



Virtues in focus : Humility & Modesty Truth & Honesty

9th February 2021

Safer Internet Day

Dear Families,

I hope that you and your loved ones are safe and well. It has been a week of sadness and sorrow as we have passed a grim milestone of 100,000 deaths in the UK from Covid-19 and it is hard to believe that this all started just a year ago. Our prayers and condolences are with all of those that have been impacted. I know that we are eager to get back to our normal routines and for schools to be open again for all pupils. Last week, the Secretary of State for Education said schools, parents and children would be given two clear weeks' reopening notice. This week, the PM announced that schools will not open before the 8th March. We shall have to wait and see whether the current situation is extended, whether all children can return to school or whether there is a phased return of some year groups similar to the wider opening of schools last June. We will continue to keep you updated.

On a more positive note, it was heart-warming to join in with the collective prayer session last week to mark the birthday of Guru Gobind Singh Ji. We are planning to run more of these morning prayer sessions to celebrate upcoming faith events. We have also been so impressed with the high level of engagement with remote learning and the positive feedback from the survey that we conducted. Thank you for persevering with supporting the children whilst also juggling home/work commitments. We do understand that this is not easy, so please do get in contact if you are facing any challenges and we will do our best to support.

This week, we are focusing on the virtues of Truth and Honesty. In Sikh scriptures 'Sat' (truth) is a key principle that underpins the spiritual journey. "Truth is the highest virtue, higher still is truthful living." (Guru Nanak Dev Ji). We have been looking at ways to live more truthfully by not telling lies, admitting to mistakes, being true to ourselves and not showing off.

I leave you with an extract from a beautiful poem called 'The Hill We Climb' by Amanda Gorman as it captures the current truth (and hope) so well:

**Let the globe, if nothing else, say this is true:
That even as we grieved, we grew.
That even as we hurt, we hoped.
That even as we tired, we tried.
That we'll forever be tied together, victorious.**

Wishing you a peaceful and safe weekend,

S. Rai

Mrs Rai, Head of Primary Education.

Farewell & Welcome Back

We are very sad to announce that Miss Hamaida will be leaving the school next week to pursue an exciting new opportunity. We will really miss her and thank her for all the hard work that she has put into the learning and teaching over the last couple of years. We wish her the very best for the future and hope to keep in touch.

We know that 4H will really miss Miss Hamaida but we also look forward to welcoming back Mrs Bentham as the new class teacher from Wednesday to Friday. Mrs Kaur will continue to teach the class on Monday and Tuesday.

Parent communication:

Tue 9 Feb 2021

Details in the newsletter

Primary Phase Pupils & Staff to wear a colour /multiple colours from the GOOGLE logo. During our class conference we will create a class collage on our screens .



“Honesty is more than not lying. It is truth telling, truth speaking, truth living, and truth loving.”

-James E Faust



Primary Phase -only

Dear Parents/Carers and our Pupils,

On **Thursday 9th February**, we will be celebrating "**Safer Internet Day**." It is really important that we are always talking about how to keep safe online, especially during the challenging times that we are facing at the moment and when we are relying on the internet every day to communicate with each other and access our learning.

We want to embrace this day by asking all of our Primary Pupils and Staff to **wear a colour/multiple colours** from the **GOOGLE logo**.

On this day, we will discuss Safer Internet Day during our class conference where we can see each other in our colourful clothing and **create a class collage on our screens**.

Safer Internet Day takes place every February



Keep Active in Lockdown

Extra-Curricular Activities during COVID-19



Dear Parents/Carers,

Please see attached a list of various activities which your child could participate in during the lockdown period. Whilst many of you will appreciate the pupils spend a lot of time in front of their screens, whether it is during lessons or talking to friends, which means they are not as active as they normally are. The list contains a range of activities that your child could do in their own time to help them keep active. These activities will allow a good balance of well-being and learning. All these opportunities are online and for some, pupils may need to sign up via a website, eg. Eventbrite or Harlequins.

