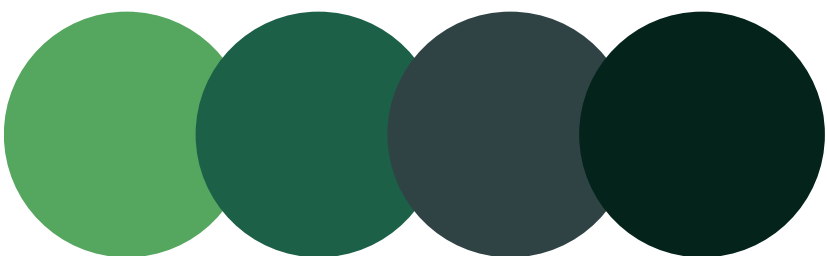
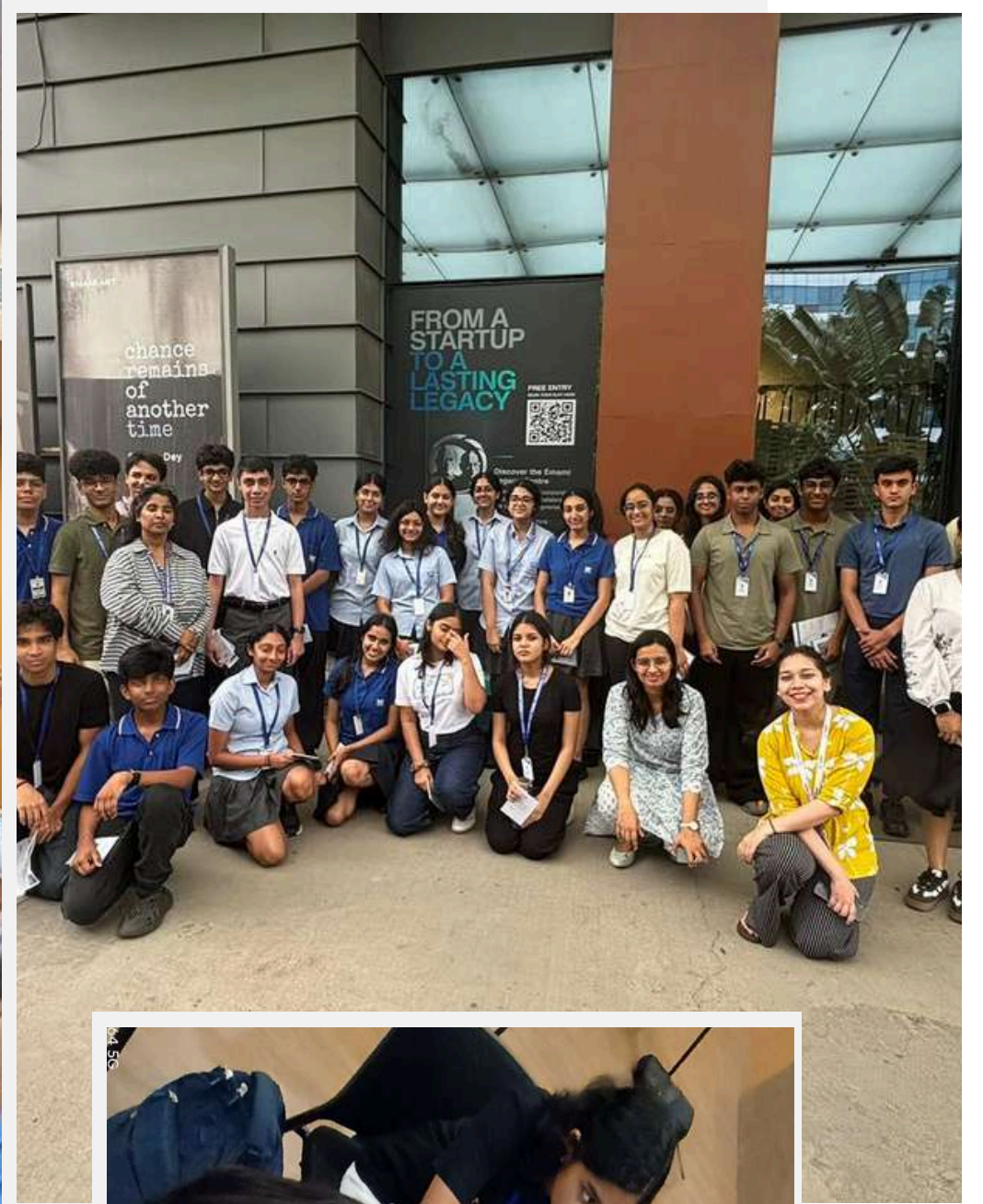




MODERN HIGH SCHOOL
INTERNATIONAL

FOUNDATION *Course*



EDITORIAL

The Foundation Course Newsletter 2026 was created to capture the experiences, learning, and memories that students made throughout the Foundation Course at MHSI. More than just academics, the course introduced students to new ways of thinking, working together, and exploring different subjects through hands-on activities and workshops.

From Robotics and Film to Humanities, Science, Arts, and Sports, every activity encouraged students to step out of their comfort zones, try something new, and learn through experience. As a team, we wanted this newsletter to reflect not only the work that was done, but also the creativity, teamwork, and excitement that students brought into every session. Working on this newsletter was a collaborative effort between the design, photography, and writing teams, and it was rewarding to see everyone's ideas come together. We hope this newsletter gives readers a glimpse into the energy and spirit of the Foundation Course, while also preserving the memories created along the way.

— Sanaaya Sureka
Team Lead, Foundation Course Newsletter 2026



WHAT IS THE FOUNDATION COURSE?

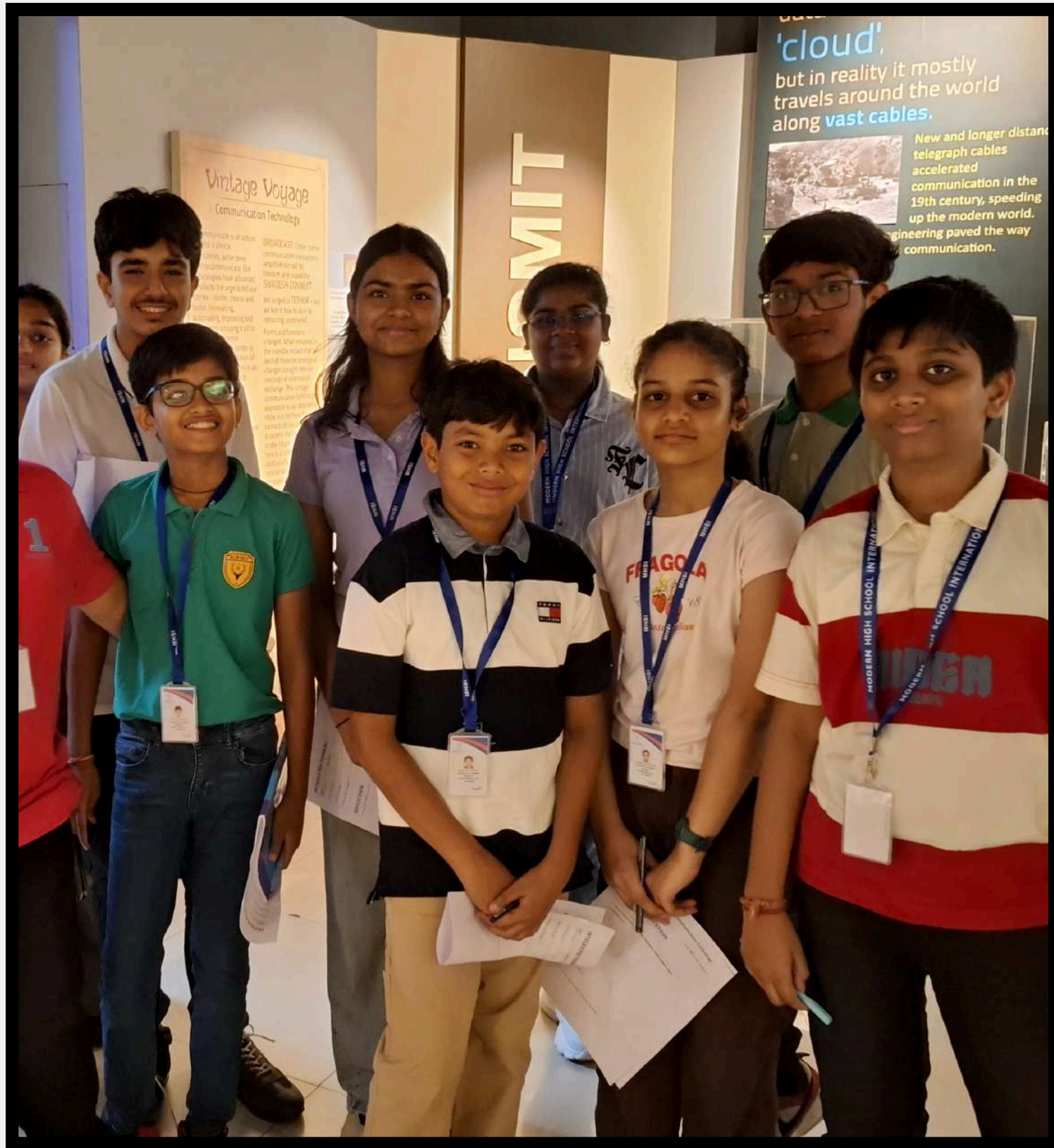


The Foundation Course at MHSI served as a stepping stone into a dynamic academic journey, nurturing both intellect and character. It helped students develop effective study strategies, manage their time, and take ownership of their learning, while building confidence, curiosity, resilience, and self-awareness through engaging sessions and reflection.



