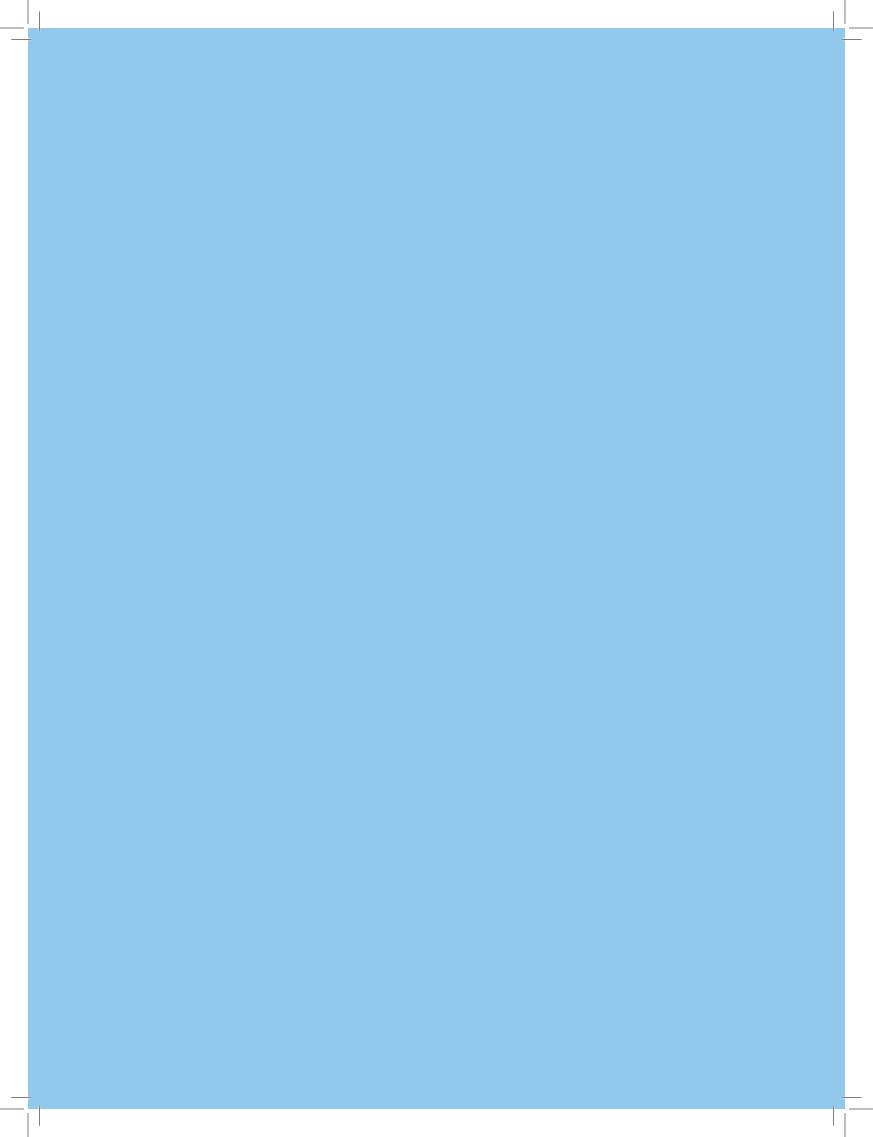
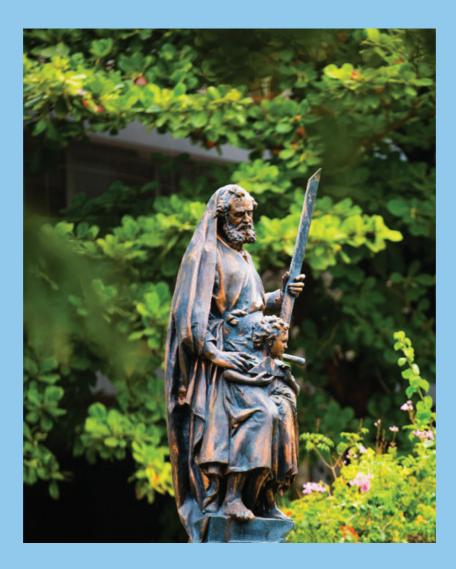


# ST JOSEPH'S BOYS' HIGH SCHOOL



ANNUAL MAGAZINE 2020-21





OUR PATRON SAINT JOSEPH





## Rector's Message

Our country has been already battered by two devastating waves of Covid -19 pandemic. While some experts say that soon this pandemic might transition to endemic, the horrific memories of the past two waves of corona virus still haunt us. During the peak of the second wave, our country reported four lakh fresh infections and more than 3,500 Covid-related deaths each day. Those days our newspapers, news channels and online media were filled with stories and pictures of people struggling to deal with this unprecedented pandemic – long queues of vehicles waiting to off-load patients into hospitals, crematoriums and cemeteries flooded with dead bodies, heart-wrenching scenes of relatives grieving the loss of their dear ones and so on. Acute shortage of hospital beds, oxygen supplies and medicines, exposed the poor health care system in India.

Apart from the untold agony and misery unleashed by Covid-19, our country is facing several other challenges: steep rise in fuel prices, growing unemployment and income inequality, the farmer protests, arbitrary arrest and detention of human rights activists, curbs on freedom of speech, discrimination against religious minorities, caste and communal violence, misuse of central agencies to target individuals or particular groups and so on. The situation is further aggravated by a biased media which has become a real threat to Indian democracy.

The Josephites who are formed to become persons of conscience, competence, compassion, and commitment cannot remain indifferent or silent to these challenges. I am happy to place on record that under the leadership of Fr Sunil Fernandes SJ, the school has made sincere attempts to inspire and motivate our students to respond to the challenges of our times with a positive attitude and prophetic courage. As we look ahead, I wish and pray that the selfless commitment of thousands of frontline Covid warriors, extraordinary courage shown by human rights defenders like Fr Stan Swamy and others and the resilience of Indian farmers will continue to motivate all of us to use education as an instrument of social change.

Rev Fr Brian Pereira SJ

Rector





## Principal's Message

The academic year 2020-2021 passed swiftly as we adjusted to online classes and webinars in keeping with Covid related precautions and guidelines.

As classes shifted online, our teachers took on the challenge and delivered their lessons with impact. Webinars were designed to add much needed dynamism to the holistic education we offer, and guest speakers brought vitality and spark into the proceedings.

It is a matter of pride that we were able to seamlessly continue with our extracurricular activities, shifting to online versions and in the process adding new events and challenges. The tech team in our school and our teachers who rose to the occasion and ensured the students were engaged and empowered, must be applauded.

Our students also took the changes in their stride and participated with their usual vigour and enthusiasm – showing the true Josephite spirit inculcated in them.

A special word of thanks to our counsellors and resource team who have worked tirelessly with our young people to ensure their mental wellbeing is maintained.

To all those who have lost loved ones to the pandemic, our heartfelt condolences.

The year has not been without its challenges and we thank God for his merciful presence and care of all of us in SJBHS.

May God continue to bless us all.

**Rev Fr Sunil Fernandes SJ** 

Principal

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#### **EDITORIAL**

Change has been the leitmotif that characterises all that we did in the academic year 2020-21. It has compelled us to reflect and look within; prodded and nudged us to expand existing boundaries, and redefine values along the way. To put it simply, it has facilitated a tremendous positive growth in so many different aspects of school life.

We have learnt to willingly and generously give and receive support gracefully from each other, forgive and move forward, make do with much less, think out of the box, create and innovate, adapt to and overcome every obstacle we encountered with faith and toil, seeking 'Magis' which means 'More' in all that we do.

Despite shifting to virtual academy, we maintained the high standard of education that our school believes in, and conducted with elan all the annual events and fests for students, albeit a little differently. This edition of the school magazine focuses on the wonderful development of human dimensions through the multifarious events conducted throughout the year. We hope you will enjoy reading it.

Many thanks to the editorial team for their time and effort in bringing this edition of the magazine to fruition.

We are thankful to God for his continued grace and protection, and are grateful to our patron saint St Joseph for his constant guidance.

#### Ranjana Monnappa



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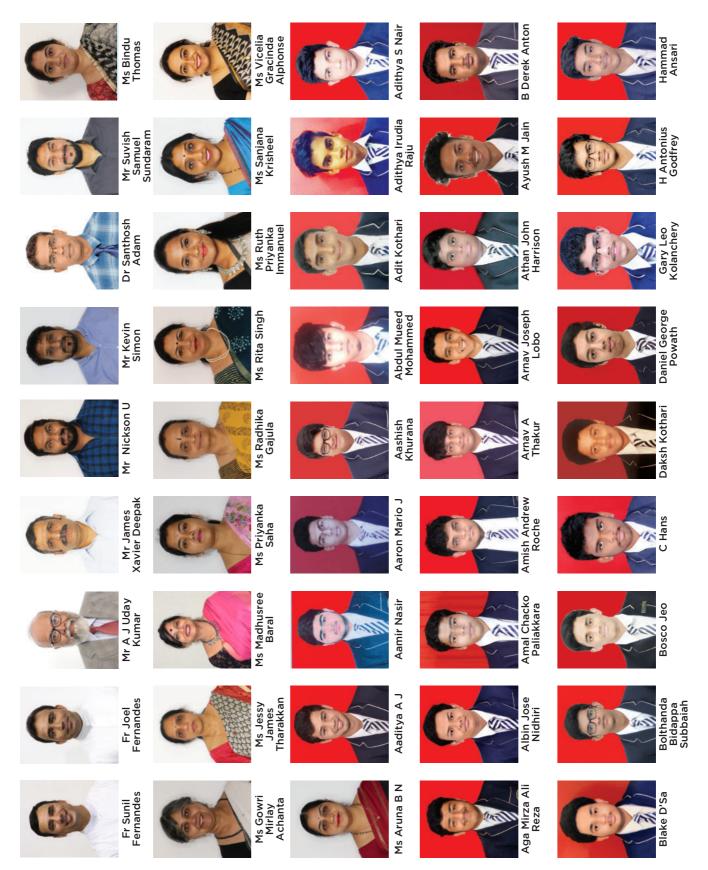
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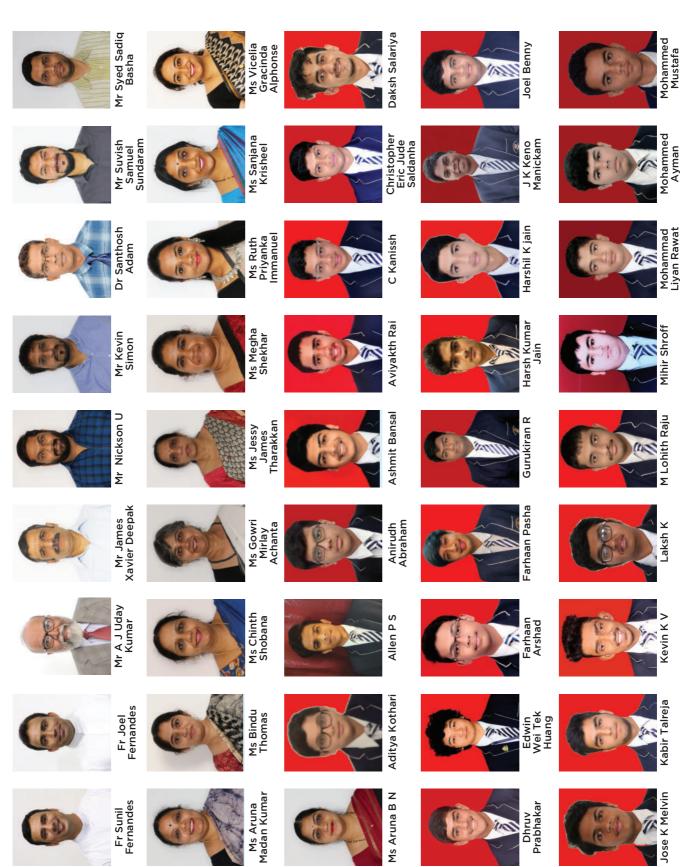
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## ST JOSEPH'S BOYS' HIGH SCHOOL - 10 'A'





### ST JOSEPH'S BOYS' HIGH SCHOOL - 10 'B'



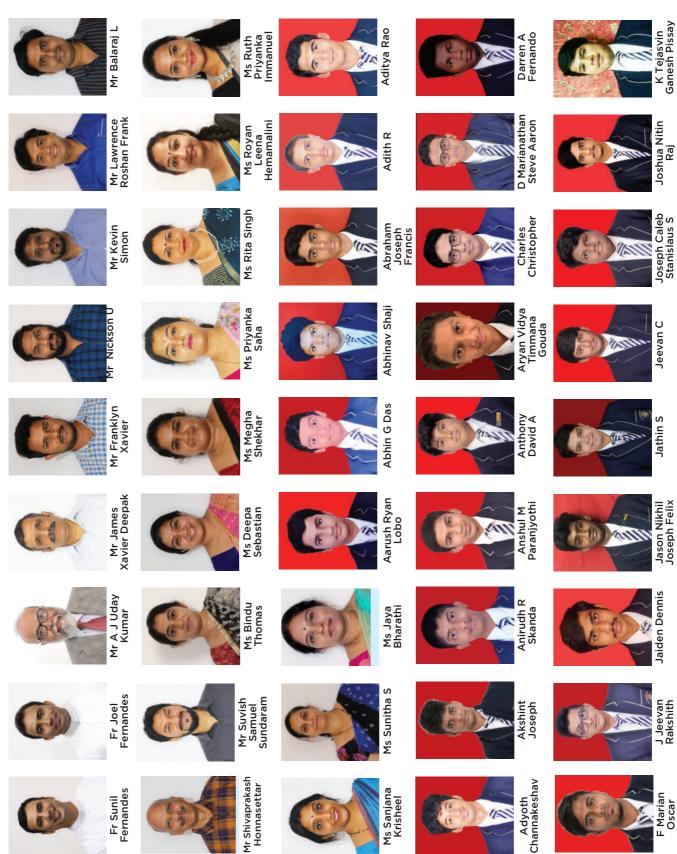


### ST JOSEPH'S BOYS' HIGH SCHOOL - 10 'C'





## ST JOSEPH'S BOYS' HIGH SCHOOL - 10 'D'





## ST JOSEPH'S BOYS' HIGH SCHOOL - 10 'E'





## ST JOSEPH'S BOYS' HIGH SCHOOL - 12 'A'





## ST JOSEPH'S BOYS' HIGH SCHOOL - 12 'B'









Sanu Felix









Sahil Monde











Yash Hegde





Rakshit Agarwal

R Tejas Audithya

Parishudh Brise

























## ST JOSEPH'S BOYS' HIGH SCHOOL - 12 'C'





## Annual Report 2020-2021

What has grown into an iconic institution in Bengaluru, St Joseph's Boys' High School is inexorably persistent, not only in the dream it nurtures to maintain the highest levels of excellence, be it academic or otherwise, but also the vision it has for its contribution towards the future of society. Enthused by the spiritual vision of their founder, St Ignatius of Loyola and inspired by the ethos of caring for the lost, the last and the least, the Jesuit Fathers continue to have a powerful influence on the character and the personality of every Josephite. Armed with the School's motto 'Faith and Toil', every student who steps out into the world, does so with confidence, shaped by a holistic learning that has nurtured 'out-of-the-box' thinking and promoted secular thought.

We welcome you to join us on a unique journey as we course through the events that have formed an integral part of the academic year 2020-2021, disproving the notion that nothing really happened in the year of the Pandemic.

At the outset, despite all the gloom of Covid 19, the month of July gave us reason to cry out in jubilation: 100% results in both ICSE and ISC examinations. It is a validation of the tremendous efforts of students, parents, staff and administration throughout this challenging academic year.

In the ISC section, all 157 students who appeared secured a first class. The toppers in the Science section are Abinaya E and Khushi Malhotra, both scoring 98.6%, Saahil Salil Sanghvi ranked second scoring 98.2%, and Preethi M stood third with 97.8%.

In ISC Commerce section, the top scorer was Rakshit Agarwal with 98.8%, Vibhas P ranked second with 97.8%, and Shekha Nair, with 97.2%, ranked third.

In the ICSE exam, all 261 students who appeared got first classes. The ICSE toppers are: in first place, Adyoth Channakeshav with 98.83%, in second place, H Antonius Godfrey with 98.5 %, and in third place, S Ayush with 98.16%. The results, given the extraordinary circumstances, are indeed something to be extremely proud of.

It is the coat of arms and the powerful motto Fide et Labore that spurs every Josephite, staff and student alike, to march on regardless of the troubles and challenges that stand before them. While the pandemic is unbelievably grave and unimaginably powerful in the way it has thrown life out of gear and created a state of confusion and disarray, the School has remarkably managed to conduct almost all its activities, both academic and cultural, online following strict Covid protocol.

The Ignatian Pedagogical Paradigm, a unique model on which all Jesuit education is based, is a paradigm that enhances the teaching-learning process, addresses the teacher-learner relationship, and has practical meaning and application for the classroom. The educational goal is to form men and women for others - men and women of competence, conscience and compassionate commitment. Such a goal requires a full and deeper formation of the human person, an educational process that calls for excellence, a striving to excel, to achieve one's potential, that encompasses the intellectual, the academic and more, through an interactive, collaborative and informative curriculum. While debates, discussions, sport, and creative activity provides a holistic approach, power point presentations and the digital smartboard-aided teaching, curriculumbased fests and innovative labs foster academic genius.

Seeking 'Magis' in all we do, we celebrate and draw inspiration from the life of our founder St Ignatius of Loyola, whose vision spurs the Jesuits in their lifelong commitment to selfless work and the betterment of society. In the online Inigo Fest 2020 – 'SJBHS has Talent', interesting competitions for all age groups including the parents, were successfully conducted. A unique event was conducted for the Staff and their family bringing about a great sense of camaraderie.

"Excellence is a continuous process and not an accident" said a leader par excellence, our former President Shri A. P. J. Abdul Kalam. Excellence is the gradual result of always striving to do better, and that we surely do in whatever way we can.

Prize Day for the year 2019-20 was successfully held, in an effort to recognize the hard work and effort of the students who excelled, while carefully adhering to social distancing and other Covid protocol. Special prize winners were felicitated in a short but meaningful ceremony. The many activities held during the year bear testimony to the foundation laid by the school in moulding future men and women of reasoning filled with an insatiable thirst for knowledge.

"In the middle of every difficulty lies opportunity", said the renowned Physicist Albert Einstein. The school marched on relentlessly, facing the challenge of the pandemic square in the face and, making ample use of available technology, conducted all functions and fests successfully online.

The fourth edition of our inter-school Science and Technology Fest - Transcendence 2020, the first ever online inter-school festival in Science & Technology, was inaugurated by Mr Saurabh Goel, President, Havells India Ltd. It saw a participation of 1200 students from over 30 schools and colleges pan India.

The sixth edition of Eucranium 2020, the SJBHS Intra-School Science Fest, was also held online, providing a platform for children to participate in a number of events that stimulate scientific reasoning. The guest speaker was Dr Anil Luke Dhanaraj. The event also helped the youngsters learn the valuable skills of organizing and executing.

At Namma Infinity 2020 - the middle school fest covering both the arts and the sciences, our students were swept on a virtual journey into the world of creativity, ingenuity and mindboggling invention.

It is said that vulnerability is the birthplace of innovation, creativity and change. The Innovation Labs for classes 8 and 11, an initiative of the OBA, a pillar of strength and support for the school, was a huge success. The themes chosen for Std 11 – societal impact of Covid-19, bias in society, healthcare, environment & sustainability, and food security & nutrition, were carefully chosen with respect to the present scenario. It proved that no hurdle can stop minds from questioning, creating and inventing

The best way to predict the future is to create it. The world now, as also in the future, runs on the wheels of money and trade. Talent and aptitude in Finance, Marketing, Human Resources and Public Relations was skilfully brought out in the first-of-its-kind online Commerce fest Bifrost. The Fest was hugely successful and saw 400 students from 60 schools in India and two International schools participating.

The 7th edition of SJBHS Model United Nations was successfully conducted online. The Chief Guest was Mr Uddhav Kanoria and the Guest of Honour was Ms Mahiti Bharatesh. In a grand finale to the three-day SJBHS Model United Nations, Prof Sudhir Krishnaswamy, Vice-Chancellor of the National Law School of India University and Old Boy, was the Chief Guest and addressed the delegates.

Apart from inspiring literary enthusiasts and language aficionados the much-awaited English Literature Fest E-Lit, on a digital platform, served to hone verbal expression and debating skills. Ensuring that melody and song remained an important part of school life, the successful online music festival Cadence 2020 was conducted, and the Fest ended on a high note.

It is said that children learn as they play, but more importantly, through play, children learn to think creatively Chilgala 2020 was a fun fiesta filled with a plethora of events for our little ones in the preprimary and the primary. It was aimed at making sure the children missed none of the fun events because of the pandemic.

That India is a melting pot of diverse cultures, languages and tradition, was highlighted when a virtual Hindi Divas showcased the beauty of the language, rich literature and culture.

"Above all, don't fear difficult moments. The best comes from them", said Nobel prize winner Rita Levi-Montalcini. The school conducted a record number of online programmes and webinars which ensured that our students remained informed, updated and were in constant touch with matters that were of utmost importance in the present scenario which is not the new normal – but is the normal!

Special care was taken to help the students and their families maintain a positive and optimistic outlook in the face of growing anxiety, uncertainty and fear. A much-needed webinar on 'Positive Attitude and Peer Pressure' and one on 'Wellness and Wellbeing'was well received.

Dr Shylaja Shastri, an eminent Psychologist, addressed mental health issues arising out of the Pandemic in a webinar titled 'Fostering Wellbeing and Staying Resilient during Covid Times.'

Resource Room is a facility that caters to students with learning and other academic difficulties. An informative webinar 'Insight into Learning Difficulties', to enlighten parents and teachers, proved to be an eye-opener to the wonderful work done by Team Pragati to help children with learning disabilities. A follow-up internal session was held for teachers of grades LKG to 4 on 'Classroom Management Techniques'.

A webinar on 'Career Guidance for Beginners' was conducted by Mr. Shravan Shetty, Career Coach and Educational Consultant.

In an informative webinar on 'Cyber Crime', Ex-IPS officer Shri Sanjay Sahay and his team counselled, enlightened and interacted with the students of classes IX, X, XII, their parents and teachers on

a virtual digital platform cautioning them on the digital footprint created by their online activity, and social media addiction.

SJBHS in collaboration with the Physical Education Foundation of India (PEFI), Karnataka Chapter conducted a National level webinar, 'Nutrition, Fitness & Mental Health: Striking a Balance'. The keynote speaker Mr Anup Sridhar, is an Old Boy and former Olympian representing the Badminton fraternity.

On World Human Rights Day, a webinar to celebrate 'Human Rights' featured an interesting talk by Mr Choudary Ali Zia Kabir, Supreme Court Advocate and Director, Human Rights Law Network.

A webinar titled 'Farmers - Our Nation Builders' helped simplify the ground reality behind the ongoing farmers' protest.

The webinar 'Peace, Harmony and Reconciliation' served to remind us that in these extraordinary times, we need to exercise utmost compassion and understanding and stand together in unity.

The school strongly believes that educators are the torchbearers of a constitutional democracy and has been relentlessly campaigning and petitioning, to show our solidarity with Fr Stan Swamy SJ., a Jesuit human rights activist. In a show of protest and upholding justice a large number from the school participated in a 'human chain'.

The school continued to maintain its tempo, with regard to not only academics but also co-curricular and extracurricular activities. On the whole, Josephites have more than adequately proved that nothing – not even a worldwide pandemic – can stop them from conducting, experiencing, and enjoying the many events and fests that dot the calendar of this 'happening' school

The Pre-primary students had a number of 'Fun Days'. In an institution that places great importance on family contribution and respect for elders, Grandparents' Day was celebrated with innovative events that involved grandparents and grandchildren in a mutually enriching way. Our tiny tots delighted everyone with a 'cuteness overload'. Despite the lockdown, SJBHS, in its efforts to remain committed to a greener future, celebrated World Environment Day by planting saplings around the campus. We pledged to make conserving the environment and our natural resources a priority, and show our commitment towards planet Earth.

Continuing to offer spiritual guidance especially in these trying times, the Annual retreat for Catholic students and parents was held online. Celebrating unity in diversity and the peace and harmony that makes up the fabric of this Institution, the Inter-religious programme and Harmony Week, despite being online, created a 'divinity in oneness' ambience.

The meaningful life of the Mahatma was recalled and celebrated on his 151st birthday. The online cultural programme was woven together with visual clips of his life and contribution to the freedom struggle. We remembered the Gandhian principles of peaceful co-existence and environmental consciousness on the 'International Day of Non-Violence'.

The school was festooned in the state colours of red and yellow in celebration of Kannada Rajyothsava. In an online programme which revealed the rich historical, social and cultural heritage of the state and brought out the pride and loyalty in each and every one of us who have made this state our home, St Joseph's in one voice hailed 'Jai Karnataka'.

The Indian flag was hoisted in the school grounds while the staff and students of the school joined in the celebrations of the 74th Independence Day, streamed on YouTube. In a well presented and informative online programme, the 71st Republic Day of India was celebrated. The day was also commemorated by the school in a novel way when the school, in association with I cycle, conducted a virtual running and cycling event 'Fitness Forever' to encourage fitness.

