

Monthly Wrap

SHRI RAJENDRA SINGH INTERNATIONAL SCHOOL



Teachers Day

On 4th September, the students of Shri Rajendra Singh International School celebrated Teachers' Day with great enthusiasm and gratitude. The program was filled with dance, music, skits, and heartfelt speeches, all dedicated to expressing love and respect for their mentors.

A special highlight of the day was when students presented fun and creative titles to the teachers, making them feel cherished and celebrated in a unique way. The lively performances and thoughtful gestures made the day vibrant and unforgettable.

The celebration was a beautiful reminder of the strong bond between teachers and students, making the occasion truly special for everyone.

1

QUOTE OF THE MONTH

Discipline is the bridge between goals and accomplishment." – Jim Rohn

2

EXAM TIME REFLECTIONS

Tips to handle exam pressure and stay positive.

3

ADVENTURE PICNIC ANNOUNCEMENT

Exciting one-day trip planned for students



Teachers Day Trip

Our teachers went for a trip to Ramnagar



Hindi Diwas

On 14th September, Students participated in model making



Navratri Celebration

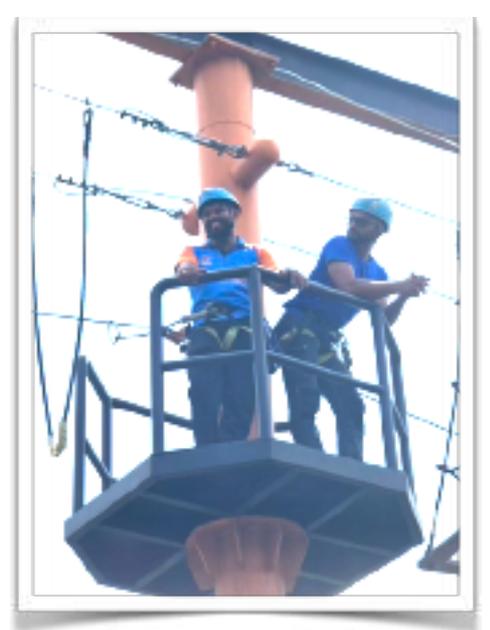
Our kindergarteners celebrated Navratri with dance, garba, and festive joy

Teachers Day Celebration

This Teachers' Day, our dedicated teachers enjoyed a special outing to Ramnagar, celebrating their hard work and camaraderie.

Our teachers went to Ramnagar for a 2-night, 3-day Teachers' Day celebration, and the trip was filled with fun, learning, and camaraderie. The outing included nature walks, ziplining, ATV rides, archery, storytelling sessions, and team-building activities, giving everyone a perfect blend of adventure and learning.

It was a heartfelt way to honor the dedication and hard work of our teachers, making them feel appreciated and valued. The trip created **memorable moments of joy, relaxation, and bonding** among colleagues.



Hindi Diwas Celebration

On 14th September, Shri Rajendra Singh International School celebrated **Hindi Diwas** with great pride and enthusiasm. The day highlighted the importance of Hindi as our Rajbhasha (official language) and its role in uniting the nation.

Students participated in a variety of activities showcasing their creativity and command over the language. The event reminded everyone of the beauty, richness, and cultural depth of Hindi.

Through this celebration, our students learned to value and respect their mother tongue, while also understanding the responsibility of preserving and promoting it for future generations.



Navratri Celebration with Kindergarten

The tiny tots of Shri Rajendra Singh International School celebrated **Navratri** with great joy and enthusiasm. Dressed in vibrant traditional attire, our kindergarten students filled the school with festive spirit.

The little ones came beautifully dressed as the nine Devis, bringing alive the festive spirit with their colorful attire and cheerful smiles. To add to the celebrations, they performed graceful garba dances, making the atmosphere vibrant and full of energy. The event not only introduced them to the cultural significance of Navratri but also gave them a chance to showcase their creativity and confidence. It was truly a delightful celebration that filled the school with festive cheer.



