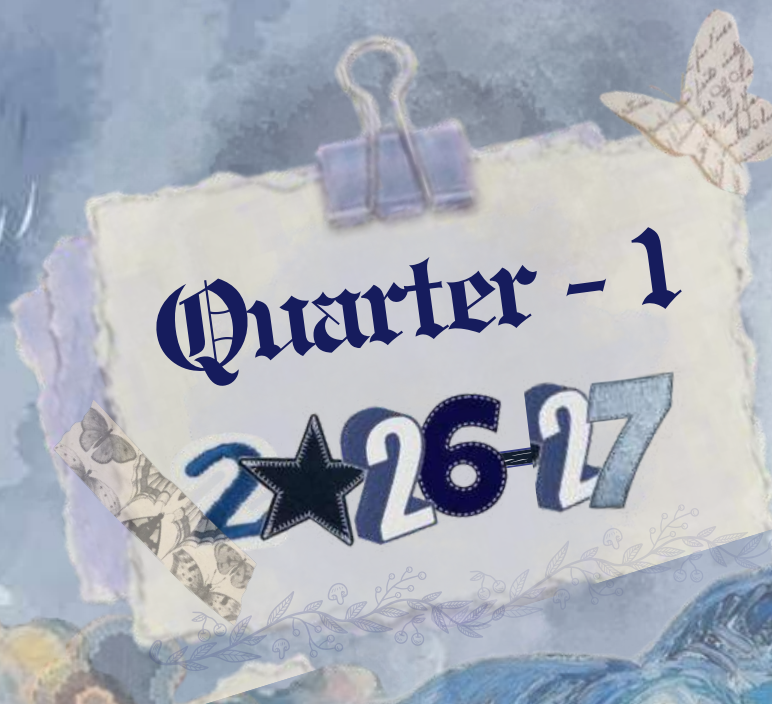


Ralli International School

A new chapter unfolds...



"Every new beginning is a blank page — fill it with curiosity, kindness, and the courage to grow."



DEAR READERS



Every meaningful journey begins with a single step—one filled with hope, curiosity, and endless possibilities. As we begin a new academic year, we welcome fresh experiences, new friendships, exciting challenges, and opportunities to grow.

*The first edition of 'Student Communique' celebrates **"The Start of Something Meaningful"**—a reminder that every dream and achievement begins with the courage to take that first step. Through stories, poems, reflections, artwork, and creative expressions, our students capture the spirit of new beginnings and the excitement of the journey ahead.*

As you turn these pages, may you find inspiration to dream bigger, learn deeper, and make every moment count.

Here's to new beginnings, endless possibilities, and a year filled with purpose.

Happy Reading!



Meet the Editorial Team

The Editorial Team: Turning Ideas into Impact, One Page at a Time.



Aavya Chauhan

XC



Hardik Taneja

IXA



Jiya Suri

XI C



Noor Bali

XB



Mahnoor

XIA1



Pranay Tripathi

IXB

Hope Is a Myth



Humans have found a million ways
to believe in hope, haven't they?
But what happens when it doesn't work?
When the line between hope and delusion blurs?

Hope is not a blessing in disguise
it's something you sometimes want to but can't leave behind.

Hope is ephemeral – it lingers then it's gone,
but the pain of shattered hopes turns you into someone who can't move along.

Making a wish before blowing out birthday candles,
praying to God when the clock strikes 11:11,
crossing fingers in hopes not to jinx it,
touching wood so till eternity we get to keep it.

Millions of pennies in millions of wells
of people who might be alive or dead.
Eyelashes blown away into the air
carrying hopes of us being spared from our despair.

So hope is not all rainbows and sunshine.
Hope is liminal.

It existed in the wreckage we left behind.
It will exist in the future where we hope everything will be fine.

But it still misleads us until we're blind
to the reality of our life
and the line between hope and delusion actually blurs
not letting us know which side it stands on.

By Aditi Class, X-B

"A NEW BEGINNING"



ओ३म् तेजोऽसि तेजो मयि वेहि

The morning sun begins to rise,
With golden dreams in sleepy eyes.
A bag of books, a hopeful heart,
Today's the day of a brand-new start.
The corridor echoes with laughter and songs,
A place where we all belong.
With every lesson, step, and try,
Our little dreams begin to fly.
So here we stand, both proud and bright,
With hearts alive like stars at night.
A journey waits beyond the door—
New hopes, new dreams, and so much more
Of making friends who always stay,
And filling hearts with light each day.
For every child who dares to try
Can touch the stars beyond the sky.
A beginning never ends
Holding with a truthful hand.



SHREYA MITTAL
XII-A2



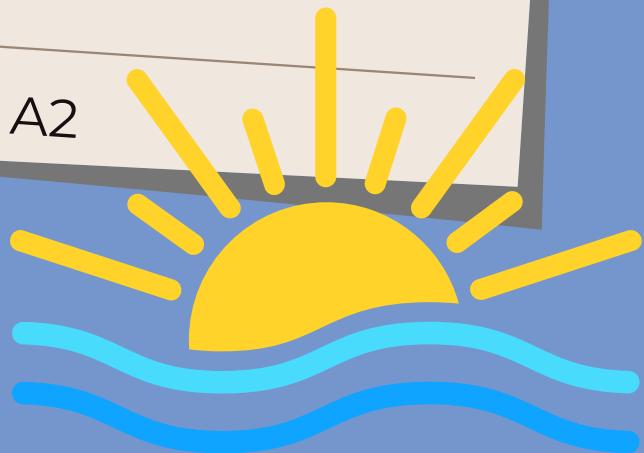
FROM SHADOW TO SUNRISE

Planting a seed of hope
One dreams big with strong will,
A risky step with a heavy heart,
Yet whispers guide – it's a fresh start.
Overcoming the fear to sail the boat,
Chasing Horizons, keeping dreams
afloat,

Gathering courage on this note,
Sailing ahead on dreams we wrote,
Let's again enlighten the spark,
Guiding our path through shadows
dark,