A meaningful programme educating us on the longest Constitution of the largest democracy of the world, the Indian Constitution,was organised on Constitution Day (Samvidhan Divas) which is celebrated in India on 26 November every year to commemorate the adoption of the Constitution of India

St Joseph's Boys' High School has made its mark on the national and international scene, contributing at least 10 Olympians, 6 National Hockey players and 3 International cricketers, and it goes without saying that the core philosophy of this Institution has been a holistic education that includes games and sports. Having built up an enviable reputation as one of the best schools for budding sport stars, the school offers excellent facilities in the Sports Complex and enables all children to play some sport or the other. But this year was different in more ways than one

and sadly the school grounds lay bare and silent. However, proving that nothing can stop Joseph's from surging ahead in its events and activities, Fit India School Week was celebrated virtually this year with competitions, fun games and challenges for the whole family. It did much to raise awareness about health and physical fitness. St Josephs' is not only enthusing our students to become aware of the need for fitness but is also contributing towards building a healthy and fit nation.

The Inter-unit Sports Meet for Jesuit Institutions was held in the school premises. The zest and camaraderie between all members of the sister institutions was a treat to behold. The Meet was a resounding success and earned much appreciation from all

The school organised a Throwball match and a Cricket match between the Staff and the PTA. It was extremely enjoyable and everyone joined in, cheering and rooting for the players.

'Teaching is the highest form of understanding' said the ancient Greek philosopher Aristotle. A good teacher does more than teach. Teachers kindle a fire, inspire and mould future generations, thus shaping the destiny of the world. In this era of distance learning and fractured access to education, celebrating teachers who go the extra mile is more important than ever. On Teachers' Day, the educators were celebrated for their care and dedication.

Many teachers of Std 1-8 enrolled for a special Central Government sponsored training programme for ICSE teachers. Teachers also attended a webinar organised by KISA (Karnataka ICSE Schools' Association) on the NEP. A number of teachers completed Diksha courses and attended seminars and workshops to equip themselves with the latest skills. An interactive session dealing with the various concerns and challenges faced by teachers while talking/interacting with parents was also held.

The big 'C' of 2020, Covid 19 had no effect on the four C's in a Jesuit education: Competence, Conscience, Compassion, and Commitment. Following Ignatian tradition, the school provides students and faculty with the opportunity to reflect on the Jesuit commitment to a faith that does justice in the service of others, encouraging them to go beyond their call of duty and serve society at large; to be not only academically competent, but also unselfish in the service of their fellow men and women.

A 'Gift of Warmth' programme held earlier in December was a blanket collection drive for the poor and homeless, while the 'Santa with a Cause' drive was to collect items of use for the needy, be it the migrant workers or the marginalized needy. As part of our Twinning Programme with Manvi-Pannur, a few staff members along with a few members of the School Administration visited Manvi-Pannur. The SJBHS outreach programme brought learning and teaching back into focus with a week-long virtual training by Ms Odella John, followed by the Advanced English language sessions for teachers and lecturers from Loyola School and Loyola College, at Manvi.

The entire School came together in humble gratitude, prayer and camaraderie, for the Christmas Celebration. The celebration was marked by fun, song, dance and gaiety. A special online programme of celebrating the joy of Christmas was also organised.

In keeping with the traditional solemn and poignant Valedictory ceremony, albeit a toned down one, the school bid farewell to the students of standards X and XII. In a beautiful blend of traditional ceremony and symbolism the outgoing seniors passed on the baton to their juniors inspiring them to follow the thousand such who have proudly marched before them. Their juniors saw in the way their seniors manoeuvred astutely the rocky path that lay before them, the tenacity and resilience of a Josephite.

Bettering oneself through constant revaluation, growth and development is an essential part of the grand scheme of things at Joseph's. The management tried its level best to ensure online orientations and seminars for the staff, and webinars for students, to help them cope with the change in academic routine, and to enable them to move forward despite the challenging times. With the increasing need for parents to suitably equip themselves to deal with the emotional wellbeing of their children, regular Parenting sessions were held for parents of students from LKG to Std 12.

Thus, the academic year 2020-21 was positive and eventful, allaying to a great extent the fears and anxieties that prevailed, forging ahead with vigour, albeit with the caution that is expected while trying to get back to normalcy.

Rife with challenges, the year got us to think out-of-the-box, move out of our comfort zone and equip ourselves with new skills. We rose to the challenge and saw in the problems we faced, opportunities which we grabbed with both hands to provide for our students a smooth journey

and an experience of school from home. We faced every challenge with 'faith' and 'toil' and proved beyond doubt that when the going gets tough, the tough get going.

As we conclude, we take this opportunity to thank our collaborators the OBA, the PTA, the parents and all our well-wishers. As we come to the threshold of embarking on yet another journey, hopefully a smoother one after the tumultuous road we successfully navigated, we cannot help but remember the words of Henry Wadsworth Longfellow:

Let us, then, be up and doing, With a heart for any fate; Still achieving, still pursuing, Learn to labour and to wait.

Thank you.



#### ST ANDREW'S HOUSE

Captain: Darshan K Thakurel

Vice-Captain: Arnav Joseph Lobo

We started off 2020 with a bang, rubbing our hands together with excitement as Joseph's held the annual elections to select the House Captains and Vice Captains. It is a dream for many Josephites to represent their house and achieve excellence as a leader.

We had concocted an array of exciting ideas and plans with the aim of bringing joy and glory to all as well as to our school

But India was hit by the first wave of the pandemic and chaos ensued. Although this led to many obstacles, we quickly learned to adapt and make the best out of the situation. We grabbed all opportunities that came our way and all effort was put into ensuring that our fellow Josephites had something to look forward to while battling the horrors of the pandemic. We extended ourselves in all possible ways and managed to find ways to showcase our talents whenever possible, to uphold the honour of our house.

For some of us, the highlight of 2020 was definitely the investiture ceremony which took place just before the pandemic hit Bengaluru. When online classes started in May, we learned how to use the software and eventually adapted to it as it soon became the 'new normal'.

We witnessed the teachers do everything in their power to help bring in effectiveness and efficiency in our learning. Their efforts fostered an easy adaptation to all the new changes and we are extremely grateful for that.

Despite the lockdowns, we found ways to connect with our friends through social media platforms. Once the Covid-19 situation in Bengaluru showed significant improvement in February 2021, we were treated to the luxury of writing our pre-board exams in school. We were also able to attend a few Science practical classes which reminded us of all the ecstatic memories we had made over the past years at our second home, St Joseph's Boy's High School.

Thank you, teachers, for not only ensuring that academics continued smoothly but also for helping us to remain optimistic while facing the various challenges that came our way. We salute your hard work and dedication in helping us grasp all kinds of concepts despite the restrictions posed by the online mode of classes.



#### ST GEORGE'S HOUSE

Captain: Rayhan Hassan

Vice-Captain: Dhruv M Kannan

"I wish there was a way to know you're in the 'good old days' before you've actually left them"  $\sim$ 

#### Andy Bernard

This past year, without a shred of doubt, has been the most difficult and unexpected year of our school life. The pandemic was a first-time experience for all of us and although it disrupted our ideal academic year, it did not stop us from giving everything we had to make our last year in this institution a special one.

After a summer vacation that was slightly longer than usual, the academic year began and it was anything but normal. Online classes were new to all of us and it took a while to adjust to it. We thought that the situation would blow over soon and everything would be back to normal in time for us to enjoy our final year by taking part in all the events possible, but we were mistaken.

Despite the unfortunate situation, we rose to the occasion as Josephites always do, with hard work and determination we were able to conduct a number of fests through an online platform. Although it lacked the charm of physical participation, it gave us the opportunity to participate in the final year as much as possible. At an inter-house level things were really quiet but due to our innumerable requests and persistence we were allowed to have the football matches. There were numerous enjoyable practice sessions leading up to the event. We gave it our very best and made our house proud as we emerged victorious.

This tough year brought us all together to cherish the countless memories we have made in school. It made us appreciate all the amazing opportunities we had to express ourselves throughout our journey in school which will remain very close to our hearts. As this chapter in our lives comes to an end, we would like to thank every single person who was a part of it and express our special gratitude to this institution for giving us the best gift we could have asked for - the opportunity to be a Josephite.



#### ST PATRICK'S HOUSE

Captain: Bosco Jeo

Vice-Captain: Shaun Victor

As Phil Jackson the famous basketball player and coach once said - "The strength of the team is each individual member. The strength of each member is the team." This true spirit of teamwork and perseverance has helped us bring out the best in each individual in order to become the best team not in terms of achievements but in the endeavour to help each other.

One of the most memorable and emotional years of our school life is the year when we graduate. Although most part of the academic year was online, we made sure we put our best foot forward at all times. During these difficult times the concern and love shown to us by our house mates helped and motivated us to give of our best in whatever we attempted.

The Covid-19 pandemic gave us a year riddled with obstacles and disappointments but it also presented us with several new experiences to learn from. In an ideal scenario we would have started the year with the OBA Buzz in which we would have done everything to keep to the winning standards we've been accustomed to in recent years. We had hoped to dominate the inter house sports events like Football, Cricket, Hockey, Badminton and to improve on our poor display last year at the Annual Athletic Meet. We were confident of making an impact at the Annual Aquatic Meet. It is a pity that the year did not go as planned. However, thanks to the support we continued to receive from all house mates which shows the unity and integrity of our house as a whole, we have grown stronger and are ready to face further challenges that might come our way.

We would like to conclude by expressing our gratitude to all the teachers who have always guided and motivated us to conquer our greatest fears. We wish the members of our beloved house the very best of luck in pursuing their dreams and once again thank them for all their support throughout the year. We are sure that the flag of St Patrick's house will always fly high, with the flag of St Joseph's flying higher.



#### ST DAVID'S HOUSE

Captain: Jason Nikhil Joseph F Vice-Captain: Antnony A Davis

At the end of life, what really matters is not what we bought but what we built; not what we got but what we shared.

On a clear sunny morning we were welcomed to the portals of St Joseph's with open arms. The day was a red-letter day as we were elected Captains to lead our house to victory. With one dream, we decided to work as a team. As our motto resonated in our hearts, we became determined and strong to face the challenges strewn in our path.

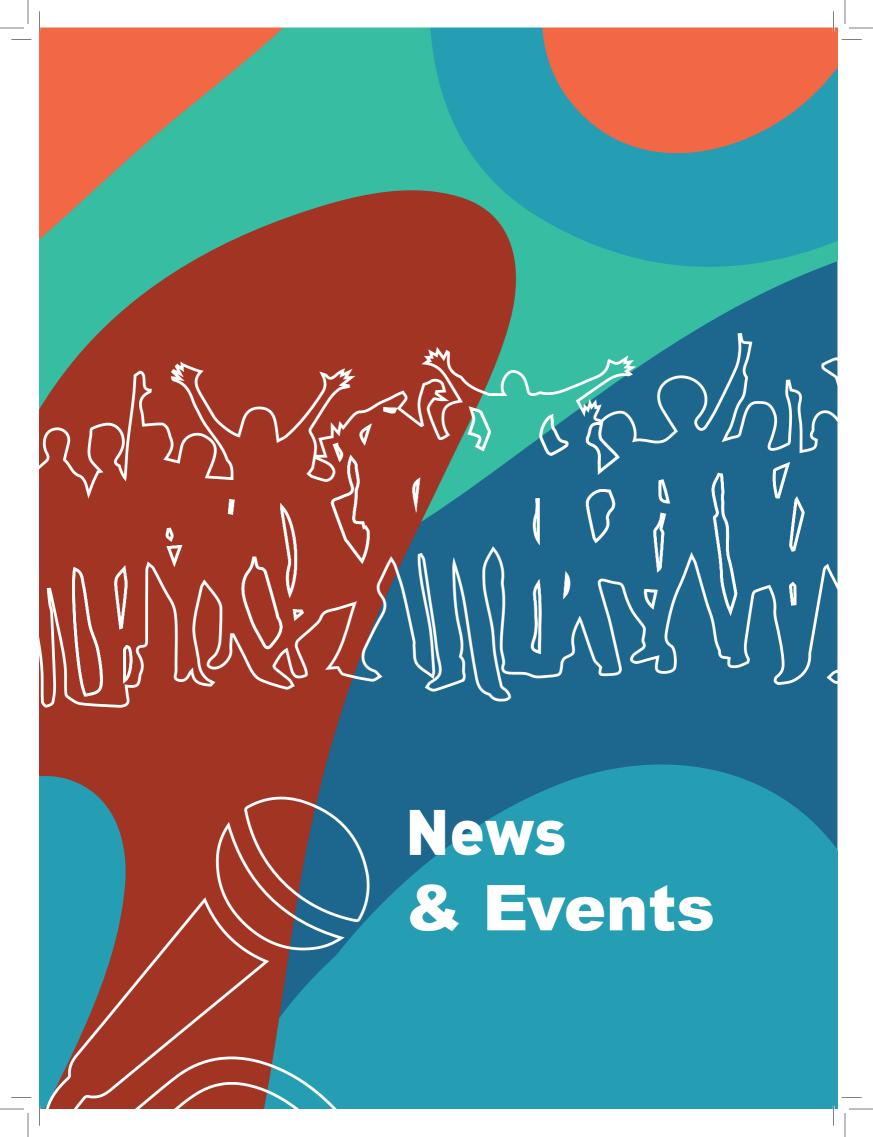
With great enthusiasm we prepared and looked forward to the new academic year with eagerness and sportsman spirit for a great year ahead. The OBA buzz and Sport's Day are some of the memorable events in which we were determined not to miss the opportunity to shine. But life had a different lesson to teach us. As we battled the pandemic, we found ourselves in a new virtual world where we learnt the most important lesson in life. To be resilient, compassionate, empathetic, all of which brought out in us the true essence of team spirit.

Our school staff helped us to organize one last interhouse football tournament. It turned out to be a huge success despite the challenges. Though we put up a good fight we rejoiced to see the winning team walk away with the trophy. The sportsmanship that was displayed is commendable. We are grateful for this memory of our last year at Joseph's and express our gratitude to our Principal Fr. Sunil Fernandez and the PE department.

We thank our teachers for making our final year in school a memorable one and for taking great pains to adopt a new system of teaching, making sure our education was at the highest level even during the pandemic. We wish our juniors the very best in their future endeavors to carry on the motto of our school "faith and toil" and urge them to keep the David's House flag flying high. To the future captains, we wish you all the best, remember, alone we can do so little but together we can work wonders.

May St Joseph's continue to be the beacon of light, inspiring and leading young minds to loftier and exalted goals. We promise to carry on the legacy of Joseph's wherever we go.





#### **WORLD ENVIRONMENT DAY**



On 5 June 2020, St Joseph Boys' High School (SJBHS) renewed its commitment to a greener planet by planting saplings around the campus on account of World Environment Day, thereby resolving to remain as custodians of Mother Earth.

#### BENGALURU CYBER SECURITY AWARENESS INITIATIVE AT SJBHS

18 July 2020

To be abreast with online etiquette while treading through the digital maze, the students of classes IX, X, XII, their parents and teachers were counselled and enlightened as they interacted with experts Dr Divyanshu Verma, Dr Suchitra Nair and Dr Rojo Shalom George. Outlining the do's and don'ts of social media message, the speakers also highlighted the perils of befriending unknown entities online and insisted on digital fasting as a sure prevention against succumbing to social comparisons and online harassment.



## SJBHS AT THE IIHM YOUNG CHEF COMPETITION

18 July 2020



A cooking competition has gone online! Nine students from standards 9-12 worked meticulously under the eagle eyes of the judges and these young chefs managed to give their 'Lockdown Kitchens' a new definition with ease and finesse. With a myriad of cuisines at display, it was a well fought competition and the budding chefs managed to give a new definition to 'lockdown kitchens'. Amrita of Class 12 secured a place in the finals doing her alma mater proud.

#### **INIGO FEST 2020**

23 - 30 July 2020

Come July and we have the school bustling with activities and competitions as we prepare ourselves for the feast of the great saint and patron of the Jesuits, St Ignatius of Loyola. The ministry and ideals of St Ignatius were glorified through the Inigo Fest 2020- 'SJBHS has talent' held online. A bouquet of 22 online competitions were held for the students, parents, staff and their families.



Through a virtual inter-religious prayer service, peace on Earth and renewal to normalcy were interceded for. A global quiz competition, QU!Z IN!GO, conducted by the Karnataka Jesuit Province highlighted the path taken by the 'soldier' Inigo that led him to become St Ignatius. A virtual festal Mass celebrated by Rev Fr Jerome Stanislaus D'Souza SJ (Provincial, Karnataka Jesuit Province) brought home the festivities – a celebration of the work, ideology, principles and philosophies of St Ignatius of Loyola, as manifested by the Jesuits, through the centuries!

to their freedom of expression. With a fun craft activity, the teachers also taught the children how to make the 'Tricolour' and decorate it with rice and lentils.

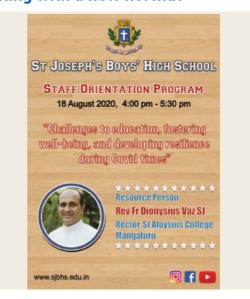


INDEPENDENCE DAY Celebrating Freedom



As the Indian flag was hoisted in the school grounds by our Principal, Fr Sunil Fernandes, the salute said it all - we are proud to be Indians and prouder still to adhere to the tenets of the preamble where Justice, Liberty, Equality and Fraternity hail supreme. In the midst of the pandemic, the oneness of spirit was deeply felt as all joined in the celebrations of the 74th Independence Day, streamed on YouTube. In his speech, the Principal encouraged all to take a while to think of the suffering multitudes. The patriotic song was a tribute to all the brave hearts who sacrificed their lives for our freedom.

## STAFF ORIENTATION Dealing with a new normal



The staff orientation programme was held online for the teachers with Fr Dionysius Vaz SJ, Rector of St Aloysius College Mangalore as the guest speaker who spoke on 'Challenges to education, fostering well-being, and developing resilience during Covid times.' Fr Dion stressed on self-evaluation and introspection urging the teachers to focus on the three core values of Jesuit education: professional innovation, personal integration and social inclusion.

#### **FUN DAY - AUGUST**

True to its theme, 'Pride of India', on the 15th of August, 2020, the staff of the pre-primary section at SJBHS conducted a fancy-dress competition which helped break the ice and boost the morale of the tiniest of the Josephites. The boys of LKG and UKG dressed as famous Indian personalities, national leaders, scientists, astronauts, sports personalities, the national bird and the national animal of India, thereby giving wings

## ONLINE RETREAT Coming Together in Prayer

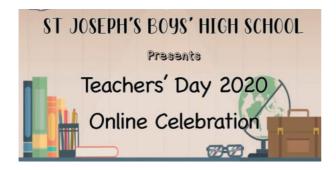
SJBHS held an online retreat on 29 August 2020 for the Catholic staff and students. A short and meaningful prayer by the Principal was a reminder of the manifold blessings that we enjoy and of the requirement for a spiritual renewal in the days of the contagion. The retreat director, Fr Vivian Juan Mariaraj, through the theme of 'assurance' brought to the fore the guarantee of deliverance from the pandemic by putting our confidence in the Almighty.



Prayers and supplications, benediction and invocations were the hallmark of the programme. The Principal, the Primary School Administrator Fr Joel Fernandes SJ and Fr Vivian concelebrated the Holy Mass bringing the retreat to its fruitful conclusion. The few hours of silence, reflection and prayer was a spiritual therapy for all.

## TEACHERS' DAY Celebrations at SJBHS

The pandemic situation did not deter our students from celebrating Teachers' Day. The online assembly livestreamed on YouTube resonated a sincere prayer. The underlying feelings that seeped through as the parents and students sang, spoke and wished their teachers were of gratitude and appreciation. The programme put up by the management and students went a long way in making the day memorable for the teachers at SJBHS.



#### FUN DAY Animals

For the youngest Josephites, the fun day topic for September was that of 'animals.' Donning various animal masks and enacting their favourite animal, the pre-primary students had a ball of a time. The teachers narrated a beautiful story on the topic, showed a virtual video of a zoo and also planned an interesting handprint activity.



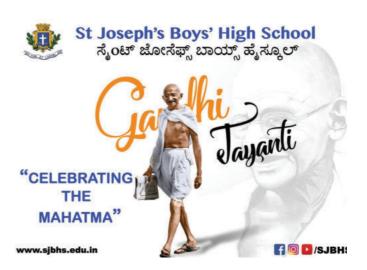
## HINDI DIWAS Language Celebrations

With the able guidance of the Hindi department and support from the management, the 'Hindi Diwas' was celebrated at St Joseph's on the 14th of September where a variety of programmes were streamed online glorifying one of the official languages of the country. The Chief Guest, Dr Usha Rani, spoke eloquently about the ease of the language and how it serves as a thread binding a number of regional Indian languages.



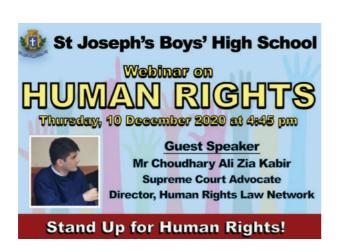
#### GANDHI JAYANTI Gandhiji's ideals never die

On 2 October 2020, the school celebrated Mahatma Gandhi, the 'Father of our Nation' who advocated change. The online programme resonated of Gandhian values and principles. A recorded speech of the great man brought to mind the struggles of pre- independent India. The life, challenges and hardships of Kasturba Gandhi were also documented as a tribute to the unstinting support of Gandhiji's wife in his mission for India's freedom as well as a means to highlight the need for women- empowerment in India.



# STAND WITH STAN Expressing Our Solidarity With The Human Rights Defenders

In gratitude and solidarity with Fr Stan Swamy SJ and in recognition of his contribution to upholding democracy in our country, the BJES organised a silent, peaceful protest on 12 October 2020 from 4:00 to 5:00 pm, with a human chain starting from Brigade Road Junction to Shantinagar Bus Depot. 160 plus staff members, parents and alumni from SJBHS took to the streets to express their solidarity to the cause and to uphold the democratic values of the nation.



#### NATIONAL LEVEL WEBINAR Nutrition, Fitness & Mental Health: Striking a Balance



The SJBHS Department of Physical Education in collaboration with the Physical Education Foundation of India (PEFI) Karnataka chapter hosted a webinar on 7 November 2020 where many speakers shared their knowledge on nutrition, fitness and mental health. The keynote speakers, Mr Anup Sridhar and Mr Sujit Somasunder focussed on setting realistic goals and emotional hygiene in order to lead a well-balanced lifestyle. Resource person, Dr Madhuri P Sadgir stressed on restoring the balance in life and asked the audience to search for adaptable solutions to nutritional, fitness and mental health issues. Ms Shiny Surendran spoke exclusively on the need for a well-balanced diet which sources locally grown produce. The Valedictory Address by Mr Srikanth R, Secretary PEFI Karnataka, collated the views of the speakers and expressed gratitude to the management at SJBHS.

## CHILGALA 2020 PRE-PRIMARY

(7 November - 21 November 2020)

A season to celebrate children! The pre-primary Chilgala 2020 was nearly a month-long-celebration inclusive of a wide range of activities, workshops and competitions. The gamut of events laid stress on the fact that the management and staff of SJBHS wanted the students to know that they are really special. The Principal Rev Fr Sunil Fernandes SJ reiterated the significance of Children's Day while addressing

ST JOSEPH'S BOYS' HIGH SCHOOL

PRESENTS

COMING THIS NOVEMBER

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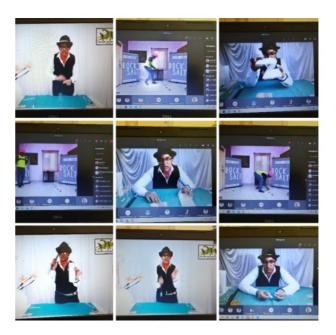
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#### **PRIMARY SECTION**

(2 November- 13 November)

An ultra- grand celebration unfolded on 2 November with the Primary Chilgala 2020 at SJBHS. Various competitions and workshops were curated for the students to showcase their talents. As expected, a magnificent spectacle of colourful the gathering and reassured the young Josephites that they were always in his prayers. The Primary School Administrator, Rev Fr Joel Fernandes mentioned that all of us need to learn to be like children - happy and smiling without any reason. A mesmerizing Magic Show performed by Mr. Nagendra Prasad, truly made the students happy.



costumes and endearing dialogues came up. The all-round spirit of SJBHS was on display as the two- week long gala concluded on 13 November.

'The only competition that matters the most is competing to become better than your best old self.'

## CHILDREN'S DAY Celebrating Childhood

Revelling in the joys of childhood, the Josephites celebrated Children's Day through a spectacular online programme. The Principal,

Fr Sunil Fernandes SJ reminded the students of the reason for the celebration- Pandit Jawaharlal Nehru - a patriot, nature lover, scholar and one who loved children. Fr Sunil wished the students and asked each one of them to remain humble and to cling to the innocence of childhood, irrespective of their age. Teachers from the pre-primary, primary, middle and high school sections put their best foot forward in making the day a memorable one for their students. In the

celebration of the lighter moments of school life, there was plenty of room for laughter and joy.



