



CHRIST SCHOOL ICSE

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

CHRIST SCHOOL (ICSE)
BENGALURU-29

EXCELSIOR

Ever upward and still higher...

The *Monthly* Newsletter

Vol-XI : Issue - II
July - 2021



From the Principal's Desk

Rev. Fr. Nilson Davis CMI

BE A HEALER

Dear Christites,

"Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God." 2 Corinthians 1:3-4

No one has ever got a life without difficulties. Amidst difficulties we should have the understanding that difficulties are not what make life so difficult. What makes life difficult is trying to avoid the difficulties. Your acceptance of the fact that life is always going to have difficulties makes your life much less difficult. When you stop running from the challenges, they become much less challenging. Living a good life is not living a life without problems. Living a good life comes from acknowledging, facing, and then transcending each problem as it comes. Each problem is a new opportunity to create value and to move life forward.

When we realize that each and every person is going through one or the other problem in their life, we should also realize the importance of our role as a consoler. When we feel bad, we often turn to others for help and support. And when others come to us in pain, we do our best to help them feel better. This natural cycle seems to be part of the human experience.

When we try to make people feel better, it not only supports them but also allows us to practice emotional skills that may help us with our own problems. The benefit can be enjoyed both – other people and ourselves. It becomes a depiction of empathy that involves understanding someone else's point of view and thereby healing us from the wounds that are still open. Sometimes by verbalising what and why others are feeling down, we can also better understand their feelings.

At times, when it comes to comfort, we need to just *be present*—that's it. What most people need when their worlds have fallen apart is just to have someone care—to sit with them in their pain. This is the best kind of comfort we can bring and then as time goes on, we can step up with the practical help. Don't avoid people's sadness and tears or even cries of agony. We don't like to see pain in others, but don't be afraid to step into the hurt with them. Give them time and space to express sorrow while you stand by as a calming presence.

My dear students, every Christite should be a solace to those in pain. Be that soothing balm that eases those in pain.

If you are successful in making someone believe that they have someone to support every time they fall, nothing can ever stop them from reaching the heights of victory.



Vice Principal's Message

Dear Christies

One man asked Jesus that, "Teacher, who is my neighbour?" In other words, "who do I have to treat lovingly?" This is the story that Jesus told to the man:

Once, a man was walking on a road between Jerusalem and Jericho. Suddenly a gang of thieves jumped out from the side of the road and surrounded him. "Give us your money," they demanded. "I need my money" he cried. "I have to buy food with this money, for myself and my whole family."

One of the thieves picked up a rock from the side of the road and hit the man in the head. He fell to the ground with a groan, bleeding. Seeing no one around the thieves jumped on the man and took everything he had, including his money, and his

clothing. One of the thieves picked up a stick and hit the man hard several times before leaving him on the side of the road half dead.

After a time, a priest came walking down the road. He saw the man lying on the side of the road and crossed over to the other side as he hurried by.

Soon another man, a Levite appeared. He too, saw the wounded man lying in the hot sun, naked and bleeding and he rushed on by.

A long time passed. Flies buzzed around the man who was dying from his injuries. Luckily someone else was coming down the road. He was a Samaritan riding on his donkey. Now the people of Samaria were not friendly with the people of this man's country. They were sworn enemies of each other.

But the Samaritan man did not hesitate when he saw the man lying by the side of the road. He didn't stop to think about whether he should help him because of where he was from, or what group the man belonged to. He saw that this man needed help and he felt compassion.

The Samaritan took healing oil and wine from his bag and cleaned the man's wounds and bound them up with bandages made from the cloth of his own shirt. He covered him with a robe. He gave the man a drink of water and helped the man onto his donkey. Slowly, for the man was in great pain and the road was long, they walked to the next town. There the Samaritan found an inn and asked the innkeeper to give him what was necessary to make the man comfortable.

The next day, the Samaritan gave money to the innkeeper to pay for the wounded man to stay at the inn until he got better. The Samaritan promised to come back in a few days and pay whatever else was needed to bring the man

back to health.

When Jesus finished telling this story, he asked the lawyer, "Which one of these three men acted like a neighbour to the man who fell among thieves?" The man said, "The one who showed compassion." "Yes," said Jesus, "go and do the same."

Dear Friends, there are thousands of opportunities around us to be a best example of the giver compassion. Be a good Samaritan for the needy.

Fr. Martin Onasseril CMI



BE A GIVER OF COMFORT

My Dear Christities,

The theme for this reflection, “*Be a Giver of Comfort*” is especially relevant and meritorious in this juncture of history, given the fact of the absolute pandemonium, consequent to the pandemic outbreak. The uncertain future is just as damaging as the discomfort that emanates from this uncertain present. Probably the world is experiencing an “Educational Disaster” as the whole educational system is in the verge of a collapse in almost all the countries from the beginning of 2020. Its impact is going to be experienced for the years to come. The economic recession is ubiquitously present in almost all the countries, affecting most tragically the poor and the marginalized. Added to these were the natural calamities of flood or draught seen in numerous countries these days. The older, the sick, the unemployed etc. get the worst share of these disasters.

In the background of these bleak and murky realities, we have a serious responsibility to “Be a Giver of Comfort”. It is a time not only to be concerned about ourselves, or to pamper our own needs, but it is the critical time, when we are to reach to those who suffer and those who are in need, providing them with true comfort, hope and love. Innumerable people are going through depressive time having difficulties to be united with the dear and near one, many live a secluded life as part of health protocol, sometimes devoid of basic comfort and basic amenities. Being able to spend time with these people and being able to provide them with necessary amenities is one genuine way of giving them comfort.

Any humanitarian crisis is also a time for humanitarian support and action. This humanitarian crisis of the Covid-19 pandemic and all the negative consequences of it, which is rampant in the whole world at present, must inspire every one of us to be committed to give comfort and consolation to those affected by them. May God help us to “Be a Giver of Comfort”.

Fr. Reji Koodappattu CMI



Financial Administrator's Message

Guests Of The Month



Ms Shanti Ravi Chandran
Webinar Class 10



Ms. Kareena
Webinar Class 7



Ms. Rashi
Webinar Class 7

JULY AT A GLANCE

- ▲ ST THOMAS DAY
- ▲ NATIONAL DOCTORS DAY
- ▲ ESPERANZA
- ▲ INAUGURATION OF MONTHLY NEWSLETTER
- ▲ PARENT TEACHER MEETING
- ▲ WEBINAR FOR CLASS 10 STUDENTS
- ▲ WEBINAR FOR CLASS 7 STUDENTS
- ▲ WEBINAR FOR PARENTS OF CLASS 9 STUDENTS
- ▲ FEAST OF MOUNT CARMEL
- ▲ WELCOME NEWCOMERS
- ▲ KARGIL VIJAY DIWAS
- ▲ OFFICIAL INAUGURATION OF VEDHIK IAS ACADEMY
- ▲ ICSE BOARD RESULT 2020-21
- ▲ MORNING ASSEMBLY

UPCOMING EVENTS

6th	- Hiroshima Day	20th	- Muharram
4th to 13th	- Unit test I - Classes 1 to 8	21st	- Onam
7th to 13th	- Unit test II - Class 9	22nd	- Raksha Bandhan
7th to 13th	- Monthly test II - Class 10	30th	- Sri Krishna Janmashtami
7th	- Rabindranath Tagore Death Anniversary	28th	- Parent Teacher Meeting
15th	- Independence Day	30th	- Academic Council meeting
20th	- Varalakshmi Vratam	31st	- Staff Meeting

'I will love the light for it shows me the way, yet I will endure the darkness, because it shows me the stars'

-OG Mandino

From
The Editorial Board



Sometime we need someone to be there with us- not to fix the problem, not to offer advice, not to do anything in particular- to simply be present with what we're feeling, to show up and acknowledge what we're going through and hold a supportive, safe space for us to be with what's showing up for us.

Have you ever witnessed someone crying or grieving but find yourself tongue tied for words? It's easy to celebrate someone's joy, but what about when someone is hurting? When you and your loved ones feel like you're treading water and getting nowhere fast, it's at just such a moment that you might appreciate hearing some comforting words for hard times. Sometimes we find ourselves caught in the situation where a friend breaks into tears and we don't know what to say, or what to do. Offering comfort to someone in need is one of the most important part of helping someone through a difficult time. Sometimes all they may need is a hug, or maybe a little help with their day to day. Comfort isn't about saying much. It's about being present and letting the other person know you are there for them. When you give comfort, you give strength and hope to others. When you give comfort, the action has an impact on both the giver and the receiver. Comforting can be awkward but you can learn how you can give it to others.

Among the most important things that a person can offer are loving support and encouragement. Without forcing or pressuring them, asking a person questions about how they are feeling can give them vital space to talk. It's time for us



all to stand and cheer for the doer, the achiever - the one who recognizes the challenges and does something about it. First, give them words of support and strength that may uplift their spirit and give them the courage they need. It is the words of inspiration and encouragement from people who have experienced their own struggles and eventually turned the tides. This would really help the people who feel lonely and sad.

Dear friends, when you comfort someone else you feel better about yourself and happy inside. It allows you to develop a more meaningful connection with that person. You learn how to focus on others, not you. It also gives your life more purpose and meaning. So be a giver of comfort because making someone smile, makes you smile.

Ms. Mini Manuel
Editorial Board



ST THOMAS DAY

He who is humble easily obeys everyone, fears to offend anyone, is at peace with everyone, is kind with all.

St. Thomas, the Apostle of Jesus Christ.

St. Thomas was one of the fishermen on the Lake of Galilee whom Jesus called to be his Apostle.

St. Thomas - the apostle of Jesus who refused to believe in the resurrection "Until I have placed my hands in the holes left by the nails and the wound left by the spear". By nature, he was slow to believe, he had most sympathetic, loving and courageous heart. He was universally believed to have arrived in AD 52 from Palestine by boat; that he had travelled down the Red Sea across the Persian Gulf and landed in Kerala (God's own country).

July 3rd is observed as St. Thomas day all over the world. According to Syrian Christian tradition, St. Thomas was allegedly martyred at St. Thomas Mount in Chennai on 3rd July in 72 A.D.

St. Thomas is truly a follower and apostle of Jesus. Christ School ICSE is proudly released a video on the YouTube Channel of this great saint.



