



MSS NEWS

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

MONTH: AUG.-OCT.(2025)

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JALANDHAR, PUNJAB

District-Level Excellence: Manavians Shine at Independence Day Celebrations



Our students added another feather to the school's cap by participating in the District-Level Independence Day celebrations on August 15th. Their energetic and heartfelt performances left a lasting impression, showcasing their talent, discipline, and deep-rooted patriotism. Their involvement was a proud representation of the Manavian spirit.

Leadership for Tomorrow: Investiture Ceremony 2025-26

On the same day, we proudly held our Investiture Ceremony for the academic year 2025-26. The newly elected Student Council and House Captains took their oaths to lead with integrity, courage, and commitment. The ceremony was a powerful moment that marked the beginning of their leadership journey. Chief Guest Dr. Vasudev reminded them that true leadership lies in service, responsibility, and vision.



79th Independence Day: Honouring Freedom with Pride

Patriotism swept through the campus as we celebrated the 79th Independence Day with grandeur and spirit. The celebration included a flag hoisting ceremony, disciplined march past, and a dynamic cultural programme featuring patriotic songs, mime, and dance performances. We were honoured by the presence of Chief Guest Dr. V.K. Vasudev and Guest of Honour Dr. SwapanSood, whose inspiring words encouraged students to uphold the values of our nation and strive for excellence in every sphere of life.



Manav Sehyog Shows Compassion in Action

The Manav Sehyog family extended support to Punjab flood victims with a generous donation, presented to Dr. Himanshu Aggarwal, Deputy Commissioner, Jalandhar.

A proud moment reflecting our values of empathy and service to humanity.



Empowering Minds, Earning Honours!

At the Academic Excellence Awards 2025 hosted by GNA University under its 'Aabhar' initiative, Ms. Sapna Kumar (Principal), Ms. Manpreet Kaur (PGT English), and Ms. Sunita (PGT Painting) were felicitated for their outstanding contributions to education.

Their dedication and passion reflect the true spirit of Manav Sehyog School.



Golden Glory in Zonal Volleyball: MSS Shines on the Court

With unwavering determination and fierce teamwork, our girls achieved stellar results at the Zonal Volleyball Tournament held at Innocent Hearts School, Loharan. Our school clinched first position in Under-14, Under-19 categories and second position in Under-17 category. Their success reflects the dedication and relentless practice guided by their mentor, Coach Subash. These victories are not just medals but a celebration of sportsmanship and resilience.



A New Milestone: Inauguration of the Junior Computer Lab

A proud moment in our school's journey was the inauguration of the Junior Computer Lab, dedicated to the memory of Dr. Ramesh Kanta Sharma. This state-of-the-art facility was inaugurated by Dr. SwapanSood and Dr. SeemaSood, and is designed to introduce young learners to the world of technology. It stands as a symbol of our commitment to empowering students through digital education and innovation.



Cricket Champions in the Making: U-17 Girls Secure Runner-Up Position

Our Under-17 girls' cricket team displayed tremendous talent and determination, earning the runner-up title in the Zonal Cricket Tournament. Their consistent performance and strategic gameplay were a source of pride for the entire school community. The tournament was a thrilling journey that highlighted their teamwork, discipline, and passion for the sport. Congratulations to our young cricketers and their dedicated coach for this remarkable achievement.



Empowering Educators: CBSE Workshop on Mental Health and Wellness



On August 23rd, 2025, ManavSehyog School hosted a CBSE Capacity Building Programme focused on promoting mental health and well-being among students. The workshop, led by resource persons Ms. Jinny Talwar and Ms. Rajwinder Pal, covered vital topics such as digital detox, stress management,

mindfulness, and understanding students' mental health needs. Teachers actively participated in a creative competition on recognizing symptoms of mental stress and finding effective solutions. The session offered valuable tools to create more empathetic and mentally healthy classrooms.

Pioneers in Action: Class XII Visits Atam Valves



Our Class XII students visited Atam Valves on 1st October 2025, gaining real-world insights into industrial functioning.

The experience sparked innovation, responsibility, and a deeper understanding of sustainability, connecting classroom learning with real-life applications.



Sweet Awareness: Students Lead Sugar Intake Campaign

In support of CBSE's health initiative, our students conducted a Sugar Intake Awareness Drive with great enthusiasm and purpose. With the powerful slogan, "Don't let sweetness steal your strength—be aware, be sugar smart!", they encouraged peers to make healthier dietary choices. This campaign helped spread awareness about the risks of excessive sugar consumption and promoted conscious, informed eating habits among the school community.

"Real Education Should Educate us out of Self into Something far Finer; Into a Selflessness which links us with all Humanity".

Kindness in Action: Little Learners Enjoy 'The Lion and the Mouse'

Our youngest students from Pre-Nursery to UKG had a joyful learning experience through the classic fable, "The Lion and the Mouse." This storytelling session, filled with laughter and curiosity, taught them the timeless values of kindness, humility, and friendship. Through this simple tale, our little learners discovered that even the smallest acts of kindness can have the biggest impact.

Janmashtami Jamboree: A Celebration of Devotion and Joy



The spirit of devotion came alive at MSS during our Janmashtami celebrations. The campus was filled with divine energy as children dressed as Lord Krishna and Radha, taking part in vibrant festivities. The event was a colourful display of tradition and joy, reminding us of the deeper values these festivals bring—love, unity, and spiritual connection.

Science is Magical: Exploring Atmospheric Pressure

Young scientists at MSS recently performed a simple yet captivating science experiment that left everyone amazed. By turning a glass full of water upside down without spilling a drop, they learned about the wonders of atmospheric pressure. This hands-on activity sparked their curiosity and showed how science can be both magical and meaningful when students are given the opportunity to explore and experiment.



