



# CHRIST SCHOOL ICSE

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

CHRIST SCHOOL (ICSE)  
BENGALURU-29

## EXCELSIOR

Ever upward and still higher...

The *Monthly* Newsletter

Vol-XI : Issue - IV  
September - 2021



### *From the Principal's Desk*

*Rev. Fr. Nilson Davis CMI*

#### **L'éclat – The happiness sparkles**

Dear Christites,

Only a happy person can make others happy. Before being a giver of happiness, you should know how to be happy for others. It happens that many positive things tend to go unsaid. The glow or the sparkle that we attain when we make others happy makes us beautiful human beings. When God almighty created us he has given us sea power to create a lot of things. Each one of us is a creator capable of creating wonders in different ways. Once a person chooses to stay in affinity with the creator he/she naturally wishes to find ways to bring his/ her glowing sense of happiness and well-being to all mankind.

When you see the dusk of hopelessness, bring it down at once with hope-awakening smiles. There is no better ornament than a genuine smile.

When you are close to someone you always take care to keep that person happy. The closeness you show to a person should never be cause for his/her sorrow. Happiness is being loved and cared for. Never keep an account for the happiness you share and never expect that the same will be returned to you in the same way. The moment you start measuring and keeping an account of the happiness and love you give to others they lose their beauty and magic. Instead try to be with people not only when they are happy but also at the time of difficulties.

Most of us have this habit – when someone considers you close enough to share their sorrow to receive some consolation we just respond saying that we are also somewhat in a similar situation and we just ignore the person without even realising that the person shared his/her pain with you because the person considers you so close to his/ her heart.

Just try the other way around. Even though you are in pain, take just a moment to console the person. You need not be so philosophical or find a solution for the person's problem but you can definitely make the person believe that you are worthy of the place given to you by that person in his/her heart. That is where you become the truest giver of happiness, even if it is the last bit of happiness you might be having at that instant.

Being a giver is the paradigm sacrifice, it is divine when you give from very little that you possess. Dear Christites, spread happiness. If someone feels you are capable of creating happiness, prove that it is true and when you do that you are fulfilling God's purpose of creating you.





## Vice Principal's Message

actions. In the Holy Bible we read that “there is more happiness in giving than in receiving” (Acts 20:35) and “God loves a cheerful giver” (2 Cor 9:7). Fraternal love increases our capacity for joy, since it makes us capable of rejoicing in the good of others: “Rejoice with those who rejoice” (Rom 12:15). “We rejoice when we are weak and you are strong” (2 Cor 13:9). On the other hand, when we focus primarily on our own needs, we condemn ourselves to a joyless existence.

There is a Chinese saying that goes: “If you want happiness for an hour, take a nap. If you want happiness for a day, go fishing. If you want happiness for a year, inherit a fortune. If you want happiness for a lifetime, help somebody.” For centuries, the greatest thinkers have suggested the same thing: Happiness is found in helping others.

For it is in giving that we receive (Saint Francis of Assisi)

The sole meaning of life is to serve humanity (Leo Tolstoy)

We make a living by what we get; we make a life by what we give.

(Winston Churchill)

Fr. Martin Onasseril CMI

## BE A GIVER OF HAPPINESS

My Dear Christites,

One of the most enigmatic realities of human life is “Happiness”. It is enigmatic in so far as only a few achieve it even though every human being is in the pursuit of it. In spite of the verities and versatilities of human attitudes and activities, the ultimate aim of human life is the same - happiness. The condition to “be a Giver of Happiness” is to be a person who experiences in one joy and happiness. As Pope Francis has time and again asked us to be “witnesses of joy” and to experience “the joy of Gospel”, we need to design our life in such a way that happiness is not only the ultimate aim of our life, but a daily experience of our life. This life of happiness requires one also to “Be a Giver of Happiness”.

Noble values such as knowledge, wisdom, joy, light, love, happiness etc. increase by sharing. By giving happiness, we are increasing not only the happiness of others, but we increase our own happiness.

The paradox of the modern life is that in spite of the enhancement in scientific inventions and increase in material wealth and resources, there is no proportionate increase in happiness and joy. To this perilous situation is added the complex confusion emerging from the pandemic and the uncertainties about the future. This sets the perfect backdrop for any good human being to “be a Giver of Happiness”. It is the unique vocation for every one of us now to experience happiness in our own life and to share this joy and happiness with others. The bleak and gloomy days of the present times should be outshined by the teeming lights of happiness which every good person should dare to share with others.

May I wish and pray that we all become Givers of Happiness.

Fr. Reji Koodappattu CMI

Dear Christites,

Humans appeared on this earth without an owner’s manual. Luckily, one of our advances has been in figuring out what causes happiness — and what doesn’t. For example, everyone wants to be happy. But have you ever noticed how some people have few material possessions, yet seem very happy, while others have an abundance of material wealth, yet seem very unhappy? How can some people remain strong through many crises, while others fall apart over nothing? If money and possessions don’t determine happiness, what does? Moreover, if the amount of stress you feel isn’t determined by the intensity of an event, then what does control it?

It’s truly said that we enjoy true happiness not in accumulating money or possessions but true happiness falls in giving abundantly. It can be your time, energy, talents, availability and the encouraging words, deeds and



## Financial Administrator's Message



*As we work to create light for others, we naturally light our own way.*

– Mary Anne Radmacher

The greatest happiness in the world is to make others happy. If you want happiness for an hour- take a nap. If you want happiness for a day- go fishing. If you want happiness for a year- inherit a fortune. If you want happiness for a life time- help someone else. Helping others is the source of happiness. Thousands of candles can be lighted from a single candle, and the life of the candle will not be shortened. Happiness never decreases by being shared. Mother Teresa once said, “If you can't feed hundred, just feed one. Spread love everywhere. Let no one ever come to you without leaving happier. Kind words can be short and easy to speak, but their echo is truly endless.” The secret of true happiness lies in giving and sharing more than in receiving and taking. Man cannot live alone, so we should try our best to help others as much as possible. I always believe that spiritual happiness is more important than material happiness. Spiritual happiness is a feeling that everyone can get if he is willing to devote himself to do something meaningful all his life.

Dear friends, one of the best ways to create a happier life for yourself is to make other people happier. You'll feel happier as someone's face lights up with joy. You'll feel happier because you have done a good thing. I encourage you to look for the opportunities where you can give and help others. The gift of joy will come to you when you give of yourself to others. That's what life is all about. Let's practice and commit our lives in giving and sharing happiness to others. So, let's try our best to be the reason for somebody's happiness.

From  
The Editorial Board



Ms Mini Manuel

## SEPTEMBER AT A GLANCE

- ▲ TEACHERS DAY
- ▲ NATIVITY OF MOTHER MARY
- ▲ HINDI DIWAS
- ▲ ESPERANZA WINNERS
- ▲ INTERNATIONAL PEACE DAY
- ▲ PARALYMPICS 2020
- ▲ MORNING ASSEMBLY
- ▲ WEBINAR FOR THE STUDENTS OF CLASS 7 AND 8
- ▲ WEBINAR FOR THE STUDENTS OF CLASS 9 AND 10

## Guests Of The Month



Dr. Jilshy Varghese  
Webinar Classes 7, 8, 9 & 10



Dr. Dheekshitha  
Webinar Classes 7, 8, 9 & 10

## UPCOMING EVENTS

- 1<sup>st</sup> - International Day of Older Persons
- 2<sup>nd</sup> - Lal Bahadur Shastri Jayanti & International Non Violence day
- 4<sup>th</sup> - World Animal Welfare Day
- 5<sup>th</sup> - World Teacher's Day
- 8<sup>th</sup> - Indian Air force Day
- 8<sup>th</sup> - Classes 1 to 8 - UT2 ends  
Class 9 - UT3 ends  
Class 10 - Ist preparatory ends
- 15<sup>th</sup> - Global Hand wash Day
- 23<sup>rd</sup> - PTM for class 10 (Offline)
- 30<sup>th</sup> - PTM for classes 1 to 9 ( Online) & Staff Meeting





# TEACHERS DAY- GURUBYO NAMAHA 2K21

Christ School ICSE celebrated GURUBYO NAMAHA 2K21 (THANKFUL EVERY MOMENT) on account of Teachers Day on 4th September 2021. It was the day we all were waiting to show our love and gratitude towards our dear teachers. The event started by seeking god's blessings through a prayer session. We also had some mesmerizing performances by Students of classes 9 and 10. Logo inauguration of Christ school Social Service Association also took place by Rev. Fr. Fenil Karickakunnel CMI, director of Christ special school. Results of 'Endeavour 2K21' were also announced during the celebration. We also had a video presentation by students of class 1-10, in which they wished their dear teachers. We also had a short video dedicated to our teachers in which we showed how difficult it is to teach online. A carnival was conducted for our dear teachers after the official event. Teachers actively participated in all games and thoroughly enjoyed themselves. The glimpses of various events were shared in our school's official YouTube channel.



