

# SPECTRUM





Class 10th (2025-26)



Class 12th (2025-26)

# From Scholarships to Change Makers



**AKRITI**

Medical Technology Development and Designation Project Entrepreneur at IIMAT Team



**EDNA KHEHRA**

BSC & H  
AI ML/Big Data/Analytics and Artificial Intelligence



**GEORCYHA MAHAJAN**

WORLD LEADER



**MUVVILI**

Management  
The Great Lakes University, Chennai



**ASHI**

India Army



**RISHIKA CHOUDHARY**

B.Sc. Nursing  
Pharmaceutical Marketing



**SRAVANTHI GUPTA**

B.Tech. AI/ML, Blockchain  
BIO PS&E (BioPharma)



**PRANSHU GUPTA**

Capgemini  
Data Analytics Consultant



**SANKAR**

B.Tech AI/ML (IIT Bombay)



**POOJA RATHORE**

10 Year Entrepreneurship



**SHUANG HAN**

B.Tech/MSI (Harvard)



**JANNI**

B.Tech/MSI (Harvard)



**ADISH PATEL**

M.A. in International  
SPECIALIST



**PRIYANSHU**

Entrepreneurship (IIT Bombay)  
Digital Strategy



**KARVI TATRA**

Entrepreneurship (Government Institute)  
Business Development  
Tatara



**SARSHAN**

Marketing  
Brand Management  
The Great Lakes  
Changept



**SOURI SAINI**

B.Tech. Marketing



**JYOTI SAINI**

M.Sc. Marketing (IIT Bombay)

# From Scholarships to Change Makers



**KARTIK**  
Ph.D. Student



**ARPIT SHARMA**  
Research Assistant



**VIDHAN THAKORE**  
Research Assistant (RA)



**FAKHRI NAIR**  
M.Sc.  
Water Resource Engineer



**RAVEEL**  
M.Sc. in Civil Engg.  
Internship (M.Sc.)



**NAMAN**  
Bachelor's Student  
in M.T.



**SYEDRA**  
M.Sc. in Study of Social Science  
(M.Sc.)



**CHIRVI**  
M.Sc. in Environmental Science



**POOJANKHI**  
Ph.D. Student  
in English



**HIMANSHU**  
Research Internship at  
IIT Kanpur, Ph.D. Student



**KSHITIZ ANAND**  
Grad. Student Internship  
in Health & Wellness



**KARMU ARWAL**  
Ph.D. Student



**DIVYANSH**  
M.Sc. in IT System  
Design



**SHUBHAM**  
Department of Physics (M.T.)



**ANSH GUPTA**  
Ph.D. Student in Germany



**ANSH**  
B. Pharmacy



**ANSHU GULORIA**  
M.T. Student



**SHREYA NAIR**  
Ph.D. Student  
Pharm Department



*Message  
From  
Founder's  
Desk...*

"Education is one thing no one can take away from you." – Lincoln Steffens

*A*t Scholars' International School, we believe education shapes character, civility and courage. My mission when I started the School was to nurture global citizens who think critically, act compassionately, and lead responsibly. Today with dedicated educators, a dynamic curriculum, and a safe, inspiring environment, we empower every learner to discover their potential.

We value integrity, innovation and inclusivity, building strong academic foundations with creativity, sports, and service. Together with parents and the community, we strive for excellence beyond classrooms, preparing students for a changing world.

I am proud of our journey and confident in our students' future, guided by vision, purpose, and unwavering commitment to education.

With best wishes,

**Mr. H.K. Choudhary**  
Founder | NERC



*Message  
From  
Chairman's  
Desk...*

*A*t Scholars' International School, we are driven by a clear purpose: to educate, empower, and inspire every child to reach their fullest potential. We believe true education goes beyond textbooks—it nurtures character, curiosity, creativity, and compassion. We take a student-centered approach that creates an environment where learners feel safe to question, explore, and grow.

We emphasize strong values, global awareness, and lifelong learning to prepare our students for an ever-changing world.

As John Dewey rightly said, "Education is not preparation for life; education is life itself."

I am immensely proud of the Scholars' International School family and our continued commitment to excellence, innovation, and holistic development, ensuring our students are ready not only for successful careers but also for meaningful, responsible lives.

Warm regards,

**Mr. Anshul Sahai**  
Chairman



*Message  
From  
Director's  
Desk...*

**"Education is what remains after one has forgotten what one has learned in school." – Allan Einstein**

**I** am pleased to reflect on the overall functioning of our institution, which continues to grow with purpose, commitment and excellence. Our school thrives on a strong academic framework, dedication, and a learner-centric approach that nurtures intellectual, social and emotional development. Alongside academics, we place equal emphasis on values, creativity, leadership and global awareness, ensuring holistic growth of every child.

The annual school magazine, *Spectrum*, is a true reflection of the vibrant learning environment. It showcases the talents, ideas, and achievements of our students and staff across academics, arts, sports, and co-curricular activities. *Spectrum* serves as a creative platform that captures the spirit, diversity, and innovation of our school community. I congratulate the editorial team and contributors for their sincere efforts and commend them for producing a magazine that truly represents the voice and vision of Scholar International School.

With warm regards

**Mrs. Shalin Saari**  
Director



*Message  
From  
Academic  
Director's  
Desk...*

*A*t Scholars' International School, academic excellence is the foundation upon which we build confident, responsible and future-ready learners.

As Director of Academics, I take immense pride in guiding a curriculum that is dynamic, inclusive, and aligned with global educational standards while remaining deeply rooted in strong values. Our focus extends beyond academic achievement to nurturing critical thinking, creativity, collaboration and effective communication skills essential for the 21st century.

Our team members continuously engages in professional development to ensure innovative teaching practices and meaningful learning experiences for every student. We believe that each child is unique, and our academic programs are designed to recognize individual strengths, encourage inquiry and foster a love for lifelong learning. Through a balanced integration of academics, technology, arts, sports, and experiential learning, we prepare students to adapt and thrive in a rapidly changing world.

With best regards,

**Mrs. Weifur S. Saha**  
Academic Director



*Message  
From  
Principal's  
Desk...*

*I* give it immense pleasure to pen down a few words for our college magazine—a mirror that reflects the creativity, aspirations, and achievements of our students and faculty. This magazine is not merely a collection of articles and reports, but a vibrant expression of youthful energy, innovation and dedication. Education is not confined to classrooms; it is a lifelong journey of learning, questioning and growing. Our institution has always strived to provide a nurturing environment where students can explore their potential and emerge as confident, responsible, and compassionate individuals. I appreciate the sincere efforts of the editorial team, teachers, and students who have worked tirelessly to bring out this edition. May this magazine continue to inspire everyone to think creatively, act responsibly and dream fearlessly.

With best wishes for your bright future and continued success.

**Dr. Suman Sharma**  
Principal  
Sharan College of Education for Women



*Message  
From  
Principal's  
Desk...*

*"Learning is not attained by chance, it must be sought for with ardour and diligence."*

*E*ducation in the 21st century is about building resilient and shaping teams, in alignment with the NEP 2020, our School strives to nurture learners who can think independently, adapt confidently and lead with empathy in a fast-changing world.

Beyond textbooks and technology, we focus on curiosity, creativity, values, and human connections. Our initiatives encourage students to question, collaborate, innovate and grow into all-arounders. As an responsible, compassionate individual of the society. Through interdisciplinary learning, real-world applications and effective practices, our students demonstrate adaptability with growth mindset.

Beyond academic excellence, we consciously nurture the human skills of the future—empathy, emotional well-being, communication, social responsibility and ethical leadership, ensuring holistic development of every student. I thank our dedicated team of educators who deeply embrace these practices, joining our laboratories with passion and purpose. I extend my heartfelt appreciation and gratitude to our supportive parents for walking alongside our children on this beautiful journey of learning and strengthening the foundation of the school community with their continuous support and confidence.

This message showcases the growth of students' voices, ideas and agency. Each page captures the glorious journey of exploration, innovation and expression - the very competencies as envisioned by NEP 2020. I congratulate the whole team of educators for the wonderful completion of the message. May you walk with joyful learning, reflective thinking and purposeful creation.

