

PULSE

LETTER TO SANTA

MENTAL HEALTH: IN THE
REALM OF SPORTS

SPORTEK

MA FAMILLE

INFOGRAPHIC INSIDE :
HUMAN RIGHT'S DAY



From The Principal's Desk



Ms. Divjot Kaur

QUOTE

Action breeds
confidence
and courage.
Inaction
breeds doubt
and fear.

~Dale Carnegie

December, as a month marks so much more than the end of the year on the formal calendar. It is a time for recollection and reminiscence, looking back with gratitude and looking ahead with anticipation and joy. It also heralds the spirit of Christmas and asks us to slow down and spend time with our loved ones, whilst doing the things we love. It is a time for rest, rejuvenation and introspection, kindling warmth and hope for the coming year.

The school community celebrated the spirit of sportsmanship and teamwork with 'Sportek 2024' across Early Years, Primary Wing and Middle Wing, highlighting our big and small victories, and celebrating with the MRIS spirit with parents, alongside their children. Sports as a discipline teaches us a lot. It encourages us to be resilient while taking lessons from our losses and reinforcing our belief in our ability. It teaches us to lend a helping hand to those around us who may be struggling and share our experience and goodwill, to lift them up. Finally, it teaches us that participation is just as important as victory, as we cannot win anything, unless we start and take that first step out of our comfort zone.

As we recollect the laurels of the year gone by, we were also reminded of the passage of time as the outgoing batch of 2025 was given an emotional and memorable farewell under the befitting theme - 'Parvaaz', which literally translates into 'Flight', signalling the end of their school life as they reach for the sky of limitless possibilities! Along with the farewell to our outgoing batch of grade XII, we also got the opportunity to connect with our alumni, marking the end of a very successful year. Memories were shared, connections were rekindled and heartfelt notes were shared amongst the members of the school community that truly embodied the spirit of the holiday season.

As we all come back to school for 2025, I wish you the best for the year ahead. My hope for all of us, is to carry the spirit of generosity and kindness into the months ahead and keep innovating, inspiring with true inclusivity – extending care and consideration to the world around us, animals and nature alike, for we are the primary stakeholders of our future; practice self-awareness and make decisions that impact the community and by extension, the world, in a positive manner.



From The Editorial Pen

Dear Readers,

Welcome to the December edition of PULSE.

December, the last month of the year, passed by in a tempest of nostalgic recollections and heartfelt goodbyes, as a token of appreciation for 2024. With festive carols, traditional delicacies, and heartfelt letters to Santa Clause, the Christmas celebrated by the students, was indeed merry!

This edition brings to you all the fun-filled events and festivities, the hard work and dedication of the students for the Annual Sports Day, and so much more! As we bid adieu to our seniors, their words and memories will always remain close to our hearts, and we wish them all the best in their future endeavours, and new beginnings.

As December ends, so does the long-awaited anticipation for the New Year, and most importantly, the winter holidays. As the year came to a close, the editorial team has been welcomed by changes and new additions that hold the promise of great enthusiasm and gumption.

Before we delve into this December Edition of PULSE, we would like to take this opportunity to express our gratitude towards our Principal, Ms. Divjot Kaur, and our Vice Principal, Ms. Smita Ugale, as well as to Ms. Sampriti Datta, for their constant support and encouragement, due to which every edition of PULSE, including this one, thrives with flying colours.

In the end, we would like to thank our readers, with the support of whom we are able to progress with unwavering motivation, appreciation, and inspiration. We hope you enjoy the December edition!

The Editorial Board,
MRISCW PULSE.



Snapshots: Early Years

December was a month filled with joy and celebration at our school. **Sports Day** was conducted with great enthusiasm, showcasing the remarkable performances of both parents and children. **Christmas festivities** brought cheer as children decorated cupcakes, dressed as Christmas characters, and danced to festive tunes. They also learned about the significance of Christmas and its traditions. The excitement continued as children wrote heartfelt **letters to Santa**, sharing their Christmas wishes. The month concluded with a **New Year celebration**, where children played games, dressed in party attire, and relished their favorite party foods with friends. It was truly a happy month!



IMAGE KEY:

- 1 - Sports Day
- 2,3 & 8- Christmas craft activities
- 4 & 6 - Cupcake Decoration
- 5 & 7 - Speech Spark



- Ms. Shahzadi Aggarwal
Coordinator, Early Years

"Self-belief and hard work will always earn you success."



Letter to Santa Claus

This December, our little explorers celebrated Christmas by immersing themselves in the festive spirit through a variety of fun and creative activities.

