



MSS NEWS

MANAV SEHYOG SCHOOL, JALANDHAR (PB.)
(A CBSE AFFILIATED SR. SEC. SCHOOL)

MONTH: APRIL-JULY(2025)

EDITION: #1

JALANDHAR, PUNJAB



A Blessed Beginning to the Academic Session 2025-26

Manav Sehyog School welcomed the academic session 2025-26 with a sacred Hawan Ceremony, invoking the divine grace of Goddess Saraswati to enlighten our path with wisdom, learning, and inner clarity. The serene hymns and spiritual aura set a tranquil and purposeful tone for the journey ahead. The presence of our visionary Chairman Dr. S.K. Sharma Ji and respected Management Members added depth and dignity to the occasion. Their continued guidance, unwavering commitment, and inspiring vision stand as pillars of strength as we embark on another year of meaningful learning and academic excellence.



The first day of the new academic session at Manav Sehyog School was a vibrant blend of enthusiasm, creativity, and heartfelt smiles. Students were welcomed with traditional rituals, beautifully echoing our rich cultural heritage and values—creating a warm sense of belonging, joy, and celebration across the campus.

Baisakhi-Embracing the Festive Spirit

The school was abuzz with vibrant hues and joyous rhythms as students came together to celebrate Baisakhi—the vibrant harvest festival of Punjab. The day echoed with cultural pride, traditional fervor, and a shared spirit of togetherness, truly bringing the festive essence to life.



Parent Orientation Sessions

The academic year began with interactive Parent Orientation Sessions led by Principal Sapna Kumar and the respective Co-ordinators. Aimed at fostering collaboration between parents and educators, the sessions highlighted key aspects of the school's curriculum, NEP 2020 implementation, assessment patterns, and co-curricular focus.



Principal Sapna Kumar emphasized the importance of parent involvement and open communication in a child's educational journey. She also addressed questions and concerns with clarity and warmth.



The sessions concluded with an inspiring note on shared responsibility, leaving parents reassured and aligned with the school's mission of nurturing confident, capable, and compassionate learners.

World Earth Day – Nurturing Eco-Consciousness



In observance of World Earth Day, students enthusiastically participated in a range of eco-conscious activities that highlighted the need for environmental stewardship. From impactful awareness posters to hands-on sustainability projects, their efforts reflected a deep commitment to protecting our planet. These young changemakers reaffirmed their role as responsible global citizens dedicated to a greener and healthier future.

Celebrating Love and Gratitude



To honour the unconditional love of mothers, students celebrated Mother's Day with touching tributes and joyful expressions. Through soulful songs, heartfelt poems, and creative performances, they conveyed deep appreciation and affection. The event was a beautiful blend of emotions, love, and gratitude—making it a truly memorable and heartwarming experience for all.

Workers' Day- Honouring Our Everyday Heroes

To celebrate the spirit of dedication and hard work, the Operation Smile Club of the school organised a heartfelt Workers' Day celebration. The event was a tribute to the invaluable contributions of our support staff—the true pillars of our school community.



Students expressed their gratitude through songs, handmade cards, and warm gestures, acknowledging the tireless efforts of those who work silently behind the scenes. The atmosphere was filled with appreciation, respect, and joy, making it a truly touching celebration.

The day served as a powerful reminder of the dignity of labour and the importance of recognising every individual's role in building a better world.

Career Counseling Orientation-Guiding Futures with clarity



A well-structured career counseling orientation was conducted to empower students in making informed choices about stream and subject selection. The session offered valuable insights into diverse career pathways, highlighting emerging fields and traditional options alike.

Students were guided to align their academic decisions with their personal interests, strengths, and long-term goals. The interactive session also addressed common doubts, encouraging self-reflection and goal setting. It served as a crucial step in helping learners navigate their future with clarity, confidence, and purpose.

Mental Health & Substance Awareness Session



The school organised a high-impact Mental Health & Substance Awareness workshop for Grades VII-XII, featuring eminent psychologist Dr Vanita Goswami. Blending research insights with real-life anecdotes, Dr Goswami demystified anxiety, depression, peer pressure and addiction triggers, while stressing the link between balanced mental health and academic success. Handy Stress Buster techniques—deep-breathing, journaling and digital-detox habits—were practised on the spot. The session culminated in a collective pledge by students and staff to safeguard their mental well-being and stay substance-free.

Partnering for Progress



Parent-Teacher Meetings were held to strengthen collaboration between parents and educators. These meaningful interactions provided an opportunity to discuss students' academic performance, behaviour, and overall development. Teachers shared feedback and strategies for improvement, while parents offered valuable insights. The sessions reinforced the importance of teamwork in nurturing confident, well-rounded learners and supporting their educational journey.

