



CHRIST
SCHOOL ICSE
Christ School Road, Dharmaram College Post, Bengaluru - 560 029



EXCELSIOR

Ever upward and still higher...

The Monthly Newsletter

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From the Principal's Desk

Rev. Fr. Nilson Davis CMI

BE A GIVER OF KINDNESS BEGINNING OF A LIFE-LONG ROMANCE

Dear Christites,

We live in a world that is ruled by gadgets and social media. Sometimes we all find it difficult to find a virtue amidst the evils that exist in the present world. It is always ideal to be a virtuous person yourself rather than spending

your time finding one. Once everyone feels the same thing, in no time the world will be filled with virtuous people. The acts of kindness take birth from your understanding that you as a human being have the responsibility to enhance the well-being of others in every possible way. It is the virtues inherent in you that trigger the acts of kindness.

We all know that we should be kind to others. Have you ever thought about being kind to yourself? I'm sure now you will be wondering about the possibilities of being kind to yourself! Throughout our lifetime most of us would have only wished for the kindness shown by people around you. When you are not kind to yourself how can you expect it from others? Have you tried to love yourselves the way you are? When you are able to love yourself the way you are is the first step towards being kind to yourself. When you start being kind to yourself you start shaping your heart to heart that is filled with kindness towards others.

When you are kind to yourself you are ending the war in which you are against you. You slowly start unveiling your beautiful self to others through your acts of kindness and that will add meaning to your life. Slowly you learn to love unconditionally and when you start loving others unconditionally, that is the best form of kindness you can give away. People who are self-compassionate recover better from psychological knocks and setbacks. One way to show yourself compassion is by knowing that you are the one who should know you well in the first place.

You should never be the cause of sabotaging yourself. It is okay to be kind to yourself when no really is. "To love oneself, is the beginning of a life-long romance." wrote Oscar Wilde. It's when we fall that our self-directed goodwill often deserts us. Suddenly, we remember all our faults. Our internal monologue mudds with harsh judgments. We blame and shame ourselves for our pain. We abandon ourselves and look to whoever (and whatever) would give us comfort. One way to win back our own hearts and reclaim our well-being is through self-compassion.

So, my dear Christites, be kind to yourself so that you can be Givers of Kindness and be ambassadors of unconditional love.



Vice Principal's Message

“Kindness never wasted. It always makes a difference. It blesses the one who receives it, and it blesses you, the giver.”

2020 has required all of us to dig deep within ourselves to cultivate more patience and kindness. Our trips to the grocery store have become more stressful and hectic. Our work spaces have changed completely. Our interactions with others have been cut to a fraction of what they were this time last year. Conflicts have been worsened by months of turmoil and troubling news headlines. For many of us, remembering to be kind to everyone is not at the forefront of our minds. Because we cannot freely hug the ones we love or show an un-

masked smile to someone in need of one, it is important to find new gestures that allow us to practice kindness. Kindness can manifest in many different ways. You can be kind to yourself by not judging your flaws, you can be kind to others by offering a friendly smile or even helping an old lady cross the road or rendering a helping hand to one of colleagues. Go out of your way to help someone. Whether it requires a lot of effort or a little, pay it forward by helping someone out. You'll be on the receiving end of good karma in time to come. Share this article and spread the word. If for nothing else than to show our team a little affirmation for their own efforts in trying to make the world a kinder place.

Kindness is a skill strengthened through regular practice. As we build in kindness, we shift our mind-sets to become more empathetic in our thoughts and attitudes.

Fr. Martin Onasseril CMI

BE A GIVER OF KINDNESS

My Dear Christites,

We are now given a beautiful theme for our reflection – “Be a Giver of Kindness”. The virtue of kindness, which is synonymous with being merciful, being compassionate or being humane, evokes in us all positive feelings. In this pandemic-ravaged time, the virtue of kindness has conquered the vices of fear and selfishness and helped the humanity come out of these unprecedented challenges. It was the virtue of kindness that has inspired countless front line workers to risk their own lives and to serve those affected by the pandemic. It is this same virtue of kindness that strengthens countless men and women to leave or give their wealth to the deprived and the underprivileged.

All men and women are required to shape their lives according to the laws of each nation. We need to live according to what justice would demand from us. The world survives on law and justice. But the world flourishes on kindness. Some are willing to go beyond what is required by justice. And this is the realm of kindness and compassion. No law or justice system of a nation forces any one to be kind or compassionate. They require us only to be law-abiding and just. What inspires us to be kind and compassionate is the law that is enshrined in the heart of good human being by God himself.

In this context of going beyond what is required by law and being unconditionally kind, the words of Jesus is especially relevant, “Love your enemies, and do good, and lend, expecting nothing in return, and your reward will be great, and you will be children of the Most High; for he is kind to those ungrateful and the selfish. Be merciful, even as your Father is merciful”. Lk 6, 35-36.

Following the teaching of Jesus and other great leaders, and being inspired by the living example of innumerable men and women of our times, let each one of us BE A GIVER OF KINDNESS!!

Wishing you God's blessings,

Fr. Reji Koodappattu CMI



Financial Administrator's Message

Be a giver of Kindness

Kind words are like honey: sweet to the soul and healthy for the body (Proverbs 16:24).

The world we live in has been through a lot of ups and downs, from world wars to pandemics. But one thing that remained constant throughout is the need of and the power of kindness. What is kindness? When and where to be kind? How to render acts of kindness?

Let us begin by differentiating kindness from all other virtues synonymous. I found a simple but all-encompassing definition by Aristotle who defined it as “the helpfulness towards someone in need, not in return for anything nor for the advantage of the helper, but solely for the person helped”. In short, to be kind is to help others without expecting anything in return. It is at the latter part that the general masses stumble and stagger. In today's world where competition has become the norm of the day, people feel that to be kind is to squander time and money. In our pursuit of gratification of our own desires we overlook the care for the other. What-is-in-it-for-me is the growing tendency. However, a great quality of kindness is that it is contagious. It spreads fast and wide to corners not imagined. Moreover, it returns to us in ways incomprehensible and inconceivable.

Being students, we can show kindness by offering emotional support, boosting the morale or simply by being supportive. Deeds of kindness can be as tiny as passing a pleasant smile or sharing a tiny bite of your bread to the sparrow that tweets, chirps or perches on your window. To be kind simply means, thus, to be polite, compassionate and thoughtful towards anything and anybody around us. One need not be a billionaire to be kind and offer help. Being kind costs absolutely nothing. What we need to have is a generous heart and open mind. The essential element in it is to recognise the need and be sensitive to it while ardently responding to it. We should be ready to do it without letting others know of it.

Kindness should begin at home. It so happens that many are kind to their friends and their neighbours but rude with the immediate family members as grandparents, parents or siblings. They are never to be called kind no matter how polite or cosmopolitan they are outside. They just don't put on the pretence for a good public image. Moreover, kindness is such a virtue or quality that should animate one always and not for time being. This virtuous disposition shall not be varying according to the situation or the person in need.

Mark Twain once noted “kindness is the language the dumb can speak, the deaf can hear and the blind can see”. We tread this face of the earth just once. Let us do it gently. Let us leave this world a better place to live in.

Mr Vincent John
Editorial Board



JANUARY AT A GLANCE

- * FOUNDERS DAY- TEJOMAY
- * VACCINATION DRIVE FOR
CLASS 10 STUDENTS
- * REPUBLIC DAY
- * VOICE OF KISA

UPCOMING EVENTS

- 1st - New Year
- 3rd - School Reopens After Christmas Holidays
- 3rd - St. Chavara Day
- 8th - Founder's Day
- 14th - PTM for classes 1 to 10
- 15th - Makara Sankranti
- 15th - Army day
- 26th - Republic Day
- 29th - Science Exhibition



TEJOMAY 2021-22 (Founder's Day)

Commemorating the death anniversary of St. Kuriakose Elias Chavara, and honouring the teachings and contribution of our founder Father, the **online competitions** were conducted for the students of classes 1 to 10 on **7/01/2022**, as a part of our celebration. **760** Students participated in the competition with enthusiasm.



Ms. Ginu Jacob

Class 1	107
Class 2	80
Class 3	95
Class 4	83
Class 5	74
Class 6	65
Class 7	63
Class 8	74
Class 9	69
Class 10	50
Total	760

The winners of the online competitions were announced by our Principal Father Nilson Davis CMI.

"The life and deeds of Saint Chavara are an inspiration to humanity as a whole. He was an apostle of peace and religious harmony, working tirelessly to liberate people from the autocracies of ignorance, poverty, and sickness.

As we celebrate the Founders Day it's a call for all of us to follow his footsteps to make this wor

CLASS	TOPICS
Class 1	Colouring (Pallikoodam)
Class 2	Chavarul (The Sayings of St. Chavara)
Class 3	Drawing – draw an image related to the life of St. Chavara
Class 4	Collage – Life History of Blessed Chavara
Class 5	Elocution – “Relevance of Chavarul in the Life of Students and Family Today”
Class 6	Quiz – Chavara an Educationist, Chavara as a Renaissance leader, Pioneering services of St. Chavara.
Class 7	Quiz – Literary contributions of blessed Chavara, secular honours conferred on St. Chavara
Class 8	Digital Poster making (St Chavara’s message to the students)
Class 9	Video Making 30 seconds (St.Chavara’s contribution for the Society -women, sick, aged and dying)
Class 10	2 Minutes YouTube Video (success story of St. Chavara as an Educationist)

CHRIST SCHOOL ICSE
Engineering & Board

'TEJOMAY'
St. Theresas Class Chavara
FOUNDER'S DAY-2022

Founder's Day Competition Winners

Colouring

ARJUN R NAYANMARKUDY ABHIGNA S I A	MOHAMMED AYAAN NIDUGURTHI D ESHTA RAI P I B
VASUDEVA PAI B DEVIKA I C	Nihal S JIYA S PILLAI I D
VIHAAN KIRAN JIRAL KANTHASHRI R I E	ANEESH DIYA I F
YASH B S VAANYA JOSHI I G	NITHIL R ANEKA P I H

Fr. Nilson Davis CMI Principal

CHRIST SCHOOL ICSE
Engineering & Board

'TEJOMAY'
St. Theresas Class Chavara
FOUNDER'S DAY-2022

Founder's Day Competition Winners

Chaarul

DANIEL K JINU HISHITHA J II A	LEON LJU VIVAMARY BINSON II B
RYAN SJO CHEENIKKAL ANDRELLA SHARON S II C	TUSTYA RAJ VAIBHAV T J RAKSHITHA II D
PRATHAMAY BEHERA IRENE MARIA THOMAS II E	RONALD JEFFERY J NIKHITHA S M II F
LARIS NEA RENJU II G	ASHAR ALAM ARADHYA II H

Fr. Nilson Davis CMI Principal

CHRIST SCHOOL ICSE
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'TEJOMAY'
St. Theresas Class Chavara
FOUNDER'S DAY-2022

Founder's Day Competition Winners

Drawing

KRITHICNEYAN V A INIYA S III A	BHUVAN KUMAR CATHERINE GEORGE III B
ABDALLAH SARMAH MAHIKA MAJUMDER III C	AADIDEV S VANYA CAROL KERKETTA III D
SAI JAI JEET EDURU MOHITHA N III E	CHIRANTHI G KEERTHASHA M III F
PRATHEEK BOPALAH MENTYA S III G	RONITH KIRAN CHILKA SAI HARSHITA P III H

Fr. Nilson Davis CMI Principal

CHRIST SCHOOL ICSE
Engineering & Board

'TEJOMAY'
St. Theresas Class Chavara
FOUNDER'S DAY-2022

Founder's Day Competition Winners

Collage

SIDDHARTH KUMAR NAILAR JOWANA JOSHY IV A	RAHUL NAYAKA A N LIYA MARIYA JAMSON IV B
MOHAMMED RISHAN NAVYA AGARWAL A IV C	SEBASTIAN C J FEBINA FRANCIS IV D
JOSHUA PAUL VIJAY KHUSHI L IV E	NAVAN R ROHITHA D IV F
MOHAMMED RAIHAN JOANNA SUSAN JOHN IV G	HARPYTHA CHINTAKUNTA CHRISTEVE AMUL IV H