The course introduced students to English, Humanities, Science, Business Management, Economics, and Theory of Knowledge, while also encouraging them to embrace mistakes as part of learning. Experiences such as CAS, field trips, and workshops in film and robotics, along with elements of History and Psychology, created a balanced blend of academic rigour and enjoyable, hands-on learning.

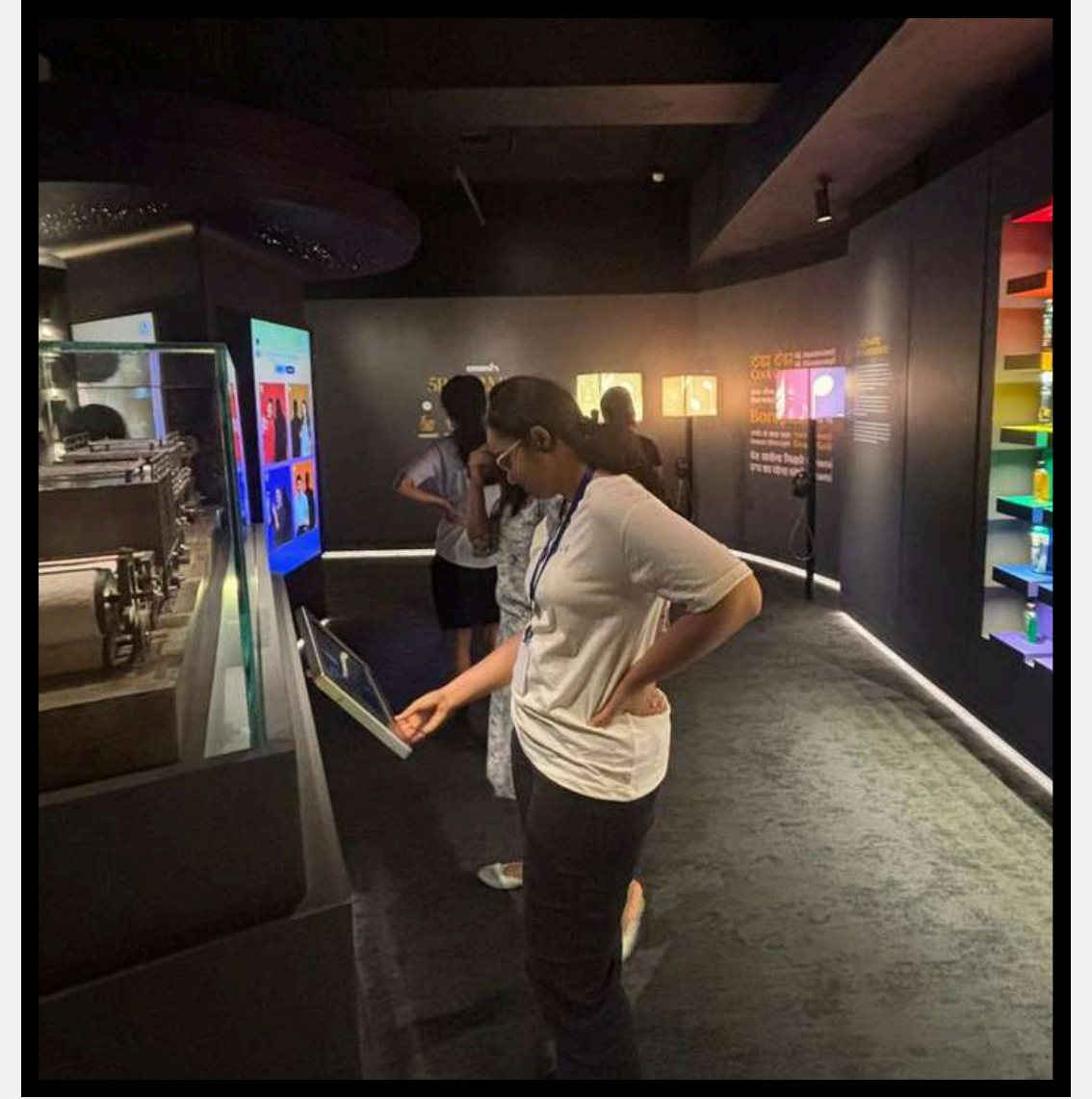
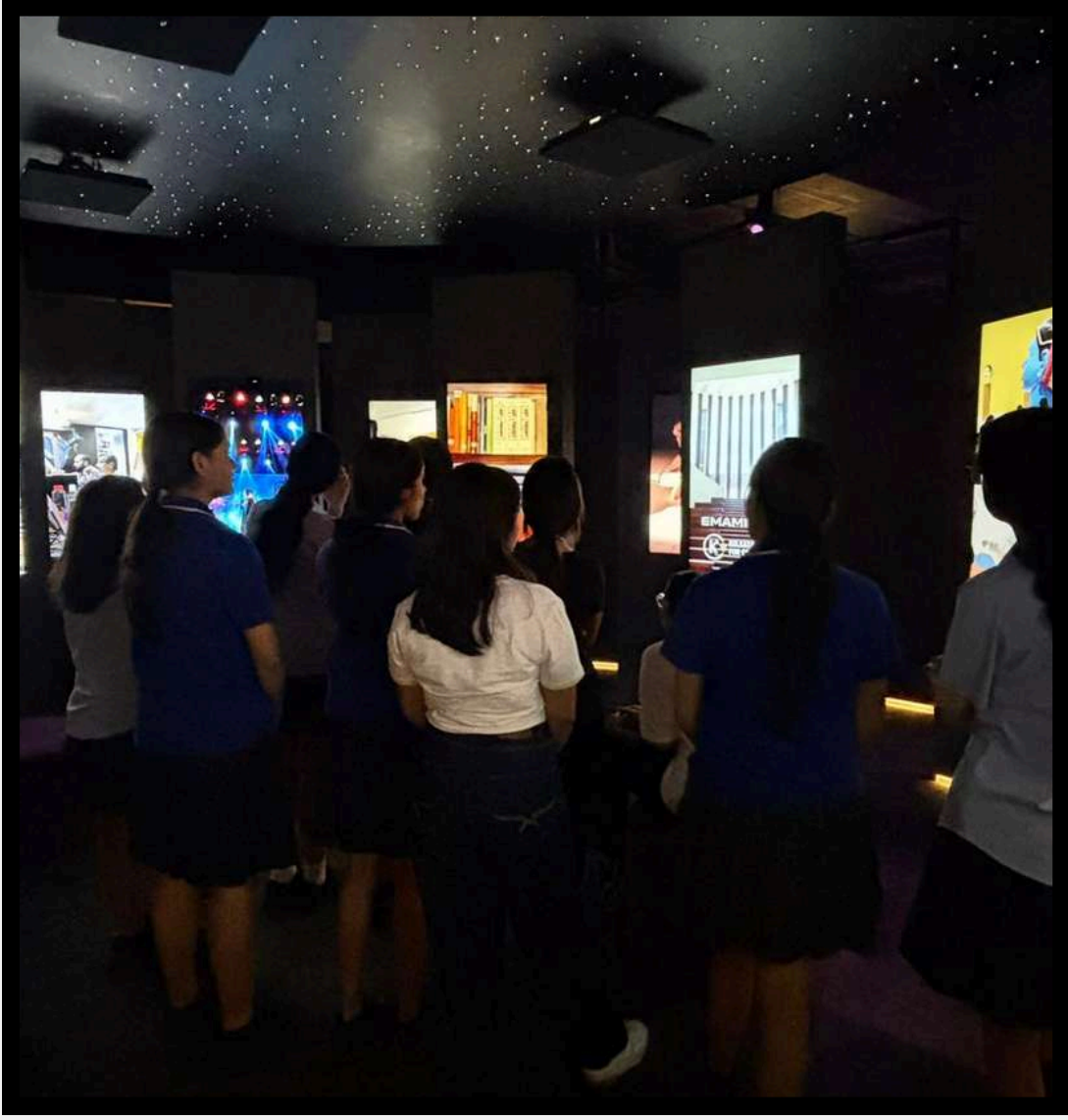




VISIT TO BITM

This trip served as an introduction to how science would be taught at MHSI, and how it's not about memorisation, but about experimenting, observing, analysing and learning from mistakes; just like real scientists.





