



NEO CONVENT SR. SEC. SCHOOL
G-17 AREA, PASCHIM VIHAR- 63

SPECTRUM

122ND EDITION
AUG-OCT
2025-26

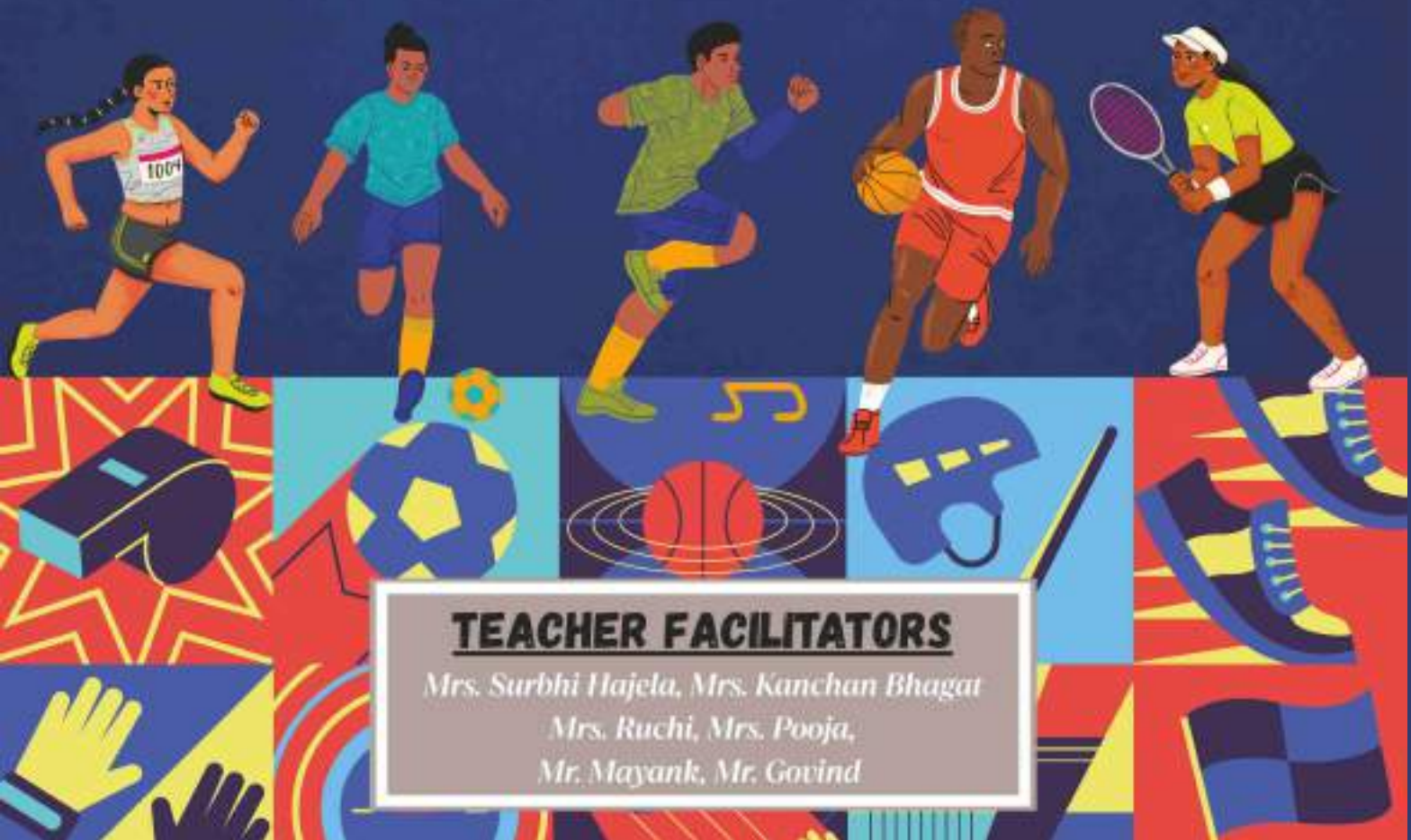


Discipline on the court, success in life.

