CHRIST SCHOOL BENGALURU

CHRIST TIMES

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CHRIST SCHOOL
40th year of excellence
Ruby Jubilee Year

Theme of the Year

Peaceful Confluence

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YOU ARE THE LIGHT OF THE WORLD
CHRIST SCHOOL

CHRIST
SCHOOL
BENGALURU - 560029

Principal's Desk

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Dear Christ Family,

As we stand on the threshold of a new year, let us collectively embrace the spirit of growth and well-being. The theme for this newsletter is "Healthy Minds and Peaceful Hearts".

In the pursuit of knowledge, let us prioritize the well-being of our minds. This year, we encourage all students to adopt habits that contribute to mental health—regular breaks, mindfulness practices, and participating in open conversations. Our mental well-being forms the foundation for our academic and personal successes.

A peaceful heart fosters compassion, understanding, and a sense of unity. Let us strive to create an environment where kindness prevails, where every interaction becomes an opportunity to build bridges and strengthen the bonds that define our culture within the Christ School community. We must learn to prioritize work, manage stress, enhance focus, and promote emotional resilience. Physical fitness, healthy eating, and overall wellness should be the focus of each member of the Christ family, and it is crucial to implement these principles into our day-to-day lives. Let us be messengers who encourage a healthy lifestyle among our students.

As we step into 2024, let us approach each day positively and intend to cultivate healthy minds and peaceful hearts. Together, we can create an environment that supports academic excellence and nurtures the well-being of every member of our Christ School family. We are committed to nurturing academic excellence and the holistic development of each individual in this new year, 2024. Wishing you all a New Year filled with joy, growth, and the fulfilment of aspirations.

Warm regards,

Fr. Nijo Jose CMI
Principal Christ School
Bangalore

Vice Principal's Desk

Dear Students and Parents,

Wish you all a happy and prosperous New Year 2024. We are reflecting on the theme "Healthy minds and Peaceful hearts" in this issue of School Newsletter. In the pursuit of healthy minds, let us be mindful of the words we choose and the thoughts we entertain. Our minds are powerful instruments, capable of shaping our reality. Let positivity and gratitude be the driving forces that fuel our intellectual pursuits.

Turning our attention to cultivating peaceful hearts, let us draw inspiration from the words of Mahatma Gandhi: "You must be the change you want to see in the world." In our Christ School community, let our interactions be rooted in kindness, understanding, and compassion. By embodying these virtues, we become beacons of peace, illuminating the path for others to follow.

Consider the ripple effect of a single pebble dropped into a pond. Our actions, no matter how small, have the power to create far-reaching waves. May our deeds echo the sentiments of Mother Teresa, who said, "Peace begins with a smile." Let us endeavour to spread joy and serenity with every smile, knowing that it contributes to the collective harmony of our Christ School family.

In the words of Helen Keller, "Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence." May our journey through the New Year be guided by the unwavering faith in our ability to create positive change. In the busyness of life, let's remember to nurture our minds with kindness and our hearts with tranquillity. Together, let's create a space where understanding thrives, and compassion becomes our guiding light.

Warm regards,

Fr. Reji Koodapatt CMI
Vice Principal & Finance Administrator
Christ School, Bangalore

EDITORIAL

Mr. Justin Kumar

Dear Christies,

In our quest for a more sustainable and balanced world, it's essential to consider our ecological impact, or 'Green Footprints.' These footprints represent our individual and collective environmental impact, from the resources we consume to the carbon emissions we generate. By adopting eco-friendly practices, such as reducing energy consumption and conserving water, we can shrink our green footprints.

Our mental well-being is the cornerstone of a harmonious life. Embracing self-care and mindfulness can nurture mental wellness. Together, these principles of sustainability and mental wellness offer a holistic path to a brighter and more harmonious future.

COORDINATOR'S MESSAGE

Ms. Christie Noel
Co-ordinator
High School

" An investment in education always pays the best interest" - Benjamin Franklin

Christ school envisions its students to become well rounded citizens of society. In line with this philosophy we had various programs like a district level Karate tournament, Hindi Diwas and the International Day of Democracy. In connection with the International Day of Democracy, students got an opportunity to read the preamble of our constitution together. The Summative Assessment - 1(I-VIII) and Mid-Term Examination (IX & X) for the Academic Year 2023-24 were conducted . For the spiritual and moral nourishment of the students, prayer services were conducted where the focus is on imparting values like honesty, truthfulness and compassion. Many programs were also conducted which targeted important issues like Sexuality and Reproductive health, Substance use and its effects, Emotional regulation and Career Guidance. The School and teachers believe that psychological, physical and emotional development of the students go hand in hand. Staff meetings were conducted every month to help the members of the staff to evaluate themselves and to realign to accomplish the goal of the institution. One day excursions were organized to Wonder La and Fun world. A week long excursion to Delhi and Agra was held for the students of class X. At Christ School, the management and the staff strive towards helping each student finding their path in their lives and enable them with life skills that would help them in their respective paths.