#### NAMMA INFINITY 2020 A festival of Arts & Sciences

The middle school arts and science fest was held from 23 October – 20 November 2020. The excitement was palpable as the announcement of the events was made. Our students went on an enjoyable virtual journey into the world of creativity, imaginative thinking and resourcefulness. Enthusiastic participation from the enterprising students reiterated the fact that these young Josephites are here to learn and be challenged.



#### **EUCRANIUM 2020**

The sixth edition of the Intra-School Science Fest, Eucranium 2020, held online, was a test of mettle in the face of fierce competition, a trial of sustainability in the face of opposing challenges and the ability to deliver convincing dialogue to counteract valid reasoning. The guest speaker, Dr Anik Luke Dhanaraj, Bangalore counselled the students to use their talents, skills, abilities and interests to face the challenges of the pandemic times. He called on the students to 'Chase after their dreams with all their passion; at the same time, in whatever they do, they should strive hard to make the world a better place.



The ten events of Eucranium 20 were modelled on the law of 'something for everyone' and the participation, even though on a virtual platform, was phenomenal! The science models on exhibition ranged from robots to solar powered machines and from the electroscope to a weighing scale; the debating skills on display proved that the students could defend their thought- processes very well; the problem solving events included cryptic quizzing, crises management and the famous 'Escape Room'; whereas the more scholarly could compete in research, the mathematical conundrums and product launch!

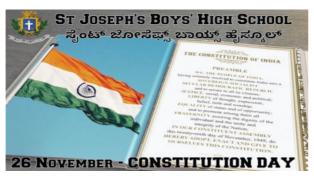
# CADENCE 2020 SJBHS Inter School Music Festival

From the 17 October to 5 December 2020, music flowed across the internet as SJBHS rolled out the second season of Cadence. The online festival was inaugurated with a very inspiring message from the Chief Guest and old boy, Mr Edward Rasquinha who motivated the students to follow their passion wholeheartedly. The closing ceremony saw Christ Academy being declared the overall winners of Cadence 2020, St Francis Xavier Girls' High School taking second place and SJBHS in the third place of the overall medals tally. A vivid admirer of music, Fr Sunil Fernandes reiterated the importance of music as a universal language. His words were: 'Let music linger on in our lives and memories!'



## CONSTITUTION DAY A Day to Remember

Where the mind is without fear and the head is held high...



As India celebrates the 71st Constitution Day, the management and staff of SJBHS celebrated the same through an online platform. The contribution

of Rev Fr Jerome D'Souza, a Jesuit priest who was a part of the erudite Constituent Assembly, was remembered. Role play and skits brought out our rights and duties, our liberties and responsibilities. Through songs, the stakeholders of SJBHS recollected the vision of a country with sovereign, socialist, secular, democratic, republic ideals. Fr Principal advised that we should re-affirm our pledge to follow the Constitution in letter and in spirit. The recitation of Rabindranath Tagore's famous poem 'Where the mind is without fear... ' reminded us of pre-Independent India and the struggles that paved the way for our freedom.

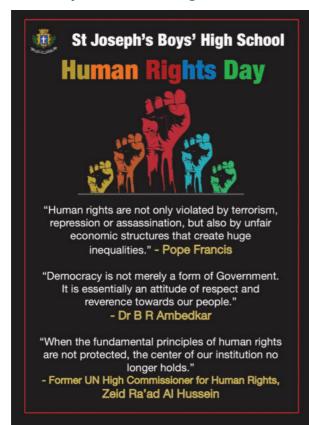
# PANNUR- MANVI TWINNING PROGRAMME Happy Together!

Empathy instead of sympathy; inclusion instead of isolation; and social sensitivity instead of social apathy are the hallmark of the Jesuit way of life. The management and twelve staff members visited the Pannur-Manvi Mission from 27 to 29 November 2020, as part of the Twinning Programme. After the introductory session from Fr Maxim Rasquinha, the team had an interactive session with the Xavier and Loyola school teachers to understand how ideas and resources could be shared. Visits were made to the Loyola Kapepaladi School and the village. An interaction with the self-help groups brought the day to a fruitful end. The team left with hearts brimming with joy and pride-happy that they could be a part of the year's twinning programme.





## WEBINAR ON HUMAN RIGHTS Stand up for Human Rights!



At SJBHS, a webinar was held on 10 December, 2020 to celebrate 'Human Rights'. The Guest Speaker, Mr Choudary Ali Zia Kabir, Supreme Court Advocate and Director, Human Rights Law Network, threw much light on the subject from his experience and knowledge. The speaker elaborated on the definition of Human Rights as derived from various theories and clarified that human rights is not merely a job description but the duty of each and every citizen for a better tomorrow.

#### **IMPORTANCE OF BREAKFAST**

To bring to the fore the ill effects of skipping breakfast and unhealthy eating habits, the management of the institution arranged a nutrition education programme on 'The Importance of Breakfast'. The webinar was conducted by the Department of Nutrition and Dietetics, Mount Carmel College. The beneficiaries were the students of Std V to X.

# SJBHS OUTREACH Online English Language Teaching Initiative

It's not how much we give, but how much love we put into giving.

Mother Teresa

The pandemic cannot stop a heart that wants to do good. SJBHS organised English language sessions for teachers and lecturers from Loyola School and Loyola College, Manvi, from 14 to 18 December 2020. Ms Odella John delivered the sessions.

## WEBINAR ON POSITIVE ATTITUDE AND PEER PRESSURE

Good Thoughts, Good Words, Good Deeds

'It is not what happens to you that matters. It's how you respond to what happens to you that makes a difference.'

Zig Ziglar

On 22 December 2020, a webinar on 'Positive Attitude and Peer Pressure' was held to help students as they deal with an indeterminate number of days out of school and the complications that parents foresee as their wards continue to be home bound.

The resource person, Mrs Jaicy George acknowledged the hardships of these unprecedented times but promised that if we cling onto each other, we can sail through them all- provided we are grateful, thankful and feel blessed. She stressed on how good-thoughts would translate into good-words, good-feelings and good -actions. She also elaborated on how positive peer pressure could turn any negative situation into a positive one.



## ONLINE CHRISTMAS CELEBRATIONS Something for Everyone

The SJBHS Christmas programme was dedicated to the migrants, farmers in distress, the healthcare workers and the human rights activists languishing in jails especially Fr Stan Swamy, a Jesuit missionary and champion of the rights of the indigenous people of Jharkhand. The Christmas video was broadcast on a number of online portals and garnered much praise. A plethora of messages were interwoven into the programme to show the contribution of the entire Josephite family. Rev Fr Jerome Stanislaus D'Souza SJ, Provincial and President of JSCA (Jesuit Conference of South Asia), Rev Fr Dionysius Vaz SJ, Provincial of Karnataka Jesuit Province and President of BJES. Rev Fr Brian Pereira SJ, Vice President of BJES, our Principal Rev Fr Sunil Fernandes SJ, Rev Fr Joel Fernandes SJ, Primary School Administrator, Mr. Uday Kumar, Vice Principal of SJBHS, Rev Fr Michael John SJ and Rev Fr Clifford Sequeira SJ former Principals of the institution, through their messages counselled the audience to stand in the light of Christ where love overcomes hatred, truth overcomes deceit and hope overcomes despair. Carols sung by the PTA and the wishes from the OBA showcased the fact that, at SJBHS, stakeholders are really collaborators! The hour-long programme served as a poignant reminder that the year to come will bring promises of a new tomorrow.

#### FUN DAY Christmas

The students of LKG and UKG were all set to celebrate Christmas with their best party attire in the warm colours of Christmas.

The young Josephites prepared handmade Christmas greeting cards and paper-cup Christmas trees to add to the vibrant Christmas décor. The carol singing competition added the much-needed beat to the perfect Christmas Fun Day celebration. What a beautiful way to end the year 2020!



#### **PRAYER SERVICE**

Since his imprisonment on 8 October 2020, SJBHS with its management, staff and stakeholders have been campaigning with online petitions, silent marches, rallies and webinars along with ongoing prayer services for the release of Fr. Stan Swamy, a Jesuit priest, a human rights activist and a selfless missionary. A tweetathon #stand with stanswamy on our Instagram and Facebook online portals, on 25 December from 4 p.m. to 6 p.m., will join the list of campaigns. The prayer service held on 21 December 2020 began with candles lit by every member gathered in the auditorium in solidarity with the injustice against the under trials. Bhajans and intercessory prayers for all suffering humanity were placed before the Almighty and hymns echoed through the venue.



#### **FARMERS - OUR NATION BUILDERS**

A webinar titled 'Farmers - Our Nation Builders' was held on 15 January 2021 to simplify the ground reality behind the ongoing farmers' protest. The resource person, Professor Babu Mathew (Former Registrar and Faculty at NLSIU) shed light on the difference between the 'Food Security' approach on one hand and the 'Food Sovereignty' approach on the other. He also untangled the difference between 'Targeted PDS' and 'Universal PDS'. The session was not only simple to follow but went a long way in helping one understand the background of the problem.



## FUN DAY Transport

The motive of this fun day was to introduce road safety and make the pre-primary students understand the different modes and importance of a good transport system in our daily lives. The teachers taught the little ones in a play way method through themed fun workshops conducted on 18, 20 and 21 January 2021. Students were asked to collect pictures of different vehicles and make a chart to differentiate between land, water and air transport.



## STD 11 INNOVATION LAB Thinking through

Following an online kick-off session, the enthusiastic students from the ISC batch embarked on the 1st edition of the Std 11 Innovation Lab. The themes of this year's Lab were: societal impact of Covid-19, bias in society, healthcare, environment & sustainability and food security & nutrition. The Lab was spearheaded by Old Boy Vijay Nazareth, while the coordinating team comprised of ex-ISC students as mentors. They were exposed to a wide variety of topics including rainwater harvesting, addressing bias in society for differently-abled individuals, mental health, data analytics in food security, countering gender bias in STEM fields and global warming. The judges appreciated the innovative solutions the students came up with in such a short time.

## STD 8 INNOVATION LAB 2020 A Real Team Effort!

The spirit of innovation was unstoppable as was seen in those participating in the SJBHS Std 8 Innovation Lab 2020. The lab kicked off with a motivating presentation on 2 September which offered a wide variety of suggestions for topics on which students could base their projects. Mr Vijay Nazareth, the architect of the programme invested his time in making this event a success. The concept of student mentors proved to be a boon

to the participants and the mentors themselves as it gave them a different set of skills and they got to see a different side of the lab. A huge shout-out to the judges and mentors as the deliverables and many case studies brought a great number of values and learning to the students' minds.

(picture/image of winners available on website)

## WELLNESS & WELLBEING WEBINAR Taking care

A wellness and well-being webinar was hosted by SJBHS on 18 December 2020. The speakers, Prof Ameena Zarar, Mrs Manju Goel and Dr Sangeeta Pandey highlighted the importance of a well-balanced nutritious lifestyle, emotional health, positive attitude and a growth mindset. The webinar was also helpful in providing an insight into specific diets that build immunity, a much-needed panacea during these troubled times.



## REPUBLIC DAY Muted Celebrations



The 72nd Republic Day, though held in the shadows of the pandemic, did not fail to bring out the spirit of the celebrations and the fervour of patriotism. Amidst social distancing and other SOPs, the Indian flag was hoisted and the national anthem followed with full pride and honour, as the unfurled flag proudly fluttered in the cool morning breeze. The Republic Day highlighted the differences between Constitution Day and Republic Day; put into perspective the achievements of the Indian Presidents over the years; and staff answered questions pertaining to Republic Day and its celebration. Our Principal, Fr Sunil Fernandes SJ, reiterated in his address that the onus of upholding the constitutional values lies with each citizen. Despite our differences, trials and tribulations, we remain a united nation.

## TWINNING PROGRAMME English Teaching Advanced Course

SJBHS Outreach Program brought learning and teaching back into focus with the 'Advanced English language sessions for teachers and lecturers' from Loyola School and Loyola College, at Manvi. They were conducted from 18 to 22 January 2021. Presented by Ms. Odella John, the sessions were appreciated by all the teachers present. With each session they gained in confidence while expanding their vocabulary and refining their pronunciation.

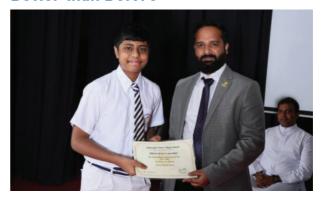


#### JESCOL 2021 The Jesuit way of life

The JESCOL programme is designed to educate teachers about the Jesuit way of life. The programme was held from January 28 to 30 2021. Fr Victor Lobo, Principal of SJC, in his welcome speech outlined the characteristics of Jesuit education, stressing on the role of the teacher as not just as an imparter of knowledge, but as a facilitator, a changemaker and a catalyst. The esteemed panellists gave invaluable insights with respect to the work culture at Jesuit institutions. As the three-day programme concluded, the participants were called to be proactive citizens as the world does not need words, but lives, which can be explained through faith and love for the downtrodden- the lost, last and least of society.



### ANNUAL PRIZE DAY Better than Before



On January 30 2021, our Annual Prize Day was held to felicitate, encourage and laud students for their hard work and dedication. The Principal heaped praises on the prize winners. He exhorted them to excel and be guided by optimism and strength of character. The celebrations were muted as compared to the previous year's but the essence of the programme, the joy among the academic achievers and the pride of receiving the awards will be forever etched in their minds, encouraging them to do better than ever.



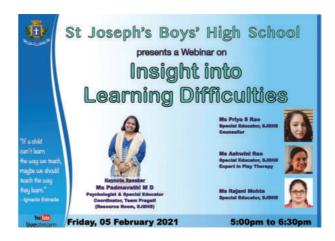
## WEBINAR ON 'INSIGHT INTO LEARNING DIFFICULTIES'

5 February 2021

Our dedicated team of special educators from the Resource Room 'Pragati' organized a webinar on 'Insight into learning difficulties' on 5 February 2021. The keynote speaker, Ms Padmavathi MD shared her thoughts and experiences on various aspects that children with learning difficulties go through and the right procedures to bridge the learning gaps. The webinar provided valuable insights into identification and management of children with learning difficulties. Progress cannot be measured on paper.

If a child cannot learn the way we teach, we should learn to teach the way the child can learn.

Webinar link: https://youtu.be/0H2q59PF2R4



"Stigma, underachievement and misunderstanding of Learning Difficulties continue to be stubborn barriers for parents and children to overcome. If Learning Difficulties are left unaddressed, millions of individuals risk being left behind, burdened by low self-esteem, subjected to low expectations, and diminished in their ability to pursue their dreams."

# PRE-PRIMARY 'FUN DAY' FOR THE MONTH OF MARCH Grandparents' Day

A grandparent is a bit of a teacher and a bit of a best friend. They are a treasure of values, tradition, knowledge and strength to a family. To acknowledge our gratitude to their contribution, SJBHS felicitated the grandparents of the pre-primary Josephites with a special day dedicated to them. On this joyous occasion, few fun-filled competitions were conducted for the little boys which naturally had to be in tandem with their respective grandparents! Special guests for the occasion Dr G Moinuddin and Dr Fathima Farheen addressed the grandparents on the need for good nutrition, maintaining good health, precaution and care during the pandemic. The Principal, Vice-Principal and Primary School Administrator put on record appreciation and gratitude for their immense contribution and never-failing devotion.



# PEACE, HARMONY AND RECONCILIATION A Message of Hope

Peace cannot be kept by force; it can be achieved by understanding.

Albert Einstein

When life has become uncertain and plans have gone awry, peace seems like a distant dream. Bearing this in mind, the school conducted a webinar to focus on peace instead of anger and on reconciliation instead of division. The guest speaker, Dr Raja Ram, Professor and Head of the English Department of St Joseph's Commerce College, spoke of peace, harmony and reconciliation by referring to three shlokas of ancient Indo-wisdom. The second speaker Professor Mohammed Bilal Umri insisted that we live in a world of differences but the common factor was our humanity. His words of advice were smile - as a cheerful face is free yet priceless and choose words carefully as they cannot be recalled once spoken. The final speaker Fr Royal Nazareth, a Catholic priest and the Director of Holy Cross Family Ministries and Hope Counselling Centre,



said that peace leads to harmony which brings reconciliation and that in turn generates peace. The Vice Principal, Mr Uday Kumar addressed the audience saying that 'Peace' is a calm mental state of inner equilibrium. Mrs Rebecca Thomas, staff of SJBHS, elaborated on the therapeutic effects of yoga for the body, mind and soul for a healthy, harmonious and peaceful life. The message of peace, harmony and reconciliation keeps us going when the going gets tough.

#### SOME ENDINGS, SOME BEGINNINGS Valedictory

The management of SJBHS decided to give the batch of 2020-2021, their very first and last offline event - the Valedictory, which was held on Friday, 12 March 2021. The setting sun threw its golden rays on the valedictorians of the outgoing batch of 10 and 12 as they were led into the SJBHS grounds by the Principal Fr Sunil Fernandes SJ. The banner before them read 'Men and Women for Others', reminding each one of their purpose. The Welcome Address by the Principal was followed by the valedictorian's speech given by Lakshraj Malhotra of Std 12 and Aadyoth Channakeshav of Std 10 who spoke of their experiences at school, their gratitude to their teachers and the support staff and their apprehensions for the future.

The solemn handing over of charge was completed with Shaun Sajan Thomas of Std 11 and Tarun Peter of Std 9 giving their response to the outgoing batch. The Chief Guest, Dr Sudhir Krishnaswamy, Vice Chancellor & Director, National Law School of India University, and Old Boy addressed the audience on the importance of developing social consciousness and the need to assimilate social success along with personal success. The Josephite spirit came through as

students lit their candles to the strains of the song 'Carry your Candle' – a poignant reminder that they were leaving the secure portals of SJBHS to carve their own niche in a world full of opportunities.



#### WORKING WITH OUR TEACHERS Faculty Development Programmes 2021

To hone the various skills that a teacher requires, a faculty development programme was conducted for the teachers at SJBHS where Mrs Gowri Mirlay Achanta spoke on the protocol to be observed while dealing with parents. The Do's and Don'ts for both parents and teachers were highlighted and the need to maintain a professional approach with parents was emphasized. Mrs Shanida Naser spoke about the behavioural tactics that a teacher needs in order to interact effectively in a work environment.



The main highlights were self- awareness and awareness of others and to be present in the moment to function effectively, thereby bringing a positive outcome in conflict management and resolution skills. Mrs. Priya Rao, Mrs. Rajani Motha spoke about exploring a child's sense of belongingness, showing how one person can make a difference as they touched upon Identifying Learning Difficulties, Classroom Management Strategies. Resource persons, Mrs. Chitra Ramarajan and Mrs. Meera Vikram focussed on the use of innovative methods in educational institutions as it not only has the potential to improve education, but also empowers people, strengthens governance and galvanizes the effort to achieve human developmental goals.

#### STAKEHOLDERS OF TOMORROW

Talk by Senior Army Officer

Major General Michael A J Fernandez, VSM, a senior serving Indian Army officer and Old Boy (batch of 1983), visited the School on March 8 2021 and addressed the students of class 12. His talk was also attended by several present and past members of the OBA Management Committee as well as former Vice Principal, Mr Charles Noronha. The General recounted his journey through class 4 to 10 and regaled the audience with several personal anecdotes, as also the strong influence of all his teachers who have moulded him over the years into the person that he is today. The General briefly recapitulated his eventful Army life commencing from NDA till date, to include various challenges faced and great opportunities maximized during his 32 years as an officer in uniform thus far. He concluded his talk by sharing several leadership essentials gained from his professional and personal experiences over the years. He felt that these were necessary for the students to imbibe in order to be better leaders. The brief talk was a welcome change for the students as the speaker was one who had walked the journey that they were about to embark upon.



## LITERATURE DIGITAL FEST No Words to Stop Them!

'The English Language is a work in progress. Have fun with it.'

Jonathan Culver

Despite the pandemic, the much-awaited English Literature Fest also took place as usual, albeit on an online platform. The fest was held over a duration of two months. Organized for the students of Std 5-8, the fest included individual and group events like Verbatim and Ads Galore for Grade 7; Author's Tale and Twisted Tales for Grade

8; Battle of the Bards and Character Crush for grades 5 & 6 which brought out the hidden talents and served as a platform for the students to showcase their talents.

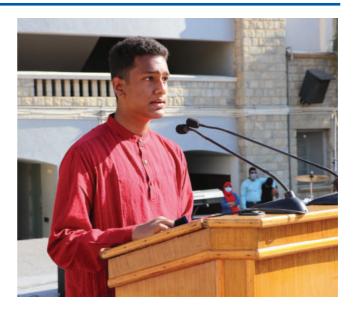
All the events displayed and showcased the immense potential and limitless talents of the young Josephites. Needless to say, the judges did not have an easy time filtering through the entries. All the winners and participants were awarded e-certificates.

#### SHARPENING THE SAW

We are happy to announce that Ms Archana Singh (middle school teacher) represented SJBHS in the national level Teachathon 2020 competition organised by the Indian Institute of Education Management along with Bangalore Sahodaya Schools Association. The online competition, held for teachers across the country had several challenging rounds. The final round, held on 1 November 2020, was a marathon of tasks involving teaching skills and lesson planning. Ms Archana Singh was awarded the third place in the category: Online delivery of lessons in the Science stream.

## BIDDING GOODBYE Farewell Assembly

On March 10, 2021, the management allowed students to take their final bow on stage through their farewell assembly. The principal asked the students to remember the 8 C's – compassion, commitment, confidence, conscience, creativity, critical thinking, collaboration along with care and concern. The outgoing batch of class 10 and 12 sang, danced, recalled their years at SJBHS through speeches and skits, vocals and instrumental music. The underlying sadness was clear but there was a promise that they would keep returning to 27, Museum Road – their home, their happiness and their safe haven!





## PARENTING SESSIONS Lockdown Learnings

To help parents come to terms with the new normal, the management at SJBHS had a series of Parenting Sessions for the parents of the high school students, in six batches. The sessions were conducted by the school counsellors and moderated by Mrs Gowri Achanta, our senior and experienced high school teacher. Parents were encouraged to incorporate self-care practices such as meditation, gratitude and forgiveness. The parents were asked to embrace the challenges

with an open mind and a positive attitude. They were encouraged to see the period of lockdown as a break from the hustle and bustle of life and adopt a routine of family bonding time, teaching their wards how to be healthy and hygienic, finding new hobbies as well as being grateful for the small things in life.

#### SILVER JUBILEE CELEBRATIONS

5TH MARCH, 2020

On 5 March 2020, the Silver Jubilee celebrations of Mr Brian McKertish and Mrs Mira Menezes Theodore were conducted amidst much pomp and grandeur. The silver jubilarians were invited onto the beautifully bedecked centre stage along with the Principal, Vice Principal and Administrator. Mrs Virginia spoke about Mr Brian McKertish while Mrs Veena Pinto related her experiences with Mrs Mira Menezes Theodore. The two stalwarts of SJBHS were felicitated by the management. They took the podium to relate tales, experiences and anecdotes of their journey of 25 years at St Joseph's. Tears of reminiscence and smiles for the lighter moments were interlaced with gratitude. The Principal, Fr Sunil put on record the contribution of the two coordinators and said that they had left an indelible mark on the parents, students and the Josephite family. On behalf of the Rector and the entire staff, Father wished them the very best in life. A cake was cut by the jubilarians and a special song of blessings was dedicated to them on their special day.







Hearty congratulation, Dr Santosh Adam! The Josephite Family takes pride in your achievement and wishes you many more.

#### **INVESTITURE CEREMONY**

Investiture Ceremony - 24 January 2020

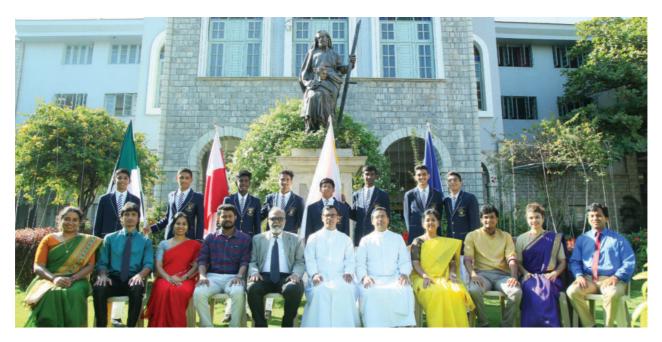
Democracy is a way of life at SJBHS. After a week-long free and fair election process, the excitement culminated in the final eight leaders for the academic year 2020-21.

The investiture, held on 24 January 2020, was solemn as well as dignified. The staff, students and parents witnessed a grand ceremonious installation.

The Captains and Vice-Captains were led into the grounds by the Principal Rev Fr Sunil Fernandes SJ. The Principal elicited several promises from the Captains and Vice- Captains to test their willingness to serve the school, to be obedient and to be good leaders. After the solemn promises, the elected representatives of the four houses were adorned with their badges. The Captains of the four houses, in their speeches, promised to serve, to be examples of humility and to be worthy of leading their house mates.

The House Mentors for each of the four houses were called on to guide the Captains and Vice Captains. The parents of the selected leaders were felicitated – a fair indication of the hand of the collaborators in the smooth functioning of SJBHS!