Let's join our hands together in this journey of excellence with a strong aim to prepare children for life, with learning that lasts. We are excited to see our young gardeners flourish in our vast garden of knowledge. We thank you for your glorious efforts.

*'Happy Reading'*

**Dr. Anur Sharma**

Principal

School of International Studies



**"Learning never exhausts the mind"**

— Leonardo da Vinci

Educative is a continuous journey of learning, growth and self-discovery. At our institution, we believe in nurturing not only academic excellence but also the overall development of every student. Our aim is to create a supportive learning environment that encourages curiosity, discipline and creativity.

The role of a school goes beyond textbooks and examinations. We focus on instilling values such as integrity, respect, empathy and responsibility, which are essential for shaping balanced and confident individuals. With the dedicated efforts of our teachers and the cooperation of parents, we strive to guide students towards achieving their full potential.

I appreciate the hard work and commitment of our faculty and staff and I applaud our students for their perseverance and enthusiasm. Let us continue to work together to uphold the values of education and prepare our learners to become responsible citizens of tomorrow.

With warm regards,

**Mrs. Kriti Mohan Sethi**  
Vice-Principal  
Scholars International School

*Message*

*From*

*Vice-Principal's*

*Desk...*



*Message  
From  
Vice-Principal's  
Desk...*

Welcome to Sherak College of Nursing, located in the picturesque valley of Kangra, Himachal Pradesh. It gives me immense pleasure and great pride to do my services for this blessed institute, founded under a testament to its enduring legacy as a region with a rich tapestry of cultural heritage and historical significance.

Nursing profession has come a long way from serving to maintenance of health standards, advance education and research. Today nursing education is a vital component and an integral component of health care in which nurses are challenged to provide preventive, promotive, rehabilitative and end-of-life based care to the sick and needy people.

Nursing profession encompasses caring, humanity, scientific, systemic capacity to manage complex situations is meeting the demands of patients from screening to the recovery. Nurses require patience, dedication, extensive knowledge and great responsibility to serve competent care in all aspects of healthcare.

Our aim is to provide education and practice for the nursing students to maintain the health care standards. We believe that nursing students are accountable for quality nursing practice that they need to be trained with excellence and discipline by qualified and experienced faculty. We are passionate about inspiring and motivating the students with love and care and to provide best of our abilities. We strongly believe that our students will emerge as competent nursing professionals in their academic and career pursuits.

**"STRIVE NOT TO BE A SUCCESS BUT RATHER TO BE OF VALUE"**

Mrs. Priyanka Dweil  
Vice-Principal  
Falgun College of Nursing

## Message From Chief Editor's Pen...



As the Chief Editor of Spectra, I am proud to present a magazine that truly reflects the vibrant spirit, creativity and intellect of our school community. The publication is a collective effort that brings together students' voices, innovative ideas, artistic expressions and academic insights.

Spectra serves as a platform for young minds to explore perspectives, showcase talents and celebrate achievements across academics, arts, sports and service. May this magazine inspire curiosity, confidence and a lifelong love for learning while strengthening the bond with our school family.

**Anshu Sekhri**  
Chief Editor

## संपादिका की कलम से...

हेतु मन्दा

जबकी विद्यार्थी जीवन के इस लम्बे सफर में अनेक कठिने क्षण होते हैं, तो जीवन विद्यार्थियों को उत्साहजनक, विश्व को जानने का अवसर प्रदान करता है। इस सफर में कॉलेजों, क्लब, क्लबिंग, विद्यालय और विभिन्न संस्थाओं के युवा व्यक्तियों का सम्पर्क करना एक है, जो विद्यार्थियों को सांस्कृतिक विकास का अवसर है।

जबकि विद्यार्थी न केवल शिक्षा में, बल्कि खेल, संगीत और तकनीकी गुणों में भी विद्यमान होती हैं, तो जीवन उनके ज्ञान-विज्ञान और अभिरूचि को प्रदर्शित कर सकता है।

तो विद्यार्थियों, शिक्षकों और अभिभावकों के सहयोग से यह अवसर प्रदान हुआ है। उम्मीद है कि यह अवसर हमें उत्साह और उत्साह प्रदान करेगा।

**हेतु मन्दा**  
संपादिका





*Our magazine is a real treasure,  
We all love to read it and receive pleasure,  
It consists of lovely poems articles and pictures.  
That we should not forget ever,  
There is no doubt it is our pride,  
It is our closet one also a guide,  
It brings our knowledge and thoughts so close,  
Its articles are real rose.  
Its name is attractive, we call it,*

**SPECTRUM**

## *Vision Statement of the School*

*To create responsible, independent, well-balanced individuals who have knowledge, attitude, values and innovation to be successful in an ever-changing world.*

## *Mission of the School*

*Preparing students to be the global leaders, creative thinkers and citizens of the society. Scholars' International School aims at providing world class education in an exemplary and disciplined ambience. We are committed to provide opportunities to all children to explore and develop their inherent traits and have innovative and scientific temperament and stability in their thoughts and actions. We will aim to empower all the students to be independent thinkers, lifelong learners, highly stable individuals and productive citizens of the nation.*

# Fresh Beginning



ॐ श्री लक्ष्मी । विद्यायै नमः ॥  
समस्तैः साक्षात् । समस्तैः ज्ञो नमः ॥



"Every sunset is an opportunity to rest. Every sunrise begins with new eyes." ॐ  
Holy Fire works as a natural detoxer: it removes negative energy from the environment and fills the air with positivity.

**"Success starts with every challenge, not from the comfort zone."**

Havan ceremony was organized at Scholast International School to mark the beginning of the new Academic Session 2025-2026. The ceremony aimed to invoke the blessings of the Almighty for a successful and prosperous year ahead.

This sacred purifying ritual filled the School's ambience with pious aroma and positive energies.

The School Management, the Principal, teachers and students actively participated in the ceremony, offering 'shanti' with devotion and sincerity.



# Investiture Ceremony

(Creating the leaders of tomorrow)

"Leadership is not about a title or a position, it is about action and example."

**"LEAD WITH VISION, SERVE WITH HEART"**



The school has working now internally across students study to discharge all the responsibilities during this way at the Investiture Ceremony held on 17<sup>th</sup> May to 24<sup>th</sup> Session 2022-23.

The Ceremony was held with lots of zeal and vigour was graced by the presence of renowned Chief Guest, Management, Principal, teachers and students.

## House Boners - Captain and Vice Captain



### ASHRIF

**Captain:**  
Aqina Aashiq  
**Vice-Captain:**  
Vidh Sharma



### TULSI

**Captain:**  
Mehar  
**Vice-Captain:**  
Aayush



### LOTUS

**Captain:**  
Kunal Koochil  
**Vice-Captain:**  
Dewanshi



### RAFFODI

**Captain:**  
Zoya  
**Vice-Captain:**  
Pooja

# Academic Achievers



SCHOLARS' INTERNATIONAL SCHOOL

Scholars'

## ANNOUNCES

100% Result of Class X (2024-2025)



ZOYA  
98%



YASTIKA  
90%



SHOURYA  
93.2%



PALAK  
88%



SHONAM  
87.8%



ANANYA  
87.4%



KINSHUK  
86%



VANSHIKA  
85.4%



SURAJ  
84%



SANIYA  
83%



SHOURYA  
82%



ANKISH  
81.6%



VIDHI  
81.6%



TANIKA  
81.2%



JAHNAVI  
81%

# Academic Achievers

## SCHOLARS' INTERNATIONAL SCHOOL



Scholars'  
International School

### ANNOUNCES

100% Result of Class XII (2024-2025)



TRISHA DOOT  
Nurses (Med)

85%



YANTA AWASTHI  
Medical

88%



SARRAJ BHARTI  
Non-Medical

85%



ANETA  
Medical

81%



IDYASHVI  
Non-Medical

83.2%

*Congratulations*  
to all the  
Stakeholders

# Sports Achievement outside the Campus

"Years of District & State Level"

## GEMS OF SIS SPORTS ARENA

### BADMINTON



Nityesh Sahi

Open National Badminton  
- Under - 14 (2014-15) Level  
Gold Medal  
Open State Under-13  
Bronze Medal

### KHO-KHO (BOYS)

Selected for State Team



Ansh



Shreyas

### KABADDI (GIRLS JUNIOR)

Selected for District Team



Yashvi



Shreya



Saanya

### KABADDI (GIRLS SENIOR)



Riya



Saanvi



Neel

### KABADDI (BOYS)

Selected for District Team



Aditya



Ansh Naveed



Anuj

### SKATING

Selected for Nationals



Nityansh



Saahil



Sameer



Sahil

## KARATE CHAMPIONS

### Gold Medalists



Vidhali



Ansh

### Silver Medalists



Krupa



Anika



Parag



Anjali

### Silver Medalists



Tejveer Singh



Karthik

### Bronze Medalists



Babransh



Simi

## SHOOTING CHAMPIONS

### Qualifying Nationals in First Attempt



Sakshi Sharma  
Gold Medalist (Shooting)  
(NRA)



Akshay Dogra  
Silver Medalist (Shooting)



Esha  
Silver Medalist (Shooting)



Vaidhar  
Silver Medalist (Shooting)

# Welcome to our future stars Kindergarten

"The Future Begins with Small Hands and Big Hearts."