The main highlight was “**Writing a letter to Santa Claus**”. Guided by their teachers, they expressed their gratitude and wishes for the upcoming year. They conveyed their ideas by decorating the cards with fun seasonal colours and decorations.

This activity created joyful memories and captured the true essence of the holiday season.



IMAGE KEY:

- 1- Cards made by Innovators
- 2& 3- Students writing letters to Santa
- 4,5 & 6 - Letters to Santa



“I am more worried about being a good person than being the best football player in the world.”



Snapshots: Primary Wing

The month of December has been a remarkable journey, filled with diverse activities and outstanding achievements that reflect our dedication, creativity and relentless pursuit of excellence. The young and passionate Sports achievers of **Primary School** were felicitated with medals under various categories of Sports like Chess, Basketball, Skating, Shooting, Cricket, Football etc. Their unwavering determination, teamwork and passion brought glory and inspiration to all of us. **Samraddhi Datt Jowhry** and **Vivaan Murarka** of Grade V stood up to be the pride of the Primary Wing, as they shone bright in Academics and qualified for the prestigious **Manav Rachna Scholarship** with flying colours.

The month witnessed the successful conduct of the Annual Sports Day – **SPORTEK 2024**. The event was a huge success which showcased high energy races to intense taekwondo battles and a variety of sport events. The students poured their heart and soul with rigorous practice sessions fuelling this incredible event.

During the **No School Bag Day** conducted on **20 December 2024**, the students were encouraged to participate in various fun, creative and engaging learning activities. These activities aimed to provide a break from the usual academic routine and promote physical and mental well-being.

To create a healthier and sustainable environment for the students, the school undertook the **Green initiative** where students brought **indoor plants with air purification property**. This initiative not only aimed at creating a healthier environment but also inculcated the value of being responsible by taking care of their own plants.



- Ms. Manu Vijayan
Headmistress, Primary Wing

IMAGE KEY:

- 1 - Trip to camp Wild Hawk
- 2 - Indoor plants initiative
- 3 - Sportek primary wing

"You can accomplish anything if you're willing to pay the price."



Snapshots: Primary Wing

Spreading joy and surprises, our **Secret Santa Gift Exchange** Activity filled the season with warmth and cheer. The students wrapped handmade gifts with warmth and love to exchange them with their classmates. The activity aimed at instilling the value of friendship and creativity.

The series of interesting activities and achievements ended on a fun filled note where the students of Grades IV and V, went on a one-day **Experiential Learning Trip to Camp Wild Hawk -Manger** - Dhauj on 20 December 2024. The trip was an incredible learning experience outside the classroom, as the best lessons come from real life experiences and travelling with friends which develop social skills, teamwork and a deeper appreciation for the world around them.



IMAGE KEY:

- 1- Trip to camp Wild Hawk
- 2 - Sports Day medal distribution
- 3- No Bag Day at MRIS



- Ms. Manu Vijayan
Headmistress, Primary Wing

"Everyone makes mistakes; it's about the way you respond to it that's really important.."



Secret Santa

Secret Santa is a fun twist in the traditional gift-giving and receiving during the Christmas holidays. It can be considered a game as everyone's a winner as they're receiving presents.

This year, the students in our primary wing celebrated the holidays with activities like the Secret Santa gift exchange. Students were directed to craft handmade gifts for their classmates and gift it. The biggest advantage of this exchange was that it fostered a sense of community and friendship as students tried their best to think of fun and useful gifts like cards, pencil holders, bookmarks etc.

The students were able to learn the joy of giving and receiving. Some of the best works of craftsmanship reflecting true generosity, have been featured here.



IMAGE KEY:

1 - 4 - Secret Santa Gift Exchange

"Winners never quit and quitters never win"



Snapshots: Middle Wing

The month of December was marked by a series of remarkable events that highlighted the academic, athletic, and personal growth of students, reinforcing the institution's commitment to holistic development. Among the standout activities was the **French Olympiad** (Round #2), where students demonstrated their linguistic acumen, alongside the IHO (Hindi Olympiad), which celebrated proficiency in Hindi. The **ICSO (Computer Science Olympiad)** further showcased the intellectual capabilities of our students, fostering a culture of innovation and critical thinking. The **MRST-5 competition**, an academically rigorous challenge, culminated in the recognition of three exceptional winners: Unnabh Sharma (VII Aryabhatta), Aditya Nanda (VII Bhaskara), and Bhavya Kalra (VIII Charaka), each demonstrating unparalleled academic excellence. In a moment of particular distinction, Bhavya Kalra and Aditya Nanda triumphed at the **JYB Quiz** contest at MRIS Noida, further exemplifying their academic prowess and competitive spirit. The **MSSP exam**, conducted successfully by NCFE, was another key highlight.