EMAMI CENTRE VISIT

This segment of the program focused on entrepreneurial thinking and skill development. We explored key business skills and growth strategies through an interactive tour showcasing the evolution of the Emami Group into a household name.



Presenting the Mistake Masterpiece

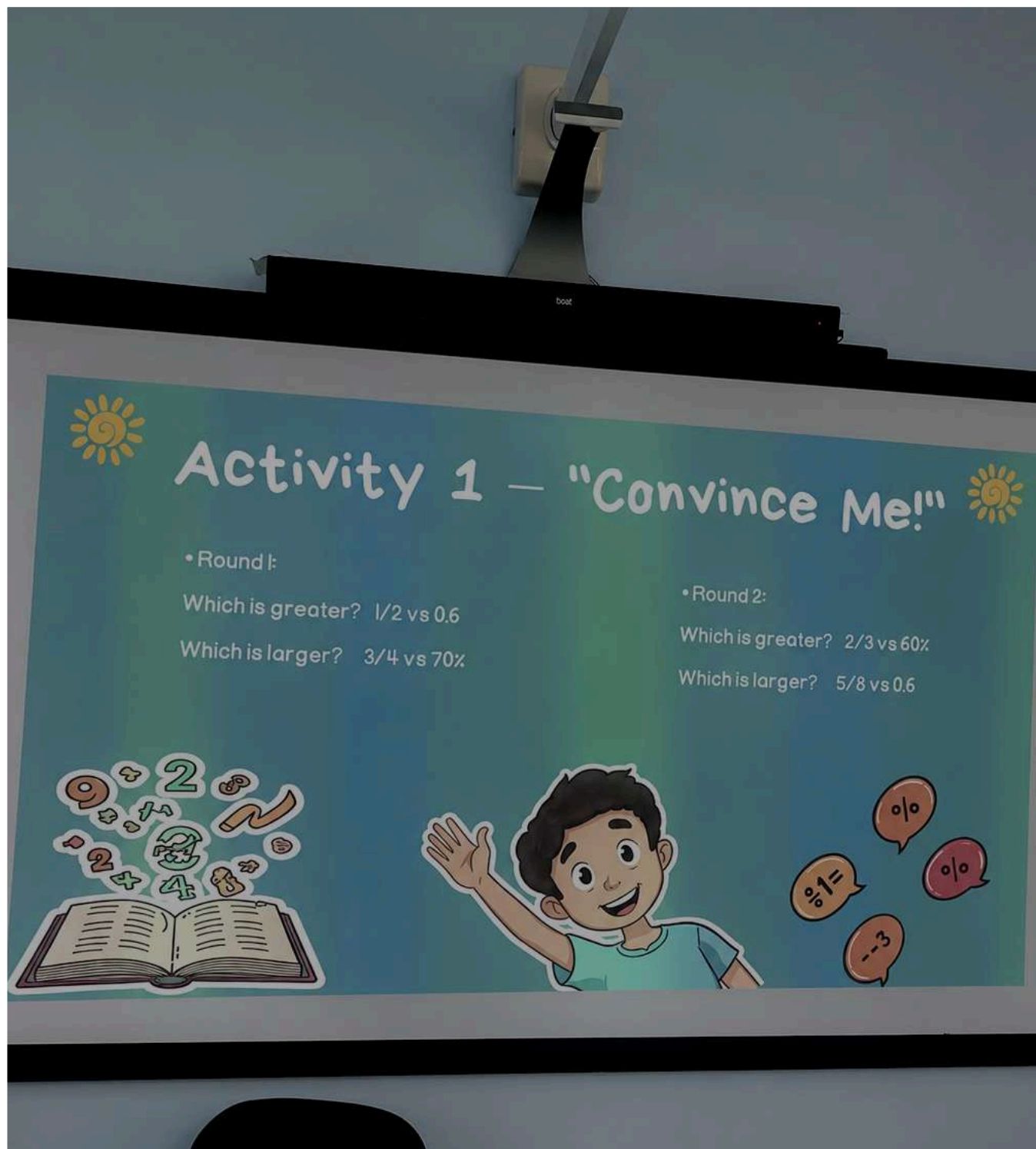
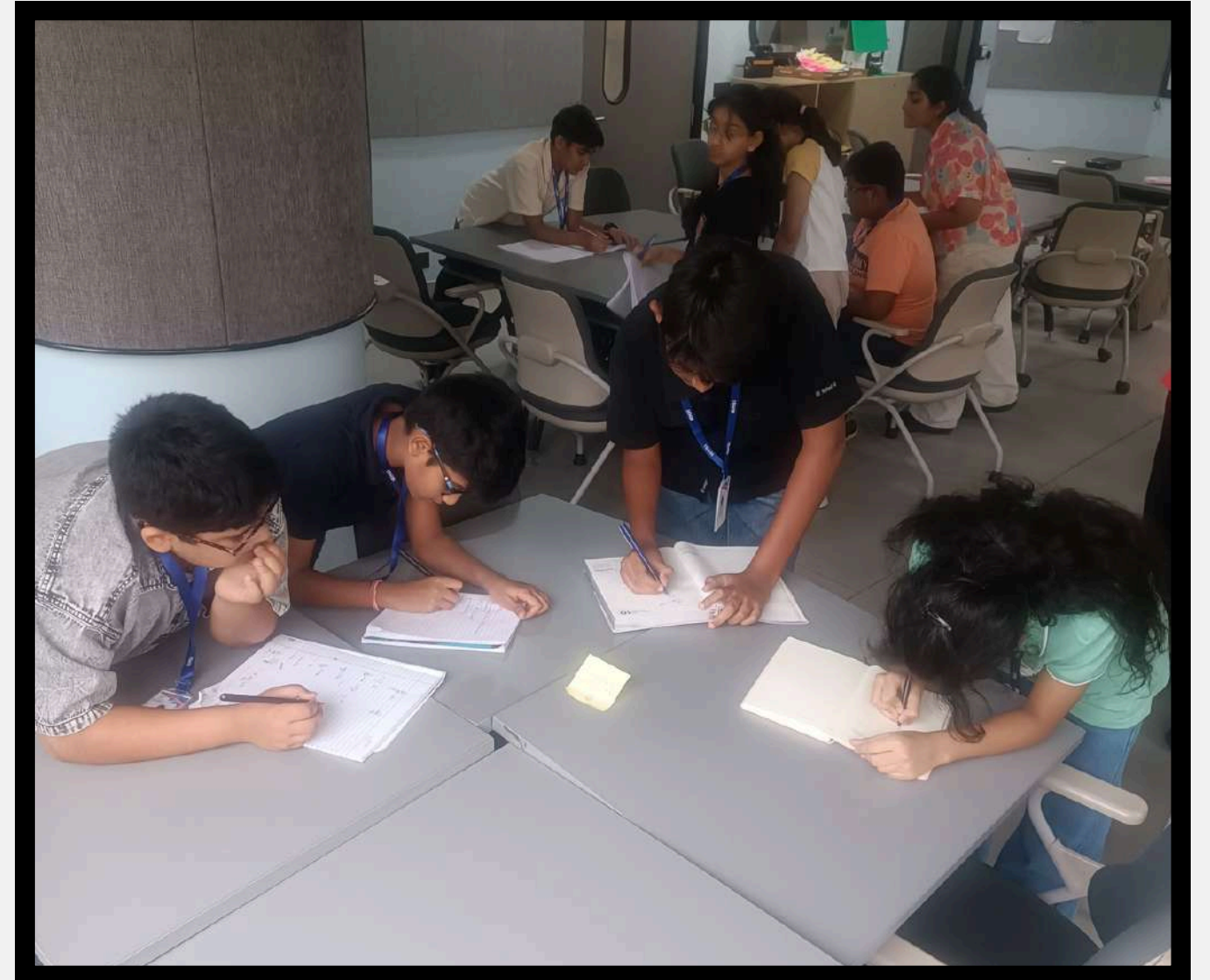


POWER OF OOPS!

Middle school students participated in an engaging session titled 'The Power of Oops'. In one activity, "Making the Mistake Masterpiece", groups used chart paper to freely create scribbles and doodles. Another group transformed these mistakes into a masterpiece.

MATHEMATICS

In the Maths workshop, students worked in groups to analyse and understand data. They engaged in different activities which prompted them to question formulae and theories. They built reasoning and communication skills by explaining solutions to mathematical problems.