Fr. Nilson Davis CMI Principal

CHRIST SCHOOL ICSE
Engineering & Board

'TEJOMAY'
St. Theresas Class Chavara
FOUNDER'S DAY-2022

Founder's Day Competition Winners

Elucation

SAMUEL SANDY S SACHITA YVONNE ANTHONY V A	EAPEN I PADINJAREKARA EVANGELINE MARY V B
JERON JUMON JOSHY ANNA BINU V C	JONATHAN JILJO KUALINI L V D
MUHAMMED RAYAN ALI KHAN AISHWARYA SUBASH V E	GURUTHEJAS SANGEL ANTONY MUDAVASHERRY V F
ABDUL RAHMAN WAJID SHRIYA J V G	VINEETH A SHRIYA M S V H

Fr. Nilson Davis CMI Principal

CHRIST SCHOOL ICSE
Engineering & Board

'TEJOMAY'
St. Theresas Class Chavara
FOUNDER'S DAY-2022

Founder's Day Competition Winners

Quiz

RONN BINNET MEGHANA V VI A	JUAN JUMON JOSHY ANANYA KRISHNA VI B
PREETHAM M MEENAKSHI UNNIKRISHNAN VI C	ERICK J VANSHIKA MADHURI G VI D
ALAN DANIEL G GANIKA VIJAY VI E	MERYL V M SANJEEV K VI F

Fr. Nilson Davis CMI Principal

CHRIST SCHOOL ICSE
Engineering & Board

'TEJOMAY'
St. Theresas Class Chavara
FOUNDER'S DAY-2022

Founder's Day Competition Winners

Quiz

P MOKSHITH REDDY THEJASWI Y VII A	ASHISH BINQI RABIYA BASRI VII B
ARYA BHARDWAJ ANUKEERTHANA V R VII C	BRIJESH S DIMPLE S VII D
ROHIT SHETTY H J SANVITHA U V VII E	MELVIN SHIBU LICHITHA GOWDA VII F

Fr. Nilson Davis CMI Principal

CHRIST SCHOOL ICSE
Engineering & Board

'TEJOMAY'
St. Theresas Class Chavara
FOUNDER'S DAY-2022

Founder's Day Competition Winners

Digital Poster Making

JOHAN JILJO DELNA BABU VIII A	EVAN JOSEPH ANTONY VAUGA T K VIII B
NORRIS RICARDO D LEEMA ELIZABETH THOMAS VIII C	SHABREESH SANTHOSH DURGA PARAMESHWARI L VIII D
JAYANTH G SONIKA M YADAV VIII E	DHIRAJ S SHARON ROMELLA E VIII F

Fr. Nilson Davis CMI Principal

CHRIST SCHOOL ICSE
Engineering & Board

'TEJOMAY'
St. Theresas Class Chavara
FOUNDER'S DAY-2022

Founder's Day Competition Winners

Video Making 30 Seconds

HARRY AADITH ALBINA ANN MATHEW IX A	JOSHUA P JOJU ISHITHA KAITIARAKKI BRJESHI IX B
NANDAN K GOPIKA ARUN IX C	SACHEL ANTONY MUDAVASHERRY MEGHASHRI S IX D
GAGAN K ABHINAVA IX E	HEMISH A AKSHAYA RAMYA B IX F

Fr. Nilson Davis CMI Principal



VOICE OF KISA

Voice of KISA is a Solo Semi Classical Musical competition conducted by KISA. The Preliminary round was held by the school on 21st January 2022 and its winners participated in the Semi-Final round conducted by KISA.

The students who participated from our school are -

1. Shradha B- VIII A
2. Smruti G – VIII D
3. Nandan S – VIA
4. Ruthisha –IX B
5. Lakshkirannayak –IX D



Ms Beena Koshy
LCA Committee



Vaccination drive in Christ school ICSE campus

The students have been attending online classes for the past two years due to COVID pandemic. As per the government order Christ School ICSE started offline classes for STD 9&10 from October. It was necessary for the students to get vaccinated as they come to school daily.

Rev. Fr. Nilson Davis CMI, our principal has taken the initiative to have all the students of class X vaccinated. On January 6th 2022, 137 students of class X got their COVID shots in collaboration with the Health Department of Karnataka Govt. We thank the management as well as the Health Dept. for making all necessary arrangements to keep our children safe and healthy.

Stay safe! Stay Blessed!

Ms Rani Teny
Class 10 Animator



REPUBLIC DAY

India celebrated its 73rd Republic Day on 26 January, 2022. After gaining freedom from the British Colonial Rule on August 15, 1947, there was a need for proper law and order in the country. The drafting committee along with its chairman, Dr. B. R. Ambedkar framed and drafted the constitution in 2 years, 11 months and 18 days to be precise. Even though the constitution was ratified by 26 November, 1949, it came into effect on 26 January, 1950, as 26 January was celebrated as Independence Day from 1930 to 1947 until we gained independence. After this day, our country truly became democratic and independent and this was declared as a national holiday to celebrate its significance.

Christ School ICSE, celebrated the country's 73rd Republic Day by releasing a video on the School's official YouTube page, unfurling the flag with a parade and a message by our beloved Principal, Rev. Fr. Nilson Davis Pallisery, CMI. Messages by the students, dance and music performances made the video a memorable and patriotic one.



Suravi Sudhir
Class - 10 C





Special Achievement

NCC A – CERTIFICATE

The best outfit: NCC Uniform

The best shoes: NCC Boots

The best hat: Burray

The best place: Parade Ground

The best match: Bullet and Rifle

The best home: Barret The best pair: Buddy Pair

You are identified as a cadet!

On 26th of January, 2022, the NCC cadets of class 10 received their NCC A-Certificates from the principal, Rev. Fr. Nilson Davis Pallissery, CMI during the republic day celebrations. Having got only one proper year with NCC parades and cadets, it was a wonderful experience and we made the best out of the time we had, living like brothers and sisters and following the motto “Unity and Discipline”. On behalf of the entire battalion, I would like to thank our principal for giving us this wonderful opportunity, which has provided us a lot of insight and helped us in our all-round growth as individuals. I would also like to thank our NCC Officer, Mr. Saravanan, for his support and guidance throughout this incredible journey. This wonderful experience will be a memory to cherish for a lifetime.



Manogna N.
Class - 10 D



Congratulations

TEACHERS CORNER

BE THE GIVER OF KINDNESS

When words are both true and kind, they can change the world.

- Gautama Buddha

Good men and bad men differ radically. Bad men never appreciate kindness shown them, but wise men appreciate and are grateful. Wise men try to express their appreciation and gratitude by some return of kindness, not only to their benefactor, but to everyone else. Just as a mother would protect with her life her own son, her only son, so one should cultivate an unbounded mind towards all beings, and loving-kindness towards all the world. One should cultivate an unbounded mind, above and below and across, without obstruction, without enmity, without rivalry. Standing, or going, or seated, or lying down, as long as one is free from drowsiness, one should practice this mindfulness. This, they say, is the holy state here.

Ms Sangmo Lama
Department of History



BE THE GIVER OF KINDNESS

“Every act of kindness benefits the giver as well as the receiver” - Katrina

Mayer Kindness is what separates us from animals, it's what makes us human. It is one of the most fundamental of all human attributes as it holds the keys to greater virtues, like compassion, empathy and even love. Small acts of kindness at work benefit the giver, the receiver, and the whole organisation. Psychologists have shown how generosity propagates and spreads. If someone is kind to us, we tend to “pay it forward” And act more generously to someone else when given the chance. Kindness is an integral part of humanity. "Nothing can make our lives, or the lives of other people, more beautiful than perpetual kindness." –Tolstoy When we consciously send compassion and warmth to others through loving-kindness, we feel more connected to people we love, friends, family, neighbours and even strangers. Feeling connected builds our capacity for kindness and compassion, decreases our bias towards others and increases our own well-being.

Ms Sneha Jose
Department of English



GIVER OF KINDNESS

Kindness is the language of God. Showing Kindness to the people around us will create an impact on the world. One must have love in their hearts to show Kindness like how mother Theresa showed Kindness to people around her, crippled, sick and the wounded. Her love for Jesus Christ made her the way she was. A simple act of kindness can change people's lives. It might be difficult but a pure heart and determination will help us to show Kindness. As in Bible says ‘BE KIND AND COMPASSIONATE TO ONE ANOTHER, FORGIVING EACH OTHER, JUST AS IN CHRIST GOD FORGAVE YOU.’
EPHESIANS 4:32

Ms. Shika Mary M M
Department of Social Studies



Be the living expression of gods kindness, kindness in your face, kindness in your eyes, kindness in your smile.

Can you remember the last time a stranger was kind to you? Maybe someone held a door open or offered you help with directions in the street? Or, perhaps you can recall the last time you helped somebody.

Sometimes it takes a small act of kindness to change a persons perspective of life . It is said that kindness is the best nourishment for humanity. In today's world where people don't think about anything else expect themselves and people who really matter to them , where such a huge pandemic has shaken peoples life and their emotions we forget that this world need human beings with humanity and kindness more than anything else . Humanity and kindness prevails in the heart of each and every indivial but its very important for us to see and recognise it within us and also put them into action. Let us start doing things for people not because of who they are or what they do in return but because of who you are.

major benefit of kindness is that; it's a win-win situation. no one loses anything by being kind but someone always gains from it. **It costs us nothing to do these smallest acts of kindness. So, lets sparkle kindness wherever we go no matter how small it is and be a giver of kindness.**

Ms Sharfunnisa Begum
Department of Hindi



BE A GIVER OF KINDNESS

Kindness is a way of being and is a gift for both the giver and the receiver.

A small act of kindness can make someone's day better and make them feel happy.

Simple actions like a smile or a helping hand can have a huge impact. Kindness toward others produces happy sentiments, which can improve our moods and strengthen our resilience and resourcefulness.

As a teacher, we will have so many opportunities to show our kindness and compassion towards others. A teacher has a great influence on students' lives. When we approach them with love and kindness, they experience the emotion and it can be reproduced rather than simply thinking and talking about it.

Ms. Chelsiya Mary Jacob
Department of Mathematics



BE A GIVER OF KINDNESS

Kindness means moral excellence that improves our life in this world. An act of kindness is a sacred and benign undertaking whose performance brings us joy, satisfaction and peace. An act of kindness is motivated by a desire to do good to every creature. Indeed, any act considered just and reasonable by the standards of the family and the community and which wins applause not only for itself but for the doer also is a virtuous act.

Whenever we get an opportunity in life we must do as many benevolent acts as we possibly can. The easiest way of performing an act of kindness is to repeat the name of God because forgetting it is the vilest omission.

Ms Sreekala
Department of History



HAPPY PEOPLE BECOME HAPPIER THROUGH KINDNESS

If nature has made you for a giver, your hands are born open, and so is your heart; and though there may be times when your hands are empty, your heart is always full, and you can give things out of that.

- Frances Hodgson Burnett

Kindness when given is habitually expected to be returned. More often it is seen that kindness is given so that something else of value may be returned. You can always give something, even if it is only kindness without expecting anything in return. We have always been taught to be kind to people without expecting anything in return.

Recent researches have postulated that, kindness has three components:

- (a) The motivation to be kind to others.
- (b) The recognition of kindness in others.
- (c) The enactment of kind behaviour in one's daily life.

Happy people perceived, interpreted, and subsequently thought about life events and their life circumstances in more positive ways than did unhappy people. It is important to understand individual differences in cognitive and motivational processes, such as social comparison, self-evaluation, self-reflection, and person perception.