Yours sincerely,

Mr Seraphin
Head of Year 9

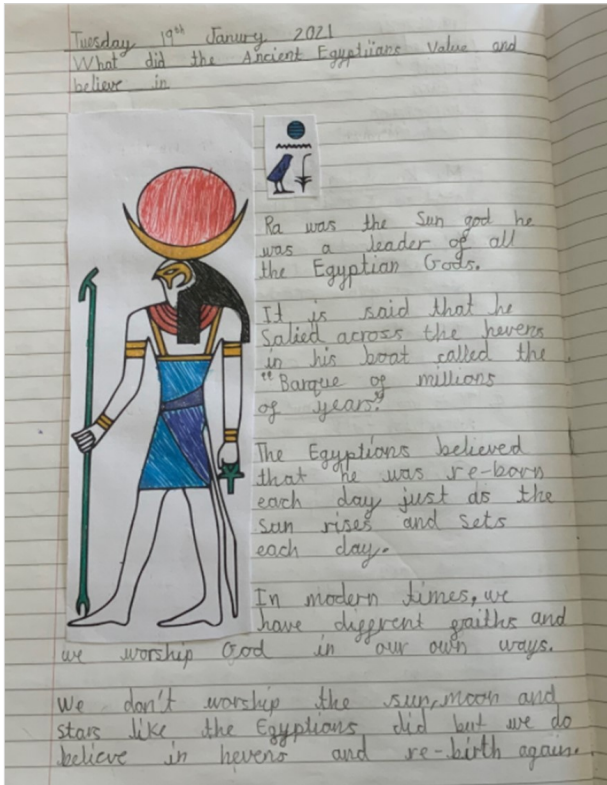
**Drama School | Wellbeing | Ball co-ordination | Catching skills | Footwork | Throwing | Agility | Target practice
Soccercise Session | Badminton | PL Kicks | Workout | Strength & Conditioning | Balance activity | Sports club**

and many more...see the attached PDF.



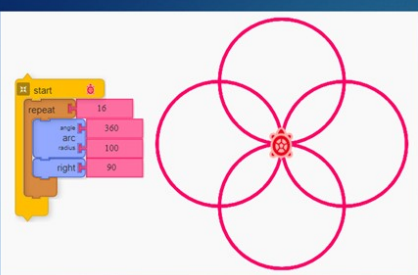
Primary Phase: Years 3 and 4

3 Compassion: Impressive work produced by **Kuljot** in which she compares Egyptian belief systems to ours.



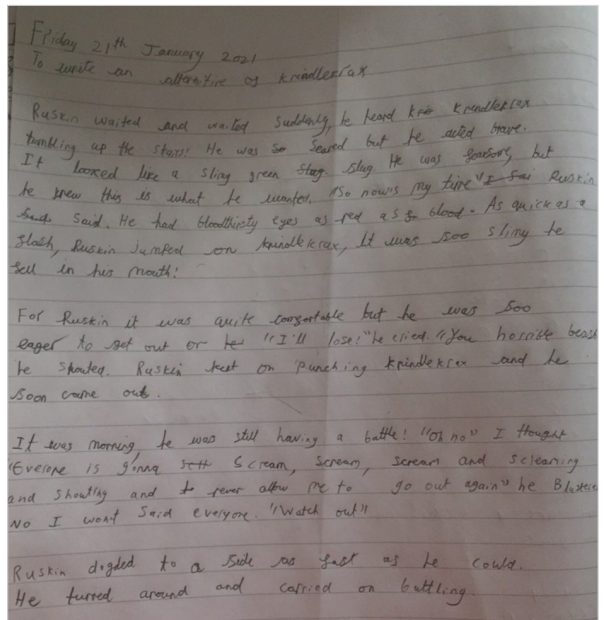
4 Contentment: Meher wrote an amazing setting description using a variety of noun phrases and five senses.

4 Humility: Jeevun worked really hard in Computing this week to programme challenging patterns using TurtleArt.

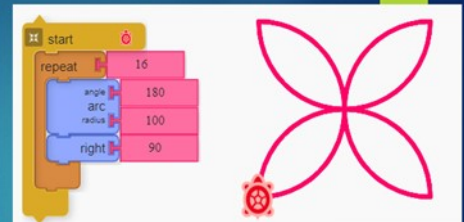


I made a pattern, by first making a circle then making the turtle turn right. The turtle turning right allows me to make another circle on top. After I did this I made it repeat this action 16 times.

