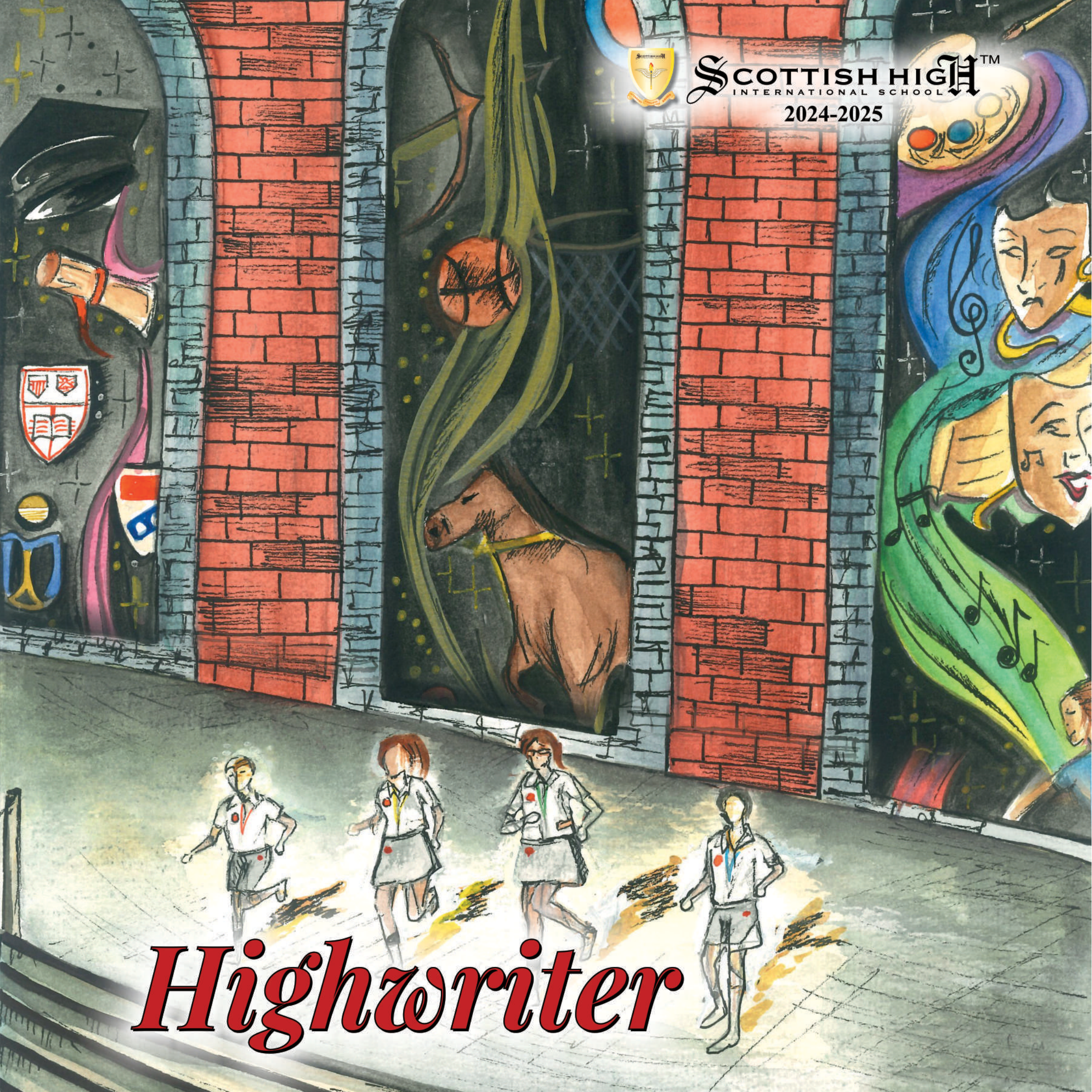




SCOTTISH HIGHTM
INTERNATIONAL SCHOOL

2024-2025



Highwriter

Sky is not the Limit
respon
ri
principled
thinkin
boundless
knowledgeable speaker
Limit imagination
boundaries
able
universe
balanced
activities
hopeful achievement
soa

nsible

sk-taker

esteemed

ng potential

future minds

ars positivity unlimited

motivational

ght limit sky limitless

on powerful

open-mind

red Sky is not the Limit



Sia Satvika Mahakur
Grade I-B



Sincere Gratitude

to

Snigdha Saxena

Grade XI (IBDP-B)

**for her outstanding cover design,
which truly elevates the project
‘The Sky is not the Limit’.**

‘Sky is not the Limit!’



FOREWORD

Leadership is defined by action. At Scottish High, the mission is to cultivate this innate characteristic in students by empowering them to express their unique selves, stand out, and excel. By fostering their creativity, we equip them to take on new challenges and pave the way for a successful future.

This latest edition of High Writer is an endorsement of Highlanders' exceptional expressions of leadership, creativity, and innovative thinking. Each student's diverse ideas and unique visual perspectives blaze through in their work, and the events/activities reflect their engagement with a wide range of topics. Through this carefully curated yearbook, we celebrate our students' varied potential, asserting that the 'Sky is not the limit' and propelling progress at Scottish High and beyond.

We invite you to explore this vibrant collection of ideas and ingenuity, an engaging read where every page proudly showcases the awe-inspiring feats of Highlanders.



Dr. Cdr. Kartikay Saini
School Chairman



The Sky Is Never the Limit- Keep climbing the mountain

By Dr Cdr Kartikay Saini

*With my shoes laced and hopes high,
I faced the peak that touched the sky;
The land below looked so small besides,
But dreams grew stronger with every stride;
The path was rough, the wind was loud,
But hopes were higher than the farthest cloud.*

*The mountain was rough with snow and stone,
But I pushed on and on, all alone;
But in my heart, there was a fire bright —
And a constant whisper — “don't give up this fight!”;
I fell and rose, rested a while,
But got up to chase the tail of skies.*

*The cold was freezing, the air was thin
I kept going - singing “I'm born to win.”;
My legs quivered and shivered in cold,
But confidence and hope were in my fold;
The mountain sky was within my reach,
I knew my trust and strength wouldn't breach.*

*It became quiet and dark with weather in doubt,
But the voice within me became a louder shout;
The more I climbed more hopes I brewed,
To soar and rise and take challenges new;
The body said, “Stop and rest in a warm place,”
But the heart said stride on, to a farther space.*

*And finally I reached where the eagles soared,
Yet there was a feeling of wanting more;
The view was spectacular I had touched the sky,
But I looked above and saw the clouds go by;
I realised that the limit I had crossed,
Was not the final end but just a pause....*

*So climb your mountains, chase your flame,
Ignore the ones who ever doubt your name;
The sky is endless and with limitless heights,
Keep climbing each pinnacle with all your might;
Remember, the sky is never the limit to aim,
Because at the top it's never the same....*



Sky is Not the Limit: A Tribute to India's Para and Special Olympians



Ms. Bakhtawar Saini
Deputy Chairperson

The phrase "Sky is not the limit" perfectly encapsulates the indomitable spirit of India's athletes who have transcended disabilities, shattered barriers, and rewritten history on the global stage. In the world of sports, where physical and intellectual prowess is often seen as the defining trait, India's Paralympian's and Special Olympians have proved that sheer determination, perseverance, and an unyielding will to succeed matter much more.

India's Paralympian's and Special Olympians have not only represented our country in International events, but have also returned with medals that symbolize more than victory—they represent hope, resilience, and the breaking of societal stereotypes. Despite facing enormous challenges, including societal stigma and limited access to resources, these athletes have made the nation proud time and again.

Para Olympics: Defying Physical Limitations

The Paralympic Games, dedicated to athletes with physical disabilities, have seen India rise as a formidable force. The likes of Navdeep Singh, who clinched a Gold medal in the men's javelin throw, and Sheetal Devi, who was awarded the bronze medal in Archery at the 2024 Paris Paralympics, are testaments to the incredible talent and tenacity of India's para-athletes. They have defied physical limitations, proving that disability does not define one's ability to dream or achieve.

The journey for these athletes has been far from easy. Many come from rural backgrounds, with minimal access to proper training facilities or equipment. Yet, with sheer grit and hard work they have excelled on the world stage. The country's growing medal tally of 29 medals at this 2024 Paralympic event in Paris is a reflection of how far Indian para-sports has come, with athletes showing that they are not limited by their physical challenges, but fuelled by them.

Special Olympics: Redefining Intellectual Abilities

For athletes with intellectual disabilities, the Special Olympics provides a platform to showcase their talents and abilities, promoting inclusion and acceptance. India's athletes have performed phenomenally in this arena as well, returning with numerous medals and accolades from the Special Olympic World Games held at Berlin, Germany in

June 2023.

One of the most inspiring aspects of the Special Olympics is how it changes perceptions. Athletes like Vignesh Naik who won a Gold medal in table tennis, and Ranveer Singh Saini who had his hat-trick victory by winning a Gold medal in Golf, have shown that intellectual challenges are no barriers to greatness. They have not only excelled in their respective sports but have also become role models for millions of others in India with intellectual disabilities, proving that opportunities and dreams are not confined by cognitive limitations.

Beyond Medals: A Journey of Inspiration

The achievements of India's Paralympian's and Special Olympians go beyond mere medals. They represent a profound shift in how society views disabilities. These athletes are trailblazers who challenge the idea that "Disability is a limitation". Their journeys highlight the importance of accessible sports, government support, and societal acceptance for all individuals, regardless of their physical or intellectual conditions.

The success of these athletes has sparked a new wave of interest in para-sports and adaptive sports programs across India. Their triumphs are inspiring countless others to believe that, despite the challenges they face, they too can rise above and reach for greatness.

"Sky is not the limit" resonates deeply in the hearts of India's Paralympian's and Special Olympians. They have not only represented the country but have also redefined what it means to be a champion. Their stories remind us that determination, spirit, and resilience can take us beyond the skies, past the limits society imposes, and into the realm of extraordinary achievements. Their legacy continues to inspire, proving that no challenge is too great, and no dream is out of reach.

True Champions aren't defined by their physical or intellectual challenges, but by their relentless spirit to rise beyond every boundary and inspire the world. For them Sky is not the Limit!

So Highlanders, keep working hard & victory will always be yours!!



Beyond The Sky: Where Possibilities Begin

“चरैवेति चरैवेति ।” This quote from the Aitareya Brahmana (7.15) encourages us to keep moving forward, reminding us that sky is not the limit. We often hear people say that the sky is the limit, however, if our vision is clear, and we have self-belief, sincerity, and work hard, then even the sky won't be a limit. A hundred years ago, no one could have imagined that we'd have airplanes and be able to travel from place to place in just minutes or hours. Back then, reaching the moon, exploring space, or building an International Space Station was beyond anyone's imagination. But humanity has proved those doubts wrong. Some forty or fifty years ago, the idea of life without computers or mobile phones seemed far-fetched but today it's a part of our daily lives, showing how much we've accomplished through self-belief. We've gone far beyond what was once thought impossible, and we continue to explore new frontiers every day.

Looking at our school, we've achieved so much in the last twenty years, more than we ever imagined back then, and we continue to reach new milestones every passing day. Implementing PYP, Cambridge, ICSE, ISC, and IBDP all in one place wasn't easy, but with strong belief, we successfully launched the IB Career-related Programme (IBCP) this year, showing that even the sky is not our limit. After two years of hard work and the combined efforts of our Initial, Primary, and Senior teachers, we passed both the IBPYP and IBDP evaluations without any major recommendations. When the admin and IT teams came together to provide the necessary infrastructure in a short time, it reinforced the belief that there are no limits to what we can achieve. The dedication of our entire academic and admin staff, along with the vision of our top management, proved that the sky is not the limit for SHIS.

After four years of hard work, the school's Counselling Department was recognized as the No. 1 in India. Students, teachers, top management, and the school itself keep receiving appreciation, recognition, and awards, constantly proving that nothing is impossible for us. Whether its students organizing large events like SHISMUN, SHISFEST, SHISTECH, and Sports Fiesta, or leading social awareness campaigns, their potential seems limitless. When students of different ages come together to create their own company, develop sustainable products, and use the profits to help those in need, it gives them a deep sense of fulfilment. The recognition of students' projects with the Inspire Manak Award, and the school consistently earning the ATL School Award, reaffirms the endless possibilities before them. With board exam records being broken and students securing admissions to top colleges and universities in India and abroad, it is clear that their achievements know no bounds. And when students like Hetvi & Mihira earn international recognition in sports, alongside teachers like Ranveer Singh Saini and Ms Neelam making India proud on the global stage, we are reminded of the unlimited potential within our community.

It is good to see this feel and spirit is imbibing more and more not only in our school but also in our highlanders. Concluding with the words of wisdom of Dr APJ Abdul Kalam: “Look at sky. We are not alone. The whole universe is friendly to us and conspires only to give the best to those who dream and work”. We eagerly wait to combat many more limits and are ready and fully equipped to correctly prove this theme that 'Sky is not the Limit' for any of us.



Dr. Sanjay Sachdeva
School Principal



Education is an Endless Voyage of Self-Discovery



Ms. Seema Bhati
Primary School Director

At Scottish High, inquiry-based teaching fosters an environment where students actively engage with the concepts and skills needed for today's dynamic world. Self-discovery through education is our focal point. We believe that understanding self and the world around us is deepened through exploration, collaboration, and real-world application. The inquiry-based approach of the IB creates effective classroom spaces for learning, incorporates community resources, and integrates essential methodologies like design thinking and STEM education.

Traditional seating arrangements are replaced with flexible layouts that encourage interaction and collaboration; seating in clusters or circles enables students to work together easily, discuss ideas, and share insights. Inquiry is supported through hands-on projects and assignments, which develop the attributes of the IB learner profile effectively. Teachers create an atmosphere that promotes active participation and caters to diverse learning styles. For instance, visual learners might benefit from diagramming concepts on digital devices, while kinesthetic learners can engage through hands-on experiments. This flexibility allows SHIS teachers to tailor learning experiences to the unique needs of each student, fostering a deeper understanding of the concepts being taught.

Community involvement is another cornerstone of the inquiry-based approach focused on in the school. Field trips and local projects provide students with authentic experiences that connect classroom learning to the world outside. For example, a visit to a local market can enhance understanding of economic activities and commercial concepts, allowing students to gain first-hand experience of communicating directly with shopkeepers and buyers. Similarly, environmental studies can be enriched through trips to parks or nature reserves, where students can observe ecosystems first-hand. These real-world experiences encourage students to ask questions, think critically, and relate their inquiries to broader societal contexts. Engaging with community members through interviews, mentorships, or collaborative projects enriches students' learning, which is relevant in practical scenarios. This connection not only enhances conceptual understanding but also builds a sense of civic responsibility and community awareness.

Another important aspect of our school is that to achieve a lasting grip on the inquiry-based system, students are encouraged to pursue both collaborative and individual inquiries. Group projects promote teamwork, communication, and collective problem-solving skills. In these settings, students learn to value diverse perspectives, negotiate roles, and synthesize ideas into cohesive projects. Collaborative inquiries often lead to deeper insights as students engage in discussions that challenge their thinking and expand their understanding. Simultaneously, individual inquiries allow students to pursue their individual interests and passions; this agency cultivates essential motivation and encourages students to take ownership of their learning. Through research projects, presentations, and creative outputs, students have the opportunity to showcase their skills and conceptual understanding in ways that resonate with them personally.

Last but not least, the latest integral components like design thinking and STEM (Science, Technology, Engineering, and Mathematics) education form a focal point of inquiry-based teaching. Design thinking promotes a human-centered approach to problem-solving, guiding students through the stages of empathizing, defining problems, ideating solutions, prototyping, and testing. This process encourages creativity and resilience, empowering students to navigate complex challenges. STEM education complements this by providing students with the technical skills and scientific understanding necessary to approach problems analytically. Through simple hands-on experiments, coding activities, and practical engineering challenges, students learn to apply their knowledge in concrete ways. By integrating these disciplines, inquiry-based classrooms prepare students for a rapidly changing world where innovation and critical thinking are paramount.

At Scottish High, we are well-acquainted with the demands of our ever-changing world. Our students are equipped with the skills and tools needed to tackle challenges and solve problems with focus and determination. They are nurtured with empathy, compassion, and care, resulting in knowledgeable and responsible global citizens. We firmly believe in fostering lifelong learners.



Self-Motivation and Achievement in Women's Lives

In a world where societal expectations often impose boundaries, the phrase "sky is not the limit" takes on profound meaning, particularly in the lives of women. This expression serves as a powerful reminder that self-motivation and inner drive can propel women far beyond the invisible ceilings society may attempt to place on them. Achievements are not confined to the limits others may set, but are instead shaped by a woman's vision, persistence, and determination.

The Power of Self-Motivation

Self-motivation is the fuel behind personal growth and success. For women, whose paths to achievement may often be met with societal or cultural barriers, self-motivation becomes a transformative tool. History is replete with examples of women who have shattered expectations to forge their own paths—scientists like Marie Curie, athletes like Serena Williams, or trailblazers like Malala Yousafzai—each a testament to how self-motivation can defy odds and change the narrative.

Achieving the Impossible: Women Breaking Barriers

For many women, breaking barriers is not just about achieving personal success, but also about reshaping the future for generations to come. Achievements in women's lives are often tied to challenges that require exceptional resilience and self-belief. In the business world, women entrepreneurs are rising as powerful figures, creating jobs, and influencing industries globally. In sports, women athletes are breaking records and inspiring millions. In education, healthcare, politics, and technology, women are spearheading innovations that are changing lives. Each of these achievements is born from an unwavering belief that their potential is limitless.

The Role of Self-Belief in Achievement

Self-belief is at the core of all motivation. It is the understanding that no matter how high the mountains or how deep the valleys, every challenge can be overcome with persistence, dedication, and faith in oneself. For many women, self-belief grows from their experiences, their resilience, and their ability to bounce back from failures. Achieving personal and professional goals often requires stepping out of comfort zones and embracing risks, but with strong self-belief, women can turn these risks into opportunities for growth and success.

Women who have achieved significant milestones often speak of how important it is to listen to that inner voice, the one that says, "Keep going." This voice of self-belief is what transforms ambition into action and turns dreams into realities.

Inspiring Others to Reach Beyond the Sky

One of the most empowering aspects of women's achievements is the ripple effect it creates. Each time a woman breaks a barrier, it sends a message to others that they too can surpass limits. Whether it's a mother showing her daughter that anything is possible, or a woman in leadership paving the way for the next generation, achievements become contagious, inspiring others to strive for more.

The idea that "sky is not the limit" encourages women to imagine a world without boundaries, where achievements are not limited by gender, circumstance, or history. It inspires women to ask, "What if?" and then work tirelessly to make those dreams a reality.

No Limits, Only Possibilities

For women, self-motivation and achievement are not confined by the limits society imposes; rather, they are defined by their own visions and efforts. The sky, once seen as the ultimate limit, is now merely a symbol of how far women can go. With self-belief and perseverance, women around the world are showing that their potential knows no bounds.

As more women continue to rise, break ceilings, and rewrite the rules, the message becomes clear:

The sky is not the limit—it's only the beginning.



Ms. Isha Verma
Senior School Head



Ms. Shivani Johri
Initial School Head

Boundless dreams, limitless potential!

The sky is not the limit; tiny tots take their first stride,
With anxious hearts and bright smiles, they come full of pride.
Welcomed in warm classrooms, where friendships ignite,
The Highlanders learn to interact, play, and share pure delight.

In every corner, laughter and joy intertwine,
With games and music, they flourish and shine.
They sit, they play, they learn and explore,
In this nurturing space, they're always wanting more!

Partaking in discussions, their voices arise,
Drafting rules together, their spirits touch the skies.
Exploring learning areas, both inside and out,
In dance, in the library, they sing and they shout.

With laughter and joy, they captivate all,
Creating a wonder that echoes the hall.
In this Monkey Business, their spirits take flight,
For these powerful performers, the future is bright!

From horse riding adventures to splashes in the pool,
Their imaginations soar; they're learning the golden rule:
To explore, invent, and break from the norm,
As creativity and innovation surges, like a river in storm.

Budding communicators, they proudly take the stage,
With Gallery Walks, FDPs, SLCs, and Coffee Mornings, they turn the page.
Spending precious moments with grandparents so dear,
Their actions show love, making memories clear.

In the spotlight's glow, they embrace their dreams,
Expressing their talents, bursting at the seams.
With every step forward, their confidence grows,
The sky is not the limit; it's just where it flows.

Engaging with parents through reading programmes and more,
They widen their perspectives, always eager to explore.
For the young Highlanders, the world is their stage,
The sky is not the limit; it's just the next page!

Community connections, field trips, and picnics bright,
SEL days help them grow, making their futures light.
In this warm cocoon of teachers, they feel safe and sound,
Unique and different, their strengths abound.

They are agents of change, with voices strong and true,
For the sky is not the limit; there's so much they can do!
Together they rise, and together they learn,
In this magical journey, it's their time to discern.

So here's to our little Highlanders, with dreams that will soar,
With hearts full of wonder, they'll always seek more.
In a world full of colours, they'll paint their own way,
For the sky is not the limit; it's just the start of their day!



COUNCIL SPEAKS



Riya Gupta
Head Girl

From the day I stepped into this massive brick building, I was hit with a wave of excitement mixed with a hint of fear. I was just four years old then, wide-eyed and full of possibilities. Fourteen years later, that brick building is more than just a school to me. It feels like my second family. I remember being a shy, timid child who relied on her friends to speak for her. I'd sit in class, anxious, hoping someone else would raise their hand instead of me. But over the years spent in this school, I found my voice. Each time I joined a club or took a chance to lead a project, I slowly transformed into someone who could stand up and share my thoughts without hesitating.

Now, as the head girl, I'm filled with a mix of pride and nostalgia recounting my long journey, both academic and personal, with Scottish High.

I want to make sure every young Highlander feels like they belong and have a voice, just like I wished for when I was younger.

This journey has shaped me in so many ways, and I can't wait to see them give back to a place that has given me so much.

