



Rhema International School

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



Rise & Shine

Volume-III

OCTOBER-NOVEMBER-DECEMBER 2025



Newsletter - October to December 2025

12TH DISTRICT LEVEL GAMES

District level games are pivotal in the Indian sports ecosystem, acting as the gateway for talented athletes to progress from local school or academy. Our students participated in various games and athletics

HIGH JUMP COMPETITION

High jump training offers significant physical and mental benefits, building explosive power, speed, strength (legs, core, upper body), and cardiovascular fitness, while improving balance, coordination, agility, and bone density, and acting as a great stress reliever. A High jump tournament was held on 4th October 2025, at Pratap world School, Pathankot, where, in under -17 category, Kanhaiya (class 11) won Gold medal and in Under -14 category, Aditya Joshi(class 8th B) won Silver Medal and Sehaj (class 8) won Bronze medal.



CRICKET COMPETITION

On 4th October 2025, our students participated in district level Under-14 Boys Cricket match, at S.D college Pathankot. On 9th October 2025, our three students were selected to attend a cricket camp at Pratap world School, Pathankot. On 28th October 2025, cricket match was conducted in under 19 boys category at Pratap world School Pathankot, where, our student Naman Rana was selected for State level.



JUDO COMPETITION

Judo is a comprehensive martial art and Olympic sport that fosters physical, intellectual, and moral development, emphasizing discipline, respect, and self-defense. It improves strength, cardiovascular health, and flexibility while promoting mental resilience, confidence, and emotional control. On 9th October, our students participated in district level judo championship, where Sukhman (class 9) got selected for State level in Under 14 Category.



HANDBALL COMPETITION

Handball's importance lies in its holistic benefits: it's a fast-paced sport that provides an intense full-body workout, improving strength, agility, and cardiovascular health, while also fostering teamwork, strategic thinking, discipline, and confidence, keeping participants physically and mentally sharp and engaged.

On 14th October 2025, our students in under 19 category, went to Ludhiana for participating in State level competition. On 15th October our students, in under-14 category, played Handball state level competition in Rupnagar.



SHOOTING COMPETITION

Shooting offer significant mental, physical, and social benefits, improving focus, discipline, and stress management, while fostering mental strength and confidence. A shooting tournament was held on 16th October 2025, in under 17 category, Varun Soga & Divyanshu Sharma (class 10 B) classified first round in Open Sight State Level championship in Mohali.



SHOTPUT COMPETITION

Shot put is a crucial track-and-field event that builds immense, explosive, full-body power, primarily developing strength in the legs, core, and shoulders. This competition was held on 29th October 2025 where Yaksh (class 5) secured 2nd position in Zonal level competition at Lamini stadium.



CHESS COMPETITION

Chess is a globally played, 1,500-year-old game that functions as a powerful educational and cognitive tool, enhancing problem-solving, memory, and concentration, while fostering patience, strategic thinking, and emotional resilience. A chess tournament was held on 29th October 2025 where our girls team – Kavya [class 5th], Tanishka[class 4th], Vani[class 4th] and Danya[class 3rd] won Silver medal, and boys team – Krishnam [class 3rd], Kavish [class 3rd], Trijal[class 3rd], Nirvaan[class 4th] and Kanish (class 4) won Bronze medal in under 11 District level competition at Lamini Stadium. On 1st December 2025, our students in under -11 boys and girls category went to Ropar for participating in State level competition.



HANDBALL & FOOTBALL COMPETITION

Football is profoundly important as a global, high-intensity sport that enhances physical fitness (cardiovascular health, strength) and mental well-being (reducing stress, boosting confidence). It fosters teamwork, discipline, and social skills across diverse backgrounds. On 29th October 2025, Our students from primary wing, in under -11 Boys and Girls category, participated at district level Hand Ball and Foot Ball tournament at lamini stadium.



KARATE COMPETITION

Karate is a comprehensive martial art that promotes physical fitness, mental discipline, and self-defense skills, fostering holistic development. A District Level Karate tournament was held on 1st October 2025 at IDSD Government School, Pathankot, where, in under 19 girls category, Srishti Rajput (Class 11) won gold medal and got selected for the state level.

