsoon season, is truly delightful. The enthusiasm of the young children participating in the Inter-School Competition Kid-o Mania is infectious. Meanwhile, our Middle-Senior school students proudly represent the school in various Inter-School, ASISC zonal, and regional championships. Parents showered their appreciation upon witnessing their children's diligent efforts in the Annual Science Exhibition, and there was an outpouring of praise for this year's SHISMUN, which saw participation from over 700 delegates from all corners of India

and beyond. These events were truly a spectacle to behold.

In a heartwarming gesture, the Principals and Heads of different Pre-Primary Schools were acknowledged and honored for their pivotal role in shaping the new generation during a grand event in the school's auditorium. There's no greater satisfaction than witnessing a former student, now an employee, win a Gold Medal for our country, filling us with immense pride. Ranveer provided us all with a refreshing experience by clinching the Gold in Golf at the Special Olympics in Berlin.

As the grey sky continues to linger, we eagerly anticipate reaping the rewards, with the Nursery admission process for 2024 set to commence. Students diligently nurture the seeds of their hard-earned efforts in preparation for the upcoming Half-Yearly Examinations. In this seemingly endless grey sky, a vibrant rainbow of efforts, achievements, examinations, admissions, teamwork, smiles, and accomplishments serves as an unwavering source of motivation for all of us.

*As said in the Sanskrit language:*

“ तासां वृष्टयूदकानीह यानि निर्मैर्गतानितु अवहन् वृष्टिसतत्या स्रोत  
स्थानानि निम्नगा । ”

**The water of continuous rain is the source of rivers and  
other water sources, just like the efforts of all of us in  
making this school exceptional.**

This grey sky is here to stay for an extended period, so let's continue to enjoy this refreshing experience with the rain of more efforts, achievements, laurels, and smiles.

**Dr. Sanjay Sachdeva**  
School Principal

## Mental Health- Why it Matters

**A** lot is being spoken about mental health of adults and children these days. After Covid 19, the world has changed and so have the requirements of emotional and mental health needs. If we want to raise confident and self-assured kids we need to generate talks on mental health with children at all age levels. Mental health is the way children think and feel about themselves and the world around them. It affects how children cope with life's challenges and pressures. Good mental health is an important part of healthy child development, it helps to build positive social, emotional, thinking and communication skills. It also lays a sound foundation for better mental health and wellbeing later in life.

Our kids experience all sorts of emotions as a part of growing up – happiness, fear, disappointment, sadness, anger, joy and so on. When children learn to cope with situations sensibly they are likely to feel good about themselves. Here are some ways we can help children learn to manage their emotions and become ready to face the real world. We can start by encouraging the children recognise and define their emotions, we need them to understand that it is natural to have all sorts of feelings. They need to understand that adults around them too experience similar feelings and if the adults model a positive behaviour in front of children it enables them to observe live examples. It sends positive

vibes to children that their parents and guardians practice what they preach. Kids are wonderful observers, they watch and learn, therefore, parents can teach several lessons by their day to day behaviour. For being role models we adults have to be very mindful of reacting to situations in front of children, keeping calm and showing control during uncomfortable situations, can go a long way in teaching mood regulations to kids. We need to ensure that we have realistic expectations from our kids because mental health of our children is more important than our high expectations. It is important that they enjoy their childhood being creative, happy and playful. As rightly expressed by an expert, responding to children with love in their worst moments, their selfish moments, their lonely moments, their frustrated moments, their inconvenient moments, is the best strategy, because it is in their most unlovable human moments that they most need to be loved.

Therefore, let us remember to be kind to children, as kindness is always the right response. When children have problem, stop, listen, and then respond to the behaviour. The behaviour can be addressed later, after the need has been met, because only then is the door to effective communication truly open.

**Ms. Seema Bhati**  
Primary School Director





# PYP

## Making memories, One camp activity at a time!



Summer Camp for Early and Primary Years at Scottish High is an exciting and eagerly anticipated event for students. It offers a fantastic opportunity to indulge in fun-filled activities while fostering new friendships and building lasting memories. This year's Summer Camp from 22nd May to

2nd June, 2023 was no exception as students embarked on a thrilling journey of learning, adventure and camaraderie. Experiences such as storytelling, role-play sessions as well as art and craft provided opportunities that stimulated their cognitive development and nurtured creativity and artistic expression. Exposure to karaoke, jam along, clay moulding, and learning to cook without fire encouraged the children to learn new skills and boost their self-esteem and creativity. The main highlight of the camp being Potter's Wheel and Bouncy had the children participate in them gleefully and whole heartedly. For Primary students we had various activities like golf, skating, swimming, badminton, soccer, art etc. These activities helped the students to discover hidden talents, build confidence and maintain physical fitness. Team based activities and group games aided in promoting motor skills and coordination and witnessed children immerse themselves in the spirit of healthy competition. The Summer Camp proved to be a resounding success wherein beyond the fun and laughter, it was also about self-discovery, personal growth and learning valuable life skills.



## "You can find magic wherever you look. Sit back and relax, all you need is a book."



There is no such thing as too many books, however, there is such a thing as not enough room! Books give a soul to universe, wings to the mind, flight to the imagination, and life to everything. True to this, the little Highlanders were seen engrossed in the world of wonder, expression and thought during the Library Week celebrated in the Early Years from 17th- 21st July 2023. With an endeavour to instill language skills, enrich the vocabulary, stimulate curiosity and enhance communication skills in the little ones, the week was celebrated with much fervour. Story narration by teachers, role-play, picture reading sessions and a 'Dress Up Day' wherein the Highlanders came dressed up as their favourite story character and created a wonderful visual impact with their innovative and creative dressing had the Early Years buzzing with excitement and display their ever growing love for stories and books. Engaging with the wider community, Ms. Shefali Malhotra, a professional storyteller, was invited to carry out a story telling session using puppets and other interesting resources wherein she caught the attention of the little ones with captivating tales, fostering a love for storytelling and reading!









*The rumble of laughter splashed with joy and fun,  
The inter school event Kid-O-Mania has just begun!  
Discover and explore the uniqueness that describes you,  
Through activities and events with diverse points of view...  
Colourful experiences to build excitement and friends,  
Be amazed at how 'learning with joy' perfectly blends!*



Kid-O-Mania, an inter school event hosted by Scottish High International School for the students of Early Years was held on Saturday 22nd July, 2023. This year's theme 'Soul-O-Fair' was all about positive affirmations, being joyous and about self-discovery. As it's said, "Every accomplishment starts with the decision to try", the event saw participation from many leading International schools. With a wide range of events especially curated for the little ones to participate in, events such as Lil' Strokes, Paper Cut Love, Little Dream Big Magic, Rainbow of Possibilities, Spark-A-Lista and so on had the young learners captivating everyone with their confidence and creativity! This



year KID-O-MANIA was truly all about developing positive relationships and empowering the little ones by celebrating their uniqueness. While we feel everyone was a winner through their enthusiastic presence and participation, the overall trophy was bagged by Blue Bells Preparatory School!







The concept of a strong school-home connect emphasizes the importance of active parental involvement in a child's educational journey. This collaboration between educators and parents plays a pivotal role in fostering a supportive learning environment, enhancing student outcomes and in promoting

holistic development. The students of Grade Nursery spent the last few weeks inquiring about the role of toys in play and how through play we can express our feelings and come to new understanding under the Transdisciplinary Theme- How we express ourselves. The parents as guest speakers involved





themselves in playing different games with the learners in class and engaged them with new creative ideas, making the sessions fun and interesting!

The students of Kindergarten who as they explored the significance of water in sustaining and generating life under the Transdisciplinary Theme - Sharing the planet, had parental involvement through a talk on ways to conserve water thereby helping them in developing a deeper conceptual understanding.



As the parents keenly shared the ways adopted and precautionary steps taken by them at home to save water, helped the students in consolidating their knowledge and motivated them to take the pledge to stay committed to the cause.

## IB PYP Workshop: Training the Facilitators

A two day IB PYP workshop on 'Evidencing Learning' by Ms. Alissa Mendoza and 'PYP Driven Learners' by Ms. Jabbie Rosario was conducted on 27th and 28th June 2023 for the staff of Initial and Primary Wing. The fruitful sessions were productive for staff members as various strategies, tools, and best practices for teaching and learning were shared involving collaboration and active contribution.





## Session on Behaviour and Conduct ---Your beliefs don't make you a better person; your behaviour does.....

Focusing on the Social and Emotional Well-being of young Highlanders, the School Counsellor Ms. Deeksha Saini conducted a session on Behaviour and Conduct emphasizing the importance of being mindful in their actions.



## Visit to Blind School by Grade IV Highlanders

Taking further the inquiry into child rights, the children visited A.I.C.B. Captain Chandanlal Blind School, to understand the challenges these differently abled children encounter as well as the opportunities they are provided with. Through this visit, the learners enhanced their knowledge about Braille, the reading and writing language used by the visually impaired and also saw the different tools used to write in it. Demonstrating the attribute of IB Learner Profile - Caring, the Grade IV Highlanders took ownership and collected a few useful items to be donated to them.



*"All our dreams can come true if we have the courage to pursue them."*  
- Walt Disney

Congratulations to our primary educator Ms. Meenakshi Yadav, for completing her PADI certification in scuba diving from Phuket, Thailand. The nine open water dives in different dive sites across Phuket enabled her to explore breathtakingly diverse marine life.



Mr. Sumit Gupta, Head of Department of Activities won the Silver Zone Educational Excellence award for outstanding contribution in education and for exceptional leadership qualities. Well done!

