



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

EXCELSIOR

Ever upward and still higher...

The Monthly Newsletter

Vol-XII : Issue -VI
November - 2022



From the Principal's Desk

Rev. Fr. Nilson Davis CMI

Bear the hardest thing, turn it into glory!

Dear Christites,

Let me share the story of a young boy named Peter, whose dream was to win an Olympic medal for his country. He had already shown his expertise in swimming events and had won many medals. But his dream was shattered by an accident in which he lost both his hands. He started to explore a new path, a medal at the Paralympics. He was resilient to come back stronger and achieve his dream. Though it was tough for him initially, his persistence in hard work made him win many medals including two world records.

Resilience is one of the essential life skills one has to develop. Most of us feel let down whenever we are in a difficult situation. When life is like a straight road, there is no fun in traveling the unchallenged path.

It should be challenging, which will mould us to face and adapt to it in our life. Managing strong emotions and impulses is another key factor in resilience. If someone gets angry, he/she could either get their anger out on someone nearby or learn to move on and stay focused. People with resilience do not experience less stress or grief than other people do. Instead, they use healthy coping skills to handle such difficulties in ways that foster strength and growth. The more we become resilient, the quicker we will bounce back. Though the road to resilience is full of stress, once we travel successfully we can achieve many things in life. As this quality is quite inevitable in life, it is better to improve it by building strong positive relationships with loved ones, making each day meaningful, learning from experiences, and taking good care of ourselves. Adjusting to the situations will surely provide you with a solution in or around any adversity.

Do not be afraid of storms, be resilient and learn how to sail your ship



Vice Principal's Message

“Our greatest glory is not in never falling, but in rising every time we fall.”

Confucius

We are all innately resilient, but fear, insecurity and doubt can take over in moments of stress or anxiety. These responses can affect our ability to draw on our resilience just when we need it most. Luckily, there are a few ways we can encourage and build resilience in our students.

Students experience a tremendous amount of physical and mental growth on a daily basis. Between school, co-curricular activities, work and their social life, teens face lots of new experiences and challenges. Being

resilient gives them the ability to tackle these head-on, bounce back from any setbacks and have the best chance at succeeding. It allows them to learn and grow in all situations

When things go wrong, resilience is what helps you to cope and get through hard times. Sometimes it makes you even stronger than you were before. We can be Resilient when we focus on our own actions words and deeds such as bouncing back after difficult times, dealing with challenges and still holding your head up, giving things a go or trying your best, being strong on the inside, being able to cope with what life throws at you and shrug it off, standing up for yourself and getting back into shape after you have been bent or stretched.

Resilience will also help them to approach new situations, people or experiences with confidence and a positive mind-set, which will make them more likely to succeed.

Fr. Martin Onasseril CMI

Financial Administrator's Message

RESILIENCE

My Dear Christites,

As we have started the journey of our life in the New Year 2023, we are given a truly relevant theme for our Reflection – *RESILIENCE*. Resilience can be defined as the capacity to withstand adversity or to recover quickly from difficulties. It is a quality which is absolutely necessary for a person who is heading towards a goal. There is no straight or easy road to success. The long road to success is often through hostile terrain that is beset with struggles, challenges and difficulties. It is also possible that we are faced with unexpected trails and failures. The earnest disposition that we had when we started a long journey, could be lost during the course of the journey, leading us into discouragement and disappointment. In all such situations, we need the power from within that will propel again our journey forward, we need the earnestness to rejuvenate ourselves and the disposition to heal ourselves. As the saying goes, “enthusiasm is common, endurance is rare”.

It is a matter of experience in the biological world that only those that can adapt themselves to the hostile environments can survive. The Darwinian Evolution Theory or the Natural Selection largely revolves on the fact that only those that are powerful and agile to adapt to any environment can outlive themselves. Resilience is bringing this biological fact into ourselves and into our daily life experience. Our human mind should be such that we are open to take whatever the life and future have in store for us.

The two years of the pandemic, experienced by the whole humanity from the beginning of the year 2020 to 2022, stand as an elegant and living example of Resilience of the human race. In spite of the unprecedented and incomparable difficulties, fear and uncertainties the pandemic has showered on us, we are again on the road of a new year, not being shaken by what has been lost, but moving forward to accomplish the task. It is our *RESILIENCE* that has kept us without falling, it is our *RESILIENCE* that is giving us strength to move forward, it is our *RESILIENCE* that will help us become what are destined to be!!!

