

CHRIST SCHOOL BENGALURU CHRIST SCHOOL BENGALURU Vol.: XIII | Issue: 1 | May- June 2023



Index

- Greetings
- Principal's Message
- Vice Principal's Message
- Co-ordinator's Message
- Editorial
- Counsellor's Desk
- Peace & Harmony
- Celebrations & Events
- Inaugural Programme
- Staff Enrichment Programme
- Doctor's Corner
- Parent's Corner
- Student's Corner
- Our Young Artists
- Alumni
- Social Media handles

Editorial Board

Edited by

: Ms. Smitha K. L Mr. Justin Kumar, Sr. Soumya Ulahannan Ms. Ramya H J Ms. Ezhilarasi R

LCA Secretaries

: Tameem Ahmed Prerana Naragund Prashams Gowda S Sowmya N





nool Bangaluru | Christ school Bangaluru | Christ school Bangaluru | Christ school Bang

HEARTY WELCOME DEAR PRINCIPAL

Dear Christ Family,

I am glad to be a part of the Christ Family once again. As we begin this new academic year, I thought it essential to reflect upon the value of a peaceful confluence in our lives in today's Indian scenario. Thus, we have selected "peaceful confluence" as the theme for this academic vear.

Peaceful confluence is not merely the absence of conflict; rather, it is the active engagement of diverse ideas, perspectives, and cultures in a harmonious manner. Peaceful confluence is not limited to our interactions within the classroom or campus. It extends beyond these boundaries and should be a guiding principle in all aspects of our lives. Whether it is in our families, communities, or global interactions, let us strive to be agents of unity, empathy, and understanding.

I encourage each and every one of you to actively participate in creating a culture of peaceful confluence. Embrace the opportunity to learn from one another, celebrate our differences, and work towards common goals. Together, we can build a world where mutual respect, empathy, and cooperation prevail. May our journey be one of enlightenment, compassion and peaceful confluence, leading to excellence in all spheres of life.

Warm regards, Fr. Niio Jose CMI Principal





^{angaluru} | Christ school L



HEARTY WELCOME DEAR VICE PRINCIPAL

Promoting peaceful confluence is vital for cultivating unity and harmony within our school. Peaceful confluence signifies the harmonious integration of diverse perspectives and backgrounds, fostering an inclusive environment that honors differences while encouraging cooperation. Amidst our diverse student body, this concept provides an avenue to learn, broaden horizons, and deepen our appreciation for human diversity. Through respectful communication, empathy, and conflict resolution, we can bridge divides and work toward a shared vision of unity. By setting an example of inclusivity, respect, and embracing unique identities, we can collectively establish a future where peaceful confluence becomes a way of life, nurturing harmony and respect in our school community.

Fr. Reji Koodapatt CMI Finance Administrator & Vice Principal

EDITORIAL

Peaceful confluence holds immense relevance for students enrolled in Christ school. As young learners, you represent the future of our society, and it is essential to understand the importance of peaceful coexistence and harmonious integration in a diverse world.

In Christ school, students come from various backgrounds, cultures, and beliefs. Peaceful confluence encourages you to embrace this diversity and foster an environment of inclusivity and understanding. By recognizing and appreciating the unique qualities of each individual, you can create a peaceful atmosphere where everyone feels valued and respected.

As a student, you have the opportunity to be ambassadors of peaceful confluence. By engaging in open-minded discussions, practising empathy, and actively listening to one another, you can bridge differences and cultivate a spirit of unity within your school community.

Peaceful confluence will not only enrich your educational journey but also prepare you to be compassionate and responsible global citizens. By valuing diversity, fostering inclusivity, and seeking peaceful resolutions, you can contribute to building a brighter future where unity and harmony prevail

Ms. Smitha KL

"Everyone possesses inherent talent; the journey lies in uncovering it." - George Lucas. People fall into three categories: those with untapped talent, those aware of their talent, and those who actively use it.



Talent can be discovered in hobbies, skills from education, or everyday tasks. No talent is too ordinary. Recognize and embrace it; this ignites growth. Seize the moment; don't wait for the perfect time. As Ivan Panin said, praise is for those who use their talents, not just possess them. Students, act on your talents; parents, let your children flourish uniquely. Let's shine and explore new horizons on this journey of life.

Ms. Christie Noel, High School Coordinator

HEARTY WELCOME

EXTREMELY GRATEFUL



REV. FR. VARGHESE VITHAYATHIL CMI

We are honoured and privileged to have Rev. Fr. Varghese Vithayathil CMI as our new Rector of Dharmaram College, Chancellor of Christ (Deemed to be University) and manager of Christ Group of Schools. We are truly delighted and honoured to have you leading our Institutions. Hearty Congratulations and our prayerful best wishes.



REV. DR. PAUL ACHANDY CMI

We extend our heartfelt gratitude to Rev. Dr. Paul Achandy CMI our former Manager for your remarkable journey with Christ School. Your exceptional leadership, unwavering dedication, and visionary guidance have been an inspiration to us all. We are truly grateful for your invaluable contributions.



REV. DR. JOHNSON KADAPARAMBIL CMI

Rev. Fr. Dr. Johnson Kadaparambil CMI is the new Principal of Christ CBSE, known for academic excellence and innovation. His leadership aims for holistic student development, fostering excellence at Christ School.



REV. FR. SEBASTIAN Elanjickal cmi

A heartfelt thank you to Rev. Fr. Sebastian Elanjickal CMI, our former principal, for your exceptional leadership at Christ School. Your innovative approach inspired learning and empowered our school fraternity. Thank you for your invaluable contributions in setting a bench mark of excellence.







REV. FR. MARTIN ONNASSERIL CMI

Congratulations to Rev. Fr. Martin Onasseril CMI, the new Principal of Christ School ICSE, Kengeri. We wish you all the best for your new leadership.



REV. FR. REJI Koodappatt CMI

Congratulations to Rev. Fr. Reji Koodappatt CMI, now Vice Principal of Christ Group of Schools and Director of Christ Kindergarten. His outstanding leadership and dedication will undoubtedly drive our institution's success and growth.



REV. FR. NILSON DAVIS PALLISSERY CMI

Congratulations to Rev. Fr. Nilson Davis Pallissery CMI on becoming Coordinator for the Christ Group of Schools. His exceptional leadership and dedication to education will guide our students to greater heights. We're fortunate to have him as our guiding light.







