Le Bulletin d’

Encouraging the shining stars of tomorrow
The students of Grade IX to XII participated in the Inter House G.K Quiz on 20th January, 2018. Each House had a team of three members.

The participants demonstrated a lot of confidence and zeal while they answered the questions. There were ten rounds which comprised varieties of questions to test the knowledge of the students. The questions were based on Current Affairs, Mixed Bag, Logical Reasoning, Mind Boggling, Who’s Who, Amazing Discoveries, Entertainment, Audio-Visual and Rapid Fire. The most popular rounds were Entertainment, Mind Boggling and Mixed Bag. The prime attraction of the Quiz was the Audio-Visual Round which was equally enjoyed by the participants and audience.

The result was as follows:

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The enthusiastic students from Grade V-VIII displayed their knowledge, understanding and mental skills in the Junior Science Quiz which was organized on 20th January, 2018.

New research has found that the more students are tested, the more knowledge they retain. Albert Einstein has rightly said, “The important thing is to never stop questioning”. Following his words of wisdom, the Department of Science organized an exciting quiz for the students of Junior School to give an opportunity to the students to explore the world of Science, Technology and Innovation which plays an important role in our modern World.


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Inter-House English Paper Reading Competition

Reading helps in enhancing the imagination of the reader and develops creativity of mind. It is how we discover new things. Keeping this in mind an Inter-House English Paper Reading Competition was organized on 10th February, 2018 for the students of Grade VIII, IX and XI. This competition laid stress on inculcating good reading habits among students. The real purpose of reading is to trap the mind into its own thinking. The competition commenced with students from Grade VIII. Participants were asked to read a passage related to interesting stories and recent topics under the umbrella. All participants displayed good reading skills. In Grade VIII, Khushiya Jhmab secured first position, Nishika Sharma and Ayoniza Beniwal bagged second and third position respectively. In Grade IX, Sanjh Jindal ranked first, Sanjana Singh and Manvi Suri stood on second and third position respectively. In grade XI Sejal Gupta stood first, Anugya Goel and Kodoki Mary Yariang secured second and third position respectively.

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An Inter House Junior Social Science Quiz was organised on 10th February, 2018 for the junior students from Grade V to VIII. There were four participants in each house. They demonstrated a lot of confidence and zeal while answering the questions. There were nine rounds which comprised of varieties of questions. The questions were based on Geography, Battles of History, Map pointing, Dances of India, Mythology, Audio Visual and Rapid Fire. Most popular round was Mythology, Dances of India and Audio Visual. The main attraction of Quiz was Audio Visual Round. It was a knowledge enhancing session.

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LITERARY

Mathematics Olympiad

The Math Olympiad (2017-2018) was held on 5th February, 2018 for the students from Grade-V to Grade-IX. The Olympiad was efficiently coordinated by the Department of Mathematics.

The aim to conduct this event was to enhance the mathematical skills, mathematical knowledge, mathematical aptitude, logical reasoning and the level of I.Q. of the students. It also provided a platform to the students to perform at the competitive level, to imbibe more learning and to gain some experience and participate in such contests in order to achieve excellence. Besides other skills, the students also learn time management. Vidya Jhamb of Grade V, Heeranshi Jain of Grade VI, Kamda Gupta of Grade VII, Rushmita Bansal of Grade VIII and Yashvi Tikmani of Grade IX scored the highest marks.

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MODEL UNITED NATIONS

On 3rd February 2018, Unison World School organized Model United Nations Conference 2018. Wherein over one hundred and ten student delegates from Grade VIII to Grade X participated enthusiastically.

The conference commenced with the lighting of the ceremonial lamp by the Principal followed by the introduction of the committees and declaring the Model United Nations’ open. The agendas taken up for the debate were Impact of Climate Change on World Heritage Sites, Lesbian Gay Bisexual Transgender issues (LGBT), Sustainable Development, Combating Infectious Disease, Social and Economic Consequences of Religious Intolerance, The Impact of Climate Change in Global Security. Student delegates representing USA, Russia, France, North Korea, Kenya and from different countries across the globe voiced their problem and displayed their skill at negotiation. These delegates not only represented their country well but also passed resolutions. Fourteen students represented as members of the International Press Conference. The best speaker prize was won by Kaavya Gupta for Combating Terrorism in World, Ardas Kaur and Nitya Arya for the Impact of Climate Change in Global Security, Khushiya Jhamb and Adya Sood for Protecting the Human Rights of LGBT individuals, Anshika Snehal and Drishti Manju for Social and Economic Consequences of Religious Intolerance. Palak Agarwal and Ribhya Khullar for Sustainable Development, Sinjini Bhattacharjee & Disha Nagpal for Combating Infectious Disease, Nandini Khandelwal and Khushi Gupta for Impact of Climate Change on World Heritage sites. Nishtha and Roshni from International Press Corp were declared as the best article writer.

