



MILESTONE 2023-2024

When you have a
life milestone
happen, it's good
to step back and
reassess the
things you
thought you
knew about
yourself.

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SCHOOL SONG

O lift your loyal voices
In schoolroom, hall and field.
And let your hearts re-echo loud
the song of Xavier's shield.
The Cross and victory call us,
With faith in God above,
To dedicate our lives anew,
To service, truth and love.
Led on by faith and courage,
We fight the goodly fight.
To do our best beneath our crest,
To keep our honour bright.





Patricia D'Monte
Editor

Celebrating a Year of Achievement: Reflections from the Editor

“As we reflect on the rich tapestry of our school year, each thread tells a story. Let’s fondly recall the countless events, activities, and achievements that have left an indelible mark on this year. Our school’s annual magazine is a testament to our students, teachers, and staff’s hard work, talent, and dedication.

It’s with great pride that I write this editorial, knowing that our school community has once again demonstrated its resilience, creativity, and spirit of collaboration. Each event, award, and piece of student work showcased in this magazine represents a significant milestone in our collective journey toward excellence.

While some argue that not every event or achievement is equally significant, it’s essential to recognise the diverse talents and interests within our school community. What may seem minor to some may hold immense importance to others. By celebrating all contributions, we foster a culture of inclusivity and support for every member of our school family. Consider the vast array of events and activities that have taken place throughout the year – from academic competitions and cultural festivals to sports tournaments and community outreach initiatives. Each event has left an indelible mark on our school community, shaping our shared experiences and fostering a sense of belonging.

Likewise, the children’s awards and student-contributed articles and drawings offer glimpses into the talent, creativity, and passion that abound within our student body. As we acknowledge our accomplishments, let’s focus on the future and contemplate how to develop further and enhance our school community. I encourage students to continue participating in events, striving for excellence in their endeavours, and sharing their unique perspectives through writing and artwork. Doing so ensures that our school remains a vibrant hub of creativity, learning, and achievement.

Throughout this editorial, I aim to maintain a tone that is both celebratory and reflective, capturing the essence of our school community. Our writing must resonate with our audience, fellow students, teachers, parents, and alumni, inspiring them to take pride in our accomplishments.

As we turn the pages of our school’s annual magazine, let us celebrate the achievements, talents, and contributions that define our school community. Each event, award, article, and drawing represents a chapter in our growth and success story. Let us continue to support and inspire one another, striving for excellence in all we do. Let’s ensure our school continues to shine as a centre of learning, creativity, and achievement for future generations.



EDITORIAL TEAM





STAFF PICTURE 2023-24

"Guiding lights and pillars of support—our incredible staff who make every dream possible. Together, we inspire, nurture, and shine!"



STUDENT COUNCIL 2023-24

"Leaders in the making! The Student Council stands united in their mission to serve, lead, and make a difference every day."

OUTGOING STUDENTS 2023–24



Class X Batch 2023–24



Class XII Batch 2023–24

“To our Class X and XII, you are not just moving on;
you are carrying forward the essence of dreams nurtured here.
Go forth as pioneers, creators, and visionaries—your journey is
the legacy we are proud to have been a part of Shine brightly,
Class of 2023–24!”

Annual Report for 2023-24

This annual report summarises the achievements and challenges of St. Francis Xavier Girls' High School for 2023-24. It highlights the contribution of our students, faculty, staff, and community partners in fostering a positive learning environment.



First, credit for this year's successful functioning goes to our respected Principal, Sr. Malar Joseph, and the management. "You don't have to be great to start, but you have to start to be great." - Zig Ziglar. We began this year as Head Girls with a head start, promising to make the year exceptional. We accomplished our mission, and as we look back, we feel so happy to have fulfilled that promise. The year started with the Investiture Ceremony, where The Student Council was honoured with their positions. The Student Council of 2023-24 came together with the motto, "Alone we can do so little; together we can do so much."—Helen Keller. As leaders of the Student Council, we worked hard with the team, complementing each other, and we made it to the end together successfully, as every member rendered great support. The school conducted various sessions on health and hygiene, study tips for exams, dealing with menstruation, and saving the environment, which improved our knowledge and enhanced our awareness of our daily lives. We also had a day dedicated to saving the environment and being healthy. This included a talk by a very experienced speaker. Students bought food from a healthy tuckshop that sold food made with ingredients straight from the garden, which left the children craving more delicious muffins and millet dosas. This year, we added novelty, thus making the year 2023-24 remarkable. For the very first time, the Diwali celebration was organised by our teachers and was a huge success. SFX led the way by celebrating a pollution-free Diwali with lamps, music, dance, and unlimited fun. The Teachers' Day celebration was the first significant event we organised. It was celebrated with lights, a disco, a dance performance, singing, skits, and much more. We were delighted as we could make our teachers happy and see their cheerful faces, which made us feel good. SFX has always taught us to give more to the underprivileged with a smile. We are also proud to say that because of the generosity of our students, we could donate and help many other students and teachers. Sports day is a hectic phase of the year as we spend most of our time preparing to become perfect on the field. The day began with the March Past, followed by the Mass drill and the House Drill. The March Past focused on coordination and discipline, from maintaining lines to holding a stout posture. March Past was a good show. The Mass Drill was performed uniquely with different kinds of props like – Khati, Dumbbells, Lezim, and Hoops, with each house undertaking the challenge of winning the House Display. Each House Display had a significant and effective theme that is applied in today's society.

St. Xavier House:

St. Joseph House: Ethical Violence -

St. Catherine House:

St. Teresa House:

Khelo India: Evolution of Sports

Respect for Humanity (Manipur conflict, Israel-Palestine issue, and Russia-Ukraine war)

ISRO (The Chandrayaan Mission)

Organ Donation



We also had many of our star sports girls play different sports, such as throwball, basketball, archery, volleyball, and relay, to add points to the final scores, enabling them to move their houses to the top position. Sports Day brought about the essence and meaning of teamwork and sportsmanship.

Then, we had the Primary Concert, where the tiny tots of our school showcased an awe-inspiring performance. This event was a roaring success with the skit, dances, and choir.

Yuletide is the essence of SFX. We host it every year, and we witnessed a fantabulous performance this year. Different schools performed carols on this day, making the Christmas season come to life while spreading joy. What could have been a better way to bring in the Christmas spirit?

This was followed by Socials, a farewell party organised by the juniors for the outgoing seniors, and that was indeed a treat. The effort put in by each student showed their unanimous love for their seniors. The theme was – “Set sail for a memorable adventure.” Graduation was the culmination of the entire year’s energy and effort. For us, it was nostalgic as we had to bid farewell. From the sarees to the arrangements and decorations, we can proudly say that the ceremony was conducted to utmost perfection- in the SFX way. It was held with the theme – “Follow your dreams with faith and courage”. The previous day also included the farewell assembly with the theme- “We’ll meet again, don’t know where, don’t know when, But I know we’ll meet again some sunny day”. This day left our students in tears. The solemn ceremony of graduation saw the distribution of mementoes and the singing of the school song for the final time. The song – Follow Your Dreams was sung by the batch of 2023-24 on Graduation Day, bringing out the Xavierite spirit within us.

“Great is the art of beginning, but greater is the art of ending!” ----Henry Wadsworth.

We end by bidding farewell to this enthralling year, and hence, we part, but we are happy that 2023-24 goes down in the history of our school as one of the best years in this prestigious institution, which was established in 1889. We thank everyone who played their part in it.

-Andria John (X A) ICSE Head Girl

-Joanne Gerard (XII A) ISC Head Girl



ST. XAVIER HOUSE REPORT

St. Xavier House always works to continue growing and improving. We, as students, strive for the glory of our house and remain committed, never giving up. This year may have been challenging, but our determination remained unwavering as we embraced the opportunity to develop valuable qualities such as resilience, adaptability, and collaboration. Our commitment to excellence propelled us forward while we emerged stronger as individuals and a united front.

Xavier House never fails to make us proud, as we excelled in most of the events held in the school. Our house proudly secured First place in the Inter-House Hindi Debate Competition. The participants demonstrated remarkable proficiency in delivering compelling arguments and contributed to our collective success in fostering a culture of effective communication. We also secured First place in the Inter-House Hindi Elocution and bagged the march past Shield on the Sports Day held for the teachers.

Despite not achieving the top position in the overall ranking, our success in individual events like Volleyball and Tug-of-war, where we bagged the winning shields, showcased our ability to excel in specific areas and reminded us of the importance of celebrating every accomplishment, regardless of the outcome. We carry the shields won in volleyball and tug of war as symbols of our achievement and as reminders of the effort we put in as a team. We are extremely grateful to all our supporters and well-wishers, and we owe our success and achievements to our house mistress, Ms Reena Davis and all the other house teachers, without whose tremendous guidance and support we couldn't have thrived well in our endeavours.

The challenges we faced moulded Xavierites into who we are today as the living example of our motto- **“Endeavour Wins”**.

ICSE CAPTAIN: Arshpreet Chawla

ISC CAPTAIN: Suzanne. P

PREFECT: Megan Olivia Rafferty



St. Teresa House Report

“Talent wins games, but teamwork and intelligence win championships.”

“Michael Jordon.”

Exemplifying these words, St. Teresa House excelled throughout the year. The colour blue epitomises sincerity, wisdom, and confidence, and so did the students of the house achieve beyond all expectations.

St. Teresa House showcased remarkable talent and linguistic prowess as they clinched the first position in English elocution, demonstrating exceptional oratory skills. We also secured a commendable Second place in Kannada elocution and Hindi debate, showcasing the versatility in multiple languages.

“Annual Athletic Sports Meet 2023-24” was the most awaited event of the year.

As the battle began, every house competed for the coveted shield to win it; coming Second was not an exemption.

St. Teresa House gave their best, showing immense perseverance and passion, leaving no stone unturned. It was now or never; each house showed immense vigour and vitality.

Through determination and perseverance, St. Teresa House won Second place in throw ball and tug of war and Third place in basketball. Our dedication and persistence paid off when we won First place in the House drill and Second place in the Mass drill.

St. Teresa House won the overall championship. It was a dream come true, and nothing could complement the immense joy and happiness of the captains and the team.

It was a pride-infused moment when St. Teresa House led the final march past after seven long years.

We would like to extend our sincere gratitude to our Principal, Sr. Malar Joseph, for giving us multiple opportunities. We also wish to thank our house mistress, Ms. Sangeeta, and house teachers. Special thanks to our coach, Mallesh Sir, for guiding and helping us throughout the year.

It is rightly said that teamwork makes all dreams work. The year was a cumulation of challenges, filled with exciting opportunities and learning experiences that significantly shaped each member of the house. As we step down from our roles as House Captains, we hope that St. Teresa House continues to scale great heights and keep up the spirit of our motto— **“High and Good.”**

ISC Captain- Prathana GM

ICSE Captain- Umme Salma

Prefect – Annlyn Fernandes



St. Joseph House report

With focus, determination, and motivation, we started another academic year at St Francis Xavier Girls' High School.

Our house has always focused on the ultimate, giving our best and leaving no stone unturned.

We, the St Joseph House members, were always prepared for all the challenges and participated with great zeal in every inter-house competition.

In the Hindi debate, English and Kannada elocutions, the Josephites put their heart and soul into receiving individual prizes as an appreciation for their efforts.

In the Hindi elocution, St Joseph won the Second place. Our house participated in numerous sports events and won many laurels. Our house secured Third place in Throwball, Second place in Volleyball and Basketball, and we secured First place in badminton for singles and doubles. Each Josephite showed what they were truly capable of. Together, we worked hard and put our best foot forward to work for the success of our house. Finally, on Sports Day, all the efforts of the captains, the house prefect, and all other members paid off. We bagged the winning shield for March Past and secured Third place in the overall championship.

We are truly indebted to our ever-supportive house mistress, Ms Maria Kathy, and all the other house teachers for efficient grooming and training us and for their extremely well-curated coordination, cooperation, and unceasing support of our house, which led to all our triumphs and achievements. The entire year was a learning experience; we are forever grateful for this journey.

Once a Josephite, always a Josephite.

ISCE CAPTAIN- Maya Muthu Uma

ISC CAPTAIN- Andria Sushmita J

PREFECT- Joanna Daniel



St Catherine House Report

“Together we achieve, together we believe, embodying excellence with every triumph.”

In the vibrant tapestry of St. Catherine House, academic prowess and athletic triumphs weave a narrative of collective achievement.

From securing First place in Kannada elocution to dominating the sports arena with first positions in Throw ball and Basketball, our house members have demonstrated not just talent but a spirit of unity and determination.

In the realm of languages, our orators claimed victories in Kannada, achieved Second place in English elocution, and a commendable Third place in Hindi debate. These achievements reflected not only linguistic finesse but also the power of effective communication—a skill that binds us together.

On the sports front, our victories in Throw ball and Basketball stand as testaments to our teamwork and competitive spirit. Even in the face of challenges, our Third place in Volleyball, tug-of-war, and Badminton singles and doubles reiterated our resilience, strategy, and sportsmanship.

Our second place in the overall Sports Day ranking adds to our list of achievements. This recognition reflects our athletes’ consistent dedication and performance across various disciplines.

We express our gratitude to our house mistress, Ms Deepa, our house teachers, our Games captains, and Prefect Angelyn Glasho. We recognise their role in shaping St. Catherine House’s triumph. Their guidance, leadership, and unwavering support have been the driving forces behind our collective success.

In the spirit of togetherness, we carry forward the lessons learned, the victories earned, and the values upheld. St. Catherine House remains a shining example of what can be achieved when individuals come together with a shared purpose and unwavering belief in their abilities.

We wish the future house captains and the prefects the very best! We hope our fellow members will always uphold the **“Deeds not Words”** motto.

ISC Captain- Anushri S

ICSE Captain- Alita Sharma R

Prefect- Angelyn Glasho



Annual Athletic Meet 2023-24

On the 25th of November, St. Francis Xavier Girls' High School witnessed exhilarating spectacular events as it hosted its Annual Athletic Meet. The air buzzed with excitement and anticipation as students, teachers, and parents gathered to witness a day filled with athletic prowess and spirited competition.

The auspicious occasion began with the gracious arrival of the Chief Guest, Mrs Poonam Belliappa, and the Guest of Honour, Prof. Rajkumar P Malipatila, Principal Sr Malar Joseph, and the Sisters of St. Joseph of Tarbes, with a fanfare of bugles. A solemn prayer invoked divine blessings upon the event, followed by the hoisting of the school flag, marking the official commencement of the Sports Meet.



A vibrant march past led by the school captains, NCC cadets, guides, and the houses, St. Xavier House, St. Joseph House, St. Catherine House, and St. Teresa House, set the tone for the day. The marching contingents, each adorned in their respective house colours, displayed remarkable discipline and coordination, showcasing the school's spirit of unity and camaraderie.



With the Chief Guest's declaration, the meet was officially declared 'Open,' igniting the enthusiasm within the participants. The symbolic torch relay passed from one athlete to another represented the spirit of sportsmanship and the desire to excel. Following the oath ceremony, where all the students pledged to uphold the principles of fair play and sportsmanship, the flags of each house were proudly planted, marking their territories and amplifying the competitive spirit.



A dazzling mass drill performed by students from all houses mesmerised the audience with its synchronised movements and intricate formations. The sheer scale and coordination of the performance left everyone awestruck.

The athletic events began with a thrilling 200m race, in which participants pushed their limits and displayed exceptional athleticism. This was followed by house drills, which showcased each house's unique talents and synchronised movements.

The guides' drill, a display of precision and discipline, enthralled the audience with its intricate formations and sharp movements. The inter-school and inter-house relays added to the excitement as students collaborated and strategised to secure victory for their teams.



In the afternoon, we witnessed a captivating band display showcasing the school band's musical talent. Their performance filled the air with vibrant melodies and energised the crowd.

The day's climax arrived with the final Tug-of-war match between St. Teresa House and St. Xavier House. The two teams exhibited immense strength and determination, pulling against each other with all their might. The tension in the air was palpable as the crowd watched with bated breath, finally erupting in cheers as St. Xavier House emerged victoriously.



A closing march past brought all the participants together, symbolising the unity and camaraderie that lies at the heart of the school. The lowering of the school flag marked the end of the official proceedings.

The Chief Guest and the Guest of Honour addressed the gathering, applauding the athletes' dedication and sportsmanship. They emphasised the importance of participation, teamwork, and the pursuit of excellence, both on and off the field.



The much-awaited prize distribution ceremony followed, where outstanding athletes were recognised for their achievements. St. Teresa House bagged the winning trophy, St. Catherine House won the mass drill, St. Teresa House won the house drill, and St. Joseph House won the march past event. The cheers and applause that accompanied each award reflected the pride and appreciation for the participants' hard work and dedication.



Simultaneously, a food fest was organised in the Middle School quadrangle to enhance the event's palpability and enjoyment. The food fest added a delightful and festive atmosphere to the occasion, creating a perfect blend of intellectual engagement and culinary delights. The food fest made the overall event a memorable experience for everyone involved.



Finally, a vote of thanks was delivered, expressing gratitude to everyone who contributed to the event's success. With the meet declared 'closed,' the echoes of excitement and cheers still lingered in the air, leaving a lasting impression of a day filled with athletic spirit and camaraderie.

The Annual Athletic Meet 2023-24 was a testament to the school's commitment to fostering physical fitness, sportsmanship, and a healthy competitive spirit. It served as a platform for young athletes to showcase their talents, learn valuable lessons, and create memories that will last a lifetime.

-Tryphena S Rozario
X 'A'

SPORTS REPORT 2023-24

“Always work hard, never give up, and fight until the end because it’s never really over until the whistle blows.” — Alex Morgan.

St. Francis Xavier Girls’ High School is dedicated to nurturing sports talent among its students and encouraging them to participate. The school’s inclusive approach ensures that every student is motivated to engage in sports activities, fostering a culture of athleticism. Our athletes’ remarkable achievements leave a lasting impact wherever they go and win laurels for the school, showcasing its commitment to excellence in academics and sports.

Our school actively participated in several state-level competitions, achieving success in various sports such as Handball, Karate, Lawn Tennis, Table Tennis, Throwball, Archery, Shooting, Yoga, Taekwondo, Kho Kho, Kabaddi, Volleyball, Chess, Caroms, Athletics and Swimming. The students exhibited exceptional determination and emerged victorious, bringing glory to our institution. Their performance demonstrated the dedication and prowess of our athletes in the state-level competitions. The notable achievements of our students in the state-level competitions are:

State Level Junior Athletics Championships are held in Mangalore.

- 1) Bhuvana Sariah P - Long jump Gold Medal, Heptathlon Gold Medal and Selected for Junior National Level Athletics Championships
- 2) Ishita Neoma Roche - Hexathlon 4th place
- 3) Hafsa Khan - Discuss Throw 5th Place

CISCE State Level Handball : KVS Doddaballapur

U-19 Team : 1st place - Bhuvana Sariah P, Ishita Neoma Roche, Anita. F. Francis, Hafsa Khan, Pearl Andrea, Alice Antria, Maria Stephy, Leema Sherly W, Bhavana Biju, Leighann Debi, Geraldine Christy, Deborah Princy Paul, Sancia Jayraj, Rumaiza Khan, Krithika M, and Krithika Rao.

CISCE State Level Lawn Tennis: Sarla Birla

U-14 : 1st place - Aylin Miriam, Veena S
U-17 : Tasha, Gurleen Kaur

CISCE State Level Throwball: St. Dominics School, Attibele

U-19 Team : 1st Place - Bhuvana Sariah P, Ishita Neoma Roche, Rifa Fuzail, Hafsa Khan, Anita F Francis, Cressida V, Grace Hannah, Nanditha, Leighann Debi, Thanmayi and Renne Joseph.

CISCE State Level Archery : St. Francis Xavier Girls' High School
 Akshaya Vinayaka : 2nd place 20m, 3rd Place 30m
 Sandra : 4th Place
 Aashraya A : 1st Place 30m, 1st Place 40m
 Marziyya : 2nd Place 30m, 2nd Place 40m
 Angela Margaret : 2nd Place 30m, 2nd Place 50m
 Kriti : 1st Place 30m, 1st Place 50m
 Michelle : 3rd Place 30m, 3rd Place 50m
 Kareena A : 1stPlace Recurve Round

CISCE State Level Kho Kho : Vidyaniketan Devanahalli
 U-19 Team : 2nd Place
 Anita F Francis, Prathana G.M, Shamili S, Bhavana Biju, Harshita G.M, Hannah Regina,
 Shayln Natania, Alice Antria, Yusra, Sara, Mariam Raina William, Kashika, Ankita.

CISCE State Level Kabbadi : KVS Doddaballapur
 U-19 Team : 2nd Place
 Samantha, Nainika, Purvi, Thanushree, Lavena, Lency, Lakshitha, Maria Enslin, Poorna,
 Deekshitha, Mehak Anjum, Hemuela Harlis, Vivean, Mohita.

CISCE State Level Table Tennis : St. Mary's School, Dasarahalli
 1)Grace Hannah
 2) Hajira Danish Patel
 3)Selath Mariam
 4)Christina
 5)Mariam

CISCE State Level Athletics : Jayaprakash Narayana Youth Centre Vidyanagar
 U-14 : Pearl Andrea J : 2nd Place Hurdles
 Leema Sherly : 3rd Place Shot put

U-17 :
 Anita F Francis : 3rd Place 400mtr Hurdles
 3rd Place Triple Jump
 1st Place 4x100mtr Relay
 2nd Place 4x400mtr Relay
 Rifa Fuzail : 1st Place Javelin Throw
 Bhuvana Sariah P : 1st Place Long Jump
 2nd Place Hurdles
 2nd Place 200mtr
 2nd Place 4x400mtr Relay
 1st Place 4x100mtr Relay
 Maria Stephy C : 1st Place 4x100mtr Relay
 2nd Place 4x400mtr Relay
 Hafsa Khan : 1st Place Hammer Throw

U-19:

Ishita Neoma Roche : 2nd Place High Jump
 2nd Place Triple Jump
 2nd Place Hurdles
 2nd Place 4x100mtr Relay

U19 -

Bhavana Biju	:	3rd Place Triple Jump
Charumathi Ilango	:	2nd Place Hurdles
Krithika M	:	1st Place Hammer Throw
Grace Hannah	:	2nd Place Hammer Throw

CISCE State Level Boxing	:	St. Francis School
Mohita	:	1st Place
Mehek	:	1st Place
Rumaiza	:	1st Place

Our prestigious school proudly hosted the First St. Joseph of Tarbes State Level Throwball Tournament, inviting schools from across the state to participate. In a remarkable display of skill and teamwork, all our three teams in the U-14, U-17, and U-19 categories clinched the gold medal, emerging champions. This success underscores our school's commitment to promoting sports excellence and fostering a competitive spirit among our students.



Our school fielded a formidable team in various national tournaments, displaying exceptional talent with notable achievements in handball, throwball, athletics, Kho-Kho, Kabaddi, lawn tennis, archery, and boxing; the list is endless. These endeavours reflect our commitment to fostering holistic development and sportsmanship among our students.

We presented over forty talented athletes who were chosen for The CISCE Nationals, which was held in various states throughout India. Bhuvana Sariah P, Ishita Neoma Roche, Anita. F. Francis, Pearl Andrea, Alice Antria, Maria Stephy, Leema Sherly, Bhavana Biju, Leighann Debi, Geraldine Christy, Deborah Princy Paul, Sancia Jayraj, Rumaiza Khan, Krithika. M, Hafsa Khan, Krithika Rao, Renee Joseph, Rifa Fuzail, Cressida V, Sharon Mary, Tiara Alice Pinto, Grace Hannah, Charumathi Ilango, Prathana GM, Harshita GM, Ankita Mirella K, Kashika A, Samantha Satheesh, Lavena Salath Benedici, Nainika Sophia Pillai, Poorna Varshini, Maria Enslin, Aylin Miriam Cornelio, Veena. S, Gurleen Kaur K, Akshaya P, Sandra Rachel, Aashraya Ankushee, Marziyya Harmain, Kareena Saldanah, Ella Goes, Angela Margaret, Michelle Elida, Kriti Jain, Mohitha Kamath and Mehak Anjum proudly represented our school in many states and won several awards.



The achievements in the various national level games are:

The CISCE National Throwball Tournament in Tirupur, Tamil Nadu, in October.

U-19 Team : 1st place
Bhuvana Sariah P, Ishita Neoma Roche, Rifa Fuzail Renee Joseph, and Cressida V
U-14 Team : 3rd place
Sharon Mary

In October, our school's athletes gave stellar performances at the CISCE Athletic Nationals, held at Vidyanagar, Karnataka. Our multi-faceted band played their rhythmic tunes at the opening ceremony.

Bhuvana Sariah P : 3rd Place in the Long Jump
Ishita Neoma Roche : 3rd Place in Triple Jump
Tiara Alice Pinto : 1st place in 4x100mtr Relay

Our school participated in the September **CISCE National Kabaddi Tournament** in West Bengal.

U-19 Team : 3rd place
Samantha Satheesh, Lavena Salath Benedici, Nainika Sophia Pillai, Poorna Varshini, and Maria Enslin.

Many talented archers actively participated in Kolkata's September CISCE National Archery tournament.

Akshaya P : 4th Place in 20m and 30m in the bamboo archer's round

Bhuvana Sariah P, Rumaiza Khan, Ishita Neoma Roche and Akshaya P's selection for SGFI (School Games Federation of India) is a testament to our commitment to nurturing top-tier athletic talent.

The **38th Junior National Athletic Meet** was held at Coimbatore, Tamil Nadu, from November 6th to 10th, 2023. Our budding athlete, Bhuvana Sariah P, secured the 6th position in both the Long Jump and the Heptathlon event in the under-18 girls' category, which earned her selection for the 6th Khelo India Youth Games, where she secured the 6th Place in the Long Jump girls under-18 category.

The **First Indo-Nepal International Throwball Championship** took Place in Pokhara, Nepal, from December 28th to 31st, 2023. Our formidable team, representing India, is comprised of our school players.

Our very own Physical instructor coached them,
Mr Malleshi S. Dhanawade (INDIAN TEAM COACH)

The players were led by their

TEAM CAPTAIN, Bhuvana Sariah P.

Followed by Ishita Neoma Roche, Rifa Fuzail, Hafsa Khan, and Anita F. Francis.

The team emerged victorious, clinching the gold medal in a challenging and fiercely contested game. The event highlighted the exceptional skills and resilience of the Indian Team.



Participating in numerous interschool relay competitions, our athletes demonstrated remarkable prowess, wherein our Middle School, High School, and ISC teams secured multiple medals.

Sophias High School

Middle School Relay Team : 2nd Place - Pearl Andrea J, Sancia Jayraj, Alice Antria

High School Relay Team : 1st Place - Bhuvana Sariah P, Ishita Neoma Roache, Anita F Francis, Tiara Alice Pinto

ISC Relay Team : 2nd Place - Charumathi Ilango, Prathana GM, Shamili S, Bhavana Biju

St. Johns High School

High School Relay Team : 1st Place - Bhuvana Sariah P, Ishita Neoma Roache Anita F Francis and Tiara Alice Pinto

ISC Relay Team : 2nd Place - Charumathi Ilango, Prathana GM, Shamili S, Bhavana Biju





St. Francis Xavier Girls' High School Annual Athletic Sports Meet, held on - November 25th, 2023, was undoubtedly one of the most awaited events of the year. The programme commenced with the arrival of the esteemed Chief Guest Poonam Belliappa and Guest of Honour Dr Rajkumar P Malipatil, who was welcomed with a fanfare of trumpets by the school band and NCC.

The students took their places in their respective houses. Holding the flag high, The Grand March Past was led by the ICSE Head Girl Andria John and ICSE Games Captain Bhuvana Sariah P, followed by ISC Head Girl Joanne Gerard, ISC Games Captain Bhavana Biju, and ICSE Games Captain Anita F Francis. Close behind were the proud NCC, brave guides, enthusiastic houses, and a contingent of players of the national team led by Anita F Francis, the ICSE Games Captain.

The Games Captains administered the oath, and Ms Poonam Belliappa declared the Sports Meet open.

Their Middle School counterparts joined the parade of the ISC and High School students as they performed the colourful House Displays and Mass Drill with brilliance and coordination. This was followed by several athletic events for students and novelty races for parents, staff, and former students. The closing March Past was led by the ISC Head Girl, Joanne Gerard, and ISC Games Captain, Bhavana Biju, followed by the ICSE Head Girl, Andria John, and ICSE Games Captains, Bhuvana Sariah P. and Anita F Francis.

The following are the results of our Inter-House Competitions:

March Past: St. Joseph House
Mass Drill: St Catherine House
House Displays: St Teresa House
Basketball: St Catherine House
Throwball: St Catherine House
Volleyball: St Xavier House
Badminton: St Joseph House
Tug-O-War: St Xavier House
Overall Winning House: St Teresa House

The individual champions were:

Middle School Juniors: Rachel Roland
Middle School Seniors: Pearl Andrea J
High School Sub-Juniors: Syeda Juveria
High School Juniors: Anita F Francis
High School Seniors: Bhuvana Sariah P
ISC: Charumathi Ilango
Best Throwball Player: Rifa Fuzial
Best Basketball Player: Bhuvana Sariah P
Best Volleyball Player: Maya Muthu
Best Badminton Player: Tiara Alice Pinto
Most Outstanding Performance: Bhuvana Sariah P
Best Outstanding Participation: Ishita Neoma Roche
Most Sporting Girl: Hafsa Khan
Most Consistent Performance: Bhavana Biju

The Victor Ludorum Champion of Champions was bagged by two athletes, Bhuvana Sariah P. and Anita F Francis. The Sports Meet ended with the four houses marching in perfect coordination. The Chief Guests addressed the gathering and motivated the students to pursue excellence in every walk of life.

“Age is no barrier. It is the limitation you put on your mind”- Jackie Joyner Kersee. With this spirit in mind, the Teachers’ Sports Day was held on September 5th, 2023. There was an air of excitement among the teaching and non-teaching faculty, who delightfully participated in and enjoyed the various activities organised by the Student Council. It truly brought out the sporty side of our faculty.

“The way to develop the best in a person is by appreciation and encouragement” - Charles Schwab.

We sincerely thank our Principal, Sr. Malar Joseph, staff, students, parents, and friends. We also want to mention the tireless efforts and support of our Physical Education Instructors, Mr Malleshi S Dhanwade, Mr Munikrishna, Mrs Prema V H, and Mrs Caroline Singh, without whose support all the sports events organised this year would have been imperfect. We are truly grateful to have such impressive pillars who motivate us daily to achieve our full potential.

ISC Games Captain: Bhavana Biju

High School Games Captain: Bhuvana Sariah P

ICSE Games Captain: Anita F. Francis



BULBULS

The Bulbul session commenced in August, and the kids learned the Bulbul Prayer song, the Promise, the Law, and the Motto, and also learned to do a good turn every day.

The Bulbuls took part in the school's Independence Day celebration, during which they enacted and paid homage to the departed soldiers (Amar, Jawan Jyothi).

On 22nd February 2024, the Bulbuls, along with the Guides company, celebrated Founder's Day to mark the birthdays of both Lord Baden Powell and his wife, Olave Baden Powell, with a prayer service which included inter-religious prayer, prayer song and patriotic songs. Our beloved Principal, Sr. Malar Joseph, graced the occasion and distributed sweets.

On March 16th, 2024, the children attended the day camp organised on the school campus. The camp included many activities, such as drawing, games, and best-out-of-waste activities. The Bulbuls were happy and enjoyed the day.

Chitrakala Gopinath



GUIDES REPORT – 2023-24

The Guides have been a vital part of St. Francis Xavier Girls' High School and are known for participating in various activities in and out of the school campus. The Guides of SFX help with multiple duties such as cleaning the school campus, organising events, and helping the school faculty. They have also participated in and raised campaigns to save water and have promoted planting trees. Guides with the motto EVER PREPARED aim to serve society through various life skills.

ENVIRONMENT DAY

World Environment Day is celebrated annually on June 5th. In 2023, the Guides, along with their Guide Captain, actively participated in cleaning the school field and garden area. Fresh saplings brought by the students were then planted under the guidance and support of the Principal, Sr. Malar Joseph, and teachers of the High School Section.



YOGA DAY

International Yoga Day was celebrated on 21 June 2023 in the High School quadrangle of SFX. The Guide Captain, Ms Janaki, demonstrated various yoga asanas, and the Guides, in turn, followed the instructions and performed the asanas with great zeal. Some of the asanas demonstrated include – Vrukshasana, dhanurasana, bhujangasana and the 'Surya-Namaskara' along with meditation. This educative event created an atmosphere conducive for the students to learn about the methods and benefits of keeping their minds and bodies healthy and fit and enhance their understanding of the aesthetic values of yoga and meditation.



INDEPENDENCE DAY

To enkindle the spirit of patriotism among the students and remind us of the great sacrifices of our great freedom fighters and leaders, St. Francis Xavier Girls' High School hoists the Indian flag on the school premises every Independence Day. On 15 August 2023, the Indian flag was hoisted by the Chief Guest, Colonel Anuj Kumar. On this day, the Guides sang the 'Guides Prayer Song'—Daya Kar Daan Bhakti Ka.



GUIDES TREKKING ACTIVITY

On the 12th of October, 2023, Guide Captain Ms Janaki planned a trekking activity. We travelled by bus to Chikkaballapur's Gopinath Betta. Upon reaching the spot, we visited a few temples, had some snacks, and started our trekking journey. We climbed to the highest point of a hill comprising giant boulders and huge rocks. Ms Janaki led the trek, and the senior guides extended their helping hands to all the other members climbing the top. Later, we had lunch in the village, then travelled down to the city's outskirts. We visited an ancient Chola Temple and journeyed back to school. Although exhausted, we engraved this joyful experience in our hearts, which made this educational trip 'unforgettable'.



POTTERY MAKING AND CLEANING OF THE SCHOOL CAMPUS:

In November, a week before Diwali, all the Guides joined hands to clean the school campus. Every inch of the High School quadrangle was swept and cleared of dust. Dry leaves, discarded waste papers, and chocolate wrappers were picked up and disposed of properly.



After cleaning, we made diyas with pottery clay for the Diwali celebration. Ms Janaki demonstrated how to mould the clay and how much water to add. We let the diyas dry for a week before the Diwali celebration.

The Guides made bouquets of fresh leaves and flowers, handpicked from our school, and gifted them to all the aunties (support staff). Ceramic mugs were also gifted to the uncles. This was a humble way of appreciating their hard work and effort to keep our school clean.



DIWALI – DIYA LIGHTING ON THE SCHOOL CAMPUS

The diyas moulded and painted by the Guides were used on 13th November 2023 to light up our school premises because of Diwali. The event took place at 5:30 pm, and the light of beautiful diyas illuminated the entire High School quadrangle. The lighting of a diya signifies the end of all evil and the beginning of good times. It also symbolises victory, positivity and optimism. By lighting diyas in school, we brought positivity and good vibes into the premises.



ANNUAL SPORTS DAY

The Annual Sports Day was celebrated on 25 November 2023. The Guide leader, Monisha Srinivas Ghodke, and the vice-leader, Jayasri. A, led the Guides of SFX in the grand march past. This year, the Guide leader and vice-leader requested that our Principal allow the Guides to perform a 'pyramid display'. So, with the permission of our Principal, the Guides formed many intricate pyramids and ended the show with marvel.



Each Guide was assigned specific duties such as – first aid, the scoreboard in charge, balloon cutting, and many other miscellaneous activities. After the Sports Day, all the Guides stayed back, cleaned the entire field, arranged all the chairs, and disposed of wasted food items. Three bins of waste were filled by the Guides alone.

COMMEMORATION OF CAPTAIN PRANJAL:

Captain MV Pranjal, who was killed during an encounter in Jammu and Kashmir, was only 28 years old. The officer's sacrificial death while trying to safeguard civilians during a search operation will always be remembered. Mr. Pranjal was not only an army officer but also a Scout. Therefore, to commemorate his death, a prayer service was organised by the Guides in the Primary quadrangle, where diyas were lit and flowers adorned his photo. Ms Janaki briefed us about the honourable death of the officer, his heroic deeds, and patriotism and loyalty towards his countrymen.



WORLD THINKING DAY

On 22nd February every year, the Guides of St. Francis Xavier Girls' High School celebrate World Thinking Day in honour of the joint birthdays of Lord Robert Baden-Powell, founder of the Boy Scout movement and his wife Olave Baden Powell, World Chief Guide. This year, to commemorate this day, our Captain – Ms. Janaki-organised the All-Faith Prayer Service, where we lit lamps and adorned the photo of our beloved founders with rose petals.



We began with a brief introduction highlighting the day's importance and sang many prayer songs like 'We Shall Overcome', 'Raghupati Raghav', 'Jai bolo', etc. We concluded with the prayer song and flag song. Sweets were distributed among all the guides, Bulbuls, and staff to mark this celebration and express thanks and appreciation for this international movement.

OVERNIGHT CAMP IN SCHOOL

The Guides participated in an overnight camp on the school premises on March 15th and 16th of March, 2024. The camp was set up from 3 pm on Friday to 2 pm on Saturday. We set up our station in the Mini Hall and spent the night there.

The camp was filled with various events, such as – setting up the campfire, where everyone collected sticks to light the fire in the evening. Later, a group of six climbed mango trees.



The campfire dance was held at 8 pm, and Sr. Malar joined us in our celebration. The following day, a kit check and flag ceremony were carried out. The Guide Captain also demonstrated early morning BP exercises. Guides from Std- 5th to 10th attended the camp. We also had a mandatory log book check, which was held. On Saturday, various games were organised by the captain, and prizes were awarded to the winners.

We hope this will continue the legacy of our effortless work and that our junior guides feel inspired and motivated to carry out and accomplish the guides' motto in the years to come.

MONISHA SRINIVAS GHODKE
GUIDES LEADER – CLASS 9 'B'

JAYSRI A
GUIDES VICE-LEADER – CLASS 9 'A'



NCC Activities

The National Cadet Corps (NCC) stands as a pillar of youth development, instilling values of discipline, leadership, and patriotism. With its motto, "Unity and Discipline," the NCC provides a platform for holistic growth, combining military training with opportunities for physical fitness, adventure, and community service. As one of the largest youth organisations globally, the NCC prepares cadets for national defence and fosters unity and camaraderie among India's diverse youth. Through its multifaceted programs, the NCC continues to shape the character and aspirations of millions of young citizens, ensuring a brighter future for the nation.

1. WORLD ENVIRONMENT DAY (JUNE 5th)

"Let's nurture nature so that we can have a better Future".

The cadets of SFX had participated in many activities on the World Environment Day (2023-2024).

We spread awareness about preserving the environment and the hazardous effects of pollution on the earth through individual speeches. We also contributed a lot of time and put in our best possible effort to make colourful posters to spread the message of 'cleanliness'. Inspired by the "Ek Swachhata Ki Aur" slogan, the cadets helped to keep the school campus clean by clearing up the surrounding waste paper and dust. We also believe in the motto of 2023-2024 that states: "Save the Earth, Save the Environment".

2. INDEPENDENCE DAY (AUGUST 15th)

"At the stroke of the midnight hour, when the world sleeps, India will awake to life and freedom" _ Jawaharlal Nehru.

The cadets of SFX were a part of the 75th Independence Day celebration.

The CSM Harshita GM and SGT Geraldine Christy escorted the honourable Chief Guest Col. Anuj Kumar Singh, towards the flag pole. The National flag was hoisted with great pride, followed by the National Anthem. The NCC and the Guides Anthem were sung with utmost patriotism. Then, the celebration continued through a cultural program. Finally, Col. Anuj Kumar Singh's powerful message ignited in our hearts the spark of loyalty and selfless love for our motherland, inspiring us to work effortlessly for our country.

3. YOGA DAY:

On International Yoga Day, the National Cadet Corps (NCC) enthusiastically embraced the spirit of holistic well-being through a series of yoga sessions. The sessions focused on promoting physical and mental fitness, fostering a sense of discipline, and enhancing stress resilience. Cadets engaged in various yogic postures, breathing exercises, and meditation, underscoring the importance of a healthy lifestyle. The NCC's commitment to instilling the principles of yoga aligns with its mission to develop well-rounded and resilient individuals. The event successfully contributed to promoting overall wellness among the NCC cadets.

4. CATC CAMP (SEPTEMBER 21st TO 30th)

The Combined Annual Training Camp was held from 21/09/2023 until 30/09/2023 at Bangalore University. This camp was attended by the 2nd year NCC cadets of the batch 2022 - 2023. The following days with the NCC cadets involved physical exercising and jogging; theory classes conducted by officers on various subjects like map reading, weapon training, FC/BC, etc.; evening games like volleyball and badminton; and cultural programs that involved dance, singing and karate. A throwball competition was held among all the schools and colleges belonging to the JW and SW. The NDRF team conducted a seminar for the NCC cadets. A drill test was then performed on the 29th of September, 2023. Many schools from Bangalore, along with five other colleges, attended this program. On the 30th of September, the camp ended, and everyone returned home in high spirits and with an unforgettable experience.

5. SWACHH BHARAT (OCTOBER 1st)

The Swachh Bharat activity was carried out in our school on 1/10/2023. Both the Guides and the NCC were involved in this activity. All of us were made to assemble in our school field. The activity began with the NCC cadets cleaning the school ground with brooms. We, then accompanied by a few students and our Principal, Sr Malar Joseph, planted a variety of saplings around the ground.

6. TREKKING (OCTOBER 12th)

“The best view comes after the hardest climb”. On 12th October at 8 am, we started our journey to Chikkaballapur. By 10:30 am, we reached our destination. We visited a temple, had snacks and started our trip to the other side of the mountain. The journey was not easy because the paths were steep and uneven, but we reached the other side of the mountain with great confidence and determination. After a long walk, we had lunch by 3:30 pm and reached our buses. We left Chikkaballapur by 6:30 pm and reached our school by 9:30 pm. In conclusion, I would say this trek was not just about reaching our destination but also about enjoying a difficult journey. The thrill of discovering new paths, the peace of being with nature and overcoming the challenges made it an exhilarating experience.

7. SJT THROWBALL COMPETITION (NOVEMBER 3rd)

Our school hosted the SJT Throwball Match on the 3rd of November, 2023, a tournament of all the schools belonging to the St Joseph of Tarbes community. The Chief Guest for the event was Fr. Amarnath, the Parish priest of the Holy Family Church. The Chief Guest was escorted by the CSM Harshita GM, SGT Geraldine Christy, LCPL Celestina and Cdt. Sharon Olivia. The NCC cadets were in charge of helping with the medals and trophies, maintaining discipline, and ensuring every school invited had a pleasant time. The NCC cadets also helped in writing down the scores for every match that was played. At the end of the event, the NCC cadets handed the trophies to the Principal, who, in turn, handed them over to the winning school. The overall result led to our school securing the 1st place.

8. NCC DIWALI CELEBRATION (NOVEMBER 13th)

The National Cadet Corps (NCC) joyously observed Diwali, the festival of lights, on November 13th. The celebration featured a vibrant display of dance and the illumination of diyas. The NCC cadets actively participated in various activities, showcasing their artistic talents and fostering a sense of unity. The event emphasised the significance of Diwali in promoting harmony and cultural diversity within the NCC community. As cadets came together to celebrate the festival, the NCC demonstrated its commitment to cultural enrichment and shared festivities, creating an atmosphere of joy and camaraderie.

9. OUTREACH PROGRAM (DECEMBER 13th)

Our NCC cadets embarked on a heartfelt mission to His Paradise for the Deserted Orphanage, exemplifying the spirit of service and camaraderie. The visit, which aimed to foster community and empathy, showcased the cadets' dedication to making a positive impact. The orphanage, located in Kamanahalli, welcomed our cadets with open arms. Witnessing the resilience of the children was a humbling experience. This visit strengthened our bonds as cadets and inspired a commitment to future initiatives, ensuring the NCC's continued support for those in need.

10. SPORTS DAY (NOVEMBER 25th)

“Sweat, spirit, and sportsmanship – the essence of a victorious Sports Day!”

Sports Day at SFX was a dynamic affair. The Chief Guest and the Guest of Honour were escorted by the NCC cadets CPL Krithika M, LCPL Celestina, LCPL Nidhi L Harish and Cdt Sharon Olivia. The day commenced with an impressive march past by the NCC cadets, led by CSM Harshita GM and SGT Geraldine Christy.

Throughout the event, the NCC cadets were assigned various duties, including crowd management, ensuring the smooth flow of events, and assisting in award ceremonies. Our responsibilities extended to maintaining order during races, providing first aid if needed, and facilitating the overall coordination of the sports activities. NCC cadets actively participated in the medal ceremony, assisting in the distribution of awards to the winners. Sports Day was a highly memorable and impactful occasion, showcasing the vital role played by the NCC cadets in ensuring the event's success. The NCC contributed significantly to the overall spirit of the day. The experience was not only a testament to our commitment to discipline and teamwork but also a reflection of the strong sense of camaraderie within the NCC unit. The event highlighted the invaluable role that the NCC plays in fostering leadership, discipline, and a sense of duty among its cadets.

11. CONCERT (DECEMBER 17th)

The Preparatory and Primary section organised their respective concerts in December 2023. The NCC cadets, CSM Harshita GM, SGT Geraldine Christy, LCPL Celestina and Cdt Sharon Olivia, escorted the Chief Guests to the auditorium. The NCC cadets were in charge of helping in ushering and accommodating the parents and guests in the school auditorium, helping the little children get ready, and ensuring that the entire program was being recorded for the people who couldn't make it to this astounding event.

After the Preparatory concert, we were actively ready to extend our helping hands and support for the Primary concert.

The NCC cadets worked relentlessly and enthusiastically to ensure that most of the weight was off the teachers' shoulders. Two NCC cadets were allotted to each class to help with the various dance groups. A few of the NCC cadets also helped ensure silence and discipline in the auditorium and simultaneously recorded the entire program. Both these events ended up with grand success. All thanks to the school faculty and NCC cadets!!

12. FELICITATION PROGRAM FOR THE INDIAN THROWBALL TEAM (JANUARY 3rd)

"Serve with precision, spike with determination, and play with passion. In the game of throwball, teamwork is our strength, and each throw is a step toward victory. Aim high, reach higher. It's not just a game; it's a throwball journey of resilience, camaraderie, and triumph!". In this proud moment of honour and recognition, the National Cadet Corps (NCC) participated in the felicitation. The players of the Indian Throwball team were escorted by CSM Harshita GM, SGT Geraldine Christy, LCPL Celestina, and Cdt Sharon Olivia to the grand stage where the crowd awaited to see them. The NCC Felicitation Rally for the Indian Throwball Team was a resounding success, reflecting the institution's commitment to recognising and supporting excellence in sports. The event not only celebrated the achievements of the throwball team but also served as a platform to instil a sense of pride and motivation. Through such initiatives, the NCC continues to foster a culture of sportsmanship, discipline, and camaraderie among its cadets. Congratulations to the Indian Throwball Team on their well-deserved accolades!

To conclude, we take pride in carrying out our duties with great responsibility throughout this academic year. We have also accomplished all the assigned tasks, inspiring all our juniors in their journey ahead.

CSM Harshitha GM
IX B

SGT Geraldine Christy
Std- IXC
NCC Leaders



ACHIEVEMENTS DURING THE YEAR 2023-24

"Your work is going to fill a large part of your life, and the only way to be truly satisfied is to do what you believe is great work. The only way to do great work is to love what you do. If you haven't found it yet, keep looking. Don't settle. As with all matters of the heart, you'll know when you find it." ----- Steve Jobs

The Principal, Sr. Malar Joseph, received several accolades for her great zeal and enormous contribution to the field of education, which put our school in the spotlight this year. In the Education Excellence Conclave held on 3rd February 2024 for educators, our Principal was honoured as one of the legends of education and awarded one of the top hundred principals. Our school was recognised as having the Best Management System in Schools and the Best Infrastructure in Schools in Bangalore. These awards were from the Star Education Awards for 2023.

Over the past 135 years, St. Francis Xavier Girls' High School has struck deep roots and developed well-established traditions while evolving into a mature, trend-setting school that offers an optimal blend of value-based education. Our teachers and students are committed to continuous learning and institutional improvement. Our Principal has prioritised improving academic learning outcomes, sports education, adherence to our established value systems, and enhancing life skills. This is the reason for being recognised in the Education World India School ranking and under Vintage Legacy Girls' Day Schools for 2023-2024. Our achievements are as follows:

Grand jury award ranking great schools to work with:

- In India ranked 9th
- Karnataka and Bangalore ranked 2nd Vintage Legacy Girls' Day Schools:
- In India ranked 18th
- Karnataka and Bangalore ranked 3rd

The Visionary Edu Leaders of the Year Award, presented by the Universal Mentors Association and powered by Brainwonders, was conferred on our Principal, Sr. Malar Joseph, on 25th August by Guest of Honour Shri. M C Sudhakar (Cabinet Minister for Higher Education, Government of Karnataka) at the EduLeaders Summit 2023. Building strong relationships with students, staff, and parents is critical to a school's success. Sr. Malar creates a positive and collaborative school culture that benefits everyone by being present, listening actively, communicating clearly, recognising success, and addressing concerns promptly. Her mission in life is not only to survive but to flourish and progress to realise a goal despite the circumstances.

We wish our Principal the fortitude to continue with her work of love in the years to come, so much so that our school's name will one day be inducted into the Hall of Fame.

Ms Mary Abraham



CADENCE- INTER-SCHOOL MUSIC FEST

Rhythm and harmony find their way into the inward places of the soul. ~Plato

Cadence, the much-awaited inter-school music fest organised by St. Joseph Boys' High School, was held on the 17th and 18th of August, 2023. The students of SFX bagged the title of the overall winner in 2019 under the exceptional guidance and support of teachers and our beloved Principal. It has been an eagerly anticipated event for music lovers at the school since then.

Students earnestly practised for days under the able guidance of our music teacher, Mr. John Solomon. Our school participated in the English, Hindi, and Kannada categories in the Junior, Senior, and ISC sections. Around sixty talented students of St. Francis Xavier Girls' High School participated in the events and bagged the prizes in the following categories:

Evana Rebecca Mathew of standard six secured first place in the Kannada Solo Junior Category.

Evana Rebecca and Irene Maria Leo of standard six secured second place in the English Duet Junior category with their powerful rendition of "Chiquitita" by ABBA.

Vania Miryam Joseph, of standard 10, and Aditi M., of standard 8, won first place in the Kannada Duet Senior category.

Jessica M. and Sharon Noyal secured third place in the English Duet Senior category with the song "The Prayer" by David Phelps and Lauren Talley.

Along with the enthralling competition, students enjoyed the exclusive Cadence merchandise that was displayed. It was a sheer delight to see the talent exhibited by other schools and to better ourselves in every sphere, especially music.

Sharon Noyal
X B



SERRA QUIZ

A quiz is probably one test that most people love to take as it tests our knowledge, but many of us are put off because of the difficulty associated with it. We, the students of St. Francis Xavier Girls' High School, are always ready to take up any challenge that comes our way. The Serra Quiz was one of them.

As Christians, we believe that the Bible is the Word of God and a way of life. Knowing more about the Bible is a golden opportunity for every child to build their faith. The Serra Club of Bangalore holds the annual inter-school Serra Scripture Quiz. This day-long event took place at the Catholic Club on the 5th of August, 2023. It proved a huge success as fifty-six teams from schools all over Bangalore participated. Each team had three members from classes 8, 9 and 10 who had to compete to bag the cup. The quiz was conducted by dividing the schools into two categories based on the school's examination board. The participants from grade 9 of our school were Jaysri A, Chrislynn Juana Manoj, and Christina Maria Andrew J. There were two teams from grade 10, and the participants were Joanna V Jose, Andria John and Sheana Margret Jacob in one team and Daphne Clare, Annette Costa and Anaaya Ritesh in the other.

The event began with the written round, which had forty MCQs to be answered within twenty minutes. We did well with two teams, one of which was acing the test with forty-one points and the other with thirty-nine points. This was followed by a knowledge-sharing session by the representatives of the Serra Club on their faith journey that grew from a tiny seed into a huge tree. There was an open quiz on the women characters depicted in the Bible.

After lunch came the moment we were all waiting for the announcement of the teams who made it to the semi-finals. We were confident we would make it to the finals, and our instincts were right. Our school was the only one where all three teams made it to the finals. There were a total of five rounds, and after the neck-to-neck competition and overcoming the intense quizzing and competitiveness, one of our teams emerged victorious and bagged third place. Daphne Clare, Annette Costa, and Anaaya Ritesh were the proud winners of the rolling trophy conferred to them by Fr. Sandeep.

In the end, Ms. Celestine's guidance, support and excellent training paid off. Above all, it was an enriching experience for the students who reaped the benefits of their hard work.

Joanna V Jose
X B



Annual Archdiocese Catechism exam

Train up a child in the way he should go, and when he is old, he will not depart from it.
Proverbs 22:6

Our school students participated in the Annual Archdiocese Catechism exam, an important event that fosters the faith and comprehension of young minds. This year our students participated with great enthusiasm, demonstrating their deep knowledge of Christian teachings and scripture values.

The commitment and dedication of the students was reflected in their excellent performance being the top scorers from their class and also receiving special recognition from the Archdiocese.

The Annual Archdiocese exam was held on 2nd December 2023.

The following students were the toppers in the Archdiocese Catechism exam.

Std4 - Joviah Tom

Std 5 - Alicia Mary Dominic

Std 6 - Renita L

Std 7- Lisa Miriam

Std 8- Melanie Jovita Phillips

Std 9- Jaysri A

Std 10- Annette Costa

The Diocese exam was held on 13th January 2024 and the toppers were

Std 9- Jaysri A (1st place)



Std 6- Renita L (2nd place)



We pray that our students keep walking in the light of Christ and applying His teachings to their everyday life.



Awards and Accolades

In the realm of academic and extracurricular achievements, the students of St. Francis Xavier Girls' High School have consistently demonstrated exceptional talent and dedication, earning recognition and accolades in various domains.

Angelyn Glasho, a ninth-grade student, showcased her versatility and prowess by participating in many competitions. From elocution to essay writing, quiz, extempore, and singing, Angelyn excelled at the church-level arts competition at St. Thomas Orthodox Maha Edaval Church, Bengaluru. Her outstanding performance earned her selection for the district-level competition, where she continued to shine, scoring A grades in each event.

Similarly, Driti Maria Thomas, another ninth-grade student, left an indelible mark in Taekwondo with distinction at various levels. From district to state and VIFA Nationals, Driti's journey was adorned with gold, silver, and bronze medals, showcasing her talent and commitment to the sport. Her triumphs, including individual and group trophies, were a testament to her dedication and perseverance in the face of stiff competition.

Shamsiya Khan, also from class 9B, emerged as a formidable force in the arena of Taekwondo, clinching gold and silver medals in prestigious competitions such as the Warrior's Cup – 2023 and the 1st National Taekwondo Championship. Her exceptional performance and recognition as the best performer underscored her skill and determination to excel in the sport, inspiring her peers and aspiring athletes.

In music, Diya Suresh, a ninth-grade student, found her passion and proficiency in drumming. From learning the importance of timekeeping to understanding the essence of teamwork, Diya's journey as a drummer epitomised dedication and collaboration.

Her exploration of various styles, including freestyle, country, and rock, culminated in recording multiple tracks, showcasing her artistic flair and musical prowess.

Aylin of Std-7 emerged victorious in the doubles event of the U14 girls' category at the All-India Tennis tournament organised by the ATB Tennis Academy. She also clinched the doubles title in the U14 Super Series girls' division held in Patna and triumphed in the U14 girls' category at the All-India Tennis tournament held at SAT Sports Tennis Academy.

Veena won the U-14 doubles event at the All-India Tennis Association Championship Series, which took place at the TPTA Academy of Tennis in Bangalore on November 3, 2023.

The students of St. Francis Xavier Girls' High School (SFX) have demonstrated remarkable talent in publishing, utilising platforms like Bribooks and Amazon Global to share their literary creations. Bribooks, a renowned children's creative writing platform, allows young minds to explore their creativity freely. Students can easily write, publish, and sell printed-on-demand books through these platforms, reaching a global audience with their literary works.

Notably, Ishita Neoma Roche of Std—10 B has achieved outstanding success, earning multiple accolades, including the Best-Selling Young Author of the State, School, and City. Ishita's remarkable achievements include earning the Emerging Young Author Certificate and prestigious gold, silver, and platinum Young Author certificates, reflecting her literary brilliance and dedication. Naomi Raj from 8C has also been recognised with the Silver Young Author Certificate, highlighting the school's commitment to nurturing literary talent across grades and sections.

Furthermore, many students have contributed significantly to the literary landscape, sharing their stories and insights through their published works. The list of talented authors includes Anabiya Ahesan from Std-8, Sana Fathima from Std-8, Aatifa Imran from Std-8, Naysa Ann Pramod, Angel S Sagayaraj, Johana Vivian from Std-8, Areeza Serman from Std-8B; Rida Modi from Std-8C, Gnanavi LN from Std-8, Yusra Syed, Jaysri A from Std-9, Grhitha KP from Std-9, Aiman Imran from Std-9A and Nainika Ranjan from 9A; Monisha Srinivas from Std-9B, Michelle Rosario from Std-9, Chrislynn Juana from 9B; Eirene from 11B; and Aditi from 12C. Through their diverse narratives and imaginative storytelling, these students continue to uphold the ethos of St. Francis Xavier Girls' High School by fostering talent and nurturing creativity.

The National Young Author's Fair is a collaborative effort between Bribooks.com and Education World, offering students a platform to create and publish their books. Aditi Sounderrajan from Std- 12C, who published her book 'Where the Wind Takes Us', has been awarded the Silver Star Medallion and the State Best Selling Certificate. She has also penned an anthology of poems titled 'Periwinkle-A Posy of Surprises', which earned her the esteemed Emily Dickinson Award.

Furthermore, the 2023 Indo-Nepal International Throwball Championship in Pokhara, Nepal, held from December 27th to December 30th, marked a significant achievement for the under-17 Indian girls' team. Notably, they clinched the gold medal, bringing great pride to St. Francis Xavier Girls' High School as a few members are from SFX. Bhuvana Sariah P of Std-10 B, a standout student, led the team with exceptional leadership qualities and skills. Alongside her, four other school members, Ishita Neoma Roche of Std- 10B, Rifa Fuzail of Std- 10, Hafsa Khan of Std-10, and Anita F. Francis of Std-10 B, showcased their talents on the global stage. With over half the team from St. Francis Xavier Girls' High School, their dominance was evident. The team's victory, with 5 out of 9 players from Xavierites, highlighted the school's dedication to athletic excellence. Mr. Malleshi S. Dhanawade, a dedicated sports teacher, played a crucial role in guiding the team to success as the Indian Throwball coach. On January 3, 2024, a ceremony was held in the SFX ISC quadrangle to honour the athletes, with students and teachers gathering to celebrate their victory in throwball matches against Nepal, Thailand, and Bhutan. The team, accompanied by Coach Mr Malleshi S. Dhanawade, was escorted by the SFX band and NCC cadets, receiving accolades and gifts, including a crown, bouquet, and medal.

In conclusion, the array of awards and accolades garnered by the students of St. Francis Xavier Girls' High School is a testament to their talent, dedication, and commitment to excellence. From academic achievements to extracurricular pursuits, these students have consistently showcased their prowess and made their mark on various platforms, inspiring others to strive for greatness. As they continue their journey of growth and success, they serve as beacons of inspiration for future generations, embodying the school's ethos of holistic development and pursuit of excellence.

Nainika Ranjan

IX A

FSA Report for the year 2023 - 24

Greetings to fellow Former Students of St Francis Xavier Girls' High School, Bangalore.

During the year 2023- 24, several Committee meetings were held. The main focus was to increase the participation of former students, especially inducting active members into the committee to work towards the school's goals.



During the year, we contributed Rs 20000/--(Rs Twenty thousand) to scholarships for needy students through the school.

On Recognition Day, i.e. 8th July 2023, students were awarded prizes to the extent of Rs 22500/- as follows:

Kangan Sethia & Sanjana Lokesh Rs 2500/-Scoring highest marks in ICSE (by Wg Cdr Nestor Concesio)

Jovita (Deserving Student) Rs 10000/-

Cheryl (Deserving Student) Rs 5000/-

Usha Devi Rs 5000/-

(The above three prizes were instituted by the late Mrs Joyce Rego in memory of her late parents)

The Annual General Body Meeting was held on 1st October 2023 and presided over by Rev. Sr. Louisa Mathias, Manager of the School, and Rev. Sr. Malar Joseph, Principal. We thanked outgoing members & welcomed the newly elected members.

This year, with the kind cooperation of the Principal, Sr Malar Joseph, an event titled 'Those Were the Days' was held in the School Mini Hall on Sunday, February 11, 2024.

It was well attended by 20 elderly former teachers & 100 former students of various batches. We had a formal start. It was a fun-filled evening with much excitement from students, many of whom were returning to the school for the first time.

Games were conducted, and a round of Tambola was followed by music and dance, during which even the elderly teachers rocked with the students.

We honoured 20 elderly teachers (aged over 70) with a token of appreciation. In all, over 25 teachers attended.

It is also uplifting to mention that, after considerable effort on my part, Ms DXC Technologies India generously contributed 20 laptops to St Joseph's Convent, KGF, for the benefit of underprivileged students on March 20, 2024, following a request from the Principal, Sr Malar Joseph.

