



# CHRIST SCHOOL ICSE

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

*Empowering to Excel*

CHRIST SCHOOL (ICSE)  
BENGALURU-29

## EXCELSIOR

Ever upward and still higher...

*The Monthly Newsletter*

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October - 2021



### *From the Principal's Desk*

*Rev. Fr. Nilson Davis CMI*

#### MAJOR TRIAD (*The Happy Sound*)

Dear Christites,

The contemporary civilization and existing lifestyle have greatly caused a disruption in the concord or harmony between the tiniest of elements that exist. A total chaos or disorder characterized by the spreading of this deadly pandemic and perishing human lives. Did we go wrong somewhere? Or is it just the course of nature which we humans are destined to suffer? I am sure that right now we don't have a very clear answer for this but we all definitely know that the agony and torment we witness these days have made many of us fall off.

A world that marvels in harmony these days seems to be impossible. My dear Christites, Harmony is when things melt-in together and creates a magical oneness. Let's take the example of our Christ ICSE family. You might be thinking that I am just embroidering or dramatizing this concept. Well, the truth is we can be that one beautiful and right note that perfectly blends into others to create the perfect harmony. It is possible only when we are in harmony with various elements in our own self.

This distinct entity called Christ School ICSE has always been the manifestation of harmony right from its formation. This was viable only because every person who was and is a part of Christ School ICSE makes it a point to bring in that ideal concord with every other person they know in their lives. A slight discord can spoil the music. Let us never be that bad blood.

We can be a **giver** of harmony only when we are the creators of the '*Major Triad*' or the '*Happy Sound*' (*that's how it's defined in music*). Let us be that happy sound in the lives of people who come and go in one's time. Harmony is the nurturer of highest wisdom. It is the zenith of wisdom compasses vision and that's where progress becomes really meaningful. So my dear Christites consider harmony as a moral obligation and transcend the limitations of the existing world.

Excelsior Christites!



## Vice Principal's Message

**“All things under the sun  
will flourish when harmony prevails.”**

Dear Christites,

“All things under the sun will flourish when harmony prevails.” This was once said by Xun Zi, a famous philosopher who lived in the Warring States Period (China Human Rights). The quote highlights the importance of harmony in the lives of all of us.

The important characteristic of human oneness is the art of living in harmony. Harmony has many different meanings. If it is applied in music, a pleasant sound can be heard. If some flavours are harmonious, we enjoy a delicious meal. Harmony is all about finding the right balance in different situations in order to obtain peace and happiness. Confucius developed three important ideas to achieve harmony: “Li”, “Ren” and “Yi”.

“Li” signifies etiquette and refers to behaving

appropriately in any given situation. Showing respect towards other members of society, especially the hierarchical higher ones, is mainly important. It is necessary to stick to any given rules, because that is the only possibility to balance harmony.

“Ren”, which translated means benevolence or person, refers to the fact that a person should only do to another person what it would have done to itself as well. It illustrates the ideal of what a human being should be and encourages others to strive towards it.

Finally, “Yi”, means strength and justice, helps a person to recognize the difference between bad and good things. It can be seen as an internal controller which gives someone the ability to make right judgments about people and situations and to react accordingly.

As Christites we need to learn to live a harmonious life. With harmony as the basis of each one of us, family and people can create fortune and live among each other in a gentle and peaceful way. Therefore, it’s truly said that all things under the sun will flourish when harmony prevails.

Fr. Martin Onasseril CMI

## **BE A GIVER OF HARMONY**

My Dear Christites,

The very word “harmony” elicits a feeling of peace and joy in our hearts. Harmony refers to the exquisite blend of values and positive attitudes that produce constructive results. It refers to the balance that is practiced in opposition to any extremes and fundamental attitudes.

Harmony is not the absence of differences. On the other hand, harmony is possible only when there are differences. In fact the word “harmony” is very much related to a grand musical atmosphere, wherein a variety of different musical instruments join together to produce a single, beautiful and celestial musical experience. The beauty of music depends on how each instrument is in symphony with the other, without making way for any domination of one over the other nor ignoring of one for the other. So the result of a perfect harmony of musical instruments is the perfect music which probably is one of the most beautiful experiences of human life. This harmony in music has to be translated into today's world.

What the present world is lacking and what it needs badly is Harmony. In a world that is tormented and shattered by fundamentalism and extremities, the greatest need is to have people committed for harmony. It is our duty and responsibility to foster and nurture harmony. The differences that we experience in different spheres, such as religions, politics, languages, nationalities, cultures etc. in fact should enhance the beauty of our life, just as the different musical instruments enhance the beauty of the music. Our attitude should be one that encourages and helps a true balance, which in turn results in creating harmony in the world.

Let us be promoters and Givers of this Harmony in this world of differences!!

Fr. Reji Koodappattu CMI



## Financial Administrator's Message

***“Harmony Is A Beautiful Balance Between Mind, Body And Soul Measured In Tender Peaceful Moments.” – Melanie Koulouris***

The symphony of peace is achieved when all the different chords play together. Dear kids, we should understand that 'Harmony' can never be achieved if people sang in the same tune.

Unity in Diversity – the phrase which made every Indian proud is unfortunately something that is hard to achieve these days amidst the daily news of violence and war. We are exposed to more trauma and anxiety as we are staying locked in our rooms waiting for our freedom.

Switching on the television has become traumatic these days as news of disharmony and mutual hatred is mostly the “Breaking News”. It is at times like these when fear grips us and we wish to find happiness in togetherness.

With news spreading all over social media, it has become evident that it is up to the young minds (That means YOU), who will become the future leaders of society to bring harmony among others.

The first question that we might face is, **HOW?**

The answer is simple and although considered to be utopian, it might be possible for one to achieve it. One must engage themselves in activities and make everyone be a part of them. One should not be taken aback by religion and caste boundaries. You can bring societal harmony but your mind must be free from all insecurities as well. Meditate every day and get rid of all the distress you face. Take your time and open up to people you trust. It's okay to be vulnerable at times. That is how you achieve symmetry in your life. Let go of your prejudices and keep your head high for that's when you soar higher in the sky.

Our country's Nobel laureate, Rabindranath Tagore was a great visionary; one who was way ahead of his time. He has rightly penned down –

*“Where the mind is led forward by thee  
Into ever-widening thought and action  
Into that heaven of freedom, my Father, let my country awake.”*  
Wake up Christites!

From  
The Editorial Board



Ms Srirupa Bose Roy

## OCTOBER AT A GLANCE

- ❖ INTERNATIONAL DAY FOR THE OLDER PERSON
- ❖ GANDHI JAYANTI
- ❖ INTERNATIONAL DAY OF THE GIRL CHILD
- ❖ DUSSEHRA
- ❖ VIVA VOCE EXAMINATION FOR CLASSES 1 TO 5
- ❖ WRITTEN EXAMINATION FOR CLASSES 6 TO 8
- ❖ OFFLINE EXAMINATION FOR CLASS 9 AND 10
- ❖ PARENT TEACHER MEETING
- ❖ THE POWER STAR - A TEARFUL TRIBUTE
- ❖ JUNIOR SCHOOL CABINET ELECTION 2021-22
- ❖ WEBINAR ON READING, WRITING AND LEARNING SKILLS FOR CLASSES 5 AND 6

## Guest Of The Month



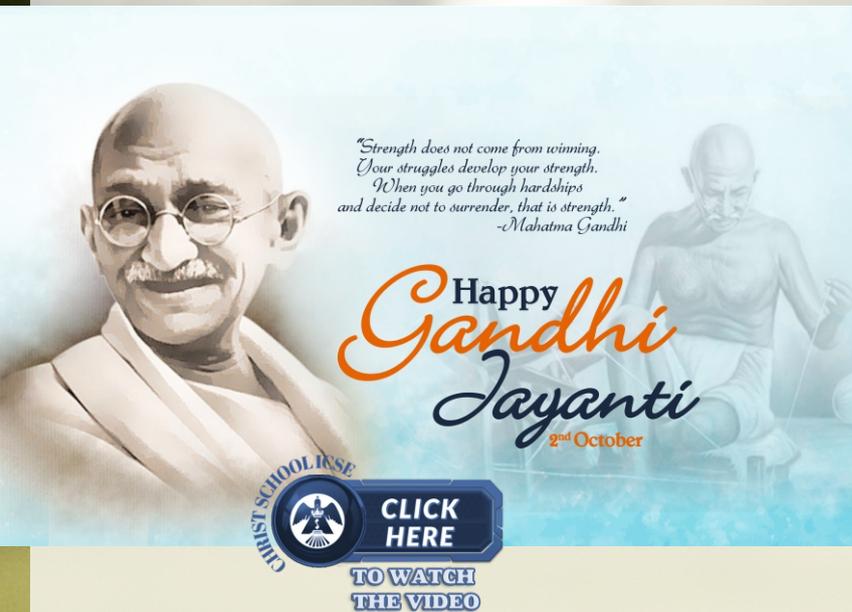
Dr. Jilshy Varghese  
Webinar Classes 5 & 6

