

ACCEPTANCE

JOURNEY

REVIVAL

HOME

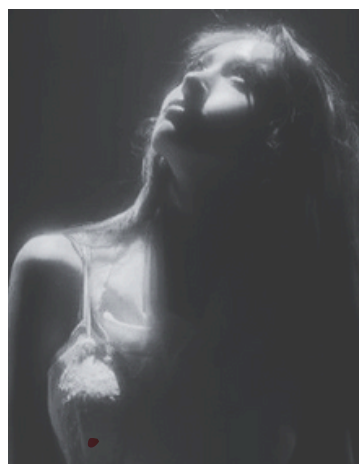
# QUERENCIA

BY UNVEILED SOCIETY



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# TEACHER IN-CHARGE'S NOTE

## Unveiled Society: A Safe Haven to Grow and Connect

Launched in 2022, Unveiled Society offers the right platform for the very meaningful, albeit not always verbalized but surely relevant topics in our everyday lives. We work towards providing a nourishing community and sisterhood in which students feel free to express themselves, share their struggles, and celebrate moments of victory together.

Shared experiences bring personal growth. At Unveiled Society, students share their stories, whether it's about life at school or the challenges they are facing; thus, valued lessons are given for others to reflect upon and grow from. As we share through these discussions, we build resilience, create bonds, and empower each other to overcome challenges with strength and solidarity.



Arpita Singh  
Teacher In-charge,  
Unveiled Society

"For the highs and lows  
and moments between,  
mountains and valleys  
and rivers and streams,  
for where you are now  
and where you will go,  
For "I've always known,"  
And "I told you so,"  
For "nothing is happening,"  
And "all has gone wrong,"  
It is all in this journey  
You'll learn to be strong.  
And to get where you're headed,  
You're right where you belong."

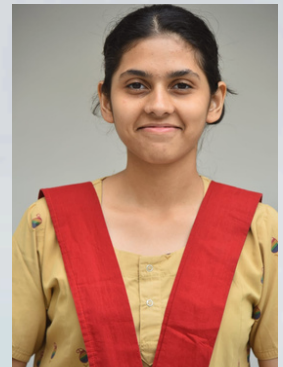
Morgan Harper Nichols

It is not just a talking space, but also a transformation platform where our students are equipped and empowered to successfully accomplish what they aim for in school and after.

# PRESIDENT'S NOTE

Since the day I first read a president's note at this school, I set a goal to one day be in the position to write one. Today, that goal has come to life, and it feels almost magical to see how the dreams we set for ourselves slowly unfold. This year's theme, 'Forgotten Dreams', is a tribute to our inner child and a reminder of the magic we all carry within us.

Forgetting is a part of being human. Through this exhibition, the Unveiled Society invites you to remember the dreams you once held—the unfulfilled ones, the seemingly impossible ones, and the postponed yet never accomplished ones. Our dreams shape who we are, and this exhibition is an opportunity to reflect on them. The Unveiled Society was established to bring to light topics that often remain unaddressed, reminding everyone that they are not alone or strange for the way they feel. The culture we grow up in stigmatizes certain conversations, but we all share common experiences, and we are all in this together. Over time, our society has evolved beyond just a platform for discussing taboo topics. It is now a community with members as young as 9th grade, committed to activism and offering a space for connection, comfort, and relief from the pressures of the capitalistic chase and the things that cause us hurt. This exhibition, with its colors, stories, and messages, would not have been possible without the dedication of my fellow society members. I would also like to express my heartfelt thanks to our teacher-in-charge, Ma'am Arpita, whose guidance and support have been invaluable. For her, I cannot express enough gratitude. As you go through the exhibition, I hope you realize that you are not too old, too tired, or not enough to chase the dreams that still make your heart skip a beat. You still have time and energy to care for and respect yourself, to finally tend to the child inside you. So, embrace the magic, enjoy this celebration of creativity and community, and please take with you the feeling of revival!



Yuthika Dewan  
President, Unveiled Society.



# PRESIDENT'S NOTE

"Unveiled," to me, refers to peeling back the layers of emotions we've suppressed for most of our lives. It's about embracing ourselves for who we truly are, including our imperfections. This self-acceptance, rather than striving for unattainable perfection, allows us to appreciate the beauty within that we often overlook.

In a society that constantly teaches us to chase perfection, we need to learn that it's not perfection we should always strive for, but rather the acceptance of our flaws. Embracing our true selves, with all the imperfections, is what makes us unique. In this fast-paced world, we frequently forget to honor our essence, and instead, we try to shape ourselves according to what society expects us to be.

