



# CHRIST SCHOOL ICSE

Christ School Road, Dharmaram College Post, Bengaluru - 560 029

The Monthly Newsletter

# Excelsior

Ever upward and still higher...



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## *From the Principal's Desk*

*Rev. Fr. Nilson Davis CMI*

## YOU ARE FOR OTHERS

I believe compassion to be one of the few things we can practice that will bring immediate and long-term happiness to our lives. Compassion is an emotion that is a sense of shared suffering, most often combined with a desire to alleviate or reduce the suffering of another; to show special kindness to those who suffer. Compassion essentially arises through empathy, and is often characterized through actions, wherein a person acting with compassion will seek to aid those they feel compassionate for.

When students have an opportunity to lend a helping hand, it provides them with knowledge about current events as well as ways that they can help provide assistance and create change for others. For students who regularly receive support from others, showing them how to lend a helping hand builds self-esteem, motivation, and confidence. These qualities should be inculcated in the children from very young age.

We in Christ School ICSE nurture compassionate Christites who can see the pain of others and volunteer to help those in need. We mould Christites as to be that promising young generation that serves before being served. **Caritas** is noble initiative launched last year to inculcate the value of compassion and sharing of joy in Christites by giving them a chance to donate a share of their happiness in the form money during their birthdays. This initiative was a tremendous success and it was a great help to many people in need. Each Christite considered it to be their divine responsibility to help others and they gave what they had from their heart.

One evening I got a call from one of our students' parent. He wanted to share something about his child. The parent was happy to say that his child still remembers **Caritas** and wanted to know whether he could still donate his happiness to someone in need. The child wanted this as his birthday gift. He just wanted to make someone happy. I could feel the happiness in his voice when he spoke to me. The child didn't want **Caritas** collection box to be empty and he knew that more people are in need now and there isn't any birthday celebration at school due to the pandemic shutdown.

Teachers here model compassion and acts of compassion on a daily basis. Even during this pandemic our teachers proved that they are the real heroes. When they came to know that one of our little Christites is suffering from cancer every teacher donated a generous share from their salary to help the grieving family. Isn't that great?

By itself, compassion is an important life skill. Compassion gives students an opportunity to trust in good things and that is what we aim for in Christ School ICSE. Excelsior Christites!

## Vice Principal's Message



My dear Christites,

“Compassion is the basis of morality.”

- Arthur Schopenhauer

The current Dalai Lama says that compassionate concern for others' welfare enhances your own well-being. Compassion is essence of human life. Without it we cannot imagine human life. Even, animals exhibit their nature of care and love for their race. Same thing happens to humans. Compassion comes in human before beginning of human life. The simple act of listening may be one of the most effective and least expensive medicines around.

**Here are some ways in which you can be a giver of compassion:**

- ♦ **Be Selfless:** Break free from selfishness. Compassion is a great journey to go out of yourself and start caring, helping, and making other people happy.
- ♦ **Be Humble:** Always stay humble and gentle. If there's humility in your heart, it would be easier for you to be compassionate towards others, because your heart can listen, see, and feel clearly what's inside the hearts of others.
- ♦ **Get rid of your hatred:** Learn how to stop hating and starting loving. Remember that you cannot be compassionate if your mind and heart are shrouded by hatred.
- ♦ **Forgive others:** Do not think of getting revenge when people hurt you. Your heart may be broken, but it's your choice to make it heal. Let your heart be healed by forgiving those who broke your heart.
- ♦ **Give others hope:** Give people hope when they are down. Encourage them to move on when they are about to give up. Don't treat them like a hopeless person, but inspire them to carry on and make themselves better on their own.

You do not have to express your compassion in words. You may speak kind and healing to others, but it should be done without any personal motive. Your compassion should radiate itself without you making any conscious effort. You may wonder how you may accomplish that. You radiate what you have. If a flower has fragrance, it radiates. If you have compassion in your heart, if you are filled with the thoughts of compassion, you will radiate compassion even when you are silent and detached. Your compassion should speak for itself and it should rightly so.

Let us be a giver of compassion through our words, deeds and action, during the season of pandemic.

Fr. Martin Onasseril CMI  
Vice Principal

## Financial Administrator's Message



### BE A GIVER OF COMPASSION

Greetings to all the Christities...

