



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

## THE NORTH WIND

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### From the Principal's Desk

In this year's series, we are discussing the best qualities of a student. This month we'll discuss the importance of Active Listening. An interesting Sanskrit quote is: “यथा चित्तं तथा वाचो यथा वाचस्तथा कर्मणा”: If the mind is distracted, we can't listen properly, comprehend clearly, or explain effectively—and this incomplete understanding inevitably reflects in our actions. That is why concentration and active listening are crucial components of a student's learning process.

In the classroom, when we don't listen carefully to the lesson or instructions, we are more likely to make mistakes in the tasks assigned. This is why one of the most common reminders from teachers is: “Listen carefully”.

Active listening is a crucial skill for improving communication and building stronger relationships. Most importantly, it helps prevent misunderstandings, which is essential in both personal and professional settings.

Many misunderstandings and mistakes arise from half-heard truths and incomplete information. By practicing active listening,

we can significantly reduce such errors and foster clearer, more meaningful interactions.

Good listening skills demonstrate a person's ability to effectively receive and interpret information during communication. This naturally leads to better understanding, helps build stronger rapport with the speaker, and benefits us both personally and professionally.

For anyone—especially students—who wish to develop trust, improve learning outcomes, and make better decisions, active listening is one of the most important keys to success.

*I would like to end this article with some famous quotes on active listening:*

***“The word LISTEN contains the same letters as the word SILENT.”***

**- Alfred Brendel**

***“Courage is what it takes to stand up and speak; courage is also what it takes to sit down and listen.”***

**- Winston Churchill**

***“If speaking is silver, then listening is gold.”***

**- A Turkish Proverb**

***“Knowledge speaks, but wisdom listens.”***

**- Jimi Hendrix**

**Dr. Sanjay Sachdeva (School Principal)**

## Significance of Saying 'No' to Children

In today's fast-paced, comfort-driven world, saying 'No' to children has almost become a lost art. Parents and teachers, driven by love and the desire to protect, often find it hard to deny children what they want. Whether it's the latest gadget, extra screen time, or skipping responsibilities, many of us hesitate to set boundaries, fearing they might hurt a child's feelings or dampen their confidence. But what we often forget is that a well-timed, gentle 'No' can be one of the most powerful tools in shaping responsible, resilient individuals.

Our children today are growing up in an age of instant gratification, everything, from food to entertainment is just a click away. In such a world, constantly hearing 'Yes' can make it difficult for them to understand patience, self-control, and the value of effort. Saying 'No' teaches them that not everything comes easily and that some things must be earned. This lesson, though simple, becomes the foundation for emotional maturity and real-world success.

A negative response also helps children to learn to deal with disappointment, an essential life skill. Shielding them from every failure or frustration may seem kind in the short term, but it robs them of the ability to cope when life doesn't go their way. When children are allowed to experience small disappointments early on, they learn to handle larger challenges later with strength and grace. It's like emotional muscle-building, uncomfortable at first, but vital for growth.

Basically, boundaries set through saying 'No' instil discipline. When parents or teachers do not surrender to unreasonable demands, it teaches children to respect rules and limits. It also helps them understand the importance of balance between work and play, wants and needs, freedom and responsibility. Without these limits, children may struggle to manage time, money, or emotions as they grow older. Of course, the way we say 'No' matters just as much as the 'No' itself. It should come from a place of care, not control, explaining why a certain behaviour or request isn't acceptable helps children understand that no doesn't mean rejection, it means guidance. For example, saying, “No, you can't have more screen time because your eyes need rest,” communicates concern, not authority. Over time, children begin to internalize this reasoning and start making thoughtful choices on their own.

Lastly, saying 'No' isn't about being strict or unkind. It's about helping children develop strength, empathy, and self-awareness, qualities that a constant 'Yes' can never provide. The art of saying 'No' is really the art of teaching balance, between desire and discipline, between freedom and responsibility. So, the next time a child insists on something unnecessary or harmful, remember - saying 'No' isn't depriving them — it's preparing them. After all, the strongest foundations are built not on indulgence, but on understanding, patience, and love.

**Ms. Seema Bhati (Primary School Director)  
PYP Coordinator**





# PYP

## A Circle of Friendship, Fun and Feelings!

Circle Time in the early years is always alive with laughter, cheerful chatter, and heartfelt sharing. It's that special part of the day when our young Highlanders come together to connect, express themselves, and nurture a strong sense of belonging within their classroom community. The morning begins with Om chanting, breathing exercises, and meditation, creating a calm and focused start to the day. Playful engagements such as Chinese Whisper, Spin the Bottle, and action songs help build communication, confidence, and collaboration. Experiences like 'Guess the Sound' encourage students to identify and reflect on everyday sounds, sharpening their listening, observation, and thinking skills. In the 'Happy Circle', our young Highlanders learn to express appreciation for their peers, fostering empathy and positive relationships. Daily rituals such as discussing the date, month, and weather help them develop awareness of their environment and the world around them. The joyful rhythm of circle time continues with songs, rhymes, and movement exercises that fill the room with energy and smiles. Each morning truly sets a warm, positive tone for the day ahead, a time when every voice is heard, every thought is valued, and every heart begins the day a little brighter.



## Sparkles, Smiles, and the Spirit of Diwali!



Diwali, the festival of lights, brought a radiant glow to the corridors and classrooms as the students of the Initial and Primary Years arrived in their vibrant ethnic attire, filling the school with colour and cheer. The festive spirit came alive as the young Highlanders joyfully painted and decorated diyas and crafted colourful torans, which beautifully adorned the corridors, reflecting their creativity and enthusiasm. Through these hands-on experiences, the students delved deeper into the true essence of Diwali. Listening to the story of the Ramayana helped them understand the values of courage, love, and righteousness, while discussions on celebrating a green and safe Diwali encouraged them to be mindful and responsible citizens. The celebrations also highlighted the importance of togetherness and compassion, inspiring the students to share joy, kindness, and warmth with others, especially with those less fortunate. The day was a perfect blend of festivity and learning, reminding everyone that Diwali is not just about lights and decorations, but about spreading happiness, gratitude, and love all around.







## **Showcasing skills and sportsmanship in the pool - a true display of strength, speed, and spirit**

An Inter-Class Swimming Competition was organized for the primary students of Grades II and V. The event witnessed enthusiastic participation from the young swimmers, who showcased their skills and competitive spirit with great zeal. The participants demonstrated commendable proficiency and determination in various swimming categories.

The competition provided students with an excellent platform to enhance their aquatic abilities while fostering qualities such as discipline, perseverance, and sportsmanship. The event concluded successfully, leaving both participants and spectators inspired by the students' enthusiasm and dedication.







## German Day - Tag der Deutschen Einheit



On 3rd October 2025, our Primary Highlanders celebrated German Unity Day, commemorating the reunification of Germany on 3rd October 1990—a historic event symbolizing peace, solidarity, and national unity. To mark this occasion, also known as Tag der Deutschen Einheit, a series of engaging activities were organized

during German language lessons to promote cultural awareness and linguistic diversity among learners.

Primary students enthusiastically dressed in the tricolours of the German flag—black, red, and yellow—creatively coordinating their outfits to represent Germany's national colours. The celebration provided an enriching opportunity for students to develop international mindedness and embrace a growth mindset, while appreciating the values of unity and cultural harmony.



## Spanish Day: Fostering Global Awareness through Language



A Spanish Day celebration was organized to immerse students in the vibrant culture and rich language of Spain. The event featured a variety of engaging activities such as Tambola, fun facts, riddles, and tongue twisters, all designed to make learning

enjoyable and interactive. Through these lively engagements, participants not only developed a deeper appreciation for Spanish culture and language but also fostered a strong sense of community and global awareness. The celebration truly enhanced

their understanding of cultural diversity and the beauty of languages around the world.



## Library Week-Celebrating the power of knowledge



Library Week was celebrated with great enthusiasm in the Primary Wing from 13th to 17th October 2025. The week was filled with exciting activities aimed at nurturing students' love for reading.

Storytelling sessions featuring popular tales and interactive elements captured the young learners' imagination and curiosity. Students expressed their creativity and writing skills

through activities such as book reviews, bookmark designing, story writing, and colouring based on their favourite stories.

To make the celebration even more enriching, expert talks and quizzes were organized, allowing students to deepen their understanding and appreciation of literature.

The Library Week was a great success, offering meaningful experiences that inspired students to think creatively, explore new ideas, and develop a lifelong love for reading.







## Halloween Magic at School



The Primary children celebrated Halloween on 31st October 2025 with great excitement. The celebration helped students learn about global traditions and encouraged them to be open-minded. The young Highlanders came dressed as scary monsters, witches, ghosts, bats, skeletons, and more. They enjoyed spooky stories and had fun playing 'trick or treat'. It was a day full of laughter, creativity, and imagination as the children celebrated it together with their friends.



**Ms. Shivani Johri (Initial School Head),  
(Deputy PYP Coordinator)**  
**Ms. Virender Bhullar (Primary School Coordinator),  
(Deputy PYP Coordinator)**





# Medley of Activities



As the brisk winds of October swept through the campus, the visual art rooms at our school came alive with a vibrant symphony of creativity, colour, and expression. The month unfolded as a true celebration of imagination and discipline, where the spirited enthusiasm of our Highlanders blended seamlessly with the focused dedication of our emerging performers and visual artists.

