

St. Patrick's Amor

Bi-monthly Magazine of St. Patrick's Academy, July-August 2020



Greetings from the Principal's Desk !!!

Bro. Paul Parecattil

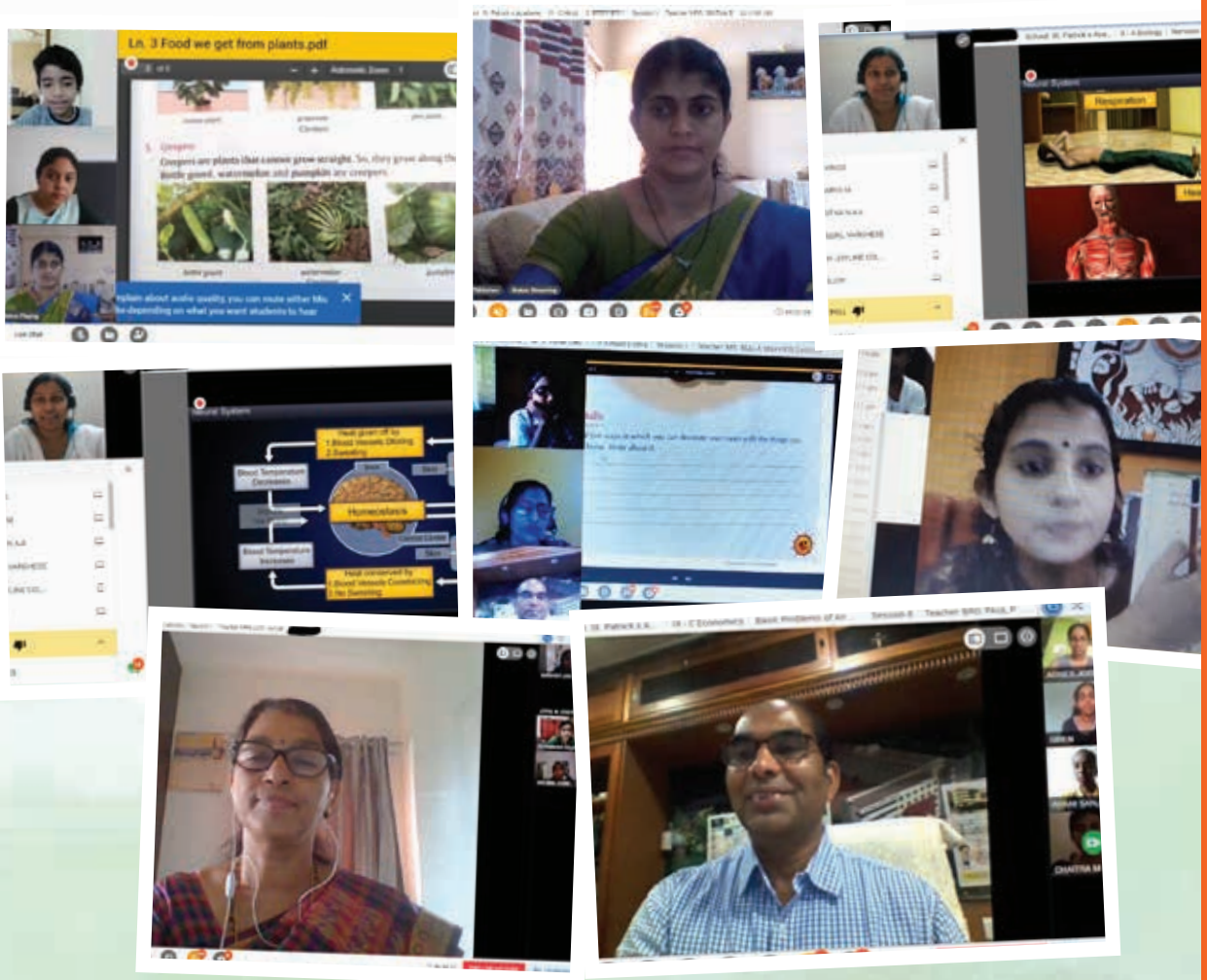


It gives me immense joy and happiness to pen a few lines for the Bi-monthly magazine. The Corona Virus has taken a toll on our day-to-day activities; masks and sanitizers have become part and parcel of our daily life but has taught us several lessons for the future like how to make use of technology in education for one. Online classes were not a system we followed until last year,

but we have adapted to it within a brief span of time. No doubt, it was a testing time for parents, teachers and students alike, but since then we have adapted to the new norm and are very comfortable with it. Soon the new education policy will be introduced in schools, whereby technology will play a major role. It should not surprise you that in future Covid Week will be celebrated in school and teachers will be asked to conduct online classes from home. Until last year, it was thought that the use of technology will spoil children, but instead, they have become more techno-savvy within in a brief time. Although we are in the grip of a Pandemic, we need to carry on with our normal activities and overcome the challenge by engaging ourselves constructively keeping the parameters advised by the government and health authorities. I thank you for your enthusiasm and wholehearted support in keeping it going by writing useful articles amid your busy schedule of studies and examinations. Independence Day celebration which we conducted online was a visual treat for everyone and brought alive the Patriotic spirit in every Patrician. Dear students, I am thrilled to inform you that all the classrooms and the school as a whole is all ready to welcome you back when things improve; even the playfield has taken on a green cover to welcome you with joy and happiness. May God bless all of you. Happy reading.

Online Class

During this pandemic - Covid -19 - we, at St. Patrick's academy, Bengaluru, continued our mission of education through online medium for the academic year 20-21. The management took the challenge of getting all the teachers trained in time and began our online class as per the guidelines from the Council and Govt of Karnataka. The students are well prepared and enthused with the idea of online classes. A special word must be said about the students in the kindergarten and Primary; their enthusiasm and eagerness in interacting with the teachers is encouraging and infectious. The senior students are being instructed in the virtual classroom from the month of April onwards.



Independence Day Celebration - 15 August 2020

St. Patrick's academy, Bengaluru celebrated 74th Independence Day on 15th August 2020 by observing all the Covid protocols. Rev. Bro. George Xavier, Deputy congregational leader of the Brothers of St. Patrick, hoisted the Indian national flag and there was an inspiring speech by the Manager, Rev. Bro. Christopher Dawes. Brothers from the Novitiate community, NCC cadets and teaching & non-teaching staff were present at the school to commemorate the special day

Our Principal, Rev. Bro. Paul P. and the management team addressed the students and teachers through online medium by delivering recorded message of the day and enlightened the young minds. The students wrote articles, poems and speeches for Independence Day and honoured the freedom fighters. They also exhibited their talents by sharing recorded videos and audios. The virtual celebration of the Independence Day, 2020 would indeed contribute towards a special memory to their school days.



ಸ್ವಾತಂತ್ರ್ಯದ ನೆನಪುಗಳು:



**Miss Sanutha B -
VIII A**

ನನ್ನ ಎಲ್ಲಾ ಸಹಪಾಠಿಗಳಿಗೆ 74ನೇ ಸ್ವಾತಂತ್ರ್ಯ ದಿನಾಚರಣೆಯ ಶುಭಾಶಯಗಳನ್ನು ಹೇಳಲು ಬಯಸುತ್ತೇನೆ. ಈ ಸ್ವಾತಂತ್ರ್ಯ ದಿನಾಚರಣೆಯ ವಿಶೇಷವೇನೆಂದರೆ ಕೋವಿಡ್ 19 ಮಧ್ಯೆಯೂ ನಾವುಗಳು ಆಚರಿಸುತ್ತಿರುವುದು ಒಂದು ವಿಶೇಷವಾದ ಸಂಗತಿಯಾಗಿದೆ.