INAUGURATION OF THE ACADEMIC YEAR

am thrilled to share with you an exciting update on the recent inauguration of the new academic year at our esteemed institution. The event was a grand affair, symbolizing the beginning of a promising chapter for our students, staff, and the entire school community. We were honored to have distinguished guests, including our



esteemed Chief Guest, Rev. Dr. Binoy Checkonthayil, (Faculty Department of Philosophy, DVK, Parish Priest, Mary Matha Church, Koramangala), and the newly appointed Principal, Rev. Fr. Nijo Jose CMI, along with Vice Principal and Finance Administrator, Rev. Fr. Reji Koodapatt CMI.

The ceremony, held on May 29th, 2023, was filled with enthusiasm and anticipation. The school auditorium

was beautifully decorated, paying tribute to the 40 years of our school's existence. The Master of Ceremonies, Ms. Nazia Banu S, welcomed everyone and set the tone for the event, highlighting the significance of the Ruby Jubilee and revealing the theme for the academic year 2023-24, "Peaceful Confluence."

Our esteemed Chief Guest, Rev. Dr. Binoy Checkonthayil, shared inspiring anecdotes and insights, motivating the students and staff to strive for excellence and embrace lifelong learning. We also welcomed our newly appointed Principal, Rev. Fr. Nijo Jose CMI, who expressed his heartfelt appreciation and outlined his vision for the future of the school. His speech inspired everyone, instilling confidence and enthusiasm.

The program concluded with a heartfelt vote of thanks delivered by Master Neeraj B XC, expressing gratitude to all who contributed to the success of the event. The collaborative spirit of the organizing committee, teachers, and students was acknowledged.

Wish you a memorable and rewarding academic year for all!

Aron Mathew, Std. XD

COUNSELOR'S DESK

A healthy mind and soul are confluence or amalgamation of a peaceful inner self that knocks off inner violence, dissonance and negative emotions. Every individual irrespective of their age strives for contentment and success in aspects of social, physical and mental wellbeing. An individual's thoughts can create a sense of wholeness in mind or a tsunami or psychological maladjustments. It is important to understand that every individual is responsible for creating a peaceful atmosphere but it must be first created within ourselves and gradually stretched towards the family, community and the entire planet. A peaceful mind is a state of serenity and calmness that relieves us from the effects of stress. The process will bring few challenges at the initial stage till our human mind gets conditioned to it. There are few keys that can help us enhance our rationality and blossom our thinking process i.e., accepting the unchangeable, simplifying and decluttering life, trusting yourself and being generous towards others.

Ms. Shikha Sinha





A NEW BEGINNING FOR BUDDING CHRISTITES















The inaugural ceremony of the new academic year for Std I on June 1st, 2023, was a momentous occasion attended by Rev. Fr. Nijo Jose CMI, the Principal, and Rev. Fr. Reji CMI, the Vice Principal and Finance Administrator. The event commenced with a prayer song performed by students from classes 2, 3, and 4, setting a reverent atmosphere. The lighting of the lamp by Rev. Fr. Nijo Jose CMI and Rev. Fr. Reji Koodapatt CMI symbolized the pursuit of knowledge.

During the ceremony, Ms. Celine delivered a warm welcome speech, followed by the reading of the Holy Bible by Ms. Sheeja Joseph. Students from classes 2, 3, and 4 offered intercessory prayers, sharing their aspirations for the new academic year. In his inaugural address, Rev. Fr. Nijo Jose CMI highlighted the significance of education and the importance of embracing new methods of learning and teaching. The event also featured captivating performances, including a solo dance by Aaron Jokitha and a melodious song by Shaik Mahin. Siyona delivered a graceful dance performance, showcasing the talents of the students.

Mrs. Archana, a parent, expressed gratitude on behalf of the school community during the vote of thanks. The ceremony concluded on a positive note, marking the successful start of the new academic year. Overall, the inaugural ceremony was a moment of inspiration, reflection, and celebration, setting the stage for a year filled with learning, growth, and achievement.

Ms.Leema Assuntha

PEACE & HARMONY Holy Eucharist and Prayer Service

On June 2nd, 2023, A prayer service was hosted for the non-Catholic students from classes 6th to 10th, with the theme of 'Peace and Harmony.' The primary objective of this gathering was to foster unity, compassion, and understanding among students from diverse communities.

The prayer service served as more than just a moment of reflection; it ignited a call to action. It laid the groundwork for ongoing initiatives that promote peace and harmony within the school community. Students were inspired to translate their prayers into tangible acts of kindness, engage in interfaith dialogues, and participate in community service projects.

On the same day, Holy Mass was celebrated in our school chapel for Catholic students, with Rev. Fr. Thomas Parayil CMI, the newly appointed Administrator of Dharmaram College, as the celebrant. Father expressed his concern for the well-being of all students and offered prayers for their academic and spiritual growth. The Holy Mass provided a sacred moment for Catholic students to deepen their faith and seek blessings for their studies and spiritual lives

Shriya Vivek Kumar, Std X D



The first prayer service for the academic year 2023-2024 was conducted on June 3rd, 2023, with a focus on inclusivity for non-Catholic students from classes 1 to 5. The theme of "Peace and Harmony" set the backdrop for the prayer service, creating an atmosphere of tranquility and unity. The service commenced with a prayer song, evoking a sense of reverence and preparing the students for prayer. A scripture reading followed, where a passage related to peace and harmony was shared, providing a foundation for reflection.

During the reflection, students had the opportunity to contemplate the message of the scripture and its relevance in their lives. This encouraged a deeper understanding of peace and harmony and how it could be fostered in their actions and relationships. A period of meditation further facilitated introspection and a sense of inner peace.

An intercessory prayer allowed students to pray for peace and harmony in the world, their families, friends, and the school community. This emphasized the importance of compassion and seeking harmony beyond oneself.

The prayer service included an offertory, where symbolic gifts or offerings were presented, symbolizing the students' commitment to creating a peaceful and harmonious environment. The service concluded with a prayer of thanksgiving, expressing gratitude for the opportunity to gather in prayer and acknowledging the blessings received. On the same day, June 3rd, 2023, Rev. Fr. Augustine Mlavarayil CMI celebrated Holy Mass for middle school students, marking the beginning of the academic year. This sacred moment allowed students to experience the divine presence of the Lord and seek His guidance throughout their educational journey.

Ms. Sheeja Joseph & Ms. Shikha Sinha

FAITH ORIENTATION PROGRAMME

Faith orientation is a really important programme for young children, especially teens. For this purpose, our school held a faith orientation programme, inviting Mr.Shoy Thomas, a member from the Jesus youth organization. Through this programme, we were able to increase our faith in God. We also learned how to manage our time properly, giving time for God as well as our studies. Putting God as our first priority before anything else in life and having a belief that of our heavenly Father is guiding us through every step of our life is really a relief. We have an assurance that there ia a person who is ready to hear our worries without judging us, a person who will be the first one to comfort when we fail but also the will be the happiest person to congratulate us when we succeed. God is really the person who helps us in life. Through the orientation programme we have realized that how important to have God in our lives.