For 15 years now, I have roamed the hallowed halls of our campus. In my final year, looking back, I realise how much I have discovered about myself. Each corner of this school holds memories—of challenges that pushed me, friendships that shaped me, and lessons that will guide me beyond these walls.

I took a walk around, reminiscing. I remember the amphitheatre, where I forged new friendships every year. The dining hall, and the endless conversations while Careless Whisper played in the background. The science and computer labs that kickstarted my sense of wonder, despite the many test tubes I broke, and video games 4th-grade-me failed to install. The field, and breakfast football we played like it's the Champions League finals. The reception, where I waited anxiously before departing for a competition. The auditorium and subject room, the birthplace of endeavours like SHISTECH & MUN.

As I walked past the classrooms, a rush of memories hit me, anecdotes of which need more space than this page has to offer.

What I have realised is how these experiences moulded me into the aspirer I am today. With the opportunities I have been given, what I hope to convey to my fellow highlanders is to get out there, because everlasting experiences are not always handed to you in the classroom. Go to the library, see what the student council is brewing. Go to the field, see which sports teachers are hosting trials. Go see what artform is being practised in the basement, which students can be supported in the DIS department, and which juniors need your mentoring in the subject room.

So go explore what quests are hiding at each corner of the corridor: they might just ignite a passion for a lifetime.



Nihal Singh Bajwa
Head Boy

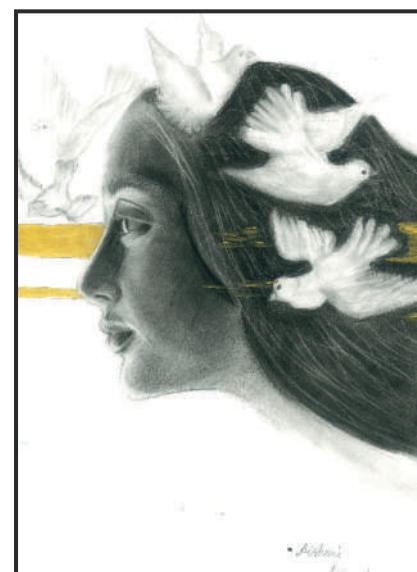
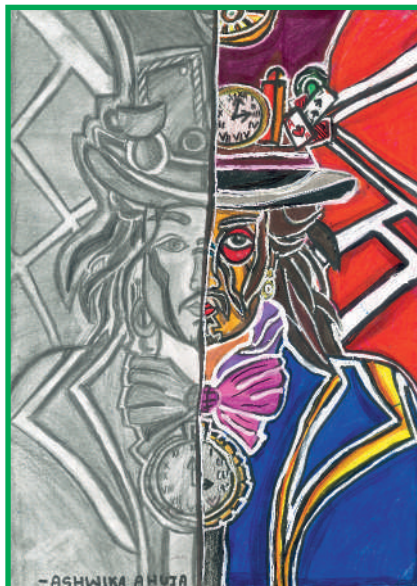




*“In the realm of dreams and aspirations, the horizon is
just the starting line.”*



Embracing Creativity Beyond Boundaries



- As we reflect on this year's theme, "Sky is Not the Limit," we find ourselves inspired by the endless possibilities that art and creativity offer. In a world that often imposes boundaries, the realm of visual and performing arts stands as a testament to the power of imagination and innovation. This theme serves not only as a motto but also as a guiding principle for our students and faculty alike.
- **Expanding Horizons**
- At our school, we believe that creativity knows no bounds. The sky is merely a backdrop for the incredible potential each student possesses. Whether through the brush strokes of a painting, the rhythm of a dance, or the lines of a script, our young artists are encouraged to explore, experiment, and express themselves in ways that transcend conventional limits.
- Our curriculum is designed to challenge students to think critically and creatively. Through various disciplines- be it visual arts, music, dance or theatre - students learn to navigate their own creative journeys. They discover that failure is not a setback but an opportunity for growth. It is this mind-set that prepares them to soar beyond the sky and redefine what is possible.
- **Collaboration and Community**
- One of the most enriching aspects of our department is the spirit of collaboration. Art is inherently communal; it thrives when individuals come together to share ideas and perspectives. Throughout the year, we have witnessed incredible teamwork in projects that blend different art forms.
- Our students have collaborated on interdisciplinary performances that combine drama, music, and visual art, showcasing how creativity can intersect and amplify one another.
- This collaborative spirit extends beyond our walls. We have fostered partnerships with local artists and organizations, bringing real-world experiences into our classrooms. These connections allow our students to engage with the broader community, gaining insights and inspiration that push their artistic boundaries even further.



Celebrating Individual Voices

While collaboration is vital, it is equally important to honour each student's unique voice. In our department, we encourage students to find and nurture their individual styles. Through mentorship and guidance, we help them articulate their thoughts and emotions through their chosen medium. This personal expression is what allows art to resonate deeply with others, making it a powerful tool for connection and empathy.

The theme "Sky is Not the Limit" embodies this philosophy. It reminds us that each student's potential is vast and varied, much like the universe itself. We celebrate the diversity of artistic expression and the myriad of stories our students have to share. Their work is a reflection of their experiences, dreams, and aspirations—testaments to the belief that creativity knows no bounds.



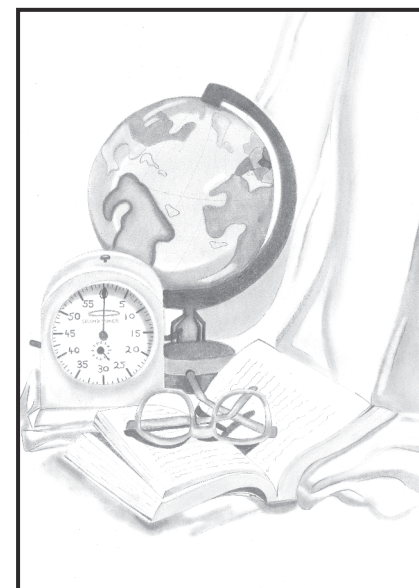
Looking Ahead

As we move forward, I urge our students to continue pushing beyond perceived limitations. Attend workshops, participate in competitions, and immerse yourselves in the arts. Seek out inspiration in the world around you, and don't be afraid to take risks in your creative pursuits. Remember, the sky is merely the beginning; your imagination can take you anywhere.

In the end, I would like to extend my gratitude to all the faculty, students, and families who contribute to the vibrant tapestry of our Visual and Performing Arts Department. Your passion and dedication make us thrive. Let us continue to inspire one another, break barriers, and explore the infinite possibilities that lie beyond the sky.


Together, let's create a future where our artistic dreams know no bounds!

Ms. Amitta Gahallot
HoD, Performing Arts





The sky is just the beginning



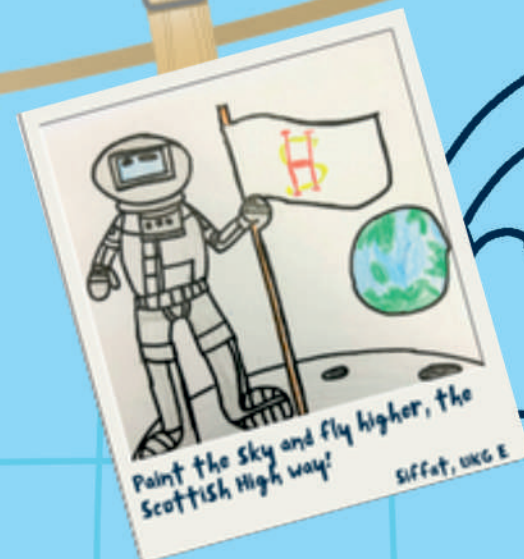
The sky is big, so blue and wide,
But it's not the limit, let's not hide!
We take some risks, we try, we dare,
Risk-takers know, they'll get somewhere!
We balance fun with work and play,
Enthusiastic learners lead the way!
We rest, we learn, we grow so tall,
Balanced kids can do it all!
Open-minds, we love to share,
New ideas are everywhere!
We listen, explore, and give things a try,
With open hearts, we'll touch the sky!
So reach for dreams, as high as you can,
With these great traits, you'll have a plan.
The sky is not the limit, you see,
Risk-taker, balanced, open, and free!





हम है वो
हम है वो, जो अपनी प्यारी मुसकान से सबका मन महका
दे,
हम है वो, जो अपने उत्सुक हाथों से एक नया समा बधा दे,
हम है वो, जो अपने नैन प्यारी से एक नयी दिशा बना दे,
हम है वो, जो अपने होने से विश्व को एक सुन्दर जगह बना
दे।
देवहुति शर्मा नर्सरी 'डी'





Exploring the uncharted





boundless horizons await



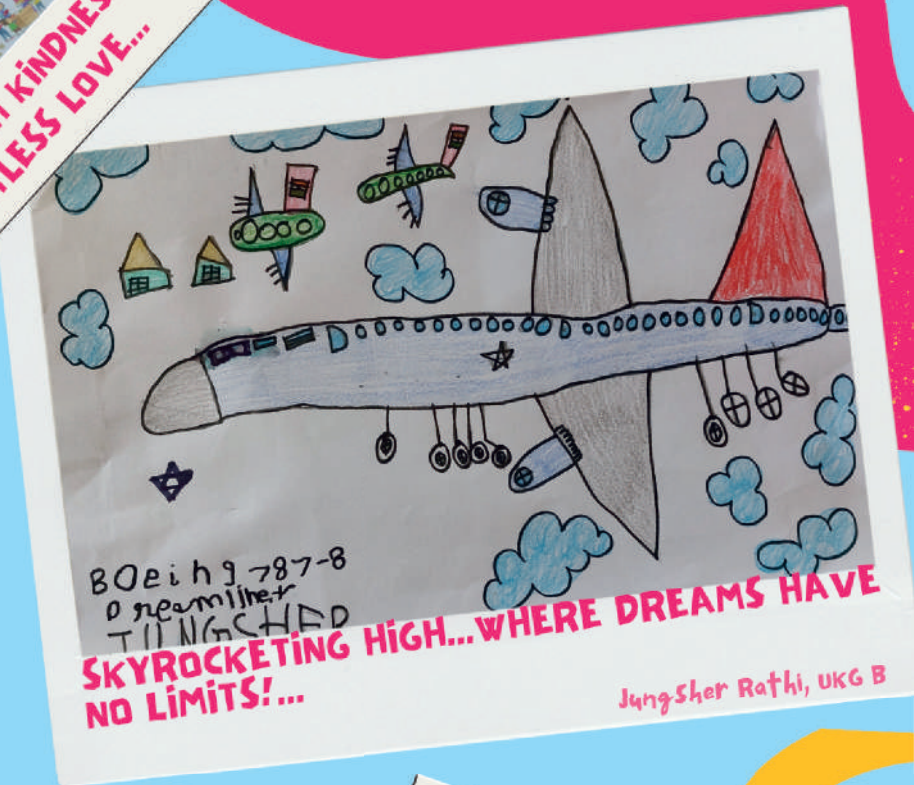
**SPEAK WITH CLARITY AND
EXPLORE BEYOND THE SKY!**



**THERE ARE NO BOUNDARIES TO
IMAGINATION...** Saanvi Thakur, UKG D



**SKY-HIGH KINDNESS,
LIMITLESS LOVE...**



**SKYROCKETING HIGH...WHERE DREAMS HAVE
NO LIMITS!...** Jungsher Rath, UKG B



**LET YOUR IMAGINATION RUN WILD-THERE ARE NO
LIMITS HERE!** Vivaan Trehaan, UKG B



**DARE TO EXPLORE; THE SKY
WONT HOLD YOU BACK!**



**TAKE THE LEAP, THE SKY IS
JUST THE BEGINNING!**

CHASING HORIZONS...

The sky is truly not the limit for our young Highlanders, who engage in a rich array of experiences designed to hone their skills and shape them into internationally minded, compassionate, and active lifelong learners. These experiences prepare them to become global citizens who are ready to face the challenges of the future with confidence. Whether stepping onto the stage for events like Monkey Business, the Front Desk Programme, the Gallery Walk, or the Student-Led Conference, or participating in Coffee Mornings, our students demonstrate fearlessness and the ability to take risks—hallmarks of true risk-takers.

Field trips and camps offer students invaluable hands-on learning opportunities, sparking their curiosity and fostering a spirit of inquiry. These immersive experiences not only encourage exploration but also equip them with essential life skills and enhance their self-management, preparing them to tackle any future challenges.

Sports Day is another vibrant aspect of school life, where Highlanders participate enthusiastically in a variety of skill-based games. This not only builds physical strength but also fosters sportsmanship, resilience, and self-esteem. Competing with integrity and supporting their peers, they learn valuable lessons in teamwork and perseverance.

Beyond the classroom, our students are committed to making a difference through larger causes. Initiatives such as the Blood Donation Drive and the Har Haath Kitaab campaign help students understand the importance of social responsibility and community service. By taking action through these initiatives, they develop a deeper connection to their community, demonstrating their commitment to helping others and making a positive impact on society. These multifaceted experiences ensure that our Highlanders are well-

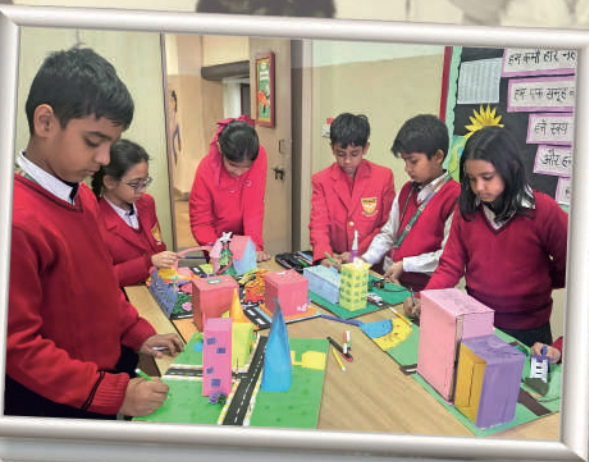
rounded, future-ready individuals poised to contribute meaningfully to the global community.

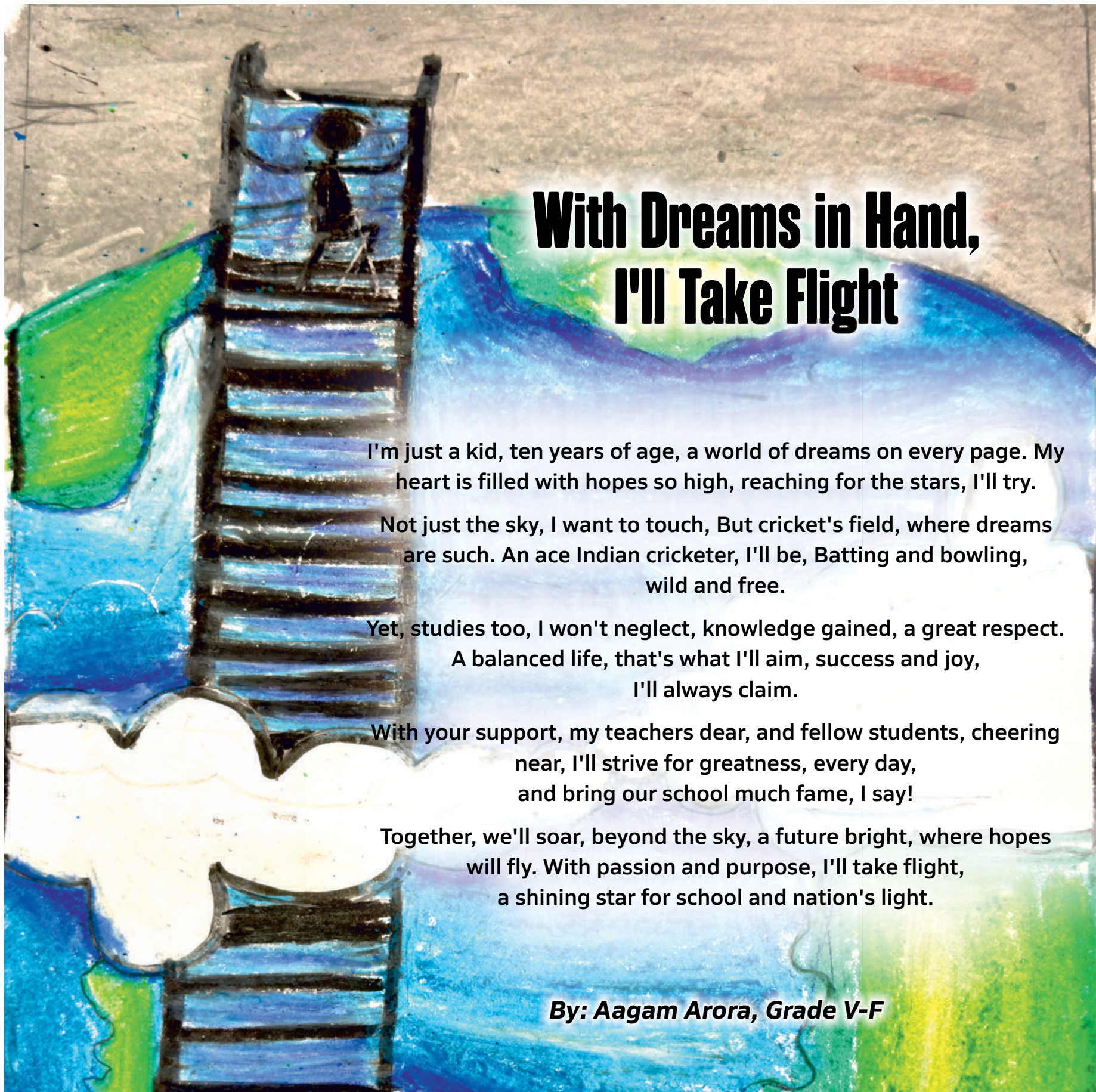
Creative expression is another cornerstone of our Highlanders' development. Whether they are participating in festival-related activities, exploring diverse art techniques, or working with materials to create handicrafts and original, innovative creations, students are encouraged to be imaginative and inventive thinkers. These experiences open their minds to endless possibilities, empowering them to see the world as a canvas for their ideas and aspirations.

The IB PYP Exhibition is another pivotal moment in the academic journey of PYP students, where they engage in collaborative, Transdisciplinary inquiry that synthesizes the essential elements of the PYP framework. This powerful demonstration of student agency allows students to exercise voice, choice, and ownership as they explore their chosen topics in greater depth. Through inquiry-led projects, the young Highlanders showcase their passion for creating positive change, aligning their work with the United Nations Sustainable Development Goals (SDGs). The exhibition reflects their understanding of real-world issues and marks a significant achievement in their development as globally minded learners.

With countless opportunities to extend their learning, our PYP students are empowered and equipped to embrace any challenge life presents. Whether developing the risk-taking attribute as they explore new ventures, cultivating balance, compassion, and care for themselves and others, or honing their communication skills, these young learners are ready to soar. For them, the world is their oyster, and the sky is just the beginning. Truly, there are no limits to what they can achieve!

Ms Shivani Johri (Initial School Head)
Ms Virender Bhullar (Primary School Coordinator)
(Deputy PYP Coordinators)





With Dreams in Hand, I'll Take Flight

I'm just a kid, ten years of age, a world of dreams on every page. My heart is filled with hopes so high, reaching for the stars, I'll try.

Not just the sky, I want to touch, But cricket's field, where dreams are such. An ace Indian cricketer, I'll be, Batting and bowling, wild and free.

Yet, studies too, I won't neglect, knowledge gained, a great respect. A balanced life, that's what I'll aim, success and joy, I'll always claim.

With your support, my teachers dear, and fellow students, cheering near, I'll strive for greatness, every day, and bring our school much fame, I say!

Together, we'll soar, beyond the sky, a future bright, where hopes will fly. With passion and purpose, I'll take flight, a shining star for school and nation's light.

By: Aagam Arora, Grade V-F



From The Editor's Desk

How often have we heard, in- fact recited the following poem

"Twinkle Twinkle Little Star,
How I wonder, what you are,
Up above the sky so high,
Like a Diamond in the sky."

It may be said that the child is gazing at the sky and questioning the stars. However, it would not be wrong to assume that the child is looking beyond the sky and feels the star is even above the sky. Thus, his vision is not limited by just the sky.

As the world progressed, we can safely say that the sky is not the limit in all fields of human endeavours.

The efforts in space exploration have pushed the envelope beyond Mars as the Voyager continues its journey in the outer space.

Medical sciences have achieved the replacement of vital parts of human body with astounding success.

In the field of Mathematics, the Indian sages/ Rishis were enamored by large numbers and they have calculated distances in the solar system with a fair amount of accuracy. This was done without the aid of modern devices.

The above are examples that prove that, "Sky Is Not the Limit." What is required is dedication, hard - work and a questioning attitude. To quote,

"Heightened success is not a sudden leap,
But a gradual climb, through steady creep,
Through twilight hours, and silent might,
We reach the pinnacle, in morning light."

One is convinced that as we progress, we shall open a new vista for exploration leading to further new discoveries.

