



*Empowering to Excel*

# CHRIST SCHOOL ICSE

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



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July - 2023

*The Monthly Newsletter*

# EXCELSIOR

*Ever upward and still higher...*



# July AT A GLANCE

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## Editorial Board



*Ms. Pooja Neogi*



*Ms. Divya P M*



*Ms. Naveena Benedict*



*Ms. Alin Sara*



*Ms. Vidya*

## *From the Principal's Desk*

*Rev. Fr. Nilson Davis CMI*



Dear Christites,

Education is not the filling of a pail, but the lighting of a fire.

- William Butler Yeats

Cognitive development in our students is a journey of profound importance, shaping their learning capabilities, problem-solving skills, and overall growth. This transformative process relies on the harmonious interaction between teachers, parents, and students.

Teachers serve as the architects of cognitive development. They lay the foundation by creating an engaging and stimulating learning environment. Skilled educators use various teaching methods and adapt their approaches to accommodate different learning styles. Teachers don't merely impart knowledge; they inspire. Through their guidance, students learn problem-solving skills, adaptability, and resilience. When a teacher becomes a mentor, students not only absorb information but also gain life skills.

Parents are the first and most enduring mentors in a child's life. Their involvement can either fuel or hinder cognitive growth. Encouragement, conversation, and support at home can significantly impact a child's cognitive development.

However, the role of parents in cognitive decline should not be overlooked. Excessive screen time, lack of boundaries, or parental stress can hinder a child's cognitive abilities. It's vital for parents to strike a balance and provide a nurturing environment that promotes cognitive development.

When parents create a safe space for their children to express their thoughts and emotions, it enhances their cognitive development. Conversely, neglect or a lack of emotional support can lead to stress, hindering cognitive growth. By fostering a loving and encouraging environment, parents nurture well-rounded individuals.

Students are not passive recipients; they are active participants in their cognitive development. They should embrace a growth mindset, believing in their ability to improve through effort. Setting personal goals, seeking help when needed, and exploring new subjects are ways students can enhance their cognitive skills.

Students should understand that learning doesn't stop at the classroom door. They must actively seek opportunities to expand their cognitive horizons. Joining clubs, volunteering, or pursuing hobbies are all avenues for growth. When students take ownership of their learning, they become architects of their cognitive development.

In conclusion, cognitive development in school students is a collaborative effort. Teachers ignite the spark of learning, parents provide the nurturing environment, and students fan the flames with their curiosity and dedication. Together, we sculpt young minds into the leaders and innovators of tomorrow, ensuring that cognitive development is a harmonious and lifelong pursuit.

the tripartite partnership between teachers, parents, and students is the cornerstone of effective cognitive development.

As Nelson Mandela aptly put it, "Education is the most powerful weapon which you can use to change the world." Let us arm our students with this power and guide them towards a brighter tomorrow.

Excelsior My Dear Christites.



## Vice Principal's Message

### COGNITIVE EXCELLENCE

*Dear Christites,*

I am truly happy to reflect with you on the theme of Cognitive Excellence. As Students, engaged in the pursuit of knowledge and wisdom, Cognitive Excellence is the right path through which the students must journey forward. Cognitive Excellence can be seen as one of the higher points of mental ability and academic achievement. Cognitive Excellence must serve not only as a means to get good grades in examinations, but as a means in developing skills that will serve you throughout your life.

Cognitive excellence encompasses various aspects of mental activities and powers such as critical thinking, problem-solving ability, aptitude for creativity, memorizing and learning, efficient communication skills etc. Through these various aspects, one is trained, enabled and skilled to process and synthesize information, reach well-informed conclusions and bring about effective solutions. The future of a nation and indeed of the whole world depends on a well-informed young generation of people who can provide innovative, creative and original ideas, who can think outside the box, who can connect seemingly unrelated concepts into a tapestry of well-related ideas.

As students in the pursuit of Cognitive Excellence, we should also give sufficient importance to master Time Management which is an invariable aspect of Cognitive Excellence. Effective time management allows the students to allocate sufficient time to study, engage in extracurricular activities and relax. Students must create a schedule that balances your academic and personal life. The Schedule must prioritize Health and Well-being because a healthy body and mind are prerequisites for cognitive excellence. Getting enough sleep, eating well, exercising regularly and managing stress through relaxation techniques etc. will result in students being physically, psychologically and socially better equipped and rightly tuned. These will foster resilience and a willingness to push the intellectual boundaries of the students to true Cognitive Excellence.

