



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



The Monthly Newsletter

# Excelsior

Ever upward and still higher...

Vol-X, Issue - I  
May - July 2020



## From the Principal's Desk

Rev. Fr. Nilson Davis CMI

### ASPIRE TO BE A GIVER



My dear Christites,

We are in a brand new academic year but this time it has been a totally new experience to every Christite due to the pandemic. The difficulties that we face these days are indecipherable. Christites still emerged to be stronger than ever and I am incredibly proud to say that my Christ family will stay strong forever. My dear students, you deserve great appreciation for coping with the online classes and working hard to do well in your studies.

As every year, this year also we have a theme for the year. The theme for this year is Altruista – The Giver. Creative altruism is what we aim this year. Everyone knows that altruism is the act of selfless giving. Have you ever thought how to practice creative altruism in your lives? It is altruism that guides responsible thought in us. Being altruistic is one of the most divine qualities that should be found in a human.

It is important to know how to be creatively generous. You should be generous in a way that the one who receives your generosity should get the most of it. Being generous for namesake doesn't make you a true altruistic person. The act of kindness must be enjoyable for the doer as well as the recipient of the act. Either of the sides must not feel perturbed by the efforts being put in. You should be able to know the impact of the act of kindness you showed and this will be the most important factor that motivates you to remain altruistic in behaviour.

Being altruistic moulds you into a person who is able to identify the needs of others. The givers give more than they get and they never expect anything in return for the generosity they show to others. They focus on the needs of others. My dear children, to be a giver you need not have exceptional qualities. God has created every human being with all the qualities that are needed to be a giver.

You possess a loving heart, don't you? Then be a giver of love. You are a caring person, aren't you? Then be a giver of care to the needy. God has blessed you with many such qualities hasn't He? My dear Christites, your time, your talent, your knowledge, your virtues and there are many such qualities that are inherent in you. When you aspire to be a giver of what you have you become a virtuous person.

Excelsior Christites!

## THE THEME OF THE YEAR

# ALTRUISTA

*The Giver*

## ALTRUISTA- THE GIVER

***The theme of Christ School ICSE this year is Altruista- the giver.***

It means giving whatever we have for the betterment of the people around us and even to the society. At this hour we need to remember the real heroes- doctors, nurses and police department and every single person working and helping us to fight this pandemic. They are risking their lives for us. This academic year is dedicated to these heroes. We have also inculcated the value of Altruism in our little Christites. The 'CARITAS' started by our school was a way in which these children were sharing their happiness by contributing a small amount of money to help the least, last and lost of the society. Altruism means sharing whatever little we have and helping those in need. Every activity that takes place in the school this year will highlight the importance of Altruism. Let us together join hands and take a pledge to help the society and also teach our children to bring smile on the faces of others.

- \*Be a giver of love*
- \*Be a giver of positivity*
- \*Be a giver of compassion*
- \*Be a giver of hope*
- \*Be a giver of virtues*
- \*Be a giver of peace*
- \*Be a giver of knowledge*
- \*Be a giver of time*



## Vice Principal's Message



### ALTRUISTA-The Giver

Dear Christites,

The COVID-19 pandemic has affected almost every facet of human life. The effects from the Corona Virus outbreak will be long-lasting and far-reaching. We are witnessing day by day the fact that negative emotions like fear, stress, anxiety and depression are inevitable and can overwhelm even the most optimistic of people. What can we do to nurture our happiness during these unprecedented times? I think we need to be altruistic and realistic in our approach towards life. That's what the health warriors like nurses and doctors have been teaching us with their noble and holy profession of caring for the other even at the cost of their own lives. Indeed, it is very much fitting that we have selected Altruista-The Giver as the theme of the academic year 2020-2021.

Immanuel Levinas, a western existential Philosopher writes about the 'other'. He says, "I exist for the other". Altruism is all about acting in the best interest of others rather than one's own self-interest. It increases the fitness of other individual by sacrificing one's own fitness level and happiness. Examples of altruism are well expressed in insects like ants, wasps and bees which we see around in our nature. People who volunteered to help the needy with their resources such as time, availability and wealth are examples of good Samaritan at this time of Pandemic. Altruism should be selfless. We encourage our students to be altruistic. Parent's make sacrifices, spends quality time and energy for the sake of their children. It is truly selfless effort. Human nature is fundamentally selfish but parents redesign it and convert this selfishness to selfless love. An empathy for others encourages altruism. Studies show that people who are altruistic tend to be happier, to be healthier and to live longer.

Altruism in the COVID era gives hope. It reminds us that fundamentally we are supposed to take care of others. This knits us to the society closer and stronger. The incentives should not be the reputation or reward. There shall be no expectation of pay back or return for the efforts made in this regard. As Covid-19 cases continue to rise and businesses struggle to adapt to their new normal, many of us are stepping up to help people in their communities. Many are voluntarily involved from personal gestures of financial contributions giving back in many ways big and small helps. Altruism can have a significant impact on your own well-being both emotionally and financially. Helping others in a crisis can be an effective way to alleviate stress and anxiety. No other area is more fulfilling and exciting than the area of giving and sharing.