If it is not the limit, then what is it? I feel that human imagination is boundless and has actually no limit. Limits will be defined and set by humans themselves from their imagination, hard work and by pursuing education



Ms. Kanchan Khanna
School Editor

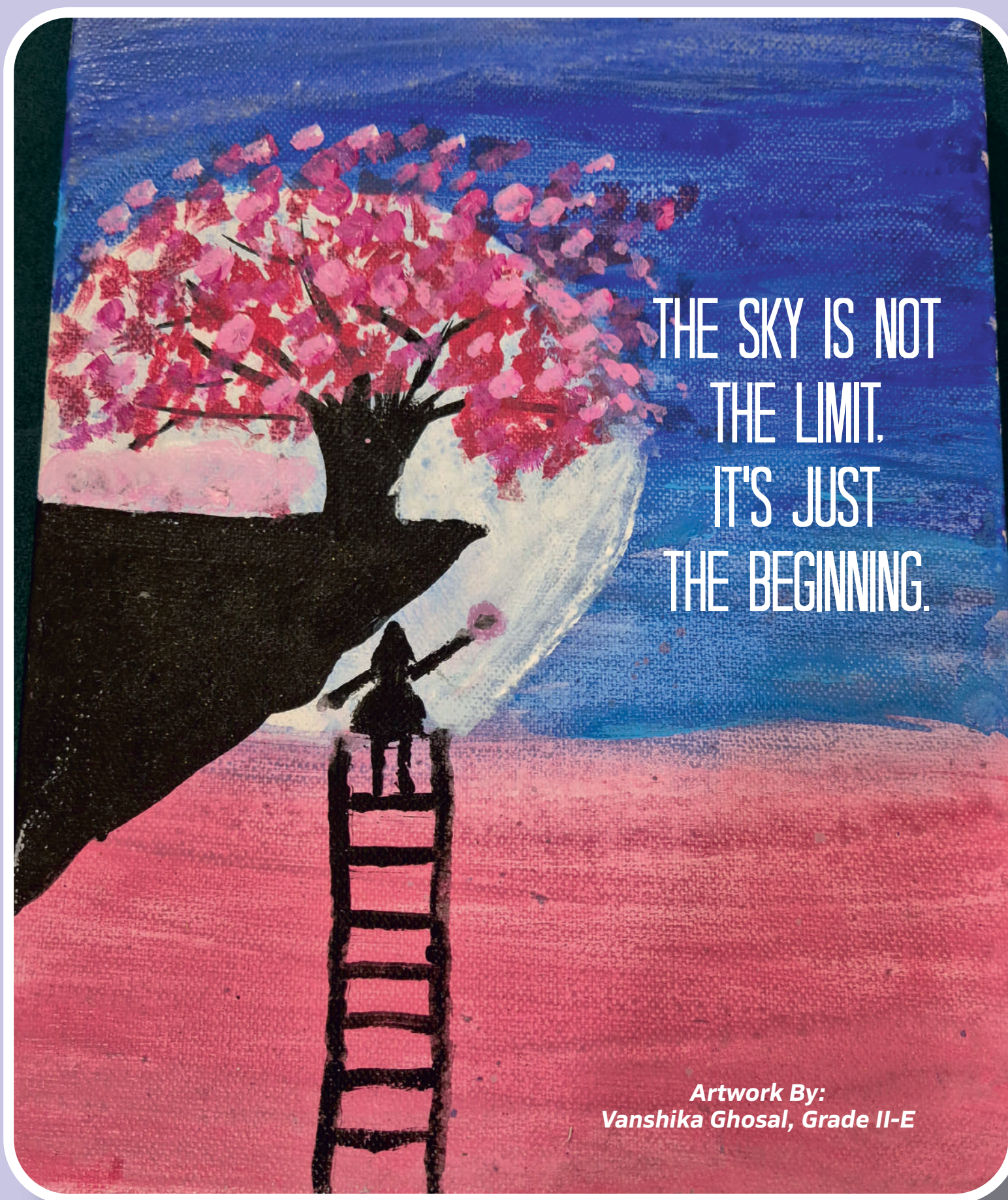


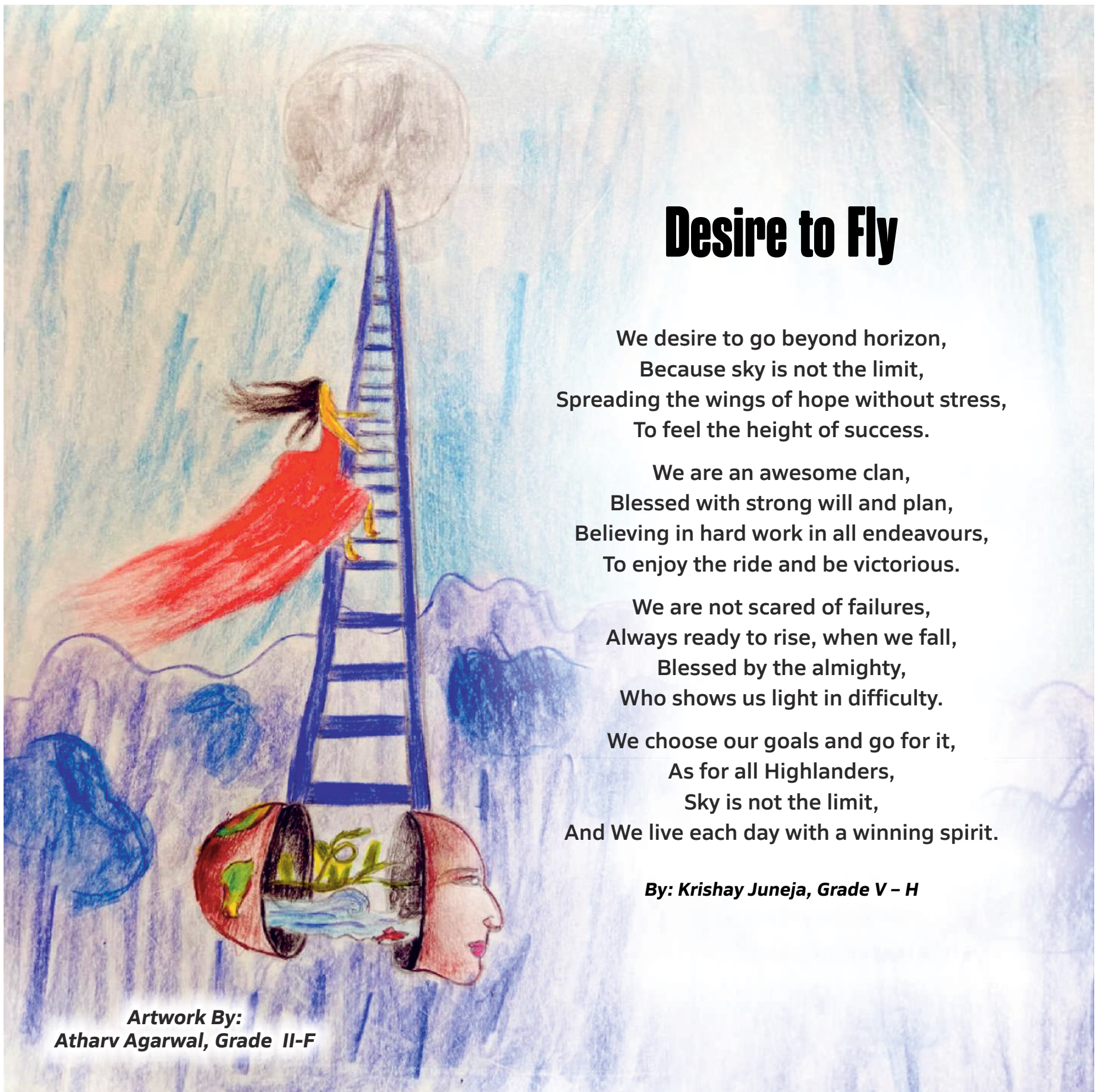
आसमान नहीं है सीमा,

आसमान नहीं है सीमा,
यह सोच का एक देखा है,
हर एक ऊँचाई के ऊपर,
और भी एक रास्ता है।
पंछी उड़ते बादलो में,
पर रुकते नहीं वहा,
आगे कि उचाईयो में,
ढूँढता नई जगह।
सितारे भी चमकते है,
रात के उस पार,
असीमित है ये दुनिया,
राहे है बेशुमार।
आसमान नहीं है सीमा,
खुला है हर द्वार,
अपने सपनो को दे पंख,
होंगे वो साकार।

अनन्या अजित कुमार
कक्षा : आठवीं

Artwok By:
Ms Pallavi Magu
Mother of Liana Magu, Grade I-C





Desire to Fly

We desire to go beyond horizon,
Because sky is not the limit,
Spreading the wings of hope without stress,
To feel the height of success.

We are an awesome clan,
Blessed with strong will and plan,
Believing in hard work in all endeavours,
To enjoy the ride and be victorious.

We are not scared of failures,
Always ready to rise, when we fall,
Blessed by the almighty,
Who shows us light in difficulty.

We choose our goals and go for it,
As for all Highlanders,
Sky is not the limit,
And We live each day with a winning spirit.

By: Krishay Juneja, Grade V – H

*Artwork By:
Atharv Agarwal, Grade II-F*



बादलों के बीच

आकाश है असीम ।

बहुत ऊँचाई पर जहाँ हमारा हाथ न पहुँच पाए,
पर यही हमारी ज़िन्दगी को बेहतर बनाने के मौके लाते ।

आगे बढ़ने की मंजिल पर

नए दरवाज़े होते,

चाहे ये ज़िन्दगी में अच्छे बदलाव लाए या बुरे,
हमेशा कामयाबी पाने का रास्ता बनते ।

बादलों के बीच,

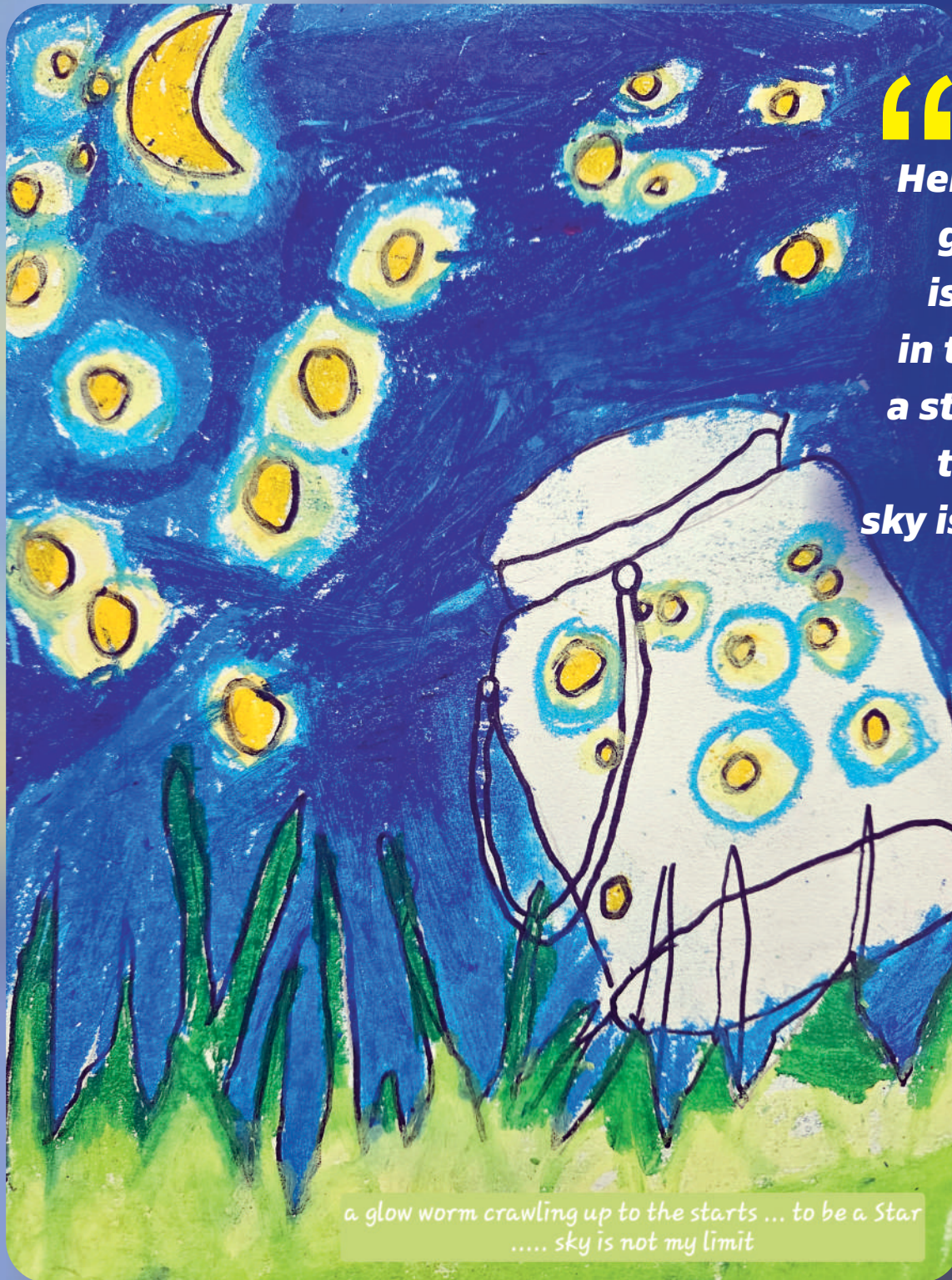
आकाश है असीम ।

आख़िर पेड़ को भी पौधा बनने में समय लगता,
फ़िर ज़िन्दगी तो ऐसा सफ़र है जिसमें बहुत मुश्किलों का सामना करना
पड़ता है ।

सिया गुप्ता

कक्षा : नवीं

Artwork By:
Niyati, Grade IV-B



“

**Here the young
glow worm
is raising up
in the sky to be
a star and hence
telling that
sky is not the limit.**

a glow worm crawling up to the stars ... to be a Star
..... sky is not my limit

**Artwork By:
Yuvraj, Grade II-F**

THE SKY WAS JUST A START

THE SKY IS NOT THE LIMIT
IT'S JUST A PLACE TO START.
WE REACH BEYOND THE CLOUDS, WITH
DREAMS INSIDE OUR HEARTS. THE STARS
AREN'T DISTANT STRANGERS. THEY
WHISPER CLOSE AND KIND,
REMINDING US THAT LIMITS EXIST
WITHIN THE HUMAN MIND.
WE CHASE THE ENDLESS HORIZON,
WITH HOPE TO BE OUR GUIDE,
THROUGH FAILURES AND THROUGH
TRIUMPHS. WE LEARN TO SET ASIDE THE
FEARS THAT KEEP US GROUNDED,
THE DOUBTS THAT PULL US IN—
THE SKY IS NOT THE LIMIT.
IT'S JUST A PLACE TO BEGIN...

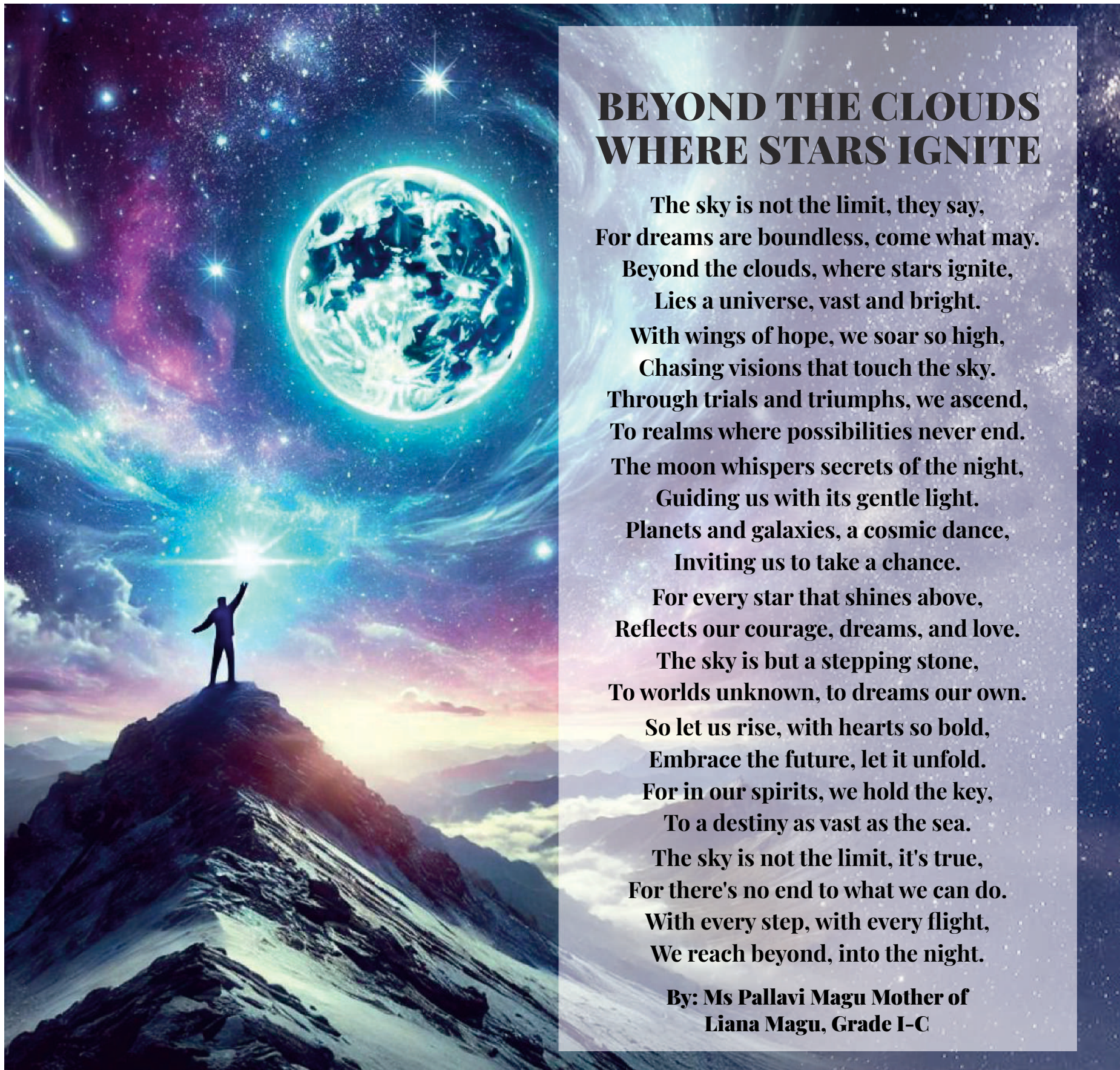
By: Ananya Ajit Kumar, Grade VIII-A



आसमान से ऊँचा

यह वाक्य यह दर्शाता है कि मनुष्यों के लिए उपलब्धियों की कोई सीमा नहीं है। सदियों से, मनुष्य आसमान की ओर देखते रहे हैं, इसे सबसे दूर की सीमा मानते हुए। लेकिन जैसे-जैसे विज्ञान, तकनीक और कल्पना ने प्रगति की, हमने इस सीमा को पार कर लिया है। अब हम जानते हैं कि ब्रह्मांड बहुत विशाल है और आसमान से भी परे फैला हुआ है। यह वाक्य यह संकेत करता है कि हमारे भीतर असीम संभावनाएँ हैं और हमारी सीमाएँ केवल हमारे विचारों और प्रयासों तक ही सीमित हैं। जब नील आर्मस्ट्रांग ने पहली बार चाँद पर कदम रखा, तो यह मानवता के लिए एक महत्वपूर्ण उपलब्धि थी। इसने साबित किया कि दृढ़ता, संकल्प और नवाचार के साथ हम असंभव को भी संभव बना सकते हैं। आज, हमने अंतरिक्ष अन्वेषण, चिकित्सा, प्रौद्योगिकी और अन्य क्षेत्रों में भी प्रगति की है, और निरंतर सीमाओं को पार कर रहे हैं। यह विचार हमारे व्यक्तिगत जीवन पर भी लागू होता है। हम सभी को कई चुनौतियों का सामना करना पड़ता है जो असंभव लग सकती हैं, लेकिन असली सीमाएँ वे हैं जो हम खुद पर थोपते हैं। सही मानसिकता के साथ, हम शिक्षा, करियर, खेल और रिश्तों में भी बाधाओं को तोड़ सकते हैं। अंत में, "आसमान सीमा की नहीं है" यह संदेश देता है कि हमें बड़े सपने देखने चाहिए, ऊँचाई तक पहुँचने का प्रयास करना चाहिए और यह विश्वास करना चाहिए कि हम कुछ भी हासिल कर सकते हैं। यह हमें सिखाता है कि हम सीमाओं को अस्वीकार करें, निरंतर विकसित हों और एक ऐसे भविष्य की दिशा में काम करें जहाँ असंभव भी संभव हो सके।

किमाया अब्रोल
कक्षा : छठी



BEYOND THE CLOUDS WHERE STARS IGNITE

**The sky is not the limit, they say,
For dreams are boundless, come what may.
Beyond the clouds, where stars ignite,
Lies a universe, vast and bright.
With wings of hope, we soar so high,
Chasing visions that touch the sky.
Through trials and triumphs, we ascend,
To realms where possibilities never end.
The moon whispers secrets of the night,
Guiding us with its gentle light.
Planets and galaxies, a cosmic dance,
Inviting us to take a chance.
For every star that shines above,
Reflects our courage, dreams, and love.
The sky is but a stepping stone,
To worlds unknown, to dreams our own.
So let us rise, with hearts so bold,
Embrace the future, let it unfold.
For in our spirits, we hold the key,
To a destiny as vast as the sea.
The sky is not the limit, it's true,
For there's no end to what we can do.
With every step, with every flight,
We reach beyond, into the night.**

**By: Ms Pallavi Magu Mother of
Liana Magu, Grade I-C**



BEYOND THE SKIES I RISE



Artwork By:
Shreyas Goyal, Grade V-H

I look outside and think awhile,
Of dreams once held now stacked in a pile
Too many goals for me to claim,
Yet none too big to spark a flame
But wait – what's that distant sound?
A whisper I hear all around
The sky is no limit it seems to say,
With wings of hope I search for a ray
Fearful of the heights that might lead me
astray,
With a courageous heart I search for a way
It took me a while though now I see,
The strength to soar was always in me
Each step I take a path unravels,
Now that I'm free from my shackles
All my dreams are just an inch away,
I can achieve my dreams I say
So I will chase my dreams both big and small,
And in my journey I'll rise and fall
With each fall I will learn to rise,
My spirit unbroken chasing the prize.