It was a good learning experience for all the student delegates who not only learnt to put up their problem but also find a possible solution.
A Tribute to Shri Naveen Agarwal Ji

On 23rd February, 2018 Unison World School paid homage to their Founder Father, Late Shri Naveen Agarwal Ji to commemorate his ninth death anniversary. A memorial service and prayer ceremony was organized at the school. The Principal, after lighting the ceremonial lamp, paid him a floral tribute along with the staff and the students. The Vice-Head Girl in her speech reminded the school about the great vision of Shri. Naveen Agarwal Ji who sought to bring holistic development in each girl. A special community service was also carried out on this occasion at Anganbaadi by the students of Grade XI.
British Science Association Award

Albert Einstein has rightly said, “The only source of knowledge is experience.”

CREST Award is a scheme by the British Science Association, UK, which recognizes innovative achievers and enables students to build their skills and demonstrate them through project work. Students of Unison World School participate every year in it which enables them to explore real-world science, technology, engineering and mathematics in an exciting way.

This year girls arduously worked on the project “Health and Hygiene” and challenged themselves to find the best ingredients of a toothpaste. In the quest to understand its ingredients and find a new formulation with low abrasion formula, with the gentle power of baking soda and a unique property to maintain healthy gums, this project was undertaken by six girls namely Samreen Lehri, Varinthorn Phusupchayatrust, Chalsi Choudhary, Vidushi Bist, Pitchaya Asavajarosentavan, and Riddhi Agarwal.

Girls successfully completed their project and were awarded with Bronze award. These young achievers were felicitated by the Principal, on 8th March, 2018.
Cultural Spic Macay

SPIC MACAY, “the Society for the Promotion of Indian Classical Music and Culture amongst youth”, is a non-profit, voluntary organization dedicated to promote an awareness of Indian culture in educational institutions throughout India. In collaboration with SPIC MACAY on 8th, February 2018 Unison World School witnessed a Shadow Puppetry by Sri Belagallu Veeranna and his troupe. Belagallu Veeranna has been awarded with the National Sangeet Natak Akademi award, for popularizing the art form of Shadow Puppetry all over the country and abroad. He is a traditional shadow puppeteer from Karnataka. He has also utilised the art form, traditionally used for enacting mythological stories, to produce social dramas on the lives of historic figures such as Mahatma Gandhi.

The artists started with their traditional prayer through shadow puppetry, followed by their demonstration about Mahatma Gandhi and vividly describing how he inspired countless Indians and the rest of the world through his Satyagraha Movement, his Swacch Bharat Abhiyan by various shadow puppets.

The show was witnessed by students from Grade V to IX and XI. It was an exhilarating event and girls were highly inspired by the outstanding show.
Social at RIMC

On Saturday, 24th February, 2018 students of Grade XI along with teachers joined in for a get together at RIMC, Dehradun. The staff and students were warmly welcomed by RIMC followed by a welcome drink. The students were also taken for a tour round the campus.

Late evening everyone gathered in the dining hall where different games and activities were arranged followed by music and dance. The get together concluded with a musical recital by the students of RIMC. It was a wonderful experience for the students of both the schools.
An Inter-House Volleyball Competition was organized from 1st February, 2018 to 4th February, 2018. The matches were played on knock-out basis.

The first match was played between Orchid House and Daffodil House in which Daffodil House emerged as the winner. In the 2nd match Tulip House played against Jasmine House in which Tulip House won the match. The 3rd match was played between Daffodil House and Jasmine House in which Jasmine House beat the opponent team. The final match was played between Orchid House and Tulip House and it was won by Tulip House.

