



**CHRIST
SCHOOL ICSE**
Christ School Road, Dharmaram College Post, Bengaluru - 560 029



EXCELSIOR

Ever upward and still higher...

The Monthly Newsletter

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From the Principal's Desk

Rev. Fr. Nilson Davis CMI

MERCI BEAUCOUP

Dear Christites,
When you learn to give beyond measure you are becoming an inevitable element in healing the wounded. When I am telling you about wounds, they are not the physical wounds inflicted on a person. When you look around and look deeper, even behind the most beautiful smile there will be a wounded

soul that longs for the soothing balm of love and care.
Many among us are not only deprived of love and concern but also gratitude. Haven't you heard that a humble person is the finest of all creations? If you have the attitude of gratitude it adds to your humbleness. Look around... there are people around you who have added big and small happiness to your life. Most of us never forget to thank the people who have notably helped us with a great deal of things and this norm is practiced by almost all. Do we know that we still have so much to be grateful for?
Every single person who keeps aside at least a millisecond for you deserves gratitude. When a person is ready to give you their time without any hesitation, it is very evident in itself that the person values you. *"At times, our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us."* – These lines by Albert Schweitzer should also remind us that as we expect others to be a solace during our gloomy days, we should also never forget to brighten the days of the broken ones around us by reminding how wonderful they are.
You can beautifully build a broken person by letting them know how grateful you are for having them in your life. When you tell them this, the positivity that surges in them has the capacity to heal perhaps the deepest sore that wasn't healing for a long time. The touch of gratitude can make a person feel that he or she is worthy of others. Making a person feel valued is the best form of being grateful. If we can be grateful for even the smallest act of a person that plays a part in building us, we are getting closer to acquiring a character with the charming ability to motivate people to do more good to others.
Dear Christites, many people in this world need someone to pat on their shoulder and tell them that they make this world a beautiful place. In the form of a grateful person be that 'hope' which heals the wounded and brings out the good in them to heal more people. Be a giver of gratitude. Wear the smile of gratitude and let your gratefulness be an inspiration for others to do greater good. **Excelsior Christites!**



Vice Principal's Message

“It is not happy people who are grateful; it is grateful people who are happy”.

Ralph Emerson once said, “Cultivate the habit of being grateful for every good thing that comes to you, and to give thanks continuously. And because all things have contributed to your advancement, you should include all things in your gratitude.”

Many of us express gratitude by saying “thank you” to someone who has helped us or given us a gift. From a scientific perspective, however, gratitude is not just an action: it is also a positive emotion that serves a biological purpose. Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships.

Research shows that positive emotions like gratitude are

closely connected to health and wellness. Not only do positive emotions promote happiness; they also create an upward spiral in your life.

Emotions like gratitude and humour also help us cope with anxiety and uncertainty by focusing our mind on the things in life that we value, as well as what is in our control, and what we can give back to others.

Cultivating an attitude of gratefulness also can help build our resilience, which in turn, help us handle with our current issues or problems and provides a way for us to move forward despite the challenges we face.

Expressing gratitude creates a more productive environment and allows students to better appreciate the kindness of others and the importance of their relationships with family, friends and teachers. We will use our expressions of gratitude as a gateway to our individual happiness as well as the happiness of others.

Fr. Martin Onasseril CMI

BE A GIVER OF GRATITUDE

My Dear Christites,

I am happy to be able to reflect on this theme of “Be a Giver of Gratitude” especially in this Season of Easter, when new life sprouts from the ashes of the old life and when light springs from darkness. Human beings are intrinsically and most basically social beings. It is impossible for any human being to be fully separated and isolated from others. This existential reality of being interdependent must create in us the conviction that from the time we come into existence until our death, we depend on others. This dependence on others and our mutual interdependence inspires us to be thankful to each other. From the basic necessities which are indispensable for human life to the ultra-luxuries which are becoming a daily reality in the modern world, we depend on others. Most often whatever we enjoy in our life is the result of the painful sacrifice of many others.

It could be possible in the case of many of us that the comfort and luxuries we enjoy are at the cost and expense of the life of our parents or dear ones. The visionaries of the bygone generations sacrificed a lot of comfort and sometimes their own lives for the wellbeing of the upcoming generations. Whatever we have today and how the world has what it has today are the result of the vision, hard work, planning and sacrifice of those who walked before us and of those who walk with us today.

In this situation of being at the receiving end, our most healthy and positive attitude is to be thankful to others for whatever they have done to us and for whatever they are to us. Our primary response is sincere gratitude to others for their contribution to us and to the world. While deciding to contribute to others and to the world generously, let us be equally generous in expressing our gratitude to others through our words and life. Let each one of us “Be a Giver of Gratitude”.

Thanking you,

Fr. Reji Koodappattu CMI



Financial Administrator's Message

Be a Giver of Gratitude

“Opportunities, relationships, even money flowed my way when I learned to be grateful no matter what happened in my life.” - Oprah Winfrey.

Gratitude is a feeling of appreciation or thanks. It is defined as a sense of thankfulness and joy in response to receiving something. So clearly a spirit of gratitude and appreciation is an essential skill for everyone – young and old – to foster and develop. However, gratitude isn't necessarily just about the good stuff. A seasoned practice invites us to be thankful for everything in life.

A poem that I came across some time ago, I think, encapsulates the need of gratitude:



I am thankful for:

- The mess I have to clean up after the party because it means I have been surrounded by friends
- The taxes I pay because it means that I am in employment
- The clothes that fit a little to snug because it means I have enough to eat
- My shadow who watches over me because it means I am out in the sunshine
- A lawn that needs to be mowed, windows that need to be cleaned and gutters that need fixing because it means I have a home
- The spot I find at the far end of the parking lot because it means I am capable of walking
- The complaining I hear about the government as it means I have freedom of speech
- The person speaking on their mobile phone because it means I can hear
- The huge piles of laundry and ironing because my loved ones are close by
- The alarm that goes off in the morning because it means I am alive

Practicing gratitude can play a game-changing role as it has a positive impact on many aspects of our life, ranging from mental health to our relationships. There are some scientifically backed reasons to be grateful like: Grateful people are happier, they sleep better, they have better health and well being, they have better relationships and they are more resilient.

10 USEFUL HACKS TO MAKE GRATITUDE YOUR DAILY ROUTINE

Express appreciation to yourself

Expressing gratitude to others starts with accepting yourself.

Practice gratitude affirmations

Saying, "I'm thankful for ...", to everything that surrounds you is a great and easy way to focus on appreciation.

Keep a gratitude journal

Make it a habit to write down or share with a loved one thoughts about the gifts you've received each day. Meditate before going to bed "Today I'm thankful for...". It's more beneficial if you can do it in front of your mirror.

Write a Thank-You Note:

You can make yourself happier and nurture your relationship with another person by writing a 'thank you' letter or email expressing your enjoyment and appreciation of that person's impact on your life. Make a habit of sending at least one gratitude letter a month. Once in a while, write one to yourself.

Make a gratitude box

You can make a special box for collecting short notes of what you are thankful for. Throw one note a day and reflect on them on New Year's Day.

Say "thank you" to your meal

Taking things for granted we forget that while we can choose what to eat, many on earth live in hunger. That's why you should express your gratitude for the food you are going to eat.

Begin and end your day with gratitude

Daily self-reflection is vital for everyone. It helps you focus on your achievements.

Compliment others every day

Compliments can make other people feel good. Telling someone about his or her good qualities will bring joy to the recipient. Practice giving at least one sincere compliment a day.

Make a habit of thank you

We say thank you to our colleagues and friends but forget to do it for our family. Make saying "thank you" a habit and use it for noticing even little things you used to take for granted.

Celebrate the moment

Celebrate every moment of your life accepting both victory and strife realizing that each has its own role to play in the making of our personality and our life.

Say thank you to at least three persons today ...

Mr. Vincent John
Editorial Board



MARCH AND APRIL AT A GLANCE

- * VACCINATION DRIVE FOR CLASS 10 STUDENTS
- * FINANCIAL ADMINISTRATORS FEAST DAY
- * ANNUAL DAY
- * KISA GENERAL BODY MEETING
- * EXAMINATIONS
- * SEVA SMARANA
- * STAFF PICNIC
- * VIJAYEEBHAVA
- * PRINCIPAL'S BIRTHDAY
- * KISA TALENT SEARCH EXAMINATION 2022
- * B.ED INTERNSHIP PHASE 2

VACCINATION DRIVE FOR CLASS 10 STUDENTS

Under the leadership of our Principal Fr. Nilson Davis CMI, vaccination drive was organised by the Health and Discipline committee with the guidance of High School Coordinator Sr.Meena and the support of non-teaching staff, Covaxin was given to all the students of age 15 and above. Vaccination was provided by BBMP, Madiwala.

1st dose was given to 129 students - 6th January, 2022.

2nd dose was given to 101 students - 5th March, 2022.

The vaccination was provided to all the students to ensure the protection and safety of our students with a healthy school environment. The Christ ICSE family appreciates all the health care workers who came to administer the vaccine with all the safety precautions and all the organizers of the vaccination drive without whose time less support the country would not have been able to fight against the deadly virus.

Mrs. Seena Paul
Nurse



FEAST DAY CELEBRATION

On 17th March 2022, the Christ ICSE family gloriously celebrated the feast day of our financial administrator Fr. Reji Koodappattu CMI. Under the whole hearted guidance and hardwork of our Principal, Coordinators and Teachers. The birthday committee geared themselves and put up a marvelous show with the happy cake cutting, melodious songs, words of joy, happiness and whole hearted wishes by our principal and teachers. A beautiful heartwarming video about our father's journey in school was also presented by our birthday committee. The programme ended with the thanksgiving words by the star of the day Rev. Fr. Reji.

Ms. Bi.Bi.Hajira
Birthday committee



STAFF PICNIC

To take a day off from the classrooms, online classes, teaching, correction, programmes and all the same daily routine.... All the teachers along with our Principal went on a fun trip to Wonderla on 8th April, 2022.

It was truly refreshing and a much needed break for each and every one of us. We enjoyed each and every moment and laughed our hearts out. The bus journey, yummy food and the fun rides added more fun to the occasion. Finally the best gang of teaching and non-teaching staff along with our principal wrote another beautiful page of our adult life where they went back to being children and enjoyed to the fullest.

All the staff of Christ ICSE family would love to express our gratitude to our beloved principal Fr. Nilson for arranging this programme. Under the able guidance of our Principal and coordinators, the birthday committee had indeed planned the day at its best and made the day super special and fun filled.

Ms. Jayashree H B
Picnic Committee



Annual Day

PAX-2022 (*Let Peace Reign*)



Christ School ICSE celebrated 15th annual cultural fiesta, PAX-2022 on 7th April, 2022 and 8th April, 2022 in the school.

