

St. Patrick's Amor

Bi-monthly Magazine of St. Patrick's Academy, February - March 2020



Greetings from the Principal's Desk !!!

Bro. Paul Parecattil



Dear Patricians, I am happy to meet you all through this E-Magazine. It is nearly a month since we met and it was a sudden decision forced upon, by situation beyond our control, to ask you to stay home. I know many of you were very upset that you couldn't appear for the final exam or bid farewell to your dear teachers and friends, as is customary to do so, at the end of an academic year. Covid-19, the Pandemic, is spreading all over the world at an alarming rate and there wasn't any time for us to think otherwise. Now we realize that it was a wise decision taken by the education department to close the schools although it caused us some difficulties.

It is the time to realize that in every adversity lies the seeds of prosperity, because after every storm there is calm. Every disaster is a lesson to teach us how to overcome it. If we look back into the history of mankind, in almost every century there was an epidemic or calamity which shook the eco system because of direct or indirect human action. We are created to be the stewards of creation but many a time we human beings act as the masters of the universe. We forget our mission in this world, so there are reminders in the form of disasters and epidemics. It is only when our eyes are washed clean with our tears that we begin to see more clearly; it is only when it gets dark that we see the stars in the sky. So adversity is not a bad thing; every calamity and loss contains its own lesson on how to improve our life styles and attitudes, before the next time we face such a situation.

If we give up the struggle, we stop living. A Good future is the fruit of a thousand hardships borne happily. In the end, we will realize that hardships and discomforts are actually laying the foundation for creating a new level of living which we all will enjoy. I know many of you are at home unable to go to your native places to visit relatives and dear ones; or the places planned to visit during the summer vacation. Utilize the present situation very constructively; reading books, doing home-work given to you by the teachers on line, drawing pictures and cartoons, writing stories and poems or something of interest. Listen to music, dance to your favourite numbers till you get exhausted, find some time to help your parents in whatever way you can, play indoors and take care of yourself and others responsibly.

This is not the time to panic; this situation is not a permanent one. It is only a transient adversity which will also pass away. Follow the instructions given by your parents. Stay in and enjoy good health.

Annual Day

The 10th Annual Day Celebration was held at St. Patrick's Academy Bengaluru on 8th February 2020.

Rev. Bro. Jerome Ellens, Superior of the Indian Province, was the chief Guest. Head of the institutions from the neighbouring schools were present on the Annual Day. The presence of the whole Patrician family was a special blessing to the event. The students from Nursery to grade III exhibited their talents in a spectacular way, which indeed was a visual feast to the spectators. The event culminated with the grand finale by all the participants of the Annual day.



Class Picnic

In this academic session, the students of grade VI and VII were taken to Funworld and Waterworld, Bangalore, on February 15, 2020. The students were extremely excited to reach their dream world. They sang songs and played 'anthakshari' till they reached their destination. They enjoyed every bit of the water rides and slides. The day was full of fun and laughter; surely it gave them memories to cherish forever.



Thanks Giving Mass and Graduation Ceremony

It is another milestone in the life of our students in Grade X & XII, as they take a step forward in their academic life. The Graduation Ceremony was held on February 2, 2020 for our first batch of Grade XII students. The day began with thanksgiving Holy Mass offered by Rev.Fr. Subash, Superior, Barnabite fathers, Bengaluru and Rev.Fr. George Parecatil CFIC, for the students of class X & XII along with their teachers. At the end of the Holy Mass, all the teaching faculty prayed over the students of Grade X & XII by laying hands on them. There were cultural programmes arranged by Grade XI students. The Principal and the faculty members blessed and wished the students for their future endeavours.



Founder's Day Celebration

The Foundation Day of the Patrician Brothers was celebrated with reverence and splendour. A special Assembly was conducted in the Delany Hall to commemorate the memory of our courageous leader Bishop Delany. The congregation of Patrician Brothers was founded by Bishop Daniel Delany in the year 1808. The 213th anniversary of the foundation of the Patrician Brothers was celebrated in St Patrick Academy, Bengaluru on February 3, 2020. The students of class VI D presented a well-organized programme and promised to follow in the ideals of the Founding Father.

The Principal, Rev. Br. Paul, addressed the students and inspired them to put a step forward in faith with the courage of convictions and rely on the power of the Almighty God.



Provincial's Visit

It was a special day for all the Patricians to have our newly elected Provincial Superior, Rev. Bro. Jerome Ellen, as our guest of the day. A special assembly was organised by the students of our middle school on February 6th, 2020 in the Delany Hall. Br. was superlative in appreciating the students, teachers and the management for arranging a classic welcome. The Provincial Superior appreciated their outstanding performance and advised the students to be always positive in achieving their goal.





Ash Wednesday

Ash Wednesday is a significant day in the Christian calendar denoting the beginning of the repentant period of Lent which precedes Easter. The Patrician family observed Ash Wednesday of the year 2020 by celebrating the Holy Eucharist on February 26, 2020. The main celebrant was Rev.Fr. Bijoy Kuliraniyil MI. All the participants of the Holy Mass received ashes on their forehead which reminded them to “Repent and believe in the gospel.”