Ms. Rita D'souza
Programme Committee



RX: HONOURING THE LIFEGIVERS



National Doctors' Day is celebrated on 1st of July every year to mark the birth and honour the contributions of renowned physician and former West Bengal chief minister Dr Bidhan Chandra Roy. The day is dedicated to all the doctors and healthcare workers who have been serving the people.

Amid the Covid-19 pandemic, it has once again reminded people about the contributions of healthcare workers across the world.

The students of class X 'C' in tribute made a short video to the wonderful doctors in our society. The video was uploaded on the school's YouTube channel.

Mewin Ruben D'Souza
LCA Secretary



PARENT TEACHER MEETING

The parent-teacher meeting for classes 1 to 10 was held on 12th July, 2021. The meeting was conducted virtually in Teams and parents were invited via invite call. It was the follow up meeting with the parents. They were informed about the projects and portions for the upcoming examination. The concerns of the parents were looked into by the teachers. The meeting went on well.



FEAST OF MOUNT CARMEL



The feast of Our lady of Mount Carmel is celebrated each year on July 16th. It is also known as the feast of the Holy Scapular. She is the patroness of the Carmelite Order. We Christians believe in faith, it was revealed by Mother Mary to a priest of Carmelite Order, that whoever wears the Scapular in her name, will always be protected from all evil. Wearing a scapular medal is a way of honouring the Blessed Mother. It draws our attention to the way in which our lady is manifested to the Carmelite and reflect on the blessing of the Carmelite Order, their lives of simplicity and unwavering dedication to Mary. On 16th July a video was released. When we speak of Our lady of an order or congregation, we are alluding to the way in which she is honoured in that institute.

Ms. Maggie D'souza
Programme Committee



MOTIVATION IT STARTS WITH YOU

“Believe in yourself and you’re halfway there”

On 9th July, 2021 the students of class VII had a session titled – Ability to self-motivate and motivate others. This session was led by Mrs. Rashi Rutherkumar, Administrative Assistant, Christ Deemed to be University, Bangalore & Ms. KAREENA CLARISSE SEQUEIRA, student facilitator, Christ Deemed to be University, Bangalore.

In this session we discussed about what motivation is and that how each individual gets motivated by different things. We also learnt about the importance of self-motivation, if we get motivated, we can achieve our goals easily; we can motivate others and help them achieve their goals too. In addition to this we also discussed to focus on one goal at a time and do it in the best way possible, stop thinking about many goals and stressing yourself. We need to have a list of things that we need to do on a daily basis. Take a break in between and get some fresh air and relax, you can also listen to music or watch a movie. Reward yourself after you have completed all your tasks. This session was very interactive the students and resource person had a lot of fun. At the end we had a Q&A session where the resource persons asked us of the things we get motivated by, some said music while others mentioned sports and dance. We also understood that the importance of being self-motivated and to be an instrument to motivate the people we are surrounded with. We learnt that if we are motivated, we can motivate others and if we are demotivated even the people around us get demotivated.

Fiona Maria Biju
Class - 7C



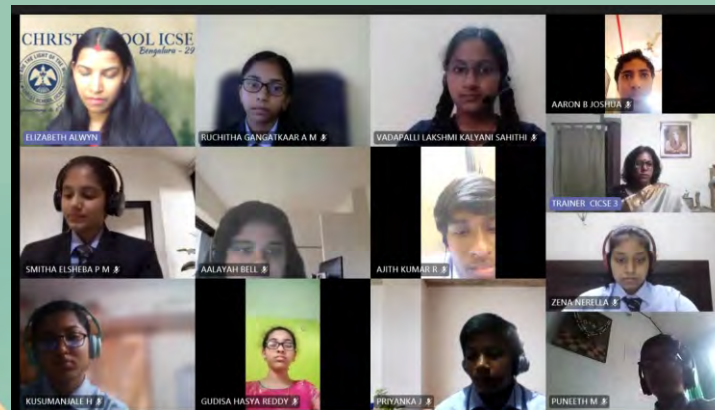
BUCKLE UP 10TH GRADERS

Effective tips for Boards and beyond

“Success is the sum of small efforts repeated day in and day out” -Robert Collin. On the 9th of July the students of class X had a webinar on: Effective tips for Boards and beyond which was held from 3p.m. to 4 p.m. The trainer for this session was Mrs. Shanthi Ravichandran HOD (History) Presidency School; 20 years of experience in teaching. She held the attention of the students by sharing with them important tips and ways to score better. Few of them are: Don't miss any class, Organise your notes, Have something before studying, Take small breaks, Do some refreshing activities such as yoga , painting, exercise, Don't just by-heart the text understand and study it, solve sample papers, Don't panic ; if you panic it is the sign that you are not well prepared, Don't underestimate yourself, always be positive, Avoid eating outside when exams are nearing .

I would like to thank Fr. Nilson Davis CMI, our Principal, the Quality Enhancement Committee and our Coordinator for providing us with this informative session. It inspired us all and was really important as we are in the most crucial year of our life. It is completely in our hands whether we want to do it or not.

Afifa Zakir Dakhani
Class - 10A



EVER UPWARD

If there is one thing that Covid-19 could not do, is to suppress the will power and energy of the CHRISTITES.

On 10th July 2021, Excelsior launched its inaugural video to give an inkling to its readers of what grandeur awaits them. With the support and ideas of our ever-helping guide Fr Nilson Davis CMI, principal – Christ ICSE, the editorial team successfully published the first edition of the 11th volume of the e-newsletter on 12th July 2021. The Excelsior team expresses their gratitude to the media committee for lending a helping hand in creating a marvellous video. The newsletter has a revamped look with new additions like “Alumni Corner”, “State Under the Spotlight”, “Meet the Teacher” to name a few. The excelsior team has planned to organise a mega quiz event towards the end of the academic year.

'Excelsior', as we know is Latin for "ever upward." This actually was Stan Lee's (the creator of the enigmatic world of Marvel) catchphrase.

So dear Christites, we need your full participation in rendering articles for our monthly newsletter and help it soar high. Awaken the superheroes in you and as they say...AVENGERS ASSEMBLE!!!

Ms Srirupa Bose Roy
Newsletter Committee



ESPERANZA-2021- *Connecting Christites*

Believe in yourself. You are braver than you think, more talented than you know, and capable of more than you imagine.

It is truly believed that every person is born with a talent. Christ School ICSE always strives to nurture the inherent potential that each and every student has. With the same spirit, a virtual platform was given to the students to showcase their skills

through online talent fest – Esperanza 2021 – Connecting Christites.

The new normal has become the norm. The online competition was conducted from 21st June to 14th July, where students of classes I to X were divided into 6 categories. Most of the events were conducted virtually live which added the beauty to the Talent Fest. More than 870 students exhibited various skills in events like Solo Song, Solo Dance-Classical, Solo Dance-Non-

Classical, Drawing, Colouring, Tongue Twister, Fancy Dress, Elocution, Collage, Mehndi, Pencil Sketch, Extempore and Instrumental Music.

Great enthusiasm was shown by the teachers, students and parents. Esperanza 2021 – Connecting Christites was a huge success and was well organized under the able guidance and leadership of our Principal Rev.Fr. Nilson Davis. It was well planned and meticulously coordinated by a team of efficient teachers who worked hard day and night, for the execution of this Talent Fest.

Ms Vandana Bernard
LCA Committee



HOLA NEWBIES

The school environment has an important impact on both teacher's and student's sense of belonging, overall mental health and well-being. For newcomers, it is equally important to create a culturally competent school community that expresses our commitment to inclusion and diversity that demonstrates respect for the journey that has led them to the Christite community.

Christ ICSC family indeed is a joyous and caring community with a common goal of nurturing, caring and promoting high-level learning in the students. Each year brings positive change including new additions of our staffs and students. Christ ICSC is delighted to welcome all the new students, teaching and non-teaching staffs to the family.

On July 24, 2021 a video was also released to welcome new faculty members and students with the support of media committee and Principal Rev.Fr. Nilson Davis. It was an exceptional act of joy and surprise to all new joiners and everyone was touched by the incredible warmth of the reception and generosity shown by the Christites.



Ms Neenu Joseph
Department of Physics



REMEMBERING INDIA'S FALLEN HEROES

Kargil Vijay Diwas, named after the successful Operation Vijay, is celebrated in India on 26th July. On this date in 1998 India successfully took command of the high outposts which had been lost to Pakistan. The Kargil war was fought for more than 60 days, ended on 26 July and resulted in loss of life on both the sides. The war ended with India regaining control of all the previously held territory, hence re-establishing the state existing before the war. Kargil Vijay Diwas is celebrated on 26th July every year in honour of the Kargil War's Heroes. Christ School ICSE observed this day with great importance. A video was released in the school's official YouTube channel paying tribute to the brave hearts who sacrificed their lives during the Kargil War. The video also paid homage to the 20 soldiers who died as a result of the conflict between India and China.



THE LONG WAIT IS OVER

ICSE TOPPERS

1
PLACE



ANNE GEORGE
97.80%



JOEL JOY
97.80%



MEGHA S SCARIA
97.80%



NANDA HARIDAS
97.80%

2
PLACE



S KAUSHIK NISHAANTH KUMAR
97.60%



SWETHA ADAIKAMMAL S
97.60%

3
PLACE



ASHISH R BIRADAR
97.40%



DINAKAR EMMANUEL P DOSS
97.40%



DIYA EBI
97.40%



HAMSHAVARSHINI S
97.40%



JENCY A
97.40%



JISHA P
97.40%



JOYCE ANTHONY
97.40%



PRACHI KUMAR NAILKAR
97.40%



“Success is not an accident. It is hard work, perseverance, learning, sacrifice, and most of all, love of what you are doing.”

The Indian Certificate of Secondary Education (ICSE) Board announced the long awaited 2021 result on 24.07.2021, Saturday. The board had cancelled the 2021 ICSE examinations in view of the aggressive second wave of Covid. This was the first time that the CISCE declared the results without examinations.

For evaluating class 10 candidates, the parameters included average marks of papers and subjects scored in class 9 and 10 through the academic years 2019-20 and 2020-21, respectively. The result has been prepared on an alternative assessment policy decided by the Board.

The nervous expectation of results day resonates all of us a new experience. It brings a lot of gladness and at the same time lot of wretchedness when we notice some variations and discrepancies in the marks of some of our students.

The instantaneous action by the Principal for the dispute resolution was fruitful by 31.07.2021. The Christites proved that the hard work, perseverance, sacrifice, dedication and learning end at resulting excellent outcome.

