

NEWSLETTER

Christ News n' Views

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Perspective and Perception:
Broadening Your Horizons for Self- Actualisation

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Editorial TEAM



Ms Lakshmi S Kurup



Ms Midhu Sudeesh



Ms Lidya Jancy J



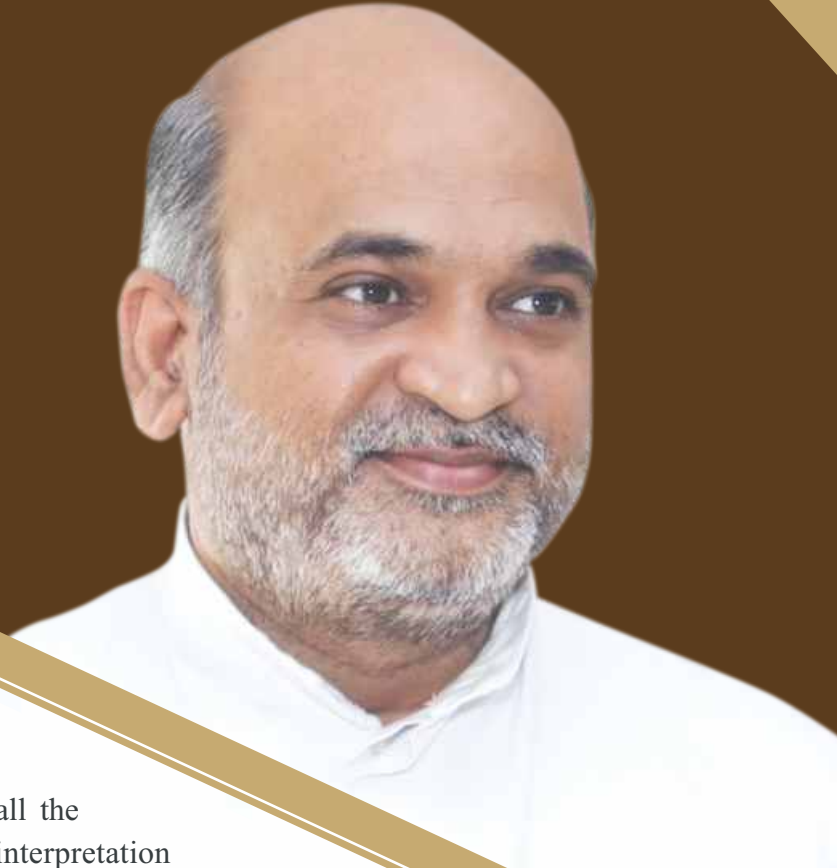
Ms Greeshma Paul T



Ms Sreelakshmi J

From the Principal's desk...

Roadmap from Perception-formation towards Self-evolution



Our *world of experience* consists of our individual and collective understandings about our own *sphere of life*. We always interpret and attempt to make sense of all the stimuli we encounter in our daily life. This interpretation (*perception* formation) facilitates us to make even routine decisions such as how best to wear our school dresses, and thus traverse our environment. Our interpretations, influenced by internal orientations and external prompts, lead us to form a point of view (*perspective*).

However, it is highly pertinent for humans to continuously endeavour at seeing the world from diverse angles and thus gain fresh insights about the world we live in. This could be achieved through enhanced education, newer experiences and heightened self-reflection. Our *horizons of life* (*the limits* of what we desire to achieve or what our primary interests are) need to develop and be modified, as we re-learn and un-learn, leading to a possible attainment of new perspectives. We must relook at maximizing our capabilities, limiting our weaknesses, and reaping from the novel benefits, as we grow further. When we strive to push the borders of what we may accomplish and undergo, we embark on a lifelong journey of renewed self-discovery and augmented learning.

Needless to say, this *self-evolution* would be an intricate and multi-layered process! Ever broadening horizons have to be inculcated, short-term and long-term goals set, continuously monitored and fulfilled. This may reform a person's belief systems, cultural values, inherent opinions, resultant behaviour and therefore, his or her very identity; leading to an ultimate personal excellence. As appropriately evangelized by the eminent psychologist Abraham Maslow, this level of *self-actualization* is the zenith of personal growth, psychological development and fulfilment that we all should aspire for.

Rev Fr Johnson Kadaparambil CMI

From the Vice Principal's desk...

Broadening Our Horizons



There are three things that one should keep in mind in the journey towards our destination of self-actualization. The first is our roots or where we come from. The second is where we are going. The third is where we stand - this decides the angle of our outlook on the world.

Our perspective will decide how we process the various experiences that we gather along our journey and how we utilize the lessons that we learn from them. How we process the input of our perspective decides our perception. This in return, shapes our attitude to the obstacles and challenges that arise along our path.

The knowledge and expertise that we have, along with the willingness to learn, are crucial to a positive outlook on life. As we work alongside other individuals, it is important to understand the perspectives of those around us.

Making a genuine effort to understand where others are coming from, and where they stand will shed considerable light on why they agree or disagree on important issues. This in turn makes our environment more harmonious and our endeavours more pleasant. Creating a stress free environment to work and learn, creates genuine progress and stellar achievements.

So whether our aims are short term or long term, it is necessary to zoom out and zoom in as the situation demands. We need to remember that what you see not only depends on what you look 'at', but also where you look 'from'.

Rev Fr Reji Koodapatt CMI

From the Editor's desk...

Seeing the Light

Where you see flaws

I see incredible beauty

Where you see failures

I see knowledge and growth

Everything is perception

You see with your eyes

I see with my soul



This extract from the poem 'Perception' by Melody Lee, hints at the magic of perception. How people see the world around them, influences their tactics and strategies when they deal with certain situations. Perception is usually ingrained. But adopting a different perspective, is just as difficult to achieve.

Changing our perception, will change our future. Changing our perspective of others will affect us on a deeper level and can be enhanced by improved listening, as well as empathy skills. Though we can agree to disagree on issues, understanding the other person's point of view can be the key to a paradigm shift that brings everything into clear focus. As perception has a huge influence in our communication, changing the way we see things can change the way we experience the world, and the way we interact with the people around us, A change in our perspective is indispensable if we want to broaden our horizons, and grow into the individuals that we were originally designed to be.

We must also remember that the things we observe may be a result of our perception, and not the reality. This will keep us humble and focused in difficult situations, helping us to adopt a different perspective, ultimately enabling us to see the light. This may make a phenomenal difference in our problem solving skills, enabling us to become more empathetic leaders.

In the epic Ramayana, the devoted Hanuman grows into a giant, making himself bigger than the mountain, to effortlessly hold the mountain and all its medicinal vegetation in his palm. A complex problem that perplexed him as he earlier stood on the mountain, suddenly melts away and is magically solved as he flies away with the much needed medicinal plants, to heal not just an individual, but an entire army. We cannot solve a problem unless we rise above it by adopting a better perspective. So open your inner eye, change your perception, adopt a different perspective, and you will see that the solutions to your most difficult problems, are already in the palm of your hand.

Ms Lakshmi S Kurup

From the Counsellor's desk...

Guiding Students on the Right Path



You found the right teacher, good! The right teacher showed you the right path, good! And now what remains is much more important than the first two things, walking on the right path till the end with great discipline – Mehmet Murat Ildan

When we follow the right path, we will be able to look to the future confident that there is hope. It's about aligning our actions with values, pursuing our passions, and making a positive impact on the world.