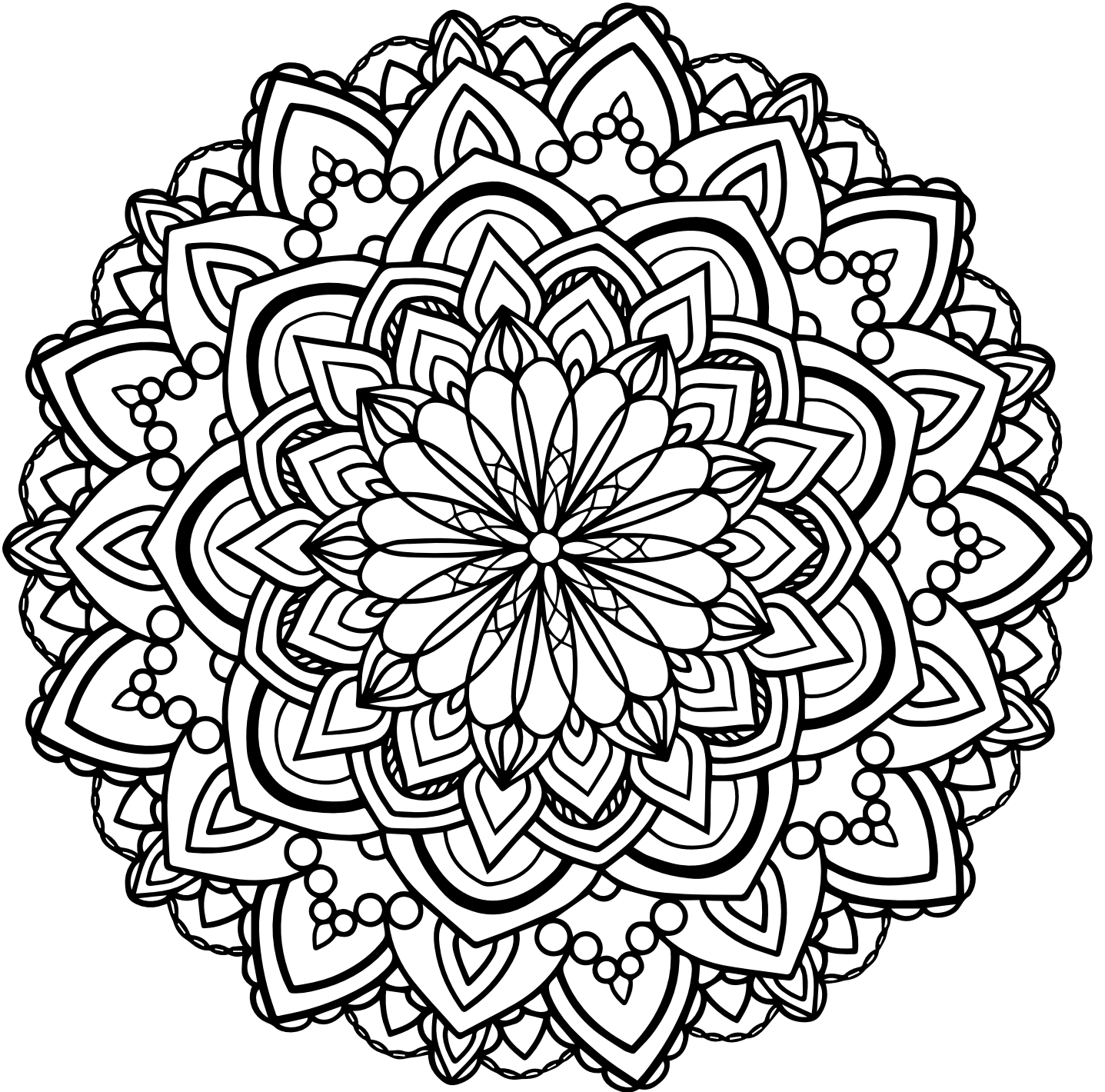
Leaving past fears, let's restart,
Each new step plays its part,
The smallest seed we gently found,
Can change the whole wide world
around.

BY Ayurda, XII A2



MINDFULNESS MANDALA

As you color the mandala, pay close attention to every detail as much as you can. Color slowly and calmly, with care and control.





High five to Healthy Habits

Read the healthy habits categories.

3. Relationships & emotions

2. Food & nutrition

4. Exercise & movement

1. Sleep & rest

5. Playing & creativity



Cut out the healthy habits and glue them under the correct headings.

**I have fun and
do creative
things in my
free time.**

**I go to bed early
and I sleep 8 or
more hours**

**I eat a variety of
healthy food and
drink water**

**I do exercise and
move my body
every day**

**I spend time
with the people I love**



DISCUSS: Do you have these healthy habits? - Which ones do you have to develop to give a high five to healthy habits?

CAN YOU SOLVE IT?

Mind Maze



1. What has many keys but can't open a single lock?

2. What gets wetter the more it dries?



3. I have hands but cannot clap. What am I?



4. What has one eye but cannot see?



A Brand-New Start



ओ३म् तेजोऽसि तेजो मयि वेदि

A brand-new year, a brand-new day,

A shining sun to light my way.

Fresh notebooks, pencils bright,

Everything feels just right!

New lessons waiting to be learned,

New pages ready to be turned.

I promise myself I'll try my best,

And work hard more than the rest.

Mistakes may come, but that's okay,

I'll learn from them along the way.

A new beginning, clear and bright,

Fills my heart with hope and light.

Utsav Pokhriyal 5B

New Goals

- Be Kind
- Work Hard
- Stay Positive
- Keep Learning

New Day
New Chances
New You ❤️

CLUB

Activity

FROM SPORTS TO MUSIC,
ACADEMICS TO THE ARTS—
EVERY EXPERIENCE
MARKED THE BEGINNING
OF A NEW JOURNEY,
FOSTERING HOLISTIC,
INTEGRATED LEARNING FOR
EVERY CHILD.



MOTIONS DETECTIVE



CLUB

Activity



SUMMER INTERNSHIPS



BEYOND BOOKS, BEYOND BOUNDARIES

Students from all streams explored real-world workplaces through internships aligned with their interests—from hospitals and law firms to psychology and science organizations. The experience was enriching, inspiring, and one they look forward to every year.

