



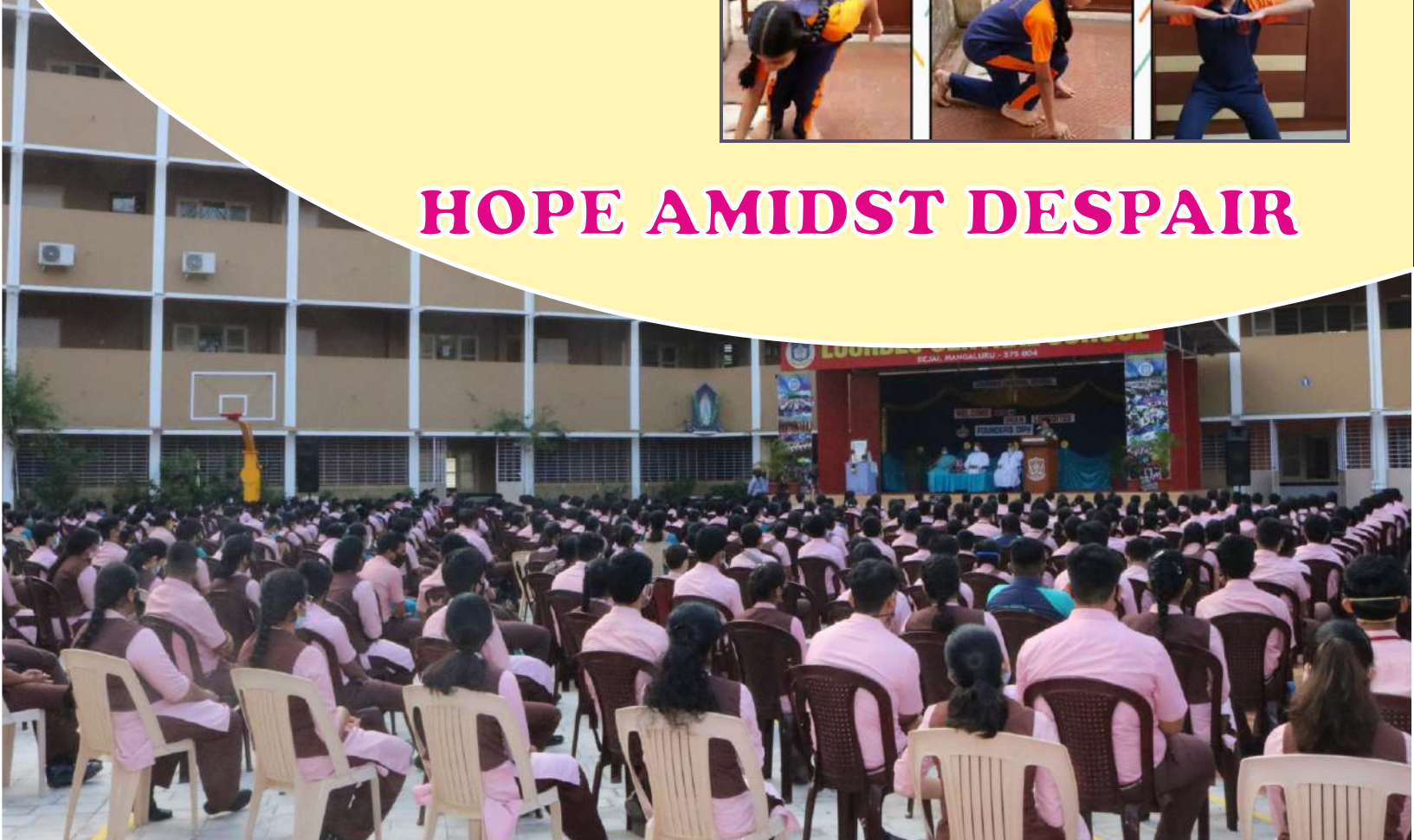
# LOURDITE



2020-21



## HOPE AMIDST DESPAIR



# LOURDES CENTRAL SCHOOL

(Affiliated to Central Board of Secondary Education - New Delhi)

BEJAI MANGALURU - 575 004



# THE PATRONESS OF OUR SCHOOL



Our Lady of Lourdes appeared to little Bernadette, a sick and poor child, 18 times in France, in 1858. She carried out the message of consolation and love of Mother Mary to the whole world.

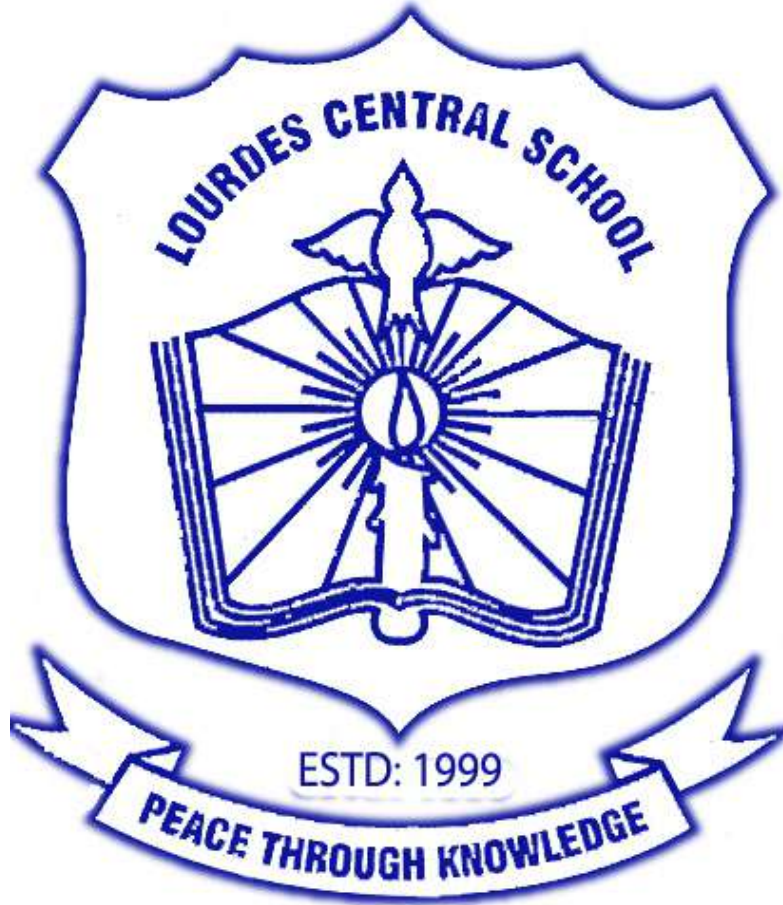
Here at Lourdes Central School students come to seek and quench their thirst for value based education and to gain knowledge, wisdom and peace.

Our Patron is the embodiment of simplicity, kindness, humility and gentleness and all the Lourdites grow up with these virtues and become torchbearers of the society.

**BLESS US WITH YOUR VIRTUES!**

# **LOURDITE**

**2020 - 2021**



## **LOURDES CENTRAL SCHOOL**

**Bejai, Mangaluru - 575 004**

**Dakshina Kannada District, Karnataka State, India.**

**Tel No. 0824 - 2223366, 2214966, 2213865**

**Fax No. 4273081**

**Email : [principal@lourdescentralschool.com](mailto:principal@lourdescentralschool.com)**

**Website : [lourdescentralschool.com](http://lourdescentralschool.com)**

## REMEMBERING THE VETERAN WITH REVERENCE

**You are the rock and on this rock foundation I will build my church and not even death will ever be able to overcome it.**

**Mathew 16 – V 18.**



**Late Rev. Fr Bernard L. D Souza**

**Born : 11.03.1936**

**Died : 04.02.2006**

**Lourdes Central School (LCS)** is an English Medium Co-Educational School founded by Rev. Fr Bernard L. D Souza. His vision was to establish a school with a difference and provide high quality education with a nationally standardized syllabus to fulfill a genuine need of the children in the society. The academic challenge would necessarily be combined with focus on the values of discipline, diligence and integrity. Thus, leading to the emergence of future leaders and administrators from sound intellectual and moral portals.



## EDITORIAL.....✍

*"Team work divides the task and multiplies the success"*

The Editorial Board headed by the Principal Rev. Fr Robert D Souza has put in their effort to lay emphasis on simplicity. The ability to portray the evident with great creativity clearly shows the ingenuity of this year's Editorial Board.

The various sections in the Lourдите have covered all the activities, projects and various achievements in the field of academics, sports, cultural etc.

The articles that have been included are of varied themes, genres and languages, each one having its distinct flavour, which can be savoured as you flip through the pages.

Wishing you a happy reading time.

### *Editorial Team.*



Rev. Fr Robert D Souza  
Principal  
Editor-in-Chief



Ms Belita Mascarenhas  
Vice Principal



Ms Vivita D Souza



Ms Gowri Ravi



Ms Roshini Jose



Ms Mary D Souza



Mr Ivan Mascarenhas



Ms Lolita Coelho



Mr Henry Mascarenhas



Mr Rathnakara Achary



Mr Thyagaraj M



Ms Vanita Ghogare



Ms Noleen Pais



Ms Anitha Pinto



Ms Deepa D Souza



Ms Harshitha Shetty



Ms Vidhya Joseph



Ms Aruna Pereira



Ms Leena Veigas



Mr Girish



Mr Roshan Sequeira



## HEARTY CONGRATULATIONS

*to*

**Rev. Fr Robert D'Souza**

Principal, Lourdes Central School

**who has been elected as  
the President of AICS**

(Association of ICSE and CBSE schools of DK and Udupi)

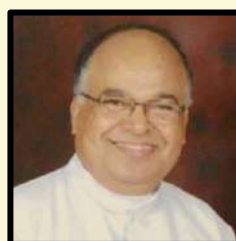
# **LOURDES CENTRAL SCHOOL MANAGEMENT COMMITTEE**



**Rt Rev. Dr Peter Paul Saldanha**  
Bishop of Mangalore  
President, Catholic Board of Education



**Rev. Monsignor Lawrence Maxim Noronha**  
Vicar General  
Vice President, Catholic Board of Education



**Rev. Fr Antony Micheal Shera**  
Secretary, Catholic Board of Education



**Rev. Dr John Baptist Saldanha**  
Manager



**Rev. Fr Robert D Souza**  
Principal



**Mr Ashok Pinto**  
Vice President  
Parish Pastoral Parishad



**Mrs Preethi Gomes**  
Secretary  
Parish Pastoral Parishad



**Mrs Anitha Veigas**  
Elected member  
Parish Pastoral Parishad



**Mr Roman D Souza**  
Nominated member



**Mr Ivan Mascarenhas**  
Staff Representative



**Mrs Lydia D Souza**  
Staff Representative



**Mr Arun D Cunha**  
Parent Representative



**Mrs Edweena Philip Monis**  
Parent Representative



## MANAGER'S MESSAGE.....✍

I am delighted to know that 'Lourdite-2021' of Lourdes Central School, Bejai, has once again come out with its colourful annual magazine. It depicts a very good summary of the annual activities of the school. Hearty congratulations to the Editorial Board and all those who have contributed their writings to the magazine. Hearty congratulations!

'Peace through Knowledge' is our motto. Our objective is to establish Peace here on earth with good will of all people. Establishing peace on earth is indeed possible, we believe, through acquiring knowledge. We cherish the memory of the founder of our school late Rev. Fr Bernard

D'Souza who was not only an educationist but a man with foresight and vision. He struggled hard to establish peace and harmony in our vicinity. We carry forward his vision and mission. Value based education will help us to acquire the qualities required to build our nation and community. Acquiring knowledge will lead us to establish Peace and Justice both at local and national level. Let every member of Lourdite community become a beacon of this great vision of our founder of acquiring 'Peace through Knowledge.'

This year Covid 19 pandemic had a disastrous impact on our educational system. At the national and international level we have suffered huge losses in terms of human resource management and economic slowdown. In the meantime at the local level we had unexpected setbacks on the educational system.

- The school children had to remain shut out with schools being shut down.
- Children have suffered social displacement and lost opportunities of community building.
- The closure of conventional schooling has affected the learning continuity.
- Many in our community do not have proper digital learning resources and in the bargain numerous students have fallen behind in acquiring the basic learning skills.
- Several parents of our children have lost jobs. This has an impact on the economic situation of our families and it will affect the future of the children.
- The integral and holistic growth with extracurricular activities is no more available to the students.
- There will be a long term impact of Covid 19 on health and social welfare.

In spite of all odds caused by Corona virus we shall remain strong. Remember, our strength comes from our unity and solidarity. We shall continue to support one another in every way possible.

I would like to place on records the commitment and dedication of our school Principal Rev. Fr Robert D'Souza and his obliging team consisting of teaching staff and auxiliary staff. They aim very high by way of imparting 'Peace through Knowledge' which is our motto.

Once again, I wish the Lourdite community the very best. We are still in the second wave of Covid 19 pandemic. Very soon we might need to face the third wave too. Let us not lose hope. Trusting in the Lord we shall march forward.

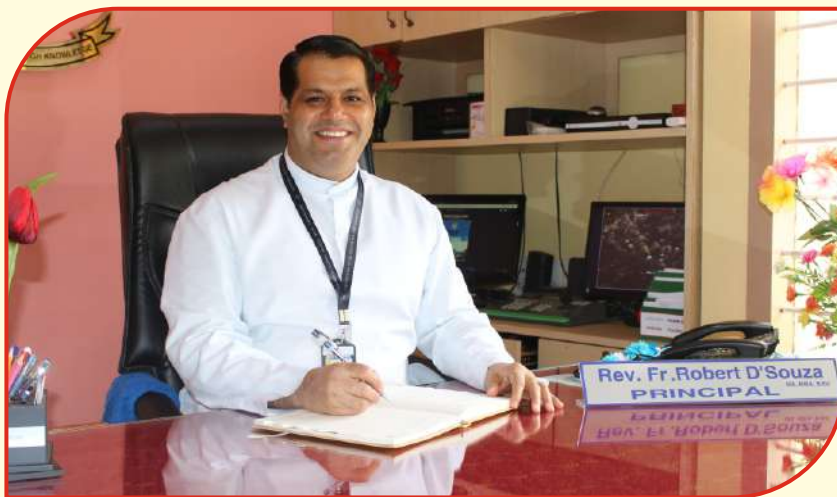
All of you remember to maintain social distance, sanitize your hands as often as possible, regularly wear mask, stay safe and stay home.

With every good wish,



**Rev. Dr John Baptist Saldanha**  
**Manager**

## From the Editor's Desk....✍



As the year began with uncertainty, yet there were many colourful and beautiful lines on the rainbow across the horizon. The 100 percent result of classes X and XII were immensely satisfying and fruitful. We thank the Lord and our Lady of Lourdes for the blessings showered on us throughout the year.

We bid adieu to our beloved Father Manager Rev. Fr Wilson Vitus D'Souza who retired from his position and we welcomed our new Manager Rev. Dr John Baptist Saldanha a visionary and an educationist who with his new ideas for our school will ameliorate our school and take it to greater heights.

Even if we were in the grip of the pandemic, Lourdes Central School was one of the early birds to introduce online classes without wasting much time pondering, about what's to be done. We are fortunate that we are situated in the heart of the city and our students have accessed to modern gadgets and we were able to reach out to our students and impart knowledge to the best of our ability. All our intra- school activities began with enthusiasm even though it was a tough task on both sides of the fence. Activities like Vanamahotsava, Children's day, Hindi, Kannada, Konkani week, Sports week, exhibitions, National festivals of India were observed and conducted as usual through the online mode. Students, even though they were at home took part in all the activities and also answered regular tests and exams online. It was with the much needed esprit-de-corp from you, my dear parents and of course, from my dedicated teaching and non-teaching faculty and my adorable students we could achieve much. Do continue to extend your warmth co-operation and support even during the coming days as together we can cross even the mightiest hurdles working hand in hand.

A bright ray of sunshine amidst the gloom was the laying of the foundation stone of the new block at LCS. With the rush of new admissions and evergrowing strength of students, we have taken up this expansion of infrastructure at Lourdes with blessings of the heavenly Lord Jesus and the good wishes of our Lourдите fraternity. We hope to complete it by this academic year.

I would like to thank Most Rev. Dr Peter Paul Saldanha, the President of Catholic Board of Education and Bishop of Mangalore Diocese, Rev. Fr Antony Shera, Secretary, Catholic Board of Education and Rev. Dr John Baptist Saldanha, the Manager for their immense support during these crucial days. I thank the editorial board for their untiring efforts to bring out this unique magazine Lourдите 2020-21.

We hope and pray that our Patroness Our Lady of Lourdes will always protect us under her mantle of love.











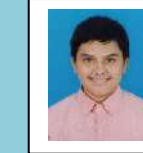



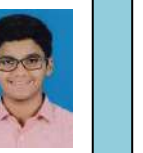
Thank you,

**Rev. Fr Robert D Souza**  
**Principal**  
**Editor-in-Chief**





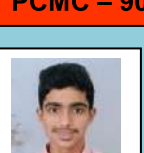













**We Congratulate our Students**  
for achieving 100% results in the CBSE  
Class XII Examination for the 11th consecutive year.






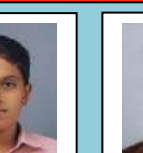

**PCMB – 90% and above**

							
Navya Bhandary 95.2% (476)	Ziyad Zakir Hussain 94.8% (474)	Sneha Alex 94% (470)	S Niroopama 94% (470)	Sourav I V 94% (470)	Anushka Pramod Ullal 93.6% (468)	Nidhi M 93.4% (467)	Sangeetha Menon 93.4% (467)
							
Akshay D V 93.4% (467)	Athmika Nair 93% (465)	K Siddhartha Holla 92.2% (461)	Dale Adriana Lewis 92.2% (461)	Abhijith Sharma 92% (460)	Surag R 92% (460)	Mayur R Suvarna 91.2% (456)	

**PCMC – 90% and above**

					
Jane Rachel D Sa 90.4% (452)	Kate Angela Jeanne Pereira 90.2% (451)	K Annapoorna Prabhu 97.2% (486)	Rollin John Fernandes 97% (485)	Pranav Kumar 95.2% (476)	Ujwal Kumar 95.2% (476)
					
Kruthi 95% (475)	Danish Rancy Pinto 94.6% (473)	Thushar Shivam 94.4% (472)	Royston D Souza 94.4% (472)	Ninaad P S 94.4% (472)	
					
Adithya Adiga 92.8% (464)	Sankalp S Bhat 92.6% (463)	Akash Thonse Shetty 92.6% (463)	Lavanya Rao Kamalesh 92% (460)	Vishaan Santhosh Anchan 92% (460)	

**Commerce – 90% and above**

						
Divesh Kumar Chordia 91.8% (459)	Kartik Punit Sureja 90.4% (452)	Lenver Pinto 90.2% (451)	Nilisha D Sa 94% (470)	Aarol Shawn Monteiro 93% (465)	Akhila G 91.2% (456)	Muhammed Khaleel 89.6% (448)

Out of the 87 students who passed  
Above 90% – 38 Students  
Above 80% - 31 Students, Above 70% - 15 Students, Above 60% - 2 Students, Above 50% - 1 Student

*Best wishes from: Management, Principal & Staff*

## We Congratulate our Students

for achieving 100% results in the CBSE Class X Examination.



Sunidhi S Hegde  
585 (97.5%)



Aaryn Leon D Costa  
576 (96%)



Dhyey B Khokhani  
570 (95%)



Crisel Ann Cutinho  
565 (94.17%)



B Hiya Hegde  
563 (93.83%)



Aaryan Ajith Dev  
562 (93.67%)



Srishti Jalan  
556 (92.67%)



Nessa Sian D Mello  
556 (92.67%)



Tanisha D Jogi  
556 (92.67%)



Shalom Riona Fernandes  
556 (92.67%)



Simran Maria Ignetto  
555 (92.50%)



Nikhil Samuel Eapen K  
554 (92.33%)



Nidhi Kishore  
552 (92%)



Alden Savio D Cunha  
552 (92%)



Fariza Nuha Farooq  
552 (92%)



Anjali U P  
550 (91.67%)



Alka Jasmine Sequeira  
546 (91%)



Adithya Joshua D Silva  
546 (91%)



Prinston Coelho  
541 (90.17%)



Nibha S Rao  
540 (90%)



Rion Jayden Valdar  
540 (90%)



Irshita Saaksha  
539 (89.83%)



Adora Daria Mascarenhas  
539 (89.83%)



Adrino Archie D Souza  
539 (89.83%)



Anita Joan Padua  
537 (89.5%)



Jenica Deanne D Souza  
537 (89.5%)



Rhea Lobo  
536 (89.33%)



Prakrithi Sharon Monteiro  
536 (89.33%)



Suryanshi Kushwaha  
536 (89.33%)



Ninaad Shansit Flavian Lobo  
536 (89.33%)



Daanah Sanam Salam  
535 (89.17%)



Pranam Manjunath Kawri  
533 (88.83%)



V Vinay Kamath  
532 (88.67%)



K S Vaishnavi  
529 (88.17%)



Stacia Joan Sequeira  
529 (88.17%)



Nupur Tilakraj Bolar  
527 (87.83%)



Joanna Leticia Pinto  
524 (87.33%)



Anshul Harsha Shet  
519 (86.50%)



Ria Ritha D Souza  
519 (86.50%)



M Govindarajan  
519 (86.50%)



Richelle Saldanha  
518 (86.33%)



Mohammed Naved Yusuf  
512 (85.33%)



Tejasvi I M  
511 (85.17%)



Amogh S K  
509 (84.83%)



M Sriji S Hegde  
509 (84.83%)



David Pinto  
508 (84.67%)



Asher Jarvis Pinto  
508 (84.67%)



Priyanka  
507 (84.50%)



Khushi A Shah  
504 (84%)



Mave Shyon D Souza  
504 (84%)



Olivia Ruth Rodrigues  
503 (83.83%)



Shreyas Patnaik  
502 (83.67%)



Reesha S Kini  
501 (83.50%)



Vijeth Vijaya Shetty  
501 (83.50%)



Adithya Rao  
500 (83.33%)



Nathan George Thomas  
500 (83.33%)



Shivanka G V  
500 (83.33%)



Neha Malliya  
499 (83.17%)



Sohan Kumar  
496 (82.67%)



Aanchal A  
495 (82.50%)



Heba Bashir Ibrahim  
495 (82.50%)



Shannon Aleina Pais  
488 (81.33%)



Moulya Rai  
488 (81.33%)



Arman Mohammed Ayub  
488 (81.33%)



Nihaar Rai V  
486 (81%)



Nysa Kadam  
485 (80.83%)



Shrenik Jain  
484 (80.67%)



Mahika Amin  
483 (80.50%)



Adithya R Shetty  
483 (80.50%)



Jagrithi Shetty  
481 (80.17%)



Cailyn Rose Thomas  
481 (80.17%)



Neev Sallian  
478 (79.67%)

Number of students appeared for the exam - 143, Distinction - 72, I Class - 64, II Class - 07

*Best wishes from: Management, Principal & Staff*



# Congratulations

to our students for excelling in Competitive Exams- 2020.

## All India Rank Holders of

### JEE Advanced



UJWAL KUMAR  
588

### The Common Law Admission Test (CLAT)



PRANAV KUMAR  
94



SIDDHARTH  
DAVID D'SILVA  
931

### CLAT & Humanities & Social Sciences Entrance Examination (HSEE) IIT Madras



YATIN SATISH  
603 & 13

### National Institute of Design (NID)



TUSHAR SHIVAM  
85

## NEET



ABHIJITH SHARMA  
614 / 720



AKSHAY D V  
605 / 720



ZIYAD ZAKIR HUSSAIN  
ABDUL KAREEM  
602 / 720



K SIDDHARTHA HOLLA  
597 / 720



ANUSHKA  
PRAMOD ULLAL  
593 / 720



S NIROOPAMA  
582 / 720



SOURAV I V  
568 / 720



ATHMIKA NAIR  
556 / 720



NIDHI M  
553 / 720



SNEHA ALEX  
552 / 720



NAVYA BHANDARY  
538 / 720



KRISHNAPRIYA PRAKASH  
520 / 720



SHAUN SAJI FRANCIS  
500 / 720

Best Wishes from: Manager, Principal, Staff & Students



## Memories Forever.....



Class Teacher - Ms Deepa D Souza - X A



Class Teacher - Ms Linet D Souza - X B



Class Teacher - Ms Jayashree - X C



## Memories Forever.....



Class Teacher - Ms Sreelatha - XII A



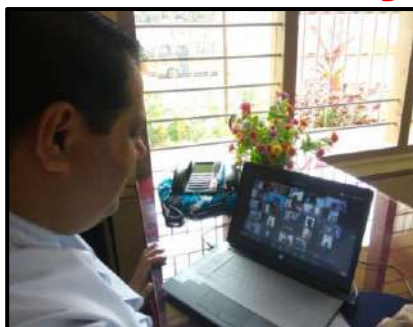
Class Teacher - Mr Girish - XII B



Class Teacher - Ms Bindiya S Kudal - XII C



# An eventful year 2020 - 21



**Lourdites Teaching - Learning Online**



**World Environment Day  
"Celebrate Biodiversity"**



**Rev Fr Wilson L Vitus D'Souza  
Manager's 75 birthday Celebration**



**Vanamahotsava  
'Save Trees Save The World'**



**LCS Bids "Adieu" to Fr Manager  
Rev. Fr Wilson L. Vitus D'Souza**



**Welcome To Rev. Dr John Baptist  
Saldanha, Manager LCS**



**LCS Health Week - "Be at ease without disease"**







**Independence Day**



**Teachers' Day**



**Nativity and Harvest Festival**



**Gandhi Jayanti**

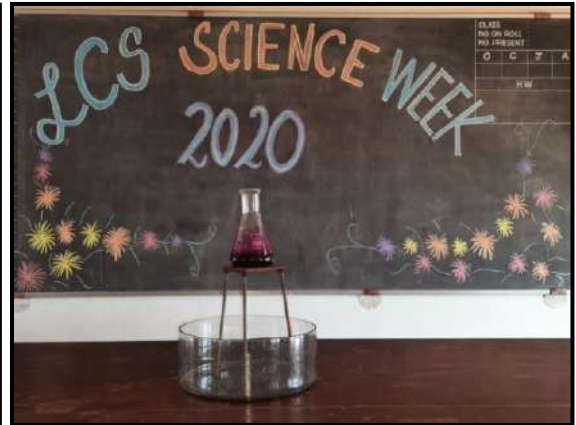




**Deepavali**



**Social Science Exhibition - "Explore the World"**



**Science Week**



**Children's Day**



**Manager Rev. Dr John Baptist Saldanha's Birthday Celebration**





**PTEC Meeting**



**Teachers Subject Enrichment Poster Making Competition**



**Christmas Celebration**



**A time of sharing at Lourdes Central School**



**Seminar on Inter Disciplinary Activity**





**Sports Week**



**Reopening of school for classes VI - XII**



**Career Guidance for Class X**



**Career Guidance for Commerce Students**



**Motivational Talk on Positivity**





**Founder's day**



**Republic Day**



**The Feast of Our Lady of Lourdes**



**Lourdes Central School Lays Foundation stone for the New Block**





**Principal Rev. Fr Robert D'Souza's Birthday Celebration**



**Anti Tobacco Day**



**Jyothi Pradhan**



**Ambedkar Jayanti**



**Parent-Teacher Interactive Session  
- Open House for KG, I to XII**



# GENERAL ACTIVITIES AT HOME....



LCS Vanamahotsava Week



LCS Health Week



Independence Day Competitions



Gandhi Jayanthi Competitions



Cleanliness Pledge of LCS





**Integrity Pledge - Vigilance Awareness Week**



**Children's Day Competition**



**LCS Sports Week**



**Science Week**



**Social Science Week**





Christmas Competition



The Feast of Our Lady of Lourdes



LCS Day of Preparation



Republic Day Celebration



Open House



# What we did.....

**LOURDES CENTRAL SCHOOL**  
Bejai, Mangaluru - 575004

An online session on  
**CAREER GUIDANCE**

Class : XI A & B  
Date : Wednesday 22.07.2020  
Time : 11.00 am  
Zoom id : 354 545 7868  
Zoom id: Password : Physics  
Resource persons : LCS Alumni Ms Daphne Crasta and Ms Demina Rao.

*(Rev. Fr Robert D Souza)*  
Principal  
Lourdes Central School  
Bejai, Mangaluru - 575 004

**LOURDES CENTRAL SCHOOL**  
Bejai, Mangaluru - 575004

An online session on  
**STRESS MANAGEMENT**

Class : XI A, B & C  
Date : Thursday 23.07.2020  
Time : 10.00 am  
Zoom id : 874 906 8978  
Zoom id: Password : 117015  
Resource person : Mr Sanjeeth Rodrigues

*(Rev. Fr Robert D Souza)*  
Principal  
Lourdes Central School  
Bejai, Mangaluru - 575 004

**LOURDES CENTRAL SCHOOL**  
Bejai, Mangaluru.

**Save Trees Save Earth**

**LCS VANAMAHOTSAVA - 2020**

*(Rev. Fr Robert D Souza)*  
Principal  
Lourdes Central School  
Bejai, Mangaluru - 575 004

**LOURDES CENTRAL SCHOOL**  
Bejai, Mangaluru.

**Bejai Case National Disease**

**LCS HEALTH WEEK - 2020**

*(Rev. Fr Robert D Souza)*  
Principal  
Lourdes Central School  
Bejai, Mangaluru - 575 004

**LOURDES CENTRAL SCHOOL**  
Bejai, Mangaluru - 575004

**Parent - Teacher  
Virtual Interactive Session  
July 2020**

Day & Date: Wednesday 01.07.2020

Class	Batch	Time
V A B	I	5.00 pm
V C D	II	5.30 pm
IV A B	I	6.00 pm
IV C D	II	6.30 pm

Day & Date: Thursday 02.07.2020

Class	Batch	Time
III A B	I	5.00 pm
III C D	II	5.30 pm

*(Rev. Fr Robert D Souza)*  
Principal  
Lourdes Central School  
Bejai, Mangaluru - 575 004

**LOURDES CENTRAL SCHOOL**  
Bejai, Mangaluru - 575004

**Parent - Teacher  
Interactive Session  
22 July 2020**

**CLASS IX - BATCH II**

Dear Parents of Class IXB, IXC - Batch II  
Greetings from Lourdes Central School!  
You are kindly requested to join for a virtual / online Parent - Teacher Interactive Session.

Day & Date : Wednesday, 22 July 2020  
Time : 4.30 p.m.  
Venue : Zoom Platform  
Zoom ID : 3691876315  
Password : biology

*Please attend.*

*(Rev. Fr Robert D Souza)*  
Principal  
Lourdes Central School  
Bejai, Mangaluru - 575 004

**LOURDES CENTRAL SCHOOL**  
Bejai, Mangaluru - 575004

**INDEPENDENCE DAY CELEBRATION - 2020**  
Theme: Self-Reliant India  
10<sup>th</sup> August 2020 - 18<sup>th</sup> August 2020

15<sup>th</sup> August is a day to celebrate our freedom and reiterate patriotism and love towards our country. On the occasion of India's 74<sup>th</sup> Independence Day, Lourdes Central School has organised various activities with the objective to create festive and patriotic mood and stronger involvement and participation of students in the Independence Day Celebrations.

**VIRTUAL CLASSROOM ACTIVITIES:**

DAY/DATE	PROGRAMME
Monday 10/08/2020	Significance of the day - All Teachers
Tuesday 11/08/2020	Speech (Struggle for India's Independence) by a student from each class for 3 minutes (Selected by Class Teacher)
Wednesday 12/08/2020	Patriotic Movie/Periodic Film
Thursday 13/08/2020	Role Play or Patriotic Song by students
Friday 14/08/2020	Take the Pledge/Play the video of the song
Saturday 15/08/2020	Virtual participation of students in Independence Day singing with family through Youtube link.

**GENERAL ACTIVITIES AT HOME:**

- KG I : Colouring National Flag
- KG II : Collage on Pantomim
- Classes I and II : Flag Making
- Classes III and IV : Card Making
- Classes V and VI : Tricolour Food Item
- Classes VII and VIII : Fruit and Vegetable Carving
- Classes IX and X : Painting - "Sovereignty and Freedom"
- Classes XI and XII : Independence Day Photography - "Theme: Freedom" (Should be clicked from the window or balcony of your home)

*(Rev. Fr Robert D Souza)*  
Principal  
Lourdes Central School  
Bejai, Mangaluru - 575 004

**LOURDES CENTRAL SCHOOL**  
BEJAI, MANGALURU

**TEACHERS' APPRECIATION WEEK - 2020**

"Teaching is a very noble profession that shapes the character, culture, and future of an individual. If the people remember not to forget Teachers that will be the biggest benediction for us!"  
- A. J. J. Amal Das

An unprecedented event, the COVID-19 pandemic has posed challenges to all the teachers in the teaching-learning process. But the whole teaching fraternity has proved the odds and is still managing the task to the best of their abilities and resources available. Only with the solid purpose of serving society, the need education to the students and ensuring that to every single student, we are believe that the society and the life of this noble profession is very "True Education".

**VIRTUAL CLASSROOM ACTIVITIES:**

DATE / DAY	PROGRAMME
01.08.2020 Tuesday	Day 1: Introduction - "Thanks for the day" (We are there for you!) All teachers to address the students using their respective parents and express their concern for the students and their important appreciation them.
02.08.2020 Wednesday	Day 2: "To my teacher with love" Students' words of appreciation for teachers (as constructed words of students) words of gratitude will be played during the first period by the subject teacher.
03.08.2020 Thursday	Day 3: "A tribute to the teacher" Appreciating Teachers with a Photo - A constructed video of students (posting a poem or tribute of the teacher) will be played during the first period by the subject teacher.
04.08.2020 Friday	Day 4: "THANK YOU TEACHERS" - A dedication to the teachers of knowledge Class IV students - Special Programme through a video dedicated for teachers. The pre-recorded video should be played during the first period by the subject teacher.
05.08.2020 Saturday	Day 5: "TEACHERS DAY - Celebrating the Noble Profession" Special video on teacher's day and students virtual writing at 4.00 pm. Special meeting to be held by the respective class teachers for their classes and subject teachers to join for the arrangements made (from 4.00 to 6.00 a.m.). LCS Management Programme Class of Teachers' Day 10.00 am onwards by the subject teacher.

Event Co-ordinators: Ms Deepa Chirukula  
Ms Jeeva Jose  
Ms Anjan Cerebra

*(Rev. Fr Robert D Souza)*  
Principal  
Lourdes Central School  
Bejai, Mangaluru - 575 004

**LOURDES CENTRAL SCHOOL**  
Bejai, Mangaluru - 575004

**Hindi Saptah - 2020 (HINDI WEEK - 2020)**  
"आचार्यका भारत की, हिंदी हम सब की"

**हिंदी सप्ताह - 14th, 15th, 16th, 17th, 18th, 19th, 20th SEPTEMBER**

होम विद्या के अलावा घर पर ही हिंदी भाषा के प्रति गौरव व्यक्त करने और हिंदी भाषा को सारा अर्थपूर्ण बनाने।  
आचार्य का विचारधारा (Virtual Classroom Activities)

**सप्ताह 1 से 5 की रचना**

दिनांक - दिन	कार्यक्रम - Activity
10-09-2020 गुरुवार (Thu)	विषय - 1: हिंदी भाषा का महत्व और हिंदी सप्ताह के माध्यम से हिंदी भाषा को सारा अर्थपूर्ण बनाने।
11-09-2020 शुक्रवार (Fri)	विषय - 2: डॉ. एच. जवाहर लाल नेहरू जी के भाषा विचारों के बारे में प्रस्ताव बनाने।
12-09-2020 शनिवार (Sat)	विषय - 3: डॉ. एच. जवाहर लाल नेहरू जी के भाषा विचारों के बारे में प्रस्ताव बनाने। (विषय-भाषा की सीमा)
13-09-2020 रविवार (Sun)	विषय - 4: हिंदी भाषा के विकास में योगदान देने वाले व्यक्तियों के बारे में प्रस्ताव बनाने।

**सप्ताह 6 से 10 की रचना**

दिनांक - दिन	कार्यक्रम - Activity
10-09-2020 गुरुवार (Thu)	विषय - 1: हिंदी भाषा का महत्व और हिंदी सप्ताह के माध्यम से हिंदी भाषा को सारा अर्थपूर्ण बनाने।
11-09-2020 शुक्रवार (Fri)	विषय - 2: डॉ. एच. जवाहर लाल नेहरू जी के भाषा विचारों के बारे में प्रस्ताव बनाने।
12-09-2020 शनिवार (Sat)	विषय - 3: डॉ. एच. जवाहर लाल नेहरू जी के भाषा विचारों के बारे में प्रस्ताव बनाने। (विषय-भाषा की सीमा)
13-09-2020 रविवार (Sun)	विषय - 4: हिंदी भाषा के विकास में योगदान देने वाले व्यक्तियों के बारे में प्रस्ताव बनाने।

Event Coordinators: Ms Henry Macdonald  
Ms Vanita Othappa  
Ms Anura Ferreira  
Ms Mini Kumar

**LOURDES CENTRAL SCHOOL**  
Bejai, Mangaluru - 575004

**CONSTITUTION DAY 2020**

Date : 26<sup>th</sup> November 2020 (Thursday)  
Venue : Zoom Platform  
Time : 1<sup>st</sup> Period

Constitution Day 2020 is a matter of national pride for all the Indians. It is also known as Samvidhan Divas. This day is celebrated on 26th November every year in India to celebrate the historical moment of the adoption of the Indian Constitution. On 26 November 1948, the Constituent Assembly adopted the Constitution of India and the day bears immense historical significance. However, the Constitution of India came into effect on 26th January 1950. Lourdes Central School celebrates Constitution Day 2020 to bring awareness on the importance of the Indian Constitution and its architect, Dr B.R. Ambedkar.

**Programme**

- Universal Prayer
- Thought for the Day
- Significance of the Day
- Song on Constitution
- Principal's Message
- The Preamble Pledge

*(Rev. Fr Robert D Souza)*  
Principal  
Lourdes Central School  
Bejai, Mangaluru - 575 004

Date: 23/11/2020

**LOURDES CENTRAL SCHOOL**  
BEJAI, MANGALURU - 575 004

**Gandhi Jayanthi Week 2020**  
151<sup>st</sup> BIRTH ANNIVERSARY  
28/09/2020 - 02/10/2020

Lourdes Central School celebrates the 151<sup>st</sup> birth anniversary of Mahatma Gandhi on 2<sup>nd</sup> October 2020. This is a day of significant remembrance and celebration. Mahatma Gandhi the "Father of the Nation" guided the destiny of the people of India. His message of love and peace, his principles of Ahimsa and truth and his motto of Satyameva Jayate are still relevant. Let us uphold what is true, good and beautiful and respect this "Gandhi Jayanti" of the 151<sup>st</sup> century which will be a source of pride to us.

**VIRTUAL CLASSROOM ACTIVITIES:**

DAY/DATE	PROGRAMME
Monday 28/09/2020	Significance of Gandhi Jayanti - By class Teachers for 5 minutes during 1 <sup>st</sup> and 2 <sup>nd</sup> periods.
Tuesday 29/09/2020	Speech (Gandhi Jayanti) by a student from each class for 3 minutes (Selected by Class Teacher).
Wednesday 30/09/2020	Contribution of Mahatma Gandhi - By a student from each class for 3 minutes (Selected by Class Teacher).
Thursday 01/10/2020	Pledge on Gandhiji Jayanti (Pay the video of the song).
Friday 02/10/2020	Virtual participation of students in Gandhi Jayanti celebration with family through school Youtube link at 8.00 a.m.

**GENERAL ACTIVITIES AT HOME:**

- 1.1. CELEBRATE GANDHI AT HOME - "Thank the Gandhis for the Truth" - Chorus is Yours. Clean your house and surroundings.
- 1.2. COMPETITIONS:
  - KG I : Devotion - Mahatma Gandhi
  - KG II : Singing (Gandhi Jayanti)
  - Classes I and II : Draw and colour a Gandhi
  - Classes III and IV : My Story of Gandhi - Essay Writing
  - Classes V and VI : Drawing - "Gandhi Jayanti"
  - Classes VII and VIII : Painting - "Gandhi Jayanti"
  - Classes IX and X : Design an e-card for Gandhi Jayanti (Send towards: Non-Residential)
  - Classes XI and XII : Gandhi Jayanti - Stamp Designing

*(Rev. Fr Robert D Souza)*  
Principal  
Lourdes Central School  
Bejai, Mangaluru - 575 004

Date: 23.09.2020

**LOURDES CENTRAL SCHOOL**  
BEJAI, MANGALURU - 575 004

**Subject Enrichment Project Making Competition**

**FOR TEACHERS**

1. There will be a project making competition for teachers on "Subject Enrichment Project Making". To improve student's ability to concentrate and make learning more meaningful, valuable and meaningful, the competition begins on 01 October and ends on 17th October 2020.
2. Competition is compulsory for all teaching staff.
3. To enhance and improve our students learning and study skills, you as a subject teacher must give them an extra step (one day) to your students through the online class. Specially, incorporating improvement in your subject and to make learning easy.
4. If you do not get a class every day you can release more points according to the priority of classes and if you are teaching more than one subject your points may be put together and combined.
5. A poster has to be prepared by the teachers during the time period - 1<sup>st</sup> October to 17<sup>th</sup> October on the date (a minimum of 10-12 points, based on the priority of your subject and the students' level). Take a picture and send to your personal portfolio. Your class must be sent or brought to school on or before Thursday 23<sup>rd</sup> October. The poster will be given to the class teacher.
6. Categories for assessment of the competition and prize, (best and third prize) will be awarded in each category:
  - a. Class I - II
  - b. Class III - IV
  - c. Class V - VI
  - d. Class VII - VIII
  - e. Class IX - X
  - f. Class XI - XII
7. Criteria for assessment:
  - a. Creativity (10% of the total score)
  - b. 10 to 12 points on the date must be shown
  - c. Creativity and attractive class must be shown
  - d. Points may be given to the class teacher
  - e. Points may be given to the class teacher
8. Your registration number must be displayed on the top left side of your poster in BOLD (No need to be written).

Committee Members: Vice Principal (Co-ordinator)  
Ms Anjana Sankaran  
Ms Anura Lobo

*(Rev. Fr Robert D Souza)*  
Principal  
Lourdes Central School  
Bejai, Mangaluru - 575 004

Date: 05/10/2020



**LOURDES CENTRAL SCHOOL**  
BEJAL, MANGALURU - 575 004

**CHRISTMAS / NEW YEAR**  
**THE HOPE OF RESILIENCE 2020**  
22nd December to 24th December

**Dear Lourditas**  
"Christmas is a season for handling the fire for hospitality in the heart, the general flame of charity in the heart."  
- Washington Irving

Christmas is the festival of peace, joy, hope and love. It's a chance to get into Christmas spirit to spread happiness, joy and song and it is also a chance to share happiness with the unprivileged. Jesus teaches us that the world will be a better place if we share love and joy. May this year be more promising than the year before. Let's forget the pain, hatred, fear and worry and all the negative things that happened this year, not just for this day but forever... It's time to move on. As a Lourdes family let's come together and celebrate, involving ourselves in various activities and thank God for all the blessings this year. Spread the happiness all around you. It's Christmas. Let's all be a Christmas light by illuminating others life with kindness, patience, joy and generosity.

**A. VIRTUAL CLASSROOM ACTIVITIES:**

DATE	PROGRAMME/ACTIVITY (To be conducted in the 1 <sup>st</sup> period)
22/12/2020 TUESDAY	Day 1: Introduction - Christmas: The Hope of Resilience A Season of Resilience, Love and Hope
23/12/2020 WEDNESDAY	Day 2: The Christmas Carol Carol Singing, Christmas Poems Recitation of Jesus Our Saviour & Gift of New Year
24/12/2020 THURSDAY	Day 3: Christmas Feast Let's fill the world with joy in the true spirit of Christmas

**Get Ready For A Surprise Event**

**LOURDES CENTRAL SCHOOL**  
Bejal, Mangaluru - 575 004

**REPUBLIC DAY 2021**  
**75<sup>th</sup> REPUBLIC DAY**

**Dear Lourditas**  
India celebrates its 75<sup>th</sup> Republic Day on 26<sup>th</sup> January 2021 honouring the historic date when the country completed its transition towards becoming an independent Republic after the Constitution came into effect on 26<sup>th</sup> January 1950. The new constitution was drafted by the drafting committee headed by Dr B.R. Ambedkar. Lourdes Central School celebrates Republic Day with great pride and zeal to honour the Constitution of independent India with cultural events, stamping, projects, and more.

**1. VIRTUAL CLASSROOM ACTIVITIES:**

DAY / DATE	PROGRAMME
Monday 23/01/2021	Contribution of Dr B.R. Ambedkar - To be delivered by a student selected by class teacher during CPV/Video on Making of the Constitution
Tuesday 24/01/2021	Virtual participation of students in Republic Day Celebration with flag hoisting YouTube link at 8:00am

**2. GENERAL ACTIVITIES AT HOME:**

KG and K9: Floral Design  
Classes I and II: Lathi Art Work  
Classes III and IV: Clay Modeling  
Classes V and VI: Pot Making  
Classes VII and VIII: Design Catcher  
Classes IX and X: Slogan Writing  
Classes XI and XII: Caricature

General Instructions: Date of commencement: 16<sup>th</sup> January 2021  
Last date for submission: 22<sup>nd</sup> January 2021  
All activities to be submitted to the class teachers (only in image or JPG format)  
Prize winners will be awarded E-Certificates

**K9 and K10: Floral Design**  
Instructions: 1. Rangoli with flower petals.  
2. For tracing on cardboard.

Criteria	Creativity and Originality	Colour Combination	Overall Presentation	Total
	4	4	2	10

**LOURDES CENTRAL SCHOOL**  
BEJAL, MANGALURU - 575 004

**FEAST OF OUR LADY OF LOURDES**  
**COLLECTION DRIVE**

**10<sup>th</sup> February & 11<sup>th</sup> February 2021**  
**"For it is in giving that we receive"**

The Feast of Our Lady of Lourdes, our patroness, has always been an occasion for the Lourditas to contribute their mite to the society. This year when all of us are suffering the effect of the pandemic, there are many in the society who need our help and kindness. So, let us open our hearts and do our bit to make a difference to the community.

LCS encourages all the students to be benevolent and sensitive towards the needy around us, and make the collection drive a successful one.

**Items that can be shared**  
1. Anari (5 Kg bag)  
2. Dal and Atta (1 Kg)  
3. Sugar and Tea powder (1 Kg)

PRINCIPAL (Rev. Fr Robert D'Souza) Date: 05.02.2021

**LOURDES CENTRAL SCHOOL**  
BEJAL, MANGALURU - 575 004

**FEAST OF OUR LADY OF LOURDES**  
11th February 2021  
**5<sup>th</sup> February to 8<sup>th</sup> February**  
For KG to Class V

**Dear Lourditas**  
Our Lady of Lourdes be our comfort, hope, strength and consolation.  
More than one hundred and fifty years ago, on 11th February 1858, the Blessed Virgin first appeared at the Grotto of Massabielle, Lourdes, to a young girl by the name of Bernadette. Since then Lourdes has become a place of pilgrimage and many cures. What a beautiful gift given to us from Heaven, the Immaculate placed her feet on the Grotto and there came forth a fountain of grace and healing for all humanity.  
As the Lourdes family let's come together and celebrate, involving ourselves in various activities and thank Our Lady of Lourdes for all the blessings this year.

**Fun Activities to be Done at Home: For KG to Class V**  
Prize winners will be awarded E-Certificates

**COMPETITIONS:**

1. KG & K9 & 10	Artistic Calligraphy	OR	Photo Frame
2. CLASS I & II	Paper Bags	OR	Photo Frame
3. CLASS III	Flower Vase	OR	Photo Frame
4. CLASS IV & V	Creating miniature Grotto of Our Lady of Lourdes	OR	Photo Frame

A miniature model of Lourdes Central School

**LOURDES CENTRAL SCHOOL**  
Bejal, Mangaluru - 575 004

**SUBJECT ENRICHMENT ACTIVITY - TERM II**  
CLASSES I - VI (ENVIRONMENTAL ACTIVITY)  
SOCIAL SCIENCE EXHIBITION - (VIRTUAL MODEL MAKING)

**Dear Lourditas**  
Date: 12/11/2020

**Aims and Objectives:**

- To apply what the students learn.
- To encourage creative thinking and provide personalization skills among students through their designed models.
- To showcase the talents of students.
- To develop creative skills through a life of projects.
- To inculcate the feeling of ownership.

CLASSES	THEME
I	Cities
II	My Hobbies
III	Landforms of India
IV	Forms of India Culture and Heritage/Name of the States
V	Great Indian Festivals
VI	Great Indian Cities
VII	Human Environment - Settlement, Transportation
VIII	Artistic Model

**General Instructions:**

- The size of the model should not be less than 10" x 10" (approximate).
- Materials to be used: 1) Paper, 2) Cardboard, 3) Glue, 4) Scissors, 5) Colours, 6) Stickers, 7) Thread, 8) Paper, 9) Clay, 10) Plastic, 11) Wire, 12) Cotton, 13) Paper, 14) Cardboard, 15) Glue, 16) Scissors, 17) Colours, 18) Stickers, 19) Thread, 20) Paper, 21) Clay, 22) Plastic, 23) Wire, 24) Cotton, 25) Paper, 26) Cardboard, 27) Glue, 28) Scissors, 29) Colours, 30) Stickers, 31) Thread, 32) Paper, 33) Clay, 34) Plastic, 35) Wire, 36) Cotton, 37) Paper, 38) Cardboard, 39) Glue, 40) Scissors, 41) Colours, 42) Stickers, 43) Thread, 44) Paper, 45) Clay, 46) Plastic, 47) Wire, 48) Cotton, 49) Paper, 50) Cardboard, 51) Glue, 52) Scissors, 53) Colours, 54) Stickers, 55) Thread, 56) Paper, 57) Clay, 58) Plastic, 59) Wire, 60) Cotton, 61) Paper, 62) Cardboard, 63) Glue, 64) Scissors, 65) Colours, 66) Stickers, 67) Thread, 68) Paper, 69) Clay, 70) Plastic, 71) Wire, 72) Cotton, 73) Paper, 74) Cardboard, 75) Glue, 76) Scissors, 77) Colours, 78) Stickers, 79) Thread, 80) Paper, 81) Clay, 82) 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# CONGRATULATIONS

## TO THE YOUNG ACHIEVERS OF LCS



**Anagha Rajesh**

of Class V won 2 Gold & 1 Silver Medal in State Level Professional Inline Skating Competition.



**Jaydon Ezechiel Baptist**

of Class V won State Level Kannada Prabha - Kiriya Sampadaka Award (The Young Editor Award) and secured First place in National Level Hindi short virtual Story Telling Competition.



**Shreya Arbi**

of Class IX won State Level Silver Medal in 80m Hurdles.



**Janvi Hegde**

of Class X A won High Commendation in RAVN MUN Cochin chapter.



**Amith Winston Colaco**

of Class IX secured First Rank in State Level Camp (Level-II) Examination of Vidyarthi Vigyan Manthan - India's Largest Science Talent Search for New India, using Digital Devices.



# WINNERS OF THE NATIONAL AND STATE LEVEL SPELL BEE COMPETITION - 2020-21



**Nathan John**  
Class II  
National - 60<sup>th</sup> Rank  
State - 40<sup>th</sup> Rank



**Nidhi Sarah John**  
Class VI  
National - 17<sup>th</sup> Rank  
State - 6<sup>th</sup> Rank



**Pranav Ajit**  
Class I  
National - 29<sup>th</sup> Rank  
State - 11<sup>th</sup> Rank



**Mahanth Sankara Subbu**  
Class I  
National - 32<sup>nd</sup> Rank  
State - 21<sup>st</sup> Rank



**Pranamya P Kotain**  
Class I  
National - 41<sup>st</sup> Rank  
State - 35<sup>th</sup> Rank



**Adithya Nishant**  
Class V  
National - 50<sup>th</sup> Rank  
State - 33<sup>rd</sup> Rank



**Purnami Suresh**  
Class I  
National - 59<sup>th</sup> Rank  
State - 58<sup>th</sup> Rank

## STATE LEVEL COMPETITION AWARDEES FOR EXCELLENT PERFORMANCE



**Nidhi Noronha**  
Class IX



**Keith Thomas D'Souza**  
Class V



**Samprit Sanchin Khambadkoni**  
Class V



**Ali Imran Ibrahim**  
Class I



*Best wishes from:  
Manager, Principal, Staff & Students*



# Picassos in the making



Parikshith X C



Pira Gowri Rao IV A



Pradhan P Shetty



Pranjal V B



Pratham Rao IX A



Prem Sai IV C



Pruthvij Vijay Suvarna



Ravuri Nagasai Sanjana VII A



Ravuri Nagasai Sanjana VII A



Ridhi Chowta VI A



Rishel Pereira V A

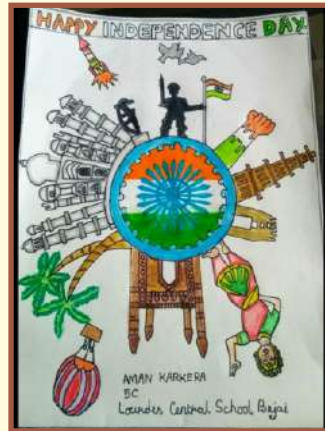


Riya Lobo VII A





Aishwarya K IV B



Aman Karkera V C



Amogh Immanuel Pinto IV



Angeline Shinoj III C



Ansh Kunder B



Ansh R Shetty I C



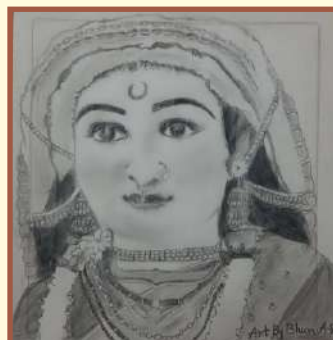
Anvith Rai II B



Ashni D Anchan IV D



Anushka Ganiga VI A



Bhuvi VII C



Bhoomika V B





Chaitali M K VI C



Chalita Bhat VI B



Chris Pinto VII D



Cleon Jayden Satyamitra II A



Damien Pinto III B



Darsh Hegde I B



Delisha Andrea D'Souza II C



Dishita Shetty IV B



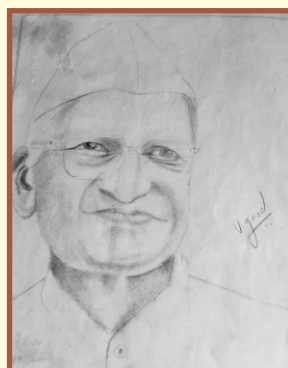
Diya N Yashodhar



Drishika Shetty VII A



Emily Rodrigues VI B



Grisha Shahri



Dhanvith G K V C





Hugh Abner Rasquinha I A



Jenisha P II B



Joanna Anaya Kinder I B



Joanna Sara Eldho



Kanishka Ashok IV C



Anusha Nayak VI A



Muhammad Eiesa V D



Mohammed Rayyan II D



Muhammad Eiesa V D



Minaal Anabel Rodrigues VIII D



Ninad K IV C



Pareekshith U P VI D



Rohit I A



Saanvi T R IV A



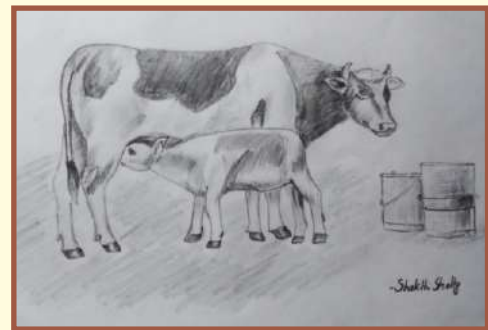
Saanvi T R IV A



Sakshi IV D



Vaishnavi K S



Shakthi Shetty VII A



Shreya J Amin VIII A



Suman D Hegde IX C



Shravya Rao M R IV D



Shreya Hegde VI A.



Shahadat II D



Shannon Joel II A





Vraddhi V Jain VII A



Tanvi V



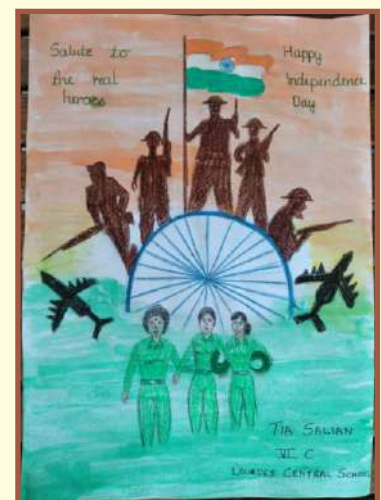
Chris Pinto VII D



Vaisha



Swathi K XI A



Tia Salian VI C



Drishika



Ravuri Nagasai Sanjana VII A



Zuha S khan VII B



*LCS Noticeboard showing details.....*





Lourdes Central School progresses steadily with the latest technology to keep abreast with modern times. The school is equipped with the following facilities:



**Kindergarten Section**



**Play Ground**



**School Transport**



**Chemistry Lab**



**Biology Lab**



**Physics Lab**



**Computer Lab**



**Library**



**Medical Room**



**Smart Class**



**School Canteen**





**Remedial Education**



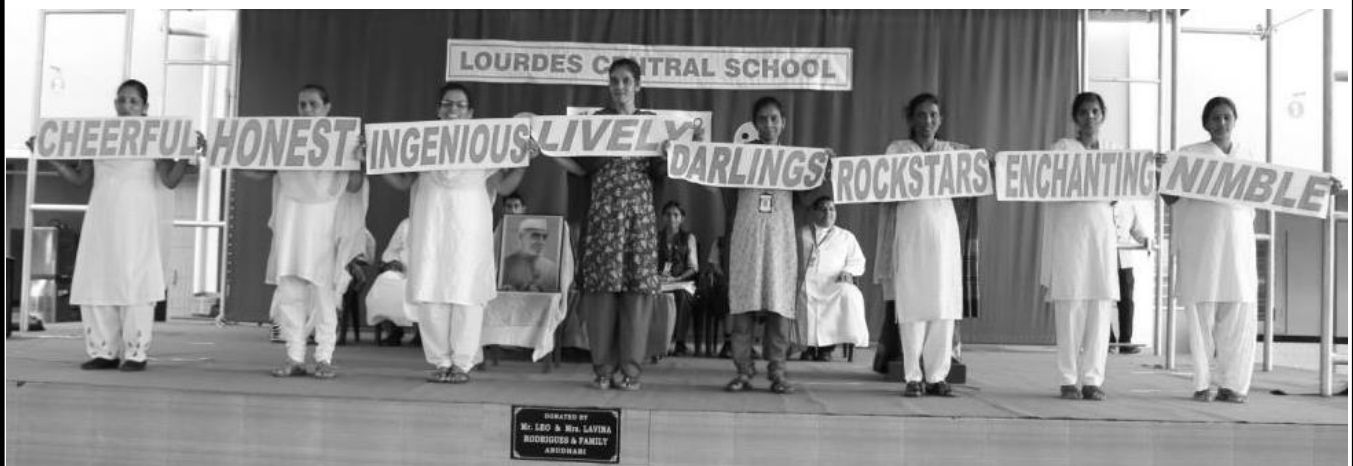
**Audio-Visual Room**



**Art Room**



**Counselling Services**



**Lourdes Central School Support Staff**



**Peace Through Knowledge**



## ANNUAL REPORT

Greetings from Lourdes Central School, Rev. Dr John Baptist Saldanha, Manager, members of the Management Committee, PTEC, Rev. Fathers, Rev. Sisters, media persons, dear parents, staff and students.

On behalf of the management, staff and students, it gives me immense pleasure and profound joy to present the annual report of Lourdes Central School for the year 2020-2021.

Lourdes Central School was established by the visionary Late Rev. Fr Bernard L D Souza in 1999 and withstood the test of time and emerged as a prestigious institution of Dakshina Kannada.

**School Profile:** The School is in its 22nd year with a teaching staff strength of 71, non-teaching staff of 30 and student strength of 2011, is striving for excellence by giving importance to both academic and human excellence and moral values. The greatest asset of our school lies in our supportive parents and our committed staff.

The new academic year 2020-2021 began on 1st June 2020. Due to the Pandemic, students were all excited to be introduced to the virtual classes after the summer break. On the **opening day** the students were welcomed by the teachers to begin the journey at LCS.

**Annual Results:** We secured 100% results in Class X CBSE Board Examination held in March 2020. Out of the 143 students who had appeared for the exam, 72 students passed with distinction, 64 students with First class and 7 students with Second class.

We also secured 100% results in Class XII CBSE examination held in March 2020. Out of the 87 students who appeared for the exam, 38 students secured above 90%, 31 students scored above 80%, 15 students above 70%, 2 students above 60% and 1 student above 50%.

**World Environment Day** was celebrated on 5th June 2020 by conducting an awareness programme on "Celebrate Biodiversity" through E-learning for the students.

On 13th June 2020, we celebrated **the 75th Birthday**, the Platinum Jubilee of our **Manager Rev. Fr Wilson L. Vitus D Souza** with our staff members in a delightful yet modest way.

**Vanamahotsava** was celebrated on 11th July 2020. The project 'Save Trees Save the World' was inaugurated. The Principal and Vice Principal planted a sapling to mark the beginning of the Vanamahotsava Week.

A '**Plantation Drive**' was organised in the school campus with the staff present and all students and staff through virtual classes took an oath to protect nature.

The **Parent-Teacher Interactive Sessions** were held for Kindergarten to class XII. Elaborate plan of academic and co-curricular activities were presented.

**Career Guidance:** A Session was held for class XI on 22 July 2020 by Ms. Daphne Norma Crasta, a clinical embryologist who is currently completing her PhD in Kasturba Medical College, Manipal and Ms. Demina Rao, an architect, who graduated from Ramaiah Institute of Technology, Bangalore briefed the students about how their choices can impact their future.

**Stress Management:** A session was held on 23rd July 2020 for class XII by Mr Sanjeeth Rodrigues. He spoke about stress, its different types and effect on the body, and how to manage it. For class XI students, valuable inputs were given on the importance of stress management and having a healthy mind, which in turn contributes to a healthy body.

A session was held for class X on 1st March 2021. The session included essential topics like time management, study skills, stress management and the importance of mindfulness etc.

A heart touching **farewell** was organized by the staff on 25th July 2020 for the esteemed Fr Manager Rev. Fr Wilson L Vitus DSouza in the School Audio Visual room. The Principal, Rev. Fr Robert DSouza expressed his utmost gratitude to Fr Manager through a heart-warming address, where he said that he experienced a great deal of simplicity, humility and benevolence from Fr Manager's guidance as he worked closely with him.

With all smiles, Lourdes Central School **welcomed its leader Rev. Dr John Baptist Saldanha, the New Manager** to the LCS family on 31st July 2020. The Principal, Rev. Fr Robert DSouza gave a bird's eye view on all the happenings at Lourdes Central School and introduced the new manager to the gathering. He said, LCS is privileged to have an eminent and accomplished leader in Rev. Dr John Baptist Saldanha, and wished him good luck for his future with abundant blessings on behalf of the entire Lourдите family.

The **Health Week** was observed from 3rd to 9th August 2020, based on the theme “**Be at Ease Without Disease**”. Videos and sessions by Professional doctors were conducted during the virtual classes.

A webinar on **NEP 2020** was organized on 18th August 2020 by Mr Praveen Kumar Sayyaparaju, Deputy CEO & Head – Education at Swami Vivekananda Youth Movement through the Zoom virtual platform, for the benefit of the teachers.

A **day of recollection and prayer** was organised by Rev. Dr John Baptist Saldanha, Manager and Rev. Fr Robert DSouza, Principal on Saturday, 22nd August 2020 to offer prayers in time of the pandemic for the suffering world and to bring a change for the good of the people.

**Teachers' Day** was celebrated in Bejai Church Hall on 5th September 2020 with great zeal and joy. The Very **Rev. Dr Ronald Serrao** released the school magazine, 'The Lourдите'. He addressed the gathering and said that teaching is a noble profession and highlighted that a teacher must be a good human being to be a beacon of light to students. They must be quick to appreciate and slow to condemn, have a dream and make students dream of a better society.

The **Hindi Week** was observed from 10th September to 14th September 2020 through virtual platforms. In connection with this, various competitions and activities were conducted.

A **Teachers' Subject Enrichment Poster Making Competition** was held for the Teachers on 23rd October 2020 to bring out the creativity in them highlighting tips to help students score better in exams.

**Children's Day** was celebrated on 14th November 2020 with the purpose to commemorate the birth anniversary of our first Prime Minister, Pandit Jawaharlal Nehru, and his affection towards little children.

The **Science Exhibition** was inaugurated by Fr Principal on 17th November 2020 with a beautiful experiment and in his key note address he motivated the students to inculcate the thirst for science and to participate enthusiastically in all activities.

The **Social Science Exhibition** was held on 21st November 2020 for classes I to VIII. The Exhibition showcased various projects and models prepared by the students as a part of their project-based learning methodology through virtual classes.

The **LCS Sports Week** - “Fitness during Pandemic” was organised virtually from 1st to 5th December 2020. The aim of celebrating the sports week was to engage the students in competitive activities, promoting sound health, safety and physical fitness.

A **seminar on Inter Disciplinary Activity** was held on 30th December 2020. The Resource Person, Ms Usha Vardhajan began the session highlighting on learning by doing constructive and multidisciplinary theory. She said that learning is an active and engaging process entailing the 5 E's – Engage, Explore, Explain, Elaborate and Evaluate.

**Re-opening Day** - The students of classes X and XII of the academic year 2020-21 were given a grand welcome back to school on 6th January 2021, following COVID protocols. To motivate them on their coming back to school after the pandemic, a talk on **positivity** was held on 7th January 2021. Classes IX and XI were welcomed back on 27th January 2021.

The **Founder's Day** was celebrated in LCS with great ardor on 4th February 2021. The joy doubled when the **students of classes VI to VIII were welcomed back** to school on the same occasion, following COVID protocols.

The entire Lourдите family observed the '**LCS Day of Preparation**' on 27th February 2021. It was a call



to all Lourdites to gear up and be prepared. Thus, all students organised their study tables, time tables, note books and started with preparations for the Final Examinations.

The **Open House** for the results of Pre-Board I of classes XII and X was organised on 13th and 15th February 2021 respectively, following all COVID protocols. Parents accompanied their wards to meet the teachers. Most of the parents appreciated the school and the teachers for systematically continuing with the online classes even during the pandemic.

On 29th March 2021, we celebrated **the Birthday**, of our dynamic **Principal, Rev. Fr Robert Dsouza**, a priceless treasure to us. We thanked him for making this school a productive and happy place for learning with his innovative ideas and micro planning.

**Jyothi Pradhan** was held on 9th April 2021 for the students of classes X and XII. The outgoing students with their parents were present following the COVID protocols and SOPs.

**Anti-Tobacco Day** was celebrated to spread awareness on protecting the youth from industry manipulation and preventing them from tobacco and nicotine use.

#### **Our school gives a lot of prominence to National Festivals:**

The **74th Independence Day** was celebrated with great enthusiasm at LCS school grounds.

'**Gandhi Jayanti**', the 151st birth anniversary of Gandhiji was celebrated on 2nd October 2020. Remembering yet another great leader Lal Bahadur Shastri, the second Prime Minister of India was appraised by the audience on his contribution to the nation. Students pledged to keep their home, school and their surroundings clean. During the week too, students were encouraged to clean their homes and surroundings under the cleanliness drive – 'Thrash the Cans or Can the Thrash'.

**Constitution Day**, the 71st anniversary of the adoption of our Constitution also known as Samvidhan Diwas was celebrated on 26th November 2020.

The **72nd Republic Day** was celebrated on 25th January 2021. The students of classes X and XII were present to witness the programme.

**Ambedkar Jayanti:** To mark the 130th birth anniversary of **Dr Bhim Rao Ambedkar**, the Founding father of the Republic of India, a short programme was organised on 14th April 2021.

**Cultural and Religious festivals:** celebration of **Monti Fest** was held on 5th September 2020. The school lobby was decorated with beautiful motifs of the feast of our Lady, adorning the bulletin boards.

**Diwali**, the festival of lights, was celebrated very meaningfully.

**Christmas** is not only a celebration of sweets and Santa but is truly a festival of helping our neighbour. Lourdes Central School always has a soft corner for the people affected with adversity. Our School Community of Van and Auto drivers who help our Lourdites commute to school are severely hit by the closure of schools. Hence, the Management gave a contribution of mite to a total of 75 drivers in the form of 'food kits' which would be of use to the entire family.

The **Feast** of our school patroness, **The Lady of Lourdes**, was celebrated on 11th February 2021. The **Foundation Stone** for the extension of the school building was blessed by Msgr Lawrence Maxim Noronha, Vicar General of Mangalore Diocese. It was a momentous occasion for the entire Lourdite family.

**Collection Drive:** To commemorate the occasion, the school conducted a collection drive where items of daily use and grocery items like Rice, Daal, Atta, Sugar and Tea powder were collected. The staff and students contributed their mite to the underprivileged of the society and the items collected were then distributed to various families in need, particularly in and around Bejai.

**Several Inter-School Competitions** were also held during the academic year 2020-21 and we have many students who have brought laurels to our school and for themselves too.

Our students Anagha Rajesh won 2 gold and 1 silver medal in the State Level Professional Inline Skating competition. Shreya Arbi won the State Level Silver Medal in 80m Hurdles.

Dear parents, we thank you for your help and support to LCS. Thank you one and all for your love and service for the development of LCS.

Thank you.

# *Activities conducted...*

## **LOURDES MELODIES - Sing for Healing - LCS Family Singing Contest**

A time to bring about families together during the pandemic a competition Lourdes Melodies was organised on 22nd May 2020 for the entire school to sing in English or Hindi language. The participants were given participation certificate.

## **NATIVES AND IMMIGRANTS, TEACHER'S JOURNEY INTO ONLINE TEACHING**

Depending on last year's academic scenario and the teacher's ability to access technology, most of the teachers all over the globe found themselves in the role of digital immigrants and the students as digital natives. The 2019 pandemic persuaded the teachers to move out of the traditional way of classroom teaching to online teaching.

The Lockdown continued to cripple all activities and so was the new academic year 2020-21. We teachers had to learn and re-learn and get familiar and acquainted with the new e-platforms to get closer to students. We had to wrack our brains to become techno savvy and also got the opportunities to experiment with various apps like Zoom, Google Meet, Google Classroom, Webex, Flip grid, WhatsApp and the like.

The best was chosen for the students and the new journey of teaching students through Zoom app commenced from May. The struggle to fit into a whole new package is worth mentioning. The nervousness in the initial days, the numb fingers every now and then clicking to a wrong icon, the blank screen, network glitch, the noises echoing from the various rooms, the muted audio and the blank video, the native corrections to the immigrants, the list goes endless.

All said and done, the transition to online teaching gained a whole load of appreciations from the parents and well wishers.

When the whole world suffered, the learning of the students and the teachers was never hampered. The teachers continued instilling knowledge to their students, share screen, allowed the students to study the videos and materials at their own pace, explored all the ways for content delivery, held interactive sessions with the parents and guardians, live- streamed the main celebrations in school and conducted seminars, projects and tests on the new platform.

When the world came to a standstill, we teachers continued teaching the young minds with the technology at our disposal.

Nobody clapped for us from the balcony, nor any one lit a candle but we unlocked our passion, attempting different ways to reach out to our students, instilling hope that anything is possible and we have to be prepared, thinking out of the box no matter what comes our way, we will stay connected and bring smiles on our students' and their parents' faces.

## **WORLD ENVIRONMENT DAY**

World Environment Day was celebrated on 5<sup>th</sup> June 2020 by conducting awareness programme on "Celebrate Biodiversity" through E- learning for the students.

Biodiversity is the variation of Earth's terrestrial, freshwater, and marine species, as well as their habitats. It is vital to the survival of all life on earth and is also the cornerstone for the goods and services of the environment that allow human societies to thrive. It provides us with food, water and resources as well as services such as climate control, pollination, flood mitigation and cycling of nutrients.

Ecosystems are relying on all parts from the smallest bacteria to the largest vertebrate. Some are producing oxygen that others are breathing. Some provide food for larger species, which in turn become prey to even larger species. Every living organism has a role to play in the maintenance of balance. It is important that we are very sensitive to environment related problems.

## **PLATINUM JUBLEE CELEBRATION OF FORMER MANAGER REV. FR WILSON L VITUS D'SOUZA**

Rev. Fr Wilson L Vitus D'Souza, our School Manager's 75 birthday, the Platinum Jubilee Celebration was held on 13th June 2020 in a delightful way. The programme began by invoking God's blessings.



The Vice Principal, Ms Belita Mascarenhas welcomed the gathering and thanked Fr Manager for his unceasing and yeoman service done for so many years in the vineyard of the Lord. On behalf of all the staff members, she wished him luck and good health for his coming years. The Principal, Rev. Fr Robert D'Souza, wishing Fr Manager on his Platinum birthday, highlighted some unique facts about him, his wonderful attitude and the tremendous work he did for LCS and wished him good health, peace and joy throughout his life.

The staff members also spoke a few lines, drawing attention to Fr Manager's loving and generous nature which had an impact on each one of them. They also wished him and thanked him for being "Our Father Manager" which was really a touching moment for one and all. Later, the staff greeted him with a melodious birthday song and each one wished him luck and implored his blessings too. The occasion was indeed a memorable one.

### **VANAMAHOTSAVA - 'SAVE TREES SAVE THE WORLD'**

As a part of Virtual Class Room activities introduction of Vanamahotsava was held on 6<sup>th</sup> July 2020 followed by a talk on the importance of the day. Motivational videos on environment were shown to the students during the week. General activities at home were also given to the students. All the activities helped the students to be an ambassador for a greener environment. The students and teachers during the virtual classes took an oath to protect nature.

The Finale of LCS Vanamahotsava was celebrated on 11<sup>th</sup> July 2020. The programme started with a prayer led by Mr Rohan Sequeira and a song on "Plant a Tree and Save the Earth" composed by Mr Ivan Mascarenhas.

Mr Praveen Pinto highlighted the importance of Vanamahotsava in Kannada and encouraged everyone to take care of the environment, respect natural resources and protect humanity.

Mrs Belita Mascarenhas, the Vice Principal briefed about the importance of the day – **Laudatosi** (Praise Be to You) the second encyclical of Pope Francis which invites all to be environment friendly.

The Principal Rev. Fr Robert D'Souza enlightened the immense importance of plants and trees in our life. He stated that we are fully dependent on them as they can survive without us but we cannot survive without plants. Hence it is our bounden duty to nurture nature. He thanked the students and parents for planting saplings at home and keeping Vanamahotsava active in their homes. The Principal, Vice Principal, and the lead teachers of Class I and II planted a sapling.

The programme was compered by Ms Saira Pinto and Ms Leena Sequeira expressed the words of gratitude to all the members of Lourдите Family for making the LCS VANAMAHOTSAVA WEEK a grand success.

### **PARENT-TEACHER VIRTUAL INTERACTIVE SESSION**

Parent-Teacher Virtual Interactive Session for Classes VI to X was held class wise on 22nd July 2020.

Class-teachers hosted individual sessions and Fr Principal chaired and attended all the sessions.

The Principal, Rev. Fr Robert D'Souza addressed the parents and appreciated them for the support they rendered to their wards for online classes. He advised them to face the challenges of the pandemic boldly and assured them that the teachers are always ready to render any help to their wards who could approach their teachers whenever needed. He ensured that if anything is missed out during the virtual classes, will be taken care of when the regular classes begin. The Principal congratulated the students of classes X and XII batch for their splendid results in the Board Examination. He also advised students to have physical relaxation in between each virtual class.

The parents highly appreciated the Principal and the teachers for initiating the online classes in time and for putting in the extra effort to make teaching-learning process stress free.

### **CAREER GUIDANCE - CLASS XI**

A virtual career guidance session was organized on 22nd July, 2020 for class XI. Career decisions play a crucial role in shaping an individual's future. Ms Sharmila Colaco welcomed the alumni of Lourdes Central School 2009 batch, Ms Daphne Crasta and Ms Demina Rao. Ms Daphne, a clinical embryologist who is currently completing her PhD in Kasturba Medical University, Manipal and Ms Demina, an architect, who graduated from Ramaiah Institute of Technology, Bangalore briefed the students about how their choices can impact their future.

## **STRESS MANAGEMENT - CLASS XI & CLASS XII**

To make online learning stress free and relaxing, a session on “Stress Management” was conducted for the students of class XI and XII by Mr Sanjeeth Rodrigues on 23rd July 2020. Mr Sanjeeth Rodrigues – M.Sc. (counseling/psychology) and founder of “Mind over Matter”, spoke about stress, the different types of stress, its effect on the body and how to manage it. He also gave valuable inputs to the students on the importance of stress management and having a healthy mind, which in turn, contributes to a healthy body. There was an active interaction where students raised their doubts fearlessly and the speaker clarified them well. The fruitful session enhanced self-awareness and positivity among students motivating them to face the challenges in life by practicing the methods set by the speaker.