Fr. Nijo Palatty CMI  
Vice Principal

## Financial Administrator's Message



### ALTRUISTA-The Giver

Greetings to all the Christities....

This academic year gives us a fantastic new experience of school for us. Virtual classrooms give us the home school experience. We are now interacting each other through the electronic media. Surely it cannot replace the real classrooms but the present situation compels us to use it still the situation changes.

Dear children, in our life we have received a lot from others.

Our parents have selflessly offered their time, money and even their life to us. Our teachers are spending a lot of their time and energy for us every day. Selfless giving is not just an exchange of something or a transaction. In a transaction we know that we receive back something as reward for the same cost of amount we pay. But the 'the unselfish giver' never think of getting back something for his service. Education is not just for getting certificate but to train a person to become an authentic human being. Actually when we give something we receive back much more than what we give. For example, when we help in clarifying the doubts of our friends then we understand the topic well and will get more clarity in that. Likewise when we share our belongings with others we get more satisfaction. In Newtown's third law of motion states 'for every action, there is an equal and opposite reaction'. In our selfless giving also this is right because we will receive much more than what we give like happiness, gratitude, satisfaction etc. May your life in Christ school help you to become a true 'Giver' and may God help us to unite us soon in our school without the fear of Covid-19.

Fr. Reji Koodappattu CMI

### COVID CARE COMMITTEE

When someone truly cares about you, they make an effort!!

Christ School ICSE has initiated a Covid care committee. The team constitutes of doctors, nurses, dietician, psychologist, counselors, social workers for assisting Covid-19 affected and effected people.



Dear Christites,

Another rejuvenating academic year has set in. We have already achieved the usual momentum of our journey. As we head along, I feel it is worthwhile to reflect on our unlimited potentialities. What exactly are we capable of achieving? What is a realistic expectation for our life? Is there a limit to how high we should aim? The simple answer to these questions is merely that we are capable of achieving anything we set our mind to. We have probably heard the wise saying: "The sky is the limit". At the first glance, this would seem to imply that man's potential has a limit. But in actual fact it conveys the message that man's potential is limitless just as the sky is limitless.

The new academic year is a pleasant challenge for all of us, teachers, parents and students. It is time to put our perspective right and set our goals. Goal setting is a clever and timely action for everyone. Aspiring for success in life and that too early in your life is important.

The answer to the question 'What is a realistic goal and what is achievable?' is entirely up to us. If our mind can accept that something is achievable, it will find a way to attain that thing. "Whatever the mind of man can conceive and believe, it can achieve." These are the immortal words of Napoleon Hill, a man who truly understood that there are no limitations to the mind except those we acknowledge.

Great people do things differently and they are not great because they do different things but because they do things differently. Let us see ourselves as the true capable human beings that we are. Let us dig out our potential like a prospector digs for oil. Let not adversities diminish our high level of energy. Let this be our new academic year resolution.

*Wish you all a grace filled academic year full of fun, frolic cheer and laughter.*

***EXCELSIOR 2020-21 reaches you in a brand new and improved look. Don't forget to click [button](#) for an interesting virtual experience!***



Ms Mini Manuel  
Editorial Board

## GURUVANI

***"You are the Light of the world and Salt of the earth" (Mathew: 5:13-16)***

***My dear and loving Christites,***

This passage poses a great challenge to us. We should be salt and light not only to our families or to school but to the whole world. There is a beautiful similarity of characteristics between salt and pure love. Salt is basic ingredient in cooking. It adds taste to food. In the same way pure love is the basic ingredient in our life. Without love, life is void. If we are born to be the salt of the earth, we must be an example of purity in our intentions, speech, thoughts and actions. Pure love is untainted, unconditional, selfless and not manipulative.

If we want to be the light, then we must start by understanding how to shine the light. Think about a light bulb: a light bulb cannot fulfill its purpose until it is plugged into a power source. In the same way, we cannot shine light unless we are connected to God. We must seek after Him and live in His presence. When others grow in faith and love as a result of your presence in their lives, you are fulfilling this most basic command of Christ.

We can see these two qualities in a person who is altruistic. As we have taken this theme 'be an Altruistic' for this academic year, it is good to discuss what altruism is.

Altruism is characterized by selflessness and concern for the well-being of others. Those who possess this quality typically put others first and truly care about the people around them, whether they have a personal tie to them or not.

I'd say true altruistic person uses his/ her energy to help others, without looking for gains. So, my dear children let us try to be the salt of the earth and light of the world.

'BE ALTRUISTIC' by being the salt of the earth and light of the world!



Sr.Meena Kottakkal  
Coordinator,  
High school section

***#stayhome #stayhealthy #keep growing***



## PARENT'S TALK

"No-one has ever become poor by giving"

This is a famous quote from "The diary of a young girl", a book published from Anne Frank's diary in 1947. It always feel great to receive gifts but, nothing can compare to the joy of giving. I have heard this multiple times in my childhood and have experienced it during various phases of my life. I have understood that there is no better joy than giving. As a parent, this is one among the many valuable lessons I'd share with my children.