I am delighted to address you now on this beautiful theme of “Be a Giver of Compassion”. This theme has unquestionable relevance at this juncture in history. The absolutely unprecedented confusion arising from the Covid- 19 pandemic has affected every aspect of our human life. An epidemic of this magnitude, that has changed the way we live our life, has also changed the way we think and the way we behave. Academic life has suffered a far reaching damage, with almost all the education institutions all over the world being kept closed for many months.

Though this havoc has inflicted such heavy toll on every aspect of our human life, this has helped humanity in the virtue of sharing and giving. We are forced in some way to depend more on our fellow beings than on material resources. This has exposed to ourselves the limits of wealth and has provided the much needed bridle on human passion to acquire, to accumulate and to hoard. On the other hand it has inspired us to share even the little we have with others. Such unselfish stories of sharing and caring have inspired people all over the world. As Winston Churchill has once said, “We make a living by what we get, but we get our life by what we give”. People are honoured for what they have given, rather than what they have received. I would earnestly pray and hope that the whole humanity takes this covid- 19 pandemic and the consequent crisis as a time and occasion to exercise and experience the virtue of sharing and giving. Let us all be people of compassion and bearers of hope. Let us follow the footsteps of Jesus, remembering his words, “I have come to give life and life in its fullness” (John 10,10) May the Lord bless us now.

Fr. Reji Koodappattu CMI

**“Compassion is to look beyond your own pain, to see the pain of others.”**

Compassion is the quality that has the potential of converting all the problems of mankind into stepping stones to HEAVEN. All the sorrows, wars, poverty, unemployment, the gap between the rich and the poor, all the endangered species, all the diseases exist because of the lack of compassion in human hearts.

Wherever and whenever compassion was born in a heart, it transformed the mankind. Jesus had compassion in his heart and he gave the world the message of hope for all mankind. It was his compassion that impelled him to bear the excruciating pain to be a perfect role model of patience, mercy, and perfect human conduct.

Lincoln felt compassion for the discriminated coloured people and abolished slavery. Louis Pasteur felt compassion for the suffering mankind and dedicated his life in finding cure for rabies. Mother Teresa felt it for the poor and the sick and consecrated her life in alleviating their pain. Similarly, all the great men and women whom we adore as our role models have been compassionate personages. Mahatma Gandhi was inspired by compassion to help his fellow countrymen to come out of the shackles of Colonial injustice.

Compassion changes everything. It encourages us to build a better society by responding to bad behaviour with good behaviour, and by setting an example of kindness and respect, especially when it would be easier to give in to negative impulses like revenge and hate.

Dear Christites, let us practice this value of being compassionate to others. By being a more compassionate, you will not only find peace and genuine happiness within yourself, but you will also become physically healthier.



Ms. Mini Manuel  
Editorial Board

## GURUVANI

### GIVER OF COMPASSION

*"True compassion means not only feeling another's pain, but also being moved to help relieve it."*

- Daniel Goleman

Compassion is a state of mind that transforms a person from simply being a man to being human. When love and mercy meet there is compassion. Where there is love towards a person, a friend or a brother, there is something that moves us to act readily and serve them in their direst need. This is what it means to be compassionate. *"Be merciful as your Heavenly Father is merciful."* (Luke 6:36) As God's children it is our duty to live this command.

An incident that captured everyone's attention a few months ago was the one regarding the death of a pregnant elephant when it ate a pineapple filled with crackers. There was much uproar and denunciation of the same across the globe following the helplessness of being unable to rescue the animal and its baby. This stemmed from a compassion towards the animal and rightly so. But, on the other hand, when we encounter a beggar - a person, starved and reduced to skin and bones and dressed in rags, it often fails to arouse in our hearts any pity and we do not hesitate to turn them away from us empty handed.

**What is compassion? Is it merely a reaction to situations on social media or is it an act of service to our neighbour from a place of love?** My dear Christites, we must rise, rise and think! We must have the courage to act on the sympathy that arises within us. This courage will compel us to do great things. Let us be willing to put aside our comforts to serve those in need. **Let us be givers of compassion and love wherever we are.**



Ms Rani Teny  
(Department of Mathematics)

### Be a giver of Compassion

“If you want others to be happy, practice compassion. If you want to be happy, practice compassion.” – Dalai Lama  
Compassion is the ability to realize the emotional state of another person or oneself. It is an emotion that is a sense of shared suffering, most often combined with a desire to relieve or reduce the suffering of another; to show special kindness to those who suffer.