I wish you all A Very Happy and Blessed 2023.

Fr. Reji Koodappattu CMI



Resilience

Dear Christites,

“The oak fought the wind and was broken, the willow bent when it must and survived.”

The word resilience is defined as the ability to recover quickly from difficult conditions, illness, or setbacks. The meaning of this word has become more important in today's society. We are constantly reminded of how hard it is to get through an average day, let alone a rough patch in life.

What does it mean to be resilient? The word “resilient” means “to bounce back”. This is what we're aiming for: bouncing back from a challenge or adversity and achieving something healthy and positive as a result. You, my dear students, may face ups and downs in your lives may be in academics or at times in your personal lives too, but it is important for you to keep in mind that you ought to be tough and resilient in order to survive. It is often said, when the going gets tough, the tough gets going. In short, resilience is about developing a sense of strength and flexibility to withstand hardships. It's also about using those experiences to grow into a better person.

People with strong resilience are more confident, self-reliant, and secure. They don't need outside approval for validation because they know who they are without it. Despite all the challenges in life, no one can take away your spirit. And that's what makes you resilient. Resilience is a choice. When we begin to focus on the present rather than dwell on the past, or worry about the future, we begin to see

things in a more positive light. It takes a lot of work, determination, and discipline to go through a difficult time and get to the other side. However, it's worth it in the end. Therefore, dear Christites, be resilient and tough for you to conquer the world.



Ms. Pooja Neogi
Editorial Board

Editorial Board

SILVERZONE OLYMPIAD

We, Christ School ICSE, conducted the Olympiad examination organised by Silverzone Foundation, New Delhi. The exam was held from 2nd November to 23rd November. Over 250 students wrote the exams in English, Hindi, Mathematics, Science, Computer, General Knowledge, Social Studies and Reasoning & Aptitude. The aim of this exam is to promote learning beyond curriculum among the students. The class toppers will be awarded with symbolic Gold, Silver and Bronze medals respectively, on scoring a minimum of 50% marks and meeting the minimum participation criteria. Let this Olympiad Examination help the students improve their learning skills and competitive skills.



Ms Beena Koshy

NOVEMBER AT A GLANCE

- VICE PRINCIPAL'S FEAST DAY
- KANNADA RAJYOTSAVA
- CHILDREN'S DAY
- PRINCIPAL'S DAY
- AN EVENTFUL DAY AT NIMHANS BRAIN MUSEUM
- WORKSHOP ON CREATIVE MOVEMENTS
- SILVER ZONE OLYMPIAD



ನೆಲಸಿರಿ ಸಂಭ್ರಮ

“ಕನ್ನಡವೆಂದರೆ ಬರಿ ನುಡಿಯಲ್ಲ ಹಿರಿದಿದೆ ಅದರರ್ಥ
ಜಲವೆಂದರೆ ಕೇವಲ ನೀರಲ್ಲ ಅದು ಪಾವನ ತೀರ್ಥ”

