



# THE HERALD

July to September, 2024



## EDITORIAL

Greetings !

Dear Readers,

As we begin the second quarter of the academic year after a refreshing summer break, our school has been buzzing with energy and excitement. The past few weeks have seen students sharpening their skills in inter-house debates, Model United Nations (MUNs), and preparing for inter-school debate competitions. The students extend their hard work by balancing inter-house activities and preparing for the half yearly examination. Not to miss the highly anticipated House Nights practice sessions as each house strives for an excellent performance. These activities not only showcase the diverse talents of our students but also foster a spirit of collaboration and academic focus.

Happy reading!

~ Tisha Malhotra (XII MLK)

## AUSTRALIA TRIP

During our summer break this June, our trip to Australia felt like a dream. From Sydney's lively streets to the charming Darling Harbour cruise and the stunning Gold Coast, every moment was filled with enthusiasm and joy. At Taronga wildlife park, we saw majestic lions and enjoyed an unforgettable seal show. Sydney University left us awestruck with its state of the art campus. In Brisbane, feeding kangaroos and exploring museums captivated us. We were also amazed by the Three Sisters mountain range, taking in panoramic views from the cable car. Warner Bros. movie world was another highlight on the Gold Coast trip where we stepped into the realms of our favourite character and enjoyed thrilling rides. As we left Australia, we carried with us treasured memories that enriched our minds and spirits.



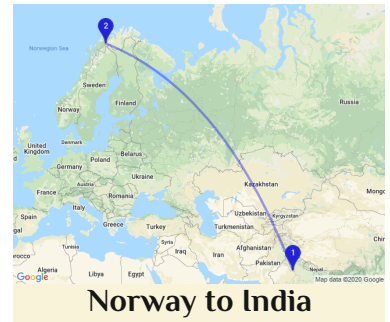


# INTERNATIONAL STUDENTS



**Haakon Hans  
Boie Helling**

I have been in India for two months now, and it has been an incredible experience. I've learned a lot, not just from school but also about the culture and daily life here. Everyone has been very welcoming and helpful, which has made it easier to adjust. I've made many good friends, both in school and during my free time. Recently, I had the opportunity to attend a Model United Nations (MUN) event at Flame University, Pune which was both educational and exciting. Overall, my time here so far has been very rewarding, and I'm looking forward to the months ahead.



**Otto Leonardo  
Jendrek**

Being an exchange student in India has been a unique and exciting experience. The first thing I noticed was how much the teachers genuinely care about their students. They're always ready to help and encourage us to do our best. The students have also been incredibly welcoming; from day one, I felt included and supported. However, everything here is very different from what I'm used to, from the school system to daily routines. While it's a bit challenging, these differences make my time here more interesting and help me grow as a person.





# OXFORD MUN

“ A Journey of  
Growth and Friendship ”



The Oxford Model United Nations, held at Flame University, Pune from August 9th to 11th, 2024, was an unforgettable experience. The event was held from 9 am to 9 pm each day and was filled with intense debates, learning, and camaraderie.

One of the highlights of the MUN was the opportunity to meet and connect with bright minds from across India and abroad. I delivered speeches, answered challenging questions confidently, which ultimately succeeded in passing our resolution. The social events—Global Village Gala and Masquerade Eve—provided a much-needed break from the intense conference schedule. In addition to the conference, I also participated in the Power Drill athletics event, where I was awarded with silver medal. Our school's students performed exceptionally well, with many finishing in the top five. Overall, the Oxford MUN was an enriching experience—one that taught me more than any award could. It was a journey of personal growth, teamwork, and learning, and I'm proud of the progress I made and the friendships I formed.

~ Ridhiman Mehta (XI SKM)





## WELMUN AND KAMERA OBSCURA



From 8<sup>th</sup> to 10<sup>th</sup> August, we embarked on a journey to Welham Boys' School, Dehradun, to participate in Kamera Obscura 7.0, a prestigious photography competition and Model United Nations. The picturesque campus, nestled in the foothills of the Himalayas, set the stage for an exciting blend of photography and debate. The three-day event was more than a competition; it was a celebration of creativity and expression. Ideas flowed, debates ignited, and every camera click captured a unique story. The atmosphere buzzed with discussions, the rustling of camera bags, and the quiet testing of equipment, creating a dynamic and inspiring environment. The Model United Nations event challenged us to think on a global scale. Representing countries, we debated real-world issues with intensity and passion. It wasn't just about winning; it was about learning to listen, articulate our thoughts, and build bridges across ideas. The camera workshops and interactive sessions with Mr. VICKY ROY provided us with invaluable insights. The combination of both events made this visit truly memorable. Where one event sharpened our creative instincts, the other tested our intellectual and communicative prowess. As we look back on those three days at Welham Boys' School, it gave us the perfect stage to challenge ourselves, learn from others, and grow. As we headed back, cameras in hand and debate notes tucked away, one thing was certain: these experiences would stay with us, not as mere memories, but as milestones in our journey of growth and discovery.