Kind people experience more happiness and have happier memories. Simply by counting acts of kindness for one week, people appear to have become happier and more grateful. Thus, happy people are more kind in the first place and that they can become even happier, kinder and more grateful following a simple intervention.



Ms. Smita Francis
Department of Biology

HAPPY PEOPLE BECOME HAPPIER THROUGH KINDNESS

Kindness is an integral part of humanity. Kindness increases empathy, helps us relate to others, and allows us to form more positive relationships. Practicing kindness has the transformational power to flip any situation upside down. For instance, if you've failed to reach a personal goal, kindness allows you to forgive yourself and to try again. In a professional setting, it allows you to see another's perspective and to move forward with compassion in challenging circumstances. Kindness is a muscle that strengthens with practice. The bonus of kindness is that the receiver is not the only one to reap the benefits. The giver stands to benefit in a number of ways, including:

- Increased feelings of happiness and satisfaction.
- Decreased feelings of stress and depression.
- Increased acceptance among peers and a greater sense of belonging.
- Improved self-esteem and self-worth.
- Enhanced immune system and ability to concentrate.
- Greater sense of gratitude.

Love and kindness are never wasted.

They always make a difference.

They bless the one who receives them,
and they bless you, the giver.



Ms Sonia Gaba
Department of Science

BE A GIVER OF KINDNESS

**Love and Kindness are never wasted.
They always make a difference.
They bless the one who receives them, and
They bless you – The Giver.**

Acts of kindness have the potential to make the world a happier place. It can boost the feelings of confidence, happiness and optimism. Kindness is choosing to do something that helps others or yourself, motivated by genuine warm feelings, kindness or doing good, often means putting other people's needs before our own. It could be by giving up our seat on a bus to some one who might need it more or offering to make a cup of tea for someone at work. There are so many ways to help others as part of our everyday lives. Good deed needn't take much time or cost any money. Acts of Kindness for other people can make us feel good, we need to also keep in mind why we're doing it. Which is for their benefit, not ours. So it is very important that our kindness is something which others will find helpful. It is a willingness to full-heartedly celebrate someone else's successes to be openly happy for the other person. It's a wonderful way to lead a more positive life and get more in return.

It is essential for all of us to understand the value of kindness. Always remember, it does not cost anything to be kind. It may be a little compliment or it can be a grand gesture, no matter how big or small, Kindness always matter. Therefore, try your best to be kind to everyone around you.
"The more you do for others, the more you do for yourself".

Ms Sivaranjini
Department of English



Kindness often means putting other people's needs before our own. It could be offering to make a cup of tea for someone at work or by helping a child cross the road.

Giving to others makes us happy, which creates a virtuous cycle that promotes lasting happiness and Kindness.

People who are kind and understanding see clear benefits to their well-being and happiness. It can also help reduce stress and build on our emotional well-being.

Good deeds need not cost any money or take much time. So, be a giver of Kindness.

Ms Stella
Department of Computer



STUDENTS CORNER

“BE A GIVER OF KINDNESS”

Kindness makes you the most beautiful person in the world, no matter what you look like. We should be a kind person shows concern for the feelings of others and is helpful and generous.

Kindness is a value that could add more satisfaction to and strengthen your relationship.

Kindness means love, care and friendship and helping others anytime.

The giver who is giving their kindness will be the happiest person than the receiver of love.

Kindness creates a sense of belonging reduces isolation.

If you judge people you have no time to love them.

Showing kindness to our family, friends, neighbour and even strangers.

So spread the joy of kindness throughout the world and be happy.



S V Sharusri
Class - 3A

“BE A GIVER OF KINDNESS”

Be a giver of kindness and hope. Be kind to each other and your life will be lovely. Be patient and helpful and you will always see your loved ones smile. I am very happy to start my new academic year with love and compassion. I take this Kindness pledge to myself and going to follow this through this year and more years to come.

I as Iniys.S , proudly take this below pledge

- I will be kind to my parents and elders
- I will be kind to my teachers, friends.
- I will be kind to the time and make use to the fullest that god have given me.
- I will be kind to the needy.
- I will be Kind to myself.



Iniya S.
Class - 3A

Be a giver of Kindness

“Kindness is the language which the deaf can hear and the blind can see”

-Mark Twain

Among the greatest gifts one can give to another is kindness. It need not cost a thing. One single act of kindness has the potential of inspiring others and creating a rippling effect that keeps on giving. The significance and value of kindness is immeasurable. When someone expresses genuine care for another, no matter how simple or elaborate, it is a gift of kindness. Kindness is more important than wisdom and the recognition of this is the beginning of wisdom. The beauty in kindness is that whether you are the giver or the receiver, it feels good and the gestures need not be grand to be effective.

The bonus of kindness is that the receiver is not the only one to reap the benefits. The giver stands to benefit in a number of ways, including:

Increased feeling of happiness and satisfaction.

Decreased feeling of stress and depression.

Improved self-esteem and self-worth.

Greater sense of gratitude.

Enhanced immune system and ability to concentrate.

Whether you are a giver, receiver or witness-Kindness becomes a win-win-win situation.

V.A.Krithicneyan
Class - 3A



At times when I used to go to the park in the morning, it gives me a pleasant feeling to hear the birds chirping and see a few animals walking around. Most of the people who come in the park would be engaged with their workouts. What makes me feel amazed is on seeing a gentleman feeding and giving water to the birds and animals. He does this daily. This might seem simple, but this simple act of kindness would mean a lot to the others. Dear friends... being kind is one of the best human qualities. We must be kind to nature, animals, and all things on earth. I need to be kind to myself. All religions and beliefs teach us to be kind. When we show kindness to our loved ones, we maintain a solid foundation. We should not just say it but make attempts to put these words into actions hence, becoming a GIVER OF KINDNESS.

Nivedh M S
Class - 3A



Be a giver of kindness

Kindness means caring for people. It comes out of love. We have to show kindness to everyone. Kindness makes everyone happy. Without kindness the world will be a less happier place. We can see kindness everywhere. I can see it in my mom's eyes. I can see it in my dad's actions. I can see it when my sister shares her candy with me. I see it in my friends when they help me in time of need. Kindness makes my world a happy place. I will be a giver of kindness, will you?

Franco Frinson
Class - 3B



“BE A GIVER OF KINDNESS”

Kindness is one of the seven virtues. The strength of kindness is infinite. A warm smile is the universal language of kindness. Kindness means you have to love and care for everyone selflessly. Kindness is a nice word that should be included in daily habits. Helping each other and loving without accepting in return is one of the biggest values of being human. Kindness is more important than wisdom, and the recognition of this is the beginning of wisdom. Showing kindness to neighbors and fellow workers contributes to developing a positive social environment. Even the little decisions and selfless acts of kindness can contribute to the creation. Every act of kindness benefits the giver as well as the receiver. Kindness is a quality of being generous or friendly. Unexpected kindness is the most powerful, least costly and most underrated agent of human change. Kindness is the language which the deaf can hear and the blind can see.

A beautiful Quote by Mother Teresa “Be kind to each other. It is better to commit faults with gentleness than to work miracles with unkindness”.

Samanvi Sreshta Eadara
Class - 3A



BE A GIVER OF KINDNESS

“There's no such thing as a small act of kindness. Every act creates a ripple with no logical end”

An act of kindness means a selfless act performed by an individual to make someone happier without any compensation. Being kind is very important because it increases empathy, happiness and optimism. It also reduces anti-social behavior.

We need to be kind always, not only when it's easy to be, but also when it's hard to be.

Kindness makes you the most beautiful person in the world, no matter what you look like, the power of kindness is real.

So, next time you're feeling a little anxious, look for opportunities to help others. Even a small gesture can make a big difference. If everyone is kind to each other, we would have a much more compassionate society.

Let's be kind to everyone, this will build community, society and the nation.

Zunaira Ayesha
Class - 3A



Be a giver of kindness

The strength of kindness is infinite. Kindness is a unique attribute. It refers to the thoughtfulness and helpfulness of a living being like a human. Kindness makes people very polite and generous. It is one of the most significant attributes in the World. It is a kind of indication of humanity existing on the Earth.

A kind person is more tend to have friendly behavior with others around him/her. An individual who possesses kindness is more respected by society than the others.

Cordiality, Courtesy, and mercy are other names of kindness. Everybody can adopt kindness in his/her behavior to spread humanity throughout the world.

Muhammad Luqmaan
Class - 3D



Being a Giver of kindness Kindness is defined as the quality of being friendly, generous and considerate. Kindness can be reflected through empathy, acceptance, kind gestures, thoughtfulness and its entirely up to the giver. Kindness is a movement; kindness is Love and Kindness is grace. It has the power to change the way societies and communities are viewed. Hence it is necessary to teach kindness to our children who are bearers of our future. Teaching Kindness starts from home and needs to be carry forwarded in the school curriculum. Parents and Teachers play an important role by showing and practicing acts of kindness in every walk of life. Parents and teachers must appreciate, encourage ad reward acts of kindness shown by students. These reinforcements help people want to do more good deeds. Instilling our kids to be a Giver of Kindness has lots of Benefits in their socio-economic development. It helps build happiness, creates a sense of belonging and improves self-esteem. -Kindness is the key ingredient that helps children feel good about themselves.

Hana Jom
Class - 3B



The definition of kindness is "The quality of being friendly, generous, and considerate. It means to respect one's ideas, qualities, and space.
-Kindness means to be good to every person, which is the basic quality of all human beings in the worlds. All the religion teach all of us to be kind to all living things around us. Kindness involves self care and concern about oneself, our family and people around us.
My teachers and family has taught me how to be kind to others. At home I help my parents , brother and help them . At school , I help my friends . I try to show kindness to everyone who are in need. True kindness is loving others as yourself and forgiving their trespasses against us as God forgives us. "Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you."

(Ephesians 4:32).

"LIVE AND LOVE PEOPLE

Jeric .C. Pradeev
Class - 3B



Kindness means we have to love and care for everyone selflessly. Helping each other and loving without accepting in return is one of the biggest values of being true Human. Everyone has some problems in their life , and they all need sympathy and kindness of others. A small deed of kindness can help them in reducing their problems, and also provide them with the strength to bear the pain. Mother Teresa is a famous example. She helped to change the expression on dying people's faces from distress and fear to calm and peaceful. She made their unbearable pain a little easier to bear.

A helping Hand,
A Heartfelt smile,
The Kindness you give
Comes back in a while.

Pranjal Agarwal
Class - 3B



BE A GIVER OF KINDNESS

Carry out a random act of kindness with no expectation of reward, safe in the knowledge that one day someone might do the same for you.

-Princess Diana

Kindness is a gift everyone can afford to give. Being kind has the power to improve our own well-being. Secondly, practicing kindness helps life feel more meaningful. When we practice kindness, we will feel safe and good which creates inner calm and heartfelt of love. A small gesture of kindness towards those in need makes a big impact on them. Practicing kindness has the power to flip any situation upside down. Kindness has health benefits for both the giver and receiver. It lowers blood pressure and increases self-esteem.

- Being kind in words creates confidence.
- Being kind in action creates profoundness.
- Being kind in giving creates love.

Show kindness to unkind people. Forgive people who don't deserve it. Love unconditionally, your actions always reflect who you are.

No act of kindness, no matter how small is ever wasted. If everyone paid kindness, we could bring back civility to society and make the world better than today.

Fia. D. Joann
Class - 3C



BE A GIVER OF KINDNESS

Kindness is a wondrous feature that everyone should own.

Every single act of kindness is no less than a blessing for everyone. It is like a surprise for the one who receives it, by treating others with kindness and seeing a beautiful smile on their faces brings an inner satisfaction to us. "Kindness is a language that a blind, deaf, or dumb can easily understand."

