



The St. Patrick's Amor

St. Patrick's Academy Bengaluru - Newsletter | July - August 2021 | Issue No. I

INVESTITURE CEREMONY 2021-2022



Are leaders born or created? Well, some are born but all are created by the need of the day. At all times, the natural ember of leadership is blazed opposing the powerful storms. Yes, leadership is a skill that needs to be honoured. The leaders in the past who destroyed the mountains and lopped a way to uplift us to the present civilization are honoured when the young leaders are appreciated. The investiture ceremony of St. Patrick's Academy kindled the aspirations of our young leaders to create a new world.

Thus they marched, the elected student leaders of the new academic year, with unity and discipline, aiming at their goal, into the Delany hall. The well decorated ceremonial hall was dignified with the presence of Rev. Brother Christopher Dawes, parents, teachers, and our honorable guest, Rev. Bro. George Xavier, Deputy Congregational Leader of Brothers of St. Patrick.

After the prayer by the school choir and lighting the lamp by the dignitaries, Rev. Brother Christopher administered the Oath of Office for the Senior School Head boy and Head Girl. The house Captains were sworn in and the Oath of their office was administered by the respective House Mistresses. The members of the Cultural Committee and the Editorial Committee were also vested with their responsibilities during the ceremony. Following the trial, the School Prefects were taken the Oath of office from the Senior School Coordinator, Ms. Lucy Jacob. The young leaders invested with their badges and sashes by Rev. Brothers, Junior & Senior School Co-coordinators and the House Mistresses.

Rev. Brother George Xavier, inspired the young patrician leaders with his words of wisdom.

The St. Patrick's family offers congratulations to the leaders who took over their portfolios and best wishes to their future endeavors.

STUDENT COUNCIL MEMBERS 2021-2022



Ms. Nyra Correia
(Head Girl)



Mstr. Arun K R
(Head Boy)

HOUSE CAPTAINS & VICE CAPTAINS

Mstr. Joyal M Joshy & Ms. Melissa Ann Joby
(AZAD HOUSE)

Ms. Diya Dinah Philip & Ms.Sana Jacquilin D
(PRASAD HOUSE)

Mstr. Tom P Chacko & Ms.Manasvi Jha (GANDHI HOUSE)

Mstr. Ankush Bhat & Ms.Chandana Rajeevan
(TAGORE HOUSE)

SCHOOL PREFECTS

Mstr.Saketh Ramkumar Dondapati (Head Prefect)

Mstr.Piyush Prasad Singh

Ms.Aliena Ann Grace

Ms.Madhumitha. R

Ms.Clara Grace S

Ms.Pramila

Mstr.Noel Jose Kalarickal

Ms.Ann Elizabeth

Ms.Amy Rose Blesson

STUDENT CULTURAL COMMITTEE

Ms.Anna Seril Varghese (Head - Cultural Committee)

Ms.Shambhavi Jha

Ms.Marvi Arsh

Ms.Natasha Elizabeth

Ms.Sahana M.

Mstr.Lohith M.

STUDENT EDITORIAL BOARD

Ms.Rhea Harry (Head - Editorial Board)

Ms.Tharunyah Sudhakar

Ms.Mridhula PR

Mstr.Stephen.C.A

HOUSE MISTRESSES & ASST. MISTRESSES

Ms. Sheyra Rose Joseph & Ms. Sigi Raju (AZAD HOUSE)

Ms. Geetha Vijayalakshmi & Ms.Shaija M. S
(GANDHI HOUSE)

Ms. Meera T.S. & Ms.Sakthi Devi S. (PRASAD HOUSE)

Ms. Nilofer Kasbekar & Ms. Sithara Andrew Bora
(TAGORE HOUSE)

ACHIEVEMENTS

COUNCIL RESULTS – YEAR 2020-2021

The pandemic shook the entire world; the country went into a very stern lockdown; schooling took a severe beating; the offline mode of teaching took a back seat and online schooling became the order of the day, but St. Patrick's Academy took to online teaching like fish to water. The teachers were prepared well in advance and thus no working days were lost to the pandemic. The

outcome was quite evident both in ICSE and ISC Examinations. The entire batch of ISC & ICSE students performed exceedingly well. Three cheers to the management, the staff and the students!

Congratulations to Ms. Crystal Shaji George of grade X B for participating in the Model United Nations (MUN) representing Costa Rica, conducted by Concord Collective. She secured 'The Best First-time Delegate Award' for her discourse on 'the right to digital access and the right to be protected from malign forces'



Congratulations to Ms. Pavithra Ramesh of grade VIII C Winner of Essay Writing competition conducted by taskIC on World Environment Day.