Environmental Awareness Rally- Voices for a Greener Tomorrow

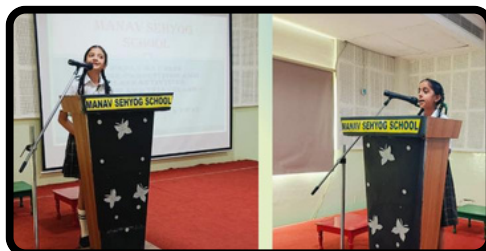


Organised by the Eco Club, students visited the village Jamsheer to conduct an Environmental Awareness Rally aimed at promoting environmental protection. The rally featured a powerful Nukkad Natak (street play), engaging the local community and shedding light on critical environmental issues.



With vibrant posters, impactful slogans, and meaningful performances, students encouraged villagers to adopt eco-friendly habits and take collective action for a sustainable future. The initiative served as a strong step towards community sensitization and environmental stewardship.

Inter-House Hindi Debate Competition



Students from all houses participated enthusiastically in the Inter-House Hindi Debate Competition. The event provided a platform for students to express their views on contemporary issues with clarity, confidence, and conviction. It was a vibrant display of language skills and critical thinking.

Inter-House Stream Bridge Contest

The Inter-House Stream Bridge Contest challenged students to connect concepts across different academic streams. Encouraging innovation and teamwork, the contest fostered interdisciplinary learning and showcased the creativity and analytical skills of participants.



Express to Impress- Show and Tell Activity

Students of Grade I and II lit up the stage during the Show and Tell activity, confidently expressing their thoughts with enthusiasm and creativity. The event served as a wonderful platform to build communication skills and self-confidence in our young learners.



Trip to Wonderland

Students of Grades I to V and IX to XII embarked on an exciting and joyful trip to Wonderland. The day was filled with thrill, laughter, and unforgettable memories as students enjoyed adventurous rides, fun activities, and time with friends. The trip provided a perfect blend of recreation and bonding, making it a cherished highlight of the summer.



Martyrdom Day of Shri Guru Arjun Dev Ji



To mark the Martyrdom Day of Shri Guru Arjun Dev Ji, the Operation Smile Club of Manav Sehyog School organized a Shabeel with devotion and humility. Students and teachers came together to serve sweetened water, spreading the message of sewa (selfless service), compassion, and community spirit. The event was a heartfelt tribute to the Guru's legacy of sacrifice and humanity..

Saluting Success: Felicitation Ceremony 2025

On 29th May, Manav Sehyog School hosted a grand Felicitation Ceremony to honour the outstanding achievers of Grades X and XII who secured 85% and above in the Board Examinations. The celebration was a tribute to their relentless hard work, dedication, and academic brilliance. The event also served as a source of inspiration for younger students, motivating them to pursue excellence and aim high in their academic journey.



Splash of Joy at Summer Camp!

As part of the Summer Camp, the Kindergarteners enjoyed a vibrant Splash Party on 29th May. The little ones had a delightful time splashing in water, dancing to music, and playing fun games. It was a refreshing day filled with giggles, cheer, and cool memories—the perfect way to beat the summer heat!



Harmony Within: Celebrating International Yoga Day with Purpose and Peace

Manav Sehyog School celebrated International Yoga Day with vibrant enthusiasm and wholehearted participation. Through guided sessions and simple asanas, students and staff embraced the physical, mental, and spiritual benefits of yoga. The event beautifully reinforced the importance of mindfulness, discipline, and a balanced lifestyle, inspiring all to make yoga a part of their daily routine for lasting health and inner peace.



MSS Shines with 100% Success in CBSE Grade X & XII Board Results 2024-25

Students showcased outstanding performance, reflecting their hard work and the unwavering support of dedicated teachers and parents. The school takes immense pride in this collective achievement and congratulates all students on their well-deserved success.