The evening commenced with a prayer dance followed by the lighting of the lamp by our

Principal Rev Fr Nilson Davis Pallisery, CMI, Vice Principal Rev Fr Martin Onasseril, CMI and Financial Administrator Rev Fr Reji Kodapattu, CMI, coordinators, the head boy and the head girl.

The event progressed witnessing mesmerising performances by the middle school and the high school students on 7th April. The primary section students presented an array of fascinating performances on 8th April. The captivating events were live streamed on Christ ICSE YouTube channel. The event was a grand success.

Ms. Sneha Jose
Programme committee











PRINCIPAL'S BIRTHDAY

On 13th April, 2022 the Christ ICSE family gloriously celebrated the birthday of our beloved principal Rev. Fr. Nilson.

Under the wholehearted guidance of our Vice Principal and support of our coordinators and teachers we celebrated this day very joyfully. The birthday committee organized the programme and put up a marvellous show with the happy cake cutting, melodious songs, words of joy, happiness and whole hearted wishes by our teaching and non-teaching staff. A beautiful and heart-warming video about our father was also presented by our Media committee.

The programme ended with the thanksgiving words by the star of the day Rev. Fr. Nilson.

Ms. Sharfunnisa
Birthday Committee





VIJAYEEBHAVA – 2021-2022

(Be Successful)

For I know the plans I have for you,” declares the LORD, “plans to prosper you and not to harm you, plans to give you hope and a future. {Jeremiah 29:11}

Vijayeebhava, the farewell for the class 10, batch of 2021-‘22 was held on Monday, 11th April, 2022 organized by the class teachers and the students of class 9. The programme commenced with the parents whole heartedly blessing their wards. A prayer service was conducted by Ms. Beena Koshy and team. Students of class 9 read out parts from the holy books - the Bible, the Quran and the Bhagavad Gita to emphasize the values of honesty, humility and hard work.

The Chief Guest Rev. Dr. Fr. Joy Philip Kakkanattu CMI, the President of Dharmaram Vidya Kshetra in his address urged the students to hold on to the values that have been inculcated in them and carry with them wherever they go. The best students in academics and various other fields were awarded on the same occasion.

Each student received a lighted lamp from our Principal, reminding them to pass on the light to the less privileged and others in the future. The students promised to their alma mater that they will truly uphold the name and fame of the school all times, strive for excellence all throughout their lives and maintain their strong character and moral values wherever they are. The students of the outgoing batch thanked all the staff members to show their appreciation in mentoring and moulding them over the years.

Ms.Ginu Jacob
Class IX Animator



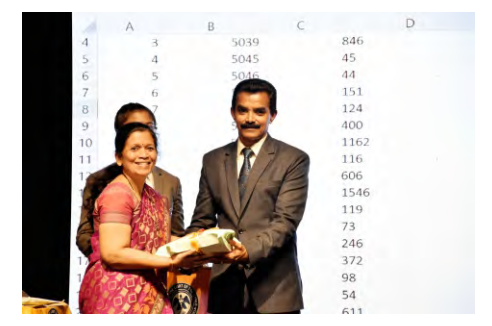
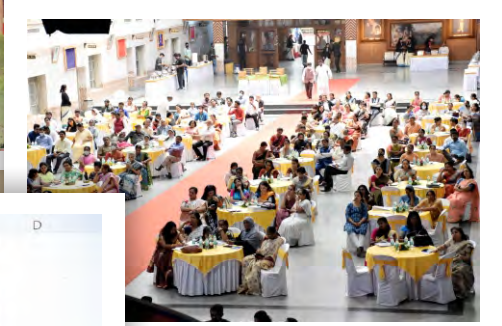
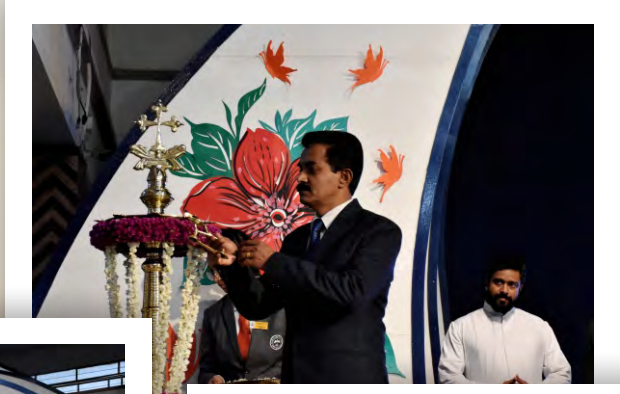


KISA General Body Meeting held in Christ School, ICSE



26th of March was an epic day to be marked in golden letters in the history of Christ School ICSE for reasons manifold. We solemnly hosted the General Body Meeting

of KISA, Karnataka ICSE Schools Association. Eminent and vibrant principles from more than 200 schools participated in the meeting held in the school. The dignitaries who attended the meeting include: Dr. Benny Kuriakose – President of Karnataka ICSE Schools Association, Mrs. Kavitha BV – Vice President, Dr. Mrs. Gayethri Devi – Secretary, Bro. Anthony D Vayalil – Treasurer, Mrs. Padmashree – Executive Committee Member, Rev. Fr. Nilson Davis, CMI – EC member, Mrs. Harini Ariga, EC member, and Dr. Rudrayya M Hiremath – EC member. The dignitaries were also served a banquet of various cultural programmes by our students. Special congratulations to our dear Principal Fr Nilson Davis for the meticulous planning and the magnificent arrangements for the marvelous and heart winning conduct of the General Body Meeting.



SEVA SMARANA

A day dedicated to the unsung heroes of our school who work relentlessly behind the screen, who have contributed very much to the growth and development of our school was Seva Smarana. It was celebrated on the 1st April, 2022. They were glorified for their selfless work and dedication to satisfy the need of each and every person in the school. They were made feel extra special with refreshing games, beautiful video presentation by the media committee and lots of gifts which will never be sufficient to compensate their selfless work. The lucky star of the day was Mr. Govindraju. The programme was beautifully organized by the programme committee under the guidance of our Principal and coordinators along with the support of all our teachers and students. It was indeed a marvelous celebration where we saw each and everyone of them laugh their hearts out and be truly happy amidst all the struggles they face in their life. It was truly a bliss to celebrate them and see them smile.

Mr. Chandrashekar C
Programme Committee



KISA Talent Search Examination 2022



There were 848 students of Christ School ICSE who registered for the KISA Talent Search Examination 2022 and among them 725 participated in it. TSE (online examination) was conducted in the month of February. Students from classes 1 to 9 attended the examination. The Toppers of each class were awarded with medals and certificates. Congratulations to all the winners and participants!!



Ms Rani Teny

B.Ed Internship Phase 2

Annual Examinations

The pandemic has resulted in many students losing a steady routine as they had in school. Christ school ICSE took a great challenge on recovering the education system and prepared the Christites for their future life.

Christ ICSE school conducted the offline Annual examination for the Academic year 2021-2022 from 14th to 31st March for classes 1 to 9. The examination was planned very systematically and meticulously. It was a wonderful experience for the students and teachers especially classes 1 to 4 as they were appearing for the written examination after two years. The Annual PTM was conducted on 9th April, 2022 as the Result Day.

Let your light shine before others.....



Anitha Joseph

In-charge of Examination Committee



"The expert in anything was once a beginner"

Every year a few students from School of Education, Christ deemed to be University, have opted our school for their internship as a part of their Bachelors of Education programme. 5 students did their internship from 3rd January to 9th April, 2022. They were involved in teaching learning processes, substitution, invigilation during examinations, teaching dances for Annual Day and many other activities of the school.

The Principal, management and entire fraternity of Christ School ICSE, is honoured to have these student interns and we appreciate the efforts put in by each intern throughout their stay here at our institution.

Wishes for a bright future to all the interns on behalf of Christ School ICSE.

Paul Dhinakaran M
Internship Incharge



TEACHERS CORNER

BE A GIVER OF GRATITUDE

“Gratitude is the fairest blossom which springs from the soul.” – Henry Ward Beecher.
Gratitude is showing people that they are appreciated. Most of the time we express our gratitude by saying 'thank you' for the kindness, help, favour, gift, or other forms of generosity we receive from others. However, it may not always be in expressed words because it is also a feeling that is intangible.

The value of expressing gratitude is often underestimated because we do not realize that it is the most important expression of love we can embrace for a happy healthy life. It is a powerful source of joy to both the giver and the receiver. Indeed, gratitude makes everything better and sweeter for everyone. So let us all be generous givers of gratitude.

Ms. Varemichon
Department of English



BE A GIVER OF GRATITUDE

“No duty is more urgent than giving thanks.” “I would maintain that thanks are the highest form of thought; and that gratitude is happiness doubled by wonder.” “Enjoy the little things, for one day you may look back and realize they were the big thing.

It's free and it's in you to give. When we share our gratitude even for small things, it's a gift. When others share kind words of appreciation with us, we see it as a gift and something we treasure. There are many benefits when we show gratitude.

Many of us express gratitude by saying “thank you” to someone who has helped us or given us a gift. However, gratitude is not just an action: it is also a positive emotion that serves a biological purpose.

“a thankful appreciation for what an individual receives, whether tangible or intangible. With gratitude, people acknowledge the goodness in their lives ... As a result, gratitude also helps people connect to something larger than themselves as individuals—whether to other people, nature, or a higher power”

"Develop an attitude of gratitude, and give thanks for everything that happens to you, knowing that every step forward is a step toward achieving something bigger and better than your current situation."

Ms. Veronica Pramila Pinto
Department of Social Studies



BE A GIVER OF GRATITUDE

“Thankfulness is the beginning of gratitude. Gratitude is the completion of thankfulness. Thankfulness may consist merely of words. Gratitude is shown in acts.” – Henri Frederic Amiel

Gratitude is an emotion or feeling of being thankful for every event in your life. By having gratitude in life, you develop a positive attitude towards all odds in life and feel thankfulness for all the people you meet in your life span. When you accept life with all difficulties, it gives opportunity for the person to become more mature and positive. Gratitude makes you feel like a resilient person. This is the greatest benefit of gratitude as you develop a positive mindset about life after practicing it daily. You should be grateful for what you have in your life not what you don't have.

Gratitude is one of the most important expressions of love we can embrace for a happier and healthier life. But people fail to express the value of gratitude and it is often underestimated also. Gratitude blesses the receiver and the giver. Gratitude makes everything better for everyone. Be a generous giver of gratitude!

Ms Vidya K
Department of Art



BE A GIVER OF GRATITUDE

God is our creator and has given us all the various things in our life including our life itself. Everyday we wake up in the morning to live another day due to His grace.. When any person does something for us we feel gratitude. However most of us are not used to expressing gratitude to God for all the things He has given us.