"TODAY'S LITTLE LEARNERS ARE TOMORROW'S LEADERS."

First Day of the School



Red Day Celebration



Yellow Day Celebration



Story Time



Pansa Competition



Tikka Baniyan



Lohri's party

# Welcome to our Future Stars Kindergarten

## Fancy Dress



Colour Splash



Environment Day



Fun with Shapes



Mother's Day



Power Reception

# Little Achievers

Children are little achievers, Let them grow in a Right way.

Grade 1 & 2 (Thrilling Activities)



First Day of School



Magic of Colours



Water Day



Earth Day



Magic Show



Helping Hands



Health and Hygiene



Entertainment Day



Designer



Father's Day



Daisuki  
(Nisi to Gurahara)



World Heritage Day



Eco Week

# NCC

## "LEAD WITH HONOR"

### Unity and Discipline

"NCC breeds discipline, leadership, and the spirit to serve the nation"



### NCC Journey

NCC

It is the three letter,  
That is giving me the inspiration,  
It made me much better,  
And glad too when I'm broken,  
It is adding colours to my life's chapter,  
Always teaching me some life lesson,

It differentiated me from others,  
And reminded me all leaders are my kin,  
It got me many new brothers,  
Also made me strong from within,  
Is my life experience's hot, as lookers,  
All the moments are precious to get again.



Shreyal  
Bhambhani

### Left right- Left Right

Left right left right,  
All Cadets sawdhan,  
Go forward and come back,  
Left right, left right,

Cadets in the uniforms,  
Early morning fol-in,  
And the journey begins with left right,  
Left right left right

Different different religions,  
Different different caste  
But all are equal with motto of  
**UNITY AND DISCIPLINE**  
And the journey begins with left right,

Encourage youths for the nation,  
Develop leadership with determination,  
Regulate mass physical fit,  
Experience of soldier's march our right tonight,

Left right Left Right  
All Cadets sawdhan,  
Go forward and come back,  
Left right left right



Pranav  
Marudra



## School Health & Wellness



A session on Hygiene by health workers.



A session on Mental Health by Dr. Artee Sikaria, Principal of Scholars International School.



NCD Care



Awareness session on adolescence by Govt. Councilors.

## Student Council Elections

"Celebrating the spirit of democracy"



# Cultural Glow and Season of Smiles

To celebrate a culture means - to live out, for some special occasions and in an uncommon manner the universal aspect to the world as a whole

## BAISAKHI

"A time to be thankful, a time to begin again."

"Let's rejoice in the colours of Baisakhi and create beautiful memories."



## GANESH CHATURTHI

Ganpati Bappa Morya ...



## Diwali

"Celebrate goodness. Spread brightness."

"The festival of lights is a reminder that even in the darkest times, there is a hope and joy."



## Dussehra

"Dussehra reminds us that goodness always wins."

"Good will always triumph over evil, no matter how long the struggle is."



## Navratri

"Celebrate Navratri with devotion, joy and colourful spirit."

"Nine nights of devotion, nine nights of joy, nine nights of divine blessings."



# Jannashthmi

"Where there is Krishna, there is love. Where there is love, there is life."



"Break the thread, rise with courage - just like Krishna!"  
GO GO GO..... GOVINDA



# Himachal Day Celebration

"On Himachal Day we celebrate Unity, Tradition and Progress"



# Aradi Ka Amrit Muhatsav Independence Day

"Freedom is not just a right; it is a responsibility to build a better nation."



## Digital Literacy

"Think before you click: your digital footprint is your permanent release"



## Language Heritage

"Language is the heartbeat of culture,  
acting as a bridge that connect us to ancestors and carries our stories into the future."



## Labour Day

"Childhood is the phase of life where children are meant to LEARN, not EARN."



## Picnic Time

"Nature is calling, it's picnic time."

Under the blue sky and green grass let every heart feel and happy.



Educational Visit

## *Children's Day Celebration*



## *Mother's Day Celebration*



# Special Days Celebration

Celebrating Mother Nature

"Every small action counts for a greener planet"

Nature walk, Take part in a litter pick

## Tree Plantation



## एक पेड़ माँ के बाग



## Earth Day Celebration

"Our Power, Our Planet"

"Those who contemplate the beauty of the Earth find reserves of strength that will endure as long as life lasts"



## Anti Tobacco Day

"Encourages a focus on fitness over harmful habits."



## Art Exhibition

"An Art Exhibition reflects creativity, dedication and imagination."



## Emotions Sorting



## Environment Day



# Ek Bharat Shreshtha Bharat

"Many languages many faces, one India in all places"



## Republic Day

Freedom in Mind, Faith in Spirit, Pride in our Hearts, Memories in our Soul. Let's salute the Nation



## Basant Panchami

"A time to mark the arrival of spring and to seek blessings of Maa Saraswati with great joy and devotion"



# International Yoga Day

"Yoga For One Earth, One Health"

"Yoga is not just exercise - it's a path to global wellness."



# Karate

## Spirit of Karate

"Karate shapes your body, sharpens your mind and strengthens your spirit"



## Mehandi

"Let the art of mehendi paint the canvas of our joyous celebration!"



## Constitution Day

"Constitution Day reminds us that democracy survives not on paper, but in the hearts of citizens!"



## Vikasit Bharat (Vocal for Local)

"Local brands were once local before they became global.  
Be the catalyst that take our heritage to the world".



## Swachhata Pakhwara

"Cleanliness is the foundation for a balanced and harmonious life"



Cleanliness Pledge by Schoolites

# Scout and Guide

## "The Bharat Scouts and Guides Camp"

Explore and Learn

"Scouts and Guides walk with feet, helping hands and true hearts."

The Scout motto is "Be Prepared". This has to be achieved by being physically strong, mentally awake and morally straight. Scouting and guiding emphasise the development of personal skills and the ability to handle challenges independently. It encourages members to develop leadership qualities, take initiative, and inspire others through their actions.

### Three Days Summer Camp in School Premises for Scouts & Guides



# Skating

## "Freedom on Wheels"

"Skate with courage, glide with grace and let every stride take you closer to your goals."



# Shooting

"A steady hand and a sharp mind leads to success in shooting"  
"Shooting helps student build confidence and concentration"



**Bhavi**  
Vicepres

## Team Shivoham

"A Mission of Humanity and Service"



**Ansh**  
President

The Shivoham club of our school is a symbol of compassion, service and selfless dedication. The club was formed with a noble vision – to reach out to those in need and to spread the light of kindness within and beyond the school community. True to its motto "Service before Self", the Shivoham Club works tirelessly to support underprivileged students, non-teaching staff, and people in the surrounding areas who require assistance.

Every member of the Shivoham Club believes that even a small act of kindness can create a ripple of change. The club's initiatives have inspired many to contribute to society in their own ways, making our school a hub of compassion and cooperation.



# CBSE Workshop

"Capacity Building Programs Empowering Our Educators"



# Scholars' Fest

"Celebrate life, celebrate joy - let the fest begin!"