On 6th November 2025, in under 11 boys and girls category our students participated in District level matches, where Vanshika (class 4th) & Dharika (class 3rd) got Gold medal.

Vanshika (class 4th) & Dharika (class 3rd) went to RoopNagar on December 1, 2025 for participating in the State Level Karate Under 11 competition.

On 19 November 2025 in Under 14 category an interclass match was conducted in school campus

On 26th October in 6th Open Karate Do Championship held at SMDRSD College Pathankot, Rashneet (Class 9th), Girishika (class 10th) & Saksham (Class 9th) got Gold medal in under 17 category. Aditya (Class 7th), Samar (class 5th), Bhavika (class 5th) & Nishtha (class 6th) won Gold medal in under 14 category. Pranav (Class 7th) won Silver medal in under 14 category.

On 11th October, in 10th Open Punjab State Karate Do Championship held at Sahib Shri Gobind Singh International Public School, Mehta (Amritsar), Girishika (Class 10th) and Saksham (Class 9th) won Gold Medal in under 17 category.

On 26th December 2025 in District Kathua Taeakwondo Championship held at Kathua Indoor stadium, Kathua, Rashneet Kaur (Class 9th) won Bronze Medal in under 17 Category.



TUG OF WAR COMPETITION

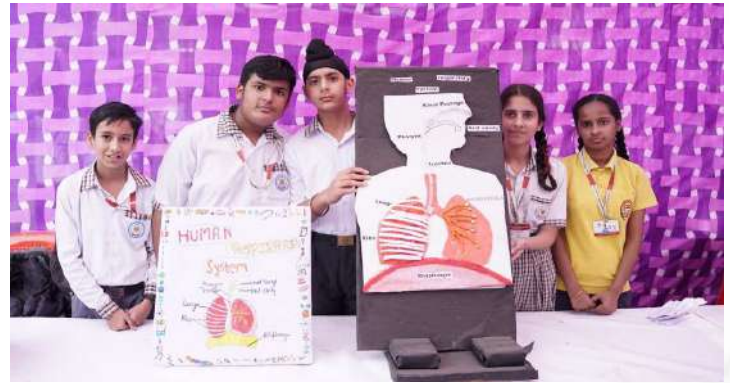
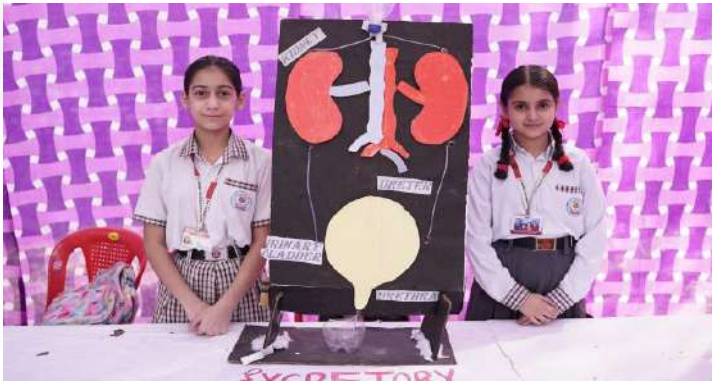
Tug of war is a physically demanding, cooperative, and culturally significant sport that builds muscular strength, cardiovascular fitness, and team coordination. It promotes unity, strategic thinking, and stress relief, serving as both a competitive sport and a traditional, community-building ritual to foster solidarity and enhance physical endurance. On 18th November 2025, a tug of war competition was held in Bathinda, where our students Anmol, Divyansh and Amos (class 10th) participated in State level competition



EXHIBITION CUM FETE

On 1st November 2025, our school held the much-anticipated annual exhibition 'INNOVISTA', transforming the school playground into a hub of creativity and innovation, where students proudly displayed projects ranging from interactive science experiments on solar power to detailed models of ancient civilizations, showcasing their hard work and fostering a wonderful atmosphere of shared learning and community pride. Our school's art and craft exhibition was a colorful delight, featuring beautiful paintings, intricate embroidery, and handmade items, all prepared with great care by students.

