



# Rhema International School

Beersheba Complex, Mission Road, Pathankot, Punjab  
Affiliated to CBSE, New Delhi



*Rise & Shine*

**Volume-II**

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## NEWS LETTER FOR JULY, AUGUST AND SEPTEMBER

### **REOPENING AFTER SUMMER VACATION**

The reopening involves preparing students for transition, by gradually reintroducing routines, refreshing academic skills, and focusing on both social and emotional well-being. For the current academic year 2025-26, the School reopened after summer vacations on 1st July, 2025.

### **DOCTOR'S DAY CELEBRATION**

Doctors' Day is important for honouring the contributions of Doctors and acknowledging the immense pressure they face, with the theme "Behind the Mask: Who Heals the Healers?", this day emphasizes the need to support Doctors' mental and emotional well-being, and encourage society to recognize their humanity and need for care, apart from their professional dedication.

On 1st July, Doctor's Day was celebrated in School campus. It consisted of morning assembly which included prayer, prayer song, quiz and speech by Principal Sir, giving regards to all the Doctors for their valuable services for humanity.

### **COUNSELLING SESSIONS**

Counseling is important because it provides a safe space to improve mental health, manage stress, and navigate life's challenges. It helps individuals to develop new coping skills, increase self-awareness, and improve relationships by exploring emotions and behaviors with a professional. Counseling benefits a wide range of issues, from mental health disorders like depression and anxiety, to life transitions and personal growth. It is an ability to foster self-awareness and personal growth to provide a safe and non-judgmental space to cope up with life's challenges.

On 3rd July, live counseling session for students of class 9th was conducted by Mrs. Saloni, the counsellor of the school.

### **POEM AND SPEECH/LITERARY COMPETITION**

Academic competitions encourage students to move beyond rote learning. It enhances their competitive skills and boost confidence among them. To inculcate this, the school arranged Poem recitation and Speech competition for classes (1-5) in English, Hindi & Punjabi on 8th July.

### **SEMINAR – ROAD SAFETY**

Road safety is important because it prevents accidents, saves lives and injuries, maintain order on the road, and promotes responsible behavior for all users, including drivers, cyclists, and pedestrians. It protects vulnerable road users, like pedestrians and cyclists, and reduces the significant human and economic toll of road traffic injuries.

On 23rd July, Seminar on road safety was conducted for students of class 6th and 7th.

# DEBATE COMPETITION

Debates are important in schools because they significantly improve student's critical thinking, communication and research skills. They also build confidence, promote respect for diverse perspectives, and provide a structured way to learn about complex issues outside the regular curriculum. It provides a platform for students to develop persuasive arguments, research skill and broaden their perspectives to fulfill this target.

Students of Classes (6-8) had debate competition on topic "AI is a threat to human employment" on 24th July. The team who stood against the motion won the debate competition.



Students of Classes (11-12) had debate competition on 27th July, on topic - "Prioritizing skill based education over traditional academic learning will bring about decrease in intellectual standard of youth", and it ended with draw between both the teams.



Classes (9-10) had debate in second half and on the same topic and the team who won was in favour of prioritizing skill based education.

# QUIZ COMPETITION

Quiz competitions are valuable tools that enhance learning by promoting a healthy competitive spirit. To foster this tool the School organized a Quiz competition for class (3-5) on 29th July, and for class (6-8) on 1st August . Students showcased their skills in different areas by participating enthusiastically in it.



In Juniors - Red house bagged First position, Green House bagged Second position and Yellow house bagged Third position

Whereas in Seniors - Yellow house bagged First position, Green House bagged Second position and Blue House bagged Third position.

# CLUB ACTIVITIES

## MATHEMATICS CLUB ACTIVITY

Mathematics is important because it develops critical thinking, problem-solving, and logical reasoning skills, that are essential in daily life and professional careers. It is useful for practical tasks like managing finances, cooking, and time management, and it forms the foundation for numerous fields, including science, technology, engineering, and medicine. Maths activities encourage analytical, logical and systematic thinking, which can be applied to challenges both in and out of the class room. So for a stronger foundation of maths, Maths club had various activities on 11th July.