All the 136 students who have registered for 2021 ICSE Examination has come out with distinction. The highest score is 97.8% and the lowest is 82.8%.

The strong support, guidance, determination and visionary ideas of our beloved Principal especially in all challenging situations played the amazing role in the success of the teachers and students for the triumph of this academic results.

It is a great joy to see our loved ones accomplishing targets, striving hard to attain something and achieve goals at the end. Congratulations all dear students for your well-deserved achievements.

Congratulations Fr. Principal and all the Christ family members for Empowering yourself to Excel.

Ms Anitha Joseph
In-charge of Examination Committee



Above 95%

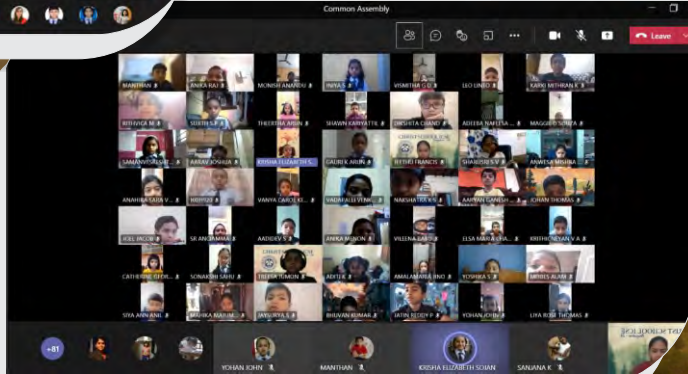
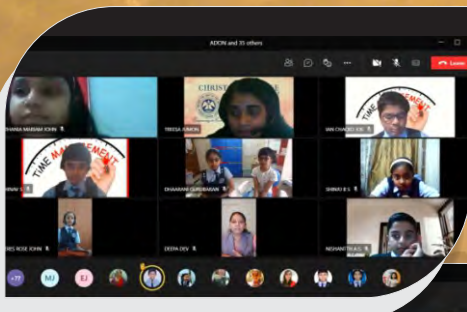
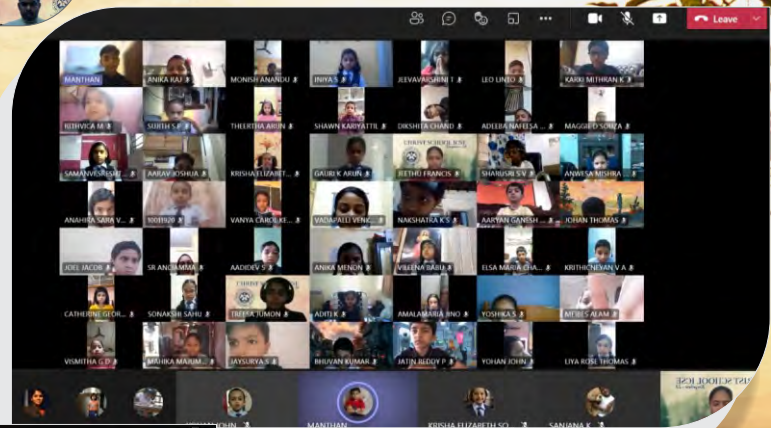
LEO JOBIN 97.2%	M GAUTAM REDDY 97.2%	R AMIRTHA 97.2%	ASHLEY ANTONY 97.2%	DIYA ANAND M 97.2%	BHARGAV B 97.2%	VARSHA REDDY P R 97.2%	VAISHNAVI J P 97.2%
THOMAS A FERNANDES 97.2%	DIYA P 97%	AMARNATH GOWDA K M 97%	SUSHMITHA K SHETTY 97%	MOHAMMED ALI SIDDIQUI 96.8%	ANUGRAHA KAVI 96.8%	M ABHAY KUMAR 96.8%	MOHAMMAD HARIS KHAN 96.6%
PAAYANA J S 96.6%	MUHAMMED SHAHID V C 96.6%	KAWN RAJA SUDHAKAR 96.6%	MANISHA R 96.4%	V M RUPASHRI 96.4%	HREDDYA LILIAN HEARTY 96.2%	SAHIL ADITHYA M 96.2%	PALLAVI L 96.2%
DHEERAJ REDDY B 96%	TRISHA B S 96%	M SOURRAB OBULI 96%	G VIGNESHWAREN 95.8%	KANIKASHREE M 95.8%	MOHAMMED TALHA HAFEEZ 95.8%	ROHITH P S 95.6%	TAMISH SRIDATTA BILLA 95.4%
RAKSHA U 95.4%	VAISHNAV T K 95.2%	DIYA D SHAH 95.2%	K M BRIJESH VAS 95.2%	NABEEL SUHAIB 95%	S N AKASH GUPTA 95%	NEIL ZACHARIAH ELIAS 95%	DISNEY P JOSEPH 95%

Above 90%

ALLEN BINU 94.8%	D NAVYA 94.8%	MELWIN ROBINSON 94.8%	JEEVITHA N 94.6%	KRUTHIKA B A 94.6%	RAKSHITHA U 94.4%	CHETHAN PONNAPPA A 94.4%	RINI P R 94.2%	ROGER SAIKKO 94%	AKASH J 94%
MONISH S 94%	JAISHEELA P 94%	ANJALI LIJU ABRAHAM 93.8%	KIRANA M 93.8%	ADITHYA K L 93.8%	SAMIKSHAA 93.6%	HARSHITH HEGDE 93.6%	PRARTHANA T L 93.6%	SANJANA S 93.4%	SHARON JOHN 93.4%
PRANAY SRINIVAS 93.2%	ADHESH 93%	AAISHA SAREFAZ BALAI 93%	JHANAVI R 93%	HARSHITH RAGHAVENDRA G 92.8%	PRANAY NAIK 92.6%	ANA ANGEL JAMES 92.4%	RUPESH P 92.4%	ANNET UKKEN 92.2%	SHREYA YADAV A C 92%
RAHUL R 92%	MUHAMMED YOUSUF AFNAN 91.8%	PRAKASH DHAMI 91.6%	AYUSH A GOWDA 91.4%	DONET GIO 91.2%	MEHAK 91.2%	PRATHAM U N 91%	SEBASTIAN MATHEW 91%	F SAMUEL JOSHUA 91%	POORVI V 91%
ADORN JIM MATHEW 90.8%	ANANYA M 90.8%	SHREYA SAN LUKE 90.8%	K RAMALINGAM SHARATH 90.8%	A CHRIST ROWAN 90.6%	ARPITH GOWDA H S 90.6%	S SUDARSHAN 90%			

MORNING ASSEMBLY

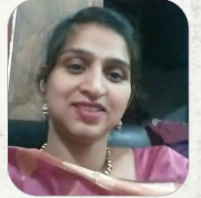
The Morning Assembly for the month of July was organised meticulously by all the "A" section teachers and students. The theme of the assembly was "TIME MANAGEMENT." The assembly began with a warm welcome extended to our Principal Fr. Nilson Davis CMI, the respective section coordinators, teachers and the students. The students prayed together and sought the blessings of the Almighty and thanked him for his grace. This was followed by the thought of the day, a fruitful speech by the students and the current news headlines. It surely was a great way to start the day.



BRIDGING THE GAP

A webinar was conducted on 29th July, 2021 on “Mindful Parenting of Indian Adolescents” for the parents of the students of class 9. The webinar was headed by Mrs. Kavitha Shankar. There was a detailed session on Parent-Child Dynamics by the facilitator where we could understand the physiology behind good parenting. There was a detailed discussion on various topics relating to the behavior of adolescents and the stressors of parents and adolescents during the pandemic. This webinar helped in understanding the shortcomings of the parent-child relationship. We got to discuss various solutions during the webinar. We performed various stress relieving activities. We engaged in conversations on the steps to be taken during various situations in the life of a parent and a child. We felt extremely relaxed and relieved after the session. We have received a boost of confidence on parenting better. The webinar was concluded with a Q&A session. We thank our principal Fr. Nilson Davis CMI. It was really an informative and rejuvenating session.

Shiji Thomas
Parent of Ramsa Thomas Class 9C



SPECIAL ACHIEVEMENT



ONLINE CHESS TOURNAMENT

Surya Mohandas Naik of class 9th E participated in Under-16 Karnataka State Youth & Cadet Online Chess Championship -2021 held from 3rd June, 2021 to 12th June, 2021. Championship was organized by 'UNITED KARNATAKA CHESS ASSOCIATION'. Surya participated in the Under 16 Open category and he scored 6.5 points out of possible 8 rounds and secured top 15th place in the merit list.



OFFICIAL INAUGURATION OF VEDHIK IAS ACADEMY

“The Future Depends on What You Do Today. Work Hard Today, to Create Better Tomorrow”.

The Students who enrolled for the IAS Coaching from Christ School ICSE from Classes 8, 9 & 10 had an official inauguration on 24th July, 2021 @ 5:00 p.m. through Zoom.

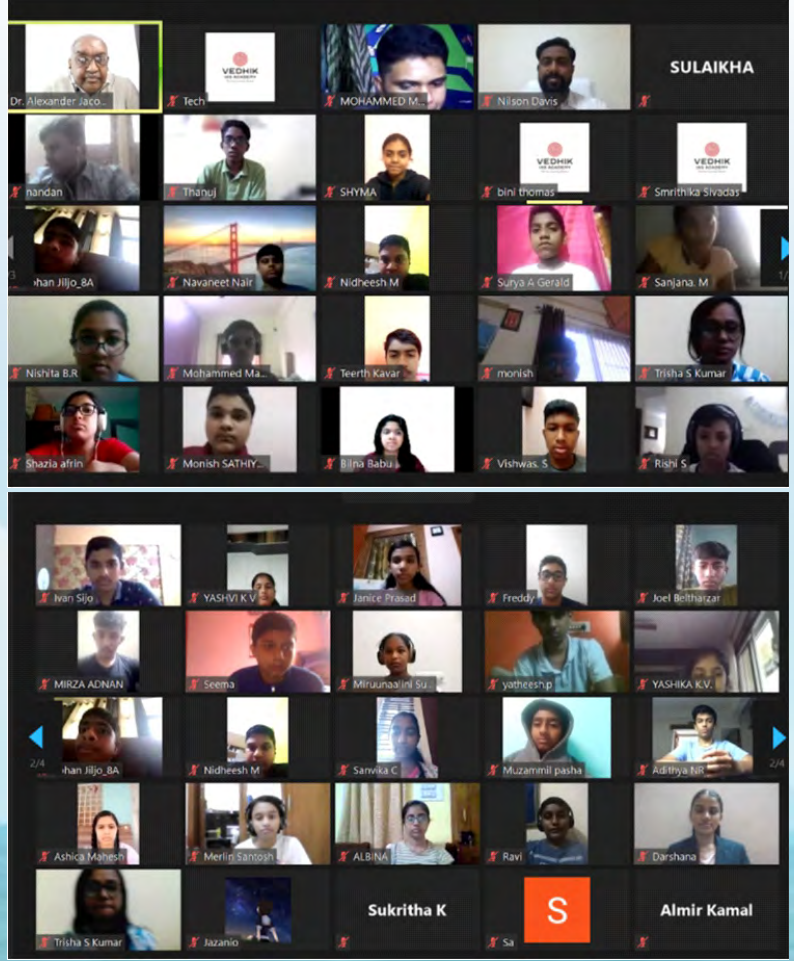
Dr. Alexander Jacob (IPS), Retd. DGP Kerala Police Inaugurated the session by lighting the lamp. He welcomed our IAS Aspirants to the Programme and gave them more insights to the Course.