SPECTRUM

*Of the Neenians!
By the Neenians!
For the Neenians!*

In today's fast-paced world, fitness and health have become more important than ever. With digital distractions, and a busy lifestyle, students often forget the importance of maintaining healthy body and mind. A fit student is not only more energetic but also more focused, confident, and ready to face challenges. Fitness is about building a balanced routine that includes physical activities, nutritious food, and mental well-being. Equally important is healthy eating. Junk food may seem tempting, but it often leads to fatigue and health issues. Mental health is another vital aspect of fitness. In the rush of exams and competitions, students should take time to relax, pursue hobbies, and maintain positive social interactions. Practices like meditation and mindfulness help reduce anxiety and bring emotional balance. Our school encourages every student to prioritize health alongside academics. After all, true success is achieved only when the mind and body work together in harmony. Let us all pledge to make fitness a daily habit, not an occasional choice.



TEACHER FACILITATORS

*Mrs. Surbhi Hajela, Mrs. Kanchan Bhagat
Mrs. Ruchi, Mrs. Pooja,
Mr. Mayank, Mr. Govind*

PARENTS' VOICE...

Real stories of joy and growth from our school community

I believe that before teaching good qualities to my child, I should first inculcate them in myself. My daughter has joined this school this year only. Earlier her focus was on marks but now she has developed interest in sports. I learnt today that I should respect and support her choices.

– BABLEEN KAUR, M/O GUNREET KAUR-VI A



I thank the Principal and the staff of Neo Convent Sr. Sec. School for organizing this workshop. It helped us to learn how to handle our Children, manage time, and improve ourselves as parents. Such sessions are very helpful.

– SUKUMAR ROUT, F/O AARAV ROUT -VI B



Today's Life Skills workshop was a great opportunity to relive my childhood and it taught me valuable lessons for my child's upbringing. I request such sessions to be held more often.

– VINOD KUMAR, F/O DIVYANSH -V C



Today I learnt an important lesson that we should never give up and be ready to struggle to achieve our goals. Only then we can achieve success.

– AMRITA, M/O KHUSHAL- VI C



Today's Life Skills workshop was insightful and engaging. It highlighted the importance of emotional well-being, communication skills, and self-awareness. I look forward to more such enriching sessions.

