

CHRISTO FLASH



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PRINCIPAL'S DESK

DISCIPLINE

My Dear Christites,

In the process of development of one's personality, self-discipline grabs the first place and walks away with the

crown. Self-discipline is nothing but disciplining of one's own self.

“Respect your efforts, respect yourself. Self-respect leads to self-discipline. When you have both these firmly under your belt, that's real power”, said Clint Eastwood.

One starts learning self-discipline already in the womb of the mother. A child learns to adapt to the environment of the mother's womb. But when it comes out of the womb, everything that it encounters is different and so once again it needs to adapt. The mother then nurtures the child and creates a conducive atmosphere for him/her with the help and support of the father, siblings and relatives.

Self-discipline is a quality, which can be developed anytime. However, it is good to practise it from the early childhood with the help of parents, grandparents, teachers and neighbours. It is very important to be disciplined in all the aspects of life as it contributes positively throughout life.

Sr. Merlin SABS

Principal

CHRIST SCHOOL BHOPAL

EDITORIAL



“Success largely depends on hard work, punctuality and an attitude to do something great.” Learning to do things in time is an attribute, which a few people possess. The secret of a successful person is punctuality and commitment. It is pivotal to plan out things for the future and try to do them in the right time. When we procrastinate things, we waste our time and it becomes a habit. APJ Abdul Kalaam, our late President, was a true example of punctuality, he was timely about his thoughts regarding upgrading the education and he was successful in implementing it.

Being punctual, one is already on the way to success. Let us take a look at a surgeon's life. If he is unable to perform a surgery on time, it will lead to fatality. A pilot has to make the flight take off at a given time. If he fails to do so, the passengers will not be able to reach their destination. A greater example of punctuality is seen in the mother nature itself. The sun rises and sets at the appointed time. The seasons come and go at their appointed times. As a teacher in Christ School, it was a great learning experience for me to do the things at the appointed time. Let us work together by being punctual and gradually achieving the goals of our life.

Ms. Jaya Baiju

EDITORIAL BOARD



COUNSELLOR'S COUNSEL....



“Everybody is a genius. But if you judge a fish by its ability to climb a tree, it will spend its whole life believing that it is stupid,” said Albert Einstein.

There are four seasons, namely, summer, monsoon, winter and spring, but in a student's life, there is yet another season called 'the exam season'. This season brings a lot of pressure and stress. It affects most of the students in different ways. For some students, exams can be a breeze; revision is second nature to them and they ace an exam with their eyes closed. But for others, sweaty palms and heart palpitations are just a part of the territory, and it seems that nothing is more impossible than sitting down and revising.

Lots of people will tell you this, because it is true - exams are not everything. Whatever happens in your exams, you can still be successful in life. So if you do not do as well as you had hoped, try to keep things in perspective. Employers do not just look at your exam scores. They are just as interested in your attitude, your transferable skills and how well you get on with other people. Exam success does not define you as a person. Everyone copes differently in different situations and there is so much more to your personality than how well you can respond to an exam.

Balancing how you spend your time is also important. Factors like eating well, engaging in physical exercise, taking breaks from study and getting enough sleep ensure that your stress levels are kept under control. Exam results will not define your personality but that does not mean you take it for granted and do not even spend an hour studying. Exam is a way to judge your capability of learning and grasping things. It is important as it helps us to keep a track of our knowledge and understanding of a particular topic or subject. So what we need is to study, work hard, give your best, stay calm and let God do the rest.

Ms. ANN R. THOMAS

COUNSELLOR

REPUBLIC DAY



The 71st Republic Day was celebrated at Christ School on 26 January 2020 with great pride and patriotism.

The management and the students patriotically celebrated the great day to honour the Constitution of India as it came into force this day in 1950. The tricolour was hoisted by Rev. Fr. Henry Angel, visiting Professor of Samanvaya Theology College. The culmination of the Republic Day celebrations was laced with various cultural activities like patriotic songs,



speech, musical instrumental presentation, thought provoking mime and choreographies, which were performed under the guidance and leadership of Sr. Merlin, Principal, Christ School. Rev. Fr. Mathew, in his message, instructed the school to protect and care for our motherland and to remember the soldiers who protect our nation.



