

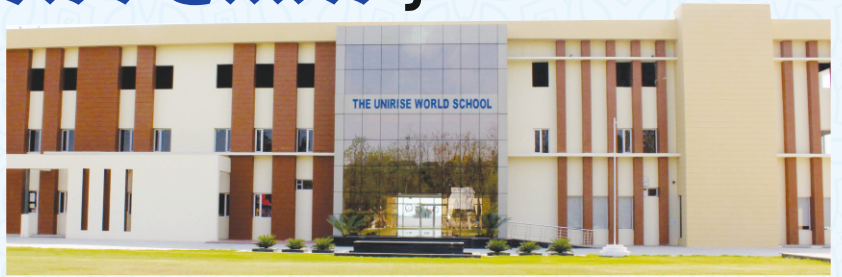
The Unirise Times

THE UNIRISE WORLD SCHOOL

AN ISO 9001 : 2015 CERTIFIED INSTITUTION

Strive beyond Excellence.

CHRONICLE VOL.-4
SESSION 2024-2025



EXCELLENCE PERSONIFIED

Principal, Mrs. Neha Rattan garnered, an impressive array of accolades, showcasing, her exceptional leadership and solidifying her reputation as an eminent educator.



We are proud to announce that our esteemed Principal, Mrs. Neha Rattan has been selected as a Resource Person by the Central Board of Secondary Education (CBSE). This prestigious honor is a testament to our Principal's exceptional leadership, vision and dedication to education. As a Resource Person, she will be responsible to contribute to the growth and development of education and for sharing her expertise with educators across the country.

On the occasion of International Women's Day, she received an AWARD FOR HER SERVICES IN THE FIELD OF WOMEN COMMUNITY LEADERSHIP at a function organised by NavChetna Bal Bharati Committee, Ludhiana. Also, she became a proud recipient of "An Award of Appreciation"

A SHINING EXAMPLE OF DEDICATION



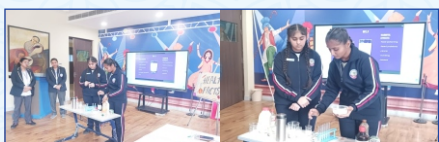
TUWS extends its heartiest felicitations to our Punjabi faculty member, Ms. Kamaljit Saggu, on receiving the prestigious FAP Best Teachers Award 2024 from the Federation Of Private Schools Association. Her generous contributions in shaping young minds have been truly outstanding.

SUSTAINABLE TOMORROW STARTS TODAY



TUWS campus was the spot again chosen for the "Tree Plantation Drive" 2024 that was inaugurated by Mr. Jagjit Singh Dhuri-President, Federation of Private Schools Association. He was accompanied by Mr. Anil Mittal, Mr. Sanjay Gupta, Mr. Vishal Garg, Mr. Baldev Bawa, Mr. Mandeep Chauhan, Dr. H.S. Dhaliwal and Mr. Baldev Arora-members Federation of Private Schools Association. The members of the Management, the Principal, the staff and the students planted numerous trees like Ficus, Religiosa, Amla, Amaltas, Neem and fruit plants etc. which are elemental to the ecology.

HEALTHY DIET FUEL YOUR BODY: EAT SMART



Teachers of Science Department discussed the importance of maintaining a healthy diet, advising against the consumption of unsaturated fats, coke, and junk foods. Unirise students also demonstrated a chemical test to detect adulteration in milk and its products. Checking ingredients before purchasing any food items, avoiding the use of plastic, aluminum and copper utensils in the kitchen was emphasized.

THE HIDDEN TRUTH: ADULTERATION IN SWEETS COOKING REVOLUTIONISED: SWEETNESS REDEFINED



This Diwali, TUWS took a unique approach to celebrate the Festival of Lights. An informative session on Adulteration in Sweets was held in which our talented teachers whipped up delicious home made sweets, sharing recipes and treats with the students. The menu included mouthwatering Bread Cham Cham, Coconut Laddoos and Tutti Frutti Cake. Through this interactive session, cooking of sweets at home was revolutionised and their sweetness redefined.

BOOSTING IMMUNITY: NUTRITION AND LIFESTYLE STRATEGIES



The Unirise World School prioritizes students' well-being and safety. TUWS students enacted a role play highlighting the importance of Healthy eating habits and lifestyle choices. Also, in this session, the teachers encouraged and guided the students about the benefits of a balanced diet and healthy food items and avoiding junk food and unhealthy food items through a PPT, Yoga Poses and a Short Role Play.

GRAIN MOSAIC- EAT RIGHT, FEEL AMAZING



For the classes I-IX, a medley teaching and guiding the students about the importance of Millets and Grains which are gluten-free, highly nutritious and rich in dietary fibre was conducted. The mosaic was a fusion of various activities that included a role-play, a Power Point Presentation and keynote tips from the Science teachers. Students were informed that it is high time to change one's choices of food in the plate and to savour every bite of nutritious delight that includes millets.

PATHWAYS TO SUCCESS THE SECOND FLOOR UNVEILED



As we mark the completion and functioning of our second floor, we celebrate a major milestone in our school's history. This expansion of our educational hub is a testament to our collective efforts, dedication, and commitment to providing exceptional education, character development community engagement and innovation & progress.