But our individuality matters. It's what sets us apart from everyone else. If we fail to recognize that, we fail to see the unique gifts we were born with. By unveiling and accepting our true selves, we unlock a deeper sense of self-worth and happiness, one that's not based on perfection but on authenticity.



Tatwamashi Anand  
President, Unveiled Society.

In Unveiled society, we create an environment where people feel safe being vulnerable and where it is accepted and celebrated to be the quiet aspects of themselves. Here, in the words of the great Maya Angelou, "We are more alike, my friends, than we are unlike." At its core is the strength of sisterhood and companionship. It's about standing by each other, lifting each other up, and recognising that we are stronger together as Mayoites.

Here, we remind one other that **we don't have to do it all alone** and **find strength in our connections and vulnerability**. It was never intended for us to. We shine in this safe place when we embrace not just our best selves but also our true selves. By working together, we create a safe space of acceptance and encouragement where the importance of human connection and friendship is valued.

- ACCEPTANCE
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- HOME

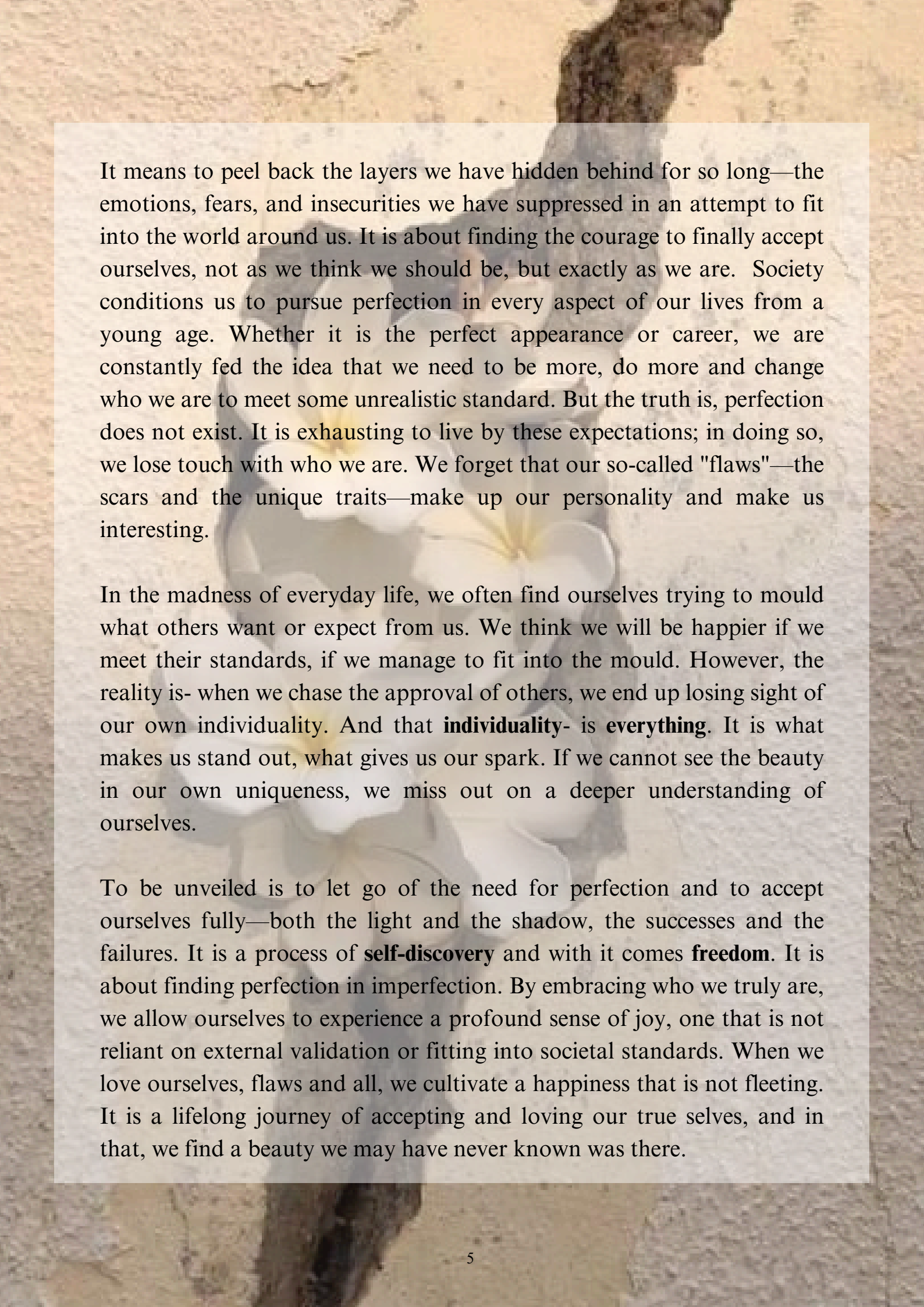
What  
is



Unveiled?