Kusumanjale.H













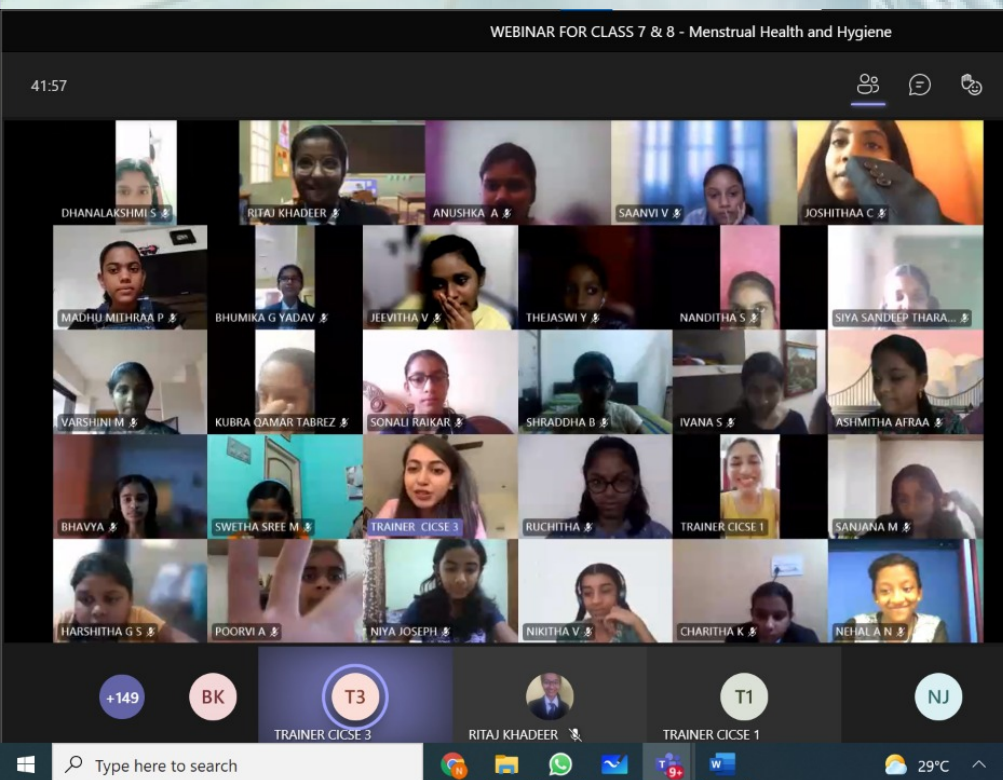
# CHARITY BEGINS AT HOME

There are thousands of people around us who are downtrodden, suffering for various reasons and one of the reason is financial burden. It is certain that we cannot help everyone but at least we could help a few. It is said that, "Action speaks Louder than words". Christ school ICSE formed a wonderful committee which would be dedicated to Social service. The committee is named as CHRIST SOCIAL SERVICE ASSOCIATION. This committee will be working towards the uplifting of the underprivileged based on the theme ALTRUISTA - Be a Giver. On 4th September, 2021, Fr. Fenil, Director of Special school unveiled the poster of CSSA in the presence of Fr. Nilson Davis Pallissery, Principal of Christ ICSE and Fr. Reji Koodappattu, Financial Administrator of Christ school ICSE, Class 10 and 9 students and members of staff.

Ms Jincy Ouseph  
Students Councillor



## WEBINAR FOR THE STUDENTS OF CLASS 7 AND 8



The students of classes 7th and 8th had a webinar in the topic – menstrual health and hygiene on 1st September, 2021. Conducted by Dr Deekshitha R Reddy, MBBS from JSS medical College, Mysore and by Dr Jilshy Varghese from St. John's medical college, Bangalore. The webinar was started by the welcome speech by Rita J. Khadeer and then the trainers started explaining about topics such as puberty, menarche, menopause, menstrual cycle etc. A detailed information about what is menstrual health and hygiene was given by the trainers, then started with a quiz to know how much we had understood about menstruation we had given important guidelines on how to handle with menstruation and discomfort during menstruation and the things to be followed and the things to be avoided was also discussed during the

webinar. With this webinar we were able to understand much more detail about menstruation. The session was so helpful, interactive and all were free to openly ask about the doubts they had regarding the topic. At the end of the session many students had doubt and each doubt was explained clearly. We got a detailed information about the topic. I thank the trainers who shared the knowledge on the topic menstrual health and hygiene I also thank the teachers and students who attentively participated in the webinar. Last but not the least I thank rev. Fr Nilson Davis Pallissery for the wonderful opportunity.

Vani D Manjunath  
Class - 8D





# THE INTERNATIONAL DAY OF PEACE 2021

The theme of the International Day of peace 2021 is “Recovering better for an equitable and sustainable world.”

In 2021, as we heal from the COVID-19 pandemic, we are inspired to think creatively and collectively about how to help everyone recover better, how to build resilience, and how to transform our world into one that is more equal, more just, equitable, inclusive, sustainable, and healthier.

Each year the International Day of Peace is observed around the world on 21st September. The UN General Assembly had declared this is the day devoted to strengthening the ideals of peace, through observing 24 hours of non-violence and cease-fire.

Peace is about resolving conflicts without violence. Respect for local culture, belief and solution. Trust between people is a critical foundation for lasting peace.

All that the world needs are peace and harmony. The barriers to peace are complex and steep- no one country can solve them alone, we must all renew our commitment to global solidarity. To sustain peace, we must build it every day, in every society, with every woman and man, by working together towards a better common future for all.

Christ School ICSE, celebrated the country’s International Peace Day by releasing a video on the School’s Official YouTube page. The video included a message by our beloved Principal, Rev. Fr. Nilson Davis Pallisery, CMI and took forward with a soothing song of peace by our beloved Christites.



Ms. Mary Catherine D  
Programme Committee



## NATIVITY OF MOTHER MARY

On Our Lady's birthday the Church celebrates the first dawning of redemption with the appearance in the world of the Savior's mother, Mary. The Blessed Virgin occupies a unique place in the history of salvation, and she has the highest mission ever commended to any creature. We rejoice that the Mother of God is our Mother, too.

The feast of Nativity celebrated on the 8th of September is closely connected with the Immaculate conception of Mary. Our Lady’s birthday has been described as the “the hope of the entire world and the dawn of salvation”. It is a feast which provides us with an occasion for praise and thanksgiving to our loving Mother Mary.

On this blessed day, our school expressed our thanks to our Blessed Mother Mary, for all the blessing that she had been showering on us by releasing a video.



Ms. Sneha Jose  
Programme Committee





# Paralympics 2020

India competed in the 2020 Summer Paralympics in Tokyo, Japan, from 24 August to 5 September 2021. This is India's most successful Paralympic season with 5 golds 8 silvers and 6 bronzes. This is also the best medal tally for India a single edition of the Paralympic Games. India is placed at 24th position in the overall medal tally out of a total of 162 nations. To celebrate this triumph Christ School ICSE released a video on its official YouTube channel with the title **THE HEROES**.



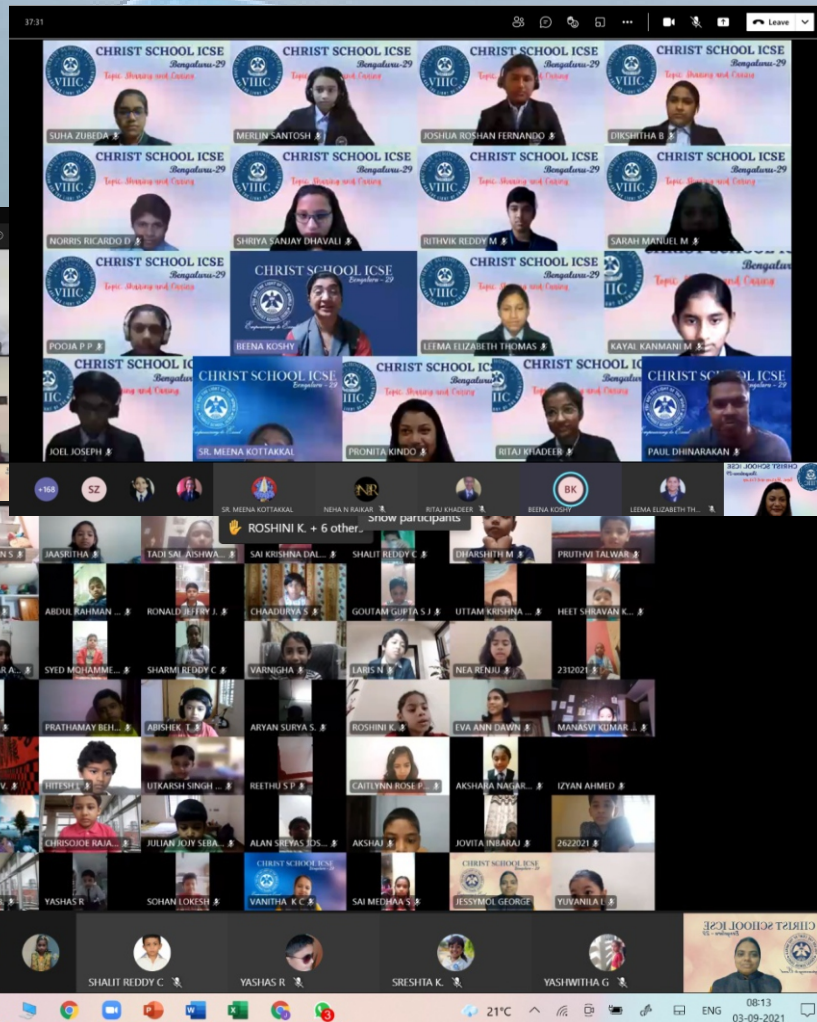
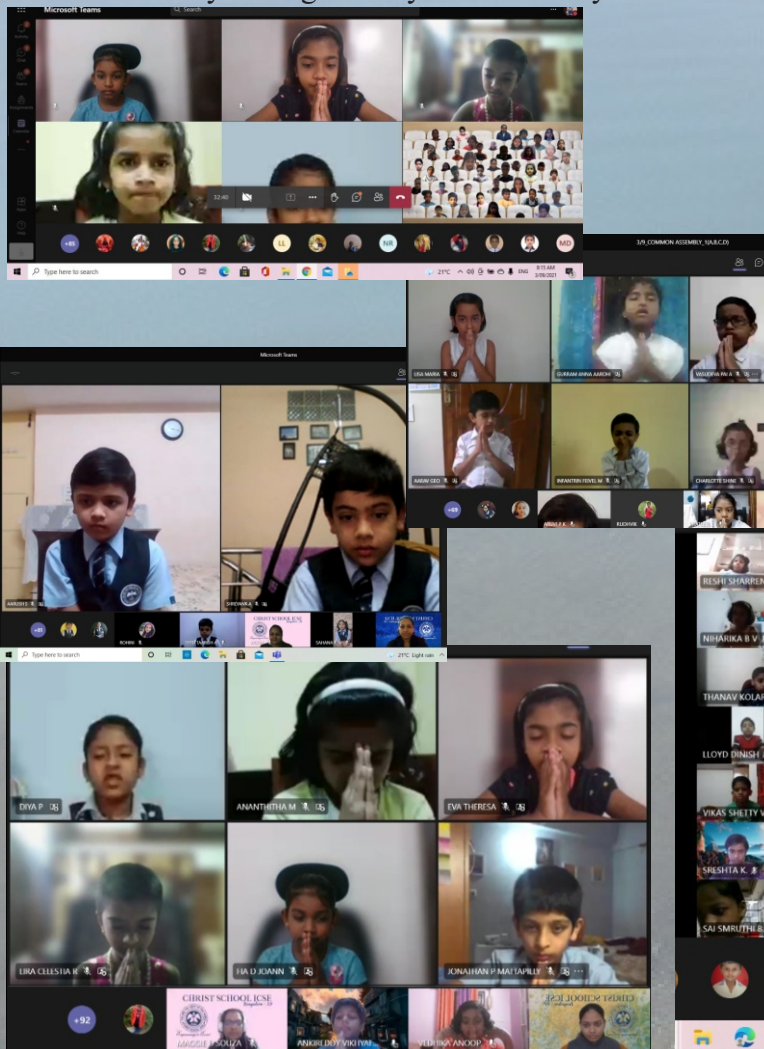
Ms Reshma Joseph  
Media and Publicity Committee



## MORNING ASSEMBLY

The Morning Assembly for the month of September was organised meticulously by the "C" section teacher and students. The theme of the assembly was "SHARING AND CARING." The assembly began with a warm welcome extended to our Principal Fr Nilson Davis CMI, the respective section coordinators, teachers and the students.