EMPOWERING YOUNG LEADERS: INVESTITURE CEREMONY 2024



Our school proudly hosted its Annual Investiture Ceremony, marking a significant milestone in the lives of our students. The ceremony symbolized the transfer of responsibility from the outgoing student council to the newly elected leaders who took an oath to serve the school with dedication and integrity. We congratulate the newly elected council members and wish them all the best in their endeavors.

EYE SPY HEALTH: A WORLD SIGHT DAY INITIATIVE



TUWS, in collaboration with ASG EYE HOSPITAL organized a comprehensive eye check-up camp to promote eye health and vision care among the students and the faculty. A team of experienced ophthalmologists and optometrists from ASG Eye Hospital conducted thorough eye check-ups and highlighted the importance of regular eye check-ups, proper eye care, and the need to address vision-related issues promptly.

CAREER EXPLORATION AND PLANNING



A session on Career Counselling was conducted by Ms. Jyoti Madan, a recognised Career Coach and a Student Admissions Specialist. She highlighted various subject options and encouraged students to pursue their interests. Queries from students were addressed. The Principal Mrs. Neha Rattan advised the students that the right knowledge will build their confidence, boost morale and help overcome barriers in choosing career path.

SKILL UP: A SESSION ON SKILL GROOMING



"The challenges are there for everybody, how you deal with them is what makes you stand out." A session on Effective Skill Development and Skill Enhancement Strategies was held in TUWS which was presided over by Mrs. Divya Khurana-Director IQAC, CT University. She gave keynote tips and guidance to the Unirisers on the subject 'Entrepreneurship' and how to unlock their strengths to their new beginnings. The zealous Unirisers participated in the session whole heartedly.

DEFENDING FREEDOM, SECURING TOMORROW



TUWS proudly celebrated the 78th Independence Day and marked the 77th anniversary of our freedom. The Chairman, Mr. Rakesh Aggarwal hoisted the National flag. With freedom in mind, faith in the words and pride in the soul, the Director- Dr. Pallavi Aggarwal, the Managing Director- Mr. Shifu Aggarwal the Principal- Mrs. Neha Rattan, Coordinators and all the teachers stood in the proper lining of the ground. Patriotic fervour was ignited by a poignant speech, country-loving poems, mesmerising dance performance and a role play. The assembly ended with the rendition of National Anthem.

INFORMATIVE SESSIONS

FINANCIAL FITNESS: A WORKSHOP ON FINANCIAL LITERACY UNDER THE AEGIS OF SEBI



TUWS organised a session on FINANCIAL LITERACY, for which the resource person was Mrs. Anita Saini-Securities Market Trainer, SEBI and Resource person-PFRDA, NISM, NCDEX & NCFE. She educated and enlightened the faculty of TUWS about how in this modern competitive world, a strong financial knowledge and decision making skills help people make wise financial decisions with a clear understanding of key financial facts and concepts. She disseminated knowledge about financial literacy that proved to be of great relevance.

COMPANY SECRETARY : THE BACKBONE OF BUSINESS



To help students choose career, out of million opportunities can be an overwhelming experience if they are guided properly and a proper time. TUWS arranged for a session on "Career as Company Secretary" in which CS Mehak Jain, Chairperson and CS Kamal K. Sawhney, Executive Officers (Both Ludhiana Chapter of ICSI) explained the students about who a CS is, what his work dynamic is and what the whole procedure for being a CS is.

CONNECT AND CONQUER: SEMINAR ON EFFECTIVE COMMUNICATIVE SKILLS



TUWS organised a seminar on "Effective Communication Skills & Addressing Socio-Emotional Needs of Students" with CBSE Resource Person Dr. Navneet Kaur, Principal Sh. G. H. Public School, Ludhiana. She guided all present there, who have to play a very important role as educators and parents. The key takeaways include-fostering emotional intelligence, collaborative efforts between educators and parents and the use of effective strategies to promote social & emotional growth.



SPARK AND IGNITE : ENTREPRENEURSHIP INSIGHT

SPINNING CLAY INTO DREAMS : STUDENTS' POTTERY CLASS



Students of entrepreneurship had the privilege of learning making pottery from an adept potter. The interactive workshop allowed students to explore the art of pottery, from shaping clay to creating functional pieces, happened in a very collaborative atmosphere. Students crafted beautiful pottery items, such as diyas, lanterns and figurines, using traditional techniques. Through this hands-on activity, students gained insight into the potter's creative process, techniques and materials.

RAKHI MAKING CRAFT FIESTA: GET CRAFTY WITH RAKHI



As part of our school's entrepreneurship program, TUWS organized Rakhi making classes where students learned the art of crafting traditional Rakhi threads. This hands-on workshop fostered creativity, teamwork and appreciation for Indian traditions. The students developed fine motor skills and critical thinking. To promote their products, students organised a stall and enthusiastically showcased their Rakhis, engaging with the customers and making sales; hence, gaining practical experience with monetary transactions too.

SHIFTING GEARS: BEYOND CHALK AND DUSTER ERA



Commemorating the 4th Anniversary of NEP 2020, as per the directives by CBSE, TUWS advanced to highlight 2.0 LEARNING: LEAVING THE CHALKBOARD BEHIND and demonstrated how the Chalk and Duster approach is being replaced by the latest pedagogical practices making the teaching learning process most effective. "Save Water" message was conveyed by posters, shouting slogans and rallying. To emphasise 'Hands on Learning' Pedagogy and for longer retention of learning-working models of Science, SST, Maths, IT and Languages were showcased in an exhibition. To make the

A CLOSER LOOK: HYPOTHESIS AND ANALYSIS ON GOVERNMENT POLICIES



The session on "Hypothesis and Analysis on Government Policies" emphasised the motto-Educate, Encourage and Enlighten. During the session, two policies of Government-NEP (National Education Policy) and UCC-Uniform Civil Code were discussed upon as per the pattern of a Research Work. For both the policies, a Tentative Insight i.e Hypothesis with examples was put forward by a member of the Proposition Team and then the other team critically analysed it, thereafter to reach a conclusion. Such informative sessions provide students an environment, different than classrooms, far from academic syllabi, improve proficiency in verbal communication and boost confidence.