In the realm of athletics, the **Sports Felicitation Ceremony** was a grand occasion, where the achievements of our sportspeople were duly acknowledged. A total of **250 medals** were awarded, celebrating not only athletic excellence but also perseverance, teamwork, and dedication. The **PA3 examination** also offered students an opportunity to showcase their academic achievements, reflecting their hard work and commitment to learning.



IMAGE KEY:

1 & 2 - Sports Day

- Ms. Ruchi Krishnatray
Coordinator, Middle Wing

"What's behind you doesn't matter."



Snapshots: Middle Wing

Beyond the classroom, students had the privilege of participating in two enriching educational excursions: one to **Jim Corbett** (for grades 6 and 7) and another to **Jaipur** (for grades 8 and 9). These trips served as valuable platforms for experiential learning, offering students a deeper understanding of natural heritage and cultural history. Furthermore, the **ICCC event** recognized **Ms. Monisha** for her outstanding achievement in Social Studies, setting a high benchmark for academic excellence.

A particularly impactful initiative this month was the **workshop** on "**Building Respectful Connections**" for grades VI-VIII students, led by our school wellness teacher. This workshop promoted emotional intelligence, empathy, and mutual respect among students, fostering a positive and supportive school environment. Additionally, the CBSE CPD session, centered on the integration of AI tools in the classroom, provided our TGTs with cutting-edge pedagogical strategies, empowering them to create more engaging and effective learning experiences.

Overall, December was a month of tremendous growth and accomplishment, reflecting the institution's unwavering commitment to cultivating well-rounded individuals through a blend of academic rigor, athletic achievement, and personal development.



IMAGE KEY:

- 1 - Trip to Jim Corbett
- 2 - Workshop 'Building Respectful Connections'
- 3 - Sports Day

- Ms. Ruchi Krishnatray
Coordinator, Middle Wing

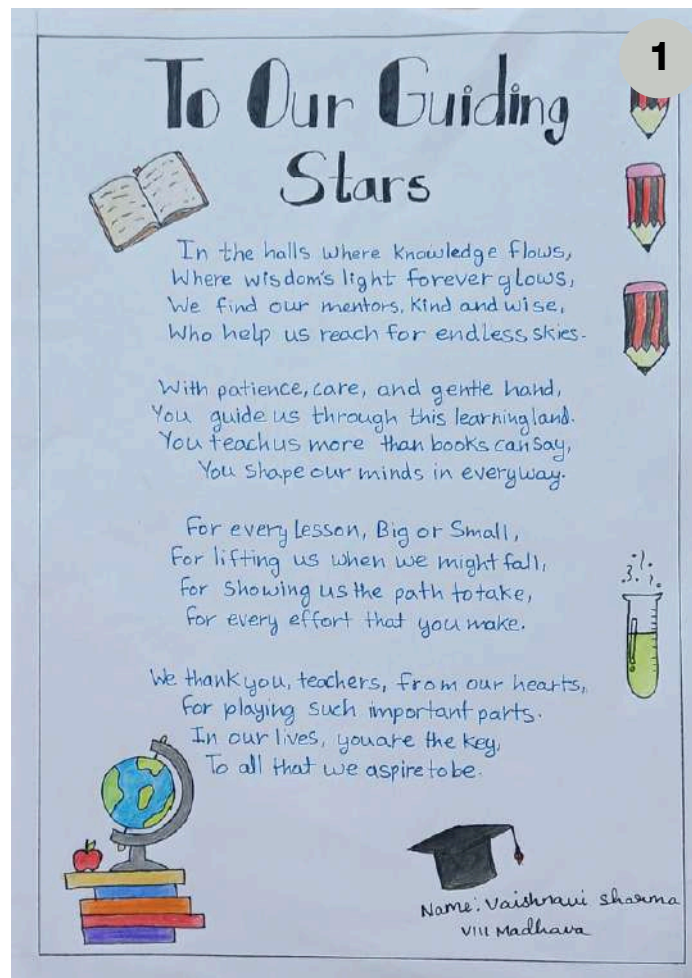
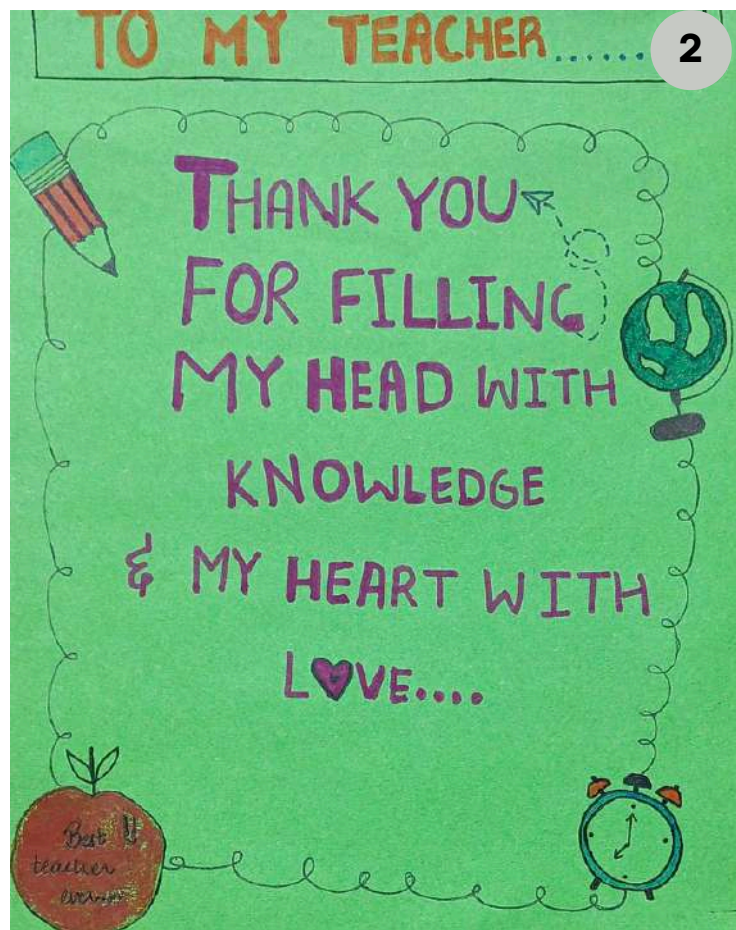
"Talent wins games, but teamwork and intelligence wins championships."