The students also displayed cultural program showcasing their excellent performances, showing creativity, confidence and zeal.



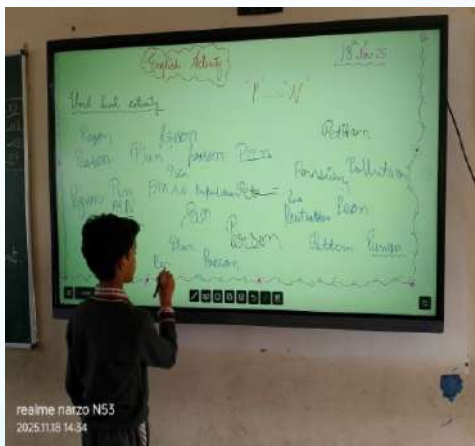
SILVER ZONE OLYMPIAD

Olympiad exams are crucial for fostering deep subject understanding, sharpening analytical thinking, and boosting problem-solving skills beyond standard school Curricula.

Silverzone Olympiad exams were conducted from 6th November to 11th November'2025 in English, Hindi, Mathematics, Science, GK and Reasoning & Aptitude.

ENGLISH CLUB ACTIVITY

English club activities are crucial in schools because they offer fun and provides informal space to boost students' English proficiency (speaking, listening, reading, writing), build confidence, enhance creativity, and develop critical thinking through engaging tasks like debates, drama, and storytelling, going beyond textbook learning to foster real-world communication skills and a deeper appreciation for the language and literature. On 18th November 2025, the English language club conducted different activities like 'Word Hunt', 'Analogies', 'Word pyramid' etc.



NATIONAL CANCER AWARENESS DAY

On November each year, India observes National Cancer Awareness Day to raise awareness about the growing cancer burden in the country and inspires action towards its prevention, early detection, and treatment. India is the first country in the world to officially recognize National Cancer Awareness Day. On 17th Nov 2025, A Breast cancer awareness seminar was conducted by B.sc Nursing students from A&M's College.



HIV AWARENESS

HIV awareness classes are vital for students to foster, essential prevention methods, correcting misconceptions, and reducing social stigma surrounding HIV/AIDS. HIV /AIDS education provides knowledge on how HIV is transmitted—and how it is not—allowing students to make themselves informed and have safer choices. On 18th November 2025 an awareness seminar was conducted in school campus for classes 9th and 10th .



PICNIC

School picnics are crucial for holistic development, offering a vital break from routine that boosts mental well-being (stress, relief, focus), enhances physical health (activity, fresh air), and strengthens social-emotional skills (teamwork, bonding, leadership) through fun, hands-on experiences outside the classroom, fostering creativity and real-world connection. On 8th November our school organised a picnic for classes 11th and 12th at Mapple Jungle camp, Anandpur Sahib and Virasat-E-Khalsa.



HEALTH CLUB ASSEMBLY

Health clubs are crucial for fostering lifelong healthy habits, improving physical fitness, and enhancing mental well-being, which directly boosts academic performance. They empower students as "agents of change" to promote hygiene, nutrition, and wellness within their school and local communities. On 18th November 2025, an assembly was conducted on cancer awareness, by encouraging early detection, promoting prevention through healthy lifestyle choices, and dispelling stigmas. A speech was delivered on recognizing symptoms and the importance of screenings, which can significantly improve survival rates and treatment options.



PRE-BOARD EXAMINATIONS FOR CLASSES 10TH AND 12TH

Pre-board exams are crucial practice runs for final board exams, helping students simulate real conditions, identify weak areas, manage time, reduce anxiety, and build confidence by offering a realistic assessment of their preparation and the exam format.

Pre Board Examinations -1 were started from 12th December'2025.