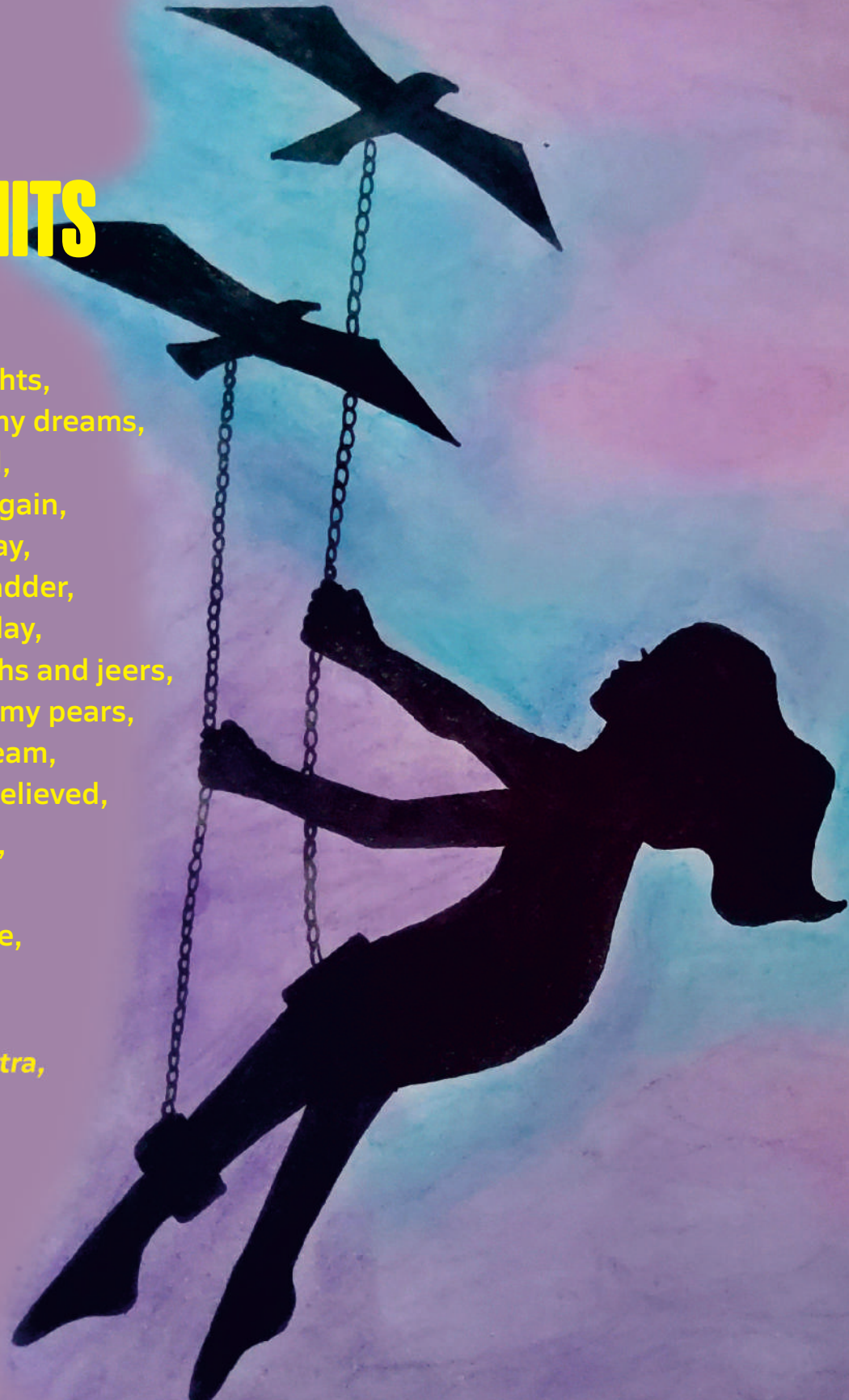
By: Shreyas Goyal, Grade V-H



A WORLD OF LIMITS

Chained in someone's thoughts,
Opinions of the limits thrust upon my dreams,
They say don't try so hard,
And perhaps I won't shatter again,
Understand my visions I pray,
For failure is only the strong ladder,
The ladder I am building today,
Alas! My words only add to their laughs and jeers,
For they are Greek and Latin to all my pears,
Picking up myself and my dream,
I remember what I have always believed,
"The Sky Is Not The Limit,
Our Thinking Is"
I move forward with a smile,
And once again I try.

*By: Siddheshwari Panchavaktra,
Grade IX-E*





*Artwork By:
Ishmita Gupta, Grade II-A*

PLANETS SPINNING IN THE SKY

Up above, the sky is blue,
With fluffy clouds that float on through.
But look beyond what we can see,
There's so much more, just wait for me!
Stars that twinkle, bright and high,
Planets spinning in the sky.
A rocket ship, let's take a ride,
To explore the universe wide!

Dreams can soar like birds in flight,
Reaching for the moon so bright.
The sky's a start, but don't you fret,
Adventure awaits, don't stop just yet!
So spread your wings, let your dreams fly,
The sky is just the start—oh my!
With courage and hope, we'll go so far,
For the sky is not the limit, it's just our star!

By: Ishmita Gupta, Grade II-A



केटरपिलर

हर किसी की कोई महत्वाकांक्षा और सपने अवश्य होते हैं। हर किसी की अपनी पसंद अपनी इच्छाएँ होती हैं। यदि केटरपिलर तितली बनने की बजाए कुछ और बनना चाहे, तो यह हमें हमारे अपने जीवन के विकल्पों और संभावनाओं पर विचार करने के लिए प्रेरित करता है। उड़ने और सपने देखने में कोई छोटी-बड़ी बात नहीं होती और यह हमें कुछ ऐसा उद्देश्य देता है जहाँ पर कोई सीमा नहीं होती।

दूसरा सवाल ये है कि अगर केटरपिलर अधिक सशक्त ड्रैगनफ्लाई या एक रोचक बीटल बनने की ख्वाहिश रखता है, तो वहाँ केटरपिलर तितली बनने की बजाए कुछ और बनना चाहता है। केटरपिलर तितली बनने की चाह रखने तथा अलग-अलग आकारों की तितलियों को देख कर सोचता है क्या हो यदि लोग तितलियाँ न बनें। क्या तितलियों को और स्वतंत्र बनने का अधिकार नहीं ?

चाहे केटरपिलर तितली बने या न बने, लेकिन क्या वह एक नए आसमान पर उड़ान भरकर संतोष नहीं करेगा। यह हमें सिखाता है कि हमें अपने जीवन में परिवर्तन को स्वीकार करना चाहिए और उनसे विकास करना चाहिए। बदलाव हमें नए अनुभव और नए अवसर लाता है।

जैसे एक केटरपिलर को अपने लिए तितली बनने के अलावा कोई और रूप नदलपसंद आता, तो यह हमें खुद के अस्तित्व और संभावनाओं पर विमर्श करने के लिए प्रोत्साहित करता है। हम अपने जीवन में विभिन्न स्तरों के अनुभवों की तलाश कर अपने लक्ष्यों को पूरा करने के लिए नए आयाम खोजना चाहिए। इस संदर्भ में बदलाव को जो अपना लेते हैं और उससे सीखते हैं उनके लिए यह स्पष्ट है कि ऐसे लोग संतोषप्रद और सफल जीवन व्यतीत करते हैं।

अवनि द्विवेदी
कक्षा : दसवीं



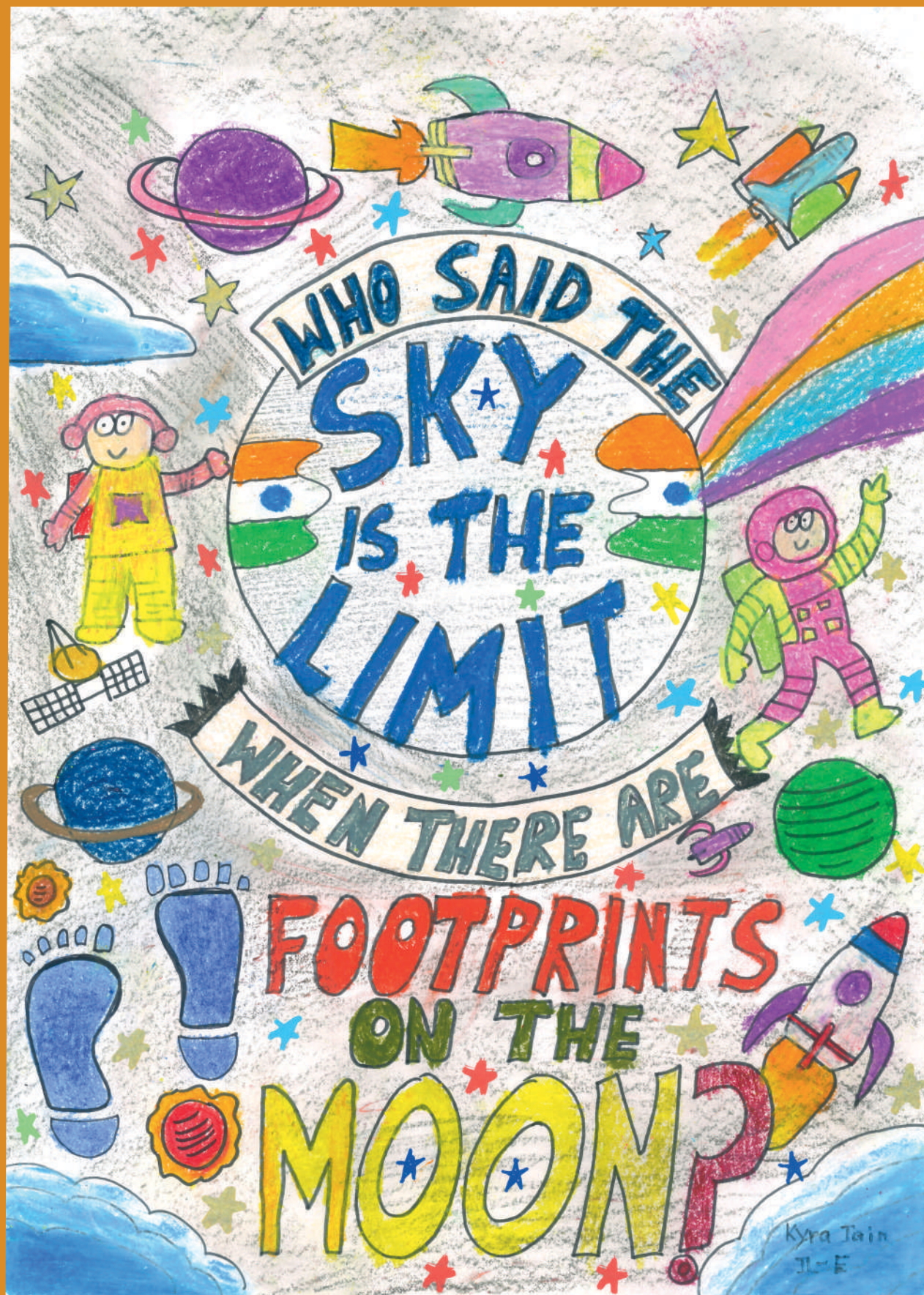
"Unraveling the truth"

Oliver Wells, a 16-year-old with dreams so bright,
Wanted a life free from crime, day and night.
He walked the halls, lost in thought, with no desire to play,
Just living life at his own pace, in his own way.
But little did Oliver know, fate had other plans in store,
A robbery at Mike's mart, and his life would soon be more.
He read the news in the morning paper, with a shock and dismay,
And wondered how this could happen, come what may.
The police combed the scene, collecting evidence with care,
And found a suspicious figure lurking there.
The figure was tall, with a hoodie and sunglasses too,
And a distinctive tattoo of a snake on his hand, for Oliver to pursue.
Oliver's mind was racing, with questions beyond compare,
As he thought of the victims and the thief on the run, with no care.
He wondered how this could happen, in a town where everyone was one,
And why his father seemed to be hiding something, though he'd never done.
As he walked to school, he felt a strange sense of unease,
And a feeling that he'd stumbled into something that he couldn't release.
The police arrived at school, and Oliver's heart skipped a beat,
And his life became a mystery, hard to repeat.
He followed every lead, every clue, every hint,
And tried to make sense of it all, with no time to lament.
He dug deeper still, fueled by determination and willpower clear,
Until finally, he thought he'd solved the case, without a single fear.
But little did Oliver know, his father was the thief,
And Oliver had unknowingly led him straight to relief.
He sold him out to the police, without a second thought,
And left his father to face the music, as his secrets were caught.
But Oliver's work wasn't done yet, he had to uncover the truth,
The robber's hidden clues, that even his father couldn't loose.
He analyzed every detail, every tiny piece of evidence so fine,
And pieced together the puzzle, like a detective so divine.
He discovered hidden codes and messages in plain sight,
And tracked down the robber's trail, through day and endless night.
He found a torn piece of fabric caught in the door frame,
A match for fabric on his father's jacket, but not quite the same.
He discovered a suspicious transaction on an unknown account,
A withdrawal of \$5,000 just days before the robbery took place in vain.
He found a fingerprint that matched none in the file so fine,
But it seemed like a crucial clue that could lead him to the trial's crime.
He gathered all the clues, like pieces of a puzzle in his mind,
Until finally, everything clicked into place, and he knew what he was to find.
He revealed the truth to the police, and his father's guilt was exposed,
And Oliver's bravery and wit had brought justice to those who had been robbed.
Oliver learned that sometimes life takes unexpected turns and twists,
And that sometimes you're forced to adapt, even when you're not equipped with wits.
But he also learned that courage and determination can lead to truth,
And that even in the darkest moments, hope can still break through.



Artwork By:
Vamika Awasthi, Grade III-C

By: Laksh Jain,
Grade VI-G



Artwork By:
Kyra Jain,
Grade II-E



Artwork By: Krishiv Chopra, Grade II-E

Dreaming beyond limits

*The sky is the limit,
But is that really true?
The earth says, "I'm your creator,"
While the moon whispers, "I've long crossed you."*

*The earth may underestimate your flight,
But the moon is a friend, shining bright.
The earth is the "real" you face each day,
The moon is a dream that won't fade away.*

*At night, the earth lets the sky silhouette your feats,
Darker than the darkest of tints.
Yet the moon bathes them in calming light,
Making your efforts clear and bright.*

*The moon isn't just your imagination,
But the sky is where fear takes its station.
Others have already touched the moon's face,
And space is close, a reachable place.*

*The earth may push you with its might,
But you must strive with all your fight.
For the earth's limit is the sky so high,
Yet space is where your true limits lie.*

*The earth gives a glimpse, just a view,
Of moons and suns, a preview for you.
So let all those L-I-M-I-T-S scatter,
For we both know, they don't really matter.*

**By:
Hetavi Doshi,
Grade X IGCSE-B**

बढ़ते रहो

आसमान नहीं मंजिल हमारी,
सितारों से आगे है हमारी सवारी।
पंखों को न रोको, न थामो उड़ान,
हमे तो परे जाना है, उस अनजाने जहान।

धरा की सीमाएँ हो चाहे कठिन,
मन कि उड़ाने होती है गगन।
जहाँ तक पहुँच सके नजर,
वही से शुरू होती है नई डगर।

आसमान नहीं है अंतिम पड़ाव,
सपनों का है और बड़ा धेराव।
हौसलों से लिखी अपनी तकदीर,
आगे बढ़ते रहे, न हो कोई जंजीर।

आर्णा यादव

कक्षा : नवीं

Artwork By:
Asmita Jain, Grade II-F



The Skybound Sanctuary

Nestled high in the ancient maple tree, hidden among the verdant canopy of leaves, the nest lies in its ethereal perch, like a star resting in the night sky. A delicate tapestry of meticulously woven twigs and hay, patched together to cradle the fragile eggs from the world which surrounds it. Nature's avian cradle is guarded by a sentinel in the sky, their mother bird, whose warmth nurtures her hatchlings.

The sunburnt autumnal leaves of red and gold, the fiery canvases' serrated edges cut the beaming rays of light emitted from the sun, refracting and filtered through branches of the nest. The mother bird's plumage shines like patches of yellow snow in the soft sunlight, her cold-eyed disdain towards the hawks circling above is almost audible. As dawn breaks, the sweet chirrups of the chicks are to be heard, their cries rising like the first light of morning. The mother bird answers the call, rushing back to the nest. As winter's icy breath settles over the tree, it's cold embrace sheds the sheath of the deciduous tree. The once concealed nest, shielded

by the lush summer foliage, is now exposed to nature's unforgiving side.

The veil of green, red, and gold retreats, leaving the tree bare. The nest is now left to face the biting winds and drifting snowflakes, bearing the weight of snow and chill depositing on its labyrinth of interwoven branches. As summer arrives, the nest stands strong, having withstood autumn and winter. Re-emerging from its slumber, the tree transforms again, with somber green leaves emerging once more, enveloping the nest in comfort like a sky; reclaimed.

***By: Agastya Sumeer Kaul,
Grade XI IBDP-B***





Artwork By:
Araayan Vijan, Grade V-D





Roots of Understanding

In classrooms where young voices rise,
We plant new seeds beneath the skies.
Not just of facts or lessons told,
But roots that reach within the soul.

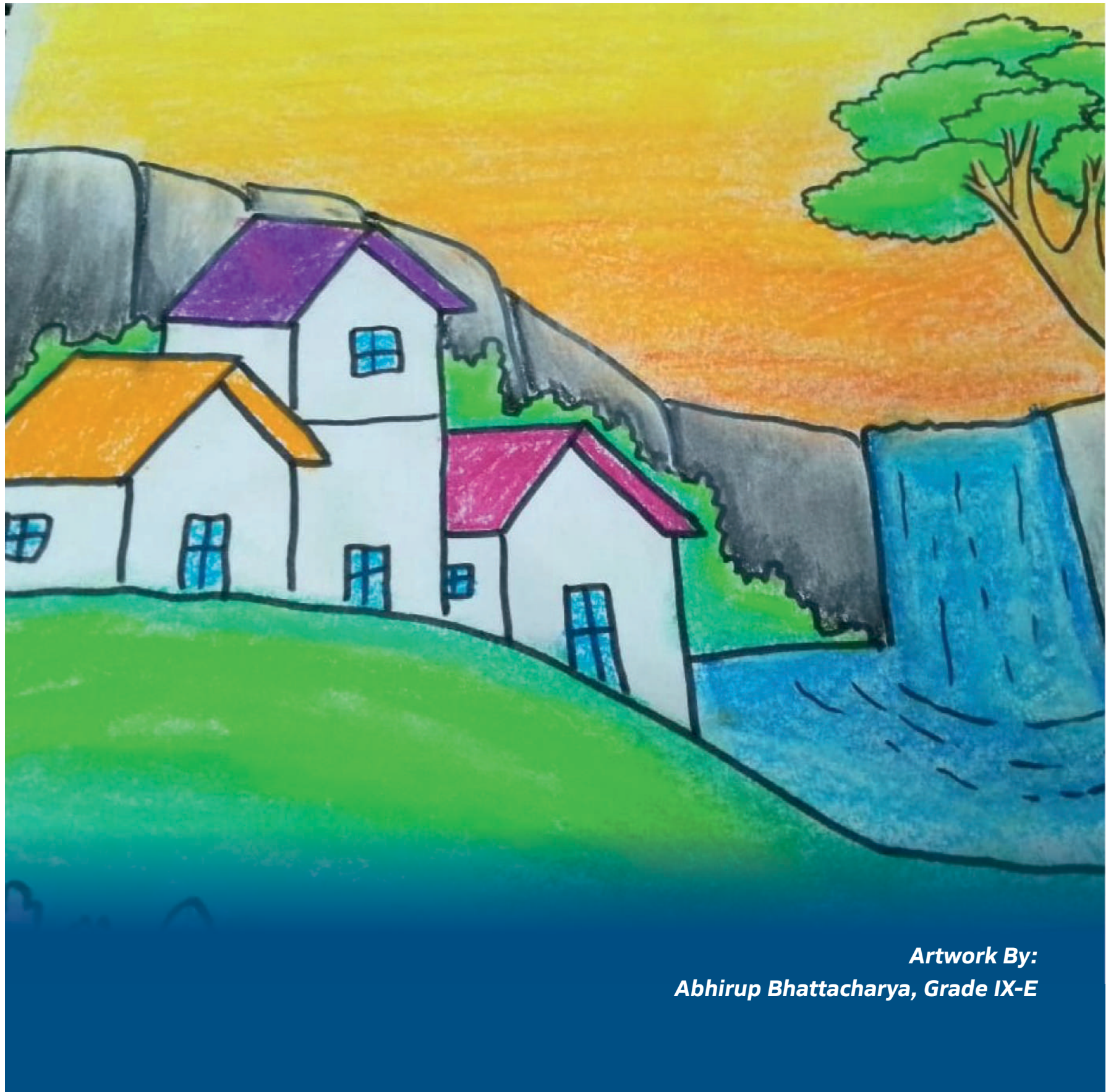
We learn to listen, care, and see,
To walk with others, let them be.
To name our feelings, hear the pain,
And through compassion, break the chain.

When anger flares or sadness grows,
We learn the ways to let it go.
To show the strength in being kind,
And grow the heart, along with mind.

It's more than words or simple praise,
It's how we face the toughest days.
In every bond and every friend,
We find the path to help, to mend.

So let us teach, and let us feel,
To make the lessons deep and real.
For through the ties of love and care,
We build a world where all can share.

**By Ms. Monika Kochhar,
HRT Teacher**



Artwork By:
Abhirup Bhattacharya, Grade IX-E



“The Sky is not the Limit”: An Economist's Perspective on Boundless Possibilities

As an Economics facilitator, I often tell my students that economics is full of infinite possibilities and opportunities. The saying "sky is not the limit" is very well connected to this context because the only limitation we face are those that we impose on ourselves. This concept reminds us that when we use invention, creativity, critical thinking, and perseverance, we can overcome obstacles and reach exceptional success.

Economics is more than just the study of graphs and charts or supply and demand. It all comes down to realizing the possibility of choices. Innovation is the engine of a progressive economy in the contemporary world of economics. From the industrial revolution to the digital age, history has demonstrated that individuals who dare to innovate, actually push the boundaries of what is possible. Globalization serves as one example of this. Not only has it linked the economies together, but it has also created new avenues for trade and enabled cross-border intellectual interchange. As a result, markets grow, economies change, and technology developments create new opportunities for economies to flourish in terms of economic growth and development.

Teaching economics is not just educating students about the economic theories and models, it's also about inspiring their creative and innovative mind-set in order to prepare them for the global economy. In light of this, it's essential that they minutely understand the worldwide market, identify the

various available opportunities for international trade, and value the cultural diversity of different region. They should also reflect critically how they may apply new technology, make the most use of available resources, and devise original solutions to the difficult economic problems which the world is facing right now.