Our Principal Rev. Fr. Nilson Davis, CMI who never ceases to miss any opportunities that would bring glory to our great institution motivated and congratulated our aspiring students for enrolling themselves to this great Programme. He strongly believes in developing Socially Responsible Administrators who will bring a “Positive Change” in our society.

The Technical Know How of using the Vedhik Platform – a training on the usage of the software was given to our students.

Wishing Good Luck To All The Students Who Have Enrolled! Be Strong as you fight your way to success. The difficulty you face is nothing compared to the Joy of Success.

Ms. Elizabeth Alwyn
Quality Enhancement Committee



TEACHERS CORNER

Sharing God's Gift of Comfort

"Who comforts us in all trouble so that we can comfort those in any trouble with the comfort we ourselves receive from God" - 2 Corinthians 1:4

Comforting means helping or strengthening someone to make them strong. So the comfort can be given and received when someone is in distress or suffering, it doesn't mean that once you receive comfort you will be out of your suffering or distress but the person who comforts says that I am with you in your trouble.

But often we refuse to receive such comforts from other people because pride stops us from doing it and we never receive the indirect comfort which God gives us.

A person receiving comfort should open his heart to god's compassion and allow him to comfort us.

Let's believe in his hope and once we understand this comfort let's be the instruments in his hands to share it with others to give comfort.

Ms. Asharani Richard
Coordinator (Middle School)



ಕೊಡುಗೆ ಆಗು

ಕುಡಿಯೊಡೆದ ಮೊಳಕೆಗೆ ಪೊಡವಿಯಾಗಿ
ಜಡಿ ಹಿಡಿದ ಕುಡಿಗೆ ತಡಿಯಾಗಿ
ಮಡುಗಿಳಿದ ಹರಣಕೆ ಅಡಿಯಾಗಿ
ಚಡಿಯಿಂದ ಜಡವಾದವಗೆ ದಡವಾಗಿ
ಗುಡಿಯಿರದ ಗುಂಡಿಗೆ ಗೂಡಾಗಿ
ಮಡಿತೋರುವ ಚರಿತೆಗೆ ಚಡಿನೀಡಿ
ದುಡಿಮಾಡುವ ನಯನಕೆ ಹಡಿಯಾಗಿ
ತಡೆತೋರುವ ತಾಟಕರಿಗೆ ತೊಡಕಾಗಿ
ಹೇಡಿಯಾಗಿಹ ಮನಕೆ ಜೋಡಿಯಾಗಿ
ಕೊಡುಗೆಯಾಗು ತೊಡುಗೆಯಾಗು
ಮಾತೆಯಾಗಿ ಪಿತನಾಗಿ
ತನುಜನಾಗಿ ಮನುಜನಾಗಿ
ಶಿಕ್ಷಕನಾಗಿ ರಕ್ಷಕನಾಗಿ
ಧರೆಯಾಗಿ ಮರೆಯಾಗಿ
ಕೃತಿಯಾಗಿ ಪ್ರಕೃತಿಯಾಗಿ
ನೆಮ್ಮದಿಯಾಗಿ ಸಮೃದ್ಧಿಯಾಗಿ
ಕೊಡುಗೆ ಆಗು ತೊಡುಗೆ ಆಗು



ಚಂದ್ರಶೇಖರ್. ನಿ
ಕನ್ನಡ ಶಿಕ್ಷಕರು

Isaiah 66:13 says, "As one whom his mother comforts, so I will comfort you." Comfort is the easing or alleviation of a person's feelings of grief or distress.

Just look around, you may see many struggling souls. A small gesture of comfort can change the struggling soul. Giving comfort may not be always in monetary terms. A few positive words, pat on the back, a smile, a hug etc. can comfort the struggling soul.

When you give comfort, you give strength and hope to others. We also try to help the other person to understand their emotions. It's about being present and letting the other person know you are always available for them. When you comfort someone, it gives your life more purpose and meaning. When you comfort someone, you feel better about yourself and feel happiness from inside.

As quoted by Shannon L Alder "Beauty is not who are on the outside, it is the wisdom and time you gave away to save another struggling soul like you"

Be a giver of comfort through your presence, through your words and through your action.

Ms. Bindu C
Department of Social Science



Comfort frees us from sorrow

Comfort soothes the pain

Comfort cuts the chains of strains

Comfort cures deep wounds

When the world was fine

I never bothered about any brother of mine

Now the whole world is in pain

I wish I had someone to comfort me in my strain

Comfort is sought by many in this world

Everyone is in deep pain known or unknown, said or unsaid

We put on the mask of smile hiding our pains behind,
Wishing someone's shoulder to lie and went.

All that the world needs are comforters

Comforters who could hug the world tight

When the tears burst

Comforters who hold hands and promise

That this too shall pass

Comforters who lead with the torch

When the world around is darkened

Comforters who see soul's pain

Not through words but through eyes

All that world need is you and me as great
comforters

LET US BE THE GIVERS OF
COMFORT & TOGETHER HEAL THE
WORLD.

Mr. David
Department of Mathematics



Students are in a Crisis during this pandemic period. Now more than ever teachers are an important part of facilitating student learning, wellbeing and growth. Nothing is more important in making a child feel comfortable than the presence of a caring adult.

We can show caring by noticing a change in behaviour. We, teachers can give awareness to the student to know we are one of the adults there to keep them safe.

Teachers can provide opportunities for the students to express their feeling. We can encourage children to comfort others who are hurt or upset. Positive teacher student relationship draws students in to the process of learning and promote their desire to learn.

Anxiety can be a normal part of childhood during this pandemic period. Stress and anxiety hinder academic success than non-academic activities. Teachers can give emotional support to the student.

We can suggest some exercise and yoga. Deep breathing is a valuable tool for calming the nervous system. Keeping a regular schedule provides a sense of control.

Sr. Ancy Antony
Department of Social Science



Gandhi once said, “You must be the change you wish to see in the world”. To bring about a change in us we need an opportunity to do so. In the Giver's community people cannot feel or express their emotions, they cannot make their own choices nor decide their career path. They have accepted “sameness” as a way of life to eradicate everything emotional from their lives. In this community there is no color, memory and climate this is all in effort to preserve structure, order, and equality. Thus, they are not capable of bringing any change in themselves or the world around them.

As the growing citizens of this wonderful nation, I as a teacher would like to say to you young ones during your growth as a teenager to a youth and to a grown adult you would meet up a lot of peers and colleagues who would be fighting their own battles at different levels. Here, as a Christite you should learn to tolerate one another and develop a comfort zone for the holist growth of everyone. It is also ideal to start talking different perspectives in a scenario and to look at truth from all sides. Gandhi once said, “You must be the change you wish to see in the world”.



Ms Bilgi
Department of Hindi



Your heavenly Father is the God of comfort. When the world takes its toll on you, he longs to wrap you in his loving embrace and bring you comfort to cover all your pain. In the face of trials and tribulations, he desires to provide you comfort in the fact that he works all things for your good. And when everything seems bent against you, he longs to sing comfort over you as he fills you with the joy and foundation of his presence.

Our heavenly Father is the giver of every good gift. His mercies are vast, powerful, and real. His love has the ability to completely overwhelm and satisfy every one of our needs. Everything he gives us satisfies, transforms, and leads us to abundant life. As our affections toward God, allow your heart to become soft and open. Allow his loving character to draw you close and provide life to every dry and weary place in your soul.

When God beckons you to open up the hurt places in your life to him, know that he will only ever speak love, mercy, and forgiveness. And know that after he gets done comforting you, the area that used to be a harmful wound will be a continual source of joy, gladness, and abundant life.

Allow the him to guide you to wounds that need to be comforted and healed. Allow him to wrap you up in his loving presence and guide you into the abundant life he intends for you.

Ms Deepa
Department of Science



God has given you the power and desire to change but you still need to be willing to do the work. Doing the work means facing your fears and getting out of your comfort zone” -- Michael Barbarulo

In human nature, we come across with two different people, the giver and the receiver. The givers are the builders of the society. When we think of the word ‘Giver’, the only person flashes in our mind is our Mother.

Mother is the greatest giver of the universe. She always tries to give the best in the world to her beloved child. Mother has no personal space. All her thoughts have space for her children. Have all grown-ups learned to be a giver like their mother?

Well, this rhetorical question will definitely wake up your mind.

Make life about more than just you. Take the world around transform it for the sake of others. Volunteer for a bigger purpose and don’t expect anything in return. The first step to redemption is digging yourself out of the hole you dug around yourself and dedicating your time to others.

Coming out of your comfort zone is tough in the beginning, chaotic in the middle and awesome in the end. Ultimately in the end it shows you a whole new world.

When we face more and more of our fears and discomforts, the more and more we tap into our potential. To move to a new level in your life, you must break through your comfort zone and do things that are not comfortable.

Make an attempt, you will definitely feel good and proud about yourself.