## UPCOMING EVENTS

- 6<sup>th</sup> - Kannada Rajyothsava Celebration
- 13<sup>th</sup> - Inverstitures Ceremony
- 14<sup>th</sup> - Children's Day
- 15<sup>th</sup> - Children's Day Celebration
- 15<sup>th</sup> to 19<sup>th</sup> - Second Preparatory Examination (Class 10)
- 23<sup>rd</sup> - Canonization of St. Chavara
- 29<sup>th</sup> - ICSE Semester I Board Examination Starts
- 30<sup>rd</sup> - Staff Meeting



# GANDHI JAYANTI



*"Strength does not come from winning.  
Your struggles develop your strength.  
When you go through hardships  
and decide not to surrender, that is strength."  
-Mahatma Gandhi*

**Happy  
Gandhi  
Jayanti**  
2<sup>nd</sup> October

**CLICK  
HERE**  
TO WATCH  
THE VIDEO

'You must be the change you wish to see in the world'. Mahatma Gandhi was a great man. He fought the struggle of Freedom with his non-violence and truth. Though he fought for the independence of our country but unfortunately, he was the man who could not celebrate Indian Independence. The man who showed the world that non-violence is an effective and lasting way of defeating injustice. He is a great inspiration of truly embodying the principles of tolerance and peace. He was shot dead in 1948 itself by Nathuram Godse.

Christ school ICSE celebrated 151st birth anniversary of the father of our nation. We recalled his works and struggle through a video where in the children enacted his life story. All the students paid homage to the great man.

Ms Sunitha  
Programme Committee



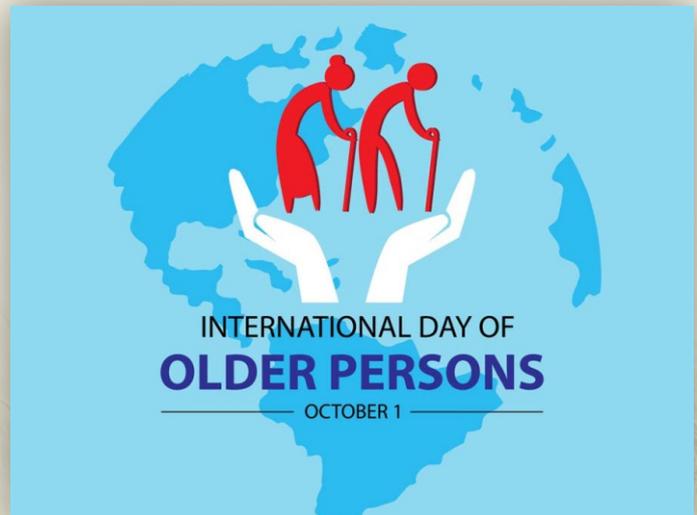
# INTERNATIONAL DAY FOR THE OLDER PERSONS

"Old age takes away what we have inherited and gives us back what we have earned".

International Day for the Older Persons was observed on October 1. This day was celebrated by our Christ School, ICSE. It was a proud moment wherein the blooming Christites honoured their grandparents with the beautiful messages through the Video. A video was released in our official YouTube channel to pay respect to all the grandparents on this day. We thank all the grandparents for their sacrifice and love they show to their grandchildren.



Ms. Rita D'souza  
Programme Committee



# INTERNATIONAL GIRL CHILD DAY

"A girl child is a pride and the future of the nation. Empowering your girl child means empowering your future".

Every year 11th of October is celebrated as International Girl Child Day. This day celebrates girl children, who are the exclamation point of the happiest sentence one could write. This year, the International Girl Child Day was celebrated virtually through our Christ School ICSE official YouTube channel, under the guidance of our Principal Rev.Fr. Nilson Davis CMI. The students gave their insights about the importance of the day and the need to empower girl children. Father Principal also delivered his message about the importance of girl children. There was a group song sung by the students commemorating the day. Students had dressed up as prominent women personalities from various time periods who made their exceptional contributions to the society; were also addressed by another group of students.



*"Give Girls the Wings to Fly."*

**Happy  
International Day of Girl Child**

**CLICK  
HERE**  
TO WATCH  
THE VIDEO

Ms Sreekala  
Programme Committee



# DUSSEHRA – The Victory of good over evil

Dussehra is a popular Hindu festival, also known as Vijayadashami. Dussehra is celebrated in the bright half of the Hindu calendar month Ashvin, seventh month of the Hindu calendar, which typically fall in the Gregorian months of September and October.

Dussehra marks the end of Durga puja remembering goddess Durga's victory over the buffalo demon Mahishasura to restore and protect Dharma. This festival also marks the victory of Ram, one of the Avatar of Vishnu, over the killing of the ten headed Ravana, in the great Indian epic of Ramayana. Dussehra denotes the victory of good over evil. Dussehra also signifies getting rid of sins or bad qualities as each head of the Ravana symbolizes one bad quality.

Christ School ICSE celebrated Dussehra of this year by releasing a video on the School's Official YouTube channel. The video included a message by our beloved Principal, Rev. Fr. Nilson Davis CMI and active participation of our little Christites.



Ms. Bindu C

Programme Committee

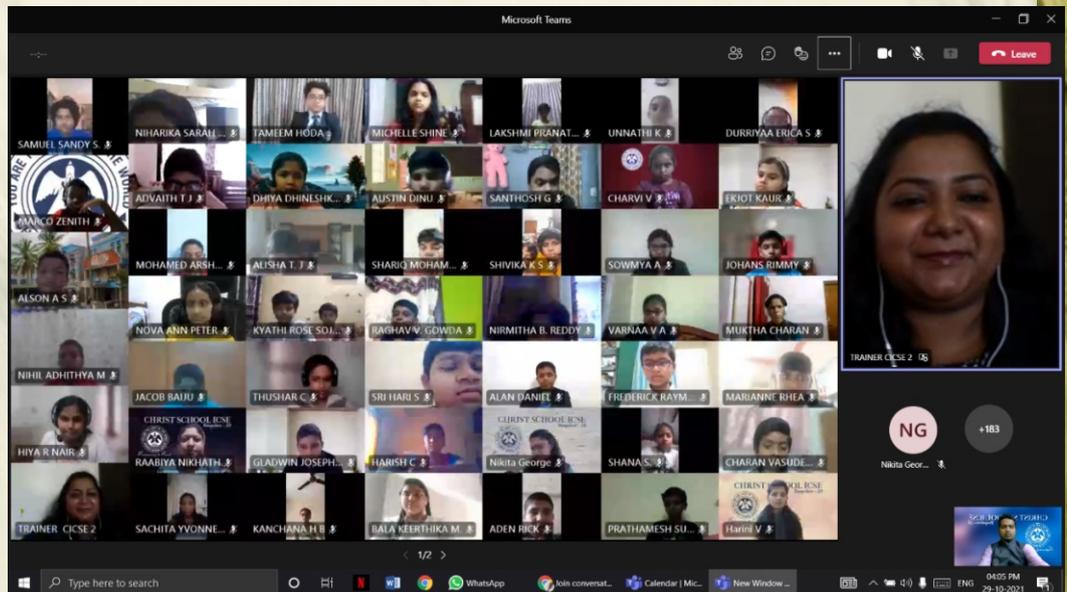


## WEBINAR ON READING, WRITING AND LEARNING SKILLS

A wonderful webinar was organised by the Quality Enhancement Committee on 29/10/2021. Our trainer was Ms. Sherin James, who was currently working in UAE with 3 years of UAE work experience as an English teacher and Grade Coordinator (UAE Ministry Approved) also demonstrated by 1 years of teaching experience in India. She has Specialisation in Business English Communication from Cambridge University. She asked us questions to which many students joyfully answered. Ms. Sherin talked about the ways to improve writing skills. She also shared a few websites with which we could practice our reading skills. Students could express their views and ask questions. It indeed was a wonderful experience.