## WAY TO GO HIGHLANDERS

**Hridhaan Sharma - Grade IV-H, participated in the International level of the Indian School Talent Search Olympiad 2022-23 and won a gold medal.**

**An avid reader, Aarav Yugal of Grade V-C took ownership to donate few of his books from his personal collection to the School Library to encourage reading among other students, foster love for books, and contribute to a positive learning environment. Sharing these books inculcates in him a feeling of giving and generosity.**

**School is not only place for grooming our academics but building character and we, Highlanders, have proved it yet again. Our student, Avik Bhatnagar from Grade III-G along with 'We Care Foundation' took the initiative and participated in a programme to teach children during the summer break. It's great to see our kids at this early age involved in such actions and are learning to be responsible citizens of the future. We are all proud of you, Avik!**

Deputy PYP Coordinators





# M ed l e y o f A c t i v i t i e s



*"Creative people are curious, flexible, persistent and independent with a tremendous spirit of adventure and a love of play."*  
- Henri Matisse

It's every parent's concern: What's the best way for your child to spend his or her free time during summer and school breaks? To some, it's a time for children to play and have fun. For others, it's an opportunity for kids to hone their studies or learn new skills.

Creativity goes hand in hand with imagination. It is also crucial to problem-solving, thinking outside of the box, and being able to immerse oneself in many pursuits, such as art, dance & music. Being able to think & express creatively helps to broaden the mental horizon and helps them to understand their inner thoughts, feelings, likes, and dislikes. This year's summer camp includes Recreation of the Famous art Starry Night, Bottle designing, Lippan art, Fluid art, Balloon smash art, Clay work and Abstract texture art. Around 62 students participated in the art and craft activity summer camp, all were very curious to learn the new projects and did wonderful work. We send campers home with their finished projects to keep, fulfilling a sense of achievement and completion, as well as a newly found form of self-expression. Overall it was great fun and a memorable experience for all the students.

In the month of July, Grade I students were introduced to primary and secondary colours. They made a beautiful composition with flowers. Grade II students learnt how to draw fruits and vegetables, later they have coloured them in mosaic technique by using warm and cool colours. Grade III students were taught how to do One point perspective drawing. All the students have made beautiful compositions. Grades IV and V students finished the recreation work of the famous artist Vincent Van Gogh & M. F. Hussain respectively.

In middle school, Grade VI students have learnt real vegetable and fruit study by creating different tonality, application of colour scheme and observing the placement of the object. Grade VII is learning how to do a landscape drawing from own imagination. Grade VIII are on the way of completing their artwork with water colours.

Whereas, in Craft optional activity, Grades VI and VIII have started learning Dot art, Lippan art and Resin art respectively as per their syllabus. Videos and live demonstrations was given to help them understand the use of tools, techniques and method to do it.

## Arts and Crafts for Summer Camp 2023



## Creative Hands At Work







**Ms. Amitta Gahallot,**  
**HoD Visual and Performing Arts**



**We resumed our Academic session after the summer break with on the spot Acting activities which were performed by the Middle school students.**

Students were introduced with the concept of Observation and Awareness in the class through the game "I See"

In this game students are asked to observe their laptop screen and look for things which are asked by the instructor every right answer gives them points which is added to their team total. The objective of the Activity is to make them understand the importance of observation on stage while performing and make them a better performer.

**Rohit Kumar Kalra**  
**Theatre Arts - Instructor**



The month of June started off with Summer Camps happening for our musically eager Highlanders. Students from Grade I all the way till Grade VIII participated

enthusiastically. They learned many new songs like Zombie by Cranberries, Paradise and Yellow by Coldplay, Jailhouse Rock by Elvis Presley, etc. All the students performed on mic individually and learned to overcome their stage fear.

After holidays, our Highlanders continued their music classes, with Grade IV starting to prepare for their upcoming Front Desk Programme. They also learned about risks, challenges and opportunities faced by musicians under the Transdisciplinary Theme 'Sharing the Planet'. Grade I, II, III and V learned new songs like Fireflies by Owl City, Hall of Fame and Happy by Pharrell Williams, along with hymns like God is Good and Showers of Blessing.

Our students in senior continued to refine their musical talents with new guitar pieces like Ain't No Sunshine, and Photograph by Ed Sheeran, while our drum students learned new rudiments and drumming techniques. Overall, the months of June and July gave our students time to rejuvenate and revitalize, and they came back to school with full determination and enthusiasm to continue enhancing their musical journey.

**Shivam Srivastava**  
**Western Music Teacher**

## From The Sports Field



ASISC Zonal Chess competition was conducted in Golden Heights School where Highlanders got 1st position in U 14 Boys, U 14 Girls, U 17 Boys and U 17 Girls. The chess team comprising of Rivaan Barola, Devansh Gupta, Devarsh Bajaj, Kian Kapoor, Aanya, Kimaya, Vitasta Kaul, Vihaan Pushkarna, Aman Singla, Yash Katiyar, Saanvi Verma, Armin Kaur, Kanika Suri and Alisha Singla and all the Highlanders also got selected for the CISCE Regional Chess Competition.

Summer camp was held for Football, Basketball, Cricket, Lawn Tennis, Swimming, Badminton, Yoga, Judo, Taekwondo and Golf for Highlanders where around 300 students learned different skills and techniques during the camp.

SHIS Swimming team participated in the 7th open Manav Rachna Swimming competition and brought laurels by winning 7 Gold, 11 Silver and 4 Bronze medals. Kabeer Singh ( 50 mtr, 100 mtr and 2 relay Silver medal), Kabir Bhasin: ( 50 mtr breast stroke Gold and relay bronze), Nadish Nimish: (100 mtr breast stroke Gold and relay Silver), Sumer Singh: (Relay and 100 mtr Silver, 100 mtr back stroke Bronze), Dhruv Chaddha: (Medley relay Silver and 50 mtr Butterfly bronze), Kiaan Juneja: (50 mtr Free Style (Gold), 50 mtr (butterfly and breast stroke, Bronze) and Samridhi Verma: (50 mtr free style, Butterfly and 100 mtr free style and butterfly).

Now sports department is preparing Highlanders for CISCE Regional games and Independence Day celebrations.

**Darshan Singh Gahallot, HoD Sports**

## Modern Foreign Languages

**"A New Language Is A New Life."**

**— Persian proverb**

To inculcate the love for a language that opens up new horizons and celebrate multilingualism, Modern Foreign Languages Department conducted **Inter Clan Spell Bee** competition in French, German and Spanish language on **Wednesday, July 12, 2023** with flair and fervency.

Learners of Grade VIII learning French, German, and Spanish participated with full zeal. They thoroughly enjoyed learning new vocabulary related to daily life objects, sports, numbers etc., its pronunciation, and learnt how to spell the words. All the students performed exceptionally well in their respective rounds of the competition. The competition comprised of various rounds like translation from target language to English and vice versa, guessing the picture in the target language. They were asked to spell a broad selection of words, with a





varying degree of difficulty. The spell bee concluded with result declaration by one of the judges. The competition gave an opportunity to all the learners to become open-minded, cultivate international mindedness and growth mindset in them. These kinds of competitions boost the confidence of our students and give them a good exposure. It was indeed an extravaganza to promote linguistic diversity and cross-cultural knowledge amongst learners in an interesting manner.



## Bastille Day Celebration at SHIS (French National Day)

On the occasion of French National Day, also known as the 'Bastille Day' (Friday, July 14, 2023), to promote cross cultural knowledge and linguistic

diversity among the learners, various activities were conducted during the French language lessons.

Learners virtually travelled to France and visited the city of Paris to get a glimpse of the renowned Bastille Day parade, its sounds and sights.

They acquired knowledge about the iconic French Revolution through stories and videos shared by the facilitator and later demonstrated their understanding by creating cards, posters etc. they also shared interesting facts, tongue twisters and cultural knowledge about France.

Quizzes were also taken to assess their knowledge in an interesting manner.

They also honed their communication skills by listening to the **French National Anthem 'La Marseillaise'** and tried speaking it. The primary learners dressed up in tricolor of France (blue,

white, red). They were creative and innovative to mix and match their outfits to create the flag resemblance.

The French facilitators were also dressed consciously in tricolor to keep the enthusiasm and lead by example. This celebration indeed gave an



opportunity to the learners to become innovative, confident and reflective, as well as cultivate international mindedness and growth mindset in them.





Our Highlander, Charvi Nagpal of Grade X IGCSE got a golden opportunity to attend a youth camp in Wayanad, Kerala organised by Maxmueller Bhawan, Delhi. It was a wonderful experience that left an indelible mark on her heart. Students from all over Delhi/NCR participated in this camp and explored magnificent caves, embarked on thrilling treks, forged new friendships, danced at lively DJ nights, played fun games, and even presented their business ideas. Wayanad natural beauty amazed them with lush green forests, cascading waterfalls, and serene lakes. The caves they visited were awe-inspiring, narrating stories of ancient times and igniting their curiosity. Trekking through Wayanad captivating wilderness tested their physical endurance and fostered a spirit of teamwork. The symphony of nature accompanied each step, making the experience exhilarating. The youth camp created a vibrant community, where they formed lasting friendships. Engaging in various activities, sports, and competitions filled their days with excitement and laughter. They learned valuable lessons of teamwork, sportsmanship, and creativity. The camp focus on entrepreneurship allowed them to present our business ideas. Charvi's teams success, achieving a pre-revenue valuation of 1 crore in a mock Shark Tank and securing first place, instilled pride and confidence. They conversed in German during the entire trip, which helped our Highlander learn so much more about the language and culture. Her trip to Wayanad was an unforgettable experience, filled with natural beauty, adventures, friendships, joy, and remarkable knowledge of the business world in Germany.

**“Through the prism of language, we can see the world in a kaleidoscope of colors, each hue representing a unique perspective”.**

The **Inter Clan MFL Declamation Competition** was conducted by the **Modern Foreign Languages Department, for Grade VI on Monday, July 31 2023** and the competition reminded us that while we may speak different tongues, our voices resonate with the same desire to connect and share our stories.

The event witnessed enthusiastic participation from students studying Spanish, German, and French. The competition provided an excellent platform for students to showcase their language proficiency and public speaking skills while speaking on the topics **"My Best Friend"** or **"My Hobbies."** The presentations were enriched with PowerPoint slides to enhance the overall experience for the audience. The competition showcased the linguistic diversity among the students, as they eloquently expressed themselves in the target languages. The audience was treated to a delightful display of cultural

appreciation and linguistic prowess.

