



SPECTRUM

SESSION 2024 - 2025

SALWAN PUBLIC SCHOOL, RAJENDRA NAGAR

VOLUME - XXII



FEEL HEAL FLOURISH

EMBRACING THE STRENGTH OF MENTAL WELL-BEING



Shri Shiv Dutt Salwan
(S/o Late Pt. Girdhari Lal Salwan)
(29 October 1929 – 4 December 2024)

ॐ पूर्णमदः पूर्णमिदं पूर्णात्पूर्णमुदच्यते ।
पूर्णस्य पूर्णमादाय पूर्णमेवावशिष्यते ॥
ॐ शान्तिः शान्तिः शान्तिः ॥

In Loving Memory of Shri Shiv Dutt Salwan Chairman Emeritus, Salwan Education Trust Honouring a Legacy of Leadership and Selfless Service!

We salute the indomitable spirit of Shri Shiv Dutt Salwan, beloved Chairman Emeritus, Salwan Education Trust, who left for his heavenly abode on December 4, 2024. A man with a heart of gold, a true Karmayogi, Shri Shiv Dutt Salwan, was a great visionary, philanthropist, and an architect of growth who dedicated his life to nation-building through education. We take pride in honouring and celebrating our trailblazer's glorious journey. We draw inspiration from his life which is a saga of determination.

Born in 1929 in Peshawar, during the pre-partition period, Shri Shiv Dutt Salwan emerged as a beacon of resilience and a paragon of virtues. At the tender age of eleven, he demonstrated remarkable courage by participating in a *Satyagraha* against censorship, enduring many hardships. Despite personal tragedies, including the loss of his elder brother in communal violence, he remained undeterred in his commitment to positive change.

Driven by his father's mission, 'Education for All', Shri Shiv Dutt Salwan founded nine schools in Delhi NCR that are providing quality education with equal opportunities to over 12,000 students. A true patriot and nationalist, he provided impetus for creating pathways which have shaped today's resurgent India. Under his visionary leadership, the Salwan Schools have celebrated *Samman Divas* to honour the brave soldiers of our armed forces, extended support for Kashmiri migrants during turbulent times, and pioneered environmental sustainability by spearheading green initiatives. He championed inclusivity through initiatives such as the Salwan Marathon, wherein children with diverse abilities participated zealously.

Shri Shiv Dutt Salwan's steadfast commitment to educational excellence extended beyond academics to nurturing compassionate, socially responsible and enlightened citizens. His life remains a testament to the power of perseverance. We are eternally grateful to our anchor and guiding light, Shri Shiv Dutt Salwan. As we pay our humble tribute to our torchbearer, we, at Salwan, pledge to carry forward his legacy of educational excellence with the spirit of selfless service.

"Shri Shiv Dutt Salwan lives in our hearts, a quiet echo of love and strength that time can never fade."

Cherished Memories



A Treasured Legacy



An Ode to our Trailblazer

*We revere his imprints on the sands of time,
A legacy that will forever shine.
With purpose clear and heart so true,
He built a dream for me and you.*

*Though now he rests in peace, his spirit stays,
Inspiring us in countless ways.
To carry his torch is a promise we seal,
In every milestone reached, his presence we feel.*





MESSAGE FROM THE CHAIRMAN

“Only when we are brave enough to explore the darkness will we discover the infinite power of our light.”

- Brene Brown

It gives me as much pride as pleasure to address you through this edition of our school magazine. In today's rapidly changing, ever-evolving environment, students are navigating a complex landscape of expectations, responsibilities, and emotional stress. Success is not merely measured by grades or achievements but by a healthy mind that feels deeply, heals naturally, and flourishes with resilience.

At our school, we are committed to fostering a conducive environment where students feel valued, heard, and empowered. We nurture a learning space where open dialogue about mental health is encouraged, self-care is prioritized, and seeking guidance is viewed as a step towards strength rather than vulnerability. When intellect, empathy and action work in harmony, they illuminate the path to self-realization, for each child.

Upholding the vision of Shri Shiv Dutt Salwan, Chairman Emeritus, Salwan Education Trust, we incorporate the confluence of 'Three Hs' – Head, Heart, and Hand in our educational initiatives for promoting holistic development of the young learners. We remain steadfast in our endeavours to equip them with the competencies required to steer through life's intricacies with assurance, poise and humility.

Together, let's make mental well-being a priority and create a future filled with positivity and purpose. I appreciate the Editorial Board's relentless efforts in curating a compelling narrative of the incredible journey and achievements of the Salwanians.

Shri Hem Kumar Pande, IAS (Retd)
Chairman, Salwan Public School



BEACONS OF WISDOM FROM THE MANAGEMENT

Dear Salwanians

It is a pleasure and a privilege to share a few words with you. Your school is much more than a place where knowledge is imparted. It is the fertile ground where your intellect blossoms, character takes root, and the seeds of our nation's future are sown. Within these walls, you're evolving, growing, and transforming into responsible citizens. Your varied experiences at school are sculpting you in ways you may not yet fathom.

The world you're growing up in is vastly different from the one we knew. In the past, change was gradual, and life was largely predictable. But today, the pace of change is rapid, complex, and often unexpected. In today's fast-paced world, whether it's advancements in technology, the challenges of climate change, energy shifts, or breakthroughs in health and medicine, everything is evolving faster than ever. As some careers become obsolete and new ones emerge, your ability to adapt to the changes becomes critical. In this context, your school is more than a place of academic instruction—it is your anchor, nurturing emotional strength, adaptability, and resilience.

Therefore, your school is committed to providing a multi-dimensional education—an education that prepares you not just for academic tests, but for life itself. Co-curricular activities and sports serve as pivotal arenas to promote self-awareness, empathy, emotional regulation, and the ability to build strong interpersonal relationships. Participation in these activities helps develop collaborative and communicative skills that are indispensable in real-world scenarios. Moreover, you encounter challenges that foster resilience, teaching you to handle setbacks gracefully and return with renewed determination.

Despite being the finest archer, Arjuna from the *Mahabharata* faltered in battle due to inner turmoil. It was not merely his skill but his character, clarity, and resilience that guided him, eventually, leading him to victory. Thus, true fortitude arises from within, guiding us through adversity.

At Salwan, we strive to seamlessly integrate academic rigour, ethical grounding, character development, and collaborative engagement to nurture a comprehensive foundation for your future. So, embrace every opportunity. Learn with curiosity. Play with passion. And most importantly, grow with purpose.

Your journey has just begun and you have the power to shape your destiny!

Bharat Salhotra
Managing Partner H2 Tech Solutions Pvt. Ltd.
Member, Managing Committee, Salwan Public School



BEACONS OF WISDOM FROM THE MANAGEMENT

Dear Students

I am filled with immense pride as I reflect upon the illustrious journey of our institution. A testament to our commitment to excellence dates back to the 1970s, when the Hindustan Times highlighted our school's remarkable achievement: all 103 students who appeared for the Class XI, Higher Secondary Examination secured First Class results.

This legacy of academic distinction is a result of Salwan Education Trust's unwavering dedication to nurturing every facet of your development. We are committed to creating an educational environment that fosters not only intellectual growth but also moral and ethical fortitude.

To ensure all-round development, our academic curricula are intricately intertwined with vocational programmes. These range from in-house production of organic fertilisers, soaps, and cloth bags, which help foster entrepreneurial spirit and environmental consciousness, to signature initiatives like *Samman Divas*, which aim to sensitize and groom you into responsible citizens of the country.

You are all at an age where the world is your oyster. I encourage all of you to balance your academic pursuits with personal growth. Our school provides multiple avenues to shape your overall personality. However, it is important not to get overwhelmed with the multifaceted demands of today's educational landscape.

To support you in your growth, we have integrated programmes such as mindfulness sessions, open dialogue forums, and access to counselling services, to support you in traversing the challenges of the contemporary world. By embracing mental well-being as a collective responsibility, we aim to empower each one of you to reach your full potential with confidence and tenacity.

My best wishes to all of you for a bright future!

Vivek Khetarpal
Chartered Accountant
Member, Managing Committee, Salwan Public School



BEACONS OF WISDOM FROM THE MANAGEMENT

Dear Salwanians

It is with immense pride and pleasure that I address you through this edition of our school magazine. Reflecting on our journey, it's inspiring to recall the visionary resolve of our founder, Pt. Girdhari Lal Salwan, who, laid the foundation of the Salwan Education Trust at Peshawar in 1941, with a mission to provide education to all. Over the past eight decades, this noble vision has blossomed into a robust network of eight educational institutions, collectively nurturing over 10,000 students.

Our school, since its inception in 1953, has been committed to delivering holistic and comprehensive learning experiences, blending intellectual excellence with emotional support. We ensure that our curricula are thoughtfully updated to offer you activity-based, experiential learning opportunities in happy classrooms that are facilitated with the latest technology and highly accomplished faculty that cater to diverse learning styles, ensuring that each student is engaged and empowered.

Recognizing that mental well-being is the cornerstone of both educational development and professional success, we customize our learning programmes to include counselling services, stress management sessions, and peer support groups, all designed to create a nurturing environment where each one of you can maximize your potential and thrive. In this progressively transforming world, we consistently strive to equip you with tools needed to navigate through life's challenges and be future ready.

We remain steadfast in our commitment to uphold the legacy of our founder by nurturing minds and hearts, preparing you to be not only academically proficient but also emotionally intelligent and socially responsible individuals.

With best wishes!

Ajay Bajaj

MBA Comp Law

Chairman BAJAJ VACCO Electricals



NOTE FROM THE DIRECTOR

'The Heart of Education is the Education of the Heart.'

– Aristotle

In the intricate tapestry of life, mental well-being stands as the foundational thread, weaving through our experiences, emotions, and holistic development, nurturing learners into enlightened adults and responsible citizens of the country.

At Salwan Public School, we strive to foster an environment where no voice goes unheard, no struggle is dismissed, and no achievement is defined solely by marks.

All our efforts are centred around not only helping our children to be literate, intellectually sound and competent at what they do, but also to cultivate in them, abilities to make decisions, build relationships and shape the world we live in. Every Salwanian leverages the rich legacy of the institution with pride and purpose.

I applaud the stellar efforts of the editorial board in collating all initiatives undertaken by the school to empower the students to rise beyond challenges, embrace lifelong learning, and shape a future of boundless possibilities.

Maj Gen Sanjeev Shukla, VSM (Retd)
Director, Salwan Public School



FROM THE PRINCIPAL'S PEN

“Mental health is not a destination, but a process. It is not defined by being happy all the time. It's about understanding your emotions and navigating through them with resilience.”

Mental well-being in the formative years is the foundation for a happy, healthy, and productive life, enabling us to overcome challenges, build meaningful relationships, and achieve our fullest potential. Recognizing that it is as vital as academic and physical development, we at Salwan are committed to educating both the mind and the heart.

A happy and healthy childhood is the bedrock of a stable adulthood. This magazine encapsulates the diverse platforms we provide to stimulate and nurture the latent potential in the young learners. We believe that each child is gifted in his/her unique way and can contribute productively to this world. We cultivate an inclusive environment that celebrates diversity and individuality; be it through the Class Presentations, Internships, Community Outreach Projects or our Global Connect Programmes.

As an educational institution we aim to promote the spirit of questioning in the young minds. We wish to raise a generation that is not restricted to 'the seven wonders of the world', but is driven to explore 'seven million wonders' that may exist! Let us remember: When we feel, we connect. When we heal, we grow. When we flourish, we shine!

As a school community, we are not merely preparing our students for tomorrow; we are equipping them to redefine it.

Priyanka Barara
Principal



FROM THE VICE PRINCIPAL'S DESK

We, at Salwan Public School, strongly believe that mental well-being is the foundation of a fulfilling and meaningful life. In today's fast-paced world, where academic demands, social expectations, and personal challenges can often feel overwhelming, nurturing mental health is just as essential as maintaining physical well-being.

It is natural to experience emotions such as joy, sadness, excitement, fear, and anxiety. Acknowledging and understanding these emotions fosters resilience and self-awareness. When in need, help is always available – be it a friend, a teacher, or the school counsellor. By encouraging mindfulness and helping maintain a healthy balance between academics, responsibilities, and relaxation, a calm and positive mind-set is developed that helps in achieving one's full potential.

Furthermore, parents and guardians play a significant role in fostering a child's emotional well-being. Small gestures such as offering a kind word, being a patient listener, or simply providing a reassuring presence create a supportive environment where children can express themselves freely, solicit advice, and grow with confidence.

At Salwan, we remain committed to prioritising mental well-being and nurturing a compassionate community where every individual feels acknowledged, motivated, and appreciated. Together, let us feel, heal, and flourish!

Jyotsna Grover
Vice Principal

FROM THE HEADMISTRESS' DESK

Embracing Wellness: A Comprehensive Journey

In a world that moves at an unprecedented pace, our generation stands at a critical crossroads of choice: to be consumed by the ordinary path or to emerge as change makers. This edition of 'Spectrum' not only offers a panoramic view of the milestones achieved by the Salwanians, but also provides a window into the learning ecosystem of Salwan. Capturing the essence of mindfulness, it explores our three-pronged approach to overall well-being that provides a transformative framework for navigating the complexities of modern life:



- **Physical Health:** Cultivating a culture of wellness, our fitness enthusiasts are championing the art of living through emphasis on regular exercise, balanced nutrition, mindful movement and adequate rest.
- **Social Health:** Through robust support systems, resilient and responsible individuals are nurtured in our inclusive learning spaces, where we celebrate diversity by interweaving networks of understanding, empathy, positivity and peace.
- **Environmental Health:** From green initiatives to individual choices for reducing carbon footprints, the eco-ambassadors of Salwan are creating ripples of positive change by pioneering ways to build a sustainable environment.

Curating 360-degree immersive learning experiences and encapsulating the symphony of mind, body and soul, Spectrum (Volume XXII) celebrates the phenomenal journey of the Salwanians as active architects of a healthier present and a happier future.

Rashi Oberoi
Headmistress

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Editorial

Mental well-being is not a privilege; it is a necessity!

The success of an education system is not measured solely by grades and rankings, but by the happiness and well-being of the students. Behind every bright report card and every academic accolade, there often lies an untold story of silent struggles, unseen stress, and unspoken fears.

This magazine provides glimpses of the school's proactive steps to create a safe and supportive environment where each student is empowered with the dignity of being heard, the affirmation of being valued, and the comfort of being understood. It showcases a vivid mosaic of mental health awareness programmes, counselling services, customised mindfulness activities, optimum time management modules, and fitness regimes integrated with academic curriculum to promote rejuvenation and resilience.

It is important to realize that trials and tribulations are a part and parcel of everyone's life, but with a steady mind and a strong heart, every challenge becomes a stepping stone—not a stumbling block. May this edition serve as a gentle reminder that every pause holds the promise of a powerful renewal.

Through these pages, we humbly seek to inspire fortitude, serenity and perseverance. We earnestly hope that all our readers acknowledge the importance of stress management, emotional resilience, and self-care.

Happy Reading!

Manu Mehra
Head of Department- English



MINDS IN MOTION

SALWAN EDUCATION TRUST FELICITATES ITS ACHIEVERS

Salwan Education Trust hosted its annual Felicitation Ceremony for the session 2023-2024 at the India Habitat Centre, celebrating the achievements of its alumni, students, and teachers. This event highlighted the Trust's mission to empower learners, build strong foundations, and contribute to nation-building. It was a moment of pride for Salwan Public School, Rajendra Nagar, as toppers from Classes X and XII CBSE examination along with four exceptional sports achievers were felicitated. Esteemed alumni, Hon'ble Mr. Justice Anoop Kumar Mendiratta, Delhi High Court (Batch - 1981) and Lt Gen Bhavnish Kumar, VSM, General Officer Commanding, Delhi Area (Batch - 1984) were also recognised for their exceptional contributions.



UDITA: NURTURING MINDS, FOSTERING WELL-BEING A PICTURESQUE PAGEANT OF MENTAL WELLNESS BY CLASS VI



The students of Class VI put up a captivating presentation on 28 January 2025, emphasising the importance of mental well-being. The event was graced by Shri Kapil Rastogi, Air Commodore (Retd), a distinguished alumnus, as the Chief Guest. Through powerful performances, the students eloquently portrayed the silent struggles of stress and anxiety. While showcasing yoga and mindfulness as pathways to inner peace and resilience, the event also celebrated the academic and co-curricular achievements of the students of Class VI.



Scan the QR Code
for Glimpses
of the Event

UTPATTI SE VIRASAT TAK

A TIMELESS CELEBRATION OF HERITAGE AND LEGACY BY CLASSES VII AND VIII

The students of Classes VII and VIII mesmerized the audience with their vibrant presentation, 'Utpatti Se Virasat Tak: A Legacy that Inspires', on 4 February 2025. The event was graced by distinguished alumni, Dr Neeraj Awasthy, Director of Pediatric and Congenital Heart Disease at Fortis Escorts Heart Institute; Shri Vijay S. Bishnoi, a renowned advocate; Shri Vineet Bharara, proprietor of REECO India Magnetics; Shri Tarun Ujla, a well-known entrepreneur and Shri Shivam Raj, a business professional. The presentation featured a dazzling procession of the Sun, symbolising life and vitality, followed by mesmerising folk dances from Arunachal Pradesh, Kerala, and other states of India, reflecting our rich cultural diversity. Spectacular yoga and gymnastics performances demonstrated balance, strength, and discipline, while a powerful demonstration on self-defence highlighted the importance of empowerment. The event celebrated the deep connection between our origins and heritage. Academic and co-curricular achievers were also felicitated, adding a moment of pride to the celebration.



Scan the QR Code
for Glimpses
of the Event



UTKARSH... UNLEASHING POTENTIAL AN ENLIGHTENMENT EXPO BY CLASS V



The students of Class V unleashed their potential through 'Utkarsh', a panoramic presentation organized on 21 February 2025. Celebrating the progress and achievements of the learners, the Education Festival encapsulated myriad hues of holistic development. With jingling cymbals, the students showcased an electrifying Lezim display, amalgamating traditional folk dance, divine invocation and fiery military zeal. The well-being champions of Salwan immersed in tranquillity through therapeutic Power Yoga and Zen Mandala Art demonstration. The budding music maestros created ripples of euphoria through an enchanting *Qawwali* filled with patriotic fervour. Ms. Jayati Varma, Product Lead for Google Ads and Mr. Ankur Arora, Director of Development (South Asia), Radisson Hotel Group, esteemed alumni of our school (Batch – 2007), graced the occasion as distinguished guests. They presented Graduation Certificates to the aspiring graduates of Class V (Class of 2024-2025) and lauded the extraordinary efforts of the students and teachers.



Scan the QR Code
for Glimpses
of the Event

RANGĀ-SARASĀ-BHĀRATAM... INDIA: A PALETTE OF COLOURS AND EMOTIONS A HERITAGE FIESTA BY CLASSES III AND IV

Rangā-Sarasā-Bhāratam... India: A Palette of Colours and Emotions was a cultural spectacle presented by the students of Classes III and IV on 15 February 2025. Through vibrant performances, the Salwanians depicted the rich cultural diversity of different states of India. From the energetic beats of Bhangra, Gidda, Dandiya and Lavani to the grace of Bihu, Kathak and Bharatnatyam, each performance showcased the magnificence of our multicultural motherland and reflected the school's commitment to imbibe the spirit of nationalism in young learners. The school's alumni from the 2014 batch, Mr. Dhruv Kumar, Marketing Analyst; Ms. Garima Kapoor, Manager - Design and Coordination, DLF and Ms. Nupur Gohri, Analyst, NITI Aayog graced the occasion and commended the students for their mesmerizing performance.



Scan the QR Code
for Glimpses
of the Event



SWARNIM BHARAT: RISING TOGETHER, SHINING FOREVER A CULTURAL CARNIVAL BY CLASSES I AND II

The students of Classes I and II brought history, culture, and creativity to life through their stellar class presentation, '*Swarnim Bharat: Rising Together, Shining Forever*' held on 22 February 2025. Through a bouquet of vibrant performances including classical dances, folk dances and street plays, the young learners enthralled the audience by taking them through a captivating journey across the states of incredible India. A spectacular performance by learners with special needs, symbolizing inclusivity, resilience and togetherness added sparkle to the show. The Chief Guest, Commander Navneet S. Nagi (Indian Navy, Retd), an esteemed alumnus of the school (Batch - 1993) inaugurated the Heritage Exhibition showcasing the students' projects based on the different states of India and the traditional cuisines, handicrafts, jewellery, and masks representing India's cultural diversity. He expressed his heartfelt appreciation for the spellbinding performances.



Scan the QR Code
for Glimpses
of the Event



DYNAMIC PULSE: REACHING NEW MILESTONES SPORTS-CUM-KINDERGARTEN GRADUATION DAY CELEBRATION



Scan the QR Code
for Glimpses
of the Event

On 5 March 2025, the students of Pre-Primary presented Dynamics Pulse— a vibrant display of talents, skills, coordination and creativity. From graceful yoga poses and synchronized skating to aerobics drill, ball drill, commando drill and flower drill, the enthusiastic performers mesmerized the audience with their unmatched confidence. The gala event concluded on a heartwarming note with a memorable graduation ceremony. The Chief Guest, Dr. Subhash Chander, Assistant Professor, CIE, presented the graduation certificates to the proud graduates of the Pre-Primary. The little learners created unforgettable memories through the exuberant celebration of growth, achievements, and progress.

AN ENLIGHTENED INDIA: DESH AUR HUM 3.0

With the vision of building a *Sachet and Samridh Bharat*, the National Academy of Direct Taxes (NADT), Regional Campus, Delhi, in collaboration with Salwan Education Trust, launched the third edition of the tax awareness programme, *Desh aur Hum 3.0*. A series of orientation programmes were conducted nationwide to instill a sense of responsibility in young learners. The school collaborated with Bhavan Vidyalaya, Panchkula, to conduct an orientation for the Chandigarh Zone on 27 July 2024, engaging 50 schools in discussions on the importance of tax awareness. An orientation program for Delhi schools was hosted at Salwan Public School, Rajendra Nagar, in partnership with Springdales School, Pusa Road. The programme was attended by eminent dignitaries, including Shri Sushil Dutt Salwan, Chairman, Salwan Education Trust, and Shri Mahesh Shah, IRS, Principal Additional Director General of Income Tax, NADT. Following the orientation sessions, national-level competitions were held, engaging students from over 500 schools in creative contests such as Ad Mad Shows, Reel Making, Poster Designing, and Game-a-thon. Arnavjeet Singh (VIII-B) secured the first position in the Game-a-thon competition. The initiative concluded with a Felicitation Ceremony on 17 January 2025, wherein the Chief Guest, Shri Prabodh Seth, Member (Admin), CBDT, honoured the winners and emphasized the role of youth in shaping the nation. An exclusive visit to the New Parliament House was organised for the winners, where they explored the *Samvidhan Sadan* and *Prerna Sthal*, engaging in insightful discussions on governance and policy-making.



SALWAN EDUCATION TRUST (SET) EDUCATIONAL MEET

The school hosted the SET Educational Meet on 14 September 2024, bringing together the Chairpersons, Directors, Principals, Vice Principals, and Headmistresses from all the Salwan Schools. The event served as a platform for insightful discussions and collaborations. Shri V.K. Garg, Chairman, Salwan Boys Senior Secondary School delivered the welcome address, emphasising the evolving challenges in education and the need for adaptation. The literary segment featured an enlightening discourse on Maithili Sharan Gupt by Smt. Sushma Bhardwaj from Salwan Boys Senior Secondary School. This was followed by a storytelling session by renowned storyteller, Madam Fouzia, who performed excerpts from *Dastaan Mahabharata* and *Dastaan Madhubala*. Shri Mukkul Agarwal, Chartered Accountant and Managing Partner at J. Mandal & Co. LLP explored emerging digital threats and preventive measures in the educational space. The teachers who won the State Teachers' Award were felicitated and the SET E-Directory was launched by Mrs. Pooja Dhingra, Head - IT, Salwan Public School, Mayur Vihar. A stimulating panel discussion, 'The Alternate Dimension' focusing on leadership, resilience, lessons from failures, and workplace challenges, was moderated by Mrs. Jyotsna Grover, Vice Principal, Salwan Public School, Rajendra Nagar.



INVESTITURE CEREMONY... EMBLAZONING EMERGING LEADERS

The Investiture Ceremony for the Middle and the Senior Wing of the school was held on 18 May 2024. The newly elected Student Council assumed their assigned responsibilities with a sense of pride and purpose. The highlight of the ceremony was the presence of distinguished alumni, Ms Meghna Chaddha, a journalist; Mr Jatinder Kumar, an advocate; and Sergeant Shivam Shukla, who adorned the council members with ties and scarves. The outgoing Head Boy, Sarthak Sehgal, administered the oath of office to the newly appointed Head Boy, Dev Sharma, and Head Girl, Mansi Choudhary.

The members of the Student Council of the Primary Wing were inducted during the Investiture Ceremony held on 19 July 2024. Our illustrious alumni, Dr. Tanya Chandra, Assistant Professor, Hamdard Institute of Medical Sciences and Research and Ms. Priya Keswani, Senior Director – Digital Advertising, Mindshare India, graced the momentous occasion. They shared their success stories to inspire the budding leaders and adorned the newly elected Student Council members with ties and badges. It was a proud moment for the council members who solemnly pledged to fulfill their duties diligently.