Isabella Anto  
Class - 6A



On 29th October, 2021 we had a webinar for classes V and VI from 4pm to 5pm on the topic "Reading and Writing Learning Skills". This was conducted by Ms. Sherin James, currently working at Woodlem Park school UAE with 3 years of UAE work experience as an English teacher and grade coordinator. Ms. Sherin gave us many useful tips for improving our handwriting skills and it was very informative. She explained how useful is writing and reading in our daily life. She discussed about story writing, comic creating and many other ways to improve our imagination. She added that reading a story book or a magazine will improve our vocabulary. She explained that reading and writing is not only important for our studies but also it makes fun. Through this webinar we got an opportunity to speak to a senior and experienced English teacher and it was very interesting.



Sowmya A  
Class - 6E

# The Power Star - A tearful tribute.

'The life of the one we love is never lost. Its influence goes on through all the lives it ever touched.'

- Christopher Holloway

Puneet Rajkumar, one of the marquee names of the Kannada film industry and the youngest of the five children of legendary actor Dr Rajkumar left for the heavenly abode on 29th October 2021. It is indeed a huge loss to the whole film industry and us. He was born on March 17, 1975, and was fondly known as Appu. He was also a singer, television presenter and producer. He acted in more than 29 films and has also appeared in many films as a child artist. He won the National Film Award for Best Child Artist for his role in 'Bettada Hoovu'.

He has been a legend who had the wealthy heart to do good to every fellow human through his noble life. He provided shelter for thousands of homeless people through the 26 orphanages and 16 old-age homes he built. He made sure of quality education by helping 1800 students and managing 45 free schools. Even in death, he helped another one to see this beautiful world through his eyes.

Despite his early demise, he will certainly be never forgotten. He will continue to see the goodness in this world through his own eyes and will remain alive in our minds

The Christ School ICSE deeply mourns the sad demise of the Power Star and the humble humanitarian Puneeth Rajkumar.

Ms. Ranjini  
Media & Publicity Committee



## Examination is a major factor in learning

Examination helps children to develop logical thinking and make them advance in decision making. Exams enhance the child's overall personality and knowledge gained, so presentation of that knowledge is the reason behind conducting these examinations.

Christ School ICSE has always been proactive in approaching new challenges and stood up better and greater in every approach.

In 2021, We approached the Viva mode of Examination for the first test but during the October examination, Christ School ICSE had various changes in the mode of Examinations.

i) Viva examination for Students of Classes 1-5 was conducted but Written examination for Languages and Mathematics was also implemented.

ii) For classes 6-8, Written examinations for all the subjects were Conducted in the online Platform using MS Teams.

iii) Students of Classes 9 & 10 attended the offline Examination in the School Campus.

Conducting Offline Examination for classes 9 & 10 was a challenging task because of this pandemic situation, but under the able guidance of our Fr Principal, supportive Coordinators and Teachers, Christ School ICSE was successful in conducting the offline examination in a well-organized manner, by following all the Covid-Protocols hence forth ensuring the safety of the students.

Ms. Harini V  
Examination Committee



# Junior School Cabinet Election 2021-22

Leadership is the capacity to translate vision into reality.

- Warren Bennis

A formal election was conducted based on the electoral process in India - for the children, of the children, by the children on 29/30/2021.

We had 12 candidates running for 8 posts which are:

- Head Boy
- Head Girl
- LCA secretary
- LCA joint secretary
- Sports Captain
- Asst. Sports Captain
- IT team Head and
- Health Team Head

The candidates gave a brief description about themselves to the gathering. Followed by the election.

This year there was an option called NOTA which means NONE OF THE ABOVE along with the list of candidates in the ballot paper, which means the option could be selected only if you do not wish to vote for any of the nominees. A demonstration on how the ballot paper has to be folded was demonstrated on the stage.

First we had our principal Rev. Fr. Nilson Davis CMI casting the vote.

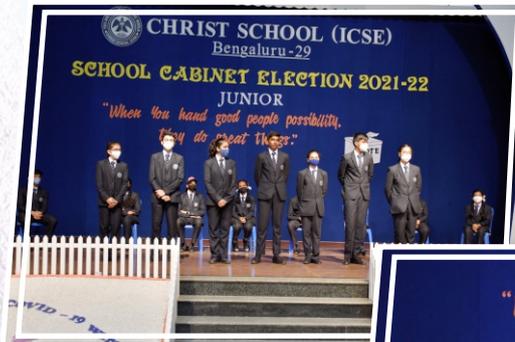
Next we have our vice principal Rev. Fr. Martin Onnasseril CMI to vote

Followed by our high school coordinator Sr.Meena kottakkal casting her vote ,next we has middle school coordinator Ms. Asha rani casting her vote next followed by the primary school coordinator Ms.Treesajumon casting .Next the senior student cabinet and the students of class IX ,X and the teachers teaching in classes 9 & 10

The counting of the votes was carried out by the teachers. The results were consolidated and handed over to the Principal.

The winners from the election will take their positions officially after the oath taking ceremony on the day of Investiture.

Ms. Ginu Jacob  
Class 9- Animator





# congratulations

*Stepping into a new position is an exciting feat, and Christ School ICSE family is delighted to celebrate this achievement.*

*You'll shine bright in this new role. Your ascension is an inspiration to all who wish to grow. Congratulations on being elected and appointed as one of the*

**GENERAL EXECUTIVE MEMBERS  
KISA (Karnataka ICSE Schools Association)**



## Special Achievement

Naidhruva from 6E won gold medal in the Karnataka State level fencing competition held at Kantevara stadium on 29th October 2021.



# TEACHERS CORNER

## Be a giver of Harmony

As per Bible, God did create mankind in his image but certainly not alike. With 195 countries, 6500 languages, 4200 religions and 7.9 billion individual minds, its bound to bring in difference in opinion, viewpoints, beliefs and structure.

Harmony is the coexistence of the society as a single unit accepting the difference and growing together in peace and love. With vast diversity comes the complexity keeping any conflicts, difference or catastrophes at bay.

It's a common misconception that giving is always proceeded with receiving. For the ripple of change to occur there has to be a starting point, a ground zero and from this point emanates the true essence of selflessness and gratitude that will inspire the generations, to care for one another.

The question of how can we be the change makers ourselves might sound like having a complex and sophisticated solution but the fact is, the solution is a threefold well-articulated procedure between: individual, Family and Society.

The three pillars together when implemented designates each individual as "The giver of Harmony" 1. Individual or the Power House

You yourself are the very first step. The harmony discovered within is the one radiated to the world. Find harmony within by tendering the desire for self-care, self-Motivation and doing things you love.

2. Family or Experimental hub

Going by quote "Charity begins at home", next step is to extend the care, affection to your family and near and dear ones. Spending quality time and creating moments of happiness and harmonious calmness.

3. Society or the target consumers

Once the quality is ripe the goal is to cause the ripple effect into the society and sow the seeds of social harmony by helping the ones in need, accepting the flaws of the people, leaving none behind and not discriminating anyone on the basis of worldly created factors.

Being a Giver is a difficult yet a rewarding path. Taking small steps causes the change and only that can help us achieve the Utopian vision of a world which is not divided by boundaries but unified by mindset, not scattered by differences but synchronized by harmony.



Nikita George  
Department of English



## HARMONY -OUR DUTY

Peace and harmony mean living together without violence. It is very necessary for the growth and development of the nation. Every religion in this world teaches us to live in peace and harmony. Harmony can help us get inner satisfaction. It promotes unity among people, and where there is unity, there is happiness. It is our duty to maintain peace and harmony in our society.

Peace and harmony are hampered when people fight in the name of faith which eventually results in the spread of communalism. The rise in the price of necessary commodities is called inflation, and it is one of the significant disruptions causing factor in the concept of peace and harmony. Peace and harmony improve aspects of business and economy which also ultimately results in the elimination of unemployment.

By being a giver of harmony and peace, one would be able to deal with disputes and resolve conflicts fairly and properly with neutralization. Further, it would help in the welfare of each individual as well as the wellbeing of mankind as a whole.

Ms.Namitha Vijayan  
Department of Computer



It wouldn't be wrong — if I say, the entire world is in intense pursuit of happiness, and people in the present world suffering the most in all context.

There could be many reasons for this suffering, and most of these sufferings are self-created—these are the results of differences. Differences exist when there is lack of unity and harmony between human and nature which gives rise to hatred and violence thus leading to the state of unhappiness. 'Happiness is not a matter of intensity but of balance, order, rhythm and harmony.'

According to the Vedas, since the very beginning in this universe there is a particular order or harmony. This order or harmony is known as 'rta'. There is peace and happiness in the universe if this harmony prevails. But unfortunately that is not what we experience today. The reason being very clear that out of all living beings on this earth only human being have consciousness and therefore there is possibility that only they can violate the cosmic harmony and it has been done.