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It was a great opportunity for the students of Grade V and VI to go for an adventure camp to Camp Viratkhai in Chakrata from 24th March, 2018 to 28th March, 2018 soon after their Annual Examinations got over. It was a great stress buster for all. It was a well-planned camping trip with an interesting schedule of fun activities such as rappelling, rock climbing, trekking, rope course and team games related to learning initiatives.

The students played many games that helped them to build their confidence and instill the values of leadership and team building in them. The experience of staying in tents in the wilderness was amazing for them. The camping trip helped the students to reconnect with nature and play outside in the fresh air. They got an opportunity to spend quality time with their friends and develop strong bonds of friendship amongst themselves.

The students loved the campsite due to its beautiful views and utilized the serenity time given to them to enjoy solitude and appreciate the power of silence to introspect, reflect on their experiences of the day or simply appreciate the sounds of nature. They also participated in all the adventurous activities with enthusiasm, enabling them to overcome many of their fears and shyness. The instructors and teacher escorts were friendly and helpful, making it even more enjoyable for them. The facilities on the campsite were very good with clean tents, delicious food and open playing area where they started their each day with a good ‘Power Up’ session.

The days spent at the camp were packed with outdoor experiences, learning and reflection. The students returned to school in the evening on 28th March, 2018 feeling fresh, healthy, alive, full of vigour and rejuvenated to get started with the new session.
The students of Grade VII along with their teachers went to Dhanaulti on 25th March, 2018. On arrival at the camp site a warm welcome was extended by the organizers and instructors. The students were exposed to outdoor and indoor activities along with team building games. They were assigned various responsibilities by engaging them in different team building activities. The girls were divided into two groups. The students enjoyed power up exercises filled up to their hearts. During trekking they walked through the dense Pine, Deodar and Rhododendron forest. In the evening the students utilized the time for enjoying the serenity and the view of natural surroundings.

The students were provided with a booklet titled as ‘Book Your Day’ where they were guided to use their Program workbook with an aim to build a greater understanding and appreciation of the pillars of INME. Self-learning tools namely, self-discipline, sense of leadership, social consciousness and a school spirit were the major areas to be developed as a trait among students.

The groups also went for a walk to the nearby village to understand the living style of the area. On the last day, the program concluded with ‘Talent Show’ in which many heart-throbbing performances were put up by the students.

The students bid farewell to the camp and returned rejuvenated.
Adventure Trip to Snow Leopard Camp, Shivpuri

After the grueling schedule of annual examination, no other destination would have been as idyllic as Shivpuri to beat out the stress. The students of Grade VIII were taken on an adventure trip to Shivpuri accompanied by the staff members. They left the school campus early in the morning on Saturday, 24th March, 2018 and reached the camp site by the afternoon. They enjoyed the delicious food and after resting they were ready for their campus activities.

The whole group was involved in leadership activities. The difficulty level made these activities quite challenging and interesting for them. After lunch they were given time to rest and then they headed for cooking workshop on campus. At night they enjoyed the bonfire, sang songs and spent quality time with each other.

Second day started with 3 hours’ village trekking after breakfast. They learned many new things about land sliding, geographical conditions of hills, living styles and strategies to cope up with challenges. The day ended with some informative activities which enthralled their experience.

Third day as a daily schedule started with warm up exercises. They witnessed a power point presentation on flora and fauna accompanied by nature walk. The serenity time in the evening gave them opportunity to introspect themselves and observe their surroundings.

Fourth day they observed a power point presentation on a change maker, Padamabhushan Rajan Bajaj. The motivational presentation was very inspiring for our girls. It was followed by leadership activities and treasure hunt. The after dinner time was made exciting by narrating the horror stories by Ms. Aanchal (Team mentor).

The girls spent wonderful time together as well as interacted with each other and made new friends. This trip gave them a chance to stay more united, living up to the name of the school, both literally and metaphorically.

The last day was filled with emotions as they had to come back to school. These five days gave them insight in the new world of adventure. They were all set to begin their new session with zeal after they came back in the evening on Wednesday, 28th March, 2018.
Himalayan Bear Stream Camp, Rishikesh

“We live in a wonderful world that is full of beauty, charm and adventure. There is no end to the adventures that we can have if only we seek them with our eyes open.”

- Jawaharlal Nehru

After the busy exam routine, it was time to tread off the beaten track and let go off all the stress. Therefore, as soon as the students of Grade IX got free from their exams, they packed their bags and moved out for an adventure trip to Himalayan Bear Stream Camp, Rishikesh on 24th March, 2018.