Esteemed language teachers and faculty members served as judges for the competition. They evaluated the performances based on factors such as pronunciation, content of the declamation and overall presentation. The judging criteria ensured a fair and transparent evaluation process. Overall, it was a great learning experience for the highlanders and a great exposure to the ardent learners.



**Ms. Isha Verma**  
**Senior School Head,**  
**HoD - Modern Foreign Languages**





## Middle School (Grade VI to VIII)

***“The best preparation for tomorrow is doing your best today.”***

**– Jackson Brown**

The examination is a common thing that we all have faced in our life. It might be the examination in school, colleges, entrance, competitions etc. These examinations help us in evaluating our knowledge and potential. We cannot escape from this and therefore always be ready to face it with good preparation to become successful in life. Preparation for exams can be challenging and stressful experience, but with the right approach and mindset, it can become a rewarding journey towards academic success. Sharing few tips and strategies to help you in your half yearly examination preparation.

- **Create a study Plan** - Start by creating a well-structured study plan that outlines the topics you need to cover and allocates time for each subject. This plan will help you stay organized and ensure you cover all essential topics before the exam date.
- **Gather Study material** - Collect all necessary study materials, including notes, past papers. Having everything you need at hand will make you study more efficiently.
- **Understand the Exam Format** - Familiarize yourself with the exam format, including the types of questions, time duration. This knowledge will help you tailor your preparation to match the exam's requirements.
- **Practice with Past Papers** - Solving past exam papers is an excellent way to get sense of the exam's difficulty level and the types of questions asked. It will also help you to identify your strengths and weaknesses, allowing you to focus on areas that need improvement.
- **Study in small and focused sessions** - Instead of cramming all at once, study in smaller, focused sessions. This technique, enhance retention and comprehension of the topic well.
- **Seek clarification** - Don't hesitate to ask your teachers for clarification on topics you find challenging. Understanding concepts thoroughly is crucial for exam success.
- **Stay Consistent** - Consistency is key to effective exam preparation. Establish a study routine and try to stick to it.
- **Take Breaks and Rest** - It's essential to give your brain time to rest and recharge. Take short breaks during study sessions and get enough sleep.
- **Stay positive** - Maintain a positive attitude throughout your preparation can boost confidence and reduce anxiety and improve overall performance.

We can conclude that exam preparation requires dedication, discipline and well-structured approach. Remember to take care of yourself and believe in your abilities. With confidence hard work and focused approach, you can tackle exams and achieve excellent academic results

Good Luck Highlanders for your exams!

**Ms. Geetanjali Ahuja**  
**Middle School Coordinator**

## IGCSE

### **Preserving Heritage: Students' Fundraiser Explores Modernization's Impact on Culture**

In a heartening display of social responsibility, four dynamic students from Grade X IGCSE, namely Dhvani Gupta, Nadish Bhardwaj, Ranvijay Saini, and Rohan Awasthi, joined hands to organize a captivating fundraiser for their Global Perspectives Team project. Their mission was to shed light on the profound transformation of culture and values due to modernization. The result of their concerted efforts was a successful campaign that left a lasting impact on the community. These enthusiastic young minds rolled up their sleeves and embarked on setting up their fundraising campaign. Utilizing their entrepreneurial skills, they offered delectable burgers and refreshing coke to the eager supporters. The outcome was astounding, as the collective generosity of donors resulted in a substantial sum of approximately 12,000 rupees. This hard-earned money was then thoughtfully donated to an NGO dedicated to safeguarding cultural heritage. Using social platforms, they effectively raised awareness about their cause. The project unveiled how technological advancements, new architecture, and changing lifestyles often overshadow and challenge traditional cultural practices, leading to both positive and negative responses. In the students' own words, "Working closely with cultural and value changes has been a profound experience. We have come to appreciate how modernization, while promising progress, can inadvertently cast a shadow on our rich heritage. This project has given us the unique opportunity to explore the delicate balance between embracing innovation and preserving our cherished cultural roots." Undoubtedly, the team's dedicated efforts bore fruit, culminating in a successful campaign that surpassed their expectations. The funds raised not only provided vital support to a noble cause but also ignited a dialogue on the significance of cultural preservation in today's ever-evolving world. The team considers the campaign a success, having contributed to raising awareness about the impact of modernization on cultural heritage. Their dedication and compassion serve as an inspiration, urging us to value and preserve our rich cultural tapestry amidst the winds of change.



**Ms. Garima Yadav**  
**Global Perspectives Facilitator**

## ICSE - ISC Bulletin

According to NEP 2020's recommendations, CISCE has chosen to introduce Improvement Examination starting with the Exam Year 2023. This will give candidates the opportunity to





their performance in ANY ONE subject or paper for which they were confirmed for the Main Examination. In the month of July, six SHIS students took part in these exams. Result of the same is expected in the month of August. Additionally, the results of the students who applied for the revaluation has been declared. Congratulations to the students whose Grades have improved.

Specimen Papers for all subjects for the ICSE and ISC levels have been posted on the official website of CISCE. The Examination Tab on [www.cise.org](http://www.cise.org) has access to the same. Subject-specific advice about the sample papers was given by the subject teachers in the students' classes. Furthermore, all ICSE/ISC level students have been provided with Half-Yearly Date sheet for the academic year 2023–2024. The course is progressing and being covered in all the classes.

The ICSE/ISC Convener meeting for the 2023–2024 academic year was held at Rishi Public School to discuss the student and examiner statistics for the exam which will be held 2024. The same was attended by Ms. Barkha Anand and Ms. Bhawna Rajput.

Moreover, our Highlanders are consistently earning laurels for the school by participating in numerous competitions. Diljit Singh of Grade XII ISC showcased remarkable talent at a Tech Event and secured the Second Position in a Designing Competition, competing against twenty other teams. Saanvi Kumar Verma, Ruhaan Mahajan and Karandheer Gahlot of Grade X ICSE have been bestowed with Best Delegate Award in Shalom Hills MUN 2023.

Additionally, Scottish High competed for the school in Declamation, Creative Writing, and Debate at the ongoing ASISC Literary contests. The regional sports tournaments are also ongoing, and the school has teams competing in nearly every sport, including basketball, football, cricket, chess, and athletics.

Keep it up Highlanders!!

**Ms. Barkha Anand**  
**ICSE-ISC Curriculum Head**

## IBDP

As the scorching summer days drew to a close, the much-awaited summer break finally arrived, bringing joy and excitement to the young minds at our school. The students had the opportunity to take a well-deserved break from their academic pursuits and indulge in various recreational activities, spending quality time with their families and friends.

But as the days passed swiftly, it was time to return to the hallowed halls of learning once again. With renewed enthusiasm, the students geared up to dive into another productive academic year, eager to build upon their knowledge and experiences.

The students of our school have never ceased to amaze us with their remarkable achievements and the dedication they exhibit in various fields. Among them, Amish Chawla from the XI-IBDP batch stood out as a shining example of leadership and excellence. Amish took on the responsibility of being a part of the Organizing Committee for the prestigious G20 event held in Delhi. His involvement in such a high-profile international event showcased the exceptional qualities and capabilities nurtured by the school.

The summer break was not just about relaxation; it was also an opportunity for students to engage in enriching programs and internships. Notable among them were Nihal Singh Bajwa, who attended the esteemed University of Toronto's summer program,

and Aarna Chopra from XII DP, who participated in the Harvard Crimson Scholars programme, a leadership program that provided her with invaluable experiences and insights.

Back on the school campus, Grade XI DP students attended an enlightening session on Extended Essay awareness, a crucial component of their academic journey, which aimed to guide and prepare them for the task ahead.

While academic pursuits remained a priority, our students also embraced their responsibility towards the environment. They organized a tree plantation drive as part of the DP programme, demonstrating their commitment to sustainability and their understanding of the urgent need for environmental conservation.

As classes resumed, the students dived headfirst into their studies, engaging in self-directed learning and exploring new subjects and concepts. Science took center stage as students enthusiastically participated in science exhibitions, model-making competitions, and street plays, showcasing their creativity and scientific acumen.

Leading the academic chart was Ray Verma, whose exceptional performance earned him the title of school topper, securing an astounding 44 out of 45 points in the IBDP. He set a new benchmark for excellence, inspiring his peers to strive for greatness.

Speaking of excellence, eight students achieved remarkable scores of 40 and above, a testament to the rigorous academic program and the students' hard work. The batch's collective efforts resulted in an impressive average grade point of 35, reflecting the overall dedication and commitment of the student body.

Recognizing the importance of professional development, teachers at our school also contributed to their growth by enrolling in various workshops, updating their skills, and adopting innovative teaching methodologies to create a dynamic learning environment for their students.

As the new academic year unfolds, we look forward to witnessing more exceptional accomplishments and fostering an environment that nurtures curiosity, creativity, and academic brilliance. With each passing day, our students continue to prove that they are not just the leaders of tomorrow, but they are already making a significant impact on the world around them.

**Ms. Pooja Sharma**  
**IB Diploma Programme Coordinator**

## "Empowering DP Teachers: Enhancing Inquiry and Collaboration through Collaborative Science Projects (CSP)"

On 25th July 2023, a highly informative and engaging in-house interactive session titled "Collaborative Science Project (CSP)" was conducted by Mr. Neeraj Pant, the Head of the Physics department, for IBDP Group IV teachers. Mr. Pant eloquently presented CSP as an exciting opportunity for DP students of the current batch to delve into a wide range of aims, fostering inquiry, problem-solving, collaboration, and communication skills.