Every religion around the world inspires us to be kind to others. We must be kind not only to our relatives, family and friends, but we can be kind to everyone around us. Our kindness values more to those who we don't know more than the people we know. It reveals our character and a personality. It comprises of humility, compassion, respect and dignity and also humanity. It also help us making good relationship with others. "Kindness is a virtue costs nothing we must hold kindness for others." We can be kind to others by giving them a chance and supporting them in failures and helping them when necessary, and using thank you, please, and sorry at an appropriate place can be an act of kindness. Always be kind to kids, poor people, elderly people, family and friends. Our one kind move can bring a great change in a person whom we be kind. "Kindness in words creates confidence, kindness in thinking creates profoundness and kindness in giving creates love."

Abdallah Sarmad
Class - 3C



Be a giver of Kindness

“Kindness is a sign that deaf people can understand and blind people can see”.

Kindness is a quality of being generous or friendly. Kindness is an integral part of humanity and it is one of the seven heavenly virtues. Be a giver of kindness and be the living expression of God's kindness; kindness in your face, kindness in your eyes, kindness in your smile, kindness in your warm greeting.

The strength of kindness is infinite. An act of giving kindness actually means a selfless act performed by an individual in order to make someone happier without any compensation.

Sometimes it takes only one act of giving kindness and caring to change a person's life.

Kindness towards nature, animals and other people has the ability to transform the world and make it a beautiful place for living.

Even nature has its own way of showing kindness. For instance, the Sun gives us everyday his brightness as a morning gift.

Always, we all should remember it does not cost anything to be a kind giver.

It may be a little compliment or it can be a grand gesture, no matter how big or small, kindness always matter. So, always we should try to be a best giver of kindness to everyone around us.

Mohammed Hussein Khan

Class - 3C



Be A Giver of Kindness

Take a moment for yourself, sit back, recall some moments in your life - A strangers smile that lifted your spirit, someone extending a helping hand, few kind words spoken to you when you were down, someone listening to you without being judgmental.

Mere recollection of such memories fills us with bliss and gratitude. These are examples of kindness which are priceless to you but were seemingly free for the giver. Kindness is a human virtue to care, share and give without expecting something in return. It has positive effects on how we see ourselves and allows us to see and find the humanity in others. It is something that we don't run out of, we can always find ways to replenish our kindness. So, let's be a giver of Kindness. It will make the world around a richer place without making us poor. As we seek and make new friends let's remember A KIND Friend is the RIGHT KIND of Friend.

Be Kind Whenever Possible. It is Always Possible – Dalai Lama

Eva Thereza

Class - 3C



Be A Giver of Kindness

Sometimes it takes only one act of kindness and caring to change a person's life.

The act of kindness starts at a young age. It doesn't need to be a rich and famous person to be kind. Anyone can be the giver of happiness if we are good and true to ourselves and others. A small gesture of kind words may help people around you in times of difficult moments. During the pandemic when everything is shattered and when so many people have left their families forever, our kind words may heal them. During this time, if we talk to such people, they will be motivated by our words. Kindness and love are understood even by the animals.

So, my dear friends, be kind in every way you can. Remember, whatever we give others, we receive back.

Rubel Mathews Chorneukar

Class - 3E



Be a giver of Kindness

“Every act of Kindness benefits the giver as well as the receiver”. Katrina Mayer.
kindness is a quality of being generous or friendly.

Kindness means loaning someone your strength instead of reminding them of their weakness. Act of kindness start small. It doesn't need to be a grand gesture. A small gesture of kind words may help people as well. While the best way to teach kindness is to be kind yourself. Kindness is a behavior in which you can always indulge in yourself. It is always possible to be a kind person as it requires nothing to be a better person.

Kindness and caring can be in any form, giving them an emotional support to overcome a hurdle in their lives or simply lending an ear to someone's stories of a bad day.

Nowadays people don't have time to show their kindness to others as they are very busy in their work. But friends, mark the words, act of kindness don't take anything from you rather it will give a big impact in the life of another person.

A gesture of kindness will show that we have achieved something in life when we end our day.

BE KIND, LIVE IN PEACE!

Amalamaría Jino
Class - 3D



Be the giver of kindness

“Kindness is the only gift that everyone can afford.” A virtue that does miracles.

A value that leaves people speechless. An act that brings joy to the person who received it as well as the person who gifted it. This is giving something without expecting anything in return.

There was a girl named 'Saho'. She was a little girl who was always sad. She saw her friends smiling all the time when rain comes, when they get a chocolate or when they receive a prize. She wondered what makes her happy. Thinking this and walking by the road, she saw a poor lady weak and tired. She immediately gave that old woman her water and bun. The old woman replied “thank you child I saw my lord in you.” She was so overwhelmed. Back home she had a beautiful smile. A smile that she didn't get by any other act. Yes,

kindness can be powerful. So be the giver of kindness. Be a blessing!!!!

Aldrin J Kunnath

Class - 3D



Be the giver of kindness

Be a Giver of Kindness Name - Dikshita Chand Class - 3D It is rightly said, “You will never have a completely bad day if you show kindness at least once”. Being kind and compassionate towards others brings joy. The joy of giving is much greater than that of receiving. Kindness gets us closer to God and renders inner peace. Kindness towards nature, animals and other people has ability to transform the world and make it a beautiful place for living. But, it is also important to remember that kindness towards you is also essential for personal growth. When we help others in their actions, we are polite to them and do others acts of kindness that make us feel accomplishment and joy. We should be polite, friendly and helpful. While we should display kindness, we should not do so for the purpose of getting anything in return. Kindness is a selfless act. If God is enough to make us kind, then we should be kind to others for our needs and help whatever may happen.

Dikshita Chand

Class - 3D



BE A GIVER OF KINDNESS

How to change the world???

-One random act of kindness at a time

Kindness is an act or a good deed done selflessly. It consists of exhibiting behaviors of friendliness, generosity and being considerate. It is a benevolent attitude that one possesses. Kindness is a virtue that every one of us should cherish and flourish. Let it nourish, so we can touch every soul, a happy soul.

Being kind is a simple tack of doing good to others, and the person who benefits from it the most is the person who helps. Being kind does not involve much effort, money or time, For instance, we can help a person carry his/her heavy bags, feed a needy, hold the door for someone and other such simple tasks. Even something as trivial as smiling at someone, saying please, thank you and sorry are considered as acts of kindness. You can show your kindness at home by helping your mother with her household chores, not troubling her, playing with your siblings, etc. We can show our kindness at school by not troubling our teachers, helping our friends with their studies and sharing our stuff with them. We should never forget to be kind to animals and plants by watering the plants and giving food to hungry animals. We should always try our best to be kind in every possible way. So next time we see someone in trouble, then we should think of it as an opportunity to serve others. The opportunity to make the world a humane and vibrant place.

One of the prime example of kindness and compassion is Mother Teresa. She selflessly dedicated her life to help the poor and needy children of slums of Kolkata.

She showed the world that kindness can truly heal people. Through her efforts she founded an organization, missionaries of charity that is currently helping the poor and diseased in 133 countries.

A world without kindness is no better than hell itself. Hence it is our duty to be kind to each other and make this world a better place.

Alina Iram
Class - 3E



Be a giver of Kindness

Kindness is a quality of being generous or friendly. Kindness means loaning someone your strength instead of reminding them of their weakness. It is a powerful strategy for not only bringing peace and happiness to nations and communities but also for the personal growth of an individual.

Acts of kindness start small. It doesn't need to be a grand gesture. A small gesture of kind words may help people around you motivate and be kind people as well. While the best way to teach kindness is to be kind yourself, words can also excite the better angels of our nature.

Kindness is not something that demands hard work or vast amounts of time. It just requires a kind heart that understands the language of kindness as kindness is always beautiful. Being kind to people around you without any expectations to receive the same from others is what defines kindness.

Feel proud to be a giver of Kindness.

Aarush S
Class - 3G



Be a giver of kindness.

Kindness is nothing but showing our goodness to others with our Nature, Behaviour and Act .We must be Kind for all living beings irrespective of caste, religion, gender, animals and birds.

We can show our kindness at home by helping our parents, grandparents by giving them food ,water ,medicines on time .Keeping our grandparents happy and make them feel they are always special

In our life. Taking care of our pets by giving proper and healthy food and water on time, taking them to veterinary doctor when are sick.

At school we can help our teachers, friends when they are in need. Wishing security guards, non teaching staff and make them feel they are also a part of our school. Being kind to animals and birds by keeping bowl of grains and bowl of water on our terrace.

Giving food for street dogs, cats and cows. We have to offer our seat to old people and handicapped. People in buses or trains.

Instead of offering costly things or huge money to temples we can offer this to orphanages which will be used for needy people. We don't need to be rich to show kindness to others, all you want is the attitude of helping others. Being kind will give a big impact in the life of other people. Our acts of kindness don't go unnoticed, we will definitely be rewarded in our acts of kindness one or the other day in good terms.

"I can choose to kind,
Each and every day.
I can choose to kind, to everyone, in every way.
When I am kind to others,
I make the world little brighter.
When I am kind to others, I make my heart my a little lighter.
So plant the seed the kindness,
And watch the world bloom.
So plant a seed of kindness,
And we'll chose away the gloom.
-Haley O' Connor.

Thanmay.H.K.
Class - 3E



Kindness means being more polite and positive to others, its plays a good role in our level of success inr journey We need to be humble or giving emotional support to someone. Wo is in needed. It can be anything like giving a smile to an old Man Such acts of kindness do not take much effort but it can make a big difference in the life of another person. You don't have to be a millionaire to help and treat people around you. All you needed is just a good heart. Each one of us has something to give to the world. We need to understand that the world will become a better place if people are kind to each other.Kindness act can be Selfless and blessing to US.

Yuvan Venkatesh .S
Class - 3G



BE A GIVER OF KINDNESS.

Kindness means a selfless act performed by an individual. Anybody should be kind, without any reason to not to be nice. It is true facts of kindness, which creates honest and lasting friendships, relationships. Kindness is one of the seven virtues. " Kindness is a sign where deaf people can understand and blind people can see".

Showing kindness to neighbors and fellow classmates contributes to developing a positive social environment. Even the little decisions and selfless acts of kindness can contribute to the creation. The world gives a positive impression of being kind to others, making it a better place to live. Kindness is expressed in different ways by various people, but stil it has a wish to do good. Sometimes our modern mind blocks such emotional expressions.

Once Mother Teresa said "WE CANNOT ACHIEVE BIG STUFFS ON THIS PLANET, ONLY LITTLE THINGS WITH BIG AFFECTION".

That's the gesture of kindness. Let's us be the giver of kindness.

Audric John
Class - 3F



Be a giver of Kindness

Kindness makes you happy... and
Happiness makes You kind.

Among the benefits of kindness is the positive psychological gain that occurs for both the giver and receiver.

KINDNESS REWARDS THE GIVER, TOO ___

The strength of kindness is infinite. An act of Kindness actually means a selfless act performed by an individual in order to make someone happier without any compensation. Anybody should be Kind, without any reason to not be nice.

It is true acts of Kindness, which create honest and lasting friendship, relationships.

Nature is so kind to us, That it helps civilizations flourish. Nature has its own way to express Thanks and Kindness.

Kindness is the fundamental motivation behind nature. Every Religion teaches goodness.

Showing Kindness to neighbors and fellow workers contributes to developing a positive social environment. Even the title decisions and selfless acts of Kindness can contributes to the creation.

Kindness means you have love and care for everyone selflessly. Kindness is a nice word that Should be included in daily habits. Helping each other and loving without accepting in return is one of the biggest values of being human.

In fact, acts of Kindness bring a magical feeling of honesty, purity, Joy and integrity.

This world gives a positive impression of being kind to others, making it a better place to live.

Likhita M.S
Class - 3F



“Be a giver of Kindness”

Giving and receiving kindness both fills us human beings, nature and the place where we live with the feeling of positiveness and love. All of us have cried helpless when we were born. Kindness from our parents, family and people around us has filled us with lots of goodness and care to grow up.