A space where silence is broken, dreams are nurtured, and the unspoken is embraced.

A society dedicated to mental health, where taboos are shattered and conversations are set free.



It means to peel back the layers we have hidden behind for so long—the emotions, fears, and insecurities we have suppressed in an attempt to fit into the world around us. It is about finding the courage to finally accept ourselves, not as we think we should be, but exactly as we are. Society conditions us to pursue perfection in every aspect of our lives from a young age. Whether it is the perfect appearance or career, we are constantly fed the idea that we need to be more, do more and change who we are to meet some unrealistic standard. But the truth is, perfection does not exist. It is exhausting to live by these expectations; in doing so, we lose touch with who we are. We forget that our so-called "flaws"—the scars and the unique traits—make up our personality and make us interesting.

In the madness of everyday life, we often find ourselves trying to mould what others want or expect from us. We think we will be happier if we meet their standards, if we manage to fit into the mould. However, the reality is- when we chase the approval of others, we end up losing sight of our own individuality. And that **individuality**- is **everything**. It is what makes us stand out, what gives us our spark. If we cannot see the beauty in our own uniqueness, we miss out on a deeper understanding of ourselves.

To be unveiled is to let go of the need for perfection and to accept ourselves fully—both the light and the shadow, the successes and the failures. It is a process of **self-discovery** and with it comes **freedom**. It is about finding perfection in imperfection. By embracing who we truly are, we allow ourselves to experience a profound sense of joy, one that is not reliant on external validation or fitting into societal standards. When we love ourselves, flaws and all, we cultivate a happiness that is not fleeting. It is a lifelong journey of accepting and loving our true selves, and in that, we find a beauty we may have never known was there.



# ARTICLES





# Life

Life is an adventure, constantly oscillating like  
a pendulum between what we  
want and what we need to learn.

This community let's us stop  
blaming and start doing,  
helping us focus on  
understanding ourselves  
and others. Here, we  
explore the moments  
that shape us, knowing  
that when we are clear on  
what we seek, we'll get there.  
It is a place to grow, act, and  
connect with the things that  
really matter.

-Khanak Sharma  
Sc Arts B  
P/2881

# Unfolded Self

The dawned beauty of the ocean,  
how the waves ripple in the water letting the fish cut through,  
the nature of 'me', letting people cut through  
reaching the deep sea bed inside of me,  
Creating a chaos of dementia, perplexity,  
just like the ocean's most magnificent eddy.

The trickling of currents,  
As it struck my skin,  
altering my mind's thoughts like that of people,  
changing my perspective of the ocean itself.  
The pretty picturesque horizon marking my territory,  
restricting my thoughts,  
my mindset, my demeanour, and my whole personality.

The calm ocean which gave me my peace,  
now haunts me in my dreams,  
drowning me in my nightmares,  
it stops me from breathing,  
just to use me,  
Always reaching the soft sea bed inside of me.

But as I rise above the waves,  
I find strength in the tide,  
its currents that once pulled me down  
now guide me to the light.  
The ocean's depth no longer a fear,  
but a path to my rebirth,  
with each breath, I break free,  
embracing all my worth.

-Yuvna Madan  
Pre Sc AS Level  
C/2732



# One Step Forward and Three Steps Back



We are not a gloomy palace deprived of candlelight.

We are a garden full of tulips, lilies, and sunshine.

The dry leaves lying around often overshadow this beauty—the  
beauty of us.

Because with every step that we take forward, there are three steps  
that we take back.

Sometimes, we should try holding our own hand,  
Comforting ourselves with a deep, warm hug and an embellished  
shrug.

Why do we let the world consume our essence so easily?  
Because with every step that we take forward, there are three steps  
that we take back.

Circles and circles of overthinking engulf the best of us.

Lying on the couch, we think of things that went wrong,  
With nobody to tell us that it's okay to be on the wrong side at times,  
Because with every step that we take forward, there are three steps  
that we take back.

