



# CHRISTO FLASH

Vol-X Issue-1

AUGUST 2022

## MANAGER'S MESSAGE

**CHRISTO FLASH** is a medium through which Christ School connects with the parents and well wishers. It provides space for the students as well as teachers to express their innovative ideas, share their concerns and develop their creative potentialities. I would like to see some of the parents also share their views on education and parenting from the wealth of their own experiences in Christo Flash in order to enlighten and enrich others.

The goal of education is not to make a living but to make a life, a life that gives life to others. The present trend is to use education as a means for obtaining material success and enjoy it for oneself. For Christ school, the education is a life-giving mission which is based on the vision of Jesus Christ who said, "I have come that all may have life and have it in abundance" (Jn 10:10). To realize this vision, Christ school focuses on not just the output of the students through results in the exams or performance in extracurricular activities but the impact of education on the students to commit themselves to society and the world at large. The school envisions the holistic growth of every student. Therefore, it makes every effort to focus on the intellectual, spiritual, moral, and social dimensions of every student through classes, activities, competitions, sports and additional inputs from the experts.

Every child is unique with different strengths, different needs, different gifts and different dreams but our present education system makes every child think the same and turn into robots. Our education system gives answers to the students, not questions. Giving answers make every child think the same and kills creativity whereas questions make every child think differently. Christ School makes every effort to provide a conducive atmosphere for the students to think differently and creatively by conducting debates, speeches and other competitions and activities every month and celebrating one of the feasts of every religion, etc.



Dear students, your attitude determines your altitude and your discipline determines your destiny. Your attitude towards the poor, the money, power, position and pleasure show your height in life. Your self-discipline to study, do homework, control the use of junk food and the mobile phone, help your parents with household work, etc. will determine your destiny in the future. Think beyond yourself and be willing to make sacrifices. Be good and sensitive to the needs of the community and society. You have a committed principal, teachers and supporting staff to help you to formulate a broad, inclusive and lasting vision for your lives and to bring out the extraordinary potential in each one of you.

I congratulate and appreciate the editorial team led by Ms Neha Thouker and all those who contributed and worked behind this magazine to make it a reality.

May St. Kuriakose Elias Chavara, a trend-setter and change-maker in education and the founder of CMI Congregation, be the guiding star in the growth of Christ School!

**Fr. Dr. Davis Varayilan CMI**  
Manager, Christ School



# FROM THE PRINCIPAL'S DESK

**"CHARACTER is doing the right thing  
when nobody is looking".**

**- J.C. Watts**

My Dear Christites,

Character is a powerful weapon which provides strength and courage to one who wields it. If the character is lost then the personality of an individual is ruined forever. So the character of a person is the best treasure. One should guard it by being virtuous all the time. It is more precious than wealth and health as there is a chance of recovering both of them if lost, whereas character once lost is very hard to retrieve. So it should be guarded with care. It requires a strong mind to keep one's character blemishless.

A man of character always finds an important place in society and endears everybody. A good character provides a reputation and personal charisma. As the fragrance of flower envelopes the whole garden in which it blossoms, so also the greatness and fame of a person with character spread far and wide.

All of us can learn a lot from the "Father of the Nation" Mahatma Gandhi, who preached and practiced

non-violence in his life. From his life one can learn to seek the virtues of truth, love and peace. Serenity motivates obliging actions. Motivation; drives, selects and directs our behaviour.

A set of distinctive personal qualities found in an individual constitutes the character of that particular person. Character building is a continuous process. To a certain extent, it is hereditary but it can be built by acquiring virtues. The qualities like morality and discipline, honesty and integrity, willpower and courage, sacrifice and self-respect, kindness, loyalty and truthfulness go a long way in building up a strong foundation. So dear Christites, ignite the sacred fire in your hearts to inculcate and develop a noble character.

**Sr. Merlin SABS  
Principal**



# EDITORIAL

*"Focus on the journey, not the destination. Joy is found not in finishing an activity, but in doing it".*



**Dear readers,**

It gives us immense pleasure in bringing to you yet another edition of "Christo Flash". We are proud of ourselves for nurturing and developing our students into sensitive and responsible citizens of the future.

Against the backdrop of such difficult years of the Covid-19 pandemic, we have witnessed the resilience and sense of community growth amongst the fraternity of our school despite being connected virtually. These years have given us time to evaluate our priorities and reminded us that in life there are no rewinds, there are just flashbacks.

This pandemic has taught us to keep calm in difficult times. We would have been physically distanced, but we have stood united through all the ups and downs of life. We must understand what is right and what is wrong.

To make the world a better place, it is important to shun violence and understand the importance of non-violence.

Nonviolence is the personal practice of not causing harm to others under any condition. Mahatma Gandhi said,

"Non-violence is the weapon of the strong". It is the force of love. Believe it or not, love is a stronger weapon than the atom bomb. If there is peace all around, we all can live happily and in harmony. In Christ School, we try to teach our students this very same thing and make them believe in non-violence and practice it in their life.

The editorial team owes its gratitude to Rev. Fr Davis, the Manager and Rev. Sister Merlin, the Principal for their constant support, encouragement and esteemed guidance. We also thank the Editorial team of teachers and students for their wholehearted contribution towards the success of this magazine.

Happy reading!!!

**MS NEHA THOUKER**  
Editor



# NEW ACADEMIC YEAR 2022-23



"The first step towards getting somewhere is to decide you're not going to stay where you are". J.P. Morgan What happened in the last two years of lockdown was thought-provoking. The COVID-19 pandemic had presented a set of new normal. Schools started online classes. Returning to school was an uncertainty that loomed over all.



After two years of online mode of teaching, Christ School reopened for online classes on 4 April 2022. Preparations for reopening the School started well in advance, with the cleaning and sanitization of the entire premise. Library, Science labs, Language lab and Computer labs were all checked and made ready to welcome the students. All the teachers were excited and eagerly waiting to meet their dear students.

"I've always loved the first day of school, better than the last day of school. Firsts are best, because they are beginnings." - Jenny Han



On the opening day students were welcomed by the teachers at the main gate. Class teachers stood with placards in their hands to queue up the students class wise. The excitement and happiness of the students to meet their friends and teachers knew no bounds. A short assembly was conducted and our Principal Sr. Merlin addressed the students and welcomed them to the school. Students then moved to their new classrooms which were all set to welcome them, and guide them to build a better tomorrow.

**MS ANITA KRISHNAN**





# CHAVARA BLOCK- A NEW BUILDING

"To improve is to change; to be perfect is to change often".

- Winston Churchill



We are delighted to inform you that our School has welcomed a new premise for Grade I-III children and is named as 'CHAVARA BLOCK'. Saint Kuriakose Elias Chavara, a trend-setter in education, is the founder of CMI Congregation which runs Christ School. He was a visionary who brought an education revolution in Kerala by ordering all the churches to start a School attached to it and be open to all irrespective of caste and religion.

It goes without question or beyond doubts how significant a school is in shaping a student's personality and holistic development. Like an experienced teacher and teaching pedagogy plays a critical role in students' academic lives, infrastructure is also vital. It creates a favourable environment for students' holistic development and keeping this idea in mind this major change has been brought about in the School. The new

building was built before the COVID-19 pandemic but due to unfavourable circumstances, we were unable to shift. But now everything has started once again and with this new beginning, we have also shifted our children from Grade I-III to the new block. Even children are happy to discover their brand new home. The new setup consists of bright and airy classrooms along with a serene library, a well-equipped computer lab, adding to this music room & dance room, a large open playground and an Infirmary room. It is a pleasure to see children move happily. The atmosphere is warm and joyful as you tour in school. And with all these things we are ready for our academic session with full enthusiasm.