Sera Anna Tom, Std XA

FR. REJI'S BIRTHDAY CELEBRATION

r. Reji Koodapatt CMI Celebrated his birthday on May 24th Christ school faculty were extremely delighted to celebrate his birthday as he is our Vice Principal and Finance Administrator. The teaching staff gathered together in the Principal's office to wish and celebrate Fr. Reii on May 25th. This celebration was complete with the presence of our Principal Rev. Fr. Nijo Jose CMI, he expressed word of appriciation to Fr. Reji and wished him well.Our Principal presented a birthday card and a bouquet to Fr. Reji as a token of love. Ms. Christie Noel High school coordinator and Ms. Haidy, Primary coordinator presented a gift to Fr. Reji Koodapatt CMI. Ms. Nazia Banu felicitated the birthday celebrant with words of greetings and appreciation

on his auspicious day. Fr. Reji Koodapatt cmi delivered the birthday message to teachers and thanked everyone for their wishes and blessings. He added that he will work hard for the betterment of Christ school and continue to be the true follower of Jesus Christ. **Ms. Arockia Anisha**





WORLD **ENVIRONMENT DAY**



On June 6th, 2023, Christ School organized a school-level celebration of 'World Environment Day.' The event was graced by our Principal, Fr. Nijo Jose CMI, and our esteemed chief guest, Dr. Manjunath B T, a Professor of Life Sciences at Christ University. The celebration commenced with a prayer song performed by the school choir, invoking God's blessings.



Christel Sancia Monteiro. Std IV C

Ms. Chinnu Anna Raju delivered an official welcome speech, followed by a talk by Kumari Prerana N of Std IX A. Mr.

Suhas, a student representative of Christites for Climate Action from Christ University, shared his experiences and emphasized the importance of environmental conservation and resource management.

The students of the Middle School and High School presented a captivating musical tableau highlighting the crucial role of trees in purifying the air we breathe. The chief guest then addressed the gathering, shedding light on the disappearing lakes in Bangalore due to urbanization.

Fr. Nijo Jose CMI, the Principal, expressed gratitude to the chief quest and delivered his message for the day. Saplings were distributed to student representatives from the Primary and Middle Schools, and seed balls were distributed to student representatives from the High Schools.

The celebration of 'World Environment Day' at Christ School served as a reminder of the importance of environmental preservation and the role each individual can play in creating a sustainable future. The school declared a "GREEN WEEK" from 7th to 19th June. Different tasks were allotted to different grades. The celebration came to an end with a vote of thanks delivered by Master Aaron Mathew of Std X D, followed by a rally march with slogans and placards to spread awareness among the public about the importance of our environment.



Nature walks to Dharmaram campus – Std 2nd

Green Week commenced on 7th June with a nature walk to Dharmaram campus, led by Std 2 students. This engaging activity allowed students to connect with nature, fostering environmental awareness and appreciation for the natural world.

Visited Lalbagh Botanical Garden-Std 8th and 9th

On 9th, June students from classes 8th and 9th visited Lalbagh Botanical Garden to explore the diverse range of trees and plants. They learned about the significance of these botanical wonders, and the trip was enjoyed by all, fostering a deeper appreciation for nature.

Visited Parivartana unit at Christ University campus-Std 6th

A highlight of the week was the visit on 12th June by Std 6 students to the Parivartana unit at Christ University campus. They witnessed the paper recycling process and learned about the functioning of various recycling units, gaining valuable insights into sustainable practices and environmental conservation.

Drawing competition-Std 4th and 5th

A drawing competition was organized on June 15th for students from classes 4th and 5th. The competition allowed students to showcase their creativity and express their ideas on environmental conservation, raising awareness about the importance of protecting our planet.

House gardening-Std 10th

A session on house gardening and terrace gardening was organized for the students of Std 10th on June 16th, highlighting the importance of growing fruits and vegetables without the use of pesticides and chemicals. The students showed interest in learning different ways of doing house gardening and terrace gardening.

Eco-friendly fancy dress competition-Std 3rd

On June 16th, an eco-friendly fancy dress competition was held for Class 3 students. The participants donned various costumes that reflected environmental themes and concepts. The students looked marvelous and their creative outfits added a vibrant touch to the event, promoting eco-consciousness in a fun and engaging way.

Christel Sancia Monteiro, Std IV C













SCHOOL TEAM SELECTION

The school team selection took place between June 14th, 2023, and June 20th, 2023, on the school ground. The primary aim of this event was to encourage the student's talents in sports and provide them with an opportunity to participate in inter-school competitions.

The selection process included several sports such as basketball, volleyball, football, athletics, and shuttle badminton. The selection process started at 3:00 PM each day, and students were required to stay back after school with the permission of their parents. This arrangement allowed the students to fully participate in the selection process without interfering with their regular academic schedule.

The selection process went



smoothly, providing a fair and equal opportunity for all students to demonstrate their skills. The chosen students would then represent the school in various inter-school competitions, where they could further enhance their abilities and compete with students from other schools. **Mr. Lucas**

HOUSE CAPTAIN ELECTION

Leadership is a challenging responsibility, and a true leader must possess a sense of purpose and confidence to lead effectively. The greatness of a leader is measured by the achievements of the led. This is the ultimate test of his effectiveness. The house captains for the year 2023-24 were elected on 21st June,2023.

The House Captains across different grade levels and houses. Their leadership, dedication, and responsibility are vital in creating a positive and inclusive environment for all students. As House Captains, they have been entrusted with the task of uniting and motivating their house members, encouraging their participation in extracurricular activities, and fostering healthy competition.

Wishing them goodf luck in their respective leadership roles. May their efforts inspire greatness and contribute to the overall growth and development of the students at Christ School. **Ms. Jancy Thomas**

_____13



Today's students are tomorrow's voters. Christ School takes a lot of pride in the fact that we develop model citizens. An important part of model citizen is being aware of the election process of the country and its importance in the nation's democracy. Hence, elections to the school cabinet are conducted in the same line as India's election. The election process started with the setting up of a school election committee under the guidance of the Principal, Rev. Fr. Nijo Jose CMI.

For the High School election, students of Std IX and X were eligible to vote and for the Middle School election, students of Std VI, VII, and VIII were eligible to vote.