## GLIMPSES OF MATHEMATICS CLUB ACTIVITIES



Numbers on Abacus Activity



Square root & cube root Activity



Lines & Angles Activity



Mirror image activity



Maths Club Assembly on World Population Day, 14th July

## IT CLUB ACTIVITY

Information Technology (IT) is crucial because it enables efficient communication, streamlines operations, and provides the data management, necessary for businesses to be competitive and innovative. It automates tasks, enhances productivity, secures sensitive information, and supports data-driven decision-making, making it a fundamental component of modern society and commerce.

IT club performed activities on various functions of computer for class (1 to 10)



Activity based on Topology .



Activity based on Communication Cycle.





On 17th July IT club conducted assembly on International Day of Justice

## SCIENCE CLUB ACTIVITY



Science Clubs are important because they provide hands-on learning, foster a passion for science, and develop key skills like critical thinking, teamwork, and creativity. Science club had an activity on presence of starch in potato. It was conducted on 16th July.

## HEALTH CLUB ACTIVITY



Health clubs are important for providing motivation and expert instruction to support regular exercise and a healthier lifestyle. On 21st July in class 6-8, Health club students had an activity on puppet making with ice cream sticks and paper, to show the importance of nutritious food. In classes 1-5, students were explained about table manners and good food habits.

## ECO CLUB ACTIVITY

Eco Club activities are important because they foster environmental awareness and responsibility in students, promote practical conservation skills, and encourage positive environmental behavior within the school and wider community. On 4th July, an Eco club activity was conducted by planting trees. These activities help students develop a sense of ownership for the environment and learn how to identify and solve environmental problems.



## PROUD MOMENT FOR SCHOOL

Getting selected in JEE Mains is critically important because it is the gateway to top engineering colleges in India like the NIT's, IIT's, and other Centrally Funded Technical Institutes (CFTIs). It also serves as the mandatory first step to appear for JEE Advanced, which is the entrance exam for the Indian Institutes of Technology (IIT's). A good score in JEE Mains opens doors to many reputed private universities.



Gopal Krishna Class 12th attained 95.17%. in JEE MAINS Examination.

## 79TH INDEPENDENCE DAY CELEBRATION

Independence Day reminds us of our hard-won freedom from British rule in 1947. It is a national festival that brings Indians together irrespective of their religion or culture. On this day, we pay tribute to the heroes of freedom struggle who sacrificed their lives for our country.

On the eve of Independence day, Our school celebrated the 79th Independence Day with great enthusiasm and patriotic spirit. The Primary Wing (Nursery to 5th) had celebrations on 14th August, whereas the senior wing celebrated on 15th August. The students showed their talent in different fields by participating in Speech, Dance, Singing and Poem recitation on patriotism and love to the motherland. The students from 6-9 grade had a competition on Art and Craft, Poster making and Painting, based on the theme – **"Independence- A canvas of sacrifice" and students participated in it enthusiastically.**

Tiny Toddlers of our kindergarten presented an awe inspiring program. They showcased their love for the nation through colorful presentation including singing and dancing.



## INTER HOUSE GROUP SONG COMPETITION (JUNIOR)

Singing is important because it offers a wide range of physical, mental, and emotional benefits, such as boosting mood, improving lung function, and strengthening the immune system. It can reduce stress and anxiety by releasing endorphins and oxytocin, while also enhancing memory and confidence. Additionally, singing can improve social connections, posture, and even sleep quality.



