

SEHWAG INTERNATIONAL SCHOOL

SJS Spectrum



THE MONTHLY NEWSLETTER

VOLUME 2



ISSUE OF

JULY Month



🌸 Sehwag International School 🌿
📅 JULY 2026 Newsletter
🌟 "Growing Minds, Celebrating Talent & Building Together" 🌟

July at Sehwag International School was a vibrant month of learning, achievement, togetherness, and new beginnings. From environmental initiatives and engaging classroom experiences to sporting milestones and joyful boarding celebrations, our students embraced every opportunity with enthusiasm and confidence.

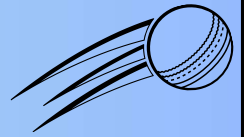
This month's highlights include the four-day Eco Club Summer Camp, where students explored sustainability through hands-on activities; the selection of three young cricketers for the prestigious Pataudi Trophy; an engaging Physics activity that brought the concept of electrostatic force to life; and a lively Boarding Night that welcomed students back with friendship, music, creativity, and warmth.

July beautifully reflected the SISJ spirit — a blend of curiosity and responsibility, sporting excellence and learning, friendship and belonging. We are delighted to share these memorable moments that celebrate the enthusiasm, talent, and holistic growth of our students.





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From Dedicated Practice to a Proud District Opportunity



Dear Readers,

It gives me great pleasure to present the July edition of our school newsletter. This month has been filled with meaningful learning experiences, sporting achievements, environmental initiatives, and moments of togetherness that truly reflect the vibrant spirit of Sehwag International School.

We proudly celebrate the selection of Rahul Soreng, Aditya Akash, and Ramendra Singh for the prestigious Pataudi Trophy, marking a significant achievement for our young cricketers. We also celebrate the successful Eco Club Summer Camp, where our students explored sustainability, environmental responsibility, creativity, and innovation through engaging activities.

This edition also brings glimpses of our Boarding Night, which created a warm atmosphere of friendship and belonging, and the exciting Physics activity on Exploring Forces, where Class VIII students experienced scientific concepts through hands-on learning.

July beautifully reflects the spirit of SISJ — where achievement meets curiosity, responsibility meets creativity, and learning extends beyond the classroom.

We are delighted to share these memorable moments with you and hope this edition inspires you to celebrate the enthusiasm, talent, and holistic growth of our students.

Regards,

Sonali Vashisth
Editor – School Newsletter
Sehwag International School

Sehwag International School is proud to celebrate the remarkable sporting accomplishment of Rahul Soreng, whose consistent efforts and passion for cricket have earned him selection to represent the Jhajjar District Cricket Association in the prestigious Pataudi Trophy – 50-Over Format.

Rahul's journey reflects the value of discipline, regular practice, and perseverance. His impressive cricketing abilities and determined approach have helped him secure this opportunity to compete at the district level. His achievement is also a reflection of the guidance, training, and encouragement extended to young athletes at Sehwag International School.

The announcement of Rahul's selection brought great excitement and pride across the school community. The Principal, coaches, teachers, and students congratulated him and appreciated his commitment, sportsmanship, and hard work. The school community expressed confidence that Rahul will give his best during the tournament and bring pride to both the district and the school.

At Sehwag International School, sporting excellence is encouraged alongside academic growth. Rahul's accomplishment is a source of motivation for other aspiring young sportspersons and encourages them to pursue their ambitions with confidence, dedication, and determination.

The entire school fraternity extends its warmest wishes to Rahul Soreng for the Pataudi Trophy and for continued success in his cricketing journey.



Better Communication, Stronger Connections, Greater Professional Impact

Sehwag International School organised an enriching In-House Training Session for its teaching staff, Sports Team, and Pastoral Team, focusing on soft skills and public dealing.

Distinguished resource persons from Lovely Professional University (LPU) conducted the session and shared practical approaches to effective communication, interpersonal relationships, and professional conduct. The programme was designed to strengthen the skills required for positive and productive interactions with students, parents, colleagues, and the wider school community.



Through interactive discussions, activities, role plays, and real-life situations, participants explored important professional competencies such as confidence, empathy, teamwork, leadership, communication, and problem-solving. The engaging format encouraged participants to exchange ideas and reflect on ways to improve their professional interactions.