In a nutshell, the phrase "Sky is not the Limit" means there are infinite possibilities, but it doesn't mean that there won't be any challenges. There are real-world difficulties which every economy has to face like scarcity of resources, economic depression & recession, environmental issues and many more, which are not just of a grave concern but also require innovative solutions. As educators, we assist students in viewing these difficulties as opportunities, to implement their innovation and creativity and conceive new ideas and strategies to overcome these problems, rather than treating them as barriers. We give students the tools they need to turn setbacks into opportunities for growth, by teaching them how to approach problems with a solution-focused growth mind-set.

***By: Ms. Neha Gupta,
Economics Facilitator***



Artwork By:
Myrah S Garg, Grade I-A



गगन के पार जाना है

मुझे तो इस गगन के पार जाना है कर आँख तारों से, गले शमश को लगाना है ।
नहीं है पंख गर मेरे, तो क्या हुआ
उड़ाने हौंसलों की हों तो, कदमों में ज़माना है;

इरादे नेक हों, उद्यम, परिश्रम का सहारा हो, असम्भव कुछ नहीं होता, मुझे सबको दिखाना है
क्षिततज का चीर कर सीना गवव रवव का चुराना है;
खुले अंतरिक्ष में बिखरे रहस्यों के खज़ाने से धरा के हर मनस्वी को मुझे अवगत कराना है
नहीं संदेह होऊँगा सफल अपने इरादों में, लगन, मेहनत, भरोसे से

मुझे परचम फहराना है;
न रोको, न टोको, न कोई डराओ मुझे;
ये आसमान मेरी सीमा नहीं है
मुझे तो चीर हर बाधा क्षितिज के पार जाना है ।

दैविक अबरोल
कक्षा : सातवीं





नया आकाश

ZOIE TRIPATHI
6-F

आकाश मेरी सीमा नहीं,
सपनों के पंखों को खोलूँगी,
हवाओं से बातें करूँगी,
नए जहाँ को खोजूँगी !



हर मुश्किल को पार कर,
हौसलों से ऊँचाई नापूँगी,
आँधियाँ मुझे रोकें चाहे,
मैं तूफानों को भी झेलूँगी !



आकाश मेरी सीमा नहीं है,
मैं खुद अपनी मंजिल हूँ,
जहाँ तक जाएं मेरे कदम,
वहीं मेरा नया आकाश है !

चाँद-सितारे दूर सही,
पर दिल से उन्हें बुलाऊँगी,
आसमाँ के इस अनंत में,
अपनी राह बनाऊँगी !

धरती से उठकर ऊँची हो,
आसमान भी छोटा लगेगा,
मेरे हौसलों की उड़ान में,
हर सपना साकार बनेगा !

जोई त्रिपाठी
कक्षा : छठी



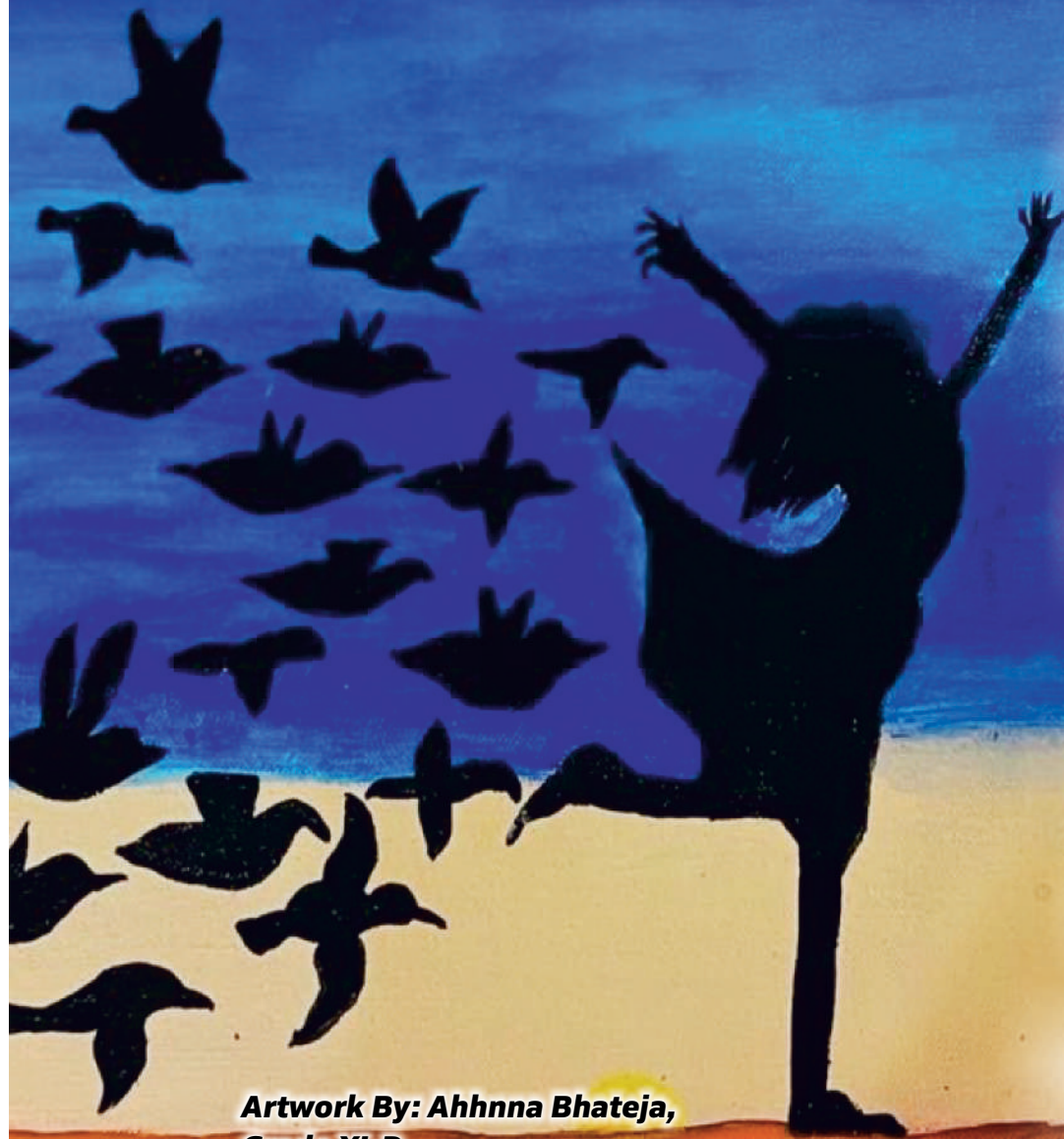
WHAT IF

The other day I had a dream,
It was so vivid I was about to scream!
It still lingers on my mind
And what is it you have to find.
I saw we had a new technology,
If it sounds funny, please accept my apology.
I was searching on the net,
It was the world map I bet.
I put my finger on Switzerland and closed my eyes,
In a second I was on Mt Titlis and all around was ice.
I then tried something grand,
And rolled in the Dubai sand.
So this was the new discovery,
I took some time for recovery.
I could go wherever I wanted,
As if my grand wish was granted!
What if there was no visa required
What if there was no flight required
What if there was no money required
What if there was no time required
All of us would get to see the whole earth,
With this technology there is no dearth.
God! Please make this dream come true,

By: Aarav Kochhar, Grade XI-D



THE QUEEN OF THE SKY



**Artwork By: Ahhna Bhateja,
Grade XI-D**

Why can't I just be the ruling queen,
Why can't I just shout and scream,
Because the sky won't permit it,
The light just won't be lit,
Or that's what I thought.

Why can't I be the ordinary queen?
Why can't I be seen just as me?
Life just needs the perfect photo,
But that's just not my motto,
Trying to win this game.

Why can't I be the ordinary queen?
Why can't I be seen just as me?
Life just needs the perfect photo,
But that's just not my motto,
Trying to win this game

Why can't I just be the carefree queen?
Why can't I just enjoy a dream,
The world thinks it's not right,
The urge is too weak to fight,
But maybe that was not the right time.

Why can't I just be the dancing queen,
And I try is to be myself every time,
All the time I try to shine,
I wondered, "but does it work?"
I pondered, "why does darkness lurk?"

Why can't I be the ebullient queen,
Why can't I just gleam,
I think that I am just too terse,
I can't just repeat the verse,
Again and again and again.

The only thing stopping me,
Stopping me from being queen,
The one with the crown on her head,
Can we found without behest,
Since the only obstacle is actually me.

And it turns out that,
The sky is not the limit, in fact,
I can be what I want to be,
Whether they believe, beseech, think it's a lie,
I can still be the queen of the sky.

By: Sia Aggarwal, Grade X-F



दुनिया वही बदलते हैं

आसमान हमारी सीमा नहीं, बल्कि सिर्फ एक शुरुआत है। क्या आपने कभी महसूस किया है कि आपने अपनी सीमाएँ पार कर ली हैं? क्या हो अगर आपको बताया जाये कि असली सीमाएँ सिर्फ आपके मन में हैं? आसमान सीमा नहीं है एक प्रेरक कथन है जो सिर्फ जीवन की उन संभावनाओं की ओर इशारा करता है जो हमें लगता है असंभव हैं। हमें खुद ही हमारी क्षमता का अंदाजा नहीं है। अपने लक्ष्य से अलग करती हुई सिर्फ एक ही चीज़ होती है, और वो हैं मन की सीमाएँ। एक बार हमने अपनी सोच को बदलना सीख लिया, तो कुछ भी करना हमारे लिए असंभव नहीं। आसमान, जिसे हम अपनी सीमा मानते हैं, असल में वो सिर्फ एक प्रतीक है की जिन उचाईयों का सपना हम देखते हैं, वो हमारी असली सीमा नहीं बल्कि सिर्फ शुरुआत है। जब मनुष्य को लगने लगता है की वह थक चुका है, तो वैज्ञानिकों के अनुसार उसने सिर्फ अपनी अस्सी प्रतिशत क्षमता का कार्य किया है। ऐसा कई बार होता है की लोग हारने के दर से, और आंतरिक संदेह के कारण अपने पूरी योग्यता को समझ नहीं पाते और और उनका विकास सही ढंग से नहीं हो पाता। इस लेख का उद्देश्य यही है कि हम पहचानें हमारी असली हदें कहीं और नहीं बल्कि हमारे भीतर की हमारी सोच है।

इतिहास में ऐसे कई लोग हैं जिन्होंने परंपरागत एवं प्राचीन सीमाओं को पार किया और एक महत्वपूर्ण प्रभाव छोड़ा। इसका एक बहुत बड़ा उदाहरण हैं डॉ ए.पी.जे. अब्दुल कलाम जो कि एक भारतीय वैज्ञानिक एवं पूर्व राष्ट्रपति और प्रेरक वक्ता थे। उन्होंने अंतरिक्ष और परमाणु कार्यक्रम को नयी दिशा दी। उन्होंने अपने जीवन को पुरानी परंपराओं से बहार निकलने एवं नवाचार की दिशा में समर्पित किया। डॉ कलाम ने न केवल विज्ञान के क्षेत्र में नयी उचाईयों को छुआ बल्कि भारतीय युवाओं में आत्मविश्वास और देश सेवा के प्रति संचार भी किया। इसका एक और उदाहरण हैं एक ऐसी महिला जिनकी कहानी में इतनी कठिनाइयाँ रही हैं, जिनको न सिर्फ अपने अंदर के संदेह को हराना था बल्कि समाज के पूर्वाग्रह एवं शरीर की भी विकलांगता को को हराना था। अरुणिमा सिन्हा वो पहली विकलांग व्यक्ति हैं जिन्होंने माउंट एवरेस्ट की चढ़ाई की थी। एक ट्रेन हादसे में अपनी टांग खोने के बाद भी उन्होंने हार नहीं मानी और एवरेस्ट की चोटी तक पहुँचने में सफल रही। उनकी साहसिकता ने विकलांगता को एक बाधा नहीं, एक चुनौती के रूप में देखा और यह साबित किया की शारीरिक बाधाएं मनुष्य के आत्मविश्वास और इच्छाशक्ति को नहीं रोक सकती। इनका जीवन इस बात का सबूत है की मनुष्य अगर कोई दृढ़ निश्चय कर ले और अपने लक्ष्य तक पहुँचने के लिए अपने

आंतरिक संघर्ष से आगे बढ़ जाये तो वह कुछ भी कर सकता है। ऐसी एक और हस्ती हैं कल्पना चावला। कल्पना चावला भारतीय मूल की पहली महिला अंतरिक्ष यात्री थीं। उन्होंने नासा के अंतरिक्ष मिशन में भाग लिया और स्पेस शटल कोलंबिया के चालक दल का हिस्सा थीं। कल्पना चावला ने साबित किया कि अगर सपने बड़े हों, तो कोई भी सीमा उन्हें रोक नहीं सकती, चाहे वह भौतिक हो या सामाजिक। अरुणिमा सिन्हा के जैसे, सुधा चंद्रन ने भी विकलांगता को बाधा नहीं चुनौती के रूप में देखा। एक हादसे में अपनी एक टांग खोने के बावजूद सुधा चंद्रन ने न सिर्फ नृत्य में अपनी पहचान बनाई बल्कि प्रोस्थेटिक (कृत्रिम अंग) का उपयोग कर शास्त्रीय नृत्य में अपनी कला को फिर से जीवित किया। सुधा चंद्रन ने यह सिद्ध किया कि शारीरिक कठिनाइयाँ किसी भी इंसान को उसकी कला या सपनों से अलग नहीं कर सकतीं।

अपने आत्मिक युद्ध से बड़ी चुनौती कुछ नहीं होती और अगर हमने इस युद्ध को जीत लिया तो सफलता निश्चित होती है। किसी भी महान व्यक्ति ने अपने लक्ष्य को पाने के लिए पहले अपनी आंतरिक युद्ध को जीता फिर दुनिया की परंपराओं से परे गए। हमारा सबसे बड़ा दोस्त एवं सबसे बड़ा दुश्मन हम खुद ही होते हैं। तय हमें करना होता है कि हम क्या बनना चाहते हैं। किसी और को हारने से पहले अपने संदेह को हराना बहुत ज़रूरी होता है।

अंत में मैं सिर्फ यही कहना चाहूंगी कि यह विचार सिर्फ एक आदर्श वाक्य नहीं, बल्कि जीवन में किसी भी संघर्ष या चुनौती को पार करने की प्रेरणा है। हमारे आस पास कई ऐसे लोग हैं जिन्होंने पारंपरिक सोच को तोड़ते हुए अपने अद्वितीय कार्यों से दुनिया में बदलाव लाया। चाहे वो शारीरिक विकलांगता से लड़ा गया संघर्ष हो, या सामाजिक और मानसिक बंधनों की चुनौती देते हुए मिली हुई सफलता, इन लोगों ने यह साबित किया है कि असली सीमा हमारी सोच और इच्छाशक्ति पर निर्भर करती है, न की बहरी परिस्थितियों पर।

हमें भी इन प्रेरणास्त्रोतों से यह सीखना चाहिए कि जीवन में कोई भी चुनौती असंभव नहीं होती। हमारी दृढ़ इच्छाशक्ति, सकारात्मक सोच, और कड़ी मेहनत हमें हर सीमा को पार करने की शक्ति देती है। जब तक हमारी सोच विशाल है और हमारे सपने बड़े, तब तक हमारे लिए कोई भी सीमा वास्तविक नहीं। जो लोग अपनी सोच से आगे बढ़ते हैं वही असली दुनिया बदलते हैं।

उज्जैषा
कक्षा : नवीं



IT IS NOT A CEILING - IT'S THE LAUNCHPAD

The term "sky is not the limit" suggests that human potential is bound by the confines of the earth's atmosphere, which has proven to be false through space exploration multiple times. Instead of space representing a limit it is full of opportunities for discovery.

Humanity's journey into space exploration began when the first satellite sputnik landed on the moon shattering common belief and marking an important event in terms of technological advancement.

Plans of sustainable lunar colonies and space tourism along with Frank Rubio breaking the record for the most time in space just stand to prove that the notion of space is being replaced with one where space travel could be a part of all human experience in the future.

The landing of the Chandrayaan-3 on the lunar south pole, and orbiter missions of Aditya-L1 and Akatsuki are just a few of the numerous examples that reinforce this future.

The idea that the sky is supposed to be the limit fails to account for the immense vastness of space and how humanity has yet to only discover 4% of it. By sending rovers to Mars we have then again broken through the ultimate boundary reaching not only the existence of an international space station but

also the possibility of venturing into different planets, moons, and even star systems.

In space, there are no limits, only new possibilities.

By: Thea Gera, Grade XI-C



**Artwork By:
Nessa Ashish, Grade V-B**



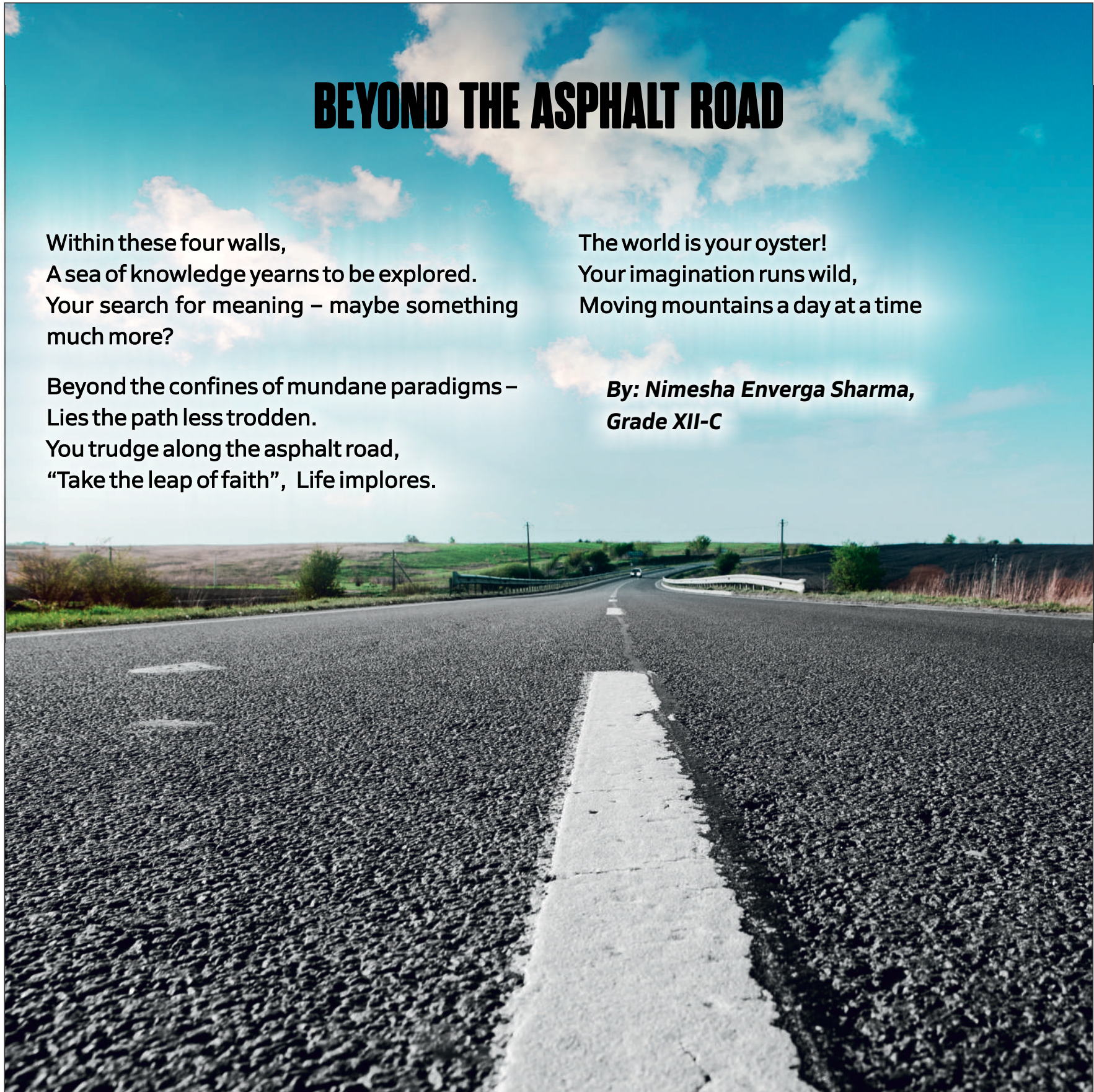
BEYOND THE ASPHALT ROAD

Within these four walls,
A sea of knowledge yearns to be explored.
Your search for meaning – maybe something
much more?

Beyond the confines of mundane paradigms –
Lies the path less trodden.
You trudge along the asphalt road,
“Take the leap of faith”, Life implores.