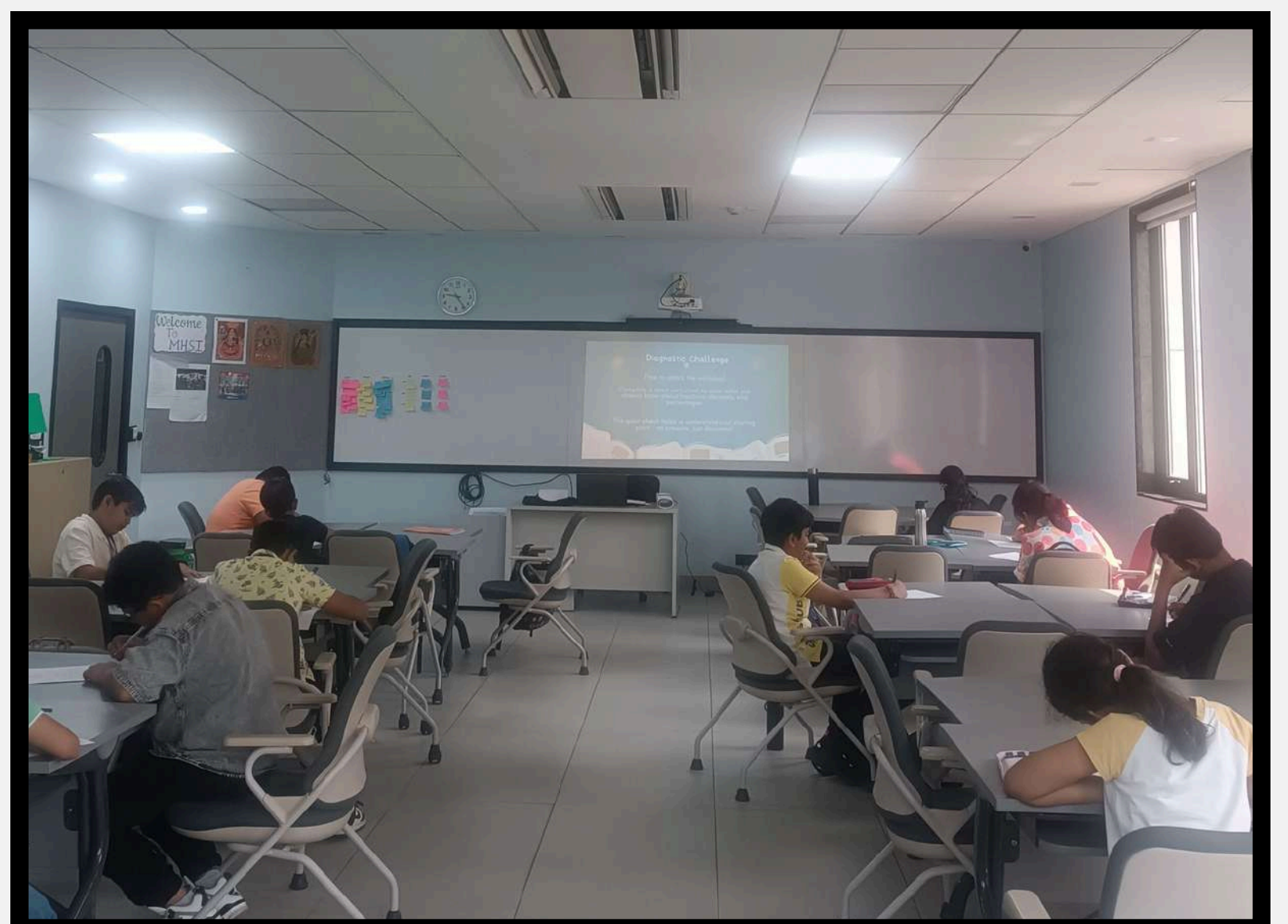
Critical thinking activities



Applying analytical skills



Merging Art and Mathematics



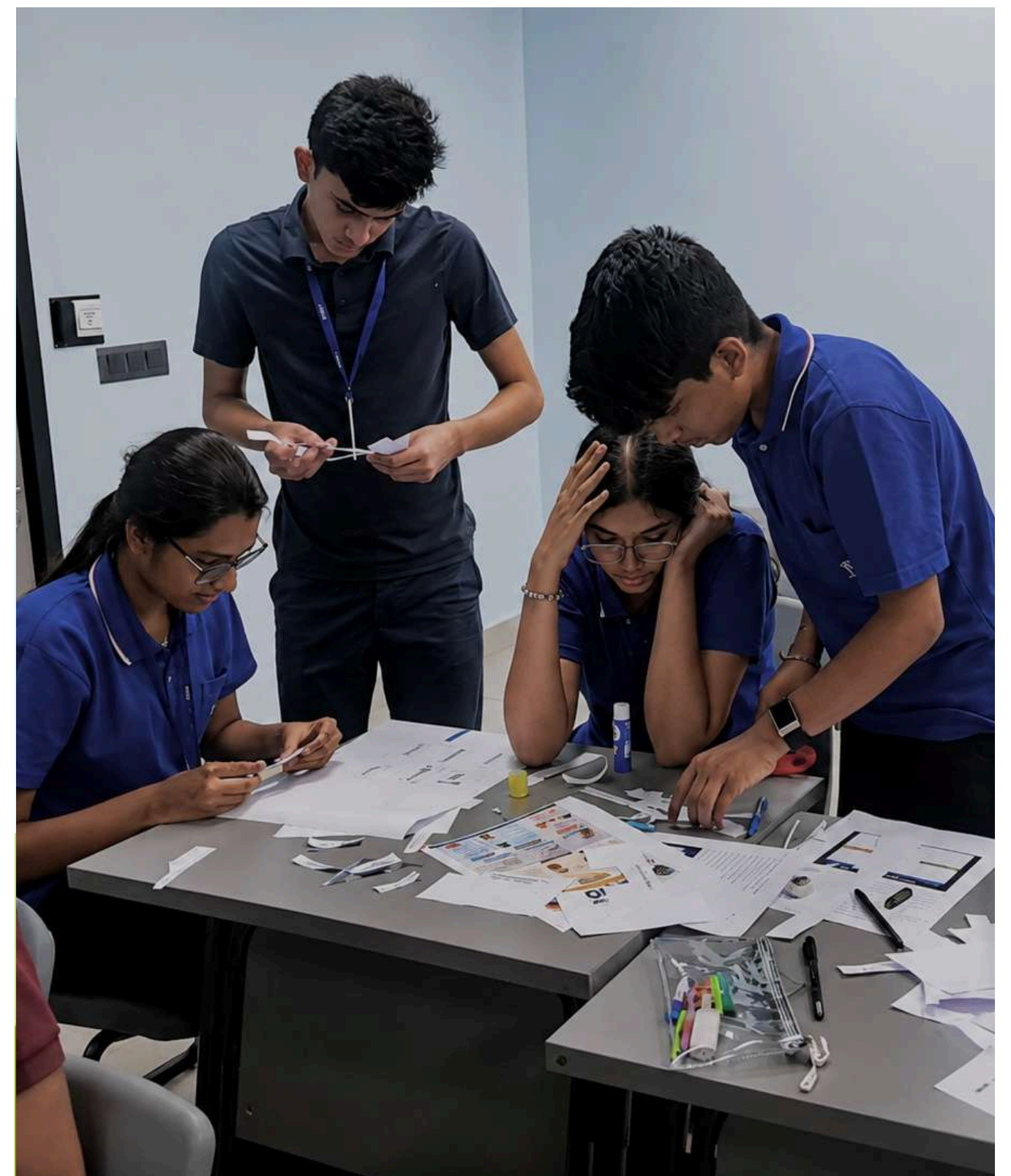
BUSINESS AND ECONOMICS



Critical Thinking in action



Students worked in groups to analyse real-life situations, share ideas, and create solutions. Through hands-on tasks and discussions, they developed entrepreneurial thinking and learned how businesses operate.



Creating solutions creatively

PHYSICAL EDUCATION

The Physical Education sessions encouraged students to build teamwork, discipline, and resilience through various sports and activities. Beyond fitness, students learnt the importance of leadership, coordination, and maintaining a healthy balance between physical and mental well-being.



Warm ups before a strenuous session



Core strengthening exercises



Fitness with focus!