I remember my father telling me a story which resonates very much with this quote.

Once upon a time, in a village there were two men living few houses apart. Venkat and Ramesh. Both of them digged a well in front of their house. Venkat used to happily allow the neighbors to fetch water from his well. Whereas, Ramesh never allowed fearing that the water would get exhausted. Little did they both know the principle of well water. Well water actually gets purer and increases in quantity as much as we draw from it. Days passed. Ramesh's well had filthy and very little water. But, Venkat's well was filled with plenty of pure and healthy water. Venkat and his neighbors were very happy.

So, if you are looking for genuine happiness, start giving without any expectations. Do not worry if you have nothing materialistic to give, just a smile to the people you see around or your time to listen. A tiniest gesture from you would probably make a sad person happy.

"If you always give, you will always have."

Nimmy Brijesh

Service Delivery Manager Publicis Sapient

(Parent of Samuel of Grade 4-C and Ishitha of Grade 8-B)

## STUDENT'S TALK

### THE MORE YOU GIVE OF YOURSELF, THE MORE YOU FIND OF YOURSELF.

Giving is one of the best investments you can make towards achieving genuine happiness. True giving comes from the heart with no expectations of reciprocations, you'll find that the more you give the more you'll receive.

The power of giving is manifested in the kindness and generosity that you bestow on someone else. When you give to another unselfishly, the vibration energy emitting from your subconscious is at its strongest.

Christ School ICSE has rightly adopted the theme ALTRUISTA- the giver, for this academic year and promise to be one. The staff and students inculcate this virtue of giving selflessly to others in whatever small way they can through activities like social service club, caritas, providing basic calamities during natural calamities and in various other ways. Even during this adverse situation of COVID -19 our institution still aims at providing help to the needy in every way possible and also providing the best education to all the students overcoming all odds.

The reward of giving is priceless. If you want to have happiness, you need to give happiness. If you want love, you need to give love. It is only in giving that you receive. No matter what your circumstances in life are, you have the ability to give.

So let us all stay safe and fight against this situation together .Let us also stay confined to our theme of being a giver and give without the expectation of receiving something in return .



MOHAMED FAZIL. N  
Class 8- B

### MAY AT A GLANCE

- ❖ Esperanza 2020
- ❖ Online Classes For Grade 10
- ❖ Teachers' Training For Online Classes

### JUNE AT A GLANCE

- ❖ Inauguration of the Academic Year, 2020
- ❖ Theme Of The Year- Altruista- The Giver
- ❖ The Online Classes for Grade 1 To 9
- ❖ Viva Voce Examination Grade 9 & 10

### JULY AT A GLANCE

- ❖ World Environment Day
- ❖ Feast Of St. Thomas
- ❖ ICSE Council Result
- ❖ International Yoga Day
- ❖ The Feast Of Our Lady Of Mount Carmel
- ❖ Viva Voce Examination
- ❖ Staff Enhancement Program
- ❖ Kargil Vijay Diwas
- ❖ A Tribute To A.P.J.Abdul Kalam
- ❖ Teachers' Training On Tutor Plus
- ❖ Covid Care Committee



## ESPERANZA 2020




Esperanza- the online competition which was conducted by Christ School ICSE for the little Christites in order to engage our children and keep them busy. The pandemic has brought about a lot of changes in our lives and taken a significant toll on our lives.

In order to cope with this and bring in positivity around, our school decided to conduct this online competition. The online competition was conducted from April 29- May 1. There were various events in which the students could

showcase their hidden talents – Elocution, Anchoring, Solo Dance, Instrumental Music, Pencil Sketching, Fancy Dress, Solo Singing, Tongue Twister, Clay Modeling, Action song and Art from waste. A total of 1200 Christites participated in various events. Great enthusiasm was shown by the teachers, students and parents. It was well planned and meticulously coordinated by a team of efficient teachers. The competition was a huge success and turned out to be a historical event.

## TEACHERS' TRAINING FOR ONLINE CLASSES



Amidst the pandemic and confusions with regard to the reopening of school we (teachers) had to be ready and equip ourselves to teach our students virtually. The teachers had to download MICROSOFT TEAMS in their phones/ laptops. A training session was conducted on 7th May, 2020 by the Eliot Support team for teachers of grade 1-10 to handle online classes effectively. The training session was a fruitful one. The teachers were trained on how to conduct classes virtually, upload assignments, taking of the attendance and how to conduct exams too.