Yellow House got First position



Blue House secured Second Position



Green House attained Third Position

## INTER HOUSE GROUP SONG COMPETITION (SENIOR)



Blue House bagged 1st position



Yellow House bagged 2nd position



Green House bagged 3rd position

# ENGLISH SPEECH COMPETITION (SENIOR)



Arihant Prashar  
(Red House) Stood First



Aradhaya Mahajan  
(Yellow House) Stood Second



Saarang Puri (Blue House)  
Stood Third

# HINDI SPEECH COMPETITION (SENIOR)



Aditya Joshi (Green House)  
Stood First



Ashmandeep Kaur  
(Yellow House) Stood Second



Raj Kumar (Red House)  
Stood Third

## HINDI POEM RECITATION COMPETITION (SENIOR)



Nishtha (Red house) bagged First position



Angel (Yellow house) stood Second



Navam (Blue House) stood Third

## ENGLISH POEM RECITATION COMPETITION (SENIOR)



Anamika (Red house)  
bagged First



Bhavika (Yellow House)  
stood Second



Suhani (Green House)  
stood Third

## HINDI POEM RECITATION COMPETITION (JUNIOR)



Ruhani Verma  
(Yellow House) Stood First



Pehar Choudhary  
(Red House) Stood Second

## ENGLISH POEM RECITATION COMPETITION (JUNIOR)



Hitesh Sharma  
(Yellow House) Stood First



Navya  
(Red House) Stood Second

## HINDI SPEECH COMPETITION (JUNIOR)



Gurshan (Blue House)  
Stood First



Nirvan (Green House)  
Stood Second



Prabhjeet Singh (Yellow House)  
Stood Third

## ENGLISH SPEECH COMPETITION (JUNIOR)



Lavishka (Red House) Stood First

## DANCE COMPETITION (SENIOR)

Dance is important because it benefits physical health, mental well-being, and social skills. It serves as an excellent form of exercise that improves cardiovascular health, flexibility, balance, and coordination. Mentally, dance reduces stress and anxiety, boosts mood through endorphin release, and enhances cognitive functions like memory and concentration. Socially, it is a way to connect with others, build confidence, and learn teamwork.



Yellow House Stood First



Blue House Stood Second



Green House Stood Third

## **DANCE COMPETITION (JUNIOR)**



Red House Stood First



Blue House Stood Second



Yellow House Stood Third

## PLAY ON NO TO DRUGS



Anti-Drug campaign is an awareness program to educate the students about the ill effects of the use of drugs, as well as the legal action for violation of the laws. Under this program, the Anti Drug committee of the school, administered the oath to all the students, to stay away from drugs, as well as on the eve of Independence Day, members of this committee performed an inspirational play, to make aware the students regarding its bad effects.

## SALAD MAKING COMPETITION

From colorful concoctions to delicious designs, our chefs stole the show with their culinary deco-rational skills. The excitement was palpable when they received prizes for their creativity.



Chefs Of Blue House Attained First Position



Chefs Of Red House Got Second Position



Yellow House Chefs Attained Third Position

## ONLINE STAFF MEETING

Due to Flood situation in Punjab, school had online meeting with staff on 5th Sep, regarding online PTM and further planning about exams including Teacher's Day wishes.

## ONLINE PTM

Parent-Teacher meetings (PTMs) are crucial for a child's holistic development, as they facilitate communication between parents and educators to discuss student's progress, behavior, and challenges.

On 6th September, online PTM was conducted from (Nursery - 12th)

## PTM FOR L.O.C. CHECKING

On 13 September class 10th and 12th had PTM based on LOC to verify documents of students

## MID-TERM EXAMS

Exams serve as a crucial tool for assessing a student's knowledge, providing feedback on strengths and weaknesses, as well as motivating them to engage deeply with their studies. On 15th September, Half Yearly Exams started for classes Nursery to 12th for evaluating student's academic performance for session 2025-26.

## TEACHERS TRAINING PROGRAM

Teacher training is important because it enhances teaching effectiveness, improves student engagement and academic outcomes, and helps educators to adapt the changing educational landscapes. It provides teachers with new pedagogical skills, confidence, and the ability to integrate technology, manage classrooms, and foster a student-centered environment.