COUNSELOR'S DESK

Ms. Shikha Sinha
Student Counselor

Make your dream your passion

Children don't forget the childhood dreams of being a doctor, pilot, dancer, scholar due to the situational struggles and avoid its influence on your potential to achieve it. Let each day proceed in creating the vehicle that helps you reach your destination. Let the vehicle be the learnings that life teaches every day and accelerate it with high motivation, patience, resilience, cooperation, self-care, self-awareness and loyalty towards self, others and your dream, commitment, creativity and humbleness. Live for your dream every day and live it once your vehicle lands at its destination. Let the world encounter your passion and its struggles. Everyday dream of yourself being your own ideals. Enjoy the process of making your dream true. Beat the world's challenges with your strengths.

CHRIST SCHOOL
BENGALURU - 560029

PEACE & HARMONY

Holy Eucharist and Prayer Service

On September 13, 2023, the prayer service was conducted on the theme 'Speak no evil, see no evil, Hear no evil'. Father Principal shared a meaningful message during the prayer service.

The Holy Mass took place at St. Thomas Forane Church. Rev. Fr. Anto Kanjirathinkal CMI, the Vicar, delivered an inspiring message. The focus was on 'Love, Care, and Sympathy'. These moments strengthen our shared values, uniting us in pursuit of goodness and compassion.

A prayer service was hosted for non-Catholic students from standard I to X with the theme 'Morality' on October 6, 2023. It commenced with a soulful prayer song that set the tone for a meaningful gathering. The service, thoughtfully designed, included intercessory prayers, scripture readings, moments of personal reflection, guided meditation, and a selection of uplifting prayer songs. Students grasped the profound concept that prayer is not merely a ritual but a state of mind where an amazing exchange happens, where we humbly hand over our worries, hopes, and gratitude, and, in return, receive His blessings.

For our Catholic students, a special Holy Mass took place at the school chapel on the same day. Father Praveen Payapilly CMI, with his inspiring words, emphasized the significance of prayer in our lives, reminding us of the spiritual strength it provides in navigating life's challenges."

Ms. Leema Assuntha

FEAST OF REV. FR. NIJO JOSE CMI

On October 9, 2023, the Christites gathered to celebrate the feast of their revered principal, Rev. Fr. Nijo Jose named after the faithful, Abraham. Fr. Nijo Jose, who serves as a source of spiritual guidance and exemplifies educational leadership, has nurtured both academic and moral growth within the school.

The feast day was marked with honour as Rev. Fr. Reji Koodapatt CMI, the finance administrator, bestowed a shawl upon Fr. Nijo Jose CMI and coordinators received greeting cards, gifts, and bouquets. Faculty serenaded him with a melodious song, and Ms. Jerin James expressed deep gratitude for his unwavering dedication. The staff extended heartfelt wishes, and Father shared joy by distributing chocolates. They prayed for God's blessings and protection for Fr. Nijo's continued successful journey.

Ms. Jessy Shibu

INAUGURATION OF WALL OF HAPPINESS

We are excited to inaugurate the "Wall of Happiness," on September 05, 2023, a symbol of hope and unity at Christ School's Centre for Social Action. This dedicated space allows students to share unused items with those less fortunate. Conveniently labelled containers ensure all donations, regardless of size, find a place on this bridge of compassion.

Chethan C
Std. IX A

BLESSING OF SCIENCE LAB

On September 5, 2023, the new labs of Physics, Chemistry, and Biology were inaugurated and blessed by our Principal, Rev. Fr. Nijo Jose CMI. Here, at Christ School, we aim to provide an immersive experience that encourages students to learn through hands-on experiments. These state-of-the-art facilities will ignite the curiosity and passion for scientific exploration among our students.

Ms. Cini Joseph

"हिंदी: एक भाषा, एक संस्कृति, एक गर्व"

"Hindi: One Language, One Culture, One Pride"

Hindi Diwas was celebrated on September 14, 2023, in the Chavara Auditorium. The Chief Guest for the occasion was Dr. Sebastian. Dr. Sebastian delivered a motivating speech in Hindi, winning the hearts of everyone present. A skit demonstrating the importance of the Hindi language was performed, followed by a speech from the vice-principal. Father shared his thoughts on Hindi Diwas with inspiring words. The ceremony concluded with a vote of thanks.

Ms. Vidya Rani Sinha

TEACHERS DAY CELEBRATION

Christ school celebrated the Teachers' Day On September 05, 2023. The cabinet members organized the whole programme. Rev. Fr. Nijo Jose CMI, our Principal, Rev. Fr. Reji Koodappattu CMI, our Vice Principal, and all the teachers were welcomed with sandalwood paste on their foreheads. The programme included prayer songs, fusion dance, group songs, western dance, felicitations, and a vote of thanks. All the events were organized to acknowledge the dedication and hard work of teachers. Rev. Fr. Principal and Vice Principal congratulated students and acknowledged the sincere effort of each teacher.