-Tatwamashi Anand  
Sc Arts B  
S/2257

# Inspired By



The pink curtains, they just lay,  
but sway when the sky screams,  
The windows behind them  
they too pray,

“Oh lord! from the heavens”

I pray thee, not to let  
the rain pour, just today”  
today, for it is the fun day  
when girls with curls  
just want to go out and play  
but instead have to bear

those tadpoles,  
croak their lungs out  
causing the ears to swell  
but before it inflates  
and creates an imprint

“Oh lord! from the heavens”

The windows scream again  
and just then a lightening occurs  
a gentle one I would say!

‘cause the moment right after

The disastrous noon;  
the clouds turn white  
and suddenly,

the noise around slowly,  
start to fade away.

-Sarah Chhawchharia  
Pre Sc Arts A  
P/2590

# Conceding Imperfections

Looking up to what inspired them  
Reaching across the limits to acquire them  
Stretching their arms to a length they  
couldn't imagine  
To aspire what wasn't found

A maze of our restless minds  
Lost and found are thoughts we create  
Embrace those thoughts and face the fire  
For in every struggle, we find our way  
In the silent banks of rivers  
With shadows lurking around and near  
The whispers you to promise to begin with  
Unleashing the unhealthy soul within  
Then ends that break you apart  
Comes along with a beacon of hope for a  
brighter day  
The paths grow tangled along the patterns  
of blossom  
When darkness creeps in and the shadows  
lurk  
The skies clear out and the sun the shines  
The resilience is found that's born new  
Embrace the absence of your mind  
Accepting the clutters you have created  
Clarity is what you will get  
Will leave you into a dream's reality

Alliya Seth  
Pre Sc Arts A  
P/2722





# Dreams: Portals to Possibilities

Growing up as children, our imaginations had no bounds as we were enamoured by the idea of dreams. We had dreamt of flying to the moon, becoming popular singers, or saving the world as superheroes. These dreams felt real and achievable, heaving our hearts with wonder. They were not just imaginative thoughts but something which shaped our identities and plunged up our hopes for the future.

However, as we grew older, reality took control over everything. Responsibilities accumulated as we got occupied with school, office work, and everyday commitments. In the action of meeting our expectations as adults, many of us usually set aside the dreams that we once had a vision about. They become isolated memories that are buried under the weight of reality. It is easy to diminish those childhood aspirations as childish or unrealistic when we often tell ourselves that we need to be more realistic to fit in society. These dreams started to fade with time, instead of shadowing an adventurous life, I found myself facing more towards practical life. It wasn't that my drive to chase these dreams had washed out but the other things got in the way. Now, those dreams of either being an artist, travelling the world or touching the stars have turned into something else-  
**NOSTALGIA.**

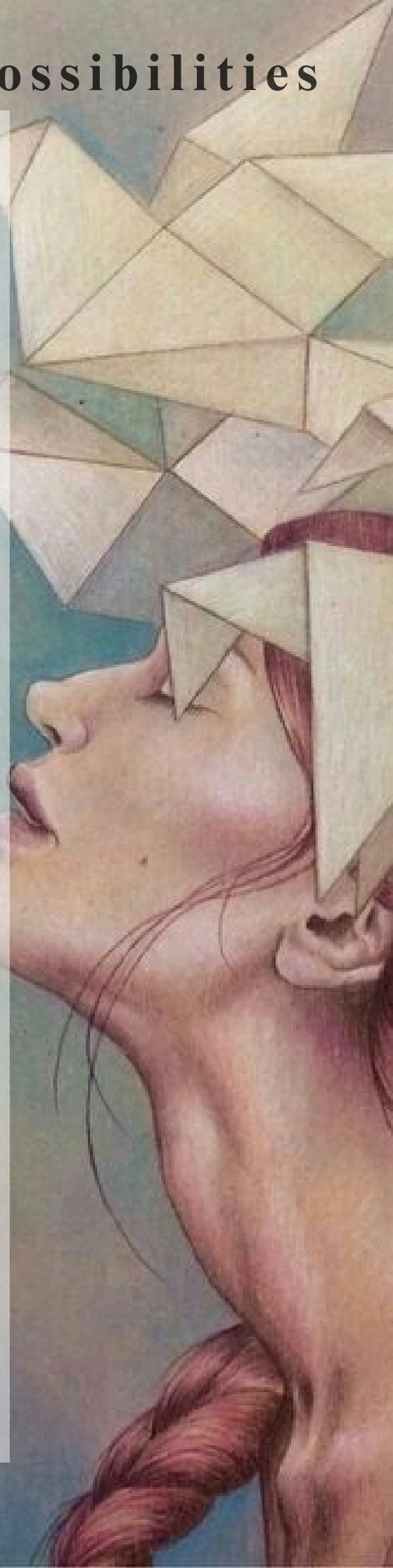
Such visions are now no longer the intense goals they once were at that time. Rather, they now sit quietly in my heart as reminders for what I once hoped for. Whenever I think about them, it's not with regret but with a sense of sentiment. Even though I did not become an artist or an astronaut, those dreams still influence me in every possible way. They help me to find the way through creativity and to keep dreaming in small ways.