Congratulations to Inter-School Competition Winners!

Inter-School Competition, organized by Gopalan International School, witnessed outstanding performance by the students of our school as they brought laurels to SPAB. A number of schools from all over India had participated in this event.



MS. MANASA K - GRADE V B

Ms. Maanasa K of class V B bagged first prize in 'Sell-A-Deal Competition'. She also had participated in Consonance 2021, an All India Inter School Online Singing Competition organised by Gopalan National School and won the Runner up position in Indian Folk Song.



MS. NANDHIKA A KUMAR - GRADE V A

Runner up, Sell a Deal competition



MS. PRIYADARSHINI D - GRADE I E

Second Runner up, 'Show and Tell Competition'

ICSE TOPPERS



Master Evan Bijoy Master Kevin Kinsey Master Renil Joseph

ISC TOPPERS



Ms. Aliza Merchant Ms. Blessy Saji Ms. Carissa Ann Bobby D'cruz

75TH INDEPENDENCE DAY CELEBRATED

"From every mountainside, let freedom ring".

The sun rose into the sky of St. Patrick's Academy with the tricolour bearing the pride hearts of all the patricians in the misty morning of 15th August 2021. Respected Principal, Rev. Brother Tomy Varghese, hoisted the National Flag on the 75th Independence Day. NCC cadets and a cohort of senior students and staff participated in the function keeping to the COVID protocols.

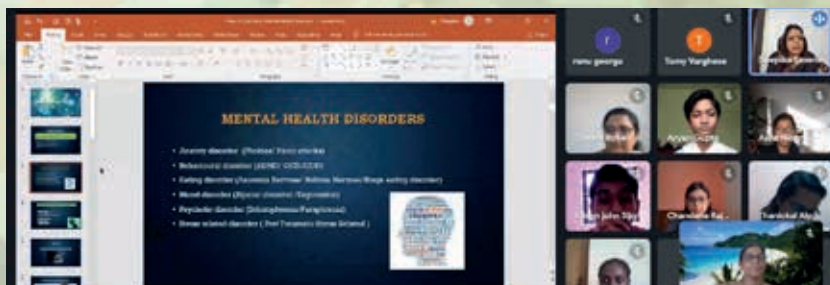
A virtual celebration of Independence Day was shared among the students and staff. The celebration began with a prayer song by our school choir. We were thrilled to hear the awe-inspiring messages from our Principal, and the three retired army officers Maj. Gen. Ashok Sheoran, Gen. Daljeet Singh, and Maj. Gen. Vicram Dev Dogra, who spent their lives serving our nation. Cultural activities by the little ones and a brief message from the teachers made it worthwhile.

The celebration culminated with the proposal of a Vote of Thanks by the Student Leaders. Indeed, the active coordination of the cultural committee, teachers, and students made it a successful programme.



AT ST. PATRICK'S ACADEMY WE CARE

Fear of pandemic, no regular routine, less social contact and lack of coping mechanisms have made our young teens more anxious and less tolerant. Considering the need of the hour, the school management planned a series of **Mental Health Workshops** for students of grade VII-XII in the month of July, 2021. Mental Health Workshops were conducted by School Counsellor, Ms. Deepika Saxena, under guidance of School Principal, Rev. Bro. Tomy Varghese. Students participated enthusiastically and gained insight as to how to get respite from the stress and pressure inflicted as a by-product of Covid-19. A clear message was put across during the workshop that ITS OK TO NOT TO BE OK. Its normal to feel melancholy, disappointments and failures. A brainteaser activity was conducted to help the students beat the stress. Workshop was closed after Q n A round. "For fast acting relief, try slowing down."



Students attending webinar on Mental Health Workshop

VALUABLE ODYSSEY ON PSYCHO-SPIRITUALITY

An engaging virtual seminar on Psycho-Spirituality was conducted on 31st July 2021, Saturday. The Principal, Rev. Bro. Tomy Varghese welcomed the resource person, Fr. Shinoj. K., who is a seasoned educator and has authored a series of books on Value Education, Grammar, Poetry, etc. He shared some valuable insights with regard to shouldering responsibility, nurturing positivity of the Human mind etc. Father conducted a pursuit with the staff to unleash a bit of self-projection to garner courage. The seminar invoked a progressive proposition of human existence.