3 Truth: Jodh worked very hard on his alternative ending for Krindlekrax.



Jub to throw the sack of happy endings and over her shoulder and trotted along the crooked path. "Crunch, Crunch" went the leaves. She gazed up at the gnarled, towering trees and there thier spindly, and ~~bro~~ branches. Jub stopped. She turned her head. She tiptoed towards the wall of tree trunks. Suddenly, something jumped out of the shadows. Jub turned. Relieved, she sighed. The thing was a deer. Jub was trying to get through the forest, climbed on the tree and let the happy endings free. As she was coming back, the sky darkened every minute. The sound of wolves howling filled her ears. The eyes of owls flashed like torches and bats skimmed her head like living fireballs. Jub started to run. Within 5 minutes she was home, snuggled up, ready to go to sleep.



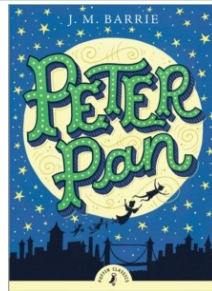
After making one pattern I decided to experiment with angle. I changed the angle to 180 which meant that a circle wasn't created, a different shape was made. I then changed the radius and the pattern became smaller.



Secondary Phase: English

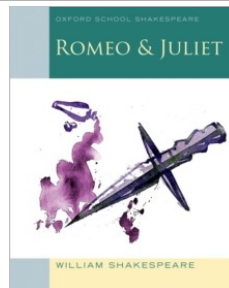
Nishkam pupils have been really engaged with English so far this half term – Mr P Cragg, Mr Evans and Ms Ogbe are very impressed by their effort and commitment. Year 7s are reading the classic novel *Peter Pan*, Year 8s are studying *Romeo and Juliet* and Year 9 are studying *Othello*, also by William Shakespeare. The pupils have responded to the challenge of remote study really well, using video clips and online resources to help get to grips with these challenging texts.

Please enjoy these examples of Year 9 creative writing. On a Thursday, Mr Cragg talks through one element of good descriptive writing with his pupils and they have a chance to produce their own.



Harnoor – 9 Compassion

The salty smell of the ocean merged with the petrichor and seeped through the sand on the beach. It was a cold, dull day. The wind rushed through his thick brown hair and he took a long, deep breath that seemed to last forever. As he looked up with his sore eyes the sky filled itself with heavy grey clouds of sadness. He looked down at his daughter; he saw the tender innocence glisten in her eyes. How could he tell her what had happened?



Kavan – 9 Truth

It was a bright summer's day when Jordan was informed of an upcoming visit to the beach with his family. Reluctantly, he agreed to the excursion, as he had never been before but he would prefer to play games with his friends during his free time. He dragged himself out of bed on Saturday and endured the three-hour drive to Brighton from Birmingham, with only his phone to pass the time. It seemed like decades had passed when the family finally arrived at the beach and what a magnificent view awaited them! The azure sky complemented the sapphire sea and persuaded the Stevenson family that it was worth the road trip. It was as if the flora, fauna, smooth sand and stringy seaweed were masters of enchantment, were casting a spell on Jordan, as he burst out of the car, and rushed towards the shore like an ecstatic infant. He realised that there was more to life than his phone and that he should make the most of the remainder of his childhood.





Secondary Phase: Year 7 English What are you reading?

