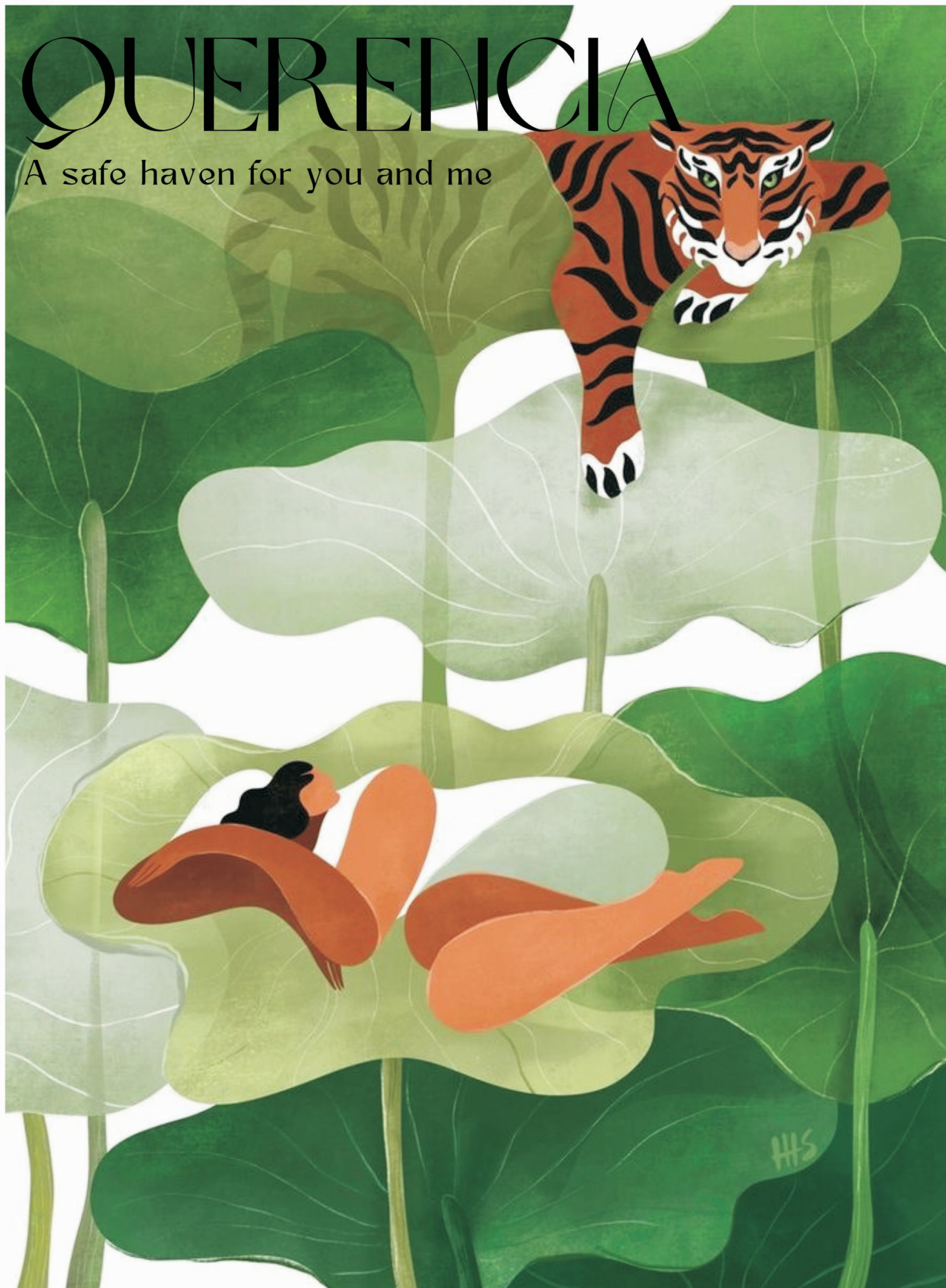


ACCEPTANCE · JOURNEY · REVIVAL · HOME

# QUERENCIA

A safe haven for you and me



PRIZE GIVING EDITION 23'

