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From the Principal's Desk



It gives me immense pleasure to announce that our student-led newspaper continues its inspiring journey into the 2026-27 session with a brand-new editorial team. My heartfelt congratulations to these talented young writers, editors, and creators – your enthusiasm and dedication have breathed fresh life into this wonderful initiative.

A school newspaper is more than ink on paper; it is a mirror of our students' voices, ideas, and imagination. Through your words, you learn to observe the world more closely, question with curiosity, and express with courage. This platform is yours – use it to inform, inspire, and ignite meaningful conversations within our school community.

Dream big, aim high, and remember that every great achievement begins with the decision to try. My best wishes to the entire team for a year filled with creativity, collaboration, and continued success. Keep up the fantastic work – the Mukand family is proud of you!

Warm regards
Principal
Mukand Lal Public School



Editorial Team (2026-27)

- Chief Editor:- Manju Lamba
- Student Chief Editor:- Kairavi Shekhar (XII C)
- Chief Technical Designer:- Saisha Sikri (XI A)
- Technical Designer: Jaskirat Singh (XB)

Columnists:

- Eknoor (XB)
- Prisha (XB)
- Baani (XB)
- Geetali Upadhyay (X A)
- Siddharth (IX E)
- Research Analyst:
Avni Kamboj (XB)
- Journalists:
 - Satyan (IX A)
 - Pranav (IX D)
 - Jagjeet Kaur (IX D)

MATTER OF CONCERN

Silent Summers Vanishing Birds

The Vanishing Sparrows: A Silent Call for Action

Once, mornings began with sparrows' cheerful chirps, harmonizing with rustling leaves, welcoming the dawn. Now, an eerie silence greets many, marking a profound environmental shift. The absence of these birds highlights climate change, with heatwaves becoming common, turning pleasant summers into unbearable heat, drying rivers, and cracking soil.



The Vanishing Sparrows: A Silent Call for Action

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The absence of these birds highlights climate change, with heatwaves becoming common, turning pleasant summers into unbearable heat, drying rivers, and cracking soil.

Suggestions :-

- create a garden to create green spaces and attract wildlife.
- Organize awareness campaigns to educate peers about climate change and its impact on local wildlife.
- Participate in or initiate conservation projects aimed at protecting sparrows and other local species.
- Reduce personal carbon footprints by using public transportation, recycling, and conserving energy.

By - PRISHA DHIMAN (XB)





"Exam Stress: Pressure or Motivation?"

"Success is not final, failure is not fatal; it is the courage to continue that counts"

~ Winston Churchill

This quote aptly highlights the significance of examinations in a student's life. Exams are a crucial component of student life, playing a pivotal role in shaping our futures. For students exams present not only the challenge of mastering a vast syllabus but also the pressure to excel.



The anxiety of achieving low scores, meeting the expectations of parents and teachers, and competing with peers often leads to stress. Exam stress has become a prevalent issue among students today, with many grappling to find ways to manage it effectively. The question arises whether exam stress is merely pressure or if it can also serve as motivation.

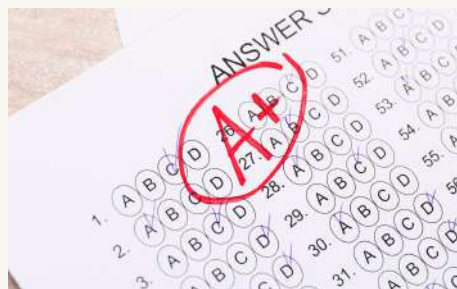
There are several reasons why students experience exam stress. One of the primary reasons is the fear of failure, which looms large over students' minds.

"PRESSURE CREATES DIAMONDS." IN THE SAME WAY, EXAM STRESS CAN SHAPE STUDENTS INTO STRONGER AND BETTER INDIVIDUALS. STRESS SHOULD NOT STOP US—IT SHOULD INSPIRE US TO DO OUR BEST, BECAUSE EVERY CHALLENGE IS A CHANCE TO SUCCEED.



They often worry about disappointing their parents or failing to achieve their goals, which adds to their anxiety. Additionally, poor time management and inadequate preparation can lead to panic during exams. The constant comparison of grades with friends and considering others' expectations also contribute to this mental pressure, making it difficult for students to focus and perform to the best of their abilities.

While exam stress is often perceived negatively, it can offer certain advantages. A moderate level of pressure can indeed be beneficial, motivating students to enhance their work ethic, maintain discipline, and manage their time efficiently. Stress can prompt students to complete their syllabus on schedule, engage in thorough revision, and concentrate on their weaker subjects.



It instills a sense of responsibility and heightens their commitment to academic pursuits. In this regard, stress can transform into a motivating force rather than a source of fear. However, issues arise when stress becomes excessive. Overwhelming stress can trigger anxiety, disrupt sleep, impair concentration, and diminish confidence, leading some students to feel hopeless and lose interest in their studies.

To reduce exam stress, students should follow a balanced routine. Making a proper timetable, studying regularly instead of at the last moment, taking short breaks, and sleeping well can make a big difference. Healthy food, light exercise, and positive thinking also help in reducing stress. Most importantly, students should trust themselves and stay calm during difficult times.

HOW TO REDUCE EXAM STRESS?

Try These Tips



Stick to a proper routine



Get good sleep



Don't let social media & other stuff distract you



Avoid junk food & eat a well-balanced diet



Never skip taking rest



Mini rewards are a must: Watch TV or listen to music

Always remember, Marks matter, but they are not the measure of a person's worth, intelligence, or future success. A report card can only test how well someone performed in a particular exam at a particular time, it cannot measure creativity, kindness, leadership, talent, hard work, emotional strength, or the ability to rise after failure. Life is much bigger than percentages and ranks. Success comes from learning, growing, staying curious, and believing in yourself even when things don't go perfectly. Marks may open some doors, but character, confidence, and consistency are what truly help a person build a meaningful and successful life.



By -
Baani Dhiman
Class - X-B
(Columnist)

★
CELEBRATING
DAYS THAT INSPIRE,
ACTIVITIES THAT
EMPOWER!

JULY IN FOCUS

.. 2026 ..

“ Every day is an
opportunity to learn,
lead and make a
difference.