Staff attending Seminar on Psycho-Spirituality

WEBINAR ON CAREER GUIDANCE

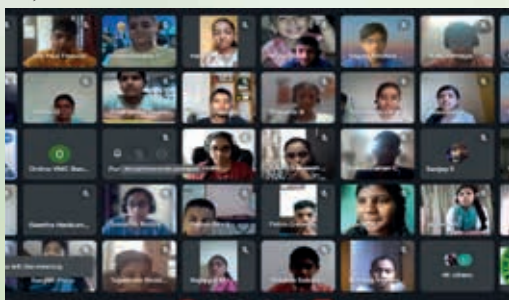
On August 7th 2021, a Webinar on Career guidance for students of class XI and XII was conducted via Zoom by ASISC UP&UK (ASSOCIATION OF SCHOOLS FOR THE INDIAN SCHOOL CERTIFICATE). The webinar started with a Welcome speech by Mr. Sudheer Joshi, Secretary ASISC. The Resource Person of the Seminar was Dr. Amrita Das, Educationalist and Career consultant. The topics discussed were about the latest trends in Courses, subject choices and Careers. Madam explained about specializations in Science and Humanities. She also addressed the queries of the students. Question forum was handled by Fr. Melwin Wilson. Madam also elucidated the impact of Covid on the decision on Higher Education and the post covid trends. The programme ended with the vote of thanks by Mr. Jim Thomas, Zone Coordinator, ASISC



Webinar on Career Guidance; Dr. Amrita Das, resource person

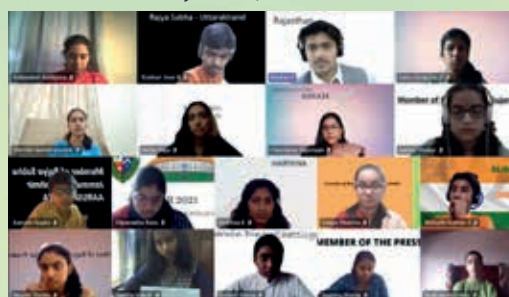
WEBINAR ON CRITICAL THINKING

On 16th of August, 2021, our school hosted a webinar on Critical Thinking. It was conducted online by a team from VMC Bangalore. Dr. Gaurav Sharma from VMC helped us critically analyse and evaluate different situations both for exams and for life in general. Dr. Sharma spoke about the habits that need to be cultivated while preparing for exams such as IIT-JEE. He also explained to us that besides improving subject knowledge, nurturing the ability to stay in focus for several hours is a pre-requisite for success and we have to build up a personality suitable to the profession we dream of. On behalf of St. Patrick's academy, Mr Satish, our senior Math teacher thanked the team of Online VMC Bangalore for their guidance. - **Ms. Rhea Harry (X-B) - with inputs from Pramila (X-B) and Theresa Thomas (X-B)**



MY EXPERIENCE AT MODEL PARLIAMENT

It was great attending such an organized and informative Mock Parliament Session conducted by Bishop Cotton Girls' School, Bengaluru. I being a person, who does not even glance through the newspaper, started searching for materials; through this search, I gained knowledge and as a result confidence about the topics which were put forward by them, like: cryptocurrency. I was also happy that I was recognized for my presentation and intervention twice and I was given a chance to speak. Overall, it was a great experience and I will look forward to similar opportunities as it lets me grow. - **Ms. Chandana Rajeevan, XI A**



KINDERGARTEN REPORT

JULY 2ND- AUGUST 30TH 2021

"Vision is the picture of the future that produces passion and we are holding on to this vision."



MS.YAMINI BHATIA
KINDERGARTEN COORDINATOR

PURPOSE

Focus was placed on all five areas of development, a holistic approach to learning that strives to break down the silos in education and ensures the development of a learner in all areas namely cerebral, emotional, physical, social and spiritual.

NUMBER OF STUDENTS IN KINDERGARTEN:

388, Students in Nursery: 97, in LKG: 140, in UKG: 151. with a team of 14 teachers with shared values, goals and vision.

ORIENTATION DAY

UKG and LKG: 2nd June and NURSERY: 7th June
The orientation program intended to induct and familiarize the kindergarten parents about the policies, procedures and the vision of the school and their partnership in this agenda.