Alona Maria Francis
Std. XE

ONE-DAY OUTING

The one-day outing for Christ School State Staff to RD's Nature Retreat Resort on October 20, 2023, was truly a delightful experience. The serene ambiance of the resort provided a perfect escape for the educators, offering a refreshing break from their daily routines. The staff indulged in various activities, fostering team spirit and camaraderie. Whether engaging in team-building exercises, enjoying nature walks, or simply relishing the tranquil surroundings, the day was filled with moments of joy and relaxation

ANNUAL SPORTS MEET

The Annual Sports Meet showcased an exhilarating blend of talent and sportsmanship on 27 and 30 September 2023. The first day, graced by the presence of international Badminton player Mr. Vijay Lancy, was filled with thrilling track and field events, fostering teamwork and healthy competition. The atmosphere buzzed with excitement and camaraderie as students showcased their athletic prowess, leaving everyone with fond memories and a deep sense of pride.

The second day, featuring a special Annual meet for parents, teachers, and non-teaching staff, was a joyful celebration of talent and unity. Dr. Soumya Joseph, HOD of Physical Education, (Christ Deemed to be University) an esteemed figure in physical education, added prestige to the event. Parents and teachers, embracing true sportsmanship, participated enthusiastically, making it a day of shared enjoyment and accomplishment. The festivities unfolded seamlessly, leaving a lasting impression of joy and success.

Ms.Deepa

CLASS PICNIC

Our school is dedicated to providing a holistic and high-quality education to our students. In line with our commitment to their overall development, class picnic was organized for the primary students on October 19, 2013, to Fun World and Water World. This outing was a memorable experience for the students of classes 1to 4.They were brimming with excitement and joy, arriving with bags filled with games, food, and more. The day was a delightful mix of singing, playing various games, and laughter. It offered a wonderful opportunity for the children to strengthen their bonds with each other, fostering a sense of camaraderie and unity. We believe that such experiences are integral to their holistic development and well-being.

Ms. Savitha Asha

ADVENTURE DAY

Amidst the vibrant colors of the fall season on October 19, 2023, the exuberant students of Christ School, spanning from grades 6 to 10, embarked on an exhilarating excursion to Wonderla. Nestled within the joyous ambiance of the amusement park, the students reveled in an array of enthralling dry and water-based games, offering an eclectic fusion of thrills and entertainment. This meticulously organized outing entailed comprehensive arrangements, including seamless transportation, meticulous safety protocols, and dedicated supervision, ensuring a harmonious blend of excitement and security throughout the day. The trip to Wonderla proved to be an exceptional, well-coordinated venture, resonating with joyous moments that will undoubtedly be cherished by the students and remembered fondly as a highlight of their school year.

Mr.Vinod Kumar

EDUCATIONAL TOUR FOR CLASS X

An education trip for Std. X was held on October 27 to 31, 2023. The Delhi-Agra trip was truly memorable. On the first day, we visited The National Air Force Museum, Ministry of Electronics and Information Technology, National Gallery of Modern Art, India Gate, and National War Memorial. Day 2 included Qutub Minar and Lotus Temple, along with a meal at Gurudwara's Langar and a tour of the National Museum, followed by a visit to Nehru Park, witnessing the G20 summit display and a captivating light show at the Prime Minister Museum. We explored Fatehpur Sikiri on Day 3, stopping for shopping at Sadar Market. While in Agra, we were awestruck by the iconic Taj Mahal, explored the historical Agra For, and returned to Delhi with a quick stop at INA Market. The next day, we visited the Rashtrapati Bhavan Museum, delving into its history, and concluded the trip with a visit to the Red Fort. These experiences left us with cherished memories to last a lifetime.

Shreya Vivek Kumar
Std. XD

THRIVELIFE : NAVIGATING WELLNESS AND CHOICES

An awareness program was conducted for students in classes 6, 7, 8, 9, and 10 on various important topics. Like Sexuality and Reproductive health, Substance use and its effects, Emotional regulation, and Career Guidance.The resource person was from Christ University for the programme. These awareness programs serve as valuable opportunities for students to gain knowledge, develop critical life skills, and make informed choices.

MECHANIZING MINDS: A ROBOTECH WORKSHOP

The robotics session was conducted on September 6. 2023 for Std. VI to IX. Mr.Jaganathan Ram, the CEO of Robocrop and his student Mr. Aarohan talked about the importance of Robotics and its uses. The session was very interesting and useful for the students.

Dhanvi
Std. IXD

INTERNATIONAL DAY OF DEMOCRACY

That's a wonderful initiative to celebrate the International Day of Democracy at Christ School on September15, 2023. It's great to hear that our principal, Rev. Fr. Nijo Jose CMI, read the preamble of the Constitution, and students repeated it. This helps in emphasizing the importance of democracy and civic engagement among the students. Democracy is a vital aspect of our society, and understanding its principles from a young age is essential.