X-SCHOOL TOPPERS



HARMANJIT KAUR
92.8%



GURTAJ SINGH
91.8%



AVNEET KAUR
91.6%



HARMANJIT KAUR



HARSIMRAN KAUR



AVNEET KAUR



SOURAV KUMAR



GURTAJ SINGH

XII-SCHOOL TOPPERS

COMMERCE



HARJOT SINGH
94.2%



DIVYA MOHAN
93.2%



ARMANJOT KAUR
91.8%



BABLEEN KAUR
90.4%



AASHIMA SOAL
90%

HUMANITIES



PRABHJOT MAHEY
96%



HARMANPREET KAUR
88.6%



ARSHDEEP KAUR
88.4%

SCIENCE



BHUMIKA MOHAN
88.4%



RAMANPREET KAUR
86%



BHUMIKA SIDHU
77.6%

X-SUBJECT TOPPERS



PRABHJOT MAHEY



BHUMIKA MOHAN



HARJOT SINGH



HARNOOR KAUR



ANMOLDEEP KAUR



ARSHDEEP KAUR



SIMRAN



HARMANPREET KAUR



HARMEET KAUR



GURSEWAK SINGH



DIVYA MOHAN



AASHIMA SOAL



ARMANJOT KAUR



RAMANPREET KAUR

Empowering Educators Through Values: CPD Session with Dr. Ashwani Rana



A transformative 6-hour Continuous Professional Development (CPD) session on Values Education was conducted, led by Dr. Ashwani Rana, Dean, School of Liberal Arts, GNA University. The workshop inspired educators to embed compassion, empathy, and integrity into their teaching practices. The initiative was thoughtfully supported by Souvenir Publication, reinforcing a strong commitment to holistic and value-based education.

Hands That Save: Students Trained in Life-Saving Skills

A comprehensive Basic Life Support (BLS) training session was conducted for students, led by the school nurse. Through hands-on CPR practice, they learned essential life-saving techniques, gaining the confidence and knowledge to respond effectively in emergencies. The session emphasized the value of quick, calm, and informed action when every second counts.



Sowing seeds of a better tomorrow!

Students of Manav Sehyog School celebrated nature by planting saplings and engaging in green activities, promoting environmental awareness and responsibility.



Flavours Without Flame: Young Chefs Showcase Creativity

Students enthusiastically participated in the Cooking Without Fire Competition, crafting wholesome dishes and refreshing beverages without the use of gas or electricity. The event celebrated culinary creativity, teamwork, hygiene, and sustainable practices, as young chefs transformed everyday ingredients into delightful treats—proving that great taste needs only imagination, not flame.



Cyber Smart Future Begins with Awareness and Action

Ms. Deeksha Mittal from Lovely Professional University conducted an inspiring and interactive session on Digital Safety for students from Grade III onwards. The workshop equipped students with crucial knowledge about safe online practices and introduced ethical hacking as a forward-thinking and responsible career path, nurturing confident, aware, and cyber-smart digital citizens of the future.



Little Voices, Big Confidence: Kindergarteners Shine Bright

Kindergarteners joyfully introduced themselves, sharing their favourites and hobbies in a lively classroom setting. The fun-filled activity nurtured confidence, enhanced communication skills, and fostered peer connections, creating a warm and engaging environment where every little voice was heard and celebrated.



Quiz Whiz : Kids in Action!



The brilliant young minds of LKG and UKG at Manav Sehyog School enthusiastically participated in a Quiz Activity on Wednesday, 16th July 2025. Their curiosity, confidence, and eager responses turned the session into a delightful experience of joyful learning and teamwork.

Shadows Come Alive: Young Performers Dazzle with Puppet Show



Students of grades I and II mesmerized the audience with a captivating Shadow Puppet Show, featuring handcrafted puppets that vividly brought animals and nature to life. The performance was a beautiful blend of creativity, teamwork, and confidence, leaving the audience inspired, delighted, and in awe of the young artists' imaginative storytelling.

Voices for Equality: Poetic Expressions of Change

Students of grades VI to VIII showcased their creativity and conviction during the Inter-House Poem Recitation on SDG 5 – Gender Equality. Through compelling verses, they powerfully conveyed the need for equal rights, respect, and opportunities for all. The event inspired a shared vision of a just, inclusive, and balanced world, driven by empathy and empowerment.



Learning for a Greener Tomorrow!



Manvians of grades VI to VIII attended an insightful session on Waste Management by Ms. Shivani from LPU, aligned with SDG 12 – Responsible Consumption and Production. Empowering young minds to think sustainably and act responsibly.

Champions All the Way: A Clean Sweep in U-14, U-17 & U-19 Volleyball



A moment of pride and glory as Manav Sehyog School clinched 1st place in the Under-14, Under-17, and Under-19 categories, a testament to the unwavering dedication and talent of our star players. Heartfelt applause to Coach Subash, whose exceptional leadership transformed hard work into a remarkable victory.

Celebrating Culture, Tradition, and Festivity

Manav Sehyog School came alive with vibrant celebrations, rejoicing in the colours of culture, grace of tradition, and rhythm of festivity. The event was filled with joyful songs, dances, and smiling faces, creating memories of unity and cheer.