Being an ongoing journey, Cognitive Excellence requires dedication, perseverance and a commitment to personal growth. It is the students who have the unique opportunity to shape the cognitive abilities and prepare yourselves for a future filled with challenges and opportunities. Making your academic journey, a journey that is rightly balanced with intellectual strategies, you will be able to open up to your own seamless world of cognitive potential and excel not only in your studies but also in all aspects of life. Both our individual strategies and intellectual activities must lead us into that Cognitive Excellence which is the true path for all those in the pursuit of knowledge and wisdom!!

Thanking you all and wishing God's abundant Blessings on all of you,

Fr. Reji Koodappattu CMI

Dear Christites,

“All life is an experiment. The more experiments you make, the better.” - Ralph Waldo Emerson

# Editorial Board

In our pursuit of knowledge, the essence of true education lies not just in memorization but in fostering intellectual excellence. Our school community has been a thriving ground for young minds to explore, learn, and evolve into critical thinkers and innovators. This editorial is an ode to the spirit of intellectual excellence that permeates every corner of our institution.

Intellectual excellence goes beyond academics; it is a holistic approach that encompasses curiosity, creativity, and the courage to question the status quo. It empowers students to think independently and fearlessly, fostering an environment where diverse ideas are encouraged and respected.

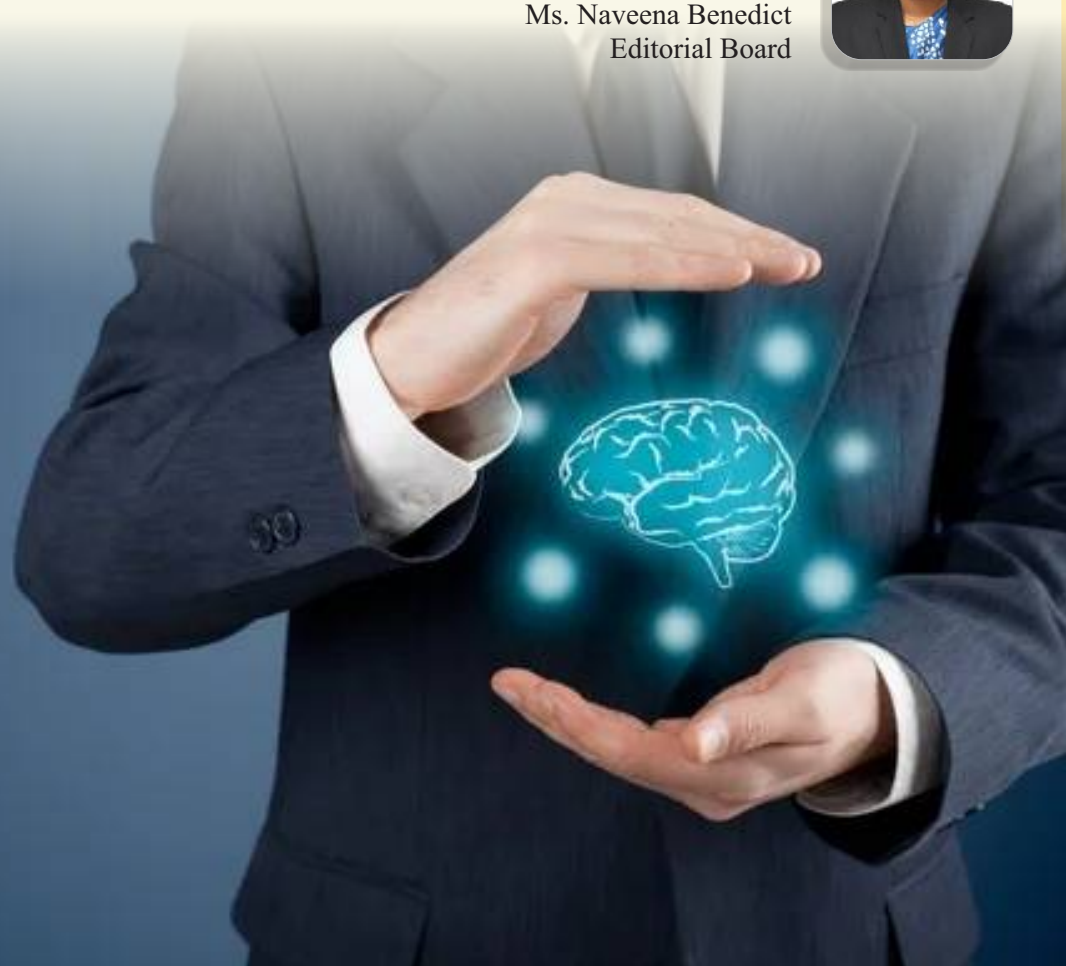
Moreover, intellectual excellence is not confined to the classroom alone. It extends to our co-curricular activities, where students are encouraged to explore their interests and develop critical life skills such as communication, teamwork, and leadership. These extracurricular pursuits enhance their overall growth, making them well-rounded individuals ready to face the challenges of the world.