Adventure is something that always thrills children and channelizes their energy bringing out the best in them. The students escorted by their teachers and the camp organizers reached the camp in the afternoon of 24th March, which was followed by an orientation at the camp site. The Camp is scenically located with towering hills on all sides and a stream flowing through it. The sound of the flowing Ganges filled the air and enchanted everyone.

The tour revolved around the theme set for them: The Value of Giving Back. The tour started with a visit to a children’s home where they were able to interact with the less privileged group of young girls and boys. A wide array of soft adventure activities such as hiking and interacting with villagers, nature walk, bird watching, outdoor skills and nature education were also included to introduce the students to the natural heritage of India.

Every evening, the students engrossed themselves in thinking and reflecting upon the activities they did. The time spent in serenity gave them an opportunity to know themselves in a better way and understand the value of giving back.

The five days and four nights’ adventure trip soon came to an end leaving the students enriched with a lot of experiential learning. They returned on 28th March in the evening, all geared up and rejuvenated to welcome the new academic session with elated hearts.
On Saturday 24th March, 2018 students of grade XI along with four escort teachers visited camp Panther, Shiv puri for five days. The group received a warm welcome followed by a briefing about the different fun learning activities which will help to inculcate the habit of fighting against their fear.

The entire day students were kept engaged in different activities followed by serenity time to introspect their days’ outcome. Students enjoyed, played badminton and other team games.

A presentation was screened by Mr. Ajit Bajaj which was enriched in real life experience of exploring nature and natural resources like wild lives and flora and fauna. Children experienced silence of nature and bright constellations at night sky during night trek. Everyone was thrilled by the challenge on the way. There was a presentation by Mr. Bajaj on his Greenland visit which captivated the attention of the students.

The students enjoyed many group activities and played different games like spider web, wall climbing, save the world, scavenger hunt, treasure hunt and many other leadership games. Children went for night trek after dinner followed by Campfire. Children enjoyed roasting marshmallow and went to sleep. The students returned with enriched experience and were rejuvenated.
National Voters’ Day

In order to encourage more young voters to take part in the political process, National Voters’ Day is celebrated every year on 25th January.

Unison World School also observed National Voters’ Day on 25th January, 2018. A special morning assembly was conducted to apprise the students about the importance of voting. The students prepared a power point presentation and presented a short skit depicting their right to vote and choose the government they support.

They were updated about the significance and history of National Voters’ Day which gave the students an insight about voting and their rights.

On this occasion an open forum was organized by the students of Grade XI. The forum was initiated by four speakers Bhumi Chugani, Hritika Aggarwal, Nasreen Jahan and Mannavi Poddar. They informed the audience about the importance of National Voters’ Day, mandatory aspects of casting a vote, and its benefits in the formation of the government. This discussion further took a turn when girls exchanged their views on the pros and cons of making voting compulsory. The forum stressed on how to make use of right jurisdiction for casting a vote. In conclusion, the entire forum realized the sensitivity of the power of enfranchisement.

The students also participated in Slogan Writing Competition and wrote inspirational slogans to motivate people to cast their vote. The girls also expressed their views through compositions on the importance of voting and selecting the right candidate to form the government.

The Department of Fine Arts also organized an Art Competition in which the students through their illustrations highlighted the importance of National Voters’ Day and spread awareness among all eligible voters.
69th Republic Day Celebration

“Where the mind is without fear and the head is held high.” – Rabindranath Tagore

The Constitution of India was formally adopted by the Parliament of India and she was declared a 'Republic Country' on 26th January, 1950, thereafter this day is celebrated as Republic Day in India every year. The patriotic fervor of the Indian people on this day brings the whole country together even in her embedded diversity.

The 69th Republic Day was celebrated in all its solemnity and grandeur at Unison World School. The honourable Chief Guest, Col. H.R.S. Rana Commanding Officer of Garhwal Rifles graced the occasion with his benign presence. The national flag was hoisted by the honourable Chief Guest. The students marched past the tricolour to commemorate all the sacrifices of the Indian soldiers while serving their country. The students saluted the National Flag and pledged to uphold the honour and integrity, diversity and uniqueness of their country. A display of yoga and dance were among the performances that were showcased as a part of the Republic Day Celebration.