AN INSIGHTFUL INTERACTION WITH THE LIEUTENANT GOVERNOR OF DELHI



The Principal, Mrs. Priyanka Barara along with the heads and senior faculty participated in an interactive session for educators and school leaders held at Raj Niwas, Delhi, on 20 December 2024. The event focused on discussions related to the implementation of the National Education Policy (NEP) 2020. Emphasis was laid on the Floor Area Ratio (FAR) norms for schools, establishment of technology-driven teacher training centres, cyber safety, EWS inclusion and infrastructure enhancement. Shri Sushil Dutt Salwan, Chairman, Salwan Education Trust urged the Honourable Lieutenant Governor of Delhi, Shri Vinai Kumar Saxena to provide enhanced support for better implementation of the NEP 2020 framework.

GATEWAY TO OPPORTUNITIES: CAREER FAIR



The school hosted a dynamic Career Fair on 20 July 2024, bringing together universities, colleges, and institutes to guide over 200 students from Classes IX to XII in making informed career decisions. The event featured insightful sessions on career counselling and stream selection, with Mr. Ritesh Jain, a renowned career counsellor, guiding Classes X and XI on choosing the right streams, and Mr. Natarajan V, an expert in Business Management and Education, apprising the students of the emerging career opportunities.

DASTANGOI: A MESMERIZING CELEBRATION OF ART, CULTURE, AND HERITAGE

Students of Salwan Public School, Rajendra Nagar paid a heartfelt tribute to our visionary founder, Pandit Girdhari Lal Salwan, and Chairman Emeritus, Shri Shiv Dutt Salwan, through a mesmerizing Dastangoi performance at the Felicitation Ceremony held at Salwan Public School, Gurugram on 28 December 2024. They captivated the audience with their poetic storytelling.



HUNAR MELA: A TREASURE TROVE OF TALENT AND CREATIVITY

To promote our artisans and instill a sense of appreciation and respect for our cultural heritage among students, *Hunar Mela* was organised on 13 August 2024, in collaboration with the Indian Trust for Rural Heritage and Development. The event showcased a remarkable array of talents or *hunars*, including Santiniketan and Madhubani artwork, Eco Jewels, Silk Zari, and Kantha fabrics. Additionally, creations crafted by visually impaired women from the National Association for the Blind, (trained by specialised professionals) featured items such as rakhis, handbags, decorative pieces, earrings, and baked products.



FAREWELL CEREMONY: BIDDING ADIEU TO CLASS XII (BATCH 2024-25)



The school bid an emotional and grand farewell to the Class XII batch 2024-25 on 17 April 2025. The celebration perfectly blended grace, gratitude, and goodbyes, echoing with laughter, memories, and heartfelt tributes. The event featured vibrant music and dance medleys, a creative conferring of titles, and touching speeches by students and teachers alike, capturing the unique journey of each outgoing Salwanian. The members of the Student Council were felicitated for their leadership and service. In her inspiring address, the Principal, Mrs. Priyanka Barara urged the students to stay true to their values, pursue their dreams relentlessly, and shine in every walk of life.



THE MONTESSORI WING... A HEAD START FOR LITTLE LEARNERS

GRANDPARENTS' DAY CELEBRATIONS

Creating Everlasting Memories Together

Grandparents' Day was celebrated by the little learners of Nursery and Pre-Primary with great zest and zeal on 26 September 2024 to honour grandparents and to express gratitude towards them for their love and affection. The tiny tots welcomed their grandparents warmly. Grandparents and their grandchildren participated enthusiastically in a plethora of exciting activities. It was a day filled with love, respect, and appreciation.



MOTHERS' DAY CELEBRATIONS

Celebrating the Wonderful Bond of Eternal Love

The students of Nursery and Pre-Primary celebrated Mothers' Day on 8 May 2024 to honour the epitome of unconditional love. The little Salwanians expressed their gratitude towards their mothers through riveting performances. Mothers of the little learners participated zealously in fun-filled games and immersive activities organized for them. They appreciated the efforts put in by the students and the teachers. As they captured the precious moments, their eyes welled up with tears of joy. The tiny tots and their mothers created everlasting memories together.



Little Salwanians Big Dreams...



Cherishing every Giggle and Embracing Every Milestone



ART MELA... A SPLASH OF CREATIVITY

An Art Mela was organized on 11 and 12 November 2024 to celebrate the artistic talents of the students of Nursery and Pre-Primary. The event aimed to nurture creativity and self-expression whilst enhancing fine motor skills in learners through a variety of engaging activities. The students expressed their imagination through free-hand drawings using shapes, lines, and colours. They took pride in showcasing the masterpieces created by them.



GREEN CARNIVAL

The little learners of Nursery and Pre-Primary celebrated Green Carnival – Van Mahotsav on 5 July 2024. They participated in intriguing activities such as nature walk, collage making, leaf printing and planting of saplings. They created planters using reusable items such as old shoes, coconut shells, tins, jars, etc. Deepening their connection with nature, these activities encouraged the little Salwanians to adopt a sustainable lifestyle and fostered in them a sense of responsibility to protect Mother Earth.



A HANDS-ON LESSON AT THE TRAFFIC TRAINING PARK

An educational excursion to the Traffic Training Park was organised for the students of Nursery and Pre-Primary on 22 and 26 April 2024 respectively. The educational trip aimed to generate awareness on basic road safety rules among the little learners. The students excitedly participated in role-play and simulation activities amid fictional pedestrian pathways, signboards and traffic lights. The informative activities reinforced the importance of following traffic rules for everyone's safety and security.



VISIT TO BIRLA TEMPLE

The students of Nursery and Pre-Primary visited the Birla Temple on 21 and 22 August 2024. Immersed in spiritual and cultural awakening, the little learners explored the famous temple and offered prayers for everyone's well-being. The visit fostered respect for diverse cultures. The learners were sensitized towards the significance of peace, harmony, equality and universal brotherhood.



PICNIC BONANZA

The students of Nursery and Pre-Primary enjoyed a picnic at Nehru Park, Chanakyapuri on 30 and 31 January 2025. They participated in exciting outdoor activities, team games, free play and nature walk. The fun-filled engagements helped in enhancing their socio-emotional skills as they interacted with their peers joyfully. They relished their favourite meals on the lush green lawns of the park. It was an enjoyable experience for the students as they strengthened their bond with each other in the lap of nature.



SUMMER FIESTA 2024

Summer Fiesta 2024 was organised for the students of Nursery and Pre-Primary from 6 to 10 May 2024. Melon Day, Mango Day, and Hats and Goggles Day were the highlights of the fiesta. Emphasis was laid on prioritizing well-being by adopting self-care practices during summer months. Through invigorating activities, the little learners were able to appreciate the significance of staying hydrated and eating nutritious food to stay fit. The Summer Fiesta encouraged the tiny tots to embrace wellness practices for leading a healthy life.

DRESSES OF INDIA... CELEBRATING UNITY IN DIVERSITY

'Dresses of India', a fancy dress fiesta was organized for the students of Nursery and Pre-Primary on 22 and 23 January 2025 to mark Republic Day celebrations. Donning traditional dresses and costumes representing the different states of India, the tiny tots created a cultural mosaic, bringing India's rich heritage to life. Capturing the essence of unity in diversity, the costume carnival instilled the spirit of patriotism in little learners.



DAD READS TO ME

'Dad Reads to Me' activity was organized for the little learners on 21 October 2024. Enthusiastic fathers of little Salvanians conducted immersive story reading sessions in Nursery and Pre-Primary classrooms. Enchanting narratives were brought to life through props, puppets and flashcards. The students were captivated by the unique learning experience. The event aimed to inculcate a love for reading and storytelling in little learners whilst strengthening parent-school partnership.

STORYTELLING AND RHYME PRESENTATION

The students of Nursery and Pre-Primary showcased their creativity, talents and confidence during the Storytelling and Rhyme Presentation session conducted on 15 July 2024. With the help of puppets, props, and pictures, the little learners brought enrapturing tales and rhymes to life. Through this activity, essential skills such as public speaking, teamwork, and creative expression were nurtured in the young learners whilst laying a strong foundation for lifelong learning.





Spotlight on Success



SERVICE BEFORE SELF



CBSE BOARD RESULTS OF CLASSES X AND XII (2024–25)

With immense pride and joy, we celebrate the exceptional Board Results of Classes X and XII.

The Salwanians have once again demonstrated their academic excellence, driven by perseverance, diligence, and unwavering determination. Their accomplishments stand as a true testament to the school's commitment to progressive and holistic education. Congratulations to all our achievers for their incredible performance and well-deserved success!

Saluting Our Achievers — Excellence Earned, Success Celebrated!

CLASS X

S. No.	Category	
1.	Highest Score	97.8%
2.	Number of Students Securing 95% & above	13
3.	Number of Students Securing A1 in all Subjects	14
4.	Total Number of A1	444
5.	Total Number of A2	272

CLASS XII

S. No.	Category	
1.	Highest Score	Commerce - 97.8% Science - 97.6% Humanities - 95.6%
2.	Number of Students Securing 95% & above	19
3.	Number of Students Securing A1 in all Subjects	28
4.	Total Number of A1	407
5.	Total Number of A2	309

SCHOOL TOPPERS



Navya Singh
97.8%



Virat Sachdeva
97.2%



Shreyansh Mishra
97.2%

95% AND ABOVE



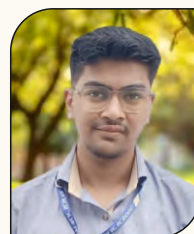
Pranav Kumar
96.4%



Krishang Sachdeva
96.4%



Vedha Vashist
96.4%



Bhavy Goyal
96.2%



Aarna Singh
96%



Japesh Agrawal
95.8%



Barnit Bortamuly
95.6%



Soumil Rana
95.6%



Ridhima Manchanda
95%

100 % SCORERS



Bhavy Goyal
English & AI



Arnav Singh
English



Navya Singh
Sanskrit & AI



Virat Sachdeva
Sanskrit & AI



Pranav Kumar
Sanskrit & AI



Krishang Sachdeva
Sanskrit & AI



Soumil Rana
Sanskrit & AI



Varenva
Sanskrit



Saksham Malhotra
Sanskrit



Shreyansh Mishra
AI



Barnit Bortamuly
AI



Ananya Sahu
AI



Garv Kumar
AI



Jai Singh Chauhan
AI



Ishaan Johar
AI



Dhritika Manchanda
AI



Charvi Kalra
AI



Samridhi Srivastava
AI



Nayesha Chawla
AI



Ananya Dogra
AI



Khushi Taneja
AI



Shubh Tripathi
AI



Aarna Singh
AI



Lavya
AI



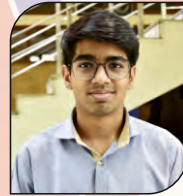
Jasneek Kaur
AI



Dhairya Singh
AI



Jashith Khatri
AI



Haroon Suvasiya
AI



Shaurya Sant
AI



Aahana Gambhir
AI



Jashan Deep Singh
AI



Mairaa Sareen
AI



Tanush Kohli
AI



Poonam Bera
AI



Sejal Sharma
AI

SUBJECT TOPPERS



Karman Singh
Punjabi-93



Lucky
Hindi Music Vocal-88



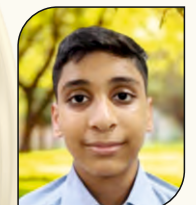
Vedha Vashist
Mathematics-99



Harshit Sharma
Painting-94



Yashvardhan Bakolia
Painting-94



Devyansh Mohan Mahajan
Science-99



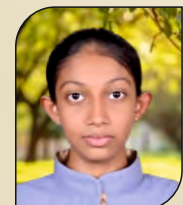
Japesh Agrawal
Social Science-99



Kartikey Tanwar
Social Science-99



Aditya Arora
Social Science-99



Priya
Marketing & Sales-95



Debarati Jana
IT-99



Pranav Kumar
Science-99



Krishang Sachdeva
Social Science-99



Barnit Bortamuly
Social Science-99



Jai Singh Chauhan
Social Science-99



Charvi Kalra
Hindi-98

CBSE CLASS XII

STREAM TOPPERS



Pranav Singhal
Science - 97.6



Drish Goel
Commerce - 97.8



Nishka Malik
Humanities - 95.6%



95% AND ABOVE



Maanik Ahuja
Commerce - 97.4%



Ujjwal Kumar
Commerce - 96.8%



Bhavika Kapoor
Science - 96.2%



Saanvi V Raju
Commerce - 96%



Kanishk
Science - 96%



Aryan Chawla
Science - 95.8%



Smridhi Aggarwal
Commerce - 95.8%



Samay Bothra
Commerce - 95.6%



Simar Kaur
Commerce - 95.6%



Pragya Kishanpuria
Science - 95.4%



Shabad Kalra
Commerce - 95.4%



Maleha Mujeeb
Humanities - 95.2%



Ryan Khattar
Commerce - 95.2%



Gurbani Kaur
Commerce - 95%



Tarun Gola
Commerce - 95%



Gurbani Kaur
Humanities - 95%

100% SCORERS



Pragya Kishanpuria
Music



Sukhleen Kaur Sokhal
Music



Rhea Gupta
Music



Saniya Sona
Music



K Sairam
Music



Drish Goel
Business Studies



Kanishk
Painting



Maanik Ahuja
Accountancy



Jiya
Music

SUBJECT TOPPERS



Gurbani Kaur
English-98
Mass Media-99



Nishka Malik
History-99
Psychology-99



Vaani Bansal
History-99



Meenal Kaur
Political Science-98



Pranav Singhal
Mathematics-99
Chemistry-99



Bhavika Kapoor
Physics-96
Computer Science-99



Ishanya Kashyap
Physics-96



Advika Gupta
Hindi-94



Chahat
Geography-87



Soumita Palmal
Biology-98
Physical Edu.-96



Achint Kaur
Psychology-99



Maleha Mujeeb
Psychology-99
Mass Media-99



Rhea Gupta
Chemistry-99



Saarthak Singh
Biotechnology-99



Bhakti Kohli
Mass Media-99



Amaya Karwal
Mass Media-99



Himank Jain
Physical Edu.-96



Jai Harpalani
Physical Edu.-96



Gurbani Kaur
Economics-99

SALWAN'S STELLAR VICTORY AT ZONE-28 CEREMONY

Demonstrating excellence across cultural and athletic events, the school was awarded the Overall Championship Trophy at the Zone-28 Prize Distribution Ceremony, District Central, for the academic session 2023-2024. The ceremony was organized on 30 August 2024, at SV Rana Pratap Sindhi School, New Rajendra Nagar. Yashika Sagar was awarded the prestigious Best Athlete Trophy in the Senior Girls category. Dr Anil Gupta, Head of Department (Sports) and Ms Mukta Kapoor, PRT (Sports) were also honoured with Appreciation Certificates for their invaluable contributions to the success of Zonal Sports activities.



A SALWANIAN SHINES IN CIVIL SERVICES EXAMINATION 2024 AND PENS A SUCCESS STORY WITH ALL INDIA RANK 44

Kishlay Jha, a shining star from 2017 Batch, has achieved an outstanding milestone by securing All India Rank 44 in the Indian Forest Service Examination, UPSC. His journey from the classrooms of Salwan to the corridors of national service is truly inspiring!



The Victor's Insights

As an alumnus, I owe my remarkable success to my alma mater. I am indebted to my teachers for their dedication and unwavering commitment to excellence. I would like to urge the young Salwanians to chase their dreams with persistence and perseverance. My dear friends, cherish each enriching experience with a zeal to learn and grow. Keep the spark of curiosity alive and face challenges with courage. I'm proud to be a part of the Salwan legacy!
Once a Salwanian, forever a Salwanian!

Kishlay Jha

Alumnus, Salwan Public School (Batch - 2017)

INNOVATION AT UDYAMOTSAV 2025

A team, comprising Dr. Shilpa Raghuvanshi Chauhan, PGT Biotechnology; Riddhimaa Diggpaal (Class XI), and Maanik Ahuja (Class XII) represented the school at UDYAMOTSAV 2025, organized by AICTE, MHRD, and the Ministry of Education. The project, ColourSync, showcased by the Salwanians was among the top three school prototypes selected from 14 centres nationwide for the National Pitching Round held at Amity University, Noida. The team was invited for a special interview with Dr. Elangovan Kariappan at AICTE Headquarters, New Delhi. An exclusive visit to IIT Delhi was also organized for the young achievers.



HONOURING REMARKABLE INITIATIVES

Dr. Shilpa Raghuvanshi Chauhan, PGT Biotechnology was honoured with the State Teachers' Award 2024 for her transformative teaching methods. She received Smt. Surrinder Randhawa Memorial Distinguished Teacher Award from Salwan Education Trust for her unwavering commitment to excellence in education. Her article, 'Empowering the Visually Challenged Towards National Acclaim in Robotics Innovation,' was featured in the March 2024 issue of Nai Udaan Science Magazine, showcasing her efforts in promoting AI and Robotics for inclusive education. Her pioneering teaching methodology, 'Genetics for Gen Z,' gained national recognition under NCERT's 'Promoting Innovative Practices and Experiments in Education' programme. She received a seed grant of Rs.10,000 for this initiative.

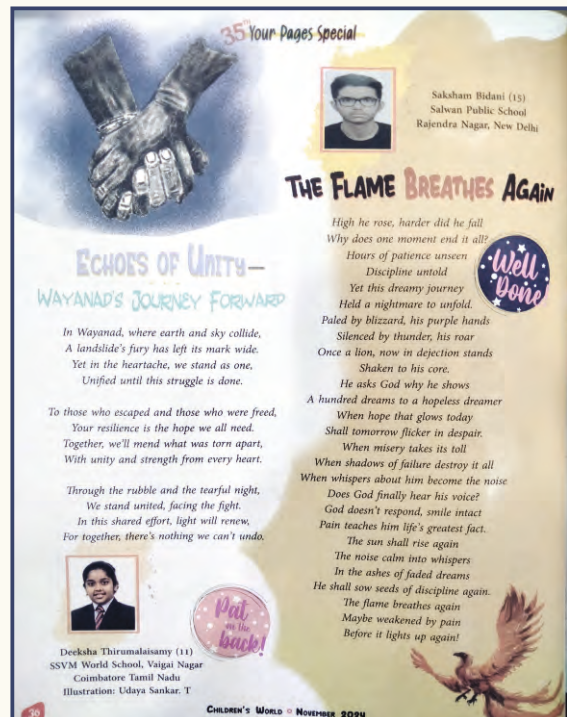


SCALING THE ZENITH OF EXCELLENCE

Neer Sharma (Batch- 2024) secured All India Rank 1 in the Common University Entrance Test (CUET) 2024, achieving a perfect score (1000/1000) across all subjects. This remarkable feat stands as a testament to his unwavering dedication, academic brilliance and relentless pursuit of excellence.

CHILDREN'S WORLD MAGAZINE ACKNOWLEDGES STUDENTS' CREATIVE GENIUS

The budding authors of Salwan, Avleen Kaur (XI-A) and Saksham Bidani (XI-A) were recognised for their literary prowess. They received the Roll of Honour in the 'Your Pages Competition 2024', an annual contest organised by Children's World Magazine and their write-ups featured in the publication.



OUTSTANDING ACHIEVEMENT IN THE GREEN OLYMPIAD

Sixty seven students earned the Certificate of Merit, while forty eight students secured the Certificate of Distinction in the Green Olympiad, a flagship programme by TERI. Their achievements highlight a strong commitment to sustainability and inspire the school community to contribute to a greener future.



VICTORY VAULT: CHAMPIONS WE CHERISH

MIDDLE AND SENIOR WING

Zonal Level Competitions organised by the Directorate of Education

S. No.	Event	Position	Name of the Student
1	Declamation (English)	Senior Girls Second Junior Girls First Junior Boys Third Senior Boys Second	Dhvani Sharma (XI F) Aarna Sapra (VII G) Ayaan Sharma (VIII B) Shreyansh Mishra (X F)
2	Slogan Writing (English)	Junior Boys Third	Aryan S Raj (VII C)
3	Extempore (English)	Senior Girls First Senior Boys Second Junior Boys First	Vidushi Bhardwaj (IX A) Akshansh Dadwal (IX C) Hiren Ajmani (VIII B)
4	Essay Writing (English)	Senior Girls Third Junior Boys Second Junior Girls First	Mansi Chaudhary (XI D) Nimit Yadav (VIII G) Suhana Rishi (VIII G)
5	Debate (English)	Senior Boys First Senior Girls First Junior Boys Second Junior Girls First	Manas Chawla (XI D) Arav Gupta (XI D) Aarshveen Kaur Vohra (XI B) Shriya Gogne (XI B) Bhavik Soni (VII C) Palaksh Gupta (VII D) Deetya Bhanot (VIII E) Tanushka Budhiraja (VII B)
6	Poem Recitation (English)	Senior Boys First Junior Boys First Junior Girls Third	Shrineek Shukla (XII C) Gurnav Singh (VI C) Arshiya Sachdeva (VIII C)
7	Debate (Hindi)	Senior Girls First Senior Boys First Junior Boys First	Yashvi Khera (IX H) Vaishnavi Tiwari (IX H) Aarav Madan (XI E) Drish Goel (XII D) Aradhya Kawatra (VIII B) Hiren Ajmani (VIII B)

S. No.	Event	Position	Name of the Student
8	Declamation (Hindi)	Junior Girls Third Senior Girls Third Junior Boys First Senior Boys Second	Krishna Chawla (VIII E) Dhanvi Malhotra (X F) Avyan Gupta (VIII D) Rayan Suri (IX E)
9	Essay Writing (Hindi)	Senior Girls First Senior Boys Third	Debarati Jana (X F) Neelkanth (X D)
10	Poem Recitation (Hindi)	Junior Boys First Junior Girls Second Senior Boys First Senior Girls First	Pariket Gurtu (VIII F) Avni Goyal (VIII E) Kushagra Aggarwal (IX E) Kashvi (X D)
11	Slogan Writing (Hindi)	Junior Boys Second	Atharv Gupta (VII D)
12	Nukkad Natak (Hindi)	Third	Advika Gupta (XII I) Kabir Pal Singh (XII I) Ragini Beri (XII I) Siddhi (XII I) Daksh (XII I) Kanika (XII I) Reeshu Tiwari (XI C) Rachit Kumar (XI E) Yuval Khanduja (X A) Laveesh (X B) Hiren Ajmani (VIII B)
13	Poem Recitation (Punjabi)	Junior Girls Third Junior Boys First Senior Boys First	Saakhi Kaur (VII B) Harnidh Singh (VII B) Japkeerat Singh (IX D)
14	Shloka Recitation Competition (Sanskrit)	Senior Boys First Junior Boys First Senior Girls First Junior Girls Third	Abhinav Gautam (XII B) Aarav Nagpal (VIII C) Pehar Surana (XI E) Vaishnavi Pathak (VII F)
15	Poem Recitation (Urdu)	Junior Boys Third Junior Girls Second	Zaamin Ahmed (VII D) Maryam Aman (VII D)

S. No.	Event	Position	Name of the Student
16	Science Seminar	Second	Soumil Rana (X C)
17	Science Drama	First	Vibhas Verma (IX C) Anshika Pahariya (IX C) Gautam Parwani (VIII C) Gauri Parwani (VI G) Aarna Grover (VII F) Aarna Sapra (VII G) Vidushi Bhardwaj (IX A) Avani Arya (VIII F)
18	On the Spot Painting	Senior Boys Second Senior Girls Third Junior Boys Third	Souvik Sasmal (X D) Ojasvini Sharma (XI G) Akshit Anand (VII C)
19	Drawing Competition	Senior Girls First Junior Girls First Senior Boys Second Junior Boys Second	Vidushi Bhardwaj (IX A) Charvi Gupta (VI D) Rupam Manna (XI B) Achintya Shukla (VIII F)
20	Paper Collage	Senior Girls Third Junior Girls Second	Hiral Suvasiya (X D) Abhilasha Mandal (X D) Anukampa Banga (VIII A) Vaibhavi Singh (VIII A)
21	Best Out of Waste	Senior Girls First Junior Boys First	Hiral Suvasiya (X D) Havisha Suvasiya (X E) Atharv Gupta (VII D) Keshav Kathuria (VII C)
22	Poster Making	Junior Girls Second Senior Boys Second Junior Boys First	Charvi Gupta (VI D) Haroon Suvasiya (X F) Sankalp Kar (VI F)
23	Paper Mache	Junior Boys First	Akshat Dhamania (VII F)
24	Clay Modelling	Junior Boys Third	Rishbh (VII B)
25	Solo Classical Dance	Senior Girls First Junior Girls Second Junior Boys First	Aaradhya Checondra (X B) Suhana Dogra (VIII F) Sahil Kumar (VII G)

S. No.	Event	Position	Name of the Student
26	Light Classical Music	Junior Boys First Senior Boys Third Junior Girls Third Senior Girls Second	Imaandeep Singh Bhatia (VII B) Rachit Kumar (XI E) Aanya Checondra (VIII F) Pehar Surana (XI E)
27	Semi Classical Music	Junior Girls Second Senior Girls First	Nikita (VIII G) Antara Kendurkar (XI D)
28	Group Song (Patriotic)	Boys First	Imaandeep Singh Bhatia (VII B) Rachit Kumar (XI E) Aman Maity (XI D) Abhinav Gautam (XII B) Yatharth Sharma (XII F) Utkarsh Bhat (XII A) Manash Singh (VII G) Harit Arora (XI E) Akshat Tanwar (XI D) Hitansh Surana (IX C) Kanav Sharma (IX H) Himank Verma (IX B) Gautam Parwani (VIII C) Pulkit Sachdeva (VI F) Akhouri Tejas Kumar (VI E) Mahir Talreja (VI F) Riaan Narula (VII C) Mayank Sharma (VII G) Shrutanshu Ahuja (VII C)
29	Solo Classical Instrumental	Senior Girls First Senior Boys Second Junior Girls Second Junior Boys Second	Jia Anand (X C) Sudhansh Pandey (XII B) Tanishi Midya (VIII C) Lavya Dixit (VII G)
30	Solo Classical Instrumental-Percussion	Senior Boys Second Junior Boys Third	Sharman Dadlani (IX H) Sarvgun Manchanda (VII B)
31	Orchestra	Girls and Boys Second	Sudhansh Pandey (XII B) Gurnoor Singh (XII B) Sharvil Rai (XII A) Jeewanjot Singh (XII C) Sukhleen Kaur Sokhal (XII A) Ojasvini Sharma (XI G) Yashwardhan Bokolia (X C) Sparsh Maskara (X G) Ananya Gupta (X C) Lavya Dixit (VII G)