# Houses & Clubs



**HEAD BOY & HEAD GIRL**  
Mr. Ardit & Ms. Oditi



**JASMINE HOUSE**

Exchange No. 22227

Mrs. Minda, Mrs. Pank, Mr. Shakti, Mrs. Anu



**JASMINE HOUSE**

Exchange No. 22227

Mrs. Minda, Mrs. Pank, Mr. Shakti, Mrs. Anu



**LOTUS HOUSE**

House Exchange No. 22227

Mrs. Dimple, Mrs. Anu, Mrs. Priya, Mr. Shakti



**TULIP HOUSE**

Exchange No. 22227

Mrs. Dimple, Mrs. Anu, Mrs. Priya, Mr. Shakti

# Our Staff Members

Together we work...Together we shine...



**Mrs. Suman Esh**  
Coordinator



**Mr. Anil**  
Eating Instructor &  
Senior Teacher



**Mrs. Suman Duggal**  
Art & Civ. Teacher



**Mr. Suman**  
Work Teacher



**Mrs. Anshu**  
Edu. Incharge



**Mrs. Pooja Sharma**  
N.E.S.



**Mr. Anshu**  
Voc. Incharge



**Mrs. Anil**  
Glossary



**Physical Education Incharge:** Mrs. Anshu, Mr. Pooja Singh,  
Mr. Anshu



**IT Incharge:** Mrs. Suman, Mrs. Anshu



**Work Incharge:** Mrs. Suman Devi, Mrs. Anshu,  
Mrs. Edil Mathan, Mr. Anil



**Library Incharge:** Mr. Suman Sahil, Mrs. Pooja,  
Mr. Pooja Lata



**Principals & Charge:** Ms. Anurag, Ms. Pooja Sharma,  
Ms. Priya Sharma, Ms. Nitya Sharma



**ITC Staff:** Mr. Pratik Kulkarni, Mr. Suresh Singh



**PTI:** Mr. Suresh, Mr. Anurag, Mr. Suresh Singh, Mr. Suresh, Mr. Vikas, Mr. Anurag,  
Ms. Priya Sharma, Ms. Pooja Kulkarni, Mr. Suresh, Mr. Nitya Sharma



**Office Staff:** Mr. Suresh Kulkarni, Ms. Nitya Sharma,  
Ms. Vikas, Ms. Pooja Kulkarni



**Office Staff:** Ms. Pooja Sharma, Ms. Suresh Singh,  
Ms. Nitya Sharma, Ms. Anurag, Ms. Priya Sharma



**Office Staff:** Ms. Pooja Sharma, Ms. Anurag, Ms. Priya Sharma, Ms. Nitya Sharma, Ms. Suresh Singh, Ms. Vikas



**English Department** - MS: Mrs. Auli Muzani Dewi  
 Mr. Pawan Datta, Mr. Elizabeth Kuan, Mr. Adam Iskandar,  
 Mrs. Fekah Dagh, Mr. Alwani



**Mathematics Department** - MS: Mr. Izzat Hiyana,  
 Mrs. Jovana Devi, Mr. Dinda,  
 Mr. Dikar Hanny,  
 Mr. Syarif Hani



**Science Department** - Mr. Pujiandri (PIC),  
 Mr. Yanyandri, Mr. Samsul, Mr. Dedyah, Mr. Damar Hani,  
 Mr. Alvin Ghony



**Social Science Department** - MS: Mr. Prita Harna,  
 Mr. Nurul Hafid, Mr. Fekah, Mr. Najwa, Mr. Damar



**Arts** - Mrs. Zakiha, Mr. Saquni, Mr. Nurul, Mr. Fani,  
 Mrs. Nurul Dini, Mr. Dedyah, Mr. Alvin, Mr. Lela,  
 Mr. Iqbal



**Sports** - Mr. Dedyah Nurul, Mr. Saquni Nurul, Mr. Fekah Nurul,  
 Mr. Fani Rizki, Mr. Prita Dagh, Mr. Nurul Nurul, Mr. Dedyah Nurul,  
 Mr. Alvin Nurul

“Collaboration:  
 where ideas  
 meet action”



Head of School - Mr. Najwa Harna

“Team work  
 makes the  
 dream work”







## Education Beyond Marks : Skill that Truly Matter

Education is often measured by marks and grades, but true education goes far beyond numbers on a report card. Marks show how well we perform in exams, but skills show how we perform in life.



Skills like confidence, communication, critical thinking, teamwork, and empathy are what truly shape our future. Life will not always test us with written questions—it will test our patience, our time-management, and our ability to adapt.

Our school teaches us not just what to learn, but how to learn, how to lead, and how to grow. Through activities, responsibilities, and challenges, we discover our strengths and build character.

So let us aim for good marks, but never forget to develop the skills that make us capable, kind, and confident individuals—because marks may disappear, but skills decide how far we go.

Our school does not just aim to createoppers—it aims to create thinkers, leaders, and responsible citizens. Through co-curricular activities, sports, debates, cultural programs, community service, and teamwork, we are taught lessons that go far beyond our books. I would like to express my heartfelt gratitude to our respected Principal and teachers, who guide us not just academically, but morally and characterfully. Thank you for believing in us even when we doubt ourselves.

Thank you

Ashik  
Head Boy

## Logical Riddles

1. I speak without a mouth and hear without ears. I have no body, but I come alive with wind. What am I?  
Answer:  
Echo
2. The more you take, the more you have behind. What are they?  
Answer:  
Footsteps
3. I have keys but no locks, space but no room. You can enter, but you can't go outside. What am I?  
Answer:  
Keyboard



### Thinking Riddles

1. What comes once in a minute, twice in a moment, but never in a thousand years?  
The letter "M"
2. If you have me, you quite disagree. If you disagree, you no longer have me. What am I?  
A secret

Varsha  
Class - 1

### Study & Brain Facts

- The human brain can store more information than a supercomputer.
- Studying in short, frequent sessions improves memory more than long hours.
- Teaching someone else what you know helps you remember it better.

Darsh  
Class V



## Digital Learning: A New Way of Education

Digital learning has transformed the way we study. Unlike classes, educational apps, and smart classrooms make learning interesting and interactive. Technology helps students access information easily and learn at their own pace. However, it should be used wisely for positive growth.



### Nadramk

Grade-4

### Nature's Call (Poem)

The earth speaks softly through trees and trees,  
In rustling leaves and whispering breezes.  
Like gods on life with generous hands,  
Mountains, oceans, and fertile lands.  
It's our duty to protect her beauty,  
So tomorrow's Indians in a greener way.



### Priyanka

Grade-5

### India – Youth and the Future

India's strength lies in her youth today,  
With minds that think and hearts that they  
Kept in values, ever ahead,  
By courage and conviction they are led.  
The nation's future rests in hands,  
That build with hope across her lands.



### Dhruv

Grade-8

### Our School Poem

Our school is a garden where plants and trees grow,  
Watered by knowledge, love, and care we learn.  
Teachers guide us with wisdom and light,  
Turning our questions into insight.  
Within these walls, dreams take flight,  
Empowering futures, strong and bright.



### Sanskrit

Grade-10

### Never Give Up

When it rains, seeds are sown and hopes are sown,  
Remember how the sun returns to glow.  
Our roads cannot define,  
The power of a determined mind.  
Fire ignites with courage and  
The forest will bring us to you.



### Vishika

Grade-11

## Family – The Foundation of Life

Family is the first and most important institution in a person's life. It is within the family that we learn our earliest lessons of love, respect, and responsibility. Long before a child steps into a school, the family becomes the first classroom, shaping character and values.



A family provides emotional strength and support during both success and failure. In moments of stress, disappointment, or confusion, family members stand as silent pillars of encouragement. Their love often gives us the resilience to move forward, even when we doubt ourselves.

### Aash Arund

Grade-9



## **SHARAN COLLEGE OF EDUCATION FOR WOMEN**

V.P.O. Ghurkari, Teh. & Distt. Kangra (KANGRA)

**B.Ed. & D.El.Ed. (2025-2026)**



Email : [principalsharancollege@gmail.com](mailto:principalsharancollege@gmail.com)

Website : [www.sharancollegeofeducation.in](http://www.sharancollegeofeducation.in)



## From the Chief Editor's Pen...

Dear Readers,

It is a matter of inexpressible joy for me to be the chief editor of the college magazine 'SPECTRUM'. This magazine is a mirror of college life, without material like a college magazine, the outside world may not know of it. The role of a college magazine is therefore vital in presenting what an institution offers. It shows the enthusiasm of

students in the field of their extracurricular activities as well as in their academic ventures. This magazine is to be viewed as a Laustrpad for the students' creative urges in blossoming naturally. I am thankful to our respected Principal Dr. Sarwan Sharma for entrusting me with the responsibility of editing. I am also thankful to our colleagues for their cooperation. I strongly hope that the magazine will be received well by you all.