RADIO-RENAISSANCE: TUNE IN ,TURN UP FOR RADIO JOCKEYING



Our school recently launched a radio jockeying program, empowering students to develop communication skills, creativity and confidence. Under the guidance of mentor cum RJ Ms. Richa Uppal, students learnt radio production, scripting and broadcasting techniques. 35 students participated in the program aired on RADIO MIRCHI. Students developed public speaking, teamwork and leadership skills. This initiative fosters innovative thinking, self-expression and community engagement. We are proud to showcase our students' talents!

DIWALI DELIGHTS : ENTREPRENEURIAL VENTURES SHINE



This Diwali, a group of enterprising students decided to leverage their creativity and skills to create unique gifts and products like TORANS, DECORATIVE DIYAS AND CANDLES showcasing their entrepreneurial spirit. Under the guidance of their teacher, they embarked on a journey to design, produce and market innovative items, fostering innovation, teamwork and financial literacy. Their Diwali projects served as a catalyst for learning, teamwork and financial literacy, inspiring others to pursue entrepreneurial pursuits.

exhibition more enriching, the language department exhibited practical materials like Making Your Own Diary & how to Prepare Newspaper.

The Middle and Primary wings brimmed with a plethora of activities like TOY/ RAG DOLLS as an ART INTEGRATED activity. The Kindergarten faculty taught the concept of "food and vegetables" through engaging STORY TELLING sessions, making optimum use of FLASH CARDS. Students were made to delve into the world of books as a part of Library Class.

DIGEX-CAPTURING LIFE MOMENTS



An exciting activity-Digex, focusing on 'Photography/Videography Skills' was organised for Grades VI to VIII. The activity consisted practical sessions, covering improved understanding of photography fundamentals and developed technical skills in camera operation, photo editing and visual storytelling. Students showcased and explained various techniques, gaining hands-on experience and honing their creative skills. "The workshop was very informative. I now see photography in a new light," commented one of the students.

INSIGHTS AND IDEAS: EXPLORING NEW HORIZONS

GRANDPARENTS ROCK!! THE UNIRISERS CELEBRATE INTERGENERATIONAL BONDING



Honouring our legacy, the kindergarten students of our school celebrated Grandparents Day, bringing together students, grandparents, and teachers for an unforgettable experience. The event featured interactive workshops, cultural performances, and heartfelt tributes. This special day strengthened family bonds, fostered intergenerational learning and celebrated the wisdom and love of our grandparents. It was a kind of celebrating family ties, family dynamics and honouring grandparents-the backbone of our community with grateful hearts.

GLOBAL TAPESTRY: A COLOURFUL MIX



An exciting activity "Vasudha ke Vividh Rang ,Sanskriti Ke Sang" was organized in the Kindergarten under the theme "Tableau on Countries of the World". In this vibrant event, our little ones performed cultural dances from different countries, wearing traditional dresses from around the globe. They also disseminated pertinent information related to the various nations. Additionally, they enacted the roles of various famous personalities of India, such as the Prime Minister, sportsmen, astronauts, and the President. It was a beautiful mix of cultural diversity and a great learning experience, fostering empathy and appreciation for cultural differences. We were proud to celebrate our global community.

BOOKWORMS IN THE PARK : "A BOOK PICNIC" for Kindergarten Students.



Book Picnics are an innovative way to bring people together, celebrate literature, and appreciate nature.

TUWS organized this unique and engaging activity, for KG students that aimed to instill a love for reading and emphasize the importance of books in children's lives. Dressed in colorful costumes, the students embodied various animals from lions to monkeys and portrayed different characters based on a Jungle theme, bringing stories to life.

BLUE DAY CELEBRATION



Kindergarten students at The Unirise World School had a fantastic time celebrating Blue Day. The children came dressed in vibrant blue outfits, adorned with various aquatic animal decorations. They enthusiastically participated in the activities and showcased their creativity and knowledge about marine life. It was a day filled with fun and learning, highlighting the importance of our oceans and aquatic ecosystems.

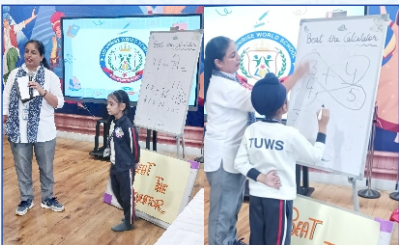
INFORMATIVE SESSIONS

THE GOOD, THE BAD AND THE MOBILE



An informative session and certain activities were conducted to educate kids about the advantages and the disadvantages of mobile usage and to promote responsible and mindful use of technology among young students. The session highlighted the benefits of mobile technology for learning and communication while also emphasizing the importance of limiting screen time to avoid potential negative effects. Children learned a lot and promised to use mobile phones only when necessary, reducing their screen time. This initiative aims to promote responsible and mindful use of technology among young students.