~ Gurmannot Kaur (XII MIK)

## SFHS MUN

With the shift of perspective to a more sorted and practical learning technique the MUNs aim to inculcate in young human minds qualities like problem solving and leadership along with teamwork.

Keeping this objective in mind, our school students participated in the 11<sup>th</sup> Strawberry Fields High School Model United Nations and Policy Contention 2024. It prompted the students' inquisitiveness for research and knowledge with the agendas concerning the issues of Privatised Military, Israel and Palestine conflict and many more with a special addition of the INCs Lahore Session of 1929. One of the highlights of the event was the crisis simulation in the Security Council which required quick thinking, strategic planning, and collaborative efforts of the delegates for resolving the given situation.

Overall, the MUN conference provided a platform for the students to voice their opinions, collaborate with peers, and gain insights into the complexities of international relations. The event concluded with every delegate recognising the need for global cooperation to tackle the difficult challenges of the global community.



~ Anshvir Singh Tiwana (XII GSK)



# INTER-HOUSE ENGLISH DEBATE

**M** The much awaited Inter-house Middle School Debate was held on 30th August 2024. The topic for the debate was “Should young people prioritise global citizenship over national identity?”  
**I** The speakers impressed the audience with their incredible confidence and sagacious thoughts.  
**D** The topic was relevant to the present global community. Ms. Gurleen Ahluwalia, presided over the debate and she was highly impressed with the participants’ content delivery. I was adjudged as the best speaker. Teresa House won the competition followed by Tolstoy House and Tagore House.  
**L**  
**E**

~ Manroop Kaur (VII SND)



## INTRA-CLASS ENGLISH RECITATION

“ Poetry is simply the most beautiful, impressive, and widely used mode of saying things.

- Mathew Arnold

”

Recitation is one of the important and effective modes of learning a language and appreciating a piece of literature. In view of this fact, the students of classes III to VIII were given an opportunity to participate in the Intra Class English Recitation Competition that was organized at school on 2nd and 3rd September, 2024. The participants showed great zeal and enthusiasm and recited famous poems by renowned poets. Our esteemed judge, Ms. Jaspreet Kaur Dhillon appreciated the confidence, expression and oratory skills of the participants. They exhibited perfection in expression, voice modulation, rhythm, and everyone enjoyed the music of words.





## हिंदी वाद-विवाद प्रतियोगिता

“अपने-परायों में मिल कर रहने का नाम है रिश्ते, अनजानों में भी मिलकर खिलखिलाने का नाम है रिश्ते, आत्मीयता – अपनत्व के संगम से चंदन की मानिंद सुवासित, संबंधों की टूटती डोर को जोड़ने का नाम है रिश्ते।”

"आज कल की भागदौड़ भरी ज़िंदगी में रिश्तों की अहमियत कम होती जा रही है।" इस विषय की चर्चा हिंदी वाद-विवाद प्रतियोगिता में बहुत दिलचस्प ढंग से हुई, जिसका आयोजन 20 जुलाई 2024 को विद्यालय में किया गया था। इस प्रतियोगिता की मुख्यातिथि डॉ० पवनदीप कौर जी थीं। इस विषय को छात्रों ने खूब समझा व अपने विचार प्रकट करने में कामयाब हुए। इस प्रतियोगिता में पहला स्थान टैरेसा दल ने प्राप्त किया। विशेष प्रतियोगी का खिताब रेज़लरीत कौर ने पाया। यह प्रतियोगिता बहुत रोमांचक व जोश भरी रही।



## ਪੰਜਾਬੀ ਸ਼ਬਦ ਜੋੜ ਪ੍ਰਤੀਯੋਗਤਾ



“ਛੋਟੇ-ਛੋਟੇ ਕਦਮ ਉਡਾਰੀਆਂ ਲਾਉਣਾ ਲੋਚਦੇ, ਵਿੱਚ ਅਸਮਾਨੀਂ ਉਹ ਸੂਰਜ ਬਣ ਆਪਣੀਆਂ ਕਿਰਨਾਂ ਬਿਖੇਰਨ ਬਾਰੇ ਸੋਚਦੇ।”