**Pooja Kanchal**  
Chief Editor

## Message from the Student Editor



Dear Readers,

I feel privileged to represent myself as student editor of our college magazine of justice. It's indeed an opportunity for me to reflect upon the hardwork and dedication put by the students in every aspect of bringing out this edition of the magazine. Although the preparation of a magazine is a long and tedious process, it gives a hidden satisfaction to the students and teachers who contributed to this knowledge-sharing piece. Special thanks to all those who

contributed their valuable articles. I also express my gratitude to the various sections of the college for their achievements as well as encouragement to the budding writers. I would like to encourage the readers to go through the magazine and learn something that inspires them.

**Nishika Mahal**  
B.Ed. 2nd Year

## छात्रा संपादिका की ओर से...

विद्यया ऽमृतम्, हर सब की तरह इस बात और हम सब अपने सुकामनाओं को एक घर बना में बाँटने का सपना है। यह सैंगलिन हमारे विद्यया, अनुभवी और समर्थी का वह सपना है जहाँ हर आकाश खुली बहरी है और हर प्रीति का सदा मिलन है। असाध्योस टैम की मेहनत, विश्वास का सपोर्ट्स और विद्यया के तुलना ने इस सपना को ज़िंदा बनाया है। जहाँ है कि यह सैंगलिन आकाश में सिते बनने देगी, सिते प्रेताप की डेरी कि अपने विश्वास को जगना करे, रोषों और आँसुओं। समर्थी का सपना में टुटने देगी।



**संपिना**  
वी. ए. ए. ए. डिप्लोमा

# Overall Result

## B.Ed. Session (2023-2025)



Muskan  
(1170/1400)



Akriti Kaundal  
(1166/1400)



Samridhi  
(1147/1400)

## B.Ed. 4th Semester (2023-2025)



Akriti Kaundal  
(293/350)



Dechen Dolma  
(290/350)



Apoorva  
(285/350)

## B.Ed. 3rd Semester (2023-2025)



Shipra Choudhary  
(313/350)



Apoorva  
(309/350)



Sugandhi  
(307/350)

### B.Ed. 1st Semester (2024-2026)



Vaishnavi  
(285/350)



Bhowana  
(283/350)



Archana  
(282/350)

### B.Ed. 2nd Semester (2024-2026)



Bhowana  
(283/350)



Sarika & Deeksha  
(281/350)



Vaishnavi  
(280/350)

### D.El.Ed. 2nd Year (2022-2024)



Monika  
(1902/2200)



Ritika  
(1887/2200)



Jyoti Choudhar & Kanchan Devi  
(1857/2200)



### D.El.Ed. 2nd Year (2023-2025)



Priya Sharma  
(1931/2200)



Neelika  
(1885/2200)



Harshita Dhiman  
(1830/2200)

## *Marking the Beginning of a New Academic Session "Ungent" with Divine Blessings*

On 1st October 2025 a new academic session of B.Ed. & D.El.Ed. has started. Welcoming new students with Havan Sagya and churning mantras as a traditional spiritual practice. It's a clean slate, a chance to start fresh, reflect on past progress, and set new goals. Brings excitement, new-ness, and the hope of achieving more.



### *Orientation: Instill the Ethos and Culture*

A process designed to help new students transition into college life by familiarizing them with the campus, its culture and academic programs.



### *Leadership Development: Representing Others, Honoring their Concerns*

To give students a voice in college governance, advocate for their welfare and organize extracurricular activities.



## Students' President: "Be What You Want to Be"

Aims at all round development by encouraging them to explore, identify and hone their innate skills and talents.



Miss Shogun  
(PRESIDENT)



Miss Kumbure  
(GENERAL SEC)



Miss Pooja & Anshul  
(B.ED. SEC. A & B C.P.)



Miss Manika & Sneha  
(CREATIVE HEAD)



Miss Nimesh  
(D.El.Ed-C.R.)



Miss Shagun  
(GREEN WARRIOR)



Miss Payal  
(PEER EDU. REC)



Miss Khushi & Kratika  
(SPORTS CAPTAIN  
& VICE-CAPTAIN)



Miss Sakshi  
(EVENT COORDINATOR)



Miss Sheetal & Miss Divya  
(HOSTEL PROCTOR)



## *Oath Taking Ceremony: A promise to respect and abide by the rules*

Sharan College of Education, Ghurkari, conducted the Investiture cum- oath taking ceremony for the Batch 2025-27 on 8th November, 2025 in the college campus. On this day, Miss Suresh Wala (H.A.) was the chief guest. The purpose of this event is to give students an opportunity to develop leadership by organizing and carrying out activities and service projects & create an environment where every student voices out their concern or need.



## *Focusing on leadership, Integrity, Lifelong learning and future potential*



## Student Leaders and Faculty Advisors

*Providing a sense of belonging and focus for students outside of classes.  
College houses cultivate spirit and build better leaders beyond academics.*



### Bipasha House

Incharge : Dr. Lakshmi, Mrs. Anshul,  
Mr. Vishal  
Captain : Miss. Shreya  
Senior Vice Captain : Miss. Geetika  
Junior Captain : Miss. Meera  
Junior Vice Captain : Miss. Divyanshu  
Bansal

### Yamuna House

Incharge : Mrs. Monika, Miss. Supra,  
Mrs. Kirti  
Captain : Miss. Anshu  
Senior Vice Captain : Miss. Rishi  
Junior Captain : Miss. Pooja  
Junior Vice Captain : Miss. Shweta



### Chandrabhaga House

Incharge: Mrs. Ananya Sharma,  
Mrs. Pooja Koushal, Mr. Nikhita Datta  
Captain : Miss. Divyanshu  
Senior Vice Captain : Miss. Karan  
Junior Captain: Miss. Shikha  
Junior Vice Captain : Miss. Ananya

### Iravati House

Incharge : Mrs. Rajyashree, Mrs. Pooja  
Sharma, Mr. Shivendra Singh  
Captain : Miss. Kritika  
Senior Vice Captain : Miss. Kritika  
Junior Captain : Miss. Anshika Junior  
Vice Captain : Miss. Divyanshu Thakur



## *Educational Excursions*

Educational excursions outside of the classroom, typically organized by educational institutions, afford students the opportunity to engage in hands-on learning experiences that complement their in-class studies. These trips are designed to provide students with real-world exposure, fostering a deeper understanding and appreciation for the subject matter. Additionally, field trips often promote social interactions among students.



## *International Day of Yoga*

This day is celebrated on 21st June 2025 with the theme "YOGA FOR ONE EARTH, ONE HEALTHY" promotes yoga as a holistic tool for mind-body harmony & well-being planet.



## Activities Performed Under Different Clubs

Aims at transform education from textbook learning to real world application, shaping well rounded individuals ready for life's challenges.



## Cultural Activities

Engagement in cultural activities has been linked to improved academic performance. These activities stimulate cognitive development by encouraging critical thinking, problem-solving, and analytical skills.





## *National Seminars*

A scholarly gathering to discuss important relevant topics through paper presentations, keynote and discussions involving researchers, academics and students to share their knowledge.



## Scouts and Guide

Focuses loyalty to country, international understanding, and spirit of service follow the motto "Be Prepared" and focus on learning by doing.



## Annual Prize Distribution Function

This event is significant occasion as it recognizes and celebrates the achievement of students in various fields throughout the academic year. The function was graced by the presence of the chief guest Dr. Rajesh Sharma honorable chairman of HPRCSE of Dharwadshikha.