MS RACHANA SINGH



# FAMILY, THE TEMPLE OF LEARNING



Fr Davis Varayilan CMI

Family is the temple of learning for children. The children are not born knowing how to behave in society or how to interact with others pleasantly; they have to learn many of the behaviors from the family at home. Learning comes in many forms. Sometimes children learn by being told something directly. However, the most common way children learn is by observation of everyday life. Parents want their children to learn what they say but they actually learn what they do. When children see their parents lie, quarrel or earn money by unjust means, children tend to do the same. During my eight years of stay in Rishikesh, I have interacted with many foreigners and Indian families. One family from Delhi shared with me that they went to Parmarth Niketan Ashram in Rishikesh and met the Swamiji. After having the darshan of the Swamiji, the mother complained about her son who didn't want to go to the temple to pray. The parents used to go to the temple every day in the morning to pray. When the Swamiji asked the boy, his reply was, "Why should I go to the temple to fight?" He observed that the parents went to the temple every day and came home and started fighting. Children are like sponges that soak up everything around them, and many times we forget that they are watching us. Whenever you treat people with disrespect, your child will certainly notice. Children learn values, not through books or mere advice but through imitation and example. Just as parents are teachers for their children, children are also teachers for their parents. Parents should not think that they know everything but always remain open to learning.

The foundation of a child's learning and socialization must be laid in the family. Home is a laboratory where the children learn to love and share. If they fail at home, then they fail in life. Marriage is meant to love and to give love. Children need neither the love of the father nor the love of the mother. They require the love of the parents. Special love for the children by either mother or father will distort the personality of the children. When the husband and wife love each other the children receive true love, God's love. When the parents fight each other, even though the children are absent, they experience negative energy and conclude that there is something wrong in the family. Lack of love between husband and wife causes society to crumble and is hurting your children who expect to be good citizens.

Love is different from likeness. Likeness means what is pleasing to one's five senses. When a partner likes the other, he/she uses the other for one's own self-gratification. Love means seeking the good of the other and giving oneself for the other. Likeness is a choice that arises from the mind, while love is a decision that comes from the heart. The success and joy of married life depend on the growth of the partners from likeness



to love. If you really want to love your partner, you should not love or respect only your partner's body and skills but see the divine light shining through his/her face. There is a light in the lamp. You love the light, not the wick or the oil or the stand. You love the lamp for the sake of the light. Love the light in your partner and you will find peace in your home. The peaceful and loving atmosphere at home is what helps a child to study and become a mature human being.

Family life is the ground for the character formation of the children. Parents should teach a child how to speak and interact politely and pleasantly with others. When they have learned the basic things at home, then teachers explain to the children the "why" and how of life. But if the parents have not done their duty, it becomes very hard for students as well as teachers. If a teacher tells the students to come, they go in the opposite direction because they have already become resistant, stubborn and negative. They accept things only if they are as they want them to be. Learning to "let go" is an important part of childhood training. The children are beautiful, wonderful and a bundle of possibilities. It is the adult who hurt the children through their selfishness. Parents feel that a child is theirs, and that the child should do what they want. Such pressure, domination and suggestions from others do not allow children to grow naturally. When the parents become selfish, they create boundaries around and live in an imaginary self-centred fortress. A great teacher once said, "Give me the first seven years of a child's life, and the rest you can have." The best and most important period of life in the family is childhood and in school is kindergarten. If the right seeds are sown in the children then they develop an integrated personality and you can reap the harvest.

The first teacher of a child is the mother. The mother should instil in the children not ambition but a broad vision for their entire life. For example, Gandhiji's mother instilled a vision that was broad, inclusive and lasting. She told him, "Son, in your entire lifetime if you can save or better someone's life, your birth as a human being and your life is a success. You have the blessing of the Almighty God." This vision transformed Gandhiji's life on June 7, 1893, when he was evicted from a train's first class compartment at Pietermartizburg station because of the colour of his skin. There he begins his freedom movement.

Children expect their mothers to take a compassionate approach toward them especially when they go through problems in their life. The responsibility of the mother is to teach her children to have passion for

God and compassion for human beings. If there is no compassionate love in the children, then imparting knowledge is like planting seeds in a barren field in which nothing will grow. The one who experiences the divine within oneself feels the divine presence vibrating in all beings irrespective of religion, caste, class and colour. Such an expansion of consciousness makes one resonate compassionately with every being. While pity works out of a subject-object relationship, compassion works out of a subject-subject relationship, a feeling of togetherness. It is this awareness of togetherness that urges us to rejoice at another's joy and to grieve at another's sorrow. The root of the word "compassion" is from the words *cum patior* meaning to suffer with, to share solidarity with. Therefore, compassion includes a disposition of solidarity toward the neighbour's sufferings, the action of entering into the context of that suffering as one's own and a commitment to overcoming the cause of the suffering itself. Saint Mother Theresa says, "Compassion means your pain in my heart." Compassion involves action and not mere sentiment.

Children should grow up with a compassionate love towards others, especially those people who are faced with poverty and oppression. While doing my post-graduate studies in Delhi, I used to visit the old age home and the orphanage run by Mother Theresa sisters in Delhi. I have seen many families celebrate the birthday of their children, or wedding anniversaries of the parents by giving food to all the inmates of the old age home and eating with them rather than going to hotels with wealthy friends. This is how the children are taught to be compassionate. If the children are taught to give generously their time, talent and treasure, then they will also show the readiness to give the same to their parents in their old age. If the parents are selfish and teach the children to be selfish, no one can expect them to be ideal students in school or good citizens in the country. Therefore, the parents have to practice compassionate love and teach their children to be compassionate. Compassionate love should go beyond the boundaries of culture, religion and country. It should include the animals, the creation and the entire universe. The whole universe is our home. The day a child learns to love all and exclude none, is the day of the enlightenment of the child.

**Fr Davis Varayilan CMI**



# POST- COVID TIMES CHALLENGES AND PROPOSALS

As the COVID-19 pandemic continues to expand in India and in the world, only one thing is certain: the current outbreak will have a profound impact not only on the health and economic situation, but also on the psychosocial well-being of societies across nations. The impacts will be felt differently among different population groups. Among these, one group will face additional challenges to understand, absorb, and deal with the changes that COVID-19 is bringing to our world: the children.

In the current context of lockdown and restriction of movements, children have constrained access to socialization, play, and even physical contact, critical for their psychosocial wellbeing and development. School closures are preventing children from access to learning and limiting their interactions with peers. Children may feel confused and at loss with the current situation, leading to frustration and anxiety, which will only increase with overexposure to mass and social media, especially among adolescents. Some adults may struggle to find ways to explain and communicate with children about the current situation in a way that is understandable by this age group, which will add frustration and disquietude. COVID-19 is also bringing new stressors to parents and caregivers. This can hamper their capacity to provide care and remain engaged with their children. Being very keen observers of people and the environment, children will notice, absorb and react to the stress of their caregivers and community members, which unavoidably will affect their well-being.

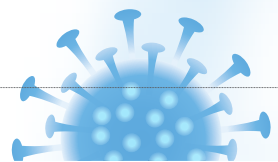
Psychosocial and Mental Health Well-being of Children during COVID-19 pandemic-Understanding the emotional needs of children.