These trainings provide ongoing professional development, keeping teachers up-to-date with latest research, technologies and pedagogical strategies.

On 16th Sep, school organized a Teachers training session on class room management and effective teaching strategies, to cope up with present scenario. Ms. Pooja Singh, the resource person, graced the seminar with her valuable insights and engaging commitment with effective tools and resources for efficient teaching.



On 18th September, School organized a Teacher's seminar on "Child Psychology," Mr. Mohit Sharma, the resource person, shared valuable tips and ways to tackle the children with modern conceptual techniques and procedures.

# ASSEMBLY BY CLASSES

Class assemblies are important for fostering school unity, discipline, building confidence through public speaking and imparting moral as well as academic values in students.

- Class 8B, Theme (Gratitude ) It was conducted during the first week of July.( 1- 5 )July
- Class 8C, Theme (Stay positive) It was conducted during the second week of July.(7-11 )July
- Class 9B, Theme (Our Earth Our responsibility) It was conducted during the third week of July.(14-19)July
- Class 9C, Theme (Character) It was conducted in the last week of July.(21-26) July
- Class 7A, Theme (Psychology and Mental Health) It was conducted during the first week of August.( 4-8 )August
- Class 7B, Theme (Value of Freedom) It was conducted during the second week of August. (11-14) August
- Class 7C, Theme (Excuses to Actions) It was conducted during the third week of August (18-24) August
- Class 7D, Theme (Importance of patience in life) It was conducted during the first week of September. (9 -12 )Sep

# SPORTS-HANDBALL

On 4th July, Inter-house Handball competition for boys grade (6-8) was held in school, where Yellow house bagged First position, Green house won second position and Red house bagged Third position



Yellow House Bagged First Position



Green House Bagged Second Position



Red House Bagged Third Position

Handball is important for its comprehensive physical and mental development benefits, promoting teamwork, strategic thinking, and social skills, as well as providing a significant cardiovascular workout. It improves strength, endurance, and coordination, while also enhancing quick decision-making, problem-solving, and a sense of cooperation among players.

On 7th July, Hand ball competition for girls grade (6-8) was held in school campus, in which Blue House stood First, Yellow house stood Second and Red House stood Third.



Blue House First Position



Yellow House Second Position



Red House Third position

## SPORTS - BADMINTON

Badminton is an important sport, for its physical and mental health benefits, offering a full-body workout that improves cardiovascular health, builds muscle strength, and increases flexibility and coordination. Mentally, it enhances cognitive function, reduces stress, and builds self-esteem through strategic gameplay and social interaction.



On 2nd July, Badminton match for girls class 9 to 12 was held in school campus where Arshia and Muskaan of 11th stood First in Doubles , In Singles, Prisha of 11th stood First, Palak of 10th stood Second and Ridhima of 10th stood Third.

On 25th July , Inter house badminton competition of 6-8 class Boys was held in school campus, in which Green House bagged 1st position, Red House bagged 2nd position, Yellow house bagged 3rd position, and Blue House bagged 4th position

## SPORTS-KARATE COMPETITION

Karate is important for its significant physical, mental, and emotional benefits, including improved physical fitness and self-defense skills, enhanced discipline and focus, and increased self-confidence. The practice provides a full-body workout that builds strength, flexibility, and coordination, while the mental discipline enhances concentration, self-control, and character development.



On 9th July, Inter-House Karate competition for boys class 1-5 was held, and on 16th July Inter-house Karate competition for girls class ( 1-5) was held and on 20th August Inter House Karate Competition for Boys (6-8) was held in the school campus .

## SPORTS - SKATING

Skating promotes physical fitness, team work, flexibility and body balancing. Students of RIS had a skating competition in School campus on 23rd July for classes (1-2) Boys & Girls to show their talent in it.

Inter House Skating competition for Boys & Girls (6-8) was held on 19th July



On 30th July skating Competition for grade(3-5) Boys and Girls was held in the School Campus.