Why practice compassion in your life? Well, there are scientific studies that suggest there are physical benefits to practicing compassion — people who practice it produce 100 percent more Dehydroepiandrosterone (DHEA), which is a hormone that counteracts the aging process, and 23 percent less cortisol — the “stress hormone.”

There are various ways to practice compassion. Four important ways to practice compassion are:

1. **Being Gentle:** A gentle person attracts the trust of others because of this strength. Their character is consistent, reliable, and steady. They are aware of the needs of the people around them.
2. **Being Mindful:** When we are mindful of ourselves and others, we understand that everyone makes mistakes. Forgiving does not mean that we have to ignore our mistakes or hide them. It is making the conscious choice to release ourselves from the burden, pain, and stress. When we practice mindfulness, it improves our well-being.
3. **Being Honest:** When we make honest decisions to evaluate ourselves, it allows us to set realistic goals. Honesty is the bridge to authenticity and compassion.
4. **Changing our Attitude:** Even a smile, or a kind word, or just talking about a problem with another

person can bring positive vibes wherever we go.

St. John Paul II said, “As the family goes, so goes the nation, and so goes the whole world in which we live.” This essence of compassion is quietly introduced in us by our family, school, and playground so that we learn to interact with our family members, teacher, and friends.

The compassionate practices can be done anywhere, any time. At work, at home, on the road, while traveling, while at a store, while at the home of a friend or family member. To summarize, compassion is simply giving the same care and kindness to ourselves that we would give to others.



Mr. Joy M.J.

Technical Writer, RtBrick India Pvt. Ltd.

(Parent of Joel Joy of Grade 10-C and Daniel Joy of Grade 5-F)

## STUDENT'S TALK

### BE A GIVER OF COMPASSION

Now what is Compassion?

Compassion is a strong feeling of sympathy for people or animals that are suffering and a desire to help them.

Imagine a world without Mother Teresa, Martin Luther King, Jr., St. Francis of Assisi, Nelson Mandela, Mahatma Gandhi, and so many others.

Imagine a world without the countless individuals who risked their own lives to save others during wartime. Imagine a world without those who've run into burning buildings or executed other heroic feats of rescue during times of trauma. It's unthinkable.

Self-compassion is a way of recognizing one's inability to be perfect and to see oneself from a comforting rather than critical perspective.

Benefits of compassion

Compassion promotes social connection among adults and children. Social connection is important to adaptive human functioning, as it is related to increased self-esteem, empathy, well-being; and higher interpersonal orientation.

Compassion is related to increased happiness, is related to higher levels of well-being, Patient-reported clinician empathy and compassion is related to increased patient satisfaction and lower distress, promotes positive parenting by improving parent-child relationships.

Compassion within classrooms is related to increased cooperation and better learning, Self-compassion is linked to various aspects of general well-being, Self-compassion buffers the negative impact of stress.

Can Compassion be learned?

While some of us behave more consistently compassionate than others due to upbringing and various other factors, interventions promoting compassion indicate that compassion is teachable.

Teaching Compassion should begin with young children in order to foster a trajectory toward empathy, compassion, and kindness at a time when personalities and beliefs are still developing.

How can you be more compassionate?

We can be more compassionate by moving beyond our comfort zones and helping individuals or engaging in service work as a way of helping people, animals, and our communities.

Each of us in our own way can try to spread compassion into people's hearts.

Be kind to yourself.

“There is nobility in compassion, a beauty in empathy, a grace in forgiveness.”