1
JULY
(WED)

Doctor's Day
I-III Thank you
Doctors



26
JULY
(SUN)

"Vijay Kargil Diwas
(FB Banner by Comp.
Dept)"
(To be celebrated
on 26th July)



SPORTS



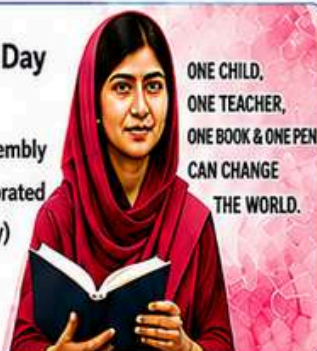
BADMINTON COMPETITION

X-XII
H Badminton
S. F and Finals
(Boys and Girls)



12
JULY
(SUN)

Malala's Day
(SDG 10)
Special Assembly
(To be celebrated
on 10th July)



29
JULY
(WED)

**International
Tiger Day –
Pride of the Forest**

I-XII Inter House
English Debate (SDG 4, 17)
I-XII Documentary Screening
protection of Wild Animals



15
JULY
(WED)

**World Youth
Skill Day**
Decent Work &
Economic Growth
(SDG 8)
IX-XII Shark Tank
(SDG 9, 8)



30
JULY
(THU)

**Documentary on
Wild Animals**
(To be celebrated
on 30th July)
Documentary to
be shown
V-VII I H Badminton
Competition



18
JULY
(SAT)

**Special Assembly
on Nelson Mandela**
(SDG 10) (SDG 16)
I-II Special Act
III-V Description and Draw
VI-VIII Group Story Telling
IX-X I H Badminton
Competition (Boys & Girls)



31
JULY
(FRI)

**Shaheed Udham
Singh Martyrdom Day**
(Special Assembly)
(To be celebrated on
30th July)
Documentary to be shown
V-VIII I H Badminton
Competition



DEBATES



III-XII
Inter House English Debate
(SDG 4, 17)



III-XII
Inter House Hindi
Declaration
(SDG 4, 17)



IMPORTANT DATES



1st July
– National
Doctors' Day



11th July
– World
Population
Day



12th July
– Malala
Day



15th July
– World Youth
Skills Day



18th July
– Nelson
Mandela Day



29th July
– International
Tiger Day



27th July
– APJ Abdul
Kalam Death
Anniversary

“ Small acts, when multiplied by millions of people, can transform the world. ”

HEALTH AND FITNESS

Sleep: The Secret to Student Success

A Late-Night Reality. It was 2:00 a.m. The room was silent except for the ticking of the clock and the faint glow of a phone screen. Books were opened, notes were scattered, and Aarav kept telling himself, "Just one more chapter." The next morning, he walked into school feeling exhausted, unable to focus, and struggling to remember what he had studied the night before. This is a reality many students face in their daily lives.

The Hidden Truth About Success

In the race to succeed, sleep is often treated as unimportant. Many students believe that studying longer hours leads to better results. However, the truth is quite the opposite. Success is not just about hard work—it is also about giving your mind the rest it needs to function properly.

How Sleep Helps the Brain

Sleep is not just rest; it is the time when the brain works the hardest. During sleep, the brain organizes information, strengthens memory, and prepares the body for the next day. For students, this means better understanding in class, improved concentration, and stronger performance in exams. A well-rested mind can grasp concepts much faster than a tired one.



The Effects of Sleep Deprivation

Lack of sleep can have serious consequences for students. It leads to poor concentration, weak memory, and constant tiredness. Students may also feel irritated and distracted, making it difficult to focus in class. Over time, poor sleep habits can affect both mental and physical health, reducing overall performance.



Building Healthy Sleep Habits

Developing good sleep habits is essential for maintaining well-being. Going to bed at the same time each night, avoiding screens before sleep, and creating a calm environment can improve sleep quality. Simple activities like reading or listening to soft music can help relax the mind and prepare it for rest.

Sleep and Student Success

Sleep plays a key role in achieving success. It improves focus, boosts energy, and enhances learning ability. Instead of studying for long hours with a tired mind, students can achieve better results by balancing study with proper rest.

Conclusion

Sleep is not a waste of time—it is an investment in a better future. By prioritizing sleep, students can improve their performance, maintain their health, and reach their full potential. Sometimes, the smartest decision a student can make is to stop and rest.

"Sleep is the best meditation."
— DALAI LAMA

"Early to bed and early to rise makes a person healthy, wealthy, and wise."

— BENJAMIN FRANKLIN



Written by:-
Eknoor kaur
X-B
(Columnist)

REST TODAY, ACHIEVE TOMORROW.



SPOTLIGHT



Mukand Lal Public School Celebrates 100% Results in Class X and Class XII CBSE Board Examinations.

In Class X, the school exhibited exceptional academic results:



Out of a total of 234 students, 38 achieved scores above 90%, while 70 students surpassed the 80% mark. Mehak emerged as the top performer with an impressive 96.8%. Anshika followed closely with a score of 96.6%, and Bhavi Madaan and Navya shared the third position, each securing 95.8%.

- Class X Subject Toppers:
- English – 98: Mehak, Nikunj, Navya Arora, and Saisha
- Science:- 100 : Sai Shorya
- Social Science – 100: Mehak, Madhav Dua
- A.I – 100: Jasmine, Mehak, Priyanshika, Raghav, Madhav Dua, Navya Arora
- Hindi – 94: Raghav, Tanishtha
- Punjabi – 87: Guneet Kaur
- Maths – 95: Kanav, Vasu, Bhavi, Anshika



Class XII Achievements The success continued in Class XII, where students across all streams excelled:



The school once again brought laurels to the institution by achieving an impressive 100 per cent pass result in the CBSE Class XII examinations. A total of 199 students appeared in the examinations, comprising 109 from Science, 68 from Commerce and 22 from Humanities, and all students passed successfully



The school recorded outstanding performances across all three streams. Divya topped the Humanities stream with 97.8 per cent, while Harshit Wadhawan secured the top position in Commerce with 97.2 per cent. In the Science stream, Harshita Bhasin and Anuja jointly topped with 95.4 per cent marks.



Students also excelled in individual subjects.

In Artificial Intelligence, 22 students—Ananya, Avni, Aarushi, Harshita, Priyanshi, Riddhima, Vanika, Vanshika, Ashmi, Jiya, Harshita, Saniya, Q.T., Mahak, Muskan, Rose, Shreya, Anuja Gupta, Jagriti, Mahi, Lavish and Roohan—scored 100 marks. In English, Saanchi and Divya achieved full score, while Pratibha, Navya and Ashmi scored 100 in Physical Education. Aditi secured 100 marks in Music, adding further distinction to the school's outstanding result.

Other notable subject-wise top scorers were:

Accountancy – 99 marks: Harshit Wadhawan

History – 99 marks: Divya

Psychology – 98 marks: Aditi

Chemistry – 98 marks: Anuja Gupta

Mathematics – 97 marks: Harshit

Economics – 96 marks: Divya

Business Studies – 95 marks: Pratibha, Divya, Madhavi, Saanchi, Vanika and Tanmay

Biology – 95 marks: Anushka

Political Science – 95 marks: Divya

Physics – 92 marks: Saniya



The overall academic performance remained equally impressive, with 42 students securing above 90 per cent marks—18 from Science, 21 from Commerce and three from Humanities. Another 77 students scored between 80 and 89.9 per cent, including 44 from Science, 26 from Commerce and seven from Humanities.



Scouts Lead Cleanliness and Plantation Drive

Demonstrating the true spirit of leadership and service, the Scout and Guide team of the school organized a cleanliness drive and plantation activity on 15 May 2026.



The students actively cleaned the school ground and planted saplings across the campus, spreading awareness about hygiene and environmental responsibility. This initiative was effectively guided by Ms. Ruchika and Ms. Anu Mehta, who attended a three-day Scout and Guide Leader Training Camp at Morni Nature Camp, Morni Hills, organized by Bharat Scouts and Guides, and were selected as Group Leaders.