## *Annual Prize Distribution Function*



## Artsy Crafts and Homemade



*Art is not what you see, but what you make others see.....*



## *Student and their Campus Life*



## *Student and their Campus Life*



## *Responsibility, Teamwork and Selfless Service*



## *Making the College feel like Family rather than just an Institution*



## Memories Gala



*Guiding Light Inspiring us all to Strive for Excellence:  
Privilege to honour such a Distinguished Guest*



## *Privileged to Honor Distinguished Guest*





## *Meet the Team*



*At Our Best, We are All Teachers*



## ORGANIC FARMING: A SUSTAINABLE PATH FOR THE FUTURE

Organic farming is rapidly gaining importance across the world as people become more aware of environmental damage, climate change, and the need for healthier food. Unlike conventional agriculture, organic farming avoids chemical fertilizers, synthetic pesticides, and genetically modified seeds. Instead, it relies on natural resources, compost, crop rotation, and eco-friendly techniques that protect soil, water, and human health. In recent years, organic farming has moved from a niche practice to a global movement. One of the strongest examples comes from India. In 2016, Sikkim became the world's first fully organic state, successfully eliminating all chemical inputs from its agriculture.



Across India, organic markets and community farming initiatives have also seen a rise. Urban households in cities such as Bangalore, Delhi, and Mumbai are developing terrace gardens and growing vegetables without chemicals. These community efforts are improving food quality and encouraging healthier lifestyles. Meanwhile, climate-conscious farmers are adopting organic methods because they increase soil moisture, reduce water consumption, and make crops more resilient to extreme weather.



Organic farming is more than just an agricultural technique; it is an investment in the future. At a time when the world is battling pollution, declining soil fertility, and health-related concerns, organic farming provides a practical and sustainable alternative. Supporting organic products and eco-friendly practices can help create a healthier environment for future generations.

Shrijal Choudhary  
B.Ed. 1st Year

# DARK ENERGY

The universe has never been shy about surprising us, but its hidden revelations arrived only a quarter century ago. The reason is not merely expanding – it's accelerating outward, as if pushed by an unseen hand. Scientists have given this invisible driver a simple yet profoundly mysterious name: DARK ENERGY.



## The discovery that shook Cosmology

The roots of the dark energy concept trace back to observations of Type Ia supernovae in 1998 by two independent research teams. These exploding stars serve as "standard candles" because their intrinsic brightness is known. When astronomers measured their distances, the supernovae appeared dimmer than expected. This was not because they were nearer, but because the fabric of space between us and them had stretched more than predicted. According to the prevailing view, gravity should gradually slow cosmic expansion. Instead, the universe seemed to be picking up speed. More than one team – Cosmic Microwave Background (CMB) observations by the WMAP and Planck satellites, which measured minute temperature fluctuations in relic radiation from the early universe. These patterns indicated that the universe is spatially flat but contains far less than matter—normal and dark combined—to account for such geometry. Something else had to fill the gap. That "something" was labeled dark energy.

This explanation is unsatisfying for two reasons.

First, theoretical estimates of vacuum energy differ from observed values by an astonishing margin—a discrepancy of 120 orders of magnitude, sometimes cited as the worst prediction in physics. Second, the cosmological constant offers no dynamical explanation. It simply exists, with no clue about why it takes its particular value or why it became as cosmologically significant only in the recent epoch.

## Why Dark Energy Matters

It is easy to dismiss dark energy as distant or irrelevant, but its implications are profound. At stake are fundamental questions:

- How will the universe end? If dark energy remains constant, galaxies will drift apart until distant ones disappear beyond observable limits. If dark energy grows stronger, the universe may end in a "Big Rip," tearing apart galaxies, stars, even space-time itself.
- Is our understanding of physics incomplete? Dark energy challenges the completeness of Einstein's theory of gravity, arguably the most successful scientific framework ever crafted. If new physics is required, the discovery will mark a turning point as important as the transition from classical to quantum physics.
- What does it mean for humanity's pursuit of knowledge? The existence of dark energy confronts us with the humbling reality that the universe is overwhelmingly governed by forces we cannot yet explain.

## What Has Been Achieved So Far

- We know the universe's expansion is accelerating.
- We know dark energy makes up ~68% of the universe.
- We have a working cosmological model ( $\Lambda$ CDM).
- It's actively contributing to both theory and observation.
- We've calculated several potential futures.

In conclusion, dark energy is not merely a scientific puzzle; it is a philosophical frontier. It compels us to recognize that, despite centuries of progress, the cosmos continues to outpace our understanding. Nearly seventy percent of the universe is governed by an entity we cannot touch, detect directly, or fully comprehend. Dark energy stands as a quiet reminder: the universe is still writing its story, and we have only begun to read the first chapter.

## THE BLOOMING MIND: WHAT PLANTS TEACH US ABOUT EDUCATION

Education, much like gardening, is an art of patience and nurturing. As someone who comes from a background in plant sciences, I have often found that plants are among the best teachers. Their growth, adaptability, and silent perseverance offer lessons that extend far beyond the boundaries of science. In nature, a seed does not blossom overnight; it requires sunlight, water, care, and above all, patience. Similarly, the growth of a learner takes time. A teacher, much like a gardener, must provide the right environment, encouragement, and resources to help each student reach their potential. True education cannot be forced—it must be cultivated. Each plant has its own needs; some thrive in sunlight while others prefer the shade. The same is true for students. Every learner has unique strengths, interests, and ways of understanding the world. Recognizing and respecting these differences is essential to effective teaching. Education becomes meaningful when it nurtures individuality instead of enforcing uniformity. Plants embody resilience—weathering storms and droughts yet finding new ways to grow. This mirrors the determination students need in their educational journeys, and the patience teachers must show in nurturing them. Just as harmony sustains a forest—where every plant contributes to the balance of life—thinking classrooms depend on cooperation, empathy, and mutual respect. Education, like gardening, is an act of faith and care: nurturing potential, fostering growth, and celebrating the beauty of learning. As a student of botany, I believe the principles of nature can inspire a more compassionate and life-affirming approach to teaching and learning. In essence, education flourishes when guided by the same patience, balance, and resilience that sustain the natural world.



*"A teacher plants the seeds of knowledge, sprinkles them with love, and patiently nurtures their growth."*

**Kundum Sapkota**  
8.02 | 1st Year

## DIARY OF A COLLEGE DREAMER

Every morning, I walk through the college gates with dreams bigger than yesterday. Each class, each friend, and each challenge adds a new page to my story. Some days feel overwhelming, but it is in those moments that I discover my strength. College isn't just a place to study—it is a journey of finding who I am and who I want to become. With every mistake I learn, with every success I grow. My diary is filled with hopes, struggles, victories, and endless possibilities. And as I turn each page, I move one step closer to becoming the dreamer I believe I can be.



**Shagun**  
8.02 | 1st Year

## FAILURES: STEPPING STONES TO SUCCESS

Success is achieved by dreams and hard work. Those who put in full efforts, combined with determination and hard work, achieve success. Surprisingly, those to whom failures and facilities are available in surplus use them carelessly without even a fringe of realization of the blood, sweat, and hard work put in by their creators. Failure is a great teacher. It gives us the reflection of the effort required to achieve success. We often blame our bad luck or fate, but we rarely think that we fail because we lack sincerely, dedication, hard work, and confidence. We lose confidence in ourselves, start doubting our strength, and ultimately fall prey to failure. Failures are part of our learning process. The mistakes we make help us to take almost everything in our life positively. Whatever happens is always for our good. As we all know, failure is the best teacher in life. For instance, if a teacher scolds you, he or she is not trying to insult you. Instead, the teacher is trying to bring a bit of the best in you and put you on the right track. So, whenever punishment or insult comes your way, take it in your stride and learn from it. Don't allow it to defeat you. Accept such instances as life lessons and learn from them. Make your life inspiring for others.



**Rishika Mehra**  
D.El.Ed. 2nd Year

## THE STRUGGLE

The struggle of college life is a full-time comedy. Waking up early feels like an Olympic sport, attending 8 AM classes feels like punishment, and understanding some subjects is harder than understanding your own future. We plan to study seriously every night, but somehow end up lounge-watching reels, overthinking life, or sleeping like there's no tomorrow. Assignments appear suddenly, deadlines chase us like demons, and exams arrive faster than our preparation. But here's the truth: these struggles are shaping us. Every late-night study session, every tough class, every moment of stress is building our courage and resilience. College isn't supposed to be perfect—it's supposed to challenge us, push us, and teach us how to rise again. So yes, the struggle is real. But so is your potential. Keep going, keep trying, and keep believing.