Mr Evans asked Year 7 pupils to read and then write a summary of the books they are reading at home. Here are some of the uploaded summaries below:

The image displays a grid of 30 student-submitted summaries for Year 7 English. Each entry includes a student's name, a book cover, and a short text summary of the book. The books featured include:

- Shoe Wars** by Liz Pichon
- Harry Potter and the Goblet of Fire** by J.K. Rowling
- Harry Potter and the Prisoner of Azkaban** by J.K. Rowling
- The Good Thieves** by Katherine Rundell
- Percy Jackson and the Titan's Curse** by Rick Riordan
- Animal Colours** by David Baddiel
- Head Kid** by David Baddiel
- The Hobbit** by J.R.R. Tolkien
- Theseus and the Minotaur** by Gurnit
- On the Come Up** by Angie Thomas
- Philipp Pullman Clockwork** by Philip Pullman
- The Good Thieves** by Katherine Rundell
- Journal 3** by Esha Mann
- Tom Gates Top of the Class** by Liz Pichon
- Scream Street** by Tommy Dignavand
- Roald Dahl Esio Trost** by Esio Trost
- Enola Holmes** by Nancy Springer
- Journal 3** by Dylan Nakarja
- Mr. Nobody** by Anthony Horowitz
- World's Worst Children 2** by Tom Koss
- The Land of Stories** by Jane Yolen
- The Mockingjay** by Suzanne Collins
- Journal 3** by Yashita Konda
- Gravestone** by Neil Gaiman
- Samraj 7CN** by Samraj 7CN
- Ultimate Football Heroes** by Van Dijk
- The Graveyard Book** by Neil Gaiman
- Van Dijk** by Van Dijk
- Clare Balding** by Clare Balding
- The Land of Stories** by Jane Yolen
- The Hunger Games** by Suzanne Collins
- Journal 3** by Prabhdeep Gajral
- Journal 3** by Rajan
- Tom Gates Mega** by Liz Pichon
- Percy Jackson** by Rick Riordan
- Journal 3** by Amarleen Bal
- Journal 3** by Jasnoor Madhan



Secondary Phase: Geography

Pupils across Years 7, 8 and 9 have been working extremely hard in Geography over the past few weeks. The work produced has been amazing! The Year 9's have been studying Antarctica this half term and recently completed a murder mystery. Pupils investigated why the Krill are disappearing from the Antarctic seas and who the main culprits are. Here are just a few examples of their crime reports.

DID YOU KNOW?

Krill is a cornerstone of the entire Antarctic food chain.

National Geographic



Amber, 9 Compassion

HW Wednesday 13th January 2021
Antarctic Krill Crime Report

The background information is that Krill have been going missing and there are 7 suspects: Fisherman Fred, Belinda Blue Whale, Albert Ross, Adèle Penguin, Sylvia Seal, Sid Squid and You.

I think the main suspect is you Belinda Blue Whale as she is the largest animal on Earth and she eats Krill and almost nothing else. The whale can eat up to 3,600 kilos of each Krill - enough to feed a human for 4 years.

There have been many inputs of the disappearance of the krill like there not being enough Krill to meet the demand of humans like us. This is another input of Krill dying is that other animals that rely on Krill to eat may die from not enough food meaning more sea life to become extinct, this could break the food chain.

I think another suspect is us humans I think this because Arctic Krill live in the Antarctic sea and we are rising temperatures due to global warming (caused by green house gases), this is a key factor to the disappearance of Krill.

Another person Fisherman Fred is a key factor as he goes to Antarctica to catch Krill. Then he continues looking for fish and killing Fred could cause Krill to become extinct.

I think the least to blame are seals because seals eat other sea creatures on the contrary to whales that only eat krills and that means seals eat fewer Krills.

Jasleen, 9 Compassion

ANTARCTIC KRILL CRIME REPORT

Thirty years ago, Antarctica's cold, icy waters were filled with krill, the main food for just about every resident. However, unexpectedly, today much of the krill have gone missing. Scientists, detectives and investigators have had much debate over this strange disappearance. However, I have come down to seven reasons/suspects who may be guilty of this crime.

THE SUSPECTS:

1) Fisherman Fred

Fishermen like Fred have been pulling the Ross and Weddell seas of Antarctica, particularly looking for the krill. For nearly over 30 years now, they have been coming over there to catch them. Fishing trawlers still harvest a huge number of krill every year; about 150,000 tonnes. Over half the krill they harvest, is used for fish or animal feed. This certainly seems a convincing argument for proving their guilt. However, one could argue that although krill are fairly easy to catch and could provide a useful source of protein for people, krill are expensive to process. They must be processed within three hours or their tissues start to break down, turning black and mushy. Therefore, it isn't processed or captured at an extremely fast rate, especially not as fast compared to how quickly they disappeared over the past 30 years.