## WORLD ENVIRONMENT DAY



World Environment Day is celebrated on June 5 every year all across the world. It is a principal vehicle for encouraging awareness and action for the protection of the environment. For almost five decades, World Environment Day has been raising awareness, supporting action, and driving changes for the environment. Christ School ICSE every year celebrates World Environment Day with great enthusiasm. Lot of initiative and steps are taken by the school towards the protection of the environment. This year the video 'CELEBRATING BIODIVERSITY' was released in the YouTube page. The theme of the year – TIME FOR NATURE. The Christites were encouraged to be a part of this event. The themes were NO PLASTIC & PAPER AND JUTE, THE REAL SAVIOURS. The students were asked to send photographs based on the theme at the given time period. The superheroes celebrated the day within the boundaries of their home. They used whatever resources were available with them to celebrate this day. The message given was Mother Nature belongs to each one of us and it is our duty to protect it. We need to join hands together and take a pledge to protect our Mother Earth. Let us all think of a better future and strive to do our best and protect our Earth.



## INTERNATIONAL YOGA DAY



INTERNATIONAL YOGA DAY

International Yoga Day has been celebrated annually on 21st June since 2015. Yoga is a physical, mental and spiritual practice which originated in India. Yoga is an invaluable gift of India's ancient tradition. It embodies the unity of mind and body, thought and action, harmony between man and nature, a holistic approach to health and well being. Christ School ICSE too celebrated International Yoga Day by releasing a video on Youtube .

Our students and teachers were a part of this event. They practiced meditation and spoke of the importance of yoga and asanas and how it helps us. Surya Namaskar or Sun Salutation is a sequence of 12 powerful yoga poses. Besides being a great cardiovascular workout, Surya Namaskar is also known to have an immensely positive impact on the body and mind. Yoga is not about exercise but to discover the sense of oneness with yourself, the world and the nature

## FEAST OF ST. THOMAS



July 3 is celebrated as the Feast of St. Thomas. Christ School ICSE released a video on July 3 on St. Thomas talking about his life and the impact on Christianity. St. Thomas was one of Jesus' disciples. Church tradition says that Thomas travelled to Eastern lands, including Persia to evangelize the people there about Jesus. He settled in India. Claiming to have been evangelized by St. Thomas, represent one of the Christian traditions in the world. Christians induced a movement to empower through Enlightenment. Since then the contributions of Christianity in various fields like education, social work and social service continues to be noteworthy. Christ School (ICSE) too believes in giving the best to the Christites. Nothing can stop us from imparting education and giving the best to our children.

## ONLINE CLASSES FOR GRADE 10



Education is the most powerful weapon which you can use to change the world.

It is about learning skills and knowledge. Through education the knowledge of society, country and of the world is passed on from generation to generation. The online classes started for grade 10 from April 13 and for classes 1 to 9 from June 5. The opportunity to learn wasn't stopped for the Christites in spite of all the challenges. In the midst of the corona virus pandemic, all the educators had to pivot their instruction online to allow teaching and learning to continue.

## THE ONLINE CLASSES FOR GRADE 1 TO 9

5th June, 2020

The online classes for grade 1 to 9 has been started but due to the sudden announcement of government regarding the cancellation of the online classes for the primary students, it stayed cancelled for a few days. Again, as per the government's announcement, it is being held for the primary section also. Our teachers have done their best and still doing for the smooth functioning of the online classes. Nothing can stop them from achieving their goal of helping their children and bringing out the best.



# INAUGURATION OF THE ACADEMIC YEAR ,2020

The Inauguration of the Academic Year, 2020 is the much awaited event in Christ School calendar. This year too wasn't different but it was done with a little change. It was done virtually with the release a video on You Tube page. A message was given by our beloved Principal Rev. Fr. Nilson Davis Pallisery. He is the backbone of this Institution and is always ready to help and support us. This academic year is dedicated to the people who are helping us to fight against this pandemic. The true heroes who are fighting it out and risking their lives too. Our children are made to realize the importance of helping others and bringing a smile on each other's face. A small act of kindness can bring in a lot of changes.



## ICSE COUNCIL RESULT

10th July, 2020



The most awaited moment of Christ ICSE family, the Council Result of class 10th arrived with a new hope and scope of the school in the upcoming years. Yes, it is a tremendous achievement by the Christ ICSE family, especially by our dearest children. It is the fruit of the untiring effort of the Management, the Principal, the teachers, parents and the students. Out of 142 students appeared for the exam, all the students were passed, 137 students got distinction, 87 students got above 90% and all passed with first class. Totally 29 centum in various subjects: History – 11, Computer Applications – 8, English II (Literature) – 6, Mathematics – 2, Biology – 1 and Geography – 1. Congratulations to all the winners! A video was released for acknowledging and appreciating the hard work of our students on the You Tube.

CHRIST SCHOOL (ICSE)  
Bengaluru -29





# TOPPERS' TALK



Christ ICSE, my School, has played a remarkable role in my life. This is where, I learned my first lesson, faced my first challenge, found my strengths and weakness and embraced myself for who I am. Christ ICSE has definitely imparted values and experiences which obviously befitted me to become a better person. My school has given me ample amount of opportunities in co-curricular and extra-curricular activities which inculcated a rhythmic balance in my life. Heartfelt gratitude to all my teachers, who found the spark in me, and ignited the flame which glows bright with the values implanted in me, for my future endeavours. Christ ICSE has selflessly sown the seeds of knowledge and sense of responsibility in each one of us, which, I vouch that each and every student of Christ ICSE will nurture it for the good of the society. I hereby express my deep sense of gratitude to my school and all my respected Principal, teachers and nonteaching staffs, for laying a deep and fruitful foundation in me by all means.