Mr. Justin Kumar

FACULTY DEVELOPMENT PROGRAMME

"On September 23, 2023, Christ School hosted a Faculty Development Program led by Rev. Fr. Dr. Viju Devassy, the Pro Vice Chancellor of Christ University. The enlightening session centered on "Positive Learning," under the theme "Empowered Teachers, Thriving Individuals." Rev. Dr. Devassy emphasized the importance of wellness over curing, drawing insights from positive psychology. This empowering event aimed to equip teachers with valuable tools for fostering a positive learning environment.

Mr. Babu Joseph

PURPOSE OF EDUCATION -EDUCARE' -TO BRING OUT

The aim of education is to bring out the innate potentialities and develop talents and skills of each individual student.

The staff updating programme led by Dr. Joseph I. Injodey, Senior advisor and consultant, Executive director, Rajagiri Centre for Business Studies, Kerala on October 21, 2023, highlighted the above thought. Dr. Joseph Injodey's varied experience of 34 years at Rajagiri inspired him to enrich us with his views on education. The students and parents are the crucial stakeholders in the education process. Teachers have to not only teach with expertise but practice what they teach and dispel the ignorance of students. The bond between teachers and students should be such that they emulate correct and noble deeds. Knowledge acquisition is not just the purpose of educating them but to mould them into confident and positively oriented individuals. Our words should be constructive and good values practiced by teachers must inspire them in their life's journey.

Ms. Betty Biju

CHRIST SCHOOL
BENGALURU - 560029

IGNITING EXCELLENCE IN STAFF

The 5th staff meeting of the academic year 2023-24 occurred on September 30, 2023. The agenda encompassed updating upcoming events, evaluating past events, the counsellor's report, and an address by our Principal, Rev. Fr. Nijo Jose CMI. The principal underscored the significance of human potential and performance, drawing parallels with Red Wood trees. He stressed the necessity of teamwork, collaboration, and mutual support for growth. The team is now motivated and poised to implement discussed strategies, aiming to enhance collaboration and productivity in anticipation of the next staff meeting.

Ms. Rekha

"Success is the best when it's shared"

The 6th staff meeting was on October 18 , 2023, covered the updates on the upcoming events, evaluation of past events, and Counselor's report, trainees' expressing gratitude, and an insightful address by our Principal, Rev. Fr. Nijo Jose CMI. He emphasized the value of humility and also recommended holiday reading. We are eager for the next staff meeting and look forward to building upon our progress while fostering greater collaboration and synergy within the team.

Ms. Jayashree

"KARATE KA-CHAMPIONS!"

On September 01, 2023, the education department of Karnataka organised a district-level karate tournament. Tameem Ahmed of Std. IX D participated and secured a prize in the 40KG Category (2nd Place) and Mithil. R from Std. VIII B in 55KG Category (3rd Place).

Sonika Gowda of Std. X A and her companion have achieved Bronze for 13th **ACROBATICS GYMNASTICS ASIAN CHAMPIONSHIP**. She and her companion represented India.

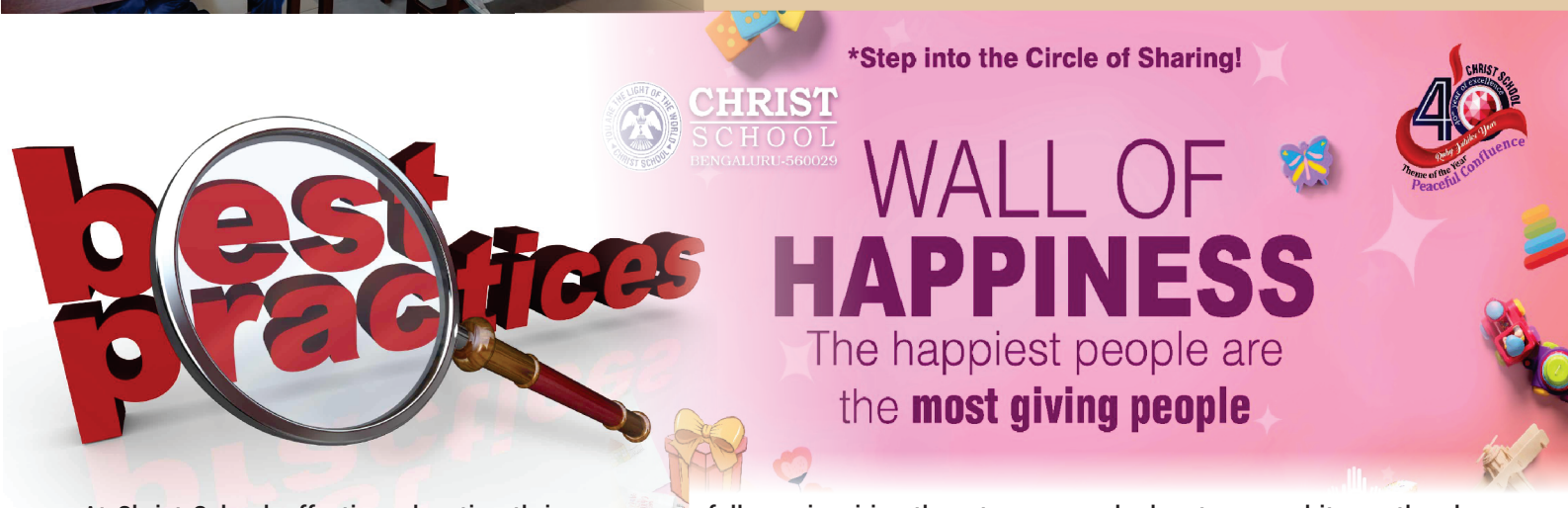
Hearty congratulations on this far reaching achievement