The skills and leadership qualities they gained during the training were clearly reflected in the smooth planning and successful execution of the activities.



The event highlighted how leadership training, when put into action, can inspire collective responsibility and positive change within the school community.

Earth Day

Earth day celebrated on April 22 since 1970, focuses on environmental protection and unites over 190 nations against climate change, deforestation, and pollution through activities like tree planting. Our school marked the occasion with a special assembly on sustainable living and various activities for different classes, including eco-themed projects, a Nature Scavenger Hunt, story writing, and an upcycling workshop.



YOUTH PARLIAMENT

The Youth Parliament is a simulated legislative body that allows students to engage in democratic processes and governance. It provides a platform for students to participate in debates, propose policies, and develop leadership skills. Our school also organized a youth parliament on the campus. Students of classes IX and X participated.



The topic was "Women Reservation Bill." The ruling party and opposition had great debates in the youth parliament. Students who participated included Satyan, Prabhav, Vardhan, Divit, Chetanya, Riddhi Flora, Risha, Aradhya Sharma, Manya, Ankita, Ridhi Kaushik, Aditi, Arush, Ajinkya, Kanishka, Himanshi, and Lovleen from the opposition, while Devanshika, Arpit, Abhishek, Jayant, Namit, Anushka, Kavin, and Kashish were from the ruling party. The role of the speaker was played by Aaradhy Chauhan.

In this activity, students discovered how a real parliament works, how bills are passed, how laws are made, and much more. During the activity, students learned what the Lok Sabha, Rajya Sabha, Parliament, etc., are. The audience was very curious to watch the mock parliament presented by the students. With very high confidence, students presented their roles, such as in the opposition: Rahul Gandhi, Priya Saroj, Mallikarjun Kharge, Shatabdi Roy, Dimple Yadav, Supriya Sule, Priyanka Gandhi, Harsimrat Kaur, Kanimozhi Karunanidhi, and Akhilesh Yadav. In the ruling party, Narendra Modi, Kangana Ranaut, Amit Shah, Yogi Adityanath, Arjun, and J.P. Nadda were present. Youth Parliament initiatives empower young leaders to shape the future by fostering active participation, constructive debate, and a deep understanding of democratic responsibilities.



The Bard of Bengal:

A Legacy That Never Sets

Rabindranath Tagore (1861–1941) was a renowned Bengali polymath—a poet, writer, playwright, composer, and painter who reshaped Bengali literature and music. As the first Asian to win the Nobel Prize in Literature in 1913 for Gitanjali, he is celebrated for his profound poetry and songs. Tagore founded Visva-Bharati University, championed education and internationalism, and composed the national anthems of India and Bangladesh.



Our school celebrated his birthday through various performances. The day started with giving a tribute to Rabindranath Tagore by lightening lamp. Then many students named Darpan, Raghav, Anhad, Mahika, Manas, Trisha, Kashish, Kamyra, Abhiyudya, Divya, Prisha recited his poems.

Many dances were performed by students like Bengali Dance by students of classes 6th to 9th. Kathak by students of classes 1st and 2nd.



Bengali Songs were sung by students of classes 6th to 12th. Junior kids performed English Play named "The Land of Cards".



All the four houses gave their performances. Shradha House performed play named "Women in science", Shanti house "Digital India", Shakti performed on "Green Technology" and Satya house on "Health and Hygiene".

At last Felicitation Ceremony was conducted in which prizes were given, Shanti stood first, Satya stood second, Shradha third and Shakti fourth.

Ink, Truth, and Freedom

Our school commemorated World Press Freedom Day with great enthusiasm and intellectual fervor. This special occasion provided a meaningful platform to delve into and highlight the significance of a free, fair, and responsible press in a democratic society. Students and teachers alike engaged in discussions and activities that underscored the vital role of journalism in upholding democratic values and fostering informed citizenship.



The school was privileged to host esteemed journalists, whose presence added great value to the celebration. They shared their professional experiences and offered deep insights into the role of media in shaping public opinion, thereby inspiring the young minds present.

Mr. Manoj Kumar, District Public Relations Officer, addressed the students with an enlightening speech. He emphasized the importance of truthful reporting, ethical journalism, and the responsibility that comes with the power of information.



Adding further distinction to the event, the school proudly welcomed its alumnus, Mr. Gagan Budhiraja, a respected lawyer at the District Court. He enriched the gathering with his knowledge by highlighting important laws related to media and freedom of expression, making the session both informative and thought-provoking.

The programme also featured engaging interview sessions, where students actively interacted with the guests, gaining firsthand knowledge and clarity on various aspects of journalism and law. The event concluded on a gracious note with the felicitation of the distinguished guests as a token of gratitude and respect.

Reported by
Pranav
9D



SPOTLIGHT

Graduation Ceremony

The school proudly organised the Graduation Ceremony for the outgoing Class XII batch of session 2025–26 in a grand and memorable manner. The event commenced with the felicitation of the school toppers from the Humanities, Commerce, and Science streams. Students who secured 85% and above in the CBSE Board Examination 2025–26 were honoured for their remarkable academic achievements.



The ceremony further acknowledged the dedication and commitment of the student council members, who were awarded for their selfless service and valuable cooperation towards the welfare and discipline of the school.



A significant highlight of the event was the ceremonial passing of responsibilities and legacy. The outgoing Head Boy, Keshav Manga, and Head Girl, Srishti Sareen, along with the council members of session 2025–26, formally entrusted their duties to the newly elected Head Boy, Yatish Dhiman, and Head Girl, Kairavi Shekhar, along with the council members of the present session.

The event concluded on a cheerful note with refreshments being served to students and parents. The ceremony left everyone with a sense of pride, gratitude, and inspiration for the journey ahead.



A Legacy of Open Hands

Sethani Shyama Devi Ji (born May 4, 1939 – passed October 22, 2020) was a revered, compassionate, and motherly figure within the Mukand Lal educational institutions. Wife of Shri Ashok Kumar Ji, she was remembered as a beacon of generosity who supported educational and philanthropic initiatives with a positive outlook. Her legacy continues through charitable acts organized by the institutions, honoring her pure soul and dedication to serving the disadvantaged.



Our school day started with a special assembly in which a tribute was given to Sethani Shyama Ji by the Principal and students. Students learned about Sethani Shyama Ji's life. Our school donated food and clothes to poor and needy people. Classes I and II participated in an activity named "Joy of Giving." In this activity, students donated many clothes, toys, stationery items, food items, etc., to poor people.

On the campus, a corner was designated as the "Donating Corner." Many students donated there. Class V visited an old age home today. They met many people who lived there. Classes VI to VIII had a poetry recitation activity named "Ambassadors of Hope: Poetry Recitation on Compassion." In this activity, students recited different poems on the topic of compassion.