The students prayed together and sought the blessings of the Almighty and thanking him for his grace. This was followed by the thought for the day, a fruitful speech by the students and the current news headlines. It surely was a great way to start the day.





# Esperanza 2021

*Connecting Christites....*

A child is like a butterfly in the wind, some can fly higher than others, but each one flies the best it can. Each christite is different, special and unique. Every Christie is capable of flying higher than the others. To enhance the holistic development of students and to bring out their hidden talents in a productive way, Christ School ICSE conducted Esperanza 2021 – connecting christies, an online talents competitions.

The online competitions were conducted from 21st June to 14th July, where students of classes 1 to 10 were divided into 6 categories. More than 870 students exhibited various skills in 15 events.

The results of Esperanza 2021 were published on 20th September. A video was released in the official website of Christ school ICSE. Congratulations to the all the winners of Esperanza 2021. Special appreciation to all the participants.

Individual champion from various categories were honored with the title Kala Ratna.

Category I – Vasudeva Pai. B (1C)

Category II – Aradhya (2H)

Category IV – Sadashiva Pai. B (5F)

Category V – Dimple S (7D)

Category VI – Kusumanjale H (10C)

“May Today’s success be the Tomorrow’s Achievement.”



Jayashree. S  
LCA Committee

**KALA RATNA**  
**Congratulations!**

FR. NILSON DAVIS CMI  
PRINCIPAL

<b>Category - I</b> ★ Vasudeva Pai B (1C) ★ 20 POINTS	<b>Category - V</b> ★ Dimple S (7D) ★ 20 POINTS
<b>Category - II</b> ★ Aradhya (2H) ★ 25 POINTS	<b>Category - VI</b> ★ Kusumanjale H (10C) ★ 23 POINTS
<b>Category - IV</b> ★ Sadashiva Pai B (5F) ★ 45 POINTS	

**WINNERS (CATEGORY - 1)**

**CHRIST SCHOOL ICSE**  
Connecting Christites....

**ESPERANZA 2021-22**  
Connecting Christites....

**Congratulations!**

<b>FANCY DRESS</b> 1 <sup>st</sup> - Karthik Gandharva H G (1A) 2 <sup>nd</sup> - Nikshitha Dinesh Reddy (1A) 3 <sup>rd</sup> - Thanav Naresh (1G)	<b>SOLO SONG</b> 1 <sup>st</sup> - Vasudeva Pai B (1C) 2 <sup>nd</sup> - Christina Joseph (1H) 3 <sup>rd</sup> - Advik Rao N M (1E)	<b>SOLO DANCE</b> 1 <sup>st</sup> - Jhya S Pillai (1D) 2 <sup>nd</sup> - Christina Joseph (1H) 3 <sup>rd</sup> - Vaanya Joshi (1G)
<b>TONGUE TWISTER</b> 1 <sup>st</sup> - Vasudeva Pai. B (1C) 2 <sup>nd</sup> - Shushan Williams. B (1E) 3 <sup>rd</sup> - Nakshatra. V (1A)	<b>ELOCUTION (ENGLISH)</b> 1 <sup>st</sup> - Salonika Behera (1D) 2 <sup>nd</sup> - Donnie Rimmy (1A) 3 <sup>rd</sup> - Shrestha Hitha Koppula (1G)	<b>COLOURING</b> 1 <sup>st</sup> - Aadhav Arun Kumar (1F) 2 <sup>nd</sup> - Sana Harshath (1D) 3 <sup>rd</sup> - Sai Charanya V. S. (1A)

FR. NILSON DAVIS CMI  
PRINCIPAL

**WINNERS (CATEGORY - 2)**

**CHRIST SCHOOL ICSE**  
Connecting Christites....

**ESPERANZA 2021-22**  
Connecting Christites....

**Congratulations!**

<b>FANCY DRESS</b> 1 <sup>st</sup> - Andrella Sharon S (2C) 2 <sup>nd</sup> - Nayanika P S (2A) 3 <sup>rd</sup> - Manas Chandra (2E) Aadhya Trivedi (2A)	<b>SOLO SONG</b> 1 <sup>st</sup> - Aradhya (2H) 2 <sup>nd</sup> - Nea Renju (2G) 3 <sup>rd</sup> - Jagan. Y. G (2H)	<b>SOLO DANCE</b> 1 <sup>st</sup> - Nea Renju (2G) 2 <sup>nd</sup> - Anushka. A (2H) 3 <sup>rd</sup> - Andrella Sharon. S (2C)
<b>TONGUE TWISTER</b> 1 <sup>st</sup> - Mohammed Umar (2D) 2 <sup>nd</sup> - Aradhya (2H) 3 <sup>rd</sup> - Aradhya Kanth (2A)	<b>ELOCUTION (ENGLISH)</b> 1 <sup>st</sup> - Aradhya (2H) 2 <sup>nd</sup> - Chaandrya (2H) 3 <sup>rd</sup> - Salwa Hussain (2C)	<b>COLOURING</b> 1 <sup>st</sup> - Aaira Ruman Saif (2C) 2 <sup>nd</sup> - Ritsika Naidu (2D) 3 <sup>rd</sup> - Ryan Sijo Cheenikall (2C)

FR. NILSON DAVIS CMI  
PRINCIPAL



**WINNERS (CATEGORY - 3)**

**ESPERANZA 2021-22**  
Connecting Christites

**Congratulations!**

<b>FANCY DRESS</b> 1 <sup>st</sup> - Therese Rose John (4A) 2 <sup>nd</sup> - Sebastian C J (4D) 3 <sup>rd</sup> - Intiya S (3A)	<b>SOLO SONG</b> 1 <sup>st</sup> - Rahini Bhagunath Singh (4F) 2 <sup>nd</sup> - Charan Kasala (4C) 3 <sup>rd</sup> - Darlapudi Deekshitha (4G)	<b>SOLO DANCE</b> 1 <sup>st</sup> - Tanvika C (4H) 2 <sup>nd</sup> - Charan Kasala (4C) 3 <sup>rd</sup> - Febina Francis (4D) Hanna C Chinnu (4D)
<b>TONGUE TWISTER</b> 1 <sup>st</sup> - Johan P Jipson (4C) 2 <sup>nd</sup> - V.V.S.K.Pragunyan (3C) 3 <sup>rd</sup> - Vandana. N (4G)	<b>ELOCUTION (ENGLISH)</b> 1 <sup>st</sup> - Pranjal Agarwal (3B) 2 <sup>nd</sup> - Jagney N Nair(4C) 3 <sup>rd</sup> - Saakshi Vishwanath (4H)	<b>DRAWING</b> 1 <sup>st</sup> - Saanchi Shetty (4E) 2 <sup>nd</sup> - Vandana N (4G) 3 <sup>rd</sup> - Shaik Zoya Afshan (4A)

FR. NILSON DAVIS CMI PRINCIPAL

**CHRIST SCHOOL ICSE**  
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**Congratulations**

**ESPERANZA 2021-22**

<b>SOLO DANCE CLASSICAL</b> 1 <sup>st</sup> - Raaganjali S (6E) 2 <sup>nd</sup> - Yuktha Rai (5F) 3 <sup>rd</sup> - Aishwarya (5E)	<b>SOLO DANCE - NON CLASSICAL</b> 1 <sup>st</sup> - Ananya Krishna (6B) 2 <sup>nd</sup> - Evangelina Mary A (5B) 3 <sup>rd</sup> - Sonith K. (5B)	<b>SOLO SONG</b> 1 <sup>st</sup> - Gururthejas (5F) 2 <sup>nd</sup> - Maria Beslin (5B) 3 <sup>rd</sup> - Niharika Sarah Navada (6A)	<b>ELOCUTION - ENGLISH</b> 1 <sup>st</sup> - Sadashiva Pai B (5F) 2 <sup>nd</sup> - Maria Beslin (5B) 3 <sup>rd</sup> - Abdul Rahman Wajid (5G)
<b>ELOCUTION - KANNADA</b> 1 <sup>st</sup> - Sadashiva Pai B (5F) 2 <sup>nd</sup> - Yuktha Rai (5F) 3 <sup>rd</sup> - Agrim Saraansh Nama (6F) Shushil. S (5H)	<b>ELOCUTION - HINDI</b> 1 <sup>st</sup> - Niharika Sarah Navada (6A) 2 <sup>nd</sup> - Abdul Rahman Wajid (5G) 3 <sup>rd</sup> - Aliya Khanum (5E)	<b>COLLAGE</b> 1 <sup>st</sup> - Sadashiva Pai B (5F) 2 <sup>nd</sup> - Mohammed Osman Zia (5B) 3 <sup>rd</sup> - Jayashree K (5D)	<b>MEHNDI</b> 1 <sup>st</sup> - Lubna Shereen B S (6C) 2 <sup>nd</sup> - Preeti J (6E) 3 <sup>rd</sup> - Falzah Afshen (5H)
<b>TONGUE TWISTER</b> 1 <sup>st</sup> - Naidhrava Patel (6E) 2 <sup>nd</sup> - Gururthejas (5F) 3 <sup>rd</sup> - Hannah Susan Jomon (6A)	<b>INSTRUMENTAL MUSIC</b> 1 <sup>st</sup> - Juan Jumon Joshy (6F) 2 <sup>nd</sup> - Sadashiva Pai B (5F) Jason Antony Rodrigues (5E) 3 <sup>rd</sup> - Gururthejas (5F)	<b>DRAWING</b> 1 <sup>st</sup> - Siddharth B A (5F) 2 <sup>nd</sup> - Shriya J (5G) 3 <sup>rd</sup> - Kushal (5H)	<b>PENCIL SKETCH</b> 1 <sup>st</sup> - Sadashiva Pai B (5F) 2 <sup>nd</sup> - Tiji S (6E) 3 <sup>rd</sup> - Agrim Saraansh Nama (6F)
<b>EXTEMPORE</b> 1 <sup>st</sup> - Kyathi Rose Sojan (6C) 2 <sup>nd</sup> - Jeron Jumon Joshy (5C) 3 <sup>rd</sup> - Maria Beslin (5H)	<b>WINNERS (CATEGORY - 4)</b>		FR. NILSON DAVIS CMI PRINCIPAL