However, the journey to intellectual excellence is not without its hurdles. It requires dedication, perseverance, and the ability to embrace failures as stepping stones towards success. As a community, we believe in supporting each other during these moments, understanding that failure is an essential part of the learning process.

As we celebrate our intellectual achievements, we must also remember the importance of humility. True intellectual excellence is not about flaunting one's knowledge but rather using it for the betterment of society. Our school instils a sense of social responsibility in its students, encouraging them to contribute positively to their communities.

In conclusion, intellectual excellence is an ever-evolving process that thrives on curiosity, guidance, and collaboration. Our school magazine is a celebration of the journeys undertaken by our students, each story representing a step towards a brighter future. Let us continue to cherish and promote intellectual excellence, nurturing the leaders and change-makers of tomorrow. Together, we shall create a world where knowledge knows no bounds and where brilliance flourishes in every heart and mind.

Ms. Naveena Benedict  
Editorial Board



# SOCIAL SERVICE CLUB

*Whoever is generous to the poor lends to the Lord and he will repay him for his deed.*  
- Proverbs 22:9

Kindness and compassion are the recurring things spoken about in every religion as a way to connect to others. Kindness is one of the most wonderful emotions any human can provide. Kindness may aid in the mending of a broken individual.

Christ Social Service Association will be visiting orphanages, old-age homes and destitute homes to share our spirit of charity. People are more appreciated when a powerful person shows kindness to a weak one. As a part of the visit to the 'Little Sisters of the Poor', Christ Social Service Association would like to donate some health care provisions for the elderly residents. The students of classes 1 to 10 and the teachers of Christ School ICSE generously contributed various items like Bath soaps, Face wash, Detergents, Tooth paste, Powder, Coconut Oil, Shampoos etc.

The Christ Social Service Association thank all christites and our dear parents for contributing the health care provisions as per our request. This is considered as a great act of generosity. Your kindness truly can change the world and make it a better place to live for everyone.

Thank you.  
CSSA

A Christ School ICSE initiative...



# EDUCATIONAL TRIP TO VIDHAN SOUDHA

Hands on learning is the process of learning by actually doing and experiencing something, rather than just being told about it. On 20th July 2023 we the students of class 10 got the chance to witness what we had learnt from our history text books by visiting vidhan saudha along with our dear principal and teachers. Vidhan soudha or legislative house in Bangalore is the seat of state legislature of Karnataka. Upon entering the premises, we were warmly welcomed by knowledgeable guides who took us on an informative tour. As we wandered through the corridors, we learned about the rich history and heritage behind Vidhan Soudha. Inside the assembly hall we witnessed the very essence of democracy in action. An MLA was presenting a statement expressing concern over the stand taken by the government on Kaveri water and land attachment and the speaker was responding to it. The discussions, and decision-making processes were both fascinating and enlightening.

It was great experience visiting vidhan soudha and the assembly halls and sitting on the chairs in the gallery along with our teachers and listening to the speeches of the politicians in real. We would like to thank Mr. Choudhury, Mr. Lokesh and Mr. Shankar for their effective coordination of the programme. Our Principal's foresight to expose us to the world of governance, politics, and democracy has broadened our perspectives and instilled in us a deeper appreciation for our roles as responsible citizens. I want to express our heartfelt thanks to our Principal. I want to extend my sincere gratitude to our teachers and organizers who made this educational trip possible. Our educational trip to Vidhan Soudha has been a transformative experience, one that has left an indelible mark on our minds and hearts. Let us embrace the spirit of democracy, become agents of positive change, and work together to build a better, brighter future for ourselves and generations to come!

Shraddha Balasubram  
Class X- A



# REPORT OF CLASS IX HOLY QURBANA

On Friday, 14th July, a Holy Qurbana was celebrated, with Fr. Reji Koodappattu CMI as the chief celebrant. The occasion was attended by approximately 300 students from classes 5-10, along with teachers, who came together for a special intercessory prayer dedicated to the 9th-class students and their teachers.