Students of class III participated in an activity called "Kindness Tree." For this activity, a large chart depicting a tree was placed on a wall. Students attached sticky notes to this tree, each note detailing a kind act they had performed for others.

Reported by
Satyan
9 A



SPOTLIGHT SPECTACLES

INVESTITURE CEREMONY

Our School conducted its Investiture Ceremony with great zeal to instil leadership qualities among students. The ceremony began with an oath administered by the Principal Ma'am, Ms. Seema Kataria, who urged students to uphold discipline and responsibility. Yatish Dhiman and Kairavi Shekhar were appointed as The Head Boy and The Head Girl.

MUKAND LAL PUBLIC SCHOOL, SAROJINI COLONY.					
STUDENTS' COUNCIL (2026-27)					
HEAD BOY: YATISH DHIMAN			HEAD GIRL: KAIRAVI SHEKHAR		
HOUSE	CAPTAIN	VICE CAPTAIN	PREFECT	PREFECT (JR)	
SATYA	ABHINAV SEMWAL	VRINDA	ARNAV THAKUR	ADWITEEY CHHOKAR	
SHAKTI	BHUVESH SHARMA	PURVI BHAMBRI	JAYESH NIKUNJ	AGAM	
SHANTI	ADITYA SHARMA	PARIKA SHARMA	TIVR SAHNI	SAISHA	
SHRADHA	RHYTHM NEGI	SRIKSHI AHUJA	ABHAY GAUR	HARSHITA PAUL	
ACADEMIC CAPTAIN (BOY): VINAY KUMAR ACADEMIC CAPTAIN (GIRL): MADHAV DUA CO-CURRICULAR ACTIVITY CAPTAIN (BOY): SURYANSH CHAUDHARY CO-CURRICULAR ACTIVITY CAPTAIN (GIRL): SHAGUN SINGH DISCIPLINE CAPTAIN (BOY): ISHAN DUTTA DISCIPLINE CAPTAIN (GIRL): SHREYA SHARMA SPORTS CAPTAIN (BOY): AYUSH ARYA SPORTS CAPTAIN (GIRL): ANUSHKA ACADEMIC VICE CAPTAIN (BOY): MADHAV DUA ACADEMIC VICE CAPTAIN (GIRL): VRINDA CO-CURRICULAR ACTIVITY VICE CAPTAIN (BOY): KANAV CO-CURRICULAR ACTIVITY VICE CAPTAIN (GIRL): SANNI BHIMAN DISCIPLINE VICE CAPTAIN (BOY): YATHARTH BHATNAGAR DISCIPLINE VICE CAPTAIN (GIRL): TANIST SPORTS VICE CAPTAIN (BOY): PRIYANSH SPORTS VICE CAPTAIN (GIRL): PRANJAL SHARMA					

For the four houses, Abhinav Semwal and Vrinda (Satya House), Bhuvesh Sharma and Purvi Bhambri (Shakti House), Aditya Sharma and Parika (Shanti House), and Rhythm Negi and Srishti Ahuja (Shradha House) were appointed as Captains. Arnav Thakur and Harshita Sharma (Satya), Jayesh and Nikunj (Shakti), Tivr Sahni and Saisha (Shanti), and Abhay Gaur and Harshita Paul (Shradha) were appointed as Vice Captains.



The Prefects included Arnav Pundir and Navneet Kaur (Satya), Agam and Divya Rani (Shakti), Ujjwal and Diksha (Shanti), and Aarush and Swastika (Shradha). The Junior Prefects included Adwiteey Chhokar and Archie Bedi (Satya), Mihir Sharma and Tashi Pal (Shakti), Atish Kumar and Manjeet Kaur (Shanti), and Garvit Arora and Divyanshi (Shradha).



Vinay and Moksh were appointed as Academic Captains, while Madhav Dua and Mehak were selected as Academic Vice Captains. Suryansh Choudhary and Shagun Singh were appointed as Co-curricular Activity Captains, with Kanav and Sanni Bhiman as Vice Captains. Ishan Dutta and Shreya Sharma were entrusted with the responsibilities of Discipline Captains, while Yatharth Bhatnagar and Tanist were appointed as Discipline Vice Captains. Ayush Arya and Anushka were selected as Sports Captains, with Priyansh and Pranjal Sharma as Sports Vice Captains.

The Principal Ma'am congratulated all the newly appointed council members and encouraged them to discharge their duties with sincerity and dedication. The Manager, Mrs. Shashi Bathla, extended her best wishes and motivated students to strive for excellence and contribute positively towards nation-building.



The ceremony concluded on an inspiring note, marking the beginning of a new journey of leadership and service for the young leaders.

ANHAD SINGH GULATI BECOMES MUKAND LAL PUBLIC SCHOOL'S FIRST SDG AMBASSADOR

A WAVE OF PRIDE AND CELEBRATION SWEEPED THROUGH MUKAND LAL PUBLIC SCHOOL, YAMUNA NAGAR, AS ANHAD SINGH GULATI EARNED THE DISTINCTION OF BECOMING THE SCHOOL'S FIRST SDG AMBASSADOR. THIS REMARKABLE ACHIEVEMENT BROUGHT IMMENSE HONOUR TO THE INSTITUTION AND REFLECTED THE SPIRIT OF LEADERSHIP, RESPONSIBILITY, AND GLOBAL CITIZENSHIP AMONG ITS STUDENTS.

ANHAD WAS FELICITATED BY MR. VENGUSWAMY RAMASWAMY, GLOBAL HEAD OF TCS ION, WITH A CERTIFICATE AND MEDAL IN RECOGNITION OF HIS OUTSTANDING ACCOMPLISHMENT. AS PART OF THIS PRESTIGIOUS HONOUR, HE ALSO ENJOYED A SPONSORED TRIP TO MUMBAI ALONG WITH HIS PARENTS. THE MEMORABLE VISIT INCLUDED AN ENRICHING EXPERIENCE AT KIDZANIA AND SIGHTSEEING AT ICONIC LANDMARKS SUCH AS THE GATEWAY OF INDIA, SIDDHIVINAYAK TEMPLE, JUHU BEACH, AND MARINE DRIVE.



SPOTLIGHT SPECTACLES

THE HEART AND HOME :- MOM

Mother's Day, a special occasion celebrated across the globe to honour and appreciate the unconditional love, sacrifices, and vital role of mothers, was celebrated with great enthusiasm in the school campus. The day served as a reminder to acknowledge the immense mental and physical efforts mothers put into nurturing their families and shaping society.



A series of joyful and creative activities were conducted for students of different classes. The Nursery class organized an activity titled "Mom and Me Fun Day", where students filled green paper in disposable glasses, added a flower to create a decorative pot, and pasted photographs of themselves with their mothers. These handmade gifts were presented to their mothers as tokens of love. The tiny tots also recited poems dedicated to Mother's Day.



The main celebration took place in the school auditorium. A large decorative tree was set up, adorned with photographs of students and their mothers, along with creatively designed photo frames. The programme commenced with a traditional lamp lighting ceremony dedicated to Lord Ganesha, invoking blessings for the event.