**CHRIST SCHOOL ICSE**  
Connecting Christites

**Congratulations**

**ESPERANZA 2021-22**

<b>SOLO DANCE CLASSICAL</b> 1 <sup>st</sup> - Dhriti Gowda (7F) 2 <sup>nd</sup> - Dhriti D (7E) 3 <sup>rd</sup> - Liehitha Gowda (7F)	<b>SOLO DANCE - NON CLASSICAL</b> 1 <sup>st</sup> - Roniya Robin (8C) 2 <sup>nd</sup> - Manna K George (8A) 3 <sup>rd</sup> - Nikitha V (7E)	<b>SOLO SONG</b> 1 <sup>st</sup> - Shradda B (8A) 2 <sup>nd</sup> - Elsa Maria Charly (7C) 3 <sup>rd</sup> - Dhriti D (7E) Niya Joseph (7C)	<b>ELOCUTION - ENGLISH</b> 1 <sup>st</sup> - Pia Mehrotra (7A) 2 <sup>nd</sup> - Joel Joe Joseph (8B) 3 <sup>rd</sup> - Melvin Shibu (7F)
<b>ELOCUTION - KANNADA</b> 1 <sup>st</sup> - Dimple S (7D) 2 <sup>nd</sup> - Savitha U V (7E) 3 <sup>rd</sup> - Liehitha Gowda (7F)	<b>ELOCUTION - HINDI</b> 1 <sup>st</sup> - Ritaj Khadeer (8C) 2 <sup>nd</sup> - Sayyeda Fatima S. Halal (7B)	<b>COLLAGE</b> 1 <sup>st</sup> - Hemanth N (8D) 2 <sup>nd</sup> - Darshana A (8C) 3 <sup>rd</sup> - Sameena Fathima (8F)	<b>MEHNDI</b> 1 <sup>st</sup> - Dimple S (7D) 2 <sup>nd</sup> - Rabiya Basri (7B) 3 <sup>rd</sup> - Manisha M (8A)
<b>TONGUE TWISTER</b> 1 <sup>st</sup> - Inehara.R (7D) 2 <sup>nd</sup> - Beth George (7B) 3 <sup>rd</sup> - Melvin Shibu (7F)	<b>INSTRUMENTAL MUSIC</b> 1 <sup>st</sup> - Chethan (8D) 2 <sup>nd</sup> - Jashwanth (8B) 3 <sup>rd</sup> - Madhumithraa (8A)	<b>DRAWING</b> 1 <sup>st</sup> - Touseef Ahmed (7F) 2 <sup>nd</sup> - Pooja P P (8C) 3 <sup>rd</sup> - Darshana A (8C)	<b>PENCIL SKETCH</b> 1 <sup>st</sup> - Varsha S Hegde (8F) 2 <sup>nd</sup> - Pooja P P (8C) 3 <sup>rd</sup> - Shriya Sanjay Dhavali (8C)
<b>EXTEMPORE</b> 1 <sup>st</sup> - Beth George (7B) 2 <sup>nd</sup> - Abdul Azeez Wajid (8D) 3 <sup>rd</sup> - Joshithaa C (8E)	<b>WINNERS (CATEGORY - 5)</b>		FR. NILSON DAVIS CMI PRINCIPAL

**CHRIST SCHOOL ICSE**  
Connecting Christites

**Congratulations**

**ESPERANZA 2021-22**

<b>SOLO DANCE CLASSICAL</b> 1 <sup>st</sup> - Shreya Das (10B) 2 <sup>nd</sup> - Namitha R (10B) 3 <sup>rd</sup> - Ishitha Brijesh (9B)	<b>SOLO DANCE - NON CLASSICAL</b> 1 <sup>st</sup> - Ishitha Kaithakkal (9B) 2 <sup>nd</sup> - Vibha M (10C) 3 <sup>rd</sup> - Puneeth M (10C) Avani H (10D)	<b>SOLO SONG</b> 1 <sup>st</sup> - Ruthisha. Kadabur (9B) 2 <sup>nd</sup> - Jola Pearl Lewis (10A) 3 <sup>rd</sup> - Janice Prasad (9A)	<b>ELOCUTION - ENGLISH</b> 1 <sup>st</sup> - Maria Louis (9B) 2 <sup>nd</sup> - Suravi S (10C) 3 <sup>rd</sup> - Jerin Anthony (9B)
<b>ELOCUTION - KANNADA</b> 1 <sup>st</sup> - Kusumanjale. H (10C) 2 <sup>nd</sup> - Shreya R (10C) 3 <sup>rd</sup> - Suravi S (10C)	<b>ELOCUTION - HINDI</b> 1 <sup>st</sup> - Chetana C M (10A) 2 <sup>nd</sup> - Anokhi Chaturvedi (9A) 3 <sup>rd</sup> - Sangam Kumari (9B)	<b>COLLAGE</b> 1 <sup>st</sup> - Chinmi Naga Sai Pragnya (9A) 2 <sup>nd</sup> - Bina Babu (9B) 3 <sup>rd</sup> - Kusumanjale H (10C)	<b>MEHNDI</b> 1 <sup>st</sup> - Mehek Nikhaar (9C) 2 <sup>nd</sup> - Ameen Mishal S (9A) 3 <sup>rd</sup> - Chinmi Naga Sai Pragnya (9A)
<b>TONGUE TWISTER</b> 1 <sup>st</sup> - Mahek K (10C) 2 <sup>nd</sup> - Jola Pearl Lewis (10A) 3 <sup>rd</sup> - Ishitha Brijesh Kaithakkal (9B)	<b>INSTRUMENTAL MUSIC</b> 1 <sup>st</sup> - Vivek Binson (10B) 2 <sup>nd</sup> - Shriyansh S Sahoo (10A) 3 <sup>rd</sup> - Jerin Antony (9B)	<b>DRAWING</b> 1 <sup>st</sup> - Jerin Anthony (9B) 2 <sup>nd</sup> - Koushihan R (9B) 3 <sup>rd</sup> - Rajisha R (9C)	<b>PENCIL SKETCH</b> 1 <sup>st</sup> - Natasha V (10B) 2 <sup>nd</sup> - Kaitlyn Tonia Raj (9B) 3 <sup>rd</sup> - Koushihan R (9B)
<b>EXTEMPORE</b> 1 <sup>st</sup> - Kusumanjale H (10C) 2 <sup>nd</sup> - Bina Babu (9B) 3 <sup>rd</sup> - Shreya R (10C)	<b>WINNERS (CATEGORY - 6)</b>		FR. NILSON DAVIS CMI PRINCIPAL

# #MenstruationMatters

On 9th September 2021, the students of classes 9 and 10 attended a webinar on 'Menstrual Hygiene'. It was addressed by Dr. Deekshitha R Reddy and Dr. Jilshy Varghese, primary facilitators of 'AN INCLUSIVE FUTURE'. Both the doctors shared various outlooks and issues related to Menstrual Cycle. It was an open forum where the students could clear off their doubts without any hesitation. The presenters educated the students not only about the cleanliness to be maintained while we go through the cycle but also the various symptoms and reasons related to the stages of periods in a woman's life. They also highlighted the do's and dont's to be kept in mind while using various sanitary accessories. From an early age, girls learn to live with the pain and fear and seldom do we see a girl seek help when in physical or mental discomfort due to periods. The time has come to speak plainly and directly about this straightforward biological function of the human body. Talking is all it takes to begin a transformation and it's time we did it!



Sukritha K  
Class - 9C



# हिंदी दिवस

“Hindi is the simplest source of expressing our Nation.” - Sumitra Nandan Pant.

Hindi Diwas is celebrated on 14th of September every year with great enthusiasm. On this day the Constitution of India adopted Hindi which was written in Devanagari Script, as the official language of the country under the Article 343 in the year 1949. Christ School ICSE also celebrated this day by releasing a video depicting the importance of the occasion. The students contributed for this day by speaking about the importance of the day, reciting poem by great poets and also by expressing their respect for Hindi in spite of not owning Hindi as their mother-tongue.

Our Beloved Principal Rev. Fr. Nilson gave a beautiful message on “Hindi doesn’t play a the role of language but it also act as a bridge to connect people” which added on to the beauty of the occasion.



Ms. Sharfunnisa  
Hindi Department



## Special Achievement



On 1st August 2021, Yuvanesh participated in Chess Comrades online Rapid Tournament and won 13th place of Rs. 300 by scoring 5/7.

On 20th August 2021, participated in 1st KKDCA online U-17 chess tournament and won 1st place of Rs. 1000 by scoring 5.5/6.

On 22nd August 2021, participated in Athens of the East, knock out system chess tournament and won 2nd place of Rs.1200 by scoring 5/6.

Yuvanesh participated in under 20 Karnataka state junior open online chess championship held on 19th & 20th June, 2021 and won 7th place in the merit list by scoring 5 1/2 points out of 8 rounds.