1. Children may express psychological distress (anxiety, sadness) by acting out in a different way - each child behaves differently. Some may become silent while others may feel and express anger and hyperactivity. Caregivers need to be patient with children and understand their emotions.
2. All emotions are valid emotions, and as caregivers, we need to understand them with empathy.
3. Sometimes engaging in a creative interactive activity, such as playing and drawing can facilitate this process. Help children find positive ways to express disturbing feelings such as anger, fear and sadness.
4. Keep regular routines and schedules as much as possible.
5. If children are witnessing violence at home, or if they are the target of the violence, it causes trauma and distress and may lead to disruptive behaviour.

6. Explain to them that nobody should be stigmatized or signalled for having the disease.
  7. Avoid watching, reading, listening or discussing too much news about COVID-19 and persuade children to divert their attention to other topics as well.
- Listen: Give children opportunities to talk about what they are feeling. Encourage them to share concerns and ask questions
  - Comfort: Use simple tools to comfort and calm children, for example telling stories, singing with them and playing games. Praise them frequently for their strengths, such as showing courage, compassion and helpfulness
  - Reassure children that you are prepared to keep them safe. Provide them with correct information through valid sources.

## Impact on Education

- The COVID-19 pandemic has affected educational systems worldwide, leading to the near-total closure of schools, Early Childhood Education and Care (ECEC) services, universities and colleges.
- Most governments decided to temporarily close educational institutions in an attempt to reduce the spread of COVID-19. As of 12 January 2021, approximately 825 million learners were affected due to school closures in response to the pandemic. According to UNICEF, 23 countries implemented nationwide closures and 40 implemented local closures, impacting about 47 percent of the world's student population. Currently, schools are open in 112 Countries.
- In general, having fewer education options has globally impacted people with fewer financial resources, while people with more money have found education. New online programme have shifted the labour of education from schools to families and individuals, and consequently, people everywhere who relied on schools rather than computers and home life have had more difficulty accessing their education. Early childhood education and care (ECEC) as well as school closures are impacted not only students, teachers, and families but have far-reaching economic and societal consequences. School closures in response to the pandemic have shed light on various social and economic issues, including student debt, digital learning, food security, and homelessness, as well as access to childcare, health care, housing, internet, and services. The impact was more severe for disadvantaged children and their families, causing interrupted learning, compromised nutrition, childcare problems, and consequent economic cost to families who could not work.





## COVID-19: CHALLENGES FACED BY TEACHERS

For almost two years, Covid-19 has on one hand shattered the education system of the entire World and especially in India and on the other hand torn apart the childhood of students. The complete education system was moving forward on the online platform. This online platform had its own pros and cons in the learning behaviour of students.

Today when the education system is functioning in a routine manner, it is good to see the entire scenario coming into form. But initially, it was full of challenges and still the teachers are coping with the side effects of the online education system of Covid-19.

**Backlog in learning abilities** - The students had two plus years gap in their education, and especially the children in lower grades had much to deal with the reading and writing abilities. Since they were not mentally prepared for the jump to the current classes, teachers experienced challenges of pushing hard to overcome the time gap and make the students read and write properly, according to the current grade of the children.

**Psychosocial behaviour**-The students had many behavioural issues in regards to the gap they experienced during Covid-19. The teachers experienced many challenges in regard to

**Concentration** - The students lacked concentration in the new academic session, they were not able to focus on the learning pattern, which the teachers were providing. This was mostly due to little study and more fun, videos, and movies during Covid-19.

**Behaviour** - Teachers also experienced students, behaving in different ways, such as panicking, throwing tantrums, avoiding the teachers' instructions, use of inappropriate words and abusive language. Teachers have also experienced that some of the children are either extraordinarily silent or extraordinarily hyper.

**Health Issues** - As the world expected the new young generation to become tech savvy, it had many adverse effects too.

**Eyesight at stake** - Most of the students have weakened their eye sights due to over usage of mobiles and different gadgets and entertainment instruments at home. Teachers experience children complaining of not being able to see the black/ Whiteboards in the classes.

**Immobility of children** - Teachers also experienced that many students have either gained more weight during this time or many have reduced in a drastic manner. They feel lethargic in a short time, since they had no play time during Covid-19 and now also they are in the same mode. The stamina of students have drastically reduced.

**Social Issues** - Covid-19 has generated many social issues among students, the teacher's experiences are as follows- Broken families: There are few students with broken families and thus their social behaviours are different. Teachers have observed loneliness and disturbance in the behaviour of a few students.

**Single Parenting** - There are few students who lost their parents during Covid-19. Thus, teachers have experienced

stress and sadness in the behaviour of a few students. The family challenges are also visible in the behaviour of a few students. These students mostly want to be alone and keep themselves isolated.

**Financial Crisis** - Many students' families underwent or are undergoing financial crises. Such struggles within families were due to job losses, business debts and other financial crises. These struggles were also evident in the children who were attending the schools. Their attendance was mostly affected due to this crisis within their families.

### Solution

**Time spending** - Teachers are spending enough time orienting the students every day with moral values, correction programs, and activities that improve reading and writing skills. Imbibing leadership skills to fight challenges, inculcating a sense of self-esteem and making them bold to face such challenges in the future. Teachers are trying to be role models for the students.

**Inculcating Discipline** - Teachers are facing challenges concerning discipline among students. Therefore, teachers are trying to establish a code of conduct in the classrooms and schools.

**Listening to students** - Teachers are taking out time to listen more to each and every child's concerns, whether they are school related, home related, or study related or their personal interest. Teachers are trying to build an interpersonal relationship with students so that the students would open up to every challenge that they are facing personally.

**Motivating students** - Teachers are motivating students by rewarding them for their achievements in the areas of creativity, pro-activeness, spoken English, and good behaviour during school.

**Inclusion of Events and Celebrations** - The school conducts cultural events, special assemblies, daily assemblies, colour days, festivals, competitions, weekly and daily sports activities. House-wise competitions are conducted twice a month in displaying the theme of the month creatively.

**Slow in pace towards syllabus** - Teachers are maintaining a slow pace according to the learning capacities of every student; focusing on the understanding of the students rather than the completion of the syllabus. Different classroom teaching techniques are facilitated for the better understating of the students.

**Building up reading and writing capacities** - Teachers are ensuring that every student's reading and writing capacities are enhanced with different methodology. Teachers are taking handwriting sessions on a regular basis and spoken English classes are conducted on different platforms.

**Club formation** - Four clubs, namely, social, environment, health and literature, are formed to develop creativity and leadership qualities among the students. Each club ensures the overall enhancement of every student in these areas. Different Orientation Programs are being conducted at School, for the safety, discipline and overall well-being of the students.