The function was filled with excitement and warmth as various games were organized for mothers and their children. Students presented solo dance performances dedicated to their mothers, and a melodious group singing performance added charm to the celebration. The highlight of the event was the ramp walk, where mothers confidently walked the stage along with their children, creating memorable moments for everyone present. The celebration concluded on a joyful note, leaving everyone with smiles and cherished memories.



"Life doesn't come with a manual; it comes with a mother."



SPOTLIGHT SPECTACLES

PRERNA-2026 INSPIRING YOUNG MINDS

Mukand Lal Public School, Sarojini Colony, Yamunanagar, successfully organised Prerna-2026, a Science and Mathematics Summer Camp, under the aegis of the Haryana School Education Department, from 3 June to 23 June 2026. The camp aimed to promote scientific temperament, mathematical thinking, innovation, and experiential learning among students.



The camp was inaugurated by Ms. Preeti, Deputy Commissioner, Yamunanagar, in the presence of Ms. Shashi Bathla, Manager, Mukand Institutes; Ms. Seema Kataria, Principal; Mr. Vishal Singhal, DSS; Mr. Sanjay Kamboj, DMS; Mr. Taneja, Director, IPS; Ms. Prem Lata, DEO, and other dignitaries. A plantation drive was also organised on the occasion to promote environmental awareness



Around 140 students from government and private schools enthusiastically participated in the camp, organised in collaboration with ISGEC Institute and SPSTI. Under the guidance of mentors from various IITs, students engaged in hands-on Science and Mathematics activities, Physics and Biology experiments, use of multimeters, Geo Kit and $(a+b)^3$ models, Mobile Science Lab activities, and an exciting Rocket Launch Activity.



A major highlight was an educational visit to IIT Roorkee, which provided valuable exposure and inspired students towards scientific inquiry and higher learning.



The camp concluded with a memorable closing ceremony, featuring a warm welcome by Principal Ms. Seema Kataria, vibrant cultural performances, inspiring speeches, and a presentation by IIT mentors showcasing the camp's journey and achievements.



Prerna-2026 successfully nurtured curiosity, creativity, critical thinking, and problem-solving skills, making learning engaging, practical, and meaningful for young minds.



CHAMPIONS' CORNER

🏆 Sports Extravaganza at Mukand Lal Public School 🏆

Mukand Lal Public School witnessed a series of thrilling sports events in April 2026, celebrating International Sports Day and promoting a spirit of teamwork, discipline, and healthy competition among students.

🏒 Inter-Mukand Hockey Tournament

An Inter-Mukand Hockey Tournament was organized on 6th April for girls of Classes I to IV. The event showcased immense enthusiasm and budding talent. Several exciting matches were played, including a competitive game between Swaraj Public School, Radaur and Swaraj Public School, Damla, where Damla won with a score of 4-2.



Mukand Lal Public School (MLPS) delivered an outstanding performance throughout the tournament. The team defeated Shyama Public School with a score of 4-0 and continued their dominance in subsequent matches. In the final, MLPS secured a remarkable 5-0 victory against Mukand Public School, emerging as the overall champions. The success was guided by the dedicated mentorship of Mr. Anil and Ms Poonam Bhardwaj.



🏀 Inter-House Basketball Matches (Classes IX-X)

On the same day, an Inter-House Basketball Match for Classes IX and X was conducted by the Sports Department. The event included eight teams (four boys' and four girls' teams) and was graced by Honourable Principal, Ms. Seema Kataria.

In the girls' category, Shradha House defeated Satya House in the finals. In the boys' category, Satya House emerged victorious against Shradha House, showcasing exceptional coordination and team spirit.



🏀 Inter-House Basketball Matches (Classes VI-VIII)

Another Inter-House Basketball competition was organized on 15 April for Classes VI to VIII. The matches were conducted smoothly under the supervision of Mr. Anil, with senior students assisting as referees.

In the boys' category, Shanti House defeated Satya House in a thrilling final. Similarly, in the girls' category, Shanti House displayed remarkable performance and secured the championship title.



🏏 Mukand Premier League (Cricket Tournament)

The Mukand Premier League for Classes IX and X added further excitement to the sporting calendar. The tournament featured intense matches between all houses.



Shakti House demonstrated excellent performance throughout the league. In the final against Shradha House, they restricted their opponents to 69 runs with an exceptional bowling display. Captain Agam led the team with confidence during the chase, supported by key contributions from Nawam.



Shakti House successfully chased the target and was crowned the champion of the tournament

**SPORTS TEACHES YOU
CHARACTER, IT TEACHES
YOU TO PLAY BY RULES, IT
TEACHES YOU TO KNOW
WHAT IT FEELS LIKE TO WIN
AND LOSE-IT TEACHES YOU
ABOUT LIFE**



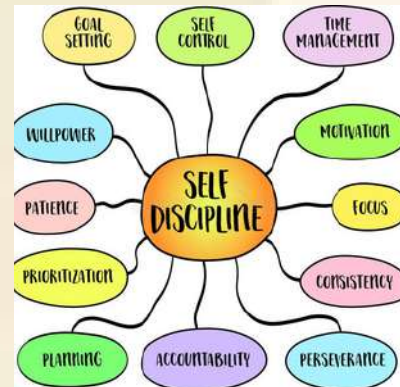
**Reported by
Pranav
IX D**

EXPRESSIONS

DISCIPLINE

Discipline is the soul of living a healthy and mindful life.

Discipline is very important for everyone. Discipline makes our mind store many things in it. If we stay in discipline, our body relaxes and stays energetic. Talking too much wastes your energy. Discipline helps in keeping peace in your surroundings and everywhere you go. It makes you quiet and saves your energy. If you are in discipline, you avoid talking and keep focus on yourself and on your work. It improves your personality. Being quiet and disciplined is very important. It does not mean only to keep quiet. It shows your respect for your elders and youngsters. It plays an important role in your life like water in our body.



It helps us stay healthy and energetic. It makes you feel relaxed and comfortable. So, you should always stay in discipline; it doesn't matter where you are.

Jivika

IX – E

FROM DREAMS TO SUCCESS

FACTS

- A snail can sleep for up to 3 years.
- The ears of a cricket are located on its front legs, just below the knees.
- Baseball bats are made from ash wood or maple wood.
- Some whales get stranded on beaches due to illness, navigation errors, or environmental factors.
- Gold melts at 1064°C.
- Gold boils at about 2856°C.
- Traveling to the Moon by human-powered energy (like pedaling) would take an extremely long and impractical amount of time.
- The length of a day on Earth is increasing very slowly, by about 1.7 milliseconds per century.
- Astronauts cannot whistle on the Moon because there is no air to carry sound.
- Humans are made of elements formed in stars, so we are often called "stardust."

Once, a small boy from a village in Rajasthan loved to play cricket. His father was a poor panipuri seller in the nearby market. This small shop barely earned them a living.

He used to watch other children playing cricket in his area, but nobody let him play with them because he was poor. He got his first bat at the age of 10. One day, when other children were playing and their bat broke, he picked it up, fixed it with tape, and joined them.