Pay-It-Forward Challenge

The month of December was truly an exceptional blend of fun as well as academics for the student body. The student community of Middle-Wing participated in the much-awaited annual Sports Day, 'SPORTEK'. During the rehearsals, students made unforgettable memories, and embraced the true spirit of competition and sportsmanship. The Sports Day consisted of relay races and strategy games accompanied by performances of talented singers and dancers from students across the wing.

The spirit of Sports Day was reflected in the enthusiastic and vibrant performances by the participants.



Students of the middle-wing were encouraged to blend the spirit of competition along with the joy of giving through a unique activity, the '**Pay-It-Forward Challenge**'. As the name of the activity suggests, students wrote notes of gratitude to mentors, friends, family, and crafted handmade gifts for underprivileged children. This unique activity emphasised the important values of empathy, leadership and teamwork.

IMAGE KEY:

1 - Poem by Vaishnavi Sharma [VIII]

2 - Poster by Ravisha Gupta [VII]

"You can't put a limit to anything. The more you dream the farther you get.."



Snapshots: Senior Wing

December has been a month of significant milestones and heartfelt moments for the Senior Wing at MRIS Charmwood.

The **Pre-Board examinations** for Grades 10 and 12 were conducted, marking a crucial phase in the academic journey of our students as they prepare for the upcoming board examinations. Their dedication and perseverance continue to inspire us.

A memorable highlight of the month was the **farewell ceremony, Parwaaz - Soaring High**, held on 24th December for the outgoing batch of Grade 12. True to its name, Parwaaz, symbolizing flight, the event celebrated the spirit of new beginnings while cherishing the memories created over the years. It was a heartfelt tribute to the graduating class, wishing them success as they prepare to take flight towards their dreams.

Adding to the excitement, Grade 9 students embarked on an educational **trip to Jaipur** from 21st to 23rd December, where they explored the rich cultural heritage and historical marvels of the Pink City, fostering experiential learning beyond the classroom.

The school also hosted the **Money Smart School Assessment**, reinforcing essential financial literacy among students.

Concluding the month on a nostalgic note, the **Alumni Meet - Homecoming 2024** witnessed the return of our esteemed alumni, rekindling memories and sharing their journeys, a testament to the lifelong bond shared with the MRIS family.

The Senior Wing continues to create enriching experiences, blending academic excellence with emotional connections.