Don't be afraid to seek advice and support from others. Talk to mentors, friends, family members or professionals who can offer guidance and encouragement. In Christ school CBSE we have implemented the lane direction system that is walking on the right side in either direction in the school premises. This is to inculcate a sense of direction in a systematic manner. By doing so we believe it can enhance one's own self discipline as well as stern character.

Following the right path is not always easy, but it is always worth it when you live a life that is aligned with your values.

Ms Emaculate Mary

We proudly celebrate...

Teachers' Day

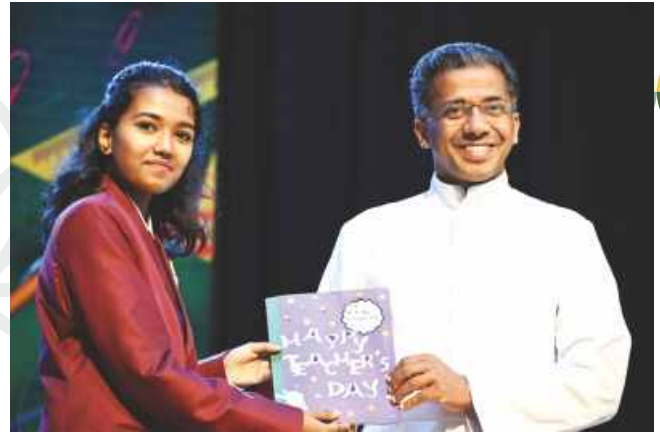
Our school celebrated Teachers' Day on 5th of September, 2023 with great enthusiasm. The programme was organized by the cabinet members. The event commenced at 1:00pm. The students and teachers were gathered at the Chavara auditorium, where it was fully decorated with flowers, balloons and festoons.

Our Principal, Rev Fr Johnson Kadaparambil CMI, our Vice Principal, Rev Fr Regi Koodappattu and all the teaching faculty were welcomed with flowers and candles. Program started with an invocation dance. Students presented various cultural activities like fusion dance, puppet dance, flash mob, felicitations. They expressed their gratitude, regard and respect towards their teachers by wishing them with beautiful cards. All the events were organized to acknowledge the dedication and hard work of teachers.

The Principal and the Vice Principal congratulated the students and acknowledged the sincere effort of each teacher. The students also arranged some fun games for the teachers to entertain them. All the teachers enjoyed and appreciated the students' effort in setting up the whole theme of the program. The event came to an end around 3:00pm.

Ms Sophia Francis





Onam



On August 29th, 2023, a vibrant and culturally rich Onam celebration

took place at our institution. The event reflected the cultural diversity and unity among the teaching and non-teaching staff, students, and the community at large. The event's highlight was a stunning flower carpet or *athapookkalam* created by the collective efforts of the staff members. The day's festivities began in the afternoon and concluded at 3:00 p.m.

The occasion was graced by the presence of our Principal, Rev Dr Johnson Kadaparambil CMI, whose guidance and support have been instrumental in nurturing our institution's cultural diversity and inclusivity.



The event commenced with a warm and heartfelt welcome by one of our talented students, Diya. She set

the tone for the day by extending a gracious welcome to all attendees and expressing the significance of Onam in our culture.

The event continued with a symbolic ritual of receiving King Mahabali. A portrayal of King Mahabali was conducted, emphasizing the mythical and historical aspects of the festival.

A captivating Thiruvathira dance performance, one of the most exquisite and elegant dance forms from Kerala, was presented by our students. The dancers' graceful movements and vibrant attire transported the audience to the heart of Kerala's rich cultural heritage. The teaching staff members came together to serenade the audience with a melodious group song. Their harmonious rendition awakened the spirit of unity and togetherness that Onam embodies.

Rev Dr Johnson Kadaparambil CMI addressed the gathering with inspiring words that encapsulated the essence of Onam. He emphasized the significance of unity, cultural preservation, and the sense of belonging that Onam represents. His speech resonated with everyone in attendance, leaving a lasting impact.

The Onam celebration on August 29th, 2023, was a resounding success, showcasing the unity, diversity, and cultural heritage that our institution holds dear. The day's programmes, highlighted by the mesmerising performances, and the presence of dignitaries, created an atmosphere of joy and togetherness that will be cherished by all who attended. This event not only celebrated the spirit of Onam but also reinforced our commitment to fostering a sense of community and cultural pride within our institution.

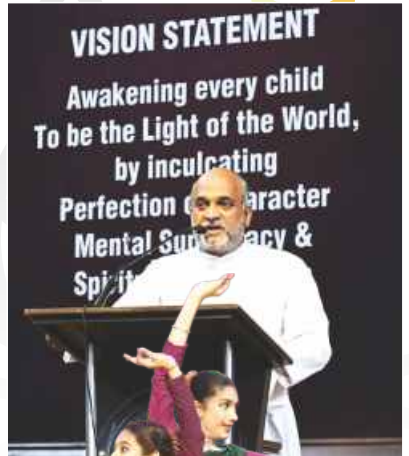
The dedication and enthusiasm of the organizing committee, students, and staff played a crucial role in making this event a memorable and culturally enriching experience. It is a testament to our institution's commitment to celebrating and preserving the rich cultural tapestry of our country. We look forward to more such celebrations in the future.

Ms Ankitha Raj



Children's Day

Christ School CBSE held Children's Day celebrations on the 21st of November with great festive fervour to commemorate the birth anniversary of Pandit Jawaharlal Nehru, (which was observed on 15th November, 2023). The campus was buzzing with excitement and joy as it was a day wherein fun and frolic dominated. The whole programme was organized by the teachers. Rev Dr Johnson Kadaparambil, our Principal along with Rev Fr Reji Koodappattu, our Vice Principal, welcomed our Chief Guest Mr Naganna Gowda K, and the Guest of Honour Ms Nagarathna R. The event commenced at 9:30 am in the Chavara auditorium, with an invocation song followed by different programmes performed by the teachers, where they were rocked the stage with a mesmerizing cultural show for the children.



Children of the primary section enthralled the audience with their energetic and graceful moves. The celebratory mood continued with invigorating and foot tapping performances by the teachers. The Chief Guest Mr Naganna Gowda K and the Guest of Honour Ms Nagarathna R, encouraged students to dream big and work hard. The Principal appreciated the teachers for their lively performances while he greeted the students and blessed them to be beautiful blossoms that spread the fragrance everywhere. It was a fun filled day for the students which would always be cherished as a fond memory.

Ms Sophia Francis



Ministering to the needs of our society...

The Ministries of Christ School CBSE

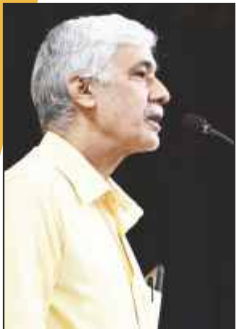
To enable the holistic education and the all round development of students based in the ideals envisioned by our Holy Patron St Chavara, the students of our school are organised into various Ministries that are dedicated to raising awareness about the needs of our fellow beings and serving the society, the nation and the world.

The teachers leading the Ministries give guidance to the students regarding the various activities conducted in school, so that all the students may get the chance to participate in progressive endeavours that interest each of them. The school calendar is jam-packed with such events and here are the highlights of the year, so far.