S. No.	Event	Position	Name of the Student
32	Group Folk Dance	Boys First	Aryan S Raj (VII C) Sahil Kumar (VII G) Keshav Kathuria (VII C) Aditya Kumar (VIII F) Sarvshreshth Raj (VII B) Ranveer Lalwani (VI E) Amiteshinder Singh Grewal (VI D) Yashraj Ray (VI E) Krrish Arora (VII A) Akshat Dhamania (VII F) Darsheel Tanwar (VI E) Terence (VI E) Harshit (VII B) Rivansh Gupta (VII F) Tanush Kohli (X B) Aman Maity (XI D) Harit Vardhan Arora (XI E) Laveesh (X B)

District Level Competitions organised by the Directorate of Education

S. No.	Event	Position	Name of the Student
1	Declamation (English)	Senior Girls First Junior Girls Third Junior Boys Second Senior Boys Second	Dhwani Sharma (XI F) Aarna Sapra (VII G) Ayaan Sharma (VIII B) Shreyansh Mishra (X F)
2	Extempore (English)	Senior Boys Second Junior Boys First	Akshansh Dadwal (IX C) Hiren Ajmani (VIII B)
3	Essay Writing (English)	Senior Girls Third Junior Boys First Junior Girls Second	Mansi Chaudhary (XI D) Nimit Yadav (VIII G) Suhana Rishi (VIII G)
4	Debate (English)	Senior Boys First Senior Girls Second Junior Girls Second	Manas Chawla (XI D) Arav Gupta (XI D) Aarshveen Kaur Vohra (XI B) Shreya Gogne (XI B) Deetya Bhanot (VIII E) Tanushka Budhiraja (VII B)
5	Poem Recitation (English)	Junior Boys Second Junior Girls Second	Gurnav Singh (VI C) Arshiya Sachdeva (VIII C)

S. No.	Event	Position	Name of the Student
6	Debate (Hindi)	Senior Girls First Senior Boys First Junior Boys First	Yashvi Khera (IX H) Vaishnavi Tiwari (IX H) Aarav Madan (XI E) Drish Goel (XII D) Aradhya Kawatra (VIII B) Hiren Ajmani (VIII B)
7	Poem Recitation (Hindi)	Junior Boys First Senior Boys First	Pariket Gurtu (VIII F) Kushagra Aggarwal (IX E)
8	Declamation (Hindi)	Junior Girls Third Junior Boys First	Krishna Chawla (VIII E) Avyan Gupta (VIII D)
9	Poem Recitation (Punjabi)	Junior Girls First Junior Boys First Senior Boys Second	Saakhi Kaur (VII B) Harnidh Singh (VII B) Japkeerat Singh (IX D)
10	Shloka Recitation (Sanskrit)	Junior Boys Second	Aarav Nagpal (VIII C)
11	Poem Recitation (Urdu)	Junior Girls Third	Maryam Aman (VII D)
12	Science Drama	Third	Vibhas Verma (IX C) Anshika Pahariya (IX C) Gautam Parwani (VIII C) Gauri Parwani (VI G) Aarna Grover (VII F) Aarna Sapra (VII G) Vidushi Bhardwaj (IX A) Avani Arya (VIII F)
13	On the Spot Painting	Senior Boys Third Senior Girls Second	Souvik Sasmal (X D) Ojasvini Sharma (XI G)
14	Drawing Competition	Senior Girls First Junior Girls Second Senior Boys Second Junior Boys Second	Vidushi Bhardwaj (IX A) Charvi Gupta (VI D) Rupam Manna (XI B) Achintya Shukla (VIII F)
15	Poster Making	Junior Girls Second Senior Boys Second Junior Boys Second	Charvi Gupta (VI D) Haroon Suvasiya (X F) Sankalp Kar (VI F)

S. No.	Event	Position	Name of the Student
16	Solo Classical Dance	Senior Girls Second Junior Girls Second Junior Boys First	Aaradhya Checondra (X B) Suhana Dogra (VIII F) Sahil Kumar (VII G)
17	Semi Classical Music	Senior Girls Second	Antara Kendurkar (XI D)
18	Solo Classical Instrumental	Senior Girls First Senior Boys Third Junior Girls Third Junior Boys Second	Jia Anand (X C) Sudhansh Pandey (XII B) Tanishi Midya (VIII C) Lavya Dixit (VII G)
19	Solo Classical Instrumental- Percussion	Senior Boys Second Junior Boys Third	Sharman Dadlani (IX H) Sarvgun Manchanda (VII B)
20	Orchestra	Girls and Boys Second	Sudhansh Pandey (XII B) Gurnoor Singh (XII B) Jeewanjot Singh (XII C) Sukhleen Kaur Sokhal (XII A) Ojasvini Sharma (XI G) Yashwardhan Bokolia (X C) Sparsh Maskara (X G) Ananya Gupta (X C) Lavya Dixit (VII G) Reyansh Kohli (VI B)
21	Group Folk Dance	Boys Second	Aryan S Raj (VII C) Sahil Kumar (VII G) Keshav Kathuria (VII C) Aditya Kumar (VIII F) Sarvshreshth Raj (VII B) Ranveer Lalwani (VI E) Amiteshinder Singh Grewal (VI D) Yashraj Ray (VI E) Krrish Arora (VII A) Akshat Dhamania (VII F) Darsheel Tanwar (VI E) Terrence (VI E) Harshit (VII B) Rivansh Gupta (VII F) Tanush Kohli (X B) Aman Maity (XI D) Laveesh (X B)

State Level Competitions organised by the Directorate of Education

S. No.	Event	Position	Name of the Student
1	Debate (Hindi)	Senior Girls First Junior Boys Second	Yashvi Khera (IX H) Vaishnavi Tiwari (IX H) Aradhya Kawatra (VIII B) Hiren Ajmani (VIII B)
2	Solo Classical Dance	Junior Boys Second	Sahil Kumar (VII G)

Other Inter and Intra School Competitions

S. No.	Event	Organised by	Position	Name of the Student
1	Epic Echoes: Icons Reimagined (Character Enactment)	N.C. Jindal Public School, Punjabi Bagh	Second	Aniket Khemchandani (VIII E)
2	English Poetry Writing Competition on World Hospice and Palliative Care Day	Sir Ganga Ram Hospital	Second	Suhana Rishi (VIII G)
3	11th Nanhi Chhaan National Essay Contest, 2024	Nanhi Chhaan Foundation	Qualified for NIIT University Personality Development Programme	Ananya Sharma (X C) Niyati Singh (XI G)
4	Your Pages Competition 2024	Children's World Magazine	Category -Well Done	Saksham Bidani (XI A) Avleen Kaur (XI A)
5	Hindi Rap Song (Say No to Tobacco)	Indian Cancer Society	Third	Aanya Checondra (VIII F)
6	Geeta Chanting	Chinmay Vidyalaya, Vasant Vihar	First Second Consolation Consolation	Bhavika Jagota (X B) Antara Kendurkar (XI D) Siya Kukreja (XI D) Mukul Chugh (VI B)
7	Aryabhatta Ganit Challenge	CBSE	Among Top 100	Jayesh Goel (X A) Krishang Sachdeva (X B)
8	International Maths Olympiad	Maths Olympiad Foundation	Second Consolation	Shreyansh Mishra (X F) Bhavik Soni (VII C)
9	Mindspark- Window of Hope	Salwan Public School, Gurugram	First	Aarshveen Kaur Vohra (XI B) Prisha Sikka (XI B)
10	Inter-School Health and Wellness Quiz	Salwan Public School, TDSC	First	Japesh Agrawal (X C) Aarna Singh (X E) Vaibhav Choudhary (IX H)

S. No.	Event	Organised by	Position	Name of the Student
11	Vidyarthi Vigyan Manthan	Vidyarthi Vigyan Manthan	Qualified for State Level Camp	14 students were selected at the District Level Camp. The State Level Winners are: Rivansh Gupta (VII F) Viraj Khemchandani (VII G) Garv Kumar (X G) Saksham Bidani (XI A) (Won the Third Position and a Scholarship of Rs 2000/- at the State Level Camp)
12	The Spark of Ingenuity	Salwan Public School, TDSC	First	For the project 'Eco Flush Toilet' Sharvil Rai (XII A) Shashank Rathore (XII B)
13	National Road Safety Mission Olympiad	Revati Devi Foundation and Academia Axis	National Level Rank 1 (Gold Trophy) Rank 17 (Silver Medal) Rank 28 (Silver Medal) Rank 99 (Bronze Medal)	Shivansh Ghosh (VI D) Tashvi Miglani (VI F) Ajitesh Singh (VI B) Harshvardhan (IX E)
14	Mukhyamantri Vigyan Pratibha Pariksha	Directorate of Education	Scholarship of Rs 5000/-	Rudraksh Prasad Sah (IX C)
15	SAMUN-2024	Salwan Public School, Mayur Vihar	Best School Delegation Trophy High Commendation Committee- UNSC Best Delegate Committee- AIPPM Special Mention Committee - AIPPM Uprising Speaker Committee: UNCSW High Commendation Committee- UNHRC2 Photography High Commendation Best Photographer Committee - IP Special Mention Committee- UNCSW Uprising Speaker - Indian Stakeholders Meet High Commendation Committee- UNHRC 2 Uprising Speaker Honourable Mention Committee- UNCSW Special Mention 1 Committee- UNSC	Riddhimaa Diggpaul (XI F) Seerat Kaur Bhatia (XI A) Sarvleen Kaur Walia (X E) Niyati Singh (XI G) Avleen Kaur (XI A) Soumil Rana (X C) Siya Vijayvergia (XI B) Navya Singh (X C) Pranshu Katyal (IX B) Ananya Sharma (X C) Priyansh Gakhar (IX A) Aarshveen Kaur Vohra (XI B) Aadit Raj Singh (XI D)



S. No.	Event	Organised by	Position	Name of the Student
			Best Delegate Committee- UNGA Special Mention 3 Committee- ISM Uprising Speaker Committee- UNHRC 1 Special Mention Committee- UNHRC 2 Honourable Mention Committee - UNGA	Arav Gupta (XI D) Dhwani Sharma (XI F) Keshav Kaushal (XI A) Kumar Siddhant (XI B) Darsh Sehgal (IX B)
16	HRMUN- 2024	Hansraj Model School, Punjabi Bagh	Honourable Mention	Himank Jain (XII D)
17	Griffin MUN	G.D. Goenka School, Rohini Sector 9	Special Mention	Himank Jain (XII D)
18	BBPS Asperatio 4.0 Model United Nation Conference	Bal Bhavan Public School, Mayur Vihar	High Commendation	Jaskaran Singh Gumar (XII H)
19	GBSMUN	Gyan Bharati School, Saket	Best Delegate Award Honourable Mention Honourable Mention	Jaskaran Singh Gumar (XII H) Riddhimaa Dignpaul (XI F) Maanik Ahuja (XII D)
20	BBPSMUN	Bal Bharti Public School, Noida	Best Delegate, AIPPM High Commendation 1, Lok Sabha Best Delegate, UNGA DISEC High Commendation 1, UNEA	Maanik Ahuja (XII D) Himank Jain (XII D) Arav Gupta (XI D) Aadit Raj Singh (XI D)
21	Origami (Monument)	Tagore International School	Senior Category First	Hiral Suvasiya (X D)
22	Poster Making (Save Electricity)	Power Finance Corporation	Senior Category Consolation	Souvik Sasmal (X D)
23	Portrait Making	D.A.V. School, Kailash Hills	Senior Category Second	Vidushi Bhardwaj (IX A)
24	Salwan Fest- Antarnaad 2024 Helmet Painting	Salwan Public School, Rajendra Nagar	Senior Category Second	Dhwani Sharma (XI F) Vidushi Bhardwaj (IX A)
25	Inter-School Jewellery Making Competition	G.D. Goenka Public School, Rohini	Junior Category Third	Pragya Kawatra (VIII C) Arshiya Sachdeva (VIII C)
26	Inter-School Art Competition- World Hospice and Palliative Care Day	Sir Ganga Ram Hospital, Rajendra Nagar	Senior Category First Junior Category Third	Hiral Suvasiya (X D) Aahana Manna (VI A)


S. No.	Event	Organised by	Position	Name of the Student
27	Salwan Fest- Antarnaad 2024 (Dance based Poetry - Semi Classical)	Salwan Public School, Rajendra Nagar	First	Snehal Dogra (VIII F) Suhana Dogra (VIII F) Siya Vats (VIII C) Kritika Bhalla (VIII A) Jivika Malkani (VII G) Palak Singh (VII A)
28	Group Folk Dance	Bal Bhawan Public School, Mayur Vihar	Boys Third	Aryan S Raj (VII C) Sahil Kumar (VII G) Keshav Kathuria (VII C) Aditya Kumar (VIII F) Sarvshreshth Raj (VII B) Ranveer Lalwani (VI E) Amiteshinder Singh Grewal (VI D) Yashraj Ray (VI E) Krrish Arora (VII A) Akshat Dhamania (VII F) Darsheel Tanwar (VI E) Terrence (VI E) Harshit (VII B) Rivansh Gupta (VII F)
29	The Alchemy of Rhythm	G.D. Goenka Public School, Rohini	Senior Second	Myra Manzoor (VI D) Charvi Gupta (VI D)
30	Science & Innovation Fest- Scratchmania	Salwan Public School, TDSC	Category I- Junior First	Gurnav Singh (VI C)
31	Science & Innovation Fest- Scratchmania	Salwan Public School, TDSC	Category I- Senior First	Jayesh Goyal (X A) Tanush Kohli (X B)
32	Abhivyakti 2024	Gyan Mandir Public School, Naraina Vihar	Special First Prize	Harshvardhan Bablani (XII B) Yug Patney (XII B)
33	Desh Aur Hum - 3.0 Game-a-Thon	National Academy of Direct Taxes	First	Arnavjeet Singh (VIII B)
34	Summer Bootcamp Group 2	Adobe	Top Performer- Won Bluetooth Speaker	Ridhima Manchanda (X D)
35	Savor and Satiare: Nourish Body and Soul as Part of the Yúgen Festival	N.C. Jindal Public School, Punjabi Bagh	Second	Saikrit Singh (VIII F) Divyansh Baid (VIII C)

Congratulations to the Winners!

FROM THE SPORTS ARENA

Zonal Level Tournaments organised by the Directorate of Education

S. No.	Name of the Event & Achievements																																																																															
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S. No.	Name of the Event & Achievements					
	Sub Junior Girls – Second Position (Team Championship)					
	S. No.	Name of the Student	Class	S. No.	Name of the Student	Class
	1	Sanvi Rajpal	VIII C	7	Amaira Sachdeva	VIII F
	2	Aishani Singhal	VII G	8	Sanvi Anand	VIII F
	3	Anvi Gupta	VIII G	9	Aarohi Sawai	VII F
	4	Priyangshi Lala	VIII D	10	Vaishnavi Pathak	VII F
	5	Kiara Manocha	VII D	11	Kashvi Thapar	VIII D
	6	Prisha Sarda	VIII B	12	Aaradhya Ray Khatnawalia	VII F
	4	Boys Basketball Tournament				
	Sub Junior Boys – Second Position (Team Championship)					
	S. No.	Name of the Student	Class			
	1	Aarav Nagpal	VIII C			
	2	Prakrit Setia	VIII B			
	3	Haroop Singh	VII D			
4	Anuj Chaudhary	VII A				
5	Naman Kesarwani	VII E				
6	Tarish Nagrath	VII D				
7	Gauransh Trikha	VII C				
8	Rian Walia	VI G				
9	Ayaansh Sharma	VI D				
10	Aditya Sharma	VII A				
11	Aayush Chauhan	VIII F				
12	Gurnav Singh	VI C				
5	Athletics Meet					
	S. No.	Event	Category	Name of the Student	Class	Position
	1	Shot Put	U/19	Jaskirat Gandhoke	XII D	I
	2	Discus Throw	U/19	Jaskirat Gandhoke	XII D	I
	3	Shot Put	U/17	Shaurya Khanna	X B	I
	4	Discus Throw	U/17	Shaurya Khanna	X B	I
	5	Discus Throw	U/14	Shresth Banerjee	IX B	I
	6	Shot Put	U/14	Shresth Banerjee	IX B	II
	7	Discus Throw	U/17	Mohd Ayman	XI E	II
	8	Shot Put	U/19	Navya Baveja	XII D	II
	9	Discus Throw	U/19	Prashant Rawat	XI F	II
	10	Shot Put	U/19 G	Achint Kaur	XII H	II
	11	Shot Put	U/17 G	Anya Tyagi	XI D	II
	12	Discus Throw	U/19 G	Achint Kaur	XII H	III
	13	Discus Throw	U/14 G	Geeth Gambhir	VIII E	III

S. No.	Name of the Event & Achievements			
Sub Junior Girls (Team Championship)				
S.No.	Event	Name of the Student	Class	Position
1	100M Race	Kashvi	VIII D	I
2	100M Race	Avani Arya	VIII F	II
3	200M Race	Avani Arya	VIII F	I
4	200M Race	Kashvi	VIII D	II
5	400M Race	Kashvi	VIII D	I
6	400M Race	Avani Arya	VIII F	II
7	600M Race	Aahana Gupta	IX F	III
8	Long Jump	Harleen Kaur Walia	VIII D	II
9	4X100M Relay	Kashvi Avani Arya Aahana Gupta Harleen Kaur Walia Jivika Malkani	VIII D VIII F IX F VIII D VII G	I
Sub Junior Boys (Team Championship)				
S.No.	Event	Name of the Student	Class	Position
1	100M Race	Moksh	VIII B	II
2	200M Race	Vivaan Anand	VIII C	I
3	200M Race	Shaurya Gogne	VII E	II
4	400M Race	Vivaan Anand	VIII C	I
5	400M Race	Shaurya Gogne	VII E	II
6	600M Race	Vivaan Anand	VIII C	I
7	High Jump	Lakshya Suthar	VIII B	II
8	4X100M Relay	Shaurya Gogne Vivaan Anand Lakshya Suthar Moksh Dhruv Lohani	VII E VIII C VIII B VIII B VIII G	I
Junior Girls (Team Championship)				
S.No.	Event	Name of the Student	Class	Position
1	100M Race	Hanshika Panday	IX E	I
2	100M Race	Saanvi Anand	XI A	II
3	200M Race	Hanshika Panday	IX E	I
4	200M Race	Bhumi Tushid	IX A	II
5	400M Race	Hanshika Panday	IX E	I
6	400M Race	Bhumi Tushid	IX A	II
7	Long Jump	Bhumi Tushid	IX A	I
8	Long Jump	Saanvi Anand	XI A	II
9	4X100M Relay	Saanvi Anand Bhumi Tushid Hanshika Panday Shriya Gogne Anshika Gupta	XI A IX A IX E XI B IX A	I
Junior Boys (Team Championship)				
S.No.	Event	Name of the Student	Class	Position
1	100M Race	Madhav Sabharwal	XI D	II
2	200M Race	Siddharth Jiwani	XI G	I
3	200M Race	Haroon Suvasiya	X F	II
4	400M Race	Jagrrit Manochaa	XI C	I
5	800M Race	Darsheesh Bassi	IX D	II
6	800M Race	Jagrrit Manochaa	XI C	III
7	1500M Race	Jagrrit Manochaa	XI C	I
8	Long Jump	Madhav Sabharwal	XI D	II
9	Long Jump	Siddharth Jiwani	XI G	III
10	High Jump	Dhruv Khandelwal	IX B	III
11	4X100M Relay	Jagrrit Manochaa Madhav Sabharwal Siddharth Jiwani Haroon Suvasiya Darsheesh Bassi	XI C XI D XI G X G IX D	I
Senior Girls (Team Championship)				
S.No.	Event	Name of the Student	Class	Position
1	100M Race	Anvi Chopra	X D	I
2	100M Race	Upasana	X B	III
3	200M Race	Anika Varshney	IX A	II
4	400M Race	Anika Varshney	IX A	III
5	Long Jump	Raisa Singh	XI D	II
6	4x100M Relay	Anvi Chopra Upasana Anika Varshney Raisa Singh Ananya Dogra	X D X B IX A XI D X B	I
Senior Boys (Team Championship)				
S.No.	Event	Name of the Student	Class	Position
1	100M Race	Aarya Rajora	XII A	II
2	200M Race	Aarya Rajora	XII A	II
3	200M Race	Ayush Kumar	XII A	III
4	400M Race	Pushkar Baitalik	XI A	II
5	1500M Race	Pushkar Baitalik	XI A	III
6	Long Jump	Nakul Gaur	XII E	II
7	4X100M Relay	Aarya Rajora Ayush Kumar Pushkar Baitalik Nakul Gaur Soumya Talwar	XII A XII A XI A XII E XII G	II

S. No.	Name of the Event & Achievements							
6	Yoga Competition							
	Sub Junior Boys- Third Position (Team Championship)			Junior Boys- Second Position (Team Championship)				
	S. No.	Name of the Student	Class	S. No.	Name of the Student	Class		
	1	Akshaj Chablani	VIII E	1	Saimann Lavera	IX E		
	2	Aditya Kumar	VIII F	2	Nikhil	X C		
	3	Harsh Kain	VIII E	3	Kishan Paharia	IX D		
	4	Abeer Gambhir	VII C	4	Abhi Rathore	IX A		
	5	Kushaal Luthra	VIII B	5	Kritik	IX D		
	6	Ved Panwar	VII C	6	Nikunj Dahiya	IX C		
	7	Lakshya Suthar	VIII B	7	Manthan Ratawal	IX C		
	8	Shaurya Gogne	VII E	8	Vinayak	IX E		
	9	Atharv Gupta	VII F	9	Hiten Kurdia	IX B		
	10	Atharv Sharma	VII F	10	Ritesh Kumar	IX D		
	11	Prince Kumar Yadav	VII E	11	Dhairya Kirar	IX B		
	12	Moksh	VIII B	12	Vaibhav Kumar	IX A		
	13	Vivaan Anand	VIII C	13	Darsheesh Bassi	IX D		
	14	Gurnoor Singh	VIII B	14	Aryan Kumar	IX C		
	15	Milanjot Singh Bindra	VI B	15	Pradyumna Halder	IX H		
	16	Tanish	VII F	16	Yash	IX H		
	17	Loveyansh Tanwar	VIII B	17	Dhruv Kumar	IX A		
	18	Divyansh	VIII D	18	Ronak	IX H		
				19	Sarthak	IX D		
				20	Dhruv	IX F		
	Sub Junior Girls - Individual Rhythmic Events					Junior Girls - Individual Rhythmic Events		
	S. No.	Name of the Student	Class	Position	S. No.	Name of the Student	Class	Position
	1	Snehal Dogra	VIII F	I	1	Ritkritee Verma	X E	III
					2	Aradhya Singh	VIII E	III

District Level Tournaments organised by the Directorate of Education

S. No.	Name of the Event & Achievements							
1	4th District Level Competition Yogasana Championship							
	Organised by: Knowledge Kingdom Academy School, Mukund Pur, Delhi							
	Artistic Pair Sub Junior Girls		Rhythmic Pair Sub Junior Girls					
	S. No.	Name of the Student	Class	Position	S. No.	Name of the Student	Class	Position
	1	Snehal Dogra	VIII F	I	1	Aaradhya Singh	VIII E	I
	2	Anvi Bassi	VI B	I	2	Anvi Bassi	VI B	I
	Artistic Sub Junior Girls (Individual)		Artistic Sub Junior Boys (Individual)					
	S. No.	Name of the Student	Class	Position	S. No.	Name of the Student	Class	Position
	1	Snehal Dogra	VIII F	II	1	Harsh Kain	VIII E	I
	2	Anvi Bassi	VI B	II	2	Akshaj Chablani	VIII E	II
	Artistic Single Junior Girls (Individual)							
	S. No.	Name of the Student	Class	Position				
	1	Yishika Patney	X G	II				