The world is your oyster!
Your imagination runs wild,
Moving mountains a day at a time

***By: Nimesha Enverga Sharma,
Grade XII-C***





आगे की सोच

यह कहावत "आसमान ही सीमा है" हम सभी ने सुनी है, लेकिन असल में यह सच नहीं है। सही मायने में, "आसमान भी सीमा नहीं है"। इस वाक्य का अर्थ सिर्फ इतना है कि हमारी संभावनाओं की कोई सीमा नहीं है। जब हम अपनी सोच और अपने प्रयासों को बंधनों से मुक्त करते हैं, तो हम असीमित ऊंचाइयों तक पहुंच सकते हैं।

मानव इतिहास में ऐसे कई उदाहरण हैं, जहाँ लोगों ने सीमाओं को पार किया और कुछ ऐसा हासिल किया जो कभी असंभव समझा जाता था। वैज्ञानिक अनुसंधान से लेकर कला और संस्कृति तक, लोगों ने अपनी क्षमताओं का विस्तार किया और नए आयाम स्थापित किए।

यदि केवल आसमान तक ही हमारी सोच सीमित होती, तो शायद चाँद पर कदम रखना या मंगल ग्रह पर जीवन की संभावना तलाशना संभव नहीं होता। जब नील आर्मस्ट्रॉंग ने चंद्रमा पर कदम रखा, तो यह इस बात का प्रमाण था कि इंसान की महत्वाकांक्षा और जिज्ञासा असीमित है।

आज, तकनीक और विज्ञान की दुनिया में, हम ऐसे आविष्कार और खोज कर रहे हैं जो पहले सिर्फ कल्पना हुआ करते थे। कृत्रिम बुद्धिमत्ता, अंतरिक्ष यात्रा, और जेनेटिक इंजीनियरिंग जैसी चीजें दिखाती हैं कि हमारी सोच आसमान तक ही सीमित नहीं है, बल्कि उससे भी परे है।

यही बात हमारे व्यक्तिगत जीवन पर भी लागू होती है। जब हम अपनी सोच को सीमाओं में बांधते हैं, तो हम खुद को उन अवसरों से वंचित कर देते हैं जो हमारे सामने होते हैं। लेकिन जब हम अपनी सोच को खुला रखते हैं और जोखिम लेने के लिए तैयार होते हैं, तो हम खुद को नई ऊंचाइयों तक ले जाने की क्षमता रखते हैं।

अतः, "आसमान सीमा नहीं है" यह सिद्ध करता है कि यदि हम मेहनत, समर्पण और विश्वास के साथ अपने लक्ष्य की ओर बढ़ते हैं, तो कोई भी बाधा हमें रोक नहीं सकती।

इसलिए, हमें हमेशा अपनी क्षमताओं और सपनों पर विश्वास रखना चाहिए और यह समझना चाहिए कि हमारी उड़ान की कोई सीमा नहीं है। "आसमान भी सीमा नहीं है", क्योंकि हमारी सोच और सपने हमें उससे भी आगे ले जा सकते हैं।

निष्कर्ष:

आसमान की सीमा केवल एक मानसिकता है, असल में हमारी क्षमताओं और सपनों की कोई सीमा नहीं होती। दुनिया के महानतम कार्यों को उन लोगों ने किया है जिन्होंने "आसमान की सीमा" से परे सोचा और अपनी उड़ान को और ऊंचा किया।

प्रणय बगाडिया
कक्षा : छठी

BOUNDLESS EXPRESSION: BEYOND THE SKY

The phrase "The Sky is not the limit" resonates with the notion that one's potential extends far beyond traditional boundaries. It is a reminder that innovation and ambition can push us into realms previously thought impossible. Historically, humanity has continually defied limitations, from the advent of flight to the exploration of space. Think of the Apollo missions that sent humans to the Moon or the Mars rovers that transmit vital information from the Red Planet. These milestones exemplify how curiosity and perseverance can create breakthroughs, transforming dreams into tangible realities.

In our daily lives, this concept encourages us to challenge norms and push past barriers, whether they are personal, societal, or technological. In an era defined by rapid advancements in artificial intelligence and biotechnology, we are on the brink of redefining what it means to be human. As we dive into the unknown, we must embrace the uncertainties with a spirit of resilience and creativity.

The idea that the sky is not the limit urges us to envision a future where boundaries are continually redefined. Beyond the stars lie infinite possibilities—be it in the form of interplanetary travel, sustainable living technologies, or advancements in our

understanding of consciousness. By fostering this mindset, we can inspire future generations to think bigger, dream bolder, and pursue the extraordinary. Ultimately, the journey of exploration is limitless, and every step forward expands the horizon of human achievement, proving that indeed, the sky is just the beginning.

By: Janvi Aggarwal, Grade XI-IBDP-B



Artwork By: Kiana S Garg, Grade I-A



REDEFINING WHAT BINDS US

The previously used phrase, “The sky is the limit”, which was used with the intent of motivating, inspiring and overall urging listeners to go above and beyond, has outlived its term in my opinion. Due to humanity's idiosyncratic trait of evolving at expeditiously fast rates, this phrase is no longer qualified enough to be employed in the description of human growth.

In today's world of seemingly infinite information and unrestricted access, technological advancements and scientific discoveries can be found in abundance. These regular breakthroughs and humanity's surging potential further denigrate this phrase and prove to us that the sky is not the limit, it is only the doubt and uncertainty in our minds that confine us.

The phrase “the sky is not the limit” serves to me as a reminder that our decisions must not be baseless and should be pragmatic to a certain degree before they are carried out. It also makes me think about the quote – “we are our own worst enemy”, by saying the sky isn't the limit, to me, it implies that our “limits”, which encumber our progress, are not constant but also morph and evolve as we do. These limits are set by our own self, hence, making us our own enemies.

As time flies by, leaving behind today's self-driving cars, AI search engines and robotic companions, these “limits” will still be by us, but whether they are actually capable of hindering our progress will be up to us and us only...

By: Arshia Sharma, Grade XI IBDP-B



Artwork By: Nirav Bhatt, Grade III-B



“

The painting depicts both the sky of our planet Earth and the universe beyond it. The girl in the painting named -Arya, represents all of us.

It shows we can think, see or reach anywhere either it is the sky or beyond it.

It can be in our imagination or physically. So, there is no limit to anything, not even the sky.

Artwork By: Aarya, Grade II- C



DO WE HAVE WHAT IT TAKES TO REACH THE SKY?

What decides our success? Is it our skill, our knowledge, talent, ability, or expertise? What is that one element, without which our skill and knowledge becomes naught?

We all dream of becoming something great. If you think, there are billions of people in the world, who have a dream. But how many of them achieve it?

Only a few countable ones. For these few who achieve their goals, what drives them? What is it that pushes them from the group of failures, up towards the podium of success, where even sky is not the limit.

The answer is – perseverance. Everything else related to 'perseverance' like grit, determination, persistence and resolve, they all act as a prop to guide the achiever towards goal. There are few exemplary lives, who would prove this fact.

I would like to walk you through one of them.

Circa 1979, a young boy of 16 started on a mission. His goal – to reforest 1360 acres of land on the banks of Brahmaputra River.

Meet Jadav Payeng, who quit school to plant trees. It was not an easy decision for a boy of 16. But his resolve was stronger than any hurdle that might block his way.

What inspired Payeng was the devastating floods of 1978 on the island of Majuli. It changed the lives of people caught in the calamity forever. Besides human lives, the entire ecosystem of the island was destroyed.

After the floods ended, Payeng noticed that all the forest animals had been displaced, many of which had died in the process. This hit him hard. And the boy of 16 decided to do something about it. And he began by planting a small number of trees frequently.

Over time, he gradually expanded his efforts, planting and nurturing more and more trees, every day. Transforming the area into a forest was not a piece of cake. He experienced tough and difficult challenges. The odds were against him.

One of those obstacles was watering the growing area. Watering the area proved to be a difficult task for one man army. He could not draw water from the river all alone and water all the growing plants. However, that never stopped him. He persevered still.

Payeng's dedication to tree plantation had a significant impact on the environment of the island. The 1,360 acre forest that he has created is home to a wide variety of plant and animal species,

including numerous species of birds, reptiles, and mammals.

He has received widespread recognition for his work, including the Padma Shri, one of India's highest civilian awards.

Payeng was honoured at a public function arranged by the School of Environmental Sciences, Jawaharlal Nehru University on 22nd April 2012 for his noteworthy achievement. The vice-chancellor of JNU Sudhir Kumar Sopory named him as "Forest Man of India".

In October 2013, he was honoured at the Indian Institute of Forest Management during their annual event 'Coalescence'. He received honorary doctorate degrees from Assam Agricultural University and Kaziranga University for his contributions.

The boy of 16 is today 57 years old, who lives in his own forest, which is now also home to Bengal tigers, Indian rhinoceros, over 100 deers, and rabbits, besides apes and several varieties of birds, including a large number of vultures.

But think of it. While we don't hesitate to cut trees for our luxuries, he sacrificed everything to rebuild the forest and save the environment.

His life tells us that one man can bring about change. It's about staring life in the face and having the courage to say – SKY IS NOT THE LIMIT.

**By Laura Anika,
Grade VII-D**





HIGHER THAN THE SKY

I will reach high
Higher than the sky.
To prove my self worth;
Not for others, but I

I will walk forward,
With my head held high.
The sky is not my limit,
This is the truth, not a lie.

Anything is possible,
In the name of toil and confidence.
For achieving anything I want,
Hard work is the only evidence.

Success is earned,
Not only by wants.
Labour is the key,
For results and to deny the taunts.

Harness your victories,
With the strength in your arms!
The sky is not your limit,
Cross it with your undying charms.

Every step you take,
Every way you make,
Reach higher than sky high,
Risking whatever is at stake.

By Prisha Dua, VI - E





BEYOND SURVIVAL

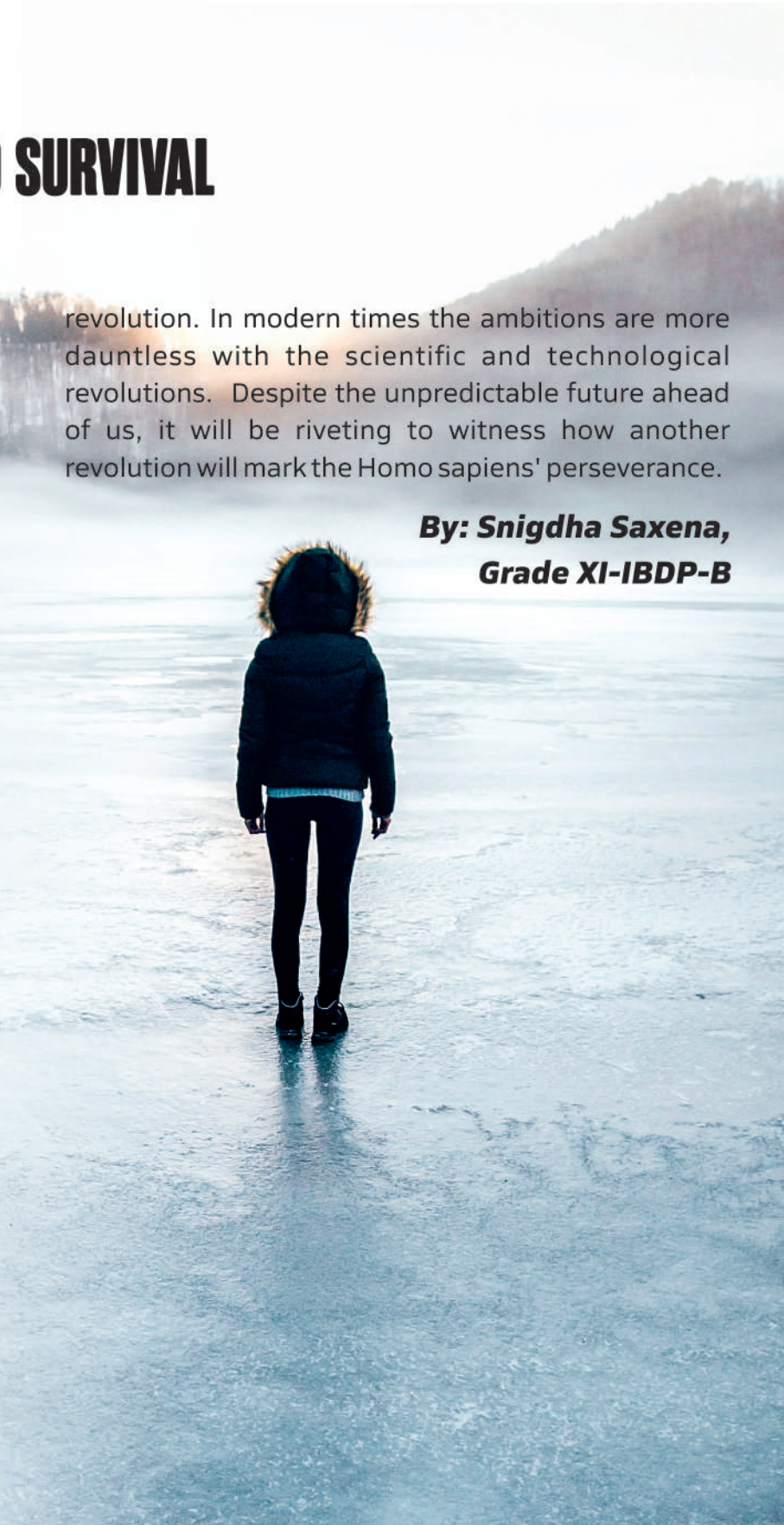
Noxious jungles and boiling cold climates bore the first lives on Earth, 3.8 million years ago. The earliest flora and fauna began developing an identity; their footprint undeniably larger than ours today. Proudly enough given the plethora of species in existence today, tomorrow, and yesterday, the homo Sapiens gain a multitude of spotlights. Various studies present the existence of our “cousin species” such as the homo Neanderthals or homo erectus.

Anthropologists devise uncountable theories but one that strikes an interesting debate of the homo sapiens vision is the Replacement Theory. It speaks of massacre and power struggle, a theory that Homo Sapiens drove their cousins to extinction in a cold-blooded genocide. Current world scenarios indicate a visible yearning for power- political parties and leadership roles. How modernised these ideologies may seem; they originate from the very primitive characteristics our ancestors possessed or the spirit of “survival of the fittest.”

Homo Sapiens, meaning 'wise man' is a name highly self-proclaimed but can be justified with our endeavours and resilience over the centuries. Many obstacles such as the ice age or the devastating pandemics- bubonic plague and Covid-19, have forced their way into humanity. Our overwhelmed skull has repeatedly overthrown these. The human population has skyrocketed in the last 70-80 years, but this vision has stayed. When presented with competition we brought in the cognitive revolution. When struck with food shortages, the agricultural

revolution. In modern times the ambitions are more dauntless with the scientific and technological revolutions. Despite the unpredictable future ahead of us, it will be riveting to witness how another revolution will mark the Homo sapiens' perseverance.

**By: Snigdha Saxena,
Grade XI-IBDP-B**



THE SKY IS NOT THE LIMIT, BUT MERELY OUR NEXT FRONTIER

Humanity's journey has made us redefine our conception of limits: after the sky is no longer our limit but only a gateway to the universe. We have started to venture into the boundless space beyond Earth, overcoming what was once deemed impossible because of rapid technological advancements and insatiable curiosity. Where we once saw the sky as the edge of all possibility, we now know it is just the beginning. Beyond it, there was a gigantic, unexplored universe—a boundless frontier that compels us

Our journey into space began when the Soviet Union opened the first page of history with the launch of Sputnik 1, the world's first artificial satellite, in 1957. That marked the beginning of the Space Race, as if humanity really attempted to breach the literal "sky" for the first time, to redefine what we once considered infinite.

Despite the financial problems, brutal competition and technical difficulties faced by NASA, on July 20, 1969, Neil Armstrong and Buzz Aldrin really achieved the impossible: they walked on the Moon. The words "One small step for man, one giant leap for mankind" really symbolised this most human of all urges- the urge to explore.

That drive has been reignited in the present by companies such as SpaceX, which, in 2020, sent astronauts to orbit the International Space Station, the first private company to do so and going so far as to announcing a mission to Mars sometime by 2030.

Every new technological horizon compels us to question our boundaries. What used to be the sky, marking our limit, now merely serves as another stepping stone along the way to the vast infinite universe before us.

**By: Navya Chaudhry,
Grade X-IGCSE-A**





WE ARE MADE OF STAR-STUFF

As a kid, I thought “The Sky Is Not The Limit” meant I could very literally achieve anything and everything. In an ‘I’m Superman’ kind of way, in fact, when I was eight years old, I also wore Clark Kent’s famous horn-rimmed thick glasses. But as I grew, I realized I didn’t have Superman’s speed, superhuman strength, or X-ray vision, and I couldn’t fly. So I chose to opt for the closest substitute—skydiving.

So I took a huge leap and signed up for skydiving school. After completing all the ground training exercises, the big day finally arrived. I suited up with the gear, strapped on my parachute, and made my way into the plane, heart pounding with excitement. The anticipation was electric—I could hardly believe I was about to experience my first jump. As the plane climbed up, I had the epic opportunity to immerse myself in the view below—trees, houses, cars—all like tiny dots scattered across the varied landscape. And best of all, the faces of my fellow skydivers.

They fit into two categories—those cracking jokes, full of laughter, and those with very pale faces, a stiff smile plastered on, probably thinking, ‘Maybe this wasn’t such a good idea after all.’ As soon as our guide announced, “2 minutes to jump,” everyone’s expressions shifted. The joking stopped, and we all started checking and double-checking our gear. The faces that had been beaming with wit were now replaced by deadpan looks. Mentally, I ran through all my training, but I still couldn’t tell if I was ready. Doubt crept in and I checked my gear one last time. I turned to the guy on my right for some reassurance. He

smiled and said, “You’re about to find out.” Easy for him to say—it wasn’t exactly the most comforting thing to hear right before jumping out of a plane. But I guess that’s the point, isn’t it? No turning back now.

One... two... three... I jumped. And there I was, in the air, flying. In that moment of the greatest danger, I felt the least fear. I was completely electrified. The sensation was unreal—like nothing I’d ever experienced. All the fear, all the anxiety, evaporated. I was calm, almost weightless. Time slowed down around me, and I could feel the energy buzzing. That’s when it struck me—the sky is not the limit. It’s only the beginning. It’s just the starting point!

By: Prisha Abrol,
Grade X-IGCSE-A





DREAMING PAST THE SKY

In a world that often sets limits, there are those who choose to defy them. "The sky is not a limit" speaks of moments in which people break through their own boundaries and get what they thought impossible. Think of an athlete who, despite people's suggestions that he lacks natural talent, practices day and night and eventually wins a championship. Or a student, under very trying circumstances, puts in efforts to study hard to secure a scholarship, opening up doors for apparently closed opportunities.

Such stories speak volumes about the strength of ambition and resilience. Often finding one's self passing by numerous setbacks and disappointments, setting lofty goals and moving forward tends to yield much more than what was first envisioned. Moving forward simply creates a base for the next step, and each little victory fuels the perception of only allowing for external limits, those established in one's mind.

It is when we accept challenges and transform setbacks as learning experiences that we unlock ourselves to infinite potential. "The sky is not the limit" is more than a phrase, it's a way of thinking that continues to push us to strive, grow, and push beyond our personal limits. It teaches us that our personal limits are never final and that greatness lies just beyond those self-ordained boundaries.

**By: Rayyan Mumtaz,
Grade XI-E**





FRENCH *French*

Vers l'infini et au-delà

L'expression « le ciel est la limite » suggère que nos ambitions ou nos possibilités sont limitées par le ciel, un horizon inatteignable. Cependant, cette idée semble de plus en plus obsolète. Aujourd'hui, avec les avancées technologiques, scientifiques et humaines, il devient clair que le ciel n'est plus une frontière, mais simplement une étape vers des découvertes encore plus vastes. L'exploration spatiale en est un exemple frappant. Depuis que l'homme a posé le pied sur la Lune en 1969, la course vers l'espace ne cesse de progresser. Des entreprises comme SpaceX ou Blue Origin travaillent non seulement à rendre les voyages spatiaux accessibles, mais elles envisagent également de coloniser d'autres planètes comme Mars. Ce qui semblait autrefois appartenir à la science-fiction devient peu à peu une réalité tangible. Ces ambitions démontrent que les limites que nous pensions fixes peuvent être continuellement repoussées.

Au-delà de l'espace, d'autres domaines, tels que la médecine, l'intelligence artificielle et l'environnement, illustrent également cette capacité humaine à transcender les frontières perçues. Prenons par exemple les avancées médicales : des traitements pour des maladies incurables sont découverts, des organes artificiels sont développés et la médecine régénérative permet d'envisager une espérance de vie plus longue. L'intelligence artificielle, de son côté, transforme radicalement nos sociétés. Ce qui paraissait impossible

hier devient réalité aujourd'hui grâce à des innovations comme les voitures autonomes, les assistants virtuels ou encore les systèmes d'analyse complexes capables de résoudre des problèmes jusque-là jugés insolubles.

Mais au-delà des découvertes technologiques, cette phrase nous pousse à réfléchir sur la nature humaine elle-même. Nos seules véritables limites sont souvent nos croyances et nos peurs. L'histoire montre que chaque fois que l'humanité a été confrontée à un obstacle, elle a trouvé le moyen de le surmonter. Des pionniers comme les frères Wright, qui ont réussi à voler, ou des visionnaires comme Elon Musk, qui rêvent de conquérir l'espace, nous rappellent que l'impossible n'existe que dans nos esprits.

Ainsi, « le ciel n'est pas la limite » est bien plus qu'une simple métaphore. C'est une invitation à repousser nos propres barrières mentales, à oser rêver grand et à croire que nous avons le potentiel d'accomplir l'inimaginable. En fin de compte, la seule véritable limite à notre succès est celle que nous nous imposons.

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



GERMAN *German*

"Keine Grenzen: Frauen können alles erreichen"

Seit Jahren wird Frauen gesagt, was sie tun dürfen und was nicht, aber heute ist klar, dass es keine Grenzen mehr gibt. Der Satz „Der Himmel ist nicht die Grenze“ zeigt, dass nichts Frauen davon abhalten kann, Großes zu erreichen – sei es in Bildung, Wirtschaft, Sport oder Wissenschaft.

Frauen brechen aus traditionellen Rollen aus und glänzen in Führung, Technologie und mehr. Kalpana Chawla, die erste Frau indischer Herkunft im Weltraum, ist ein Beispiel dafür, wie man Grenzen überschreitet und nach den Sternen greift. Von Serena Williams, die den Sport dominiert, bis hin zu Frauen, die in der Wirtschaft führen und in der Wissenschaft erfolgreich sind – Frauen beweisen, dass das Geschlecht kein Hindernis für Erfolg ist. Sie zeigen, dass alles möglich ist, auch in Bereichen, die früher als männlich galten.

Die Zukunft bietet Frauen endlose Möglichkeiten. „Der Himmel ist nicht die Grenze“ ist nicht nur ein Satz – es ist die Realität. Frauen gehen ihren eigenen Weg und beweisen, dass es keine Grenzen für das gibt, was sie erreichen können. Kurz gesagt: Alles ist möglich für Frauen, und der Himmel ist erst der Anfang.