I might have not endured everything I once wanted but the spirit of those dreams still lives inside me, pushing me to stay curious, seeking happiness and passion out of me. In a way, those old faded dreams continue to navigate me, helping me know that life is filled with possibilities, even if they look different from what I once imagined they are stuck with me constantly.

-Rashi Goyal

Pre Sc Arts A

C/2740



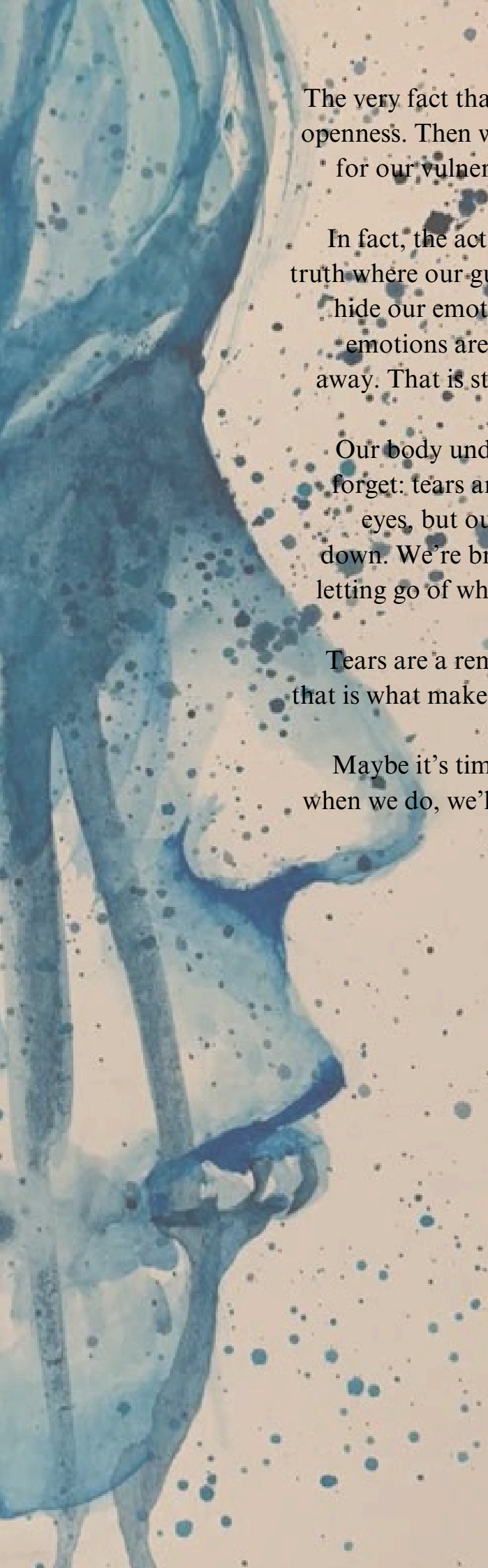
# BREAKING THE STIGMA AROUND SHEDDING TEARS

Tears have always been an unpredictable part of all our lives. We all shed them, be it in moments of sorrow or in times of joy. Still, for something so universally experienced, its meaning is misunderstood. Society taught us to view them as a symbol of weakness or imperfection. But don't you feel that even in their raw vulnerability, they are the most beautiful expression of our humanity?

Think about the last time you cried. What was the reason? Probably because you were scared or overwhelmed but it can also be because you were so full of happiness that even words couldn't express your feelings. Tears bridge that gap where language fails us. In those moments, when words fall short, tears help us express what we are feeling. They help us realize and tell us that we are overwhelmed, we are alive, we exist, and isn't that what being human is all about? Isn't that the essence of being a human?