FOUNDER'S DAY

On 3 January 2020, we celebrated the feast of St. Kuriakose Elias Chavara, the founder of CMI congregation under whose management our School is functioning. He was an Indian Catholic priest and a social reformer. He taught that there should be “no day in your life in which you did no good to others.” He played a major role in the education and uplift of the lower ranks of people in the society. He opened schools for the Dalits in the remote parts of Kerala to raise the educational standard of the people. He encouraged people to contribute to help the needy.



Absaar Ahmed of Grade VII A, the School Captain, delivered a speech on the life of St. Chavara. The great Indian saint and a legend, whom God had called for a higher purpose, changed the history of Kerala. He faced a lot of challenges in his personal life even at an early age. The setbacks of his life never moved him from the purpose of his life. He firmly believed that God would help him to overcome all his challenges. He never gave up because he believed that God was always with him. The Christites remembered his contribution towards the society and children.





BIRTHDAY CELEBRATION



On 30 January 2020, the Christites felt blessed to be a part of the birthday celebrations of our dear Director and beloved Principal. With a heart full of gratitude, the celebration was held in the benevolent presence of Rev. Fr. Mathew, Director, Christ School and Rev. Sr. Merlin, Principal. After the prayer and cutting of the cake, the staff expressed their love and respect in the form of wishing songs. Various performances by the students of both the kindergarten and the primary classes made the celebration more vibrant and blissful. The boundless joy of the celebration was visible on the faces of the children. Rev. Fr. Mathew and Sr. Merlin were praised for their humble nature, wise words, determination and dedication and for their consistent leadership in the curricular and co-curricular activities of the school. The programme was concluded with a thankful response by Rev. Fr. Mathew and Sr. Merlin.





"Mens sana in corpore sano" is a Latin phrase, usually translated as "A healthy mind resides in a healthy body."



Christ School organised a Medical Health Camp and medical check up was done for the students. We were privileged to have Dr. K.G. Malviya, a paediatrician who is the parent of Samiksha Malviya from BUDS, who happily accepted our invitation and successfully guided the health check up of the students. A general physical examination was done on each student. He also gave them the needed information regarding exercise, diet and weight control. Necessary medical advice on precautionary measures was given to the students.



DENTAL CHECK UP CAMP

'Healthy Teeth for Healthy Smiles'. A dental and general health awareness camp was organised at Christ School by Peoples College of Dental Sciences and Research Centre under the guidance of Dr. Aarti Menon, Department of Public Health and Dentistry at the request of Christ School. The camp was opened with a talk on dental health awareness, which educated the students about the common dental ailments and gum diseases and measures to prevent them. The students were given awareness about eating patterns and food choices, which cause tooth decay. The doctors guided the students in the proper technique of brushing.

Dental check up and hygiene are essential, as they build personal confidence in young people. A word of gratitude towards Dr. Aarti Menon and her team and Dr. Bosco Thomas, parent of Benedict, Catheline and Caroline.



STUDENTS' OUTING

Christ School organised a picnic for the students of Grade I to IV on 6 and 7 February 2020, to 'Sair Sapata' the amusement park located on the banks of the Upper Lake in Bhopal. The children enjoyed their journey that was full of frolic. It is a well trimmed park and the children



enjoyed the outing a lot, especially on the slides. The panoramic view of the park was refreshing and rejuvenating for all of us as we had a break from the daily routine. The children were engaged in various games and took a ride on the toy train on the warm sunny day. It was an entertaining day with a lot of fun.





“Take a quiet walk with Mother Nature.

It will nurture your mind, body, and soul,” said Anthony Douglas Williams. Nature is the art of God. In today's modern era, no one seems to leave time to interact with nature. So we the Christites went for a campus walk. On the way, the students interacted with nature and spent some time in the field of chick-peas and lentils. A walk through the fields and gardens promotes a healthy lifestyle and such an activity in the school encourages students to think deeply about environment.





CHRISTO FACTION

The much awaited **CHRISTO FACTION** camp was held on 18 January with great zeal and enthusiasm.

The one-day camp began with a prayer service. Rev. Fr. Mathew, Director, Christ School and Rev. Sr. Merlin, Principal welcomed the Brothers from Samanvaya Theology College and the Sisters from Sathyopasana Study Centre. The whole camp was conducted under the leadership of the Brothers and Sisters along with the teaching staff. It was a fantastic opportunity for the children to develop new skills and interests. They were also involved in several team works.