Thus, violating this order consciously and creating differences among us and with the universe we have brought destruction, chaos misery, unhappiness and lack of peace in the world.

Any error done consciously can also be reverted consciously. Thus it becomes our duty and responsibility to remedy the damage and restore the universal harmony. The task ahead is to create order out of chaos. This could be possible if we consciously perform our duty toward improving the society we live in and bring order in our surroundings. Because the destruction is self-created the remedy also lies in ourselves. It means if we can live in harmony with ourselves then only, we can live in harmony with the universe. To be in harmony with oneself, we need to perform our duty with righteousness and purity in heart.

“Where there is righteousness in the heart, there is beauty in the character. When there is beauty in the character, there is harmony in the home. When there is harmony in the home, there is order in the nation. When there is order in the nation, there is peace in the world.”

(A. P. J. Abdul Kalam)

Ms Mukta Charan  
Department of History and Geography



## BE A GIVER OF HARMONY

“Most of us spend too much of time on what is urgent and not enough time on what is important.” Stephen Covey.

To be a giver of harmony, we should know the beauty of harmony in our life. To have it in life means having the ability to handle life’s different areas and make them work for your progress. Now progress does not necessarily equate with material success. Progress simply means having the ability to work things for you to find life’s meaning and contentment. We should try to live in peace and harmony with ourselves and those around us. The best thing is to be truthful to yourself and find a stable ground where you won’t feel too much pressure with your life. Being on a solid ground helps you maintain harmony in life and at the same time it makes you feel free to be yourself and fulfil your intentions and purpose in life.

Ms. Neenu Joseph  
Department of Physics



## BE A GIVER OF HARMONY

"Peace and harmony in society come from the feeling of love and equality in human being" - Anonymous

Being a giver of harmony means radiating peace and love, while accepting the differences around us whether it is in consideration with an individual or the society. To maintain harmony within the family, friends or society, it's very important to let go the judgmental attitude about someone and instead try to understand them or their situation and reach out to them. Being in harmony will allow us to grow as an ideal person in the society and in return will contribute to the growth of a society with peace and harmony, where everyone is treated equally with love and respect. Harmony can also be looked at traditional ethics, if an individual wants to live in peace, he/she must ignore all the negativity coming on their way or surrounding them and interfering with their lifestyle.

As every thought that we put into the world, affects it. Let's think love, think peace and think harmony.

Ms Monalisa Sinha  
Department of Mathematics



## GIFT HARMONY TO THE WORLD

**“Harmony makes small things grow, lack of it makes great things decay.” ~ Sallust**

Harmony is the greatest strength you can hold on to. Harmony can help society achieve a peaceful and prosperous environment, and they are a requirement for humanity's survival and progress. When a country is in harmony, citizens usually have a better quality of life. Citizens of a harmonious country will have well-prepared facilities. Citizens will not have to worry about difficulties such as transportation. A harmonious country would also have a high-quality educational system. Children in the country are typically provided with a high-quality education, allowing these future leaders to help grow the country into a better place.

As the youth will be ruling this world one day, students who can be a giver of harmony can be a treasure of the country. As said earlier Harmony is the strength that can help each and every one from the sufferings of a lifetime. If you can learn to be a giver of harmony you might have to struggle a bit, but trust me, it's worth it.

Ms. Ninu Jose  
Department of Computer



## BE A GIVER OF HARMONY

Live in harmony with one another. Do not be haughty, but associate with the lowly. Never be wise in your own sight. Repay no one evil for evil, but give thought to do what is honourable in the sight of all. If possible, so far as it depends on you, live peaceably with all. The term “harmony” can be depicted into several meanings. In general, harmony denotes the state of peace where no one is needed to suffer in pain. Harmony within diversity has been nurtured and cherished for several decades. Ever since the end of World War II, humanity started to realize the significance of everlasting the peace within diversity as they know only harmony would bring benefits for the mankind. In short, harmony within diversity must be nurtured and cherished.

Mr Mathew Varghese  
Department of Sports



## BE A GIVER OF HARMONY

A person can be giver of harmony by understanding the disparities between him and another and choosing to empathize with other despite all circumstances. Without harmony everyone would be selfish and would not think of the wellbeing of one another. No one likes to live in a society where people don't consider the feeling of one another. Peace and harmony go hand in hand in a society where people try to resolve disputes fairly.

Many scholars and authors had explained this statement in different angle of their life experience. When I think of mine, I would like to tell you all some ways to Live in Harmony with Others.

- Hang out with friends on a regular basis.
- Be vulnerable and honest with friends and family.
- Avoid yelling or shouting at others.
- Counter anger with compassion and empathy.

Mr. Nithin Francis  
Department of English



## ಸಾಮರಸ್ಯದ ಬಾಳ್ವೆ ನಮ್ಮದಾಗಲಿ”

ಸರಸವೇ ಜನನ ,ವಿರಸವೇ ಮರಣ ,ಸಮರಸವೇ ಜೀವನ.

“ ಜಗಳ ತುಂಬಿದ ಮನೆಯಲ್ಲಿ ಹಬ್ಬದೂಟ ಮಾಡುವುದಕ್ಕಿಂತ ಸಾಮರಸ್ಯದಿಂದ ಕೂಡಿದ ಒಣ ತುತ್ತೇ ಲೇಸು.”

ಸಾಮರಸ್ಯ ಎಂಬುದು ಹೊಂದಿಕೆ , ಸಾಂಗತ್ಯ , ಶಾಂತಿ ಸಮಾಧಾನದ ಅರ್ಥವನ್ನು ನೀಡುತ್ತದೆ. ಯಾವುದೇ ಧರ್ಮ ಅಥವಾ ಯಾವುದೇ ಯುಗಪುರುಷ ಈ ಲೋಕಕ್ಕೆ ಶಾಂತಿಯಿಂದ ಬಂದು ತನ್ನ ರಾಜ್ಯವನ್ನು ಸ್ಥಾಪಿಸಲು ಸಾಧ್ಯವಿಲ್ಲ. ದೇವರು ಶಾಂತಿಯ ಬುಗ್ಗೆಯಾಗಿದ್ದಾರೆ . ಈ ಬುಗ್ಗೆಯಿಂದ ನಾವು ಪಡೆದ ಶಾಂತಿ ಎಲ್ಲಾ ವಿಧವಾದ ಮಾನಸಿಕ ತುಮುಲಗಳಿಂದ ಮುಕ್ತಿಯನ್ನು ತರುತ್ತದೆ.

ಶಾಂತಿಯ ಹೆಸರಿನಲ್ಲಿ ಹಾಗೂ ಅಹಿಂಸೆಯ ಹೆಸರಿನಲ್ಲಿ ಬಂದ ಯಾರೂ ಸದಾ ಶಾಂತಿಯ ಫಲಿತಾಂಶಗಳನ್ನು ಕಾಣಲಿಲ್ಲ. ಪ್ರತಿಯೊಬ್ಬನ ಕೆಲಸ ಮೊದಲು ಅಂತರಂಗದಿಂದ ಪ್ರಾರಂಭವಾಗಬೇಕು. ಹೃದಯದ ಕಲಹ ಯಾವಾಗ ಪರಿಹಾರವಾಗುತ್ತದೋ ಆಗ ವೈಮನಸ್ಸು ಮತ್ತು ಹಗೆತನ ದೂರಾಗಿ ಸಾಮರಸ್ಯವು ನೆಲಸಬಹುದು. ಸಣ್ಣಪುಟ್ಟ ಗೊಂದಲಗಳು ನಮ್ಮ ಸಾಮರಸ್ಯವನ್ನು ಕದಡದಿರಲಿ ಏಕೆಂದರೆ ಪ್ರತಿಯೊಬ್ಬ ಮನುಷ್ಯನು ತನ್ನ ನಡತೆಯನ್ನು ತನ್ನಲ್ಲಿ ತೀರ್ಮಾನಿಸಿಕೊಂಡರೆ ಅವನಲ್ಲಿ ಒಂದು ಅದ್ಭುತವೇ ನಡೆದು ಬಿಡುತ್ತದೆ. ನಾವು ನಮ್ಮ ಜೀವನದಲ್ಲಿ ಸಣ್ಣಪುಟ್ಟ ಗೊಂದಲಗಳನ್ನು ಆಕಾಶದಷ್ಟು ಅಗಲವಾಗಿಸಿ ವರ್ಷಾನುಗಟ್ಟಲೆ ನೆಮ್ಮದಿ ಶಾಂತಿಯುತ ಬದುಕಿನಿಂದ ದೂರವಾಗುತ್ತಿದ್ದೇವೆ. ಶಾಂತಿ ಎಂದರೆ ಕ್ಷಮೆ ಮತ್ತು ಪ್ರೀತಿ ನಾವು ಇತರರನ್ನು ಕ್ಷಮಿಸಿ, ಪ್ರೀತಿಸುವುದರಿಂದ ಮಾತ್ರ ಸಮಾಜದಲ್ಲಿ ಸಾಮರಸ್ಯ ಮೂಡಿಸಲು ಸಾಧ್ಯ.