The school choir presented patriotic songs. The song reverberated in the surrounding and filled every heart with pride and patriotism. The dance performances by the students was mesmerizing.

The Chief Guest in his speech reminded the students of their responsibility in conserving the environment. He urged them to join the Junior Eco Task Force in their effort to maintain the ecological balance in nature. He also advised them to strive for excellence for the progress of the nation. The students being the future of the nation should start working on saving the environment for themselves and for generations to come. The Principal encouraged the students to make an effort to turn the slogan of 'Clean India' into a reality.

The audience joined the school choir in singing 'Sare Jahan se Acha' which reverberated through the school portals and served as a befitting end to the celebration.
Saraswati Puja

Saraswati is the Goddess of knowledge, wisdom, arts, aesthetics, literature, music, and sciences in Indian culture. She is equivalent to nine muses that were considered a source of inspiration in Greek and Roman cultures. In India, Saraswati is worshipped for inspiration to do well in the above mentioned spheres. Every educational institute and organization associated with education celebrates and observes Saraswati Puja on Basant Panchami. Basant Panchmi is an occasion which also marks the onset of the ‘Spring Season’. It is also celebrated to worship Goddess Saraswati, the symbol of knowledge and wisdom.

Keeping the tradition alive, Unison World School celebrated Basant Panchami with cultural fervor on 22nd January, 2018. The Principal along with the staff and students worshipped the Goddess and rendered her blessings on the students.

A special assembly was held on this day. The students kept their books and notebooks near Goddess Saraswati’s feet to seek her blessings and sang the ‘Saraswati Vandana’. Prasad was distributed and the whole atmosphere was filled with reverence and spirituality.
On 3rd February, 2018 the students of Grade XI bade farewell, 'Jashn-e-Rekhta' to the outgoing batch of Grade XII, Ataraxia O’18. The girls of Grade XII, dressed in their elegant sarees, were given a warm traditional welcome by Althea O’19 (Grade XI). The function began with the lighting of the ceremonial lamp by the Principal, Head Girl, Academic Prefect, Sports Prefect and Activity Prefect. The Principal in her address motivated the girls to move ahead in their lives with confidence and values which have been instilled in them at school.

Grade XI students presented wonderful dance performances and left the audience spellbound. The fun activities were organized for the outgoing batch. The teachers also gave parting advice to the girls and wished them good luck for their upcoming board exams and future endeavours. The outgoing batch shared their experience of life at school. They were then presented mementoes.

They passed their legacy in the form of lighted candles to Althea O’19. The students were overwhelmed with emotions when they passed on the symbolic candles.

The programme ended with a short video which reflected their time spent at the School. The batch song sung by Grade XI left many eyes damp. The outgoing batch enjoyed cake cutting ceremony followed by the sumptuous dinner with their juniors.
As spring arrives, Holi brings with it a joyous celebration of rejuvenation of nature. This festival of colours not only brings joy and gaiety in our lives but also provides an opportunity to strengthen the bonds of friendship and brotherhood among people of all faiths.

The staff and students at the School celebrated Holi with great enthusiasm. On 1st March, 2018 a special Holi Puja was held. The ceremony of Holika Dahan which symbolizes victory of good over evil was done after sunset. The special sweet, gujiya, was distributed to the students to add to the festivities.

Holi was celebrated with all fun, fervour and sensitivity to the environment on 2nd March, 2018. Only organic colours were used for the celebration. Special sweets and traditional drinks were served to the students. All the students danced with painted faces to their heart’s content on the beats of dhol.
Challenges in Learning

On 27th January, 2018 the academic staff of the School attended a lecture conducted by Ms. Taniya Kaushal, Clinical Psychologist of Fortis Noida. The programme emphasised on the need to identify students who have learning disabilities like dyslexia, dysgraphia or dyscalculia.

Ms. Kaushal gave guidelines to identify students with any learning disability in class. She also stated that teachers could enhance the learning of a child if they could correctly identify the difficulty they face.

It was a fruitful interactive session where teachers discussed their observations and were provided with some possible solutions.
A workshop on ‘Examination Stress and Anxiety’ was conducted on 31st January, 2018 for the students by Ms. Saloni Gupta, Consultant Psychologist at Max Hospital, Dehradun.