# कोरोना एक वैश्विक महामारी

कोरोना एक वैश्विक महामारी बन गई है। हम जब अपने चारों ओर देखते हैं तो हमें पता चलता है कि इसने देश की आर्थिक सामाजिक और मानसिक परिस्थितियों पर विपरीत प्रभाव डाला है। कोरोना ने सबसे अधिक हमारे बच्चों के जीवन को प्रभावित किया है। कहां हम अपने बच्चों को मोबाइल से दूरी बनाए रखने की हिदायत दिया करते थे, वही कोरोना ने उन्हें मोबाइल के बहुत अधिक करीब लाकर खड़ा कर दिया। पहले बच्चे विद्यालय में शिक्षकों, अध्ययन सामग्रियों एवं सहपाठियों के साथ रहकर सीखते थे। वे अब पूरी तरह एकांक होकर मोबाइल पर आश्रित हो गए हैं। कोरोना के बाद परिस्थितियाँ सामान्य होने पर बच्चे विद्यालय आ तो रहे हैं पर उनमें हम देखते हैं कि पढ़ने की रुचि और एकाग्रता की कमी दिखती है। उनमें कोई उत्साह नहीं है। हम सबको यह प्रयत्न करना होगा हम अपने बच्चों को इस बुरी आदत से छुड़ाए। शिक्षकों को पाठ्यक्रम को अधिक रुचिकर बनाते हुए उन्हें पढ़ाने का प्रयत्न करना चाहिए। शिक्षक के सानिध्य में बच्चों को सुरक्षा की भावना महसूस करानी चाहिए। ताकि वह अपनी हर बात को अपने शिक्षकों को बता सके और शिक्षक उन समस्याओं का हल कराकर उन्हें पढ़ाई में मन लगाने में प्रयत्न कर सकें। माता पिता का दायित्व है कि वह बच्चों को घर में प्रेम का माहौल प्रदान करें। हम सबको मिलकर अपने देश का भविष्य बचाना है। कोरोना काल में जब पूरी दुनिया कुछ सालों के लिए ठहर गई थी उस समय भी हमने अपनी शिक्षा व्यवस्था को सुचारु रूप से ऑनलाइन जारी रखा और बच्चों को शिक्षा प्रदान करते रहे। कोरोना काल एक ऐसी भयानक स्थिति लेकर आया कि सभी लोग इससे प्रभावित हुए। हमारे छात्र भी इससे अछूते नहीं रहे। उनके व्यवहार में, पढ़ाई में, बोलचाल आदि में काफी परिवर्तन देखने को मिल रहा है।

जैसे –

1. अनुचित संवादों का प्रयोग करना।
2. एक बार में बात न सुनना।
3. पठन व लेखन संबंधित समस्या।
4. शिष्टाचार की कमी।
5. आक्रामक व्यवहार।
6. सहयोग की कमी।
7. मोबाइल का अधिक उपयोग।

उपाय –

इन सारी समस्याओं को हमें हल करना होगा। समय लगेगा किन्तु धीरे-धीरे इन समस्याओं से हमें पार पाना पड़ेगा और इसमें छात्रों के अभिभावक और शिक्षक-शिक्षिका आदि सभी को अपना पूर्ण सहयोग देना होगा। हम छात्रों पर किसी प्रकार का दबाव नहीं बना सकते क्योंकि दबाव में आकर कोई कार्य नहीं किया जाता। इसलिए हमें उनके अंदर आगे बढ़ने का साहस बढ़ाना होगा और समय-समय पर उन्हें प्रोत्साहित भी करना होगा ताकि वह यह समझ सकें कि कौन-सी चीज उनके लिए उचित है और कौन सी अनुचित है। छात्रों की आपसी एकता को बढ़ावा देने के लिए हमें उन्हें किस्से कहानियों आदि से परिचित करवाना होगा। जिससे कि वे कोई न कोई शिक्षा ग्रहण कर सकें।





*Farewell To*

## *Rev. Fr. Mathew George*

**"What we call the beginning is often the end. And to make an end is to make a beginning. The end is where we start from".**

**- T.S. Eliot**

It was saddening, for all of us to know that one of the strongest pillars, Rev. Fr. Mathew George, our Director, was saying goodbye to this prestigious school. He had always been an inspiration to all of us, the teaching staff as well as the supporting staff, to strive to do our duties better by working as a team towards achieving the institution's goals. He had prepared us to continue our journey in his footsteps. He was a mentor whom we all looked up to. He was humble and treated everyone like his family members. The foundation of the new wing, the Chavara block was laid under his guidance and supervision.

Respected Fr. Mathew George, gave five precious years of his life to Christ School, Bhopal. He had been an immense strength to the school. The School got affiliated to ICSE Board due to his determination and persistence. To recall his journey in this institute we all gathered together to bid farewell to him. Some of our teachers felicitated this occasion by speaking of his personality and his contributions. Dinesh bhaiya recited a few touchy lines about him.

We have not only enjoyed working with him, but also gained experience which was necessary to mould us into an excellent and loyal teachers. We were incredibly lucky to be trained by an icon like him. He helped us academically and stood with us whenever we needed him.

During the hard times of Covid-19, he did not leave us alone, instead, he helped, and supported us through all our problems. When teachers were facing challenges during online classes, he stood by us and motivated us to take up this as an opportunity to improve.

With his perseverance and endurance, he has inspired us to be dedicated teachers. We express our heartfelt gratitude for his selfless and dedicated service to Christ School, Bhopal. We extend our best wishes to Rev. Fr. Mathew for all his future endeavors.

# ORIENTATION PROGRAMME

An Orientation Programme for teachers was conducted at Christ School by Rev. Fr. Davis, Manager of Christ School on 10th June 2022 .

Education is the development of the head, hand and heart. It was a brainstorming session for all of us. Father enlightened us with the goal of education, vision and how to have a holistic approach towards education. The goal of education is to educate and civilize a child to become an independent human being, with empathy towards society and nature. He emphasized that as teachers we have to unleash the hidden potentials in the children so that they can evolve as independent individuals. He also briefed about the present education system which has made us puppets in the hands of traditional methods of learning, wherein kids have a pattern to be taught, alphabets and numbers, which has made them machines. This monotonous method of learning has curtailed the potential and creativity of children, restricting them to follow educational patterns. He addressed that it's time to set off the limits and to be creative, compassionate, motivating, encouraging, loving and caring so that kids could be nurtured in a healthy and loving environment. Paulo Freire has said, "Education liberates people enabling them to be creative, critical and responsible". He also discussed the words spoken by Azim Premji

that its time to unlearn and change what we teach and how we teach. Education means to draw out, to bring out the potential, the talents hidden in the children so that they can live an independent life. Father focused on the different works of scholars, sociologists, and psychologists and concluded that there are four types of intelligence: intellectual (IQ), emotional (EQ), spiritual (SQ) and physical (PQ). He also discussed four pillars of education that are learning to be, learning to know, learning to do and learning to live with each other. These are interconnected as 'learning to be' helps a teacher to love and connect to the hearts of their students, learning to know' helps to analyze the intellectual capabilities of children, 'learning to do' helps to give a practical approach to kids and the last 'learning to live with each other' helps a child to inculcate social skills so that he/she can be a continuing part of the society. As teachers, we have to see the overall development of our children and educate them to face challenges, teach them to fight their battles and also to accept failures. Failures are the stepping stone to success. Without failure, one would never learn to succeed. It was an interactive session for all of us and as torch bearers how we can become effective mentors to our dear children.



# HOLISTIC EDUCATION SYSTEM

Every parent wants their child to excel not only in studies but also in life. And they need to know that this could only be achievable through some good experience and learning. Holistic Education is an approach to teaching that focuses on the academics and social needs of students. And teach them the right methods by which they can face the challenges of life. They try to engage all aspects of the learner that includes the mind, spirit and body.

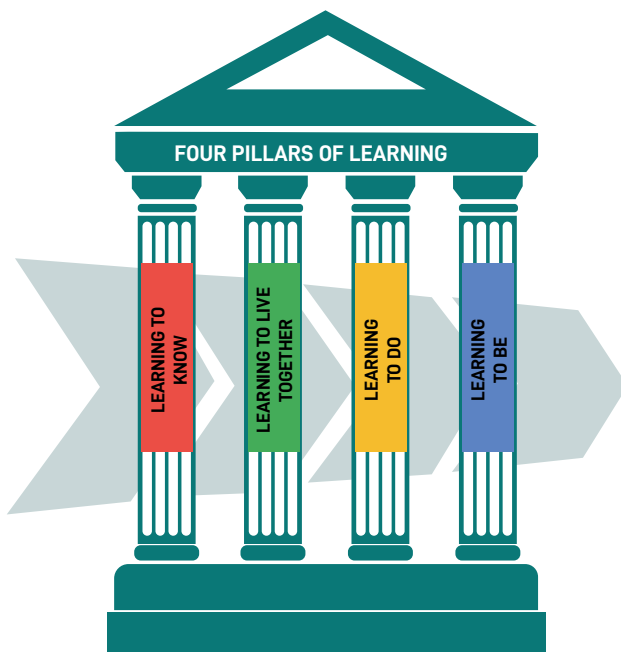
## Teachers Role

In holistic education, the teacher is seen less as person of authority who leads and controls but rather is seen as "a friend, a mentor, a facilitator, or an experienced traveling

WHAT THE EDUCATOR DOES IN TEACHING IS MAKE IT POSSIBLE FOR THE STUDENTS TO BECOME THEMSELVES.