Gratitude is not just being thankful to have received something. When we come to God with gratitude, it leads to praise. Our gratitude is worshipful and honors our Creator. "Give thanks to the LORD, for He is good; His faithful love endures forever"

This joy, an outgrowth of our gratitude, also inspires us to act and to utter, in word or in deed, two very powerful words—"thank you."

Knowing exactly how to express those two words can be unique to each situation and to each person. Perhaps you've wondered how to best give thanks when more than words are necessary. In the spirit of Thanksgiving, express to your friends, family, roommate, coworkers and mentors just how much they mean to you.

"Thanks be to God for His indescribable gift"

Quality time can be expressed in a conversation over a cup of coffee, where you really take time to listen and dig beneath the surface.

Thankfulness can also be conveyed through time spent enjoying an activity together. Whether you show your gratitude through a hug, a gift, quality time, encouraging words or service, learning someone's primary love language is an incredible way to say "thanks."

There are many ways of expressing gratitude through words of affirmation: verbally, through emails, text messages and handwritten letters or cards.

Whatever method you choose to use, words of affirmation are powerful expressions of gratitude.

You may remember the old saying, "Actions speak louder than words." For some people this is true. They cherish acts of service as expressions of gratitude.

Ms Vanitha K C
Department of Hindi



BE A GIVER OF GRATITUDE

'Gratitude is the most exquisite form of courtesy'. According to psychology, feeling grateful helps people feel more optimistic, improves health, aids in dealing with adversities and build strong relationships. This feeling is a social emotion that becomes a part of our lives from the very moment we are born. Expressing this may differ from person to person and time to time. The baby's smile while drinking the first drop of mother's milk, the tears that roll out of the eyes of the mother thanking the almighty for giving her an opportunity to nurture a life, the elated face of the father expressing his gratitude to God for giving a blessed family are all just a few examples. One should never be reluctant in conveying our sense of thankfulness.

I still remember the incident which made me realize how happy one can be by becoming a giver of gratitude. A few years back, heavy rains, my son's high fever and the absence of my better half at home traumatized me and blocked my thinking capacity. That's when an auto driver in my neighborhood came forward and helped me reach the hospital. Even today the joy on his face when I thankfully smile and wave at him, recommend his service for many who need rides make me feel contented and pleased. I am certain every one of us must have had such experiences in life to relish.

I strongly believe that 'Thank you' is a phrase that helps us increase the longevity of positivity and peace in our life. Even the smallest step of success is accompanied by the help of many whom we need to acknowledge as this helps our souls to blossom, enrich our minds with the currency called happiness.

Gratefulness is to be instilled since childhood. Haven't stories like the Lion and the Mouse or the Ant and the Bee been narrated to us during our tender age? Such stories and more direct us to take the path of being givers of gratitude. Every religion prescribes the importance of giving ego in us by default. Thus we metamorphose into beautiful human beings.

We should be grateful for everything around us, be it divine or reality because gratitude helps us turn what we have into enough and then that 'enough' becomes a feast to us- the secret to a blissful life!

Ms Divya. P. M
Department of English



gratitude

STUDENTS CORNER

Be a giver of gratitude

If you want more abundance in your life, the number one rule is to give without expecting getting anything back. Gratitude is a “feeling of appreciation for a gift or kindness offered”. Both those who give and those who receive have something to be thankful for. When you are a giver, you will grow emotionally, spiritually, mentally. You will understand the real meaning of life, which resides in giving and you will enjoy it. It will change your perspective on life and success. Modern psychologists have also discovered that, giving people are happier, less depressed, less stressed, and more satisfied with their lives.

Nikshitha Dinesh Reddy

Class - 1A



Be a giver of gratitude

Gratitude is a thankful appreciation for what an individual receives, whether tangible or intangible. With gratitude, people acknowledge the goodness in their lives. In the process, people usually recognize that the source of that goodness lies at least partially outside themselves. As a result, being grateful also helps people connect to something larger than themselves as individuals — whether to other people, nature, or a higher power. People feel and express gratitude in multiple ways. It's a quality that individuals can successfully cultivate further. Showing gratitude towards everything we have is indeed a beautiful thing to do. Being grateful can give us a positive feeling and can help us lead a peaceful and content life.

Rena Robin

Class - 1B



Be a giver of gratitude

Gratitude is a beautiful way of enriching our lives. It refers to the feeling and attitude of appreciation and thankfulness for the good which we receive in life. It has been proven scientifically that when we express our gratefulness to other people, we feel happier and calmer. Thus, it allows goodness to enter our lives. There could be different types of gratitude depending on to when it is expressed and for what; however, the basic feeling behind gratitude is the same in most cases and it is to be thankful.

- Gratitude expressed to a person: This is the gratitude that you express in your everyday interaction with others.
- Gratitude to the Almighty: This type of gratitude is expressed to God for all the good things happening in your life and the abundance of life providing elements around you.
- Gratitude to family and friends: This kind of gratitude is expressed to the closest people around you. They play an essential role in your life by giving love and support.

I wholeheartedly appreciate the initiative taken by school regarding the online classes to enable learning during these hard time for kids. Also, at this time we are experiencing a virtual classroom. Various online competitions are also organized by the school, which are really worth appreciation. It helps students to say productive even during the lockdown. I even want to thank all the teachers who are regularly updating assignments and doing everything that is possible during this ongoing condition. I also thank teachers for making the online classes for more interactive and interesting.

Last but not the least I would like to express my sincere gratitude to every teacher of Christ for putting your heart and soul to make kids study online.

I also want to thank our school for teaching kids that “Learning never stops”.

Prajna K

Class - 1B



Be a giver of Gratitude

Gratitude is a positive emotion about focusing on what's good in our lives and being thankful for the things we have. We often take for granted, like having a place to live, food, clean water, friends, family, even computer access. Gratitude is taking a moment to reflect on how fortunate we are when something good happens — whether it's a small thing or a big thing.

When it comes to describing feelings of gratitude: We might say we feel thankful, lucky, fortunate, humbled, or blessed.

All positive emotions will have the butterfly effect, while we feel grateful, we might also feel happy, calm, joyful, or loving. Gratitude can lead to positive actions and build better relationships.

You can build a habit of counting blessings just by paying attention each day to things you're glad to have in your life. Noticing the things you're grateful for is just the first step in building a gratitude habit. You can also like taking the time to thank people or pausing to appreciate a star-filled sky. We also can create feelings of gratitude by deliberately. Start now.

Nomula Sai Thaneesha

Class - 1B



Be a giver of Gratitude

The first magical word that I learnt was thank you, and it is really magical as it brings a smile on the giver and receiver. Literally thank you means acceptance, embracing the gifts, acknowledging & expressing to be blessed. Gratitude means being grateful or thankful. I have grateful heart and I thank everyday & night to the creator of the world.

I begin my day by saying my prayer to thank Lord for another day and it's a practice at home to express thanks to the Lord before sleeping like this "Thank you God for the lovely day, yummy food, good health and all the bounties. Thank you God for the wonderful parents, loving sister and all the blessings".

Other forms of gratitude are being helpful, being polite, doing charity, being compassionate, radiating smile & happiness and by not wasting food, and to not compare & crib for the things others have, but instead to have a content heart & be extremely thankful to Lord for showering his blessings upon us in all forms. I am a giver of gratitude, are you?

Izna Maryam

Class - 1B



Be a giver of Gratitude

Cultivate the habit of being grateful for every good thing that comes to you, and to give thanks continuously. And because all things have contributed to your advancement, you should include all things in your gratitude."
- Ralph Waldo Emerson

A simple 'Thank You' can transform a situation or relationship diametrically.

Both those who give and those who receive have something to be thankful for. "God is the greatest giver and He likes givers." I agree. ... God is the greatest giver and He likes givers. Thank you is most important as well to show some gratitude and to prevail love.

The gift of gratitude can be expressed toward others. It's free and it's in you to give. When we share our gratitude even for small things, it's a gift. When others share kind words of appreciation with me, I see it as a gift and something I treasure. There are many benefits to an attitude of gratitude.

Gratitude should also not be with an expectation of the greeting or gesture to be returned.

Even if we offer a glass of water to someone with gratitude and selflessness, seeing the essence of Nirankar in them, it becomes a reason for bliss and joy. Gifting, sharing and caring are extremely sublime and delightful acts. This kind of offering becomes sewa, selfless service.

Maria George

Class - 1D



Be a giver of Gratitude

“Gratitude is the quality of being thankful.” “It refers to the feeling and attitude of appreciation and thankfulness for the good which we receive in life.” Be a giver of gratitude to the God, wonderful teachers, loveable family, everlasting friends who have influenced our lives to be whom we are today. Let us recognize and thank all of them who have made a difference in our life. Gratitude is not just recognizing but remember the good things that has been done to us. Our elders say don't forget the people who helped us in our critical times and remember them for the rest of our lives. That is the Gratitude which we can have towards them and value every bit of it. Gratitude is all about giving, sharing and living as well as remembering, recognizing and reciprocating.

Aditi Naveen
Class - 1C



Be a giver of Gratitude

Gratitude is an Attitude. It will not come in a day. we should practice this in our day to day life. Every morning once we wake up from the bed we should thank God for this great day and when it rains we can be thankful for the rain getting to splash in the puddles.

Our mom cooks food for us in our family ,we never said thank you for the yummy food. From today onwards we should thank for the delicious food and when we find good habit amongst our friends, we should appreciate them and finally we make mistakes we can be grateful for the opportunity to learn something new. This gratitude makes us a better person tomorrow.

Infantrin Feivel.M
Class - 1C



Be a giver of Gratitude

“Gratitude is the fairest blossom which springs from the soul.” – Henry Ward Beecher

Gratitude is a beautiful way of improving the quality of our lives. It refers to the feeling and attitude of appreciation and thankfulness for the good which we receive in life. It has been proven scientifically that when we express our gratefulness to other people, we feel happier and calmer.

There are many ways to show gratefulness to others:

- Saying Kind words: The easiest way to express gratitude is to say thanks to another.
- Appreciation: Appreciating others is a way to express our gratefulness towards others. Appreciating the smallest efforts of people is a great way of thanking and encouraging others.
- Listen intently: When we pay attention to what another person is saying, we are actually practicing gratitude.
- Avoid comparison: When we are thankful for others we don't compare them on the basis of their financial status or other factors.

Gratitude has several benefits on our personal as well as social life. The following are some of the main benefits of gratitude:

- Strengthens Relationship: Gratitude strengthens our relationship with others. Being thankful is a wonderful feeling and an experience that strengthens the bonds between both the parties.
- Makes Us Happy: The quality of gratitude also makes you feel happy. When we express gratitude or receive it from someone, in both cases we feel happy.
- Makes the Society Sensible: A society that expresses gratitude for each other is the happiest and sensible society. A sensible society is bound to make progress in the right way.