His ideal cricketer was Virender Sehwag. His father tried to arrange money to support his dream. As time passed, his father managed to get him admitted to a national cricket academy in Jaipur.

The selectors noticed his talent, and he was picked in the IPL. Rajasthan Royals bought him for ₹3 crore in the auction. Now, he is the opener for Rajasthan Royals.

This story is about the cricketer Yashasvi Jaiswal. Moral: Never stop chasing your dreams.

Shabaz Chawla

IX G



Manvi

VIII G

EXPRESSIONS

Social Media: The Illusion of Being Social

In today's Gen-Z era, social media is very popular. Every month, a new trend comes, and people make reels on Instagram, YouTube, etc. According to these social media platforms, they make us social, but that is not actually true. Today, children keep scrolling reels, which makes them unsocial. Social media also reduces social values among teenagers. There are both advantages and disadvantages of these social media platforms. One disadvantage is that teenagers watch phones for 24 hours. Watching continuously for long hours can damage the eyes. Its advantages are that children can learn education if they choose to do so. Parents must keep a check on their children. They should allow them to use phones for a limited time and encourage them to play outside. Parents must also spend time with their children so that they do not feel lonely.

SAATVIK VERMA IX- G



CREATE YOUR OPPORTUNITIES

Opportunities don't happen; you have to create them.

If we start our day with an empty mind, it becomes our goal to create something new, to learn something, and to grow into a successful person. In the morning, our mind is fresh and free from unnecessary thoughts. If we realize this at the right time, we can use it to learn and achieve something meaningful.

If we want to fulfill our aims, the first step is to learn new things, work hard, show courage, and stay confident. If we have the determination to achieve our dreams, nothing feels too difficult.

We should value time. Use it wisely to study, improve, and encourage yourself. With consistent effort, things become easier.

In the end, always remember: opportunities don't just happen—you have to create them.

Harmeet
IX- D

CHANGING OUR MINDSET

"If you can change your mindset, you can change your life."

It is often said, but rarely implemented. What does changing our mindset mean? Have you ever wondered? Is it changing our looks, our clothes, or our place of living? No, that's not it. It means changing the way you think about yourself, your family, and others.

If you have a positive mindset

and believe, "Yes, I can do it,"

you surely will. Friends, it's not magic or destiny—it's your mindset.

Believe in yourself.

I hope these simple words

can inspire you

to change yours too.

Yes, I am talking about

your life and your mindset.

Saanvi Khanna
IX D



FACTS

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MANVI IX G

EXPRESSIONS

STORY

Riya: The Brave Mage

Riya lived in a world where everyone could learn magic and become a mage. Since she was a child, she wanted to become a mage to protect her hometown from monsters that attacked people everywhere.

In their world, everyone was given a type of magic, and they could learn and use it. At the age of 13, Riya discovered her magic. Her type of magic was water magic. She became very good at her magic and soon joined a squad that travelled around the world to fight monsters that harmed people.

However, when she joined the squad, she came to know that there were mages who were more experienced and stronger than her. She began learning new things from each of them and grew stronger in a very short time. But she did not know what new challenges were waiting for her.

Her squad became very famous in their world because of their great achievements. But one day, they met the right-hand man of the King of Monsters. He was alone, without any army. Riya and her team made many efforts to defeat him, but they could not succeed. In the end, everyone lost their lives except Riya.

Riya fled from there and practised even harder. With time, she became the strongest mage in the world. Finally, she returned and defeated the King of Monsters.

Yashika
IX G

FROM DREAM TO SUCCESS

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Moral: Never stop chasing your dreams.

Shabad Chawla

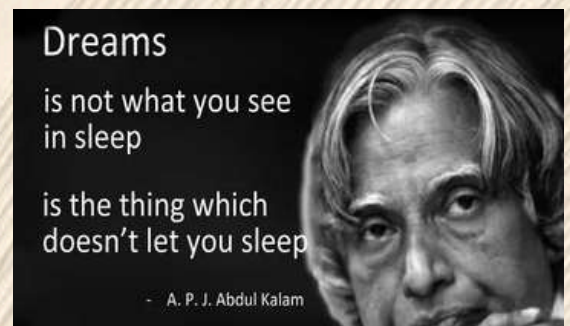
IX G



Create Your Own Opportunities

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If we want to fulfill our aims, the first step is to learn new things, work hard, show courage, and stay confident. If we have the determination to achieve our dreams, nothing feels too difficult.

We should value time. Use it wisely to study, improve, and encourage yourself. With consistent effort, things become easier.

In the end, always remember: opportunities don't just happen—you have to create them.

Harmeet
IX- D

CASE STUDY

From fear to cure: the new era of cancer treatment

By- Avni Kamboj

X - B

Intoduction

Cancer is a group of diseases in which abnormal cells grow uncontrollably and may spread to other parts of the body. It is one of the leading causes of death worldwide. Over the years, cancer medicine has developed significantly, improving survival rates and quality of life.

Analysis

Cancer medicine has evolved from general treatments like chemotherapy to highly targeted and personalized therapies. While newer methods are more effective and safer, they are also costly and not equally accessible. The biggest improvement is the shift towards *precision medicine*, which treats cancer based on individual characteristics rather than a one-size-fits-all approach. However, balancing innovation with affordability remains a major concern.

Recent Advances in Cancer Medicine

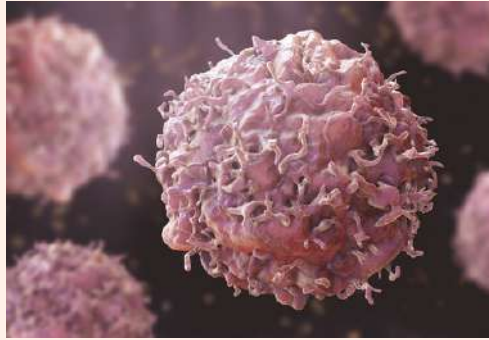
Modern research has brought major improvements:

Personalized Medicine: Treatments are now designed based on a patient's genetic makeup.

CAR-T Cell Therapy: A breakthrough where a patient's immune cells are modified to attack cancer.

Early Detection Technologies: Advanced screening helps detect cancer earlier, improving survival rates.

Combination Therapy: Using multiple treatments together for better results.



Types of Cancer Treatment

Cancer treatment depends on the type and stage of cancer. The main types include:

1. Chemotherapy

Chemotherapy uses strong drugs to kill cancer cells or stop their growth. It is widely used but can also affect healthy cells, causing side effects like hair loss, fatigue, and nausea.

2. Radiation Therapy

This treatment uses high-energy rays to destroy cancer cells. It is often used for localized cancers and can be combined with other treatments.

3. Surgery

Surgery involves physically removing the tumor. It is most effective when cancer is detected early and has not spread.

precise than chemotherapy and reduces damage to normal cells.