# TEACHERS CORNER

## BE A GIVER OF HAPPINESS

True happiness comes from sharing and not from hoarding things. Happiness comes to you when you give, even if the receiver does not reciprocate to you by thanks in gratitude. Many people give even to unknown people because they believe God will reward them. Your happiness doubles and is deep when you do not make propaganda of it. It does not matter whether you give more or fewer valuables. What matters is your sensitivity and caring for others.

Giving is more appreciated when the need of the receiver is met. Even a tiny thing or a kind word is given in need is worth much and remembered with. To make others happy, you need to give things alone. You can make others happy in loving ways.

The principle “You give and it comes back a hundredfold” is true with happiness too.



Ms Maggie D'souza  
Department of English

Factual Happiness is goods approach,

comes from discerning. It approaches from our hearts. We barely are important for our happiness. Happiness is a solution. True happiness is near when we notice our unity with God. In rule to be happy, one should be thankful to God for all the things he has used us.

We must be happy for such a beloved bonus called survival. Additionally, it is not needed to have more large things to be happy. A thankful individual discovers happiness even in minute things in life. We should focus at people under us and be grateful. We can see the admirable world around us.

Moreover, we should be pleased in life. Hence, to be happy, we must diminish the situation of craving and standards. We should not always crave for things. If our desires would not be met, we will become sad. Thus, positive, self-analysis, acknowledgment, and contentment are the main answers to happiness. Happiness offers past one's affirmative posture towards life. Formally, a person mightily trusts that no-matter-what happens is for good. Even if he declines in life, he or she doesn't fault fate for it. Also, he/she as a person doesn't lose hope. He is forever hopeful.

Thus, we can imagine that happiness is an inner factor. It can be attained by self-realization. Only by searching union with the supreme, one could seek factual happiness.



Ms. Jessymol George  
Department of Mathematics

## **Be the giver of Happiness**

Winston Churchill once said, "We make a living by what we get. We make a life by what we give." There are myriad things to be happy. Giving as a crucial weapon to happiness, opens the door to gratitude. It helps establish healthy, loving, and caring relationships with one another. Giving aids in the reduction of social isolation and loneliness. It assists in the reduction of stress and the maintenance of mental well-being. Being bountiful contributes to the fight against self-hatred and the ability to forgive ourselves and others. We may not all have the same amount of money, but we all have time on our hands that we may utilize to help others through simple acts of service. It is not about being happy, its about being the person who can make the world smile



Ms Leah  
Department of English





## BE A GIVER OF HAPPINESS

There is a Chinese saying that goes: "If you want happiness for an hour, take a nap. If you want happiness for a day, go fishing. If you want happiness for a year, inherit a fortune. If you want happiness for a lifetime, help somebody." The greatest thinkers have suggested the same thing: Happiness is found in helping others.

Happiness begins from the moment we do something for others. Those who consistently help others, are happy, and do not come across any obstacles in their lives. The purpose of life is to serve others. However, when doing so, we should not expect something in return. Service to others should be sincere and done from the heart; only then it is fruitful. Do any trees eat their own fruit? No. This teaches us that human beings should not only use their mind, body and speech for themselves, but also to serve others. When we do this, nature in turn will reward you.

Our lives are fulfilling when we give and share, and that great inner joy comes from helping others. The best way to find yourself is to lose yourself in the service of others. True joy lies in the act of giving without an expectation of receiving something in return.

'If you are a taker of happiness, you get misery, if you are a giver of happiness you get joy and love.'

By Sri Ravi Sankar

Ms Jayashree S  
Department of Mathematics



## BE A GIVER OF HAPPINESS

"Happiness doesn't result from what we get, but from what we give"  
- Ben Carson

It feels so good and important for you to be the giver in almost every relationship. If you're having a hard time in life and don't think you are feeling happy, help somebody. When you help someone, your heart warms, and happiness shows its smiling face to you. In any circumstance if you find happiness in helping others, then you'll always be able to find some way to create happiness. That's what life is all about. Let's practice and commit our lives to giving joy. Try it! It works!



Ms Lavanya  
Department of Computer

Happiness is a state of mind. We do experience happiness but not all the times in our life. However, we can give happiness to others which in turn makes us happy. Happiness can be rendered in the form of spending time with the person who really needs it. It can be in the form of offering a little bit of financial support to the deserving. It can be in the form of taking care of the person who is sick or even assuring them in our prayers etc. There are ways in which we can be a giver of happiness. It's just we need to keep our eyes and hearts open and say yes I CAN BE A GIVER OF HAPPINESS. Don't ever miss the chance of being Happy by giving happiness to others.

Ms Jincy Ouseph  
Students Counsellor





`` Happiness is not having a lot, Happiness is giving a lot``.

We are searching for happiness in things, in person and place. We often associate happiness with several external factors. We often spend all our effort on the gratification of our senses.

But We know that happiness is a state of mind of being happy and comfortable. Happiness is related to a state of mind. Certain things bring happiness in our life, they are good health, sincere work, healthy hobbies, sincere friend, pleasant companions. The secret of happiness lies in an upright life, kindness to others, humanity.

Generous behavior increases happiness. If we want to be happy in life, it has nothing to do with how much we have. On the contrary, it has to do with what we are willing to give. One can achieve authentic happiness only by achieving a peaceful state of mind.

True happiness can only emanate a peaceful mind that isn't dependent on any external agents remains unperturbed in every situation. Give with no expectations be it kindness, be it a smile to be it something of a monetary value, not even expecting or waiting for a thank you. Do good without seeking reward. We have to make the optimum use of our hands to help the needy and make them happy. If somebody is upset to encourage them and cheer them up, it makes happy both the side.

Thank you

Ms. Jyothi  
Department of English



## BE A GIVER OF HAPPINESS

THE HAPPIEST PEOPLE ARE THE GIVERS, NOT THE TAKERS.

Who wants to be happy? OBVIOUSLY, EVERYONE OF US...

True happiness lies in act of giving without an expectation of receiving something in return. We do care a lot about our own happiness, but how often do we think to give back the happiness to the person who made you happy. Let's now give that back to each one of them. While this is not a hard and fast rule, don't you think each one of us deserve to be happy. Give to each one much more than what you have received. HOW CAN WE MAKE SOMEONE HAPPY? What else be more than a gift and an appreciation?

YES ... it is nothing but the love, kindness, attention and much more... As MAHATMA said "To find yourself lose yourself in the service of others". No matter how much or how little you can give, you can give in every circumstances of your life. Being happy is a blessing but making someone happy is a greatest blessing. We need to shift the focus from "ME" to "US". Give, help, donate, love and be kind to the people around you and don't expect in return. Eventually, you will not observe a change in your life but would have changed the lives of many.

"NO ONE HAS EVER BECOME POOR BY GIVING" TRY THAT OUT!!!!

Ms Jayashree J  
Department of Physics





## **BE A GIVER OF HAPPINESS**

“Happiness has more to do with giving than taking”

We all experienced that happiness doesn't result from what we get, but from what we give. True happiness comes from the effort of making others happy. With a smile we can give and share our love everyday. Another secret to happiness is helping others.

Being a teacher should find how to achieve happy classrooms. Entering into a classroom with a smile is one of the simple way of giving happiness to the students. We teachers should teach our students that the greater happiness in life lies in the art of giving rather than receiving, then only we can expect our children to know and experience the joy of giving.

Ms Jeethu

Department of Mathematics



## **BE A GIVER OF HAPPINESS**

When you give it to them, they gather it up;

When you open your hand, they are filled with good things, says the Lord. For some, it could be a matter of money, while for others, it could be a matter of time. Some people get a lot of satisfaction from caring for others and contributing to society. The joy derived from giving might vary depending on the person and their interests. It has also been noticed that when kids give their belongings to people they like, they feel happy.

Giving joy might be seen on the faces of those who share and offer. The smile, the warmth, and the joy are all quite visible, and it's a joy to see those faces. Most people, when they are down or blue, find that being involved in giving out something brightens their mood and makes them joyful.

Therefore, be a cheerful giver.

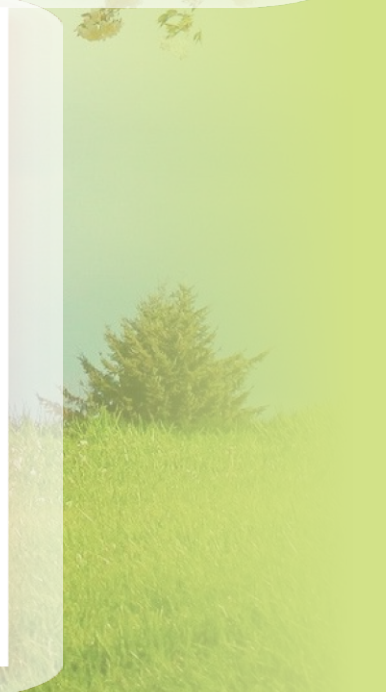
Mary Catherine. D  
Department of Science



## **BE A GIVER OF HAPPINESS**

Be a giver of happiness is the theme for a happy and fulfilling life. How can I identify the things that bring me true happiness and make me a giver of happiness? What path am I going to walk today which leads to happiness? The path to happiness is not far away as it may seem. The trouble is that we tend to look for it in places where it cannot be found. True happiness is found when we are extremely pleasant within ourselves. Our willingness to share that happiness with others without expecting anything in return makes us experience more happiness than people who receive. When this cycle of giving happiness continues from person to person the whole world will be a happy place to live. Life is a journey, moving from the receiver of happiness to the giver of happiness.

Ms. Lourdu Prema M. C  
Department of History





# STUDENTS CORNER



Harshil Biyani  
Class - 7A

## Be a Giver of Happiness

“Be a giver of happiness” means give happiness to others. Happiness means joy. It also means being happy. We should sometimes spread happiness to others also. We should always give happiness to others. Spreading happiness means spreading our happiness to others and giving happiness means we should make someone happy. If we give happiness to others, not only they will be happy, but even we will also be happy after seeing happiness in their face. We can give happiness to others in many ways. For example if we donate money to the orphanage, then those children can get help. They can get food, new cloths and many more things and then we can see happiness on their face. So if we give happiness to others, we will also be very happy.