During the session, Mr. Pant highlighted that CSP focuses on the process rather than just the end product, enriching students' understanding with real-life examples. The session delved into different models of CSP, comprising planning, action, and reflection stages, each with its time frame, advantages, and disadvantages. Furthermore, the session addressed the importance of students documenting their experiences and

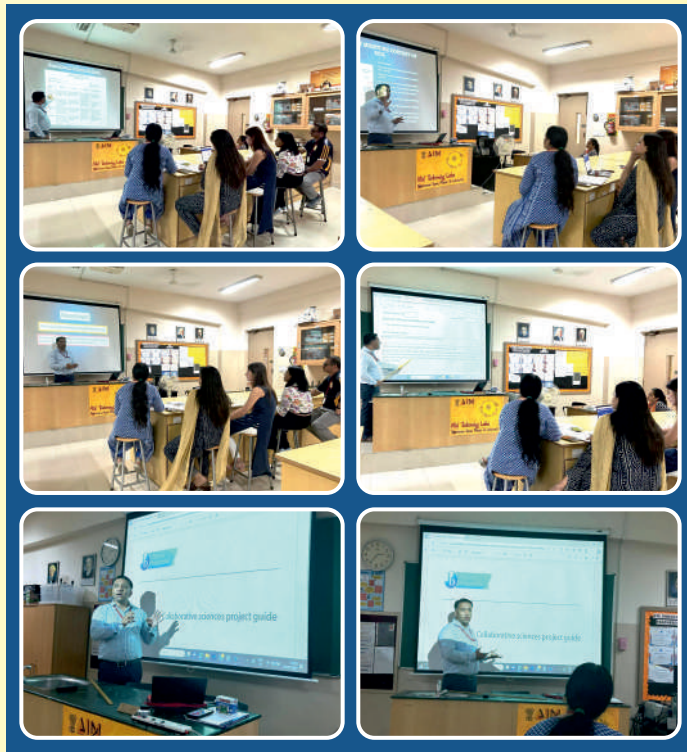




learning throughout the CSP. This documentation process would not only help students reflect on their progress but also serve as a valuable resource for assessment and evaluation.

During the session, the teachers inquired and discussed on possible adjustments schools can make while selecting a particular CSP model, ensuring a well-tailored approach for their students. Teachers also shared their ideas on how to link the CSP with other components of the International Baccalaureate (IB) curriculum, such as Theory of Knowledge (TOK) and Creativity or Activity, Service (CAS). Integrating these different aspects would provide students with a holistic understanding of the subject matter and its real-world applications, augmenting the interdisciplinary approach of the IB curriculum.

Overall, the session empowered Group IV teachers with the knowledge and tools to guide students effectively through the CSP journey. The emphasis on personalization, interdisciplinary connections, and documentation would ensure that students' learning experiences are maximized, contributing to both their academic growth and the school's development plan.



**Ms. Pooja Sharma**  
IB Diploma Programme Coordinator

## CAS - Creativity, Activity, Services

### Winners of Champions of Harit Umang Trophy 2022-23

On 50th World Environment Day, i.e. on **5th June 2023**, our Highlander's Green Ambassadors' Team members Atvika Gaur, Aryamaan Sinha, Divvyesh Ramesh, Sharanya Pandey, Simran Gupta, Zena Sharma, (all from Grade XII ISC) Akarsh Jain, Anurag Pareek, Ewan Fourie, Himanshi Aggarwal and Sanika

Chandna from Grade XII DP have made us proud by winning the **Champions of Harit Umang Trophy 2023** for their contribution in spreading awareness and practicing the holistic approach for the sustainable living.

The Highlanders were felicitated by the Chief Guest **Mr. Ved Prakash Mishra**, the Director of the Hazardous Substances Management Division, Ministry of Environment, Forest and Climate Change. He appreciated the efforts of the Highlanders and encouraged them to continue motivating others to inculcate the habit of green practices.

This achievement is remarkable as SHIS has won the **Best School Trophy** amongst 400 Green Ambassadors who participated from **65 prestigious schools and colleges across Delhi and NCR**.

In the individual category, **Aryaman Sinha** received **Green Ambassador Recognition Award** for the sustainable Disposal of E-waste.

**Ms. Kavita Yadav** received **Special Recognition Award** for Contribution towards Outreach for Environment.

The Highlanders participated in various events across several themes including e-waste management, Plastic Disposal, Clean Energy, and Spreading Awareness about ways to conserve energy by reducing electricity usage, utilizing renewable energy sources, and making energy-efficient choices as they believe that educating ourselves and taking action is crucial in creating a sustainable future for generations.



### Tree Plantation: Reviving and Rewilding the Badshahpur Forest Corridor

In a remarkable display of environmental consciousness, our Highlanders of Grade XI and XII IB DP teamed up with the renowned organization "**IAMGURUGRAM**" for an inspiring tree plantation drive for the restoration and rewilding of the Badshahpur Forest Corridor Near Marble Market Sector 33-34





Gurugram.

The drive was held to promote environmental awareness, combat deforestation, improve air quality, and encourage sustainable practices among the younger generation.

Under the bright sun and amidst the serenity of nature, our Highlanders passionately planted a variety of trees and plants, including Jaal, Arna, Bistendu, Gangeti, Chamroth, Flame of the forest (Dhak), Baleria (Vajradanti), Adulsa, Nirgundi Roheda, Gundi, Moringa, Arborea, Marodphali, Grewia flevescense, Salvadora Persica, and Khajoor, to name a few. Guided by the experts of "Jamgurgaon," the young eco-warriors learned the significance of preserving biodiversity and combatting climate change through tree plantation.

Planting the native species bolstered the students' resolve to make a positive impact on the environment. Together, they immersed themselves in this green initiative, understanding the vital role trees play in ensuring a sustainable and greener future for generations to come.

As a school community, we take immense pride in our Highlanders' dedication and enthusiasm for environmental conservation. Their commitment to nurturing and safeguarding the newly planted trees showcases their genuine concern for the planet and its ecological balance.



## Aam Hi Nahi Kaam Bhi: Mission Green Mumbai to Support One Million Tree Plantation Movement

Scottish High has always been a nurturing ground for young minds committed to making a positive impact on the world. This year more than a thousand farmers Committed suicide in Maharashtra as a result of crop failure and subsequent poverty. Maharashtra due to the flood and cyclones like Biparjoy that



destroyed their mango orchards in the coastal areas of Maharashtra, students from Scottish High International School joined an initiative spearheaded by Mission Green Mumbai to help the farmers in their efforts to recover from crop losses. The initiative was a 1 million mango tree plantation

movement all over India to help the farmers. Jhanvi Raghav, Prajwal Tiwary, Tanay Sharma, Tulika Rathod, Toshhani Momaya, Sheuli Varma, and Arohi Handa, all from Grade XI DP students, initiated the movement at the school.

Tanay Sharma, Tulika Rathod, Toshhani Momaya, Sheuli Varma, and Arohi Handa, all from Grade XI DP students, initiated the movement at the school.



The students collected 650 high-quality mango seeds. These seeds will be nurtured by Mission Green Mumbai and will be distributed to the farmers of Maharashtra free of cost. The farmers of Maharashtra have been facing numerous challenges, and Highlanders this contribution through the collection of mango seeds will undoubtedly go a long way in supporting them in their agricultural pursuits. The act of nurturing these seeds and eventually planting them for the betterment of their orchards showcases the power of collective action and how seemingly small gestures can lead to significant positive outcomes.

This green gesture will not only inspire other Highlanders to support farmers but will also aid different NGOs to support the farmers and their generations all over India.







**Ms. Kavita Yadav**  
CAS Coordinator

## From The Counsellor's Desk

***"Do not try to dance better than anyone else.  
I only try to dance better than myself."***

**— Arianna Huffington**

Series of Expert talk sessions were organized for the students of Middle and Senior Schools. University representatives from Ahmedabad University, the University of British Columbia and Plaksha University conducted expert talks with the students of senior school on 'new age careers, liberal education' and other admission requirements. A representative from Education USA also conducted a session with senior students on writing effective essays.

Middle School students had the opportunity of attending expert talks conducted by various departments. Middle School Coordinator, Ms. Geetanjali Ahuja, conducted sessions on the topics 'teamwork' and 'Emotional

Intelligence'. Mr. Raman Kaushal, from the sports department, conducted a session on the relation between physical and mental health. Ms. Neha Gupta conducted a session on the fundamentals of banking transactions.

Social Media Captains and IT Captains, from the School Council, conducted a session on cyber security and ways to keep ourselves secure from possible cyber attacks. Ms. Ishita Ralli, alumni and intern, conducted a session on potential downsides of social media and technology deaddiction, wherein she spoke about the ill-effects of dependency on social media on teenage personality and lifestyle. Ms. Harish Lakhota, parent of Ahaan Lakhota of Grade VI CS-B, conducted an expert talk with Grade VIII on 'Innovation in Technology', wherein he spoke about the emerging trends in technology. These were indeed fun and knowledgeable sessions for the students.

**Ms. Deeksha Saini**  
Counselling Department

## Senior School Head

Our Grade XI Highlanders have always believed that cooking expedition is one of the most enjoyable group activity and it not only enhances our young chef's cooking skills but also develops leadership, teamwork and decision-making skills that goes on rewarding students, long after they return home. The Highlanders once again planned to attempt bringing their finest recipes further grinding, chopping and cutting them into lip smacking menu a la carte.

Ms. Bakhtawar Saini, Deputy Chairperson of the school kicked off the event highlighting the importance of food conservation. The quality and creativity were emulated by quirky team names, "Flavour Fanatics" and "The Gourmet Corner" being notable mentions along with the mouthwatering menus. With all the teams and their well-stocked pantry, it was a perfect brew of food, nutrition and culinary science. The expedition terminated with a thought-provoking video presentation before the young chefs were felicitated in the award ceremony.

We are delighted to recognize and honour our exceptional students from Grades VI, VII, VIII, IX and XI who have demonstrated a remarkable commitment to academic excellence. These outstanding individuals have not only excelled in their studies but have also shown unwavering dedication, determination, and a thirst for knowledge.

These students have set a benchmark for excellence, reminding us all of the potential within each of us to strive for greatness. We commend them for their accomplishments and look forward to witnessing their continued success in the future.