Somewhere along the way, our society related tears to imperfection and combined both ideas even when they are two completely different ideologies. The first thing we tell people when they are breaking down is, "Don't cry", as if holding in that flood of emotion makes one stronger or more perfect. But we never talk about how sometimes letting it all out is so important and in reality letting it all out is what makes one more stronger rather than keeping it all in. We always look for a polished exterior, where nothing leaks, no cracks show, and emotions are kept in check. But perfection, by this standard, is hollow

Our tears show that we care, we have emotions too, we feel too, and we are connected to our inner selves and to others.



The very fact that we cry in front of others demonstrates trust and openness. Then why do we wipe them away? Why do we apologise for our vulnerabilities when it's all part of being a human in the first place?

In fact, the act of shedding tears takes courage. It's a moment of truth where our guard comes down. We often go to great lengths to hide our emotions, but crying is letting ourselves know that our emotions are not invincible and we can't always just lock them away. That is strength. It's easy to pretend nothing affects us. It's far braver to feel and be open about it.

Our body understands something important that we sometimes forget: tears are necessary for healing. They cleanse not just our eyes, but our hearts too. So, when we cry, we're not breaking down. We're breaking through. Tears mark a point of release, of letting go of whatever burdens we carry, and opening the door to recovery.

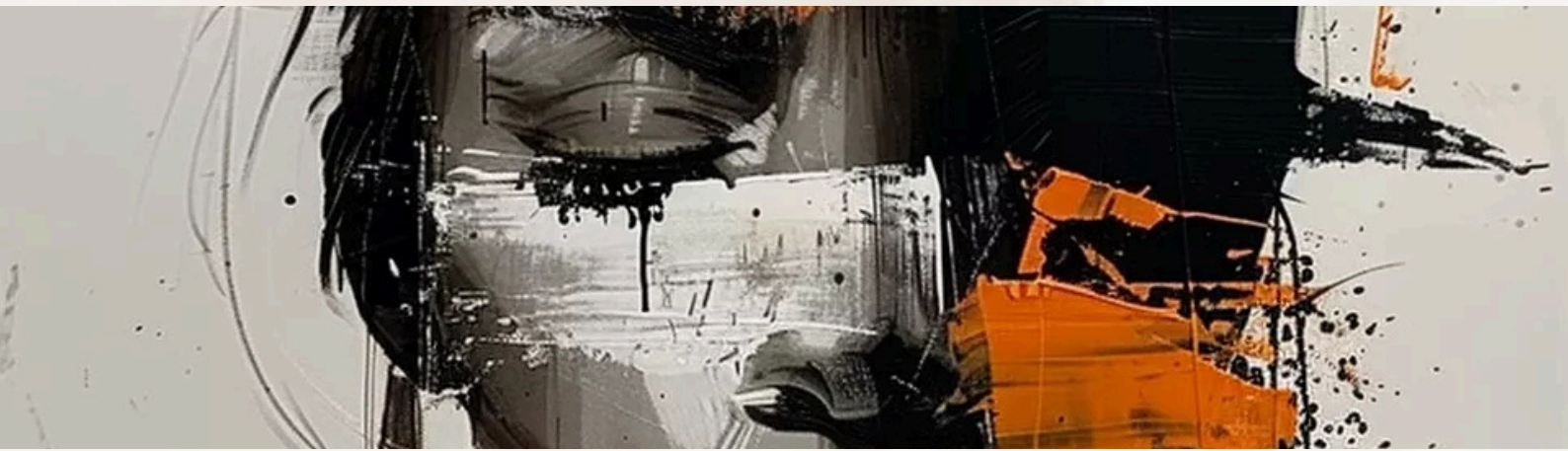
Tears are a reminder that being human is beautiful and dull, but that is what makes us humans. They connect us, heal us, and reveal our inner strength.

Maybe it's time to redefine what we consider beautiful. Because when we do, we'll find that the most human parts of us—our tears—are the most perfect things of all.

-Varidhi Patni  
Pre Sc Arts B  
C/2922



# My Vision



I first learned about the Unveiled Society when I was searching for something but I wasn't sure what it was. My life felt aimless, and I longed for connection and self-understanding but didn't know where to start. Joining Unveiled was a leap of faith, and though I had doubts, I felt compelled to try.

Unveiled turned out to be a community focused on growth, honesty, and self-awareness. The openness I saw inspired me to look inward with the same honesty. I realized I had been hiding behind expectations and fears, and the person I presented in front of the world wasn't truly me.

One of the biggest shifts I experienced was learning to embrace authenticity. Before Unveiled, I often conformed to others' expectations and suppressed parts of myself. But being a part of this society made me realize that being authentic means accepting my vulnerabilities, fears, and dreams without judgment.

