

## Feature Story



### Beginning of an Era - Krishna Auditorium



A moment of pride and celebration unfolded as our school inaugurated its state-of-the-art Krishna Auditorium. This impressive addition marks a new chapter in our journey, offering a magnificent space for cultural performances, academic events, and inspiring gatherings. The inauguration was officiated by Smt. Usha Rani and Shri Madan Lal on March 24. With its modern infrastructure and vibrant atmosphere, the auditorium serves as a testament to our commitment to holistic education.

### Mastering Chess ! Parikshit Rattan at the Nationals

We take immense pride in celebrating the incredible achievement of Parikshit Rattan (grade IV), who showcased his strategic brilliance at the National U-9 Open Chess Championship held in Maharashtra. Competing at the highest level, he secured an impressive 1511 International Rating, a testament to his dedication, perseverance, and sharp intellect. His achievement not only brings honour to our school but also encourages young minds to aspire high and take on new challenges.



### A Voice that Echoes - Navisha Dhingra

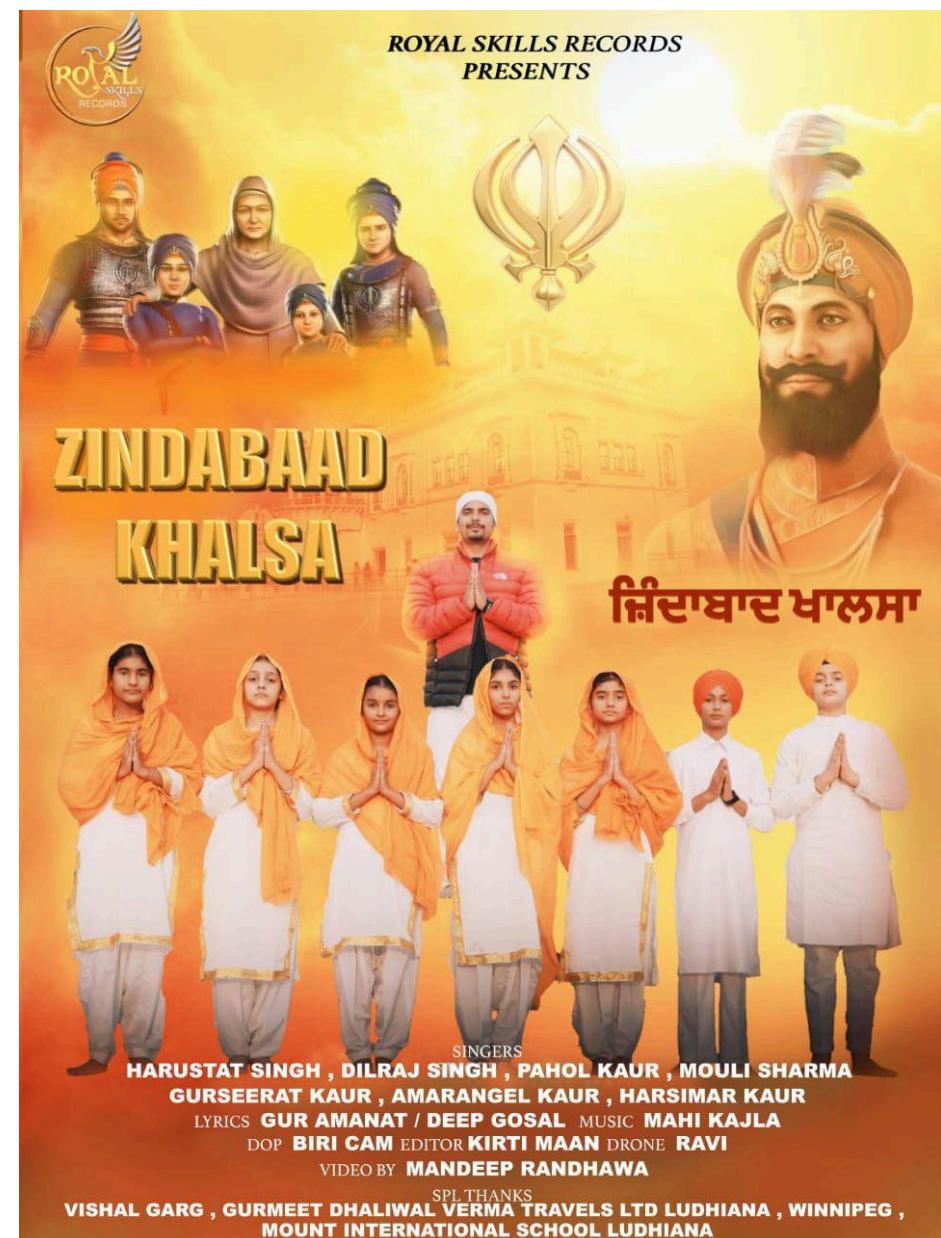


Music knows no age, and our young talent Navisha Dhingra (grade III) demonstrated this beautifully with her captivating live performance as the lead singer at Maa Annapoorna Mandir Committee Program in Mansa. Her soulful hymns dedicated to Lord Shiva truly captivated the audience, leaving everyone spellbound. With such remarkable talent on display, our school remains dedicated to nurturing young musicians, encouraging them to take the stage and share their gift with the world. Moreover, she has her own youtube channel and she has also sang a soulful devotional song dedicated to Khatu Shyam Ji which is available on youtube.

Scan the QR code to listen to this soulful song.



### Musical Triumph - Voices in Harmony



SPL THANKS  
VISHAL GARG , GURMEET DHALIWAL VERMA TRAVELS LTD LUDHIANA , WINNIPEG ,  
MOUNT INTERNATIONAL SCHOOL LUDHIANA