IMAGE KEY:

- 1, 2 & 5 - Farewell
- 3 - SDGs meeting
- 4 - Alumni Meet

Trip to Jaipur

Alumni Meet

Senior Wing

Farewell 'Parwaaz'

Money Smart School



- Ms. Jyoti Singla
Coordinator, Senior Wing

"Nobody who ever gave his best regretted it."



To My Mentor: Letter of Thanks

NRI Complex, Alaknanda
New Delhi

11th December, 2024

Dear Amaan Sir,

Greetings for the holiday season!

As we prepare to celebrate this holiday season with compassion, community, and togetherness, I reflect on the opportunities I was fortunate to have and the experiences that have shaped me. At this time, I think of you, the mentor who has helped me become a better version of myself. I used to think that robotics was all about building and programming. But through your guidance, I've learned that while the mechanical aspects are important, they're only the tip of the iceberg. The true core of this path lies in the values you've instilled in me, **patience, leadership, teamwork, and resilience**. You have taught me that it is more important to be a good person, before becoming a successful person.

There were moments when **failure felt overwhelming**; when hours of effort led to nothing but errors and dead ends. You disguised failure as part of the process, **a path to success**. I remember the time our robot failed the test runs, just a day before a competition. We felt defeated, but you didn't see it as the end. You encouraged us to keep going and stayed with us the whole night to completely rebuild our robot. That moment taught me that **resilience is not just about avoiding obstacles, it's about finding the strength to rise**, no matter how many times you fall.

You have shown us that teamwork is more than just working together. It's about understanding and respecting one another, even in moments of disputes or tension. I'll never forget the late nights before competitions when stress ran high, and it was easy for us to get frustrated. You showed us how to lean on one another, how to listen, and how to find strength in, and support one another. **You taught us that each voice matters, that the smallest contribution can lead to the biggest breakthroughs, that everybody brings something to the table, and that our success is a combined product of everyone's efforts** and not just the work of a few.

Then there's leadership; an idea I used to think was all about authority. But watching you has completely changed my understanding. True leadership, as you have taught us, is about being patient, listening more than speaking, lifting others up, and most importantly recognising each person's strengths and efforts.

Thank you, sir, for being more than a mentor. This holiday season, as I gather with my family, I will carry the lessons you've taught me into every experience. Your generosity, whether in the form of your time, your guidance, or your unwavering belief in us, has been **a gift that continues to shape who we are**, and I am honoured to continue learning under your guidance.

Yours sincerely,
Kashvi Khajanchi

"When you lose a couple of times it makes you realise how difficult it is to win"



French: Ma Famille

La Famille Grover

Je m'appelle Saanvi Grover. J'ai onze ans. J'habite à Inde. Je suis étudiante. J'adore ma famille!

Voici ma famille

Voici ma mère.
Elle s'appelle Deepika Grover. Elle a 39 ans. Elle adore cuisiner. Elle aime lire des livres. Elle est directrice dans son bureau. J'aime ma mère.

Voici ma père.
Il s'appelle Amit Grover. Il a 41 ans. Il est homme d'affaires. Il aime voyager et il aime faire de la musculation. J'aime ma père!!

S'adore ma famille chérie

Merci!

By Saanvi Grover!

MA FAMILLE

Je m'appelle Ishita. J'ai dix ans. J'habite à Fardisabad. Je suis étudiante. Voici ma famille. Ma famille est super! Il y a cinq membres dans ma famille. Mon père s'appelle Bipul Arya. Il a quarante-sept ans. Il aime la glace. Il est homme d'affaires. Il aime s'appeler Divya Arya. Elle a trente-quatre ans. Elle aime cuisiner. Elle est femme au foyer. Elle est belle et intelligente. J'ai un frère. Mon frère s'appelle Luvansh Arya. Il joue au football. Il aime pizza. Il est beau et mignon. Mon grand-père s'appelle Deepam Arya. Il aime nature. Il a soixante-dix ans. Il est intelligent. Voici la famille de Arya. Ma famille est belle.

J'Adore MA FAMILLE

La famille

Mon nom est Pooja Yadav. Aujourd'hui, je vais décrire ma famille. Dans ma famille, il y a cinq membres: ma mère, ma mère, ma sœur, ma sœur et moi. Ma sœur fait des études de médecine à l'Université. Mon père est un homme d'affaires. Ma mère est une femme au foyer, et mon frère est en première année. Moi, je suis en classe en sixième. Je suis la plus intelligente de la maison. J'aime ma famille et je suis très heureuse.