MIND OVER MACHINE: BEAT THE CALC-C



'Beat The Calculator' is an excellent mental maths game that helps students quickly recognize patterns and use mental maths to enhance their multiplication, division, addition and subtraction skills. TUWS organised an Informative Session for Grades I to III, where teachers shared valuable techniques to solve mental maths problems without using a calculator. Students enjoyed the tricks and learned a lot. Such sessions significantly improve their calculation dexterity!

WINGED WANDERERS: DOCUMENTARY ON MIGRATORY BIRDS



In TUWS, teachers organized an engaging and educational activity from Grades I to IX, showing a documentary exploring the fascinating world of Migratory Birds, showcasing their incredible journeys and adaptations. The students watched the documentary that provided in-depth knowledge about the incredible travellers of the sky, their species, their migration patterns, and the reasons behind their long journeys. It helped students delve into the science behind birds migration and its importance for our ecosystem.

REVOLUTIONISING TRANSACTIONS AND INVESTMENTS



An informative session helped students explore the emergence of cryptocurrency and its potential impact on the future of finance. Cryptocurrency has revolutionized the financial sector, offering new opportunities for transactions and investments. While challenges persist, regulatory clarity, innovation and mainstream adoption will shape the future of finance. The students learnt that today, over 5,000 cryptocurrencies exist, sparking debate and speculation about their future role in finance. So it's essential to stay informed and adapt to the changing cryptocurrency landscape.



Sports Excellence: The Unirisers Way

Solo Supremacy: Takes The Top Spot



Jessica Kaur
Bronze Medal in State Level Basketball Championship and Gold Medal in Open Karate Championship 2024



Lovepreet Singh
Gold Medal in Long Jump, Bronze Medal in 800 mtr Race Khedan Watan Punjab Diyan & Gold Medal in Long Jump Zonal Level



Karanveer Singh
Bronze in Long Jump at Zonal Level & Silver Medal in Long Jump & Bronze Medal in 800 Mtr Race at Khedan Watan Punjab Diyan



Japsidak Kaur Sangha
Silver in 400 Mtr Race at Khedan Watan Punjab Diyan & Silver Medal in 400 Mtr & 600 Mtr Race at Zonal Level and Award of Appreciation in NBA 3X3 Free Shot Basketball Competition



Harmanjot Singh
Gold Medal in 4X400 Mtr. Relay Race at zonal level & Bronze Medal in 100 Mtr. Hurdle Race at district level Athletics.



Romanpreet Singh
Silver Medal in Shot Put and 600 Mtr Race at Khedan Watan Punjab Diyan & Bronze Medal in 200 Mtr Race at LSSC



Sahibjot Singh
Gold Medal in Long Jump at Zonal Level & Silver Medal in Long Jump at Khedan Watan Punjab Diyan, Bronze Medal in 100 Mtr Race at LSSC



Ganisha Bhalla
Gold Medal in 400 Mtr Race at Zonal Level, Silver Medal in 600 Mtr Race at LSSC & Bronze Medal in Long Jump at Zonal Level



Aishleen Kaur
Gold Medal in Long Jump at Zonal Level



Ashkeerat Kaur
Bronze Medal in Javelin Throw at Zonal Level



Jasmeen K Buttar
Silver Medal in 800 Mtr Race, Javelin Throw & Shotput at LSSC



Jasmine Kaur
Silver Medal in 100 Mtr Race at LSSC



Jasmeen Kaur
Bronze Medal in Shotput & Discus Throw in LSSC



Davinder Singh
Bronze Medal in 600 Mtr Race at Khedaan Watan Punjab Diyan



Sneha
Silver medal in the 10-meter air rifle peep sight youth women category at the 3rd Armour Punjab Open Shooting Championship 2025



Dilkaran Singh
Silver Medal in Shotput at Zonal Level



Gurjot Singh
Bronze Medal in Shotput at Zonal Level



Gurkirat Singh
Bronze Medal in Long Jump LSSC & Bronze Medal in 600 Mtr Race at Khedan Watan Punjab Diyan



Amritpal Singh
Silver Medal in 100 Mtr Race at LSSC



Gurbaaz Sidhu
Bronze Medal in 800 Mtr Race at LSSC



Rupreet Kaur
Silver Medal in Long Jump at LSSC

The Power of Teamwork: The Unirisers on Top



Volleyball Victory: U-19 Boys'
Volleyball Team Wins Bronze at Zonal Level.



Relay Reigns: Lovepreet and Harmanjot win Bronze in 4X400 Mtr. Relay Race at District Level Athletics.



Silver Smash: U-19 Girls'
Badminton Team's Zonal Victory.



Silver Linings: U-14 Girls'
Basketball Team Shines at LSSC West



Triumphant Titans: U-17 Girls'
Basketball Teams' Bronze Victory



Hoops of Glory: U-19 Boys'
Volleyball Team wins Bronze at LSSC West



Golden Glory: U-19 Girls'
Basketball Team dominates at LSSC West



Cricketing Champs: U-14 Boys'
Team wins Bronze Medal at Zonal Level



Kicking to Success: U-14 Boys'
Football Team Wins Bronze at LSSC West



Rope Warriors: U-19 Girls'
Tug of War Team Wins Silver at Zonal Level



Bronze Ballers: U-14 Girls'
Basketball Team Shines at Zonals



Golden glory: Gurkanwar Singh wins Gold Medal in Punjab State Level Arm-Wrestling Championship-2025 in 65 Kg Junior category held at Ludhiana



The Bronze Brigade: U-14 Girls'
Basketball Team Wins Bronze



Age is Just a Number! Veteran Athlete & Proud Grandparent, Mr. Daljit Singh, wins Silver Medal in Javelin Throw at District Level Khedan Watan Punjab Diyan.