“ಸಕ್ಕರೆಯ ಸವಿ ಚಂದ ಅಕ್ಕರೆಯ ನುಡಿ ಚಂದ

ಕಪಟವರಿಯದ ಮನ ಚಂದ ಪ್ರಕೃತಿಯ ಸೊಬಗು ಚಂದ

ಸಾಮರಸ್ಯದ ಬದುಕು ಚಂದ ಶಾಂತಿಯ ಸಂದೇಶ ಸಾರೋಣ

ಸಾಮರಸ್ಯದ ಬದುಕು ಸವಿಯೋಣ”

ಮೇರಿ ಶೋಭಾ



# STUDENTS CORNER

## BE A GIVER OF HARMONY

Peace and harmony are the fundamental prerequisite of our life and an ideal path to follow. Harmony means to leave in peace together without any issues like fighting or arguing. We have human beings need to learn to live in harmony as our life is like a bubble on the water which might burst anytime. This pandemic has thought us many lessons, the most important is to live in harmony by sharing and caring for each other.

Even one person can transmit the notion of peace and harmony, among others, and it is every individual's responsibility to maintain that peace and harmony in society. However, peace and harmony in society are disrupted with the increase in violence and chaos.

I want to be a harmony giver by following these Agreement in feeling, action, ideas, interests, etc.; peaceable or friendly relation with all my family, neighbours and friends.

Lakshmi Pranathi

Class - 6E



## Be a Giver of Harmony

“Where there is righteousness in the heart, there is harmony in the house; when there is harmony in the house, there is order in the nation; when there is order in the nation, there is peace in the world” - A.P.J. Abdul Kalam

Harmony is the state of agreement among two or more human beings. Harmony is felt when two or more people are together without fight. It is a state of mind. It is experienced, when we live in peace. Harmony helps us to adapt according to the changes in our surroundings irrespective of dividing factors. It helps us to share our thoughts, ideas, concepts and also allows us to understand other's ideas without showing frustration of disagreements. Hence, we need to live and spread harmony. One would feel, it is an easy task, but it might not be that easy, when we try to nurture it. The first thing, we need is patience, and it is the key factor to spread harmony among friends or family members. Patience is the ability of staying calm even when we are angry. This value helps us to agree with disagreement. Let us spread harmony and become a giver of harmony.

Kyathi Rose Sojan

Class - 6C



## Be a giver of Harmony

“Always aim at complete harmony of thought and word and deed. Always aim at purifying your thoughts and everything will be well”-Mahatma Gandhi.

Peace and harmony are necessary for the survival and development of mankind. World is filled with misery where there are boundaries between two countries, we as humans put boundaries between each other. The reason perhaps is misunderstanding, racism, caste system, gender discrimination, financial status. These create a blockage in our thought process, in our day to day living. If we remain in harmony with people around, circumstances around, tranquility will prevail. When you help each other financially and serve selflessly everyone will be successful, everyone will be satisfied. No hunger, no poverty, no slums, no juvenile homes, no orphanages, no old age homes. When we motivate each other, we will have positivity encircling us. Each individual you, me and everyone has to come together so that we can achieve all of the above. How can we do that? It's really simple begin just by segregating the waste in your house. Which indeed helps the waste collector avoid touching our waste and dirt. “It's their duty” that's what we commoners think. Just give it a thought they are humans too they are helping us by protecting our environment from danger. When we want to help people by donating clothes, please donate the ones which are in good condition to the needy. Be a part of the institutes which dedicate themselves for helping poor and under privileged if not possible to be present just donate.

Always stand up for weak and distressed. As India is a democratic country, we can spread the word harmony through our writings and speeches. Sing and dance and conduct road shows, run Marathon for this noble cause of spreading harmony make people aware what is the need of the hour for us as social beings.

Edlyn Veleda  
Class - 6B



## BE A GIVER OF HARMONY

If people are living in harmony with each other, they are living together peacefully rather than fighting or arguing.

But how to become a giver of harmony???

The answer to this question will be hard to listen but easy to do...

In the family, if there is a fight, we must not just be listening to their fight but we should tell them not to fight by not just saying that DON'T FIGHT!!!

But we must neutralize and say who is wrong and stop the fight with just a smile...

When people are living together peacefully, rather than fighting or arguing, then people are living in harmony with each other.

So, let us be a giver of harmony by living together peacefully, joyfully and happily with each other

Kevin Sijo  
Class - 6F



## BE A GIVER OF HARMONY

Harmony is said to be prevailing if people are living together peacefully rather than fighting or arguing.

We must try to live in peace and harmony with ourselves and those around us.

Harmony should be with oneself, family society, nature

When a person decides to live in harmony with themselves, they choose to accept all aspects of their personality. They let those characteristics work together to create a beautiful and unique person.

Harmony is deeply connected with the balance of your mind, body and soul. Its happiness, completeness, fulfilment, satisfaction, acceptance, peace and awareness.

Harmony in the family and society means the ability to trust and support, communicate differences in a constructive manner and look beyond the self (and immediate family) at a broader picture. It means continuous work and constant reflection on actions that keep a healthy connection with the family as a larger unit.

As the harmony in the society starts from harmony in the family, the family is the basic building block of a society extended to the world family. It is by ensuring happiness and prosperity in the family that fearlessness in the society and co-existence in the nature are ensured.

To promote and be a giver of harmony in the family and society - Participate in community events. Spend time with family friends. Help your neighbour. Hangout with family. Connect with your neighbours. Hang out with friends on a regular basis. Communal harmony has been used to promote harmony between peoples of different

Peace and harmony of the mankind society should be integral and compressive.

Peace and harmony is high wisdom. It is the height of wisdom that determines the breadth of vision, the depth of exploration, the extent of progress and harmony is high the limit of transcendence.

Muhammed Maaz  
Class - 6A



## BE A GIVER OF HARMONY

Harmony is the peace of the soul of every human being to something new this week and leads to harmony in unity in society. In this globalization era, the surrounding communities such as rare to greet. This is because people now with their careers and the pursuit of wealth to live a more urgent need. That, if they have free time, they prefer to manage personal matters. Their example will be shopping and traveling with family. This neighbourly spirit does not exist and should not be applied in the nature of every society of the neighbourhood. This is part of the solidarity that we must correct.

Austin Dinu  
Class - 6B



## Be a Giver of Harmony

“He who lives in harmony with himself lives in harmony with the universe.” – Marcus Aurelius

The word “harmony” can be described into several meanings. In general, harmony refers to the state of peace where no one is needed to suffer in pain. To establish growth and prosperity in a society, the path that wiser people take is of peace and harmony. Without harmony in a nation, it is impossible to achieve political strength, economic stability, or cultural development.

Before transmitting the notion of harmony, among others, an individual needs to find peace within himself while his body and mind should be in balance. Even one person can transmit the idea of harmony, among others. However, harmony in society is disrupted with the increase in violence and chaos.

There are various ways to maintain harmony. Five important ways to maintain harmony are:

1. Inculcate a mental state that embodies helpful attitude, physical and mental ease, and spreading of harmony through traditional wisdom.
2. Connect with our neighbors. Reaching out to people who live around us helps in maintaining everyone’s welfare.
3. Try to make the time we spend with our family meaningful and memorable. We should have regular family dinners and outings.
4. Treat everyone with respect and gratitude. Give them daily attention and acknowledgement. Let them know they are important to us and that we value them.
5. We may need to find common ground with someone we do not agree with or let go of our pride and accept a compromise.

Every citizen should perform his or her role in promotion of harmony. The following is an interesting extract from the prayer, known as the Prayer of St. Francis of Assisi. This is a perfect one to pray when we are seeking to live in peace and harmony.

“Lord, make me an instrument of your peace,  
Where there is hatred, let me sow love;  
Where there is injury, pardon;  
Where there is doubt, faith”

Daniel Joy  
Class - 6F



## Be a giver of harmony!

We all know how great it feels to receive gifts. However, the joy of getting is short-lived. when we share, and that great inner joy comes from helping others to better their lives. Truly giving from the heart fills your life with joy and nourishes your soul. As Mahatma Gandhi said, “To find yourself, lose yourself in the service of others.”