## 12<sup>th</sup> DISTRICT / STATE LEVEL GAMES

Games improve physical health, mental well being and social skills. Games help to reduce stress, boost immunity and enhance cognitive functions like concentration and problem solving. To inculcate these among students, our students participated in multiple games.

## KARATE COMPETITION





On 4th and 5th August under 14 (Boys/Girls ) Karate team went to IDSD school for district level Competition, where the girls won three bronze medals and Boys got silver medal.

## TAEKWONDO COMPETITION



Under 19 Boys and Girls Taekwondo team went to KLM school for district level competition in which Dhruv Mehra got silver medal.

## SHOOTING COMPETITION



Under 17 Boys Shooting team went to Pratap World School for District level competition, where Divanshu Sharma won Gold medal and Varun Soga got silver medal and both were selected for state level competition.

## YOGA COMPETITION



Under 19 Girls Yoga team went to Angels Public School for District level competition where Kristy and Nandini of class 11th got silver medal

## CHESS COMPETITION



Under 14 Boys Chess team went to St. Joseph Convent School for District level competition, where Prikshit won Gold medal and was selected for State level competition. Under 17 Boys and Girls Chess team went to Angels Public School for District level competition. Under 19 Boys Chess team also went to Angels Public School and won 4th position.

## TABLE TENNIS COMPETITION



Under 14, 17, 19 Boys and Girls Table Tennis teams went to KLM school for District level competition.

## BADMINTON COMPETITION



Under 14 ,17, 19 Boys and Girls Badminton teams went to IDSD school for Zonal level competition where, under 14 team won gold medal, under 17 and under 19 team won silver medal. In Under-14 category, Keshav, Arun and Aditya were selected for District level competition. In U-17 category Devansh and in U-19 Category, Arun and Abhinav won gold medal in District level competition.

## KHO-KHO COMPETITION

Under 14, 17 and 19 Boys and Girls Kho Kho teams went to Senior Scholars School for Zonal level competition. Selected U-14 and U-19 Boys went to St Thomas school and selected U-14 and U-19 girls went to Avlon Girls schools for district level Competition.





## KABADDI COMPETITION

Under 14, 17, 19 Boys went to Senior Scholars School for Zonal level Competition.



# BASKETBALL COMPETITION





Under 17 Boys and Girls Basket Ball teams went to MCS for District level Competition where two girls Angel and Garima of class 9th got selected for State level Competition. Under 19 Boys and Girls Basket Ball teams went to Modern Sandeepni School where Lagan of class 11th got selected for State level Competition .Under 14 Boys and Girls Baset Ball team also went to Modern Sandeepni School for District level Competition where they won Bronze Medal.

## SKATING COMPETITION



Under 11 Boys and Girls Skating team went to DPS Jakholahri for District level Competition where Nirvan of class 4th won Gold medal and Fiza of class 4th won Silver medal.

## FOOTBALL COMPETITION



Under 17 Boys Foot Ball team went to Pratap World school for District level Competition. Under 14 Boys Foot Ball team went to DPS Badhani for District level Competition.

## VOLLEYBALL COMPETITION



Under 14 Boys Volley Ball team went to Pratap World School for District level Competition and won Gold medal.

## HANDBALL COMPETITION



Under 14 ,17,19 Girls Hand Ball teams went to Bani Lodhi Government High School for District level Competition, where Under 17 Girls team won Bronze medal and under 19 team won Silver medal .Under 14, 17, 19 Boys Hand Ball team also went to Bani Lodhi Government High School for District level Competition and got selected for state level competition.

## BOXING COMPETITION



In under 17 Category , Priyansh for class 9th went to LDSS Plasma School for District level Competition where he won Gold medal as well as got selected for State level Competition.

## WEIGHT LIFTING COMPETITION



Under 17 Boys Weight Lifting team went to Power Gym for District level Competition, where Rajveer of class 11 won Gold medal and Nigam of class 11 won silver medal and both got selected for State level Competition.

