

SEHWAG INTERNATIONAL SCHOOL

# SJS Spectrum

THE MONTHLY NEWSLETTER



VOLUME 2



## ISSUE OF May Month

★ Sehwag International School ★

May 2025 Newsletter

Theme: "Progress in Every Step!"

As summer's warmth envelops us, May at Sehwag International School has been a month filled with purpose, learning, and joyful expression. With the academic calendar gaining pace, students and staff alike embraced every opportunity to grow and connect.

Highlights of the month included the Inter-House Mathematics Quiz, showcasing sharp minds and quick thinking; the Kavita Vachan Pratiyogita, where students brought poetry to life with emotion and expression; and a special Stress Management Workshop for teachers, emphasizing well-being and balance for our dedicated educators.

Together, we continue to move forward—one thoughtful, confident step at a time.

Stay Focused | Stay Motivated | Stay United







# SJS Spectrum



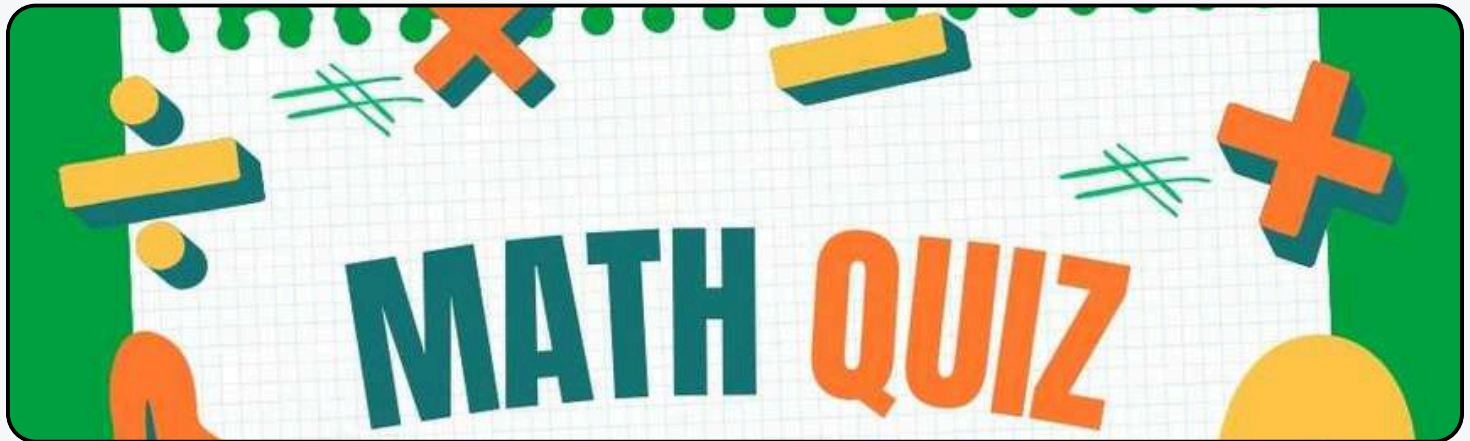
## Inter-House Mathematics Quiz 2025 "Where Numbers Meet Nerves!"

May month at Sehwa International School saw a celebration of intellect and teamwork with the Inter-House Mathematics Quiz, held on 3rd May 2025 in the school gymnasium. Organized by the Mathematics Department, the event was thoughtfully designed to challenge students' analytical thinking, visual interpretation, and rapid mental math skills.

Students from Grades 6 to 12 were grouped into two categories, representing the four school houses—Atharva, Rig, Saam, and Yajur Sadan.

The quiz featured three rounds:

- Problem Solving Round: Scenario-based questions tested depth of understanding
- Visual Round: Interpretation of graphs, patterns, and trends
- Rapid Fire Round: Quick thinking under pressure



The competition was fierce, but it was Sama Sadan who emerged as the Overall Winner, demonstrating excellence and precision in both junior and senior categories.

The event drew enthusiastic participation from both students and faculty, with a lively and supportive audience cheering on. It wasn't just about solving math problems—it was about building confidence, fostering collaboration, and nurturing a love for logical thinking.