Our students Harustat Singh, Dilraj Singh, Pahol Kaur, Mouli Sharma, Gurseerat Kaur, Amarangel Kaur and Harsimar Kaur under the guidance of our music teacher Mr. Amant Ali, have created a soulful devotional song 'Zindabad Khalsa' in honour of the supreme sacrifice of the Chaar Sahibzade. The song was officially launched on youtube. The song resonates with the spirit of bravery, faith and devotion. With their melodious voices and deep emotions, our students have paid homage to an unforgettable chapter of history, inspiring all who listen.

Scan the QR code to listen to this soulful tribute.



# Academic Achievements



## Proud Gold Medalists

We proudly celebrate the exceptional accomplishments of our students in the SOF Olympiad exams! Our talented achievers have secured prestigious awards in English, Science, and GK demonstrating outstanding knowledge and skills in their fields.



## SOF Olympiad Champions

### English Olympiad:

Class 1: Manpreet Kaur, Japnoor Kaur, Aishleen Kaur  
 Class 2: Tejveer Singh, Loveleen Kaur, Ishreet Kaur  
 Class 3: Naunihal Singh Jhajj, Kaushalendra, Akshita Verma  
 Class 5: Nivriti Mallhi  
 Class 7: Mehtaab Kaur Mann  
 Class 8: Lavanya Singla  
 Class 10: Aadit Dhingra

### Science Olympiad:

Class 2: Gursaanj Singh  
 Class 3: Naunihal Singh Jhajj  
 Class 4: Aryaansh Pathak  
 Class 5: Ajuniajit Kaur  
 Class 6: Devansh Pathak  
 Class 7: Mohit Sahu, Anmol Kaur, Mankirat Singh  
 Class 8: Krishti Verma  
 Class 10: Kavanbir Singh Jhajj

### GK Olympiad:

Class 1: Karanveer Singh  
 Class 3: Kaushalendra

Their impressive performances underscore their hard work, dedication, and commitment to academic excellence. These achievements will significantly enhance their academic journeys, elevate their profiles, boost their confidence, and unlock numerous opportunities. We extend our heartfelt congratulations to our gold medalists and firmly believe they will continue to excel in their academic endeavours.



## Abacus Champions - Precision & Speed, A Way Forward

We are proud to celebrate the incredible achievements of our young math prodigies, Zorawar Singh and Aradhyा Puri (grade II), who have showcased their exceptional mental math skills at the Brainobrain Abacus Competition.