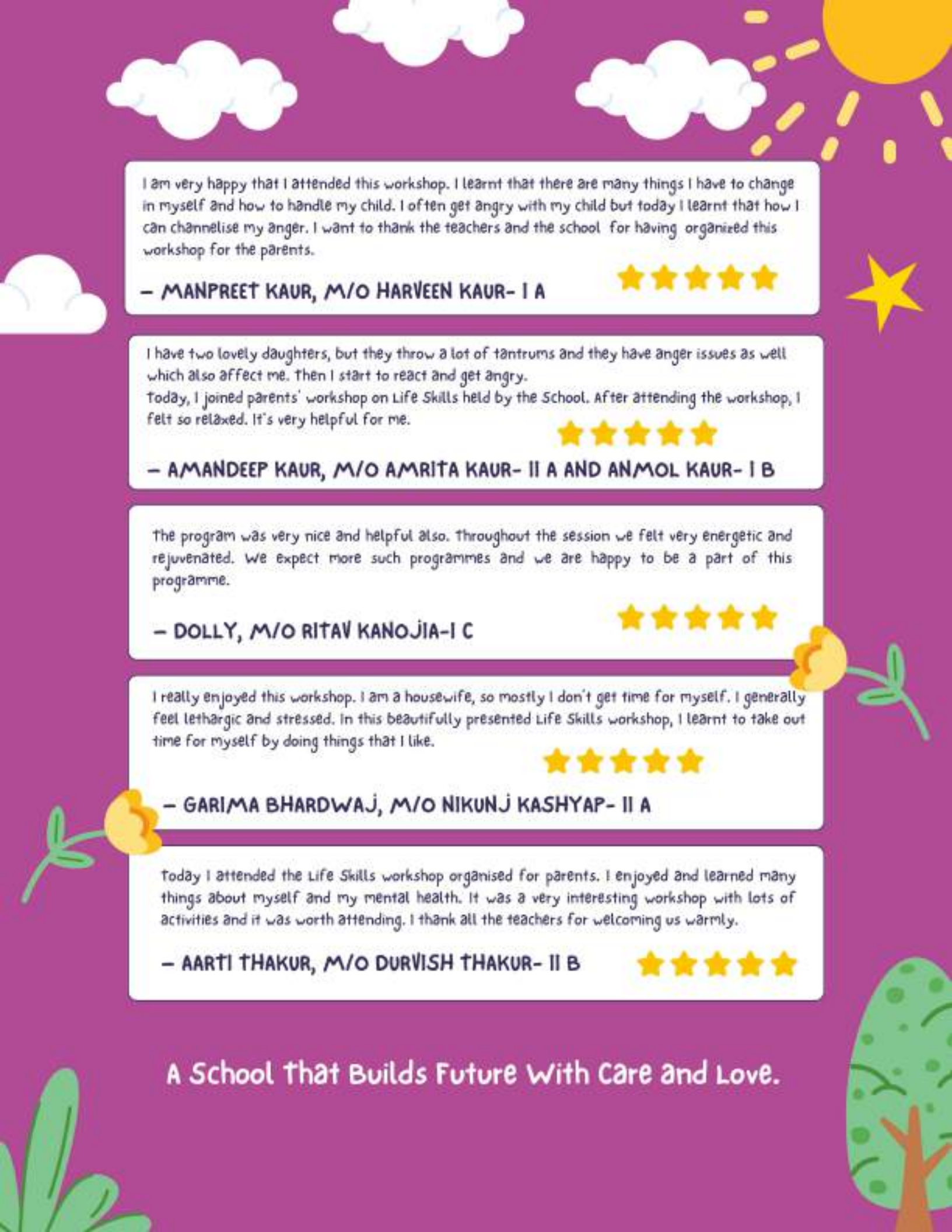
– PREETI, M/O KANIKA-VI B



I learnt how to take time for myself, stay calm under stressful situations, and spend quality time with my child. The meditation session was very relaxing.

– ISHA LASSEY, M/O JOSEPH LASSEY- VI C





I am very happy that I attended this workshop. I learnt that there are many things I have to change in myself and how to handle my child. I often get angry with my child but today I learnt that how I can channelise my anger. I want to thank the teachers and the school for having organized this workshop for the parents.

– **MANPREET KAUR, M/O HARVEEN KAUR- I A**



I have two lovely daughters, but they throw a lot of tantrums and they have anger issues as well which also affect me. Then I start to react and get angry. Today, I joined parents' workshop on Life Skills held by the School. After attending the workshop, I felt so relaxed. It's very helpful for me.

– **AMANDEEP KAUR, M/O AMRITA KAUR- II A AND ANMOL KAUR- I B**



The program was very nice and helpful also. Throughout the session we felt very energetic and rejuvenated. We expect more such programmes and we are happy to be a part of this programme.

– **DOLLY, M/O RITAV KANOJIA-I C**



I really enjoyed this workshop. I am a housewife, so mostly I don't get time for myself. I generally feel lethargic and stressed. In this beautifully presented Life Skills workshop, I learnt to take out time for myself by doing things that I like.