Gratitude is the best way to return the favor to society, nature, God, friends, and relatives for the good things all of them have done to us.

Lisa Maria
Class - 1C



Be a giver of Gratitude

Gratitude comes from the Latin word "Gratus" which means "thankful." Gratitude isn't only a celebration when good things happen, it's an assertion that God is Good no matter what happens.

Gratitude is a beautiful way of enriching our lives. It refers to the feeling and attitude of appreciation and thankfulness for the good which we receive in life.

Gratitude can have a lot of advantages to our personal as well as social life. When you have a thankful feeling, it will strengthen the bond with others, enhance the trust, feeling of respect and love.

Most importantly, gratitude reduces comparisons and promotes acknowledgment. It has been proven scientifically that when we express our gratefulness to other people, we feel happier and calmer.

There are many ways to practice gratitude, one of the most effective ones include making a note of every good thing which happens to us every day and people behind it. This will help you to return the favour at an appropriate time. Always remember to say thank you for any community helpers for their services.

Moreover, always make sure to appreciate everything in life ranging from nature to animals. Thus, never stop acknowledging the importance of these essential things.

Make sure to be grateful for a new day and thank the almighty for making you wiser and stronger with each passing day. Most importantly, try to avoid complaining about things when they don't go your way. You don't know about the blessing behind it.

Being a giver of Gratitude, turns what we have into enough, and more. It turns denial into acceptance, chaos into order, confusion into clarity. It makes sense of our past, brings peace for today and creates a vision for tomorrow.

Vasudeva Pai

Class - 1C



"Be a giver of Gratitude"

We always believe in the phrases-

"Mathru Devo-Bhava!

Pithru Devo- Bhava!

Achaarya Devo- Bhava!

Athidi Devo-Bhava!"

These phrases give us the importance of expression of Gratitude. Respect to Mother, Father, Teacher and Guest- Being grateful for everything they do for me- gives happiness.

I always be grateful to my parents for this wonderful life they have provided, and to teachers for teaching me valuable lessons, and finally the guest- who brings the happiness.

And very importantly, I will be grateful to God- who provided all these wonderful people to me.

Thanav Naresh

Class - 1G



Be a giver of Gratitude

'Shukriya', 'Merci', 'Danke', 'Gracias', 'Shukran' are the different words for 'Thank you' in other languages. Being thankful for all small things in life helps us to value the little things which life has gifted us. The feeling of gratitude makes you happy for the little blessings you have in life. It makes you humble.

Our parents are working hard and sacrificing many of their happiness to see a smile on our face. Thus, we must never reject a toy which they bring for us. Our parents do those things expecting that their child will be happy seeing them. Remember, there are plenty of children around the world who doesn't enjoy all the privileges our parents provide us. Therefore, we must be ever thankful for all the blessings we have and should respect all the simple little things we get.

Norah Mary Johnson

Class - 1D



We must all be a giver of gratitude. When we give gratitude, we get happiness. Happiness makes the earth a better place to live. Gratitude is the word we call for saying thanks. We must say thank you when we get something from others. We must say welcome when someone says thank you to us. This will make all of us happy. Like that, we must share our things with our friends. When friends share their things, we should show them that we are happy by saying thanks. We learn from our school that good deeds bring good to people. If we do good deeds like giving gratitude we can become good people.

Jiya

Class - 1D



Thanks giving is an emotional support to all Living Beings in earth.

It is the most precious and gracious quality a human should have. Showing Gratitude can heal a person and makes him more comfortable on life morals. We learn to be Gratitude by seeing our Almighty Lord who is the best example of being Kindfull to us and showing how to lead a life with Gratitude.

When a person turns to be a Giver of Gratitude, His status and moral values gets raised in Society. Let's think a little on why we should be a Giver of Gratitude. We as a human being, we are dependent over several things in this Universe. We can sustain our living only when we receive something from nature and neighbours. It doesn't stop over there, but it is getting extended beyond the limits covering birds, animals etc.

What if we are only receiving and not giving anything from US to anyone. Mankind cannot sustain and will lose the creditability of living in this earth. So it is mandatory for US to think of each and everything with Thanks of what we received from others. Right from the Air we breathe, we receive so many things. When you say thanks through your action to each and everything, be it Human or Nature or Animals or Birds, the power of showing your Gratitude will definitely pay you high with all the good deeds.

I Conclude and Request everyone to 'BE A GIVER OF GRATITUDE'.

Shandrea Joe

Class - 1D



“Cultivate the habit of being grateful for every good thing that comes to you, and to give thanks continuously. And because all things have contributed to your advancement, you should include all things in your gratitude.” “Has been conceptualized as an emotion, a virtue, a moral sentiment, a motive, a coping response, a skill, and an attitude. It is all of these and more. Minimally, gratitude is an emotional response to a gift. It is the appreciation felt after one has been the beneficiary of an altruistic act”.

Kanihashri

Class - 1E



Gratitude is the feeling of being grateful or being thankful to somebody. It is a feeling of appreciation felt by the person who receives kindness, gifts, help, favor and sympathy.

You notice one good thing then express gratitude by being thankful to receive it, do an act of kindness, as love and kindness are never wasted. Gratitude is the ability to experience life as a gift.

We must find time to stop and thank the people who make difference in our lives, be thankful to God, parents, siblings, neighbors' and people around us.

There's always something to be grateful for, gratitude is the best attitude.

“Joy is the simplest form of Gratitude.”

Mohammed Rehan

Class - 1E



Be a giver of Gratitude

When I was given an opportunity to write an article on "Be a giver of Gratitude", truly speaking, I did not understand the meaning of this at all.

So as always, I asked my dad the meaning of "Gratitude" and who is "the Giver of Gratitude"?

Then he explained, Gratitude means appreciating, being thankful and respecting everything and everyone around us. And the one who shows and shares it with others, is a giver of gratitude. Still I was out of ideas, then I remembered my class teacher, Ms. Leah Francis' advise, where she used to tell, "When we are out of answer, Look around us to get the answers."

The next day, when I woke up, I looked around me and saw a beautiful morning, and first, started my day being thankful to God for blessing me with another beautiful day. Next, I see my pets running and jumping over me with excitement and they don't stop till I give them a hug and pet them. This reaction between us showed me the meaning of being a giver of gratitude.

Then I stepped out of my home and I saw my huge mango tree and my plants. I thanked my plants for giving us oxygen to breathe, when lots of people were suffering without it. I also touched and watered them. They all looked more beautiful after I watered them, maybe they are also showing their gratitude by looking more beautiful.

As my day went, my online class started. Though my teacher was not keeping too well, she still greeted us with a beautiful smile, and I thanked her in my mind, for always being with us even though they have so much problems to overcome and are always ready to teach us.

Through this article, on behalf of all my friends we would like to "Be a giver of gratitude" by showing our respect and gratitude to our beloved teachers and thank them all from our heart.

After my class, my friends drop by to play and I realised in our relationship being thankful, gratitude really did not mean much as it is just pure friendship.

But still something was missing and as I look around again, and I find that I had been forgetting the most important people in my life, "My Parents" who were right in front of me from the time I woke up and I had totally forgotten about them, like most kids in today's generation. It made me think the only way we can be a giver of gratitude to them is only by thanking them for what they have done and by taking care of them, when we get our opportunity..

I thank my parents & teachers who helped me write this. I thank this world for all it has given me & will be giving me again, and I hope I remain a giver of this gratitude to Everyone around me & to this Wonderful World.

Adonis Abraham
Class - 1E



Gratitude is an expression that Express gratefulness to others. Gratitude involves appreciation and thankful towards others. Both those who give and those who receive have something to be thankful for god is the greatest giver and he likes givers. Thank you is the most important as to show some gratitude and to prove the love.

Gratitude is strongly connected with happiness So we have to learn to be a giver of happiness. Gratitude can change our life by giving happiness and gratitude, God in turn blesses us.

We have our gratitude by saying thanks to various helpers like Policeman, Sweepers, washerman, Teachers. We have to respect each and every people in our life.

Give thanks in all circumstances is the will of god in christ jesus for us . Being thankful in all situations helps us to be humble our trust in god . Our gratitude is related to appreciate the good and the bad . Thanking god in all time situations help us appreciate the good time.

Gratitude is very important quality that improves our quality of life. Waking up every day is a blessing, So we must be grateful and thankful for a new day and thank our Almighty.

Angel Mercy A
Class - 1F



The Gratitude is being thankful to someone what they have done for you.

Some other words for gratitude are acknowledgment, appreciation and recognition. Gratitude makes man thoughtful and altruistic. Gratitude has come from the Latin word 'Gratus' which means thankful. A person with gratitude is found to be more social than others. In the Vedas, gratitude has been called the ornament for human beings. If someone shows sympathy to us, we should show our gratitude to them. A grateful person is a source of inspiration for the society.

Vihaan Kiran Jiral
Class - 1E



Be a giver of gratitude

- ♦ I thank my parents for their blessings and the constant support. There are not enough words to express how grateful I am to them for everything they have done for me.
- ♦ I am thankful to my grandparents for laughter, caring deeds, wonderful stories and love.
- ♦ My sincere gratitude to my school Principal sir and Teachers for guiding me, for inspiring me and being the biggest positive influence in my life.
- ♦ I am thankful to my friends for bringing joy and happiness in my life.
- ♦ I am thankful to God for all the blessings and a wonderful life.

Zoya Shakkarkhan
Class - 1F



Be a giver of gratitude

The story of ten lepers in Bible is an apt example Giver of Gratitude. It highlights how we at times take it for granted. When ten lepers experienced healing, nine took it for granted forgot to say thanks to Jesus. But to Jesus surprise one came back to thank Jesus. This Story inspires us to be a Giver of Gratitude. Giving thanks is a joyful thing. When someone gifts us something or do something good, we feel very happy. Similarly, by thanking we could make them happy as well. We can express this in many ways such as simple smile, saying thanks to them, or even obeying what the elders tell us. If we look around, we would see many people helping us in many different ways; our parents, teachers, friends neighbors and so on. We should try to remember this. We could keep a diary where we write down all the things that we are grateful for. Sometimes we may not be able to give gratitude for all of them still we can pray for all of them and ask God to bless them. It is very interesting that showing gratitude could make us even more happier. So let us all thank each other and thank our loving God for all our blessings.

Rochelle Faith Richard
Class - 1G



Be a Giver of Gratitude

Giving is a virtue and Giving Gratitude is biggest virtue.

Giving thanks for all the good we receive, is Gratitude. Being grateful helps us to be humble and build strong relationship. Gratitude increases our happiness and physical health.

Instead of complaining, we should always be thankful to God for what we have and feel privileged. This increases our blessings as well.