The session commenced with a questionnaire to test the level of anxiety among students before exams. A detailed explanation of different factors leading to building of stress and anxiety before exam followed by ways to overcome this problem was given. Ms. Saloni stressed on the crucial role played by meditation in developing mental stability as well as to combat stress and anxiety. This interactive session proved to be very valuable as it helped students to learn how to deal with examination stress. It concluded with a video which motivated the students to adopt the beneficial advice.
I is the difference between Fit and Fat

A Well Being Session was organized for the students of Grade VII on 20th January, 2018. The topic for the session was “I is the difference between Fit and Fat”.

The session was to make the students understand the reasons for being overweight and the risks involved. The students were motivated to engage themselves in fitness programmes. They were given information about health and psychological benefits, social reasons, medical necessity and many other benefits of being fit. They were encouraged to indulge in healthy eating habits and regular physical activity to keep themselves fit.
Don’t Make Excuses, Make Improvement

The habit of making excuses has a profound effect on how you behave in future. An excuse is a way to externalize your failures—blame them on something else. Therefore, a Well Being Session on “Don’t Make Excuses, Make Improvement” was conducted for the students of Grade VIII on 27th January, 2018, wherein they made a strong New Year resolution that they will stop making excuses.

During the session, the students were asked to blow a balloon and with each breath they were asked to exhale the ‘excuses’ they make. They also wrote the most common excuses they make which deter them from achieving their long term goals. They were motivated by the video which conveyed to them that tough things take time and effort but if they keep trying, they stand a better chance to win than if they quit.

The session was a great learning experience for the students.
Cyber Crime

Keeping in mind the need of the hour a guest lecture on Cyber Crime was conducted by Dr. Saloni Gupta, psychologist in Max Hospital, Dehradun, for the students of Grade VIII & IX on 24th February, 2018. This lecture created awareness about the ill effects of cyber crime along with some precautionary measures. Understanding do’s and don’ts of cyber crime and social media was the major area of concern.

Students were given information on the major findings about Indian teenagers on social media and security. They were told that online trolling without following right safety measures may lead to serious problems. This lecture even shared some smart insight on social media and mental health statistics to highlight how it becomes an addiction as well as triggers sadness. The students were made to understand that this pitiable wellbeing occurs by comparing our life with others, leading to sadness along with jealousy, forming a vicious circle, which affects adversely.

The session concluded with a positive insight, “In a world where everyone is over exposed, the coolest thing you can do is maintain your mystery.”
Debating is a fiery and competitive sport. A good debate is an uncompromising battle to the end. To brief the teachers on how to train their students for debates, a workshop was conducted by Mr. Thishin Moodley, Operations Officer for the South African Schools Debating Board, on 3rd February, 2018 based on ‘Training Students for Competitive Debate’. Teachers from various prestigious schools participated in it and were updated with different skills of debating that the students need to cultivate.

Mr. Moodley shared his own debating experiences and expertise to turn students into best debaters. He discussed the types of debate topics and the ways to prepare for them. He also mentioned the techniques to prepare a debate and its micro-structure. He also apprised the teachers about the upcoming Regional Round of World Scholar’s Cup and the registration procedure.
"Personality is the original personal property".

True to its meaning, the workshop spread over for three days i.e. from 6th February 2018 to 9th February, 2018 at the School for girls from grade V to XII, to instill some interpersonal social skills with some relaxation sessions to relieve performance and exam anxiety for students.

The topic, Social Media Ethics and Etiquette was really an eye opener for students of grade IX and XI as they could relate their social media presence and the “master status” that they are carrying behind the accounts they are holding. The true reality and the differences between needs and desires need to be communicated to the girls, which was the agenda for this session. Girls were quite interested and attentive during the session.

It was an awareness programme for students of grade VII and VIII where facts on current teen researches and the trends related to online activity were shared. Various methods on maintaining privacy over the social media with reference to their future usage was imparted.

Developing a style

Poise and Grace being an important element of the personality need to be put attention on. This term, we tried to give it a behavioral touch, by instilling some positive thoughts, energies and thinking criterions through which poise and grace can be reflected. This session also inculcated some fun activities such as designing a look for formal events, different ways of carrying a scarf and designing a formal menu etc.

The topic for the second day session was Developing a style which was attended by students from grade V to VIII. The session inculcated some engagement activities to enhance team work and coordination, quiz on personality, how to make someone comfortable, the art of introducing yourself etc. The girls were very much participative and enthusiastic.