On 5th June, notification for School Cabinet Election was issued and from 6th June, the Nomination form was distributed to each aspirant. The last day to submit the Nomination form was 9th June. The nomination forms were scrutinized by an expert panel and on 14th June, the final list of Contestants was notified. On 16th June, the contestants addressed the Voters. Elections were held on 19th June with results being announced on the 20th of June. Winners of the school cabinet election are :

High School

School Leaders: Head Boy : NEERAJ B (X C) & Head Girl : ALONA MARIA FRANCIS (X E)

L.C.A Secretaries	: TAMEEM AHMED (IX D) & PRERANA NARAGUND (IX A)
Sports Captains	: NANDA KISHORE (IX D) & CHANDANA G (IX A)
Middle School L.C.A Secretaries	: PRASHAMS GOWDA S (VII A) & SOWMYA N (VIII C)
Sports Captains	: MOHAMMED AAMIR (VIII-A) & VARSHINI P (VIII B)

Christ School congratulated the newly elected cabinet members of 2023-24 and expects them to work closely with school management for the betterment of the students and looks forward to positive changes that they will bring in their new roles.

Ms.Jeny Annie Ronney

INVESTITURE CEREMONY

Christ School held its investiture ceremony on June 30th, 2023, an event that marked a significant milestone in the school's history. Ten deserving students were elected to lead the school for the academic year 2023-24. The ceremony took place in the prestigious St. Chavara auditorium and was filled with enthusiasm and pride.

The event began with a majestic march led by the newly elected cabinet members, accompanied by the school Principal Fr. Nijo Jose CMI, Vice Principal Fr. Reji Koodapatt CMI, Chief Guest Major Valentina Dmello, and Guest of Honor Fr. Anto Kanjirathinkal CMI, along with the school band setting the rhythmic tone.

The ceremony commenced with the ceremonial lighting of the lamp, symbolizing knowledge and enlightenment. A captivating prayer dance performed by Shriya and her team invoked divine blessings upon the newly elected leaders. Fr. Reji Koodapatt CMI warmly welcomed the leaders, acknowledging their commitment, confidence, and competence. He emphasized the importance of marching together as a team.

Major Valentina Dmello, Fr. Nijo Jose CMI, and Fr. Anto Kanjirathinkal CMI vested the cabinet members with their badges, sashes, and the school flag, respectively, officially recognizing and empowering them as leaders. Each group of students shared their plans for the school's betterment, highlighting a spirit of unity and collaboration.

Head Boy Neeraj B and Head Girl Alona Maria Francis led the cabinet, which included representatives from different roles and positions. The Chief Guest and Guest of Honor shared inspiring messages, urging the leaders to embrace their roles with dedication and integrity.

Fr. Nijo Jose CMI, the Principal, expressed gratitude and extended his wishes to the cabinet members, recognizing their potential to lead the institution to new heights. The vote of thanks was delivered by Alona Maria Francis, expressing gratitude to all who contributed to the success of the ceremony.





Ms. Smitha C Simon

Neeraj B of Std X C: Head Boy

Neerai B from Std X C is an excellent academic performer, a motivated and accomplished student. He is also a good orator and a member of the school choir. Neerai has consistently shown active participation in both curricular and cocurricular activities, which demonstrates his commitment to holistic development. He aspires to become a data analyst. Having previously served as the captain of the red house, he has honed his leadership skills and is well-equipped to guide and inspire his fellow students. As an NCC Cadet who has successfully completed the CATC Camp, he has developed discipline, resilience and a sense of service to the community with his impressive qualities and dedication.

Alona Maria Francis of Std X E: Head Girl

Alona Maria Francis from XE is a talented and ambitious student excelling in academics and dance. With numerous prizes in prestigious events like Kalotsavam, she shines individually and in group performances. Alona aspires to become a doctor and embraces a well-rounded approach to personal growth. Her hobbies include writing and drawing, showcasing her creativity. With diverse talents, ambition, and dedication to service, Alona is an exceptional candidate for the School Pupil Leader role. Her leadership, creativity, and commitment will inspire her peers, fostering a supportive and inclusive student community.

Tameem Ahmed of Std IX D: LCA Secretary High School

Tameem Ahmed from IXD is a dynamic and driven student with a strong desire to become a clinical psychologist. He excels in karate, showcases his intellectual prowess through winning quiz and essay competitions. He also contributes to knowledge-sharing as an editor at Wikipedia. His diverse range of hobbies and achievements reflects his depth of character. Tameem's passion for psychology and admiration for Dr. Jordan P. Peterson are evident in his pursuit of excellence. His love for animals is reflected in his compassionate nature, and has published books in this subject. With his diverse talents, and notable achievements, he is an exemplary choice for the position of School LCA Secretary, bringing leadership, compassion, and dedication to the student community.

Prerana Naragund of Std IX A: LCA Secretary High School

Prerana Naragund from IXA is a versatile student, excelling both academically and in co-curricular activities. She has achieved remarkable success in various competitions. winning prizes at school, state, and national levels. Prerana's talent in elocution and poem recitation has been widely recognized. Alongside her achievements, she maintains an outstanding academic performance. demonstrating her commitment to excel in studies. Inspired by her parents. Prerana's motto is to spread happiness and make others happy. With her caring nature and dedication to service, Prerana is a valuable asset to our school. As the School LCA Secretary, she plans to utilize her talents, leadership skills, and achievements to promote growth, unity, and a positive environment within the school.

Nanda Kishore of Std IX D: Sports Captain High School

Nanda Kishore from IXD is a talented and dedicated student. His passion for cricket and love for reading brings a unique blend of skills and interests to his role. His sporting abilities shine as an active member of the school cricket team, inspiring his teammates with his dedication and hard work. He aspires to join the Indian Air Force, driven by his admiration for the armed forces and a desire to serve the country. As the Sports Captain, Nanda is committed to fairness and inclusivity, providing equal opportunities to all students. His leadership will contribute to a positive and inclusive sports culture within the school.



Chandana G of Std IX A : Sports Captain High School

Chandana G from IXA is a student with diverse talents and nurtures a strong desire to become an architect. Her skills in gymnastics, basketball, and swimming makes her a valuable asset to the school's sports team. She is an active member of NCC. Her creative abilities in writing and pencil sketching add to her well-rounded character. She upholds a motto of integrity and serves as a role model for her peers. In her free time, she enjoys reading books and gardening. With her exceptional talents and leadership qualities, she is the perfect choice for the position of School Sports Captain, inspiring her teammates and contributing to the success of the school's sports programmes.