## **LOURDES CENTRAL SCHOOL BIDS “ADIEU” TO THE BELOVED MANAGER, REV. FR WILSON VITUS D'SOUZA**

A heart warming farewell was organized by the staff on 25<sup>th</sup> July 2020 for their esteemed Fr Manager Rev. Fr Wilson L. Vitus D'Souza in the School Audio Visual Room. The Vice Principal, Ms Belita Mascarenhas in her encomium spoke about the various aspects of Fr Manager and wished him Stroke of luck for his future with an abundance of blessings on behalf of the entire Lourдите family.

The Principal, Rev. Fr Robert D'Souza expressed his deep gratitude to Fr Manager for the immeasurable work done for the school. To acknowledge the same, an impressive citation was read out by Ms Shaila Pereira and presented to Rev. Fr Manager, which encompassed all his entirety. Fr Manager specified on the occasion that his six years in Lourdes Central School as Manager have been a learning experience and enjoyable one, working for the school and the children. He reminded us that the school was a place where people of all faiths came together to learn despite their myriad back grounds. He asked all to pray and continue the good work done. The staff sang a beautiful 'Adieu' song to show love and appreciation to their beloved Fr Manager and to make the event a memorable one.

The Assistant Parish Priest, Fr Vinod Lobo was felicitated for his services rendered at Bejai Church. Ms Saira D'Souza in her words of gratitude thanked Mr Michael Saldanha, the retired school security personnel and appreciated his dedicated services.

## **WELCOME TO REV. DR JOHN BAPTIST SALDANHA, MANAGER LCS**

**“If your actions inspire others to dream more, learn more, do more, and become more – then you are a leader.”**

With all smiles, Lourdes Central School welcomed its leader Rev. Dr John Baptist Saldanha, to the Lourдите family on 31st July 2020.

A warm welcome was rendered by Vice Principal Ms Belita Mascarenhas followed by a joyous and melodious welcome song by the staff members.

The Principal Rev. Fr Robert D'Souza gave a bird's eye view on all the happenings at Lourdes Central School and introduced the new Manager to the gathering; He said LCS is privileged to have an eminent and accomplished leader in Rev. Dr John Baptist Saldanha. On behalf of the students, parents and staff, the new Manager was felicitated by the Principal and the staff.

In his presidential speech, Rev. Dr John Baptist Saldanha asked the teachers to march forward with the new mission following all government rules and National Education Policy. He also asked the teachers to respect each child for their uniqueness. He asked the teachers to be productive and in turn contribute towards nation building. He expressed his wish to make Lourdes Central School a model school in entire South Canara for its value based education and holistic approach.

We the LCS family wish Fr Manager good luck and all the best for his future endeavours. We hope that with your energy, enthusiasm, and focus on education, may our institute reach the next level of glory.

## **HEALTH WEEK**

The school organised LCS Health Week from 3<sup>rd</sup> to 9<sup>th</sup> August 2020, based on the theme “Be at ease without disease” with the objective to develop health conscious attitude, promote healthy living through balanced diet, physical exercises and meditation. The Principal, Rev. Fr Robert D'Souza in his introductory note insisted that



students should work towards good health by following healthy habits and consuming nutritious food. Ms Belita Mascarenhas, the Vice Principal, encouraged the students to follow a diet that included veggies and gave extra tips to maintain good health.

A week long activities were conducted for the students, parents and teachers to improve their physical, mental and spiritual health. Talks by Professional doctors conducted brought awareness on healthy living. Everyday some useful tips were given to the students during the virtual classes to keep themselves clean and healthy. Students enjoyed listening to the speeches, watching videos on Healthy Eating Habits, preparing the health planner, doing different physical activities, performing the surprise tasks along with their family members and so on.

**The surprise tasks** assigned for the week were as follows: Day 1: Salt water gargle followed by drinking warm water in the morning. Day 2: Breathing exercise for five minutes. Day 3: A task of ten sit ups. Day 4: Touching the toes ten times without bending the knees. Day 5: Bending and touching alternate toes ten times. Day 6: Meditation for 8 to 10 minutes. The final day of the Health week: a task of laughter therapy.

The Health Committee headed by Ms Linette DSouza took keen interest in making the health week a successful one.

## **INDEPENDENCE DAY**

India's 74<sup>th</sup> independence day was celebrated on 15<sup>th</sup> August 2020 amidst the cloud of corona pandemic by observing all the health protocols like social distancing, wearing facemask, limited gathering etc.

The dignitaries present on the occasion were the Manager Rev. Dr John Baptist Saldanha, the Principal Rev. Fr Robert D'Souza, Vice Principal Ms Belita Mascarenhas, Asst. Parish Priest Fr Pramod Crasta, Mr Ashok Pinto Vice President, Ms Preethi Gomes Secretary of Bejai Parish Pastoral Parishad. The ceremonial raising and unfurling of the national flag was done by the School Manager Rev. Dr John Baptist Saldanha. Significance of the day was highlighted and the feeling of Mother India was awakened through a patriotic song sung by our teachers.

Rev. Dr John Baptist Saldanha, Manager, in his presidential address commemorated the supreme sacrifice of the great martyrs and reminded us to follow the ideals of these great leaders. Fr Manager insisted on developing smart, self reliant India through Unity, though various factors try to divide us. The programme was broadcast live so that students and parents could take part in it.

In connection with this celebration, a series of competitions were also arranged on the virtual platform for students to add liveliness and passion. Flag making, colouring the flag, collage, chart making, tricolour food making, vegetable carving, painting and photography competitions were held during the week. These competitions provided them a great platform to display their talents as well as arouse nationalism.

## **WEBINAR ON NATIONAL EDUCATION POLICY**

A webinar on the National Education Policy 2020 was organized by the Principal Rev. Fr Robert D'Souza on 18th August 2020 through zoom virtual platform, for the benefit of the teachers. The webinar was conducted by Mr Praveen Kumar Sayyaparaju, Deputy CEO & Head - Education at Swami Vivekananda Youth Movement.

Rev. Dr John Baptist Saldanha, Manager initiated the meeting with a prayer. The Principal Rev. Fr Robert D'Souza introduced the resource person Mr Praveen Kumar and also gave the welcome address.

Mr Praveen Kumar Sayyaparaju addressed the teachers on the design and directives of the NEP 2020. He gave a vivid illustration with the help of a power point presentation. He said that the focus of NEP 2020 is to dwell on the very purpose of education that is developing an equitable and just society which will be inclusive and promote natural and sustainable development.

The key factor of the policy is to provide life-learning opportunities for all.

He also rolled out various other facts and changes that NEP 2020 would bring in like -

- Education must move towards less content and more towards critical thinking, problem solving, creative and multidisciplinary.
- Education must enable learners to be ethical, rational, compassionate and caring while preparing them for fulfilling employment.

- Pedagogy must evolve to create experiential learning that should be holistic, learner-centred, enquiry-driven, discovery-oriented and enjoyable.
- Emphasis on re-establishing teachers as the most respected and essential members of the society as they shape the Next Generation of citizens.
- Identifying and fostering unique capabilities of each student.

The diagram represented 4 stages in the Curricular and Pedagogical structure:

1. Foundational stage - ( Preschool, class I and II)
2. Preparatory stage - (Class III to V)
3. Middle stage - (Class VI to VIII)
4. Secondary stage - (Class IX to XII)

The intention is to lay emphasis on early childhood care and education and bring about holistic development of learners. The resource person also highlighted that the policy has stated the practice of multilingualism and the use of regional language or mother tongue. But it is not binding as the final choice would remain with the parents and students.

He also said that the board exams for class X and XII will continue as before with changes in syllabus and pattern of the question paper. There would be importance given to support gifted students. There will be scholarships for Teacher Education and Teacher Eligibility Test would be strengthened. To cater to the changes brought about, the policy would demand special educators in schools.

Mr Praveen Kumar also stressed on the point that under NEP 2020 schools will have to integrate technology to enhance learning. But one should know that technology will not replace the teachers. He then addressed the queries of the teachers and gave a clear and simplified view of the NEP 2020. Our School is grateful and sincerely appreciates Mr Praveen Kumar Sayyaparaju for his knowledgeable session on NEP 2020.

## **DAY OF RECOLLECTION AND PRAYER**

Matthew 18:20 - "For where two or three are gathered in my name, there am I in the midst of them"

A day of recollection and prayer was organised by Rev. Dr John Baptist Saldanha, Manager and Rev. Fr Robert D'Souza, Principal on 22nd August 2020 to offer prayers in time of pandemic for the suffering world and to bring a change for the good of the people. The entire catholic staff of Lourdes Central School and St Francis Xavier School participated actively in the prayer session.

Rev. Fr Clifford Fernandes enlightened the Staff on biblical references on humility and prayer during the Eucharistic celebration.

## **TEACHERS' DAY**

Teachers' Day was celebrated on 5<sup>th</sup> September 2020. The celebration for students began through virtual classroom hosted by the respective class teachers and subject teachers. A special video on 'Celebrating the Noble Profession' was shown and students wished the teachers.

There was a wonderful celebration at Bejai Church Hall hosted by the School Management for all the teachers who belonged to Lourdes High School, Bejai, St Francis Xavier Primary School and teachers of Bejai Parish along with Lourdes Central School staff.

The programme began with an ice breaking activity conducted by the Principal Rev. Fr Robert D'Souza. The dignitaries present on the occasion were Rev. Dr John Baptist Saldanha, Manager, Very Rev. Dr Ronald Serrao, the Chief Guest, Rev. Fr Robert D'Souza, Principal, Ms Belita Mascarenhas, Vice Principal, Sr Lethisia, Headmistress Lourdes High School, Ms Lorna Veigas, Headmistress, St Xavier Primary School, Mr Ashok Pinto, Vice President, Bejai Parish Pastoral Parishad, Ms Preethi Gomes, Secretary, Bejai Parish Pastoral Parishad, Rev. Fr Pramod Crasta, Assistant Parish Priest, Bejai, Sr Superiors, Sr Sevrine and Sr Neena, and Decon, Joy Vishwas.

Rev. Fr Pramod Crasta, Assistant Parish Priest, Bejai Church and Decon Joy Vishwas conducted the prayer service and created a divine ambience. Rev. Fr Robert D'Souza, Principal welcomed the gathering. Ms Harshitha Shetty enlightened the gathering on the significance of Teachers' Day. The dignitaries paid tribute to



the iconic leader, Dr Sarvapalli Radhakrishnan. The 'Wishing Song' was presented.

**Significance of Nativity and Harvest Festival:** Nativity is one of the harvest festivals which is observed as Mother Mary's Feast. Ms Linette Pinto briefed the gathering about the birth of Mother Mary and the relationship between harvest festivals of India.

**Annual School Magazine:** The Annual School Magazine of Lourdes Central School - Lourditte 2019-20 was released by Very Rev. Dr Ronald Serrao.

The Chief Guest and Resource Person, Very Rev. Dr Ronald Serrao addressed the gathering and said that teaching is a noble profession and highlighted that a teacher must be a good human being, a beacon of light to students. They must be quick to appreciate and slow to condemn, have a dream and make students dream of a better society.

The Manager Rev. Dr John Baptist Saldanha wished the teachers on their special day and thanked them for being committed. He asked them to take responsibility as students believe in teachers more than parents. He asked them to be extraordinary in building a nation of peace and harmony to inculcate peace through knowledge which is our Motto.

## HINDI WEEK

On 10<sup>th</sup> September 2020 Hindi teachers presented a “virtual assembly” where children participated with great enthusiasm and eagerness. This was followed by a short speech by the Hindi teachers about the importance of the day, the significance of the language and the need to learn Hindi especially in the non-Hindi speaking regions. On 11<sup>th</sup> September 2020 pre-recorded videos of poetry recitation by our students based on “Hatsy, veer and Vatsalyas” were shown to enhance the love of students towards Hindi poetry. On 12<sup>th</sup> September 2020 the Hindi teachers spoke about few profound Hindi authors/ poets and explained in brief their work and contributions to literature. On 14<sup>th</sup> September 2020 Hindi Diwas was celebrated and the Hindi teachers conveyed their greetings to their students and presented various Hindi short moral stories to enhance the students' ethical and social behaviour.

Various competitions were held virtually on the theme: “अखंडता भारत की, हिंदी हम सब की”. Class I and Class II - Hindi poem recitation, Class III to Class V - moral story presentation, Class VI to VIII - poem recitation (on any one topic among) – Maa ka pyaar, deshprem, Shikshak, Class IX and X - presentation of poems written by poets – Sri Maithali Sharan Gupt, Sri Ashok Bajpay and Sri Jayashankar Prasad. These competitions and activities were coordinated by Hindi teachers and moderated by Hindi Coordinator.

## GANDHI JAYANTI

On account of 151<sup>st</sup> birth anniversary of Mahatma Gandhi, with an objective of instilling love and respect to the Father of our Nation and to imbibe his teaching of peace and harmony, Idol of Humanity, Gandhi Jayanti Week was observed.

Ms Malini Menezes introduced Mahatma Gandhi, the Great Soul of the 20<sup>th</sup> Century to the students of Kindergarten. They were then briefed on the life of Mahatma Gandhi through a short animated story. An introductory video was sent to the students of classes I and II.

The teachers from classes III to XII introduced the special week during the first period of the Virtual classes with a PPT on significance of Gandhi Jayanti. A video on Gandhian values was also screened. Highlighting the values Gandhiji possessed in his life, the teachers told the class that they too should be truthful like Gandhiji and wise enough to forgive the ones who commit mistakes.

Day two and three were dedicated for students' speeches, one on Gandhiji's Role in Indian Freedom Struggle and the following day, the contribution of Lal Bahadur Shastri, another great personality who shares his birthday with Gandhiji and is known for his simplicity and great leadership qualities. Students from all sections of classes I to XII confidently delivered their speeches which exposed their keenness in walking in the footsteps of these two great leaders who selflessly contributed towards the nation. They also emphasized that Gandhiji's tool to attain independence was non-violence.

On 1<sup>st</sup> October, students pledged to keep their home, school, body and their surroundings clean. During the week too, students were encouraged to clean their homes and surroundings under the cleanliness drive – 'Thrash the cans or Can the Trash'. Then the teachers displayed a video of a melodious song composed and

sung by Mr Roshan V Cordeiro, Music Teacher, LCS, highlighting Gandhian values like truth, non-violence, peace, patience, equality, unity and simplicity. The various competitions helped the students to involve themselves actively in the Gandhi Jayanti Week.

On Friday, 2<sup>nd</sup> October, Gandhi Jayanthi celebration held at school grounds was live streamed on LCS YouTube channel and Facebook Page which enabled the virtual participation of students and their parents.

The short and sweet programme commenced with a prayer song. Ms Shanti Menezes, Ms Apoline Lobo and team conducted Sarva Dharma Prarthana and intercessory prayers. Ms Preethi Vamanjoor welcomed everyone. Ms Lavina Castelino presented significance of the day. Ms Gowri Ravi spoke about the contribution of Lal Bahadur Shastri. Mr Ivan Mascarenhas, Mr Roshan Cordeiro and team added beauty to the programme with their melodious singing. Ms Joshma proposed the vote of thanks. Ms Lolita Mascarenhas compered the programme brilliantly.

The Principal led the Pledge on Cleanliness. Rev. Dr J. B. Saldanha, Manager, LCS, President of the Day's programme stated that everyone has a specific message specially to work hard. He appreciated the hard work of the members of LCS staff and motivated them to continue to be great leaders in transforming the nation. He urged the parents to educate their children and engage them in creative activities to have able leaders in future. He gave the best message to the students to live as if they are going to die tomorrow and to study as if they are going to live forever.

### **TEACHERS' SUBJECT ENRICHMENT- POSTER MAKING COMPETITION**

The Principal, Rev. Fr Robert D'Souza encourages both the staff and the students with his creative, imaginative and contemporary ideas. LCS has always been the pioneer in presenting new ideas in the field of education.

The first of its kind, a Poster Making Competition for Teachers was held on 23<sup>rd</sup> October 2020 to bring out the creativity in teachers to help students score better in exams. Exams and Tests are often thought to be a burden but not at LCS. The teachers enlighten students during revision with an "Exam Tip and a Trick" on 'How to be Successful in Examinations'. The teaching staff put the entirety of the exam tips given by them on charts and presented them in the form of beautiful posters.

The Competition was judged by Fr Vishwas Joy Misquith S.J from Bejai Church, Ms Usha Varadarajan Academic Co-ordinator, Content Writer and Book Editor, Ms Lalitha Mallya - NEET faculty expertise and academic advisor and Ms Rekha Shetty Former Teacher of Lourdes Central School. The teachers who won the Poster Making Competition on Exam Tips were honoured.

### **FATHER MANAGER'S BIRTHDAY CELEBRATION**

It is a tradition to celebrate a birthday. A genuine birthday wish can truly make anyone's day. We celebrated our Manager Rev. Dr John Baptist Saldanha's birthday on 28th October 2020 with a desire to wish good health and a longer life under the guidance of our dynamic Principal Rev. Fr Robert D'Souza. The Bejai Parish Pastoral Parishad Vice President Mr Arun Pinto, Secretary Ms Preethi Gomes, and Rev. Fr Joy Vishwas Misquith were present.

The celebration began with invoking God's blessings. The Principal Rev. Fr Robert D'Souza wished Fr Manager good health and long life. He also appreciated the Manager's managerial skills and unflinching commitment towards the school and other activities. On behalf of teaching and non-teaching staff, Ms Vivita D'Souza wished Fr. Manager by appreciating his leadership qualities, discipline, simple living and multi tasking abilities. She also appreciated the relation shared by our Fr Manager with inter-religious people. Fr Principal felicitated the Manager with a shawl and bouquet of flowers. Fr Joy Vishwas was also felicitated on being ordained as priest.

Expressing his gratitude towards this unique birthday celebration, Fr Manager requested the teachers to invest a lot of energy in their work, take responsibilities like opportunities, update themselves, work together, think anew, instil new values in their lives, teach children to be realistic in life and encourage them to take criticism in a positive way.



## **CHILDREN'S DAY**

Children's day was celebrated on 14th November 2020 on the birth anniversary of The First Prime Minister of India Pandit Jawaharlal Nehru across the country.

Yes, certainly to make the students of LCS happy and make them feel their importance in the family, school and society and to inculcate values in them, our School celebrated this day in a unique way. If we trip down to our memory lane, we know how the LCS REGALE was held every year. On this auspicious day children with their family members were dancing, playing and enjoying the international cuisine in LCS campus. Indeed, it was a fun filled day. However due to the pandemic, LCS had to think of alternatives. Thus, a week-long celebration as "LCS children's week - 2020" was organized from 9th to 14th November virtually. There is no garden as beautiful as children and to show love and affection to them, staff of LCS presented songs, skits, dances as well as virtual tours.

Besides many activities and competitions were conducted for the students and also E-certificates were awarded to the winners and participants. A major programme was held on 13th November 2020 virtually. It began with a prayer song by the staff and welcome address by the Vice Principal, Ms Belita Mascarehnas. The Manager, Rev. Dr John Baptist Saldanha and Principal Rev. Fr Robert D'Souza greeted the Lourdites and conveyed their message.

Manager Rev. Dr John Baptist Saldanha made the students feel special by quoting the words of the famous poet, Rabindranath Tagore, "Every child brought into this world shows us that God truly loves humanity." Further he said that it's in the children we truly experience God's love and enjoy blessings and joy through great experiences that we have in living with the children. In addition to this he also said that protecting the rights of the children must be a major concern in India and the Government of India as well as all of us need to think over it seriously.

Principal Rev. Fr Robert D'Souza said in his message that children are the precious gifts of God to their family, school and society. He blessed them with peace and love. The staff of LCS performed dances gracefully and sang songs melodiously. We thank the Principal Rev. Fr Robert D'Souza, Vice Principal, Ms Belita Macarenhas and the Organizing Committee members for planning the programme meticulously. We also thank the students and the parents for their cooperation.

## **DEEPAVALI**

Our School always strives to uphold the values and celebration each festival brings. Though the students were not able to come to school, we the staff have left no stone unturned to spread the message of Deepavali – festival of lights for each and every student of LCS.

The celebration began with lighting the lamp which is the symbol to remove the darkness within us and spread the light of hope, happiness and health. Speaking on this occasion, Fr Principal wished everyone happy Deepavali and prayed that Deepavali may bring light in everyone's lives. The school bulletin board was decorated attractively with the Deepavali messages and the school was decorated with lights and lanterns. A pre-recorded video on Deepavali, which included the inaugural function, importance of Deepavali, Do It Yourself – eco-friendly way to prepare diyas to decorate the houses and a meaningful dance by the staff which spread the fragrance of Deepavali was played during the virtual classes.

Our School always focuses on eco-friendly practice. A unique competition was organised for the students - preparing eco-friendly goodudeepa. This special concept was well appreciated by the parents. The overwhelming responses and creative and innovative ideas presented by the students is the proof that students too enjoyed and enriched themselves. Overall, the celebration was meaningful and truly upheld the message of Deepavali that is "Celebrating life with everyone". Let this Deepavali light the lamp of love and blast the chain of sorrow.

## **SCIENCE WEEK**

LCS Science Week was organized to awaken the scientific temper among the young generation and encourage them to discover new knowledge through scientific methods.

It was a beautiful venture from the part of LCS to organise this memorable event under the guidance of the Principal Rev. Fr Robert D'Souza, Vice Principal Ms Belita Mascarenhas and Ms Linet D Souza the

Coordinator for Science and all the Science teachers. We are indeed grateful to them.

The whole week programmes were meticulously planned and it provided a platform to the students to exhibit their talents, to have an inquisitive mind, to find solution for every question and to widen the knowledge on science. The science week was inaugurated by Fr Principal on 17<sup>th</sup> November 2020 with a beautiful experiment and in his key note address he motivated the students to inculcate the thirst for science and to participate enthusiastically in all activities.

On 18<sup>th</sup> November 2020 there was a Live Wire Virtual Science Quiz, preliminary round, conducted through Google form for all students. The top scorers were selected for the final round of quiz which was held on Thursday noon and the winners were awarded with certificates.

For Classes IV – VII there was virtual power point presentation on Indian Noble Laureates in the field of science. It gave an idea about Nobel Prize winners in various fields of science like C V Raman, Hargobind Khorana and so on.

A Session on waste management for Class IX was organized. Mr Akshay Shenoy was the resource person from NSS camp, an entrepreneur and mechanical engineering consultant. The session was on waste management. It was very inspiring and apt for the present time. He brought awareness to manage the garbage, how to reuse the plastics to make eco bricks etc. and warned of future disasters created through plastic.

Session on Career Guidance in Science for Class X was organised. The resource person was Mr Praveen Kumar. He mainly emphasized on science not being a subject to read and top exams but learn about it beyond text books. He spoke about career guidance, choosing adequate colleges for higher study. He gave various examples about day to day life and the wonders of science. He emphasized our role in widely spreading the significance of scientific applications in our daily life.

In the finale of LCS Science Week, we had a video on the science week projects done by students of LCS. The various applications of science were presented by the students through innovative models like Floating and sinking, neutrino, vacuum cleaner, adaption etc. The whole week was filled with knowledge combined with various activities.

### **SOCIAL SCIENCE EXHIBITION - "EXPLORE THE WORLD"**

A virtual Social Science Exhibition for classes I to VIII was held on 21st November 2020. Principal Rev. Fr Robert D'Souza officially inaugurated the exhibition by opening the gift box and displaying the globe which read 'Explore the World'. The Principal spoke on the occasion and motivated all the students to take part actively. The Vice Principal, Ms Belita Mascarenhas spoke and urged the students to be eco-friendly and save the world.

The students presented various topics according to their age level. The topics for each class were: Class I - Clothes, II - My family, III - Land forms of India, IV - Forests of India / Culture and Heritage / Means of Transport, V - World Wildlife Day, VI - Indus Valley Civilization, VII - Human Environment–Settlement, Transport and Communication and VIII - Agricultural practices and Agro Based industries.

It was interesting to see children display their models and explain them through zoom classes. The students also uploaded the photographs on Google Classroom as part of Subject Enrichment Activity. It was wonderful to see the creativity and hard work put in by every Lourдите, year after year which proves that pandemic is no barrier to those who are willing to succeed.

### **CONSTITUTION DAY**

The 71<sup>st</sup> Anniversary of the adoption of our Constitution was celebrated on 26<sup>th</sup> November 2020 as the Constitution Day. The day is also known as Samvidhan Diwas. A special virtual morning assembly was conducted on the significance of Constitution Day as well as to reiterate the great work done by the revered members of the Constituent Assembly. The assembly commenced with the Universal Prayer followed by the Thought for the Day: "Freedom of mind is the real Freedom" by Dr B.R. Ambedkar, architect of the Indian Constitution, delivered by the student.

Thereafter the guiding values mentioned in the Preamble were explained by the student stating its significance for Indians. The Staff of LCS added a melodious touch to the assembly by singing a song on Constitution of



India. The Principal Rev. Fr Robert D'Souza in his message expressed the need to promote Constitutional values of Justice, Liberty, Equality and Fraternity among all Indian citizens and urged the students to abide by the Constitution and feel proud to be citizens of a great country. The programme concluded by taking the pledge of the Preamble to the Constitution, administered by a student. All students and teachers reaffirmed their commitment to the Indian Constitution by taking the pledge.

### **FITNESS DURING PANDEMIC**

Sports Week celebration is an annual event at LCS. It is celebrated with great zeal, excitement and frolicsome atmosphere.

In the pandemic year celebrating sports week was challenging, but under the able leadership of the Principal Rev. Fr. Robert D'Souza and ever energetic physical education teachers LCS Sports Week- 2020 " Fitness During Pandemic" was organised virtually from 1st to 5th December 2020. The aim of celebrating the sports week was to engage the students in competitive activities, promoting sound health, safety and physical fitness.

Virtual classroom activities commenced with an inaugural function. The programme started with the prayer song followed by the welcome address delivered by Mr Veerendra Alva. Sports week was formally inaugurated by lighting the torch. The Chief Guest for the occasion, Ms Manisha Vidhya Rodrigues-Physical Education Director St Joseph Engineering College, Vamanjoor advised the students to find some time in this pandemic situation and do physical activity to release the stress.

Rev. Dr. J. B. Saldanha, Manager LCS, in his message emphasized that exercise is very important for the health of body and mind and requested students to spend their time in a meaningful, creative and fruitful manner.

Sports Day celebration is incomplete without the rendition of House System Song. The LCS staff did the needful and lifted the spirit of students by singing the House System Song. The programme concluded with the Vote of Thanks proposed by Mr Vishwanath Devadiga.

Series of virtual classroom activities were organized through the week for students to stay healthy and fit which included motivational talk by Lourdites, reminiscing the achievements of the LCS Sports Stars and sharing valuable tips on some indoor games. Students were encouraged to take part in the Fit India Activity, which they participated with enthusiasm and gusto.

Curtains for the LCS Sports Week was drawn with alumni speaking about their experience in school promoting various sporting activities which instilled sportsmanship quality in them and allowing them to showcase their talent. The Principal Rev. Fr Robert D'Souza thanked all the physical education teachers and staff members for making the LCS sports week a great success.

### **CHRISTMAS CELEBRATION**

A staff get together and fellowship for Christmas was held on 21st December 2020 with great joy. Mr Ivan Mascarenhas and team sang the prayer song 'Gloria' invoking God's choicest blessings. The teachers placed before God the prayers of the faithful for the whole community.

Christmas carols were sung melodiously by the choir group which altogether gave a glamour to the celebration.

Ms Sreelatha spoke on the Christmas theme 'Building Resilience - 2021'. She said that Resilience holds a great vision by the motivation of hope, praise and possibilities. We need to change our habitual ways of seeing the world with faith, optimism and rebirth in 2021.

The Principal Rev. Fr Robert D'Souza addressed the gathering by saluting the mothers of Lourdes Central School from Kindergarten to Class XII as they were the roots of success in every walk of life during this pandemic. He appreciated the staff and reminded them that united as a team we are led to success. Fr Principal thanked the Manager and the teachers for their whole hearted support.

Rev. Fr Manager in his address said that Christmas is a reminder that God comes to meet us to rejoice and bring peace to the world. He stated that there was a lot of appreciation from the parents about the hard work put in by the teachers. Fr Manager congratulated Fr Principal and team for all the achievements.

## **A TIME OF SHARING AT LOURDES CENTRAL SCHOOL**

Christmas is not only a celebration of sweets and Santa but it is truly a festival of helping our neighbours. Lourdes Central School always has a soft corner for the people affected by adversity.

Our School Community of Van and Auto drivers who help our Lourdites commute to school are severely hit by the closure of schools and hence the Management thought of a small contribution of mite to them, in the form of 'food kits' which would be useful to their entire family. A total of 75 drivers were gifted with the food kits. The school has also helped many needy families with financial help to support them in this time of pandemic crises

## **STAFF ENRICHMENT PROGRAMME**

### **DAY – 1 - Preparation for Reopening**

The Principal guided the staff on various aspects of points to be kept ready for school reopening. Ms Vidhya, Ms Deepa and Ms Sreelatha presented 'SOP' planned for classes. Ms Lavina Serrao and Ms Lavina Castelino spoke on the topic 'Building Competencies in Challenging Times'

### **DAY – 2 - SEMINAR ON INTER DISCIPLINARY ACTIVITY**

A seminar on Inter Disciplinary Activity was held on 30<sup>th</sup> December 2020. The Session was inaugurated with the lighting of the lamp by the Manager Rev. Dr John Baptist Saldanha, Principal Rev. Fr Robert D'Souza, Vice Principal Ms Belita Mascarenhas and the Resource Person Ms Usha Varadrajan.

The Manager Rev. Dr John Baptist Saldanha addressed the teachers and said that 2021 is a year of challenges for families, faculty members and the main focus is on the community of students. Teachers should come up with creative ways of imparting knowledge, coping with the educational developments and promote a civilization of love in the world.

The Resource Person Ms Usha Vardhajan began the session highlighting on learning by doing, and constructive and multidisciplinary theory. She said that learning is an active and engaging process with 5 E's – Engage, Explore, Explain, Elaborate and Evaluate. She stressed on five features of good performance assessment i.e. clear targets, focused purpose, proper method, sound sampling and accurate assessment. She also stated that the ladder of excellence consists of knowledge, innovation, admiration, creation, communication, change to excel. Team teaching should be taken as strength. The role of a teacher may change but the teacher is the centre and cannot be redundant. Teachers gained immense knowledge on the latest prescribed syllabus of NEP along with interconnectedness of subject through Inter Disciplinary activities.

## **REPUBLIC DAY**

The 72nd Republic Day celebration was held on 25th January 2021 with introduction from a student talking about the topics in each class. On 26th January, the LCS ground was all set, filled in with tri-colours for the celebration. The students of classes X and XII were present to witness the programme. The Manager Rev. Dr John Baptist Saldanha was the President for the function.

The comperes of the day, Melron Lobo and Nethra Prabhu, motivated the audience to applaud the guests as they stepped on to the dais. Janice D'Souza of class X welcomed the gathering. The guests on the dais were the Manager Rev. Dr John Baptist Saldanha, the Principal Rev. Fr Robert D'Souza, the Vice Principal Ms Belita Mascarenhas and Assistant Parish Priest Rev. Fr Pramod Crasta.

The programme was live streamed on YouTube. The dignitaries offered a floral tribute to the Photo of the architect of the Indian Constitution Dr B. R. Ambedkar for his contribution to the country. Rev. Dr John Baptist Saldanha, the President of the programme hoisted the flag. Anika Bharadraj and Saiyam Shet of class X gave the significance of the day in English and Hindi respectively. The singing of patriotic songs by all the teachers consisting of three different groups added a feeling of unity.

The Catholic Board of Education had honoured Lourdes Central School for 100% results for Classes X and XII. The trophies received from CBE were handed over to the class teachers by the Manager and the Principal.

The President of the function spoke on the occasion and appreciated the students and parents who accompanied them to participate in the Republic Day Celebration. Speaking about the unique Indian Constitution, he told the gathering that the Constitution expects us to respect, evolve and cherish the growth of



our country. The country has few impediments which hamper the growth and it is the duty of the younger generation to help its upliftment. He expressed his pride for the soldiers who dedicated their selfless lives for maintaining peace in the country.

Andrea Menezes of class X thanked the guests on the dais and off the dais for their presence and effort in making the 72nd Republic Day a grand success. The programme ended by wishing everyone a Happy Republic Day.

### **REOPENING OF SCHOOL FOR CLASSES IX - XII**

The students of classes IX - XII for the academic year 2020-21 were welcomed back to school in a grand manner on the reopening day i.e. 6th January 2021 and 27th January 2021, following all the Covid-19 protocol. The Inaugural Ceremony began with a prayer service and the lighting of the lamp to symbolize moving from the fears of the past year to a brighter academic year 2021. Special intensions for the safety and good health of the students, parents and staff were placed during the prayer. The Vice Principal Ms Belita Mascarenhas motivated the students with a positive thought.

The Principal Rev. Fr Robert D Souza welcomed the gathering. Addressing the students and parents, he congratulated and appreciated them for taking this step of coming back to school. He also assured that LCS would take utmost care of the students at school.

Ms Gowri Ravi enlightened the students with the thought – Hope is a powerful force and the most important factor to overcome life's biggest challenges. Ms Deepa D'Souza delivered the message of optimism, a note on positivity that causes a chain reaction of positive thoughts, events and outcomes.

The Manager Rev. Dr John Baptist Saldanha was indeed happy to see the students in school in large number and appreciated them, their parents and the entire staff of LCS for their sincere efforts and asked them to continue their life with positivity and sensitivity to the needs of people around. He motivated the students to be disciplined and integrated persons. He also appreciated the Principal Rev. Fr Robert Dsouza for his tireless efforts in the development of the school.

The Manager then lead the prayer for the blessing of the school. The entire school building was blessed with holy water by Rev. Dr John Baptist Saldanha, Rev. Fr Robert Dsouza and Rev. Fr Pramod Crasta. Parents of the students participated in the welcoming ceremony. Almost 90% of Classes X and XII students were present on the opening day.

### **MOTIVATIONAL TALK ON POSITIVITY**

To motivate the students on their coming back to school after the pandemic, a talk on positivity was held for classes X and XII on 7th January 2021. The Principal Rev. Fr Robert D'Souza greeted the students with a thought on positivity. Ms Bindiya introduced the resource person Dr Rashmi Rasquinha, ENT Surgeon and Nutrition Therapist.

Dr Rashmi Rasquinha started the session with a positive note saying that we are here to start a new year with a big change. She briefed about the symptoms of covid-19. She cautioned the students about the spread of the pandemic, benefits of wearing mask, and proper way of washing hands with soap and to maintain social distance. She created awareness about the different types of Covid tests. She encouraged the students to stay mentally grounded, to avoid junk food and to exercise regularly to boost their immunity. She concluded with an advice to the students about the value of time. The Vice Principal Ms Belita Mascarenhas coordinated the programme.

### **FOUNDER'S DAY AND RE-OPENING OF CLASSES VI to VIII**

Founder's day was celebrated on 4th February 2021 with great zeal. The joy doubled when the students of classes VI to VIII were welcomed back to school on the same occasion. The programme commenced with the blessings of God Almighty and a welcome song. Megan D'Souza of class IX presented the significance of the day and said that the motive of our Founder was to provide value -based education to all.

Rev. Fr Robert D'Souza, Principal, Rev. Dr John Baptist Saldanha, Manager and Ms Belita Mascarenhas, Vice Principal paid homage by offering floral bouquet. Ms Saira Pinto spoke and remembered the selfless

contributions of the Founder. Later Fr Principal welcomed the students and highlighted the value of our Founder.

### **THE FEAST OF OUR LADY OF LOURDES**

“To serve the Queen of Heaven is already to reign there and to live under her commands is more than to govern” – St John Vianney

The feast of Our Lady Lourdes, the School patroness was celebrated on 11th February 2021. The esteemed guests who graced the occasion were the Manager Rev. Dr John Baptist Saldhana, the Principal Rev. Fr Robert D'Souza, the Vice Principal Ms Belita Mascarenhas, Assistant Parish Priest Rev. Fr Pramod Crasta, Rev. Fr Joy Vishwas Misquith, Bejai Parish Pastoral Parishad Vice President Mr Ashok Pinto, Secretary Ms Preethi Gomes, Management Committee and the Finance committee members.

Samira Dsouza of Class VII welcomed the gathering and Rishel Saldhana of class XI presented the significance of the day. The President of the programme Rev. Dr John Baptist Saldhana wished every Lourdite and encouraged the students to catch up with the skills of learning and give respect and honour to the parents and the patroness. A Wishing song in honour of the School Patroness was presented by school choir and a beautiful festive dance was performed by the staff. The programme was compered by Viva Pinto and Samith Shetty of class IX. The vote of thanks was proposed by Caryl Coelho of class IX.

**Collection Drive:** To commemorate the occasion, the school conducted a collection drive where grocery items like Rice, Daal, wheat flour, Sugar and Tea Powder were collected. The staff and students contributed their mite to the underprivileged of the society and the items collected were then distributed to various families in need, particularly in and around Bejai.

**Eucharistic Celebration:** After the cultural programme, there was Eucharistic celebration for the catholic students celebrated by Msgr. Maxim Noronha, Vicar General, Diocese of Mangalore. Both the staff and the students brought offerings to the church. The Foundation Stone for the extension of the school building was blessed by Msgr. Maxim Noronha. Finally the Principal expressed his gratitude to all present during the Eucharistic celebration. It was a momentous occasion for entire Lourdite family.

### **LOURDES CENTRAL SCHOOL LAYS FOUNDATION OF NEW BLOCK**

'Education is the key to success in life'. The foundation for future prosperity is built on a bedrock of good jobs and great schools. Lourdes Central School (LCS) is building a strong foundation for the future generation. The aim of Lourdes Central School is to cement the hearts of the children with uncompromising convictions. This is rightly done under the confidence and unflinching conviction of the dynamic personalities the Parish Priest Rev. Dr John Baptist Saldanha, the Manager of Lourdes Central School and the Principal Rev. Fr Robert D'Souza.

The tiny seed of LCS sown by Late Rev. Fr Bernard D'Souza in the Bejai Parish is well-known not only in Mangaluru but is well known in India and the globe. Yet another remarkable day in the history of Lourdes Central School was marked on 21st February 2021. A foundation stone that was blessed during the Eucharist celebration on School Feast was laid for another school block.

The momentous occasion was witnessed and graced by Rev. Fr Joy Misquith, Rev. Fr Pramod Crasta the Assistant Parish Priest of Bejai Parish, the Finance Committee members, the School Management Committee Members, the Parish Council Members, the well-wishers, the staff and students of Lourdes Central School and the Bejai Parishioners.

It was a bright ray of sunshine amidst the gloom of the pandemic and there was a great joy in the hearts of all the people gathered there. The programme began by invoking God's blessings through a prayer song. Rev. Dr John Baptist Saldanha welcomed the gathering said that the school should provide a holistic development for the children.

The stone was blessed by the Chief Guest Rev. Fr Maxim Rosario. In his address, Rev. Fr Maxim stressed that schools should not only educate the children in academics or extracurricular activities but should also create individuals who are concerned about each other.

The Principal thanked the gathering and requested all to pray for smooth functioning of the construction of the new block of Lourdes Central School.



## **OPEN HOUSE - CLASSES X & XII**

The Open House of classes X and XII for the results of Pre-Board I was organised on 13th and 15th February respectively following all Covid protocols. The parents accompanied their wards to meet the teachers.

Most of the parents appreciated the school and the teachers for systematically continuing with the online classes even during the pandemic. A special appreciation was given for the remedial teaching that is practised at LCS. The class teachers and all the subject teachers motivated, advised and shared study tips with the students.

Parents and students were notified about the forthcoming Pre-Board II Exams for class X & XII, and Practical Exams for class XII. The open house saw a positive response from all the parents.

## **PARENT-TEACHER INTERACTIVE SESSION OF KINDERGARTEN**

The Parent-Teacher Interactive Session of Kindergarten section was held on 17th, 18th, 19th and 23rd of February 2021 in the school. Parents appreciated the school for taking the great initiative of online and offline classes. This pandemic has given the insight how difficult it is to teach their children. The parents appreciated the way the lessons were taught in a simple and easy way for the child to understand and the student-teacher relationship was kept up beautifully.

## **CAREER GUIDANCE FOR COMMERCE STUDENTS**

A Career guidance session was conducted by our school on 25th February 2021. The chief speaker for the day was Mr Vaikunt Prabhu. Mr Prabhu explained the skill set required to break into a lucrative industry which entailed ability to work in a team, work under pressure, communicate one's ideas effectively and efficiently. He explained various professional courses that can be opted for in India like Chartered Accountant(CA) Cost and Management Accountant(CMA), Company Secretary(CS), Data science, Certified Public Accountant(CPA) Chartered Certified Accountant through ACCA which is widely accepted in a lot of countries.

The Question and Answer session ended with vote of thanks and honouring Mr Prabhu with a token of appreciation.

## **LCS DAY OF PREPARATION**

"Preparedness is the key to success."

The entire Lourдите family observed the 'LCS DAY OF PREPARATION' on 27th February 2021. All students used the day for organising their Study Table, Time table, Note Books and preparing for the Final Examinations. It was a call to all Lourdites to gear up and be prepared.

The LCS teachers too spent the day in organising their tables, book racks etc. The class teachers and subject teachers had meetings at class levels to discuss on the best methods to help students in facing and preparing for academic excellence.

This day set aside for preparations was truly a meaningful one and a resounding success, with positive responses sent across by the students and parents.

The student, teacher and parent fraternity is greatly indebted to the Principal Rev. Fr Robert D'Souza for organizing this day and for initiating 'The LCS Day of Preparation'.

## **CAREER GUIDANCE FOR CLASS X**

On the pleasant day of 1st March 2021 the students of class X came to the school to attend a session on 'Career Guidance'. Although, the title of the session was just one topic, the session itself had many more sections touching upon essential topics like time management, study skills, stress management and importance of mindfulness etc. The session began by invoking God's blessings after which Ms Shaila Pereira welcomed the gathering. Mr Vincent Pais, President, CASK, Ms Patsy Lobo, Dr Derek Lobo and Dr Aarathi Kamath, the members of the Catholic Association of South Kanara (CASK) were present on the occasion. The guests were honoured with bouquets of flowers by the Principal Rev. Fr Robert D'Souza.

Ms Aarathi Kamath spoke on the importance of time management and study skills. Dr Derek Lobo spoke on

career guidance later Ms Patsy Lobo spoke on Mindfulness and the importance of appreciation. It was a mind opener for the students.

### **PARENT-TEACHER INTERACTIVE SESSION FOR CLASSES III - VIII**

The Parent –Teacher interactive session of classes III - VIII was held on 9th March 2021 at the school campus. Parents and teachers were contended to meet each other personally after 10 months.

Overall, Parents were very supportive and were all praises for the Management, Principal and teachers' endeavours in bringing about the interaction, interest and enthusiasm in their children during the virtual classes. They also appreciated the opportunities of the various activities and competitions that their wards get to participate in, even during these times.

### **BIRTHDAY CELEBRATION OF PRINCIPAL, REV. FR ROBERT DSOUZA**

29th March 2021 was an auspicious day at Lourdes Central School as it marked the birthday of our Dynamic Principal Rev Fr Robert D'Souza. To set the tone for celebration, a few members of the teaching and non-teaching staff gathered at the school Lobby to greet the Principal. Amongst the dignitaries were: Rev. Dr John Baptist Saldanaha, Manager, Fr Pramod Crasta, Asst parish Priest, Rev Fr Vishwas Joy Misqiuth, Mr Ashok Pinto, the Vice president and Mrs Preethi Gomes, the Secretary, Bejai Parish Pastoral Parishad, Management Committee members and Ms Belita Mascarenhas, Vice Principal.

Tiara of Class VIII B extended a warm welcome to all gathered. Tanishka Dharmaraj of class VIII C appreciated Principal's hardwork, meticulous planning and innovative ideas specially during the challenging times of this pandemic which make the school reach greater heights and wished him a long life filled with love, joy, and happiness. Ms Vidya Joseph admired Fr Principal for influencing each one's life positively with good works and ethics and said he was a priceless treasure to the Lourдите family and thanked him for making this school a productive and happy place. Radiant flower bearing plants were offered on this occasion wishing father another year ahead with good health, peace and happiness.

Fr Manager remarked that Fr Principal is a solely dedicated head of the Lourдите family with disciplined life style who is very tactful in dealing with parents, students, staff members and the like. Fr Manager congratulated Father for climbing the ladder of success through his dynamic leadership and wished him well.

The students wished Fr Principal with their melodious singing and prayed to God that he may have laughter in his life and find peace and happiness in everything he did. The Vice Principal portrayed the eventful journey of Fr Principal and thanked all who contributed to the success of the programme.

Fr Principal, the Star of the day expressed his joy and gratitude as well for making his special day a memorable one. Nidhi Sarah of Class VII B and Rishon Fernandes of Class VII C compered the programme proficiently.

At noon, the staff gathered in the AV Room to greet Fr Principal and for a fellowship meal. Ms Preethi, the compere of the programme, welcomed the dignitaries and Ms Anita Thomas gathering all the sentiments of LCS Staff wished and thanked Father Principal on the occasion. Beautiful song wishing the birthday boy was sung by the staff of LCS on this remarkable day. Class X students performed a foot tapping dance to enhance the joy of the celebration. Fr Principal too thanked each and everyone being the part of his life and part of the celebration. The programme was followed by a sumptuous meal.

### **JYOTHI PRADHAN**

The Jyothi Pradhan programme for the students of classes X and XII was held on 9<sup>th</sup> April 2021 at the school grounds. The outgoing students with their parents were present following the Covid protocol and SOPs. The staff and students of class XI were also present. The Manager Rev. Dr John Baptist Saldanha, Principal Rev. Fr Robert D'Souza and Vice Principal Ms Belita Mascarenhas were the dignitaries present.

The programme began with the universal prayer followed by the prayer song sung by the school choir led by Mr Ivan Mascarenhas. In this prayerful ambience the prayers and petitions of the students were placed before the Almighty by Ms Deepa D'Souza and Ms Shaila Pereira.

Light is not the mere absence of darkness. It symbolises a new beginning, illuminating our path and destiny. The Manager, Principal and Vice Principal lit the lamp followed by the class teachers of classes X and XII.



Student representatives Ananya Ravi of X A, Angeline of X B, Parikshith Bhandary of X C, Ananya N of XII A, Lester Fernandes of XII B and M Atul of XII C joined in lighting the lamp. Numa Sherif of class X led the students in taking the pledge to remain faithful to their alma mater and to carry forward the values imbibed.

### **AMBEDKAR JAYANTI**

To mark the 130th birth anniversary of Dr Bhim Rao Ambedkar, the founding father of the Republic of India, a short programme was organised on 14<sup>th</sup> April 2021.

A meaningful thought for the day was read out by Ms Vidhya Joseph. She said that 'Life is a collection of changes hence one should not avoid changes. Every change should be taken as a challenge. Some give success and some act as a stepping stone to success'.

Significance of the day was rendered by Ms Lavina Serrao in English while Mr Henry Mascarenhas spoke in Hindi on how Dr B R Ambedkar influences society even today by his strong ideals. Further, Ms Lavina Castelino threw more light on the contributions of the multifaceted character, an extraordinary patriot, social mastermind, political reformer, philosophical essayist with dynamic thoughts.

The Principal Rev. Fr Robert D'Souza and Vice Principal Ms Belita Mascarenhas along with the Physical Education teachers paid a floral tribute to the Dalit icon and architect of the Indian Constitution. The pledge was led by Ms Lolita Mascarenhas in order to honour and commemorate the countless contributions of Dr B R Ambedkar in making the present independent India.

Rev. Fr Robert D'Souza appreciated all the staff members who gave various inputs for them to contemplate and strengthen their values and ideals. He also said "Do not wait for tomorrow but let us start today. We have to be another Ambedkar by following his principles and values as this is needed for today's society. Instead of blaming others, voices should be raised for the voiceless. This is a genuine call from Dr B R Ambedkar." The programme ended with the National Anthem.

In connection with Ambedkar Jayanti, general activities conducted for KG I and KG II - Photo Frame Activity, for classes I and II - Fancy Dress on the theme 'Father of the Indian Constitution', for class III - Essay Writing on the topic 'Contribution of Dr B R Ambedkar to the Society', and for classes X and XII Essay Writing on the topic 'Humans with Integrity make a Nation Strong'. All the students took active part in the competitions. A virtual classroom programme was conducted for the students of Kindergarten to Class V. Students were briefed on the importance of the Indian Constitution by the subject teachers. All were inspired by Dr Ambedkar's vision and values and resolved to imbibe his ideals in their lives.

### **ANTI-TOBACCO DAY**

'If we lose the battle against tobacco, we will lose the war against lung cancer'. Preparations for the Anti-Tobacco Day at Lourdes Central School (LCS) started a week prior and the students and teachers of class XII took the initiative for the same.

The commerce students under the guidance of their class teacher decorated the lobby notice board which gave a pictorial message advocating policies to reduce tobacco consumption and engaging stakeholders across multiple sectors in the fight for tobacco control.

A general assembly was conducted for all the students and staff at the school grounds to spread awareness on Anti-Tobacco Day, protecting youth from industry manipulation and preventing them from tobacco and nicotine use. Apurva, student of class XII read out the thought for the day 'Cigarettes are killers, travelling in packs'. Shanthika Kudva educated all the Lourdites on the significance of the day. She began with a quote, 'A fire at one end, a fool at the other'. She also stressed on the subject 'why people smoke'. The problems related to excessive use of tobacco created a lasting impact on the listeners.

The choir group along with the music teachers encouraged the gathering with a melodious song on the theme 'Say No to Tobacco'. The Principal, Rev. Fr Robert D'Souza summarized his views and gave a meaningful message highlighting the importance of the day. Vice Principal, Ms Belita Mascarenhas spoke on dipping and vaping and staying away from all addictions including alcoholism and usage of gutka. She concluded by saying, "Be the change you want others to be and not to be a slave of anything. Life is a gift given by God, let us live it well, let us live it healthily."

# SPORTS ACHIEVERS

## CHESS

### SHRADHA S RAI

- Secured 5th place under 15 category in the KIOCL Chess Tournament.

### AARAV KARTHIK

- won 6th place under 11 category in the Inter District Chess Tournament conducted by KIOCL.

### ADVAITH U P

- won 7th place under 13 category in the Inter District Chess Tournament conducted by KIOCL Limited, Mangalore.
- won 4th place under 11 category in the Inter District Chess Tournament conducted by Puttur Taluk Chess Association.

## SKATING

### VEDANTH S SASHIHITAL

- won 1 silver and 2 bronze medals in the District Level Skating Competition.

### VANSHIKA S SASHIHITAL

- won 1 Gold and 2 Silver medals in the District Level Skating Competition.

### SHANNON JOEL PRASAD

- won 1 gold and 2 silver medals and was selected for the State Level Skating Competition at Mysore.

### ANANTESH RAO

- won 1 gold and 2 bronze medals in Dakshina Kannada District level Skating Competition held at Skate city.
- won 3 laps - 1st place, 1 lap - 3rd place and 2 laps - 3rd place.

## BASKET BALL

### ABHINAND

- won Basketball 3 on 3 bronze medal conducted by Mangalore Basketball Club

## BADMINTON

### AMANRAJ S RAI

- won 1st prize and three runner ups in Badminton Tournament 2021.

## KARATE

### ATHISH S SHETTY

- won the gold medal in Karate at Goa (International level), Palakkad (National level), Bangalore (State level) & Mangalore (District level) Championship.

## SWIMMING

### SHAURYA S SHETTY

- won the bronze medals in 50 mtr Free style and 100 mtr Free style in Group 4B boys in State sub junior Swimming Championship.



## STAFF ENRICHMENT VIRTUAL PROGRAMME

**The capacity to learn is a gift; the ability to learn is a skill; the willingness to learn is a choice.” - Brian Herbert**

This pandemic has taught us to adapt and explore new more efficient options for our daily lives, amongst the various changes seen is the rapid increase of digitalisation in everything including education. While the steps are taken to allow people to attend to virtual meetings, taking online classes and even appearing for online exams, it has not been an easy shift. In order to manage a few challenges caused by this transition, our school organised a webinar on New Education Policy (NEP2020) by Mr Praveen Kumar Sayyaparaju and Fit O' Clock by Ms Freeda Almeda.

**CBSE** organised various webinars for teachers. It's aim was to widen skills and educational research. It encouraged healthy interaction and mutual appreciation with opportunities for students and teachers to work with each other and to raise a winning network of schools.

The Principal, Vice Principal and teachers underwent various online training programmes organised by CBSE such as NEP 2020, Happy Classroom, Managing Virtual Class, Inclusive Education, Art Integration, Decoding Portfolio and Subject Enrichment Activities, Exploring Multiple Intelligences and Multidisciplinary links through Kolbs EL Cycle, 21<sup>st</sup> Century Skills, Competency Based Education, Experiential learning and so on.

Apart from CBSE Online Training Programme, teachers also participated in the webinars conducted by TD Educational and Charitable Trust, Rotary TISS SIMHA, Tamil Nadu Teachers Education University, International Webinar on Child Rights ,Teacher Training Series - Trinity College London, Shikshak Parv (Transformational Reforms in School Education Under National Education Policy 2020, Ministry of Education, Department of School Education and Literacy, Conclave on School Education in the 21<sup>st</sup> Century Under National Education Policy – 2020), Covid-19 and Emotional Well Being conducted by Fr. Muller Homeopathic Medical college, Mangalore and so on.

Teachers teaching KG to class XII participated in the above webinars conducted by the CBSE and other organizations from May 2020 to March 2021. E - certificates were awarded to the teachers for their participation.

It was a good platform to address some academic issues / challenges / problems / doubts etc. that support the stake holders to get deeper understanding on subjects and concepts. In connection with the same thought, it was also a need from teachers to experience such platform as they were finding out few solutions to overcome with some pedagogical implications.

Quality in education is what makes learning a pleasure and joy.

## TIME TO ACCULTURATE

**“Life is not a competition between men and women, it is a collaboration”. - David Alejandro**

We train our girls to take up tasks beyond boundaries but what about our boys..... ?

In this indiscriminating world we see that girls unflinchingly take up duties out of the warmth of their homes playing dual roles of income contributor and homemakers Be it, Online working from home these days or walking out to get domestic items, taking care of the children or going shopping we women always lend our time and space doing multitasking acts to keep up to the everyday hustle and bustle of daily chores.



Earlier it was the work of the male bastion but now we ladies have consented to share this burden but why is it that in our homes chores are divided according to tradition? When will the time come when the typical chauvinistic male would join his companion in cleaning the dishes or cutting the veges or preparing and serving a cup of coffee? Isn't it time the males drop their newspaper, mobiles and dash into the kitchen to help in serving a meal for the entire family.

We Lourdites are known to bring down traditional barriers to bring forth the unknown wherein men and women walk hand in hand shouldering each others responsibilities and lightning one another's burden. Let us bring up ourselves with a modern outlook, happy acculturated communities. Let us start with our young and let our home be fortified with positive encouraging feminist ideas.

**Ms Belita Mascarenhas**

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## MATHEMATICS IS EVERYWHERE

'Do not worry about your difficulties in Mathematics. I assure you, mine are still greater.' - Albert Einstein

Mathematics may be a dry and difficult subject for some, but it is found everywhere even in the most unexpected places.

For example the Fibonacci sequence 1,1,2,3,5,8,13,21,34,... is a sequence of numbers in which each number is the sum of the previous two. This sequence is found in nature given by the number of petals of flowers. The seeds in the centre of a sunflower are arranged in spiral patterns. The total number of spirals clockwise or anticlockwise will be a Fibonacci number. The same is true in pinecones and pineapples.

We find geometric shapes such as hexagons or six sided polygons in the beehive, snowflakes and in closely packed bubbles. The hexagon is the most common shape in nature.

Concentric circles are found in a slice of onion, rings of trees and in the ripples formed when something strikes the surface of water.

In nature we find two types of symmetry ie reflective and rotational. Reflective symmetry means that one half is the mirror image of the other like a butterfly's wings. In rotational symmetry the object can be turned around a point and match itself as in a starfish or a snowflake. Symmetry is a part of the basic structure of the world around us.

One beautiful mathematical formation found in nature is the perfect sphere and the sun is considered the perfect example. We see more examples in bubbles, waterdrops, atoms and so on. Gravity and force tend to turn many things into spheres.

Mathematical patterns in nature can be seen in spiralling hurricanes, waves and even galaxies. More intricate and exquisite patterns are seen in crystals, sea shells etc.

The DNA is the molecule that carries the genetic instructions in all living things. It consists of two strands that wind around each other in the shape of a double helix. The list is endless. All of these and more speak of the infinite wisdom, majestic beauty and awesome power of God our Creator. As the Psalmist says so beautifully in Psalm 104:24. 'O Lord, how manifold are your works! In wisdom you have made them all: The earth is full of your creatures.



**Ms Roshini Jose**



## MY MEMORIES OF OLD BANGALORE

Memories are the treasures that we keep locked deep within the storehouse of our souls, to keep our hearts warm when we are lonely...Becky Aligada

During this pandemic, being at home, I would always finish my household chores well in time. When I was idle having nothing to do, my memories would always flashback to old Bangalore twenty-six years ago.

The pleasant and serene weather of the garden city (old Bangalore) which I always enjoyed when I used to walk down the streets of M G Road always flashes in my mind. I would stand on the footpath on MG road adjacent to Manekshaw Parade ground and be mesmerized by the beauty of those beautiful buildings of Plaza theatre, Deccan Herald, Mayo Hall and of course the then skyscraper of Bangalore—the Utility building. But now because of the Metro Station built there one can't view the beauty of that road any more. Those days since the population was less, there was no tension of traffic, people moved on the footpaths like a turtle.

My house in Bangalore was very close to Cubbon Park. During the weekend on Sunday evenings, we would walk through the roads of Cubbon Park, pass through the beautiful Karnataka High Court building, go and relax on the steps of illuminated Vidhana Soudha. Those days the public was free to move around Vidhana Soudha. The cool breeze, illuminated building with yellow or green lights and the beautiful scenery around is always flashing in my mind. But now it is only in memory because the public is not allowed to go there due to security reasons.

There was no tension of traffic jam because it was not densely populated. But now, the scene is different. Since it is a silicon city now, it is densely populated, traffic jams, polluted atmosphere due to vehicular emissions, trees being chopped off to widen the roads have now made those wonderful days to only remain in my memories.

**Ms Chandini Chitraveer**



## GENERATION X

Dear students the school magazine is considered as the platform to express ourselves. So to get something off my chest, you have to walk with me through my memory lane.

Wow! What a child hood, innocence overflowing, growing in a joint family, laughing and playing in the open. Not even the Sun could stop my friends and me from playing Police and the Robber, the chain game, the pole game, seven tiles, marble game, the gilli dhandra, the house house game, the school and teacher game and the like.

Come Monsoon, we were all ready with a bottle filled with wriggling earth worms, fish hook and the line (tungis in local language).

Not to forget the Dasara holidays. My friends and myself were seen running behind what we call in our local dialect Pili Vessa, Karadi Vessa, Anarkali Vessa and many more. On return from our tiresome but exciting journey, we were escorted with thunderous spankings from our beloved mothers.

The joy we derived playing in the dry paddy fields was heavenly. Festivals were considered inter-religious. During Deepavali, we friends moved to each other's house lighting diyas everywhere including the compound walls.

Making of cribs during Christmas was recognised as a form of art . The sheep in the crib were allowed to stroll every night by each friend of mine, picking from one corner and placing it to the other end.

As days rolled by, we friends were looking forward for Eid, waiting for one loud call from my Muslim friend and we would be at their doorstep waiting to run and savour the delicious aromatic Biryani followed by Sewiyani Kheer.

The memories are in volumes and I dare to say that we Generation X, born between 1965 and 1980 were unstoppable, unbeatable and unshakeable. Come what may we were Champions and hungered for learning. No doubt we fall in line with Jeff Kavanagh quote your network is your networth.

**Ms Shanthi Menezes**



## TOWARDS A GREEN SOCIETY – THE URGENT NEED OF THE HOUR“

**The planet we live in is not an inheritance from our forefathers but a loan for our future generation”**

“Go-Green”, “Eco-friendly”, “Sustainability” are some of the terms we come across in today's jargon. These

terms are not just ordinary words but powerful terms that act as eye-openers for us all. We just need to look around us to figure out how much we have destroyed the environment since our childhood till date. We can only explain to our children how we enjoyed our childhood days, but we cannot get them to experience the same.

We must act fast in order to prevent further damage that has already been unleashed on Mother Earth. For this, we need to be open to change and have a positive attitude towards the environment. We need to have a mindset to conserve and preserve nature and use its natural resources cautiously. Nevertheless, we must at all times be willing to recycle, be it paper, water or fuel.

We are duty-bound to make certain changes in our lifestyle to serve this purpose.

Some of the ways to live an eco-friendly lifestyle are:

- **Awareness of Resources.** Use resources as per need, not by greed.
- **Regular Practice of Conservation.** Do your bit. Lead by example. We can start by doing small things like switching off lights and appliances when not in use.
- **Planting of Saplings.** Plant sufficient saplings or at least adopt a plant or a tree and take care of it.
- **Water Conservation.** Be mindful that there are people who do not have access to portable water for their daily needs.
- **Change in Travel Habits.** Make use of public transport frequently. Whenever possible, take to carpooling. If you have the time, walk short distances – the advantages are twofold, you can exercise while being environment friendly.
- **Turn over to Swadeshi / Locally Grown Products.** This not only supports the local business but reduces carbon footprint.
- **Create Natural / Compost Manures.** Household waste can be made into natural manure.
- **Follow the 3 R's – Reduce, Reuse and Recycle!**

By supporting the local environmental groups, we can generate community awareness. It is easier to influence friends and the local community than the entire city or country. Any small step taken by an individual contributes to the larger community exponentially and can have a positive impact on society.

Humanity's existence is completely dependent on the earth and so, there is a need for establishing a healthy relationship between the two. It is the fundamental duty of each individual to be environmentally conscious and act accordingly.

Eco-friendly living promotes green living which in turn helps in the preservation of resources, conservation of nature and diminution of pollution, thereby leading us to sustainable development in the long run. Moreover, it helps in the well-being of all inhabitants of this planet. Eco-friendly green living is for all of us and is the immediate need of today. It is our duty to save the dying planet and to nurture a sustainable future for the entire humanity.

We being the educators in different sectors, it is our duty to think about nurturing the nature in different ways. Without an adequate thought process, we cannot practice something in a desirable manner. That thought process is closely related to our intellectual potential. There are many goals among which, a majority are related to nature, that is, zero hunger, no poverty, clean water, clean energy, clean cities, and the like. Attention should be paid towards sanitation. With an eye on the future based on our experience of our past, we can reverse at least a small percentage of the destruction caused.

One of the biggest pandemics the world is facing is not COVID but losing people due to Hunger. This is happening because the resources are the property of a select few, while the rest do not have access to them. Unless we change our lifestyle and stop unusual wastage, this situation is not going to change.

Instead of accumulating material wealth for our future generations, let us give them a serene atmosphere where they can bring up their families without worrying about the land, air or water. Thus, with a strong heart and a firm will, let's take a pledge that we will take care of the Earth and make it a beautiful planet to live on.

Having said that,

Let us all be a drop in the ocean,

To make this place a better nation!



**Ms Vivita D'Souza**



## EDUCATION AND VALUES

"The difference between school and life? In school, you are taught a lesson and given a test. In life, you're given a test that teaches you a lesson". - Tom Bodett

All of us know that being educated is one of the important things which transform the life of a human being. We see around us lot of people acquiring the quality education by seeking admissions in most reputed educational institutions and qualifying themselves as much as they can afford.

Well it's good to be qualified, acquire knowledge and skills but the question that often disturbs my mind is that, sometimes people with best educational qualifications have failed miserably in life.

Over the years, it's been quite difficult for many well educated people to face the challenges of life as they trapped with social evils of corruption and bribery. The desire to become successful and Stardom has lead many to become greedy ,angry and revengeful and also involve in illegal and criminal activities which as lead to depression, addiction and has gone to the extent of putting an end to one's own life and the media has been portraying with umpteen cases of such incidents .

What then can provide a solution to the battles or struggles that we face in our life?

Well the answer of the above question is that along with education it's quite necessary to imbibe the values of honesty, hard work, kindness, faithfulness. Learning to be helpful, being generous, showing love and concern for the sick and the needy can always help in building a good society and spread the fragrance of love peace and happiness.

Along with modern technological or digital education let us sow the seeds of good values from the ancient stories of moral education, from the sacred books of different religion and also learn from the people who have inspired us through their life. Let our education help us to make the right choices in life 'to live and let live'.

**Ms Lavina F Serrao**



## THE MOST PRECIOUS GIFT – LIFE

On 10th November 2020, I came upon a message in the WhatsApp that one of my husband's best friend passed away because of low BP. I was dumbstruck for a moment finding it difficult to digest. Immediately, it dawned on that every breath that we breathe is indispensable. We remain ignorant of its importance and fail to realise that it might cease any moment.

We must acknowledge that LIFE is one of the most precious gift given to us by the Almighty. Let us cherish every moment of it and live it to the fullest. Life is a never-ending race, so, instead of giving up on it let us work hard because there is no cut short in life. Let us not lose faith in

ourselves and let us find our own path to success. Let us remember that we are growing everyday. So life is not about being perfect rather it is all about finding happiness in every little thing that it offers us. Not necessary that everything will go according to our will, but often in times of woe we need to be patient and positive.

Every new day is a blessing that is thrown in our way by God. So, we should be grateful for His bountiful blessings. We should remember that He has given us the opportunity to experience His love and to enjoy His wonderful creations. We are not sure whether we will live the next moment or not so let us live every moment in the presence of God. Life is to become empathetic and kind to everyone. When we get a chance to choose between kindness or being right, let us choose kindness combined with love and forgiveness.

Remember life is not about YOU, but it's about everyone and everything. When God created us he had the intention of letting ourselves surrender entirely to others. Since, God can't appear directly to help others He made us. We become His vessel to spread the fragrance of His love. Let us not waste or take it for granted. The talents which are His gifts to us should also return to Him devoid of any expectations in return. Remember life is not always a bed of roses or sweet but at times it is bitter and challenging too. So let us be positive in our thinking and acting for it keeps our mind and body strong making it free of bitterness and hatred. It gives way to lead a better life.

We do not know when we will stop breathing so, until then let us be kind to others, lift up those who are poor, weak and bring smile to their faces. Surely this will earn us a life full of content and happiness.

**Ms Therese Monteiro**



## REPERCUSSION OF COVID 19 PANDEMIC IN INDIA

humanity has always been affected by Pandemics. In the Bible we hear of the ten plagues of Egypt. The plague in Europe, known as Black Death, in 1324 AD took a toll of 200 million people out of the world's total population of 475 million. The twentieth century Spanish flu left 100 million dead, and later the outbreak of smallpox in India which took a toll of millions as recorded in the History. It is an occasion to rethink about our - education system, worship, economy etc., and how to use technology to reach the masses.



**PREVELANT CONSTRAINTS:** The COVID-19 pandemic has brought in 'Social Distancing', 'Wearing Mask', No Socialising, No mass gathering, No handshakes, Lockdown, Unlock, Community spread and a host of unlock regulations etc. These restrictions bring to the fore the future of class room education in India at least till a proven vaccine is found. Fortunately, the syllabus completion has happened online.

With all these multifarious issues unresolved beyond anybody's comprehension, the question to be resolved is the anxiety of our youth, their parents and the citizens. Most institutions have their students coming in from in and around the city, few from different districts, different states and countries. With public transport facility partially plying and the commuters permitted to board the bus is around 40-45% compared to normal times, restriction of movement is a serious setback to plan the daily routine. Commuters using a two-wheeler are now riding with a pillion rider without mask, helmet etc inspite of 'SOP' guidelines. Those who have taken up Paying Guest accommodation to join few recognised institutions of excellence will have to find a single room which is near to impossible in order to maintain social distancing. The hotels and restaurants are permitted to serve freshly cooked food at the table but with limited seats as per social distancing norms. Most of the families are nuclear families with just one or two children. Every child is precious for their parents. Parents may be unwilling to send their children to distant institutions due to the fear of COVID 19 infection – quarantine, ICU etc, lack of facilities, mobility, the prohibition to pass through a containment area just to name a few restrictions. The movement of students from a green zone to a containment area and vice versa reminds us of the WHO warning that there could be an explosion of the pandemic through community spread as many who are infected have proven to be asymptomatic. This fact is strengthened by COVID infected figures in India which indicate we are likely to top the wrong race if the present trend continues. The desperation of migrant workers to go back to their home town by walk and those abroad desperately wanting to return home are fresh and disturbing memories.

**Ms Shaila Pereira**

## THE REAL CHALLENGE FOR THE FUTURE

Children are the most precious gift for a parent. Our children are our dreams and our prayers. Our life's aims and aspirations revolve around their future. Seeing them happy is a great satisfaction for any parent. Seeing them unhappy shatters us totally. To make them happy, we will be willing to spend money, energy, time or even go to the extent of arguments or cold war till the child is rewarded with its desires. I think most of us parents will fall into this category.



Well, today's scenario is so competitive and challenging, so insecure and indefinite that we have the task of accomplishing so much in so less time. When we see success everywhere

and successful people around us, the comparison begins. It begins with us parents and our internal struggles shifts onto our children; then begins our actual challenges.

The results are numerous:-

- Selfishness - we want the best for us and we want every good for us, later others come.
- Jealousy - that we cannot tolerate the success of another person. We don't have the heart to appreciate others.
- Solitude - that we hesitate to mingle happily and talk happily to others.
- Greed - that we want more of good for us and fail to share it with others.
- Hatred - that we start disliking those who are successful eventually leading to hatred.
- Unhappiness - that we can't be openly happy for others leading ourselves to gloomy unhappiness.
- Depression - when we are unable to see success in our endeavors, the unfulfilled desires may also lead to depression.



We should avoid these evils at all cost to bring about healthy and positive living in our family.

It is very important that we pave way for mutual growth, peace, and happiness. We should be able to be happy for others. We should walk together in life promoting each other and complimenting each other's growth. This brings peace and eventually leads to a blessed society.

**Ms Lisa Peres**

## UNDERSTANDING THE DIGITAL GENERATION

Today we face a generation of kids who are born and being raised on digital land scape and their experience in technology surpasses those of the older generation. A few aspects stand clear:



- The Digital visitors: These kids are technology savy as they use the tools for their task and leave later spending only specific time on screen based activities.
- Digital residents: These kids engage in technology as though many aspects of their life depend on it.
- They are Producers: They produce their own production of amateur arts by creating their own works, editing and exhibiting their creative skills.
- Multi taskers: They have their attention on two or more tasks simultaneously, like performing homework and listening to music as well sending chats.
- Selfie Culture: The effect of social media and pictures of oneself and me alone dominates their life's.
- On Line Shopping Freaks: The major part of online shopping consists of the young generation running after brand names and reviewing online orders before purchasing any articles.
- Affinity to Digital Media: For these kids texting is equal to making a phone call. Chatting indoors with friends is equally good as socializing, online games are p[referred rather than meeting in person.

### Digital Parenting Style:

- Authoritarian Parent: They are strict and demand severe obedience from the kids and if they do not abide they severely punish. This leads to fear, shyness, low self-esteem and lack of trust.
- Authoritative Parent: These parents have a personal touch with their kids. They make tech rules, explain it to them and closely monitor. This allows freedom and responsibility
- Permissive Parenting: These parents are lenient with their kids and allow them to freely use digital devices which in turn later brings about a struggle or self-regulation and self-control

### Make screen free occasion:

- Study time, meal time, prayer time and bed time must be strictly followed to have some space in between screen time.
- Digital addiction and cyber bullying must be carefully monitored and looked into

Let me end by saying that as parents and teachers we must improve our own digital skills to be able to be in power of our kids.

**Mr Ivan Mascarenhas**

## HOW TO PRONOUNCE CHEMISTRY?

There was a small yet an important meeting of eminent personalities in the field of Chemistry at a very prominent college in Calcutta, India. The meeting was called to change the name from ALCHEMY (old name) to CHEMISTRY (new name). The meeting was attended by the following great personalities,

Jaberibn Hayyan (Father of Early Chemistry)

Antonio Lavoisier (Father of Modern Chemistry)



Marie-Anne Pierrette Paulze (Mother of Modern Chemistry)

Robert Boyle (the First Modern Chemist)

Asima Chatterjee (First Indian Chemist)

Acharya Prafulla Chandra Ray (Father of Indian Chemistry)

The meeting started at the usual time and the Principal called his peon, Shantharam and said "Please go to the Chemistry Department, and inform Ms. Asima Chatterjee that Mr. Chopra, will be arriving shortly to attend the programme". Peon had a poor vocabulary. He went to the venue and told Ms Asima that, "Principal sir said that Mr **चोपड़ा** will arrive shortly to **चेमस्ट्री** department". Immediately Ms Asima corrected him saying it is **केमस्ट्री** and not **चेमस्ट्री**.

Shantharam leaves the room bit confused with things revolving in his mind, once Chopra can be pronounced as **चोपड़ा**, Chatterjee as **चटर्जी** and Chetan as **चेतन**, but why not Chemistry as **चेमस्ट्री**. Why should we call it **केमस्ट्री**?

A real Mystery.....

Ms Anita Thomas

## THE FUTURE DEPENDS ON WHAT YOU DO TODAY

**"Choose a job you love, and you will never have to work a day in your life." —Confucius**

**Career** is a very important thing in one's life. Whatever career path you choose to follow, it will impact your life greatly. Your career will define your status in a society in addition to your lifestyle.

The youth of the country finds himself on the crossroads in choosing a career. The choice of a career is a very challenging factor in a student's life. By keeping certain factors in mind, there are plenty of career choices. Some of the popular career choices are engineering, medicine, arts and commerce. Which career to choose and on what terms is something that every student will have to worry about.

I have heard from students about their career. Many a times it does not become a reality whatever they have dreamt or thought of. A sportsman always wants to excel in sports and it is not necessary that his dreams will be fulfilled.

The very first reformation that is required to solve the problem is in the system of education. Education is, of course a must for every youth of a nation. Without that there would be no enlightenment and progress. Thanks to the NEW EDUCATION POLICY – 2020 which aims to bring about this reformation.

Professional Counsellors should advise in the choice of a career – the system needs to be evolved so that the youth do not go astray in the wrong careers. Parents should also play their rightful role. They should try to judge the potential and mental predilection of their child and not force them into careers against their mental learnings.

Hence, career decision is one of the most important stages in life. Start with self-introspection and find what motivates you. Take help from a couple of advisors and then decide on what you want to do in life. Assess yourself and pick a career that suits you. Whatever may be the situation you should not lose hope, self-confidence and will power. Always stay positive and try to make use of the opportunities that come your way.

A carefully chalked out career would make the young mind explore his potential and would make the career rewarding both mentally and financially. That is what a well-chosen career needs to do and shall do if rightly chosen. The right man at the right place, if achieved, would give shape to a vibrant society.

I would like to end with the words of Carlton Fisk - "It's not what you achieve, it's what you overcome. That's what defines your career."

Ms Harshitha Shetty

## ONLINE TEACHING - WILL IT BE A NEW MODE OF TEACHING?

Man's mind, once stretched by a new idea, never regains its original dimensions. - Oliver Wendell Holmes

We were in mid-March 2020, busy with our Annual/Board exams and the plans for the forthcoming summer vacation were already in back of our minds, but then the arrival of this COVID-19 pandemic changed our lives altogether, essentially for us teachers and students, all over.





Suddenly the lockdown was announced and we were confined to our homes. Our holidays with 'stay home stay safe' health advisory got extended indefinitely. We immediately understood the gravity of the situation and began preparing ourselves to teach our children virtually. So we made all the required gadgets with Internet connection available. We browsed through the net, discussed with our colleagues, practiced ourselves and learnt to use new computer apps like Zoom Cloud Meeting, Google Classroom, Google Forms and so on.

We sincerely made our efforts to add value to our classes by utilising more Online tools. We too agree with many of you that Online teaching is not a substitute for Class-room teaching

but we found some merits in this Online mode of teaching. Firstly, we could impart qualitative learning to our students. They also got the much-needed Teacher-Student interaction even though we were distance apart. We successfully held a series of tests and exams through this online mode. Parents too appreciated our efforts in smooth transition of teaching to the Online mode. For the first time, we the teachers had a feel of 'work-from-home' the term generally used by corporates until March.