Ave Maria George  
Class - 7A

Happiness is the goal of everyone of us whether he /she is the president of the country or a vendor etc... Every one of us wants to be happy. This happiness is not a fruit too be plucked from a tree, it can be achieved only by working for it, Happiness is the wealth or the pot of gold kept at the end of the rainbow. But to reach there we should find a way or a road going to the destination. The way to reach the destination is not that smooth and a very easy highway with a comfortable speed. It is the path of rocks and it is very tough at times. This happiness lasts a person’s lifetime and we should be prepared to build on never ever saying “thus far and no farther”.



Emil Jacob  
Class - 7B

Be the giver of happiness  
Happiness is a satisfaction and fulfilment. Happiness is feeling positive rather than negative. Happy people are more successful. That means we need to give the satisfaction, fulfilment, the positive energy to others. Giving happiness helps others reach goals better. Happiness can contain Passion, Purpose and Pleasure. To Imagine the Best and Listen to your Heart. The happy people are the givers not the takers. Making others happy will provide you respect. Happiness is something that can be Emotional, Sensitive or it can be any sadness. IN my case happiness has a big role in my life. I feel it and I share it with others. It has a big role in everyone’s life.





Anjana Biju  
Class - 7B

## Be a Giver of Happiness

In this pandemic situation, where we see despair and grief everywhere, with a small gesture of kindness, we can surely bring happiness to someone. As rightly said, happiness multiplies when we share it. Act of sharing and caring brings joy to them and brings great amount of satisfaction and blessings to us.

When COVID pandemic started, our maid lost her job. We were also not in a position to ask her to come home daily for household work. But we made sure that she is paid for her job throughout the year. Also we bought her masks and books for her children. This gesture of kindness may not have provided her enough to compensate the loss of job, but a small help actually made it possible for her children to continue their studies throughout the year and also helped her to buy groceries every month. We cannot express in words, the amount of happiness and satisfaction that we felt by seeing them happy. So by being a giver of happiness, we are actually multiplying our happiness and a way to a peaceful life ahead.



Jaagruti  
Class - 7A

## BE A GIVER A HAPPINESS

"Happiness is what you think,  
What you say ,  
What you do in Harmony

When you share you care, Be a giver of happiness this 4 words have a lot of value in them when you make someone happy you not only make someone life easier ,but you also will be a giver of kindness, when you share your things to someone in need, you not only help them but also make them happy and by giving happiness you make everyone happy and you too fell happy by seeing smiles in the faces. To make someone happy you just need to follw three words Be kind, Be a Sharer, Be a Helper.This, will make others happy and you will be called as a giver of Happiness and Kindness.



## Be a giver of Happiness

Wouldn't it be great if you could walk into a store and buy lifelong happiness? The idea's not as fanciful as it sounds as long as whatever you buy is meant for someone else.

Two recent studies suggest that giving to others makes us happy, even happier than spending on ourselves. Our kindness might create a virtuous cycle that promotes lasting happiness and altruism.

Yes, Christmas presents are a lot of fun to give and get, and decorating the Christmas tree might be one of your favourite family traditions, but we all know that the real meaning of the season is to give back. This has been a difficult year for so many, and taking the time to help others if you are able is more important than ever. Still, it can still be difficult to find the motivation, interest, and energy to get up and go.

Anne Frank wrote, "No one has ever become poor by giving"—so there's no reason why you shouldn't start as soon as possible.



Ariba Tanzil  
Class - 7B





Beth George  
Class - 7B

## BE A GIVER A HAPPINESS

“Be happy not because everything is good, but because you can see the good side of everything.”

- Helen Barry

Be a giver of happiness. What does that mean? It basically means putting others before you. It sounds quite easy. It sounds like anyone can spread happiness and put others before self. But it isn't. It is an extremely tough thing to do. It is hard to give up things that you could use yourself for others – that includes time, money, health and many other things. But in the end, all of it pays off. Not just the satisfaction of seeing someone else happy, but also knowing that you brought joy into someone's life is worth everything you did and gave up. It is a noble act and a kind deed to do something like that. As Martin Luther King, Jr. once said, “Life's persistent and most urgent question is, ‘What are you doing for others?’”



Devika Abhilash  
Class - 7B

Happiness is a feeling that comes in you when you feel joy, enjoyment, pleasure, when you are successful, proud, excited, satisfied etc. Happiness is the best thing that can be shared. Sharing happiness is the best way to show kindness. It makes a person fill with love and positivity. Sharing it does not mean that you lose it rather the more you share, the more you gain it. Look around you, there may be many people who have lost their happiness due to some reason. They may be filled with sorrow. Just look at them and give a smile which would make them feel better. Happiness is the most valuable gift that god has given us, but which many of us are unaware.



Pia Mehrotra  
Class - 7A

## Be a giver of happiness.

"Happiness is not by chance but by choice"- Jim Rohn

Happiness is infinite, It is not something that we do on purpose or we just pay money for it; it's something we get when we either do something for others or even if we are with our close and loved ones.

It's a kind of emotion that makes oneself feel elated. It comes absolutely free without compulsions or that someone can force on oneself. But it is your job to be happy and find happiness even in your deepest sorrow.

As it goes "**Happiness multiplies by sharing it with others**". Striving to spread happiness also makes oneself happier. Happiness is a feeling that one cannot avoid. It's something you cannot live without no matter how much you try.

Giver of happiness  
Spread the cheer  
Catch the tear  
Laugh out loud  
With a joyous sound

Be the reason for someone's smile  
Even if you must walk that extra mile.

Be a sunshine while it rains  
Bring happiness even though it rains.

Be it a bed of roses or thorns  
Life is all about being happy.



Mathew Louis  
Class - 7A



# PARENTS CORNER

Life often makes one pause and realize - we are all travellers here, meeting each other on our respective journeys. Like fellow travellers, we walk together for a bit, share laughter, joys and pain and then carry on in our own journeys. While it is true that everything in life is temporary, we must leave an impact on those we come across in our journeys. The undeniable law of nature says 'What goes around, comes around,' 'Do good and good shall come to you', 'What you sow, you reap.' When the universe blesses every creature with the power to spread happiness and positivity, why shy away from exercising your true power? For it lies in making the world a better place for our fellow travellers.

It is indeed true that the giver of happiness becomes the receiver of blessings. There is no better joy than the 'joy of giving, sharing, loving and caring' and not just materialistically but emotionally and empathetically. This, according to me, is the only pursuit of happiness.

Ms Ritu Mehrotra,  
Educationist, (Mother of Pia Mehrotra, 7A)



Happiness is something that we can't describe in words it can only be felt from one's expression of a smile. Happiness is a symbol of a good life. Happiness is very easy to feel and very difficult to describe. Moreover, happiness is something that comes from within our hearts and no one can steal your happiness.

we now know that we can't buy happiness with money or any luxury and there is no other way to buy happiness. It is something that we can feel. True happiness comes from within yourself. Happiness is basically a state of mind. Happiness is achieved by having positive thinking and also by enjoying the life.

We can be happy and make people happy around us. By giving happiness within our hearts.

Ms. Jessymol George  
(Parent of Ave Maria 7A)



## BE A GIVER OF HAPPINESS

One of the most intriguing thoughts I have ever come across was a saying by a great thinker and humanitarian, Dalai Lama. He said "Be kind whenever possible. It is always possible". When this message sunk in, I realised that this must certainly be one of the most positive outlooks towards life. All it takes to be able to bring happiness to people around you and to improve someone's lot, is - a lofty mind and a loving heart. It definitely is no small task to be able to help someone in need, to prioritise else's joy over self. However, the reward at the end of it all makes every effort worth it – the knowledge and self-realisation that you have done the right thing, can spur you time and again to greater heights and happiness. Concluding with the most apt quote by Mother Theresa "Spread love everywhere u go. Let no one ever come to u without leaving happier."

Ms CA Seema Maria  
(Parent of Beth George 7B)





## GIVER OF HAPPINESS

“We make a living by what we get.  
We make a life by what we give”  
- Winston S. Churchill

People around us are waiting for someone to make them happy. And it is not all about money- we can also spend our time, energy and ideas to make people happy.

Doing things for others-whether small, unplanned acts or regular volunteering is a powerful way to boost our own happiness and also of those around us. Spreading cheer and happiness is like a chain reaction. it multiplies as it spreads.

several studies prove that happiness improves our mood and reduces stress. Happiness can be rendered in the form of time, care, skills, thought, or attention. It also helps us to connect with our fellow beings and increase life satisfaction.

One of the most important things for our own happiness is the act of giving joy, happiness, courage and compassion to others. Let us strive to be a giver of happiness in our life and feel better.

Thresiamma Thaliath  
(Parent of Mathew Louis 7A)



As Mahatma Gandhi said, “To find yourself, lose yourself in the service of others.” Truly giving from the heart fills your life with happiness. Happiness in life comes from making others happy. Mother Teresa achieved a great perspective by stepping out of her own world and venture into world of other peoples pain and worries. She found fulfilment in aiding poor, homeless and ill people dying on streets. Gave them hospice shelter and love during their death made their undeniable pain to vanish.

True joy lies in the act of giving without an expectation of receiving something in return. If we want to have happiness, we need to give happiness. If we want love, we need to give love. It is only in giving that we receive. No matter what our circumstances in life, we have the ability to give. During this coronavirus pandemic, it’s easy to feel helpless. But, there is always something we can do to help others. Donating money, suppliers, volunteering virtually, friendly text, video call that gives the emotional boost to recover from anxiety and depression. Look for opportunities where we can give and help others. The gift of joy will come to us when we give of ourself to others. That’s what life is all about. Let’s commit our lives to giving joy.

Ms Preethu D C  
Soil Scientist, Krishi Vigyana Kendra  
(Parent of Prisha 7E)





# ALUMNI CORNER

## THOUGHTS OF MY SCHOOL DAYS

I studied in Christ ICSE School for a total of 10 years from 2010 to 2020. During my time at Christ, I have learned a lot of things. The resources at Christ ICSE – the teachers, students, the playground, its alumni – created the opportunity for me to pursue my passion. My teachers and friends helped me a lot and played an integral role in making me the person I am today for which I am eternally grateful.

During my time at the institution, I used to think when I would finish school and get into the college life, but now my school life is the thing that I miss the most in my life. The trips, the physical education periods, the competitions etc. are some of the things that I miss very much. I would really like to thank the Principal, teaching and non - teaching staff of the institution for making my days in Christ school memorable and I would also like to wish my juniors the very best of luck in their upcoming examinations.