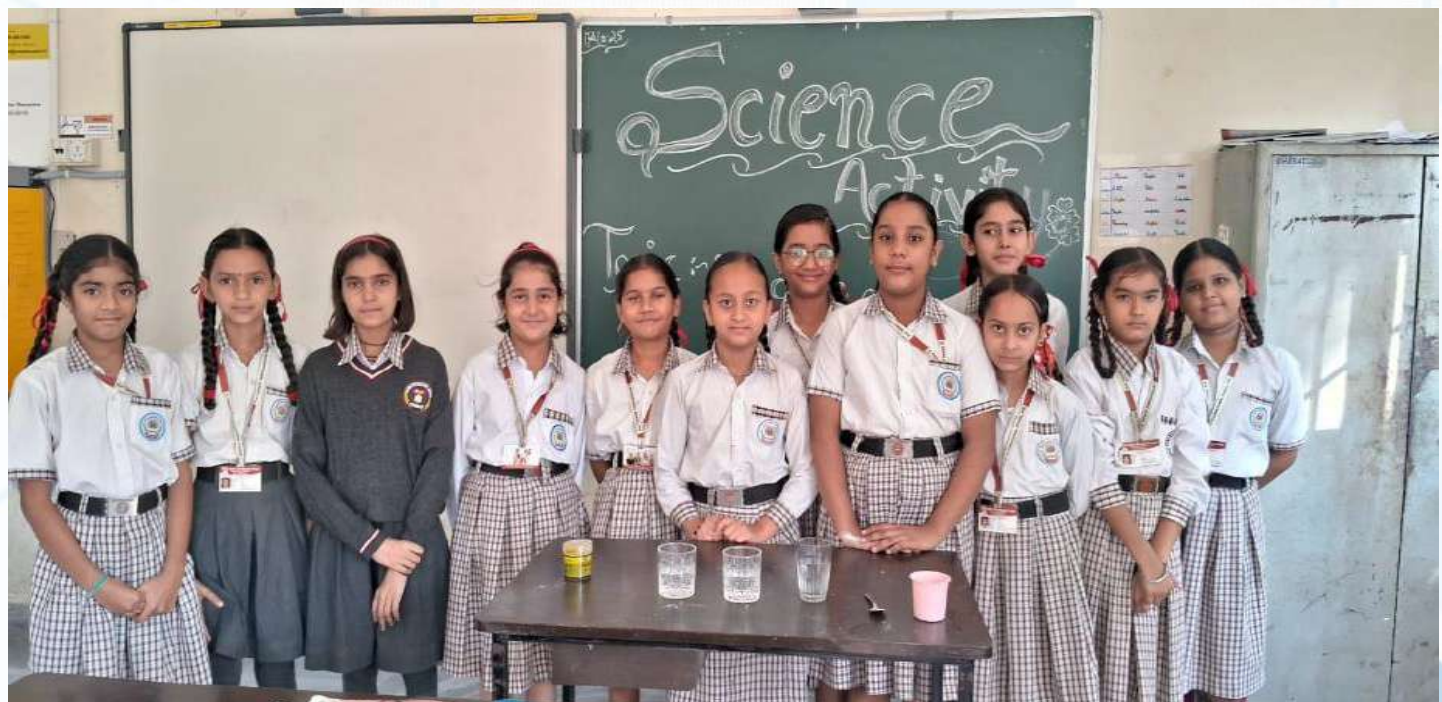
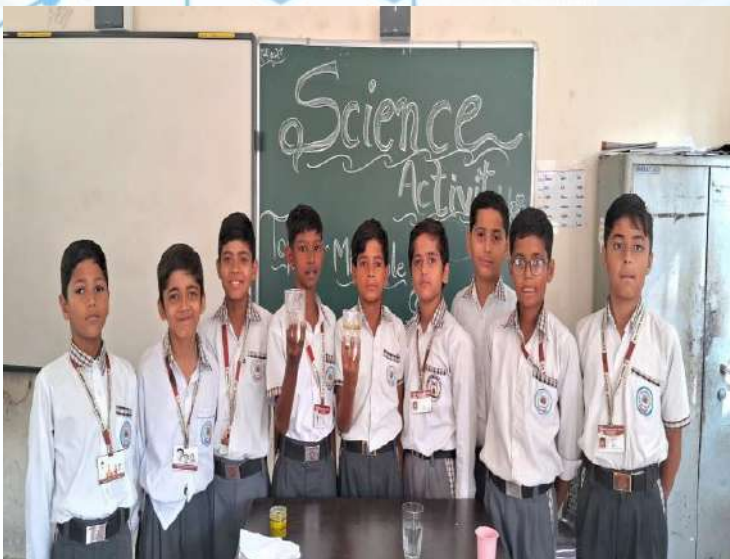
CHILDREN'S DAY CELEBRATION