The staff members participated enthusiastically and demonstrated a strong willingness to learn. The practical strategies shared during the session were appreciated by the participants and are expected to support their continued professional development.

The school management expressed its sincere gratitude to the resource persons from Lovely Professional University for conducting the insightful programme. The session concluded with participants feeling encouraged and motivated to apply their learning in their everyday responsibilities.

Through such initiatives, Sehwag International School continues to promote professional growth, effective workplace practices, and excellence in education.



WHEN TEACHERS LEARN NEW WAYS, CLASSROOMS COME ALIVE

Sehwag International School hosted a CBSE Workshop on Active Learning for its teaching faculty, focusing on strengthening classroom engagement and encouraging innovative approaches to teaching and learning.

The workshop introduced teachers to strategies that place students at the centre of the learning experience. The CBSE resource person emphasised the importance of creating classrooms where learners participate actively through exploration, inquiry, collaboration, teamwork, and problem-solving, rather than relying solely on traditional teacher-centred instruction.

Teachers from different departments participated enthusiastically in interactive activities, collaborative tasks, and discussions. They explored a variety of techniques, including think-pair-share, brainstorming, group discussions, project-based learning, peer learning, reflective practices, and formative assessment.

The workshop also highlighted how active learning can nurture essential 21st-century competencies, including creativity, communication, collaboration, critical thinking, and decision-making. Teachers gained practical insights into planning engaging lessons that respond to diverse learning needs and encourage curiosity, confidence, and independent thinking.

The programme concluded with a reflection session, providing teachers an opportunity to consolidate their learning. The school management expressed its appreciation to the CBSE resource person for conducting an enriching professional development programme.

The workshop reaffirmed Sehwag International School's commitment to innovative pedagogy, continuous teacher development, and meaningful student-centred learning.





SMALL CORRECTIONS TODAY FOR A HEALTHIER TOMORROW

Sehwag International School, in association with the DISHA Department of Lovely Professional University, conducted a student awareness programme on “Posture Assessment and Correction Techniques” to promote awareness about healthy posture and physical well-being.

Beginning at 9:45 AM, the session brought together students and staff members for an informative and interactive learning experience. Expert resource persons from Lovely Professional University explained how correct posture contributes to good health, confidence, physical fitness, and prevention of posture-related concerns.

Students learned about the common reasons behind poor posture and its possible long-term effects. They were also introduced to posture assessment techniques, simple corrective exercises, ergonomic practices, and healthy sitting and standing habits that can be incorporated into their everyday routines.



The interactive session encouraged students to participate in demonstrations and ask questions. The experts also highlighted the importance of regular physical activity and mindful body alignment as part of a healthy lifestyle.

The programme helped students recognise the connection between proper posture, physical fitness, concentration, and overall quality of life. The school management conveyed its gratitude to the resource persons from Lovely Professional University for conducting the informative session.

The programme concluded with students better equipped to make healthier choices in their daily lives, reflecting the school's continued focus on holistic education, health awareness, and student well-being.



ECO CLUB SUMMER CAMP 2026

THINK GREEN, LIVE CLEAN – YOUNG MINDS TAKING ACTION FOR OUR PLANET!

Sehwag International School hosted a vibrant four-day Eco Club Summer Camp from 1st to 4th July 2026, bringing together students from Classes IV to XII under the theme “Go Green, Think Clean, Act Responsible.”

Guided by the Eco Club Incharge, HOD Science, Science Department, and Class Teachers, the camp provided students with meaningful opportunities to understand environmental responsibility through hands-on experiences and engaging activities.

The camp began with an Eco Pledge, through which students reaffirmed their commitment to protecting the environment. Across the four days, students explored different aspects of sustainability according to their age groups.

Junior students discovered the natural world through bird and plant identification, prepared seed balls to understand afforestation, and learnt about waste segregation through interactive games. Middle-school students explored vermicomposting, pollution audits, poster-making, slogan writing, and plantation activities, while also planting medicinal herbs such as tulsi and aloe vera on the school campus.

