GPIS Community Service Club:
Sharing Smiles at YGW Monastic Orphanage

Global Pathways International School (Mandalay) students recently organized a meaningful outreach visit to YGW Monastic Orphanage, bringing essential supplies, warm meals, and an afternoon of shared joy to the children.

On the morning of 23 September 2026, members of the GPIS Community Service Club gathered at Teaching Centre-2 and departed at 9:00 AM. Upon arrival, the student team arranged the donation packages and prepared lunch. By 11:00 AM, volunteers served a hot meal alongside ice cream treats directly to the children.

The afternoon featured collaborative performances and recreational activities:

Choreographed routines led by the GPIS Dance Club

Acoustic music sessions by the GPIS Music Club

Group games and interactive challenges with the children

The team also distributed snack packs along with basic toiletries and daily personal care items to support the center's everyday needs.

















The group concluded the outreach visit and returned to TC-2 by 2:00 PM. GPIS extends sincere appreciation to the participating students, faculty mentors, and staff coordinators whose time and effort made this initiative a success.



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When The World Is Quiet



Aye Myat Hay Marn Ko

Have you ever noticed how the world becomes a little different when it's quiet, especially at night? That's when our minds really begin to wander. For many teenagers, night isn't just time to sleep, it's when the thoughts hit the hardest. Deep ones. Random ones. Honest ones.

Teenagers live in a world of contradictions. We're not kids anymore, but we're not quite adults either. Teenagers are often misunderstood. We're labeled as lazy, moody, or glued to our screens. But behind that screen is someone trying to cope. We're expected to act mature, but still treated like children. No wonder we're confused. Still, people expect us to act like we've figured everything out. But we haven't. All eyes are constantly watching us, waiting to pick apart our smallest mistake and never letting us forget it.

And that's completely okay. We're teenagers, of course, we want to experience love, affection, and deep connection.

Loving someone is okay. Dating is okay. But being too focused on it? That's where it becomes the real problem. And then there are the toxic ones. The ones that drain your energy, make you doubt your worth, or make you feel like love should hurt. It shouldn't. We all still have a life to live, dreams to reach, lessons to learn, and memories to make with friends.

So the next time the world goes quiet, and your thoughts get loud, remind yourself:

It's okay to feel lost sometimes.

LOVE OR LOST ?

And yet, if you talk about teenage life, it feels like an endless void: full of dreams, pressures, and emotions that can't be fully explained. We carry the weight of school, expectations, and personal struggles. On top of all that, there's another layer, "relationships". Teen relationships can be beautiful. That feeling of being seen, loved, and cared for it matters. We all want to feel special, like someone truly understands us.



> "We're not kids anymore, but we're not quite adults either.



The silent burden : Understanding and navigating social pressures among today's youth



Written by May Kyaw Zin Lin Thaw @ Rio (IGCSE, Batch-12)

The Unseen Weight

Growing up in the modern world is a journey filled with endless opportunities, technological marvels, and diverse experiences.However, beneath this vibrant surface lies a complex reality that almost every teenager faces: social pressure. Social pressure is not merely a single obstacle .Teenagers managing expectations from family, school, friends and community. They are encouraged to achieve highly, look confident, make the right choices and still enjoy their youth. Thus, social pressure has become an invisible tide that influences how young people think, act, and view themselves.

Today, the boundaries have expanded infinitely. Adolescents are now exposed to global standards of success, beauty, and lifestyle. This constant exposure creates a quiet, persistent voice suggesting that being average is a failure and that one must constantly strive to meet standards set by others.

The Dimensions of Modern Social Pressure

Social pressure among youth are in various forms.One of the strongest pressures on young people is the expectation to do well academically.In many countries and cultures, academic achievement is viewed as the sole metric of future success. A reasonable level of challenge can motivate students to work hard and discover what they are capable of. The problem begins when success is defined too narrowly. Students often feel immense pressure to secure top grades, participate in numerous extracurricular activities, and gain admission to prestigious universities. While encouragement can drive excellence, perfectionism often leads to chronic stress, burnout, and anxiety.

Education matters, but a person is more than a set of grades. Effort, curiosity, improvement and resilience deserve recognition too. Families can help by discussing realistic goals and asking what support a student needs, rather than focusing only on results. Students, in turn, can break large tasks into smaller steps, plan regular breaks and seek help before they feel overwhelmed.

Another burden is social media comparison.Digital platforms like Instagram, TikTok, and Snapchat have revolutionized how young people interact. While they offer

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connectivity, they also used to make social comparison. Social media users typically display "highlight reels"— curated
moments of success, luxury, and physical perfection. Constant exposure to these idealized images creates the unrealistic expectation that one's life should always be glamorous and flawless.

Physical and Mental Consequences

The impact of unmanaged social pressure extends far beyond temporary stress, it deeply affects physical health, emotional stability, and overall cognitive performance. As a mental health challenge, prolonged exposure to unreasonable expectations often triggers severe anxiety and depressive symptoms. The constant fear of missing out (FOMO) and the apprehension of being judged can lead to panic disorders and low self-esteem.

In addition, many high-achieving students develop "imposter syndrome"a psychological phenomenon where individuals internalize a persistent fear of being exposed as a "fraud," believing their successes are merely the result of luck rather than ability.

In some conditions, chronic mental stress directly translates to physical health issues. Sleep deprivation, chronic fatigue, headaches, and weakened immune systems are common among teenagers attempting to maintain impossibly packed schedules.

Navigating Social Pressure and Staying Healthy

Social pressure is a normal part of life, but it should not control a young person's identity or determine their worth. Academic expectations, friendships, social media, appearance and family hopes can all influence teenagers.Conquering social pressure requires deliberate practice, emotional maturity, and effective self-advocacy. Here are key strategies for navigating social pressure :

Cultivate Self-Awareness and Core Values

Understanding your own identity is the strongest shield against external validation. Take time to clarify your core personal values, personal goals, and passions. When your decisions are guided by internal standards rather than external approval, peer influence loses its sway over you.

Practice Digital Literacy and Boundaries

Take control of your online environment. Unfollow or mute social media accounts that evoke feelings of inadequacy, jealousy, or distress. Set strict time limits for digital consumption, and remind yourself that online content is highly curated and does not reflect total reality.

Establish Healthy Boundaries and Say "No"

Learning to say "no" politely yet firmly is an essential life skill. Boundaries protect your physical health, mental wellbeing, and time. Recognize that declining an invitation or stepping away from an unhealthy group dynamic is an act of self-respect, not selfishness.

Build a Supportive Network

Surround yourself with genuine friends, mentors, and family members who accept you for who you truly are. A strong support system provides a safe harbor where you can express vulnerabilities without fear of condemnation.

Embracing Authenticity

As students progressing through your academic journeys, remember that your worth is not defined by test scores, follower counts, or approval from others. True success lies in authenticity—the courage to honor your values, pursue your unique aspirations, and accept your imperfections. By setting healthy boundaries, seeking support when needed, and maintaining perspective, you can transform external pressure into an opportunity for resilience, personal growth, and self-discovery.