## SWIMMING COMPETITION



Under 17 Boys swimming team went to Pratap World School for District level Competition where Ruben won Gold medal in Back Stroke and Kanish Mahajan won Silver medal in Free Style and both got selected for State level Competition.

## TUG OF WAR COMPETITION



Under 17 Boys Tug of War team went to DPS Jakholahri where they won Gold medal and got selected for State level Competition.

## JUDO COMPETITION



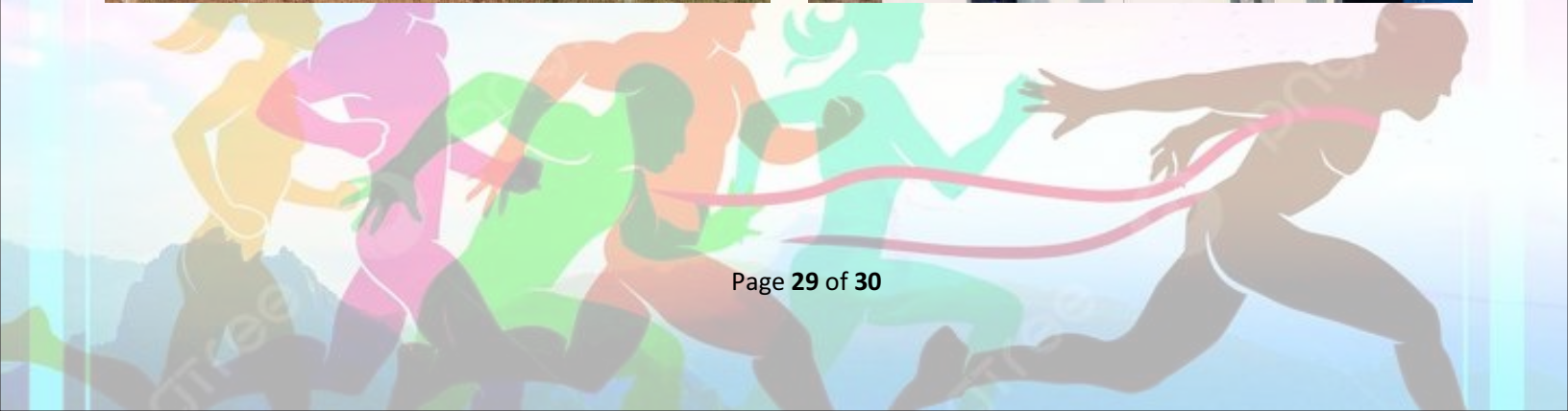
Sukhman & Laksh went to Vidhya Mandir School for District level competition, where Sukhman won gold medal & Laksh got silver medal .

## CRICKET COMPETITION



Cricket Team of U/17 Boys went to Pratap World School on 27th September for District Level match.

# ATHLETICS





**U-19 Girls Relay team got 1st Position in which** Gursharan, Mehak, Mitakshi, and Diksha were the participants

**U-17 Girls Relay team got 3rd Position in which** Grishika, Sonakshi, Srishti and Kashni were the participants

**In U-19 (150 mt. Race)** Kristi got 1st Position.

**In U-19 Girls (Shotput)** Mannat got 1st position.

**In U-17 Girls Race** Grishika won 1st Position in 100m & 200m, Kashni won 2nd position in 100 m and 3rd in 200m.

**In U-14 Girls Category** Mahwish got 2nd Position in Shotput, 100m Race, 200m Race and Long Jump.

**In U-17 Boys Category** Anmol won Silver Medal in 100 m Race.

**In U-14 Boys Category** - Sukhman 8th C got 2nd Position in 200m & 600m race and 3rd Position in Long Jump,

Anmol 6thC got 3rd Position in 200m race and Shot Put, Harshit 6th C got 2nd Position in 400m race and Long Jump.

**U-14 Boys team** won 2nd Position in Relay Race.

**In U-17 Boys Category** Amos got 3rd Position in 200m race.



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