ASSESSMENTS

"Exams are temporary, but your knowledge and skills last forever."

Summative Assessments provide insights into students' progress, revealing gaps in understanding and delivering quantitative results. They aim to evaluate overall learning and monitor progress toward objectives. Exams are integral to the learning process, testing knowledge and self-awareness. The Summative Assessment - 1 and Mid-Term Examination for the Academic Year 2023-24 were conducted from October 9 to 18 , 2023 for students in Std. I to X. Students were encouraged on doing their best without unnecessary stress.

Ms. Lincy K J



At Christ School, effective education thrives on a carefully curated blend of best practices, ensuring a vibrant and constructive learning milieu. A notable embodiment of this ethos is the "Wall of Happiness" initiative at the Centre for Social Action. This initiative resonates deeply with students, inspiring them to generously donate unused items, thereby enriching the lives of the underprivileged. Such endeavors not only cultivate empathy but also foster a sense of responsibility among students towards the broader community.

CERTIFICATE OF EXCELLENCE

In the academic year 2023-24, Formative Assessment – II marked the exceptional achievement of 70 students spanning from classes 1 to 10, all attaining the prestigious A+ certificate. The certificate distribution ceremony on September 15, 2023, evoked immense pride and motivation among the students. Rev. Fr. Nijo Jose CMI, the Principal, extended heartfelt congratulations and inspired them to continue their quest for excellence.

"A Reader Lives A Thousand Lives Before He Dies"

_ George R.R Martin

Reading is of immense importance in a child's life for numerous reasons. Here are a few benefits of incorporating reading into daily life: Language Development, Cognitive Development, Imagination and Creativity, Academic Success Empathy and Social Skills, and Stress Reduction. So, let us take out a couple of minutes from our busy lives, to explore a new world filled with surprises.

Alina .S. Thomas
Std. -X E

Chandrayaan-3 Makes India Proud

On 23 August 2023, India made history with the success of the Chandrayaan-3. LIBS, an instrument in the rover, has discovered various elements present on the lunar surface. ChaSTE which measures the temperature of the lunar surface observed that it has a high temperature. ILSA finds that there are movements on the lunar surface. These observations tell us that the moon is a habitable place.

Sanjay Manoj
Std. X C

Peer Pressure

"Don't let the noise of others' opinions drown out your own inner voice." - Steve Jobs

Peer pressure refers to the influence that individuals of the same age group. It can manifest in various forms, such as encouragement to conform to particular behaviours, attitudes, or choices. Peer pressure can be negative as well as positive. Parents, educators, and mentors play a crucial role in helping and enabling them to navigate peer pressure and make informed decisions that align with their values and goals.

G. Deepthi
Std. X B

Beyond the Trophy: The Hidden Benefits of School Competitions

In the pursuit of knowledge, victory extends far beyond trophies. Albert Einstein once said, "The value of achievement lies in the achieving." School competitions offer an arena for personal growth and skill honing that transcends accolades. It nurtures qualities like resilience, teamwork, and discipline. So, let us celebrate not only the victories but also the indomitable spirits forged in competitions. These are the true treasures, preparing the students for a future beyond trophies.

Aron Mathew
Std. X D

The Boundless Incomprehensible Cosmos

"The nitrogen in our DNA, the calcium in our teeth, and the iron in our blood were all made in the hearts of dying stars. We are made of stardust." -Carl Sagan

What comes to mind when we hear the word "space"? Planets revolving and the solar system, of course. But the universe is much more than that. So space exploration is important. When we research cosmology, a question arises. How did the Big Bang, the beginning of the universe occur at the singularity? Well, it is unanswered.

Shnamukha
Std. X E

Talent or Hard Work?