During the Holy Mass, Fr. Reji delivered an inspiring sermon centered around the life of St. Francis of Assisi. He highlighted how St. Francis, despite being born into wealth, sought fame and pursued a military career. However, a pivotal moment in his life came when he heard the voice of God questioning the essence of service – whether it is better to serve the master or the servant. This profound question opened St. Francis' eyes, leading him to choose a life of serving God and others.

In his sermon, Fr. Reji emphasized the importance of seeking God in times of trouble by quoting Psalm 50:15 "Call upon me in the day of trouble; I will deliver you, and you shall glorify me".. He shared the message that those who are in distress or facing challenges should turn to God for guidance and solutions.

Ms. Beena Koshy



## YOGA

The following were the asanas done by the students during the yoga session. The students participated and learnt with interest.

Shavasana

Vajrasana

Shahankasana

Ardha matsyendrasana

Ms Sunitha  
PE Department





## SESSION BY REV. FR. MARTIN MALLATH, CMI

On the 20th of June, 2023 the faculty members of Christ School ICSE, Christ Kindergarten, Christ Pre-KG and Christha Vidyalaya had a session on the CMI Education Policy. The session was headed by Rev. Fr. Martin Mallath, CMI, Gen. Councillor for Education and Communication Media. He enlightened us about the "CMI Education Vision for Integral and Human Development of Children. He emphasized on the point that - "Students do not enter school as empty vessels to be filled with knowledge. Rather, they bring with them rich and varied languages and cultural experiences." The session was very knowledgeable and interactive.

Mr. Paul Dhinakaran M  
Department of Chemistry.



## Annual Science Quiz 2023-24 conducted by VITM, Bangalore.

Abdul Azeez Wajid of X D and Melvin Shibu IX F took part in the Annual Science Quiz 2023-24 conducted by the Visvesvaraya Industrial & Technical Museum on 25th July, 2023. The event was a part of their 58th Anniversary Celebration. This was a Preliminary Round. There were around 80 schools who were a part of this Quiz Contest. The winners of the Preliminary Round will be published on the VITM website. Our students have given their best in the Preliminary Round and we are hoping for the best.

Melvin  
Class - IX F



# Honouring the Board Exam Toppers: Celebrating Excellence

“Excellence is the gradual result of always striving to do better.”

- Pat Riley

Education is the foundation upon which future leaders are built, and acknowledging academic excellence is crucial for fostering a culture of achievement. In line with this belief, Christ School ICSE organised an honouring programme for the toppers of the 2022-23 ICSE board examination.

In the year 2022-23, a batch of 207 students appeared for the board examination. Out of these, 172 students secured distinction and 77 students scored more than 90%. The highest score 98.8% was bagged by Master Harry Aadith who secured centum in various subjects.

Along with him, Miss Sukritha K scored 98.6% and Miss Gopika Arun and Miss S Dhanyaa Shree scored 98.4% and emerged out as exceptional performers. They have not only made their parents and teachers proud but also serves as an inspiration to their fellow students.

Christ School ICSE organised a grand ceremony on 15th July 2023 to honour the students who secured more than 90% in the board examination. This grand celebration brought together the distinguished guests, educators, proud parents, and the entire school community to acknowledge the remarkable achievements of these exceptional students. The highlight of our program was the presence of our esteemed Chief Guest, Dr. Benny Kuriakose, President of Karnataka ICSE School Associations and the Principal of Spoorthi Global School. During the event, each topper was presented with a memento as a token of appreciation, symbolizing their outstanding performance.

Let us celebrate the brilliance of these young achievers and inspire the future generations to unlock their potential and create a brighter future for themselves and society.

Heartiest congratulations to all dear students who made Christ School ICSE proud with their excellent performance in the 2022-23 board examination.

May you continue to chase your dreams, reach new heights, and make us proud in every step of your journey.

Ms. Ansamma Mathew





# ESPERANZA 2K23 (Talents Day)

“All of us may not have equal talent but all of us have equal opportunities to develop our talent,” - Dr. A.P.J Abdul Kalam.

With this thought in mind, Christ school ICSE organized ESPERANZA 2K23, the Talents Competition to unleash the hidden talents and nourish the talents in students and also to appreciate the unique talent in others.

Students of classes 1- 10 were given the opportunity to show case their talents in the events.