COMMENCEMENT OF ONLINE CLASSES - UKG AND LKG 3RD JUNE AND NURSERY : 8TH JUNE

Online classes are spread over a week with each class of 45 minutes every day. The first 15 classes were bridge classes which aimed at overcoming any barriers left in particular subjects and to give students a progress stage to set themselves up before the new class begins. Classes are there for major subjects thrice a week along with a special activity day on every Wednesday with activities like happy feet day, cleanliness day, clay day, fruit and nut day, colour days, safety day, five senses day, health and hygiene day and many more. A remedial class once a week is conducted to assist the students achieve expected competencies in core academic skills. A social Interaction hour known as the happy hour is conducted every Thursday for peer and collaborative learning and reciprocal teaching. Apart from these live classes we have sent out videos on Yoga, Art and craft and various skill development. Each month has a theme allocated to it and all activities, discussions, videos and talks are around these themes. Theme for June: "Greeting everyone around", Theme for July: "The magical words" and August: Health and Hygiene.

UNIT TESTS

August 23rd- August 27th : The assessment of core academic skills.

TEACHER TRAININGS

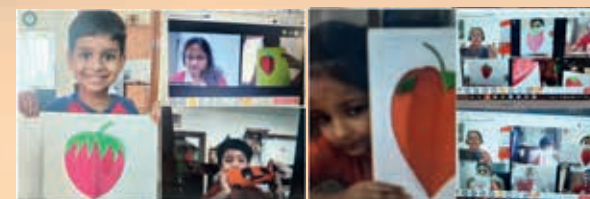
Teacher training sessions were conducted in a closed group to excel and elevate the skillsets of teachers.

PTM

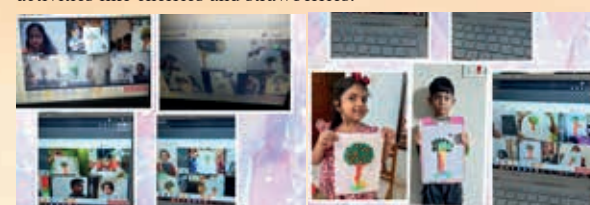
PTM was conducted on July 30th and 31st. The curriculum and pedagogy at St. Patrick's was highly appreciated. Parents appreciated the way teachers have responded to the learning crisis with courage and determination to ensure that the learning goes on.

ASSORTED HUES OF KINDERGARTEN

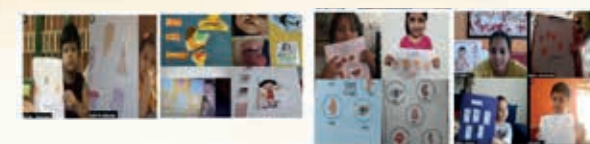
JULY - AUGUST 2021



RED COLOR DAY was celebrated on 7th July. To mark this day, students and the teachers were dressed in red attires and executed paper collage activities like cherries and strawberries.



CLAY DAY: Clay play involves multi-sensory development, was celebrated on 13th July. Children were enthused to do purposeful activities like making a caterpillar and a tree.



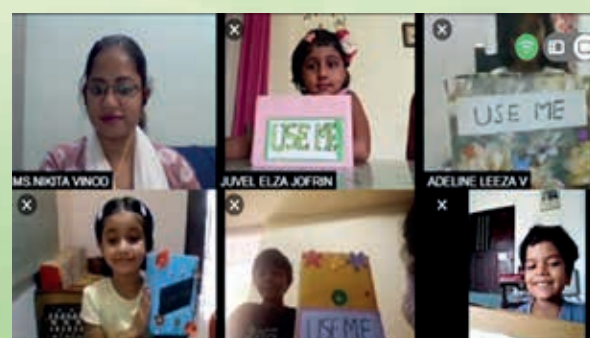
ALL ABOUT FIVE SENSES: We integrated the concept of seeing, hearing, smelling, tasting, touching, and feeling by celebrating a day on 21st July.

FRUIT AND NUT DAY: Did you know eating dry fruits on an empty stomach is beneficial and many such facts we discovered on 28th July while celebrating fruit and nut day.



INDEPENDENCE DAY: Patriotism is an emotion. Our talented bunch spoke about national symbols with a broader spectrum of values and traditions depicting history that ultimately unifies the nation.

UNCHAINED MELODY: Music and rhythm essentially turn everything soulful. Children made enterprising efforts to catch up with the rhythm and tune to participate in the singing competition. The musical expedition certainly has added to their creative skills.



CLEANLINESS DAY: Everyone needs to realize that cleanliness is an indispensable quality of life. A discussion and activity on how to keep our surroundings clean inspired our keen toddlers.

YELLOW DAY: Yellow is associated with rays of the sun and transpires radiance of the spirit. We celebrated the vibrant color by humming a song dedicated to yellow fruit and some activities.

SAFETY DAY: The objective of safety is to feel happy while living in a safe environment. Self-care is the fuel that allows us to exercise good habits on a regular basis was the clear message.