**Darima Kaushal**  
D.El.Ed. 2nd Year

## AIM ORIENTED PERSON

An aim-oriented person is clear of his goals which he wants to achieve in his life. Aim orientation is important in one's life. When a person has specific goals, he is clear about his life direction. It improves time management, develop discipline, consistency and enhance reasoning and problem-solving ability. Goal orientation leads to the long-term success in life. It makes success predictable and achievable. The vision of aim-oriented person is so powerful that they achieve what they want to actually achieve in their life. So, to achieve success in life set a specific aim which will help in achieving the success.



**Amishi**  
D.El.Ed. 2nd Year

## BEAUTY OF NATURE

Nature is the beautiful gift around us. We can see its beauty in green trees, colourful flowers, blue sky, fresh air and singing birds. Even small things like the smell of rain, the sound of wind, or the sunrise in the morning and in evening sunset make us feel happy and peaceful. But today, nature is getting damaged. If we do not take care of it, we may lose its beauty. We should protect nature by planting trees, saving water and keeping our surroundings clean. The beauty of nature is simple but powerful. It reminds us how lucky we are to live in this beautiful earth.



**Anshu**

D.El.Ed. 2nd Year

### BEYOND THE SYLLABUS

Syllabus ends, but learning starts.  
In silent nights and in brightest days.  
Science is not just marks you earn  
It's every wonder that makes you learn.

Look around—the world is vast,  
Future blooms from knowledge past.  
Walk ahead with open eyes,  
Your wisdom is your greatest prize.  
Grades may rise and fall like tides,  
But true understanding forever guides.  
So step ahead with courage and grace—  
Beyond the syllabus lies your place.



**Shruti Thakur**

D.El.Ed. 2nd Year

### WHY NOT A GIRL

People pray for a boy, not for a girl  
They desire a boy, not a girl  
Blessings of elders are for male,  
not for females.  
They love to have a boy, not a girl  
but...

In need of wealth, they pray to Goddess,  
"Lakshmi",  
In need of Courage, they go to Goddess  
"Durga",  
In need of education, they call upon the  
Goddess, "Saraswati"  
Now tell me, Why do they hesitate?  
To have a Girl in the Family!



**Shagun**

B.Ed. 1st Year

## WHY IS INDIAN YOUTH LACKING IN GAMES

India, despite having the world's largest youth population, struggles to engage its young people in sports. The problem stems from cultural, infrastructural, and economic challenges. Many Indian families prioritize academics over athletics, seeing sports as distractions rather than developmental tools. This mindset, reinforced by sayings like "Khaigalludogehopelharab," deters youth from pursuing sports seriously. Limited infrastructure and accessibility, especially in rural areas, prevent many from training effectively. Funding shortages and the focus on cricket further marginalize other sports. Heavy academic pressure and societal sports cover prospects make it harder for students to balance studies with sports. Gender bias and safety concerns additionally restrict female participation. To move forward, India must invest in grassroots infrastructure, change societal attitudes, offer financial incentives, and integrate sports with education.



**Sakshi**

D.El.Ed. 1st Year

## HIMACHAL PRADESH: CULTURE AND TOURISM

Himachal Pradesh, nestled in the Himalayas, is a unique travel destination where natural beauty, rich culture, and spirituality combine. Each region—from Lahaul-Spiti's high mountains to Kullu-Manali's green slopes—has a distinct personality and offers attractions like colonial Shimla, adventure-filled Manali, spiritual Spiti, and artistically rich Chamba and Kangra. Cultural highlights include Himachal's mountain life, providing resilience, simplicity, and harmony with nature. Traditional folk arts like the rock dance and local instruments (dhol, nagara, shahai) are central to village celebrations. The architecture of temples and monasteries reflects centuries of Hindu and Buddhist influence. Festivals such as Kullu Dussehra, Mela Fair, and Losar display the region's diversity and communal spirit. Tourism in Himachal Pradesh is more than admiring landscapes; it involves experiencing the traditions and hospitality that define the state's identity.



**Sneha**

D.El.Ed. 1st Year

## GEOMETRY

Here we are again, reviewing maths from 1 to 10.

Starting from a point, a line way to go,

Stay fixed, for this journey won't be slow.

They go on and on but never intersect, Like in Physics each other they reflect. They have co-ends they are infinite lines, In Maths we call them PARALLEL LINES.

Two Rays meet at a point, Like in our body we have joints. They stay apart and never touch, Together, they both form an ANGLE.

We took an angle to cut its ray, We added a line on its way. What we got was not a bangle, But with 3 sides we call it a TRIANGLE.

4 equal sides it has with him, Whom we can not move, touch or trim. Just like himself, he has a brother, SQUARE and RECTANGLE, quite similar to each other.

Shapes, Lines, Angles and so much more, On paper they could seem like a hobby chore. However, here and there MATHS is all around, And between these concepts a poem found.



**Anjali Choudhary**

D.El.Ed. 1st Year

## PATHS TO SUCCESS

Success is not a single road—it is a journey shaped by our choices, efforts, and continuous learning. Each person's path is unique, influenced by passion, discipline, and the courage to move forward despite challenges. Success begins with clear goals and the determination to work toward them every day. Along the way, failures teach us valuable lessons, mentors guide us, and persistence becomes our greatest strength. What truly matters is not how fast we reach our destination, but how committed we remain to our dreams. When we believe in ourselves and keep taking small, steady steps with determination, every path eventually leads to success.



**Kamini**

B.Ed., 1st Year

## RISE BEYOND CHALLENGES

Nothing is achieved by dreams alone. Success is achieved through efforts and hard work. Some moments make us happy and some make us sad and that is all depends on our karma. If we do our work with full efforts, then we will definitely find happiness. But if we fail to do our duties with diligence then we may have to suffer difficulties. Therefore, we should always do our work sincerely. Even if we fail, we must not give up. We should try again for the work we couldn't complete. Let us complete it with double effort, and it is also said that those who work hard never lose. But it depends on us whether we give up or face the situation bravely. Let us prove that we are not the ones who give up, we are the ones who move forward with courage and determination. So that we leave our past behind and rise stronger every time.



**Pooja**

B.Ed., 1st Year

## DEPRESSION IN TEENAGERS

Everyone has "down days." A variety of factors can cause teens to feel low and depressed. In an examination of 1200 high school students, researchers Susan Gore and others found several differences in how depression and stress affect boys and girls. Teen depression is much more than feeling temporarily sad or "down in the dumps." It is a serious mood disorder that can change the way we think, feel, and function in our daily lives, causing problems at home, school, and in social situations. When we are depressed, we may feel hopeless and isolated, and it may seem like no one understands us. Hormonal changes, relationships, and academic pressure during the teenage years often lead to depression. Feeling irritable, sad, angry, guilty, or worthless can affect how we think and behave. Feeling helpless and hopeless, overthinking, and having thoughts of suicide are some symptoms of depression. However, there are things we can do to help ourselves deal with these symptoms. We can regain our balance, feel energetic again, and develop a more positive outlook.



**Arkhita Choudhary**

B.Ed., 1st Year

## POSITIVITY

When clouds drift in and skies turn grey, a spark of hope will light the way.  
For every storm the sun will show, and brighter days will surely find.

A cheerful heart, a hopeful mind—

The strength to lift up all mankind. So smile  
and let your spirit soar, With positivity forever more.



**Wahani, B.Ed.** 1st Year

## JUST CHILL

**MEDITATION IS FOR YOU** Even if you can't picture sitting perfectly still or completely quieting your brain, you can meditate—and tap into its many health benefits. "Let's go," "I am at peace," "Just breathe in calm, 'whole tension,'" & "I am calm and present here now" Forget the excuses. First off, time isn't truly a barrier; it can be propped to relax, manage stress, and cope with anxiety, and has numerous benefits for both mental and physical well-being. To start, find a quiet place, sit or stand comfortably and focus on your breath or a mantra, gently redirecting your mind whenever it wanders. The biggest and most practical benefit of practicing meditation or weaving moments of mindfulness into your day: You'll enjoy life more while managing the constant juggling act. "Practicing meditation and being more mindful allows you to be more present for your family, your college, your job, your workout—everything." So JUST CHILL, with meditation, focus, dedication and be yourself.