The senior students brought creativity and leadership to the forefront by preparing bilingual environmental awareness pamphlets and presenting innovative eco-friendly start-up ideas during the Eco Innovation Pitch. The most innovative idea was honoured with the “Young Eco Innovator” Award during the grand finale.

The camp nurtured environmental consciousness, creativity, critical thinking, collaboration, leadership, and responsible citizenship, reflecting the vision of NEP 2020. The school also expressed its heartfelt appreciation to parents for their continued encouragement and support.





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BOARDING NIGHT

FROM NEW BEGINNINGS TO NEW FRIENDSHIPS — A NIGHT TO FEEL AT HOME!

Sehwag International School welcomed its boarders back after the summer vacation with a cheerful and vibrant Boarding Night, specially designed to help students reconnect, build friendships, and settle comfortably into boarding life.

The evening created a warm and welcoming atmosphere, particularly for newly admitted students who were encouraged to interact with their peers and overcome feelings of homesickness. It offered everyone an opportunity to reconnect after the long vacation while strengthening the sense of belonging within the boarding community.

The celebration came alive with dance performances, melodious songs, group activities, and story recitations. Junior boarders confidently presented their storytelling skills, showcasing their creativity, expression, and enthusiasm.



The evening was filled with laughter, music, and applause, creating opportunities for senior and junior boarders to interact and develop stronger connections. The event promoted important values of friendship, cooperation, respect, and community living.

More than an evening of entertainment, Boarding Night became a memorable experience that helped students feel connected, valued, and emotionally supported. It strengthened the spirit of the boarding family and created a positive beginning to the new academic session.



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PATAUDI TROPHY – SENIOR CRICKET TOURNAMENT

Three Players. One Team Spirit. A Proud Moment for SIS!



Sehwag International School is celebrating another remarkable achievement in cricket, with two more talented students joining Rahul Soreng in earning selection for the prestigious Pataudi Trophy Senior Cricket Tournament to be held at Bahadurgarh. The selected players are Master Aditya Akash, an Off-Spinner, and Master Ramendra Singh, a Pace Bowler. Both players were instructed to report at 7:00 AM for the tournament.

With these selections, three SIS players – Rahul Soreng, Aditya Akash, and Ramendra Singh – have earned the honour of participating in this prestigious cricket tournament. Their selection is a proud reflection of their hard work, discipline, dedication, and sporting talent, supported by the constant guidance and encouragement of their coaches and mentors.

The school community congratulates all three young cricketers on this significant accomplishment and wishes them the very best for their performance in the match and throughout the tournament.

May Rahul, Aditya, and Ramendra continue to perform with determination, represent the school with pride, and bring many more laurels to Sehwag International School.



EXPLORING FORCES – PHYSICS ACTIVITY

Rub, Charge, Attract – Turning Physics into a Hands-On Discovery!

Learning Physics became an exciting experience for the students of Class VIII as they participated enthusiastically in a hands-on activity titled “Exploring Forces”, designed to help them understand the concept of electrostatic force.

Students conducted a simple yet fascinating experiment by rubbing a plastic pen against their hair to generate static electricity. They then brought the charged pen close to tiny pieces of paper and observed the paper being attracted to the pen without any physical contact.

This practical demonstration helped students understand how friction transfers electric charges, resulting in electrostatic forces capable of attracting light objects. What might otherwise seem like an abstract scientific concept became an observable and engaging experience. The activity encouraged students to observe carefully, discuss their findings, draw conclusions, and think critically about the science behind everyday phenomena. It also helped deepen their understanding of electrostatics while encouraging an inquiry-based approach to learning Physics.

Through such experiential learning activities, students were able to connect classroom concepts with real-world observations, making Physics both meaningful and memorable.





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SCIENCE IN ACTION – LEARNING THROUGH DISCOVERY

From Observation to Creation – Making Science More Tangible!



The Science Department organized an engaging experiential learning session that brought important scientific concepts beyond the pages of the textbook. Students explored physical and chemical changes and also created molecular models using balls and clay, combining observation with creativity.