ನಾನು ಸ್ವಾತಂತ್ರ್ಯೋತ್ಸವಕ್ಕೆ ಸಂಬಂಧಿಸಿದ ಕೆಲವೊಂದು ವಿಷಯಗಳನ್ನು ನೆನಪು ಮಾಡಿಕೊಳ್ಳುತ್ತಿದ್ದೇನೆ. ಅದೇನೆಂದರೆ ನಮ್ಮ ದೇಶವನ್ನು ಹಲವಾರು ವಿದೇಶೀಯರು ಆಳಿದರು. ಪೋರ್ಚುಗೀಸರು, ಗ್ರೀಕರು, ಇಂಗ್ಲೀಷರು ಇನ್ನು ಹಲವಾರು ವಿದೇಶೀಯರು ನಮ್ಮ ಭಾರತವನ್ನು ದಾಸ್ಯತ್ವದಲ್ಲಿ ನರಳುವಂತೆ ಮಾಡಿದ್ದಾರೆ. ಹಾಗೆಯೇ ತಮ್ಮದೇ ಆದ ಸಾಮ್ರಾಜ್ಯವನ್ನು ಸ್ಥಾಪಿಸಿದರು. ಇವರಲ್ಲಿ ಇಂಗ್ಲೀಷರು ಸುಮಾರು ಎರಡು ನೂರು ವರ್ಷಗಳ ಕಾಲ ಆಳ್ವಿಕೆ ನಡೆಸಿ ನಮ್ಮನ್ನು ದಾಸ್ಯತ್ವದಲ್ಲಿ ನೂಕಿದರು.”ದೇಶ ನಮ್ಮದು, ಭೂಮಿ ನಮ್ಮದು, ಉಸಿರಾಡೋ ಗಾಳಿ ನಮ್ಮದು, ಸೇವಿಸುವ ಆಹಾರವೂ ನಮ್ಮದೇ ಆದರೂ ನಾವು ಬ್ರಿಟಿಷರು ಹೇಳಿದಂತೆ ಬದುಕಬೇಕಾಗಿತ್ತು.ಇದಕ್ಕೆ ನಮ್ಮ ದೇಶದ ನಾಯಕರು ಚಿಂತನೆ ನಡೆಸಿದರು . ಬ್ರಿಟಿಷರ ವಿರುದ್ಧ ಭಾರತ ದೇಶದ ಸ್ವಾತಂತ್ರ್ಯಕ್ಕಾಗಿ ಹೋರಾಟಕ್ಕೆ ಧುಮುಕಿದರು ಅವರಲ್ಲಿ ಭಗತ್ ಸಿಂಗ್ ,ಲಾಲ್ ಬಹುದ್ದೂರ್ ಶಾಸ್ತ್ರಿ, ಲೋಕಮಾನ್ಯಬಾಲಗಂಗಾಧರ ತಿಲಕ್, ಮಹಾತ್ಮ ಗಾಂಧೀಜಿ,ಸುಭಾಷ್ ಚಂದ್ರ ಬೋಸ್ ಹಲವಾರು ಮಹಾನ್ ನಾಯಕರು ತಮ್ಮ ರಕ್ತವನ್ನು ಹರಿಸಿ ನಮ್ಮನ್ನು ದಾಸ್ಯದಿಂದ ಮುಕ್ತಗೊಳಿಸಿದರು. ಸ್ವಾತಂತ್ರ್ಯಕ್ಕಾಗಿ ನಮ್ಮ ಜೀವನವನ್ನೇ ಮುಡುಪಾಗಿಟ್ಟಿದರು. ಬಾಲಗಂಗಾಧರ ತಿಲಕ್ ಅವರು ‘ಸ್ವರಾಜ್ಯ ನನ್ನ ಜನ್ಮ ಸಿದ್ಧ ಹಕ್ಕು ಅದನ್ನು ನಾವು ಪಡೆದೆ ತೀರುತ್ತೇನೆ’ ಎಂದು ಹೇಳಿದರೆ. ಸುಭಾಶ್ಚಂದ್ರ ಬೋಸ್ ಅವರು ‘ನನಗೆ ನಿಮ್ಮ ರಕ್ತ ಕೊಡಿ, ನಿಮಗೆ ನಾನು ಸ್ವತಂತ್ರ ಕೊಡುತ್ತೇನೆ ‘ಎಂದು ಗುಡುಗಿದರು.ಮಹಾತ್ಮ ಗಾಂಧೀಜಿಯವರು ‘ಮಾಡು ಇಲ್ಲವೇ ಮಡಿ ಎಂದು ಘೋಷಿಸಿದರು’ ಹೀಗೆ ಅನೇಕ ಹೋರಾಟಗಾರರು ತೆರೆಮರೆಯಲ್ಲಿ ಭಾರತದ ಸ್ವಾತಂತ್ರ್ಯಕ್ಕಾಗಿ ಹೋರಾಡಿ ತಮ್ಮ ತ್ಯಾಗ ಬಲಿದಾನವನ್ನು ನೀಡಿದ್ದಾರೆ. ಇಂತಹ ಮಹಾನ್ ನಾಯಕರನ್ನು ಸ್ಮರಿಸುವುದು ನಮ್ಮೆಲ್ಲರ ಕರ್ತವ್ಯವಾಗಿದೆ. ಭವ್ಯ ಭಾರತದ ಕೀರ್ತಿಯನ್ನು ಜಗತ್ತಿನ ಉದ್ದಗಲಕ್ಕೂ ಪಸರಿಸಿ ಬೇಕಾಗಿದೆ ಇಂದಿನ ಪ್ರಜೆಗಳಾದ ನಾವುಗಳು.

ಯಾವುದೇ ಜಾತಿ-ಮತ-ಪಂತ ಧರ್ಮದ ಹೆಸರಿನಲ್ಲಿ ಭೇದಭಾವ ಮಾಡದೇ ಎಲ್ಲರೊಂದಿಗೆ ಕೂಡಿ ಬೆಳೆಯಬೇಕು ಎಲ್ಲರೂ ಭಾತ್ಯತ್ವ ದಿಂದ ಬಾಳಬೇಕು. ಆಗ ಮಾತ್ರ ಉಜ್ವಲ ಭಾರತದ ಭವಿಷ್ಯದ ಅಡಿಗಲ್ಲು ಹಾಕಿದಂತಾಗುತ್ತದೆ.ನಾನು ನನ್ನದು ಎಂದು ಹೇಳದೆ ಒಗ್ಗಟ್ಟಾಗಿ ದೇಶವನ್ನು ಮುನ್ನಡೆಸುವುದು ನಮ್ಮೆಲ್ಲರ ಹಕ್ಕಾಗಿದೆ.ಇಂದಿನ ರಾಜಕಾರಣಿಗಳ ಮಾತಿಗೆ ಬೆಲೆಕೊಡದೆ.ಹಿಂದಿನ ಹಿರಿಯರ ಮಾತಿನಂತೆ ದೇಶವನ್ನು ಹಮ್ಮಿಯಿಂದ ಮುನ್ನಡೆಸೋಣ.