Ministry of Languages

The Ministry of Languages is dedicated to fostering the love for language and culture in the young learner. Essay writing, story writing and spellbee competitions have been organized to enable this process. Students are encouraged to read regularly. In accordance with the CBSE initiative to promote language and culture, the Ministry regularly organises events that explore the students love for language and creativity.

Hindi Diwas



Hindi Diwas is a day that inspires us to have a sense of patriotism. Hindi Diwas is celebrated every year to emphasize the significance of the language Hindi and to promote it among every generation. Hindi Diwas was celebrated in our school on 14th September 2023-24. The teachers Incharge were Ms Divya P,

Ms Nirmala Umesh, Ms Poornima G, Ms Nabanita G, Ms Megha K Mane, Ms Shilpa J and Ms Netravathi.

The Chavara Auditorium came alive with the vibrant celebration of Hindi language and culture, thanks to a well-organized programme that showcased the talents of students and their commitment to promoting Hindi. The event was a grand success, and it was a testament to the collaborative effort of students, teachers and staff. The day's Master of Ceremonies was the articulate Rohan Saggam Raju of Grade IX, who efficiently guided the proceedings and kept the audience engaged throughout the event. The programme commenced with a warm welcome speech delivered by Sara Mathew of Grade IX. She set the tone for the event by extending a heartfelt welcome to all the attendees and



expressing the significance of celebrating the Hindi Diwas. The Vice Principal Rev Fr Reji Koodappatt CMI honoured the occasion by presenting bouquets to the participants and dignitaries. His felicitation added a touch of grace and elegance to the event.

The audience was treated to a thought-provoking and inspiring slogan presentation by Ramyashri from Grade VIII. This was followed by an enlightening speech delivered by Sreya Vijayan, a student of Grade IX, who shared insights and knowledge about the Hindi language. Kaivalya Deshpande, a talented Grade 1

student, recited a heartwarming Hindi poem, which charmed the audience and showcased the young talent in the school. A melodious Hindi song performance by Prajan and a group of Grade IX students filled the auditorium with enchanting music, captivating the audience.

The chief guest for the event, Dr Rajendra Kumar Tivari, delivered an address that was both insightful and motivating. His words encouraged the students to continue their journey of learning and appreciating the beauty of Hindi. Principal Rev Fr Johnson Kadappaambil CMI, in a gesture of appreciation and honour, presented a memento to the guest of the day and delivered a motivating speech, emphasizing the importance of celebrating and preserving the Hindi language. The programme continued with a vibrant and energetic dance performance by Deekshashree and a group of Grade VIII students. Their performance added a lively and colourful dimension to the event.

Ms Poornima G

Spell Bee Competition

The Spell Bee competition for Grades I to IX was conducted from November 3rd to 8th in Chavara Hall. A large number of students from these classes took part in the competition which was a combination of dictation as well as spelling and language tests to be completed in the short span of 25 minutes. Students came well prepared and participated enthusiastically to make the event a success.

Ms Lakshmi S Kurup

Ministry of Environment and Social Activity Fostering Sustainability

The Ministry of Environment and Social Activity in our school is a remarkable endeavor, uniquely composed of both students and teachers. Its mission is to promote environmental consciousness, cultural preservation, and societal well-being within the school community. Its main focus is directed towards empowering tribal communities and commemorating the Azadi ka Amrit Mahotsav, fostering a deeper connection with India's cultural and social roots.

Cleanliness Drive for Swachh Bharat – Swachhta Pakhwada



Swachhata Pakhwada started in April 2016 with the objective of bringing a fortnight of intense focus on the issues and practices of Swachhata. The aim behind these celebrations is to create awareness about cleanliness.

In accordance with the communication received from the Department of Drinking water and Sanitation, Ministry of Jal Shakti, Government of India, the Ministry of Mathematics, Science & Technology, Christ School CBSE, observed Swachhata Pakhwada 2023 in the month of September.

As part of the campaign, the students took part in various activities. The students of Grades 1 to 4 took part in Model making from waste. The students of Grades V to VII were involved in drawing and painting on the topic 'Swachh Bharath'. Further, students of Classes VIII and IX submitted a variety of posters on the theme of 'Waste Segregation'.



The campaign concluded with a special assembly conducted by the students of Grade VIII where they had highlighted the importance of cleanliness in daily life. Hansika P Reddy of Grade VIII administered the 'Swachhata Pledge' which was repeated by all the students and teachers in the assembly. It was a unique and different experience for the students, which made them aware of the importance of cleanliness.

Don't think, don't guess, just get up and clean up the mess.

As we celebrated Gandhi Jayanti on 2nd October, a cleanliness drive was organised under Swachhata Hi Seva on 3rd October during the first two periods. It created awareness among the students regarding cleanliness and its benefits. Under this programme, the students of Grades 7A and 7B participated actively. Teachers were also a part of the drive. School premises as well as the Ashwas Foundation surroundings were cleaned.

Drawing & Painting on Tribal Art

The Azadi ka Amrit Mahotsav celebration was launched in August with an event centered around drawing and painting inspired by tribal art. This activity provided students with a platform to showcase their artistic talents and gain deeper insights into tribal culture.

The cultural celebration continued throughout August with a Tribal Festival, featuring captivating tribal dance performances. This event provided a platform to appreciate and preserve the rich cultural heritage of tribal communities, fostering a deeper understanding and appreciation of their traditions.



One Child, One Plant

On August 24th, the "One Child, One Plant" campaign was initiated, with students planting more than 500 saplings in separate pots. This eco-conscious initiative emphasized the importance of environmental conservation and instilled a sense of responsibility for the planet among the younger generation.



Swachhata hi Bharat



October 3rd marked the "Swachhata hi Bharat" initiative, where students and teachers actively participated in a cleanliness drive, setting out to clean the school's surroundings. This drive underscored the significance of maintaining a clean and hygienic environment within the school premises.

The Ministry's commitment to social awareness, knowledge, and intellectual development will be further evident with the year's upcoming events.



Social Olympiad Exam

On November 3rd, the Ministry hosted the Social Olympiad Exam, emphasizing social awareness and knowledge on various social issues. This initiative aims to nurture informed and socially responsible students, equipped to address societal challenges.



DCL National IQ Scholarship Examination

The DCL National IQ Scholarship Examination was conducted on November 8th. This event reflected the School Ministry's dedication to intellectual development and academic excellence among students. The Ministry of Environment and Social Activity in our school, a collaborative effort of both students and teachers, plays an essential role in fostering environmental sustainability, cultural preservation, and social awareness within the school community. These initiatives contribute to a more sustainable, culturally enriched, and socially aware school environment. The Ministry's activities align with the broader goal of nurturing well-informed, responsible, and environmentally conscious students within our school, enhancing the overall educational experience.