MS. SMITHA LOBO
JR. SCHOOL COORDINATOR

JUNIOR SECTION

HELLO EVERYONE... I AM GLAD TO PRESENT THE REPORT OF THE JUNIOR SECTION – JUNE - AUGUST 2021

- The Orientation Programme was held on the 29th and 31st of May. Parents were briefed about subjects, assessments, competitions and activities. The concerns of the parents were addressed by the Principal and the co-ordinator in the Question Answer Forum
- The academic year 2021-22 started on the 1st of June. The first week was dedicated to **build a rapport** with the students along with the revision of previous concepts. Co-curricular classes started from the 2nd week of June.
- Class teachers **conduct** class assemblies once a week during the CTP period through Google Meet in NLP.
- A PTM was conducted for Class I on the 13th of July. Parents' suggestions and concerns were addressed by the Principal.
- Puppet Show competition for class I and II and Drawing and Coloring / Painting competition for class III to V were conducted on the 19th of June.
- Recitation Competition was conducted on the 17th of July via google meet in NLP.
- Elocution competition was held on the 14th of August. The preparation and participation by our youngsters were tremendous.
- Notes are uploaded by students in NLP and checked by the respective teachers.
- Videos of loud reading and recitation for all three languages are also uploaded to build vocabulary and to enhance the connection between spoken and written words.
- The 1st Unit test was conducted from 28th June to 7th July and the 1st Mid Term from 24th July to 3rd August. Trial tests were conducted prior to the Unit Test. A hybrid exam was conducted for class 1 students for the 1st Mid-Term exam.
- Break time between classes was reduced to 20 minutes after the 1st Mid-Term Exam.
- PTM (one to one) was held on the 17th and 18th of August. Most of the parents appreciated the hard work done by the teachers and the wholehearted support provided by the management during this tough time.



Drawing and Coloring / Painting Competition



Puppet Show Competition

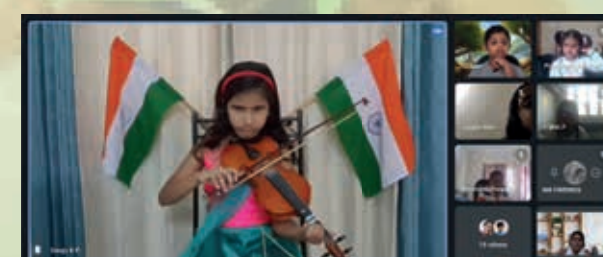
COALESCE OF TALENTS – COMPETITIONS AND ACTIVITIES



"Painting is Silent Poetry; Poetry is painting that speaks" Little patricians of Junior Section giving life to poems by reciting on 'Recitation Competition' held in the month of July 2021



"Speech is Power: speech is to persuade to convert, to compel" Students participating in Elocution Competition on the theme "My Favourite Freedom Fighter"– August 2021



Moments Captured from class Assembly – August 2021



MS. LUCY JACOB
SR. SECTION COORDINATOR

SENIOR SECTION

SECONDARY SCHOOL REPORT FOR MAY- AUGUST 2021

The school reopened for classes X & XII on the 17th of May 2021 and the new session for the rest of the secondary school began with the Junior and Kindergarten sections on 1st June 2021.

In the new academic session, we welcomed 9 new members to our section of the Patrician family. Ms. Sheryl (Chemistry department), Ms. Sadhya and Ms. Magdaline Margaret (Social Science department), Ms. Sarita Menon (Hindi department), Ms. Surya (Maths department), Ms. Apurva, Ms. Aishwarya and Ms. Charlene Scaif (English department) and Ms. Raji (physics department).

Orientation programme for the various classes were held in five different Meets. The new principal, Rev. Bro. Tomy Varghese was introduced to the students and parents and they were briefed about the learning and assessment plan for the first Term. The parents were very pleased and excited about the prospects of their ward.

Responding to the requests from some of the parents and as per the discussion at the last meeting, **Mental Health awareness sessions** were organized for students of classes VII – XII in the month of July.

Class Teacher periods (CTP) and class assemblies are well appreciated and enjoyed by most of the students as they are given the opportunity to prepare the assemblies and present them.