MA FAMILLE

Bonjour! Je m'appelle Rivaan. J'ai 11 ans. J'aime sport et la musique. Regarde ma famille photo. Dans ma famille, il y a neuf membres: mon grand-père s'appelle Ram Prasad. Il a 60 ans. Il est vieux mais actif. Il aime écouter de la musique. Ma grand-mère s'appelle Bimla. Elle a 50 ans. Elle aime faire du jardinage. Elle ne gèle. Mon père s'appelle Ravi Kumar. Il a 39 ans. Il est professeur d'informatique. Mon mère s'appelle Vasoda. Elle a 36 ans. Elle est une femme d'affaires. Il et elle s'appelle un oncle Rohit et la tante Anita. Il est expert-comptable. Il s'appelle un oncle Arjun Kumar. Il a 1 ans. Elle s'appelle Nishika. Elle a 1 ans.

Voici Annonci MERCI

"If you do not believe you can do it then you have no chance at all." -

Human Rights Day

History

Human Rights Day is celebrated on December 10th each year to mark the adoption of the Universal Declaration of Human Rights (UDHR) by the United Nations in 1948. The UDHR, drafted under Eleanor Roosevelt, outlines fundamental rights and freedoms for all people, regardless of nationality, gender, or religion. This day highlights the global commitment to promoting freedom, equality, and justice for everyone.

Theme of the year

"Our Rights, Our Future, Right Now" – The 2024 theme emphasizes the urgent need to protect human rights to create a fair and sustainable future. It highlights the importance of equality, freedom, and dignity as essential for addressing global challenges and building a just world for future generations.



"Empowering Rights: India's Path"

India ensures human rights through its Constitution (1950), the National Human Rights Commission (1993), and laws like the Right to Information (2005) and Right to Education (2009). Landmark rulings, such as Right to Privacy (2017) and decriminalizing homosexuality (2018), protect freedoms. India also upholds global human rights standards and promotes awareness.

Core Human right principles

1. Equality – Everyone is equal before the law.
2. Freedom – Right to speech, belief, and expression.
3. Education – Access to learning for all.
4. Non-Discrimination – No prejudice based on race, gender, or religion.
5. Life and Security – Right to live in safety and dignity.



Fun Fact

Human Rights Day is on December 10, marking the adoption of the Universal Declaration of Human Rights in 1948, initially signed by 48 countries.

Mental Health: In The Realm Of Sports

Ojal Jain

Despite being a vital component of sports, mental health is given less consideration than physical health. Despite their physical brilliance, athletes can nonetheless have mental health issues like eating disorders, anxiety and depression.

An environment threatening mental well-being can be enhanced by many factors often combined together, such as rigorous training, intense pressure, fear of failing and public scrutiny.

Advances in psychology have given rise to new subfields, such as **sports psychology**, which has thrived and brought attention to the **importance of athlete's mental health**.

It uses psychological concepts to increase athlete's motivation through a variety of methods, such as:

- 1) **Goal Setting:** to guide athletes in exploring and determining what they want to achieve.
- 2) **Cognitive Behavioural Therapy:** CBT helps you become aware of inaccurate or negative thinking so you can view challenging situations more clearly and respond to them in a more efficient way.
- 3) **Arousal Regulation:** This deals with helping athletes achieve an ideal state of arousal, which is a state of being emotionally charged, just before a performance.
- 4) **Self-Talk:** It is simply changing or improving the way we talk to ourselves or think about ourselves.
- 5) **Stress Management:** These can help athletes cope with anxiety on the big stage, allowing them to perform best under pressure.

With the help of these resources, athletes can strengthen their mental toughness, sharpen their attention, and handle the demands of competition with ease.



Athletes like **Kobe Bryant** credit their success to their collaborations with sports psychologist **George Mumford**.

He expressed his opinions on the mental aspect of the game, stating that maintaining a steady keel rather than going too high or too low is the key to mental toughness. The challenge, he continues, is to avoid becoming very emotionally invested in the circumstance.

In conclusion, a significant growth in understanding the mental health challenges that the athletes face is reflected in the incorporation of sports psychology. In addition to personal growth, sports psychology also helps in a culture shift in the realm of sports for the good of the athletes.

"Excellence is not a singular act but a habit. You are what you do repeatedly"



Building Bridges in Education

MRIS Charmwood Welcomes Indonesian School Leaders

On 21st December 2024, MRIS Charmwood had the privilege of hosting Principal Fathur Rachim from school **SAMAN 10 Samaridasa, Indonesia**, along with a **25 member delegation**, for a **collaborative visit** aimed at strengthening educational ties and exploring future partnerships between the institutions.