Yadira K. George

"for God loves a cheerful giver." -2 Corinthians 9:7.

10 years have gone by, but it just feels like yesterday was my first day at school. I reckon it a privilege that I was blessed by God into such a family called CHRIST ICSE. Giving thanks to the Almighty, this was the place where I learnt not just to write and study, but learn and explore, where I was given not just opportunities but experiences and corrections. I sincerely thank our Principal Rev. Fr. Nilson Davis CMI as well as our former Principals who GAVE their selfless leadership into moulding us to whom we are today. Dear teachers, thank you for everything –your love, care and guidance – throughout this phase in our lives. I have realized that you gave us clarity when we were doubtful, gave us corrections when we went wrong, gave us your time when we were lost and most importantly your love when we needed it the most. The ever smiling non-teaching staff who supported us in every way is remembered with gratitude. We know we can never give back what you have done for us; nevertheless all we can do is to give you our sincere thanks.

Binoy Biju







School life will never be forgotten and will always be missed by every student.

School life is to enjoy the present and academics is to enjoy the future, both are important in their own ways. Some say, "givers should set limits because takers never do" that's true but my teachers gave everything they could, their knowledge, time, encouragement, blessings, motivation, utmost care, shortly "nothing less than what a mother gives for her child". Our parents' provided everything we asked them be it financially, socially, fundamentally, psychologically or in health aspects. After everyone giving so much we had to give them happiness and pride, which I think we have not failed in giving it to them!!

"A Big Thank You" all the teachers, non teaching staff, the principal and the management, for giving me the 10 unforgettable best years of my life in this prestigious institution.

Subash

Who could be a more unselfish giver than the teachers themselves?

Dear teachers, you have been the source of many students' education each year. Most worthy, our teachers not only educate us but teach us the lesson of life.

I take this immense pleasure to thank our teachers for their hard work into making us a better human. I thank this whole institution for their continuous support and guidance and I am blessed to be a part of this institution from my kindergarten to the whole of my schooling years.

I always acknowledge you and love you dear teachers. I am truly blessed to be a christite and will always be! Wishing the teachers and this institution many more years of success.

Krishna Kavya



A candle loses nothing by lighting another candle.-

Fr. James Keller

Being a Christite for twelve long years, I have learnt a lot and have many people to thank, who have made me who I'm today. Firstly, I would like to thank all my teachers wholeheartedly, who have supported, guided and corrected me. When I fell ill last year and almost lost confidence in myself they supported me and guided me and helped me regain my confidence to do well in board exams. Frequent tests and exams have enabled me to improve my marks. Next I would like to thank all the Principals who were a part of my school journey for their encouragement and support throughout. I'm happy that my school has formed me and taught me to accept new challenges in life. I feel very proud and lucky enough to be a part of this institution. Thank you...

Ankitha.N.



The sand may brush off, the salt may wash clean, the tans may fade, but the memories will last forever.

My school has gifted me with many things. Each day in the class was so memorable. The fun, fights, discussions, group studies, debates, exams, answer sheets and everything was just amazing. My principal has taught me to be simple and humble. My teachers made me feel like I was at home. Their love, care, support, encouragement and their friendliness made me to love my school even more.

It was quite challenging to compete with my friends but the support that my teachers gave me, built my confidence. They made me understand that nothing is impossible with hard work and determination.

I am really proud and happy to be a student of Christ School ICSE. My teachers said that every step in our life is very important and we should continue to walk and be ready to face all challenging situations that may appear in our way. I surely believe in that and would follow it forever. Thank you dear Principal, teachers and all my friends for making me a better person and also a good student. I promise you all to keep up all the values that I learnt from you and make you proud!!

Christites, whatever the situation may be, face it with confidence.

Remember your goals and be aware of how to achieve them. Never

lose your confidence. Stand up, Speak out and be an

Inspiration to your juniors. I am sure that you will

make Christ School ICSE proud.

S. Uthkala Lakshmi Kumari




It was my first day of Class 10 and I was too afraid about the upcoming year, but as it is said, "It is not the beginning that matters but the end." Christ School has been continuously giving me since day 1 in these 12 years. It gave me moments to cherish, friends (with whom we spent around 10 hours of our day), education and above all MEMORIES WHICH CAN NEVER BE FORGOTTEN. Every corner of the school, such as the Hall, Classroom, Washroom, Ground, etc. has our memories embedded within it. All the memories right from Special Classes in May 2019 to Graduation in February 2020 are unforgettable. The fun and relation that I had with my friends were truly the best. Teachers educated us unselfishly and in return we gave our AMAZING RESULTS as "GURU DAKSHINA" to our teachers. Christ School has given me everything what I have today and CRAFTED ME INTO THE BEST POSSIBLE VERSION OF ME.