During the first activity, students examined different examples of changes in matter and identified them by noticing variations in colour, shape, state, and the formation of new substances. The activity enabled them to distinguish between reversible and irreversible changes and relate these concepts to situations encountered in daily life.

The second part of the session introduced students to the structure of molecules through model-making. Using colourful balls and clay, they represented atoms and joined them in different arrangements to create models of simple molecules. This creative exercise helped students develop a clearer visual understanding of atomic arrangement, bonding, and molecular composition.

The enthusiastic participation of the students reflected their curiosity and eagerness to learn. Along with strengthening scientific understanding, the activity nurtured observation, analytical thinking, creativity, collaboration, and model-making skills.

Such hands-on experiences demonstrate how experiential learning can transform scientific ideas into concepts that students can see, create, explore, and understand.



RHYTHM, CULTURE & COLLABORATION – GROUP DANCE COMPETITION

Where Every Step Told a Story!



The vibrant spirit of culture and teamwork came alive at the Hub of Learning (HOL) Group Dance Competition, hosted by Sehwaq International School, Jhajjar on 14th July 2026.

The event brought together enthusiastic participants from member schools, giving young performers an opportunity to celebrate cultural expression through music, movement, and choreography.

Following the inaugural ceremony, the stage came alive with energetic group performances. Students captivated the audience with their synchronization, expressions, coordination, and creative choreography, showcasing not only their artistic abilities but also the importance of working together as a team.



The performances were evaluated on key aspects such as creativity, synchronization, and overall presentation. Sehwaq International School, Jhajjar emerged as the First Position holder, while DAV Centenary Public School, Bahadurgarh secured the Second Position.

The programme concluded with the presentation of prizes and certificates to the participants, followed by a vote of thanks. More than a competition, the event celebrated the power of teamwork, cultural diversity, confidence, and artistic expression.



SWIMMING SUCCESS – FROM DISTRICT TO STATE

A Medal Today, A Bigger Challenge Tomorrow!

A proud moment for Sehwaq International School as Saksham of Class V showcased remarkable determination at the District Swimming Championship, earning a well-deserved Bronze Medal.

His achievement reflects the value of consistent practice, discipline, and perseverance. With his impressive performance at the district level, Saksham has now earned the opportunity to compete at the State Swimming Championship, where he will represent the district.

This accomplishment is a wonderful reflection of his sporting talent and commitment. It also highlights the encouragement and sporting environment that inspires students to pursue excellence beyond the classroom.

The school community warmly congratulates Saksham on this achievement and applauds his dedication to the sport. His journey is an inspiring reminder that progress comes through persistence, confidence, and the courage to keep striving for the next milestone.

With the state-level championship ahead, we wish Saksham continued success and hope he reaches even greater heights in his sporting journey.





AD MAD – IDEAS TAKE THE STAGE

Think It. Create It. Present It.



The Amphitheatre at Sehwaq International School became a hub of creativity and confident communication during the Inter-House AD MAD Competition, held on 13th July 2026.

Students from all four houses enthusiastically participated in the competition, using the platform to present imaginative advertisements on a range of engaging themes. The event challenged them to think beyond conventional ideas and communicate their concepts in an interesting and persuasive manner.

With originality, expressive presentation, stage confidence, and teamwork at the heart of their performances, the participants demonstrated impressive communication skills. Each presentation offered students an opportunity to experiment with ideas while learning how effective presentation can influence an audience.

The judging focused on content, presentation, confidence, and overall impact, with the judges appreciating the creativity and originality displayed by the participants.

Careful arrangements for stage management, sound, seating, discipline, photography, judging, and certification contributed to the smooth conduct of the programme.

The competition ended with the announcement of results and distribution of certificates. More importantly, it gave students a meaningful opportunity to think creatively, communicate persuasively, collaborate effectively, and step onto the stage with confidence.





GREEN MINDS, CREATIVE HANDS – VAN MAHOTSAVA 2026

Sehwag International School actively participated in the 77th State Level Van Mahotsava-2026, held at Government Senior Secondary School, Jhajjar on 21st July 2026. The event brought together students with a shared focus on environmental responsibility and the importance of preserving nature.