Freedom Fighters

Master Kevin S. Thomas
-XII



A freedom fighter is a person who thinks that his native people are not free, and works to have freedom for all. Most often this means that a freedom fighter wants his people to have their own nation and freedom by getting rid of the oppressors. Freedom fighters were those great leaders who sacrificed their lives with fearless courage to bring freedom to the nation. They faced pains, exploitation, immense torture and hardships to bring freedom. People look up to them in terms of patriotism and love for one's country. They are considered the epitome of patriotism.

Some popular freedom fighters are: Mohandas Karamchand Gandhi, Netaji Subhash Chandra Bose, Sardar Vallabhbhai Patel, Bhagat Singh to name a few.

Freedom fighters in India have launched many movements in order to remove British presence among which many were very huge success. Gandhi, who is known as the Father of the Nation believed in non-violence and truthfulness.

In August 1942, Gandhiji started the 'Quit India Movement' and decided to launch a mass civil disobedience movement 'Do or Die' call to force the British to leave India. Sardar Vallabhbhai Patel actively participated in Civil Disobedience Movement and Quit India Movement. He also played an active role in uniting India. Netaji Subhash Chandra Bose was one of the most eminent freedom fighters of India. Bose motivated the troops with his fiery speeches. His famous quote is, "Give me blood, and I shall give you freedom!"

India gained its independence on 15th August, 1947. We are enjoying this freedom because of the efforts of freedom fighters. Every year on August 15th we celebrate independence day to honour and respect the freedom fighters for committing their life towards making our country independent. They brought freedom to India after a century of revolution, blood shedding and battles. I would like to end by thanking the freedom fighters for helping our nation, India in helping her reach this level of success.

हमारा भारत महान

Master Chris Varghese Mathew
- X B

भारतीय स्वतंत्रता बहुत महत्वपूर्ण है। यह दिवस 15 अगस्त 1947 को ब्रिटिश साम्राज्य राष्ट्रीय स्वतंत्रता का वर्षगांठ है। यह भारत के लोगों के लिए सबसे शुभ दिन है क्योंकि बहादुर भारतीय स्वतंत्रता सेनानियों के बहुत कष्टों और बलिदानों के बाद भारत स्वतंत्र हुआ। उस दिन से 15 अगस्त भारतीय इतिहास में और हर भारतीय के दिल में एक बहुत महत्वपूर्ण दिन बन गया है। साथ ही, पूरा देश इस दिन को पूरी देशभक्ति की भावना के साथ मनाता है। प्रत्येक अधिकारी और कार्यालय के कर्मचारी चाहे निजी हो या सरकारी, सभी को झंडा तोलन करने और हमारे राष्ट्रगान गाने के लिए कार्यालय में उपस्थित होना पड़ता है।

जब हम भारतीयों को एक महान संघर्ष के बाद हमें स्वतंत्रता मिली, तब पंडित जवाहरलाल नेहरू को भारत के पहले प्रधानमंत्री के रूप में चुना गया। उन्होंने राष्ट्रीय राजधानी नई दिल्ली के लाल किले में पहली बार हमारे तिरंगे झंडे को फहराया। उसके बाद से, हर साल हम लाल किला नई दिल्ली में स्वतंत्रता दिवस मनाते हैं। इसके अलावा, सेना कई कार्य करती है जिसमें स्कूली छात्रों द्वारा मार्च पास्ट के सांस्कृतिक कार्यक्रम भी शामिल होते हैं। हम उन स्वतंत्रताओं को याद करने के लिए स्वतंत्रता दिवस मनाते हैं जिन्हें हमने इस स्वतंत्रता को हासिल करने के लिए बलिदान किया था। उस दिन हम अपने मतभेद भुलाकर एक सच्चे राष्ट्र के रूप में एकजुट होते हैं।

पूरे भारत में स्वतंत्रता दिवस के दिन झंडा उठाने वाले समारोहों, को भारतीय राष्ट्रगान के गायन के साथ चिह्नित किया जाता है। इसके अतिरिक्त, विभिन्न सांस्कृतिक कार्यक्रम राज्य की राजधानियों में उपलब्ध कराए जाते हैं। पुरानी दिल्ली के लाल किले के ऐतिहासिक स्मारक में प्रधानमंत्री के द्वारा झंडा फहराने के कार्यक्रम में भाग लेने के बाद, एक परेड सशस्त्र बलों और पुलिस के सदस्यों के साथ होती है। प्रधानमंत्री देश को एक टेलिविज़न एड्रेस देते हैं, जो पिछले वर्ष के दौरान भारत की प्रमुख उपलब्धियों को बताता है और भविष्य की चुनौतियों और लक्ष्यों को रेखांकित करता है। पतंग उड़ाना भी

स्वतंत्रता दिवस की परंपरा बन गई है, जिसमें विभिन्न आकार के आसमान में रंग भरने वाली पतंगें होती हैं। इसके अलावा, स्वतंत्रता दिवस मनाने के लिए, नई दिल्ली में सरकारी कार्यालय के छुट्टी के दौरान पूरे दिन जगमगाते रहते हैं, भले ही वे बंद हों।

इस साल 74 स्वतंत्रता दिवस के अवसर पर मैं अपने सभी भारतीय भाइयों बहनों को दिल से शुभकामनाएं देना चाहता हूँ।

जय हिन्द !





आज़ादी का मूल्य

**Master Gunamay Dawar
- VII D**

जब कहने को तो हम आज़ादी की बड़ी बड़ी बातें कहे जाते हैं
जब कहने को तो हम आज़ादी की बड़ी बड़ी बातें कहे जाते हैं
जब हमारे जवान सियाचन की ठण्ड में भी अपना धर्म निभाते हैं
भीषण सी तपती धूप में भी कभी नहीं कतराते हैं
इस देश की माटी के लिए एक साँस में कुर्बान हो जाते हैं
तो क्या हम वाकई में आज़ादी का मूल समझ भी पाते हैं
कैसे उस तिरंगे से नज़रें भी मिला पाते हैं
इस देश के जवानों को बस नाम की इज्जत दे पाते हैं
तो क्या हम वाकई में आज़ादी का मूल समझ भी पाते हैं



THE FIGHT WILL GO ON

On 24th October, 1914, Pattambi, Malabar district, Madras Presidency, British India saw the birth of a baby girl, Lakshmi Swaminathan, who would go on to become a revolutionary in the Indian Independence movement. She was born to S. Swaminathan, a criminal lawyer at Madras High court and A. V. Ammukutty or Ammu Swaminathan, a social worker. Activism had found its way into Lakshmi's blood especially through her maternal genes. Her mother was an independence activist hailing from an aristocratic Nair family known as "Vadakath family", Palghat, Kerala. Lakshmi's younger sister is the famous Indian dancer, Mrinalini Vikram Sarabhai, wife of Indian physicist Sir Vikram Sarabhai.

**Miss Blessy Saji
- XII**



By profession, Lakshmi was a doctor who pursued a bachelor's degree in medicine from Madras Medical College in 1938 and later on a diploma in gynecology and obstetrics. Initial days of her medical career was at Government Kasturba Gandhi hospital, Chennai. It was in the year 1940, that Ms. Swaminathan flew down to Singapore following a broken marriage with pilot P.K.N Rao. This was a turning point in her life, for this paved her way into the national struggle.