VISUAL ARTS



Painting dreams into reality

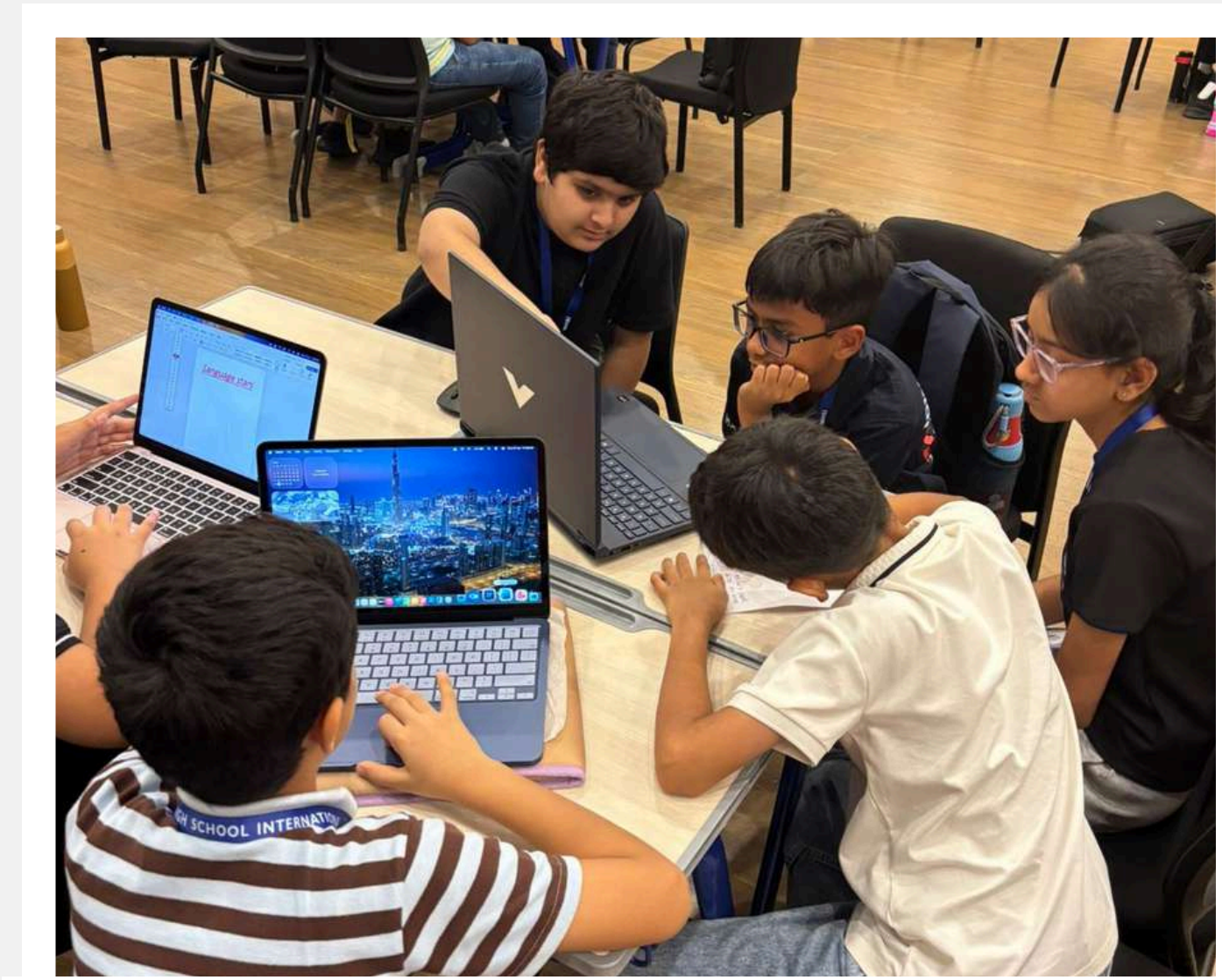


Colours of imagination



The Visual Arts session encouraged students to express their creativity through colours, designs, and imagination. By exploring different artistic techniques and ideas, students transformed their thoughts into meaningful artworks, showcasing individuality, innovation, and self-expression.



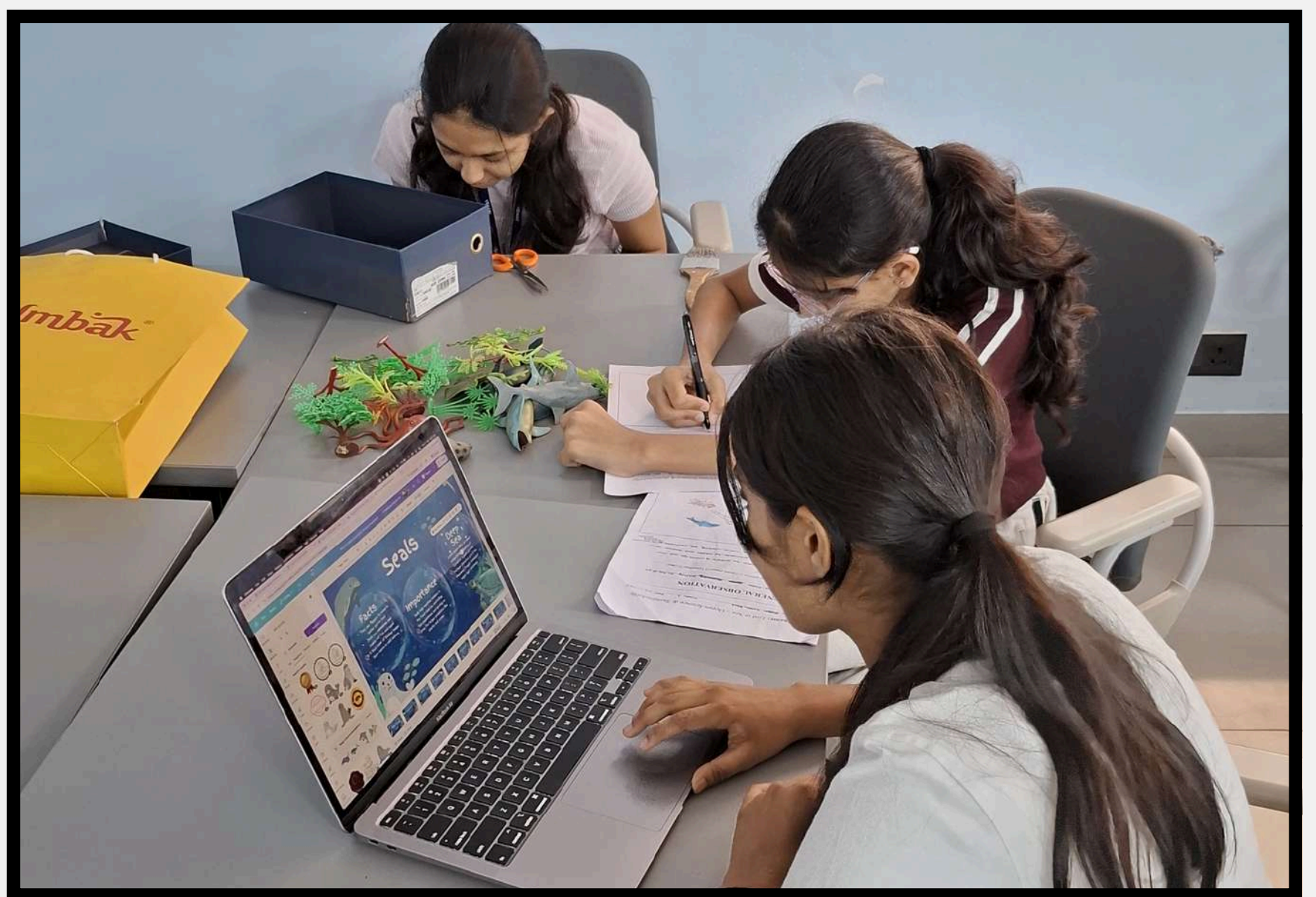


Different languages, one stage



LANGUAGES

High school and middle school students collaborated to create skits and songs to showcase the importance of learning languages.



SCIENCE

Students gathered and organised data which they had collected from their visit to BITM and from other sources. They conducted hands-on experiments to test and prove theories related to science, allowing them to implement their knowledge in real-world applications.