This year the Talents' Fest happened in two phases. The first phase happened in the month of June,2023. It included 4 & 5 specific events.

The phase II happened in the month of July which had variety of 48 events including both group and individual.

A preliminary round was conducted before the finals for the events, students actively participated in the event and have shown their enthusiasm and dedication in their efforts. It was an extravaganza of creativity, artistic and cultural talents.

The talents fest came to an end with the Valedictory ceremony of ESPERANZA-2K23 - The Chief Guest Ms. JEAN SAMUEL GEORGE former KISA president graced the occasion. PRIZE DISTRIBUTION for the various events was done by the Chief guest. Ms. Jean Samuel George in her message told the students that true success lies in your ability to make a positive impact on the lives of others, to contribute to the betterment of society and to be a beacon of inspiration for those around them.

The events were conducted keeping in mind the theme of the year 'EXCELENCIA' Empowering to excel in the fields which they are good at.

A big thank you to our Rev. Fr. Nilson Davis CMI, our principal, for his guidance, support, motivation and ideas.

I also thank, Fr.Reji Koodapattu, Vice Principal & Financial Administrator for their constant support and prayers.

Congratulations to all winners of various events.

Ms. Bilgy Johnson  
Talents Committee









## Leaders For The Month Of July



# ACHIEVEMENT

As an alumnus of Christ School ICSE, graduating in the year 2020, it is with great joy and gratitude that I share an incredible achievement in my academic journey. I have been awarded a remarkable scholarship of \$170,000 (1.4 cores INR) to attend St. John's College in the United States, marking a significant milestone in my pursuit of higher education. When Dr. APJ Abdul Kalam famously stated that "the best brains of the nation are found at the backbenchers of the classroom ". Inspired by this sentiment, I took a calculated risk by taking a gap year from school to apply for a scholarship abroad. It was a risk without a backup plan, driven solely by faith in my ability to overcome any obstacles that came my way. The support and guidance I received from Christ School ICSE empowered me to embrace failure as an essential part of the learning process. The opportunity to study at St. John's College is a dream come true through the help of my parents, teachers, and Principal.

Asher A Naveen



**Abhishek ( VIII - C)**

Secured First Place with Gold Medal & Selected for National level Karate Competition Conducted by CISCE Sports and Games - 2023



**Syed Hasnain (IX - B)**

Secured First Place with Gold Medal & Selected for National level Karate Competition Conducted by CISCE Sports and Games - 2023



**Christeve Amul (VI - H)**

Secured Third Place with Bronze Medal Karate Competition Conducted by CISCE Sports and Games - 2023



**Yashas Sai ( IX - E)**

Secured Third Place with Bronze Medal Karate Competition Conducted by CISCE Sports and Games - 2023



**Kovidh Muraleedhara (VI - E)**

Secured Third Place with Bronze Medal Chess Competition Conducted by CISCE Sports and Games - 2023 & Selected for National Level Chess Competition



**Yuvanesh A (VI - D)**

Secured First Place with Gold Medal Chess Competition Conducted by CISCE Sports and Games - 2023 & Selected for National Level Chess Competition

# Congratulations



# Smart Class Award for the Month of July



Class : I D  
Class Teacher : Ms Leah Francis  
Class Leaders : Abdulla Asghar  
Nidhishree R



Class : II F  
Class Teacher : Ms Jessie T A  
Class Leaders : Pranav Vishnu K  
Faizah Hussain M



Class : III F  
Class Teacher : Ms Rilina Shalini  
Class Leaders : Abhinni Singa  
Manasvitha S



Class : IV F  
Class Teacher : Ms Pooja P  
Class Leaders : Samrudh S B  
Prerana R Sonnappa



Class : V B  
Class Teacher : Ms Monalisa Sinha  
Class Leaders : Hana Tom  
Karki Mishran



Class : VI F  
Class Teacher : Ms Shikha Mary M M  
Class Leaders : Preetham Kumar P  
Nithila S Reddy



Class : VII H  
Class Teacher : Ms Arshiya Tabassum  
Class Leaders : Aditi H  
Shushil S



Class : VIII B  
Class Teacher : Ms Mini Manuel  
Class Leaders : Aniketh S Nair  
Gunjan Khandelwal



Class : IX A  
Class Teacher : Ms Divya P M  
Class Leaders : Tejas Singh  
Ainab Taslim Arif Khanadali



Class : X A  
Class Teacher : Ms Anitha Joseph  
Class Leaders : Parameshwar Ditta Singh  
Tessa Roby

*Congratulations*

## Taniya Chacko

### *A little about myself:*

My name is Taniya Chacko and I'm from Kerala. I'm really passionate about my profession as a teacher and I'm always looking for new ways to learn and improve my skills.