At this juncture, it is requested that many more members of the alumni join hands with the committee so that we can add vibrancy and keep the Association going in the true spirit of 'Faith & Courage' to work towards the goals of our beloved Alma Mater.

Shaila Mathias

President

PTA Annual Report 2023-24

“Greetings, readers!”

As the Secretary of the Parent Teacher Association (PTA), I am thrilled to present our comprehensive report on the remarkable endeavours and accomplishments throughout the academic year 2023-24.

In collaboration with the school community, the PTA has left an indelible mark on various fronts, ensuring a vibrant and engaging experience for students and staff alike.



Presenting the key highlights

Traffic monitoring initiative:

Our commitment to safety was exemplified through the successful implementation of the traffic monitoring initiative. With the team's dedication, we worked tirelessly daily to enhance traffic safety around the school premises. Through strategic collaboration with local authorities, we implemented innovative measures. The result was a significant improvement in traffic flow and the overall well-being of our school community. The PTA's commitment to creating a safe and secure traffic environment around the school will be showcased comprehensively.

Teacher's Day Celebration:

Recognising the invaluable contribution of our educators, the PTA joined hands with the students, who organised a spectacular Teacher's Day celebration. It was a heartfelt expression of gratitude, with creative performances, personalised tributes, and tokens of appreciation. This event fostered a sense of camaraderie between teachers, parents, and students, reinforcing the firm foundation of our academic community and proving once again that when parents and teachers unite, extraordinary moments unfold on the playing field.

Dental Check-up camp:

The PTA conducted a comprehensive dental check-up camp in line with our commitment to holistic well-being. This initiative aimed to promote oral health awareness and provide preventive care to our students. The enthusiastic participation and positive feedback underscored the success of this health-focused endeavour.

High school Sports day:

In the vibrant milestones of school life, one event stands out as a testament to teamwork, sportsmanship, and sheer exhilaration—the High School Sports Day.

Behind the scenes of this thrilling spectacle, the PTA collaborated with the management and the students by helping them out in the field.

Yuletide Bash:

‘Incanto’ A serenade of joy at Yuletide 2023.

The grand finale of our year was the Yuletide Bash, a festive extravaganza that brought joy and merriment to the entire school community. With dazzling decorations, lively performances and a visit from Santa Claus himself, the event was a testament to the PTA's dedication to fostering a positive and inclusive school environment. We, the PTA members, organised fun trivia questions for everyone and encouraged the active participation of the management, parents, teachers, and students. We also dedicated a group performance with a collaborative spirit.

Preparatory and Primary concert:

During these two concerts, the Parents Teachers Association (PTA) members actively contributed their time and efforts to assist the school management, teachers, and students. Our involvement was multifaceted, including managing the floor, coordinating guest activities, extending a warm welcome to visitors and parents, and facilitating smooth seating arrangements. Additionally, the PTA played a vital role in ensuring the event's success by assisting the participating children with costume changes and other logistical aspects. Our collective dedication and commitment greatly enhanced the overall experience for everyone involved in the occasion.

In conclusion, the PTA proudly calls ourselves the “Phoenix Team of 2023-24” and extends our heartfelt gratitude to the dedicated management, especially our beloved Principal, Sr. Malar Joseph; all the sisters in charge; inspiring teachers; and supportive parents. With God’s grace, guidance, and blessings, we have forged a year of collaboration and success. May the spirit of unity continue illuminating our path in the future.

Twinkle Joseph Anto Secretary, PTA



Josephite Report 2023-24

“Saint Joseph was a just man, a tireless worker, the upright guardian of those entrusted to his care. May he always guard, protect and enlighten families.”

----Pope John Paul II

Theme-To know more about St Joseph and imbibe his qualities.

Goals:

1. Focus our attention on Jesus, who loves us so much
2. Enable the Josephites to touch and be touched by God through the person of Jesus.
3. Faith formation of conscience.

Objectives:

1. To deepen each Josephite's faith relation with Jesus
2. To impart the SJT charisma and the spirit of the foundresses of SJT.
3. To become builders of communion through love and service

The Josephite inauguration was held on 3rd October 2023 in the Mini Hall. Fifty students from Std 5 to ISC enrolled in the Josephites. Sr. Malar Joseph, the Principal; Sr. Louisa Mathais, the Manager; and Sr. Jerani, the Administrator, graced the inauguration ceremony with their valuable presence. The event began with the lighting of the lamp, followed by a prayer service. An inspirational talk on the life of St Joseph was given by the Principal, Sr Malar Joseph. Later, the Josephites took the Josephite pledge while holding a lighted candle. The pinning of the badges by Sr Malar Joseph, Sr Louisa Mathais and Sr. Jerani followed this. The Josephite animators for 2023- 24 are Sr. Jerani, Ms. Virginia Shalini and Ms. Angela Costa. The event concluded with a vote of thanks.

The Josephites were privileged to visit places like orphanages and old age homes during the Christmas season as part of the outreach programme. They distributed various items to needy people as they shared the Christmas cheer.

On 10 January 2024, the Josephites had a session in the Mini Hall. Sr Jerani, the Administrator and the Josephite animator spoke about St Joseph's role as a family-oriented man and his various qualities and virtues, which one can admire and practice in one's day-to-day life. The talk was concluded with a prayer in honour of St. Joseph.

Ms. Angela Costa



“EMPOWERING EDUCATORS- ORIENTATION SESSIONS FOR TEACHERS”

The modern-day educational system is highly demanding. It is like a mosaic of learners coming from different backgrounds with diverse cultures and learning styles. Hence, teachers must upskill themselves for better management, and get acquainted with the new pedagogical strategies to promote better learning. Bearing this in mind, St Francis Xavier Girls' High School always marches the extra mile by organising motivating and interactive seminars and orientation programs.

“A teacher is a maker of man. He is the foundation of education and of the whole civilization of mankind, present and future Nation reconstruction is possible without the active co-operation of the teacher.” ~JOHN ADAMS.

On 14th September, 2023 the school hosted a one-day teachers' orientation programme which was conducted by Mr M.L Sathyan. The theme for the orientation was 'Education for Nation building'. The sessions held were thought-provoking and motivating. Mr Sathyan made the teachers aware of the important facts that are emphasized by the Education Commission, that is the quality of competence and character of teachers was the most significant factor influencing the quality of education and its contribution to National development. He also focused on the myriad roles of a teacher. The most important one would be a multifaceted one comprising academic pedagogical and social roles. Strategic techniques like the SWOT analysis and various reflection exercises fostered a sense of responsibility and helped boost the confidence of the teachers.

I MATTERS...A session for teachers' personal and professional development.

To overcome the interplay between workload, student behaviour challenges, performance pressure and resource limitations SFX organised a session on 'I matter' for teachers to thrive in a progressive learning environment, continuing to inspire, educate and nurture the next generation with passion and dedication. This transformational session was conducted on September 19th by Mrs. Priyadarshini Francis. The session 'I Matters' was purposefully designed and focussed on empowering teachers to unlock their full potential to stay ahead in today's digital age. The session brought forth important aspects like emotional roadblocks, thinking traps and attitudinal barriers that often hinder the learning environment. Greater emphasis was laid on enhancing one's awareness to overcome challenges like classroom management, time utilisation, diversity and inclusion, personal development and resource management. Effective group discussions brought forth various solutions and remedies to foster a secure and impactful learning atmosphere.

Mind-boosting thoughts and ideas to embark on the learning journey were really helpful and motivated teachers to a great extent. This was followed by a question-answer session to clear their doubts and overcome their misconceptions. It was truly an enlightening and informative session.



POCSO TRAINING SESSION FOR TEACHERS.

A POCSO training session conducted by Mr Sharon Princilly and Ms Pauline Priyanka (advocates from the Karnataka High Court) sought to highlight the main features of the POCSO Act (2012) with the help of various case examples. To begin with, the very need for the ACT was discussed and the importance of making child-friendly provisions was explained. Furthermore, the teachers were made aware of the primary objectives like prevention of harassment and fulfilment of the fundamental right to life and survival that is free from any physical, psychological, mental and emotional abuse. The speakers also emphasized on important parts of the POCSO case like complete privacy, specialised courts, mandatory reporting and cautious behaviour. Case studies and real-life scenarios were presented to enhance their ability to identify possible victims. They also stressed the Juvenile Justice Act highlighting reforms and punitive measures for Juvenile offenders. The session served as a crucial step in empowering teachers to take up the responsibility of protecting children's rights and safety.



INFLUENCE OF TEACHERS IN SHAPING THE STUDENTS' LIVES.

St. Francis Xavier Girls' High School and the Archdiocesan Board of Education jointly organised a seminar on 12th February 2024 to provide educators with essential tools for battling substance abuse, online dangers and inappropriate social media content that affect the youth.

Education is a powerful tool to build and lead the nation to the path of success, and teachers are the academic collaborators who play a crucial role in transforming learners into leaders of the future.

Teachers of all walks of life and subjects possess the ability to shape opinions and help form ideas about society and life. The most interactive and informative seminar organised by SFX comprised many significant topics.

The first enlightening session was conducted by Mr John Samuel and it primarily focused on the influence of teachers on students' lives. The entire session emphasized that teachers to wisely choose the high road and proceed from mediocrity to excellence to transform average students into competent and dynamic individuals. The speaker urged teachers to execute sustainable developmental goals in the educational process for the conception of a better future. The session highlighted important principles of a high roader's framework based on pillars of character, talent and compassion. This motivating session brought forth effective techniques to mentor, inspire and inculcate values to nurture efficient and resourceful students. Teachers were made aware of the fact that excellence in the learning process alone can foster remarkable development. The latter part of the seminar was conducted by Msgr Fr. Jayanathan who revealed to the teachers how their multifaceted roles are not merely confined to being facilitators of knowledge but go beyond that. Fr provided guidance and mantras to identify and prevent critical problems like substance abuse and the hazards of social media on our youth. Some of the insightful thoughts were of teachers to develop collective thinking, committed implementation and scientific analysis of the management. The sessions conducted in the seminar proved to be truly enriching, inspiring and igniting a spirit of confidence and a readiness to face the challenges that come forth in the educational process.

Ms Angela Susan



Investiture Ceremony

Good leadership takes strength of character and a firm commitment to do the right thing at the right time for the right reason. Every leader has to lead by example.

With this affirmation, St Francis Xavier Girls' High School leaders were formally conferred with titles and authority.

The Investiture Ceremony for the academic year 2023 – 2024 was held on June 12, 2023, in the school auditorium. The theme “Igniting Team Spirit and Exploring Prism of Possibilities” was chosen for this occasion. Shri A.C. Srinivasa, MLA, Pulakeshinagar, and Fr. Arun Santhosh, Secretary, Archdiocesan Board of Education, were the Chief Guest and Guest of Honour, respectively. Our principal, Sr. Malar Joseph, and the sisters of St. Joseph of Tarbes graced the occasion.

The function began with the dignitaries lighting the lamp and a prayer service. This was followed by the ceremonial march led by the principal, SJC sisters, and the Chief Guests, along with the newly elected student council leaders: ICS Head Girl Joanne Gerard, ISCE Head Girl Andrea John, ISC Games Captain Bhavana Biju, and ICSE Games Captains Anita Francis and Bhuvana Sariya. After them came the house mistresses, leading the captains from ISC and ICSE and the prefects of each house.

The house mistress of St. Xavier House, Ms Reena, led ISC Captain Jyothika Singh, ICSE Captain Arshpreeth Chawla and Prefect Megan Olivia. Behind them was St Joseph House, their house mistress, Ms Maria, ISC Captain Andria Sushmith, ICSE Captain Maya Muthu and Prefect Joanna Daniel. They were followed by St Catherine House, led by their house mistress, Ms Deepa, ISC Captain Anushree S., ICSE Captain Alita Sharma and Prefect Angeline Glasho. Finally came St. Teresa House, with their house mistress, Ms Sangeetha, ISC Captain Prarthana G. M., ICSE Captain Umme Salma, and Prefect Annlyn Fernandes.

The Student Council took their places on stage, after which the ISC Captains, Head Girl and Games Captain placed their flags on the flag stand. The oath-taking ceremony began with the leaders being bestowed badges with their respective titles. The Head Girls, Games Captains, and the House leaders took an individual oath, after which they prayed for divine guidance. They also took a pledge together to carry out their duties sincerely, upholding the exemplary values of good leaders.

During the event, the chief guests gave inspirational speeches that motivated the students to become leaders. The choir rendered melodious songs which resonated across the auditorium. The programme ended with singing the National Anthem, after which the guests enjoyed refreshments.

**Ella Goes
IX C**



Primary Investiture 2023 - 24

The Primary School investiture ceremony was a momentous occasion that marked the beginning of a new chapter filled with growth and success. The Investiture ceremony was organised on August 9, 2023. Sr. Sagaya Mary B. was the chief guest of the momentous ceremony. The ceremony commenced with a warm welcome, emphasising the importance of leadership and character development in our budding leaders.

Sr. Malar Joseph, the Principal, pinned the badges for the newly appointed leaders, and the chief guest, Sr. Sagaya Mary, handed over flags to the respective leaders of the primary section. The students radiated confidence and enthusiasm as they took their oath. A series of speeches by the leaders followed the oath-taking. The chief guest, Sr. Sagaya Mary, shared words of wisdom with us. She enlightened us about the role of a leader and how they can be an example. It was a proud moment for the parents to witness their children assuming leadership roles, and teachers looked on with positiveness, hoping to see them shine. The investiture ceremony concluded with a vote of thanks, acknowledging the efforts of students, staff, and parents in shaping a leadership culture within the primary school.

Ms Jennifer Anil



“The Investiture ceremony symbolises a new era of leadership and progress”



Recognition Day

“The surest way not to fail is to be determined to succeed” --- Richard Brinsley Sheridan.

Recognition Day is a momentous occasion at SFX, and it was held on 8th July 2023 in the school auditorium. The Chief Guests for the event were Rev. Sr. Joyce Teresia, Provincial Society of St. Anne's, Madras, and Prof. Leo Lobo, CEO, Exordia, who appreciated the institution and the annual report presented by the members of the Student Council. Recognition Day is a time-honoured tradition significant in students', teachers', and parents' lives. It is an event where academic and extracurricular achievements are acknowledged. Recognition Day in SFX is held at the beginning of the new academic year, where the students of the previous batch receive awards, certificates, and distinctions for their academic achievements. This day goes beyond mere academic recognition, emphasising the importance of holistic growth and character building.

The students staged an extravagant dance performance on the theme “Believers are achievers,” accompanied by the school choir singing melodious songs.

The event provided a platform to appreciate students' hard work, dedication, and perseverance throughout the academic year. It was an opportunity to acknowledge their achievements and motivate them to continue working relentlessly to achieve their future goals. One of the critical aspects of Recognition Day was the acknowledgement of our students' various talents. This includes not only academic excellence but also achievements in sports.

“Excellence is not a skill. It is an attitude” --- Ralph Marston

The prize distribution ceremony acknowledged the graduated students for their excellent performance in ICSE and ISC. The ICSE toppers who were awarded were –

Kangan Sethia – First (95.33%)
Sanjana Lokesh – First (95.33%)
Neria Danielle Ryall – Second (95.17%)
Adhya Prathap – Third (95%)
Jeshika J – Third (95%)
Nadia Hussain Khan – Third (95%)

The ISC toppers who were recognised were:

Science:

Tamana Marak- Physical Science, Math and Biology
Adhiri Lakshmi Saib- General Proficiency II and Chemistry
Saniya Fathima- General Proficiency III and Psychology
Raizel Paulita Smith- Elective English

Commerce:

Janice Sebastian- Psychology and Elective English
Sheza Ahmed- General Proficiency II and Economics
P Bertilla Doris- General Proficiency III
Rhea Damini A- English
Bibi Ameena Afreen A- Accounts

Humanities:

Sarah Danish Patel- History

Mrs. Clara Pinto's prize was awarded to each class's deserving students.

Recognition Day in our school is much more than a simple ceremony; it is a celebration of dedication to the pursuit of excellence. It motivates students to excel in all aspects of their lives. This tradition strengthens the bonds within our school community by instilling valuable life lessons beyond the classroom. As students receive their awards, they celebrate their achievements and embark on a continued growth and learning journey.

Marysa Theia Joseph
X A



Farewell Celebration for Retiring Teachers

End of an era..... Now for the next chapter.

Farewells are moments filled with mixed emotions as we prepare to say goodbye and good luck to those who have been a guiding light in our education journey.

Our school held A farewell ceremony on March 14, 2024, to bid adieu to our beloved teachers, Mrs Caroline Singh, Mrs Reena Davis, and Mrs Patricia D'Monte.

Teaching is more than imparting knowledge; it is inspiring change.

Mrs. Caroline Singh, your contribution as a Physical Educational Instructor must be articulated. Embarking on a journey that began in 1989, you have spent most of your life bringing out the best in our students. Your 34 years of dedicated service are commendable. You will always be remembered for your simplicity, friendliness, and active nature. Congratulations and best wishes for your journey ahead.

Mrs. Reena Davis joined this institution in 2002 and served for 22 long years. Your dedication to the school and the students will always be cherished. You are a simple, friendly, helpful, and hardworking person. I wish you good luck as you embark on your new journey ahead.

For 14 years, Mrs. Patricia D'Monte has been part of our Primary section. Your commitment to educating the little ones, ability to bring in new ideas, and passion for teaching have helped nurture young minds to achieve great heights. You have been very helpful, disciplined, and a jolly person. We bid you a fond farewell and wish you all success in this new chapter of life.



Support Staff Completing 25 Years

A quarter-Cenury of deication and hard work - Celebrating 25 amazing years of service from our incredible support staff.

The school Felicitated our support staff, to honour Mrs. Antonyammal , Mr. James and Mr. Irudayaraj on March 14, 2024.



Peace Assembly

“The day the power of love overrules the love of the world, the world will know peace.”

-Mahatma Gandhi.

Peace is freedom from disturbance. The world is filled with war, violence, hatred and greed. In today's materialistic and monotonous life peace is like a precious gift from God.

St Francis Xavier Girls' High School conducted an enlightening and heartwarming peace assembly on 13th November 2023. The theme of the assembly was “When things change inside you, things change around you.”

The assembly displayed a colourful series of patriotic songs and inspiring speeches by the students which revived the enriching thoughts of our great freedom fighters. The harmonious prayer service conducted during the assembly helped the students to trust the Supreme power to bring peace among the nations at war. The Principal's message about peace and motivation towards becoming beacons of peace was truly an effective way towards a great change in life...



Children's Day Celebration

Children's Day was enthusiastically celebrated at our school on November 29, 2023, turning the school auditorium into a lively hub of festivities. The day began with a special prayer service led by the teachers, instilling a sense of reflection and gratitude among the students and staff. This solemn moment set the stage with joyous events.

The cultural program, a highlight of the celebration, featured an enchanting invocation dance led by the school's leaders – Principal, Sr. Malar Joseph; Administrator, Sr. Jerani; and Tarbes Community College Principal, Sr. Hema. The dance was a captivating display of grace and rhythm, showcasing the talent of our dedicated teaching staff. Following this, teachers from various blocks presented energetic and colourful dance performances, displaying academic prowess and a commitment to creating a holistic learning environment.

After the cultural program, the Middle School quadrangle transformed into a festive space, hosting a delightful food fest for the children. The air was filled with the aroma of delectable treats as students indulged in a variety of mouthwatering dishes. The quadrangle became a playground of joy and laughter, with children engaging in face painting, enjoying a jukebox, and exploring the thrills of a scary house adventure.

Children's Day holds a special place in everyone's hearts. It reminds us to cherish and nurture each child's potential, fostering an environment where they can grow and flourish. The day at our school was a celebration and a reaffirmation of our commitment to providing a holistic education beyond textbooks and classrooms.

In conclusion, the Children's Day celebration at our school was a resounding success, seamlessly blending moments of reflection, cultural richness, and pure joy. Beyond the academic focus, the event emphasised the commitment to nurturing a holistic educational environment, leaving an indelible mark on the collective spirit of our vibrant school community. The day not only brought smiles to the faces of our young learners but also forged lasting bonds, reinforcing the essence of childhood in a joyous celebration that resonated throughout our educational community.

**Nainika Ranjan
IX A**



PICNIC TO WONDERLA

‘A picnic is more than eating a meal. It is a pleasurable state of mind.’ -Deedee Stovel.

On 13th February 2024, a school picnic at Wonderla Amusement Park was organised for grades – 7th, 8th, 9th and 11th. Six buses were arranged to take the students to the picnic spot and bring them back to the school premises. There were dance battles on the bus on our way to Wonderla and a lot of heartfelt singing. Upon arrival, we were given a refreshing glass of lemon juice and instructions on following while on the park premises. All those entering the pools were asked to change into nylon clothes, and at 12:30 pm, we were allowed to scatter, wander and have fun!

Delicious lunch was provided from 1:45 to 2:45 pm, and 4:30 snacks were provided. We enjoyed rice, noodles, and a cup of ice cream for lunch. We had a steaming cup of almond milk and hot samosas for snacks. Throughout the day, all the kids went on numerous fun joy rides, water slides and roller coasters. They also enjoyed the wave pool, the rain dance, the water rides and the land rides. After the day's fun and frolic, the students and their respective teachers returned to the school premises at 7:30 pm.

Monisha Srinivas Ghodke

IX B



YULETIDE

‘Christmas is not a myth, tradition, or dream. It’s a glorious reality’ --Billy Graham.

We stepped back in time to a night filled with the enchanting melodies of Yuletide, organised by our School, St Francis Xavier Girls’ High School, on 8th December 2023, at 5 pm in the school auditorium. This year’s theme was “INCANTO - a serenade of joy at yuletide”. Under the shimmering lights and festive decor, we gathered to immerse ourselves in the spirit of the joyful season. Voices blended harmoniously, creating a tapestry of joy and cherished memories. The timeless tradition of carolling unfolded, taking us to a world where the magic of the holidays resonated in every note. As the melodies of Christmas echoed through the air, we shared in the warmth of music and the camaraderie of the season. It was a night of merriment, where the magic of the past came alive through festive cheer and unforgettable tunes.

The Chief Guests for this occasion were Fr. Amarnath, Fr. Francis Assisi and Fr. Christy Raj. They were accompanied by our Principal, Sr. Malar Joseph, along with the sisters of SJT, teachers, staff, parents and other guests who attended the program. The various schools that participated in this festive event were our own SFX choirs, from the cute angelic voices of the Prep and Primary sections to the harmonious and delightful Middle School and High School choirs. The other participants were Holy Angels Higher Primary School, St. Aloysius, St Germain’s Academy, followed by St Germain’s PUC, Little Angels, Tarbes Community College, St. Josephs Girls’ High School, Kingston High, St. Joseph’s Boys’ High School, Seventh Day Adventist, Spastic Society and New Millennium School. All of them were dynamic groups of carollers who created harmonious blends that resonated with joy. Their infectious energy attracted the audience to join in the festive chorus. We also had the PTA members who conducted trivia, and the creative questions added a joyful twist to the usual trivia experiences, making it a merry challenge for all involved. They also staged a fantastic and melodious performance, a treat for the audience. Delicious snacks were provided to all the participants of the participating schools. Every school received an exquisite memento and a living sapling as a token of appreciation. Elevating the festive vibe, a fantastic food fest in the Middle School quadrangle satisfied cravings and heightened the overall experience for our cherished audience. Until next year’s Yuletide, may the warmth of the melodies linger in our hearts, creating memories that resonate throughout the holiday season. Until we gather again, may the spirit of Christmas continue to guide us with joy and harmony. Wishing you all a wonderful and musical holiday season!!

Teena Joan Christian
IX C



PREPARATORY - CONCERT

One of the most anxiously awaited occasions is the concert at our school. It was held on 15th December 2023 with a lot of enthusiasm and zeal. The event was presided over by the chief guest Mrs. Vinisha Nero, our beloved principal Sr. Malar Joseph, the manager Sr. Louiza Mathias, the middle school in charge Sr. Susairani and all our sisters of SFX. The program was anchored by Mrs Maria Goretti, the function began at 5 pm, the program commenced with a short prayer followed by the lighting of the lamp by the esteemed chief guest Mrs Vinisha Nero, respected principal Sr. Malar Joseph, the manager Sr. Louiza, the middle school in charge Sr. Susairani and the coordinator Mrs. Srimathi.

The cultural event was set rolling by evoking the blessings of the almighty through the invocation dance. The evening progressed witnessing the mesmerizing theatrical performance. The entire skit was divided into four scenes which depicted the curiosity of **PANDORA**. The graceful dances, performances, choir, dialogues, costumes, lights and stage decoration bewitched each one. The Chief Guest Mrs Vinisha Nero, spoke a few words of wisdom and appreciated the school's efforts. The audience was seamlessly transported to the myth of the enchanted paradise era and they relished their journey. Each student portrayed the characters with elegance

The breathtaking journey culminated with a spectacular grand finale, show casting the crib and the choir. The bedazzling and magnificent spectacle left the audience spellbound and craving for more. The show not only enchanted all, but it also brought to the fore the latent talent of the students, which has been unlocked in this attempt.

The concert came to an end with everlasting memories as the curtains rolled down.



PRIMARY - CONCERT

A musical play, “The Enchanted Polar Express” was held on Saturday, 16th December 2023, with two shows.

3 pm show – The chief guests were Rev. Fr. Susainathan, the Sacred Heart Church parish priest, and Mr. Danny, an actor and dance choreographer for Bollywood and Kollywood films.

6 pm show – The chief guest was Sr. Liberata Fernandez, who resides in England. She is involved in pastoral activities, the Prison Ministry, and Rev. Fr. Christopher Vimal is the director of St. Germain Academy.

The musical play illuminated the school’s auditorium with a spectacular showcase of musical talent and colourful dances that added a touch of grace, celebrating the diverse culture of our country, including folk dances from different parts of India, enthralling the guests and parents.

The musical play not only showcased the extraordinary talents of participants but also highlighted the power of music to bring people together, leaving an indelible mark of anticipation and excitement for the following year.

Andrea Sanoba
Primary Coordinator



“Set Sail for Unforgettable Journeys” SOCIALS-STD 10 &12

In the wake of a week-long whirlwind of preparations, the Std 10 and 12 Socials themed “Set Sail for Unforgettable Journeys” unfolded with the grace and precision of a well-navigated voyage. The auditorium, adorned with maritime hues and nautical accents, transformed into a vessel of memories awaiting departure. The prefects were like the ship’s captains, carefully organising the event and ensuring everything was right. The teachers were like our guiding stars, who steered us through rough patches, offering insights and encouragement when the seas seemed turbulent. Their hard work played a significant role in making the Socials successful.

The afternoon was steered by the capable hands of MCs Teena, Adhya and Hajirah of Standard 9, with their consistent energy and enthusiasm. The magic show, a captivating game with cards and words, added an enchanting layer to the afternoon, leaving the audience in awe. The afternoon’s entertainment unfolded in a series of beautifully choreographed dances, each one a distinctive wave of artistic expression. The melodious choir presented a medley of songs capturing the essence of departure and new beginnings. The Principal, Sr Malar’s address, resonated with the graduating class. Her words of wisdom and motivation would serve as a lighthouse for the graduating students for years to come.

As we say goodbye to the Std 10 and 12 graduates, we want to thank everyone who worked hard to make this event memorable. The theme “Set Sail for Unforgettable Journeys” truly encapsulated the essence of the afternoon- a symbolic departure for the graduates, each embarking on a course toward unexplored horizons.

Joanna Daniel V

IX -A



Outreach Program

“We make a living by what we get, but we make a life by what we give.” This quote by Winston Churchill gives us one of the basic definitions of life. Our materialistic desires build a wall between us and caring for others. “Charity” is a word used by many but practised only by a few. Charity does not only imply giving goods but also being there to comfort someone, talk to them and share happiness. We tend to forget that life is not only about our own riches. It is about the genuine smile we get from others when we help and talk to them.

Our school believes that charity is a one-of-a-kind virtue and practises it with a kind heart. The students of SFX, accompanied by the teachers, visited various old age homes and charitable institutions to spread the joy of giving. SFX stays loyal to this generous outreach program, which happens every year in December. This year, gifts in the form of grocery and cash amounts were offered to the following institutions on 13th and 14th December 2023-

1. St Jerome Home
2. His Paradise
3. Sneha Deep
4. Auto Raj (men and women)
5. Gunellion Fathers
6. Little sisters of the poor
7. Satya Seva (a place for people who are blind)
8. Sishu Bhavan
9. Anugraha
10. Abham
11. Great Carmelites
12. KGF school



I want to end my report by quoting a quote by Oscar Wilde that justifies charity: “The smallest act of kindness is worth more than the grandest intention.” Let us be more compassionate towards the deprived, underprivileged, the poor, and the needy in this cruel world and spread joy by sharing and caring. Remember, a smile on others’ faces also brings a smile on our faces.

Joanna V Jose

X B



Christmas Rendezvous with Manipur

“A kind gesture can reach a wound that only compassion can heal” –Steve Maraboli.

St. Francis Xavier Girl's High School hosted an event for the people of Manipur on 19th December 2023 in the Mini Hall at 5.30 pm. This was solely done to share the joy of giving and loving. Amid the deep horrors experienced by the residents of Manipur, SFX took this initiative to bring relief to their bruised hearts and shattered dreams through this kind and humanitarian act of reaching out to them and bringing happiness to their lives. The theme for the program was “Silver Sparkle”. Manipur students from several schools actively participated in the occasion and showcased their mesmerising talent through Christmas carols and a traditional bamboo dance. The Middle School students of SFX staged a skit, and the Yuletide students from both Middle and High school blocks sang melodious carols which resonated the atmosphere with harmonies. The Chief Guest for the day was Rev. Fr Amarnath, whose presence was greatly appreciated. Sr. Lalitha Thomas proposed a Christmas message. Appetising dinner and gifts were catered for all the students of Manipur. Finally, the day ended with students exiting the room with gradient smiles. This program gave a remarkable message and filled every heart with gratitude and joy.

Michelle Rosario Carvalho

IX B



GRADUATION DAY

“The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart.” - Helen Keller. This year marks the end of an era – the batch of 2023-2024’s last year in the SFX campus. It’s been a whirlwind of experiences, challenges, triumphs, and the final day or more like the Grand Finale – The Graduation Day arrives in SFX royalty, with the theme – “Follow your dreams, with Faith and Courage”.

The day began with the morning eucharistic celebration, following the SFX tradition. The celebrant delivered a very beautiful message: We should never forget our roots and be thankful to this institution that groomed us into who we are today. At the end of all this, our teachers presented us with adorable small bags with a message for each of us.

And now came the grand beginning of the main graduation event, when each student walked in with pride with our majestic sarees, in awe and questioning, “Has the day finally come?” Walking into the same campus confidently, we entered St. Francis Xavier’s Auditorium for the last time confidently and elegantly, holding our candles firm as a sign to spread light wherever we go. The hall was filled with parents and teachers whose priceless expressions and excitement filled the atmosphere with emotions of joy and tears.

The dignitaries for the day were – **Ms. Nayana Motamma, MLA of Mudigere constituency; Sr. Malar Joseph, Principal – St. Francis Xavier Girls’ High School; Mr. Pericho Prabhu, Joint Secretary - Ecumenism Commission Archdiocese of Bangalore; Rev. Fr. Amarnath, Sisters of the SJT congregation, management, Former Principal– Sr. Basil; Fr. Christopher, Director at St. Germain’s and Former Provincials.** As the grand march began, the voices of our students began to echo with pride as they sang the SFX school song with confidence and heads held high, promising to follow the motto and always fight our battles with faith and courage.

And then began the solemn ceremony.

Our dear Sr. Malar Joseph’s message to the graduates followed this. Sister has always encouraged us to chase our dreams and stated that faith and courage are needed to stand out in a world that needs us to fit in and take criticism positively. She also said we must embrace ourselves even if no one else does. Her words of inspiration and the three keywords shared are STRUGGLE. SMILE. STAY will be etched in our hearts for years and decades to come.

Indeed, the smallest aspects that we don’t notice go a long way, and in that way, the statues of St. Catherine and Cecilia have always been with each one of us from prep to now, showering their blessings and truly playing a huge role in my life.

Sister’s inspiring message was followed by the lighting of the lamp by the Chief Guests, Games Captains and parents of the Head Girls, accompanied by the ever-harmonious SFX choir. Then came the graceful invocation dance, which was exceptionally well performed.

Fr. Amarnath’s talk about the word of God was indeed enlightening. His prayer invoked God’s blessings on each one of us. The choir sang a beautiful hymn, and a prayer service followed and one of the eagerly awaited parts- The valedictorian speeches given by:



CHARUMATHI ILANGO – from the ISC section.

ANYAA MIRYAM CAMOENS and myself, ANDRIA JOHN. – from the ICSE section.

The emotions of delivering a speech in front of our batchmates were breathtaking and made our hearts feel heavy. It was an excellent chance to express our gratitude to this prestigious institution on behalf of our fellow batchmates.

This was followed by the speech given by the PTA member – The mother of Tryphena S. Rozario.

Then came a very emotional moment, as tradition goes on: the handing over of the school flag and the games flag from the Head Girls and Games Captains of 2023-2024 to the newly elected representatives.

Next was a dance performance, which depicted a very powerful message through the story of a young bird learning to spread its wings to conquer the world. Finally came the speech by Ms NAYANA MOTAMMA, who told us to be empowered as young individuals in today's society. Ma'am was a former Xavierite and inspired us to be more like her.

As we moved towards the end of the ceremony, the entire batch unitedly sang the song for our graduation—“FOLLOW YOUR DREAMS,” which got many of us emotional but left us with a beautiful message and will always be a cherished memory. This was followed by the oath that we took, led by Sr. Malar, and the prayer that Fr. Christopher offered. We promise to always remember that— “Once a Xavierite, always a Xavierite.”

The distribution of the mementoes was a memorable and spotlight moment for each graduating student.

Ishita Neoma Roche received the Best Outgoing Student award. The event ended with the school cheer, which was cheered from the bottom of our hearts. This was followed by dinner and the last walk around the school.

Thus, the journey of each Xavierite of the exemplary batch of 2023-2024 came to an end as she got ready to leave behind a legacy, but until then, this is Goodbye!!

Andria John
XA



VALEDICTORIAN SPEECH

“We do not need magic to change the world; we carry all the power we need inside ourselves already: we have the power to imagine better.” –J.K. Rowling.

A very good evening to our respected Principal, Sr. Malar Joseph, distinguished guests, the sisters of St. Joseph of Tarbes, renowned teachers, honourable parents, and my own beloved graduating classmates.

Today is a momentous occasion as we bid adieu to our beloved alma mater, our nourishing mother. I am deeply grateful for the opportunity to address this august audience today.

So many fond thoughts, memories and emotions fill me...

My parents often remind me of toddling into our school, clutching a forefinger, and so happy to be with so many children my age that I left them and ran into the schoolyard without stopping to say bye. As a single child, my schoolmates instantly became my sisters in an extended family.

Prep was a delight to me, as to many of us. I fondly recall dressing up in coloured clothes and distributing sweets eagerly on my birthday. Our teachers laid a firm emotional foundation with the love they lavished on us. High points for me were compering the Prep two Yuletide, dressing up as Nehru and delivering a patriotic speech, and being all cloaked in red as Wendy the Good Little Witch on children's day.

I remember the late Sr. Anselmina, sister in charge of the Prep section, who was a loving and caring guardian angel to me. She lives on in my heart forever.

The change from prep to primary added on lively responsibilities. My vivid memories include elocutions, quiz competitions, and leading St. Catherine's House as captain on Sports Day. I was also a little Bulbul, excited to camp overnight at school under the sheltering wings of our teachers.

The transition to middle school saw us treated as growing young ladies, and there were early lessons in handling responsibility and change. It saw more elocutions and quizzes, along with dramatics, Olympiads, and inter-house competitions, which I participated in and revelled in, along with my academics. I also evolved from a Bulbul to a Guide.

“It was the best of times; it was the worst of times...” describes the final year of middle school with the onset of the COVID-19 pandemic. Our teachers valiantly stepped into the lockdown breach with their superb online classes, keeping us going.

We never imagined we would be so overjoyed to be back in school at the end of the second term of the first year of high school! Our teachers groomed me for leadership and responsibility, entrusting me with more duties. Preparing for general assemblies and singing in the choir for mass, skits, debates, and speech competitions were all enlightening experiences for me, through which I learnt the art of coordination and teamwork.

The 5-day guide camps gave way to 10-day gruelling NCC camps. Waking up at 4 in the morning, cleaning our bathrooms and dorms, as well as the intense army training made me realise how tough we really were. My heart brimmed with fervour as I had the honour of bearing the flag and leading the NCC contingent for the march past on Sports Day. I also had the chance to participate in environmental and outreach programs, which taught us to appreciate and conserve our beautiful planet and give to those less fortunate.

Interschool events like Cadence and MUN pushed us to challenge and better ourselves, to compete in true Xavierite fashion. With hard work, determination, confidence, and sportsmanship.

Now, it is time for us to step out, engage the world, pursue our passions and dreams, and leave a lasting legacy, our footprints on the sands of time. Our greatness won't depend on brilliant academic credentials and skills alone but on the other enduring values we have imbibed here. Our time together as a senior class will not be remembered by grades, popularity, likes, or favourites but by our relationships and the kind of people we were. These will be our legacies. I also had the chance to participate in environmental and outreach programs, which taught us to appreciate and conserve our beautiful planet and give to those less fortunate. Interschool events like Cadence and MUN pushed us to challenge and better ourselves, to compete in true Xavierite fashion. With hard work, determination, confidence, and sportsmanship.



I want to express my heartfelt gratitude to our principal, Sr. Malar Joseph, who reminds me of Oliver Goldsmith's Village schoolmaster. "Strict she is and stern to view. Yet she is kind. The love she bears to learning is the cause." Yes, sister, I realise and acknowledge your keen interest in each of us. In a world divided and polarised by increasing violence, you motivate us Xavierites to honour the inspired message of all religions and live in the sisterhood of the human race. Sister, you are a unique blend of scholarship, discipline and compassion, and you will continue to inspire us and generations to come.

To the sisters of St. Joseph of Tarbes, you are our role models for transcendent, selfless service, and we remain eternally grateful for your guidance and support in this great institution.

A huge thank you to our teachers, administrative staff, and support staff for your seamless work together, which makes our school the wonderful place it is today.

To our parents, thank you for giving us the fondest memories with our friends. From picking us up and dropping us off to trips to malls and movies, birthday parties, and get-togethers, you've done it all!

Today, as we step out of the portals of this great institution, I carry with me the memories we made in this school. The laughter and the tears, the bickering and the jokes, the games we played, the songs we sang, the food we shared, the stairs and corridors we walked, the canteen, the mango trees, and the red slide in our field... this and so much more.

And now, to my classmates...

"We have had the time of our lives,

Now the page is turned, the stories we will write

We have had the time of our lives,

And I will not forget the faces left behind

It's hard to walk away from the best of days

But if it has to end, I'm glad you have been my friend,

In the time of our lives."

Class of 2024, it's been a splendid school life with you, and from the bottom of my heart, I wish each of you the best. May God bless us all.

Thank you! Thank you all very much!

ANYAA MIRYAM CAMOENS

X B

A very good evening to my respected principal, Sr. Malar Joseph, distinguished guests, Sisters of St. Joseph of Tarbes, teachers, parents and my fellow graduates. Remembering the first time I entered this school, it's a rollercoaster ride. My journey here began with tiny hands clinging tight, tears welling up from fear and excitement. Twelve years later, the same tears shimmer but are laced with bittersweet memories, refusing to let go. This chapter closes, leaving behind a mark with experiences that shaped who I am.

First of all, I would like to say that I am very honoured to have been allowed to present this speech.

My sincere appreciation goes to God for His mercies and for giving me the privilege of being the head girl of this great school.

I would first like to thank our Pillar of support and my inspiration- Sr. Malar Joseph. Sr's presence is like a beacon of warmth and positivity. Sr's calm confidence and firm support have made this academic year feel like a journey of discovery. I'm incredibly grateful for Sr's guidance, the impact Sr. Malar had on my growth, and her approachable attitude towards us all.

I want to thank the sisters of St. Joseph of Tarbes for their consideration and love towards the students.



How can I forget our dear teachers, who have always been our guiding lights and led us on the path of knowledge and wisdom? Their dedication and hard work leave an indelible mark on our journey of learning. Let's take a moment to appreciate and thank all our teachers for their firm support and commitment.

Every time you step into a bright, clean classroom or see a whiteboard working perfectly, remember the unseen heroes making it happen. Those are our amazing uncles and aunties – the stars behind the scenes who keep our school running smoothly. **A big shout-out to these amazing individuals!**

Tiny moments, significant memories: Remember those times when? –

United, we stood one arm's distance, All the mixed feelings of the last exam, Post PTM mode, a surprise thriller, Early morning checking, Half day Saturdays, The dreaded exam timetable, The most extended wait for the lunch bell, Writing with a pen for the very first time in 4th grade, I'm still team pencil by the way, The difficult logistics of sharing a textbook, Those little nuggets of school life are the ones that stick with you, the glue that binds us together.

Fresh into prep 1, I felt like a tiny sprout in a bustling greenhouse. The teachers were like nurturing gardeners, helping me blossom. Names that once tripped off my tongue now rolled off easily, and memories, like watercolours, began to fill my blank canvas. And guess what? My first masterpiece? A proudly multi-coloured hen!

Moving to primary was moving from split letters to cursive handwriting. Primary was a year which transformed me from a shy kid to a responsible class leader. Primary, with its messy desks and endless chatter, was where my voice found its wings and my first tiny step to leadership. And definitely – The primary concert! My MC/ Narrator journey began from there. When many stated that I was too young to buy heart so much, there was that one teacher, Ms. Hyacinth, and this school who said, "She'll do it," to this date, I have always worked not to let that hope down.

Now came Middle School - new classes, fresh faces, and even new lunch lines! For me, it was a whole new world. I traded my familiar corner seat for a vibrant table of ten, blossoming from a solo sprout into a blooming bunch. Remember those years when, during lunchtime, we ran to get the best spot in the shade? We still compete for the green boards that have the best decorations. We strutted around with goofy group names like "Birds of a Feather," convinced we were the epitome of coolness.

Looking back, this school gave me something extraordinary: a bond with everyone. No matter who you were, we shared big and small moments that still make me smile. School wasn't just about equations and essays – it was a laboratory for social experiments. The elocutions SFX organised have been the building blocks of effective communication. I still remember my first poem – What if your nose was between your toes? It was the second step in my speaking journey. We learned to navigate the delicate dance of friendships, decipher unspoken codes of cool, and even stand up for ourselves when needed. From shy whispers to confident debates, from nervous greetings to high fives in the hallway, the school gave me the courage and practice to spread my wings.

Plot twist!! Seventh Grade. Remember Bengaluru during the pandemic? Stuck at home, I went from giddy-free-no-school joy to soul-crushing boredom in record time. Confusion was the flavour of the year. Then came the online classroom phenomenon. What was that, even? Looking back, this school gave me something extraordinary: a bond with everyone. No matter who you were, we shared big and small moments that still make me smile. School wasn't just about equations and essays – it was a laboratory for social experiments. The elocutions SFX organised have been the building blocks of effective communication. I still remember my first poem – What if your nose was between your toes? It was the second step in my speaking journey. We learned to navigate the delicate dance of friendships, decipher unspoken codes of cool, and even stand up for ourselves when needed. From shy whispers to confident debates, from nervous greetings to high fives in the hallway, the school gave me the courage and practice to spread my wings.

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Then came the online classroom phenomenon. What was that, even?

When the world seemed to stop, education took a new form. Screens replaced classrooms, silence hung heavy where laughter once echoed, and uncertainty became our unwelcome companion. But in the face of such unprecedented challenges, this school chose not to falter. This school chose to adapt and innovate to ensure that learning wouldn't become a casualty of this crisis, and all the credits go to our dear principal, Sr. Malar Joseph.

Remember those pixelated faces on our screens, voices struggling to overcome the digital static? Each one represented a student eager to connect, learn, and grow. You, our teachers, became superheroes, navigating uncharted technological terrain to deliver lessons, answer questions, and offer support that transcended mere academics.

It wasn't easy. The struggles were real – the unreliable internet, the tech meltdowns, the frustration of isolation. Yet, through it all, you persevered. You found ways to make learning interactive, to build community even across virtual distances, and to remind us that the pursuit of knowledge can never be truly confined. The school has never compromised on the quality of education.

Today, as we slowly step back into the embrace of physical classrooms, let us cherish the resilience of education, the dedication of our teachers, and the unwavering spirit of our school community.

This pandemic may have tested us, but it has also revealed the immense strength within these walls. Thank you, SFX, for being more than just bricks and mortar.

I have to mention that SFX is renowned for its infrastructure. No school can have the architectural beauty of our school, and each place holds its memory. And they definitely have the most fashionable uniforms; we can all agree.

The school has helped me in Academics, Olympiads each year, and many other competitions. The Children's Day celebration each year shows the school's love and consideration for each of us. From participating in GK Quizzes and Spell Bee to Cadence, I have enjoyed each bit. That reminds me of the Serra Bible Quiz, where we were finalists both years.

Then came high school. It may not have brought me trophies, but it **filled my heart** with something more valuable: genuine connections. And that, my friends, is a win worth celebrating.

During online classes, how can we forget the free history periods when we used to have debates? I can confidently say that those times that teachers gave us made me a confident version of myself today. I learned to put my valid points across the crowd through those debates.

High school wasn't just about textbooks and exams. The school provided a platform for me to explore diverse interests, and I eagerly seized every chance that came my way.

Inter-school competitions became my launchpad. Events like Bifrost and Transcendence, with their focus on product development, sales, marketing, and electronics, ignited my entrepreneurial spirit.

The world of Model United Nations (MUN) opened my eyes to the intricate dance of global diplomacy. My first MUN was at St. Germain's SGMUN, where I faced the frightening challenge of public speaking for the first time. From stammering nervously to confidently articulating my points, it was a journey of self-discovery.

The SFXMUN, held virtually, proved to be a mind-blowing experience. Navigating the uncharted territory of online debate and pushing our boundaries – was a testament to the resilience of the human spirit.

These experiences were more than just competitions; they were transformative journeys that moulded me into who I am today. They instilled confidence, adaptability, and a passion for lifelong learning. High school didn't just prepare me for exams; it prepared me for life.

This was also the time that, beyond all unexpected situations, I found my crackhead squad.

Tenth grade, the final year—the grand finale—and here I am, ready to graduate—or am I? Graduation shimmered on the horizon, a siren song of freedom mixed with a melancholic hum of goodbyes. We craved shedding our double braids and escaping the confines of school, yet as the final week descended, the truth hit: these weren't just classmates; they were a constellation of connections, and we formed an intricate, unbreakable bond.

Remember the clumsy joy of dance practices and infectious laughter. The spins and moves may have stumbled, but the friendship was not formed.

Beyond academics, our school unveiled a treasure map of experiences. The retreats, sessions, and career guidance were places where our school went out of its way to ensure that we would be eligible, educated, smart future citizens and thus guided us in every step we took.

Then came the unforgettable excursion. I am also proud to announce that our batch was the first to organise a Diwali celebration, and all the credits go to our principal, Sr. Malar Joseph.

Dear parents, you have been the reason for us to enjoy these many memories, so thank you for making the right decision to put us in this institution.

Through the retreats, sessions, and career guidance, our school went out of its way to ensure we would be eligible, educated, and smart future citizens.

I will proudly say that Xavierites will be the best and most talented souls anywhere I go. I saw it this year as head girl, and it was something no other school had. Speaking of head girl, I have to mention that even when I was low on confidence, my friends pushed me through to stand for it, and thus, thank you to everyone who voted.

This year was fun, filled with opinionated conversations about graduation sarees, varsity jackets, and friendly class wars. At the end of the day, we formed lovable relations with each other regardless of anything. All I have to say is- (Song- Somewhere only we know)

“And if you have a minute, why don't we go?

Talk about it somewhere only we know...

This could be the end of everything,

So why don't we go?

Somewhere only we know...”

We all go on a different journey. Different paths, but so what? All I have to say to my batchmates is – (Song- Abhi na jao chodkar)

“Abhi na jao chodkar, ki dil abhi bara nahi”

Dear batchmates, anything could have been fake, but not the laughter. We did it! We have successfully completed these 12 years.

Can you believe it? We're finally saying goodbye to 10th grade! Part of me can't wait to jump into the next chapter, but another part wants to rewind and relive every awkward math problem and pep rally we shared.”

The future might seem big and scary, but we got this.

“This isn't goodbye; it's a ‘see you later.’ This quote never gets old. To new chapters, new adventures, and memories that will always connect us. Class of 2023-24, let's make the future our masterpiece! And wait, I must reveal: “I am Iron Man, and I will always love all of you 3000.”

Andria John
X A

GRADUATION SPEECH – 2023-24

Good evening to our respected Principal, Sr. Malar Joseph, distinguished guests, respected sisters, teachers, parents and my dear graduates.

“ Life is a journey, and every chapter is very interesting.”

... and so even in my life journey, I will begin a new chapter. I am looking forward to a chapter that I hope will be filled with joy, ambition, and knowledge, one in which all my dreams will come true. The reason for my confidence and

eagerness is the strong foundations that SFX has laid in me. It has equipped me and all the graduating students with the knowledge, skills, values and confidence to take on the next chapters in our lives.

My journey in SFX started seven years ago. I had a wonderful and enriching time in both the middle school and the high school. The school adapted brilliantly to the COVID-19 pandemic, allowing us to study through online classes and conduct almost all the events virtually. At the end of high school, which ended eventfully with me becoming the school topper in the 10th grade, I decided to continue in SFX or go elsewhere. And this has been a question many people have asked me, “Why did you continue in SFX?” I have many reasons for this, but first, I would like to preface that continuing in SFX has been the best decision ever.

It has provided continuity in my education, and I have finished two important educational milestones, the 10th and the 12th grade, in the same institution. I have greatly benefitted from the impactful and effective teaching in our school. I have developed myself and showcased my talents through the myriad of events and competitions held in our school. And how could I forget -sports- SFX first helped me find and nurture my talent in athletics, and now, in the past two years, it has helped me reach a level which I honestly never thought possible for me, with me finally running in CISCE athletics nationals, a dream I had since the 6th grade.

I want to take this opportunity to thank our Principal, Sr. Malar Joseph. Sister's dedication and commitment to the school and her excellent vision have taken it to greater heights. Sr Malar has ensured that we all receive meaningful education and complete holistic development through equal importance to sports and extra-curricular activities. Thank you to the Sisters of St. Joseph of Tarbes for their continuous support. A big thank you to the teachers who have inculcated the knowledge we need and nurtured us into confident, well-rounded young ladies. Thank you to the office staff who ensure the smooth functioning of the school. Thank you to the support staff who ensure that our school is impeccably clean every day and who make the school a magical place to walk into each day. Thank you to the security personnel who help keep us safe and ensure we can spend time in school without worry. Lastly, thank you to my friends, batchmates, and juniors who have made the past two years fun and filled them with great memories.

Every year that I spent in the school was packed with events and was full of fun. The talents days were ample, with opportunities to showcase and develop our talents. The debate and dramatic competitions centred around the Gandhian values of peace and non-violence, and the mass and inter-religious assemblies conducted every first Friday helped us develop values of coexistence and religious harmony. Our spectacular Sports Day has helped us create a passion for sports and helped us work in unity.

The thousand and more students performing the movements of the mass drill in perfect unison will be a memory forever etched in my mind. The continuous moral education that is imparted not only through the rules and regulations of the school but also through the value of education and catechism classes will go a long way in assisting us in becoming upright individuals who will always stand for what is right.

The general assemblies conducted every Monday have been a wonderful opportunity for students to develop skills such as public speaking, organisation and teamwork. The various interesting seminars on such issues as health, traditional medicine, environmental conservation and science have helped us broaden our understanding and see the application of what we learn in the real world. The organising of the eco-fests and the school's commitment to sustainability have helped us evolve into environmentally conscious individuals, which is much needed in today's world where global warming and pollution are becoming threats.



The opportunity to elect our student council has helped make us responsible and taught us to make good, well-thought-out decisions. The student council's active participation in organising the school's activities has inculcated accountability in students for their actions. Even my experience as a class leader has taught me to be responsible and organised, understand everyone's needs, and believe in my abilities. The consistent discipline followed in the school has helped mould us into individuals with proper punctuality and respect for authority.

A remarkable aspect of SFX is its achievements in the field of sports. The school has won an incredible number of medals in the CISCE state-level and national-level games, as well as in many other competitions in a wide array of sports, with a few athletes even reaching the SGFI (School Games Federation of India) and the Khelo India Youth Games, the highest level in school sports in India. This is because SFX has given immense support to its athletes. We are truly lucky to have such excellent facilities: our school grounds, the gym, access to various exercise equipment, and the world-class training we receive at the school. I especially want to thank our Physical Education Director, Mr Malleshi S Dhanawade, whose tireless efforts have brought out the best in all the athletes and me and helped take the school to a higher level in sports. Once again, I would like to thank Sr Malar for her unrelenting support and commitment to sports at school.

The school has moulded us into fine young ladies ready to face the world. It has played and is still playing an important role in empowering young women; Pandit Jawaharlal Nehru once said: "If you educate a man, you educate an individual; however, if you educate a woman, you educate a whole family. Women empowered means mother India empowered". Now, as we are getting ready to start the next chapter in our lives, we can be secure in the fact that a part of us will remain in SFX; it is our home with doors that will never close. But we will also carry a part of SFX with us wherever we go, and we know that the education we have received here will enable us to make the right choices in life and help us become smart, hard-working and compassionate individuals who will make an impact in this world.

So, let us face the coming chapters of our lives and follow our dreams with faith and courage, as our school motto says. Let us remember proudly that

"ONCE A XAVIERITE, ALWAYS A XAVIERITE."



Charumathi Ilango
XII- B

“Foundation of the Future”

On 7th June, we began with the blessings of Most Rev. Dr. William through the Holy Mass, followed by the grand release of the coffee table book titled “Foundation of the Future.”

A book that chronicles our school’s journey from 1889 to today, celebrating its rich legacy and values. Released by Mysore Bishop Emeritus, Most Rev. K. A. Williams, the event reminded us that true education blends knowledge and values.



Preparatory Section

Annual Report for the year 2023-24

SFX aims to be a centre of excellence in education where the seed of all-around development of the children is sown at an early age. Learning is focused on the complete development of a child in humanism, emotionalism, socialism, and spiritualism. The desire is to create a dynamic environment that holistically brings out the best in every student. SFX school envisions being the foundation for making wise leaders rooted in their ethnicity and culture to create a better future for all.



This year has been very challenging and eventful for all of us; we have made efforts to transform the attitude of children and have been highly successful in most of our endeavours. At the beginning of the year, we conducted an orientation program to create awareness about the development of students through an excellent academic and physical environment, i.e. conducive to learning, developing creativity and exploration to create healthy, strong, disciplined, bold and competent students who will perform for the betterment and a successful future.

First Day to School

This June, the start of the school year seemed more overwhelming than ever before. One could observe mixed excitement, joy, and confusion among the students, parents, and teachers. Early on the first day of school, students and their parents gather at the school campus to learn about unknown experiences and opportunities. The children were excited and scared as they held their mother's hands, hesitating to enter their classrooms. Some children had difficulty separating from their parents on their first day of school, as everyone stood excited to see the big day, the new phase of life, and the new things they got to learn and play with their friends.

Orientation program

Learning is a treasure that follows its owner everywhere... Every new academic year holds new challenges, new avenues to explore, and new opportunities to learn. An orientation was held to maximise parents' involvement in moulding their children towards a successful future.

On June 17, 2023, an orientation programme was conducted in St. Francis Xavier Girls' High School for the students of preparatory sections. It was presided over by our beloved Principal, Sr. Malar Joseph, the Manager of SFX, Sr. Louisa Mathias, the in-charge of the Preparatory Section, Sr. Glory Raju, and all the sisters. It was thrilling to watch the children dance to the invocation song. A few students enacted a lovely skit, and we also enjoyed the children singing.

Education is a continuous process. It is not only learning facts but also learning skills essential to succeed in life. This process demands the collaborative efforts of the teachers and the parents, which helps the students evolve from nervous tiny totes into confident students. The school provides them the platform to explore and learn new things, while reinforcement at home provides the necessary practice to hone the skills they have learnt at school. Let's walk together with total energy and passion for our children to achieve their dreams and goals and make 2023-2024 a big success. Childhood is not a race to see how quickly a child can read, write and count. Childhood is a small window of time for each child to learn and develop at the right pace.

In due course, we conducted various competitions, such as drawing, colouring, a rhymes competition, yoga day, and singing, and we celebrated Christmas and Colours Day.



No School Bag Day

It is a day when students do not carry their bags or books to school. The schedule remains the same, and the topics are taught through interactive exercises, gardening, painting, singing, quizzes, storytelling, clay modelling, games, a nature walk, skill development, and activities in-hand experience. While reducing the burden of carrying books to school, it also enhances the learning experience, as what they learn on this special day through different teaching methods leaves a stronger impression on their minds. It is a fun day for the students, where they can have fun and play with their teachers, which helps them build a good and harmonious relationship with their mentors.



Rhyme Time

A rhyme time was conducted for the children on 28th June 2023 in St. Francis Xavier Girls' High School for the preparatory section. The day was made and felt more special with the presence of our beloved Principal, Sr. Malar Joseph, Preparatory section in charge, Sr. Glory Raju and the manager of SFX, Sr. Louiza Mathias.



The children enjoyed reciting the rhymes along with colourful props in their hands, stunning outfits, laughter, and enjoyment, and they put up an entertaining show very beautifully with accent, style, and energy.



Independence Day Celebration

Every year on August 15th, our school celebrates Indian Independence Day, a significant occasion that marks the historic day in 1947 when India gained freedom from British rule.

The school campus is adorned with colourful decorations, flags, and banners that reflect our national pride.

Colonel Anuj Kumar Singh, our Principal, Sr. Malar Joseph, the in-charge of the Preparatory Section, Sr. Glory Raju, and all the sisters presided over the program.

The students gave an outstanding performance, with colourful dances, nationalistic skits, and patriotic songs sung. As the chief guest addressed the school, a sense of pride and happiness could be seen on the faces of people gathered.

Everyone was excited to celebrate the program. As the special event ended, everyone greeted each other with pomp and great joy.



Yoga Day

Through regular practice, yoga cultivates strength, flexibility, balance, and inner peace. It improves overall fitness, enhances mental clarity, reduces stress, and promotes well-being.

The little champs of the preparatory section performed yoga to build themselves more fit, healthy and energetic.

Yoga is a great tool for kids to work through their complex feelings. It helps children practice breathing techniques to calm anxious nerves. These techniques help kids soothe their minds, which soothes their bodies.



Christmas Celebration

Christmas is a magical festival that is all about sharing joy and happiness. The cute kids wait a year to receive gifts from Santa Claus. We celebrated Christmas on 20th December 2023 in our school; the kids were all excited; they were dressed in their best costumes, laughed and enjoyed the whole day, as they also got gifts and chocolates from Santa.

For kids, their currency isn't "MONEY or "THINGS" it's only IMAGINATION.

Children also learn valuable attributes such as kindness, forgiveness and understanding.



Colour Day – Red

The school celebrated Red Colour Day on 2.2.24 within the school premises. The shades of red made our tiny tots feel bright, lively, and cheerful. Red symbolises enthusiasm for life and vitality. The day started with red everywhere: red dress, red roses, red teddy, red car, red apples, and red cherries. The students were in their best outfits; they danced and sang, narrated rhymes, carried red-coloured objects, spoke about it, and posed elegantly to the cameras.

The message of the Red Day celebration is “Red is the colour of the heart, so spread love and kindness on Red Colour Day.



Colour Day – Yellow

The preparatory block celebrated Yellow Day on 9.2.24. The motive of celebrating Yellow Day was to make the children aware of the yellow colour and its significance and to develop fine motor skills.

The teachers and students were all dressed in different hues and tints of yellow. Students brought yellow objects and snack boxes filled with bananas, sweet limes, mangoes, pineapples, laddus and jalebis. The classroom and boards were decorated with yellow, and many activities were conducted to signify the day of yellow. Photos were clicked as the children and teachers posed to the camera with their yellow outfits. The message of the Yellow Day celebration is “Shades of yellow stimulate our little ones with happiness, energy and optimism”, so be happy and optimistic.



Colour Day – Blue

The preparatory block celebrated Blue Day with great zeal on 16.2.24. Blue symbolises trust, loyalty, wisdom, confidence and intelligence. The teachers and students were dressed up in different shades and hues of blue. The classrooms and the boards were decorated with blue paper and objects. The children were given a chance to read the composition written about the Blue Day celebration; the students had different props and dressed up like fruits and birds. The message of the Blue Day celebration is “Bringing in harmony and brotherhood.” So let there be peace all over.



Colour Day – Green

Watching green all over was a beautiful phenomenon as our preparatory block celebrated Green Day on 23.2.24. Green evokes feelings like revival, freshness, fertility, vitality and peace due to its connection with nature. Children learn to cherish and love their mother nature. Classrooms and boards were decorated with green papers and objects. The students and teachers were dressed in shades of green, giving a graceful appeal to the environment. Some students were dressed as fruits and vegetables. The students exhibited handprints, artwork and a group of activities. The message of the Green Day celebration is “To show love and care for Mother Earth.”