# What does MCGS associate with?



## ACCEPTANCE

My Own Identity  
Alternatives  
Outside World  
Defeat  
Society  
Consequences  
Imperfections  
Yourself  
Situations  
Beginning  
Past  
School  
Family  
Mistakes  
Reality  
Strengths



## JOURNEY

Book  
Life  
Growth  
Healing  
Acceptance  
Going Within  
Finding Myself  
Mayo  
Everyday  
Tiring  
Refreshing  
Ever Onwards  
Wanderers  
Road not Taken  
Choice  
Obstacles

# What does MCGS associate with?



## REVIVAL

12 - Hour Sleep  
Basketball Court  
Friends  
Rejuvenation  
Resetting  
Hope  
Beaches  
Rajma Chawal  
"Me" Time  
Coffee  
Music  
Books  
Rain  
Art  
Campies  
Letting Go



## HOME

Friends  
Dumbfam  
Food  
Taylor Swift  
Love  
Comfort  
Family  
Myself  
Her<3  
Books  
Cozy Bed  
Stargazing  
Peace  
Love  
Seasons  
Trust



# SHE

Once I thought,  
Of how she fills with grace  
Her heart so pure,  
She's of such a fair face,  
But I thought yet again,  
Is that all she is?  
My heart says to me,  
For all that she is,  
Is far much beyond all felinity and beauty,  
She's an art much beyond.  
A puzzle that simply falls into place,  
She wears a garment without a lace,  
She wears something a warrior would,  
For she knows she can do it better  
Than a warrior ever could.

**Aanya Thakkar**

**VIII D**

**S/2919**

# Rally of Hope

It hurts to know that  
You feel like this too.  
I really wished I could show  
You the beauty of this world  
But I myself have lost the way to it.  
I wish I could give you hope and patience  
But unfortunately, I myself have lost all.  
I wish I could ask you to  
Waste your tears for the one worth it  
But I myself don't know who is worth what.  
You are not alone,  
There are many who have felt this before  
and have passed through it  
But sadly I am not one of those.  
I hope I could tell you  
It all gets better,  
But to be honest  
I don't know if it does.  
All I can do is be there for you,  
Talk you out when you come to me  
Saying you can no longer stay.  
But remember all the talks  
Will just be hopes of what  
You and I want.

**Madhvi Gumber**  
**SC Arts A**  
**K/2411**

# Heartbeat of Triumph

In the secret corners of my childhood, the echoes of pain reverberated through my soul. The scars ran deep, a legacy of a turbulent past that had haunted me for far too long. As I stood at the threshold of adulthood, uncertainty mingled with determination in my heart.

The journey of healing began with a brave step towards therapy. At first, it felt like delving into the depths of my fears, unravelling the threads of my trauma. But in those sacred moments of therapy, I found a lifeline, a guide to traverse the turbulent waters of my past.

Embracing adulthood meant learning to wield the tools of mindfulness and self-love. Like precious gems, these practices became my companions, gradually unravelling the anxiety and self-doubt that had gripped me for so long. With each day, I found myself slowly learning to trust my own strength.

But the pivotal moment was when I forged connections life with others who saw me, not as a broken soul, but as a resilient warrior. Together, we built bonds that felt like family. Their unwavering support painted a brilliant landscape in my, one where I was not alone in my journey.

With time, I learned that my trauma was not my sole identity. It was just one chapter in my book, and I was the author of my own story. The painful memories didn't define me anymore; they were moments that had shaped me into someone stronger, someone more compassionate, someone eager to help others find their path to healing.

Today, I stand tall, ready to embrace the vibrant canvas of adulthood. My past no longer shrouds me in darkness; instead, it's the source of my strength, a reminder that healing is possible, and that my life, despite its challenges, is a beautiful and hopeful journey.