The Captains/Vice Captains for the year 2020-2021 are:











CAPTAIN	Darshan K. Thakurel	Jason Nikhil Joseph Felix	Rayhan Hassan	Bosco Jeo
VICE CAPTAIN	Arnav Joseph Lobo	Anthony David	Dhruv Kannan	Shaun Sandeep Victor

#### **Proud Moments**

Hindustan Interschool Knowledge Hunt Hindustan College of Arts and Sciences organized Hindustan Interschool Knowledge Hunt, an e-quiz for the students of grades 11 and 12 from Tamil Nadu and Pondicherry, Kerala, Karnataka, Andhra Pradesh and the North East. The quiz was conducted on the 19 March 2021. Adithya P Sajeev of 12 B won Third place. Congratulations students!

ECONOMICS: Deepthi Mahesh Kumar and Manasi Hegde of Class 12 B submitted an Economics project profiling the migrants. Their project has been published on the website Home - PARI Education. Congratulations students!

#### MCC Esplendida 2021

Mount Carmel Pre-University College hosted its annual cultural fest 'Esplendida-2021' on 30 January 2021. It was conducted through an online platform. Events like the fashion event, Western and Indian Dance, Filmmaking, Art & Craft, Literature were all a part of this fest. A total of 48 students took part in 20 of the 26 events held. Their splendid, enthusiastic and extraordinary performances brought home a number of awards as follows:

- 1st Place in Ballad Writing Harshvardhan Patel 11A
- 1st Place in 2020 on a Canvas (Art & Craft) Bernice Ria 11A
- 1st Place in Contagious Intelligence (Science) Diya S 11A
- 1st Place in The Inside Story (P.R.O) Pratik Badrinath 11B
- 1st Place in Les Quizérables (French Event) Diya Jacob 11C
- 1st Place in Bible Panorama (Filmmaking) Vishnu M Vinay 11C, Royston Menezes 11C, Pavit Paul
- 11B, Minal D'Cunha 11B, and Sania Sabu 11C
- 2nd Place in Fotografie (Photography) Vishnu M Vinay 11C,
- 2nd Place in Ameya (Indian Dance Association) Ishani Bagchi 11C, Manasa Somaraju -

11B, Dulcina Ann Misquith - 11B, Adithri D Chitloor - 11B, S Sheetal - 11B, Varsha Bhansali - 11B

- 2nd Place in Musical Melodrama (Mock Rock) D Laksh Jain 11B, Siddhant Joseph Ambat 11C, Sakshi Jain C 11B, Manasa Somaraju 11B, Joette D'Souza 11B, Vartika Gupta 11C
- 3rd Place in Paradigm Shift (Ecology Club) Harshvardhan Patel 11A

The SJBHS team was adjudged 2nd for most participation (48 students from ISC) and overall 3rd Place in the fest.

Congratulations Students!

#### **SOLARIS 2020**

The Jain College -CGS (Vasavi Temple Road) hosted its Annual Commerce Fest "SOLARIS-2020" on 21 December 2020. It was conducted through the online platforms due to the current global pandemic and was indeed a well-organized fest. This time the events were four in number yet new and more challenging than ever.

Despite the present scenario, our school participated enthusiastically in the fest, giving the very best to keep our flag flying high.

The following students placed in their respective events:

- 1st in Crisis Management Lohan Mirpuri (11B) And Laksh Jain (11B)
- 2nd in Business quiz Nathan Marcus (12B)

Congratulations to all the participants!

#### Chiguru

'CHIGURU' - The DPS Virtual Inter-School Kannada Cultural Fest was held from 20 to 28 November 2020.

A team of four students represented the Kannada department of SJBHS in the DPS Kannada Fest and garnered much praise for their online performance. Chirag Harsha of 4E received the first prize for his depiction of Akkamahadevi and a three-minute recital of the poetess of Kannada Literature, during the online fancy dress competition. The team of participants from SJBHS received the Second Runners up Prize for their overall performance.

Congratulations to the team and the Kannada Department.

#### SJPUC MUN

The SJBHS Model United Nations Delegation participated in the St. Josephs Pre-University College Model United Nations and the head delegate Sudhamshu Prashanth of 11C placed as the Honourable Delegate in the UN Human Rights Council. the delegation also consisted of Nathan Marcus of Class 12 who received a special mention in the UNSC, Yashas Rajesh of Class 9 who participated in the Bilderberg Conference and placed as the 2nd Honourable delegate, Arav Kathpalia of 11C who participated in the AIPM won the Commendable delegate award, Adesh David of Class 9 who participated in the CCC and received a special mention.

Congratulations!

#### Sphoorti 2020

'Sphoorti 2020', the online commerce fest hosted by Jain College provided the participants with a platform to showcase their interests in marketing, law, finance and to also help them take back experiences that would prove valuable to them in the future. Four teams from St. Joseph's Boys' High School were placed:

Simar Kaur Kaler, Vartika Gupta, Jaden Sarah, MinalD'cunha and Maria Adriana Lewis from 11th grade won the first place in Corporate Vogue (fashion event)

Pavit Paul and Sania Sabu also from 11th grade won the second place in Sleuth & Suits (Law Event)

Inara Zayn, Laksh Malhotra and Dhiren Jain from 12th grade placed second in Shark Tank (Marketing Event)

Nathan Marcus and Vibha Kamath secured the second position in The Economist.
Congratulations students!

#### Young Chef Of India (Seniors)

Amrita Varshini of 12 A was awarded second place in the recently Concluded Young Chef of India (Seniors) culinary competition conducted by the International Institute of Hotel Management. In the All-India Competition, Amrita competed in multiple rounds at various levels, ousting at least 100 other competitors. The final round was adjudged by India's well known culinary genius Chef Ranveer Brar. A cash prize of Rs. 15,000 along with certificates was awarded to Amrita.

Congratulations Amrita!

- State Level KISA (Karnataka ICSE Schools' Association) Online Quiz 2020
   Aditya Sajeev of 12B of SJBHS won the 2nd place (Senior Category)
- Magnachrista (Christ College)2020 Winners
   Arjab Sinha 11A placed first at the Quiz event;
   Royston Menezes 11C, Yash Menda 11C, MinalD'Cuhna 11B placed first in the Movie Making event.
   Vartika Gupta 11C placed third in the Art event.
- 3. VIVATHARANG was conducted by Vydehi College.
  Drithi Mahesh Yavagal of 11C secured 1st place and
  Royston Menezes of 11C secured 2nd place in Theme Dance category
  Dolly Jain 11B secured 3rd place in Western Dance category
- 4. CLMUN 2020 Winners (Clarence High School MUN) Joshua Joseph 11C: Commendable Delegate Arav Kathpalia 11C: Best Delegate Congratulations students!

#### SFSMUNB 2020

The SJBHS Model United Nations team (MUN) won 'Best Delegation' at the SFSMUNB 2020 Conference.

The ISC team:

- Luke Polackal who won Best Delegate in WHO
- Sudhamshu Prashanth who won Best Delegate in UNHRC
- Joshua Joseph Jose who won Commendable Delegate in UNSC
- Harshvardhan Patel who won Special Mention in UNSC.

The team made quite an impact on the Bangalore MUN circuit, congratulations Boys!

#### **Synchronize 2020**

Bishop Cotton Boys' School hosted its Annual Science Fest 'Synchronize' on 16 and 17 September 2020. It was conducted through the online platforms due to the current global pandemic. This time the events were new and more challenging than ever. Despite the present scenario, SJBHS participated enthusiastically in the fest. The following students placed in their respective events:

- 1st in Clash of Titans Siddhant A, 11C
- 1st in Genera Edlyn Grace, 11A & Diya S, 11A
- Top 5 in E-Tron Varun Gadi, 11A & Michael R, 11A
- Top 5 in Animania Shane Frank, 11 B & Priyansh Surana, 11A

Since SJBHS made it to the top 10 in most of the events, the school was adjudged as the 'Best Institution' of Synchronize 2020 and was awarded a cash prize of Rs. 10,000.

Congratulations students!

#### Colossus 2020

Colossus 2020, the online Commerce Fest hosted by Christ Junior College was a marvellous opportunity for the participants from SJBHS, adding to their storehouse of valuable hands-on experience. Our students won laurels in the battle of negotiation, marketing, managing and many more such events.

The list of winners:

- Shubhank Shah and Sania Sabu from Std 11 placed first in Corporate Inbound (Business plan)
- Inara Zayn and Varun Peres from Std 12 placed second in Pitch Perfect (Marketing Event)
- Ikjot Segal and Aakruithi from Std 11 placed second in Renaissance (Entrepreneurship)
- Arav Kathpalia and Justin Prem from Std 11 placed third in Mysterio (Mystery Event).

Congratulations!

#### **Greenwood High Mun**

The SJBHS Model United Nations Delegation participated in the Greenwood High Model United Nations Competition. Head delegate Chiraag Mehta, 12C placed as the Best Delegate in the United Nations Environmental Programme. Kaif AfsarSait, 11 C received a special mention in the UNHRC.

Congratulations!

Jawahar Bal Manch: Krisha Bajaj from 12A of SJBHS received the consolation prize for painting at the Jawahar Bal Manch online competitions. Congratulations Krisha!

#### Swaccha Pakhawada2020

The competitions held by Deccan Herald Institutions Team in July 2020 saw two winners:

Kishna Shetty of Std X placed second in JAM (Just a minute) & Yashas Rajesh of Std X was placed third in the same event. Congratulations!

In the recently conducted Kumaran's Parliamentary Debate (All-India) held on 11 – 12 July 2020, Rishab Devaiah of 12B was adjudged the fifth best speaker in the tournament and the team reached the semi-finals of the competition which tested the skills of 56 teams consisting of 168 participants. Congratulations!

#### Other Student Achievements (Non-Sports)

- Rishabh Kumar N from 7D participated in Tarang Bal Kavi Manch competition on 15th August 2020 and represented our school.
- Joseph Michael Cruz won first position in Endeavours held on 6th September 2020 in the Indian Abacus Online competition.
- Devarshi Prasanna has reached the National level in Frenchologyprayatna exam both for word exam and the Roman Rolland exam in November 2020.
- Dhruv Bajaj of 7D won honourable mention at the SLCU MUN conducted by Christ School of Law held in January 2021.
- Navi Mumbai Cube Association (NMCA) organized an online cubing championship on 27th & 28thFebrurary,2021, and Syamantak Chatterjee participated in all the three cubes and performed well. They gave him a special recognition selected him for ICA.
- Gaurav Sharma was a finalist in the IIHM Young India Chef India Schools Junior category (South Zone).
- Jason Anthony D'Souza of 12A has many achievements packed for the academic year 2020-21. He was a volunteer Teacher at freeCodeCamp.org (a non-profit involved in teaching people to code) where he created two online courses on Deep Learning and Computer Vision which have a collective viewership of >700,000 students globally. He is also the creator and lead author of an open-source AI library that has over three million installs so far. He is currently co-authoring a research paper along with a PhD student from Stanford University which is aimed for publication in August 2021.
- Ronav Kiran 8E, participated in Asset Talent Search Assessment 2020 and was ranked "Top 50 in Bangalore" and "Top 100 in India" and recognized as "Asset Silver Scholar", with 91 percentile in Science. He was awarded a Certificate and a Silver medal.
- Mohammad Zain Ajaz of 7D participated in the online inter-school wizard challenge and won the second place and bagged a cash prize of INR 3000.
- Tamojit Ghosal of 9E participated and qualified for the final round in the Thailand International Mathematical Olympiad (TIMO). He has secured the Bronze medal in the final round.
- Aakarsh Anoop Amarnath has won Gold Medal of Excellence in the International Mathematics Olympiad as well as the SOF National Science Olympiad 2020-21.
- Noel Joseph Prabhu of std 9 participated in the SpellBee International competition and cleared all 4 levels School Level, State Level, National Level and International Level) conducted in 2020-21 with MERIT.
- Noel Joseph Prabhu of Std 9 and Mark Joseph Prabhu of Std 7 took part in 'LIVE IT UP' an
  online evening of Music & Theatre to liven up the spirit of people. The online event was on
  the 9th & 23rd of August 2020. There were 24 participants performing 28 acts from around
  the world where Noel wrote two monologues and a dialogue, while Mark wrote three
  monologues for the event.
- Abhyuday Kiran Hadal of 8B participated in short story writing competition
   "Sai Swaroopa's 10" and was one among the top 10 selected authors. He was sponsored
   a five-day online workshop with Chetan Mahajan where their writing skills were finely
   honed with training in the nuances of story-telling. The stories were then published
   by Bloomsbury as an anthology.

#### **VIVUM 2020 - TISB FEST**

The International School of Bangalore (TISB) hosted its 3rd edition of their annual cultural fest 'VIVUM 2020' from the 10th to the 16th of August 2020. It was conducted through the online platforms due to the current global pandemic and was indeed a well-organized National fest. It included cultural, e-sports, as well sporting events. Despite the present scenario, our school participated enthusiastically in the fest, showcasing amazing talents through mind-blowing performances.

The students placed in their respective events are as follows:

1st Place in Skipping (Trojan Cup Event) - Himanshu Siyal (11B)

1st Place in Hockey - Girls (Trojan Cup Event) - Diya Shetty (11A)

1st Place in Hockey - Boys (Trojan Cup Event) - Varun Muthappa (11C)

1st Place in Basketball (Trojan Cup Event) - Shaun Thomas Shajan (11A)

3rd Place in Theme It Up (Dance Event) - Ishani Bagchi (11C)

3rd Place in Vivum X Masterchef (cooking Event) - Laksh Malhotra (12C)

2nd Place in Soliloquize (Drama Event) - Jacob Abey C (11A)

1st Place in Sell it Up (Marketing Event) - Yash Menda (11C), LakshAnchaliya (11C)& Lohan Mirpuri (11B)

There were exceptional videos of the following students that were broadcast live in VIVUM20 Channel:

Dhrithi Yavagal (11C) - Theme it Up (Dance Event)

Diya M.S (12C) - Vivum X Masterchef (cooking Event)

Melio Speed Math Challenge #2: Sanath A of Class 7B of SJBHS was placed second in the finals of the online competition beating 145+ participants from 10+ cities across India, UK, Thailand, Kuwait and Bahrain in the Under 14 category. He was awarded with a certificate and a cash prize.

Congratulations Sanath!

#### **PTA Report**

At the outset, we would like to acknowledge that it has been a difficult year with COVID ravaging our city and country. School had to be closed and all classes were moved to virtual mode. The PTA would like to place on record the yeoman service of our dear Teachers and support Staff. From quickly adapting to virtual mode of teaching,to supporting our children throughout this academic year, our teachers have done a tremendous job.

The Annual General Body Meeting of the PTA for the year 2020 was held on 25 September. despite the prevailing pandemic conditions. The Executive Committee of PTA met on 25 November 2020 and the new committee was formed. The PTA Committee for 2020-2021 consisted of 24 members, 12 staff representatives and 12 parent members. Our Principal, Rev Fr Sunil Fernandes, was the President of the PTA, while Mr.Clifton Pinhero and Ms.Priyadarshini D U held the responsibility of the Vice President and the Secretary respectively for the academic year of 2020 - 2021.

Due to the prevailing COVID pandemic the typical activities that were organized by PTA in a given academic year could not be held. Nevertheless, we readjusted our plans and the activities that could be conducted virtually and that were appropriate in the current scenario.

Following is a brief synopsis of the PTA activities organized during the last academic year:

PTA's endeavor has been to support the school in its Jesuit philosophy to build 'Men and women for others'.... non-discriminatory, liberal, and open-minded individuals with sound moral values. Towards this, the PTA supported the school in organizing a webinar on HUMAN RIGHTS on 10 December 2020 to celebrate International Human Rights Day. Supreme Court Advocate, Mr. Choudhary Ali Zia Kabir was the speaker. Mr. Kabir spoke at length on origins of Human Rights, its basic principles, pluralism, democracy, and secularism. It was an enriching experience for the students, staff, and parents to hear Mr. Kabir speak about his real-life experiences and his struggles in achieving these ideals.

The pandemic had impacted us all, but the arrival of Christmas season brought with it an opportunity to lift the spirits of our school community. The PTA whole-heartedly supported our school in bringing about a reason to cheer. We organized fun art and science classes for

standards of I/II and III/IV respectively. We also invited parents from our wider parent community to come together and sing a carol as part of the school Christmas programme.

At St Joseph's, we have always strived towards developing our children to be socially conscious and engaged in the social environment they live in. The Farmers' protest rocked our country and PTA helped organize an informative webinar titled 'Farmers – Our Nation Builders' by Prof. Babu Mathew, former Registrar and faculty at NLSIU. Prof. Mathew explained to us students, staff, and parents the context and various viewpoints. With Prof. Mathew's guidance we hope our students learnt to appreciate the intricacies of the challenges that our nation is facing.

We recognized that the COVID pandemic with lockdowns, online classes etc.has taken an emotional toll on our community. To support the fight against COVID, we need to manage the psychological aspects as well, therefore the PTA helped to organize a mental wellness webinar on 18 December 2020. As our high school students were getting ready to come back to school for their preparatory exams, we supported the school in organizing a series of five COVID related webinars from January to March 2021. Thanks to Dr. Smitha Saldanha, Dr. Jameela Tambavaala and Dr. Pretesh Kiran, Doctors from our own parent community, we were able to conduct these webinars with significant time allotted to Q&A. It helped convey the COVID related precautions taken by the school, answered the queries from parents and helped to build the confidence of our parents and students.

We believe, a good supportive relationship between our school and parents is an asset to our children. There is no better medium other than sports to make this bond between us stronger. The school staff and parents got together on 11 February 2021 for the Parents vs Staff Sports Day when cricket and throwball matches were played. Every year this is an event that is relished by our students who are enthusiastic spectators. But this year it was a muted affair with only school staff and parent players in attendance. It was a keenly contested event though, but all in good spirits.

Towards enabling continuous learning and updating of skills, PTA supported the school in organizing a teachers' training programme for our pre-primary and primary school teachers on

2 March 2021. The topic covered was "Innovative and Creative Teaching Techniques". This interactive programme covered various aspects of teaching and was much appreciated by the teachers. The programme dealt with concepts such as how being creative at home will create a positive state of mind and how it will be reflected in the children, appreciating lateral thinking in kids, emphasized unique ability of each child, power of visualizing and so on.

We are blessed with great many things, but in the humdrum of life it is very easy to forget and not be grateful for it. We forget how easy it is to be happy with the little things. Our twinning programme with Pannur-Manvi is an excellent opportunity to remind us about what is important in life. For the last few years, the PTA Executive Committee has made it a point to visit Pannur-Manvi mission along with the school staff. This year our visit to Pannur-Manavi was between 5 to 7 March 2021 and carried some sports materials as gifts to the kids. But the lessons that the kids over there teach us are a far more valuable gift to us. The PTA is truly appreciative of the Jesuit Fathers who work tirelessly towards this cause

It has been a short academic year for the PTA, but we are grateful that we could accomplish the following activities: Human Rights Webinar, Mental Wellness Webinar, Art and Science Classes, Farmers' Webinar, COVID Webinar, Teachers' Training Programme, PTA Sports, and Pannur-Manvi visit. It would be amiss if we do not express our gratitude for the constant support and guidance we received from Rev Fr Principal Sunil Fernandez SJ Vice Principal Mr. Uday Kumar Abraham and Primary Administrator Rev Fr Joel Fernandes. Many of these activities would not have been possible without their initiative.

For the next academic year, we have organized ourselves into four new working groups. We were looking forward to a normal academic year, but unfortunately the pandemic continues. The plans will have to be altered and we will have to consider this situation to be the new normal. However, with the support of the wider parent community and school management, we look forward to making more value-additions to our dear students.

#### **Cliffton Pinhero**

PTA Vice President

#### **OBA REPORT**

Activities of the OBA - September 2020 to May 2021

The Annual General Meeting of 2020 and elections to the Managing Committee of 2020-21 having been suspended as an upshot of the Covid-19 pandemic, the Managing Committee elected for the year 2019-20 tarried in office for another term.

With the pandemic prohibiting the conduct of any of the planned events, September through February were uneventful. Adhering to prescribed protocols, Welcome to OBA - 2021 was held on March 1 in two sessions - the first for the students passing out of Std. 10 and the second for students passing out of Std. 12. Fr. Sunil Fernandes, SJ led the gathering in prayer and lan Lewis, President of the OBA, welcomed the students into the OBA's fold. Karan Machado (RJ Kay) of the Class of 2009 was the Old Boy Speaker. He elaborated on how the OBA had played a positive role in his life and career and had the audience in splits with his recollections of his schooldays. Each student was handed a snack box and a scroll of the School Song as a memento.

The Feast of St. Joseph was celebrated with Mass on March 19 and the Saleh Ahmed SJBHS OBA Rink Hockey Tournament 4.0 on March 21. Players from across 46 batches, ranging from 1975 to 2021, vied for the honours in the 5-a-side tournament with the Batch of 2015 taking the spoils. Highlight of the event was the participation of former national players Anil Aldrin and Sandeep Somesh, both of the Class of 1988. Our heartfelt gratitude to Nadeem Ahmed of the Class of 1971 for being our title sponsor, Past President ZakiKhaleeli of the Class of 1974 and Mr. Shivprakashfor handing out the prizes to the winners, the Class of 1992 for sponsoring the breakfast and snacks, Nachiket Shankar of the Class of 1992 for sponsoring the medical kit and the event sub-committee for having done a stellar job in organising the event.

The second wave of the pandemic thwarting the possibility of conducting any further events in person, the second edition of SJBHS OBA CheckMate, the online chess tournament, was held from May 21 to 24. With 44 players from across the globe and from batches ranging from 1977 to 2020, the event was conducted with clockwork precision. Vivek Nambiar of the Class of 1988 (St. George's) emerged victorious while Karan Rasquinha of the Class of 2019 (St. Patrick's) was the runner-up. Sridatta R. Magalur of the Class of 2017

(St. Andrew's) and Amrit Sodhi of the Class of 2015 (St. Andrew's) finished third and fourth respectively.

The OBA continued to extend its support to the SJBHS Innovation Lab and the process of selecting the recipients of the OBA Achievement Awards – 2021 is under way. In November, the Riders of SJBHSOBA celebrated the 4th anniversary of their formation with a ride to Dandeli. The OBA Calling Editorial Team, Information Technology, Communications and Finance Sub-Committees go about their mandate in right earnest.

With the final quarter of the OBA year 2020-21 upon us, we approach it with the anticipation that the pandemic is soon behind us and we're able to welcome and host our Old Boys at the Old Boys' Day and allied celebrations slated to be held in September.

#### Rajeev Shenoy

Secretary (2019-21)

# From the Resource Room

#### The Story of Ron

Meet Ron, an 8-year-old boy, a little misunderstood, a little unaware, and always getting in trouble with his teachers. He is smart but can't seem to figure out why he can't read as well as his friends. Let's see a typical day in his life to understand him a little better.

#### 6:15 am

His mom woke him up but he doesn't want to go to school. He is fed up of being stared at, made fun of and whispered about his lack of reading skills. But his mom thinks he is lazy and naughty and before she catches him just staring at the ceiling, better to pretend to have stomach ache today. Wait! that will never work he just pretended to have that last week, so it's headache day today. (presenting concern: school refusal)

#### 7:45 am

A grumpy Ron is staring out of the school bus window after failing miserably to convince his mom of his pretend headache. This day is getting better and better. He just had a fisticuff with Daniel, who thought Ron had pushed him but had actually mis stepped while climbing into the bus and fallen in to him. Just his luck, at the very moment his fist connected with Daniel's jaw, Miss K got into the bus and gave him her usual dressing down. (presenting concern: poor spatial orientation, behavioural issues)

#### 8:30 am

Ron has Social Studies now. He is worried that he won't be able to submit his homework today. Even though he spent so much time trying to read and understand his homework, he found it difficult to read, and by the time he finished reading it he had already forgotten what he had read, hence couldn't figure out what it meant. The Teacher is starting a new lesson today and he is praying hard that she doesn't ask him to read aloud today in class and be at the mercy of his teasing classmates. (presenting concern: difficulties in reading, comprehension and working memory, anxiety)

#### 9:30 am

Again Second Language! Ron's wondering how they can expect him to learn another language when he is struggling to read English which he has been learning since play school. (presenting concern: difficulty in learning more than one language)

#### 11·10 am

He has English Language now, and God knows if he can actually remember all the rules of plural and apply them to the satisfaction of the teacher. It is better to ask to go to the toilet and take a slow, scenic, rambling route to the toilet. He can watch the older boys out on the field while staying out of the teacher's reach for a little longer. (presenting concern: difficulties in learning rules, task avoidance)

#### 12:30 am

Lunch time is the best time for him as long as he is out of everyone's sight, hanging out at the abandoned classroom alone, and able to draw on the walls. He can imagine himself to be a famous painter and imagine his work coming alive before him in colours. (presenting concern: difficulty in social interaction)

#### 1:30 pm

It's Math period now. He understands numbers better than words. But he still struggles with word problems. It takes a long time for him to read the problem and then he forgets what to do with it. (presenting concern: difficulty in remembering information long enough to use it)

#### 2:30 pm

His favourite period, the art period now. His teacher loves him and allows him to create whatever he wants. He loves to draw and give wings to his imagination. Earlier in the day he was worried when he had to attend a remedial session, if it would take up the art classes, but thankfully he didn't have to miss it.