2) Belinda Blue Whale

Belinda blue whale is the largest animal on Earth. She eats krill and almost nothing else. Every day during the feeding season in spring and early summer, the blue whale can eat up to 3,600 kilos of krill each - enough to feed a human for four years. This does make her suspicious. To add to this, whales used to have even bigger problems to deal with. In the first half of the 20th century, whales were nearly wiped out by human hunters. Then, the krill population exploded as there were less whales feeding on them. With an increased food supply, krill-eating penguins and seals did very well at their expense. But then, due to an international ban on commercial whaling, hunting by humans is no longer a problem for whales, but Antarctic krill are under pressure.

3) Albert Ross

The Albert Ross is the world's largest flying bird with a wing span of 3.6 meters. It travels thousands of kilometres each year to find fish, squid and krill. But the Albert Ross doesn't seem to be as suspicious as some of the others. This is because birds like the Albert Ross have been killed using bycatch on hooks used by long line illegal fishing boats. The Albert Ross is finding it more difficult to avoid getting caught. If the situation continues, its population may decline to the point of

extinction. Therefore, on the flip side, it is good news for the krill, as they aren't being hunted.

4) Adèle Penguin

Adèle the penguin is a true Antarctic penguin, and has around five million relatives, but life is not so good as it used to be. Penguins like Adèle eat fish and squid when they have to, but prefer krill, swimming up to 100 km in search of them, rising above from icebergs and other predators. However, like the Albert Ross, their population is declining. Falling krill supplies are making it difficult to survive. Families have not been able to breed successfully because there is just not enough food around and numbers of seals have more than halved. Changes in climate also play a part of this, and so with warmer temperatures the sea-ice is disappearing, and so penguins need to move further south.

5) Sylvia Seal

Seals have special teeth that allow them to swallow mouthfuls of seawater and then sieve out the krill. They can put away up to 25 times their body weight in krill per year. All the krill-lovers in the seal communities are finding it more and more difficult to fish enough krill to feed their young because of their rapidly declining population too.

6) Sid Squid

Most squids have ten tentacles which have strong jaws known as a beak in the middle. With these, they can catch krill, small fish, or even some of their smaller cousins! After krill, squid is the second most popular choice on the menu. Like other marine creatures the squid too has lost large numbers of their family members in recent years as the water has been too warm.

7) Humans

This is a rather controversial claim, but, if we are being honest, the one that is worth being blamed the most. Sea-ice is a vital feeding ground for the huge numbers of krill in the Southern Ocean, and around the Antarctic Peninsula, there has been a dramatic decrease in sea-ice. Here, temperatures have risen by 2.0°C in the last 10 years. Many scientists believe that temperature rise is a result of global warming, which is caused by the green increase of greenhouse gases in the atmosphere caused by human activity.

WHO IS THE GUILTIEST SUSPECT?

I have come to the conclusion of 2 main reasons/suspects as to why the krill have disappeared.

- Firstly, Belinda the Blue Whale is one of the main suspects that are guilty to blame. There are a huge number of whales on Earth, and they are the biggest creatures. They eat nothing but krill, and hardly anything else. This could contribute to the huge decline in the krill.
- Secondly, humans are the ones most guilty. Climate change is affecting almost every species on Earth and the krill are no exception to it. They are perhaps one of the biggest affected, as it meant them becoming almost extinct, due to the change in their climate's temperature.

WHAT IMPACT HAS THE DISAPPEARANCE OF THE KRILL HAD?

The disappearance of the krill has had a huge impact on not just itself, but also other animals that rely upon it for survival. Seals and penguins have faced rapidly declining populations, partly because of the decline of the krill population. It goes round in the food chain, where when one animal becomes extinct/endangered, the animals that feed off it, also suffer. Also, the krill business has declined, as there are now less opportunities for companies to produce and sell the krill, due to their disappearance. It has had an impact on the harvests, and fishermen need to find enough to catch so they can be harvested.

ARE THERE ANY SOLUTIONS?