Assemblies conducted by individual Grades have been started which foster a sense of unity and identity within our educational community. Each Grade showcases their unique talents, achievements, and projects, promoting a supportive and collaborative atmosphere. These gatherings provide a platform for students to develop public speaking skills, leadership qualities, and confidence. By participating in Grade-specific assemblies, students build stronger bonds with peers and faculty, encouraging a deeper understanding and appreciation of each

**Ms. Isha Verma**  
Senior School Head,  
HoD - Modern Foreign Languages





## SCOTTISH HIGH INTERNATIONAL SCHOOL MODEL UNITED NATIONS 2023 SHISMUN'23

The mission at Scottish High has always been to create well-rounded individuals with a persistent and inquisitive spirit. Marching towards the same, the school combines diverse forms of instruction in an effort to stimulate intellectual growth in its students. A clear exhibit holding up the SHIS ideology is SHISMUN annual conference. Having found its inception years back, SHISMUN'23, in its 8th year has carved out for itself a unique and prestigious space.

In keeping up with the tradition of earlier conferences, SHISMUN'23 was fully run by the Highlanders themselves. With painstaking efforts made by over 200 staff members and students for more than 3 months, the conference was made unique for a multitude of reasons, including its pioneering agendas that addressed a range of existing social and political concerns. Aligning with its repute of being the most sought-after, this year the conference came back with 14 different committees and thought-provoking agendas.

The conference began with its opening ceremony on the 29th of July in the school auditorium where all delegates and mentors were welcomed by the secretariat, teacher in-charges, and organizing committee which was followed by a mesmerizing classical dance performance. The enthralled audience was later addressed by the honourable school Chairman, Dr. Kartikay Saini, whose ever-inspiring words infused all with the energies and set the tone for the upcoming two days.

SHISMUN'23 witnessed the participation of 700+ delegates from 40 different schools in various cities from across the country including Chandigarh, Jaipur, Indore, and Mumbai. Besides this, the conference even welcomed delegates from countries beyond India, including Rwanda and the United States of America. The conference in its literal sense explored international horizons!

The Secretariat was delighted to host our prestigious Executive Board members, who helped bring out peaceful resolutions to their respective agendas, making this conference a memorable one.

The closing ceremony, held on 30th July, captured the enigma and enthusiasm of one and all, the organizers, the delegates, and all attendees in a short video memorabilia of the conference proceedings. The video followed by the finale- the award ceremony brought this magnificent conference to the closing of its eighth chapter. The two days of the conference were filled with intense debate, difficult negotiations, and volumes of insightful takeaways!

### Our Proud Winners

**Navya Chaudhary** - Best Delegate - Luxembourg - WTO

**Karandheer Gahlot** - High Commendation - Home Minister - HCC

**Akshat Vir Singh Mehta** - High Commendation - Manchester City - UEFA

**Aarya Pagalla** - Special Mention - Vietnam - UNGA

**Zitin Tiku** - Special Mention - Greece - UNHRC

**Rian Sanghi** - Special Mention - Angola - UNHRC

**Aanya Bothra** - Special Mention - Republic of Korea - UNCSW

**Ruhaan Mahajan** - Special Mention - Secretary of State - JCC CIA

**Tanishka Sarptodar** - Special Mention - Caricature

**Saanvi Kumar Verma** - Special Mention - Narendra Modi - Lok Sabha

**Avyukt Mahajan** - Special Mention - Nityannad Rai - Lok Sabha



**Compiled by**  
**Suhaani Singh and Chanan Randhawa**





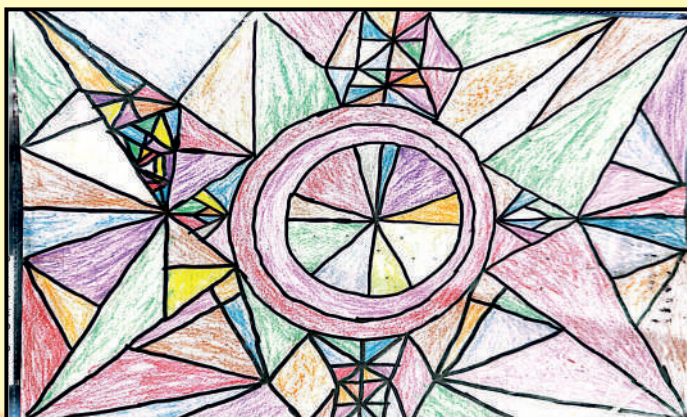
## From Our Budding Writers

### The Glory of Nature



Arush Nehra, Grade II-A

## Arhaan Creative Artwork



Arhaan, Grade V-H

## Ayesha Creative Artworks



Ayesha Middha, Grade VII-CSA

## Season of Blooms

After the barren Cold,  
Spring arrives with a golden glow,  
Making flowers bloom to dispel all gloom,  
Dreamers like me are often over the moon.  
Aroma of flowers spreads all around,  
Spring comes with a musical sound,  
Roses, daisies flowers of all kind,  
Vibrant colours soothing the mind.

When a butterfly flies spritely,  
With her wings painted brightly,  
As she moves here and there,  
she spreads the news that spring is here.

Children frolic in spring,  
Each of them feeling like a queen or a king,  
With joy in their heart,  
They view this season as nature's art.

But amidst all the colour,  
There is a lesson wise people discover,  
Though colors dance, enchanting the sight,  
They vanish swiftly, like a flickering light.

Aditya Singh Chauhan, Grade VI-D

## Solitude

I would love to roam  
In fields of silken green  
With yellow of daffodils  
And splashes of colour in between  
Leave this city behind me  
Stone sidewalks of ghostly grey





Towering buildings void of beauty  
Traffic jam all through the day  
Listening to the chirping of birds  
And the streams flowing  
Listening to the soothing sounds  
Of trees growing  
Don't want to hear the horns of cars  
Throughout the day  
The sound of bullets which leave a nasty scar  
We are living in the darkness of night  
Denying to see the beautiful light  
I want to breathe the air  
From streams and forest trees  
Listen to the sounds of nature  
This has always been my dream  
Don't want to be a prisoner  
Of this city where I dwell  
Breathing fumes from polluted machines  
Where all highways lead to hell  
One day I will leave this town  
A city built and ruined by man  
And live my life embracing nature  
The way our God had planned

**Aaradhya Nigam, Grade VII-C**

Kerosene in your hands  
They make you mad  
You're fire again  
You choose to believe  
In your eyes  
When they're lit with ambition  
And glowing with life  
You choose to believe  
In ruptures and repairs  
Because sometimes things just break  
And there's nothing you can do about it  
You choose to believe  
In lip gloss  
And smudging it if it means donuts  
You choose to believe  
In phosphorescence  
And tender rose petals  
You choose to believe in dreams  
And holding on to them  
In words so sweet  
That you remember  
Why you chose to become  
Who you are.

**Aanya Nigam, Grade IX-B**

## **BEING YOURSELF**

There's no sadness in sunsets  
And stars  
And the crescent-shaped moon  
With its incandescent glow  
Instead, you choose to look  
At the pale blue, colourless sky  
And it sits in your gut like a fraud  
You choose to look  
At the darkness that surrounds the light  
Waning in the moonlight  
You're a glass half full  
And you think that's all  
You ever will be  
You miss the winter sun  
And the transient warmth that came with it  
You miss the pink hues  
And daffodils  
The silence that didn't need to be deciphered  
And words that didn't need to be said  
The brown eyes  
That draped you  
In a silk cloth  
Flames out, merely embers  
Your thoughts are now stars  
you cannot fathom into constellations

## **A NUMINOUS RELATIONSHIP**

The ebullient little game of hide and seek,  
Played in the past, wish I could hit repeat,  
We grew up in a flash,  
The alluring memories we have.  
All the places we have been,  
Together, always a team,  
Whether it was happy or sad,  
Always been with me with what you had.  
We laughed together on a victorious day,  
Panicked in the heat of the moment astray,  
Cried our hearts out another time too,  
Whether it was shining golden, or the day was blue.  
Stand reluctantly today and look at each other,  
Thank you we try to say,  
That what friends do is the reply,  
Look at each other and comfortably sigh.  
And when you say you can't see,  
I will be the one to lead,  
Prospering together, a good team,  
Living it like a dream.  
When I want to give it up and away,  
Those vitalizing words you always say,  
When I win and fly above to high,  
You ground me to the levelled sky.  
There for each other, a second away,  
No thought of leaving or to betray,





We are ones to never forget,  
Up and down the roller coaster, get set.  
A day does not pass by when I wonder,  
Are you okay or in a blunder,  
Call you up and talk for hours,  
Together we will always be, even in the stars.

**Sia Aggarwal, Grade IX-F**

## Sabhyata Poems

Life flashes by but she still held on  
came to steal that last breath  
she fought on till they were gone.  
Nor the storm or any tsunami  
could shake the root she so held onto.  
They worshiped her bravery but all  
she did was cry for all that could be.  
No force can ever break her.  
No soul can take what she so protected.  
Hid all her pearls in and took all the bashing.  
She never lets any blood get to what  
she got into this World.

**Sabhyata Choudhary, Grade XI-A**

Gone with the winds was my little child  
They forced her to grow up  
no matter how much she cried  
She wept and wept  
But they still forced her  
In their box her childhood they kept  
No, she does not complain  
Not anymore  
She was accustomed to grow up and be oh so tall  
She still weeps to herself  
For the innocence they stole  
But in this reality  
She was forced to be all alone

**Sabhyata Choudhary, Grade XI-A**

## A Pirate's Odyssey

In the vast expanse of the boundless sea, where the cerulean horizon meets the azure depths, there sailed a pirate, a soul adorned in defiance and derring-do, a mosaic of tales and secrets kept: With a hat bedecked in feathers, its plume dancing with the whims of the wind's serenade, He stood tall upon the deck, a resolute figure, his spirit unyielding, unafraid.

His eyes, twin beacons of audacity and adventure, flickered with the fire of untamed desire, glints of mischief and valour intertwined, sparked by a relentless thirst that would never tire. A cutlass, a trusty comrade, clung to his waist, a gleaming extension of his indomitable will, its blade, etched with tales of victories won and battles waged, yearned for its dance, thirsty still.

Oh, the ship he helmed, a mighty vessel, a companion forged by centuries-old craftsmen's hands, its oaken hull, sinewy and weathered, whispered of countless voyages, legends, and far-off lands: Personified by its sturdy beams and creaking joints, it exuded a spirit, a soul all its own, Sailing through tempests and tranquil waters alike, like a steadfast warrior, with stories yet unknown.