**REAL LEARNING
BEGINS WHEN
CURIOSITY
MEETS
OPPORTUNITY.**



"An internship is the first step from learning in the classroom to learning from the real world."

SUMMER INTERNSHIPS



SUCCESS STARTS WITH A WILLINGNESS TO LEARN.

Hands-on internships across diverse fields gave students a glimpse into the professional world. It was a memorable learning experience that has left them excited for future opportunities.



**RALLI INTERNATIONAL SCHOOL
PROUDLY CELEBRATES ITS
STUDENTS' ACHIEVEMENTS
THROUGH OPPORTUNITIES LIKE
THE CSIR-NPL JIGYASA
INTERNSHIP PROGRAMME 2026,
FOSTERING SCIENTIFIC CURIOSITY
AND INNOVATION. ADDING TO
THE GLORY, KUNAL SINGH
BHAKUNI (CLASS XII) SECURED
FIRST POSITION IN THE
ELOCUTION COMPETITION,
BRINGING LAURELS TO THE
SCHOOL.**

**"Internships help students discover their strengths,
build confidence, and prepare for the future."**



"EDUCATION PROVIDES THE FOUNDATION;
INTERNSHIPS BUILD THE FUTURE."



Ralli International
School



Congratulations!

A NEW BEGINNING
TOWARDS SUCCESS



PROUDLY PRESENTED TO

Kunal Singh Bhakhuni

for securing 1st position in **Quiz/ Elocution**
competition held on the occasion of
Dr. K.S. Krishnan Memorial Day 2026
at CSIR-National Physical Laboratory, New Delhi.

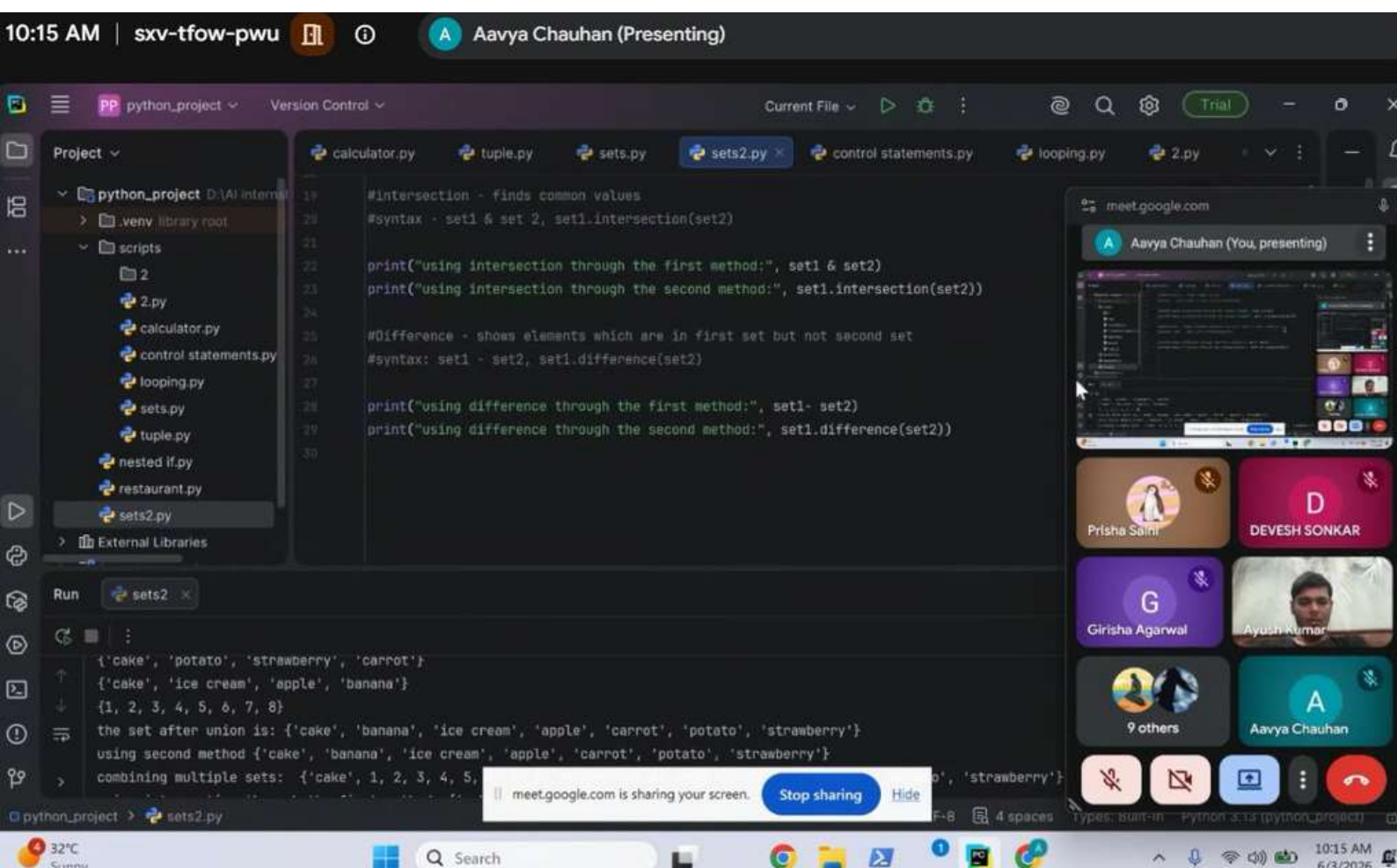
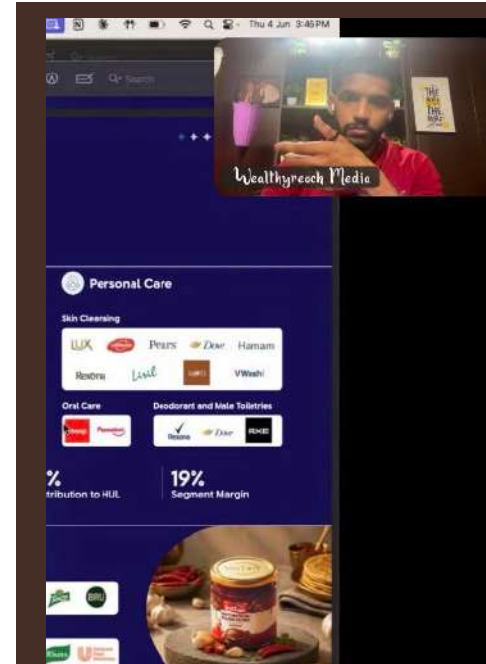


SUMMER INTERNSHIPS



SKILLS TODAY, SUCCESS TOMORROW.