Children's Day (Bal Diwas) is celebrated in India on November 14th to honor the birth anniversary of India's first Prime Minister, Pandit Jawaharlal Nehru, who was deeply loved by children and known as "Chacha Nehru". The day commemorates his vision for children's education, welfare, and rights, recognizing them as the future of the nation. Our Teachers conducted the morning assembly, and a movie show was conducted for children about moral values.



SCIENCE CLUB ACTIVITY

Science club activities are crucial for developing hands-on skills, critical thinking, and teamwork, bridging theory with practice through experiments and projects, fostering creativity, and nurturing a lifelong interest in science, beyond the classroom, by exploring real-world applications and scientific advancement. On 17th November 2025 Science activity was conducted class wise on the topics miscible and immiscible, types of liquids etc.



HERITAGE CLUB ACTIVITY

NATIONAL CONSTITUTION DAY

India's National Constitution Day, or Samvidhan Diwas, is celebrated annually on November 26th to commemorate the adoption of the Constitution of India by the Constituent Assembly, honoring its founders and promoting constitutional values like democracy, rule of law, and citizenship. While the Constitution became effective on January 26, 1950 (Republic Day), November 26th marks the day it was formally adopted. On 26th November 2025, Our club held a special assembly on National Constitution Day. On 18th December 2025, various activities were conducted by Heritage club.

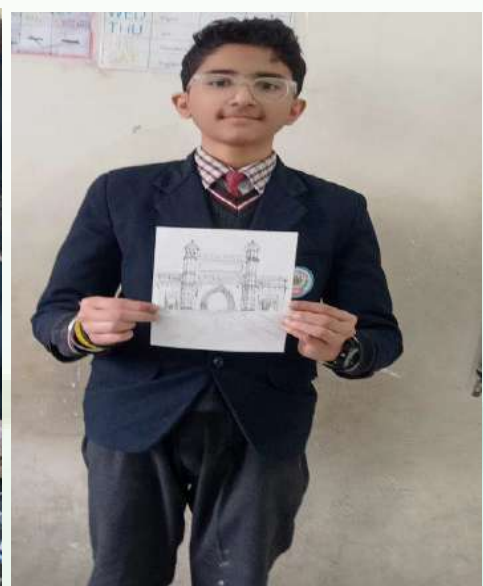
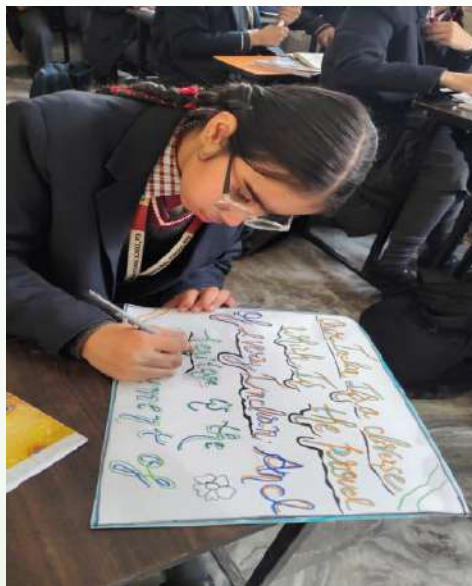
Students of Classes 1 and 2 made charts on national symbols such as the national flag, national animal, and national bird, and wrote their names.

Students of Classes 3 and 4 learned about local and national heritage and wrote five lines about it in their notebooks.

Students of Classes 5 and 6 prepared slogans and drawings related to historical monuments, national symbols, and freedom fighters.

For Classes 7 and 8, a poster-making competition was conducted in the classes.

All the students participated with great enthusiasm and learned a lot about their rich heritage.