Mr Nibin Hansel Rodrigues



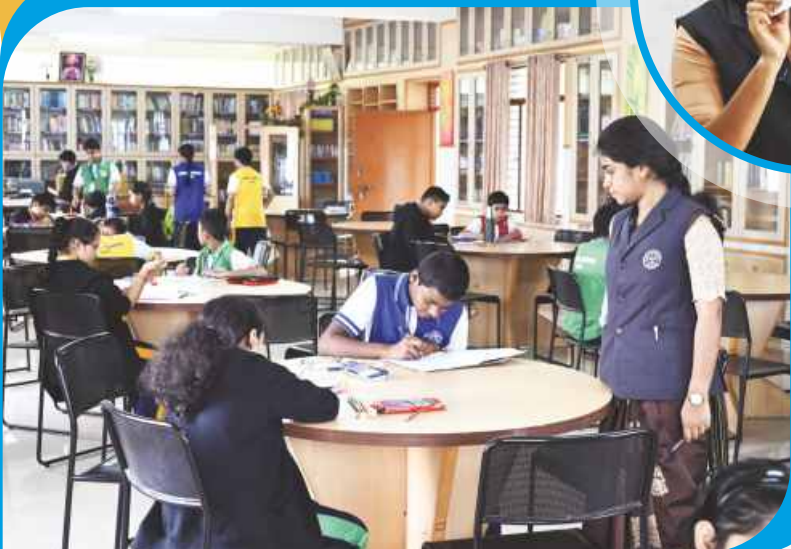
Ministry of Maths, Science and Technology

In the age of the phenomenal achievements of the Chandrayaan mission, Indian schools have placed their laser focus on turning their students' attention to the advancements in science and technology. The CBSE encourages the scientific spirit of discovery, and this Ministry devotes itself to fostering the same in our inquisitive students.

Putani Vignana

The International Mathematic Talent Search Exam organized by PUTANI VIGNANA was conducted on 11th November, 2023. The aim of this examination is to encourage students who have the capacity for original and critical thinking and a boldness in attacking unfamiliar as well as non-routine problems, exhibiting a general Mathematical maturity appropriate to their level. Seventy two students from Grades I to IX took part in the examination. This exam enabled the students to rack their brains and answer the questions in a creative manner.

Ms Lincy George



Mental Maths Competition

Mental Maths Competition was conducted on 2nd November. To develop interest in students' capacity in Mental Math and to improve speed and accuracy in solving sums, students from Grades I to VII participated in the competition.

48 students from Grade I, 47 students from Grade II, 27 students from Grade III, 22 students from Grade IV, 30 students from Grade V, 14 students from Grade VI and 10 students from Grade VII took part. It was the first level of the competition in MCQ format using OMR sheets and lasted for 60 minutes.

Ms Queen Mary

Chinthana Prakashana Competition

The International Chinthana Drawing and Science Competition 2023 was organized by Chinthana Prakashana and Navodaya Prakashana on 2nd and 9th of September. 13 students from Grade IV to Grade IX participated actively demonstrating their academic and creative skills. The event provided a unique opportunity for students to showcase their knowledge in diverse subjects through the written exam and express their artistic talents in drawing.

Ms Keerthana Shree

Mathematica Exam 2023

The Mathematica Exam 2023 conducted by Government of Karnataka, for Grades I to IX was held on 6th November, 2023. This exam helped the students to improve their mathematical ability and competitive skills. Students' performance in school is also improved as these exams hone their thinking and learning skills. It also helps them to improve their reasoning ability. 57 students participated and the exam was conducted with objective type offline paper sent by the Government of Karnataka. 22 students from Grades I and II, 13 students from Grades III and IV, 12 students from Grades V to VII, and 10 students from Grade VIII as well as Grade IX actively participated.

Ms Dona John

Aryabhata Ganit Challenge 2023

Aryabhata Ganit Challenge was conducted by Christ School CBSE on 10th September. This test mainly focused on the extent to which students were able to apply mathematics to their daily life. The exam includes 2 levels and students of Grades VIII and IX participated. Seven students attended the exam, out of which top three were selected for level II. Luv Sarawagi of IX B, Yogesh Kumar of VIII B and Rakshan M of VIII B were selected for the second round. They appeared for the online MCQ exam on 3rd of October.

Ms Greeshma Rinto

Empowering Health Awareness Programme

- Hygiene is two thirds of health.
- Good health and good sense are two of life's greatest blessings.
- A smile is contagious and so is cleanliness.

A Health Awareness Programme for girls was held on August 30th in the Chavara Hall. All of our girl students attended the session offered by Dr Suma Rayannavar. Dr Suma Rayannavar led a riveting seminar on topics connected to the girls' health. The programme's focus was on keeping oneself safe and healthy. The initiative aimed to raise awareness among girls about issues concerning their empowerment, including assisting them in achieving physical, mental, emotional, and social well-being. Menstrual Health, Hygiene Practices, Nutrition Tips,

Physical Fitness, Mental Health, and Regular Check-ups were among the topics that were covered. The session was quite engaging and interactive. The girls were all extremely attentive. They discussed their concerns with Dr Suma Rayannavar. Her accessibility and commitment towards the Christites was greatly appreciated by the staff and the students. The students were inspired and enlightened by the insight given. Ms Roselin Castro and Ms Akhila Kurian honoured our esteemed guest, Dr Suma Rayannavar with a memento.

Sr Jothi Boniface AMS



Ministry of Arts and Sports

As the name suggests, this Ministry encourages all endeavours involving arts and sports in order to give children a broader perspective as they go through their school years. The all round development of the child relies heavily on his creativity and his 'out of the box thinking' skills. Every interest that lies within the realm of arts and sports, comes within the domain of this Ministry.

The Pride of the Ministry of Arts - Sundarikutty

Maryann Brijesh of Grade III B bagged the 'Sundarikutty' title during the popular reality show competition.

She proved herself worthy of the coveted title through a phenomenal display of talent and confidence over several episodes of the show.



21st All India Hope Talent Contest

The 21st All India Hope Talent Drawing and Essay Contest was organised by School India. The Arts and Sports Ministry conducted these competitions during school hour on 20th September. Around 34 students and 95 students from Grades I to IX participated for the essay and drawing competition respectively. Topics of the essay writing and drawing were informed well in advance. It was a vibrant and creative affair, bringing together talented artists of all ages to showcase their artistic prowess. The room buzzed with excitement as participants carefully selected their canvas and colours, each eager to convey their unique vision on paper.

Ms Paramita Das

veni, vidi, vici...

DCL Competition - Blooms 2023



DCL Blooms, an inter-school competition, was organized on 20th August, 2023 in the Christ University Campus. Students from various schools showcased their talent with 213 students from Grades V to VIII participating in various cultural events like Solo Dance, Solo Song, Extempore, Elocution, Mehndi, Rangoli, Collage, Group Dance, Group Song, and Skit. In Charge teachers took practice during zero period and prepared the participants for the competitions. Various props were used for the Group dances and Skit.



Winners of DCL Blooms 2023

1. Non -Classical HS Group Dance – Alphonsa and Team – 2nd Prize
2. Skit - Yashwanth and Team – 2nd Prize

MEHENDI UP

1. Mannha Fathima and Baraka J Mujawar -1st Prize
2. Zunubiya Anjum and Mihira a Kumar - 3rd

MEHENDI HS

Deekhsashree R P and Helen Rose - 3rd

Students had worked hard, practiced rigorously and participated enthusiastically in each and every event.





DCL Competition - Little Blooms & Artista

DCL Little Blooms inter-school competition for the Lower Primary section was conducted on 6th August, 2023 by Deepika Children's League at Christ University Campus. 76 students of Grades I to IV participated in various events like Solo Dance, Solo Song, and Fancy Dress Competition.