### **My educational background:**

M Sc Analytical Chemistry,  
B.Ed & Diploma in Herbal Chemistry



**\*My birth date:** 15 April

**\*Zodiac:** Aries

**\*My hobbies:** listening to Music, Gardening, Cooking, Singing, Dancing

**\*Favourite colour:** Blue

**\*Favourite movie:** Home

**\*Quality I admire about myself:** Quick learner

**\*Favourite food:** Biryani

**\*Ambition as a kid:** To Become successful in whatever I do

**\*Favourite book:** Alchemist

**\*Dream destination:** Switzerland

**\*Favourite subject as a student:** Chemistry

**\*Favourite quote/Motto in life:** There is only one thing that makes a dream impossible to achieve: The fear of failure

## Nitin Bartwal

### *A little about myself:*

A 23 year old Pahadi from Uttarakhand who discovered his love and passion for dancing from childhood which hasn't stagnated ever since. I'm a soft spoken, kind hearted, and down to earth person. My family is back at home and the only reason for me to stay this far from them is to make them proud someday. The two things that matter to me the most is my Mom and my Dance whom I worship with my heart and soul.

### **My educational background:**

Diploma in Folk Dances of Uttarakhand from Hemvati Nandan Bahuguna Garhwal University, Srinagar Garhwal, Uttarakhand Bachelor of Arts in Performing Arts, English and Psychology from Christ University



- \***My birth date:** 26 February
- \***Zodiac:** Pisces
- \***My hobbies:** Making friends, getting to know people, exploring new cultures and new places, trying different cuisines
- \***Favourite colour:** Black
- \***Favourite movie:** Nothing in particular
- \***Quality I admire about myself:** Helping nature
- \***Favourite food:** Rajma Chawal
- \***Ambition as a kid:** To become a professional dancer and choreographer
- \***Favourite book:** None until now
- \***Dream destination:** New York
- \***Favourite subject as a student:** Hindi
- \***Favourite quote/Motto in life:** Good things take time, so just wait, embrace the process and let things take their course.

# Literary Corner



Ernest Hemingway was born in July 21, 1899 in Oak Park, Illinois. Hemingway's adventurous and tumultuous life greatly influenced his literary works.

- Works of Hemingway are,
- v "The Old Man and the Sea" (1952). The book explores themes of resilience, endurance, and the human spirit's triumph over adversity, earning Hemingway the Pulitzer Prize for Fiction in 1953.
  - v "A Farewell to Arms" (1929). The novel delves into the horrors of war, the nature of love, and the human quest for meaning amidst chaos.
  - v "For Whom the Bell Tolls" (1940). Hemingway explores themes of sacrifice, loyalty, and the complexities of war and politics.
  - v "The Snows of Kilimanjaro," "Hills Like White Elephants," and "The Short Happy Life of Francis Macomber" are some of his notable short fiction works.

## PUZZLE FOR THE MONTH OF JULY

Answer the Riddle within the next 24 hours and WIN an E-certificate from the Excelsior team!

### Brain Teaser

You can find it in Mercury, Earth, Mars, Jupiter and Saturn, but not in Venus or Neptune. What is it?

#### To enter for a chance to win:

- ✓ Answer the riddle correctly and send it at the earliest.
- ✓ You can send your answer by tomorrow - 14th September, 2023 by 4:00 p.m.
- ✓ The first 10 correct answer shall be awarded with the E-certificates.
- ✓ Your time starts from today (13.09.23) at 4:00 p.m. and ends by tomorrow (14.09.23) at 4:00 p.m. Late answers will not be entertained.
- ✓ Mail your answers to:

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

- ✓ Mention your NAME, CLASS, SECTION. Attach your photograph in school uniform.

## RIDDLE WINNERS - JUNE



Prarthana M Vinodha (2G)



Thallam Gagan Tej (4 C)



Mohammed Shayaan (4 D)



Andrella Sharon S (4 G)



Antony Steven Sajeev (5 D)



Aldrich Wilbur B (6 D)



Gaurangi Sheel (7 B)



Vishweshwara Naik M (7 E)



Paul N Bonny (10 A)



Shradha B (10 A)