– **GARIMA BHARDWAJ, M/O NIKUNJ KASHYAP- II A**

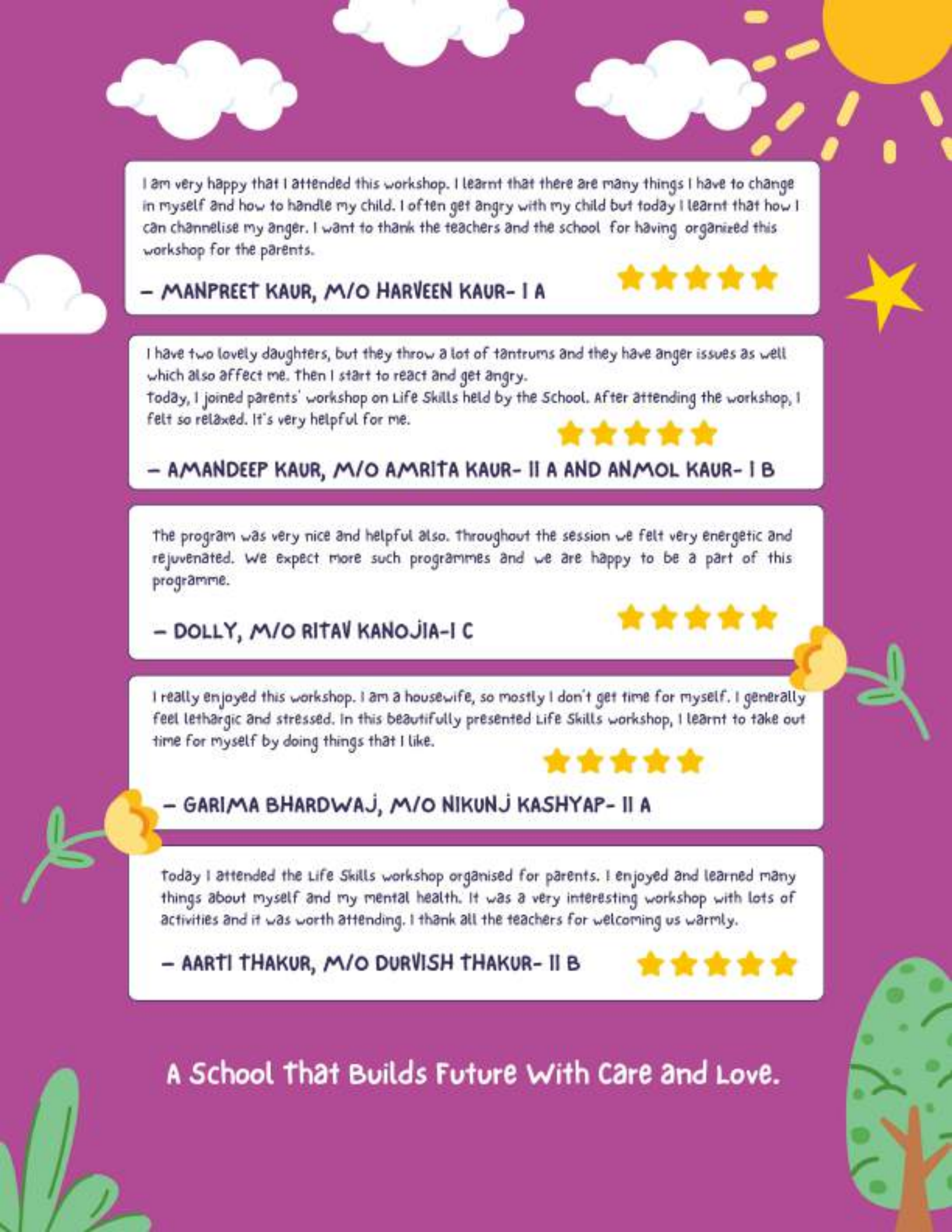


Today I attended the Life Skills workshop organised for parents. I enjoyed and learned many things about myself and my mental health. It was a very interesting workshop with lots of activities and it was worth attending. I thank all the teachers for welcoming us warmly.

– **AARTI THAKUR, M/O DURVISH THAKUR- II B**



A School That Builds Future With Care and Love.



TOP PLACEMENTS- SCIENCE STREAM



From classroom memories to college dreams — you've made us proud!

TOP PLACEMENTS- COMMERCE STREAM



Fun & Frolic Days



FUN



& FROLIC DAYS



भारत की शान मेरा देश

भारत मेरी माँ के समान,
धूल भी इसकी लगती जान ।
सात रंगों की है यह धरा,
हर संस्कृति यहाँ है फूलों-सी सजी ।
उत्तर में हिमालय की छाया,
दक्षिण में सागर की माया ।
पूर्व में सूरज का उजियारा,
पश्चिम में रेगिस्तान का नज़ारा ।
हर धर्म यहाँ अपना ठिकाना,
हर पर्व यहाँ गीतों में सजाना ।
वीरों की यह पुण्य भूमि,
हर बच्चा यहाँ लक्ष्मी-सा निर्मल ।
भारत की माटी में है कुछ बात,
हर दिन कहे जन-जन के साथ —
जय हिंद, जय भारत मात ।