The main objectives of the camp were:

1. To engage the children in activities that are both enjoyable and meaningful.
2. To give them an opportunity to learn and develop skills, which are hidden in them.
3. To provide an even platform for all the Christites to explore and express their creativity, in any form.

The Brothers and the Sisters conducted various sessions, which included inspirational and thought provoking talks, messages, action songs and games. The camp was indeed a break for the teachers as well as the students from their routine academic schedule. A better and friendly rapport between the students and the teachers was visible throughout the day. A recapitulation session was held at the end of the camp in which a few students shared their experiences of the day. The camp was concluded with a thanksgiving song and with the blessing of the Lord Almighty after which the Christites returned to their homes.



BLUE DAY

Blue is the colour of the sky and the sea and it conveys the feeling of serenity and peace. It imparts a sense of loyalty, wisdom, confidence and has a very positive impact on students as it brings about harmony and brotherhood. Blue Colour Day was celebrated on 30 January 2020. The students of Grade II C stepped forward with zeal and confidence, delivered a speech and recited a poem. The entire school, the students and staff alike, wore different shades of blue. The excitement and enthusiasm was visible everywhere.



SESSION FOR STUDENTS

Exam is a way of assessing the knowledge what a child has learned during the academic year. It is natural to have stress before the exams but the students can overcome it, if they follow a few simple points. Rev. Fr. Rinto, the Asst. Director, Christ School gave an input session on how to manage stress during exams.

1. Make a planned time table and start preparing for the exams sincerely. Do not procrastinate your work for tomorrow.
2. Think positive and be confident to achieve your goals.
3. Do not compare yourself with others, as everyone is unique and talented differently. Believe in yourself and do your best.
4. Fix a place for study and stay away from mobile phones and Internet during exams days.
5. Take short intervals to refresh your mind.
6. Exercise, eat and sleep well. It helps you to be active and concentrate.
7. Revise with your peers as children learn together.

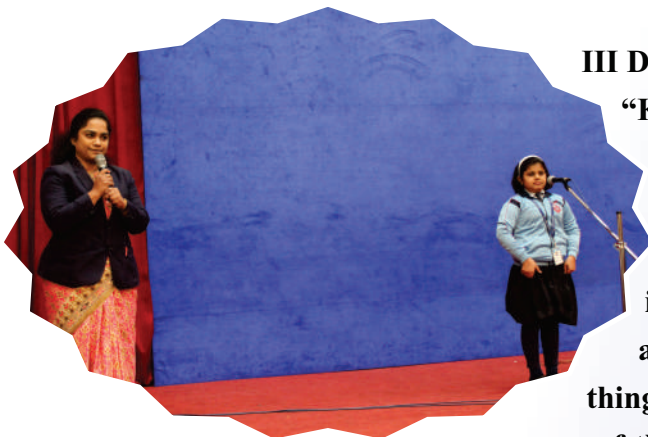


SPECIAL ASSEMBLY

III C

“Let our hearts be stretched out in compassion toward others, for everyone is walking his or her own difficult path”, says Dieter F. Uchtdorf.

Grade III C conducted a special assembly on the theme 'Compassion', which started with thanksgiving choreographies 'with a grateful heart' and '10000 reasons' followed by a motivational speech on compassion. The students thanked the Lord Almighty for His compassion towards each one of the Christites in the academic year 2019-20.



III D

“Know the true value of time; snatch, seize and enjoy every moment of it,” are the encouraging words of Lord Chesterfield. Punctuality is a habit where an individual does things on time. It is a very necessary factor in everyone's life; it is the secret key to success and the hallmark of all leaders. It is an etiquette, which helps you do

things in time as you are aware of the importance

of time.

A special assembly on 'Punctuality', the theme of the month was conducted by the students of Grade III D. They started the day with the Morning Prayer followed by a skit, poem and speech on the theme. The students enacted the story on punctuality based on Mahatma Gandhi's life.