NATIONAL UNITY DAY

National Unity Day (Rashtriya Ekta Diwas) in India is celebrated on October 31st to honor Sardar Vallabhbhai Patel and recognize his monumental efforts in unifying the country's diverse princely states into a single nation, fostering patriotism, integrity, and a spirit of solidarity among citizens of India. On 22nd November 2025 our school organised an enthusiastic awareness rally 'Unity March' where students from classes 9 to 10 gathered, holding colorful posters, banners, and shouting catchy slogans. The rally started from Avalon girls school Pathankot aiming to pay tribute to the leader.



MARTYRDOM DAY OF GURU TEGH BAHADUR JI

On Shaheedi Divas, the legacy of Guru Tegh Bahadur shines as a timeless reminder of courage and moral strength. His supreme sacrifice safeguarded the principles of religious freedom and human dignity. On 24th November 2025, a short program was organised during morning assembly including short speech and a skit.



BRIDGING THEORY AND PRACTICAL

On 28 November 2025, class 11th and 12th Commerce students were taken out of the classrooms into the Maruti showroom in Pathankot. The aim was to make them understand that, Accounting is the "language of business," acting as the vital, systematic process of recording, analyzing and reporting financial transactions. It is essential for determining profitability, ensuring legal tax compliance, aiding strategic decision-making, and providing transparency to stakeholders.



PERIODIC TEST-2

Periodic tests are crucial for tracking learning progress, identifying knowledge gaps early, building exam readiness, and informing teaching, helping both students and educators for continuous understanding and retention over time, preventing last-minute cramming and fostering consistent study habits for better long-term results. It was conducted from 2nd December for classes nursery to 9th & 11th .

PARENTS TEACHERS ASSOCIATION

Parent-Teacher meetings serve as a vital bridge connecting a child's home and school life. They offer a valuable opportunity for open communication between parents and educators, fostering a collaborative partnership that benefits the child's overall development. On 6th December P.T.M was conducted for class 10 and 12 for correction and verification of LOC.

ART COMPETITION

Art competitions in schools are vital for fostering creativity, building self-confidence, and improving critical thinking. They provide a platform for emotional expression, allowing students to communicate complex ideas visually while developing fine motor skills and patience. Our students participated in art and craft exhibition held in Aman Bhalla college, Gurdaspur and received prizes for the talents shown in portraits and Hand made crafts.



VALUE CLUB ACTIVITY

Value club activities are vital for holistic development, offering benefits like improved social skills, leadership, teamwork, and time management, while reducing academic stress and fostering creativity, confidence, and cultural awareness, ultimately preparing students for future careers and life challenges by complementing classroom learning. On 11th December 2025, activities were conducted in classes 3rd to 8th by appreciating community helpers through greeting cards, sorting classroom dustbins, digital etiquette, pledge etc.



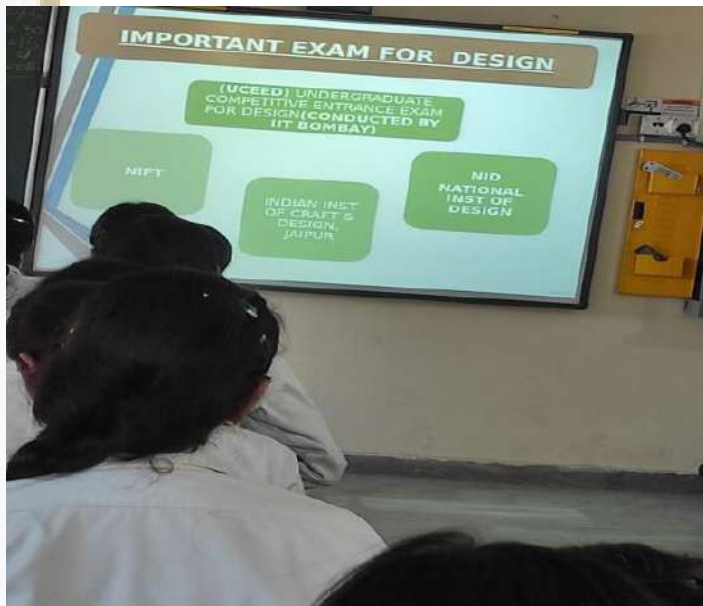
SATYUG DARSHAN SANGEET KALA KENRDRA

Satyug Darshan Sangeet Kala Kendra organised 18th inter district music, dance and art competition on November 17th 2025, at Kaman Singh Auditorium, Pathankot. Our students participated and bagged 3rd position in dance and 2nd position in rangoli making competition.