Giving takes you out of yourself and allows you to expand beyond earthly limitations. True joy lies in the act of giving without an expectation of receiving something in return. Mother Teresa is a famous example. She found fulfilment in giving of herself to others. She helped change the expression on dying people’s faces from distress and fear to calmness and serenity. She made their undeniable pain a little easier to bear.

The power of Giving is one of the best investments you can make towards achieving genuine happiness. True giving comes from the heart, with no expectation of reciprocation. You’ll find that the more you give, the more you’ll receive.

I encourage all to look for opportunities where you can give and help others. The gift of joy will come to you when you give of yourself to others. That’s what life is all about. Let’s practice and commit our lives to giving joy. Try it! It works!

Alan Daniel  
Class - 6E



## Be a giver of Harmony

We gift people many things, expensive or cheap, simple or extraordinary. We, the giver as well as the receiver feel happy and proud of it. But, do we gift people something which is a must have in all our lives – ‘The gift of Peace and Harmony’? The gift of harmony can bring people together. It can avoid fights and quarrels. There can be an end to hatred and a new beginning of love and peace. Separated families, divorced couples, countries in conflict, communal disturbances are all results of disharmony. Harmony is a mantra that can unite everyone and bring peace in our families, neighbourhood, countries and all over the world.

There were two very different-minded people – Adolf Hitler and Mahatma Gandhi. Adolf Hitler wanted war while on the other hand Gandhiji was a believer of ahimsa, peace and harmony. Let us live in the example of Mahatma Gandhi and be a giver of harmony. Harmony within ourselves is very important. Stop worrying too much and build up the inner harmony. Build up harmony with nature. Grow a plant and take care of it, it will turn into a tree someday and give you fruits and shade. Harmony is all about the sound of things that go together very well.

Harmony brings happiness and in turn happiness will bring harmony in our lives. So let’s all live harmoniously.

Niharika Sarah  
Class - 6A



Harmony is referred to having peace and happiness together. It is the state of balance among forces influencing and even opposing one and other. It is the basic human value, where one finds peace and truth of being alive in the vast universe. Humanity means gaining harmony in everything around us. God, the Almighty wants us to be together. God loves all and we too love all, but who gains his vision is the one who likes harmony in everything.

Like harmony in liking, loving, understanding, helping, accepting, respecting each other as they are, resolving the problems before they become the burdens of life, and try not to provoke but rather to dislike and to solve the issues. If someone is not accepting your vision or values, it is better to try in other situation or rather in another place than wasting the time and energy.

In this huge world, where God, the Almighty is listening to one and all, surely will hear to your call. It’s better to try the next and have trust in God, rather than disturbing the harmony.

If we are good, trustworthy and God fearing, then we are the true believer in harmony. I would like to end this topic like

“Harmony is loving many”

H – Happiness

A – Accepting

R – Rejoicing

M – Mature

O – Ocean

N – Natural

Y – You

TameemHoda  
Class - 6E



## BE A GIVER OF HARMONY

“Be a Giver of Harmony” What is Harmony? Which are the people who are true givers of harmony?

Harmony is Euphony, Harmony is a term that is derived from an old Greek word ‘Harmonia’ meaning the joint agreement or concord. Harmony means working together and existing without conflict. Harmony also means Peace. Giving Harmony means creating peace in the place there isn’t any. Both Harmony and Peace Should and Do come from the heart and not from any others recommendation. Peace and harmony means living together without violence. Every religion in this world teaches us to live in peace and harmony. Peace and harmony are the fundamental prerequisite of our life and an ideal path to follow. Earlier people knew how-to live-in peace and harmony with nature and other animals, but with the realization of power and greed, it was us who harmed their harmonized relation with the environment. Peace and harmony can help in getting inner satisfaction. Without peace and harmony in a nation, it is impossible to achieve political strength, economic stability, or cultural growth.

True givers means the people who help others with no expectations, they don’t do anything with the recommendation of others and so we understand that True givers help others with the wanting of their own heart.

Dear friends, let us all Become True Givers and spread Peace and Harmony within others. We must try to live in peace and harmony with ourselves and those around us. True Givers are the True Lovers.

“If we have no peace, it is because we have forgotten that we belong to each other.”

-Mother Teresa

Hanna Susan  
Class - 6A



## BE A GIVER OF HARMONY

“The more in harmony you are with the flow of your own existence, the more magical life becomes.”

Since the paleolithic age the early humans are fighting for their existence. Since then, the evolution is happening and the ‘survival of the fittest’ has made finally the human race to exist successfully being developed. But this fight is not over yet. Now the people in developed society fights to show off their high standard individuality od sometimes based on the religious or financial differences. But among them the ones who ignoring these all distractions peacefully concentrates on their own progress are at ‘HARMONY’.

It is very important for an individual to be in harmony with own and the society. Harmony within ourselves help to improve us in every area, be it studies, games or hobbies. We can work on our weakness and make them our strength. We learn to accept our mistakes and learn to practice gratitude as well. We focus on ourselves rather than concentrating on other’s matter and being jealous about others which might lead to the fight with others.

It is necessary to be in harmony with the society too as it is needed for our existence.

As a student, we should learn or practice being in harmony.

Juan JumonJoshy  
Class - 6B



Many said harmony is the harmony within yourself. But according to me harmony is consistent in terms of music. Harmony is the peace of the soul of every human being to something new this week and leads to harmony in unity in society. Harmony in The Giver is easily maintained for most people living in their society because there is little freedom, although most of the society either don't mind or are unaware. They have accepted that in order to not feel pain or hunger or sadness, they must give up their harmony.

Harmony is not just on the outside but ourselves also must be harmonized. Harmony within yourself is rather difficult for me to express or explains. Whatever we do must be comfortable, pleasant, quiet and can think about the future. Harmony is oneself is a key prelude to harmony in diversity, if we ourselves are not in harmony within yourself and the environment which is already there.

BE A GIVER OF HARMONY.....

Dharini K V  
Class - 6D



# PARENTS CORNER

## Be a giver of harmony

Living with harmony with others is easier said than done, especially in a world filled with conflict, catastrophes, and differing opinions. You may struggle to feel in sync with people close to you and with society at large. Start by connecting with friends, family, partners, and neighbours. Focus on dealing with any disharmony in your life in a generous, compassionate way and giving back to people in your community. Make sure you also maintain your own personal sense of harmony, as this will help you feel in sync with others.



Mr Shine Mathew  
Parent of Michelle Shine 6B

## “Be a Giver of Harmony”

Harmony is a human value. It refers to feelings, actions, relationships, opinions and interests. A society possess harmony when they learn to accept that there are other people around, other kind of thoughts, other beliefs and other religions. Our most valuable ownership is an open mind. Giving harmony makes us feel happy, promotes cooperation and social connection. When you're a giver of harmony you are more likely to get back and it will evokes your gratitude. To be a giver of harmony let your love be genuine, hate what is evil, hold fast to what is good. love one another with mutual affection, bless those prosecute you contribute to the need of the saints, extend hospitality to strangers. Harmony can bring a peaceful and stable order to society and to its people. The development of our country depends in the fair acts of its humanity.



Ms. Kalavathy K  
Parent of Hithaishree S 6E

# ALUMNI CORNER

"Harmony makes small things grow, lack of it makes great things decay"-Gaius Sallustius  
In today's world everyone works hard to attain a state in which we become conscious of the inner and outer world, we need to accept things as they are and must learn to embrace the new ones.

It's not about perfection but reaching excellence in everything we do and to seek ideals.

Harmony is again not about perfection in everything we do but happiness, fulfillment, satisfaction, acceptance, peace and awareness that we get after its done.

We can become the best version of ourselves by accepting thing as they are and moving forward, that is by harmony.

Neha P



Batch of 2019 -2020

## BE A GIVER OF HARMONY

Happiness is when what you think, what you say and what you do are in Harmony”

- Mahatma Gandhi

Harmony is a state of being when everything and everyone is in sync with everyone else. How can a person be a giver of harmony? If all people are peaceful, respectful, considerate, caring and mindful of each other's needs, wants and desires that itself is a huge contributor to harmony. It is often difficult, but NEVER impossible for people to agree with each other, even when the situation is not in their favour. The easiest way to contribute to harmony is to ALWAYS be positive in our thoughts, deeds, actions and words. If I, through my limited interactions with the world around me, can influence it even marginally, to make a positive impact in another person, then in essence I am a giver of harmony. Concluding with my favourite Victor Hugo quote: “To put everything in balance is good, to put everything in harmony is better”

Anne George



Batch of 2020-21

# STATE UNDER THE SPOTLIGHT

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

## BIHAR (बिहार)

Bihar is a place full of history and spiritual significance.