Colour Day – Pink

Pink Day was celebrated on 01.03.24. All the children and teachers were dressed in different shades of pink; the young looked charismatic, radiating, and full of love, beauty and kindness. The classrooms and boards were beautifully decorated with pink-coloured papers and objects like balloons, ribbons, soft toys, etc. Pink signifies love, compassion and empathy. The message for Pink Day is “Let’s all live in harmony and friendship.

As we come to the end of celebrating Colours Day, we thank our Principal, Sr. Malar Joseph, for initiating and helping us to rejoice in a kaleidoscope of colours.



Drawing Competition

The drawing competition was successfully conducted on 09.10.23 in the prep block. Drawing competition encourages children to think outside the box, explore their creative potential and develop unique ideas and concepts. When children participate in such contests, they are exposed to diverse themes, topics and challenges that challenge their imagination and creativity.

The children were honoured with medals and certificates of appreciation for the drawing competition.

We express our happiness and gratitude and thank our principal, Sr.Malar Joseph, and the prep in-charge, Sr.Glory Raju, for allowing our kiddos to explore their imaginations and enhance their skills.

Finally, to add a garnish to the year 2023-2024, a concert was organised, which starstruck each of them and mesmerised the parents with a skit, dances, singing, and prayers.



Concert

One of the most anxiously awaited occasions is the concert at our school. It was held on 15th December 2023 with great enthusiasm and zeal. The event was presided over by the chief guest, Mrs Vinisha Nero; our beloved principal, Sr. Malar Joseph; prep in-charge, Sr. Glory Raju; the manager, Sr. Loiusa Mathias; middle school in-charge, Sr. Susairani and all our sisters of SFX. Mrs. Maria Goretti anchored the program; the function began at 5 pm; the program commenced with a short prayer followed by the lighting of the lamp by the esteemed chief guest, Mrs Vinisha Nero, respected principal Sr. Malar Joseph, the manager, Sr. Louiza, the middle school in-charge Sr. Susairani and the co-ordinator Mrs. Srimathi.

The cultural event was set rolling by evoking the blessings of the almighty through the invocation dance, and the evening progressed by witnessing the mesmerising theatrical performance. The entire skit was divided into four scenes that depicted PANDORA's curiosity. The graceful dances, concerts, choir, dialogues, costumes, lights and stage decoration bewitched each one. The Chief Guest, Mrs Vinisha Nero, spoke a few words of wisdom and appreciated the school's efforts. The audience was seamlessly transported to the myth of the enchanted paradise era, and they relished their journey. Each student portrayed the characters with elegance.

The breathtaking journey culminated with a grand finale featuring the crib and the choir. The bedazzling and magnificent spectacle left the audience spellbound and craving more. The show not only enchanted everyone, but it also brought to the fore the students' latent talent, which had been unlocked in this attempt.

The concert ended with everlasting memories as the curtains rolled down.

We have significant accomplishments in the academic year 2023-24 under the dynamic, motivating and proactive leadership of our principal, Sr. Malar Joseph, the prep in-charge, Sr. Glory Raju and all our teachers.

The school focuses not only on advanced academics but also on extracurricular and co-curricular activities. Students are trained at a very young age to incorporate a sense of responsibility, loyalty, team spirit and healthy competition to become graceful and dignified personalities. We believe that "SUCCESS IS A SWEET RESULT OF HARD WORK COMBINED WITH A DESIRE TO EXCEL AND UNFAILING DEDICATION".

As we conclude this academic year on a positive note, I, Ms Maria Goretti, on behalf of the preparatory section, would like to express gratitude and thanks to the management, our principal, Sr. Malar Joseph, Prep—in charge, Sr. Glory Raju, all the sisters of Tarbes, the coordinator, Ms. Srimathi, teachers, and all the staff for their untiring support and guidance.



PRIMARY SECTION REPORT

In 2023-2024, our school hosted impactful events aimed at holistic student development. From raising awareness about environmental issues to fostering leadership skills, each activity played a crucial role in shaping our students' growth.

World Environment Day (June 5, 2023):

World Environment Day was celebrated to raise awareness and encourage action against plastic pollution, focusing on the theme "Beat Plastic Pollution." Teachers and students organised various activities, including a special assembly and discussions on reducing plastic usage, to instil responsibility for protecting the environment.



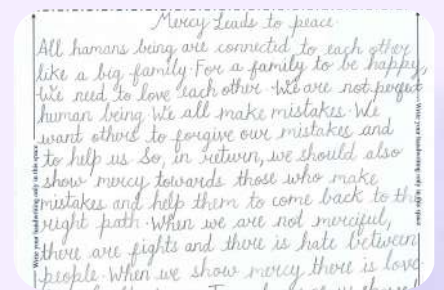
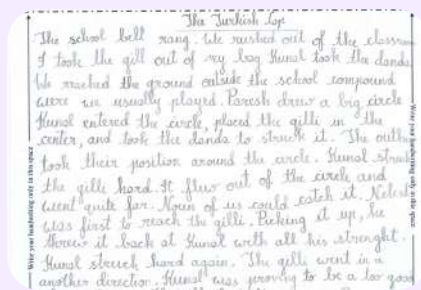
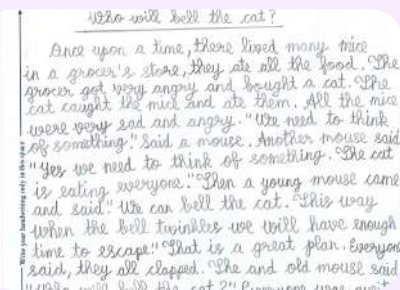
International Yoga Day (June 21, 2023):

International Yoga Day was celebrated with students performing various yoga asanas, promoting physical and mental well-being. The event emphasised the benefits of regular yoga practice for health and vitality.



Handwriting Competition (July 6, 2023):

To promote handwriting skills, the school conducted an All-India Inter-School Handwriting Competition for grades I to IV students. Winners were awarded certificates for their achievements.



Parents Orientation Day (July 14, 2023):

A Parent Orientation Day was organised to provide insights into children's emotional, mental, and physical growth. Educational consultant Mrs Phyllis Farias addressed parents, stressing the importance of a supportive and involved approach to parenting.



English Elocution Event (July 28, 2023):

The English Elocution competition showcased students' linguistic finesse and confidence in public speaking. Judges emphasised the importance of practical communication skills beyond technical proficiency.



Primary Investiture Ceremony (August 9, 2023):

The investiture ceremony marked the induction of new leaders in the primary section, emphasising leadership and character development. The event featured speeches by leaders and words of wisdom from the chief guest, Sr. Sagaya Mary.



Health and Hygiene Talk (August 18, 2023):

Dr. Syeda Khutaijatul Kubra and Dr. Syed Mutheeiuulla conducted an informative talk on personal hygiene for primary students, covering topics such as handwashing, nail hygiene, and oral care.



All India Hope Talent Contest (August 28, 2023):

The school organised the All India Hope Talent Contest, including art and essay writing competitions, to showcase students' talents and enhance their skills.

Green Olympiad (October 12, 2023):

The Green Olympiad aimed to test students' knowledge of environmental awareness. It was conducted to raise awareness about sustainability and promote responsible actions for a greener future.



WIZ National Spell Bee (November 6, 2023):

The school conducted the WIZ National Spell Bee to improve students' spelling skills and vocabulary. Contestants participated in multiple rounds, culminating in a state-level competition.

Peace Assembly (October 30, 2023):

Primary students organised a Peace Assembly, spreading the message of nonviolence and unity inspired by Mahatma Gandhi. The event emphasised the importance of understanding and resolving conflicts peacefully.



KISA Talent Search (November 20, 2023):

One hundred eighty primary students showcased their talents in the KISA Talent Search Examination. The results are awaited, reflecting the school's commitment to nurturing students' abilities.



INTER HOUSE AND INTER CLASS COMPETITIONS

The Primary Section witnessed a flurry of intellect and talent during the Inter-House and Inter-Class Competitions held in March 2024. These competitions not only tested the academic prowess of students but also showcased their linguistic and analytical skills.

From spelling bees to general knowledge quizzes, and from math challenges to eloquent elocutions, the students of Std I to IV participated enthusiastically, making the events vibrant and memorable.

- I. The Inter-House Spelling Bee for Std I and II was held on 20th March 2024
2. The Inter-House Spelling Bee for Std III and IV was held on March 21st, 2024
3. The Inter House General Knowledge for Std I and II was held on March 20th, 2024
4. The Inter House General Knowledge for Std III and IV was held on March 20th, 2024
5. The Inter-House Math Quiz for Std I and II was held on March 21st, 2024
6. The Inter-House Math Quiz for Std III and IV was held on March 21st, 2024
7. HINDI ELOCUTION Std I to IV -22nd MARCH 2024

Judges for the Event: Ms Farida M. Hakeem and Ms Sangeeta

8. KANNADA ELOCUTION Std I to IV -22nd March 2024

Judges for the Event: Ms Mary Shaila Crasta and Ms Shreemathi Dayalan

The Inter-House and Inter-Class Competitions held in the Primary Section were a resounding success, thanks to the dedication and hard work of both the participants and the teachers. Each contest brought out the best in our students, fostering healthy competition and a spirit of camaraderie among the houses and classes. Congratulations to all the winners and participants for their outstanding performances, and kudos to the judges for their meticulous evaluation.

These competitions not only honed the academic and oratory skills of our students but also provided them with valuable experiences and memories to cherish. Here's to many more such enriching events in the future!



Congratulations!

"Never give up on what you really want to do. The person with big dreams is more powerful than one with all the facts." –Albert Einstein

General Assembly - Diwali, Kannada Rajyotsava and Children's Day

The General Assemblies conducted in our school have always fostered learning and have played a pivotal role in expanding our general knowledge with a touch of entertainment, which incites a lot of excitement among the students. A General Assembly was conducted on 13th November 2023 in the school auditorium on account of **Children's Day**. It was performed and organised by our middle school and high school teachers, who nurtured potential in the cradle of learning throughout our lives and shaped us into the people we are today. This celebration was a mere hiatus from our academic routine. A solemn prayer service was conducted, followed by our harmonious teacher choir, who performed for us. It also included a lot of inspiring and motivational videos.

Kannada Rajyotsava.

Kannada Rajyotsava is more than just an institutionalised event; it is an annual testament to Karnataka's profound and extravagant cultural embrace. Our school celebrated this day by presenting a cultural program that offered a panoramic view of Karnataka's artistic brilliance. Our students performed a range of traditional dance forms that showcased elaborate costumes, expressive gestures, and historical narratives. The teachers who mentored our students were Ms. Janakamma and Ms. Mary Crasta.



Diwali

Diwali, the festival of lights, is celebrated widely across the Indian Subcontinent with luminous grandeur and is an occasion of profound significance. Our school gave us the platform to celebrate Diwali with our friends, which kindled in us the joyous spirit of celebration that underpins this shimmering festival. A small celebration was held in the evening on our campus. Our students were engaged in lighting diyas, a traditional gesture that dispels darkness ushering in positivity. The diyas were handmade and painted by our Guides. Ms Janakamma and the Sisters of St. Joseph of Tarbes accompanied our students during this celebration of collective joy. The students of Middle School also staged a skit on account of Diwali during the morning assembly in the auditorium.

Marysa Theia Joseph

X A



Home Science Food Fest - ‘Soiree’

In the realm of education, the culinary arts often serve as a delightful departure from our traditional learning methods. We have been given the platform to display our talents at school, which has played a crucial role in shaping our academic growth and fostering collaborative skills through group activities. Whenever a group activity is conducted in our school, it becomes a conduit for learning experiences beyond textbooks. We, the Home Science students, for the first time in the history of our prestigious school, got an opportunity to host a culinary carnival – “Soiree”- which provided the students with fresh and healthy meals that our students cooked.

The tuck shop evolved into a platform for student engagement and entrepreneurship. From aromatic spices to the sizzling pans, we were immersed in a hands-on exploration of the culinary landscape. All types of food from various cuisines, such as Chinese, South Indian, Italian and much more, were prepared with utmost dedication and love. The food was sold at reasonable prices to raise funds to help those in need, especially for a school in KGF. Each team of highly talented student chefs consisted of four to five members who prepared three or four dishes. The tuck shop was open to the students of Middle and High School, including the entire staff of our school. All the meals served were prepared inside the campus. This activity was a tapestry of teamwork. As students collaborated to chop, sauté and garnish, they learned the delicate dance of synchronisation and coordination.

The tuck shop served as a canvas to portray culinary creativity. Students experimented with flavours, textures, and presentations, unleashing their culinary imaginations. It was a holistic educational experience encompassing teamwork, creativity and a deeper connection to the diverse world of food. We truly explored the nuances of flavourful journeys within our school’s culinary classroom.

Marysa Theia Joseph

X A



INDEPENDENCE DAY CELEBRATION

“The future depends on what you do today” - Mahatma Gandhi.

From the saffron, white, and green streamers, tassels, balloons, flags and other paraphernalia that decorated the school to the beaming faces of the students, the portals of St. Francis Xavier Girls' High School reverberated with patriotism, pride and nationalistic feelings at the 77th Independence Day celebration. On this day, our school celebrates India's independence and the feast of the Assumption of the Blessed Virgin Mary. This significant feast recalls the spiritual and physical departure of the mother of Jesus Christ from Earth into the presence of God. 15th of August also holds a special significance because on this day, way back in 1843, six young girls formed the congregation of the sisters of St. Joseph of Tarbes.

Colonel Anuj Kumar Singh, the Chief Guest for the day, along with our principal, Sr. Malar Joseph, was escorted to the high school quadrangle by the NCC cadets. Other dignitaries were Sr. Catherine Charles, the Provincial of The Sisters of St. Joseph of Tarbes, Sr. Susai Rani Nicholas, the Middle School in charge, Sr. Gloria Raju, and all the sisters of St. Joseph of Tarbes.

As the chief guest hoisted and saluted the tricolour flag, it reminded us that nothing can be compromised with the freedom that our ancestors have entrusted us. The national anthem resounded with honour and glory, followed by the NCC patriotic song and the Guides' prayer song.

Mrs. Asma Bano welcomed the audience and dignitaries. The cultural programme commenced with a solemn prayer service by the Middle School students. Students from different grades showcased their talents through dance performances, speeches, songs, and skits.

The Chief Guest addressed the gathering and stressed the virtue of freedom, which encompasses the ability to be responsible and accountable for our actions. He urged the students to take fraternity beyond the school's portals into the wider world to live as one human family.

The program ended with a vote of thanks, proposed by Angelyn Glasho of Std- 9. The Independence Day celebration for the year 2023-24 encapsulated the spirit of unity, freedom and national pride. It reinforced the importance of remembering and respecting past struggles while inspiring students to contribute positively to their nation's progress.

Assumptia Thomas

X B



ISC- ORIENTATION 23-24

Education is the passport to the future, for tomorrow belongs to those who prepare for today.

- Malcolm X

We welcomed the new batch of eleventh-standard ISC students for the academic year 2023-24 with an orientation programme conducted in the Mini Hall on 5th June 2023. The management, sisters of St. Joseph of Tarbes, teachers, students and parents attended.

There was a short prayer service, after which the new students were acquainted with the institution's history. A general code of conduct and instructions were also given. The theme for this event was "Today is the opportunity to build the tomorrow you want". The Principal, Sr Malar Joseph, inspired the students to seize every opportunity that came their way. The ISC Class 11 teachers formally introduced themselves. Ms. Sameena Siraj talked about all the career options a student had in the humanities, commerce and science fields.

The day ended on a pleasant note, with the parents and students looking forward to an exciting journey in SFX.

Mariam Jacey Ficker

IX C



KISA DANCE COMPETITION

"Great dancers are not great because of their technique; they are great because of their passion." – Martha Graham.

The Karnataka ICSE Schools Association (**KISA**) organised a dance competition on the 19th of August, 2023. The event took place at Dayanand Sagar College, Bengaluru. Students from more than ninety schools participated in the event, one of the many being St. Francis Xavier Girls' High School.

The dance style for the students was 'semi-classical' as they were divided into sub-junior and senior categories. Students from our school participated in both events. The competition was stiff as our students gave a tough fight. The first part of the programme was held for the students of the senior category. Ms. Sharada supported our students in their practice and rehearsals, accompanied them, and ensured they performed well. This was followed by the sub-junior category in which students from grades 7 and 8 participated. They were accompanied by their teacher, Ms. Priya, who helped them in every possible way, tutoring and guiding them to perfection.

Students did their best as they represented our school among so many others. The participants were provided refreshments and assured of safety. It was a well-organised event that showcased the students' innate and honed talents.

Monisha Srinivas

IX B

Leadership Training Program

“Great leaders don’t set out to be a leader. They set out to make a difference. It is never about the role - always about the goal.” - Lisa Haisha.

A leadership training programme for the newly elected class leaders, vice leaders and other members of the Students’ Council was held on 17th June 2023 in the school. The eminent speaker of the day was Fr. Amarnath. The workshop aimed to enhance leadership skills and improve communication and interpersonal skills to facilitate the overall personality development of the students.

The programme began with a short prayer service conducted by the Students’ Council, followed by an encouraging and inspiring address by Fr. Amarnath. There were many fun-filled activities, games, questionnaires and interactive group discussions.

Father Amarnath trained the leaders to be quality, unbiased, and efficient leaders. He also explained the significance of their responsibilities and duties.

The program enhanced the students’ interactive and leadership skills, acting as a catalyst to improve their capabilities and inspire their teams to achieve outstanding results. It also equipped the student leaders with the knowledge, skills, and confidence needed to manage a team and lead them towards success effectively. St. Francis Xavier Girls’ High School has always been inclined towards training and equipping the students with leadership skills needed for their future.

Umme Salma X B



No Bag Day

“Away, away, from men and towns,

To the wild wood and the downs, To the silent wilderness, Where the soul need not repress its music.”

—Percy Bysshe Shelley

P. B. Shelley, in his poem To Jane: The Invitation, explains how when we are in nature’s company, we can put aside the thoughts of misery, despair, and anxieties to be blessed with a free and cheerful mind. Therefore, man needs to be closely associated with nature to bring balance to his life. Man is an intrinsic part of nature; we cannot separate them. Our planet is enduring a long-lasting irreversible degradation in this generation, and humans are catalysing this egregious effect. That’s why St. Francis Xavier Girls’ High School takes pride in being environmentally effective altruists by conducting various sessions so that our students can gain insight into different environmental and hygiene practices.

“Peace is not the highest goal in life; it’s a fundamental requirement” - Sadhu guru.

Aligning with our environmental altruism, our school also enlightens us about the turbulent and tumultuous adversities around the world, and by learning that through serene prayers, the Divine will restore peace.

On 14th July 2023, we celebrated No Bag Day by spending the day performing a devout, prayerful service for the Manipur crisis and the rest of the day educating ourselves about environmental deterioration and hygiene solutions. We started the day with a prayer service for the Manipur atrocities. Our students hand-crafted posters and signs with slogans such as “Save Manipur” and artwork signifying the pain of the victims’ endurance.

We proceeded with the inauguration ceremony in the presence of our esteemed Manager, Sr. Louisa Matthia, and The Middle School In charge, Sr. Susai Rani, the Administrator, Sr. Jerani, and the teaching faculty. The Chief Guest for the event was Mr. M.P. Krishnan. The Guest Speaker, Mrs. Noor Fathima, is another well-renowned environmentalist who conducted the session and introduced Mrs. Prathima, who showed the students her exceptional method of terrace gardening (OTG), producing exotic fruits and vegetables. The students were very gripped and captivated, making the question session productive. This helped us understand the significance of promoting organic practices and culture.

The second session was conducted in the Mini Hall by the guest speaker, Ms. Lakshmi, who displayed an assortment of flowers and herbs and demonstrated and shared her insight on the advantages of consuming and using them. She educated us on the different linguistic words referring to the names of the herbs and how our ancestors used them in the past, benefitting from them. She also enlightened us about the cure for various diseases using traditional herbs accurately. Other environmental enthusiasts like Mrs Nikhat and Mrs Sumati accompanied her. Mrs Shobha then conducted a short and vivid session on Sustainable hygiene. She invigorated the students to solemnly pledge on the motto “Reduce, Reuse, Recycle”. She also recommended using cloth pads instead of sanitary napkins to save wildlife and oceanic life by reducing soil and aquatic pollution.

The third session, conducted in the A.V. Room, was about “Water Resource” by Mr Sunil. It was indeed a very active and interactive session, as the students earnestly and energetically voiced their answers to various questions about water resources. We ended the day with an action oath to save water and its resources and learned to “think before we let it drip.”

The students ardently rushed out to find numerous stalls on the school premises. There were stalls selling various herbal plants, organic snacks, cakes, and milk products. Organically made pickles and eco-friendly home accessories were also displayed for sale. It was a very exciting day for the students, as we carried no books and did not attend any classes. Overall, the day ended on a very educational but pleasurable note.

Sharon Noel

X B





EXPRESSING SOLIDARITY WITH THE PEOPLE OF MANIPUR

At least one hundred and fifty people have been killed since May in ethnic violence in Manipur, a remote state in northeast India with a history of tensions between tribal groups. When our Christian brethren were facing atrocities, our SFX family persisted in expressing their solidarity with them by praying for peace and normalcy to be restored amongst the warring tribes.

An adoration service was held in the school chapel on June 24 2023, attended by our principal, the management, sisters of St Joseph of Tarbes, and teaching and non-teaching staff. The theme for the service was “The Parable of the Hidden Treasures.” Scripture passages were read, and the congregation sang hymns. An order of praise and worship was followed with piety and dedication.

The staff and students contributed two lakh twenty thousand rupees to monetary support for the victims. During the assembly, students continued praying for the victims every morning.

When hundreds of citizens, activists and students gathered at Town Hall in Bengaluru on Friday, July 21, our principal, sisters of St Joseph of Tarbes, teaching and non-teaching staff extended their support by participating in the rally. We are with the people of Manipur in their struggle. We are relentless until amity is back again.

Ms. Mary Abraham



RECOLLECTION DAY

The Bible says, “See what great love the Father has lavished on us, that we should *be* called ***children of God!*** And that is what we are!” (1 John 3:1)

All the catholic students of St. Francis Xavier Girls’ High School are privileged to be a part of the Recollection Day held every year in the school. The theme of the day, “To grow in the true identity of being the beautiful child of God,” is a powerful reminder of the inherent value that every student possesses in the eyes of God.

The Eucharistic Celebration, presided over by Fr. Jacob Anil D’Souza, was an awe-inspiring experience for all in attendance, offering invaluable guidance on strengthening one’s relationship with God. Fr. William D’Souza and Mr. Sebastian were present to provide unwavering support to the students on their journey of faith. During the interactive session with Fr. William D’Souza, the students had the opportunity to ask questions and gain insights on how to grow closer to God and connect with him, which helped reinforce the importance of the theme. Some of the questions asked were about handling challenging situations and finding strength in God during those times. Fr. William provided practical advice and shared personal stories that resonated with the students.

The impact of Recollection Day on the students was evident, as many of them expressed a desire to strengthen their relationship with God. Some even made commitments to attend mass more frequently and to pray regularly. They also enjoyed singing action songs, which enhanced the lively atmosphere of the day.

Recollection Day is a meaningful initiative our Principal and school management took to encourage religious study and promote religious tolerance, as Christianity affirms love, not hatred.

The day provided the students with moments of prayer, reflection, and sharing, allowing them to gain a deeper understanding of who they are and find God’s presence in their lives.

Daphne Breonna

X ‘B’



REPORT ON YOGA DAY 2023

Since its introduction at the United Nations General Assembly in 2014, International Yoga Day has been celebrated every June 21 worldwide.

On June 21, 2023, World Yoga Day was observed in the ISC quadrangle of SFX. After warm-up exercises, all the students performed sitting and standing asanas, such as Surya Namaskara, Padmasana, Dhanrasana, Chakrasana, Ardha Chakrasana, Rukshasana, Vajrasana, Pranayama and Sharvasana. They were led by Ms. Prema, Ms. Caroline and Ms. Janakamma, who demonstrated these asanas. High school students, especially the guides and NCC cadets, were actively involved in the programme.

Yoga began in ancient India as a physical, mental, and spiritual practice. It aids in controlling one's mind, body and soul. It assists in achieving tranquillity; it helps manage tension and keeps us relaxed. It also helps enhance flexibility by improving muscle strength. It aids in respiration and enhances vigour.

This event helped us understand the importance of yoga in our daily lives. Yoga Day is celebrated globally by emphasising the importance of holistic health and inner peace. It fosters unity among diverse cultures and encourages a healthier lifestyle. Through awareness and accessibility, it showcases the profound benefits of yoga to millions worldwide.

Nainika Ranjan

IX A



UGenius Quiz

“An investment in knowledge pays the best interest”--

-Benjamin Franklin

Union Bank of India conducted an all-India regional-level quiz competition, ‘U Genus’, on August 24, 2023, at Jnana Jyoti Auditorium, Bengaluru. The topic of the quiz was *General Awareness*.

The quiz competition began with a prayer ceremony, followed by a video on the establishment and achievements of the Union Bank of India, with its tagline ‘Good people to bank with’. The excitement of the contestants reached its peak when the trophy was unveiled, enhancing the spirit of competition among the students.

Three teams, each consisting of six students, represented St. Francis Xavier Girls’ High School. Two students from grade eight and four students from grade ten participated. The first round was written, followed by the second, which was oral. The top six teams out of one hundred and twelve teams were selected. The winning team was St. Paul’s English School, with 350 points.

Marilyn Monroe rightly said, “Don’t let your fear of failing triumph over the joy of participating.” Our students did their best but did not win; nevertheless, they enjoyed quizzing. It encouraged the participants to “think out of the box” using diverse perspectives to enhance their knowledge. It was a fun-filled learning experience for each one of them.

Umme Salma

X B

St. Joseph's Novena

“Saint Joseph was a just man, a tireless worker, and the upright guardian of those entrusted to his care. May he always guard, protect, and enlighten families.”

St. Joseph's novena was conducted on our school campus from March 1st to 15th, 2024. All the Catholic students of the Primary, Middle, and High school blocks, accompanied by the Principal, Sr Malar Joseph, the SJT sisters, teachers, and non-teaching staff, assembled at the Middle School quadrangle every morning to honour and worship the patron saint of the SJT congregation.

St. Joseph's statue was adorned with fragrant flowers, bouquets and diyas. The staff beautified the statue with incredible artistry and creativity.

The students of each grade put remarkable efforts into their respective assemblies during the novena. ‘Immediate response to the call of God, St. Joseph as the Head of the Holy Family, Mass of obedience, Humility of St. Joseph, Joseph -most faithful, St. Joseph - a selfless man, St. Joseph-a man of obedience’ were the themes chosen by every grade for each day of the novena.

On the 12th and 13th of March, the subject teachers of the Middle and High school blocks hosted the assembly. Their theme was ‘St. Joseph is a mirror of patience and a Lover of poverty, respectively. ‘ On Wednesday, 13th March, the High school and ISC students performed a skit that taught us to be kind and compassionate by helping people in need with the little we have.

On 14th March, the Josephites of SFX conducted the assembly with the theme ‘Virtues and Titles of St. Joseph’. On 15th March, the last day of the novena, the school's office and support staff paid their humble reverence and worship to St. Joseph by executing a magnificent assembly. They melodiously sang beautiful hymns, and their topic was ‘Joys of St. Joseph’.

Throughout the novena, the SFX choir did an amazing job of resonating the atmosphere with their melodious voices. Every day, the students offered bouquets to St. Joseph, and the participants actively engaged in every prayer.

On 18th March 2024, SFX hosted the eucharistic celebration on account of the Feast of St. Joseph. The celebrant, Rev Fr. Christopher Vimal Raj, gave beautiful sermons based on the theme: ‘We focus on the qualities of St. Joseph’.

The experience taught us to grow spiritually and lead a pious life by following St. Joseph's virtues and turning to him whenever we needed help.

Michelle Rosario Carvalho
X B



TALENTS DAY 2023

Our school hosts a 'Talents Day' every year to help the students identify their hidden talents, explore their creativity, and encourage them to participate in new and exciting events. The Talents Day of 2023 was organised on November 28th at St. Francis Xavier Girls' High School. The event commenced at 1 p.m. on a bright Tuesday afternoon. It was a lively and busy day that provided innumerable opportunities for all the students to exhibit their talents and let go of their inhibitions.

There were two major categories of events held: on-stage and off-stage events. Each event had at least two teachers in charge who helped guide the students and ensured the events progressed with order and organisation. Separate teachers judged the students' performances and graded them based on creativity, ingenuity, teamwork, confidence, execution, and, most importantly, originality.

The various on-stage events included dance (solo, duet, and group), vocals or singing (solo and group), a fashion show (solo and group), mad-ads (group), stand-up comedy, instrumental music, a magic show, poetry recitation, and an air-crash. Several off-stage events were organised, including rangoli decoration (group), cooking without fire (group), hairdressing, calligraphy, tattoo art, nail art, face painting, photography, Java programming, and digital poster making.

The day was filled with enthusiasm and excitement. With the encouragement and support provided by our teachers, all the students were able to perform their best, both on-stage and off-stage. It was a fun and memorable day for the students as well as for the teachers.

MONISHA SRINIVAS GHODKE IX 'B'



Teacher's Day Celebration

"A good teacher is like a candle that consumes itself while lighting the way for others."

~Mustafa Kemal Atatürk

Teacher's Day honours our beloved teachers' devotion, determination, and selfless hard work. We at St. Francis Xavier Girls' High School celebrated this day with zeal and zest. The theme for this day was "Teachers can change lives with just the right mix of chalk and challenges." ~ Joyce Meyer.



The program began with a grand march of the teachers, led by our principal, Sr. Malar Joseph, and was followed by a prayer service to invoke God's blessing upon our dear teachers. The Principal addressed the gathering on the contribution of teachers to the world and society, their tremendous impact on the lives of students and their role in paving their way towards success. The Preparatory, Primary, Middle and High School students performed on the stage, each to show their gratitude to our dear teachers. The graceful dance performance of the Preparatory children and the High School students captivated the audience, much to the delight of our teachers. The "Jabbawockeez" of our school gave an enthusiastic and fun-filled performance. A meaningful mime act was staged by the Middle School students, showing the importance of teachers in our lives. The Primary students also expressed their love for the teachers through a heart-touching action song. The auditorium was filled with thrill and excitement as the Students Council danced their heart away to some beautiful foot-tapping numbers. The event ended with a lovely note delivered by Sr. Louisa Mathaias.

Thank you, dear teachers, for all the love, care and dedication you shower upon us daily, regardless of our weaknesses and shortcomings. We are forever grateful for your guidance and support.

The program was followed by some sports activities for the teachers. The teachers were excited and sparked, following the theme, "Powering up, recharging and slaying on the field". The event began with the Torch Bearing ceremony by the Physical Education teachers. Ms Portia Biju led the march past for the day, followed by The Games Captain for the day, Mr Malleth S Dhanawade. They were followed by St. Xavier Housemistress, Ms Reena Davis; St. Joseph Housemistress, Ms Maria Kathy; St. Catherine Housemistress, Ms Deepa Mary; and St. Teresa Housemistress, Ms Sangeeta Gupta. The event proceeded with several novelty races and fun-filled games. Teachers' Throw Ball match between St. Teresa House and St. Catherine House mesmerised the crowd. True to the spirit of the game, the prize distribution ceremony marked the end of a Great Sports Day organised by the tireless efforts of the Students Council.

"Teachers are the stars that make our life sparkle and shine." To put a sparkle in their eyes on this special day is all we aspire to and dream of every year. An array of memorable performances, little love notes, a bouquet of flowers and abundant wishes are precious gifts from us to you, dear Teachers.... We love you forever.

**Umme Salma
X B**



Teachers Excursion (A Trip to Chikkamangalur)

Nature has a way of rejuvenating the mind and body. A two-day teacher's excursion to Chikkamagalur was just the thing needed to connect not only with the beauty of nature but also with our staff, colleagues, and management. It was a leisure-filled time spent together, creating countless memories for each of us.

On 30th November, we boarded private buses from SFX at around 4.30 in the morning. We caught up on our balance sleep on the bus and refreshed ourselves with tea around 8. At around 10 am, we stopped to have breakfast en route to Belur. Our first visit was to the Halebidu Temple- a twin temple dedicated to Hoysaleshwara Shiva and Santaleshwara Shiva. Each was the same size, and two large Nandi Shrines were outside. Our next visit was to the Channakeshava Temple at Belur. Hoysala Vishnuvardhana built this temple, and it is star-shaped. Built mostly of soapstone, the temple has several small monuments, which include the Kalyana Mantapa, the water tank and the Andal Temple. An interesting piece of sculpture is a 42 ft. high gravity pillar that stands on its weight on three sides, and the fourth side has an unfilled gap. Seeing and admiring the architectural marvel of the Hoysala Dynasty was a delight.

We refreshed ourselves at a beautiful homestay amidst the hills, visited the Hirekolale Lake, and took a short trip to the local market. We came to know about the variety of coffee beans that are grown there and marketed worldwide. Back at the homestay, we had a bonfire and tapped to the beats of Bollywood numbers. The next day was a visit to Mulayangiri. We started our journey in the wee hours of the morning and had a glimpse of the most beautiful sunrise in the Western Ghats. The panoramic view from the highest peak of the Western Ghats was indeed a breathtaking one, and we were fortunate enough to have a relishing breakfast amidst the enchanting hills touching the azure blue skies. A few km away was the Bababudangiri (also known as Dattagiri), famous for coffee production and iron ore reserves. The hill is dedicated to the Sufi saint Hazrat Dada Hayat Khalandar, who is believed to have brought the coffee seeds from Saudi Arabia. Both Hindus and Muslims visit this shrine, which is located in the caves.

We also visited the Manikya Dhara Falls. Back at the homestay, we refreshed ourselves with a rain dance before we began our return journey.

Teachers need to keep themselves balanced to stay in sync with their minds and bodies to mould future generations. The trip was well organised and left us with memories we will cherish forever.

Ms Juliet Dominic



WORLD ENVIRONMENT DAY – REPORT

“To sit in the shade of a fine day, and look upon verdure, is the most perfect refreshment.” – Jane Austen

World Environment Day is an annual global event celebrated on June 5th to raise awareness and encourage action for environmental protection. This year, St. Francis Xavier Girls' High School enthusiastically celebrated World Environment Day with a focus on the theme for the year 2023 – “#Beat Plastic Pollution.” The event aimed to educate, inspire, and empower students to contribute towards a more sustainable and eco-friendly future.

The students of Class 10 presented a skit, which was a commendable effort to promote environmental awareness. It was an effective method to convey crucial environmental messages in an engaging and memorable way. The skit brought our attention to critical environmental issues highlighted by this year's theme and ignited a sense of responsibility among students and staff. It served as a catalyst for ongoing initiatives and projects to foster a more sustainable and resilient future. The performance left a lasting impact on the audience, serving as a reminder of our collective responsibility to preserve and protect the environment.

As we move forward, the SFX students remain committed to nurturing the environment and will actively contribute to the global effort to safeguard our planet.

Tryphena S Rozario

X 'A'



GLIMPSES OF SOME UNFORGETTABLE MOMENTS

GYM INAUGURATION - “Powering up the future, one rep at a time!”

Our new school gym is officially open and ready to inspire strength, teamwork and success for all students. Let’s make every workout count!”



World Mental Health Day - “Promoting awareness and well-being- A day to prioritize mental health, support each other and break the stigma.”



Thailand Delegates’ visit - A cultural exchange of ideas and experiences welcoming delegates from thailand to our school community!



Robotic Exhibition - “Innovation in action!” Our studentsshowcase their creativity and technical skills at the exciting Robotic Exhibition.



Our Lady Of Fatime Statue Brought To School - A moment of reverence and devotion strengthening our faith and community.



Math Session - “Exploring the world of numbers and logic- focussed math session and to sharpen our skills and ignite curiosity.



Celebration of French Day - “Vive la France!! - A day filled with french culture, language and delicious treats celebrating all things French!!

July 14 is France’s National holiday, celebrated every year to commemorate a major historical event : the storming of the Bastille in 1789. This event is a symbol of the French Revolution, which ended centuries of absolute monarchy and paved the way for the creation of the French Republic. It is a moment when the French came together to honor their history, their freedom, their solidarity, remembering that the storming of the Bastille paved the way for a fairer and more just world.

The French students of Grade 9 and 10 conducted the assembly with the theme ‘ ‘The Culture of France’ to commemorate the National Festival of France. The students introduced the culture, history, language, monuments of France through a stage performance which included theme dance, skit and songs. They showcased great enthusiasm and love for the French language by their spectacular dance, skit and songs. The stage was decorated and French delicacies were also baked and served. French flags were displayed every where to mark this historic day.

The program ended by playing the French National Anthem -”The Marseillaise “.



National Science Day - “Celebrating the wonder of Science! Our students explore, experiment and discover on National Science Day.



Water Conservation - “Every drop Counts!” Educating and empowering our community to protect and conserve water for a sustainable future.



PREPARATORY ARTICLES & DRAWINGS



Grand mother

1. My grand mother is the most lovable member of our family.
2. She is beautiful and simple.
3. She cares me and loves me so much.
4. My grandmother cooks yummy food.
5. She tells me stories and plays with me.
6. My grand mother teaches me good things.
7. I like to spend time with her.
8. I want to see her happy.
9. I like to watch cartoon with her.
10. I have the best grand mother.

—AFRAH FATHIMA
Prep II A



MY LITTLE BROTHER

My little brother's name is Divin Arev. He is my favourite. I like him very much. I love to play with him. I want him to grow big soon, so that we can ride bicycle together. I thank God for all his blessings.

DANVI ARIAN

Vegetable and fruits

Green vegetables and
fresh green fruits carrot tomatoes
And apple juice mummy says
Eat them all it make u healthy
Strong and tall



BY
DIVINHA

PREP 2C

SCENERY

The nature is the most beautiful
surrounding around us which makes us
happy and to live healthy.
It has plants, flowers, oceans and seas.
I love to see the scenery.
It makes me happy.

SARAH FATHIMA
PREP II 'D'

Little Bird

Little bird, little bird,
fly around, up to the sky,
down to the ground.

Little bird, little bird,
flap your wings.
Open your beak and sweetly sing.

Fly to your nest,
now it is time,
to take a rest.



RITHIKA D
PREP II -D

My Pet

My pet is a kitten,
She lives in a mitten.
She is very cute,
But she is always mute.
She is very nice,
She likes to catch mice.
She is white,
And she is always in my sight.
I love her very much,
She loves my gentle touch.



RIYA D.
PREP II-D

My Mother

My mother is the most important
person in my life. She is an inspiration
for me. My mom motivates me for
growing and achieve better things in my
life I love you maaaa.

Fatima Sultana
PREP 2
'B' Sec

Daughters are the Precious gifts...

Lets create an atmosphere
of Love, Peace and
Equality for them...



SYEDA YUHA IMAN
NURSERY 'B'

Rainy Season

1. I love Rainy Season
2. Rainy Season is a beautiful Season
3. It comes after summer Season
4. It is also called as monsoon
5. we use umbrellas and Raincoats
6. The sky looks cloudy in this season
7. Trees look green and fresh in rainy season

Name:- SAYEEDA SAFTYA

Class:- prep II

Sec:- D

My Pet Sweetie

I have a pet.
My pet is a parrot.
It's name is Sweetie.
I play with it, give seeds
and fruits to eat.
It likes guava fruit a
lot.
I love my pet very much.



Sarah Elisha PreP2C

MY TEACHER



My name is D.KASHIKA studying in prep II B
My teacher's name is Miss. MARIA. I love my
maam as I have learnt many good habits
from my teacher and always encourage me
so much I learnt how to pray and thank
the lord. Thank you maam for prayers
thank you maam for everything.

D.K. Ashika

prep II B

27/09/23



TREES

1. Trees Are Very Important For All of Us.
2. It Gives Us Oxygen To Breathe.
3. It Gives Co2 And purifies Air.
4. It Gives Us Wood To Make Furniture.
5. It Gives Us fruits And Vegetables To Eat.
6. It Gives Us Medicines.
7. It Helps In Reducing pollution.
8. It Serves As Home for Many Birds And Animals
9. It Add Beauty To The Surroundings.
10. We Should plant More and More Trees for Better Environment.

Cleanliness

1. Cleanliness is very important in our life.
2. Cleanliness keeps us healthy.
3. We should always keeps our surroundings neat and clean.
4. Our cleanliness can save the environment.
5. Cleanliness is a good habit.
6. It is our duty to make our country clean and healthy.

Devayani J.
prep II. D

APPLE



Apple is a healthy fruit.
Apple is red and green in colour.
Apple is my favourite fruit.
An apple a day keeps
the Doctor away.



Amyrka fathima
Prep II C



VEGETABLES



1. Strengthen bone health.
2. Help maintain healthy weight.
3. Beneficial for healthy skin and hair.
4. Rich in antioxidant Properties.
5. Aid in improving eye & health.



MY SCHOOL IS BEST

**ST. FRANCIS XAVIER
GIRLS' HIGH SCHOOL**

MY SCHOOL IS BEST SCHOOL
OF THE CITY.

IT IS LOCATED IN THE FRAZER TOWN.
I LOVE TO GO TO MY SCHOOL VERY MUCH.

I STUDY HERE FROM NURSERY
IT HAS A BIG PLAYGROUND AND KIDS PLAY
AREA WITH SLIDES AND SWINGS.

MY SCHOOL HAS BEEN RANKED
AND TAKEN AWARDS.

I ENJOY GOING TO SCHOOL EVERYDAY.

I AM PROUD OF MY SCHOOL.

ALL THE TEACHERS ARE GOOD

AND LOVING.



I LOVE MY SCHOOL PICTURE

MYSHA
MUDASEE
PREP 'I'
"A SEC"

IMPORTANCE OF EDUCATION IN LIFE

PREP-II 'B'

Education is a powerful weapon that aids an individual to face the adversities of life and overcome societal stigmas such as poverty, fear, status to achieve success. Education is the hope of development and success for most third-world countries and the world's dominion countries. Mandatory education builds the scope of better growth and development.

THE TOY I LIKE THE MOST

MY Favourite toy is a Barbie doll.
It was gifted to me on my Second Birthday by my parents. I have named it Cinderella as she looks like a fairy tale princess. She has long and straight golden hair. I love to try different hairstyles on my doll. Cinderella has many dresses. It sleeps with me and I always take care of her. I love my toy very much.

KANISHKA.M
NURSERY 'A' Sec.

INDIA

India is the largest democratic country in the world. India has 28 states and 9 Union territories. India is the land of people of diverse religion, tradition and castes. It is land of rich wildlife and vegetation.

BY-
YASHIKA

I AM A MANGO TREE

I am old as your grandfather. But, I feel sad about many other trees which are cut down. It is the human who cut the trees.

You all should know that trees provide a lot of benefits to human. We give fruits, flowers, fresh air and shade. We provide land and shelter to animals and birds. Birds build nest on our branches, we feel happy when kids play under our shade.

It is my request to all to stop cutting down the trees!

HESHIKA.S. PREP-I.C

Nature gives happiness



There are sun, moon, stars and clouds in the sky.

All these are part of nature.

Nature is beautiful



Honey bee give honey
Insect are part of nature



Banana tree, mango tree and jack tree give us tasty fruits

Plants are part of nature

SUN



1. The Sun is a big star.
2. The Sun gives us light.
3. The Sun is part of our solar system.
4. The Sun rises in the east in the morning.
5. The Sun sets in the west in the evening.
6. plants need sunlight to grow.
7. Sun is the major source of vitamin D.
8. In Indian culture the sun is treated as a god.

P. Adriel Keturah.
Prep II - B.

Date: SHOBITHA. M Page: Prep-1 B sec
Topic: English Articles

I Love my playground

I love my playground. Our school has a very big playground. There are 2 swings and slides in the playground. It is covered with a small gate. We all go to play during the lunch and breaktime. It's very fun. A playground is an area used by children to play.



Colours of Spring.

Red like a lady bug.

Orange as a beetle.

Yellow like the sun.

Green as a field.

Blue like the sky.

Indigo as a flower.

Violet like the end of the rainbow.

ANAM KHAN
PREP II 'B'

25.09.

My School

My School name is St. Francis

Xavier's School. my school building is

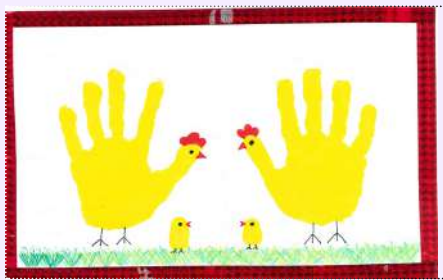
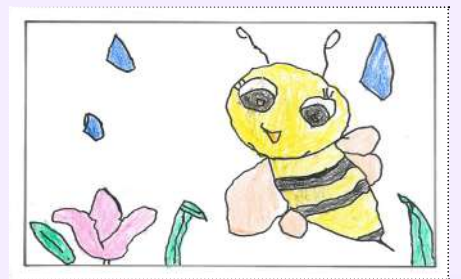
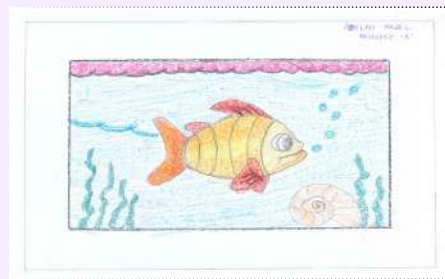
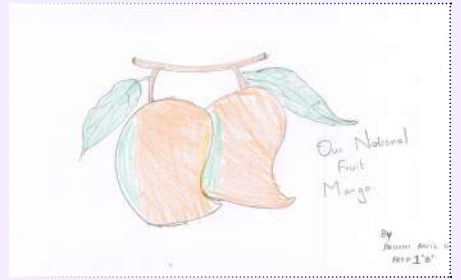
beautiful. my school has a big playground

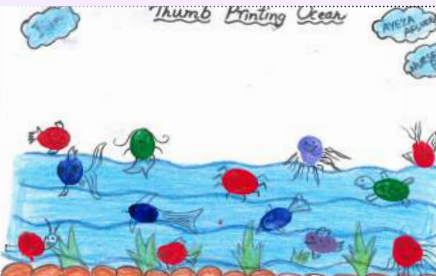
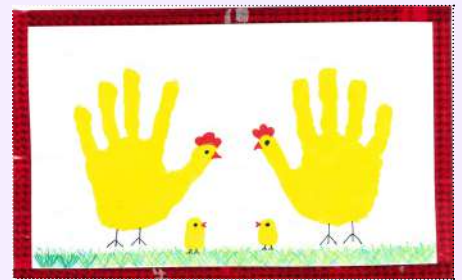
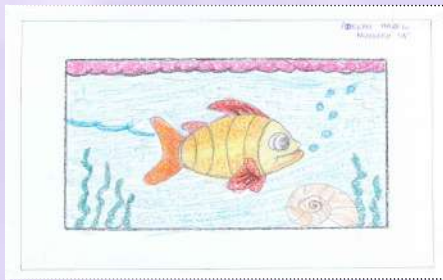
I have many friends at school. My School

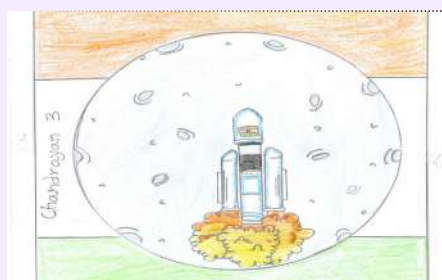
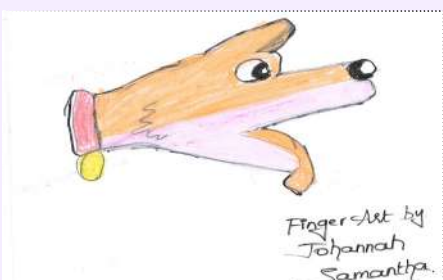
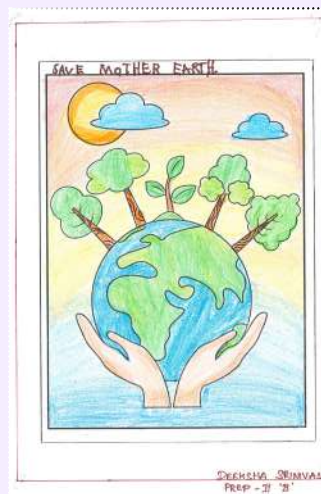
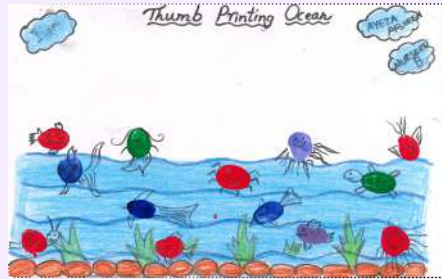
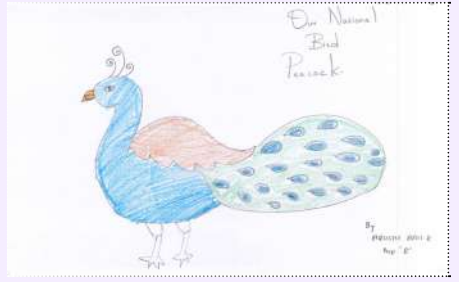
teachers are very kind. We celebrate all

festivals at my school.

Ayesha Sultan
NURSERY
'A' Sec







PRIMARY ARTICLES & DRAWINGS



My Favourite Fruit

Apples are yummy and good for you! They're sweet and colourful. In India, apples grow in places like Jammu and Kashmir. They're full of good stuff, which helps us stay healthy. Eating an apple every day makes you feel happy and healthy. They say, "An apple a day keeps the doctor away"! So, let's eat apples and stay strong!



Pranita
1 A

My House

My house is very beautiful, Where I live with my parents and younger brother.

My house has four big rooms.
My house is situated in Bengaluru.

My mother will always keep my house tidy.
My house is a place where I feel fully safe and secure.

There are many beautiful plants and flowers in my small balcony garden.

My house is a very important place in my life.
I love my house very much.



Adriel Amenda M
1 A

MY HOUSE

My house is very beautiful it is a place where I live with my Family. My house has four rooms. A Living room, a kitchen, and two bedrooms. We keep our house clean and tidy, we

watch TV and play games in the living room, and my mother cooks delicious food in the kitchen. There is a balcony in my house where we enjoy the fresh air. We have our family, with my grandparents and siblings, living happily in my house.

Anam Fathima
1 A

Being Kind

Being kind means being like a superhero with a kind heart. It's when you do things that make others happy and feel good. Like sharing your toys, helping a friend when they're sad or need help, or saying nice words like 'please' and 'thank you.' Kindness is like a magic power that spreads happiness to people around you, like how your smile can brighten someone's day.



Sarah Khadijah Ali
1 A

My Father

My father's name is Paul Raj

He is my real Hero

He is 41 years old

He is driver

My father is a kind person

He always helps in my studies

He works hard for my future

He loves all the members of the family

He is the head of our family

He is everything to me

I love him very much



Philomena Glory
1 A

We Feel Happy

Happiness is a feeling of joy. We feel happy when we are with our family and when we celebrate festivals.

We feel happy on our birthday when we get new things like toys, dresses and so on.

We feel happy meeting our grandparents, uncle, aunt and cousins.

We feel happy when we help others.

We feel happy when we meet our friends.

We feel happy when we read books.

We feel happy when we go outstation.

We feel happy when we see nature like rivers, mountains, trees and waterfalls.



Manasi J
1 A

Good Manners

Good Manners are very important in everyday life. We should be taught good manners from a young age so that we will grow up to be well-mannered.



The most important good manners is saying “please” and “thank you”. Another important good manners is saying “excuse me”.

Being polite and kind to others is also good manners. We should always greet others with a smile. We should learn to say “sorry” when we make mistakes. We should never speak to others while they are speaking. We must always value what others say.

Good manners show the best in us.

Pragathi D.
1 A

Rhyme on Vegetables

Tomatoes and carrots
Cabbage and peas
All red and green
So little children
Eat them every day
To make you grow
Strong and smart



Aidah Hamid
1 B

I like to swim

Hello all, my name is Ashley.
I love to swim. My swimsuit is pink and black.
I had been to swimming classes during the summer and loved being in the water.
I can float without support and can swim very well.



Ashley
1 B

Little Frog

I have a little frog.
His name is Tiny Tim.
I put him in the bathtub.
To see if he could swim
He drank up all the water
And gobbles up the soap!
And when he tried to talk
He has a bubble in his throat!



Olivia Dsouza
1 B

My Dear Ice cream

Ice cream, ice cream, I love you
You make me happy, it is true.
Scoop, lick and bite pure delight
Be it anytime, day or night
There are so many colours and flavours
Make it so much fun.
My dear Ice Cream, you are my number one !!



Akshara
1 B

A visit to the zoo

Last month, I visited the Mysore Zoo with my family. The entry gate was huge. We went walking inside and first saw a beautiful peacock.
Then I heard the chirpy sound of colourful birds. I called my sister and cousins to see the kingfisher parrots, pigeons and many other birds.
Then we saw lions. Some lions were sleeping, and some of them were moving around.
Later, we saw elephants, giraffes, wild dogs, and many more. Crocodiles lay lazy near the water. We also saw many pythons and cobras in small boxes.
Then, it was time to go home; we were all tired. We came back home with lovely memories of the zoo.



Chehal D Shah
1 B

A Fun Day at the Beach

Once, on a sunny day, my family packed a picnic basket and headed to the beach for a fun day in the sun. We were excited to spend time together and enjoy all the beautiful things the beach had to offer.



Mom and Dad found a nice spot under a big umbrella while we kids ran off to play. First, my mother spread the picnic blanket and unpacked all the tasty treats we had brought. We had yummy sandwiches, juicy fruits, crunchy veggies, and refreshing drinks. We sat together, enjoying the picnic feast while listening to the sound of the waves.

As the sun set, it was time to say goodbye to the beach. With happy hearts and sandy feet, we returned home. Our perfect day at the beach ended, but we will never forget the fun we had.

Aditi John
1 B

The Most Wonderful People

My parents are the most wonderful people in my life. They love me and always support me in everything I do. My mom is like a guiding star; she helps me with my homework, cooks delicious meals for me, and gives the warmest hugs when I'm feeling down. My dad is my superhero; he tells me amazing stories, plays games with me, and teaches me new things every day. They both work hard to make sure I have everything I need, and they always make time to listen to me and make me feel loved. I feel so lucky to have such amazing parents who make my world brighter and fill my heart with joy. I love my parents very much. Thank You God.



Adrika Rautela
1 C

My Dream

I Want to be a doctor when I grow up! I am always happy to help people and try to help them as much as possible. My parents and teachers always encourage me to study well to achieve my dream in life. I am working very hard towards achieving my dream.



Aliza Fathima
1C

My Birthday Celebration

Everyone's birthday is super special, including mine! My name is Seona John, and my birthday is on June 17th. I wait for this day all year long! My parents make it so exciting. First, I go to church to get blessings from God and my family. Then, all my relatives, friends, and neighbours come to my birthday party. I wear new clothes, and my house is decorated with balloons and stickers, with my favourite theme, Masha and the Bear! My mom and grandma make yummy food and desserts. This year, my parents gave me a pink bicycle! I got lots of other gifts and wishes too. I'm so grateful to my parents and God for making my birthday wonderful. It's a day I will never forget!



Seona John
1 C

My Garden

I have a small garden on my Terrace with many Plants and colourful Flowers. A swing right in the centre makes my Garden look more Beautiful. I help my mom water our plants every day. We enjoy the fresh Air, and flowers make me happy. My grandmother cares for our garden, and I also learned gardening from her and my mother.



Inara Khan
1 C

My Family Picnic

We went on a family picnic to the zoo on Sunday. It was a sunny day, and we got there at 8 am. My father, mother and my sisters were with me. My mother packed a picnic basket. She kept chocolates and fruit in it. I took Barbie dolls with me to play in the car. There was a big crowd when we arrived at the zoo entrance gate. Some people bought tickets, and others enjoyed the nice weather and chatting. We saw a lake with many ducks and swans swimming as we entered the zoo. As we walked around, we came across a place with many birds – parrots, pigeons, eagles, and sparrows of different colours. Next, we saw big cats like leopards, lions, tigers, and tigresses. One lion even rushed towards us; its roars were loud and scary. In another place, deer and stags were running around and playing. Later, we visited an aquarium with colourful fishes. After going around the zoo, we sat in a garden. We enjoyed the view with some snacks and drinks which we had brought with us. As the sun began to set, we left for our house. It was a fun day. I enjoyed it a lot.



Ksharaa
1 C

A Journey by Bus

Travelling by bus is fun! Last week, I went on a bus trip with my grandparents. We left Bangalore at 6.00 am and headed to Mysore. My little brother came too. I got the window seat and saw green fields and gardens outside. There were farmers working and kids playing. I saw canals and ponds full of water. The air was cool, and the sun was bright. It felt like everything outside was moving fast as we sat in the bus. We met lots of new people of different ages. The bus stopped to pick up and drop off passengers along the way. We reached Mysore safely at 10.00 am. It was a nice journey, and we had a great time together!



M.A.Tharunika
1 C

The Most Beautiful Woman

My grandmother is the most lovely woman in the world. She loves me a lot and gives me chocolates and gifts etc. My grandmother taught me good habits like respecting everyone and how to pray. She is an excellent chef who prepares tasty new dishes for me. She is like my best friend: very kind, loving, affectionate, and caring. She has a huge heart, and I respect her a lot. She is very active and smart. She tells me stories whenever I visit her. She takes care of everyone. She is the first to get up and last to go to bed. She does not look to her comfort. My grandmother was always ready to do anything for the whole family. I pray to god. May she live long!



Zayaana Fathima
1 C

SAVE TREES

Trees are necessary for the environment and must be saved. They are part of nature; they provide many fruits and oxygen for living. They provide shelter when the day is sunny or rainy. We should save trees to keep the environment clean. To save trees, we should always buy recycled items. Protecting and preserving trees is important for our planet's health and future. Trees are the best gift of nature for us.



Sara Khan
1 C



SPORTS

Sports are important in our lives. They help us be healthy and teach us to work together as a team. There are two types of sports: indoor and outdoor. Some indoor sports are Carrom, table tennis, ludo, and chess. Football, basketball, running, and cricket are outdoor sports.



Sports are fun. I love playing sports. Running and swimming are my favourite sports activities. They make me strong and healthy. My body feels strong when I run, jump, and play. Every year, I have a sports day at my school. We take part in different types of sports activities in school. We also have drills and march-pasts. Sports are a great way to have fun and spend time with friends and family.

Manha Fathima
II A

MY FAVORITE PET

I have a pet hamster, and her name is Enola

She is two years old, and she is very soft.

The colour of her fur is white with a mix of brown. She lives inside a glass house and likes running on her training wheel.

I feed her biscuits, which she loves.

She has a tiny rat-like doll called Amy. She uses Amy as a pillow.

If there was a chance or option to exchange Enola for another pet, I would never do that. I love my pet, Enola



Scarlett Abigail
II A

My Superhero: My Mom

My superhero is my mom; she is the best in the world!

She loves me so much; she takes care of me.

My mom makes me happy and comforts me when I am sick or feel low.

My mom is a superhero because she is a strong and independent woman.

I admire her the most and want to be like her one day. Love my MOM, my best friend forever!



Samantha Annie
II A

HOW I SPENT MY SUMMER VACATION

Summer is the best part of the year. I eagerly wait for it as I go to my grandparents' house in Sirsi. I love spending my vacation with them. We have a pet dog, "Lucky", with whom I play the whole time. I attended and danced a lot for my aunt's engagement party. The whole day I used to play with my neighbour's cousin and friends. We ate many ice creams and chocolates and drank juice and coconut water. I went to the beach and swam in the water. We went for a picnic there and had a lovely time. As my birthday is in the summer, my parents bought me new clothes and toys, and I also had a small party with my friends, which made me very happy. This is how I spent my summer vacation.



Aarna B K
II A

Healthy Food

We need food to get Energy to work and play. Healthy food helps us to grow and build immunity.



Junk food can cause problems for the body, so we should avoid unhealthy food from an early stage.

Healthy food keeps us away from all kinds of diseases. Vegetables and Fruits must be included in our everyday diet. Healthy food contains many different types of elements like proteins, vitamins, fats, etc. Healthy food can keep our bodies strong. We can perform our best if we eat Healthy food. We must eat Breakfast, Lunch, and Dinner regularly. Healthy Food helps us build bones and muscles. We should not eat in small portions during the day. Healthy food is delicious. Kids must be told and trained to eat Healthy food.

Aiza Rahman Molla
II A

The Games I Play

Games are good for our physical, mental, and emotional development. Games are of two varieties: indoor and outdoor games. Indoor games are played within four walls, whereas outdoor games are played in fields and grounds.

I mostly like playing outdoor games as they are suitable for my health. My favourite game that I love playing is cricket. I play cricket with my cousins and friends at my grandmother's home on weekends. Virat Kohli is my favourite cricketer. When I play cricket, my team chooses me to play bowling. I am good at bowling and have watched all India's Asian Cup matches. I am proud of my country's team's performance and victory in the Asia Cup. I hope they will also win the World Cup.