Music Recital

As a part of the extra-curricular activity of our school; students from junior and senior sections attend music classes. The instruments taught are Keyboard, Guitar and Drums. They are taught theory and practical aspects of their respective instruments. The last music session for the academic year 2020, successfully ended on the 20th and 21st of February 2020. Being the last music class of the academic year, the students were given an opportunity to perform a song of their choice with the guidance of the music teachers. Enthusiastic participation was shown by all the students.



Sports Day

The Sports Day for Classes I to III was conducted on February 28, 2020 on the school ground. The students participated wholeheartedly in the events such as Hoops Dressing Race, Shuttle Relay and 50-meter Sprint. Students showcased good co-ordination and team spirit in all the races. The event was a huge success with everyone involved putting in their best efforts.



Laying of the Foundation Stone

St. Patrick's Academy Bengaluru, in-order to reach out to the less privileged of the school community, laid the foundation stone for a house for one of their class four employees on February 28, 2020. Rev. Bro. George Xavier, Deputy Congregational Leader of Brothers of St. Patrick, led the blessing prayer of the event. The Principal, Rev. Bro. Paul and other members of the Patrician family were present there. The fund for the same was raised through Jamboree event of the academic year 2019-2020



International Women's Day

The International Women's Day was celebrated at St. Patrick's Academy, Bengaluru on March 6, 2020. The Chief guest of the day was Mrs Jyothisree who is a BE graduate and a professional classical dancer specialised in Mohiniyattam. Along with her dance performance, she also interacted with the students and gave a message on 'Living in the present' to the students. All the teachers and the ancillary staff were invited on to the stage and felicitated. The boys of the school pledged to honour, respect and support every woman.



Class Assemblies : Feb 2020 – Mar 2020

1. Class: VII A, Date: 11-02-2020, Theme: Let's Dance.
2. Class: I B, Date: 28-02-20, Theme: Kindness Matters.
3. Class: I E, Date: 25-02-20, Theme: Fill your mind with Positive Thoughts.
4. Class: I D, Date: 18-02-20, Theme: Save Water.
5. Class: VII B, Date: 03-03-20, Theme: World Wild Life Day!.
6. Class: VII D, Date: 09-03-20, Theme: Mother's Love.



Victorious Patricians!!!

Inter-School Athletic Meet

St. Patrick's Academy, Bengaluru, participated in the Inter-School Athletic Meet, organised by Prime Sportivo on February 17, 2020. The event was held at Kittur Rani Chennamma Stadium, Bengaluru.

Patricians are the winners of the following:

1. First Place in 4*100 Mtrs Shuttle Relay (Grade II Boys Category)
2. First Place in 4*100 Mtrs Relay (Grade V & VI Girls Category)

And also, Miss Anna Michael of Grade II F secured 3rd Place in 30 Mtrs sprint under the Grade I & II category.

Congratulations to all the participants & winners; Also to their coaches; Jagadish Sir and Nalini Ma'am!!



India book of records Award!

Our little Patrician, Master Saiaansh Singhal of LKG E bagged India book of records award for being able to read from newspaper and magazines at such an early age. We, at St. Patrick's Academy Bengaluru, proudly congratulate him and wish him good luck.