Ms Bi.Bi. Hajira
Department of Hindi



Sow comfort and reap it

Just imagine how will it be to realize that the people around you feel safe and find ultimate comfort constantly with you. I admire the process of giving people such comfort while a difficult situation and help them to be relieved. If receiving comfort is relieving, giving it can be much more rewarding. Moreover, as a receiver of comfort, it is our responsibility to be a giver of the same and spread smiles on numerous stressful faces. Giving comfort is not a big deal, as even a soft smile can be enough for it. Just having a blissful mind to see other's joy, being a shoulder to lean on while a hard hit and keeping a positive vibe is all you need to be a giver of comfort. So, let us all try to be a part of someone's comfort.

Ms. Deepthi T
Department of Mathematics



ಸಾಂತ್ವನ ನೀಡುವವರಾಗಿ :

ಹರಡುವ ಸುವಾಸನೆಯನ್ನು ಆಧರಿಸಿಯೇ ಹೂವುಗಳು ಗೌರವಿಸಲ್ಪಡುತ್ತವೆ. ಅಂತೆಯೇ ಆಡುವ ಮಾತುಗಳನ್ನು ಆಧರಿಸಿಯೇ ಮನುಷ್ಯರಾದ ನಾವುಗಳು ಗೌರವಿಸಲ್ಪಡುತ್ತೇವೆ ಇಲ್ಲಿ ನಾವು ಆಡುವ ಮಾತು ಸರಿಯಾಗಿದ್ದರೆ ಮನುಷ್ಯತ್ವವುಳ್ಳ ಪ್ರತಿಯೊಬ್ಬನೂ ಕೂಡ ನಮ್ಮ ಮಾತುಗಳನ್ನೆಲ್ಲಾ ಗೌರವಿಸಿ, ಬೊಕ್ಕಸವೆಂದು ಯೋಚಿಸಿ ನಿಧಿ ನಿಕ್ಷೇಪದಂತೆ ಪರಿಗಣಿಸಿ, ಮನದ ಬೊಗಸೆಯೊಳಗೆ ಶೇಖರಿಸಿ ಇಡುತ್ತಾನೆ. ಜೀವನದ ಅವಶ್ಯಕ ವೇಳೆಗಳಲ್ಲಿ ಅದನ್ನು ಉಪಯೋಗಿಸುವುದರ ಮೂಲಕ ನಿಮಗೂ ಮತ್ತು ನಿಮ್ಮ ಮಾತುಗಳಿಗೂ ಗೌರವ ಕೊಡುವವನಾಗುತ್ತಾನೆ. ನಿಜ ಸಾಂತ್ವನ ಮಾತುಗಳಿಂದ ಮಾತ್ರವೇ ಇಂತಹ ವಾತಾವರಣ ಸಾಧ್ಯವಾಗುವುದು. ಈ ಸಾಂತ್ವನ ಸಾಧನೆ ದಾರಿಯ ಮಾರ್ಗದರ್ಶಿಯಾಗಿರುತ್ತದೆ. ಸೋತ ಮನಕೆ ಸಾಂತ್ವನದ ಮಾತುಗಳು ಗೆಲುವಿಗೊಂದು ಮಾರ್ಗ ತೋರಿದಂತೆಯೇ ಸರಿ. ಒಮ್ಮೊಮ್ಮೆ ಸಾಂತ್ವನವು ಮೌನ ರೂಪದಲ್ಲಿಯೂ ಮುನ್ನುಡಿ ಬರೆಯುತ್ತದೆ. ಕಾರಣ ಮೌನಕ್ಕೆ ಅಂತಹ ಶಕ್ತಿ ಇದೆ. ಅಂತಹ ಮೌನ ರೂಪದ ಸಾಂತ್ವನ ಸನ್ನಿವೇಶಗಳನ್ನು ನಿಜ ಸಾಂತ್ವನ ಮನಸ್ಸು ಮಾತ್ರ ಸೃಷ್ಟಿಸಲು ಸಾಧ್ಯ. ಹಾಗಾಗಿ ಮನುಷ್ಯರು ಸಾಂತ್ವನ ನೀಡುವವರಾಗಿ ನೊಂದ ಮನಸ್ಸಿಗೆ ಧೈರ್ಯ ತುಂಬಬೇಕು.

ಆತ್ಮಿಯರು ಹೇಳುವ ಸಾಂತ್ವನದ ನುಡಿ ಅಮೃತ ಸಿಂಚನವಾಗಿ ಬದುಕಲು ಸ್ಪೂರ್ತಿಯಾದರೆ, ನಂಜಿನ ನಾಲಿಗೆಯಿಂದ ಆಡುವ ವ್ಯಂಗ್ಯ ಮಾತುಗಳು ಒಬ್ಬರ ಜೀವನವನ್ನೇ ಬರಡು ಮಾಡಬಲ್ಲದು. ಹಾಗಾಗಿ ನಾವು ಆಡುವ ಮಾತುಗಳಲ್ಲಿ ಬಹಳ ಎಚ್ಚರವನ್ನು ವಹಿಸಬೇಕು. ಸೋಲು, ಹಿನ್ನಡೆಯಿಂದ ಆತ್ಮವಿಶ್ವಾಸ ಕಳೆದುಕೊಂಡವರಿಗೆ ಪ್ರೋತ್ಸಾಹ ನೀಡಬೇಕು. ಧೈರ್ಯ ಸಾಂತ್ವನದ ನಾಲ್ಕು ಮಾತುಗಳು ಅವರಲ್ಲಿ ಉತ್ಸಾಹವನ್ನು ಚಿಗುರಿಸಬೇಕು. ಮನುಷ್ಯ ತನ್ನ ಮನಸ್ಸಿಗೆ ನೋವಾದಾಗ ಮಾತ್ರ ಸಾಂತ್ವನವನ್ನು ಬಯಸುತ್ತಾನೆ. ಅದೇ ಮನುಷ್ಯ ಬೇರೆಯವರಿಗೆ ನೋವನ್ನು ನೀಡಿದಾಗ ಅವರ ಸಾಂತ್ವನದ ಪೂರಕತೆಯನ್ನು ಮರೆತುಬಿಡುತ್ತಾನೆ. ಮನುಷ್ಯನ ಮನುಷ್ಯತ್ವ ನಡವಳಿಕೆಯಲ್ಲಿ ಎಂದಿಗೂ ಹೀಗಾಗಬಾರದು. ಎಂದೆಂದಿಗೂ ಅವನ ಮಾತುಗಳು ಭೂಮಿಗೆ ಬಿತ್ತಿದ ಬೀಜವು ಮೊಳಕೆಯೊಡೆಯಲು ಕಾರಣವಾಗುವ ವರ್ಷಧಾರೆಯಂತೆ ಇರಬೇಕು. ಅದುವೇ ಸಾಂತ್ವನ ನೀಡುವುದರ ನಿಜ ಧರ್ಮ.

ಚಿಕ್ಕತಾಯಮ್ಮ
ಚಿತ್ರಕಲಾ ಶಿಕ್ಷಕಿ



STUDENTS CORNER

Comfort: A Miracle Hug
You see a person, forlorn
You think he is all alone.
A kind word or two
A warm smile for you.
Invite him to lunch,
It will be so much fun.
Find out his interests,
Reading, painting, pets!
Good friends we can be,
Through thick and thin we will see.
Miraculous things, Comfort can do,
They will be happy and so will you.

Maria Louis
Class - 9B



Comfort is a feeling of relief or encouragement It's a comfort to know that I can rely on you for help. Be a giver of comfort is nothing but it simply means that such sense of comfort would truly give us a sensation of relief, of reassurance and confidence, even if we are not exempted from feeling bodily and natural pain and suffering. It's a sense of comfort that can bear all things. This is the sense of comfort that is proper to us. Remember that we are meant more to believe than to understand, even as we try to understand things as fully as possible. It does not mean that such sense of comfort would have no effect on our reason and on our feelings and bodily dimension. It simply means that such sense of comfort would truly give us a sensation of relief and always give comfort

Ifra Rahman
Class - 9B



The more you keep for yourself, the more you will lose what you keep.

That's a life lesson I grew up with. My parents always tell me that "a generous giver will always be a generous receiver." In other words, the more you give, the more you get in return.

"There are two kinds of people in the world: givers and takers. The takers may eat better, but the givers sleep better. The more you keep for yourself, the more you will lose what you keep. Humans should obviously help each other whenever anyone face difficulties. So how much we can we should help others because even we can face difficulties any day they might help us.

We should not be a person who always takes but always give and help others during their difficulties.

Sangam Kumari Singh
Class - 9 B



"The greatest gift you can give someone who needs comfort is empathy from a heart that understands."

In this present scenario being a giver of comfort plays a significant role. During this pandemic we have witnessed people suffering from anxiety, depression, poverty and also many of them losing their lives. During these hard times, let us be givers of comfort. We can comfort others both emotionally and financially. By providing emotional support we can motivate them to continue hopefully in their lives. When we comfort others, we may not be able to ease them of all their problems but to a great extent we can make them feel that we are there for them, we care for them and we love them and this will definitely make them feel better. If not great let us at least show them small acts of kindness. This will not only make them but also us happy. For it is rightly said "It is in giving that we receive".

Jerin Anthony
Class - 9B



Everyone has their own comfort spot. By this, I simply mean a physical or emotional place where one identifies with his or herself, and finds peace. There are infinite possible comfort spots, be it one's own bed, in a certain car, the memory of a past-time, etc.

These periods of solace are a true necessity to maintaining an optimistic perspective on life.

A degree of psychological comfort can be achieved by recreating experiences that are associated with pleasant memories, such as engaging in familiar activities, maintaining the presence of familiar objects, and consumption of comfort foods.

The idea of comfort varies among each person; however, there are a few universal themes of comfort that apply to everyone. Most of these universal themes falls under the physical comfort such as contact comfort, comfort food, and thermal comfort.

Nabiha Fathima
Class - 9E



Comfort! no doubt is the opposite of PROBLEMS, HURDLES, and STRUGGLE. One should be courageous enough to provide comfort to any living being as it is not an easy job to perform. Anything we humans can do which would bring smile on the faces of the less privileged is a comfort. Being a 'Giver of comfort' is a great opportunity we get as the purest soul is the one who lives for the wellbeing of the others and has a preserved place in the paradise. Each and every good deed you do to someone, whether it may be a small help from carrying a bag for an elderly person to feeding a meal for the person who cannot afford is a comfort you are giving. As we all are going through this tough time of pandemic, we see many organizations and individuals taking their steps forward and stretching their hands as much as possible and provide essentials which is a comfort for the less privileged people. We should all take it as a motivation and provide such sought of comfort as much as you can.