Zorawar Singh clinched a gold medal, demonstrating outstanding precision and speed. Aradhyा Puri emerged victorious at the 159th State-Level Brainobrainfest Abacus Competition held at Lions Club, Ludhiana.



## Extra Curricular Spotlights

### Patriotism - A Dire Need



With hearts full of patriotism, our school celebrated Republic Day with grandeur and pride. The event began with the flag hoisting ceremony, symbolizing the values of unity and freedom. The atmosphere came alive with patriotic dance performances, showcasing the spirit of our nation. School principal highlighted the significance of the day, urging the students to honour the legacy of our constitution.

### SAYONARA - Farewell to Outgoing Class XII



The students of grade XI hosted a heartfelt farewell gathering for their seniors (grade XII 2024-25) on January 29. The event was alive with enjoyable games, sentimental moments, and treasured memories. The Grade XII students eagerly took part in various activities, revisiting their journey for one last time. A special cake-cutting ceremony infused sweetness into the celebration, signifying the start of a new chapter for the graduating class. Furthermore, teachers expressed their warm wishes and fond recollections, while students pondered over their experiences and the connections formed throughout the years. Moreover, Principal Mrs. Daljit Kaur Bhangoo encouraged the students to nurture the spirit of leadership within themselves to fulfill their ambitions.

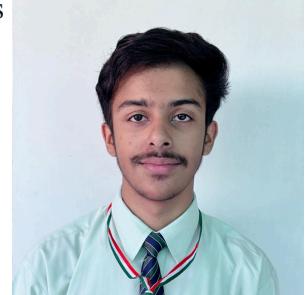
### Raising Voices - "Say No to China String"



Students from grades 6 and 7 presented a powerful Nukkad Natak (street play) titled "Say No to China String" in Doraha and Sahnewal on February 1 and 2. The play raised awareness about the dangers of Chinese synthetic kite strings (manjha) to humans and birds. Through impactful dialogues and performances, the young actors urged the public to choose eco-friendly alternatives. The audience responded enthusiastically, appreciating the students' efforts to promote a safer kite-flying culture. This initiative not only addressed an important social issue but also helped the students build confidence and a sense of civic responsibility.

### Awareness to Promote Commuter Safety

Kavanbir Singh Jhajj, a dedicated grade X student at our school, has embarked on an extraordinary initiative to promote commuter safety. With a genuine concern for the well-being of others, he has been distributing free neckguards designed to protect individuals from the perilous hazards posed by kite strings. This initiative has not only showcased his commitment to safeguarding lives but has also garnered widespread appreciation and admiration from the community. His thoughtful and courageous actions serve as a shining example of social responsibility and inspire others to contribute positively to society.



# Cultural & Sports Events

## A Milestone Moment - Graduation Ceremony



"The future belongs to those who believe in the beauty of their dreams"

We celebrated Graduation Day for Senior KG and grade V students on March 22, 2025. Young children, dressed in delightful outfits, showcased a variety of performances, including music, dance, and a skit, which were all met with appreciation from the audience. Graduation is an exciting milestone for these youngsters as it signifies their first step toward a future filled with dreams and opportunities. Their smiling faces received enthusiastic applause from their parents as they were presented with merit scrolls on stage. The esteemed guests had the honour of handing out the graduation diplomas to the students.

## Vintage Vibes - Winter Carnival



Our school organized an unforgettable winter carnival themed "Vintage Vibes", embracing the vibrant Retro 80s with great enthusiasm. The day was filled with music, dancing, games and laughter, making it a grand success. Students showcased their skills in a lively dance competition, while grade IV students impressed everyone with an engaging English grammar session. Exciting games, thrilling rides, and a delightful food corner kept the festive spirit alive for everyone. The event concluded with the Raffle Ticket Bonanza, where lucky winners took home exciting prizes. The event was also a learning experience that fostered teamwork, leadership and entrepreneurial skills among students. By managing stalls, selling items and organizing exhibitions, students gained hands-on experience in collaboration, communication and financial management.