Winners are:

1. Maryann Brijesh – 3B – 3rd Prize – Solo Song
2. Maryann Brijesh – 3B – 3rd Prize – Fancy Dress

Artista which was held on 6th August is an inter-school drawing competition for Grades I to X. Over 130 students participated in this event.

Ms Paramita Das

Karate Competition

An Interschool karate competition was conducted by Vydehi School of Excellence on 7th September 2023. The able participants from our school made us proud and secured 16 prizes in Kata and Kumite.

SL.NO	NAME	GRADE AND SECTION	KATA EVENT	KUMITE EVENT
1.	DHANYA.P	IX B	1 ST PRIZE	1 ST PRIZE
2.	VEDHANTH KUMAR. B. S	VIII A	1 ST PRIZE	3 RD PRIZE
3.	MOHAMMED ARSHAAN HUMZA	VII B	1 ST PRIZE	2 ND PRIZE
4.	ROHAN MAITHREYA. B. K	VIII B	2 ND PRIZE	1 ST PRIZE
5.	KRISHNA MANOHAR. S	VIII B	2 ND PRIZE	1 ST PRIZE
6.	KARTHIK. K	IX B	-	1 ST PRIZE
7.	MOHAMMED MARZOOK. M. R	IX A	-	1 ST PRIZE
8.	MOHAMMED AYAAN	VIII B	-	1 ST PRIZE
9.	JOVIL SHIBU	VII B	-	2 ND PRIZE
10.	BHARGAV. L. C	VIII B	-	2 ND PRIZE
11.	MOHAMMED KHIZER USMAN	VIII A	-	3 RD PRIZE



Ms Moumita Chakraborty

Becoming the Best...

Capacity Building Programmes for Teachers

The CBSE organised a capacity building programme on 'Classroom Management' which was held on 9th & 10th October, 2023. The two eminent resource persons Ms Seema Gupta and Dr Soya Nambiar were introduced by Ms Roselin Castro. It was a comprehensive and informative program aimed at equipping educators with effective strategies and techniques to create a conducive learning environment. The primary objectives of the Classroom Management Training Session were, to enhance educators' understanding of classroom management principles and to provide practical strategies for maintaining discipline and order in the classroom and also to promote a positive and engaging learning atmosphere for teachers with tools for managing diverse student behaviors and needs. The session was indeed very fruitful, productive and involved everybody irrespective of age and ability. The session left us with practical tools and strategies to create a positive and organized classroom environment. Increased confidence was observed in handling the





classroom behaviour and conflicts. All the members of the staff unanimously agreed to the fact that imbibing these concepts into the teaching learning process will definitely influence the classroom performance.

A teacher induction program is designed to acclimatise new educators to the school environment, its policies, and educational philosophies. It typically includes orientation sessions, mentorship opportunities, and training on classroom management. This induction aims to equip teachers with the tools and knowledge needed to excel in their roles, fostering a positive and effective teaching experience from the start.

'Guru Dakshata' training sessions for teachers focused on acknowledging and enhancing the invaluable contribution of educators. These sessions provide a platform for professional development, knowledge exchange and skill refinement. Through 'Guru Dakshata', teachers not only gained insights into innovative teaching methodologies but also contributed to a collaborative and enriching educational community. The training reinforces the significance of continuous learning and the profound impact teachers have on shaping the future.

The programme began with the prayer song by Ms Shridevi Ashraf. The two eminent resource persons, Dr Manila Carvalho and Dr Sumalini B Swamy, were introduced by Ms Akhila Kurian. It was a comprehensive and informative programme aimed at equipping educators with effective strategies and techniques to create a conducive learning environment.

This programme marked an important milestone in our journey of academic excellence and growth. It was designed to enhance the skills, knowledge, and overall capacity of our faculty members so that they can effectively meet the evolving needs of our students in today's fast-paced and dynamic educational landscape.

Ms Akhila Kurian

Let us explore...

A Memorable Day at Rangoli Gardens



265 students from Grades I and II came for the picnic while 206 students from Grades III and IV took part. The care and dedication of every teaching and non teaching staff were appreciated. The memories created will last a lifetime.

Ms Midhu Sudeesh



Students from Grades I to IV embarked on a fun filled picnic to Rangoli gardens, a rural heritage museum, Jakkur. Under the bright sun and clear sky, it was a day that everyone enjoyed. It provided an educational experience about ancient art forms and cultures. The model village tour consisted of ancient families, gurukuls, different occupations, cattle farms etc. It was mind blowing that the buildings and sculptures are so lively and are exactly made as thus. Even the minute details of a village was visible.

Students got a chance for hands on experience in pottery making. The potters' expertise and patience were commendable, ensuring each participant felt comfortable and supported throughout the process. The magic show was another attraction.

Tonga rides offered a nostalgic experience. The tongas with colourful decorations and bells that jingled with every move were thrilling. The Bouncy echoed with the joy and energy of our students. The day at Rangoli Gardens concluded with a musical session.



An Unforgettable Trip to Coorg

The educational trip for Grade IX students was organized on the 9th and 10th of November, 2023 to Coorg. 52 students from Grade IX participated in this trip. Five teachers alongside the Principal accompanied 22 boys and 30 girls. A meeting was organized to give the general instructions to the students a day before the journey.



On the 9th of November the students assembled at the school at 5:30 am, and the buses for the trip started at 6:00 am. Two AC buses were provided. The buses stopped at Mysore around 9:30 am for a sumptuous breakfast. The journey resumed soon after a breakfast and the students reached Coorg around 12.30 pm. Soon after a quick lunch they went out for sightseeing. 8 jeeps were arranged for them. They went to Abbi Falls which literally embodies the beauty and greenery of Mandalpatti Peak, and visited Raja Seat Park. Students thoroughly enjoyed the different activities organized at Raja Seat. A dance programme was held at the hotel where the students actively participated and savoured their dinner.



Next day morning after the breakfast they went to Dubbare Elephant Camp where they witnessed the bathing of the elephants. After spending an hour there, they dispersed for lunch. After lunch they went to visit the Golden Temple, the Buddhist monastery which is located in Kushal Nagar. After visiting the monastery, group photos were taken. Students enjoyed the shopping in the Tibetan Market. They boarded the buses around 4:00 pm to return to Bangalore. They reached school around 9:15 p.m. Parents were waiting to pick them up at the school reception. The students looked happy and refreshed after this welcome break from their studies. The Principal and the staff in charge of the tour ensured that all the students were collected safely by their parents before everyone left school.

All the students behaved well and maintained decorum throughout the trip. They enjoyed each and every moment of the journey. Like any other trip, this tour also taught them interpersonal skills and broadened their horizons, along with improving their social as well as communication skills.

Ms Paramita Das

An Awesome Time at Wonderla



Picnics are exciting and children love a fun trip. A picnic can take us to another world, different from the one we live in daily. It adds charm and refreshment to our life.