John Connolly



Muhammed Maaz  
Grade 5A

## OCTOBER AT A GLANCE

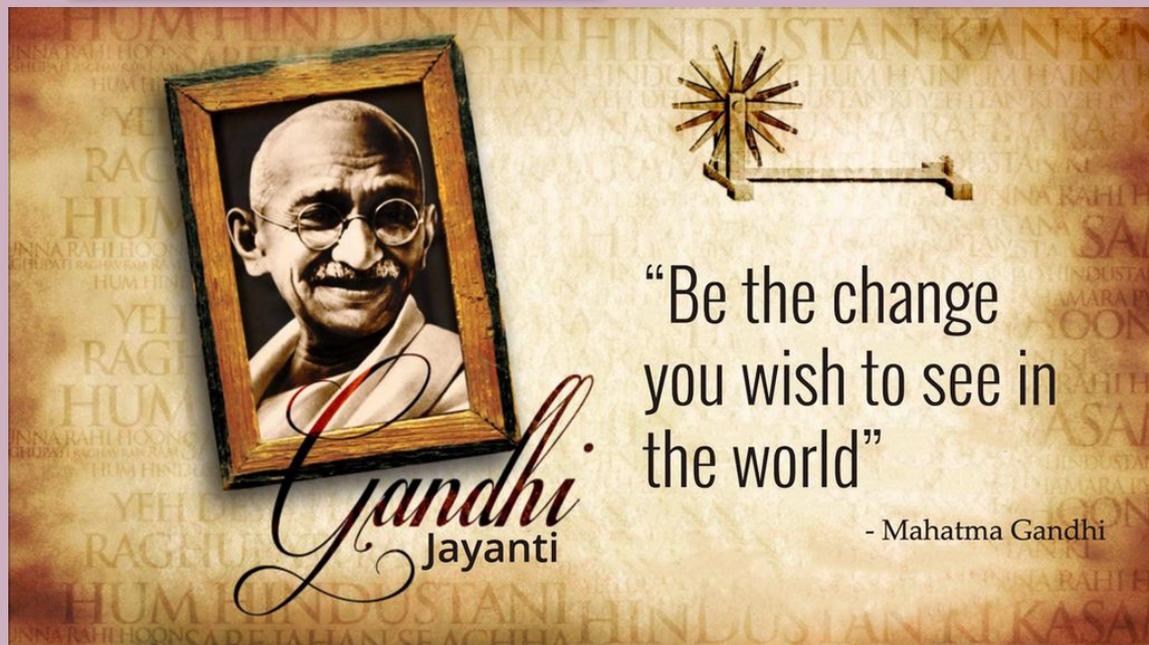
1. GANDHI JAYANTI
2. TEACHERS TRAINING IN MICROSOFT FORMS
3. GEETHAAMRUTHAM- A TEARFUL TRIBUTE
4. PARENT-TEACHER MEETING
5. SAYONARA- FAREWELL TO FR NIJO PALATTY
6. INTERNATIONAL DAY OF THE GIRL CHILD
7. WRITTEN EXAMINATION - GRADE 6 TO 9
8. THE UNITED NATIONS DAY
9. DUSSEHRA
10. VIRTUAL INTER-SCHOOL DRAWING AND SPEECH COMPETITION 'CUL-FEST 2020'

## GANDHI JAYANTI



Gandhi Jayanti is celebrated on 2nd October every year. It is an event which is celebrated to mark the birthday of the Father of Our Nation- Mahatma Gandhi. He is remembered for his struggles and contributions towards this nation. Christ School ICSE celebrated this day by releasing a video in our official YouTube channel. We, here at Christ School ICSE too believe and follow the teachings of Gandhiji and impart the same

to our children. Our Principal Rev Fr. Nilson Davis Pallisery gave a speech where he spoke about the importance of Education. Imparting knowledge in this temple of learning amidst all the odd situation makes us real givers. The teachers of this school strive their best to impart education in the right way. Swachh Bharat Abhiyan – the vision of Gandhi to make India a clean country is followed by our school. Let us pledge to follow the teachings of Gandhiji and make this place a better one to live in.



## TEACHERS TRAINING IN MICROSOFT FORMS



The written online exams for grade 6 to 9 were to be conducted in MS Forms in the month of October. The module aimed at training teachers how to conduct a written test effectively with the help of MS Forms and Teams. The training was conducted from 5th October to 7th October by the teachers of the Media committee. The various ways to conduct the exams were taught by the committee members. The teachers conducted mock tests on a daily basis and thorough practice was given to the students.

# GEETHAAMRUTHAM- A TEARFUL TRIBUTE



CLICK  
HERE

TO WATCH  
THE VIDEO

Ms. Geetha Amrithraj , Coordinator of Christ Kindergarten left for the heavenly abode on 6th October, 2020. It is indeed a huge loss for this institution. She was an educator and a mentor for everyone around her. She always inspired people around her with her words and actions. She was known

to be a very humble and down to earth person. She was caring and loving too by nature. She was very dedicated and worked with all her heart for this institution. She was known to be a favourite teacher among her students. She will be missed by each and every one of us. Geetha ma'am will forever remain in our heart.