School Managing Committee 2025

S.No	Name	Designation
1	Dr. S.K. Sharma, MS	Chairperson
2	Dr. (Mrs.) Sushma Chopra	Member
3	Sh. M.R. Gupta	Member
4	Sh. Vimal Jain	Member
5	Sh. Ashok Verma	Member
6	Sh. Vinesh Jain	Member
7	Sh. J.C. Arora, CA	Member
8	Sh. Alok Sondhi	Member
9	Sh. Charanjit Maingi	Member
10	Dr. Swapan Sood	Member
11	Dr. V.K. Vasudev	Member
12	Sh. Sandeep Jain	Member
13	Sh. Ramesh Sewak	Member
14	Sh. Sunil Malhotra	Member
15	Sh. Harish Gupta	Member
16	Sh. Amit Gupta	Member
17	Sh. Rahul Jain	Member
18	Mrs. Sapna Kumar (Principal)	Joint Secretary
19	Smt. Meenakshi Jain	Member
20	Mrs. Radha Gakhar	CBSE School Member
21	Mr. Honey Mehta	CBSE School Member
22	Ms. Neha Sharma	Member
23	Ms. Manpreet Kaur	Member
24	Ms. Kamaljit Kaur Bhagra	Member
25	Mr. Avtar Singh	Member



Summer Homework Exhibition & PTM

Recently our students showcased their talent and dedication through a vibrant Summer Homework Exhibition, reflecting their creativity and hard work. Alongside, a productive Parent-Teacher Meeting (PTM) fostered meaningful discussions, strengthening the home-school partnership for every child's growth.



Kicking Towards Glory: U-17 Football Team Shines at Zonal Championship



A proud moment as the talented Under-17 football team of Manav Sehyog School secured 3rd place in the Zonal Football Championship. With unwavering passion, perseverance, and a powerful performance, our young athletes displayed true sportsmanship and brought pride to the field. Kudos to the team for their inspiring journey!

Champions in the Making: Inside MSS Sports Academy



Unleashing Potential at MSS Sports Academy

The school proudly inaugurated the MSS Sports Academy, a dedicated initiative to promote physical fitness, discipline, and sportsmanship among students. The Academy aims to nurture budding athletes by offering structured training across multiple sports like athletics, Football, Basketball, Volleyball, Lawn Tennis, Cricket and more.



Equipped with expert coaches and modern facilities, the academy creates a professional environment for students to explore their talent and enhance their physical endurance. The official launch event witnessed an enthusiastic display of various sports drills, team formations, and interactive sessions with seasoned athletes.

MSS Sports Academy is more than just training—it's about building confidence, teamwork, and leadership skills. With a mission to develop champions on and off the field, this initiative empowers students to balance academics and athletic excellence with grace and grit.

Fitness First – A New Era in School Sports

The Sports Academy kickstarted its first quarter with morning fitness drills, yoga sessions, and endurance challenges. These activities sparked high energy among students and strengthened the school's commitment to overall wellness.



Parents and staff lauded the academy's focus on holistic development, expressing their appreciation for the school's efforts to build strong bodies and sharper minds.

Empowering Future Champions

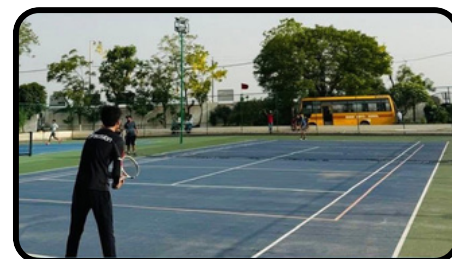
Under the mentorship of trained professionals, students are receiving regular assessments and personalized feedback to help them grow in their chosen disciplines. MSS remains committed to supporting students with opportunities to participate in district, state, and national-level tournaments.



Pursuit towards Excellence

The MSS Sports Academy isn't just about physical training — it's a journey of self-discovery, perseverance, and achievement. Students are showing remarkable dedication and progress, learning the true meaning of sportsmanship and resilience through every match and drill.

Whether it's early morning practice or evening coaching sessions, our young athletes are being molded into disciplined, focused, and confident individuals, ready to take on bigger arenas.



With a vision to become a centre of sports excellence, MSS Sports Academy plans to introduce advanced training modules, fitness and nutrition workshops, and expert guest sessions in the upcoming months.

Students will also be given opportunities to represent MSS at external competitions and tournaments — taking their dreams to the next level.