*Paulo Freire*

*We Make the Road by Walking*



## Our Vision

*"Enlightening minds, Encouraging creativity, Fostering responsibility".*



**LEARNING TO KNOW:** to provide the cognitive tools required to better comprehend the world and its complexities, and to provide an appropriate and adequate foundation for future learning.

**LEARNING TO DO:** to provide the skills that would enable individuals to effectively participate in the global economy and society.

**LEARNING TO BE:** to provide self-analytical and social skills to enable individuals to develop to their fullest potential psycho-socially, effectively as well as physically, for an all-round 'complete person.

**LEARNING TO LIVE TOGETHER:** to expose individuals to the values implicit within human rights, democratic principles, intercultural understanding and respect and peace at all levels of society and human relationships to enable individuals and societies to live in peace and harmony.



## SEMINAR ON NEP 2020



The Bhopal School of Social Sciences organised an expert session on NEP 2020 with special reference to HEIs and Schools in two separate sessions, in collaboration with the Bhopal Archdiocesan Education Commission in the Main Seminar Hall of BSSS College on 23rd April. The expert Speaker, Prof C B Sharma, Former Chairman, NIOS & Professor at School of Education, IGNOU conducted the session. Sr. Merlin Principal, Sr. Alphonsa, Ms. Vilsy, Mr. Ashish and Mr. Kalrav attended the meeting.

First Session was on NEP-2020" with special reference to HEIs and the second Session was on NEP-2020" with special reference to School Education. We the Christies got the chance to witness this expert session.

Key points of the sessions-

1. Curtailing dropout rates and ensuring universal access to education at all levels.
2. Use of mother tongue for teaching-learning process at foundation level.
3. National textbooks with local content and flavour.
4. Use of local toys for teaching learning process.
5. Holistic and Multidisciplinary education.
6. Focus on student practical and application knowledge.
7. Children will have to learn at least one vocational and be exposed to several more.
8. Promoting Multilingualism and the power of language in learning and teaching
9. The mandated content will focus on key concepts, ideas, applications, and problem-solving.
10. Boards may over time also develop further viable models of Board Exams, such as – Annual semester/modular.
11. Students will be given increased flexibility and choice of subjects to study, particularly in secondary school including subjects in physical education, arts and crafts, and vocational skills.
12. Encouraging innovation and out-of-the-box ideas through Autonomy, Good Governance and Empowerment.
13. Teacher training: NCTE will formulate a new comprehensive national educational framework for teacher training, NCFTE 2021, in consultation with NCERT. As per the policy of the new education system, by 2030, a teacher will require a minimum of B.Ed. degree of 4 years for teaching in any institution.



## TRAINING SESSION



Smart Classes are now becoming fab and are enhancing the learning curve of students.

In the present situation, the virtual classroom is a new concept. During pandemic and post-pandemic, many schools and educational institutes were either offering remote teaching or were opening in a phased manner. To improvise remote teaching, schools and teachers are looking for better-equipped models, technology or products which can help them to teach and build up the engagement between the teacher and students closely.

To improvise the teaching skills of our Teachers, Our school conducted Extra

Marks Teacher Training Session by Mr. Nilesh Soni. In this session, teachers were taught about new and advanced teaching techniques. With these techniques, teachers can make their classroom teaching more interactive and dynamic. In this session, information related to new content in Extra Marks was given. This session was very informative. Teachers participated with full enthusiasm.

Today, as modern classes are getting smart, so are the modern teachers. The future of education is meant to become a lot more interesting.

## STAFF OUTING

The past two years have been a roller coaster for everyone because of the pandemic. To ensure safety, we all have been locked up in our houses. When we met the management they proposed a brilliant plan to rejuvenate the staff by taking them for an outing to a wonderful place "Radha Ri Dhani" on 30th March, 2022. Apart from relaxation and enjoyment, the picnic also aimed at building up team spirit among the members of the staff.



Different committees were formed like the prayer committee, food committee and entertainment committee. Overall arrangement was done by Mr. Ashish and Ms. Mausami. The trip started with God's blessings followed by Antakshari. The teachers were full of energy and extremely excited as they reached the destination. We were welcomed in Rajasthani style on the tune of dhols. The ambience was mesmerizing. The magic show left us speechless. Then a Rajasthani folk singer sang songs for all teachers which made us feel special. We also enjoyed folk dance and clicked pictures to cherish these memories forever.



Games organized by the entertainment committee like Chair Race, Lemon Race and theme-based Drawing Competition, were really fantastic. The lucky winners won gifts. We had ravishing and delicious Rajasthani food served in their own style.

It was a day filled with lots of laughter, music and dance. Each one enjoyed the day to the fullest with sumptuous lunch and an environment filled with love and good cheer.

## SUMMER CAMP



The summer camp runs activities that help develop the physical, mental, psychological, and social aspects of student life. Our aim in conducting summer camp was to improve the immediate and future quality of life for the young people through educational, recreational, and cultural activities.

As the summer holidays began, for making the holidays more interesting and useful for the children, Christ School organized a summer camp for our students. The summer camp started from 3rd May and continued till 27th May. The school organized various activities like Basketball, Football, Swimming, Dance, Badminton and Instrumental Music. There were 149 participants who took part with a lot of energy and enthusiasm. Coaches were assigned for each activity.

On the last day of the camp, students presented different events that they had learned in the camp and certificates were distributed to everyone. Father Davis, Manager and Sister Merlin, Principal graced the closing ceremony.

The students learned so much, and they also taught us how to laugh, keep hoping and be energetic. They had lots of fun! We are grateful to Mr. Chetanya, Mr. Abhinav and Ms. Aparna for organizing, Ms. Mercy and Ms. Mousami for accompanying students and all who contributed to this successful Summer Camp, especially to our volunteers and staff for their commitment to creating opportunities for young people.





## CABINET ELECTION AND INVESTITURE CEREMONY



"A leader is one who knows the way, goes the way and shows the way". John C. Maxwell. "Leadership is the capacity to translate vision into reality". "Leaders are not born but are made by their experiences in life". To inculcate the leadership qualities in the students and to give them a feel of the functioning of the administrative body, a School Prefectorial Board was formed after scrutinizing, interviewing and selection.



School Cabinet Election for the year 2022-23 was held on Thursday 20th June, 2022 at Christ School. To teach our students to take up leadership and responsibilities, School Cabinet Election was conducted. Students of grade IV-X cast their votes. The nominees were selected for various posts and all of them introduced themselves during the election campaign. The nominees were given a chance to visit every class and ask for votes by presenting their strengths and ability to be Cabinet Members.



On the day of the election, all students were happy and eager to cast their votes for their favourite candidate. The election process was completed in a disciplined way. Immediately after the voting process, the counting of votes took place and the result was declared on the next day in the assembly by Rev. Father Davis, Manager. All were happy and congratulated the newly formed School Cabinet.