Located in the eastern part of India, this state is known as

the land of monasteries. The name Bihar is a

derivative from Vihara, which means 'monastery'.

True to its name and its rich cultural

heritage, the state houses various monasteries and it is

famous for monuments belonging to various religions.

The major empires of India rose to great heights here and they

succumbed here as well. There are many things that make this place

worth visiting. Two of India's most glorious dynasties, Mauryas (321 -185

BCE) and Guptas (320 to 550 CE) flourished in ancient Bihar region, which

was then known as Magadh. The Great King Ashoka (born 304 BCE, died 232 BCE) of

Mauryan dynasty whose empire spread across South Asia. He had his capital in Pataliputra that is present

Patna. The Gupta period termed as India's golden age was also based in Magadh and Pataliputra as its capital.

Nalanda and Vikramshila were centres of learning established in the 5th and 8th century respectively in Bihar, and are regarded amongst the oldest and international universities, where students from across the world came to study.

The great spiritual way of Buddhism originated and thrived in ancient Bihar, as Buddha attained his enlightenment in Bodh gaya. Therefore, the region is full of remains of the monasteries known as Stupa. Jain leader Mahavira also

belonged to this region and attained his Nirvana at Pawapuri. Among Hindu religious places Bihar has one of the most prominent pilgrimages at Gaya for imparting offerings to ancestors. Ramayana and Mahabharata, the grand

epics of India which are still extremely popular and connected to Hindu religion have numerous tales associated with various places in Bihar. The author of Ramayana, Valmiki also belonged to this region. During the 12th century

CE Bihar suffered aggressive attacks from the Afghan ruler Bakhtiar Khilji and all the glorious historical places were plundered by him. Later during the reign of the ruler Sher Shah Suri, the Grand Trunk Road was built.



## Key facts



**Capital-** Patna

**Chief Minister-** Nitish Kumar

**Official Language-** Hindi

**Other Languages-** Bhojpuri, Magahi, Maithili, Angika and Vajjika

**Famous Dishes-** LittiChokha, Naivedyam, Chana Ghugni, Khaja, Kesar Peda, Laung- Latika, Dal Peetha, Khajuria/Thekua, Malpua, Kadhi Badi, Rasia, Pantua/Kala Jamun, Khurma And Laktho, Balushahi.

**Official Dances-** Bidesia, Paika, Jhijhian, Kajari, Jhijian, Jumari, Sam Chakewa

**Major cities-** Patna, Araria, Aurangabad, Banka, Begusarai, Bhojpur, Buxar, Darbhanga, Gaya

## TOURIST ATTRACTIONS:

### *~Navlakha Palace, Rajnagar~*



Lying in ruins, Navlakha Palace is situated in Rajnagar near Madhubani in Bihar. This palace was built by Maharaja Rameshwar Singh and said to have suffered extensive destruction during an earthquake in 1934. No renovation was done after the destruction; thus, this palace remains in ruins now. It is a royal palace and even though it has been damaged so much, one can still marvel at its architectural brilliance. The palace complex comprised of gardens, pond and temples.

### *~Hieun Tsang Memorial Hall, Kundalpur~*

Obvious as it seems, this hall is built in the memory of famed Chinese traveller Hiuen Tsang. It is believed that Hieun Tsang visited Nalanda in 5th century AD and was so impressed by this place that he decided to stay here for 12 long years for learning as well as teaching. This memorial hall is the reflection of the artistic and academic grandeur of Nalanda University.



### *~Vishwa Shanti Stupa, Rajgir~*

Better known as the World Peace Pagoda, Vishwa Shanti Stupa proudly stand at the historic city of Rajgir. It is one of the 7 Peace Pagodas built in India and is certainly a must visit in Bihar. The pagoda was built in 1969 to spread the message of peace and non-violence. Marked by four statues of Buddha that reflects four important phases of Buddha's life – birth, enlightenment, teaching and death, this Peace Pagoda is amongst the finest examples of Japanese architecture in India.





### ~*Sher Shah Suri Tomb, Sasaram*~

Built in 1545 AD in the memory of Emperor Sher Shah Suri, this tomb is an excellent example of Indo-Islamic architecture in India. Architecturally splendid and erected at the middle of an artificial lake, this sandstone structure is worth a visit in Bihar.

### ~*Vikramshila Ruins, Bhagalpur*~

Reckoned to be one of the two important Buddhist learning centres in Bihar, Vikramshila was established by King Dharampala. It is believed that the king was displeased with the depleting quality of Nalanda, thus he decided to establish another better institute for learning. Vikramshila now lies in ruins but renovation work has begun now. During the excavation, Buddhist monasteries, stupas and several wall carvings have been unveiled here



### ~*Kanwar Lake Bird Sanctuary, Begusarai*~



Kanwar Lake is India's largest freshwater Oxbow Lake. Situated in Begusarai, Kanwar Lake Bird Sanctuary is reckoned to be the haven for 60 species of migratory birds. Unfortunately, this place is losing its importance due negligence, in a Wetland Governance in South Asia, held in Delhi in 2014, the condition of this wetland ecosystem was discussed. We hope that some careful steps are taken for this bird sanctuary that has been a home to many birds both domestic and migratory.

Shraddha B  
Class - 8 A



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

## PERSONALITY OF THE MONTH

### Ruskin Bond



Renowned for his role in promoting children's literature in India, Ruskin Bond is an Indian of British descent. He was born in Kasauli and grew up in Shimla and Dehradun. His life in the different hill stations of Himalayas has greatly influenced his stories and writing style. With a career spanning over 50 years, he has experimented with many different genres - children's fiction, short stories, novella, non-fiction, romance, etc. He was awarded the Padma Shri in 1999 and Padma Bhushan in 2014. His greatest works include *The Room on the Roof*, *A Flight of Pigeons*, *Delhi is Not Far*, *The Night Train at Deoli* and *The Blue Umbrella*.

## Meet My Teacher

Name : Veronica Pramila Pinto

### A little about myself:

I am a daughter of Mr. George &  
Mrs. Treesa Pinto.

I am born in Bangalore.



\*My birth date : 5th October

\*Zodiac : Libra

\*My hobbies : Travelling

\*Favourite colour : Mustard colour

\*Favourite movie : Roja

\*Quality I admire about myself : Helping people  
Who are in need.

\*Favourite food : Chat Items



\*Ambition as a kid : To travel around the world

\*Favourite book : Fantasy books.

\*Dream destination : Australia



\*Favourite Subject as a student : Mathematics



\*Favourite quote/Motto in life : Stay focused and Never give up

## Meet My Teacher

Name : Ms. Rita John D'Souza

A little about myself:

I am a loving,  
humble and hardworking person.



\*My birth date : 7th of October.

\*Zodiac : Libra

\*My hobbies : Making creative handmade cards,  
Listening to old songs, cooking.....

\*Favourite colour : Blue and Black

\*Favourite movie : Taare Zameen Par

\*Quality I admire about myself : Hardworking and Creative

\*Favourite food : Northern Indian Thali and Kerala food.

\*Ambition as a kid : Teacher

\*Favourite book : The Bible

\*Dream destination : Canada

\*Favourite subject as a student : Biology and Geography

\*Favourite quote/Motto in life : "Never stop doing your best  
just because someone doesn't give you the credit".



My educational  
background:

Completed Masters in  
Education and English.



## Meet My Teacher

Name: MONALISA SINHA

### A little about myself:

I am just a simple fun loving girl.  
Love to keep my near and dear  
ones always happy. Always heading ahead  
with a positive attitude.



\*My birth date: 9th october

\*Zodiac: Cancer

\*My hobbies: cycling, singing, dancing, cooking

\*Favourite colour: Purple

\*Favourite movie: Kuch kuch hota hai

\*Quality I admire about myself: Humble and Patience

\*Favourite food: Home food

\*Ambition as a kid: Astronomer



\*Favourite book: KRSNA (The supreme personality of Godhead)

\*Dream destination: Seoul (South Korea)



\*Favourite subject as a student: Hindi and Maths

\*Favourite quote/Motto in life: "Just believe in yourself"

## Meet My Teacher

Name: RANITENY

### A little about myself:

I grew up in Kalady in Kerala among four sisters and a brother. I am the third of six children. I am proud to be a daughter, sister, wife, mother, friend and teacher to the people I love.