✍ रचनाकार – नव्या अरोड़ा
(कक्षा 9वीं 'C')



नई उड़ान

हर सुबह एक संदेश लाती,
हर किरण एक उम्मीद जगाती ।
फिक्रों से दोस्ती करें,
ज्ञान के निचोड़ में रस पिँ ।
मेहनत ही अब मंत्र हमारा,
सच्चाई हो जीवन का सहारा ।
अब रुकना नहीं, झुकना नहीं,
हर कठिनाई में टूटना नहीं ।
जोश अब हमारे दिल में होगा,
हर मुश्किल का सामना
हौसले से होगा ।
राह में काँटे आएँ चाहे,
हम उन्हें मुस्कराकर पार करेंगे ।
हम बच्चे हैं भारत के लाल,
भारत माता का गान है हमारा ।
आज नहीं तो कल सही,
सपने होंगे हकीकत हमारे हाथों में ।
सपनों की ये नई उड़ान,
गूँजेगी फिर हर बात में ।

✍ रचनाकार – प्रतिभा सिंह
(कक्षा 9वीं 'C')





"स्वतंत्रता सिर्फ आज़ादी नहीं,
यह हमारी पहचान है!"



SPORTS DAY 2025

“समाधान”(खेल भाव से)



"ENERGY... ENTHUSIASM... EXCELLENCE..."



INTER ZONAL HINDI EXTEMPORE



3rd Position
Tanishpreet Kaur
VIII-B

NUKKADNATAK 3rd Position 13 Students

HINDI ESSAY WRITING ZONAL (JR.) 3rd Position Avni Yadav VII-B



ENGLISH ESSAY WRITING (JR.)



2nd Position
Ankita Kumari
VIII-C

ENGLISH EXTEMPORE (JR.)



2nd Position
Sarthak Bhatia
VIII-C

ENGLISH DEBATE ZONAL (SR.) 2nd Position



Gaganpreet Kaur XI-A



Jaswant Kaur X-C

MUSIC ZONALS



1st

Har Roop Singh IX-C
Vocal (Classical)

2nd

Hargun Singh VIII-B
Instrumental Solo
(Percussion)



1st

Yukti Yadav X-C
Vocal (Semi Classic)



2nd

Aryan Raja VIII-C
Vocal (Semi Classic)



2nd

Kanwaljeet Singh VIII-A
Light Vocal Music



Group Song 3rd

Folk Song
(16 Students)

Group Song 3rd

Qawwali
(16 Students)



2nd

Instrumental Solo
Aryan Raja VIII-C
(Swar)



3rd

Yukti Yadav X-C
Instrumental Solo
(Swar)



ART & CRAFT ZONAL

1st

WAZIR VIII-C
Drawing(Jr.)



3rd

BHAWNA X-C
Drawing(Sr.)



2nd

Yanshika VIII-B
Painting(Jr.)



3rd

MAYANK XI-C
Sculpture(Sr.)



2nd

JASMINE KAUR XI-A
Painting(Sr.)



3rd

UDAI PRATAP SINGH VIII-C
Poster(Jr.)



NORTH DISTRICT (Sub.Jr.) TAEKWONDO CHAMPIONSHIP-2025

Teacher:	Manisha Rawat
DATE:	3 rd May 2025
Place:	Dwarka International School
Total Neonian participants	57

GOLD
27



SILVER
1



BRONZE
20



NORTH DISTRICT (Jr.) TAEKWONDO CHAMPIONSHIP -2025

Teacher:	Manisha Rawat
DATE:	20 th July 2025
Place:	Shri Sanatan Dharm Sewa Sansthan, AshokVihar, New Delhi
Total Neonian Participants:	25

GOLD
7



SILVER
5



BRONZE
12



24TH DELHI STATE TAEKWONDO CHAMPIONSHIP 2025



1st Position Overall

GOLD
16



SILVER
12



Teacher:	Manisha Rawat
DATE:	13 th September 2025
Place:	Global Pratibha International School, Dwarka, New Delhi
Total Neonian Participants:	28

THE VEILED PHASE OF INDIA

India — a land of culture and grace,
Of unity in diversity, a proud embrace.
Yet beneath this beauty lies unseen,
A truth so dark, a phase so mean.