We should never forget to give thanks, when we appreciate the hard work of others and say thanks, they feel happy and motivated. Also, they in turn develop this habit of thanking others.

Let's enjoy little things, give gratitude for what makes us happy and be a positive person.

Christina Joseph
Class - 1H



Be a giver of gratitude

Did you know what is gratitude?

In simple terms Gratitude means – The state of being grateful. Also defined as a social emotion that signals our recognition of the thing's others have done for us.

I ask myself do we really need this emotion?

People can use gratitude to form new social relations or to strengthen current ones.

Acts of gratitude can be used to apologize, make amends and help solve other problems.

Emotion definitively has effects, let's know more -

Expressing gratitude not only helps people appreciate what they've received in life, but it also helps people feel like they have given something back to those who helped them.

Always do this to your parents and teachers – To be a giver of gratitude and show your quantum of GRATITUDE!

1. Always speak with them with respect.
2. Do things that makes them proud of you.
3. Make an impact on the society as credit their influence of you.
4. Stay happy.
5. Create small moments of delight for them.
6. Invest some quality time with them.
7. Write a letter to them if possible – Do remember written words convey more than being oral.

To all my teachers with my humble GRATITUDE.

Ruthvika Bharath
Class - 1G



Hello everyone, today I'm here to talk about Gratitude. In order to briefly describe this I want to tell you all a story which everyone can relate to.

One day the teacher asked her students to draw a picture on the paper regarding what they're grateful for? Whether it might be a thing might be a person ?Whatever if they feel that they're grateful for? they should draw and explain.

After sometime she asks her students to come and show the picture of what they have drawn and asked them to explain why they're grateful for what they have drawn

One student showed a picture of tree and explained that she is grateful for having trees because they're giving us the oxygen

Another kid showed a picture of 2 people and explained that he is grateful for having parents, without them he is not there so he is grateful for them.

One kid showed a picture of hands meanwhile teacher asked the other students whose hands are they, let's guess? then the rest of the students said , they're hands of god, someone says they're hands of himself etc..

Finally teacher asks the student whose hands are they , He says they're yours Mam

Then he started to explain I'm grateful to have your hands Mam because they will hold me while I'm falling, they will hold me while I'm playing, they will hold me when I'm not able to write anything and made me to write, they will take care of me all the time when I'm in school,they will hold me when my parents hand over my responsibility to you Mam.

I'm grateful to have you and your hands Mam, they always teach me to be a Giver of Gratitude.

Teachers are silent Givers of Gratitude.

Thanks to all my teachers and I'm grateful to have them in my life.

To conclude my topic if not today but one day I will be a Giver of Gratitude.

And Let us all be the Givers of Gratitude.

Sreshta Hitha Koppula
Class - 1G



Giver of Gratitude

"God is the greatest giver and he like givers". Gratitude gives us a pure motivation to pour our lives into the lives of those seeking God. So we aggressively give because the lord has abundantly given to us. He gives us peace so we extend peace, he freely gives forgiveness so we offer perpetual forgiveness. Gratitude actively gives God's glory.

Gratitude unlocks the fullness of life, it turns what we have into enough and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into feast, a house into a home, a stranger to a friend. Let's raise up and be thankful to all.

Shristi
Class - 1H



BE A GIVER OF GRATITUDE

Gratitude is being grateful or thankful for something we get from others.

When someone helps us during the time of need without expecting anything from us in return, then they are the true givers.

When we receive such help, it is our duty to be thankful to them and must not forget their help, rather must not hesitate to return the favour because that is when we can truly show our gratitude towards them.

When we give, we receive more. It is said that the more you share, the more you get. We must not complain about the things we don't have because there are millions of people who don't even have the privileges that we enjoy.

Therefore, it is good to be thankful to God and to everyone around us for what we have.

Ronald Siju
Class - 1H



Gratitude is a gesture that expresses gratefulness to others.

Showing thankfulness to others is manners.

We always heard that be polite to the people who helped you; when you were in need!

If we express gratefulness towards someone we feel happier!

Gratitude involves appreciation and thankfulness towards others and to our lord!

Imagine going through a day where strangers smile at you, greet you and people hold the door open for you, and more importantly, you feel that this world is full of kindness and people are willing to help you without expecting anything in return.

The best part about being grateful and to live a good life, you do not have to wait for people to do good to you, instead, be the first one to do good and express your gratitude to them. Especially, your lord and your parents.

Ashaz Khatib
Class - 1H



The Greatest glory of a human being is to feel and be aware of what we feel. The greatest gift we are bestowed with is the ability to choose our emotions, cultivate them and control them.

Gratitude is the Mother of all virtues. A saying from Harold Abbott,

"I had the blues, because I had no shoes,

Until upon the street, I met a man who had no feet."

Man keeps getting and forgetting but Nature keeps giving and forgiving.

How to practice gratitude? Become spontaneous in expressing your gratitude. Today, let your tongue spell out 'Thank You' a greater number of times than any other phrase.

Gratitude is the way to both, Peace and Prosperity. It creates the vibration, that ensures like begets like. Find something to be grateful for in any trouble, and you will find a concealed blessing in every trouble. There is no attitude like Gratitude.

Dhwani S Aneesh
Class - 1E



PARENTS CORNER

Be a giver of gratitude

The gratitude is being thankful to someone what they have done for you. Some other words for gratitude are acknowledgement, appreciation and recognition. Gratitude makes man thoughtful and altruistic. Gratitude has come from the latin word "Gratus" which means thankful. A person with gratitude is found to be more social than others. In the vedas, gratitude has been called the ornament for human beings. A grateful person is a source of inspiration for the society. If someone shows sympathy to us we should show our gratitude to him. Gratitude can never be seen but only experienced from heart. Gratitude holds the utmost important for happiness .Showing gratitude to someone makes our personality a better one.

Enjoying the little things and having gratitude towards them is a great thing in life...which makes everyday a better one, gratitude is another way of showing kindness.

Mr Robin
Parent of Rena Robin, 1B



Be a giver of gratitude

God is the greatest giver and He likes givers. I agree.

Gratitude is simply taking time to think about all the positive things in my life.

Every day I look around myself and each day I see something new and something old that are called all special contributions adding to the world around us.

Each and everyone have a special gift from the God, we all should be grateful for that.

Freedom and free speech are not the only things to be grateful for. I am very grateful for the roof over my head, the food on my table and how healthy I am. Gratitude may be one of the most overlooked tools for increasing happiness.

Cultivate the habit of being grateful for every good thing that comes to you and to give thanks continuously. And because all things have contributed to your advancement, you should include all things in your gratitude.

Ms Yasotha P
Parent of Ram D, 1B



Be a giver of gratitude

Gratitude is a thankful appreciation for what an individual receives, whether tangible or intangible. Every gift is not given out of abundance. The giver has done some sacrifice by giving the gift. Cultivate the habit of being grateful for every good thing that comes your way. Give thanks continuously. Gratitude is an emotion similar to appreciation. Many of us express gratitude by saying "Thank you" to someone who has helped us or given us a gift. Gratitude is not just an action. It is also a positive emotion that serves a biological purpose. Being grateful is more than feeling thankful. With gratitude people acknowledge the goodness in their lives. We often take things for granted in our lives, which becomes a reason for our misery. Gratitude bestows immense happiness, both to the giver and to the receiver when offered with purity of heart. Gratitude should also not be with an expectation of the greeting to be returned. Gifting, sharing, and caring are extremely sublime and delightful acts. A small gesture of gratitude can become a reason of bliss and joy. Being grateful for the little things we have, makes our life fill with satisfaction and ecstasy. So, impart gratitude in plenty whenever possible so that life becomes fulfilling.

Ms Smitha Johnson
Parent of Norah Mary Johnson, 1D



BE A GIVER OF GRATITUDE

Give thanks for the little and you will find a lot-The Hausa of Nigeria
We all get down at times. Depression, Anxiety and loneliness. It happens to us all.
People who express gratitude are more resilient meaning they bounce back faster.
Gratitude helps you make friends.

I have found an effective way to start a conversation or move a relationship forward is an expression of gratitude. Ex: To compliment others.

and finally we should be grateful for what we are today.

If the only prayer you say in your life is thank you. that would suffice.-Meister Eckhart.

Ms L.Margaret Jenifer
Parent of Infantrin Feivel.M, 1C



BE A GIVER OF GRATITUDE

There is a very common notion we've all been passed down with, something that gradually becomes the slogan of life with age- "Be grateful for what you have". It's kind of a satirical statement if you look closely. For someone with everything they want and someone else with hardly everything they need, the statement turns itself from a sense of happiness (perhaps with a grip on greediness) into a sense of hope, that there's more on the way. But what exactly is giving gratitude? Growing up, I've always been taught to practice gratitude. Saying thanks to people and places. Saying my prayers before bed. For my family, my education, good health and to wake up to the infectious smile of my little girl every morning. But there's this one incident that has stayed within me that helped me truly connect with the most virtuous human emotion- gratitude. I was on my way home from work when I saw an old man smiling at me. Although the man seemed creepy smiling at strangers on the road, his toothless smile brought a glow to his wrinkled face. I gave him a coin, a 2 rupee coin hoping he would go away and to my surprise he said, "Thank you my dear. Now I can save up to buy my grand daughter an umbrella. May god bless you." This made me wonder how good a man's heart can be, so as to appreciate whatever he got! I gave him the money to avoid him. He treated it as an act of kindness and appreciated whatever little I gave. A 2 rupee coin is nowhere near to buy an umbrella for the beggar ignored by a mass crowd but a return of gratitude from the beggar to the working woman on a tiring day makes a huge difference. And that's what means to be a giver of gratitude! To appreciate without expecting anything in return, to value the little things. I'll never forget the old man in the midst of a crowd too busy to notice the grace he showered upon them, for just existing! We've come a long way from our great ancestors who felt grateful and worshipped trees to the modern instagram hashtaggers who are #feeling_grateful_for_their_new_sneakers. Gratitude has shrunk into merely returning the deed. We fail to see the good and yet we teach our kids to say thanks. How about we show them to be kind and feel thanks?

Ms Sindhia K
Parent of Jiya, 1D



"Gratitude is a currency that we mint for ourselves and spend without fear of bankruptcy". Gratitude is an emotion, it is more than just feeling thankful, it is a deeper appreciation of someone (or something) that produces long lasting positivity.

Successful people often follow gratitude because the more we give, the more we get. Being a giver of gratitude does not make any person small, in fact it will manifest our life multi-folds. The universe always responds with what message we send to it, and gratitude is the most positive sign that we can send to the universe to receive positivity in our lives.