**Gulsarika Bishnoi**  
**Pre SC Commerce**  
**P/2153**

# Reclaiming My Essence

"You yourself, as much as anybody in the entire universe, deserve your love and affection"

-Buddha

The truth is that many of us try so hard to please people around us. We love to support, help, and be there when others need us. We can say it feeds our self-worth. We're there for our families and friends to a point where we have very little time for ourselves. We take on work we don't need or go to events that we don't care about. But why do we struggle to say no? It's because we fear being judged, being rejected and being disliked, and sometimes we say yes to avoid disappointing those around us. We start to hide behind an emotional mask. Many of us are hiding behind who we truly are and who we want to be.

We should treat ourselves like how we would treat our best friend. Every time you say something hurtful or demeaning, pause and ask yourself, would you say that to someone you really care about and to someone you love? The validation and approval we seek from others should be given by ourselves. This is self-love. We should set clear boundaries for ourselves. Daring to set boundaries is about having the courage to love yourself even when we risk disappointing others. Your time and energy are precious, so stand for your value, your heart and your life.

**Suhaya Brar**  
**Pre SC Arts B**  
**P/2280**

# Listen Up!

Listen Up!

Hey you! Yes, you.  
Listen up!

You are not the inches on your measuring tape  
The kindness in your heart matters more than your  
shape.

You are not the kilograms on your weighing scale,  
Accept yourself because you write your own tale.

You are not the marks on your report card,  
Don't let them break your heart into shards.

You are not the cash in your wallet, dear  
So why fear?

You are the smile on your face,  
The twinkle in your eyes,  
The passions of your heart.

So look into that mirror, smile and repeat,  
"I'm brilliant just the way I am.  
I'm not perfect, but who even is?"

**Simran Aneja**  
SC Arts B  
C/2029





# Each Little Drop of Rain I See

Each little drop of rain I see goes plink-plink into the pond,  
Then disappears as if I'd waved a magic wand.  
Inside the pond's refreshment goes, each little drop of rain I see.  
How calm this scene is, for no wind blows,  
All mundane thoughts from my mind flee,  
A fragrance wafts enchantedly to greet  
My nose with the scent of pink.  
Each little drop of rain I see, keeps falling  
Falling plink-plink-plink,  
Reflected on the water's skin,  
Pink blossoms ripple joy to me,  
While in this moment I take in,  
Each little drop of rain I see.

Saahiti Agarwal

IV A

JS/3143



# Number 11

She wears a wrist band to cover the secrets of untold,  
And everyone acts like they don't know.  
I see the marks she made by herself,  
To finally be the one in control.

I hold her while she sheds from her hazel eyes,  
And while crimson drips down her arm.  
She says 'It's okay I'm okay',  
But how can she be okay when she thinks her pain is the cure?

It goes and comes around and I don't know what or who I am,  
But then I catch her laugh on the breeze at something silly I say.  
And I realize that even in her darkest times,  
She lighted up mine.

**Eshanee Pahwa**

**IX IGCSE**

**P/2799**

# I Tried, I Wanted To

You know that feeling while you stand in a long queue and unknowingly stare at a stranger, wondering what might be going on in their mind as they take the first bite of their pizza? You stand there with your thoughts, and then the realization hits, that they are really just no one. I felt that. I felt it as I stared into the eyes of the girl standing in front of me, as we made eye contact. Her face was blank with no expression. I tried to read or understand what might be going on in her head, what she might possibly be thinking of that was causing that blank, unreadable expression on her face. I stared into her eyes and then her soul. I tried searching, for something, anything, for a hint, a sign to know what to do next. But she was just as clueless as I was. Rather, she was confused. Slowly, I could see the confusion turn into fear. Fear that was consuming her and now was visible on her face as she felt breathless. A tear rolled down her eye as she tried to handle herself. I picked up my hand to help her wipe that tear off her face. I tried, I wanted to hold her and let her know that it's going to get better but then there was a mirror in my way.