Students from Grades I to V embarked on a joyful journey of artistic exploration, drawing inspiration from the festivals of Diwali and Halloween. Their classrooms transformed into radiant hubs of creativity as they crafted intricate paper lanterns and composed heartfelt written pieces. From stories of glimmering diyas to vivid reflections on beloved family traditions, their work echoed the warmth, joy, and cultural richness of the season. Through these activities, the young artists not only strengthened their creative abilities but also deepened their understanding of enduring themes such as light, unity, and togetherness.

Meanwhile, SHISFEST provided a dynamic platform for artistic expression, where entries across various categories of visual art competitions offered profound glimpses into the imaginative worlds of our students. Every creation—rich in originality, emotion, and intent—made the judging process both inspiring and challenging, as each artwork carried its own distinct voice and story.

Ultimately, SHISFEST was far more than an inter-school competition. It was a meaningful celebration of artistic spirit—a space where every participant emerged as a storyteller, a thinker, and a creator. Truly, it was an enriching experience for all involved.



**Ms. Amita Gahallot,**  
HoD - Visual and Performing Arts



## Dancing into October's Festive Glow

October twirled into our campus with the sparkle of Diwali lights and the rhythm of celebration in every heart. Joy, music, and movement filled the air — it truly felt like a month where every step danced in harmony with the glow of the season.

A moment of immense pride shone brightly as our talented student won the Western Solo Dance Competition at SHIS Fest! The stage came alive with energy, grace, and unwavering confidence, as our performer narrated stories through movement — stories that words alone could never express. Every participant was a star, lighting up the floor with passion and spirit.

The celebrations grew even more meaningful as our Integrated Students delivered a heart-warming performance on Autism Day. Their rhythm, innocence, and expressive artistry touched every soul in the audience, leaving all mesmerised and filled with admiration.

Meanwhile, the festive buzz continued to rise as Annual Day preparations began. The corridors now echo with rehearsals, laughter, music, and the vibrant hum of creativity taking shape.

With hearts full of rhythm and spirits soaring high, October danced past us — leaving behind a beautiful trail of light, love, and joy in its sky.

**Ms. Himani Yadav**  
Dance Teacher



The month of October brought great delight to our drama students. The school hosted SHIS Fest, an interschool cultural extravaganza that showcased talent, creativity, and expression. Among the many events, Tamasha – the Street Play Competition stood out with its powerful theme: Mental Health Awareness.

Our school's team secured the first prize, delivering a compelling performance that highlighted the causes, effects, and possible solutions related to mental health challenges. Their presentation was widely applauded by judges and spectators alike for its creativity, clarity, and high energy.

With this remarkable achievement boosting their confidence, the drama students have now enthusiastically begun preparations for the upcoming Annual Day.





**Mr. Vikas Sharma**  
Theatre Arts -Teacher



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**Mr. Shivam Srivastava**  
Western Music - Teacher

## News From The Sports Arena

### October Achievements: A Month of Sporting Excellence

The month of October was an action-packed one for Scottish High International School, with Highlanders participating in various National, State, District, and Inter-School competitions—and excelling across them all.

#### Chess

- Ryan Shan (V) secured a position in the Top 5 at the District Chess Championship and qualified for the State Championship.
- Devansh Khandelwal (X) was the 2nd Runner-up at the ISSO National Chess Competition and qualified for the SSGFI National Chess Championship.
- In the Sports Fiesta Chess Competition, Saket Agarwal (VI IG) clinched 1st Position in the U-14 category, while Ishanvi Vasant (X) secured 1st Position in the U-17 Girls category.

#### Skating

- Siddhika Saxena (IV A) won two Silver medals at the CISCE National Skating Competition held in Mumbai. She also bagged a Silver medal in the SGFI District Skating Competition and qualified for the State Championship.

#### Basketball – Under 17 Boys & Girls

SHIS teams dominated the Sports Fiesta, securing 1st Position in both the Boys' and Girls' categories.

- Girls Team: Reet Mathur (XI), Advita Airi (IX), Devanshi Koul (IX), Anya Nigam (XI), Anahita Gupta (X), Naomi K Mudgal (IX), Kenisha Kaur Roy (X), Jhalak Rustagi (X), Fagun Beniwal (X), Sara Singh (X), Vidisha Wadhwa (XI), Aashna Sud (XI).
- Boys Team: Anirudh Sikdar (X), Vivaan Motwani (X), Arjun Mudgal (X), Vaibhav Sarin (XI), Kavya Sharma (IX), Mairav Rehan (XI), Ehan Khan (XI), Shreyas Todi (X), Ojas Vir Chauhan (X), Samarth Gulia (X), Smyan Pandita (XI), Aarav Jain (IX).

#### Football

- The Under 19 Girls Football Team secured 1st Position in the Sports Fiesta. Team members:

Saanvi Garg (XI), Muskaan Arora (XI), Kaira Kapoor (IX), Aradhya Nigam (IX), Anika Jain (IX), Chhavi Bagga (IX), Ajooni Kaur (XII), Jennifer (XI), Anika Ishank Jain (IX), Kudrat Atwal (VIII), Samaira Kohli (XI), Khanak Sharma (VIII), Pearl Gupta (VII).

- The Under 15 Boys Football Team secured 2nd Position in the Shree Ram School Football Competition. Team members:

Ritik Mishra (VIII), Arnab Jaiswal (VIII), Ryaan Duhan (VIII), Samarth Mehra (IX), Medhansh Vashisth (IX), Sashwat Gupta (IX), Aaroosh Banerjee (IX), Vedant Gutt (IX), Daivik Wadhwa (VIII), Paranjay Negi (VIII), Tanmay Singh Chawla (IX), Vikhyaat Aashir Bhardwaj (IX), Vardaan Agarwal (VIII), Hrehaan (IX).

#### Shooting

- Parisa Chopra won a Bronze medal in the SGFI Block and District Shooting Competition and qualified for the State Championship.

#### Cricket – Under 19

- Khushal Sehrawat (XI), Ranveer Gulia (XI), and Parinay Sehgal (XII) secured 1st Position in the CISCE National Cricket Tournament (U-19 category) held at Moga, Punjab.





### Lawn Tennis – Under 17

- Lakshay Dhiman (XI) and Adhrit Gautam (X) secured 3rd Position in Sports Fiesta 2.
- Samaira Kohli (XI) and Mehher Sharma (XI) secured 1st Position in the same competition.

### Badminton – U-14 & U-17 (Boys & Girls)

Highlanders secured 2nd Position across categories in the Sports Fiesta Badminton Competition.

- Boys U-14: Mudil Sachdeva (VIII), Arjun Sinsinwar (IX), Advik Iyer (VII), Dherya Garg (VII), Danish Goyal (VII).
- Girls U-14: Ajooni Randhawa (VIII), Khushi Malik (VI), Gaurika Sharma (VIII), Saisha Bahal (VII), Iva Malhotra (VI), Anaya Sharma (VII).
- Boys U-17: Maanik Rao (X), Ekaksh Chaudhary (XI), Shreyansh Sharma (IX), Siddhant Thakur (XI), Tanush Dua (XI)

**Mr Darshan Singh Gahallot**  
HoD Sports

## Senior School Head

### SHISFEST 2025 – A Celebration of Creativity, Collaboration, and Confidence

Scottish High International School came alive with energy and excitement as it hosted SHISFEST 2025, a grand Inter-School event that brought together the brightest young minds and the most talented performers from across the city. With 30 schools and over 300 students participating, the campus buzzed with enthusiasm, creativity, and a vibrant competitive spirit.

From thought-provoking quizzes to expressive performances, SHISFEST offered something for every learner and every interest. The event began with an impressive amalgamation of subjects. The English Department hosted Quizzeria, where teams showcased their wit, vocabulary, and quick thinking, while Samachar Vachan brought Hindi headlines to life through confident young news anchors. The rhythm of curiosity continued with Prashnotri in Sanskrit, celebrating India's classical language in a lively and engaging format.

Science enthusiasts explored innovation in Innovathon and Innovate, Investigate, Impact, where students transformed ideas into meaningful solutions. Budding entrepreneurs stepped into the spotlight in Save-A-Biz, presenting smart and sustainable business concepts. Mathematical brilliance took center stage in Complexity and Precision, challenging participants to unravel intriguing puzzles. The Talking Titans sessions allowed middle and junior school Highlanders to voice their thoughts with clarity, confidence, and conviction.

The Modern Foreign Languages events—Declamation, Linguaverse Recital, and Weave Me a Tale—transported the audience across cultures, as students spoke, narrated, and performed in French, Spanish, and German. Art lovers witnessed creativity unfold in What a Color!, where young artists transformed canvases into vivid reflections of imagination.

The dramatic arts shone in Tamasha, the drama competition

that brought powerful performances filled with emotion, teamwork, and storytelling flair. The day culminated in an electrifying Dance Competition, where rhythm, coordination, and boundless energy lit up the stage.

SHISFEST 2025 was not just about winning—it was about learning, connecting, and celebrating talent in all its forms. The event beautifully captured the spirit of Scottish High, where every student is encouraged to dream big, think creatively, collaborate fearlessly, and shine with confidence.







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

## Modern Foreign Languages

### **“From Festivals to Fluency: Honouring Spanish and German Heritage and the MFL Translation Competition.”**

The month of October at Scottish High International School was marked by a vibrant celebration of Spanish National Day and German National Day, bringing alive the rich cultures, languages, and traditions of both nations. The festivities beautifully reflected the school's commitment to global learning and cultural appreciation.