Talent is a gift given to a chosen few,
a natural knack that shines through.
Talent may bloom, but it can also fade,
without hard work, it withers in shade.
For success is not a gift of chance,
It's the crown of sweat and suffering.
Talent alone cannot ensure that crown,
the value of hard work is never to be frowned.
Talent's a thread, that is to be stitched to a road.
To a road of success.
Hard work's a needle,
that stitches that road.
It's not a question of either.
Success we shall achieve,
with their harmony.

Celesty V C
Std. X C

How to Overcome Fear?
"Thinking Will Not Overcome Fear But Action Will"

Think about your biggest goal. Why haven't you accomplished it yet? Fear is the limiting factor stopping you from working toward what you want. Some steps will teach you how to conquer fear and move you closer to the life you want: Identify your fears, Recognize that fear can work to your advantage, Create goals, and Surround yourself with success.

Priya Franco
Std. X B

High School Students Need Life Skills Education to Succeed in the Real World

We all know that we learn math in school. But what about life skills? A life skill is a skill that helps you live a happy, healthy life. Many parents don't have time to teach their children how to cook a simple meal because both of them are working . If the school system focused on teaching students life skills students would be the best explorers in their life.

Shriya .V. Kumar
Std. X D

सह शिक्षा (Co-education)

सह शिक्षा एक ऐसी सहज प्रणाली है जिसके द्वारा बच्चों में आत्मविश्वास की बढ़ोतरी होती है। इसके माध्यम से बच्चे जीवन में सफलता की सीढ़ियां चढ़ते हैं, क्योंकि वे अपने विचारों को एक दूसरे के समक्ष रखते हैं और विशेष ज्ञान अर्जित करते हैं। उनमें एक स्वस्थ मानसिकता का विकास होता है।

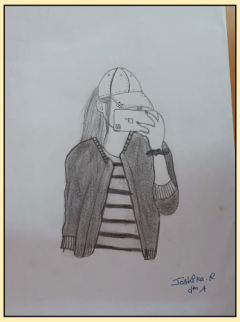
पर्दा प्रथा, लिंग भेद जैसी सामाजिक बुराइयों को भी दूर करने में अपनी भूमिका निभाते हैं।

इसके विपरीत कुछ क्षेत्रों में इसमें भी कमियां दिखाई देती है। कभी -कभी उनके नज़रिए में बदलाव दिखाई देता है।वे अपनी स्वतंत्रता का दुरुपयोग कर नैतिकता का पतन भी कर बैठते हैं।

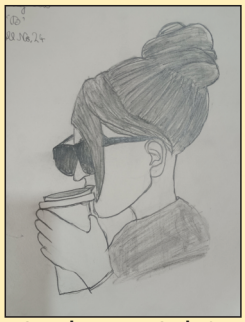
फिर भी मेरी नज़रों में सह -शिक्षा बेहद फायदेमंद है।

Shrujana Reddy.M
Std. X D

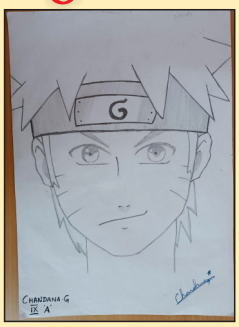
Paintings



Joshika R, Std. 9A



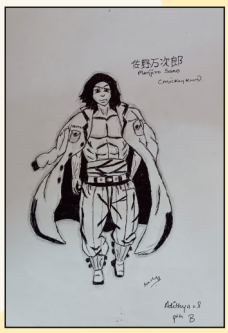
Stanley Leo, Std. 6B



Chandana G, Std. 9A

Keerthika, Std. 9A

Mohammed Anas, Std. 4B



Adithya S, Std. 9B

Afifa Aukhil, Std.8C

Jokitha T, Std. 7A

Aishwarya Nair G.A , Std. 9C

Mariam Fathima, Std. 7 A

Shreya K.S, Std. 9A

Ananya S, Std. 2B

Vismaya M Std. 3C

Parent CORNER

Ms. Ruqsana Perveen
Parent of Nida Noorine of Std. VA

Balancing physical and mental wellness is crucial for a wholesome life. In today's hectic world, stress is prevalent, but it fuels personal growth. Cultivating a serene mind involves meditation, mindfulness, exercise, nature immersion, and nurturing positive relationships. Customizing these practices to your needs and daily routine is essential. Releasing negativity, forgiving, and living in the present promote inner peace.

Amidst the love from friends, family, and others, self-love remains paramount for tranquillity. Meditation sparks creativity and better sleep, simplifying the path to a healthy life. Occasional indulgence is a source of happiness.

Exercise, often misunderstood as solely for weight loss, benefits both physical and mental health. Gym workouts, yoga, running, trekking, swimming, or sports contribute to feeling and looking good.

Mastering the power of the mind is pivotal for tranquillity. Letting go of trivial issues and maintaining a positive mindset yields profound rewards. Selfless, unconditional love nurtures a healthy heart and mind. Gratitude, detachment, a childlike connection with nature, forgiveness, simplicity, and persistent effort lead to a peaceful mind.