ಪ್ರತಿ ಕನ್ನಡಿಗರ ಹೆಮ್ಮೆಯ ಹಬ್ಬ ಕನ್ನಡ ರಾಜ್ಯೋತ್ಸವ. ಸರ್ವರಿಗೂ ಕನ್ನಡ ರಾಜ್ಯೋತ್ಸವದ ಶುಭಾಶಯಗಳು. ನಮ್ಮ ಕ್ರೈಸ್ಟ್ ಐ. ಸಿ. ಎಸ್. ಇ ಶಾಲೆಯಲ್ಲಿ ಪ್ರತಿವರ್ಷದಂತೆ ಈ ವರ್ಷವೂ ದಿನಾಂಕ 5.11. 2022 ರಂದು 67 ನೇ “ನೆಲಸಿರಿ ಸಂಭ್ರಮ ವನ್ನು ಬಹಳ ಅದ್ಭುತಿಯಾಗಿ ಆಚರಿಸಲಾಯಿತು. ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ ಶಾಲಾ ಪ್ರಾಂಶುಪಾಲರಾದ ಗೌರವಾನ್ವಿತ ರೆವರೆಂಡ್ ಫಾದರ್ ವಿಲ್ಸನ್, ಉಪ ಪ್ರಾಂಶುಪಾಲರಾದ ರೆವರೆಂಡ್ ಫಾದರ್ ಮಾರ್ಟಿನ್, ಹಣಕಾಸು ನಿರ್ವಹಣಾಧಿಕಾರಿಗಳಾದ ರೆವರೆಂಡ್ ಫಾದರ್ ರಿಜಿ ಕುಡಪಾಟ್, ಮುಖ್ಯ ಅತಿಥಿಗಳಾಗಿ ಖ್ಯಾತ ಲೇಖಕರಾದ ಎಲ್.ಎನ್. ಮುಕುಂದರಾಜ್ ಹಾಗೂ ನಾಯಕ ನಟಿ ತಪಸ್ವಿನಿ ಪೂಣಚ್ಚ ರವರು ಉಪಸ್ಥಿತರಿದ್ದರು. ಗಣ್ಯರೆಲ್ಲರೂ ವೇದಿಕೆಗೆ ಆಗಮಿಸಿ ಧ್ವಜಾರೋಹಣ ಮಾಡಿ, ನಾಡಗೀತೆಯನ್ನು ಹಾಡುವುದರ ಮೂಲಕ ಕಾರ್ಯಕ್ರಮಕ್ಕೆ ಚಾಲನೆ ನೀಡಿದರು.

ನಮ್ಮ ಶಾಲಾ ಇತಿಹಾಸದಲ್ಲೇ ಮೈಲುಗಲ್ಲಿಗೆ ಸಾಕ್ಷಿಯಾದ ವಿದ್ಯಾರ್ಥಿಗಳು, ಪೋಷಕರು ಮತ್ತು ಶಿಕ್ಷಕರಿಂದ ರಚನೆಯಾದ "ಕನ್ನಡ Some ಪದ (ಕರುನಾಡ ದನಿಯ ಮಾದರ್ನಿ ಶಾಲಾ ಪುರವಣಿ (magazine) ಯನ್ನು ನಮ್ಮ ಶಾಲಾ ಪ್ರಾಂಶುಪಾಲರಾದ ಫಾದರ್ ನಿಲ್ಸನ್ ರವರು ಸೇರಿದಂತೆ ಗಣ್ಯರೆಲ್ಲರೂ ಬಿಡುಗಡೆಗೊಳಿಸಿದರು. ಕನ್ನಡ ರಾಜ್ಯೋತ್ಸವದ ಅಂಗವಾಗಿ ಶಾಲೆಯಲ್ಲಿ ಹಮ್ಮಿಕೊಂಡಿದ್ದ ಪ್ರಬಂಧ ಮತ್ತು ಕವನ ರಚನಾ ಸ್ಪರ್ಧೆಯಲ್ಲಿ ವಿಜೇತರಾದವರಿಗೆ ಅತಿಥಿಗಳು ಬಹುಮಾನ ವಿತರಣೆ ಮಾಡಿದರು.

ಶ್ರೀಯುತ ಚಂದ್ರಶೇಖರ್ ರವರ ಕನಸಿನ ಕೂಸಾದ "ನಾನಾ ಕರ್ಮ ಕರ್ಮಗಳು ಹಲವು ಗುರಿಯೊಂದೆ" ಎಂಬ ಪುಸ್ತಕವನ್ನೂ ಹಾಗೆಯೇ ಶ್ರೀಯುತ ಸಂಗಮನಾಥ ಪಿ ಸಜ್ಜನ ರವರ "ಅಕ್ಷರ ವೈಭವ - ಭಾವನೆಗಳ ಕಾವ್ಯಯಾನ" ಎಂಬ ಪುಸ್ತಕವನ್ನು ಮುಖ್ಯ ಅತಿಥಿಗಳು ಬಿಡುಗಡೆಗೊಳಿಸಿದರು. ಕನ್ನಡ ವಿಭಾಗದ ಶಿಕ್ಷಕರು ಗ್ರಂಥಾಲಯಕ್ಕೆ ಕೊಡುಗೆಯಾಗಿ ನೀಡಿರುವ 180 ಕನ್ನಡ ಪುಸ್ತಕಗಳಿರುವ ಕಪಾಟನ್ನು ಗ್ರಂಥಾಲಯಕ್ಕೆ ಕೊಡುಗೆಯಾಗಿ ನೀಡಿದರು.