Be a giver of gratitude - It will help us to form new social relation and strengthen current ones, practising gratitude for being alive each new day is a great way to motivate oneself to seize the day and make it a joyful one. Gratitude is the new attitude and it is very contagious in a very good way. A grateful heart is magnet for miracles.

Ms Daphne M Tauro
Parent of Kyra Chriselda Rajan, 1E



Gratitude is not only the greatest of all virtues but the parent of all others. A small “Thank you” can bring joy and warmth to the giver and also the receiver. It is priceless and gainful. Expression and feelings of gratitude have a wonderful cleansing or healing nature. When you practice gratefulness, there is a sense of respect towards others. Take time to be thankful for everything that we have because you can always have more, but you could also have less. Let us be grateful for people who make us happy, they are the charming gardens who make our souls blossom. The best way we can show our gratitude to God and to people is to accept everything with joy.

Ms Annapurna VS
Parent of Sanchit N Prasad, 1E



GRATITUDE

The Gratitude is being thankful to someone what they have done for you. Some other words for Gratitude are acknowledgement, appreciation and recognition.

Gratitude makes man thoughtful and altruistic. Gratitude has come from the Latin word 'GRATUS' which means thankful.

A person with Gratitude is found to be more social than others. In the Vedas, Gratitude has been called the Ornament to human being.

A great person is a source of inspiration for the society. If someone shows sympathy to us, we should show our Gratitude to him.

Gratitude can never be seen but only experienced from the heart. Gratitude holds the utmost importance for happiness because it provides happiness.

Mr Vishwanatha Kotari
Parent of Shreeja Kotari, 1F



“GRATITUDE IS NOT AN ATTITUDE”

Expressing gratitude is a natural human response, but why do we fail to express it in our daily lives? Our fast-paced lives, which are rife with diversions, may be the primary cause. Gratitude has many meanings for different people. For most of us, gratitude is a natural feeling that comes from inside and is more than just an emotional response. Let us have a closer examination of how many people and things are required for us to live a normal life, for example, the food that we eat right now- from the person who prepared the field, the person who transplanted the seed, the one who maintained the field, people who were involved in harvesting, threshing, winnowing and milling. These many people have participated in making our food happen. Everything in the universe is working together to keep us alive and joyful right now. From our breath to the food, to the sun rising and setting, everything is connected. If we can look back on just one series of events, we can't help but just feel grateful for all of the people and things involved. The basic act of living is a perpetual act of receiving. We can't give anything because we don't have anything to give. All there is to it is to accept gracefully and to share.

Ms Suma V
Parent of Sannidhi D, 1F



Be A Giver Of Gratitude

Understanding Gratitude towards depths

“Cultivate the habit of being grateful for every good thing that comes to you, and to give thanks continuously. And because all things have contributed to your advancement, you should include all things in your gratitude.”

Ralph Waldo Emerson

We/People can always show gratitude with different ways to others depending on the scenario and situation for a well being and healthy life, some common words used in place of gratitude may be –

- Acknowledgment
- Appreciative
- Grace
- Gracefulness
- Gratefulness
- Praise
- Recognition
- Requit
- Responsiveness
- Thankfulness

Will Gratitude really works?

Gratitude is a selfless act its acts are done unconditionally, to show to people that they are appreciated.

“A gift that is freely given” is one way to understand what these acts are like.

Showing gratitude always works in a magical way and bonds the relationship no matter what age, colour, sex or community we belong to as per study.

Should we apply gratitude to our lives always?

The obvious answer is YES we should.

Gratitude is a tool for increasing well-being. The benefits of practicing gratitude are not linked to any sort of pathology or religion, but rather, linked to a desire to build people and societies that are healthy and thriving.

Is Gratitude a Trait or State?

Gratitude is regarded as either a trait (dispositional) or state (of being).

As a trait, an individual practices gratitude as part of their daily life and it would be considered a character strength, to possess gratitude. As a trait, gratitude can be developed with practice and awareness.

When a person experiences the rich emotion from someone expressing gratitude for them, it is referred to as state. Gratitude is both of these: a trait and a state.

The state of being grateful is a pleasant experience studied by philosophers ancient times.

I Bharath Ramchandra father of Ruthvika Bharath would love to show my part of GRATITUDE to all my teachers and elders who shaped me for who I am today and also would like to extend my sincere and humble GRATITUDE to all the teachers of CHRIST SCHOOL who are really being the contributors of shaping the mere future of all the Christites!!!

Mr Bharath Ramchandra
Parent of Ruthvika Bharath, 1G



Giver of Gratitude

G- Gratitude, I-Incredible, V-Valuable, E- Ecstasy, R- Radiance.

Gratitude is the sweetest feeling. It can motivate people to make positive things in their life. Those who are grateful are not concerned about what they can get but only what they can give. Both those who give and those who receive have something to be thankful for. "Thank You" is most important as well to show some gratitude and prevail love. Gratitude makes us happier and healthier and boost our energy.

We have to learn to be Thankful/Grateful for all what we already have and pursue to all what we want. Gratitude is the completion of Thankness. Gratitude helps to grow and expand, It brings joy and laughter into our life and those who are around us.

Ms Deepika
Parent of Shristi, 1H



Be a giver of Gratitude

“It's not happiness that brings us gratitude. It's the Gratitude that brings us happiness.”

Gratitude is the best response one could give to others. It is one of the positive emotions that can bring smiles on faces. Gratitude is the best attitude we can express towards our friends, family, and even towards strangers. In our normal routine, we can show gratefulness towards those entire things we have. Like our food, clothes, accessories, and unconditional love from our loved ones.

Only saying thanks is not gratitude but feeling grateful towards others is the gesture of gratitude. Showing respect, kindness, and generous behaviour is a way of expressing thankfulness towards others. It is one of the feelings that make a person great. In the fast-moving world, no one has time to interact personally, and taking others granted is also one of the negative gestures. These social distances can be filled by showing gratefulness.

Gratefulness is part of our character. Showing our positive side to other people is like collecting thousands of blessings. Gratitude is not only an expression but it has many positive impacts. One can include gratitude in their daily life and can get happiness out of it.

Be a giver of Gratitude- in-turn, receive happiness!!

Ms Manyashree DR
Parent of Thanav Naresh, 1G



Be a giver of Gratitude

Giver of Gratitude is all about Being grateful, counting our blessings and focusing on the good.

Our everyday pressures and problems (job stress, financial stress, marital stress, kids stress), may cause anxiety, sadness, self-pity, despair, frustration or resentment.

Hence gratitude plays a vital role, it's an emotion that magnifies our experience of what is good, deepens our connections and helps in dealing with adversity.

Gratitude helps people refocus on what they have instead of what they lack, feel blessed instead of complaining.

Giving gratitude for what the day has brought has helped me turn into a more positive person, and I started making a conscious effort to express gratitude at work. When we forget to express appreciation for the people at work, relationships deteriorate and productivity suffers as a result.

Our happiness is not determined by the conditions of our lives but by how we feel about them.

“Let us be grateful to the people who make us happy” .

Mr Joseph Kanickraj
Parent of Christina Joseph, 1H



Gratitude

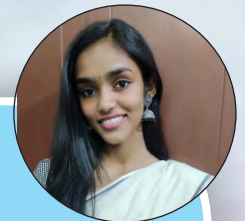
ALUMNI CORNER



Joyce Anthony
(Batch 2020-2021)

My secondary abode

With a smile on my face, gratitude in my heart and with numerous unforgettable memories, I recall the 12 years of my life spent in this prestigious institution. CHRIST SCHOOL ICSE has been more than just an institution for me, the love and support received from the teachers has undoubtedly made this place more like a second home for me. The annual day, Inter house competitions, DCL competitions, Sports day and the Science exhibition has created unforgettable memories which I'll cherish forever. I really miss those fun-filled lunch breaks, the annual day practices, PT periods, the stay backs, our small fights, our uncontrollable laughter and especially my noisy class. I would remain forever indebted to the principal, teachers and the non teaching staff. I consider myself lucky and blessed to have these teachers who guided, encouraged, corrected and understood me throughout these 12 years. The academics along with the extra curricular activities, various competitions and the innumerable opportunities has helped me to discover my talents and thereby helped me in my overall development and made me confident, creative and responsible. The life lessons and values taught at school has shaped me into a better individual. Let each one of us by our deeds be a light in another person's life and show the world what it means to be a true Christite.



Thereza Johnson
(Batch 2019-2020)

Christ School is much more than just an institution. It actually denotes a culture: of excellence, empowerment, and enrichment.

When my parents enrolled me in this great temple of learning, little did I know that this institution would mold me into the best version of myself. Not only did this institution give me scholastic development, but it ensured that every individual stepping off of this campus, discovered a little something of who they really are, what their passion was, and helped us build our own individuality. Today when I look back at my 10 years of schooling, all I can remember is happy faces, memories, and all the great opportunities it has given. For me, Christ was a perfect blend of happiness and hardships. The teachers were like a backbone for me, supporting me no matter what and always accepting me for what I am. Christ school always felt like a family, another home that made me realize my real potential. This school let us fall on our own but made us also climb the ladder to success. 'You are the light of the world'- will always remain in our hearts. Proud to be a Christite.

STATE UNDER THE SPOTLIGHT

Welcome aboard a travel experience that gives you a glimpse into this vibrant and beautiful country - INDIA.

GOA

Goa is a state on the southwestern coast of India within the Konkan region, geographically separated from the Deccan highlands by the Western Ghats. It is located between the Indian states of Maharashtra to the north and Karnataka to the east and south, with the Arabian Sea forming its western coast.

It is India's smallest state by area and its fourth-smallest by population.