Mohammed Aamir of Std VIIIA: Sports Captain Middle School

Mohammed Aamir from VIIIA is a talented and determined student with a passion for sports, particularly tennis. Inspired by his father, he excels in athletics, winning prizes at the zonal level and showcasing his dedication and talent. He also enjoys playing lawn tennis as a hobby, further refining his skills and staying physically active. He aspires to become an aeronautical engineer. His commitment to personal growth and fostering a culture of excellence will truly inspire his teammates.

Varshini P of Std VIII B:

Sports Captain Middle School

Varshini P from VIIIB is a dynamic and cheerful student aspiring to be a forensic scientist. Inspired by Sudha Murthy, Varshini embodies remarkable qualities and prioritizes service above all. Through her achievements in basketball and khokho, she leads with teamwork and sportsmanship. With a passion for reading and creative pursuits, Varshini adds depth and creativity to her life. As the School Sports Captain, she leads by example and fosters a sense of teamwork, dedication, and sportsmanship among her peers. **Prashams Gowda of class VII A:**

LCA Secretary Middle school

Prashams Gowda from VIIA aspires to become an advocate with a strong ambition to fight for justice and uphold legal rights. His diverse interests in chess, football, badminton, and solving Rubik's Cubes develop his strategic thinking and problem-solving skills. Skating and reading thrilling stories provide him with physical strength and a creative energy. With excellent academic performance and strong leadership qualities, Prashams is an ideal candidate for this position. His passion for justice and commitment to excellence will represent the interests and welfare of the student community impartially.

Sowmya N of class VIII C:

LCA Secretary Middle school

Sowmya N from VIIIC is a brilliant performer and a meticulous learner. She aspires to become a data scientist. Inspired by the selfless works of Mother Teresa, she wishes to make a positive impact on society. Her hobbies of dance and art showcases her creativity and expression. With a strong work ethic and achievements in dance competitions, Sowmya brings leadership, a love for learning, and dedication to service to her role as the LCA Secretary. She will inspire others and foster a positive environment within the school community.











CHRIST SCHOOL BENGALURU NEWSLETTER • MAY- JUNE 2023





INTERNATIONAL DAY AGAINST DRUG ABUSE AND ILLICIT TRAFFICKING

As we are celebrating 'International Day against Drug Abuse and Illicit Trafficking', our school conducted a drug Abuse awareness program on 26th June 2023. The program which was conducted by the police officers from the nearby police station Mrs. Nirmala and her colleagues informed the students about the dangers of drug abuse and its types. The drug which is prescribed by the doctor is caused medico drugs and then other drugs which contain high dosage of medication which is harmful for the human health and disturbs our mental health, is

more addictive in nature. The police officers informed us not to take unprescribed drugs and gave us awareness about the harmful and the dangerous side effects of the drugs. She had also given some tips to keep us and our friends away from drugs by informing elders or police officers if someone is involved in drugs use and trade. She also told us about the types of drugs which we should be aware of such as heroin, Cocaine, Roseroide, tobacco etc. The program was useful and very informative to students.



Mr. Ahad Pasha, Std IX B

INTERNATIONAL YOGA DAY

International Yoga Day is celebrated on June 21st, 2023, every year. This article highlights the joyous and meaningful observance of International Yoga Day in our school, focusing on the positive impact it has on students' well-being.

The Yoga Day took place in three different venues in our school. The students were very excited to perform different types of yoga asanas and postures. They shared the benefits and value of yoga in an individual's life. Our Principal, Rev Fr Nijo Jose CMI, addressed the students about International Yoga Day. Therefore, this International Yoga Day served as a reminder of the importance of self-care and nurturing a balanced lifestyle. By incorporating yoga into the curriculum, schools pave the way for a healthier and happier generation. This event was one of the remarkable events of our school.



Abhinav Tom, Std X A



e Media Committee meeting at Christ School was held on the June 16th and 21st, 2023. The committee plays a crucial role in the promotion and dissemination of information within the school community. Comprised of dedicated students passionate about media production and communication, the committee utilizes various mediums to



capture and share the vibrant happenings and achievements within the school. The primary objective of the Media Committee is to enhance the visibility and engagement of Christ School through creative and effective media strategies. They employ a wide range of platforms, including social media channels, school newsletters, websites, and video productions, to showcase the diverse activities taking place on campus. By leveraging these platforms, the committee ensures that the entire school community remains informed, connected, and involved in the various events, initiatives, and accomplishments of students and faculty. The Media Committee also serves as a vital link between the school and its stakeholders. Through their dedication and creative vision. they contribute to maintaining an informed. engaged, and connected community. Their work not only captures the essence of Christ School but also plays a crucial role in shaping its reputation and fostering a sense of belonging among students, faculty, alumni, and parents. Ms. Nazia Banu S

SELECTION TESTS FOR



The National Cadet Corps (NCC) selection at Christ School took place on June 14th, 2023, with the aim of identifying potential students for its programs. Around 70 students enthusiastically participated, assisted by 2nd-year cadets. The selection process was rigorous and included tests of physical fitness such as running, push-ups, high knees, and March past. Boys and girls were separated, and the discipline of the girls was overseen by some 2nd-year cadets, while others assisted in the selection of boys. Ultimately, 31 junior cadets were selected, comprising 14 boys and 17 girls. Those who didn't make it can take solace in knowing that they gave it their best. The selection process provided valuable lessons for self-improvement. The NCC selection

process qoes bevond physical fitness; it aims to discover the potential within each candidate. nurturing the next generation of dedicated leaders. The 2nd-year cadets had a new and fulfilling experience assisting in the selection process, reflecting on their own selection the previous year.



Std XD



SPECIAL CLASS FOR NEW SSLC BATCH 2023-24









The special classes for the new SSLC batch 2023-24 commenced on 15th May 2023 with an inaugural prayer. Ms. Christie Noel, the High School coordinator introduced the newly appointed Principal Fr. Nijo Jose CMI, and Vice-Principal Fr. Reji Koodapattu CMI to the students and teachers. The programme was followed by a heartwarming speech by both the newly appointed Principal and the Vice-Principal. Our principal, Rev. Fr. Nijo Jose CMI, addressed the students and emphasized the significance of a new academic year and encouraged the students to embrace the challenges and opportunities that lay ahead. Fr. Reji Koodapattu CMI also motivated the young minds and instilled a sense of purpose and determination in them.

The first day of the new SSLC batch was a resounding success, leaving an indelible impression on the students and teachers alike. The event set the stage for an enriching academic year, emphasizing the importance of knowledge, collaboration and personal growth. The students embarked on their educational journey with newfound enthusiasm, ready to overcome challenges and achieve their goals. The first day laid a solid foundation for a year filled with learning, growth, and memories that would last a lifetime.

Mr. Anil P M

Results Congratulations!