Thank you,



Ivin Poly  
Batch of 2019-2020

School life is the most important as well as the most enjoyable stage of life. My journey with Christ school ICSE was the most pleasant and memorable one which I would never forget. I have spent 12 years in Christ School ICSE right from my 'LKG' to the 10th standard. I passed out in the year 2020. I have spent my golden moments of my life in this school. The assemblies in the mornings taught me the value of time and discipline. There would also be many mischiefs done by us which would result in many punishments. The whole class would wait for the P. T period and its cancellation would make every member of the class furious. The cultural and sports events helped students to recognise their talents and showcase it to the audiences. The class picnics were great times of enjoyment and relaxations for both students and teachers. The teachers had become more than parents for us during our boards and I really thank them for being with us.

My only message to my junior christites is that you'll be getting the best campuses and playgrounds and you should know to utilise them to the fullest. These would be the golden moments of your life. Live your school life to the fullest or you'll end up craving for it in the future. The pandemic must not affect your student's life in a bad way. Stay physically and mentally healthy and safe. Respect your teachers and keep in touch with your friends even after your schooling.



Venu Gopal. R  
Batch of 2019-2020



# STATE UNDER THE SPOTLIGHT

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

## MADHYA PRADESH (मध्यप्रदेश)

Madhya Pradesh, often called the "Heart of India" is a state located in the central India. This historical land shares its boundaries with Uttar Pradesh, Chhattisgarh, Maharashtra, Gujarat and Rajasthan. Madhya Pradesh is known for its religious hubs of Hinduism, Buddhism, Jainism and Islam, Khajuraho temples, impregnable forts, exquisitely carved Jain temples, palaces, which are the glorious reminders of erstwhile era of the royal Rajas and Maharajahs. Endowed with immense natural beauty and splendour, Madhya Pradesh is also famous for its wildlife sanctuaries and national parks, which are home to a rich variety of flora and fauna. Madhya Pradesh literally means "Central Province", and is located in the geographic heart of India, between latitude 21.2°N-26.87°N and longitude 74°59'-82°06' E. It is the second largest state in India. It is bordered on the west by Gujarat, on the northwest by Rajasthan, on the northeast by Uttar Pradesh, on the east by Chhattisgarh, and on the south by Maharashtra.



### Key facts

**Capital** - Bhopal

**Chief Minister** - Shivraj Singh Chouhan

**Official Language** - Hindi

**Currency** - Indian rupee

**Official dance** - Jawara, Matki, Aada, KhadaNach, Phulpati, Grida Dance, Selalarki, Selabhadoni, Maanch

**Famous Dishes** - Poha Jalebi, Dal bafra, Bhutteykekees, Bhopali Gosht Korma, Rogan Josh, Biryani Pilaf, Seekh Kebabs, Chakki ki Shaak.

**Major Cities** - Indore (largest city), Bhopal, Jabalpur, Gwalior, Ujjain, Sagar.

**Popular Festivals** - Khajuraho Festival of Dance, Tansen Music Festival, Gwalior, Shivratri Mela, Pachmarhi, Navratri Festival(Ujjain), MalwaUtsava (Ujjain and Indore).





## Special Mention

It has the largest reserves of diamond and copper in India as Madhya Pradesh is rich in mineral resources. It came into existence in 1956.



## Spectacles of Madhya Pradesh

### *~Elephant Palace~*

If we talk about the Mandu Town in the Dhar District of Madhya Pradesh State in India, Haathi Mahal is the most eminent tourist place of attraction which grabs a lot of eyeballs. The Elephant Palace belongs to the Malwa's which are quite famous for their brilliant buildings and palace structures. Up to a sprawling 100 km, you'll find a couple of primitive buildings which is known as the Rock City. This gigantic structure is a prominent tourist destination which resembles a huge elephant.



### *~Water Palace~*

Mandu or Mandavgad is an ancient city in the present-day Mandav area of the Dhar District. It is located in the Malwa and Nimar region of western Madhya Pradesh, India, at 35 km from Dhar city. In the 11th century, Mandu was the sub division of the Tarangagadh or Taranga kingdom. This fortress town on a rocky outcrop about 100 km (62 mi) from Indore is celebrated for its architecture.



### *~Sanchi Stupa 2~*

The Stupa No. 2 at Sanchi, also called Sanchi II, is one of the oldest existing Buddhist stupas in India, and part of the Buddhist complex of Sanchi in Madhya Pradesh. It is of particular interest since it has the earliest known important displays of decorative reliefs in India, probably anterior to the reliefs at the Mahabodhi Temple in Bodh Gaya, or the reliefs of Bharhut. It displays what has been called "the oldest extensive stupa decoration in existence". Stupa II at Sanchi is therefore considered as the birthplace of Jataka illustrations.





## ~Jahangiri Mahal~

Jahangiri Mahal, may be the most noteworthy building inside the Agra Fort of India. The Mahal was the principal zenana (palace for women belonging to the royal household), and was used mainly by the Rajput wives of Akbar. It is a form of Islamic architecture. The palace was built by Akbar. It is one of the earliest surviving buildings of Akbar's reign. Jahangir in his memoirs stated that the buildings were erected by his father Akbar but did not take any credit for the construction of Jahangiri palace or Mahal. During the reign of Jahangir, it is believed to be the residence of his wife, Jagat Gosain, the Princess of Marwar. There is a huge bowl called Hauz-i-Jahangiri that is carved out of a single piece of stone. This was used as a container for fragrant rose water.



Bhanu M Yadav  
Class 8 -D

## ~The Heliodorus pillar~

The Heliodorus pillar is a stone column that was erected around 113 BCE in central India in Besnagar (near Vidisha, Madhya Pradesh). The pillar was called the Garuda-standard by Heliodorus, referring to the deity Garuda. The pillar is commonly named after Heliodorus, who was an ambassador of the Indo-Greek king Antialcidas from Taxila, and was sent to the Indian ruler Bhagabhadra. A dedication written in Brahmi script was inscribed on the pillar, venerating Vāsudeva, the Deva deva the "God of Gods" and the Supreme Deity. The pillar also glorifies the Indian ruler as "Bhagabhadra the savior". The pillar is a stambha which symbolizes joining earth, space and heaven, and is thought to connote the "cosmic axis" and express the cosmic totality of the Deity.

[The details have been researched from different tourism websites and travel blogs.]

## PERSONALITY OF THE MONTH

### Alexander Fleming



Alexander Fleming wasn't setting out in 1928 to revolutionize biological science when he discovered that something in *Penicillium* mold spores was able to kill staphylococcal bacteria in a petri dish. As is often the case in science, discoveries make remarkable impacts on research that are totally unrelated to the field they were created to help. Fleming was just trying to find a way to prevent anaerobic infections from being so deadly, not looking to find the world's first antibiotic. But along the way, the discovery of antibiotics have been utilized in innumerable research, as selection tools in transformation and cell culture, as well as a host of other fields and studies.



## Meet My Teacher

Name : Ankita Purwar

A little about myself:  
Adventurous



\*My birth date: 2th September

\*Zodiac: Aries

\*My hobbies: Singing, cooking and Travelling

\*Favourite colour: Red

\*Favourite movie: Mohabbatein & PK

\*Quality I admire about myself: Positivity and helping nature

\*Favourite food: Pizza & Pasta



\*Ambition as a kid: To Be a Good Teacher Like My Science Teachers

\*Favourite book: Ramayana & Emotional Intelligence

\*Dream destination: Switzerland



\*Favourite subject as a student: Science



\*Favourite quote/Motto in life: First do what is necessary, then do what is possible and see impossible happening.



## Meet My Teacher

**Name :** Reshma Joseph  
**A little about myself:**

I am that mix of confidence, intelligence, ambition and independence that comes from introspection. I am silly or serious when either is necessary. You'll find me overwhelmingly trustworthy. I am successful in developing strong bonds. I love being devilishly sarcastic.



\* **My birth date :** 6th September

\* **Zodiac :** Virgo

\* **My hobbies :** Technically upgrading myself, Reading, Shopping, Dressing up well (if you agree)

\* **Favourite colour :** Black

\* **Favourite movie :** Marvel Avengers (every single one of it!)

\* **Quality I admire about myself :** The intensity of my love (you'll know if you've experienced it)

\* **Favourite food :** Italian cuisine because of its subtle and exquisite flavour

\* **Ambition as a kid :** Editor in one of the most reputed publications

\* **Favourite book :** The Scarlett Letter (Nathaniel Hawthorne)

\* **Dream destination :** Venice

\* **Favourite subject as a student :** English Literature

\* **Favourite quote:** "She had wandered, without rule or guidance, into a moral wilderness. Her intellect and heart had their home, as it were, in desert places, where she roamed as freely as the wild Indian in his woods." – The Scarlett Letter (Nathaniel Hawthorne)



### My educational background:

Masters in English language and literature  
Bachelors of Education  
Bachelor degree in English language and literature  
Higher Secondary Education (Humanities)  
C.T.E.T Exam Qualified  
Diploma in Graphic Designing,  
Video and Audio Editing.





## Meet My Teacher

Name : K Lavanya

A little about myself:  
Ambitious and people  
driven person.



\*My birth date : 8 September

\*Zodiac : Virgo

\*My hobbies : Making homemade soap,  
Listening to music.

\*Favourite colour : Orange

\*Favourite movie: Santhosh Subramaniam

\*Quality I admire about myself : Friendly with others.

\*Favourite food : Biryani.

\*Ambition as a kid : To become a teacher.

\*Favourite book : Ponninyinselvan by Kalki

\*Dream destination : Norway

\*Favourite subject as a student : Computer science

\*Favourite quote/Motto in life : Nothing is permanent



My educational  
background:

MCA,  
M.Phil. in Computer Science,  
B.Ed. in Computer science





## Meet My Teacher

Name : Avina Shree T D

A little about myself:  
I'm a Bold, Sincere  
& Funloving person.