Students stepped beyond the classroom to experience the realities of the workplace through internships in diverse domains. The exposure enhanced their practical understanding, nurtured professional skills, and inspired them to envision their future careers with greater clarity.



**"The future belongs to those who are willing to learn
beyond the classroom."**

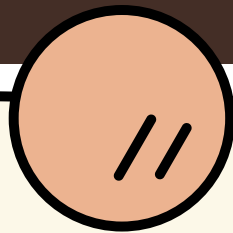
SUMMER INTERNSHIPS



LEARNING IN ACTION, SUCCESS IN MOTION.

FORTIS MENTAL HEALTH PROGRAM INTERNSHIP

Build awareness of mental well-being through expert-led sessions, practical learning, and self-care strategies.



THE STUDENTS GAINED FIRSTHAND INSIGHTS INTO THE WORLD OF CONSTRUCTION THROUGH THEIR SUMMER INTERNSHIP AT THE CENTRAL GOVERNMENT EMPLOYEES WELFARE HOUSING ORGANISATION (CGEWHO).

THE EXPERIENCE CONNECTED CLASSROOM LEARNING WITH REAL-WORLD INFRASTRUCTURE DEVELOPMENT.



"Real growth begins when learning is put into practice."



Dreams that gives you wings.....



ओ३म् तेजोऽसि तेजो मयि धेहि

In the quiet corners of a restless night,
When the world fades into shadows and light,
There lives a place no map has ever shown,
A secret realm the heart has always known.
Dreams are the wings we never knew we had,
Lifting our souls when days feel heavy and sad,
They paint the skies in colors yet unnamed,
Where nothing is lost and nothing is tamed.
They take us far beyond the edge of doubt,
To lands where silence speaks and stars reach out,

Where broken moments gently start to mend,
And every road has the chance to bend.
They carry the laughter we left behind,
And gather the pieces we could not find,
They hold the tears we never let fall,
And answer the questions that silence calls.
But dreams are more than visions of the night,
They are sparks of courage, hidden light,
They dare us to hope, to rise, to try,
To touch the stars in an endless sky.
So hold your dreams like a guiding flame,
Through fear, through loss, through doubt and
shame,
For even in darkness, they softly gleam—
The endless power of a dream.

ALUMNI IN ACTION



Riddhi Agarwal (Batch 2021–22)

An alumna of Ralli International School, Riddhi graduated with a degree in Political Science from Sri Venkateswara College, University of Delhi. She is currently working as a Policy Associate with a Member of Parliament, where she contributes to legislative research and public policy. With a keen interest in governance and policymaking, Riddhi's journey reflects her dedication to creating meaningful impact through public service. In this edition, she shares her experiences, career insights, and advice for aspiring changemakers.

Khushi Srivastava (Batch 2025–26)



Khushi Srivastava is a first-year B.Tech Computer Science student at MIT Manipal and an alumna of Ralli International School, where she pursued the Science stream with Physics, Chemistry, and Mathematics (PCM). A bright academic achiever with a passion for mathematics and technology, Khushi is equally known for her confidence in public speaking. Her journey began with anchoring school assemblies and soon expanded to hosting major school events and participating in inter-school debates. Guided by consistency, curiosity, and a growth mindset, she believes that investing in oneself is the key to long-term success and encourages students to embrace every opportunity that helps them learn, grow, and discover their potential.

1. Tell us a little about yourself.

I completed my schooling in the Humanities stream at Ralli International School (Batch 2021–22). After Class XII, I pursued Political Science (Hons.) from Sri Venkateswara College, University of Delhi, where I actively participated in research projects and student initiatives. My interest in governance and policymaking led me to become a LAMP Fellow, after which I began working as a Policy Associate with a Member of Parliament. It has been a rewarding journey of learning, growth, and contributing to public policy.



2. Looking back, what was the most meaningful beginning during your school years that helped shape the person you are today?

The foundation I received at Ralli International School has played a significant role in shaping who I am today. My teachers encouraged me to think critically, stay curious, and believe in my abilities. Equally valuable were the friendships I built, which taught me the importance of teamwork, humility, and supporting one another. These experiences not only strengthened my confidence but also prepared me to face new opportunities and challenges with resilience.

3. Every journey starts with a single step. What was the first step you took towards your dream, and how did it influence your career or personal growth?

The first major step towards my dream was choosing the Humanities stream after Class X. Although the transition felt overwhelming initially, studying Political Science helped me discover my passion for governance and public policy. The guidance and encouragement I received from my teachers motivated me to explore this field further. That decision eventually led me to opportunities like the LAMP Fellowship and my current role, proving that one thoughtful choice can shape an entire career.



4. What challenges did you face while pursuing your goals, and what kept you motivated to continue your journey despite setbacks?

One of the most valuable lessons during my journey was learning to embrace challenges as opportunities for growth. Every experience taught me something new and strengthened my confidence. The constant encouragement from my teachers, the unwavering support of my friends, and my determination to keep learning helped me stay focused on my goals. Looking back, each step of the journey contributed to my personal and professional growth, preparing me to make the most of every opportunity that came my way.

5. If you could go back and give one piece of advice to your younger self at the beginning of your journey, what would it be?

I would tell my younger self that school is about much more than academics and marks. It is the best place to build confidence, discover your interests, and step outside your comfort zone. I would encourage myself to participate in more activities, seize every opportunity, and not overthink the future. Every experience—whether it's a success or a setback—teaches valuable lessons and helps shape your personality just as much as classroom learning does.