Highlanders from Grades IV and XII enthusiastically participated in a range of creative and engaging activities. The younger grades explored the joy of language through tongue twisters, fun facts, and poems, adding laughter and curiosity to their learning. Their energy set the perfect tone for a celebration that was both enjoyable and educational.

The senior school Highlanders showcased a deeper cultural understanding through visually captivating and informative creations.

- For Spanish National Day, students designed colourful brochures and posters illustrating Spain's festivals, cuisine, and iconic landmarks—highlighting the country's festive

spirit and cultural richness.

- The German National Day celebrations featured an impressive variety of activities, including poster and bookmark creation, fabric art, card design, and a lively food fest offering traditional German delicacies. Adding to the excitement, students enjoyed German number tambola and a spirited cultural quiz, testing their knowledge of Germany's heritage and traditions.

Adding a new and exciting dimension to the month's celebrations, the school hosted its first-ever Inter-Clan MFL Translation Competition, bringing together Highlanders with a passion for languages. The event unfolded over three dynamic rounds—Word Translations, Phrases and Idioms, and a thrilling Word Hunt. Each stage presented a unique challenge, enhancing students' linguistic agility, teamwork, and cultural insight. The competition not only fostered healthy rivalry but also deepened an appreciation for the beauty of multilingual expression.

Every activity throughout the month reflected the Highlanders' creativity, enthusiasm, and growing global awareness. The celebrations truly brought together the colours, flavours, and rhythms of Spain and Germany, fostering a spirit of international-mindedness and joy across the school.







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

## IGCSE

### Wellbeing at Scottish High: More Than Just a Subject

When Cambridge Assessment International Education introduced Wellbeing as a core subject, it wasn't simply to add another class to the timetable—it was a response to a growing reality. More students today face emotional challenges, anxiety, and stress than ever before. Research highlights that young people aged 11–14 experience significant shifts in their thinking and emotions, often struggling to navigate these changes.

Students who feel emotionally balanced tend to thrive. They focus better, recover from setbacks more easily, and engage more deeply in learning. Recognizing this, Cambridge developed a curriculum built around three key areas: Understanding Myself, My Relationships, and Navigating My World.

At Scottish High, we have embraced this framework through hands-on, meaningful activities that resonate with students' daily experiences. For example, students created Body Maps to identify where stress manifests physically—many linked their headaches to test anxiety for the first time. We now practice breathing exercises before tests and encourage positive self-talk when facing challenges.

During September and October, our focus was on building healthy friendships. Through role plays, students explored both supportive and unsupportive interactions, gaining a clearer understanding of what makes relationships strong. In our Pride Gallery activity, they celebrated achievements beyond academics—like helping a sibling or standing up for a friend.

The feedback has been heartening. One parent shared, “My daughter now tells me when she's anxious instead of keeping it to herself.” A student said, “I do the breathing thing before tests, and it actually helps.”

Looking ahead, next term we'll focus on conflict resolution and perspective-taking—skills students can apply immediately in their daily lives. Our goal isn't to eliminate problems but to equip students with the confidence and tools to manage them—one class at a time.

**Ms. Priyamvada**  
Teacher

## ICSE / ISC Bulletin

### BizForHer 2025: Our Success Story

We are thrilled to share that we, Aaradhya Nigam and Aanya Nigam, had the incredible opportunity to represent our school at BizForHer 2025 — a national business case competition that empowers high-school girls across India. The initiative aims to nurture young women's entrepreneurial spirit by equipping them with the skills, mentorship, and confidence to lead with innovation and impact.

The competition challenged us through three intense and enriching rounds:

- **Round 1:** A 15-slide presentation analyzing and solving a business case based on the Tata Group.
  - **Round 2:** A YouTube video submission presenting our solution to a complex case study on Swiggy.
  - **Round 3 (Finals):** A live presentation before a distinguished national jury, built around a business case focused on Nykaa.
- Competing against over 750 teams from across India, we were ecstatic to qualify among the Top 5 finalists nationally and present at the grand finale! Representing our school on such a prestigious platform was both an honor and an unforgettable learning experience. It pushed us to think critically, collaborate effectively, and approach real-world business challenges with creativity and entrepreneurial insight.

After an intense and exciting final round, we were overjoyed to be declared the Second Place Winners of BizForHer 2025!

This journey taught us more than we could have imagined — from understanding the operations of leading companies like Tata, Swiggy, and Nykaa, to strengthening our teamwork, time-management, and presentation skills. BizForHer wasn't just a competition for us; it was a transformative journey of growth, confidence, and inspiration — one that has motivated us to keep learning, innovating, and leading fearlessly.

**By: Aanya Nigam XI B,**  
**Aaradhya Nigam IX C**

## IBDP / IBCP

### The Chemistry of Scent: Esters and the Art of Aroma

#### Chemistry HL

There's something almost alchemical about the way chemistry gives rise to scent, how invisible molecules can awaken vivid memories and emotions.





Among the most enchanting of these molecules are esters, the compounds behind the fragrances of fruits, flowers, and even dreams. When ethanol meets acetic acid, for instance, they form ethyl acetate, a sweet, pear-like aroma that lingers delicately in perfumes and ripe fruit. Change the alcohol, or the acid, and the story shifts: isoamyl acetate becomes banana, methyl butanoate turns apple, and octyl ethanoate whispers orange. Each ester is a tiny act of creativity, a molecular brushstroke painting the air. What makes esters so fascinating is their universality, they bridge the laboratory and the orchard, the synthetic and the natural. Their scents are reminders that chemistry is not just equations and glassware; it is sensory, emotional, human. When you peel an orange or open a bottle of nail polish remover, you're not just smelling, you're experiencing the harmony of atoms arranged with poetic precision. Esters remind us that even in the most ordinary moments, chemistry composes beauty that can be felt before it is understood.

*By: Navya Chaudhry, Grade XI IBDP-B*

## Infinity in a Circle: The Universe Hidden in $\pi$

### Maths AA H

Somewhere, deep within the endless digits of  $\pi$ , lies your name. And mine. And the first line of every poem that has ever been, or ever could be, written.  $\pi$  is more than the ratio of a circle's circumference to its diameter; it is an infinite, non-repeating stream of digits, a cosmic tapestry of randomness that may, paradoxically, contain everything. In its boundless sequence, one could find every melody yet unwritten, every novel unread, every heartbeat ever to exist — encoded not by design, but by mathematical inevitability. If  $\pi$  is truly normal, if its digits are perfectly distributed, then every possible combination of numbers, words, and images already exists within it. Somewhere, the story of your life is written, digit by digit, between two infinities. It's a humbling thought: that a simple circle, the most perfect of shapes, may hold within it the entire imperfection of existence. Perhaps mathematics doesn't just describe reality, perhaps, in its quiet, infinite symbols, it contains it. To contemplate  $\pi$  is to stand at the edge of forever, staring into a number that never ends, yet somehow whispers everything that ever began.

*By: Vamika Bansal, Grade XI-IBDP*

## The Silent Symphony of Electromagnetism

### Physics HL

Electromagnetism is the universe's quiet composer, unseen, yet orchestrating nearly everything that exists. From the glow of a bulb to the birth of a star, this force threads together the worlds of matter, motion, and light. Once thought separate, electricity and magnetism were united by James Clerk Maxwell's elegant equations, revealing that light itself is an electromagnetic wave, a revelation that

transformed physics forever. Every interaction we take for granted, the bonding of atoms, the firing of neurons, even the flicker of a screen, hums to electromagnetism's rhythm. It is the mediator between the quantum and the cosmic, guiding photons between charged particles while shaping the magnetic halos of galaxies. Its quiet universality is perhaps its greatest wonder. The same principles that let a Wi-Fi signal stream across continents also make sunlight shimmer on water. Electromagnetism reminds us that the invisible can govern the visible, that beauty can exist in equations as much as in stars. Next time you witness lightning streak across a stormy sky, remember: you are seeing the handwriting of the universe, written in the delicate, eternal script of charge and field.

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

## When Vision Out speeds Execution: Jaguar's Strategic Stumble

### Business Administration



Jaguar has long aspired to reinvent itself with a future-facing vision, positioning the brand as a bold, all-electric luxury marque with a refreshed identity. But in recent months, the company's strategy appears to be lagging behind its ambition, reminding us of the fragile gap between vision and execution. One of the most conspicuous tensions lies in

Jaguar's pivot to an all-electric lineup and the rollout of a radical rebranding campaign, dubbed Reimagine. The new branding leans heavily into abstract imagery and ethos-driven messaging, sometimes at the expense of showcasing the cars themselves. Critics argue this shift has alienated traditional enthusiasts who cherished Jaguar's heritage. Meanwhile, the commercial results are raising eyebrows. Jaguar's sales volumes have plunged, partly due to the planned phase-out of legacy internal combustion models ahead of new electric ones, and partly due to supply chain disruptions. The recent cyberattack that forced Jaguar Land Rover to suspend production further compounded these difficulties. Another strain has emerged from vehicle reliability concerns. Reports suggest that electronic system failures (in components like ECUs, sensors, and detection modules) account for a disproportionately high rate of issues in Jaguar and Land Rover models. When a premium brand's products struggle with durability, brand reputation can erode fast. In sum, Jaguar's strategy may not be inherently flawed, its ambition to leap into electric luxury and to redefine its identity is bold and forward-looking. But the execution has exposed critical gaps: messaging that distances loyal customers, product delays, technical reliability issues, and operational shocks like cyber risk. The lesson is familiar but sobering: in transformation, how you change matters as much as that you change.