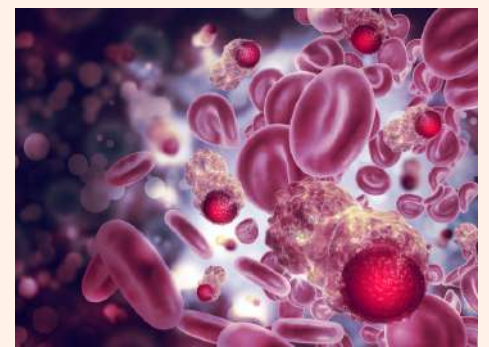


4. Immunotherapy

Immunotherapy helps the body's immune system fight cancer. It is a newer and promising treatment that targets cancer more precisely with fewer side effects.

5. Targeted Therapy

This treatment focuses on specific genes or proteins that help cancer grow. It is more



Challenges in Cancer Treatment

Despite progress, several challenges remain:

High Cost: Advanced treatments are often very expensive.

Side Effects: Some treatments still cause serious physical and emotional stress.

Drug Resistance: Cancer cells can become resistant to medicines over time.

Accessibility: Not all patients, especially in rural areas, have access to advanced care.

Conclusion

Cancer medicine has made remarkable progress, offering hope to millions of patients. Continued research, government support, and awareness are essential to make treatments more affordable and accessible. With ongoing advancements, cancer may become more manageable and even curable in the future.



MATHS CHRONICLE π

"Mastering Maths: Turning Confusion into Confidence"

Maths can be really confusing when you are taking exams. Sometimes maths problems seem like a mystery and solving them quickly can be very stressful. The truth is that maths is a part of our daily life. We use maths to calculate our marks and to check the time. We use maths to manage our pocket money and to buy snacks. We use maths everywhere. Even though many students feel nervous about maths, learning maths hacks can make it much easier and even fun

1 MULTIPLYING BY 6

One useful maths hack is multiplying by 6. When you multiply 6 by an even number, the answer ends with the same digit as the number itself. The tens digit becomes half of that number. This maths hack helps students solve maths problems in their head without writing long calculations.

Examples:

$$* 6 \times 4 = 24$$

$$* 6 \times 8 = 48$$

$$* 6 \times 6 = 36$$



2 SQUARE OF NUMBERS ENDING IN 5 (VEDIC TRICK)

Another interesting maths trick comes from Vedic Maths. This maths trick helps us find the square of numbers ending in 5. Instead of doing long multiplication, we multiply the first digit by the next number and write 25 at the end. This maths trick saves time and effort during exams.

Examples:

$$* 25 \times 25 \rightarrow 2 \times 3 = 6 \rightarrow 625$$

$$* 95 \times 95 \rightarrow 9 \times 10 = 90 \rightarrow 9025$$

3 REPEATED DIGIT DIVIDED BY SUM = 37

Maths has some tricks that feel more like puzzles than calculations. If a three-digit number has the same digit repeated, dividing it by the sum of its digits always gives 37. This maths trick sounds surprising at first. It works every single time and makes maths feel fun and magical.

Examples:

$$* 111 \div (1 + 1 + 1) = 111 \div 3 = 37$$

$$* 222 \div (2 + 2 + 2) = 222 \div 6 = 37$$

4 REPEATING NUMBER TRICK

There is another fascinating maths pattern where a three-digit number is repeated to make a six-digit number. When this number is divided by 7, 11 and 13, it gives back the original three-digit number. Maths tricks like these show that maths is full of hidden patterns.

Examples:



5 MULTIPLY ANY TWO-DIGIT NUMBER BY 11

One of the most helpful maths shortcuts for students is multiplying any two-digit number by 11. Instead of using the normal multiplication method, we add the two digits and place the answer between them. This maths trick is quick, easy and very useful during timed tests.

Examples:

$$* 23 \times 11 = 253 \quad * 41 \times 11 = 451$$

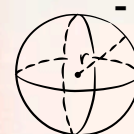
6 DIVISIBILITY RULES (QUICK CHECK)

There are also divisibility rules that help students check answers quickly. A number is divisible by 2 if its last digit is even. A number is divisible by 3 if the sum of its digits is divisible by 3. A number is divisible by 5 if it ends in 0 or 5. A number is divisible by 10 if it ends in 0. These small maths tricks save time and reduce unnecessary calculations.

	Rule	Example
2	Divisible by 2 (Last digit even)	246 is divisible by 2.
3	Divisible by 3 (Sum of digits is divisible by 3)	153 $\rightarrow 1+5+3=9$ 9 is divisible by 3.
5	Divisible by 5 (Ends in 0 or 5)	95 is divisible by 5.
10	Divisible by 10 (Ends in 0)	320 is divisible by 10.

Maths does not always have to feel difficult or scary. These maths tricks may not replace practice, but they definitely make calculations quicker, easier and more interesting. As students, we should try to see maths not just as formulas and homework, but as a subject filled with smart patterns and creative thinking. Maybe then maths will stop feeling stressful and start becoming something we actually enjoy learning.

- Geetali Upadhayay
columnist



$$V = \frac{4}{3} \pi r^3$$

X-A





Language keeps evolving, and so do the ways we express ourselves. From casual conversations to trendy everyday expressions, modern English has added a fresh and interesting twist to common phrases we use daily. In this edition of Talk Titbits, explore creative, stylish, and meaningful alternatives that can make your conversations sound more confident, expressive, and engaging. After all, the right words can turn an ordinary conversation into a memorable one!

1. "I'm surprised"

- 1.) That caught me off the guard.
- 2.) Well, that was unexpected !
- 3.) I didn't see that coming.
- 4.) Now that's a plot twist.
- 5.) Consider me impressed.
- 6.) That genuinely surprised me.
- 7.) Talk about unexpected.
- 8.) That changed the whole vibe.



2. "I'm excited"

- 1.) I'm looking forward to this.
- 2.) This sounds exciting already.
- 3.) I can't wait for it.
- 4.) That's something to be excited about.
- 5.) I'm all set for this.
- 6.) This just made my day better.
- 7.) I'm genuinely thrilled.
- 8.) The excitement is real.



3. "That's difficult"

- 1.) That's easier said than done.
- 2.) Quite a tough nut to crack.
- 3.) That sounds challenging.
- 4.) It's no walk in the park.
- 5.) That requires real effort.
- 6.) It's definitely demanding.
- 7.) That's a task in itself.
- 8.) Not the easiest thing to handle.

4. "Stay calm"

- 1.) Keep your cool.
- 2.) Take it one step at a time.
- 3.) Don't let the pressure win.
- 4.) Stay composed.
- 5.) Breathe and focus.
- 6.) Keep a clear mind.
- 7.) Handle it gracefully.
- 8.) Peace over panic.

5. "Be confident"

- 1.) Own your moment.
- 2.) Walk in like you belong there.
- 3.) Let your work speak loudly.
- 4.) Confidence changes everything.
- 5.) Believe in your potential.
- 6.) Carry yourself with assurance.
- 7.) Trust your abilities.
- 8.) Make your presence count.