ACTIVITIES AND COMPETITIONS

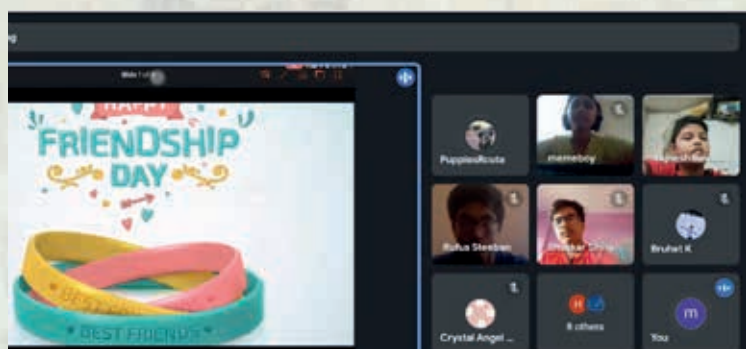
Poetry recitation was conducted for the students of class VI on 17th July, Saturday. The **IT club** of our school- **Tech Whiz** also organized activities for its members. Class IX had intra class **debate competition** on 14th August, where the participants expressed emphatically their views on 'whether technology is a boon or bane to education'. Painting, drawing and other activities were also organized on 14th August, on the eve of **Independence Day**.

ASSESSMENTS AND EXAMINATIONS

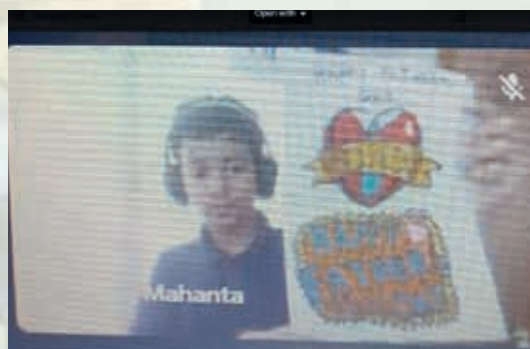
Formative assessments were conducted as Monthly Tests, learning activities, Mid-Term tests and Term examination. Classes X & XII had their 1st Mid Term Assessment from the 4th to 15th June, while the rest of the secondary school had their 1st Monthly test from 22nd June to 2nd July. PTM for classes X & XII was held on 3rd July and for the rest of the classes on 16th and 17th of August. First Term Examination for classes X & XII were held from 2nd August to 14th August.

In the wake of the Council announcing the **new examination pattern** for ISC and ICSE, the teachers tried introducing the students to the new method of assessment, MCQs.

COMMINGLE OF APTITUDES - COMPETITIONS AND ACTIVITIES



Celebrating Friendship Day



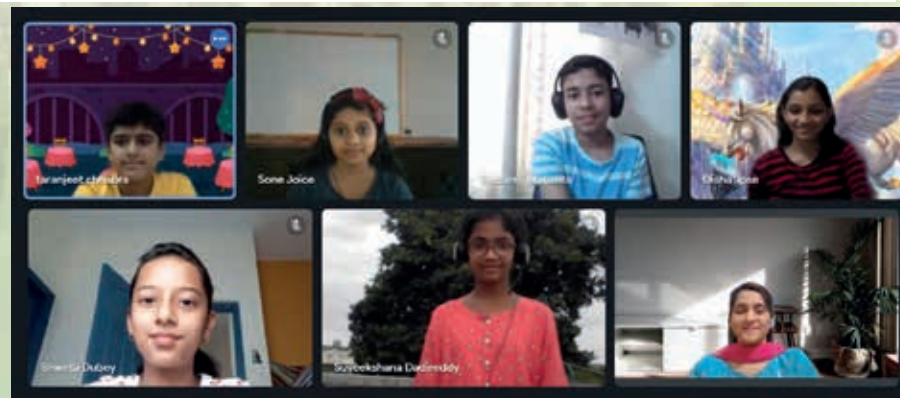
Father's Day celebration



Posters made on the eve of independence Day



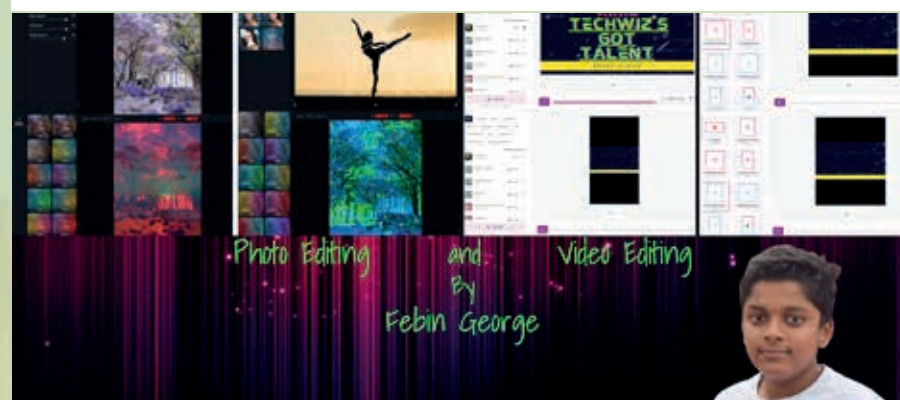
Virtual Class Assembly done on the eve of Independence Day