But, now the pandemic is not over yet. We are not sure when are we going to return to our regular Class-room teaching. However, we are hopeful that our physical classes will resume soon.

What next then? Are we going to stop this mode of Online teaching when everything turns normal? Will it be fine if we forgo whatever we learnt in the last few months? No, not really. Even if the school starts we can still have this Online teaching as an alternate mode of learning. Extra classes for 10<sup>th</sup> & 12<sup>th</sup> or Remedial classes could be conducted through the online mode even during the normal days. Once we keep our online skills handy, we will be in a better position to face any unexpected shutdown or an unforeseen situation in future.

Multiple Assessment activities like Quiz, Case Studies, Projects and certain Home Assignments can always be held through the online mode. More practice questions especially MCQs could be given to the children in virtual mode.

Present-day government is also mulling over the methods to reduce overcrowding, traffic congestion and pollution in cities. In all likelihood, the government or CBSE may fix some X number of Class-room teaching days and Y number of Online teaching days in the near future.

Some educationists and intellectuals are already into research of new apps and advanced methods of Online teaching which could not only replace the traditional Class-room teaching but also would make the Online teaching more scientific, qualitative and result oriented. Therefore, the need of the hour is, we the teachers and our dear students need to be more tech-savvy and flexible enough to switch over to the emerging necessities of the day.

**Ms Gretta Menezes**



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## **'HAPPINESS' THE CREAM OF LIFE**

How to achieve it in everyday life?

Have you ever stopped complaining about the pains and struggles in your life and thought of the small joys of the day?

Be it a coffee or tea, a kid passing by you who brings a smile, or it could be a hobby like gardening, reading, fishing or anything you would love to do. Even a simple drive with some soothing music or a fast track of your choice could relieve your stress.

A walk by the beach or a park could increase your oxygen levels in your blood and give you a good feeling.

Instead of this we only crib and focus on one unacceptable incident that had happened and keep thinking that it was a bad day. Maybe a walk may enlighten your mind when you see someone less fortunate than you and make you feel better.

I relate my sip of happiness of the day to a cup of coffee. You could have a black bitter coffee or you could have a frothy creamy cappuccino, it's your choice.

We all have people around us with whom we can spend time and feel relieved and good. It could be a friend, or your mom and dad, maybe playing with your kids or talking it out to your colleagues. Try involving these people in your life with whom you can confide in and spend more time talking about your not feeling good, meet them over a cup of coffee, lunch or any activity. You could get a suggestion or solution or at least a word to feel better.

If you keep things to yourself you will bottle it up and just harm yourself eventually.



Remember every problem has a solution, every day has a night, every lock has a key which we need to find. When you talk to people you start solving your puzzle, join the dots and this will give the right answer. Stay happy stay safe. Take each day as it comes. That's the rule to live a happy life. We never know if we are alive tomorrow so live for today and enjoy everything you do to the fullest. Remember happiness is the cream to your life's coffee. Enjoy it when the cream is fresh and piping hot. Only we can find the path to our happiness and peace. Hence, let's start discovering the key to it.

**Ms Lavina Castelino**

### **GIVE TODAY, MAKE TOMORROW BETTER**

Giving! Is a wonderful word that has so much meaning within because it is an action of selflessness.

You can choose to be charitable to others around you in many ways. The best happiness you can feel is the emotions after helping someone poor and needy. There are different approaches in giving, but the only way to be charitable to others is the way you feel it right. Giving of one's time or financial support or providing encouragement to a disheartened is a way of reaching people.

Charity is the act of giving where the decision is made by the heart without expecting a

reward. Giving is unconditional love and compassion towards others.

Charity is vital and therefore people need assistance especially during the time of war, natural disaster, hunger, disease, poverty, by providing food and shelter, medical facilities, relief funds, etc. Orphans should be shown love and care along with financial support.

Everyone has problems, troubles, and grief of some sort in life but charity starts with those who learn to make their problems appear less important than it is. Some people keep aside their pains to lessen the pain of others.

There is a well-known saying that 'charity begins at home' Children naturally love to help others so children should be taught about the charity at home. A child learns by seeing his elders, if the parents are loving and giving and pay importance to social cause then their children will also learn to bring about a positive change in the world.

No one has ever become poor by giving.



**Ms Rekha Naveen**

### **MY INSIGHT ABOUT THE NOBLE PROFESSION**

Though the roles and responsibilities of the teachers have changed over the period of time, there is no doubt that teachers still play an important role in a child's life and society. We may not be able to lead a luxurious life like other professionals, but the love and respect that we receive from our students is incomparable. We may have to work day in and out, but we feel happy when our students climb the ladder of success and soar high in their professions. Our heart sighs with satisfaction, when we are recognised in public by the students and parents. In my opinion, success of a teacher lies in making the children enjoy and enrich themselves in the process of learning, rather than completing the process. A true teacher is the one- who

motivates the students to be energetic yet disciplined, to be helpful yet dignified, to be a good learner yet allrounder and most importantly to be a leader yet human. For me teacher is the person who

Teaches the students to be

Eager to learn more

Able to fight against darkness

the Commander during the fight without fear

Honourable to the elders and workers

Empathetic towards poor and needy and

the Role models to the next generations to come.

So let's be the teachers for ourselves, for our students and for the people around us.



**Ms Suneetha K**



## MY RECIPE FOR A HAPPY CLASSROOM

There is a saying 'Give your teachers the respect they deserve because they are the ones who can help you get where you want to'. I believe that the other way is also true, that is 'Give your students the respect they deserve because they are the ones who can help you get where you want to'.

Unlike students who get many opportunities to show their talents inside and outside the classroom, teachers have only one stage to perform that is the class room and each student becomes a reflection of the impact of their teachers, hence it is important for teachers to give their best. Teachers are awarded in public functions not because their skills are tested in the public, but because of the good impact of teachers reflected in their students.

To build a happy classroom environment we need to have a good rapport with the students. I believe the following strategies helped me as a teacher:

- To choose words and tone carefully while talking to students.

- To cultivate positive beliefs and exhibit them in words and actions.

- To be a good listener.

- Not to raise voice but, maintain order in the classroom and keep the group moving in a respectful way.

- To offer a misbehaving student, choice between two possible outcomes which allows the student a chance to save face.

- To be fair, and not to hesitate saying sorry to students when we go wrong.

- To use positive humor to help bring the students back to the class.

- To take time to acknowledge the growth of the students.

Remember, teaching not only has to do with the skills we acquire but also with the person we seek to be.

**Ms Jayashree**



## A RAY OF HOPE

"In all things of nature there is something of the marvelous" - Aristotle

Nainital is a Himalayan Resort town in Kumaon region of India's Uttarakhand state. It is a paradise for nature lovers. It gives one mesmerizing and enthralling experience.

I had a privilege to study in the Kumaon University, Nainital. I must say the serenity and the beauty of nature had a profound effect on me.

Here I am to tell you a fascinating incident.

My house was surrounded by apple, plum and apricot trees and very next to my bedroom there was an apple tree and, on that tree, lived pretty and gentle birds. They had built a shabby nest where the mother bird had laid eggs. She stayed in the nest all day long while the daddy bird went out in search of food. Finally, out came three babies. Initially they were wrinkled and featherless. When the both birds were away, I used to visit them. As the days passed by, my visit became very frequent. Moreover, I was gazing out of my window to look at them. Their chirping gave me immense joy.

One fine day, I was having a catnap in the afternoon, suddenly the noise of the furious hailstorm woke me up. Immediately I gazed at the nest, but the nest was not found on the branch. I rushed out to the spot and I found the nest under the tree. I picked it up and for my surprise the birds were safe. I brought them to my room along with the nest.

I was searching for the mother and daddy bird, I missed them, as if they were my family members, but I was quite sure that they can put up with the bad weather. I never gave up hope, but the situation was excruciating. Babies were restless. I tried to comfort them, but all in vain. Maybe they were hungry.

Finally, both the birds turned up. I observed them keenly from a distance, they were looking around for the nest, and were anxious. Yes of course, blood is really thicker than water.

The behaviour of the birds made me feel sad. I did not know what to do. I could not manage the situation; I was really baffled. My heart was heavy, but I thought I must place the nest on a branch. Finally, I placed it on the



branch efficiently and carefully. Yes, both the parents were on cloud nine when they found their babies. That was a typical reunion.

It was possible that if I had not picked them up, probably they would have died. I was a 'ray of hope' for them on that stormy day.

**Ms Apoline Lobo**

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## **BREAKING THE STEREOTYPES!**

We live in a society where majority of the times our focus is centred towards "What will others think about me?", "What if my thoughts are not appreciated?", "What if people dislike me?"

Why do people always assume that it is not ok to think differently? Why do they don't accept changes so easily? It is mainly because they are very much used to the stereotypes!

In our daily life, we have tasks to be fulfilled. The most common thing we all would do is, we will find out what others have done to fulfill similar tasks/responsibilities. We follow the same pattern and a hundred of others follow us, which ultimately creates the stereotype! It creates

an illusion in everyone's mind that; this stereotype is the best practice and there is no other better method to deal with the given task. If an individual tries alternates to complete the given task, the person will be judged immediately and will be tagged negatively in all the possible ways.

It is always good to work in a team and share ideas, but it is also important to think if it is practical and is it applicable under all conditions. We have always read this quote; "It is the quality that matters, not the quantity." When we work on the given task we have to keep the 'end product' in mind while we plan for the process. If everyone has to achieve a similar goal, it is not mandatory that each person has to follow the same method. If you can think of an alternate and are very confident that you are doing the right thing, always go ahead and give it a try! You may come across a lot of hurdles and may have to listen to the criticism. It is totally alright. It is part of growth.

A lot of times, we run away from a situation and prefer to move in the flow. We completely lose the ability to think differently or sometimes we are forced not to think differently!

How do we overcome these stereotypes? It all depends on the choices we make and the chances we take, and also the confidence we have on our thought process and the methods. When you choose a right path and believe that it will meet the need of the hour and gives a desired output, the feeling of satisfaction for doing the right thing will definitely wash away the criticism and negativity spilled around you.

Meanwhile it is also important to respect someone's ideas and be supportive rather than jumping into conclusion or keep cribbing about it, by keeping the same old strategies in mind.

Be bold, be brave, be YOU!

Be the change you want to see!!



**Ms Shamitha Machado**

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## **CORPORATE SOCIAL RESPONSIBILITY (CSR) & ITS IMPACT ON EDUCATION IN INDIA**

"Educating the mind without educating the heart is no education at all". Aristotle

This article is an attempt to create awareness among our young students of their social responsibility as citizens of our country. Most of them are entering the corporate world soon or will start earning within a few years. Whatever they fetch, a part of it should be shared among the underprivileged in various fields like education, health etc.

### **WHAT IS CSR?**

CORPORATE SOCIAL RESPONSIBILITY often abbreviated "CSR" is a business model that helps a company be socially accountable to itself, its stakeholders and the public in general. It is generally understood as being the way through which a company achieves a balance of economic, environmental and social imperative.





**EDUCATION AND CSR IN INDIA:** Today, education in India faces the rising challenges of infrastructure facilities, strained budget, teacher retention, student teacher ratio, and the global competition. The need for education exists in all areas, across all subjects, and for all types of people. CSR in education in India has mostly involved steps to promote education, scholarships, sponsorships, increasing access to education and higher education. Other CSR practices for the education sector gaining increasing popularity include promoting gender equality by targeting girls, providing toilets or other infrastructure, establishment of institutes for teachers. Overall companies in India have spent over Rs 52,533 crore on CSR activities during the last four years, out of which Rs 15,742 crore has been spent on education sector alone. This shows the importance given by the corporate companies towards the education sector. The union education ministry has recommended the use of CSR funds to address the problem of digital divide as the Covid-19 has forced the closure of educational institutes and forced them to opt for online classes. This is part of a plan to ensure the pandemic does not adversely affect learning as many students do not have access to smartphones, computers, or the internet to attend classes. The “Students Learning Enhancement Guidelines” released by the NCERT, suggests the use of CSR funds for creating mobile libraries as one of the ways to help students overcome the digital divide. This is one of the many ways in which the CSR could help in providing technology and resources to the students in rural areas. Corporate Social Responsibility programmes have a wide scope in closing the digital divide that stands in the way of a revolution in the education sector in our country.

One person can make a difference and everyone should try.

**Ms Sreelatha P. V**

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## **MAKING A DIFFERENCE IN THE WORLD WE LIVE IN**

**“Thousands of candles can be lighted from a single candle, and the life of the candle will not be shortened. Happiness never decreases by being shared.” – Buddha**

Many people believe that they don't have what it takes to make a difference to the world. They believe only people like Mahatma Gandhi, Mother Theresa, Thomas Edison, Albert Einstein, are capable of making a difference. Mother Teresa said, “If you can't feed a hundred people, then feed just one.” The size of the contribution is not what matters most. The key here is to have the heart to do it. There is no best time to start to make a difference to the world. You don't need to wait till you have the time to share some love and happiness; you don't have to wait till you make more money to share a slice of bread. Little efforts count, and you can start making small contributions today.

Happiness and love are the two greatest gifts you can give to the world. Too often, we're too indulged in our own gratifications that we forget there are people in this world whom we can make a little happier and feel more loved. As the saying goes, “To receive, you must first give.” The more you give, the more you'll receive. Let us remind ourselves that in order to receive more happiness and love, let's spread more of them first.

The good, we seek to do will bear lasting fruits. For example, if we make contributions to build a school, it will benefit many people for years to come. And when more people receive education, they will in turn provide more value to the world and will bring about an un-imaginable difference in the hearts, minds and lives of the people.

“A good example has twice the value of good advice.” Start doing whatever is within your ability today. Start showing more concern and love to the people around you. Start putting more effort in your work to increase the value output. Every effort counts, no matter how small and insignificant it may seem. Nobody can do everything, but everyone can do something. Become the doer and make a difference through your own example.

You cannot take the heart aches of the world, but you can wipe away the tears of one person. Try again and again and again. Don't be foolish. The Grand Weaver has planned it for you. He holds the threads for a certain cause and for certain time in History. India needs YOU. Don't be intimidated by the voices around you. If one says “Rise up and build”, the other will say “Rise up and destroy.”

Know that you can make a difference without being told you are. That very belief will serve you well, if your unique idea reaches millions later on. By being YOU, your own uniqueness, you make a difference in the world. There is not, has never been and never will be, another you.

Will YOU be ready to change the world? You can do it! You will win!!

**Ms Vidhya Joseph**



## POSITIVE ATTITUDE

Attitude is a little thing that makes a big difference. Quotes Winston Churchill.

Today, is a momentous day for Lourdes Central School, today is the day of a hopeful transition. When we come back to school with a hope of better times ahead.

At the very outset I want to appreciate and congratulate you dear students for being strong, adaptable and resilient throughout the testing times we have been through during this pandemic. You adapted to the shift from offline to online classes with utmost ease. We understand it wasn't easy for all of us the management, teachers', parents and most of all you



dear students. But the efficiency in the whole process and the acceptance to the change you exhibited is truly praise worthy.

They say change is inevitable. And it's a proven fact by nature itself.

The author of the book who moved my cheese- Dr Spencer Johnson in his analogy says it is important to stop waiting for the old cheese to appear in the old place, instead move in the maze and start searching for new cheese. This is a metaphor where cheese is your comfort zone where everything is cosy, happy and most importantly a known place/area, but when that comfort zone begins to change and is not so safe anymore, it is ideal to start moving in this maze called life and focus on searching for better and safer quarters and very essentially adapt to the shift or the change.

Considering the adaptability and resilience you have shown, undoubtedly with the support and guidance of your parents, the change that we are going to observe in schooling henceforth will not be difficult for you.

We are sure that you will adapt to this shift from online back to offline with the great ease, composure and confidence.

I would like to reiterate the quote I began this speech with.

Attitude is a little thing that makes a big difference. - Winston Churchill

So, let's begin this new year with the right attitude, with positivity.

Let us always have the attitude of gratitude. Thank God for all that he has given us and express our thanks to all the people in our lives, our parents, friends and many more who have helped us and are still helping us through difficult and testing times.

Let us come back to school with this attitude and be the change.

**Ms. Deepa Dsouza**

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## A TOUR TO REMEMBER

"The World is a book and those who do not travel read only a page" - Saint Augustine

It was indeed a great opportunity for me to visit a place I wished to, when my colleague Ms Gowri invited us to join her for a tour of Gujarat. Without giving it a second thought, A few colleagues and I accepted the invitation and we were all set to celebrate Dussehra away from home. It took two months for us to plan the itinerary and book the tickets. We were a group of 23 members. We visited places in and around Ahmedabad.



Ahmedabad, also known as Amdavad, is one of the largest cities of India and the former capital of Gujarat. It always fascinates its visitors with delicious food and is also known for world famous cotton textiles, diamond cutting, and much more. Dussehra time in Gujarat is celebrated with much pomp, show and bang and we considered ourselves lucky to have got the opportunity to be visiting at that time of the year. I must thank Ms Gowri for providing us an opportunity to enjoy and participate in the Garba dance wearing the traditional dance costumes. We danced our hearts out to the beats of the music.

During our stay in Ahmedabad, we visited some historical places like Mahatma Gandhi's Sabarmati Ashram, Rani Ki Vav and Akshara Dam. Sabarmati Ashram, also known as Satyagraha Ashram, made me witness many historical events. The serenity of the place is something incredible. On the last day we visited the world's tallest statue, the Statue of Unity which was built in dedication to Iron Man Sardar Vallabhbhai Patel. The Statue of Unity is located at around 200kms from Ahmedabad and we reached back Ahmedabad at midnight. But that didn't stop us from exploring the streets of Manekchowk's late night street food stalls that made us taste delicious mouthwatering food. We relished the Gujarati cuisine to our hearts content. We did not miss the opportunity of shopping. The kind people of Ahmedabad received us wholeheartedly. It was a trip that will be remembered and cherished for a lifetime.

**Mr Girish Suvarna**



## 7 P'S TO FOLLOW AND ACHIEVE SUCCESS

"The beautiful thing about learning is, nobody can take it away from you" says B B King.

Our students face the fear of being unable to answer successfully. Exams are nothing but guiding steps towards further studies.

Yes, if you follow the following 7 P's you can answer any exam without fear.

- Plan** : A goal without a plan will just remain a wish. Make a planner for yourself in advance. Revise thoroughly without considering any subject as less important.
- Place** : The place where you sit for study is very important. It should be bright and well ventilated. Select a place where there is silence and you can concentrate better.
- Prepare** : The future belongs to those who prepare for it. When you plan and start preparing for the exam see that you give equal importance to all the subjects.
- Precise** : Being precise in the learning process will help you. By doing this learning becomes easier and simpler eg making subheadings or highlighting points etc.
- Practice** : 'Practice makes man perfect' goes the famous saying. As far as possible practice learning by writing. It will help you to remember all the answers better.
- Proper rest** : Sleep is an investment in the energy you need, to be effective tomorrow. Along with preparation, proper rest and a healthy diet is also very important in the learning process.
- Positive approach** : "All our dreams can come true if we have the courage to pursue them." says Walt Disney. Always start your day with a positive approach that "I can do it."

I wish you follow all these 7 P's and be successful in all your future endeavours.

**Ms Francisca D'Souza**



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## THE ART OF DRAWING

"Drawing is not what one sees but what one can make others sees".

Art is an important part of healthy development for children and through art we can find our experiences that enhance our personal development. Art education is provided for our students at an early age, which helps to discover the natural talents, learn, grow and develop artistic ability.

Art also provides opportunities to develop the ideas, feelings and develop creativity. It enables the students to express themselves, to communicate with others and to understand others feelings. When students participate in art projects or crafts, in group activities, they can improve their social communication by interacting with others and respecting others ways of thinking.

Sometime the students are asked to draw in their scrapbook, whatever comes in their minds or draw something what they like and then they are asked share it others, by sharing they get a chance of expressing themselves and their thoughts.

Art is an important in the development of children and everyone should have chance to experience the art in their lives. Art education does not only give children the opportunity to realize their potentials but it is also provides children with the skills of knowledge to understand art.

Art develops fine motor skills establish concentration, hand eye coordination, confidence, problem solving. Thus helps the students to feel motivated to draw, create a positive reinforcement.

"One must always draw, draw with the eyes, when one cannot draw with a pencil".

**Ms Revathi Shet**



## TIME

Lost time is never found again” – Benjamin Franklin

The above lines quoted by Benjamin Franklin is beautiful and true. We as students, parents, teachers, doctors or responsible citizens, no matter who we are, have got lots to do within a short time. Nobody has time to waste. So, we have to work hard every second, as it is the most precious thing a person can have.

Time and tide wait for none'. This idiom is apt in today's world. Time never stops and the clock is always ticking. The sun rises in the morning and sets in the evening; so, time is something



we cannot stop. It keeps on moving. No human being in the universe can stop time. If we cannot stop time, we must not stop but keep on doing something that makes us feel happy and proud. Using time is important, but using it wisely is most important.

Time is one of the most wonderful and a rare gift of God. It is a very precious element that never comes back once spent. Time teaches many great lessons in our lives. The value of time is immeasurable. There is no match for it. The only thing that we can do to honour it is by making efficient use of it. It is an invaluable possession and wisdom calls for its rightful use. Time management, therefore, is highly necessary for people of all ages. It is the only perfect key to success.

Time management is very important during a student's life. It helps in being organized and efficient. The period of studentship is a wonderful learning experience. The habits or manners that is adopted during this period of life, travel along the rest of their lives. Time management is a learned behaviour. School is the best place to adopt a managed life behaviour, in order to get more progress and successes in life. With time everything is possible, it's just that you should have dedication towards utilizing it. Let's learn from the story of two friends Anil and Shaun - There were two friends in a village named Anil and Shaun. They were studying in class XII. They had an ambition to become an engineer. They were hard working and always stood first in the class. They never wasted time and used it efficiently. One day suddenly the school announced that due to the pandemic there won't be any classes and were asked to stay home and revise for the exam. One fine day the school announced the schedule for the exam. Anil made use of the two months, whereas Shaun wasted time without studying and postponed his studies. The day came and both answered the exam. Results were out - Anil scored above 90 percent whereas Shaun scored 75 percent. This shows that 'time and tide wait for none.' Since Anil worked hard and utilized his time, he was able to succeed in the exam, to achieve success we must work hard with time.

Good time management gives extra time to spend in your daily life. People who manage time effectively enjoy having more time to spend on hobbies or other personal pursuits. Individuals who practice good time management are able to achieve better goals and objectives, and do so in a shorter span of time.

Poor time management results in wasted time. For instance, talking to friends on social media while doing an assignment, you are distracting yourself and wasting time. It makes the quality of your work suffer. Having to rush to complete tasks at the last minute usually compromises quality. Make sure you start every day with a clear idea of what you need to do – what needs to get done THAT DAY.

Therefore, it is very imperative for students as well as for the person of all walks of life, to manage time wisely for greater benefit and successful life ahead.

**Ms Mary D Souza**

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## BENEFITS OF DEWORMING

“Our greatest happiness does not depend on the condition of life in which chance has placed us, but is always the result of a good conscience, good health occupation and freedom in all just pursuits” says Thomas Jefferson.

Good health is greatly based on your good diet. It is key to the lock of leading a healthy lifestyle. Life has become very simple and easy to live, unlike in the past where our grandparents had to go out in search of money to take care of their family. No amount of money in this world buys you a healthy life so it is better you endeavour to live your life in a very healthy way.



Children suffer from a problem of worms. As elders we should know the process of deworming. Deworming is advised at least once a year. Adults need deworming because there is a mild chance of parasites getting in our body.

Sometimes you may suffer from stomach pain, vomiting, not interested to eat food, fever and rash on the body. It also makes us sick and unhealthy.



All these condition can happen when there are worms in your stomach.

In order to get rid out of them we do deworming. Deworming can be done only after consulting a doctor. The process of getting rid of worms from our body is deworming.

**Here are few tips to prevent worms entering our body. We can follow them.**

Wash hand with soap and water before and after use of washroom.

Clip nails once a week or long nails are the best place for germs.

Wash hands before having food.

Do not eat a lot of chocolates and sweets.

Wash fruits before eating them.

Do not eat uncooked food.

Eat food from clean and hygienic places.

Do not put dirty fingers in your mouth.

Do not play with mud which is the main source of germ.

Wash hands after playing with your pet animal.

**Ms Prema**

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## IMPORTANCE OF PHYSICAL EXERCISE

“Without good health we cannot enjoy even the greatest wealth”.

It is very important to know that one must be both physically and mentally fit. Exercising plays a very important role in our lives. Human body is designed to move, so if we don't move, walk or do exercise daily we might easily fall sick and get prone to different diseases.

There are a lot of benefits of doing exercise, likewise all age groups can take the advantage of exercise, there are many types of exercises which we can do daily like swimming, running, walking, dancing and so on.

Exercise helps in improving the strength and efficiency of all the parts of our body, exercising daily will help us in improving our muscles strength, our muscles will get stronger, ligaments will become flexible which will allow us to move easily and protect us from any sudden injuries.

Exercise helps us in maintaining our weight and burns the calories during our workouts. Exercise also helps in the improvement of both oxygen level and blood flow in our body.

Regular Exercise helps us to manage with any health problems like stroke, high blood pressure, diabetes, depression, anxiety, arthritis, fall and so on.

If we are exercise daily and take a healthy diet our body will have less risk of developing heart diseases. Exercises can help us to live longer which will in turn make us feel happier. Regular exercise is good for our muscles and bones and also increases our energy level.

“A journey of a thousand miles begins with a single step”.

**Mr Vishwanath Devadiga**



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## MY UNDERSTANDING ON NATURE

“Look deep into nature, and then you will understand everything better” Albert Einstein

When I hear calls from the bird Malabar whistling thrush, it sounds like a school boy that is why it is locally called as whistling school boy, I feel nature is incredible. When I see chameleons change colour, a clear blue sky, lush greenery, colourful rainbow and many more, nature is beautiful. When I smell petrichor which means earthy scent or muddy smell produced when rain falls on dry soil, I feel nature is full of fragrance. Nature is ethereal, dazzling, flourishing, magnificent, a heavenly experience .It not only consists mountains, oceans, rivers, birds, trees and animals, but we humans are also a part of nature.

Daniel Smith said, “Live a life that is well balanced, don't do things in excess”. Same way nature also should be balanced, but humans are so avaricious. According to International Resources Panel, part of the UN



Environment Programme, the amount of extraction of the natural resources for human use has tripled in forty years. Because of that, we can see floods, droughts, wildfire, extinction of flora and fauna all over the world. Its time to wake up from the warning bell of nature. Its time to show our humanity on our planet. Our future truly depends on protecting, saving, loving, understanding, caring our mother Earth. Let us join our hands together to protect our natural resources.

**Ms Asha Shet**

## **MOTHERHOOD**

Motherhood is the most sacred and pure emotion in this world. Carrying a child for nine months in the womb is Divine. The day a child is born, you are born as a mother, and hence a selfless responsibility develops in your heart. Teaching your child aspects of life and seeing them grow is a beautiful experience. When they cry, you cry, when they laugh you laugh, you become to a kid with your kid without even realising it. The relationship of a mother and child is divine. You are the child's first teacher, friend, parent and a lot more. Waiting for child's first saying 'AMMA' is a precious and delightful feeling and lot more of your values will taken to generations and Mothers are 'Angels without wings.'



**Ms Deepika**

## **I AM, WHAT I AM, WHO I AM**

This is me  
You wake up in the morning to look in the mirror,  
To say "This is me".  
To compare yourself to what you think you should be.  
I'm thin  
I'm fat  
I'm ugly and dark.  
How can this be?  
Why did god do this to me?  
You put on some cream to cover your blemishes that others can see.  
But it doesn't matter what others see,  
Beauty is in the eye of the beholder,  
And the beholder is 'me'.  
So stop annotating,  
And start complimenting,  
Not on what should be,  
But on what is!  
You were created in God's image,  
Oh! How powerful it might be.  
To see who you really are,  
Oh! How magical it is.  
I'm not thin, fat  
Neither ugly nor dark.  
But a scientific creation from Stardust.  
Something that's way beyond us.  
And what's inside is something so unique,  
So special.  
Because no one else has it,  
It's like magic  
It's you!



**Ms Sowmya K**



## AN ALARM TO WHICH WE MUST WAKE UP

Just another new day, a new start, a new morn, but is it normal as ever?

The birds were chirping, leaves rustling, nature all flaunting its beauty but the greatest creation of God – Humans- where were they?

My mind ran through the memory lane which reminded me of the crowded market places, the traffic, the rustle and hustle to reach to their place of work. A world, so busy that didn't have time to look up to God and thank him for yet another new day. A world, which valued nothing but its own selfish needs and nothing about other creatures. But was it all worth it?

A world which feared nothing was defeated by a virus, which ironically, was not even visible to the eye. The all-powerful human race was locked into their houses and no one even saw it coming!

They say that God brought into existence multiple languages so that the people could not complete their selfish motive of building the Tower soaring into heaven.

I consider the spread of this virus as a pause to our selfish needs and we started thinking of others rather than ourselves and to a large extent I think this is true. The world which didn't have a break came to a standstill. The people, who didn't have time for their families because of their hectic schedule, gave their time and affection to their families. The parents, too busy to look after their children got locked up with them and spent their time with them. The factories which produced tons of pollution came to a halt. People lent a helping hand to those in need which was barely prevalent in the minds full of hatred and jealousy. A helping hand was lent without any self-gain. And most importantly, human beings learnt to value the lives of others and themselves.

Hands that were too busy in work went up to God in prayer. The beauty of nature was reminisced. The impact of lockdown on the global environment including various types of emission- on the ozone layer, water, industrial and noise pollution turned out to be quite significant. This isn't just good news, but it is a reminder to us what we do to the nature on a regular basis.

These significant changes in our Mother Earth and our family force us to think that do we really not have time for the important things in life, or do we NOT want to make time for these?

Do we need a PANDEMIC to realize our value in our families? Do we need an EPIDEMIC to bounce back our mother nature?

The answer is a big No-No. We need to realize our mistakes and strengthen our bonds in our family and society. Let us not wait for another pandemic to strike this globe to re-realize our mistakes. Let us love and care for one another and make this world a better place to live in.

**Ms Lolita Coelho**



## COVID - 19 AND TEACHERS

Time and tide wait for none goes the saying and change is inevitable. One such change the globe witnessed in the year 2019-2020 is Covid -19 Pandemic.

This not only shattered the economy but also affected every aspect of human life including the education. Overnight, home schooling, online classes became the new normal.

Gone are the days kids packed their bags and left to school. Now the laptop is their blackboard and their home the classroom. The best thing that came out of all this is teachers became aware of their hidden potential and kids got maximum quality time with parents .

Though parents had to multitask, it was worth it.

We teachers were so used to the traditional methods of teaching that this pandemic opened up the Pandora's box. New ideas, opportunities, creativity and evry aspect that can make learning fun was explored this year. Though the direct contact with the kids could have made learning more better, this online option did prove to be a great alternative.

Getting a hand at technology, involving all the kids in the classroom, keeping them engaged and entertained became teachers new skill set. We also learnt that where there is a will there is a way. Online teaching not only kept children safe in their homes but also opened new doors to the field of education. Covid- 19 pandemic indeed expanded the horizon of teaching and learning.

Happy Teaching..

Happy Learning...

**Ms Joshma Treeza D Souza**



## HEAVEN AT LOURDES CENTRAL SCHOOL

If you judge people, you have no time to love them – Mother Teresa

Alas! What a pathetic sight. Ayaan was terribly frightened and howled. He whispered, “such a vicious place”. He saw all the people were tormenting. He felt like running away from there. People were killing each other, yelling. They were criticizing each other. They did not have serenity all day long. People were starving and rebuking God. He thought that there was no food. But when he observed properly there was a huge well with enormous food. The people used long handle spoon. But the spoon did not reach their mouths, so they were in hunger.

Ayaan finally diverted from there to a magnificent place which he had never seen in his whole life, where people were blissful and contented. They were assisting each other with a smiling face. Even here, he spotted an identical well and long spoons. But the people were sharing their food, feeding each other and glorifying God. Ting.... Ting sounded the alarm. It was 7am in the morning. Ayaan got up and realized he was dreaming. He felt cheerful and understood the meaning of heaven and led his life accordingly.

We the Lourdites - teachers, students and parents can create heaven at LCS. Let us all take oath to love our neighbours as we love ourselves. Let's keep our ego aside and lend a helping hand to each other and take our school to greater heights. Let's all find the goodness in everyone and appreciate, as each person is God's unique creation. God has placed within us the keys to the doors of heaven. As our Manager and Principal would say, 'United we stand, divided we fall'. Let's all be united and create heaven at LCS.

**Ms Seema Lobo**



## BE CLEAN, BE HEALTHY!

“Cleanliness is next to Godliness”

Cleanliness is the state of being clean. It may be related to public hygiene or personal hygiene. It is a good habit which can enhance the quality of one's life. Cleanliness is important for healthy mind, body and spirit. One should never make a mistake of compromising with cleanliness.

When you keep yourself and the environment clean, you are less likely to fall ill.

You can enjoy good health and lead an active lifestyle.

How to maintain it?

You should always throw waste in the dustbin instead of littering the surroundings.

The biodegradable waste which can be decomposed in the soil such as left-over food items, peels of fruits and vegetables and the non- biodegradable waste, which can't be decomposed in the soil such as plastic, the glass should be thrown separately in different dustbins. We should keep the place where potable water is stored clean and the cooked food should be kept covered. We should take a shower daily. We should wash our hands before and after meals. We should wash our face, hands and legs to let go the dirt.

In order to maintain cleanliness 'Swachh Bharat Abhiyan' was launched. We can learn from and be a part of it. If everyone takes a bit of responsibility, we can make earth cleaner and greener.

There are various positive effects of cleanliness on the surroundings and also on the human body. Cleanliness helps us to live a beautiful and clean life. It also helps us in physical, psychological and spiritual growth. In addition to this, it is also essential for environmental development of our country. Everyone needs to develop the habit of regular cleaning. Cleanliness leads to a healthy and happy life.

“Clean and green of our earth is our perfect dream for the future generation to be seen”.

**Ms Pamela Miranda**



## MY JOURNEY AS A TEACHER

“The influence of teachers extends beyond the classroom, well into the future”. F. Sionil Jose.

Since my childhood, I have always admired my teachers from school. Back home, I imitated them by draping my mom's saree, with a stick in hand (holding a stick in our school days by teachers was common). I would treat the furniture as my students and the poor furniture bore the brunt of my teaching. What started as fun eventually became my passion as I grew up.





In the last nineteen years of my teaching career, life has given me the opportunity to be a teacher in different schools and in different cities. But the one thing that has remained common in all these schools I have worked-love and affection from students.

Teaching gives me a great sense of satisfaction. There are many reasons for me to be extremely proud of my profession. Every time I see the twinkle in the eyes of my students during the class, it makes my day. Any time a student approaches me for advice, be it personal or concerned to academics, I feel elated to be a guide in shaping their future.

In this journey, I have received a gift of lifetime relationship. The relationship between a teacher and a student is not time bound. I find boundless happiness when my students connect with me after ages. Many a times, it is difficult to even recollect their names or recognize them but sharing conversations on the phone or connecting on social media on occasions of Teacher's day and my birthday sends an adrenaline rush in me.

The most gifted experience of being a teacher for me is feeling young forever. I always feel young at heart being with students. I enjoy learning new skills, fashion and technology updates, which keeps me smarter and wiser. This profession has made me a lifelong learner.

As I am still a traveller in this journey, I have come across excellent guides and mentors who have played a pivotal role in shaping my professional growth. I am eternally grateful to all my colleagues from various schools, which I was and will always remain a part of. They are now my extended family, be it "DPS FRIENDS FOREVER", "SHARADA MANDIR SCHOOL FAMILY" and LCS STARS UNITED.

What more can I ask from God who has filled my life with such timeless gifts which I will cherish in my life forever.

**Ms Gowri Ravi**

### **"MY EXPERIENCE IN MUNDGOD" RURAL**

"Speak less than you know; have more than you show." – William Shakespeare

Today we have many 'fast-developing smart cities' around us like Bengaluru, Mangaluru, Mysore, Hubli/ Dharwad and Gulbarga etc. These are the economic hubs and people would like to settle down in cities' like these, where all kinds of facilities are available at their door-steps. What you should have is just a mobile phone and your work gets done. For instance, you need medicines? Call your medical representative; your medicines will reach your



hand. You need groceries? Make a list and send it to the grocery shop using the app. Feeling lazy to cook? Just click what you want to have and food will reach to your door step. This is the comfortable life-style which we live in. No doubt we are living in 21st century and things around us change constantly.

Have you ever thought of living without your mobile phone or these technologies?

What would happen if you live without electricity, without mobile, without transportation etc. Can you imagine your life without these things? I did, and realized this when we had a programme which was organized by St Aloysius College (Autonomous), Mangaluru, when I was pursuing my master degree.

We had one-week's rural exposure programme to Mundgod. Which is 49Km away from Hubli and 316km from Mangaluru. We were around 150 students from all the post graduate departments along with the teachers.

First difficulty that I came across was, when we went to that village not by car or bus, but by jeep and some of us by tractor. This was a new experience I had. Once we reached the village, again the groups were divided into small strata of three students who were supposed to stay in a house. Each house was far away from the other as it was in the forest. The next difficulty I faced was there was no mobile network. We usually use our mobile more than needed we feel our life is incomplete without the mobile. That is what I felt when I couldn't use my mobile for seven days. Third difficulty I came across was there was no electricity. We get angry and fight with our parents for what we don't have even before we ask for something our parents will buy it for us.

We find that transport, electricity and communication are the basic requirements, but here I found that people even live a happier life without all these necessities. I spent these seven days without any communications with my other friends and family but I was happy. There was a sense of satisfaction and I had to learn a lot of new things. Finally, when we completed it and reached back, we had a lot of memories to share with our friends and family. Even after five years today, those memories are fresh in my mind. I still feel like going to the same place where actually I hated to go and live. This is the change that rural exposure brought in my life.

**Bindiya K**

## THE IMPORTANCE OF OPTIMISM

Raghav was a eight year old boy who often found happiness in collecting coins. He wanted to make it to the finals of state level numismatics. His friends made fun of him, they discouraged him and also said that he was just wasting his time. He would never respond and just smile. One day, when he was preoccupied with the usual work, his neighbour came there. He was a tall man with a pleasant personality. As per his daily observations, he concluded Raghav to be a well-mannered and patient child. He asked Raghav the secret of his dedication. He also inquired as to why his belief of winning the competition never fades. The boy smiled and said, 'I know I can do it because I am preparing well. 'He was astonished to look at the confidence of this little boy and was quick to ask



another question. So, how do you manage your thoughts when your friends come up with multiple reasons for your failure?

Ah! That's quite easy! When they say I CAN'T DO IT, I just filter what I need and take in only the positive part - I CAN DO IT!

It was 2nd of August, 2019 and there he was with the winner's trophy at the state level numismatics association proudly representing Maharashtra. Well! We can guess the message he must have given to the crowd..

There are times when we lose hope and give up our dreams. Negativity occupies our heart and mind leaving no space for positivity. When we turn a deaf ear to all the negative comments and judgments we hear, if we believe in ourselves and move forward, we SUCCEED.

Sow the seeds of optimism in your mind and see how beautiful you grow as a person!

Ms Preethi K

## MATH-BOSOM BUDDY

यथा शिखा मयूराणां, नागानां मणयो यथा ।

तद् वेदांगशास्त्राणां, गणितं मूर्ध्नि वर्तते ॥

Atharva veda

***"Like the crest of the peacock, like the gem on the head of a snake Mathematics is queen of all sciences"***



Mathematics is in living and non living things, mathematics is everywhere, and mathematics rules the world. The invention of number system gave humans a big strength to compute anything. Math is one skill we need to master in our life, so that we will be able to live without being cheated. All our life is based on calculations if we notice. The most basic example is time .Time is variant and it is constantly running. Math explores the concept of time and converting it into sec, mins, hours, days, weeks, months and years. Math is following us everywhere to make phone calls or to calculate household budget. To pay bills and shopping we take help of concepts like percentage and discounts ; ratio , fractions and temperature are significant in all aspects of cooking; to organize any event or field trip we need to estimate time, money and discount; doing every kind of sports require a basic skill of knowing distance and calculating, we need math to understand strategy and to plan our next move in any sports; art relies heavily on geometry ; music we hear are coded by a mathematical sequence into a string of 1s and 0s which are grouped into 8 bit words; to distort images in animated film we need geometry; economists use math to know about production, productivity and distribution of wealth; photography needs math to calculate shutter speed, angles and focal length ; math is applied even in field of fashion designing to calculate angles and to make correct cuts to create an accurate pattern; trigonometry is used to measure the distance between landmarks; in astronomy to measure the distance of nearby stars; practical sciences such as engineering and computer science also benefit from math. Many a time children ask me why we are studying algebra. Algebra is known as 'Bijaganita' in Sanskrit which literally means 'mathematics as a seed' it is used to generate algorithms for many types of problems, such as to find perimeter, volume etc. Algebra teaches us to think logically and solve problems. It develops our analytical skills. Math enlighten us to be more patient and rigorous so it's a time to rethink your relationship with math. Love it and it will never put you in trouble.

Ms Padmashree Bhat



## **L.O.V.E Y.O.U.R.S.E.L.F**

Start each day by telling yourself something really positive. How lovely you look today. Anything that will make you smile.

Take time out to calm your mind every day. Breathe in and out, clear your mind and of your thoughts.

Celebrate your wins no matter how big or small. Pat yourself on the back and be proud of what you have achieved.

Be realistic. There is no person on this earth that is happy every single moment of every single day. You know why? Because we are all human. We make mistakes, we feel emotions and this OK. Allow yourself to be human.

Give yourself a reminder that you are strong, bold, healthy, confident, fearless, capable, loved and wonderfully unique.



**Ms Flavia Reena Dcunha**

## **CHOOSING A CAREER? WHY NOT ENTREPRENEURSHIP?**

The ambitions of all students keep changing like the rhythmic chords of a guitarist. Which is why me being a commerce teacher encourage all the students not to take up a job (just to obey the boss) instead take up business as their career, because in business alone you get to be your own boss and never to forget all the good things that one contributes to the society like providing jobs to many, contributing to the economic welfare of the society etc. I encourage all the readers reading this write up of mine to become entrepreneurs irrespective of which stream you have chosen for your study. If you are a doctor open your own clinic

instead of dedicating your entire time working in the hospital. If you are an artist or musician open your own school of art rather than just posting your talents on social media, if you are a home maker and you cook like a chef, cook some food and sell it to those people in your apartment or surroundings who come tired from work and have absolutely no time to step into the kitchen, because everyone prefers delicious and healthy homemade food.

Reading all of this must have made a way for a doubt that is, entrepreneurship isn't easy as writing an article and my answer to this is that nothing is easy. Studying isn't easy, neither is teaching nor is looking after a family but eventually we all overcome the difficulties and face the challenges and make all things possible.

A very famous entrepreneur Jack Ma once explained - if u keep a bag full of bananas and a bag full of cash in front of a monkey, the monkey will choose the bananas and not the money because the monkey isn't aware of how many bananas he could buy with that money. Similarly, if you keep job and business in front of a person. The person will choose job and not business because that person isn't aware of how much money he could earn in business when compared to his job.

If people like Jeff Bezos wouldn't start business, MukeshAmbani wouldn't carry on his ancestral business, then their names would not have been remembered till date. Therefore encourage everyone to take up entrepreneurship as one's career.



**Ms Janica**

## **JOURNEY AS A COUNSELLOR**

"Positive thoughts generate positive feelings and attract positive life experiences"

Working as a student counsellor is a very challenging job. We have to work closely with students, parents and teachers to help the students succeed academically and socially, counsellor needs a lot of patience and compassion.

In a school setting there are students coming from broken families, single parent is one of the major problem, where children don't get enough attention from their parents, and the child develops behavioural problem. Students find it difficult to cope up with their stress, exam pressure and family pressure.

Students' having learning disability is another problem, they find it difficult to cope up with their day to day studies and moreover parents don't accept that their child is facing problems. Lot of students are influenced by their peer group and indulge in other activities which is not accepted by the society, but to please and get peer group acceptance.



We need to have sessions with family members, parents, teachers to help the students to overcome their difficulty. Assist students at all levels, from elementary school to college. Helping the students to process their problems and plan goals and actions in an appropriate way to set up their day-to-day lives.

Counsellors work in confidential settings with students who are experiencing difficulties to help them to overcome and make appropriate changes to their lives.

We listen to, empathise with encourage and help to empower students. Counsellors do not advice, but seek to help to understand themselves better and find their own ways to cope or resolve their difficulties.

Counselling typically involves a series of formal sessions at a regular time and place, counsellors are trained to listen without judging and to help the students to sort out their thoughts and feelings.

**Ms Annie Lobo**

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### **ANGER IS A CHANGE OF YOUR TRUE NATURE**

"The most beautiful thing to see a person smiling and even more beautiful is knowing that you are the reason behind it. Be a reason for others to smile says Mother Teresa.

Negative Emotions like, pride attachment lust, anger, ego, greed and jealousy are all the changes of love. Anger is seen everywhere in nature. We can see it in animals too. But as the animals are bound by nature they cannot go beyond their way. But we human beings can discriminate Distortion of Anger and move to a state of love. Every human being wants to get rid of his anger and reach a state of perfection filled with love. Human being remind

themselves a hundred times of not getting angry, but when circumstances lead to anger we are unable to control it. Emotions are much more powerful than thoughts and the promises we make.

Anger is a change of our true nature. It is a part of creation, but we still call anger as distortion because it does not allow self to shine forth fully. In anger we lose our centeredness and we lose sight of the self. It is a sign of weakness. When do we get angry? It is when we do not have the lack of total knowledge of what is happening inside that person. Being unaware of your anger hurts us. We are not happy later when we realize the decisions made or words spoken when we are angry. How can we control our anger?

Spiritual practices help us to maintain our centeredness. Breathing techniques and meditation are effective in calming the mind. Meditation is letting go of the anger from the past and the events of the past. It accepts the present moment and helps us to live every moment of our life totally with depth. Anger comes when we look for perfection. It is when we are exhausted seeking perfection and stressed when we don't get it. When someone commits a mistake we should know that she has committed unknowingly, the stress inside her/him has caused to make that mistake. As elders we should always not be sarcastic and make fun of the mistakes, feelings of the children or people. It hurts their self esteem. We should not try to blame or comment on their mistake on every action they do or say. But we should overlook it so their self-confidence is built and the cause of anger is avoided.

We usually see that being patient and consistent is less in us. Which leads to anger on the other side. But when we understand them, we lead them, apologize to them for mistakes we have done even though they are small which in return will teach them to be humble, polite and be free of anger.

Thus to conclude we give anger freely but our smile rarely. To those of knowledge a smile is free like sunshine, air and water and anger should be expensive make your smile cheaper as it cost nothing, but gives much. It enriches those who receive without making poorer those who give.

**Ms Mary Lydia D'Souza**

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### **LET'S LEARN TO FIND HAPPINESS IN SIMPLE THINGS OF LIFE.**

"Happiness is not something readymade. It comes from your own actions". Says Dalai Lama

I'm pretty sure that on January 1st 2020 none of us would have ever thought that we would have to face something which will be beyond our control and when it happened, all of us were dumbstruck. Our lives became standstill nobody knowing what is stored for us in future. It looked like emotions such as fear, anxiety, uncertainty and frustration all shook hands with each other just to make us realize that life is very simple but we human beings made it very complicated with our personal prejudices , selfishness, and non-caring attitude. It was almost like Life vs Virus. While building career, making money, name and





fame we always took life for granted. We forgot to enjoy the small little things of life. And this virus did not discriminate between rich and poor, or how educated or famous we are. It treated everyone equally.

Everything has its own place: We do need everything to lead a happy life but let's prioritize our needs. It's time to realize that it's our family and friends that we need to value the most than luxuries and materialistic desires. Let these things take backseats. Learnt to enjoy every moment of your life with your loved ones. They are the biggest blessings one can ever have.

Health is wealth: I'm sure all of us might have realized that how important it is to remain fit. We may be having lots of money but without good health we are zero. Health is a precious gift and if you are blessed with it, then you are the luckiest person in this world. Build your immune system, exercise, laugh often, and treat your body with respect. Please don't take it for granted. At the same time let us be sensitized towards community health as well. Like me many of you might have realized that the home cooked our food by our very own people with love has more taste than the outside one. Isn't it?

Let's take One day at a time: The biggest lesson this pandemic has taught us that life is very uncertain, let us not hold on to anything, instead develop an attitude of forgive and forget. There is no point in thinking too much about the past and worrying too much about the future. Let's try to live in the present by taking one day at a time. Let's slow down and cherish each and every moment.

Love for Mother Nature: Another important lessons one can ever learn from the present situation is to develop love towards nature. Nature gave us everything in abundance but in return we human beings destroyed our beautiful mother nature. It's time to learn from our mistakes. Let's start from our own home and surroundings by keeping our mother earth healthy and beautiful.

Be grateful: Let us be grateful for what we have, lets thank god for every breath we take, In fact today I feel that I'm a privileged one, I have a roof on my head, food on my table, shoes on my feet, I have my loved ones with me to support and comfort me, and most of all they are all safe. With such lovely blessings from God I feel that yes I'm the richest person.

I'm smiling today because I realized where the true happiness lies. And I'm hopeful that tomorrow will be better for all of us. We shall overcome and we will bounce back being more responsible. As there is a day after every night, calmness after every storm, so is life. It will not remain the same. So let us be positive, happy and try to bring a smile on everyone's face we meet.

**Ms Linette Christine Pereira**

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## **LIFE IS AN ECHO**

One two three the world is on our finger tips  
Alas! digital vibes altered our simple lives.  
Advance technology has navigated our thinking,  
Humane values day by day vanishing.  
    Use and throw is a new trend of living,  
    God and relations find no meaning.  
    We are Cosy in our dream world,  
    Forgetting who is my real world.  
Faded jasmine's fragrance lingers on the thread,  
sowed happiness reaps you delight ahead.  
Share a smile, forgiveness without any price tag  
Change life prospective before time lags.  
    Embrace life with right attitude,  
    World will be the bliss, powered with gratitude.  
    Unfurl love, positivity, kindness ever,  
    Coupled with blessings will return to you forever.  
For, in the end **Life Is An Echo.....**  
Best offer without measure is do good and good will come back to you.



**Ms Anitha Lavina Moras**

## A LETTER TO THE FUTURE!

Dear Future,

1st January 2020, the day when we wished all our near and dear ones "a happy new year". Who knew that it would be the last celebration with our family and friends for the year!

All of us were struck with the global pandemic. Some of us away from only our friends and some of us away from our families too. It was a hard time for all of us since all our plans of meeting and celebrating occasions with our families and friends were cancelled. Birthdays, anniversaries, festivals, all had to be celebrated stuck in the house with no hugs and smiles hidden behind the masks.

So, we had to find a way to be closer yet far to be safe. Phone calls, video calls became the norm to celebrate occasions. We 'zoomed' through all of the obstacles.

None of us could go to the places of worship, schools or go to work. Some of the people lost their jobs. Online classes and work from home became the norm. It was heart breaking but we sailed through.

Humanity faced so many hurdles in the year 2020. We juggled our responsibilities, learned new skills, and sailed through. What I want to convey through all of this is that humanity had hope.

Hope made us ready for things that we hadn't dreamt in our wildest dreams. But you know, we sailed through. I hope by the time you (future) become the present, everyone is healthy and safe and celebrating the victory of humanity against the pandemic. Remember to keep hoping and dreaming so that the future is brighter than the diamond.

Yours,

Present.



**Ms Ashwith Jenifer**

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## REMEMBERING OUR FOUNDER – LATE REV. FR BERNARD L. D SOUZA

"The journey of a thousand miles begins with one step" said Lao Tzu. This is apt for this day where in our Founder stepped in, his first step on the majestic ladder of Lourdes Central School. And I being one of the pioneer staff feel honoured to speak about the golden memories of our founder late Rev. Fr. Bernard L. D'Souza.

As I remember at times when he was free from his work, father Bernard would sit with us and have a friendly conversation. Some of which I would like to narrate to you. He was the second child of the ten siblings born on 11th March 1936 to Late Basil D'Souza and Emershiana Mary D'Souza of Agrar, Bantwal Taluk. Father Bernard's parents might have truly blessed as four of their children had joined the religious order dedicating their lives to God. Three sons including Fr. Bernard became priests and a daughter a nun. His early education up to class five was at Sornad Primary School and thereafter he joined Agrar School to complete his higher primary studies. And later he joined the seminary.

Fr Bernard completed his graduation and post-graduation from Karnataka University, Dharwad. He got his B.Ed from University of Mysore. He was ordained a priest on 2nd December 1962 for Mangalore Diocese.

After his ordination Fr. Bernard had rendered his services at Barkur and Shirva church. He was a Principal correspondent of St. Joseph's junior college, Bajpe from 1972 to 1979. Later he founded the Pompei College at Aikala, Kinnigoli in the year 1981 which was truly an important landmark in history of Mangalore.

He was transferred to Bejai parish in the year 1995 where he started working on his dream project of a CBSE school and thus was born Lourdes Central School in the year 1999 with the record number of 231 students for which he worked day and night tirelessly acquiring the funds needed.

As I remember.... During the construction work Fr himself worked hand in hand with the labourers helping them and being one of them. The minute we used to hear the sound of his YEZDI bike which Fr Bernard rode MAJESTICALLY and the entire school used to be on their toes, standstill, waiting for his command. He was known for his punctuality. For e.g.: during our School programme if any of the invited guest were late Fr used to tell us to begin the programme and not waste time.

Because for him, children were more important and he did not want to keep them waiting. He was fondly called as 'grandfather' by little children of KG. He was disciplined, hardworking and committed. I can proudly say that the values like discipline, punctuality, hard work, dedication, teamwork, respect and humility... are imbibed in the roots of every Lourдите and carried forward by every member.





Fr Bernard was a good and able administrator and was able to achieve maximum fruits from the minimum resources at his disposal. He always fought for justice. He provided the best facilities and infrastructure for the institutions wherever he served. His main purpose in life was to help the downtrodden and the less fortunate. He was very outgoing, outspoken and friendly by nature. Being a strict disciplinarian, he motivated the students to work hard so that one day they would be recruited in the field of administration IAS Officer of India which was his dream. He believed in three T's - keep trying, stay truthful, and trust in yourself.

Jackson Brown Junior said and I quote: the best preparation for tomorrow is doing your best today. So did our founder Late Rev. Fr Bernard L. D'Souza. The seed which WAS sown by him has grown into a reputed school and we are reaping the fruit of it. And I'm sure he is watching us and praying for every Lourдите from the Lord's Kingdom.

Let us try to walk in the footsteps of our founder and help Lourdes Central School to reach to its glory and make our founder proud.

**Ms Saira Pinto**

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## THE FRONT DESK & TRANSFORMATION

Transformation is the soul of the universe. We need the transformation in every aspect of our life to build, to protect and to nurture the future. It's about the transformation, the change the world at present is witnessing and my role as secretary to principal.

The front desk is the source of transformation for any institution to any office. As digital technology advances the jobs that used to make up the majority of secretarial work such as filing, transcription, typing, copying, sorting, sending mail and routing phone calls have become obsolete for much less time consuming.



There are also plenty of tools that help administrative professionals to do the other tasks that have been added to our job such as travel planning, managing executive, schedules and managing office resources. Even those front office staff as who's roles have extended into HR and accounting can rely on apps for task such as payroll, expense, reporting, enrollment and on-boarding.

Greeting and helping office visitors is the part of a receptionist job, that's arguably the most difficult to outsource to computers. We agree even as visitor management software like our own can automate much of the visitor check in process in office lobbies, we recognise that its best use is as powerful tool in the hands of a capable receptionist, not as a replacement for one.

Receptionist plays a unique and vital role in the office. Their work often affects every single employee and keeps things running smoothly for everyone and anyone, who works in the door.

That change continues today as the receptionist's role continues to adapt rapidly to new technology and cultural shifts despite how much the role has changed over the years. Something's have stayed the same, namely that receptionist play an important part in any working office.

Working at front desk is the source of transformation in my life. We simply cannot be wondering about the change of Technology and criteria to work at front desk of any institution. Lot of energy calmness and thought is required to perform the duty of a receptionist. Time has changed; people who visit also need some modifications. We need to be quick fundamentally, practically correct in our approach towards the thoughts and their views.

All this and more is part of my job. I am lucky that I interactive with the hundreds of people per day and they include visitors as well as staff. It is a tough job to understand, to memorize and to recognise the need of the hour and issues that I need to pinpoint to get the ultimate result out of it for the betterment of the institution that I serve.

The beauty of the job is the opportunity that I get to interactive with people and its happiness to me. If you don't keep this fundamental thought in your heart and mind the job of a reception becomes a difficult one. Caring for everyone is the transformation I felt being in this position. I smile and lot of smiles I get all the day and I preserve them.

**Ms Leena Latha Sequeira**

## IMPORTANCE OF SAFETY IN THE LABORATORY LAB

“Safety is the best analysis tool”.

Safety in school labs remains one of the key elements in schools. It is always necessary for the staff to ensure the safety of all the lab users. All chemicals and equipments in the laboratory have the potential to harm if adequate safety measures are not taken into account.

We need to avoid entering the laboratory in the absence of a teacher, need to be responsible for our own safety and the safety of our school. It is also useful to know the steps to be followed and keep the work areas clean. Avoid eating and playing, avoid smelling and tasting

any chemicals in the lab.

Lab safety is very important. If we are going to work in a science lab. One thing we always need to remember when working in a lab is safety. The lab is a privilege each student is lucky to have, without it the students would not be able to conduct experiments in the laboratory. General safety instructions followed during lab experiments are like wearing lab coats, safety glasses and disposable gloves. The main acquaintance with labs and working on it happens at school labs i.e. chemistry, physics and biology labs.

Most importantly, working in any laboratory is to be careful and attentive. Always listen to the teacher and if one has a question about a chemical or what to do always ask the teacher what is supposed to be done. All of these things are important to remember when in the lab.

Last but not the least “Without laboratories, man of science are soldiers without arms.”

**Mr Harsha Kumar**



## JESUS THE MODEL OF PRAYER

“A day without prayer is a day without blessing, and a life without prayer is a life without power”. – Edwin Harvey

Prayer is a not only communicating to God but is also listening to God. Prayer is not the first and foremost thing what I tell God but Prayer is listening to the will of God. Prayer is not what I tell him to do but I must try to listen and try to understand what God wants me to do.

Jesus is a man of Prayer. St Luke's gospel depicts Jesus as a man of prayer, praying all the times. The Gospel of Luke is also known as a book of Prayer. Jesus early in the morning was seen praying to God ABBA father or spending the whole night in Prayer.

Seeing Jesus praying always the disciples asked him to teach them how to pray. And Jesus taught them the Prayer “Our Father”.

I would like to give a few instance of my life where PRAYER – GOD Our PROTECTOR has saved me. One day I had gone alone for shopping and as I was returning home, I had to cross a small hurdle but I lost my balance and fell backwards on the ground. I was confused what had happened to me. People came rushing towards me. One of our old students brought water and a chair for me to rest. All the people were enquiring if I was ok. A family who was passing by in their car stopped and offered to drop me home. In the beginning I was a little hesitant to accept their offer but later I agreed. On the way I was thinking about the incident and thought that God and my guardian angel had saved me. Even to this day the incident is a mystery to me.

Another incident had happened in the school. I was on my regular work and I was getting down the staircase of the First floor. I missed the steps and fell down on my face. I got a cut on my lip and hurt my back. My colleagues came and helped me to get back on my feet. Even here I feel the hand of the Almighty God.

“Prayer restores man to God's likeness and enables him to share in the power of God's love that saves the multitude” (Catechism of the Catholic Church no. 2572)

“Prayer is the raising of one's mind and heart to God or the requesting good things from God”. (St John Damascene)

**Ms Vinita Pereira**



## LIBRARY IS THE SOURCE OF GREAT WISDOM

“Everything we need for better future and success has already been written. All we have to do is go to the Library.” – Anonymous

A library is the treasure house of books. It contains the knowledge and information of every aspect of our life, the newspaper, books, magazines and journals so on. In every school there will be a library which serves the needs and requirements of our students.

We have a well set up library at our school; it caters to the needs of our students, teachers



and all. It is an important place where our students can find the books they can refer, read and so on. It offers a well advanced, variety of books, with good books having an ideal reading atmosphere and environment. It has a wonderful stock of books and has separate sections for each book category.

There are a lot of books related to Novels, Story books, Encyclopaedias, Dictionary, Psychology, Dictionary and Reference Books and so on. Our management and teachers always encourage us to read books, our school has a library period too where students are allowed to read the books in the library and can also borrow with the prescribed card when there is an necessity, this motivates and encourages students to do well in their exams and gain lot of knowledge regarding various aspects.

Library places a beautiful and useful values in our life, it is meant for storing gaining and transforming knowledge from one generation to another. Our finest tradition is to keep our library up to date with finest collection of books to increase knowledge and cater to the needs and requirements of our small and young students.

**Ms Lavina J Crasta**

## UPDATE AND UPGRADE

Does this term restricted for any kind of electronic gadgets or softwares? Certainly not, we human also change our life style according the latest trends. Perhaps, when it comes to clothes, food or our mind set according to the changes around us.

As we need to update and upgrade the softwares whenever there is a pop up, when it comes to the electronic gadgets by our self. We also need to apply the same rule when it comes upgrade our self timely.



We don't have to rely on others reminders to update. We need to do this by our self, as no else knows our self better than oneself. These terms does not have any boundaries or pertain to any one aspect. It may be our life style, our way of thinking, flexibility of performing our duties, updating our knowledge, improving our relationship, building self confidence and esteem.

We don't have to think about the higher level of aspect to be updated. It has to begin from the basic level.

We can bring changes in our daily routine to lead a healthy life. We can rebuild the lost confidence and hidden talents which were in darker side due to lack of support or negative comments. If one has to grow in life and don't find a helping hand, go out and help yourself because only you can convince yourself to be a better version of yourself.

We have to create and make use of the surprise opportunities presented to us than waiting to have it in future as per our convenience. When we get an opportunity to prove our self to the world, may be when you are not all prepared to face it, sometime it is that most awaiting opportunity which is going to change your life in fraction of seconds. It is important to have belief on our self to achieve our goals and be a new version of yourself. As like we tend to have updated version of and gadgets and things, it's mandatory to update and upgrade our self in this competitive world. Let's be a updated version of our self by believing and building confidence to be one.

**Ms Alicia**

## FIRST AID

**“Not all of can do great things but we can do Small things with great love” - Mother Teresa**

The immediate help given to an injured or sick person is called first aid. You should know what help should be given to an injured person.

**The aim of first aid is:**

1. To save lives
2. To make sure the condition of the injured or sick person does not become worse.



When there is cut or scratches, you should wash your hands well before you help the injured person. This will get rid of germs, which can enter the body through cuts and wounds.

If cut scratches is small, wash it with soap and wash it with plenty of water using cotton or clean cloth. Dry the wound and apply antiseptic cream .cover the wound with a clean plaster or bandage.

- If the cut is very deep and bleeding heavily first wash the wound with water and we can stop the bleeding by applying pressure on the wound with the pad of clean cloth and

cotton wool. If the bleeding continues place another pad on top and continue pressing it.



#### **FOR ANIMAL BITE:**

The bites of animal such as dogs, bats and so on can lead to infection with serious disease called Rabies.

Wash the bitten area well with soap and water this will wash off the saliva.

Injection to prevent rabies is necessary.

If a venomous snake bites a person try not to move the person too much .keep the bitten part of the body in a lower position than the heart take the patient to a hospital as soon as possible so that anti venom injection can be given.

#### **FOR BURNS:**

Burns can be minor or serious. Only minor burns can be treated at home. A minor burns causes redness of the skin. The first thing to do immediately wash the area with lots of cool water for about 15-20 minute.

Accidents will always happen therefore, it is essential that wherever your location or working environment you should understand the importance of first aid supplies in order to ensure maximum safety for everyone involved.

First aid doesn't just help with recovery; It helps to save lives.

**Ms Jasmine Shinoj**

### **MORDEN TECHNOLOGY AND STUDENTS**

**“Technology is just a tool interms of getting the kids working together and motivating them, the teacher is most important” – Bill Gates.**

Technology has been growing rapidly for quite some time due to this pandemic and now has become an important source of life. Technology has its impact on people of all fields and ages and yes, it has great impact on children as well.

As we know, everything has its own positive and negative impacts; same is the case with the

modern technology. Technology has proved to be useful in getting detailed information about the aspect we need know or any other topic. People love to play video games, it has to be noted that playing healthy games with friends or relatives has brought about a competitive spirit in the mind of the students, which in turn helps them to complete with others in the real world.

Technology is also causing many health issues too, mainly in students, as for it has taken a very important role in the field of Education. Surveys are conducted time to time to be aware that due to increasing use of gadgets our students are suffering from various health problems like headache, back pain, eyesight, stiffness in the body muscles and obesity is common to see in today's young and older students.

Yes! Technology has also brought about drastic impact on social relationships, our young generation is addicted to gadgets where on one hand they have no time to sit with their parents and on other hand they prefer to connect with their friends and relatives and whereby spend time chatting and messaging. In short they are getting connected with others in the virtual world than in the real world. Some of the students waste their time in these silly gargets without worrying about the studies; hence it results in poor academic performance. They are also found drifting away from their moral values too.

It has brought about an impact on poor writing and communication skills of children. We can bring an end to all this, as we know that technology is playing a vital role today for the Education of our children. Hence upmost care has be taken by the parents and teachers to teach the students how to use technology and monitor the activities of kids.

**“It's the teacher that makes the difference not the classroom”**



**Ms Asha Sylvia Lobo**

## How strong is our faith???

Faith refers to a strong belief in the doctrines of a religion, based on spiritual conviction rather than proof. When we say 'See you tomorrow..' to someone, it is said with the faith that you and the other person will wake up to see the next morning and you don't need a guarantee or a proof for it. One can make an endless list of such small demonstrations of our faith. The real test of our faith comes when we come across some tough times in our lives such as a chronic illness or the fear of losing someone we love or fear of losing a job and so on and if in these times, our prayers are answered, our faith gets stronger and we go to any



extent to praise and thank God for the prayers answered. A good number of us also accept it as God's will for us when our prayers are not answered though a very few of us may turn away from God for some time.

In a situation like the pandemic at present, we come across different people trying to impose their idea of faith on people they come across. There is the medical fraternity saying you follow all the guidelines such as sanitizing, social distancing and the face mask to safeguard oneself from the pandemic while a few leaders proclaim you don't need face mask or any of those and just the trust in God alone can save you. Now do we call this strong faith? Shouldn't our faith in God motivate us to do all that is required to help us out of danger rather than not do anything but wait for God to come to our rescue?

Another frequent test of faith we often find in India these days is the fight between people belonging to different religions for hurting religious sentiments. If we are people of strong faith, then we must know that the God we worship is mighty and powerful. When a religious symbol is desecrated, will the God we trust in require human beings to protect him? Then are we not considering ourselves above God that we try to handle his business? Best then it would be for us humans to believe that if someone annoys our God by desecrating his religious symbol, he is capable of punishing them in the way he wants and not as we wish.

If one son comes to the father and says I beat my brother because he beat me, is there anything the father can do other than punishing both. Don't we tend to take the side of one who complains without giving back to the brother who beat him? We should then leave it completely in the hands of our God to take care of his matters and focus on establishing peace on earth. Which parent is not pleased looking at his/her children help each other and stay united? How happy won't God be then to see the mankind help each other in difficult times like the present pandemic and stay united as one family?

This is therefore a wakeup call for us to strengthen our faith in fighting the pandemic and the problems and never fight people

Ms Sharmila Colaco

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## LAUGHTER

"Laughter enlightens our hearts and lightens life's burdens" - Debasish According to me laughter plays very important role in our lives.

Laughing strengthens our positivity and because of this we can overcome from any other problems. It boosts our health by releasing stress, it cures our illness. Because of this we will be able to convince others by changing their mood.



Whenever we are in pain or sadness laughter comforts us from sinking into sadness and reduces our pain. Laughing is a very good exercise for your facial muscles. When I talk about laughter it reminds me of the song "The clown is such a funny man", he laughs and laughs all the time. Yeah he laughs and he makes others laugh too. But nobody can get across his inner pain and weakness. When he enters the stage he forgets everything and tries his best to put a smile on others face.

Never laugh at or judge someone because you never know that someday you might find yourself in the same situation. Don't laugh on others pain; instead try to make them laugh out of their pain.

If you can laugh together, you can work together. Laughing is and will always be the best therapy.

Ms. Lavita Dsouza

## ಸಂಗೀತ

ಸಂಗೀತ ದೇವಾನ್ ಮನ್ಯಾಕುಳಾಕ್ ದಿಲ್ಲೆಂ ವರ್ತೆಂ ದಾಯ್ಜ್. ಸಂಗೀತ ಸಂಸರಾಚಿ ಏಕ್ ಅಮುಲ್ಯಾ ಭಾಸ್ ಮ್ಹಣ್ಣೆತ್. ಸಂಗೀತ ಪಸಂದ್ ಕರ್ನಾತ್ಲೊ ವ್ಯಕ್ತಿ ಹ್ಯಾ ಸಂಸರಾಂತ್ ಕೊಣ್ಣೆಚ್ ಆಸ್ಲೊ ನಾ. ಸಂಗೀತ ಮ್ಹನ್ಯಾಕ್ ಆಕರ್ಷಣ್ ಕರ್ತಾ ತಶೆಂಚ್ ಮತಿಕ ಸಂತೋಸ್ ಆನಿ ದಾದೊಸ್ತಾಯ್ ದಿತಾ.

ಸಂಗೀತಾಕ್ ಭಾಸ್, ಭೇದ್-ಬಾವ್, ರಾಗ್, ಮೊಸರ್ ಜಾತ್-ಕಾತ್ ನಾ. ಸಂಗೀತ ಸಕ್ಕಾಂಕ್ ಎಕಾಚ್ ರಿತಿನ್ ಪಳೆಯ್ತಾ.



ಎಕಾ ಮಾಹೆತೆ ಪ್ರಕಾರ್ ಸಂಗೀತ ಸುಮಾರ್ ಕ್ರಿ. ಪೂ 800 ಇಸ್ವೆಂತ್ ಪ್ರಾರಂಭ್ ಜಾಲೆಂ. ಉಪ್ರಾಂತ್ ಗ್ರೀಕ್ ತತ್ವ ಜ್ಞಾನಿನ್ ಸಂಗೀತಾಕ್ ಎಕ್ ರೂಪ್ ದಿಲೆಂ. ಆಜ್ ಸಂಗೀತಾಕ್ ಚಡ್ ಮಹತ್ವ್ ದಿತಾತ್. ಹರ್ಯೆಕಾ ಕಾರ್ಯಾಕ್ ಸಂಗೀತ್ ಜಾಯಿಚ್. ರೊಸಾ ಥಾವ್ನ್ ಸುರುಕೆಲ್ಲೆಂ ಕಾರ್ಯೆಂ ಕಾಜಾರ್ ಆನಿ ಪರ್ತೆಪಣಾಂ ಪರ್ಯಾಂತ್ ಸಂಗೀತಾಂತ್ ವ್ಹಾಳುನ್ ಆಸ್ತಾ. ಹಾಚೆ ಭಾಯ್ರ್ ಪೊಲಾಕ್, ಕುಮ್ಮಾರಾಕ್ ಅನಿ ದರ್ ಎಕ್ ಕಾರ್ಯಾಕ್ ಸಂಗೀತಾಚಿ ಗರ್ಜ್ ಆಸಾ. ಸಂಗೀತಾವಿಣೆಂ ಖಂಯ್ಚೆಂಯ್ ಕಾರ್ಯೆ ಸೊಭಾನಾ.

ತರ್ ಸಂಗೀತಾ ಥಾವ್ನ್ ಆಮ್ಕಾಂ ಕಿಂತಿ ಫಾಯ್ದೊ? ವ್ಹಯ್ ಸಂಗೀತ್ ಆಮ್ಕಾಂ ಮನೊರಂಜನ್ ದಿತಾ. ಆಮಿ ದೆದೆಸ್ವರಾ ಜಾಲ್ಲ್ಯಾ ವೆಳಾರ್, ಮತಿಂತ್ ಅಶಾಂತಿ ಉಬ್ಜಲ್ಯಾ ವೆಳಾರ್ ಸಂಗೀತ್ ಆಯ್ಕೊನ್ ಆಮ್ಚ್ಯಾ ಜಿವಾಕ್ ನವಿ ದಿಶಾ ಮೆಳ್ಳೆ ಜಾಯ್ತೆ ದಾಖ್ಲೆ ಆಸಾತ್. ಸಂಗೀತ್ ಎಕ್ ಉತ್ತಿಮ್ ಕ್ರೀಡಾ ಜಾವ್ನಾಸಾ. ಸಂಗೀತ್ ಖೆಲ್ತಾನಾ ಕುಡಿಚೆ ಸರ್ವ್ ವಿಶ್ವ್ ಸಾಂಗಾತಾ ಕಾಮ್ ಕರುಂಕ್ ಶೆಕ್ತಾತ್. ಹಾಚೆ ವರ್ವಿ ಆಮ್ಚ್ಯಾ ಕುಡಿಕ್ ಘಟಾಯ್ ಆನಿ ಉಲ್ಲಾಸ್ ಮೆಳ್ತಾ. ಸಂಗೀತಾಕ್ ಪ್ರಾಯೆಚಿ ಮೀತ್ ವಾ ಘಡ್ ನಾ. ಲ್ಹಾನ್ ಭುರ್ಗ್ಯಾ ಥಾವ್ನ್ ಮಲ್ತಾಲ್ಯಾ ಪರ್ಯಾಂತ್ ಸಾಂಗೀತ್ ಖೆಳುಂಕ್ ಜಾತಾ. ಹೊ ಎಕ್ ನಿಜಾಯ್ಕಿ ಭಾಂಗ್ರಾಳೊ ಆವ್ಕಾಸ್ ಮ್ಹಣ್ಣೆತ್. ಹೆರ್ ಖಂಚಾಯಿ ಕ್ರೀಡೆಂತ್ ಆಸಲೊ ಪ್ರಾಯೆಚೊ ಘಡ್ ನಾತ್ಲೊ ಆವ್ಕಾಸ್ ನಾ. ಸಂಗೀತ್ ಆಮ್ಚಿ ಬುದ್ಧಾಂತ್ಕಾಯ್ ವಾಡಾಯ್ತಾ ಆನಿ ಆಮ್ಕಾಂ ಚುರುಕ್ ಕರ್ತಾ.

ಆಜ್ ಸಂಗೀತಾಚಿ ಥೆರೆಫಿ ಪ್ರಾರಂಭ್ ಜಾಲ್ಯಾ ಸಂಗೀತಾಕ್ ಪಿಡಾ ಗೂಣ್ ಕರ್ಪಿ ಸಕತ್ ಆಸಾ. ಸಂಗೀತ್ ಆಯ್ಕೊನ್ ಪಿಡಾ ಗೂಣ್ ಜಾಲ್ಲಿ ಜಾಯ್ತೆ ದಾಖ್ಲೆ ಆಸಾತ್. ತರ್ ಇತ್ಲಿ ಸಗ್ಳಿ ಸಕತ್

ಆಸ್ಲಲ್ಯಾ ಸಂಗೀತ್ ಆಮಿ ಆಯ್ಕೊಂವ್ಕಾ ಆನಿ ಸಂತೋಸ್ ಪಾವ್ತಾಂ.

Mr Ivan Mascarenhas

## ಯೋಗ ಮತ್ತು ವ್ಯಾಯಾಮಗಳು

ಯೋಗ ಮತ್ತು ವ್ಯಾಯಾಮ ಒಂದೇ ನಾಣ್ಕದ ಎರಡು ಮುಖದಂತೆ ಆದರೆ ಭಿನ್ನ

“ಆರೋಗ್ಯವೇ ಭಾಗ್ಯ” ಎಂಬ ಗಾದೆ ಮೂತಿನಂತೆ ನಮ್ಮ ಜೀವನದಲ್ಲಿ ಆರೋಗ್ಯವು ಬಹುಮುಖ್ಯ ಪಾತ್ರ ವಹಿಸುತ್ತದೆ. ಜೆನ್ನಾರಿರುಪ ಆಕಾರ್ ನೇವಿಸಿ ಉತ್ತಮವಾದ ದೈಹಿಕ ವ್ಯಾಯಾಮವನ್ನು ಅನುಸರಿಸಿಕೊಂಡು ನಮ್ಮ ದೇಹವನ್ನು ಸುಸ್ಥಿತಿಯಲ್ಲಿಡ್ ಬೇಕು. ವ್ಯಾಯಾಮವು ದೈಹಿಕ ಆರೋಗ್ಯವನ್ನು ಕಾಪಾಡುವುದರ ಜೊತೆಗೆ ಮಾನಸಿಕ ಸದೃಢತೆಯನ್ನು ಉತ್ತಮಗೊಳಿಸುತ್ತದೆ. ವ್ಯಾಯಾಮದ ಜೊತೆಗೆ ಯೋಗವನ್ನು ನಾವು ನಮ್ಮ ಜೀವನಶೈಲಿಯಲ್ಲಿ ಅಳವಡಿಸಿಕೊಂಡರೆ ಶಾಂತಿ ನೆಮ್ಮದಿಯ ಜೀವನ ನಮ್ಮದಾಗಬಹುದು.