Ankit Kumar Mishra





## GIVING NOT A GESTURE BUT AN INSTINCT



A civilization is usually measured by its ability to be generous. Because generosity is an aspiration that every culture narrates through fables, folk tales with an assumption that citizens learn that quality, create a better society. There is no religion that has not thought about giving and forgetting the act.

In today's circumstances giving without hesitation is of utmost importance. Suffering of the world demands more from everyone. Specially the younger generation needs to think about responding to the human suffering. Education institutions, elders of the community cannot 'teach' generosity by

talking or preaching. Rather it is an important responsibility for all of us to demonstrate generosity through our behavior not as a conscious act, but as an instinct. The unheard tunes are always holier than the heard tunes. Similarly simple, silent humane, generous acts are the needs of the hour.

Dr. Abhaya N B

Associate Professor

CHRIST (Deemed to be University)

Parent of Srijansiri Moorthy

Outgoing Grade 10th Batch (2019-2020)

## BEING A BLESSING IN DISGUISE

Who would have thought that we could stay home for such a long time even after the academic year has started? Online classes have started, but at times we do miss our teachers, friends and of course, PT period. The Covid-19 pandemic has indeed turned our lives upside down. The situation is distressing as many lives are lost and we don't know when this nightmare would end.

On different note, we hear tales of humanity and acts of kindness across the globe, making us feel "Every cloud has a silver lining". That leads to the question: What can we do as students? We can become 'givers of happiness.' The most beautiful thing one could wear is a smile. Amidst such despair, we could spread the light of happiness with a smile and in the truest sense; become "the Light of the World". Together we can soar high as one, as Christites!!



Diya Ebi  
Head Girl

## VIVA VOCE EXAMINATION

The viva voce examination started for grade 9 & 10 from June 25th to June 30th, 2020 and for grade 6 to 8 started from 20th July and ended on 25th July, 2020. The students were divided into two groups according to the number of students in class. The teachers conducted revision classes for the students. Students would have to wait for the invite call from their teachers. Each student was given five minutes. The students had to select a number and then questions were asked by the teacher via screen sharing. The students had to read out the question and then answer. The students were prepared well for the same.





## THE FEAST OF OUR LADY OF MOUNT CARMEL

Lady of Mount Carmel is the title given to the Blessed Virgin Mary in her role as patroness of the Carmelite Order. A video was released in Youtube on 16th July 2020 as Christ School ICSE celebrates the Feast of Our Lady of Mount Carmel. The Congregation of Carmelites of Mary Immaculate (CMI) is the first indigenous religious congregation in the Catholic Church of India. Christ School ICSE is run by the CMI congregation. Let us intercede to Our Lady Of Mount Carmel and seek her blessings to help and be with us in this difficult situation that we face.



## STAFF ENHANCEMENT PROGRAM

18th July 2020

### TEACHERS' EMOTIONAL NEEDS DURING COVID TIMES

Speaker

**Ms. Geetika Kapoor**

Consultant school psychologist  
and founder of EdEssential

- ❖ Understanding emotional self care.
- ❖ Use checklist to self- assess emotional needs.
- ❖ How to stay self motivated.

*“Every enterprise is learning and teaching institution. Training and development must be built into it on all levels, training and development that never stops”.*

It should come as no surprise that this pandemic has knocked teachers off balance, because the parts they love the most about teaching are on hold for a while. Those parts I speak of are their students, their classroom, and the buzz that takes place when both of those things converge each day of the work week in school.

The COVID-19 (coronavirus) pandemic has been dynamic and intense for all of us. We have been asking questions which would have seemed unthinkable just a few weeks ago. How will our kids stay connected to teachers? How can we best protect our children? How do we keep our teaching effective through the virtual classrooms?

Identifying the need of the hour by our Principal Rev. Fr. Nilson Davis Pallissery, CMI organized Staff Enhancement Programme on 18th July 2020.

The speaker of the day was **Ms. Geetika Kapoor, Consultant School Psychologist and Founder of EdEssential**. As teachers, we were able to understand the need of emotional self-care, importance of using a checklist to self-assess emotional needs and how to stay self-motivated as a teacher to motivate our children. Training was attended by all the teaching fraternities of our school. This training helped teachers to start the academic year with a positive approach boosting our self-confidence to face our reality through our virtual classes.



Ms. Elizabeth Alwyn  
Quality Enhancement Committee.





## KARGIL VIJAY DIWAS

We Christites are SALUTING THE HEROS OF  
**KARGIL VIJAY DIWAS**



*26th July, 2020*

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.



Ms. Reshma Joseph

## TEACHERS' TRAINING ON TUTOR PLUS

Christ School ICSE introduced a new app for the teachers called the 'TUTOR PLUS'. The training was conducted by Mr. Sebastian from the Appscook Classroom on 28th July 2020. It is an app for the teachers where they can upload study materials, notes, enter the attendance and even mark entry can be done. It is a way in which teachers and parents can stay connected with each other. The session was indeed a fruitful one.