GARBA CELEBRATION FOR TEACHERS

To keep the festive spirit going, our teachers had a special garba celebration. Dressed in vibrant traditional attire, they danced with full energy and joy, creating a lively and cheerful atmosphere. It was a wonderful way to celebrate Navratri together and strengthen the bond of our school family.



Upcoming in October

Our students are all set for exciting educational trips in the month of October. These trips will give them a chance to learn beyond classrooms, explore new places, and create lasting memories with their friends and teachers. Stay tuned for more updates and stories from these journeys in our next edition!

“October Trips Preview”

We are excited to announce special trip for our students in **October 2025**:

- **Junior Students (Nursery to VIII): A one-day Adventure Picnic** filled with fun activities like Zipline, Boating, Archery, Body Zorbing, Trampoline, Rain Dance, and more.

The trip promise learning, fun, and memorable experiences outside the classroom. All details have already been shared with parents via WhatsApp groups. Students are encouraged to get ready for these memorable experiences!

FUN FACTS

- **World Literacy Day** – Celebrated on **8th September**, this day reminds us that over **770 million people worldwide** still cannot read or write.
- **World Tourism Day** – Celebrated on **27th September**, it highlights the importance of travel and exploring different cultures.
- **Birthstone of September** – The gemstone Sapphire is believed to symbolize wisdom, loyalty, and nobility.
- **Sports Fun Fact** – The longest cricket match ever played lasted **14 days** (between England and South Africa in 1939) — and it still ended in a draw!
- **Mathematics Fun** – The number **9** is magical! If you multiply any number by 9 and add the digits of the answer, it will always sum up to 9.

Handling Exam Pressure

As we know, exams are currently underway, and this can be a tough time for many students. It's natural to feel nervous or stressed, but with the right approach, you can stay calm, focused, and perform your best. Here are some helpful tips to manage exam pressure effectively:

1. Plan & Organize: Break your syllabus into small, manageable parts. Create a timetable and stick to it, ensuring every subject gets attention.

2. Take Short Breaks: Studying continuously can lead to fatigue. Take short breaks to refresh your mind and improve concentration.

3. Practice Relaxation Techniques: Deep breathing, meditation, or light stretching can help calm nerves before and during exams.

4. Stay Positive: Believe in your preparation and avoid comparing yourself with others. Positive thinking boosts confidence.

5. Healthy Habits: Eat nutritious meals, stay hydrated, and get enough sleep. A healthy body supports a sharp mind.

6. Ask for Help: If you're struggling with a topic, reach out to teachers or classmates. Discussing doubts often makes concepts clearer.

Remember, exams are a way to show your learning, not a measure of your worth. Stay calm, trust yourself, and give your best!



HEALTH & WELLNESS TIPS – SEPTEMBER EDITION

Stay Hydrated: Drink plenty of water throughout the day to stay alert and energized, especially during exam preparation.

Balanced Diet: Include fresh fruits, vegetables, and seasonal foods to boost immunity. Avoid excessive junk food.

Take Short Breaks: While studying, take 5–10 minute breaks every hour to relax your mind and prevent fatigue.

Practice Good Posture: Sit straight while studying to avoid back and neck strain.

Exercise Daily: A short walk, stretching, or yoga can improve focus and reduce stress.

Get Enough Sleep: Aim for 7–8 hours of sleep. A well-rested mind performs better in exams.