Class Picnic for Grades V to VIII, with 483 students and 33 staff was conducted on 22nd September, 2023 to Wonderla Amusement Park. The trip started at 9.00 am from school campus in 9 school buses and reached back at 7.30 pm. Every moment of this trip was exciting. They tried different rides like Flash tower, Recoil, Equinox, Hurricane, Y-Scream, Techno Jump, Maverick, Drop Zone and Insanity, Wave Rider, Cine Magic, Adventures of Chikku, Musical Fountain and Laser show, Pirate ship, Net walk, Sky wheel, wonder splash, Toon Tango, Dungeon Ride, Crazy Cars, as well as water rides like Lazy River, Jungle Lagoon, Drop Loop, Boomerang, Fun Racers, Twisters, Uphill racers, Rain Disco, Wave Pools etc. Lunch and tea were provided.

The visit to Wonderla was a wonderful opportunity for the children to strengthen their bond and everyone came back to the school rejuvenated.

Ms Paramita Das



Day Out for Staff



On October 2nd 2023 the dedicated and hard working staff of Christ School CBSE embarked on a one day picnic at 'The Gari Resort 'organized by the school administration. The aim of the outing was to provide a day of relaxation, team building and rejuvenation.

The day began with all the staff members, both teaching and non-teaching staff gathering at the school premises in the morning. The journey was filled with laughter, chatter and excitement as we looked forward to a day away from the classrooms. The programme started with a warm welcome by the picnic organizers and some ice-breaking activities to encourage interaction among the teachers were conducted. The day was planned with a mix of recreational activities and team building

communication. To add to the enjoyment there were cultural performances where all the teachers revealed their hidden talents. These performances brought laughter, applause and over all sense of joy among the participants. Lunch was a lavish spread of local delicacies and sweets. The staff indulged in the delicious food and shared stories and laughter over the meal creating a relaxed and joyful atmosphere.



exercises. Teachers divided themselves into groups and participated in various games and challenges that required collaboration and effective

Staff members also enjoyed out door activities like cricket, volleyball, rain dance, balance walk, square net walk and the swimming pool. We returned back to school in the evening and this one day picnic was an incredible experience that allowed the staff to unwind, bond with colleagues and recharge the spirits. We thank the management for organizing this wonderful trip which helped the staff members to be happier and more motivated.



Ms Stella Joseph



Testing our mettle...

Assessment : PA II and Half Yearly



The NEP promises to bring further modifications to the assessment and evaluation process in CBSE schools. The periodic test is the commonest form of formative assessment. Periodic Assessment II was conducted from 28th August to 4th September, 2023 for 25 marks. Regular classes were held following the conclusion of the assessment in the morning session.

The Half Yearly Exam was conducted for Grade V to IX for 80 marks and Grade I to IV for 40 marks from 7th to 20th October. The portions as well as patterns for the exam were sent to the parents well in advance. The examinations were conducted as half day sessions. Students were given revision and were encouraged to perform well in the exam.



Mr Vinoth M



Let's meet and discuss.....

PTI Meeting

INTERACTION

A parent teacher meeting for Grades I to IX was held on 18th November, from 8.30 am to 11.30 am to discuss the performance of students in the half yearly examination with their parents. It was a fruitful interaction between the teacher and parents for the overall development of their children discussing both the strengths as well as the areas which needed better guidance. Parents were happy with the chart of 'Performance and Improvement categories' through which they can understand the performance level of their wards. The PTI meeting concluded at 12 pm.

Ms Alphy Pius

Values of Life with Ages

Age is a period of human life from birth, usually marked by a certain stage or degree of mental or physical development and involving legal responsibility and capacity. There are different stages of life by age from infancy, early childhood, later childhood, adolescence, early adulthood, middle age and senior age where, perception changes according to the age growth.

Differences in values between generations have more to do with lifestyle than the values themselves. Values are not unlike a lifecycle. Toddlers value nurture, care, safety, security, and food. When children start going to school, their values can be modified by the education system, but also through activities outside school or the influence of family members. In our teens and 20s, we set out to explore the world. We might reject the values we grew up with and were taught and start looking for our own. We begin building careers and networks. Throughout our professional lives, there is a focus on outworking our values. Our family, community, and personal values are also liable to change. At the same time, we try to stick to them and live accordingly. When we retire, we start to focus more on what we'll leave behind. We begin to prioritize security and care again. Different values can cause misalignment and miscommunication between generations. Imagine three people coming together: one in their 60s, one in their 40s, and the third in their 20s. The first is focused on their legacy. The second is trying to outwork their values. The third is consumed with exploring theirs. Below, we break down typical core values by age group, from 0-5 to 60+. Young children value safety, security, comfort, and care. Interestingly, people return to these values as older adults. The parent's role can be of paramount importance when the child is very young. In the ideal case, parents will try to teach their children values like integrity and honesty, respect, sharing, and kindness. A key value that develops between the ages of 5 and 10 is accountability, which builds on the value of honesty nurtured earlier. It's crucial that children learn this value because it sets the expectation for their everyday behavior. There is an unofficial 'contract' between parents and their kids about the latter's behavior. Children should be aware that there will be consequences for breaking the rules. The concept of how to behave in the face of an ethical dilemma that contradicts family's values is too complicated for young children to grasp. As they start going to school, grasping the reasoning behind accountability as a value will help them sustain it when faced with difficult issues like peer pressure.

Around age 4, children start with their "why" questions, reflecting curiosity as a core value. Their questions run the scope of the boring "why does it get hot" to ones with an element of insight, such as "why do some people hate each other." It's important to feed curiosity because this value can morph into a sense of fairness and justice in adulthood. A child that wonders why some people are rich, and others aren't will question social and economic norms in adulthood and fight against injustice.

There are two common pitfalls specific to these years – just accepting or just rejecting others' values without considering them. Generally, people hold the following core values in their teens. Some of them remain unchanged from childhood.

Awareness, belonging, communication, commitment, community, attractiveness

Competitiveness, compassion, creativity, curiosity

Typical core values in young adulthood include one's career, family, responsibility, and respect. This age sees the biggest shifts in values. A study using the Portrait Values Questionnaire at three points in time, separated by four years, looked at four types of stability and value change in young adulthood. Two hundred and seventy people between 20 and 28 took part.

The mean importance of power values, conservation, and self-transcendence increased with age. Conversely, achievement values decreased in importance. Openness to change remained unaltered. Openness to change values (self-direction, self-satisfaction, and stimulation)

Conservative values (tradition, conformity, and security)

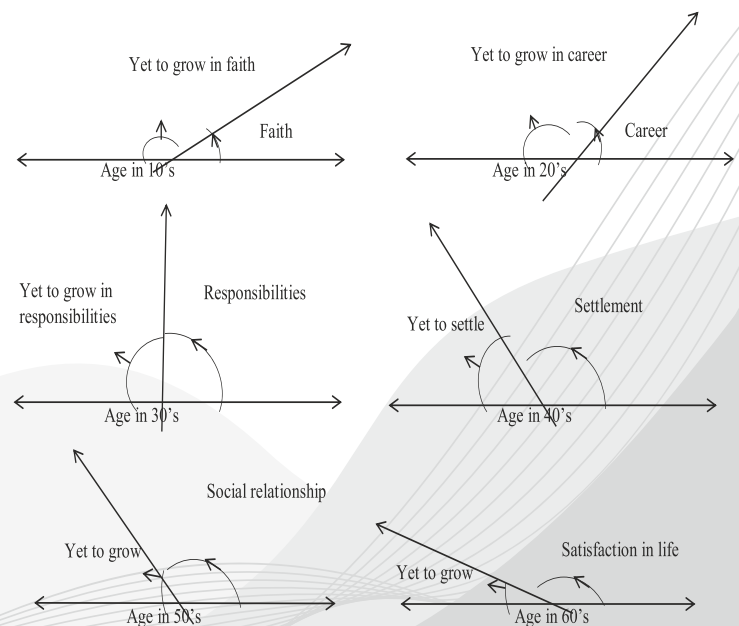
Self-enhancement values (power, achievement).