STATE LEVEL COMPETITIONS

S. No.	Name of the Event & Achievements																								
1	Delhi State School Games (Gymnastics) Organised by: Directorate of Education Junior Girls – Second Position (Team Championship) <table><tr><th>S. No.</th><th>Name of the Student</th><th>Class</th></tr><tr><td>1</td><td>Yukti Mehta</td><td>VII E</td></tr><tr><td>2</td><td>Priyanshi Gupta</td><td>VIII E</td></tr><tr><td>3</td><td>Rinisha Sanawar</td><td>VII B</td></tr></table> <table><tr><th>S. No.</th><th>Name of the Student</th><th>Class</th></tr><tr><td>4</td><td>Tanisha Sharma</td><td>VIII B</td></tr><tr><td>5</td><td>Garvi Prewa</td><td>VI D</td></tr></table>				S. No.	Name of the Student	Class	1	Yukti Mehta	VII E	2	Priyanshi Gupta	VIII E	3	Rinisha Sanawar	VII B	S. No.	Name of the Student	Class	4	Tanisha Sharma	VIII B	5	Garvi Prewa	VI D
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2	Priyanshi Gupta	VIII E																							
3	Rinisha Sanawar	VII B																							
S. No.	Name of the Student	Class																							
4	Tanisha Sharma	VIII B																							
5	Garvi Prewa	VI D																							
2	84th Delhi State Athletics Championship 2024 Organised by: Delhi State Athletic Association Junior Boys – Second Position <table><tr><th>S. No.</th><th>Event</th><th>Name of the Student</th><th>Class</th></tr><tr><td>1</td><td>Boys U-16 - Shot Put</td><td>Shaurya Khanna</td><td>X B</td></tr></table>				S. No.	Event	Name of the Student	Class	1	Boys U-16 - Shot Put	Shaurya Khanna	X B													
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3	Delhi State School Games Athletics Championship 2024 Organised by: Directorate of Education, Sports Branch Delhi Junior Boys – Third Position <table><tr><th>S. No.</th><th>Event</th><th>Name of the Student</th><th>Class</th></tr><tr><td>1</td><td>Boys U-17- Shot Put</td><td>Shaurya Khanna</td><td>X B</td></tr></table>				S. No.	Event	Name of the Student	Class	1	Boys U-17- Shot Put	Shaurya Khanna	X B													
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1	Boys U-17- Shot Put	Shaurya Khanna	X B																						
4	3rd Delhi State Youth Athletics Championship 2025 Organised by: Delhi State Athletic Association Junior Boys – Third Position <table><tr><th>S. No.</th><th>Event</th><th>Name of the Student</th><th>Class</th></tr><tr><td>1</td><td>Boys U-18 - Discus Throw</td><td>Shaurya Khanna</td><td>X B</td></tr></table>				S. No.	Event	Name of the Student	Class	1	Boys U-18 - Discus Throw	Shaurya Khanna	X B													
S. No.	Event	Name of the Student	Class																						
1	Boys U-18 - Discus Throw	Shaurya Khanna	X B																						
5	84th Delhi State Athletics Championship 2024 Organised by: Amateur Athletics Federation of India (AAFI) Junior Girls – Third Position <table><tr><th>S. No.</th><th>Event</th><th>Name of the Student</th><th>Class</th></tr><tr><td>1</td><td>80M Hurdle Race</td><td>Bhumi Tushid</td><td>IX A</td></tr></table>				S. No.	Event	Name of the Student	Class	1	80M Hurdle Race	Bhumi Tushid	IX A													
S. No.	Event	Name of the Student	Class																						
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6	Delhi State Cricket Tournament Organised by: Directorate of Education Senior Boys – First Position (Team Championship) <table><tr><th>S. No.</th><th>Name of the Student</th><th>Class</th></tr><tr><td>1</td><td>Jayesh Kain</td><td>XII H</td></tr></table>				S. No.	Name of the Student	Class	1	Jayesh Kain	XII H															
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1	Jayesh Kain	XII H																							
7	Delhi State School Games Organised by: Directorate of Education 10M Air Rifle Sub Junior Girls – First Position <table><tr><th>S. No.</th><th>Name of the Student</th><th>Class</th></tr><tr><td>1</td><td>Manasvi Sharma</td><td>VIII G</td></tr></table>				S. No.	Name of the Student	Class	1	Manasvi Sharma	VIII G															
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1	Manasvi Sharma	VIII G																							

OTHER INTER SCHOOL TOURNAMENTS

S. No.	Name of the Event & Achievements																													
1	Aryan Gymnastics Championship																													
	Organised by: Titiksha Public School, Rohini																													
	Sub Junior Girls – Third Position (Team Championship)																													
	<table><tr><th>S. No.</th><th>Name of the Student</th><th>Class</th></tr><tr><td>1</td><td>Avantika Gujral</td><td>VIII G</td></tr><tr><td>2</td><td>Ada Khanna</td><td>VIII G</td></tr><tr><td>3</td><td>Priyanshi Gupta</td><td>VIII E</td></tr></table>	S. No.	Name of the Student	Class	1	Avantika Gujral	VIII G	2	Ada Khanna	VIII G	3	Priyanshi Gupta	VIII E	<table><tr><th>S. No.</th><th>Name of the Student</th><th>Class</th></tr><tr><td>4</td><td>Sanvi Sharma</td><td>VIII B</td></tr><tr><td>5</td><td>Tanisha Sharma</td><td>VIII B</td></tr><tr><td>6</td><td>Navya Sharma</td><td>IX B</td></tr></table>	S. No.	Name of the Student	Class	4	Sanvi Sharma	VIII B	5	Tanisha Sharma	VIII B	6	Navya Sharma	IX B				
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2	Ada Khanna	VIII G																												
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Individual Medal																														
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2	DDCA Under 16 League Matches																													
	Organised by: Delhi District Cricket Association																													
	Boys Under -16 (Participation)																													
	<table><tr><th>S. No.</th><th>Name of the Student</th><th>Class</th></tr><tr><td>1</td><td>Karan Singh</td><td>IX C</td></tr><tr><td>2</td><td>Japkeerat Singh</td><td>IX D</td></tr><tr><td>3</td><td>Vivaan Chandan</td><td>IX C</td></tr></table>	S. No.	Name of the Student	Class	1	Karan Singh	IX C	2	Japkeerat Singh	IX D	3	Vivaan Chandan	IX C	<table><tr><th>S. No.</th><th>Name of the Student</th><th>Class</th></tr><tr><td>4</td><td>Jayesh Kain</td><td>XII H</td></tr><tr><td>5</td><td>Ayush Patra</td><td>XI F</td></tr></table>	S. No.	Name of the Student	Class	4	Jayesh Kain	XII H	5	Ayush Patra	XI F							
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5	Ayush Patra	XI F																												
3	3rd S.S. Khungar Memorial Athletic Meet 2024																													
	Organised by: Bharat National Public School, Ram Vihar																													
	Sub Junior Girls (Team Championship)																													
	<table><tr><th>S. No.</th><th>Event</th><th>Name of the Student</th><th>Class</th><th>Position</th></tr><tr><td>1</td><td>100M Race</td><td>Avani Arya</td><td>VIII F</td><td>I</td></tr><tr><td>2</td><td>200M Race</td><td>Kashvi</td><td>VIII D</td><td>I</td></tr><tr><td>3</td><td>600M Race</td><td>Harleen Kaur Walia</td><td>VIII D</td><td>I</td></tr><tr><td>4</td><td>4X100M Relay</td><td>Kashvi Avani Arya Harleen Kaur Walia Aaradhya Ray Khatnawalia</td><td>VIII D VIII F VIII D VII F</td><td>III</td></tr></table>	S. No.	Event	Name of the Student	Class	Position	1	100M Race	Avani Arya	VIII F	I	2	200M Race	Kashvi	VIII D	I	3	600M Race	Harleen Kaur Walia	VIII D	I	4	4X100M Relay	Kashvi Avani Arya Harleen Kaur Walia Aaradhya Ray Khatnawalia	VIII D VIII F VIII D VII F	III				
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2	200M Race	Moksh	VIII B	II																										
3	600M Race	Vivaan Anand	VIII C	III																										
4	4X100M Relay	Shaurya Gogne Vivaan Anand Moksh Dhruv Lohani	VII E VIII C VIII B VIII G	I																										

S. No.	Name of the Event & Achievements					
	Junior Girls (Team Championship)					
	S. No.	Event	Name of the Student	Class	Position	
	1	110M Hurdle Race	Bhumi Tushid	IX A	I	
	2	200M Race	Hanshika Panday	IX E	I	
	3	800M Race	Aahana Gupta	IX F	I	
	4	4X100M Relay	Bhumi Tushid Hanshika Panday Aahana Gupta Ananya Dogra	IX A IX E IX F X B	I	
	Junior Boys					
	S. No.	Event	Name of the Student	Class	Position	
	1	110M Hurdle Race	Prabhav Bhakriwal	X G	III	
	2	200M Race	Haroon Suvasiya	X F	III	
3	800M Race	Darsheesh Bassi	IX D	I		
4	Delhi State School Games Organised by: Directorate of Education 10M Air Rifle Sub Junior Girls – First Position					
	S. No.	Name of the Student	Class			
	1	Manasvi Sharma	VIII G			
5	Delhi Sports Carnival Organised by: Youth Sports Management Group					
	Junior Boys – Third Position (Team Championship)			Junior Girls – Third Position (Team Championship)		
	S. No.	Name of the Student	Class	S. No.	Name of the Student	Class
	1	Aarav Nagpal	VIII C	1	Avleen Kaur	XI A
	2	Prakrit	VIII B	2	Tanisha Kumar	IX A
	3	Haroop Singh	VII D	3	Shagun Suryavanshi	IX H
	4	Anuj Chaudhary	VII A	4	Navya	IX F
	5	Kumar Siddhant	XI B	5	Benisha Manocha	IX B
	6	Sahib Singh Grover	X D	6	Prisha	VIII B
	7	Darsh Sehgal	IX B	7	Amaira Sachdeva	VIII F
	8	Ritvik Singh	XI A	8	Anvi Gupta	VIII G
	9	Aayam Depuri	XI G	9	Reesha Behl	IX F
	10	Akash Biju	XI D	10	Komal	IX F
	11	Aayush Chauhan	VIII F	11	Janvi	VIII C
	12	Reyansh Arora	XI E	12	Lavanya	VIII C
6	CBSE Shooting Cluster – XX (Zonal) Organised by: CBSE Sports Board 10M Air Rifle Sub Junior Girls - First Position					
	S. No.	Name of the Student	Class			
	1	Manasvi Sharma	VIII G			
	Qualified for CBSE National Games					

S. No.	Name of the Event & Achievements			
7	CBSE Shooting National – XX (Zonal)			
	Organised by: CBSE Sports Board			
	10M Air Rifle Sub Junior Girls - Participation			
	S. No.	Name of the Student	Class	
	1	Manasvi Sharma	VIII G	
8	SGFI (Shooting)			
	Organised by: SGFI			
	10M Air Rifle Sub Junior Girls - Participation			
	S. No.	Name of the Student	Class	
	1	Manasvi Sharma	VIII G	
9	North Zone Shooting Championship			
	Organised by: North Zone Shooting Association			
	10M Air Rifle Sub Junior Girls - Third Position			
	S. No.	Name of the Student	Class	
	1	Manasvi Sharma	VIII G	
10	North Zone National Athletics Championship			
	Organised by: Athletics Federation of India			
	Junior Boys – Sixth Position			
	S. No.	Event	Name of the Student	Class
	1	Shot Put	Shaurya Khanna	X B
11	CBSE Cluster XX Athletic Meet			
	Organised by: CBSE Sports Board			
	Junior Boys – Third Position			
	S. No.	Event	Name of the Student	Class
	1	Shot Put	Shaurya Khanna	X B
12	CBSE Cluster XX Athletic Meet			
	Organised by: CBSE Sports Board			
	Sub Junior Boys – Second Position (Team Championship)			
	S. No.	Event	Name of the Student	Class
	1	4X100M Relay	Shaurya Gogne	VII E
			Vivaan Anand	VIII C
			Moksh	VIII B
			Dhruv Lohani	VIII G
13	National Yoga Championship 2024			
	Organised by: Yog Sports Foundation			
	Junior Girls – Second Position			
	S. No.	Event	Name of the Student	Class
	1	Artistic	Yishika Patney	X G

GLORY GALLERY: A TRAIL OF TRIUMPHS

PRIMARY WING

Zonal Level Competitions organised by the Directorate of Education

S. No.	Event	Position	Name of the Student
1.	Primary Zonal Level Clay Modelling Competition	First	Varisa Taj Mondal (V D)
2.	Primary Zonal Level Best Out of Waste Competition	First	Vihaan Garg (V E)
3.	Primary Zonal Level Fancy Dress Competition	Second	Thanush Vij (II C)
4.	Primary Zonal Level English Poem Recitation Competition	Second	Trisha Khosla (V F)
5.	Primary Zonal Level Solo Dance Competition	Second	Arnav Sachdeva (V B)
6.	Primary Zonal Level Solo Dance Competition	Second	Palakshi Rathi (V C)
7.	Primary Zonal Level Solo Singing Competition	Second	Kiaan Garg (IV A)
8.	Primary Zonal Level Mono Acting Competition	Third	Priyanshi (V A)
9.	Primary Zonal Level Solo Singing Competition	Third	Aarvi Chawla (III E)
10.	Primary Zonal Level English Poem Recitation Competition	Third	Radhitya Sehgal (V D)
11.	Primary Zonal Level Hindi Poem Recitation Competition	Third	Adyant Milind (V E)
12.	Primary Zonal Level On the Spot Painting Competition	Third	Vaishnavi (IV E)

Inter-School Competitions

S. No.	Event	Position	Name of the Student
1.	अभिव्यक्ति 2024: Bloctopia Challenge- Gyan Mandir Public School, Naraina Vihar	First	Abeer Rajora (II D) Taarush (II D)
2.	अभिव्यक्ति 2024: Lok Utsav Dance Competition- Gyan Mandir Public School, Naraina Vihar	First	Kairavi Rangra (V D) Sharanya Sikka (V F) Anayesha Arora (V F) Palakshi Rathi (V C) Prisha (V B) Vritika Chauhan (V E) Shrija Kaur (IV F) Nitya Pandit (IV F)
3.	Innolit Ignite: Once upon a Loom Competition- G.D. Goenka Public School, Rohini	First	Abeer Rajora (II D)

S. No.	Event	Position	Name of the Student
4.	Innolit Ignite: Alchemy of Rhythm (Western Music)- G.D. Goenka Public School, Rohini	First	Kaasni Arora (IV C) Radhitya Sehgal (V D)
5.	आवर्तन 2024 – कल्पना कुम्भ, Drawing Competition- Lilawati Vidya Mandir	First	Gurnoor Kaur (II B)
6.	आवर्तन 2024 - कल्पना कुम्भ, Wind Chime Making Competition- Lilawati Vidya Mandir	First	Rianna Kohli (V B) Divyaan Jain (V B)
7.	On the Spot Painting Competition- Delhi International School Edge, Dwarka	First	Krishnendu Samanta (V A)
8.	अंतर्राष्ट्रीय: Inter Salwan Cultural Extravaganza (Tiny Tappers)- Salwan Public School, Rajendra Nagar	First	Avnoor Kaur (I E) Siddhiksha Sharma (I C) Kabir Kohli (I B) Shivaay Chopra (I C)
9.	Science & Innovation Fest- Scratchmania (Category I) Junior- Salwan Public School, Trans Delhi Signature City	First	Arham Jain (V C)
10.	Galaxia 2024: काव्य संगम- Bal Bhawan Public School, Mayur Vihar	First	Kaasni Arora (IV C)
11.	Inter-School Hindi Language Story Narration Competition- Salwan Public School, Mayur Vihar	First	Aarna Sharma (I B)
12.	Rainbow 2025: Celebration of Diversity- Kothari International School, Noida	First	Atunu Mandal (IV B)
13.	Rainbow 2025: Celebration of Diversity- Kothari International School, Noida	First	Rohan Shankar (V D)
14.	Inter-School Clay Modelling Competition- Manav Sthali School, New Rajendra Nagar	Second	Varisa Taj Mondal (V D)
15.	The Spark of Ingenuity: The Magical World of STEM- Salwan Public School, Trans Delhi Signature City	Second	Rianna Kohli (V B) Anmol Gupta (V D)
16.	Inter-School Hindi Language Role Play Competition- Salwan Public School, Mayur Vihar	Second	Shitij Kapoor (III F)
17.	Inter-School Clay Moulding Festival- Salwan Junior School, Naraina	Second	Mannat (I E) Anisha Pal (I C)
18.	अभिव्यक्ति 2024: Futuristic India Challenge- Gyan Mandir Public School, Naraina Vihar	Second	Ira Bhardwaj (IV A) Sunpreet Singh Chauhan (IV A)

S. No.	Event	Position	Name of the Student
19.	Inter-School Origami Competition organized by the Embassy of Japan-Tagore International School	Third	Parushi Walia (V D) Kairavi Rangra (V D) Anmol Gupta (V D)
20.	अंतर्नाद: Inter-Salwan Cultural Extravaganza (Synchronised Serene Soiree)- Salwan Public School, Rajendra Nagar	Third	Kairavi Rangra (V D) Suhaani Gambhir (V A) Labonia (V A) Saanvi Aggarwal (V A) Shivaanya Monga (V F) Anayasha Arora (V F)
21.	Chinmaya Mission Geeta Shlok Chanting Competition, Chinmaya Vidyalyaya	Third	Rabnoor Ahuja (II D)
22.	Model United Nations Conference-Delhi International School Edge, Dwarka	High Commendation	Varisa Taj Mondal (V D)
23.	Model United Nations Conference-Delhi International School Edge, Dwarka	Special Mention	Shanaya Garg (IV F)

BRIGHT BEGINNINGS: SPARKLES OF SUCCESS

PRE - PRIMARY WING

Inter-School Competitions

S. No.	Event	Position	Name of the Student
1.	Yugen – Cultural Couture: Global Adventure (Rhyme Recitation) - N.C. Jindal Public School	First	Yuven Khandelwal (Nursery E)
2.	28th Geeta Shlok Chanting Competition, Chinmaya Vidyalyaya	First	Harnoor Babbar (Pre-Primary E)
3.	GEMA-World Storytelling Competition	First	Naira Bedi (Pre-Primary C)
4.	आवर्तन: Mosaic of Arts- Lilawati Vidya Mandir Sr. Sec. School, Shakti Nagar	First	Advit Kumar (Pre-Primary G)
5.	The Sparkling Space Fashion Walk-Delhi International School Edge, Sec. 18, Dwarka	Second	Shraddha Pandey (Nursery A)
6.	नवोमेष: My Treasured Story's Character, Delhi International School Edge, Dwarka	Third	Kinaya Chhabra (Pre-Primary G)
7.	नृत्यधि (Twist and Turn) - Lilawati Vidya Mandir Sr. Sec. School, Shakti Nagar	Third	Naira Bedi (Pre-Primary C)

BLOSSOMING BEYOND BOUNDARIES

IMBIBING GLOBAL CONSCIOUSNESS

INTERNATIONAL CONFEDERATION OF PRINCIPALS (ICP) WORLD CONVENTION 2024 IN KENYA

A distinguished delegation from Salwan Education Trust including Dr. (Mrs.) Indu Khetarpal, Trustee, Salwan Education Trust; Maj Gen Sanjeev Shukla, VSM (Retd), Director, Salwan Public School; Capt. Richa Katyal, Principal, Salwan Public School, Mayur Vihar; Mrs. Sona Gombar, Headmistress, Salwan Montessori School, Gurugram and Mrs. Kriti Arora, Assistant Teacher, Salwan Public School, Rajendra Nagar participated in the ICP World Convention 2024 held at Mombasa, Kenya from 16 to 23 August 2024. During the global meet, the delegates from Salwan shared valuable insights on mental health and well-being with educators from all across the globe. With an unwavering commitment to educational excellence, the Salwan Education Trust will be hosting the ICP Convention 2025 aimed at highlighting the importance of global collaboration.



GROUNDWORK FOR THE INTERNATIONAL CONFEDERATION OF PRINCIPALS 2025

As part of the preparations for the International Confederation of Principals (ICP) 2025 the school proudly hosted a delegation of esteemed educators from around the world on 28 November 2024. The school warmly welcomed Ms Sofia Hughes from Argentina, Mr Leendert-Jan Veldhuyzen from the Netherlands, and Ms Linda Ann Benwel from South Africa. The delegates got the opportunity to interact with the students. They appreciated the school's innovative STEM-based projects that have gained national and international recognition.



READ – LEAD – SUCCEED

BRIDGING CULTURES THROUGH STORIES... A CROSS-CULTURAL READING CLUB JOURNEY

The school has introduced a year-long Reading Club for Classes VI-VIII in collaboration with the Hong Kong-based Kids Must Read group. This club allows students to explore books from across borders through weekly online meetings and engage in monthly book discussions. These sessions feature creative activities like puppet-making, word art, and creating word walls. Students develop essential skills such as critical thinking through book analysis, teamwork through collaborative projects, and effective communication through active discussions.





KIDS MUST READ (KMR)

Book Club in Collaboration with KMR Programme, Hong Kong Expanding Horizons, Empowering Minds

The Kids Must Read Book Club has been more than just a reading group – it's a gateway to new perspectives, diverse cultures, and deeper self-discovery. In this club, some books of different genres are shortlisted for students from each class (VI to VIII) and post reading, these students embark on a literary journey that not only nurtures their love for books but also empowers them with critical thinking, empathy, and communication skills. Through immersive discussions, thought-provoking activities, and a shared passion for storytelling, students are expanding their horizons.

READERS' REFLECTIONS

Some of our students have shared their reflections on how the Book Club has impacted their perspectives and intellect.



"Not only has this club introduced me to books I never would have picked up on my own, but also the discussions are always thought-provoking and fun. It's a great way to connect with others, share different perspectives, and deepen my love for reading."

– Krrish Arora (VII A)



"Through this Book Club, I discovered a new way of experiencing stories, deepening my understanding of different cultures. 'Roll of Thunder, Hear My Cry' by Mildred D. Taylor especially left a lasting impact, teaching me the essence of courage, fortitude and justice."

– Vaanika Dwivedi (VIII G)



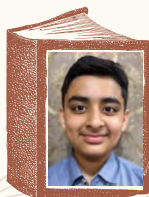
"The club has helped me stay consistent with reading and explore genres I never thought I'd enjoy... Every meeting is a new adventure, making the reading experience richer and more fun-filled."

– Manya Bajaj (VII A)



"Through this programme, I became more confident in expressing my thoughts while respecting different viewpoints. It made me enjoy reading even more."

– Pranav Kumar (VI F)



"The book, 'A Long Walk to Water' made me more thoughtful about people who are poor with less or no access to food, water and more. It taught me not to waste food."

– Riaan Narula (VII C)



"Engaging in discussions with my peers made reading more exciting, and I learned to express my thoughts confidently. I also discovered new genres that I wouldn't have explored otherwise."

– Aashna Changra (VII B)



"The discussions helped me understand books on a deeper level. I loved listening to different perspectives from other students. It boosted my confidence and helped in improving my reading skills."

– Deetya Bhanot (VIII E)



"At first, I wasn't very interested in books, but the discussions and activities made reading enjoyable. The Book Club not only helped me discover new books but also enriched my vocabulary by introducing me to many new words."

– Elina Juneja (VI E)



"The Book Club has strengthened my critical thinking, communication skills, and love for literature. Reading 'Restart' by Gordon Korman was especially inspiring – it showed me the true meaning of second chances, resilience, and personal growth."

– Khanak Rustagi (VII A)



"The Book Club widened our perspectives about the wonderful world of books and helped us connect with like-minded people and fellow book lovers. It has been a marvellous experience that enhanced my love for reading."

– Zunaira Naz (VIII D)



"Being part of the KMR Book Club has been an amazing journey, introducing me to different literary genres. I enjoyed our discussion on the book, 'Restart'. It was so engaging that we lost track of time!"

– Aryan S Raj (VII C)

TÊTE-À-TÊTE WITH EMINENT AUTHOR, PARO ANAND

An engaging interactive session with Ms. Paro Anand, a renowned Indian author of children's books, was organised by Salwan Education Trust on 23 April 2024. The event brought together students from all the Salwan Schools with the aim of igniting a passion for reading and storytelling. Ms. Anand, celebrated for her compelling narratives, read excerpts from her acclaimed books, 'Like Smoke' and 'Wingless'. The session provided students with a unique opportunity to interact with the esteemed author, thus enhancing their appreciation for the art of story writing.



BOOKAROO CHILDREN'S LITERATURE FESTIVAL

The students of Classes II and V had an unforgettable experience at the Bookaroo Children's Literature Festival held at Sunder Nursery on 8 November 2024. The students participated in storytelling sessions and creative workshops. Inspiring interactions with authors, illustrators, and storytellers kindled a love for reading in young learners.



AN INTERACTIVE SESSION WITH AUTHOR, KANAV AGNIHOTRI

The students of Classes III, IV and V participated in an enriching interactive session with Mr. Kanav Agnihotri, the author of the series, 'The Adventures of Sharkaru', on 22 August 2024. The session transported the students to a wonderful world of fantasy and magical adventures. The students were encouraged to develop a regular reading habit. The author inspired them to write stories.



SHAKESPEARE DAY CELEBRATIONS

The school celebrated Shakespeare Day on 23 April 2024 to honour his literary legacy. The event featured insightful talks, dramatic enactments of Shakespeare's 'Seven Ages', and poetry recitations. The students of Class IX performed Caesar's oration, while the students of Classes XI and XII discussed the relevance of Shakespeare's works in today's times, emphasizing his enduring impact on literature and society.



BOOK LAUNCH: 'KUNJIKKALI'S ECHOES OF LIBERATION'

Ten students from Classes IX to XII had the privilege of attending the launch of Kunjikkali's Echoes of Liberation by Prof. Jayalekshmi on 26 October 2024 at India International Centre, New Delhi. The book launch was presided over by Shri R. Venkataramani, the Attorney General of India, Shri K. J. Alphons, Former Union Minister, IAS (Retd.), and Ms. Sunita Pant Bansal, an author and mythologist. During the event, three budding writers from the school, Nishka Malik (Class XII), Akshat Singh (Class XI) and Tara Sabharwal (Class X) received copies of the book from the author, Prof. Jayalekshmi.



FOSTERING 360° LEARNING AND GROWTH

CELEBRATING 78 YEARS OF INDEPENDENCE

Igniting the Flame of Patriotic Fervour...



The week-long Independence Day celebrations at Salwan captured the essence of our nation's glorious history. The students paid a heartfelt tribute to our brave soldiers, freedom fighters and great leaders through a series of poignant performances.



EARTH DAY CELEBRATIONS

Reaffirming Our Commitment to Environmental Stewardship...