The Investiture Ceremony of the newly elected School Cabinet for the academic year 2022-23 was held on the 21st of July 2022, with full zeal, zest and enthusiasm. The members of the Cabinet are Mast. Krishnakant Vishwakarma, the Head Boy, Miss Kashish Chaturvedi, the Head Girl, Mast. Aditya Kumar Yadav, and Miss Priyal Mittal Discipline Secretaries, Mast. Akshat Suryawanshi, and Miss Tanishka Sen Cultural Secretaries, Mast. Aryan Pancholi, and Miss Rishika Sahu Sports Captains.

Our Chief Guest Rev. Fr. Justin Akkara CMI adorned the ceremony. He was accompanied by Rev. Fr. Davis, Manager Christ School, Rev. Fr. James Administrator, Christ School, Rev. Sr. Merlin, Principal, Christ School and Rev. Sr. Monika In-charge of Primary Section. Our stupendous School Band welcomed the Chief Guest by playing the Guard of Honour. The parents of the newly elected student body attended the solemn event.

The ceremony began with a prayer song followed by the lighting of the lamp by the chief guest Rev. Fr. Justin Akkara and other dignitaries. The welcome dance performed by Christites held everyone mesmerised. Master Abzar Ahmed, the outgoing head boy shared his experience and thanked the teachers, management and students in his speech and handed over the mantle of responsibilities to his successor. Then the Cabinet Members officially took the oath administered by Rev. Sr. Merlin and relinquished charges to the School Cabinet. Fr. Justin Akkara, Fr. Davis and Fr. James girded them with Sash, Badge and Flag respectively. Fr. Justin Akkara gave the Oath Certificates to the Cabinet Members. Each one of them promised to shoulder their responsibilities efficiently.

Rev. Fr. Justin Akkara, the Chief Guest inspired and encouraged the elected leaders to be the Torch Bearers of values, that the School stands for and urged them to take responsibility with commitment and integrity. The School Choir sang a melodious song which perfectly suited the event. The song inspired the students to overcome their challenges and never give up in any situation. Master krishnakant Vishwakarma the newly elected Head Boy delivered the vote of thanks and the ceremony was concluded by National Anthem.



## CLUB INAUGURATION

**“ Clubs are the instruments through which one can find their hidden talent”.**

The inauguration of various clubs of the school for the academic year 2022-23 was held on 15th July. The occasion was graced by our Principal, Sr. Merlin, the members of the staff, club coordinators and students. Addressing the gathering Sr. Merlin insisted students to discover their talents given to them by God. Mr. Kalrav welcomed the members of each club.

The various clubs inaugurated were: Social Club, Eco Club, Literary Club, Health and Wellness Club. The club in-charges along with other members displayed the posters of various clubs. The in-charge teacher spoke about the aim, vision and objectives of their club. The concept of club is seen as an opportunity for adaptation to life, in the group forming and good life. Clubs are the instruments through which one can find their hidden talent.

### Literary club

Slogan-fly high with the knowledge

**Aim:** Literary club aims at offering opportunities to appreciate different types of literatures and increase their own literary skills. The literary club aims at not only refining the literary skills of the students but also developing in them logic and curiosity to know more and to instill in them a confidence to speak well. The literal meaning of literature is the art of written work in different forms such as poetry, plays, stories, prose, fiction etc.

**Objectives:** The club functions will include the following objectives: to inculcate among students a flair for the language and enhance their literary skills, to induce reading habits in students, and to encourage students to become orators and display their intellectual and independent thinking skills and imbibe a sense of confidence.

**Activities-**

1. Word of the day
2. Story telling
3. Poetry recitation
4. English language club
5. Creative writing
6. Book Campaign
7. English language enrichment programs.

### Health and Wellness Club

**Vision:** To impress upon our campus and unity. The importance of overall wellness pertaining to the physical, social and mental wellbeing of the individual.



**Objectives:**

1. To create awareness about basic health and wellness.
2. Imparting information in our campus and community about various emerging and prevailing diseases and their preventive measures.
3. To impart an understanding of communicable and non-communicable diseases.
4. To educate students on having a balanced diet, simple home remedies for common ailments and choices for healthy living.
5. To celebrate official WHO days.

**Activities-**Talk and seminars on health and hygiene. Awareness programs and medical check up, campus workshops on physical fitness and healthy habits, debates, and poster making on topics pertaining to health and the environment. Celebrating world health day, World heart day, World antibiotic awareness week, World aids day and World cancer day.

### Eco-club

**Vision-**Keep it clean, go green. Better environment, better tomorrow.

**Aim-**To create awareness of environmental issues among students.

**Objectives-**

1. Motivate students to imbibe habits and lifestyle for minimum waste generation and help them making the best out of waste.
2. Motivate the students to keep their surroundings clean and green by undertaking plantation of trees.



3. Sensitize the students to environment-related issues like minimise the use of plastic bags and judicious use of paper.

4. Help the students to work towards preventing pollution of water air and soil.

5. Create awareness about energy efficiency by switching off lights and fan when not in use and promote dependence on renewable resources like solar power.

Activities-Activities of the club include awareness spreading campaigns, display boards in classrooms, educational trips, sapling plantation and quiz competition.

## Social Club

Aim: It promotes and educates students on the importance of social awareness all around the world. To generate the opportunity of learning by doing for society. To develop leadership skills among the students.

Objectives-

1. To arouse the people to work for the welfare of the community.
2. To create a sense of co-operation, integration and unity among the students.

3. To develop the moral values of students. Mother Teresa said once, "We make a living by what we get, but we make a life by what we give."

Activities-

1. Celebration of road safety week.
2. Taking students on Educational tours.
3. Visit an old age home or an Orphanage.
4. Visit a police station or post office.



## INTERNATIONAL YOGA DAY

"Yoga is the journey of the self, To the self, through the self". June 21st is celebrated as the international Yoga Day all over the world. The idea was proposed by our Prime Minister, Mr. Narendra Modi. He said, "yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfilment; harmony between man and nature; a holistic approach to health and wellbeing. It is not about exercise but to discover the sense of oneness with yourself, the world and nature. By changing our lifestyle and creating consciousness, it can help in wellbeing".

7th International Yoga Day was celebrated on 21st June by the students and teachers at Christ School, Bhopal with great enthusiasm. Students demonstrated Surya Namaskars and various Asanas. Warm-up exercises were performed and all the students performed sitting and standing Asanas. The Importance of these asanas was explained simultaneously. The benefits of the postures were narrated by the sports teacher. The importance of Meditation and Pranayama, in day-to-day life to keep one mentally, physically and

psychologically healthy was highlighted.

The celebration concluded with some breathing techniques and exercises like Pranayama, Meditation and Relaxation with laughter yoga. The students were encouraged to practice regular yoga to remain fit and improve concentration as they showcased a very energetic and spirited performance.



## SCHOOL ASSEMBLY- The theme for July was Non-violence



Students are assigned to four houses in the school. Red-Resilience, Green-Gladiators, Yellow-Youngers and Blue-Battalions. One of the main objectives of dividing into four Houses is to foster in the students a sense of collective responsibility and solidarity and at the same time enkindle and develop the social qualities latent in every child. There are four competitions at four levels, they are, Debate, Hindi Speech, Extempore Speech and Extempore Speech.

To introduce Social values to the students, the school has a theme for every month. And to inculcate these values, the School conducts a special morning assembly twice a week and displays on the noticeboard artistically twice a month.