Syeda Fathima Imrana
II A

Having Fun at School

I like my school very much, as it makes me feel happy. It's especially great when we have great friends and activities to do. We learn new things, play games, and make unforgettable memories together.



The best thing about school is the break time. We get to gather outside and play. It is so much fun to run around and play with friends. We laugh and have a great time together. Another funny thing is when we have art class, we get to do creative stuff through painting, drawing, and crafting. We enjoy making beautiful artwork to take home and show our families.

Lastly, I love to go to robotic classes where we can make RC cars and like to race. In 3D classes, I would love to enjoy the real-life experience. Overall, school can be fun if we make the most of it. I'm grateful for all the fun experiences I have had so far and can't wait for more adventures in the future.

Rifa Zainab Ganiva
II A

MY FAVOURITE PET

Pet animals are our special friends. They are like our family members.

My favourite pet is my dog, Sessi.



She is a Siberian husky, the most beautiful, cutest, and adorable dog in the world.

My parents brought her home on her 3rd. Birthday. She was a little puppy then. Now, she is four years old, and I am seven years old.

She is my best friend! Every day I come home from school, she waits at the door for me. She wags her tail and jumps on me. We play together happily. She loves to go on walks with me in the evening, and I play fetch with her in the house.

On Sunday mornings, we take her to the dog trail at Cubbon Park. We run around and meet other pet dogs. Her favourite game is a tug-of-war with her chew toy. When she was sick, we took her to the vet to get better. I was very sad to see her ill. When she had puppies, we stayed up at night to help her. I loved playing with cute little puppies. I miss them now because we had to give them away.

I will always love my dog forever and ever.

Shakti Prathish
II A

A Giant Birthday Card

My dad had a huge surprise in store for my sixth birthday.



As soon as I woke up and came out of my room, my aunt (who was in town for my birthday) and my dad made me close my eyes. My dad then went to the car to get my gift.

My eyes were still closed when he returned and placed the gift on the table. My aunt slowly removed her hands from my eyes, and there it was - a huge greeting card with a 3D cake.

The cake had six steps, each containing a photo of me from the first six years of my life. Each step had a different design and colour, and the cake was nearly as tall as me. I was in a state of shock. Although I am older now, it was the best gift ever.

Disha Ann Lobo
II B

THE SEASON I LIKE THE MOST

My favourite season is summer. It is the hottest season of the year and the season of bright sunlight. This season lasts from March to June. I love to eat ice cream in this season. I wait for the summer season because we get summer vacations, and my parents take me to the beach, where I can make sandcastles. I also like collecting seashells on the beach. I wear colourful dresses, hats, and sunglasses in summer.



During summer, my cousins and I get together and play outdoor games. Summer is fun because it is the best time to eat yummy fruits like mangoes, watermelons, and cucumbers, and we can drink lemonades, coconut water and other refreshing juices.

Last summer, my friends and I joined the summer camp, and I learned to dance and swim. I love this season because we get a break from homework and our busy routine. We played games, visited relatives, and went out. Above all, I had a lovely time with my family, cousins, and dear friends.

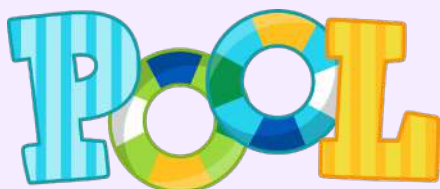
Manha Eliza Khan
II A

Swimming at the Pool

Swimming is one of the great physical exercises as well as my favourite sport. This summer holidays, I first went to the swimming pool. I was scared to see the water level, but my swimming coach assured me not to worry. Standing near the pool and feeling the cool breeze made me calm. After some time, my swimming coach helped me get into the pool. Once I got down, my swimming coach taught me a few strokes, and after I had followed his instructions, I felt a bit confident and refreshed. After some time, I came out of the pool, and it was a wonderful experience.



Aboorva Meenakshi
II B



My Trip to Mysore

As our Dussehra holidays began, My parents planned a trip to Mysore in our new car. We left early in the morning and reached there in 3 hrs. We were extremely excited to



see the Dussehra celebration and Mysore Zoo. As planned, after reaching, we were delighted to stay at a fine resort with a lot of amenities for children, including parks and a lovely swimming pool; we had our breakfast and quickly went into the pool; after an hour of swimming, we rested and off we went to see the celebrations in the evening after a good lunch and evening snacks. On the way to the palace, we saw beautiful lighting and colourful decorations from around the city. We reached the palace, and it was well decorated; there was a parade of elephants close by, and there were a few food stalls with a variety of sweets and Dussehra dishes; along with my sister and my parents, we enjoyed the delicious food and came back to the resort to rest. That was an end to a fun-filled day.

On day 2 of our Mysore trip, after the morning breakfast, we went to Mysore Zoo; my sister and I were very excited to see the animals. We saw many animals, including different kinds of reptiles and birds. We saw a huge tiger, the bear was sleeping, and the chimpanzee was jumping in the cage. It was the first time

we saw a Giraffe; it looked so big and tall; with the Rhino and the Crocodile cage, it was the end of the zoo. It was around four; we had a late

lunch and drove back home. This was the end of our two-day trip to Mysore.

I look forward to visiting Mysore again, experiencing and learning new things, and having a great time.

Anaya Ali.
II B



My Dad's Hobby

My Dad's name is Geoffrey Gordon. His hobby is playing cricket every Saturday and Sunday at nine or 9:30 a.m. He takes his cricket bat and his cricket ball and enjoys himself. He comes home at noon. Sometimes we play cricket. I do the bowling, and my dad does the batting; the Bat is too heavy for me, but bowling is fun. I Love playing cricket. What makes it most special is playing with my dad. I love you, Dadda.



Gianna Nicole Gordon
II B

What I like about Math

Math is like a big puzzle!
And I like solving it!

I like counting toys and candies; adding and taking away numbers is like playing a game.

Shapes in math are super cool; I can find shapes everywhere in my toys, food, and clouds!

Pattern with shapes makes me smile. Math helps us know the time, so we are never late for fun. That's why I like math; it's fun.

Nawra Sameen
II B

My Dream Come True

"Never give up on what you want to do. The person with big dreams is more powerful than one with all the facts." - Albert Einstein.

My dream is to become an artist one day; I understand this requires a lot of skill, creativity, and hard work. I receive a lot of help from my father. He teaches me and guides me. He encourages me to take part in competitions. This has helped me to showcase my drawings both in and outside the school. With my creativity and skill, I have received many certificates. It is a moment of immense pride and happiness. This experience taught me that dreams come true with determination and hard work.

Linda Mary Jose
II B

I WANT TO BECOME AN ASTRONAUT

My ambition in life was to become a doctor. But after the success of Chandrayaan-3, my ambition has changed. Now, I want to become an astronaut. I want to travel into space and explore it.



I love the dress of the astronaut.

I want to fly high above the sky in a rocket and see the beautiful things there. I want to see how our earth looks from there, the moon and the shining stars.

But I read in a book that "Every ambition needs preparation".

So, when I grow up, I will work hard and prepare to become an astronaut like Kalpana Chawla.

Midhath Khan
II B

My Dream For My Country

India is my favourite country because it is where I was born. I have sweet and beautiful dreams for my country.



My first dream would be where women are safe and walk freely on the roads, all children should get equal education, and there should not be poverty in our country.



I want India to have a powerful army and an advanced space program. In my next dream, India hopes to build and launch all its satellites into space.

In conclusion, India, which is my dream, will be an ideal country where every citizen will be equal.

Niralya Sandeep
II B



Snorkelling in the Indian Ocean

It was October, after my exams, and I was so excited to go on my vacation to Maldives; since I love water and swimming, I was excited to play at the beach; little did I know that my parents had planned a surprise for me, and that was snorkelling under the sea...



One day, they took me to the pool and gave me some items, and I wondered what this was. Later, I learned these things used to swim underwater; they trained me first in the pool. After two days of training, they took us far from our hotel and told us to wear safety clothes. I was so excited to go slowly inside the water. They took me inside the water, and it was so beautiful to see all the fish underwater; I felt like I was inside some aquarium.

That moment was so beautiful. I was in the water for 20 minutes, a lovely memory. I thank my mumma and papa for taking me there.

Imaara Fathima
II B

My Trip

On 21st July 2023, the whole family decided to go to Mumbai. We booked the tickets online for an Air India flight. Everybody at our home was happy as we went on a trip together after many days. We were told our flight was delayed for 4 hours as we reached the airport. We had a very bad experience. The flight was repeatedly delayed until midnight on the 22nd of July. Everyone got angry due to the climatic conditions, and the flight was delayed.



We cancelled it and returned home. As we were sad, my dad took us to Tamil Nadu. There, we went to Krishnagiri Dam and Reservoirs, where we enjoyed a lot and had a lot of fun. So, this trip from Bangalore to Mumbai became Bangalore to Tamil Nadu, which nobody thought would happen. This was the best and most enjoyable trip for me and my family.

Anam Fathima
II C

My Favourite Season

My favourite season is summer. I Like summer because my mother buys me ice cream. I also like it because I get to eat all the summer fruits like mangoes, watermelons, etc. When it is summer, I want to bathe in cold water. After my bath, I feel so refreshed and relaxed. Every summer day, I drink lots of water. Sometimes, I even ask my mother to buy some mangoes and watermelon. I ask my sister to cut a mango when I like eating something. I even go to the beach and build sandcastles with my sisters. I go on fun summer vacation trips and have lots of fun. I LOVE SUMMER!!!



Tiara Joanna Christian
II C

My Unforgettable Birthday

My birthday is on 2 October 2015. It is the day we celebrate Gandhi Jayanthi. I am always excited and eager for my birthday, as there is a celebration in India now. My most memorable birthday was my sixth birthday, and I was dressed up beautifully.

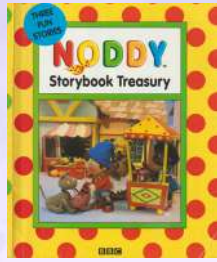
On that day I got a blue gown and jewellery to wear. My family decorated our house with blue and white balloons. We celebrated with my grandmother, uncle, friends, sisters, and brothers. I cut a pull-me-up doll cake and got many gifts from my family. My gifts were jewellery, dresses, a bag pack etc. My family and I had Biryani, kabab, sweets and cake. We enjoyed it a lot. I was happy playing with balloons and opening all the surprise gifts. I had a wonderful time with my family, brothers and sister. That was my most memorable birthday.

Akshitha. A
II C



My Favourite Book

Books are my favourite, my best friends. I enjoy reading books. My favourite book is "Noddy Storybook Treasury". My mother bought this on my birthday last year. This book includes fantastic stories of Noddy and his toy town friends from Toyland. I read this book during bedtime, and all the stories are enjoyable. The book has a fantastic collection of stories, along with beautiful pictures. Pictures of the book make it even more interesting to read. The book enhances my imagination and takes me to a dream. It is the work of Noddy and his friends.



Pranati.D
II C

DO NOT LITTER

What's happening? Don't know?

I know many don't care.

But there is something I need to share.

Polythene and a plastic layer, here, there, everywhere.

Get plastic recycled to keep nature clean and fair.

Do you know what will happen if plastic is everywhere?

We are living as if after us, no one will live,
We only take from nature, We should also give.

Whether hill, river or beach, anywhere you can reach,

Do not pollute, Do not litter.

We must practice what we preach.

I'm telling the truth. I will go to any extent, and we all should.

Jovitha Roseline M.
II C



A Day at The Beach

My favourite place to visit is the beach. It feels so fresh, cool and very beautiful. I like to go to the beach on holidays because I enjoy playing on the beach, and I hear the sound of the waves and feel the fresh air. Last year, I went to the beach in Kerala with my cousins and friends. We all were walking in the waves and playing with mud and water. We saw a few crabs, snails and shells. We also had ice cream, cotton candy, etc. If you go to a beach in the evening, you can see the beautiful sunset. You can enjoy a lot when you go to the beach. I have taken many selfies with my cousins with the sunset behind us. I hope you all enjoy yourself at the beach as I do. We all enjoyed a lot at the beach. I love to go to the beach during my holiday.



Deona Santiago
II C

The Boardgame That I Like

My favourite board game is Ludo. I play it with my family, and everyone loves it.

Four people can play this game. There are four different colours.

The four different colours are red, green, blue and yellow. The Ludo game can be played by 2 or 4 people together. Each person has their own 4 Ludo tokens. Ludo dice consist of 1 to 6 digits. A player has to start the game by getting six. After throwing the dice, the player moves the Ludo tokens according to the number. If you get six, you get two chances to play. If you are there in the star, you are safe. After throwing the dice, the player moves the Ludo tokens according to the number. The person who first arrives at the winning house is the winner. Ludo is a fun game.



Rozelle Maria D'Souza
II C

My Trip to Dubai

My trip to Dubai was very memorable. I saw the world's tallest building, the Burj Khalifa, and a musical dancing fountain beside it. I felt thrilled and excited. It was a wonderful show with light and music. There's a big mall near Burj Khalifa called Dubai Mall. It has a massive aquarium with stingrays, sharks, and many other fish. On the last day of our trip, we went on a boat ride.

The boat went very fast. It was so much fun feeling the water on my face. I love Dubai, and I can't wait to visit again.



Shireen Mohammed
II C

My Trip To Pondicherry

I went with my family to Pondicherry. I am in the second standard; this was one of the best trips ever. We woke up very early in the morning and packed our bags. Mom and Dad told me that Pondicherry is a beautiful place by the sea, and I couldn't wait to see it!

We got in our car and started driving. The journey was long, but we played games and sang songs in the car, which was so much fun.



We arrived in Pondicherry at noon. The first thing I noticed was the big blue sea! We went for a walk on the beach, and I collected colourful seashells. I even built a sandcastle. It was amazing to feel the soft sand between my toes.

Pondicherry is a special place because it has a mix of Indian and French culture. We walked through the beautiful streets with colourful houses and saw people riding bicycles. For breakfast, I had yummy croissants and chocolate crepes. They were so delicious!

One day, we went to Auroville, a big, peaceful village. We visited the Matrimandir, a golden dome in the middle of a garden. Inside, it was quiet, and I felt very calm and happy.

We went on a boat ride and saw dolphins jumping in the sea! They were so playful and fast. I couldn't stop giggling. It was like they were dancing just for us. I also enjoyed playing on Paradise Island.

I loved the food in Pondicherry. I had dosa, fish, and French dishes like quiche and croissants. And the ice cream! It was the best I ever had.

Finally, we packed our bags and took many pictures to remember this amazing trip.

Pondicherry is magical, with beautiful beaches, yummy food, and friendly people. I had so much fun exploring and learning about this special town. I hope one day you get to visit Pondicherry too, and you'll have the best time, just like I did!

Hanika Deruz
II C

My Trip To Saudi Arabia

I recently visited the Kingdom of Saudi Arabia to meet my Grandparents in the city of Dammam. My parents, my younger sister, and I flew to meet them. We were excited about the journey as we visited a new place for the first time out of India.



As soon as we reached Dammam, my grandma hugged us tightly. We visited many places, including beaches and Malls. The roads were vast and beautiful. One thing I could not stand about in Saudi Arabia was its unbearable heat. I frequently poured water on my head when we were out of the car.

We even visited the Holy places of Makkah and Medina, and I was lucky enough to perform Umrah and see the Kaaba. Due to the heat, many people were distributing cold water bottles. We had an Arabic sweet named Basbousa. I liked it very much.

The day finally came when we had to return to India where. I was sad as our visit was relatively short over there and happy to come back to share many moments I had with my friends. I made many memories I can cherish for my lifetime and wish to be there again.

Safa Mariam
II C



My Birthday Party

Last week was my birthday, and it was the most memorable one. My grandparents and all my cousins were present. The house was decorated with colourful balloons and ribbons. The Theme for my birthday party was based on the Disney Movie Sofia.



My dad got me a beautiful Sofia-style gown. My mother cooked a delicious meal and baked a lovely cake. We played many games, like musical chairs, Scrabble, and Dumb Charades.

We went to Gopalan Mall and ate Momo's and Softy Ice Cream. I got a toy scooter as my birthday gift and would love to ride it. I enjoyed my day very much. I returned home very tired, but I had many gifts to open. My Cousins asked me to open them, but I slept off and kept dreaming about my presents. The following day, I unwrapped my gifts with great excitement.

Zara Tazeen
III A

My Dream House

Everyone has a dream, and my dream is to have a comfortable house in which to live. I want a big living room and a nice kitchen. It should have two bedrooms and one study room. There should be a veranda outside to play. My study room should have a cupboard to keep our toys and stationery. I want to plant some Trees and make a kitchen garden. I will grow my favourite vegetables there. I will ask my father to make a small swimming pool so my brother and I can swim. I will clean my house daily. I would love to stay in my dream house. I will take care of my things and not litter around. I will build my dream house in the future.



Shiny A
III A

Communication in Modern Times

Before understanding communication in Modern times, let me explain the meaning of communication and the mode of communication in ancient times. Communication is the process of interaction with another person or group. In other words, it is sending or receiving a message. It is about sharing ideas, views, thoughts, feelings, and information from one person/group to another. This interaction can be verbal (words), non-verbal (action), or Audio-visual. In ancient times, messages were sent through people (messengers), Pigeons, etc., and then through telegraphs, faxes, posts, etc. Alexander



Graham Bell 1876 invented the telephone, and then the shift to electronic communication took place, which we call the modern mode of communication. They are mobile, E-mail, social media (YouTube, Facebook, and Instagram), television, etc. With this technological advancement, communication has become easier and more convenient than ever. Thanks to technology. Instant messaging, social media, video calls, E-mail, and Mobile communication have made it much easier to talk to people quickly.

Adona Pearlina J
III A

My Grandmother

Her wisdom is an art she shared so generously. Her words are the golden threads that bind our family. It binds us like no other. God used the hands of one so dear. The one we call our grandmother. A grandmother is a special gift that we receive from God above. She enjoys it when I sit on her lap and play peek-a-boo. My voice is music to her ears. She gives me a special treat and lets me sleep on her bed. When I leave her home, I am more than well-fed. She has that special touch. My grandmother's place is my favourite place. That's where my lovely aunty stays.



Zoya Fathima
III-A

Making My Favourite Dish

A favourite dish is a dish which a person relishes at all times. It can be eaten by that person anytime, anywhere, and also many times. The favourite dish of every person differs depending upon their taste and the place.



For example, people in north India like the famous cuisine there. In Kashmir, the favourite dish of many is wazwan, and people love eating chole bhature; in South India is Karnataka, the favourite dish of many is masala dosa; for Goan people, it is fish; and in Tamil Nadu, it is mostly idli sambar. My favourite dish is mutton biryani. I will be happy whenever my mother makes biryani, which I enjoy. We need 26 ingredients besides basmati rice and mutton to make mutton biryani. First, we must wash the mutton and rice thoroughly and keep them aside. Then we need to take a pressure cooker and add refined sunflower oil followed by whole garam masalas like cardamom, cinnamon, cloves, bay leaves, green chillies, pudina, and onion and saute till golden brown. Then we add ginger, garlic paste, and mutton, followed by dry spices like red chilli powder, turmeric powder, coriander powder and a pinch of garam masala powder. Let it cook until the mutton is tender. Meanwhile, semi-cook the basmati rice and add it to the mutton gravy; add a few coriander leaves to the rice, close the vessel, and let it simmer for 15 minutes. The yummy biryani is ready to eat.

Iram Fathima
III A

My Favourite Game of Queen "Chess"

It's a game that requires strategic thinking, planning and foresight,

It's played by two people, each with their own set of pieces, and the objective is to checkmate the opponent, the King. I love the game because it challenges me mentally and allows me to exercise my analytical skills. Playing chess has helped me develop cognitive skills, problem-solving, and critical thinking. It has had a positive impact on me. My mom is my Brain developer. My opponent in chess is my mother. She makes me think and play without getting distracted and never gives up. My mother always teaches me never to give up even if I lose, So I am never Sad, I stand back to play till I "WIN...!"



Chloe Beatrice John
III A

A Beneficial Animal

Humans make use of horses in a lot of ways. One of them is when they travel or ride on their backs. Looking at the past, we see they came into use in wars. Soldiers used to go on them on battlefields



to fight. In modern times, they are used more in sports because of their extraordinary running abilities. They also come in games like Horse Riding, Equestrian, and Sports Polo. On the other hand, in India, people use horses to pull carts and on farms. After the horse dies, we use its bones, skin, and hair to make carpets, medicines, and other leather products. Thus, they come in a lot of use to humans. Horses do not sleep for long; they prefer taking short naps. Moreover, they do not sit. They stand for almost four to fifteen hours. Due to their physiology, horses are suitable for a lot of work. They also come in use in the entertainment industry. Certain breeds of horses are lovely and quiet. To summarise, a horse is an important part of our ecosystem. We should love and protect them instead of exploiting them for selfish reasons. After all, their existence is important for human survival.

Lithika Maran
III A

Health Is Wealth

Health is a great blessing from God. We all know the phrase, "It is health that is real wealth". The two-word health and wealth play an essential role in our lives. Peace, Happiness and enjoying



life are all signs of good health. Real wealth is only health. Everyone finds it hard to keep their health in good shape and live a healthy life in a world that is so busy. To be healthy, one needs to follow healthy habits and routines carefully. We can achieve good health by having a balanced diet, and we should do yoga or exercise daily to remain fit and healthy. Today, people work hard to achieve success. But in their busy life, they forget to keep up with their health. It is necessary to understand that we can live without money but cannot live without good health.

Davina B
III A

Celebration during Christmas

“Christmas Magic”

Christmas is the best time of the year! Everyone is happy, and there are colourful lights everywhere. Santa Claus comes with his reindeer to bring us presents, and we decorate our houses with sparkly ornaments and shiny tinsel.



Waking up on Christmas morning is the most exciting part. We rush to the tree to see all the gifts Santa has left for us. The wrapping paper makes a crinkly sound, and we can't wait to see what is inside! Christmas is not just about presents; it's about spending time with family and friends. We have a big feast with delicious food like cakes and cookies shaped like snowmen and reindeer. The air smells like cinnamon and pine, and everywhere you go, people are singing cheerful songs. It's a time to be thankful and share love with everyone around us.

Even though Christmas is over, Merry Christmas to everyone! May your days be filled with joy, laughter, and many yummy treats.

Katlyn Davi Gabriel
III A

The sport I enjoy the most

Javelin Throw

Throwing a weapon is like doing a powerful dance. The athlete stands on a particular path and gets ready to throw. They use their strength and focus to throw the javelin just right. The weapon becomes like their arm, flying smoothly through the air and landing with a satisfying sound. Athletes work hard to beat their records and do their best throws. Javelin is not just about being strong; it's also about doing things the right way and believing in yourself. It involves hard practice and failures like other sports, but the victory is satisfying. The javelin throw is a beautiful sport that shows how remarkable people can be when they practice and try their best!



Rushda Kounain
III A

About My Native

My native is Salem. It is a city in Tamil Nadu. We always visit there during my vacations. I love to travel there by car. We always stop mid-way for refreshments at my favourite Café. I enjoyed the coffee and idly in that café.



My native home is near to a hill station called Yercaud. I enjoy nature, the landscape, and the climate whenever I visit Yercaud. There is a beautiful lake in its central part. Lush green gardens, flowers like Roses, tulips and seasonal plants surround it. I like to go boating on that lake. My grandparents live there in my native home. They always greet us with excitement when I visit them. I love to play with my cousin-sister. Green and tall coconut trees surround our big house in my hometown. Every year, we plan to celebrate the Diwali festival in my native home. My sister and I burst crackers, ate sweets, and had a great time together. I love my pet, Tommy, who greets us happily by wagging its tail. It plays with me on the terrace. We have a small temple opposite my house, which is very beautiful and gives our house a sacred look. I also visit a nearby park with my grandfather in the evenings and have a lot of fun. I visit my relative's house with my grandmother and spend some time with all of them. We also visit the zoo and exhibitions and go shopping. We have a massive aquarium with a variety of fish in it. 'Oh, I just love my native and our home! "Laxmi Nivas"! I miss my hometown a lot whenever I return to Bangalore. I always wait eagerly for my next visit to my native.

Disha Laxmi R K
III A



Precious Natural Resource – ‘Water’

Water makes our planet unique, and virtually everything relies on it. Clean water is vital to our health, collective agricultural needs, and environment.

Unfortunately, clean water is often taken for granted, especially by developed countries. Water is used for everything from drinking to recreation without a second thought. But not all water is created equal, and having immediate access to clean water is not to be taken for granted. Global water scarcity is, by and large, due to the massive population growth. With more people, there is more demand for water. Water pollution is also a significant problem in today's world. We need to educate people towards reduced pollution and better water management today. Water is a shared need and is a Precious Natural Resource. Our Water, Our Community, Our Solution!

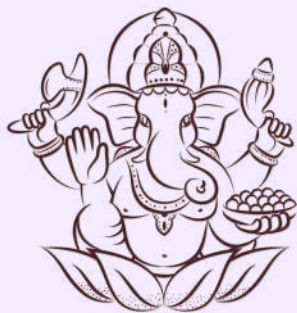


Kenisha S Rao
III A

Ganesh Chaturthi

Ganesh Chaturthi is the most famous festival in India. This festival is also known as Vinayaka Chaturthi. This festival is celebrated as the Birthday of Lord Ganesh to honour and welcome him. According to the Hindu calendar, this festival is celebrated in the month of Bhadra.

On the day of Ganesh Chaturthi, people bring and install the Ganesh Idol in their homes and temples by decorating, singing, and dancing—various trusts and societies also set up Pandals for worshipping lord Ganesh. Devotees offer many things to lord Ganesh, of which Modak is his favourite. Lord Ganesh loves children, and they are called “Friend Ganesh”. This festival ends on Anant Chaturdashi with Ganesh Idol Visarjan. Ganesh Chaturthi is celebrated as a symbol of wisdom, happiness and prosperity. I wish you all a happy Ganesh Chaturthi.



Annika Mukherjee
III A

My Eighth Birthday Celebration

A birthday is a time to have fun and enjoy yourself. My birthday is on 28th October.

Last year, I celebrated my eighth birthday with joy and excitement. My parents and my friends threw a grand party to celebrate my birthday.

We invited all our friends and relatives to the party. The whole house was decorated with colourful balloons and ribbons. I was very excited for the evening to come.

On my birthday, I received many gifts and surprises. We all danced and enjoyed ourselves at the party. In the evening, I cut the cake, and my mother prepared many dishes of my choice.

We all played games like Musical chairs, passing the parcel, treasure hunt etc. I wished for many more birthdays to come and make my day special.



Yazhini V
III A

Nature and its Beauty

Nature and its Beauty

Nature has the power to provide us with true joy, goodness, and

Happiness. Nature is full of wonders and gifts for people. These natural wonders include

flowing rivers, thundering waterfalls, dancing breezes, smiling flowers and high mountains.

Nature provides us with several delicacies and is our life support system. Our basic

needs like food, shelter, water, and air are all the gifts of nature. Nature is the heart of

the earth. Sampling, connecting, and feeling nature gives us divine pleasure. We have a strong bond and emotional connection with nature.



Faustina Richard
III B

Wonders of Science

Science is a blessing to humans. It has made our lives less difficult and more comfortable.

From morning to night, we use technology in our daily lives, such as electricity, computers,

mobile phones, washing machines, refrigerators, and vehicles. Science allows us to connect effortlessly with people living far from us. Modern inventions help us in education, agriculture, medicine, transportation, communication, etc. Artificial Intelligence and robotics are the next level of science. Without science, life is not possible.



**Bareerah
III B**

VALUE OF TIME

Time is the most valuable thing in life. We might not understand the value of time, but it is

the most important thing. Time is more precious than money. Whether we like it or not,

time will continue to flow forward without stopping. You will realise that without time, we

I would not be able to do anything at all. We must understand the value of time and manage it properly; it will help us achieve our goals in life. So, we should take control of our time and not let it control us; we must learn to value the time God gave us to do our duty as students and achieve our goals by scoring good marks.

**Dakshitha. S
III B**

My Best Friend

My best friend is one of my life's greatest treasures. My best friend Eva is the most reliable and supportive person I know. She has many qualities that I wish to have as well. My best friend is always honest with me. Even if it hurts me sometimes, we help each other whenever possible. We spend time almost daily finding new and exciting things to do together, whether trying new games or reading new books. True friendships are priceless and of utmost importance in this life.



**Fatimah Firdose B
III B**

Happiness

Happiness is a state of mind, and this feeling keeps us healthy and fit. There is a famous quote: 'The more you give of yourself, the more you find yourself'. Giving is a special feeling that fills our hearts with happiness and joy. Whether it is a small act of kindness or generosity, the happiness of giving is an experience that brings lots of joy to the receiver and the giver. Whether we help a friend by sharing our food or stationery items at school during the art and craft class, giving money for a charitable cause at school, or simply by speaking kind words to our friends, teachers, and other staff at school, are all the different ways in which we give, and this brings us great happiness and longer than the happiness we get from joy. Happiness lies in this act of giving and not expecting anything in return. This happiness lasts longer than the happiness we get from receiving.



**Janet J Joy
III B**

Importance of Water

Water plays a vital role in the life of every living creature. Water is used for drinking,

cooking, bathing, and agricultural purposes. Without water, we cannot grow crops and produce food. We cannot enjoy our delicious fruits and healthy vegetables. Therefore, we should not waste water by trying to save every bit of it. We should not pollute water as many creatures live in water. It will affect the fish and other animals living in the water. Polluted water will also cause many diseases in human beings. So, it is our duty not to pollute the water and save every bit of it for future use.



**Shana Prabhu
III B**

A Journey by Air

It was the 18th of May. My annual Examination was over. My family had planned to go to Delhi to visit my uncle's family. My brothers and I were excited when we learned we



were going by plane. As our journey began, my four brothers were sleeping, but I was enjoying the scenery when suddenly the sky darkened, and the sun disappeared behind the

clouds; I was terrified. The Airhostess requested us to stay calm. There was thunder and lightning, and strong winds blew; I closed my eyes and rattled to my mother. My mother held me tightly and asked me not to be afraid. After a few minutes, the aeroplane landed safely at the Delhi Airport. I felt happy and relaxed after the terrible experience.

Huda Fathima
III B

If I had Wings

If I had wings,

I would fly up to an Aeroplane and race with it.

If I had wings,
I would catch raindrops in my mouth.

If I had wings,
I would fly along with the wind.

If I had wings,
I would be among the birds, exploring different places.

If I had wings,
I would always stay on huge mountains, watching the beauty of the earth.



Zohra
III B

Summer Vacation

Vacations are the best time of the year. They are the perfect time to have fun, get involved in new things, and develop new skills. They are also a great time to take extended family vacations. I visited Kashmir with my parents and my entire maternal family. It was the best holiday of my whole life. Kashmir is heaven on Earth, and I had a fantastic time with my loved ones, having snow fights, shikara rides, and Gondola rides.



Khadijatul Kubra
III C

Village Fair

When I think of the village fair, it sounds unfamiliar.

When I asked my mother about it, she shared her childhood memories of visiting



a village fair. She shared about the different shops she visited and the games she played. It was pretty interesting to listen to her. She said that

the whole village is colourful with handmade decorations and rangolis. A lot of colourful

ribbons and bangles were sold for young girls. She would also buy wooden toys, clay utensils

and many other things. After listening to her, I have a deep desire in me to visit a village fair.

Aradhana DP
III B

My Family

Family is the first school in a child's life. Family values and traditions are our first and most valuable asset. I am Sarah, and we have four members: a father, a mother, and a sister. We all live in a beautiful house near Shivajinagar. My family is the best, and I love them. They teach me good habits and etiquette. I always love to stand beside my family. As a family, we love each other very much. We all are busy with our daily routine, but at the end of the day, we love spending time with each other. During festivals, we visit our big mother's home and celebrate the occasion with the extended family, including my grandmother, grandfather, uncle, aunt and three cousins. I love my family, and they are my biggest strength.



A Sarah
III C

Diwali

Diwali is one of the major festivals in India. It is also known as Deepawali, which means “a row of lights.”

Diwali is the season to celebrate with joy and cheer. It was the day King Rama destroyed the evil forces and returned home to Ayodhya after 14 years of exile. Diwali inspires us to fight evil and never give up. Diwali celebrations include the lighting of diyas and the bursting of crackers. Diwali is the most loved festival.



**Minsa Z
III C**

My Aim in Life

Many people have different aims in life. Someone wants to be a teacher, doctor, or engineer, and the list goes on. However, my aim in life is to become a singer because I feel good at the time when I’m singing. Singing is my passion and the secret of my energy. I usually watch many singing competitions on television, which has inspired me. I can become a good singer with lots of hard work and practice. I go for my singing lessons and listen to many songs to make my dream come true.



Ambition or aim teaches us the importance of discipline and hard work. “Don’t give up on your dreams, or your dreams will give up on you” – John Wodden.

**Nicole Rita Varghese
III C**

Value of Time

Time is one of the most valuable things in the world. The person who understands the essence of time in life is constantly moving forward towards progress. On the other hand, for those who don’t value and waste time, time also wastes them.

There is a saying, “Time and tide waits for no man”. It means that time, once lost, can never be regained. We should develop the habit of doing everything in proper time. People who gave great value to time became very successful in their lives. Time should always be utilised for good actions. We should utilise every second. We should set a routine for using time properly. Time never waits for anyone. It is irreversible, so we should spend time doing creative things which might help us in the future. Proper consideration of the value of time will inspire habits of punctuality. Valuing time teaches us to value our lives.



**Adeena Fathima
III C**

Trees are Best Friends.

Trees are the best source of shelter, sunlight and oxygen. They connect us with nature and provide physical comfort and emotional restoration. Trees provide fruits and nuts and support the timber industry for our livelihood. They are the habitats for numerous species of birds, insects and animals. Trees also help reduce different kinds of pollution that cause diseases. Trees give all the support and love without expecting anything in return. Trees give solace with the beauty they carry. Trees are our oldest and most faithful friends forever.



**Sara Syed
III C**

Cleanliness

Cleanliness is a simple act of cleaning. It leads to comfort and good health. Cleanliness, if followed by all individuals, will positively impact families, communities and the entire planet. Always be mindful of utilising shared spaces like parks, streets, public transport, etc., which reflects our values and consideration for others. Keeping



our surroundings clean creates a healthier and happier environment. A small, regular action can make a big difference in maintaining a clean environment.

**Iqra Fathima
III C**

Healthy Food

The famous proverb “Health is wealth” reminds us of the importance of having healthy food. Healthy food means food containing the proper nutrients to keep our bodies fit. We need nutritious food to keep ourselves active and fit.



Healthy food contains vitamins, fats, carbohydrates, proteins, and minerals. Foods like fruits, vegetables, pulses, green leaves, and nuts help us achieve this. Unhealthy food is foods like pizzas and burgers. They taste delicious, but they don't contribute to the healthy growth of your body. Eating healthy food helps both body and mind to thrive. It protects us and keeps us immune from many diseases. If we eat healthy, we can live a long and happy life. Nature gives us healthy food. Food made at home is always better than store-bought. Therefore, we need to eat healthy and lead a healthy life.

Zaina Raffi Ahmed
III C

My Favourite Animal

Our favourite animals are the ones we like a lot. My favourite animal is a dog. Dogs are hilarious, sensible and loyal creatures. Mostly, we find pets in the form of dogs and of different breeds and varieties.



A dog is an intelligent pet. I have a great passion and love for dogs. I find dogs to be the most loyal creatures.

They protect us from any harm. Dogs are good friends and help us forget our loneliness. They understand our pain and grief. They are good learners; they learn a lot when trained and act similarly.

Mevina A
III C

My Role Model

Dr. APJ Abdul Kalam.
Born on October 15, 1931, in Rameshwaram, Tamil Nadu, India, he hailed from a humble background. During his early years, he sold newspapers to support his family while nurturing grand aspirations for the future, never wavering in his determination. He pursued his education in Aerospace Engineering at the Madras Institute of Technology and embarked on a remarkable career as an Indian aerospace scientist. He held significant roles at esteemed institutions such as the Defence Research and Development Organisation (DRDO) and the Indian Space Research Organisation (ISRO). Dr Kalam was pivotal in developing India's first indigenous satellite launch vehicle, LV3, and was the project director for India's inaugural satellite, Rohini. His contributions were celebrated with India's highest civilian honour, the Bharat Ratna, upon him in 1997, along with the Padma Bhushan in 1981 and the Padma Vibhushan in 1990. In 2002, Dr. Kalam was elected as India's 11th President and championed the visionary concept of “Technology Vision 2020”, which he initially outlined in his book India 2020: A Vision for the New Millennium, crafted during the mid-1990s. Popularly known as the “People's President” and the Missile Man of India, Dr Kalam was not only a scientist and statesman but also a prolific writer, with several notable books to his name, including India 2020, “Ignited Minds”, “Mission India”, “Luminous Sparks”. Inspiring Thoughts, and many others. Tragically, Dr. Kalam passed away while delivering a lecture at IIM Shillong, succumbing to a cardiac arrest on July 27, 2015, at the age of 83. His life and contributions inspire countless individuals and are a beacon of dedication and determination for future generations.



Aiza Fathima
III C

“Education is not just about going to school and getting a degree. It's about widening your knowledge and absorbing the truth about life.”



Environment

All living things on this earth are part of the environment, whether on land or water. The environment includes air, water, sunlight, plants, animals, etc.



We truly cannot understand the actual worth of the environment. But we can estimate some of its importance in helping us understand. It plays a vital role in keeping living things healthy in the environment. Most importantly, our environment is the source of natural beauty and is necessary for maintaining physical and mental health. The environment has helped us and other living beings flourish and grow for thousands of years. It provides us with fertile land, water, air, livestock, and many essential things for survival.

Human activities are the primary cause of environmental degradation because most of them harm the environment somehow. These activities include pollution, defective environmental policies, chemicals, greenhouse gases, global warming, ozone depletion, and others. Moreover, the environment's contribution to life cannot be repaid. Besides what the environment has done for us, in return, we have only damaged and degraded it.

Gianna Vineeth
III C

Leadership

Leadership is influencing and guiding individuals or groups toward a common goal. A leader must possess several qualities to become an effective leader. Communication skills - A leader must communicate their vision and goals clearly and effectively, both verbally and in writing. This requires excellent listening skills, empathy, and adapting to different communication styles. Emotional intelligence - A leader must understand and manage their emotions and those of their team members. This includes being able to understand and respond to the feelings of others and handling conflicts constructively. Visionary - A leader must have a clear and inspiring vision of the future and be able to articulate this vision to motivate others to work towards this requires embracing change, being innovative, and continuously learning and growing to achieve great things.



Sharvaane M
III C

Unity

India is a country with diverse cultures and traditions. People of various religions, castes, and creeds live in our country. The beauty of our country is that there is unity in diversity. People of different origins live in peace and harmony in our country.



Staying United: A part of India Culture Ours is a country with rich traditions and culture. Staying together and helping each other is a part of our culture. Our joint family system is one of the biggest examples of the importance we give to staying united. The joint family system has prevailed in our country for centuries. Unlike modern times, in the past, families did not only live together but also bonded well. People sat together, chit-chatted, and ate meals in each other's company. Staying united helped them in many ways. One of these was managing the finances. The male family members went out to work and managed the family finances. An entire load of bearings and all the expenses did not on one person alone. This way, older adults did not feel left out of loneliness, as is the caste today. The kids also got good company, which helped them grow and develop. Children get good values from their grandparents as they live with them all day. Our country's people lived united with their immediate family and bonded well with their neighbours and extended family. People stood by each other and acted as a great support system for one another, Young Indians Idea of Unity.

While the older people still promote the idea of staying united, the young generation is slowly drifting apart. Owing to the growing use of technology, they are all engrossed in their world. However, even though they may not know who their neighbours are or may not visit their relatives often, this does not mean they do not understand the importance of unity. They come together whenever there is a need. The youth of our country stand united to raise their voices against social evils as they know the strength of unity. There have been many instances where people have come out in large numbers to protest against different crimes. India has set an example of the advantage of staying united in the

past. The newer generation also believes in the power of unity, although their ways of expression may differ. Who else can people of varied cultures and castes live together in harmony?

Jenisha Sadhana V
III C

CHRISTMAS

Christmas marks the birth of Jesus Christ and is a beautiful holiday we celebrate on December 25th every year. It is a time when families and friends come together to share joy and happiness. One of the most exciting things about Christmas is decorating our homes. We put up colourful lights, and we decorate a particular tree called a Christmas tree with shiny balls, twinkling lights, and a star on top.



Another great thing about Christmas is giving and receiving gifts. We wrap presents in pretty paper and put them under the Christmas tree. We wake up excited on Christmas morning to see what surprises await us. It is a time to show our love and appreciation for each other. Christmas is also about delicious food. Families gather for a big feast, including yummy desserts like cookies and plum cakes. The house smells fantastic with all the cooking! But most importantly, Christmas is a time to remember to be kind and caring to others. It is a time to help those in need and show gratitude for what we have. Christmas is a memorable holiday that brings warmth and love to our hearts.

Meryl Pinto
III C

A Special Photograph

When I am free, I like to look at our old family photos. The best one is the photo of me and my sister. The picture was taken in the Marine Kingdom, where we can see all the sea animals in one place. I was seven years old, and my sister was a two-year-old baby. I was wearing a dark blue checked shirt and a baby pink pant; my sister was wearing a pink dress with some colourful flowers.



We went to the place during the Christmas season, so there was a cute little snowman welcoming everyone and a golden sledge kept at the entrance. We took this adorable picture of my sister and me near this Christmas decoration. We visited the place as a family, but this photo of us is unique and a favourite to me.

Divina Doris
IV A

How to Stop Hiccups

Things you can do to prevent hiccups; -



No.1-Hold your breath as long as you can.

No.2-Breathe into a paper bag (do not put it over you)

No.3-Swallow some sugar.

No.4-Bite a lemon or taste vinegar.

No.5-Sip ice cold water.

No.6-Pull your knees up to your chest and lean forward

If hiccups are not stopping, try these home treatment

No.1-drink water quickly

No.2-Swallow sugar, dry pieces of bread

No.3-Gently pull your tongue.

No.4-Gagging (sticking your index finger down your throat)

No.5-Gently rub your eyeballs.

No.6-Gargle water in your mouth.

No.7-Breathe into a paper bag (do not use a plastic bag)

No.8-Blow a balloon.

Fasiha Faisal Khiyani
IV A

Studying at my Friend's House

During my 3rd Standard, there was much seepage in my home, and my father started the renovation work one month before my exams.



Unfortunately, the contractor's slow approach prevented him from completing the job on time. I asked my friend Seema if I could study at her place. It took a few days to adjust to the environment.

Although it was challenging for me to study at my friend's place in the beginning due to the new environment, I felt comfortable after one week. My friend helped me with my studies, and I used to go to her place after school every day. I used to study with my friend every day for 2 to 3 hours, and soon we became best friends.

Her room was perfect, with sufficient space and lighting. There was no disturbance because her home was away from the hustle and bustle of the city. We used to have fun along with our studies, and we also had a great time together.

I thank my friend Seema for supporting me in such a difficult situation.

Ayra Ashfaque
IV A

Fun with the Family

Quality time spent with a family is the bonding together.

We spend quality time & have fun together in many ways.

Fun family activities I like to play with my family are hidden seek, picnic time, watching movies, going to a park, a restaurant, etc.

Spending time and fun activities gives the greatest joy in one's life.

There are many benefits, such as sharing, understanding, and caring for each other. Family bonding is essential for a family and its members to show how much they care and love each other.

I also like to spend time talking and sharing our day's experience. We also went to our relative's house, which was more fun.

The fun part is that we laugh and share jokes, having the funniest moments together. So, having fun with family is one of the happiest and most memorable experiences in our lives.



Mehvish Khan
IV-A

When I See Nature

Nature is everything we see—trees, flowers, plants, animals, sky, mountains, forests, and more. Human beings depend on nature to stay alive. Nature helps us breathe and gives us food, water, shelter, medicines, and clothes. We find many colours in nature, which make the Earth beautiful.

I feel nature beyond just listening to birds, running water and slight earthy forest scents. I also share the experience of sharing my love for nature with others.

Nature often inspires creativity. Take notes, sketch or let your mind wander.

We all remember that nature is all around us, so take the time to explore and enjoy it.

Every time I see nature, I see something new and exciting. I LOVE NATURE.



Kamalika. G
IV A

I want to be Famous

We don't always feel comfortable admitting it to our friends; it is embarrassing. But, secretly, the idea of being famous has excellent appeal.

Fame is beautiful because it offers very significant benefits. The fantasies go like this: when you are famous, your good reputation will precede you wherever you go. People will think well of you because your merits have been impressively explained in advance. You will get warm smiles from admiring strangers. You won't need to make your case laboriously on each occasion. When you are famous, you will be safe from rejection. You won't have to win over every new person. Fame will mean other people will be flattered and delighted even if you are only slightly interested in them. They will be amazed to see you in person. They'll ask to take a photo with you. They'll sometimes laugh nervously with excitement. Furthermore, no one will be able to afford to upset you. It will become a big problem for others when you're unsatisfied. If you say your hotel room isn't up to scratch, the management will panic. Your complaints will be taken very seriously. Your happiness will become the focus of everyone's efforts. You will make or break other people's reputations. You'll be the boss.



Haniya Huda
IV A

Going to the Dentist

Hospitals are used to treat sick and injured people. Many hospitals, such as dentists, clinics, physical therapy, etc. Of all I like, we are going to the dentist. The doctors in the dentist treat our teeth and teach us how to keep our teeth clean.

Many tools are used in the dental clinic, like mouth mirror handles, dental probes, pain mouth mirrors, magnifying mouth mirrors, dental scalars, dental tweezers, etc., that help doctors clean our teeth.

Let us see how these tools are used. Mouth Mirror Handle: used to hold the mouth, and the mirror reflects the light in the mouth. Pain Mouth Mirror: Controls the pain in the mouth. Magnifying Mouth Mirror: helps to see the cavities in the mouth. Dental Scalar: helps to find any tooth with a hook or curved blade. Dental Probe: used to take the cavities and other oral issues. Dental Tweezers: treat patients with toothaches and other conditions. We must go to the doctor to get well fast when we are sick.



Advika Lokesh
IV A

Playing Ludo

Ludo is not just any board game; it's a fantastic adventure in our living room. Let me tell you all about why I love playing Ludo with my family. First, we all gather around the Ludo board, and the first challenge is deciding who gets to roll the dice first. Sometimes, we have a little contest or take turns. When it's finally my turn, I hold those dice, shake them, and let them roll. The sound they make is so incredible! Then, I sincerely hope for the best number (number 6 is my favourite) to show up on the dice so that I can start my journey. Now, here's the best part: colourful tokens. I had great fun selecting blue because it's my favourite colour. Each of us has our own set, and our goal is to get them from the starting area to the finish line. Sometimes, luck doesn't roll our way, and we must wait for our turn again.



But do you know what makes Ludo with my family the absolute best? It's not just about winning. It's about the laughter and cheers that fill the room. While we play, I use a magic word called 'Udis' when I remove a pawn as a part of playing, making my family roll down with laughter.

We root for each other and celebrate when someone's token reaches the finish line. Playing Ludo with my family isn't just a game; it's a memory-making machine. We talk, tell jokes, and share special moments while we play. Those moments are precious to me, like a bond that grows stronger with every dice roll.

So, playing Ludo with my family is more than just a board game; it's a way to connect, have fun, and create memories I'll cherish forever. It's my favourite thing to do with my family, and I hope we continue to enjoy Ludo together for a very long time!

Rimsha Fathima
IV A



A Place Where Learning and Fun Come Together

My homework place is like a magical corner where I go to do my schoolwork. It's not just a dull spot—I've made it super cool and comfy! This special place helps me focus, learn, and have fun while doing my homework.



First, let me tell you how I set up my homework place. I have a cosy desk with my favourite colours: green and a splash of red. My desk has all my essential stuff, like pencils, erasers, and colourful markers. There's also a lamp that shines bright like a star so that I can see everything. Guess what? I have a big cushiony bean bag right beside my desk. It's like a soft cloud where I can sit or lie down while reading or thinking. Sometimes, when I have much writing to do, I move to the desk to write neatly. But when I'm reading or brainstorming ideas, that comfy bean bag is my best buddy.

My homework place is about more than just working. It's also about having fun. I have a little shelf filled with my favourite books. Whenever I need a break, I grab a book and dive into extraordinary adventures. And you know what else? I've decorated my wall with inspiring quotes and colourful drawings. They remind me to stay curious and never give up, even if things get tricky. Moreover, I've put up a small plant on my desk. Taking care of it is like a mini-science project. I water it and watch it grow like I'm growing smarter by doing my homework. Plus, it adds a touch of nature to my space.

Having my special homework place makes learning exciting. I can concentrate better and finish my work faster. It's my little world of creativity, where I solve math problems, write stories, and learn about the world. And you know what's the most incredible part? I can make it truly mine by adding new things and changing it whenever possible. So, my homework place is more than just a place to do work. It's my adventure zone where learning and fun come together. It's where I become a homework hero and conquer new challenges!

Joviah S. Tom
IV A

Things I see when I go for a walk

A walk is an excellent way to start the day. It is a great workout, as it aids in maintaining physical fitness and mental health. Walks also assist in boosting our energy levels. Walking clears our minds, and the clean air and birds singing make us feel great and inspire us to think positively. A walk is beneficial to both our mind and body.



When I go for a walk, I see beautiful trees, the way the yellow and red leaves crumple under my feet every step. When the flowers bloom, it's the most spectacular sight you could ever imagine, and all the different colours appear. When you breathe in and get this smell of purity, you feel free and alive. In the winter, the icy breeze makes me shiver, and the cold air I take in is like sitting in front of an air conditioner and breathing in. Some mornings, the sun beams across the sky, which is not quite blue yet, but the sun has almost entirely risen. When the wind blows, it grazes over the blades of grass. Some days, I stand and take a deep breath and can taste the spring. When summer is playing in the park, the sky is the bluest view in sight. Looking around, I watch the leaves fall off tree after tree, flying like butterflies of all different colours. When the bees buzz, and the hot sun beats on the back of my neck, I lie on the soft grass and listen to the birds chirping a beautiful song and the kid. Everyone has to understand the need to go for a walk every day to remain healthy and active, but we may need more time, and we end up wasting our entire day just thinking about resuming our walk tomorrow. Modern life moves at a rapid speed. This way of living has given rise to many health issues and diseases. A walk is a cure for all of these issues.

Roshel Maria
IV A

Why My Mom and Dad Are the Greatest

I love my mom and dad; they are the greatest. My mom does many things for me, like cooking my favourite dishes, cleaning the house, ironing my clothes, teaching me, etc. My mom is also very good at baking. The fun thing is that she lets me bake with her.

I put on my apron and help Mom till we have yummy cakes, muffins and cookies ready to eat. He also allows Mom to do all the work at home and sometimes teaches me. The best thing I like about my dad is that he plays badminton with me. This makes me so happy. He also takes me bike riding, and we go for walks and enjoy nature. My dad knows a lot about plants.

My mom and dad love me but correct me when I do wrong. The best time is when my mom, dad, and I get together to sing and pray. They also tell me stories from the Bible. So now you know why I say my mom and dad are the greatest.



Keira Maria Hamilton
IVA

An Excellent Birthday Party

Every year, my family celebrates my birthday with a party, which is always fun. But I will never forget my seventh birthday party. It was excellent in so many ways.



I told my mom I wanted a Minnie Mouse theme for my party because Mickey

Mouse is my favourite show. My aunt and mom made beautiful decorations. I wore a red and white spotted dress with a Minnie Mouse bow. They made take-away gifts for the kids: Mickey and Minnie Mouse baskets filled with chocolates.

It was time to cut my cake, and my family and friends were all present. I was sad because my dad was in Canada and could not be here because of Covid. Mon came to me quietly and said someone wanted to talk to me on WhatsApp. I took the phone and could not believe my eyes. My dad was smiling at me with a Mickey Mouse hat on. His sister, my aunt, was beside him with a Minnie Mouse hat. I was so happy that I could cry.

I cut the cake with everyone, including my dad, singing "Happy Birthday" to me. It was wonderful! Mom told me that it was 4 am in Canada. This meant that my dad and aunt were up early in the morning to make my birthday memorable. So, this birthday party was the most excellent one.

Keira Maria Hamilton

IV A

Doughnuts for Dinner

A sweet adventure...
Hello, fellow students!
Have you ever dreamed of having something super special for dinner? Well, let me tell you about when my family had the most delicious and unexpected dinner ever - doughnuts!



One Friday evening, my mom surprised us with a box of doughnuts. We had doughnuts for dinner instead of vegetables, rotis, or pasta! It felt like a magical treat.

As we opened the box, the sweet aroma filled our kitchen. There were so many flavours to choose from—chocolate, sprinkled, glazed, and even ones with jelly inside. Yummy.... each doughnut was a little piece of heaven.

Immediately, we set the table with colourful plates and napkins, and our faces lit with excitement. My elder sister and I couldn't believe our luck because doughnuts were never on my mom's dinner list. Doughnuts for dinner—it was like a dream come true!

We each picked our favourite doughnuts and took the first bite. Oh, the taste! It was a burst of sweetness and joy. The chocolate ones were so rich, the sprinkled ones added a fun crunch, and the glazed ones melted in our mouths. We giggled and laughed as we tried to keep the powdered sugar from covering our faces; even our pet cat was looking at us, amused. It was a dinner filled with laughter, smiles and, of course, sticky fingers. But here's the best part: it wasn't just about the doughnuts. It was about the special moments we shared as a family. We talked about our week, our dreams and our favourite doughnut flavour. After our special dinner, we had a mini dance party in the living room. We turned up the music and danced off some of the sugar rush. It was an excellent way to end our extraordinary meal.

Although doughnuts for dinner were a one-time treat, they created memories that will last a lifetime. It taught us that sometimes, breaking the routine and doing something unexpected can bring us closer together and make ordinary moments extraordinary. So, my fellow students, doughnuts for dinner might not be every day, but it was a sweet adventure that showed me the magic of family and the joy of trying something different. Sometimes, the most unexpected dinners can be the most memorable ones.

Juann Evelyn Anto
IV A

The Best House Pets

Have you ever wondered what makes a great house pet? Let us dive into the top choices for the best home pets.



1. **Dogs:** Man's best friend forever: Dogs are known for their loyalty and boundless energy. Dogs make excellent playmates, whether it's a tiny Terrier or a majestic Golden Retriever.

2. **Cats:** The masters of relaxation: Cats are perfect if you seek an independent pet who still loves your company. Their soft fur and soothing purrs make them excellent snuggle buddies. Plus, they are skilled hunters, keeping your home free of unwanted guests.

3. **Hamsters:** Tiny balls of energy: Hamsters are tiny but packed with personality. They enjoy running on their wheels and burrowing in their cosy nests. These little adventurers will keep you entertained for hours.

4. **Birds:** Feathered companions: Birds like parrots and budgies can be chatty and full of character. They are also talented mimics, so be prepared for some funny conversations.

5. **Rabbits:** Fluffy friends: Rabbits are gentle and social pets. They love to hop around and explore, and they can even learn tricks with patience.

6. **Turtles:** Slow and steady: Turtles are low-maintenance and have a calming presence. They might not be the speediest pets, but they are excellent listeners.

7. **Guinea pigs:** Adorable small packages: Guinea pigs are adorable and sociable. They will squeak joy when they see you and are happy to snuggle up in your lap.

Taking care of a pet teaches us responsibilities. We can learn about feeding, grooming and cleaning up after our furry friends, which are essential life skills. Having a pet at home will encourage physical activity. Pets can help reduce our stress. Petting a dog or a cat can make us happier and more relaxed. They don't care about our appearance. They will love us no matter what. Whether you prefer a wagging tail, a soft purr, or a chirpy song, the best house pet is the one that makes your heart smile. Well, which one will you choose? I have chosen mine; he is a well-mannered, self-groomed, purring, gentle kitty named Dorlan.

Juann Evelyn Anto
IV 'A'

My Favourite Summer Game

Summer games play an essential part in everyone's childhood and teenage years. This is the time spent in the company of our cousins, neighbourhood friends, and family members. They include indoor games and activities like Ludo, Chess, Board games, Video games and outdoor activities like Swimming, Badminton, Table tennis and playground games like Hopscotch, Hide and seek, Cycling, Cricket, Football, etc. Children love to participate in swimming classes as it's a relief in the hot and humid weather, and they also get to interact and make new friends. These various activities allow children to explore new boundaries and serve as a break from academics; they increase family bonding and make way for new friendships. They are a great way to increase stamina in young children as they improve physical and mental fitness. One of my favourite summer games is Lakori. It's played by two teams, where one team hits a pile of stones with a ball, and the other team stops them from finishing the task. They throw a ball at the other team member; if it touches anyone, they are out. The rest of the team tries to complete the task by pilling all the stones that finish the game. The game involves much planning by the teammates, and the level of excitement is very high. It teaches us teamwork, and I enjoy playing it with my cousins. Cycling and badminton are something I look forward to playing as well. Summer games differ in every city /county, but the similarity is that they hold a special place in our memories, which we look forward to every year.



**Zahra Fatimah
IVB**

My Favourite Relative

My favourite relative is my aunt, Faheema. She is my mother's sister and the most kind, caring, and supportive person I know. I remember when I was little, I was afraid of the dark. My aunt always came and sat with me until I fell asleep. She would tell stories to me and sing songs for me, and I would always feel safe and loved. As I grew older, my aunt continued to be there for me. She is the one I go to when I need someone to talk to. My aunt is also a hilarious person. She always has a smile on her face and knows how to make me laugh. She is always up for a good time and knows how to make me feel better when I'm down. I am so grateful to have my aunt in my life. She is my role model and my best friend. Here are some of the qualities that I admire most about my aunt. She is kind and compassionate. She always puts others before herself and is always willing to help those in need. She is strong and independent. She has faced many challenges, but she has always come out stronger. She is intelligent and witty. She always has a funny story or joke and always knows how to make me laugh. She is loving and supportive. Here are some things I like to do with my aunt. We go shopping together. She always knows how to find the perfect outfit for me. We cook together. She is a fantastic cook, and I love learning from her. We go for walks in the park. We always have great conversations when we're walking. We watch movies together. She always has the best recommendations. I love talking to my aunt about everything and anything. I always look forward to spending time with my aunt. I am so grateful to have her in my life.



**Zaaira Harmain
IV B**

My Most Memorable Dream

The most memorable dream I had was one filled with excitement and triumph. In the dream, I found myself in a thrilling badminton match. The commentator's voice rang out, declaring my attainment of a gold medal. The crowd's roar filled the air as I stood on the podium, overwhelmed with emotion at the sight of my proud parents applauding in the audience. Tears of joy filled my eyes as I gazed at the podium, seeing the distinct bronze, silver, and gold markings. With pride and accomplishment, I made my way towards the gold medal position, basking in the moment's glory. However, the dream turned unexpectedly when I heard my mother's voice calling me to wake up for school. Slowly, I opened my eyes to the darkness of my room, realising with a pang of disappointment that it was all just a figment of my imagination. Yet, rather than feeling disheartened, I chose to view this dream as a source of inspiration. Determined to turn it into reality, I resolved to multiply my efforts in my badminton training. With a renewed sense of purpose, I embraced the challenge ahead, knowing I could make my dream come true with dedication and perseverance.



**Lara Marshal
IV B**

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Zaaira Harmain
IV B

The Ai -Powered Machine

I like to invent a machine that helps poor people and kids; it is an AI intelligence-powered machine. It operates similarly to a human: when encountering impoverished individuals, it autonomously goes to nearby shops to procure groceries and food for them. Additionally, it functions as a donation box, allowing people to contribute money to aid the less fortunate. This collected money is then utilised to purchase groceries and food for those in need. This machine serves as a beacon of kindness, extending assistance to those who require it most, ensuring they have access to nutritious meals.



A.S. Devasmita
IV B



The Thimble Trick: A Magical Delight

Magic is entertaining and captivating. It thrills people of all ages. As a kid, I was fascinated with magic, and since then, I have been curious to learn tips and tricks about magic. With the waving of my magic wand and saying the secret word “ABRACADABRA,” I can perform my magic. Magic takes a person from reality to fantasy. I want to explain the trick that I love and which is my favourite trick of all. I performed it when my family was watching me. It is called the Thimble Trick. Let's put on our magic caps and see how the trick is performed. First, take out a thimble. Then, you put the thimble on your right pointer. Next, you place your right hand under the left arm. Then, hold your left arm close to your body and simultaneously remove your right hand. Ensure the audience does not notice that you have taken the thimble in your right hand. Then, ask the audience, “Where’s the thimble?” They’ll say, “Under your arm.” Then lift your arm, and they’ll be stunned! Where did the thimble go? Then take your wand and say the secret word “Abracadabra,” open your right fist, and ... VOILA! The thimble is in your right palm. The audience is stunned! Wow.



Olivia Dianne Anto
IV B

My Favorite Dish-Fried Rice

I love fried rice! It’s simple and not spicy, which I enjoy. I like to have it with chicken, egg, and vegetables. Making fried rice may seem easy, but it takes time and effort. You have to chop the veggies small and cook the chicken just right. Then, you mix everything with sauces and garnish it. Fried rice originally comes from China, but now you can find it in many restaurants, even in my neighbourhood. Whenever my family goes out to eat, I often choose fried rice. When I went to the Maldives, I always ordered fried rice because it tasted best. Sometimes, when I play with my friends, we try to make fried rice with toy kitchen sets. We add carrots, onions, peas, and beans, but the restaurant never tastes as good. Sometimes, my mother makes fried rice for my school lunch, and everyone loves it. Even though I like many foods, fried rice will always be my number one favourite!