ಈ ರೀತಿ ಕ್ರೈಸ್ಟ್ ಐ.ಸಿ.ಎಸ್.ಇ ಶಾಲೆಯಲ್ಲಿ ನಡೆದ ನೆಲಸಿರಿ ಸಂಭ್ರಮ ಆಚರಣೆಯಲ್ಲಿ ಕನ್ನಡಕ್ಕೆ ಸಂಬಂಧಿಸಿದ ಹಲವಾರು ಕಾರ್ಯಕ್ರಮಗಳನ್ನು ಹಮ್ಮಿಕೊಳ್ಳುವುದರ ಮೂಲಕ ನೆರೆದಿರುವರೆಲ್ಲರಲ್ಲೂ ಕನ್ನಡದ ಕಿಚ್ಚನ್ನು ಹೊತ್ತಿಸಿ ಕನ್ನಡ ಭಾಷೆ ಮತ್ತು ಸಾಹಿತ್ಯದ ಬಗ್ಗೆ ಅಭಿಮಾನ, ಗೌರವ ಆಸಕ್ತಿ ಮೂಡುವಂತೆ ಮಾಡಲಾಯಿತು.

ಭಾರತಿ. ಡಿ
ಕನ್ನಡ ವಿಭಾಗ



ನಲಸಿರಿ ಸಂಭ್ರಮ

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VICE PRINCIPAL'S FEAST DAY

“Let gratitude be the pillow upon which you kneel to say your nightly prayers and let faith be the bridge you built to overcome evil and welcome good”

On 4th November 2022, We the Christ ICSE family celebrated Feast day of our dear father Rev.Fr.Martin Onasseril CMI with great fervour and enthusiasm. The program commenced with a prayer song by the choir and cake cutting. As a token of love and appreciation our vice principal Rev.Fr.Martin Onasseril was welcomed with shawl by our principal Rev.Fr.Nilson Davis Pallisery CMI and with bouquet by our Financial administrator Rev.Fr.Reji Koodapattu, CMI and with greeting card by our dear coordinators. We were able to put up a great show. The star of the day, Rev.Fr.Martin Onasseril thanks giving message made the day a memorable one.



Ms. P. Sivaranjani
Birthday Committee



CHILDREN'S DAY

“Children are the keys to paradise”.

Christ School ICSE celebrated “Children's Day” on the 14th of November 2022. The function was held in a grand manner. Pt. Jawaharlal Nehru - The person who loves children, was the Chief Guest for the special Day. Many cultural events were organized by the teachers to entertain the Children. One lucky Student was selected from our christites and given special gifts. Quiz was also conducted from classes 1 – 10 during the program and The students who gave the correct answer were felicitated with Amazing gifts. Rev Fr. Reji Koodapattu CMI our Financial Administrator gave the felicitation speech and graced the occasion. Every Classrooms notice boards were decorated by the respective class teachers to make the students feel extra Special. In the afternoon, an amazing and energetic flash mob was presented by our teachers which was thoroughly enjoyed by our students . Each and every program was put forward by our teachers with great dedication and amusement to make each and every child feel special. The children enjoyed every bit of the program and the smiles on their face at the end of the day was more than the greatest victory to their teachers

Ms. Avina Shree T D





AN EVENTFUL DAY AT NIMHANS BRAIN MUSEUM

“Science is the process that takes us from confusion to understanding” - Braian Greene

As part of the Science club activities the students of classes 7 to 10 got a chance to explore the NIMHANS brain museum of neuropathology. A trip to India's first ever brain museum will put your gutsy nerves to test. It is a museum that has on display the brains of humans and animals! Housed inside the National Institute of Mental Health and Neuro Sciences (NIMHANS), this sprawling museum dedicated to medical science allows the common man to get a glimpse of those brains and even hold them. This museum is one-of-a-kind initiative to enable people to get a closer look at the brain anatomy.