Each new day is a fresh opportunity for happiness, setting specific goals marks the path to a truly healthy mind and peaceful heart.

Ms. Steji Crispin
Parent of Samuel Mohith of Std. IIC

We all like to see our earth green. So, why not give it a contribution. Our small deeds can bring a great difference. Let us reduce the use of plastic. Always carry a bag of your own when you set out for shopping. Always give away your plastic waste in the right hands for recycling. We can also opt for paper and cloth bags that are reusable. Next time when you give away your old notebooks look for blank pages and take them out. These papers can be made into a new rough notebook. Last but not the least, let us all become a plant mom.

DOCTOR'S DESK

HEALTHY MIND, PEACEFUL HEART

Dr. Kokila KNB
Ophthalmologist
Jayanagar, General Hospital
Batch 1995,
Christ School, Bengaluru

Present day lifestyle is running at a frantic pace and is endlessly bombarded with challenges. Hence personal and professional life has to run in a balance, avoiding all the chaos. Too much information, too many options, too many decisions to make, is resulting in inability to set priorities in life and give importance to them, accordingly.

Brain (mind) and Heart (Emotion) are at work all time. So maintaining peace at mind and heart is also a life time job. Mind refers to cognitive abilities, involves processing, knowledge, memory and reasoning. This affects academics, expertise, critical thinking and logic. In short, Intelligent quotient [IQ]. On the other hand, emotional health [Emotional quotient] deals with 'Matters of heart' ie., ability to cope with and regulate emotion , ability to foster positive relationship and deal with problems and foundations without getting overwhelmed. Healthy mind is 'Book Smart'- equipped with theoretical knowledge and peaceful heart is 'Street Smart'- equipped with knowledge in real life situations. It is crucial to strike a balance between the two, to have overall success and adapt ability in life.

a) Regular physical exercise.

b) Healthy eating habits and important for good health, like wise.

c) Getting quality sleep is important lack of sleep causes negative emotion reactivity, which affects one's outlook, performance and relationship.

d) Exercise your mind with memory activity, learning a new word every day, new language, reading habit etc...

e) Get a hobby- whenever you feel blue-Convey thoughts in a paint, song or poem- helps you understand how you feel and make you feel better.

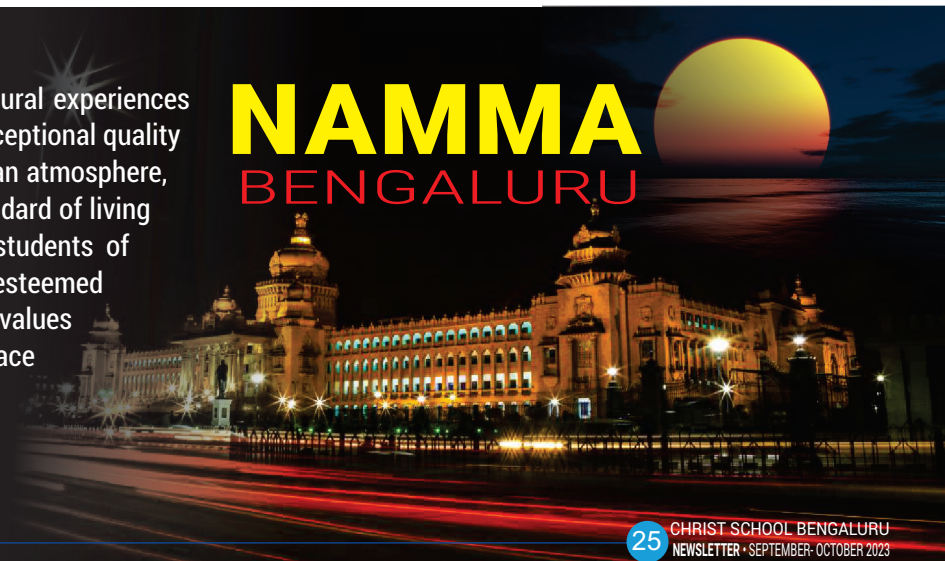
f) Practice mindfulness- this calms and focuses you, making you more self- aware in the process. May be through prayers meditation, trying a social media, turning of household task into a fun game.

g) Accepting that you are unique and exercising more empathy.

h) Strengthening social connections. Maintaining story relationships with friends, colleagues and subordinates either in person or over the phone.

Quality of Life

Bangalore, stands as a beacon of diverse cultural experiences and academic excellence. Renowned for its exceptional quality of life. The city's pleasant climate, cosmopolitan atmosphere, and diverse culinary scene contribute to a standard of living that is both comfortable and enriching. As students of Christ School, you are not only part of an esteemed institution but also immersed in a city that values education, innovation, and quality living. Embrace the quality of life that Bangalore has to offer as you navigate your academic and personal journey in this dynamic and welcoming environment.