\*My birth date: 14th September

\*Zodiac: Gemini

\*My hobbies: Reading, Painting, Cooking  
& Listening songs

\*Favourite colour: Black & White

\*Favourite movie: Samsaram Athu Minsaram

\*Quality I admire about myself: Helping Nature & Dedication

\*Favourite food: Chicken Biryani & Fruits

\*Ambition as a kid: Teacher

\*Favourite book: 2 States, Five Point Someone

\*Dream destination: My Sweet Home

\*Favourite subject as a student: Tamil, English & Biology

\*Favourite quote: "Change starts from Me" and "Love to be loved"

\*Motto in life: "Smile Always to stay Happy "



My educational  
background:

B.C.A.,  
B.A. (Hindi),  
Pursuing B.Ed.





## Meet My Teacher

Name : Radhika Sharma

### A little about myself:

I am from north-india. Working with Christ School ICSE in hindi department as hindi faculty. my date of birth is 16 september 1979. My qualification is MA B-ed in English and hindi



\*My birth date: 16september

\*Zodiac : SPECIES

\*My hobbies : paying, dancing, roaming, reciting.

\*Favourite colour: Light pink

\*Favourite movie: Kutchkutchtatahai

\*Quality I admire about myself: good dancer & speaker

\*Favourite food: panipuri



\*Ambition as a kid: police officer

\*Favourite book: Geeta

\*Dream destination: to become a professor

\*Favourite subject as a student: English & Hindi

\*Favourite quote/Motto in life: to open my own school.



### My educational background:

My qualification is MA B-ed in English and hindi. I have 13 year, experience of teaching.



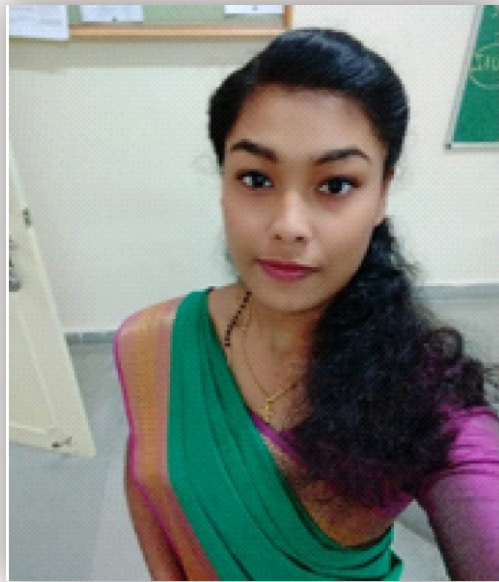


## Meet My Teacher

Name : Treesa Thomas

### A little about myself:

I did my schooling till grade 10 in Gujarat.  
Then rest of the studies that is grade 11, 12 and  
B.Com Graduation from Kerala.  
I got an year experience in teaching from Gujarat.  
Later I took B.Ed from Christ  
(Deemed to be University) Bangalore.



\*My birth date : 18 September

\*Zodiac : Virgo

\*My hobbies : Singing, Dancing, Painting,

\*Favourite colour : NIL

\*Favourite movie : NIL

\*Quality I admire about myself : Secret Keeper

\*Favourite food : NIL

\*Ambition as a kid : NIL

\*Favourite book : NIL

\*Dream destination : Travelling

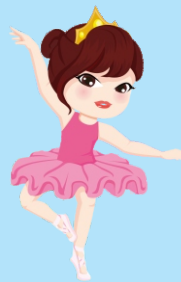
\*Favourite subject as a student : NIL

\*Favourite quote/Motto in life : Have faith in God,  
go with the flow and hope for the better future.



My educational  
background:

B.Com  
(Computer Application)  
B.Ed (Mathematics)





## Meet My Teacher

Name : Ms Mini Manuel

A little about myself:

I am always passionate about my work.  
I love what I do. I have a steady source of  
motivation that drives  
me to do my best. I am a Hedophile.  
I am an emotional and a sensitive person at the  
same time a fun-loving person too...



\*My birth date : 20th September

\*Zodiac : Virgo

\*My hobbies : Listening to Music, Reading books

\*Favourite colour: Blue

\*Favourite movie : No particular movie.

\*Quality I admire about myself : Being a listener rather than a talker.  
I can be hard to win over, but once I am,  
I'll pretty much be on your side for life.

\*Favourite food : The food that fills my stomach

\*Ambition as a kid : Become a banker

\*Favourite book : The Lord of the Rings, Pride and Prejudice

\*Dream destination : Switzerland

\*Favourite subject as a student : Accountancy, Business Mathematics

\*Favourite quote/Motto in life : Face the problem... rather than running  
away from it... Because you always have a solution...  
you just need to give some time to yourself...



My educational  
background:  
B.Com, B.Ed,  
M.A. (English Literature)





## Meet My Teacher

Name : Ms. Rohini Milkesh

### A little about myself:

I am the person who loves to serve the poor and the needy, very much interested in social service activities.



\*My Birth Date : 21st September

\*Zodiac : Virgo

\*My Hobbie : Singing, Reading Book

\*Fav Colour : Pink

\*Fav Movie : All Vijay Movies

\*Quality : I Admire About Myself- patience

\*Fav Food : Chinese Foods

\*Ambition : As a kid- teacher

\*Fav Book : The Alchemist

\* Dream Destination : Rome

\* Fav Sub As A Student : Maths

\* Fav Moto In Life : A Little Help With A Little Smile To  
The Poor Gives The Meaning To My Life.



My educational  
background:

M.A, B.Ed





## Meet My Teacher

Name : P Sivaranjani

A little about myself:

I am a loving,  
humble and happy-go-lucky  
person who always wants to  
enjoy each and every moment.



\*My Birth Date : 21st, September

\*Zodiac : Virgo

\*My hobbies : Listening to Music, shopping

\*Favourite colour : Yellow

\*Favourite movie : Thalapathy

\*Quality I admire about myself : Responsible, Hard working  
and accommodative person

\*Favourite food : Pure-veg meals with payasam/papad

\*Ambition as a kid : To become a Chief Minister

\*Favourite book : Samskara by U.R. Ananthamurthy

\*Dream destination : Kedarnath/ London

\*Favourite subjects as a student : Social and Commerce

\*Favourite quote : "Hard work beats talent when talent doesn't work hard." .....

\*Motto in life : 'Givemy best, so that I won't blame myself for anything.'



My educational  
background:  
M.A., M.Ed.,





## Meet My Teacher

Name : Treesa Jumon

*A little about myself:*

*A strong believer that this world is the best possible good that prevails*



\*My hobbies: Reading, Experimenting with new ideas

\*Favourite colour : Neon

\*Favourite movie : "127 hours"

\*Quality I admire about myself:  
Being bold and positive in tough situations.

\*Favourite food : Anything yummy

\*Ambition as a kid : To make my parents be proud of me

\*Favourite book : The Wings of Fire

\*Dream destination : Himalayan Range

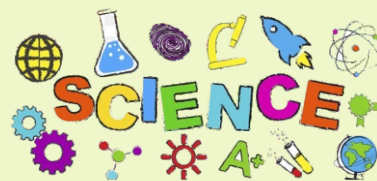
\*Favourite subject as a student : Science

\*Favourite quote/Motto in life:  
Give your best...



*My educational background:*

*Masters in Biotechnology,  
Bachelors in Education*





## Meet My Teacher

Name : Heartlin Sheela

A little about myself:

I'm Heartlin Sheela,  
I was born and brought up in Theothukudi,  
I have my Masters in Mathematics, as  
I love maths and completed my B.ED as  
I admire teaching.



\*Birth Date : 26 September

\*Zodiac Sign :

\*My Hobbies : Cooking And listening to Music.

\*Favourite Colour : Black and Turquoise Blue

\*Favourite Movie : Roja

\*Quality I admire about myself : Calm, Determined,  
Kind Hearted

\*Favourite Food : Chicken 65 Biryani



\*Ambition as a kid : Teacher



\*Favourite Book : பொன்னியின்செல்வன் (Ponniyin Selvan)

\*Dream Destination : Venice



\*Favourite subject as a student : Tamil

\*My favourite Quote/Moto in life : "Whatever makes your soul happy,  
Do that !" "Keep Smiling "



## Meet My Teacher

Name : Seema Shirley Das

### A little about myself:

I am a big time foodie and love to try out new dishes everytime. I am great cook (thats what my family tells) and love to host all my close ones. Love to make new friends and make life worthwhile



\*My birth date : 28 September

\*Zodiac : Libra

\*My hobbies : cooking, watching Tv and shopping

\*Favourite colour : Red

\*Favourite movie : Fanaa

\*Quality I admire about myself : Decision Making skills

\*Favourite food : Chinese

\*Ambition as a kid : Doctor

\*Favourite book : 2 states

\*Dream destination : USA

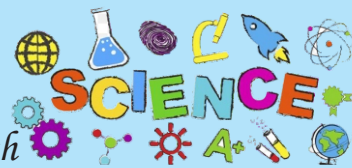
\*Favourite subject as a student: Science

\*Favourite quote/Motto in life: God is my strength



My educational background:

Bsc (Bio) . B.ED





# # BRAINSCRATCHERS

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



	8	7	3		4			
	3		5				4	
								7
					2	4	5	
	9	6		1		8	3	
	2	5	8					
8								
	5				7		1	
			2		1	7	6	

## To enter for a chance to win:

- ✓ Solve the Sudoku correctly and send it at the earliest.
- ✓ You can send your answers by tomorrow - 8th October, 2021 by 3:30 p.m.
- ✓ The first 10 correct answers shall be awarded with the E-certificates
- ✓ Your time starts from today (07.10.21) at 3:30 p.m. and ends by tomorrow (08.10.21) at 3:30 p.m. Late answers will not be entertained.
- ✓ Mail your answers to:

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

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

## • PUZZLE WINNERS FOR THE MONTH OF AUGUST •



Sai Niharika  
Class - 3H



Yashaswi R  
Class - 7F



Ridah Fathima  
Class - 8D



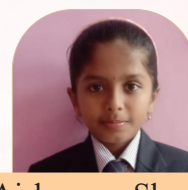
Yasaswini R  
Class - 6D



Sai Charanya V.S.  
Class - 1A



Sameena Fathima  
Class - 8F



Aishwarya Shree  
Class - 7D



Md. Arhaan Karamadi  
Class - 5G



Nea Renju  
Class - 2G



Vandana  
Class - 4G

*Congratulations!*