As we grow up, our parents and teachers teach us to be good. This is the time when our responsibility to be kind starts. With small acts of goodness to each other in our family, neighborhood, school and all around us, we start becoming a giver of kindness. It can be a smile, small helping hand, friendship, sharing food & things, making someone happy, good behavior, taking care of nature and simply by following the lessons to be good from our elders.

Beauty of being a giver of kindness is that it fills us with lots of love and happiness though we don't expect anything in return. Let us all keep spreading kindness... A selfless act for the giver and priceless thing for the receiver.

Renell Dsouza
Class - 3F



“Be a giver of Kindness”

Kindness means you have to love and care for everyone selflessly kindness is a nice word that should be included in daily habits.

Helping each other and loving without accepting in return is one of the biggest values of being human.

Kindness is the fundamental motivation behind nature showing kindness to neighbors

and fellow workers contributes to developing a positive social environment.

A perfect society would be a climate in which in random kindness was a natural part of everybody's everyday life the deed not only affects the person who is directed towards goodness but also experience a sense of relief and joy in performing an act of kindness.

Kindness is a trait that includes such aspects as love, smile, offer, care, empathy etc. In dark days friendliness is like a light for us and it brightens the dim stuff.

Saathwik
Class - 3F



BE A GIVER OF KINDNESS.

“No act of kindness, no matter how small, is ever wasted”

By giving away with kindness, you get it back with greatness. Some time it takes only one act of kindness & caring to change a person's life. Kindness in giving creates love. The strength of kindness is infinite. An act of kindness actually means selfless act in order to make someone happier. Every religion and faith teach its followers to be kind. It should not limit to humans but also to every living creature. The power of this small gesture is enough to change a person's attitude for the day.

With simple addition to daily life being kind may be in the form of a smile, giving gifts, advising, helping others to take correct decision, giving them time, compliments, boosting confidence, spreading happiness etc.

Generous heart, Kind speech and life of service are the things that renew humanity.

Ahad M Targar
Class - 3F



“Be a giver of Kindness”

"[A] hero is someone who rises above his or her fears and limitations to achieve something extraordinary," . Throughout history, civilizations have worshipped heroes and admired them for their prodigious contributions. But not every hero wears a cape, wields a sword, or has superpowers. A true hero is an individual who exhibits kindness to help others, all while remaining a humble and compassionate person. In modern society, when most people think of a hero, they envision altruistic Superman or Wonder Women and their god-like super strength.

However, although a true hero might not always look strong, they will always have inner strength. A hero is drawn to act simply because he or she is determined to be a source of good in the world and proactively solve and prevent problems. Their actions positively impact the lives of people for the better, whether it be an individual person or an entire population. A hero's actions are rooted in helping others. Overall, a true hero should possess the trait of compassion, exhibit unending resilience, and have the inner strength to pursue their calling.

A human must possess compassion and demonstrate resilience. Compassion drives that to care about the public, and resilience helps him to overcome their challenges. for instance through her selfless and compassionate work, Mother Teresa physically helped thousands, and inspired millions; her resilience to fulfill her calling and encourage peace made her not only a true hero but also a saint.

Throughout her life, Mother Teresa compassionately helped millions of people worldwide. Her work with the poor became so popular, people around the world began to deeply admire her. She even received the Nobel Peace Prize in 1979 because of the worldwide impact of her work, yet she cared only about the poor.

Tanmaye
Class - 3G



Be a giver of kindness

No act of kindness, no matter how small, is ever wasted.” In this time period, many people around the globe only focus on their life, and they do not focus on lifting others up. Kindness is one word that can change lives, even when the person that shows kindness doesn't even know the impact they are making. One act of kindness does not appear to be very important, but every act makes an impact. The world is full of hatred, war, and terrorism, but anybody can start to make a change. Some reasons that any act of kindness has an impact include other people needing positivity, the start of a chain reaction, and the benefit of other people in the world. One reason that any act of kindness makes an impact is that some people need positivity. One major benefit of kindness is that the love spreads both ways; it's a win-win situation. Good character is very important in life, and it will earn somebody a lot in life. On the other hand, there is always an opportunity to show kindness. Showing kindness every day is a very good habit to develop, and it would start to make somebody a better person. Every act of kindness will benefit others, and kindness is a great way to bring people.

Sai Harshita.P
Class - 3G



“Be a giver of Kindness”

Kindness and smile is a contagious quality. A small act of being friendly, generous and considerate has a positive impact on both the receiver and giver. There is no loss in paying forward kindness, you will always receive a beautiful smile, ton lot of gratefulness and appreciation as a reward, which is just enough to make your day brighter and fulfilled. Being kind has no limits, it extends from lending a helping hand to sending kind greetings or even giving pleasant compliments . The satisfaction you get from it is never buyable . In today's world where humanity is mildly present , love and kindness will never be wasted people always recall an individual for being a good happy soul . So let's pledge to be a person of diamond by being a giver of kindness.

Pratheek Bopaiah
Class - 3G



BE A GIVER OF KINDNESS

Kindness means you must love and care for everyone selflessly. Kindness is a nice word that should be included in daily habits. The strength of kindness is infinite. It is true acts of kindness which create honest and lasting friendship, relationships. In fact, acts of kindness bring a magical feeling of honesty, purity, joy and integrity. We must live in this world so that behavior, actions and even our thoughts do not harm others. An act of kindness means a selfless act performed by an individual to make someone happier without any compensation.

CloudieTehillah P
Class - 3G



Not all can do great things. But we can do small things with great love

- Mother Teresa.

Kindness is the language which the deaf can hear and the blind can see. Acts of kindness start small. It doesn't need to be a grand gesture.

Kindness is not something that demands hard work or huge amounts of time. It's something all of us can strive to achieve every day. Kindness is the key to changing people's perception. It allows people to empathize with others. Kindness is a trait that includes such aspects as love, smile, offer, care, empathy, etc. Kindness is the fundamental motivation behind nature.

Dear friends, Let your heart paint the world with kindness. Your kind words won't only help others but also help you be a better person every day. By the end of the day just remember to be kind because it costs nothing.

Supreeth Subramanya
Class - 3G



Kindness is a language which the deaf can hear
and the blind can see

- Mark Twain

Have you watched a T.V advertisement for Thai Life Insurance? This heart warming commercial features a young Thai man who is a Giver of Kindness and charms everyone who he meets on his journey. He is shown feeding hungry dog, giving alms to a poor mother, helping old lady push her cart, giving fruits to an old neighbour etc. The young man enjoys his acts and so does the people around him. And his small act of kindness brings difference to him and others who he was kind to.

So my question to you when is the last time you were the giver of kindness? It could have been your smile, your thoughtful words, your gentle talk etc. You don't have to be rich to be Kind. See, the beauty of kindness is when you are the giver of kindness, or even receiver of kindness, it makes you and others feel good. Kindness is an important interpersonal skill of mankind. Being giver of kindness makes us feel valued. Among other benefits, it also attracts positivity of our own mind and body. It also brings together chain of other interpersonal skills like being giver of happiness, being giver of life, being giver of love, joy etc.. This circle never ends and goes on and on.

We can always be a giver of Kindness in our day to day life too. Example holding lift for someone late for a meeting, giving money to needy person, caring for a stray animals or feeding the birds etc. Finally, I would like each one of us to practice to be a giver of Kindness. If you are thinking when to start, The perfect time to start is NOW!!! Did you know, November 13 is World Kindness day and the week of that day is celebrated as Kindness week like any other special national days. So we one family let's take a informal pledge to be the Giver of Kindness to all people without any conditions.

Andrew Kevin Sequeira
Class - 3E



PARENTS CORNER

Be a giver of Kindness

“Love and Kindness are never wasted”. Affectionate, Sympathetic, lovable are synonyms of being kind. Showing kindness to a person, shows the character of the giver. Very often I have seen people underestimating the power of a Smile, Kind word, A listening ear, and a soothing touch. All these pleasures can be experienced only by a person who is in need of these. So, always be a giver of kindness, the outcome happiness is immeasurable.

“Carryout the random of act of kindness, with no expectation of reward”. And what I personally felt is the giver of kindness to someone in need they are equal to God, God in a form of a person who gives kindness.

Ms G.Sandhiya
Parent of S.S Manushri,3A



“Kindness is the language which the deaf can hear and the blind can see.”

– Mark Twain

We can use a little bit of kindness in our life, and with World Kindness Day (13 November) right around the corner, it is about time to start spreading the love. There are a variety of ways that we can express it. Whether it is opening a door for someone or delivering a bouquet of flowers, kindness can have a greater impact than we think. It is one of the greatest attributes that we can have.

Randall McNeely shares four simple steps in ‘The Kindness Givers’ Formula which, when ingrained as daily habits, will empower us to be part of the restoration of light, hope, love, unity, and peace our troubled world so desperately needs.

1. Determine every day to be a Kindness Giver
2. Think of and plan ways to be a Kindness Giver
3. Look for and act on ways to be Kindness Giver
4. Invite and encourage others to be Kindness Givers

Among the benefits of kindness is the positive psychological gain that occurs for both the giver and receiver. When we see someone else help another person, it gives us a good feeling, which in turn causes us to go out and do something altruistic. Research has shown that generosity and kindness are contagious.

American poet Ralph Waldo Emerson once said, “It is one of the most beautiful compensations of this life that no man can sincerely try to help another without helping himself.” Why do generosity and kindness have a positive psychological effect on people? Researchers think that kindness gives people a strong sense that they are doing something that matters.

According to Sonya Lyubomirsky, a Stanford University psychologist, “There are a lot of positive social consequences to being kind: Other people appreciate you, they’re grateful, and they might reciprocate.”

Ms Divya Haridas
Parent of Harinandan, 3D



Be a giver of kindness

Outside my home stands a big beautiful tree that I knew since I was little. From the time I could remember she awed me with her majesty and resplendence. Her branches spreads wide and afar as though shielding us from all unknown dangers.

I am lost in my memory, as I look at her and think back of all the times she had brought joy in my life and how she stood by me in sadness and in happiness.

Like a grandmother, she had a kind face, had many stories to tell and many lessons to teach us. I sat at her feet and listened.

I remembered how I ate greedily at the fruits she gave so lovingly whenever I was hungry, how she stretched her arms unceasingly so I could take shade under her during sunshine and rainfall. I climbed her branches so many times in my playfulness unaware of the pain I was causing her. And yet she never whispered a complaint.

Whenever I felt down, she bore the most beautiful flowers just to cheer me up. She gave shelter to the birds and their song became her own. I heard her happy songs and the melodies gave me strength to face all those difficult times.

As I reflect, after all these years, I now know the lessons she was trying to teach us. In her strength, she gave all she had and in her kindness she has shared the secrets of life.

My friend kindness is our duty to one another. The only way to live a life in harmony and peace with each other is through kindness. It gives us hope and strength, that all will be well in the end. In being a giver of kindness, we are being a giver of life.

Mr Anit Alexandar
Parent of John Alexandar, 3D



Be a giver of Kindness

"The Simplest acts of Kindness are by far more powerful than a thousand heads bowing in prayer".--Mahatma Gandhi.

Lending a hand to a friend in need can strengthen your relationship. Being kind gives us a chance to show someone that they mean something to us. We are better able to see the world from other people perspective and listen to friends and family with kindness and compassion. Like love ,it takes practice to understand and feel it. We share love with others through kind acts such as a smile ,a nice word, an unexpected deed or a planned surprise. Acts of kindness have the potential to make the world a happier place. An act of kindness can boost feelings of confidence, being in control, Happiness and optimism. Kind people are good listeners and they give without expecting anything in return ..I end up with a quote,

"Kindness is a way of being and is a gift for both the giver and a Receiver".