ಯೋಗವು ಸಾಮಾನ್ಯವಾಗಿ ಸ್ಥಿರ ಭಂಗಿಗಳು ಮತ್ತು ಸ್ಥಾಯಿಗಳ ಸಡಿಲಕೆರೆ ಹೆಜ್ಜಿನ ಅನುಕೂಲ ಮಾಡಿಕೊಡುತ್ತದೆ. ಪತಂಜಲಿ ಅವರ ಯೋಗಾಸನವು ಒಂದು ಸ್ಥಿರ ಮತ್ತು ಆರಾಮದಾಯಕ ಸ್ಥಿತಿಯನ್ನು ವ್ಯಾಖ್ಯಾನಿಸುತ್ತದೆ. ಯೋಗದ ಚಲನೆ ನಿಧಾನ ಮತ್ತು ನಿಯಂತ್ರಿತವಾಗಿರುತ್ತದೆ ಉಸಿರಾಟ ಕೂಡ ಸಮತೋಲನದಲ್ಲಿರುತ್ತದೆ. ಇನ್ನು ಸಾಮಾನ್ಯ ವ್ಯಾಯಾಮದ ಸಂದರ್ಭ್ ಚಲನೆಗೆ ಹೆಜ್ಜು ಒತ್ತು ಕೊಡಬೇಕಾಗುತ್ತದೆ ಮತ್ತು ಸ್ಥಾಯಿಗಳ ಮೇಲೆ ಒತ್ತಡ ಜುಳುತ್ತದೆ ವ್ಯಾಯಾಮ ಸಾಮಾನ್ಯವಾಗಿ ಪುನರಾವರ್ತಿತ ಚಲನೆಗೆ ಒತ್ತು ಕೊಡುತ್ತದೆ ಇಲ್ಲಿ ನಿರಾಳ ಉಸಿರಾಟಕ್ಕೆ ಆದ್ದರ ಇರುವುದಿಲ್ಲ. ಅಲ್ಲದೆ ನಾವು ಈ ಸಂದರ್ಭ್ ಸಾಮಾನ್ಯ ಉಸಿರಾಟದ ಸದೃಢತೆಯನ್ನು ನಿಯಂತ್ರಿಸುವ ಕಾರ್ಯ ಮಾಡುತ್ತೇವೆ ಇದೇ ಯೋಗ ಮತ್ತು ವ್ಯಾಯಾಮದ ನಡುವೆ ಇರುವ ಉಸಿರಾಟದ ಅಂತರ ಎಂದು ಹೇಳಬಹುದು.

ಯೋಗದಲ್ಲಿ ಮೂಳೆಯ ಮೇಲ್ಬದರ ಸ್ಥಾಯಿಗಳು ಬೆಳವಣಿಗೆ ಹೊಂದಿ ಜೈವಿಕವನ್ನು ವೃದ್ಧಿಸಲು ಸಹಕರಿಸುತ್ತದೆ. ವ್ಯಾಯಾಮದಲ್ಲಿ ವ್ಯಕ್ತಿಯ ಸ್ಥಾಯಿಗಳು ಸಮೂಹ ದತ್ತ ಹೆಜ್ಜು ಗಮನಹರಿಸಿ ಸ್ಥಾಯಿಗಳ ವೃದ್ಧಿಯಾಗಿ ಚಲನಶೀಲತೆ ತಗ್ಗುತ್ತದೆ ಆದರೆ ಸಾಕಷ್ಟು ಪ್ರಮಾಣದ ಶಕ್ತಿ ಬರುತ್ತದೆ. ಯೋಗಾಸನದಲ್ಲಿ ಮಾತ್ರವಲ್ಲದೆ ಅವಶ್ಯಕತೆಯು ಕಡಿಮೆಯಾಗಿ ಹೃದಯದ ಮೇಲಿನ ಒತ್ತಡ ಕಡಿಮೆಯಾಗುತ್ತದೆ. ವ್ಯಾಯಾಮದಲ್ಲಿ ಸ್ಥಾಯಿಗಳ ಮೇಲೆ ಒತ್ತಡ ಹೇರಿ ರಕ್ತದ ಚಲನೆಯನ್ನು ಹೆಜ್ಜಿಸುತ್ತದೆ. ಆಗ ಹೃದಯದ ಮೇಲೆ ಒತ್ತಡ ಹೆಜ್ಜಿರುವುದು. ಯೋಗದಲ್ಲಿ ಶರೀರವು ಆರಾಮ ಸ್ಥಿತಿಯಲ್ಲಿದ್ದು ಉಸಿರಾಟದ ವ್ಯವಸ್ಥೆ ನಿರಾಳವಾಗಿರುತ್ತದೆ.

Mr Veerendra Alva



## ಪಂಚ ಮಹಾಭೂತಗಳು



ಸೃಷ್ಟಿಯ ಮೂಲಗಳಾದ ಸೂರ್ಯ, ಭೂಮಿ, ಹವೆ, ನೀರು, ಆಕಾಶ. ಈ ಪಂಚ ಮಹಾಭೂತಗಳಿಂದಲೇ ಸಕಲ ಚರಾಚರಗಳ ಅಸ್ತಿತ್ವ ಉಂಟಾಗಿರುವುದು. ಸಕಲ ಜೀವರಾಶಿಗಳು ನೀರಿನ ಮಧ್ಯದಲ್ಲಿ ಹುಟ್ಟಿ ಬೆಳೆದು ಕೊನೆಗೆ ಅವಸಾನದ ನಂತರ ಇವುಗಳಲ್ಲೇ ಲೀನವಾಗುವುದು. ಇಂತಹ ಮಹಾನ್ ನೈಸರ್ಗಿಕ ಮೂಲಗಳೊಂದಾದ ಜಲವು ಮಾನವನ ಜೀವನದಲ್ಲೂ ಮಹತ್ವರವಾದ ಪಾತ್ರವನ್ನು ವಹಿಸಿದೆ. ಹವೆಯ ನಂತರ ಜೀವರಾಶಿಗಳಿಗೆ ಅತ್ಯಾವಶ್ಯಕವಾಗಿರುವ ಘಟಕವೆಂದರೆ ನೀರು. ಒಂದು ವೇಳೆ ಆಹಾರಾವಿಲ್ಲದೆ ಕೆಲಕಾಲ ಬದುಕಿ ಉಳಿಯಬಹುದು. ಆದರೆ ನೀರಿಲ್ಲದೆ ಬದುಕುಳಿಯುವುದು ದುರ್ಲಭವಾದುದು. ಮಾನವನ ಶರೀರದಲ್ಲಿ ನೀರು ಮಹತ್ವವಾದ ಪಾತ್ರವನ್ನು ವಹಿಸಿದೆ. ಭೂಮಿಯ ಮೇಲ್ಪದರದ ಮುಕ್ಕಾಲು ಭಾಗ ನೀರಿನಿಂದ ಆವೃತವಾಗಿದೆ.

ದಕ್ಷಿಣ ಚಿರಾಪುಂಜಿ ಎಂದು ಕರೆಯಲಾಗುವ ಆಗುಂಬೆಯಲ್ಲಿ ೧೯೬೩ನೇ ಇಸವಿಯಲ್ಲಿ ೧೧೫೯೩.೫ ಮಿಮಿ ಮಳೆಯಾಗಿದ್ದು ದಾಖಲಾಗಿದೆ. ೨೦೧೯ರಲ್ಲಿ ಕೇವಲ ಮಳೆ ಪ್ರಮಾಣ ೬೪೩.೫ ಮಿಮಿ ಆಗಿದೆ. ಹಾಗಾದರೇ ಆ ಮಳೆ ಎಲ್ಲಿ ಹೋಯಿತು? ದಕ್ಷಿಣ ಭಾರತದ ಮಲೆನಾಡು ಎಂದರೆ ಪಶ್ಚಿಮ ಘಟ್ಟ. ಸಮುದ್ರದಿಂದ ಮೇಲರಿ ಹೋಗುವ ಮೋಡಗಳನ್ನು ತಡೆದು ಮಳೆ ಸುರಿಸುವ ಅಡ್ಡ ಗೋಡೆಗಳೇ ಈ ಕಾಡುಗಳು. ನೀರಿನ ಅಭಾವದಿಂದ ಜನ-ಜೀವನ ಅಸ್ತವ್ಯಸ್ತವಾಗುತ್ತದೆ. ನೀರಿಗಾಗಿ ಜಗಳ-ಗಲಾಟೆಗಳಾಗುತ್ತಿವೆ. ಮುಂದಿನ ದಿನಗಳಲ್ಲಿ ನೀರಿಗಾಗಿಯೇ ಯುದ್ಧ ನಡೆಯುವ ಸಾಧ್ಯತೆ ಇದೆ ಎಂದು ತಜ್ಞರು ಎಚ್ಚರಿಕೆ ನೀಡುತ್ತಲೇ ಬಂದಿದ್ದಾರೆ. ಅಮೂಲ್ಯವಾದ ನೀರನ್ನು ಸಂರಕ್ಷಿಸುವ ಕೆಲಸವು ಯುದ್ಧೋಪಾಯದಲ್ಲಿ ಆಗಬೇಕಾಗಿದೆ. 'ಕಾಡಿದ್ದರೆ ಮಳೆ. ಮಳೆ ಬಂದರೆ ಬೆಳೆ'. 'ಮಳೆಕೊಯ್ಲು' ಮೂಲಕ ನೀರು ಸಂಗ್ರಹದ ಕೆಲಸವನ್ನು ಮಾಡಬಹುದು. ಒಂದೊಮ್ಮೆ ಮಳೆಯೇ ಬಾರದಿದ್ದರೆ ಪ್ರಯತ್ನಗಳು ವಿಫಲವಾಗುತ್ತದೆ. ಆದ್ದರಿಂದ ಜಲ ಸಂರಕ್ಷಣೆಯನ್ನು ಶಾಶ್ವತ ರೂಪದಲ್ಲಿ ಮಾಡುವುದೇ ಪರಿಹಾರ. ಇದನ್ನೊಂದು ಉದಾಹರಣೆಯ ಮೂಲಕ ನೋಡೋಣ. ಹುಲಿಗಳ ಸಂಖ್ಯೆ ಕಡಿಮೆಯಾದಲ್ಲಿ ನೀರಿನ ಅಭಾವ ಉಂಟಾಗುತ್ತದೆ ಹೇಗೆ? ಎಂದು ಕೇಳಿದರೆ ಉತ್ತರ ಹುಡುಕುವುದು ಕಷ್ಟ. ಹುಲಿಗಳು ಒಂದು ಅರಣ್ಯದಲ್ಲಿ ಹಾಯಾಗಿವೆ ಎಂದರೇ ಅವುಗಳಿಗೆ ಬೇಕಾದ ಬೇಟೆ. ಪ್ರಾಣಿಗಳು ಅಂದರೆ : ಜಿಂಕೆ, ಕಡವೆಗಳಂತವೂ ಅಲ್ಲಿ ಸಾಕಷ್ಟು ಸಂಖ್ಯೆಗಳಲ್ಲಿವೆ ತಾನೆ? ಹುಲ್ಲು ಮೇಯುವ ಈ ಪ್ರಾಣಿಗಳು ತುಂಬ ಜಾಸ್ತಿ ಸಂಖ್ಯೆಯಲ್ಲಿರುತ್ತವೆ. ಅಲ್ಲೆಲ್ಲ ತುಂಬ ಹುಲ್ಲು ಇದೆ. ಗಿಡ-ಮರಗಳ ಸಂಖ್ಯೆಯೂ ಜಾಸ್ತಿಯಿವೆ. ಅಂತಹ ತಾಣಗಳಲ್ಲಿ ನೀರಿನ ಪಸೆಯು ಚೆನ್ನಾಗಿರುತ್ತದೆ. ಹಳ್ಳ-ಕೊಳ್ಳಗಳು ಸದಾ ಹರಿಯುತ್ತಿರುವುದರಿಂದ ನೀರಿನ ಅಭಾವವಿರುವುದಿಲ್ಲ. ಒಟ್ಟಾರೆ ಹೇಳುವುದಾದರೆ ವನ್ಯ ಜೀವಿಗಳ ಆವಾಸ ಸ್ಥಾನವನ್ನು ಸಂರಕ್ಷಣೆ ಮಾಡುವುದರಿಂದ ನೀರಿನ ಅಭಾವವನ್ನು ಶಾಶ್ವತವಾಗಿ ಪರಿಹರಿಸಬಹುದಾಗಿದೆ. ನೀರಿನ ಮಹತ್ವದ ಬಗ್ಗೆ ಜನರಲ್ಲಿ ಅರಿವು ಮೂಡಿಸುವುದು ಅವಶ್ಯ. ಅರಬ ದೇಶಗಳಲ್ಲಿ ಏನೆಲ್ಲ ಐಷಾರಾಮಿ ವಸ್ತುಗಳು ಸಿಗುತ್ತವೆ. ಆದರೆ ನೀರನ್ನು ಹಣ ಕೊಟ್ಟು ತೆಗೆದು ಕೊಳ್ಳುತ್ತಾರೆ. ಅಂದರೆ ನಮ್ಮಲ್ಲಿ ನೀರು ಧಾರಾಳವಾಗಿ ದೊರೆಯುತ್ತದೆ. ಆದರೆ ಅದನ್ನು ತುಂಬಾ ಹಾಳು ಮಾಡುತ್ತೇವೆ. ಹೀಗೆ ಮುಂದುವರಿದರೆ ಮುಂದಿನ ಪೀಳಿಗೆಗೆ ಹೆಚ್ಚು ಹಣ ಕೊಟ್ಟು ಕೊಳ್ಳುವ ಪರಿಸ್ಥಿತಿ ಎದುರಾಗಬಹುದು. ಆದ್ದರಿಂದ ನೀರನ್ನು ಮಿತವಾಗಿ ಬಳಸಿ ಸಂರಕ್ಷಿಸುವುದು ನಮ್ಮೆಲ್ಲರ ಕರ್ತವ್ಯ. ಮಾನವ ವೈಜ್ಞಾನಿಕವಾಗಿ ಚಂದ್ರಗ್ರಹ, ಮಂಗಳಗ್ರಹಕ್ಕೆ ಸಲಿಸಾಗಿ ಹೋಗಿಬರುವಷ್ಟು ಎತ್ತರಕ್ಕೆ ಬೆಳೆದಿದ್ದಾನೆ. ಆದರೆ ನೀರನ್ನು ಸೃಷ್ಟಿ ಮಾಡಲು ಸಾಧ್ಯವಾಗಲಿಲ್ಲ. ಇದನ್ನು ಕಾಪಾಡುವುದು ನಮ್ಮೆಲ್ಲರ ಕರ್ತವ್ಯ ಮತ್ತು ಜವಬ್ದಾರಿ. ನೀರನ್ನು ಮಿತವಾಗಿ ಬಳಸಿ ಸಮಾಜಕ್ಕೆ, ದೇಶಕ್ಕೆ ಮಾದರಿಯಾಗೋಣ. ಅಮೂಲಕ ಚಿಕ್ಕ ಅರಿವನ್ನು ಮೂಡಿಸುತ್ತ ಎಲ್ಲರನ್ನು ಎಚ್ಚರಿಸೋಣ. ಭವ್ಯ ಭಾರತವನ್ನು ನಿರ್ಮಿಸಲು ಹೇಗೆ 'ಹೂವಿನಿಂದ ನಾರು ಸ್ವರ್ಗವನ್ನು ಸೇರಿತು' ಎಂಬಂತೆ. ನಾವು ಸನ್ಮಾರ್ಗದಲ್ಲಿ ನಡೆದು, ನಾಗರಿಕ ಸಮಾಜವನ್ನು ರಚಿಸಲು ಕೈ ಜೋಡಿಸೋಣ.

Mr Rathnakar

## “ವ್ಯಾಯಾಮ - ಆರೋಗ್ಯ ಅಂದು - ಇಂದು”

ದುಡಿಯುತಿಹೆನು ನಾ ಲೂಡ್ಸ್ ಮಾತೆಯ ಮಡಿಲಿನಲ್ಲಿ.

ಸತತ ಕಳೆದ ೧೦ ವರ್ಷಗಳಿಂದಲಿ

ಈ ಸುಂದರವಾದ ವಿದ್ಯಾ ದೇಗುಲದಲಿ

ಲೂಡ್ಸ್ ಮಾತೆಯೇ ದುಡಿಯಲು ನೀ ನೀಡಿದೆ ನನಗೆ ಈ ಅವಕಾಶವ

ಸದುಪಯೋಗ ಪಡಿಸುವೆನು ನಿನ್ನ ಕೃಪೆಯಿಂದಲಿ....

ವ್ಯಾಯಾಮ ಮತ್ತು ಆರೋಗ್ಯ ಇವೆರಡೂ ಒಂದು ನಾಣ್ಯದ ಎರಡು ಮುಖಗಳಿದ್ದಂತೆ. ಇಂದು ಮಾನವನು ಜೀವಿಸುವ ಜೀವನದ ಶೈಲಿಗೂ ಹಿಂದೆ ಜೀವಿಸುತ್ತಿದ್ದ ಜೀವನದ ಶೈಲಿಗೂ ಅಜಗಜಾಂತರವಿದೆ. ಹಿಂದೆ ಗಂಜಿ ಊಟ ಮಾಡಿ ಬೆಳೆದ ಮಕ್ಕಳಿಗೂ ಇಂದು ಪೌಷ್ಟಿಕಾಂಶವುಳ್ಳ ಆಹಾರ ತಿಂದು ಬೆಳೆದ ಮಕ್ಕಳಿಗೂ ಬೆಟ್ಟದಷ್ಟು ವ್ಯತ್ಯಾಸವಿದೆ. ಇದಕ್ಕೆ ಕಾರಣವೇನೆಂಬುದು ನಮಗೆಲ್ಲರಿಗೂ ತಿಳಿದ ವಿಚಾರವೇ. ಹಿಂದೆ ಮಾನವ ಶ್ರಮ ಎಲ್ಲಾ ಕ್ಷೇತ್ರದಲ್ಲಿಯೂ ಬಳಕೆಯಾಗುತ್ತಿತ್ತು. ಅಡುಗೆ ಮಾಡುವುದರಿಂದ ಹಿಡಿದು ಹೊಲದಲ್ಲಿ ದುಡಿಯುವ ರೈತನವರೆಗೂ ಎಲ್ಲವೂ ಮಾನವ ಶ್ರಮ. ಆದರೆ ಈಗ ಮಾನವ ಮಾಡುತ್ತಿದ್ದ ಕೆಲಸಗಳೆಲ್ಲವನ್ನು ಯಂತ್ರಗಳು ಮಾಡುತ್ತಿವೆ. ಹೊಲಗಳಲ್ಲಿ ಬಿತ್ತುವ ಕೆಲಸದಿಂದ ಹಿಡಿದು ಕಟಾವು ಮಾಡುವವರೆಗೂ ಯಂತ್ರಗಳದ್ದೇ ಕಾರುಬಾರು.

ಹೀಗಿರುವಾಗ ದೈಹಿಕ ಶ್ರಮ ತುಂಬಾ ಕಡಿಮೆ. ಹಿಂದೆ ೫೦ಕೆ.ಜಿ.ತೂಕದ ಭಾರವನ್ನು ಎತ್ತಿಕೊಂಡು ಹೋಗುತ್ತಿದ್ದ ಮನುಷ್ಯ ಇಂದು ೨ಕೆ.ಜಿ ತೂಕದ ಭಾರವನ್ನು ಕೊಂಡೊಯ್ಯಲು ವಾಹನಗಳನ್ನು ಅವಲಂಬಿಸಿದ್ದಾನೆ. ಮನೆಯಲ್ಲಿ ಕಡೆಯುವ ಕಲ್ಲಿನ ಜಾಗದಲ್ಲಿ ಮಿಕ್ಸರ್-ಗ್ರೈಂಡರ್. ಬಟ್ಟೆ ಒಗೆಯುವಲ್ಲಿ, ಪಾತ್ರೆ ತೊಳೆಯುವಲ್ಲಿ, ನೆಲ ಒರೆಸುವಲ್ಲಿಯೂ ಯಂತ್ರಗಳು ಆಕ್ರಮಿಸಿವೆ. ಆದರೆ ಇಂದಿನ ಸ್ಪರ್ಧಾತ್ಮಕ ಯುಗದಲ್ಲಿ ಈ ಯಂತ್ರಗಳ ಅಗತ್ಯತೆ ಬಹಳ ಇದೆ. ಇಂದು ಒಂದು ಉತ್ತಮ ಜೀವನ ನಿರ್ವಹಣೆಗಾಗಿ ಗಂಡ-ಹೆಂಡತಿ ಇಬ್ಬರೂ ಮನೆಯಿಂದ ಹೊರಗೆ ಹೋಗಿ ಕೆಲಸ ಮಾಡುವ ಅನಿವಾರ್ಯತೆ ಇದೆ. ಹೀಗಿರುವಾಗ ಅರ್ಧ ದಿನದಲ್ಲಿ ಮಾಡಿ ಮುಗಿಸಬೇಕಾದ ಕೆಲಸವನ್ನು ಬೆಳಗ್ಗೆಯೋ, ಸಂಜೆಯೋ, ಒಂದೆರಡು ಗಂಟೆಗಳೊಳಗೆ ಮುಗಿಸಿ ಮತ್ತೆ ಶಾಲೆ, ಬ್ಯಾಂಕು, ಕಚೇರಿ ಇತ್ಯಾದಿಗಳಲ್ಲಿ ದುಡಿಯಬೇಕಾಗಿರುವ ಕಾರಣ ಯಂತ್ರಗಳ ಮೊರೆ ಹೋಗುವುದು ಅಗತ್ಯವಾಗಿದೆ ಹಾಗೂ ಅನಿವಾರ್ಯವೂ ಆಗಿದೆ.



ಮಕ್ಕಳಿಗೆ ಮೊಬೈಲ್ ಬಳಸುವುದನ್ನು ನಿಷೇಧಿಸುತ್ತಿದ್ದ ನಾವು ಈಗ ಅದನ್ನು ಕಡ್ಡಾಯವಾಗಿ ಬಳಸಲೇ ಬೇಕಾದ ಪರಿಸ್ಥಿತಿ ಬಂದಿದೆ. ಹೀಗಿರುವಾಗ ಕಾಲಕ್ಕೆ ತಕ್ಕಂತೆ ನಾವು ಹೊಂದಾಣಿಕೆ ಮಾಡಿಕೊಳ್ಳಬೇಕಾಗುತ್ತಿದೆ. ನಮಗೆ ಅನೇಕ ವಿಚಾರಗಳು ಸರಿಯಲ್ಲ ಎಂದೆಣಿಸಿದರೂ ಅವುಗಳನ್ನು ಮಾಡಲೇ ಬೇಕಾದ ಅನಿವಾರ್ಯತೆ ಇರುವ ಕಾರಣ ನಮ್ಮ ದೈಹಿಕ ಹಾಗೂ ಮಾನಸಿಕ ಆರೋಗ್ಯವನ್ನು ಕಾಪಾಡುವಲ್ಲಿಯೂ ನಾವು ಎಚ್ಚರಿಕೆ ವಹಿಸಬೇಕಾಗುತ್ತದೆ. ಮಕ್ಕಳ ಆರೋಗ್ಯದ ದೃಷ್ಟಿಯಿಂದ ಅವರನ್ನು ದೈಹಿಕ ಚಟುವಟಿಕೆಗಳಲ್ಲಿಯೂ ತೊಡಗಿಸಿಕೊಳ್ಳಬೇಕು. ತಮ್ಮ ದೈನಂದಿನ ಕೆಲಸ-ಕಾರ್ಯಗಳನ್ನು ತಾವೇ ಮಾಡುವಂತೆ ಪ್ರೇರೇಪಿಸಬೇಕು. ದಿನಕ್ಕೆ ಒಂದು ಗಂಟೆಯಾದರೂ ಹೊರಾಂಗಣ ಆಟಗಳನ್ನು ಆಡಲು ಪ್ರೋತ್ಸಾಹಿಸಬೇಕು. ಅಲ್ಲದೆ ಮಾನಸಿಕ ಆರೋಗ್ಯವನ್ನು ಸದೃಢಗೊಳಿಸಲು ಚೆಸ್, ಲೂಡೋ ಇತ್ಯಾದಿ ಆಟಗಳಲ್ಲಿ ತೊಡಗಿಸಿಕೊಳ್ಳಬೇಕು. ಈ ವರ್ಷ ಕೊರೋನಾ ಎಂಬ ಮಹಾಮಾರಿಯಿಂದಾಗಿ ಶಾಲಾ ಕಾಲೇಜುಗಳು ಮುಚ್ಚಿ ಹೋಗಿವೆ. ಮಕ್ಕಳು ನಾಲ್ಕು ಗೋಡೆಗಳ ನಡುವೆ ದಿನ ಕಳೆಯುವಂತಾಗಿದೆ. ಶಾಲಾ ಮೈದಾನದಲ್ಲಿ ತಮ್ಮ ಗೆಳತಿ-ಗೆಳೆಯರ ಜೊತೆ ಆಟವಾಡಿ ಉಲ್ಲಾಸದಿಂದಿರಬೇಕಾದ ಮಕ್ಕಳು ದೈಹಿಕ ಚಟುವಟಿಕೆಗಳಿಂದ ವಂಚಿತರಾಗಿದ್ದಾರೆ. ಆದರೆ ಹೆತ್ತವರಾದ ನಾವು ನಮ್ಮ ಹಾಗೂ ಮಕ್ಕಳ ಆರೋಗ್ಯದ ಕಡೆಗೆ ಗಮನ ಕೊಡಬೇಕು. ನಮ್ಮ ಆರೋಗ್ಯ ನಮ್ಮ ಕೈಯಲ್ಲಿದೆ. ಸಂದರ್ಭ ಸಿಕ್ಕಿದಾಗಲೆಲ್ಲಾ ದೈಹಿಕ ವ್ಯಾಯಾಮ ಕೊಡುವ ಚಟುವಟಿಕೆಗಳಲ್ಲಿ ನಾವು ತೊಡಗಿಸಿ ಕೊಳ್ಳುವುದು ಅತೀ ಅಗತ್ಯ. ನಾನು ಗಮನಿಸಿದ ಪ್ರಕಾರ ಹಲವು ಮಕ್ಕಳು ಈ ವರ್ಷದಲ್ಲಿ ತಮ್ಮ ದೇಹದ ತೂಕವನ್ನು ಹೆಚ್ಚಿಸಿರುತ್ತಾರೆ. ಮಾನವನಿಗೆ ಸೌಲಭ್ಯಗಳು ಬೇಕು. ಅದರ ಜೊತೆಗೆ ಯಂತ್ರದಂತೆ ಕೆಲಸ ಮಾಡುವ ನಮ್ಮ ದೇಹವನ್ನು ಕಾಲಕಾಲಕ್ಕೆ ಇತರ ಚಟುವಟಿಕೆಗಳೊಂದಿಗೆ ತೊಡಗಿಸಿಕೊಳ್ಳಬೇಕು.

ಬೆಳಗಿನ ಜಾವಕ್ಕೆ ಎದ್ದು ನಡೆಯುವುದು, ವ್ಯಾಯಾಮ ಮಾಡುವುದು, ಪ್ರಾಣಾಯಾಮ, ಯೋಗಾಸನ, ಧ್ಯಾನ ಇತ್ಯಾದಿಗಳಲ್ಲಿ ತೊಡಗುವುದು. ಹೂಗಿಡಗಳನ್ನು ನೆಡುವುದು, ತೋಟ, ಕೃಷಿಯ ಕೆಲಸ ಕಾರ್ಯಗಳಲ್ಲಿ ತೊಡಗುವುದು ಇಂತಹ ಚಟುವಟಿಕೆಗಳಿಂದ ದೇಹದ ಆರೋಗ್ಯವನ್ನು ಉಳಿಸಿ ಬೆಳೆಯುವುದು ಈ ಕಾಲಕ್ಕೆ ಅಗತ್ಯವೆನಿಸಿದೆ. ಸಾಮಾಜಿಕ, ಸಾಂಸ್ಕೃತಿಕ, ಧಾರ್ಮಿಕವಾಗಿ ನಿಸ್ವಾರ್ಥ ಸೇವೆಯನ್ನು ಸಲ್ಲಿಸುವುದರ ಮೂಲಕ ಆತ್ಮ ಸಂತೃಪ್ತಿಯೊಂದಿಗೆ ಆರೋಗ್ಯವಂತರಾಗಿ ಬಾಳ ಬಹುದಾಗಿದೆ. ಒಟ್ಟಿನಲ್ಲಿ ನಮ್ಮ ದೇಹದ ಆರೋಗ್ಯವನ್ನು ಉಳಿಸುವಂತೆ ಹಿತಮಿತವಾಗಿ ಚಟುವಟಿಕೆಗಳಲ್ಲಿ ತೊಡಗಬೇಕಾದುದು ಈ ಕಾಲದ ಅನಿವಾರ್ಯತೆ ಆಗಿದೆ.

**Ms Anita Irine pinto**

### ಸಾರ್ಥಕ

ಆಕೆ ನನ್ನ ವಿದ್ಯಾರ್ಥಿಗಳಲ್ಲಿ ಒಬ್ಬಳು, ಓದುವುದರಲ್ಲಿ ಅಷ್ಟೇನೂ ಆಸಕ್ತಿ ಇರಲಿಲ್ಲ, ಹಾಗಾಗಿ ಅಂಕಗಳು ಅಷ್ಟಷ್ಟೇ! ಒಬ್ಬ ಶಿಕ್ಷಕಿಯಾಗಿ ತನ್ನ ವಿದ್ಯಾರ್ಥಿಗಳು ಓದುವುದರಲ್ಲಿ ಆಸಕ್ತಿ ವಹಿಸಬೇಕು ಎಂದು ಬಯಸುವುದು ಸಹಜ ಹಾಗೆ ನಾನು ಕೂಡ ಆಕೆಯಲ್ಲಿ ಬದಲಾವಣೆ ತರಲು ಪ್ರಯತ್ನಿಸುತ್ತಲೇ ಬಂದೆ ಆದರೆ ಆಕೆ ಬದಲಾಗಲಿಲ್ಲ. ಇದರಿಂದ ಆಕೆಯನ್ನು ಅಪ್ರಯೋಜಕಳು ಎಂಬಂತೆ ಎಲ್ಲರೂ ಕಾಣುತ್ತಿದ್ದರು.



ಅಂದು ಸಂಜೆ ಬಸ್ ಹತ್ತಲು ನಾವೆಲ್ಲ ಬಸ್ಸು ನಿಲ್ದಾಣದಲ್ಲಿ ಕಾದುಕೊಂಡು ನಿಂತಿದ್ದೆವು, ಎಂದಿನಂತೆ ಬಸ್ ಬರ್ತಿಯಾಗಿತ್ತು, ನನ್ನ

ಕಂಡು ಈಕೆ ಎದ್ದು ನನಗೆ ಕೂರಲು ಜಾಗ ಕೊಟ್ಟಳು, ಚಾಲಕನ ಇನ್ನೊಂದು ಬದಿಯಲ್ಲಿ ನಾನು ಕೂತೆ, ಆಕೆ ಅಲ್ಲೇ ನಿಂತಳು. ಚಾಲಕ ನನಗೆ ಪರಿಚಯದ ಮುಖ ಹಾಕೆಂದು ಮಾತನಾಡಿಸಿದ, ಆತ ತನ್ನ ಮಗ ಎಸ್.ಎಸ್.ಎಲ್.ಸಿ ಪರೀಕ್ಷೆಯಲ್ಲಿ ೬೨೩ ಅಂಕ ಪಡೆದುಕೊಂಡು, ತನಗೆ ಒಂದೇ ಒಂದು ರೂಪಾಯಿ ಖರ್ಚು ಮಾಡಿಸದೆ ಪಿ.ಯು.ಸಿ ಸೇರಿಕೊಂಡ ವಿಷಯವನ್ನೆಲ್ಲಾ ಹೇಳಿಕೊಂಡ.

ಮರುದಿನ ಎಂದಿನಂತೆ ಶಾಲೆಗೆ ಹೋದಾಗ ಈಕೆಯಲ್ಲಿ ಬದಲಾವಣೆಗಳು ಕಂಡವು. ಈಗ ಹೆಚ್ಚು ಆಸಕ್ತಿಯಿಂದ ಪಾಠ ಕೇಳುತ್ತಿದ್ದಳು. ಹಿಂದಿನ ದಿನ ನಡೆದ ಮಾತುಕತೆ ಆಕೆಯಲ್ಲಿ ಬದಲಾವಣೆ ತಂದಿತ್ತು. ದಿನ ಕಳೆದಂತೆ ಆಕೆಯ ಕೌತುಕ, ಪರಿಶ್ರಮ, ಬದುಕಿನ ಮೇಲಿದ್ದ ಧೋರಣೆ ಎಲ್ಲವೂ ವಿಶೇಷ ರೀತಿಯಲ್ಲಿ ಬದಲಾಗಿದ್ದವು. ವರ್ಷಗಳು ಉರುಳಿದವು. ಆಕೆ ಈಗ ಎಸ್.ಎಸ್.ಎಲ್.ಸಿ ವಿದ್ಯಾರ್ಥಿ, ಎಲ್ಲರೂ ಪಾಠ ಪುಸ್ತಕದಲ್ಲಿದ್ದ ಎಲ್ಲ ಪ್ರಶೋತ್ತರಗಳನ್ನು ಕಲಿಯಲು ಹೆಣಗುತ್ತಿದ್ದರೆ, ಈಕೆ ಗ್ರಂಥಾಲಯದಿಂದ ಮತ್ತೊಂದಿಷ್ಟು ಪುಸ್ತಕ ತೆಗೆದುಕೊಂಡು ಓದುತ್ತಿದ್ದಳು. ಲೆಕ್ಕ ಮಾತ್ರ ತುಸು ಕಷ್ಟವಾಗುತ್ತಿತ್ತು ಹಾಗಾಗಿ ಅದಕ್ಕೆ ಹೆಚ್ಚು ಸಮಯ ಕೊಡುತ್ತಿದ್ದಳು. ಕಠಿಣ ಕಠಿಣ ಲೆಕ್ಕವನ್ನು ಬಿಡಿಸಿ ಬಿಡಿಸಿ ಲೆಕ್ಕದಲ್ಲಿ ಪರಿಣಿತೆಯಾದಳು. ಶಾಲೆಗೆ ಮಾತ್ರವಲ್ಲ ರಾಜ್ಯಕ್ಕೆ ಮೊದಲ ಸ್ಥಾನ ಪಡೆದಳು. ಅದಾಗಿ ಮುಂದಿನ ವಿದ್ಯಾಭ್ಯಾಸಕ್ಕೆ ಪರ ಊರಿಗೆ ಹೋದಳು ಆದರೆ ಆಕೆಯ ಯಶೋಗಾಥೆ ಮಾತ್ರ ಆಗಾಗ ಪತ್ರಿಕೆಗಳಲ್ಲಿ ನೋಡುತ್ತಾ ಸಂತೋಷ ಪಡುತ್ತಿದ್ದೆ.

ಈಗ ಈ ಶಾಲೆ ಬೇರೆಲ್ಲ ದೊಡ್ಡ ದೊಡ್ಡ ಪಬ್ಲಿಕ್ ಶಾಲೆಗಳ ನಡುವೆ ಕರಗಿ ಹೋಗಿತ್ತು, ಇಲ್ಲಿಂದ ಒಳ್ಳೆಯ ಶಿಕ್ಷಕರು ಕೂಡ ಹೆಚ್ಚಿನ ಸಂಬಳದ ಕಾರಣ ಅಲ್ಲಿ ಸೇರಿಕೊಂಡಿದ್ದಾರೆ. ಈಗ ಅದೇಕೋ ಒಳ್ಳೆಯ ಶಿಕ್ಷಕರಿಲ್ಲದೆ ರೈತರ ಸಹಾಯದಿಂದ ಕಟ್ಟಿದ ಈ ಶಾಲೆ ಅಳುವಿನ ಅಂಚಿನಲ್ಲಿತ್ತು. ನಾನು ಕೂಡ ಒಬ್ಬಂಟಿಯಾದೆ, ಅದೊಂದು ದಿನ ಈಕೆ ಶಾಲೆಗೆ ಬಂದಳು, ಸುಮಾರು ವರ್ಷಗಳ ನಂತರ ಶಿಕ್ಷಕರನ್ನು ಮಾತನಾಡಿಸಿಕೊಂಡು ಹೋಗೋಣ ಎಂದು ಬಂದಿದ್ದಳು. ನಾನು ಲೋಕಾಭಿರಾಮ ಮಾತನಾಡುತ್ತಾ ಶಾಲೆಯ ಪರಿಸ್ಥಿತಿಯನ್ನು ವಿವರಿಸಿದೆ. ತನ್ನ ಮುಂದಿನ ನಿರ್ಧಾರವನ್ನು ಆಕೆ ಅದಾಗಲೇ ತೀರ್ಮಾನಿಸಿದಳು. ಈಕೆ ಬಂದ ಮೇಲೆ ಮತ್ತೆ ಬೂದಿಯಿಂದ ಮೇಲೆದ್ದು ತಲೆ ಎತ್ತಿ ನಿಂತಿದೆ. ಆಕೆ ಪಾಠ ಮಾತ್ರವಲ್ಲದೆ, ಮಕ್ಕಳ ಸರ್ವಾಂಗೀಣ ಬೆಳವಣಿಗೆಗೆ ಬೇಕಾದ, ಆಟ ಯೋಗ, ಪ್ರಸ್ತುತ, ಕೃಷಿ ಹೀಗೆ ನಾನಾ ವಿಧಗಳಲ್ಲಿ ಮಕ್ಕಳ ಯೋಚನಾ ಲಹರಿಯನ್ನು ಹರಿಸಿ, ಮಕ್ಕಳು ಶಾಲೆಯನ್ನು ತಮ್ಮ ಮನೆಯಿಂದಲೂ ಹೆಚ್ಚು ಪ್ರೀತಿಸುವಂತೆ ಮಾಡಿದ್ದಾಳೆ.

ಎಷ್ಟು ಅದ್ಭುತ ಇದು! ತಾನು ಮಾತ್ರವಲ್ಲದೆ ಒಂದು ಶಾಲೆಯನ್ನು ಇಷ್ಟು ಎತ್ತರಕ್ಕೆ ಏರಿಸಿ ಯಾವ ಹೊಗಳಿಕೆಯನ್ನು ಅಪೇಕ್ಷಿಸದೆ ಶಿಕ್ಷಣದ ನಿಜವಾದ ಅರ್ಥವನ್ನು ಅಕ್ಷರಶಃ ಪಾಲಿಸುವುದು. ಈವತ್ತಿಗೂ ಸಹಶಿಕ್ಷಕಿಯಾಗಿಯೇ ಕೆಲಸ ನಿರ್ವಹಿಸುತ್ತಿದ್ದಾಳೆ. ಈಗಲೂ ಯಾವುದೇ ಮಗು ನಿರಾಸಕ್ತಿ ಇಂದ ಕಾಲಹರಣ ಮಾಡುತ್ತಿದ್ದಾಗ ಬಂದು ತನ್ನಲ್ಲಿ ಬದಲಾವಣೆ ತಂದದಕ್ಕೆ ಕೃತಜ್ಞತೆಯ ಭಾವದಲ್ಲಿ ಕಣ್ಣು ತುಂಬಿಕೊಳ್ಳುತ್ತಾಳೆ. ಒಬ್ಬ ಶಿಕ್ಷಕಿಯ ಜೀವನ ಸಾರ್ಥಕವಾಗಲು ಇನ್ನೇನು ಬೇಕು!

**ಸಂಗೀತ ಸಾಲಿನ್ಸ್**

## ಯಕ್ಷಗಾನ ಕಲೆ

ಕರಾವಳಿ ಪ್ರದೇಶ ಎಂದ ಕೂಡಲೇ ನಮಗೆ ನೆನಪಾಗುವುದು ಕಡಲು ತೀರ, ಸಾಹಿತ್ಯ, ರುಚಿಕರವಾದ ಊಟ, ಮಲೆನಾಡ ತಟ್ಟಲು ಆದರೆ ಅದಕ್ಕೂ ಮೀರಿ ಇಲ್ಲಿ ಒಂದು ವಿಶೇಷತೆ ಇದೆ ಅದುವೇ ಯಕ್ಷಗಾನ. ಯಕ್ಷಗಾನವು ಒಂದು ಗಂಡು ಕಲೆ. ಯಕ್ಷಗಾನದಷ್ಟು ಸಂಕೋಷವನ್ನು, ಸಂಭ್ರಮವನ್ನು ನೀಡುವ ಕಲೆ ಇನ್ನೊಂದಿಲ್ಲ.



ಹೌದು ತಂಪಾದ ಇಳಿಸಂಜೆಯಲ್ಲಿ ಜಂಠೆ ಮದ್ದಲೆಯ ಶಬ್ದದ ನಡುವೆ ಭಾರವತರ ತಾಳ ಸುಶ್ರಾವ್ಯ ಹಾಡುಗಾರಿಕೆಯಿಂದ ವೇಷ-

ಭೂಷಣಗಳನ್ನು ತೊಟ್ಟ ಪಾತ್ರಧಾರಿಗಳ ಆಂಗಿಕಾಭಿನಯ, ನೃತ್ಯಾಭಿನಯ ಮತ್ತು ಮಾತುಗಾರಿಕೆಯ ಮೂಲಕ ಕಥೆಯನ್ನು ಹೇಳುತ್ತಾ ಶುರುವಾಗುವ ಈ ಯಕ್ಷಗಾನವನ್ನು ನೋಡಲೆಂದೇ ಕರಾವಳಿಯಲ್ಲಿ ಜನರ ದಂಡು ಸೇರುತ್ತದೆ.

ಯಕ್ಷಗಾನ ಎಂದರೆ ನಾಕು ದೂರದ ಉರುಗಣಗೂ ತೆರಳಿ ಅದನ್ನು ವೀಕ್ಷಿಸುವ ಅಭಿಮಾನಿ ವರ್ಗ ವನ್ನು ನಾವು ಇಂದಿಗೂ ಕರಾವಳಿಯ ಕೆಲವು ಭಾಗದಲ್ಲಿ ಕಾಣಬಹುದು. ತನ್ನ ಕಲೆಯ ನೋಡಲಿನಿಂದಲೇ ವಿಶ್ವದಲ್ಲಿಯೇ ಪಸರಿಸುತ್ತಿರುವ ಈ ಅದ್ಭುತ ಕಲೆಗೆ ಇತ್ತೀಚಿನ ದಿನಗಳಲ್ಲಿ ನಗರ ನಿವಾಸಿಗಳು ಇದರ ರೀಳು ಹೆಚ್ಚಿಕೊಂಡಿರುವುದು ಈ ಕಲೆಯ ಶಕ್ತಿ ಎಂದೇ ಹೇಳಬಹುದು.

ಯಕ್ಷಗಾನ ಎಂಬುದು ಕರಾವಳಿಯ ಅದ್ಭುತ ಕಲೆಗಳಲ್ಲಿ ಒಂದಾಗಿದ್ದು ಅದನ್ನು ನೋಡುವುದೇ ಒಂದು ಸೊಬಗು. ಸುರಾಣದ ಕಥೆಗಳನ್ನು ಎಳೆಎಳೆಯಾಗಿ ತನ್ನದೇ ಭಾಷಾ ಸಾಹಿತ್ಯದಲ್ಲಿ ಬಿಡುವ ಹಾಡುವ ಪರಿ ಎಂತಹವರನ್ನಾದರೂ ಮೋಡಿ ಮಾಡದೇ ಇರಲಾರದು. ರಂಗಸ್ಥಳ ಮತ್ತು ಅದರ ಸುತ್ತ ಜಗಮಗಿಸುವ ಬೆಳಕಿನ ಹಿಂದೆ ಕುಳಿತಿರುವ ಹಿಮ್ಮೇಳ, ಮುಂಭಾಗದಲ್ಲಿ ವೇಷಗಳನ್ನು ಹಾಕಿಕೊಂಡು ಆರ್ಭಟಿಸುವ ಯಕ್ಷ ವೇಷಧಾರಿಗಳನ್ನು ನೋಡುತ್ತಾ ಸಮಯವಾಗುವುದೇ ತಿಳಿಯುವುದಿಲ್ಲ. ಅದರಲ್ಲೂ ಕಥೆಗಳ ಮೂಲಕವೇ ಸಮಾಜಮುಖ ಚಿಂತನೆಗಳನ್ನು ಬಿಡುತ್ತಾ ತಿಳುವಳಿಕೆಯನ್ನು ಹೆಚ್ಚಿಸುವ ಮಾಧ್ಯಮವಾಗಿ, ಇಂದು ದೇಶದಲ್ಲೆ ಪ್ರಚಾರಗೊಂಡು ತನ್ನದೇ ಹಿರಿಮೆಯ ಮೂಲಕ ಕನ್ನಡದ ಜಾನಪದ ಬೋಕದ ಜನಪ್ರಿಯ ಕಲೆ ಎಂಬ ಹೆಗ್ಗುಳಿಕೆಯೊಂದಿಗೆ ಮುಂದೆ ಸಾಗುತ್ತಿದೆ ಈ ರಮ್ಯಾದ್ಭುತ ಕಲೆ.

ನಂದಿನಿ

## ಜೀವನ ಪಯಣ

ಒಂದು ಸುಂದರವಾದ ಬೆಟ್ಟ, ಸುತ್ತಲೂ ಮರ ರಿಡರಳಿಂದ ಅವರಿಸಿ, ತಂಪಾದ ಗಾಳಿಯನ್ನು ಹೊರಸುಸುತ್ತಾ, ಪ್ರಾಣಿಗಳು, ಪಕ್ಷಿಗಳು, ಕೀಟಗಳು, ಮುಂತಾದ ಜೀವವಾಸಿಗಳಿಗೆ ಒಂದು ಅಶ್ರಯ ತಾಣವಾಗಿ ಕಂಗೊಳಿಸುತ್ತಾ ಇರುತ್ತಿತ್ತು. ಇದರ ನಡುವೆ ಬೆಟ್ಟದ ತುದಿಯಲ್ಲಿ ಒಂದು ಒಂದು ಹನಿ ನೀರು ಜೀಮುಕಲು ಪ್ರಾರಂಭವಾಗುತ್ತದೆ. ಒಂದು ಒಂದು ಹನಿಯು ಜುಮುಕಿಕೊಂಡು ಹರಿಯಲು ಪ್ರಾರಂಭವಾದರೂ ಅದಕ್ಕೆ ಸರಿಯಾದ ದಾರಿಗಳು ಇರುವುದಿಲ್ಲ, ಅದರೂ ತನ್ನ ದಾರಿಯನ್ನು ಹುಡುಕುತ್ತಾ ಮರಗಳ ಮಧ್ಯೆ, ಕಲ್ಲುಗಳ ಮಧ್ಯೆ, ನಿಕರ ನಿಕರ ಜಾಗದಲ್ಲಿ ನುಗ್ಗಿಕೊಂಡು ಹರಿಯುತ್ತಾ ಬರುತ್ತದೆ. ಅ ಹನಿಗಳು ಕ್ರಮೇಣವಾಗಿ ಒಂದು ಚಿಕ್ಕ ಕಾಲುವೆಯಾಗಿ ಪರಿವರ್ತನೆಗೊಂಡು ನಂತರದಲ್ಲಿ ತೋಡುಗಳಾಗಿ ಪರಿವರ್ತನೆಯಾಗಿ ಮತ್ತು ದೊಡ್ಡ ನದಿಯಾಗಿ ಹರಿಯುತ್ತಾ ಅದೆಷ್ಟೋ ಹಳ್ಳಗಳಿಗೆ ಜೀವನಾಡಿಯಾಗಿ ಅದೆಷ್ಟೋ ಜನರ ಜೀವನದಲ್ಲಿ ಬೆಳಕಾಗಿ ಪರಿವರ್ತನೆಗೊಂಡು ಒಂದು ದಿನ ಯಾರು ಕೈಗೂ ಸಿಲುಕದೆ ಸಾಗರವನ್ನು ಸೇರುತ್ತದೆ.

ಹೌದು...!! ಇಲ್ಲಿ ನಾವು ಯೋಚನೆ ಮಾಡುವುದಾದರೆ ಅ ಒಂದು ಚಿಕ್ಕ ಹನಿ ಇವತ್ತು ನದಿಯಾಗಿ ಪರಿವರ್ತನೆಯಾಗಿ ಜನರ ಜೀವನಕ್ಕೆ ಸಹಾಯ ಆಗಬೇಕಾದರೆ ಮರ, ಬಂಡೆಗಳಂತಹ ಮುಂತಾದ ಸವಾಲುಗಳನ್ನು ಎದುರಿಸಿಕೊಂಡು ಬಂದದ್ದರಿಂದ ಅದರ ಗುರಿ ತಲುಪಿ ನಾಲ್ಕೈದು ಜನರ ಬಾಯಲ್ಲಿ ಶಾಶ್ವತವಾಗಿ ಉಳಿಯುವಂತಾಗಿದೆ.

ಹಾಗೆಯೇ ಅಲ್ಲಾ ಜೀವನ ಕೂಡ...!! ಒಂಬತ್ತು ತಿಂಗಳು ಹೊತ್ತು, ಒಂದು ದಿನ ಸುಂದರವಾದ ಪ್ರಪಂಚವನ್ನು ತಾಯಿ ಪರಿಚಯಿಸುತ್ತಾಳೆ. ಆ ಮಗು ತಾಯಿಯ ಸುಪತ್ತಿನಲ್ಲಿ ಬೆಳೆದು ಶಿಕ್ಷಣ ಪಡೆಯುತ್ತಾ ಮುಂದೆ ಬರುತ್ತೇವೆ, ಕಾರಣ ಮುಂದೆ ಗುರಿ ಹಿಂದೆ ಗುರು ಇದ್ದ ಕಾರಣ. ಆದರೆ ಅ ನದಿಗೆ ಹಿಂದೆ ಗುರು ಇರಲಿಲ್ಲ ಮುಂದೆ ಗುರಿ ಇರಲಿಲ್ಲ. ನಮಗೆ ಎಲ್ಲಾ ವ್ಯವಸ್ಥೆಯೂ ಇತ್ತು. ಹೇಗೆ ಒಂದು ನದಿ ಎಲ್ಲಾ ಸಂಕಷ್ಟಗಳನ್ನು ಎದುರಿಸಿ ಮುಂದೆ ಬಂತೋ ಹಾಗೆಯೇ ನಾವು



ಕೂಡ ಸಮಸ್ಯೆಗಳನ್ನು ಎದುರಿಸಿಕೊಂಡು ಮುನ್ನಡೆಯಬೇಕು.

ಜೀವನದಲ್ಲಿ ಸಮಸ್ಯೆಗಳು ಸಹಜ, ಸಮಸ್ಯೆ ಇಲ್ಲದ ಜೀವನವೇ ಇಲ್ಲ. ಇವತ್ತು ಇಂತಹ ಸಮಸ್ಯೆಗಳು ಇದ್ದದರಿಂದಾಗಿ ಕೆಲವೊಂದು ಜೀವನದ ಮೌಲ್ಯಗಳನ್ನು ನಾವು ಅಳಿಯುವಂತಾಗಿದೆ. ಕಷ್ಟಗಳು ನನಗೆ ಮಾತ್ರ ಎಂದು ಯೋಚಿಸುತ್ತಾ ಕುಳಿತರೆ, ಅ ಸಮಸ್ಯೆಗೆ ಪರಿಹಾರ ಸಿರುವುದಿಲ್ಲ ಮತ್ತು ಜೀವನ ಕೂಡ ಮುನ್ನಡೆಯುವುದಿಲ್ಲ.

ಪ್ರಸ್ತುತ ಕಾಲಘಟ್ಟದಲ್ಲಿ ಕೊರೋನಾ ಎಂಬ ಮಹಾಸಾರಿ ಇಡೀ ಜಗತ್ತನ್ನು ತತ್ತರಗೊಳಿಸಿತು. ಅದರ ಅದನ್ನು ಸರಿಯಾಗಿ ಮುಂಜಾಗೃತವಾಗಿ ಎದುರಿಸಿಕೊಂಡು ಹೊಂದಿದ್ದರಿಂದಾಗಿ ಇವತ್ತು ಕ್ರಮೇಣವಾಗಿ ನಶಿಸುತ್ತಾ ಹೋಗಿದೆ. ಹಾಗೆಯೇ ಕಷ್ಟಗಳನ್ನು ಎದುರಿಸಿಕೊಂಡು ಬದುಕಲು ಕಲಿಯಬೇಕು, ಎಂತಹ ಸಂದರ್ಭ ಬಂದರೂ ಅದನ್ನು ಮೀರಿ ಮುನ್ನಡೆಯಬೇಕು. ಅದು ಜಿಜ್ಞಾಸು ಆತ್ಮತೃಪ್ತಿಗಳಂತಹ ದಾರಿಯನ್ನು ಹಿಡಿದರೆ ಅವರಿಗಿಂತ ದೊಡ್ಡ ಮೂರ್ಖ ಇನ್ನೊಬ್ಬರಿಲ್ಲ.

ಹಾಗೆಯೇ ಜೀವನದಲ್ಲಿ ರೆಡ್ಡಾರ ಅಹಂಕಾರ ಪಡೆದೆ, ನೋತಾರ ಕುಗ್ಗದೆ, ಕಷ್ಟ ಬಂದಾರ ಹಿಂಜರಿಯದೆ, ಸುಖ ಬಂದಾರ ಇದೇ ಸರ್ವಸ್ವ ಎಂಬ ಭ್ರಮೆಯಿಂದ ಹೊರ ಬಂದು ಎಲ್ಲವನ್ನೂ ಸಮಾನವಾಗಿ ನ್ವೀಕರಿಸಿ, ಪ್ರೀತಿ, ವಿಶ್ವಾಸ ಮತ್ತು ನಂಬಿಕೆಗಳಿಂದ ಮುನ್ನಡೆದರೆ, ಅ ನದಿಯಂತೆ ನಾಲ್ಕು ಜನರ ಬಾಯಲ್ಲಿ ಉಳಿಯಬಹುದು. ಅನಾರ ಜೀವನದಲ್ಲಿ ಸಾರ್ಥಕತೆಯನ್ನು ಕಾಣಬಹುದು.

@ಪ್ರವೀಣ್ ಪಿಂಚೋ

@ರಿಚರ್ಡ್ ಪಿ

@ಮ್ಯಾಕ್ಸ್ ಡಿಸೋಜ

@ಅಂಜೋನಿ ಪಿರೇರ

@ಸುದೀಪ್ ಮಾಣಿಲ.



## हर एक का अपना-अपना शौक

शौक मनुष्य को खुश करने में महत्वपूर्ण भूमिका निभाते हैं और हमारी इच्छाओं को पोषित करते हैं। हमारे शौक अपनी भाषा को खुद ही गढ़ लेते हैं। जिस तरह भिन्न-भिन्न फूल मिलते हैं और गुलदस्ता बनता है, सात सुरों से संगीत बनता है, उसी प्रकार हमारे इर्द-गिर्द रुझान व मन की उमंग कुछ नया निर्माण करना चाहती है। इसी को शौक कह सकते हैं। हम सब अपने जीवन को अपने मन के अनुसार ही संचालित करते हैं और इसी क्रम में किसी आदत को अपना लेते हैं। आजकल शौक की बात करो, तो लोग महंगे शौक अपनाने में भेड़चाल का चलन अपना लेते हैं।

इस स्कूल में मैंने गत 18 वर्षों के मेरे अध्यापन जीवन में अनेकों छात्रों के शौक देखे हैं। कईयों के फोटोग्राफी या कईयों के महंगे कुत्ते पालने के शौक। महंगे वाद्य यंत्र बजाने के हॉबी रखने वाले अलग से। फिर गोल्फ या टेनिस वालों ने तो गंभीर मुद्रा को ओढ़ लिया है। कई ने डाक-टिकट यानी फिलेटली का शौक अपना रखा है। मैच बॉक्स यानी माचिस की डिबिया का बेशकीमती शौक पालने वाले भी एकाध मिलेंगे। किताबें पढ़ने के शौकीन वाले छात्र पुस्तक हाथ में आते ही दुनिया को भी भूल जाते हैं। उनके यहां पुस्तकों की ढेर ही पड़ जाती है।

इसी सिलसिले में मुझे शहर के एक व्यक्ति की याद आती है, जो शहर में ही अपनी थोड़ी-सी ज़मीन में, डिब्बों में, टेरेस पर फल-फूल उगाया करते हैं। उनके परिश्रम व एकाग्रता का परिणाम भी कमाल ही निकल रहा है। थोड़ी सी जमीन में मिट्टी ने मानो पानी का संग पाकर मधुबन बना दिया है। जब-जब पौधों में फल-फूल निकलते हैं, वे बड़ी खुशी से सोशल मीडिया में



उनकी तस्वीर डाल कर अपनी खुशी प्रकट करते हैं। इस खूबसूरत दृश्य को देखने शहर से हर कोई जाता है, उनके शौक की खूब सराहना करता है, तस्वीरें खींचता है ...आदि.. आदि।

स्कूल में भी मैंने कई छात्रों को देखा है, जो पढ़ाई में औसत दर्जे के होते हैं, पर दूसरों के दिल जीतने में माहिर होते हैं। अपने गीत, चुटकुले, टप्पे, ठुमरी सुनाकर माहौल को तरंगित कर देते हैं। उनका यह शोर-शराबा किसी गंभीर व पढ़ाकू सहपाठी को भी अपनी ओर खींच देता है। उनका यह शौक औरों की तुलना में बिल्कुल ही निशुल्क मगर बहुत उपयोगी और परोपकारी।

इस कोरोना के प्रकोप ने युवाओं को घर में ही कैद कर दिया है। हर वीकेंड में रेस्टोरेंट में जाने वाले ये अब घर में ही नए-नए पकवान बनाने के शौकीन हो गए हैं। धीरे-धीरे इस शौक ने घर को ही रेस्टोरेंट बना दिया है। इस शौक ने उनके परिवार के रेस्टोरेंट का खर्च का भी बचत की है।

शौक में सेहत और खुशियाँ देने की अनूठी ताकत होती है। यह युवाओं को भटकने से रोकता है। इसलिए आदत ऐसी हो, जिसमें आनंद और उल्लास की अविरल धारा बहती रहे। चाव हमारे भीतर की खूबसूरती को निखार दे।

हेनरी मैस्करेन्स

## हकीकत

ज़िंदगी हँसी-खुशियों से चल रही थी।  
कल के सुनहरे सपनों में डूबी हुई थी ॥  
अचानक हकीकत सामने थी।  
ज़िंदगी एकदम थम-सी गई थी ॥



आसमान में उड़ता पंछी।  
ज़मीन पर थी खड़ी ॥  
छा गया अँधियारा।  
दिखा नहीं उजियारा ॥

दुनिया फ़ाँसी कोरोना के बीच।  
इंसान बन बैठा है नीच ॥  
खुद को बचा ना सका।  
सबक अगर ना सीखा ॥

सीमा माड़ता

## परिवर्तन

“परिवर्तन या बदलाव जीवन का नियम है।”

एक छोटे बच्चे का शैशवावस्था से लेकर वृद्धावस्था तक जाने में न जाने कितने परिवर्तन आते हैं। जैसे-जैसे हम बड़े होते हैं, रिश्तों का दायरा बढ़ता जाता है। बचपन का नटखटपन लाँघकर हम जिम्मेदारियों से लद जाते हैं। स्वयं माता-पिता, चाचा-चाची, मौसा-मौसी, बुआ-फूफा, नाना-नानी, सास-ससुर बनकर फर्ज निभाते हैं। हमारे कई दोस्त भी बन जाते हैं।

पहले हम कम चीज़ों से भी खुश थे, संतुष्ट थे, हमारी माँगे कम थी, आज ज्यादा पाकर भी खुश नहीं हैं। लोगों का पहनावा, खान-पान, जीवन-यापन के तरीकों में जमीन-आसमान का फर्क आ गया है। हमारा जीवन बैलगाड़ी से लेकर हवाई जहाज तक पहुँच चुका है। रीति-रिवाज, परंपराएँ बदल रही हैं। समय किसी के पास नहीं है। सब जैसे भाग रहे हैं, हम अपना धीरज खोते जा रहे हैं।



रिश्तों के मायने बदल गए हैं। संयुक्त परिवार एकल परिवार में तब्दील हो गया है। "हम" न जाने कब "मैं" बन गया, पता ही नहीं चला। नजदीक जो है उसकी कद्र नहीं पर दूर वालों से फेसबुक और व्हाट्सैप के जरिए जूड़े रहते हैं। मेहमान आने पर खुश हो जाया करते थे, आज मेहमान के नाम से डर जाते हैं। रिश्ते सिर्फ पैसे के कारण बन रहे हैं और पैसे के कारण टूट रहे हैं।

समाज में बहुत सारे परिवर्तन हो रहे हैं और हम उस परिवर्तन का एक हिस्सा हैं। यह भी सत्य है कि यदि हम जमाने के साथ कदम बढ़ाकर न चले तो पीछे रह जाएंगे। नदी हमेशा बहती है, इसलिए नदी के पानी साफ़ और निर्मल है। हमें भी नदी की भाँति बनना चाहिए।

लेकिन हे मानव! किसी भी कीमत में अपने नैतिक मूल्यों, अस्तित्व और वजूद को न खोए। विनम्रता, धैर्य, मानवता, साहस, दया और प्रेम आदि गुणों का सम्मिश्रण ही इंसान है।

अरुणा पिरैरा

## नन्हा मेहमान



आया है घर में मेहमान ।  
बढ़ गया है सम्मान ॥  
पहले थे हम चार ।  
दादा-दादी करते थे तेरा इंतज़ार ॥  
छोटा बच्चा ।  
मन का सच्चा ॥  
दिल का अच्छा ।  
दिमाग का कच्चा ॥  
सूरत इतनी भोली ।  
मन को लुभावनेवाली ॥  
कार्य हैं उसके नटखट ।  
सारे घर को करे खटखट ॥  
शान है घर की ।  
दुलार है सबकी ॥  
मीठी बोली उसकी ।  
करें सबको हिचकी ॥  
खुशी की वजह हो तुम ।  
परिवार को न दो गम ॥  
ईश्वर से दुआ करेंगे हम ।  
अच्छे करम करो तुम ॥

नोयेलिन हेलेन पाय्स



## आत्मनिर्भर भारत

“भारत को अखंड बनाना है, भारत को आत्मनिर्भर बनाना है।”

आज़ाद भारत का सपना चौहत्तर साल पहले भारत के हर एक नागरिक ने देखा था। वह सपना 15 अगस्त 1947 को शहीदों के बलिदानों से पूरा हुआ और आज हम 2021 में 75 साल की ओर अग्रसर हो रहे हैं। पर क्या? हम आज़ाद हैं, अंग्रेजों की गुलामी से आज़ाद तो हो गए, लेकिन सही मायनों में हम आज़ाद तब होंगे, जब भारत खुद आत्मनिर्भर बनकर दुनिया के सामने उभर आएगा।



आज भारत 21 वीं सदी में दुनिया में प्रगति के शिखर पर पहुँच गया है। यह स्थान कायम रखने के लिए हमें देश की अर्थव्यवस्था, शिक्षाप्रणाली, व्यापारव्यवस्था आदि सभी क्षेत्रों में अपना स्थान मज़बूत करने के लिए आत्मनिर्भर बनना पड़ेगा। इस समय कोरोना जैसी वैश्विक महामारी से जूझते हुए भारत ने अपने दम पर पी.पी.ई किट, एन-95 मास्क बनाकर अपनी ताकत को दुनिया को दिखाया है। यह बनाने में आज भारत दुनिया में दूसरे नंबर पर है। यह भारत के आत्मनिर्भर बनने का जीता-जागता उदाहरण है। हमें पता है कोरोना का संकट बढ़ा है, लेकिन इस संकट ने भी हमें आत्मनिर्भर बनने की सीख दी है। इस संकट की घड़ी का हमें फायदा उठाना होगा। हमारे देश की उत्पादन गुणवत्ता तथा वितरण व्यवस्था को सुधारण होगा। आज हमें लोकल के दम पर आत्मनिर्भर बनना पड़ेगा। लोकल कंपनी, लोकल उत्पादन और उच्च सुविधाओं को बढ़ावा देना पड़ेगा।

किसान को भारत की आत्मा माना जाता है। इस किसान को हमें आत्मनिर्भर बनाने के लिए बढ़ावा देना पड़ेगा। छोटे-छोटे कुटीर उद्योग उनके उत्पादन को आज बाज़ार में सही दाम तथा बढ़ावा देना है। दूरसंचार, टेलीविजन, गाड़ी, खिलौने, एप्स आदि इन जैसी विदेशी चीज़ों के इस्तेमाल का हमें बहिष्कार करना पड़ेगा और यह छोटा-सा काम हर एक भारत का नागरिक कर सकता है। यह भी एक आत्मनिर्भर भारत बनने में हम सभी का बड़ा कदम होगा।

आज हमें लोकल के प्रति वोकल बनना पड़ेगा। भारत की परंपरा इतनी महान है कि कौन-सा भी संकट, महामारी या नैसर्गिक आपदा आए, उसका डट कर सामना करने की हिम्मत आज आत्मनिर्भर बनने वाले मेरे हर एक भारतीय में है। आज इस घड़ी में कोरोना वैक्सीन बनाने की दौड़ में सबसे आगे हिंदुस्तान है, अगर इस दौड़ में भारत जीत गया तो मेरा भारत विश्वगुरु बनेगा और यह आत्मनिर्भर भारत बनने का ज्वलंत उदाहरण हमारे सामने होगा। आज हम सभी को कंधे से कंधा मिलाकर साथ चलने की ज़रूरत है, तो ही मेरा हिंदुस्तान कामयाबी की ऊँचाई के शिखर पर पहुँचेगा और यह पचहत्तर साल के भारत की स्वतंत्रता की ओर बढ़ने का तथा आत्मनिर्भर भारत बनने का पहला कदम होगा। हमारा सुंदर आत्मनिर्भर भारत।

वनिता घोरे

## कोरोनाकाल और रसोईघर

किसी ने सही कहा है - “छोटी सी जिंदगी में समय के अनुसार मनुष्य को अपनी प्राथमिकताएँ बदलनी चाहिए”।

इस कोरोना काल में जहाँ लोगों का होटल और रेस्तरां जाना बंद है। वहीं गलियों और चौराहों पर चटपटे चाट और पानीपूरी से लेकर छोले - कुलचे आदि का आनंद लेना संभव नहीं रहा है। उत्तर भारत की मिठाइयों से लेकर दक्षिण भारत के प्रसिद्ध इडली-वडे का स्वाद लोगों के जीभ को नहीं मिल पा रहा है। ऐसी परिस्थिति में लोग जायके का आनंद लेने के लिए अपने ज़्यादा समय रसोईघर में बिता रहे हैं। इस परिस्थिति में, विशेष कर पुरुष वर्ग जो रसोईघर पर महिलाओं का प्रभुत्व समझते हैं, वो भी अपने स्वाद को पूरा करने के लिए किचन में प्रवेश कर रहे हैं। वो कई तरह के व्यंजन बनाने का यथासंभव प्रयास कर रहे हैं। कभी-कभी यह प्रयास सफल भी हो जाता है। इंटरनेट पर ऑनलाइन रेसिपी को भी खूब सर्च किया जा रहा है। लोग यूट्यूब पर हर दिन नए-नए व्यंजनों को बनाने का तरीका ढूँढते हैं। रसोईघर से दूरी बनाए रखने वाले भी अपनी इस कला को निखार रहे हैं।



मिनी कुमारी

### \*यह समय यह वक्त\*

भूल न जाना इस दौर को  
यह साल बहुत खास है  
शुरू हुआ बड़ी मौज से  
खत्म हो रहा है, एक नई सोच से।



कभी ना सोचा था  
किसी दिन यह भी होना था  
मान लीजिए हमने कभी यह सोचा ना था  
यह दुनिया थम जाएगी

इंसान सुन पड़ जाएगा  
वक्त रुक जाएगा  
ना विज्ञान, ना पैसा, ना ही शौहरत  
कुछ भी हमारे काम ना आएगी।

इस साल की शुरुआत हमारी थी  
जो हमने सोचा था उसी की थी  
मान लो जैसे किसी की नज़र लग गई  
बनी बनाई दुनिया जैसे उजड़ गई।

पहली बार कुछ ऐसा हुआ  
इंसान सोचने में मजबूर हुआ  
क्या था खेल अजब  
लौटेगी दुनिया उस मोड़ पर अब कब।

एक अणु का हुआ था हमला  
सारी दुनिया का नक्शा था बदला  
हवाओं में खेलने की ना थी किसी की जुर्रत  
सारी दुनिया में मचा रही थी वह कयामत।

गलती से ही सही सोचने का था वक्त  
क्या हम धरती से हैं बहुत सख्त  
क्या हम हैं किसी से कम  
क्यों सुन पड़ रहा है हमारा दमखम।

बड़े देर से समझ आया  
हम बस हैं एक छाया  
परमात्मा का एक अंश  
सफाई नीति और सच्चाई संभाल लेगी हमारा वंश।

भूल ना जाना इस दौर को  
बड़ा सख्त था यह वक्त भूल ना जाना इसको  
बंद कमरे में बंद थे, हम दुनिया देखने को तरस गए  
आज जब देख ली दुनिया जीने को तरस गए।

इंसान भूल ना जाना इस दौर को  
इस दौर ने हमें सिखाया है  
एक होकर सबके साथ रहने को  
सफाई का पाठ पढ़ाया है।

जीना है और दूसरों को जीने का पाठ पढ़ाने को  
भूल ना जाना इस दौर को

रोहन लॉरेन्स सेक्युर

## NEVER LOSE HOPE

A ray of hope leads us from darkness to light, from failures to success.

In the famous stories like the thirsty crow, the crow was thirsty and used its smartness to get water from the pot. In the hare and the tortoise story, the tortoise didn't give up the race even though it was slow. In the fox and the grapes, the fox tried three times and gave up and hence it had to starve.

When in despair, be the hope to overcome the situation. Never Give up. Where there is a will there is a way.

**Varhaan Shetty**  
I B

## THE IMPORTANCE OF HEALTH

Let me start this with a question - What is health? Health is like an umbrella- it includes physical, mental & social wellbeing. We will examine each part of health.

Physical well-being is the wellbeing of the body. To ensure physical well-being the following things can be done.

1. Follow a healthy lifestyle by eating a balanced diet, which should have energy giving, body building and protective nutrients. Have plenty of water.
2. Play a game or do some simple exercises.
3. Keep the body clean by taking a bath daily and brushing the teeth twice in a day and clipping the nails regularly.

Mental Health is the wellbeing of our mind. It can be achieved by doing the following:

1. Doing yoga daily.
2. Saying the daily prayers.
3. Getting a good amount of sleep. (Early to bed and early to rise makes a man healthy, wealthy and wise!)
4. Keep yourself happy.

Social well-being is the wellbeing with our surroundings. It can be achieved through the following:

1. Blend & play with other people in the neighbourhood.
2. Be kind hearted.
3. Keep the surroundings clean-throw waste in dustbins

We are responsible for our physical, mental & social health. Remember friends, "Health is Wealth", especially during the time of Corona.

**Joel Joannes C**  
II A

## INDIAN INDEPENDENCE

India became Independent on 15th of August 1947 from British rule, after long years of struggle put in by our freedom fighters. Independence Day is our national festival and we should celebrate this day with great spirit and pride.

To achieve Independence, our freedom fighters fought many national movements from 1857 to 1947. We should remember our great freedom fighters like Mahatma Gandhi, the father of our nation, Bhagat Singh, Subash Chandra Bose and many others who struggled and sacrificed their lives for our great nation. Let us give them a big salute as they should be revered.

On Independence day, our honourable Prime Minister, hoists our national flag at the Red Fort in New Delhi. Since independence, our country has rapidly progressed in the field of education, agriculture, science technology and so on. At the same time India is facing some problems like poverty, terrorism, corruption, etc. As a responsible citizen of India, it is our duty to make our country "The best among world nations". I feel proud to be an Indian.

**Pranav Ajit**  
II C

## ORIGINAL POEM FOR THE FRONTLINE CORONA WARRIORS

You risk your life, to keep us safe.  
You fight the virus everyday.  
You be with us, when we are sick.  
It's so important; you make us tick.  
Your family always backing you.  
Isolated in hospital, for us it's you.  
The Community Helpers, the Medical Staff.  
Fighting the war with Corona SARS  
You stay safe, and keep us safer.  
You are our strength our Covid Warrior.  
Without you, we would be lost,  
A salute to you is a MUST.

**Mohammed Rayyan**  
II D

## NEVER LOSE HOPE

Sometimes we lose hope when we don't achieve anything. We just feel that we are helpless. But this thinking is completely wrong. Only if we try, we can achieve anything. For instance, Hindu Sages and saints meditate for almost 15 – 20 years patiently for God to appear to them. If they lose their patience and hope, their goals will not be achieved. So we should never lose hope without trying.

**Sathvi Shetty**  
III B



## MY HOPE AMIDST LOCKDOWN DAYS

It was mid March and I was preparing for my exams, but suddenly my Mom's phone beeped. She looked worried. It was a message from school which said that the final exams were to be cancelled and summer vacation was to begin from Saturday, 4-03-2020. I was so excited to see that message. I was so happy that the vacation had started and I could visit many places! I ran to my sister Nidhi who was also preparing for her exams and said "Nidhi, I have good news for you. Our vacation has begun". We leapt with joy.

We were really excited about having a long vacation. I decided to start packing to visit my grandparents at the earliest. I made all sorts of plans to visit various places and have fun. Within a few days, my deepest excitement died down when I heard our Prime minister announcing the nationwide lockdown. I could not imagine that a tiny virus could cause so much trouble in our lives.

"Hey corona virus! You have destroyed my year 2020." I was sitting in my room sadly, but it struck my mind that I could use my spare time to do some fun activity at home too. We planned some things to do during the lockdown. Soon after breakfast and prayers, we did a lot of creative things like painting, played indoor games and learnt new skills. We also had our working parents all day long with us to join our activities. After lunch, we used to do more fun activities or watched a movie. The extended vacation gave me new interest in science and astronomy as I had a lot of free time to read.

Finally, I hope eagerly awaiting the school to reopen. But Alas! The day has yet to come and now I can wait no longer for the much awaited day – My school reopening and me rushing in!!!

**Nathan John**  
III B

## AMMA

I call my mom as Amma. My mom is not only my mom, she also is my first teacher and my best friend. She cooks for me and my family. Even though she works as a teacher in school, she gives so much time for my brother and me. She helps me while reading and writing. She works whole day for the family, so I help her to clean the house. I love my mom a lot.

**Aarav A**  
III C

## LOCKDOWN

Lockdown has been a very challenging situation for all the people in our country. After the final exam of my 3rd standard, we were planning to go to

Andaman and Nicobar Islands for holidays. But the thing which stopped us was COVID-19 Pandemic. Because of this pandemic there was something called lockdown introduced to all of us. I was very sad after knowing the actual meaning of lockdown. Then many people started dying because of this pandemic. A few months passed by and slowly even our summer holidays got over and it was June, still school did not re-open. Fortunately, online classes started. And till now schools have not opened and we are still at home. I hope the vaccine is prepared soon and life becomes normal like before and I get to meet my friends and teachers soon.

**Shaurya S Shetty**  
IV A

## LEARNING IN PANDEMIC

I was preparing for the final exam when the pandemic started. I thought it will be very boring in the summer holidays this time. But when the summer holidays started I could play inside my home. I even learned how to grow vegetables. I played badminton with my family members in the evening. After my summer holidays I was sad because school had not opened and I couldn't meet my friends and teachers. Suddenly virtual classes started and I could see my friends and teachers. I hope coronavirus goes away quickly so that I can go to school to study and play with my friends as well.