6. As our students begin another meaningful chapter, what message would you like to share with them about embracing new beginnings and making the most of their school years?

My message to every student is to welcome new beginnings with an open mind and a positive attitude. Don't be afraid to try new things, ask questions, or make mistakes—they are all part of the learning process. Say "yes" to opportunities, participate actively, and make the most of your school years. The friendships you build, the lessons you learn, and the experiences you gather today will stay with you long after you leave school and help shape the person you become.

1. Tell us a little about yourself.

I am Khushi Srivastava, a first-year B.Tech Computer Science Engineering student at MIT Manipal. I completed my schooling at Ralli International School as a PCM student, and I am now pursuing my passion for technology while laying the foundation for a career in engineering.



2. Looking back, what was the most meaningful beginning during your school years that helped shape the person you are today?

The most meaningful beginning of my school journey was discovering my passion for public speaking. It all started when one of my teachers selected me to anchor a simple school assembly. From that moment on, I was both offered and sought out more opportunities to speak on stage. I went on to host numerous intra-school events, participate in inter-school debates, and represent my school at various events. Even today, public speaking remains one of my favourite skills, and I truly enjoy addressing an audience with confidence and ease.

3. Every journey starts with a single step. What was the first step you took towards your dream, and how did it influence your career or personal growth?

The first step towards my dream was, interestingly, an unintentional one. I have always been academically inclined since my early school years. At that age, I wasn't consciously working towards a career goal—I was simply a punctual student who genuinely enjoyed learning. Fortunately, those habits stayed with me. As I grew older, my curiosity led me towards Science, especially Mathematics. Choosing the PCM stream felt like a natural decision, and I continued to study with the same discipline and enthusiasm that had always guided me.



4. What challenges did you face while pursuing your goals, and what kept you motivated to continue your journey despite setbacks?

The biggest challenge I faced was maintaining consistency. Over time, I realised that achieving any goal is less about dramatic breakthroughs and more about showing up every day and gradually improving. The routine can often become repetitive and exhausting. During such moments, I reminded myself why I had started in the first place—my aspiration to become an engineer. Breaking larger goals into smaller, manageable tasks helped me stay focused and motivated, making the journey feel much more achievable.

5. If you could go back and give one piece of advice to your younger self at the beginning of your journey, what would it be?

Apart from academics, I would tell my younger self to socialise more, build meaningful connections, and step out of my comfort zone more often. Personal growth is shaped not only by what we learn in books but also by the people we meet and the experiences we share.

6. As our students begin another meaningful chapter, what message would you like to share with them about embracing new beginnings and making the most of their school years?

Invest in yourself because you will always be your most valuable investment, with the highest return in the long run. Make a conscious effort to grow in every aspect of life. Participate in events, prepare sincerely for your exams, learn from your seniors, wake up early, stay active, read regularly, eat well, surround yourself with good friends, and discover what truly excites you. Once you find your passion, pursue it wholeheartedly and don't be afraid to be a little crazy about it.

My Dream



ओ३म् तेजोऽसि तेजो मायि धेहि

*Every child grows up chasing a dream,
Some inspired by a teacher, actor, or doctor;
But for me, my father shines like a beam.
I see him balancing immense corporate
responsibility,
Deeply inspired by his professional integrity.
My greatest dream is to be a Chartered
Accountant,
Though I know it is like climbing a mountain.
Achieving my goal needs discipline and
passion,
Hours of solitary study and a lot of
patience.
Having a CA as a father provides a unique
advantage,
As I can get his help and guidance at every
stage.
Earning these two letters, "CA," before my
name—
Will take years of hard work to achieve this
fame.*

Book Details

- Introduction
- Mention the title, author, and genre.
- Give a brief overview of the book.

Story Summary

- Plot Snapshot
- Summarise the main events.
- Avoid revealing spoilers.

HOW TO WRITE A BOOK REVIEW?

Characters

- Characters & Setting
- Describe the main characters.
- Mention the setting and how it supports the story.

Review

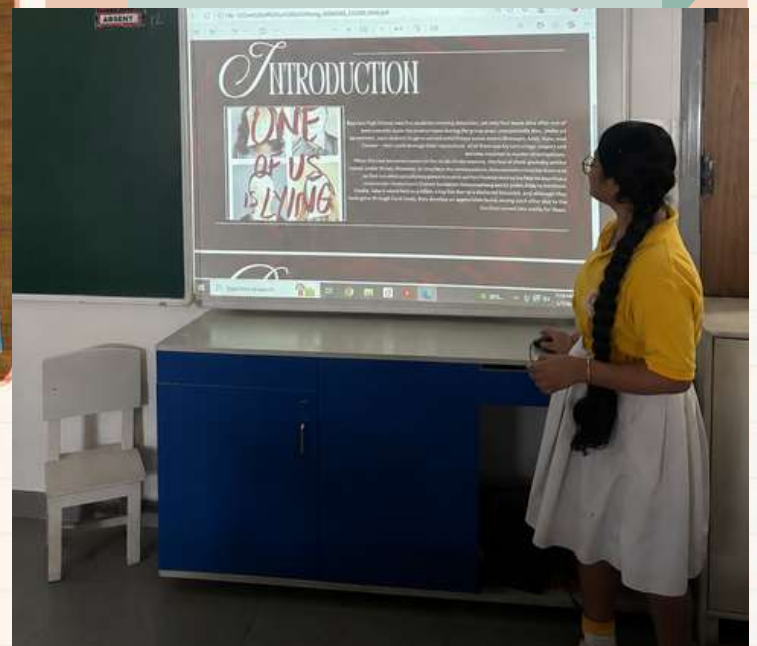
- Your Opinion
- Share what you liked or disliked.
- Mention the writing style, themes, or favourite moments.



REVIEW

CLASS ACTIVITY

"Reading is not just about finishing a book; it's about beginning a new way of thinking."



An engaging activity where students share their perspectives, express their thoughts and celebrate the joy of reading.