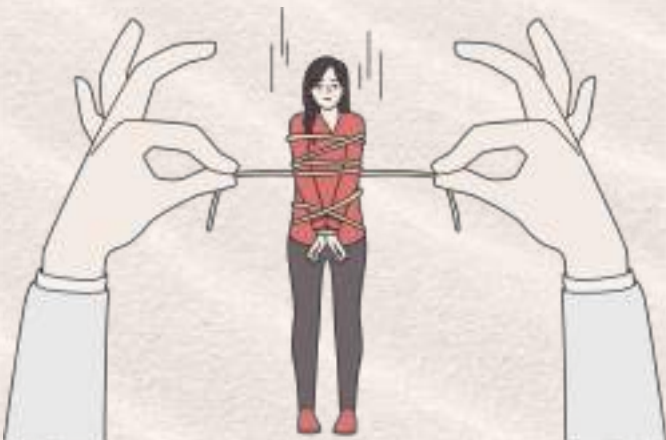
Rape cases rise, yet voices fade,
Women's safety — a promise unmade.
Do they deserve this endless pain?
Where justice sleeps, corruption reigns.

Dress well," they say, to women each day,
But teach no man to behave the right way.
"Don't step out alone at night,"
For that's when men prove their might.

Moumita, Nirbhaya — names we recall,
Once a trend, now forgotten by all.
Reels were made, marches were done,
Yet justice for them — still, none.

Victims are blamed, as if it's their sin,
And in this battle, injustice always wins.
O India, lift your veil and see —
Equality is the truest victory.

— by Dolly, XI-A



SILENT CRIES OF A TEEN

Why do we grow old so soon?
Losing our laughter beneath the moon?
Maturing deep within our souls,
While endless duties take their toll.

From playing freely in the park,
To mixing chemicals in the dark,
From loving who we used to be,
To hating our own reflection, we see.

The bitter truth that life reveals —
Time flies faster than it feels.
The dreams we had begin to fade,
Beneath the stress that schooldays made.

Academic pressure stole our leisure,
Peer pressure measured every pleasure.
"Work harder," teachers would often say,
But joy and peace just slipped away.

We feel alone, though crowds surround,
Anxiety keeps our hearts tightly bound.
We fail to reach what others expect,
Yet try so hard to earn respect.

Silent cries no one can hear,
Hidden behind a smiling veneer.
The teenage soul, both strong and weak,
Still searching for the peace it seeks.

— by Vanshika Bajaj & Ojasvi Maheshwari, XI-A

Life Skills Workshops for Parents



Life Skills Workshops for Parents



OPEN DELHI STATE SKATING COMPETITION



GOLD
1



SILVER
2



BRONZE
3

Teacher:	NareshKumar
DATE:	16th May 2025
Place:	Shri Ram Global School New Delhi
Total Neonian Participants:	13

DDA SPORTS COMPLEX SKATING CHAMPIONSHIP



GOLD
1



SILVER
4



BRONZE
2

Teacher	Naresh Kumar
DATE:	24th August 2025
Place:	DDA Sports Complex Paschim Vihar
Total Neonian Participants:	09

THROW BALL PRIMARY ZONAL 2025-26

Teacher	Manisha Rawat
Date	08th August 2025
Place	G.S.K.V Tikri Kalan New Delhi

Class I to III Girls Team won 2nd Position

Class I to III Boys Team won 3rd Position

Class IV to V Girls Team won 3rd Position

CHESS ZONAL PRIMARY

Teacher:	Manisha Rawat
DATE:	8 th August 2025
Place:	Govt Co-Ed Senior Secondary School Rajiv Rattan Awas, Baprola

1st Position



Dilraj Singh
3rd Sec- B





**KIDS
CLUB**



*Spic and
Span club*



Commerce Club



Computer Club



Dramatics Club



Heritage club

NEO CLUBS 2025



Science Club



Inclusive Club



Environment Club



Readers' Hive