#### 5:00 pm

Mom's glaring at him with an irritated expression on her face. She has called him stupid three times already. She just can't understand that the words seem to be dancing in front of him. He just can't read this. Home work is a torture every day. When will he have respite from all this? (presenting concern: parental frustration) So readers, we have all noticed how each day is a battle for these kids who are exceptionally smart in other ways but just need a little understanding, patience and help from us. Let's show a little kindness and pledge to make a little difference in their world.

#### Priya Srikanth Rao

Special Educator Pragati, Resource Room

# The New Normal- Living with the Virus

The pandemic has created havoc in the lives of millions around the world. Every living being has been affected socially and emotionally. People lost their loved ones, lost their jobs, even basic survival needs are not met. It has created challenges personally as well as professionally.

Taking into account this new reality, our new normal, how do we cope with our struggles during the pandemic? How can we overcome this situation and manage our emotions during this distressing time?

What is Choice Theory? How can this theory help us during the pandemic?

According to Dr Glasser, Choice Theory is based on the simple thought that every individual has the power to only control themselves and has limited power to control others. Applying Choice Theory allows one to take responsibility for one's own life, thoughts, emotions and decisions, at the same time, reminds one to withdraw from attempting to direct other people's decisions and lives.

According to Dr Glasser, human beings have 5 basic needs:

- 1. Survival: food, water, money and safety
- 2. Love and belonging: the need to love and be loved
- 3. Power: Feeling of control or achievement
- 4. Freedom: The freedom to have choices
- 5. Fun: the need for pleasure and entertainment

The pandemic has certainly affected all of them:

- Survival: Loss of lives, health, jobs; unsafe environment.
- 2. Love and belonging: Physical/social distancing has created isolation. People cannot visit their family, relatives, friends during the times of recovery, visits to hospitals are restricted.
- 3. Power: Helplessness and lack of power when we see our loved ones suffer, and the absence of effective treatment.
- 4. Freedom: Our freedom is lost due to restricted travel.
- 5. Fun: Social gatherings, sports, activities have been cancelled

Based on Choice Theory, it is important to recognize what we can and cannot control. Given that we cannot control how COVID-19 spreads or whom it infects, how can we be mindful and choose to meet our needs during this time?

- Survival: Take care of yourself. Wear masks, use sanitizers, wash your hands and maintain social distancing. Eat healthy food to maintain a healthy diet. Seek medical help when needed.
- 2. Love and belonging: Be in contact with your loved ones via phone or video calls. Be there for each other and offer emotional support.
- 3. Power: Volunteer to help people in need, in whichever way possible. This restores a sense of control.
- 4. Freedom: You can always choose to explore new projects and activities you did not have time for earlier, to gain a sense of freedom. Invest your time in some new hobbies.
- 5. Fun: Make sure you schedule time for things you enjoy. This will help you to overcome anxiety and stress, and improve your mood. Listening to your favourite music, exploring and engaging in new activities, and spending time with your loved ones at home, can help you relax.

Application of Choice Theory in your life will help you overcome stress and anxiety. It also allows you to make healthy and smart choices to meet your needs and those of your loved ones.
\*Based on Choice Theory and Reality Therapy by Dr. William Glasser.

### Ashwini Rao Padubidri

Special Educator Pragati Resource Room

### The Power of a Smile

It was my first day at the new school and I had taken admission for Grade 4. As I entered the class, no boy was willing to share his desk with me and I had no place to sit. From one corner of the classroom, I saw a kid waving at me and gesturing to sit next to him. His name was Sid. I thought to myself, 'How sweet of him to offer me a place next to him. He must be a nice boy.' He smiled at me and I smiled at him. I felt so comfortable even in the new school. During the lunch break, I saw a bunch of kids running towards him. They ran at him, knocking his lunch box and water bottle out of his arms. They splashed water on him and his glasses became wet. He looked everywhere for help and I saw this terrible sadness in his eyes. My heart went out to him. I waited till the bunch of kids moved away. I went close to him, picked up his empty lunch box and water bottle and was about to wipe his glasses, and saw a tear in his eyes. His food was spilt everywhere and he had nothing to eat that afternoon.

As I handed him the glasses, I said, "They are bad boys and need to be punished by the teacher." I offered him lunch from my box. He looked at me and said, "Thanks buddy!" There was a big smile on his face. It was one of those smiles that showed real gratitude.

To my surprise, we landed in the same school van while returning home and it turned out he lived close to my house. He asked me why he had never seen me before. I replied to him saying my father had got a transfer just recently. We talked all the way home and that was the day our friendship began. He turned out to be a pretty cool kid. He asked me if I wanted to play cricket over the weekend with him and his friends. I said yes. We hung around all weekend and the more I got to know Sid, the more I liked him.

One Monday afternoon, Sid was again troubled by the same bunch of kids and this time our class teacher came to our rescue after I had informed her about the earlier incident and she warned those kids to never trouble us ever again. Sid laughed and hugged me this time and said, "Thanks bro!"

Over the next six years, Sid and I became best friends. Sid was a nerd and one of the outstanding students in the class. When we were in high school, we began to think about college. Sid decided to take up science and I was interested in humanities. I knew that we would always be friends, irrespective of which college we went to, distance would never keep us apart. The

Valedictory Ceremony gave him an opportunity to represent our class. He had to prepare a speech for the ceremony. I was so proud of him that day and was very happy to see how well he had turned out. He was very popular in school and looked great today. He had many fans in junior classes and sometimes I would feel jealous. Today was one of those days. I could see that he was nervous about his speech. So I smacked him on the back and said, "Hey, bro, you'll be great!" He looked at me with one of those grateful looks and smiled. "Thanks," he said.

As he started his speech, he cleared his throat and began. "Graduation is a time to thank those who helped you make it through those tough years. Your parents, your teachers, your siblings, maybe a coach.. but mostly your friends. I am here to tell all of you that being a friend to someone is the best gift you can give them. I am going to tell you a story."

I just looked at Sid with disbelief as he told the story of the first day we met. He told lunch stories and how our class teacher saved us. The weekend cricket matches and how I always backed him. He looked at me throughout that speech and gave his most lovely smile. I saw his mom and dad in the crowd giving me a grateful smile too. Not until that moment did I realize the power and depth of a smile.

Never underestimate the power of your actions. With one small gesture you can change a person's life. For better or for worse.

### Ms. Padmavathi MD

Special Educator Pragati, Resource Room



### Striking a Balance

7 November 2020, National Level Webinar on Nutrition, Fitness and Mental Health

The Department of Physical Education, St Joseph's Boys' High School organised a national level webinar on 7 November 2020, in collaboration with Physical Education Foundation of India (PEFI) – Karnataka Chapter; on the importance of the three pillars of holistic health - the right nutrition, the correct fitness routine and the all-encompassing importance of mental health.

The webinar began with an inaugural address by the Principal of SJBHS, Rev Fr Sunil Fernandes SJ. The keynote speaker Mr Anup Sridhar-an Arjuna Award Winner (2007) and Olympian (Badminton, 2008), and Old Boy-spoke about the vital role fitness plays in our daily life. He reiterated that we need to develop simple exercise routines as a family for a sound mind and body and maintain a cheerful attitude, especially when we need to strengthen our defences, given the Covid-19 crisis we need to surmount. He said that the fitness routine must be achievable, slow, steady and realistic, in order to bolster the motivation levels in order to ensure we achieve our goal. He also spoke about the essential role of a nutritious diet in ensuring overallvigour and combating stress.

Besides being a National Volleyball player, Dr Madhuri P Sadgir is an Asst. Professor with the Department of Physical Education and Sports at the University of Mumbai who spoke during the panel discussion correlating the fundamental aspects of our lifestyle with the various dimensions of wellness, especially for teachers, students and parents. She then outlined the process of lifestyle change and offered tips to rectify certain habits to align them with our wellness goals. She then gave examples of a progressive exercise programme. She stressed on the importance of disciplined routines that would help fight stress.

Mr Sujit Somasundar, Head of Education, BCCI - National Cricket Academy, was the second keynote speaker who focussed on the significance of mental hygiene, and how to overcome the stigma associated with mental illness. He advised the panel to focus on the strengths and areas of development, and use the time to plan and prepare on how to set self-improvement goals and the way to achieve them. He stressed on healthy self-esteem,

and how to keep our sense of self-worth and our performance discrete and to assess our self-worth in terms of our value system, beliefs and ideals. He also advised us to work on self-motivation instead of seeking validation and approval of others. Ms Shiny Surendran, a Consultant Sports Nutritionist, holds the first ever graduate diploma conferred on an Indian by the International Olympic Committee, spoke about the fundamental role a localised and balanced diet plays in the overall fitness of students. She urged students to incorporate various colours in the plate to appeal to the palate, the eye and the stomach, and consume fruits and vegetables that are seasonal. She also spoke on the importance of proper hydration, eating on time and good sleep, to tie in all aspects of a good diet. She cautioned students against eating processed food and recommended intake of fruits and vegetables in order to develop a good immunity.

The valedictory address was given by Sri Srikanth R, Secretary (PEFI), while the event was coordinated by the Organising Secretary; Dr Santhosh Adam, Sports Secretary, SJBHS.

# Wellness & Wellbeing Webinar

18 December 2020

A wellness and well-being webinar was hosted by SJBHS on 18 December 2020, a theme that is pervading every aspect of our life, no matter what stage we are in - as children, teenagers, adults, or senior citizens! Wellness is an ever- evolving thought of change and growth. It is an active process of realisation and making choices towards a healthy and fulfilling life. Our school embodies the value of 'cura personalis,' a Latin phrase that means care for the entire person - in the physical, mental, emotional and spiritual domains.

The speakers were: Prof Ameena Zarar, a Behavioural Trainer, Nutritionist and Wellness Coach, Mrs Manju Goel who is a Psychotherapist, Life Coach, Founder-Director of Eduvangelists Pvt. Ltd. and Dr Sangeeta Pandey, Associate Professor and Head of the Department of Nutrition and Dietetics at Mount Carmel College. They highlighted the importance of a well-balanced nutritious lifestyle, emotional health, positive attitude and a growth mindset along with an insight into specific diets that build immunity. They also addressed rampant issues like malnutrition and infection and thus suggested a much-needed panacea during these troubled times.



### Fit India School Week

14 to 19 December 2020



St Joseph's Boys' High School observed 'Fitness Week' from 14 December to 19 December 2020. At SJBHS, children are encouraged to participate in fitness and sports activities as part of their all-round development. In an attempt to promote fitness among school children, SJBHS observed FIT INDIA SCHOOL WEEK from 14 to 19 December as a part of Fit India Movement. The prime objective of the initiative is to bring about a behavioural change in school children from spending 'Passive Screen Time' to 'Active Field Time'. The school organised several competitions, fun games and challenges like aerobics, rope skipping, yoga, poster making, poetry, essay writing, and online quiz for the whole family to keep the activity levels up during the pandemic and move towards a healthy and fit nation.

# Republic Day 2021-Fitness Forever

26 January 2021

A fit and healthy lifestyle is important especially in the absence of regular outdoor events, especially during the pandemic. St Joseph's Boys' High School in association with ICYCLE.in organised the first ever Virtual Running and Cycling event - FITNESS FOREVER on 26 January 2021.

Participants could choose their route - run or ride in any city around the world. The events included Running (10k & 5k run/walk) and Cycling (50 k & 20k). Standard Operating Procedure for Physical distancing and personal hygiene was to be maintained at all times for the safety of all participants. Participants were also required to follow all guidelines, orders of the government and the local authorities that may be in force on the date of the event at their respective cities. Participants received a goodie bag with T-Shirt Bib (Physical or E-Bib) and an e-participation certificate.

The Principal, Primary administrator and few staff from SJBHS chose a route around the school and showed their unity and solidarity to bring awareness on importance of fitness among people. The team started from school at 06:30 am and were back at 8:00 am.



The event was a big success and participants enjoyed being part of such a meaningful event. For many, it was a beginning of a new fitness programme on a daily basis for a healthy and a fit life.

### **BJES Inter-Unit Sports 2021**

31 January 2021

St Joseph's Boys' High School played host for the BJES Inter-Unit Sports Tournament 2021 on 31 January 2021. Mr Anil Aldrin- Old Boy and a player of the Indian Men's National field hockey team, who also captained the country during 1999 was the Chief Guest of the event.

The Inter-Unit Tournament for the staff is a much awaited event where the staff can participate in various tournaments like badminton, table tennis, throw ball, and cricket. Spirits were high as the staff geared up for the tournament with practice sessions as they counted down to the D-Day.

The tournament was a roaring success with each unit of the BJES coming together and displaying their sports acumen. SJC claimed victory in the badminton tournament, with SJCC closing in for runners up. The victors swapped places for the accolades in the table tennis championship where SJCC took the lead over SJC. Loyola PU and Degree College bagged the trophy for cricket in an intense final against SJCC. In throwball, SJC were the winners and SJCC were the runners up.

SJBHS won the Flash Mob in a colourful display of dance and celebration that summed up the true meaning of the tournament - fun, celebration and teamwork of a united workforce!

### **Student Achievements (Sports)**

- Aditya Rao of class 10 D has represented Karnataka State Cricket team for U-14 and U-16 age category.
   He won the Best Bowler Award from Karnataka State Cricket Association for his great performance in the matches. He had also received an award from Rahul Dravid and Cheteshwar Pujara.
- Mohammed Suhan of 7D and Vidhaan D of 7E won the doubles badminton tournament 2020 kids category held by Indraprastha Sports Community.
- Dhruv Chikkamth from 3D participated in the kids open tournament at the Prisha Badminton Academy and ranked 3rd place.
- Glen Jaison Earnest of IB has secured the third place in the Kata Competition at the JKA India Karnataka, Open Online International Karate Kata Championship.
- Adrian Serrao, 5C has won the silver medal in the 50 m Backstroke category (11 years) at the Karnataka State Level (Sub Junior) Swimming Championship held in March 2021 at the Padukone Dravid Centre for Sports Excellence.
- Kenneth Samuel of 5C and Roydon Reed of 2B from SJBHS represented MABC Club and participated in the Karnataka State Amateur Boxing Championship 2021 held in March. Kenneth Samuel won the Gold Medal (U-11, 45kg category) and Roydon Reed won the Silver Medal (U-9, 25kg category).
  - Congratulations Students!

# SCHOOL RECORDS IN ATHLETICS FROM 1975

EVENTS	Std. 11 &12 (Boys)	Std. 11 &12 (Girls)	SECTION A	SECTION B	SECTION C	SECTION D	SECTION E	SECTION F
75 Meters							T.B.Ponnappa 10:00 S 1998	Vikas Lobo 10:54 S 1996
100 Meters	Kenneth P Fernandes 11:50 S 2009	Ashna Pinto 11:30 S 2009	Gavin D'souza 11:34 S 1992	Roy Lemos 11:90 S 1982	S Alban Kiran 11:89 S 2007	S. Alban Kiran 12:82 S 2006	Alan Gilbert 13:15 S 2006	P K Nanjappa 14:25 1999 Alan Gilbert 14:25 S 2004
200 Meters	Purujit Ponnappa 24:91 S 2012	Ashna Pinto 31:05 S 2009	Gavin D'Souza 24:07 S 1992	Neil Darashah 25:10 S 1996	Ajay Kalyankar 26:40 S 1976	S. Alban Kiran 26:60 S 2006	Alan Gilbert 28:00 S 2006	Alfred Tharakan 30:00 S 2009
400 Meters	Purujit Ponnappa 56:54 S 2012	Ashna Pinto 1:16:15 S 2009	Gavin D'Souza 55:54 S 1992	Joseph Ollapally 57:90 S 1995	Harish Lobo 1:00:80 S 2006	S. Alban Kiran 1:20:70 S 2006		
800 Meters	Vivian Sequeira 2:18:41 2013	Mahima Goud 3:56:17 2009	Subbaiah A 2:3:20 1975	Avinash M 2:18:72 2013	Sandeep Arasappa 2:22:83 2009			
High Jump	Saipreet Koli 1.62 M 2010	Harshitha Suresh 1.10 M 2008	Manohar Roche 1.68 M 1989	Nikhil Gurjer 1.53 M 1998	Naveen Kumar 1.49 M 1980	Roydon D'Souza 1.42 M 2005	Immanuel Pratap 1.33 M 2007	G V Padma Kumar 1.21 M 1997

Bipin Mathew 1.49 M 1995

Abdulla Zain 4.64 M 2006				Kiran K B 44.65 M 2012	
Abdulla 4.64 M 2006				ω	
Ajay Valentine 4.56 M 1991				Keerthi S B 56.35 M 1990	
Arokiaraj J 4.57 M 2006				130	
Jason D'souza 5.25 M (2016)					
Roy Lemos 5.39 M. (1982) ————————————————————————————————————	Jam Jalian 11.26 M. 1982	Trevor Rodrigues 28.95 M 1979	D. Pius 33.65 M 1975		
Kevin Johnny 5.81 M 2016	Shetty 12.11 M 2001	T. King 31.38 M 1975	Simon Huang 42.95 M 1982		
Harshith S 3.92 M 2009				7	
K.M.Oweise UI Haq 5.90 M 2006	Pranav P Joseph 10.87 M 2013			row	
Broad	Triple Jump	Discuss Throw	Javelin Throw	Cricket Ball Throw	

# SCHOOL RECORDS IN ATHLETICS FROM 1975

Johnson Anthony	11.06 M	1998	
Jammeelish	Shiem	11.76 M	1996
Jospeh	Ollapally	9.10 M	1995
Yashas	Aiyappa	11.10 M	2014
Meenakshi M	8.39 M	2010	
K M Oweise UlHaq	11.34 M	2005	
Shot Putt			

Vishwas B Raj	5:15.60 S	1992
Vishwas B Raj	5 5.01.58 S	1993
Vishwas B Raj	4.52.07 S	1994
Rahul Nixon	4.52.25 S	2009
1500	Metres	

Relay	St. David's	St. George's	St. Andrew's	St. Patrick's	St. David's	St. Patrick's	St. Andrew's	St. David's
4 × 100 M	51:35 S	1:05:25 S	49:70 S 51:80 S	51:80 S	S	56:78 S	58:75 S	1:03:50 S
	2009	2008	1987	2013	2014	1991		1995
8 X 75 M								
Shuttle						N.		
Relav								

nter-School	SENIORS	Cathedral High School	49:40 S 1982
elay (4 x 100)	JUNIORS	St. Joseph's Boys' High School	50:10 \$ 1980

1,500 M Open Y.S. Rajashekar (St. Joseph's Commerce College) 4M:25:16 S in 1999

1,500 M OBA on 4M 43:48 S in 1998



### **Arangetram** (The Debut)

Pavithra skipped into the apartment wearing a mask of blue denim. Everything about her was quick and she seemed to be float on a restless bubble of energy.

"Amma! The dress rehearsal went very well! I can't wait for tomorrow."

Savitri looked at her daughter and could not help but feel a surge of maternal pride. Pavithra had worked so hard. During the lockdown she had continued working on Zoom with her teacher all for the arangetram which was to be the next evening. They had been through a trying two months of lockdown due to the pandemic, but restrictions had eased a month ago and she had resumed classes with social distancing. It was two weeks since all restrictions had been eased, and she had booked a big hall near their home. The tailor had made the beautiful peacock blue and orange costume with shimmering gold borders. All the jewelry had been bought and decorations and food had been arranged. What had seemed impossible two months ago was suddenly possible.

"How many of your friends are returning home with us for dinner?" asked Savitri smiling at her daughter preening in her golden nose ring studded with deep red stones. "Pavi you look ridiculous wearing a nath with your jeans!"

"Only five, Amma," said Pavithra giggling happily as she removed the nath. "The others have not got permission. With school going at breakneck speed their parents are not happy to send them, but they will all come to the hall."

"Now go shower and change. I've made your favourite roti for dinner."

"Ma, you are the best!" said Pavithra as she rushed to her room to shower.

Savitri heard her husband come into the sitting room and sit ponderously on the armchair. The next minute the television came on and the news reader was updating everyone on the latest about the nation. Pavithra fresh from her shower dressed in light blue pajamas came and perched on the arm of the chair telling him about her day. Vishwanathan partly listened but most of his attention was on the news.

"We interrupt the news bulletin to bring a special announcement from Delhi," said the news reader. The Prime minister came on the screen and said that as they had seen an unprecedented spike in the number of cases, lockdown has again been

instituted barring only essential services.

The moment seemed frozen in time as the reporter took over and droned on reading a list of essential services. A heartrending sob escaped Pavithra, and she rushed blindly to her room, eyes thick with tears. She lay face down on the bed and hot, angry tears flowed down her cheeks.

"It's not fair," she sobbed. "I've worked so hard!
Just one more day just to do my arangetram that's
all I want. I hate this world!" Her mother and father
sat beside her trying to calm her, make her
feel better.

"Come and eat your dinner you will feel better," said her Amma.

"Amma, Apu, I need to be alone. I don't want dinner. Just leave me alone. I'm okay now," said Pavithra. "Please I need some space. Take that with you please," she added, pointing to the shimmering peacock blue outfit.

All her friends tried calling but they were met with mechanical recording that the device had been switched off.

In the morning Pavithra came in for breakfast looking pale and a little shamefaced. She hugged her parents and talked a bit too cheerfully and loudly, but she was not fooling anyone. The doorbell rang and the mother went out to find a large packet of fresh jasmine garlands and some roses that had been delivered as arranged by the milkman. She had forgotten to cancel the flowers for Pavithra's hair. She quickly wrapped them up and took them to the kitchen. She would cut it up and send it to the neighbours after Pavithra went to her room. The fragrance of jasmine hung guiltily in the air around her as she bustled into the kitchen.

The crisp ghee masala dosas were her favourite and Pavithra pretended to enjoy them as she knew that it was her Amma's way of consoling her. It took all of her courage and strength to swallow down the second. "I've got to catch up on some project work," she said and slipped into her room. Savithri's phone rang, and it was Angela, Pavithra's best friend and neighbor.

"How is Pavi aunty? She won't pick up her phone!"
"Give her time Angela. She is trying to be good
about it, but the poor thing is devastated. Infact
the flowers for her hair came just now and I have
moved the package to the balcony as the
fragrance will surely make her weep again"

"Okay auntie! Take care! Will try calling her again after lunch."

When Pavithra came in for lunch she seemed better. She brushed aside her Appu's question with "I'm a big girl Appu. I got this!"

Her father knew that he could say no more on the subject. His heart was breaking seeing his daughter's disappointment and pain, but he was also immensely proud that she knew how to pick her battles and accept hurdles and setbacks in her stride. He was dreading 6pm which was the auspicious time they had fixed for her arangetram. He wanted to discuss it with Savitri, but her phone had been ringing nonstop from the morning – all their relatives and well-wishers wanted to know how Pavi was.

While he was dozing in his favourite chair Savitri was busy with her phone. At 4pm, she went to her daughter's room and knocked on the door. "It's Amma," she called out on hearing no response. "Please leave me alone Amma, I'm alright — just need to be alone."

"Open the door Pavi I want to ask you something." Pavithra opened the door. She looked miserable and was bravely holding back her tears. Savithri felt a rush of love for her brave child.

"Pavi put on the costume and flowers and dance for Appa and me. We will hold your arangetram at the auspicious time."

"Amma our little apartment has no room, and I will be bumping into things."

"With the curfew there will be no one in the quadrangle stage of our building. You can dance there and Appa and I will watch you."

"What about the music? I don't have all of it recorded."

"Your teacher has agreed to send it all. She will bless you through Zoom and sing the first half herself."

Pavi's eyes started gleaming. Yes, it could be done even if it was just her parents watching. With a smile her mother started braiding her hair carefully attaching the piece that would make the braid reach her hips. Row upon row of jasmine flowers interspersed with a few roses were carefully attached to her hair. Then the golden ornaments were fixed at regular intervals. Her hair was ready.

"Love you Amma," said Pavi as her mother started lining her eyes with black eye liner. After the make-up, she got into her beautiful costume and leant down to tie her ghunghoroos. The time was 5.45 pm. She bent down and touched the feet of her mother and father seeking their blessing.

Vishwanathan could not hold back the tears of pride and joy as he looked at his beautiful, brave girl.

From the lift they walked to the quadrangle. Savi set up the cordless speakers and the laptop. Dot on six Pavi's teacher came on the screen. Pavi received her guru's blessing with her head bowed low. Tha, they, thith, they... her teacher called out the opening notes and Pavi started moving her feet in the dark quadrangle. Suddenly a strobe of white light hit her hand, then another lit her face, yet another followed her feet. All around the residents stood in their balconies and at their windows aiming their bright, white phone torches at the dancing girl.

Pavi danced as she had never danced before. Her mother turned up the volume of the speakers and every pose was received with cheers and claps. When she finished Pavi bowed to her teacher, then her parents and finally did a twirling bow to all the people who were her audience. Plomp something hit her cheek. It was a rose, a zinnia landed near her feet, a Cadbury chocolate hit her ear, it was raining flowers and chocolates. "Love you all," screamed Pavi as she blew kisses in all directions and collected her gifts. She had her arangetram and it was more special than she ever thought it would be

Appu, Amma and Pavi walked silently back home, arms laden with gifts only to find many more gifts of food left at their doorstep. It is love that makes everything special said wise little Pavi as she hugged her parents.