CHASING GREATNESS-TRIUMPH TALES

English Excellence Shines



Gurjaap Singh achieves 3rd position in Simon Says Competition in "An Inter School English Fest" organized by LSSC Ldh.

Melodic Mastery



Jaisqueen Kaur secures 2nd position in the Rhythmic Reverie Competition in "An Inter School English Fest" organized by LSSC Ldh.

Triple Triumph



Triple Triumph !! Our talented students secure three prestigious prizes, securing 2nd position in "An Inter School English Fest" organized by LSSC Ldh.

Creative Quartet Excel



Jaisqueen, Jasreet, Sukhnoor, and Ramneet Kaur win 2nd Prize in Art Competition in The Kids Carnival Rainbow organized by LSSC Ldh.

Artistic Excellence Shines



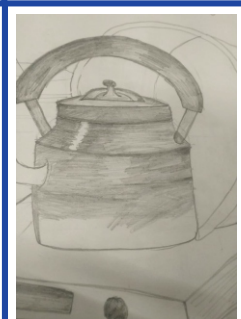
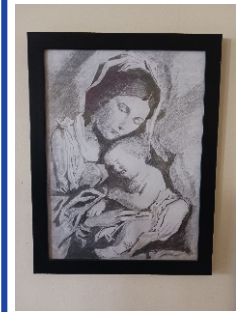
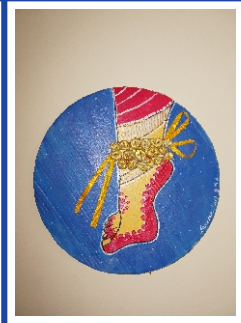
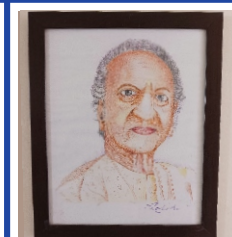
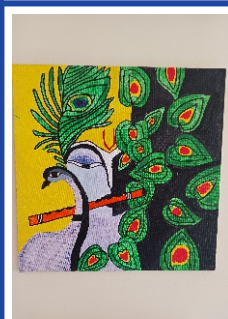
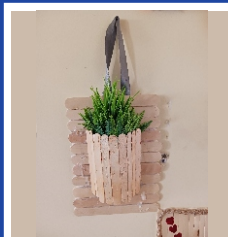
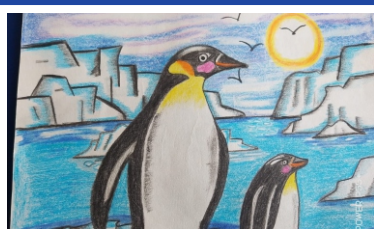
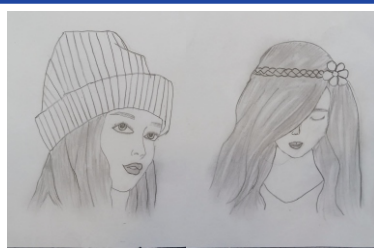
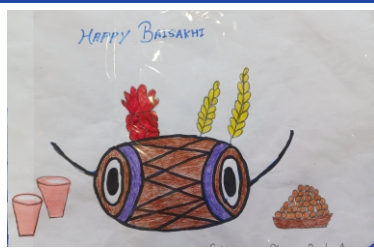
Jaskirat Kaur and Manmeet Kaur achieve 2nd Position in Art Competition at Kids Carnival Rainbow organized by LSSC, LDH.

Musical Marvel



Manmeet Kaur wins Special prize in Folk Song at the Inter School Cultural Fiesta- Matrix 2024, held at Ludhiana.

Brushstrokes and Beyond





BAL DIWAS



TUWS dedicated a day-Veer Bal Divas, to the bravery and sacrifice of the four sons of Guru Gobind Singh ji by organising an exhibition that showcased the lives and achievements of these young heroes. The exhibition featured a series of panels, displays and models that highlighted the key events and themes related to the Chaar Sahibzaade. *The Life of Guru Gobind Singh ji : A brief overview of the life and teachings of Guru Gobind Singh, the tenth Sikh Guru.

GURU PURNIMA: WHERE KNOWLEDGE MEETS GRATITUDE



To celebrate the festival of Guru Purnima "a Special Assembly" was organised in collaboration with the NGO, Bharat Vikas Parishad that believes in the motto of five S's- Sampark, Sahyog, Seva, Samarpan. A very sweet and touching moment came when the students touched their teachers' feet, presented them handmade mementos and hence perpetuated the Guru-Shishya parampara.

TED TALK FRENZY



Tedx is a great platform for all passionate speakers who have worth sharing ideas and experiences. TUWS organized a TEDx session for the students of classes VI to VIII, with an aim to develop public speaking skills among students. In this TEDx session, our Young Unirisers shared their personal experiences, which truly proved to be a life-changing moment in their lives. All the speakers mesmerized the audience with their thought provoking ideas.