*By: Tisha Saxena, Grade XII IBCP*





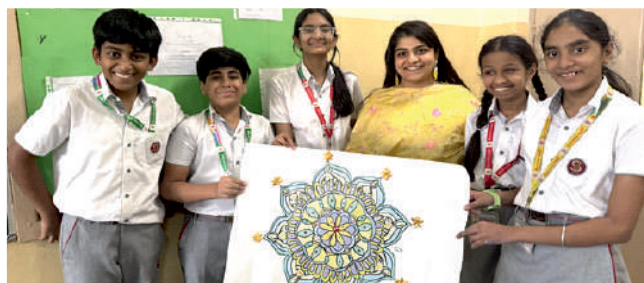
## Community Outreach and CAS

As one witnesses the excitement and creativity of middle school students during the recent festival celebrations, it fills everyone around with joy. The Highlanders were brimming with enthusiasm as they immersed themselves in creating colourful rangolis — some collaborating in teams, others pouring their hearts into individual designs. Their contagious energy, combined with the vibrant patterns they crafted, reflected not only their artistic talents but also their deep connection to our rich cultural traditions.

Alongside the rangoli-making, students also participated in preparing healthy Diwali sweets made from dates and dry fruits. It was heartwarming to see them so deeply engaged in this hands-on activity, learning about natural ingredients and the importance of choosing healthier alternatives. They were delighted to discover that something delicious can also be nutritious — a lesson that often goes unnoticed in today's world.

These activities were far more than festive fun; they opened meaningful doors for students to understand values that extend beyond textbooks. By celebrating festivals through SUPW, they learned teamwork, patience, and creativity, while also developing awareness about health and nutrition. It's remarkable how a simple sweet can teach such powerful lessons about caring for one's body.

SUPW continues to help Highlanders connect with their culture in meaningful ways while empowering them to make smart, healthy choices. It nurtures not just skills but also attitudes and values that will stay with them for life. Moments like these highlight the true power of hands-on, creative learning — bringing joy, knowledge, and a strong sense of community all at once.



**Ms. Purva Sanduja**  
SUPW Teacher  
CAS Coordinator (IBDP)

## The World of Economics

### GST 2.0: Fuelling Festive Cheer and Economic Growth This October

GST Reforms 2.0 has a significantly positive impact on India's economy during the festive month of October, especially during the celebrations of Dussehra, Diwali and Chhath Puja. GST 2.0 has not only made festival shopping more affordable for millions of families across the country but has also simplified the tax structure and has widely seen as a "Diwali gift" from the government to its people by letting them save up to 4–5% on everyday items, festive supplies, and electronics.

When families spend more, businesses sell more which further leads to higher demand for goods and services. In October 2025, consumer spending reached ₹12–14 lakh crore, and retail sales grew by 7% compared to last year, which has not only boosted the economic activity in our country but also supported small businesses and local artisans and helped the factories to produce more, creating more jobs in retail, manufacturing, and transport.





Because of GST 2.0, prices went down and people had more money to spend. In October 2025, this led to more shopping, happier shopkeepers, and more jobs. The IMF also increased India's growth forecast for 2025-26 to 6.6%, showing strong confidence in our economy's future.

**Ms. Neha Gupta**  
Economics Teacher

## Collaboration: A Pathway to Learning and Growth

Collaboration is one of the most important skills students can develop. It enables them to learn from one another, exchange ideas, and work as a team. In Biology, collaboration mirrors the way nature functions—every organism depends on others for balance and survival. Similarly, students grow when they share their thoughts, explore diverse perspectives, and solve problems together. Such teamwork not only strengthens scientific understanding but also nurtures empathy, respect, and global awareness—key aspects of holistic development.

As part of the Climate Action Project 2025, students of Grade XI IBDP at Scottish High International School participated in a Virtual Exchange Session with Acmalar Ortaokulu, Turkey, and Modern School, Buenos Aires, Argentina. This session brought together learners from Biology, Environmental Systems and Societies (ESS), and CAS, giving them the opportunity to discuss climate issues, exchange experiences, and present sustainable solutions.

During the exchange, students also introduced their countries through short presentations highlighting geography, festivals, traditional dances, and local cuisine—celebrating the vibrant cultural diversity of India, Argentina, and Turkey. These interactions encouraged students to appreciate similarities and differences across nations, fostering global-mindedness and meaningful friendships.

Experiences like these remind us that when young minds collaborate across subjects and continents, they have the potential to inspire real change—paving the way for a greener, brighter, and more sustainable world.

**Ms. Swati Sohni**  
Senior School Biology Coordinator

## From The Counsellor's Desk

At Scottish High International School, we focus on the overall development of both students and staff. Our recent sessions have provided students with valuable learning experiences, while our counselors were provided with a platform to undergo professional growth by participating in a comprehensive training program organized by the National Institute of Public Cooperation and Child Development.

An insightful workshop was held for the students of Grade VIII and IX at Scottish High International School by Pratisandhi Foundation, a non-profit organization committed to de-stigmatizing sexuality education. The session, led by Dr. Kaavya Sreedhar, Ms. Anisha Hallan, Ms. Suhani Goel and Ms. Sanah Srivastava, aimed to educate and empower students on vital subjects of sexual health and well-being.

For Grade VIII, the focus was on "Understanding Menstruation and Reproductive Health," where students were educated on topics such as anatomy, menstrual cycle and hygiene, pregnancy and sexual reproductive health. For Grade IX, the session covered "Understanding Consent, Values, and the Impact of Pornography," addressing topics like consent, online safety, and the side effects of masturbation and pornography. Both sessions were well-received, with students participating in the discussions. The interactive activities and anonymous Q&A ensured a comfortable environment for learning as well. During Mental Health Week, the school counselors organized activities for Grades VI and VII to help students learn about mental health. The students made colorful posters that shared important messages about understanding emotions, the value of support from friends and family, and ways to take care

of themselves. They also created ribbons to symbolize different mental health issues, promoting a sense of unity. These fun activities helped students understand mental health better and encouraged them to support one another, making the school a more caring and welcoming place. Additionally, career counseling sessions are happening as our senior students begin the important process of applying to universities. This journey can feel overwhelming for both students and their parents, as it involves many steps and significant decisions. Sticking to the application timeline is crucial, and deadlines can come up quickly, adding to the stress. This process takes time, and patience is needed along the way. Our counseling team is providing regular sessions to support students and help them feel understood during this busy time. We aim to empathize with their concerns and guide them in making informed choices about their education. We wish our senior students the best as they take these important steps toward their future, knowing that with support, they can handle this transition more smoothly.

Grade VI students joined the "World of Sports" session, where they took part in activities that highlighted the importance of physical activity for health and well-being. They also participated in a session on the "Importance of Participation in Competitions," which aimed to boost their confidence and motivation to join school competitions for their personal and academic growth. Grade VII students attended a session on the "World of Sports," where they learned about the role of sports in promoting physical and mental well-being. They enjoyed a quiz activity that helped them understand the benefits of staying active. In another session, students explored interesting facts from the Guinness Book of World Records and learned about different types of Indian dals. This activity encouraged curiosity and cultural awareness. Students also participated in a session on cybersecurity, led by Ms. Pooja Bansal, Head of Information Security at Fareportal. They learned about digital safety, including how to create strong passwords and protect themselves from online threats like phishing. In another session on the "Importance of Nutrition," Ms. Nitya from Fortis Hospital introduced Grade VII students to the benefits of a balanced diet and how to identify signs of malnutrition. The session encouraged them to make healthy food choices. Grade VIII students took part in a session on "Managing Emotions and Attachment Styles," which introduced them to different emotional patterns such as secure, anxious, avoidant, and disorganized styles. This helped students understand their emotions and relationships better.

For grade XII students, a session on "Common Apps Tips and Tricks" was conducted by Ms. Rupali from Education USA on September 21, 2024. This session aimed to guide students through the application process for universities in USA. We continue to support the academic, emotional, and social growth of our students, helping them prepare for the challenges ahead.

## Counseling Department



## From Our Budding Writers

### हिंदी सुरीली

हिंदी है मीठीमीठी  
जैसे गुड़ की दली  
दिल को भाए  
भाषा है सुरीली।  
कहानी, कविता, गीत,  
सब हिंदी में लगते रंगीन,  
पढ़ते ही मन झूमे,  
खिल जाते चेहरे सबके हसीन,  
आओ हम सब मिलकर,  
हिंदी भाषा को अपनाए,  
इस प्यारी भाषा को,  
दुनिया के हर कोने में पहुंचाए।



रेश्मा  
कक्षा : तृतीय - 'अ'





## कविता गुदगुदी

वह दबी हंसी के जैसी है,  
आंखों में नमी के जैसी है,  
जो पकड़ भी पूरी ना हो,  
कुछ ऐसी कमी के जैसी है।  
मन के कोने में छुपी कहीं,  
एक नहीं बच्ची जैसी है,  
उसे देखकर मैं हंस देती हूँ,  
वो गुदगुदी के जैसी है।  
है दूर बहुत, पर दूर नहीं,  
वो मेरे साए जैसी है,  
हर हरकत मिलती - जुलती है,  
वो बिल्कुल मेरी जैसी है।  
छूने से जो उड़ जाती है,  
उस नहीं चिड़िया जैसी है,  
उसे देखकर मैं हंस देती हूँ,  
वो गुदगुदी के जैसी है।  
है नटखट और मासूम बहुत,  
वो एक शरारत जैसी है,  
है पास अभी, फिर दूर कहीं,  
वो एक चलावे जैसी है।  
दिल के बक्से में बंद हुई,  
अदना सी चाहत जैसी है,  
उसे देखकर मैं हंस देती हूँ,  
वो गुदगुदी के जैसी है।

अमायरा  
कक्षा : चतुर्थ-डी

समय के साथ जो चलता है  
समय का तुम रखोमान  
समय बहुत ही है बलवान  
समय को ना बरबाद करो  
सदा काम की बात करो  
क्योंकि कहा भी गया है  
काल करे से आज कर  
आज करे सो अब  
पल में परले होएगा  
बहुरी करेगा कब

अंश सचिन गौर  
कक्षा : चतुर्थ - 'अ'



Gratitude, the best attitude, what a powerful message that carries a deeper meaning. Gratitude involves acknowledging the people, places and deeds that enrich our lives every single day.