Later in 1942, she was responsible for the medical care of the wounded war prisoners during surrender of Singapore by British to Japanese. This was a time when there were many nationalist Indians in Singapore, who were actually interested in forming an Indian Independence army. Some of these men were K. P. Kesava Menon, S. C. Guha and N. Raghavan, who formed a Council of Action. Their Indian National Army, or Azad Hind Fauj, however, received no firm commitments or approval from the occupying Japanese forces regarding their participation in the war. It was against this backdrop that Subhas Chandra Bose arrived in Singapore. Having heard that Bose was keen to draft women into the organization, Lakshmi requested a meeting with him from which she emerged with a mandate to set up a women's regiment, to be called the Rani of Jhansi regiment. Women responded enthusiastically to join the all-women brigade and Dr. Lakshmi Swaminathan became Captain Lakshmi, a name and identity that would stay with her for life and thus the young doctor became an officer of the Indian national army.

The INA marched to Burma with the Japanese army in December 1944, but by March 1945, with the tide of war turning against them, the INA leadership decided to beat a retreat before they could enter Imphal. The British army arrested Captain Lakshmi in May 1945 and was stuck in Burma until March 1946. She was sent back to India, when the INA trials in Delhi heightened popular discontent and hastened the end of colonial rule. She got hitched with Prem Kumar Sahgal in 1947 in Lahore and she earned the surname of Sahgal. Post marriage, she settled down in Kanpur continuing her medical practice and extending her service in aiding the refugees who arrived post partition. She had two daughters: Subhashini Ali and Anisa Puri.

In 1971, Sahgal joined the Communist Party of India(Marxist), represented the party in the Rajya Sabha. During the Bangladesh crisis, she organized relief camps and medical aid in Calcutta for refugees who streamed into India from Bangladesh. One of the founding members of All India Democratic Women's Association (1981), she led many of its activities and campaigns. A medical team travelled to Bhopal, under her leadership, post the 1984 gas tragedy. Her efforts towards restoration of peace in Kanpur following the anti-Sikh riots in 1984, was also well noted. Mrs. Sahgal was once again behind bars for her participation in a campaign against the Miss World competition in Bangalore in 1996. In 1998, Sahgal was awarded the Padma Vibhushan by Indian president K. R. Narayanan. In 2002, four leftist parties [the Communist Party of India, the Communist Party of India (Marxist), the Revolutionary Socialist Party, and the All India Forward Bloc] nominated Sahgal as a candidate in the presidential elections. She was the sole opponent of A.P.J. Abdul Kalam, who emerged victorious. As a doctor, she valued her Hippocratic oath and was still seeing patients regularly at her clinic in Kanpur in 2006, even at the age of 92. On 19 July 2012, Sahgal suffered a cardiac arrest and died on 23 July 2012 at the age of 97 at Kanpur. Her body was donated to Ganesh Shankar Vidyarthi Memorial Medical College for medical research.

Captain believed that freedom comes in three forms. The first being political emancipation, second being economic emancipation and third was social emancipation. She felt that India had achieved only the first. Freedom fighter, dedicated medical practitioner, and an outstanding leader of the women's movement in India, Captain Lakshmi, was always a character that inspired me and aroused my curiosity, ever since I read her name in my 8th standard history textbook. Apparently, our syllabus did not demand much details about her but this is one personality who happened to steal much of my reading time back home. I happened to read up a lot about her and also was greatly inspired by her determination and efforts which made her one of my role models in life. Captain Lakshmi had the quality of awakening a sense of joy and possibility in all who met her – her co-workers, activists of her organization, her patients, family and friends. Her life was an inextricable part of 20th and early 21st century India; of the struggle against colonial rule, the attainment of freedom, and nation-building over 65 tumultuous years. In this great historical transition, Captain Lakshmi always positioned herself firmly on the side of the poor and unempowered and left the nation with a fine and enduring legacy. I can feel her voice "The fight will go on" still echoing somewhere around here while I salute this determined soul.

INDEPENDENCE OF INDIA AND SINCE....

Master Renil Joseph
-X A



India will be celebrating the 74th Independence Day on the 15th of August, 2020 as a commemoration of her freedom from the British rule which spanned for around 300 years. As we enter the 74th year of our independence, several important questions arise in our minds. Truly, 73 years is not a long time in the history of a nation, not in the life of India at all. All of us should keep in mind that these are not 73 years of Indian existence, though certainly, these 73 years mark the life of an Independent India.

As a matter of fact, India is the world's largest democracy. It is the only country in Asia that has remained democratic ever since it attained its independence from British rule. In fact, it is through the democratic manner of elections that the ruling caucus was dethroned and an alternative government was installed wherein every citizen, without discrimination is given a say in the way his or her life is led and not as decided by somebody else.

Our motherland, India, struggled under colonisation from various foreign powers during which our country was exploited. Nevertheless, India, as a country was successful in getting rid of all the external forces, despite many shortcomings. Many individuals played key roles in getting the country her freedom which she deserved no matter what. Those individuals are known as freedom fighters.

Freedom fighters were people who sacrificed their lives selflessly for the freedom of the country. Freedom fighters made sacrifices which one cannot

even imagine of doing for their loved ones, leave alone the country. The amount of pain, hardships, and opposite they have endured cannot be put into words.

One cannot emphasize enough on the importance of freedom fighters. After all, they are the ones because of whom we celebrate Independence Day. They revolted against the colonizers so as to stand up for the country and its people. Most importantly, freedom fighters inspired and motivated others to fight injustice. They are the pillars behind the freedom movement. They made people aware of their rights and their power. It is all because of the freedom fighters that we prospered into a free country free from any kind of colonizers or injustice.

It is a matter of pride that, India has made notable progress since independence in many areas as mentioned below:

India has got the second largest pool of scientists and technologists in the world, next only to the USA. India has made remarkable progress in the IT sector.

India is a member of the exclusive group of countries possessing advanced technologies in the field of space, missile and nuclear energy. PSLV-C35 and GSAT-18 are the most recent achievements in the arena of space.

Chandrayaan, India's first mission to the Moon was successful and the Moon Impact Probe landed on the surface of the Moon.

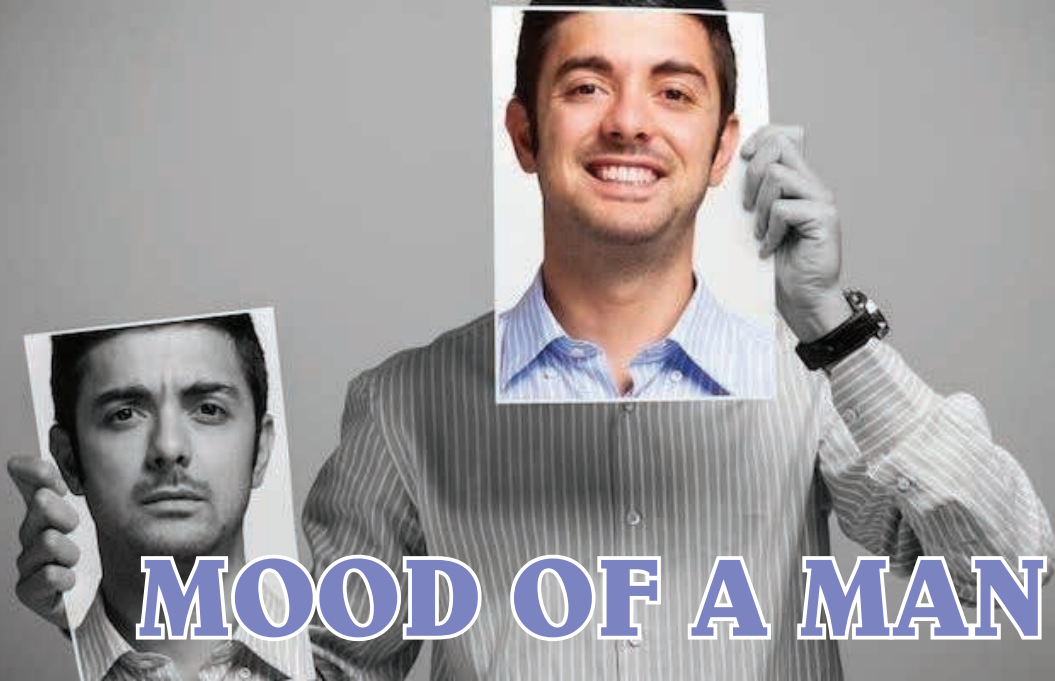
India is the largest producer of milk, sugar, fruits and vegetables in the world. It also ranks high in cereal and pulse production.