Liya Natasha Prabhakar
IV B

My Cozy Corner at Home

My home is located in K Channasandra, Horamavu. I typically depart at 6:45 am on school days and return by 4:30 pm. I eagerly anticipate returning when I step out, as I deeply admire my home. Once I’m back, you’ll often find me nestled in my bedroom, my favourite spot in the house. I find immense comfort in my bedroom, furnished with a wardrobe, cupboard, cot, and a fan. My wardrobe is filled with various outfits, allowing me to choose any desired attire. Moreover, my cupboard houses an array of storybooks and other reading materials, which I often indulge in during holidays. Whether sitting or lying on the cot, I immerse myself in captivating tales. Not only do I utilise my bedroom for leisure activities, but it also serves as my study haven. I diligently complete my homework and project work here. Additionally, I have a drawing board that I frequently use to express my creativity during my leisure time. Sometimes, when boredom strikes, I recline on the bed, engaging in entertainment such as watching videos or listening to music. It is also where I discreetly stash away my mobile phone when my parents suspect me of using it. In one corner, I keep a toy basket filled with various fidgets and squishy toys, adding joy to my sanctuary. In conclusion, my bedroom is not just a room but my sanctuary, where I find solace, engage in various activities and enjoy myself.



Mishika R
IV B

A Quiet Helper

My grandfather quietly helps everyone without wanting any attention. He never talks about how much he helps others. No matter what happens, he is always kind to people. He often says that making someone's life better is important because, otherwise, life isn’t meaningful. He believes that when you help others, you’ll get help, too, maybe from a higher power. He thinks that life is just about being happy and helping others. He says true happiness comes from helping those who can’t repay you.



Syeda Falah
IV B

My Special Support

One person who has made a significant impact on my life is undoubtedly my maternal Aunt Husna. She is as lovely as a flower and a fantastic woman. With her medium-length, coffee-brown hair and a round face, she has a long nose and fair complexion like clouds. Despite wearing spectacles and bearing dark circles under her eyes from late nights spent tending to her mischievous kids, she remains a beautiful soul. She cares for me like her own child and does not differentiate between me and her children. She has three kids - two boys and a girl. Aunt Husna always encourages me to try new things and supports me in everything I do. We usually stay in touch through video calls, where I share my artwork with her, and she always appreciates it. The highlight of my week is visiting her on weekends. Her house has many open spaces where I can play and ride my bicycle, which I love doing. I affectionately call her Massi, which means Aunt. She always serves me a variety of snacks during my stay, and I never miss my mom when I'm with her. Aunt Husna is the humblest person I have ever met. They say that aunts are like second mothers, and she proves that right. She is straightforward and devoted, never missing any prayers, and always prays on time. She manages her household chores and her kids exceptionally well. Words cannot fully describe how amazing she is, and I wish everyone could have an aunt like her. Lastly, I want to say I love you, Massi, and thank you for always being there for me.



Safa Khan
IV B

My Comforting Haven

My favourite place in the house is my bedroom. It's the most comfortable spot where I can unwind when I'm tired, not feeling well, or need to relieve stress. My room is spacious, quiet, and cosy, perfect for relaxation. I adore my room because I can let my imagination soar while lying in bed with my eyes closed, imagining exciting things. To me, my room feels like a peaceful haven. The walls are painted a light pink with a matching border, creating a soothing atmosphere. I have a comfortable Hello Kitty bedding set that adds a touch of charm to the room, along with my pink pillows.



Yazhini Gowthami M
IV B

Clear Vision: My First Pair of Glasses

My mom noticed that I used to stand very close to the television while watching my favourite cartoon show, Shin Chan. She would pull me back to the sofa, but within minutes, I would gravitate closer to the television again. I couldn't complete my notes; the words would blur from the first line to the above lines. Concerned, my mom took me to get my eyes checked. We visited Jyothi Lasik Hospital for a special checkup. They poured liquid into my eyes before asking me to read the alphabet and look at images. Everything appeared very blurry to me. After the examination, the doctor informed me that I **NEEDED TO WEAR SPECTACLES** to see things. I was advised to wear them daily and remove them before sleeping. I chose a pink frame with Minnie Mouse for **MY FIRST PAIR OF GLASSES**. I was four years old and in Prep 1 at that time. At first, I wouldn't say I liked wearing them and cried, but later, I realised that wearing my spectacles helped me see the beautiful things around me and even improved my handwriting. Every year, I undergo an eye checkup and choose new frames according to my preference. Now, I happily watch my favourite cartoon shows. I sit on my sofa, enjoying clear vision!



Pragati Suresh
IV B

A Day of Fishing Adventure

Fishing is one of my favourite hobbies, filled with adventure and excitement. I first experienced fishing in Goa when I was eight years old, during a family trip.



Watching two men on a boat casting their nets to catch fish sparked my interest in trying it. After persuading my parents, they arranged for me to learn from a local fisherman. With their guidance, I eagerly threw the net into the sea, hoping to catch some fish. Although I saw fewer than the experienced fishermen, I cherished the experience of being out on the water surrounded by nature. I observed small crabs scuttling and tiny fish hiding among the seaweed. The fisherman also taught me various fishing techniques, including hand gathering, spearing, netting, angling, shooting, and trapping. It was an unforgettable adventure that left me with a newfound appreciation for the art of fishing.

Hananya M R.
IV B

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IV B

Clear Vision: My First Pair of Glasses

My mom noticed that I used to stand very close to the television while watching my favourite cartoon show, Shin Chan. She would pull me back to the sofa, but within minutes, I would gravitate closer to the television again. I couldn't complete my notes; the words would blur from the first line to the above lines. Concerned, my mom took me to get my eyes checked. We visited Jyothi Lasik Hospital for a special checkup. They poured liquid into my eyes before asking me to read the alphabet and look at images. Everything appeared very blurry to me. After the examination, the doctor informed me that I **NEEDED TO WEAR SPECTACLES** to see things. I was advised to wear them daily and remove them before sleeping. I chose a pink frame with Minnie Mouse for **MY FIRST PAIR OF GLASSES**. I was four years old and in Prep 1 at that time. At first, I wouldn't say I liked wearing them and cried, but later, I realised that wearing my spectacles helped me see the beautiful things around me and even improved my handwriting. Every year, I undergo an eye checkup and choose new frames according to my preference. Now, I happily watch my favourite cartoon shows. I sit on my sofa, enjoying clear vision!



Pragati Suresh
IV B

A Day of Fishing Adventure

Fishing is one of my favourite hobbies, filled with adventure and excitement. I first experienced fishing in Goa when I was eight years old, during a family trip.



Watching two men on a boat casting their nets to catch fish sparked my interest in trying it. After persuading my parents, they arranged for me to learn from a local fisherman. With their guidance, I eagerly threw the net into the sea, hoping to catch some fish. Although I saw fewer than the experienced fishermen, I cherished the experience of being out on the water surrounded by nature. I observed small crabs scuttling and tiny fish hiding among the seaweed. The fisherman also taught me various fishing techniques, including hand gathering, spearing, netting, angling, shooting, and trapping. It was an unforgettable adventure that left me with a newfound appreciation for the art of fishing.

Hananya M R.
IV B

Home Sanctuary

While being at home, it always makes us feel free. The entire house is just a relaxing place. But there is always a cosy place in your home. For me, it's my bedroom and the balcony adjoining it. I love my bedroom as it has all the positive energy I need to feel recharged, and it gives me peace of mind when I want to do nothing. My room is very spacious, quiet, relaxing, and cosy. I greatly admire my room because I can use my imagination while lying in bed and close my eyes, thinking about exciting things. This place is where I read, write, and draw. You will find everything related to me: my books, clothing, and some trophies that remind me of my capabilities as an individual. My room speaks of a peaceful haven to me. My walls are light pink with a matching border around them and a matching Hello Kitty comforter set, making my room stand out along with my pink pillows. The place gives me peace and safeguards me when I feel fear. There is a window in my room through which I gaze outside. I often watch out of the window, moving the curtains an inch; in the morning, I see the white light, and in the night, with lights on, I gaze at the darkness with some house lights still on. With some music, I roll my eyes in search of the moon.



Some days, I meet the moon; others, I enjoy the stars. It's purely beautiful, always soothing my eyes and soul, giving me a sense of solitude, and realising that both day and night are a part of mine. Adjoined to the room is a balcony with a bed where I tend to sit in the morning with a cup of hot water. I sip the water slowly and stare at the open space. It's like harmony. Some days, you see the blue sky with the sun trying to wake up and reach you with its golden glitter everywhere. Some days, it rains; sometimes, it's just a normal day. But I like watching it. I breathe in the cold air and make my lungs happy, stretching a bit for the body needs to be moved. Sometimes, I tend to be there at night, where I sit and enjoy the moonlight, understanding how peaceful darkness can be and making my soul speak and listen to my heartbeat. It helps me to think, write, and feel myself. It's so peaceful that I can hear the train passing, which is quite distant. It's magical, and I love being like this. I love my cosy spot at home, and I hope you, too, have one.

Sniksha Abhin Karthamada
IV B

Fun Facts Galore!

DID YOU KNOW?

Almonds are part of the peach family.

An ostrich's eye is bigger than its brain.

Tigers have striped skin, not just fur.

Most people fall asleep in 7 minutes.

If you sneeze too hard, you can break a rib.

There are 293 ways to make change for a dollar.

Summer on Uranus lasts 21 years.

One human hair can support 3 ounces.

It takes 492 seconds for sunlight to reach Earth.

The average person eats almost 1500 lbs. of food a year.

The human eye blinks an average of 4,200,000 times a year.

Most people can't lick their elbow; try it.

Prarthana Margaret
IV B

My Quest to Create "The Trilogy"

We live in a time when new technologies and innovations appear almost daily. Our grandparents and parents could not imagine these changes happening in reality, but not in fantastic



novels. We cannot imagine a world without many of them (think about living without the internet). Today, we can dream of unreal things like flights to outer space, other planets, human and animal cloning, telepathy, etc. If I had a chance, I would invent a machine called "The Trilogy" back to the future. My time machines should have the shape of a giant sphere or a balloon, inside which you could stand and travel to the past or the future. Being inside it, you could see, watch, and hear everything and everybody. It would help different scientists discover how we appeared and developed flora, fauna, or even the human race. But I wouldn't like to travel to the future because the less you know, the better you sleep.

Akshaya Sandeep
IV B

A Day Without Electricity

A day without electricity is often perceived as a daunting prospect, plunging us into darkness without the comforts of modern technology. However, it's essential to recognise that our ancestors thrived without electricity. Despite its challenges, some argue that living without electricity can benefit health and the environment. Nevertheless, the absence of electricity poses significant difficulties that we must confront and adapt to. During such a day, we would need to explore alternative methods for cooking, cooling ourselves in the summer heat, and finding entertainment. Without the convenience of technology, we would rely on our ingenuity and strength. This would foster a greater sense of community as we engage more with our neighbours and create our amusement. Despite the initial hardships, a day without electricity could offer unexpected rewards. It prompts us to appreciate electricity's conveniences, from cooking to communication and encourages us to find creative solutions to our everyday needs. While it may require careful planning and preparation, navigating through a day without electricity is possible. In conclusion, while a day without electricity presents challenges, it offers a unique opportunity to experience life from a different perspective. Rather than despairing, we should embrace the chance to disconnect from technology and reconnect with ourselves and our surroundings. Who knows, we might even find joy in the simplicity of the experience.



Vanshika Sai
IV B

Chandrayaan-3

CHANDRAYAAN-3 is India's lunar mission, which successfully soft-landed on the moon's surface on 23 August 2023. With the lessons learned in previous moon missions, Chandrayaan-3 is India's successful attempt to achieve a soft landing on the southern pole of the moon's surface.



India is the only country that has reached this part of the moon. National Space Day is celebrated each year on 23 August to mark this tremendous technological surface.

The main objective of Chandrayaan-3 is to safely and softly land on the moon's surface and conduct on-site experiments. It consists of a Lander Module (LM), a Propulsion Module (PM), and a Rover. The lander is called Vikram, and the rover is called Pragyan.

The propulsion module carried the lander module, equipped with the rover. After a successful landing, the rover roamed over the moon's surface and collected samples for testing.

Chandrayaan-3's main purpose is to confirm the presence of water on the moon. Its success is the result of the tireless effort, hard work, and dedication of many Indian Space Research Organization (ISRO) scientists.

I salute them for making every Indian proud by achieving this great milestone.

Yazhini
IV C

The Use of Mobile Phone

A mobile phone is a communication device. It has many other names, such as Mobile and cellular phones. Nowadays, many people use mobile phones because they are affordable. Mobile phones have plastic and metal bodies. They have two kinds of software: Android and iOS. The mobile phone companies are Samsung, Red Me, Apple, Redmi Oppo, Nokia, etc.

The main use of cell phones is voice communication. We can often talk to our families and friends and see and talk to them through Video calls. We can also book movies, trains, flights, and hotel tickets and make appointments in hospitals, schools, etc., through mobile phones. A mobile phone is also helpful in keeping us entertained. We can play games, watch movies, etc.



Annabelle
IV C

APJ ABDUL KALAM

Dr. Avul Pakir Jainulabdeen Abdul Kalam was the 11th President of India and a great scientist.

He is associated with missile and satellite technology and is known as the “Missile Man of India.”

Everyone loved him, and he was popularly called “Peoples President”.



A part from his autobiography “Wings of Fire” briefly explains his childhood memories in a small village, Rameswaram, where he grew up. Kalam had three brothers and one sister with whom he shared and enjoyed his childhood. His parents were kind-hearted and simple people with great moral values. Kalam spent his entire childhood and grew up living in his ancestral house. The father of APJ Abdul Kalam was a very hard-working and straightforward person. Kalam’s parents were not educated and consequently not rich, but they had a heart of gold and high values of self-discipline and honesty. They always urged their children to follow their dreams and never forced their own decisions on them. This is where he got the simplicity and humble behaviour he followed until his death.

His initial schooling was at Schwartz Higher Secondary School at Ramanathapuram, after which he attended Saint Joseph’s College at Tiruchirappalli. From there, he obtained a graduate degree in physics in 1954. After that, Mr. Kalam enrolled in the Madras Institute of Technology to study aerospace engineering. He dreamed of becoming a fighter pilot but became a scientist at DRDO (Defence Research and Development Organisation) and wasn’t very satisfied with his job at DRDO. 1969 he was transferred to ISRO (Indian Space Research Organization). Thereon, he became the project director of India’s first Satellite Launch Vehicle (SLV-III), successfully deploying the Rohini satellite in 1980. Apart from that, Kalam had also worked on several ballistic missile projects. Dr. Abdul Kalam received the Bharat Ratna award in 1997. He was also the Chief Project Coordinator of the Pokhran-II nuclear power test conducted in May 1998. Kalam was sworn in as the 11th President of India on 25th July 2002, and his term ended on 25th July 2007.

Dr. Kalam also wrote several books based on his experiences with school and college students. In his books, he describes to the youth how to pursue their dreams and believe in their abilities under adverse situations. ‘Wings of Fire’, ‘Ignited Minds’, ‘Mission India’, and ‘Inspiring Thoughts’ are some of his famous books. Kalamji owned 2500 books. He survived on the royalty received from his books and government pension. Children and college students had a great deal of respect for him and looked upon him as their ideal.

“Dream, dream, dream. Dreams transform into thoughts, and thoughts result in action.”

"If you fail, never give up because FAIL means "First Attempt in Learning".

Devna Rohith
IV C

Charity Begins at Home

Charity begins at home. It is a faithful saying that if someone cannot love their family, how can that person love someone else? This proverb is a lesson for all of us: Charity does and should begin at home. First, we must learn to care for and love our family wholeheartedly. Then, we can shower love to the outside world. Also, it is a person’s first and foremost responsibility to serve their family first, followed by others. In addition, fulfil duties towards your family than others. Charity is the act of giving help to those in need of it. It is a humanitarian act. It involves giving money, goods, time, and effort to those who need it. It is done without expecting something in return. If you say charity begins at home, you mean that people should deal with the needs of those close to them before they think about helping others. Charity begins at home when it comes to your family by loving and supporting them unconditionally. You can practice charity when it comes to work by training and mentoring someone at work or serving clients from the heart and not out of obligation or money.



Aaira Zaman
IV C

Passion for Farming

Farmers are the backbone of our Society. They provide us with all the food we eat. As a result, the entire population of the country depends upon Farmers. Because of them, we are the only people able to live on the planet. Thus, Farmers are the most influential People in the world. Farmers have so much importance, but they still do not have proper living conditions.



A farmer works all day in the field, and his land means everything for a farmer. Farmer lives are Simple. He goes to the field early in the morning when the rest of the world sleeps Comfortably. In their warm bed

Farmers do not depend on any other Source for employment. They are self-employed and also create jobs for others.

Thank you for providing Food For our Community. Thank you to all the Farmers of the world. We appreciate the food on our plates. Thank you for your tireless efforts and your Passion for Farming.

Adeena Fathima
IV C

Importance of the Newspaper

Newspapers delivered early in the morning provide news worldwide, country and states. It is quite a powerful tool and the most excellent means of communication. It helps people be aware of bad news and stay active against it. Reading newspapers gives us good information and general knowledge; reading newspapers daily is part of modern life. Newspapers bring us news and views from every corner of the world. There are also games to play in the newspaper, like Sims, Dots and Boxes etc... Reading newspapers also improves reading and writing skills. Making a habit of reading newspapers daily increases reading with good vocabulary plus better speaking English.



Brahmini Deeksha. S. Reddy
IV C

My Neighbourhood

As humans, all of us are bound to a neighbourhood. I live in Robertson Road, Frazer Town. My neighbourhood is beautiful and has many houses. It is filled with colourful birds and beautiful trees. All the kids gather in a place to play to play in the afternoon, and when it is evening, there is silence all over the place. One of the famous lakes in my neighbourhood is Ulsoor Lake. It is one of the biggest and most beautiful lakes in Bangalore City. It is one of the oldest delights and the major tourist attraction of Bangalore. Ulsoor Lake is surrounded by abundant greenery and creates an atmosphere of serenity. People come to jog, exercise, sit and relax near the lake. There is also a big park called the Coles Park. It is a big park where you can enjoy the swing, slide, see-saw, horizontal bars and so on.... many people also come to walk around the park. There is also a big skating ring and regular classes are conducted. With all these beautiful neighbourhoods, there is much pollution, and many roads are dirty. Yet I love my neighbourhood and promise to keep it clean and green and plant more trees.



Yashika
IV C

Hard work

Hard work helps you to achieve your goals; many people work hard to help us, like doctors and nurses who treat us, soldiers who guard our country, teachers who shape and mould us, farmers who grow crops for us and our parents who are always there for us. Sometimes, we are lazy, but we cannot always be lazy. We also need to work hard and put in our best effort to make our parents proud and to help others. And we receive God's blessing when we help others. We also need to appreciate others who work hard to help us. We understand others' pain and hard work, but only when we try doing their work do we realise it is tough to manage. So, let us learn to appreciate people's hard work and efforts and always remember to respect them.



Khadija Irshad
IV C

Life in a Village

I love village life very much as there is more peace and enjoyment. It is less crowded and noisy, and there is no hurry or worry about the busy city life. My grandmother lives in the village, and I visit it during my holidays. I enjoy playing with my friends in the village, it is full of greenery and looks very beautiful. People in villages are straightforward, lovable, straightforward, friendly, hospitable, and helpful. They all come together to celebrate the festivals with many games and make it a fun-filled day. They always work together in fields and share their good times and stories as they work in the field. They grow crops, which makes them self-sufficient, so they do not need to visit shops for food grains. They do have facilities like malls, cinema theatres, and hospitals. We also do not find offices and high-rise buildings, unlike cities. Only a few villages have schools and small, petty shops. Village life is straightforward, and I love to live in a town.



J. Kaavya
IV C

The Importance of Teamwork

Teamwork means to work together with several people to achieve a goal that is common to all. We can say that teamwork is crucial for the functioning of an organisation. With teamwork, an organisation or a company can achieve its goal on time, leading to a loss of energy and workforce. Teamwork can improve efficiency and productivity. Teamwork happens when people work together towards a common goal; the goal can be both professional and personal. Only when you work as a team move will you be able to move a couch up a flight of stairs, make a project at the office a success, launch a rocket or play a game of soccer!



So, let's work as a team and achieve the impossible.

Rhea Suzzane Relington
IV C

My Dream Job as a Doctor

Ever since I can remember, I have wanted to be a doctor. My neighbour and I used to play the game doctor and nurse in my room with my teddy-like broken arms. Down with the flu? Cold and headache? No problem when the doctor is here. I will give you an injection for all the pain and flu. O my! I forgot that there are some antibiotics and cough syrups, too. I would treat them till the teddy were cured of all their sickness and no more complaints were heard.



My parents are proud and encourage me to pursue my career as a doctor. What can be more prestigious than a doctor in the family? Of course, becoming a doctor is more challenging than it seems to be. I must be straightforward at school and ask many questions to upgrade my skills and knowledge. I must ensure that nothing comes between me and my career path. I must make sacrifices. For example, when another friend of mine goes out to outings and parties, it is my time to prepare myself. At night, I had to choose between studying an extra hour or sleeping in a cosy bed. But I decided to study till my eyes closed and my head sank low.

I want to name my hospital as Shandivr Sha. I wish my dream come true one day.

Shalini R.
IV C

My Trip to Bangkok

It was the height of summer, and my holidays had just started. My parents decided to take me on a trip to Bangkok.



I was very excited, as I was not only going on a holiday but also going to visit my cousin's house. The people in Bangkok spoke the Thai language. I also tried to learn a few words, like 'Swadikha', which means greeting others, and 'Kokapunkhay', which means thank you. We visited an island surrounded by blue water. I enjoyed playing with sand and collecting seashells.

My favourite part of the Bangkok trip was having mini-ice cream, shopping for soaps, and tasting different fruits. My Bangkok trip was indeed memorable, and I will cherish it forever. However, I wish to have another such trip.

Arsheen Minha Shaik
IV C

TEACHERS

The time you spend
planning.
Efforts you make.
Add power to learning.
Chances you take.
Hats off to our teachers.
Each one is a gem.
Recognise, Salute them.



Afiya Aiman
IV C

Tongue Twisters

- Red brick, blue brick
- Six sticky skeletons
- They kicked three thick sticks.
- A big black bug bit a big black dog
- Sing, ping, sling, ping
- Splish Splash, sploosh, went the dog in the wash.
- The queen in green screams
- A happy hippo hopped and hiccupped
- Double bubble gum bubbles, double
- Irish wristwatch
- Selfish shellfish
- Specific Pacific
- Sheena leads. Sheila needs
- Flash plash
- Fresh french-fried fly fritters
- Bears breathe blackberries
- Great glass globes glow greenly.
- Four furious friends fought for the phone
- Stanley stands sadly on the steep site
- Two tired and true tridents
- How many cookies could a good cook if a good cook could cook cookies?

Sana Kaveramma
IV C

RIDDLE TIME

1. A woman fell from a 100-step staircase and walked away without a bruise. How?
Ans: She fell off the Bottom step.
2. I have fingers and a thumb but no flesh or bones. What am
Ans: A Glove
3. I do not have wings, but I can fly. I don't have eyes, but I can cry. I am far away, but you can see who I am.
Ans: A Cloud
4. I travel around the world, but yet I stay in the corner
Ans: A stamp

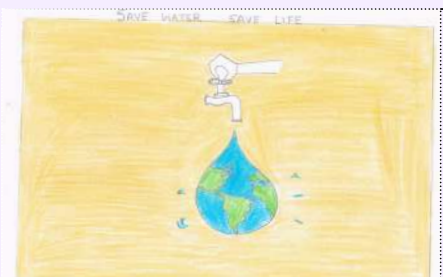
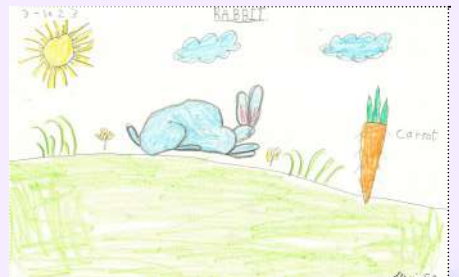
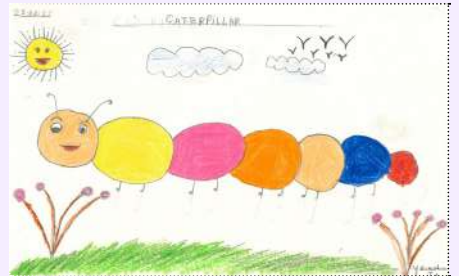
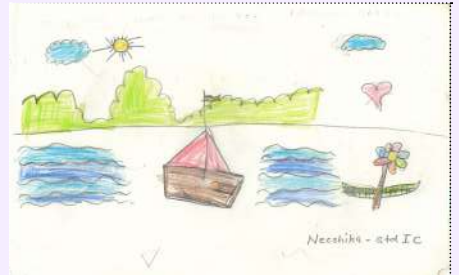
Kyra Felix Kasper
IV C

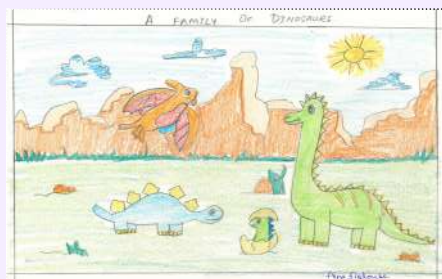
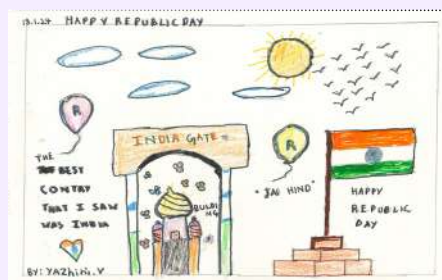
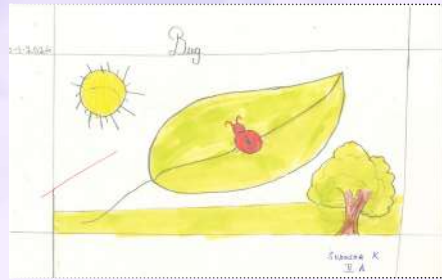
RIDDLES

1. What do you have to break before you can use it?
Ans. An Egg
2. What has a head and a tail but no body?
Ans. A Coin
3. What gets bigger when more gets taken away?
Ans. A Hole
4. What is full of holes but still water?
Ans. A Sponge
5. I am tall when I am young and short when I am old. What am I?
Ans. A Candle
6. What is always in front of you cannot be seen?
Ans. The Future
7. What can you break even when you never pick up or touch it?
Ans. A Promise
8. What has many keys but cannot open a single lock?
Ans. A Piano
9. What goes up and down but does not move?
Ans. A Staircase.
10. What has legs but cannot walk?
Ans. A Table
11. What has words but never speaks?
Ans. A Book.
12. I am an odd number. Remove a letter, and I become even. What number am I?
Ans. Seven
13. The more you take, the more you leave behind. What are they?
Ans. Footsteps.
14. What is the end of everything?
Ans. It is the letter 'G'
15. Which fish costs the most?
Ans. A Goldfish

Sana Kaveramma
IV C

DRAWING:







MIDDLE SCHOOL ARTICLES & DRAWINGS



If I were a bird

Birds have always fascinated me. I have always wondered how a bird's life is and what I would do if I were one. If I were a bird, I imagine I would come out of my egg and be born. I would chirp when my mother came to our nest with food and fed me till I grew older. I always wanted to see the outside world and fly high after my wings had grown strong. My father would look out to warn us if there was any danger. After learning to fly with my enormous strong wings, I would be ready for my first flight.

I would choose a warm sunny day for my first flight, with all other birds chirping around me. I would be excited and focus on my wings. Then, slowly, I would stretch my wings and flap them. I can imagine lifting my feet and being in the air. What a beautiful sight it would be from high above! Flying and exploring the new world till sunset. I would also learn to defend myself from predators like eagles, hawks, etc. After my mom and dad got older, I would feed them as they did for me.

Birds are hardworking, and we should not hunt them or separate them from their parents and family. I have many birds coming to my balcony. However busy I am, I take time to watch them every day and learn a lot from them, their habits, their variety, and how they are at peace with nature.



Sonakshi S.
V A

Learning to ride a Bicycle

Bicycle rides are fun and even a sport. Many people like to ride bicycles early in the morning, keeping their bodies healthy and fit.

Learning to ride a bicycle is fun. For a beginner, two training wheels are attached on both sides of the back wheel of the cycle. They help you balance, but you can remove them once you can. So, if you are ready, the real part of cycling arrives. I was frightened at first, but I decided not to think about falling and paddling away. Once you learn that, it'll all be a piece of cake. Another difficult step in riding a bicycle is changing the direction or turning. Turn without falling upside down, hovering your foot above the ground and returning to the straight old trail. Even though I like to ride bicycles, the fear of falling greatly frightens me. But that's just nothing more than going up on a ramp. Just put more pressure on the paddle and focus on staying upright.



Learning to ride a bicycle is a fantastic adventure. Even if you fall or get hurt, it doesn't matter. Just have fun and ride all the way.

Varsha Maria A.
V 'A'

Health is wealth

Health is the most important thing in life. Life is about striking a balance between certain fundamental parts of life. If health is gone once, it never comes back. There is no point in having money when you don't have good health. Even though wealth, treasure, success and beauty are attractive, they become dull and clumsy without health. Preserving good health is in your hands, and destroying it is in your hands. Everyone wants to be healthy, but good health does not come without discipline and care. Going to bed and waking up on time, exercise regularly keep the body fit and makes a man active and energetic. You are drinking lots of water, eating healthy food, having a balanced diet, and avoiding junk food. Fast food can be your last food.



Kavya Shree
V B

SCHOOL PICNIC-A TRIP TO JOLLYWOOD STUDIOS AND ADVENTURES

It was a typical day at school. After the lunch break, we assembled in class. Our class teacher announced that we would be going on a school picnic. Our reaction when we heard it was mind-blowing. The destination was Jollywood Studios and Adventures. We were so excited that our classmates packed their bags the day before.



When the day came, I could hear girls chatting and discussing what they would do. We had a small prayer service before we could go to the bus. We saw several schools, colleges, shopping malls, parks and industries on our way. Finally, we reached our destination at around 11.35 am and were given wristbands with a bar code at the entrance. Then, we were ushered to the main gate, which looked grand and ancient. A few cartoon characters welcomed us, and our happiness knew no bounds. At first, we visited the Tribal Museum to see beautiful Worli Arts and village lifestyles depicted by life-size models. After that, we went for the water rides and to the music pool, where we danced and played in the water. The amusement rides were exciting. There was a Jolter Ride, Sky Swinger and Carousel. We had a sumptuous lunch after the rides.

After lunch, we went to the Lost World, which I thoroughly enjoyed. We had a glimpse of the dinosaurs from a train ride, and after that, we went to the museum. The museum exhibited the bones, skeletons and eggs of the dinosaurs. The Titanic experience was indeed thrilling. There was a journalist's room, a central room where a screen showed the speed and direction of the Titanic. After that, we saw a passage illuminated by lights showing the underwater business classrooms of the ship, Jack, the hero of the movie and finally, the stairway and the hull of the ship.

This was followed by the mirror maze, where we almost bumped into our reflections. We somehow managed to exit out and refreshed ourselves with cotton candies. We were practically tired after so many adventure rides and studio visuals, though at heart, we were delighted to have come on such a wonderful trip.

Alicia Mary Dominic
V B

IF I WERE A MILLIONAIRE

We all dream of becoming millionaires, being in the wealthiest position, having lots of money, and being successful. Most of the successful ones have suffered very much. If I became a millionaire, I would go to my home town [Nellai / Tirunelveli in Tamil Nadu] and buy land to build an orphanage for homeless children. Next, I would donate to all churches, next I would donate to the dumb and deaf school and school for the blind, and open a lot of good shopping malls to sell dresses and sports equipments etc. I will keep some money for myself and spend it very wisely. And whenever I would go to visit my parents and relatives, I would give them the best day ever.



Gisella Katherine
V B

My Best Friend

I have many friends from childhood, but now my best friend is Syeda Mysha. She is a lovely girl and helps nature. True friendship is necessary to get on the right track in life. Getting the best and true friends in life is challenging; however, some luckiest ones get it. She is the first person among all my friends with whom I share all my feelings. She performs well in sports and academic activities.



She is very friendly to everyone and meets them warmly. She thinks positively and motivates us all the time. She talks very politely and never quarrels with me and others. She is amusing and loves telling us funny stories and jokes. Whenever we become sad, we both like each other so much and always help each other.

Laiba khan
V B

MY DAD

In the night, He's always there,
Strong and steady, With love to share.
He works hard and smiles bright,
Helping us reach for dreams in sight.

His laughter fills our home with cheer,
And wipes away every single tear.
With knowledge, deep and gentle hand,
He helps us navigate life's shifting sand



Through thick and thin, he's by our side,
With love and patience, he's our guide.
He's there to catch us when we fall,
And stands tall, no matter how small.

So here's to dads, so good and true,
For all the things they say and do.
In every hug, in every grin,
Their love forever lives within.

Iram Banu Kasmani
V B

My Favourite Author

My favourite author is Charles Dickens. He became a full-time novelist, producing fifteen novels. Many are published in weekly or monthly instalments. He also wrote nonfiction articles, hundreds of stories and essays. Dickens went to work in a factory at age 12. He dreamt of being an actor. He wrote his first novel when he was only 24. He encouraged other writers, even women. A Christmas carol, One of the most popular items that Dickens wrote, is not a novel. Because of its length, it is classified as a novella. He wrote fifteen books, some of which are The Pickwick Papers. His first novella was written in 1836. Oliver Twist was written in 1837. David Copperfield was written in 1849, and this is my favourite one. Bleak House was written in 1852; This was the longest book of his. Charles was born on 7th February 1812, and died on 9th June 1870. He was influenced by William Shakespeare, Victor Huges, William Wordsworth, and many other people. He was a journalist, writing numerous political and social affairs items. The most famous story of Charles is the Great Expectations. His books will be a companion with us at all times.



Samyukta C.
V B

My Supercool Aunt

My Aunt's the best, you see,
Like a superhero, just for me!
She paints her nails in rainbow hues,
And lets me wear her glittery shoes.



We bake cookies, sweet and round,
Giggles fill the kitchen with happy sounds.
She reads me stories, makes funny faces,
Hides from monsters in secret places.

She braids my hair with ribbons galore,
And tells me secrets I can't ignore.
With her, every day's an adventure grand,
Holding her hand feels safe and grand.

So thank you, Aunt, for all you do,
You're the best aunt, it's definitely true!

Aniqa Konain
V B

My Grandmother

My role model is my grandmother.
She is my role model because she is kind and patient. She is always happy even when, at times, she struggles. She is very encouraging and always tells us to do what is right. She is my best friend, and I tell her everything, and whenever I have a problem, she always has a solution for it. She tells us at times during exams to learn and understand the lesson well. Whenever I ask her to teach me Hindi, she makes the lesson easy and understandable for me. She teaches us new things and tells us a lot of stories. She makes many tasty delicacies, and I eat everything she cooks, even the food I do not like. She is very funny and makes all of us laugh very much. When I grow up, I want to be just like her.



Anaya Chhatria
V B

HOW DO I FEEL ON MY BIRTHDAY

A Birthday celebration is an enjoyable life event for me. It is celebrated with family, friends, and loved ones, and the day leaves lots of memories for the future. Every year, the 29th of August is the most awaited day for me. This is because it's my birthday, and I'm a specially treated person on this day. My friends and loved ones started wishing for me from midnight. Some of them texted me from their phones, and others called me.

I had an amazing birthday party. The living room was adorned with colourful decorations and a big "Happy Birthday" banner. We played fun games like musical chairs and had a blast dancing to our favourite songs. Birthday is always the best day to tell me I'm a unique creation of God in this world.



Sharon Santhosh
V C

My Hometown

Padukone is a small, calm, quiet, beautiful village in Udupi District and Byndoor Taluk. It is also the birthplace of badminton legend Mr Prakash Padukone and actress Deepika Padukone.

Padukone, a small village away from city life, has always been my favourite place since childhood, as my grandmother lives there. Our field has Mango, Sapota, Guava and custard apple trees.



Another favourite hotspot destination is Maravanthe, which is 1 km from Padukone. Maravanthe wears the look of a Fairyland. It is a uniquely positioned beach in coastal Karnataka with the amazing Arabian Sea on one side and the Souparnika River on the other. Surprisingly, the shoreline of this serene beach runs alongside NH 66. This unique combination of sea and river is hard to find elsewhere, and it is probably the only one in India.

To add a crown to it, there is a famous temple called Varahaswamy (Lord Vishnu) on the banks of the river Souparnika. It is an age-old and renowned temple believed to protect the people of Padukone and Maravanthe from natural calamities. The view of Maravanthe beach is breathtaking. Miles of unspoilt white sand, clear blue sky, swaying palm trees, and endless shore make Maravanthe a tourist destination and a witness to abundant natural beauty. Watching the sunset in the Arabian Sea is an unforgettable moment for me.

When it comes to the Souparnika River, it almost touches the Arabian Sea, makes a U-turn and goes westward to join the same sea after a journey of more than 10 km. There is a boat ride across the Souparnika River as you watch the sunset.

Akshara V.
VI A

Art as a Hobby

My favourite hobby is art. I usually draw or sketch when I'm bored. When I draw, it's mostly about creativity and imagination. It takes me to a new place, where I build a new world of imagination. It's fun to draw, as it has no boundaries or limits on your imagination. There are no rules either. I like sketching out my characters or people, making new fantasy-like places, and designing my clothes.



Art is used in designing clothes, online games, and animation, to name a few. It comes in different forms, such as painting, sketching, drawing, digital, or single-piece art. Hobbies pursued with passion can lead to earning avenues in the future, and I look forward to learning digital art. Digital artwork uses technology in its creative process, but the ultimate creator is the human mind. So, to develop my skills right now, I do a lot of sketching and maintain an art book.

Ananya Ashwin
VI B

Failure is the stepping stone to success.

We have all heard this quote at least once in our lives. Does that mean that everyone successful has experienced failure?

My mother tells me that there is no word called failure. It just means, that we have not got the desired results in our current attempt at doing something or achieving something. From doing small things like working harder and smarter every time we fail in a subject to doing significant innovations after having failed multiple times.



Such is the story of Niveda RM., the founder and CEO of TrashCon Labs. Living in Bangalore, seeing the amount of garbage in front of her house and spreading infectious diseases, the garbage being set on fire, and the toxic fumes, she decided to do something about it. One day, a three-year-old child slipped and fell into the fire amidst the garbage and was burnt to death. This started the quest to segregate contaminated recyclable waste efficiently and quickly.

Over the next three years, this 20-year-old worked in all the garbage dumps in Bangalore, studying and understanding waste disposal. She was trying to devise a machine that would segregate waste efficiently. She was often told several times daily that she would fail and that it was impossible. In the fourth year, she produced a machine that functioned for 10 seconds before breaking down. As people openly ridiculed and called her a failure, she pressed on and, in 6 months, created the machine that segregated contaminated recyclable waste. The World Bank and other developing countries have recognised Nivedha's invention. Today, she heads Trashcon and is a speaker at various waste management conferences. Yes, everyone who is successful has faced failure.

**Michelle Abigail
VI B**

Moving from Doubt to Trust in God

Trusting God is one of the most essential and life-saving skills one can have. Trust is the foundation of the best relationships. Trust in someone means believing in someone to help you in times of need and sorrow. You must learn to trust and pray to God during times of merriment and times of melancholy. It's through personal experience that I pen down this truth. Whenever I went through rough obstacles in life, I used to doubt God, saying, "Why me?" "Why does this happen to me?" I never used to pray regularly, but I expected God to give me a smooth-sailing life. This is why my self-esteem went extremely low. This was because I doubted God.



When I was small, I thought only I faced hardships. But when I grew up, I learnt that everyone has their battles. Some have medical problems; some face social discrimination, racism, etc. When I realised that I would never get ahead if I kept blaming God for all the hardships at the time, I started praying and stopped blaming God for anything.

Trusting God has many benefits:

1. You become a team player, as you do not blame anyone for your difficulties.
2. You see success and failure as learning opportunities.

Whenever you are in a quandary, trust God, compose yourself and take advice from wise elders. Do not panic and blame God or anyone else. Once you develop a relationship with God, you become calmer, more relaxed, self-dependent and achieve in all fields of life.

**Naisha Singh
VII C**

The Marvels of Sixth Grade: Lessons, Friendships, and Excitement

Navigating through the world of sixth grade is a remarkable journey filled with thrilling adventures, enriching lessons, and the formation of meaningful friendships. As sixth graders, each day presents us with opportunities to explore, learn, and revel in the excitement of our educational odyssey.



One of the most captivating aspects of our school experience is the diverse subjects we delve into. From mathematics to science, language arts to history, every class serves as a portal to understanding the intricacies of the world around us. Positioned at the cusp of adolescence, we are absorbing knowledge that will lay a strong foundation for the challenges that await us.

Beyond the academic realm, our school life is adorned with the gems of camaraderie. The bonds we forge during these formative years often blossom into enduring friendships. Shared laughter, collaborative study sessions, and the collective experience of navigating the ebbs and flows of pre-teen years create a sense of belonging, turning our school environment into a second home.

Extracurricular pursuits inject an additional layer of excitement into our educational tapestry. Whether it entails joining the school band, engaging in sports, or expressing creativity through various arts, these activities allow us to uncover our passions and talents. The thrill of performing on stage or achieving success in sports contributes to a sense of accomplishment and fortifies our confidence.

Teachers, serving as invaluable mentors, play a pivotal role in shaping our school experience. Their guidance extends beyond academics, instilling in us the values of discipline, respect, and hard work. Their encouragement becomes a beacon, motivating us to strive for excellence and believe in our capabilities.

School life is not merely an amalgamation of textbooks and examinations; it is an anthology of memories waiting to be etched into our minds. Each event becomes a chapter in our school narrative, from annual school fairs to educational field trips. These experiences contribute to our holistic development, imparting life skills that extend beyond the confines of the classroom.

However, the adventure of school life is not devoid of challenges. Homework, exams, and occasional disagreements with friends may pose obstacles, but overcoming these hurdles instills resilience, preparing us for the dynamic challenges of the future.

As sixth graders, we stand on the precipice of a new chapter in our educational expedition. Like a canvas, school life awaits our distinctive strokes and experiences. Let us enthusiastically embrace this adventure, cherish the bonds of friendship, and extract the utmost from the lessons bestowed upon us. School life is not merely about the present; it is a foundation-laying phase for a promising and bright future.

Evana Rebecca Mathew
VI C

My role model

My mother is special. No one can love me like my mother. She is patient, kind, and gentle. She works very hard from morning to night for me and my family. She helps me in my studies. She knows what I want. She knows my feelings. She always teaches me the importance of honesty and simplicity.

My mother has sacrificed a lot for me. She is constantly worried about the health of the family. She always helps me to make the right choices. She is hardworking, supportive, and kind in nature. For me, my mother is a source of strength and support. I love my mother very much. My mom is my supermodel.



Ummama
V C

MY INSPIRATION

Dhoni's life journey is a testament to the power of hard work, determination, and self-belief. He faced several challenges and setbacks throughout his career but never gave up. He believed in his abilities and worked hard to achieve his goals.

MS Dhoni is undoubtedly my role model and inspiration.

Dhoni's *leadership* skills are a valuable lesson for young people. He led by example and inspired his teammates to perform to the best of their abilities. He remained calm and composed under pressure and never lost faith in his team. He is not only an inspiration because of his laurels in cricket but also because of the kind of person he is both on and off the field.

He has always said, *"The process is greater than the result"*. One never finds Dhoni taking the credit for the team's victory. He was made the youngest captain of the cricket team in history. Success continued when he led India to win the 2011 World Cup. He is known as *Captain Cool*, and *this positive attitude is itself an inspiration for anyone*, for that matter. We, too, encounter numerous pressure situations in life, and the only thing that matters is how we react to such conditions.

He is an excellent wicketkeeper, with 195 stumpings in his international career, making him one of the most prolific wicketkeepers ever. He embodies the fundamental meaning of sportsmanship, acting with dignity and respect in winning and losing situations. Dhoni exhibits humility.



**By Eileen Joseph
VII A**

NATURE

Nature is an essential and integral part of humanity. It is one of the greatest blessings for human life. Nature has inspired numerous poets, writers, artists, and more in the yesteryears. Essentially, nature is everything we are surrounded by, like the water we drink, the air we breathe, the sun we soak in, the birds we hear chirping, the moon we gaze at and more. Above all, it is vibrant and consists of living and non-living things. Nature has existed long before humans; ever since it has taken care of humanity and nourished it forever. It is also powerful enough to destroy the entire society. Every form of nature, for instance, the plants, animals, rivers, mountains, moon, etc. We live a healthy lifestyle by eating and drinking healthy food, which nature gives us. Cutting down trees has severe consequences in different spheres. Polluting ocean water must be strictly prohibited by all industries as it causes a lot of water shortages. The excessive use of automobiles, ACs and ovens emits a lot of Chlorofluorocarbons' which depletes the ozone layer. This, in turn, causes global warming, which causes thermal expansion and glaciers to melt.



**Hemanya Naveen
VI B**

USES OF THE INTERNET

The internet is a platform for sharing information. It's the quickest way to exchange data. The info might move thousands of kilometres via the internet. It's a great way to share knowledge; images, files, music, and films could be shared. Computers, laptops and mobile phones are used to access the internet. Everything has become a lot more accessible and cost-saving. Today, 90% of work is handled online or with the internet, and it has helped us survive the pandemic. Excess of anything is harmful. Similarly, excessive internet use is also harmful. There is a high chance that we might get addicted to the internet, so it is essential to keep an eye on the use of the Internet.



**Charmaine B. Shet
V B**

A Perfect School PTM

My memory and experience of School PTM is finishing the meeting as soon as possible and rushing to Thoms Cafe, where I would point to various treats with a big smile.

As I moved from Grade I to higher classes, I soon realised that the event before going to Thoms Cafe was getting increasingly uncomfortable. Reason.... My expectations of my results and the reality on paper often did not match. This left me disappointed, guilty about my lack of preparation and stressed about what my teacher would tell my parents. This left me looking at other parents and classmates and how they dealt with this situation.

Some parents sat in quiet contemplation, awaiting their turn, and their wards sat alongside them, waiting quietly and ready to take on the teacher's analysis.

Other parents joked, laughed, and admired the classroom decorations, instilling calm confidence and a positive outlook on what would happen in their wards.

Few other parents scanned the answer papers line by line, word by word, loudly admonishing their wards for their performance, inefficiency, and final score. As their wards squirmed and shed quiet tears, they, too, waited with great fear and distress for the meeting.

Dear parents, we love you to the moon and back, but we also look up to you to show you how to deal with every situation in life. In times of distress/crisis, if you show us anger or make us feel low and sad, that is how we deal with life situations and feel like a failure. If you show us that there is still room for improvement and gently coax us to work harder, we will happily do that with full enthusiasm and energy.

"You can catch more bees with honey than with vinegar."

Michelle Sara Abigail Manoj

VI B

The Power of Food

It was a beautiful Sunday morning; I was travelling to Chennai by train. A small child, maybe two years old, was sitting opposite us. She was smiling, giggling and playing with me. Suddenly, her mood began to change, and she started to cry. It took some time for me to realise that she was crying out of hunger. She started to cry so loudly and continuously that it annoyed all the passengers. Unfortunately, her mother didn't carry any food to feed her. Understanding the situation, my mother gave her a banana, and she started to feed the child. As soon as she had one mouth, the child stopped crying, and there was calmness and peacefulness in her face; she thankfully smiled at her mother. It had a great impact on me. I understood why food is important for everyone. We cannot survive without food.

Food is essential in our lives; it is more than nourishment. It is a form of cultural expression. It can unite people, create cultures, celebrate occasions and bring happiness and joy. Whether happy, sad or sick, food can change our mood and uplift our spirits.

The Power of food in our bodies is manifold. Therefore, it is essential to ensure that we consume a balanced diet that provides all the nutrition and helps us fight diseases. If children skip meals, it can affect their behaviour and ability to concentrate. When a child's brain and body get the proper nutrition, there is a marked difference in the child's mood, ability to focus, and capacity to learn.

We should also remember that food is one of God's precious gifts and never disrespect it. We should not waste food; I have seen people accept and waste all the food offered at many functions. We can avoid this by accepting only the food we prefer. We should never forget that food is essential, and so many people don't get proper meals, so let us not waste food, enjoy every moment in life that God has given, and be responsible human beings.

Sameera Sekar
VI C



Preserving our Planet's Most Precious Resource

Water is essential to life, yet its availability is not infinite. As the global population grows and climate change impacts become more pronounced, conserving water has never been more critical. Conserving water is crucial for sustaining life on Earth and ensuring a sustainable future for generations to come.



Individuals, communities, and governments can contribute to water conservation efforts in various ways. One of the most effective methods is raising awareness about the importance of water conservation. Education plays a vital role in changing behaviours and promoting water-saving habits. By understanding how precious water resources are and the impact of wasteful practices, individuals are more likely to take steps to conserve water in their daily lives.

Another critical strategy for water conservation is adopting water-efficient practices in households, industries, and agriculture. Simple actions like fixing leaky faucets, installing water-saving appliances, and using water-efficient irrigation systems can significantly reduce water consumption. Moreover, industries can implement water recycling and reuse systems to minimise water wastage.

In agriculture, practices such as drip irrigation, rainwater harvesting, and crop rotation can help farmers conserve water and improve the sustainability of food production. Promoting sustainable agricultural practices can reduce water usage, minimise pollution from agricultural runoff, and safeguard water quality for future generations.

Governments also play a crucial role in water conservation by implementing policies and regulations that promote responsible water management. Measures such as water pricing mechanisms, water-use restrictions during droughts, and incentives for water-saving technologies can encourage individuals and businesses to use water more efficiently.

Furthermore, investing in water infrastructure upgrades and maintenance is essential for reducing water losses in distribution systems and ensuring reliable access to clean water. By modernising water infrastructure, we can improve water efficiency, reduce water waste, and enhance the resilience of water systems to climate change impacts.

In conclusion, water conservation is a shared responsibility that requires collective action at all levels of society. By raising awareness, adopting water-efficient practices, promoting sustainable agriculture, implementing effective policies, and investing in water infrastructure, we can protect and preserve our planet's most precious resource for future generations. Water conservation is not just a choice but a necessity for a sustainable and thriving future.

Evana Rebecca Mathew
VI C

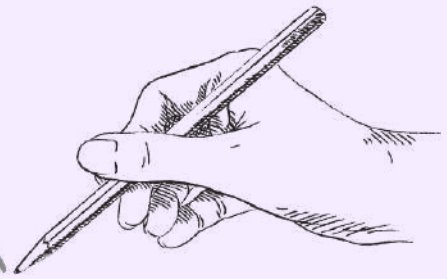
Solving Puzzles

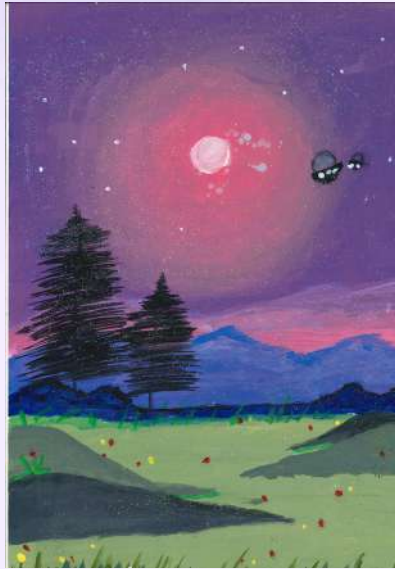
Solving puzzles has always fascinated me. Most puzzles are not very complicated, but I like solving puzzles related to ancient Egyptians or monuments. These come with a bit of information about the monuments. So, in solving them, I learned a little about those ancient structures despite enjoying the game. It's more fun to solve these puzzles with my friends than alone, as we set a time frame for solving them.



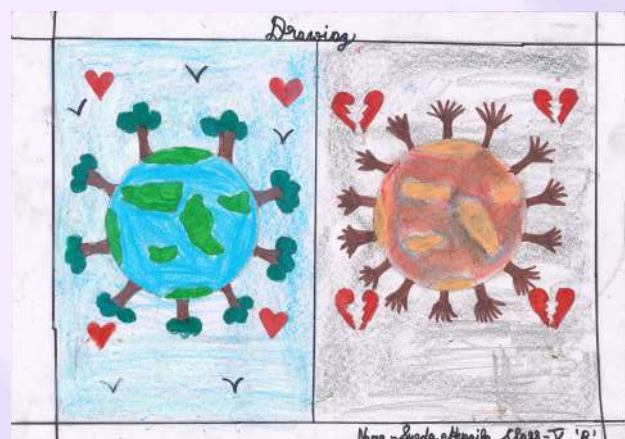
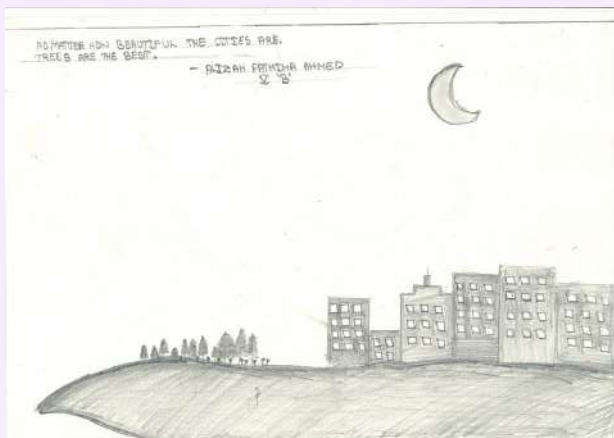
I like to solve puzzles because our life is a big puzzle created by God, unfolding every day before us. All the small pieces of our life join to make beautiful and unforgettable memories.

Caren Joshitha
VI B









HIGH SCHOOL & ISC ARTICLES & DRAWINGS



HAZEL-A BUNDLE OF LOVE AND JOY

Having a pet is a delightful experience, and my cat, Hazel, has brought immeasurable joy and love into my life. When Hazel entered our home, she became a cherished family member, filling our lives with happiness and affection.

Hazel is an enchanting creature with a beautiful coat of golden-brown fur. Her mesmerising brown eyes seem to hold a world of curiosity and playfulness.

One of Hazel's most endearing qualities is her friendly and affectionate personality. She greets me with gentle head-bumps and rubs against my legs, constantly yearning for my attention and love. Hazel is a master at purring, a soothing melody that brings comfort and tranquillity to our home.

I recall the evenings when Hazel would curl up next to me as I sat on the couch—those tender moments of togetherness provided a sense of companionship that cannot be easily described.

The bond I share with Hazel goes beyond mere owner and pet; she is my source of comfort during difficult times. There have been instances where Hazel would instinctively sense my sadness and gently nuzzle her head against my cheek as if offering her support and understanding without uttering a single word.

Hazel has undoubtedly left an everlasting mark on my life, teaching me the true meaning of unconditional love and companionship. Her playful nature and affectionate gestures have brightened even the gloomiest of days. With Hazel by my side, I have learned to appreciate the simple joys in life and the beauty of the connections we share with our animal companions.

Hazel is a constant reminder of the power of love and the importance of nurturing relationships in a world that sometimes feels overwhelming. I am eternally grateful for the presence of Hazel in my life. She will always hold a special place in my heart as a beloved family member and a cherished friend.

Fathima Faisal Khiyani

VIII A

THE SUBJECT I HATE THE MOST

Everyone has their least favourite subject or subject they hate the most. I, too, have one “CHEMISTRY”. I don’t know why CHEMISTRY is always a MYSTERY for me. How much ever I put in my efforts, my marks are always low. Then I decided chemistry I should be done and dusted, and I made sure this shouldn’t be like a dream to be a class leader; from the holidays of Christmas, I started preparing by solving random equations and balancing them, and I also made



sure that I not memorise the topic but understand it. I realised that I gained some confidence and love for the subject. I started solving previous years and asked my parents to ask me questions, and when I used to answer them correctly, I was so proud of myself, but then I also realised that I didn’t hate the subject; instead, I never tried to put my effort into it. I always believed in patience and hard work, and then we had our exams; after one week, our teacher gave us the answer sheets, and I was shocked cause I scored 47 out of 50. I was on cloud nine. And that’s how you start loving a subject.

Ahkansha Sree
VIII A

FIND A FLOW IN EVERYTHING YOU DO

Assume you are in the sea swimming. You balance your body and find a flow while you are swimming. Our day-to-day work has a flow, and when you get used to the flow, things seem easier or simpler. A student's daily routine would be perfect or balanced when she does things according to a perfect timetable prepared during leisure time.



During our leisure time, we can do things we like, such as reading a book, learning new words, learning to cook, or doing anything that improves our lives. It can also include making new friends and interacting with people, which will enhance our thinking.

Expressing yourself or your thoughts makes you calmer and makes you feel comfortable with others. You are completely immersed in the experience once you learn a new thing or happen to do something, not thinking about it seriously or distracted by anything else. Your ego dissolves, and you become a part of what you are doing. We've all felt our sense of time vanishes when we lose ourselves in an enjoyable activity. We start cooking, and before we know it, several hours have passed. We spend an afternoon with a book and forget about the world going by until we notice the sunset and realise we haven't eaten dinner.

The opposite can also happen. When we have to complete a task we don't want to do, every minute feels like a lifetime, and we can't stop looking at the watch. What makes us enjoy doing something so much is that we forget about whatever worries we might have while we do it. Instead, let us take it as a part of our everyday life and go with the flow; soon, the activity will be done even before we realise it.

We are what we do over and over again; it soon becomes part of our routine, which will become a habit. Excellence, then, is not an act but a habit. We need not worry too much about it.

**Naomi Norbert
VIII A**

Humans VS Environment

The environment is the natural world, and it has supported and helped humans through the years. The study of human interaction with the natural world over time emphasises nature's active role in influencing human affairs and vice versa.

Nature changes over time, impacting the Earth's land, atmosphere, and biosphere. However, humans use nature for their benefit, some of which have harmed nature and living beings in many ways. The environment is now more of an artificially built environment, where humans have transformed landscapes into urban settings and converted agricultural land; the natural environment has greatly changed into a simplified human environment.



In the beginning, humans did not know much about the harmful effects of their actions. They continued creating, changing, destroying, and building many things for their use, which is why we face climate change, an increase in temperature and carbon emissions, a reduction of landscape, etc. This is also posing different challenges to other ecological beings.

Hence, the United Nations has pledged to address all environmental-related challenges through sustainable development goals. The UNO consists of leaders from different countries who drive this agenda of seriously conserving Mother Earth in their respective countries.

As young global citizens, we are responsible for safeguarding and enriching the environment for future generations. As the first step, let us start reducing, reusing, recycling, and conserving our materials, which can minimise the negative impacts on our environment.

Marcella Eltress Rodrigues

VIII A

Environment-Friendly Fuel: Hydrogen Fuel

As a developing nation, India depends on fuel, which is mainly imported and greatly influences our growing economy. So, Hydrogen fuel is the most promising alternative to liquid and fossil fuels for our future needs. It is also renewable energy. Unlike other non-renewable energy sources, it can be produced repeatedly.



What is Hydrogen fuel?

Hydrogen is a clean-burning fuel. When combined with oxygen in a fuel cell, hydrogen gives heat and electricity with only water vapour as its by-product. It could make a vast difference in our carbon emissions, and hydrogen fuel is energy efficient.

Where can we get Hydrogen?

It is natural gas, the most abundant chemical element in the world. It is projected to contribute 75% of the mass of the universe.

Where can it be used?

Hydrogen is currently used in industrial applications, such as rocket fuel, electricity generation and powering vehicles.

More importantly, Hydrogen fuel cell vehicles (FCVs) utilise hydrogen to generate electricity. Depending on the efficiency, 1 kilogram of hydrogen can power a car to travel approximately 96-120 km without any carbon emission, which makes hydrogen fuel more energy efficient.

There are already cars that run on hydrogen fuel cells. China has the highest number of hydrogen fueling stations for road vehicles worldwide, where you can fill up just as you would with petrol or diesel and in the same time frame as a traditional fuel car. Japan has the second highest number of these fueling stations, followed by South Korea, Germany and the USA.

How can we produce Hydrogen fuel?

Today, hydrogen fuel can be produced through several methods. Hydrogen can be made directly from fossil fuels or biomass or produced by passing electricity through water, breaking the water into its constituent components of hydrogen and oxygen (electrolysis).

What are the contributions made towards the generation of hydrogen fuel by the government of India?

The Government of India has devised strategies for commissioned pilot projects to use Green Hydrogen in the transport sector. The “Scheme Guidelines for Implementation of Pilot Projects for the Use of Green Hydrogen in the Transport Sector” were issued by the Ministry of New & Renewable Energy (MNRE) on February 14, 2024, under the National Green Hydrogen Mission.

The Union Cabinet, chaired by the Hon’ble Prime Minister, Shri Narendra Modi, has approved the National Green Hydrogen Mission. The Mission was launched on 4 January 2023 and will cost Rs. 19,744 crores up to FY 2029-30.