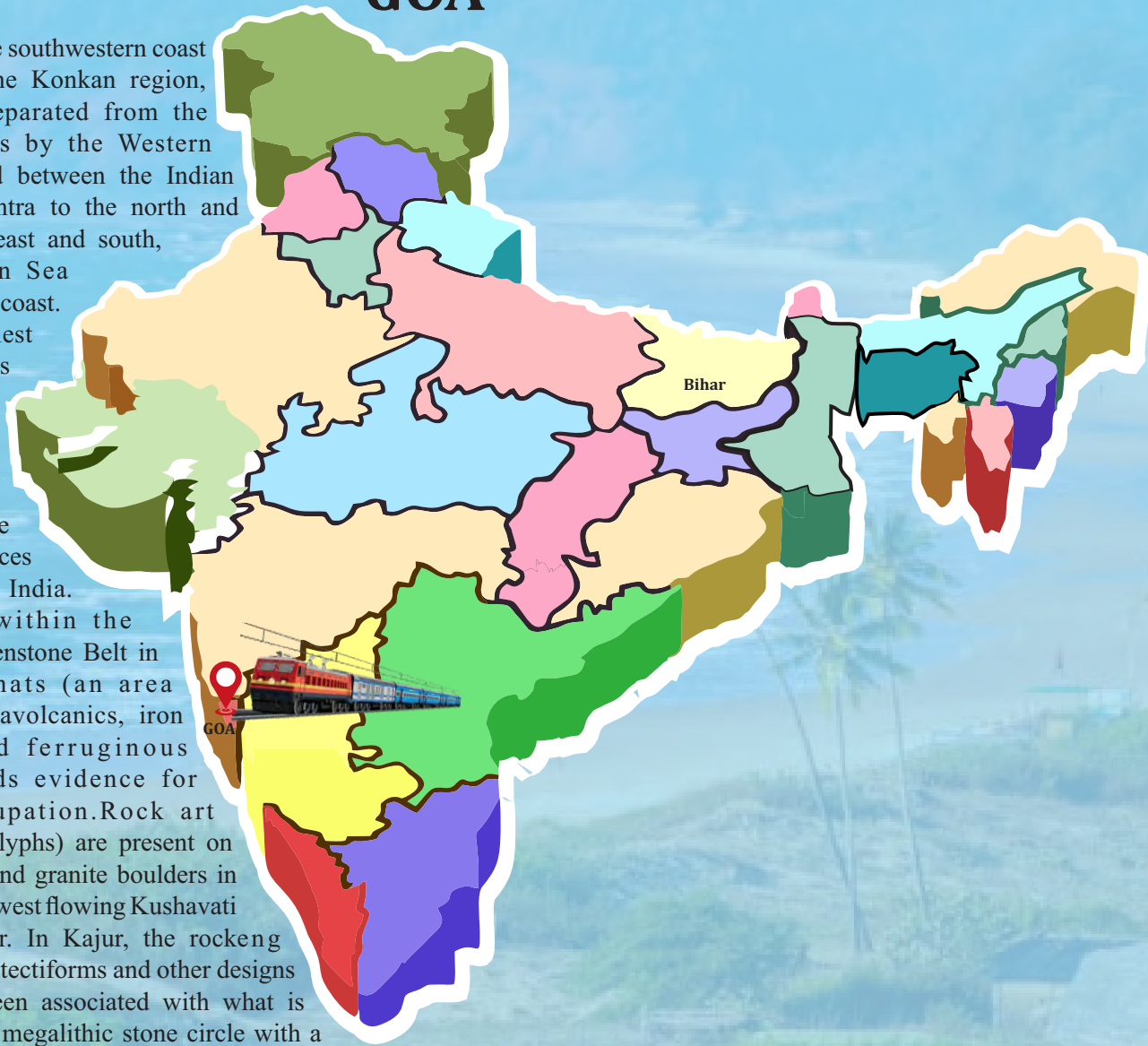
Rock art engravings found in Goa are one of the earliest known traces of human life in India.

Goa, situated within the Shimoga-Goa Greenstone Belt in the Western Ghats (an area composed of metavolcanics, iron formations and ferruginous quartzite), yields evidence for Acheulean occupation. Rock art engravings (petroglyphs) are present on laterite platforms and granite boulders in Usgalimal near the west flowing Kushavati river and in Kajur. In Kajur, the rock engravings of animals, tectiforms and other designs in granite have been associated with what is considered to be a megalithic stone circle with a round granite stone in the centre. Petroglyphs, cones, stone-axe, and choppers dating to 10,000 years ago have been found in various locations in Goa, including Kazur, Mauxim, and the Mandovi-Zuari basin. Evidence of Palaeolithic life is visible at Dabolim, Adkon, Shigao, Fatorpa, Arli, Maulinguinim, Diwar, Sanguem, Pilerne, and Aquem-Margaon. Difficulty in carbon dating the laterite rock compounds poses a problem for determining the exact time period.

Early Goan society underwent radical change when Indo-Aryan and Dravidian migrants amalgamated with the aboriginal locals, forming the base of early Goan culture

In the 3rd century BC, Goa was part of the Maurya Empire, ruled by the Buddhist emperor, Ashoka of Magadha. Buddhist monks laid the foundation of Buddhism in Goa. Between the 2nd century BC and the 6th century AD, Goa was ruled by the Bhojas of Goa. Chutus of Karwar also ruled some parts as feudatories of the Satavahanas of Kolhapur (2nd century BC to the 2nd century AD), Western Kshatrapas (around 150 AD), the Abhiras of Western Maharashtra, Bhojas of the Yadav clans of Gujarat, and the Konkan Mauryas as feudatories of the Kalachuris. The rule later passed to the Chalukyas of Badami, who controlled it between 578 and 753, and later the Rashtrakutas of Malkhed from 753 to 963. From 765 to 1015, the Southern Silharas of Konkan ruled Goa as the feudatories of the Chalukyas and the Rashtrakutas. Over the next few centuries, Goa was successively ruled by the Kadambas as the feudatories of the Chalukyas of Kalyani. They patronised Jainism in Goa.

In 1312, Goa came under the governance of the Delhi Sultanate. The kingdom's grip on the region was weak, and by 1370 it was forced to surrender it to Harihara I of the Vijayanagara Empire. The Vijayanagara monarchs held on to the territory until 1469 when it was appropriated by the Bahmani sultans of Gulbarga. After that dynasty crumbled, the area fell into the hands of the Adil Shahis of Bijapur, who established as their auxiliary capital the city known under the Portuguese as Velha Goa (or Old Goa).



Interesting Facts:

1. *Goa celebrates two independence days.*
2. *Goa is home to the first Medical College in India.*
3. *Over one-third of Goa is forest.*
4. *It is home to around 4,000 species of birds.*
5. *The first printing press was set up in Goa.*



Key facts

Capital	:	Panaji
Largest city	:	Goa
Districts	:	2
Chief Minister	:	Pramod Sawant
Governor	:	P.S. Sreedharan Pillai
Official Language	:	Konkani
Famous Festival	:	Goa Carnival
Staple Food	:	Rice with fish curry

Beaches- Palolem beach and Colva beach

Palolem beach is a crescent-shaped stretch of white sand that overlooks the Arabian Sea in south Goa. Palolem Beach also offers kayaking, yoga classes, dolphin-sightseeing trips, and swimming.

Colva beach has swaying palms and a broad stretch of bronze sand



Basilica de Bom Jesus

This Old Goa attraction dates back to the late 16th century and contains the remains of the St. Francis Xavier. The "Apostle of the Indies" co-founded the Society of Jesus religious order with friend St. Ignatius Loyola and spearheaded an extensive mission in India. The basilica has been a UNESCO World Heritage Site since 1999. Inside, huge ornamental screens, along with the body of the resident saint in a casket that was once covered in precious stones can be seen

Dudhsagar Falls

Dudhsagar Falls is a spectacular four-tiered waterfall that towers 310 meters above the land. It's one of India's tallest waterfalls and a perpetually popular attraction for day trips around Goa and Karnataka.



Church of our Lady Immaculate

This is a pristine white church, which dates back to the early 17th century, stands atop a zig-zagging staircase. The church's interior boasts bright, colorful decorations. Tourists can see the elegant main altar (dedicated to Mary, mother of Jesus) and gilded pillars with elaborate carvings. Vines of blue and white blossoms often adorn parts of the vaulted ceiling around various holidays. December 8 marks the Festival of Our Lady of the Immaculate Conception, a major holy day at this church.



Our Lady of the Immaculate Conception Church, Panaji, Goa



Mahadev Temple

Mahadev Temple gives tourists a chance to see a structure that has been standing since the 12th century. Its remote location helped it survive centuries of conquests by the Portuguese and Muslim colonialists. Stepping inside, detailed work of artisan carvers, including the lotus flower on the ceiling can be seen.

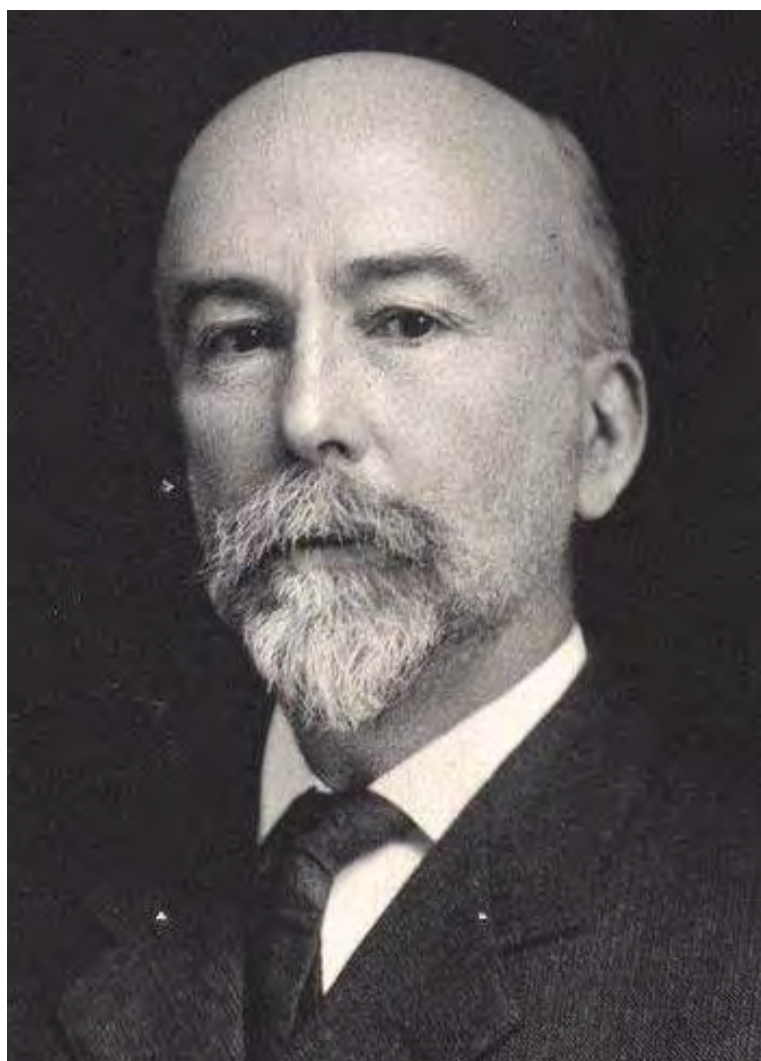


Ashley Jis
Class - 9 A

[Details have been researched from different travel and tourism blogs.]

PERSONALITY OF THE MONTH

William Morris Davis



William Morris Davis (February 12, 1850 – February 5, 1934) was an American geographer, geologist, geomorphologist, and meteorologist, often called the "father of American geography".

In the 1870s his interest turned to the study of landforms, and the publication of "The Rivers and Valleys of Pennsylvania" (1889) laid the foundation for the Davisian system of landscape analysis

He was a founder of the Association of American Geographers in 1904, and heavily involved with the National Geographic Society. His textbook, Elementary Physical Geography (1902), includes a chapter entitled "Geographical Aid in Human Progress", in which Davis details how the physical geography of landscapes influences "the progress of man from the savage toward the civilized state".