A GRAIN OF KNOWLEDGE: RICE MILL VISIT

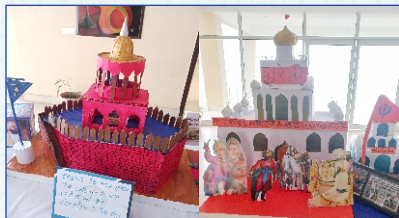


The Unirisers embarked on an educational excursion to a local rice mill. They witnessed the rice processing stages, asked insightful questions, and gained valuable knowledge about the rice production industry.

A TRYST WITH TEACHERS



The Unirise World School hosted "A Tryst with Teachers" for Grades VI-VIII. Students took on teacher roles, showcasing effective teaching methods. This engaging activity fostered trust between educators and learners, highlighting its importance in education. It promoted a well-managed environment, enhancing learning and overall school development.



*The Char Sahibzaade :A detailed account of the battle where they fought bravely against the Mughal forces. *The Sacrifice: A poignant display highlighting the ultimate sacrifice made by the unconquerable spirits for their faith and country. Paying tribute to the Char Sahibzaade through singing of Shabad and Kavishri eulogized their undeterred faith, unmatched bravery and submission to the will of God.

GURU PARV AND CHILDRENS' DAY



CELEBRATED WITH ZEAL Guru Parv and Children's Day were celebrated with great enthusiasm in The Unirise World School. Sukhmani Sahib Paath was organised, prior to which, the entire school was decorated with flowers. The students of the school sang different Shabads, which turned the atmosphere peaceful making all the congregation feel close to the Lord. Along with Guru Parv, Children's Day was also celebrated. Children were shown a film based on the life of Srikanth Bolla. The Management and the Principal extended their heartfelt wishes to the students, teachers and staff on this occasion.

THE REPTILE REALM



In regard to Wild Wisdom Global Challenge WWF-India WWF 2024, An informative session on the topic Reptiles - the ultimate scaly survivalists was conducted for the Grade VI-IX in which students were informed about Reptiles and its diverse species.

THE UNRISERS MANALI DIARIES



The Unirisers immersed in spirituality at the revered Hidimba Temple, thrilled by adventures at the Club House, savored a delightful dinner at Nehru Kund, and indulged in luxurious comforts at a 5-star retreat. A perfect blend of adventure, culture, and relaxation!

DISCOVERING THE WHIMSY OF WONDERLAND



What an unforgettable day at Wonderland! Thrilling rides, electrifying DJ beats, and a scrumptious lunch made for a perfectly enchanting adventure! The Unirisers had a blast, creating beautiful memories that will last a lifetime!

A BOND THAT TRANSCENDS TIME: A LETTER TO OUR MADAM PRINCIPAL FROM HER FORMER STUDENT



Dear readers, greetings from the other side of the world. I am Harshit Barhay, a third-year Aerospace Engineering student at Iowa State University, USA. Today, I want to share a story-that began 13 years ago when I was in Grade IV..At that point, I was hesitant to even greet my teachers in English. The very thought of speaking a word of it filled me with fear. But life has a way of aligning things just right, and as fate would have it, my English teacher, Ms. Neha, was also my class teacher. To this day, I have never looked forward to a lecture as much as I did to hers. English quickly became my favourite subject, not just because of what she taught, but because of how she taught it. Her passion for the language was contagious. By the sixth grade, I had started writing short stories, then poetry, fiction and non-fiction. I even tried my hand at writing rock songs. Another thing I want to emphasize today. Throughout your school life, you will come across many opportunities. Some will be obvious, others subtle, but if you look carefully, each day presents a chance to grow as a student, a friend, and ultimately as a person. Then a declamation competition came along. I took the shot, and eight years later, I stood in front of a crowd of over 500 people, delivering an election speech. That speech won me the Presidency of the Indian Students' Association at my university. The lesson? Don't let an opportunity pass you by. For the person I am today, and the English I can read, write, and speak, I owe a sincere debt of gratitude to Neha ma'am. Without her guidance, I would not have come anywhere near where I am today. It has been 13 years since she first became my teacher, and though my school days ended long ago, I will for ever remain her disciple.

WALKING IN THE FOOTSTEPS OF THE DIVINE



"Our little Unirisers had a serene and enlightening visit to Nanaksar Gurudwara Sahib. Their hearts and minds were touched by the spirit of Sikhism, and they embraced the values of humility, community, and service. A day of peace, learning, and togetherness!

JOY SQUAD : HAPPINESS CURRICULUM



Happiness Curriculum takes roots in TUWS, aiming to nurture the emotional and mental well-being of our students. This innovative program is designed to equip our young minds with essential life skills, fostering a positive and resilient mindset. Clapping-one of the mindful, interactive and energising activity was organised to teach various types and benefits of clapping-which students thoroughly enjoyed.

ART OF ADVOCACY : MOOT COURT



TUWS organized a Moot Court' on Cyber Crimes' for students of Grade VI-VIII, providing a simulated courtroom experience to hone their advocacy skills and knowledge of legal procedures. Students researched and prepared arguments on assigned case studies, presenting them before a judge. This exercise fostered critical thinking, effective communication, and teamwork as they navigated complex legal scenarios and responded to challenging questions. Through this immersive experience, students gained valuable insights into the legal profession, developing confidence and competence in arguing and defending cases.