The billowing sails, majestic tapestries of fabric, caressed by the wind's gentle touch, Unfurled and aloft, they unfurled tales of whispered legends, as the pirate's vessel soared and such: Their canvas wings, like celestial messengers, reached toward the heavens, seeking ethereal guidance, Guiding the pirate through treacherous currents and starlit nights, fulfilling their purpose, a celestial alliance. The sea, a tempestuous deity, both lover and foe, embraced the pirate's ship with tempestuous might, her salty breath, a gust of passion and fury, entwined with the sailor's destiny, their fates alight: She roared and churned, her mighty waves crashing against the ship's resolute hull, yet cradled it tenderly, allowing passage through her watery realm, a testament to her enigmatic lull.



(Drawing by  
Rishika Abrol, Grade IX IG-B)

Above, the stars, celestial sentinels, watched over the pirate's odyssey, their ancient wisdom shining bright, they whispered secrets in twinkling constellations, guiding his path through the ebony canvas of night: Each star, a guardian, a beacon of inspiration, painting cosmic tales in a celestial play, Guiding the pirate's compass, steering him towards his destiny, along uncharted constellations they lay.

And when the pirate's voice soared, singing shanties and ballads of the high seas' lore, The wind, a silent companion, listened intently, its invisible ears attuned to every word and score: It carried his melodies across the undulating waves, a harmonious fusion of man and nature, uniting his soulful strains with the vastness of the ocean, harmonizing in a melodic venture.

So let us raise a resounding cheer, a toast to the pirate who sails through history's gales, A figure of legend, with a heart that yearns for adventure, as long as the horizon unveils: For he humanizes bravery and wanderlust, in every step, in every rhythmic stride, Personification of the sea's boundless spirit, forever intertwined, an eternal ride.

**Prisha Abrol, Grade IX IG-A**



One day I will leave this town  
A city built and ruined by man  
And live my life embracing nature  
The way our God had planned

**Aaradhya Nigam, Grade VII-C**



*A forgotten treasure with its riches worth to behold.  
Among its fields an understood serenade flow.  
A celestial crop brimming with nutrition grows.  
Its value shall finally be shown.*



Millet is a group of small seeded grain that have been nourishing our lands since the beginning of time. These mighty Millets are known for their nutritional properties. The supreme crops contain six times more fibre than wheat. They are also an excellent source of magnesium, which can bring down the severity of asthma complaints because it

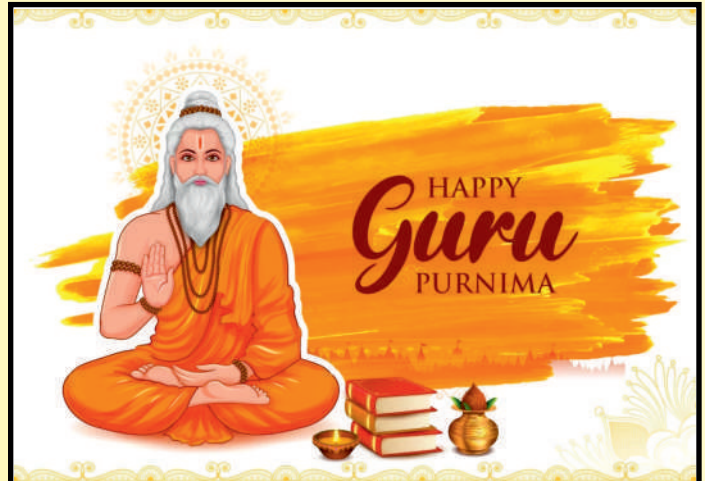
does not contain the allergens that lead to wheezing. Providing our bodies with necessary fats also helps reduce cardiovascular risks and lowers the risk of high cholesterol. Other than that, proving to be an antioxidant, Millets also detoxes our bodies. What truly sets Millets apart is their versatility, that they can survive harsh climates. For example, Barnyard survives the scorching deserts of Rajasthan whereas the Kuttu millet grows in the bone-chilling winters of Jamu and Kashmir.

2023 has been declared as the international year of millets by the United Nations General Assembly, the vision is guided by our Prime Minister Narendra Modi supported by an astounding total of 72 countries. He termed Millets as 'Sri Anna'. 'Sri' meaning divine grace and 'Anna' meaning food. When visiting the US, he was also presented a feast with dishes made largely of millets. It is cardinal to promote and increase the yield of Millets, because this crop can also be grown in infertile soil and thus, are cost efficient, which is vital because

they can double the farmer's income and can also provide food security.

Millets are a sublime crop that take us one more step closer to the future.

**Anya Arora, Grade IX IG-A**



The teachers who inspire,  
The gurus who help us in situation dire,  
The times spent in need of guidance,  
Fulfilled in each instance.

Mental health and spirit too,  
Different thoughts brew and brew,  
Honour them, celebrate them,  
All the courage they stem.

A full moon shining bright,  
Many new hopes are in sight,  
The great author of Mahabharata,  
The birth of Ved Vyasa.

After surviving long hours of sunlight,  
Flooding caused by rain,  
Endless probabilities that might,  
Have made you insane.

After weaving through obstacles,  
A white cloud in many grey ones,  
Waiting for a spectacle,  
A seed of hope germinates.

The teacher ends the trouble,  
We end up in a hopeful bubble,  
One day doing something big and grand,  
After all, it was because of them we stand!

**Sia Aggarwal, Grade IX-F**





## DON'T CALL IT YOGA!!

Did you know that Tirumalai Krishnamacharya is known as the father of modern yoga? And that Paramhansa Yogananda was the first person to teach Kriya Yoga to millions across the world during the early 1900s.

Inspired by India, the whole world recently celebrated "International Yoga Day". While I wanted to read and know more about Yoga, I saw an interesting book which belonged to my grandfather. The book was published in the year 1944. It explained how today, yoga is largely misunderstood and practiced as asana, or physical posture.

I asked myself, if yoga is not asana, then what is Yoga? What does it represent and what is the purpose? Yoga asana practice has been shown as something which has countless health benefits. And practicing asanas for better health is perfectly acceptable, but that is not the goal or purpose of yoga. The book elaborated that Yoga literally means "connection" or union. Yoga is the union of the individual soul with the Supreme Soul.

Asanas are not performed merely for physical fitness. But through them, we tune our body to conquer the subtle elements and energies that control our very existence.

To me, this meaning was complex. However, with the help of my Aunty I could understand the advanced definition of Yoga. To practice asanas and pranayama is to learn to control the body and senses, so that inner joy/light can be experienced. While reading another article, I got to know that in Yoga Sutra, Maharishi Patanjali highlights the importance of relentless practice with respect to Yoga. Maharishi explains that yoga should be practiced with devotion and faith for a very long time to build a stable foundation or base for spiritual progress. Yoga is a spiritual discipline that is rooted in our Sanatana philosophy. It is universally available to anyone without any pressure or need to change religion. To bend and twist your body or hold your breath is not Yoga. It is a mechanism and a technology to get you to that state of experience where you see reality just the way it is. This method of meditation combined with correct physical postures makes it a spiritual science. This is the true meaning of Yoga.

**Laura Anika, Grade VI-D**



**Prisha Sharma, Grade IX-B**

## First Rain

Petrichor hung heavy in the air,  
Mixed with the sweet perfume of July,  
As the first drops fell onto the earth,  
Shades of grey blended in the sky.

The sky with its ever-changing hues,  
Had gone from rose to lilac-blue,  
And finally settled on an inky tint,  
Casting shadows on flowers intertwined with dew.

The clouds mixed and swirled over the horizon,  
As if paint being mixed on a palette,  
With the light still peeking through in a silver lining,  
Embodying the hope of promises kept.

When it rained,  
It rained sweetly,  
With warm sunlight still shining through,  
Raindrops hit petals gently.

Then came the tumultuous storm,  
As the rain poured down with wrath,  
The vehement raging winds,  
Seemed to destroy all in their path.

A summer tempest,  
Nothing short of the one brewed in my mind,  
Any flowers that remained flew scattered away,  
The world to its fate resigned.

Pressed into the pages of my thoughts,  
Despite the sorrows and torrents and pain,  
A reverie so fickle,  
Was still the first rain.

Eventually, at last, the storm did fade away,  
Bit by bit as a memory seems to,  
Time, ever healing, did heal this wound too,  
And it turned out that after the future the world seemed painted new.

**Swarnika Joshi, Grade X-E**

## LIBERIGHTS



**Tanishka Sarpotdar, Grade X-E**





## Challenging Perceptions: Reality Television and Stereotypes

Reality television has been around as a fundamental form of entertainment for quite some time. Along with captivating audiences with its drama, rawness of content, and uncertainty, reality television has also grown to concern people about the potential promotion of dangerous stereotypes. In the following article, we will shed light on the aspects often overlooked in discussions on this topic. The media often argues that reality TV perpetuates harmful stereotypes, such as portraying women as overly dramatic or men as extremely aggressive. While it goes without saying that some shows have projected problematic behaviour, it is crucial to recognise that reality TV can also reflect societal attitudes. The genre thrives on conflict and exaggerates certain traits for entertainment purposes. I believe it is essential to recognise the role of individual responsibility when consuming reality TV. Viewers should actively engage with the media and acknowledge that these shows present a meticulously crafted version of reality. By paying attention to the content, viewers can separate fact from fiction and challenge the stereotypes that may be showcased.

In contrast, reality TV has the potential to challenge stereotypes by showcasing diverse individuals and their stories. Moreover, contestants often demonstrate resilience, determination, and personal growth, presenting inspiring narratives that transcend stereotypes. Reality TV can counteract harmful stereotypes and foster a more inclusive society by celebrating diversity and highlighting personal triumphs.

In conclusion, we must acknowledge the effect of reality television on our day-to-day perception of certain stereotypes and their existence in society. It is undeniable that reality television is a platform for entertainment and will carefully curate content as per the tastes of its consumers. It portrays a highly overstated version of human behaviour. However, it is of grave importance that the viewers take responsibility for not letting it affect their lifestyle.