## Geethaamrutham...

*"Earth hath no sorrow that Heaven cannot heal" - Thomas Moore*

*"We all know that death is inevitable and everything happens for a reason. The loss is big! It's unbearable and it has shattered each one of us because Geetha ma'am was a part of us. We share in this time of grief, but also share in the love and memories of our beloved Geetha Ma'am. Loss of a loved one is a wound that hardly gets mended and Geetha ma'am was not just an educator of this institution she was a motivator, inspirer, mentor and above all her motherly affection, care and concern has been a medicine for many in grief.*

*It is hard to believe that today she is*

*not with us... It makes my heart heavy when I think of the days when ma'am and I worked for the betterment of Christ Kindergarten. She was never tired of encouraging us... I mean each one of us. Even when she was physically tired it was her indomitable will power that gave her the strength to be with the school. She was a source of inspiration to all around her. Her gentle smile and kind words have done magic on many. I pray that in the midst of our sorrow we all find comfort in all the joyful memories shared by our dear Geetha Ma'am.*

*Let's keep all the sweet memories that ma'am has given us very close to our heart. Ma'am will be greatly missed but her warmth, kindness, and gentle spirit will be remembered forever. Although no words can really help to ease the loss, let ma'am be still close to us in every thought and prayer.*

*What moves through us is a silence, a quiet sadness, a longing for one more day, one more word... We may not understand why you left this earth so soon, or why you left before we were ready to say good-bye, but little by little, we begin to remember not just that you died, but that you lived... you lived for a great cause and the impact you had on each one of us is huge. Geetha ma'am... know that your life gave us memories too beautiful to forget... Now when you have entered the world of eternity we wish to tell you that the gift of love care and inspiration will be remembered time eternal."*

*"We may lose our most beloved person but we have got one more angel who is watching over us from the heaven!" With immense grief,*

Fr. Nilson Davis CMI  
Principal,  
Christ School ICSE

## PARENT-TEACHER MEETING

## Parent Teacher Meeting for Grade 1 to 5

The parent-teacher meeting for grade 1 to 5 was held on 10th October, 2020. The meeting was conducted virtually in Teams and parents were invited via invite call. The parents were happy about the Viva Voce Examination being conducted by the school and it was well appreciated by them. The concerns of the parents were looked into by the teachers. The meeting went on well and was completed on time.



# SAYONARA- Farewell of Fr. Nijo Palatty CMI

Rev Fr. Nijo Palatty CMI, who was the Vice-Principal of Christ School ICSE and the Principal of Christ Kindergarten embarks on a new journey in his life. He has always been very encouraging and supportive. He has always spread his positive energy and motivated us in every step. We take this opportunity to thank him from the bottom of our hearts for all the milestones he helped this institution to achieve. He has not only contributed personally but also inspired the others to make a difference. His guidance will be missed by each one of us. Wishing him all the very best for his future endeavours. May he taste success in every step that he takes.