Ms. Sajini Isac



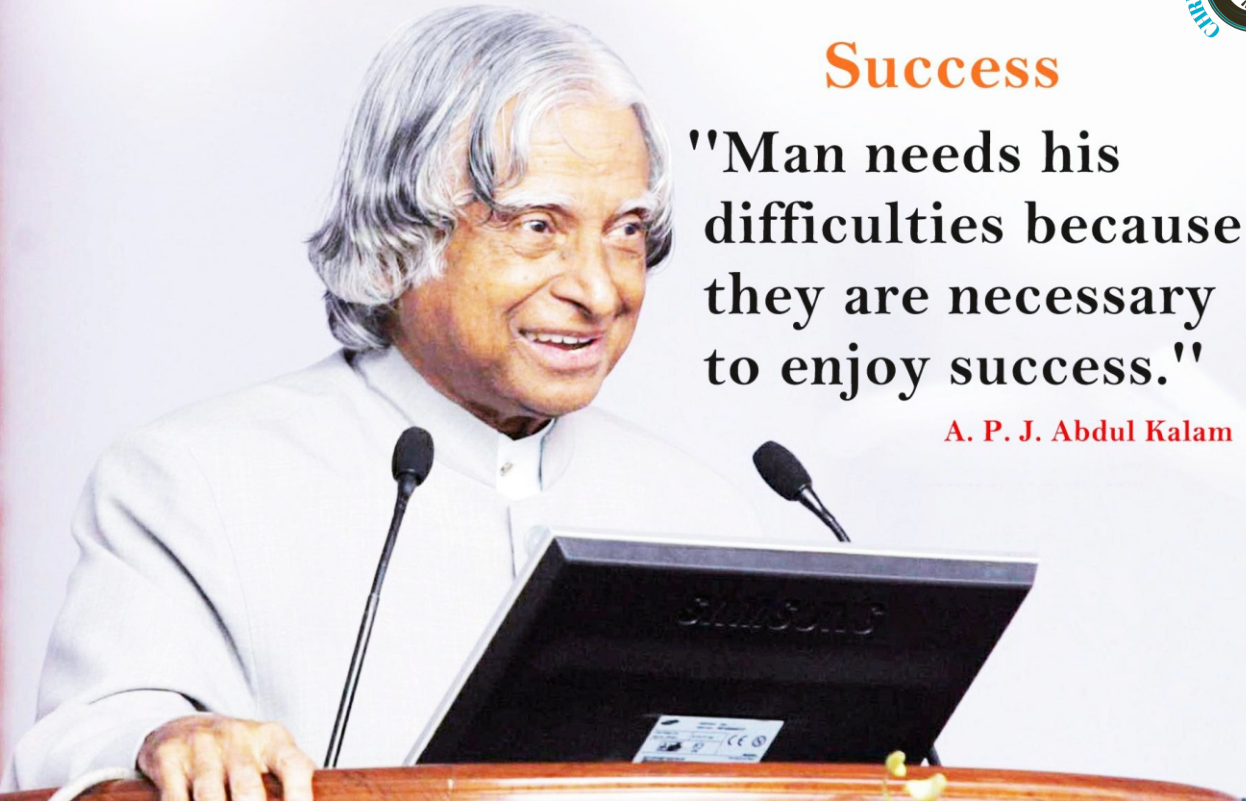
# A TRIBUTE TO A.P.J. ABDUL KALAM



## Success

"Man needs his difficulties because they are necessary to enjoy success."

A. P. J. Abdul Kalam



A.P.J. Abdul Kalam, in full Avul Pakir Jainulabdeen Abdul Kalam, (born October 15, 1931, Rameswaram, India—died July 27, 2015, Shillong), Indian scientist and politician who played a leading role in the development of India's missile and nuclear weapons programs. He was the president of India from 2002 to 2007. Kalam earned a degree in aeronautical engineering from the Madras Institute of Technology and in 1958 joined the Defence Research and Development Organisation (DRDO). He soon moved to the Indian Space Research Organisation, where he was project director of the SLV-III, India's first indigenously designed and produced satellite launch vehicle. Rejoining DRDO in 1982, Kalam planned the program that produced a number of successful missiles, which helped earned him the nickname "Missile Man." A video was released on 27th July 2020 in YouTube to pay a tribute to this great personality commemorating his 5th death anniversary. .

## THINK BEYOND

*Christ School ICSE is growing in leaps and bounds with each passing day.*

*Our school makes use of various online platforms through which we can stay connected to each other.*

Our school **Website** has a brand new page this year. The information available on the website has been improved to make it easier for the parents to access the information they need.

To visit our **website**



**CLICK  
HERE**

This year our school has introduced a Parent Connect app named '**Christ School ICSE**' through which parents are updated about various academic activities happening in school.