The Salwanians celebrated Earth Day from 21 to 25 April 2024. The students of Classes III, IV and V zealously participated in multifarious activities tailored to raise awareness on sustainability and environmental conservation. They showcased inspiring presentations and assemblies that encouraged the learners to follow an eco-friendly path. A special assembly was organised on 22 April 2024 by the Salwanians to celebrate Earth Day. The theme, 'Planet Versus Plastics' was depicted by the students of Class VIII through street plays and songs, urging one and all to give up single-use plastics and fast fashion.



VAN MAHOTSAV CELEBRATIONS

Rooting for a Greener Tomorrow

As part of the Van Mahotsav Celebrations, *Ek Ped Maa Ke Naam* Campaign was organized by the students of Classes VI-IX. The students planted saplings in gardens, school grounds, and community spaces to contribute to a greener environment. The students of the Primary Classes planted saplings and created posters on the theme, 'Protecting Mother Earth'. Dressed in costumes depicting various aspects of the environment, the eco warriors of Classes IV and V participated in a Green Walk to create awareness on the importance of protecting our environment. A Special Assembly was organised to encourage the students to adopt sustainable practices.



JUNIOR ECO VENTURE COLLECTIVE

The creative brigade of the Primary Entrepreneurial Club - 'Junior Eco Venture Collective' crafted special products using recyclable materials. These were put up for display and sale during the Parent-Teacher Meeting. The proceeds collected against these sales were used towards a charitable cause.



GROOMING SKILLFUL ENTREPRENEURS

As part of the club activities, members of the Business Blasters Club from Classes IX and XI set up a stall selling eco-friendly products such as plants, manure, and liquid fertilizers. The production of the biodegradable products, packaging and marketing along with the formulation of cost sheets sharpened the business acumen of the students. The initiative fostered entrepreneurial skills while promoting sustainable gardening practices within the school community.



NURTURING A HUMANE OUTLOOK

Demonstrating the spirit of compassion and responsibility, the Student Council organized a Donation Drive on 4 January 2025. The staff, students, and their families contributed essential items, including food, stationery, toiletries, and ration supplies, for those in need. The initiative commenced with students serving Langar and participating in 'Patti Seva' at New Delhi Railway Station in collaboration with the NGO, *Guru ka Langar*. This was followed by visits to a shelter home near Gurudwara Bangla Sahib and Bal Sahyog, an NGO dedicated to supporting needy children.



HEARTFULNESS: INNER ENGINEERING

Students from Classes IV to VII embarked on an enriching journey of self-discovery and mindfulness through the Heartfulness Programme held in April and May 2024. Under the expert guidance of seasoned Heartfulness coaches, students learned to navigate their emotions with grace and resilience. The programme left a lasting impression, empowering young minds to cultivate calmness, balance, and inner peace in their daily lives.



SUMMER CAMP

A two-week Summer Camp was organized for the students of the Primary Wing from 13 to 24 May 2024, offering a wide range of exciting activities. Students participated enthusiastically in various club activities including Zen Mandala Collective, Little Scribbles Society, Playful Potters' Club, Dramatic Dreamers, Tasty Treats Club, Bhangra Beats, Inclusive Innovators, Little Picasso's Studio, Melodic Movers, Victory Vanguard Club, Junior Tech Titans and Artistic Expressions Society. Sports enthusiasts got the opportunity to learn the nuances of various sports such as golf, football and cricket. The summer camp provided a platform to the young learners to hone their skills, nurture their talents and build their self-confidence.



SCHOOLYWOOD

Setting the Stage for Experiential Learning... Creating a Universe of Edutainment...

Harnessing the power of theatre as a tool for language development, the Salwanians launched a theatre-cum-recreational learning space- 'Schoolywood' on 15 April 2024. This unique centre for performing arts endeavours to ignite the spark of creativity in learners. Emphasizing the significance of making learning enjoyable and intriguing through the effective use of audio-visual tools, Schoolywood promises to be a multifaceted hub for holistic learning, entertainment and enjoyment.



NATIONAL SPORTS DAY CELEBRATIONS

Inter-Section Sports Events for Classes I-V

To commemorate the birth anniversary of the Hockey Legend, Major Dhyan Chand, National Sports Day was celebrated with great fervour in the month of August 2024. As part of the celebrations, Inter-Section Cricket Matches and Basketball Matches were organized for the students of Class V. The students of Class IV participated in the Inter-Section Throwball Matches and Football Matches. The students of Classes I, II and III enjoyed a variety of exciting races including sprints, hopping race and hurdle race. The sports events helped in inculcating sportsmanship and team spirit in young learners whilst developing essential life skills in them.



ALUMNI REUNION 50 YEARS OF PRIDE, PASSION, AND NOSTALGIA

The school welcomed its esteemed alumni (Batch - 1974) on 30 November 2024 to celebrate their reunion, after 50 years of their passing out from the school. The alumni interacted with the students and shared inspiring experiences with them, fostering a deep appreciation for the school's enduring legacy.



DURGA PUJA CELEBRATIONS Experiencing Divine Bliss

The Salwanians celebrated Durga Puja with great zest, jubilation and devotion. A spectacular *Puja Pandal* was set up in the Amphitheatre at Gyan Devi Salwan Block. The festivities began with the *Sankalp Puja* of the beautifully adorned idol of Goddess Durga. The students created an aura of profound bliss through mesmerising performances, including dance, music, and drama during the week-long celebrations that amalgamated cultural consciousness, spiritual awakening, and community bonding.



WORLD HERITAGE DAY

A special assembly was conducted on 19 April 2024 for Classes XI and XII to celebrate our cultural heritage, fostering pride and appreciation. Through poetry, music, and dance, students pledged to preserve traditions, emphasizing the importance of safeguarding cultural legacy for future generations.



HAWAN CEREMONY: A SOULFUL INVOCATION

A Hawan Ceremony was organised on 10 February 2025 to invoke blessings of the Almighty for the students appearing for Classes X and XII CBSE Examination. The sacred ritual aimed to instill positivity and confidence in the students.



EXPLORING NEW REALMS OF LEARNING

KEDARKANTHA TREK EXPEDITION

A thrilling trekking expedition to Kedarkantha Summit (12,500 ft) was organized for the students of Classes IX and XI from 22 to 28 May 2024. Designed to instill teamwork, resilience, and confidence, the adventurous trek also introduced students to essential camping skills and environmental challenges, strengthening both their physical and mental endurance in an exhilarating outdoor setting.



DAYARA BUGYAL TREK EXPEDITION

The students of Class XI embarked on an unforgettable trek to Dayara Bugyal (11,000 ft) from 27 May to 2 June 2024. They were accompanied by teachers and professional guides. The expedition fostered leadership, teamwork, and perseverance while deepening the students' appreciation for nature.



EXPLORING UDAIPUR'S HERITAGE

Students from Classes VI to IX embarked on an educational tour to Udaipur and Chittorgarh from 9 to 13 January 2025, immersing themselves in the rich heritage of Rajasthan. They explored historic landmarks, participated in team-building activities, and experienced the region's natural beauty and cultural grandeur. The tour deepened their understanding of history and architecture, leaving them with invaluable memories and lessons.



RESIDENTIAL PROGRAMME: TRIP TO DEHRADUN

An adventurous trip to Dehradun was organized for the students of Classes IV and V from 27 to 29 May 2024. The young explorers enjoyed team-building tasks, fun-filled games and intriguing activities that enabled them to imbibe life skills such as team spirit, resilience and coordination. Exploring the wonders of rich flora and fauna at the Forest Research Institute deepened their love for nature's marvels. They created everlasting memories together while trekking through narrow streams cradled in the lap of nature.



EDUCATIONAL VISIT TO KARGIL

Salwan Education Trust organized an educational visit to Leh and Kargil from 6 to 10 September 2024, offering a profound learning experience to 30 students and four teachers from six Salwan Schools. The visit aimed to honour India's military legacy. The students visited monasteries, palaces, and war memorials, paid homage at the Amar Jawan Jyoti, and toured the Kargil Museum. An interaction with Maj. L. Lamba provided valuable insights into the life of a soldier, fostering a deep sense of patriotism and resilience among the students.



LALIT KALA AKADEMI INTERNATIONAL ART CARNIVAL

The students and teachers attended the Lalit Kala Akademi International Art Carnival on 19 April 2024 at Delhi College of Art. The event provided an enriching opportunity to the learners to engage with renowned artists, including Russian artist, Ms. Ludmilla Chakrabarty. The students explored global masterpieces, gaining inspiration from various artistic techniques and perspectives, broadening their creative horizons.



NATIONAL IDE BOOTCAMP

Sharvil Rai (Class XII) and Dr. Shilpa Raghuvanshi Chauhan represented the school at the National Innovation, Design and Entrepreneurship Bootcamp, held on 9 and 10 April 2024. The camp was organized by the All India Council for Technical Education (AICTE), Ministry of Education (MoE), and the National Council for Educational Research and Training (NCERT). The programme focused on innovation, design thinking, and entrepreneurship, equipping participants with essential skills in market analysis, business modelling, and pitching strategies. It was a proud moment for the school when its project, "Socks Pairing Device for the Visually Impaired," secured funding from the Ministry of Education. Sharvil Rai, Navya Sharma, and Riddhimaa Digpaul showcased their commitment to leveraging robotics for creating an indelible social impact.

'LEARNING BY DOING' AT PEARL ACADEMY

A visit to Pearl Academy, Rajouri Garden was planned for students of Class XI on 13 December 2024 to explore creative career pathways in Fashion Design, Makeup Artistry, Product Design, and Broadcasting. The students participated in a hands-on tie-dye workshop, which promoted experiential learning and nurtured their artistic aspirations.



VISIT TO INTER-UNIVERSITY ACCELERATOR CENTRE (IUAC)

The students selected for the Vidyarthi Vigyan Manthan (VVM) Delhi 2023-24 State Camp visited the Inter-University Accelerator Centre (IUAC) on 6 April 2024, for a special one-day laboratory session. As India's first Inter-University Centre, IUAC promotes accelerator-driven research, providing students with an invaluable opportunity to explore advanced scientific facilities and gain deeper insights into cutting-edge research.

VISIT TO KIRAN NADAR MUSEUM OF ARTS

The students of Class V visited the Kiran Nadar Museum of Arts on 20 December 2024. The enthusiastic learners showcased a compelling theatrical performance and immersed themselves in storytelling. They also participated in an art and craft workshop. The splendid artworks and exhibits inspired them to develop their creativity and imagination.



EXPLORING SUSTAINABLE SOLUTIONS AT MGICCC, BAKOLI

The students of Class VIII got an opportunity to visit Mahatma Gandhi Institute for Combatting Climate Change (MGICCC), Bakoli on 13 August 2024, to delve into sustainability and climate action. They attended insightful sessions on renewable energy, environmental challenges, and innovative solutions. A guided tour showcasing sustainable initiatives inspired students to embrace eco-friendly practices and contribute to a greener future.



EDUCATIONAL EXCURSION TO KIDZANIA

The students of Classes I to V experienced thrill and excitement at KidZania on 28 December 2024. They participated in role-play and simulation activities that cultivated creativity, decision-making, problem-solving, and critical thinking skills in them. The real-world encounters fostered experiential learning. Donning different uniforms, the students discharged various responsibilities and earned KidZos, the currency that they were able to use for availing different services at KidZania.



FUN FIESTA AT 2 LITTLE MONKEYZ

A group of students with special needs (Classes I-V) immersed themselves in the magical world of 2 Little Monkeyz on 24 January 2025. Amid thrilling slides and adventurous climbs, they discovered the joy of movement, built friendships through laughter, and unlocked their hidden potential. Fostering inclusivity, the enriching experience nurtured self-expression and confidence in the learners.



EXPERIENTIAL LEARNING AT THE NEHRU PLANETARIUM, PRADHAN MANTRI SANGRAHALAYA AND THE NATIONAL SCIENCE CENTRE

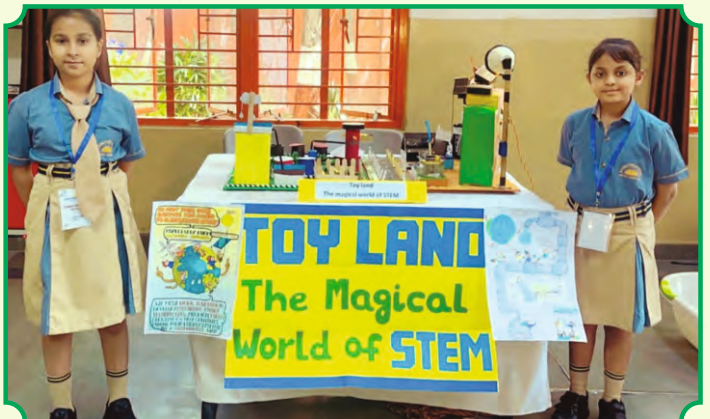
With the aim of harnessing the power of experiential learning, an educational trip to the Nehru Planetarium, Pradhan Mantri Sangrahalaya, and the National Science Centre was organised for the students of Classes I to V in the month of September 2024. At the Nehru Planetarium, the young Salwanians acquired knowledge about celestial bodies and India's space achievements. While exploring the Pradhan Mantri Sangrahalaya, they gained valuable insights into the political history of our country. They enjoyed immersive interactive games, experiments, hands-on activities and thrilling 3D shows based on scientific concepts at the National Science Centre.



SUSTAINABILITY SUPERHEROES: CATALYSTS OF CHANGE

With the aim of grooming responsible global citizens and nurturing conscious individuals, Sustainable Development Goals (SDGs) are seamlessly integrated into the teaching-learning processes at Salwan. The Department of Psychology hosted a session, 'The Missing Piece: Empowering Student Voices for Mental Health Awareness', and set up interactive stalls to equip students with stress management techniques. The Department of Science in its SDG Showcase on Mental Health provided deeper insights through an alumni-led discussion on stress management, self-care, and academic success. The Social Science Department conducted an event to promote Cultural Preservation and Sustainability. Students participated in a Youth Parliamentary Session, a Madhubani Art Workshop, a Millet Awareness Initiative, Historical Board Games, and a Weavers' Exhibition. The Department of English hosted interviews, talk shows, speeches, and debates, while the Department of Hindi organised panel discussions and declamations to enhance linguistic and oratory skills. The students enhanced their digital literacy by creating web pages, blogs, and vlogs. The Mathematics Department linked mathematical concepts to real-life applications by engaging students in Warli art, origami, problem-solving games, and Mathematical tambola. Trailblazing initiatives, well-structured SDG activities, projects and community outreach events were organized throughout the year for Classes I to V. The STEM Club focused on engaging students in real-world application of science and technology through hands-on projects and invigorating tasks that empowered learners with 21st-century skills such as critical thinking and problem-solving whilst fostering teamwork, creativity and innovation.





CAPACITY BUILDING PROGRAMMES

ORIENTATION PROGRAMMES FOR PARENTS

Orientation Programmes were organized in the month of April 2024 across all classes to familiarize parents with the school system and encourage active participation in their children's education. The Principal, Mrs. Priyanka Barara emphasized regular attendance and safety measures, while the Vice Principal, Mrs. Jyotsna Grover and the Headmistress, Mrs. Rashi Oberoi discussed NEP, NCF, and competency-based assessments. The queries of the parents were also addressed during the interactive sessions.



THE FUTURE BEYOND CHAT GPT AND AI

A session on 'The Future Beyond Chat GPT' was conducted for Classes XI and XII on 10 April 2024 by alumnus, Mr. Lokesh Mishra. AI's evolving role, its challenges, opportunities, and ethical implications were discussed and the students were urged to reflect upon the interplay between humans and technology.



INSIGHT THROUGH EXPERIENCE: A PSYCHOLOGY INTERNSHIP PROGRAMME

A summer internship was successfully completed by Class XII Psychology students at Fortis Hospital, Shalimar Bagh, from 3 to 8 July 2024. During the internship, the students explored topics such as therapy techniques, mental disorders, social psychology, and careers in Psychology. They gained hands-on experience in Cognitive Behavioural Therapy and Psychodynamic Therapy, deepening their understanding of community mental health.



CYBER SECURITY WORKSHOP

A workshop on Cyber Security was held on 14 May 2024, wherein the students learned the nuances of cyber safety from law enforcement expert, Mr. Khemendra Pal Singh. The session focused on key cyber threats, including phishing, malware, and identity theft. The importance of strong passwords, online vigilance, and reporting suspicious activities was highlighted. The workshop aimed to empower students as digital guardians, fostering cybersecurity awareness in their communities.



DIGITAL SAFETY: KPMG GLOBAL CYBER DAY WORKSHOP

Under the KPMG Global Cyber Day initiative, the school hosted a workshop on 8 October 2024 to raise awareness on online safety. The students and staff engaged in interactive sessions focusing on cyber scams, phishing attacks, and AI-driven cyber threats. The workshop emphasized vigilance in the digital world and concluded with a call to action, encouraging participants to adopt and share best practices in cybersecurity.



EMPOWER AND ENGAGE PROGRAMME

In a commendable demonstration of its commitment to Sustainable Development Goal No. 4 - ensuring inclusive and equitable quality education, the school launched the 'Empower and Engage Programme' in collaboration with Holy Heart School, Dwarka, a specialized institution for children with special needs. The event was graced by Mr. Mohit Kumar, Chartered Accountant, an illustrious alumnus (Batch 2009-10) and Advocate-on-Record at the Honourable Supreme Court, as the Guest of Honour. Students from both schools enthusiastically participated in a logo creation competition and clay modelling session showcasing their artistic flair and team spirit.



WORKSHOP ON CAREERS IN REAL ESTATE AND CONSTRUCTION

The school, in collaboration with RICS Amity University, hosted an enlightening orientation programme on Construction and Management Courses on 3 December 2024. The students explored the evolving landscape of sustainable construction, smart technologies, and urban infrastructure.



WORKSHOP ON TRAFFIC SAFETY

The students from Classes I to III participated in 'Be Safe, Be Smart Workshop' based on road safety conducted by ASSOCHAM and BMW, India on 1 October 2024 in the school premises. Engaging activities such as fun-filled games, role-play and simulations enabled students to internalize traffic rules whilst inculcating safety habits in them.



AN INTERACTIVE SESSION ON HEALTH, HYGIENE AND WELL-BEING

An interactive session on Health, Hygiene and Well-Being was organized for the students of Class V by Unicharm, India on 22 October 2024. The workshop focused on the significance of self-care and the importance of adopting healthy habits and good hygiene practices. With the aim of raising awareness on overall well-being, the insightful session laid emphasis on debunking misconceptions and addressing specific concerns of the students.



The Art of Mindful Expression

MENTORS' MUSINGS

When the Going Gets Tough, the Tough Get Going!

I am deeply grateful to the people in my life who have shaped my journey with their wisdom, support, and inspiration. I would like to share the lessons they have imparted. Life has taught me that all times shall pass – good or bad, nothing lasts forever, and perseverance is the key to success. Energy begets energy; taking the first step, no matter how small, creates momentum that fuels even the most daunting journeys. A progressive mindset recognizes that pain is often a construct of the mind – dwelling on it intensifies the experience, while redirecting focus can empower us to move forward. Striving for excellence in everything is essential, but one must balance it by doing their best and leaving the rest to destiny.

Managing life is about juggling responsibilities wisely, not making excuses. Sometimes, unexpected encounters reveal profound truths – like a chance meeting with an ex-Air Force cadet, who helped me understand that when a child rides a horse, he or she imbibes leadership skills and the rest is simply destiny unfolding as it should. True resilience comes from mental strength, for when the going gets tough, the tough get going. Limits exist only in the mind, as I learned from a Polish athlete who, despite a life-altering accident, pushed himself to conquer unimaginable distances. And yet, in our pursuit of greatness, we must remember not to be too hard on ourselves – acknowledge small victories, for they are the stepping stones to greater triumphs.

One interesting revelation was that in moments of self-importance, life humbles us. I once felt a sense of pride upon completing a gruelling open-sea swim, only to witness a girl with no legs finish just before me, proving that true inspiration comes from those who conquer far greater odds. Fierce arguments often stem from the need to have the last word, but wisdom lies in knowing when to step back – just chill, let go of unnecessary battles, and choose collaboration over conflict. Strength isn't about never needing help; true strength lies in knowing when to ask for it. Integrity, too, is a lifelong guide – our conscience speaks to us, and each time we ignore it, the voice weakens.

Not every battle is meant to be fought. While climbing Mt. Kilimanjaro, I had to leave behind a young climber suffering from altitude sickness, a painful decision that still lingers in my conscience. There is wisdom in sugarcoating the truth when needed, for sometimes, how we deliver a message matters more than the message itself. In the depths of the ocean, where even a single breath could mean life or death, I learned that amidst chaos, the key to survival is focusing on the most essential things – keep breathing, stay present, and trust in the moment. Life doesn't always deal us the best cards, but playing the hand we're given, with determination can turn losses into victories.

Balancing work, family, and personal aspirations is not about having time; it's about making time for what truly matters. Some lessons take years to sink in – like how events fade, but emotions linger, reminding us that logic does not always outweigh humanity. Even in matters of life and death, we are often driven by emotion rather than reason. And finally, perception shapes reality. A simple gesture of respect from a soldier reminded me that even when circumstances seem to diminish us, we still hold value in ways we may not realize.

Each of these lessons has left a lasting mark, shaping who I am today. For this, I offer my deepest gratitude to those who have been my teachers, knowingly or unknowingly, and who continue to inspire me every step of the way.

- **Commander Navneet 'Soft Iron' Nagi (Alumnus - 1993)**



Commander Navneet Nagi (Retd) is an Indian Navy veteran. He is an expert swimmer-cum-coach, triathlete, para jumper, mountaineer and submariner. He is a certified SCUBA Deep Sea and Rescue Diver. He is also a long-distance marathon runner. He has completed the Full Ironman Triathlon.



Nurturing Mental Well-Being: A Guide for Young Minds

As alumni, it brings us immense joy to contribute to this magazine and share insights on mental well-being. Though it's been 50 years since we walked the school corridors, we recognize that today's students face unique pressures—from social media to academic competition and complex career choices. Early attention to mental health can lay the groundwork for a resilient and balanced life.

- **The Power of Communication**

Open communication is the first step to mental wellness. Sharing our thoughts with someone we trust can make challenges feel lighter. Students should reach out to teachers, counsellors, or friends. Seeking help is a sign of strength. Schools should foster trust-based relationships between students and staff to provide a safety net for those who may need extra support.

- **Embrace Your Swadharma**

In Vedantic thought, *Swadharma* means one's unique path or inner calling—similar to the Japanese concept of *Ikigai*. Students should discover and nurture their passions. Aligning career choices with personal interests brings long-term fulfillment. Schools should help identify each student's strengths through regular guidance and communication with parents.

- **Balance is Key**

A well-balanced life includes time for studies, play, rest, and self-reflection. Students should make time for hobbies and relaxation to maintain both mental and physical well-being. Schools should offer a variety of extracurricular options and encourage students to participate in activities beyond academics.

- **Mindfulness and Focus**

Practices like meditation, deep breathing, and mindful walking enhance concentration and calm the mind. Students should build small mindfulness habits to reduce anxiety and improve clarity. Schools should introduce mindfulness into daily routines to nurture emotional regulation and inner peace.

- **Stay Physically Active**

Exercise not only boosts physical health but also uplifts the mind. Students should engage in regular physical activity—sports, walking, or yoga—to elevate their spirits and reduce stress. Schools should ensure access to varied physical activities. Trained mental health professionals should be available at schools for student support.

- **A Holistic Approach**

We must prioritize mental health—especially amongst the youth. Unrealistic expectations often lead to stress, making life skills such as conflict resolution and emotional intelligence vital. Teachers, too, need mental health support while navigating challenges pertaining to the overall well-being of learners.

By nurturing communication, self-awareness, balance, mindfulness, and physical health, let us pave the way for stronger, happier minds. Mental health is not a privilege—it is an essential state of being. Let's support each other in creating resilient individuals ready to face life's challenges with confidence.

– Dr. Girish Rai and Dr. Sanjeev Mehta (Alumni - 1974)



Dr. Girish Rai is a renowned Senior ENT Consultant at the Manipal Hospitals, Bangalore. With a rich experience of over 33 years in the treatment of ENT diseases as well as head and neck tumours, he is an expert in microscopic ear surgery, laser surgery, cochlear implant surgery, endoscopic nasal surgery, and Transoral Robotic Surgery.



Dr. Sanjeev Mehta is the Founder and Managing Director of 'Finance Doctor', an AMFI-registered Mutual Fund Distributor. Former Vice President, Citibank (Middle East), he also worked as an Assistant Professor of Marketing at Ashridge Management College in the U.K. His book, 'Winning the Wealth Game' reflects his expertise in wealth management and financial education.

Whispers and Roars: The Echoes of the Sea

"The sea, the great unifier, is man's only hope. Now, as never before, the old phrase has a literal meaning: we are all in the same boat."

- Jacques Cousteau

The quote elicits some deep philosophical thoughts which establish the power of the mind as the core of strength. The sea, vast and boundless, serving as a powerful unifier, connecting lands and cultures through its endless expanse speaks to us. When we listen to the sound of the waves, just as the waves merge distant shores, it reminds us of our shared co-existence. Yet, the sea is also a profound mirror of our inner mind, reflecting the calm, turmoil, and storms within us. Its serene surface on a still day speaks of the peace we seek, while its raging tempest mirrors our inner battles and fears. The depths of the sea, mysterious and unexplored, teach us that beneath our visible emotions lie layers of thoughts, dreams, and unresolved tensions, urging us to delve deeper into self-discovery. Like the ebb and flow of the tides, life presents cycles of highs and lows, and the sea, in all its forms, teaches us to navigate these with resilience, understanding, and a deep sense of connectedness to the world around us.