This will contribute to India’s goal of becoming Aatma Nirbhar (self-reliant) through clean energy and motivate the global evolution of clean energy.

Some foresee a future "hydrogen economy," where hydrogen is produced from various energy sources, stored for later use, piped to where it is needed, and then converted cleanly into heat and electricity, making it an environment-friendly fuel.

**Shri Laxmi
VIII A**

The Red Scare

During the Red Scare, America experienced political and social strife. It was when fear of communism swept through the United States during the early Cold War. This intense anti-communist sentiment began in the late 1940s and continued through the 1950s. The Red Scare was fuelled by several factors, including the Soviet Union's nuclear weapons program, the Korean War, and the rise of communist movements in countries around the world.



During the Red Scare, many Americans were accused of being communists or communist sympathisers. These accusations often led to investigations by government agencies and even to arrests and imprisonment. The most famous of these investigations was the House Un-American Activities Committee (HUAC), which was formed in 1938 to investigate alleged subversive activities by individuals and organisations suspected of having communist ties.

The Red Scare also led to the creation of a blacklist, a list of individuals believed to be communists or communist sympathisers. These individuals were often barred from working in specific industries, including entertainment and the government.

The Red Scare profoundly impacted American society, politics, and culture. It helped to cement the idea of the United States as a bastion of capitalism and democracy and led to increased government surveillance and control. It created a climate of fear and suspicion that lasted for many years. It also led to the erosion of civil liberties and the persecution of innocent people. This had a lasting effect on the lives of those accused of being radicals, many of whom were ostracised or blocked from their professions. Despite this, the Red Scare ultimately failed to achieve its goal of eradicating communism from the United States.

In conclusion, the Red Scare was a dark period in American history. It was a time of fear, suspicion, and persecution. Despite its failures, the Red Scare is a cautionary tale about the dangers of allowing fear and paranoia to guide our actions. Its impact can still be felt today in how we think about politics and power.

Diya Binson
VIII A

ONE MORNING, WHEN I DID NOT WANT TO WAKE UP

When the sun rises, it peels through my window, and then I know the morning has begun. The birds chirping, the bees buzzing, and the sound of the city make me realise it's morning. The sun is never late, but I wish I could sleep more. The day was gloomy; the moisture clouds covered the sun, and the dew drops shone like crystals on leaves. I wanted to sleep longer as it was gloomy, warm, cold and cosy. Every 5 minutes, I was extended as I tried to sleep more. Morning indicates the day has begun, and the earth is still alive. The gloomy days are my favourite.

It was gloomy, warm, cosy, and slightly cold. The slight wash of breeze refreshed me. When I peeped outside my window, I saw the flowers and leaves dancing, the birds flying across the sky, and the clouds running faster than ever before. The slight breeze struck my face, a source of freshness.

The city's sound made me realise that the day had begun and we were still alive. The birds chirping, the bees buzzing, and the leaves rustling are like morning songs which thrill my heart and mind.

The gloomy season is my favourite. I wish it were continuous so I could experience it every day. The sun's shining rays pass through the leaves, and they feel like the rays of heaven, enlightening me.



Zoya Urooj
IX C

**Book review: "The Book Thief" by Markus Zusak:
A Masterpiece of Distress and Hope**

Rating: ★★★★★ (5/5)

"The Book Thief" is a historical fiction by Markus Zusak. It is a rare novel that grips your heart from the first page. Set in Nazi Germany during World War II, this hauntingly beautiful book brings together a tale of sorrow, resilience, and the exceptional power of words.

The story is set around Liesel Meminger, a young girl who finds solace in books amidst the horrors of war. After the death of her younger brother and the abandonment by her mother, who could no longer take care of her, Liesel is sent to live with her foster parents, Hans and Rosa Hubermann, a couple living in the small town of Molching. It is in their small house that Liesel's journey begins.

The Book Thief's distinction is its unique narrative perspective. Death itself narrates the story, offering an omniscient yet compassionate point of view on the events unfolding in Liesel's life. Death's narration provides insight into the human condition of cruelty and kindness, along with the struggles of war.

The author Markus Zusak's writing style is a work of art. His prose is poetic, eliciting graphic imagery and vividly portraying a war-torn Germany. His ability to fill intense emotions into the simplest sentences is astounding. The characters come to life through their flaws and vulnerabilities, each leaving a mark on the reader's heart.

At the core of "The Book Thief" is Liesel's love and fondness for books and her persistent thirst for knowledge. Amongst the chaos and devastation, she finds comfort in stolen books. Although unable to read, Liesel begins to explore the power of literature. Zusak highlights the transformative nature of words, showing how they can ignite hope and resistance and provide comfort in the darkest times. The book symbolises rebellion and liberation, turning Liesel into a symbol of resilience and defiance.

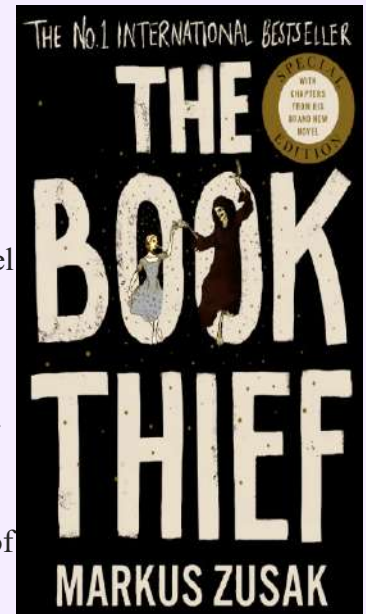
The secondary characters in the novel are all equally enchanting. Hans Hubermann, with his quiet strength and compassion, becomes a shining light in Liesel's life. Rudy Steiner, a boy in the neighbourhood and Liesel's best friend brings moments of light-heartedness and innocence, showing the power of friendship even in the face of hardship. Even the harsh Rosa Hubermann reveals a soft side, symbolising the complexities of human nature.

"The Book Thief" explores themes of loss, love, and our choices in times of crisis. It delves into the human spirit, showing the capability for both immense cruelty and extraordinary kindness. Zusak's ability to balance the darkest features of humanity with moments of profound beauty is remarkable.

This book will undoubtedly leave you emotionally shattered yet uplifted. It reminds us that even the smallest acts of compassion and the power of words can ignite a flash of hope amidst the hardest of times.

In conclusion, "The Book Thief" is a literary masterpiece that captures the essence of humanity. Markus Zusak's lyrical writing, outstanding characters, and exploration of the extreme influence of words make it a must-read for anyone seeking a thought-provoking, tragic, and ultimately hopeful story.

**Sana
VIII B**



My trip to the United States of America

My trip to the United States of America was exciting and memorable. I was very excited when I got on the 16-hour flight. We landed in New Jersey, and it felt a bit weird because of the time difference. My parents and I stayed at my aunt's house and rested for the rest of the day.



The next day, we went to New York by bus. The scenery compared to India was so different. We went to Central Park. First, the park was big, majestic, and beautiful, filled with many trees and lush green leaves.

We walked a lot in Central Park and saw many beautiful sights. Later, we went to a museum filled with many Egyptian artefacts. Then we visited the World Trade Center, a tall building with 104 floors, and you could see all of New York from there. There was a memorial at the bottom of the World Trade Center dedicated to the people who died when Taliban terrorists attacked the World Trade Center. Later, we got onto a boat and saw the Statue of Liberty on the Hudson River. It was a beautiful sight, as I had only seen it in pictures. When it started to get late, we stopped sightseeing and took a bus back to New Jersey.

Some days later, we went on a road trip to the Niagara Waterfalls, also known as the Maid of The Mist. It was quite a long drive, but it was worth it when we saw the waterfalls. The waterfalls looked magnificent, and we could also see Canada as the waterfalls formed a boundary between the U.S.A. and Canada. We got onto a boat, and they gave us a raincoat for protection because as the boat moved towards the waterfalls, we got thoroughly drenched by the cold and powerful showers. We saw a beautiful rainbow as we got nearer to the waterfalls. It felt pretty magical to be in a place I only saw pictures of.

A week later, we all drove to Pennsylvania and saw the Amish Village, where people lived without technology and electricity. There are no cars as there are no other vehicles; their only transport mode is horses. It felt as if we went back in time because people who lived there still lived the same way as people who lived in olden times (about 300 years ago). The tour guide showed us their houses, schools, and how they lived. Once we finished visiting the Amish Village, we saw a play on the story of Jesus at the Sound and Music Theatre. It was a stunning play and a great experience as they brought real animals, such as camels, sheep, horses, etc., into the theatre.

Before I knew it, my trip ended, and in the blink of an eye, I was back in India. Overall, I thoroughly enjoyed my trip to the United States of America, and I would love to revisit the U.S.A..

Naysa Ann Pramod
IX C

Dhanush

The bow and arrow are a ranged weapon system with an elastic launching device (bow) and long-shafted projectiles (arrows). Humans used bows and arrows for hunting and aggression long before recorded history, and the practice was common to many prehistoric cultures. These were essential weapons of war from ancient history until the early modern period, when they were rendered increasingly obsolete by the development of more powerful and accurate firearms. Today, bows and arrows are mainly used for hunting and sports.



Archery is the art, practice or skill of bows to shoot arrows. A person who shoots arrows with a bow is called a Bowman, and someone who makes bows is called a bowman. Someone who makes arrows is a Fletcher, and someone who manufactures metal arrowheads is an arrowsmith.

All archers need hand-eye coordination to aim correctly. The game requires calm minds, stable hands, immense concentration, and focus.

Akshaya. V
VIII C

Importance Of Education

Education is a constitutional right of every citizen that prepares an individual to play their role as a sophisticated member of society. The importance of 'Education' can be implied by habituating the lack of such an existence.

The importance of education and its significance can be understood through the life of an ignorant and illiterate person who has never had the chance to visit school and is experiencing the bane of illiteracy. Such deprived and unfortunate ones can value the answer to the question, 'Why is education an essential factor in our lives?' They know the prominence and importance of education and its changes in an individual's life.

The enormous hardship of illiteracy leads to constant dependency issues. An illiterate individual depends on others for their survival. Education prepares the wings to fly and explore the surroundings while being confident and opportunistic. Education builds individuals, educated individuals build better societies, and better societies build great nations.

Education has the potential to revolutionise the course of a nation—with skilled and educated youths. A nation comprising a higher rate of educated youths tends to achieve its targeted economic growth and sit among the league known as the developed nation. A well-educated nation discards any obstacles that hinder its growth and strives hard to attain sustainable development.

Education in India refers to learning, training, and teaching human capital in schools and universities. The Indian government implements specific economic policies that emphasise the importance of education in India.

As India is one of the fastest-growing economies in 2020, poverty is on the decline. Until 2012, India earned the appellation of housing for the most poor people in the world.

In India, nearly 70.6 million people still live in abject poverty, and the way to discard the vicious cycle of poverty is through education. Higher rates of literacy result in high access to employability, which in turn provides better living conditions.

Education is a fundamental asset for human beings. It allows individuals to explore the world through their knowledge. It is the primary factor that empowers an individual to fight the challenges. A nation is an amalgamation of different societies. Individual societies' behavioural responses reflect the nation's overall growth and development.

Rida Modi
VIII C

The Blossom Tree

The Blossom Tree stands on the river bank.
Even after all these years, it stands upright.
No matter how the weather is – windy or rainy,
Sitting under it is always dreamy.
From reading a book to singing a song,
Sitting under The Blossom Tree feels so long.
It has come along such a long route,
If it falls, where will I find a tree so good?
Never has it ever made someone sitting under it sad or angry,
Instead, it has always made them joyful.
The fragrance of its scented petals.
Are always worth more than gold or precious metals.
The Blossom Tree stands on the river bank.
Even after all these years, it stands upright!



Rida Modi
VIII C

Music – an inspiration

Music is a form of art that speaks to the soul and has been used for centuries to connect people from different cultures and backgrounds. It can inspire us, bring peace to our minds, heal our souls, and motivate us to achieve our goals. In this essay, I will explore the power of music in our lives as an inspiration.



Firstly, music has a unique ability to affect our emotions positively. Listening to upbeat and lively songs can instantly lift our mood and energise us, while soft melodies calm us down after a long, stressful day. Music has been proven by studies to relieve anxiety, stress, and depression and improve memory retention (*Levitin*). Furthermore, it stimulates the production of *dopamine* - a natural chemical that produces pleasure- in the brain, resulting in feelings of happiness or excitement.

Secondly, many people have been inspired by music to overcome challenges or achieve their goals. There are countless inspiring stories about musicians who rose above poverty or disability through hard work and dedication, such as Beethoven's deafness, which did not stop him from creating timeless masterpieces like Symphony No. 9 ("*The Story behind Beethoven's Ninth Symphony*"). Moreover, motivational songs like "*Eye of The Tiger*" were created to encourage listeners never to give up on their dreams.

Thirdly, Music can also bring peace and healing into one's life through its therapeutic application - *music therapy*. This treatment involves using music as a medium for helping individuals dealing with mental health problems or physical illnesses recover faster (*Bunt et al.*). Scientific research shows that hearing calming music before surgery reduces distress among patients; similarly, playing rhythmic tunes during physiotherapy sessions increases patients' ability to exercise more efficiently due to increased motivation levels (*McFerran*). In conclusion, music is an inspiration that connects us with ourselves and provides solace when we need it the most. Its significance is undeniable both in everyday life and the medical field. It has a universal language that speaks to us all, transcending barriers of culture, age or gender. Music is Works Cited.

Agnes Lazer
VIII C

Tree

The Luscious leaves on it,
The majestic roots that uplift it,
And the air it offers,
Arise all the grounds for our existence.

Oh, for a world without you, oh tree,
Would be like no water at sea.
And the world would be pulverised,
At the end of your Life.

You keep us alive,
As you grow to the sky,
You flourish the land
As it dies,

Don't abandon this land, oh tree,
For you are the reason the earth breathes free!!



Aashraya Ankusee.M

VIII C

Great to have a pet

Having a pet is so much fun as we can play with it. I love having a pet because I enjoy cleaning and feeding it. We can watch them for hours as they play, take them out for walks and relax with them by our side.

I would love to have a cat as my pet. Cats are very gentle, adorable, and always playful. They are active at times, although cats sleep most of the time. But I want to cuddle with a cat that is my own. It's so much fun having a pet. They are always by our side, and they have many ways to show that they love us.

I love all types of cats. I usually play with the cats roaming the streets. I love to give them food, and I have fun doing that task. I love going to places where there are cats. Cats are very affectionate and know to take care of themselves, making it easier for the owners to keep them at home.

I would also love to have birds and fish as my pets. I enjoy watching fish swim for hours. It is funny to scare those little fish with my fingers. I love to hear birds chirping, especially the ones who can talk, like parrots and parakeets. Hence, I would love to have a pet so that I can spend time with them.



**SYEDA SADIYA
VIII C**

GIRLS EDUCATION

Girls' Education is one of the most important things in our society. Later, during World War I and II, women were not educated. In the Rajas and the Mughals, women were not even given freedom or rights to do work. Many years ago, women had to suffer. A lot of people always thought women were not supposed to be educated. People always thought women should always be lower than men in the 17th and 18th centuries. People always thought girls should do housework, such as house chores, and look after the kids and family. But they never encouraged them to study. They say, in particular, in history and books, that people at that time were scared that if women learned about our rights and laws, they could fight for them. But after some time, some philosophers encouraged women's education, and they started with small schools and colleges, and now it's all over the world. We think girls' education is widespread now, but there are still certain rural areas and places in our own country, India, that still think girls are only meant to be in the house, not in the school. People like Malala and Kailash Satyarthi encouraged and stood up for girls' education.



But girls' education is one of the most important things for having a well-developed country. In foreign countries, girls have been given education since it was introduced to boys. But why do people in our country think we should not be educated? After all the consequences faced by the people in modern times, we girls are given rights to be educated, to work, etc.

But it is our job to change the thinking of certain people in rural areas and to inform and encourage them to pursue girls' education.

-WE GIRLS HAVE THE RIGHT TO BE EDUCATED
Don't abandon this land, oh tree,
For you are the reason the earth breathes free!!

**Aashraya Ankusee.M
VIII C**

My curious and cunning Little brother

My cheeky little brother
Oh, how does he get away with everything?
He's so small and naughty,
With an adventurous.

He loves me, and I love him.
Oh, but not too soon!
He pulls funny pranks on everyone and silently steals snacks.
He uses his cute little face not to take the blame.

And sometimes, he boasts about how he is becoming smarter than us.
He takes all my papers and scratches all my books and says that.
"There was a ghost like him who did all that mess".
He gets away with everything, but I love his smart excuses!

He's always nosy in my studies and proves he will do better than me.
Oh, I'm so eager to wait and watch him grow up!
And every night, he hugs me to forgive everything he has done.



Shibani D
VIII

THE BLACK SHADOW

We moved into this house as a family yesterday. I was excited about the change but was shocked when I went into the attic to keep a few books today.

My mother asked me to keep a few novels in the attic; I agreed to do it since I wanted to explore the place. I climbed up the steps of the three-storey building and pulled down the stairs which led to the attic. The place would have been pitch dark without the sunlight streaming through the small windows. I looked for a place to keep the books and found a small stool. I went and placed them on it and looked around, hoping that I would find something interesting. There was a shelf stacked with dusty, old books, a small table in a corner and a lamp on it. I tried to switch on the light, but suddenly, I heard something fall behind me. I saw a book falling from the shelf like someone had dropped it. I picked it up and read the opened page, "What made you come?" was scrawled across the page in black. Cold sweat ran down my spine as I saw something move across the room. It looked like a blurred, black image of a human being. I screamed and got up from bed.

It was seven o'clock in the morning! I was so relieved to know it was just a nightmare. I got ready for school and went downstairs for breakfast. Everyone in the family was seated at the table. My dad told us that he had decided to shift our house and that we were moving next week. He said we would be moving into a three-storey building with an attic!!



Zaara Fathima M
VIII C

ARTIFICIAL INTELLIGENCE

Artificial Intelligence is the science and engineering of making intelligent machines and brilliant computer programs. It is concerned with getting computers to do tasks that normally require human Intelligence. By introducing Artificial Intelligence systems into devices, new business processes opt for the automated process. A new paradigm emerges due to intelligent automation, which now dictates how businesses operate and who does the job. Many manufacturing sites can now operate with robots and without any human workers. Artificial Intelligence now brings unheard and unexpected innovations to the business world that many organisations must integrate to remain competitive and advance to lead the competitors. Artificial Intelligence shapes our lives and social interactions through technological advancement. Many AI applications have been specifically developed to provide better services to individuals, such as mobile phones, electronic gadgets, social media platforms, etc. We are delegating our activities through intelligent applications, such as personal assistants, smart wearable devices and other applications. AI systems that operate household apparatus help us at home with cooking or cleaning. In the future, intelligent machines will replace or enhance human capabilities in many areas. Artificial Intelligence is becoming popular in computer science as it has enhanced humans. Application areas of artificial Intelligence significantly impact various fields of life to solve complex problems in multiple areas, such as education, engineering, business, medicine, weather forecasting, etc. A single machine can do many labourers' work. However, Artificial Intelligence has another aspect: it can be dangerous for us. If we become entirely dependent on machines, then it can ruin our lives. We will not be able to work by ourselves and get lazy. Another disadvantage is that it cannot give a human-like feeling. So machines should be used only where they are required.



Agnes Lazer
VIII C

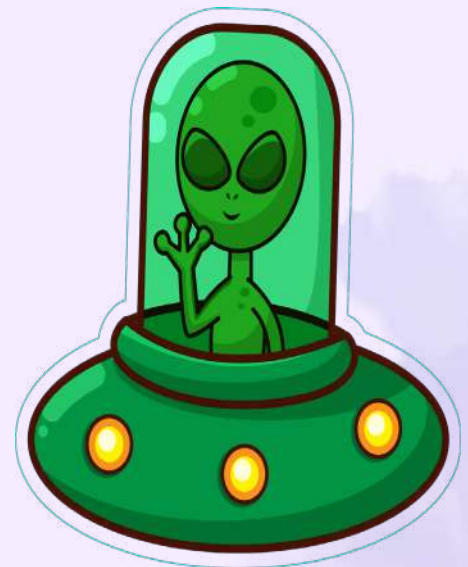
What If Aliens Were Real

What if aliens were real
What if they were there
On some other planet, just like Earth
I would love to see them
To describe how they look.

What If they had
A green skin
What if they had
Black eyes with no eyelids

What if they travel to Earth
I would love to see their UFO's
What if we are puppets that
Are controlled by these aliens

What if they had a higher technology
To time travel or to be invisible
So that we won't see them.
What if they were not real and
It is just a pretty dream.



Rumaysa Abdul Khadir
VIII C

Achieve

I have challenged myself to uphold something unusual for me. I want to try, try and try Until I fall with that pride. So that, I encourage myself one more time to show the new world how selfish I could be to reach the peak, I have been waiting for decades.

I know that if I turn back there are a bunch of people waiting to prison me with their words, and make me guilty to even look at my shadow. But I even know that my soul is waiting for that idyllic moment, where everything is mellifluous.

That awaited me to cherish my achievement. The momentary was worth it. At last, I want to try, try and try, Until I accomplish.



Raha Yumna Rahamani
IX A

The Superhero That Made An Impact To This World

In our childhood days, we admired superheroes on screens and wished to become like them. But was there a superhero that we loved in real life more than admiring on screens?

I did. He was a superhero in real life for all of us.

He is Chadwick Boseman, aka T'Challa, from Black Panther. In Avengers, he's the only one who stood out for me. Why? because he's the first Afro-American superhero on Marvel. This superhero, from Africa, faced discrimination like I did, and he overcame that by being the coolest superhero ever, which I admired. Black Panther was my favourite superhero of all time, and I have lost count of how many times I've watched. This movie screamed the theme "Justice". Many scenes in this film gave me goosebumps. Now, talking about the actor who played Black Panther,



Chadwick was the most genuine actor I've ever seen on the screen. He has a great sense of humour and was the first actor I saw who was true to himself.

Unfortunately, on August 28, 2020, he passed away, which left us gutted. When my parents came to me and told me this news, I didn't know how to react because I thought it was a hoax. It turns out he was battling cancer for four years, yet he made sure that he still wanted to act because of his dedication to cinema. Chadwick Boseman was the strongest person I've ever known.

During the Black Panther promotions, he would visit cancer patients, surprise them, and make them happy while battling this disease. Watching Black Panther now is not the same feeling anymore. It is just tears and grievousness.

This is why Black Panther is my favourite superhero. He is a superhero in life, too, and he has made an impact not just on me but on the world.

"IN MY CULTURE, DEATH IS NOT THE END.
THEY ARE STILL WITH US AS LONG AS WE FORGET ABOUT THEM".

- T'challa in Captain America Civil War, 2016.

Diya Ramola
IX A

A Tall Dark Shadow

A big white moon lurking all around
Sees everything but never says anything
A blackhound hunting all night
Ever waiting for a prey to be attacked.
It howls and howls until...
It hears a squeak of the owl.
Wild trees all around, bound to leave you astound
You ever hear a sound??
It waited and waited.
And finally made it- he got his chance
Lurking out of the shadow, it made its move
From shadow to shadow-House to House. It wasn't a wee bit scared
And at last made its pit stop at a big old shop. Inside, you could hear crunching and munching
But nothing about punching. Of course, it was frightening.

Since it was running like lightening. Then came a swing; you could see his wing
After all, it was just mingling-And then giggling- Why Cause this shadow is no other
Stunningly a small, playful pup.



Hafsah Abbas
IX B

Beauty in Melancholy

Melancholy, often misunderstood, holds a unique allure. It's not just a state of sadness; it's a poignant reflection on the ephemerality of life. In these moments, we find a subtle beauty—a canvas painted with introspection and nostalgia. Melancholy invites us to embrace vulnerability, acknowledging the transient nature of happiness. Through its lens, we navigate the changing seasons of our emotions, fostering resilience and a deeper understanding of the human experience. In art and literature, melancholy becomes a muse, creating masterpieces that resonate with our shared emotional landscapes. Instead of shying away, let's appreciate the nuanced beauty in melancholy, recognising it as an integral part of the rich tapestry of our lives.



Salaf Khan
IX B

BEAUTY

The feel of the beats
The feel of the rhythm
The feel of various instruments
The feeling of words,
that strikes your heart and changes your mood in seconds.
The beauty of voice and tones makes your body flow with a rhythm.
The mixed feeling hits your mind.
The beauty of the beats,
words and voice, which make the songs beautiful.
This wonderful beauty is music which talks to all,
more than feelings and toil.



Genelia Abigail
IX C

Back-up Friend

“You must have so many friends,” some say
“You must never feel alone”
They’re not my friends, truth be told
Just people I stay with because I know what it feels like to be alone.

When I see someone standing alone
I hang out with them the whole day
But when their ‘friend’ comes back, truth be told I’m forgotten and abandoned

“You’re so cool to talk to!” some say
“Why don’t you come around more often?” Because you wouldn’t realise the truth be told that I’m not needed when you have your friends People think I’m happy with my friend group United, popular and smart?

They’d kick me out the minute I show my truth, truth be told So, I never open up.

I had a best friend once and the minute I let my guard down she told me “Truth be told You’re depressing and no fun to be around”.

I’m here to listen to your problems and give you good advice but for once I’d like you to be the one who talks, truth be told and not the one who listens I’m sick of being the ‘back-up friend’ It makes me feel alone but I’d rather that, truth be told than opening up only to shut down more now when I die, I know people will say

“She was a nice person”

Tell me the truth now dearie will you come and visit me at my grave

And say “That was my best friend”?

Angela Margaret Joseph
IX C

The Beautiful Memories I Spend In School

The beautiful memories I spend,
In the shadow of life, In the brightness of light
The beautiful memories
I made from a boring morning to an active night
Children running around laughing and making noise
The chirping of birds, the noise of fireflies in the night
The beautiful memories of life.

The school life morning exercise to fun in the field
On the first day, crying to go to school
To the last day of leaving school,
From wishing the teacher morning lazily
To wishing the teacher an active bye from making friends
To leaving them
The memories in the school life are so precious that it can never be created again.

Rida Fathima
IX C



THE WORLD STOPPED

A pinch of beauty,
A drizzle of success,
A bucket of kindness,
and three of humour,
Guess that's how god made me

He looked at me, satisfied.
He thought to himself, "Ah,
such a perfect form."
"I hope for her to perform
Great things that start a reform."
Praising my uniqueness,
He told me that my limits are boundless

But here I stand, breathing
functioning completely and wholly
Doubting all my capabilities...
Or is it just my head feeling empty
Filling in random thoughts
In order to no longer feel guilty

Should I worry? Else, should I not?
Should I just be glad and thank the lord
I suppose all this would not occur
If the world had just stopped
Only if the world had stopped.



Christina Maria
IX C

PHOTOGRAPHY

I am thrilled to share my
favourite passion, which is
photography.

Photography is in my genes.
My father is a renowned
professional photographer in
Bangalore, and he is known
for his tremendous contribution to the world of
professional photography, from retail to corporate,
IT to cinematographic stills.

He has deeply inspired me to pursue photography.
I am blessed and honoured that SFX has allowed
me to be a student photographer for the school and
capture treasured moments and exciting events
like Teacher's Day, the Socials, Holy Mass, and
many more.

Photography is more than documentation; it is an
art form. I will forever be grateful to my school
and Sr.Malar for all the support and for giving me
this opportunity.

Diya Muralidharan
IX C



My Drumming Journe

I still remember the first time I picked up a pair of drumsticks, and as soon as I felt the weight of the sticks in my hands, I knew that drumming was going to be a big part of my life."

Hello, I'm Diya Suresh, a 9th-grade student with a passion for drumming that began in 7th grade, and I've been hooked ever since. This journey has not only been about creating music but also about learning valuable life lessons. As a drummer, I've learned the importance of time. The drumming aspects include keeping the beat, setting the pace, and maintaining the rhythm. Playing in a band has taught me the essence of teamwork. As a drummer, I provide the backbone of the music, working in harmony with other musicians to create a beautiful symphony. Mastering the drums didn't happen overnight. It required countless hours of practice, often repeating the same beat until it was perfect. This process taught me patience and showed me that growth is a gradual process, much like the rhythm of a song. My drumming journey has been a discovery exploring different styles, from freestyle to country and rock. I played along to some of my favourite songs and even recorded over five tracks. Each style has its unique rhythm and energy; mastering them has broadened my musical horizons. Being a drummer is more than just creating beats; it's about learning what comes next. Whether I'm playing along to my favourite songs or making my beats, there's something about the rhythm and energy of the drums that speaks to me. I'm grateful for the opportunity to learn and grow as a drummer, and I look forward to seeing where this passion takes me in the future."



DIYA SURESH
IX C

REVENGE

Lianne was a mass murderer who had recently escaped from prison. She had one goal she wanted to complete before she got caught again: kill the judge assigned to her case, Mr. Finchely.

During her time in prison, she planned how to achieve her goal, gathering information and plotting and executing her escape with the help of an outside aid, whom she would meet during the visiting hours. Once she had successfully escaped, Lianne met with her aid at the location they had decided upon to collect the items he had him keep ready for her. When Lianne reached there, they went over the plan once more; he would be the get-away driver on the lookout while Lianne did the job. The next thing to do was to head over to the now old and retired Mr Finchley's house in the country and kill him.



The city police were on edge once they heard of Lianne's escape. It took them years to catch her, years during which she kept killing. They had tried to keep the news of her escape a secret from the public, but it somehow reached media outlets and was the major headline. The detective who had been the one to bring Lianne in knew that if she had escaped, the first thing she was going to do was kill Mr Finchely. He had noticed a murderous look in her eyes when she was given a life sentence, and it was directed at Mr Finchely. He informed his commanding officer and a squadron was dispatched to guard Mr Finchely.

Now poor Mr Finchely, who was very old and had dementia, was enjoying his last few years in solitude and wasn't expecting someone to come and knock on his door. He opened it to find a lady standing there saying she wanted to speak with him. He was used to the infrequent visitor who came to thank him for something related to a case he was the judge of in the past, so he invited her in; she initially refused, saying it would be very short, but old people are insistent. The lady went to her companion, who was waiting in a car, and told him to come back when she messaged him; he was sceptical at first but ended up agreeing and left after giving her her bag.

Mr Finchely told the lady to make herself at home while he prepared some tea and cake. When it was ready, they sat, and the lady started, "Mr. Fichley, do you remember me? I am from a case you judged years back. My name is Lianne," Mr Finchely thought he was right; she was just someone who wanted to thank him, and when she reached for her bag, he thought she had a gift for him but was surprised to see her take out a match, light it and throw it into the corner of the room where it blazed brightly? "You sentenced me to life in prison, and I spent my life there, and now you and I will die." she continued.

While Mr Finchely was preparing the tea, she poured linseed oil around his house, which caught fire and burned the two inside. Mr Finchely was too shocked to say anything. Lianne's style was an axe. Arson was something she had never done, and she was in control of the situation. There was nothing he could do but accept that his days were coming to an end much sooner than expected.

The cops arrived just in time to see the roof of the house collapse, crushing anything and anyone it fell on top of. They were too late. Lianne had taken another life before they could stop her, only this time, they knew it was the last as she had taken her own life in the process.

Ella Goes
IX C

revenge

Wishing to freeze the moments

Holding onto a moment
Suspending it in your smile
While everything around
you is mesmerising,
You realise that the clock is
striking,
putting an end to the
splendid feeling in your heart.



Endless amount of feelings engraved in my heart
While I sit with someone I love
But I know it will all be over in a few minutes,
Leaving me and turning into a lovely memory.

Wishing I could capture all its fragments
So that it can't depart
I feel the end is drawing near,
Would Time be so kind as to slow?
But I guess I have to let go.

For I have a home for these moments
In my heart from the beginning.
So they'll stay, grow old
And be buried with me.

Zoya Anzar
IX C

I Cannot Stay

I fake a smile, put down my knife,
And turn around without a hint.
I don't feel bad, I don't feel hate,
I don't feel like I could
exaggerate.



My face stays calm, my voice in
line,
None can guess what's inside.
My mouth keeps shut, my fists unclench,
My anger lives within me.

I sit behind to smile at those who don't deserve it.
How can I lie?
How can I stay?
How can I keep up with my game?

I cannot stay,
How shall I go?
It follows me every day.
How can I keep what's close to me merely out of
necessity?

So take my hand and lead the way,
But follow me when I say,
"I cannot stay, so I must go,
I don't care about them or their ego."

Angelina Samuel
IX C

MUSIC AND SINGING

I have always
been passionate
about music and
singing, which
is my favourite
hobby. I started
my music career
when I was in
fifth grade; I completed my third grade at Trinity
School of Music (London). I passed my first
grade with a distinction, second with merit and
third with merit. I would like to thank my music
teacher, Miss Annie Theresa, for helping me
achieve my vocal talents. I also would like to
thank my parents for encouraging me. I am proud
of my achievements, and I will achieve more and
more.



Joan Litisha. A
IX C

Life...

What is Life? Let us describe it.
Life is beautiful; admire it.
Life is a dream; realise it.
Life is a duty; complete it.
Life is a game. Play it.
Life is a test; prepare for it.
Life is a promise; fulfil it.
Life is a struggle; overcome
it.
Life is a puzzle, solve it.
Life is a song; sing it.
Life is an adventure; dare it.
Life is a celebration; enjoy it.
Life is very precious, do not destroy it.
Life is a gift; God gave it.
Life is happiness, feel it,
Live it and Thank God for it.



Azka Azeema
IX 'C'

My final year in SFX

All the classes where noise
was present
The beautiful memories of
love



The year has come to say
goodbye to the moment I faltered!

My final year in SFX has arrived,
Worries in the heart and smiles on the face
Goodbye, I would say with a sorrowful
face

The time has arrived to say goodbye!
In my final year at SFX,
The moments of high and low
The laughter and wonder effects
The time has arrived to say goodbye to the
moment I want to go to

In my final year at SFX,
I entered the school with tears,
Holding my mother's hand and crying
Now, in my final year at SFX,

going to exit the school with tears,
I am holding my friend's hand with my face
drooping.

My final year in SFX has arrived.

Wivina Mercy.M
IX C

HOME

Home is what I find in here
She is my home.
It's a connection, we share
Not by blood but by heart
A bond so strong and resistant to the world.



She is not only a person but also, a feeling inside
My heart a place so special no human can take her
part

No distance in the world
Can keep her away from me, as she lives in me,
inside my heart.

Home is with her
It is where I belong
It is no place but a person
Who lives inside my heart
With the memories of life
Which will live with me till I die.

Numaira Riyaan
IX C

MY SUNSHINE

In the bliss of time
I don't know what could go
wrong
Could it be the start of
something new or the end of
something old and precious



A wish is all I long for in the
darkness of the night.

A glimmer of hope like sunshine is
A wish come true, comforting and fulfilling this
dark and hollow soul once again.

Who knew this moment of joy and laughter would
be the last one?

Maybe a little hint, oh world,
I would have laughed a bit more
Smiled a little extra and
Alas, hugged a lot more and lived in the moment

Trying to enjoy it till it lasts
Now, only wishes are left for me with those
memories of sunshine wondering through my
mind.

Numaira Riyaan
IX C

TAEKWONDO

Taekwondo is a dynamic
martial art that involves
acrobatic kicks and graceful
punches. It teaches discipline
and allows us to train our
bodies and minds. I joined
Taekwondo on March 8,
2023. It inspired me with
symmetrical body techniques
designed for self-defence and
using hands and feet as weapons.



I won a **GOLD MEDAL** in sparring and a silver
medal in pattern held by **WARRIORS CUP**
– **2023** at Vijaypur. I also won **TWO GOLD**
MEDALS at the 1st NATIONAL TAEKWONDO
CHAMPIONSHIP on October 28th 2023, at
Taurus Sports and Fitness. I was also certified
as **THE BEST PERFORMER** and received a
PURE SILVER COIN. I am in the blue belt,
hoping to complete this journey beautifully.

Shamsiya Khan
IX C

Nightmares In Reality

A warm wind hit the back of my neck, a sign that summer was here. I closed my eyes and heard someone whisper my name. I turned as the voice echoed louder, repeating my name. Nothing and no one was around except the thick foliage blocking the moonlight, and only a few of its sliver rays lit up my path.



I broke into a sprint as I noticed a clearing that appeared to lead to the side of a road. The sharp, thorny branches stopped me; I felt like they were wrapping around my arms and legs, tight enough to draw blood. At that moment, the side of the old dusty road looked like the pearly gates of heaven, but my unworthy soul was being dragged down to hell by these branches.

Once again, I heard a voice boom, calling out my name when I woke up from my nightmare. The feeling of the thorns piercing me still lingered in my flesh as I got out of bed. I stepped out of my room, my hands surprisingly bruised, as though my dreams were reality. I lifted my gaze from my hands to the ceiling. The same thorny branches enveloped my walls, but I didn't know where to run this time.

Kareena Alexandra Saldanha
IX C

Spring and Autumn

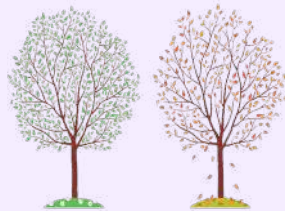
Every season hath its pleasures,
Spring may boast her flowery prime,
Yet the vineyards Ruby treasures,
Brighten autumn's soberer time.

So life's year begins and closes,
Days tho' shortening still can shine,
What tho' youth gave love and roses
Age still leaves us friends and wine.

Phillips, when she might have caught me,
All the spring looked coy and shy,
Yet herself in autumn sought me,
When the flowers were all gone by.

Ah, too late- she found her lover
Calm and free beneath his vine,
Drinking to the springtime over,
In his best autumnal wine.

Thus may we, as years fly,
To their flight out
pleasures suit,
Not regret the blossoms
dying,
While we still may taste
the fruit,



Oh, while days like this
are ours,
Where's the lip that dares repine?
Spring may take our loves and flowers,
So autumn leaves us friends and wine.

Afsheen Kubra
IX C

Storms of My Heart

In the quiet chambers of a
restless mind,
A teenager's heart, with
anxiety entwined.
A labyrinth of thoughts, a
storm of fears,



Navigating through adolescent tears.
Beneath the façade of a confident smile,
Lies a tumultuous journey, mile by mile.
A symphony of worries, a cacophony of doubt,
Echoes through the corridors, inside and out.
In the hallowed halls of teenage strife,
Anxiety thrives an unwelcome life.
It wears a cloak of shadows, a heavy cloak,
A silent adversary, the heart it'll provoke.

The weight of expectations, a burdensome load,
A constant quest for a self yet to be stowed.
Fear of judgment, of not fitting in,
A teenage soul wrestles, unable to win.
The mirror reflects a distorted view,
Insecure whispers, a haunting slew.
Every flaw magnified, every imperfection,
Fuel for anxiety, a relentless infection.
Peer pressures dance like phantoms at night,
A teenager yearning to find their light.
Caught in a cyclone, a hurricane's spin,
Anxiety whispers, "You'll never fit in."
But beneath the storm, resilience persists,
A teenager's heart, where courage exists.
For within the chaos, a strength concealed,
Anxiety battles, but won't make them yield.
To the teenagers navigating the anxious sea,
Know you're not alone; you can be free.
For as the night surrenders to the dawn,
Your strength will rise, and your anxiety will be
withdrawn.

Hibba Faisal
IX B

The Beauty of the Violin

Music is the best medicine, whether classical, hard rock, lo-fi or jazz. Most people listen to music as a form of therapy and an escape from the world's troubles. I have an obsession with learning the language of music.

I started learning the piano when I was 7, although I desired to learn the guitar. My mum said it was an easier way to learn music, which was true. The piano is the best option if one wants to be perfect at musical notes. I continued learning the piano for five years after that, and I completed the Level 1 Theory exam in piano when I was 9. The change of heart started when I watched 'Pirates of the Caribbean'; my love for that movie made me obsessed with the theme song, and I played it so much it was stuck in my head. I researched the violinist Taylor Davis and was engrossed with all her videos, and this started my passion for the violin.



I got my violin as a gift on my 10th birthday, and I felt like the most majestic person on Earth when I held it. But playing it was a different story. Holding the bow in the correct position took a long time to learn. Fortunately enough, the coordination of playing came easy. It took a lot of practice. Sometimes, I slacked on practice. When the lockdown started, I stopped for a year, and it was the extracurricular activity I missed. So, I managed to get an online instructor; it wasn't easy to have classes online; my violin was never appropriately tuned, the bridge came out, and a part of the violin cracked, which still makes my heart cry. When the lockdown lifted, my instructor gave me a new violin; I was relieved to get one because it sounded smooth when I played.

I didn't care to practice much until I started playing in school for the Christmas party in 7th grade. I managed to compose some notes by myself, and doing it for the first time wasn't too bad. On another occasion, I saw a senior practising her violin for School Mass, and I asked her if I could try her violin. When my music teacher heard me, he told us to duet

and perform, and that's how I started playing the violin for school at almost all events. It's been challenging, but my school music teacher has been encouraging and taught me many new things. Playing in school has developed my confidence and skill to perform in public, and I hope to be a great violinist like my senior and Taylor Davis.

**ANGELA MARGARET
IX C**

Those eyes

Those eyes, which shined like gold beneath the sun's embrace, gave my wretched heart a home. A place of comfort and solace...

The most beautiful eyes I've ever seen, which once had a bright and bold colour, lost its lustre to a person so cold..

Her sweet chocolate brown eyes swelled with tears while I stood helplessly near, slowly wiping away her sorrow with a heavy heart.

Oh, how I wish to cover the raging grief in her eyes ... For it's the eyes that scream out loud—loud as the thunder, fierce as the seas, swift as the winds, with time rapidly passing by.

Waves of emotion wash over her as I stand at the shore, the water reaching my feet. I jump into the abyss, searching for every fragment of you...

I was late trying to pull you away from the depths of darkness that have taken you away from me. It is too late that you shut your hollow eyes of despair before you can catch a glimpse of me. You are entering into an eternal world of slumber, leaving me unable to wake you up...



RIDDLES

1. What's black and yellow and lies on its back?

Ans. A dead taxi

2. What never asks questions but is always answered?

Ans. A doorbell

3. Which lion is not a lion?

Ans. A million

4. What is the longest insect?

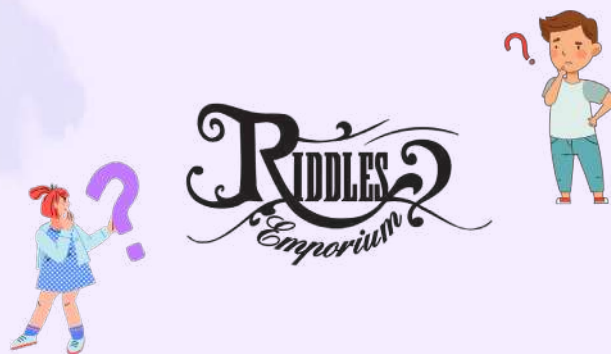
Ans. A bulldozer

5. What part of Calcutta is in Delhi?

Ans. The letter 'L'

6. Which is the richest bird in the world?

Ans. Ostrich



JOKES

1. Sandy: Doctor, Doctor! I've just swallowed a pen

Doctor: Sit down and write your name here.

2. Polly: What is a skeleton?

Molly: It's the bones with the person.

3. Sameena: Why are you showing fans?

Baseema: Because I look like a fan.

4. Wille: Daddy, I wouldn't say I like cheese with holes

Father: Eat the cheese and leave the holes on your plate.

5. Teacher: Mindy, spell the word 'horse'

Mindy: H-o-r-s

Teacher: But what's at the end of it?

Mindy: A tail.

6. Customer: Waiter, I've got one piece of meat. I had ordered two

Waiter: Okay, I'll cut it in two for you!

7. Nora: Why does the cream rise to the top of the milk

Dora: So that people can get it.

8. Judge: The next person in this court who dares to utter a sound will be thrown out

Prisoners: Me! Me! Me!

9. Promila: Today, I saw a baby that gained five kilograms in weight in just two weeks by drinking elephant's milk

Romala: What? Whose baby was it?

Promila: The elephant's.



RIDA FATHIMA

IX C

NATURE

The mountains are colossal,
Which is so delightful to look
at,
From afar, it seems very minute,
But from close, it looks enormous!!
The hills give you such a pleasant feeling
Which is a very nice place to set a picnic,
The scene almost looks like a painting,
If you are stressed out, go to a hill



**Angelina Grace
IX C**

SIBLINGS

Siblings can be annoying,
They can be loving,
For us, they care,
But it is hard to bear,
They can be a little weird,
And a little feared,
When you are sad,
They feel bad,
Sometimes, they are lazy,
Which drives you crazy,
Although they give you work,
They also give you luck,
Love your siblings the way they are,
Sometimes, it will get you far



**Angelina Grace
IX C**

RUNNING A BUSINESS IN HIGH SCHOOL

One hundred and two minus one hundred years ago, I began a handicraft in which yarn is made into a textured fabric utilising a hooked needle, i.e. crochet. It all started with me finding my mother's crochet hook and a ball of yarn and going on YouTube, determined to figure out how on earth one is supposed to make clothing out of fabric noodles. As you would expect the first crochet project of a twelve-year-old to turn out, it looked like Rapunzel had accidentally ripped her dress on a thorn, and the piece of fabric was stolen from the site by the Paw Patrol and delivered to said twelve-year-old via express shipping.



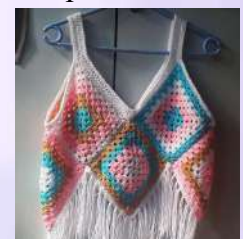
From there, I continued to crochet, making half-baked sweaters, scarves, and other strange creatures from beyond the universe. But then, I discovered plushies. I began making stuffed animals, dolls, keychains, and toys. I would only make them for close family, friends, and teachers. Soon, people started asking me to make things for them, and I did so. One creation after another until, for the first time, my friend volunteered to buy something. It is as foreign as giving or handing over something in exchange for money. It seemed that I eventually agreed with the idea. From then on, I began making that sweet, sweet money.



Aeons later, my work caught the eye of an event organiser who wanted me to sell my creations at a kid's flea market at the Airlines Hotel. I crocheted and crocheted from dawn to dusk, deleted oh so many potential logo designs in the process of branding, went from the North Pole to the South Pole several times, finally settled on the details, and on the day of the market, all my hard work paid off and I almost sold out! All of this pushed me forward to continue selling my art. I sell my crocheted creations at Splashy Fin, my parents' aquarium store.



Now, here's the tricky part. I was balancing an incredibly time-consuming business along with high school. As much as I try to prioritise my education by doing my schoolwork before I attempt to take on any orders, the standard could be more realistic. Things get stressful, especially while trying to keep track of deadlines and avoiding procrastination. I try to balance both of them to the best of my abilities. I love crocheting, and making money off my art is very convenient- amazing. I hope to continue my education and business, remembering that age is no barrier to entrepreneurship and that storing finished projects in bags is a much better alternative than having fifteen stuffed animals watch you. At the same time, you sleep from across the room.



**Angelina Samuel
IX C**

A Close Call!

We've fallen into a hole
but not hit the bottom
It's a never-ending pit
with no way out of it

It's drawn us all in
And packaged so well
It seems too surreal and
makes you forget,
what you really need, it's not that!

And when things get tough, don't worry!
Onto your phone and indulge away!
But slowly and surely, you'll start to see,
The patterns that develop will change you
continuously

Scroll, scroll and scroll away.
All your troubles are washed away.
Don't worry, for now, just focus on me
I will temporarily set you free

Set me free? Now I see
I realised that we're not meant to be
Open your eyes before it's too late
An addiction will cost you more tomorrow than it
will today.

Abigail Megan Rego
X B



A Quiet Night

A silent night all alone
Just the pure dark and a
soul
A soul that seeks some
peace
Peace of being alone and
relieved

Some time to think, some time to breathe
No other distractions, only some breeze
The tick of the needle and the passing of an hour
All seems so slow with the day so far

Accompanied with some music not of choice
But none of the distaste; it suits this void
Bats and owls, rodents and racoons
Wander around in search of their food

The darkness of night lit up by lights
Infinite in number, twinkle in the sky
Only on a night like this can you see,
The lights of hope and the lights of peace

But only the busy and bustling day,
Will bring about a night of solace
Opposite in every way with a bright
noisy day and a dark, quiet night



Abigail Megan Rego
XB

Embracing Positivity in Every Situation

Not having the best situation but seeing the best in your situation is the key to happiness and success.

The importance of seeing the best in your situation, even when it's not ideal. It can be hard to stay positive when things are not going your way. Life is full of ups and downs; sometimes, the downs outweigh the ups. But happiness and success aren't about having the best situation. They're about making the most of what you have and finding joy in the little things. It's about being grateful for what you have, even if it's not much. When you focus on the positive aspects of your life rather than dwelling on the negative, you'll notice a shift in your mindset. You'll feel more optimistic about the future and more motivated to work towards your goals. If you're going through a tough time right now, try to identify the silver lining because every cloud has a silver lining. I'm sure you all are familiar with the saying, "This too shall pass away." It reminds us that all things are temporary and that even the most challenging times will eventually end. Remember that your situation is temporary, and things will improve eventually. Make the best use of your situation as a stepping stone towards greater happiness and success.

A positive attitude and perspective can make all the difference, so keep pushing forward toward your goals with your head held high.

Daphne Breonna
X B

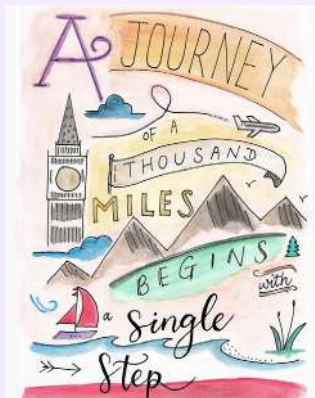


“A journey of a thousand miles begins with a single step.”

We have crossed another milestone in our lives; soon, we will be walking out of that blue gate for the last time. Time travels so fast that it never once seemed it could be us. It was an incredible journey for me. It all appears so surreal ----

During these twelve years, we have all experienced the most beautiful moments, which we will carry with us as the choicest treasures we will hold dear to our hearts. I have an entire trove of them, which are more precious than diamonds.

As a dedicated international athlete, I take great pride in being a St. Francis Xavier High School student. The school has profoundly influenced my progress as a sportsperson and instilled numerous values within me, making me the person I am today. The campus is a source of hope and courage, reinforcing my belief that we can overcome obstacles with faith. Furthermore, the school's facilities were crucial to my physical conditioning. Access to well-equipped gym tracks and sports fields has been created as an optimal place for training.



This would never have been possible without the support of our principal and coaches. Our principal's encouragement and belief in the importance of sports have created an environment where athletes are valued and nurtured. Her tireless effort in making our students the torchbearers of tomorrow, your passion for education, and your concerted effort to create a positive sporting culture has made St. Francis Xavier Girls' High School a place we are proud to call our alma mater.

Equally significant is the role of the coach, who not only imparted technical skills but also instilled a sense of determination and resilience. I am grateful to our physical education teachers, Mr. Mallesh, Miss Caroline, Miss Prema, and Mr. Munikrishnan, for your unwavering support and guidance.

Our parents, who reposed faith in this school and admitted their daughters here, will now witness with pride as each one of us walks into a promising future. Your sacrifice, support and unconditional love have been the cornerstone of our educational journey. Thank you, dear parents, for your confidence in the school.

How can we forget our teachers?

I appreciate how instrumental my preparatory, primary, and middle school teachers were in fostering the values that have become a part of my life today. My high school teachers nudged me gently toward finding my passion and braced me to encounter the challenges of the outside world.

Today, my perspectives are clear, and I have found my true identity.

To the administrative, support and security staff, thank you for smiling and greeting us whenever you saw us. You have taught us that being kind and polite in every circumstance makes us actual human beings.

As I address the stars of this evening, my dear batch mates with whom I share these memories -- A School Bag that hid all our secrets, a geometry box that stored our weapons, A lunch box that earned us many friends, a water bottle that made music on our desk, and an ID card which had our worst photo.

Now, it is time to part with a heavy heart. I wish you all success in your future endeavours.

As Jesse Owens rightly said, “We all have dreams. But to make dreams become reality, it takes an awful lot of determination, dedication, self-discipline, and effort.”

Walking into this school the first time was tough, but walking out seems more challenging now.

It is time, and we are ready to move on. We are not losing our friends; we are not losing a home; we are simply making room for our lives to intersect with many more people and find other spaces to call our home that will one day grow as unique to us as SFX. Do not feel intimidated because we have a strong foundation and will make a mark in whatever you do. I cannot wait to watch each one of you conquer the world!

Faces may fade, but memories remain. Paths may deviate, but footprints remain. Bidding adieu to the ones leaving, to the people who made life worth living...

कुछ ऐसा करो दखा, खुद खुश हो जाँँ खुदा.

Bhuvana Sariah P
IX

Curtains

We walked like inattentive robots; to tell you the truth, we were!
We didn't have compassion or a heart.

We were maggots.

We didn't care for others of our kind. We ignored each other as we never had any interest in talking. We kept our places.

The spirits governed over us. They were superior as they created us and gave orders. We were their menials as we toiled day and night for them, never thinking we would speak for freedom or escape—until one fateful day.

Six poor yet hopeful maggots decided to escape our home, yet a disastrous place: Dalnovia. We started our journey carrying some Algaenus Proticius, our food to survive or likely the only food we could steal from the commoners.

We threw the necklace (which the spirits have appointed all maggots to wear) and burned it. The orange-blazing fire in front of my eyes gave me a new perspective. We weren't just escaping; we were rebelling against authority.

We thought that if we could make a tear in our dimension, we could escape to this foreign place where we had eavesdropped on spirits called Earth.

This place has always fascinated me, as we studied numerous books on it. There are many "Homo Novus" there. Our plan (if executed properly) is if we succeed: we make our dwelling on Earth and live among Homo Novus.

We suddenly decided to make our tears as we reached the end of our flat planet. Suddenly, a powerful field denied us this opportunity. The spirits appeared before us; they were the complete opposite of calm. We looked at each other and realised we were at the finishing line of fear.

So, our plan was deserted.

We had repercussions for our consequences; we knew we would not be scot-free. Two of our larvae were killed, one of our maggots was put into a deep sleep for a prolonged time, and two maggots were chained.

The curtains ring down on the stage.



Sharon Noyal
XB

Weeds Choking Daisies

"I wish Mom and Dad didn't die," a ten-year-old me whispered.
"I know you miss them a lot. But it wasn't their choice," was my sister's reply.

"But they weren't bad," I defended.

"When you collect flowers," My sister asked, "do you pick the good ones or the wilted ones?"

"You'd pick out the weeds first," I innocently replied.

Ten years later, as I stood in front of my sister's grave, I questioned everything I said all those years ago. Perhaps I was mistaken; instead of removing the weeds, the choice is made to nurture them, allowing them to grow slowly alongside the flowers until, eventually, the weeds consume them. At least, that's the way it works in today's society. As I strolled back home, the sun began peering through the clouds. The sweet smell of daisies wafted through the air. You could hear the robins chirping away in the distance. The touch of the warm air brought a smile to my lips. And yet I couldn't help but despise spring; the smell of daisies, the singing of the robins, and the warm air reminded me of that night five years ago when my sister had died.

As I reached home, I slipped out of my shoes and was greeted by the cold floor against my bare feet.

"Sweetie, come here! You have to watch this!" My grandma yelled from the living room.

I walked into the living room where my grandmom was seated and watching television.

"Good evening, I'm Jessica Windsor with Harbor View News Network." The reporter greeted. "We bring you a tragic story tonight. 29-year-old Amy Miller took her life by jumping off a building earlier today.

A suicide note was discovered at the scene, in which she expressed profound guilt. The note revealed that Amy was the apparent cause of the death of her best friend, Isabella Turner, who was found hanging from her ceiling five years ago."

I stumbled out of my house. Now, I find myself on the highest floor of the apartment building, clearing my thoughts by writing this on paper.

Well, I never liked being wrong to start with. So, I figured I'd have to remove the weeds myself. I didn't know that it would be as simple as pushing someone off a building.

Hopefully, jumping off this building would be just as simple.

Only I knew the pain Amy Miller had put my sister through; the good ones should never have to go early. I'm doing this to end the cruel society I regretfully have become a part of.

Goodbye,

**Ishita Neoma Roche
X B**



Our 76th Independence Day Celebration

Every year, we celebrate our Independence Day on the 15th of August with great enthusiasm to remember the sacrifices made by our freedom fighters and pay tribute to them.

Today, our hearts are filled with an overwhelming sense of pride and gratitude as we stand united, paying homage to those courageous patriots who fought valiantly to free our beloved motherland from the clutches of British colonial rule. This day is a historical milestone and a resounding testimony to the triumph of courage, unity, and resilience of our people. It is a day when we reaffirm the country's commitment to democracy and the ideals of freedom, equality, and justice.



“Freedom” means many things to many people. Freedom can mean voting for a particular idea or for people who best represent our views. Freedom can refer to the ability to voice personal opinions or perspectives freely. Indeed, freedom can mean the right to do, think, believe, speak, worship, gather, or act as one pleases, but only until your choices infringe on another person’s freedom.

Most of all, freedom means to live without fear of oppression. **But the question remains: do we enjoy freedom in our country today with so much intolerance? The incidents in Manipur cast dark clouds on the horizon of our freedom. There is so much hatred, with brothers fearing their own; women are being used as instruments to achieve vested interests. Our leaders are overlooking human rights and human dignity. The very fabric of our democracy is at stake.**

As the nation hoists the national flag with its tricolour, symbolising peace, courage, prosperity, and dharma, let us not take our hard-fought freedom lightly. We have to remember that we are fortunate to have been born in a free country; we don't have to fight for our intrinsic rights, which our predecessors have already accomplished, so our goal lies in enhancing our land's richness and growth. We should assert our constitutional rights and duties consciously.

So, as years pass, the importance of Independence Day should not wane. We should remember the responsibilities of rediscovering our country and protecting the privilege of living freely that was bestowed on us.

Let us all commit ourselves to India's progress!

Let us be proud of our motherland! Let us be proud of being Indian!

**Daphne Breonna
X B**

Goodbye to SFX

As we prepare for the next level of our lives, I recall Dwayne Johnson’s wise words, “As one chapter ends, another begins, and the story keeps getting better and better.” I remember the first day I came to this school, feeling a mix of excitement and nerves. It was in fifth grade, and everything seemed new and scary as I walked through the middle school halls for the first time. But as time passed, I started to feel at home. I remember coming to school extra early to play badminton in the early mornings in the middle school quadrangle and chatting with my teachers, sisters and friends as if I had been at this school since kindergarten.



“God’s miracles are like gentle whispers, guiding us through the chapters of our lives”—Ellen DeGeneres. Before we start, I want to thank God for helping us on this amazing journey. Thank you for the blessings and strength that have guided us to this milestone.

I received the ‘General Proficiency’ award in my first year at our school. I also received the ‘Most Outstanding Delegate award’ in our very own SFX Model United Nations and have attended many more inter-school muns.

Even if I thank the stars for all the laughter and good times you gave me, it would not be enough. Some of my unforgettable memories with you all include all the arguments over who got to sit on the last bench and who got to dust the board. It consists of the unexpected games periods and all the different games we played on the field. The field trips and our excursion created so many moments for us to look back on. Talking during classes followed by so many laughs, Those little things, those little moments, guess what, my friends, they aren’t little anymore.

“Friends are like seashells; they stick together through the currents of school and beyond.” - SpongeBob SquarePants.

The early morning assemblies, nervousness during parent-teacher meetings, and the unity in creating the best assembly in the auditorium are simply some extraordinary moments. We evolved from strangers to an inseparable batch. Those little things, those little moments. Guess what, my friends? They aren't little anymore.

Our colours on Children's Day, The awesome vibes of our Jukebox, The pani puris of our food fest, and our failed secret plans on Teachers' Day were some of the best highlights of our school days. From cooking without fire to the fashion show, Talents Day, we showcased our diverse skills. I'll never forget the exhibitions; it was a huge flex when I told people that Sister Malar had recorded our Auschwitz camp project. It was worth all the hard work. Our sports days were exceptional, from hard-core march pasts to the spirited throw-ball matches: those little things and moments. Guess what, my friends? They aren't little anymore. Amidst all this excitement and cheering, I still haven't had my doubt cleared. "What even is a 'soda lemon ginger pop'?" I guess, the only person who can answer my question is our very knowledgeable sister who has never asked us to stop cheering and always to show our love for our school.

One more personal aspect that I would like to shed light on is that belonging to a non-Christian faith but studying in a Catholic school has never been a problem or an obstacle in the path of my school years. Our sisters, teachers, and especially our principal have ensured that everyone studying here feels comfortable and at home. No matter what faith or what religion we belonged to, here at school, we were all one; we were all home.

"Sometimes, you will never know the value of a moment until it becomes a memory" – Dr. Seuss. The path was not always smooth, but it was undeniably enriching. This was the very first page, not where the storyline ends. So, with a thankful and nostalgic heart, I say goodbye to the halls that echoed our laughter, the classrooms where we learned and grew, and the teachers who taught us so much. Let's also say goodbye to the canteen where we made friends and enjoyed our favourite foods, and the library where we had quiet adventures. To the quiet corridors that speak of a chapter concluded but never forgotten. Thank you for the journey, and may our paths cross again. Goodbye, dear school, and hello, promising future.