Pride of Manav Sehyog!

Congratulations to our alumnus Hritik Karra (Batch 2022–23) for earning a seat in the MBBS program at Government Medical College, Patiala. His hard work and determination make us proud and inspire fellow students.



Teacher's Day Celebration

Honouring a legacy that continues to inspire, Manav Sehyog School celebrated Teachers' Day with heartfelt gratitude and enthusiasm. The event paid tribute to Dr. Sarvepalli Radhakrishnan, whose ideals reflect in the dedication and commitment of our educators. The celebration acknowledged the invaluable role teachers play in shaping young minds and building a brighter future.



District Cricket Tournament U-17 Champions

Our talented players brought laurels to the school by winning the District Cricket Tournament (Under-17) and securing a place in the State-Level Championship. Avneet Kaur, Harjot Kaur, Gurleen Gaury, and Riya Sheemar displayed outstanding teamwork, determination, and sporting spirit throughout the matches. Their achievement reflects dedication, discipline, and the true essence of sportsmanship.



State-Level U-19 Volleyball Runners-Up

Exemplifying determination and sportsmanship, Varishti Batra and Chahat Mehra brought immense pride to Manav Sehyog School by securing the Runners-Up position at the State-Level U-19 Volleyball Championship. Their outstanding performance and unwavering spirit showcased true teamwork, resilience, and excellence—values that define the Manav Sehyog legacy.



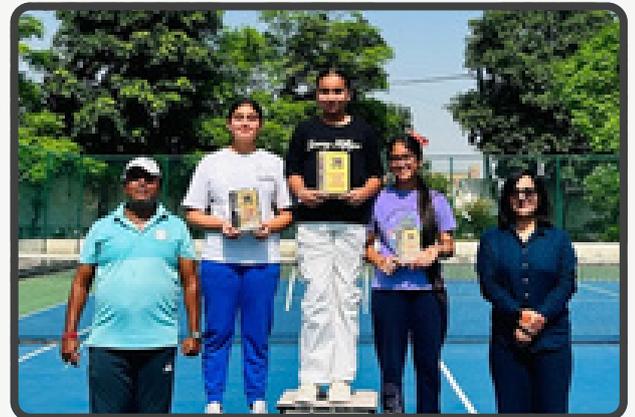
Recognition for Excellence in Teaching

The school takes immense pride in sharing that Ms. Varinder Kaur, PGT (Punjabi), has been honoured with the Desh Raj Vedhara Memorial Best Teacher Award 2025 by DRV DAV Centenary Public School, Phillaur. The award is a testament to her unwavering dedication, passion for teaching, and commitment to academic excellence. The management and staff of the school extend heartfelt congratulations to Ms. Varinder Kaur on this well-deserved recognition.



Open School Tennis Championship 2025

The school proudly hosted the Open School Tennis Championship 2025, a celebration of passion, perseverance, and performance. Young athletes demonstrated remarkable skill, discipline, and sportsmanship throughout the event. The championship stood as a reflection of the institution's commitment to nurturing excellence in both academics and sports.



English Week Celebration

English Week was celebrated with great zeal and creativity! Students showcased their linguistic flair through an impressive play on Julius Caesar, engaging vocabulary games, inspiring TED Talks, spirited debates, expressive story narrations, and fascinating "Amazing Facts" sessions. The week truly highlighted the beauty of language, imagination, and expression, leaving everyone enriched and inspired.



Smile Club Health Camp Initiatives

The students of the Smile Club and Students' Council actively participated in community outreach programmes organized by the Manav Sehyog Society. Health check-up camps were held in the flood-affected villages of Diwali and Khunkhun, where over 150 residents received medical consultations and essential medicines. The initiatives were supported by village representatives including Sarpanch Sh. Sandeep Kumar, Ms. Gurjit Kaur, Panchayat members, and social organizations such as Shri Guru Singh Sabha Gurudwara and Dr. B.R. Ambedkar Welfare Society. These compassionate efforts by the students reflected the true spirit of service, spreading hope, care, and humanity within the community.



Campus Lights Up with Pre-Diwali Creativity

This Diwali, our campus was filled with creativity and festive joy as both junior and senior students took part in a range of engaging activities. The junior wing enthusiastically decorated diyas and created colourful paper crafts using vibrant paints, glitter, and handmade designs, filling the classrooms with the spirit of the festival. The senior wing showcased their artistic skills through mehndi designing and nail art, presenting intricate patterns and beautifully themed work that reflected the cultural richness of Diwali. The celebration turned into a wonderful blend of learning, collaboration, and creativity, capturing the true essence of the festival.



“You must not lose faith in humanity. Humanity is an ocean; if a few drops of the ocean are dirty, the ocean does not become dirty”.

Diwali Mela 2025 - A Festival of Joy and Togetherness

Manav Sehyog School gleamed with festive spirit as students, parents and staff gathered for the Diwali Mela 2025 on 18th October. The campus buzzed with colours, music, and excitement, creating an atmosphere of celebration and unity.



The STEM Exhibition

The STEM Exhibition highlighted young innovators creative science projects and experiments, while the Book Fair drew readers with interactive displays and engaging stories. Adding to the fun were rides, games and lucky draws making the day full of laughter, learning and unforgettable memories - a true celebration of Diwali's joy and togetherness



Cultural & Talent Auditions

Cultural & Talent Auditions by the Dance Sports Council of Punjab offered a vibrant platform for students to showcase their artistic flair through dance, music and drama.