CAREER COUNSELLING SESSIONS BY LOVELY PROFESSIONAL UNIVERSITY FOR CLASS 12

Career counseling sessions are crucial for providing clarity, direction, and confidence by helping students understand their strengths, interests, and values to align them with suitable career paths, ultimately leading to informed decisions, better job market readiness, smoother transitions, and greater professional fulfillment. On 18th December a seminar was conducted by Lovely Professional University in school campus to guide the students about different career options and opportunities. They were informed about all the professional as well as other relatable courses according to their interest and subject combinations. After the counselling sessions, a scholarship test was conducted on 22nd December 2025 in the school campus.



SAFAL EXAMS

CBSE Structured Assessment for Analyzing Learning (SAFAL) is a CBSE competency-based diagnostic assessment for focusing on core skills in Language, Math, and EVS/Science to provide developmental feedback to schools and track student learning, aligning with NEP 2020 and replacing rote learning with real-world application assessment. This exam was conducted online in school computer lab from 10th November 2025 to 18th December 2025. The exams were conducted for class 6th & 9th in subjects, English, Mathematics, Science & EVS.



ADHAAR CARD UPDATION

On 20th December 2025, a camp was organised by the Government of Punjab to enroll the Students Aapaar identity by updating their Adhaar card number, contacts, Birth certificate, and Parents adhaar in the school campus.



PUNJAB CRICKET ASSOCIATION (PCA)

The Punjab Cricket Association (PCA), established in 1956 and affiliated with the BCCI in 1966, is crucial for developing, governing, and promoting cricket across Punjab and Chandigarh. On 15th, December 2025, our students in under -14 category participated in a cricket camp at Pratap world School, Pathankot, out of which Vihaan (class 7th) was selected to play in state level cricket team.



CHRISTMAS CELEBRATION

Christmas is a festival marking the birth of Jesus Christ, symbolizing love, peace, and hope, and as a cultural event fostering family unity, generosity, and traditions like gift-giving and caroling, blending customs for joy and love for community worldwide. On 23rd December 2025, Christmas day celebration was held. A play was dramatized on the theme 'Hope in times of despair'.

Inter-house carol singing competitions was conducted. Students performed traditional carols on the day. Inter class display board competition was also held.





BASKET BALL COMPETITION

Interschool Basketball competition was conducted at KLM International School in Under 17 and Under 19 Girls and Boys Category on 22nd December, where U19 Girls team won Silver Medal and U17 Boys team won Bronze medal.



MATHS CLUB ACTIVITY

Various activities were held by Mathematics club on 24th November 2025, which included activities based on Identification of shapes in class I, Multiplication and Tables in Class 2 & 3, Division in class 4, Properties of 2-D and 3-D shapes in class 5, Super Cell and Pallindrome Numbers in class class 6, Laws of Exponents in class 7, Types of graphs in class 8, and Histogram in class 9. On 11th November 2025, Eco Club members performed a special assembly to celebrate the National Education Day, which included speech, poem, important facts, quiz and a skit.



ECO CLUB ACTIVITY

On 11th November 2025, Eco Club members performed a special assembly to celebrate the National Education Day, indicating the significance of education in the modern world, which included speech, poem, important facts, quiz and a skit.



CLASS ASSEMBLIES

Class assemblies are vital for fostering positive school ethos, strengthening community bonds, and encouraging holistic student development. They provide a platform to build confidence, improve communication skills, and instill values, while also promoting discipline, routine, and school spirit.

Class 6th B - It was conducted in the 1st week of November on the topic “Books are our best friends.”

Class 6th C- It was conducted in the 2nd week of November on the topic “consistency”.

Class 5th A- It was conducted in the 3rd week of November on the topic “Discipline”.

Class 5th C- It was conducted in the 4th week of November on the topic “Digital Awareness”.

Class 5th B - It was conducted in 2nd week of December on the topic “Power of words”.





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