Prajwal Harris.S 608/625 97.28% SECOND



Harshitha.R 606/625 96.96% THIRD





The SSLC results have been exceptional this year. The students have worked hard under the guidance of their teachers, and their efforts have borne fruit. The overall pass percentage of our school is an impressive 98.56% and many students have scored above 90%.

Prajwal Harris.S secured the first place 608 marks (97.28%), Harshitha.R with 606 marks (96.96%) and Rifaah Noorani with 602 marks (96.32%). Apart from these 20 students secured A+ grade, 43 students secured A grade, 47 students secured B+ grade ,60 students secured

B grade, 32 students secured C+ grade ,04 students secured C grade.

I take immense pride in acknowledging the exceptional performance of our students who have secured top ranks in the SSLC examination. Their dedication, focus, and commitment to excellence have set new benchmarks for future generations. The management, Principal and staff congratulate all our students for their exceptional performance and wish them continued success in their future endeavours. **Ms. Christie Noel**

CHRIST SCHOOL BENGALURU 20 NEWSLETTER • MAY- JUNE 2023



FACULTY DEVELOPMENT PROGRAMME

The Faculty Development Programme held on 26th May, 2023 at Christ University K E Auditorium was a significant initiative aimed at equipping teachers for the upcoming academic year of 2023-24. The event commenced with a prayer song and the lighting of the lamp by esteemed dignitaries. Rev. Fr. Nilson Davis CMI, Principal of Christ School ICSE and Coordinator of the Christ Group of Schools, warmly welcomed the dignitaries with bouquets.

The occasion was graced by notable personalities including Rev. Fr. Varghese Vithayathil CMI, Rector of Dharmaram College, Rev. Fr. Joy Philip Kakkanattu CMI, President of Dharmaram College, Rev. Fr. Joseph C C CMI, Vice Chancellor of Christ University, and Rev. Fr. Thomas Paravil CMI, Administrator of Dharmaram College. The presence of Rev. Fr. Nijo Jose CMI, Principal of Christ state School, Rev. Fr. Reji Koodapatt CMI, Vice Principal of Christ School, Rev. Fr. Martin Joseph CMI, Principal of Christ School ICSE Kengeri, Rev. Fr. Fenil Karickakunnel CMI, Vice Principal of Christ School ICSE Kengeri, and Rev. Fr. Johnson Kadaparambil CMI, Principal of Christ School CBSE, added to the grace of the event.

Rev. Fr. Varghese Vithayathil emphasized in his speech that teachers should strive to uplift slow learners and integrate them into the mainstream, drawing inspiration from the lost sheep in the Bible. Rev. Fr. Joseph C C CMI, Vice Chancellor of Christ University, acknowledged the school's successful completion of forty years and encouraged the aim of reaching new heights by its 50th anniversary. He emphasized the need for a concrete plan to align with the changing educational scenario and future demands.

The first session, led by Dr. Divya Ballal, focused on "Beyond Behaviours,"

while the second session by Dr. Niranjana delved into "Neuroplasticity in Educational Settings." The third session, conducted by Dr. Aneesh Kumar, shed light on the power of relationships and ways to foster health, happiness, and learning among students. Participants were given assignments based on these sessions, and their responses were discussed in group discussions.

The resource persons were felicitated during the concluding program, which concluded with a vote of thanks by Ms. Aswini M, followed by a refreshment session.

Ms. Sheena K John



CHRIST SCHOOL BENGALURU NEWSLETTER • MAY- JUNE 2023

STAFF UPDATING PROGRAMME

"Give me six hours to chop down a tree and I will spend the first four sharpening the axe." Abraham Lincoln.

The staff updating programme for the academic year 2023-24 took place on 17th of June, led by Rev. Fr. Nijo Jose CMI, the Principal of Christ School. The objective of the programme was to update and enhance the skills of the teaching faculty. Dr. Jonas Richard, a renowned life skills coach and trainer, conducted the session. The session was both interesting and informative. Dr. Richard engaged the staff in various activities that served as reminders of the skills necessary to become better educators. These developmental programmes play a crucial role in the teaching-learning process. They offer valuable opportunities for staff members to improve their skills, alter their mindsets as teachers, and consequently enhance their productivity. Additionally, such programmes contribute to a more positive working atmosphere within the institution. By implementing the tips provided by Dr. Jonas Richard, the teaching staff can make a significant difference in their approach to teaching and positively influence the lives of their students.

Ms. Molly Mathew





CHRIST SCHOOL BENGALURU NEWSLETTER • MAY- JUNE 2023













The inauguration of the academic year is a time-honoured tradition, an occasion that symbolizes new beginnings, fresh perspectives, and the unyielding pursuit of excellence. It serves as a reminder of the transformative power of education and the incredible potential that lies within each of us.

This academic year marks a fresh chapter in our journey of knowledge and growtha chapter filled with countless opportunities, transformative experiences, and extraordinary achievements waiting to be realized.

The first staff meeting for the new academic year was preceded by welcoming our new Principal, Rev. Fr. Nijo Jose CMI. Father led us through an invocation song. This was followed by a welcome speech by Ms. Arun Priya, Middle school coordinator. Ms. Sreeja Joseph presented the previous staff meeting report and Ms. Christie Noel. High school coordinator briefed us about the upcoming events. Father also welcomed the new staff members to the Christ family. The program was concluded by a vote of thanks by Ms. Lourd Mary.

Ms. Jerin James

STAFF MEETING





The second staff meeting for the academic year 2023-2024 was held on 24th June 2023. The meeting started with an introductory note by Ms. Betty Biju and Mr. Babu Joseph made the meeting graceful with a melodious invocation song. Ms. Rashina A T welcomed the gathering and Ms. Jayashree Raju presented the report of previous staff meeting.

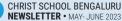
Ms. Christie Noel, Coordinator, High School updated the upcoming events for the month of July. Followed by this, Ms. Haidy John, Coordinator (Primary) and Ms. Arunpriya Lal, Coordinator (Middle School) presented the evaluation report of the Month and Ms. Shikha Sinha, the Student Counsellor shared the summary of the counselling sessions conducted and elucidated her observation and recommendations. Mr. Anil PM from Examination Cell made us acquainted with a few guidelines which could be useful for the smooth conduct of upcoming Formative Assessment-1.

Our Principal Fr. Nijo Jose CMI addressed the gathering and he persuaded us to practice four guiding principles for being content-Remove Negativity, Forget the Failure and move on, never regret and come out from comfort zone.

Ms. Arunpriya Lal rendered the vote of thanks which marked the end of the meeting.