My goals this year



Class 11 hit differently. Everyone around me suddenly started talking about JEE, NEET, CUET, percentages, career plans. Honestly, it gets overwhelming. Some days it feels like if I'm not studying 24/7, I'm falling behind. But I don't want this year to just be stress. Though I want to score well but I also don't want to look back and only remember books and grades.

So my goal this year is balance. I not only want to work hard for my future but also actually enjoy class11th . It means trying things even if it's not "syllabus". Because at the end of the day, marks matter and so do memories. I want to grow, not just grind. If I can end this year knowing I gave my best and made good memories, that's success for me.



AASHI GOYAL
XI-A2

My Personal Goal: Becoming an Ethical Hacker and Clearing the OSCP Examination



In today's digital world, where almost everything is connected to the internet, cybersecurity has become one of the most important fields. My personal goal is to become an ethical hacker and successfully clear the Offensive Security Certified Professional (OSCP) examination, which is considered one of the most challenging and respected certifications in the cybersecurity industry.

Ethical hacking is the practice of identifying and fixing vulnerabilities in computer systems, networks, and applications before malicious hackers can exploit them. Unlike illegal hackers, ethical hackers work with permission and aim to protect organizations and individuals. This field fascinates me because it combines problem-solving, creativity, and technical skills in a unique way.

The journey to achieving this goal is not easy. The OSCP exam is known for its hands-on approach and requires deep knowledge of networking, Linux systems, scripting, and penetration testing techniques. It is not just about memorizing concepts but applying them in real-world scenarios. To prepare for this, I am focusing on building a strong foundation in programming languages like Python, understanding operating systems, and learning tools used in cybersecurity.

Consistency and discipline are key factors in this journey. I plan to practice regularly on legal platforms such as capture-the-flag (CTF) challenges and virtual labs. These platforms help in developing practical skills and improving logical thinking. Additionally, staying updated with the latest cybersecurity trends and vulnerabilities is equally important.

Another important aspect of my goal is maintaining strong ethics. As an aspiring ethical hacker, it is my responsibility to use my knowledge for good purposes only. Cybersecurity is not just about hacking systems; it is about protecting people, data, and digital infrastructure.

In conclusion, my ambition to become an ethical hacker and clear the OSCP examination is driven by curiosity, passion, and a desire to contribute to a safer digital world. With dedication, continuous learning, and the right mindset, I am confident that I will achieve this goal and make a meaningful impact in the field of cybersecurity.

Lifestyle Tips

Small habits can create big change.

01.

Start Your Day Early

Wake up with purpose and plan your priorities.

01.

Stay Hydrated

Drink at least 8 glasses of water daily.

03.

Balanced Meals

Fuel your body with nutritious foods.

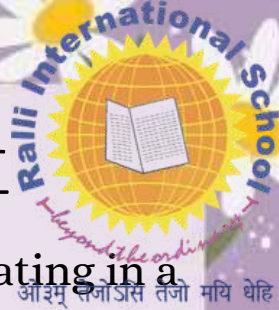
04.

Move Everyday

Exercise for at least 30 minutes.



AN INSPIRING EXPERIENCE



One experience that truly inspired me to grow was participating in a Model United Nations (MUN) for the first time. Before joining, I was nervous because I had never spoken in such a formal environment before. I used to think that only extremely confident students could do well in debates and discussions. Still, I decided to participate because I wanted to try something new and challenge myself.

At first, everything about MUN felt unfamiliar. I had to research international issues, understand my country's stance, and learn how formal debates worked. Preparing speeches and studying different topics took a lot of effort. Sometimes I felt pressured because many students around me already seemed experienced and confident. However, instead of giving up, I continued preparing and practicing. When the conference began, I realized that MUN was not only about speaking perfectly but also about learning, sharing ideas, and improving yourself. During discussions, I started becoming more comfortable expressing my opinions and interacting with other delegates. The experience made me feel more confident in my abilities and helped me improve my communication skills.

What inspired me the most was realizing how much a person can grow by stepping out of their comfort zone. Before MUN, I avoided situations where I might be judged or make mistakes. But after participating, I understood that growth comes from trying new things, even when they seem difficult at first.

This experience changed my mindset completely. It taught me the importance of confidence, preparation, and believing in myself. Now, instead of being afraid of challenges, I try to see them as opportunities to learn and improve. Participating in MUN was not just an academic activity for me; it was an experience that helped me grow as a person.



A Fresh Start to a New Academic Year



A new academic year is like a fresh start for me. It gives me a chance to learn new things, meet new teachers, and make happy memories with friends.

Every year, I set small goals for myself, like improving my studies, being more confident, and managing my time better. I also want to participate more in school activities and try new experiences.

A new beginning always brings hope and excitement. It reminds me that mistakes from the past can help me grow and become better. I believe every new academic year is an opportunity to improve, learn, and achieve success.



BY-RAVYA MADAN

VIII-B



A Lesson from Failure

Failure often feels heavy, but it carries powerful lessons. I once tried to learn a new skill—public speaking. My first attempt was not successful. I felt embarrassed and wanted to quit.

However, I realized that giving up would teach me nothing. So I continued practicing. I watched videos, listened carefully to feedback, and worked on my weaknesses. Slowly, my fear began to fade.

This experience taught me that growth happens when we refuse to surrender. A new academic year is the perfect time to apply such lessons. It is a reminder that setbacks are stepping stones toward success.

Every beginning gives us strength to try once more with more wisdom and courage than before.

BY- KRISH RASTOGI

*it always
gets better*





NEW BEGINNINGS. NEW ACADEMIC YEAR

A new academic year can feel like a new start in life. We get a chance each year to build better habits, make new goals, and learn from our mistakes. For me, going back to school means more than just new books, new teachers, and new classrooms. It means developing and working to be a better me.



At the start of every year, I make goals that I hope to keep. I want to be more disciplined and better manage my time. I want to learn to concentrate on my studies. And of course, I want to be more confident in participating in things and being able to communicate better. I get motivated to make every day better to make my goals come true.