## Sahodaya Competition

### Skating Stars Shine at Sahodaya



Our talented skaters made us proud at the Sahodaya Inter-School Skating Competition held at Bharatam World School, Khanna. With their dedication and skill, they clinched 2nd and 3rd place victories across multiple categories, showcasing their passion and perseverance. U-8 category, Manreet Kaur and Parupkar Singh got 2nd position. U-10 category, Avreet Kaur and Bhavya got 3rd position. U-12 category, Rishik Mittal got 2nd position while Twinkle Mittal and Prabhnoor Kaur secured 3rd position.

## Champions Rise - Annual Sports Meet 2025



Annual Sports Meet was organized over four days, divided into four groups ranging from Kindergarten to Grade VII. It was an energetic time filled with enthusiasm, teamwork, and healthy competition! Students showcased their athletic skills in various events, demonstrating perseverance and sportsmanship. The event promoted fair play and reminded everyone that having fun is more important than winning. Exciting races, team games, and impressive displays of agility and endurance were some of the highlights. Cheerful participation from students, staff, and parents added to the festivities. Through these activities, students learned to work together and support one another. They also developed resilience by overcoming challenges and pushing their limits. A special race for parents and teachers added to the excitement, fostering a spirit of camaraderie beyond the student community. Winners across different events were honored with medals, celebrating their hard work and dedication. The school management, staff, and parents appreciated the efforts of all the students involved.

## Empowering Educators

### Two-day Workshop on Adolescent Education

Our school conducted a two-day Capacity Building Program on Adolescent Education Programme on January 9-10, 2025. Led by esteemed resource persons Ms. Rajwinder Pal (Principal, MGN Public School Jalandhar) and Ms. Sukanya Bhatia (Jesus Sacred Heart School Ludhiana), the workshop focused on addressing key adolescent challenges like drug abuse, bullying, and emotional resilience. Through interactive sessions and practical strategies, teachers engaged in insightful discussions, gaining valuable tools to support students' mental and emotional well-being. The program reinforced the importance of a safe, inclusive, and nurturing learning environment for all.





# Literary Corner

## Students' Spotlight

### Dubai Tour

Our Dubai journey began on July 26 with a flight from Amritsar. After checking into CityMax hotel, we enjoyed a Marina cruise featuring stunning night views and cultural performances with dinner.

The next day, we had a thrilling time at Wild Wadi water park, then visited the Dubai Mall, where we were captivated by the musical fountain show and ascended the Burj Khalifa for breathtaking city views.

We explored major attractions like the Museum of the Future and the Dubai Frame during our city tour, followed by an exhilarating desert safari. Our adventure continued with fun in Legoland and a visit to Ferrari World in Abu Dhabi, where we saw the Capital Gate and the magnificent Sheikh Zayed Grand Mosque.

Throughout the trip, we felt safe, particularly for women, which enhanced our experience. We are thankful to our school for this enriching journey that inspired us to embrace new adventures.

**Amarangel Kaur (VII B)**

### Nurturing the Inner Wisdom

Inner personality is a combination of traits present in a human being. These traits such as honesty, kindness, ability to listen to others patiently, self-awareness etc. These attributes if used properly can only brighten the inner personality but also contribute a lot towards the success in life. Through self-awareness we can identify what are our weaknesses, what are strengths where we can use our potential strength. If this is done half work towards a great life has been done. A rigid attitude towards others restricts our knowledge. The main characteristics to improve our inner personality is stress management. How much we are able to reduce and manage our stress. So these were the few traits now the question is how we can encapsulate these traits to improve our inner personality? For this, mindfulness should be practiced such as by reading good books, by learning new skills, and the most important is developing a positive mindset. For reducing the stress we must practice meditation for deep breathing and we should do journaling. Meditation stops overthinking, collects our energy at a particular point. Journaling is another way to reduce the stress when we write our negative thoughts on paper, then we let go of all the bad memories, similarly we write our manifestation and one day it will become reality.

**Anantmeet Kaur (VII A)**

Peer pressure can be positive, motivating you to strive for your best, or negative, leading to harmful choices like drug use or bullying. Strategies to handle negative peer pressure:

**Pre-planning:** Have a plan for how to respond to peer pressure.  
**Communicate:** Talk to those pressuring you and express your feelings.