\*My birth date: 11 October

\*My hobbies: Gardening and pets

\*Favourite colour: Blue

\*Favourite movie: Ben-hur, Pride & Prejudice

\*Quality I admire about myself: Faith

\*Favourite food: Any Healthy food

\*Ambition as a kid: Doctor

\*Favourite book: Holy Bible

\*Dream destination: Israel

\*Favourite subject as a student: Mathematics

\*Favourite quote/Motto in life: "Unless a grain of wheat falls into the earth and dies, it remains just a single grain; but if it dies, it bears much fruit." - John 12:24



My educational background:

B.Sc, B.Ed



# Meet My Teacher

Name: Asharani M

A little about myself:

A person with a smile  
and moving ahead with  
positive attitude.



\*My birth date: 11th October

\*My hobbies: Watching Tamil movies

\*Favourite colour: Pink

\*Favourite movie: Life of Pi

\*Quality I admire about myself: Patience

\*Favourite food: Masala Dosa

\*Ambition as a kid: Doctor

\*Favourite book: Bible

\*Dream destination : Jerusalem

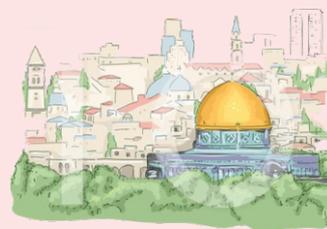
\*Favourite subject as a student : Biology

\*Favourite quote/Motto in life: "Work Is Worship"



## My educational background:

B.sc (physics, mathematics and computers).  
B.ed (Mathematics and Physics)-  
Top Scorer in Physics in K.K college  
Abacus (completed 4 levels)  
Completed Junior level in typing and  
short hand



# Meet My Teacher

Name : Sreekala C

A little about myself:

A little about myself:  
Organized, Sincere,  
Kind-hearted and responsible



\*My birth date : 25 October

\*Zodiac : Scorpio

\*My hobbies: Reading, Listening to music

\*Favorite colour : Blue

\*Favorite movie : Kireedam

\*Quality I admire about myself : Patience

\*Favorite food : Anytime Arabic Cuisine

\*Ambition as a kid : Teacher

\*Favorite book : Randamoozham

\*Dream destination : Kashmir

\*Favorite subject as a student : Civics and Hindi

\*Favorite quote/motto in life : Be patient. Everything is coming together.  
Whatever you are waiting for is on its way to you.



My educational  
background:

M.A Political Science, Bed



## Meet My Teacher

Name : Rency Abi

*A little about myself:*

*I am cool, friendly and honest.*

*I am passionate about music.*



\*My birth date: 26th October

\*Zodiac: Scorpio

\*My hobbies: Music, watching movies, shopping

\*Favourite colour: Blue

\*Favourite movie: Investigative thriller movies

\*Quality I admire about myself: Adaptability

\*Favourite food: curd and rice



\*Ambition as a kid: Civil service

\*Favourite book: The Bible

\*Dream Destination: Switzerland



\*Favourite subject as a student: History

\*Favourite quote/Motto in life: Be a good human



*My educational background:*

*Master of Computer Application.  
Bachelor Degree in Chemistry.*

# Meet My Teacher

Name : Vidya K

## A little about myself:

I am an adventurous person,  
very humble, and love Nature



\*My birth date : 29th October

\*Zodiac : Scorpio

\*My hobbies : Listening to music, Gardening  
and collecting SeaShells

\*Favourite colour : Green, blue and black

\*Favourite movie : Love watching anything  
adventures and cartoon network than any movie

\*Quality I admire about myself : Good Listener, Patience  
and Helping Nature

\*Favourite food : Sea Food

\*Ambition as a kid : Artist

\*Favourite book : Tinkle Comics Book

\*Dream destination : Venice

\*Favourite subject as a student : Biology and English

\*Favourite quote/Motto in life : be prepared



## My educational background:

DFA (5years),  
Fashion Technology



## Meet My Teacher

Name : Ms. Elizabeth Alwyn

A little about myself:

Born and brought up in Chennai. I am not perfect but I am Honest. Every time I fall, I believe in building myself stronger (because I am raised by a strong Woman -

My Mom The Best). I always strive to be the Best Version Of Myself. I don't compete with others but with myself. I believe in Silence than unnecessary Drama's that does not mean I am Ignorant but I don't lower my Standards and my Self-Respect.



\*My birth date : 31st October

\*Zodiac : Scorpio (fiercely passionate)

\*My hobbies : Shopping, Reading,  
Watching Movies, Sleeping.

\*Favourite colour : Black

\*Favourite movie : Mouna Raagam, Alaipayudhey  
& Ghilli

\*Quality I admire about myself : Strong, Independent,  
Passionate, Loyal and Smart.

\*Favourite food : Always and Anytime - Biryani Lover

\*Ambition as a kid : VJ (Video Jockey) / TV Anchor

\*Favourite book : Ponniyin Selvan & IKIGAI - Japanese Secret to a  
Long and Happy Life.

\*Dream destination : Paris (City of Fashion and Design)

\*Favourite subject as a student : Mathematics and Tamil

\*Favourite quote/Motto in life: Born to Inspire and not to Influence  
& Beat your Miles with Smiles.



My educational  
background:

B.A. (History) from  
Womens Christian College - Chennai.  
M.A.R.M from Pondicherry University  
Training Programme with Loyola College - Chennai.  
B.Ed (History & English) Rangaswamy  
College of Education - Chennai.  
M.Ed from Krishna College  
of Education - Chennai.

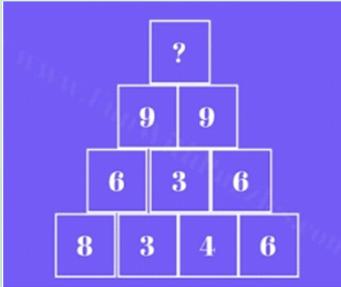


# PUZZLE

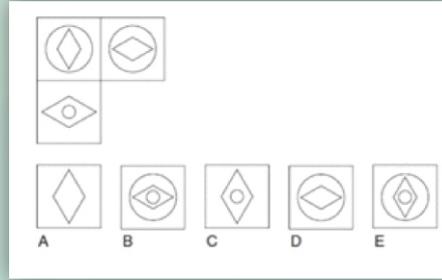
Solve the puzzle within the next 24 hours and WIN an E-certificate from the Excelsior team!



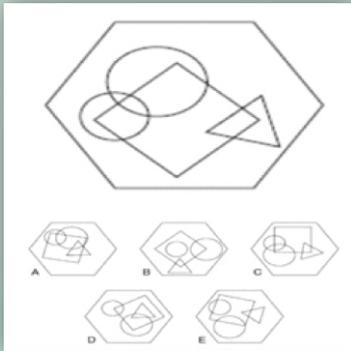
1. CAN YOU FIND THE MISSING NUMBER?



3. FIND OUT THE MISSING TILE.



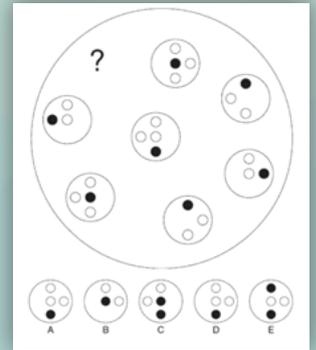
2. WHICH HEXAGON BELOW HAS THE MOST IN COMMON WITH THE HEXAGON ABOVE?



4. WHICH NUMBER SHOULD REPLACE THE QUESTION MARK?

			14	
	22			
			34	
41				
		53		?

5. WHICH CIRCLE SHOULD REPLACE THE QUESTION MARK?



To enter for a chance to win:

- ✓ Solve the Puzzle correctly and send it at the earliest.
- ✓ You can send your answers by tomorrow - 14th November, 2021 by 2:30 p.m.
- ✓ The first 10 correct answers shall be awarded with the E-certificates.
- ✓ Your time starts from today (13.11.21) at 2:30 p.m. and ends by tomorrow (14.11.21) at 2:30 p.m. Late answers will not be entertained.
- ✓ Mail your answers to:

[christnewsletter2015@gmail.com](mailto:christnewsletter2015@gmail.com)

- ✓ Mention your NAME, CLASS, SECTION. Attach a formal photograph.

## PUZZLE WINNERS FOR THE MONTH OF SEPTEMBER



Mohammed Furqaan  
Class - 10A



Soniya Savanth  
Class - 10C



Dhiraj S  
Class - 8F



Isabella B Joshua  
Class - 4F



Aaron B Joshua  
Class - 10A



Md. Arhaan Karamadi  
Class - 5G



Ridah Fathima  
Class - 8D



Tejaswini A  
Class - 9D



Supreeth Subramanya  
Class - 3H



Aira Ruman  
Class - 2C

*Congratulations!*