Ms. Muskan Malhotra, German Teacher



SPANISH

Spanish

El cielo no es el límite

La frase “el cielo no es el límite” nos inspira a soñar en grande. Esta idea significa que podemos lograr cosas increíbles si trabajamos con esfuerzo y no nos rendimos. Nos recuerda que no hay límites para lo que queremos alcanzar en la vida.

Hace muchos años, las personas pensaban que volar era imposible. Nadie imaginaba que un ser humano pudiera volar por el cielo como los pájaros. Sin embargo, los hermanos Wright, crearon el primer avión. Gracias a ellos, hoy en día podemos viajar en avión y llegar a otros países en pocas horas. Esto nos demuestra que, si creemos en nuestros sueños y trabajamos duro, podemos hacer cosas que antes parecían imposibles.

Actualmente, hemos llegado aún más lejos. Los astronautas han viajado al espacio y han caminado en la luna. Uno de ellos fue Neil Armstrong, quien fue la primera persona en pisar la luna en 1969. Este logro fue muy importante y nos mostró que el cielo no es un límite para el ser humano. Ahora, los científicos y los astronautas están trabajando en nuevos proyectos para llegar a Marte y explorar otros planetas. Esto nos hace pensar que siempre hay algo más allá por descubrir y explorar.

La idea de que “el cielo no es el límite” también se puede aplicar en nuestra vida diaria, no solo en la ciencia o en grandes logros. Todos tenemos metas personales, cosas que queremos lograr. Por ejemplo, si estamos

aprendiendo un idioma nuevo, como el español, al principio puede parecer muy difícil. Pero, si practicamos todos los días, poco a poco podemos mejorar. Con esfuerzo y dedicación, podemos llegar a hablar con fluidez.

Este pensamiento se puede aplicar en otras actividades, como el deporte, el arte o la música. Si soñamos con ser buenos en algo, debemos empezar por creer en nosotros mismos. La clave es trabajar con constancia y no rendirse, aunque las cosas se pongan difíciles. Muchas veces, los límites están en nuestra mente. Pensamos que no podemos hacer algo, cuando en realidad sí podemos si nos esforzamos.

En resumen, “el cielo no es el límite” significa que nuestras metas pueden ser muy grandes. Podemos lograr cualquier cosa si tenemos confianza en nosotros mismos y si trabajamos cada día para mejorar. La vida está llena de oportunidades para quienes se atreven a soñar en grande. Así como los innovadores que volaron por primera vez en avión o los astronautas que exploraron el espacio, todos podemos superar nuestras propias barreras.

No importa lo difícil que sea el camino, siempre podemos llegar más lejos de lo que pensamos. Solo necesitamos tener valentía, perseverancia y la creencia de que nada es imposible. ¡El universo está lleno de posibilidades y, con esfuerzo, podemos alcanzar nuestras metas y sueños!

Ms. Vandana Malik, Spanish Teacher



SANSKRIT

Sanskrit

मात्र आकाशः

मानवजीवनं साहसं, स्वप्नानि, संकल्पानि च आधृतम् अस्ति । अस्माकं यथा आकाशः महान् अस्ति तथैव अस्माकं क्षमताः, विचाराः च अनन्ताः सन्ति । अस्माकं लक्ष्याणि, यत्नाः च केवलं अस्माभिः स्थापिताः सीमाः अतिक्रान्तुम् समर्थाः भवन्ति । तस्मात् “आकाशः न अस्ति सीमा” इति कथ्यते ।

पुराकाले मानवाः पादभ्यां एव प्राप्यन्ते, किन्तु अनेके विद्वांसः, वैज्ञानिकाः, साहसीकाः च मिलित्वा विमानानां निर्माणं कृतवन्तः । सः एव प्रथमः उदाहरणः आकाशस्य सीमा इति भ्रान्तिं द्रढतया खण्डयितुम् । आधुनिककाले मानवः नभः अतिक्रान्त्वा चन्द्रे अपि गच्छति स्म । न केवलं चन्द्रे, अपितु मङ्गलस्य अभियानं अपि सम्पन्नं भवति । अनेन प्रकट्यते यत् अस्माकं क्षमताः असंख्या भवन्ति यत्र आकाशः अपि सीमा न भवति ।

तद्वत् अस्माकं व्यक्तिगतजीवनेऽपि अनेकाः प्रतिकूलताः सन्ति । साधारणजनाः बहवः स्वसंकल्पानां पूर्त्यर्थं समस्याः सहन्ति, संघर्षं कुर्वन्ति । केचन जनाः दारिद्रे स्थित्वा अपि महान् सफलतां प्राप्नुवन्ति । येन कथ्यते यत् मनुष्यस्य इच्छाशक्तिः, आत्मविश्वासः च बलिष्ठौ भवेतां चेत् किमपि असाध्यम् नास्ति ।

आदिशङ्कराचार्यः, महात्मा गान्धिः, स्वामी विवेकानन्दः च अस्य सिद्धान्तस्य उदाहरणानि सन्ति । ते सर्वे कठिनपरिस्थितिषु स्थित्वा अपि आत्मनः स्वप्नानां पूर्त्यर्थं प्रयत्नं न त्यक्तवन्तः । तेषां विचाराः अपि आकाशमिव विशालाः आसीत्, यः न कदापि सीमितः अभवत् ।

अस्मिन् आधुनिककालेऽपि नूतनप्रयत्नानि नित्यं दृश्यन्ते । युवा वर्गः उद्यमशीलता, विज्ञानम्, कला, संगीतं च इत्यादिषु विविधेषु क्षेत्रेषु नूतनाः लक्ष्यानि स्थापितवान् । न तेषां विकासाय आकाशः बाधा भवति ।

अतः अस्माभिः ज्ञातव्यम् यत् केवलं आकाशः

भावना राजपूत
हिन्दी एवं संस्कृत समन्वयक



MIDDLE SCHOOL

Coordinator

“Dream big, work hard, and the sky will be just the beginning of what you can achieve.”

The phrase "the sky is not the limit" is a common expression used to describe the boundless opportunities and limitless potential available to us. It serves as a reminder that there are no barriers to what we can achieve, if we are willing to work hard and stay committed to our goals.

Life is full of possibilities; the world is vast, the sky is still unexplored, and the universe remains unknown. For example, when airplanes had not yet been invented, most people believed that flying in the sky was impossible and merely a dream. Similarly, before humans were able to send people to outer space or land on the moon, the very thought of it seemed crazy. But the power of the human mind constantly opens up new possibilities. It is our imagination that broadens our understanding and reveals a limitless world.

This concept is evident in the achievements of great individuals like Bill Gates and Mark Zuckerberg. They reached heights that most people thought were impossible, driven by the power of their minds combined with execution and perseverance. The technology we are using today stands as proof of these limitless possibilities. From mobile devices and computers to the internet, robots, and vehicles, none of these inventions would have existed if the mind had remained restricted. If our goals were limited, if our possibilities were constrained, we would not be enjoying the benefits of these advancements today.

So, believe in yourself, keep your mind open to the world, never stop learning, and continually seek new information. This mindset will shape the way you think, enabling you to embrace limitless possibilities.

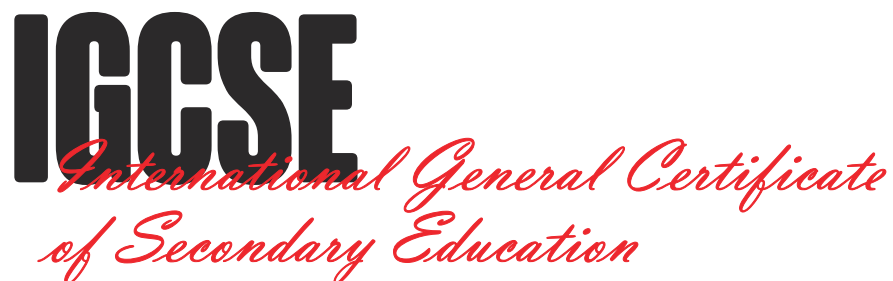
Throughout history, Indians have consistently

demonstrated that no matter the challenge, they can rise beyond limits. Here are few inspiring and motivating examples from India, Dr. A.P.J. Abdul Kalam's journey from a small village in Rameswaram to becoming India's 11th President and the country's top aerospace scientist is a testament to his belief in boundless possibilities. Similarly, Kalpana Chawla, the first woman of Indian origin to go to space, broke not only the limits of gravity but also social barriers that defined what women could achieve. Mary Kom, an Indian boxing legend, continues to defy age and limitations. Born in a small village in Manipur, she took up boxing despite social and financial challenges. Her story tells us that with determination, one can overcome societal expectations and personal hardships.

Another inspiring example is Ranveer Singh Saini, a golfer who has never let his disability stand in the way of winning accolades in the sport. At just the age of 17 years, he made history by winning the first gold medal for India in golf at the Special Olympics World Games in Los Angeles.

These examples remind us that the sky is not the limit when it comes to achieving our dreams. What truly matters is having the right mindset and vision to pursue what you desire. If you are committed to your goals and driven by determination, there are no barriers too high to overcome. Your dedication, persistence, and resilience are what ultimately propel you beyond the boundaries of what others might think is possible. With unwavering focus and belief in your own potential, you can accomplish anything, no matter how difficult it may seem. Success is not about limitations; it's about how far you are willing to push yourself to reach your goals.

Ms. Geetanjali Ahuja Middle School Coordinator



ना आकाश की सीमाएँ ना है कोई बंधन हो हौसलों की उड़ान तो पूर्ण हर स्वप्न

The phrase "The sky is not the limit" is a powerful reminder that we can achieve anything we set our minds to. It suggests that we can break through earthly boundaries and reach for limitless success. While the information we currently possess may feel limited, and our ways of thinking might sometimes seem closed off to new ideas, many things that seem impossible or restricted today can be transformed by expanding our minds. The key to this transformation lies in sharpening your intellect and opening yourself up to fresh knowledge.

Keep learning—this is what will truly make your world boundless. By reading new books, exploring unfamiliar subjects, and welcoming fresh information, you will begin to feel as if the possibilities in life are endless. Although everything in this world has physical limits—whether it be time, size, or durability—the potential for personal growth and discovery is truly infinite.

Consider the era before airplanes were invented, when the idea of flying through the sky was seen as nothing more than a dream, or even an absurd impossibility. Similarly, before humans ventured into outer space or landed on the Moon, such ambitions were considered radical, unattainable. Yet, it was the power of open-mindedness and a belief in endless possibilities that made these feats

achievable. The human mind has always been the engine that turns the impossible into reality, opening doors to unimaginable opportunities.

If we limit our thoughts, we restrict our ability to grow. If your life goals are confined to what feels comfortable or certain, you might miss out on the vast advancements and opportunities that could be available to you. Everything we see around us—from the technology we use to the breakthroughs in science—was once a mere concept, brought to life by those who dared to think beyond the known.

So, believe in yourself. Embrace the world with an open mind and a commitment to lifelong learning. Continuously seek out new knowledge, as this will expand your thinking and unveil countless possibilities, making your potential truly limitless.

Never let your thinking be confined by what you can see. The real limits are the ones we set on ourselves, and they can always be overcome. Through curiosity, perseverance, and a thirst for knowledge, you can uncover a world of boundless opportunities.

Dr. Rekha Srivastava
Deputy Coordinator - IGCSE



ICSE and ISC

*Council for the Indian
School Certificate Examinations*



SKY IS OUR MILESTONE - NOT OUR END

At Scottish High International School, we believe in the power of dreams and the relentless pursuit of goals. Here, "Sky is Not the Limit" is not just a motto on a wall but a guiding principle that shapes how we learn, grow, and achieve together. Our students live this message every day, proving that with hard work, resilience, and faith in oneself, the possibilities are truly endless.

Take a look at some of our accomplishments. Not long ago, one of our students emerged as the top scorer in the entire NCR region—a feat we celebrated with immense pride. After some time, not one but three of our students ranked at the top across India, an achievement that brought us great honor. Yet for our students, reaching these heights only sparked a desire to climb higher. Today, they continue to excel, securing prestigious positions worldwide, as they turn ambitious goals into reality.

At Scottish High, however, the journey isn't just about titles and accolades. Our students understand that true success lies in exploring all dimensions of their potential. They strive not only for academic excellence but also thrive in the arts, athletics, and community service. Whether competing in robotics tournaments, performing on stage, or volunteering for social causes, our students prove that success can take many shapes. Each of them—athletes, artists, scientists, and dreamers alike—approaches

challenges with determination, passion, and heart. Every day, they remind us that what may seem like a limitation can often be a stepping stone to something greater.

For our teachers, mentors, and the entire Scottish High family, witnessing our students' journeys is both an honor and a source of inspiration. We see the late nights, the setbacks, the resilience it takes to bounce back, and, most importantly, the way they lift one another up. Together, they bring "Sky is Not the Limit" to life—not because of a score, a medal, or a certificate, but because they keep striving and inspiring each other to dream just a bit bigger.

At Scottish High, we don't see the sky as a finish line. To us, it's a vast horizon, always inviting us to reach further, explore more, and rise to new challenges. And every day, our students show us that with the right attitude, dedication, and teamwork, there truly is no limit to what they can achieve.

Ms. Barkha Anand
ICSE/ISC Curriculum Head



THE SKY ISN'T A BOUNDARY - IT'S A DIRECTION

"The sky is not the limit, it's just the beginning"
– Chuck Yeager

Limits are often self-imposed, shaped by the belief that certain goals are unattainable or that there's a ceiling to what can be accomplished. In reality, these boundaries are usually imagined, and the world offers far more possibilities than initially perceived. In the IB Diploma Programme, the experience goes beyond academic success. Students are encouraged to think critically, challenge assumptions, and view the world from different perspectives. Every subject offers an opportunity to expand understanding and redefine what is possible. This approach fosters a mindset that mirrors the actions of trailblazing scientists, artists, and leaders—individuals who didn't just follow a path but carved new ones by constantly asking, "What more is out there?" This philosophy is embedded in key elements of the IB journey. Theory of Knowledge encourages students to question how knowledge is constructed, while the Extended Essay pushes them to dive deeply into a subject, uncovering new insights and CAS fosters personal growth and global awareness through creative, active, and service-oriented experiences, encouraging meaningful engagement beyond academics.. Through these experiences, students aren't just absorbing information but are expanding their perception of what they are capable of achieving.

Learning in the IB is not limited to the classroom or confined by traditional expectations. It's about embracing challenges, stepping outside comfort zones, and realizing that growth comes from pushing beyond perceived limits. The true journey isn't about reaching the sky, but about the limitless possibilities that exist beyond it, where discovery and exploration never end. There are countless examples that show how adopting this mindset can truly lead to extraordinary things.

Take, for instance, the story of Kalpana Chawla. Kalpana Chawla, the first woman of Indian origin to fly into space, defied all odds. Hailing from a small town in India, she faced numerous obstacles, but her passion for exploration and curiosity led her to NASA. Her journey is a testament to the idea that one's background or circumstances do not

define the future. Her words, "The path from dreams to success does exist. May you have the vision to find it, the courage to get on to it, and the perseverance to follow it," serve as a reminder that diversity of experiences and challenges can lead to unique perspectives and contributions. Similarly, Malala Yousafzai's story exemplifies resilience and determination. Despite surviving a brutal attack, she became a global advocate for girls' education. Her famous words, "One child, one teacher, one book, one pen can change the world," highlight the profound impact of even the smallest actions. These stories illustrate how vision and perseverance, regardless of adversity, can influence global change.

Challenges, of course, are inevitable. You may have heard of Nick Vujicic, an Australian motivational speaker born without arms or legs. Despite his physical limitations, he has traveled the world inspiring millions with his message of hope and resilience. His story is a reminder that our limitations are often only in our minds. Everyone is facing one's own challenges—whether it's the pressure of exams, finding the balance between school and extracurricular activities, or planning for the future. But it's important to remember that these challenges are not roadblocks. They are stepping stones. The attributes we are developing—like being a risk-taker, a thinker, and a communicator—are not just academic skills; they are life skills that will help us break through any limits.

The International Space Station exemplifies the power of collaboration, where countries unite across political and cultural divides to push the limits of science and exploration. This unity highlights that the sky is not a limit but an opportunity for greater achievement through cooperation. In a similar way, group activities and shared experiences foster this collaborative spirit, demonstrating that working together often leads to greater success than individual efforts alone. There will be moments of doubt and challenge along the way, but those are the times when true potential is revealed. Risk-taking, embracing new perspectives, and pushing beyond comfort zones unlock greater possibilities. Success isn't limited to reaching a single goal—it's about exploring the boundless opportunities that lie beyond.

Ms. Pooja Sharma, Diploma Programme Coordinator



IBCP

International Baccalaureate Career-Related Programme



IT'S NOT THE LIMIT - IT'S OUR LEAP

In the ever-evolving landscape of education, the International Baccalaureate Career-related Programme (IBCP) curriculum stands as a beacon of innovation, perfectly embodying the adage "the sky is not the limit." At our school, we've embraced this curriculum wholeheartedly, recognizing its power to transform students into global citizens ready to soar beyond conventional boundaries.

Our decision to incorporate the IBCP while already running multiple curricula is a testament to our belief that educational horizons should know no bounds. This bold step reflects our commitment to providing diverse, world-class educational opportunities to our students. By offering it alongside other curricula, we're cultivating a rich educational ecosystem where students can truly flourish.

The IBCP's unique blend of academic rigor and career-related study creates an educational environment where dreams take flight. As John Dewey once said, "Education is not preparation for life; education is life itself." This philosophy resonates deeply within the IBCP framework, where learning transcends textbooks and classrooms.

Our students have embarked on a journey of self-discovery and global awareness through the core components of the IBCP. The Personal and Professional Skills has been a launchpad for creativity and critical thinking. PPS and ATL exhibition was a testament to our students' ability to apply their skills in real-world scenarios, showcasing projects that bridged theoretical knowledge with practical application. The Language Development component has taken on new heights with our innovative vlog-making activity. Students have not only honed their linguistic abilities but also embraced digital literacy, a crucial skill in today's interconnected world.

The Service Learning component has been the wind beneath our students' wings, propelling them towards compassion and social responsibility. From planting saplings and painting walls at a school

for underprivileged children to visiting a blind school, our learners have experienced firsthand the power of empathy and the impact of their actions. The Reflective Project has proven to be a transformative experience for our students. This in-depth, extended piece of work has challenged them to identify, analyze, critically discuss, and evaluate an ethical issue arising from their career-related studies.

Perhaps the most exciting development this year has been our student-led initiative: a two-day camp focused on understanding how wholesale and retail businesses run. This project beautifully integrates multiple aspects of the IBCP. Students will apply their business acumen and channel profits toward supporting underprivileged children. The CRS component continues to push boundaries. As Richard Branson aptly put it, "The best way of learning about anything is by doing", our innovative approach includes masterclasses and visits to various industries, providing students with invaluable insights into real-world applications of their chosen fields.

The response from our students has been overwhelmingly positive. They've embraced the IBCP with enthusiasm, finding joy in its balanced approach to academics and career preparation. As we reflect, it's clear that the IBCP is not just preparing our students for the future; it's enabling them to create that future. In a world where change is the only constant, the IBCP equips our learners with the wings to navigate uncertainty and the vision to see beyond the horizon.

**Dr. Neha Singh Maurya,
IBCP Coordinator**



Beyond the Sky: Unleashing Potential through Extracurricular Activities

The phrase "The sky is not the Limit" challenges the traditional belief that there are fixed boundaries to what individuals can achieve. It suggests that even the sky, once viewed as the ultimate boundary, is merely a checkpoint on the journey of growth and exploration. This phrase underscores the boundless potential of the human spirit, which, fueled by ambition, imagination, and determination, can surpass any obstacle or limit. In today's fast-paced, ever-evolving world, this mindset is crucial, as it inspires us to break free from perceived limitations and strive for something greater.

In modern society, the relevance of this phrase is clearer than ever. We have witnessed people surpass expectations in various fields—whether breaking world records, advancing science, or exploring space. Humanity's continuous accomplishments, such as landing on the moon, discovering new technologies, or unraveling the mysteries of the universe, reflect that the sky is merely a starting point. The idea that we can go beyond perceived limits drives innovation and exploration across every sector.

The Importance of Extracurricular Activities

In today's competitive world, participating in extracurricular activities is one of the most effective ways to live out this spirit of boundless potential. Activities beyond the classroom offer students a platform to discover their passions, develop new skills, and build character. Whether through sports, music, drama, art, debate, or community service, extracurricular activities provide opportunities to venture beyond comfort zones and explore diverse interests.

These activities cultivate resilience, creativity, and a growth mindset, all of which are crucial in unlocking personal potential. Students who actively participate in extracurricular pursuits learn to embrace challenges, take calculated risks, and persevere through difficulties. They discover that setbacks are not the end but a step forward in their personal journey. Whether it's achieving victory in a sports tournament or learning from defeat in a debate, these experiences build the foundation for long-term success.

Moreover, extracurricular activities offer students the chance to develop essential life skills such as teamwork, leadership, time management, and problem-solving. Engaging in group activities, be it a sports team, a school band, or a quiz competition, fosters collaboration and the ability to work effectively with others. These are invaluable skills that students carry into their future careers and personal lives. Activities outside the classroom teach individuals to prioritize, set goals, and manage their time efficiently—abilities that enhance both academic performance and personal development.

The Balance Between Academics and Extracurriculars

Contrary to the belief that extracurricular activities detract from academic performance, they often enhance it. Engaging in these activities encourages students to manage their time better, leading to improved focus and discipline. Students involved in extracurriculars are often more motivated, having developed a strong work ethic and the ability to balance multiple responsibilities. The confidence they gain from excelling in non-academic activities transfers to their academic pursuits, resulting in better performance across the board.

The skills honed through participation in extracurricular activities complement academic learning. Critical thinking, communication, and problem-solving are sharpened through competitions, whether on the sports field, in a debate hall, or during a creative project. These skills not only prepare students for examinations but also for life beyond school. Participating in activities outside of regular

academic work also provides students with networking opportunities. They can build relationships, develop connections, and gain access to opportunities that may not have been available otherwise.