**Shiven Alva**  
IV A

## THE BIG ICE – CREAM

Once upon a time in a far away kingdom, there lived a fairy named ice – cream lady. Her real name was Lily. She lived in the kingdom of fairies. She was polite and kind. She used to go for a walk every afternoon since she had a stomach ache. One day as usual when she was going for a walk, she found a magic dog. She said in front of the dog, "Ohh, I wish I would get rid of my stomach ache. O Gosh it pains" after she said those words, some magic dust fell over her and -BOOM- after some time her stomach ache disappeared! She said to herself "Oh my Gosh my stomach ache is gone!" She couldn't believe herself. She came back home and the dog was missing. In the morning the dog was back. After she saw the dog, she expressed her gratitude and then she said "I wish the children of the world will earn the biggest ice – cream in the world" and BOOM her wish came true.

**MORAL** - We should be kind and polite always!

**Anya Dsouza**  
IV C

## MY SCHOOL

I hope to play lagori,  
With my friends happily.  
I hope to see my teachers,  
And wish them personally.  
I hope to drop my birthday fund,  
And listen to my friends wish loudly.  
I hope to sit with my friends,  
And share a meal sumptuously.  
I hope this corona will go from our life,  
And start the school offline.  
I see a light in the middle of the darkness,  
Telling me 'never lose hope'  
THINK POSITIVELY.

**Shriyam Shenoy B**  
**IV C**

## HOPE IN THE DARKNESS OF LIFE

Life, as a whole, can be compared to the sailor in the sea, who, while sailing into deep-sea has to encounter rough waves, stormy wind, mighty torrents.

When life tosses us in hardships, pain, sickness, most people feel disappointed, depressed, and experience emptiness. Faced with such circumstances in life only positive thoughts, trust in oneself, and faith in God helps us to see beyond and face the challenges of life. As it is said 'after the rain, appears the beautiful rainbow' and 'behind every cloud, there is a silver lining' likewise behind every dark moment, there is light. To acquire that light, patience is essential. For life in itself is filled with colours and not always darkness and sadness. There's always light waiting to be seen by our daunting hearts. Therefore, do not lose hope.

**Iva Leoma Sequeira**  
**IV D**

## STORY BOOKS I READ IN DESPAIR

During the lockdown which was a period of despair for all of us, I went back to my hobby of reading books. I would like to share 4 books that I liked reading.

1. Calvin and Hobbes: Calvin is a funny six-year-old boy who imagines his stuffed tiger is real. The lesson I learnt from Calvin is that you should live your life happy and not worry about the future.
2. Tintin: Tintin is a detective who goes on adventures around the world and solves mysteries. He has a smart dog called snowy. Tintin taught me that anything is possible if you have faith in yourself.
3. Wimpy Kid: The main character of this book is Gregory. Gregory is a middle school student who has two brothers and a best friend whose name is

Rowley. Gregory is a kid who doesn't like to play outside neither does he like to go on vacations. He only likes to sit at home, play video games, watch TV and read comic books. Though his mother tries to change him, he always has the same interests. Gregory taught me that not everyone is good at everything, but you should give your best.

4. Tell Me Why: 'Tell me why' is a book that tells you the answer to all your questions. After reading the book I learned that there are many things in nature and there is a lot to know!

Story books are the best thing that can give you a hope amidst despair just like Calvin, Tintin and Wimpy kid did to me during the lockdown.

**Aarav Karthik**  
**V A**

## HOPE – THE LIGHT OF HAPPINESS

During this Covid-19 pandemic many of us are either upset or suffering.

Many people have lost their jobs, people who are in quarantine just can't sit alone without their family, children are unhappy because schools are closed and they have to just sit at home and so on.

Because of all these problems they just think that their life is over! They might be thinking "Oh, my job gone. Now what do I do to earn a livelihood?" Then after a few days we hear in the news channels, 'Citizen committed suicide in quarantine!' Why do these people do it? Because they don't have the nerve to face life as it is! In short words, they gave up! They lost hope! When school students (well, a few of them) look at their exam results and find that they got 90% they think, "Oh, God! What am I going to do? What will my parents think of me? My life is over!" And then they just hide their results, leave home or do something much worse! When we get bad marks it's fine because you can try again. But don't give up. I will explain this to you with an example: I think most of you are familiar with the famous scientist Thomas Alva Edison. We wouldn't have light bulbs if not for him. Do you know how he succeeded in inventing a light bulb? By failing literally a 1,000 times! Not kidding! If he would have given up we wouldn't have enjoyed even an incandescent bulb. (The first ever bulb made) His own teachers said, "He is too stupid to learn." When people asked him how he felt after failing a 1,000 times he said, "I didn't fail 1,000 times. The light bulb was an invention with 1,000 steps. Wasn't it great of him to keep trying even after failing 1,000 times! I want to conclude saying, 'Happiness can be found even in the darkest of times if one only remembers to turn on the light of hope' I truly agree to this quote, don't you? So friends, have hope amidst all times of despair.

**Nived Ragesh - V D**

## **“BEAUTY AMIDST PAIN”**

“Hope is being able to see that there is light despite all darkness.”- Desmond Tutu

This quote best represents the Indian girl Arunima Sinha.

Arunima Sinha is an Indian mountain climber and a sportswoman. She is a seven time Indian volleyball player, mountaineer and the world's first female amputee to scale Mount Everest, Mount Elbrus (Russia), Mount Vinson and other famous peaks.

She was pushed from a running train by some robbers in 2011 when she was resisting them. The robbers had tried to snatch away her bag and gold chain. Immediately, as she fell on the railway track, another train on a parallel track crushed her leg below the knee. She was rushed to a hospital with serious leg and pelvic injuries and lost her leg after doctors amputated it to save her life. She was offered medical relief amount by different government agencies, and also a job in the CISF. Indian railways also offered her a job. But the Almighty had something else in store for her. While still being treated in the All India Institute of Medical Sciences, she resolved to climb Mount Everest. She was inspired by cricketer Yuvraj Singh (who had successfully battled cancer) and other television shows, "to do something" with her life. She excelled in the basic mountaineering course from the Nehru Institute of Mountaineering, Uttarkashi, and was encouraged by her elder brother Omprakash to climb the Everest. She climbed Mount Everest with a prosthetic leg.

She contacted Bachendri Pal, the first Indian woman to climb Mount Everest, in 2011. She took help from her and was also encouraged and enlightened by her. At first, people made fun of her thinking why is she climbing the mountain with her broken leg and so on. But Arunima never lost hope. After a hard toil of 17 hours, Sinha reached the summit of Mount Everest at 10:55 am on 21 May 2013, as a part of the Tata Group-sponsored Eco Everest Expedition, becoming the first female amputee to scale Everest. She took 52 days to reach the summit.

We all go through hard times in life. It's a part of life and it's the reality we all have to deal with. There are times we forget our values as a person because we are so blinded with these thoughts of loneliness, emptiness and ego. Somewhere along the road we become numb with all the frustration and dissatisfaction. But life itself isn't always about darkness and sadness, life is also filled with colours and that makes it beautiful. Along this path of darkness there's always light waiting to be seen by our hearts. Our heart is gifted to see this light. It may be hiding behind those circumstances that we encounter; in a stranger we just met at an unexpected place; your family who has always been there for you; it might be a long-time friend you have or a friend you just met. Open your heart and you will see how blessed you are to have them all in your life. Sometimes they are the light that shines your path in some dark phases of life. Just don't lose hope.

**Gaargi Tailor - VI A**

## **THE BIRTH OF HOPE**

Sometimes we are in despair  
Hopeful hearts are very rare,  
There will be things that we can't bear  
But we should say I don't care.  
We should not lose hope.  
There are happy things that we can think,  
Or there is an ocean of despair in which we will sink.  
We can overcome despair by giving birth to hope.  
Yes, we will have pain  
But success and happiness will be our gain  
We should not lose hope.  
A bit of hope can drive away darkness  
After some time you'll be filled with gladness.  
There are people who will give you a helping hand  
Even if you don't command,  
So always have hope and be positive  
Therefore happily you will live.

**Ridhi Chowta - VI A**

## **ATTENDING ONLINE SESSION ON HEALTH WEEK**

On the occasion of health week a special online session was conducted on 06.08.20 for the students of class five. An eminent speaker Doctor G. Rajachandra, Associate Professor Father Muller homeopathic Medical College, spoke about COVID 19 and how to face the present situation.

Initially he briefed about various diseases coming from animals like Avian flu, swine flu, Ebola etc. Coronavirus disease also came from bats and Pangolin animals and now it became pandemic. It spreads by droplet infection. It causes clinical symptoms like fever, cough, headache, diarrhoea and loss of smell and taste. Spread can be prevented by SMS means social distancing, mask and sanitizer.

He explained in detail about how to face the situation. Firstly he stressed about positive mental health, by spending quality time with family, friends, recreation etc. Secondly he advised to keep the body fit by physical exercises like dancing, playing, jumping etc. Thirdly to get protective immunity by consuming healthy diet like milk, egg, sprouted seeds, eating soaked nuts and fruits. Finally a very good informative session was concluded by showing a video about exercise and healthy discussion.

We are very much thankful to the Management Committee and the principal and to our dear teachers Ms. Tresa, Ms. Flavia, Ms. Vanita and Ms. Sunita for conducting this session.

**B. Vidhath Shetty - 5D**

## **HOPE THE VERY ESSENCE OF LIFE**

Hope gives a meaning to life. There are many adages like – Every Cloud has a silver lining.

A sinking man holds on to a straw, if winter comes, summer cannot be far away.

Day will follow night and many more. Life is



unpredictable and hard at times. Things go beyond our control. Then hope and only hope brings us out from this. It keeps the fight on. It gives us strength to overcome the pain.

Hope is optimism. It helps us to stay positive and protect us from negative thoughts. It helps us to ignore the suffering of today. Thinking that tomorrow will be a better day.

When Dr. Christian Bernard performed the first heart transplant operation on Mr. Washkansky, it was hope that kept both of them going. Can there be any better example than this when people are suffering from the Covid – 19 wave?

Only the hope that we will overcome one day is keeping us alive and active.

So, let me hope that this article finds a place.

**Agneya Rai**  
**VI B**

## **TEACHERS**

Our teachers Love us. During this Pandemic, they helped us to study and cleared our doubts. They conducted online classes which are going good. I wish that School would start and we would see our teachers experience their help in doubts, homework etc. Thank you teachers for doing an amazing Job in this Pandemic. I hope School Would re-open soon.

**Manav M Mallya**  
**VI C**

## **LIFE DURING COVID-19**

We face so many difficulties in our life but there is always a small ray of hope. We all never knew about this pandemic. We were helpless, stressed and didn't have any idea as to what to do. But this pandemic has taught me many things like I could spend more time with my family, helping my mother in household works, I played games together, I had very tasty homemade food etc. I was even worried when our summer vacations were over and we were not supposed to go to school. I was sad because I couldn't meet my teachers and my friends. Then one fine day our father principal announced about the virtual classes. I was very happy and excited as it was a new experience for all of us. As the classes began I was very happy to see my friends and teachers on the screen though not personally. All our teachers made our classes so interesting by asking questions and conducting various activities in the class. I felt as if I was in the school itself. Even exams and competitions were held virtually. I wish this pandemic may end very soon so that we could go back to school and meet our teachers and friends personally and play with our friends. We should never lose hope no matter how many ever difficulties we may face in our life.

**Saanvi Bhandary - VI C**

## **FRIENDSHIP**

I wanted to thank you  
But I was unable to explain  
What it means to have a friend  
To share life's joys and pains  
It's good to know friendship  
Is one of the endless devotion?  
Forged out of respect  
And every kind of emotion.  
It does my heart good  
At the end of the day  
To know that you will never  
Be more than an email away.  
**PROOF OF A TRUE FRIEND IS KNOWING THAT**  
**'IF I WERE LOST – YOU WOULD FIND ME'.**

**Daksha Karanth**  
**VII A**

## **WHEN THINGS GO WRONG**

When things go wrong  
And you feel alone  
Like the world is upside down  
You can always rely on me.  
Through bad times and difficulties  
I'll be there by your side.  
When there is darkness all around  
And you can't take it any longer  
Reach out to me, I will help you  
Because pain and suffering doesn't last long  
You'll be back on your feet again  
And for comfort you can always turn to me  
I'll be there by your side.  
There is a silver lining in every cloud  
There is always hope, it's never too late  
Hold on, just a little longer  
And before you know it, there will be light  
And you will be free to breathe again  
I'll be there by your side.

**Neil Shawn Lobo**  
**VII A**

## **INDIAN INDEPENDENCE MOVEMENT**

The Indian Independence Movement was a series of activities with the ultimate aim of ending the British Rule in India. The movement spanned from 1612 to 1947. The first Nationalistic Revolutionary Movement for Indian Independence emerged from Bengal. It later took root in the newly formed Indian National Congress. The early part of the 20th century saw an approach towards self-rule proposed by rulers such as Aurobindo Ghosh and Chidambaram Pillai. Nationalists like Subash Chandra Bose, Bhagat Singh and Surya Sen preached armed

revolutions to achieve self-rule while Mahatma Gandhi and his followers followed Satyagrahas and Non-violence. Poets and writers used literature as a tool for awareness. Feminists like Sarojini Naidu promoted the emancipation of Indian Women. Many Indian Freedom Fighters like Mangal Pandey, Chandrashekhar Azad, Rani Lakshmi Bai, Kittur Rani Chennamma and Bal Gangadhar Tilak sacrificed their lives for our Independence. It is our responsibility to bring justice for their sacrifices and build a better future for India. Jai Hind!

**Vamshitha Shetty**  
VII C

## **COVID-19 PANDEMIC: A BLESSING IN DISGUISE?**

*(The Experiential Reflections of a 13-year-old)*

If one would conduct a survey to find out the most frequently used word in the present times, there is little doubt that 'Lockdown' would win hands down! Due to the unexpected spread of the coronavirus disease around the world, a 21-day lockdown was ordered by the government on 22<sup>nd</sup> March, which triggered a sea change in our very lifestyle.

On the first day of June 2020, the teachers at LCS created class groups on WhatsApp. This was the beginning of our online schooling. The prompt and effective efforts made by all the stakeholders of our dear alma mater, LCS, the management, staff, parents and students were what made this sudden transformation possible. As the well-known adage proclaims: 'When the going gets tough, the tough get going'.

Rev. Fr Robert D'Souza, the Principal of our school, rose to the occasion and provided the impetus. Within a few days, we received the timetable and started our classes on the Zoom app. Even though taking online classes was a new challenge, our teachers used the opportunity to innovate and succeeded in making our lessons easier and more life enhancing. Each week was special with relevant themes, interesting talks and various activities such as drawing, craft and singing for students as well as their families. It was a novel experience to study at home amidst our parents negotiating with various routine household chores. The online classes helped us to learn time management and become more independent and organized in our schoolwork. Our online periodic tests not only tested our knowledge but also our honesty and integrity. They strengthened our bond with our teachers.

Although online schooling is quite nice, I miss going to school everyday and meeting my friends and teachers. Nobody seems to know when things will return to 'normal'. In fact, people are already talking

about the 'new normal' – masks, social distancing, hand washing and the like!

Every dark cloud, they say, has a silver lining and there is always light at the end of the darkest tunnel. I know that after the worst passes, the better will come and that hope keeps us going. One day hence, looking back at all that has transpired in this unprecedented year, I'm sure that we'll be able to be grateful and count the blessings we've received even during the pandemic!

**Amber Charisma Furtado**  
VIII D

## **INDIAN ARMED FORCES**

"Our flag does not fly because the wind moves it, it flies with the last breath of each soldier who died protecting it".

Today we find ourselves safe in the hands of our armed forces. It is not great to call ourselves as the protectors of our nation. But it is still greater to be the real saviours indeed. With this thought it is really wonderful to know something about our armed forces who strive hard in this venture by laying down their lives so that we can lead a peaceful life.

The headquarters of the Indian Armed Forces is in New Delhi, the capital city of India. The President of India serves as the formal Supreme Commander of the Indian Armed Forces, while actual control lies with the executive army headed by the Prime Minister of India. The Ministry of Defence (MoD) is the ministry charged with the responsibilities of countering insurgency and ensuring the external security of India. Bipin Ravat is the current Chief of Defence Staff of India. General Manoj Mukund Naravane is the Chief of the Army Staff (COAS), Admiral Karambir Singh is the Chief of the Naval Staff (CNS) and Air Chief Marshal Rakesh Kumar Singh Bhadauria is the Chief of the Air Staff (CAS).

The Indian Armed Forces are divided into three parts: Army, Navy and Air Forces. The Indian Army was founded on 1 April, 1895. With a strength of 1.3 million active personals, it is the world's second largest military forces and the world's largest volunteer army. India controls the highest battlefield in the world, the Siachen Glacier. The Indian Army has 32 regiments.

The Indian Air Force was established on 8 October, 1932. Indian Air Forces carried out the biggest civilian rescue operation, Operation Rahat (2013). The Indian Air Force has an effective strength of 31 squadrons. The Indian Air Force is the world's seventh strongest and fourth largest air force in the world. The Indian Air Force has the largest air base in Asia.

The Indian Navy was established on 26 January,

1950. Its first independent mission was against the Portuguese Navy during the liberation of Goa in 1961. The Navy is ranked as the 5th largest Naval Fleet. Now it is planning to have 6 nuclear-powered ballistic missile submarines in service in the near future. The Navy plays an important role in providing humanitarian relief in the time of natural disasters including floods, cyclones and tsunamis.

The three branches of the Indian Armed Forces have separate Special Force Units such as Para Special Forces/ Para SF of the Indian army, Marcos of the Indian Navy and The Garud of the Indian Air Force.

**Para SF:** It is a Special operation unit of the Indian Armed Forces. It was established in June 1966. They have nicknames such as Red Devils, Desert Scorpions etc. It is attached to the Parachute Regiment. They were in action in the Indo-Pak war - 1971, Operation Mandol - 14 Dec, 1971, Chachro Raid, Operation Blue Star - 1984, Sri Lanka - 1987, Operation Cactus - 1988, Kargil War - 1999, Operation Khukri - 2000, Operation Summer Storm - 2009, Ongoing counter - insurgency in Kashmir and North-east India, Counter - terrorist Operation in Samba, Surgical Strike in Pakistan occupied Kashmir - 2016 for death of 19 unarmed soldiers.

**Marcos:** It is a Special operation unit of the Indian Navy. It was established in February 1987. It is known as 'magarmach'. They were used in Operation Pawan - 1987, Operation Cactus - 1988, Operation Tasha - 1991, Operation Zabardast - 1992, UNOSOM 2 - 1993, Operation Raksh - Ongoing, Kargil War - 1999, Operation Black Tornado - 2008, Operation Rahat in Yemen - 2015.

**Garud:** It is a Special operation unit of the Indian Air Force. It was founded in 2008. Patankot attack - 2016, Operation Rakh Hajin - 2018, Jammu-Kashmir – Ongoing are the landmarks.

The Armed Forces have four main tasks:

- To assert the territorial integrity of India

- To defend the country if attacked by a foreign nation

- To support the civil community in case of disasters (e.g. flooding)

- To participate in the United Nations peace keeping operations in consonance with India's commitment to the United Nations Charter

The whole country salutes the armed forces for their sacrifice. Many families have given away their beloved members for the country. Indeed, their sacrifice is priceless. The country is grateful to them. Nothing is greater than the love for one's country and its fellow beings.

"United we stand, divided we fall". Jai Hind.

**Deep Mascarenhas - VIII D**

## **STRUGGLE FOR INDIA'S INDEPENDENCE**

Freedom in any case is only possible by constantly struggling for it said the great Albert Einstein.

It is an honor to be talking about India's freedom struggle. Indian freedom struggle is one of the most significant progress in the history of India. It is therefore essential for the newer generation to know certain lessons from the freedom struggle of India, to know the price our forefathers paid for it and appreciate its preciousness.

In ancient times, people from all over the world were keen to come to India. The Persians, the Iranians, the Parsis, the Moghuls, the Portuguese and the French came to India for different purposes. Lastly the Britishers came and ruled over India for nearly two centuries. After the battle of Plassey in 1757, the British achieved political power in India. Their paramountcy was established during the tenure of Lord Dalhousie. And by 1856, the British conquest and its authority were firmly established. While the British gained power during the mid-19th century, the discontent of the local rulers, the peasants, the intellectuals, common masses and the soldiers became widespread.

This soon broke out into a revolt of the 1857 mutiny of the military soldiers at Meerut, and soon became widespread. Although the British succeeded in crushing it within a year, the participation of Indians was so enthusiastic that it came to be known as the first war of Indian independence.

The rebel forces soon captured Delhi and the reward spread to a wider area and there was uprising in almost all parts of the country. The most ferocious battles were fought in Delhi, Awadh, Rohilkhand, Agra, Meerut and Western Bihar.

The non-cooperation movement under the leadership of Mahatma Gandhi and the Indian National Congress from September 1920 to February 1922 marking a new awakening in the Indian independence movement. After a series of events including the Jallianwala Bagh massacre, Gandhiji launched the non-cooperation movement thereby marrying the administrative setup of the country and got massive support from millions of Indians. This movement almost shook the British. In 1942, Gandhi started the quit India movement and launched the Civil Disobedience movement that garnered overwhelming support.

Along with Mahatma Gandhi, the leaders such as Sardar Vallabhbhai Patel, Netaji Subash Chandra Bose, Rani Lakshmi Bai, Rani Chennama, Sangolli Rayana, Mangal Pandey and many others have sacrificed all they could to finally set India free on the midnight of 15th August 1947.

Our motherland is now free from the British rule but



we need to sit back and analyze whether we are really free. India, at present is tied up by the chains of poverty, hunger, unemployment, corruption and now Covid-19. In the process of gaining our rightful freedom, we must not be guilty of wrongful deeds. Let us not see to satisfy our thirst for freedom by drinking from the cup of bitterness and hatred.

Therefore, we must forget the barriers of caste, creed, religion, race and colour to help each other and free our nation from these chains. That's when our country would wake up to freedom in the real sense.

**Amith Winston Colaco - IX A**

### **IMPORTANCE OF GOOD HEALTH**

In the words of Mahatma Gandhi - "It is health that is real wealth and not pieces of gold and silver." As you all know that we are currently facing a severe pandemic, that is, Covid-19, we are taking all the more care to wash hands with soap frequently and wearing masks while we step out of our houses. As we are confined in the four walls of our homes these days, only protecting ourselves from the corona virus may not help us completely. We need to take care of our health through a more holistic approach. Since we are no more playing on our school playgrounds, the question is - How do we keep ourselves physically active? Yes my dear friends, daily exercise for about half an hour along with a bit of cycling, jogging, swimming etc. will not only keep us physically fit, but will boost our energy and immunity too. Now it's rainy season and our taste buds might crave for spicy and fried items and other junk food. But consuming a balanced diet will keep us healthy 24x7. That means, avoid sweets and oily food and consume more green leafy vegetables, cereals and fruits. Having a regular sleep pattern with a total of 8 hours sleep, makes us feel more fresh and active to start our day enthusiastically. Keeping our body hydrated helps in detoxification. Along with all this - pranayama, yoga and meditation relieve us from any mental stress and fills us with positivity. Whispering a prayer and communicating with God enhances our spiritual health. Let us all take a pledge to maintain a healthy lifestyle. We must remember that "To keep the body in good health is a duty, otherwise we shall not be able to keep our mind strong and clear."

**Adin D'Costa - IX A**

### **VANAMAHOTSAVA**

We all celebrate Vanamahotsava. This week is all about an annual tree planting movement in India which actually started in 1950. The name means festival of trees. We have all heard the story of a boy sitting under a tree and the tree gives him shade,

food and shelter. But today I wanted to share two stories about the banyan tree that show us the generosity and the importance of trees. It is said that 550 years ago, poet - Kabir was brushing his teeth with a twig which he later threw away. That same twig grew to become a gigantic banyan tree that provided shade to over a whole hectare of land. The other story is how Alexander the Great, the king of Macedonia saw a banyan tree near the Narmada river. It was so huge that 10,000 of his soldiers camped under it to rest. Just like the banyan tree we must learn about different trees, their stories and how to care for them. These are stories only about the banyan tree but every tree might have its own story. Like the ladies of the Chipko movement who hugged trees to prevent them from being cut down, let us create stories by planting trees and save them from suffering and dying and see them growing and thriving.

**Keya Shetty  
IX A**

### **FOUNDERS DAY SIGNIFICANCE**

The 4th of February is a red-letter day, marked in the calendar of Lourdes Central School. It is the day when we fondly remember and pay homage to Late Rev. Fr Bernard L Dsouza, the Founder of Lourdes Central School.

Ralph Waldo Emerson says and I quote, "The purpose of life is not to be happy. It is to be useful, to be honourable, to be compassionate, to have it make some difference that you have lived and lived well."

Rev. Fr Bernard L Dsouza, the Founder of LCS was truly the man of his words, a great visionary and an educationist whose philosophy was - 'work is worship'. He had tremendous faith in God and he combined work with faith.

He is that great man whose conviction and pure passion for providing quality education has etched his mark in the minds of many students. He not only established Lourdes Central School but many such educational institutions. He was an embodiment of wisdom, vision and dedication. He believed that nothing is impossible. He was a trend setter. He set trends and brought them to perfection.

His motive was to provide value-based education and prepare students to be upright citizens, honest and able administrators and non-corrupt statesmen of tomorrow.

Noble intentions always receive the blessings of the divine and the Founder's dreams of seeing Lourdes Central School grow and nurture students to be able citizens has manifested and will continue to do so in greater measures, with our students and alumni carving their niche in different fields and professions.

On this day, as we pay tribute to the Founder of LCS,

Late Rev. Fr Bernard L Dsouza, let us learn something from the life he led. Let us remember that.

Time is not measured by the years that you live, but by the deeds that you do and the joy that you give and each day as it comes brings a chance to each one, to excel, leaving nothing undone.

Let us keep reminding ourselves that we are sent to this world to do good and let our actions and words bring joy to others and the Lord.

**Megan Dsouza - IX B**

### **BEING RAYS OF HOPE**

When Covid-19 was first discovered in December 2019, none of us thought that it would cause such a disastrous effect on the world economy. Businesses were shut down, people were left jobless, those who had migrated to other states or countries were either forced to stay there or had to leave all their belongings behind as they were desperate to go back home, some of which perished along the way and hundreds of thousands of people lost their lives due to the disease. At present, people are not allowed to move about and live their lives as they used to. Many disasters have come and gone in this year, hence there is a sense of despair in everyone's mind. However, amidst all of this chaos there is a ray of hope, as people got united and have extended their helping hand to the poor and needy. Government foregrounded a new online schooling system so that studies would not be affected. The employees had to work from their homes, online businesses started effectively to keep the economy afloat. The damage that man had caused to the environment is slowly getting healed. In short, disasters might strike but we have to persevere through them and act as a ray of hope to those who are severely affected.

**Steve Aaron D'Mello  
IX C**

### **IN THE HOPE OF THE WORLD I WANT IT TO BE**

In amidst of the world all I have is hope,  
In the midst of despair all I have is hope,  
In the midst of hatred all I have is hope  
In the midst of discrimination all I have is hope  
Hope to be cared as I want to be;  
Hope to have faith in me,  
Hope to be loved as I want to be,  
Hope to have equality between you and me,  
In the hope of the world I want it to be.  
In the midst of jealousy all I have is hope,  
In the midst of poverty all I have is hope,  
In the midst of sexual desires all I have is hope,

In the midst of hardship all I have is hope.  
Hope to have trust in me,  
Hope to have abundant it be,  
Hope to have brotherhood between you and me,  
Hope to have prosperity I see,  
In the hope of the world I want it to be.  
In amidst of the world I want it to be,  
Where everyone is treated like you and me,  
In the hope of the world I want it to be.

**Neha Singh  
X C**

### **MASKS - SOCIAL DISTANCING - VACCINES**

2020 was supposed to be an awesome year, until Covid-19 came along. People got sick fast and people were dying. Covid-19 ruined our year. Flights got cancelled, countries were in lockdown and before we knew it, we were stuck inside. And the worst thing about this is that the schools were shut down!!! But amidst all this despair there was a ray of hope! A few good things happened because of Covid too. For example, we got to spend time with our family and help them in their needs and schools began in a different way - they started online classes!!! I was happy to see my friends and my teachers after a long lockdown. Things started to get better and we were allowed to go outside again. But sadly, Covid kept getting worse and there was news that Covid had mutated and became even more dangerous. Well, we do not want this new normal and we do not want the old normal either because its our old lifestyle that led to this new lifestyle and instead of all this, we want a better normal. Well, I wanted to tell you something, that is:

1. Always wear your mask
2. Practice social distancing
3. Wash your hands with soap and hope that there will be a vaccine for this virus.

**Heba Bashir Ibrahim - XI B**

Hope is like a ray of light in darkness. Hope will not let you perish in any circumstance. Sometimes your mind has a mind of its own. Sometimes your thoughts go off in directions that you don't intend. That's when you need to realize how to channelize your mind towards hope.

In a situation of despair like the prevailing pandemic, hope gives us the strength and dignity to live our lives without the fear of the future. Yes, we need to fight through some bad days but with hope we shall learn to live the best days of our lives.

Always hope for the best!!!

**Nicole Tavisha Patrao - I B**

Hope is a positive state of mind which we achieve through our positive thoughts. Here I remember a quote which my mother told me of a great leader Martin Luther, "Everything that is done in this world is done by hope"

Hope for me is seeing the light of a candle or lamp burning in front of God and praying that the despair that we are facing this year because of Covid will be overcome by our faith in God and with unstinted support by our National leaders, medical fraternity, police and so on.

I sincerely hope that the darkness of despair throughout the world will disappear and the New year 2021 will be a joyous one for all.

**Nicole Genelia Miranda**  
**II A**

The corona virus attacks everyone, children as well as the elders. Eating healthy food and wearing a mask while going out will keep the virus away from us. We must try to stay inside our house, so that we don't get infected by the virus. Only if need be, we can go out, but we must remember to maintain social distance and sanitize hands with a sanitizer which is very important. Many people are still suffering and are dying because of the virus. But every bad thing will end soon. We must be thankful that we are still healthy and safe. We must help each other and fight against the virus so that it ends soon.

**Rinola Monteiro**  
**III C**

The Corona pandemic has caused a severe effect globally on people's health and economic growth. Because of the pandemic the school is closed. I miss my school and my friends. I miss the fun we had at school. Since the lockdown so many industries are closed due to which many people have lost their jobs. So, the economic condition of the society has become very poor.

We all need to stay positive in life during such conditions of despair and hope for the better days to come soon.

**Rishab Surya**  
**IVA**

Things I Loved doing during the Lockdown:

Dear Lord, Protect the whole world from the Corona-Virus Pandemic

I learned to pray, do breathing exercises and to attend zoom classes

I had different hobbies that made me aware of myself

I learned cooking and gardening with my mom.

Pollution free roads, no air and noise pollution.

Time is precious. I scheduled time accordingly and set it for myself.

Relaxing with pet animals.

I am happy to spend time with my mom and all the members of family sitting together and eating.

We've had social distancing walks, hugs, talks and picnics.

I dream of a day when masks aren't needed. We hope this pandemic ends and we can return to our normal lives.

**Thanvi G Shetty**  
**IV A**

As the pandemic started, it took everyone and everything into it in the form of fears. During the lockdown, slowly days passed and we realized in this pandemic many good things were also going on. We just recognized them slowly. It started from the cancellation of the exam, though couldn't express my feelings at that time I felt happy that we got vacation too early. Pollution in the world reduced and nature and animals got time and space for themselves. When this matter was discussed at home my parents said that whatever happens in the world, it is just a lesson or caution to be careful in the future. They also asked me to list out the things I felt happy about and learnt in these days. They are:

- 1) I got to spend with my family by playing games
- 2) I learnt bicycle riding and many new funny games. I did lot of painting. Virtual classes helped me learn to use a computer comfortably. I learnt many exercises and healthy diet practices for good health.

With all these I would say, if you see good in everything, everything will be good.

**Saanika M - IV A**

I was so happy going to school but there was a pandemic caused by the corona virus. All places such as parks, malls, theatres etc. due to this virus. Then virtual classes began. We could finally see our classmates and teachers virtually. We were so happy seeing our classmates and teachers virtually for the first time! Now it has been seven months of virtual classes. I would be so happy if school opens as going to school was much more fun. Doctors are working



hard to kill this virus. I hope doctors will be able to kill this virus so that all people can go out.

**Monal Shetty**  
**IV A**

All of a sudden, the lockdown started and I was shocked. I couldn't go outside my house and I felt like I was locked inside a cell. At first I felt very bored but eventually I started enjoying my time in the lockdown more than before because I got to spend time with my family. My cat and its little kitten also kept me entertained at home. In the vacation my mother bought me a badminton set and I started playing badminton with my brother daily. A lot of people have experienced problems during the lockdown but everyone must try to use this time well and spend time with their family.

**Larren Steve Fernandes**  
**IV A**

Due to the pandemic, we could not go to school, could not see our teachers, friends and principal. But one fine day we got a message from school that they are going to start virtual classes. I got a chance to see my friends, teachers and principal through zoom meetings. Now, we are participating in programmes conducted on special occasions as well through virtual classes by watching videos, playing games, dance and surprises. I thought that there will no children's day celebration this year but we are getting a chance to celebrate children's day virtually.

**Hamsini P**  
**IV A**

After the wonderful year 2019 a deadly virus came. No one expected it to spread so fast. The name of this fast spreading virus is Corona virus. Due to this pandemic, people are getting scared. But if we follow three simple steps there is no way the virus can get to us.

And those steps are

- 1) Wear a mask every time you go out
- 2) Maintain Social Distancing
- 3) Always wash your hands with soap and clean water. If there is no clean water use a sanitizer.

Boost your immunity. If you have good immunity, your body can fight the virus alone. Medical scientists are finding vaccines, till then we should follow these steps. There is always hope. Remember problems are a part of life, we should learn to overcome them.

**Rudra Rajeev - IV B**

We are currently in the midst of a global crisis due to the corona virus. Corona virus has resulted in shutting down of schools, colleges, businesses and impacted the day to day lives of millions. Such difficult times often bring despair. However, it is important that we remain hopeful in such difficult situations. Hope gives us the moral strength to face adverse conditions. Hope also inspires us to innovate and experiment new ideas. We can see many such examples today where schools and colleges have resorted to online teaching, hotels and restaurants have resorted to home deliveries and multiple professions have resorted to online platforms. This has taught us a great and a wonderful lesson that while despair makes us lose capacity of clear thinking, it is hope that takes us to winning situations. Despair takes us to darkness, whereas hope shows us light despite all the darkness. Let us all move forward with the hope that we will tide over these difficult days together.

I would like to conclude by quoting Late Stephen Hawking, one of the brilliant scientists of our times. He was afflicted with a debilitating disease at the young age of 21. Yet he fought all odds cheerfully and led a successful life doing scientific research that he loved. His life is a true example of living with hope amidst despair. He said - "However bad life may seem, there is always something you can do and succeed at. Where there's life, there's hope".

**Ananya Pai**  
**IV B**

I never thought that everything could change so much. When the lockdown started, I thought this would end soon. But I spent almost one year sitting inside my house, I also went to my grandmother's house and stayed there for 2-3 weeks. I wish this lockdown ends soon. This lockdown taught me how to keep myself clean and healthy.

**Risha Shetty**  
**IV C**

Life is not a bed of roses. There are flowers and thorns. Life is a cycle and we have to keep on pedaling to maintain balance. Nothing is permanent in life. There is a saying that tough times will not last but tough people will. We should never lose hope in life. Hope is the foundation of life. Now, the Covid-19 pandemic has shaken our hope, but we should never allow the pandemic to destroy our hope of winning the determined fight against it. We are hopeful that our relentless efforts will put an end to Covid in the near future. At any cost, there should be no room for despair. Our aim is to overcome the despair and aspire to inspire. Our hope is our strength.

**Siri Rajaneesh Rao - IV C**

## HOPE AMIDST DESPAIR - LIVING WITH CORONAVIRUS

One fine morning the world woke up to an unpleasant surprise. People started falling sick and as usual a visit to the doctor did not bring any relief to many. Soon a new disease, caused by the corona virus was discovered. The entire world was now scared to move out of their houses as people started to die. Masks, sanitizers and social distancing were the new words we'd hear often then on. Schools, shops and public places were closed down and lockdown had taken over. Stepping out of the house was now limited but there was always hope in prayer.

Scientists all over the world started working very hard to create a vaccine. Doctors, nurses, etc. have been taking good care of the sick. Electronic gadgets have helped us with virtual classes. WhatsApp, Google Classroom and Zoom classes have kept us connected. We realized, "Lost time is not found again." We got to spend time with family playing indoor games. Hope things change soon and we can get back to school amongst teachers and friends. Hoping that playing cricket and badminton in the open playground will be allowed soon.

**Anirudh Shenoy - IV C**

## HOPE AMIDST DESPAIR

Hope amidst despair brings positivity in the minds of the people who are facing difficulties in life. Every day we get up in the morning with a new hope. In every difficulty there will be a hope somewhere that things will get better for the good. It is very important for all of us to hope for the good, however critical the situation may be. As they say every cloud has a silver lining, it is important to understand that every hard time will pass. Only when we think positive, things around us will change for the better.

**Nevaaan R Shetty - IV C**

When everything is dark  
And you feel so alone,  
Don't mope,  
Just have hope.  
When the rain doesn't stop  
And you can't make it home,  
When it feels all is lost  
And you just want to run,  
It can't rain forever.  
Just wait for the sun.  
Despite the darkness,  
The light returns.

Despite your loss,  
Your heart will be full again.  
Despite the breaking,  
Your heart will feel like it belongs in the land of joy once again.  
This is how it will always be.  
People who need you,  
People who still love you,  
Can warm up your soul like the sunshine above you.  
You're never alone  
No matter what's done.  
I promise you hun.  
Always have HOPE because...  
H is for having it as relief after a bad day.  
O is for the order it keeps in you in life's way.  
P is the price for it that artists pay.  
E is the emotions that has all their say.

**Nishal Shaina Lobo - V A**

We are living in a world which is affected by the COVID – 19. This novel corona virus has affected the entire world, which originated in China. Later on, it entered India and has disrupted the life of every human being. Millions of people have had contact with the virus. This has led to inadequate health care facilities to all in need. Several health warriors have lost their lives while taking care of covid patients.

Inspite of this, people have not lost their hope and have fought back. The timely measures taken by the government and the NGOs have helped them face the challenges. The free medical aid such as tests and subsequent treatments have given them new hope.

During the lockdown, several people were affected badly. When there was no food available, many communities and organizations voluntarily contributed to supply food, medicine and other necessities to the needy. The daily wagers, petty shopkeepers, street vendors and drivers were adversely hit by COVID – 19. Despite of all these difficulties, life did not stop. They fought back with the spirit of hope. Though the schools and colleges were closed for months together, the online/virtual classes have come to the rescue of education.

Balancing between life and livelihood has become the new normal. Today, life is slowly coming back to normalcy after the unlocking with the only hope that the vaccine would be invented very shortly. **Hope is the only character that lifts us up from despair and leads us to a beautiful life.**

**Lisha Janica Dsouza - V C**

Everyone born in this world has unknown, unpredictable, happy, unhappy or desperate times in their life. No one knows what future or events they are going to face in their lifetime. They are more worried about their future than their present. They therefore, in order to know and thereafter improve their future life, visits Astrologers to read their future through planets which they think is likely to improve their life for the better and reduce their despair, sufferings and the like.

Even after knowing and expecting the events in his life they cannot escape and avoid the happiness of those events, which may cause them unhappiness. This in ordinary language is called luck.

Nature's role in one's life is very important and unavoidable. Our suffering may be caused by a natural action such as floods, earthquakes, pandemic and the like.

Now since the last 6-7 months, the entire world is trying very hard to overcome or fight the dreadful disease caused by the corona virus. The COVID-19 is a pandemic that has greatly disturbed the lifestyle of living beings. It is still very uncertain whether it can be cured or spread can be stopped because it is a very dangerous and contagious.

Medical Science is not able to understand and find the exact cure for it. Therefore, this is a really desperate and dangerous situation.

Now everyone is putting their best efforts, knowledge and capabilities to overcome this pandemic. The world has lost more than a million lives. Even doctors and health care workers who are working day and night to rescue the patients are themselves not safe.

**IN THIS TESTING TIME WHAT SHALL BE OUR EFFORTS AND EXPECTATIONS?**

**Ans: THE BEST SOLUTION IS ONLY HOPE.**

We expect help from not only the medical staff but wait for its end by praying to the Almighty. Even after taking precautions, its impact is not reducing. It goes on spreading and infecting more and more people. Therefore, now the only thing that is more important is hope.

Due to despair and hopeless situations, people suicide.

**HOPE OF BETTER, SECURE AND SAFE LIFE IN FUTURE ONLY IS THE SOLUTION TO OUR DESPAIR – COVID-19.**

**Grisha Shahri**  
**V D**

Rashmi is a girl from a small village in Nepal who was born blind along with two of her siblings. Her parents were concerned about the children's future. The family was also struggling to survive day by day with little to no income. One day Rashmi's family was introduced to Mrs. Helen Eager who suggested that children to be taken to the school for the blind in Andhra Pradesh. Her father reluctantly agreed to send one of their children. Just at a young age of 7 it was not easy for Rashmi to leave behind her family and came to India. Then, Rashmi journeyed to India with courage and hope for a better life at the blind school. Initially, she struggled to settle in the new environment because she could neither speak English nor Telugu and now she speaks Telugu as good as the locals. She is dedicated to her studies and is currently in junior college. The school for the blind gave her an opportunity to get educated, which was not possible in Nepal. This has made her to contribute to positively shaping the lives of other people who are visually impaired in Nepal.

**Ayush A Achar**  
**V D**

The world today is in despair due to the current pandemic. Men, women and children have fallen to this pandemic, suffered and many have perished. In our human history, many times pandemic has struck and millions of people have perished, villages, towns and cities have disappeared. Yet humans continue their journey. No doubt we are up once again against difficult times and the road ahead could remain shaky for some time. At present we are facing a global crisis and our lives are full of uncertainty and there is despair and fear all around. There are a lot of valid reasons for us to be fearful currently. However, HOPE has been and always will be an important factor to maintain stability and optimism to overcome this storm, and it is the need of the hour. Cultivating hope is essential not only for one's mental and physical health but also for survival. Without hope we give up, without hope we can't go on, without hope we perish. Hope reduces the stress and negative impacts of the situation at hand, it alters our perception and outlook on the circumstance, decreases feelings of powerlessness, improves our ability to cope and enables us to carry on despite the hardship we face. Hope helps us to demonstrate the ability to significantly decrease anxiety, stress and depression. We can get through anything if we have hope as it comforts, inspires, supports and motivates us.

**Eva Lisa Lobo - V D**



Coronavirus has proved to be a deadly virus killing more than 12 lakh people (and still counting). Hope is the biggest weapon that we have at our disposal to fight against it. Despair, on the other hand, is a negative force trying to kill our minds. The topic, "Hope amidst despair", is a beautiful phrase apt for the current circumstances. Another weapon to win against the virus would be willingness. Willingness to stand united in our fight against it. As a United Nations official remarked, "Willingness + Hope = Success".

Believe in a 'positive' outcome and never lose hope. There have been cases of stage IV cancer patients, given only a few weeks left to live by doctors, but later miraculously cured. It is all about having hope and believing firmly that you are going to make it through, whatever be the odds. Needless to say, that applies for your exams too!

We should not lose hope even on losing our jobs, faring badly in our exams or having an unprofitable business. It does not mean the end of the world! Remember every cloud has a silver lining.

More people have died the death of anxiety, isolation, trauma and depression associated with the corona virus than due to the virus itself. Mere hope is not enough. Work together as a team, society, nation, keeping in mind the precautions and protocols issued by the government and health care professionals.

To echo the words of some great personalities, "Hope opens the door of opportunity and shines the way to possibilities".

**Sanjay Alex**  
**V D**

Hope is the best strength of our lives. If a man, rich or poor, has hope in his life, even in his toughest times, that person can achieve anything in life.

The best type of hope is high self-esteem. If anyone has a very high self-esteem and is confident that he/she can do something, then that person can actually do it!

Take an example of the current situation. Covid-19. There are people praying for this pandemic to end. That is hope. There are doctors and scientists all over the world, trying to find a cure in the HOPE that the virus will end.

Let's take another example of Bhagat Singh. Even as a small boy, he had hope that someday his motherland would somehow get Independence. As soon as he was capable of fighting for his country, he did it in the confidence that he could do something for his nation. His story is the best example of Hope.

Self-esteem is not the only thing we need in our

lives. We should also be devoted to God, for He is the one who gave us this life.

All the things we have got in our lives, our friends, family and all the other facilities we have, is because God gave them to us as a blessing.

But even if we have devotion to God, we should not just sit there idle in front of Him and wait for a miracle to happen. We should work with confidence and be hopeful, for it is hope which always finds solutions to our problems.

Even if we are in a tough situation and there is no one in the society to support us, we should always have hope in our heart, mind and soul.

**Anusha Nayak**  
**V I A**

What a fitting title it is for this year. 2020 has been an incredibly unique year to say the least. From being in a pandemic to many people losing their jobs and livelihood, the year meant for achievement and success has turned out to be nothing like it. But amongst it all, we still have hope that this will all end and we'll make it out stronger than ever.

Human beings are social creatures and so we are pretty used to being out with friends, colleagues, acquaintances etc. Be it school or workplace, we are always surrounded with different people and always have interactions of some sort. But now, because of Covid-19, we are restricted from doing all that. We can't go to school, parents can't go to work and all in all, we can't interact with others. For the first few months, personally, being at home wasn't really that different. Infact, being inside gave me and my family the opportunity to do things we've always wanted to do but never had the time to. We became chefs, artists, and even mini business entrepreneurs. Being in quarantine gave rise to new experiences from our own homes.

While all this was happening, there were so many things happening on the flip side. The number of deaths just kept on increasing and a doctor couldn't see his or her family for long periods of times. Numerous individuals lost jobs because almost all industries were on pause. But during all this, they always believed. Be it a doctor, a nurse, or a community helper. They believed. They believed there was a cure and they believed that there was HOPE. Hope that one day this will all be over, and we can go back to things how they once were. Surely, it won't be this week or the next. It might not be ready in a year or two either. But that doesn't mean that there is no vaccine or cure at all.

We often don't realise how blessed we are until our blessings are taken away from us. And this is exactly what this pandemic has taught me. That always be grateful for the tiniest things. No matter how big or how small, we only know the value of it once it's gone.

**Abaan Bashir Ibrahim**  
**V I B**

We are all aware of the worldwide pandemic that has surrounded us. This outbreak has profoundly affected the lives of many.

Education has changed dramatically with the distinctive rise of E-learning. The financial crisis that emerged due to covid lockdowns have adversely affected the industries as well as the global economy. Well, it would not be wrong to blame the virus for affecting our day to day life but every cloud has a silver lining. This means that every bad situation holds the possibility of something good. There will be hard and difficult days, we just need to find the good in them. There are a few positive impacts of the pandemic as well. There is just as much beauty as horror in this world. We must try to stay positive when the world around us isn't. One should not think negatively, nor should they think overly positive things. Covid has forced us back into our houses so that we can spend quality time with our families and strengthen our bond. Lastly Covid has also reminded us that this type of situation has happened many times in the history of the world and it will pass. Scientists all around the world are trying their best to invent vaccines. No one is safe until everyone is safe. It is our duty to stay calm and help those close to us and around us in these times of distress. There is hope amidst despair.

Thank you

**Neola Monteiro**  
**VI D**

Life is beautiful. It is wonderful. Keep in mind that we've got only 'one life'. So, we should lead it in a pleasant way. We shouldn't lose hope in despair. We shouldn't hurry in taking decisions. Everything will be alright if we stay positive.

Hope is the remedy for all despair and grief. The dictionary describes hope as a feeling of expectation and desire for certain things to happen. Hope is important because it involves the will to get there and different paths for you to take. Life can be difficult and that shouldn't come as a surprise to anyone. Hope allows us to approach problems with a positive mindset and increases our chances of success. So, during this Covid-19 pandemic, as a student, we should work hard and understand the online lessons done by arduous efforts of teachers. We should not lose our hope at this time. We should patiently wait for the good days to come. Have strong faith in God. Certainly, God will lead us to our destination.

We know that life is full of ups and downs. There is no one in the world who claims that he/she never suffered or did not have problems or failures. Problems, pain, sufferings and hardships are

common occurrences but very tough to bear. Hope that a bright future is awaiting us.

Human life is not smooth sailing always. "The road that is built in hope is more pleasant to the traveler than a road built in despair even though they both lead to the same destination." So, this quote itself tells us about the importance of hope in despair. Don't lose heart in despair, work hard, a bright future is awaiting us.

**Dhyan Dsouza**  
**VII A**

So much has happened since the beginning of this year that I start to question whether I am awake or dreaming. Starting with the Australian bushfires that caused several human and animal fatalities along with the burning of buildings and 2,800 homes. Then came the Covid-19 pandemic that greatly affected all of us. From home quarantine to 'work from home', this pandemic has completely changed our way of living and habits. Also consider the Pulwama Attack in Jammu and Kashmir that killed 40 CRPF jawans. From the dropping of the economy to the black lives matter protests, to the massive explosion at the Beirut port that killed at least 190 people, to the death of several great public figures like NBA star Kobe Bryant and beloved Black Panther star Chadwick Boseman, this year has truly been one we will never forget. Yet through it all I see a glimmer of hope. Like the light that shines at the end of a very, very dark tunnel. I have hope because through the pandemic I have seen families, communities, societies and people of various cultures, backgrounds, races and more come together to face what nature throws at us. I have witnessed people do their best to help those in need. I have seen our frontline workers, our police forces and figures of authority working harder than ever to ensure the safety of the masses. By seeing all this, I have hope that once this pandemic is over, we will rise stronger than ever. I would like to end with a small quote: "There is hope after despair and many suns after darkness" - Rumi.

**Jane Venitia Moras**  
**VII B**

'Hope is but the dream of those that wake' is a well-known quote by Alexander Pope. Hope is the greatest happiness of man, no matter how much he suffers. It is the remedy for all despair and grief. It makes life worthwhile and induces other virtues like courage, perseverance and the will to live. It brings smile to parched lips and laughter to desperate hearts. Without hope, life is dull, monotonous and miserable with no aspirations and goals like the

stagnant waters of a pool. When we fail in our ventures, we are in despair and disheartened, and it is hope alone that keeps us alive and inspires us to try again.

Our country's struggle for freedom from the British dominion was difficult, because India was a country divided into small states ruled by kings having no unity. There were different castes, languages and religions and it was impossible even to dream of freedom from the British rule, but the freedom fighters never lost their hope and today India is a free country.

It is hope that gives meaning to life and this is aptly described in the book, 'Man's Search for Meaning', by Viktor Frankl. Hope teaches us to never be disappointed however dark and dangerous the conditions may be and it strengthens our faith in ultimate success. We learn that it is dark just before the dawn breaks. Hope enables us to face the battle field of life with courage and undaunted spirit and emerge victorious.

**Rachel Mary Lobo**  
**VII B**

Thousands of soldiers lay down their lives  
Protecting India from all enemies  
From air, land and seas  
That is the reason India thrives  
Thousands of social and co-workers  
Help us in our daily life  
Give help and solve strife  
Like police, from the theft of a car to that of a purse  
Today the Covid-19 pandemic  
Has killed many of them and imprisoned them in  
their own homes  
Reducing the harmony of happy tones  
Due to all poor and sick  
All of them have helped us throughout  
All it takes is just "SMS"  
A simple rule to make the pandemic less  
A simple stepping stone out  
Let's make this pandemic rare  
Follow "SMS" and it all goes in a blink  
Sanitizer, Mask and Social Distancing  
Let's be their hope amidst despair

**Varshini K N**  
**VII C**

Hope is the only thing stronger than fear  
Brighter than the sun and  
Louder than your doubts  
Besides having these qualities, we underestimate  
it to being smaller than us  
Smaller than a grain of sand and smaller than trust  
If it were a glass  
It would be shattered in the sight of us  
As it knows it cannot exist in a person with no trust  
Trust in themselves to know their strength  
To know that they are capable of accomplishing  
great things  
Beyond their imagination, beyond their sight  
To know that hope helps till we find the missing  
piece of their puzzle  
The missing joy and laughter  
And the missing piece of life  
But until we die problems arrive like a long drive  
With many roads but then suddenly we reach a  
place where we stop to gaze at the  
road that was once erected has been crushed  
But without delay we build a road made of  
Sticks and stones that will stay till we make way  
For our car to pass  
Pass through the phase of life that has made us  
cry, die on the inside and made us realize that  
despair breaks a road  
But hope builds it again

**Rhiannon Leon Pais**  
**VIII A**

Life is like a book with many chapters, each chapter  
different from the other.

This year has definitely been a huge twist in all of our  
stories. I'm not the kind of person who plans ahead  
of time but for those who do, this year has surely  
been a huge letdown.

I spent my Christmas and New year vacation in Goa  
(2019-2020) where I had an awesome time. I had  
hoped to visit Goa again this year, but because of the  
current situation, I don't see it becoming a reality  
anytime soon.

Even though the present circumstances have put  
everybody in a tight spot, it is not all that awful (for  
most of us) when you come to think about it. Many of  
us got to spend time with our families, some of us  
also unearthed hidden talents that we didn't even  
know we had.

Scientists and doctors are quite close to making and



distributing vaccines to the public. Soon, before we know it, this chapter in our lives would have ended and a new one would have begun. So, even in the most trying of times there is always **hope**.

**Laxmi Sorake**  
**VIII B**

In India, we have forest fires, locusts, cyclones, all through a raging pandemic, with millions walking the streets to reach home.

Some people's homes disappeared overnight, while others have been trapped within their homes and are now taking their first tentative steps in the outside world, fearing the wrath of a tiny virus.

We have had different reactions to the catastrophe. Some of us tend to cordon ourselves and try to borrow whatever 'normalcy' we can from ourselves. Yet others step out to help. Students and non-profits have formed groups, and are trying to aid those affected by Covid-19, be it the migrant workers or the financially backward.

At this time, we are trying to flatten the curve, and we're trying to live with the virus in a collapsing economy. But it is we who have been flattened by a pandemic.

I'm inspired by the people of all ages who are leading collection drives, giving rations, building community kitchens, replanting trees felled by the cyclone and helping rebuild homes.

In a country of political dealers, leaders have emerged. In all of this, I've always wondered why we do not have such citizen leadership at normal times. Why do those who have come forward now in empathy not step into politics? Why do issues like the environment, the need to feed the hungry, and the increasing inequalities not bring forth selfless leaders?

In the famous black and white circle of yin and yang – the white is positivity and the black is chaos and negative forces. But there's a dot of white sitting right in the black, and a black dot bang in the centre of the white. Positivity emerges from chaos, and we need the winter of despair, to arrive at the spring of hope.

We've taken Nature for granted and she is rightfully showing us who the boss is. We're beginning to understand the need for balance.

May we all come into the wisdom of being a part of Nature and a community of interdependent humans, to protect this country and the planet we all call home.

**Vaishnavi K**  
**IX A**

The Northern Star guided lost sailors in ancient waters. The night sky was not always clear and during storms, sea men had to wait in patience for the sky to clear up, for the Northern Star was their only way out of the troubled seas.

Hope is like the Northern Star. It's not always seen but we have to be patient like the lost sailors. Right now, the whole world is in despair. Amidst the pandemic, doctors, soldiers, policemen, shopkeepers, pilots etc are braving this storm to help us all get through this. The word hope makes us feel warm because in despair, it is hope that gives us comfort.

No doubt we are all lost right now. But let's all fight this together patiently and advance bravely. I believe that hope and patience go together. Like I mentioned earlier, we cannot always find hope. Our consciousness may be clouded by sadness that we could have given up. But be patient. Believe in yourself, believe in the million lives around you.

The light at the end of the tunnel is what keeps us moving. You are only moving closer to deliverance with each step. The light is your hope in darkness. When in self-doubt, remember all your victories, remember that you are a brave soul and advance forward and before you know it, you are in the light.

**Nishel Emili Antony**  
**IX C**

Hope amidst despair is a feeling of expectation and desire for a particular thing to happen in the midst of the complete loss or absence of hope. People can get hope when they feel helplessness in many ways. The first way is by trusting or believing in yourself and having firm faith in God. The second way is by sharing your feelings with the people you trust. Developing self-confidence also helps. There are some examples in which one can get hope. For example, when students don't prepare well for exams in advance, they feel that they have not studied well even after studying a lot. They lose hope in doing well in the exams. In that case students should have hope in themselves and in God.

**Bruce Rego**  
**X A**

"Hope is being able to see that there is light despite all of the darkness" – Desmond Tutu.

And one such darkness that struck us was the deadly corona virus causing the Covid 19 pandemic. The year 2020 reigned in a pandemic of biblical proportions which ravaged nations and brought the world to a standstill. Countless lives were lost and

people were locked in their homes terrified of the unknown. The routine hulabaloo in cities fell into an unceasing quietness. The privileged few saw the plight of thousands of workers on the street stranded and desperate to get back home. Schools, airports, places of worship, restaurants and stores got shut, thousands lost their jobs. Countries closed their borders and many were left stranded, never knowing when they might see their loved ones again. Life as we knew it came to a screeching halt but we were still able to find the light in these tough times. People came out in large numbers to support them with food, medical supplies and arranged for their safe travel back to their hometowns. It brought about a sense of hope that humanity is not lost. People acknowledged the contributions of our often overlooked frontline workers such as doctors, policemen and other administrative personnels. Even the contributions of the housemaids and street sweepers were acknowledged. People from all walks of life, irrespective of their cast, creed or religion, volunteered in local food-banks and NGOs. People introspected their fast lifestyles and food choices and brought about concrete changes in them, made mental health and physical fitness their priorities. Life was slowly woven around family, as it became the centre of our lives and kept despair at the periphery.

When we try to look into the positives rather than the negatives, even a small four letter word H.O.P.E can give us four meaningful words – Hold.On.Pain.Ends.

Before COVID, our elders said that televisions and smartphones were rotting our brains and destroying our ability to socialize in public but who knew that we would be attending online classes, maintaining six feet distance, wearing masks etc.

"We thought that we would have flying cars by now, robot maids and advanced medicine. Instead, nature brought our faces to the sweltering asphalt and held us all there for a hot minute! We were forced to reflect on our wrongs and realize that life suffered under our rule and without us the planet would have flourished.

As Mother Nature healed herself from the old wounds inflicted by us, we must drop our axes, needs and wants in the hope to reunite with her again.

As we slowly recover from this pandemic, we must remember that the trees which wither during the fall, have always bloomed fully during spring. There is indeed a light at the end of the tunnel and hope amidst despair!

At the end, we need to realize that "Life is a boomerang, YOU GET WHAT YOU GIVE".

**Brinelle Fernandes - X A**

Despair comes like a jet and goes like a bullock cart  
Unnecessarily annoys by poking you with a dart  
Sometimes authentic like deaths or robbery  
Sometimes unnecessary like the end of tom and jerry  
But what if there is something else?  
A solution to this impossible scrabble  
What if we zoom into despair?  
What do we find...hope...a completely opposite yet motivating heir

Now a little something about hope  
It's the one word in your life to which you cannot say 'nope'  
Just like you heat sand to get glass  
You burn negative thoughts to motivate you get to the top in class  
I know that hope and despair don't go together  
But hope amidst despair will remain forever  
But believe in yourself and stand up  
Hope lost will immediately light up  
It will find its way through the forest of despair to help you face life the way it is.

**Aditya Aithal - X C**

Life is not a bed of roses. At some point of time in our life, we all have experienced challenges and difficulties. Well, the fact is that life is meant to be difficult. The rocky pattern of life is what gives it the thrill, is what gives us experiences and various life lessons which are essential to us as human beings, also essential to live in a society.

Hope – “the feeling of expectation and desire for a particular thing to happen” and despair – “complete loss of hope”. These two contrasting words when put together bring forth a wonderful meaning which I think we'd all understand, given our current state with the ongoing pandemic. It can also simply mean wanting something positive to happen when things are at its worst.

From the past few months, we all have been in despair. The outbreak of the corona virus has affected each and everyone of us in mostly negative ways. A complete lockdown, due to which most of us have felt almost imprisoned within our own houses. The entirety of 2 months of vacation was ruined. Among this feeling of pure despair is when one learns the true meaning of hope. This also depends on a person's perspective.

Having a positive outlook towards life is what really every individual out there needs. There are times when you feel like this is the dead end – the rock

bottom, there's no use of trying anymore but that is indeed an illusion.

All of us got to spend more time with our families during the lockdown and engage in activities that we haven't before, thus strengthening our relationships. We also got more time for our indoor hobbies, such as reading. We also got a chance to polish our skills and discover new talents. Focusing on the downsides of a situation can lead to a downfall but focusing on the upsides enables us to handle it in a better way. Finding the positives in a negative situation, usually not a very easy task and it is not meant to be easy in the first place but it is the best way to live life.

Life is like a rollercoaster. There are ups and downs, twists and turns. One has to endure a lot of pain, and face their fears. But life is something which God has given to us and we must cherish it, the bad and good, the sour and sweet and remember to enjoy the sourness while you are going through it. I would like to conclude by adding a quote from the song 'Spring Day' by the Korean boy band, BTS.

'The morning will come again. No darkness, no season can last forever'.

**Rachna Shenoy**  
**XI A**

## **HOPE**

In a place where all is lost  
Not a familiar face in sight  
I look for hope, a voice  
Trusting it will be alright  
In company yet feel like a ghost  
In this lonely, me-alone night  
I wouldn't get lost, I thought  
No comfort, only cold fright  
Searching brain and heart I sought  
For a bed in which, tucked tight  
Warmed by your embrace, the most  
And a loving kiss goodnight

**Keya Shetty**  
**IX C**

## **THE BEACON OF HOPE**

There once was a time,  
When chaos was everywhere,  
When destruction was a passing trend,  
When smoke and ashes filled the air.

There once was a time,  
When the background was just bits of civilizations,  
When all the noise was just the earth crying,  
When peace and clam was just a dream.

There I was lying still crying over my misery,  
There I saw a glittering light of hope,  
There I saw my beacon of hope,  
All decked up to carry me out of this realm.

I quickly entered it,  
I quickly forgot all the pain and suffering,  
I quickly then released,  
That my beacon of hope is why I survived.

**Janvi Hegde**  
**X A**

## **DEPTH OF RUIN**

Not a leaf moving by  
Yet one could feel, the depth of silence  
Roaming by,

Standing in front of the debris of bricks,  
Are the children,  
With the gloom on their face  
Isn't this a depressing case?

One could feel the sadness  
On their faces too deep,  
One look,  
And it would certainly make you weep!

Yes, sadness is like a drug,  
When no parents around to hug  
One can feel that they are the orphans of the war,  
Who are to do griefs explore!

Destruction, destruction everywhere,  
Who can pull them out of grief somewhere?  
Somewhere, where there is peace  
And love is always in increase

When everything is dark indeed  
A ray of hope is what you need  
I am sure there will come beams of lights  
That will awaken their darkened hearts!

**Rishal Pinto**  
**X A**



## DISASTER AMONG US

Children born grow up in a beautiful house and  
cheerful neighbourhood  
Our life, a little too good  
Memorable childhood and memorable friends  
But alas! Disaster strikes and it all comes to an  
end

An earthquake or unwanted bombing  
Natural disaster or man made vengeance  
The feelings it creates in us, people, or worse,  
children, is very dense  
But this havoc is a universal sign that our earth is  
changing

People living in targeted areas especially  
warzones  
Their soils contain nothing but innocents bones  
And once there is gunfire or a bomb is dropped  
They will clean everything in its way like a floor  
mop

People try their best to protect what they love the  
most  
Parents protect their children like a parasite will  
protect its host  
They might end up giving their lives in this  
process  
And the foolish people behind this will never get  
forgiveness

Children roam the streets having nothing but  
sadness and grief  
But as days pass by they may get new friends  
where they gift the bereaved a little something  
called belief  
This belief will help them to stand up and fight  
They will grow up to be new individuals who will  
always indulge in situations which they believe is  
right

Truth be told in disasters like this  
Children are the only sufferers involved in this  
That is why it is necessary to make the world a  
better place  
And trust me this changed reality will have a  
whole new face

**Aditya Aithal - X C**

## CHILDREN OF GOD

We have no home,  
We have no money,  
We have no food,  
We have nothing!!!

We did not know this would happen,  
We did not expect it would be only our house that  
would be destroyed,

Now where will we go, now that our car is  
destroyed?

Children asked, "Where is television, food and our  
furniture"?

But what could we tell them?

Children asked where will we go to live?

But what could we tell them?

Now how will we seek shelter?

Who will provide us shelter?

How are we going to feed our children?

Even the brightest sunshine cannot provide

warmth and happiness we are in search of,

Now our only hope is God,

Lord, we pray to you to give us some happiness,

Since, we are in need of it.

**Parikshith Bhandary - X C**

## CHILDREN OF WAR

War a hurricane,  
Merciful to none,  
Breaks down millions  
Not sparing one.

To meet man's need,  
And to fulfil one's greed,  
To honour one's nation,  
And in proving its pride and passion,  
War finds a way through the minds of the nations.

War a disaster,  
Destroys them all.  
Tears them apart,  
And scars them all.

It hurts them,  
The birth-givers of the brave,  
Who battle for their love  
To now lie in their graves.

It hurts them too,  
The people of the nation,  
Destroyed and broken  
By the war's aggression.

It shatters them completely,  
And hurts them the most,  
The youngest of all;  
The children- forced to live through it all.

Broken to parts,  
Their tender innocent hearts,  
No longer feels pain,  
The ones no smaller than grains.

Forced to play hide and seek  
In the world's greatest battlefields,  
Forced to love and protect themselves,  
They who are meek,  
Become bulletproof shields.

Their parents in heavens care,  
They live with no love.  
The children of war  
No longer share beautiful smiles.  
Running the miles,  
Has taken its toil.

The will to no longer live,  
Their dreams and hopes shattered.  
Empty faces, broken hearts,  
Belong now to the broken children of war.

**Janice Lobo**  
**X C**

## **REFUGEE**

"This is your home,"  
They say to me,  
With their beads of glass glistening under the sun  
And an unspoken hurt on their tongues.

"This is your home,"  
My sister screams one day  
At the disgruntled man  
With broken bits of memories  
in his calloused hands.

"This is your home,"  
The sun whispers to me  
And I, its sunflower,  
Suck in a breath  
And carve blisters on my bare feet.

This journey ends with a beginning  
Rubbles have turned into walls.  
"This is home," foreign tongues tell me  
A home of which I have no memory.

No longer do the whispers of my sun  
Linger, instead fade into oblivion.

**Fariza Nuha Farooq - XI B**

## **MIDDLETON**

Welcome to middleton.  
A place not well known  
No train no carriage  
Just your thoughts alone

It's a place for the poor,  
a place for the hurt,  
a shelter for the weak,  
no fare to put forth.

Welcome to middleton.  
You'll never be alone.  
For I'll always be here,  
and you will always have a home.

Here, its okay if you're not perfect.  
Its okay to be sad.  
After all we're only human,  
we all get mad.

Welcome to middleton.  
We're all different.  
We dance to different tunes,  
speak several tongues  
and are of different hues.

If only I could find middleton.  
Sounds like the place for me.  
Broken and bruised isn't accepted everywhere.  
For once, it just may be.

**Heba Basheer - XI B**

## **WAR - A DELUSION**

The silence was deafening  
"Serenity", screamed the wind  
Amidst the rubble, strewn joy  
The wounds clothed with victory

Atleast,the generals called it a victory  
Civilians rejoiced with their dear departed  
The morning sun seemed at most, illusionary  
To the curtain of darkness spread

Few children amongst the surviving few  
Prepared to leave for a new city  
Pictures like these portrayed in the news  
Are still distantly close to reality

The war flowed in a stream of blood  
Millions surrendered to the mud  
Cry of names, fell to deaf ears  
Over shattering sounds of warfare

And as the war ceased to truce  
Burial grounds were spruced  
The soldiers in the face of death;  
Stood tall  
Yet, it was the face of the president;  
On the wall

Alas, man still thumps his heart of greed  
Killing even his own to satisfy his need

When will mankind learn?  
How many more centuries?  
How many destructive wars?  
Till he understands this isn't victory...

**Deon Fernandes**  
**XII B**

## THE SILENT FILM OF GRIEF IN THE CORTEX

A sea change is a belated invite  
For unseen events to storm,  
Poseidon shed his wrath  
On the pious terrestrial habitat.

While the tree of emotions aggrandize  
My conscience collapses into debris,  
My saving stock of hope thrives  
Gazing at the flotsam of refulgence.

My compunction compels one to get in  
But the crown feels heavy as I bleed,  
She looks at me as the sun on a solar eclipse  
And I- the moon pleads in the light.

My gauntlet of shame turns his neck,  
To see the pieces of my mind,  
Convincing me that I made them  
An impossible puzzle to solve.

As his extension is determined to come back and  
feast,  
Fear is deep in the ocean of thought  
Penning down my insignificant eulogy  
He calls upon me to degrade it as it conceals  
himself.

Hope is awaiting my answers weaved in queries,  
He says "Guilt can not parent all,  
We must grow ourselves."  
I take it to be strangled and disgusted by his  
company.

We could've put our ears to the ground  
And listen to our saviour to arrive or our past to  
breathe,  
Cutting through the eolian dust,  
The invisible crown digs through the moat of my  
fortress.

There are tensions rising beyond the walls,  
As I land helpless to start the engine to save the  
fragments,  
They are in front of me, lost in pity,  
As I die everyday wearing the cursed object.

The dead town is hunting its own folk,  
As the survivors are figments of something lost.  
(If one could remember the disasters  
chronologically)  
My world is gone.

Vivet Dsilva  
XII C

## FIGHT FOR INDEPENDENCE - MILE STONES

(Read in the online class during the celebration of  
Independence day)

For almost two centuries the Britishers ruled over us and  
the citizens of the country suffered a lot due to the  
oppressors. British officials treated us like slaves and still  
we managed to fight back against them. We struggled  
tirelessly and selflessly under the guidance of our  
leaders. Some of the leaders chose the path of violence  
while some chose nonviolence.

The Indian Independence movement was a series of  
activities with the ultimate aim of ending the British rule  
in India. British power gained its heights during the  
middle of 19<sup>th</sup> century. The birth of Indian National  
Congress in 1885, marked the entry of new educated  
middle class in the politics and transformed the Indian  
political horizon. At the turn of the century, the freedom  
movement reached out to the common unlettered man  
through the launching of Swadeshi movement by the  
leaders such as Bal Gangadhar Tilak, Arvind Ghosh etc.  
During 1919 Rowlatt Act was passed which empowered  
the government to put people in jail without trial. To  
control mass demonstration and hartal, the government  
tried brutal measures like Jallianwala Bagh massacre,  
where thousands of unarmed peaceful people were  
gunned down, on the order of General Dyer. This is the  
most inhuman act of the British rule in India. After the  
first world war Mahatma Gandhi became the undisputed  
leader of the Congress, who had developed the non  
violent agitation and simple living call to Satyagraha and  
Ahimsa. Our new leaders like Subhash Chandra Bose, Lala  
Lajpat Rai, Bhagat Singh and many more emerged on the  
scene and advocated the adoption of complete  
Independence as the goal of the National Movement.  
Lala Lajpat Rai called Lion of Punjab died during Lathi  
charge and Bhagat Singh hanged to death on March 23rd  
1931.

In 1942 Gandhiji started Quit India Movement and do or  
die call to forced the British to leave India, meanwhile  
Netaji Subhash Chandra Bose, who ran away from India  
reached foreign lands and organised 'Indian National  
Army' to overthrow the British from India. "Give me  
blood and I shall give you freedom" was one of the most  
popular statement made by him. At last Lord  
Mountbatten the viceroy of India, presented the plan for  
the division of India - to India and Pakistan and the Indian  
leaders had no choice but accept the division.