ATHLETICS ARENA SPORTS DAY EXTRAVAGANZA



CHAMPIONS IN THE MAKING : The school hosted an Action-Packed Event "ATHLETICS ARENA" on 7th and 8th of February, 2025. The Chairman, Mr. Rakesh Aggarwal ji accompanied by the Director Dr. Pallavi Aggarwal, the Managing Director Mr. Shifu Aggarwal and the Principal Mrs. Neha Rattan hoisted the National Flag followed by the singing of the National Anthem. The Principal, Mrs. Neha Rattan welcomed everyone and read out the Annual Report. There were races like: Collect the Balls in a Bucket, Rabbits eat Carrots, a Hurdle Race, Three Legged race, Frog Jump, Flip the Tyre, Sack Race, 400 m Relay Race, followed by Tug of War and Slow Cycling race. There were fascinating races for parents and grandparents too. The school grounds were abuzz with excitement and energy. The event concluded with a Prize Distribution ceremony.

MEMORIES TO CHERISH : FAREWELL FIESTA



On 5th February, 2025 the School organised a farewell ceremony for the students of class XII. A welcome song was sung by the juniors followed by two rounds of modelling which included questions and answers. The students mesmerised everyone with their songs, music and dance. The judges- Mrs. Neha Rattan, Mrs. Renu Kaura and Mrs. Meenakshi Zakhmi selected Harneet Kaur as Miss Farewell and Ajay Singh as Mr. Farewell. The title of the most beautiful dress was given to Naman Singla and that of Radiant Smile to Harmandeep Kaur. The Principal, Mrs. Neha Rattan honoured Miss. Farewell and Mr. Farewell by giving them mementos. The cake was cut by a group of students and teachers. The Chairman, Sh. Rakesh Aggarwal, the Director Dr. Pallavi Aggarwal and the Managing Director Mr. Shifu Aggarwal wished the students good luck and a bright future.



The Buzz From Our Students

The Power of Reading

Reading is one of the most powerful tools for personal growth and development. It has the ability to transport us to new worlds, introduce us to new ideas, and help us develop empathy and understanding for others. Through reading, we can gain knowledge, improve our vocabulary, and enhance our critical thinking skills. Reading can also have a profound impact on our mental health and well-being. It can help reduce stress and anxiety, improve our mood, and even alleviate symptoms of depression. Moreover, reading can be a great way to relax and unwind, providing a healthy escape from the demands of daily life. By making reading a habit, we can open ourselves up to a world of possibilities and opportunities. We can explore new genres, discover new authors, and develop a deeper understanding of the world around us. So, whether you prefer fiction, non-fiction, or a combination of both, make reading a priority and experience the transformative power of the written word.

Simreet Kaur (VIII-A)



The Happiness Advantage

HOW POSITIVE EMOTIONS IMPACT SUCCESS

Happiness and positive emotions like confidence, pride, joy, hope, gratitude along with humbleness play a crucial role in driving success by enhancing our mental and physical capabilities. This makes us more efficient at solving problems, processing information, and making decisions, which ultimately leads to better performance in both personal and professional settings. Positive emotions also reduce stress and anxiety, allowing us to approach challenges with a calm, clear mindset, which is vital for long-term success. We often see people with a positive outlook are more likely to bounce back from setbacks, learn from mistakes, and stay motivated despite obstacles. Thus, persistence is a key driver of success. If we cultivate positive thoughts and emotions, believing that our abilities can improve over time, it increases our chances of reaching higher levels of success. In addition, happiness creates an environment where we can thrive and unlock our full potential.

Harshveer Singh (XI-Commerce)



Papa

He never looks for praises. He's never one to boast about. He just goes on quietly working for those he loves the most. That's my papa.



Saanvika Jain (I-B)

Reality of Fear

You are not scared of the dark,
You are just scared of what's in it.
You are not afraid of heights,
You are just afraid of falling.
You are not afraid of people around you, You are just afraid of rejection.
You are not afraid to let go,
You are just afraid to accept the reality that it's gone.
You are not afraid to try again,
You are just afraid of getting hurt for the same reason.
Don't be shocked to hear, this is the reality of fear.



Jasmeet Sangha (XI-Science)

Nature's Nuances

Nature a portrait painted bright
With blue sky and stars at night,
The whispering trees, the rivers wide
Where the secrets of Earth reside,
The Garden where the flowers bloom
Filling the air with perfume,
The Sun that sets with a golden glow
A peaceful hush begins to grow,
Nature speaks in every sound
In every leaf in every ground,
The beauty of Earth, so pure
A gentle rhythm, soft and sure,
In nature's arms, our hearts take flight
Guided by the moon's soft light.



Harnoor Kaur (VIII-A)

Value of Time

Time is precious, Don't let it pass by, For once it's gone, There is nothing but to cry. So be strong and hold some, give some and take some. Time is water, don't let it dry. For once it's gone, There's nothing but to cry. So, be quick and keep some, use some and gain some.