Inter Clan Competitions: A Platform for Growth

Inter Clan Competitions in schools offer a unique avenue for students to embody the mindset of going beyond limits. These competitions are more than just about winning or losing; they provide a platform for students to showcase their talents, discover hidden abilities, and learn valuable life lessons. Whether it's through sports, debates, music, or art, inter clan events foster teamwork, leadership, and perseverance.

When students from different grades come together under a common banner, they learn the importance of collaboration and unity. The sense of belonging to a clan creates lasting bonds and encourages a spirit of camaraderie. This unity is not only beneficial for the individual but also for the overall school environment. A positive, supportive atmosphere is cultivated, where students feel encouraged to push their limits and take on new challenges.

Inter clan competitions also serve as a microcosm of real-life challenges. Students experience both victory and defeat, learning how to handle both with grace and resilience. These experiences teach them to push beyond their comfort zones, set higher goals, and strive for excellence. The lessons learned from these competitions—such as perseverance, resilience, and collaboration—stay with students long after they leave school, equipping them with the tools needed for success in their future endeavors.

Interclan activities not only contribute to individual growth but also to the broader goals of building a well-rounded, capable, and resilient students. Students who actively participate in such activities develop a sense of purpose, a growth mindset, and a drive to succeed that goes beyond their academic achievements. This mindset is critical in today's world, where the challenges and opportunities are constantly evolving. Whether students aspire to become athletes, scientists, entrepreneurs, or artists, their participation in extracurricular activities gives them the confidence to dream big and push the boundaries of what's possible. The phrase "the sky is not the limit" takes on real meaning when students realize that their potential is not confined by grades or exams alone but by their willingness to explore, take risks, and challenge themselves.

Conclusion

In a world where the boundaries of achievement are continually being redefined, extracurricular activities provide the ideal platform for students to discover their strengths, build resilience, and pursue their passions. The phrase "the sky is not the limit" encapsulates the spirit of boundless potential and serves as a powerful reminder that there are no fixed limits to what can be achieved. By engaging fully in extracurricular activities, students are not only preparing themselves for academic success but also for the limitless opportunities that await them in life. These activities act as a launching pad for future accomplishments, encouraging individuals to unlock their full potential and make a lasting impact on the world.

In essence, while the sky may have once been considered the limit, today's students are proving that it is only the beginning. By embracing opportunities both inside and outside the classroom, they can soar beyond any perceived boundaries and achieve greatness.

Clan Elders



COUNSELLOR'S DESK

Counsellor's Desk

WE DREAM PAST THE SKY

At Scottish High International School, we firmly believe in the notion that "the sky is not the limit." This powerful phrase encapsulates the infinite potential within each and every one of our students. It serves as a reminder that there are no boundaries to what we can achieve when we have the right vision, support, and guidance, particularly in the realm of personal and academic development. As author Maya Angelou once said, "You can't use up creativity. The more you use, the more you have." We want our students to realize that their creativity and potential are limitless. By offering consistent support and encouragement, we empower them to break free from the confines of self-doubt and explore the vast possibilities that await them.

In today's rapidly evolving world, students often find themselves facing obstacles that can seem insurmountable. Academic stress, peer pressure, family concerns, and fluctuating self-confidence can create invisible barriers that obscure their true capabilities. Just as clouds may obscure the sky, these challenges can cloud a student's vision of success. However, with dedicated support and mentorship, our students are empowered to navigate these difficulties and emerge stronger.

Counseling should be more than just a response to problems; it is a proactive approach that empowers students to navigate their lives with confidence while working through their challenges. We understand that each student has unique experiences and perspectives, which is why our approach is tailored to the individual needs of each student. Research shows that emotional support significantly impacts student success. According to a study published in the Journal of Educational Psychology, students who receive regular emotional support from teachers tend to have higher academic performance and lower levels of stress.

Our approach at Scottish High International School embodies this principle by ensuring that every student has access to a caring adult who understands their unique needs. Apart from the dedicated counselling department, every teacher is considered a counselor, equipped with the skills to support our students in their academic and emotional journeys. Each morning, students engage in dedicated zero periods, allowing

them to connect with their teachers on a personal level, discuss their experiences, and find guidance tailored to their individual needs.

Moreover, we host expert talks weekly on various topics ranging from life skills and behavioral counseling to career exploration. These sessions are designed to not only inform but also inspire our students to envision possibilities they might not have considered before. As famous author and motivational speaker, Les Brown, once said, "Shoot for the moon. Even if you miss, you'll land among the stars." This aligns perfectly with the philosophy of our school: to cultivate a learning environment where all students can pursue their dreams without reservation.

A crucial aspect of our counseling approach is the understanding that students today live in a fast-paced world that often feels overwhelming. The short attention span fostered by social media, with its 30-second reels, can lead to rapid judgment and a constant search for validation. Many students grapple with FOMO (Fear of Missing Out), which can act as a glass ceiling, limiting their potential and keeping them from recognizing the plethora of opportunities available to them. Our counseling team encourages students to break free from these constraints by focusing on self-discovery, resilience, and authenticity.

At SHIS, we not only support our students but also actively involve parents and teachers in our efforts through scheduled individual and group sessions. These collaborative gatherings foster a sense of community and ensure that everyone is aligned in their commitment to our students' wellbeing. Our motto and vision emphasize that we are all accountable for nurturing and guiding our students, reinforcing the idea that they have a supportive network behind them as they navigate their unique journeys.

We encourage our students to look beyond perceived limits in this competitive world and equip them to shatter any glass ceilings and embrace the limitless possibilities that lie ahead. With guidance from their dedicated teachers and robust counseling sessions, our students are well on their way to unlocking their full potential. Remember, in this world of endless opportunities, the sky truly is not the limit; it's just the beginning.

Dr. Neha Singh Maurya HoD Counselling Department



Shagun Bhagchandani,
Grade II-A



CAS

Creativity, Activity, Service

Unleashing Your Infinite Potential through Creativity, Activity, and Service (CAS): A Journey Beyond Limits

Education is not just about acquiring knowledge—it's about unlocking the vast potential within each individual. Just remember: the sky is not the limit—you are the universe. This profound insight echoes the core of the International Baccalaureate (IB) Diploma Programme's Creativity, Activity, and Service (CAS) component, which fosters self-discovery, holistic development, and the pursuit of personal growth. As Vincent Van Gogh once said, "Go out and paint the stars." Just like the limitless universe, creativity knows no boundaries, and so does our potential for innovation, activity, and meaningful service.

At the heart of every transformative experience in CAS lies creativity—the ability to think in new, bold ways. As Marilyn Monroe wisely noted, "The sky is not the limit. Your mind is." Creativity opens doors to innovation, encouraging students to push the boundaries of conventional thinking. Through creative ideas, students not only unlock solutions to real-world challenges but also embark on a personal journey of self-expression and growth. To transcend limits, we must first tap into the creative power within us, embracing curiosity and the courage to explore the unknown.

The CAS programme encourages students to immerse themselves in new experiences that spark creativity and innovation. This begins with inspiration, which often stems from challenges, new ideas, or engaging with different communities. Whether through designing a project, taking on leadership in a school activity, or participating in community service, CAS enables students to discover new interests and expand their horizons. It goes beyond finding a "right answer"; it cultivates critical thinking, self-reflection, and personal agency. In every CAS experience, students are encouraged to explore, create, and serve, igniting their full potential.

Imagine a CAS journey where students have the freedom to find their voice, express their ideas, and connect with learning in ways that are personally meaningful. The power of this inspiration and creation is what will transform our world. This environment nurtures future leaders, artists, scientists, and innovators, musicians, mathematicians, singers, songwriters, naturalists, doctors, peacemakers, and everything else one can

think of who not only learn skills but also develop a deep sense of responsibility and purpose. When students take ownership of their learning through CAS, they are empowered to make their creative ideas come to life and contribute positively to their communities. The energy and growth sparked by CAS experiences can transform not only their own lives but also the world around them.

The CAS framework emphasizes that there are no limits to what students can achieve. By balancing creativity, activity, and service, students develop the personal attributes of the IB Learner Profile—becoming inquirers, thinkers, communicators, and reflective individuals. These opportunities provide the foundation for the leaders, scientists, musicians, doctors, and peacemakers of tomorrow. CAS is not just about structured learning; it is a pathway for self-discovery and a place where dreams begin to flourish.

Innovation through CAS begins with discovery. Schools that encourage creative exploration and service offer students diverse opportunities, allowing them to engage in a variety of subjects, interests, and experiences. These moments of discovery help students find their passions, spark their imagination, and deepen their understanding of the world. CAS is more than an academic requirement; it is an invitation to contribute to society, reflect on personal growth, and cultivate a global mindset.

As students rise to new challenges in CAS, they uncover passions they never knew existed and develop the critical skills needed for the future. Through the CAS program, education becomes an engaging, holistic experience that encourages students to dream beyond their limits. After all, the universe is their canvas.

Never lose sight of your dreams. Remember, "the sky is not the limit—you are the universe". Embrace the endless opportunities that CAS offers. Through creativity, activity, and service, you have the chance to "paint the stars" and unlock the immense potential within you. You hold the power to create, innovate, inspire, and shape a brighter future. Believe in yourself, because you are capable of achieving anything you set your mind to!.

Ms. Kavita Yadav, CAS Coordinator

CAS PHOTO



Ms. Kavita Yadav, CAS Coordinator



Department of Integrated Studies

EXPRESSION WITHOUT BOUNDARIES

We know many famous individuals have been diagnosed as having autism spectrum disorder (ASD) or are believed to have traits associated with autism. These individuals have made significant impacts in their respective fields such as entertainment, golf, science, art and business.

Our ex-students, diagnosed with autism at an early age, Ranveer Singh Saini and Adi Swaminathan brought laurels to the school. Ranveer is now an international golfer. He has won numerous medals and awards in India and abroad defying all odds. His recent achievements being Gold Medal in World Games 2023, Berlin and Silver Medal in Asia Pacific Golf Masters 2024, Macau.

Adi Swaminathan also an ex-student of our school diagnosed with Autism, has put many exhibitions of his art work. His work comprises of different forms of Lord Ganesha, Lord Shiva, Lord Ram and even Sai Baba. He has an eye for details and has completed Bachelor of Art from Baroda School of Art, Vadodhara.

At present, Akshaj Srivastava, a student of Grade VII CS-A, is associated with SEN Department since 2016 when he was just 4 years old and diagnosed with High Functioning Autism. Initially, he was very less communicative and introvert. But regular interventions, therapies and routine talks made him open up slowly. He showed significant improvement academically as well as verbally. He showed great interest in reading books and that enriched his vocabulary to great extent.

He has been a very focussed child who undertook all the assigned tasks very diligently. He always surprises us with new achievements, beating his challenges. He learnt Western Classical Piano and performed a very difficult tune by Beethoven during Autism Awareness Week. He qualified Music Theory Exams Grade 1 and Grade 2 from ABRSM London with distinction.

During COVID he found a new field of interest in History and Geopolitics. Soon he acquired vast knowledge on the World History much ahead of his age. He gave multiple presentations on topics related to history during class and attended History Workshops conducted by the University of Oxford. He knows the world map like back of his hand and can correlate History with contemporary Geography. He can talk about miscellaneous issues of World politics with their historical background. Not only that, he has written multiple

articles on Topics related to History on Medium.Com and got them published on a Publisher's webpage. He also launched a youtube channel viz. History Carnival with Akshaj wherein he presented very interesting topics in his unique visual connect style.

Impressed by his youtube videos, he was recently invited by SCM Youth Fellowship Cohort for an expert talk in history. He participated in the 10-daylong Conference wherein he talked about the Interdependence of Peace and Development through examples of History. He was the youngest and only neurodiverse participant in the Cohort. His knowledge, confidence and presentation skills were applauded by all the fellows and Mentors and he received a Certificate and a Letter of Recommendation for his brilliant performance. Recently, he was invited for a guest lecture on World War 1 to Grade X students.

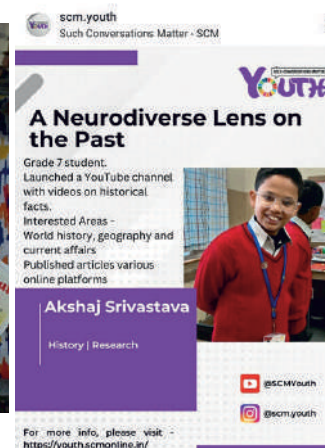
Akshaj is performing excellently in academics too and is favorite of all teachers. He puts up all his heart and soul whatever task he is given to do. He is quite independent and a very friendly child. He has a promising future in the field of History and we are proud to have him amongst us. It's a real pleasure to see him excelling and shining. He aspires to be a Historian and that he will become for sure.



Ranveer, in golf Course.



Adi Swaminathan's painting



Akshaj Srivastava

Mr. Rajiv Mishra
Dean, Department of Integrated Studies.



How Functional Medicine is Shaping the Management of Modern Lifestyle Diseases

In recent decades, the global rise in lifestyle-related diseases, including diabetes, cardiovascular conditions, obesity, and autoimmune disorders, has reached alarming levels. The prevalence of autism spectrum disorders and cardio-metabolic diseases highlights the profound impact of modern living habits on health. These conditions, influenced by poor nutrition, chronic stress, and sedentary lifestyles, pose significant public health challenges. Functional medicine, with its comprehensive and systems-based approach, is revolutionising the management of these diseases by addressing their root causes rather than merely alleviating symptoms.

Functional medicine operates on the principle that lifestyle diseases often arise from underlying imbalances within the body. This approach involves a thorough evaluation of various factors, including diet, genetics, environmental exposures, and emotional well-being. The goal is to understand how these elements interact and contribute to chronic conditions. By targeting these fundamental issues, functional medicine aims to restore balance and promote long-term wellness, offering a pathway beyond the limitations of conventional treatments.

Cardio-metabolic diseases, including hypertension, type 2 diabetes, and obesity, are increasingly common due to lifestyle factors. Functional medicine approaches these conditions with personalized treatment plans that integrate nutrition, exercise, stress management, and targeted supplements. By addressing critical factors such as insulin sensitivity, chronic inflammation, and metabolic function, functional medicine aims to reverse disease progression and enhance overall health, pushing the boundaries of traditional medicine.

Stress management and emotional well-being are central to functional medicine's approach. Chronic stress, exacerbated by modern life, contributes to various health issues, including hypertension and autoimmune disorders. Functional medicine incorporates mindfulness practices, stress reduction techniques, and supportive therapies to address these emotional and psychological factors, promoting overall health and resilience.

Detoxification and reducing environmental toxins are also crucial aspects of functional medicine. Exposure to pollutants, heavy metals, and other harmful substances is prevalent in today's world. Functional medicine employs detoxification protocols to help remove these toxins and support the body's natural detoxification systems, including the liver and kidneys. This process aids in reducing the toxic load and mitigating its impact on health.

Gut health plays a vital role in overall well-being, with imbalances often linked to chronic conditions. Functional medicine focuses on restoring gut health through dietary changes, probiotics, and other interventions aimed at healing the gut lining and improving digestive function. By addressing gut imbalances, functional medicine seeks to enhance nutrient absorption and support immune function.

The rise of long COVID has introduced new challenges, with many individuals experiencing persistent symptoms such as fatigue, brain fog, respiratory issues, and hormone imbalances. Functional medicine tackles long COVID through a comprehensive approach that focuses on restoring immune balance, reducing chronic inflammation, optimizing mitochondrial function, and supporting the body's natural healing processes.

Hormonal imbalances, affecting both men and women, have become increasingly common due to modern stressors, environmental toxins, and aging. Functional medicine delves into adrenal, thyroid, and sex hormone imbalances, employing treatments such as bioidentical hormone therapy, dietary changes, and stress management to restore hormonal balance and overall well-being.

Thyroid diseases, including hypothyroidism and autoimmune conditions like Hashimoto's thyroiditis, are often managed with conventional methods that may not address the root causes. Functional medicine explores factors such as nutrient deficiencies, gut health, and environmental stressors, offering tailored solutions to support thyroid function.

In summary, functional medicine represents a transformative approach to managing modern health challenges. By addressing the root causes of disease through a comprehensive analysis of diet, genetics, environment, and emotional health, functional medicine offers a holistic strategy that

transcends conventional methods. Combining advanced diagnostics with evidence-based natural



therapies, it empowers individuals to reach their full health potential. In this paradigm, the sky truly is not the limit



Dr Kalpana Shekhawat
MBBS, DNB (Prim) DFM
Head Medical Operations



SPORTS

Sports

PERSEVERING TO CROSS THE LIMITS

The phrase "Sky is the limit" is often used to inspire people to achieve their goals and pursue their dreams. However, what if we told you that the sky is not the limit? That there's more to achieve and explore beyond the sky?

In sports, this phrase can be applied to athletes who push themselves beyond their limits, achieving greatness and breaking records. Take, for example, snowboarders who feel freedom and limitless possibilities when they're on the slopes ². The sky is not the limit for them; their imagination and skills are.

In the world of sports, athletes are constantly pushing themselves to new heights, shattering records, and redefining what's possible. The phrase "Sky is the limit" is often used to inspire and motivate, but what if we told you that the sky is not the limit? That there's more to achieve and explore beyond the sky?

Take, for example, skydivers who leap from planes and soar through the air, feeling an unparalleled sense of freedom and exhilaration. For them, the sky is not the limit; it's just the beginning. They push themselves to new altitudes, performing daring stunts and tricks, and exploring the unknown.

Or consider the achievements of athletes like Michael Jordan, who defied gravity with his iconic slam dunks, or Simone Biles, who pushed the boundaries of human physicality with her record-breaking gymnastics routines. They didn't just reach for the sky; they soared beyond it.

In sports, the sky is not the limit because human potential is limitless. Athletes who believe in themselves, who push themselves to the edge, and who refuse to accept defeat can achieve greatness. They can break records, win championships, and inspire generations.

But the "Sky is not the limit" mantra goes beyond individual achievement. It's about the collective potential of humanity. When we come together, support each other, and strive for excellence, we can achieve the impossible. We can put footsteps on the moon, build towering skyscrapers, and create life-changing technologies.

In sports, this collective potential is evident in team achievements, like

championship wins or record-breaking relays. It's evident in the camaraderie and support that drives athletes to push themselves harder, to strive for more.

Similarly, in business and life, the sky is not the limit ³. There are footsteps on the moon, and there are people who have achieved greatness beyond the sky. It's all about pushing ourselves, believing in ourselves, and exploring the endless possibilities that life has to offer.

As Mirka Crew says, "The sky is not the limit. Your mind is". It's our mind-set that limits us, not the sky. We need to break free from our mental constraints and unleash our full potential.

So, let's not limit ourselves to the sky. Let's explore beyond, push ourselves to greatness, and achieve the impossible. The sky is not the limit; our minds are. Let's believe in ourselves, support each other, and strive for excellence and when we unleash our full potential, nothing can stop us.

Mr. Darshan Singh Gahallot
HoD Sports



REACHING FOR THE STARS: A COACH'S PERSPECTIVE

As a coach, I've had the privilege of witnessing countless athletes transform their potential into extraordinary achievements. While raw talent is undoubtedly a significant factor, it's the intangible qualities of resilience, discipline, and hard work that truly set apart those who reach the pinnacle of their sport.

Resilience, the ability to bounce back from setbacks and adversity, is perhaps the most critical trait. The journey to success is rarely linear. There will be obstacles, failures, and disappointments along the way. It's how an individual responds to these challenges that determines their ultimate fate. A resilient athlete can turn adversity into opportunity, using setbacks as fuel to drive them forward.

Discipline, the consistent application of effort, is equally important. It's the daily grind, the countless hours of practice, the unwavering commitment to the process. Discipline is what separates the good from the great. It's the ability to stay focused, to prioritize, and to sacrifice short-term pleasures for long-term gains.

Hard work, of course, is the foundation upon which success is built. It's the willingness to put in the extra effort, to go the extra mile, to push oneself beyond perceived limits. Hard work is not just about physical exertion; it's also about mental toughness, the ability to persevere when the going gets tough.

The combination of resilience, discipline, and hard work is

a powerful force. It's the formula for success, not just in sports, but in any field of endeavor. Whether you're an athlete, a student, or a professional, these qualities will help you overcome challenges, achieve your goals, and reach your full potential.

As a coach, my role is to instill these values in my athletes. I want them to understand that success is not about luck or talent alone; it's about the choices they make, the habits they cultivate, and the mindset they adopt. I strive to create an environment that fosters growth, encourages perseverance, and celebrates progress.

I often remind my athletes of a quote by Michael Jordan: "Some people want it to happen, some wish it would happen, others make it happen." It's a simple yet profound statement that encapsulates the essence of success. To truly reach for the stars, one must be willing to take action, to embrace challenges, and to never give up.

Remember, the journey to success is not always easy, but it's always worth it. By cultivating resilience, discipline, and hard work, you can overcome any obstacle and achieve your dreams.

Mr. Anitya Chand
HoD Golf

Editorial Team

Editor

Ms. Kanchan Khanna

Editorial Team

Ms. Virender Bhullar, Ms. Shivani Johri, Ms. Anshu Bhatnagar,
Ms. Bhawna Rajput, Ms Poornima Thakur, Ms.Megha Negi,
Ms Antima Kaushik

ICT-Support

Mr. Sumit Gupta

Art Support

Mr. Ashok Mahakur

Student Members

Stuti Khanna, Anurag Parikh, Himanshi Aggarwal, Shreshthta
Chaturvedi, Josika Ahluwalia, Raisa Bhardwaj, Aarika Sharma, Swarnika
Joshi, Myra Mehra, Prisha Abrol, Siya Aggarwal, Aanya Nigam, Aveer
Singh, Anjaneya Kaul, Ashani Srivastava, Zitin Tiku, Pari Yadav





**“WE DREAM
PAST THE SKY”**



SCOTTISH HIGHTM
INTERNATIONAL SCHOOL

Block G, Sushant Lok II, Sector 57, Gurugram-122011, Haryana

Phone: +91-124-4112781 to 90 Fax: +91-124-2573590

E-Mail: info@scottishhigh.com Website: www.scottishhigh.com