## International day of the Girl Child



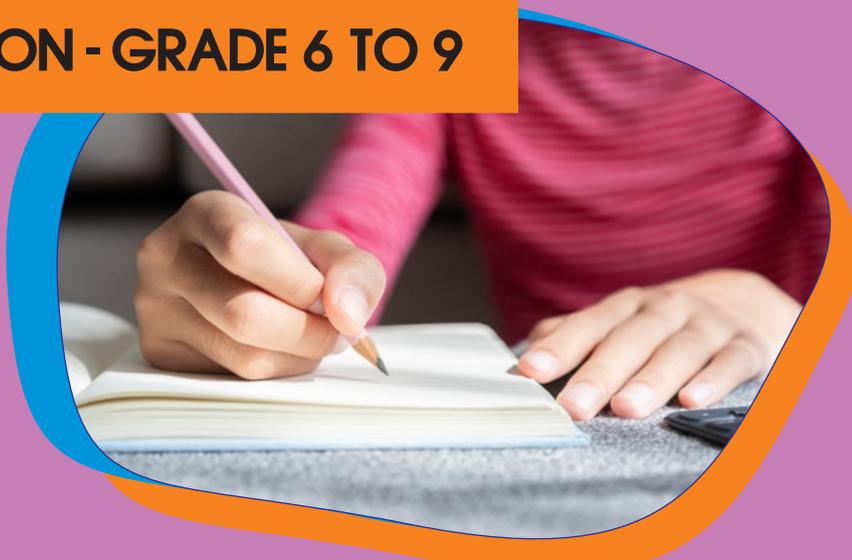
### International Day of the Girl Child

International Day of the Girl Child is an international observance day declared by the United Nations; it is also called the Day of Girls and the International Day of the Girl. 11th October, 2012, was the first Day of the Girl Child. The observation supports more opportunity for girls and increases awareness of gender inequality faced by girls worldwide based upon their gender. Christ School

ICSE believes in equality and celebrates the entry of every girl child to this temple of learning and trains her to make her place in this society. A video was also released to show the importance of this day. Our school gives equal opportunity to every girl child studying in this school. She is trained in a way where she can face the world strongly. Lets us pledge to make this world a better place and stop discrimination against the girl child.

## ONLINE WRITTEN EXAMINATION - GRADE 6 TO 9

The online written examination for grade 6 to 9 was conducted from 17th October to 23rd October, 2020. A new platform for the written exam was introduced – MS FORMS. The students were trained well by their teachers before the exams. Mock test papers were given on a regular basis and students had the option of either typing or uploading the file. The exam went on well. The students were comfortable with the new platform and found it easier.



# UNITED NATIONS DAY

## THE UNITED NATIONS DAY



The United Nations officially came into existence on 24th October, 1945. UN Day marks the anniversary of the entry into force

in 1945 of the UN Charter. The main purpose of the United Nations is to maintain world peace and security as well as foster cooperation between nations to solve economic, social, cultural, and/or humanitarian international problems. United Nations Day celebrated its 75th anniversary. Let us be a part of UN initiatives for a better and self-sustainable future.

Christ School ICSE released a beautiful video where our Principal spoke about the importance of this day. Let us celebrate this great day with pride and honour.

*As responsible global citizens,  
let's pledge to make the world  
a better place.*



## DUSSEHRA

Vijayadashami also known as Dussehra, Dasara or Dashain is a major Hindu festival celebrated at the end of Navaratri every year. It is celebrated to remember the fight of good over evil. Christ School ICSE released a video on 25th October, 2020 to share the joy of this festival. Each one of us is trying to fight against the evil that we face in our lives. It's a struggle that we face inside ourselves and need to fight over it. Every human being has both good and bad qualities. Let us together take an oath to make the good win over evil. Let each of us build a positive attitude towards life and make it better for everyone around us.



*Let's Celebrate  
the victory of forces of  
Good over Evil.  
Wishing you all*

# HAPPY DUSSEHRA



# VIRTUAL INTER-SCHOOL DRAWING AND SPEECH COMPETITION 'CUL-FEST 2020'

A Virtual Inter-School Drawing and Speech Competition "CUL-FEST 2020" on the occasion of Gandhi Jayanti were organized by Christ Nagar School, Ramanagara.

It was a virtual platform where the primary students of Class I – IV from different states, participated to showcase their talents virtually during the outbreak of COVID-19 pandemic.

From 17 schools -980 students participated in this competition, out of which 164 students from our school participated and WON THE OVERALL CHAMPIONSHIP.

Winners of Drawing competition:

I Prize: HANNA C SHINU (Class- III)

II Prize: IFRAH TAJDAR SALAM (Class-II)

Winners of Speech competition:

II Prize: ANDRELLA SHARON (Class- I)

III Prize: ARADHYA RAO (Class- I)

III Prize: MARIA BESLIN (Class IV)

Special Jury Mention (A – Grade) to six students.

CONGRATULATIONS TO ALL THE WINNERS!



