

# MBS INTERNATIONAL SCHOOL

SECTOR-11, DWARKA, NEW DELHI-110075

# REPORT OF ENTITY CLUB ACTIVITY SESSION: 2025-2026

Name of the Activity: Reflection of Me: Unveiling the Self

Day & Date : Wednesday, 20 August 2025

Class : VII and VIII

Teacher Incharge : Ms. Vaishali Sharma Activity Incharge : Ms. Kumari Shalini

## **Objectives:** To enable the learners to:

- to identify and express their personal strengths, values, interests, and unique qualities through reflective expression.
- learn to recognize and articulate their feelings, building confidence in sharing their inner thoughts in a safe and supportive environment.
- analyse their personal experiences and perspectives, making connections between their past, present, and aspirations for the future.
- explore innovative ways (through words, art, or performance) to represent their selfidentity and individuality.
- develop empathy and respect by listening to and appreciating the reflections of their peers, recognizing diversity in self-identities.

"Knowing yourself is the beginning of all wisdom." – Aristotle

## **A Glimpse of the Event**

MBS International School organized an enriching activity titled "Reflection of Me – Unveiling the Self" on 20th August 2025, under the aegis of the Entity Club. The program aimed at encouraging students to embark on a journey of self-discovery, fostering confidence, self-awareness, and expression of individuality.

The activity began with a 10-minute mindfulness session to help students center their thoughts by

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the class teachers who highlighted the importance of introspection in a student's life. Participants from Classes VII and VIII enthusiastically took part, expressing their unique personalities through creative mediums such as poetry recitation, reflective essays, self-portraits, and short monologues. Each presentation reflected the students' thoughts, aspirations, strengths, and challenges in their quest to unveil their true selves.

The atmosphere was vibrant yet contemplative, as students confidently shared their inner reflections. The teachers appreciated the depth of thought, originality, and creativity displayed by the participants. Several students quoted eminent authors and thinkers like Aristotle, Emerson, and Jung, adding intellectual depth to their presentations.

The idea of Entity Club for conceptualizing such a meaningful event was highly appreciable. They emphasized that true education lies not only in academics but also in nurturing self-realization and individuality.

The event concluded with acknowledging the efforts of all the participants. Overall, the activity proved to be a memorable platform for students to explore and express their inner world, leaving everyone inspired to celebrate their authentic selves.

#### Parameters/ Judgement criteria

- 1. Clarity of Thought and Expression
- 2. Creativity and Originality
- 3. Confidence and Presentation Skills
- 4. Relevance to Theme

#### Result

S.NO	Students Name	Class	Positions
1	KIYANSH DHAWAN	VIIA	I
2	KUSHAGRA	VIIA	II
3	TANYA	VIIA	III
1	AVANI VERMA	VIIB	I
2	DIKSHITA MAULEKHI	VIIB	II
3	HIREN	VIIB	III
1	VIVAAN MADAN	VIIC	I
2	SHREYAS ROY	VIIC	II
3	SAMRIDHI SINGHAL	VIIC	III
1	AADVIKA DHIMAN	VIID	I
2	PRAVESH JAIMAN	VIID	II



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3	YASHIN	VIID	III
1	SWASTI KARN	VIIE	I
2	DRISHTI SOLANKI	VIIE	II
3	IRAM	VIIE	III
1	GAURANSHI SIKARWAR	VIIF	I
2	RUDRANSH	VIIF	II
3	MANVI MEENA	VIIF	III
1	ACHYUT BIHANI	VIIIA	I
2	AVNEESH	VIIIA	II
3	DHANI YADAV	VIIIA	III
1	DAKSHANYA	VIIIB	I
2	AAROHI	VIIIB	II
3	AYURDA PANDA	VIIIB	III
1	KHUSH AHUJA	VIIIC	I
2	SAMRIDH SATI	VIIIC	II
3	DIVYANSH PATANAIK	VIIIC	III
1	MEDHA KUSHWAHA	VIIID	I
2	URVI YOGESH PATEL	VIIID	II
3	KRITIKA RATHORE	VIIID	III