Let us take care of our well-being and celebrate the marvels of nature!

Rashi Oberoi
Headmistress, Primary Wing

स्वस्थ तन, उन्मुक्त मन

कौन चाहता नहीं ये जीवन फूलों की क्यारी बन जाए ?

तन से मन से स्वस्थ ये दुनिया सुन्दर और प्यारी बन जाए।

बन भी जाएगी यदि करोगे यत्न इसे तुम सुलझाने का,
हम सबका कर्तव्य है अपने जीवन को खुशहाल बनाने का।

दुनिया में है कौन वह, जो उतार चढ़ाव से नहीं गुज़रता ?
क्या जीवन का सफ़र सभी का विभिन्न पड़ाव से नहीं गुज़रता ?

जो झेलते विपदाओं के कई बवंडर और आगे बढ़ते हैं,
वही जीतते और सफलता की चरम सीढ़ी भी वही चढ़ते हैं।

चिंता छोड़ो और अपनों संग मन की सारी गिरहें खोलो,
समझो, संभलो और जीवन को तनाव मुक्ति की ओर ले चलो।

योग, ध्यान और व्यायाम को जब जीवन में अपना लोगे,
स्वस्थ तन, उन्मुक्त मन का अनमोल खजाना तुम पा लोगे।

तिलक राज शर्मा
टी जी टी हिंदी

मानसिक स्वास्थ्य: सबसे बड़ा धन

मानसिक स्वास्थ्य ही सबसे बड़ा धन है ॥

स्वस्थ मन हो तभी मानव आगे बढ़ता है,
लाख बाधाएँ हो, उच्च शिखर चढ़ता है।

बहाने नहीं खोजता न मरसिया पढ़ता है,
काँटों पर चलकर भी सफलता गढ़ता है।

विजयी होता वही, जो करता सत्य का अनुसरण है,
जीवन परम आनंद है जब स्वस्थ मन है,

मानसिक स्वास्थ्य ही सबसे बड़ा धन है ॥1॥

सुख-भोग त्याग जो कर्तव्य की राह पर जाता है,
भटके हुए लोगों को कर्म की राह दिखाता है।

माया-मोह को पराजित कर इंद्रजीत कहलाता है,
जन्म-मरण के बंधन से मुक्त इतिहास बनाता है।

सफलता मिलती उस कर्मठ को सुदृढ़ जिसका प्रण है,
जीवन विशिष्ट आनंद है जब स्वस्थ मन है,

मानसिक स्वास्थ्य ही सबसे बड़ा धन है ॥2॥

है कार्य असंभव कुछ नहीं, सब संभव हो जाता है,
जब भट्टी में लोहे-सा इंसानी अनुभव हो जाता है।

चाहत और परिश्रम से लक्ष्य में चिंगारी सी लगती है,
पत्थर को पिघलाने की प्रबल भावना जगती है।

संसार पूजता उस विजयी को जिसमें पूर्ण लगन है,
जीवन अतुलित आनंद है जब स्वस्थ मन है,

मानसिक स्वास्थ्य ही सबसे बड़ा धन है ॥3॥

स्वस्थ मन से ही बंधु! सुख समृद्धि मिलती है,
पग-पग सफलता-सम्मान की कलियाँ खिलती है।

विशाल वटवृक्ष की शक्ति ज्यों उसकी जड़ में होती है,
आगे बढ़ते हैं उतनी मन पर जितनी पकड़ होती है।

तूफानों में जो अविचल मुस्कुराए उसको नमन है,
जीवन सार्वभौमिक आनंद है जब स्वस्थ मन है,

मानसिक स्वास्थ्य ही सबसे बड़ा धन है ॥4॥

परम-तत्त्व हो वश में, गर मन पर पूर्ण नियंत्रण है,
साधना सफल होती जिसका निर्मल अंतर्मन है।

सोना, चांदी, रुपया, पैसा, बल तो पैरों का धूल कण है,
मन स्वस्थ नहीं है जिसका, वही एक निर्धन है।

जीवन में स्वर्ग सा आनंद है जब स्वस्थ मन है,
मानसिक स्वास्थ्य ही सबसे बड़ा धन है ॥ 5 ॥

संजय मिश्र

विभागाध्यक्ष (हिन्दी विभाग)

ਮਾਨਸਿਕ ਚੁਣੌਤੀਆਂ ਨਾਲ ਨਜਿੱਠਣਾ: ਠੀਕ ਹੋਣ ਦੇ ਰਾਹ ਅਤੇ ਖੁਸ਼ਹਾਲੀ ਲਈ ਸੁਝਾਅ

ਮਾਨਸਿਕ ਚੁਣੌਤੀਆਂ ਜ਼ਿੰਦਗੀ ਦਾ ਇੱਕ ਹਿੱਸਾ ਹਨ, ਜੋ ਹਰ ਕਿਸੇ ਨੂੰ ਕਦੇ ਨਾ ਕਦੇ ਸਾਹਮਣੇ ਆਉਂਦੀਆਂ ਹਨ। ਇਹ ਚੁਣੌਤੀਆਂ ਜਿਵੇਂ ਕਿ ਤਣਾਅ, ਚਿੰਤਾ, ਡਿਪ੍ਰੈਸ਼ਨ ਅਤੇ ਆਤਮਿਕ ਹਲਚਲ ਸਾਡੇ ਮਨ ਅਤੇ ਸਰੀਰ 'ਤੇ ਪ੍ਰਭਾਵ ਪਾਂਦੀਆਂ ਹਨ। ਪਰ ਜੇਕਰ ਅਸੀਂ ਸਹੀ ਤਰੀਕਿਆਂ ਨਾਲ ਇਨ੍ਹਾਂ ਦਾ ਸਾਹਮਣਾ ਕਰੀਏ ਤਾਂ ਅਸੀਂ ਆਪਣੇ ਜੀਵਨ ਨੂੰ ਦੁਬਾਰਾ ਸੁਖੀ ਅਤੇ ਸਿਹਤਮੰਦ ਬਣਾ ਸਕਦੇ ਹਾਂ।

1. ਮਹਿਸੂਸ ਕਰੋ ਅਤੇ ਆਪਣੇ ਭਾਵਨਾਵਾਂ ਨੂੰ ਸਵੀਕਾਰੋ

ਮਾਨਸਿਕ ਚੁਣੌਤੀਆਂ ਦਾ ਸਭ ਤੋਂ ਪਹਿਲਾ ਹੱਲ ਇਹ ਹੈ ਕਿ ਅਸੀਂ ਆਪਣੀ ਭਾਵਨਾਵਾਂ ਨੂੰ ਮਹਿਸੂਸ ਕਰੀਏ ਅਤੇ ਉਨ੍ਹਾਂ ਨੂੰ ਦਬਾਈਏ ਨਾ। ਆਪਣੇ ਆਪ ਨੂੰ ਸਮਝਣਾ ਅਤੇ ਇਹ ਸਵੀਕਾਰ ਕਰਨਾ ਕਿ ਤੁਸੀਂ ਅਜੇ ਮਜ਼ਬੂਤ ਨਹੀਂ ਮਹਿਸੂਸ ਕਰ ਰਹੇ ਹੋ, ਇਹ ਪਹਿਲਾ ਕਦਮ ਹੈ। ਜਦੋਂ ਅਸੀਂ ਆਪਣੇ ਦਿਲ ਦੀ ਸੁਣਦੇ ਹਾਂ, ਤਾਂ ਇਹ ਸਾਡੀ ਆਤਮਿਕ ਸ਼ਾਂਤੀ ਵਧਾਉਂਦਾ ਹੈ ਅਤੇ ਅਸੀਂ ਮਾਨਸਿਕ ਤੰਦਰੁਸਤੀ ਦੀ ਬੀਜ ਪੂਰੀ ਕਰ ਸਕਦੇ ਹਾਂ।

2. ਸੁਖ ਅਤੇ ਸ਼ਾਂਤੀ ਲਈ ਧਿਆਨ ਅਤੇ ਯੋਗਾ

ਧਿਆਨ ਅਤੇ ਯੋਗਾ, ਮਾਨਸਿਕ ਤੰਦਰੁਸਤੀ ਲਈ ਬਹੁਤ ਫਾਇਦੇਮੰਦ ਹਨ। ਇਹ ਸਾਨੂੰ ਆਪਣੀ ਸੋਚਾਂ ਤੇ ਭਾਵਨਾਵਾਂ 'ਤੇ ਕਾਬੂ ਪਾਉਣ ਵਿੱਚ ਮਦਦ ਕਰਦੇ ਹਨ। ਧਿਆਨ ਦੇ ਸਮੇਂ (ਸਿਮਰਨ ਕਰਨਾ), ਅਸੀਂ ਆਪਣੇ ਮਨ ਨੂੰ ਸ਼ਾਂਤ ਕਰਕੇ, ਆਪਣੇ ਆਪ ਨਾਲ ਸੰਪਰਕ ਸਥਾਪਿਤ ਕਰ ਸਕਦੇ ਹਾਂ। ਇਸ ਨਾਲ ਨੈਗਟਿਵ ਇਮੋਸ਼ਨ ਜਿਵੇਂ ਕਿ ਚਿੰਤਾ ਅਤੇ ਤਣਾਅ ਦੂਰ ਹੁੰਦੇ ਹਨ ਅਤੇ ਸਾਡੀ ਮਾਨਸਿਕ ਸਿਹਤ ਵਿੱਚ ਸੁਧਾਰ ਹੁੰਦਾ ਹੈ।

3. ਸਮਾਂ ਪ੍ਰਬੰਧਨ ਅਤੇ ਸੰਤੁਸ਼ਟੀ

ਮਾਨਸਿਕ ਚੁਣੌਤੀਆਂ ਨਾਲ ਨਜਿੱਠਣ ਲਈ ਸਮਾਂ ਪ੍ਰਬੰਧਨ ਬਹੁਤ ਜ਼ਰੂਰੀ ਹੈ। ਜੇਕਰ ਤੁਸੀਂ ਵਧੇਰੇ ਕੰਮਾਂ ਅਤੇ ਜ਼ਿੰਮੇਵਾਰੀਆਂ ਨਾਲ ਭਰੇ ਹੋ, ਤਾਂ ਇਹ ਤਣਾਅ ਦਾ ਕਾਰਨ ਬਣ ਸਕਦਾ ਹੈ। ਆਪਣੇ ਰੋਜ਼ਾਨਾ ਕੰਮਾਂ ਨੂੰ ਪ੍ਰਧਾਨਤਾ ਦੇ ਕੇ ਅਤੇ ਸੰਤੁਸ਼ਟ ਰਹਿ ਕੇ ਅਸੀਂ ਆਪਣੀ ਮਨੋਵਿਗਿਆਨਿਕ ਸਿਹਤ ਦਾ ਧਿਆਨ ਰੱਖ ਸਕਦੇ ਹਾਂ। ਕੰਮ ਨੂੰ ਛੋਟੇ ਹਿੱਸਿਆਂ ਵਿੱਚ ਤੋੜੋ ਅਤੇ ਹਰ ਇੱਕ ਕੰਮ ਦੀ ਸਫਲਤਾ ਦਾ ਅਨੰਦ ਲਓ।

4. ਸਕਾਰਾਤਮਕ ਸੋਚ ਅਤੇ ਹੌਸਲਾ

ਜਦੋਂ ਅਸੀਂ ਮਾਨਸਿਕ ਚੁਣੌਤੀਆਂ ਦਾ ਸਾਹਮਣਾ ਕਰ ਰਹੇ ਹਾਂ, ਤਾਂ ਸਕਾਰਾਤਮਕ ਸੋਚ ਸਾਡਾ ਸਭ ਤੋਂ ਵੱਡਾ ਸਾਥੀ ਬਣ ਜਾਂਦੀ ਹੈ। ਆਪਣੇ ਆਪ ਨੂੰ ਇਹ ਯਾਦ ਦਿਵਾਓ ਕਿ ਇਹ ਸਮੱਸਿਆ ਹਮੇਸ਼ਾ ਲਈ ਨਹੀਂ ਹੈ। ਹੌਸਲਾ ਰੱਖਣਾ ਅਤੇ ਸੋਚਣਾ ਕਿ ਇਹ ਵੀ ਗੁਜ਼ਰ ਜਾਵੇਗਾ, ਸਾਨੂੰ ਮਾਨਸਿਕ ਤੰਦਰੁਸਤੀ ਨੂੰ ਬਹਾਲ ਕਰਨ ਵਿੱਚ ਮਦਦ ਕਰਦਾ ਹੈ।

5. ਮਦਦ ਲੈਣਾ ਅਤੇ ਸਹਿਯੋਗ ਪ੍ਰਾਪਤ ਕਰਨਾ

ਮਾਨਸਿਕ ਚੁਣੌਤੀਆਂ ਨੂੰ ਇੱਕੱਲੇ ਸੰਭਾਲਣਾ ਬਹੁਤ ਮੁਸ਼ਕਲ ਹੋ ਸਕਦਾ ਹੈ। ਇਸ ਲਈ, ਜਦੋਂ ਅਸੀਂ ਆਪਣੀ ਸਮੱਸਿਆਵਾਂ ਨਾਲ ਜੂਝ ਰਹੇ ਹਾਂ, ਤਾਂ ਇਹ ਜ਼ਰੂਰੀ ਹੈ ਕਿ ਅਸੀਂ ਮਦਦ ਲਾਈਏ। ਪਰਿਵਾਰ, ਦੋਸਤ, ਮਾਸਟਰ ਜਾਂ ਮਾਨਸਿਕ ਸਿਹਤ ਲਈ ਮਨੋਵਿਗਿਆਨਕ ਦੀ ਮਦਦ ਲੈਣਾ ਬਹੁਤ ਮਦਦਗਾਰ ਹੁੰਦਾ ਹੈ। ਇਹ ਸਾਨੂੰ ਆਪਣੇ ਆਪ ਨੂੰ ਸਮਝਣ ਅਤੇ ਚੁਣੌਤੀਆਂ ਨੂੰ ਪਾਰ ਕਰਨ ਵਿੱਚ ਮਦਦ ਕਰਦਾ ਹੈ।

6. ਨਿਰੰਤਰ ਸਿਖਾਈ ਅਤੇ ਵਿਕਾਸ

ਮਾਨਸਿਕ ਤੰਦਰੁਸਤੀ ਨੂੰ ਸਹੀ ਰਾਹ 'ਤੇ ਲੈ ਜਾਣ ਲਈ ਆਪਣੇ ਆਪ ਨੂੰ ਨਿਰੰਤਰ ਸਿੱਖਣ ਅਤੇ ਵਿਕਾਸ ਕਰਨ ਦੀ ਜ਼ਰੂਰਤ ਹੈ। ਆਪਣੇ ਮਨ ਨੂੰ ਬਹੁਤ ਕੁਝ ਨਵਾਂ ਸਿਖਾਉਣਾ ਅਤੇ ਉਸ ਨੂੰ ਖੁਸ਼ ਰੱਖਣਾ ਮਨ ਨੂੰ ਸ਼ਾਂਤੀ ਅਤੇ ਸਹੀ ਦਿਸ਼ਾ ਵੱਲ ਲੈ ਕੇ ਜਾਂਦਾ ਹੈ। ਇਹ ਸਿੱਖਾਈ ਤੁਹਾਡੇ ਲਈ ਮਾਨਸਿਕ ਤੰਦਰੁਸਤੀ ਵਿੱਚ ਸੁਧਾਰ ਕਰਨ ਦੀ ਸਥਿਰ ਰਾਹ ਹੈ।

ਨਿਸ਼ਕਰਸ਼ :

ਮਾਨਸਿਕ ਚੁਣੌਤੀਆਂ ਨਾਲ ਨਜਿੱਠਣਾ ਸਿੱਧਾ ਨਹੀਂ ਹੁੰਦਾ, ਪਰ ਸਹੀ ਰਸਤੇ ਅਤੇ ਉਪਾਇਆਂ ਨਾਲ ਅਸੀਂ ਆਪਣੀ ਮਾਨਸਿਕ ਤੰਦਰੁਸਤੀ ਨੂੰ ਮੁੜ ਸਥਾਪਿਤ ਕਰ ਸਕਦੇ ਹਾਂ। "ਮਹਿਸੂਸ ਕਰੋ, ਠੀਕ ਹੋਵੋ ਅਤੇ ਪਾਲਣਾ ਕਰੋ" ਨੂੰ ਅਪਣਾ ਕੇ, ਅਸੀਂ ਆਪਣੀ ਜ਼ਿੰਦਗੀ ਨੂੰ ਖੁਸ਼ਹਾਲ, ਸੰਤੁਸ਼ਟ ਅਤੇ ਤੰਦਰੁਸਤ ਬਣਾ ਸਕਦੇ ਹਾਂ।

ਜਸਵਿੰਦਰ ਕੌਰ

(ਟੀ. ਜੀ. ਟੀ ਪੰਜਾਬੀ)

“सेवा-भावना मानसिक -स्वास्थ्यस्य कारकः”

वृद्धजन -सेवायाः महत्त्वं च कुटुम्बेषु संघर्षाणां कारणाणां विषये विचारः आवश्यकः। वस्तुतः वृद्धजनसेवा एकं प्रमुखं कार्यम् अस्ति इदं केवलं सामाजिकदायित्वं न, परम् मानवीयसंवेदनानां च प्रतीकं अपि अस्ति। यदा वयं वृद्धानां परिचर्यां कुर्मः, तदा वयं न केवलं तान् सम्मानं यच्छामः, अपितु समाजे सकारात्मक ऊर्जायाः प्रवाहम् अपि कुर्मः। कुटुम्बेषु संतुलनं स्थापयितुं च विचाराणां भेदं अवबोधनं कर्तुं संवादः अति आवश्यकः अस्ति।

आधुनिकसमाजे तनावः अस्ति तृष्णा च अस्ति, यस्य कारणं संवेदनाशून्य-मनोवृत्तिः अस्ति। यदा वयं वृद्धान् प्रति, वरिष्ठं प्रति शुद्ध-मनसा आत्मिकभावं धारयामः तदा स्वतः तेषां आशीर्वादं स्नेहं च प्राप्स्यामः। आशीर्वादप्रभावेण कार्येषु सफलता निश्चितरूपेण भविष्यति। अतएव सदा पवित्रमनसा सेवाभावः धारयेत्।

अभिवादनशीलस्य नित्यं वृद्धोपसेविनः
चत्वारि तस्य वर्धन्ते , आयुर्विद्या यशोबलं॥

डॉ रश्मि छाया
संस्कृत विभाग

UNVEILING CREATIVE GENIUS

Labyrinth

Deadliness surrounds me, like waves crashing in,
Am I swimming or sinking? It's hard to begin.
Gravity pulls me down,
'Til guilt is the shape of my gown.
But through this labyrinth, I drop my disguise,
And see myself truly rise.

Pressure mounts like steam in a pot,
But all they say is, "Give it all you've got!"
Little do they know, I feel time moving –
The "tick-tock" feels like I'm losing
But through this labyrinth, I'll learn to say no,
Let it go, let myself grow.

I've learned the formulas, derivations too,
But what about healing? Isn't that true?
The maze of knowledge teaches me to survive,
Makes me flourish and internally thrive.
For I've gained my spark in the fire of the day,
This labyrinth leads to a new pathway.

Seerat Kaur Bhatia
XI A



Decoding Mental Well-Being

Magic exists in every day,
Each violent storm will fade away.
New adventures wait for you,
Take a step forward, embrace the view!
All your dreams shine bright and high,
Let your heart reach for the sky.
Wonder fills the world with light,
Every moment feels so right.
Laughter lifts you, so spread its cheer,
Love yourself and never fear!
Blossoms grow where kindness stays,
Each new sunrise brings new rays.
Inside you, a fire glows,
Nothing can dim the light of positivity that flows.

Glow gracefully, for in the valley of virtues
goodness grows!

Varisa Taj Mondal
V D

A Dance of Shadows

In the quiet of the mind, a storm may brew,
A dance of shadows and light shining
through.

Care for your thoughts, let them gently flow,
Like rivers of peace where strength will grow.

Speak your heart, let the silence break,
A step to healing is all it takes.

In kindness and care, let love be sown,
For mental health is a garden grown.

Nurture your soul with hope's warm light,
Chasing away the coldest night.

With every breath, a chance to mend,
A journey of love, where you are your own
friend.

Lean on others, let their voices ring,
Together, healing is the song we sing.
In the tapestry of life, each thread is true,
and every shade adds something new.

Priyanshi Gupta
VIII E



Echoes of Resilience

At midnight's hour, in silence deep,
A whisper stirs – a vow to keep.
It speaks of fortitude untold,
Of quiet strength that starts to unfold.

Amid the chaos, amid unrest,
Pause and breathe – find your nest.
Listen to your heartbeat strong,
A steady keeper, a lifelong song.

Through peaks that soar and glens below,
Emotions rise, then ebb and flow.
Like tides that swell in storm and calm,
Each wave an echo, each scar a psalm.

To be human is to dance –
Through joy, through sorrow, through fleeting
chance.
Yet light will shine, though shadows creep,
And in the dark, your soul will wake from sleep.

For every shade, a golden beam,
Hope reborn in morning's gleam.
Stronger than your deepest fears,
Wiser than your fallen tears.

In every loss, a lesson lies,
Like the phoenix in its rise.

Snehal Dogra
VIII F



Balancing Dreams, Healing Minds

The clock ticks loud with passing time,
Life moves on in steady rhyme,
The mind weighs down as thoughts intertwine,
A race where self-doubt and hope entwine.

Numbers, ranks, cutoffs, and silent dread,
Worn-out paths, our footsteps tread,
Late-night battles, coffee cold,
Dreams grow heavy, fears take hold.

Let's stay still, breathe, and let go for a while,
Not every step must chase a mile.
A grade, a test, cannot define,
The spark within me will always shine.

Through laughter shared and knowledge gained,
With hands held tight by loved ones through joy and pain,
We heal, we rise and we achieve,
As life is more than what we perceive.

The future will be beautiful and bright
Have faith, everything will be alright,
The path will be clear—
With truth and love, we persevere.

Vaani Bansal
XII H

Unlocking the Power of Mindfulness

Beneath the darkness of unseen skies,
A hidden hope always waits to rise.
A spark is waiting, soft and still,
To guide you gently through the hill.

Be brave, listen to your heartbeat,
If you try, you can achieve a remarkable feat.
Don't rush to fix or set things right,
Sometimes, healing starts during the darkest night.

Nurture yourself with kindness and grace,
Celebrate small victories in your own space.
Mental well-being is the path you must choose,
Embark on a journey of learning, be your own muse.

Strive for excellence, believe in your superpower,
Shine on with radiance aglow, you are a dazzling star!

Ridhi Bhola
V E

Mindfulness: The Game Changer

Nothing is more precious than mental health,
Neither gold and diamonds nor any other form of wealth.
A healthy mind resides in a healthy body,
Mindfulness is important for us to embody.

Take care of everyone, but don't forget yourself,
If you have any trouble, don't shy away from seeking help.
Take out time to do what you like and make life worthwhile,
Draw, colour, dance, sing, run or smile...
Read books, exercise or just play to unwind,
Don't let negative thoughts dwell in your mind.

A heart that is happy and a brain that is calm,
Helps you solve all the problems without any qualm.
Nothing is more precious than mental health,
Neither gold and diamonds nor any other form of wealth.

Trisha Khosla
V F



From Feeling to Flourishing

Feel the Love

Feel the love that fills the air,
In every glance, in every care.
In warm hugs, and words kind,
There's a power that soothes the heart and mind.

Feel the joy that love can bring,
Like a song a bird would sing.
Let it grow, let it flow,
Feel the love, let your heart glow!

Feel the Rain

Feel the rain as it falls down,
Tapping softly on the ground.
A rhythm that soothes the soul,
Makes the broken heart feel whole.

Feel the coolness, feel the breeze,
Feel the peace among the trees.
The rain whispers secrets to the earth,
Reminding us of evolution and growth.

Feel the Strength

Feel the strength within you,
A power hidden, strong and true.
When life feels hard and skies turn grey,
Remember, you can find your way!

Feel the courage rise and stand,
Like an ocean, vast and grand.
With every challenge, with every test,
You'll find the strength to do your best!

Feel the Moment

Feel the moment, don't let it slip,
Savour the delight of every trip.
In this wonderful world, there's so much for us to see,
Feel the beauty in just being free.

Feel the stillness, feel the sound,
In every second, life's true worth can be found.
Don't rush ahead, don't look behind,
Feel the present, for in every moment, joy and happiness you can find!

Swara Arora
IV C

Mastering the Self: Treading the Path of Well-Being

There are certain things that I can't control,
And there are some that I can,
It's how I react to different situations and things,
That makes me who I am and how my life, I wish to plan.

I can be a silent spectator or play a catalytic role,
I can create my own path to achieve my goal.
I choose to be forgiving, I choose to be kind,
I choose to keep learning with an open heart and an open mind.

I know our differences make us special, unique and amazing,
I learn at my own pace, even if others are racing.
I'm up for the challenge, I'm ready to stand for any good cause,
I will never ever quit, but I know I can pause.

I love myself and I take care of everyone around,
In good deeds and positive thoughts, real happiness is found!

Kairavi Rangra
V D





From Seed to Splendour

A tiny seed lay in the ground,
Waiting for the sun, without making any
sound.

The wind was strong, the rain was bold,
The anxious seed didn't know what would
unfold!

Varun anxiously asked, "Will the seed grow
into a tree quite tall?"

His father smiled, "Just wait and watch,
that's all."