The poster is created to communicate an influential message and to promote the purpose of the movement. This poster contains material on what is gratitude, how we can imbibe it in our lives, recognising others' efforts and the six pillars of gratitude, along with pictures to prompt the reader's visualisation. This poster holds all the fact and knowledge you could gain about 'Gratitude'.

Gratitude really is the best attitude, by its immense power to foster deeper connections and strengthen relationships. It can also enhance our overall well-being, leading to a more fulfilling and joyful life.

By: Ujjwala Mudgal, Grade VI-A

## समय का महत्त्व

समय का जो भी रखता ध्यान  
जग में होता उसका नाम  
समय को जो भी खोता है  
बाद में वही रोता है  
सदा समय को खोने वाला  
हाथों को मल मल रोता है  
समय कभी नहीं रुकता है  
ये तो बस चलता है  
सफल वही यहाँ होता है







**We all love reading! Let's refresh our memories with these riddles. Guess the name of the book and its author. Let's see how many of them you get right.**

1. A boy with a notebook and a clever plan.  
Draws silly comics whenever he can.  
He's not perfect, but funny indeed.  
What diary shares his mischief and greed?
2. A half-blood hero, brave and bold.  
Greek myths and battles unfold.  
He's the son of the sea, with a sword that gleams.  
What series tells of his daring dreams?
3. I'm a girl with power strong and bright,  
I move things with my mind's might.  
A mean headmistress makes me mad,  
Who wrote my story, funny and sad?
4. I'm a kind-hearted bear from Peru,  
I love marmalade sandwiches too!  
I wear a hat and coat of blue,  
What bear's adventures do you know true?
5. I'm a little girl who's curious and small,  
I shrink and grow and meet them all.  
A cat that grins, a tea party mad,  
What story makes the reader glad?
6. Two cities stand, both dark and bright,  
A guillotine falls in the fading light.  
Love, revenge and sacrifice blend,  
Name this tale where one life must end
7. A boy raised wild where beasts all play,  
With Baloo and Bagheera to guide his way.  
What jungle tale is this, I say?
8. A map, a ship, and pirates bold,  
A hunt begins for chests of gold.  
What story tells this tale untold?

#### ANSWERS

1. **Diary Of a Wimpy Kid** by Jeff Kinney
2. **Percy Jackson** by Rick Riordan
3. **Matilda** by Roald Dahl
4. **Paddington Bear** by Micheal Bond
5. **Alice's Adventures in Wonderland** by Lewis Carroll
6. **A Tale of Two Cities** by Charles Dickens
7. **The Jungle Book** by Rudyard Kipling
8. **Treasure Island** by Robert Louis Stevenson

**By: Ruhaan Sardana, Grade VI-A**

#### HOW I CELEBRATED DIWALI

I woke up to see a light,  
A light which was very bright.  
It was as bright as the sun,  
As the day was going to be fun.  
I brought my big stencil,  
In which I drew with a pencil.  
Laughter echoes, sweets in hand,  
Joy and love throughout the land.  
Family together the day feels right,  
Together we glow in the golden light

**By: Srihaan Singh, Grade VI-A**



#### SIGNATURES

Signatures not only tell our name,  
they all are unique and never the same.  
They tell us how we feel,  
our emotions they seal.  
Signatures might be a simple thing,  
but they are as precious as a gold ring.  
Our ideas and thoughts they pack,  
as if signatures are a box or a sack.  
We are the ones who make their lines thin and thick,  
our inner selves they mimic.  
These lines represent us,  
so go ahead, sign; don't be nervous.  
The dot in the signature may signify end,  
but they stay with us like a friend.

**By: Kaashvi Uppal, Grade VI-C**



#### Misty Morning in a Forest

A misty foggy morning in the woods,  
where the dense trees casting shadows stood.  
The thick mist everywhere,  
Covering the forest's layers.  
Through the trees, the sun shone dim; yet gold,  
making the atmosphere mysterious and cold.  
Only voice to be heard was of a waterfall flowing in a  
river bent,  
the rest was all silent.  
These silent roads stretched endlessly far,  
with nothing to be seen, not even a car.  
The only thing that was in sight,  
were bushes afar, appearing faded and light.  
The scene of misty morning,  
truly peaceful and quiet.

**By: Kaashvi Uppal, Grade VI-C**







I, Elina, Grade VI C, have made a poster on Gratitude is the best attitude. Gratitude means being grateful and for thanking every moment of our life. In fact, sometimes we get carried away in thinking what we don't have that we forget about what we have. My poster displays the different ways a person can express gratitude. We can express gratitude by:

1. A simple thank you or a bow,
2. By planting a sapling to express gratitude to nature,
3. In our culture, by touching elders feet, by giving flowers or gifts to people,
4. By thanking God before eating food.

In conclusion, we should always express gratitude even for the smallest things in life.

**“SMILE MORE, COMPLAIN LESS, AND ALWAYS BE GRATEFUL”.**

**By: Elina, Grade VI-C**

Long ago, when the world was young, the earth was always warm and full of life. Flowers never faded and harvests never failed. This was the reign of Demeter, the goddess of the harvest, and her radiant daughter Persephone, whose presence brought joy and colour wherever she went. Together they made the world bloom, Demeter nurtured the crops, and Persephone's laughter filled the air with spring's promise.

One bright morning, as Persephone gathered flowers in a meadow, the ground beneath her feet suddenly trembled, and split open. From the darkness rose Hades, the god of the underworld, driving his chariot of shadow and flame. Captivated by Persephone's beauty he carried her away into his silent, sunless kingdom. The earth closed behind them—leaving only the echo of her cry.

When Demeter discovered her daughter was gone, grief consumed her. She roamed the world in despair calling Persephone's name, but no one answered. In her sorrow, Demeter neglected her sacred duties, crops withered, trees stood bare, and the once-green earth turned grey and lifeless. Hunger and cold spread across the land, even the gods began to worry, for the world was dying.

At last Helios, the all seeing sun god, took pity and revealed the truth. Hades had taken Persephone as his queen. Demeter's fury shook Olympus itself, she demanded that Zeus, king of the gods, command her daughter's return. Zeus agreed, but when Persephone was found, another truth emerged: she had eaten a few seeds of a pomegranate in the underworld. Bound by the laws of fate, anyone who tasted that fruit could never fully leave Hades' realm.

A compromise was struck, Persephone would spend half the year with her mother on earth, and half the year with Hades below. When she returned to Demeter, the goddess's joy restored life to the world, flowers bloomed, crops flourished and warmth filled the air. This was spring and summer. But when Persephone descended once more into the underworld, Demeter's heart grew heavy and the land turned cold and barren. Thus came autumn, and winter.

And so, the rhythm of the seasons began, a story of love and loss, of joy and sorrow, of death and rebirth. Each year as the earth grows cold and then blooms again, it remembers a mother's grief, a daughter's return, and the eternal balance between darkness and light.

**By: Samaiara Jain, Grade VI-C**

## Dogs Know When!

You know how when we humans think of time, we use watches and clocks, right? Did you know dogs don't have to? They can just use their noses instead! Yes, dogs can actually "smell time"!

You want to know how? Dogs actually possess an extraordinary sense of smell, with over 200 million scent receptors—definitely more than us humans' 5 million. It's so powerful that they can notice tiny changes in the air and helps them "know" when things happen.

Have you ever wondered how your dog is always at the barking at least two minutes before you get home from work? This is also through their unique time-smelling talent! There are three ways that they use to do it:-

1. **Scent fading:** Dogs can also smell people. When a person leaves their house, their scent lingers and gradually weakens. Some suggest that dogs may be able to smell the passage of time by sensing this progressive decrease in their owners odor.

2. **Olfactory memory:** A dog's brain may associate a certain level of odour strength with a specific event, such as arrive home.





**3. Routine and Association:** Their ability is likely enhanced by a consistent daily routine. Dogs can learn to associate certain daily events and their associated smells with the passage of time, helping them anticipate things like mealtime or their owner's return from work.

In conclusion, dogs get to know specific points in time through time smelling. For example, they know when their owner is going to come home by smelling the air to smell their human's scent.

Then, when they have the same routine almost every day, they understand when their owner is coming by recognising a particular point in odor strength.

So next time your dog waits by the door, remember — they might just be smelling the passing of time! And don't forget to give them the love that they deserve.

**By: Aarvi Sharma, Grade VI-D**

## WHEN SCIENCE PAINTS THE SKY

Have you ever looked at a bright rainbow after the rain or watched the sky turn orange during sunset and felt amazed? Nature is full of such magical sights that make us stop and stare. But have you ever wondered how these things actually happen? There is a real science behind all this beauty! In this article, let's explore the secrets behind rainbows and some other natural wonders that make our world so colourful and exciting.