Self-transcendence values (universalism, benevolence)

The importance of self-enhancement values declined with age in all nations, with the exception of Spain, where age wasn't a factor. In this category, men in all age groups scored higher than women. Self-transcendence values were less important for young adults than for middle-aged and older adults, and they were lower in men than in women.



Dona C Mohan



Ms Dona C Mohan, M.Sc, B.Ed

The Daily Diary

The Daily Diary serves as a valuable tool for parents to track their children's daily activities, fostering a stronger parent-child bond. By encouraging consistent communication, it enables parents to stay informed about their child's educational progress, social interactions, and emotional development. Regularly recording updates aids in identifying patterns, addressing any concerns promptly, and celebrating milestones. It also helps in identifying any areas where support or encouragement may be needed. In sum, "Mummy's Diary" strengthens the parent-child relationship and enhances overall child development.

Additionally, it serves as a cherished keepsake, preserving precious memories and milestones for the family to reflect upon in the future.



Nimmy Brijesh

Parent of Maryann Brijesh Kaithakkal, Grade III B

An Effective Tool for My Self Improvement

"Lord change the whole world beginning with me."

Self improvement is the key tool for self existence. Self challenge is the best way to achieve the goal. As a student I challenge myself. The target sheet has helped me to reorient my academic endeavours in the right direction. It helps me plan for my next exam effectively, and brings consistent improvement in my scores. I am more organized and target oriented. This is clearly reflected in my progress card. I am certain that every student will benefit from the systematic and meticulous planning that the target sheet provides. It is indeed a big blessing to students who wish to achieve their best performance.

Number of Subjects	Grade	Subjects	Marks Scored in the Last Exam	Date of Exam	Marks Expected in the Next Exam	Progress Report		
						Marks Obtained in the Exam	Difference between the obtained marks and expected marks	Report
1								Marks obtained column must be filled with the marks of last exam.
2								Marks expected column must be filled with the marks to be secured in coming exam.
3								Marks obtained column can be filled after exam.
4								Difference column must be filled after the exam with the difference between expected marks and obtained.
5								Report column can be filled with the marks of difference in negative (-) marking or in positive (+) marking.
6								
7								
8								
9								
10								
11								
12								

LORD CHANGE THE WHOLE WORLD BEGINNING WITH ME



**Vibha P
IX A
Headgirl**

School life..... (which is quite good!)

Oh joy, it's finally Monday again!
I happily jumped out of my warm bed.
I can't wait for the week to begin again.
Thoughts of decent people filled my head.
The bus rustled with talk so negative,
I couldn't believe what I was hearing.
A kid compared us to some fugitives,
School is so great,
These comments were searing.
Last but not least, the wonderful teachers!
I think they're great,
School life is, after all,
a path to our destiny,
And not just fate!

**Bhargav L C
VIII A**



ಶಿಕ್ಷಣದ ಮಹತ್ವ

ಶಿಕ್ಷಣ ನಮ್ಮ ಜೀವನಕ್ಕೆ ಬಹಳ ಮುಖ್ಯ. ಇಡೀ ಜಗತ್ತನ್ನೇ ಬದಲಾಯಿಸಲು ಬಳಸಬಹುದಾದ ಅತ್ಯಂತ ಶಕ್ತಿಶಾಲಿ ಅಸ್ತ್ರ ಶಿಕ್ಷಣ. ಶಿಕ್ಷಣ ನಮಗೆ ಮುಖ್ಯ ಏಕೆಂದರೆ ಶಿಕ್ಷಣವಿಲ್ಲದೆ ನಾವು ನಮ್ಮ ಯಶಸ್ಸನ್ನು ಸಾಧಿಸಲು ಸಾಧ್ಯವಿಲ್ಲ. ಶಿಕ್ಷಣವು ನಮ್ಮೊಳಗಿನ ಆತ್ಮವಿಶ್ವಾಸವನ್ನು ಹೆಚ್ಚಿಸುತ್ತದೆ. ಶಿಕ್ಷಣವು ಅತ್ಯಂತ ಪ್ರಮುಖ ಮತ್ತು ಮೂಲಭೂತ ಹಕ್ಕಾಗಿರುವುದರಿಂದ ಪ್ರತಿಯೊಬ್ಬರು ಹೊಂದಿರಬೇಕು. ಎಂಥಾ ಕಠಿಣ ಸಮಯದಲ್ಲೂ ಶಿಕ್ಷಣವೂ ಕೈ ಬಿಡಲಿಲ್ಲ. ಹೇಗೆಂದರೆ ಕೋವಿಡ್-19 ಸಾಂಕ್ರಾಮಿಕ ವೈರಸ್‌ನಿಂದ ಶಿಕ್ಷಣವು ಪ್ರಪಂಚದ ಮೇಲೆ ಪರಿಣಾಮ ಬೀರಿತ್ತು. ಆದರೂ ಆ ಸಮಯದಲ್ಲಿ ಶಿಕ್ಷಣವನ್ನು ಪಡೆಯುವ ಹೊಸ ವಿಧಾನವಾಗಿ ಆನ್‌ಲೈನ್ ಶಿಕ್ಷಣದ ವಿಧಾನವು ಹೊರಹೊಮ್ಮಿತು. ಮೊಬೈಲ್ ಪೋನ್ ಮತ್ತು ಇಂಟರ್‌ನೆಟ್ ಸಂಪರ್ಕದ ಸಹಾಯದಿಂದ ವಿದ್ಯಾರ್ಥಿಗಳು ತಮ್ಮ ಮನೆಯಲ್ಲಿ ತಮ್ಮ ಅಧ್ಯಯನವನ್ನು ಮುಂದುವರಿಸಲು ಇದು ಅನುಕೂಲವಾಯಿತು. ಎಲ್ಲಕ್ಕಿಂತ ಹೆಚ್ಚಾಗಿ ಉದ್ಯೋಗಕ್ಕೆ ಶಿಕ್ಷಣವು ಅತ್ಯಂತ ಮುಖ್ಯವಾಗಿದೆ. ಶಿಕ್ಷಣವು ತಂತ್ರಜ್ಞಾನ, ಅಭಿವೃದ್ಧಿ ಮತ್ತು ಆವಿಷ್ಕಾರಕ್ಕೆ ಸಹಾಯ ಮಾಡುತ್ತದೆ. ಯುದ್ಧ ಉಪಕರಣಗಳು, ಔದ್ಯೋಗಗಳು, ಕಂಪ್ಯೂಟರ್‌ಗಳಲ್ಲಿ ಪ್ರಮುಖ ಬೆಳವಣಿಗೆಗಳು ಶಿಕ್ಷಣದ ಕಾರಣದಿಂದಾಗಿ ನಡೆಯುತ್ತದೆ. ಒಬ್ಬ ವ್ಯಕ್ತಿಯು ಸಾಕಷ್ಟು ಶಿಕ್ಷಣ ಪಡೆದರೆ ಅವರು ಯಾರ ಮೇಲೂ ಅವಲಂಬಿತರಾಗದೆ ತಮ್ಮ ಜೀವನವನ್ನು ನಿರ್ವಹಿಸಬಹುದು. ಮತ್ತು ಅವರ ಸುತ್ತಲಿನ ಪ್ರಪಂಚವನ್ನು ಅರ್ಥಮಾಡಿಕೊಳ್ಳಲು ಸಹಾಯ ಮಾಡುತ್ತದೆ. ಇದು ಜನರ ಬುದ್ಧಿಶಕ್ತಿಯನ್ನು ಚುರುಕುಗೊಳಿಸುತ್ತದೆ. ಹೆಣ್ಣುಮಕ್ಕಳಿಗೂ ವಿದ್ಯೆ ಅಗತ್ಯ. ಆದ್ದರಿಂದ ಪ್ರತಿಯೊಬ್ಬ ವ್ಯಕ್ತಿಗೂ ಶಿಕ್ಷಣ ಮುಖ್ಯ.