Ms Masilamani.R
Parent of Krishvin R, 3 A



Be kind and compassionate to one another, forgive each other just as in Christ God forgave you.
- Ephesians 4:32

Something that we get in double as compared to be given, Yes it's only love we get in double of what we give. So being a giver of Kindness is the key structure of our life, we have received a doubled love from our creator. Living life to the fullest with kind and compassion makes this world a beautiful place as Eden garden. Though we all are facing the most challenging phase of our life, our little Christites are always at the greatest receiving end. Christ school ICSE, has given our little ones with tons of love, kindness, compassion , harmony in terms of knowledge, learning, entertainment, activities, celebrations and what not we received in this tough time. We thank each and every one from Christ ICSE family for their compassion towards your Children.

Ms Hemalatha. Sasi Kumar
Preschool Teacher, Santhome Kinder
St, Thomas Parish Forane, Bengaluru
Parent of Iniya.S,3 A



"When was the last time you experienced kindness" this was the first line of an article which started a thought in me. Why had kindness become so precious a commodity that people were writing about it? In today's fast paced life where people live in virtual world's a lot more than in real world we have lost touch with what unconditional kindness actually feels like. Every deed today is optimised to be shared/promoted on the virtual world. If something is not shared on social media of choice that something hear not happened for a while lot of people. An act of kindness need to not be something grand or share worthy. It can be a thoughtful word, a smile, an act of generosity, or simply holding the door open for someone or having it held open for you. The beauty in kindness is that whether you are the giver or the receiver, it feels good. Kindness is what makes us humans, it is an integral part of humanity and a core tenet in all religions across the world. Scientifically as well papers have shown that witnessing or performing acts of kindness has myriad health benefits. So let's actively step outside the virtual worlds we have created for ourselves and become givers of kindness. It is good for you, me and everyone around us and that's all it takes is for us to connect back to what makes us humans.

Mr P Frinson Francis
Parent of Franco Frinson, 3B



BE A GIVER OF KINDNESS

“No matter how educated, talented, rich or cool we believe we are, how we treat people ultimately tells all”. Who we are is measured by how we make others feel and how we treat others says a lot about who we are within our heart. A kind loving gentle person will always have a peaceful happy and content attitude in life, as he lives with these feel good emotions everyday . Beauty of life does not depend on how happy we are but how happy others are because of us. The power of giving is manifested in the kindness and generosity that is bestowed on someone else One single act of kindness has the potential of inspiring others and creating a rippling effect that keeps on going. Kindness is the language which the deaf can hear and the blind can see. A major way to boost our own well -being is by being kind to others. kindness is an integral part of humanity, increases life satisfaction, empathy, decreases pain as it helps to relate to others so brings greater sense of connectedness and gratitude, kindles self-esteem, and allows to form more positive relationships. Three feelings I would choose that is likely to describe being a giver of Kindness -Emotional, Blessed and Joyful .

Dr Poonam Agarwal
Parent of Pranjal Agarwal,3B



Be the giver of kindness

Do things for people not because of who they are or what they do in return, but because of who you are”. Can we remember the last time where we were kind to anybody or perhaps can we recall the last time we helped somebody?

The recent study suggest that giving to others make us happy even happier than spending on ourselves. Best examples in our life is our parents who always give us everything for our happiness in return they never anticipate anything from us. What's more our kindness might create a virtuous cycle that promotes lasting happiness and altruism. Kindness can increase our sense of connectivity with others which can directly impart loneliness, improve low mood and enhance relationship in general kindness show increase self esteem empathy and compassion.

Why is being kind to others important?

Kindness makes us happier. When we do something kind for someone else we feel good. It's often accompanied by emotional warmth, it improves our relationships .Kindness can be done for all living beings irrespective of caste, religion, gender, race, nationality, animal and birds.

According to science and studies, show that behind kind and helpful clearly has a positive and uplifting effect on those carrying out the act. Act of being kind, as physical benefits like kindness release feel good, reduce anxiety, hormones, may help alleviate certain illness, and can reduce our stress levels.

One major thing is kindness is that love spreads both the ways. Kindness gives us the opportunity to connect with others building a strong sense of community and unity with family, friends, relationships, neighbours and even strangers. Saints, while explaining law of karma, always tell us to be kind as our acts will reflect back to us either in good or bad terms.

Doing nice things for others boost your serotonin (a kind of hormone), the neurotransmitter responsible for feelings of satisfaction of well being like exercise, altruism also release endorphine a phenomenon know “helpers high”.

Kindness increases positive energy and give a wonderful feeling optimism increased feeling of gratitude. Children learn to appreciate what they have when helping those less fortunate. Parents have to develop and learn along with their children to be kind to others. There is not such things as a small act of kindness, every act create a ripple with no logical end.

Mother Teresa was a pure soul for her kindness, love, care and humanity.

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

— Mother Teresa

Ms Vinutha H K
Parent of Thanmay H K,3E



Be a giver of kindness

“Kindness is the language which the deaf can hear and the blind can see” – Mark Twain

Kindness is a type of behavior marked by acts of generosity, consideration, or concern for others, without expecting praise or reward.

Everybody is affected by the acts of kindness. One never knows what great impacts a small act of kindness can make in our society.

Always spread positivity, joy and happiness around us. Our kind words, opening our door at midnight during winter for someone who is poor and needs food, clothes or shelter, or helping someone carry a heavy load are all acts of kindness.

Celebrating the success of others, encouraging and guiding others when they fail, giving good suggestions and honest compliments, helping the old and the poor with hard work or food, sharing their feelings, hearing their experiences, are all different ways to practice kindness.

All this and more, when performed without any expectations in return is more effective, fruitful and beneficial for the doer and the receiver both. Kindness can strengthen our relationships and give you a sense of great satisfaction in life.



Ms. Monisha E George
Parent of Jonathan P Mattapilly, 3C

Be a giver of Kindness

Kindness is the only service that will stand the storm of life and not wash out. It will wear well and will be remembered long after the prism of politeness or the complexion of courtesy has faded away.” — Abraham Lincoln.

Every human goes through various problems and faces a struggle in every phase of life. During this phase of life, kind words are the one who supports and motivates others. Kindness can be in any form, giving them emotional support to overcome a hurdle in their lives or simply lending an ear to someone’s stories of a bad day. Kindness and empathy help us relate to other people and have more positive relationships with friends, family, and even perfect strangers we encounter in our daily lives. Kindness is a quality that can never be purloined from a person. It remains forever so always offer kindness to others, because one can always be kind. Opportunity for being kind will always be a tendency of humans to offer for free. When words are both true and kind, they can change the world.

The more we give the more we get. Being kind to someone without any hopes of receiving the same from others is what kindness all about. Kindness should be a selfless act, both large and small, that are committed unexpectedly, without prompting and with no apparent ulterior motive.



Ms Shobha Rajkumar Harsoor
Parent of Srushti Harsoor, 3F

Be A Giver of Kindness

Most Parents and teachers want children to be happy. Parents make their Kids happy by buying gifts, taking them for an ice-cream, playing games together or helping them with their homework.

Teachers are constantly doing for children too. Teachers often buy supplies from their own pay checks, bring treats to class, play fun games and support students in other immeasurable and enduring ways.

Studies constantly show that, we feel happier, when we perform acts of kindness for our children, students, families, friends and communities.

We don't make children happy by simply enabling them to be the receivers of kindness. We increase their feelings of happiness and well-being, reduce bullying and improve their friendships by teaching them to be givers of kindness.

Recent study demonstrates that being kind to other people benefits the giver. For Children, it earns them increased well-being, popularity and acceptance among peers.

The goal is to help kids become more mindful about doing acts of kindness and aware of feelings of gratitude, when they experience pleasant activities.

MsO.G.Reena
Parent of Sai Shyaam.A., 3F



Kindness is an act of being good to people around us. One kind word or a smile can change someone's day, it is indeed an act of compassion, humanity, love, concern, care and sympathy. When you are the giver of Kindness it reduces anxiety & stress level, it is a selfless act performed by an individual in order to make someone happy without expecting anything in return.

Your little act of kindness can mean so much to someone who is in pain or in need, they may have had a terrible day but your kind words can soothe and ease the struggles and pains. It is a gift everyone can afford to give, you can always give something even if it is only kindness as no act of kindness is ever wasted no matter how big or small it is.

Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates love. Kindness makes you the most beautiful person in the world, no matter what you look like. . If we all do one random act of kindness daily we just might set the world in the right direction.

“When given the choice between being right, and being kind, choose Kind.”

Ms Mubeen Taj
Parent of Farheen Taj, 3H



Be a Giver of Kindness

“Kindness is the only service that will stand the storm of life and not wash out. it will wear well and will be remembered long after the prism of politeness or the complexion of courtesy has faded away”- ABRAHAM LINCOLN

Kindness is a quality that can never be purloined from a person it remains forever. Kindness is a behavior in which you can always indulge yourself, it is always possible to be a kind Person ,as it requires nothing to be a better person.

Kindness is a quality of being generous or friendly .it means loaning someone your strength instead of reminding them of their weakness .It is a powerful strategy for not only bringing peace and happiness to nations and communities but also for the personal growth of an individual.

During Covid-19 human beings/mankind has enormously changed their attitude and behavior of being kind to others .so always offer kindness to others or to be a giver of kindness because one can always be kind.

Together we change the world just one random act of kindness at a time.

Ms Ramya R
Assistant professor, GFGC, Kodihalli
Parent of Poojya R, 3H



Be a Giver of Kindness

The strength of kindness is infinite. To be a giver of kindness means a selfless act performed by an individual to make someone happier without any compensation.

Being a giver of kindness does not necessarily mean doing something big for anyone; we just need to have a good heart. It can be as short as being polite and giving emotional support to someone. Each of us have something to give to the world.

By being kind to other people, we not only help them and bring a smile to their face but also feel good on a deep level. It gives a feeling of satisfaction.

Nature is so kind to us that it helps civilization flourish. Kindness is the fundamental motivation behind nature. To be a giver of kindness to neighbors and fellow workers contributes to develop a positive social environment. Even the little decisions and selfless acts of kindness can contribute to the creation.

It is rightly said, “If you have pity at least once, you will never have a bad day”. Being kind and compassionate to others brings immense bliss. The joy of giving is so much more than that of receiving. Mercy draws us closer to God and provides inner peace.

Ms Lakshmi. K
Parent of Saicharan. A, 3C



ALUMNI CORNER

"Some memories are unforgettable, remaining vivid and heart warming."

My journey to attain holistic education began on 4th June ,2007 in this beautiful school, I would rather call it as my temple of learning. I can proudly say that I have completed 12 years of schooling in this prestigious institution.

My most wonderful and loved memories were created here. From requesting teachers for a free hour demanding for more P.E. periods, group studies, impositions and special classes, all the fights and pranks, eagerly waiting for sports day, cultural fest ,trips with utmost excitement and most importantly getting punished out of the class with friends have been my best experience in school.

The golden hands of my teacher shaped the base of my future and took utmost care of me, especially Ms. Anitha Joseph and other teachers as well. The values and morals taught by my teachers play a very significant role in my life and the school has molded me into a better person and a proud Christite.

In the end I would like to tell each and every christite to enjoy their school life and make cherishable memories because once you come out school you will definitely miss them. Besides do give equal importance to studies.