A special assembly on the theme "Non-Violence" was conducted by the students of Grade X, IX and VIII A, and on the theme 'Freedom' organized by the students of Grade VIIA, VII B and VIII B. The struggle for independence is an important milestone in the history of our country. It not only brought us freedom but also gave each citizen a great sense of pride. The numerous brave hearts who placed their lives on the line, as it were for their motherland, are all role models for the coming generation. To show this, students performed a skit showing what true freedom means. It was followed by a mime and patriotic song. Students of grade VII B recited a poem composed by themselves which was the highlight of the programme.

Students of Grade III A, III B, III C also conducted special assemblies in the Chavara Block. The students focused on the theme of 'Non-violence' and 'Freedom'. To Show the importance and meaning of the two themes they performed a skit. They showed non-violence through the life of Lord Buddha followed by a speech. The assembly concluded with a mesmerizing dance performance.

The assembly had a great moral to teach that it is not political freedom which is of utmost importance, but the process of freeing ourselves of our internal ills.



## EID CELEBRATION

Festivals are perceived as an important part of education as they can help to create a sense of National or Cultural Community among the students. Celebration of festivals brings students closer to traditional beliefs.

Christ School is an inclusive School which is open to all religions, culture, classes and caste. To promote the value of unity in diversity and respect for all, the school celebrates solemnly one of the feasts of all religions. Accordingly Eid al-Adha, the festival that upholds the spirit of brotherhood, love and sacrifice was celebrated by students and teachers of Blue House on 11 July, 2022. The purpose was to enlighten the students about the spirit of the festival, spreading the message of love and brotherhood among the students.

The celebration started with a prayer song by teachers. Students of Grade III gave a short speech telling the importance of this festival. It was followed by a skit which

taught the students about sacrifice. Our tiny tots from Grade II & III put forward a spectacular dance performance which enhanced the spirit of happiness and love. Kindergarten students were in traditional costumes and emphasized the importance of the festival. Everyone enjoyed the Eid celebration wholeheartedly.



## COLOURS DAY - RED, "Colours are the smiles of nature".

On 18 July 2022, Red colour day was celebrated with great enthusiasm in Christ School. All the students were wearing red-shaded dresses. Teachers were also in red attire. Students of Grade VI C stepped forward with zeal and confidence and shared their views regarding the importance of red colour in our life.

Colours add happiness and energy to our life. The common thread is that all these require passion. Our school assembly was looking like a painter's canvas, in which red colour was

spread. Christites were looking so beautiful and enthusiastic on this day.

Rev. Sister Merlin had an eventful interactive session with students providing them with deep insight into the purpose of such celebrations. She motivated them to think logically and anticipate rationally.

It was a wonderful day with innocent faces gleaming and reflecting brightness, joy, love and happiness.



## ADIVASI DIVAS



"You can no longer see or identify yourself solely as a member of a tribe, but as a citizen of a nation of one people working towards a common purpose".

Christ School commemorated Adivasi Divas with immense zeal under the guidance and leadership of Sr. Merlin, Principal, Christ School.

This event highlighted the importance of indigenous people to promote and defend their rights. On this day, we honour the achievements and contributions of local communities toward the prosperity of our nation. The theme for 2022 is, "The Role of Indigenous Women in the Preservation and Transmission of Traditional Knowledge".

Miss. Tanishka Sen, the Cultural Secretary, delivered a speech on the importance of Tribal Day. An act was put up by the

students, which highlighted the life history of our first woman President Draupadi Murmu from a tribal background, which is an inspiration and motivation for all of us. A traditional cultural song was performed by our supporting staff, which was enjoyed by everyone wholeheartedly.

Mr. Ashish, gave a short life story about the first tribal freedom fighter, Birsa Munda. After that, he arranged a quiz in which students blissfully participated.

Through this programme we want to impart to our students that they are also an important part of our society. This day celebrates their rich heritage and culture which they have been able to preserve through several centuries despite being oppressed many times in the past, this itself shows their willpower and determination.



## INDEPENDENCE DAY



Independence Day reminds every Indian of the beginning of a new era, the start of a new life, and freedom from bondage and slavery.

The Chief guest of the Independence Day celebration was Mr. Rajesh Chouksey, Parshad of Patel Nagar. He was welcomed by Fr. Davis, Manager of Christ School with a bouquet of love and esteem. A series of blissful events were put forth by the students, which mesmerized the audience.

The anchor, Mast. Kushagra welcomed the guest and the audience with the Sanskrit shloka followed by a prayer song. After the melodious song, the chief guest and other dignitaries were called up for flag hoisting followed by the National Anthem.

The Kindergarten students presented a fashion show by showcasing freedom fighters. This was a tribute to all the brave hearts. The fashion show was followed by a pyramid drill put forth by Valiant girls and it reflects the message of 'Nari Shakti ka prateek', the epitome of elegance. Strong women are not led by an attitude they create their own standards, have different perceptions of viewing themselves and step ahead to take the lead. Every girl should voice out a change in the world through persistent efforts, determination, and a dynamic attitude.

A patriotic song bound the heart of the audience with melody and harmony. This was followed by the keynote of the chief guest Shri. Rajesh Chouksey. In his speech, he focussed and appreciated-

- Multi linguistic talent amongst the Students.
- Cleanliness and Hygiene practices as a DNA of School.
- The embodiment of humility within the School staff, authorities, and administration.

A dexterous patriotic skit was presented by the 3rd standard students on the theme of brave Indian soldiers. The alluring group dance was performed by the students with beautiful expressions of freedom and patriotism.

Priya Mittal the Discipline Secretary concluded the occasion with a vote of thanks with a platter of appreciation and gratitude towards the honourable guests, management, and students of Christ School.





# PINGALI VENKAYYA

Pingali Venkayya was the designer of the Indian National Flag. On 2nd August 1876, he was born into a Telegu Brahmin family in Bhatlapenumarru, (Madras Presidency, British India) today's Machilipatnam in Andhra Pradesh. He was also a Lecturer, Author, Geologist, Educationalist and Agriculturist.

At the age of 19, he enrolled in the British Indian Army and was deployed to South Africa during the Second Boer War (1899-1902). He met Mahatma Gandhi during his posting in South Africa. During the war when the soldiers had to salute the Union Jack, the national flag of Britain, he realised the need for having a flag for Indians. After returning to India, he dedicated himself to the creation of a national flag for the country. In 1916, he even published a booklet on flags of other nations, A National Flag for India, offering nearly 30 designs of what could make the Indian flag.

From 1918 to 1921, he continuously kept pushing for the idea of having a National Flag of India during the Congress sessions. The flag was finally approved by Mahatma Gandhi in a Congress meeting in Vijayawada in 1921. The flag called the Swaraj Flag, consisted of green band, red band and a charkha, which represented Swaraj.

On the advice of Mahatma Gandhi, he added a white band.

In 1931, a Flag Committee was set up and they came up with a new idea called Poorna Swaraj. They replaced the red with saffron and changed the order of the colours, with saffron on top followed by white and then green. The charkha was placed on the white band in middle. On 31st October 1931, it was hoisted. The colours stood for qualities and not communities; the saffron for courage and sacrifice, white for truth and peace, and green for faith and strength. The charkha stood for the welfare of the masses.

Post-independence, a national flag committee under president Rajendra Prasad replaced the charkha with the Ashok Chakra. The flag was adopted in its present form during a meeting of the Constituent Assembly on July 22, 1947. It started to serve as the National Flag of India from August 15th, 1947 onwards.