Patrician Talents



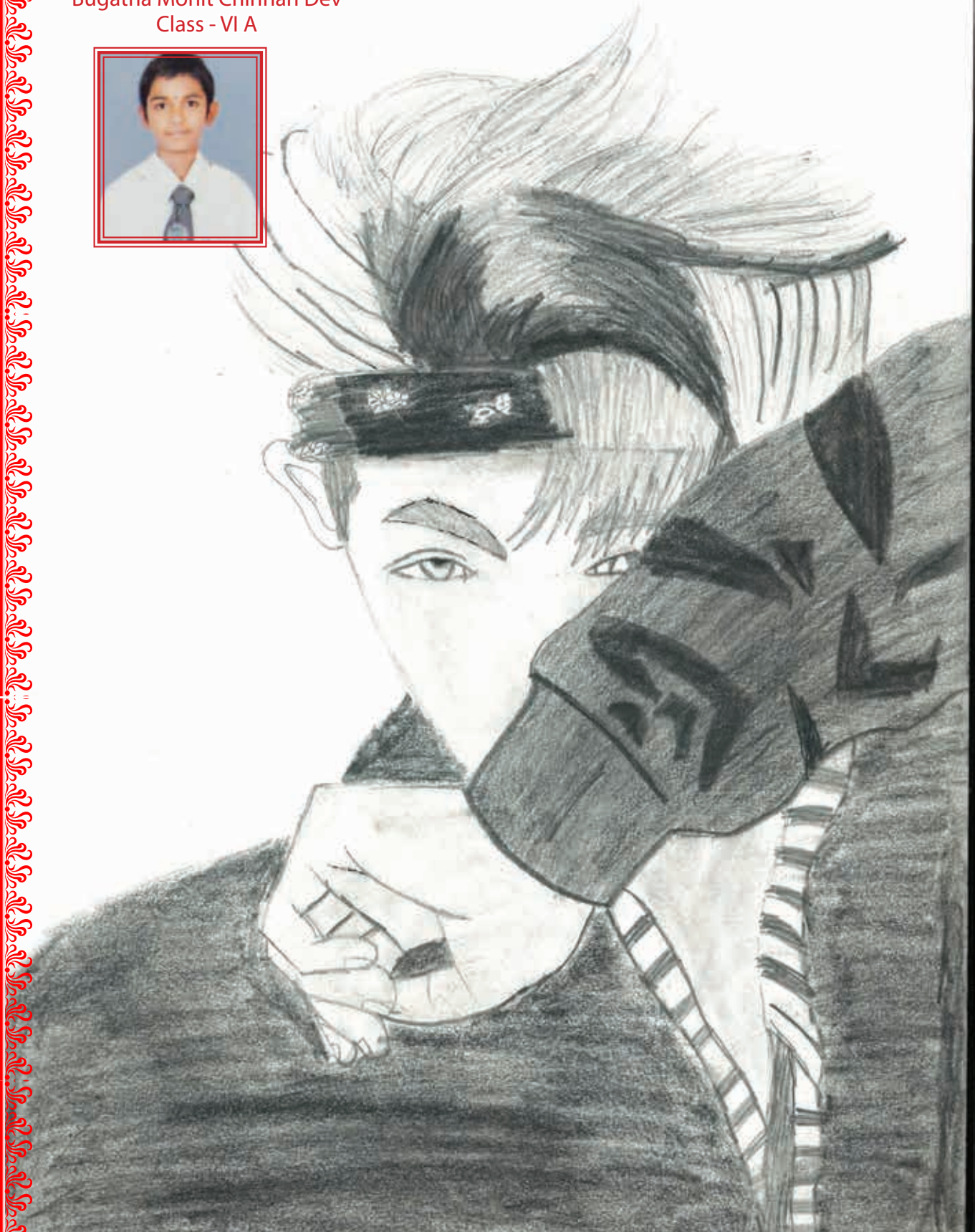
MARY AND JOSEPH

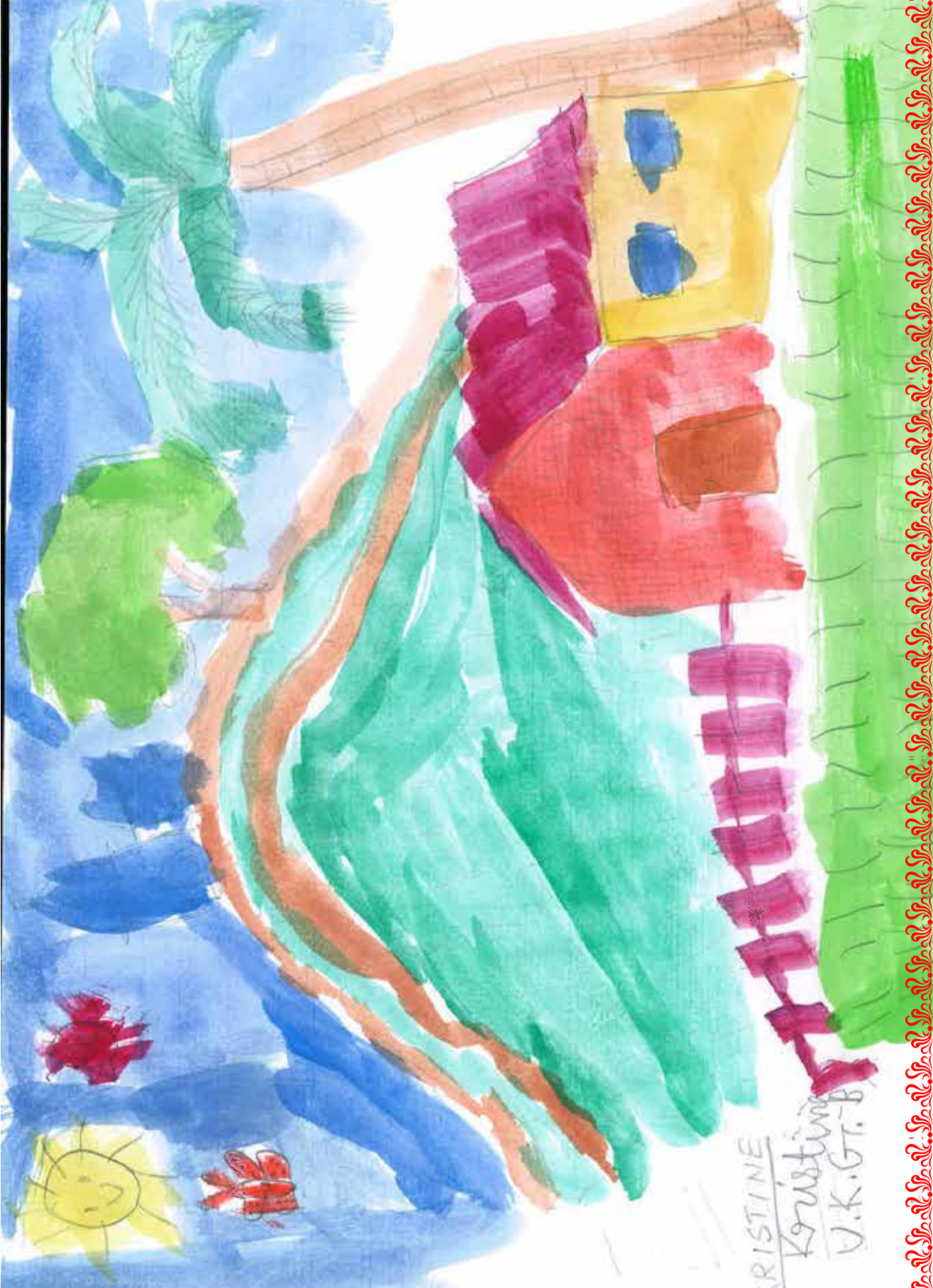
AND BABY JESUS



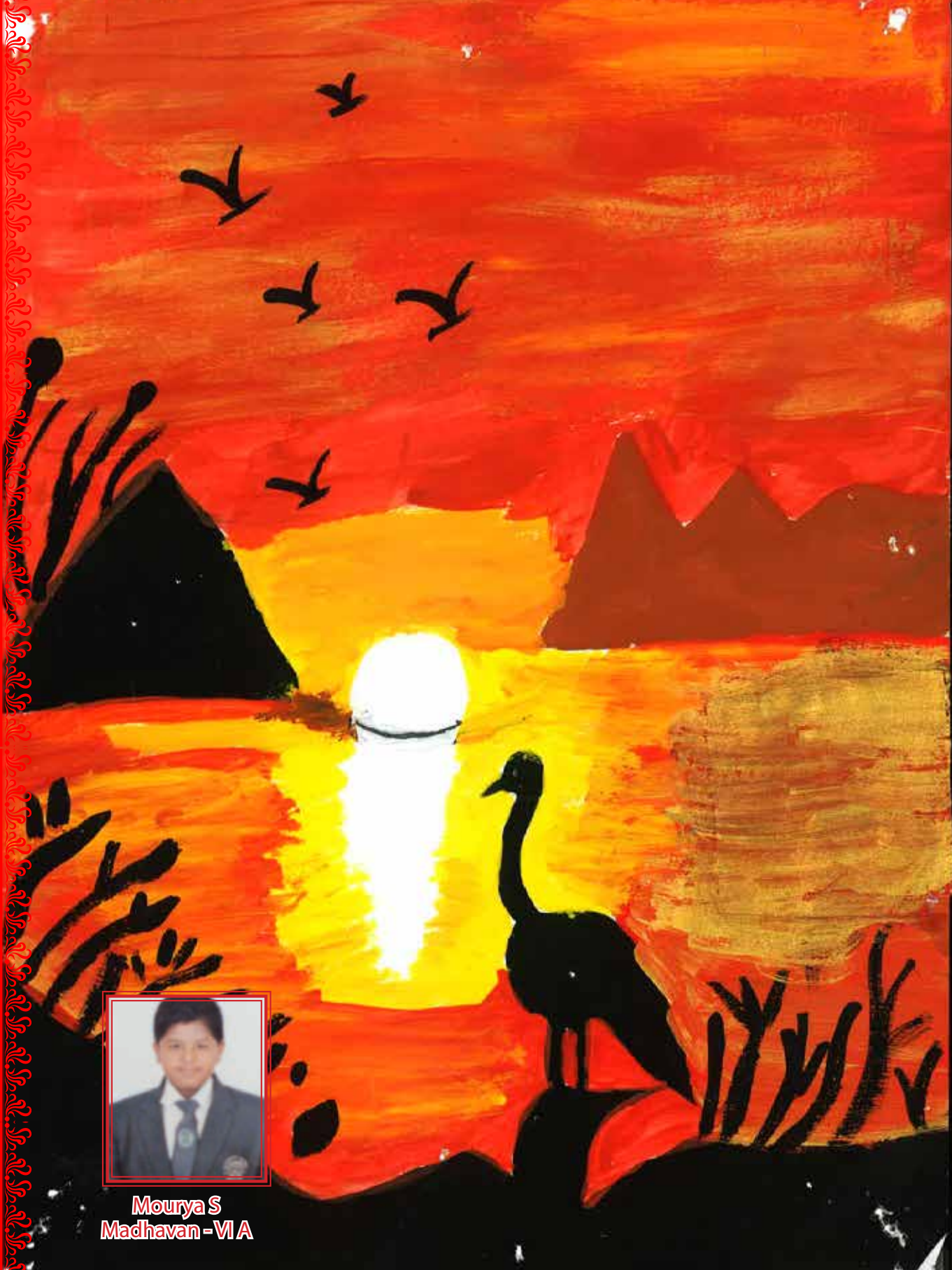
FELIX FEBIN K. PATTERIL
Class - UKG C

Bugatha Mohit Chinnan Dev
Class - VI A





ARISTINE
KRISTINE
V.K.G.T.B



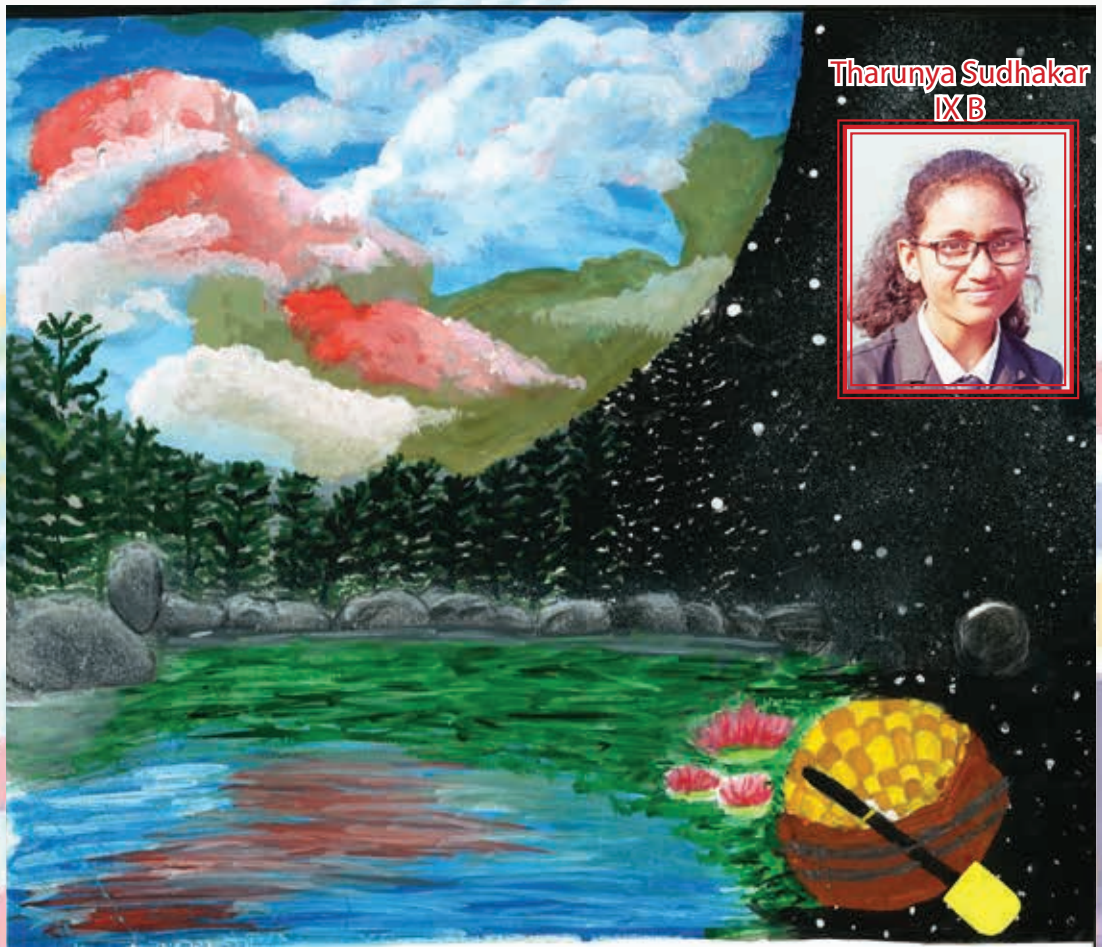
Mourya S
Madhavan - VI A

PRANATHI-B
VII 'A'





Neeraj K Reddy
UKG B



Tharunya Sudhakar
IX B



Draw Your Fate

Bhoomika K.S - XI A



Concentrate, or one day
It might be too late.
For you cannot debate
As you can only contemplate.

If you choose to procrastinate
Your doubts will only escalate.
To overcome the distractions,
You must stay obstinate.

Fear of failure is something you can dominate,
But if you do fail,
Do not stay desolate
Instead, choose to recreate

The future may seem bleak
And you may feel to retreat.
Though you may be weak,
You must choose to stand on your feet.

For you are the only one,
The one who can change your fate.
You may choose to destroy it
Or you may choose to illuminate.