**Thus on 15<sup>th</sup> August, 1947 a long awaited dream came  
true and India became free from British rule.**

Diganth P. D

V D



## गुरु की परीक्षा

प्राचीन काल में एक बहुत ही प्रसिद्ध गुरु थे जो सबको शिक्षा प्रदान किया करते थे। हर एक साल वह अपने एक सबसे होशियार शिष्य को इनाम दिया करते थे। इस साल उनके दो शिष्य भरत और महेश दोनों ही बहुत होशियार और समझदार थे और गुरु जी कुछ निर्णय नहीं कर पा रहे थे। गुरु जी ने उन दोनों शिष्यों की परीक्षा लेने की सोची और उन दोनों को लेकर पैदल ही पूरे राज्य की यात्रा पर निकल गये। गुरु और उनके दोनों शिष्य जंगल के रास्ते से जा रहे थे कि अचानक सभी को दो रास्ते दिखाई दिए। गुरुजी रुक गए और अपने शिष्यों से

पूछा कि हम सभी को कौन से रास्ते से जाना ठीक रहेगा। महेश बोला कि अरे गुरु जी ये बायें वाला रास्ता कितना खराब है हम सभी को इस दायीं वाली अच्छे रास्ते से जाना चाहिए। इस रास्ते में एक राजा बहुत दयालु है और वो हम सबको सोने के सिक्के दान में देगा। गुरु जी ने भरत से पूछा कि तुम्हारा क्या विचार है? भरत ने जवाब दिया कि जो आप बोलेंगे वही रास्ता ठीक होगा। गुरु जी ने बायें वाले रास्ते पर चलने को बोला लेकिन महेश ने कहा नहीं माना और बोला कि वह इस दाएं वाले रास्ते से जाकर जंगल के बाद भरत और गुरु जी को मिलेगा। गुरु जी ने बोला जैसा ठीक समझो और यह कहकर वो और भरत बाएं वाले रास्ते पर चल दिए। जंगल के बाद महेश उन दोनों का इंतज़ार कर रहा था और उसने देखा कि भरत के पैर में खराब रास्ते की वजह से बहुत छाले पड़ गए हैं और वह मुस्कराने लगा। उसने कहा कि मेरे पास देखो ये सौ सोने के सिक्के हैं और तुम यहाँ ठीक से चल तक नहीं पा रहे हो। यह बात सुनकर गुरु जी थोड़ा मुस्कराये और कहा कि महेश क्या तुमको पता है कि अगर तुम इस रास्ते से आये होते तो तुम इस राज्य के राजा बन गए होते और अगर भरत तुम्हारे बताये हुए रास्ते से आता तो इसके भाग्य में इसकी मृत्यु लिखी थी। गुरु जी ने कहा कि भरत ने अपने गुरु का कहना मान कर ये साबित कर दिया कि जो रास्ते बड़े-बूढ़े दिखाते हैं उसमें शुरुआत में तकलीफ होती है लेकिन बाद में उसमें सुख ही सुख मिलता है। तुमने बहुत थोड़े से सोने के सिक्कों की लालच में आकर ये पूरा राज्य खो दिया। ये तुम दोनों की परीक्षा थी जिसमें भरत ने अपने गुरु की बात मानकर ये

साबित कर दिया कि जिस रास्ते का अनुभव ना हो उस पर सलाह लेकर ही अपने बड़ों और गुरुओं की सलाह मानकर आगे बढ़ना चाहिए। कभी भी अस्थायी खुशी के लिए जीवन के आदर्शों को नहीं छोड़ना चाहिए।

नैतिक शिक्षा : इस कहानी से यह शिक्षा मिलती है कि हम सभी को लालच नहीं करना चाहिए और हमेशा अपने बड़ों की सलाह माननी चाहिए।

अक्षत मिश्र - कक्षा 4 ब

## रघु की कहानी

रघु एक बिगड़ा बच्चा था। वह अपने माता-पिता से बहुत झूठ बोलता था। एक दिन जब उसकी माँ ने उसे बाज़ार से दूध लाने के लिए कहा-तो उसने झूठ बोला कि वह सीढ़ियों से गिर गया और उसके पैर में चोट लगी है। उसने लंगड़ा कर चलने का नाटक भी किया।

उसकी माँ को उसके झूठ बोलने की बुरी आदत के बारे में पता था और वह उसे सबक सिखाना चाहती थी। रघु को अपने आईपैड पर वीडियो गेम खेलना बहुत पसंद था। जब रघु अपने स्कूल में था, तब उसकी माँ ने उसका आईपैड छिपा दिया। रघु के स्कूल से वापस आने के बाद उसने अपनी माँ से झूठ बोला कि वह पढ़ाई करने के लिए अपने कमरे में जा रहा है। उसने खेलने के लिए अपना आईपैड ढूँढा। उसने पूरे कमरे में ढूँढा लेकिन वह नहीं मिला।

रघु अपने माँ के पास जाकर बोला "माँ, मेरा आईपैड खो गया है।" उसकी माँ ने उससे पूछा कि पढ़ने के लिए आईपैड की आवश्यकता क्यों है। रघु के पास शब्द नहीं थे। उसे पता था कि उसका झूठ पकड़ा गया है। उसने शर्म से अपना सिर नीचे कर लिया। उसकी माँ ने उसे प्यार से कहा कि झूठ बोलना अच्छी आदत नहीं है और यह भविष्य में उसे कई तरह से प्रभावित करेगा। रघु को अपनी गलती का एहसास हुआ। उसने फिर झूठ न बोलने का वादा किया।

सीख: हमेशा सच बोलना चाहिए। यह हमारे जीवन में हमारे सभी रिश्तों की नींव है।

अनन्या पाई - कक्षा 4 ब

## लॉकडाउन में मेरा अनुभव

लॉकडाउन का अर्थ है तालाबंदी। लॉकडाउन एक आपातकालीन व्यवस्था है जो किसी आपदा या महामारी के वक्त लागू की जाती है। जिस इलाके में लॉकडाउन किया गया है उस क्षेत्र के लोगों को घरों से बाहर निकलने की अनुमति नहीं होती है। उन्हें सिर्फ दवा और खाने-पीने जैसी जरूरी चीजों की खरीदारी के लिए ही बाहर आने की इजाजत मिलती है, इस दौरान वे बैंक से पैसे निकालने भी नहीं जा सकते हैं। जिस तरह किसी संस्थान या फैक्ट्री को बंद किया जाता है और वहाँ तालाबंदी हो जाती है उसी तरह लॉक डाउन का अर्थ है कि आप अनावश्यक कार्य के लिए सड़कों पर ना निकलें... लॉकडाउन जनता की सहूलियत और सुरक्षा के लिए किया जाता है। सभी प्राइवेट और कॉन्ट्रैक्ट वाले दफ्तर बंद रहते हैं, सरकारी दफ्तर जो जरूरी श्रेणी में नहीं आते, वो भी बंद रहते हैं।

कोविड-19 महामारी में ऐसा ही एक लॉकडाउन लगाया गया था। पहली बार मुझे परिवार के साथ इतना समय बिताने का अवसर मिला। मैं इत्मीनान से उठा, परिवार के सदस्यों के साथ नियमित व्यायाम किया, योगा किया, विभिन्न कार्ड और बोर्ड गेम खेले। मुझे डाइंग का अभ्यास करने के लिए अधिक समय मिला और मैंने कई सुंदर चित्र बनाए। मेरे माता-पिता ने अपने बचपन की यादें साझा कीं। मैंने अपनी माँ द्वारा तैयार किए गए शानदार व्यंजनों का आनंद लिया। मुझे रामायण और महाभारत जैसे प्रसिद्ध महाकाव्य और इन महान देवताओं और ऋषियों के बारे में जानने का मौका मिला। मैं कोरोना योद्धाओं को सम्मान देने के लिए ताली बजाने और दीपक जलाने के प्रधान मंत्री श्री नरेंद्र मोदी की पहल में शामिल हुआ। मैंने मोबाइल पर ऑनलाइन कक्षाओं में भाग लिया। यह पूरी तरह से अलग अनुभव था। मैंने अपनी प्रतिरक्षा को बढ़ाने के लिए कई पारंपरिक दवाओं और भोजन का सेवन किया। कुल मिलाकर लॉकडाउन ने मुझे परिवार, स्वास्थ्य, स्वतंत्र जीवन, साझाकरण आदि का महत्व सिखाया है।

आयुषमान टेलर - कक्षा 5 अ

## दीपावली

दीपावली या दीवाली हिंदुओं का एक बहुत महत्वपूर्ण त्योहार है। यह त्योहार पूरे भारत में बड़े धूम-धाम और उत्साह से मनाया जाता है। कार्तिक माह की अमावस्या को दीपावली मनाई जाती है। दीप लगाना, मिठाइयाँ बाँटना, लक्ष्मी पूजन करना यह सभी दीपावली मनाने की विशेषताएँ हैं। यह सचमुच ही बहुत खास है। इस दिन के लिए बहुत पहले से ही तैयारियाँ प्रारंभ हो जाती हैं। घर की सफाई, दुकानों की सजावट की जाती है। नये वस्त्र, बरतन, गहने आदि इस अवसर पर खरीदा जाता है। लोग उदारता से धन खर्च करते हैं और आनंद मनाते हैं।

सेनोरा क्रास्ता

कक्षा 5 सी

## मेरी सबसे यादगार छुट्टी

हर साल मई के महीने में मेरे माता-पिता मुझे छुट्टी पर ले जाते हैं। लेकिन इस साल कोरोना वायरस के कारण मैं छुट्टी पर नहीं जा सका। मैं कोरोना वायरस से संक्रमित होने के डर से अपने मंगलुरु घर की चार दीवारों के भीतर बंद था। मुझे दुख हो रहा था क्योंकि मैं खेलने के लिए बाहर भी नहीं जा सकता था। इसलिए मेरे माता-पिता ने मुझे दीवाली के छुट्टी के दौरान अपने चिकमंगलुरु के घर ले जाने का फैसला किया।

मैं जाने के लिए बहुत उत्साहित था। यात्रा बहुत रोमांचक थी। चिकमंगलुरु में मैं अपने दादा-दादी से मिलकर बहुत खुश हुआ। मैंने अपने चचेरे भाइयों के साथ क्रिकेट और फुटबॉल खेला। मैं काँफी एस्टेट के लंबी सैर के लिए गया था। रास्ते में मैंने तोते, मोर, मैना, बड़े मेंडक देखे और यहाँ तक कि दस फुट लंबी साँप की

खाल भी देखी। मैंने फूलों की खुशबू और ताज़ी हवा का आनंद लिया। यह मेरी अब तक की यादगार छुट्टी है।

जेडन इ.बॅपटिस्ट

कक्षा 5 सी

### मेरा छोटा भाई

मेरा भाई तु मेरी जान है। कभी-कभी मेरी माँ बोलती है, हम दोनों उसकी आँख के तारे हैं। वह हमेशा मेरे साथ खेलना चाहता हैं। मेरा भाई बहुत नटखट है, वह शैतानी करता है और डाँट मुझे मिलती है। माँ बोलती है मैं उसका बड़ा भाई हूँ। माँ और पापा के लिए मेरा भाई हमेशा छोटा है और मैं बड़ा हूँ। फिर भी मेरा भाई मुझे बहुत पसंद है।

आयुष विनय

कक्षा 5 सी

### मेरे शिक्षक

गुरुब्रह्मा गुरुर्विष्णुः

गुरुदेवो महेश्वरः ।

गुरुसाक्षात् परब्रह्म

तस्मै श्रीगुरुवे नमः ॥

इस श्लोक में हमें गुरु का महत्व पता चलता है। पाठशाला एक मंदिर है और इस मंदिर में ज्ञान का प्रकाश देते हैं शिक्षक। शिक्षक ही हमारी गलतियों को माफ़ करके हमें सही रास्ता दिखाते हैं, जीवन की समस्याओं से लड़ना हमें सिखाते हैं। शिक्षक के बिना शिक्षा अधूरी है। मेरे माता-पिता के बाद मेरे शिक्षक ही मुझे साथ देते हैं। शिक्षक के बिना जीवन अंधकारमय है।

आज कोरोना जैसे मुश्किल घड़ी में भी मेरे शिक्षक

कोरोना से जागृत रहने के लिए बताते हैं। इस संकट की घड़ी में भी हमारे सभी शिक्षक हमें समय-समय पर मार्गदर्शन कर रहे हैं। शिक्षक एक व्यक्ति के जीवन में बहुत ही महत्वपूर्ण होते हैं, इसलिए हमारे दिलों में शिक्षकों के लिए विशेष स्थान रखना है।

इवा लिसा लोबो

कक्षा 5 ड

### कोविड -19 एक अवसर

महामारी मानव जीवन का कड़वा सच है। महामारी को होने से कोई नहीं रोक सकता। लेकिन कोई भी इसका सामना करने के लिए खुद को तैयार कर सकता है। हर कोई महामारी इसके साथ विनाश लाता है। लेकिन यह अवसर भी लाता है। कोविड के समय ऐसा अवसर आया है। कोविड -19 ने सभी सरकारों को शासन में अपनी प्राथमिकताओं को फिर से तय करने के लिए दिया है। कोविड से पहले स्वास्थ्य हर सरकार की प्राथमिकता में अंतिम था। प्रत्येक सरकार ने कोविड से पहले स्वास्थ्य पर एक अल्प राशि खर्च की। भारत ऐसे देशों में से एक है। 2019-20 में भारत ने वार्षिक बजट का सिर्फ 1.23% खर्च किया है। भारत में लाखों लोग दवाइयाँ, डॉक्टर और अस्पताल के बुनियादी ढाँचे की कमी, के कारण मरते हैं। कई गर्भवती महिलाओं को गर्भावस्था के दौरान उचित उपचार और देखभाल नहीं मिल पाती है, जिसके परिणामस्वरूप कुपोषण के शिकार बच्चे पैदा होते हैं। कोविड ने अपनी टूटी हुई स्वास्थ्य सेवाओं को बदलने का एक सुनहरा अवसर दिया है, उदाहरण के लिए कोविड से पहले भारत, पीपीई किट, वेंटिलेटर आदि का निर्माण नहीं कर रहा था और आयात पर निर्भर था।



आज भारत प्रतिदिन 10 लाख पीपीई किट और 1 लाख वेंटिलेटर का निर्माण कर रहा है और घरेलू जरूरत के बाद निर्यात कर रहा है। भारत ने दुनिया में कई देशों में कोविड में सबसे आवश्यक दवा हाइड्रोक्लोरोक्वाइन का निर्यात किया है। इसके लिए भी विश्व स्वास्थ्य संगठन ने भारत की सराहना की है। आज भारत कई चिकित्सा सहायक उपकरण जैसे दस्ताने, पीपीई किट, वेंटिलेटर्स, इत्यादि के निर्माण में आत्म निर्भर हो गया है। लेकिन फिर भी भारत में स्वास्थ्य सुविधाओं के क्षेत्र में बहुत कुछ करना है जैसे एम्बुलेंस, आय सी यू बेड, सस्ती दवा, डॉक्टर आदि। भारत के लिए इन चीजों में सुधार का सुनहरा अवसर है।

गार्गि टैलर

कक्षा 6 अ

### भारत की धरोहर का महत्व

भारत एक समृद्ध विरासत और प्राचीन स्मारक का धरोहर हैं, जो गौरवशाली अतीत के बारे में बताता हैं।

हमारे पूर्वजों ने हमारी सांस्कृतिक और स्मारकीय विरासत को संरक्षित किया हैं और हमे इस परंपरा को बनाए रखना चाहिए।

यहाँ अनेक स्मारक हैं जैसे ताजमहल, लालकिला, कुतुबमिनार, चारमिनार, जंतर-मंतर, बुलंद दरवाजा, हवा महल आदि।

भारत में शानदार प्रसिद्ध किले है जैसे लाल किला, गोलकोंडा किला, जैसलमेर किला, चित्तौड़गढ़ किला आदि।

यहाँ अनेक राष्ट्रीय उद्यान हैं जैसे रनतम्बोर उद्यान, काज़ीरंगा उद्यान, कोर्बेट उद्यान, नंदादेवी उद्यान आदि।

यहाँ अनेक पक्षी अभयारण्य भी हैं जैसे सुल्तानपुर पक्षी अभयारण्य, भरतपुर पक्षी अभयारण्य, सलीम अली पक्षी अभयारण्य, नल सरोवर पक्षी अभयारण्य, आदि।

यहाँ अनेक मंदिर, मस्जिद, चर्च, गुरुद्वार भी हैं। अंत में बस इतना ही कहना हैं कि भारत एक समृद्ध विरासत का धरोहर है जिसे हम युवा पीढ़ी को संरक्षित करना चाहिए।

संजना

### चुटकुले

एक लड़का खो गया था, वह पुलिस के पास गया और उसने पुलिस से कहा कि वह खो गया है।

पुलिस: आप कहाँ रहते हैं?

लड़का: मेरे माता-पिता के साथ।

पुलिस: तुम्हारे माता-पिता कहाँ रहते हैं?

लड़का: मेरे साथ।

पुलिस: तुम्हारा घर कहाँ है?

लड़का: मेरे पड़ोसी के घर के बगल में।

पुलिस: तुम्हारे पड़ोसी का घर कहाँ है?

लड़का: मेरे घर के बगल में।

गुस्से में पुलिस ने उसे अकेला छोड़ दिया।

ज़इमा कतीजा  
कक्षा 4 ड

## आशा

आशा की यह मेरी किरण,  
इसको कभी समझो न तुम कम,  
कभी मम्मी कहती बनो इंजीनियर,  
कभी पापा कहते बनो डॉक्टर,  
कभी भाई कहता बनो लेखक,  
कभी दीदी कहती बनो एक्टर।  
आशाएँ इनकी देख-देखकर,  
लगने लगा है अब मुझे डर।  
अरे! कभी तू भी तो पूछ लिया कर,  
क्या बनना है मुझे बड़ा होकर।

वंश वर्धन  
कक्षा 4 अ

## आशा क्या सिर्फ कुछ लोगों के लिए है

कुछ लोग जो प्रयत्न नहीं करते वह ये कहते हैं की आशा सिर्फ कुछ लोगों को मिलती है लेकिन यह गलत है। आशा सब को मिलती है जो प्रयत्न करे। आशा कोई खिलौना नहीं है जो सब को न मिले वह एक फल है जो सब को मिल सकता है। उदाहरण के लिए अगर कोई परीक्षा में एक बार विफल हो जाए तो वह ये नहीं है की उसके साथ आशा नहीं है और वह कभी कामयाब न हो। आशा तो सबके साथ हमेशा रहेगी अगर वह आलसी हो या मेहनती अगर वह मेहनत करे या प्रयत्न करे तो वह जरूर सफल हो जाएगा। अब मैं आप सब को आशा के बारे में एक छोटी सी कहानी सुनाने वाली हूँ।

एक गाँव में एक लड़का रहता था। वह हमेशा दुखी रहता था क्योंकि वह हमेशा किसी न किसी प्रतियोगिता में हार जाता था और मन में सोचता था की मेरे साथ आशा नहीं है। वह हमेशा थोड़ा सा प्रयत्न करके हार मान लेता था। एक दिन उसकी माँ ने कहा

“ बेटा एक बार तुम हार न माने प्रयत्न करो और फिर देखना की तुम जीत जाओगे या हार ”। बेटा ने माँ की बात मान ली और प्रतियोगिता के लिए कड़ी मेहनत की और आखिर में प्रतियोगिता जीत ली।

आशा तब मिलती है जब हम प्रयत्न और मेहनत करे, इसीलिए मत सोचे आशा कुछ लोगों को मिलती हैं।

शार्वी शेट्टी

कक्षा 6 ड

## स्वास्थ्य का महत्त्व

‘खुश रहो और खुश रहने दो’ यह सुना हुआ नारा है। आज हमारा नारा यह होना चाहिए कि ‘स्वस्थ रहो, मस्त रहो’। आज के ज़माने में स्वास्थ्य ही धन है। कई लोगों ने यह सोच लिया था कि धन है तो सब कुछ है, लेकिन आज हमें यह सोच बदलनी होगी। सुखी जीवन जीने के लिए स्वस्थ होना बहुत ज़रूरी है। स्वास्थ्य सिर्फ शारीरिक ही नहीं, मानसिक रूप से भी होता है। जो इंसान अच्छे स्वास्थ्य का आनंद लेता है, वही सबसे अमीर है, भले ही वह ये ना जानता हो, लेकिन यही हकीकत है। धन से दवाइयाँ तो खरीदी जा सकती हैं मगर उसी धन से स्वास्थ्य नहीं पा सकते हैं। बीमार मन मनुष्य के शरीर को बीमार बनाता है। आनंद आत्मा का स्वास्थ्य है और चिंता ज़हर। पौष्टिक आहार का सेवन, नियमित कसरत, खूब पानी पीने से स्वस्थ बनेगा ही पर अच्छी बातें करना, सही सोच रखना, खूब हँसने और हँसाने से मानसिक रूप से भी स्वास्थ्य बना रहेगा। रोज़ योग करने से भी हमारे शरीर को रोग-मुक्त रख सकते हैं। जिस मनुष्य के पास स्वास्थ्य नहीं है तो समझो कि सब कुछ होने के बावजूद उसके पास कुछ नहीं है। सुबह जल्दी उठना मनुष्य को स्वस्थ, समृद्ध और बुद्धिमान बनाता है। हमें अपने स्वास्थ्य का खयाल रखना चाहिए।

स्वस्थ खाएँ और तंदुरुस्त रहें।

स्पर्शा राय

कक्षा 8 स

## वन महोत्सव

पेड़ लगाओ और घुटनभरी जिंदगी से छुटकारा पाओ।  
वन महोत्सव यानी पेड़ों का त्योहार। इसकी शुरुआत  
डॉ. राजेंद्र प्रसाद और जवाहरलाल नेहरू जैसे राष्ट्रीय  
नेताओं द्वारा रोपित वृक्षारोपण अभियान के बाद दिल्ली  
में हुई। यह त्योहार भारत के कई राज्यों में एक साथ  
मनाया जाता है। वन प्रत्येक जीव के लिए मिला प्रकृति का  
खूबसूरत तोहफा है। किसी ने सही ही कहा है कि 'वन ही  
जीवन है'। वन महोत्सव एक ऐसा पर्व है जो आज के  
समय में आवश्यक बना है। प्रकृति की सुंदरता पेड़-पौधे  
और हरियाली पर निर्भर है। भारत में आज-कल प्रगति के  
नाम पर भारी मात्रा में वनों का नाश हो रहा है। जिससे  
प्रदूषण बढ़ रहा है, तापमान में बढ़ोतरी हो रही है, प्रकृति  
अपना संतुलन खो रही है।

वनों की रक्षा सिर्फ सरकार की जिम्मेदारी नहीं है बल्कि  
हमारा कर्तव्य भी है। जब तक हम पेड़-पौधे नहीं  
उगाएँगे तब तक वन-क्षेत्र नहीं बढ़ेगा। जब तक वन-  
क्षेत्र नहीं बढ़ता तब तक प्रकृति अपना संतुलन नहीं बना  
पाएगी। इस के लिए हमें जिम्मेदार नागरिक बनकर वन  
महोत्सव जैसे कार्यक्रमों को बढ़ावा देना होगा, जिससे  
अधिक मात्रा में हरियाली हो।

'हमने यह ठाना है, घर-घर पेड़ लगाना है' इसे सच  
बनाना है।

तनिष्का धर्मराज  
कक्षा 8 स

## आँसू

सिसकिया सुन, मेरे चलते कदम रुक गये  
पीछे मुड़ी, तो देखा, एक बालक रोते हुये।  
उसका प्यारा, मासूम सा चेहरा,  
टपकते आँसूओं से भीग रहा था।  
पास पहुँच कर मैंने पूछा,  
अरे भाई, तु रोता क्यों है ?  
सिसकियों के बीच वह बोला,

“पा----- पानी के लिए।”  
यूँ सुन, मैं उससे कहाँ,  
“अमूल्य आसू पे तेरे,  
एक प्याले में भर दो।  
पानी ही समझ इन्हें,  
झट से पी डालो।”

यू कहकर मैं वहा से चल दी  
रास्ते में बालक के बारे में सोचती रही।  
कैसी हालत हो गई है इन गरीबों के,  
जिन्हें पीने के लिए क्या मिलता नहीं है पानी?  
शाम, जब उसी रास्ते से लौट रही थी  
तो देखा उस बालक को फिर रोता हुआ  
मैंने उसे पूछा, “अरे भाई, अब क्यों रो रहे हो?”  
तो वह बालक बोला,  
“पहले तो मैं रो रहा था पानी के लिए  
अब मैं रो रहा हूँ प्याले के लिए।”

ये सुन, मैंने उससे कहा,  
“भगवान ने ही  
दिया दो हाथ मानव को  
उसका ही उपयोग करके प्याला बनाओ  
बालक हँसकर बोला  
“ये मन में क्यों नहीं सोचा” ?

शरल प्रिया रेंजल  
कक्षा 8 ड

## निराशा के बीच आशा

जीवन का रथ निरंतर गतिशील है। यह हर रोज़ अपने मार्ग  
पर चलता है और अलग-अलग अनुभवों के पड़ावों से  
गुजरता है। इसके दो चक्र हैं एक है आशा और दूसरा  
निराशा। आशा प्रकाश है और निराशा अंधकार। जीवन में  
दोनों अस्तित्व में आते हैं।

“यह नहीं हो सकता कि हमेशा निराशा की ही रात रहे  
और आशा का सूर्योदय कभी न हो।”  
दोनों ही क्षण जीवन में आते हैं। यह मनुष्य पर निर्भर  
करता है कि इन घटनाओं के प्रति उसका दृष्टिकोण कैसा  
है। कोई विपरीत परिस्थितियों में निराश हो कर हार मान  
लेता है और कोई निराशा में भी आशा को देख लेता है। ये



इंसान का दृष्टिकोण ही है जो उसके मन में आशा और निराशा का कारण बनता है।

आज की उच्च शिक्षा के बाद भी बच्चों में निराशा के बीज पनप रहे हैं। इसका तात्पर्य है कि शिक्षा अपने उद्देश्य में सफल नहीं करी जा सकती है। बच्चों में आत्महत्याओं का सिलसिला चल पड़ा है। इसलिए आवश्यकता है सर्वांगीण शिक्षा की जिसमें चेतना का विकास हो बच्चे योग, ध्यान के द्वारा अपने शरीर को ही नहीं मस्तिष्क भी मजबूत करें, ताकि विपरीत स्थिति में भी आशा की ज्योत लिये आगे बढ़े ना कि निराशा हो कर कदम रोक ले। प्रत्येक समस्या को सोच-समझकर चिंतन को हमें अलग दो कोनों से देखना होगा। तभी निराशा हमारे जीवन से विदाई लेना शुरू कर देगी।

संध्या का समय होने वाला था, सूर्य डूबने की तैयारी में था। सूर्य ने कहा-मैं जा रहा हूँ। पर मेरा कम कौन करेगा। अब प्रकाश कैसा होगा। अंधकार होते ही एक छोटा-सा दीपक जलता है और प्रकाश फैल जाता है। सूर्य की निराशा खत्म हो जाती है, ठीक इसी प्रकार आशा का दामन थामे रखें। अंधकार के बाद दीपक जरूर जलता है। जरूरत है स्वयं को मजबूत रखने की और सकारात्मक चिंतन की।

मीत बैगानी - कक्षा 6 बी

### निराशा से आशा की ओर

जब मैं हो जाती हूँ उदास,  
तब मुझे होती है एक आस।  
जो मुझे ले जाती है खुशियों के पास,  
वो खुशियाँ मुझ में जगाती है एक आशा।।  
सब कुछ ठीक हो जायेगा एक दिन,  
ये है मेरे मन में विश्वास की आशा।  
हम सब खेलेंगे और पढ़ेंगे एक साथ,  
पूरे करेंगे हम अपने सपनें साथ-साथ।

प्रितिका सिंह द्वारा रचित  
कक्षा 2

### “आशामय जीवन”

आशा और निराशा का जीवन से संबंध गहरा है।

निराशा अंधेरा है, तो आशा एक सवेरा है।

आशा की डगर चलना उठकर

कर्म के पथ रहना हितकर

जल अंधकार में दीपक बनकर

आशा का स्वागत, कर हँसकर

यह संदेश है अदृश्य शक्ति का

सूत्र है सुखमय जीवन का।

मही दाधीच  
कक्षा - 2 सी

### भारत की धरोहर

भारत एक प्रसिद्ध देश है। अपनी विरासत और ऐतिहासिक स्मारकों के लिए। किसी देश की पहचान उस देश की सांस्कृतिक और पुरातात्विक विकास से होती है। भारत में अनादि काल से लेकर वर्तमान तक अनेक शहरों, मंदिरों और स्थलों इत्यादि की खोज की जा चुकी हैं। जिन्होंने इस देश की महत्व को विश्व स्तर पर कई गुना बढ़ाया है। जैसे ताजमहल, चार मीनार, कुतुबमीनार, हवा महल और अजंता और एलोरा गुफाएँ आदि।

हर साल देश विदेशों से हजारों लोग भारत का पर्यटन करने आते हैं। और हर गणतंत्र दिवस पर हर विदेश की गणमान्य व्यक्ति हमारे मेहमान बनकर हमारी संस्कृति का झलक देखने उपस्थित होते हैं। ये इसी बात का उदाहरण है कि हमारे देश की धरोहर कितनी महान और ऊँची है। हम जहाँ भी जाए वहाँ के लोग हमें बहुत सम्मान और इज्जत देते हैं क्योंकि हम भारतीय हैं।

रोनव जॉन रोड्रिगेज  
कक्षा 4 अ

## ಕನ್ನಡ ರಾಜ್ಯೋತ್ಸವ

ಕನ್ನಡ ರಾಜ್ಯೋತ್ಸವ ಅಥವಾ ಕರ್ನಾಟಕ ರಾಜ್ಯೋತ್ಸವವನ್ನು ನವೆಂಬರ್ ೧ರಂದು ಆಚರಿಸಲಾಗುತ್ತದೆ. ಮೈಸೂರೂ ರಾಜ್ಯವು, ಈಗಿನ ಕರ್ನಾಟಕ ೧೯೫೬ ನವೆಂಬರ್ ೧ ರಂದು ನಿರ್ಮಾಣವಾದುದರ ಸಂಕೇತವಾಗಿ ಈ ರಾಜ್ಯೋತ್ಸವವನ್ನು ಆಚರಿಸಲಾಗುತ್ತದೆ.

ದಕ್ಷಿಣ ಭಾರತದ ಎಲ್ಲಾ ಕನ್ನಡ ಭಾಷೆ ಮಾತನಾಡುವ ಪ್ರದೇಶಗಳನ್ನು ವಿಲೀನಗೊಳಿಸಿ, ಒಂದು ರಾಜ್ಯವನ್ನಾಗಿ ಮಾಡಿದ ಈ ದಿನವನ್ನು, ಕನ್ನಡಿಗರು ನಾಡಹಬ್ಬವನ್ನಾಗಿ ಆಚರಿಸುತ್ತಾರೆ.

ರಾಜ್ಯೋತ್ಸವದ ದಿನ, ರಾಜ್ಯದ ಎಲ್ಲಾ ಜನರು ಆನಂದ ಮತ್ತು ಚಟುವಟಿಕೆಯಿಂದ ಆಚರಿಸುತ್ತಾರೆ. ಕೆಂಪು ಮತ್ತು ಹಳದಿ ಬಣ್ಣದ ಕನ್ನಡ ಧ್ವಜಗಳು ರಾಜ್ಯದ ಎಲ್ಲೆಡೆ ಹಾರಿಸಲ್ಪಡುತ್ತದೆ. ಕನ್ನಡ ನಾಡಗೀತೆ, 'ಜಯ ಭಾರತ ಜನನಿಯ ತನುಜಾತೆ'ಯನ್ನು ಹಾಡಲಾಗುತ್ತದೆ.

ಸರ್ಕಾರಿ ಕಛೇರಿ ಮತ್ತು ಹಲವಾರು ಪ್ರಮುಖ ಪ್ರದೇಶಗಳಲ್ಲಿ ವಾಹನಗಳ ಮೇಲೆ ನಾಡ ದೇವತೆಯಾದ ಭುವನೇಶ್ವರಿ ಚಿತ್ರವನ್ನಿಟ್ಟು ಮೆರವಣಿಗೆ ಮಾಡಲಾಗುತ್ತದೆ ರಾಜ್ಯೋತ್ಸವವನ್ನು ರಾಜ್ಯದ ಎಲ್ಲಾ ಜನರು ಧರ್ಮ-ಭೇದವಿಲ್ಲದೆ ಆಚರಿಸುತ್ತಾರೆ.

ಈ ದಿನ ವಿವಿಧ ಕ್ಷೇತ್ರಗಳಲ್ಲಿ ಗಣನೀಯ ಸೇವೆ ಸಲ್ಲಿಸಿದ ಸಾಧಕರಿಗೆ ಪ್ರಶಸ್ತಿ ನೀಡಿ ಗೌರವಿಸಲಾಗುತ್ತದೆ.

ಕೊನೆಯಲ್ಲಿ ಇಷ್ಟೇ ಹೇಳಲು ಬಯಸುತ್ತೇನೆ, ಎಲ್ಲಾದರೂ ಇರು, ಎಂದಾದರೂ ಇರು, ಎಂದೆಂದಿಗೂ ನೀ ಕನ್ನಡಿಗನಾಗಿರು.

**ಜೈ ಕರ್ನಾಟಕ ಮಾತೆ !!**

ಚಂದನಾ ಎಂ ಹಂದೆ

೧೦ ಬಿ

## ಪರಿಸರ

ನಮ್ಮ ಸುತ್ತ ಮುತ್ತ ಇರುವ ಪ್ರದೇಶಕ್ಕೆ ಪರಿಸರ ಎನ್ನುತ್ತೇವೆ. ನಮ್ಮ ಪರಿಸರದ ಬಗ್ಗೆ ಚೆನ್ನಾಗಿ ತಿಳಿದುಕೊಂಡು ಅದರ ಸ್ವಚ್ಛತೆಯ ಬಗ್ಗೆ ಒಳಿತನ ಬಗ್ಗೆ ಎಚ್ಚರಿಗೆ ವಹಿಸಿ ವರ್ತಿಸಿದಾಗ ನಾವು ಹಸನಾಗಿ ಬಾಳಬಹುದು.

ಗಿಡಮರಗಳು, ಪಶುಪಕ್ಷಿಗಳು ಪರಿಸರ ಪ್ರಕೃತಿದತ್ತವಾದವು. ಮಾನವ ಪರಿಸರವು ನಾವೇ ಸೃಷ್ಟಿಸಿಕೊಳ್ಳಬಹುದು. ಆಯಾ ಪರಿಸರಕ್ಕೆ ತಕ್ಕಂತೆ ಮಾರ್ಪಾಡುಗಳನ್ನು ಮಾಡಿಕೊಳ್ಳುತ್ತಾ ಅದಕ್ಕೆ ನಾವು ಹೊಂದಿಕೊಂಡು ನಡೆದಾಗ ನಮಗೆ ಬೇಕಾದಂತಹ ಹಾಯೆನಿಸುವ ಪರಿಸರವನ್ನು ಸೃಷ್ಟಿಸಿಕೊಳ್ಳಬಹುದು.

ಮನೆಯ ಆವರಣದಲ್ಲಿ ಒಂದು ಕೈ ತೋಟ ಮಾಡಿದಾಗ ಎಂತಹ ತಂಪು ನೀಡುವ ಹೂ ಬಿಟ್ಟಾಗ ಬಣ್ಣ ಬಣ್ಣಗಳಿಂದ ಕಂಗೊಳಿಸಿ ಒಳ್ಳೆಯ ಸುವಾಸನೆ ಬೀರಿದಾಗ ಎಂತಹ ಆನಂದ. ಇಂತಹ ಪರಿಸರ ಸೃಷ್ಟಿಮಾಡಿದ ಹೆಮ್ಮೆ ಯಾರಿಗೆ? ನಮ್ಮ ತೋಟವನ್ನು ಸ್ವಚ್ಛವಾಗಿ ಅಂದವಾಗಿ ಇಟ್ಟುಕೊಳ್ಳುವುದು ಒಂದು ಜವಬ್ದಾರಿಯ ಕೆಲಸ. ಇದೇ ಭಾವನೆಯು ಮುಂದುವರಿದು ಸಾರ್ವಜನಿಕ ತೋಟಗಳಲ್ಲಿಯೂ ಉದ್ಯಾನವನಗಳಲ್ಲಿಯೂ ಸಹ ನಮ್ಮ ನಡತೆ ಹೀಗೆ ಇರಬೇಕು. ಈ ಪರಿಸರವು ಅನೇಕ ಜನರಿಗೆ ಆನಂದ ಕೊಡುತ್ತದೆ. ಇಲ್ಲಿಯ ಹೂಗಿಡಗಳು ಅನೇಕರ ಕಣ್ಮನಗಳಿಗೆ ತಂಪೆರೆಯುತ್ತದೆ ಎಂದು ತಿಳಿದು, ಯಾವ ಗಿಡವನ್ನೂ ಹಾಳುಮಾಡದೆ, ಹೂಗಳನ್ನು ಕೀಳದೆ ಕೇವಲ ಆನಂದ ಪಡಬೇಕು. ಅಲ್ಲಿಯ ಸ್ವಚ್ಛತೆಗೆ ನಮ್ಮಿಂದಾಗಲೀ ನಮ್ಮ ಮಕ್ಕಳಿಂದಾಗಲೀ ಭಂಗಬಾರದಂತೆ ನಡೆದುಕೊಳ್ಳಬೇಕು. ಕಸಕಡ್ಡಿಗಳಿಗೆಂದೇ ಇಟ್ಟಿರುವ ಡಬ್ಬಗಳಲ್ಲಿಯೇ ನಾವು ಬಿಸಾಡುವ ಪದಾರ್ಥಗಳನ್ನು ಹಾಕಬೇಕು.

ಇಂದು ಪರಿಸರ ಮಾಲಿನ್ಯವು ಹೆಚ್ಚಾಗಿದೆ. ವಾಹನಗಳ ಸಂಖ್ಯೆಮಿತಿಮೀರಿ ಹೆಚ್ಚುತ್ತಿವೆ. ರಸ್ತೆಗಳಲ್ಲಿ ಬಿಡುವಿಲ್ಲದೆ ಚಲಿಸುವ ವಾಹನಗಳ ಇಂಧನದಿಂದ ಪ್ರತಿಕ್ಷಣದಲ್ಲಿಯೂ ವಾತಾವರಣವನ್ನು ಕಲುಷಿತ ಮಾಡುತ್ತದೆ. ತೀವ್ರಗತಿಯಿಂದ ಬೆಳೆಯುತ್ತಿರುವ ಕೈಗಾರಿಕೆಗಳು ಕಾರ್ಖಾನೆಗಳಂತೂ ಉರು ಪಟ್ಟಣಗಳನ್ನು ಮಾಲಿನ್ಯದಿಂದ ತುಂಬುತ್ತಿವೆ. ಇದನ್ನೆಲ್ಲಾ ಹತೋಟಿಯಲ್ಲಿಟ್ಟು ಆರೋಗ್ಯಕರವಾದ ಪರಿಸರವನ್ನು ಕಾಪಾಡಲು ಭಾರಿ ಯೋಜನೆಗಳನ್ನು ಹಾಕಬೇಕು. ಹಲವಾರು ದೊಡ್ಡ ಪಟ್ಟಣಗಳಲ್ಲಿ ಮಾದಕ ದ್ರವ್ಯಗಳೆಂಬ ಪಿಡುಗು ಮಕ್ಕಳ ಯುವಜನರ ಪರಿಸರವನ್ನು ಸಂಪೂರ್ಣವಾಗಿ ನಾಶಮಾಡುತ್ತಿವೆ.

ಪರಿಸರವು ಬೇರೆಯಲ್ಲ ನಾವು ಬೇರೆಯಲ್ಲ ಎಂದು ಅರಿತು ಪರಿಸರ ಪ್ರಜ್ಞೆಯನ್ನು ಬೆಳೆಸಿಕೊಂಡು ನಾಗರಿಕರು ನಡೆದುಕೊಂಡಾಗ ಇದಕ್ಕೆ ಪೂರಕವಾಗಿ ಸರ್ಕಾರವೂ ತನ್ನ ಸಹಕಾರವನ್ನು ನೀಡಿ, ಜನತೆಗೆ ಉತ್ತೇಜನಕೊಟ್ಟು ರಾಷ್ಟ್ರವನ್ನು ಮಾಲಿನ್ಯದಿಂದ ಮುಕ್ತಗೊಳಿಸಿ ಶುಭ್ರವಾದ ವಾತಾವರಣವನ್ನು ಕಲ್ಪಿಸುತ್ತದೆ. ಜನತೆಗೆ ನಮ್ಮದಿಯಾದ ಜೀವನ ದೊರಕುತ್ತದೆ. ಜನತೆಯ ನಮ್ಮದಿಯೇ ರಾಷ್ಟ್ರದ ನಮ್ಮದಿ.

ಅಶ್ವಾ ಫೆರಾವೊ

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ಸ೦ಸರಾರ್ ಆಯ್ಲೊ ವ್ಹಡ್ ಏಕ್ ಕೊರಾನಾ ದೊವ್ವಾರ್  
ದೊಕುನ್ ಜಾಲಾ ಕ೦ಗಾಲ್ ಸಗ್ಗೊ ಸ೦ಸಾರ್  
ವ್ಹಡಿಲಾ೦ಕ್ ತಶೆ೦ಚ್ ಆಮ್ಕಾ ಭುರ್ಗಾ೦ಕ್ ಕೆಲಾ೦ ತಾಣೆ೦ ವಿರಾರ್  
ಮ್ಹಜೆ೦ ಕಾಳಿಜ್ ರಡ್ತಾ ಕೊರೊನಾ ಮ್ಹಳ್ಳಿ ಪಿಡಾ ಚಿ೦ತ್ತಾನಾ  
ಸೊ೦ಪ್ಣಾ೦ತ್ ಕೊಣಿ ಚಿ೦ತು೦ಕ್ ನಾ

ಪಾತ್ಕಾಕ್ ಆಮ್ಕಾ೦ ಲಾಬ್ಲ್ಯಾ ಹಿ ವ್ಹಡ್ ಏಕ್ ಶಿಕ್ವಾ ಕೊಣ್ಣಾ  
ಉದೆವ್ನ್ ಯೆತಾ ನವೆ೦ ವರಸ್, ಭರ್ವಶ್ಯಾಚೆ೦ ಕಿರಣ್  
ಆಶೆತಾ೦ ಸಗ್ಗೆ೦ ಬರೆ೦ ಜಾ೦ವ್ಚ್ಯಾಕ್  
ಮಾಗ್ತಾ೦ ಭರುನ್ ಸ೦ತೊಸಾಚ್ಯಾ ಉಮಾಳ್ಕಾನ್

ಏ೦ಜೆಲ್ ವಿಯಾ ಬಾಬೊಜಾ

6 ಸಿ

### ಆಮ್ಚೆ೦ ಪರಿಸರ್

ಆಜ್ ಕಾಲ್ ಆಮ್ಚೆ೦ ಪರಿಸರ್ ಭಿಗಡ್ಲಾ೦. ಹಾಕಾ ಏಕ್ ಧೃಷ್ಟಾ೦ತ್  
ಜಾಗಾತಿಕ್ ಕೊವಿಡ್ 19. ಆಯ್ಲ್ಯಾ ಪರಿಸರಾ೦ತ್ ಆಮಿ ಸೆ೦ವ್ಚೆ೦ ನಿತಳ್  
ವಾರೆ೦, ಪಿಯೆ೦ವ್ಚೆ೦ ಉದಕ್ ಆನಿ ಖಾ೦ವ್ಚೆ೦ ಖಾಣ್ ಮ್ಹೆಳೆ೦ ಜಾಲಾ೦.  
ಆಮಿ ಭಲಾಯ್ಕಿ ಬರಿ ಆಸಾಜೆ ಜಾಲ್ಯಾರ್ ಪರಿಸರ್ ನಿತಾಳ್ ಆಸು೦ಕ್  
ಜಾಯ್. ಪರಿಸರ್ ಆಮ್ಚೆ೦ ಜಿವಿತ್ ನಿತಳ್ ಕರ್ತಾ. ಪರಿಸರಾ೦ತ್ ಆಸ್ಚಿ೦  
ರೂಕ್ ಝಾಡಾ೦ ಆಮ್ಚ್ಯಾ ದುಖಾಕ್ ಇಷ್ಟಾಗಾತೆಚೊ ಹಾತ್ ದಿತಾತ್.  
ಪರಿಸರಾ೦ತ್ ಜಿಯೆವ್ಚಿ೦ ಸುಕ್ಲಿ೦ ತಾ೦ಚಾ೦ ಮದುರ್ ನಾದಾನ್ ಆಮಿ  
ಖ೦ತ್ ಬೆಜಾರಾಯ್ ಪಯ್ಸ್ ಕರ್ತಾತ್. ಸುರ್ಯಾಚೊ ಪ್ರಕಾಸ್  
ಭೊ೦ವಾರಿ೦ ಆಸ್ಲೊ ಕಾಳೊಕ್ ನಾಸ್ ಕರ್ತಾ. ಪ್ರಕೃತಿ ಆಮ್ಕಾ೦ ಆಮಿ  
ಆಸ್ಲಾ ಬರಿಚ್ ಸ್ವಿಕಾರ್ ಕರ್ತಾ.

ಆಮ್ಚ್ಯಾ ಭೊ೦ವಣಿ ಆಸ್ಚ್ಯಾ ಪ್ರದೇಶಾಕ್ ಆಮಿ ಪರಿಸರ್ ಮ್ಹಣ್ತಾ೦ವ್.  
ಪರಿಸರಾ೦ತ್ ಸಜೀವ್ ಆನಿ ನಿರ್ಜೀವ್ ವಸ್ತು ಆಸಾತ್. ಮ್ಹನಿಸ್ ಪರಿಸರಾ  
ಕಡೆ ರಘುಜ್ ಕರ್ಚ್ ಆಸಾ. ಹಾಕಾ ಲಾಗುನ್ ಪರಿಸರಾ೦ತ್  
ಅಸಮೋತಲನಾಚೊ ಸಮಸ್ಯಾ ಉದೆಲಾ. ಮಹಾತ್ಮ ಗಾ೦ಧಿ ಮ್ಹಣ್ತಾ  
'ಪರಿಸರಾ೦ತ್ ಮ್ಹನ್ಯಾಚಿ ಆಶಾ ಭಾಗೊ೦ವ್ಚಿ ತಿಲ್ಲಿ ನೈಸರ್ಗಿಕ್  
ಸ೦ಪನ್ಮಳಾ೦ ಆಸಾತ್. ಪೂಣ್ ತಾಚಿ ದುರಾಶಾ ಧಾ೦ಬೊ೦ವ್ಚಿ ತಿಲ್ಲಿ  
ನ್ಹಯ್. ಹಿ ಉತ್ರಾ೦ ಆತಾ೦ಚಿ ಪರಿಸ್ಥಿತಿ ಪಳೆತಾನಾ ಖರಿ ಮ್ಹಣ್  
ಭೊಗ್ತಾ.

ಆರ್ತನ್ ಡಿಕುನ್ತಾ

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### ಶಿಸ್ತ್ ನಾತ್ಲೆ೦ ತ್ರೈವಿ೦ಗ್

ಆಮ್ಚ್ಯಾ ಮ೦ಗ್ಳುರಾ೦ತ್ ಥೊಡ್ಯಾ ವರ್ಸಾ ಥಾವ್ನ್ ತರ್ನಾಟಾಚ್ಯಾ  
ಹಾತಾ೦ತ್ ಮೊಟಾರ್ ಬೈಕಾ೦ ಚಡ್ಲ್ಯಾ೦ತ್.

ಬೈಕ್ ಹಾತಿ೦ ಮೆಳ್ಳೆ೦ಚ್ ತಾ೦ಕಾ೦ ಶಿ೦ಗಾ೦ ಪುಟಾತ್. ರಸ್ತಾರ್  
ಕಿಲ್ಲಿ೦ಯ್ ವಾಹಾನಾ೦ ಆಸು೦ ತಾ೦ಕಾ೦ ತೆ೦ ಖಿಚ್ಚೆ೦ಚ್ ಲಾಗಾನಾ. ಅಪ್ಲ್ಯಾ  
ಬೈಕಾಚೊ ವೇಗ್ ಚಡೊವ್ನ್ ಇಡೆ೦ ಆಸ್ಲಾ೦ ಕಡೆನ್ ಬೈಕ್ ರಿಗೊವ್ನ್  
ಆಪ್ಲೊ ವೇಗ್ ವಾಡೊವ್ನ್ ಪುಡೆ೦ ವೆತಾತ್. ತಾ೦ಚ್ಯಾ ವೆಗಾಕ್ ಕಸಲೆ೦ಚ್  
ನಿಯ೦ತ್ರಣ್ ಆನಿ ಮೀತ್ ನಾ. ವಾರ್ಯಾ ಉಬೊನ್ ಗೆಲ್ಲ್ಯಾ ಪರಿ ವೆತಾತ್  
ಆನಿ ನಿಮಾಣೆ ಆಪ್ಣಾಚ್ಯಾ ಆನಿ ಹೆರಾ೦ಚಾ ಮರ್ಣಾಕ್ ಕಾರಾಣ್ ಜಾತಾತ್.  
ದೊಕುನ್ ಆಮಿ ವಾಹನಾ ಚಲಯ್ತಾನಾ ಶಿಸ್ತ್ ಸಾ೦ಬಾಳಿಜೆ ಆನಿ ಅವ್ಹಡಾಕ್  
ಕಾರಣ್ ಜಾ೦ವ್ಕ್ ನಜೊ.

ಕ್ಲೆಡ್ ರೇಗೊ

7 ಸಿ

2019 varsanth havae Christmas acharan bhoḡ gaddalainth  
amcha kutma sangatha kelae. Pun 2020 varsacha Corona pidāe  
varvi soglae varas ani Christmas acharan bhoḡ santhosan  
korunk amka melunk na. Jalyari hae acharn ami amcha kutma  
ani sezara sangatha snathosan sambravinae kelae. Ruchik  
randap randun, sezarank kuswar ani cake vantun amcho  
santhos dhodtho kelo. Christmas festacha udasak sanjaer  
bhovuk gaelyanv ani sairancha ghara bhett divn nave ruchichae  
icecream kavḡ ghara patti ailyav. Magnae razar somphosh ho  
dees sambramacho na tari santhosan haven acharan kelo. Ho  
dees santhosan acharan karunk devan maka pavo kelyak devak  
aarga ditha.

Rhiannon Leon Pais

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### ಹಾಸನ್ ಗಾ೦ವಾ೦ತ್ ಮ್ಹಜಿ ರಜಾ

ಹಾ೦ವ್ ಮ್ಹಜ್ಯಾ ಕುಟ್ಮಾ೦ ಸಾ೦ಗಾತಾ ಹಾಸನ್ ಗಾ೦ವಾಕ್ ರಜೆರ್ ಗೆಲ್ಚಿ೦.  
ಆಮ್ಚೆ೦ ಪಯ್ಣ್ ಆಮಿ ಸ್ಕೂರ್ಪಿಯೊ ಜಿಪಾರ್ ಪ್ರಾರ೦ಭ್ ಕೆಲೆ೦. ಮ್ಹಜ್ಯಾ  
ಸಾ೦ಗಾತಾ ಆವಯ್, ಬಾಪುಯ್, ಬಾವ್ ಆನಿ ಸಗ್ಳಿ೦ ಸಯಿ೦ ಆಸ್ಲೆ೦.  
ವಾಟೆರ್ ವೆತಾನಾ ಆಮ್ಕಾ೦ ಜಾಯ್ತೊ ಪಾಚ್ಲೊ ಪರಿಸರ್ ಪಳೆ೦ವ್ಕ್ ಮೆಳ್ಳೊ.  
ಗುಡೆ, ರಾನ್, ಶೆತಾ೦, ತೋಟ್ ಅಶೆ೦ ಆಮ್ಚೆ೦ ಪಯ್ಣ್ ಮು೦ದರುನ್  
ನಿಮಾಣೆ೦ ಆಮಿ ಹಾಸನ್ ಪಾವ್ಲ್ಯಾ೦ವ್. ರಸ್ತೊ ಸಾರ್ಕೊ ನಾತ್ಲ್ಯಾನ್  
ಆಮ್ಚೆ೦ ಪಯ್ಣ್ ಕಷ್ಟಾ೦ಚೆ೦ ಜಾಲ್ಲೆ೦.

ದುಸ್ರ್ಯಾ ದಿಸಾ ಕಾಫಿ ಫಳಾರ್ ಜಾತಚ್. ಹಿತಾಲ್ ಭೊವು೦ಕ್ ಗೆಲ್ಯಾ೦ವ್.  
ಹಿತಾಲ್ ವ್ಹಡ್ಲೆ೦ ಆಸುನ್ ಜಾಯ್ತೆ ರೂಕ್, ಝಾಡಾ೦, ತಳೆ೦ ಪಳೆ೦ವ್ಕ್  
ಮೆಳ್ಳೆ೦. ಹಿತ್ಯಾ೦ತ್ ಗಾಯ್ ಆನಿ ಕು೦ಕ್ಡಾ ಆಸ್ಲೆ೦. ಉಪ್ರಾ೦ತ್ ಆಮಿ  
ಶೆರಾಕ್ ಭೊವು೦ಕ್ ಗೆಲ್ಯಾ೦ವ್. ಬಾಜಾರಾ೦ತ್ ಥೊಡೆ ವಸ್ತು ಫೆವ್ನ್ ಫರಾ  
ಪಾಟಿ೦ ಆಯ್ಲ್ಯಾ೦ವ್. ಸಾ೦ಜೆರ್ ಸೈರ್ಯಾ೦ ಸಾ೦ಗಾತಾ ಮ್ಹಜ್ಯಾ  
ಮಾ೦ಯಾಚೊ ಜಲ್ಮಾ ದೀಸ್ ಮೋವ್ ಸ೦ತೊಸಾನ್ ಆಚರಾಣ್ ಕೆಲೊ.  
ತಿಸ್ರ್ಯಾ ದಿಸಾ ಆಮ್ಕಾ೦ ಜಾಯ್ ಅಸ್ಲೊ ವಸ್ತು ತರಕಾರಿ, ಫುಲಾ೦ಚಿ೦  
ಝಾಡಾ೦ ಫೆವ್ನ್ ಆಮ್ಚ್ಯಾ ಮ೦ಗ್ಳುರಾಕ್ ಪಾಟಿ೦ ಆಯ್ಲ್ಯಾ೦ವ್.

ಅನೊರಾ ಜೊನ್ ಚಾಕೊ - 7 ಡಿ

### ಹಾ೦ವ್ ಲಿಸಾ೦ವ್ ಶಿಕ್ಲಿ೦

ಮಾರ್ಚ್ 2019 ಆಮಿ ಸಗ್ಳ್ಯಾ೦ನಿ ವಿಸ್ತು೦ಕ್ ಜಾಯ್ತಾ ತಸಲೊ ಮಯ್ಜೊ  
ಜಾವ್ನಾಸಾ. ಕೊವಿಡ್ ಪಿಡೆಕ್ ಲಾಗುನ್ ಲಾಕ್ ಡೊನ್ ಜಾರಿ ಕೆಲ್ಚೆ೦.  
ಇಸ್ಕೊಲಾ೦ ಆನಿ ದೇವ್ ಮ೦ದಿರಾ೦ ದಾ೦ಪ್ಲೆ೦. ಬಾಜಾರ್, ಆ೦ಗ್ಲಿ  
ದಾ೦ಪುಲ್ಲೊ. ರಸ್ತಾರ್ ಲೋಕ್ ನಾತ್ಲೊ. ಆಶೆ೦ ಆಸ್ತಾನಾ ಸಗ್ಳ್ಯಾ೦ನಿ  
ಏಕಾ ರಿತಿಚಿ ಬದ್ಲಾವಣ್ ದಿಸುನ್ ಆಯ್ಲಿ.

ಹ್ಯಾ ಲಾಕ್ ಡೊನಾಕ್ ಲಾಗುನ್ ಮ್ಹಜಾಯ್ ಜಿಣ್ಯೆ೦ತ್ ಜಾಯ್ತೆ೦  
ಬದ್ಲಾವಣ್ ಘಡು೦ಕ್ ಲಾಗ್ಲೆ೦. ರಜಾ ಲಾ೦ಬ್ ಜಾವ್ನ್ ಯೆತಾಚ್ ವೇಳ್  
ಪಾಶಾರ್ ಕರು೦ಕ್ ಕಷ್ಟ್ ಭೊಗ್ಲೆ. ಸದಾ೦ಚ್ಯಾ ಸ೦ಗಿ೦ನಿ ಬದ್ಲಾವಣ್ ಜಾ೦ವ್ಕ್  
ಸುರು ಜಾಲಿ. ಶಿಕ್ವಣ್ ಆನಿ ಮೀಸ್ ಅ೦ತರ್ ಜಾಲಾ೦ತ್ ಪ್ರಾರ೦ಭ್  
ಜಾಲೆ೦. ವಿವಿಧ್ ಧರಾಚಾ೦ ಚಟುವಟಿಕೆ೦ತ್ ಹಾ೦ವ್ ಮಗ್ಳು ಜಾಲಿ೦.  
ಪಿ೦ತು೦ರಾ ಸೊಡೊವ್ನ್ ರ೦ಗ್ ದಿ೦ವ್ಚೊ ಮ್ಹಜೊ ಹವ್ಯಾಸ್ ಜಾಲೊ. ಫರಾ  
ಥಾವ್ನ್ ಮ್ಹಾಕಾ ಪ್ರೊತ್ಸಾಹ್ ಮೆಳ್ಳೊ. ಭಯ್ಣಿ ಸಾ೦ಗಾತಾ ಮೆಳುನ್ ನವಿ೦  
ಖಾಣಾ೦ ಕರು೦ಕ್ ಶಿಕ್ಲಿ೦ ಆನಿ ಡಾಡಾ ಸಾ೦ಗಾತಾ ಬ್ಯಾಡ್ ಮಿ೦ಟನ್  
ಖೆಳು೦ಕ್ ಶಿಕ್ಲಿ೦. ಇಷ್ಟಿನೊ ಮೆಳಾನಾತ್ಯಾರಿ ಮ್ಹಜ್ಯಾ ಫರ್ವಾ೦  
ಸಾ೦ಗಾತಾ ಚಡ್ ವೇಳ್ ಹಾ೦ವೆ೦ ಪಾಶಾರ್ ಕೆಲೊ. ಹ್ಯಾ ಲಾಕ್  
ಡೊನಾವರ್ವಿ೦ ಜಾಯ್ತೆ೦ ಲಿಸಾ೦ವಾ೦ ಹಾ೦ವ್ ಶಿಕ್ಲಿ೦.

ಶ್ಯಾರನ್ ರಿಯಾನಾ ಪಾಯ್ಸ್ - 7 ಡಿ



## ಪ್ರಕೃತಿ ವಿಕೋಪ

ಪ್ರಕೃತಿ ವಿಕೋಪ ಹ್ಯಾ ದಿಸಾನಿ ಚಡ್ ಜಾಲಾಂ. ಪಯ್ಲೆಂ ಉಣೆಂ ಆಸ್ಲೆಂ ಪುಣ್ ಆತಾಂ ವಿವಿಧ್ ರಿತಿಚಿ ವಿಕೋಪಾಂ ಆಮ್ಕಾಂ ಪಳೆಂವ್ಕ್ ಮೆಳ್ತಾತ್. ಪಾವ್ನ್ ಯೇವ್ನ್ ಆವ್ನ್, ಭುಂಯ್ಕಾಂಪ್, ವಾರೆಂ ವಾದಾಳ್ ಹೆಂ ಸರ್ವ್ ಪ್ರಕೃತಿ ವಿಕೋಪಾಂ ಜಾವ್ನಾಸಾ. ಹ್ಯಾ ವಿಕೋಪಾಕ್ ಲಾಗುನ್ ಜಾಯ್ತೊ ನಷ್ಟ್ ಜಾತಾ. ಲೋಕ್ ಮರ್ತಾತ್, ಘರಾಂ, ಆಸ್ತ್ ಆನಿ ಜಾಯ್ತೊ ದುಡ್ ವಿಭಾಡ್ ಜಾತಾ. ಹಾಕಾ ಕಾರಣ್ ಕೊಣ್? ಲೋಕಾಚ್ಯಾ ಸ್ವಾರ್ಥಾ ಖಾತಿರ್ ಹೆಂ ಸಗ್ಳೆಂ ಘಡ್ತಾ. ಆಜ್ ಆಮಿ ಪರಿಸರ್ ಸಾಂಭಾಳ್ಚೆಂ ತರ್ ಆಸಲಿ ಪರಿಸ್ಥಿತಿ ಯೆನಾತ್ಲಿ. ಫುಡೆಂ ತರಿಂ ಚಿಂತುನ್ ಅಸಲಿ ಪರಿಸ್ಥಿತಿ ಯೆನಾಶೆಂ ಚತ್ರಾಯ್ ಘೆವ್ಚೊ.

ಕ್ರಿಸ್ ಪಿಂಟೊ - 7 ಡಿ

## ನಿರಶಾಂತ್ ಭರ್ವಸೊ

2020 ವರಸ್ ಆಮಾ ಸರ್ವಾಂಕ್ ಎಕ್ ನಿರಾಶಾಂತ್ ವರಸ್. ಕಿತ್ಯಾಕ್ ಕೊರೊನಾ 19 ಮ್ಹಳ್ಯೆ ಎಕ್ ಪಿಡಾ ಸಗ್ಳ್ಯಾ ಸಂಸಾರಾಕ್ ಮಾರೆಕಾರ್ ಜಾಂವ್ಕ್ ಪಾವ್ಲಿ. ಜಾಯ್ತೊ ಲೋಕ್ ಹ್ಯಾ ಪಿಡೆಂತ್ ಕಷ್ಟಾಂ ಆನಿ ಮರಣ್ ಪಾವ್ಲೊ. ಮಾಸ್ಕ್, ಸ್ಯಾನಿಟೈಜರ್ ವಾಪಾರುನ್, ಎಕಾಮೆಕಾ ಥಾವ್ನ್ ಪಯ್ಸ್ ರಾಂವ್ಚೆಂ ಪಡ್ಲೆಂ. ಇಸ್ರೊಲಾಂ, ದಪ್ತರಾಂ ಆನಿ ಸಗ್ಳೊ ವ್ಯಾಪಾರ್ ಬಂದ್ ಪಡ್ಲೊ ಆನಿ ಸಂಸಾರ್ ನಿಶಬ್ದ್ ಜಾಲೊ. ಲೋಕ್ ಕಾಮಾನಾಸ್ತಾನಾ ಕಷ್ಟಾಂ. ದುಬ್ಲೊ ಲೋಕ್ ಜೆವಣ್ ನಾಸ್ತಾನಾ ಭುಕೆಲೊ. ಸರ್ಕಾರ್ ಆನಿ ವಿವಿಧ್ ಸಂಘ್ ಸಂಸ್ಥೆ ಲೋಕಾಚ್ಯಾ ಕುಮ್ಮೆಕ್ ದಾಂಪುನ್ ಆಯ್ಲೊ.

ಹ್ಯಾ ಪಿಡೆ ವರ್ವಿ ಆಮಿ ಸರ್ವಾನಿ ಜಾಯ್ತೆಂ ಲಿಸಾಂವ್ ಶಿಕ್ಲ್ಯಾಂವ್. ಕೊರೊನಾ 19 ವರ್ವಿಂ ಮ್ಹಾಕಾ ಜಾಯ್ತೊ ಅನ್ಬೊಗ್ ಮೆಳ್ಳೊ. ಪ್ರತ್ಯೆಕ್ ರಿತಿನ್ ಪಯ್ಲೆಂ ಪಾವ್ಲಿ ಹಾಂವೆಂ ಅಂತರ್ಜಾಲ್ ಕ್ಲಾಪಿಚೊ ಅನ್ಬೊಗ್ ಜೊಡ್ಲೊ. ಮ್ಹಜ್ಯಾ ಆವಯ್-ಬಾಪುಯ್ ಸಾಂಗಾತಾ ವೇಳ್ ಪಾಶಾರ್ ಕರುಂಕ್ ಆನಿ ತಾಂಚಾಂ ಕಾಮಾಂತ್ ತಾಂಕಾ ಕುಮಕ್ ಕರುಂಕ್ ಆಮ್ಕಾಕ್ ಮೆಳ್ಳೊ. ಮ್ಹಜಿ ಆವಯ್ ಆನಿ ವ್ಹಡ್ಲಿಮಾಂಯ್ ಆಮ್ಚೆ ಖಾತಿರ್ ಕಿತ್ಲೆ ಕಷ್ಟ್ ಕಾಡ್ತಾತ್ ಮ್ಹಣ್ ಹ್ಯಾ ವೆಳಾರ್ ಮ್ಹಾಕಾ ಕಳುನ್ ಆಯ್ಲೆಂ. ವಿರಾಮಾಚ್ಯಾ ವೆಳಾರ್ ಚಿತ್ರಾಂ ಆನಿ ತಾಕಾ ರಂಗ್ ಸೊಡೊವ್ನ್, ಪುಲಾಂಚಿಂ ರೂಪಾಂ ವಾಡೊವ್ನ್ ಮ್ಹಾಕಾ ಮೆಳ್ಳೊಲೊ ವೇಳ್ ಬರ್ಯಾ ರಿತಿನ್ ಉಪಯೋಗ್ ಕೆಲೊ. ಜೆವಣ್ ವಿಬಾಡ್ ಕರಿನಾಸ್ತಾನಾ ಎಕಾಮೆಕಾ ವಾಂಟುನ್ ಖಾಂವ್ಕ್ ಶಿಕ್ಲ್ಯಾಂವ್. ದೆವಾನ್ ಹ್ಯಾ ಪಿಡೆ ಥಾವ್ನ್ ಆಮ್ಚ್ಯಾ ಕುಟ್ಮಾಕ್ ಆನಿ ಹೆರ್ ಕುಟ್ಮಾಕ್ ರಾಕುನ್ ವೆಲಾಂ. ತಾಕಾ ಹಾಂವ್ ಸದಾಂಚ್ ಆರ್ಗಾಂ ದಿತಾಂ.

ಎಲಿಶಿಯಾ ಬ್ಯಾಪ್ಟಿಸ್ಟ್  
8 ಎ

## ಉಗ್ತಾಸಾಚೆಂ ವರಸ್

ಮ್ಹಜ್ಯಾ ಜಿವಿತಾಂತ್ ಲಾಕ್ ಡೆನ್ ಮ್ಹಳ್ಯೊ ಸಬ್ದ್ ಹಾಂವೆಂ ಪಯ್ಲೆ ಪಾವ್ಲಿ ಆಯ್ಕೊ. ಹೆಂ ಕಿತೆಂ ಮ್ಹಣ್ ಹಾಂವ್ ಚಿಂತುಂಕ್ ಲಾಗ್ಲೊಂ. ಉಪ್ರಾಂತ್ ಮ್ಹಾಕಾ ಕಳೊನ್ ಆಯ್ಲೆಂ. ಕೊರೊನಾ 19 ಮ್ಹಳ್ಯೊ ಸಾಂಕ್ರಾಮಿಕ್ ರೋಗ್ ಸಗ್ಳ್ಯಾ ಸಂಸಾರಾಕ್ ವಿಸ್ತರಲ್ಲ ಆನಿ ಹಾಕಾ ಲಾಗುನ್ ಸರ್ವ್ ರಾಷ್ಟ್ರಾಂನಿ ಲಾಕ್ ಡೆನ್ ಜಾರಿ ಕರುಂಕ್ ಯೋಜನ್ ಘಾಲಾಂ.

ಹ್ಯಾ ಲಾಕ್ ಡೆನ್ ವೆಳಾ ಮ್ಹಾಕಾ ಘರಾಚ್ಚ್ ಬಸ್ಚೆಂ ಪಡ್ಲೆಂ. ಹ್ಯಾ ಪಿಡೆಕ್ ಲಾಗುನ್ ಮ್ಹಜಿ ಮಮ್ಮಿ ಮ್ಹಾಕಾ ಘರಾ ಭಾಯ್ರ್ ವಚುಂಕ್ ಸೊಡ್ತಾತ್ಲಿ. ಸರ್ವ್ ವಾರ್ಷಿಕ್ ಪರೀಕ್ಷಾ ರದ್ದ್ ಜಾಲ್ಲ್ಯಾನ್ ಹಾಂವ್ 8ವೆ ಕ್ಲಾಸಿಕ್ ಉತ್ತೀರ್ಣ್ ಜಾಲೊಂ. ತೀನ್ ಮಯ್ಚ್ಯಾ ಉಪ್ರಾಂತ್ ಅಂತರ್ಜಾಲಾ ಮುಖಾಂತ್ ಶಿಕ್ಷಣ್ ಪ್ರಾರಂಭ್ ಜಾಲೊ. ಹೆಂ ಶಿಕ್ಷಣ್ ಜಾಯ್ತೆ ಮಯ್ಚೆಂ

ಮುಂದರುನ್ ವೆಲೆಂ. ಹ್ಯಾ ಕೊರೊನಾ ಪಿಡೆ ವರ್ವಿ ಹಾಂವ್ ಜಾಯ್ತೆಂ ಲಿಸಾಂವ್ ಶಿಕ್ಲೊಂ. ಪ್ರತ್ಯೆಕ್ ಜಾವ್ನ್ ಶಿಸ್ತ್, ನಿತಾಳಾಯ್. ಅಂತರ್ ಸಾಂಭಾಳ್ಚೆಂ, ವಾಂಟುನ್ ಖಾಂವ್ಚೆಂ ಆನಿ ಹೆರಾಂಕ್ ಕುಮಕ್ ಕರ್ಚೆಂ. ಅಸಲಿ ಪಿಡಾ ಆನಿ ಮುಖಾರ್ ಯೆನಾ ಜಾಂವ್ ಮ್ಹಣ್ ದೆವಾಲಾಗಿಂ ಮ್ಹಜೆಂ ಮಾಗ್ಲೆಂ.

ಹ್ಯಾನ್ಸನ್ ಜೆ ಡಿಸೋಜ  
8 ಬಿ

## ಆಮಿ ಶಿಕಪ್ ಶಿಕಜಾಯ್

ಆತಾಂ ಇಸ್ರೊಲಾಕ್ ರಜೆಜೆ ದೀಸ್  
ನಾಚುನ್ ಉಡುನ್ ಹಾಸ್ತೆ ದೀಸ್  
ಮಾಲ್ಹಡ್ಯಾಂಕ್ ಪೊಕ್ರಿ ಕರ್ನ್ ಉಪಾದ್ರ್ ದಿಂವ್ಚೆ ದೀಸ್

ಹ್ಯಾ ರಜೆಂತ್ ಪಿಕ್ಲಿಕ್ ನಾ ಬಾಯ್ರ್ ಉಗ್ತೆಂ ಭೊಂವುಕ್ ನಾ  
ಇಷ್ಟಿಣಿ ಸಾಂಗಾತಾ ಮೆಳ್ಕುಂಕ್ ನಾ  
ರುಚಿಕ್ ಖಾಣ್ ಖಾಂವ್ಕ್ ಆಮ್ಕಾಕ್ ನಾ

ಹಾಸುನ್ ಬೆಳ್ಳಿ ಪ್ರಾಯ್ ಆಮ್ಚಿ  
ಫುಡಾರಾಚಿಂ ಸಪ್ತಾಂ ದೆಖ್ಚಿಂ ಆಮಿ  
ಫುಡೆಂ ಸರ್ಯಾಂ ಜೊಡುಂಕ್ ಬರೆಂ ಶಿಕ್ಷಣ್

ಜಾಣಾರ್ಯಾಂನಿ ಸಾಂಗ್ಲಾಂ ದೆಶಾಚೆ ಖಾಂಬೆ ಆಮಿ  
ಫುಡಾರ್ ಜಾಯ್ ತರ್  
ಶಿಕಪ್ ಶಿಕಜಾಯ್ ಆಮಿ

ಪಾಲಾನ್ ರಿವಾ ಡಿಕೊಸ್ಕಾ  
8 ಬಿ

## ರೂಕ್ ರೂಪಾಡಾಂಚೊ ಮಹತ್ವ್

ರೂಕ್ ರೂಪಾಡಾಂ ಮನ್ಶ್ಯಾ ಜಿವಾನಾಂತ್ ಮಹತ್ವಾಚೊ ಪಾತ್ರ್ ಘೆತಾತ್. ರೂಕ್ ರೂಪಾಡಾಂ ಪ್ರಕೃತಿನ್ ಮನ್ಶ್ಯಾಕ್ ದಿಲ್ಲೆಂ ಏಕ್ ವರದಾನ್. ರೂಕ್ ರೂಪಾಡಾಂ ಪ್ರಕೃತಿಚಿ ಸೊಭಾಯ್ ವಾಡಾಯ್ತಾತ್ ಆನಿ ದೊಳ್ಕಾಂಕ್ ಸುಶೆಗ್ ದಿತಾತ್. ರೂಕ್ ರೂಪಾಡಾಂ ಏಕಾಚ್ ರಿತಿಚಿ ನಾ ತರೀ ತಾಚೆ ಗೂಣ್ ಆನಿ ಸ್ವಭಾವ್ ಎಕಾಮೆಕಾ ಹೊಂದುನ್ ಆಸಾತ್. ಕಿತ್ಲೆಂಯ್ ವತ್ ಆನಿ ಪಾವ್ನ್ ಆಯ್ಲ್ಯಾರೀ ತಾಂಕಾ ಕಾಯಿಂಚ್ ಜಾಯ್ನಾ. ಭುಮಿಚೆಂ ಉದಕ್ ಆನಿ ವಾರೆಂ ಸೆವುನ್ ವಾಡಾತ್ ವೆತಾತ್.

ಹ್ಯಾ ಕಾಳಾರ್ ಮ್ಹನಿಸ್ ಪ್ರಕೃತಿಚಿ ಸೊಭಾಯ್ ಚಾಕುಂಕ್ ಚುಕ್ಲಾ. ಪ್ರಕೃತಿ ವಡೊಂವ್ಚ್ಯಾ ಬದ್ಲಾಕ್ ತಿ ನಾಸ್ ಕರುಂಕ್ ಸೊಡ್ತಾ. ಆತಾಚಿಂ ಪಿಳ್ಗಿಂ ಅಂತರ್ಜಾಲಾಚಾ ಪ್ರಭಾವಾನ್ ಪ್ರಕೃತಿಚಿ ಸೊಭಾಯ್ ಪಳೆಂವ್ಕ್ ವಿಸ್ರೊನ್ ಘೆಲ್ಯಾಂತ್. ರೂಕ್ ರೂಪಾಡಾಂ ಥಾವ್ನ್ ಮೆಳ್ಳೆಂ ತೆಂ ಆರ್ಯವೆದಿಕ್ ವಕತ್ ಪಕತ್ ವಯ್ಲಾಂಕ್ ಕಳಿತ್ ಆಸಾ. ಆತಾಂ ಆಮಿ ಸೆಂವ್ಚೆಂ ನಿತಳ್ ವಾರೆಂ ತ್ಯಾ ರೂಪಾ ರೂಪಾಡಾಂ ಥಾವ್ನ್ ಆಮ್ಕಾಂ ಫಾವೊ ಜಾತಾ ಮ್ಹಣ್ ಆಮ್ಚ್ಯಾ ಪಿಳ್ಗಾಂಕ್ ಖಿಳತ್ ನಾ. ಫುಡೆಂ ತರೀ ತಾಣಿಂ ರೂಕ್ ರೂಪಾಡಾಂಕ್ ಗೌರವಾನ್ ಪಳೆವ್ನ್, ತಿಂ ಸಾಂಬಾಳುನ್ ಆಮ್ಚಿ ಪ್ರಕೃತಿ ವಾಡಯ್ಲ್ಯಾರ್ ಆಮ್ಕಾಂ ನಿತಳ್ ವಾರೆಂ ಸೆವುಂಕ್ ಮೆಳ್ತಾಲೆಂ.

ರೂಕ್ ರೂಪಾಡಾಂ ವಾಡಾಯ್  
ಪರಿಸರ್ ಉರಯ್

ಕಿಂಬಲಿ ಫರ್ನಾಂಡಿಸ್ - 8 ಡಿ

## ವೆಳಾಚೊ ಬರೊ ಉಪಯೋಗ್

2020 ಮಾರ್ಚ್ ಮಯ್ಚ್ಯಾಚಿ 24 ತಾರೀಕ್ ಮ್ಹಾಕಾ ಭಿರಾಂತ್ ಹಾಡ್ಲಿ ತಾರೀಕ್. ಮ್ಹಜ್ಯಾ ಜಿವಿತಾಂತ್ ಎದೊಳ್ ಮ್ಹಣಾಸರ್ 'ಲಾಕ್‌ಡೌನ್' ಕಿತೆಂ ಮ್ಹಣ್ ಮ್ಹಾಕಾ ಕಳಿತ್ ನಾತ್ಲೆಂ. ಸರ್ವೆರ್ ಇಸ್ಮೊಲಾಕ್ ವಚುಂಕ್ ನಾ, ಪರೀಕ್ಷೆ ಬರೊಂವ್ಕ್ ನಾ ಮ್ಹಣ್ ಸಂತೊಸ್ ಭೊಗ್ಲೊ ತರೀ ವೇಳ್ ಪಾಶಾರ್ ಜಾತಾಚ್ ಮ್ಹಾಕಾ ಉಬೊಣ್ ಭೊಗ್ಲೊ. ಮ್ಹಜ್ಯಾ ಬಾಪುಯ್, ಆವಯ್ ಆನಿ ಭಾವಾನ್ ಮ್ಹಾಕಾ ವೆಳಾಚೊ ಬರೊ ಉಪಯೋಗ್ ಕರುಂಕ್ ಶಿಕಯ್ಲೆಂ.

ಸಕಾಳಿಂ ಮ್ಹಜ್ಯಾ ಆವಯ್ಕ ಹಾಂವೆಂ ಘರ್ ಕಾಮಾಂತ್ ಕುಮಕ್ ಕೆಲೆಂ. ಘರಾಂ ಭೊಂವ್ತಣಿ ಆಸ್ಲ್ಯಾ ಫುಲಾಂ ರುಪಾಡಾಂಕ್ ಉದಕ್ ಘಾಲೆಂ ಆನಿ ಹಿತಾಲ್ ನಿತಳ್ ಕೆಲೆಂ. ಮ್ಹಜ್ಯಾ ಆವಯ್ ಸಾಂಗಾತಾ ಮೆಳುನ್ ಥೊಡಿಂ ಖಾಣಾಂ ಕರುಂಕ್ ಶಿಕೊಂ. ಪುಸ್ತಕಾಂ ವಾಚುನ್ ಮ್ಹಜಿ ಜಾಣ್ವಾಯ್ ವಾಡಾಯ್ಲಿ. ಭಾವಾಚಾ ಸುಚನಾ ಪ್ರಕಾರ್ ಸ್ಪ್ಯಾನಿಶ್ ಭಾಸ್ ಶಿಕುಂಕ್ ಪ್ರಯತ್ನ್ ಕೆಲೆಂ. ಖೆಳ್ ಖೆಳುನ್ ಕುಡಿಕ್ ಥೊಡೊ ವ್ಯಾಯಾಮ್ ದಿಲೊ. ದೆವಾನ್ ದಿಲ್ಲೊ ಹೊ ಮೊಲಾದಿಕ್ ವೇಳ್ ಹಾಂವೆಂ ಬರ್ಯಾ ರಿತನ್ ಖರ್ಚುನ್ ಜಾಯ್ತೆಂ ಬರೆಪಣ್ ಜೊಡ್ಲೆಂ. ಇಸ್ಮೊಲಾಕ್ ವಚುಂಕ್ ಆತುರಾಯೆನ್ ರಾಕುನ್ ರಾವ್ಲೆಂ.

ನೀಲ್ ಲೊಯ್ಡ್ ಫೆರ್ನಾಂಡಿಸ್

8 ಡಿ

## ದುಬಾಯಾಂತ್ ಸ್ಕ್ರಮೀಕ ರೋಗ

ದುಬಾಯ್ ಏಕ್ ಗ್ರೆಸತ್ ರಾಶ್ಟ್ರ್. ಏಸಲ್ಯ ಗ್ರೆಸತ್ ರಾಶ್ಟ್ರಾಕ್ ಕೋರೊನಾ ಸ್ಕ್ರಮೀಕ ರೋಗನ್ ವೆಡೊ ಗಲೊ. ಪುಣ ಹಾಗ್ಚಾ ಅಧಿಕಾರಿನ್ ವೆಡ್ ವಿಬಡಿನಸ್ತಾಂ ಸರ್ವ್ ಸುರಾಕ್ಷ ಕಾಮಾ ಹಾತಿ ಗೆತಲಿ. ಸರ್ವ್ ಕಾರ್ಯಕ್ರಾಮಾ ರದ್ ಕೆಲಿ.