“Education is the manifestation of the perfection already in man,” noted Swami Vivekananda. Education is something, which is there within each one of us. The question is: how much do we endeavour



for it and how much do we desire to learn? At Christ School, we grow the seeds of creativity within each child and open ways and means to nurture a confident and courageous individual. In our calibrated efforts, not only do we teach them how to read, write and do arithmetic, which are the core topics that form the foundation of a student's education, but also provide them with the knowledge and skills, which they need.

The curriculum framed by the school plays a vital role in a student's life. We impart valuable lessons on a daily basis and help the students to learn how to conduct themselves and behave appropriately. We inculcate in them the habit of being punctual, disciplined and focussed. We emphasize social behaviour and teach them how to deal with others in a cooperative manner and to acquire the information that they might need in the future. We engage the students in creative learning and maintain a safe and orderly environment that is conducive to learning. We promote a caring attitude and positive teacher-student relationships. We understand that the students are the future citizens of the country and an asset to the community. We design learning experiences in the classroom that help them develop their essential skills and prepare them for the same.

Ms. Anita Krishnan



ण में बड़ी ताकत होती है, और उसमें जीवन के सारे दुखों को खत्म करने का सामर्थ्य होता है” यह कथन विक्टर ह्यूगो का है। स्कूल, एक ऐसी जगह होती है जहाँ बच्चा शिक्षा ग्रहण कर अपने जीवन के उत्तम शिखर पर पहुँचता है। स्कूल और शिक्षा का हर बच्चे के जीवन में बड़ा महत्व होता है। अक्सर हमारे सबसे अच्छे और प्यारे दोस्त स्कूल में ही मिलते हैं, जिनके साथ बिताया पल पूरे जीवन याद रहता है। ऐसा ही एक स्कूल है 'काइस्ट स्कूल' जहाँ हर एक विद्यार्थी ज्ञान के झरने में अपनी प्यास बुझाता है। स्कूल में जिंदगी की चुनौतियों का, शिक्षा की सहायता से कैसे सामना करना चाहिए, इसकी शिक्षा दी जाती है। सांस्कृतिक गतिविधियों पर भी उतना ही ध्यान दिया जाता है। साथ ही कला, संगीत एवं खेलकूद को पाठ्य सहगामी क्रियाओं का अहम हिस्सा मानकर सुचारु रूप से चालाया जाता है। महात्मा गाँधी ने कहा है – “मनुष्य का सर्वांगीण विकास ही शिक्षा है।” इसी को ध्यान में रखते हुए काइस्ट स्कूल में बच्चों के सर्वांगीण विकास पर ध्यान दिया जाता है। यह एक ज्ञान का मंदिर है।

डॉ. निशा महाजन



For a student's overall development, mere bookish knowledge is not enough unless we give it a practical touch. We, the teachers of Christ School have a practical approach in teaching as we aim at the holistic development of the child. In our co-curricular engagements, we are focusing mainly on 'Moral Values' as we conduct theme based programmes. Habitually the students get opportunities to develop their inner talent through 'Special Assembly' and 'Thematic Day', as they are led using the method of 'Learn by Fun'. We celebrate 'Colours Day' to make them aware of different colours and their symbolism making them more creative. Sports plays an important role in education as it teaches the students to become strong in personality and develop and sustain a fit and

sound body. By keeping this point in mind, the school included various sports activities like Cricket, Football etc. These are weekly activities, which are led by professional trainers.

We have a well-equipped Science lab, Maths lab and Language lab, which make our students more efficient. Competitions on activities like Skating, Karate and Abacus are organized by the school in order to identify and to give platforms to the students who are doing well in these fields. Apart from these, different clubs like Cultural club, Social club, Literacy club, Eco club etc., are formed to make the students work in teams and make them aware of the importance of team work.

Ms. Supriya Dabli



I would like to share my views about the school. I really like to thank the school for making such a wonderful platform for the benefit of the children, parents and teachers. This is not only beneficial for all of us in terms of knowledge but also making a strong interpersonal bond for the future generation. By means of the following lines that I have penned, I also would like to thank all the teachers of the school.

Teachers are great, teachers are great
They teach us, to move on straight

They are valuable in our life
They teach us, not to go on wrong side
If we are weak, they gives us might
If we are in darkness, they made us light

Teachers are great, teachers are great
They teach us, to move on straight

They gives us knowledge, they give us education
They teach us well, to respect our nation
They give us blessing to reach our goal
They teach us to have a good soul

Teachers are great, teachers are great
They teach us, to move on straight.