Ms. Rashina A.T





23

PARENT-TEACHER

On June 10th, 2023, Christ School Bangalore organized the first Parent-Teacher Interaction of the academic year 2023-24 for students in classes 1, 3, 5, 9, and 10. The purpose of this meeting was to provide parents

with an opportunity to engage with teachers and discuss their children's academic progress. The event commenced with a beautiful prayer song, seeking the guidance and enlightenment of the Holy Spirit.

The keynote speaker for the meeting was Prof. Ganesh Batta, who addressed the parents of 10th-grade students. Prof. Batta emphasized the importance of creating a supportive environment for children to thrive. He highlighted the significance of parental involvement in their children's education, encouraging parents to support and nurture

their children's interests. Prof. Batta stressed that parents' actions have a profound impact on motivating and guiding their children towards their goals. For parents of classes 1, 3, 5, and 9, the keynote speaker was Prof. Jonas Richard. He focused on the importance of cultivating a growth mindset in children. Prof. Richard emphasized the need for parents to lead by example, encouraging their children to take risks and learn from their mistakes. He highlighted that a growth mindset fosters resilience, adaptability, and a willingness to embrace challenges.

Following the keynote speeches, the Principal, Rev. Fr. Nijo Jose CMI, addressed the gathering, emphasizing the crucial role of parental involvement in a child's education. He shared the school's recent accomplishments and future plans, strengthening the bond between the school and the parents.

After the main meeting, parents had the opportunity to interact with teachers individually, discussing their child's academic progress. Teachers provided valuable feedback on their children's strengths and weaknesses and suggested strategies to enhance their academic performance.

The first Parent-Teacher Interaction was a resounding success, fostering collaboration between parents and teachers for the betterment of the students. The school expressed enthusiasm about organizing similar events in the future, continuing to strengthen the partnership between parents and teachers.

Mr. Babu Joseph

CHRIST SCHOOL BENGALURU 24 NEWSLETTER • MAY- JUNE 2023 During the first parent-teacher interaction of the academic year 2023-24, which took place on 17th June, Dr. Jonas Richard, a resource person, conducted a training session for the parents. The topic of the session was "Re-



sponsible Parenting." The objective of this session was to provide parents with insights and guidance on effective parenting strategies.Following the training session, Principal Rev. Fr. Niio Jose CMI delivered an address to the parents. He emphasized the importance of prayer in parenting and highlighted the significance of knowing when to

say 'no' to their children. These elements were deemed crucial for raising responsible and well-rounded individuals.

After the address, a question-answer session was held, providing an opportunity for parents to engage with the principal and address their concerns or offer suggestions. The parents actively participated in this session, putting forward constructive suggestions and raising various concerns. The principal responded to these concerns, providing explanations, insights, and clarifications as needed.Overall, the parent-teacher interaction aimed to foster a collaborative relationship between parents and educators, ensuring the best possible outcomes for the students. By providing valuable training and addressing the concerns of parents, the school strives to create a supportive environment for the holistic development of the students.

Mr. Jose K J





Dr. Sharath kumar M.P

here were days when we as school kids hardly knew about e-gadgets. But with advanced Scientific Technology making inroads in our lives, the use of these gadgets have become incessant. Nothing can replace the memories and the joyous moments spent in playing outdoors with our friends.

Indulging oneself in outdoor activities be it playing cricket, football ,table

stimulates tennis etc. 'ENDORPHINS' that make us feel rejuvenated, keep us happy and cheerful. GEN Z kids and the teenagers don't even fit in the frame of 'HEALTHY LIFESTYLE' Binging on burgers and pizzas is the diet mantra of every kid. Sounds fun and tasty right...only if you're unaware of the health effects that every bite of junk /fast food gives you in return. The products that are being used to prepare junkies not only cause digestion related problems like Acid peptic ds, but are also going to affect the overall nutrition to the human body. Likewise soft drinks consumed on a daily basis give way to Dental caries and poor oral hygiene. Food habits and

binging among kids and teenagers are leading to early diabetes, Obesity and cardiac problems. I wonder if there's any kid who wakes up to the beautiful sunshine?. but to their cell phones.Covid-19 has made mobile phones/tabs every kid's best friend. God has designed human beings meticulously and we tend to spoil in every possible way. To exemplify this, there is a chemical messenger called 'MELATONIN' that aets released only during dark from our brain and this hormone promotes sleep and maintains our 'sleep cycle pattern.'

The blue ray light emitted from our cell phones and gadgets prevents the brain from secreting this particular hormone and results in sleep disturbances in lot of school & college going children, and they are prone to refraction problems. Therefore usage of cell phones has to be monitored by parents. Prevention is certainly better than cure: it's high time that the students realize the importance of school education not only to improve their academic skills but also to impart the discipline in their lifestyle and a BIG NO to the Bad habits.

Lastly to conclude I would like to remind famous quotes such as "HEALTH IS WEALTH" & "EARLY TO BED AND EARLY TO RISE" to be ingrained in our minds forever.

Dr. Sharath kumar M.P





Ayesha Begum (Parent of Ahad Pasha)

Peaceful Confluence symbolizes the harmonious fusion of diverse cultures, ideas, and perspectives. It represents the perspectives. It represents the belief that embracing diversity leads to peaceful coexistence and collective growth. Peaceful Confluence celebrates the richness of different cultures. By appreciating and respecting diverse cultural perspectives, societies can promote inclusivity and social harmony. Peaceful Confluence extends beyond cultural boundaries, urging nations to collaborate on shared challenges. It emphasizes diplomacy, negotiation, and multilateralism to address global issues such as climate change and poverty. Peaceful Confluence fosters empathy,understandingding, and compassion, strengthening bonds between individuals, communities, and nations. It breaks down barriers, promotes cultural exchanges, and builds trust. Peaceful Confluence envisions a harmonious world where diversity is celebrated and cooperation is prioritized. By embracing cultural diversity, bridging ideological differences, advancing global cooperation, nurturing innovation, and strengthening human bonds, Peaceful Confluence offers a path toward a brighter future.

Ayesha Begum (Parent of Ahad Pasha Std IX B)

ALUMNI SPEAKS

Peaceful Confluence

is a fundamental aspect of any society, characterized by harmony and tranguility. When a nation experiences peace and harmony, it payes the way for growth and development. While the government strives to ensure peace, it is often disrupted due to vested interests. Religious conflicts pose a significant threat to peace and harmony, as certain groups belittle others. fostering discontent within Similarly, political society. parties exploit divisive tactics. inciting animosity between factions, thereby hampering peace. The reservation system has also generated unrest, particularly among the general category, leading to intercommunity hatred. These tensions are observable in both rural and urban areas. Acts of terrorism present a major challenge to peace, as do issues such as inflation. unemployment, and inter-state disputes, which repeatedly disturb societal harmony. Despite these challenges, instances arise where the peace and harmony of the country are disrupted. It is the collective responsibility

of individuals, to demonstrate tolerance, patience, and the willingness to stand up against injustice, that allows society to regain its balance.