India is also one of the largest producers of cement, coal and lignite in the world.

India has over 64000 Km of railways, making it one of the largest rail networks in the world.

As Jawaharlal Nehru rightly said, "Long years ago we made a tryst with destiny, and now the time comes when we shall redeem our pledge, not wholly or in full measure, but very substantially. At the stroke of the midnight hour, when the world sleeps, India will awake to life and freedom. A moment comes, which comes but rarely in history, when we step out from the old to the new, when an age ends, and when the soul of a nation, long suppressed, finds utterance. It is fitting that at this solemn moment, we take the pledge of dedication to the service of India and her people and to the still larger cause of humanity."

All of us should be proud to be INDIANS and be a part of such a prodigious country. LONG LIVE INDIA!!!



MOOD OF A MAN

When joy leads a man,
He does everything he can
His kith and kin rides,
The glorious path of joy

When anger claims one
Harm and brutal is done
Outrage grows within
Destruction is just fun

When calm crawls through the mind
Words come along to bind
Tall tales run along and wide
Silence falls just beside

When sadness conquers man kind
Now runs emotions of sadness
Be it old or be it lad
Dark shadows a man feels

**Miss Jahnavi B -
IX - A**



PINNU LEARNS TO SWIM



Master Aaroh Srivastav
- II B

Once upon a time, there lived a penguin named Pinnu. He was afraid of water, so he never used to go near the Ocean. His mother used to feed him by bringing fishes from the sea water. One cold winter morning, Pinnu's mother got sick so he couldn't get food. His mother said "Pinnu, you should go to the Ocean and bring food". Pinnu said "Mother, I am scared of water. I would not go". Mother said, "Your father will teach you swimming in water". "I'll go to my father right away to learn swimming" he said. His father took him to the water and instructed, "You have to flap your wings when you are in the water, then you will start swimming". Father went inside the ocean and told him to jump in but Pinnu was too scared.

He had no option but jumped in anyway, because he was thinking about his sick mother. Father grabbed him and scolded, "Flap your wings!". Pinnu started to flap his wings. To his surprise, he started to swim. He went underwater and got some fish for his mother, ran towards his mother and gave her. This happened for a few days. Eventually, Pinnu's mother got well and said, "Now I can feed you, my son!" Pinnu said "Mother, you don't need to get me food, I can get my own food" Mother said, "I will give you a reward." Finally, he got the prize and opened it. He saw a magic set and uttered two precious words to his mother, "Thank you" Moral: Don't be scared to learn new things to help your parents.



Miss Diya Singh - V-B

मेरी प्यारी माँ

सबसे प्यारी मेरी माँ, मेरी माँ, मेरी माँ ।

अच्छी अच्छी बातें आपकी, अच्छी अच्छी मुस्कान।

आप हमारा हरदम , कितना रखती ध्यान ।

मुझे हँसाती , मुझे समझाती मेरी प्यारी माँ ।

सबसे न्यायी, सबसे भोली देखो मेरी माँ ।

आपके जैसा इस दुनियाँ में कोई न दूजा माँ ।

हँसकर हमको गले लगाती , साथी है वो मेरी।

कभी न हमको गिरने देती , थामें रहती हाथ।

इस दुनिया में माँ आपके जैसा , कोई नहीं महान।

A photograph of the Statue of Liberty in New York City, with the Manhattan skyline and the Hudson River in the background. The statue is green and holds a torch in its right hand and a tablet in its left. The sky is blue with some clouds.

THE DAY I VISITED THE US

Miss Angel Elizabeth Joseph
- VI D

We all are going through a situation where we can't go outside, but if we do, we might get infected by COVID 19. So, we all crave to go outside for a little time and at least walk or jog around. But what, if you visited the US when you are in India? If it sounds impossible, hang on and read how I visited the US during the lockdown. I do not know if you will like it but I assure you that you will not get bored. So, make yourself a cup of coffee (make sure it is an extra-large one because you are in for a long read), sit in a comfortable corner of your house, and start reading!

I woke up and started getting ready for my daily classes (online, of course). I had woken early in the morning or maybe I thought so. And I switched on my laptop and joined my history lecture. We were learning about rural local self-government. Then my brother called me to ask a doubt about his homework. The following day my parents asked us pack our bags and get ready. Naturally, curiosity got better of me and I asked my father--

“ Where are we going? I asked pretending to be innocent.

“ To the US” he said. He was a man of few words, so he said only that much. I knew he was joking because he was very solemn and serious and a person who is going to the

US would be very thrilled and happy and excited. He did not show any of these traits. So, I made some guesses and concluded at the assumption that we were going to Kerala. Even though I was not going to the US I was happy enough to go to Kerala. I smothered my bedsheet thinking of how the trip would be. I soon fell asleep. The next day we were woken up at 3 in the morning. I was surprised because we always went to Kerala by the first train that arrives at the station and the first train was always scheduled at 7 or 7:30.

But I did not complain or oppose my mom. I was lost in my thoughts. Then as though to create more suspicions we were given a huge breakfast which consisted of sandwiches, fried eggs, vegetable salad, oats and to round it off some sponge cake. The trip to Kerala was never very long and we always packed our food and we ate in the train during mid-day. I noticed that while packing, my mom only packed a big bottle of juice and a big packet of Oreos and some cake. We never carried these kinds of food while traveling by train. And after we ate and drank till our stomachs were full, we were told to dress and that our dress was on our respective beds. I saw a pair of jeans, a tee-shirt, and a thick jacket. I wore it without complaining thinking that we might be traveling in the A/C compartment of the train. Then I peered out of the window to see a taxi waiting for us. I was confused because the railway station was very near to our house and we always walked to the station. We hopped into the taxi and we sat waiting for the driver to take off. Then we travelled in the direction of the airport.

“Aha!” I thought, “we are going to Kerala by aero-plane”. Then I dozed off thinking the mystery was solved. Then we got out at the airport and waited for our aero-plane to be called out so that we could board. Then when a plane that goes to the US was called my parents stood up. That’s when I realized my father told me the truth! We were going to the US!! I was so excited!!! We boarded the plane and we were flying.

I slept like a baby on the plane. After about 18 hours we reached the US. We first hailed a cab and went to the suite which we had booked. It was called Penthouse (or The Fairmont San Francisco Hotel) San Francisco. It was pretty magnificent. Then we had a gala breakfast at the suite. It consisted of pancakes with maple syrup, toasted English muffins, Eggs benedict, Belgian waffles, breakfast burrito, French toast, bacon, and eggs, fruit smoothies, milkshakes, potato pancakes, sausages, and egg sandwiches, oats, cornflakes, and much more..... Then we visited many famous landmarks of the US like the statue of liberty, Hoover dam, Gateway arch, Independence hall, Mount Rushmore, Disney land, Niagara Falls etc. We had lots of fun and bought many souvenirs and all. Then we went back to the suite and we found that we did not have enough water, so we asked the receptionist for some water. Then after a few minutes, I heard a voice. It said

“Dear students, I hope you understood the concept of rural- local self-government. Any doubts?” I opened my eyes with a startle. I had woken up only to understand that I had dozed off in the middle of the class and all of it was a dream.