Students of Grade VI participating in Competition - Poetry Recitation



IT Club Know How Sessions



IT Club Know How Sessions

PATRICIANS' TALK

"FREEDOM –YOUR SLANT"

TEACHERS' CORNER



MR. SHANIL JOY
CLASS TEACHER IX B

"Communication and technology has redefined our lives. It is a blessing, especially in the present uncertainties. It provides us the **FREEDOM OF A GLOBAL REACH OUT** within a few seconds. But it has crossed its limits and already entered into our personal space. It alerts us to be wise, vigilant and to curtail its freedom to be free from an expected bondage".



MS. NEHA TRIPATHI
CLASS TEACHER NURSERY A

FREEDOM Merriam Webster defined freedom as "the quality or state of being free". This means that freedom can apply to different aspects of life. Today the concept of freedom is not constrained to liberation from slavery or from the power of another. Our freedom today exists as the freedom from diseases, corruption, negativity, abusive behavior and terrorism in all forms. Freedom is not absolute. It allows us to develop, grow and improve to the fullest extent.



MS. LENY MARIAM OOMMEN
CLASS TEACHER GRADE II B

Herbert Hoover once rightly quoted "Freedom is an open window which pours the sunlight of the human spirit and human dignity" "We all had the privilege to enjoy and express ourselves before this global pandemic transpired to us. Freedom was taken for granted the most and the virus has reminded us of its importance in a strident manner. Now, Freedom is being able to enjoy the little things in life. Certainly the perception of freedom has changed manifold for all of us. Now everyone has started appreciating the real value of being free. The brighter side of this situation was that we were able to spend quality time with our loved ones. But at the end we all do miss our routines which were followed before this pandemic. This pandemic has made us realize the value of freedom and that all freedom requires compromise



MS. SHAIJA MS
CLASS TEACHER GRADE III C

FREEDOM means the power or right to speak, act or think without any restrictions. Freedom is something that everybody talks about but has different opinions on it. My opinion is that freedom depends on our mind set. Freedom means, not running away from our duties and responsibilities, but training our mind to prioritize them. We should not seek appreciation from others instead we should try to feel freedom from within. Robert Frost says "FREEDOM LIES IN BEING BOLD" Henceforth we should enjoy the real freedom of our mind and heart without any regrets.



MS. RESHMA GEORGE
CLASS TEACHER LKG D

"**CAGED BIRDS SING OF FREEDOM, BUT FREE BIRDS FLY**". Freedom means the power to do what one desires. An individual must have complete freedom over his body and mind. He should be his own master. I know there are a lot of troubles and difficulties in our life, but they should never stop us from being free. We must overcome the troubles that trespass our way. We must learn from the eagle who flies on top of the clouds, when it rains, rather than the other birds who seek for shelter in the rain. The best freedom is being yourself. The power to live as one wishes. But always bear in mind, one's freedom to stretch his hand comes to an end when it touches the nose of another.

STUDENTS' RESPONSE



MS. DAYA NIKHIL
III D

THE BANDAGE. I am a thumb finger and I am living a merry life. Suddenly, one day I am hurt and the next moment I am being washed and bandaged. Then the next day, air is not passing through because of the bandage. Next thing is I cannot bend because of the bandage. On the third day finally the bandage is removed!!! I am free again!



MASTER S. SHANNON PAUL
V E

Freedom outside us: Living with freedom in the world outside us means having the right to speak or do something without any constraint. We need freedom in public and at work. If we don't have freedom we might be bullied, be scolded or even get beaten.

Freedom inside us Freedom within us means mental freedom. Letting go of negative thoughts and having some personal time will help us get mental freedom. We should strive to preserve our freedom to live in peace



MS. NIAH LIZ SHONY
IV D

A bird always wants to fly,
High above in the sky.
Even if the cage is made of gold,
The bird's wish will be the old.
Try to fly and you'll get it someday,
Even though it's not as easy as you say.



MS. ELIN JOHN
VC

FREEDOM doesn't require being free from a cage, sometimes your thoughts can make you a prisoner. True freedom is freedom from negative thoughts, emotions and behaviour. I feel freedom from these feelings is the greatest stepping stone to success in life. To come out of this prison of negativity, one must practice love. Love yourself and love others. As the Bible says "LOVE bears all things, believes all things, hopes all things, endures all things."