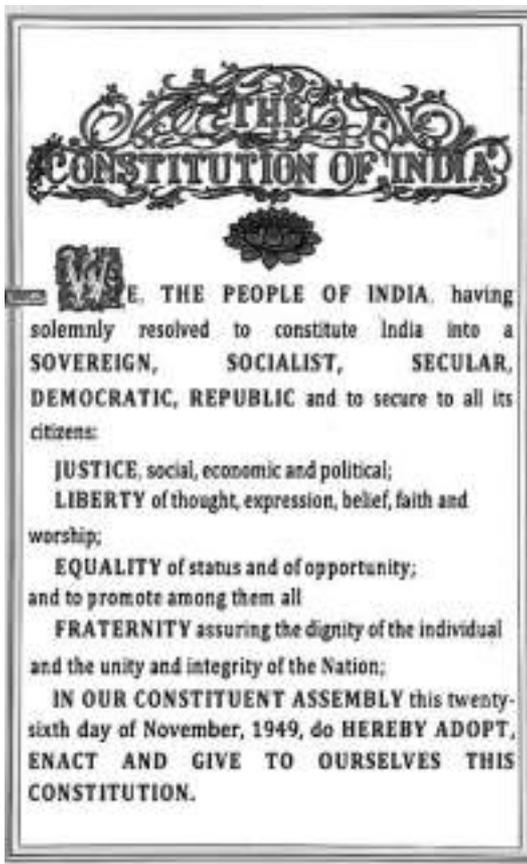
Mindfulness & Relaxation: Try deep breathing or meditation to stay calm during stressful times.

SECULARISM - A Path to Peace, Love, and Harmony

- By Mohd.Shahzaib (Political Science)

Secularism: The Constitutional Value That Unites Us All

As a Political Science teacher, I believe that education is not only about facts and theories but also about values that shape our society. One of the greatest values enshrined in our Constitution is **secularism**. It teaches us that every religion deserves equal respect and that no one should be discriminated against because of their faith.



Secularism: Learning from All Religions

If we look into the sacred books of different religions—the **Bhagavad Gita**, the **Quran**, the **Bible**, the **Guru Granth Sahib**, or the teachings of the **Buddha**—we find a common message of peace, love, and compassion. These texts may differ in language or tradition, but their spirit is the same: to guide human beings toward truth and goodness.

Secularism does not mean ignoring religion. Instead, it means respecting all religions equally and giving every person the freedom to follow their faith. In a diverse country like India, this value is the foundation of unity. When we celebrate Diwali, Eid, Christmas, or Guru Nanak Jayanti together, we practice the true spirit of secularism. Dear students, as the future of this nation, let us learn from our books, our teachers, and also from the wisdom of different religions. By respecting diversity and promoting harmony, you can make India not only the world's largest democracy but also the most peaceful and united one.

STUDENT'S CORNER

PEER PRESSURE - THE SILENT CHALLENGE

- By Vedant Sharma (XII-B)

A Hidden Force Shaping Today's Youth

The Quiet Problem Today's Youth Face Peer pressure has subtly emerged as one of the main issues facing today's youth in classrooms, playgrounds, and even on social media. Experts caution that friends and classmates have a greater influence on teens' behavior, way of life, and even future than do parents or teachers.

Nearly seven out of ten students acknowledge, in recent surveys, that they have made choices to "fit in" with their peers, whether those choices be social, academic, or personal. Many of these influences lead to negative behaviors like smoking, drinking, or even cyberbullying, but some are beneficial, like encouraging students to work harder in class or participate in sports. Peer pressure is subtle, according to psychologists.



"Peer Pressure: Teaching Kids to Say No"