### How Are Rainbows Formed?

A rainbow appears when sunlight shines through tiny raindrops in the air. Each raindrop acts like a small glass prism that bends and splits the light into seven beautiful colours — red, orange, yellow, green, blue, indigo, and violet. This bending of light is called refraction, and when the light bounces back inside the raindrop, it is called reflection. When millions of raindrops do this together, we see a bright, colourful arc in the sky.

#### Fun Fact:

No two people see exactly the same rainbow! It depends on where you are standing and the angle of the sunlight.

Sometimes, if we are lucky, we can even see a double rainbow! This happens when the light reflects twice inside the water droplet. The second one looks fainter and its colours are reversed.

### THE COLOURS OF THE SUNSET

Have you noticed how the sky turns orange, pink or purple when the sun sets? This beautiful scene is caused by something called scattering. During sunset, sunlight has to travel through more air and dust. The shorter light waves like blue and violet get scattered away, while the longer ones like red and orange reach our eyes. That's why the sky looks reddish and golden during sunset.

#### Did You Know?

Sunsets look even more colourful after it rains, because the air becomes cleaner and reflects light better!

### THE MAGIC OF SNOWFLAKES

Snowflakes may all look alike, but each one is completely

unique. They form high up in the clouds when water vapour freezes into tiny ice crystals. As they fall, the shape of each snowflake changes depending on the temperature and humidity. That's why no two snowflakes are ever the same! Most of them have six sides and look like tiny pieces of art made by nature.

#### Fun Fact:

The largest snowflake ever recorded was about 15 inches wide — that's bigger than a dinner plate!

### THE NORTHERN LIGHTS

One of the most amazing sights in the world is the Northern Lights, also called the Aurora Borealis. These glowing green and pink lights appear in the sky near the North Pole.

They happen when particles from the sun hit Earth's atmosphere and make gases glow in bright colours. The same thing happens near the South Pole too, where it's called the Aurora Australis or Southern Lights.

### THE WONDER OF NATURE

Rainbows, sunsets, snowflakes, and northern lights remind us that science is super fascinating. Every colour, sparkle, and glow in nature has a scientific reason behind it.

So, next time you see a rainbow or a pretty sunset, remember that you are watching science and beauty working together to make our world truly magical!

**By: Mannat Upadhyay, Grade VII-A**

## Hallowe'en: A Spooky Spymphony

As the month of October brings about its cold and dried leaves, festivities come alive! Along with the bright festival of Diwali and the affectionate “Bhai Dooj” traditions, horror and outcasts knock on everyone's front doors, with pumpkins, playfulness, and darkness. Hallowe'en is a celebration not only to dress up, but to honour those witches and ghouls that had been discriminated against and never accepted in this world. The festival fosters inclusivity and creativity to even the kids who never make their voices heard. Behind the masks, we're not afraid of judgement or opinions. It's a reflection of who we truly are, with either wearing a terrifying vampire cape or a vibrant dress. The costumes are simply our inner self, but wrapped in make-up and fangs. Hallowe'en is not just a festival, but feelings. Emotions of terror, yes, but also familiarity, pride, and a feeling of self-expression.

Yours spookingly,

**By: Prishaa Sharma, Grade VII-A**





## How Social Media Affects Students

Have you ever wondered how much time students spend on social media each day? While it helps us stay informed and entertained, it can also change the way we think, learn, and interact with others.” It has some pros like Better Communication, Learning Opportunities, Creativity and cons like Distraction, Addiction, and Cyberbullying. Social media lowers the self esteem of students as they compare themselves to other 'perfect' influencers. Students often compare their lives, looks, or achievements with others they see online. Since most people post only their best moments, it can make others feel that their own lives are not good enough. Many students judge their self-worth by the number of likes, comments, or followers they get. When they don't receive much attention, they may start to feel less confident or unimportant. Social media is full of edited photos and “perfect” lifestyles. These unrealistic images can make students feel insecure about their own appearance or abilities.

Cyberbullying is when someone uses the internet, social media, or messages to hurt, threaten, or embarrass others. It can include sending mean comments, spreading rumors, sharing private photos, or excluding someone online. Cyberbullying can make students feel sad, anxious, or lose confidence in themselves, and it can even affect their studies and friendships. To stop it, students should speak to a trusted adult, block or report bullies, and always practice kindness online. By supporting each other and using the internet responsibly, we can make online spaces safer for everyone. The FOMO (fear of missing out) theory is when students see others having fun or achieving things can make students feel insecure about themselves.

Social media can be very helpful for students when used wisely. It allows them to stay connected with friends and classmates, making communication easier. Students can join online study groups, watch educational videos, and access a wide range of learning resources that make studying more interesting. It also gives them a platform to express their creativity, share ideas, and showcase their talents through art, writing, or videos. Additionally, social media can keep students informed about news, events, and global issues, helping them become more aware and knowledgeable. When used responsibly, social media can be a valuable tool for learning, growth, and self-expression. In conclusion, social media has a powerful influence on students' lives. While it offers opportunities for learning, creativity, and staying connected, it also brings challenges like distraction and stress. The key is balance — using social media responsibly, focusing on positive experiences, and avoiding its negative effects. When students learn to use it wisely, social media can become a helpful tool that supports growth, knowledge, and meaningful connections

**By: Kaahina Singh, Grade VII-A**

## What if stars are cosmic maps?

Stars have been intertwined with human beliefs since the beginning of time. Maybe they aren't just twinkling lights in the sky but meant to be something bigger than we could ever imagine, possibly even a cosmic map! Secret realms, alternate universes might just be a breakthrough away. When we realized the North Star always leads North, we used it as some sort of compass. If we had dug deeper and searched for more such phenomena we could've discovered something otherworldly or perhaps, we were stopped. What if when we make a wish on a shooting star it's not a silly game, but an alien civilization on the receiving end? Astrologists study planets for horoscopes but the brave and curious just might give stars a second look and discover something truly incredible. Never stop believing!

**By Ayurvi Suri VII-D**

## Scottish High - A Self-Composed

In the modern world, with schools all over,  
Scottish High stands alone, but not a loner!  
Here, with virtues, and our head held high,  
The whole world should be able to hear our cry:  
“EAST OR WEST, SCOTTISH HIGH IS THE BEST!”

We don't lie, It is the whole world we impress,  
With students reaching out from all over the globe,  
We sure do have a legacy to uphold!

Diversity is our strength, it is what we go by,  
On the leaderboard of schools, our position is high!  
With four clans diversifying our student crowd,  
Anderson, Boyd, MacArthur, and Lamont,  
never fail to make us proud!

In all, where can you find a better school?  
Where there are values, but the teachers are cool?  
Sure, all students have a life ahead,

But Scottish teaches us ,  
That it is by knowledge that we are led.

**By: Aarna Misra, Grade VII-D**

## Trends vs Traditions: Finding Balance in a Changing World

Every generation faces the same question: should we follow what's new, or hold on to what's old? Today's world moves at the speed of a viral reel, while traditions—those old-school values, customs, and festivals—move at the pace of a family gathering waiting for everyone to show up. The clash between the two is everywhere, from fashion to food to festivals.

Let's be real—trends are everywhere. From wearing oversized hoodies and Crocs to making aesthetic study videos and saying “67” ,Gen Z trends spread faster than you can say “algorithm.” Even traditional festivals now





you can say “algorithm.” Even traditional festivals now have trendy twists—people host “theme-based” Holi parties with color bombs and custom playlists, or do Diwali outfit transitions for Instagram. It's creative, sure, but sometimes the meaning gets lost in the filter.

Traditions, on the other hand, give us something trends never can: connection. They remind us who we are and where we came from. Celebrating Raksha Bandhan isn't just about posting a cute sibling picture; it's about the bond behind it. Lighting diyas on Diwali isn't just aesthetic—it symbolizes hope and victory of light over darkness. Even family dinners, prayer rituals, and touching elders' feet hold quiet meaning in a world obsessed with likes and views.

That doesn't mean we have to ditch trends. Mixing both can actually make things better. Wearing a kurta with sneakers? Cool. Hosting a traditional meal but serving fusion food like paneer tacos or dosa wraps? Even better. Just don't forget why we celebrate, respect, and share these traditions in the first place.

Trends will come and go faster than your For You Page updates, but traditions stay. And when you blend the two thoughtfully, you don't lose your roots—you grow new ones that fit the world you're in.

**By: Jivansh, Grade VII-D**

## The Last Bench Whisper



The last bench wasn't for the best,  
It was where toppers chose to rest.  
But it held the kind of light unseen—  
Soft, unspoken, but evergreen.

It was where shy smiles first began,  
where apologies turned to laughter again.  
Dreamers sat there, doodling skies,  
Creating worlds where no rule applies.

For in that quiet, rebel space,  
Lived every soul who set their pace.  
When tests arrived with ink so blue,  
The last benchers just somehow knew  
Those marks were less than the joy they found,  
in sharing snacks when none were around.

They spoke of exams, of marks and fate,  
Of who'd be early and who'd be late.  
Yet in that back row, far and still,  
Sat hearts that dreamt beyond the drill.

Yet even then, beneath the dust,  
It held their echoes, love, and trust  
The last bench listened, held each sigh,  
And knew that time was passing by.