- There are some solutions to help stop this.
- First and foremost, do everything we can to stop climate change before it is too late. Campaigns for stopping the emissions of greenhouse gases and changing to a more sustainable, renewable method is vital, not only for the benefit of the krill, but for all of humanity.
- To stop hunting creatures, and harvesting the krill. Seals are struggling massively due to one of their biggest food sources declining, which leads to their endangerment also.

HW Wednesday 13th January 2021
Antarctic Krill Crime Report

1. The Antarctic krill is an extremely common pelagic crustacean native to the waters surrounding Antarctica. One of the most important prey species near the bottom of the Southern Ocean food web, krill eat small plants like phytoplankton as well as algae under the surface of sea ice. They have the ability to shrink their bodies and hold long periods of starvation. These adaptations allow them to survive the winter months in Antarctica. Krill are the main prey for many penguin, whale, fish species and humans. Over the past 60 years, the population of adult Antarctic krill have declined by 90 to 95 percent.

2. Fisherman Fred:
Yes, as for nearly thirty years, fishermen have fished from the Antarctic to catch krill. Fishing boats still harvest about 150,000 tons of krill every year. Over half the krill harvested is used for fish food or animal feed. The amount being harvested is Belinda Blue whales is increasing as demand has gone up. Yes, as the blue whales are the largest animal on Earth. They eat krill and almost nothing else. Every day during the feeding season in spring and early summer, the blue whale can eat up to 3,600 kilos of

krill each day - enough to feed a human for four years! However, whales are so big, they need a lot of food. Krill, however, are small. Albert Ross's their population is decreasing, but not really as they have been killed when being caught on hooks used by long line fishing boats, many of them illegal. However, they are the world's largest flying bird with a wingspan of 3.6 meters. It travels thousands of kilometres each year to find fish and squid and krill but its population keeps declining to the point of extinction. It's a sign of being caught some Adèle penguins.

Yes, as penguins like Adèle eat fish and squid when they have to, but prefer krill, swimming up to 100 km in search of them, rising above from icebergs and other predators. Also, krill supplies are making it difficult to survive. Families have not been able to breed successfully because there is just not enough food around. Numbers of seals have more than halved.

- Sylvia Seal?
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Simran, 9 Truth

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Photography Lockdown Challenge Winners

Week 1

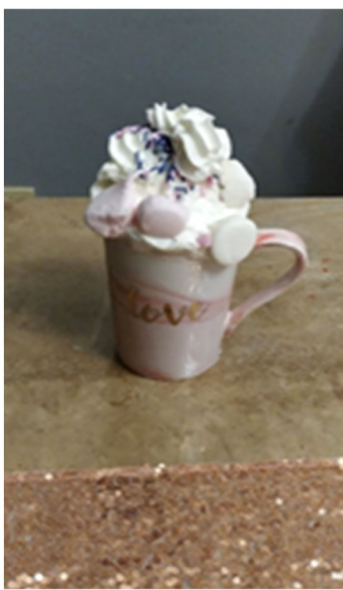
- Theme - My favourite food...



Saavi 1 Contentment



Hasini 1 Truth



Anjali 7 Contentment



Anaiya 5 Compassion



Photography Lockdown Challenge Winners

Week 2

- Theme - Winter in lockdown...