Meet My Teacher

Name : Vanitha K C

A little about myself:

I'm loyal, trustworthy
and I'm good in a crisis



*My birth date: 2nd March

*Zodiac: Pisces

*My hobbies: Reading books, listening to music

*Favourite colour: Pink

*Favourite movie: Maine Pyaar Kiya

*Quality I admire about myself: Kindness

*Favourite food: Veg Biryani



*Ambition as a kid: To become a teacher

*Favourite book: Sri Ramayana Darshanam - Kuvempu

*Dream destination: New York City



*Favourite subject as a student: Social Studies

*Favourite quote/Motto in life: Be the change you want to see in others



My educational
background:

Hindi B.A. and B.Ed

Meet My Teacher

Name: Ms. Alka Ujjwal

A little about myself:

A teacher who is passionate about her profession, always eager to learn, believes in work-life balance.



*My birth date: 4th March

*Zodiac: Pisces

*My hobbies: Gardening, Cooking, Art and Running

*Favourite colour: Green, Blue and Black

*Favourite movie: Uri, Mother India

*Quality I admire about myself: Honest, Sincere and Emotional

*Favourite food: Aloo Paratha, Rajma Rice

*Ambition as a kid: Always wanted to be a Teacher.

*Favourite book: Godan (Premchand)

*Dream destination: Switzerland

*Favourite subject as a student: Psychology

*Favourite quote/Motto in life: Arise! Awake and stop not until the goal is reached.



My educational background:

M.A (Hindi),
M.A (Education),
M.A (Economics), B.Ed.



Meet My Teacher

Name: Tessy Binson

A little about myself:

Dedicated, Sincere,
Hardworking and simple.



*My birth date: 4th March

*Zodiac: Pisces

*My hobbies: Listening Music and Cooking..

*Favourite colour: Blue

*Favourite movie: Manikyakallu(Malayalam)

*Quality I admire about myself: Self confidence,
Honest and Hardworking

*Favourite food: Masala Dosa



*Ambition as a kid: Teacher

*Favourite book: You can win



*Dream destination: Switzerland

*Favourite subject as a student: Mathematics

*Favourite quote/Motto in life: Do everything with a good heart and expect
nothing in return and you will never be disappointed.

My educational
background:

M.Sc.
M.Ed (Mathematics)

Meet My Teacher

Name: Taniya C Paul

A little about myself:

I am a person of God-Fearing,
I believe in accepting my flaws
and working on them. I am very
friendly, Joyful, Cooperative.



*My birth date: 11th March

*Zodiac: Pisces

*My hobbies: Cooking & Dance

*Favourite colour: Black

*Favourite movie: M. Kumaran S/O Mahalakshmi

*Quality I admire about myself: Approachable
& Good Listener

*Favourite food: Biryani



*Ambition as a kid: Doctor

*Favourite book: Wise and Otherwise

*Dream destination: Kulu Manali

*Favourite subject as a student: Biology

*Favourite quote/Motto in life: "Your Pain today will be your strength
Tomorrow". And, when you want something, all the universe conspires in
helping you to achieve it...".

Paulo Coelho



My educational
background:

MCA
(Master of Computer Applications)



Meet My Teacher

Name : Sr. Ancy Antony
A little about myself:

A simple person
with friendly in nature



*My birth date: 14th March

*Zodiac: Pisces

*My hobbies: Reading, cooking and listening music

*Favourite colour: pink

*Favourite movie: Pursuit of Happiness

*Quality I admire about myself: Hardworking & responsible

*Favourite food : Sea food & ice cream

*Ambition as a kid: Teacher



*Favourite book: My life in full by Indra Nooyi

*Dream destination: UK



*Favourite subject as a student: Economics

*Favourite quote/Motto in life: Believe in yourself



My educational
background:

B.A, B.Ed

Meet My Teacher

Name : Rajeshwari Singh

A little about myself:

Fun Loving



*My birth date: 14th March

*Zodiac: Libra

*My hobbies: Reading and Listening Music

*Favourite colour: Blue and Red

*Favourite movie: DDLJ, Titanic

*Quality I admire about myself: Helping Nature
and Loving People

*Favourite food: Paneer butter masala and roti

*Ambition as a kid: To Become a Army officer

*Favourite book: Ramayana & motivational books

*Dream destination: Kailash Maansarovar

*Favourite subject as a student: English literature

*Favourite quote/Motto in life: Always give, never take.



My educational
background:

Post Graduate and B.Ed.



Meet My Teacher

Name : Ninu Jose

A little about myself:

I am a Hardworking,
Dedicated and Jovial person.



*My birth date: 19th March

*Zodiac: PISCES

*My hobbies: LISTENING TO MUSIC

*Favourite colour: WHITE

*Favourite movie: Bangalore Days

*Quality I admire about myself: DEDICATION

*Favourite food: MASALA DOSA

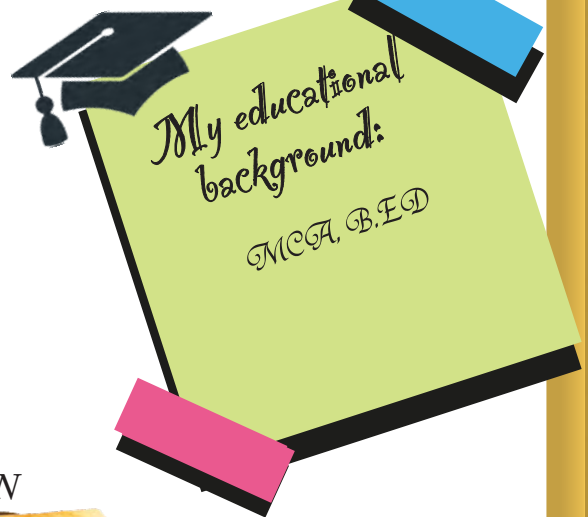
*Ambition as a kid: TO BECOME A TEACHER

*Favourite book: Pathummayudeaadu

*Dream destination: KASHMIR

*Favourite subject as a student: SCIENCE

*Favourite quote/Motto in life : Hard work produces luck and success.



Meet My Teacher

Name : Jaseentha Devassy

A little about myself:

My family means the world
to me.

I always keep on try to make my
dreams a reality.



*Birth date : 2nd April

*Zodiac: Aries

*My Hobbies: Cooking and Listening to music

*Favourite colour: Pink

*Favourite movie: Insidious Chapter 2

*Quality I admire about: I admire my quality
of speaking frankly, Myself without hiding my feelings

*Favourite Food: White rice and Fish curry

*Ambition as a kid: to Become a teacher



*Favourite book: The Silent Patient by Alex Michaelides

*Dream Destination: Vatican City



*Favourite subject as a Student: Mathematics

*Favourite quote / Motto in life: "Remember, Even this will pass away"
By Chinmayanada Saraswati

*Motto: To do all the good I can

Meet My Teacher

Name : Smita Francis

A little about myself:

Fun loving and straight forward.



*My birth date : 2nd April.

*Zodiac: Aries.

*My hobbies: Music lover and enjoy cooking.

*Favourite colour: Black.

*Favourite movie: Miracles from Heaven.

*Quality I admire about myself: Being straight forward, trustworthy and an independent person.

*Favourite food: International cuisines.

*Ambition as a kid: To be a nurse.



*Favourite book: Agatha Christie.

*Dream destination: Switzerland.



*Favourite subject as a student: Biology

*Favourite quote/Motto in life: Be yourself. The world will adjust.



My educational background:

Masters in Zoology and
Bachelors in Education.

Meet My Teacher

Name : Ms. Namitha Vijayan

A little about myself:

I am a spiritual person with a growth mindset.



*My birth date: 8th April

*Zodiac: Aries

*My hobbies: Reading books, dancing and Journaling

*Favourite colour: Blue

*Favourite movie: Home

*Quality I admire about myself: Loyal and independent

*Favourite food: Kerala Sadhya

*Ambition as a kid: Teacher



*Favourite book: The Secret by Rhonda Byrne

*Dream destination: Paris



*Favourite subject as a student: Physics

*Favourite quote/Motto in life: Always have an attitude of gratitude.



My educational background:

Bsc in Physics, Chemistry and Mathematics
B.Ed in Physics and Mathematics
Currently pursuing my Masters in Education.



Meet My Teacher

Name: NITHIN FRANCIS

A little about myself:

My name is Nithin Francis and I who is 32 years of old, born and brought up in Kerala.



*My birth date: 10th April

*Zodiac: Scorpion

*My hobbies: Listening to music, Driving

*Favourite colour: Blue

*Favourite movie: Spadikam

*Quality I admire about myself: Patience

*Favourite food: Porotta and Beef

*Ambition as a kid: To become a Paramedical Professional

*Favourite book: Playing It My Way

*Dream destination: UK

*Favourite subject as a student: Biology

*Favourite quote/Motto in life: "NO MATTER THE SITUATION,
ALWAYS WEAR A SMILE"



My educational background:

M.A, B.Ed in English



Meet My Teacher

Name : Pooja K A

A little about myself:

I'm a people person. I like making people feel comfortable in my presence. And I'm a good listener.



*My birth date: 18th April

*Zodiac: Aries

*My hobbies: Listening to music, dancing, cooking

*Favourite colour: Purple

*Favourite movie:

*Quality I admire about myself: optimistic and humorous

*Favourite food:

*Ambition as a kid: being a Professional Dancer

*Favourite book: The alchemist

*Dream destination: Mauritius

*Favourite subject as a student:

*Favourite quote/Motto in life: Fight Smile Survive.



My educational background:

MSc Psychological Counseling



Meet My Teacher

Name : RANJINI S
A little about myself:

God fearing and passionate
about my profession



*My birth date: 23rd April

*Zodiac: Aries

*My hobbies: Travelling



*Favourite colour: Blue

*Favourite movie: YUVARATNA

*Quality I admire about myself: Patience and dedication

*Favourite food: Biryani

*Ambition as a kid: Teacher



*Favourite book: Wings of Fire

*Dream destination: Manali



*Favourite subject as a student: Computer

*Favourite quote/Motto in life: This too shall pass

My educational
background:

M.Sc Physics,
B.Ed Physical Science



HAPPY Summer HOLIDAYS

PUZZLE WINNERS FOR THE MONTH OF FEBRUARY



Arnav Singhvi
Class - 1B



Hannah Susan Jomon
Class - 6A



M. Afridha
Class - 8A



M. Puneeth
Class - 10C



Malavika Rajesh
Class - 2D



Moin Ahmed P
Class - 4D



Navya Singhvi
Class - 5A

Congratulations!