In the pursuit of Peaceful Confluence, addressing root causes, promoting inclusivity, and fostering dialogue is crucial. By uniting efforts and embracing diversity, a society can overcome disturbances and nurture a sustainable environment of peace and harmony for all its members.

Dr. Irfan Ahmed

(Parent of Tameem Ahmed Std IX D)



Dr. Irfan Ahmed (Parent of Tameem Ahmed)

Peaceful Confluence

The theme for Academic year 2023-24

This encompasses more than the mere absence of conflict, entailing the harmonious interplay of diverse ideas and cultures. This calls us to recognize the value each individual brings and respect each individual with their abilities and weaknesses. It's our duty, as a part of this esteemed institution, to cultivate an environment fostering peaceful coexistence. We must actively seek dialogue, listen attentively, and appreciate the richness of diversity. This principle extends beyond the campus, shaping interactions within families, communities, and beyond.

Let us champion unity, empathy, and understanding, fostering respectful debates that refine our beliefs and enrich society. I encourage you all to actively contribute to a culture of peaceful confluence, celebrating differences while pursuing common goals. May our journey be one of enlightenment, compassion, and peaceful confluence.

We will focus on the following points to reach to the theme of this year.

1. "Harmony in Diversity" (SDG 10: Reduced Inequalities): Promoting understanding and respect for different cultures and backgrounds

Activities: Cultural exchange programs, storytelling sessions on global traditions, collaborative art projects representing diversity.p

 "Kindness Connects" (SDG 1: No Poverty) Activities: Charity drives, organizing a food donation program, and sharing stories of helping others in need. Animal welfare projects, tree planting campaigns, collaboration with environmental NGOs.

 3. "Dreams of Tomorrow "8(SDG 9 - Industry, Innovation, and Infrastructure) Activities: Encourage creativity and innovation through

science fairs, tech workshops, and discussions on sustainable technology.

- 4. "Green Footprints" (SDG 13 Climate Action) Activities: Learn about climate change and its impact, encourage sustainable practices like planting trees and reducing energy consumption, and organize an Earth Day celebration.
- 5. "Healthy Minds, Peaceful Hearts" Focusing on mental health and emotional well-being (SDG 3: Good Health and Well-being).
- "Education for All" (SDG 4 Quality Education) Activities: Educational Equality Symposium, Book Donation Drive, Educational Games Fair, Educate on responsible internet usage, digital literacy, and online safety.
- 7. "Connecting Generations "-Fostering SDG 11 Sustainable Cities and Communities Activities: Engage with the elderly, organize community projects, and discuss urban sustainability.
- "Peacemakers' Dialogue "-SDG 16 Peace, Justice, and Strong Institutions.Conduct conflict resolution workshops, promote non-violent communication, and explore
- Reflection & Gratitude- aligning with SDG 17 Sub-theme: Encouraging self-reflection and gratitude, aligning with SDG #17: Partnerships for the Goals. Activities: Journaling exercises, expressing gratitude, and recognizing achievements.
- 10. Reflections on Ruby Jubilee Year of Christ School Activities: Alumni gathering, sharing of the experiences about the Excellence and achievements of Christities.





NOW CHRISTITES CAN EXPERIENCE SCHOOL ACTIVITIES AT HOME THROUGH SOCIAL MEDIA

Christ school is now easily accessible through various social media platforms such as Facebook, Blog, Twitter, Instagram and YouTube. These platforms can be utilized for knowing the day today updates of the school.

- **Facebook :** Experience the school activities through facebook. You can reach us on Christ School name on Facebook.
- **Twitter :** School Tweets it's events and programmes to ensure that all communications are conveyed regularly to parents and students.
- Instagram : Get daily updates through photos and videos in Christ School account on Instagram.
 - Blog : Students can make use of school blog for updating themselves in club and extra-curricular activities.
 - YouTube Christ School now communicates with detailed information to its users through videos in YouTube. Subscribe to our channel @ChristSchoolBengaluru.



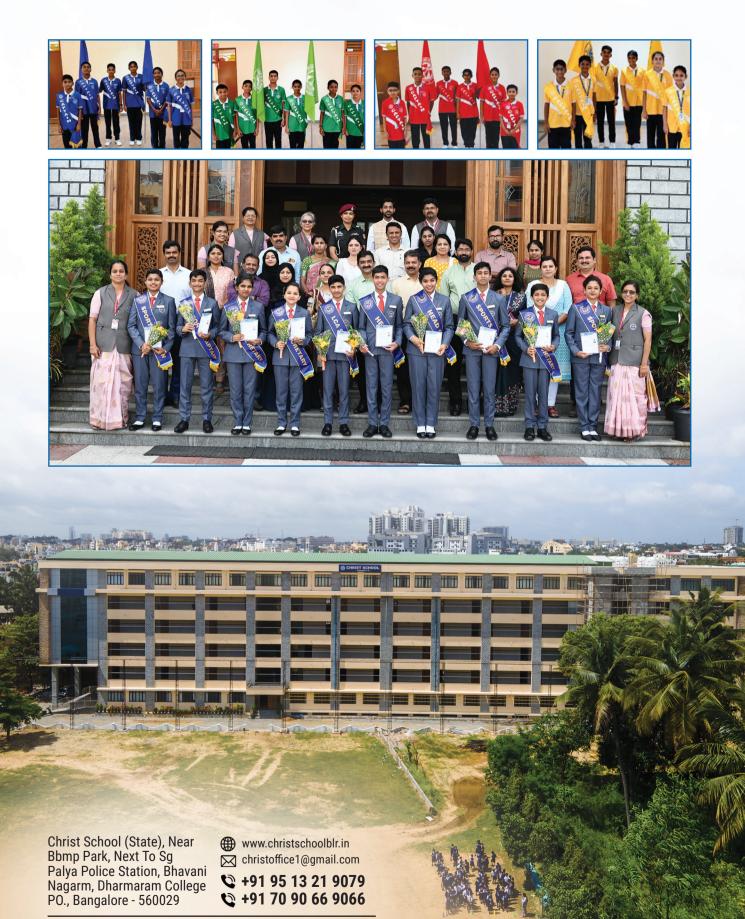






SCHOOL WEBSITE





Published by Fr. Reji Koodapattu, Vice Principal & Finance Administrator, Christ School on behalf of the Literary and Cultural Association.