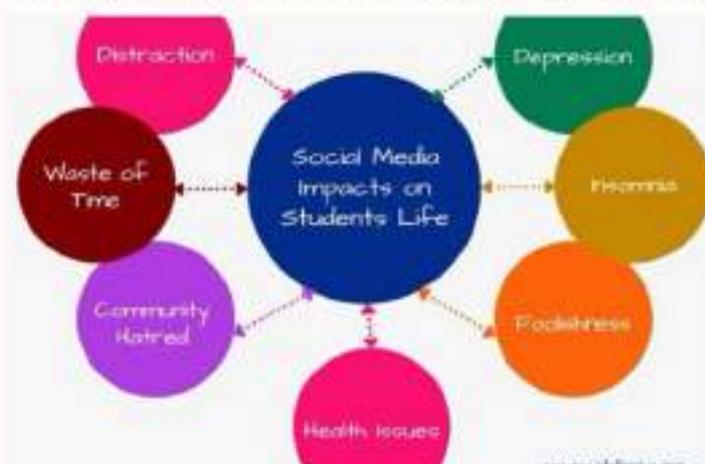
It's not always straightforward. According to child behavior expert Dr. Anjali Sharma, "sometimes young people just copy what others are doing because they fear being left out." "This continual comparison can cause stress or anxiety and damage self-esteem." There is a growing call for parents and teachers to be more involved in their children's education. Effective strategies for assisting children in fending off harmful influences include decision-making workshops, candid conversations at home, and awareness campaigns in school.

Peer Pressure is still a topic of discussion as society changes

The Subtle Impact of Social Media on Students

By Kanishka Kaur

Social media's pervasive presence in students' lives comes with both benefits and challenges. On one hand, it fosters connectivity, enabling students to maintain relationships, share experiences, and access valuable resources and information. It has revolutionized how young people express themselves and stay informed about global issues and trends. However, this digital integration also introduces a subtle yet significant pressure. The constant comparison to peers — in terms of appearance, achievements, and social life — can lead to feelings of inadequacy and anxiety. Additionally, the need to present a curated version of oneself online can be exhausting and detrimental to self-esteem. This invisible burden underscores the importance of fostering digital literacy and resilience among students, helping them navigate social media in a way that prioritizes mental health and authentic self-expression.



The Fear of Missing Out, commonly referred to as FOMO, has become a significant psychological challenge, particularly in the age of social media. This phenomenon is characterized by the pervasive apprehension that others might be having more rewarding experiences from which one is absent. For students, this fear can be especially pronounced as they navigate the social dynamics of school life. Witnessing peers' achievements, social gatherings, and exciting activities online can lead to feelings of inadequacy and anxiety. Despite being engaged in their own accomplishments, students may struggle with the constant comparison, leaving them restless and dissatisfied. It's crucial to foster a culture of mindfulness and gratitude, encouraging students to appreciate their own journey and accomplishments, rather than measuring their worth against others' highlights. By promoting self-reflection and self-compassion, we can help mitigate the negative impacts of FOMO, allowing students to find peace and contentment in their own lives.

✨ The Pressure of Perfection

In today's digital age, social media has become a ubiquitous platform where individuals showcase their seemingly "perfect lives." These curated snapshots often feature flawless images, exotic vacations, and impressive accomplishments, painting an idealized version of reality. For students, who are still developing their identity and self-esteem, the pressure to measure up to these standards can be overwhelming. The constant bombardment of highlight reels can lead to unhealthy comparisons, making them feel inadequate or as if they're missing out. This relentless pursuit of perfection not only saps self-confidence but also escalates stress and anxiety levels. It's crucial to remember that social media is just a highlight reel, not the full story, and embracing one's authentic self is far more rewarding than chasing an unattainable ideal.

Misunderstood Word “FEMINISM”