**Say No:** It's okay to refuse without needing to explain yourself.

**Good Companionship:** Surround yourself with like-minded friends for support.

**Advice:** Seek help from parents or teachers.

**Meditation:** Believe in yourself, stay healthy, and appreciate what you have.

**Ayushmann Sharma (VII A)**

### The Psychology of Happiness

In our fast-paced world, it's common for individuals to feel stressed over even minor disturbances in life. However, finding joy in small moments and achievements can lead to a healthier, more fulfilling existence. Student life is particularly important, as schools provide opportunities for new experiences, friendship-building, and valuable education.

Mount International stands out for its commitment to creating a supportive and confident environment for its students. The range of extracurricular activities enriches our daily experience, making learning enjoyable and engaging. Our teachers play a vital role in this process; their friendly yet constructive approach helps us grow. By encouraging us to explore our interests in sports, arts, and various talents, they lay a strong groundwork for our future success.

**Amberpreet Kaur (IX B)**

### Me and My Mother

Life doesn't come with a manual; it is guided by the love and support of my mother. I am incredibly grateful for her presence in my life. She brings me joy and comfort, always there when I need her. For instance, when I was feeling unwell, she took care of me and made sure I had the medicine I needed.

When I struggled with my science marks, she motivated me to improve and work harder. Her encouragement paid off; after putting in the effort, I achieved good grades, which made her proud. To celebrate my success, she gifted me my favorite book, 'Football Fairy,' which has not only entertained me but also enhanced my English skills. My mother is more than just a parent; she is my best friend, a talented tutor, and a wonderful cook. I cherish our time together and everything she teaches me. I truly believe my mom is the best, and I love her deeply.

**Jasmeet Kaur (VII B)**

### Teacher's Pen

#### What my Mirror Says

Do you know How I look!!

I want to see in mirror

What your mirror says??

OR

What my mirror says??

Am I beautiful, Am I attractive? Who I am??

Who will decide ?? You

Or

What my mirror says?? Do my colour, Do my body ??

Do my specs, Do my eyes? Says, What I am??

Who will decide?? You

Or

What my mirror says?? What I feel, What I am??

What I want, What I need?

Who will decide?? You

Or

What my mirror says??

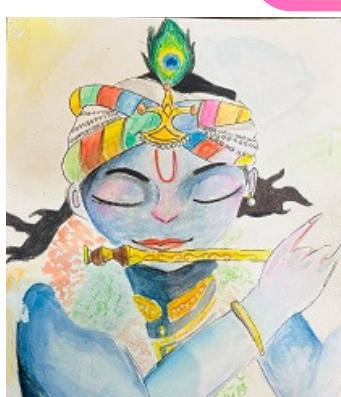
OR

WHAT MY HEART SAYS???



~ Ms. Mani Sains (PGT Chemistry)

### Creative Strokes by Students



**Shiksha Suman (VII C)**



**Ayushmann Sharma (VII A)**



**Kritika Singla (XII Sci)**



**Gurseerat Kaur (III B)**



**Shiksha Suman (VII C)**



**Akshita Verma (III C)**

### Parent's Perspective

Parenting is about guiding children with a vision and allowing them to add their own value to it. As parents, we should share our core beliefs—whether it's honesty, perseverance, or compassion—and encourage our children to expand on them. This helps them develop confidence, responsibility, and independent thinking.

When it comes to studies and moral values, both school and home play crucial roles. Parents are a child's first teachers, shaping their character and mindset long before formal education begins. While schools provide structured learning and motivation, the foundation of discipline, respect, and values starts at home. Blaming teachers for a child's shortcomings is not a good practice, as education is a shared responsibility. Instead of pointing fingers, parents should work alongside teachers to ensure their child's holistic development.

If a child excels in both academics and moral values, credit should go to both the school and parents. A strong partnership between home and school ensures a well-rounded upbringing. Schools provide knowledge, discipline, and exposure, while parents nurture values, emotional intelligence, and life skills. When both sides work together, children grow into responsible, ethical, and successful individuals, making a positive impact on society.

**Mr. Bikramjit Singh Jhajj (Parent of Kavanbir Singh Jhajj XB)**