The visit commenced with a comprehensive presentation showcasing the pedagogical approaches and unique learning experiences at MRIS Charmwood. The delegation was introduced to the state-of-the-art facilities, including specialized learning spaces like the shooting range and FS&S labs—Mediashala and Makershala—both emphasizing hands-on and innovative learning experiences.

The **Indonesian delegates expressed deep appreciation for the school's initiatives**, particularly the **recycling and robotics projects**, which they recognized as exceptional models for sustainability and technological advancement. They also admired the **presence of indoor plants throughout the school**, acknowledging them as an impactful practice for improving the indoor ecosystem. Inspired by MRIS, the team plans to implement similar green initiatives in their own institution.

In a heartfelt gesture, Principal Fathur Rachim presented a memento to Ms. Divjot Kaur, Principal, MRIS Charmwood; acknowledging the warm hospitality and the efforts made in organizing the visit. The delegation conveyed keen interest in future collaborations, including a potential student exchange program, reflecting the spirit of global cooperation in education.

This visit marked a significant **step toward fostering international collaboration**, cultural exchange, and shared learning experiences between the two institutions.



IMAGE KEY:

- 1- Delegates from School SAMAN 10 Samaridasa with MRIS staff
- 2- Students welcome Indonesian school delegates
- 3- Ceremonial welcome Tilak
- 4- Indonesian school delegates visit the 'makershala'

"Always believe in your ability and in your goals. This is the only way you will be able to reach them.."



School News

December, was filled with fervour, passion and enthusiasm. Various laurels bagged by students across the student community made the year 2024 end with a strong zeal, motivating them to keep achieving.

LIT Mosaic'24: LIT Mosaic'24 was hosted by Manav Rachna International School, Sector- 51, Gurugram. It was an event comprising of several categories like **theatre and writing**. The school bagged the Overall Winner Trophy! Students from the school, won various accolades across a majority of the categories. Their hard work, determination and passion paid off.

Kashvi Khajanchi, Anushka Ticku, Krishna Agarwal, Tisha Kakkar, Jatin Singh secured first position in the category, '**Comedy in the Classic**' along with, Shreyasi, Akshay, Nishtha in their respective category, '**Memeistry in Motion**'. Divya, Manav, Naira and Saanvi in the categories '**Hasi Ka Tadka**' and '**The Whacky Wear**', respectively secured the first position too. In, '**Hasyautsav**', a Sanskrit theatre performance, Aadi, Jinisha, Jagrit, Akshay and Geet bagged the 1st Runner-Up trophy. Parth Prasher and Ankita Rai, Aaliya Arora and Darshika, Aaranya Singh, Kyra Rao, Simrah Zakib secured the 1st Runner- Up positions in the categories, '**Smiles on Sale**', '**The Enchanted Pen**' and '**Quiz and Quirk**' respectively.

Last but not the least, Manan Bhandari and Divisha Tanwar bagged the 2nd Runner-Up position in their respective categories of '**The Whacky Wear**' and '**Whimsical Writing Slam**'.

Tinkerfest Techtrek Competition: Hosted by Manav Rachna International School, Sector-46, Gurugram, Tinkerfest Techtrek Competition, was an event showcasing, the **technical skills** of students. Two teams from the school participated in different categories and secured laurels for the school. In '**Fastest Line Following Challenge**', Navya Singla, Arsh Bansal and Rhythm Panjwani bagged the 1st Position. While, in the '**RoboRace Challenge**', Swayambhav Siddharth Mathur and Bhavya Kalra secured the 3rd Position.

IMAGE KEY:

1- Lit, Mosaic'24

2 & 3 - Sportek'24



"Always believe in your ability and in your goals. This is the only way you will be able to reach them.."



School News

Sportek'24: MRIS Charmwood hosted it's much-anticipated sports day on 7th December for the early years, on 14th December for grades VI to VIII, and on 15th December for the students of grade II to V.

• **Early Years: "Tiny Feet, Giant Leaps"**- The morning of this successful event began with the Chorus of Champions, an inspiring performance by the school choir. This was followed by the Lamp Lighting Ceremony and an inspiring address by Ms. Nisha Bhalla, the Executive Director of the school. The audience was mesmerised by performances such as the **Bagpiper Recital**, **Rhythmic Hoops** and **Whirls**, and a captivating **Taekwondo** display by the students. The highlight of the event was an address by the Chief Guest, Shri Manavjit Singh Sandhu (Rajiv Gandhi Khel Ratna Awardee and Arjuna Awardee). The day was concluded with the declaration of results and a Vote of Thanks, followed by the National Anthem. Students of the Early Years made cherishing memories, simultaneously displaying their collaborative spirit.