We also have an app exclusively for the teachers named '**Tutors Plus**'. Whereby the teachers can send notes, circulars and even take attendance. There will be a direct contact between the teachers and students. Parents too will have an update and know about their wards.

Our school has its own **YouTube** channel where the videos related to every event are updated and it can reach out to a larger gathering at the same time.

To visit our **YouTube** channel



**CLICK  
HERE**

We have an official **Face book** page with a fresh look and fresh updates. The parents will be updated about all the events taking place in school in the form of photographs, posters and videos.

To visit our **Face book** page



**CLICK  
HERE**



## ADMINISTRATION

- ♦ Manager  
Rev. Dr. George Edayadiyil CMI
- ♦ Principal  
Fr. Nilson Davis CMI
- ♦ Vice Principal  
Fr. Nijo Palattu CMI
- ♦ Financial Administrator  
Fr. Reji Koodappattu CMI

### Co-ordinators

- Sr. Meena Kottakkal - (HS)  
Ms. Asharani M - (UPS)  
Ms. Treesa Jumon - (LPS)

### Department Heads

#### Classes I to V

- English :Ms. Mini Manuel  
Hindi :Ms. Sharfunisa Begum  
Kannada :Ms. Radhamani M.  
Mathematics :Ms. Heartlin Sheela  
Science :Ms. Raabiya Nikhath  
Social Studies :Ms. Veronica Pramila  
Computer :Ms. Ninu Jose

#### Classes VI to X

- English :Ms. Reshma Joseph  
Hindi :Ms. Alka Ujjwal  
Kannada :Mr. Chandrashekar C.  
Mathematics :Ms. Rani Teny  
Physics :Ms. Ansamma Mathew  
Chemistry :Mr. Paul Dinakaran M.  
Biology :Ms. Anitha Joseph  
History :Ms. Elizabeth Alwyn  
Geography :Ms. Pronita Kindo  
Computer :Mr. Narayan Malapati

#### Animators

- Class I :Ms. Mary Catherine  
Class II :Ms. Maggie D'Souza  
Class III :Ms. Deepa Dev  
Class IV :Ms. Kaiza Nikhani  
Class V :Ms. Mini Manuel  
Class VI :Sr. Naiji  
Class VII :Ms. Veronica Pramila  
Class VIII :Mr. Paul Dinakaran M  
Class IX :Ms. Elizabeth Alwyn  
Class X :Ms. Ansamma Mathew

## Class Teachers

- I A Ms. R Janani  
I B Ms. Annet  
I C Ms. Deepthi  
I D Ms. Seema Shirley Das  
I E Ms. JessyMol  
I F Ms. Mariya Pius  
I G Ms. Mary Catherine D  
I H Ms. Jeethu Francis  
II A Ms. Jyothi  
II B Ms. Estella Simon Borges  
II C Ms. Banumathy  
II D Ms. Rajeshwari Singh  
II E Ms. Maggie D'Souza  
II F Ms. Bindu C  
II G Ms. Shipla M Ravindran  
II H Ms. Rohini Milkesh  
III A Ms. Sajna Arrakkal  
III B Ms. Deepa Dev  
III C Ms. Sobhana Paul  
III D Ms. Muktha Charan  
III E Ms. Rita D'Souza  
III F Ms. Varemichon R A  
III G Ms. Soja S  
III H Ms. Sneha Jose  
IV A Ms. Vandana Bernard  
IV B Ms. Lourde Prema  
IV C Ms. Heartlin Sheela  
IV D Ms. Raabiya Nikhath  
IV E Ms. Shika Mary M N  
IV F Ms. Jayashree S  
IV G Ms. Monalisa Sinha  
IV H Ms. Kaiza Nikhani  
V A Ms. Ravija R E  
V B Ms. Sharfunisa  
V C Ms. Harini V  
V D Ms. Ranjini S  
V E Ms. Arshiya Tabasum V  
V F Ms. Mini Manuel
- VI A Mr. David Raja  
VI B Ms. Revathi  
VI C Ms. Rosmin C Sunny  
VI D Ms. Jaseentha Devassy  
VI E Ms. TessaMol  
VI F Sr. Naiji  
VII A Ms. Sreekala  
VII B Ms. Sangmo Lama  
VII C Ms. Jayashree J  
VII D Ms. Sajini Isac  
VII E Ms. Smitha Francis  
VII F Ms. Veronica Pramila  
VIII A Ms. Tintu Kurian  
VIII B Mr. Paul Dinakaran M  
VIII C Ms. Indrani Bose  
VIII D Ms. Sivaranjini  
VIII E Ms. Beena Koshiy  
VIII F Ms. Pronita Kindo  
IX A Ms. Elizabeth Alwyn  
IX B Ms. Ginu Jacob  
IX C Ms. Reshma Joseph  
IX D Ms. Bini Varghese  
X A Ms. Ansamma Mathew  
X B Ms. Rani Teny  
X C Ms. Anitha Joseph  
X D Ms. Jalsa Biju