Corona



Master Johan Aby
- IV B

Corona Corona when did you start?
Where did you start?
How did you start?
Did you start when I was a baby!!
Or on my fifth Birthday or now!!!
Did you start in India, China or America?
Did you start by an Experiment or an animal?
You are a mystery to me,
Like how did the world start....

Pussy Cat

Miss Rishita Krishnakumar - II B

I have a pussy cat in my home,
He always loves to catch a mouse,
And he is scared of a dog,
Pussy cat, pussy cat where are you?
I went to catch a mouse.
Did you get a mouse?
No No No...
Pussy cat, pussy cat where have you been?
I went to play with my friends!



Autobiography
of Gadgets

Master Nitin B - VII - D



Stay safe at home.....



LOCK DOWN



Miss Malavika Nithin
-VID

To myself I frown;
'coz I am bored, and bored!
I ask my mom what to do;
She tells me to stand upside down!

The days are long;
I sing a song
'coz I am bored and bored
I wanna to do something fun

I am at home
Doing nothing but room
I wanna go to school;
Doing something cool

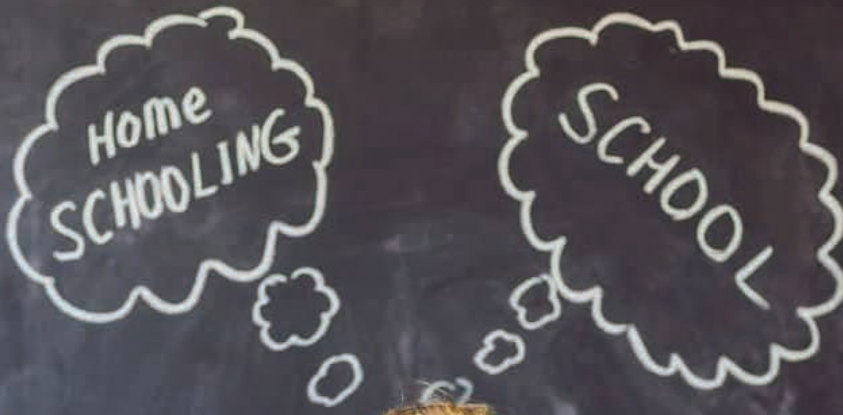
I am in LOCK DOWN
To myself I frown!
I stand upside down too;
'coz I am bored, and bored



Miss Maanasa K - IV B

LIBRARY

I love going to the library,
I've been there since primary.
There is numerous number of books,
About wicked castles and crooks.
Sometimes I read about pretty rainbows,
I read too about fancy dress shows.
Reading books is of great need,
It's an important seed, so come and read!!!



Home Schooling V/S School

Master Melvin Saji - VIII A

Home-schooling is also known as home education. Education of children at home or at variety of places other than school is called home schooling. Home education is usually conducted by a parent, tutor, or an online teacher. Home schooling had started from the 1970s.

In home schooling kids are able to focus in their studies because they are monitored by their parents and a tutor. Home schooling makes it easier for kids by not wasting their time traveling to school. Kids are regularly given assignments to test their knowledge on each chapter. Kids who opt for home schooling are given more care because they are less in number, whereas in

schools there are many kids, which makes it difficult for the teacher to focus on each child.

Even though, there are many benefits in home schooling, there are also disadvantages. In the system of home schooling, kids will not learn how to interact with people. This will have great impact in future.

Kids learn to make social bonding with their friends in schools which is a basic need in life. You never know when danger occurs and you're in need of a friend. "All humans are skilled to capture what a person tells but only if they have the will to." This is a sentence that my mom tells me when I am not concentrating. This is applicable in this context. If a kid who is able to focus on what a person says where ever he or she is, they will understand what the person says. So even if you are in school and the teacher doesn't give you full attention, you can still grasp what the teacher says.

In school you also learn how to come up on your own, because you will be guided to a limit and then you find the way on you are own, just like the mother bear who teaches the baby bear how to search for its own food and leaves them to do it on its own. The skill to find your own way out from a dilemma is needed in the society these days. Schools also take kids for inter-school programs but in home schooling kids do not have the opportunity to do this. When kids are taken out for these programs, they are confident to do their programs without any fear.

If you are not being considered by your teachers for a program, the easiest way to be noticed is to be active. When teachers ask a question be quick to answer, when you do this frequently the teacher starts noticing you. When you think that the other person is better than you in music or hosting a program, even you can be like them. Just think "if they are humans and they can do it then even I can do it."

Start from the beginning be active in your class, only if you are active in your class the teacher notices you. When the coordinators or the principal notices, you will be called to perform in a program hosted by the school. I have told you these ideas from my own experience.

According to me school is better than home schooling because you learn to grow in life on your own.

STRESS MANAGEMENT



Deepika Saxena
School Counsellor

There is no second thought about that world is a difficult place to live in. Apart from everyday stressors like making a living, raising a family and managing relationships, there are several “Out of the ordinary” sort of situations that can add layers of stress to our lives.

Stress can be defined as a reaction we have towards difficult, demanding or challenging events. Stress can make you unhappy, increasing your risk for anxiety and depression.

A. TYPES OF STRESS

- 1. ACUTE STRESS-** Acute stress is the most common form of stress among humans worldwide. Acute stress deals with the pressures of the near future or dealing with recent past. Acute stress is a short-term stress and does not last long enough to cause serious damage. Like- stress caused due to fight with spouse, traffic jam, criticism from boss etc.
- 2. CHRONIC STRESS-** Unlike acute stress, it can have wearing effect on people and can cause serious health issues if it continues over a long period of time. Chronic stress can lead to memory loss, damage spatial

recognition and eating disorders. Like- stress caused due to death of a loved one, prolong illness, divorce etc.

B. HEALTHY WAYS OF COPING WITH STRESS

- 1. DIAPHRAGMATIC BREATHING EXERCISE:** You'll be surprised to know that you might not be breathing the right way.

STEPS OF DIAPHRAGMATIC BREATHING: 20- 30 minutes per day

- Sit comfortably or lie down.
- Place one hand on your chest and other on your stomach.
- Slowly exhale through your mouth.
- Slowly inhale through your nose, concentrating on keeping your chest still while expanding your stomach.
- You should notice a fall and rise in your stomach and your chest, if done properly.

- 2. MINDFULNESS MEDITATION:** Meditation is a very effective in combating stress, only if you have faith in it. It helps to quiet your mind and master negative thought patterns which are the root cause of stress.

STEPS TO DO MINDFULNESS MEDITATION:

- Sit quietly with your eyes closed.
- Breathe normally and simply focus on your breathing.
- As your exhale say 'I AM GOOD' and as you inhale say 'I AM THE BEST'
- If a random thought struck your mind (no need to stop it), simply label it as 'Just a thought' and bring back your attention to breathing.

- 3. PROGRESSIVE MUSCLE RELAXATION (PMR):** When you get stressed, your muscles get tight especially at your shoulders, neck and back. PMR is a simple technique which involves tensing specific group of muscles as you breathe in and relaxing them as you breathe out. This

technique is not only effective for those dealing with stress but also for those battling with insomnia and depression.