The seed was frightened, it wept and cried,
While the sun shone warm, filled with pride.

Soon, a sprout peeked out- small but bright,
A tiny bud, a lovely sight!

Varun cheered, "Finally, I can see a ray of
hope, beautiful and divine."

He realized that it takes time to grow, to
flourish and to shine.

Though storms may come and dark days
may stay,

Remember, hope and light aren't far away.

Like seeds, we rise, both strong and free,

To bloom into who we are truly meant to be.

Anmol Gupta

V D

The Girl in Pink

This is the story of a ten-year-old girl whose world was pink. Everything changed overnight on an unfortunate day when her mother died. She had never experienced loss, nor did she truly understand its meaning. She cried her heart out in the solitary corner of her room. The condolences of friends and family seemed like mere echoes in her head—distant and meaningless. Although she could talk, she felt voiceless.

She lost herself in grief; her smiles became nothing more than movements of her lips. She lost her appetite and locked herself within the confines of her room. She reminisced about moments spent with her mother—painting together, laughing, leaving scattered paint on the floor and their faces... One cloudy day, she picked up a brush to paint the falling rain on a canvas, trying to relive those memories. At first, it was just a distraction, an escape from the world and from herself.

As time moved forward, this distraction turned into something she started to love—something that became the medium to voice her buried thoughts, something that transformed into the art of releasing pain. As days went by, she connected with nature, continued painting, started to laugh more, and began to live again, understanding that death is a part of life.

This wasn't an overnight process; it took years for her to heal and grow. This was her journey from despair to hope and awakening. In a way, we are all like her—we need to find our own inner child, heal our wounds, and release the pain in our own ways.

Janvi Kaur
XI G



Mental Well-Being- A Vital Necessity

Mental well-being is the buzzword in the current times. Let me start by defining mental well-being. It's not just about being happy and positive, it's also about being able to brave the challenges of life and bounce back. Mental well-being does not guarantee happiness, it's about our ability to be able to stay optimistic during the rainy days.

I wish mental well-being could be as easy as ordering groceries through Zepto or Blinkit, but of course, it's not a one-day job. One must build it, just like one goes to the gym to achieve a healthy body. It will require constant effort. A healthy body requires a healthy mind.

One must begin with understanding and accepting one's feelings and emotions. Acknowledging what we feel helps us to know what to do, to feel better. I find meditation to be one of the best methods to improve mental well-being. Believe it or not, it reduces anxiety and stress and improves the quality of sleep. Setting small and achievable targets to reach our goal reduces our burden. A good diet, exercise and sleep are essential aspects of self-care. Lastly, never hesitate in asking for help. Therapy sessions and professional advice by a counsellor provide us with clarity, coping mechanisms, and a path towards personal growth.

The age we are living in can be exciting and overwhelming at the same time. In this realm of unlimited possibilities, where each subject has a vast array of careers to choose from, it can be too much to process all the information at once. The excitement of graduating school, ditching the uniform and donning a relaxed fit is a long-awaited fantasy come true, but it is replaced by the thoughts of leaving behind those countless memories with your school buddies, the gossip in the playground and the bittersweet moments with our teachers. The pressure to excel in academics comes with the weight of high expectations and intense competition. Embracing a new life and new environments is challenging, but inevitable. So, it is natural to feel sad, nostalgic, not motivated enough and anxious.

The ultimate truth is that the future is mysterious, the past irreversible, and the present is what is under our control. That's the way of the world. So, make peace with the past, own the present and shed fears of the future.

Nishka Malik

XII H

Overcoming Challenges

Holistic health care is the key to a happy and healthy life. Taking care of our mental health is just as important as taking care of our physical health. Sometimes, we face challenges that seem insurmountable. In times of hardship, we should try to stay calm, composed and balanced. We should seek help whenever required. There are many people who truly care about us including our parents, teachers, guardians, friends and classmates. Sometimes talking to our loved ones can lift our spirits in the face of adversity. Our caregivers can provide much-needed support, guidance and assistance in difficult situations. Their words of encouragement can bring comfort and inspire confidence, whilst infusing hope into our life. As a matter of fact, we can find solutions to our problems by discussing them with our trusted loved ones.

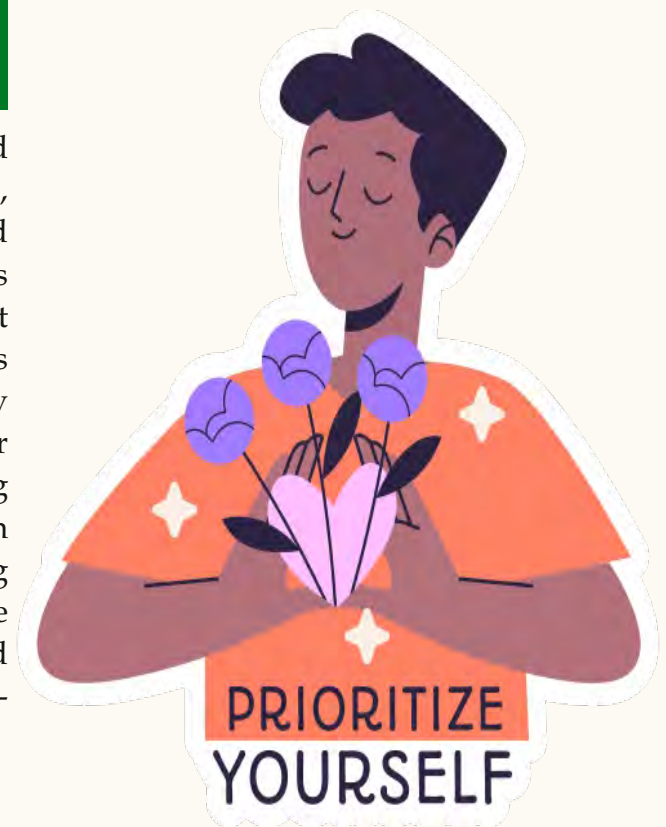
Kartikey Ray

V D

Mental Well-Being: Self-Care is the Key to Happiness

Mental well-being is essential for a balanced and fulfilling life. It helps individuals to cope with stress, build strong relationships, and make informed decisions. To improve mental well-being, it is essential for us to practice stress management through meditation, exercise, and proper rest. It is important for us to take care of our physical health by following a nutritious diet. We must focus on our strengths and have a positive mindset. Surrounding ourselves with supportive people can help in boosting our self-confidence. Building strong relationships and learning new skills also enhance emotional health. We can lead a happy, stable and successful life by prioritizing our mental well-being.

Aamritpal Singh Bhamra
V F



Mental Health: Embrace, Evolve, Empower

Mental health is often overlooked or dismissed due to social stigma, making it difficult to express emotions. In today's dynamic world, new technologies bring new insecurities—cyberbullying, unrealistic standards, and toxic aggression. Prioritising oneself is crucial because no one can love you more than you love yourself. A simple yet effective approach: 'Feel, Heal, and Flourish', can truly make a difference to your life.

Feel: Acknowledging emotions is the first and the hardest step. Society normalizes dismissive remarks leading many to suppress their feelings. Recognizing emotions without self-gaslighting is essential. Practices such as journaling or tracking emotions help in understanding oneself better.

Heal: Healing isn't instant—it's a journey of embracing oneself and recovering from emotional wounds. Coping strategies like exercise, a balanced diet, and rest contribute to well-being. Seeking professional help from therapists or psychologists can provide valuable guidance. Nurturing meaningful relationships with friends and family is also a workable solution. Healing is unique to each individual - there is no 'one-size-fits-all' approach to healing.

Flourish: Thriving goes beyond recovery; it's about growing, finding joy in little moments, and building resilience. Life won't always go as planned, but emotional strength helps us navigate challenges. By practising mindfulness, and embracing personal growth, we cultivate fulfillment.

Healing isn't a race—comparison steals joy. Just as water softens a potato but hardens an egg, circumstances shape individuals differently. Mental health is fluid, ever-changing with time. The journey isn't about perfection, but progress.

Niyati Singh
XI G



Healing the Grey

The words linger like a deafening scream,
I find myself amidst the crossfire of my reality
and my dream.

Some say it's fine, "You'll grow, and you'll see,"
But the chains? They feel like they're now a part
of me.

The mirror's mumble rests with me at dawn,
I've become the mask I wear, I'm the face I've
drawn.

But deep inside, a spark remains,
Fighting the mumbles, breaking the chains.

Feel the ache with its highs, its lows,
Feel the way the storm within gradually grows,
Where this spark heals a wound I cannot show,
And maybe, through time and tears, I'll learn to
flow.

I'll get the hang of it,
I'll flourish like roots in broken ground,
I'll finally know – that in scars, strength can be
found.

And hence, I stand – unsteady, yet free,
As I persistently try to heal the storms in me.
Flourishing slow, through cracks, I'll rise,
It's a garden blooming beneath grey skies.

Dhwani Sharma

XI F

मानसिक कल्याण की ओर

मन के झरने बहने दो,
अधरों पर खुशियाँ रहने दो।
दुख और तनाव की पोटली को,
हौले से नीचे रखने दो।

महसूस करो अपने भावों को,
इनमें छिपे संदेश सुनो।
दिल की धड़कन, आँख की भाषा,
इन संकेतों का मान रखो।

चोट पर मरहम लगाना सीखें,
अंदर के ज़ख्म भी भरना सीखें।
मन की गाँठें खोल चलेँ,
आत्मा की आवाज़ सुनें।

स्वस्थ मन से बढ़ेंगे आगे,
नई ऊँचाइयाँ खुद पाएँगे।
संघर्षों को मीत बनाएँगे,
तो हर कली को फूल बनाएँगे।

तो चलो, मन का बोझ हटाएँ,
खुशहाली की राह अपनाएँ।
महसूस करें, स्वस्थ हों,
सपनों संग प्रगति करें।

रणवीर बजाज

पाँचवीं सी



खुशियों की राह: मन का सुकून

मन की बातें छुपी हैं,
कभी न कह पाते,
दुख और दर्द के साये में,
हम खुद को खो जाते।

खुद से बातें करना,
कभी आसान नहीं होता,
जज़्बातों का बोझ उठाए,
दिल को समझना होता।

सपनों की दुनिया में,
खुशियों की तलाश में,
कभी कभी हम भटकते हैं,
अँधेरों के पास में।

पर याद रखो प्यारे दोस्त,
हर रात के बाद सुबह है,
बात करने से हल निकलता है,
हर गम का सुलझा हुआ एक सबब है।

एक मुस्कान की ताकत,
साथियों का प्यार है,
साझा करो अपने मन की बात,
यह एक बड़ा उपहार है।

चलो मिलकर हम बनाएँ,
एक ऐसा संसार यहाँ,
हर दिल की धड़कन सुनी जाए,
हर मन को मिले आराम जहाँ।

आराध्या कुमार
सातवीं एफ़



शास्त्रों और वेदों की वाणी

शास्त्रों में लिखा है, ऋषियों ने बताया,
जो मन को काबू कर ले उसने ही सुख पाया।

मन की शांति ही है असली पहचान,
धन दौलत से बड़ा है यह वरदान।

मन को जीत जो भी पाए,
जग भी उसकी जीत में आए।
क्रोध, ईर्ष्या, भय को जो हराये,
वही सर्वशक्तिमान कहलाये।

अच्छा स्वास्थ्य वही कहलाये,
जो हर परिस्थिति में संतुलन बनाये।

आत्मा की शांति, सुकून का आधार,
यही है हमारे जीवन का सार।

सुनो बंधु! जो इसे खोज ले,
वह जीवन की पहली को बूझ ले।

आराध्या कुमार
सातवीं एफ़



स्वास्थ्य संजीवनी

दिल और दिमाग सुकून में रहें जब तक,
ज़िंदगी की हर मुश्किल आसान लगे तब तक।

सोच की उलझन, भावनाओं का भार,
मन का संतुलन है सबसे बड़ा उपहार।
हर मुस्कान के पीछे जो दर्द है छिपा,
वो समझना ही सच्चा अपनापन हुआ।

मानसिक स्वास्थ्य की बात करें,
जीवन की राह को आसान करें।
आवश्यकता इसकी हम सबको है,
शांति के पलों की पहचान करें।

तनाव की श्रृंखला को तोड़ें हम,
सकारात्मकता की ओर बढ़ें हम।
संग-रहकर रखें एक-दूसरे का ध्यान,
मानसिक स्वास्थ्य, जीवन का अभिमान।

सुनो मन की आवाज़ और समझो उसकी बात,
मानसिक स्वास्थ्य ही है आत्मा की सौगात।
हर एक पल में, जीवन की कसरत,
मनोबल की ऊँचाई, यही है सच्ची विरासत।

तानिया सामंता
ग्यारहवीं जी



मन की बात

मन है अपना सबसे प्यारा,
कभी उदास, कभी दुलारा।
कभी हल्का बादल जैसा,
कभी भारी पर्वत जैसा।

जो भी दिल में छिपा हो,
सबसे कह दो, दिल खोलकर।
बातें करने से दुख जाता,
और मन हल्का हो जाता।

चुप न रहना, बात बताना,
हर दर्द का हल है पाना।
हँसो, खेलो, मस्ती करो,
इस जीवन में खुशियाँ भरो।

धूप की किरणें जब आती हैं,
अँधेरे को दूर भगाती हैं।
हँसो, खेलो, मस्ती करो,
खुश रहो, आबाद रहो,

और जीवन में आगे बढ़ो।
सपने देखो, साकार करो,
मन की दुनिया नई गढ़ो।
जीवन में फिर से खिलो और बढ़ो।

विवान सिंह
छठी ई

सच्चा उपहार

मन की गहराइयों में एक नदी बहती है,
जिसमें खुशी और दर्द की लहरें उठती हैं।
इस नदी के किनारे खड़े होकर,
हम अपने मन की बात सुनते हैं।
कमी होती, कुछ अपनों की और कुछ सपनों की
ये अपने और उनसे जुड़े सपने
बिल्कुल खज़ाने की तरह होते हैं,
वे हमें बहुत खुशी देते हैं,
जब हम परेशानी में होते हैं,
वे हमें मुस्कान का उपहार देते हैं।
घबराहट हमारी धीरे-धीरे दूर हो जाती है,
मन की शांति और आत्म-संतुष्टि की खोज,
हमारे जीवन की सबसे बड़ी चुनौती बन जाती है।
जब हम अपने मन की बात सुनते हैं,
तब हमें पता चलता है कि हम क्या चाहते हैं?
हमें पता चलता है कि -
हमारी खुशी कहाँ है? हमारी शांति कहाँ है?
आओ, हम अपने मन की बात सुनें,
अपनों में अपनी खुशी और शांति को पायें।

साद
छठी डी



मानसिक स्वास्थ्य

मैं हूँ एक नन्हीं-सी परी, सपनों से भरी,
किन्तु नन्हीं- नन्हीं परेशानियों से घिरी।

जब कोई बात मुझे करे परेशान,
मैं न रखती माता-पिता को इससे अनजान ।
हो जाती मेरी हर मुश्किल आसान,
जब वे करते समस्या का समाधान ।

खोल देते हैं हँसी की डिब्बियाँ,
न जाने कहाँ से लाते हैं इनकी चाबियाँ।
बेफ़िक्र हो जब हँसती हूँ, खुल-खुल कर,
जैसे ज़िंदगी का आधार निर्भर हो इसी पर।

काम मेरा है केवल पढ़ना,
रोशनी का दीपक है जलाना ।
हर अंधकार को है मिटाना,
जीवन की गुणवत्ता को है बढ़ाना ।

मानसिक रूप से स्वस्थ मुझे सदा है रहना,
उज्ज्वल भविष्य हो मेरा, यही है कामना ।
सपनों को साकार करके है दिखाना,
जीवन के पथ पर आगे है बढ़ते जाना ।

मेहरम डंग

तृतीय सी



मन की शांति, जीवन की मुस्कान

सकारात्मक सोच, स्वस्थ जीवन की निशानी,
न रहेगी चिंता, न कोई तनाव-परेशानी ।
हर कठिनाई को बनाकर अपनी ताकत,
पाओ जीवन के संकट-तूफानों से राहत ।

हँसी की नदी में बहते रहो,
सपनों में उड़ान भरते रहो ।
हर मुश्किल को दोस्त बनाओ,
दिल में उमंग का दीप जलाओ ।

चाँद-सा चमको, सदा मुस्कुराओ ,
मन के आकाश पर तारे सजाओ ।
फूलों-सा महको, खुशबू फैलाओ,
प्यार और दोस्ती को सरस बनाओ ।

चिंता छोड़ो, गुनगुनाओ गीत,
हर दिन दिल में रखो शांति की प्रीत ।
अंततः मन और तन जब चलें संग,
खुशियों का सूरज चमके भरकर उमंग।

आरिश अयूब

तृतीय ए

मानसिक कल्याण, जीवन का आधार

मानसिक कल्याण से नहीं बड़ा कोई धन,
स्वस्थ रहे मस्तिष्क, तो स्वस्थ रहे तन ।

औरों की करो सेवा भरपूर,
परंतु स्वयं को मत जाना तुम भूल ।

प्रातः उठकर करो व्यायाम,
तभी मिलेगा अच्छा परिणाम ।

समय निकालो, करो अपना मनपसंद काम,
खेलो-कूदो, झूमो-नाचो या गाओ गान ।

पीड़ाओं को अपनी कभी छिपाओ मत तुम ,
मित्रों या परिवारजनों को अवश्य बताओ तुम ।

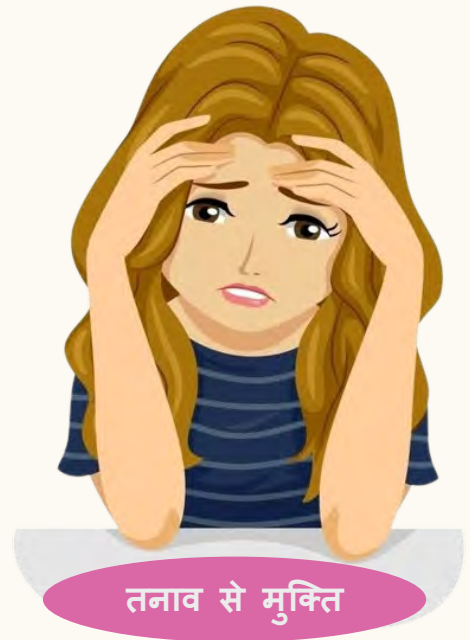
तभी रहेगा तंदुरुस्त दिमाग,
होगा तुम्हारा जीवन आबाद ।

जब मन में रहती है सुख-शांति,
समस्या-निवारण हो जाता है भलीभाँति ।

मानसिक कल्याण से नहीं बड़ा कोई धन,
स्वस्थ रहे दिमाग, तो स्वस्थ रहे तन ।

ताशा खोसला

पाँचवीं ई



खुशियों को रोकता है, तनाव।

घोर अंधकार में झोंकता है, तनाव।।

पर सोच बदलोगे, तो समाधान होगा।

जो खुद को बदलोगे, तो तनाव न होगा।।

किसी अपने के संग होने से दूर होता है, तनाव।

हँसने और हँसाने से छूटता है, तनाव।।

सोच-समझ और सुझाव से हल होता है, तनाव।

प्रभु की भक्ति से टूटता है, तनाव।।

योग और कसरत से मुक्त होता है, तनाव।

जल्दी सोने और जल्दी उठने से चूर होता है, तनाव।।

दिनचर्या और अनुशासन से काँपता है, तनाव।

कुसंगति छोड़, सुसंगति से होता लापता है, तनाव।।

पौष्टिक आहार से करता हाहाकार है, तनाव।

अच्छी पुस्तकों के अध्ययन और

मार्गदर्शन से भय खाता है, तनाव।।

परिवार संग बैठ बात करने से दूर होता है, तनाव।

सस्नेह बैठ भोजन करें साथ, तो कहाँ रहेगा तनाव ?

ध्यान और तप से मुक्त होता है, तनाव।

दोस्तों संग खेलने से चूर-चूर होता है, तनाव।।

तनाव स्थाई नहीं, बस एक मनोस्थिति है।

खुद को ज़रा-सा बदलने से बदलती परिस्थिति है।।

निष्ठा गुप्ता

चतुर्थ ए

मन का शोर

राहुल आठ साल का एक हँसमुख बच्चा था। उसके दोस्त उसे बहुत पसंद करते थे और पढ़ने में भी वह बहुत तेज़ था। एक दिन राहुल खिलखिलाते हुए स्कूल से घर लौटा।

"माँ! माँ! कहाँ हैं आप? मुझे कुछ बताना है आपको!" "राहुल! क्यों चिल्ला रहे हो? मैं काम कर रही हूँ न। बाद में बताना जो भी बात है।", माँ ने कहा। राहुल उदास होकर माँ का इंतज़ार करने लगा। काफी देर तक माँ उसके पास नहीं आई, तो वह उनके कमरे में गया लेकिन माँ अभी भी व्यस्त थीं। तभी दरवाज़े की घंटी बजी और पिताजी घर लौटे। राहुल उनके पास पानी का गिलास लेकर गया और बोला, "पापा! पापा! मुझे आपको एक बात बतानी है।" पिताजी ने कहा, "बेटा, अभी मैं बहुत थका हुआ हूँ, बाद में बात करें?" राहुल ने कहा, "ठीक है पापा, आप आराम कर लीजिये।" लेकिन वह मन ही मन उदास होकर वापस अपने कमरे में चला गया। सुबह हो गई लेकिन माँ या पिताजी कोई भी उससे बात करने नहीं आए।

कुछ दिनों बाद राहुल के विद्यालय में एक लेखन प्रतियोगिता आयोजित की गई जिसमें उसे प्रथम पुरस्कार मिला। उस दिन तो राहुल बहुत खुश था। उसने सोचा आज तो माँ-पिताजी के साथ मैं जश्न मनाऊँगा। घर लौटते ही जैसे ही उसने यह खुशी की बात बताने की कोशिश की तो देखा कि माँ-पापा किसी बात पर आपस में झगड़ रहे थे। दोनों की ऊँची आवाज़ से राहुल डर गया और चुपचाप अपने कमरे में चला गया। वह बहुत निराश हुआ और सोचने लगा कि उसके माता-पिता कभी उसके साथ समय नहीं बिताते। शायद वे उससे बिल्कुल प्यार नहीं करते। यह सोचकर उसे रोना आ गया लेकिन वह चुपचाप आँसू पोंछकर सो गया।

धीरे-धीरे इन बातों से राहुल का मन परेशान रहने लगा। वह उदास रहने लगा। उसका किसी काम में मन नहीं लगता था। उसके दोस्तों और अध्यापिकाजी ने मिलकर राहुल से उसकी उदासी का कारण जानने की कोशिश की परंतु राहुल ने कुछ नहीं बताया। राहुल का पढ़ाई में भी ध्यान न होने के कारण शिक्षकों से उसे कक्षा में डाँट पड़ने लगी। राहुल की इस चुप्पी के पीछे छिपे उसके मन के शोर को रीना मैडम ने भाँप लिया और उसके पिता से संपर्क साधा। उन्होंने राहुल के पिता को लेखन प्रतियोगिता में उसके प्रथम स्थान प्राप्त करने के बारे में बताते हुए उन्हें वार्षिक महोत्सव के लिए आमंत्रित किया।

पिताजी ने कहा, "क्या! राहुल को पुरस्कार मिलना है! उसने तो हमें कुछ नहीं बताया। आजकल तो वह घर में बात भी नहीं करता बस अपने कमरे में बैठा रहता है।"

अध्यापिकाजी ने कहा, "जी, मुझे आपसे यह भी बात करनी थी। राहुल आजकल पढ़ाई में थोड़ा कमज़ोर हो गया है और वह स्कूल में भी बहुत उदास रहता है। यहाँ तक कि वह अपने दोस्तों के साथ खेलता भी नहीं है। यह बहुत चिंता की बात है। क्या घर में कुछ परेशानी है?"