Md Mohtashim
Class - 9B



C- Caring
O- Observant
M- Mindful
F- Friendly
O- Obliging
R- Responsible
T- Tactful

Comfort means to give a sense of peace. To comfort someone is to give them solace or happiness.

Helping others is risky. Our help will not always be welcomed. We may sometimes say wrong things. But we should try to help them out.

You can be a giver of comfort by many ways:

Be physically present with them

Allow them to express their feelings and don't condemn their emotions

Avoid saying "You should not feel that way." or "You know what you should do"

Assure them of your prayers

Be a good listener

Remind them that that God loves us so much and cares for us

Show them the love you would like other people to show you if you were in their situation

Give them time to heal. Don't rush the process.

Allen Akash
Class - 9F



SOLACE is the right expression I could imagine of when I heard the phrase "be a giver of comfort", isn't it a feeling we all need presently during our lives. The most we can do is provide affection and comfort to the person who we know is going through disturbing times, because we all do know for a fact that all have gone through experiences like these sometimes alone some together with the people we cherish, I can assure you all for a fact that staying lonely during these times is definitely is one of the worst experiences and I also think it's not anyone's fault to have to go through a situation like this but as individuals, friends and family all we can do is tell them that we will be there for them and stay by their side. Never judge someone before you listen to them. It is particularly important to listen to a person, this reason solely might make an immense difference. In the hopes that we all will all listen and stay by are loved one. I wish and pray all of you have a great year ahead.

Kaitlyn Tonia Raj
Class - 9B



Peace

“It’s not about how much we give but how much love we put into giving” –Mother Teresa

When you have an opportunity to do good to someone, we should see it as a blessing, not perceive it as a burden. We need to be helping and help anyone who is in need of our help. You should be a giver of comfort and understand other’s feelings from the bottom our heart. Give and extend a hand of mercy to the poor, needy and orphans. You’ll never regret it. Don’t expect to get anything in return when you give. God’s blessings will be showered upon you. When you open your heart to giving, angels fly to your door. God has given us this life, to be helpful, kind-hearted and caring person. Not to lead a selfish life. God wants us to give from the bottom of our heart. We should love and care everyone around us.

Surya M. Naik
Class - 9E



God comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves received from God. It simply means that sense of comfort would truly give us a sensation of relief, of reassurance and confidence.

We are meant more to believe than to understand, even as we try to understand things as fully as possible. We need to understand that our sense of comfort should also be a function of our faith more than just that of reason and feelings. It does not mean that sense of comfort would have no effect on our reason and on our feelings and bodily dimension. It simply means that such sense of comfort would truly give us a sensation of relief, of reassurance and confidence, even if we are not exempted from feeling bodily and natural pain and suffering. It’s a sense of comfort that can bear all things.

This is the sense of comfort that is proper to us. It is a realistic one that considers all the dimensions governing man’s life, considered in their proper order. It also considers all the possibilities that can happen to us in this life.

It’s important that we understand the true character of comfort and where to find it, so that we can help in giving it to others who may have a very limited if not enormous understanding of comfort.

Sanjay Kumar
Class - 9E



“Sometimes the best way to help someone is just to be near them” -Veronica Roth

Comfort is a state of physical ease and it is the state where there is a freedom from pain and constraint. Giving is the best thing that a person can do as it brings happy and positive vibes around us. The best thing which we give a person is comfort as it makes the person feel less worried, unhappy or upset. This pandemic has completely changed our lives, we underwent a lot of changes during the pandemic. As a result of this we underwent a lot of stress and depression during the pandemic, the best thing which we can give to a person in such condition is not money or gifts but something more precious than that - comfort. When we give comfort to a person, it helps the person to be more positive and rise up as a stronger, bolder and better person. When a person is been comforted, it helps the person to become stronger to face any challenges and obstacles in life. So how can we share comfort to a person especially during this pandemic The best ways in which we can share comfort to a person are:

- By comforting a person during tough times and encouraging the person to be stronger and more confident
- Cheer up the person when they feel too low and make them feel better.
- Words are the most powerful tools on the earth, when they are used to correctly, they can bring positive change in a person.

So, my dear friends let us all be a giver of comfort during this pandemic and be the reason for someone’s change.

Samaya Harshitha. N
Class - 9E



Too often we underestimate the power of a smile, a kind word, a listening ear, an honest compliment, or even the smallest act of caring, all of which have the Potential to turn a life around. Be a giver of not only materialistic things but also a giver of the most needed and precious feeling that a person longs for throughout His or her life-COMFORT. No matter how little a deed of comfort is, if it is done truly and whole heartedly it has the power to leave an unerasable impression in a person's Heart and life. It's not about how much you do but how much love you put in the doing. Kindness can transform someone's dark moment with a blaze of light. You will never know how much your caring matters. Make a difference for another today. A little bit of your time and a huge bit of your heart is all that it takes to make that difference and be that difference in the world. LET'S NOT MAKE THE WORLD A BETTER PLACE TO LIVE IN INSTEAD LET US MAKE OURSELVES BETTER TO LIVE IN THIS WORLD.

Fazil N
Class 9-B



PARENTS CORNER

ಈ ಆಧುನಿಕ ಜೀವನದ ಯಾಂತ್ರಿಕ ಬದುಕಿನಲ್ಲಿ ಮಾನವೀಯತೆಯೆಂಬುದು ದೂರದ ಮರೀಚಿಕೆಯಾಗುತ್ತಿದೆ. ಕೇವಲ ವೈಭೋಗದ ಜೀವನ ನಡೆಸಲು ಬೇಕಾದ ಅನುಕೂಲ ಮಾಡಿಕೊಳ್ಳುವುದಕ್ಕಾಗಿ, ಮಾನವನು ತನ್ನ ಎಲ್ಲಾ ಸಮಯವನ್ನು ಕೇವಲ ದುಡಿಮೆ, ಹಣ, ಸಂಪಾದನೆಯಲ್ಲೇ ಕಳೆಯುತ್ತಿದ್ದಾನೆ. ತನ್ನ ಬದುಕಿಗೆ ಅಗತ್ಯವಾಗಿ ಬೇಕಾಗಿರುವ ನೆಮ್ಮದಿ, ಸುಖ, ಸಂತೋಷ, ಸಂಬಂಧಗಳ ನಡುವಿನ ಬಾಂಧವ್ಯ, ಸೇವಾ ಮನೋಭಾವ, ಸಂತೃಪ್ತಿ ಎಲ್ಲವನ್ನು ಗಾಳಿಗೆ ತೂರಿ, ಕೇವಲ ಉಸಿರಾಡುವ ಯಂತ್ರದ ರೀತಿಯಲ್ಲಿ ಜೀವನ ನಡೆಸುತ್ತಿದ್ದಾನೆ. ಈ ಪರಿಯ ಜೀವನದಿಂದ ಎಲ್ಲರೂ ಅವಶ್ಯವಾಗಿ ಹೊರಬರಬೇಕು. ತಮ್ಮ ಕುಟುಂಬಕ್ಕಾಗಿ ದುಡಿಯುವುದರಲ್ಲೇ ಮುಳುಗುವುದರ ಜೊತೆಗೆ, ಅಮೂಲ್ಯವಾದ ಸ್ವಲ್ಪ ಸಮಯವನ್ನು ತಮ್ಮ ಮನೆಯವರಿಗಾಗಿ ಮೀಸಲಿಡುವುದನ್ನು ರೂಢಿಸಿಕೊಳ್ಳಬೇಕು. ವೃದ್ಧ ತಂದೆ-ತಾಯಿಯರೊಂದಿಗೆ ಆಪ್ತವಾಗಿ ಮಾತುಗಳನ್ನಾಡುವುದರಿಂದ ಅವರಲ್ಲಿನ ಚೈತನ್ಯ ಹಿಮ್ಮಡಿಯಾಗುತ್ತದೆ. ಮಕ್ಕಳ ಭಾವನೆಗಳಿಗೆ ಸ್ಪಂದಿಸಿ ಅವರ ಮುದ್ದು ಮಾತುಗಳನ್ನು ಹಂಚಿಕೊಂಡು, ನೈತಿಕ ಹಾಗೂ ಸಾಮಾಜಿಕ ಮೌಲ್ಯಗಳನ್ನು ಮಕ್ಕಳಲ್ಲಿ ತುಂಬುವುದರಿಂದ ಮುಂದೆ ಅವರು ದೇಶಕ್ಕೆ ಮಾದರಿಯಾಗುವ ವ್ಯಕ್ತಿಗಳಾಗುತ್ತಾರೆ. ವೈಭೋಗದ ಬದುಕಿನಲ್ಲೇ ಕಾಲಕಳೆಯುತ್ತಿರುವವರಿಗೆ, ಅದರಲ್ಲೂ ಮುಖ್ಯವಾಗಿ ಮಕ್ಕಳಿಗೆ, ಸಮಾಜದಲ್ಲಿ ಅನೇಕರು ಈಗಲೂ ಒಂದು ಹೊತ್ತಿನ ಊಟ, ಬಟ್ಟೆಗೂ ಕಷ್ಟ ಪಡುತ್ತಿರುವುದನ್ನು ಮನದಟ್ಟು ಮಾಡಿಕೊಡಬೇಕು. ಎಲ್ಲಾ ವೈಭೋಗವಿದ್ದರೂ ಎಷ್ಟೋ ಜನರು ಪ್ರೀತಿ, ವಾತ್ಸಲ್ಯ, ಮಮಕಾರಗಳಿಂದ ದೂರವಾಗಿ, ಸಾಂತ್ವಾನದ ಮಾತುಗಳನ್ನಾಡಲು ಯಾರು ಜೊತೆಗಿಲ್ಲದೆ ಜೀವನ ಸಾಗಿಸುತ್ತಿರುವವರ ಬಗ್ಗೆ ತಿಳಿಸಬೇಕು. "ವಸುದೈವ ಕುಟುಂಬಕಂ" ಎಂಬ ಮಾತಿನ ಮೌಲ್ಯವನ್ನು ನಾವು ತಿಳಿದು, ಮಕ್ಕಳಿಗೂ ತಿಳಿಸುವುದರಿಂದ ಕುಟುಂಬ ವ್ಯವಸ್ಥೆಯ ಅರಿವು, ಹಿರಿಯರ ಮೇಲಿನ ಗೌರವದ ಜೊತೆಗೆ ಸಮಾಜಕ್ಕೆ ತಾನು ನೀಡಬೇಕಾದ ಮಹತ್ವವನ್ನು ಅರಿಯಲು ಸಹಾಯವಾಗುತ್ತದೆ "ಅರಿತು ಬಾಳಿದರೆ ಸ್ವರ್ಗ ಸುಖ" ಎಂಬುವುದು ಮನದಟ್ಟಾಗುತ್ತದೆ. ಬಾಳು ತಿಳಿ-ತಿಳಿದು ಬಾಳುವಂತಾಗಬೇಕು. ಜೀವನದ ಮೌಲ್ಯಗಳನ್ನು ಅನವರತವಾಗಿ ನೀಡುತ್ತಿರಬೇಕು. ಎಲ್ಲ ದಾರ್ಶನಿಕರ ಮಾತುಗಳು ನಮ್ಮ ಬದುಕಿಗೆ ಹತ್ತಿರವಾಗಬೇಕು. 'ಎಲ್ಲರು ಮಾಡುವುದು ಹೊಟ್ಟೆಗಾಗಿ, ಗೇಣು ಬಟ್ಟೆಗಾಗಿ' ಎನ್ನುವ ಬದಲು ಉತ್ತಮ ಮೌಲ್ಯಗಳನ್ನು ಜೀವನದಲ್ಲಿ ಅಳವಡಿಸಿಕೊಂಡು. ಎಲ್ಲರ ಬದುಕಿಗೆ ಬಳುವಳಿ ನೀಡಬೇಕು. ಇದು ವರವಾಗಬೇಕು, ಇದರ ಪರವಾಗಬೇಕು, ಇದು ಅರಿವಾಗಬೇಕು, ಆಗಲೇ ಎಲ್ಲ ಸತ್ಯ, ಆಗಲೇ ಸಾರ್ಥಕ.