ENGLISH

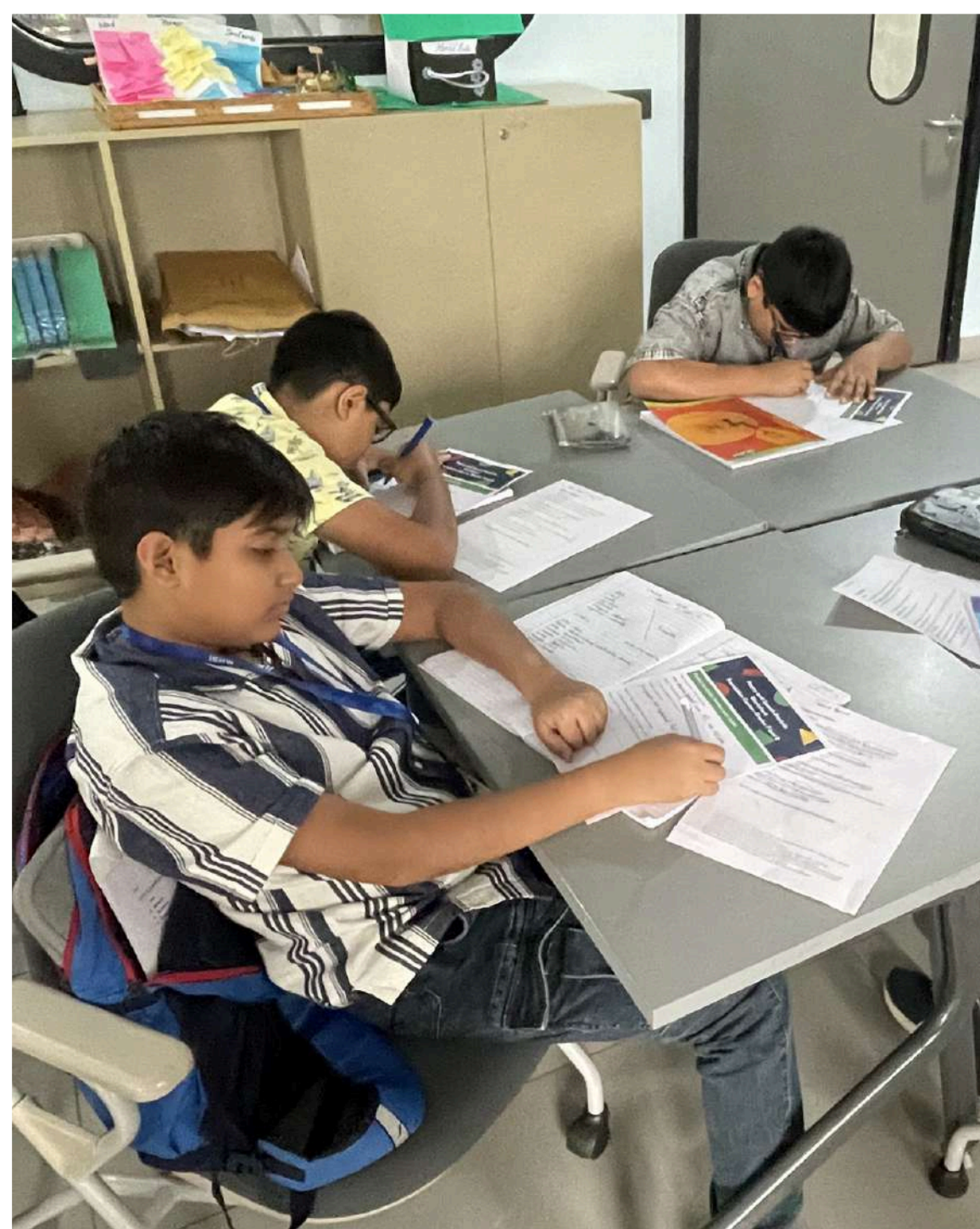
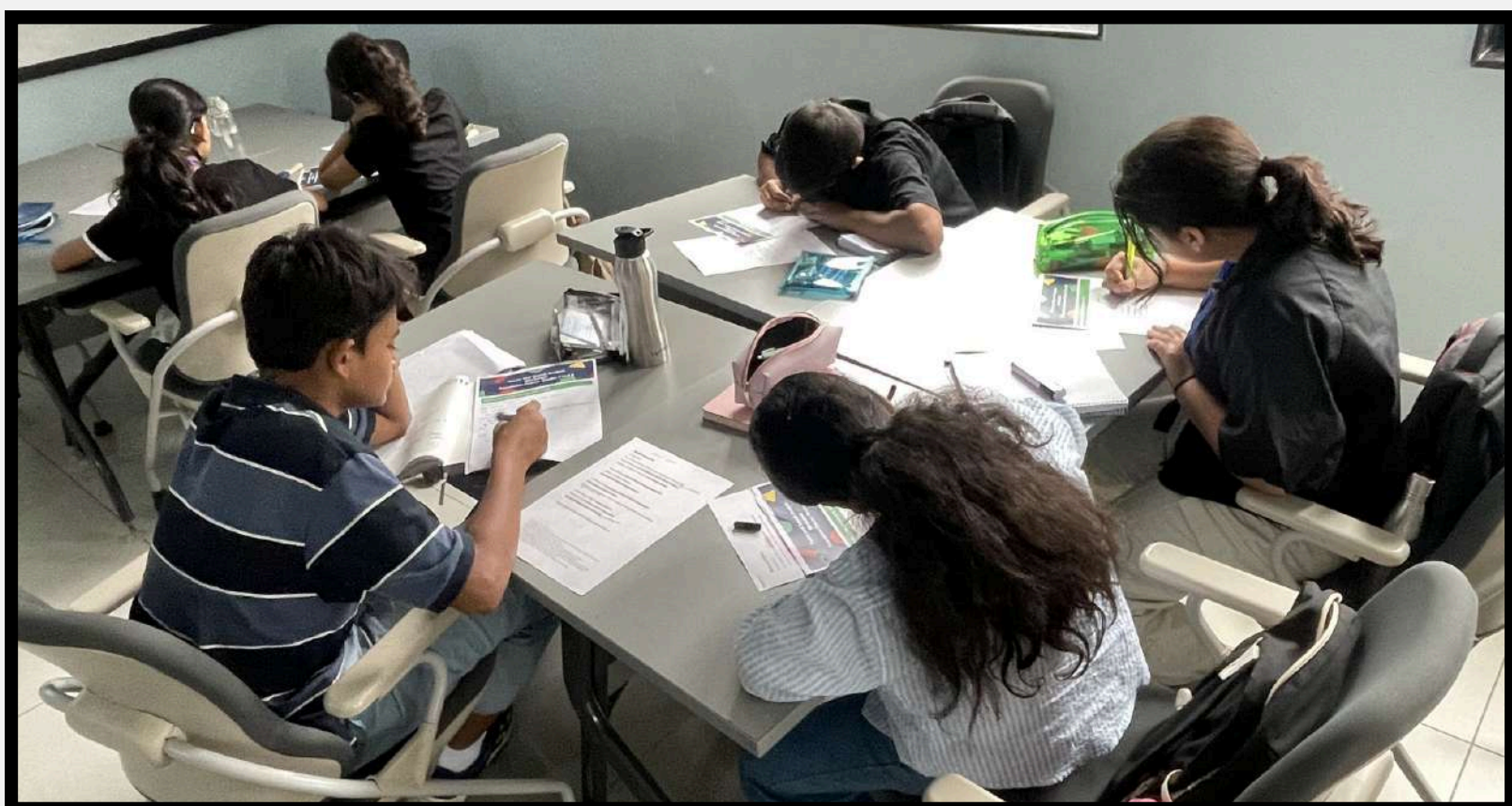
Through open-minded thinking and group discussions, students learnt how to analyse literary works in English.