Rohini Gangatkaar A M



12 years ago, I entered the school as a tiny plant wanting to grow as a strong tree. Christ School(ICSE) has nurtured this tiny little plant everyday by watering knowledge. The teachers and the principal made this tiny plant to successfully, develop leaves and bloom the tiny buds of talent into beautiful flowers and has strengthened my roots by providing me essential nutrients in the form of friendship, love, care and teaching me respect, honesty and to learn by my mistakes which has made me grow into a beautiful plant containing shiny leaves and colorful flowers Now, appearing in the world as a well nourished plant it is my duty to grow as strong tree and thank my school for making the initial stages of my growth

Lekhana C



PERSONALITY OF THE MONTH

ದ.ರಾ.ಬೇಂದ್ರೆ (1896-1981)



'ಕನ್ನಡದ ವರಕವಿ' ಎಂಬ ಬಿರುದಿನಿಂದ ಪ್ರಸಿದ್ಧವಾಗಿರುವ ದ.ರಾ.ಬೇಂದ್ರೆಯವರ ಪೂರ್ಣ ಹೆಸರು ದತ್ತಾತ್ರೇಯ ರಾಮಚಂದ್ರ ಬೇಂದ್ರೆ. ಇವರ ಕಾವ್ಯನಾಮ 'ಅಂಬಿಕಾತನಯದತ್ತ'. ದ.ರಾ.ಬೇಂದ್ರೆಯವರು 31-1-1896ರಲ್ಲಿ ಧಾರವಾಡದ ಸಾಧನಕೇರಿಯಲ್ಲಿ ಜನಿಸಿದರು. ದ.ರಾ.ಬೇಂದ್ರೆಯವರು ಅನೇಕ ಕವಿತೆ, ವಿಮರ್ಶೆಗಳನ್ನು ಬರೆದಿದ್ದು, ನವೋದಯ ಸಾಹಿತ್ಯ ಪ್ರಕಾರದಲ್ಲಿ ಅಗ್ರಗಣ್ಯ ಕವಿಗಳಲ್ಲೊಬ್ಬರು.

"ಸರಸವೇ ಜನನ, ವಿರಸವೇ ಮರಣ, ಸಮರಸವೇ ಜೀವನ" ಎಂಬ ಬಾಕ್ಸೈಯನ್ನು ಬಹು ಸೊಗಸಾಗಿ ಸೆರೆಹಿಡಿದ ಶಬ್ದ ಗಾರುಡಿಗಿರಿದರು. "ಇಳಿದು ಬಾ ತಾಯಿ ಇಳಿದು ಬಾ", "ನಾನು ಬಡವಿ ಆತ ಬಡವ ಒಲವೆ ನಮ್ಮ ಬದುಕು", "ಕುರುಡು ಕಾಂಚಾಣ ಕುಣಿಯುತ್ತಲಿತ್ತು" ಮುಂತಾದ ಉತ್ಸಾಹ ಚಿಲುಮೆಯನ್ನು ಕೈಸಬಲ್ಲ, ಕವಿತೆಗಳನ್ನು ರಚಿಸಿಕೊಟ್ಟ ಧೀಮಂತ ಕವಿ. ಬೇಂದ್ರೆಯವರು ಕೃಷ್ಣಕುಮಾರಿ, ಗರಿ, ನಾದಲೀಲೆ, ಉಯ್ಯಾಲೆ, ನಾಕುತಂತಿ, ಸಖೀಗೀತ, ಮೇಘದೂತ, ಗಂಗಾವತರಣ, ಮತ್ತೆ ಬಂತು ಶ್ರಾವಣ, ಸಾಯೀ ಆಟ ಎಂಬ ಕೃತಿಗಳನ್ನು ಬರೆದಿದ್ದಾರೆ. ಇವರ ಅರಳು ಮರಳು ಕೃತಿಗೆ 'ಕೇಂದ್ರ ಸಾಹಿತ್ಯ ಅಕಾಡೆಮಿ ಪ್ರಶಸ್ತಿ'(1958), ನಾಕುತಂತಿ ಕೃತಿಗೆ 'ಜ್ಞಾನಪೀಠ ಪ್ರಶಸ್ತಿ'(1973), ಪದ್ಮಶ್ರೀ ಪ್ರಶಸ್ತಿ(1968)ಗಳು ದೊರೆತಿವೆ.

STATE UNDER THE SPOTLIGHT

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

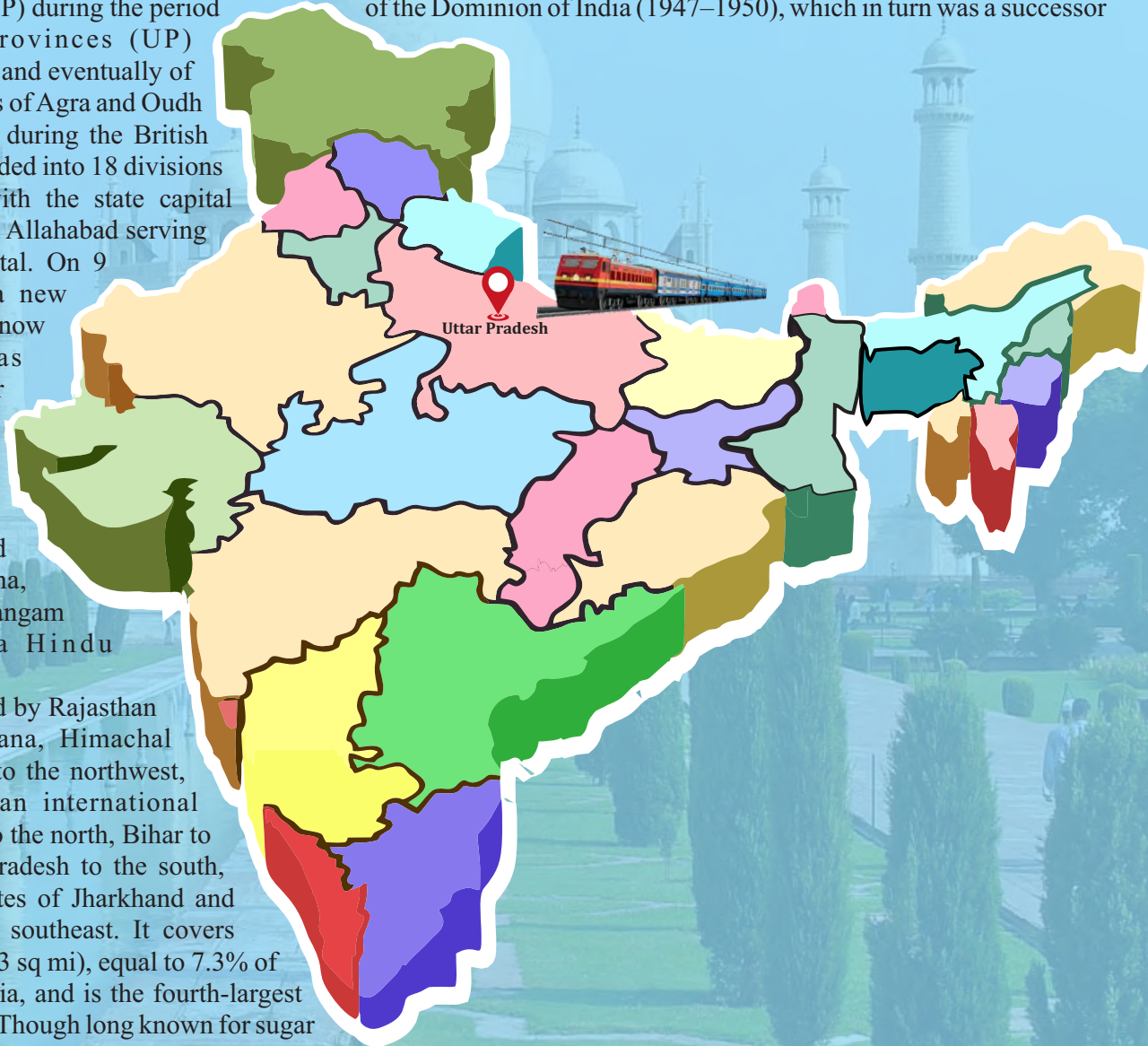
Uttar Pradesh

a state in northern India. With over 200 million inhabitants, it is the most populated state in India as well as the most populous country subdivision in the world.[12] It was established in 1950 after India had become a republic. It was a successor to the United Provinces (UP) during the period of the Dominion of India (1947–1950), which in turn was a successor

to the United Provinces (UP) established in 1935, and eventually of the United Provinces of Agra and Oudh established in 1902 during the British Raj. The state is divided into 18 divisions and 75 districts, with the state capital being Lucknow, and Allahabad serving as the judicial capital. On 9 November 2000, a new state, Uttaranchal (now Uttarakhand), was created from Uttar Pradesh's western Himalayan hill region. The two major rivers of the state, the Ganges and its tributary Yamuna, meet at the TriveniSangam in Allahabad, a Hindu pilgrimage site.

The state is bordered by Rajasthan to the west, Haryana, Himachal Pradesh and Delhi to the northwest, Uttarakhand and an international border with Nepal to the north, Bihar to the east, Madhya Pradesh to the south, and touches the states of Jharkhand and Chhattisgarh to the southeast. It covers 240,928 km² (93,023 sq mi), equal to 7.3% of the total area of India, and is the fourth-largest Indian state by area. Though long known for sugar production, the state's economy is now dominated by the services industry. The service sector comprises travel and tourism, hotel industry, real estate, insurance and financial consultancies. The economy of Uttar Pradesh is the second-largest state economy in India with 21.73 lakh crore (US\$290 billion) in gross domestic product and a per capita GSDP of 95,000 (US\$1,300).[6] President's rule has been imposed in Uttar Pradesh ten times since 1968, for different reasons and for a total of 1,700 days.[14] The state has currently two international airports, Chaudhary Charan Singh Airport (Lucknow) and Lal Bahadur Shastri Airport (Varanasi). Allahabad Junction is the headquarters of the North Central Railway and Gorakhpur Railway Station serves as the headquarters of the North Eastern Railway. The High Court of the state is located in Allahabad. The state contributes 80 seats and 31 seats to the lower house Lok Sabha and to the upper house Rajya Sabha respectively.

Inhabitants of the state are called either Awadhi, Bagheli, Bhojpuri, Braji, Bundeli, Kannauji, or Rohilkhandi depending upon their region of origin. Hinduism is practised by more than three-fourths of the population, with Islam being the next largest religious group. Hindi is the most widely spoken language and is also the official language of the state, along with Urdu. Uttar Pradesh was home to most of the mainstream political entities that have existed in ancient and medieval India including the Maurya Empire, Harsha Empire, Gupta Empire, Pala Empire, Delhi Sultanate, Mughal Empire as well as many



other empires. At the time of Indian independence movement in the early 20th century, there were three major princely states in Uttar Pradesh – Ramgadi, Rampur and Benares. The state houses several holy Hindu temples and pilgrimage centres. Uttar Pradesh has three World Heritage sites and ranks first among tourist destinations in India. Uttar Pradesh has several historical, natural, and religious tourist destinations, including Agra, Allahabad, Aligarh, Ayodhya, Kushinagar, Varanasi and Vrindavan.

Uttar Pradesh is a land of culture, tradition, history, festival, agriculture, cuisines, and tourist spots. From ancient temples to national parks, wildlife sanctuaries, historic places, spectacular architectural marvels, massive forts, and scenic beauty, the state is rich in every sense. Uttar Pradesh is a place of worship and sacred ghats where millions of pilgrims come to take a bath every year. This is the place of holy river Ganga which is fertilizing the planes across the state. Not only Ganga, but Kashi Vishwanath (Lord Shiva) of Varanasi is also blessing millions of devotees every day. The state takes a sheer pride in its tourist attractions such as Taj Mahal, one of the seven wonders of the world, which is the top attraction not only in the state but also in the country.

Key facts



Established: 24th January 1950

Capital: Lucknow

Largest City: Lucknow

Districts: 75

Chief Minister: Yogi Adityanath

Governor: Anandiben Patel

Official Languages: Hindi, Urdu

Famous Festival: MahaShivratri

Famous Dishes: Basket Chaat, Tehri, BattiChokha, Varanasi Ki Lassi, Baigan Ki Longe, Galouti Kebabs, BhindiKaSalan, Bedmi, Lucknowi Biryani, Khurchan, Revari, Fara, Gujiya, Agra KaPetha, ShahiTukda, Sheermal, MakanMalai etc.

Famous Dances: Nautanki, Raslila, Kajri, Jhora, Chappeli, Jaita.