**Kaashvi Choukhany**  
**SC Arts A**  
**S/2489**



# 11:11

One: Take a deep breath  
You are taking a journey, you have never met.

Two: Who am I ? What am I ?  
Am I only born to die?

Three: I am a girl, I am a woman  
Just like all of you, I am a human.

Four: I have rights, same as you  
When I ask for them the society asks 'who?'

Five: For centuries my gender has been looked down upon  
Waiting for a new beginning at every dawn.

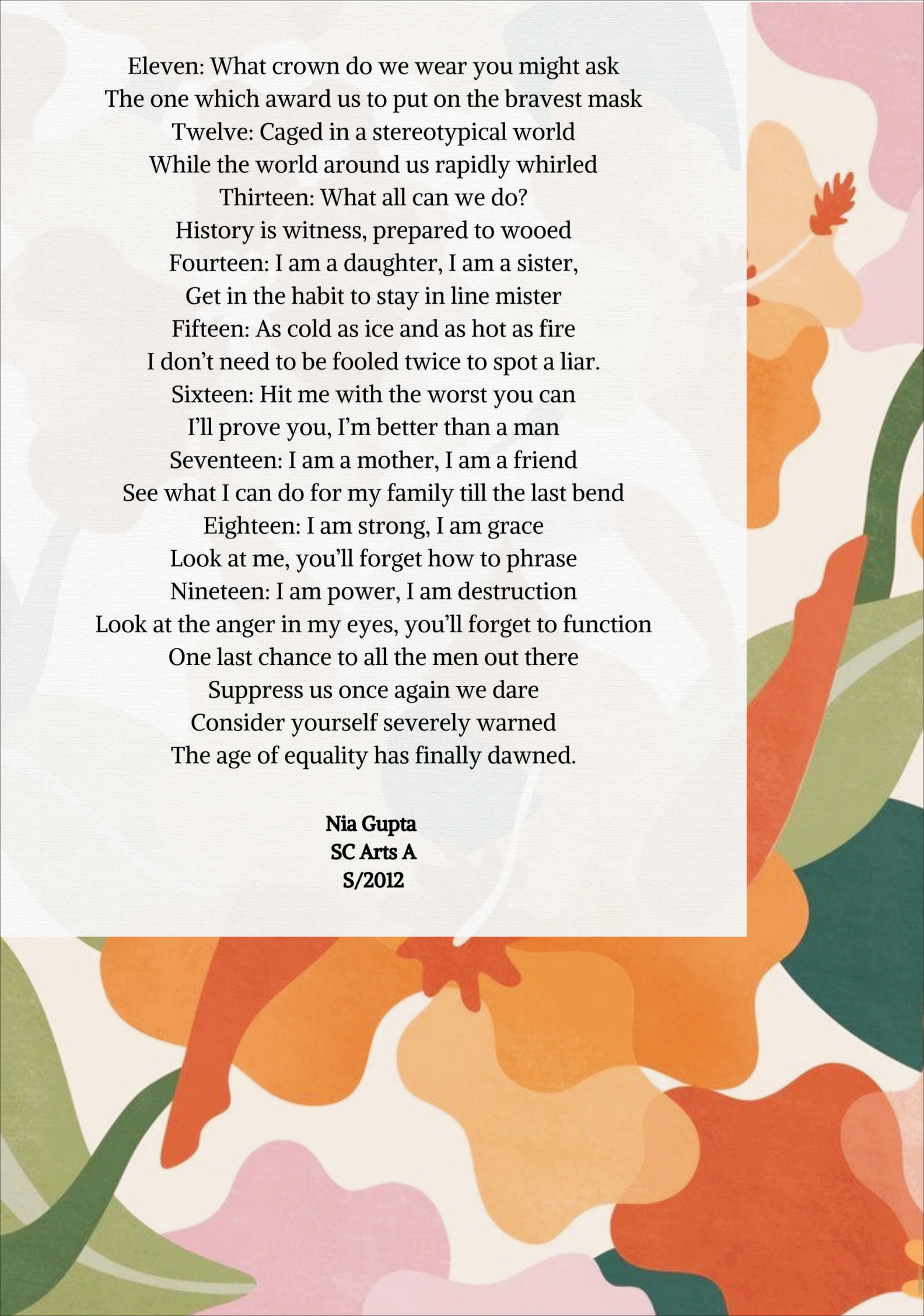
Six: I'm made to feel conscious about myself  
As if we are trophies to be kept on a shelf.