Ideas, analysis, understanding



Words that inspire thought



Inspiring learning & understanding through teamwork



HUMANITIES

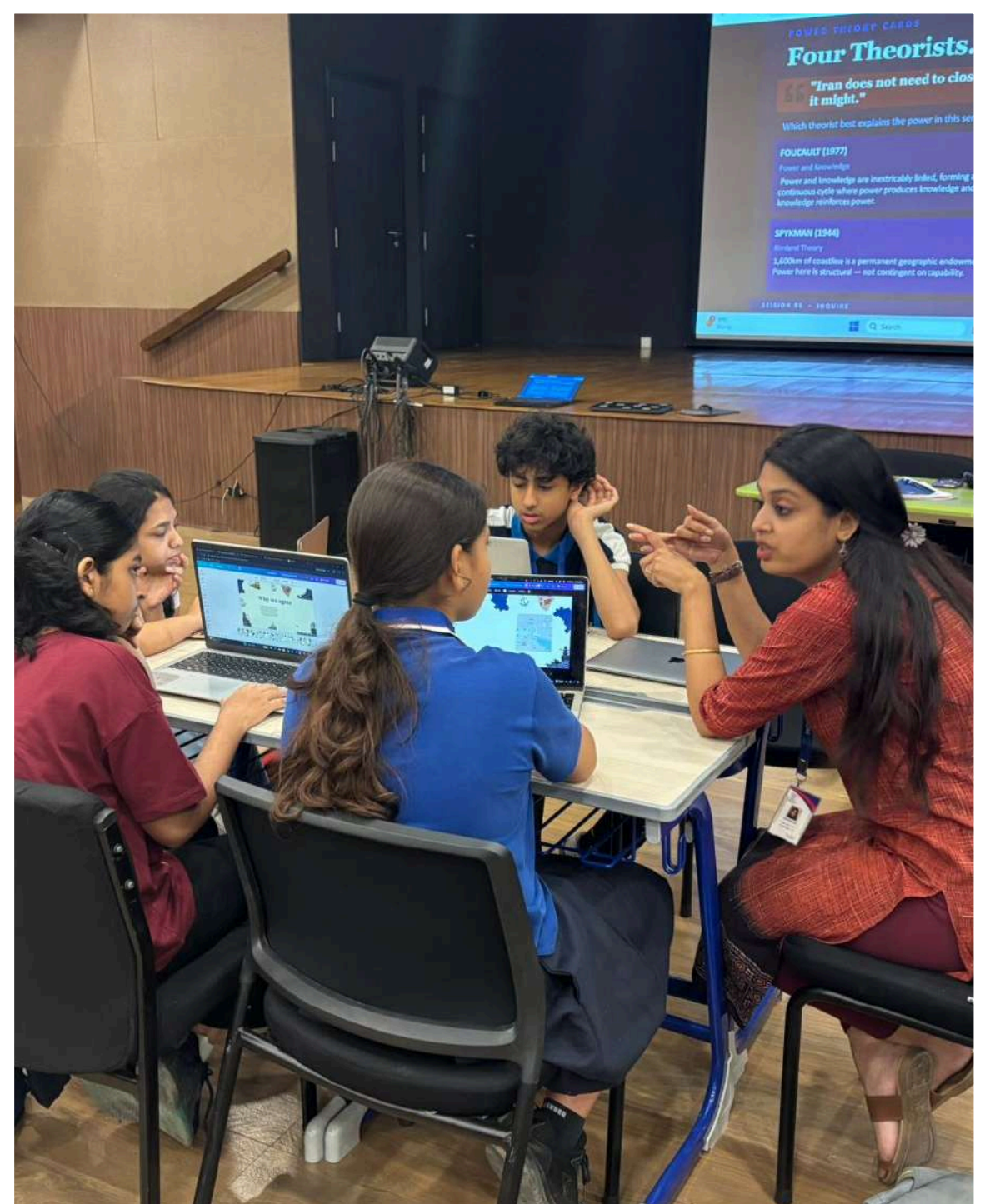
The Humanities session encouraged students to explore and analyse current global issues through collaborative presentations on the recent Strait of Hormuz crisis. By researching its political, economic, and global significance, students developed critical thinking, communication, and analytical skills while gaining a deeper understanding of international affairs.



Exploring current affairs



Voices on world issues



Discussions that inspire awareness & perspectives that matter

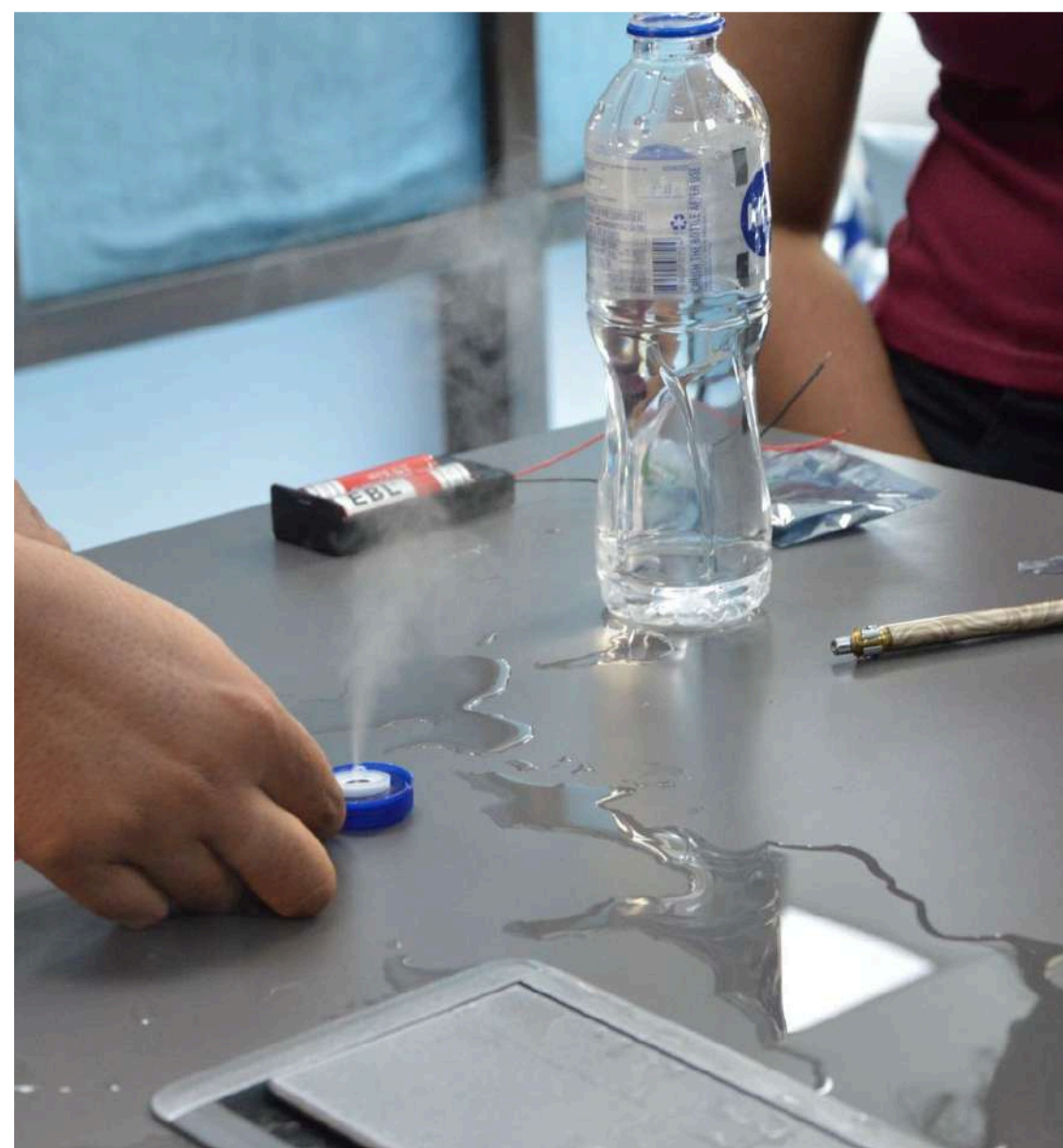


ROBOTICS WORKSHOP

Over the span of a week, students built models related to smart cities such as a smart parking systems, AQI detectors and more, using a combination of electrical engineering and coding to make the models function.



Coding the future



Automation in action



During the Robotics Workshop, students combined creativity and technology to design a Smart City model featuring innovative solutions such as laser-guided lighting, and smart dustbins. Through coding, engineering, and teamwork, the project showcased how robotics can be used to create safer, cleaner, and more efficient cities for the future.