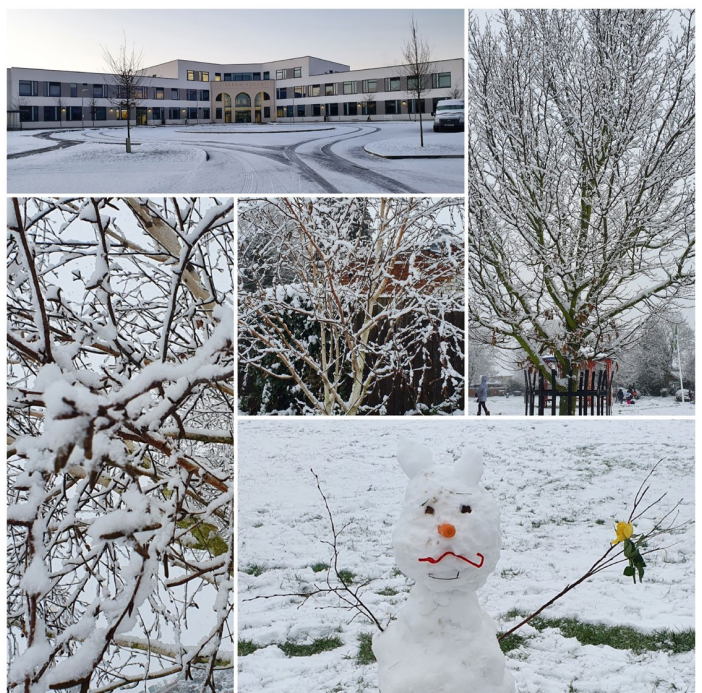
Taran 4 Humility



Hardit 1Truth



Iqra 8 Love



Jaseena 6 Contentment



Pupil of the Week Certificates : 22.01.21

Congratulations to all the pupils who were awarded merit certificates for Pupil of the Week:

R Compassion:	Parina Kaur	R Truth:	Haksh Bedi
R Humility:	Aahana Marway	R Contentment:	Gagan Sura
1 Compassion:	Kriya Prakash	1 Truth:	Dyal Kanda
1 Humility:	Simran Cleary	1 Contentment:	Ishpal Bumrah
2 Compassion:	Lano Faad	2 Truth:	Ayva Bhachu
2 Humility:	Parteek Sangha	2 Contentment:	Gurseerat Cheema
3 Truth:	Leon Gurung	3 Compassion:	Tanveer Vig
4 Contentment:	Paavan Lall	4 Humility:	Anokh Bhamrah
5 Truth:	Harveen Gill	5 Compassion:	Sharleen Bal
6 Humility:	Jimsher Baga	6 Contentment:	Niyam Patel
7 Compassion:	Oscar Fernandez Ramirez	7 Truth:	Prabhdish Chahal
7 Humility:	Sukhchain Dhillon	7 Contentment:	Prabhleen Notay
8 Compassion:	Jasman Singh	8 Truth :	Ishdeep Jawanda
8 Humility:	Jiya Gandhi	8 Contentment:	Jind Matharoo
8 Love:	Yuvraj Singh	9 Compassion:	Amber Basra
9 Truth :	Savir Sura	9 Humility:	Devneet Madhan
9 Contentment:	Sukhneet Madhan	Faith: 1 Compassion	Aryan Azad



Pupil of the Week Certificates : 29.01.21

Congratulations to all the pupils who were awarded merit certificates for Pupil of the Week:

R Compassion:	Navleen Singh	R Truth:	HarRaiya Cheema
R Humility:	Jaanveer Walia-Dwyer	R Contentment:	Mehar Walia
1 Compassion:	Anika Bhatia	1 Truth:	Shayaan Mohyeddin
1 Humility:	Prabneer Khaneja	1 Contentment:	Amreen Sarai
2 Compassion:	Reyna Brar	2 Truth:	Jayvir Dhillon
2 Humility:	Priya Jain	2 Contentment:	Bavneet Sate
3 Truth:	Ekaras Sidhu	3 Compassion:	Mankeerat Kaur
4 Contentment:	Rohan Virdee	4 Humility:	Manpreet Rooprai
5 Truth:	Gurleen Sarl	5 Compassion:	Jaskeerat Chahal
6 Humility:	Sahibveer Nagpal	6 Contentment:	Shreeya Mathur
7 Compassion:	Yashita Konda	7 Truth:	Eesha Mann
7 Humility:	Dilveen Sethi	7 Contentment:	Prabhdeep Gujral
8 Compassion:	Bavneet Aujla	8 Truth :	Yuvraj Virdi
8 Humility:	Puneet Raju	8 Contentment:	Dharren Chopra
8 Love:	Harkirat Kholi	9 Compassion:	Tushar Shukla
9 Truth :	Phajmeet Kaur	9 Humility:	Mareesha Arora
9 Contentment:	Manal Kapoor	Faith: 1 Compassion	Zayn Barkatali Hadwani