ਵਿਦਿਆਰਥੀਆਂ ਦੀ ਬੁੱਧੀ ਦੀ ਪ੍ਰੀਖਿਆ ਲੈਣ ਲਈ 16 ਅਗਸਤ, 2024 ਨੂੰ 'ਸ਼ਬਦ ਜੋੜ ਪ੍ਰਤੀਯੋਗਤਾ' ਕਰਵਾਈ ਗਈ। ਜਿਸ ਵਿੱਚ ਤੀਜੀ ਸ਼੍ਰੇਣੀ ਤੋਂ ਲੈ ਕੇ ਬਾਰ੍ਹਵੀਂ ਸ਼੍ਰੇਣੀ ਤੱਕ ਦੇ ਵਿਦਿਆਰਥੀਆਂ ਨੇ ਬੜੇ ਜੋਸ਼ ਅਤੇ ਉਤਸ਼ਾਹ ਨਾਲ ਭਾਗ ਲਿਆ। ਜੱਜ ਸਾਹਿਬਾਨ ਵਲੋਂ ਪੁੱਛੇ ਸ਼ਬਦਾਂ ਦਾ ਸਹੀ ਜਵਾਬ ਲਿਖ ਕੇ ਪ੍ਰਤੀਯੋਗੀਆਂ ਨੇ ਆਪਣੀ ਬੁੱਧੀ ਦੀ ਪਰਖ ਕਰਵਾਈ। ਇਸ ਪ੍ਰਤੀਯੋਗਤਾ ਵਿੱਚ ਕੁੱਲ 93 ਵਿਦਿਆਰਥੀਆਂ ਨੇ ਸ਼ਿਰਕਤ ਕੀਤੀ ਜਿਸ ਵਿੱਚੋਂ 57 ਵਿਦਿਆਰਥੀਆਂ ਨੇ ਪਹਿਲਾ ਸਥਾਨ ਪ੍ਰਾਪਤ ਕਰਕੇ ਇਹ ਮੁਕਾਬਲਾ ਜਿੱਤਿਆ। ਇਸ ਪ੍ਰਕਾਰ ਇਹ ਪ੍ਰਤੀਯੋਗਤਾ ਸਫਲਤਾਪੂਰਵਕ ਅਤੇ ਜੋਸ਼ ਭਰੀ ਰਹੀ।

## हिंदी कविता अनुवाचन प्रतियोगिता

“करते हैं तन-मन से वंदन जन-गण-मन की अभिलाषा का अभिनंदन अपनी संस्कृति का आराधन अपनी भाषा का।”

हिंदी कविता अनुवाचन प्रतियोगिता छात्रों के भीतर वाचनकला, आत्मविश्वास, अभिव्यक्ति जैसे कई भव्य गुणों का विकास करती है। जिससे छात्र अपनी वाचन कला को निखारने में सक्षम होते हैं। हमारे विद्यालय द्वारा हिंदी कविता अनुवाचन प्रतियोगिता का आयोजन 30 जुलाई एवं 31 जुलाई 2024 को किया गया था जिसमें कक्षा तीसरी से आठवीं के छात्र मौजूद थे। इस प्रतियोगिता के मुख्यातिथि श्रीमान मनदीप चंद विभागाध्यक्ष जी थे। इस प्रतियोगिता में छात्र खूब जोश व लगन के साथ अपनी कविता वाचन प्रकट करने में कामयाब हुए। यह प्रतियोगिता बहुत रोमांचक व जोश भरी रही।





# NCC AND NSS ACTIVITIES

## AWARENESS DRIVES

NSS Volunteers went to village Sunairheri for a door-to-door awareness drives. The students made the village people aware of the importance of literacy, financial literacy and water conservation. These initiatives were well appreciated by the residents of the village.

### WATER CONSERVATION

on 7th August, 2024



### FINANCIAL LITERACY

on 26th July, 2024



# INTERNATIONAL YOGA DAY

As an NCC Cadet, participating in International Yoga Day Activity was an enriching experience. On the day of the event, our Yoga instructor began by explaining the significance of yoga in promoting physical and mental-well being, emphasizing its role in fostering discipline and resilience. We started with some basic warm up exercises, followed by a series of yoga postures, designed to enhance flexibility, strength and balance. Throughout the session, our instructors guided us about mindfulness and breathing techniques, teaching us how to connect our breath with our movements. As the session concluded with a peaceful meditation, we felt a profound sense of relaxation and unity. This experience on International Yoga Day reinforced the importance of maintaining a healthy lifestyle and the value of incorporating yoga into our daily routine.



~ Nandini Gupta (IX PB)



# TREE PLANTATION

To awaken a sense of duty towards the society as well as our environment our school organised plantation activity in and around our school campus. This plantation activity reaffirms our promise to maintain sustainable development to conserve the environment.