ಶಿಲ್ಪ ಗಿರೀಶ್

(ಇಂಚರ - {9ಎಫ್}, ಜಗನ್ - {2ಹೆಚ್} ರವರ ತಾಯಿ)



Be a comfort to others

The verb 'Comfort' is originated from the Latin word 'confortare' which means 'strengthen greatly'. This is exactly what we do when we comfort others. We strengthen them greatly. Being a comfort to others is about strengthening them when they are in need.

It is important to be a comforter to others for two reasons.

- 1) Everyone needs help at certain points in their lives. Best way to help them is not providing them with what they need, rather strengthening them so that they can achieve by themselves.
- 2) Being a comforter means that you have the strength to comfort others. It makes you a better person, a stronger person.

When do others need comfort? People need comfort when they are down emotionally. Strengthening their emotional state can have miraculous impact to outcomes they are looking for. For example, say one of your friends are feeling very disappointed and sad since they got lesser marks in the examination. Emotionally supporting and motivating them is the best action you can take. Make them understand that you are there for them. You believe in them. You know that they have the capability. It will strengthen them to put in efforts to overcome the difficulties and get more marks in the next examination.

Same approach is applicable to any other situation one may face in life. Whether your neighbour is in distress, or your parents are in a bad mood, or your sibling is anxious, you could apply the same approach. Comfort them by strengthening them greatly.

Being a comforter is a great gift that you can give to another human being. Be one.

Ms Thresiana Thaliath,
(Parent of Maria Louis -9B)



ALUMNI CORNER

'Gratitude' would be the best word that could sum up my ten years of learning at Christ School ICSE.

Christ ICSE has imparted confidence and motivation, which will help me to achieve my dreams. Thank you for the numerous opportunities you gave me to explore my talents. This is the place where I recognized my uniqueness and individuality. My school life is the best gift I could ever receive, which gave me precious moments in life. I will always cherish the wonderful memories and priceless experiences that I received from this temple of learning. I believe that we Christites will treasure the values you have imparted in us and become "the Light of the World".

Proud to be a Christite!

Diya Ebi
Batch 2020-21



No words of gratitude would be enough to thank my alma mater for the enormous learning and knowledge it has given me.

Passing through the walls of my school not as a student but as an alumnus makes my heart ache. But at the same time, it makes me super proud to see our school growing and reaching great heights. There hasn't passed a day after leaving school without thinking how much better our school is or how beautifully talented our teachers are. My school has beautifully sowed the best seeds of knowledge, courage and confidence within me. And now, each and every day I can feel them growing into a beautiful plant which is all set to see the world above the ground.

Not being able to sit in those classes and wake up to going back to school every morning makes me jealous of all the other students who get to live those beautiful moments and experience the joy of schooling everyday unaware of what they are going to miss in the future. Friends, teachers, classrooms, competition, functions, lunch breaks, annual days, practices, stay backs, exams, results, PTMs, cabinet days, 10th, farewell and all together millions of emotions. Each and every moment in school was a beautiful memory which will be cherished until forever.

My school hasn't left any page unturned. It has taught me the best and worst things which I will carry with me for the rest of my life. For sure our school has given us enough guidance and confidence to be the light of the world and the salt of the earth and the best way to give back to this temple of learning is to let our lights shine for all to see and lead towards excellence.

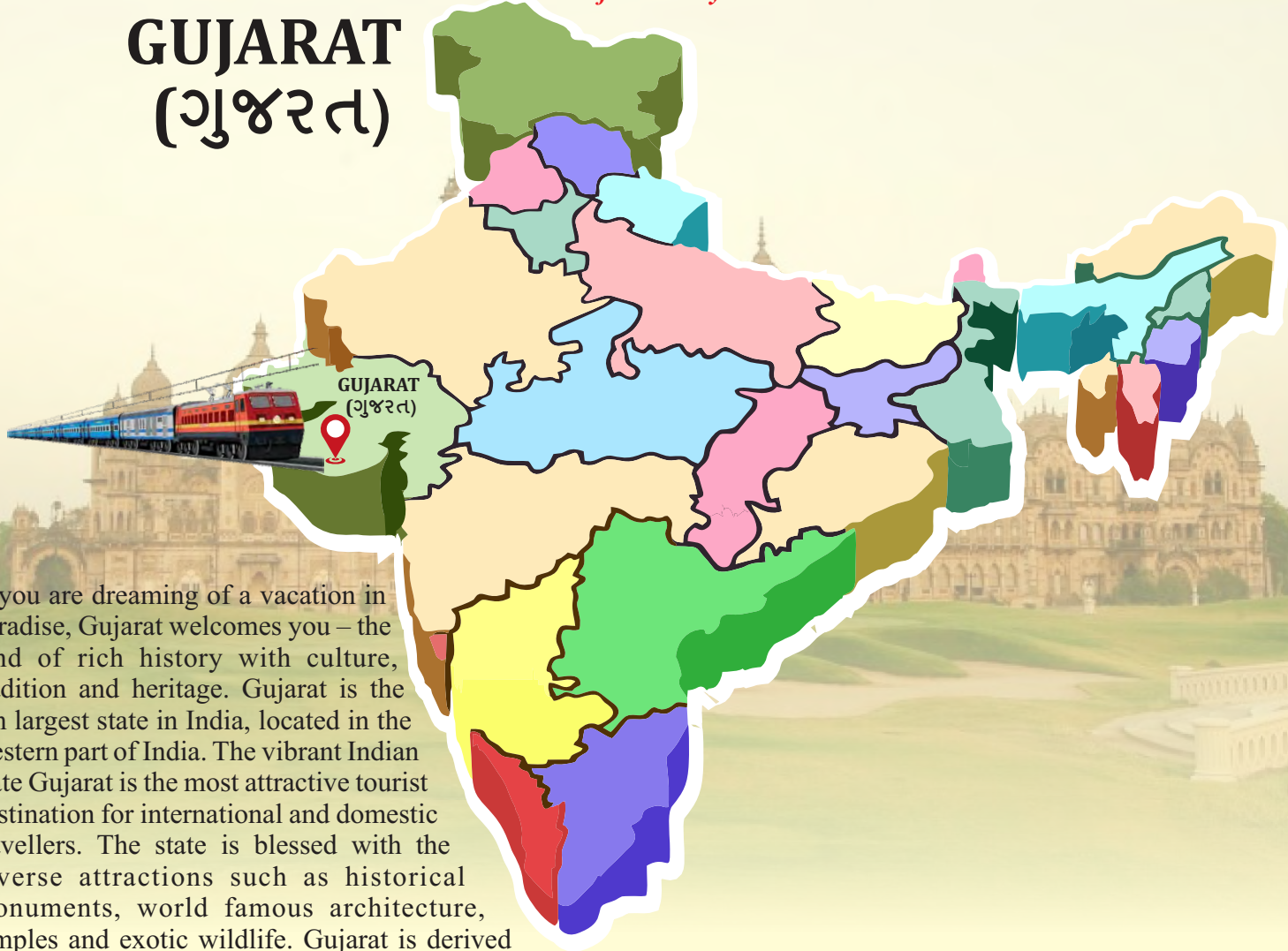
Faizun Nooriya. N
Batch 2018-19



STATE UNDER THE SPOTLIGHT

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

GUJARAT (ગુજરાત)



If you are dreaming of a vacation in paradise, Gujarat welcomes you – the land of rich history with culture, tradition and heritage. Gujarat is the 7th largest state in India, located in the western part of India. The vibrant Indian state Gujarat is the most attractive tourist destination for international and domestic travellers. The state is blessed with the diverse attractions such as historical monuments, world famous architecture, temples and exotic wildlife. Gujarat is derived from the Sanskrit term Gujaradesa, meaning "The Land of the Gujaras ", who ruled Gujarat in the 8th and 9th centuries CE. Parts of modern Rajasthan and Gujarat have been known as Gujaratra or Gujarabhumi for centuries before the Mughal period. Bollywood superstar Amitabh Bachchan is honouring the Gujarat Tourism as Brand ambassador. Come and lose yourself in "Khusboo Gujarat ki" (smell of Gujarat).