## ✦ अंतर-सदनीय हिंदी कविता वाचन प्रतियोगिता ✦

सेहवाग इंटरनेशनल स्कूल में दिनांक 5-05-2025 को अत्यंत उत्साहपूर्वक अंतर-सदनीय हिंदी कविता वाचन प्रतियोगिता का आयोजन किया गया। इस प्रतियोगिता का उद्देश्य विद्यार्थियों में नैतिक मूल्यों की स्थापना करना और प्रेरणादायक चिंतन को प्रोत्साहित करना था।

कविता वाचन की विषयवस्तु “नैतिक” एवं “प्रेरणात्मक” रखी गई, जिन पर आधारित कविताओं की रचनाएँ विद्यार्थियों ने भावपूर्ण प्रस्तुति के साथ मंचित कीं। प्रतियोगिता को दो वर्गों में आयोजित किया गया और विद्यालय के चारों सदनों — ऋग, साम, यजुर और अथर्व — के प्रतिभागियों ने उत्साहपूर्वक भाग लिया।



🏆 परिणाम इस प्रकार रहे:

प्रथम वर्ग:

- प्रथम स्थान: वीरा अहलावत (अथर्व सदन)
- द्वितीय स्थान: मानित सैनी (साम सदन)
- तृतीय स्थान: मोधीरवाल (ऋग सदन)

द्वितीय वर्ग:

- प्रथम स्थान: अनिकेश (ऋग सदन)
- द्वितीय स्थान: ऋषभ कुमार (यजुर सदन)
- तृतीय स्थान: देवता (साम सदन)

सामूहिक प्रदर्शन के आधार पर:

- प्रथम स्थान: अथर्व सदन
- द्वितीय स्थान: साम सदन
- तृतीय स्थान: ऋग सदन

👉 यह प्रतियोगिता विद्यार्थियों के लिए प्रेरणा, आत्मविश्वास और अभिव्यक्ति का सशक्त माध्यम सिद्ध हुई।

📚 ऐसे आयोजन न केवल विद्यार्थियों के भाषायी कौशल को निखारते हैं, बल्कि उनमें नैतिक दृष्टिकोण एवं रचनात्मक सोच को भी प्रबल करते हैं।

🎤 विद्यालय भविष्य में भी इस प्रकार के साहित्यिक मंचों का आयोजन करता रहेगा ताकि हर विद्यार्थी अपने आंतरिक विचारों को अभिव्यक्त कर सके और आत्मविकास की ओर अग्रसर हो।







## 👤 ♀ **STRESS MANAGEMENT WORKSHOP AT SEHWAG INTERNATIONAL SCHOOL** **EMPOWERING EDUCATORS FOR A HEALTHIER MIND**

A one-day Stress Management Workshop was successfully conducted at Sehwaq International School with the objective of promoting the mental wellbeing, efficiency, and emotional resilience of the teaching faculty.

The primary focus of this workshop was to equip educators with practical tools and techniques to manage mental pressure and stress arising in the workplace. Led by experienced trainers, the session offered valuable insights into the causes, symptoms, and strategies for dealing with stress effectively.



### 💡 **KEY HIGHLIGHTS OF THE WORKSHOP:**

- **INTERACTIVE SESSIONS ON YOGA, MEDITATION, TIME MANAGEMENT, AND POSITIVE THINKING**
- **DISCUSSIONS ON THE IMPORTANCE OF MAINTAINING A BALANCED LIFESTYLE**
- **ENGAGING ACTIVITIES PROMOTING SELF-REFLECTION, EMOTIONAL REGULATION, AND MENTAL RELAXATION**
- **OPEN SHARING BY TEACHERS ON PERSONAL EXPERIENCES AND COPING MECHANISMS**



The workshop created a safe space for teachers to reflect, recharge, and reconnect with themselves. The active participation of educators made the event dynamic and deeply impactful. Towards the end of the session, the school management extended heartfelt thanks to the expert trainers and encouraged the teachers to implement these techniques in their daily professional and personal lives.

✨ This workshop was not only informative but also a meaningful step towards building a more mentally empowered, balanced, and mindful teaching community at Sehwaq International School.