**Myra Mehra, Grade X-E**

## A Christmas Miracle

Today I am going to talk about my favorite book. My favorite book is *The Christmas Carol* by Charles Dickens. This book will tell you about a Christmas miracle and reignite your memories about the past and present and confirm your presumptions about the future. There is a man who is extremely old, and he recently lost touch with people he used to help. When the old man was about to sleep, a ghost appears out of nowhere and takes the old man on a journey to show him what had happened in the past, present as well as future. This is a very lovely and captivating book. You should definitely read it. You can find this book in the classics area in Om Books Store or Amazon.in. There are 5 chapters in this book, along with a set of questions and answers at the end.

**Aniyaa Arora, Grade XI-C**

## Masculine Excellence

In the realm of masculinity, let's delve,  
Where strength and honor eternally dwell,  
Where valor and courage intertwine,  
A poem on manhood, a tale divine.  
Manhood, not defined by brute force alone,  
But by virtues that deep within us are sown,  
It blooms with compassion, tender and true,  
Alongside bravery, in all that we do.  
Anchored in resilience, unwavering and strong,  
Navigating storms when things go wrong,  
Shoulders burdened with responsibilities held,  
Protecting the vulnerable, the oppressed compelled.  
Yet manhood is not bound by a single mold,  
It's a kaleidoscope of stories untold,  
From different backgrounds, cultures, and lands,  
Unified by virtues that each heart demands.  
For manhood is more than just a name,  
It's a humble stance against injustice's flame,  
Standing tall with integrity as our guide,  
In a world where truth may sometimes hide.  
It's embracing emotions, both joy and sorrow,  
Allowing vulnerability to shape tomorrow,  
With empathy and kindness, we extend our hand,  
Supporting others as they try to withstand.  
Manhood is not measured by wealth or fame,  
Nor by the number of conquests to claim,  
But by the impact left on lives we meet,  
By acts of love, by making moments sweet.  
So let us redefine masculinity's worth,  
Beyond stereotypes that confine from birth,  
A tapestry woven by virtues enriched,  
A brotherhood of souls carefully stitched.  
In this poem on manhood, we dare to see,  
A vision of strength with humility,  
For in embracing the depths of our core,  
We find the truth, the man we adore.

**Agastya Trehan, Grade X-A**

## Traversing Loss

The four stages of loss that shape the heart,  
reveals through the dark clouds a journey, a path.  
To navigate this journey, it will take a strong heart,  
When things go wrong the real test will start.  
First comes denial, that blinds us with hope,  
A disguised shelter in the storm, just waiting to blow.  
We refuse to let go, we refuse to see,  
That the world that we knew has ceased to be.  
We clutch on to our dreams and ignore the screams,  
Of everyone around us, as we make the illusion our shield  
Then comes anger, to vent all the pain,  
As the flames of bitterness burn within.  
We find someone to blame, something to claim,





As the reason of our sorrow, that we can't keep in.  
 We curse our fate, with rage and hate,  
 We wish we could begin again, with a clean slate.  
 We battle our anger with so much might,  
 As we reach the next step, that tests us to our heights.  
 Our depression traps us, as we begin to fathom,  
 What could've been, if that one thing didn't happen.  
 We want to rewind time, and remove the layers,  
 Of confusion, sadness and relentless despair.  
 We drown in our grief, in our tears and sadness,  
 Our spirit is broken and we mourn our losses.  
 Yet in the darkness, in time we find,  
 The light at the end of the tunnel, shining bright.  
 Acceptance emerges and sets us free,  
 We find peace within and begin to heal.  
 We accept our losses, our sadness, our pain,  
 We look forward, to find some solace.  
 We cherish the memories and honour the past,  
 We pick up our broken pieces and start a new chapter, at last.  
 For all the travelers, embarking on this same journey,  
 Unveil your resilience, show your might in the night.  
 Let the tears fall, like cleansing rain,  
 Let it free your heart, from all the pain.  
 Let time do its job, soon better you will feel,  
 And I pray scars of your loss, will soon heal.

**Prisha Gandhi, Grade XI-C**

## Summer's End

In the picturesque south of France, where waters gleam,  
 And sun-kissed shores await the warmth of the day,  
 A restless soul seeks solace in a dream,  
 As gentle waves caress in a tender sway.  
 The boundless canvas of the vast expanse,  
 Invites adventurous hearts to sail away,  
 With billowed sails, leaving behind life's dance,  
 They glide upon the waves, carefree.  
 Whispers of the wind reveal their secrets true,  
 A symphony of freedom, untamed and real,  
 As salty breeze entwines with joy anew,  
 Embracing long-awaited dreams they feel.  
 Yet, fleeting are the days of sweet respite,  
 As the sun descends, obligations arise.  
 The vibrant hues of summer's sweet delight,  
 Fade softly, cherished moments left behind,  
 Golden sands bid adieu, a poignant sight,  
 A fleeting bliss, ephemeral, entwined.  
 Seagulls' cries echo with a wistful note,  
 Through yearning hearts, their mournful echoes call,  
 The once-soothing winds now carry a remote,  
 As autumn's voice arrives, relentless fall.  
 With each receding tide, time slips away,  
 Leaving a yearning ache, a subtle trace,  
 Whispers of the ocean fade and gently sway,  
 Reality's embrace, a bittersweet embrace.  
 Yet in this final act, hope shall reside,  
 For endings birth beginnings, far and wide.

**Himanshi Aggarwal, Grade XII-DP**

## INDIA'S G20 PRESIDENCY



In the year 2023, India assumed the prestigious G20 presidency, marking a significant milestone in its global leadership and commitment to shaping international cooperation. Over the course of its presidency, India demonstrated a strong vision and played a pivotal role in addressing pressing global challenges. India's G20 presidency was characterized by a comprehensive agenda that focused on three key pillars: People, Planet, and Prosperity. Under the theme of "Building a Resilient and Sustainable Future," India spearheaded efforts to foster inclusive growth, advance sustainable development, and promote a rules-based international order. One of the major achievements during India's presidency was the formulation of the G20 Action Plan on Climate and Energy Transition. Recognizing the urgency of climate change, India rallied G20 members to accelerate the transition to clean and renewable energy sources while ensuring a just and equitable transition for all nations. India's presidency also strongly emphasized digital transformation and bridging the digital divide. The G20 Digital Inclusion Framework, championed by India, aimed to promote digital literacy, connectivity, and innovation, ensuring that no one was left behind in the digital era. Overall, India's G20 presidency in 2023 left a lasting impact on global governance, promoting cooperation, inclusivity, and sustainability. By championing key issues such as climate action, healthcare, and digital transformation, India positioned itself as a proactive and responsible global leader, committed to building a better future for all nations.

**Stuti Khanna, Grade XII-D**



The zero-waste policy is a set of concepts and practices aimed at minimizing trash generated by individuals, businesses, and communities, with the ultimate objective of sending no waste to landfills, incinerators, or the ocean. The value of zero-waste living is becoming increasingly clear. It raises awareness and sparks dialogues about environmental degradation, climate change, and social justice, extending beyond merely tossing away fewer items. The fundamental goal of zero waste is not simply to keep waste out of landfills but to rethink our entire cycle of resource extraction, consumption, and waste management so that no resources are wasted along the way. This approach directly challenges the current structures and behaviours existing worldwide. There are 5 R's of Zero-Waste: Reuse, Reduce, Recycle, Refuse, and Rot. Implementing a zero-waste program requires a joint effort from the government, businesses, and communities. Governments can enact waste-reduction rules and regulations, while businesses can embrace waste-reduction practices and products. Communities can help by lowering their own waste creation, practising sustainable behaviours, and encouraging local businesses to embrace zero waste practices. The benefits of a zero-waste policy are multiple. They exist for individuals, communities, and economies on an equal scale: Zero waste lessens our environmental impact, conserves resources, and reduces pollutants. It fosters social equity and community building while also promoting a local circular economy and creating employment. Overall, the zero-waste policy is a comprehensive waste management approach that emphasizes the need for waste reduction, reuse, and recycling to create a sustainable and circular economy.

**Shreshtha Chaturvedi, Grade XII-D**





## Clan News

### ANDERSON

*"When some things go wrong take a moment to be thankful for the many more things that are still going right".*

I take this opportunity to express my immense gratefulness to all my adorable Andersonites for walking hand in hand and illustrating unswerving collaboration in increasing our clan points. Students not only portrayed unequivocal zeal in participating in all competitions but they also shone brilliantly in most of them. Andersonites depicted strong cohesiveness and exceptional bonds of team spirit this month, setting an extraordinary example for others to follow.

I congratulate Prisha Abrol (IX) for standing first in the Interclan Dominators Competition. Ayan Chamoli (VII) came first in the Interclan Debate Competition and Laura Anika (VI) also won the Interclan News Reading Competition. Naisha Manglunia (VI) was adjudged second in the same competition. Javan Karan Singh (X) and Prakhar Dikshit (X) impressed the quiz master with their immense knowledge of reading maps and stood first in the Interclan Cartography Competition. Team Anderson comprising of Vardhan Aggarwal (VI) and Taksh Pareek (VI) also came first in the Plan, Construct and Design Competition. Hrithik Mehra (X), Rian Sanghi (IX) and Prakhar Dikshit (X) bagged the second position in Interclan Science Quiz. Team Anderson also secured the second position in the Interclan

Street Play Competition as well as in the working model of Interclan Science Model Making Competition, both in the XI-XII category. Kudos to all my dear Andersonites. Your perseverance and diligence have ensued success. You saw the obstacles, overcame them and carved out your own path to victory. Needless to say, your performances won immense applause and commendation. The target is near and the time is less, so we have to not miss a single opportunity and keep striving towards triumph. It is only our persistent assiduousness and commitment that will bring us laurels because we know there are no angels to assist us and there is no magic that can transport glory to our doorsteps.