पिताजी ने इसपर जवाब दिया, "नहीं, ऐसी तो कोई परेशानी नहीं है। हम तो उसकी सारी इच्छाएँ पूरी करते हैं।"

अध्यापिकाजी ने बताया, "मुझे लगता है कुछ तो बात है जो राहुल का स्वभाव बदल गया है। उसके मन में कुछ शोर है जो आप सुन नहीं पा रहे। आपको हमारे विद्यालय के मनोवैज्ञानिक से मिलना चाहिए ताकि राहुल की मदद हो सके।"

"मनोवैज्ञानिक! आपको क्या लगता है मेरे बेटे का दिमाग कमज़ोर है? हमें किसी मनोवैज्ञानिक से मिलने की ज़रूरत नहीं है।" यह कहकर राहुल के पापा ने फ़ोन रख दिया।

रीना मैडम ने इस गंभीर मामले को प्रधानाचार्या के साथ साझा किया और विद्यालय की ओर से राहुल के माता-पिता को पत्र द्वारा विद्यालय आने के लिए सूचित किया। वहाँ मनोवैज्ञानिक ने राहुल और उसके माता-पिता से अलग-अलग बुलाकर बात की। सारी बातें जानने के बाद उन्होंने माता-पिता को समझाया कि बच्चे की इच्छाएँ पूरी करने से ज़्यादा ज़रूरी है, उसके साथ समय बिताना। उन्होंने यह भी बताया कि कैसे राहुल को जब जब उनकी ज़रूरत थी या वो कुछ कहना चाहता था तब उसके माता-पिता के पास समय ही नहीं था। राहुल के माता-पिता को एहसास हुआ कि अपने काम और अपने आपसी कलहों के कारण वे राहुल की भावनाओं व ज़रूरतों को समझ ही नहीं पाए जिसका दुष्प्रभाव उसके मन-मस्तिष्क पर पड़ा। अपनी गलती को सुधारने के लिए राहुल के माता-पिता ने यह तय किया कि अब से वे उसके साथ समय व्यतीत करेंगे, उसकी बातें सुनेंगे और कठिन समय में उसका साथ देंगे।

धीरे-धीरे राहुल फिर से हँसमुख और मेधावी हो गया। अब वह हर छोटी-बड़ी बात अपने माता-पिता को बताता और जब वे व्यस्त होते तो अपनी बात डायरी में लिखकर उनके लिए रख देता, जिसे समय मिलने पर उसके माता-पिता पढ़ सकें। संग में खेलना व कभी-कभी घूमने जाना अब राहुल को ही नहीं, उसके माता-पिता को भी बहुत अच्छा लगने लगा। रीना मैडम की समझदारी और विद्यालय के सहयोग से राहुल जैसे छोटे बच्चे के मानसिक विकास में आने वाली बाधा दूर हुई।

अद्वित अग्रवाल

तृतीय एफ़

मानसिक स्वास्थ्य और जागरूकता

मानसिक स्वास्थ्य एक बहुत ही आधुनिक और महत्वपूर्ण विषय है। मानसिक स्वास्थ्य और मानसिक स्थिति दो बिल्कुल अलग विषय हैं। विश्व स्वास्थ्य संगठन के अनुसार मानसिक स्वास्थ्य मानसिक कल्याण की एक स्थिति है, जो लोगों को जीवन के तनावों से निपटने, अपनी क्षमताओं का एहसास करने, अच्छी तरह से सीखने और अच्छी तरह से काम करने और अपने समुदाय में योगदान करने में सक्षम बनाती है। यह स्वास्थ्य और कल्याण का एक अभिन्न घटक है ; जो निर्णय लेने, रिश्ते बनाने और जिस दुनिया में हम रहते हैं, उसे आकार देने की हमारी व्यक्तिगत और सामूहिक क्षमताओं को रेखांकित करता है, जबकि मानसिक स्थिति वह मनोस्थिति है जो जन्म से होती है और इसे किसी व्यक्ति के जीवन से पूरी तरह से उखाड़ा नहीं जा सकता है, लेकिन इस स्थिति में सुधार अवश्य किया जा सकता है। जैसा कि ऊपर उल्लेख किया गया है, मानसिक स्वास्थ्य और मानसिक भलाई एक बहुत ही महत्वपूर्ण विषय है क्योंकि प्रतिस्पर्धा से भरी इस दुनिया में जहाँ जीवन बाधाओं और असफलताओं से भरी एक लंबी दौड़ है। इनके कारण व्यक्ति चिंता और बहुत अधिक तनाव महसूस कर सकता है, और इससे निपटना बहुत मुश्किल काम है। इस प्रकार के तनाव, चिंता और सामाजिक दबाव से निपटने के कई तरीके हैं, उनमें से कुछ नीचे सूचीबद्ध हैं -

- नींद को प्राथमिकता देना
- सकारात्मकता पर ध्यान केंद्रित करना
- आरामदेह गतिविधियाँ आजमाना
- लक्ष्य और प्राथमिकताएँ निर्धारित करना
- नियमित व्यायाम और कृतज्ञता का अभ्यास करना।

यदि हम किसी ऐसे व्यक्ति को देखते हैं जो मानसिक रूप से अस्वस्थ है, तो हमें उसकी मदद करनी चाहिए, उससे बात करनी चाहिए, समझना चाहिए कि वह किस दौर से गुज़र रहा है। इससे उस व्यक्ति को ऐसी स्थिति से निपटने में मदद मिलेगी और साथ ही हमें यह समझने में भी मदद मिलेगी कि किसी की मदद के साथ या उसके बिना, हम खुद इन परिस्थितियों से कैसे निपट सकते हैं। हमें यह अवश्य जानना चाहिए कि मानसिक स्वास्थ्य देखभाल क्षेत्र में क्या हो रहा है? इसके बारे में हमें निस्संदेह जागरूक होना चाहिए। साथ ही हमें यह पता होना चाहिए कि तनाव या चिंता की स्थिति में क्या करना चाहिए?

विभास वर्मा
नौवीं सी

मानसिक कल्याण

मानसिक कल्याण का मतलब है - अपने मानसिक स्वास्थ्य का ध्यान रखना और उसका पोषण करना। यह एक बहुआयामी अवधारणा है जिसमें भावनात्मक, आध्यात्मिक, संवेदनात्मक और सामाजिक कल्याण सम्मिलित है। मानसिक कल्याण से जुड़े कुछ पहलू इस प्रकार हैं - भावनाओं को पहचानना और उन्हें नियंत्रित करना, आत्म-बोध, व्यक्तिगत विकास, तनाव से निपटना व चुनौतियों का सकारात्मकता से सामना करना।

मानसिक स्वास्थ्य हमारे जीवन की सबसे महत्वपूर्ण कड़ी है जो हमारे सोचने, महसूस करने और व्यवहार करने के तरीके को प्रभावित करता है। हमारा मानसिक स्वास्थ्य हमारे भावों, आत्मसम्मान के स्तर और जीवन की गुणवत्ता को भी दर्शाता है। अच्छा मानसिक स्वास्थ्य होने पर व्यक्ति अपनी पूरी क्षमता का एहसास कर सकता है और सुरक्षित और संरक्षित महसूस कर सकता है। मानसिक स्वास्थ्य को बेहतर बनाने के लिए हम कई तरीके अपना सकते हैं, जैसे - पर्याप्त नींद लेना, नियमित व्यायाम, संगीत एवं नृत्य, चित्रकला का आनंद लेना, ध्यान या योग साधना करना। विद्यार्थियों के लिए मानसिक-कल्याण हितकारी है क्योंकि इससे ही वे अपने लक्ष्यों की प्राप्ति में सफल हो सकते हैं।

कार्तिक कनल
पाँचवीं सी

परस्पर मिलित्वा चल

“परस्पर मिलित्वा चल”

परस्पर मिलित्वा चल,
परस्पर मिलित्वा क्रीड,
तनाव रहित जीवनाय
मिलित्वा एव समयं यापय।
आवश्यकम् मेलनम्,
अनेन भवति शान्तिः सौहार्दम्।
गृहे गृहे, यत्र तत्र सर्वत्र,
न भवेत् कलहम्
आवश्यकम् मेलनम्।

अर्शिया
अष्टमी सी



“ਮਨਵੀਯਾਯਾ: ਗੀਤਮ੍”

ਮਨਵੀਯਾਯਾ: ਤਨ੍ਤਵ: ਸਤ੍ਕੁਲੇ,
 ਭਾਵਸਮੁਦ੍ਰੇ ਵਧੰ ਵਿਸ੍ਰੁਧਾ:।
 ਕਦਾ ਹਰ੍ਸ਼ਲਹਰੀ: ਆਗਚ੍ਛਨ੍ਤਿ,
 ਕਦਾ ਵਿਭਾਦਮੇਧਾ: ਆਚ੍ਛਾਦਯਨ੍ਤਿ॥1॥
 ਏਕਾਕਿਤ੍ਵੰ ਗਮ੍ਭੀਰ- ਕ੍ਰੋਧਵਤ੍,
 ਯਤ੍ਰ ਸ੍ਵਵਾਧੀ ਲੁਪ੍ਤਾ ਭਵਤਿ।
 ਭਯਸ੍ਯ ਛਾਯਾਯਾਂ ਸੰਕੁਚਾਮ:,
 ਸ੍ਵਯੰ ਸ੍ਵਸ੍ਮਾਤ੍ ਦੂਰੇ ਗਚ੍ਛਾਮ:॥2॥
 ਸ੍ਮਰਤੁ! ਨ ਤ੍ਵੰ ਏਕ: ਏਵ,
 ਅਨ੍ਧਕਾਰੇऽਪਿ ਦੀਪ: ਅਸ੍ਤਿ।
 ਸ੍ਵਯੰ ਜਾਨੀਹਿ, ਸ੍ਵਯਮੇਵ ਸ੍ਨੇਹੰ ਕੁਰੁ,
 ਜੀਵਨਸ੍ਯ ਪ੍ਰਤ੍ਯੇਕਕ੍ਸ਼ਣੰ ਸ੍ਵੀਕਰੋਤੁ॥3॥
ਪਹਰ ਤੋਂਗਰਿਆ
ਅਭਟਮੀ ਝੰ

“ਦੇਵਸਨ੍ਤਤਿ: ਤ੍ਵਮ੍”

ਦੇਵਸਨ੍ਤਤਿ: ਤ੍ਵਮ੍
 ਮਾ ਵਿਸ਼ਵਸ ਸ੍ਵਭਯੇ,
 ਜਹੀਹਿ ਤਮ੍।
 ਕਦਾਪਿ ਮਾ ਵਿਸ੍ਮਰ
 ਤਵ ਸ਼ਕਿਤਮ੍॥
 ਦੇਵਸਨ੍ਤਤਿ: ਤ੍ਵਮ੍
 ਸਰ੍ਵ - ਦਿਵ੍ਯਗੁਣਾਨਾਂ ਭਯੰਡਾਰਣਮ੍।
 ਨਿਰ੍ਮੀਕੋ ਭਵ,
 ਕੁਰੁ ਸ਼ਕਿਤਿ -ਸ੍ਮਰਣਮ੍।
ਵੈਘਨਾਥੀ
ਅਭਟਮੀ ਸੀ

“ਪ੍ਰਸੰਨਤਾ”

ਪ੍ਰਸੰਨਤਾ ਮਾਨਸਿਕ - ਸ੍ਵਾਸ੍ਥ੍ਯਸ੍ਯ ਆਧਾਰ:,
 ਪ੍ਰਸੰਨ - ਮਨਸਿ ਏਵ ਈਸ਼੍ਵਰਸ੍ਯ ਵਾਸ:,
 ਪ੍ਰਸੰਨਤਯਾ ਏਵ ਆਗਚ੍ਛਤਿ
 ਸਮਾਧਾਨ੍ਨਵਿਚਾਰ:,
 ਅਨਯਾ ਏਵ ਸੰਪੰਨ: ਭਵਤਿ
 ਸ਼ੁਦ੍ਧ - ਆਚਾਰ - ਵਿਚਾਰ:।
 ਅਤਏਵ ਸਦਾ
 ਪ੍ਰਸੰਨੋ ਭਵ।
ਸ਼੍ਰੀਮਤੀ ਭੋਭ
ਸਪ੍ਰਤਮੀ ਝੰ

**ਮਨ ਦੀ ਭਲਾਈ: ਮਹਿਸੂਸ ਕਰੋ, ਸਿਹਤਮੰਦ
 ਬਣੋ, ਫੁਲੇ-ਫਲੇ**

ਮਹਿਸੂਸ ਕਰੋ ਆਪਣੇ ਮਨ ਦੀ ਗਹਿਰਾਈ,
 ਜਿਥੇ ਛੁਪੇ ਹਨ ਸੁਪਨੇ ਅਤੇ ਸੋਚਾਈ।
 ਦੁੱਖਾਂ ਨੂੰ ਪਛਾਨੋ, ਪਰ ਨਾ ਘਬਰਾਉ,
 ਉਹ ਪੈਗਾਮ ਦੇਣ ਆਉਂਦੇ ਹਨ, ਸਮਝ ਜਾਉ ।

ਸਿਹਤਮੰਦ ਬਣੋ, ਹੌਲੀ ਹੌਲੀ ਚੱਲੋ,
 ਜ਼ਖਮਾਂ ਨੂੰ ਪਿਆਰ ਨਾਲ ਸਹੀ ਕਰੋ।
 ਸੁਰਜ ਉਗਰਾ, ਜਦ ਤਾਰੇ ਸੌਣ।

ਫੁਲੇ-ਫਲੇ ਜਿਵੇਂ ਬਹਾਰਾਂ ਦਾ ਮੌਸਮ,
 ਜਿੱਥੇ ਹਰ ਪੱਤਾ ਦਿਖਾਏ ਨਵਾਂ ਸੱਚਮੁੱਚ।
 ਮਨ ਦੇ ਮੰਦਰ ਨੂੰ ਪਵਿੱਤਰ ਬਣਾਓ।

ਹਰ ਗਮ ਵਿੱਚ ਵੀ ਹੈ ਇੱਕ ਰੌਸ਼ਨੀ,
 ਅੰਧਕਾਰ ਦੇ ਪਿੱਛੇ ਹੈ ਨਵੀਂ ਜ਼ਿੰਦਗੀ।
 ਮਹਿਸੂਸ ਕਰੋ, ਸਿਹਤਮੰਦ ਬਣੋ, ਫੁਲੇ-ਫਲੇ,
 ਮਨ ਦੀ ਭਲਾਈ ਹੀ ਸੱਚਾ ਸੁਖ ਲੈ ਆਵੇ।

ਹਰਨਿੰਧ ਸਿੰਘ
ਸਤਵੀਂ 'ਬੀ'

ਸੋਚਾਂ ਦਾ ਘੇਰਾ

ਮਨ ਵਿੱਚ ਉੱਠਦੀਆਂ ਸੋਚਾਂ ਦੀ ਧੁੰਦ,
 ਕਦੇ ਹਾਸਾ, ਕਦੇ ਗਮਾਂ ਦਾ ਸਮੁੰਦਰ।
 ਕਿਉਂ ਭਟਕਦਾ ਏਂ ਤੂੰ ਐਵੇਂ ਹੀ,
 ਆਪਣੇ ਅੰਦਰ ਨੂੰ ਪਾ ਲੈ ਤੂੰ ਸਮਝ।

ਕੋਈ ਨਾ ਇੱਥੇ ਪਰਫੈਕਟ ਹੈ ਯਾਰ,
 ਹਰ ਕੋਈ ਲੰਘਦਾ ਏ ਮੁਸ਼ਕਿਲਾਂ ਤੋਂ ਪਾਰ।
 ਸਾਹ ਲੈ ਡੂੰਘਾ, ਥੋੜ੍ਹਾ ਜਿਹਾ ਰੁਕ ਜਾ,
 ਆਪਣੇ ਆਪ ਨੂੰ ਦੇ ਥੋੜ੍ਹਾ ਜਿਹਾ ਸਹਾਰ।

ਗੱਲ ਕਰ ਕਿਸੇ ਨਾਲ, ਜੇ ਲੱਗੇ ਤੈਨੂੰ ਆਪਣਾ,
 ਦੱਬ ਨਾ ਦਿਲ ਦੀਆਂ ਗੱਲਾਂ, ਇਹ ਹੈ ਸੁਪਨਾ।
 ਹੱਸ, ਖੇਡ, ਗਾ, ਤੇ ਰੋ ਵੀ ਲੈ,
 ਮਨ ਨੂੰ ਖੋਲ੍ਹ ਕੇ, ਹੌਲਾ ਕਰ ਲੈ।

ਸੁਰਜ ਫੇਰ ਚੜ੍ਹੇਗਾ, ਨਵੀਂ ਸਵੇਰ ਆਏਗੀ,
 ਉਮੀਦਾਂ ਦੀ ਕਿਰਨ ਫਿਰ ਚਮਕੇਗੀ।
 ਆਪਣੇ ਆਪ ਨੂੰ ਪਿਆਰ ਕਰਨਾ ਸਿੱਖ ਲੈ,
 ਜ਼ਿੰਦਗੀ ਦੀ ਰਾਹ ਫਿਰ ਰੌਸ਼ਨ ਹੋਏਗੀ।

ਸਾਖੀ ਕੌਰ
ਸਤਵੀਂ 'ਬੀ'

ਮਾਨਸਿਕ ਤੰਦਰੁਸਤੀ: ਮਹਿਸੂਸ ਕਰੋ, ਠੀਕ ਹੋਵੋ ਅਤੇ ਪਾਲਣਾ ਕਰੋ

ਮਾਨਸਿਕ ਤੰਦਰੁਸਤੀ ਸਾਡੇ ਜੀਵਨ ਦਾ ਇੱਕ ਅਹਿਮ ਹਿੱਸਾ ਹੈ, ਜੋ ਸਾਨੂੰ ਸੰਤੁਲਿਤ, ਖੁਸ਼ ਅਤੇ ਆਤਮਵਿਸ਼ਵਾਸੀ ਬਣਾਉਂਦੀ ਹੈ। ਅੱਜ ਦੀ ਦੌੜ-ਭੱਜ ਵਾਲੀ ਜ਼ਿੰਦਗੀ ਵਿੱਚ, ਲੋਕ ਆਪਣੇ ਸਰੀਰ ਦੀ ਸੰਭਾਲ ਤੇ ਧਿਆਨ ਦਿੰਦੇ ਹਨ, ਪਰ ਮਨ ਦੀ ਤੰਦਰੁਸਤੀ ਨੂੰ ਅਕਸਰ ਨਜ਼ਰਅੰਦਾਜ਼ ਕਰ ਦਿੱਤਾ ਜਾਂਦਾ ਹੈ। ਇਹ ਸਿਰਫ਼ ਕਿਸੇ ਇੱਕ ਵਿਅਕਤੀ ਦੀ ਨਹੀਂ, ਸਗੋਂ ਪੂਰੇ ਸਮਾਜ ਦੀ ਜ਼ਿੰਮੇਵਾਰੀ ਹੈ। ਅਸੀਂ ਆਪਣੇ ਮਨ ਨੂੰ ਤੰਦਰੁਸਤ ਰੱਖਣ ਲਈ ਪਹਿਲਾਂ ਇਹ ਜਾਣਨਾ ਬਹੁਤ ਜ਼ਰੂਰੀ ਹੈ ਕਿ ਅਸੀਂ ਕੀ ਮਹਿਸੂਸ ਕਰ ਰਹੇ ਹਾਂ। ਮਨੁੱਖੀ ਭਾਵਨਾਵਾਂ, ਜਿਵੇਂ ਕਿ ਖੁਸ਼ੀ, ਦੁੱਖ, ਗੁੱਸਾ, ਤਣਾਅ, ਅਤੇ ਉਮੀਦ, ਸਾਡੇ ਜੀਵਨ ਦਾ ਇੱਕ ਅਹਿਮ ਹਿੱਸਾ ਹਨ। ਕਈ ਵਾਰ ਅਸੀਂ ਆਪਣੀਆਂ ਭਾਵਨਾਵਾਂ ਨੂੰ ਦਬਾਉਂਦੇ ਹਾਂ, ਜਿਸ ਕਰਕੇ ਅਸੀਂ ਅੰਦਰੋਂ ਟੁੱਟਣ ਲੱਗਦੇ ਹਾਂ। ਇਹ ਬਹੁਤ ਜ਼ਰੂਰੀ ਹੈ ਕਿ ਅਸੀਂ ਆਪਣੇ ਜਜ਼ਬਾਤਾਂ ਨੂੰ ਸਮਝੀਏ ਅਤੇ ਉਨ੍ਹਾਂ ਨੂੰ ਪ੍ਰਗਟ ਕਰੀਏ। ਜਦੋਂ ਅਸੀਂ ਆਪਣੇ ਮਨ ਦੇ ਅਹਿਸਾਸਾਂ ਨੂੰ ਮੰਨਦੇ ਹਾਂ, ਤਾਂ ਅਸੀਂ ਆਪਣੇ ਆਪ ਨੂੰ ਬਿਹਤਰ ਢੰਗ ਨਾਲ ਸਮਝ ਸਕਦੇ ਹਾਂ।

ਮਨ ਦੀ ਤੰਦਰੁਸਤੀ ਲਈ ਇਹ ਵੀ ਲਾਜ਼ਮੀ ਹੈ ਕਿ ਜਦੋਂ ਅਸੀਂ ਤਕਲੀਫ਼ ਵਿੱਚ ਹੋਈਏ, ਤਾਂ ਉਸ ਤੋਂ ਬਾਹਰ ਨਿਕਲਣ ਦੇ ਤਰੀਕੇ ਲੱਭੀਏ। ਜ਼ਿੰਦਗੀ ਵਿੱਚ ਹਰ ਵਿਅਕਤੀ ਨੂੰ ਕਿਸੇ ਨਾ ਕਿਸੇ ਤਕਲੀਫ਼ ਦਾ ਸਾਹਮਣਾ ਕਰਨਾ ਪੈਂਦਾ ਹੈ, ਜਿਵੇਂ ਕਿ ਨਾਕਾਮੀ, ਹਾਰ, ਮਾਨਸਿਕ ਦਬਾਅ ਜਾਂ ਕੋਈ ਵੱਡਾ ਸਦਮਾ। ਇਹ ਮਹਿਸੂਸ ਕਰਨਾ ਕਿ ਹਰ ਸਮੱਸਿਆ ਦਾ ਹੱਲ ਹੈ, ਸਾਨੂੰ ਆਸਰਵਾਦੀ ਬਣਾਉਂਦਾ ਹੈ। ਯੋਗ ਅਤੇ ਧਿਆਨ ਮਨ ਨੂੰ ਸ਼ਾਂਤੀ ਦਿੰਦੇ ਹਨ, ਜਦਕਿ ਕਲਾ, ਸੰਗੀਤ, ਅਤੇ ਦੋਸਤਾਂ ਨਾਲ ਗੱਲਬਾਤ ਕਰਨ ਨਾਲ ਵੀ ਮਨ ਹਲਕਾ ਮਹਿਸੂਸ ਕਰਦਾ ਹੈ। ਜੇਕਰ ਮਨ ਦੀ ਹਾਲਤ ਬਹੁਤ ਵਿਗੜ ਰਹੀ ਹੋਵੇ, ਤਾਂ ਸਲਾਹਕਾਰ ਜਾਂ ਮਨੋਵਿਗਿਆਨਕ ਮਾਹਰ ਦੀ ਮਦਦ ਲੈਣੀ ਚਾਹੀਦੀ ਹੈ।

ਮਨ ਦੀ ਪਾਲਣਾ ਕਰਨਾ ਵੀ ਬਹੁਤ ਜ਼ਰੂਰੀ ਹੈ, ਜੋ ਕਿ ਚੰਗੀਆਂ ਆਦਤਾਂ ਰਾਹੀਂ ਕੀਤੀ ਜਾ ਸਕਦੀ ਹੈ। ਇੱਕ ਪੌਸ਼ਟਿਕ ਆਹਾਰ, ਨਿਯਮਿਤ ਕਸਰਤ, ਪੂਰੀ ਨੀਂਦ, ਅਤੇ ਧਨਾਤਮਕ ਸੋਚ ਮਨ ਨੂੰ ਤੰਦਰੁਸਤ ਰੱਖਣ ਵਿੱਚ ਮਦਦ ਕਰਦੇ ਹਨ। ਨਿਕਾਰਾਤਮਕ ਵਿਚਾਰਾਂ ਨੂੰ ਦੂਰ ਰੱਖੋ ਅਤੇ ਹਮੇਸ਼ਾ ਉਮੀਦ ਭਰੀ ਸੋਚ ਰੱਖੋ। ਹਰੇ-ਭਰੇ ਵਾਤਾਵਰਣ ਵਿੱਚ ਸਮਾਂ ਬਿਤਾਉਣਾ, ਤਾਜ਼ੀ ਹਵਾ ਵਿੱਚ ਸੈਰ ਕਰਨੀ ਅਤੇ ਕੁਦਰਤ ਦੇ ਨੇੜੇ ਰਹਿਣਾ ਵੀ ਮਨ ਨੂੰ ਸ਼ਾਂਤੀ ਦਿੰਦਾ ਹੈ। ਜੇਕਰ ਅਸੀਂ ਆਪਣੇ ਮਨ ਦੀ ਚਿੰਤਾ ਕਰੀਏ, ਤਾਂ ਅਸੀਂ ਨਾ ਸਿਰਫ਼ ਆਪਣੇ ਲਈ, ਸਗੋਂ ਆਪਣੇ ਪਰਿਵਾਰ ਅਤੇ ਸਮਾਜ ਲਈ ਵੀ ਇੱਕ ਚੰਗਾ ਉਦਾਹਰਨ ਬਣ ਸਕਦੇ ਹਾਂ। ਮਨ ਨੂੰ ਸਮਝੋ, ਉਸ ਦੀ ਪਾਲਣਾ ਕਰੋ ਅਤੇ ਇੱਕ ਖੁਸ਼ਹਾਲ ਜੀਵਨ ਜੀਓ।

ਤਨੁਸ਼ਕਾ ਬੁੱਧੀਰਾਜਾ
ਸਤਵੀਂ 'ਬੀ'





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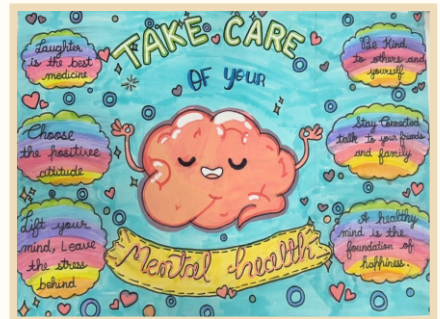




Vidushi (V B)



Souvik Sasmal (XI F)



Kairavi Rangra (V D)



Ansh Setia (IX D)



Vritee Sachapara (VII A)



Sankalp Kar (VII F)



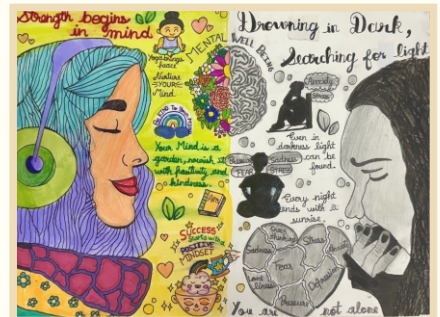
Vihana Dhingra (VII G)



Aahana Manna (VII A)



Avighna Bhatia (III A)



Varisa Taj Mondal (V D)



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