### Sheefa V Mathew

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### Turn the Page

Meera stepped out on to the street wearing a mask. She looked no different from so many others, all of who wore masks. Beneath her cloth mask was another; one that masked great trepidation. She had not ventured out for four months. Initially it was the lockdown, then the fear of what might happen crept in, which was fanned by alarming media reports till it lodged itself firmly in her mind and heart.

Everything changed practically overnight; "Please come and stay with us ma", Nita had pleaded. "It will make things easier for both of us." When Meera refused to come round, Nita reluctantly gave in, respecting her mother's decision. 'Dunzo' and 'home delivery', hitherto rarely used, became a part of her active vocabulary. Household chores kept her busy but nothing could fill the void created by the abrupt closure of her tuition classes. Thrice a week, for two hours, she would come into her own. Although retired, she was still passionate about teaching. Through the interaction with these teenagers, her world deepened and widened. She enjoyed their lively chatter, was privy to their precious secrets and was much more than a teacher to them.

Gradually, things returned to normal. Well not quite! Nothing would ever be the same but people began to accept and adapt themselves to a new way of life. The new normal as it came to be known was the writing on the wall for many small businesses. Schools and colleges remained sadly closed and virtual academy seemed to be reinvented every other day. Nita suggested she give tuitions online but Meera refused. She kept herself occupied but the underlying sense of fear remained. "Is this safe to eat?", "What is the best method of sanitising things?" The questions were endless, her mind was rarely at rest.

When the ban on inter district travel was lifted, Nita offered to drive down and take Meera back home with her. She lectured her mother on the quality of life and tried to jostle her out of the rut she seemed to have settled in. At the end of what seemed like a monologue, Meera promised to think about it. That evening she did some serious thinking.

The decision to go out was not an easy one. It stemmed from not wanting to move in with her daughter. She had to first prove to herself that she was capable of taking charge of her own life. She pushed aside her fears and the sense of apathy that had lately settled over her and stepped out. It felt strange to be outdoors after so long. In five

minutes, she was at the small shop that she regularly frequented. The sight of the fresh vegetables lined up in crates outside and the face of the young shop assistant albeit masked, reassured her.

Waiting in queue at the appropriate distance of 6 feet, her mind raced; even old fears that had lain dormant in forgotten recesses of her mind came alive!

"Red chillies for ten rupees, ginger for ten rupees and garlic for ten rupees." The confidence in the childish voice permeated and stilled the chaos in Meera's mind. The young girl just ahead of her was totally at ease as she placed three ten-rupee notes on the counter and then fished out a five-rupee coin. Her eyes lit up as she regally commanded the shop assistant to show her first one and then another kind of chocolate. She took her time to make her choice, adjusted her mask, and then softly hummed a tune while waiting for her purchases to be packed. As she walked past, Meera did something uncharacteristic.

"How old are you?" she asked. "Twelve years old aunty" she said and skipped away.

Meera's step was lighter as she walked up to the counter. She no longer felt like a boat that had slipped from its moorings and was drifting aimlessly. New thoughts began to form in her mind. "Maybe I will ask Nita over for the weekend, maybe she can teach me how to take online classes for students..."

It was time to turn the page; time to move forward.

### Ranjana Monnappa

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### Lockdown

The country is in complete lockdown,
Even a king seemed to have become a clown.
2020! Phew! What a different year,
The word 'positive' creating all the fear.
Gates closed, doors shut and people indoors,
Papa helping mummy with her daily chores.
Visits and get-togethers fully restricted,
The entire human race affected.
2020 was surely never the same,
Is it COVID-19 or the lockdown to blame?

Vilok Raj Brijesh 2A

### **Exercise Beats Pandemic**

Run, Run, Run, Exercise is fun!

Jog, Jog, Jog, with your dog!

Run and jog all the way, Eat an apple every day.

Hop Hop, don't take much rest, Stretch Stretch Stretch, exercise is the best.

Stretch your hand, stretch your leg, Have breakfast with bread and egg.

Move your body, move your head, Hey, Do not watch TV as I said.

Do not forget what I said about the task, Everyday and every time, always wear a mask.

Wash your hand and wash your feet, Covid 19 pandemic, we should beat.

### Rishaan Kumar P 2E



### The Night

At night, when the moon rises up and the sun fades down, the owls hoot in our little town.

The tiny stars are twinkling bright, filling the sky with their shining light.

The wind blows up, the darkness falls, there is no one on the road, not a single soul at all.

The dogs bark in the empty streets, where the homeless people are fast asleep. It's time to rest after a tiring day, to wake up at dawn to face a new day.

So don't be afraid of the darkness at night, because there is always a bright morning after every dark night.

### Ethan Malchus Royan

### Corona and Me

Corona - Corona - tell me... Have you come from China or Guyana? Have you come from a virus, That's why you are so disastrous? Or have you come from a bat, Which was eaten by a brat? You came rolling like a ball, forced us to run away from the mall. New York, London and Bangalore, you did not spare any seashore. As you wanted to knock us down. we all decided to go under lockdown. Markets closed, school closed, offices closed, airports, temple and churches; all got closed. A lot of people lost their jobs, doctors started testing our swabs. We started wearing a mask and it became our regular task. Washing hands, using sanitizer, are the options that are wiser. Until the scientists invent the vaccine. we should maintain social distancing. Now the environment is clean and pure, because we are not going out for sure. After taking Covaxin or Covishield, we will surely be back in the field.

### Adhrit Rai

3 C

### NO - to - ON "My Journey During Corona"

Here comes 2020, lots of joy, lots of fun

Jan, Feb and March to go, students on a run!

But then something knocked the door

An uninvited guest on the stroll.

Empty streets, no school, no friends, no books and no play.

It was only NO! NO! NO!

All scared and worried and nowhere to go.

I was home, I was tired,

Thinking when will Corona get fired.

But it was like a guest who refused to leave.

My mom and I picked up the mask and packet of biscuits, went out to help,

Still worried but wanted to defeat the uninvited guest.

I was home and saw my family

And finally understood what all they do for me.

From my breakfast to my dinner, from my studies to my play,

I had my family all the way.

So much effort in cooking, cleaning and making things bright.

It was my turn now to set it right.

I learned how to fold the laundry,

To clean the table, to polish my shoes and how to cook Maggi.

Help the elders, listen to my mom, I wanted to do it all on my own.

Planting the seeds under the sun.

So much fun with family was a home run.

Corona was bad but my family was there.

I learned from NO to ON. I grew a year older,

It is now 2021.

Vaccine has arrived, streets are full and world is back on.

With new hope and light, lots of joy and lots of fun.

Jan, Feb and March to go and once again students on run.

I learned how to go from NO to ON.

### Reyansh Tayal

3 C





### The Year 2020

What a year twenty-twenty But we never sat empty Spending time with family Caring and sharing happily

Thinking how to spend the time There came classes online Learning writing singing drawing Busy in activities like project making

Competitions were held online Many participated on time We never missed any thing Thank you, Cher, for everything Thank you 2020 for a great time

### Ethan D'Souza

3D

### The Sherlock

Once there was a detective,
His name was Sherlock Holmes.
He went on to solve many mysteries and quests
Oh! He had a partner too,
His name was Watson.
I love the way they crack the case,
I wish someday I would be like him
And win some hearts too.

### Joel Nikshepa

3 E



### Life

Life is like a flower, starting with a bud. A little bit of water, care and sunlight is all that it needs to grow big and bright. Give it some time, little yours and little mine, and treat it with love.

You will then see the magic; a flower blossom beautifully with grace

and a blessing from above.

### Kean Jude Rego

4A

### In My Garden

Haiku is a traditional Japanese poem consisting of three short lines or phrases that do not rhyme. I have written a You can either throw me off, few haikus about the plants and animals in my garden.

Swaying in the front yard, Green and brown, they are all around-Standing true and tall.

Looking like a dress, In different colours they come, Offering to God.

Shades of brown and black, Tiny twigs to build their home, Chirping joyfully.

Riding my cycle, Suddenly saw- yellow eyes, Slithering away.

Jumping up and down, 'Woof'- calling me to play tag, Alfie makes me happy.

### Chavil Thimmaiah Koothanda 4E



### The Mask

I am your protector, I am your duplicate face, I can make any face you want, And can scare people too.

I hide your emotions, I share your feelings, I can make you look happy when you are sad, And make you look sad when you are happy.

I protect you from dust and germs, And also hold your cough and sneeze. I come in many shapes and forms, And can also be part of your uniform

But, I can also pull your ears down, And make it pain and make them red. Or keep me for days along.

Joel Mathew Paalamootil 4R

### It's an Ant's Life!!

Ants can be red, black or even yellow They're always working, helping their fellows Busy all day doing many chores, Finding sugar - a treat they adore!

Building a hill or a mound, Ants keep working without a sound Don't disturb their dwelling place, They'll do anything to keep it safe!

Ants help each other as a team, Making tasks easy as a dream They keep on marching in a line, Ants do a lot in their lifetime.

Ants can be up to many tricks, Sometimes you can find them on a brick! They can cause you a little tickle, Make sure you keep them away from your pickles!

Ants may be tiny little creatures, But there's plenty they can teach us! Ants have many admirable traits, But you don't want them crawling on your plate!

### Hruday Mulky

4E



### A Broken world

I set out to search for the person who started this terrible brawl Where people are so vulnerable, they can only bend and crawl! The people who roamed this very land have absolutely no say, In a war so very severe, I knew that it's definitely here to stay! Everywhere I saw, my friend, there was only hate!

For a wonderful planet like this, does it deserve such a fate?
Factions at war with each other, I couldn't take it anymore!
Everyone was at odds with each other, the world was shaken to its core,
The widow, carrying her child, was sobbing rivers, waiting for her lover to return home
Little did she know, he was martyred by the shrine with the bright gold dome!

HULK BUSTER

BYANG JACOB

Isaac Jacob 4B

I was devastated, and desperate to do something about it I wanted to root out hatred, every little bit of it, I wanted to find some joy, if there was any In a world devastated by war, pain and agony.

Determination thundered down my veins, to find remnants of hope Hopes of lives clinging tightly to life's rope, I set out like a fox, sniffing for some life Before it could be slit by the blade of a knife.

B M Nehan Belliappa 10 C

### **Living for Literature**

What a shame, That like ants we march, Cogs without a name, Our minds pushing insanity up a notch.

Why live life like this?
To do and die,
Or To not do and fall into that guilty abyss
Watching bittersweet time fly.

This toil is so ingrained, That, I write not with any feeling But like a white flag stained, Surprised but not reeling.

I write for reprieve, Rather, as a pointless exercise But this moth of awareness does cleave Cleaves to my mind, never to rise

Writing this ditty, Is not my mind's balm Trapped in this iridescent city, It's the reading that makes me calm.

If one asked the watcher in me
That silent observer,
Why he does not flee?
The answer would be that glorious literary tower.

The tower that bleeds, With thoughts that fly, The tower that on my sadness, feeds. Sad and happy thoughts it does sty.

Oh wondrous tower of yore, Keep your artifacts safe in store, For young me and old me Strive to bathe in your sky-blue

Rishab Devaiah 12B



### A Night Beneath the Stars

It's a wonderful sight, Under the full moon night, I see the stars alight, With a huge satellite.

They make me write:
"It's all right,
There's no need to fright,
Our future's bright,
So take flight,
Always see the light,
And just sit tight.
Soon we'll reunite,

We'll always be there for you, There's always something new, To make you feel blue; If your soul is askew, Remember you'll get through, And you'll feel as good as new."

So I sit here in the dark, A place I call my park, This year has missed the mark, And it makes us all remark, But there's something of a stark, Listen to the Lark, And keep away from the bark.

Life is a boon,
It's fragile as a balloon,
So enjoy it like a macaroon,
And break out of your cocoon,
And sing to a new tune,
I hope we all meet soon,
By then we'll all be immune.

Rishab Tarakesh 10 D



### Blessing in Disguise

A few weeks ago, I heard on a TV programme that Covid-19 has brought good effects on the Environment in spite of heavy loss to human lives. 'Can a deadly infection bring something good?' I began to think. Has this lockdown period helped me in any way? To be honest yes, it has truly helped me develop many skills.

Ever since Kannada was made our second language, I was very tensed. Then I found a lot of time to watch Kannada story videos, rhymes, etc. My next-door neighbour helped me learn Kannada alphabets and now I can read Kannada quite well.

Even before the pandemic, I was interested in playing chess. Since I have a lot of free time, I have downloaded the app - Chess Kid, and am improving in my rating, puzzles and tactics. I attend online chess classes and play online with kids all over the world.

In September/October IPL fever caught my dad and me. I did not miss a single match because there was no need to get up to go to school, we even watched late night matches! We used to practice bowling in our drawing room, annoying my mom. Now we have formed a team in our apartment and play every day for 2-3 hours. I have also started training at Kashish Cricket club.

After watching my classmates play on the keyboard in the Chilgala online competitions, I developed an interest in keyboard. I am now taking online keyboard classes. I am thrilled that I can play songs like Believer, Faded and a few Hindi songs too. I tried my hand at creative writing and attended a few classes for it.

I learnt many household chores like mopping, vacuum cleaning and hanging clothes to dry. I also learnt how to bake brownies and cupcakes. And most importantly, I could spend a lot of time with mom and dad.

It was a new experience for us to attend online classes. Covid-19 to some extent has indeed been a blessing in disguise. However, I terribly miss school - my friends, teachers and all the fun we have together.

### Rishabh Anand

3B

### **Q** and **A** About Airplanes

I'm very interested in General Knowledge and Facts. I like to gather information on various things that I don't know about. In this article I want to share some facts I have learnt about travelling in airplanes. Have fun learning and reading.

Fun Fact 1 - Now all planes are not white; for example, Mango is an American airline that is always painted orange. However, almost 92 percent of planes are white. There are many reasons. Firstly, if unfortunately, a plane splashes in the ocean it will be more visible to see a white plane rather than any other type of plane. Another reason is if the plane has any cracks or holes in it, it can be spotted easily. Finally, white paint is just cheaper.

Fun Fact 2 - Stripes on Pilot's uniform and their meaning - If there is one stripe that means you are looking at a pilot trainee. If you see two stripes that means you are looking at an engineer or second officer. If you see three stripes that means you are looking at a first officer or Co-pilot. And finally, four stripes mean you are looking at the captain or the pilot in command.

Fun Fact 3 - Usually on long haul flights you might think that pilots are superheroes who don't sleep at all. But they are human too, and they need sleep on long haul flights. There is a stair case in the first class, if you climb up there you will see two beds: one for the captain and the other for the co-pilot or first officer.

Fun Fact 4 - Flight attendants always keep their right hand behind their back because they are hiding a special device and click a button to count how many passengers have boarded to check if everyone who booked a flight has boarded the plane.

Fun Fact 5 - Did you know that whenever you fly in a commercial aircraft you are flying over 36, 000 feet in the air. Oh! Don't look down.

### Tiruvuri Lalit

3B

## Finding Giri with SpongeBob Square Pants

Once upon a time there was an underground zoo called Belly Bottom. The zoo keeper's name was SpongeBob SquarePants. In the zoo there were giraffes, zebras, hippos and many other animals. All the animals were fixed with a sensor to find them in case they went missing. One day one of the baby giraffes, named Giri, went missing from the zoo. SpongeBob and his friend Patrick were on a mission to find Giri. They set-off in their magical car that could fly.

On their way they noticed that a baby elephant was crying for help as it had fallen into a pit that was dug by the hunters. SpongeBob and Patrick landed there and cut some wood pieces and filled the pit along with some dry leaves and hay. Now the baby elephant could climb up and easily come out of the pit. It thanked both of them by lifting its trunk. His name was Elly. He asked them where they were heading. Patrick explained that they were looking for a baby Giraffe named Giri. The baby elephant seemed to know where the baby Giraffe had gone since Elly fell into the pit while trying to save Giri from a rusty bridge ahead. SpongeBob and Patrick took Elly in their flying car and went further in search of Giri.

From up above they saw Giri among the bushes plucking some berries from the tree and happily munching on them. Seeing this, SpongeBob landed the car right near the bushes and the baby Elephant stepped out of the car with the others. Seeing this Giri was shocked and amazed in the beginning and he jumped with joy after knowing that they had come to rescue him. He was also taken in the magical car and off they went flying back.

They had to drop the baby elephant on the way and when they arrived near the bridge, they saw Elly's mother anxiously waiting. Down came the flying car and each of them came out one by one. First came SpongeBob and Patrick followed him. Then came Giri and finally Elly stepped out of the car. The little elephant looked at his mother and ran towards her. He then came back and hugged Giri as they had become close friends by then. Elly promised Giri that he would visit the zoo every day and play with all the other baby animals in Belly Bottom Zoo. He waved goodbye to the three of them and the mother elephant thanked them with a salute of her trunk and gave a variety of fruits to Giri who then distributed it to all his friends at the zoo.

After a few days, SpongeBob and Patrick told their boss Mr. Crabs, "Sir, we have found Giri and he is back in the zoo with all the other animals." Mr. Crabs was so happy that he promoted SpongeBob as the Manager and Patrick as the Assistant Manager of Belly Bottom zoo and gave them a big award.

Kanav Raj

3 B

### **Plants**

Plants sustain our daily life. Plants give us oxygen which we inhale; plants inhale carbon dioxide. There are different kinds of plants: herbs, shrubs, trees, creepers and climbers. We get different types of cereals, seeds, vegetables, fruits, medicines, oils, fabrics, spices and wood. Plants make nature which is enjoyed by everyone, and which makes life fruitful. Plants brings joy to everyone, right from kids to the elderly. Therefore, we should grow more and more plants.

Siddharth D. Parekh

3B

### Third Standard with a Difference

The year 2020 has left an unbelievable impact on everybody. True that we were scared of the deadly pandemic but what changed our life completely was the lockdown. For the first time we could not go to school and had to attend online classes. In the beginning I was very nervous but as days passed, I started enjoying these online classes. The sad thing was that I could not play with my friends. On the other hand, I got to spend a lot of time with my parents.

One thing I enjoyed during this time was learning how to cook and sing. When I was six years old, I would sit on the kitchen platform and help my mother cook. I really enjoy cooking. During lockdown, I learnt to bake a cake. I can also make tea, eggs, pancakes and lime juice.

I also spent a lot of time on the phone so my mother taught me to sing using online apps. I even finished reading my first story book Harry Potter and the Philosopher's Stone by J K Rowling. Oh, and I almost forgot! I learnt a new language - Kannada. When I started, it was hard to understand, but with the help of my neighbour aunty, I started practising and then it became easy.

One thing I really miss is playing at school. I also spent my birthday at home without friends, which was sad. I miss the trip in the school van, all the fun during breaks, my teachers and the long corridors. I hope fourth standard will bring us back to school.

**Aaron S Menezes** 

3 C

### The Year That Was 2020

We may all think that the year 2020 was disastrous. We were made to sit at home for months together. No friends, no outing, no school. Though fun at first, it started getting really boring and frustrating after a while. But some things happened that were great. For instance, I have learnt how to cook. I like to learn more exciting recipes. I have also learnt how to ride a cycle, but we have to take a break sometimes, otherwise we get too tired. I also made new friends in my locality last year. I have a great time with them. We play different games every day. But our favourite one is cricket. I also learnt how to solve the Rubik's cube, with instructions that is. My mother has also learnt how to paint and her work is beautiful. My younger sister likes to draw and colour too and she makes good drawings. I too like to draw and colour, like my sister, but I like to make them look 3D. My father does lots of meetings, but on Saturdays and Sundays, we like to spend time together. As the year ended, we learnt from our mistakes as a community and learned not to make them again. The school will open this year, we will get the vaccine for COVID-19 and everybody will always be safe.

Atharv Krishnan

3C



**Ammar Topiwala** 

4A

### Impact of modern technology

Life has changed for all of us. Due to technology, it has become more convenient and complicated at the same time. It is much easier to communicate and exchange Information. Technology has helped us by serving as a tool. Information can be easily found on the internet. Just because of technology the world has become a global village. In general, the impact of technology is immeasurable. As every coin has two faces, every aspect has positive and negative effects. Modern technology is the brainchild of man so it is in his hand to use it when in need of it. Overuse can prove dangerous to man himself. I personally urge everyone to refrain from excessive dependency on modern technology.

### Anthony Lincoln D

3 D

### The Magic Quill

William was a boy who loved to write. His parents said he was going to be a writer as good as Shake-speare. On his tenth birthday, he got a golden quill as a gift. He started to make his writing public. He always wrote with his special quill. One day he used red ink instead of black. He finished writing and signed his name. Whoosh! The book started to become a tornado! The words were swirling around and formed the tornado! He got sucked in! He now became a knight. ZOOM now he was a mechanic. ZOOM now he was a king. He started to stretch and bend. Then he went POP! He was back.

He decided to investigate the quill the next day, the first day of the summer holidays. William took his pen and started to write in red ink. When he signed his name, SHOOP! he got sucked in. Suddenly, he was in England. There was a stall which sold Toad-In-A-Hole and Bubble & Squeak. Then he started to stretch and bend. And then POP he was home. He loved his adventure so much that he would use his quill as inspiration. He wrote about his adventure. He treasured the quill (but not as much as his parents!).

### Evan Xavier 3D



Avi Dugar

4A

### A Lesson to Rohan

Once there lived a boy called Rohan. Whenever his friends brought something to eat, he would also want a share of it. One day his father took him to a poor village. On the way, he saw a beggar. He even saw that the beggar was asking for food. Rohan asked his dad "Why is he asking for food?" His dad told him because they don't have money. When they reached, he saw a person selling newspapers. He asked his dad, "Why can't they do a business?" His dad told him because they don't have money so they can't do business. As they were walking, he saw a child and his dad having sweet bread. He asked them, "Why don't you have cake instead?" But the poor father replied, "Today is my child's birthday. I don't have money to buy cake so we celebrated with sweet bread." From that day onwards Rohan realized that we should not waste money and be satisfied with what we have.

MORAL- Be happy with what you have.

N A Lalith Adithya

3E

### The Clever Thief

Among all the thieves, Devan was the cleverest thief in the city. All the other thieves were jealous and planned to get rid of him. The jealous thieves challenged Devan to steal the king's ruby. Devan accepted the challenge. He found the room in the castle, where the ruby was kept. He placed a box full of red ants at the entrance of the room. The guards stepped into the room and were bitten by the red ants and ran away.

Then Devan grabbed the ruby from the room of the king's castle and escaped. Devan showed the stolen ruby to the other thieves. They were all dumbfounded. They all accepted Devan as their leader.

Arjun. G. Eshwar 3 E



Joshua George

3E

### **Artificial Intelligence**

Al, also known as Artificial Intelligence is a term that most of us understand as robots, gadgets. Alexa, Siri, Google, etc. It's as simple as it sounds. Artificial meaning non-living, not real or cannot think; while intelligence means the ability to think, reason, calculate or remember. Development of AI has been influencing modern life greatly. Upcoming projects include self-driving cars, drones and robots. Al is quite beneficial to the military too. Missiles and drones are a part of them. Al can help in many ways, from providing quick answers to comprehending voice commands. It is very helpful in business. It was initially founded in 1956 by John McCarthy who is also known as the 'Father of Al' as he was the first person ever to start the development of AI.

Al will have a huge impact on mankind, both in good as well as bad ways. Some of the bad effects of Al are, for example, if we program a robot to do everything, we might lack physical activity and become inactive, which may lead to health problems. Unauthorized operators can program drones or robots to steal belongings. Hackers can inject virus into robots which can cause danger.

Out of the many good effects of AI, the most useful one is that the workload is reduced to a great extent as AI completes our work. Drones can be programmed to plant seeds which will save more time and effort of farmers. AI can perform operations that humans can't do perfectly like surgery on human beings. Vehicles like cars, pods etc. can be programmed with AI to move and can be notified if they encounter any technical issues, traffic etc.

Most food industries are using AI for almost everything from production to packing, cooking, storing as well as distributing. AI can also help us in our daily lives with cooking robots, cleaning robots and of course, self-driving cars. AI can also think and answer faster than humans and thus we can use them in courts, police stations, archives, call centres and hospitals. AI can perform science experiments which have explosive reactions that are quite dangerous for human beings to perform.

My favourite part of AI is Aerial vehicles. Vehicles such as airplanes, helicopters and drones are called Aerial vehicles. I also like the concept of the self- driving cars which can drive on their own.

During the last few decades mankind has witnessed great achievements by the invention and usage of machines. Similarly, Artificial Intelligence will bring in great achievements to mankind. Al will be one of the most advanced

technology we will ever see and if we put our faith and trust in it, we can make life easier. Trusting and embracing the technology will make our future a very bright one.

Sankirth Rajashekar 4D

# Coro-Vacay: A journey through my Summer Vacation Twenty20

The examination fever kicks in with much anticipation and vigour. And so does the upcoming summer vacation. It was the 10th of March and I was working out my math sums. I successfully appeared for two of my exams, until my mother blurted out, "No exams from tomorrow. It's cancelled because of Coronavirus, Your summer holidays begin."

My joy knew no bounds. I started jumping and screaming with happiness, kissing my own cheeks, and thanking Covid-19. "I love you Coronavirus," is what I uttered. For a moment, I thought I was the first "Covidiot of India"- the trending term for people who went overboard in reacting.