ಇಸ್ಕೂಲಾಂ, ಮಾರ್ಕೆಟ್, ದಾಪತಾರಾಂ ದಾಂಪಲಿಂ. ಲೋಕಾಂಕ್ ಜಾಯ್ ಜಾಲಯೊ ಸಾಂವ್ಲಾತ್ಯೊ, ವಾಕತಾಂ ದಿಲಿಂ. ವಿಮಾನ್ ತಿಡ್ ದಾಪಲೆಂ. ಹಾಚೊ ಪ್ರಾಯೋಗ್ ಜಾವನ್ ಲೋಕಾಂಚಿಂ ಭಾಲಾಯಕಿ ಬರಿ ಜಾಲಿ. ಪಿಡಾಂ ಉಣ್ ಜಾಲಿ. ಲೋಕಾಂನಿ ಅಪಲ್ಯ ಕಾಮಾಕ್ ವಚುಂಕ್ ಸುರು ಕೆಲೆಂ. ದಾಂಪಲಿಂ ಇಸ್ಕೂಲಾಂ ಉಣ್ ಜಾಲಿಂ. ಸಾಗಡ್ಲೆಂ ಬಾರೆಂ ಜಾವುಂಕ್ ಪಾವಲೆಂ. ಹಾವ್ನ್ ಯಾ ಗವಾಂತ್ ಶಿಕಲಿಲಿಂ.

ಜೆನ್ ವಿ ಮೋರಾಸ್

7 ಬಿ

## ಸದ್ರೆಂ ಆನಿ ಪುನರಜೀವಿತ್

ದಿಲ್ಲ್ಯಾ ತೊಡಯಸ್ ಅವದೆಂ

ಸದ್ರೆಂ ಅಪಲೆಂ ಕಾಮ ಸಪೂರ್ಣ್ ಕರ್ತಾ ..

ಹೆಂ ಪಡ್ಲೆಂ ದೆವ್ ತಾಕಾ

ವೆಗ್ಳಿಂ ಅಪಯತಾ ..

ಆಮಾವಾಶೆಸೊ ಕಡ್ಲೊಕ್ ಪಡ್ಲೆಂ

ಸದ್ರೆಂ ಮಾಕ್ ದೆವ್

ಪುನಾಜೀವಾನ್ ದೀತಾ

ಏವರೀಲ್ ಮಾತಾಯಸ್

8 ಬಿ

## ಅತಾಂರಜಾಲ ಶಿಕ್ಷಣ

ಆಜ್ ಕಾಲ ಸಾಸಾರಾಂತ್ ಅತಾಂರಜಾಲ ವರ್ವಿಂ ಜಾಯತಿ ಪ್ರಗತಿ ಜೊಡ್ಲಿ. ಹಾಚೆ ವಾರ್ವಿಂ ಆಮಿ ಕೀತೆಂಯ್ ಕಾಮ್ ಕರುಂಕ್ ಸಕ್ತಾವ್. ಹಾತುಂ ಪ್ರಮುಕ್ ಜಾವನಾಸಾ ಅತಾಂರಜಾಲ ಶಿಕ್ಷಣ. ಕೋರೊನಾ ಪಿಡೆ ವಾರ್ವಿಂ ಇಸ್ಕೂಲಾಂ ದಾಪಲ್ಯಾಂತ್. ಭುರ್ಗ್ಯಾಂಕ್ ಶಿಕ್ಷಣ ಮುಂದಾರುನ್ ವಾರುಂಕ್ ಪಾಡಲ್ಯಾ ಏಕಾ ವಾರಸಾ ತಾವನ್ ಅತಾಂರಜಾಲ ಶಿಕ್ಷಣ ಪ್ರಾರಂಭ್ ಜಾಲಾಂ. ಹಾಚೆ ವಾರ್ವಿಂ ಭುರ್ಗ್ಯಾಂಕ್ ಬಾರೆಂ ಶಿಕ್ಷಣ ಪಾವೊ ಜಾಲಾಂ. ಭುರ್ಗ್ಯಾಂಕ್ ಇಸ್ಕೂಲಾಕ್ ವಾಚುಂಕ್ ಉಮೆದ್ ಆಸಾ ತಾರಿ ಯಾ ಪಿಡೆಕ್ ಲಾಗುನ್ ಹೆಂ ಅತಾಂರಜಾಲ ಶಿಕ್ಷಣ ಆಮಿ ಮುಂದಾರುನ್ ವಾರಾಜೆ ಪಾಡತಾ.

ಏಶೊಲ್ ಕೊನಶೆಸೊ  
7 ಬಿ

## ಅಮಚಿ ಸುರಾಕ್ಷ ಅಮಚಾಯ್ ಹಾತಾಂತ್

ವಾಯ್ ಯಾ ಸ್ಕ್ರಮೀಕ್ ಪಿಡೆ ವೆಡ್ಲಾರ್ ಅಮಚಿ ಸುರಾಕ್ಷ ಆಮಿ ಸಬಾಡ್ಲಿಜೆ. ನಾ ಜಾಲ್ಯಾರ್ ಅಮಚ್ಯಾ ಪಿಡೆಕ್ ಅಮಿ ಸ ಕಾರಣ್ ಜಾತಾವ್. ಪ್ರತಯೆಕ್ ರೀತಿನ್ ಬಾಯರ್ ವೆತಾನಾ ಆತಂ ಸಂಬಾಡ್ಲೆಂ, ಹೆರಾಂ ಲಾಗಿ ಉಲಾಯತಾನಾ ಪಯಸ್ ರಾವುನ್ ಉಲೊವ್ಚೆಂ, ತೊಡಾಂಕ್ ಮಾರ್ಕ್ ಗಲ್ಚೆಂ. ಘರಾ ಪಾटीಂ ಅಯಿಲ್ಯಾ ವೆಡ್ಲಾರ್ ಸಾಬು ಗಲ್ನ್ ಹಾತ್ ದುಂವ್ಚೆ, ವಾಸ್ತುರ್ ಆನಿ ಘರ ನಿತ್ಲೆ ದಾವಾರ್ಚೆಂ. ಅಶೆಂ ಕೆಲ್ಯಾರ್ ಯಾ ಕೋವಿಡ್ ಪಿಡೆ ತಾವನ್ ಅಮಕಾ ಆಮಿ ಸಾಬಡ್ಲೆ.

ನೀನಾ ಏಂ ಮಾಡತಾ  
7 ಸಿ



## Together in Gratitude.....

Respected Fr Principal....

This is Mr. & Mrs. Reddy Dhanumjaya Rao, parents of Lalit Nagaditya and Lalit Nagachandra (KG II A).

Sir hearty congratulations for ending this academic year successfully. With ur guidance and teachers hardwork, our children successfully completed their syllabus.... Teachers have put all their efforts on online/offline classes which helped us teach our children.... Personally I came to know the method of teaching... Once again our hearty wishes to you, teachers and other supporting staff for this achievement... "Thank you very much sir".

Lalit Nagaditya and Lalit Nagachandra (KG II A).

Dear Fr Principal,

Every school will have a leader who gives motivation, confidence and support to all the students as well as the staff. We are also fortunate to have such a leader at Lourdes Central School and it is none other than you dear Principal Rev. Fr. Robert D'Souza.

You have been tirelessly working in our school for so many years and played a pivotal role in raising its standards to a whole new level. You have been successful in making progress in both academics and extra-curricular activities at our school. Under your guidance and motivation, our school also won many accolades, latest being the International School Award for the period of 2019-22. Every year LCS excel in results of classes X & XII, with the success path and confidence shown by you to the students. You have organized many activities and competitions for students from Kindergarten to Class XII, to bring out the hidden talents at all levels and help them for their bright future. God bless you!

With respect and love,  
Nived, On behalf of Class V D





Respected Fr Principal,

On behalf of all the teachers, students and parents of class V A, I would like to Thank you sir, for being a strong, motivating, inspiring and supportive mentor to each one of us. Your dedication has certainly helped every single kid to explore his/ her talent in academics, sports and other extracurricular activities.

"A good education can change anyone. A good teacher can change everything"- Thank you proving this true.

Regards and wishes,

Shwetha Karthik,  
Proud Parent of Lourдите. Class V A.

Dear Fr Principal

This little note comes to you with warm wishes and best regards.

On this occasion, we wish to put on record our appreciation for the wonderful guidance to, and care of, our children that you are ensuring at Lourdes. The school has attained high standards since you have taken over the stewardship.

Thank you Father Principal for your selfless service to humanity, and, in particular to our children, in shaping them to become good human beings.

We wish you all the very best in your future endeavors.

Sincerely yours,  
Vilma and Anil Patrao, on behalf of parents of class VII A.

Dear Fr Principal,

The most dynamic Principal Lourdes has ever seen. Kudos to you on handling our education during the pandemic and for making sure it went on without a hitch. Your energy and motivation is very much inspiring. The first thing we see when entering the school is the smile you greet us with and that is definitely a great way to start off our day. Wishing you success in everything you do.

On behalf of class VII D, Dear Principal, you are greatly appreciated.

Dear Fr Principal,

Your positive attitude and constant encouragement has been the driving force behind the hardwork and dedication of our teachers and the achievements of our students.

As the saying goes 'Rough waters are the truer tests of leadership. In calm waters every ship has a good captain.'

It is in your courageous leadership that the school has taken extraordinary measures to ensure that the learning process of our children has not been affected in any way during this pandemic. Extremely grateful to you Sir and your entire team for all the sincere efforts taken to teach encourage and motivate our children even when they were in the safe confines of their homes.

Really proud that my children are learning in this esteemed institution which is guided by an exceptionally kind, dynamic and qualified leader like you. God Bless you Sir with great health and happiness always.

Yours sincerely,

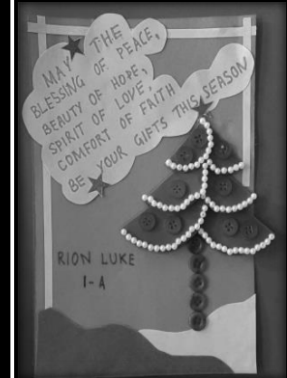
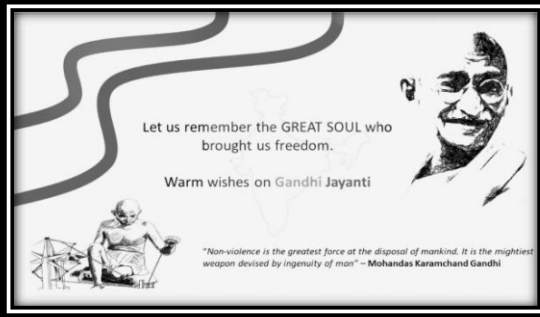
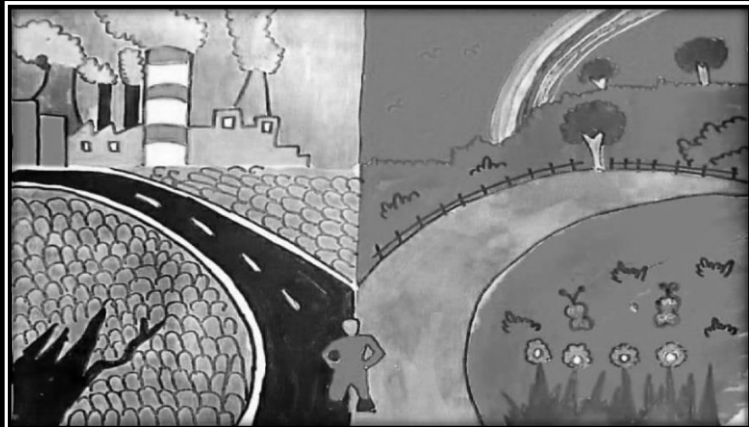
Dr Bhavana Karkera  
P/O Anika B - Class X A  
Anoushka B - Class VI B

Having you as a School Principal for the past five years has been a true blessing. We appreciate your tireless efforts to improve the school and the lives of our students. Your hard work is the foundation of their achievement. We can only imagine how difficult the job of school principal is but you handle it with grace and enthusiasm. Though this academic year was affected by corona pandemic all efforts were made by you and your dedicated team to provide good education through online and virtual classes. Your unstinted support and cooperation to the students and staff who took part in various activities enabled to bring laurels to the school. You r not just a principal in designation but a true visionary leader to this mighty institution - LCS. My daughters Angel from VI C and Amyl from II A say that u r a ROCKSTAR of our school.

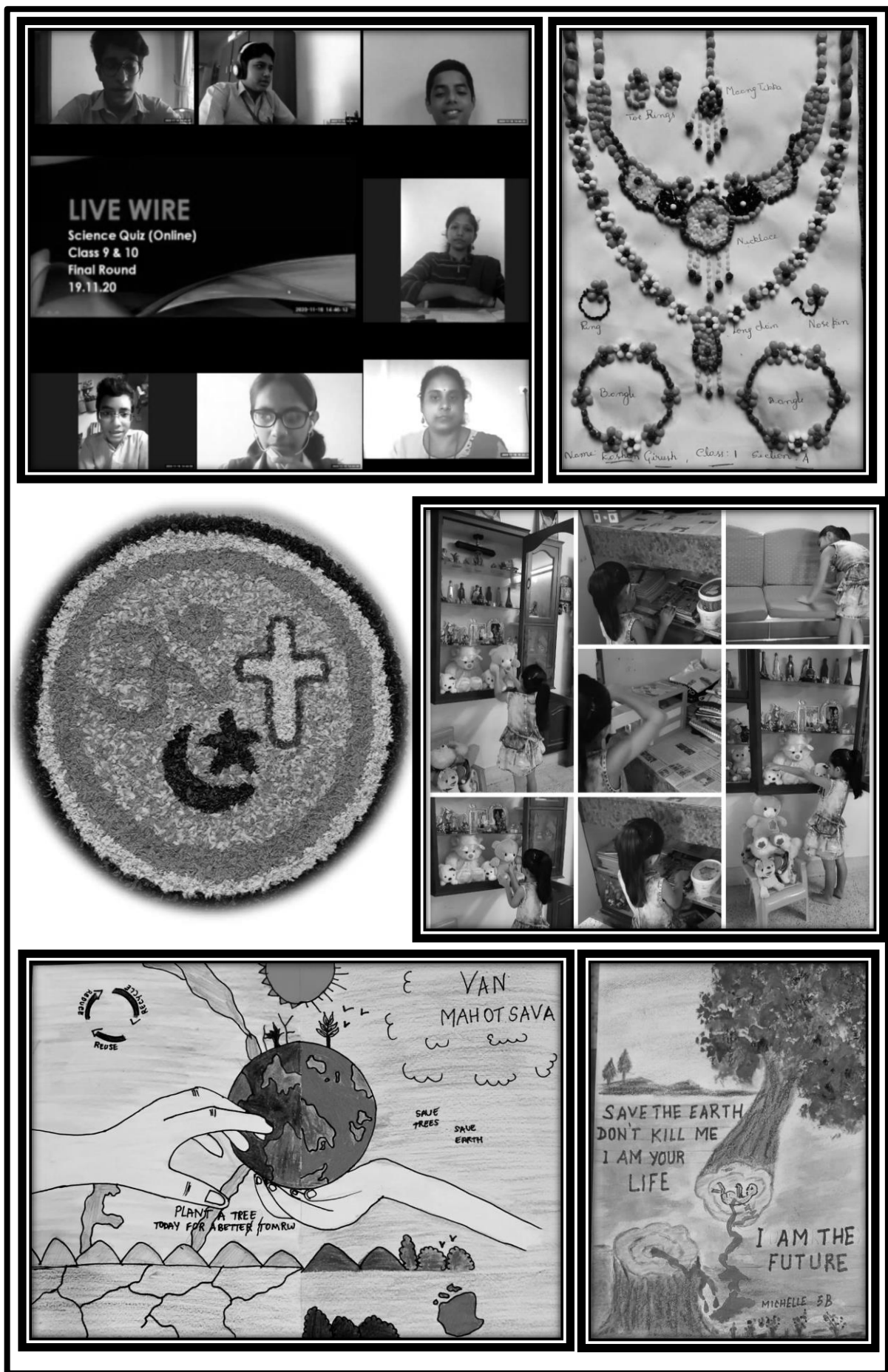
I thank u for your endless patience and dedication.

Best wishes from  
Vinitha cutinha / Barboza

## Various Online Activities ...







# **SPEECH DELIVERED ON IMPORTANT EVENTS BY STUDENTS**

## **VANAMAHOTSAVA**

Van Mahotsav is an annual tree-planting festival in India, celebrated in the first week of July. This movement was initiated in the year 1950. This festival has gained immense national importance. Every year, millions of saplings are planted all across India in observation of the Van Mahotsav week.

It is expected that every citizen of India has to plant a sapling in the Van Mahotsav week. It helps spread awareness amongst people about the harm caused by the cutting down of trees. People celebrate Van Mahotsava by planting trees or saplings in homes, offices, schools, colleges, etc. Awareness campaigns are held at various levels. Novel promotions like free distribution of saplings are also taken up by various organizations and volunteers.

The planting of trees during the festival serves various purposes; like providing alternative fuel, increase production of food resources, helps create shelter-belts around fields to increase productivity, provide food for cattle, offers shade and decorative landscapes, helps conserve soil, etc. The festival educates the awareness of trees among people and portrays the need of planting and tending of trees, as trees are one of the best ways to prevent global warming and reduce pollution. Van Mahotsava is celebrated as a festival of life.

You plant a tree you plant a life.

**Shanthala G D**  
**VIII B**

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## **HEALTH WEEK**

Once Mahatma Gandhi said, "It is health which is real wealth and not pieces of gold and silver". There is nothing in our life, which is more valuable than good health. Without health, there is no happiness, peace and success in life. A person with bad health cannot enjoy the pleasure of being wealthy. Good health is a boon and the real jewel of life. The wealth of health can be obtained in a number of ways like regular exercise, good food, good thoughts and hygiene.

A healthy person does not have a need to spend money on medicines and visiting doctors. On the other hand, a lazy person is more likely of getting a disease. A healthy person enjoys good food and sound sleep. For him the world is beautiful and life is full of joy. He always remains happy and cheerful. He may be poor and have to work very hard to earn his living, but even the richest man would envy him for his good health. By health, however, we mean a state of complete physical, mental and social well-being.

Several things contribute to good health. Fresh air and sunlight are very important for our health. A filthy and damp surrounding can cause diseases. Fresh and pure drinking water and wholesome food are essential for healthy body. A balanced diet helps the proper growth of the body. Moreover, in order to keep the body healthy, we need to keep the mind sound. Physical exercises keep us fit. A morning walk is very useful for good health. Games and sports are also very valuable for health. We must know some simple rules of hygiene. Our house must be airy and sunny. Apart from all this, we should keep ourselves free from anxieties.

In short, good health is wealth and many times no amount of money can cure one from terrible disease. Good health guarantees a satisfying and inspiring life.

**Hanan Mushtaq**  
**XII A**

## STRUGGLE FOR INDIA'S INDEPENDENCE

The first nationalistic revolutionary movement for Indian Independence emerged from Bengal. The last stages of the self rule struggle from the 1920's was characterised by Congress' s adoption of Mahatma Gandhi's policy of non-violence, civil disobedience and several other campaigns. Indian workers were paid less compared to what British workers were given. They were also not allowed to make their own salt and had to pay a high price to attain it. Nationalists like Subhash Chandra Bose, Bhagat Singh and Surya Sen preached armed revolution to achieve self rule. Poets and writers like Rabindranath Tagore, Kazi Nazrul Islam and several more used literature, poetry and speech as a tool for political awareness. Feminists like Sarojini Naidu promoted the emancipation of women and their participation in national politics. The period of the World War II saw the peak of the campaigns by the Quit India Movement led by the Congress and the Indian National Army led by Subhas Chandra Bose with help of Japan. On 8th August, the All India Congress Committee passed the Quit India Resolution. The outcome was mass uprising all over India with mass boycotts and civil disobedience. India won Independence from Britain by the Indian Independence Act 1947, ending the British Raj. The valiant struggle of all Indian freedom fighters led to now what we call an Independent India.

### FACTS ON THE STRUGGLE OF INDIANS TO THE WAY TO FREEDOM

- Tipu Sultan is considered as the first freedom fighter. He started his war against European powers in the early 17th century
- A revolt in 1787 took place in Goa against the rule of Portugal. It is called as the Conspiracy of the Pintos.
- A rebellion by the tribes of Jharkhand started during British rule in India. It is known as the Santal Rebellion.
- Rani of Jhansi was killed in Gwalior in June 1858.
- 1.3 million Indians went to fighting World War I on behalf of the British
- Subhas Chandra Bose became the President of the Indian National Congress Party twice.
- Gandhi's slogan "Do or Die" became a national slogan.

### HAPPY INDEPENDENCE DAY

Thank You

Dion

XII

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## STRUGGLE FOR INDIAN INDEPENDENCE

I am Aryan and I am here to deliver a speech on the struggle of independence. India got its independence on 15<sup>th</sup> August 1947. One of the most memorable day of our History is none other than the day we hoisted our flag to mark our independence. Some of the freedom fighters were Mahatma Gandhi, Subhash Chandra Bose, Sarojini Naidu, Bhagat Singh, etc.

Today we celebrate Independence day to remember the struggle of our great freedom fighters who fought and sacrificed their life for our country, and we remember them and show our gratitude by organizing various programs in our schools and colleges and hoisting our national flag. On this auspicious day, our honorable Prime Minister unfurls the flag at historic Red Fort in New Delhi.

The celebration of this day comes with a feeling of nationalism and patriotism across the country. India is a country of individuals living together with different religion, diverse society with a vibrant culture and tradition celebrate this special event with great joy. We feel proud and it makes us more energetic to save our motherland from any attack on the country's dignity and sovereignty.

Vande Matharam and Jai Hind.

Aryan P K

IV B



## TEACHER'S DAY

Every year we celebrate Teacher's day on 5th September to mark the birth anniversary of Dr Sarvapalli Radhakrishnan who was born on this day in 1888 . This is a very special day for all the teachers in our country. A teacher is always called the captain of the ship, because of them we can reach our destination and fulfill our dreams. Teachers are every student's backbone , who helps every student to become a better human being to make society a better place to live. A teacher is a friend and guide of our life, who also imparts good values in us. Teachers take their best effort to turn the students into responsible citizens. Teachers play a very important role in each one of our lives. Teachers are role models, we should always obey and respect our teachers.

## GANDHI JAYANTHI SPEECH

Gandhiji's role in the freedom struggle. Mohandas Karamchand Gandhi also known as Mahatma Gandhiji led a non-violent movement against the British rule of India. He was able to unite the whole country in the freedom struggle. His principles included Ahimsa, Satyagraha, Swaraj and Swadeshi. Gandhiji encouraged Indians to boycott foreign-made goods, especially British goods. For this he told that khadi (homespun cloth) be worn by all Indians instead of British-made textile. He wore clothes made of Khadi which he himself spun using a Charkha. Gandhi urged the people to boycott British institutions and law courts, to resign from government employment, and to forsake British titles and honours. Gandhi thus began his journey to cripple the British India government. He undertook many fasts unto death to oppose British rule. He led the Dandi salt march where he opposed the salt tax imposed by the British and also led the Quit India movement. He was imprisoned for many years. By his efforts the British were forced to leave. India got its independence in 1947. For this same reason he is called the 'Father of the nation. Hence on the 2nd of October every year we celebrate his birthday as 'Gandhi Jayanti'. Thank you.

Anika  
V A

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## Contribution of Shri Lal Bahadur Shastri

Today I am going to talk on contribution of Shri Lal Bahadur Shastri. Shri Lal Bahadur Shastri dedicated more than 30 years to the country and he came to be known as a man of great inner strength, humble and tolerant. Shri Lal bhadur Shastri ji was born on 2<sup>nd</sup> October 1904 at Mughalsarai, Varanasi, Uttar Pradesh. He completed his graduation from Kashi Vidyapeeth in 1926. He was given title, "Shastri" meaning "Scholar" by Vidya Peeth as a part of his bachelor's degree award. But this title got in to his name. Shastriji was very much influenced by Mahatma Gandhi and Shri Bal Gangadhar Tilak. In 1920, he joined the Indian Independence Movement and was sent to jail. In 1930, he also participated in the Salt Satyagraha, for which he was imprisoned more than two years. He utilized his stay in prison by reading books and familiarizing himself with the works of western philosophers, revolutionaries and social reformers.

Shree Lakshmi Shenoy  
V C

## हिंदी सप्ताह २०२०

### मैथिली शरण गुप्त

- मैथिली शरण गुप्त सबसे महत्वपूर्ण आधुनिक हिंदी कवियों में से एक थे।
- उन्हें खड़ी बोली में लिखी खारी बोली कविता के अग्रदूतों में से एक माना जाता है।
- वह तीसरे सर्वोच्च भारतीय नागरिक सम्मान पद्म भूषण के प्राप्तकर्ता थे।
- वह एक कवि, नाटककार, राजनीतिज्ञ और अनुवादक थे।
- गुप्त का जन्म तीन अगस्त एक हजार आठ सौ छियासी में झाँसी में राम चरण गुप्त और काशीबाई गुप्त को हुआ था।
- हर साल उनकी जयंती तीन अगस्त को 'कवि दिवस' के रूप में मनाया जाता है।
- उनके साहित्यिक करियर की शुरुवात सरस्वती जैसी लोकप्रिय हिंदी पत्रिकाओं के लिए कविताएँ लिखने से हुई।
- उनके प्रसिद्ध पुस्तकें हैं - भारत भारती, मैथिली शरण गुप्त संचायिता, मैथिली शरण गुप्त ग्रंथावली (एक से बारह मात्रा), जयद्रथ वध, यशोधरा, मैथिली शरण गुप्त और पंचवटी।
- 'रंग में भंग' उनके सबसे लोकप्रिय संग्रह था।
- भारत भारती का पुस्तक के लिए महात्मा गाँधी ने उन्हें 'राष्ट्रकवि' की पदवी दी थी।
- स्वतंत्रता के बाद उसको भारतीय संसद में राज्य सभा का मानद सदस्य नियुक्त किया गया था।
- उसका मरण बारह दिसंबर एक हजार नौ सौ चौंसठ में हुआ था।

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### Speeches from the dignitaries on various programmes

#### 1. Health week – 6<sup>th</sup> August, 2020

Guest : Dr Priyathan Karanth- Consultant Podiatric and Diabetic Foot Surgeon, K.M.C Hospital spoke on health and its importance. To stay healthy one must have physical, Mental and Emotional health along with healthy eating habits and Macro or Micro nutrients. Macronutrients consists of fats, carbohydrates, water, proteins and roughage while micronutrients consist of vitamins and minerals. We must have both Macro and Micro Nutrients in sufficient amount in our body.

#### 2. Stress Management- 23<sup>rd</sup> July, 2020

Guest : Mr Sanjeeth Rodrigues, M.Sc –Counseling / psychology and is the founder of 'Mind over Matter' spoke about stress, different types of stress, its effect on the body and how to manage stress. One can feel stressed for numerous reasons and there is no specific age for one to feel stressed. Reason for stress are Mannerism, Lack of Sleep, Ego and shame, Indecisiveness, Procrastination/Multitasking (delaying things or doing more than one job) and Nature. We can overcome our stress by planning our day to day activity, taking help from fellow peers, talking to counselors, being close to nature, going for a walk and minimum 7 hours sleep a day.

## WINNERS OF VARIOUS COMPETITIONS

**Competitions make us faster and collaboration helps us to achieve more**

### Lourdes Melodies - Sing for Healing - LCS Family Singing Contest

ENGLISH		
I Prize	II Prize	III Prize
Joanna Anaya Kunder	Reya Katherine Dias	Princia Delina Pinto
Jacob Sequeira	Amyl Viva Barboza	Thea Joanne Lobo
	Viona Pinto	
Nidhi Sarah John	Amber Furtado	Suhena Suma Darshan
	Mevita D Rodrigues	
Prakrithi Monteiro	Shalom Fernandes	Varun Kurup
HINDI		
Richelle Riva Dsouza	Reya Katherine Dias	
Ania Mascarenhas	Alvita Mendonsa	Thea Joanne Lobo
	Alton Mendonsa	
Mevita D Rodrigues	Saksham R Salian	Angel Vea Barboza
Suhena Suma Darshan		
Suhana Nair	Varun Kurup	

### 'LCS VANAMAHOTSAVA WEEK'

Class	I Prize	II Prize	III Prize	Consolation Prize
CLASS III - DRAWING				
III A	Ansh Kunder B	Risha B	Izaan Nawaz	Kalp
				Alton Nathan Fernandes
III B	Damien Ansten Pinto	Alvita Mendonsa	Hansini R Gowda	Aadhya A Shetty
				Vivaan Nayak
III C	Eish Amin	Tejasvi Nath Singh	Aaron Deon Dsouza	Angeline Shinoj
				Bhakthi C V
III D	Aarna Pradeep	Jolene Saldanha	B S Shinal Dechamma	Daiwik R N
				Chaitanya Dinesh
CLASS IV - DRAWING & KITCHEN - GARDEN				
IV A	Saanvi T R	Deepika Riya Lobo	Pradhan P Shetty	Shiven Alva
				P Ira Gowri Rao
	Shaurya S Shetty	Shradha S Rai	Dhanvi S	Sheikh Muhammed Nehan
				Deepika Riya Lobo
IV B	Dishita Shetty	Akshat Mishra	Aishwarya K.	Swaliha Imtiaz
				Thwisha Bhat
	Avinash Patidar	Sanjana M Hande	Naithik Navinchandra Shetty	Jeevika
				Aishwarya K
IV C	Tamanna Prabhu	Ninad K.	Anum Nafeesa Anwar	Nireekshith U. P.
				P. Shalom Christan
	Siri Rajaneesh Rao	Saachi Sharma	Anyu Svetlana DSouza	Prem Sai Neegle
				Kshethra H Shetty
IV D	Sakshi Sanjeev Sankolli	Havan H Rai	Allen Aniyan Jacob	Aaryan Adyanthaya



				Anirudh K Rao
	Aiden Mario DSouza	Tara Bhandary	Tia Rozzane Pereira	Ananya Srinivas Kamath
				Muhammed Nehan Salam

#### CLASS V - POETRY WRITING & SLOGAN

V A	Rovina Jacqueline Andrade	Parnika Kanchan	Dhrish Shetty	Riana Leisha Quadros
				Sreerang S
	Shravan Dharmaraj	Aarush Jaladi	Arjun Rajesh Shetty	Evana Marianne Dsouza
				Agrima Amith Shetty
V B	Bhoomika S Anchan	Anagha Rai	Vedanth H Kamath	Anvith Andrew Pinto
				Jemima Beatrice Karkad
	Michelle Wilma Coelho	Sannidhi Shivanand Shetty	Payton Leon Monteiro	Sharanya Suresh Karkera
				Varnika Acharya
V C	Jaydon Ezechiel Baptist	Shubh Hemenkumar Aghera	Seanna Aranha	Akanksha Shettigar
				Simra Jameela
	Ayush Vinay	Athish S Shetty	Hadriel Sushanth J	Aman Karkera
				Lisha Janica Dsouza
V D	Veda Sanjeev Gaonkar	Mohammed Maahin	Eva Lisa Lobo	Daiwik Bhandary
				Nived Ragesh
	Muhammad Eiesa Aboobakkar Navaz	Araina Kamath	B Vidhath Shetty	Dyuti Hamsini
				Avani Sanjay Bolar

#### CLASS VI - SLOGAN WRITING

VI A	Ridhi Chowta	Sumedha R Shetty	Abhyuday V Nayak	Ashwell Heath Rego
				Shreya Hedge
VI B	Agneya Rai	Prapti Rathish	Arnav Rao	Gareth Nave Misquith
				Samruddhi D
VI C	Joanne Benita Karkad	Shanel D Mello	Saanvi Bhandary	Shreyas Suresh Devadiga
				Shashank
VI D	Pareekshith UP	Abhiram Kashyap	Diya	Fiza Ayesha Faruk
				Shishir Shetty

#### POETRY WRITING

Anusha Nayak (VI A)	Gaargi Tailor (VI A)	Shreya Shanbhag (VIB)	Lorraine Viona DSouza (VIA)
			Mehekha Bedi (VI B)
			Mithra P H (VI A)

#### CLASS VII - POSTER MAKING & COLLAGE MAKING

VII A	Raqiya Maimoon Razak	Sai Dhruv Bhandary	Riya Lobo	Ravuri Nagasai Sanjana
				Daksh Shet
	Daksha Karanth	Prachi		Dhyan Dsouza
				Lauren Marian Patrao
				Fathima Minha
VII B	Vanshika Sashihital	Joshua Karkad	Rinsheal Lobo	Jovila Wenona Rodrigues
				Ankith Bagade

	Rachel Mary Lobo	Rithika M	Kashvi B	Reagan Gilbert D'silva
				Nidhi Sarah John
VII C	Varshini K N	Rishon Fernandes	Ashmit M Savsani	Boppe Vishruth
				Adith Lester Rodrigues
				Vamshitha Shetty
	D Meghana Bhat	Adeline Fiona Lobo		Dhanya U S
				Soudhriti Dinesh
VII D	Riva Valdar	Zara Abdul Nasir	Kshiti Bhat	Ananya K Rao
		Rida Jameela	Darun M	Satwik Sunil Takekar
				Aarav Agarwal
	Amoura Shaina Pinto	Risha Caroline Rego		Ishanvi Shetty
				Anora Joan Chacko

#### CLASS VIII - POSTER MAKING & COLLAGE

VIII A	Elishia Joan Baptist	Ved Devang Savjani	Sameeksha Rao	Adarsh V S
				Prasham
	Tanvi Hegde	Yahya Mohammed Hashim Khatr	Nuraz Hasan Bava	Amekha Bedi
				Jiya Shetty
VIII B	Avril Mathias	Parlan Rewa Dcosta	Abiya Abraham	Laxmi Sorake
	Amit Benedict Watson	Pratheek Raghunath Rao	Vaishnavi Kamath Sevgur	Portia Gorette Furtado
				Vinith K V
				Shanthala G D
VIII C	Zaeemkhadar Ashraf	Tanishka Dharmaraj	Suraj Prashanth Quadros	Arya P Rai
		Pranavi Shetty		Saanvi Shenoy
	G. Samrudhpai	Saadhan Suresh	Saniha S Shetty	Y Vineeth Bhat
			Seherimtiaaz	
VIII D	Chris Angelina DSouza	Sharol Priya Renjal	Samarth Tilakraj Bolar	Minaal Anabel Rodrigues
	Trisha Dinesh Kumar	Diya N Yashodhar		
	Swasthishree	Deep Angelic Mascarenhas	Prachi A	Preeth B Vachhani
			Ambalika Rathore	

#### CLASS IX - POETRY WRITING, BEST OUT OF WASTE & GROWING ORGANIC FOOD PLANTS

IX A	Amith Winston Colaco	Nikhil D Shet	Harikrishnan Menon	Clive Joseph Rego
				Apeksha P Shet
	Niharika S Shetty	Shreeya Suvana	Manya Rai	Advika Dayananda Shetty
				P Rajath Acharya
	Akshith Pramod Ullal	Shaiyan Maria Isak	Adin Rhian D'costa	Keya Shetty
				Samrudhi J Rai
IX B	Saanvi Singh			
	Vaishnavi Shetty	Pragathi Rao		
	Gail Erica Karkada	Akshitraj S Shetty		
IX C	Christa Oliver	Nishel Emili Antony	Karen Rodrigues	B Siyaa Rai
		Pearl Ruth Cutinha		Sparsa Rai
	Zyva Maleeha Bayezid	Joelle Saldanha	Sreesthira Mukherjee	Aditya Reuben Jathanna

			Ankita Ajit Pai	Riva Catherine Rego
	Suman D Hedge	Advay Raghavendra	Steve Aaron Dmello	
<b>CLASS X - POETRY WRITING, BEST OUT OF WASTE &amp; ORGANIC GARDEN</b>				
X A	Janvi Hegde	Mel Glisten K	Rishal Pinto	Navneeth Suresh
				Nethra V Prabhu
	Prithika Frith Pinto	Varun Manoj Kurup		
X B	Nehan Ahmed	Suha Khan	Ananya Shenoy	
	Unnath K			
	Shravya R	Numa Sherif	Rashi R Hegde	Suwin Michael Dsouza
		Nidhi K		Philicia Alyn Crasta
XC	Parikshith Bhandary Menal	Moulya S Shetty	Adithya Aithal	Tanvi Tyagi
	Linesha Michelle Dsouza	Vishnusmaran B Rai		
	Anshisha Melissa Dsouza	Sheryl Vinesha Dsouza	Anvitha P Shetty	
<b>CLASS XI - ESSAY, FINDINGS OF THE ORIGIN OF PLANT SPECIES &amp; ESSAY</b>				
XI A	Neha Raj	Andrea Maria Alva	Astha Dwivedi	Rachana Shenoy
				Jennissa Viola Pereira
XI B	Anita Sara Aniyan	Fariza Nuha Farooq	Suryanshi Kuushwaha	Samiksha Vaniya Johnas
				Advik Abhyudith Hegde
	Heba Basheer Ibrahim			
	Jenica Deanne Dsouza			
	B Hiya Hedge	Shaikh Mohammed Zayed	Adithya R Rao	
	Fathima Nashwa			
<b>CLASS XII - ESSAY &amp; FINDINGS OF THE ORIGIN OF PLANT SPECIES</b>				
XII A	Ananya N	Siyana Maria Concessao	Ananya Bangera	Pramith Fred Pinto
		Varun Bhat	Khushi Shetty	Adhya Shetty
XII B	Anushka Srivastava	Varshitha Kulkarni	Rahul G Prabhu	
XII C	Krishnadutta Madhusudan Kushe	Aysha Zarmin Thanz	Aqifa Zohara	S Nagarjun
				Yash Anil Kumar Alva Kudre
	Amith Antony Dmello			
<b>INDEPENDENCE DAY WEEK - Theme: Self-Reliant India</b>				
<b>CLASSES III &amp; IV - CARD MAKING</b>				
III A	Shivin Rai	Ridhi Shetty	Tamanna Sudesh Kumar	Indrajith Sharun
				Kalp



III B	Vivaan Nayak	Damien Ansten Pinto	Hansini R Gowda	Vihaan Prinson Saldanha
				Darshika Karanth
III C	Taashvi Sybil Puthran	Atharaw Dwivedi	Angeline Shinoj	Preethesh Loyal Crasta
				Nathan Ninan Mathew
III D	Aarna Pradeep	Samanyu S Shetty	Darsh Pradeep Kottary	Dhruvitha Kiran
				Bhuvana D
IV A	Shaurya S.Shetty	Shiven Alva	Monal Shetty	Kriti Suresh
				Winson Chris Baretto
IV B	Akshat Mishra	Sanjana M Hande	Bhavish S Amin	Dishita Shetty
				Rudra Rajeev
IV C	P Shalom Christan	Kanishka Ashok	Eisa Nasir Mohideen	Siri Rajaneesh Rao
				Adiya Vinod Alva
IV D	Shravya Rao Mr	Ishana Rajesh Kotian	Fiona Monica D Souza	Aaryan Adyanthaya
				Sanjeet Sujan Anchan
<b>CLASSES V &amp; VI - TRICOLOUR FOOD ITEM</b>				
V A	Ayushmaan Tailor	Tanish	Dhrish Shetty	Nicole Mia D'silva
				Nishal Shaina Lobo
V B	Fidha Fakrudheen	Payton Leon Monteiro	Pranjal B	Jemima Beatrice Karkad
				Vedanth H Kamath
V C	Jaydon Ezechiell Baptist	Senora Crasta	Aman Karkera	Mahima Jia Kariappa
				Ayush Vinay
V D	Ariana Kamath	Anshul G Alva	Daiwik Bhandary	Taniya Prashanth Manimala
				Shriyana S Mallya
VI A	Shreya Hedge	Gaargi Tailor	Shravan	Ridhi Chowta
				Abhyuday V Nayak
VI B	Ritwik S Puthran	Shreya Shanbhag	Havish H Rai	Nihith Arora
				Agneya Rai
VI C	Varsha M. K.	Chris Isaac Sequeira	Anagha J. Talwar	Angel Veal Barboza
				Anshul Mahesh
VI D	Maquin Gregg Rodrigues	Neola Monteiro	Meet Bengani	Gautam Vasanth Thumbe
				Aboobacker Nashwan

CLASSES VII & VIII - FRUIT AND VEGETABLE CARVING				
VII A	Lavish	Shakthi Shetty	Riya Lobo	Immanuel Furtado
			Dhanvi Shetty	Ravuri Nagasai Sanjana
VII B	Aishna Kushwaha	Rachel Mary Lobo	Ankith Bagade	Shreshta Rao
				Kashvi B.
VII C	B. Nirmal Pai	Adline Fiona Lobo	Pratha P. Naik	Samaira Rose Dsouza
			Varshini K. N.	Ashmit Savsani
VII D	Darun M	Kshiti Bhat	Yashasvi Nath Singh	Lasya Bharath
				Anora Joan Chacko
VIII A	Elishia Joan Baptist	Sameeksha Rao	Jade Lobo	Lichal Bopanna
				Nida Rizwan
VIII B	Vaishnavi Kamath Sevur	Zaeem Zameer Mohammed	Laxmi Sorake	Pratheek Raghunath Rao
				Abhinav Kumar Singh
VIII C	Alistair Neil D'almeida	Akshat S Puthran	Pranavi Shetty	Dhatri Prashant Devadiga
			G Samrudh Pai	Suraj Prashanth Quadros
VIII D	Ayoush Kumar Shenoy	Ritu Sarah Menezes	Sharol Priya Renjal	Haya Bhashir Ibrahim
		Diya N Yashodar		Minaal Anabel Rodrigues
CLASSES IX AND X - PAINTING - 'SOVEREIGNTY AND FREEDOM'				
IX A	Sujeet Bengani	P Rajath Acharya	Manya Rai	Shreeya Suvarna
				Vaishnavi K
IX B	Raizel Neva D'silva	Samskruthi M	Sushean A Shetty	Vaishnavi Shetty
				Carol Dmello
IX C	Ankita Ajit Pai	Zyva Maleeha Bayezid	Pearl Ruth Cutinha	Joelle Saldanha
				Tejaswi Mahesh Kumar
X A	Anika Bharathraj	Sparsha Malli	Kumuda Kini	Prithika Frith Pinto
				Ishaan Vivek
X B	Nidhi K	Shravya R	Philicia Alyn Crasta	Carol Lauren Menezes
				Krithi S Shetty
X C	Janice Carmel D'souza	Moulya S. Shetty	P. Isiri Rao	Parikshith Bhandary Menal
				Linesha Michelle D'souza
CLASSES XI & XII - INDEPENDENCE DAY PHOTOGRAPHY - THEME: 'FREEDOM'				
XI A	Jennissa Viola Pereira	Neha Raj	Tejasvi M	Rachna Shenoy
		Aaditya Sumesh		Vaishnavi A Ganiga

XI B	Amar A Nayak	Samiksha Vaniya Johnas	Alden Savio D'Cunha	Anmol Singh
				Jenica Deanne Dsouza
XI C	Shaikh Mohammed Zayed	Ayush Shriyan	Olivia Ruth Rodrigues	
		Anjali U P		
XII A	Khushi Shetty	Anushkaa Prakash	Arya Shetty	D Aradhana Bhat
				Ananya N
XII B	Ashlin Furtado			
XII C	Amith D'mello	Krishna Dutta		

### HINDI WEEK COMPETITION

#### CLASS I & II - POETRY RECITATION

I A	Eshan Gireesh	Pakshalika Naik	Sanjeev Kumaran	Mihira Nedungadi
				Arav
I B	Nicole Tavisha Patrao	Rithvi N Kotian	Joanna Anaya Kunder	Varhaan Rakshan Shetty
				Darsh Hegde
I C	Juan Furtado	Sanaya Rajesh Anchan	Nihaan Alec Fernandes	Pranavi Vinod
				Tianna Pinto
I D	Purvi Kamath	Mokshan A Shetty	Srinidhi Sampath Kini	Aadya N
				Reya Katherine Dias
II A	Amyl Viva Barboza	Jaden Luke Mascarenhas	Pritika Singh	Janice Shalom Crasta
				Sutirth Vishwanath Poojary
II B	Snigdha Ponnira Manjunath	Purvi Madhyastha	P Jenisha	Jagath S Anchan
				Twisha Puthran
II C	Dwij Dattatray Prabhu	Amora Michelle Vas	Abner Lobo	Ashmit Mohanty
				Delisha Andrea DSouza
II D	Pranamy P Kotian	Heather Kelly Correa	Pranav K	Tridib B
				A Aditi Shenoy

#### CLASS III TO V - STORY TELLING

III A	Shradha Arbi	Shaun Liam Moraes	Ridhi Shetty	Kalp
				Aarna Sheethan Kolar
III B	Tanush Raveendra	Adhrit S. Santavar	Rania Mukthar	Vihaan Prinson Saldanha
				Damien Ansten pinto
III C	Athraw Dwivedi	Tejasvinath Singh	Nathan Ninan Mathew	Aarav A.
				Aaron Deon D Souza



III D	Aarna Pradeep	Aarush Ritesh Rao	Bhuvana D	Darsh Pradeep Kottary
				Erina Mariam Muhsin
IV A	Shubham Santhosh Amin	Shaurya S Shetty	Pradhan P Shetty	Shradha S Rai
				Thanvi G Shetty
IV B	Ananya S Pai	Akshat Mishra	K Samanvitha Sharma	Swaliha Imtiaz
				Avinash Patidar
IV C	Tamanna Prabhu	Siri Rajaneesh Rao	Anya Sveltana DSouza	P Shalom Christan
				Advaith Hareesh Gouda
IV D	Manvi Vikram Bhandary	Shravya Rao MR	Zaima Kateeja	Tara Bhandary
V A	Ania Deora Mascarenhas	Shravan Dharmaraj	Rovina Jacqueline Andrade	Dhrish Shetty
				Advaith U P
V B	Bhoomika S Anchan	Vedanth H Kamat	Ahana Yogesh	Jemima Beatrice Karkad
				Yashica Pradeep Rao
V C	Jaydon Ezechiell Baptist	Dhanvith G K	A B Cherryll	Shubh Hemenkumar Aghera
				Athish S Shetty
V D	Eva Lisa Lobo	Yusra Younus Shaikh	Nived Rajesh	B Vidhath Shetty
				Shriyana S Mallya

CLASS VI TO X - POETRY RECITATION				
VI A	Atharv Srivastav	Gargi Tailor	Tejas Kamalaksha	Adithya Nishanth
				Riyon Jake Monteiro
VI B	Shreya Shanbhagh	Arnav Rao	Reinol Fernandes	
VI C	Tia Sallian K. P.	Kshithi G. Shetty	Angel Vea Barboza	Khushi Jain
				K.Preesha Pai
				Saanvi Bhandary
VI D	Sharvi Shetty	Maquin Gregg Rodrigues	Neola Monteiro	Aneek Aithal
				Purveetha G. Rai
VII A	Riya Lobo	Drishika N Shetty	Immanuel Adhik Furtado	Neil Shawn Lobo
				Prachi
VII B	Rida Abdul Jaleel	Hugh Kenny Correa	Aishna Kushwaha	Rithika M.
				Shrestha N. Rao
VII C	Varshini K. N	Rishon Fernandes	Ashmit M. Savsani	Shreehari Santhosh
				Ridhi P. Achar

VII D	Yashasvinath Singh	Amoura Shaina Pinto	Shuban Das	Ananya K. Rao
				Chaman N. S.
VIII A	Elishia Joan Baptist	B.S.Lichal Bopanna	Nida Rizwan	Wenessa Annia Rosario
				Mevita Delia Rodrigues
VIII B	Tanvi G			
VIII C	Tanishka Dharmaraj	Alistair Neil D'Almeida	T G Laasya	D S Sparsha Rai
				Dhatri Prashant
VIII D	Sancia Iona Pinto	Diya N Yashodhar	Sharol Priya Renjal	Mitali M
				Deep Mascarenhas
IX A	Adin Rhian Dcosta	Vaishnavi K	Shreya	Suhana Nair
			Suhenaa Suma Darshan	
IX B	Raizel D'Silva	Saanvi Singh	Sarvasva	Shashwath B Sulaya
IX C	Sreesthira Mukharjee			
X A	Rishal Divya Pinto	Navneeth Suresh	Megha Ruby	Ishaan Vivek
				Varun Kurup
X B	M A Devayani			

### GANDHI JAYANTHI WEEK

#### KG I - ELOCUTION

KG I A	Evaan Kian Fernandes	Anjali Joanna Dsilva	Kiara Cutinho	Dhruva N Rao
				Trishika Prabhakar Shetty
KG I B	Rochelle Jasleen Andrade	Riya R Shetty	Elaina Ria Rodrigues	Rakshan Pai K
				Vanshikha S. Shetty
KG I C	Mehreen Rukiya	F Oliver Abraham	Ahmed	Aaradhya
				Mohammed Mashood

#### KG II - SINGING

KG II A	Riddhi Chetan Shetty	Ridhima Pai	Dishank Suvarna	Adhrit Lakshmiraj Talwar
				Zoya Abida
KG II B	Aditri Ashok	Ruhi R Shetty	Aditya Narayan Swain	B Shrinidhi Pai
				Dhwani Ragesh
KG II C	Shanya Balakrishna Suvarna	Nishka Jain	Charvi S	Pragya
				Deethya Yeshwanth

CLASSES I & II - DRAW AND COLOUR A CHARKHA				
I A	Vaishnavi Shenoy	Shaaurya Sulaya	Sanjeev Kumaran	Ayesha Zuha C M
				Havisha Kille
I B	Nicole Tavisha Patrao	Arya Santhosh	Ansh Jalan	Mohammed Arhaan
				Chaitanya Kubakaddi
I C	Nihaan Alec Fernandes	Mohammed Husain Pothiawala	Shaina Videll Dcunha	Chandan R Prabhu
				Sahana Das
I D	Shaurya M	Avni Jaladi	Shaun Joseph Nasrin M	Rathi Vardhnee
				Luke Presley Rosario
II A	Janice Shalom Crasta	Pritika Singh	Vaishnavi Prashant Sanil	Rahul S R
				Ishal Eva DSouza
II B	P Jenisha	Hitikshya Priyadarshini	Twisha Puthran	Anvith Rai
				Shlok
II C	Pranav Ajit	Dwij Dattatray Prabhu	Mohammed Uzair	Tisha Kotian
				Mahie Dadheech
II D	Vedhanth Shailesh Sashihital	Tanishq Shetty	Ayana Fathima	Shahadat Mohammad Shahid
				Pranamy P Kotian
CLASSES III & IV - ESSAY WRITING				
III A	Shradha Arbi	Ansh Kunder B	Kalp	Jocelyn Dmello
				Shaun Liam Moraes
III B	Damien Ansten Pinto	Rania Mukthar	Bhargav Rao	K Ayush Pai
				Sathvi Shetty
III C	Joanna Sara Eldho	Aaron Deon DSouza	Taashvi Sunil Puthran	Angeline Shinoj
				Geeth Chethan S
III D	B S Shinal Dechamma	Aarna Pradeep	Erina Mariam Muhsin	Aradhya
				Vibha Shet
IV A	Ronav John Rodrigues	Shradha S Rai	Shubham Santosh Amin	Saanvi T R
				Thanvi G Shetty
IV B	Rudra Rajeev	Amogh Immanuel Pinto	Darlish Haniel Dsouza	Tanmay Singh
				Swarith R Salian
IV C	Anirudh Shenoy	Shriyam Shenoy B	Adiya Vinod Alva	Tamanna Prabhu
				Rhea Karthika Uchil
IV D	Ananya Srinivas Kamath	Ishana Rajesh Kotian	Iva Leoma Sequeira	Dhriti Pattathan



				Alister Charles DCunha
<b>CLASSES V &amp; VI - DRAWING</b>				
V A	Dhrish Shetty	Rovina Jacqueline Andrade	Nishal Shaina Lobo	Rishel Mariah Pereira
				Ayushmaan Tailor
V B	Viona Pinto	Dale Jewel Lobo	Bhoomika S Anchan	Michelle Wilma Coelho
				Ahana Yogesh
V C	Jaydon Ezechiele Baptist	Aman Karkera	Mahima Jia Kariappa	Dhanvith G K
				Deon Febin
V D	Eva Lisa Lobo	Anantesh Dhiraj Rao	Dyuti Hamsini S M	Thanisha Tina Crasta
				Shriyana S Mallya
VI A	Abhyuday V Nayak	Shreya hegde	Diya	Ridhi Chowta
				Shravan
VI B	Akshaj S. V	Emily Gia Rodrigues	Shreya Shanbhag	Reinol Fernandes
				Chalita C Bhat
VI C	Shreyas Suresha Devadiga	Angel Vea Barboza	Thanvi	K. Parin
				Tia Salian
VI D	Teerth H Shetty	Maquin Gregg Rodrigues	Dhriti R Suvarna	Meet Bengani
				Neola Monteiro
<b>CLASSES VII &amp; VIII - PAINTING</b>				
VII A	Ravuri Nagasai Sanjana	Sai Dhruv Bhandary	Riya Lobo	Drishika Shetty
				Thanvi Shetty
				Neil Lobo
VII B	Hugh Kenny Correa	Reagan D'silva	Kashvi B.	Purvik Suresh
				Astha Attavar
VII C	Varshini K. N.	Pratha P. Naik	Ashmit Savsani	D. Meghana Bhat
				Vamshita Shetty
VII D	Lasya Bharath	Ishaal Tonse	Amoura Shaina Pinto	Shreyas Bhat
				Shubhan Das
VIII A	Elishia Joan Baptist	Jade Lobo	Sameeksha Rao	Sinchana Rao
				Rhiannon Leon Pais
VIII B	Parlan Rewa Dcosta	Shanthala G D	Abia Abraham	Thanvi G
				Shahan Mohammed
VIII C	D. S Sparsha Rai	Tanishka Dharmaraj	Suraj Prashanth Quadros	Deryl D'souza
				T. G Laasya

VIII D	Trisha Dinesh Kumar	Chris Angelina D'souza	Minaal Anabel Rodrigues	E.Kezia Evangelin
				Sharol Priya Renjal
<b>CLASSES IX &amp; X - E-GREETING</b>				
IX A	Manya Rai	Amith Winston Colaco	Suhana Nair	Vaishnavi K
				Krithi Acharya
IX B	Raizel D'silva	Pragathi Rao Baneri	Sambhrama M	Shreya Arbi
				Olivia D'souza
IX C	Sreesthira Mukherjee	P Sampreet	Ankita Ajit Pai	Steve Aaron D Mello
				Zyva Maleeha Bayezid
X A	Koyal A Shetty	Nethra V Prabhu	Rishal Divya Pinto	Bruce Valentine Rego
				Monal Jiya Rasquinha
X B	Philicia Alyn Crasta	Krithi S Shetty	Arriel Saelel Quadros	
X C	Sheryl Vinesha D'souza	K Aravind Kamath	Parikshith Bhandary Menal	Onisha Rechelle D Souza
				Anshisha Melissa D'souza
<b>CLASSES XI &amp; XII - STAMP DESIGNING</b>				
XI A	Vaishnavi A Ganiga	Swathi K	Astha Dwivedi	Shreesha Prasad
				Jennissa Viola Pereira
XI B	Suryanshi Kushwaha	Amar A Nayak	Joanna Leticia Pinto	
	Asher Jarvis Pinto			
XI C	Shaikh Mohammed Zayed			
XII A	Adhya Shetty	Khushi Shetty	Mahima N. C	Varun Bhat
		Anusha Nayak	Siyana Maria Concessao	Ananya Nooji
XII B	Monisha Rasquinha	Sahim Mohammad	William Philip Dsouza	
XII C	Vivet D'silva			

<b>CHILDREN'S DAY CELEBRATION</b>				
<b>DANCE</b>				
KG I A	Tanvi Nayak	Kiara Cutinho	Samarth Pai	Chritha C Bhat
				Vaishvi Sachin Shetty
KG I B	Rakshan Pai K	Rocelle Jasleen Andrade	Sameeksha P	Riya R. Shetty
				Rishaan Acharya
KG I C	Aadvi B	Avani Shetty	Samriddhi Mondal	Yatra
				Mehreen Rukiya

KG II A	Aarvi Vishal Bhensdadia	Tanya Nair	Aashrita Ashok	Liyyah Zaleekha Ifthikar
				Shriyanshu Aashman
KG II B	Richelle Riva D'souza	Vaishvi K Kottari	Vedh Manjunath kulal	Prashamsa N
				Disha Ajit kumar
KG II C	Shanya Balakrishna Suvarna	Nishka Jain	Charvi S	Idhika Nair
				Y. B. Dhanush
I A	Vihaanvi T R	Shaarvi Saralaya	Diti	Pakshalika Naik
				Shaaauri Sulaya
I B	Arvi Shenoy Avni Shenoy	Shravya Vishnudas Prabhu	Joanna Anaya Kunder	Prathishta Shetty
				Rithvi N Kotian
I C	Arya S	Gera Prashika	Tianna Pinto	Ansh R Shetty
				Tanya Pinto
I D	Purvi Kamath	Srinidhi Sampath Kini	Leanne Gretta Lobo	Luke Presley Rosario
				Diyaan
II A	Ishal Eva D Souza	Amyl Viva Barboza	Nicole Genelia Miranda	Janice Shalom Crasta
				Pritika Singh
II B	Kavan Shetty	Reyansh Bekal	Sanvi Agarwal	Bhuvi
				P Jenisha
II C	Aryan	Sadhvi Uday Shetty	Vrudhi K Kottary	Aastha Abhishek Shetty
				Mahie Dadheech
II D	Vanya P	Aradhya J Acharya	Eshaan Mayur	Pournami Suresh
				Kushal Khatri
<b>DANCE</b>				
III A	Shradha Arbi	Jayden Pinto	Ridhi Shetty	Anora Elizabeth Mathias
				Simra S A
III B	Shravya M Guru	Bhargav Rao	Darsh K Kottari	Hansini R Gowda
				Sathvi Shetty
III C	Dhruvi R Amin	Angeline Shinoj	Taashvi Sunil Puthran	Shreshtha Shree
				K Sasmit
III D	Elisa Vivin	Aarna Pradeep	Aradhya	Swasthi Satish Shetty
				Bhuvana D
<b>FASHION SHOW</b>				
III A	Ansh Kunder B	Nynika K B	Shaun Liam Moraes	Jocelyn Dmello
				Joshua Miral F Shah



III B	Minal Maxin	Merlin Bastin M	Sionah Rhea Mascarenhas	Abhinand D Shetty
				Jacob Daniel Sequeira
III C	Rinola Monteiro	Geeth Chethan S	Taneesha	Ayaan Ahamed
				G Shreyas Pai
III D	Sheryl Bastin M	Darsh Pradeep Kottary	Riya N Suvarna	Lekhaj S
				Erina Mariam Muhsin

#### DANCE

IV A	Deeksha Mallya	Shaurya S Shetty	Hamsini P	Saanvi T R
				Thanvi G Shetty
IV B	Aishwarya K	Swaliha Imtiaz	Sanjana M Hande	Ananya S Pai
				Anirudh Jalan
IV C	Kanishka Ashok	Rithvi Darshan	Tamanna Prabhu	Kshethra H Shetty
				Yogitha S
IV D	Manasvi V Salian	Sakshi Sanjeev Sankolli	Manvi Vikram Bhandary	Iva Leoma Sequeira
				Anirudh K Rao

#### FASHION SHOW

IV A	Gauravi Rajesh Shetty	Shiven Alva		
IV B	Dishitha Shetty	Thwisha Bhat	Kanishka	
IV C	Nireekshith U P			
IV D	Johan Oliver Salins	Parth K Shetty	Zaima Kateeja	Ayush A Shetty
				Thanvi C Kottary

#### DANCE

V A	Pranjali Vinod Dhithi	Ania Deora Mascarenhas	Nishal Shaina Lobo	Varnika V Gatty
				Shravan Dharmaraj
V B	Sannidhi Shivanand Shetty	Pranjal B	Bhoomika S Anchan	Viona Pinto
				Yashica Pradeep Rao
V C	Aman Karkera	Akanksha Shettigar	Ethel Vivin	Hayyan Mohidin
				Anumay Vijay Hegde
V D	Eva Lisa Lobo	B. Vidhath Shetty	Thanisha Tina Crasta	Avani Sanjay Bolar
				Yusra Younus Shaikh

#### FASHION SHOW

V A	Rovina Jacqueline Andrade	Mohammed Abyan	Parnika Kanchan	Anika Shetty
				Ayushmaan

V B	Payton Leon Monteiro	Dale Jewel Lobo	Fathima Rewa	
V C	Lisha Janica D Souza	Senora Crasta	Mahima Jia Kariappa	Dona and Deon Febin
				A B Cherryll
V D	Mohammed Maahin	Aishwarya M Hiremath		
<b>DANCE</b>				
VI A	Shravan	Ana Agnes Vimal	Sanvi R S	Gaargi Tailor
VI B	Srishti S Pavoor	Shreya Shanbhag	Emily Gia Rodrigues	Vaishnavi S J Naik
				Neha N Suvarna
VI C	Angel Vea Barboza	Thanvi	Yashica	Niketh Harsha Shet
				Gahnavi S.
VI D	Shreya A R	Neola Monteiro		
<b>GOODUDEEPA</b>				
VI A	Anusha Nayak	Shreya Hegde	Rudraksh D Nayak	Sanjana Baliga
				Diya Lobo
VI B	Chalita C Bhat	Samruddhi D	Deeya Alva	Prapti Rathish
VI C	Shashank ramesh	Trishita Ashok	Varsha M. K.	K. Preesha Pai
				Tia Salian
VI D	Maquin Gregg Rodrigues	Purveetha G Rai	Sharvi Shetty	Manasvini S Jambagi
				Dhrithi R Suvarna
<b>DANCE</b>				
VII A	Drishika N Shetty	Neil Lobo (group of 4)	Jazlyn Saldanha (group of 4)	Amrutha Suresh Nair
				Sayan Akthar
VII B	Aditi J Acharya	Shreshta N Rao	Aishna Kushwaha	Sparsha S Alva
VII C	Vamshitha Shetty	Soudhriti Dinesh	Varshini K. N.	D. Meghana Bhat
				Rishon Fernandes
VII D	Chaman N. S.	Haripriya C S	Anora Joan Chacko	Manvith S Shetty
<b>GOODUDEEPA</b>				
VII A	Brian Johns Noronha	Riya Lobo	Immanuel Adhik Furtado	Ravuri Nagasai Sanjana
				Shakthi Shetty
VII B	Rithika M	Purvik Suresh Attavar	Saanvi Adyanthaya	Zuha Saleemulla Khan
				Jane Venetia Moras
VII C	Trisha H.	Samaira Rose Dsouza	Adline Fiona Lobo	Rithik D.
				Dhanush B.G.

VII D	Ananya K Rao	Risha Rego	Lasya Bharath	Ishanvi Shetty
				Ahaan Dheeresh
<b>DANCE</b>				
VIII A	Mevita Delia Rodrigues	K.P Saanvi Rao	Sameeksha Girish Rao	
VIII B	Thanvi G	Reuven Jathanna		
VIII C	Tanishka Dharmaraj			
VIII D	Drishti Devanand	Swasthishree	Sancia Iona Pinto	Saatwik Sunder Moolya
				Riya Vinona Andrade
<b>GOODUDEEPA</b>				
VIII A	Elishia Joan Baptist	Rhiannon Leon Pais	Aishwarya Rajendra Kamat	B.S Lichal Bopanna
VIII B	Pratheek Rachunath Rao	Vaishnavi Kamat	Parlan Rewa Dcosta	Shahan Mohammed
				Pranav D
				Manvik Malli
VIII C	DS Sparsha Rai	T.G Laasya	Dhatri Prashant Devadiga	Trisha
VIII D	Sharol Priya Renjal	Minaal Anabel Rodrigues	Amber Charisma Furtado	Trisha Dinesh Kumar
				Diya N Yashodar
<b>DANCE</b>				
IX A	Vaishnavi K	Caryl Lilly Coelho	Adin Rhian D'costa	
IX B	Gowthami S	Shreya Arbi		
IX C	Joelle Saldanha	Karen Rodrigues	P Sampreet	
<b>DO IT YOURSELF CRAFT</b>				
IX A	Manya Rai	Niharika S Shetty	Shreeya Suvarna	Krithi Acharya
				Suhana Nair
IX B	Raizel Neva D'silva	Pragathi Rao Baneri	Carol Dmello	Sarvasva
				Shlok Rai
IX C	Sreesthira Mukherjee	Suman D Hegde	Zyva Maleeha Bayezid	Tvisha Rai
				Riva Catherine Rego
<b>DANCE</b>				
X A	Monal Jiya Rasquinha	Janvi Hegde	Varun Kurup	
X B	Philicia Alyn Crasta	Chandana M Hande	Rashi R Hegde	
<b>DO IT YOURSELF CRAFT</b>				
X A	Navaneeth Suresh	Delston Vinith Vas	Rishal Divya Pinto	Bruce Valentine Rego
X B	Harshita Lalwani	Alina Maria Menezes	Nidhi K	



X C	Linesha Michelle Dsouza	Anshisha Melissa D'Souza	Onisha Rechelle D'Souza	Winona Lobo
			Sheryl Vinesha D'Souza	Amritha Seona D'Souza
<b>DANCE</b>				
XI A	Richelle Saldanha			
XI C	Salman Faras			
	Abdul Waseem Always			
	Shaikh Mohammed Zayed			
<b>DO IT YOURSELF CRAFT</b>				
XI A	Rachna Shenoy	Astha Dwivedi	Nupur Tilakraj Bolar	Neha Raj
				Samantha Xavier
XI B	Suryanshi Kushwaha			
XI C	Saakshi R Shetty			
<b>DANCE</b>				
XII A	Kamya Dayanidhi	Khushi Shetty	Ananya M Bangera	
	Drishya Devanand	D.Aradhana Bhat		
XII B	Monisha Rasquinha			
XII C	Aysha ZarminThanaz			
<b>DO IT YOURSELF CRAFT</b>				
XII A	Samwin Steve Pereira	Apurva Patil	Adhya Shetty	
	Mahima N C	Siyana Maria Concessao		
XII B	Sahim Mohammad			

<b>SCIENCE WEEK - 2020</b>				
<b>CLASS IV &amp; V</b>				
	Hayyan Mohidin Hassan (V C)	Aarna Gupta (V A)	Nived Rajesh (V D)	Winson Chris Baretto (IV A)
				Bhavish S Amin (IV B)
<b>CLASS VI, VII &amp; VIII</b>				
	Varshini K N (VII C)	Rachel Mary Lobo (VII B)	Naman Acharya (VI D)	Sancia Iona Pinto (VIII D)
				Dilip Shenoy Santoor (VI A)
<b>CLASS IX &amp; X</b>				
	Amith Winston Colaco (IX A)	Delston Vas (X A)	Sourav Satish Joshi (IX A)	Pragathi Rao Baneri (IX B)
				Varun Manoj Kurup (X A)

CLASS XI & XII				
XI A	Andrea Maria Alva	Jennissa Viola Pereira	Aaditya Sumesh	Nupur Tilakraj Bolar
	Rachna Shenoy	Nikhil Samuel Eapen K	Abhinav Sujit Raj	Shriya Rajesh Padav
			Tejasvi M	Tamanna Khan G Pathan
XI B	Suryanshi Kushwaha	Arko Mukhopadhyay	Cleton Chris D'souza	Goutham Jagadeesh
		Azhan Ul Rahiman	Nibha S Rao	Larissa Oshin D'souza
		Pramath Ram	Srishti Jalan	Vaibhav Kadri
XI C	Adithya R Rao	Olivia Ruth Rodrigues	Vihitha V Shetty	Aden Benkins
	Anjali U P			Jagrithi Shetty
	Mave Shyon D'souza			
XII A	Arya Shetty	Shyno John Philip	Mohammed Fuzail	Hanan Mushtaq Ahemed
	Adhya Shetty	Samwin Steve Pereira	Shanthika Kudva	
		Khushi Shetty		
XII B	Rishabh Ram Mohan Rai	Satyarth Singh	Amith Kumar P	Deon Dylan Fernandes
				Lester Shane Fernandes
XII C	Vivet Simone Dsilva	Krishnadutta Madhusudan Kushe	M Atul	Aqifa Zohara
SOCIAL SCIENCE EXHIBITION				
CLOTHES				
I A	Gnanavi Kiran	Havisha Kille	Edel Zio Eldaman	Pakshalika Naik
				Hugh Abner Rasquinha
I B	Joanna Anaya Kunder	Varhaan Rakshan Shetty	Rithvi N Kotian	Ansh Jalan
				Darsh S Hegde
I C	Juan Furtado	Loukya C V	Ankush Srinivas Kamath	Akshay Tunwal
				Sanaya Bhandary
I D	Smruthi A R	Diyaan	Hridhaan Purshottam Devadiga	Purvi Kamath
				Srinidhi Sampath Kini
MY FAMILY				
II A	Abdul Ahad	Aurel Maria Vas	Kalieka D Nayak	Amyl Viva Barboza
				Pranshi Bharath Suvarna
II B	Shlok	Bhuvi	P Jenisha	Anvith Rai
				Purvi Madhyastha
II C	Jiya Vijay	Nita Sara S	Pranav Ajit	Prabhav P Bhagavath
				Vrudhi K Kottary

II D	Kushal Khatri	T G Lekhya	Saanvi A Shetty	Pranav K
				Shahadat Mohammad Shahid
<b>LAND FORMS OF INDIA</b>				
III A	Pruthvij Vijay Suvana	Alton Nathan Fernandes	Anora Elizabeth Mathias	Nuaim Mohammed Basheer
				Sidh Vishal Sanghvi
III B	Ewin Timothy D'souza	Jacob Daniel Sequeira	Chaitanya Dhiraj Rao	Alton Mendonsa
				Alvita Mendonsa
III C	Sanvi R	Royston Wilson Karkada	Taashvi Sunil Puthran	Rinola Monteiro
				Angeline Shinoj
III D	Aarna Pradeep	Mohammed Ashaz	Idhant S Shetty	B S Shinal Dechamma
				Samanyu S Shetty
<b>FORESTS OF INDIA/CULTURE AND HERITAGE/MEANS OF TRANSPORT</b>				
IV A	P. Ira Gowri Rao	Monish Ravuri	Shradha S. Rai	Zaid Ashraf
				Deepika Riya Lobo
IV B	Ananya S Pai	Amogh Immanuel Pinto	Swarith R Salian	Thwisha Bhat
				Bhavish S Amin
IV C	Siri Rajneesh Rao	Eshaan Tejasvi	P. Shalom Christan	Kanishka Ashok
				Rajveer Rahul Jagtap
IV D	Sanjeet Sujan Anchan	Dhriti Pattathan	Johan Oliver Salins	Parth K Shetty
				Tara Bhandary
<b>WORLD WILDLIFE DAY</b>				
V A	Ania Deora Mascarenhas	Nishal Shaina Lobo	Aarush Jaladi	Evana Marianne D Souza
				Jaden Mario Saldanha
V B	Aniruddh K Rajesh	Payton Leon Monterio	Thea Joanne Lobo	Dale Jewel Lobo
				Charithra M
V C	Jaydon Ezechiel Baptist	Niah Vishal Sanghvi	Dhanvith G K	Mahima Jia Kariappa
				Senora Crasta
V D	Yusra Younus Shaikh	Mohammed Maahin	Veda Sanjeev Gaonkar	Diya Raj
				Diva Raj
<b>INDUS VALLEY CIVILIZATION</b>				
VI A	Anushka Ganiga	Gaargi Tailor	Divith V Shenava	Sanskriti Nayak
				Vivan



VI B	Chalita C Bhat	Srishti S Pavoor	NihitArora	Anoushka Bharath Raj
				Shreya Shanbhag
VI C	Joanne Benita Karkad	Thanvi	Yashica	Shreyas Suresh Devadiga
				Angel Vea Barboza
VI D	Shiven N	Saksham	Riddhanth	Tisha
				Dhrithi R Suvarna
<b>HUMAN ENVIRONMENT – SETTLEMENT, TRANSPORT AND COMMUNICATION</b>				
VII A	Daksha Karanth	Riya Lobo	Aadarsh A K	Aryan Pai
				Raqiya Maimoon Razak
VII B	Kashvi B	Purvik Suresh	Reagan Gilbert D Silva	Aishna Kushwaha
				Rachel Mary Lobo
VII C	Varshini K N	Soudhriti Dinesh	Manavi B Khokhani	Sujan Shamprasad
				Clyde Rego
VII D	Anora Joan Chacko	Ahaan Dheeresh	Aarav Agarwal	Rida Jameela
				Sharen Pais
<b>AGRICULTURAL PRACTICES AND AGRO BASED INDUSTRIES</b>				
VIII A	Elishia Joan Baptist	Wenessa Annia Rosario	Sameeksha Girish Rao	Nida Rizwan
				Angela Bianca Dsouza
VIII B	Amith Benedict Watson	Pratheek Ragunath Rao	Mansi Maxin	S Jaiti Srisimal
				Abhinav Kumar Singh
VIII C	D S SparshaRai	Jess Anson Mascarenhas	Alroy Leon D'Cunha	Dhatri Prashant Devadiga
				Sumedha Bhat
VIII D	Dhanush Shetty	Sharol Priya Renjal	Thamoghna S M	Sancia Iona Pinto
				Diya N Yashodhar

<b>SPORTS WEEK</b>				
<b>KG 1 &amp; KG 2 - TABLE CARD EXERCISE</b>				
KG I A (Girls)	Trishika Prabhakar Shetty	Faustina Ann Tom	Chritha C Bhat	Aliza Hameed
				Tanvi Nayak
KG I B	Rochelle Jasleen Andrade	Riya R Shetty	Niharika Girish	Vanshikha S Shetty
				Numa Ahlam
KG I C	Mehreen Rukiya	Aadvi B	Avani Shetty	Alrisha Monteiro
				Prakruti Mishka Bhat

KG I A (Boys)	Karnav T Puthran	Ervine Goveas	Evaan Kian Fernandes	Muhammed Azveer
				Dhruva N Rao
KG I B	Rakshan Pai K	Mudit Dadeech	K Paarth Sai	Prabhas S Devadiga
				Rishaan Acharya
KG I C	Thej Saralaya	Atharv S Shetty	Muhammad Shahrul Subail	
KG II A (Girls)	Riddhi Chetan Shetty	Ridhima Pai	Aarvi Vishal Bhensdadia	Hifza Asia
				Zoya Abida
KG II B	Disha Aajith Kumar	Shuddhi Shetty	Prashamsa N	Ruhi Shetty
				Ritisha B
KG II C	Charvi S	Zara Abdul Rauf	Andrea Biju	Idhika Nair
				Deethya Yeshwanth
KG II A (Boys)	Vaibhav V Nayak	Alden Leon Ferrao	Dishank Suvarna	Adhrit Lakshmiraj Talwar
				Shriyanshu Aashman
KG II B	Smayan Rithesh Adyar	Rishith Girish Ballal	Abel Roji Joseph	Shriansh Shetty
				Vedh Manjunath Kulal
KG II C	Jayden Frank	Y. B. Dhanush	Samaksh S Shetty	Dwayne Shawn Rasquinha
				Jordan Isaac Dcunha
<b>CLASSES I TO V - PLATE TAPPING, FLAMINGO BALANCE, MASS P.T</b>				
I A (Girls)	Diti	Rithvika Rajesh	Mihira Nedungadi	Pakshalika Naik
				Shaaurya Sulaya
I B	Aimi Maria Jacob	Joanna Anaya Kunder	Geethika Shetty	
I C	Shaina Videll DCunha	Zara Taufik Bhadeliya	Sanaya Bhandary	Tanya Pinto
				Tianna Pinto
I D	Purvi Kamath	Shrinidhi Sampath Kini	Riya Katherine Dias	
I A (Boys)	Arnav Bangra Kulur	Raman	Eashan Gireesh	Arav
				Rion Luke Dsilva
I B	Varhaan Rakshan Shetty	Johaann Deepu Philip	Eyan Keith Lobo	Nirvaan Alva
				Ansh P Rai
I C	Juan Furtado	Nihaan Alec Fernandes	Mohammed Husain Pothiwala	Ankush Srinivas Kamath