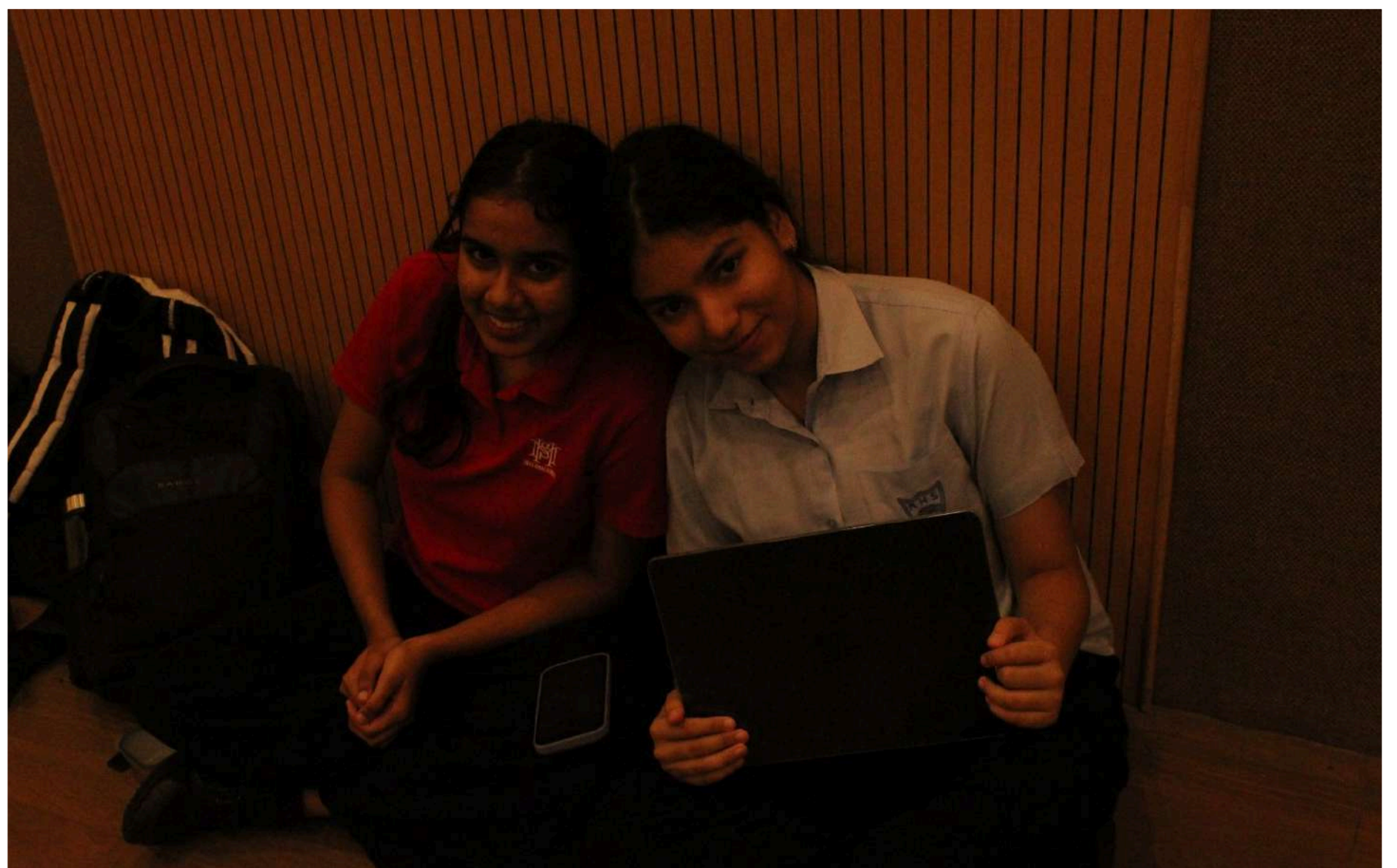


FILM & THEATRE WORKSHOP

Students were introduced to the world of films, where they learnt the different shot divisions, how to analyse characters, personality levels and much more. The week-long workshop ended with the students creating their own films using everything they had learnt, along with the presentation of the film.



Lights, camera, creativity



**Learning through performance
..... from script to spotlight**

REFLECTIONS

Student Reflections

Krishnav Kapoor, Grade 11

The Foundation Course at MHSI served as a stepping stone into a dynamic academic journey, nurturing both intellect and character. It helped students develop effective study strategies, manage their time, and take ownership of their learning, while building confidence, curiosity, resilience, and self-awareness through engaging sessions and reflection. Alongside academics, the course introduced students to English, Science, Business Management, Economics, and the Theory of Knowledge, while also encouraging them to embrace mistakes as part of learning. Experiences such as CAS, field trips, and workshops in film and robotics, along with elements of History and Psychology, created a balanced blend of academic rigour and enjoyable, hands-on learning.



Aashika C Mittra, Grade 9

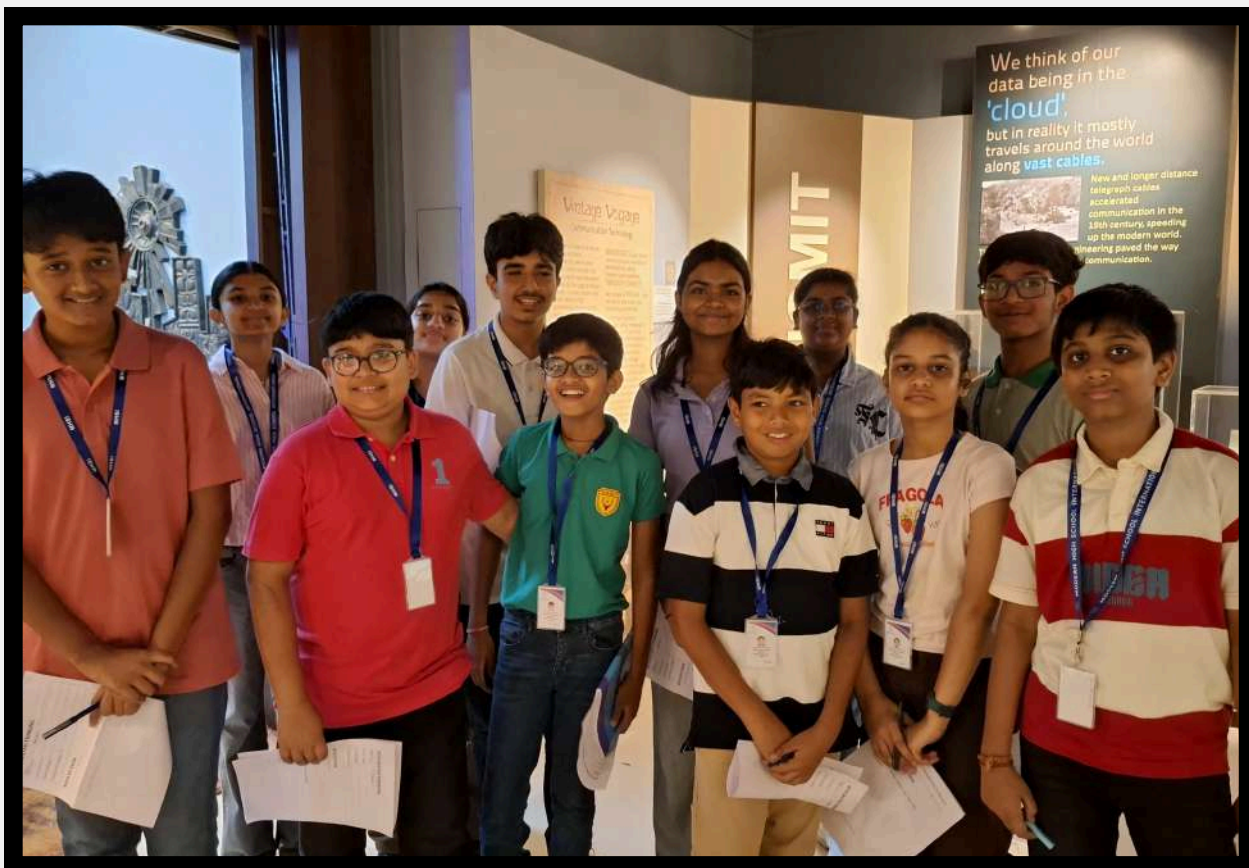
When I joined MHSI, I was worried that I wouldn't like it there and that it would be boring. But I'm so glad I was wrong. From the first day itself, we were put into various subject workshops and activities that made the days feel like they were flying by. The real highlights for me were the filmmaking and robotics workshops, where we learnt so much more than I would've thought, and had so much fun in collaborative projects. As the course is coming to an end, I'm so incredibly happy I joined, because I met amazing people and challenged myself to talk to and work with people in ways that I definitely would not have done before.

REFLECTIONS

Student Reflections

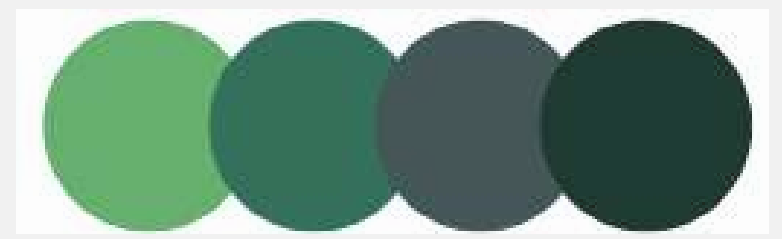
Slok Sen, Grade 7

This foundation course has helped me realise how interesting learning can be with its fun and exciting teaching. It dove deep into subjects - which was very fun - and the teachers were friendly, kind and patient. They also explained calmly when we didn't understand a topic. We made new friends, learnt new things, and enjoyed ourselves. We learnt about coding which was tough, but fun, and helped us realise how coding can help us in the future . We also learnt about drama during the Theatre Workshop which was the most exciting part for me during the foundation course. It taught us that drama mirrors life, teaching us empathy, self-reflection, and the consequences of human choices.



Avyan Khemka , Grade 6

The foundation course at MHSI was very exciting and a fun learning course for me. We were exposed to new subjects like theatre studies and robotics which was a completely new experience. I liked the teaching style and the interactive classes. I enjoyed making presentations in teams and making new friends along the way. The sports class was so much fun with new games like "Capture the Flag". There is however one thing that can be improved: we should have had a few sessions with the different clubs so we could get a better understanding of what each club was all about. It was a little chaotic on the day we had to find out the exact activity of each club. Overall, I really liked the foundation course and I think it was a good introduction to the Middle School Programme.



newsletter

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