This session for girls was based on various engaging competitions where each girl could participate within small groups created. These presentation based competitions included activities where girls had to apply their communication skills, team building skills, presentation skills and interpersonal social skills all together.

This session was more about the way girls carry themselves. They did walking sitting and standing with poise and grace. Also, various ways of scarf folding, creating social formal and casual looks where each girl used some apparel and accessories to combine their ideas. Highly enthusiastic and fun session, since girls were deeply involved into it.
Dealing with difficult situations

The next session was all about, ‘Dealing with difficult situations’. The training methodology adopted for this session was majorly video analysis where the girls were opinion makers and one group would be the problem solver. The session was truly an eye opener with divergent thoughts coming from girls. After this session, various girls demanded more on this topic which could relate with their teenage problems.

Emotional Well Being and Management

The topic “Emotional Well-Being & Management” aimed at facilitating students to understand and comprehend their emotions as well as that of others around and. The session commenced with the introduction of positive reinforcement of highly enthusiastic behavior where they made use of every chance given to them. Students were briefed about the importance of emotional stability and tricks to maintain emotional balance at different stages was well explained.

Relieving Stress and Anxiety through Dance Therapy

This topic emphasized the importance of meditation after which students were more calm and composed and very receptive and participative. When it came to expressing their feeling individually through dance many hesitated so when the activity was taken out in the group some girls participated. The students seemed to be nervous initially and hesitant but after mediation the girls seem to have calmed down their emotions and tried to overcome their hesitation, though they performed better in group than as an individual.

The Independent Girl

Understanding the scenario and the situation that girls of grade X and XII going through, there are lots of thoughts rushing in the teenage mind. Most dominant amongst all is the notion of ‘independence’ and the excitement attached with it. Girls, stepping into competition had both nervousness and zeal at the same time to enter the outer world where the boundaries would change. The session basically focused on their motivation and awareness of the self and the world to make better and wise decisions in the future. Some of the future aspects were also discussed related to their career options and self-appraisal.

It was observed that all the students at Unison have a remarkable cognitive ability where they seem to have a good command over their critical and logical thinking.
Significance of 5 fingers Prayer

A Well-Being Session was conducted on 3rd February, 2018 for the students of Grade V. The session aimed at understanding, identifying, and nurturing the qualities of being more loving, caring and helping. The students were made to understand how praying for others prepares them for life beyond the classroom.

Students enjoyed the session thoroughly as it involved some engaging and enriching activities related to ‘Prayers’. The session concluded with a message on ‘Significance of 5 fingers Prayer’. The thumb is for those who are closest to you; the pointer points in the right direction and asks for wisdom and support; index finger prays for guidance and wisdom; the ring finger prays for those who are weak and the pinkie for our own needs.
Effective Study Techniques

“Our highest priorities are safe operation and well-being of people and community we serve.”

Keeping in mind the needs of the students well-being sessions are organized for the students every Saturday. This Saturday i.e. 10th February, 2018 a session was arranged for grade XI on “Effective Study Techniques”. The session was about refining the skills of studying with the help of right technique.

Discussed with the students were techniques which included approaching study with the right attitude, choosing the right environment, minimizing distractions, setting a realistic schedule, and employing memory games, among others that would help them improve in studies. They were explained how the key to effective studying is not cramming or studying longer, but studying smarter. Session was quite effective as the enthusiastic response from the students’ side was an indication that they will inculcate the skills taught to them.
Discipline Is the Bridge Between Goals and Accomplishments

As a part of the Well-Being Programme, a session on ‘Discipline Is the Bridge between Goals and Accomplishments’ was organized for the students of Grade IX on 17th February, 2018. The session emphasized on the importance of discipline in their lives and how it plays a pivotal role in accomplishing the desired goals. The students enthusiastically participated in the interactive session and shared their views. They also learnt the value of discipline through fun games.
As a part of Well Being Programme, a session on ‘Grab the opportunity, don’t miss it’ was organized on 24th February, 2018 for the students of Grade VI. The session laid stress on grabbing the right opportunity at the right moment which is the need of hour. The students enthusiastically participated and shared the opportunities received by them. It was an interactive session wherein students learnt about importance of seizing opportunities through fun games. They were encouraged to be more proactive, alert, confident and well aware to grab the right opportunity to provide their talent a right platform.