(It is advised to watch a video of PMR for better understanding of the therapy)

STEPS FOR PROGRESSIVE MUSCLE RELAXATION:

- Lie down on your back.
- Breathe in and tense your first muscle group for 10 sec.
- Breathe out and gently relax the muscle group
- Relax for 10 to 20 seconds before you move on to next muscle group.
- Notice the difference between how the muscles feel when relaxed and when tensed.
- When you are done with all of the muscle groups, count backward from 5 to 1.

Following is the list of the muscle group in order and how to tense them. Remember you should lie down when you do this exercise, though it can be practiced on a chair as well.

- **HANDS**- Clench them and release gently
- **WRIST AND FOREARMS**-Extend them and bend your hands back at the wrist and release gently
- **BICEPS AND UPPER ARMS**- Clench your hands into fists, bend your arms at the elbows and flex your biceps and open them gently
- **SHOULDERS**- Shrug them and release gently
- **FOREHEAD**- Wrinkle it into a deep frown and release slowly
- **EYES**- Close your eyes as tightly as you can and open slowly
- **MOUTH**- Press your lips together tightly and release gently
- **BACK OF THE NECK**- Press the back of the neck against the floor and release gently

- **FRONT OF THE NECK-** Touch your chin to your chest gently and bring your neck up slowly
 - **CHEST-** Take a deep breath and hold it for 4-10 seconds and exhale slowly
 - **BACK-** Arch your back up and away from the floor and release slowly
 - **STOMACH-** Suck it in and hold it for 4-10 seconds and release slowly
 - **THIGHS-** Clench them hard and release slowly
 - **LOWER LEGS-** Point your toes toward your face. Then point them away and then curl them downwards at the same time and release gently
4. **MANAGE 'ME TIME' FOR YOURSELF-** In daily hustle- bustle of life, we often fail to find even half an hour for ourselves. It is believed, people who engage in 'ME TIME' everyday have better mental health than those who cannot. Women are always on the run and once the Mid-Life Crisis struck (40+), they find themselves lost. This makes them more prone to mood swings, depression and other behavioural changes. Women are recommended to have minimum 40 minutes of 'ME TIME' each day. It could be going for morning or evening walk alone, yoga, sipping a cup of tea alone, gardening etc.
 5. **PAMPER YOURSELF-** What can be a better way to reduce stress by going to a salon to get yourself pampered? It might appear funny but many a times therapist recommend ladies to get their hairstyle changed or just get body massage done. Change in appearance not only introduces you to the 'NEW YOU' but can also boosts your confidence level. Even if you don't feel like going to a salon, you may try giving yourself a facial at home or a foot spa.
 6. **A FRIEND IN NEED IS A FRIEND INDEED-** Sometimes all you need is a friend and a cup of coffee. Spending quality time with friends can do wonders to you and lift your spirits.
 7. **A HEALTHY BODY -** Many a times, you may not be able to figure out cause of stress, when everything is going on well in life because it's your own body which is contributing to stress. If you are overweight/

underweight, have undiagnosed medical condition or simply not getting enough nutrients, you are inviting stress. Regular medical check- up (every 6 months), exercise and good nutritious diet can keep the stress at bay. Do not forget to take multivitamins regularly.

8. **PROPER SLEEP**- Doctors recommend minimum 7hrs good sleep to ditch away stress. Those trying to shed some extra kilos, will not be able to see fruitful results if you are not sleeping enough. Lack of sleep not only makes you feel fatigue but also extremely stressed out. During the pandemic, its normal to have a disturbed sleep pattern. Try taking warm water bath, a glass of warm milk, bed yoga or sleep meditation music before hitting the bed. If nothing helps, seek advice of a sleep therapist.
9. **DRINK WATER THE RIGHT WAY**- We all know that drinking 8 to 10 glasses of water is very important. But did you know most of us drink water the wrong way?

RIGHT WAY TO DRINK WATER

- Start your day with 2 glasses of warm water. You may add lemon juice and honey to it.
- Half an hour before each meal, drink one full glass of water.
- Drink a glass of water before shower. This helps to maintain blood pressure levels.
- Drinking a glass of water before you sleep, reduces the chances of heart attack.
- Apart from this drink water whenever you feel like.
- Always drink water while sitting.

10. SUPERFOODS THAT REDUCES STRESS

- **GREEN TEA** – Green tea has antioxidants which helps in reducing stress levels.
- **COFFEE**- Stress has direct connection with our blood pressure levels. It either very high or low. If your BP is low, there is no better remedy than a cup of strong coffee. If BP is high, one can simply drink two glasses of cold water to bring BP down.

- **GREEN LEAFY VEGETABLES** – Spinach is rich in folate, which helps body to produce mood-regulating neurotransmitters including serotonin and dopamine.
- **FERMENTED FOOD**- Like yogurt, probiotic drinks, idli, dosa etc. **A healthy gut means healthy mind.** Beneficial bacteria found in fermented food have a direct effect on brain chemistry. Research has proved that women who eat more fermented food have improved brain function (better emotional strength and less mood swings) than those who do not consume probiotics.
- **DARK CHOCOLATE**- Dark chocolate has a compound called ANANDAMIDE, a neurotransmitter produced in the brain that temporarily blocks feelings of pain and depression. Dark chocolate is also referred as the “**New Anti – Anxiety drug.**”

11. TIME MANAGEMENT- Some stress is caused by poor organization. Learning how to be more effectively organized at home as well as work, maintaining proper records and using “To-Do list” or alarm clocks can make a big difference.

12. LEARN TO SAY “NO”- Many a times, we often agree to something to which we don’t agree at heart. Fear of hurting others, often causes emotional hurt and stress to ourselves. Though helping others is genuinely a good quality but sometimes we need to learn to say “No” to request that can’t be fulfilled.

13. KEEP YOURSELF AT THE TOP OF PRIORITY LIST- ‘YOU CAN’T POUR FROM AN EMPTY CUP’ i.e. if you are not happy, you cannot spread happiness around. Focus on your own physical, mental and emotional health. Eating healthy, exercising regularly, regular medical check-ups and positive attitude are few steps leading towards happy and contented life.

If you can’t identify the main cause of your stress, try keeping a stress journal. Figure out what triggers you and what helps you to get rid of the stress. Learning how to manage your stress takes practice and patience. People can easily learn stress management and lead happier and healthier lives.

MY RENDEZVOUS WITH ONLINE TEACHING



Mr. Jacob Kavungal
English Faculty

A brief look at 'online education', Computer – based training, web-based training, Internet-based training, online training, Electronic-training, mobile-training, computer aided distance education are all various names attributed to 'Learning Management System' – LMS. In the year 1892, the University of Chicago had offered 'correspondence courses – in the pre Internet era this was the beginning of distance learning. The teacher sent the notes by postal service and the students responded through the same means. Innovations were brought about and added with scientific advancement we have reached where we are now.

I remember attending an International conference of educationists, way back in 1996 in Bangkok, the theme was "Information Technology Explosion and how well prepared we are to face the same". The topic looked strange to me then, but once I reached Bangkok and saw the people around with sleek looking mobile phones in hand I felt they require it not for the

delegates from India - here I had sighted a few handsets in the hands of the super rich or the pretenders of the ilk, mind you a call then: outgoing cost rupees 24 and incoming 16.