Various names were given to Pingali Venkayya. Prominent among them was 'Jhanda Venkayya' for his part in designing the flag. He was a passionate Gemologist and was called 'Diamond Venkayya'. He was also known as 'Patti Venkayya' (patti means cotton) because of his dedication to researching staple varieties of cotton



and for his detailed study of a particular variety called Cambodia Cotton. He had a great command of Hindi, English, Urdu and Japanese. He delivered a full-length speech in Japanese and earned the title 'Japan Venkayya'.

He died in poverty on July 4th, 1963 and was largely forgotten by society. A postage stamp in his honour was released in 2009, with his photo, name and two flags. In 2014, the Vijayawada station of All India Radio was named after him.



**Ms Pallavi Tamrakar**





## CAREER COUNSELLING



An intuitive session on Career Counselling and Goal Setting was held for the students and parents of Grade VIII, IX and X in our school on 13th August 2022. Our Management organized the programme at Poornodaya auditorium. The team of Extra Marks, the learning partner of Christ School conducted the session. It's a company which is providing 360-degree digital learning solutions to schools, teachers and students having an association with over 12000 schools pan India. Mr. Kartikey

Sharma, the Spokesperson introduced the various courses of Science, Commerce and Humanities as the basics and then explained the sea of opportunities in the outer world. He also encouraged students on choosing the field they are interested in rather than allowing somebody else to govern it. It was an enriching programme for both students and parents. After the general session, six counseling sells were there ready to guide the students and parents as well. At the end of the session Rev Fr. Davis, Manager of Christ school advised our students to choose a career by listening to the inner call rather than external voices. He told the students, "The subject and the career you choose should not be based on the higher income but the joy and contentment that you experience in life by serving society and the nation. Otherwise, you will keep on changing from one profession to the other." The programme ended by noon and a small refreshment was served for all.



## VICTORS

"Victory belongs to those that believe in it the most and believe in it the longest".

Healthy competition inspires students to do their best. When students compete they will become more inquisitive, research independently and learn team work. The shining stars of our school exhibited their skills and talents in curricular and Co-curricular activities like Maths Science Talent Exam, National Spell Bee, skating, Swimming, Mental Arithmetic and Abacus and all India Talent Search. We feel proud to recognize the achievements of our students.

Upanshu Gupta VIIB secured 63rd rank in All India Maths Science Talent Exam 2021-22 and also secured 1st rank in National Spell Bee and 20th rank in National Mega Final held in Madhya Pradesh. 2nd rank in 13th open Bhopal Skating competition 2022. Anirudh Gupta V D secured 3rd position in the 13th open Bhopal Roller Skating competition 2022 and 4th rank in All India Maths Science Talent Exam 2021-22.

Tanmay Verma VIII A won a gold medal in Swimming Competition and also 3 gold and 2 silver Medals in State level Swimming Competition. Adavya Kumar Tripathi II B won a gold medal in the josh Roller Skating competition held in Asia Pacific International School and a gold medal in the 12th open Bhopal Roller Skating Competition held at Amar roller skating organization (ARSO Bhopal).



Motivation is sweet water,  
Whoever drinks it will never  
Think, say or do bitter.  
Motivation is a clear stream,  
Which will help you to complete your dreams.  
You should motivate yourself each and everyday,  
To motivate yourself, this is the way,  
Don't let the sweet water mix with negative thoughts,  
Let the sweet water be always with positive thoughts.



Aashi Gupta  
Grade VIII A

# MOTIVATION



Mitri Mishra  
Grade V A

Non-violence is the set of personal practices of not causing harm to other human beings, animals and the environment under any conditions. In today's world, non-violence has been a powerful tool for social protest. It is also the best means to achieve many political and social changes. It is also the best way to friendliness, respectfulness and motivating others. The best example of non-violent leader is Mahatma Gandhi who played a vital role in India's freedom. So, we can say the synonym of non-violence is "peace".

The international Non-Violence day is observed on 2nd October, the birthday of Mahatma Gandhi, leader of the Indian Independence Movement and pioneer of the philosophy and strategy of non-violence. According to General Assembly Resolution A/RES/61/271 of 15th June 2007, which established the commemoration of non-violence. The international day is an occasion to "disseminate the message of non-violence, inculcated through education and public awareness". Mr. Anand Sharma said that the wide and diverse sponsorship of the resolution was a reflection of the universal respect for Mahatma Gandhi and the enduring relevance of his philosophy. Quoting the late leader's own words, he said: "Non-Violence is the greatest force at the disposal of mankind. It is mightier than the mightiest weapon of destruction devised by the ingenuity of man".



Aliya Khan  
Grade IV A

**SAY  
NO TO  
VIOLENCE**



Our teachers, parents and elders teach us discipline. Discipline teaches us good manners and to follow rules. At school, we must try to be disciplined in our classrooms, on the sports ground, in the school assembly and while visiting elders. We should obey our elders because it is the greatest virtue to learn discipline. Discipline helps us to grow and become happy and successful in our life. It is the factor that makes us learn all the principles required to be successful in life. It is one of the most important lessons that will be useful for you throughout your life. So, we should follow discipline everywhere.

What is the real meaning of Discipline?

March on your toe,  
 With the head toward the time  
 Work with your hands,  
 With your heart looking at the time.  
 A second missed is time lost,  
 Never be late at any cost  
 Different duties, different times  
 But all sing the same rhyme.  
 Waiting to see one good scene,  
 Will wash out the upcoming ones

Towards discipline if you lean,  
 Will earn you the best ones.  
 Discipline is where value of time exists,  
 Desire is dream where discipline doesn't exist  
 Don't confuse your mind now,  
 But do your work in time any how.



Avishi Rathi  
 Grade VI B

# Birthday Wishes

*May the coming years add wisdom, warmth and success to your life*

*May the smile on your face stay forever like this*

*Happy birthday!!!*

- |                       |                       |
|-----------------------|-----------------------|
| 1. Rev. Fr. Davis CMI | 12. Ms. Nancy         |
| 2. Sister Monika      | 13. Ms. Pooja         |
| 3. Mr. Ashish         | 14. Ms. Aarti         |
| 4. Mr. Rajan          | 15. Ms. Prageeja      |
| 5. Mr. Kalrav         | 16. Ms. Anushree      |
| 6. Mr. Chetanya       | 17. Ms. Vilsy         |
| 7. Ms. Sapna          | 18. Ms. Shanu         |
| 8. Ms. Donita         | 19. Ms. Golda         |
| 9. Ms. Supriya        | 20. Ms. Shyni         |
| 10. Ms. Sameeksha     | 21. Ms. Sarita Shukla |
| 11. Ms. Kanchan       | 22. Ms. Aparna        |

# ART WORKS OF STUDENTS



*Some Points On Non-violence*

- 1) Non-violence contributes to good relations individuals, groups and governments.
- 2) Non-violence is a weapon of the strong
- 3) Non-violence is a powerful and just weapon.
- 4) It is a indeed weapon which cuts without wounding and reaches the man who wields it.
- 5) In 1954, Martin Luther King said Gandhi led a long and successful non-violent struggle against British rule in India.
- 6) Non-violence is the summit of bravery.
- 7) We must accept finite disappointment but we must never permit ourselves to be defeated.



**"RECEIVE THE CHILDREN IN REVERENCE, EDUCATE THEM IN LOVE, AND SEND THEM FORTH IN FREEDOM."**



**CHRIST SCHOOL**

PATEL NAGAR, ANAND NAGAR P.O. BHOPAL (M.P.)

Phone: 0755-2529007, 9424402030, 8602453511

Email: christacademybhopal@gmail.com

Website: christacademybhopal.org

**Published by: The Principal on behalf of Christ School, Bhopal**

Design & Print: Maptho Printings, Kalamassery - Cochin