Seven: Prying eyes on us every minute  
But men have no shame in it

Eight: Scared to go out alone in dark  
Cause there is more at night than a dog's bark.

Nine: Judgements passed on everything we do  
Might be surprising, we have feelings too

Ten: Women bring each other down  
To take each other's place for the crown



Eleven: What crown do we wear you might ask  
The one which award us to put on the bravest mask  
Twelve: Caged in a stereotypical world  
While the world around us rapidly whirled  
Thirteen: What all can we do?  
History is witness, prepared to wooed  
Fourteen: I am a daughter, I am a sister,  
Get in the habit to stay in line mister  
Fifteen: As cold as ice and as hot as fire  
I don't need to be fooled twice to spot a liar.  
Sixteen: Hit me with the worst you can  
I'll prove you, I'm better than a man  
Seventeen: I am a mother, I am a friend  
See what I can do for my family till the last bend  
Eighteen: I am strong, I am grace  
Look at me, you'll forget how to phrase  
Nineteen: I am power, I am destruction  
Look at the anger in my eyes, you'll forget to function  
One last chance to all the men out there  
Suppress us once again we dare  
Consider yourself severely warned  
The age of equality has finally dawned.

**Nia Gupta**  
**SC Arts A**  
**S/2012**




# The Case

It was the 16th December,  
Filled with cries, screams and agony,  
None of which were heard by any.

That morning, she woke up,  
Awaiting a new change in her life,  
The change, where she had almost  
Just become a doctor.

However, that same evening,  
'twas around 9,  
She found a yellow bus,  
Unaware of the atrocious demons  
That lay inside.

Demons, as I say,  
Waiting eagerly for their prey,  
To come in for them to play  
Play, with the bodies of her and her bae  
Just then, suddenly,  
It all got still.



When the main man  
Manifesting all his manliness  
Spotted an iron rod  
And tightly holding the girl  
He slit, right through her inner wall  
pulling and ripping her intestines apart  
he made her regret her whole life.

she tried, hard,  
but failed to  
Let her dignity stay  
Oh, how she was found undraped  
Thrown out on the roadway  
After her brutal assault  
and the traumatic gang rape  
she had just gone through  
Yet, Surviving some 12 days;  
Only after, proving herself invincible  
She finally slept forever.

**Sarah Chhawchharia**

**X C**

**P/2590**

# Glitter Shoes

It's like growing out of your favorite old shoes,  
While you still try to stuff your foot into them, to experience the same joy  
They once gave, one last time.

At the same time, you know you have to get new ones.  
How at the shop nothing seems as appealing then, but when you find  
something similar,

The shopkeeper tells you they don't manufacture your size in it.  
You can't find your shoe size anywhere, so you settle for half a size bigger,  
Knowing you'll fill those shoes in soon.

Life's quite similar to that,  
You move ahead to unknown paths,  
Leaving known roads behind,  
Knowing if you hadn't left that town you would have never made it out.  
But at the same time, it's scary to be out there all alone.

Figuring life, since it's all yours now,  
Trying to find the same feeling that lit your heart,  
The feeling of home that's not felt like yours for so long.  
To feel the same joy you did just a few months back.  
Because home is never going to be that address that you remembered by  
heart when you were little.

It's going to be at different places,  
And belong to different people,  
To the ones you'll lose along the way and the ones you'll meet along this  
road.

The uncertainty of what will stay will never be certain anymore.  
So you'll just have to settle for half a size bigger till you finally fit in.  
And when it gets stuffy again, you'll have to repeat what you learned.