Usually, an exciting vacation starts with all the planning, arrangements, and bookings. This vacation was different. My mother tells me, "You get to enjoy this weekend doing whatever you want. But from Monday, you shall do as I say." So, my holidays begin with conditions, preparation of life skills and a lot of not-so-exciting chores.

I was locked up in my 1200 sq. ft apartment with no friends, no cricket, no badminton, and no summer camps. I could not buy a birthday cake for my parents who have their birthdays during summer vacation. I could not visit my grandparents and enjoy the sunset by the beach. I could not hang out in the malls enjoying the game arcades, food courts or even watch a movie. My family vacation to all the wonderful places and amusement parks were out of discussion. I was completely isolated and had no contact with any of my friends. I felt I was in outer space, contactless. I felt desperate, traumatised, agitated.

Did that virus think I would enjoy such a bounded vacation? What was it planning for me? It took me a while to get answers to these questions. My day would practically start at any time I wanted it to. I learnt to fine tune the skill of tidying and making up my bed. I was given the task of reading the headlines regularly from The Hindu. Soon I learnt the most used phrases - pandemic, isolation, social distancing, lockdown, quarantine, outbreak. I mastered some skills

that in turn helped my mother with her chores. For instance, doing the laundry, folding my clothes, cleaning up my closet, the refrigerator, stacking up the dried vessels, reading some books for my sister, baking goodies, and chopping vegetables. I mastered origami, played video games, tried simple junior coding, watched movies and cartoons, played hide n seek, uno, carroms and other board games with my family.

I do not know what my friends think of such a vacation. But I realised that I could do a lot at home without stepping out of my comfort.

I realised my dad can work at home. I could attend my drum classes with the click of a button.

I needn't get ready to attend Sunday service.

I could live without a barber. My mum could stay without her online shopping. We could live with bare minimum essentials and hoarding of food was unnecessary. Therefore, I realised that I could spend my holidays fruitfully just by staying indoors and learning new things.

Vacation 2020 has been the most memorable and relaxing year for me. What about you?

Ethan Benjamin Fernandes
4D

### **Two Weeks Without Electricity**

It was March, when the corona virus pandemic started. The day I had my math exam, we found out that that there was a new disease which was deadly and very contagious. Soon, everyone was in lockdown. All schools, malls, and offices were closed. We stayed in Bangalore for two months. Then, we moved to Coorg.

The weather in the first two months was sunny and beautiful. In July, it started raining. In August, it was raining heavily every day. There were strong winds, many trees fell and cut the electric wires. There was no electricity for two weeks. So, without electricity there was no hot water, no lights, no television and we couldn't charge our phones. We had to draw water from the well. We had to light candles at night and heat water in vessels to take a bath. I felt completely different because I had never lived without necessities like electricity and hot water. We spent the days reading books and playing board games. In the evenings, it was very cold so we lit a coal fire and sat around it in the hall. We were calling the electricians every day to find out if they had fixed the electric poles. They told us that it was very difficult for them to locate the electric poles that had fallen inside the coffee estates. We were really worried but we did our best to be happy. Finally, the rains reduced and

the electricity was back. Life was back to normal. During this whole experience, I learnt a few things about gardening and maintaining a coffee estate. When I compare my life here to my life in Bangalore, I choose Coorg. There is no pollution, no noise and my whole family is here. I have learnt that we do not need to have many things to have a good time. All we need is our creativity and a few good friends.

### Chayil Thimmaiah Koothanda

### **Around the World**

George and Georgina were twins, they used to live in a small village near Reykjavik in freezing Iceland. Even though the weather was not very pleasant, they loved their country. They looked alike yet they had different personalities. He was courageous whereas she was easily frightened. He liked science, while she liked mathematics. One day, when both of them were sitting in their room, their father came up and said "Get ready kids, we're going on a trip around the world!" The twins were very excited. Two weeks later their bags were packed and they boarded the plane. Their first stop was London where they were fascinated by Harry Potter land - based on one of the greatest pieces of children's literature. Then they went to Paris and climbed the monumental Eiffel Tower. The view from the top of the tower took their breath away. Georgina loved the beautiful houses. George liked the heavenly pastries. They finally left the City of Lights and went back to the plane. After some time, they arrived in Rome. There, they saw the Colosseum and attended a pizza making class. The cheesy pizzas excited their taste buds. George also liked the biking trips down the city lanes. Then they went to America and toured the states. The massive burgers made them feel very full after just one bite! They even went to Hawaii. Georgina kept swimming in the sea. Their next stop was Australia where they saw kangaroos bouncing out of their mother's skin. They also went to a huge natural safari park which George loved because the animals were very mischievous and funny. They had had a lot of fun so far but they were in store for even more. Their next stop was Billund in Denmark -the birthplace of Lego blocks and the city of Legoland. The twins thought this was the best stop on the entire trip! They rode many rollercoasters, played many fun games and even their parents enjoyed themselves (which was very rare, mind you) Finally they arrived at their last stop - Bengaluru in India. There they ate spicy masala dose, pani puri and the most tempting, the sweetest gulab jamun there ever was. They left India and went back home to their village.

"The trip was wonderful," said George "It's a pity it's over so soon." "It was lovely," said Georgina "Oh, how I love the world!" "I agree," said George. So, you see, the world can unite even the most different of people.

### Aakarsh Anoop Amarnath

4E

### **Interesting Facts About Space**

- 1. Do you know that light cannot get out from a black hole!!!
  - Yes, it's true. It is because space-time in a black hole is so curved. Because of this, all possible paths on which light travels will lead back inside the black hole. So, once a ray of light enters a black hole it can never exit.
- 2. Do you know that a back hole is born when a star dies!
- 3. Have you heard about White hole???

  A white hole spits out everything and nothing goes in. That means, a white hole does not allow anything to get inside it. When a black hole and a white hole meet, the white hole becomes a black hole and then there are two black holes.
- 4. An astronaut without suit would become unconscious in just 15 seconds. It is because of lack of oxygen. Many people have lost their lives either while in space or in preparation for a space mission.
- 5. Why is Venus hotter than Mercury? Venus is surrounded by a very thick atmosphere which is about 100 times bigger than the Earth's atmosphere. As sunlight passes through the atmosphere, it heats up the surface of Venus.
- 6. Did you know that Sun is very huge and can fit up to 1 million earths in it!
- 7. Did you know that a star blasts when it dies! When a star dies, there is no outward force to balance it and so it blasts. This biggest explosion is called a supernova.
- 8. Did you know that we always see just one side of the Moon?One side of the moon always faces Earth because of what's called synchronous rotation.
- 9. Did you know that the Moon got created when a rock smashed into Earth!
- 10 Did you know that one day on Venus is longer than one year on Earth!

### Aarav Jacob Suraj

4E

# Gratitude - Its importance during the pandemic

Gratitude simply means being thankful. A grateful mind feels joyful at the kindness of another person and develops a feeling of love and thankfulness. We should develop a very strong sense of gratitude for everything that we have got during the years 2020 and 2021. It could be for our family, house, health, safety, covid frontline personnel, teachers, police... the list is endless.

I want to express my gratitude towards my teachers.

We are all new to the online concept of teaching, the teachers, parents as well as the students. It looks like a very easy job, but it does involve a lot of hard work and time put in by our teachers. For 45 minutes of class, they put in hours of preparation. In the limited time they have to cover the portion in mind, they also handle a hustling and bustling class of boys, coordinate with the school and answer parents' anxious queries. Their plate is full! And not to forget their own family. Remember, these teachers are a blessing from God to us. During a normal school year, we spend nearly 75% of our time in school with them. They are equal to our parents.

I am grateful to all my teachers at St. Joseph's Boys' High School, Bengaluru. My only hope and prayer to the Almighty, is that they are safe, enjoy good health and are happy. I eagerly look forward to meeting them again when things become normal.

### Neil Dominic Fernandes 6A

### The Next Step!

What do you want to become? What do you plan to do in life? What are your career options? Who has not heard these abounding and boorish questions before? At almost every stage of your life, you have given contrasting answers. No surprise there. At every stage of your life, various factors have a major role in your response and thinking. You can say that these factors adult-rate your choice. It can be good and it can be bad, all depending on the amount of influence.

In your pre-school years, the response would be considered naive, innate, innocent yet hilarious. You probably told your inquisitors that you wanted to become a policeman, fireman, watchman or even a bus driver. A choice made out of awe and wonder without the adult-ration of income, savings or financial position. To you, it would have sounded like a dream job to fight fires all day, to drive a big bus, to keep thieves out or

to catch criminals. Well, now the chances of you taking up the job is close to zero, is it not? But back then, none of your inquisitors will question your choice or advise against it. In fact, they enjoy your innocence and admire it. Makes them nostalgic. Oh, to be a child again!

When you are in your pre-teens, ambitions such as becoming a soldier, football or cricket player, or a youtuber come in. Oh, those influenza factors, influencing the decision again, with Youtube becoming a bigger part of your daily life at this stage of life, if you are a millennial. You start to explore the world with wonder; a huge horizon of the world is introduced, the information you find there shapes your decisions and the person you become. To spend time, you play games online, which is fun to be honest. Or like every single Josephite, heavily attracted to sports. These, too, start affecting your decision and maybe even affecting your marks! Hence, the choice. At this stage, the questioners will usually tell you to concentrate on your studies and reduce time spent on youtube or games or to balance studies with sports. Well, these were confusing times!

Ah, the board exam stage. Here is where your decision is more "mature", realistic and heavily affected by the marks gained. Here one gets bombarded with irrevocable and momentous decisions such as choosing whether to drop science and take commerce, choosing your optional subject, choosing which stream you go to. Each decision made here is watched and received with platitudinous comments and wary eyes. In India, the choice of stream, a very controversial step in our education system, carries with it a lot of superstitions. The very idea is ironic as education is the exact opposite of superstition; sadly, it is prevalent in our nation. If you take science, you are labelled with utmost prejudice as a topper, with your future set in stone. If you take commerce, you happen to be one of the mediocre students, deemed to take over a family business or join an MNC. If you take humanities or arts, the labels come as being a failure with no other option. Here your ambition and decisions are taken by others or the hypothetical societal norms. Most people recommend you become a doctor or an engineer or more recently, a chartered accountant. Where is your choice in this axiomatic and ad-hoc mess?

There are millions of jobs in this world, yet we are convinced to believe that only certain positions will get us somewhere in life. Journalists, Lawyers, Diplomats, Psychologists, Policemen, Doctors, Teachers, Farmers and many other professionals are what we need in this world. Don't limit yourself.

See for yourself the vast array of multitudinous opportunities of making a real difference in this world.

People will tell you to do what you love. I tell you to do what you were meant to do. Take this analogy, we love ice cream but we don't eat it all the time. We get sick of it after some time. Finding and fulfilling your purpose is what makes life wholesome. Be the person who makes the ice-cream that in turn makes people happy. Give meaning to your life, don't waste it. Make it memorable. You don't have to do big things to find meaning, it's the small things that count and keep the world running. Ambitions and passion will come and go, what truly makes it worthwhile is meaning.

### Adesh David Naidu 9C

### Unbroken

It was a bone-chilling, dark night. He could feel the frigid wind blow past him. He couldn't feel his fingers or toes, and when he looked at them they were frozen. He looked around and saw destroyed houses, burning trees and crashed cars.

But he kept walking forward although he could sense that he was too weak to keep moving. Slowly he started to hallucinate, and he thought that this was the end. The weight of the weapon on his back and the blisters on the soles of his feet prevented him from going further.

Then during those last few minutes of his life that he thought it would be, he remembered the family that he loved more than anything, his caring parents, his loving wife and his two beautiful children. The thought of going home to see his family gave him the strength to keep moving forward. The thought of family gave him the will power to fight the metal state of his mind.

He started walking a bit faster and he could feel a new-found strength that helped him fight against the cold and the weariness. Looking back, he saw the city he came to save, burning to the ground. He was the sole survivor of his regiment that had been stationed at the city. Then slowly things became clearer to him. He remembered how his regiment was ambushed and killed by the rebels of the city. But he made sure not to think too much of it as it would bring him down again.

After walking for what seemed to be forever, he came across a supermarket. Its windows were shattered and everything was a mess inside. Hoping to find some supplies, he cautiously went in. Luckily for him the rebels didn't take everything. There were a few bottles of water and

some food. He decided to stay there that night so that he could have some food and regain some strength. He made a small fire behind the store to cook some of the food.

After a good meal he fell asleep. He was sound asleep when he was suddenly awakened by some noise in the woods behind the store. He picked up his gun and slowly made his way to where he thought he heard the sound. As he went closer, he felt that someone was watching him. He stopped for a second and then listened carefully, he could hear nothing. He started moving again. Then suddenly someone came out of the corner and went for his neck to choke him. But so did he go after that man's neck. They held each other's neck tightly.

Then they looked at each other. Suddenly they both let go and looked straight at each other. Though the darkness made it difficult, he could somehow make out who the person was and he immediately stepped up to him and hugged him. It was his younger brother who was also a part of the same regiment. He could feel the tears gushing out of his eyes. He was so shocked to see him again. He was even more thankful to know that he wasn't dead.

Then he let go of him and asked him how he managed to escape. After exchanging a few words there, they made their way back to the super market. There he offered his brother some of the food and gave him some water. After that they were too tired to continue talking and fell asleep. The next morning, they woke up early as it became very cold all of a sudden. They looked around and saw that it was snowing heavily.

So they got up, had some food and then planned how to go forward. To be safe from the rebels they had to cross the border which was on the other side of a huge rock and snowy hill. There was also a rebel camp on the way there. So they packed whatever they needed and began their dangerous journey to cross the border. It was luckily an uneventful walk to the top of the mountain, from where they could see the border.

There was a feeling of peace in the air as they saw the border. Then that peace was cut short when they were suddenly fired upon by the rebels. They started running down the hill as fast as they could. As they were going they could hear the bullets zip past them. They had come too far to be stopped and held captive. Side by side he and his brother raced towards the border. The thought of going back to their loved ones pushed them forward.

They were very close to the border when suddenly they could hear nothing, all they could see was a bright flash of light, dirt flung into the air and a lot of dust. Then they realised that an RPG was shot at them. Luckily for them the rebels had bad aim. He looked around for his younger brother and saw him lying on the ground injured. Shrapnel from the RPG blast had pierced his brother's leg. When he saw this he felt a cold sensation throughout his body.

He quickly rushed to his brother's aid and tried to remove the shrapnel. The screams and shouts of the rebels looking for them, could be heard. Looking at the situation it seemed almost impossible to make it to the border. Since he thought this to be his last moments as a free man, he held his brother's arm tightly and they both said their goodbyes as they did not expect to survive for long. Just when all hope was lost, they heard a lot of shouting and the sound of guns firing and grenades exploding and after a brief moment everything was quiet.

When he slowly opened his eyes, he could not believe what he saw. The armed forces he worked for had sent a rescue team to look for him and his regiment. Overcome by emotions he burst into tears. The rescue squadron took him and his brother back to the base on the other side of the border. When they were just getting down from the helicopter, he saw his family there to welcome him. He ran towards them crying and hugged them all. His brother too had recovered a bit as the medical officer on the helicopter had removed the shrapnel and given him some pain killers.

He and his brother were awarded with the highest honour by the military and they both were given a year's leave for they had helped kill the remaining rebels. Looking back at those dark and difficult times he realised how lucky he and his brother were. It was truly one of the darkest moments in his life. After that day he and his brother were remembered as two of the bravest men to have ever existed in the history of their military.

### P M Appaiah 10 D



Yuvraj Gaur

### The Life of Rasputin

The stare of a deadly viper, known as the 'Mad Monk', called the Devil, yet some say he was God, the man who sparked both hope and fear in the hearts of the Russians, Rasputin. Born in 1869 in rural Prokhorova, Grigory was hailed by his villagers to have healing powers and visions. Some accounts say he cured a girl with cancer by laying his hands on her head. After this incident he was called the Anti-Christ and people tried to set him on fire

In his youth, he led a life full of drinking and getting into fights. In his mid-20s, he is said to have entered a monastery to become a priest, eventually being kicked out. Here he learnt how to read and write. He travelled to Greece and Jerusalem where he earned the title 'Strannik' which means Religious Pilgrim from Russia.

He reached the capital city of St. Petersburg where his fame with the Russian Orthodox Church took off. He gave fiery speeches and was known to have interpreted the Bible better than the Clergy. The Clergy introduced Rasputin to the Tzar Nicholas II and his wife Alexandra. Their son had an untreatable medical condition called haemophilia, which prevented the clotting of blood and led to blood loss.

The Tzarina was in shock because she thought he would die before assuming position. And I kid you not, all sources of Rasputin say that he stood at Prince Alexei's bedside and chanted a few prayers and Alexei was up and running even though all the doctors thought his condition was terminal. He then became the Royal family's spiritual advisor and was revered as the Prophet of God.

In 1914 there was an assassination attempt on his life, by a young woman who believed he was the Anti-Christ. She stabbed him with a 16 inch knife and left him on the road. This is the first incident that gave him the title 'Unkillable.' He recovered within a week. Even to this day a similar attack would have an 87% chance of fatality.

In 1916, a Man named Felix Yusopov assassinated him by first feeding him cakes filled with Potassium Cyanide. He was later shot thrice in the forehead, the liver and his heart; both these attempts did not kill Rasputin. He was strong willed. Yusopov's personal diary says, "The Devil who was dying of Poison and had a bullet in his heart, was brought back alive by the powers of the devil." Frustrated, Yusopov pushes Rasputin into a river which later froze all over.

Rasputin's body was never found. Even after his death, The Tzar Kingdom of Russia experienced his presence. In the war against the Germans, the King was persuaded to the front by Rasputin. This later resulted in the Tzar being killed. Many speculate that without Rasputin, Russia would have never become a Soviet Federalist Socialist Republic.

Ashlin Antony

9 C

# Plight of Doctors in India During COVID-19

These pandemic times have proved to be extremely difficult and it has affected people of all communities and statures to an extent, but it has presented an unprecedented set of dilemmas for the doctors and healthcare workers around the globe.

Doctors in India, especially, are put under a lot of direct danger and exposure to the virus. Shortages of protective health gear in the country are forcing doctors to use raincoats and motorbike helmets while treating patients. This exposes the atrociously weak public health system of the nation. Personal protective equipment (PPE) is an essential gear that health workers have been mandatorily instructed to wear to protect themselves from harmful biological agents or contaminated surfaces. The downside of this suit is that it gets extremely uncomfortable after seven to eight hours, and basic requirements like breathing and using the washroom are exponentially more difficult. The sad part is that even though doctors wear this uncomfortable suit for the entirety of their working hours, it is ineffective because almost two hundred doctors have lost their lives due to infection by the virus. This is an example of the inadequate equipment provided by the government. Another problem is that doctors are attacked when they go to track down infected persons to take them into isolation. This mostly occurs in the parts where people are uneducated, and they have tried to physically harm and abuse doctors who are just doing their work diligently.

The main flaw in the system is that doctors are not receiving their payments and salaries. Resident doctors in many states have awaited their payments for as long as sixteen months. Young post-graduate doctors are forced to work in dire conditions, and they are afraid to speak out due to the corrupt system. Politicians have forced them to work and have threatened to fail them in all their exams.

So far, more than two hundred doctors have died while helping to combat the virus. The mortality rate of doctors is 11.03%, while the overall mortality rate is 2.07%. It is sad to think of their condition, as each medical student would have spent a minimum of five years of their life dedicated to studying medicine, with hopes of a bright future. It is sad to see our frontline warriors die mainly due to faulty and erratic systems caused by the lack of education of Indian citizens and corruption by government officials. The only effective ways by which we can help them, are by staying home, wearing a mask while outside, and practising social distancing.

R Jeffrey Mariaraj 10 D

### **Sunset at Sampathpur**

On 5th March, 2020 was the first time I got up as early as 6 a.m.; indeed, it was an occasion. My father and I had packed up all the things needed the previous night itself and set out at 8 a.m. This special occasion was a tree plantation drive, where we had to plant 15,000 trees in the Sampathpur wasteland.

We reached our destination at 10:30 am, it was two and a half hours of long drive, but I was determined, and very excited. About 300 volunteers had gathered, including my close friends- Sara, Jay and Ram. The sun was above our heads but we did not give up.

All the volunteers got to work immediately. There were 3 blocks, each block had 5,000 small trees. Some were mango but the majority were apple trees. There were canteens which provided us with refreshing drinks and aromatic coffee which the locals called 'Kapi'. The soil was soft, moist and porous. Each of us was given a 'large spoon' thing to dig up the soil.

My friends and I were in block A. We started our work at 11 a.m. and continued till 1 p.m. I had planted 25 trees, Sara planted 29 trees, Jay planted 27 trees and Ram planted 25 trees.

Since my childhood I had loved to do social service and I loved trees. My grandfather is a farmer, and at one time he was considered the best farmer in town. I was inspired by my grandfather's work. By planting trees, he changed his little village, Shankarahalli into a paradise. He used to narrate so many stories from his farming life. All these stories ignited the fire in me to change our surroundings into a better place.

While I was planting these trees in the wasteland, I felt as though I was very blessed as I had the privilege to eat three perfect meals a day, but there are people in Africa who eat clay to satiate their hunger. I felt like I was my grandfather, while planting each tree. I felt like he was there with me. For the first time I was at peace.

The drive was over by 3 p.m. While I was coming home, I felt this unusual satisfaction of being able to do a service like this for the society. I felt like I won a grand prize, achieved a big thing. The smell of the wet plant leaves, the soft touch of the wet soil and the sound of the birds will remain with me forever.

I will like to conclude by leaving you with a thought to ponder on "A world without trees is like a sky without starts, and a world without farmers' service is like the sky without the sun"

Siddharth Saravana 10 C

### Visit to a Botanical Garden

Botanical gardens are beautiful places, they refresh one's mind and energize one's body. Some of the botanical gardens are so beautiful that they could be called the gardens of heaven.

I visited the Lal Bagh botanical garden, located in Bengaluru, early one morning with my extended family. The sky was covered with clouds and it was quite cold outside, so we wore jackets. When we reached the garden, we gathered outside the entrance to make sure everyone was there. Once we entered the garden, we could feel the cold breeze, and the jackets made us feel warm and cosy in the chilly morning. We could hear all the birds around us chirping and singing.

We started walking and we split off into two groups; I was with my cousins and all the elders were in another group. I walked along with my cousins towards the Glasshouse, inside Lal Bagh, where the flower show takes place. When we entered the Glasshouse, I could feel the scents of all the different flowers on the breeze. I even felt the slight rise in the temperature in the glass building. The room was so colourful! We saw so many types of flowers. The smell of each flower was amazing! We went to each and every flower and enjoyed its magnificent scent. After that, we moved on to the art section. Yes! It was art made of flowers! We were in such awe when we saw the flower art. There were chariots, horses, elephants, and many more. These pieces of art were exquisite, and it was clear that there was a lot of time and effort put into these art pieces. When we left the glasshouse, we were each given a flower, it felt so tender and looked so vibrant.

This visit showed me how beautiful nature is, and I understood why William Wordsworth found the daffodils he saw, so pleasant and why he felt joy when he recalled the flowers even in solitude. This trip to the botanical garden is one that I can never forget.

Sri Vishnu P V 10 D

# From Attire to Assault: Clothing a Factor in Rising Crimes Against Women?

The fact that this topic is a question of deliberation at a major private school is an ode to the regressive mindset of the society in which we live, a society whose ideals, customs and values I will be attacking throughout this essay. I don't even see how this statement is up for debate. Of course women's clothing is not an important factor in rising crimes against them. I would be absolutely mind boggled if anyone in this seemingly modern and forward-thinking school, or city for that matter, thinks otherwise. The entire problem of rising crimes against women stems from our troublingly patriarchal and misogynistic society and that is what I want to address.

Straight off the bat I would like to make it clear that in my opinion it is never the woman's fault for being attacked, least of all her clothes. Although this might seem obvious to most of you, legal or police reaction to crimes against women is proof otherwise. As an evolving society, with increased globalization, the clothing of both men and men is bound to change and has been changing for several hundred years now. Over time as men's clothing has been changing no one had (as a matter of fact they still don't have) a problem with it, no one puts down men's clothing as a factor for crimes against them. Keeping this in mind why are women questioned? Why is their clothing drawn as the immediate and only possible conclusion for this? There can be absolutely no excuse or reason for this very clear and absurd double standard to exist in this "equal" world.

A clear and absolute truth, that is ever present to back my stance up is basic fundamental rights, arguably the most important part of the constitution. Clothing choices are a means of expression and thus fall under the right to freedom of expression. This can be neither questioned nor taken away (apart from in situations of national emergency or a few others specified in the Indian constitution)

and to do so would be criminal, and I don't mean that figuratively. Anyone, be it the police or the government, abridging freedom of speech or expression, is in violation of fundamental rights.

We cannot fall under this pretense that it is not the assaulter's fault or that he was led on. Societal dictums along the lines of 'boys will be boys' is utter cock and bull. It is lines like these which are ingrained into young minds that lead men to think that they can get away with it. We need to put an end to casual usage of words or phrases of this nature. The misgiving that 'she's asking for it' by wearing what she's wearing, is just another excuse and a bad one at that. A woman's clothing is not up for discussion. Ever.