Ms. Prabha Malviya
Mother of Tapasvi Malviya, Grade I A



I want to give thanks to the Management of Christ School for the marvellous job they are doing for all the students especially for my child. I have found the teachers nurturing and loving while providing education and guidance to the students. The moderate number of students in each class ensures excellent interaction between the students and the teachers. I have been impressed at the level of feedback and overall communication that I receive

regularly. I am happy about the progress my son has made throughout these academic years. Teaching is consistently professional and he is progressing very well and is doing his best. I want to express my thanks to all the members of the teaching staff and non-teaching staff.

Mr. Rajneesh Kumar Singh
Father of Anurag Singh, Grade VII A

Christ School has exceeded my expectation. My children started their schooling here three years ago. The school paved for them a way forward with a definite approach. I feel fortunate that my children are surrounded by open-minded, experienced and qualified teachers in a well equipped classroom and playground. Beyond academics, I was surprised when my sports-freak son, came out as a winner in the story writing competition. My children blossomed in the care of the staff, getting insight into their hidden talents. I know the foundation laid by them will be useful in the coming years and help them to grow up as responsible citizens. I am a working mom; yet, I am grateful to the school for keeping me periodically updated about the progress of my children. I submit my utmost gratitude to the management for a unique academic programme, yet challenging social environment that allows the children to learn at a pace that fosters their love for learning.



Ms. Ranjitha Rajesh
Mother of Anvi and Avi, Grade VI A

ACTIVITIES

Abacus



Band



Basket Ball



Craft



Batminton



Karate



Cricket



Football



Music



Robotics



VICTORS

COMPETITIONS



AIMS



All India Maths Science (AIMS) is a centre of education, which enables students to strengthen their basic concepts and analytical ability and build a firm foundation for future by means of competitive Talent Examinations. We are glad that the AIMS exam was conducted in Christ School on 21 January 2020, with an intention to bring out the hidden talents and abilities of each Christite.

Skating



Swimming



Yoga



Articles



DISCIPLINE

Discipline has to do with your inner strength to control yourself, both in your actions and reactions. It gives us power to make decisions and follow them throughout our life without unnecessarily changing our mind. That is why it is one of the most important requirements on our way to achieve our goals. It does not mean that a disciplined person is to live a harsh or very austere life. It simply means that we have to analyze the inner control of our mind for the betterment of our life.

Abeer Richhariya
Grade V B



PUNCTUALITY

Punctuality requires you to be in time and complete your work within the stipulated period. It is an etiquette, which motivates a person to work in a systematic manner. A man who is punctual is generally always happy and successful. Being punctual helps us to finish our work in time. A punctual person always wins the respect of everyone because he respects others' time. It is the characteristic feature of a person that makes him/her handle all tasks in time. Punctuality brings efficiency and success. Many great men like Mahatma Gandhi and Leo Tolstoy are known to be very punctual.

Avishi Rathi
Grade III B



COMPASSION

A puppy was whining and roaming the street. A boy saw the puppy and picked it up. He searched for the puppy's mother and put it beside its mother. This is an example of what compassion is. It is a feeling that makes people go out of the way to help others. This help can be to anyone; it can be physical, emotional, monetary, motivational or mental. Being compassionate also means that we

have to be loving, helping, forgiving and showing mercy to others. Students should learn and show compassion towards others. Small actions like opening a door for others, helping old people to cross the road, putting out water for birds on the balcony etc., generate in a person a sense of helpfulness. This will lead to a world of compassionate people and a better place to live.

Michelle Mary Shiju

Paintings



Aanya Jain - Blossoms D



Ayush Patankar - Blossoms A



Vedant Shrivastava - Blossoms D



Adhishti Raghuwanshi - Blossoms B



Divyansh Chorasiya - Blossoms A

Birthday Wishes

*Sending you smiles for every moment of
your special day,
May you be gifted with life's biggest
joys and never ending bliss.
HAPPY BIRTHDAY.*



Ms. Mahima



Ms. Anita



Ms. Ritu



Ms. Ann R Thomas

The journey of thousand miles starts with a single step....
It is never too late to begin a new journey....



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