This unique museum is the brainchild of Doctor S. K. Shankar, Professor and Head of the Department of Neuropathology, which turned into a reality after 30 years of facilitating brain donations. When performing an autopsy of patients, permissions were sought to take parts of their brain for research. It is during this process that Professor Shankar and his team stumbled upon interesting revelations that were otherwise not visible through MRI scans.

The Brain Bank located in the ground floor of Neurobiology Research Centre, has continued the mandated activities of (a) collection of donated brains from cases of Neurodegenerative and Infective conditions (b) collection of brains from victims of Road Traffic Accidents, as relatively normal controls (c) Distribution of the brain tissue, CSF and serum for investigative studies. These brain specimens were collected following written informed consent from close relatives. During the year 2013-2014, brains were collected from cases of schizophrenia, stroke, brain mass lesion, HIV and TBM – two cases each. Human Brain Bank is actively involved in promotion of neuroscience and public awareness programmes about cadaver organ donation and brain donation. Limited number of teaching slides of neuroinfections has been provided to various institutions across the country for teaching purposes. The Neuropathology Brain Museum (Human Brain Museum), only one of its kind in India is located in the ground floor, (Room 002) of Neurobiology Research Centre. This unique facility has become a centre of attraction for the students of various colleges and schools as a valuable source of Neuroscience material. In addition, this has become a tourist attraction for people to visit and see human brain in reality. Students were allowed to touch those organs with bare hands. It obviously was one-of-a-kind experience which was gifted to the younger scientists. Thanks to our principal Fr. Nilson and school management for providing this wonderful opportunity to our little christites.



Ms Ranjini

NEUROBIOLOGY RESEARCH CENTRE



• PRINCIPAL'S DAY •

The Principal's Day 'SOLROS' 2K22 was celebrated on 26th November 2022, with great joy and fervour.

The day's programme commenced with a lovely prayer service thanking God for the gift of our Principal. The prayer song showered blessings upon him for a healthy life and success in all his endeavours.

Students of std. I-X expressed their love and fondness for their beloved Principal by presenting birthday cards and bouquets. A treat of Bollywood numbers captivated the audience.

Fr. Martin and Fr. Reji, lauded the earnest contribution of our Principal towards the upliftment of our school.

Our Principal, Fr. Nilson Davis, was overwhelmed with joy over the wonderful celebration of the day. He thanked each and everyone of the students and staff for making his day special and a memorable one.

Ms Sonia Gaba





WORKSHOP ON CREATIVE MOVEMENTS

On 19th of November, Dance Club organized a workshop on creative movements for the dance club members of Class 1 to 4. Ms. Kavya Chandrashekar, a Bharatanatyam Dancer, teacher, and choreographer from Bangalore conducted a very interesting session for the students.

Creative Movement is a joyful way for children to explore movement through music, develop physical skills, channel energy, stimulate imagination and promote creativity. Creative movement uses body actions to communicate an image/object, communicate an idea and then communicate a feeling or an emotion.

All students enjoyed the session thoroughly and they gained a lot of knowledge about creative movements from the expert herself.



Ms Pallavi



Inter High School Kannada Competition

"Talent should be open and not hidden". A celebration for talents when they are unveiled. School level competitions play a vital role in unearthing such talents. More than 20 schools participated in the Inter-High School Competition conducted by Christa Vidyalaya. Our school students participated and won second place in the quiz and speech competition.