Sumaira
X A



Delusional curse

For every disaster thrives a fantasise
Door-to-door living as an excluded adviser
Blooming with petals torn with fears

Accusing the fools with tears

Listening like a damned nonentity
For seeking a hopeful entity to bank on

Speechless outboard throughout, weakened stoical
Heights reach skies, but brilliant minds back out

Seamlessly thinking, yet walking a zigzag path tackling blues

Waiting for hopes mingling with ruminative thoughts blemishing feebly

Surely, delusions die within us, deeply reaching the dead end.



The Times

We all have difficult times in our lives. Times when we are sad,

Times when you are mad,
Times when we are feared,
Times when we are weird,
Times when we are scammed,
Times when we are damned,
Times when we are in shame,
Times when we are lame,
Times when we are anxious,
Times when we are fractious,
Times when we want to leave,
Times when we get deceived.



But all these times could be changed.
Just by one move, Having trust in ourselves. We need to have trust that we can face and move on from our difficult times, that we can change our times into happy ones, And that we can live our times as we want.

Just by making this one move, we could drastically change our lives. Let's make a chain of trust and break the chain of the dull times.

ANGELINA TRISHA R
11th Commerce

Sharon Joseph
11th Commerce

Celebrating Achievements: The Significance of Graduation Day

Graduation day marks a momentous milestone in the lives of students around the world. It is a celebration, accomplishment, and reflection day as graduates bid farewell to their academic journey and step into a new chapter of their lives. With caps and gowns, speeches, and diplomas, graduation day is a memorable occasion that symbolises the culmination of years of hard work, growth, and personal development.



The path to graduation is filled with countless hours of dedication, perseverance, and sacrifice. From the first day of kindergarten to the final moments of senior year, students embark on an educational expedition that shapes their intellect, character, and future opportunities. Through assignments, exams, projects, and extracurricular activities, they acquire knowledge, build friendships, and discover their passions.

Graduation day culminates big and small achievements throughout a student's academic career. It is a time to honour and recognise the dedication and commitment students have demonstrated to pursue their goals. Graduates are acknowledged for their accomplishments, academic excellence, and valuable contributions to their school community.

Graduation day is a bittersweet experience. It is a time of joy and triumph mixed with a tinge of nostalgia and farewells. As students bid farewell to their friends, teachers, and the familiar routines of school life, they also anticipate exciting opportunities. Emotions run high during graduation ceremonies as graduates reflect on their journey, express gratitude, and contemplate the future with a blend of excitement and uncertainty.

A highlight of graduation day is the commencement speech. Esteemed speakers, such as renowned scholars, successful alumni, or influential figures, share their wisdom, encouragement, and life lessons with the graduates.

These speeches inspire and motivate graduates to embrace their individuality, pursue their passions, and positively impact the world. Commencement speeches catalyse reflection and empowerment, leaving a lasting impression on the graduates' minds.

Graduation day is a significant milestone commemorating students' hard work, perseverance, and achievements. It is a day filled with joy, pride, and accomplishment. Beyond the ceremonies and rituals, graduation day is a testament to the transformative power of education, friendships, and personal growth. As graduates embark on new journeys, they carry the memories, lessons, and experiences that will shape their futures. Graduation day is a celebration of the past and a stepping stone towards an exciting and promising future.

Adhya Prathap
XI C

Chance Meeting

When I approached the door, I found my mother filled with sudden happiness and amazement; her eyes were tearing up as if she had deeply desired this moment to happen.

A few days back, I was going to my university, which was far from my town. The bus stand has buses regularly from the area where my university was located. Every morning, I would wake at four and leave my house by six, heading towards the bus stand nearby.

As I stepped, I found my spot occupied by a young child. I felt slightly anxious since it was almost a journey like a field trip, standing and waiting eagerly for my place to be empty since that was where I felt a change in my mood, a strike of happiness with the rustling sounds of the leaves on the trees. The sight of swarming bees in the bee yards, people chattering and swaying, the birds making their way through the skies while I blissfully sleep with the sun shining on my face, plugging in my earphones.

My university was almost close, around a ten-kilometre radius, and there was usually hefty traffic near the bus stop. To my surprise, I found a lady who looked similar. She struggled with a trolley and other luggage while exiting her private taxi.

Rushing through a disturbing crowd on the bus, I request the driver to stop. I break through the sliding doors and quickly jog behind that woman, But she disappeared. I felt exhausted and disturbed as if she were somebody I used to know. Losing puffs of breath, I take a break at the public park across the street. Once again, I found the lady tired, just like me, facing her head towards the sky, blowing out her exhausting breath. I approached without hesitation; she glared at me for a few seconds and gave me a compassionate smile. She requested that I have a seat next to her, and she looked familiar from the photo albums I had viewed long ago. She asked, "How is your mother?"

I Was puzzled and anxious to answer since we had not met each other before, being strangers. I reply with a single word, "Fine?", starting to question her doubtfully. She begins with her past, her days with my mother. They were good best friends studying at the same school and living a few houses away, perfectly bonded with happiness. She spoke to me like she knew and mentioned my name 'Rowan' in some of our conversations. She was startled and clueless about whether to trust and continue conversing with her. The story she told was quite emotional and nostalgic to hear as we both outgrew the age of childhood happiness.

She told me she would be late for a restaurant party she had arranged with her colleagues. But then I decided to help her find a taxi to her destination. I asked her politely if she could visit my mother before returning to her country. Agreeing to my request humbly, I bid a warm goodbye to myself, hoping we will meet soon. I almost knew I had to take the day off from my classes since it was past noon, accepting that I waited at the nearby bus stop where the busy traffic buzzed. My mood had been boosted as she had a compassionate and loving smile, heading back to my town and enjoying my nap with my earphones plugged on during the journey.

Angelina Trisha
11 B



THE DAY I PLAYED THE MOST BEAUTIFUL ROLE

I was studying in 10th standard. The students of tenth grade second language Kannada had a novel as their textbook. And the novel was named “Natya Mayuri”. This book has been prevalent on the ICSE board for a long time. The story of the novel is just unique. There was a sequence where the hero Vishnuvardana had to take a pledge as king of the Hoysal region and get married to all his five wives. But his first wife was only the one he loved the most. His first wife, Shanthala Devi, was the daughter of a regional head of the Hoysal kingdom and a renowned scholar; she was one of the most beautiful dancers of the region.



She was the one who built Karnataka’s heritage, Beluru Chankeshava Temple.

My Kannada teacher wanted to recreate the scenes with the students so that we could understand the kingdom's royalty. She decided on the character that day, and I was given Shanthale's character. I was pleased about the character given to me. Our teacher decided to celebrate the day very beautifully. All of us started to get prepared for it. On the day, we were all dressed in grand clothes, decorated the classroom with mango leaves at the door, put Rangoli in the front, cleaned the classroom, arranged gifts for the teacher, and set the setting arrangement for the teacher. I was dressed in a saree for the first time in school. It was a little awkward with my teachers around, but they made me feel comfortable. Ma’am gave us some dialogue to deliver in front of everyone. I became even more nervous. But somehow, I delivered it, and it came out well. Then, ma’am called us in front of Sister in her office that movement I was in some other world; my legs started to shiver, and I could not practice my dialogues. We entered Sister's office, and she was amazed to see us. She enjoyed seeing us and took pictures with us. Moreover, I delivered my dialogue well. We took some food which all of us had got from our house as we prepared a feast for all the teachers and staff. We gave gifts to the teachers who attended the event and performed in front of all the teachers in middle school. We served the teacher food in the afternoon on authentic banana leaves and many varieties. They all took pictures with us. Then we returned to the class, placed the banana leaves, and had the varieties. We also enjoyed the class and, after that, cleaned the class.

The day went very well and was one of the most memorable. But apart from all of these, I was happy that I played such a beautiful role as a legendary woman. Today, when teachers and students recognise me as the queen, I feel blessed; sometimes, I think that she was the one who chose me to play her. Whenever I hear about her, I get goosebumps and a smile automatically on my face. I might play more beautiful characters in the future, but she is always special to me because I have never seen a woman who is so strong and beautiful.

Esha
11A

“Haste Makes Waste”

“Haste makes waste,” a saying we have all heard since childhood. It is one of many that we have grown annoyed with over the years. Only as we grow older do we realise the truth in these statements through our own experiences. I have had one such experience with this saying.



Growing up, my mother has always told me not to leave things to the last minute, basically not to procrastinate. More often than not, I did, and things always worked out just fine, so I didn’t think much of it and went about the same. Ten in the sixth grade, we were assigned a project in biology on animal habitation, which would be graded and added to our overall grade that term; we were given a month to complete it. We would be graded on the amount of content written, which was to be covered in ten pages, as well as our handwriting and presentation.

Back then, I kept thinking, “I have a month; there’s a lot of time”, and would ignore it. Some girls submitted the project beforehand, but even then, it didn’t strike me that I should start doing it. Instead, I continued to ignore it. I continued wasting my time, doing nothing except playing and fooling around. Looking back, I feel idiotic, like I was wondering what was wrong with me. Anyway, I kept pushing it, and then came the week of the due date, and by now, half the class had already turned in their projects, while others had almost finished; of course, there were a few like me who hadn’t even started yet.

I started doing it when I went home two days before the submission. I opened up Word and started looking up content on Google Chrome. Half an hour went by like this. Then I got distracted. The week was almost finished, and the due date was one day away. I rushed home and started working on my project; gathering content took forever. Then, I began to draw lines and borders on A4 sheets, which also took a long time; by then, it was like eight o’clock at night. I started writing as fast as I possibly could. And when I had only one more page left to write, I reached for something, and my hand knocked over my glass of water, spilling all over my project pages. I started to panic, and my father told me to print it out instead of writing it again, as I couldn’t complete it in time. So, against my many protests, we printed the project. I went to school the next day and submitted it but got a zero since we couldn’t print it.

I realised my mother was right, which annoyed me at the time. But I learnt my lesson: do not leave anything for the last minute, as you would have to hurry and mess up. I knew that “Haste makes waste.”

**Vivienne
Arangaden
11th A**

IF THERE IS A WILL, THERE IS A WAY

Toby, a young boy who is 14, lived with his mother in the city of Alabama. They lived an everyday, peaceful life in the city. Toby had two friends and had no hobbies, and his mother worked a 7-hour job to provide for him and live a stable life. After ten years in Alabama, Toby's mother got a higher-paying job in Indiana, and with that option, they had no choice but to move. Their new house was next to a skating rink. Toby had no idea what that was, but it looked fascinating. He asked his mother if he could try it out; as they checked it out, they realised that the fee was way above their standards.



Determined, Toby knew he had to try it out and learn skating but had no idea how to, and he did not even own a pair of roller skates. As months passed, he would sit and watch the fortunate people in the skating rink and teach himself that luck does not

come naturally; instead, I needed to build it. He ran to find wheels and anything to help make the roller skates. At night, Toby and his mother built the skates, and during the day, he would try to learn what the coach was teaching the kids inside.

It was announced on the radio that there would be an Indian roller skating competition held every year, and those who won would get free coaching to be professionals at skating. He knew he had to give it a shot. Being super nervous, he tried it out; his mother was there to cheer for him, but unfortunately, he did not win. He was going to participate next year, too. He realised the problem was not his handmade roller skates but he did not know the proper techniques. He asked the coach, but he could clean the whole place instead of the fee. After a lot of convincing the coach, he agreed. Toby had a hectic life then because he knew he had to win the upcoming competition. For six months, he only cleaned and practised half a day. After so much dedication, it was time for the big day. After the intense match, Toby won by 4 million seconds and came third.

After ten years, Toby and his mom lived in a vast villa, living their luxurious life. One day, when he was interviewed and was asked what was the key to his success he replied

“A man who wants to do something will find a way; a man who doesn't will find an excuse.”

**Hajirah Danish Patel
11 A**

The Girl High Years Apart

I was melancholic yesterday,
When I looked at you, you
smiled at me

I couldn't smile, but I just
stared blankly

At your face. You're beautiful
yet.

You had secrets. Those lips where
Pressing together, wondering inside me.
You said we had a different intimacy.
When you peeped into me
Did you mean into me, see? By that small

Yet, complicated word? Every time I looked at
you, you reminded me that I am not alone.

You, too, had scars, yet you were so magnificent.
You lit up the whole world and made it look like
there was still darkness, but one ray could just
make it vanish.

How do you do it? You are the other me who
cries with me and listens to me.

You communicate so beautifully without a word,
and the best part is you don't need any makeup;
those imperfections make you look so perfect.



Swaslika Dey
XII A

My 12 'B'

For the class, I was
excited to wake up when
the alarm rang,

It will always remind me
of the songs we sang.

Through the ups and downs, we swim together,
and that's why the legends say- birds of the
same feather flock together.

Tears shed by one were wiped by the other eight
who were also done



Anushri.S
12 B

Writing-an ecstasy

It is ironic to say that 'words
cannot express how much I love
to write'. Writing is a beautiful
combination of words and
emotions.



As I write this, I pray for no
writer's block, a plague upon writers. To write is
a noble deed, for there is nothing more delightful
than the coming together of words,

Through the poem 'Birches,' Robert Frost
beautifully describes the journey of a human
beyond the realms of imagination, and writing is
the instrument that helps us achieve the same.

If you are passionate about writing, art or
even music, a genuinely inspirational poem
that collectively represents us 'artists' who are
lost in the depths of imagination, discovering
ourselves and creating serene versions of our
reality is 'We are the music makers' written by
Arthur Shaughnessy. It describes the artists as
their element and glorifies them as "dreamers of
dreams."

Annie Maria. J
XII B

Art

Art is something which
relieves my stress. Calligraphy
and sketching are things
I like to do. In sketching,
have mainly done architecture
sketching since 9th grade.



Drawing each line requires a lot of patience, and
using a ruler is a lot. Sketching is my favourite,
and sketching historical monuments is my
favourite. It takes hours of effort, and they have
taken more than 3 hours of calligraphy. I enjoy
doing every stroke carefully. Art is enjoyable,
and a lot of hard work is required. Sketching and
Calligraphy are the main artwork I have done
till now. From the worst to the best, that's how it
came till now. Artwork is hard work done with
fun.

Haniya Meher
12 B

Cats

They are spotted and round,
They are chubby and,
They certainly weigh more
than a pound.



They claw and hiss,
While jumping off tables,
They almost never miss.
They're fluffy, and they shed,
Grumpy when they aren't well,
They jump, and they pounce,
Chugging up catnip by the ounce
They're loyal, and they're fun,
And sometimes curl up into a little bun,
The hearts of humans certainly do bend,
For indeed, they are the "purr" of little furry
friends.

Rebecca Brady
XII C

Strings of Twists

A piece of wool, a string
of twists
Of entwined pain and
love.
Of a blanket between
comfort and reality.



A ball of yarn, a string
of twists
Of a story of beautiful people.
People with complications, complications of
stories,
A universe of stories.

A cardigan, a string of twists
The universe turns, and the stars twist
Aligning, joining, intertwining.
A universe of strings, strings of twists.

Mallack Firdous
XII C

Happiness

Everyone wants to be happy.
Few of them like to be sad. As
everyone knows, happiness
lies within a person, but most
assume that a person surrounds
happiness. Being happy is your
choice. It is left up to you to
be satisfied or not. Everything
around you is wonderful and
marvellous when you are so
glad. When you are happy, you seem to enjoy
everything around you. Where there is love, there
is happiness. When there are expectations, there
are disappointments. So, stop expecting and start
accepting whatever happens.



Be happy. Be you
Suzanne. P
XII B

Dregs

The cup is hot
Filled with soul-stirring stuff,

It is everything you ever
dreamed for, and not Drink it
up with a huff,



Even though it may blow you down with a puff.
Hold it with both hands
Firm and strong
Everlasting, knotted with bands
Do what you will; do nothing wrong.

It steams
It gleams
It smokes
And then;

All that is left before it's us
Are the dregs, brown and dusty
And then it's out;
And the cup?
Musty and rusty
And then one goes, oh, to be a pup!

Aditi. S
XII C

BTS

'BTS' stands for the Korean name of the boys' band Bangtan Soneyeondan, which translates literally to 'Bulletproof Boy Scouts'. The meaning behind their name is to block out the stereotypes, criticisms, and expectations that aim at adolescents like bullets.



When the times were bad
My life on the line
I was hoping for a miracle
There was this spark in the dark

There, my life took a turn
When I got them in return
They are honest, they are friends
They have my heart, and they will never fall apart

I know them as they stir the hearts of thousands and millions
They know nothing of me
I always thought it was liked, but now I see them falling apart.

Jyothika Singh
XII C

DRUG ADDICTION IN YOUTH

The menace of drug addiction has spread fast among the youth of India. Unfortunately, India is a happy hunting ground for drug peddlers. It is so because it is sandwiched between the golden triangle and the crescent. The former area comprises Thailand, Myanmar, and Laos, and the latter is covered by countries such as Pakistan, Afghanistan, and Iran.



Drug addiction refers to the condition of being addicted to a particular drug, particularly narcotic drugs. These are generally illegal drugs that affect the mood and behaviour of a person. Drug addiction is a social evil in India. It is the tragedy of our days that millions of youths, the future citizens of India, fall victim to the habit of taking drugs. These addicted people are on the way to a steady and sure death. It is a social evil that affects an individual and the nation.

Those who are addicted to drugs lose agility of mind, sense of friendliness, warmth and social awareness. In the long run, they suffer from a schizophrenic state. They may also suffer persecution, mania, and an obsession with being tortured. They also develop a tendency to commit suicide. Mostly, the youth residing in hostels fall easy prey to drug addiction. Moreover, new values in the form of sex, drug abuse, and false notions of independence are the new substitutes.

The most disturbing thing about drug addiction is that people in different countries of the world are becoming addicted to all kinds of drugs. There are various types of street drugs, such as – cocaine, meth, marijuana, crack, heroin etc. Heroin is one of the most dangerous drugs that suppresses your heart's work and is appropriate to achieve narcotic effects.

Drug addiction is a brain disease that changes the functioning of the brain. There is an uncontrollable desire to consume drugs, as a result of which addicted people engage in compulsive behaviour to take drugs. People with addiction find it impossible to control the intake of drugs, and as a result, they fail to fulfil day-to-day responsibilities efficiently. Drug addiction is also referred to as drug dependency, as the person with an addiction develops a dependency on a particular substance.

The most common signs and symptoms of drug addiction are – obsession with a particular substance, loss of control over the usage of drugs, abandoning the activities which you used to enjoy, etc. Drug addiction may have a long-term impact on life, and one may develop severe symptoms such as – fatigue, trembling, depression, anxiety, headache, insomnia, chills and sweating, paranoia, behaviour changes, dilated pupils, poor coordination problems, nausea, etc.

A lot of people do not realise the damage caused by drug addiction because the short-term effects are not apparent at first. The individual may feel quite invincible and unaware that drugs can affect almost every system in the body. The long-lasting effects of drug addiction may not be known to the person with an addiction. If treatment is not sought in time, the physical and emotional health of that person will deteriorate.

A lot of people do not understand why people get addicted to drugs and related substances. They mistakenly view drug abuse as a social problem and characterise the person with an addiction as a weak person. Though there is no scientific evidence on how exactly drugs work on a brain, they can be successfully treated to help people stop abusing drugs. Many treatments help people counteract the disruptive effects of drug addiction and regain complete control over life.

If you or a loved one has been using drugs or alcohol, there is no need to wait until you are positive there is an addiction present to seek help or to stop using. People with an addiction are not the only people who benefit when they quit using drugs or drinking.

Samantha
XII

Art Says It All

Before I start, let me introduce myself. I am Mohitha, and I love art. I have been practising art since when I was ten years old. Even though I have been practising art for eight years and have encountered several art types, I still have yet to figure out what art is. Okay, let's start decoding the title before I start decoding my art pieces. "ART SAYS IT ALL" As I understand it, art can describe an individual's emotions, personality, and behaviours. Art can characterise whether that person is confident in life, is shy, introverted or extroverted, etc... For example, Frida Kahlo, the renowned Mexican artist, used her self-portraits to express her physical and emotional pain vividly. Kahlo revealed her resilience, strength, and introspection through vibrant colours and symbolic imagery. Her art is a powerful reflection of her complex persona, capturing the essence of her life's challenges and triumphs.

An artist's biggest strength is patience. Patience is the key to a beautiful piece of art because if the artist does not have patience, they lose hope, and that piece will always remain incomplete.

Each colour depicts different emotions-

1. **Red:** Energizes and evokes passion, stimulating excitement and intensity.
2. **Blue:** Calms the mind, instils tranquillity, and fosters a sense of trust and reliability.
3. **Yellow:** Radiates warmth, promotes optimism and enhances creativity and mental clarity.
4. **Green:** Represents balance and harmony, fostering feelings of growth, renewal, and peace.
5. **Purple:** Conveys luxury and sophistication, sparking creativity and a sense of mystery.
6. **Orange:** Combines the energy of red and the happiness of yellow, promoting enthusiasm and social interaction.
7. **Pink:** Elicits feelings of tenderness, love, and compassion, creating a soothing and nurturing atmosphere.

1. **Brown:** Grounds and stabilises, providing security and connection to the earth.
2. **Gray:** Encourages a neutral, balanced mindset, symbolising practicality and reliability.
3. **Black:** Signifies strength and sophistication but can also evoke mystery, power, or a sense of formality.
4. **White:** Symbolizes purity and simplicity, offering a clean slate and a sense of openness.
5. **Gold** Represents wealth and success, instilling a sense of luxury and prosperity.
6. **Silver:** Conveys a sense of elegance and modernity, reflecting clarity and innovation.

Okay, let's dive into my art pieces,

• Landscape

This is a picture that I have done using watercolours and colour pencils. Landscape drawings depict outdoor scenes, capturing nature's beauty, topography, and atmosphere through artistic representation, conveying a sense of place. In this picture, I have used eight colours of different family shades. These bright colours are clubbed together in one picture to depict the joy and confidence of the artist while doing this art. Indeed, an artist chooses colours according to their mood while creating an art piece. The colour pencils are used over the watercolours to brighten the colour effect.



Mohitha Kamath
11 commerce



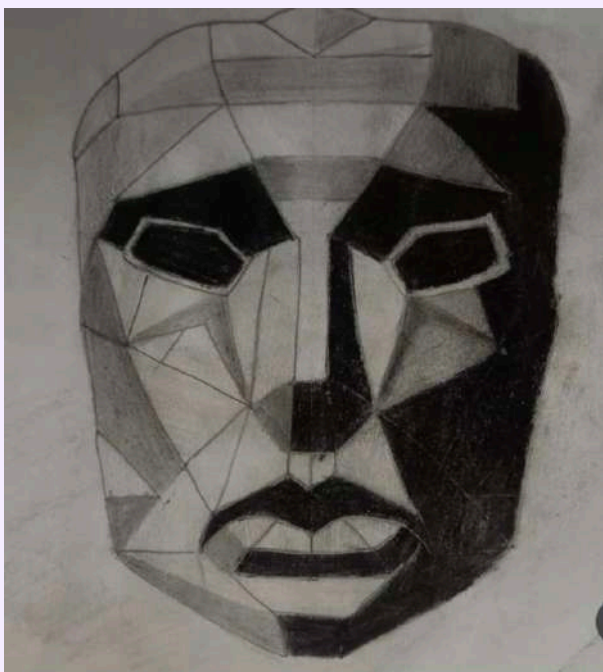


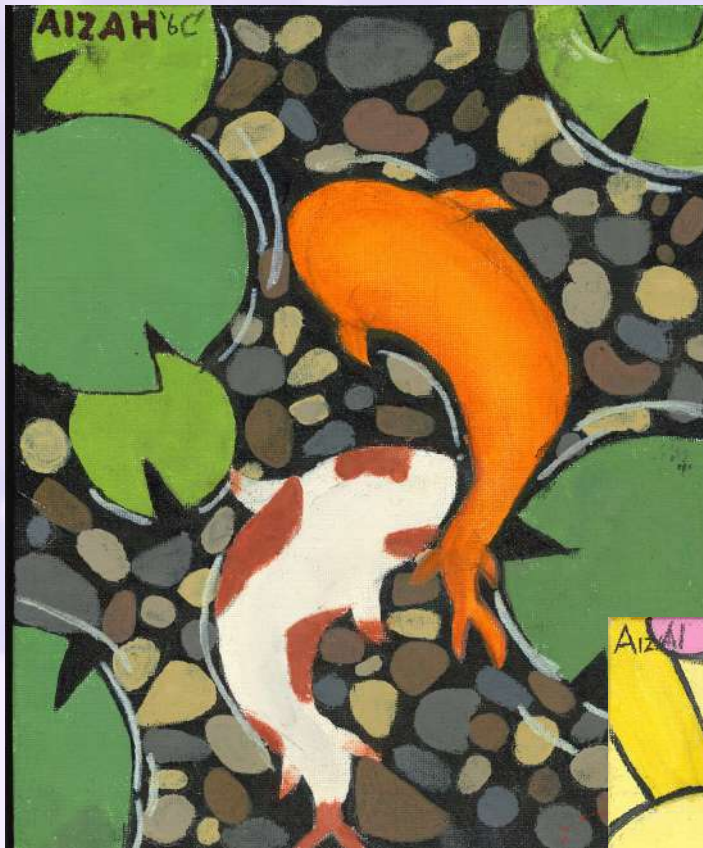
"Drawing is vision on paper."



"Drawing is not what one sees but what one can make others see"







“Learning to draw is really a matter of learning to see – to see correctly – and that means a good deal more than merely looking with the eye.” Kimon Nicolaides





ಕನ್ನಡ ಲೇಖನ

ಸ್ವಯಂ ಸುಧಾರಣೆ

ಸ್ವಯಂ-ಸುಧಾರಣೆಯು ಸಾಕಷ್ಟು ಸ್ವಯಂ-ವಿವರಣೆಯಾಗಿರುತ್ತದೆ:
ಸ್ವಯಂ-ಸುಧಾರಣೆಯು ಒಬ್ಬರ ಸ್ವಂತ ಪ್ರಯತ್ನದಿಂದ
ಒಬ್ಬರ ಜ್ಞಾನ, ಸ್ಥಾನಮಾನ ಅಥವಾ ಪಾತ್ರದ ಸುಧಾರಣೆಯಾಗಿದೆ.
ಇದು ಜೀವನದ ಯಾವುದೇ ಮತ್ತು ಪ್ರತಿಯೊಂದು ಮುಖದಲ್ಲೂ
ನಮ್ಮನ್ನು ನಾವು ಉತ್ತಮಗೊಳಿಸಿಕೊಳ್ಳುವ ಅನ್ವೇಷಣೆಯಾಗಿದೆ.



- ಸ್ವಯಂ-ಸುಧಾರಣೆಯು ಯಾವಾಗಲೂ ಸ್ವಯಂ-ಅರಿವು ಮತ್ತು ನಿಮ್ಮ ಅಭ್ಯಾಸಗಳನ್ನು ಪರಿವರ್ತಿಸುವ ಸಾಮರ್ಥ್ಯದಿಂದ ಪ್ರಾರಂಭವಾಗುತ್ತದೆ. ನಿಮ್ಮ ಜೀವನವನ್ನು ಪರಿವರ್ತಿಸಲು ಮತ್ತು ನಿಮ್ಮನ್ನು ಸುಧಾರಿಸಲು ನೀವು ಗಂಭೀರವಾಗಿರುತ್ತಿದ್ದರೆ, ನೀವು ಕೆಳಗಿನವುಗಳೊಂದಿಗೆ ಪ್ರಾರಂಭಿಸಬೇಕು
- ನಮಗೆ ನಾವೇ ಸುಳ್ಳು ಹೇಳುವುದನ್ನು ನಿಲ್ಲಿಸುವುದು ಹೇಗೆ: ಸ್ವಯಂ-ಅರಿವುಗಾಗಿ ಕರೆ: ನೀವು ಏನನ್ನಾದರೂ ಉತ್ತಮಗೊಳಿಸುವ ಬಗ್ಗೆ ಗಂಭೀರವಾಗಿದ್ದರೆ, ಮೊದಲ ಹಂತಗಳಲ್ಲಿ ಒಂದಾದ ಕಪ್ಪು-ಬಿಳುಪು ಪರಿಭಾಷೆಯಲ್ಲಿ ನೀವು ಎಲ್ಲಿ ನಿಂತಿದ್ದೀರಿ ಎಂದು ತಿಳಿಯುವುದು. ನೀವು ಸ್ವಯಂ-ಸುಧಾರಣೆಯನ್ನು ಸಾಧಿಸುವ ಮೊದಲು ನಿಮಗೆ ಸ್ವಯಂ-ಅರಿವು ಬೇಕು.
- ಗುರಿಗಳನ್ನು ಹೊಂದಿಸುವುದನ್ನು ಮರೆತುಬಿಡಿ. ಬದಲಿಗೆ ಇದರ ಮೇಲೆ ಕೇಂದ್ರೀಕರಿಸಿ: ನಮ್ಮಲ್ಲಿ ಹೆಚ್ಚಿನವರಿಗೆ, ಸ್ವಯಂ-ಸುಧಾರಣೆಯ ಮಾರ್ಗವು ನಿರ್ದಿಷ್ಟ ಮತ್ತು ಕಾರ್ಯಸಾಧ್ಯವಾದ ಗುರಿಯನ್ನು ಹೊಂದಿಸುವ ಮೂಲಕ ಪ್ರಾರಂಭವಾಗುತ್ತದೆ.

- ಧನ್ಯವಾದ ಹೇಳುವ ಮೂಲಕ ನಿಮ್ಮ ಜೀವನವನ್ನು ಉತ್ತಮಗೊಳಿಸಿ
- ನಾನು ಆಗಾಗ್ಗೆ "ಧನ್ಯವಾದಗಳು" ಎಂದು ಹೇಳುವುದಿಲ್ಲ ಮತ್ತು ನಾನು ಒಬ್ಬನೇ ಎಂದು ನಾನು ಅನುಮಾನಿಸುತ್ತೇನೆ.
- ವಾಸ್ತವವಾಗಿ, "ಧನ್ಯವಾದಗಳು" ಎಂಬುದು ಗ್ರಹದಲ್ಲಿ ಹೆಚ್ಚು ಕಡಿಮೆ ಮೆಚ್ಚುಗೆ ಪಡೆದ ಮತ್ತು ಕಡಿಮೆ-ಬಳಕೆಯ ನುಡಿಗಟ್ಟು ಎಂದು ನಾನು ನಂಬಲು ಪ್ರಾರಂಭಿಸುತ್ತಿದ್ದೇನೆ. ಇದು ಯಾವುದೇ ಪರಿಸ್ಥಿತಿಯಲ್ಲಿ ಸೂಕ್ತವಾಗಿದೆ
- ಯಾರಾದರೂ ನಿಮಗೆ ಅಪೇಕ್ಷಿಸದ ಸಲಹೆಯನ್ನು ನೀಡಿದಾಗ "ಧನ್ಯವಾದಗಳು" ಎಂದು ಹೇಳಿ.

ಪ್ರತಿಯೊಬ್ಬ ವ್ಯಕ್ತಿಯು ಸಾಧಿಸಲು ಸ್ವಯಂ ಸುಧಾರಣೆಯ ಮೇಲೆ ಕೆಲಸ ಮಾಡುವುದು ಬಹಳ ಮುಖ್ಯ.

ಡಾ.ಪಿ. ಬ್ರಿಯೊನ್ನಾ
VII B

ಪರಿಸರ ಮಾಲಿನ್ಯ: ಮಾನವ ಕುಲ ಎದುರಿಸುತ್ತಿರುವ ದೊಡ್ಡ ಸಮಸ್ಯೆ

ನಗರ ಪ್ರದೇಶಗಳಲ್ಲಿ ವಾಸ ಮಾಡುವ ಜನರಿಗೆ ಶುದ್ಧವಾದ ಗಾಳಿ ಸಿಗುವುದು ಕಷ್ಟವಾಗಿ ಒಮ್ಮೊಮ್ಮೆ ಉಸಿರಾಟಕ್ಕೆ ತೊಂದರೆಯಾಗುವುದುಂಟು.

ಜಪಾನಿನಲ್ಲಿ ರಸ್ತೆಯ ಬದಿಯಲ್ಲಿ ನಿಲ್ಲಿಸಿರುವ ಯಂತ್ರಕ್ಕೆ ಒಂದು

ನಾಣ್ಯವನ್ನು ಹಾಕಿ ಒಂದು ಬೀಸು ಶುದ್ಧ ಆಮ್ಲಜನಕ ಪಡೆಯುವುದನ್ನು

ನಾವೇ ಕೇಳಿರಬಹುದು. ವಾತಾವರಣದ ಗಾಳಿ ಪೂರ್ತಿ ಕೆಟ್ಟಾಗ ವಿದ್ಯಾರ್ಥಿಗಳು

ಜಾಲರಿಯ ಮುಖವಾಡ ಧರಿಸಿ ಕುಳಿತು ಪಾಠ ಕೇಳುವುದೂ ಉಂಟು. ನೀರಿಗೆ ಸೇರಿದ

ರಾಸಾಯಾನಿಕಗಳನ್ನು ಸೇವಿಸಿ ಮೀನುಗಳು ವಿಷಯುಕ್ತವಾಗಿ ಮರಣಿಸಿರುವುದನ್ನು ಪತ್ರಿಕೆಗಳಲ್ಲಿ

ನಾವು ಊದಿರುತ್ತೇವೆ. ಮೊಟ್ಟೆಯ ಚಿಪ್ಪಿನಲ್ಲಿ ಡಿ.ಡಿ.ಟಿ. ಸೇರಿ ಮೊಟ್ಟೆಗಳು ಹೊಡೆದು

ಹೋಗುವುದನ್ನು ನಾವು ಕೇಳಿರುತ್ತೇವೆ. ಇವೆಲ್ಲ ಭೂಮಿಯ ಗಾಳಿ, ನೀರು, ನೆಲ

ಮಲಿನಗೊಳ್ಳುವುದಕ್ಕೆ ಕೆಲವು ಉದಾಹರಣೆಗಳು. ಇದೆ ಪರಿಸರ ಮಾಲಿನ್ಯ.

ಮನೆ ಮಾತು ಕಾರ್ಖಾನೆಗಳ ಚಿಮಣಿ ಹೊಗೆಯುಗುಳುತ್ತದೆ. ವಾಹನಗಳ ನಾಲಿಗೆಗಳಿಂದ ಹೋಗೆ

ಬುಸಬುಸ ಹೊರಬರುತ್ತದೆ. ಕಟ್ಟಿಗೆ, ಕಲ್ಲಿದ್ದಲು, ಪೆಟ್ರೋಲು ಮತ್ತಿತರ ಹಲವಾರು ರಾಸಾಯಾನಿಕ

ಪದಾರ್ಥಗಳನ್ನು ದಹಿಸುವುದರಿಂದ ಹೊಗೆಯಲ್ಲಿ ಇಂಗಾಲ, ಸಾರಜನಕ, ಗಂಧಕದ ಒಕ್ಸಿಡೆಗಳು,

ಇತರ ಅನಿಲಗಳು ಗಾಳಿಯಲ್ಲಿ ಶೇಖರಗೊಳ್ಳುತ್ತವೆ. ಬೆಳೆಯ ಮೇಲೆ ಕೀಟನಾಶಕಗಳ ಸಿಂಪರಣೆ,

ಬಣ್ಣಗಳ ತಯಾರಿಕೆ ಇತ್ಯಾದಿಗಳಲ್ಲಿ ರಾಸಾಯಾನಿಕ ವಸ್ತುಗಳು ಗಾಳಿಯನ್ನು ಸೇರುತ್ತವೆ. ಗಣಿ

ಕೆಲಸ, ಕಟ್ಟಡ, ರಸ್ತೆ ನಿರ್ಮಾಣದ ಕೆಲಸಗಳಿಂದ ಧೂಳು ಹರಡುತ್ತದೆ. ಕೆಲವೊಮ್ಮೆ ಹಿಮದೂಳು

ವಾತಾವರಣದಲ್ಲಿ ತೆಳು ಮೋಡಗಳಂತೆ ಹರಡಿ ಗಾಳಿಯ ಚಲನೆಗೆ ತೊಂದರೆಯಾಗುವುದು.

ಇದರಿಂದ ಪರಿಸರ ಮಾಲಿನ್ಯ ಉಂಟಾಗುತ್ತದೆ.

ಗಾಳಿ ಅತಿಹೆಚ್ಚು ಮಲಿನಗೊಂಡರೆ ನಿದ್ರೆ ಹಾಳಾಗುತ್ತದೆ. ಕೆಮ್ಮು, ತಲೆಸುತ್ತುವುದು

ಪ್ರಾರಂಭವಾಗುತ್ತದೆ. ಕೈಗಾರಿಕಾ ಕೇಂದ್ರಗಳಲ್ಲಿ ಒಂದೆರಡು ನಿಮಿಷ ಗಾಳಿ ಕೆಟ್ಟಾಗ ಅಸ್ವಸ್ಥತೆ ಮತ್ತು

ಸಾವು ಸಂಭವಿಸುವುದುಂಟು. ಭೋಪಾಲ್ ವಿಷಾನಿಲ ದುರಂತದಿಂದ ನೂರಾರು ಜನರು ಸತ್ತು

ಸಾವಿರಾರು ಜನರು ಬಾಳು ದುಸ್ತರವಾಗಿ ಇರುವ ವಿಷಯ ಇನ್ನೂ ನಮ್ಮ ಕಣ್ಣಿಂದಿದೆ.

ಗಾಳಿ ಮಲಿನವಾಗುವುದನ್ನು ತಪ್ಪಿಸಲು ಕಾರ್ಖಾನೆಗಳಿಂದ ಹೊರಡುವ ಹೊಗೆಯನ್ನು ಅನಿಲ

ಶೋಧಕ ಯಂತ್ರಗಳಲ್ಲಿ ಸಂಸ್ಕರಿಸಿ ಹೊರಕ್ಕೆ ಬಿಡಬೇಕು. ವಾಹನಗಳಿಂದ ಹೊರಬರುವ

ಹೊಗೆಯನ್ನು ಕಡಿಮೆಮಾಡುವುದು, ಹೊಗೆ ಚಿಮ್ಮುವ ವಾಹನ ಸಂಚಾರ ನಿಯಂತ್ರಣ,

ಹೊರಚಿಮ್ಮುವ ಪ್ರಮಾಣವನ್ನು ಪರೀಕ್ಷಿಸುವುದು ಪರಿಸರ ಮಾಲಿನ್ಯವನ್ನು ತಡೆಗಟ್ಟುವ

ಪ್ರಯತ್ನಗಳು.

ಗಾಳಿ ಒಂದೇಸಮನೆ ಮಲಿನಗೊಂಡರೆ ಜೀವಿಗಳ ಪರಿಸರದ ಸಮತೋಲನ

ಏರುಪೇರಾಗಬಹುದು. ಕಾರ್ಬನ್ ಡೈ ಆಕ್ಸೈಡ್ (ಇಂಗಾಲದ ಡೈಯಾಕ್ಸೈಡ್) ಪ್ರಮಾಣ

ಅಧಿಕವಾದಂತೆ ಭೂಮಿಯ ಉಷ್ಣತೆ ಹೆಚ್ಚಬಹುದು. ಇದರಿಂದ ಧ್ರುವ ಪ್ರದೇಶಗಳ ಹಿಮ ಕರಗಿ

ಸಮುದ್ರಮಟ್ಟ ಏರಲೂಬಹುದು.



ಕೈಗಾರಿಕಾ ಕೊಳೆನದಿ, ಸರೋವರಗಳ ನೀರಿನಲ್ಲಿ ಸೇರಿದಾಗ ಅದರಲ್ಲಿ ಕ್ಯಾಲ್ಸಿಯಂ ಮತ್ತು ಮ್ಯಾಂಗನೀಸ್ ಅಂಶ ಅಧಿಕವಾಗಿ ನೀರು ಗಡುಸಾಗುತ್ತದೆ. ಇಂಥ ನೀರು ಕುಡಿಯಲು, ಕೈಗಾರಿಕೆಗಳಲ್ಲಿ ಬಳಸಲು ಆಗುವುದಿಲ್ಲ. ಕರ್ನಾಟಕದ ಅನೇಕ ಕಾರ್ಖಾನೆಗಳು ಕೊಳೆಯನ್ನು ಸಾಗಿಸಲು ತುಂಗಭದ್ರಾ, ಕಾವೇರಿ ಇತ್ಯಾದಿ ನದಿಗಳನ್ನು ಉಪಯೋಗಿಸುತ್ತವೆ. ದುರ್ಗಾಪುರದ ಕೈಗಾರಿಕಾ ಕೊಳೆ ದಾಮೋದರ ನದಿಯ ನೀರನ್ನು ಮಲಿನಗೊಳಿಸುತ್ತದೆ. ೧೯೬೯ ರಲ್ಲಿ ಗಂಗಾ ನದಿಯ ನೀರಿಗೆ ಹರಿದ ತೈಲಾಂಶ ಹೆಚ್ಚಾಗಿ ನೀರಿನ ಮೇಲೆ ಎಣ್ಣೆ ಹತ್ತಿಕೊಂಡು ಅನೇಕ ದಿನಗಳವರೆಗೆ ಉರಿಯಿತು. ಸಂಸ್ಕರಿಸದ ಯಮುನಾ ನದಿಯ ನೀರು ಕುಡಿದು ದೆಹಲಿಯ ನಾಗರಿಕರು ಕಾಮಾಲೆ ರೋಗ ದಿಂದ ನರಳಿದರು. ಟನ್ನುಗಟ್ಟಲೆ ಮೀನುಗಳು ಸತ್ತು ನೀರಿನ ಮೇಲೆ ತೇಲಿದವು. ಗಾಳಿ ನೀರು ಮಲಿನಗೊಂಡಂತೆ, ಭೂಮಿ ಸಹ ಮಲಿನಗೊಂಡಿದೆ. ಕ್ರಿಮಿನಾಶಕ ಮತ್ತು ಕೃತಕ ಗೊಬ್ಬರಗಳು ಭೂಮಿಯ ಮೇಲ್ಮೈಯನ್ನು ಕೆಡಿಸುತ್ತದೆ ಇದು ಕ್ರಮೇಣ ದುಷ್ಪರಿಣಾಮವನ್ನು ಬೀರುತ್ತದೆ. ಕ್ರಿಮಿನಾಶಕ ಮತ್ತು ಕೀಟನಾಶಕ ಗಳು ಆಹಾರ ಪದಾರ್ಥಗಳಲ್ಲಿ ಕಾಣಿಸಿಕೊಳ್ಳಬಹುದು ಹೆಚ್ಚಿನ ಪ್ರಮಾಣದಲ್ಲಿ ಇಂತಹ ರಾಸಾಯನಿಕ ಅಂಶಗಳು ತರಕಾರಿ, ಧಾನ್ಯ, ಹಾಲು-ಮೊಟ್ಟೆ -- ಇವುಗಳು ಶೇಖರವಾಗುವುದರಿಂದ ಮನುಷ್ಯನ ಆರೋಗ್ಯ ಕೆಡುತ್ತದೆ. ನೀರು ಗಾಳಿ ನೆಲ ಮಲಿನಗೊಂಡರೆ ಸಸ್ಯ ಪ್ರಾಣಿಗಳ ಜೊತೆಗೆ ಮನುಷ್ಯನಿಗೂ ಅಪಾಯವಿದೆ ಪರಿಸರ ಮಾಲಿನ್ಯ ಹೆಚ್ಚಾದಂತೆ ನೋಡಿಕೊಳ್ಳುವುದು ಮನುಷ್ಯರು ಎದುರಿಸಬೇಕಾದ ದೊಡ್ಡ ಸವಾಲಾಗಿದೆ.

ಆಪ್ತಿ ರಾಜಶೇಖರ

X C

ಜೈ ಜವಾನ್

ನಮ್ಮೆಲ್ಲರ ನಿರಾಳ ನಿದ್ದೆಗೆ, ನೆಮ್ಮದಿಯ ಬದುಕಿಗೆ ಕಾರಣರಾದವರು ನಮ್ಮ ಸೈನಿಕರು. ಯುದ್ಧಾತಂಕಗಳ ನಡುವೆಯೇ ಭರವಸೆಯ ಕಂದೀಲುಗಳಾಗಿ ನಿಂತವರು ಈ ಸೋಲ್ಜರ್‌ಗಳು. ದೇಶಪ್ರೇಮವೊಂದೇ ಅಲ್ಲ, ಅತ್ಯಂತ ಗಟ್ಟಿ ಗುಂಡಿಗೆಯ ಅಸಲಿ ಹೀರೋಗಳು ಇವರೇ.



ಕ್ಯಾಪ್ಟನ್ ವಿಕ್ರಮ್ ಬಾತ್ರಾ ಅವರು ನಿಷ್ಠುರವಾದ ಕೈಯನ್ನು ಹಿಡಿದು ಮತ್ತೊಂದು ಪರ್ವತದ ಮೇಲೆ ತ್ರಿವರ್ಣ ಧ್ವಜವನ್ನು ಹಾರಿಸಲು ಹೊರಟಿದ್ದರು.

1999ರ ಕಾರ್ಗಿಲ್ ಕದನದ ಕಥನ ಕೇಳಿದವರಿಗೆ ನೆನಪಿರಬಹುದಾದ ಹತ್ತಾರು ಯೋಧರಲ್ಲಿ ಇವರೂ ಒಬ್ಬರು. 13 ಸೈನಿಕರ ತಂಡದೊಂದಿಗೆ 17000 ಅಡಿ ಎತ್ತರದ, 80 ಡಿಗ್ರಿಯಷ್ಟು ಕಡಿದಾದ ಪಾಯಿಂಟ್ 5140 ಪರ್ವತವನ್ನು ಹತ್ತಿ ಪಾಕಿಸ್ತಾನೀಯರಿಂದ ಬಂಧಮುಕ್ತಿಗೊಳಿಸಿದ ಮಹಾ ಸೇನಾನಿ. ಅದು ಇಡೀ ಕಾರ್ಗಿಲ್ ಕಾರ್ಯಾಚರಣೆಯ ಅತ್ಯಂತ ರೋಚಕ ಮತ್ತು ಉಳಿದೆಲ್ಲ ಯಶಸ್ಸುಗಳಿಗೆ ಸ್ಫೂರ್ತಿ ತುಂಬಿದ ಯಶೋಗಾಥೆ.

ಹಾಗೆ, ಶತ್ರು ಸಂಹಾರ ಮಾಡಿ ಭಾರತದ ಧ್ವಜ ಹಾರಿಸುವ ಹೊತ್ತಿಗೆ ಅವನ ಮೈ ತುಂಬ ಗಾಯಗಳಾಗಿದ್ದವು, ಕೈಯಲ್ಲಿ ನೆತ್ತರ ಧಾರೆ. ಹೋಗಿ ವಿಶ್ರಾಂತಿ ಪಡೆಯಿರಿ ಎಂದು ಹಿರಿಯ ಅಧಿಕಾರಿಗಳು ಹೇಳಿದಾಗ ಬಾತ್ರಾ ಹೇಳಿದ್ದು: ಯೇ ದಿಲ್ ಮಾಂಗೇ ಮೋರ್!

ಹರ ಹಿಡಿದು ಅವನು ವಶಪಡಿಸಿಕೊಳ್ಳಲು ಮುಂದಾಗಿದ್ದು 16000 ಅಡಿ ಎತ್ತರದ ಪರ್ವತ ಪಾಯಿಂಟ್ 4875 ಅನ್ನು ಬೆಟ್ಟ ಹತ್ತುತ್ತಿದ್ದಂತೆಯೇ ಪಾಕಿಗಳು ಗುಂಡು ಹಾರಿಸಲು ಶುರು ಮಾಡಿದರು. ಭಾರತೀಯ ಸೈನಿಕನೊಬ್ಬ ಗಾಯಗೊಂಡಾಗ ಆ ಹಿಮದ ನಡುವೆ ಇತರ ಸೈನಿಕರನ್ನು ಬೆನ್ನ ಹಿಂದೆ ನಿಲ್ಲಿಸಿ ತಾನೇ ಮುನ್ನುಗ್ಗಿದ ಕ್ಯಾಪ್ಟನ್ ಬಾತ್ರಾ. ಗಾಯಾಳುವನ್ನು ಅವಚಿಕೊಳ್ಳುತ್ತಿದ್ದಂತೆಯೇ ಪಾಕಿಗಳ ಗುಂಡು ಬಾತ್ರಾನನ್ನು ಸೀಳಿ ಹಾಕಿತ್ತು. 1999ರ ಜುಲೈ 7ರಂದು ಮೃತಪಟ್ಟಾಗ ಆ ಹುಡುಗನ ವಯಸ್ಸು ಇನ್ನೂ ಕೇವಲ 24.

ಒಂದೋ ಕಾರ್ಗಿಲ್ ಬೆಟ್ಟಗಳಲ್ಲಿ ತ್ರಿವರ್ಣ ಧ್ವಜ ಹಾರಿಸಿ ಬರುತ್ತೇನೆ, ಇಲ್ಲವೇ ತ್ರಿವರ್ಣ ಧ್ವಜ ಹೊದ್ದು ಬರ್ತೇನೆ ಎಂದಿದ್ದ ಬಾತ್ರಾ ಎರಡನ್ನೂ ಸಾಧಿಸಿದ್ದ. ಅವನ ನೆನಪಿನಲ್ಲಿ ಸಹಯೋಧರು ಗೆದ್ದ ಪಾಯಿಂಟ್ 4875 ಇವತ್ತು ಬಾತ್ರಾ ಪರ್ವತ ಎಂದೇ ಜನಜನಿತ. ಜತೆಗೆ ಅವಿಸ್ಮರಣೀಯ ಘೋಷವಾಕ್ಯ: ಯೇ ದಿಲ್ ಮಾಂಗೇ ಮೋರ್!

ಅಷ್ಟು ಸಣ್ಣ ವಯಸ್ಸಲ್ಲೇ ಅಷ್ಟೊಂದು ಕೆಚ್ಚು, ಅಷ್ಟೊಂದು ಸಮರ್ಪಣೆ, ಅಷ್ಟೊಂದು ದೇಶಪ್ರೇಮ, ಅಷ್ಟೊಂದು ಮನೋಬಲ. ಅಬ್ಬಾ.. ಒಬ್ಬೊಬ್ಬ ಭಾರತೀಯ ಯೋಧರ ಕಥೆ ಕೇಳಿದರೂ ಮೈ ರೋಮಾಂಚನಗೊಳ್ಳುತ್ತದೆ. ಕೇವಲ ಸಾಹಸವೊಂದೇ ಅಲ್ಲ. ಸಾವು-ಬದುಕಿನ ನಿರ್ಣಾಯಕ ಕ್ಷಣದಲ್ಲೂ ತೆಗೆದುಕೊಳ್ಳುವ ಅಪೂರ್ವ ನಿರ್ಣಯಗಳು, ಮಾನವೀಯ ನಡೆ, ಇಡುವ ಪ್ರತಿ ಹೆಜ್ಜೆ ಅಚ್ಚರಿ ಮೂಡಿಸುತ್ತವೆ.

ಕಾರ್ಗಿಲ್ ಸಮರದಲ್ಲಿ ಹುತಾತ್ಮನಾದ ಯೋಧ ವಿಜಯಂತ್ ಥಾಪರ್ ಕೊನೆಯ ಯುದ್ಧಕ್ಕೆ ಹೋಗುವ ಮುನ್ನ ತನ್ನ 72 ವರ್ಷದ ತಂದೆಗೆ ಬರೆದ ಕೊನೆಯ ಪತ್ರವನ್ನೊಮ್ಮೆ ಓದಬೇಕು. 'ಅಪ್ಪಾ, ನಾನು ಮರಳಿ ಬರುತ್ತೇನೋ ಗೊತ್ತಿಲ್ಲ. ಬಾರದೆ ಇದ್ದರೆ ನನಗೊಂದು ಸಹಾಯ ಮಾಡಬೇಕು. ಉಗ್ರರ ದಾಳಿಯಲ್ಲಿ ಕಣ್ಣೆದುರೇ ಅಪ್ಪನನ್ನು ಕಳೆದುಕೊಂಡು, ಅತ್ಯಾಚಾರಕ್ಕೆ ಒಳಗಾದ ಪುಟ್ಟ ಹುಡುಗಿ ರುಕ್ಮನಾಳನ್ನು ಅಣ್ಣನಂತೆ ಪೊರೆಯುವ ಸಣ್ಣ ಕೆಲಸ ಮಾಡುತ್ತಿದ್ದೇನೆ. ನಾನು ಸತ್ತರೂ ಅವಳಿಗೆ ತಿಂಗಳಿಗೊಮ್ಮೆ 50 ರೂ. ಕಳುಹಿಸಬೇಕು, ಸಾಧ್ಯಾನಾ?' ಅಂತ ಕೇಳಿದ್ದ. ಅಪ್ಪ ಮಗನಿಗಿಂತಲೂ ಮಹಾಯೋಧ. ಆಕೆಯ ಶಿಕ್ಷಣಕ್ಕೆ ಸಹಾಯ ಮಾಡಿದ್ದಲ್ಲದೆ ತಂದೆಯಾಗಿ ನಿಂತು ಮದುವೆಯನ್ನೂ ಮಾಡಿಸಿದರು.

ಸೈನಿಕರೆಂದರೆ ಕೇವಲ ಯುದ್ಧ, ಉನ್ನಾದ, ಕಡಿ-ಕೊಲ್ಲು ಎನ್ನುವ ರೋಷವೆಂಬ ಭ್ರಮೆಗಳು ಭಿದ್ರಗೊಂಡಾಗ ಇಂಥ ಸಾವಿರಾರು ಸ್ಫೂರ್ತಿದಾಯಕ ಕಥೆಗಳು ಎದ್ದು ನಿಲ್ಲುತ್ತವೆ. ಕಣ್ಣೆದುರು ಸಾವಿರ ಸಾವಿರ ಹೀರೋಗಳ ಮೆರವಣಿಗೆ ಹೊರಡುತ್ತದೆ.

ಸೈನಿಕನಾಗೋದು ಸುಲಭವಲ್ಲ

ಅತ್ಯಂತ ಸಂಕಷ್ಟದಲ್ಲಿ ನಮಗೆ ನೆನಪಾಗುವ ಮೂವರೆಂದರೆ, ದೇವರು, ವೈದ್ಯರು ಮತ್ತು ಸೈನಿಕರು. ಆದರೆ, ಒಮ್ಮೆ ನೋವು ನೀಗಿದರೆ, ರೋಗ ವಾಸಿಯಾದರೆ, ಯುದ್ಧ ಕಳೆದರೆ ಇವರಾರಯರೂ ನೆನಪಲ್ಲಿರುವುದಿಲ್ಲ. ಸೈನಿಕರದ್ದೂ ಅಂಥ ಥ್ಯಾಂಕ್‌ಲೆಸ್ ಜಾಬ್. ಯುದ್ಧ ಕಾಲದಲ್ಲಿ ಅವರನ್ನು ಮಹಾ ಸಾಹಸಿಗಳಂತೆ ವಿಜೃಂಭಿಸಿ, ಯುದ್ಧೋನ್ನಾದವನ್ನು ಸೃಷ್ಟಿಸಿ ಗಡಿಗೆ ಕಳುಹಿಸಿ ನಾವು ಟೀವಿಗಳ ಮುಂದೆ ಕುಳಿತು 'ಎರ್ ಶೋ' ನೋಡುತ್ತೇವೆ. ಆದರೆ, ನಿಜವಾದ ರಣರಂಗದಲ್ಲಿ ಅವರು ಪಡುವ ಪಾಡು, ಕ್ಷಣ ಕ್ಷಣವೂ ಮೃತ್ಯುವಿಗೆ ಮುಖಾಮುಖಿಯಾಗುವ, ಅಲ್ಲೂ ದಿಟ್ಟಿದೆ; ಒಮ್ಮೆ ಪ್ರದರ್ಶಿಸಬೇಕಾದ ಅನಿವಾರ್ಯತೆಗಳು ಬಣ್ಣ ಬಣ್ಣದ ವಿವರಣೆಗಳಿಗೆ ಸೀಮಿತವಾಗುತ್ತವೆ.

ಗಮನಿಸಿ ನೋಡಿ, ಕೇವಲ ಕಟ್ಟುಮಸ್ತಾದ ದೇಹವಿದ್ದರಷ್ಟೇ ಸೈನಿಕನಾಗಲು ಸಾಧ್ಯವಿಲ್ಲ, ಶತ್ರುವಿನ ಮೇಲೆ ಅಗಾಧ ರೋಷವೋ, ಅಪ್ರತಿಮ ದೇಶಭಕ್ತಿಯೋ ಸೈನಿಕನಾಗಿ ನೆಲೆಗೊಳಿಸಲಾರದು, ತಂತ್ರಗಾರಿಕೆಯೊಂದೇ ಬದುಕಿಸಲಾರದು.

ಸೈನಿಕನಾಗಬೇಕಾದರೆ ಹುರಿಗೊಂಡ ದೃಢದೇಹದಲ್ಲಿ ದೇಶಪ್ರೇಮದ ನೆತ್ತರು ಹರಿಯುತ್ತಿರಬೇಕು. ಉಕ್ಕುವ ರೋಷದ ಜತೆಗೆ ವಾಸ್ತವದ ಅರಿವಿರಬೇಕು. ದೇಶವನ್ನು ರಕ್ಷಿಸುವ ಸಾಹಸಿಕ ಮನೋಸ್ಥೈರ್ಯದ ಜತೆಗೆ ಎಲ್ಲವನ್ನೂ ಕಳೆದುಕೊಳ್ಳಲೂ ಶಕ್ತವಾಗಿರುವ ಮನೋವೈರಾಗ್ಯವೂ ಬೇಕು. ಚಳಿ, ಗಾಳಿ, ಮಳೆ, ಹಗಲು-ರಾತ್ರಿ, ಗುಡ್ಡ-ಕೊರಕಲುಗಳ ನಡುವೆ ವೈರಿಯನ್ನು ಸದೆಬಡಿಯುವ ದಾಷ್ಟ್ರದ ಜತೆಗೆ ಬಂದೂಕಿಗೆ ಎದೆಯೊಡ್ಡುವ ಗುಂಡಿಗೆಯೂ ಬೇಕು. ಬಾಹ್ಯ ಪ್ರಚೋದನೆಗಳಿಗೆ ತೇಲಿ ಹೋಗದೆ ಎಲ್ಲವನ್ನೂ ಅವಲೋಕಿಸಿ ಹೆಜ್ಜೆ ಇಡಬಲ್ಲ ಮನೋದಾಡ್ಯವೂ ಬೇಕು.

ನಮ್ಮ ನಡುವಿನಿಂದ ಯೋಧರಾಗಿ ತಲೆ ಎತ್ತಿ ನಿಂತವರೆಲ್ಲ ಅಂಥ ಪ್ರಬಲ ಅಸ್ತ್ರಗಳನ್ನು ದೇಹದೊಳಗೆ ಆವಾಹಿಸಿಕೊಂಡೇ ಶಸ್ತ್ರಾಸ್ತ್ರ ತೊಟ್ಟು ದೇಶ ರಕ್ಷಣೆಗೆ ನಿಂತಿದ್ದಾರೆ ಎನ್ನುವುದು ನಮ್ಮ ಹೆಮ್ಮೆ.

ವಿಂಗ್ ಕಮಾಂಡರ್ ಅಭಿನಂದನ್ ವರ್ಧಮಾನ್ ಅವರ ಉದಾಹರಣೆಯೊಂದೇ ಸಾಕು ಭಾರತೀಯ ಸೈನಿಕರ ತಾಕತ್ತಿನ ಪರಿಚಯಕ್ಕೆ. ಪಾಕಿಸ್ತಾನದ ಎಫ್-16 ವಿಮಾನವನ್ನು ಮಿಗ್-21 ಮೂಲಕ ಬೆನ್ನಟ್ಟಿ ಹೊಡೆದುರುಳಿಸಿದ ಅಭಿನಂದನ್ ಅಂತಿಮವಾಗಿ ಶತ್ರುಪಾಳಯದ ಕೈಗೆ ಸಿಲುಕಿದರೂ ಕಾಪಾಡಿಕೊಂಡ ಘನತೆ, ದಿಟ್ಟಿದೆ ಆ ರಾಷ್ಟ್ರದ ಸೈನಿಕರಲ್ಲೂ ಸ್ಫೂರ್ತಿ ತುಂಬಿದ್ದರೆ ಅಚ್ಚರಿ ಇಲ್ಲ.

ವೈರಿಗಳ ನಡುವೆ ಇದ್ದರೂ ಅತ್ಯಂತ ನಿರ್ಭಾವುಕನಾಗಿ, ಸಣ್ಣ ನಡುಕವೂ ಇಲ್ಲದೆ ನಿಲ್ಲುವುದು ಒಬ್ಬ ಯೋಧನಿಗಷ್ಟೇ ಸಾಧ್ಯ. ಅದಕ್ಕಿಂತಲೂ ಹೆಚ್ಚಾಗಿ ಮರಳಿ ಭಾರತವನ್ನು ಪ್ರವೇಶಿಸುವಾಗ ಅವರು ತೋರಿದ ಗಾಂಭೀರ್ಯ ಯೋಧತ್ವದ ಶಿಖರ ಸ್ವರೂಪ.