**Arti Galatia, D.El.Ed.** 2nd Year

### IF YOU WANT

If you want to love,  
love your misdeeds  
If you want to hate  
hate bad habits  
If you want to take  
take blessings  
If you want to avoid  
avoid bad company  
If you want to judge  
judge yourself  
If you want to live  
live a simple life  
If you want to respect  
respect your parents  
If you want to obey  
obey your teacher  
If you want to be happy  
make others happy



**Wahini Choudhary, B.Ed.** 1st Year

### EACH DAY CAN BE A GOOD DAY

Sometimes things go wrong and we  
feel sad,  
but we should try to remember the  
happy moments,  
The good times we shared, and the  
good people we met.



Even difficult days remind us of the friends we  
love,  
the help they give us,  
And the fun times we enjoyed together.

Life gives us many beautiful moments again and  
again.  
So when a day feels bad, don't lose hope.  
Think of the good memories and stay positive.  
Live young, live free, and live joyfully.

**Aaravika**  
B.Ed. 2nd Year

## FOUNDATIONAL INSIGHT "ALL I KNOW—A MOMENT"

We gathered each day—eighty-seven,  
side by side,  
New faces—my beginnings,  
hearts open wide.

The morning sunlight in through the glass,  
Gentle breeze blowing, on days gently gone  
Not words, but glances, carried the start,  
An understanding formed, together unspoken.

The pen's soft whisper, pages as they turned,  
In the hush of routine, new wisdom was earned.  
The laughter and learning, simple but so deep,  
In silent support, we covered what we'd keep.

No single voice tried to outshine the rest,  
But grew as a forest, each giving her best.  
The silence was golden, of questions unasked,  
Of leaves, forming for futures untraced.

Eighty-seven candles with soft, steady flame,  
Lighting each path way yet shining the same.  
A silent hum of learning, in simple hearts,  
Each silent teacher, each wordless call.

Learning together, a journey so bright,  
In silence united, we reached for the light.

The hall was a forest—eighty-seven minds aflame,  
Each heart beating steady, each purpose the same.  
Fires moved swiftly, thoughts taking flight,  
In the hush of effort, futures took light.

Then trembled a whisper—a sob, soft yet next,  
An all's pen halted, her eyes blurred with fear.  
The pages were thinking, her words all untold,  
Her dreams spilled in tears, her courage grew cold.

A rustle arose—the silence grew deep,  
Eyes turned with kindness, hearts wished to keep.  
No one could measure that moment of care,  
For in her small struggle, all souls were there.

Tears met paper, ink lost its way,  
But strength found its voice in that fragile clay.  
A steadfast creed, unseen yet true,  
Eighty-seven hearts breathed hope anew.

When calm returned, the hall softly sighed,  
A lesson much greater than words could define,  
That language of hearts—the pages could define,  
Yet in Anjali's tears, all learning did shine.

**Deep Dhiman**  
Lecturer in English



## DARE TO DREAM

Close your eyes and  
let your imagination fly away  
See a picture of where  
You wish to be one day

Let the colour of your  
heart take command to paint the  
picture of your dream and  
place it in your hand

Hold on tightly and nurture it,  
but allow it room to grow

when you reach your dream  
open your hand and let it go

Close your eyes and search for  
another,  
Caring for it as before  
Never stop searching, achieving and let it go,  
For that's what we do.

**Sanskriti**  
D.El.Ed. 1st Year









## माँ

माँ पढ़ती लीं लड़कें बचपन  
 दिल में बसिवादा बसती है।  
 कुछ लीं कुछ में लखें बचपन,  
 उनको पढ़ा दिखाती है।  
 उनको कपड़े में लकड़ें ही  
 लीं लीं में दुआएँ पढ़ती है।  
 लगी लकड़ें में बचपन माँ की,  
 पढ़ा में खुशियों बसती है।  
 माँ लखें पढ़ा दिखाती लगी  
 लकड़ें माँ पढ़ावादा देती है।  
 बचपन की सुन लकड़ें,  
 इन पढ़ लकड़ें पढ़ लगी है।



## पिता

पिता जो लड़कें ही सुन में  
 लकड़ें बसती हैं पढ़ लकड़ें।  
 पढ़ लकड़ें की लकड़ें लकड़ें,  
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1987

श्री. रा. सुधाकर

सुधीर

श्री. रा. सुधाकर



## मेरा बचपना

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सुधीर

श्री. रा. सुधाकर

## तूफान इंसान को आजमाता है



तूफान लकड़ें लकड़ें लकड़ें लकड़ें,  
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सुधीर

श्री. रा. सुधाकर

# *The Future Begins Today*

B.Ed. (Session 2023-25)



D.El.Ed. (Session 2023-25)





DEEDS TO LEARN, LEARN TO SERVE

## Sharan College of Nursing Ghurkari, Kangra

### *SNA Elections*

The Student Nurses Association (SNA) Election was conducted successfully in the college with active participation from all students and carried out under the guidance of faculty members. Students enthusiastically voted their votes to elect their representatives. The newly elected office bearers pledged to serve with dedication and responsibility. The event showcased leadership qualities and democratic values among nursing students.



## Message From Committed & Devoted Faculty Of SOUJ

*"Have a heart that never hardens, a temper that never grieves, a touch that never hurts"*



Nursing is a noble profession that blends knowledge with compassion and skill with humanity. As an Associate Professor, I take pride in being part of an institution that nurtures future healthcare professionals with strong ethical values, diverse competencies, and a spirit of service. This magazine reflects the creativity, dedication, and academic excellence of our students and faculty. It serves as a platform to express ideas, achievements, and innovations that contribute to personal growth and professional development. I encourage our students to continue striving for excellence, to remain curious learners, and to uphold the dignity and responsibility that the nursing profession demands.

May God bless our journey to learn, grow, and serve society with commitment and compassion.

**Ms. Madha Malen**  
Associate Professor (MSN)

Education empowers students to transform knowledge into meaningful practice. Nursing requires dedication, discipline, and a compassionate heart. We encourage students to remain focused on learning and to grow into responsible healthcare professionals committed to excellence and service.



**Ms. Inda**  
Nursing Tutor



Education is a journey of continuous learning, growth, and transformation. As faculty members, it is our responsibility to guide, support, and inspire students to achieve academic excellence while developing professional competence and ethical values. We are proud of our students' dedication and progress and encourage them to remain focused, disciplined, and compassionate in their nursing practice. May this academic journey empower you to become skilled professionals and responsible caregivers committed to serving humanity.

**Ms. Kinney**  
Nursing Tutor

Nursing is a profession rooted in compassion, dedication, and service to humanity. It is heartening to see our students grow into confident, skilled, and ethical healthcare professionals. Your journey in nursing education may be challenging, but it will shape you into caregivers who make a real difference in people's lives. I encourage all students to stay committed to learning, uphold professional values, and serve with sincerity and integrity. I wish you great success in your academic journey and future nursing career.



**Ms. Alina Sharma**  
Nursing Tutor

## Award Distribution

Diwali Competition Certificate Distribution was successfully organized at the College with enthusiastic participation from all the students. Certificates were awarded to the winners and participants of various competitions organized during the Diwali celebration. The event encouraged creativity, cultural spirit, and teamwork among students. Faculty members appreciated the efforts and talents displayed by the participants. The programme concluded on a joyful note, celebrating the festive spirit of Diwali.



## Oath Taking Ceremony - 2025



## Oath Taking Ceremony - 2025

1<sup>st</sup> Batch of SCON



## Fresher's Party



## Labs for Nursing Students

Well-equipped laboratories play a vital role in the education and training of nursing students. These laboratories provide an environment to practice clinical skills before applying them in real healthcare settings. At SCOM, well-furnished labs enhance hands-on learning, improve confidence, and help students develop critical thinking and decision-making skills. We ensure that students follow standard nursing protocols, infection control practices, and personal safety guidelines.



# SIS FAMILY