**ಪೂಜ .ಬಿ
ಆನೇ ತರಗತಿ ಬಿ ವಿಭಾಗ**

**Pooja B
VIII A**



Master Strokes



Manuvanth 7 A



Tessa Mary Jaxen 5 B



Phapha Awunzshi 7 A



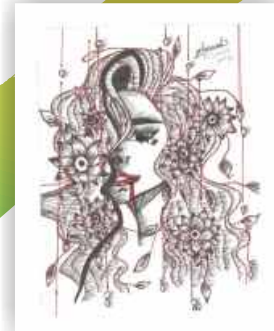
Vijeeth 5 B



Jerin Jose Jipson 5 C



Jerin Jose 5 C



Hannah M Girish 9 B



Hannah M Girish 9 B



Spandana R N 5 F



Medha B 5 F



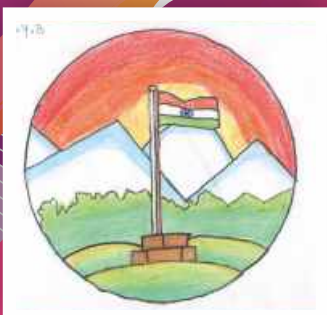
Spandana R N 5 F



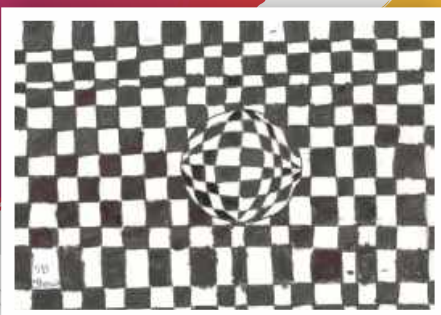
Phapha Awunzshi 7 A



Namith T K 5 D



Navya Y B 6 E



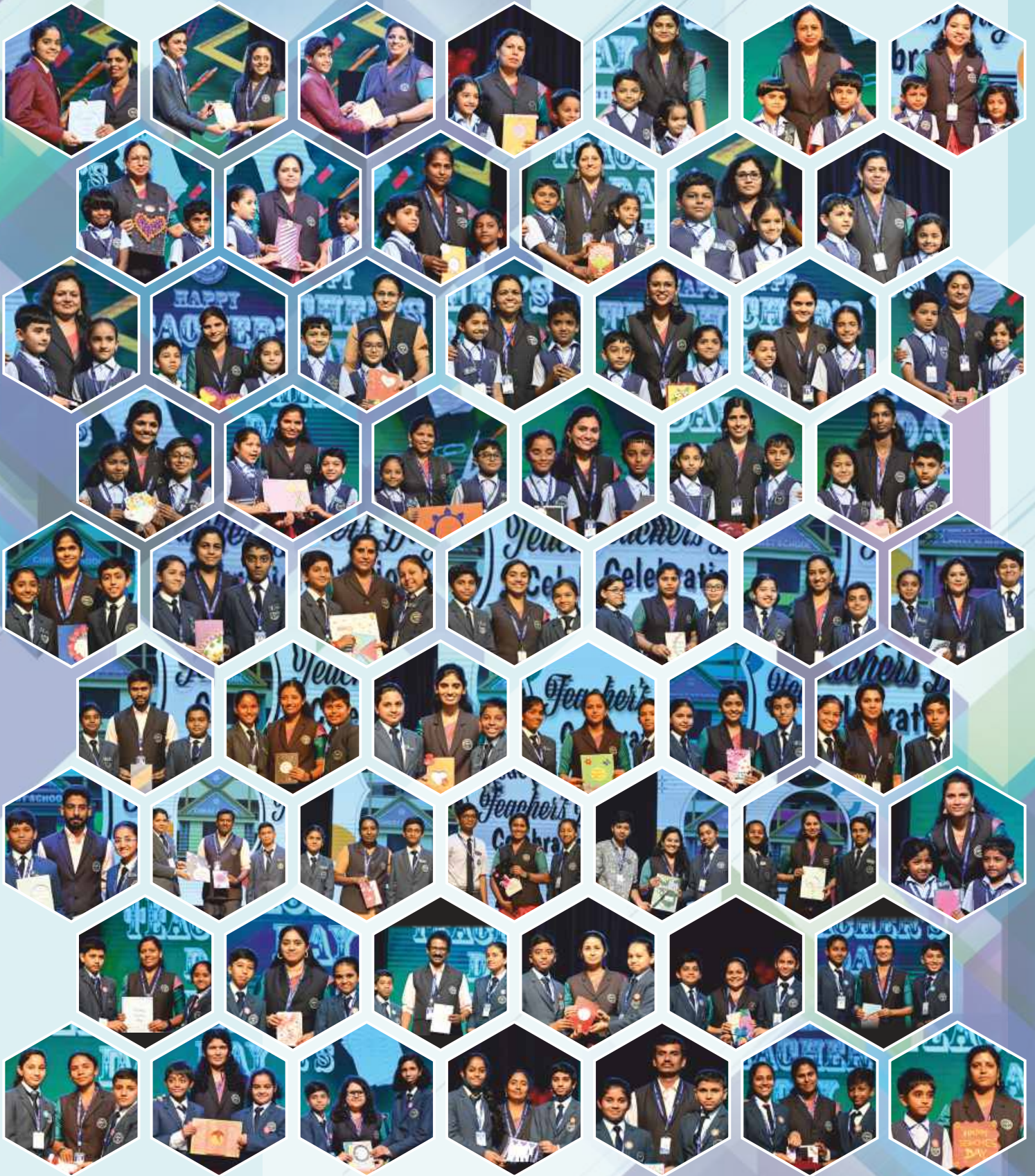
Thaswika 5 B



Siddharth J 6 C



Rohan Yadav A 3 D



CHRIST SCHOOL CBSE

CHRIST SCHOOL CBSE

Affiliated to C.B.S.E. New Delhi, Affiliation No.831274

Christ School Road, Dharmaram Post, Bengaluru – 560029

Ph : +91-0-41713814 Mob : +91-7090229022

Email: christofficecbse@gmail.com Web : www.christschool.edu.in