6. "I'm confused"

- 1.) I'm trying to process this.
- 2.) That's puzzling.
- 3.) I need a moment to understand this.
- 4.) This has me thinking.
- 5.) I'm a bit lost here.
- 6.) That's not very clear to me.
- 7.) I'm still figuring it out.
- 8.) This feels complicated.



7. "That's impressive"

- 1.) Now that's commendable.
- 2.) Truly next level.
- 3.) That deserves appreciation.
- 4.) You raised the standard.
- 5.) That's genuinely inspiring.
- 6.) Quite remarkable indeed.
- 7.) Excellence at its best.
- 8.) That stands out brilliantly.

8. "I agree"

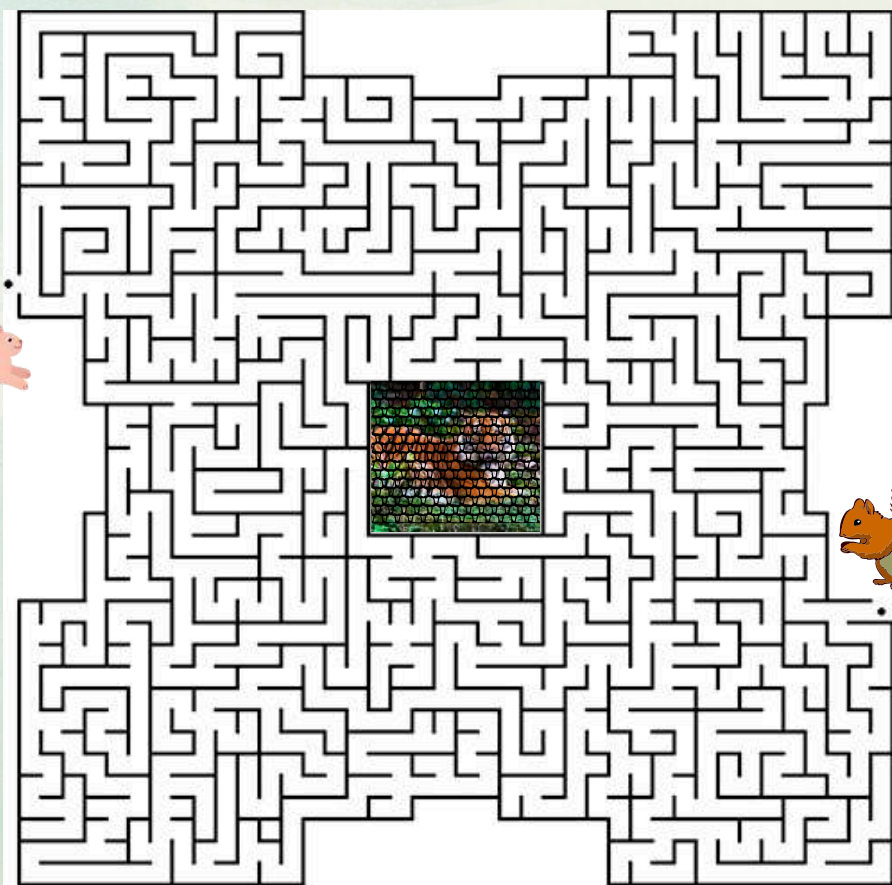
- 1.) You've got a point there.
- 2.) That makes complete sense.
- 3.) I'm on the same page.
- 4.) Couldn't have said it better.
- 5.) That's exactly what I think.
- 6.) I second that.
- 7.) Fair enough.
- 8.) You read my mind.

"Words are powerful — they can inspire, connect, comfort, and create lasting impressions. Speak kindly, express wisely, and let your words reflect the best version of you."

Kairavi Shekhar
Student Chief Editor



FUN ZONE

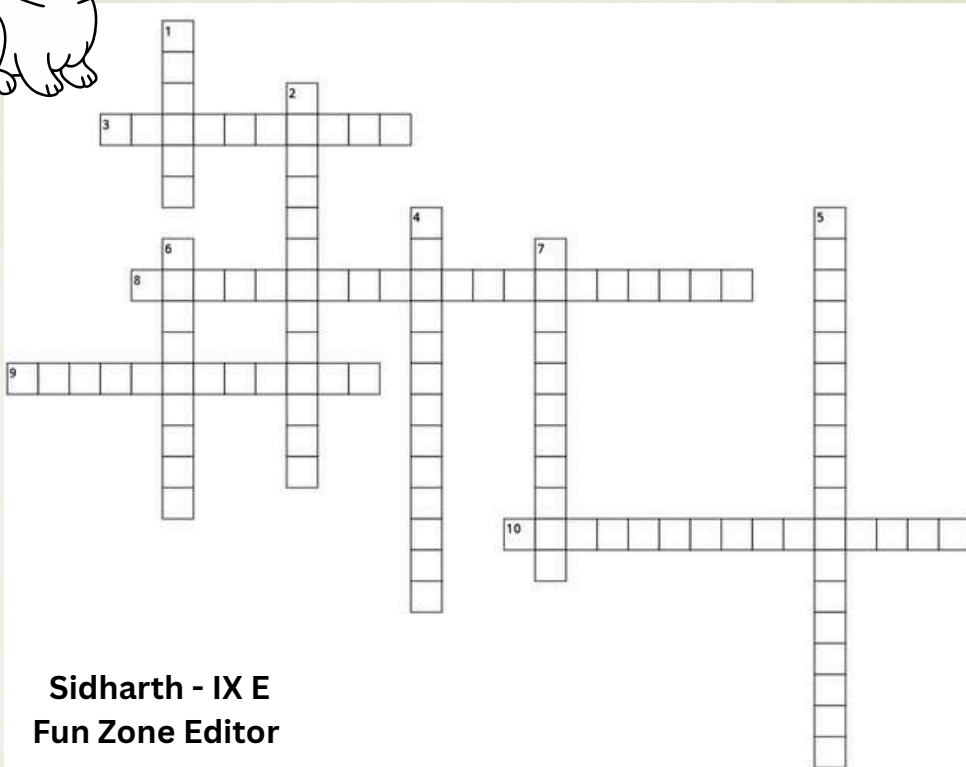


The mind mangler

- What has a face, but can't smile.
- You can break me easily without even touching me or seeing me. What am I ?
- I can fill up a room, but take no space. What am I ?
- What is a bunny's favorite kind of music?
- What kind of room has no doors or windows?
- What can't be used until its broken?
- What begins with T, finishes with T, and has T in it?
- What goes up, but never comes back down?
- What is brown, has a head, and tails, but no legs?
- I am full of holes, I can hold water. What am I ?



The Clash of Clues



DOWN

- 1.}1. Father of our nation
- 2.}2. Teacher's day is celebrated after him
- 3.}4. famous Indian Astronaut
- 4.}5. founder of Indian army
- 5.}6. Tamil nadu CM who brought in mid-day meal scheme
- 6.}7. queen of Jhansi

ACROSS

- 1.}3. missile man of India
- 2.}8. iron man of India
- 3.}9. CEO of famous search engine company
- 4.}10. First prime minister



Sidharth - IX E
Fun Zone Editor

ART ZONE