That much for the introduction and let me get back to the topic. I remember, a friend of mine, contacting me about online tuition for students in the U.K, some eight years ago. I said, "Done". Maybe, I was more attracted by the pounds I would get than the practicality and viability of the proposition. On second thought I said, "No!" I enjoy classroom interactions with the young men and women and draw inspiration and energy from it. The real presence of the young and sharing our knowledge with them has its own advantages. The learning is mutual and I remain young in mind and the learning does extend outside of the classroom too – it is in the playfield and corridors we assess the true nature of a person.

But the 'Pandemic' –Covid-19 – shook the world so to say and the initial bravado and daredevilry gave way to mortal fear. The world, without any distinction of the rich, poor, developed underdeveloped began to look for ways and means of survival. We began, including me, resorting to measures to isolate ourselves from the other. Social gathering became a taboo and began to enforce social distancing. The plastic, a ban till then, became our only protective gear and we began to wrap ourselves when outside. Governments began declaring lockdowns to stop physical proximity. Schools and institutions of education were shut and here arrived the need to reach out to the students.

Institutions and governments began looking for ways to save an academic year of the students, thus online teaching became the order of the day. Schools began shelling out money and resources to impart education and thus on line teaching has come to stay, at least for the near future.

When online classes began in April, 2020 I took up the challenge with a lot of trepidation. I was not sure, if I will fail to do justice to my work as a teacher. I took extra care to prepare my lessons as clear and lucid as possible for the entire class. I began to familiarise myself with my own voice – I was to be talking and sharing with a virtual group of students at a distance. In a real classroom I could know their vibes and try to get them back to the learning process.

To confess, after having taught on line for the past five months I feel confident to do justice. I can feel satisfied at the end of the class that justice has been done and with personal interest and perseverance the students will do well. The idea is to pass on concept in a simple way for the entire class to comprehend – mind you the interest and focus of the students is of utmost importance. Here the parental role is paramount and imperative. They have a role to play in helping the children to get the better of the present condition.

Have I mastered the art of online teaching? Given a choice, my preference would be the real classroom set up and the interactions there. I am a teacher, more importantly an educationist, my whole work cannot be limited to sharing of knowledge, my duty is to build a human person, whose mental, physical, emotional, psychological and aesthetic growth has to be looked into too. He/she becomes a human being who should be able to feel the other as a human being above cast, creed, religion and ethnicity.

Online teaching has its positives and negatives, to name a few:

Merits:

- No distraction while teaching.
- The syllabus can be covered pretty fast.

- Justice can be done to teaching.
- No travel.
- Be home bound.

Demerits:

- The smarter ones would carry the day.
- The weak and reserved ones will lag behind.
- Unable to monitor the student's attentiveness.
- Burden on the parents to provide a laptop or phone to every child.
- Erratic supply of power and internet connections

I felt I must appeal to my parents and all the parents on behalf of the teaching fraternity that we are not experts at the art of online teaching, we are novices learning the process or more correctly we are forced into this by the circumstances and we are trying to be available and productive. We are trying to put into practice the maxim, "Necessity is the mother of invention." So while judging us or casting aspersions at us, be kind enough: The style, the tone, the language or the pronunciation may not match the best in comparison – we are drawn up from different parts of the country and we show this angularity in our speech. Our main focus is to do well in teaching the subject as best as we could. While the classes are on we are aware of the fact that many of you are present and your knowledgeable presence would make us reticent and conscious.

As I conclude I am happy that I did not run away from the challenge of online teaching hurled at me. I have tackled the issue and for now hit it for a six, in cricketing parlance. Let us accept the challenge and try to get the best out of it, so that we are not cowed down by tribulations but are victorious.

मेरा भारत

Miss Sravani S - VII B

भारत मेरा प्यारा देश,
सब देशों से न्यारा देश ।
हिंदू - मुस्लिम भाई-भाई,
मिलकर रहते सिख-ईसाई ।
इसकी धरती उगले सोना,
ऊँचा हिमगिरि बड़ा सलोना ।
सागर धोता इसका पाँव,
हैं इसके अलबेले गाँव ॥



WORLD OF CANVAS



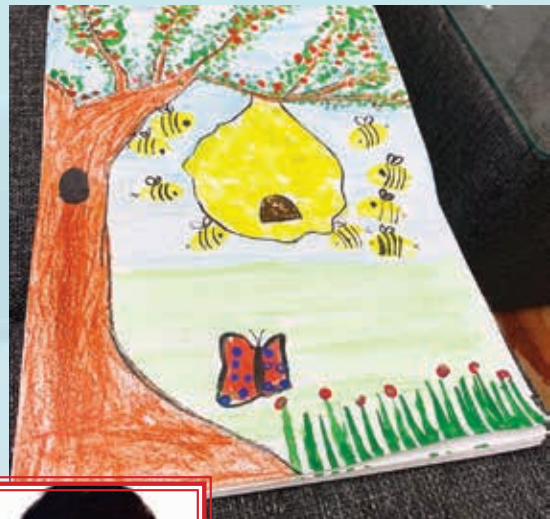
Master Austina Michelle
- UKG B



Master Ekaksh Jha
- LKG B



Miss Halena Jose
- LKG C



Master Saiaansh Singhal
- UKG D



**Miss Dishita Sar
- LKG D**



**Miss Tabitha Yuvaraja
- UKG E**



Master Ashish S. Nambiar - IV A



Miss Avani Megharaj Kidiyoor
- III C



Master Devadatt S
- V C



Master Abel Giss
- I E



Miss Keertan Srivanth Dhachapally
- IV C



Master Dibyanshu Padhi - III B



Master Lohith Reddy - I E





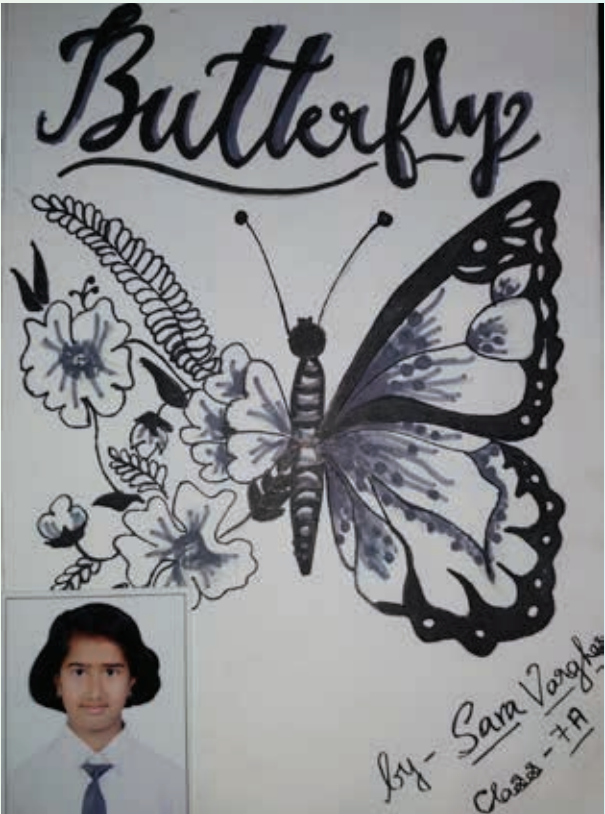
Miss Priasha Budhwani - IV D



Miss Riyanshi Patnaik - III F



Miss Anshika Singh -VIII D



Master Ron Linz - VII B



Miss Rose Maria Boby - VI D



Miss Renaz Naseem - VI B



Miss Yuktha - V B