This new sense of honesty improved my relationships. I became more open, sharing my true thoughts and feelings, without being afraid of getting misunderstood. It wasn't always easy, but as I practiced, my connections deepened.

Perhaps the most profound change was my view on personal growth. I used to think growth had an endpoint, but Unveiled taught me it's a continuous journey of learning and unlearning. Growth isn't about fixing what's broken—it's about embracing who you truly are.

This society has helped me see myself clearly, and for that, I'm deeply grateful. As I continue this journey, I feel more confident and ready to face whatever comes next.

-Sanchi Jain  
Pre Sc Arts A  
S/2733



# Scarf

Silk-laden cloth that covers my neck,  
Protecting me from the cool breeze,  
Is not a cloth for shelter but  
A device for hiding our insecurities,  
That helps in coping with situations with  
limitations.

A scarf is used by a woman  
To protect herself from  
Splashes of blood pouring in Gaza.

A scarf is used by  
A criminal to abduct innocent souls,  
Caging them within the strong knots of fear,  
Covering their mouths that seek mercy from  
God's glory.

A scarf is a home to a baby,  
Just born and kept close to his mother,  
Greeted and welcomed in this world  
Full of harmless yet harmful creatures  
—'humans.'

This scarf, when thrown in the ocean,  
Is a silent killer for the ecosystem beneath,  
Trapping them, choking them,  
And in the end, killing them slowly.

Scarf, my dear, is not a cloth but a tactic.  
If it comes into the wrong hands,  
It can cause the destruction of the world.

-Dia Choudhary  
IX C

# That Kind of Night

“You still crave lemonade, but the taste doesn't satisfy you as much as it used to. You still crave summer, but sometimes you mean the summer, five years ago.”

-Alida Nugent

And we all were sitting in a circle digging into the food that we had longed for and begged for the last two months. Talking and laughing and spouting meaningless things that had meant everything at that moment, when we heard the first few beats of ‘Shaam’ by the famous singer Amit Trivedi and we all knew at that moment that it was going to be that kind of a night-the kind of night that no matter what, was going to be with us for the rest of our lives, we will remember this moment, the kind of night that would be etched in our minds for eternity, the kind of night that, whenever we looked back on our time there, would destroy and make us whole at the same time. The kind of night that would bring a smile to our faces and tears in our eyes at the same time.

I think this is what they meant at that time by ‘nostalgia’. I think this is what they meant when they said, “Enjoy, you aren't going to get these good old days back. Ever.” I think this is why people cried when they left their friends to begin a whole new life without them. I think that at that moment they finally understood the meaning of nostalgia, the meaning of not getting those good old days back.

The thing is that we spend our whole lives living in the past, craving for some or other part of our lives back that we miss out on the moments that were supposed to be the only moments worth living. Or maybe we were so caught up in those moments that it never crossed our minds that for the rest of our time on earth, we were going to end up craving for them to return.

And I just hope for one thing. I just hope that there was something that would let us know when we are living in our good old days so that we don't spend the rest of our lives longing for them.

I think it was the moments like those that made me not want to leave.

-Arsheen Kaur

Sc Science

S/2572



# The art of ‘LETTING GO’

All of us need to let go certain things

Letting go is not hurtful

It is just a complicated string

Which should be cut.

Letting go is not awful

It is something that you need to adjust to.

All of us need to let go certain things

Letting go should not lead to regret

But it is only to forget

To let go one has to love themselves

In order to give the chance

To let go of someone else.

-Rashi Goyal  
Pre Sc Arts A  
C/2740

# Pace of a Race

In halls where rumors whisper loudly,  
Where every step must make one proud,  
We learned to run, to race, to be loud,  
To prove our worth in every step.

From grades to games, and social status,  
Each moment weighed, each effort tried,  
For in this world, to be the best  
Was the sacrifice, the ultimate goal?

I pushed and pushed, late into night,  
Chasing darkness out of sight.  
A need to show, to stand up tall,  
To win, to rise above them all.

But oh, the chase never ends,  
There's always more beneath the skin.  
A faster one, a smarter one,  
And doubt crept in, with every tear.

The grades, the praise, they weighed me down,  
The trophies felt more like a crown  
Of thorns stuck onto me,  
And still I wondered, even now,

What if this path was never right?  
What if the goal's not in the fight?  
Could peace exist in slowing pace,  
In seeking more than just the race?

In that thought, I realised,  
The only fight is against me.  
To show up, strive, and do my best.