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

### BOYD

Scottish High International School witnessed an exhilarating month of July as students actively participated in various Interclan competitions, showcasing their talents and intellectual prowess. These competitions are designed to foster healthy competition and promote a spirit of camaraderie among students and saw enthusiastic engagement across different Grade levels. To start with, in the Interclan 'The Dominator Economics Competition' for Grades IX-X, Saanvi Kumar Verma of Grade tenth won first position. Grade VI students showcased their creativity in the 'Plan, Construct, and Design' Science Competition, where they crafted paper plane launching with different innovative launchers. Vikrant Sinha VII D and Saavir Kaul - VIA secured the second position as a team.

The 'Interclan Science Quiz Competition' for Grades (IX-X) and Grade VIII proved to be a riveting battle of wits,

testing participants' knowledge across various scientific disciplines. Our teams from from Grade VIII :Kimayaa Awasthi VIII F and Aarav Malhotra VIII Fand Grade (IX-X):Harsh Kasyap (IX IG A), Sumer Singh(X IG B) and Shaurya Chandana (X IG A) both won first position. In the Inter clan Hindi and Sanskrit Quiz Comp, Grade VII, Aditya Kant - VII A and Aryaman Mattoo VII D once again secured second position.

Grade XI and XII students embraced their musical talents in the 'Interclan Solo Singing Competition,' captivating the audience with soulful performances and melodious renditions. Malhaar Garg of Grade XI DP, bagged second position in the same. The 'Best out of Waste' Science Competition for Grades VI and VII demonstrated the students' commitment to environmental sustainability. Our teams from Grade VI, Nilayaa VID and Maleeha Jasif (VI IG A) and that from Grade VII:Arnav Yadav (VII C) and Irvaan Pillani (VII D) both won first position in the same.

Next in the row, the 'Interclan Science Model Making Competition' for Grades (XI-XII) and Grade (IX-X) was a

testimony to their technical acumen and innovative approach. Our team from IX - X category comprising of Aanya Arora IX IG A, Anika bhatnagar IX B, Anadhya Verma X B and Ahhna bhateja X IG secured second position. From (XI - XII) category, both our teams from working and static model bagged first position. The teams were comprised of Neerav Mantri -XIA, Pranshu Sharma - XI A, Tanishq Kalra XI D and Smayan Narang XI DP of working and that for static: Jia Kumar - XII A, Aadya Sarna - XI B, Josika Ahluwalia XI D and Toshhani Momaya - XI DP. The school takes immense pride in nurturing an environment where students are encouraged to explore their interests and showcase their talents. Participation in these competitions fosters self-confidence, teamwork, and a zeal for continuous improvement. A warm congratulation to all the winners for their outstanding performances. As the school moves forward, it aims to motivate more students to participate actively in such events, unlocking their potential to become the leaders and change-makers of tomorrow.

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

### LAMONT

*"Education is not just about going to school and getting a degree. It's about widening your knowledge and absorbing the truth about life."*

"School and education possess the remarkable ability to ignite inspiration and empower lives, unlocking the gateway to a promising future and nurturing young minds towards freedom and independence. By imparting quality knowledge, education paves the way for students to construct their own destinies. As our Highlanders return from their summer holidays, having cherished precious moments with their families, witnessing

their relaxed and energized demeanor as they eagerly embark on this new academic journey brings immense joy and excitement."

Ishanvi Vasant and Gaurika Mukherjee from Grade VIII with melodious singing made our clan proud by securing first position in Inter Clan Solo Singing Competition. Kajal Verma and Advay Aggarwal from Grade VIII enthusiastically participated in Inter Clan MFL Spell Bee Competition and secured second position in German and Spanish respectively. Sharanya Singh from Grade IX and Sheen Koul, Ajooni Kaur and Aditi Gupta from Grade X showed their best team work in Inter Clan Science Static Model Making Competition and made our clan proud by winning first position. Devina Chawla from Grade IX and Vikrant Pethia, Yatharth Wadhera and Vedant Singhal

from Grade X also secured first position in Inter Clan Science Working Model Making Competition. While keeping our aims high and continuous perseverance, Prisha Gandhi from Grade XI participated in Inter Clan Self Composed Poetry Competition and proudly bagged second position.

Congratulations to all the winners and participants for their efforts and hard work always.

It is important to remember that it's not always about winning or losing, but giving yourself another chance to learn and discover potential in you. Talent wins games, but teamwork and intelligence win championships. If everyone is moving forward together, then success takes care of itself. Keep rising and shining always.

**Ms. Kiran Cacoria, Clan Elder - Lamont**

### MACARTHUR

*"School bells are ringing loud and clear; vacations over, school is here."*

— Winifred C. Marshal

Vacation is over and Highlanders were embraced wholeheartedly with utmost jubilation and affection after a fulfilled summer break which was full of adventures and relaxation.

The smiles on the gleaming faces were unparalleled as students were greeted ardently at the entrance by teachers that enthralled them remarkably. Students were exhilarated as there was an eagerness to meet the teachers and peers. Students shared thrilling experiences about

their enticing summer vacations with teachers and peers which strengthened their emotional bond. Now it is time to resume your duties with new ambitions and rejuvenating dreams. Restart your journey with new vigour and fresh vibes.

It was an apt beginning to a plethora of Interclan Competitions in the month of July where Macarthur students exhibited their zeal and enthusiasm by bagging various positions. Shiv Pant, Saransh Rao and Hitaksh Yadav of Grade VI secured first position in the Inter-Clan Spell Bee Competition. Gurashish Kaur and Chandna Anand of Grade VI bagged II position in the Best out of Waste Competition.

Naomi Mudgil of Grade VII won II position in the Inter-Clan English Debate, VIII Graders were not behind as Abeer Singh and Sehar

Shrivastava bagged first position and Devashish won third position in the Inter-Clan MFL Competition.

Our Senior students Aanya Nigam of Grade IX secured second position in the Dominator Competition. Siya Aggarwal, Armin Kaur of Grade IX and Suhani Khara of Grade X secured third position in Science Quiz. Siya Aggarwal of Grade IX and Avni Chopra, Chinmay and Abeer of Grade X secured second position in Model Making Competition. Ishani Das of Gade XI Bagged first position in the Self Composed Poetry Competition and in solo Singing Competition. Anya Chopra, Suhani Singh and Ishani Das of Grade XI and Adwika of Grade XII secured second position on Model Making Competition.

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





# Young Achievers At Scottish High!

## Pranav Mahendru wins Young Photographer award at Nature inFocus Exhibitions and Awards, Bangalore.

Pranav Mahendru has been honoured as the recipient of the prestigious Nature InFocus Young Photographer Award for 2023. His winning photograph, captured in the lush expanse of Satpura National Park, features a male and female honey buzzard in the act of raiding a bees' nest. The NatureInFocus Photography Awards, an annual competition, reveres the art of photography as a means to celebrate the splendour and diversity of the natural world. This event places a distinct emphasis on presenting imagery that encapsulates the realm of nature, spanning wildlife, landscapes, and endeavors in conservation. The competition's scope extends beyond the realm of acknowledging and commending extraordinary photography; it also serves to heighten awareness about the significance of safeguarding nature and upholding the sanctity of wildlife habitats. Winning photographs find prominence in exhibitions, publications, and online platforms, affording photographers a channel to display their creations and amplify consciousness about conservation matters.

This year, the esteemed award ceremony and the NIF Festival unfolded in Bangalore, attracting luminaries of the wildlife photography domain, including notable figures like Sudhir Shivaram, Dhritiman Mukherjee, and Prasenjit Yadav. The award was bestowed upon Pranav Mahendru by the Actor and conservationist Dia Mirza, who held a distinguished position as one of the Chief Guests at the event. To explore a selection of Pranav Mahendru's works, you can visit his website at [pranavmahendru.com](http://pranavmahendru.com) or explore his Instagram page under the handle Pranav Mahendru.

**Another Feather In The Cap Was Added As Pranav was awarded the consolation prize in, 'Tiger Photograph Exhibition and contest'.**



## It Is Not The Mountain We conquer..... But Ourselves



According to Tanishq Kalra, a student of Grade XI-D, the completion of the Basic Mountaineering Course (BMC) from India's renowned Jawahar Institute of Mountaineering & Winter Sports, Pahalgam, reaffirmed the belief that "It is not the mountain we conquer but ourselves."

Despite being the youngest participant in his batch, Tanishq's unwavering determination pushed him to pursue what seemed impossible. The course maintained a disciplined routine from 6 am to 9

pm. Mornings began with physical training and endurance exercises, followed by mountain hikes during the day, and night duties to ensure the safety of the tent base.

Tanishq received comprehensive training in rock craft, snow craft, and ice craft under the guidance of experienced coaches, including accomplished Everest climbers known as "Ustads," as well as other skilled army trainers. He emerged from this adventure with a newfound appreciation for the mountains and his own capabilities & the belief that true conquest lies within oneself, rather than the external challenges. This journey not only enriched his life but also laid the foundation for future mountaineering endeavors, inspiring him to explore even greater heights.



Tanishq was proudly awarded the **Ice Axe badge** as a recognition of his accomplishment.





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## Golf

### ANITYA'S TIP OF THE MONTH

#### How to hit the Driver

**The driver offers us a scenario where we find the ball teed up in the air about 2-3 inches and not lying on the grass. The following are the adjustments that need to be made in order to hit the driver well:**

**Posture and set up:** in a regular iron shot we keep our shoulders parallel to the ground and target. However, for a driver, feel like your shoulder is aiming up, that is, make sure your trail shoulder is slightly lower than your leading shoulder. This setup helps in hitting the ball on the up. Another thing to focus on is the stance. Since the driver is a longer club, we need more stability which can be ensured with a wider stance. A narrow stance would make you hit down on the ball whereas a wider stance helps in hitting up on the ball.

**Ball position:** as the club increases, the ball keeps moving forward in the stance.

For a driver, the ball should be on the inside of the left heel (for right-handed) or inside the right heel (for left-handed). Such a ball position would make sure you don't contact down on the ball.

**Impact position:** it is important to remember that at impact try to feel that your body is behind the ball, rather than being on the ball.

Having a good set up is the first step towards becoming a good driver of the golf ball. Follow the above steps and you will be well on your way.



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



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