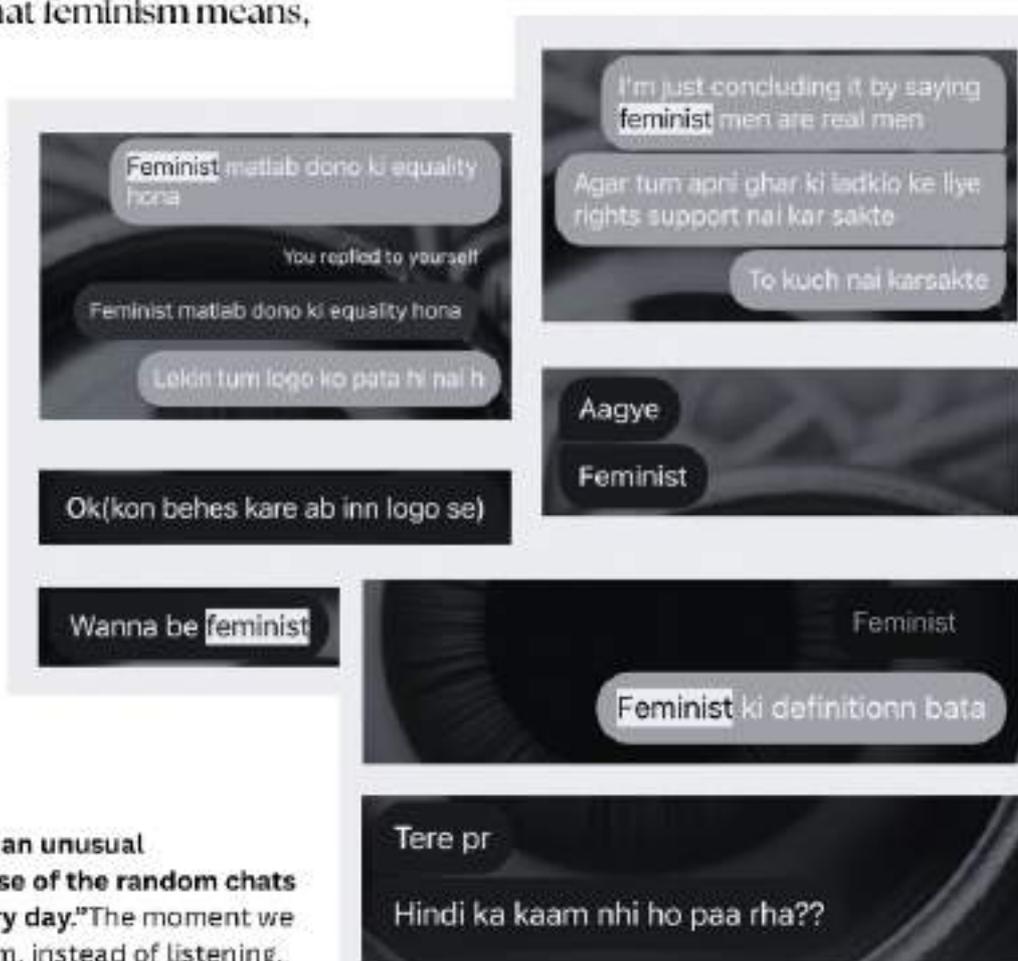
- By Dishita Singh (XII-D)

When we go through our daily chats, this pattern often repeats itself. The moment a girl responds with something sensible – something worth thinking about – the reaction from some boys is not reflection but resistance. Instead of engaging in discussion, they try to shut us out. It isn't the argument that bothers them, but the fact that their ego feels challenged. This is not about winning or losing a debate; it is about learning to listen. And unless that willingness to listen grows, conversations about equality will keep turning into dismissals instead of progress.

“Every time we ask what feminism means, we don't just hear an answer; we hear the reflection of society's ignorance.”

This is not just another piece written for a school magazine. These are the inner voices of girls who have lived these experiences, not imagined them. It is written by a young woman who has received an education and dares to respond with what she has learned over the years. And still, what is written here is not even one percent of what we go through every day.

“What you see here is not an unusual conversation; it is a glimpse of the random chats that girls face almost every day.” The moment we bring up the word feminism, instead of listening, the conversation shifts to mockery. Suddenly, the point is not about equality but about belittling the one who dared to speak. For girls, it often feels like our whole life is reduced to proving ourselves – explaining again and again what feminism really means, only to be met with sarcasm or dismissal. When we ask whether they even know the meaning of the word, the replies we receive show how lightly this subject is taken. These chats are not just jokes; they are everyday reminders of how urgently our generation needs to understand the seriousness of equality.



“This was all about the word ‘feminism’ that gets twisted so much. Honestly, it's just about equality and making sure women are heard.”