मेरी माँ

रेनिल जोसफ़

कक्षा - IX B



जिसने मुझको जन्म दिया है ,
पाल पोसकर बड़ा किया है,
चाहे धूप हो चाहे छाया,
साथ सदा है उसका सायाँ,
ऐसी अच्छी ऐसी सच्ची,
मेरीमाँ।

सुबह उठाती ,
प्यार जताती,
अपनेपन का अहसास दिलाती,
रूठ जाऊँ तो मुझे मनाती,
ऐसी प्यारी माँ।

चाहे सुख हो , चाहे दुख हो ,
साथ हमेशा मेरा देती ,
अपने आँचल की छाया में ,
खुशियों से मुझ को ढक लेती,
इतने सुंदर इतनी प्यारी है,
मेरी प्यारी माँ।



My Baby Sister

My baby sister, Shanaya,
is tiny but strong,
She's sweet as a cherry,
but she is never wrong.

We take walk together,
play, and sing songs.
There's nothing better
than what we get along.

She's cute as a button,
and ever so smart.
Where she wears her mittens,
she's a little sweetheart.



Shaurya Bisaria - II B



MY DREAM

Amit Jena - III C



My Dream is to be a cricketer, because I love cricket since I was 7 years old. My friends also like to play cricket with me. I feel delighted when I play cricket. I am the best player of my team anytime. I love batting, bowling, fielding and wicket keeping. I do pace bowling. My highest score is 103. I love playing cricket any time when I am free.

Anto Kannath - III D



VACATION

Vacation is when you can have fun. It's like free time away from school. You can go to the places you love; you can hang out with your friends in vacation. Children like vacation and are very happy to have a break from yearlong school studies. During vacation, you can sleep late, spend time in outside play with friends and it's fun to do the things you love. We deserve it after doing exams. It's nice having vacation and have break for teachers from teaching and students from yearlong studies. You can watch videos but not too much. I wish vacation lasts so long, but it's not. My class III D loves vacation and you can chill.

रक्षा बंधन - भाई - बहन के स्नेह का प्रतीक



वेदांत गुप्ता

कक्षा - X A

रक्षा बंधन का त्योहार भाई - बहन के पवित्र स्नेह का प्रतीक है । यह हिन्दुओं के प्रमुख त्योहारों में से एक गिना जाता है । भाई-बहन के स्नेह का प्रतीक ऐसा त्योहार विश्व के किसी भी देश में नहीं मनाया जाता । श्रावण मास की पूर्णिमा के दिन मनाए जाने के कारण इसे श्रावणी नाम से भी जाना जाता है । इस त्योहार के साथ भी एक पौराणिक कथा जुड़ी है । कहा जाता है कि एक बार देवताओं और दानवों में भीषण लड़ाई हुई । जब देवता युद्ध में जाने लगे तो इंद्र की पत्नी शची ने देवताओं को राखी बाँधी थी । देवताओं की विजय हुई । इस प्रकार जब बहादुर शाह ने मेवाड़ पर आक्रमण किया तो चित्तौड़ की महारानी कर्मवती ने मुगल शासक हुमायूँ को राखी न भेजी थी तथा हुमायूँ कर्मवती की रक्षा करने आया भी था । राखी के धागे में इतनी शक्ति है कि एक विधर्मी भी उससे प्रभावित हुए बिना न रह सका ।

रक्षा बंधन का त्योहार भाई - बहन के संबंध को और भी मधुर तथा प्रगाढ़ बना देता है । इस दिन बहनें अपने भाइयों के हाथों में राखी बाँधकर उनसे अपनी रक्षा का व्रत लेती हैं । भाई, बहन को रक्षा का वचन देता है । आजकल भाई अपनी बहन को अपनी सामर्थ्य के अनुसार उपहार स्वरूप कुछ भेंट भी करता है ।

दुःख की बात है कि आजकल राखी के त्योहार की पवित्र भावना धीरे-धीरे कम होती जा रही है और सच्चे प्यार का स्थान दिखावे ने ले लिया है । आजकल तो भाई, बहन को उपहार स्वरूप जो धन राशि देता है, केवल इसको ही अपना कर्तव्य मानकर संतुष्ट हो जाता है । ऐसा करना ठीक नहीं है । बहन को कुछ धन आदि देकर ही भाई का कर्तव्य पूरा नहीं होता । हमें राखी के त्योहार की पवित्रता को भी ध्यान में रखना चाहिए तथा आजीवन बहन की रक्षा का व्रत लेना चाहिए । राखी का महत्त्व उसके दिखावे में नहीं, बल्कि उन धागों में छिपी प्राचीन परंपरा और भाई-बहन के प्यार की पवित्र भावना में है ।

‘कितना पावन, कितना निर्मल राखी का त्योहार।

राखी के पावन धागों में ; छिपा बहन का प्यार ॥”





OUR CLASS PICNIC

Content by VI B Students -
Keerthana Rajesh Babu and Emily Jitto

A picnic is more than eating a meal, it is a pleasurable state of mind.

When the school picnic was announced we were so excited. We both were very eagerly looking forward to it.

On the day of the picnic we were supposed to be dropped there by sharp 7 o'clock. We were then assigned into different buses. Then we left for fun world. We had so much fun on the way. We sang many songs and played many games.