Six students represented the school across two competitions. Vedant Tripathi, Gaurav, Manish Giri, and Aditya Mall participated in the Painting Competition based on the theme “Swachh Haryana – Harit Haryana”, while Arpan Kumar Jha and Harsh Chahar represented the school in the Eco-Quiz Competition.

The event provided students with an enriching platform to express their creativity, demonstrate their understanding of environmental issues, and engage with the broader message of ecological conservation.

Celebrating Nature Through Art and Environmental

Awareness

The event provided students with an enriching platform to express their creativity, demonstrate their understanding of environmental issues, and engage with the broader message of ecological conservation. Through their participation, students were encouraged to look beyond academics and understand their role as responsible citizens. The programme reinforced the importance of clean surroundings, environmental consciousness, sustainable practices, and collective responsibility. The experience beautifully combined creativity with awareness, reminding students that every effort towards a cleaner and greener environment can contribute to a better future.





TRACKING SUCCESS – ATHLETES RACE AHEAD

The athletes of Sehwaq International School delivered an impressive performance at the SGFI Athletics Competition, displaying remarkable determination and competitive spirit across a range of track and field events.

Students from Classes VII to XII participated with enthusiasm, producing several strong performances and securing multiple podium finishes. Their efforts also resulted in a number of student-athletes qualifying for the upcoming District Level Competition.

Among the notable performances, Shreshth A of Class VIII secured first place in Shot Put, while Shreyansh A achieved victories in both the 400M and 600M events. Class IX athlete Ragvandra B delivered an outstanding double-gold performance, finishing first in both the 100M and Long Jump.

The senior contingent continued the winning momentum, with Himanshu B securing third place in Shot Put, while Aditya B and Digvijay B earned bronze medals in the 100M sprint and Long Jump respectively. Several other students also put up commendable performances across sprint, middle-distance, and field events.

The achievements reflect the students' dedication, disciplined preparation, perseverance, and sporting spirit. Heartiest congratulations to the entire athletics team and coaching staff, with best wishes to the students advancing to the District Level Competition.





SCIENCE BEYOND THE CLASSROOM

Measure, Observe, Experiment – Discovering Science Through Practice!



The Science Department created opportunities for students to experience scientific concepts through practical activities, transforming classroom learning into meaningful hands-on experiences.

Students across different classes explored concepts suited to their level. Class VI students worked on measuring length and learned how to handle measuring instruments accurately while recording their observations with precision.

For Class IV, the focus was on the changing states of matter. Through demonstrations connected with everyday experiences, students explored how solids, liquids, and gases can change under different temperature conditions.

Meanwhile, Class VIII students investigated weight and buoyant force using a spring balance. The activity allowed them to practically explore concepts related to force, weight, and flotation instead of learning them only through theoretical explanations.

The activities encouraged students to observe closely, participate actively, and connect scientific principles with experiences from the real world. Such experiential learning not only strengthens conceptual understanding but also develops scientific curiosity, logical thinking, observation skills, and confidence in experimentation.

The sessions demonstrated that science becomes far more engaging when students are given the opportunity to learn by doing and discover through observation.



REMEMBERING KARGIL – A TRIBUTE TO COURAGE

Honouring Sacrifice, Celebrating the Spirit of the Nation

Sehwag International School observed Kargil Vijay Diwas with a deep sense of patriotism and gratitude, remembering the courage and sacrifice of the brave soldiers of the Indian Armed Forces.

The commemorative programme brought together music, dance, poetry, and reflection. Students presented patriotic songs and energetic dance performances, creating an atmosphere filled with national pride. Meaningful poems were also recited to pay tribute to the martyrs and highlight the significance of the Kargil Victory.

The programme served as an opportunity for students to understand that national celebrations are not merely occasions of remembrance but also moments to reflect upon the values that strengthen a nation.

Addressing the students, the Principal emphasized the importance of courage, unity, discipline, and love for the nation. The celebration left students with a renewed sense of gratitude and respect for the armed forces and the sacrifices made in service of the country.

Through such programmes, students are encouraged to cherish the nation's history while carrying forward the values of patriotism, responsibility, and respect in their own lives.