NEW BEGINNINGS. NEW ACADEMIC YEAR

A new academic year is a chance to be hopeful and bring new opportunities. It means gaining

new experiences that help you grow. These past experiences show you that step by step, you are able to achieve your overall goals.

I believe new beginnings are important because they remind us that we can always start again with positivity and determination. Every year is a chance to dream bigger, work harder, and move closer to becoming the person we want to be.

- Khushi Bhatia XII C

The Day I Tried Something New

I used to feel very nervous about speaking in front of the class. Whenever the teacher asked for volunteers, I looked down and hoped she would not call my name.

One day, my teacher asked me to give a short presentation. At first, I was scared and wanted to say no. But then I thought, “Let me try.”

On the day of the presentation, my hands were shaking. My voice was a little soft in the beginning. But as I continued, I felt better. My classmates were listening carefully. When I finished, they clapped for me.

That day made me feel proud. I learned that trying something new can help us grow. Even if we feel scared, we should not give up.

Now, I try to take part in activities and answer questions in class. I learned that being brave does not mean we are not afraid. It means we try our best even when we feel nervous.

By Mihika Agrawal



“Art should be something that liberates your soul, provokes the imagination and encourages people to go further.”

- Keith Haring

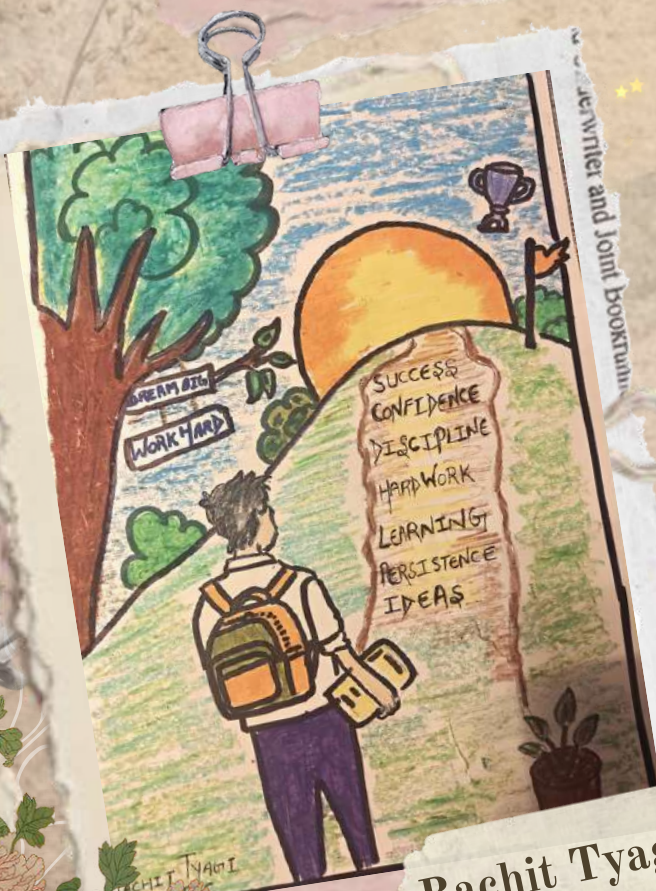
EVERY STROKE HAS A
THOUSAND STORIES TO TELL



Sahana XI-A2



Kanakpriya XII-A2



Rachit Tyagi IX-C

THE TAPESTRY OF STROKES, HUES
AND EMOTIONS

“Creativity is allowing yourself to make mistakes, art is knowing which ones to keep”

- Scott Adams

HUES SCATTER AND DREAMS
TAKE FLIGHT



Riddhi X-B



Shakiya Neyaz XII- A2



Ananya Maheshwari VIII-B

ART IS WHERE A PHOTOGRAPH
FALTERS





RIS Cares: Every Mind Matters

A NEW CHAPTER IN STUDENT WELL-BEING

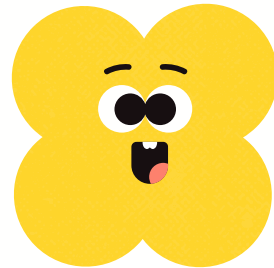
Small daily steps toward a balanced mind

Pause and Breathe



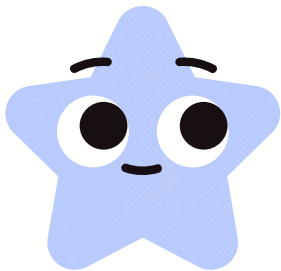
Take a few minutes to breathe slowly and mindfully. Gentle breathing helps the body relax and refocus.

Maintain Daily Routines



Getting enough rest, eating regularly, and moving lightly each day support both physical and mental balance.

Reduce Mental Load



Focus on what you can manage today. Not everything needs to be solved at once.

Make Space for Yourself



Allow time to rest without pressure or expectations. Quiet moments are an important part of restoring energy.

Caring for your mind is part of living well



THE PRESSURE OF BEING 'PERFECT ONLINE'

Teenagers today balance life both offline and online. Along with school, studies, and friendships, many also feel the need to maintain a perfect image on social media. Platforms often make it seem like everyone is happy, successful, and confident all the time, but constantly trying to match that image can be mentally exhausting.



01

THE HABIT OF COMPARING OURSELVES

Scrolling through social media, we often see perfect photos, achievements, and exciting moments. During my exams, I compared myself with students posting aesthetic study setups and productive routines. It made me feel like I wasn't doing enough until I realized people usually share only their best moments, not the stress or struggles behind them.

02

CHASING THE "PERFECT" LOOK

Filters and editing apps create unrealistic beauty standards. I used to spend a lot of time editing pictures and checking likes after posting them. Eventually, I noticed I cared more about getting the perfect photo than actually enjoying the moment with friends.

03

FEAR OF MISSING OUT (FOMO)

There were times when I stayed home studying while others shared pictures from parties or outings. Although I knew my priorities were different, I still felt left out. Later, I understood that everyone has a different journey, and social media never shows the complete story.

04

PRETENDING EVERYTHING IS FINE

Even when I felt stressed because of studies or personal problems, I still posted cheerful pictures online. Over time, I realized it felt much better to be genuine with close friends than to maintain a fake image on social media.