And though the lessons skipped them by,  
They learned to dream, to reach the sky.

**By: Shanaya Gakhar, Grade VII-D**

Technology vs. Humans- Is It Controlling Us or Are We Controlling It? “Hey Siri, random question, who do you think is in control? The assistant stays silent for a second, as if it already knows-as if it already knows the answer. The tiny little glowing screens which we built to listen to us, do you think they control us now? Mabey not, I think I am acting delusional right now, but it makes sense, doesn't it? When we wake up in the morning, we check our phones before brushing just to see if we got any messages, we check our phones for any likes on social media. It's like its pulling us into an A.I world of itself where we are the assistants, who pay attention to the addicting gadgets when it should be the opposite. “The development of full artificial intelligence could spell the end of the human race.” Said by Stephen Hawkings. That sentence is fully true, because our creativity is slowly fading away and it's like it's slipping more into the A.I brains Think about it great scientists In Japan or the US have already made robots which have feelings and can talk, walk, and even think better than humans! Where do you think they got the common idea of emotions its from people like us! We can never let technology take over us because if that happens then honestly, what is the point of humans in this world We are the ones who have the special ability to emotionally think, actually feel emotions, but if we remain dependent on technology more then one day, even these special abilities will fade away. Siri reply's (after what seemed like a century) “you are in control, or are you?”

**By: Shanaya Sharma, Grade VII-A**

AI is the silent spark behind our modern world powering phones, diagnosing illness, driving cars, and composing music. It adapts, learns, and personalizes every moment, from smart homes to virtual classrooms. AI's reach is astonishing: it predicts, creates, and strategizes, transforming industries and daily life. As it evolves from simple tasks to near-human intelligence, it promises wonders and challenges. The age of AI isn't coming it's already here, reshaping reality with every click, swipe, and word .It's not just powering devices it's shaping decisions, predicting futures, and crafting experiences tailored to every individual. AI is the unseen hand behind the scenes, orchestrating everything from your morning playlist to life-saving surgeries. It's in the soil of smart farms, the circuits of self-driving cars, and the algorithms of financial markets. It doesn't just assist it anticipates. It doesn't just respond it evolves. As it inches closer to human-like cognition, AI is no longer a tool it's a force. A quiet revolution coded in data, pulsing through every system we rely on. The world isn't watching AI rise it's already living in its shadow.

**By: Samriddh Ahluwalia, Grade VIII-D**





## मेरी प्यारी भाषा हिन्दी

हिन्दी है माँ जैसी प्यारी,  
बोली मीठी, बात सुहानी।  
शब्द इसके फूलों जैसे,  
सुगंध बिखरे सुबह-संध्यानी।



कबीर तुलसी सूर सभी ने  
हिन्दी को अपनाया।  
कहानियों और दोहों से  
ज्ञान का दीप जलाया।

भारत की पहचान यही है,  
दिलों को जो जोड़े।  
हिन्दी मेरी शान है प्यारी,  
सपनों को पंख ये दे छोड़े।



चलो मिलकर गर्व करें हम,  
गाएँ इसका गान।  
हिन्दी भाषा प्यारी अपनी,  
यही है भारत की पहचान।

नितारा  
कक्षा : तृतीय - 'अ'

Grainy textures and a vintage palette portray a 1980s setting while highlighting the film's themes of faith and closure. The film's cinematography does nothing less than heighten its eerie yet emotional experience using heavy shadows and dim lighting to create a chilling atmosphere that draws the viewer in. While many critics think the film was disappointing and unpopular with the general public, it was still a touching end to the masterfully made series.

By: Ahana Jacob, Grade XI-E

## Overexposure To Crisis

Every headline seems to be a bearer of catastrophe—a war in one corner of the world, a natural calamity in another. Overconsumption of such media inconspicuously desensitizes the idea of tragedy in our minds, silently choking compassion.

Psychic numbing refers to a tendency for individuals to divert attention from large-scale and past traumatic threats, especially when they involve mass numbers. "If I look at the mass, I will never act. If I look at the one, I will," as said by Mother Teresa, and anchors the 'one versus many' paradox. Paul Slovic, a psychologist, framed how one sympathizes with an identifiable individual in danger, as compared to a million unnamed ones. For instance, many empathize deeply with individual stories of children affected by the conflict in Ukraine or civilians in Gaza, but awareness of the millions suffering globally often fails to provoke the same emotional response.

There are largely two justifications for psychic numbing. The first justification pertains to capacity. Some suggest that humans have limited emotional bandwidth; hence, our brain strongly reacts to a single victim but erodes as the number increases. The second being motivated down-regulation—a defense mechanism that suppresses emotions when empathy feels overwhelming. Scientific evidence suggests groups like medical personnel, who routinely face suffering, show low activation in rACC (rostral anterior cingulate cortex—facilitating emotional processing in the brain) compared to other subjects when exposed to aversive stimuli, indicating a dampened empathetic response. Psychic numbing is not a moral failure; it is an innate psychological response—a natural defense that makes compassion less stifling. By recognizing and understanding it, we can consciously make efforts to reconnect with individual stories of victims and take deliberate action to demonstrate humanity and prove that even amidst global turmoil, compassion stands rooted with resilience and unity.

By: Suhanee Achra, Grade XI-E

## The Conjuring: Last Rites - Movie Review

This movie marks the emotional conclusion of the supernatural franchise, centering the two demonologists Ed and Lorraine Warren. The movie sets off a somber yet chilling tone similar to its predecessors, while preparing viewers for the end of this nostalgic series.

The movie is directed by the man none other than Michael Chaves, who is a regular in the universe having directed several films such as The Conjuring: The Devil Made Me Do It and The Nun II. The movie was produced by the creator of the series, James Wan and long-time producer Peter Safran.

Fan favorites Patrick Wilson and Vera Farmiga portray Ed and Lorraine Warren, the two main protagonists, who have starred in these roles since the first Conjuring film was released in the year 2013. When a Pennsylvania family is haunted by a demonic presence attached to an antique mirror in the film, the two are dragged out of retirement and are forced to confront an incident from 1964 involving the same mirror in order to battle these forces.

## Where roots meet horizons

Families are the foundation of every society of cultural events, passing down values, beliefs and traditions that define who we are and how we connect with others. What seems like a simple moment of joy is, in truth, the heartbeat of culture. In today's globalised world, where differences can often divide, cultural understanding plays an important role in building harmony. Reminding people and us that diversity is not a





weakness but a source of strength. In an age that grows and focuses more digital and gets divided with each passing day, culture is a reminder of what keeps us human. Culture preserves our emotions and reminds us that connection is still at the heart of progress.

It encourages curiosity instead of judgment, what makes culture truly meaningful is its ability to outlast time. It carries the memories of those before us while shaping the dreams of those who will follow. Culture at its heart, is the rhythm of human connection. It reminds us that progress means little without understanding and that a community's greatest achievement is not wealth or power, but harmony. It is also said that communities don't just exist they truly flourish.

**By: Ananshya Dhar, Grade XI IBCP**

## Self-Expression, Capital, and You

In the modern capitalistic age, where social media dictates norms, unique self-expression seems to be at an all-time low. Social platforms incentivize centralization. We like to believe capitalism and social media allow for more personal freedom in expression, but often times, trends and algorithms tend to marginalize and strangle true self-expression. The fangs and gears of online content favor homogeneity, and punish true, unreserved 'self', the term 'self' describing unapologetic displays of what is hidden behind the veil of the screen. Capitalism and consumerism, similarly punish the genuine. Both social media and our current economic systems objectify the individual. Capitalism benefits the most when the common laborer cannot even imagine standing out. Someone who is different is a threat to the system, a system that benefits from all its cogs being nothing but donkeys who slave away, thoughtlessly. Art, the purest form of self-expression is smothered under the pursuit of productivity. Artistic expression is seen as a danger to oppressive systems as it forces people to confront harsh realities, comforting the disturbed and disturbing the comfortable. An example of the way art is sidelined is in our education system. Professions that are considered productive are lifted to fabled standards, whereas it is an academic insult to be an 'art student'. The modern man's mouthpiece to make statements are his garments, which too have been neutered. The system's biggest lie is making you believe your personality and self are tied to the purchases you make, that homogeneity is the only way to exist, the biggest lie is making you believe that the superficial can satisfy you. We can never grow as individuals if we cannot break free of these shackles, free of silent oppression until we did our minds and hearts of such dangerous dogmas.

**By: Harsh Kashyap, Grade XI IBDP**

## There is no Health Without Mental Health

Mental health is a key part of our overall well-being, and it is just as important as physical health. It includes emotional and social stability, affecting how a person thinks and feels. Good

mental health is not the lack of illness; it is a state of well-being that positively shapes all interactions with the world. It is essential for a fulfilling life, influencing our ability to handle stress, build strong relationships, and work effectively to reach our goals. Sadly, this important part of health is often misunderstood and surrounded by stigma, which stops many people from getting the care they need and treating mental illness as a real health issue.

World Mental Health Day, observed on October 10th each

year, is an international effort led by the World Federation for Mental Health and supported by the World Health Organization (WHO).

It aims to increase awareness and advocacy for mental health worldwide. As decided by the WFMH, the theme for this year's World Mental Health Day is "Access to Services: Mental Health in Catastrophes and Emergencies". This theme emphasizes the importance of mental health support during crises such as natural disasters and conflicts.