Shivansh Pandey (I-B)

जिन्हें हम पापा कहते हैं

मेरे हैं पर साथ नहीं
प्यार है पर इजहार नहीं
दूर है प्यार पर कम नहीं
कहेना बहुत कुछ चाहते हैं,
पर इतनी हिम्मत नहीं
ये वही हैं जिन्हें हम पापा कहते हैं।
वे भी खूब चिंता परेशानियों के
सताए हैं,
दिल को पत्थर कर हमारे सामने जो
मुस्कुराए हैं,
अपनी तकलीफों को छोड़कर
पहले परिवार के लिए फिक्र दिखाए हैं।
हां, ये वही हैं जिन्हें हम पापा कहते हैं।
हां, उन्होंने अपनी इच्छा को दबाया होगा
कई तकलीफों को अपने अन्दर छिपाया होगा
फिर कर मेहनत हमारे लिए कमाया होगा
आराम त्याग करते रहे दिन-रात वो काम
उनको भी तो थकावट आया होगा।
हां, ये वही हैं जिन्हें हम पापा कहते हैं।
तमाम उलझनों में भी उनके माथे पर शिकन नहीं देखा
किसी चीज को मांगने पर मना करते नहीं देखा
मैंने पीता से अभीर ईसान नहीं देखा
हमको दी है इतनी खुशी
हम भी वो आप से बॉटना चाहेंगे
कर रहे हैं खूब मेहनत,
जल्द ही कामयाब होकर आएंगे।
मनरीत कौर-दूसरी बी



मनरीत कौर-दूसरी बी

The Nursery Rhyme

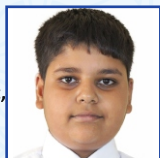
The nursery rhyme "Ring-a-Ring o' Roses" is often linked to a historical event: The Great Plague of London (1665-1666) or the Black Death. The dark mystery is revealed from its lyrics -
1) "Ring-a-ring & roses"
This is connected to red, circular rashes or swelling that were symptoms of pandemic.
2) "A pocket full of posies"-
People carried flowers, herbs or fragrant items to mask the smell of illness as bad air was to spread the disease.
3) "A-tishoo! A-tishoo!-
Sneezing was one of the symptoms of the illness, signaling its onset.
4) "We all fall down"-
This line represents death, as the millions of people died.
The interpretation highlights the nursery rhyme as a reminder of one of history's deadliest pandemics.



Gurnoor Kaur Sandhu (VIII-A)

Nature

Nature's beauty all around,
Trees that sway, a gentle sound.
Birds that sing, a sweet delight,
Filling hearts with joy and light.
Rivers flow, with waters pure,
Reflecting sun, with a gentle allure.
Mountains stand, with peaks so high,
Touching skies, with a majestic sigh.
In nature's arms, we find our peace,
A sense of calm, our worries release.
So let's cherish, this gift so rare,
And preserve nature, with love and care.
Prabhjot Singh Samra (VI-A)



Life's Journey Unfolds

Life is a journey at every age,
Each moment feels like a new stage.
We work to earn our wage,
Hoping our dreams will fully engage.
Break free from fear, escape the cage,
Embrace your story, write a new page.
Sanvir XI (Commerce)



The Burning Truth, Raging Infernos

The devastating forest fires in Los Angeles serve as a stark reminder of the catastrophic consequences of natural or human actions which may be controlled agricultural burning, discarded cigarettes or unattended campfires. The 2023 fire season saw unprecedented blazes, with the Lake Fire alone scorching over 31,000 acres. Human carelessness, climate change, and reckless development have created a tinderbox, waiting to be ignited. The alarming rise in wildfires underscores the need for sustainable practices, responsible land management, and collective action to mitigate these disasters. As we mourn the loss of lives, livelihoods, and landscapes, we must confront the burning truth: our actions are fueling the flames.



KARISHMA (XII-SCIENCE)

Digital Detox

HOW MINDFULNESS HELPS BREAK FREE FROM SCREEN ADDICTION

In a world overpowered by screens, breaking free from digital addiction demands more than mere willpower. It requires a profound sense of self awareness that enables us to confront the subconscious grip of endless notifications and virtual distractions. Self awareness acts as a compass guiding us towards purposeful engagements than succumbing to mindless scrolling. A digital detox rooted in this introspective practice rejuvenates the kind, cultivates the emotional balance and rekindles the vibrant essence of offline life. So detox yourself from this digital chaos and embrace a life brimming with clarity and peace. Here are some ways mindfulness can help you break free from screen addiction:

*Identify emotional triggers: Be aware of emotions like boredom, anxiety, or loneliness that drive your screen use.

*Managing Cravings: Practice self-compassion and treat yourself with kindness when you feel the urge to check your device.

*Use mindfulness techniques: Take a few deep breaths, notice your body's physical sensations, or engage in a brief meditation.

*Setting Boundaries: Set screen-free zones and designate areas or times of the day as device-free.

*Establish screen-free routines: Engage in activities like reading, exercise, or spending time with family and friends.

*Above all, Reflect on your values: Ask yourself if your screen use aligns with your values and goals!!

Jasmeen Kaur (XI-Science)



Blank But Not Empty

In the book of life, we write our own tale
With every step, a new page be hail.

The pen is in our hand, the ink is our choice
Write a story of hope, of joy, of voice.

Let us fill these unwritten pages with care
With the dreams, with passion, with love we share.

For the story we write, will be our own to tell
A tale of triumph, of struggles, of trials to compel.

Teena (XI-Science)



Our School- A Happy Place

Our school is a happy place.

We learn and play with a smile on our face.

Our teachers help us grow and learn.

We make new friends and have lots of fun.

The playground is where we run and play.

The library is where we read and learn everyday.

Our school is a special place.

We love coming here to learn and grow.

We sing songs and dance with glee.

We do art and crafts and make things to see.

Our school has a big heart.

We feel safe and happy from the very start.

We learn about numbers, letters, and more.

We discover new things, and ask questions galore.

Our school is a wonderful place to be.

We're lucky to come here and learn with glee!

Saiya (VI-A)