So pack up your bags and leave with your car,  
Be wherever you are,  
Be whoever you are.

**Urvi Jaipuria**  
**SC Arts B**  
**S/2432**



# Thera-Vocab Harmony

Dive into the depths of tranquility with our Therapy and Mental Health Word Search. Unravel hidden words of healing, self-discovery, and positivity, making each find a step toward wellness.



BALANCE  
COFFEE  
HOME  
MINDFULNESS  
THERAPY  
BOOKS

REVIVAL  
TALKSPACE  
THRIVE  
MAYO  
RAJMA-  
CHAWAL

FRIENDS  
JOURNEY  
CAMPIES  
CHILLAX  
HOPE  
BREATHE

FLAWS  
CHOICE  
COMFORT  
MYSELF  
HEALING  
ACCEPTANCE

# JOIN US !

Welcome to the PG edition of The Unveiled Society magazine, The Querencia! Querencia, a term that embodies a safe haven where strength and belonging intertwine. Our mission with this magazine is to shed light on mental health. We understand reaching out can be tough, but please know, we're here to walk alongside you, offering unwavering support throughout your journey.

## Special Thanks

Ms. Aakanksha Rathore  
Ms. Samrta Marks

The motive of Querencia is constructed on the four pillars of "Acceptance", "Journey", "Revival" and "Home". Acceptance believes in that if we want to move forward in life we need to accept some things which have held us back from growing and let them go.

Journey is what begins after Acceptance, it constitutes of the innumerable experiences that we experience on our way to ourselves.

Revival, is the self awakening one experiences close to the end of the Journey, when one becomes their own person, a version of themselves which is happier and healthier.

And at last, Home;

Home is where one completes their Journey and finally find peace within themselves and where they are.

## Officiating Principal's Note

I want to express my heartfelt appreciation to the girls for their constant dedication to raising awareness about mental health through the Unveiled Society and magazine, "Querencia". Your efforts have not only created a safe space for discussing important issues but have also fostered a sense of belonging and understanding within our community. It is inspiring to see your passion and commitment to promoting mental health awareness, and I am incredibly proud of each one of you. Your empathy, courage and persistence are making a difference and I am confident that your work will continue to create positive change.

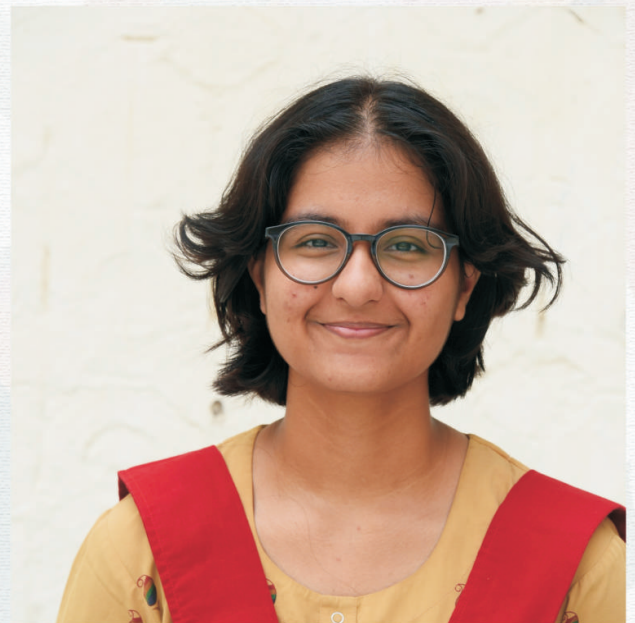
# MEET US !



**Tusika Marodia**



**Nia Gupta**



**Shubhra Sarup**



# Mayo College Girls' School

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Mayo College Girls' School

Mayo Link Road, Ajmer, (Raj) 305008 Ph. : +91-0145-2636000

E-mail: [office@mcgs.ac.in](mailto:office@mcgs.ac.in) Website: [www.mcgs.ac.in](http://www.mcgs.ac.in)