				Adhrith A Shetty
I D	Luke Presley Rosario	Royan Arch Salins	Hrishikesh H S	Andrew Bipin Mathew
				Shlok
II A (Girls)	Amyl Viva Barboza	Pranshi Bharath Suvarna	Aurel Maria Vas	Vaishnavi Prashant Sanil
				Janice Shalom Crasta
II B	Melora Ria Lobo	Twisha Puthran	Zainaba Shiza	Snigdha Ponnira Manjunath
				Purvi Madhyastha
II C	Mahie Dadheech			
II D	Mariyama Ayra	Pranamy Kotian	A Aditi Shenoy	Aradhya J Acharya
				T G Lekhya
II A (Boys)	Prajan C Shetty	R Badri Prasath	Abdul Ahad	Cleon Jayden Satyamitra
				Arhaan Ali Umar
II B	Shlok	Kavan Shetty	Ajith Chiru Gowda	Kushaal Bengani
				Rethik P Nair
II C	Maven Jake Saldanha	Pranav Ajit	Dwij Dattatray Prabhu	Mohammed Uzair
				Aryan
II D	Vedanth Shailesh Sashihital	Eshaan Mayur	Anoop Sharma	Ethan Vargis Vimal
				Kushal Khatri
III A (Girls)	Simra S A	Ridhi Shetty	Soha Laxman Suvarna	Jocelyn D'mello
				Shradha Arbi
III B	Rishita Sancia Cutinha	Sathvi Shetty	Shaivi Raj	Aysha Sheeza
				Hansini R Gowda
III C	Taashvi Sunil Puthran	Lenora Machado	Taneesha	Saanvi R
				Suhani Singh
III D	Aarna Pradeep	Dhruvitha Kiran	Erina Mariam Muhsin	Teesha
				B S Shinal Dechamma
III A (Boys)	Pruthvij Vijay Suvarna	Jayden Pinto	Alton Nathan Fernandes	Ewan Francis D'souza
				Ethan Basil Goveas
III B	K Ayush Pai	Dhyan Deep Alva	Nathan John	Adhrit S Santavar
				Keerthan G
III C	Tejasvi Nath Singh	Melron Rionel Lobo	K Sasmit	Royston Wilson Karkada
				Nathan Ninan Mathew



III D	Lekhaj S	Vihaan Rajesh Kotian	Rayyan Zeeshan Hameed	Samanyu S Shetty
				Chaithanya Dinesh
IV A (Girls)	Tanvi G Shetty	Shradha S Rai	Saanika M	Deepika Riya Lobo
				Monal Shetty
IV B	Dishita Shetty	Aishwarya K	Ananya S Pai	Rudra Rajeev
				K Samanvitha Sharma
IV C	Adiya Vinod Alva	Rhea Karthika Uchil	Siri Rajaneesh Rao	Aysa Rida
				Kiara Shetty
IV D	Sarah Adifaah	Shravya Rao M R	Ananya Srinivas Kamath	Iva Leoma Sequeira
				Adhya S Hegde
IV A (Boys)	Shaurya Shetty	Larren Steve Fernandes	Monish Ravuri	Shiven Alva
				Ayush Lehal Mahesh
IV B	Darlish Haniel D'souza	Adarsh Kumar	Mihir Kiran	A Manvith Shenoy
				Amogh Immanuel Pinto
IV C	Nireekshith U P	Nevaa Rithesh Shetty	Rajveer Rahul Jagtap	Shriyam Shenoy B
				Ullal Krishna Nayak
IV D	Allen Aniyan Jacob	Nirav Khilesh Surana	Parth K Shetty	Alister Charles D'Cunha
				Atharv S Hegde
V A (Girls)	Rovina Jacqueline Andrade	Rishel Mariah Pereira	Ania Deora Mascarenhas	Anwitha D Rao
				Nishal Shaina Lobo
V B	Viona Pinto	Jemima Beatrice Karkad	Sanjana Anna D'silva	Michlle Wilma Coelho
				Fathima Riwa
V C	Mahima Jia Kariappa	A B Cherryll	Lisha Janica D'souza	Akanksha Shettigar
				Dona Febin
V D	Yusra Younus Shaikh	Eva Lisa Lobo	Tanvi R Shetty	Grisha Shahri
				Dhriti P Shetty
V A (Boys)	Jaden Mario Saldanha	Ayushmaan Tailor	Tanish	Aarav Karthik
				Mohammed Abyan
V B	Payton Leon Montheiro	Antonio Biju	Prakyath H	Vedanth
				Harshul Sanathosh Salian
V C	Jaydon Ezechiel Baptist	Dhanvith G K	Deon Febin	Ayush Vinay

				Aman Karkera
V D	B. Vidhath Shetty	Sanjay Alex	Nived Ragesh	Diganth P D
				Ananthesh Dhiraj Rao
<b>CLASSES VI TO VIII - PUSH UP, PARTIAL CURL UP, SHUTTLE RUN (10 X 3), MASS P.T</b>				
VI A (Girls)	Anusha Nayak	Ridhi Chowta	Gaargi Tailor	Ana Agnes Vimal
				Sumedha R Shetty
VI B	Vaishnavi S J Naik	Deeya Alva	Shreya Shanbhag	Srishti S Pavoar
				Agneya Rai
VI C	Yashica	Tia Salian	Saanvi Bhandary	Joanne Benita Karkad
				K Preesha Pai
VI D	Nainika Rajesh	Joanna Ramanan		
VI A (Boys)	Divith Shenava	B Sankalp Baliga	Siddarth G	Vivan
				Atharv Srivastav
VI B	Saksham R Hegde	Reinol Fernandes		
VI C	Fizan Muhammad	Shreyas Suresha Devadiga	Dheer Jain	K Parin
				Anshul Mahesh
VI D	Pareekshith U P	Maquin Gregg Rodrigues	Shanan Serrao	Meet Bengani
				Saksham
VII A (Girls)	Riya Lobo	Ravuri Nagasai Sanjana	Shakthi Shetty	Dhanvi Shetty
				Thanvi Shetty
VII B	Kashvi B	Astha Attavar	Aishna Kushwaha	Nidhi Sarah John
				Rachel Mary Lobo
VII C	Vamshitha Shetty	Varshini K N	Pratha P Naik	Delicia Gia Correa
				Samaira Rose D'souza
VII D	Amoura Shaina Pinto	Sharen Rheana Pais	Anora Joan Chacko	Kshiti Bhat
				Paavani Prashant Sanil
VII A (Boys)	Immanuel Adhik Furtado	Aadarsh A K	Hrishikesa Vijay	Neil Shawn Lobo
VII B	Shreshta N Rao	K Sanketh Sharma	Joshua Benedict Karkad	Ritvik K
VII C	Ashmit M Savsani			
VII D	Yashasvi Nath Singh	Manvith S Shetty	Shubhan Das	Faraj Fayeze Fareed
				Aarav Agarwal
VIII A (Girls)	Elishia Joan Baptist	Dhanya Shetty	Ansu Sara Aniyan	Wenessa Annia Rosario
				Mevita Delia Rodrigues

VIII B	Thanvi G	Laxmi Sorake		
VIII C	T. G. Laasya	D.S Sparsha Rai		
VIII D	Diya N Yashodhar	Sharol Priya Renjal	Sancia Iona Pinto	
VIII A (Boys)	Prarthan R K	Rian Daniel Pereira		
VIII B	Ummer Sheehan	Abinav Kumar Singh		
VIII C	Saadhan Suresh	Ishaan S Kumar		
VIII D	Deep Angelic Mascarenhas	Shannon Keith Rasquinha	Saatwik Sunder Moolya	
<b>CLASSES IX TO XII - PUSH UP, PARTIAL CURL UP, SHUTTLE RUN (10 X 4), MASS P.T</b>				
IX A (Girls)	Vaishnavi K	Keya Shetty	Samrudhi J Rai	Shreya
				Suhana Nair
IX B	K B Pranamy Dechamma	Shreya Arbi	Carol Dmello	Saanvi Singh
IX C	Gwyneth Lisa D'souza	Suman D Hegde		
IX A (Boys)	Smayan Reeve D'souza	Amith Winston Colaco	Ashwanth Jacob Lobo	A Ashutosh Shenoy
IX B	Aidan Ronan Rodrigues	Sherwin Darrel D'souza	Sarvasva	Rajiv Bangera
IX C	Advay Raghavendra	Ashton Nishan Fernandes	Monvish Santhana Menezes	Aswin M Nambiar
				Ayushman Singh
X A (Girls)	Sparsha Malli	Andrea Nicole Menezes	Namritha Diya Lobo	Rishal Divya Pinto
X B	Shravya R	Nidhi K	AashnaFerrao	Philicia Alyn Crasta
				Rashi R Hegde
X C	Linesha Michelle D'Souza	Anshisha Melissa D'Souza	Onisha Rechelle D'Souza	Anvitha P Shetty
X A (Boys)	Shamith R Kumar	Sharath P	DelstonVinith Vas	Mel Glisten Kariappa
				Joshua Veigas
X B	Unnath K			
X C	Anvay Bhandary	Anirudh M Amin	Rayyan Nisar Mohammed	
XI A (Girls)	Swathi K	Rachna Shenoy	Vaishnavi A Ganiga	Andrea Maria Alva
				Neha Raj
XI B	Suryanshi Kushwaha	Anita Sara Aniyan	Isha Patel	Fariza Nuha Farooq
XI A (Boys)	Nikhil Samuel Eapen K	Arjun Anil Kumar	K. Sairam	Pratik Basavaraj Hulageri
				Aaditya Sumesh
XI B	Koshin Hegde	Gautham J	Cleton D'Souza	Anmol Singh



XI C	Shaikh Mohammed Zayed.			
XII A (Girls)	Simone D'souza	Siyana Maria Concessao	Adhya Shetty	Ananya Bangera
		Khushi Shetty	Mahima N C	D. Aradhana Bhat
XII B	Varshitha Kulkarni	Liya Khatija		
XII A (Boys)	Arya Shetty	ShynoJohnPhilip	Mohammed Fuzail	Varun Bhat
XII B	Ashlin Furtado	Satyarth Singh	Niranjan Rajeev	William D'Souza
				Lester Fernandes
XII C	Aryan Malviya	Krishna Dutta	M Atul	
<b>CHRISTMAS / NEW YEAR - THE HOPE OF RESILIENCE</b>				
<b>CARD MAKING</b>				
KG I A	Evaan Kian Fernandes	Faustina Ann Tom	Trishika Prabhakar Shetty	Aarush D Shetty
				Dakshayani S Jambagi
KG I B	Rochelle Jasleen Andrade	Riya R Shetty	Rakshan Pai K	Sameeksha P
				Ashvik Vasudeva Naik
KG I C	Muhammad Sharul Subail	Alrisha Monteiro	Mehreen Rukiya	Avani Shetty
				Ritvika S Hansalia
KG II A	Alden Leon Ferrao	Shriyanshu Aashman	Sagar Sanjeev Sankolli	Reddy Lalit Nagaditya
				Reddy Lalit Nagachandra
KG II B	Dyuthi Pramod	Smayan Rithesh Adyar	Disha Ajith Kumar	P.K. Samaksh Poojary
				Shuddhi Shetty
KG II C	Vivaan L Rao	Y B Dhanush	Andrea Biju	Katelyn Victoria Coutinho
				Nishka Jain
I A	Shaarvi Saralaya	Vihaanvi T R	Rion Luke Dsilva	Havisha Kille
				Hugh Abner Rasquinha
I B	Varhaan Rakshan Shetty	Darsh S Hegde	Eyan Keith Lobo	Joanna Anaya Kunder
				Nicole Tavisha Patrao
I C	Juan Furtado	Shaina Videl DCunha	Nihaan Alec Fernandes	Gaman D Kotian
				Aastha Padival
I D	Srinidhi Sampath Kini	Shaurya M	Purvi Kamath	Avni Jaladi
				Mahashri L Nayak
II A	Nicole Genelia Miranda	Amyl Viva Barboza	Sutirth Vishwanath Poojary	Pritika Singh
				Adithya Jathin Rao

II B	Bhuvi	Kushaal Bengani	Reyansh Bekal	Mahanth S
				Zainaba Shiza
II C	PranavAjit	Delisha Andrea Dsouza	Dwij Dattatray Prabhu	Yashashwini
				Snehal Raj
II D	Pranamy P Kotian	Heather Kelly Correa	Pournami Suresh	Tridib B
				T G Lekhya
<b>NEW YEAR CARD MAKING</b>				
III A	Joshua Miral F Shah	Shivin Rai	Ethan Basil Goveas	Shaun Liam Moraes
				Risha B
III B	Damien Ansten Pinto	Nathan John	Vihaan Prinson Saldanha	Saanvi B
				Aysa Sheeza
III C	Tejasvi Nath Singh	Taashvi Sunil Puthran	Royston Wilson Karkada	Angeline Shinoj
				Aaron Deon Dsouza
III D	B S Shinal Dechamma	Aarna Pradeep	Dhruvitha Kiran	Vihaan Rajesh Kotian
				Samanyu S Shetty
<b>CANDLE MAKING</b>				
IV A	Asiya Wasim	Shradha S. Rai	Ayush Lehel Mahesh	Larren Steve Fernandes
				Vansh Vardhan Singh
IV B	Dishita Shetty	Ananya S Pai	Akshat Mishra	Amogh Immanuel Pinto
				A Manvith Shenoy
IV C	Tamanna Prabhu	Rithvi Darshan	Ullal Krishna Nayak	Ninad K
				Anum Nafeesa Anwar
IV D	Aby Abraham Paul	Tia Rozzane Pereira	Sakshi Sanjeev Sankolli	Aiden Mario D Souza
				Ishana Rajesh Kotian
<b>CHRISTMAS TREE DRAWING</b>				
V A	Rovina Jacqueline Andrade	Dhrish Shetty	Tanvi Prashanth	Aarush Jaladi
				Rishel Mariah Pereira
V B	Michelle Wilma Coelho	Erica Gloria Fernandes	Thea Joanne Lobo	Sannidhi Shivanand Shetty
				Payton Leon Monteiro
V C	Jaydon Ezechieel Baptist	Aman Karkera	Mahima Jia Kariappa	Lisha Janica D Souza
				Senora Crasta
V D	Muhammad Eiesah Aboobakker Nawaz	Yusra Younus Shaikh	Eva Lisa Lobo	Tanvi R Shetty
				Dyuti Hamsini M

POSTER MAKING – NEW YEAR RESOLUTION				
VI A	Lorraine Viona DSouza	Anusha Nayak	Sanvi R S	Haifa Raj
				Abhyuday V Nayak
VI B	Akshaj S. V	Vaishnavi S J Naik	Cristen Dylon Mendonca	Chalita C Bhat
				Deeya Alva
VI C	Varsha M. K.	Yashica	Tia Salian	Gahnavi S.
				Angel Veal Barboza
VI D	Maquin Gregg Rodrigues	Sharvi Shetty	Meet Bengani	Manasvini S Jambagi
				Saksham
POSTER MAKING – NEW YEAR RESOLUTION				
VII A	Ravuri Nagasai Sanjana	Drishika N Shetty	Neil Shawn Lobo	Prachi
				Jazlyn Saldanha
VII B	Rida Abdul Jaleel	Jovila Wenona Rodrigues	Niza Abid Zainab	Joshua Benedict Karkad
				Purvik Suresh
VII C	Varshini K N	Bhuvi A R	Vamshitha Shetty	Pratha P Naik
				Manavi B Khokhani
VII D	Rida Jameela	Ananya K Rao	Aarav Agarwal	Praneeth Franz Pinto
				Paavani Prashant Sanil
STAR MAKING				
VIII A	Elishia Joan Baptist	Angela Bianca D'souza	Lichal Bopanna	Sinchana Rao
				Deborah. J
VIII B	Shahan Bryan Lobo	Thanvi G	Mohammed Mishal	
		Zaeem Zameer Mohammed		
VIII C	Dhatri Prashant Devadiga	Sumedha	D.S Sparsha Rai	T.G Laasya
				Trisha
VIII D	Sharol Priya Renjal	Trisha Dinesh Kumar	Shannon Keith Rasquinha	Minaal Anabel Rodrigues
				Mitali M
POETRY WRITING – NEW YEAR HOPE				
IX A	Advika Dayananda Shetty			
IX B	Shlok Rai	Carol Dmello		
IX C	Sreesthira Mukherjee	Pearl Ruth Cutinha	Steve Aaron D'mello	Gwyneth Lisa D'souza



CAROL SINGING				
IX A	Suhenaa Suma Darshan	Krithi Acharya		
IX B	Raizel Neva D'silva	Megan Antonya D'souza	Olivia Treeza D'souza	Samskruthi M
				Shreya Arbi
IX C	Ankita Ajit Pai			
POETRY WRITING – NEW YEAR HOPE				
X A	Rishal Divya Pinto	Ishaan Vivek	Anika Bharathraj	
X B	Dhruv Shetty			
X C	Aditya Aithal	Neha Singh	Adithi Acharya	Anshisha Melissa D Souza
CAROL SINGING				
X A	Monaljiya Rasquinha	Bruce Valentine Rego	Prithika Frith Pinto	Andrea Nicole Menezes
				Varun Kurup
X B	Melron Jerald Lobo			
X C	Linesha Dsouza			
	Onisha Dsouza			
POETRY WRITING – NEW YEAR HOPE				
XI A	Rachna Shenoy	Andrea Maria Alva	Swathi K	Treesha Rajnesh
XI B	Gordan Shane Rasquinha	Isha Patel		
CAROL SINGING				
XI A	Vaishnavi A Ganiga			
POETRY WRITING – NEW YEAR HOPE				
XII A	Anushkaa Prakash	Chaitanya Bhargava Kumar Sharma	Khushi Shetty	
			Mohammed Fuzail	
CAROL SINGING				
XII A	Siyana Maria Concessao	Ananya M Bangera		
XII B	Monisha Rasquinha			
REPUBLIC DAY				
FLORAL DESIGN				
KG I A	Samarth Pai	Dakshayani S Jambagi	Kiara Cutinho	Tanvi Nayak
				Ahemd Pothiwala
KG I B	Riya R Shetty	Rishaan Acharya	Numa Ahlam	Divya Santhosh
				Prabhas S Devadiga
KG I C	Naman G Shetty	Aadvi B	Alrishia Monteiro	Mehreen Rukiya

				Drithi L Nayaka
KG II A	Shriyanshu Aashman	Alden Leon Ferrao	Aarvi Vishal Bhensdadia	Vaibhav V Nayak
				Ridhima Pai
KG II B	Smayan Rithesh Adyar	Ruhi R Shetty	Prashamsa N	Shriansh Shetty
				Disha Ajith Kumar
KG II C	Deethya Yeshwanth	Dwayne Shawn Rasquinha	Charvi S	Y B Dhanush
				Zara Abdul Rauf
<b>LENTIL ART WORK - INDIAN TRADITIONAL JEWELLERY</b>				
I A	Eashan Gireesh	Pakshalika Naik	Reyansh Bhavin Kamani	K Rohit
				Serah Alex
I B	Varhaan Rakshan Shetty	Eyan Keith Lobo	Darsh S Hegde	Ansh Jalan
				Ryan Prakash Dsouza
I C	Juan Furtado	Sanaya Bhandary	Shaina Videll Dcunha	Loukya C V
				Aastha Padival
I D	Shlok	Srinidhi Sampath Kini	Hridhaan Purshottam Devadiga	Purvi Kamath
				Luke Presley Rosario
II A	Janice Shalom Crasta	Muhammad Uzair	Adhruth M	Cleon Jayden Satyamitra
				Dhrishaj
II B	P Jenisha	Akshit	Purvi Madhyastha	Kavan Shetty
				Bhuvi
II C	Pranav Ajit	Dwij Dattaray Prabhu	Abner Lobo	Yashashwini
				Omkar S
II D	Saanvi A Shetty	T G Lekhya	Mohammed Zaid	Shahadat Mohammad Shahid
				Viraj Amathe
<b>CLAY MODELING - TRADITIONAL CLOTHES OF INDIA</b>				
III A	Anora Elizabeth Mathias	Pruthvij Vijay Suvana	Aalia Aysha Abid	Soha Laxman Suvana
				Ayana Yadav
III B	Minal Maxin	Rania Mukthar	Aaryan S Jogi	Dhairya Sandeep Pai
				Damien Ansten Pinto
III C	K Sasmit	Tejasvi Nath Singh	Nathan Ninan Mathew	Leora Machado
				Lenora Machado
III D	B. S Shinal Dechamma	Aarna Pradeep	Darsh Pradeep Kottary	Erina Mariam

				Sheryl Bastin
IV A	Thanvi G Shetty	Shaurya S Shetty	Adrian John Rosario	Deepika Riya Lobo
				Monal Shetty
IV B	Avinash Patidar	Thwisha Bhat	Dishita Shetty	Aadhya P Shetty
				Mihir Kiran
IV C	P Shalom Christan	Ninad K	Tamanna Prabhu	Yogitha S
				Anya Svetlana Dsouza
IV D	Ismail Kalander Zidaan	Shravya Rao Mr	Fiona Monica DSouza	Dhriti Pattathan
				Thanvi C Kottary
<b>POOKALAM – ‘SECULARISM IN INDIA’</b>				
V A	Rovina Jacqueline	Jaden Mario Saldanha	Dhrish Shetty	Rishel Mariah Pereira
				Riana Leisha Quadros
V B	Prakyath H	Clarice Dsouza	Yashica Pradeep Rao	Anagha Rai
				Sannidhi Shetty
V C	Mahima Jia Kariappa	Lisha Janica DSouza	Aman Karkera	Dhanvith G K
				Tristan Samuel DSouza
V D	Avani Sanjay Bolar	Yusra Younus Shaikh	Mohammed Maahin	Dyuti Hamsini S M
				Eva Lisa Lobo
VI A	Anushka Ganiga	Atharv Srivastav	Diya	Sanvi R S
				Adithya Nishanth Bejai
VI B	Deeya Alva	Reinol Fernandes	Ritwik S Puthran	Agneya Rai
				Abaan Bashir Ibrahim
VI C	Saanvi Bhandary	Angel Vea Barboza	Thanvi	K. Parin
				K. Preesha Pai
VI D	Maquin Gregg Rodrigues	Sharvi Shetty	Manasvini S Jambagi	Tisha
				Preran Sharath Marla
<b>DREAM CATCHER – ‘DREAM OF A BETTER INDIA’</b>				
VII A	Drishika Shetty	Ravuri Nagasai Sanjana	Riya Lobo	Aadarsh A K
				Amrutha Suresh Nair
VII B	Rithika. M	Niza Abid Zainab	Rachel Mary lobo	Aishna Kushwah
				Nidhi Sarah John
VII C	Varshini K N	Soudhriti Dinesh	Adline Fiona Lobo	Pratha P Naik
				Bhuvi A R
VII D	Kshiti Bhat	Sharen Rheana Pais	Muhammed Rehan Addur	Lasya Bharath



				Anora Joan Chacko
VIII A	Elishia Joan Baptist	Sinchana Rao	Aishwarya Rajendra Kamat	Rian Daniel Pereira
				Mevita Delia Rodrigues
VIII B	Thanvi G	Mohammed Mishal	Parlan Rewa Dcosta	
VIII C	T.G Laasya	D.S Sparsha Rai	Trisha	Dhatri Prashant Devadiga
				Sarah Nasir
VIII D	Diya N Yashodhar	Thamoghna S N	Sharol Priya Renjal	Ritu Sarah Menezes
				Shannon Keith Rasquinha
				Haya Bashir Ibrahim
<b>SLOGAN WRITING – ‘FRATERNITY’</b>				
IX A	Arjun Kumar	Amith Winston Colaco	Keya Shetty	Krithi Acharya
				Suhana Nair
IX B	Raizel Neva Dsilva	Pragathi Rao Baneri	Megan Antonya D'souza	Carol Dmello
				Gowthami S
IX C	Sreesthira Mukherjee	Steve Aaron D'mello	Tvisha Rai	K S Rashmika
X A	Rishal Divya Pinto	Anika Bharathraj	Ananya Ravi	Bruce Valentine Rego
X B	Krithi S Shetty	Rashi Hegde	Alina Maria Menezes	Abhinav Rao
X C	Vishnusmaran B. Rai	Parikshith Bhandary Menal		
<b>CARTOONING – ‘EQUALITY’</b>				
XI A	Jennissa Viola Pereira	Aman Eshak	Astha Dwivedi	Vaishnavi A Ganiga
				Swathi K
XI B	Suryanshi Kushwaha	Isha Patel		
<b>FEAST OF OUR LADY OF LOURDES</b>				
<b>ARTISTIC CALLIGRAPHY</b>				
KG I A	Ridhi R Shetty	Praneet Shetty	Samarth Pai	Aarush D Shetty
				Anjali Joanna D'Silva
KG I B	Rochelle Jasleen Andrade	Ashvik Vasudeva Naik	Riya R Shetty	Niharika Girish
				Moidin Arhaan Shameer
KG I C	Aadvi B	Thej Saralaya	Alrisha Monteiro	Eshan N
				Ritisha Samara Cutinha
KG II A	Suchith Arora	Riddhi Chetan Shetty	Ridhima Pai	Maryam Zaifa
				Chris Stefan Crasta

KG II B	Shuddhi Shetty	Shriansh Shetty	Aditya Narayan Swain	Joshma Rodrigues
				Dhanush Maharanth K
KG II C	Idhika Nair	Sakshath M	Samaksh S Shetty	Muhammad Talha
				Vihaan Suresh Nair
<b>PAPER BAG MAKING</b>				
I A	Arnav Bangra Kulur	Eashan Gireesh	Akarsh K B	Harshika
				Shaaury Sulaya
I B	Aimi Maria Jacob	Johaana Philip	Eyan Keith lobo	Shripad S
				Misha Jalan
I C	Sanaya Bhandary	Ansh Shetty	Tanya Pinto	Tianna Pinto
				Abdul Khadar Ehan
I D	Shaurya M			
II A	Amyl Viva Barboza	Pritika Singh	Mohammed Rafiq Mahaz	Rahul S R
II B	Melora Ria Lobo	Twisha Puthran	Ajith Chiru Gowda	Bhuvi
				Jagath S Anchan
II C	Pranav Ajit	Omkar S	Tisha Kotian	
II D	Pranamy P Kotian	T G Lekhya	Mohammed Zaid	Mohammed Rayyan
				Viraj Amathe
<b>PHOTO FRAME MAKING</b>				
I A	K Rohit	Shaarvi Saralaya	Mihira Nedungadi	Rudrani Alok Paul
				Viraj Deepak Mangalore
I B	Ansh Jalan	Darsh S Hegde	Ansh P Rai	Joanna Anaya Kunder
				Nicole Tavisha Patrao
I C	Loukya C V	Pranavi Vinod	Nihaan Alec Fernandes	Shaina Videll D Cunha
				Ankush Kamath
I D	Jeanne Shanell Frank	Purvi Kamath	Abdul Rehan Rameez	Srinidhi Sampath Kini
				Luke Presley Rosario
II A	Nicole Genelia Miranda	Adhruth M	Janice Shalom Crasta	Cleon Jayden Satyamitra
				Aurel Maria Vas
II B	P Jenisha	Zainaba Shiza	Hitikshya Priyadarshini	
II C	Mahie Dadheech	Aastha Abhishek Shetty	Snehal Raj	Maven Jake Saldanha
				L Hruthi Akshaya
II D	Joanna Therese Jaison	Dhyan P Shetty	Kushal Khatri	

FLOWER VASE MAKING				
III A	Joshua Miral F Shah	Stalin Joshua Concessao	Hitanshi P Shetty	
III B	Damien Ansten Pinto	Hansini R Gowda	Merlin Bastin M	
III C	Angeline Shinoj	Taashvi Sun il Puthran	Royston Wilson Karkada	Melron Rionel Lobo
				Bhakthi C Y
III D	B S Shinal Dechamma	Aarna Pradeep	Erina Mariam Muhsin	Sheryl Bastin M
				Aryan D'Costa
HAT MAKING				
III A	Pruthvij Vijay Suvarna	Jocelyn Dmello		
III B	Bhargav Rao	Saanvi B	Tanush Raveendra	
III C	Lenora Machado	Leora Machado	Rinola Monteiro	J Ananth K Bhat
III D	Lekhaj S	Chaitanya Dinesh	Vaibhav Dinesh	
CREATING MINIATURE MAKING - GROTTA OF OUR LADY OF LOURDES				
IV A	Rishab Surya	Shiven Alva	Saanika M	Shradha S Rai
				Thanvi G Shetty
IV B	Darlish Haniel D Souza	Dishita Shetty	Amogh Immanuel Pinto	Avinash Patidar
IV C	Raiden Prince Pinto	Anum Nafeesa Anwar	Anyu Svetlana D Souza	Avni Rao
IV D	Alister Charles D Cunha	Fiona Monica D Souza	Tara Bhandary	Iva Leoma Sequeira
V A	Jaden Mario Saldanha	Riana Leisha Quadros	Rovina Jacqueline Andrade	Rishel Mariah Pereira
				Nicole Mia D Silva
V B	Payton Leon Monteiro	Bhoomika S Anchan	Ahana Yogesh	Viona Pinto
V C	Senora Crasta	Aman Karkera	Dona Febin	Deon Febin
V D	Eva Lisa Lobo			
MINIATURE MODEL MAKING OF LOURDES CENTRAL SCHOOL				
IV C	P Shalom Christan	Kiara Shetty	Advaith Hareesh Gouda	
IV D	Dhriti Pattathan	Manvi Vikram Bhandary		
V C	Dhanvith G K	Ayush Vinay		
V D	Yusra Younus Shaikh	Shristi	Asher Lawrence Dsouza	
LOURDES OLYMPIAD				
VI	Anusha Nayak (VI A)	Gaargi Tailor (VI A)	Shreya Hegde (VI A)	
		Abaan Bashir Ibrahim (VI B)	Ridhi Chowta (VI A)	



		Shreya Shanbhag (VI B)	Mithra P H (VI A)	
			Abhiram Kashyap (VI D)	
VII	Lauren Marian Patrao (VII A)	Rishon Fernandes (VII C)	Gaurav Prasad Nayak (VII B)	
	Nidhi Sarah John (VII B)		Vamshitha Shetty (VII C)	
			Sujan Shamprasad (VII C)	
VIII	Abhinav Kumar Singh (VIII B)	Elishia Joan Baptist (VIII A)	Saaket Ajay Manjrekar (VIII B)	
IX	Steve Aaron D'Mello (IX C)	Raizel Neva D'Silva (IX B)	Aathish B Shety (IX C)	
			Aswin M Nambiar (IX C)	
X	Nidhi Noronha (X C)	Saiyam Shete (X B)	M A Devyani (X B)	
XI A	Kevin Prince Vaidyan	Adithya R Shetty	Andrea Maria Alva	
	Neha Raj		Nikhil Samuel Eapen K	
			Reha Avva Mohammad	
XI B	Pramath Ram	M Govindarajan	Goutham Jagadesh	
XI C	B. Hiya Hegde	Adithya R Rao	Fathima Nashwa	
			Anjali U.P	
			Olivia Ruth Rodrigues	
XII A	Prajesh K	Simone Anne D'Souza	Pramitha Valerie D'Souza	
		Arya Shetty	Shanthika Kudva	
		Anushkaa Prakash	Ananya N	
XII B	Ankush Mohan Shenoy	Niranjan Rajeev	Anushka Srivastava	
	Ashlin Furtado			
XII C	Amith Antony Dmello	M Atul	Aqifa Zohara	
	Krishna Dutta			
<b>AMBEDKAR JAYANTI</b>				
<b>PHOTO FRAME MAKING</b>				
KG I A	Kiara Cutinho	Faustina Ann Tom	Dakshayani S Jambagi	
KG I B	Rochelle Jasleen Andrade	Riya R Shetty	Mohammed Ayan	Sameeksha P
				Rakshan Pai K
KG I C	Vibhavari V	Mehreen Rukiya	Nivin P H	Samriddhi Mondal
				Yatra

KG II A	Dishank Suvarna	Alden Leon Ferrao	Shriyanshi Aashman	Maryam Zaifa
				Hifza Asiya
KG II B	Richelle Riva D'Souza	Smayan Rithesh Adyar	Tanishka	Prashamsa N
KG II C	Y B Dhanush	Zara Abdul Rauf	Idhika Nair	Sakshath M
<b>FANCY DRESS – ‘FATHER OF THE INDIAN CONSTITUTION’</b>				
I A	Mihira Nedungadi	Sanjeev Kumaran		
I B	Joanna Anaya Kunder	Darsh S Hegde		
I C	Arya S	Sanaya Rajesh Anchan	Adhrith Shetty	Loukya C V
				Ansh R Shetty
I D	Mokshan Shetty	Purvi Kamath		
II A	Pritika Singh			
II B	Bhuvi			
II C	Maven Jake Saldhana	Aradhana Naik		
II D	Mohammed Rayyan			
<b>ESSAY WRITING – CONTRIBUTION OF DR B R AMBEDKAR TO THE SOCIETY</b>				
III A	Tamanna Sudesh Kumar	Ridhi Shetty	Ansh Kunder B	
III B	Saanvi B	Nathan John	Bhargav Rao	Aysha Sheeza
				Darshika Karanth
III C	Aaron Deon Dsouza	J Ananth Bhat	G Shreyas Pai	Suhani Singh
				Shreshtha Shree
III D	B S Shinal Dechamma	Aarna Pradeep	Swaraj Shantharaj Tej	Ashvika Sharma
				Aryan Gregory D'costa
<b>ESSAY WRITING – ‘HUMANS WITH INTEGRITY MAKE A NATION STRONG’</b>				
X	Arjun Kumar (X A)	Sarvasva (X B)		
XII	Swathi K (XII A)	Rachna Shenoy (XII A)	Astha Dwivedi (XII A)	Isha Patel (XII B)
<b>"TEACHERS SUBJECT ENRICHMENT POSTER MAKING COMPETITION"</b>				
I (KG to II)	Ms Sangeetha Salins	Ms Francisca DSouza	Ms Grace Apoline Roche	
II (III to V)	Ms Anitha Irine Pinto	Ms Cosess Apoline Lobo	Ms Seema Renita Lobo	
III (VI to VIII)	Ms Ashwith Jenifer Misquith	Ms Lavina F Serrao	Ms Apoorvashree M R	
IV (IX to XII)	Ms Sreelatha P V	Ms Jayashree	Ms Greetta Janet Menezes	

## INTER-SCHOOL COMPETITIONS

<b>Winners of the Drawing Competition conducted by the Lions Club Mangalore Centennial and Lourdes Central School, Bejai Mangaluru.</b>			
<b>I Prize</b>	<b>II Prize</b>	<b>III Prize</b>	<b>Consolation Prize</b>
Varshini K N (VII C)	Immanuel Furthado (VIIA)	Anushka Ganiga (VIA)	Pareekshith U P (VI D)
			Varshika S Sashihital (VII B)
			Evami Rai (VI B)
			Gaargi Tailor (VI A)
			Hugh Kenny Correa (VI A)
			Drish Shetty (V A)
<b>Winners of Independence Day Competition held on 10th August 2020 by Lions Club Balmatta, Mangaluru.</b>			
Joana A Kunder (I B)	K Rohit (I A)	Luke P Rosario (I D)	
Delisha A D Souza (II C)	Mohammed Rayyan (II D)	Jenisha P (II B)	
Pruthvij V Suvarna (III A)	Angeline Shinoj (III C)	Damien Pinto (III B)	
P Ira Gowri Rao (IV A)	Shalom Christan (IV C)	Sakshi S Sankolli (IV D)	
Aman Karkera (V C)	Panjal B (V B)	Tanvi R Shetty (V D)	
Chaitali U P (VI C)	Emily G Rodrigues (VI B)	Pareekshith U P (VI D)	
Rida Abdul Jaleel (VII B)	Riya Lobo (VII A)	Bhuvi A R (VII C)	
<b>PRE-UNIQUE</b>			
<b>SOUND OF MUSIC (INSTRUMENTAL MUSIC) – HIGH SCHOOL</b>			
Ashton Nishan Fernandes		Melron Jerald Lobo	
<b>SOUND OF MUSIC (INSTRUMENTAL MUSIC) – PU</b>			
Nikhil Samuel Ethan			
<b>ME, MYSELF and I (MONO ACT)</b>			
		Astha Dwivedi	
<b>THE DRESSMAKER (DIY FASHION)</b>			
	Fathimath Lamha	Caryl Coelho	
<b>DIARIES, NOTES &amp; SKETCHES (PICTORIAL POETRY) – HIGH SCHOOL</b>			
	Janice Carmel D'souza		
<b>(EASTERN SINGING) – HIGH SCHOOL</b>			
	Pranamy J Shetty		
<b>(EASTERN SINGING) – HIGH SCHOOL</b>			
D Aradhana Bhat			
<b>FOOTLOOSE (WESTERN DANCE) – HIGH SCHOOL</b>			
	Gowthami S		
<b>PITCH PERFECT (WESTERN SINGING) – HIGH SCHOOL</b>			
		Amber Charisma Furtado	
<b>JEST JOKING (STANDUP COMEDY)</b>			
Azhan Ul Rahiman			
<b>LOST IN FOUNDATION (CREATIVE MAKEUP)</b>			
	Linesha Michelle D'souza		



## A Celestial Odyssey

Agaze into the heavens,  
Took me through a pleasance,  
The promenade of the skies.

Oh well! It created a lasting effect,  
With its exceptional bright and brilliance,  
In my musty mind.

I sailed across the blue,  
Along the lovely hues,  
All along the night.

Then a ride on the boisterous,  
The mighty good old Taurus,  
To meet the radiant goddess,  
Across the milky skies.

The jade hare called upon me,  
The fireflies did too,  
The planets dragged me towards them,  
All with their magnificent views.

Then on the back of the winged horse,  
Towards the polar lights,  
Which on first sight,  
Pierced my fragile eyes.

Frames I made,  
Masterpieces I painted,  
All along the way.  
Oh! It was all lovely I must say.

Then with a mighty gush of the wind,  
I fell down from the skies,  
Only to realize that I was never up high.  
(Jade hare: A mythical figure who lives on the moon in Eastern folklore)

**Janice Lobo**

## Gandhi Jayanthi

"Where there is love, there is life"  
Respected teachers, Judges and my dear friends,  
Mahatma Gandhiji, is fondly called as "Baapu".  
Baapu was born in Gujarat, on October 2<sup>nd</sup>, 1869 in Gujarat.  
His birthday is celebrated as "Gandhi Jayanthi".  
Gandhiji played a very important role in India's freedom struggle. So we honour him with the title "The father of the nation". He showed the world the path of peace.

So let us honour Gandhiji by living the principles of truth, simplicity and non-violence.

Jai-Hind

**Elaina Ria Rodrigues - KG I B**

## Mahatma Gandhiji

Today, I will speak about Mahatma Gandhiji who was the greatest freedom fighter. His full name is Mohandas Karamchand Gandhi. India got Independence under his able guidance. Gandhiji is known as "Father of the Nation / Rashtrapitha". We also fondly call him "Bapu". Gandhiji was born on 2<sup>nd</sup> October 1869 at Porabandar in Gujarath. Every year on 2<sup>nd</sup> October we celebrate as "Gandhi Jayanthi". It is our national festival. Gandhiji was the great follower of truth and non-violence and followed it throughout his life. He dedicated his entire life for the country and believed in simple living and high thinking. Good habits, discipline, hard work and epic characters were adopted by his parents Karamchand Gandhi and PuthaliBai. He taught us truthfulness, equality and ahimsa which means "we should not harm anyone and everyone should be treated equally".

So being Indian we must pay him honor and respect by following his guided path of simplicity and help each other with love and care irrespective of difference is what our aim of life should be.

I salute Mahathma Gandhiji.

**Riya R Shetty  
KG I B**

Respected principal, teachers and my dear friends,  
Myself Rochelle Andrade would like to talk about Mahatma Gandhi'ji. Mahatma Gandhi'ji is called as "Father of our Nation". He was born on 2<sup>nd</sup> October in Porbandar. We also call him "Bapu" or "Gandhiji". His full name is Mohandas Karamchand Gandhi. He was a great freedom fighter. He started Satyagraha and fought against violence. He was a simple, truthful, and honest man.

I will end this speech with Gandhi Ji's famous quote:  
"In a gentle way you can shake the world"

**Rochelle Jasleen Andrade  
KG I B**

Good morning. Today I am going to talk about Mahatma Gandhi. Mohandas Karamchand Gandhi was also called as Bapu. He is the father of the nation. His birthday is celebrated on October 2nd as Gandhi Jayanthi. It is a National holiday and International Non Violence Day. Mahatma Gandhi started the Dandi Salt March and Quit India movement. He was assassinated by Nathuram Godse, who fired 3 bullets into his chest on January 30th. Thank you.

**Evaan Kian Fernandes  
KG I A**

Good morning dear teachers,

My name is Anjali D'silva. Today I am here to talk about Mohandas Karamchand Gandhi.

Gandhi was born on 2nd October 1869, in Porbandar in the state of Gujarat. Gandhi's father's name is Karamchand Gandhi. Gandhi's mother's name is Putlibai Gandhi.

Gandhi was also known as Bapuji. He fought against British rule and got us freedom. Gandhiji is also called as the 'FATHER OF THE NATION'.

Thank You.

**Anjali Joanna D'silva**  
**KG I A**

In my garden, I grow some organic vegetables. They are coccinia plant, egg plant ladies fingers, curry leaves, ginger, coriander, long beans, leafy vegetable and a pumpkin creeper. I use organic methods to grow these plants. I use manure instead of fertiliser. I make a compost using biodegradable kitchen waste like onion peels etc. and cover it with soil so that it doesn't stink. After some days it becomes a type of powdery substance. I add it to the soil of the plants. Composting is very easy and cheap. You can make it anytime and anywhere. Organic farming yields such vital benefits as preservation of soil's organic composition. It improves soil erosion so switch to organic farming and keep yourself healthy.

### **Terrace Gardening**

"Gardening is a seed once sown that never dies"

Terrace garden, is a garden that cultivates vegetables, fruits or flowers on the balconies or roof of buildings, terrace. It is also called as a roof garden. A raised terrace keeps a house dry and provides a transition between the hardscape and the softscape. It is one of the best ways to grow plants in your house and lend a helping hand in making this world a more greener place to live.

We have a very long tradition of gardening and landscaping. Our literatures and mythologies are full of references to these. Man always thought of natural landscape as his ideal habitat. Adam originally lived in the Garden of Eden. Most of the world mythologies say that the men of primitive people built their abodes considering themselves as part of landscape. Man's fascination for landscaping never decreases. The Egyptians had elaborate gardens with many types of birds.

Romans were fond of gardens in their villas. Chinese reveled in garden designs. English, Italian and Japanese made an effect to innovate landscape ideas. Persians developed a concept of "paradise" - the garden with all landscape elements.

Terrace gardens are most often found in urban environments. Plants have the ability to reduce the overall heat absorption of the building which then reduces energy consumption. The primary cause of heat build-up in cities is insolation, of solar radiation by roads and buildings in the city and the storage of this heat in the building material and its subsequent re-radiation. Plant surfaces however, as a result of transpiration, do not rise more than 4–5°C above the ambient and are sometimes cooler. This then translates into a cooling of the environment between 3.6 and 11.3 degrees Celsius (6.5 and 20.3 °F), depending on the area on earth (in hotter areas, the environmental temperature will cool more). The study was performed by the University of Cardiff. A study at the National Research Council of Canada showed the differences between Terraces with gardens and Terraces without gardens against temperature. The study shows temperature effects on different layers of each Terrace at different times of the day. Terrace gardens are obviously very beneficial in reducing the effects of temperature against Terraces without gardens. "If widely adopted, Terrace top gardens could reduce the urban heat island, which would decrease smog episodes, problems associated with heat stress and further lower energy consumption." Becoming green is a high priority for urban planners. The environmental and aesthetic benefits to cities are the prime motivation. It was calculated that the temperature in Tokyo could be lowered by 0.11–0.84 °C if 50% of all available Terrace top spaces were planted with greenery. This would lead to a savings of approximately 100 million yen. Singapore is very active in green urban development. Terrace gardens present possibilities for carrying the notions of nature and open space further in tall building development. When surveyed, 80% of Singapore residents voted for more Terrace gardens to be implemented in the city's plans. Recreational reasons, such as leisure and relaxation, beautifying the environment, and greenery and nature, received the most amounts of votes. Planting Terrace gardens on tops of building is a great way to make city more efficient.

Apart from these there are many other uses. Thus as a responsible citizen we can take up this small initiative and plant more trees and plants for the greater good of our country.

**Khushi Shetty - XII A**

## A Little Bit of Moss

Who would have thought that plants have been playing an important role in the earth's ecosystem? Obviously, everyone is very well aware of this and in fact, are taught from a young age, "Cut one tree down, grow ten more in its place." Truly these heterotrophs, along with fungi and underwater algae are the backbone of the world - because they produce the most important substance for life on earth to thrive: oxygen.

However, when did these living organisms first appear? When the simple land plants first appeared, (around the same time as the emergence of the first land animals) around 470 million years ago they were non-vascular plants, like mosses and liverworts, that didn't have deep roots. In short, they were prokaryotic organisms. In fact it is believed that this very moss was responsible for the ice sheets that covered the earth, caused a mass extinction of marine life and even dropped the carbon dioxide emissions on earth, millions of years ago.

That might be a lot to take in; how did a simple family of moss cause so many changes in the pre-modern world? They made a significant contribution to the evolution of the better-known, eukaryotic, life forms. Present-day prokaryotes may resemble early fossils, but they are modern organisms that have successfully adapted to modern environmental conditions. They are found in some of the most extreme environments on Earth, including Antarctica, the depths of the oceans and deep in rocks, round deep-sea vents, and in boiling thermal springs and are present in our human environments, including cities, homes and the human body.

Cyanobacteria are photosynthetic bacteria that are sometimes called "blue-green algae". Ancient cyanobacteria added oxygen, a byproduct of photosynthesis, to the atmosphere early in Earth's history. Cyanobacteria are still biologically and ecologically significant today. Some cyanobacteria are capable of nitrogen fixation, a process that converts atmospheric nitrogen into a form that can be used by land plants.

Additionally, it is believed that chloroplasts are descended from a type of single-celled organism called a cyanobacteria since all of the groups in Kingdom Plantae share the characteristic of having a primary chloroplast or primary plastid.

The next time you go deep sea diving or are enjoying a nice day at the beach, and you happen to chance upon a little tuft of bright green moss, stay there very still and maybe even whisper encouraging words at it, because who knows maybe you'll save yourself from going extinct!

**Jenica D'Souza**

## Origin of Plant Life on Earth

Black tides of lava lie split over the flanks of huge barren mountains. Their steam hissing and caking the mouths of the vents with yellow sulphur. No bush grows to give shelter from the heat; no speck of green relieves the black surface of the empty ash plains.

This desolate landscape has been that of much of the Earth for the greater part of its history. In a time when volcanoes raged on land, the arrival of rain calmed the skies, giving birth to an infant atmosphere. The water filled the streams, rivers and mighty oceans, moving land and debris along with it. Continents formed with the advent of collisions and drifts of the tectonic plates. Rugged mountain landscapes began to form, yet volcanoes raged on. As these geological cycles repeated themselves for some three thousand million years, and the volcanoes burnt and spent themselves, the land remained barren. In the sea, however, life burgeoned!!!

Some marine algae managed to live on the edges of the seas, rimming the beaches and boulders with green. These aquatic algae in turn gave rise to the vast diversity of land plants (Bryophytes and tracheophytes). Dating from over 400 million years ago the primitive mosses and liverworts formed green tangled carpets, miniature forests that spread inland from the edges of estuaries and rivers, and into these crept the first animal colonists from the sea.

Survival mothers variation. Neither mosses nor other neophytes had true roots. Their short upright stems sprang up from a horizontal one of a similar kind lying along the ground. This served well enough in moist surroundings but in most parts of the World, permanent water supply lies deep under the ground. Roots that could probe deep into the Earth's bed were the need of the hour.

Three groups of plants emerged with skills sufficient to tackle the mentioned problem and have managed to stand the test of time. These include: the club mosses, horsetail and ferns.

The dependency on light to satisfy their photoautotrophic needs forced green plants to grow taller and taller, so as to not be overshadowed by their neighbours. Thus our tall, overpowering tree friends were formed.

Only achievement of reproductive stability could ensure better survival. Now trees were faced with the problems of reproduction and efficient spore dispersal methods. Anemophily and hydrophily developed into intricate mechanisms for pollination and spore dispersal.

The Cycads, an ancient group of plants which survives to this day developed unique dioecious



plants to serve the purpose of reproduction and also prevent inbreeding depression.

Taller and taller rose another group of plants-the humongous Conifers-pines, cedars, firs, etc, which eliminated the inherent need for water to transfer gametes.

Pollination through golden sulphur showers and water were inefficient when compared to the efficient transport mechanisms offered by insects. And so developed the 'flower'!!

Some of the earliest and most marvelous of these exuberant insect attracting devices are those produced by the magnolias. They appeared a 100 million years ago. Protogynous conditions also allowed cross fertilization.

The appearance of flowers transformed the face of the World. The green forest now flared up with colors as plants advertised the delights and rewards they could offer. Angiosperms dominated land masses and continue to do so to this day.

This is the story of how an ashen landscape that fumed with smoke and fire was transformed into the garden of Eden.

'Go out into nature and plant trees

That when the south wind blows

You shall not be warm in your own limbs

But in the thousand limbs and ten million leaves

Of your blooming trees of orchard and forest'-Ralph Waldo Emerson

**Ananya N  
XII A**

### **Rainwater Harvesting**

In a world like ours, water is one of the most essential things for the sustenance of all life. The problem of water shortage has been plaguing many countries due to rise in pollution and deforestation. When talking about water conservation efforts in a country like India, rainwater harvesting is an effective method to effectively utilize the monsoon season. It is an age-old practice for sustainable usage of water and one that is cost-effective and easy to implement in most areas.

In simple terms, rainwater harvesting is the collection and storage of rainwater. Most rainwater harvesting systems consist of a large catchment area that collects rain water through a primary filter that removes large debris and other contaminants. Channels or pipes then transport the collected water to either a tank or a natural reservoir, such as ponds. These storage areas are known as cisterns. The final stage of the system involves filters that make the

water fit for consumption. Based on the community requirements or area specifications, various types of rainwater systems are available, such as rooftop systems, surface run-off rainwater harvesting, dams, and recharge pits, among others.

Such a system helps our society in various ways. One of them being how it easily supports industrial activities, with companies constructing their own dams or using underground tanks. Societies also reduce their dependence on fresh water resources for their day-to-day utilities such as watering the plants and for cleaning purposes, thus preserving potable water. The water collected also works spectacularly during times of need and are of great help to farmers during the summer. It also helps in recharging underground water, as proven in the case of Chennai where it has had a 50% rise in water level in 5 years, and major improvement in the quality, after it's implementation.

Rainwater harvesting, therefore, stands as one of the best conservation projects a city, a village, a community and even an individual could take up, especially in a country like ours where monsoon is a beloved guest for at least 4 months. It takes advantage of the weather and the technology at hand to combat scarcity of water, and for better and prudent use of the precious resource.

The need of the hour commands all hands on deck and all our efforts combined to truly make a difference. Hence, while saving gallons of water, rainwater harvesting systems also strengthen communities and help us in realizing the importance of not just unity but the power that lies in it as well.

**Fariza Nuha Farooq  
XI B**

### **Rainwater Harvesting and Its Importance**

Rainwater harvesting is a strategy of collection and storage of rainwater into natural reservoirs or tanks, or the seepage of surface water into subsoil water channels. It is one of the purest forms of water found on earth, because it is collected after it has vaporized and is almost as good as distilled water.

Usually people in the rainfall-prone areas like Tamil Nadu, and parts of north-eastern and even north-western India where there is a scarcity of potable water use this kind of practice.

Rainwater harvesting is perhaps one of the easiest methods of obtaining water. It does not require extensive knowledge, technical skills or cumbersome machinery. Expense-wise too, it's extremely affordable. All it requires is a waterproofed structure

within the ground or over the ground that can hold the water during rains and prevent its loss as seepage. Some people employ plastic tanks which are connected by means of pipes to collection pans. Rainwater harvesting is also done in many homes where they channel the rainwater collected from the roof drain pipes into a waterproof tank. This water can be used for plants as well as for basic washing. With minor filtration, it can be an excellent source of drinking water.

### **Why is Rainwater Harvesting Practiced?**

Rainwater harvesting is a very ancient technique. It is mainly helpful in:

- Areas where ground water table is quite low and it's not feasible to draw clean ground water.

- Areas where salinity of waterbodies have gone beyond the salinity threshold for plants to survive.

- Regions with scarce and erratic rainfall.

- Where indiscriminate use of chemicals has rendered the groundwater inadequate for use in crops as well as drinking.

- It helps to reduce soil erosion too.

- One of the major advantages of rainwater harvesting is that it doesn't require a huge amount of land to be functional

When toxic substances enter lakes, streams, rivers, oceans, and other water bodies, they get dissolved or lie suspended in water, or get deposited on the bed. Today, many people dump their garbage into streams, lakes, rivers, seas, thus making water bodies the final resting place of cans, bottles, plastics, and myriad of chemicals.

In this situation it is extremely important to cultivate the practice of rain water harvesting. During the last fifty years, the number of industries in India has grown rapidly. But water pollution is concentrated within a few subsectors mainly in the form of toxic wastes and pollutants.

The effects of this water pollution are not only devastating to humans but also to animals, fishes, birds.

Polluted water is unsuitable for drinking, recreation, agriculture, and industry.

The high nitrate content in groundwater is mainly from irrigation runoff from agricultural fields. Waste water from manufacturing or chemical processes in industries contribute to water pollution. All these adversities can be effectively mitigated by the use of rainwater harvesting units. Since rainwater is already evaporated, it negates the collected water to undergo any further treatment as the concentration

of contaminants in it reduces significantly. So, we can use the water as it is.

In these scenarios, rainwater harvesting becomes an extremely crucial practice in cities like Delhi, Mumbai, Chennai, etc. where rainfall is extremely erratic and the population pressure and growing industrialization has contaminated the sources of available freshwater.

Various techniques of Rainwater harvesting include

- Recharge Pit

- Recharge Trench

- Tube well

- Recharge well

In rural areas, the following techniques are mostly employed

- Gully Plug

- Contour Bund

- Percolation Tank

- Gabion Structure

### **Active Initiatives**

In 2001, Tamil Nadu was the first State that mandated rainwater harvesting for every building.

The ground water level significantly improved after implementation of rainwater harvesting systems in Chennai as much as 50%.

In various districts of Rajasthan, rainwater harvesting practice has brought relief to many crops as well as to people for example, the chauka system from the Jaipur district.

Karnataka: In Bangalore, adoption of rainwater harvesting is mandatory for every owner or the occupier of a building having the site area measuring 60 sq ft and above and for newly constructed buildings.

In this regard, Bangalore Water Supply and Sewerage Board has initiated and constructed "Rain Water Harvesting Theme Park" in the name of Sir M. Visvesvaraya in 1.2 acres of land situated at Jayanagar, Bangalore.

Maharashtra: In Pune, rainwater harvesting is compulsory for any new housing society to be registered.

Countries like Sri Lanka have even drafted laws for rainwater harvesting.

In UK, rainwater harvesting systems has the potential to reduce the net consumption of water by almost half.

In this day and age of industrialization and modernization and, subsequently, pollution, the water around us is becoming more and more polluted every day, thus making rainwater harvesting an

unavoidable reality

### **Applications of rainwater harvesting**

**Agriculture:** Kenya has already been successfully harvesting rainwater for toilets, laundry, and irrigation and areas in Australia use harvested rainwater for cooking and drinking.

**Domestic use:** In China, Argentina, and Brazil, rooftop rainwater harvesting is used to provide drinking water, domestic water, water for livestock, water for small irrigation, and a way to replenish groundwater level

**Industry:** Frankfurt Airport has the biggest rainwater harvesting system in Germany. The system helps save approximately 1 million cubic meters of water per year.

### **Rain water is not Fool-Proof**

Although with its advantages in tremendously vast applications, there are a few disadvantages to rain water harvesting. Due to excessive vehicular as well as industrial pollution, the concentration of oxides of Carbon, Sulphur, Nitrogen increases exponentially. These oxides combine with precipitation (mostly in the form of rainwater) and convert to their respective corrosive acids, like carbonic acid, sulphuric acid, sulphurous acid, nitric acid, nitrous acid, etc. These combine with rainwater and when collected, and used for agriculture or drinking, grave consequences like paralysis in humans and rotting in crops appear. In that situation, rainwater is further treated to get potable water out of it which not only increases costs but also makes the process cumbersome and reduces efficiency of the system as a whole.

### **Conclusion**

But still, with all these problems, too, rainwater harvesting remains an extremely sustainable source of resource management and conservation. Sustainability is the need of the hour in this ever-growing world of industrialization and subsequent pollution. It's where we live, so we better take care of it! Would you rather live in a polluted dump?

Rainwater harvesting is an extremely easy yet effective way of cementing a bright sustainable future for us and our generations to follow thus promoting biodiversity. Biodiversity is of utmost importance for a healthy ecological balance as well as for survival of the variety of species.

**Siyana Maria Concessao**  
**XII A**

## **Rain water Harvesting**

### **Save water, and it will save you**

#### **Introduction**

Rainwater harvesting means collecting the rain water into the natural reservoirs or man-made tanks. It is the technique to collect and store rainwater for various purposes in the future. The most common and easy method of rain water harvesting is the rooftop harvesting. Using this technique we can collect lots of clean rain water in the rainy season. It can be stored for a long time for the household purposes like gardening, livestock, and irrigation, etc. Following are benefits of rain water harvesting:

It helps in reducing water supply loads and electricity bills of municipality, improve free water supply, crop production in rural areas, and thus lead to food security. Rain water harvesting system helps in reducing the insecurity of households or individuals in the rural areas. It provides easy and low cost water supply in the water scarce areas thus helps in food security and income generation.

Tamil Nadu is the first Indian state where rainwater harvesting has been mandatory. Tamil Nadu state government has declared on 30th of May 2014 to establish around 50,000 rainwater harvesting structures at various places in Chennai. Till now, approximately 4,000 temples in Tamil Nadu have rain water tanks serving at various rituals in temples and help in recharging the groundwater.

#### **Importance of Rainwater Harvesting:**

As we know by now, rainwater harvesting is very easy and economical. Following the water scarcity in so many parts of the world, rainwater harvesting has become the need of the hour. It must be practiced by people of all regions. This will also give them a sense of comfort in knowing that they won't have to face water scarcity.

Furthermore, rainwater harvesting holds more importance than you actually think it does. As we know that surface water is not enough to meet the demands of the people, we can get additional help from rainwater. Also, most people now depend on groundwater for their uses. Many houses and even flats have submersible pumps in their place. The groundwater is decreasing day by day because of excessive usage, deforestation, urbanisation and more.

Thus, when we practice rainwater harvesting, it can maintain the level of the groundwater. That way, we all can make use of groundwater as it will keep on replenishing through rainwater harvesting. Moreover, rainwater harvesting prevents water from clogging on roads. It also reduces the chances of soil erosion. Most importantly, rainwater harvesting improves the

quality of water which we consume, as it is the purest form of water.

### **Rainwater Harvesting Methods:**

Rainwater harvesting is a very simple method that can be practiced by anyone. There are primarily two types of rainwater harvesting methods. The first one is surface runoff harvesting. In this method, the water that runs off the surface is focused on. We see how the surface runoff causes a lot of loss of water. However, if we make proper arrangements, we can even save that water to use for various purposes.

In this method, we can collect the surface runoff water by making a path that directs to a storage space like a tank or pond. This can help store water in a large amount which can be used later for a lot of work. Everyone can design an efficient system which will collect large amounts of water from roads, gardens, parks and more. It will definitely be enough to sustain a community and even a city if designed on a larger level.

However, the runoff water will have a lot of impurities. Therefore, it is important to first filter the water properly so it can be reused for all purposes, whether it is drinking or cooking.

Next we have rooftop rainwater harvesting. Here, the roof of a house or building works as a rainwater collection unit. It includes equipping the roof with pipes that direct to a pit or tank. These pipes will divert the water falling on the roof to the tank to save water from running off. This is a very economical and efficient way to harvest rainwater.

**Suryanshi Kushwaha**

**XI B**

### **Essay on Rainwater Harvesting**

Every drop of rain on the earth is like the blessings of God for the people. The fresh rain water falls on the ground like a pearl. So the importance of natural water resources, especially the importance of rain water should be understood by everyone. We should try to save the run off rain water from the roofs and roads. Using new and effective techniques to simplify the supply of water in all areas, we should bring back the old tradition of collecting water. Because only hand pumps, wells can not meet the needs of millions of people.

Rainwater Harvesting is an old but effective technique for gathering rain water in the rainy season to fulfill various objectives in the future. It is often used in different places of India to emerge from the problem of water scarcity. The best way to recharge groundwater level in a natural way is to store rain water. However, due to decrease in the intake of rain

water, increasing the level of urbanization and the development of the cities, the level of ground water is decreasing every day. With the lack of use of underground water in rain water harvesting, there is always a way to maintain its level in the future. It is very important for supply of water demand for different purposes for the drought affected areas of India and other countries. From the following points it will become clear why store rain water:

- It plays a major role in protecting the ground water level and helps to improve it.
- It helps in improving water quality.
- It prevents the surface water from flowing off during monsoon and preserves more water.
- This helps reduce soil erosion.
- It is about the old tradition of water conservation among the people.

Rain water can be collected better by using the following methods, such as collecting surface and roof water or avoiding wastage. In both ways, it helps in increasing the ground water level, as well as helps in an affordable and easy water supply system to meet various needs.

**Advik**

### **My Terrace Garden!!**

Hey there!! So, on account of Vanamahotsav, we do numerous activities to bring awareness on trees and their condition right now. Vanamahotsav is a tree planting festival that is celebrated in India. We have many such days wherein we talk about and raise awareness on our surroundings and the world we live in. But to be honest, we don't need a special day to think about the environment. We don't need famous actors and influencers to tell us the world is dying and its time we opened our eyes and saw the reality.

But nonetheless it is a good effort and it is important that we follow through. So, me and my family are huge on gardening and planting. My mom would probably have the biggest green thumb out of all of us. We have been fortunate enough to have a terrace garden attached right to our apartment. I have never done such sort of gardening before coming to India. And so, this experience has been an eye-opener for me, and I am awfully glad that I did it.

It's not easy maintaining a terrace garden. Nor is it exceedingly difficult. We have a sprinkler system installed which ensures that the plants in our garden are watered properly. We take our wet waste from the kitchen and put it in the soil to increase the fertility.

Other than the terrace garden, we also have a balcony that is filled with plants and veggies. This rose



plant is one of them. And the mint plant is too. We made a nice cooling chutney out of it with curd. It was delicious and refreshing if I do say so myself.

Also, in this side we grow tomatoes, more aloe vera, a medicinal plant that is used to cure cough and cold, etc. A lot more grows on this side than the terrace garden because of the frequent sunlight.

I have also been really fortunate to be living in a nature and environment oriented living complex. There are 3 identical towers here and the entire vicinity is filled with plants and trees of various shapes, sizes and colours. It ranges from tall trees to bamboos to large grasses to numerous flowers and many more. See for yourself!!

Even though most of us despise the lockdown and quarantine that we are forced to follow, I definitely think it was great for the environment. With all of us humans out of the workspace and working at home, it has given nature the break which was VERY overdue. Everything happens for a reason and I hope that everyone takes this experience as a lesson. Wishing you all a very Happy Vanamahotsav!! Save Trees, Save Life!!

**THANK YOU!!**

### **Rain Water Harvesting**

Nature has endowed India with huge water resources. We have perennial rivers like Ganga, Brahmaputra, Yamuna, Beas and others along with their tributaries and distributaries besides in North and Eastern India, we have spring fed and rain fed rivers in central and peninsular India-the major among these being- Godavari, Krishna, Narmada, Tapi and Kaveri.

These huge potential water resources have been overly exploited by us, due to which we are facing a water crisis across the country. Over the years, rising population, growing industrialization and expanding agriculture have pushed up the demand for water. Monsoon is still the main hope of our agriculture.

People collect and store rainwater in buckets, tanks, ponds and wells helping us eradicate the problem of water shortage. This is commonly referred to as rainwater harvesting and has been practiced for centuries. Rainwater can be used for multiple purposes ranging from irrigating crops to washing, cooking and drinking.

Rainwater harvesting is a simple low-cost technique that requires minimum specific expertise or knowledge and offers many benefits. Collected rainwater can supplement other water sources when they become scarce or are of low quality like brackish

groundwater or polluted surface water in the rainy season. It also provides a good alternative and replacement in times of drought or when the water table drops and wells go dry. In arid or semi-arid areas, the prevailing climatic conditions make it of crucial importance to use the limited amount of rainfall as efficiently as possible. The collected rainwater is a valuable supplement that would otherwise be lost by surface run-off or evaporation.

Nature has its own systems of recharging groundwater. In forests water seeps gently into the ground as vegetation breaks the fall and flow of water. This groundwater in turn feeds wells, ponds, lakes and rivers. Protecting the forests, therefore, means protecting catchment areas. However, with the cutting down of trees, these systems are being hindered.

In urban areas, the construction of houses, roads and footpaths has left little exposed parts of earth for water to soak in. Most of the water, therefore, runs wastefully through drains or runs into the sea. In rural areas, the water quickly takes the form of flood and flows into rivers which dry up as soon as the rain stops as the bulk of water flows away. If this water can be held back, it can seep into the ground and recharge the groundwater supply.

Rainwater harvesting is a very simple method that can be practiced by anyone. There are primarily two types of rainwater harvesting methods. The first one is surface runoff harvesting. In this method, the water that runs off the surface is focused on. We see how the surface runoff causes a lot of loss of water. However, if we make proper arrangements, we can even save that water to use for various purposes.

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Next up, we have rooftop rainwater harvesting. Here, the roof of a house or building works as a rainwater collection unit. It includes equipping the roof with pipes that direct to a pit or tank. These pipes will divert the water falling on the roof in the tank to save water from falling off. This is a very economical and efficient

way to harvest rainwater.

In some places in India, still very traditional and ancient methods of rainwater harvesting are followed. These methods have proved successful in past and are still used in rural as well as urban India. Some of the significant traditional methods of rainwater harvesting in India include Madakas, Surangaas and Tankaas

Madakas is a traditional method of rainwater harvesting followed in tropical belt of southern states of Karnataka and Kerala. These regions are rich in laterite soil with naturally occurring depressions with three high sides. The three sides automatically function as the catchment area for collection of water in the depression. A small dam is constructed on the low lying fourth end of the depression to contain the runoff.

Surangas are traditional water harvesting system only used in Kasargod district of south Indian state of Kerala. The soil found in this region is hard laterite which is favorable for the construction of suranga (cave). Suranga is like a horizontal cave excavated in hilly terrain of the area, through which water oozes out and is thus collected in a pond.

Taankas are part of a traditional rainwater harvesting method practiced in the western state of Gujarat. Taankas are basically underground reservoirs with a capacity of storing thousands of liters of rainwater. Presently there are around ten thousand household in Gujarat's capital city of Ahmadabad those are using taankas to meet their everyday water requirements. Water stored in a taanka is sealed against sunlight and therefore remains fresh for years.

Collecting rainwater on the roofs of building and storing it underground for later use has several advantages. It conserves water as a valuable source and stops it from running off wastefully as sewerage water. It provides water during dry season. It also recharges the aquifers or the reservoirs of water below the surface of the earth, thus raising the level of underground water table. This is highly beneficial for trees and other vegetation cover which draw mainly from underground water.

When vegetation is dense and strong there are other benefits like it reduces flooding and soil erosion, improves air quality and humidity levels, makes people happier and calmer, reduces stress, improves concentration, productivity and creativity. Raising the underground water table makes it easier for pumping sets and bore wells to draw water out of irrigation and other uses.

Rainwater harvesting can also stop groundwater contamination. During rainy season, water tends to collect in puddles in low lying areas, in unattended pits on the ground. At times it gets collected in empty tins, containers, tires or other waste material. Such water gets contaminated within a few hours and becomes a breeding ground for insects and vectors like mosquitoes which spread malaria, dengue, meningitis and chikungunya. With rainwater harvesting all these problems can be solved to some extent if not entirely.

**Samiksha Vaniya Johnas - XI**

### **A New Year – A New Hope**

The year 2020  
Has not been good for everyone  
Let us welcome the new year  
With heaps of joy and fun

With the passing of this year we saw  
All it takes for the world to fall  
Is one very tiny and  
insignificant spiked ball

Though the corona virus  
Has made the year a boring one  
We can only hope that the vaccine  
Will destroy it before 2021 is done.

This year we experienced  
The ebb and flow of e-school  
Next year we hope to step foot on  
The campus of our actual school.

As we welcome this new year  
All of us are filled with hope  
That as the virus fades  
The world will be able to cope.

**Steve Aaron DMello  
IX C**

### **My Nature**

Oh, there I see a beautiful rainbow so high  
With seven colours bright in the blue sky.

Birds chirping day and night  
How wonderful it is to enjoy this sight.

Sun rises in the east and sets in the west  
Let's try to protect it to our best.

There is pollution here and there  
What can I do to see greenery everywhere?

Let's grow many more trees  
Not just one, two or three.

Oh God! the creator of mother nature  
Help us to save all her creature.

**Shreya Shanbhag**  
VI B

### **New Year Hope**

Brush away old heartaches  
learn from our mistakes.  
Another year is finally over.  
A new dawn awakes.

Let the old year out  
Welcome the new one in  
Bury the bad things of the past  
As a new year now begins.

Make your New Year wishes  
As simple as you can.  
Pray for peace and love,  
Not for wealth or fame.

Pray for health and happiness  
Pray for your fellow man.  
Pray for all the ones you love  
Pray for those who've lost their way.

As the midnight hour chimes,  
We leave the old and embrace the new  
I wish the things you wish for yourself,  
And may God's love stay with you.

**Gwyneth**  
IX C

### **New Year Hope: Desire '21**

Hurrah! Hurrah! New year is knocking at the door  
To heal up the entire world's sore;  
With flowers in hand and prayers in heart,  
To make a better and positive start.

New year is a type of an open book  
Whose dates and months will flow like a brook;  
In which things happen good and bad,  
To make people happy and sad.

It is God who gives us strength and hope,  
So that even in trials we can cope;  
This is the time when Lord will descend.  
And make this pandemic come to an end.

Like before, people will again have opportunities  
To live happily in unity;  
Leaving behind all the tensions and anxiety,  
Again, people will build a disease-free community.

**Sreesthira Mukherjee - IX C**

### **New Year Hope**

The New Year is here,  
Making our hearts full of cheer  
Let's hope that there's no virus to fear,  
Maybe our prayers God may hear.

A year of joy and happiness we wish,  
With sweet dreams to cherish  
Let's forget our pains and anguish  
Hoping for good days to accomplish.

Yes, New Year is here!  
Another year to live  
To banish worry, doubt and fear  
To love, laugh and give!  
Happy New Year!

**Pearl Cutinha**  
IX C

### **New Year Hope**

The Year 2020  
had surprises plenty,  
corona virus was a start  
and from family and friends it kept us apart.

Me, you and the next door boy  
All have dreams big and high,  
Let's not let the past define it  
And this new year let's strive  
Towards our dreams and not quit.

Keep the past in the past  
Cause negativity doesn't always last.  
In the year 2021 you must believe,  
And God will help you turn dreams into reality.

God had a lesson for us all,  
That only after the storm you can  
See the most beautiful rainbow of them all.  
And believe me God has planned  
Something great for us all.  
Let's have our humble faith in him  
and we will not fall.

So keep the past in the past,  
cause negativity always doesn't last,  
in the year 2021 you must believe,  
and this New Year let's strive  
and turn our dreams into reality.

**Adivka Shetty**  
IX C

## ईमानदारी का फल

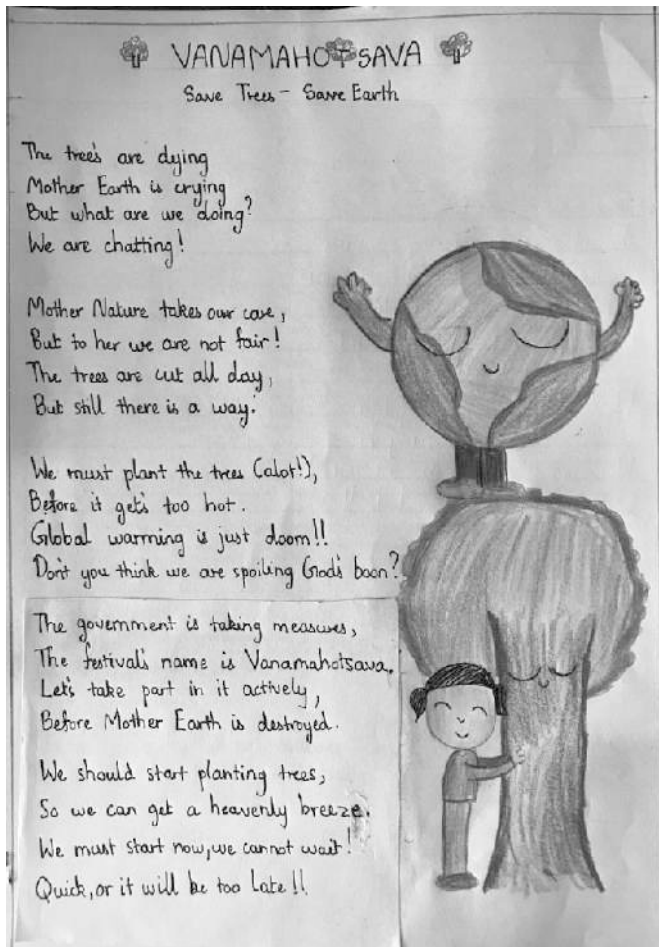
एक बार एक राज्य में अकाल पड़ गया था। लोग भूख से मरने लगे थे। उस राज्य के राजा ने घोषणा करवा दी, “आज से राज्य के सभी बच्चों को महल में भोजन के साथ एक रोटी दी जाएगी।” अगले दिन राज्य के सभी बच्चे महल के पास इकट्ठे हुए। मजे की बात यह थी कि कुछ रोटी छोटी थी तो कुछ रोटी बड़ी। सभी बच्चे बड़ी रोटी पाना चाहते थे जिसके कारण उनके आपस में धक्का-मुक्की और लड़ाई होने लगी। “अरे, हटो-हटो, मुझे चाहिए वह बड़ी रोटी.... मुझे आगे जाने दो। राजा ने देखा की एक छोटी – सी लड़की ने उस रोटी को खुशी से स्वीकार किया और घर चली गई। अगले दिन भी वैसा ही हुआ। घर पहुँचकर जब वह लड़की रोटी खाने लगी, तब उसमें से एक सोने का सिक्का निकला। उस लड़की के पिता ने कहा, “जाओ, राजा को दे आओ।” लड़की दौड़कर महल पहुँची और राजा से कहा, “नमस्ते राजा जी! मेरी रोटी में से एक सोने का सिक्का निकला है। शायद रोटी बनाते वक्त आटे में गिर गया होगा। इसे वापस लीजिए राजा जी।” राजा बहुत खुश हुए और कहा, “बेटी मैं तुम्हारी ईमानदारी से बहुत खुश हूँ।” राजा की कोई बेटी नहीं थी। राजा ने उसे गोद ले लिया और अपनी धन-संपत्ति उस लड़की के नाम कर दिया।

इस कहानी से हमें यह सीख मिलती है कि हमें अपने शब्दों और कामों में ईमानदार होना चाहिए क्योंकि ईमानदारी का फल मीठा होता है।

जेडन बैपटिस्ट

कक्षा 5 'स'

(हिंदी दिवस के अवसर पर प्रोजेक्ट गुरुकुल नई दिल्ली द्वारा आयोजित राष्ट्रीय स्तर की ऑनलाइन प्रतियोगिता में प्रथम पुरस्कार प्राप्त किया।)





# Global Viewing Through Youtube



ONE INDIA



LOURDES CENTRAL SCHOOL "TO MY TEACHER..



LOURDES CENTRAL SCHOOL LEARNING FROM...



HINDI SHORT VIRTUAL STORY TELLING...



WILD WONDERS -LOURDES CENTRAL SCHOOL



OUR UNITY IS OUR IDENTITY



SCIENCE WEEK FINALE PROJECTS BY LCS...



KANAKA DAASA JAYANTHI



LOURDES CENTRAL SCHOOL LEARNING FROM...



New Year - Hope of Resilience -2021.



REPUBLIC DAY SONG BY PRIMARY SECTION OF...



Value of life | Life changing Motivational Video ||...



FOUNDERS DAY CELEBRATION AT LOURDE...



Lourdes Central School Students Entry and Exit



ANTI TOBACCO SONG BY LOURDES CENTRAL...



INTERNATIONAL WOMEN'S DAY



JYOTHI PRADHAN 2021- LOURDES CENTRAL...





**Birthday Celebration**

**Rev. Fr Wilson L Vitus D'Souza**



**Rev. Dr John Baptist Saldanha**



**Independence Day Celebration**



**Welcome to the New Manger**



**Lourdes Central School grounds revamped**



**Lourdes Central School Lays Foundation Stone for the New Block**



**Lourdes Central School New block - Work in Progress**



# LOURDES CENTRAL SCHOOL

Bejai, Mangaluru – 575 004.

(Affiliated to Central Board of Secondary Education - New Delhi)

Phone : 2223366, 2214966, 2213865

Website : [www.lourdescentralschool.com](http://www.lourdescentralschool.com)

Email: [principal@lourdescentralschool.com](mailto:principal@lourdescentralschool.com)

Pupilpod : [lourdes.pupilpod.in](http://lourdes.pupilpod.in)