ದೇಶದಲ್ಲಿ ಇಷ್ಟೊಂದು ಭಾವುಕತೆ ಮೆರೆಯುತ್ತಿದ್ದರೂ, ಘೋಷಣೆ, ಪ್ರಾರ್ಥನೆ, ಸಂಭ್ರಮಾಚರಣೆಗಳ ಸುಗ್ಗಿ ಇದ್ದರೂ ಯಾವ ಭಾವಾವೇಶಕ್ಕೂ ಒಳಗಾಗದೆ, ಕಿರುನಗೆಯೊಂದಿಗೆ ಅತ್ಯಂತ ಗಂಭೀರತೆಯನ್ನು ಕಾಪಾಡಿಕೊಂಡದ್ದು ಕೆಲವರಿಗಷ್ಟೇ ಸಾಧ್ಯವಾಗಬಲ್ಲ ತಪಸ್ಸು.

ಝಾನ್ಸಿ ರಾಣಿ ಲಕ್ಷ್ಮೀ ಬಾಯಿ

ಬಾಲ್ಯ ದಿಂದಲೇ ಹುಡುಗರಜೊತೆ ಕತ್ತಿವರಸೆ, ಕುದುರೆ ಸವಾರಿ ಕಲಿತ ಲಕ್ಷ್ಮೀ ಬಾಯಿ 1830ರ ನವೆಂಬರ್ 19 ರಂದು ಜನಿಸಿದಳು. ತಂದೆ ಮೋರೋಪಂತ.

ಪೇಶ್ವ ಎರಡನೆಯ ಬಾಜೀರಾಯನ ಆಶ್ರಿತ. ಬಾಜೀರಾಯ ಪೇಶ್ವ ಸ್ಥಾನ ಕಳೆದುಕೊಂಡ ನಂತರ ಚಿತ್ತೂರಿಗೆ ಬಂದಾಗ ಮೋರೋಪಂತ ಮಗಳ ಜೊತೆ ಅವನನ್ನು ಹಿಂಬಾಲಿಸಿದ. ಲಕ್ಷ್ಮೀ ಬಾಯಿಯ ಹುಟ್ಟಿದ ಹೆಸರು



ಮಣಿಕರ್ಣಿಕಾ, ಬಾಜೀರಾಯನ ಮಕ್ಕಳ ಜೊತೆ ಯುದ್ಧ ವಿದ್ಯೆ ಕಲಿತಳು. ಝಾನ್ಸಿ ಯ ರಾಜ ಗಂಗಾಧರ ನವಲ್ಕರ್ ಜೊತೆ ಅವಳ ವಿವಾಹ ನಡೆಯಿತು. ಗಂಡನ ಮನೆಯವರು ಅವಳನ್ನು ಲಕ್ಷ್ಮೀ ಬಾಯಿ ಎಂದು ಕರೆದರು. ಹುಟ್ಟಿದ ಮಗು ಮರಣಿಸಿತು. ಇದೇ ಚಿಂತೆಯಿಂದ ನವಲ್ಕರ್ ಕಾಯಿಲೆಯಿಂದ ನರಳಿ 1956ನವಂಬರ್ 21 ರಂದು ಮರಣಿಸಿದ. ಅನಂತರ ಆಕೆ ತನ್ನ ಅಕ್ಕನ ಮಗನನ್ನು ದತ್ತು ತೆಗೆದುಕೊಂಡಳು. ಬ್ರಿಟಿಷರು ಈ ದತ್ತು ಸ್ವೀಕಾರವನ್ನು ನಿರಾಕರಿಸಿದರು.

ಬ್ರಿಟಿಷರ ವಿರುದ್ಧ ಹೋರಾಟ ನಡೆಸಲು ಸಾಧುವೊಬ್ಬ ರಾಣಿಯ ಬಳಿ ಬಂದು ಧನ ಸಹಾಯ ಕೇಳಿದ. ಆಕೆ ತನ್ನ ಸ್ವಂತ ಖಜಾನೆಯಿಂದ ಹಣ ಕೊಟ್ಟಳು. ಸುದ್ದಿ ಬ್ರಿಟಿಷರಿಗೆ ತಿಳಿಯಿತು. ಆಕೆ ದಂಗೆಕೋರರ ಪಡೆಗೆ ಸೇರಿದವಳೆಂದು ಬ್ರಿಟಿಷರು ಆರೋಪಿಸಿದರು. ರಾಜ್ಯಾಡಳಿತವನ್ನು ತಮಗೆ ಬಿಟ್ಟು ಕೊಡಲು ಅವರು ಒತ್ತಾಯಿಸಿದರು. ರಾಣಿ ತನ್ನ ಪ್ರಜೆಗಳು ಮತ್ತು ಸಂಸ್ಥಾನಿಕರ ನೆರವಿನಿಂದ ಬ್ರಿಟಿಷರನ್ನು ಎದುರಿಸಲು ಸನ್ನದ್ಧಳಾದಳು. ಅಗತ್ಯವಾದ ಯುದ್ಧ ಸಾಮಗ್ರಿಗಳನ್ನು ಕೂಡಿ ಹಾಕಿದಳು. ಸರ್ ಹೂರೋಜ್ 1858 ಮಾರ್ಚ್ 22 ರಂದು ಝಾನ್ಸಿ ಯ ಮೇಲೆ ದಾಳಿ ನಡೆಸಿದ. ಲಕ್ಷ್ಮೀ ಬಾಯಿ ಅತ್ಯಂತ ದಕ್ಷತೆ, ಶಿಸ್ತು, ಅಪ್ರತಿಮ ಶೌರ್ಯದಿಂದ ಬ್ರಿಟಿಷರ ವಿರುದ್ಧ ಹೋರಾಡಿದಳು. ಫಿರಂಗಿ ಹೊಡೆತದಿಂದ ಬಿರುಕು ಬಿಟ್ಟ ಕೋಟೆಯನ್ನು ಸರಿಪಡಿಸಲು ಹೆಂಗಸರು ಅವಿಶ್ರಾಂತವಾಗಿ ಶ್ರಮಿಸಿದರು. ಲಕ್ಷ್ಮೀ ಬಾಯಿ ಸ್ವತಃ ಎಲ್ಲೆಡೆ ಸಂಚರಿಸಿ ತನ್ನ ಸೈನಿಕರನ್ನೂ, ಜನರನ್ನೂ ಹುರಿದುಂಬಿಸಿದಳು. ಕೋಟೆಯನ್ನು ವಶಪಡಿಸಿಕೊಳ್ಳಲು ಬ್ರಿಟಿಷರು ಹೆಣಗಾಡಬೇಕಾಯಿತು. ತಾತ್ಕಾಲಿಕವಾಗಿ ಲಕ್ಷ್ಮೀ ಬಾಯಿಯ ಸಹಾಯಕ್ಕೆ ಬಂದ. ಈಗ ಬ್ರಿಟಿಷರೂ ಅವನೊಡನೆ ಹೋರಾಡುವುದು ಅನಿವಾರ್ಯವಾಯಿತು. ಕೊನೆಗೂ ಬ್ರಿಟಿಷರು ಎಲ್ಲ ಅಡ್ಡಿ ಆತಂಕಗಳನ್ನು ನಿವಾರಿಸಿಕೊಂಡು ಝಾನ್ಸಿ ಯನ್ನು ವಶಪಡಿಸಿಕೊಂಡರು. - ಲಕ್ಷ್ಮೀ ಬಾಯಿ ಮತ್ತು ಅವಳ ರಕ್ಷಕರು ವೈರಿಗಳ ಕೈಗೆ ಸಿಕ್ಕದೆ ತಪ್ಪಿಸಿಕೊಂಡರು. ಕಾಲ್ಪಿಗೆ ಹೋಗಿ ತಾತ್ಕಾಲಿಕವಾಗಿ ಸೇರಿಕೊಂಡರು. ಬ್ರಿಟಿಷರು ಕಾಲ್ಪಿ ಯ ಮೇಲೆ ದಾಳಿ ಮಾಡಿ ಅದನ್ನು ತಮ್ಮ ವಶಪಡಿಸಿಕೊಂಡರು. ಬ್ರಿಟಿಷರ ಸ್ನೇಹಿತನಾಗಿದ್ದ ಸಿಂಧ್ಯದ ರಾಜಧಾನಿ ಗ್ವಾಲಿಯರ್ ಮೇಲೆ ಲಕ್ಷ್ಮೀ ಬಾಯಿ ಮತ್ತು ತಾತ್ಕಾಲಿಕವಾಗಿ ದಾಳಿ ನಡೆಸಿದರು. ಸಿಂಧ್ಯ ಮತ್ತು ಅವನ ಪರಿವಾರದವರು ತಪ್ಪಿಸಿಕೊಂಡು ಓಡಿಹೋದರು. ಗ್ವಾಲಿಯರ್ ಸುಲಭವಾಗಿ ಅವನ ವಶವಾಯಿತು. ಬ್ರಿಟಿಷರು ತಮ್ಮ ಸ್ನೇಹಿತ ಸಿಂಧ್ಯನಿಗೆ ಸಹಾಯ ಮಾಡಲು ಗ್ವಾಲಿಯರ್ಗೆ ಮುತ್ತಿಗೆ ಹಾಕಿದರು. ಈ ಸಂದರ್ಭದಲ್ಲಿ 1858 ಜೂನ್ 17 ರಂದು ಬೆಳಿಗ್ಗೆ ವೈರಿಗಳ ಕಡೆಯಿಂದ ಬಂದ ಗುಂಡ ಲಕ್ಷ್ಮೀ ಬಾಯಿಗೆ ತಗುಲಿತು. ಝಾನ್ಸಿ ರಾಣಿ ಲಕ್ಷ್ಮೀ ಬಾಯಿ ಮರಣಿಸಿದಳು. ಕೋಟೆ ಮತ್ತು ಪೂಲ್ಬಾಗ್ಗಳ ನಡುವೆ ನದೀತೀರದಲ್ಲಿ ಆಕೆಯ ದೇಹಕ್ಕೆ ದಹನ ಸಂಸ್ಕಾರ ನಡೆಯಿತು.



हिंदी लेख

मेरी माँ

मेरी माँ दुनिया की सबसे प्यारी माँ है ।

मेरी माँ मेरे लिए सबसे महत्वपूर्ण है ।

वह मुझसे बहुत प्यार करती है ।

वह घरेलू कामों में बहुत रुची लेती है ।

वह हम सब के लिए स्वादिष्ट खाना बनाती है ।

मैं घर के कामों में अपनी माँ की मदद करती हूँ ।

माँ अपने सुखों का त्याग करते हुए, दिन भर हमारी खुशियों का ख्याल रखती है ।

मेरी माँ बहुत शिक्षित नहीं है लेकिन वह पूरी दुनियाँ को समझती है ।

खतिजातुल कुबरा
तीसरी कक्षा (सी)



मेरी प्रिय शिक्षिका

श्रीमती रुबी मैम मेरी प्रिय शिक्षिका है। हम सब बच्चों उन्हें प्यार से रुबी मैम कहते हैं। उनका स्वभाव बहुत अच्छा है। वह प्राथमिक विद्यालय की शिक्षिका है। पहली कक्षा से लेकर चौथी कक्षा तक के बच्चों को हिन्दी पढ़ाती है। उनके पढ़ाने का ढंग बहुत अच्छा है। हम सब उनका आदर करते हैं। वह हम को व्याकरण अच्छी तरह से समझाती हैं। मैम बच्चों को हिन्दी कविता प्रतियोगिता की शिक्षा देती है। हम सब उन्हें बहुत प्यार करते हैं।



रिफा अतीक
तीसरी कक्षा (ए)

सब से अनमोल उपहार माता-पिता

भगवान के बाद सब से बड़ा स्थान मेरे माता-पिता का है। मेरी माँ हमारे लिए हर दुख और मुसीबत सहती है और हमें खुश रखती है। पढ़ाई में मदद करती है। मेरे पापा आफिस में काम करते हैं। मुझे मनपसंद चीज़ें देते हैं। मेरे सालगिरह में मम्मी पापा अच्छे-अच्छे उपहार देते हैं। मैं अपने मम्मी पापा को बहुत प्यार करती हूँ। मेरे मम्मी-पापा संसार के सबसे अच्छे माता-पिता हैं।



ऐमन अंसारी
चौथी कक्षा (बी)

मै और मेरी माँ

माँ की ममता माँ का प्यार
झूठा है सारा संसार
गोद उठाती लोरी गाती
पहले खाना मुझे खिलाती
करती पल-पल मुझे दुलार
माँ की ममता माँ का प्यार



माँ की आँखों के तारे हम
घर के राज दुलारे हम
मीठे स्वर में रही पुकार
माँ की ममता माँ का प्यार
दूर नहीं है रहने देती
आँसू नहीं है बहने देती
कौन है जग में माँ के जैसा
माँ की ममता माँ का प्यार

आईज़ा सेठ

चौथी कक्षा (सी

मेरा प्रिय फूल

गुलाब मेरा प्रिय फूल है। यह फूलों का राजा कहलाता है। गुलाब हर फूलों की वाटिका में विभिन्न रंगों में पाया जाता है। लाल, सफेद गुलाबी, और पीले। यह अलग-अलग आकारों में पाए जाते हैं। मुझे लाल गुलाब बहुत पसंद है। इसकी खुशबू बहुत अच्छी होती है। कई जगहों में सजावट के लिए गुलाब के फूलों का इस्तमाल किया जाता है। यह ईश्वर का अनमोल उपहार है।



खुतिज़ा बी
चौथी कक्षा(सी)

मेरा सपना

मेरे जीवन का उद्देश्य एक डाक्टर बनना है। यह एक मानव सेवा है। एक डा० ही व्यक्ति की बीमारी को समझकर उसकी सही इलाज कर सकते हैं। यह मेरा सपना है कि मैं लोगों की दुख दर्द जरूरत को समझकर उनकी सहायता कर पाऊं। डा० बनकर गरीबों की सेवा करना मेरा कर्तव्य है। एक डा० को दवाईयों का पूरा ग्यान होना चाहिए। मेरा आत्मविश्वास है कि मैं अपनी लक्ष्य को ज़रूर प्राप्त करूंगी।



साईदा हुजैफा
चौथी कक्षा (बी)

मेरा पसंद का खेल शतरंज

सभी इंडोर खेलों में शतरंज खेलना मुझे अधिक पसंद है। यह खेल अन्य खेलों से अलग है। यह एक पट्टी पर खेला जाता है। जिसका आकार चौकोर होता है। इस पट्टी पर सफेद और काली पट्टी बनी होती है। इस पट्टी में कुल ६४ खाने होते हैं। यह खेल दो लोगों के बीच खेला जाता है। एक खिलाड़ी के पास सफेद रंग और दूसरे खिलाड़ी के पास काली रंग की गोटी होती है। इन गोटी में ऊंट हाथी राजा वजीर और सिपाही इत्यादी होते हैं।

शतरंज हमारे राष्ट्रीय खेलों में से एक है। यह बहुत रोचक खेल है। जिसे हर उम्र के लोग खेलते हैं। शतरंज के खेल को खेलने में ज्यादा अपने दिमाग का इस्तमाल किया जाता है और दिमागी विकास के लिए यह अच्छा माना जाता है।



जानवी सतीश
चौथी कक्षा (ए)

मेरा जीवन का लक्ष्य

मेरे जीवन का लक्ष्य एक पुलिस अधिकारी बनना है। चौथी कक्षा के छात्र के रूप में मुझे पता है कि एक पुलिस अधिकारी बनने के लिए बहुत कड़ी मेहनत और प्रतिबद्धता की आवश्यकता होती है। मैं अपने लक्ष्य को प्राप्त करने के लिए तैयार हूँ। मेरा मानना है कि एक पुलिस अधिकारी होने का मतलब अपराधियों को पकड़ना नहीं है, बल्कि जरूरतमंद लोगों की मदद करना भी है। मैं सुरक्षा को बढ़ावा देने, कमजोर लोगों की रक्षा करने और पुलिस समुदाय के बीच विश्वास के साथ काम करना चाहती हूँ। मेरा मानना है कि एक पुलिस अधिकारी होना एक महान पेशा है जिसमें बहादुरी, मेहनत और करुणा की आवश्यकता होती है। मैं अपने समुदाय की सेवा करने और लोगों के जीवन पर सकारात्मक प्रभाव डालने की संभावना को लेकर उत्साहित हूँ।



गिलीडा जीवोना
चौथी कक्षा (सी)

मेरा प्रिय खेल

मेरा प्रिय खेल लुकाछिपी है। यह खेल बहुत आसान और मजेदार है। यह खेल चार और उससे भी अधिक खिलाड़ियों द्वारा खेला जा सकता है। यह बच्चों का पसंदीदा खेल है। लुकाछिपी खेल को अंग्रेजी में हाइड एंड सीक कहते हैं। यह खेल घर के अंदर और बाहर खेला जा सकता है। इस खेल में एक खिलाड़ी आँख बंद करके गिनती गिनता है, जबकि बाकी खिलाड़ी छिप जाते हैं। गिनती खत्म होने के बाद वह छिपे हुए खिलाड़ियों की तलाश में लग जाता है।



खेल तब तक जारी रहता है जब तक की सभी छिपने वाले नहीं मिल जाते। यह बचपन का यादगार खेल है।

सारा सैयद

तीसरी कक्षा (सी)

चिड़िया घर में बिताया गया समय

चिड़िया घर की यात्रा एक दिलचस्प अनुभव है। शनिवार को मैं अपने माता - पिता के साथ चिड़िया घर गये। पिताजी ने हम सब के लिए टिकट लिया। हम सब अंदर प्रवेश हुए। छुट्टी के दिन बहुत भीड़ थी। बेंगलूरु में स्थित बनरगट्टा उद्यान गए। यँहा हमने अनेक तरह की प्राणी और पक्षी देखे। जंगली बिल्लियाँ भारतीय तेदुओ, बाघ, चीता और हाथियों को देखे। सफारी में ड्राइव करते हुए पिजरे में बंद जानवरों को देखा जा सकता है। इस पार्क में एक साँप और मगरमच्छों का फार्म भी है। यहाँ हमने सफेद बाघों को देखा। देश की पहली तितली पार्क इस चिड़िया घर में स्थापित किया गया था। हमने अलग तरह के पक्षियों को देखा।



चिड़िया घर घूमने का अनुभव हमारा बहुत अच्छा रहा और बहुत मज़ा आया। शाम को हम लोगों ने होटल में खाना खाया और घर लौट आए।



जानवीं सतीश
तीसरी कक्षा (ए)

समय तो लगेगा ही ना...

समय तो लगेगा ही ना,
चीज़ों को बदलने में,
रश्तों को संभालने में,
ख्वाहिशों को पूरा होने में,
समय तो लगेगा ही ना,
घरवालों को समझने में,
खुद को वापस जोड़ने में,
नई चीज़ों में ढलने में,
समय तो लगेगा ही ना,
खुद से जदिगी बनाने में,
अपनों को खुश रखने में,
समय को समझ के समय देना
ही तो समझ है,
समय तो लगेगा ही ना,

Azka Azeema
IX 'C'



तनाव प्रबंधन:

तनाव एक जटिल घटना है और यह किसी भी खतरे के प्रति शरीर की प्रतिक्रिया है - जो जीवित रहने की प्रवृत्ति के रूप में कार्य करती है। तनाव मन की एक अवस्था है जो मानव शरीर में कुछ जैव रासायनिक प्रतिक्रियाओं को दर्शाती है, जो चिंता, घबराहट या अवसाद की भावना से उत्पन्न होती है। तनाव प्रबंधन आवश्यक हो जाता है क्योंकि यह व्यक्ति को अपने जीवन पर तनाव की पकड़ को तोड़ने में मदद करता है। तनाव किसी के मानसिक और शारीरिक स्वास्थ्य को नुकसान पहुंचा सकता है, इसलिए तनाव का प्रबंधन करने से व्यक्ति को स्वस्थ जीवन जीने में मदद मिलती है। तनाव प्रबंधन काम, परिवार, रिश्ते, मौज-मस्ती और विश्राम के लिए उचित समय के साथ संतुलित जीवन के अंतिम लक्ष्य को प्राप्त करने में मदद करता है। यह दबाव में काम करने और चुनौतियों का डटकर सामना करने की लचीलापन भी देता है। हालाँकि, जैसे हर व्यक्ति एक जैसी चीज़ों से प्रभावित नहीं होता है, वैसे ही एक जैसी चीज़ें हर किसी के तनाव का कारण नहीं बनती हैं। इसलिए, हर व्यक्ति के लिए तनाव प्रबंधन तकनीक अलग-अलग होती है।

~छवि जैन
9ए



"तुम मेरी पसंदीदा बहन हो।" यह इस ब्रह्मांड की सबसे सुखद बात है, जब आप इसे अपनी छोटी बहन से सुनते हैं। लोग कहते हैं कि दो बहनें सबसे अच्छी दोस्त होती हैं जो अपूरणीय, अविभाज्य और एक-दूसरे से प्यार करती हैं। लेकिन इस मामले में यह बिल्कुल उलटा है. बड़ी बहन अपनी छोटी बहन की मदद करने, उसकी देखभाल करने और उससे प्यार करने की कोशिश करती है, लेकिन आखिरकार, छोटी बहन बड़ी बहन को छोटी-छोटी आहत करने वाली बातें कहती है, जिससे उसका दिल टूट जाता है। बड़ी बहन कितनी कोशिश करेगी? जब तक छोटी बहन उसके विचारों और भावनाओं को स्वीकार नहीं करती, तब तक उसका कोई भला नहीं होगा... काश! काश ऐसा होता कि वे दोनों भी इस दुनिया की अन्य बहनों की तरह खुश और मिलनसार रहें।

~कृति जैन

9 ए.



चित्रकला

ड्राइंग, आमतौर पर स्याही, ग्रेफाइट, चाक, लकड़ी का कोयला, या क्रेयॉन के निशान के माध्यम से, आमतौर पर कागज की सतह पर चित्र बनाने की कला या तकनीक।

औपचारिक कलात्मक सृजन के रूप में चित्रण को मुख्य रूप से दृश्यमान दुनिया में वस्तुओं की रेखिक प्रस्तुति के साथ-साथ अवधारणाओं, विचारों, दृष्टिकोण, भावनाओं और कल्पनाओं को दृश्य रूप, प्रतीकों और यहां तक कि अमूर्त रूपों के रूप में परिभाषित किया जा सकता है। हालाँकि, यह परिभाषा उन सभी ग्राफिक कलाओं और तकनीकों पर लागू होती है, जो पेंटिंग की तरह, द्रव्यमान और रंग के बजाय रूप या आकार पर जोर देती हैं। ड्राइंग ग्राफिक प्रिंटिंग प्रक्रियाओं से इस मायने में भिन्न है कि उत्पादन और परिणाम के बीच सीधा संबंध मौजूद होता है। संक्षेप में, ड्राइंग सीधे वाहक पर लागू किए गए क्रमिक प्रयास का अंतिम उत्पाद है।



जबकि एक चित्र पुनरुत्पादन या प्रतिलिपि बनाने का आधार बन सकता है, फिर भी यह अपनी प्रकृति से अद्वितीय है। हालाँकि प्रत्येक कलाकृति के पहले प्रारंभिक रेखाचित्र के रूप में कोई चित्र नहीं बनाया गया है, फिर भी चित्रांकन वास्तव में सभी दृश्य कलाओं का आधार है। अक्सर ड्राइंग पूरे हो चुके काम में समाहित हो जाती है या पूरा होने के दौरान नष्ट हो जाती है। इस प्रकार, जिस इमारत को खड़ा किया जाना है उसके ग्राउंड प्लान ड्राइंग की उपयोगिता इमारत के ऊपर जाने के साथ कम हो जाती है। इसी तरह, कच्चे पत्थर के ब्लॉक पर अंकित बिंदु और रेखाएं उस मूर्तिकला के लिए सहायक चित्र का प्रतिनिधित्व करती हैं जिसे सामग्री से बनाया जाएगा। मूलतः, प्रत्येक पेंटिंग रेखाओं से बनी होती है और उसकी मुख्य रूपरेखा पूर्व-रेखांकित होती है; जैसे-जैसे काम आगे बढ़ता है, यह रंगीन सतहों में समेकित हो जाता है। जैसा कि निष्कर्षों और जांचों की बढ़ती संख्या से पता चलता है, चित्र

भित्तिचित्र, पैनल और पुस्तक चित्रों का भौतिक आधार बनते हैं। ऐसे प्रारंभिक रेखाचित्र केवल मुख्य रूपरेखा को इंगित कर सकते हैं या सटीक विवरण तक अंतिम निष्पादन को पूर्व निर्धारित कर सकते हैं। वे महज़ जांच रेखाचित्र भी हो सकते हैं। वास्तविक लघु-स्तरीय ड्राइंग के प्रकट होने से बहुत पहले, इस प्रक्रिया का उपयोग स्मारकीय भित्ति चित्रों के लिए बहुत अधिक किया जाता था। सिनोपिया के साथ - भित्तिचित्र के नीचे की दीवार पर स्वयं की एक परत पर पाया जाने वाला प्रारंभिक रेखाचित्र, या ताजा फैला हुआ, नम प्लास्टर पर पेंटिंग - कोई उस बिंदु पर पहुंचता है जहां एक काम जो केवल तकनीकी तैयारी के रूप में कार्य करता है वह एक कलात्मक अभिव्यक्ति को व्यक्त करने वाला एक औपचारिक चित्र बन जाता है इरादा।

हालाँकि, 14वीं शताब्दी के अंत तक, चित्रकारी अपने आप में नहीं आई - अब आवश्यक रूप से, वैचारिक या भौतिक रूप से, किसी अन्य कला के अधीन नहीं रही। स्वायत्त, या स्वतंत्र, चित्र, जैसा कि नाम से पता चलता है, स्वयं एक कलात्मक प्रयास का अंतिम उद्देश्य हैं; इसलिए, उन्हें आम तौर पर एक सचित्र संरचना और विवरण तक सटीक निष्पादन द्वारा चित्रित किया जाता है।

औपचारिक रूप से, ड्राइंग कलात्मक इरादों की अभिव्यक्ति के लिए व्यापक संभव गुंजाइश प्रदान करता है। पिंड, स्थान, गहराई, पर्याप्तता और यहां तक कि गति को ड्राइंग के माध्यम से दृश्यमान बनाया जा सकता है। इसके अलावा, अपने कथन की तात्कालिकता के कारण, रेखाचित्र रेखा के प्रवाह में ड्राफ्ट्सपर्सन के व्यक्तित्व को अनायास व्यक्त करता है; वास्तव में, यह सभी कलात्मक कथनों में सबसे व्यक्तिगत है। इस प्रकार यह प्रशंसनीय है कि जिस सम्मान में ड्राइंग को महत्व दिया गया वह व्यक्तिगत कलात्मक प्रतिभा को दिए गए मूल्य के समानांतर विकसित होना चाहिए था। पुनर्जागरण के बाद से, चित्रकारी धीरे-धीरे कलाकारों और जनता की नज़र में अपनी गुमनाम और उपयोगितावादी स्थिति खो रही है, और इसके दस्तावेजों को तेजी से महत्व दिया गया है और एकत्र किया गया है।

यह लेख सौंदर्य संबंधी विशेषताओं, अभिव्यक्ति के माध्यमों, विषय वस्तु और ड्राइंग के इतिहास से संबंधित है।

धन्यवाद

शौना राकेश

VIII B

हिम्मत नहीं हारना

यदि कोई व्यक्ति एक बार असफल हो जाता है, तो उसे हिम्मत नहीं हारनी चाहिए। उसे उन गलतियों का निरीक्षण करना चाहिए जो विफलता का कारण बनीं और अपने अगले प्रयास में उन्हें दूर करने का प्रयास करें।

बार-बार प्रयास करने से व्यक्ति को सफलता मिलती है। जीवन

एक लंबी यात्रा है और जीवन और करियर के दौरान, व्यक्ति को कई उतार-चढ़ाव का सामना करना पड़ता है। जीवन के रास्ते में कई परेशानियों और बाधाओं का सामना करना पड़ सकता है,

लेकिन इन स्थितियों पर निराश नहीं होना चाहिए। कभी सफलता मिलती है तो कभी असफलता।

असफलताएँ एक बेहतर दृष्टिकोण देती हैं जिसके माध्यम से हम सफलता की ओर अपना रास्ता तय कर सकते हैं। इसलिए हमें हमेशा विफलता को सफलता के लिए पहले कदम के रूप में मानना चाहिए।

एक कहावत है जो बताती है कि जीतना और हारना एक ही सिक्के के दो पहलू हैं, जैसे दर्द और खुशी जीवन का हिस्सा हैं और हमारे अनुभवों, दृष्टिकोणों और विश्वासों को आकार देते हैं। दोनों परिणामों के प्रभाव और निहितार्थ को समझना एक पूर्ण जीवन जीने में आवश्यक है।

*Success
Takes
Courage*

ग्लोबल वार्मिंग

समय के साथ, पृथ्वी के औसत वैश्विक तापमान में संचयी वृद्धि को ग्लोबल वार्मिंग कहा जाता है। ऐसा कहा गया है कि विभिन्न कारणों से मनुष्यों द्वारा बड़े पैमाने पर वनों की कटाई इसके लिए ज़िम्मेदार है। हर साल हम बहुत अधिक ईंधन का उपयोग करते हैं। मानव जनसंख्या बढ़ने के कारण लोगों की जरूरतों को पूरा करना असंभव होता जा रहा है। प्राकृतिक संसाधनों का उपयोग सावधानी से करना चाहिए क्योंकि वे सीमित हैं। यदि मनुष्य वनों और जलमार्गों जैसी खनजि संपदा का अत्याधिक उपयोग करेगा तो पारस्थितिकी तंत्र असंतुलित हो जाएगा। केवल तापमान वृद्धि ही ग्लोबल वार्मिंग का एकमात्र संकेत नहीं है। इसके अन्य परिणाम भी हैं। तूफान, बाढ़ और हिमस्खलन सहित प्राकृतिक आपदाएँ पूरे ग्रह पर हो रही हैं। इन सबका सीधा संबंध ग्लोबल वार्मिंग से है। अपने पर्यावरण की रक्षा के लिए हमें ग्लोबल वार्मिंग के नकारात्मक प्रभावों से बचाव के लिए अपनी पारस्थितिकी का पुनर्निर्माण करना होगा। पृथ्वी को एक अच्छी जगह बनाने के लिए हम सभी को मिलकर काम करना चाहिए। यदि हम अपने जीवनकाल में अधिक से अधिक पौधे उगाने के लिए प्रतबिद्ध हों, तो पृथ्वी एक बेहतर स्थान बन जाएगी।



Anna Maria
VIII 'B'

राष्ट्रभाषा - हिन्दी
“है भव्य भारत ही हमारी मातृभूमि हरी-भरी।
हिन्दी हमारी राष्ट्रभाषा और लिपि है देवनागरी।।”
-मैथिलीशरण गुप्त



किसी भी देश में सबसे अधिक बोली एवं समझी जानेवाली भाषा ही वहाँ की राष्ट्रभाषा होती है। प्रत्येक राष्ट्र का अपना स्वतन्त्र अस्तित्व होता है, उसमें अनेक जातियों, धर्मों एवं भाषाओं के लोग रहते हैं; अतः राष्ट्रीय एकता को सुदृढ़ बनाने के लिए एक ऐसी भाषा की आवश्यकता होती है, जिसका प्रयोग राष्ट्र के सभी नागरिक कर सकें तथा राष्ट्र के सभी सरकारी कार्य उसी के माध्यम से किए जा सकें।

मनुष्य चाहे जितनी भी भाषाओं का ज्ञान प्राप्त कर ले, परन्तु अपनी भावनाओं को व्यक्त करने के लिए उसे अपनी भाषा की शरण लेनी ही पड़ती है। इससे उसे मानसिक सन्तोष का अनुभव होता है। इसके अतिरिक्त राष्ट्रीय एकता को बनाए रखने के लिए भी राष्ट्रभाषा की आवश्यकता होती है।

स्वतन्त्र भारत के संविधान में हिन्दी को ही राष्ट्रभाषा के रूप में स्वीकार किया गया, परन्तु आज भी देश के अनेक प्रान्तों ने इसे राष्ट्रभाषा के रूप में स्वीकार नहीं किया है। हिन्दी संसार की सबसे अधिक सरल, मधुर एवं वैज्ञानिक भाषा है, फिर भी हिन्दी का विरोध जारी है।

हिन्दी की प्रगति और उसके विकास की भावना का स्वतन्त्र भारत में अभाव है। राष्ट्रभाषा के रूप में हिन्दी की प्रगति के लिए केवल सरकारी प्रयास ही पर्याप्त नहीं होंगे; वरन् इसके लिए जन-सामान्य का सहयोग भी आवश्यक है।

हिन्दी भारत के विस्तृत क्षेत्र में बोली जानेवाली भाषा है, जिसे देश के लगभग 35 करोड़ व्यक्ति बोलते हैं। यह सरल तथा सुबोध है और इसकी लिपि भी इतनी बोधगम्य है कि थोड़े अभ्यास से ही समझ में आ जाती है। फिर भी एक वर्ग ऐसा है, जो हिन्दी को राष्ट्रभाषा के रूप में स्वीकार नहीं करता। उनका कहना है कि हिन्दी केवल उत्तर भारत तक ही सीमित है। उनके अनुसार यदि हिन्दी को राष्ट्रभाषा बना दिया गया तो अन्य प्रान्तीय भाषाएँ महत्त्वहीन हो जाएँगी। इस वर्ग की धारणा है कि हिन्दी का ज्ञान उन्हें प्रत्येक क्षेत्र में सफलता प्रदान नहीं कर सकता। इस दृष्टि से इनका कथन है कि अंग्रेजी ही विश्व की सम्पर्क भाषा है; अतः यही राष्ट्रभाषा हो सकती है।

राष्ट्रभाषा हिन्दी के विकास में जो बाधाएँ आई हैं, उन्हें दूर किया जाना चाहिए। देवनागरी लिपि पूर्णतः वैज्ञानिक लिपि है, किन्तु उसमें वर्णमाला, शिरोरेखा, मात्रा आदि के कारण लेखन में गति नहीं आ पाती। हिन्दी व्याकरण के नियम अहिन्दी-भाषियों को बहुत कठिन लगते हैं। इनको भी सरल बनाया जाना चाहिए, जिससे वे भी हिन्दी सीखने में रुचि ले सकें।

केन्द्रीय सरकार ने 'हिन्दी निदेशालय की स्थापना करके हिन्दी के विकास-कार्य को गति प्रदान की है। इसके अतिरिक्त नागरी प्रचारिणी सभा, हिन्दी-साहित्य सम्मेलन आदि संस्थानों ने भी हिन्दी के विकास तथा प्रचार व प्रसार में महत्त्वपूर्ण भूमिका निभाई है।

हिन्दी हमारी राष्ट्रभाषा है, उसकी उन्नति ही हमारी उन्नति है। भारतेन्द हरिश्चन्द्र ने कहा था—

“निजभाषा उन्नति अहै, सब उन्नति को मूल।

बिनु निजभाषा ज्ञान के, मिटत न हिय को सूल।।”

अतः हमारा कर्तव्य है कि हम हिन्दी के प्रति उदार दृष्टिकोण अपनाएँ। हिन्दी के अन्तर्गत विभिन्न प्रान्तीय भाषाओं की सरल शब्दावली को अपनाया जाना चाहिए। भाषा का प्रसार नारों से नहीं होता, वह निरन्तर परिश्रम और धैर्य से होता है।

-ट्राइफिना .एस. रोज़ारियो

10 A

कड़ी मेहनत का महत्व

कड़ी मेहनत निश्चित रूप से सफलता की कुंजी है। हम अपना पसीना बहाकर जो कमाते हैं, वह हमें भाग्य से मिली किसी चीज़ से कहीं अधिक खुशी देता है। मनुष्य होने के नाते हम जीवन में बहुत कुछ हासिल करना चाहते हैं।

इन चीज़ों को साकार करने के लिए कड़ी मेहनत की ज़रूरत है। जब हम अपना समय बर्बाद करते हैं तो समय भी हमें बर्बाद कर देगा। कड़ी मेहनत किसी को भी सफलता हासिल करने में मदद कर सकती है।

जब आप कड़ी मेहनत करना शुरू करेंगे तो आप अपने जीवन में बदलाव देखेंगे। आप अधिक अनुशासित और अपने काम पर केंद्रित हो जायेंगे।

इसके अलावा, आपको कुछ ही समय में परिणाम दिखना शुरू हो जाएगा। यह और कुछ नहीं बल्कि इस बात का सबूत है कि जब आप कड़ी मेहनत करते हैं, तो दृढ़ संकल्प, फोकस, एकाग्रता जैसी चीज़ें आपके पास अपने आप आ जाती हैं। परिणामस्वरूप, आपको सफलता प्राप्त करने से कोई नहीं रोक पाएगा।

कड़ी मेहनत महत्वपूर्ण है और इतिहास ने इसे बार-बार साबित किया है। महान एडिसन दिन में कई घंटे काम करते थे और अपनी किताबों को तकिये के रूप में रखकर अपनी प्रयोगशाला की मेज पर ही सोते रहते थे।

इसी प्रकार भारत के प्रधानमंत्री स्वर्गीय पं. नेहरू प्रतिदिन 17 घंटे और सप्ताह के सातों दिन काम करते थे। उन्होंने किसी भी छुट्टी का आनंद नहीं लिया। हमारे महान नेता, महात्मा गांधी ने हमारे देश को आजादी दिलाने के लिए चौबीसों घंटे काम किया।

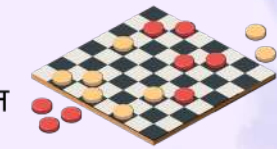
इस प्रकार, हम देखते हैं कि इन सभी लोगों की कड़ी मेहनत सफल रही। आपको कड़ी मेहनत करने के लिए लगातार सतर्क रहना चाहिए क्योंकि यह आपको अपने सपनों को हासिल करने में मदद कर सकता है। जैसा कि हम कहते हैं, मनुष्य का जन्म काम करने के लिए हुआ है। स्टील की तरह, वह उपयोग में चमकता है और बाकी में जंग खा जाता है।

जब हम जीवन में कड़ी मेहनत करते हैं, तो हम कुछ भी हासिल कर सकते हैं और किसी भी बाधा को पार कर सकते हैं। इसके अलावा, हम यह जानकर भी बेहतर जीवन जी सकते हैं कि हम जो भी काम कर रहे हैं उसमें हमने अपना सब कुछ लगा दिया है और अपना सर्वश्रेष्ठ दिया है।

खेलों का महत्व

खेल व्यक्ति के जीवन का एक अनिवार्य हिस्सा हैं और पढ़ाई के लिए भी आवश्यक हैं क्योंकि यह शिक्षा का भी एक महत्वपूर्ण हिस्सा है। जितना ज्ञान दिमाग को विकसित करने में मदद करता है, उतना ही खेल शरीर को विकसित करने में मदद करता है। किसी व्यक्ति की मानसिक और शारीरिक फिटनेस के लिए खेल और खेल से होने वाले लाभों को नजरअंदाज नहीं किया जा सकता है।

एक छात्र को स्कूल में कठिन दिन के बाद अपनी बोरियत से दूर होने के लिए कुछ चाहिए होता है और खेल उन्हें बाहर निकलने और आराम करने का अवसर प्रदान करते हैं। खेल किसी के दिमाग को तरोताजा और मजबूत बनाने के सर्वोत्तम तरीकों में से एक हैं। जो व्यक्ति खेल खेलता है, वह किताबों पर बेहतर एकाग्रता दिखाता है। खेलों को शामिल किए बिना पढ़ाई अधूरी है। खेल बच्चे के सर्वांगीण विकास के लिए महत्वपूर्ण हैं, लेकिन इसे सही भावना और उचित सावधानी के साथ खेला जाना चाहिए।



~कृति जैन

9ए

पहली बारिश का एहसास



जून का आखिरी सप्ताह था। गरमी की छुट्टियाँ अब अपने अंतिम चरण में थीं। सूर्यदेव का कहर जारी था। लंबे पहाड़ से दिन काटे नहीं कट रहे थे। इस पर विद्युत विभाग की अनुकंपा थी कि बार-बार बिजली गुल हो रही थी।

फ्रिज में रखा पानी ठंडा होने का नाम ही नहीं ले रहा था क्योंकि बिजली उससे रूठी हुई थी। बरफ बेचने वालों की बन आई थी। घरवालों के आदेश पर मैं साइकिल पर सवार होकर डाकखाने की ओर चल पड़ा। दिन के ग्यारह बजे थे। कोलतार की सड़कें आग उगल रही थीं। शरीर से पसीने छूट रहे थे। जैसे-तैसे डाकघर पहुँचा। अभी मैं डाकखाने में ही था कि अचानक आँधी चलने लगी। धूल भरी हवाएँ आसमान में कुछ हल्के पदार्थों को भी उड़ाने लगीं। आसमान में अचानक बादल घिर आए। थोड़ी देर में पवन शांत हो गयी तो मैं पोस्टकार्ड और लिफाफा जेब में रखकर साइकिल पर वापस घर लौटने के लिए सवार हो गया।

अभी मैं बाजार में ही था कि मोटी-मोटी बूँदें तीव्र गति से बरसने लगीं। इस सुहाने मौसम ने मेरा मन आह्लादित कर दिया। यह मौसम की पहली बारिश थी। मैं भीगने लगा। वर्षा के थपेड़े सहते हुए साइकिल चलाना कठिन हो रहा था। मेरे कपड़े पूरी तरह भीग चुके थे। मैंने साइकिल रोक दी। एक दुकान के सामने साइकिल खड़ी कर मैंने दुकान के द्वार पर शरण ली।

सड़कों पर भीड़ कम हो गई थी फिर भी कुछ लोग पहली बारिश का आनंद उठाते हुए भीगते चल रहे थे। सड़क पर पानी तेजी से बहने लगा। जब बौछारें कुछ कम हुईं तो मैंने साइकिल फिर से सँभाल ली। वहाँ रुकने से भी अधिक लाभ न था क्योंकि मेरे कपड़े पूरी तरह भीग रहे थे। डाकखाने से खरीदा हुआ पत्र भी लगभग तर हो चुका था।

मैंने साइकिल की गति थोड़ी बढ़ा दी। मैं शीघ्र घर पहुँचकर कपड़े बदलना चाहता था। भयंकर गरमी की स्थिति से अचानक सरदी की स्थिति में आने वाले खतरे का भी मुझे आभास था। मुख्य सड़क से गली में अपनी साइकिल को मोड़ा तो देखा गली में अचानक काफी पानी भर आया है। जैसे-तैसे घर पहुँचा। कपड़े बदले। कपड़ों व पत्रों को सुखाने के लिए टेबल पर फैला दिया।

बारिश अभी भी हो रही थी। कभी तेज तो कभी धीमी। मेढक अचानक टरने लगे। छत से पानी की मोटी धार गिर रही थी जिसने आँगन में गट्टा बना दिया था। मेरे छोटे भाई ने झटपट कागज की नाव बना ली और उसे पानी में छोड़ दिया। सब कुछ जो अभी सूखा-सूखा सा था अचानक गीला हो गया। मैंने सोचा अब बिजली रहे या जाए कोई परवाह नहीं पानी और मौसम तो तत्काल ठंडा हो ही जाएगा। वर्षा थम गई। शीघ्र ही आसमान साफ हो गया परंतु कुछ बादल अभी भी सूरज से अठखेलियाँ खेल रहे थे। मेरे आँगन में अंगूर की लताएँ और कुछ पौधे थे। सब इस पहली वर्षा में नहाकर हरे-भरे प्रतीत हो रहे थे।

आँगन के एक कोने में छोटे-छोटे मेढक उछल-कूद कर रहे थे। थोड़ी देर में मेरे कुछ मित्र आ गए। उन्होंने फुटबाल खेलने का आग्रह किया तो मैं झट तैयार हो गया। सुहावने मौसम में फुटबाल खेलना बहुत अच्छा लग रहा था। इस पहली बारिश के बाद सभी राहत की साँस ले रहे थे।

जोया फातिमा

8B

शिक्षा का महत्व



शिक्षा हर किसी के लिए जीवन में सफलता प्राप्त करने और कुछ अलग करने का एक बहुत ही महत्वपूर्ण साधन है। यह हमें जीवन के कठिन समय में चुनौतियों का सामना करने में मदद करती है।

शिक्षा हम सभी के उज्ज्वल भविष्य के लिए एक बहुत ही आवश्यक साधन है। उच्च स्तर की शिक्षा लोगों को सामाजिक और पारिवारिक सम्मान और एक अलग पहचान बनाने में मदद करती है।

शिक्षा का समय सामाजिक और व्यक्तिगत रूप से सभी के लिए एक बहुत ही महत्वपूर्ण समय है। आज की आधुनिक तकनीकी दुनिया में शिक्षा बहुत महत्वपूर्ण है। आज के समय में शिक्षा के स्तर को बढ़ाने के लिए कई तरीके अपनाए जाते हैं। वर्तमान में शिक्षा की पूरी व्यवस्था ही बदल गई है। अब हम कक्षा 12 वीं के बाद दूरस्थ शिक्षा कार्यक्रम के माध्यम से नौकरियों के साथ-साथ अध्ययन कर सकते हैं। पूरी शिक्षण प्रक्रिया के दौरान प्राप्त ज्ञान हम में से हर एक को जीवन के प्रति आत्मनिर्भर बनाता है। यह जीवन में बेहतर संभावनाओं को प्राप्त करने के अवसरों के लिए विभिन्न दरवाजे खोलता है जिससे कैरियर के विकास को बढ़ावा मिलता है।

शिक्षा पुरुषों और महिलाओं दोनों के लिए समान रूप से आवश्यक है, क्योंकि एक स्वस्थ और शिक्षित समाज दोनों द्वारा बनाया जाता है। एक उज्ज्वल भविष्य के लिए एक आवश्यक उपकरण होने के अलावा, यह देश के विकास और प्रगति में भी बहुत महत्वपूर्ण भूमिका निभाता है। इस तरह, उचित शिक्षा दोनों के लिए एक उज्ज्वल भविष्य बनाती है। यह केवल शिक्षित नेता हैं जो एक राष्ट्र का निर्माण करते हैं और इसे सफलता और प्रगति के मार्ग पर ले जाते हैं। शिक्षा लोगों को बेहतर और विनम्र बनाने का काम करती है। यह हमें सामाजिक मुद्दों से अवगत कराता है और सामाजिक मुद्दों, पर्यावरणीय समस्याओं आदि को हल करने के लिए समाधान प्रदान करता है।

ग्रामीण क्षेत्रों में शिक्षा के महत्व को बढ़ावा देने के लिए सरकार द्वारा बहुत सारे जागरूकता अभियान चलाए जा रहे हैं। यह समाज में सभी व्यक्तियों के बीच समानता की भावना लाता है और देश की वृद्धि और विकास को बढ़ावा देता है।

अंत में, शिक्षा उच्च स्तर पर लोगों के दिमाग को विकसित करने का कार्य करती है और समाज में लोगों के बीच सभी मतभेदों को दूर करने में मदद करती है।

RUMAISA FATHIMA

VIII B

जिंदगी

छोटी सी है जिन्दगी
हर बात में खुश रहो....
जो चेहरा पास न हो,
उसकी आवाज़ में खुश रहो....
कोई रूठा हो आपसे, उसके अंदाज़ में खुश रहो....
जो लौट के नहीं आने वाले, उनकी याद में खुश रहो.....
कल किसने देखा है.... अपने आज में खुश रहो....



-युसरा सैयद
VII सी

सपनों की उड़ान

सपनों की उड़ान, जैसे उड़ता है बालू,
पूरा होने की ख्वाहिश में हम सब करते हैं तलाश।
रस्ते में आए अनजाने, हंसते हैं हम दिल से,
क्योंकि चलते रहना है मंजिल की ओर, हम सबको बहुत जरूरी है।



हर कोई चाहता है कुछ करना, कुछ बनना,
सपनों को सीने में बसाकर, जीना है जीवन को सुन्दर बनाना।
पर कभी-कभी लगता है रास्ता है बहुत ही कठिन,
फिर भी खुद को मिलता है वो रास्ता, जिससे हर सपना होता है सकारात्मक और हँसीन।

हंसी के रंग में रंगा है हर सपना,
कभी-कभी लगता है बिना किये भी होता है पूरा।
पर धैर्य रखो, और दृढ़ता से चलो,
सपनों की उड़ान को देखो, जीत हमारी होती है, वोह बचपन से ही सिखाता है यहाँ हर कोई।

सपनों की उड़ान, जैसे बादलों की लहर,
हर किसी के लिए होता है अपना अपना सफर।
पूरा करो सपने, हंसो और खुश रहो,
क्योंकि सपनों की उड़ान में है जीने का असली मज़ा, ये हम सबको सिखाता है हर रोज़।

Sumaira Fathima

10 A

जीवन एक सफर हैं दौड़ नहीं !!

आविष्कार करते करते इंसान आज 21वीं सदी में ऐसे मुकाम पर पहुँच गया है जहाँ वह दुनिया के साथ-साथ समय से भी दौड़ लगा रहा है। इसी चिंता को मैं अपना विषय बनाकर मेरे विचार प्रकट कर रही हूँ। प्रस्तुत लेख मेरे दोस्त का तात्पर्य आज के मनुष्य से है।

प्रिय दोस्त कहाँ भागे जा रहें हो ? कहाँ दौड़ लगा रहें हो ? कैसी दौड़ लगा रहें हो ? कहाँ पहुँचना चाहते हो ? जहाँ पहुँचना चाहते हो, कहीं वहाँ पहुँचते पहुँचते तुम्हारे अपने पीछे न छूट जाए। दौड़ते दौड़ते तू न सिर्फ़ अपनों से, कहीं खुद से भी दूर न हो जाए। माना की ज़िन्दगी एक अवसर है, तुम पर अनेक अपेक्षाएँ हैं लेकिन आज की तेज़ तरार दुनिया में दबाव और सफलता की लगी अंधी दौड़ अक्सर हमें जीवन के खूबसूरत सफर से वंचित कर देती है।

हे प्रिय दोस्त थोड़ा संभल, थोड़ा समझ - इस जीवन को एक बेहतरीन सफर बना। इस संसार में सबकी अपनी-अपनी दौड़ है, अपने अपनी मंजिल है, किसी ओरको देखकर, उससे ईर्ष्या कर, उससे घृणा कर अपनी दौड़ मत लगा। अपनी मंजिल चुन, अपना रास्ता चुन और अपना सफर तय कर। जब सफर अपना होगा, रास्ता अपना होगा और मंजिल भी अपनी पसंद की होगी तो निश्चय ही तेरा जीवन आनंदमय, सुखमय, सफल और विकसित होगा।

॥ प्रिय दोस्त जीवन अंधी दौड़ नहीं बल्कि एक सुनहरा सफर है ॥

LIFE IS A
Journey

- प्राची वी
- दसवीं सी सेक्शन

article français

Le jour de Bastille dans mon école.

En tant qu'élève de ma dernière année à St. Francis Xavier Girls High School, célébrer la Fête Nationale est devenu l'une des traditions les plus précieuses de mon parcours en tant qu'étudiante de français. Depuis la classe de 7e, mes camarades et moi avons eu le privilège de participer à cet événement qui donne vie à la culture française au sein de notre école.



La Fête Nationale, célébrée le 14 juillet, a une grande importance historique, marquant la prise de la Bastille en 1789. Elle symbolise la liberté, l'égalité et la fraternité, les trois valeurs fondamentales de la Révolution française. Observer cette journée à l'école approfondit non seulement notre compréhension de l'histoire et de la culture françaises, mais

nous rappelle également les idéaux universels de justice et de liberté.

Mon aventure avec la Fête Nationale a commencé pendant l'ère de l'école en ligne en classe de 7e, où nous avons organisé des activités virtuelles pour commémorer cette journée. Bien que cela ait été agréable, le format en ligne laissait beaucoup à imaginer. Cependant, lorsque nous sommes revenus en cours présentiel en classe de 8e, j'ai rapidement proposé mon aide pour organiser la célébration, prenant l'initiative de diriger la planification. Sous la direction de notre professeure de français passionnée, Mlle Jansie, l'événement est vite devenu un moment fort annuel.

En classe de 9e, j'étais ravie d'avoir reçu le rôle principal pour la célébration. Cependant, une maladie inattendue m'a empêchée de participer pleinement, me laissant regarder l'événement de loin, malgré tous mes efforts. Cette année, en classe de 10e, j'ai enfin eu ma chance.

En tant qu'une des principales organisatrices et interprète principale de notre assemblée pour la Fête Nationale, j'ai ressenti une immense fierté et responsabilité. L'événement a été un grand succès, un témoignage de travail d'équipe, de créativité et de dévouement.

Nos célébrations de la Fête Nationale sont véritablement enrichissantes. De la présentation de sketches et chansons en français à la mise en avant de la cuisine française traditionnelle, l'événement est un mélange vibrant d'apprentissage et de plaisir. Il nous encourage à sortir de notre zone de confort, que ce soit en parlant français avec confiance devant un public ou en collaborant avec nos camarades pour concrétiser nos idées. Chaque activité nourrit une appréciation plus profonde pour la langue et la culture que nous étudions, transformant les leçons des manuels en expériences vécues.

En tant qu'élève de français, avoir l'opportunité de célébrer la Fête Nationale est un cadeau. Cela me rappelle pourquoi j'ai choisi le français comme deuxième langue — pour la beauté de ses mots, la richesse de sa culture et les valeurs qu'elle représente. La célébration de cette année a été particulièrement spéciale, marquant non seulement ma dernière Fête Nationale à l'école, mais aussi l'aboutissement de plusieurs années d'efforts et de passion.

Ella M. Goes

X - C



Plats traditionnels Français

Un coq au vin

Un coq au vin est un ragoût français classique dans lequel le poulet est braisé lentement dans du vin rouge et un peu de brandy pour donner une sauce extrêmement riche remplie de viande tendre, de morceaux de bacon croustillant, de champignons et d'oignons perlés brunis. Le coq au vin français est une spécialité populaire de la région de Bourgogne.



Boeuf Bourguignon

La boeuf à la Bourguignon est un ragoût de boeuf français braisé au vin rouge, souvent rouge bourguignon et du bouillon de boeuf, généralement aromatisé avec des carottes, des oignons, de l'ail et un bouquet garni, et garni d'oignons perlés, de champignons et de bacon. Le plat est originaire de Bourgogne et associe deux produits phares de la région: le vin rouge et le boeuf charolais. Les bovins blancs, réputés pour leur tempérament doux ainsi que pour leur viande tendre, sont originaires de la région de Charolles, dans le sud de la Bourgogne, et offrent le complément parfait au riche vin rouge de la région.



Quiche Lorraine

La Quiche Lorraine est une combinaison d'une délicieuse croûte de tarte feuilletée remplie d'une savoureuse crème aux oeufs. Du bacon, du fromage, des oignons caramélisés et d'autres garnitures peuvent faire passer cette recette de quiche d'ordinaire à extraordinaire. Bien que saluée comme un plat français, la quiche lorraine est originaire du royaume allemand de Lothringen au cours des années 1500. Lothringen était unique en raison de sa situation géographique entre la France et l'Allemagne, chaque pays revendiquant la région à différents moments de l'histoire.



**Sowmya Vinod Kumar
VIII B**

Mes meilleurs amis toujours

Certains meilleurs amis sont un sur un million, ils sont rares à trouver des séjurs d'un an, d'autres d'un mois, d'autres d'une semaine et d'autres même d'un jour, mais certains peuvent être les amis les plus épais depuis des années, mais d'une manière ou d'une autre, ils perdnt le contact les uns avec les autres mais n'oublieront jamais que je suis vraiment reconnaissant d'avoir des amis dont l'amitié est inconditionnelle nous sommes à savoir.



Adia,Olivia,Monica et Natanya nous nous appelons <<The Quatre Saisons>> nous sommes tous amis depuis plus de huit ans et une chose quand nous nous battons nous ne pouvons jamais être sans nous parler ne serait-ce qu'une seconde je suis très reconnaissant pour tout ce que Dieu m'a donné mais je suis très reconnaissant pour mes meilleurs amis.Merci

<<J'aime mes meilleurs amis>>

**Natanya Ann Massey
VIII B**

Oui Oui Baguette

L'histoire de la Baguette

Quand on pense à la gastronomie française, l'une des premières choses qui nous vient à l'esprit est la baguette. Mais pourquoi? Car la baguette a une grande importance dans l'histoire de France. Discutons en détail.



Une grande partie de l'histoire de la baguette est sous spéculation. On sait pourtant que le pain long en forme de bâtonnet se démocratise en France au cours du XVIII e siècle, il connaît ensuite plusieurs raffinements et variatins avant de recevoir son nom iconique en 1920. Le mot baguette apparaît un peu plus tard et signifie <<petit pain>>. Certains disent que Napoléon Bonaparte a essentiellement créé la baguette française pour permettre aux soldats de transporter plus facilement du pain avec eux. Comme la forme ronde des autres pains prenait beaucoup de place, Bonaparte a demandé qu'ils soient façonnés en forme de bâtonnet maigre avec des mesures spécifiques pour se glisser dans l'uniforme des soldats. Hors de France, la baguette est souvent considérée comme un symbole de la culture française, mais l'association de la France aux longs pains est bien antérieure. Les baguettes sont devenues populaires parce qu'elles étaient bon marché. Ils se composent d'ingrédients simples, c'est-à-dire de la levure, de la farine, du sel et de l'eau. Ils étaient facilement disponibles et sont devenus un aliment de base des Français.

Pour résumer, la baguette est apparue au XVIIIe siècle, en partie grâce au génie de Bonaparte. On sait que le mot <<baguette>> a été mis en place bien plus tard et que la baguette est aujourd'hui un symbole de la culture française. Maintenant, lisez ceci à haute voix: Oui oui baguette!!!

**Megan, Lena
IX A
Angelina
IX C**

Mon Chère Ami (My Dear Friend)

Montague pursed his lips in a very crooked manner. The stress made him feel like having another "*Dyuck Jelain*". He held the paper in the sunlight like a shining trophy, claiming to be his in every manner yet utterly different from what the paper proposed. It said the following:

Dupont et Montague Dejeuner Café: The factory has been alive and well since '23. Closing due to unsaid circumstances.

Montague scoffed. 'Unsaid, it seems! For I know why it is.' Unfortunately, Montague knew why. Dupont was the *mellieur ami* of Montague. They were so close that they shared their business ideas, proclaiming they both had high dreams and long paths to walk and keeping their word that they would not separate.

Sticking to their promise, their business ventured out, an idea that longed to be a reality for Dupont, Montague, and the entire village. A little town where nobody had heard the word "restaurant". Dupont and Montague had a promising dream to make a tiny restaurant that would be famous in all of *Butte-aux-Cailles*. For 40 years, their little restaurant had advanced and grown so big. People all over France had come to see this delightful little eatery. Of course "*À vaillant coeur rien d'impossible*" (*With a valiant heart, nothing is impossible*)

Slowly, though, things for Dupont felt a little heavy. He didn't feel as active and alive as he used to and didn't feel the same enthusiasm when working. After all, time flies, and you get old and weary. Dupont had weak knees, and his back was slightly hunched. He had a wispy white moustache, and his beautiful black hair was fading. He was tired of the life that was once loved.

Montague never understood what Dupont was going through. He loved his daily work life, and even though he was now half-blind and his goitre started rising, he was still motivated to push through. Dupont submitted his retirement application, which automatically meant that Montague would have to give up his restaurant. According to the restaurant contract, they were tied together: "If Dupont/Montague retires automatically, the other should step down too."

Montague pondered his situation when he heard a knock at his rustic door. He opened it, and it was Dupont!

Montague shifted his head in anger.

"Mon chère ami..." Dupont started

"Leave me, Dupont, as I start to live a despaired life you have caused."

"I'm dying."

Montague's face melted the anger away and looked at him with confusion, sadness, and a tinge of guilt.

"Dr. Corentin describes it as my "last days here." There's nothing I can do. I felt I shouldn't spend it on the restaurant but rather experience little things that will have a big impact once I leave."

Montague shivered with fear. The thought of his best friend leaving left a bad and bitter yet filled with remorse print on his heart. Tears welled in his eyes as he tightly hugged his friend and whispered into his ear.

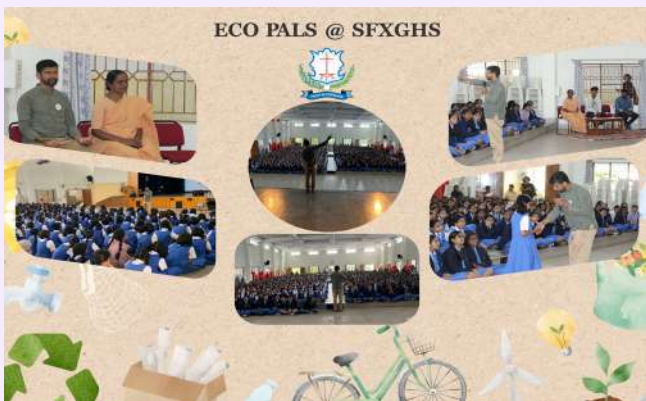
"Until we meet again, *mon ami*"

**BEST
FRIENDS
ALWAYS**

*Sharon Noyal
XB*

Moments captured from across the year















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