Interesting facts about Uttar Pradesh:

Once Home To Most Powerful Empires: Uttar Pradesh has been home to one of the most powerful empires of the country; Magadh, Nand, Maurya, Kushan, Sunga, Mughals, etc.

The United Kingdom Is Not Bigger Than Uttar Pradesh: The area of the United Kingdom is equalled to that of Uttar Pradesh. The area of the U.K. is 242,495 square km and the area of U.P. is 243,290 square km

World's Largest Gathering Takes Place Here: The world's largest gathering known as Kumbh or KumbhaMela (Fair) takes place here after every 12 years in Prayagraj or Allahabad. Millions of pilgrims come here to take a holy bath in the river Ganga from all over the world.

At The Top Of All States: Uttar Pradesh ranks at the top in tourism. Uttar Pradesh is visited by more than 7 million international tourists each year which is highest among all Indian states.

Tourist Attractions:

Taj Mahal:

Located on the banks of River Yamuna in Uttar Pradesh, Agra is a popular tourist destination as it is home to one of the 7 wonders of the world, the Taj Mahal.



Fatehpur Sikhri:

Located at a distance of 40km from Agra, FatehpurSikri is a town in the Agra district and a famous tourist attraction. A city predominantly made of red sandstone, FatehpurSikri was founded in 1571 century by Mughal Emperor Akbar.



Varanasi:

World's oldest living city, Varanasi - also known as Kashi (City of Life) and Benaras, is the spiritual capital of India. It is one of Hinduism's seven holy cities.

Lucknow:

The capital and the largest city of Uttar Pradesh, Lucknow, situated on the banks of river Gomti, welcomes you with a heartwarming note of "Muskuraiyein, kyunkiaap Lucknow mein hai".



Harry Aadith
Class - 9A

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



Meet My Teacher

Name: CHELSIYA MARY JACOB

A little about myself:

A proud daughter of
my parents and a
passionate teacher



*My birth date: 5th January

*Zodiac:

*My hobbies: Cooking, Singing and travelling

*Favourite colour: Blue

*Favourite movie: Home

*Quality I admire about myself: Dedication

*Favourite food: Kappa and Fish curry

*Ambition as a kid: Military Officer

*Favourite book: Wings of fire

*Dream destination: Maldives

*Favourite subject as a student: Chemistry

*Favourite quote/Motto in life: Happiness brings everything



My educational
background:

M.Sc. Chemistry,
B.Ed



Meet My Teacher

Name : Mrs JALSA BIJU

A little about myself:

self motivated,
passionate and
God fearing.



*My birth date : 9 th January

*Zodiac : Capricorn

*My hobbies : Gardening, listening to music.

*Favourite colour : Purple.

*Favourite movie: One of my favourite movie is
VELLIMOONGA

*Quality I admire about myself: Gratitude and Integrity.

*Favourite food : Rice with Fish curry.



*Ambition as a kid : Doctor.

*Favourite book : HOLY BIBLE.

*Dream destination : Switzerland.



*Favourite subject as a student : MATHEMATICS.

*Favourite quote: "I will praise you, O LORD, with all my heart; I will tell of all your wonders. I will be glad and rejoice in you; I will sing praise to your name, O Most High." (PSALMS 9:1)



My educational
background:

M.sc ; B. ed,
Diploma in ACC.

Meet My Teacher

Name : **BILGY JOHNSON**

A little about myself:

"Sincere in all that I do and I'm loving and make sure I make people comfortable with me. I do not fake anything, all that I do is from my heart. I encourage only relationships that are healthy and stay away from toxicities as much as possible. I love myself and keep on nurturing myself with values and knowledge."



*My birth date : 10th January

*Zodiac : Capricorn

*My hobbies : Listening to music, cooking, reading

*Favourite colour : Black

*Favourite movie: Dead poet's society

*Quality I admire about myself: Good organiser,
sincere in everything I do

*Favourite food : Rice with Fish curry.



*Ambition as a kid : Teacher

*Favourite book : "EnteKatha" by Madhavikutty

*Dream destination : Niagara Falls



*Favourite subject as a student : Malayalam

*Favourite quote: - "You will face many defeats in life but never allow yourself to be defeated." (Maya Angelou)



My educational
background:

B.A., B.Ed



Meet My Teacher

Name: CHANDRASHEKAR. C

A little about myself:

A character of mirror,
if you treat me well definitely
I will treat you better.



*My birth date: 14th January

*Zodiac: Pisces

*My hobbies: Have many hobbies like travelling, reading, writing, playing

*Favourite colour: Ruby

*Favourite movie: All interesting movies

*Quality I admire about myself: Character like water, adjustable for the situation, jovial and friendly

*Favourite food: Ragi ball and bassaru, Biryani and kabab

*Ambition as a kid: Solider

*Favourite book: Hanigavanas, Books of Bichi, poems of Bendre

*Dream destination: A place which has more friends and good people

*Favourite subject as a student: Kannada and science

*Favorite quote/Motto in life: This too shall pass., Samarasave Jeevana



My educational background:

Post graduate and graduate
in education in one the
oldest language



Meet My Teacher

Name : Jincy Ouseph

A little about myself:

I am a God fearing person and a good listener and I try to encourage and motivate others.



*My birth date: 19th January

*Zodiac: Capricorn

*My hobbies: Listening to Music, watching the beauty of nature, dancing, reading self-help and spiritual books

*Favourite colour: all bright colours

*Favourite movie: The karate kid

*Quality I admire about myself: Patience

*Favourite food: South Indian food



*Ambition as a kid: Nun



*Favourite book: Who moved my cheese? by Dr. Spencer Johnson

*Dream destination: Canada



*Favourite subject as a student: Science

*Favourite quote/Motto in life: Never Judge a book by it's cover.



My educational background:

MScW specialised in medical and Psychiatry

Meet My Teacher

Name : Bi Bi Hajira

A little about myself:

Friendly in nature,
I forgive others very quickly,
love going to trips.



**My birth date: 20th January*

**Zodiac: Aquarius*

**My hobbies: Reading books, Watching movies*

**Favourite colour: Dark Green And Purple*

**Favourite movie: Muqaddar ka Sikandar,
All James Bond Movies*

**Quality I admire about myself: Never interfere with the matter of others .*

**Favourite food: All sweet dishes.*



**Ambition as a kid: Flying high*

**Favourite book: Da Vinci Code*

**Dream destination: Disney Land*



**Favourite subject as a student: Kannada and Hindi*

**Favourite quote/Motto in life: Hustle, Loyalty, Respect*



**My educational
background:**

D'ed, B'ed with degree

Meet My Teacher

Name : Mr. PAUL DHINAKARAN. M

A little about myself:

Trusting God, Passionate about my Profession, fun loving, to create true and faithful relationships for lifetime; love to be with children.



*My birth date: 22nd January

*Zodiac: Aquarius

*My hobbies: Singing, Drawing when I was in school – may be I need to explore this more, Cooking.

*Favourite colour: Purple, Grey and Black

*Favourite movie: The girl who believed in Miracles.

*Quality I admire about myself: Being organized and fun loving.

*Favourite food: Biryani, Masala dosa.



*Ambition as a kid: Always wanted to be a Teacher.

*Favourite book: Nothing in specific but I am more towards reading Book based on True life stories of Christians.

*Dream destination: The Holy Land – Israel



*Favourite subject as a student: Science.

*Favourite quote/Motto in life: The enemy will always fight you the hardest when he knows God has something great in store for you. Prayer and complete trust on God is the only way to overcome any battle in life.



My educational background:

M.Sc (Analytical Chemistry);
B.Ed (Chemistry, Biology)

Meet My Teacher

Name : RAABIYA NIKHATH

A little about myself:

I am a fun loving and an easily approachable person, who loves to make Friends, love spending time with my family and friends, believe in enjoying life to the fullest.

I am a big foodie and also a good cook. (khaos aur khila)



*My birth date: 25th of January

*Zodiac: Aquarius

*My hobbies: cooking, travelling

*Favourite colour: blue and black

*Favourite movies: Zindagi Na Milegi Dobara
and Taare Zameen Par

*Quality I admire about myself: Bold and Vocal

*Favourite food: chicken in any cooked form



*Ambition as a kid: Always wanted to become a doctor or atleast wanted to be in healthcare industry



*Favourite book: I love reading books related to SCIENTIFIC FACTS

*Dream destination: Morocco



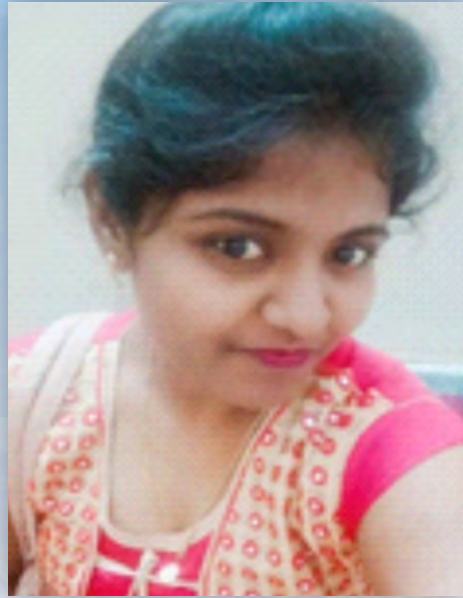
*Favourite subject as a student: Always loved science and biology specifically.

*Favourite quote/Motto in life: LIVE LIFE TO THE FULLEST.
LIVE AND LET LIVE.

Meet My Teacher

Name : Preethi Priskila. R
A little about myself:

I'm a Bold, Sincere
& Loving Person



*My birth date: 28th January

*Zodiac: Virgo

*My hobbies: Reading books & Listening Music

*Favourite colour: Pink & Blue

*Favourite movie: Anand (Telugu) & KuchKuchHota Hai

*Quality I admire about myself: Positivity & healing nature

*Favourite food: holige (Obbattu)



*Ambition as a kid: Doctor



*Favourite book: Bible

*Dream destination: Agra



*Favourite subject as a student: History

*Favourite quote: A smile can change the World & make it more Bright.

*Motto in life: Do or Die "ಮಾಡುಇಲ್ಲವೇಮಡಿ"



My educational
background:

MA -
In Political Science,
B.Ed

Riddles

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



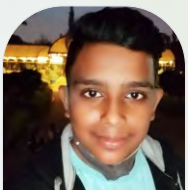
RIDDLES FOR JANUARY

1. What has to be broken before you can use it?
2. I am tall when I am young, and I am short when I am old. What am I?
3. Which month of the year has 28 days?
4. It belongs to you, but other people use it more than you do. What is it?
5. If you are running in a race and you pass the person in second place, what place are you in?
6. What is always in front of you but can not be seen?
7. What can you break, even if you never pick it up or touch it?
8. What goes up but never comes down?
9. What gets wet while drying?
10. I shave every day, but my beard stays the same. What am I?
11. David's parents have three sons: Snap, Crackle, and what's the name of the third son?
12. I follow you all the time and copy your every move, but you can not touch me or catch me. What am I?
13. What gets bigger when more is taken away?
14. Where does today come before yesterday?
15. What goes up and down but does not move?

To enter for a chance to win:

- ✓ Solve the Riddles correctly and send it at the earliest.
- ✓ You can send your answers by tomorrow - 23th February, 2022 by 3:00 p.m.
- ✓ The first 10 correct answers shall be awarded with the E-certificates.
- ✓ Your time starts from today (22.02.22) at 3:00 p.m. and ends by tomorrow (23.02.22) at 3:00 p.m. Late answers will not be entertained.
- ✓ Mail your answers to:
christnewsletter2015@gmail.com
- ✓ Mention your NAME, CLASS, SECTION. Attach a formal photograph.

PUZZLE WINNERS FOR THE MONTH OF DECEMBER



Shashanth S.R.
Class - 8F



Meghana.V
Class -6A



Ashmitha Afraa
Class -8C



Norris Ricardo D
Class - 8C

Congratulations!