First we stopped at Cubbon Park for breakfast. We stayed there for about 1 hour or so and left.

After we reached there we went on many dry rides at first. We went on many swings and also a roller coaster. But the best one was the 360 degree ride. It was such a thrilling experience. Then we went for lunch, after that we were asked to change into our swim wears to go to water world. Water world was so much fun. There was a Jacuzzi, wave pool, lazy pool, rain dance and of course water slides. After all this it was time to head back home. We all changed and got into the bus, even though we didn't feel like going at all. We played and sang songs again all the way home. Compared to the past few picnics this was the best picnic ever!



Geethashri M - III E



ಜೀವಜಲ

ನೀರು ಮನುಷ್ಯನಿಗೆ ಅತ್ಯವಶ್ಯಕವಾಗಿದೆ . ನೀರು ಬಹಳ ಅಮೂಲ್ಯವಾದ ವಸ್ತುವಾಗಿದೆ . ಎಲ್ಲಾ ಜೀವಿಗಳಿಗೂ ಬದುಕಲು ನೀರು ಬೇಕು . ನೀರಿಲ್ಲದೆ ಜೀವನವು ಅಸಾಧ್ಯ . ಕೆರೆ, ಬಾವಿ, ನದಿ , ಹೊಳೆ , ಸಮುದ್ರ ಮುಂತಾದವು ನೀರಿನ ಮೂಲಗಳು . ನಮ್ಮ ದಿನನಿತ್ಯದ ಜೀವನದ ಎಲ್ಲಾ ಕಾರ್ಯಗಳಿಗೂ ನೀರು ಬೇಕೇ ಬೇಕು . ಭೂಮಿಯು ಶೇಕಡ ೭೧ ಭಾಗ ನೀರಿನಿಂದ ಆವರಿಸಿದೆ . ಇಂತಹ ಅಮೂಲ್ಯವಾದ ನೀರನ್ನು ನಾವು ಬಹಳ ಎಚ್ಚರಿಕೆಯಿಂದ ಬಳಸಬೇಕು . ಅನಾವಶ್ಯಕವಾಗಿ ನೀರಿನ ದುರ್ಬಳಕೆಯಾಗಬಾರದು .

ನೀರನ್ನು ಅವಶ್ಯಕವಿದ್ದಾಗ ಮಾತ್ರ ಬಳಸುವುದು ಒಳ್ಳೆಯದು . ಇತಿಮಿತಿಯಾಗಿ ಬಳಸುವುದು ನಮ್ಮೆಲ್ಲರ ಕರ್ತವ್ಯ . ಪ್ರಪಂಚದ ಅನೇಕ ದೇಶಗಳು ನೀರಿನ ಕೊರತೆಯಿಂದ ಬಳಲುತ್ತಿರುವ ವಿಷಯ ನಮ್ಮೆಲ್ಲರಿಗೂ ತಿಳಿದಿದೆ . ಸ್ವಚ್ಛ ನೀರಿನ ರಕ್ಷಣೆಗಾಗಿ ಮಲಿನಗೊಳ್ಳುತ್ತಿರುವ ಜಲದ ಮೂಲಗಳನ್ನು ರಕ್ಷಿಸುವುದು ನಮ್ಮೆಲ್ಲರ ಕರ್ತವ್ಯ . ಹೆಚ್ಚು ಹೆಚ್ಚು ಗಿಡಮರಗಳನ್ನು ಬೆಳೆಸುವುದರ ಜೊತೆಗೆ ಕಾಡುಗಳನ್ನು ಉಳಿಸಬೇಕು , ಕಾಡು ಇದ್ದಲ್ಲಿ ಹೆಚ್ಚು ಮಳೆಯಾಗುತ್ತದೆ . ಕಾರ್ಖಾನೆಗಳಿಗೂ ಸಹ ನೀರಿನ ಅವಶ್ಯಕತೆಯಿದೆ . ಬಹಳ ಮುಖ್ಯವಾದ ಅಂಶವೆಂದರೆ ಮಳೆಯ ನೀರನ್ನೇ ನಂಬಿ ಜೀವನ ನಡೆಸುತ್ತಿರುವ ರೈತರಿಗೆ ನೀರಿಲ್ಲದೆ ಬೆಳೆ ಬೆಳೆಯಲು ಸಾಧ್ಯವಿಲ್ಲ . ಪ್ರಸ್ತುತ ಸಮಯದಲ್ಲಿ ಹೆಚ್ಚು ಹೆಚ್ಚು ಕಟ್ಟಡಗಳು ನಿರ್ಮಾಣವಾಗುತ್ತಿರುವ ಕಾರಣ ಗಿಡಮರಗಳು ನಾಶವಾಗುತ್ತಿರುವುದಲ್ಲದೆ ಅಂತರ್ಜಲದ ಮಟ್ಟವು ಸಹ ಕುಗ್ಗುತ್ತಿದೆ . ಮುಂದಿನ ದಿನಗಳಲ್ಲಿ ನೀರಿನ ಕ್ರಾಂತಿ ಉಂಟಾಗಬಹುದೆಂಬ ಮಾತಿನಲ್ಲಿ ಸಂದೇಹವೇ ಇಲ್ಲ . ಆದ್ದರಿಂದ ನೀರನ್ನು ಉಳಿಸಲು ನಾವೆಲ್ಲರೂ ಕೈಜೋಡಿಸೋಣ .