• **Grade II to V: Dream it! Dare it! Do it!** : The day commenced with a melodious performance by the **Orchestra** and **Welcome Cheer** by the school choir, followed by the Gayatri Mantra as well as School Song. Ms. Nisha Bhalla's address to the audience, highlighted the utmost significance of teamwork and sports and truly uplifted the spirit of sports within the young minds. The event was a culmination of a variety of performances, ranging from- Rhythm of the Glen: **Bagpiper Band Presentation**, **Rhythmic Yogis** (yoga choreography), Energy Unleashed (dance), **Defence Dynamics** (taekwondo), to **Grace in Motion** (gymnastics), which was also accompanied by a multitude of **thrilling races**. The Chief Guest, Shri Manish Narwal, (Paralympic shooter and Asian Games Gold Medallist), in his address, shared his valuable insights on the importance of resilience.



IMAGE KEY:

- 1 - Early Years performance
- 2- Bagpiper Band Presentation
- 3 - Grace in Motion

"A man with new ideas is a madman until his ideas triumph."



School News

• **Grade VI to VIII: Unite! Compete! Celebrate! :** Sportek'24 for the students of Middle School was hosted at the grounds of the Manav Rachna University. After the traditional ceremony of Lamp Lighting by the principal, Ms. Divjot Kaur and other respected dignitaries, the principal addressed the audience, dignitaries, parents and students with a warm yet inspiring welcome. The event's true spirit was graced with the enthusiastic performance of the Bagpiper Band and the **March Past** by the Vanguard of the Clans this was followed by the **Achiever's Procession**. The event comprised of performances like, **Balance and Brilliance**—a gymnastics display and **Power of Resilience**—a captivating dance performance. Chief Guest, **Shri Samares Jung's** (Arjuna Awardee and Commonwealth Games 2002 Gold Medalist) in his address to the audience, highlighted the role of character building and teamwork. With the efforts of students of the Middle Wing and their dedicated mentors, Sportek'24 became a true success.



Farewell of Grade XII: As the academic year 2024-25 comes to an end, it was time to bid farewell to the Class of 2025. The theme of the farewell was '**Parvaaz**'- Soaring High, rightly resonating and symbolising the essence of this significant day in the school lives of each and every student. While, students from the Grade XI organised the event, who will now, carry their legacy.



IMAGE KEY:

1 - Quiz it up, runner up category winners

2 - Farewell 'Parvaaz'

"The best know they will lose again and again and have learned how to deal with it."



The Month That Was



Sports day



Traffic quiz



SDG Virtual meeting



Alumni Meet 2024



Farewell - Batch of 2025



Letter To Santa- EY



Meet The Team

STAFF EDITORS

Ms. Smita Ugale
(Vice-Principal, MRIS-CW)

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FRONT COVER STOCK IMAGE :

Sportek 2024

BACK COVER IMAGE :

Farewell 2024, 'Parvaaz'

FOOTER DESIGN IMAGES BY:

Ayati Patra - XII
Firdosh - XI

MAGAZINE DESIGN BY:

Riddhi Nandini - XI
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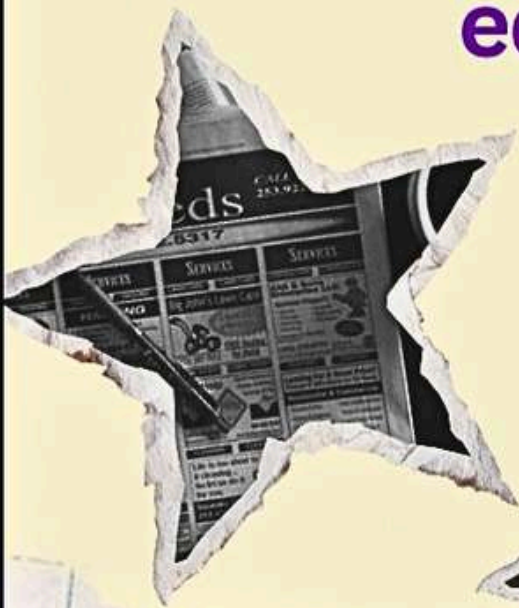


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For any further questions, feel free to contact:

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"A confident guy is much better than a talented guy who keeps questioning himself."

M.S Dhoni

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