Key facts

Capital : Gandhinagar

Chief Minister : Vijay Rupani

Official State Language: Gujarati

Currency : Indian Rupee

Official Dance : Garba, Dandiya

Famous Dishes : Khaman, Thepla, Fafda-jalebi, Undhiyu, Muthiya, Handvo, Khakra

Major Cities : Ahmedabad, Surat, Vadodara, Rajkot, Bhavnagar, Jamnagar, Junagadh, Gandinagar

Popular festivals : Navratri, Uttarayan

Special Mention - The historic walled city of Ahmedabad is the first city in India to be inscribed in **UNESCO's World Heritage City list of 2017.**



SPECIAL ATTRACTIONS

Gir National Park - This forested, hilly, 1412-sq-km sanctuary about halfway between Veraval and Junagadh is the last refuge of the Asiatic lion (*Panthera leopersica*). Taking a safari through the thick, undisturbed forests is a joy – even without the added excitement of spotting lions, other wildlife and myriad bird species. The sanctuary was set up in 1965, and a 259-sq-km core area was declared as a national park in 1975. Since the late 1960s, lion numbers have increased from less than 200 to 674 (Census 2020).



Rann Festival - A plethora of varied hues, profusion of design, superfluity of culture, cornucopia of music and dance, all together in the arid lands of Kutch creates a mosaic of exquisiteness which reflects the identity and spirit of the region. Kutch, one of the most ecologically and ethnically diverse district of the state is a celebratory land of art, crafts, music, dance, people and nature. During the full moon night of the winters amid the awe-inspiring and contrasting landscape each year a three-day festive extravaganza brimming with hospitality, vigour and traditional flavour of the area is hosted and known as the Kutch or Rannutsav. This three-to-four-day carnival organized at the various locales within Kutch takes one around the natural grandiose while introducing the visitor to the indigenous cultural and ethnical flavour of the people



Navratri Festival - Navratri, meaning 'nine nights', is one of the most popular and widely celebrated Hindu festivals in many parts of India. Gujarat, however, is the only state that erupts into a nine-night dance festival, perhaps the longest in the world. Each night, all over the state, villages and cities alike, people gather in open spaces to celebrate feminine divinity, referred to as Shakti.



Modhera Sun Temple - As one traverses the length and breadth of Gujarat, one constantly stumbles across architectural legacies of the 'Solanki' rule. The exclusively carved temple complex and the magnificently sculpted kund are jewels in the art of masonry of the Solanki period apparently which was also known as the Golden Age of Gujarat. The magnificent eons of the Golden period welcome the visitor, narrating stories and legends of Modhera!



Statue of Unity - The statue has been built as an ode to the Iron Man of India, Sardar Vallabhbhai Patel, the first home minister of independent India. He was responsible for uniting all 562 princely states of the country to build the Republic of India. October 31st, 2018, marked the inauguration of the world's tallest statue – the Statue of Unity, against the backdrop of the dramatic Satpura and Vindhyachal hills in Kevadia, Gujarat. The 182-metre (600 feet approx.) statue is dedicated to Sardar Vallabhbhai Patel, the architect of independent India. The colossal monument towers over River Narmada, a tribute to India 'from the people of Gujarat' to the leader who placed people's welfare first. The Statue of Unity overlooks the vast surrounds and the river basin of the Narmada River and the sprawling Sardar Sarovar dam. It stands on the Sadhu Bet hillock, connected by a 300-metre bridge, which offers access from the mainland to the statue.



Anvita S Nagarkatte
Class - 9E



INDUSTRY

Gujarat is considered the petroleum capital of India due to presence of large refining capacity set up by private and public sector companies. Gujarat is also known as India's chemicals and petrochemicals hub. The state has eight chemical clusters, 14 industrial estates and three SEZs, which are primarily dedicated to the chemicals and petrochemicals industry.

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

PERSONALITY OF THE MONTH

Sarojini Naidu

Sarojini Naidu was an Indian political activist and poet. A proponent of civil rights, women's emancipation, and anti-imperialistic ideas, she was an important figure in India's struggle for independence from colonial rule. Naidu's work as a poet earned her the sobriquet 'the Nightingale of India', or 'Bharat Kokila'. She was drawn to Indian National Congress' movement for India's independence from British rule. She became a part of the Indian nationalist movement and became a follower of Mahatma Gandhi and his idea of swaraj. She was appointed the President of the Indian National Congress in 1925 and later became the Governor of the United Provinces in 1947, becoming the first woman to hold the office of Governor in the Dominion of India. Naidu's poetry includes both children's poems and others written on more serious themes including patriotism, romance, and tragedy. Published in 1912, "In the Bazaars of Hyderabad" remains one of her most popular poems.



Meet My Teacher

Name : Jayashree H B

A little about myself:
Love To See
Everyone Happy



*Zodiac : Cancer

*My hobbies : Listening to SONGS

*Favourite colour : Yellow

*Favourite movie : EraduKanasu

*Favourite food : Vegetarian

*Quality I admire about myself : Giving priority to others.

*Ambition as a kid : To Become A Teacher

*Favourite book : Kaanooru Subbama Heggadathi

*Dream destination : Himalaya

*Favourite subject as a student : English

*Favourite quote : Work is Worship; Where there is a will there is a way.

*Motto in life : To guide the children to the right path.



My educational
background:
I Am Qualified
In Kannada With
M.A., B.Ed.,



Meet My Teacher

Name : Ms. Estella

A little about myself:

I try to give
my best in whatever
I do.



*My birth date : 16 July

*Zodiac : Gemini

*My hobbies : singing ,craft work

*Favourite colour : Blue

*Quality I admire about myself : Hard working

*Favourite food : Briyani

*Ambition as a kid : To become a teacher

*Favourite subject as a student : English

*Favourite quote/Motto in life : "It is only when you realize your nothingness, your emptiness, that God can fill you with Himself."

— Mother Teresa

"Your best teacher is your last mistake." - Dr. APJ Abdul Kalam



My educational
background:

B.A, B. Ed



Meet My Teacher

Name : Ms. Sonia Gaba

A little about myself:

Passionate about my work,
highly organised,
ambitious and driven.



*My birth date: 17th July

*Zodiac: Cancer

*My hobbies : Singing, Playing Badminton and
doing Social work like Blood Donation.

*Favourite colour : Black and Yellow

*Favourite movie : TaareZameen Par and 3 Idiots

*Quality I admire about myself: I have good communicating skills.

*Favourite food: All Indian dishes

*Ambition as a kid: To be an Astronaut.

*Favourite book: The three mistakes of my life by Chetan Bhagat,
Ikigai and many more...

*Dream destination : Rügen Island in Germany

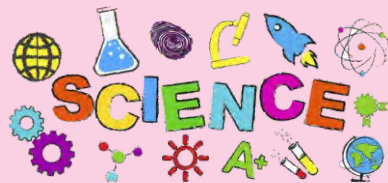
*Favourite subject as a student : Science

*Favourite quote/Motto in life : "The more that you read, the more things
you will know. The more that you learn, the more places you'll go."



My educational
background:

BDS, MSc
BEd in
Science and English



Meet My Teacher

Name : Ms. Vandana Bernard

A little about myself:

Born and brought up in
Sagar (M.P).

I am a fun loving and jovial
person.



* My Birth Date : 20th July

* Zodiac : Cancer

* My Hobbies : Listening music and painting

* Favourite Colour : Purple and yellow

* Favourite Movie : 3 Idiots

* Quality I Admire about myself : God fearing person

* Favourite Food : French fries, Pav Bhaji

* Ambition as a kid : Teacher

* Favourite book : The Alchemist by Paula Coelho

* Dream Destination : Maldives

* Favourite subject as a student : English and Maths

* Favourite quote/Motto In life : Try to be a rainbow in someone's cloud.



My educational
background:

M.Com,
B.Ed



Meet My Teacher

Name : Ms. Chikkathyamma

A little about myself:

I am a good listener ,
less talkative ,
A keen observer .



* *My hobbies* : Intrested in drawing ,
painting , craft , music .
I am good speaker in vernacular language.

* *Favourite colour* : Sky blue.

* *Favourite movie* : Titanic.

* *Quality I admire about myself* : Good Artist.

* *Favourite food* : Curd Rice.



* *Ambition as a kid* : To become a talented artist.

* *Favourite book* : Three Thousand Stitches –
Sudha Murthy , Infosys Foundation .

* *Dream destination* : Is to mark as a art teacher.

* *Favourite subject as a student* : Religion and philosophy.

* *Favourite quote* : A student will be a light of the world .



*My educational
background:*

Completed inter mediate ,
with Diplomo in fine art.



Meet My Teacher

Name : Ms. Deepa Dev

A little about myself:

I have completed my education from Christ University. I teach science subject for classes 3 to 5. I am having six years of experience in teaching field in Christ ICSE School.



* My birth date : 30th July

* Zodiac : Leo

* My hobbies : Bottle art

* Favourite colour : Pink & Blue

* Favourite movie : Harry Potter

* Quality I admire myself : My patience

* Favourite food : Sweet dishes

* Ambition as a kid : Doctor

* Favourite book : The giver

* Dream destination : Himachal Pradesh

* Favourite subject as a student : Science

* Favourite quote /Motto in life : "You're the light of the world"



My educational background:

BSc (CBZ),
Msc (Biology),
BEd



BRAINSCRATCHERS

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



1. Which word does NOT belong with the others?

- A. index
- B. glossary
- C. chapter
- D. book

2. Which word is the odd man out?

- A. trivial
- B. unimportant
- C. important
- D. insignificant

3. Which word does NOT belong with the others?

- A. wing
- B. fin
- C. beak
- D. rudder

4. Which word is the odd man out?

- A. hate
- B. fondness
- C. liking
- D. attachment

5. Pick the odd man out?

- A. just
- B. fair
- C. equitable
- D. biased

To enter for a chance to win:

- ✓ Solve the verbal reasoning quiz correctly and send it at the earliest.
- ✓ Students who are interested in solving the Puzzle can send your answers by tomorrow - 18th August, 2021 by 2:30 p.m.
- ✓ The first 10 correct answers shall be awarded with the E-certificates
- ✓ Your time starts from today (17.08.21) at 2:30 p.m. and ends by tomorrow (18.08.21) at 2:30 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 JUNE



Dominic
Class - 5C



Dhiraj
Class - 8F



Prajwal N
Class - 8A



Harshit Karnani
Class - 10A



Mohd Arhaan
Class - 5G



Santhosh G
Class - 6B

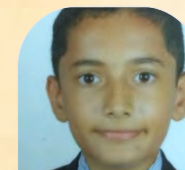
Congratulations



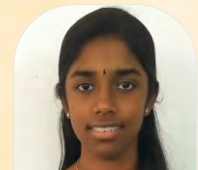
Thushar
Class - 6C



Sonaali
Class - 10A



Job M Sunny
Class - 9C



Shruthi S
Class - 10C