EXAM PRESSURE AND HOW TO BEAT IT



Deepika Saxena
School Counsellor

Exams and tests can be a challenging part of school life for children and parents as well. If in moderation, stress can propel students towards their goals and aspirations. It's only extreme exam stress that can cause your child to feel anxious or even depressed. In many cases, exam stress is all in the mind and can be easily handled through mental discipline. I always suggest the parents to deal with their stress first and then only they can help their children handle exam stress effectively.

TIPS FOR STUDENTS:

- **TAKE NOTES IN CLASS-** Take your class time seriously by taking proper notes, summarizing what your teacher has taught. When taking notes focus and jot down key words and key ideas. Don't forget to review your notes weekly. This will help you to learn material and transfer it to long term memory.
- **MANAGE YOUR TIME WISELY-** Do not start cramming for your exam last minute, this will surely lead to exam stress. Start preparing at the right time to keep

yourself away from stress and nervousness. Also study at that time of the day when you are most productive and alert.

- **PREPARE A SCHEDULE-** Prepare a weekly study schedule (SUN – MON). Try to cover up the portion you planned for the week. A study schedule gives you a clarity of where you stand and how much extra hours you need to invest to cover up pending portion.
- **KNOW WHERE YOU STUDY BEST-** Understand your comfort zone when you prepare for exam. For example, some students like to study in bright lights while there are a few who learn better in dim lights. Some can learn better with music on while a few can get disturbed even by slightest noise.
- **ORGANISE YOUR STUDY TABLE AND ROOM-** You feel fresh and motivated when your room is tidy and study table is well arranged.
- **BE FLEXIBLE WITH STUDY ENVIRONMENT-** Continuously studying in the same environment can be monotonous. Change of study place can make you feel fresh and energetic.
- **TARGET DIFFICULT SUBJECTS FIRST-** Target the difficult subject first. Running away from them will not help. So, if you don't like math, say to yourself that "I am going to win over math. Math cannot defeat me"
- **TAKE BREAKS –** It is scientifically proven that the average human brain can only focus on one task effectively for about 45 minutes. It is advisable to take power breaks of 30 minutes after every 2 hours. You may go for quick walk, play a musical instrument or simply listen to music. This will recharge you for next 2hr for dedicated study. But this only works if you are disciplined and committed about break time.
- **EXERCISE-** Physical activity stimulates our mind, body and soul. Physical activity releases a brain chemical Endorphins which makes you feel happy and relaxed. So, if you are anxious or stressed, you may do yoga or do regular exercise. It also promotes good sleep.
- **EAT NUTRITIOUS DIET-** Like a car needs fuel to run, similarly body and mind needs balanced diet to work efficiently. Many a times students engross themselves so much in to studies that they begin to ignore their diet. Deficiency in nutrients

can lead to increased stress level, mood swings, depression, fatigue, anxiety, insomnia and skin allergies. To excel in examination, one has to keep both mind and body in fully-functioning mode.

- **PROPER SLEEP-** A good sleep routine is also important. A minimum of 7hrs night sleep is a must for a healthy mind and body.

While it is their child who is preparing for exams, parents are not stress free either. From trying to manage their child's diet, sleep schedule and revision of study portions, the cloud of exam stress looms large and heavy on the household. Here are a few effective ways through which you can help your child to beat the stress.

TIPS FOR PARENTS:

- **MAINTAIN YOUR CALM-** For any child to perform well in exams it is very important for parents to be emotionally stable and maintain their composure. The atmosphere around the house majorly influences child's performance.
- **BE AROUND THEM BUT DON'T HOVER-** You are your child's biggest support system. Seeing you around soothes them mentally. Hence it is very important that you are present in kid's vicinity.
- **WORK OUT A ROUTINE FOR THEM-** Help your child to make a schedule for themselves. Consider their inputs and share yours as well. Ensure they are getting plenty of sleep and nutritious diet. Encourage them to take breaks.
- **MINIMISE DISTRACTIONS-** Any kind of distraction like family discussions, noise from TV, access to gadgets or even disturbance from younger siblings must be avoided.
- **NO COMPARISONS-** Sometimes parents tend to compare their child with others without realising that negative words or comparisons will only hamper their performance. As comparison brings down the level of self-esteem. Parents should encourage them to do their best and stay right behind them, no matter what.

Parents should take active involvement in their child's preparation and guide them. Constructive and emotionally sound parents can bring up a positive and confident child.