The trophies, medals, they don't define  
The worth that's truly always mine.  
Effort, growth, and peace inside,  
That's where true success hides.

So now I stand, the pressure near,  
But it no longer brings out my fear.  
I strive, I try, I grow, I see  
That peace is found in being me.



- Yashnita Nambiar  
Pre Sc Arts B  
S/2555

# The Team





**RASHI**



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**SARAH**



**YASHNITA**



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**MANUSHRI**





**MISHIKA**



**KHANAK**



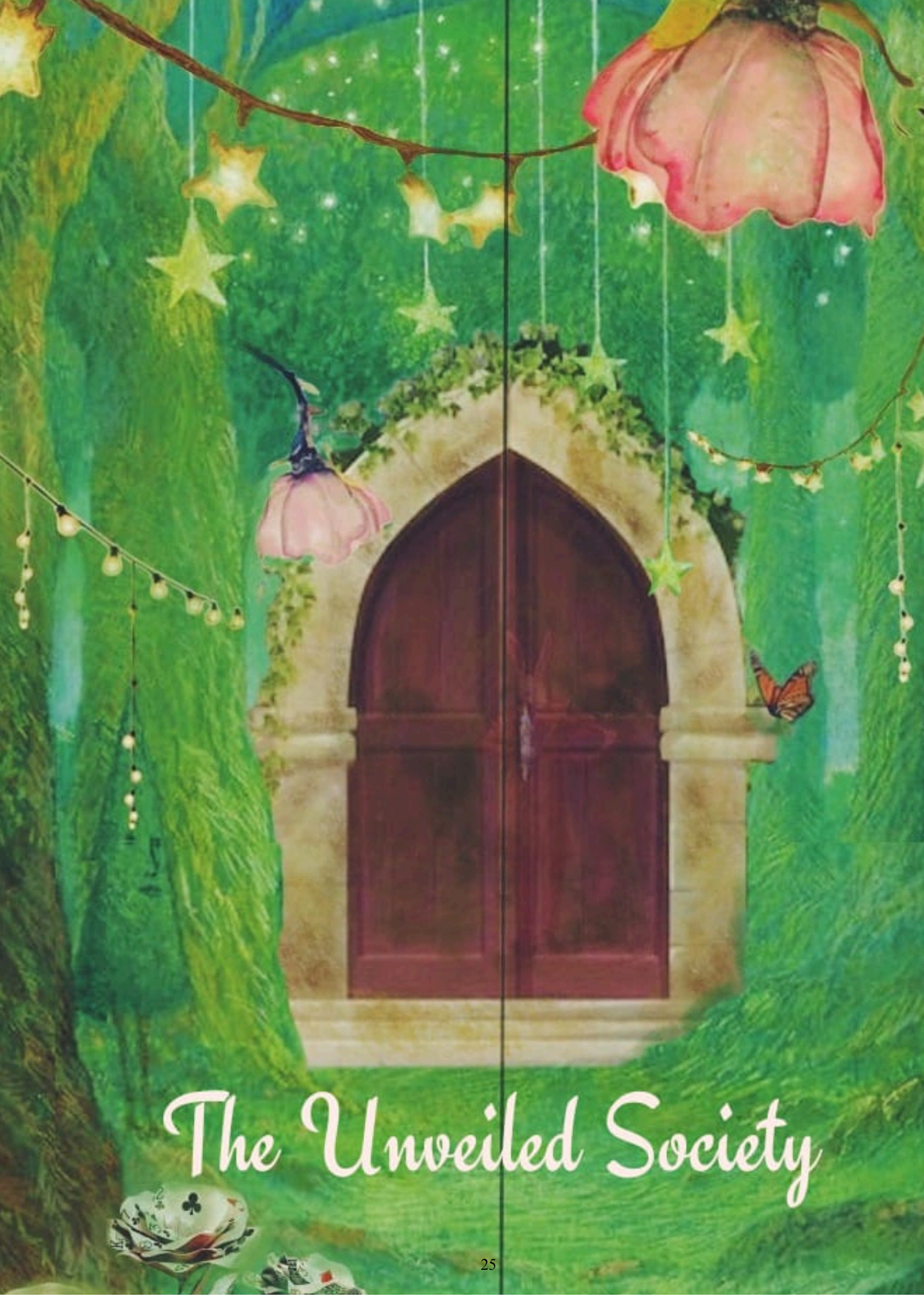
**ARSHEEN**



## Unveiled Society Timeline



AND MANY MORE!!



# The Unveiled Society



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