By dedicating a day to this cause, we are reminded that mental health is a universal human right, not a privilege. It urges us to invest in services and create a more caring culture. We need to normalize conversations about mental health and ensure that everyone receives the support necessary to live a healthy, resilient, and fulfilling life.

**By: Aditi Gupta, Grade XII DP B**

## Inferno by Dan Brown

Seek and ye shall find....

Waking up from a nightmarish sleep, Robert Langdon finds himself in a hospital room in Florence, Italy. Having been mindwiped, his thoughts circle around visions of a silver-haired lady, plague masks and a violent premonition. At the hospital he meets with a young doctor, Sienna Brooks, who tries to prompt his memory to piece together the events from the day before. Adventure unfolds when Langdon's coat reveals a canister labelled as a bio-hazard. An assassin attack at the hospital thereafter mimics the gunshot fired indicating the beginning of a race. In this book long scavenger hunt like race, Langdon and Dr. Brooks navigate their way through the historic routes of Florence. With Langdon's knowledge of art history and verses from Dante Alighieri's Inferno, they must decipher a way to save the world population from a precariously vicious threat.

In the Robert Langdon series, this has to be my favourite Dan Brown book. It greatly celebrates the Renaissance period's art and architecture with a flavour of thriller. The research of Dante Alighieri's works is deeply profound and used wisely by Brown to pose a riveting question about overpopulation. Although the plot appears almost stagnant in the middle of the book, it allows the readers to immerse in the ornate descriptions of the artistic marvels housed in the city of Florence. This book could be a great pathway for young readers to explore the thriller genre accompanied by a deep historical background.

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





## Clan News



### Human Mind – The Real Master Behind Artificial Intelligence

The human brain is the true force behind every technological advancement. Among these innovations, Artificial Intelligence stands as one of the most remarkable. Yet, as we embrace this powerful tool, we must ask ourselves an important question — Should AI be our helper or our ruler?

AI can think, analyse, and perform tasks with incredible speed, often faster than humans. However, it lacks something essential — emotions, morality, and empathy. These uniquely human qualities, such as imagination, compassion, and a sense of right and wrong, make us irreplaceable. Artificial Intelligence exists only because of human creativity and intelligence. When used wisely, it can save time, improve accuracy, and make life easier. For instance, AI can help doctors detect diseases early or support students in understanding complex concepts. But depending on it entirely may weaken our imagination and limit our creative growth. This is why nurturing the power of the human mind is so important. Creativity, curiosity, and critical thinking should guide the way we use technology. Instead of letting AI replace our ideas, we should use it to inspire new ones. With thoughtful use, AI becomes a spark that ignites innovation and expands our possibilities. The future will belong not to machines, but to humans who can blend intelligence with imagination. Technology may assist us, but it is the human spirit that allows us to think, create, and feel. So believe in yourself — for you will always remain the greatest driving force behind progress.

CLAN ELDERS

Results of the Month			
Competition	Inter Clan Mind Wars Competition IX-X		
	Shubhojeet Dutta 10A Aarav Malhotra 10C Abeer Bajpai Haque- 10 IGCSE A	I	Boyd
	Ishan Ralli 10 IGCSE A Sanaa Celly 10 IGCSE B Racchit Arora 10 A	II	Lamont
	Tashvi Mohta 10 C Ananya Sareen 9 IGCSE B Shivina Nagwanshi 9 IGCSE A	III	Anderson
Competition	Inter Clan Hindi Extempore Competition VI		
	Aanya Sehgal 6C	I	Boyd
	Dheera Swami 6 A	II	MacArthur
	Bhavika Dahiya 6F	II	Boyd
	Elina Sindhwani 6 C	III	MacArthur
Competition	Inter Clan Life Skills Competition VIII		
	Harshvardhan Naik 8D Tanishi Singhal 8C	I	Anderson
	Ruhani Sikri 8A Arunima Sharma 8B	II	Boyd
	Gaurika Sharma 8 B Ashwika Ahuja 8 B	III	MacArthur
Competition	Inter Clan ICT Code Combat Competition XI-XII		
	Rian Sanghi 11 A Yuvraj S Arora 12 A	I	Anderson
	Dhruv Chadha 11 A Kashvi Arora 11 E	II	Boyd
	Dhairya Gupta 11 A Sanidhya Dikshit 11 A	III	Lamont



Competition	Inter Clan Science Debate Competition VII		
	Aarna Misra 7D	I	Boyd
	Ada Kalra 7 CS	II	Boyd
	Tvisha Saith 7 B	III	MacArthur
Competition	Inter Clan Hindi & Sanskrit Quiz Competition IX-X		
	Divyansh Anand 10 B Ruhika 9 A	I	Lamont
	Ujjesha Srivastava 10 D Mahie Chopra 9 C	II	MacArthur
	Anamta Akhtar 10 B Anika Jain 9 D	III	Boyd
Competition	Inter Clan Math Quiz Competition for Grade VI		
	Ronav Bandopadhyay Bhattacharya 6 G Pravit Shandilya 6 G Dheera Swami 6 A	I	MacArthur
	Krishav Jha 6 G Krishay Juneja 6 G Kiaan Juneja 6 G	II	Lamont
	Nikesh Singh Bhuker 6D Harshvardhan Jagati 6A Hridhaan Sharma 6G	III	Boyd
Competition	Inter Clan Hindi Vigyapan Competition for Grade VII		
	Yohaana Cacoria 7 C Samaira Kumar 7 C Prabhleen Narang 7E Pragnay Bagadia 7 G	I	MacArthur
	Vihaan Malhotra 7A Ashwina Bajracharya 7C Shivaay Singh 7G Dhruv Hemant Kumar 7C	II	Lamont
	Viren Yadav 7C Atharv Tiwari 7C Prisha Dua 7E Jiana Saini 7E	III	Boyd
Competition	Inter Clan Science Quiz Competition for Grade XI-XII		
	Ishaan Gupta 11C Jaikriti Bijlani 11C Aarush Agarwal 11C	I	Boyd
	Priyanshu Mukherjee 12 C Myra Sehgal 11 C Aveer Singh 12 C	II	Lamont
	Aanya Nigam 11 B Navya Chaudhry 11 DP Shreyas Todi 11 C	III	MacArthur



Competition	Inter Clan English Quiz Competition for Grade VIII		
	Ahaan Agam 8 B Ansh Gupta 8 B Aadya Maheshwari 8 B	I	MacArthur
	Naitik Beniwal 8 C Yahvi Yadav 8 D Parisha Agarwal 8 D	II	Lamont
	Manvi Mohta 8C Tanishi Singhal 8C Aadita Oberoi 8A	III	Anderson

Competition	Inter Clan Rangoli Making Competition for Grade VIII		
	Iva Kaswan 8 B Ananya Balaji 8 D Anusha Gupta 8 B Meher Talwar 8 A	I	Lamont
	Arunima Sharma 8B Siddhatri Sharma 8 B Ojal Arora 8 D Nilaya Mantri 8D	II	Boyd
	Laura Anika 8D Aaratika Das 8C Vardan Agarwal 8C Rianna Kundra 8B	III	Anderson

Competition	Inter Clan ICT Poster Making Competition for Grade VI		
	Ujjwala Mudgal 6 A	I	Anderson
	Shreyas Goel 6 G	II	Boyd
	Elina Sindhwani 6 C	III	MacArthur

Competition	Inter Clan Math Quiz Competition for Grade IX-X		
	Advay Aggarwal 10 A Aarav Khurana 10 C Angadbir Singh Sethi 9D	I	Lamont
	Vivaan Daryani 10 A Kyan Kapoor 9 D Vanad Singhal 10 E	II	MacArthur
	Ansh Khattar 10E Yuvaan Shaw 10C Sadhya Sajwan 9A	III	Anderson

Competition	Inter Clan Economic Insight Commentary Challenge Competition for Grade XI-XII		
	Aaroh Sarvesh 11 D Saanvi Mehta 11 IBDP-B	I	MacArthur
	Aarav Bajpai 11 D Anvita Chakrabarty 11 IBDP-A	II	Boyd
	Aryaman Suri 11 E Arjun Gaba 11 D	III	Lamont



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<sup>1</sup>Tested for filtration efficiency (EN1822) at 0.1 microns. Virus testing conducted on H1N1

## Golf

### ANITYA'S TIP OF THE MONTH

#### Follow Through for the Low Chip Shot

Last month, we discussed the set up for the low chip shot - a most commonly used shot for all juniors. This month, let's have a look at how this shot is to be played

Once you have taken the set up with the ball slightly behind the center of your feet and your weight on to your left leg, you have created some shaft lean. The chipping action requires you to use your arms and shoulders going back and through the stroke with minimal use of the wrist. This will help in making sure that the loft delivered to the ball at impact is less which is the key to the ball taking off low. Try and make sure that you do not use your wrist through the chipping action as this can also cause you to mis-hit the ball.

As shown in the picture, you can see how I am maintaining the triangle of my arms as the club goes back and through. My wrists are passive and maintain the loft that I started with in the first place. Thinking of this as an extended putting action is a good way to go



**Mr. Anitya Chand**  
HoD, Golf Coordinator



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Email: [info@scottishhigh.com](mailto:info@scottishhigh.com), Website: [www.scottishhigh.com](http://www.scottishhigh.com)

**Editor :** Ms. Kanchan Khanna  
**Editorial Team :** Ms. Virender Bhullar, Ms. Shivani Johri, Ms. Anshu Bhatnagar, Ms. Bhawna Rajput, Mr. Sumit Gupta, Mr. Ashok Mahakur  
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