ALUMNI SPEAKS

"Nurturing Mental Wellness: A Path to Collective Flourishing"

In our fast-paced world, the pursuit of a harmonious and thriving community begins with nurturing individual mental wellness. "Healthy Minds, Peaceful Hearts" is not just a mantra; it's a guiding principle for a society that values emotional well-being.

To cultivate healthy minds, we must prioritize mental health education, encouraging conversations around it, and promote self-care practices. Embracing mindfulness techniques, like meditation and gratitude, empowers individuals to navigate life's challenges with resilience and grace.

A society that prioritizes mental wellness fosters an environment of empathy and understanding. Open dialogue on emotions breaks down barriers, creating a support network where individuals feel heard and valued. This collective commitment to mental health doesn't just benefit individuals; it forms the bedrock of a compassionate and interconnected community.

As we champion the cause of "Healthy Minds, Peaceful Hearts," let us embark on a journey of self-discovery and mutual support. By recognizing the significance of mental well-being.

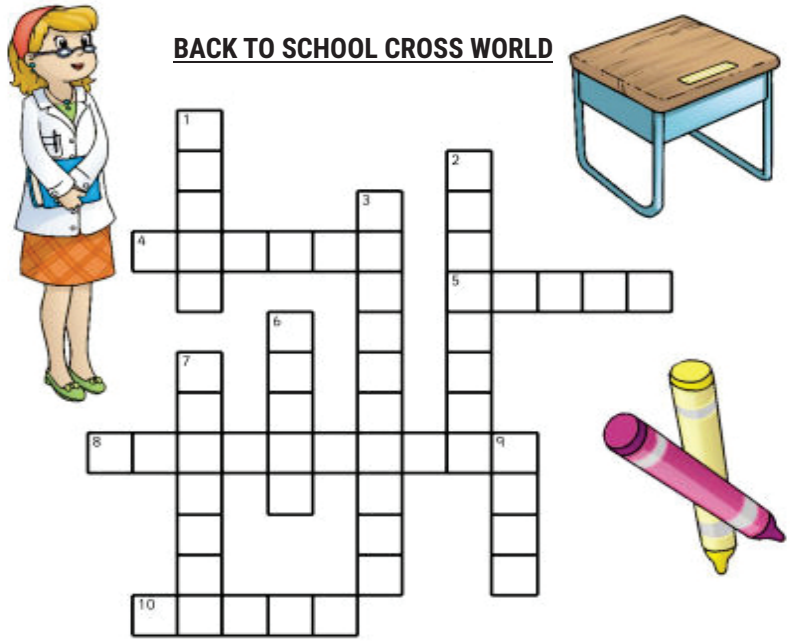
Ashly John
Assistant Manager,
AML/CFT,
Genpact India Pvt Ltd.
Batch - 2011
Christ School, Bengaluru

CROSS WORLD PUZZLE

Get ready for an exciting challenge! We've prepared a stimulating crossword puzzle for you to solve.
To participate, kindly follow these instructions:

- The last date for submission is January 30, 2024.
- Submit your completed crossword puzzle in the dropbox kept near the reception.
- All answers should be decoded from the quiz given.
- Attractive prizes await the winners!
- The three best entries will be acknowledged and showcased.

Don't miss this chance to showcase your skills and win amazing prizes!
Good luck to all participants!



DOWN

1. Draw straight line with this.
2. It has a keyboard and a screen
3. Where you go to play at break (recess)?
6. Read these at home or school.
7. They help you learn new things.
9. The teacher sits here.

ACROSS

4. Do you need to sharpen yours?
5. Write or draw on this.
8. You write on this with chalk.
10. Please _____ your name on your work

CHRIST SCHOOL
BENGALURU - 560029

NOW CHRISTITES CAN EXPERIENCE SCHOOL ACTIVITIES AT HOME THROUGH

SOCIAL MEDIA

Facebook : Experience the school activities through facebook. You can reach us on Christ School name on Facebook.

CHRIST SCHOOL- FACEBOOK

Twitter : School Tweets it's events and programmes to ensure that all communications

CHRIST SCHOOL- TWITTER

Instagram :Get daily updates through photos and videos in Christ School account

CHRIST SCHOOL- INSTAGRAM

Blog : Students can make use of school blog for updating themselves in club and extra-curricular activities.

CHRIST SCHOOL- BLOG

YouTube : Christ School now communicates with detailed information to its users through videos in YouTube. Subscribe to our channel **@ChristSchoolBengaluru.**

CHRIST SCHOOL- YOUTUBE CHANNEL

Scan QR Code

CHRIST SCHOOL LOCATION MAP

SCHOOL WEBSITE

CHRIST SCHOOL BENGALURU

CHRIST TIMES

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Christ Sports

Tameem Ahmed
Std. IX D

Mithil R
Std. VIII B

Congratulations to our District Level Karate Champions!

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