Dhiraj S.
Class - 9F



Dimple S.
Class - 8D



Lalit Manu
Class - 8F



Lishchita Gowda
Class - 8F

Hearty congratulations

Smart Class Award for the Month of October



Class : I F
Class Teacher:
Ms. Sonia Gabba

Class Leaders:
Eibel Jithin
Niatikqua Nimshi NM



Class : II B
Class Teacher:
Ms. Jessy Mol

Class Leaders:
Mathew George
Gowri



Class : III H
Class Teacher:
Ms. Jyothi

Class Leaders:
Muhammed Owais
Rida Kainath



Class : IV D
Class Teacher:
Ms. Rita D'souza

Class Leaders:
Syed Fiaq Ahmed
Meghana Reddy M



Class : V A
Class Teacher:
Ms. Harini V

Class Leaders:
Syed Numair Ahmed
Janani Varshini



Class : VI G
Class Teacher:
Mr. David Raja

Class Leaders:
Vedanth Bipin Karekar
Likitha T Reddy



Class : VII B
Class Teacher:
Ms. Arshiya Tabasum W

Class Leaders:
Aniket S Nair
Reshmarshree



Class : VIII A
Class Teacher:
Ms. Smitha Francis

Class Leaders:
Abel Jose Thomas
Irene Cyriac



Class : IX A
Class Teacher:
Mr. Paul Dhinakaran

Class Leaders:
Azhan Syed
Afridha M



Class : X A
Class Teacher:
Ms. Anitha Joseph

Class Leaders:
Mohammed Firas Noor
Chinni Naga Sai Pragnya



Swapna .V. Nair

*I am a very simple,
honest, fun loving person
and loves teaching.*

My educational background:
M.Sc , B.Ed

***My birth date:** 11th May

***Zodiac:** Taurus

***My hobbies:** Listening Music , Playing indoor games

***Favourite colour:** Maroon

***Favourite movie:** The Pursuit of Happyness

***Quality I admire about myself:** Honesty

***Favourite food:** Traditional Kerala food

***Ambition as a kid:** To become a Doctor

***Favourite book:** “You can win” by Shiv Khera

***Dream destination:** Switzerland

***Favourite subject as a student:** Biology

***Favourite quote/Motto in life :** A winner is a dreamer who never gives up



Maria Joseph

I'm a sincere and hardworking person. Also truthful and compassionate to my fellow beings

My educational background:
M.Sc , B.Ed

***My birth date:** 19th September

***Zodiac:** Virgo

***My hobbies:** Painting, Reading

***Favourite colour:** Blue

***Favourite movie:** Taare zameen par

***Quality I admire about myself:** Confidence

***Favourite food:**

***Ambition as a kid:** Teacher

***Favourite book:** The Alchemist

***Dream destination:** Alaska

***Favourite subject as a student:** Mathematics

***Favourite quote/Motto in life :** Change is the only constant I believed in.



Gismy Paul

I am a person who always like to be myself, express myself, have faith in myself.

My educational background:
BA,B.Ed

***My birth date:** 3rd March

***Zodiac:** Pisces

***My hobbies:** Reading, Listening to Music

***Favourite colour:**Teal

***Favourite movie:**Uyare

***Quality I admire about myself:** Dedication

***Favourite food:** kerala food

***Ambition as a kid:** Teacher

***Favourite book:** Atomic Habits

***Dream destination:** Finland

***Favourite subject as a student:** English,Malayalam

***Favourite quote/Motto in life:** When you want something , all the universe conspires in helping you to achieve it.

Paulo coelho

HAPPY

New Year

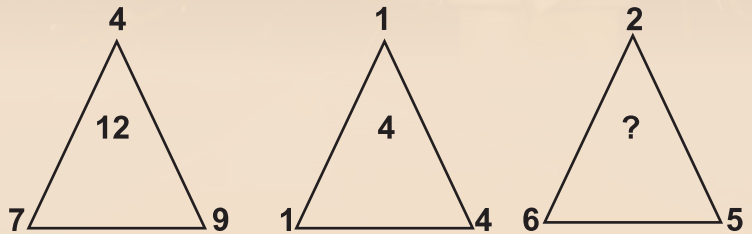


RIDDLE FOR THE MONTH OF NOVEMBER

Riddle

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

Which number replaces the question mark?



To enter for a chance to win:

- ✓ Answer the riddle correctly and send it at the earliest.
- ✓ You can send your answer by tomorrow - 19th January, 2023 by 4:00 p.m.
- ✓ The first 10 correct answer shall be awarded with the E-certificates.
- ✓ Your time starts from today (18.01.23) at 4:00 p.m. and ends by tomorrow (19.01.23) at 4:00 p.m. Late answers will not be entertained.
- ✓ Mail your answers to:

christnewsletter2015@gmail.com

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

RIDDLE WINNERS - OCTOBER



J Josiah Rapheal (1 A)



Jovin Jipson (1 G)



Kausthab C Shetty (3 E)



Parikshith A (4 G)



Pranjali Agarwal (4 B)



Harshal M (4 G)



Johan P Jipson (5 C)



Saanvi M (5 G)



Shriya M S (6H)



Gaana Muraleedhara (8 F)