Ms. Vidya K  
(Art Department)

## Drawing Winners.

I Prize



HANNA C SHINU

II Prize



IFRAH TAJDAR SALAM

*For Bringing The  
Overall Championship  
Trophy..*

## Speech Winners.

II Prize



ANDRELLA SHARON

III Prize



ARADHYA RAO

III Prize



MARIA BESLIN

*Hearty  
Congratulations*

## Special Jury Mention (A - Grade)



INIYA S



PRAGYAN



MANASVI KUMAR



SAI HARSHITA

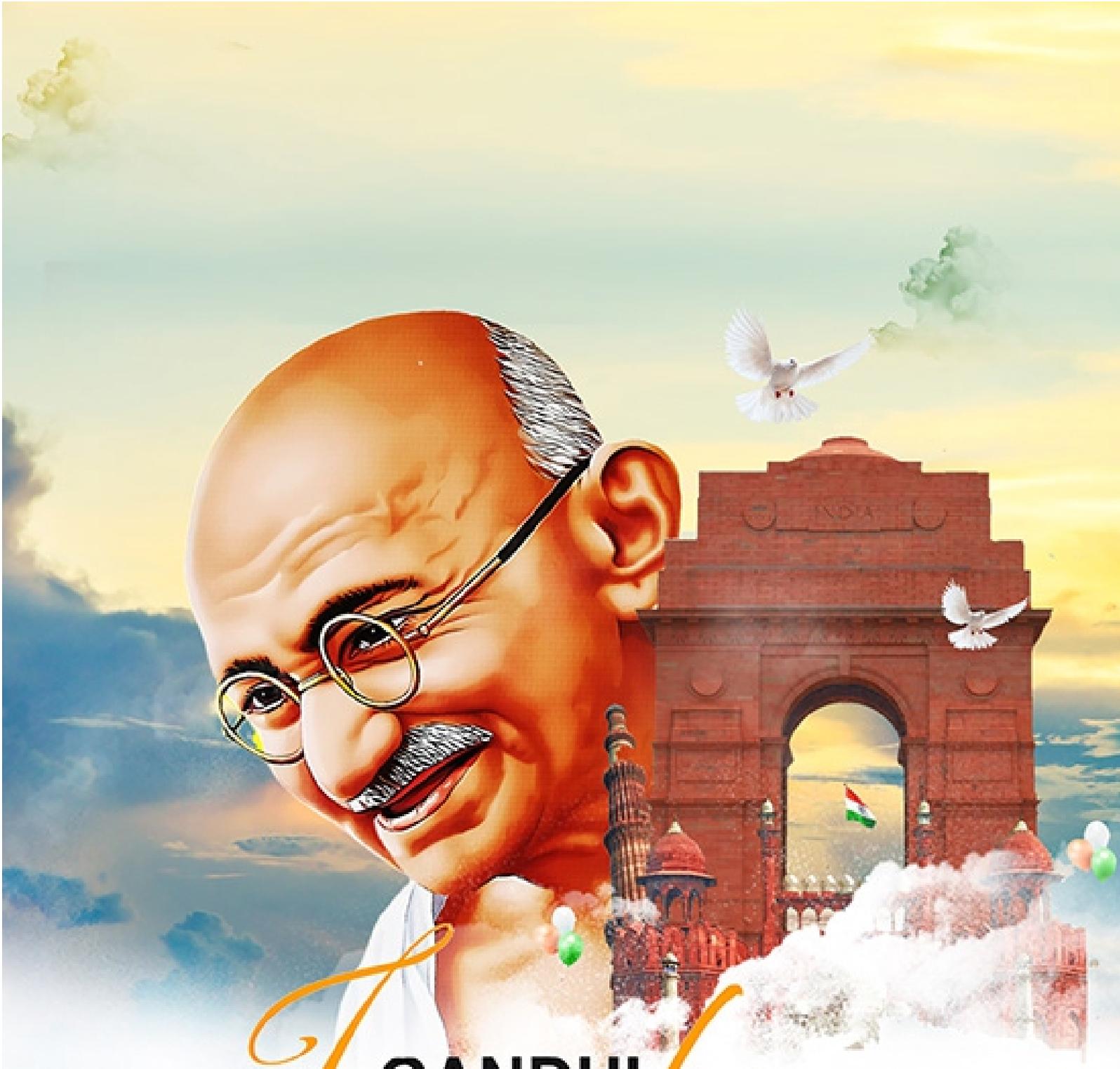


YAGNA MANINAGAR



GURUTHEJAS

*From  
17 schools  
980 participants*



**GANDHI**  
*Jayanti*