MASTER AYAAN
INIGO ARUMAI
VE

FREEDOM!

It is a beautiful gift of God to human beings! True freedom is like peace; it's within you and me. We humans have the freedom to do everything we love. It is a state of mind where we have the choice to do what is right and good. Freedom can be of any kind, freedom from sickness, slavery, war, depression, from poverty and more. Freedom from fear is what human beings want the most, like the fear of Covid-19.



MASTER PAUL
LOUIES ALAPPAT
IX A

FREEDOM means many things to many people, but I believe that freedom is something that we all deserve. It's human nature to realize the worth of "having" after "losing" it. The current pandemic situation has made me reconsider my idea of freedom. All this time, before the lockdown phase, we longed for freedom in many ways, for example freedom from homework, exams, classes etc., but now when we are at home, trying to protect ourselves from the pandemic, we realize that whatever we desired as freedom were actually pretty petty things. Now we realize that we were enjoying the advantages of freedom in the past. The essence of freedom may change in the future depending on the situation. Therefore, I believe that freedom is relative, not absolute.



MS. MERIS SUSAN PHILIP
VII E

FREEDOM OF EDUCATION simply means a person has the right to get educated. India gives compulsory and free basic education to all the children in India. The famous quote by John Dewey "Education is not preparation for life; education is life itself.", says it all. Education is the most important part of life, the key to success. In the world we live now, we need to be literate. We all dream of becoming something one day, but to make it happen learning is must. Education builds up confidence and provides employment which is needed to be

self-dependent. What surprises us the most is that education can defend us. Because of this, no educated person would be taken advantage of and misused. With good education we become good people. We get the knowledge to know the good and the bad and we can take wiser decisions. There are many children who cannot afford to attend online class because of the COVID-19 situations as lot of money is needed for data and gadgets. Let us hope for the well-being of the nation and that all children get educated.

Tiny tots painted FREEDOM thoughts...



MS. Aashna Ciya Walder
UKG A



MS. Yanitra Sethi
LKG C



MASTER T. MIGNAN AADHAV
UKG-D



MS. HELENA JOSE
UKG C



MASTER DARSH AGARWAL
LKG D

PARENTS' VOICE

FREEDOM, in general, is having the ability to act or change without constraint. During the pandemic our freedom is being tested. Freedom is being able to explore and enjoy to the fullest but, a lot of things that we used to enjoy in the past have been restricted for our safety. We should not lose hope since "Every cloud has a silver lining". In the same way all bad things must come to an end and so will this. The real freedom begins once the struggle is over.

MS. JASNA MAZIN, PARENT OF MASTER AHYAN MAZIN -II A

FREEDOM is a real feeling; it has so many sides to life. Freedom is not only among humans, it is for all that exists in the world. Freedom for humanity is dying in the world. Freedom for inhumanity has grown in the world. Being cruel to each other, being cruel to women, Being cruel to animals, they follow the world. Our perspective on freedom changes the world. Respect the values of life, respect freedom given in the world. Save the world by freedom for humanity.

**MS. ATHIRA S, PARENT OF DAKSHITH S PILLAI
NURSERY-B**

FREEDOM FROM NEGATIVE EMOTIONS We rarely stop to think and pay close attention to what we're feeling. Negative emotions stop us from thinking and behaving rationally and seeing situations in their true perspective. When this occurs, we tend to see only what we want to see and remember only what we want to remember. There are a number of Things to deal with negative emotions.

- Stop Justifying & Making Excuses
- Start Taking Responsibility & Rise Above Other People's Opinions
- Quit Your Negative Habits and Avoid Bad Influences
- Think Before You Respond & Be Grateful
- Remove "I Can't" From Your Vocabulary
- Just Let Go

MS.YOGITA KATRE, PARENT OF MISS DHITYA KATRE (UKG-A)



MS. DEEPIKA SAXENA
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Motivational Reminders to Read When You're Feeling Lost Just because you are struggling now doesn't mean you will struggle forever.

It's normal to miss the past but you'll never be able to go back because circumstances change and so do people – all you can do is move forward.

Learn to trust others more because the world isn't as bad as you think.

Sometimes you just need to give yourself a little mental break from the world and there is nothing wrong with that.

ITS OK NOT TO BE OK: You will be eventually okay, even if everything feels like it's crumbling down on you at this moment in time.

HAVE A GREAT LIFE!!