FOMO



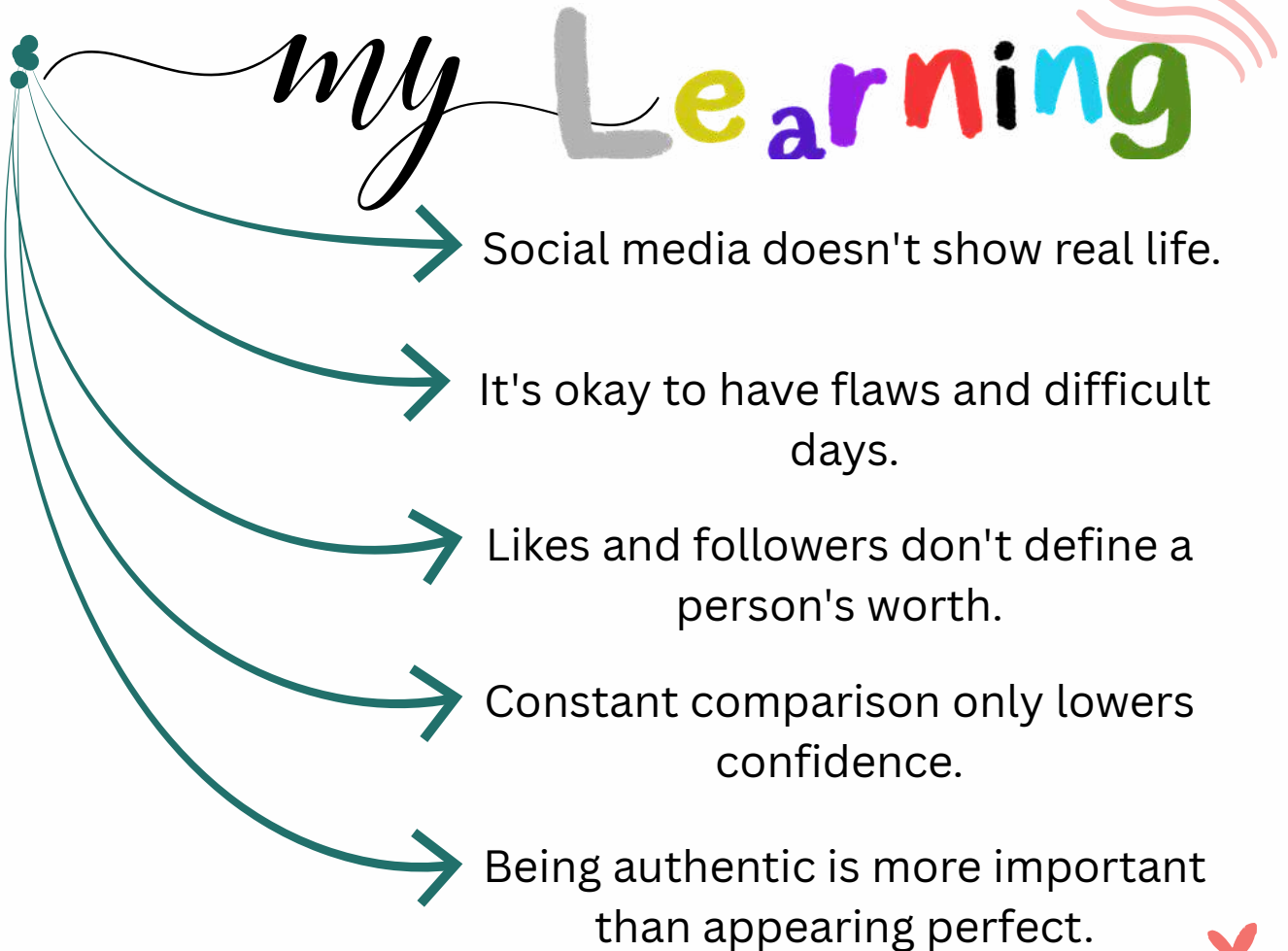
"PERFECTION ONLINE IS TEMPORARY. CONFIDENCE IN REAL LIFE LASTS LONGER."



05

LOOKING FOR VALIDATION

I also noticed that my mood often depended on how many likes or compliments my posts received. This made me realize that confidence should come from within, not from social media attention.



VANSHIKA , XI C

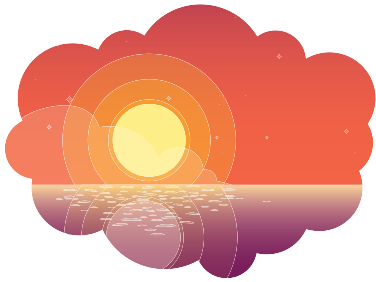


“SOCIAL MEDIA CAN BE A GREAT WAY TO CONNECT AND EXPRESS CREATIVITY, BUT IT BECOMES HARMFUL WHEN WE BELIEVE WE MUST ALWAYS APPEAR PERFECT. BEHIND EVERY FLAWLESS POST IS A REAL PERSON WITH CHALLENGES AND INSECURITIES. TRUE CONFIDENCE COMES FROM ACCEPTING OURSELVES AS WE ARE.”



MINDFULNESS SCAVENGER HUNT

Tick off each activity as you achieve it!



Watch a sunrise or sunset without taking a photo



Practice deep breathing

Taste something new and describe the flavours



Colour in a picture

Sit in silence for 20 minutes and listen for hidden sounds



Feel the different textures of leaves in your garden



Walk your neighbourhood at dinner time and smell your neighbour's cooking

Write a list of 10 things you are grateful for



Thank you

Every page of this edition is a reflection of the creativity, dedication, and enthusiasm of our contributors.

We extend our heartfelt gratitude to everyone who shared their thoughts in making this edition of Student Communique a celebration of meaningful beginnings.

Your passion and imagination have brought these pages to life.

As we conclude this edition, we hope it reminds you that every great journey begins with one meaningful step.

Until our next edition, keep learning, keep creating, and keep making every beginning count.

With love,

Editorial Team