# NCC - TREE PLANTATION





# VERKA MILK PLANT



From farm to fridge—discovering the journey of milk!



Moo-ving into the world of dairy !

# LOCAL NURSERY



Channeling my inner botanist today !



Finding my inner gardener among all these greens !



## VISIT TO THE DISTRICT SESSION COURT

"An advocate should know everything about something and something about everything," said senior Advocate Mr. Angrej Singh Sandhu as he began our guided tour of the Patiala District Court on 2<sup>nd</sup> August. This visit, organised for the Legal Studies students, provided a profound glimpse into the legal world. We started with an engaging session led by Ms. Manni Arora (JMJC), Secretary, District Legal Service Authority. She shared her inspiring journey and explained the ADR Centre's role in mediation and free legal aid under Section 12. We also met Ms. Rupinderjit Chahal, the Sessions Judge and Ms. Deepika Singh, Additional Principal Judge of the Family Court, who offered valuable insights into judicial processes. Observing the Ahlmads, where case records are meticulously maintained, highlighted the court's dedication to thorough documentation. Our tour also included visits to the bar room and the court library, underscoring the need for continuous learning. This visit was an eye opener for Legal Studies students and it surely motivated us to pursue our academic and professional goals with renewed passion.

~ Arshgeet (XI SKM)



## VOICES OF TOMORROW

On 30<sup>th</sup> of July, students from The British Co-Ed High School had an exciting and eventful day as they visited the All India Radio Station to participate in a quiz which tested their knowledge on various aspects of Space, from the history of space exploration to the latest advancements in astrophysics. Our talented students, Garvit Madan and Harshveer Singh Bhangu, showcased their exceptional knowledge and quick thinking, securing the first position in the quiz. But the achievements did not stop there. In addition to the quiz, our talented students brought their diverse skills to the forefront. They impressed the audience with their melodious singing and also presented a captivating short play based on siblings' bond.

The creativity and dedication of our students shone through in their performances, making the event memorable for all. We eagerly look forward to more such opportunities.

~ Gurmannot Kaur (XII MIK)





# AFS EXCHANGE PROGRAMME - MADURAI



Exchange programs are a vital aspect of modern education, designed to equip us for future challenges. This year, we had an opportunity to participate in a domestic exchange program in Madurai, Tamil Nadu, which offered us a deep insight into its vibrant culture. Our experience was enriched by field trips to Rameshwaram, Dhanushkodi, the Keeladi archaeological site, and more. Staying with host families allowed us to immerse ourselves in their way of life and share our own cultural values. Our time at Shri Aurobindo Mira Universal School also provided a fascinating look at different teaching and sports methods. The special Tamil language sessions were the perfect finishing touch. Overall, this exchange program was a unique, once-in-a-lifetime experience that brought together students from three states, helping us gain valuable insights and preparing us for community engagement.

~ Anshvir Singh Tiwana (XII GSK)





# IAYP TRIPS

To enable our students to experience new adventures in life, a four-day IAYP trip was organised in the month of June this year to Mashobra, Manali, Shogi, Rajgarh and Hatu respectively.





# SPORTS ACHIEVEMENTS

## INTERNATIONAL FOOTBALL PLAYER GURNAZ KAUR



won silver medal in South Asian  
Football Games held at Kathmandu, Nepal

## WORLD CHAMPIONSHIP ARYA SINGLA AND VAISHNAVI SINGLA



Participated in The Inline Hockey World  
Championship at Roccaraso, Italy  
**Arya Singla** was the top scorer among her  
companions from the India team.

## DIVROOP KAUR, EMMA SHARMA AND NIMRAT KAUR



participated in CISCE  
Pre-National Archery Competition  
**Divroop Kaur** got Bronze medal

## ADESHVIR SINGH



won silver medal  
in All India Tennis Association  
National Series, Jaipur

## GURMANDEEP KAUR SUKHMANPREET KAUR



won Bronze medal in CISCE  
Regional Athletics Competition held  
at Guru Nanak Stadium, Ludhiana

## IRMAN SIDHU AND SAANVI



got silver medal in CISCE Regional Level  
Yoga Competition

## BCEHS GIRLS FOOTBALL TEAM



Secured Runners up in CISCE Zonal Pre-Subroto  
Cup Football Tournament 2024



# INTER-HOUSE SPORTS COMPETITIONS



Inter-House Discus Throw Event



Inter-House Football Matches (Classes IV and V)



Inter-House Kho-Kho Matches (Classes IV and V)



Inter-House Shot-Put Event