If there is anything that needs to be changed it is the regressive mindset of society, which is the number one cause of crime against women in India. It is evident and proven that states like Kerala or other southern states with a higher literacy rate, have fewer crimes against women as compared to northern states like Bihar or Haryana where literacy rates are lower. So a basic solution is education of the masses which will result in the reduction of not only crimes against women but also many other social issues.

So long as we do not stop blaming the wrong people and quoting the wrong reasons, these crimes against the women of our country will keep rising. It is time to pick up the sword of reform, to change our own and then our society's mindset.

Kisna Shetty 10 E

### **An Unusual Adventure**

I have always been fascinated with the pageantry of air travel. For most of my childhood it was my favourite mode of transport simply because of how fascinating the whole process was.

Travelling by road or rail was, in comparison, impossibly dry and lacklustre, no matter how inexpensive it was. I was not alive when the dreadful 9/11 attacks took place, with the consequence that I never questioned the long elaborate security checks at airports, just one of the elements that captured my fancy with regard to air travel.

All of this is to say that when the announcement came over the intercom that flight number IG-57321, Bangalore to Dubai, was delayed because of bad weather at its previous stop, I was the sole member of my family to break into a smile of delight. I had just been given two extra

hours to spend at one of my favourite places (granted I had only been there a few times). With a few notes of money in my wallet and permission from my parents, I set off to explore the glitzy, slightly-overcrowded, shiny wonderland that is Kempegowda International Airport.

First stop: the duty-free shopping outlets. I sauntered lazily into each and every one of the large variety of shops, testing out expensive, sickly-sweet smelling perfume at one, and sampling the most luxurious caramel liqueur-filled chocolate in another, all while the negligible weight of my slim wallet in my side pocket sternly reminded me that I must not spend too long in each shop, lest the kindly sales assistants begin to doubt my intentions. It was fascinating to freely browse lakhs of rupees worth of luxury goods without the eye of the store security guard questioning the legitimacy of my presence there.

As the terminus began to fill up with a new influx of travelers, I escaped to the bathroom to catch a moment of quiet before embarking on the next stage of my adventure. I soon realized that this part of the airport did not live up to the standards of the polished, lavender-scented halls of the rest of it, and I set off before the stench could fully overwhelm me

My next destination was the ubiquitous food court, with its bright flashy signages and the aroma of at least twelve different cuisines in the air. Despite it being two o' clock in the morning, the food court was filled with hungry diners, all chattering at the tops of their voices about any and every topic of discussion. I took my time making my way up and down the length of the food court twice, eyeing freshly made sweet-smelling doughnuts in one stall, and a steaming, spicy-scented Thai curry in the next. The sheer variety would have overwhelmed me had it not been for my trust worthy wallet reminding me that all I could afford was a small cup of coffee from Starbucks. So, with coffee in hand, I set off for my final and most-awaited destination.

I have always enjoyed watching aircraft taking-off, landing or simply taxiing to their hangars. After weeks of placating myself with mere video footage online, I was able to behold those majestic metal mammoths in all their glory. Parking myself on a vacant seat in front a huge glass wall which gave on to the main runways, I sat back and leisurely sipped my now lukewarm coffee as I gazed at the airplanes heading down or up the long black runway. The lull of the airport bustle and activity slowly faded to white noise as I looked on at the

orderly movement of the aircraft; watching the twinkling lights of the ones taking off until they faded to black, and following the far-off lights which suddenly revealed a huge aircraft as it landed. As I watched, I realized that I would soon have to return to the gate at which my parents would be waiting for me. I felt a brief pang of sadness, knowing that I would have to leave the peace and calm of my current location and head back to the hubbub of the main terminal and then later on to the frenzy of getting to our destination. 'At least you'll have a memory to look back on', I thought to myself as I made my way slowly back to the gate, taking one last longing look at what had become my own personal theme park for the last two hours

### Ohana Sarvotham 12 A

### An Experience at the Airport

Experiences at the airport can range wildly from a terrorist attack to simply being late for a flight. It is a platform where various emotions are given flight as well as where people mindlessly travel through their daily tasks.

A much lesser anticipated event is when your flight is delayed.

It was the 6th of December, 2019 when my sister and I witnessed an entire section of the airport letting out sighs of disbelief, all at once. My sister innocently asked me if the Indian Cricket team had lost the world cup once again. To me, the entire atmosphere feels like that of when our math teacher proclaims his authority over the P.T. period. Only after strolling a little forward did I see the words 'Delayed due to weather conditions' flash in a bright red colour on the humongous LED display. Owing to my long list of disappointing experiences, I wasn't the least bit surprised when my dad told me that our flight was among the flights that were delayed.

The densely fogged grounds had resulted in numerous flights being cancelled. The fog looked like a thick blanket made out of clouds, seamlessly covering the ground. I wondered how cold it must be out there, for the temperature control inside the airport kept us warm and cosy.

We had set out for the airport early in the morning, assuming that we would be amidst the bright fields of Kerala, just in time for a delicious Kerala style breakfast. With the fog showing no signs of reduction, my dad decided to buy us breakfast from the airport food outlets.

My mother's brilliance in her work at office was rewarded with two world class Mastercard credit cards. These cards entitled us to a free meal at the airport lounge.

The lounge is usually a quiet place, with its elegant ambiance flowing through the air. Had it not been for the fog, it would have been the same on that day. However, the lounge could be disappointingly compared to a local fish market.

People were coming in through that bell-fitted door so rapidly that it seemed like an ice-cream truck was passing by. The seats were filled with people eating their way through the frustration and disappointment. The place was teeming with people such that finding a seat was like making a move in a game of chess.

My family and I quietly enjoyed the hot food they served. The chocolate pudding made by the chef was so full of flavour that I would be disgracing it by not bragging about it. It tasted like heaven in a cup.

It was not long after we finished dessert that a plump little man walked up to the airline representative at the lounge help desk, which happened to be right beside our table and got himself into a heated argument with the steward. He soon started vociferously cursing the airlines.

Right after a few seconds of high-volume frustration relieving, the man noticed my little sister's face, horrified. He then realized the ruckus he was creating and stopped at once. I walked up to him and said, "Try the chocolate pudding, it will have you forget all your worries."

The fog cleared up in about two hours and the skies were ready to be conquered once again. The airport did a fantastic job at clearing the backlog of delayed flights. It is crucial that I tell you: This experience of two hours at the airport taught me a lot about human psychology as well as how to manage an unforeseen situation.

### Aditi Std 12 A

### Compassion

I was walking, walking through the streets of India. More accurately, I was walking through the streets of Bangalore, once a wonderful city but now rather depressing. I stopped and saw a young boy begging. He had blue eyes, a tattered rag on his little brown body and his lips were chapped. He walked up to each car, knocking on its windows, but no window rolled down for this little boy. I walked up to him, sighed and said "Did you not hear? Compassion is dead."

I stand by this statement but I doubt it is as melancholic as it sounds, it simply is the way it is. What use do we have for soft doe-eyed compassion in our capitalistic lives today? We are far too busy running the rat race to stop and be compassionate. This is not the fault of those people who did not roll down their windows for the impoverished young boy, but the fault of the society we live in as a whole. For people very rarely act according to their own principles, more often than not they merely go with the flow, like mindless fish in a whirlpool.

Society is our whirlpool and we are the mindless fish. Society has deemed it acceptable, nay honourable to trample over all those obstacles in one's way in pursuit of that wonderful material heaven. Thus, what use must we have for compassion?

Another important aspect to consider is the fundamental question "What is compassion?" For if it is merely being empathetic to all things around you then where do we draw the line? Are meat eaters fundamentally uncompassionate people or are we simply holding people to a standard that is illogical and idealistic.

In my opinion, compassion is a word crafted by man, a word the meaning of which has been warped through the ages to suit the fancies of those living at that moment. Compassion, if implemented in the true sense of the word, will lead to the destruction of the lines between different classes of society, for if all were compassionate would all not be egalitarian? This is not a desired thing in my opinion, for excess compassion leads to absolute selflessness and when you overestimate the importance of selflessness, you underestimate the importance of the self.

The self must always triumph over compassion, for, what are we but individuals in our own right with our wonderful idiosyncrasies that we treasure and share with only a few, not many, for we find joy amongst a few and compassion is an ideal for the many.

Thus, I would go up to that little boy with sky-blue eyes and tell him of the opportunities of the world and ask him to grab the world by her shoulders and shake her till she gives him his due, for to depend on others is unrealistic. I would tell him to keep rolling his burden over the hill and never stop till he attains what he is looking for and attains it on his own. I would tell him to cast his compassion seeking cloak away and assert his right over the universe.

Compassion is a tool for the weak, to bend the hearts of the weak hearted.

### Rishab Devaiah

12 B

### **Coping with Quarantine**

The previous year has been, without a doubt, a tough one for all of us. The lockdown forced a majority of the people to change their lifestyles, in positive as well as negative ways. 2020 was something nobody was prepared for.

Last year definitely brought in a lot of changes in my life, both bad and good. The free time allowed me to try out a lot of activities which I always wanted to try, but never had the time for. But I soon realized that the only reason I put off activities like reading books and working out was not because I did not have the time for it, but was because I always had an excuse to put it off. Now with all the free time, I had no excuse. The free time given by the lockdown period is the one thing I am thankful for.

I indulged in activities like reading books, working out, painting and discovering new music which were all relaxing and therapeutic in their own ways. So, quarantine permitted me to try new things and helped me grow as a human being. Another change was that I spent more time with my family than I ever had in my entire life. It helped me understand and learn more about my family. The fact that a pandemic is what I needed to spend more time with my loved ones shows how ignorant I was and how fast paced life had become.

However, there were negatives as well. I became lazier by the day and lost motivation to do things that I previously enjoyed doing. The days of the week merged into one as every day was the same. My social anxiety got worse as meeting other people was not an option. The overall situation in the world increased my stress and anxiety, just like it did for everybody else. With school being online, I did not take it as seriously as I used to before. But I realized that slacking off school work is only going to affect me and nobody else which made me work harder on my grades.

The year 2020 has been a rollercoaster ride of changes for every single person on the planet. Every person had their ups and downs. For me, the pandemic helped me broaden my perspective on life. I came to my senses and paid attention to what is important. All in all, I do not think I would be the person that I am today if it was not for 2020.

Harshini Veerendra Std 11 B

### Leadership

'True leadership is as rare as a diamond and is every bit as brilliant'.

'Leadership' is a word that has existed in concept for thousands of years and I would prognosticate that it has been around since the advent of intelligent life. In nature, we observe that packs of animals that amass together are known to have an 'alpha' who secures the pack's territory and represents it in clashes with rivals.

Human leadership is vividly similar with an additional ideology, a true human leader should see his 'pack', so as to say, to the very end while showing the imperative quality of sacrifice- to do whatever serves in the pack's best interest, a person who puts others first. However as proven multiple times, this is practically impossible as situations greatly vary from person to person, and this reminds me of an incident from my own personal history.

Around a year ago, in the months of December to January, the weather was cold, school was on a break and the football spirit was rising.

As an obvious result, the CFCB, short for the Central Football Club Bangalore, the club I represent decided to host an inter-club football tournament for which at the time was one of the biggest, both in name as well as participation.Our preparation was serious, as every single member of our team had one aim, to hold that trophy above our heads

And there was one man behind it all, our team captain, Manoj. He oversaw each drill, supported our positions and taught us new strategies. He taught us never to be over confident and to play with honour.

Come match day, this strategy worked very well as our opponents had no answer to our pace and movement. This was until the final where the opponents we faced were a club called the KGC. As intimidating as the name sounds, the players were no less. They were exceptionally tall and heavily built men who kicked footballs harder than they hit the gym. Their captain, Skarra was the meanest of them all, known ubiquitously for his power and ruthlessness.

The match commenced and the size difference alone was enough to make it seem like fathers were playing with their sons! Regardless, once the match began and the first forty-five minutes had gone by, half our team was injured, thanks to those brutes.

In the final five minutes, the scores were still tied until I managed to sneak the ball past a defender and run at full speed towards the goal.But Skarra was there. As I was running, Skarra attempted a dangerous tackle that could have resulted in sending me on a one-way trip to the hospital if Manoj had not intervened.

Our captain put his body between Skarra and me and got taken down but it gave me enough time to score and win the game, but at that moment when the heart was racing, and the body was pumped with the adrenaline that inevitably comes after a huge victory, there was silence, as if it did not matter. Our captain was down.

After a trip to the infirmary, the nurse informed us that his leg was fractured. My captain hurt his leg, and willingly put his teammate before him. Now that is the meaning of true leadership.

In a world where self-proclaimed 'leaders' are as perennial as the grass; we must keep a look out for people like Manoj. It is only their leadership that can save an otherwise doomed team.

### Karan Walter Rasquinha 12 A

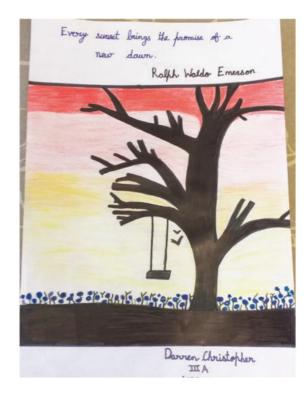
### Mother

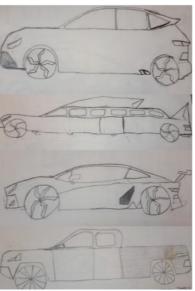
You've never engaged in any activity, As we are always your no.1 priority. The number of things you've sacrificed for us, Where you would go walk and make us take the

Maths, English, science and more! U are the only one who make them not seem like such a BORE!

You always keep us entertained in this quarantine You never fail to deliver each and every time! To express my love for you, there is NO WAY! But one thing is for sure! In all our hearts & lives, u will always stay! HAPPY MOTHER'S DAY!!!!!!

### Harshith Bandi 7A







**Chirag Harsha** 3E

### महामारी से बच्चों की स्रक्षा

दुनिया के हर कोने में बच्चे, किशोर,युवा और वृद्ध सभी अपने जीवन में व्यस्थ थे। अचानक वर्ष 2019 नवंबर महीने में कोरोना वायरस ने अपने पाँव पसारने शुरू कर दिए। इसके फैलाव को रोकने के लिए करीब-करीब सभी देशों ने लॉकडाउन का तरीका अपनाया। कोरोना वायरस लॉकडाउन की वजह से हर कोई घर में बंद है। जब इस माहौल से बड़े-बूढ़े ही

तनाव, घबराहट और डर में जी रहे हैं तो बच्चों पर भी असर पड़ना स्वाभाविक है। ऐसा बिल्कुल नहीं है कि बच्चे इस महामारी के असर से बचे हुए हैं। उन्हें भले ही घर में बंद रख वायरस से बचाने के हर संभव प्रयास किए जा रहे हों, लेकिन सामाजिक दूरी के इस माहौल से उनके मानसिक स्वास्थ्य पर भी असर पड़ रहा है। यूनिसेफ के मुताबिक, वर्तमान कोरोना वायरस महामारी के कारण बच्चों में भी चिंता, तनाव और अनिश्चियता के भाव पनप रहे हैं। बच्चों की मानसिक अस्थिरता की मुख्य कारणों में स्कूल का बंद होना, आयोजनों का रद्द होना, घर में ही सीमित रहना और खासकर दोस्तों से दूर रहना शामिल हैं। महामारी की इस स्थिति में बच्चों को ज्यादा प्यार, देख-रेख और सही मार्गदर्शन की आवश्यकता होती है।

एम्स के डॉ. अजय मोहन का कहना है कि घर के अंदर बच्चों को व्यस्त रखकर कोरोना वायरस संक्रमण की पकड़ से कही हद तक बचा सकते हैं। यूँ तो बच्चों को घर के अंदर बंद रखना बहुत मुश्किल है, लेकिन ऐसी गतिविधियाँ करवाएँ, जिसमें उनकी रुचि हो, वे उसमें मन लगा सकें और इस महामारी के कारण हो रहे तनाव से दूर रह सकें। इन गतिविधियों में माता-पिता की साझेदारी भी कामगर सिद्ध हो सकती हैं। घर में बंद बच्चों के मानसिक स्वास्थ्य का ख्याल इन बातों को अपनाकर कर सकते हैं -

सबसे पहली और ज़रूरी बात है कि इस दौरान दैनिक दिनचर्या सही रखें । बच्चों के सोने, खाने, एक्सरसाइज, पढ़ाई और खेल के समय को सही तरीके से निर्धारित करें । समय-सारणी का पालन करने से बच्चे अनुशासित होते हैं और उन्हें अपनी रुचि का कार्य करने के लिए पर्याप्त समय मिलता हैं। कोरोना के चलते पिछले एक साल से बच्चे घरों में कैद हैं । ऐसे में उनके मस्तिष्क पर काफ़ी असर पड़ रहा है। डॉ. सुरिक्ष दुबे का कहना है कि कोरोना से माता-पिता भयभीत हुए हैं । बच्चे भी डरे हुए हैं । बच्चे को कोरोना न हो इसके लिए उनके अभिभावक उन्हें घर से बाहर नहीं भेज रहे हैं । बच्चे टीवी और मोबाइल के सामने ज्यादा वक्त बिता रहे हैं । उनकी दिनचर्या बदल रही है । इसका सीधा असर दिमाग पर पड़ा है । वे चिड़चिड़ापन और क्रोध के शिकार हो रहे हैं । ऐसे में माता-पिता बच्चों को पर्याप्त समय दें । घर से बाहर अगर जा रहे हैं तो सामाजिक दूरी का ध्यान रखें । मास्क पहनें। लिहाजा घर की छत, गार्डन पर बच्चों को खेलने दें । बच्चे यदि टीवी, मोबाइल पर ज्यादा समय बिता रहे हैं तो ऐसे में उनके लिए गतिविधियाँ प्लान करनी चाहिए , जिससे वे व्यस्त रहें । बच्चों को रसोईघर के कामकाज में हाथ बटाने के लिए प्रेरित करे । कुछ फैमिली गेम्स प्लान करके रखें ।

### टीवी से हट जाए।

बचाव और रोकथाम के तरीकों को लेकर बच्चों से नियमित रूप से बात करें। यह उनका आत्मविश्वास बढ़ाएगा और फिलहाल घर में रहने की ज़रूरत भी समझ आएगी ।

अगर बच्चा गलत व्यवहार करे तो बहुत गुस्सा न करें । उनके इस बर्ताव के पीछे का कारण तलाशें, क्योंकि यह घर में रहने की निराशा से भी हो सकता हैं । उन्हें सज़ा देने की बजाए बात करें और बताएँ कि गलत व्यवहार के क्या परिणाम हो सकते हैं।

अन्य माता-पिताओं या बच्चों के साथ ऑनलाइन बातचीत भी कर सकते हैं, ताकि बच्चे जुड़े हुए महसूस करें।

कोरोना की तीसरी लहर बच्चों को भी अपनी चपेट में ले रही है । इस बार कोविड-19 की लड़ाई पहले से भी ज्यादा मुश्किल हो गई है और अगर बच्चों को कोरोना हो जाए, तो परेशानी और बढ़ जाती है।

बच्चों की रोग प्रतिरोधक शक्ति (immunity) कमज़ोर होती है इसलिए कोरोना होने पर विशेष देखभाल की जरूरत होती है । जैसे आप अपने बीमार बच्चे का ख्याल रखते हैं, ठीक उसी तरह कोरोना पॉजीटिव बच्चे का भी ध्यान रखना चाहिए।

जोसेफाइट परिवार होने के नाते **SJBHS** के प्रबंधक अपने विद्यार्थी और अभिभावकों की सुरक्षा के लिए निम्न योजनाएँ जारी रखी हैं -

हमारी पाठशाला द्वारा इस महामारी से बचने और सकारात्मक रहने के लिए कई प्रकार के वेबिनार का आयोजन किए जा रहे हैं - जैसे कि ,

कोविड-19 एंग्जाइटी वर्कशॉप, समग्र कर्नाटका जैसुएट्स मेंटल हेल्थ केयर वेबीनार ऑन "वायरस ,वैक्सीन एंड कोपिंग"। हमारे छात्र-छात्राओं का ख्याल रखना हमारी प्राथमिक अग्रता है। इस कारण हमारी पाठशाला के सेरेनिटी सलाहकार द्वारा हमारे विद्यार्थियों और उनके परिवार वालों की मानसिक स्वास्थ्य को सुधारने हेतु सलाह दी जाती है।

समग्रा कर्नाटक जेसुएट्स मेंटल हेल्थ केयर (अरिवु/नेरवु) द्वारा भी अपने छात्र और उनके अभिभावकों का ख्याल रख रहे हैं। इस प्रकार जरूरतमंद लोगों का साथ देते हुए हमारी पाठशाला के प्रधानाचार्य जी, उप-प्रधानाचार्य जी तथा प्रत्येक शिक्षण संकाय (teaching faculty) अपने छात्र-छात्राओं तथा अभिभावकों को यह विश्वास दिलाना चाहते हैं कि इस महामारी के संकष्ट समय में कोई अकेला नहीं है हम सभी उनके साथ हैं।

हमारा आप सभी से निवेदन है कि "आप सावधानी बरतें और सुरक्षित रहे। "

धन्यवाद **अरूणा बी एन** अध्यापिका (हिंदी विभाग)

### ऑनलाइन क्लासेस की कथा

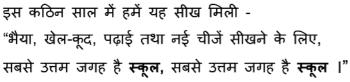
2020 जनवरी में कोविड-19 ने भारत में दी दस्तक, स्कूल हुए बंद, न स्कूल में ले जाने मिली पुस्तक। स्कूल ने ऑनलाइन क्लासेस को माना बचा अंतिम उपाय, और यह पढ़ने का माध्यम ह्आ तय।

जब ऑनलाइन क्लासेस हुए शुरू, आधे विद्यार्थी न कभी आते, आग बबूला हुए जो गुरु, बेचारे, कुछ न कर पाते। प्रश्न पूछे जाने पर न आता कोई जवाब, विद्यार्थी देते उत्तर अपने हिसाब से, जैसे कोई नवाब। कभी म्यूट बटन ऑन छोड़कर जाते, या फिर, कैमरे में मस्ती के लिए अपना मुख दिखाते।

इम्तिहान ह्ए थे ऑनलाइन, लेकिन बह्तों के लिए था यह कठिन टाइम। क्या मजाल कि इंटरनेट चले जाए, घर में इस कारण हो जाता बवाल, तभी विद्यार्थियों के लिए अनमोल हो जाते प्रश्न पत्र के सवाल।

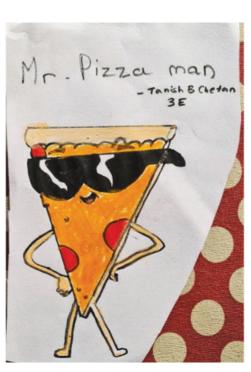
लेकिन यह तो सत्य है -शिक्षकों ने सबसे ज्यादा कष्ट सहा, दूसरी ओर, विद्यार्थी के लिए इंटरनेट चुनौती रहा ।

इस कठिन साल में हमें यह सीख मिली -"भैया, खेल-कूद, पढ़ाई तथा नई चीजें सीखने के लिए,





Aaron Manish Mathew



Tanish B Chetan

आदम आफ़ताब तंबोली 8D

## राजू और चिड़िया

चिड़िया रानी, चिड़िया रानी रोज़ सुबह उठकर तालाब से पीती पानी । राजू ने जब सजाई थाली झटपट चिड़िया उड़ गई काजू लेकर सरपट ।

रोने लगा राजू ज़ोर-ज़ोर से माँ दौड़ी आई आँगन की ओर से। राजू को माँ ने दी मिठाई नानी भी तब तक बाहर आई।

नानी ने राजू को दिया बेर फिर उसको लेकर करने गई सैर । देखकर बगीचे के रंग-बिरंगे फूल राजू गया चिड़िया और काजू को भूल ।

अधृत राय 3 C

## चंदा मामा

चंदा मामा बहुत है चमकता
वह रात में है निकलता ।
चंदा मामा बहुत हैं प्यारे
अपने साथ लाते हैं तारे प्यारे प्यारे ।
चंदा खेलते बादलों में
आँख-मिचौनी तारों से ।
सुबह हुई तो चंदा गायब
शाम हुई तो फिर से हाज़िर ।
चंदा मामा की कहानी माँ सुनाती
बचपन की याद है आती ।
सबके प्यारे चंदा मामा
रहते हर रात हमारे साथ ।

# यु कार्तिक शिनॉय

4 A



Rakshit Luke Fernandes
3D



**EhanQaanith A. T.** 3D



Rishabh Anand

#### भारतीय सेना

वो जो हमारे देश की रक्षा करते हैं वो जो जंग में जाते हैं वो जो हमारे देश के सिपाही कहलाते हैं वो है भारतीय सेना ।

समुंदर में हलचल मचाए कहलाते नौसेना । जय-हिन्द बोलकर वायु में तूफान मचाए कहलाते वायु सेना । यह है भारतीय सेना ।

ज़मीन पर दुशमनों के होश उड़ाए कहलाते थलसेना । गर्व है हमको इनपर इतना यह है हमारी वीर भारतीय सेना । जय हिंद ।

### दैविक प्रणव शाह

4 A

#### मेरे दादा जी

मेरे दादाजी बहुत प्यारे हैं वह अस्सी वर्ष के हैं । उन्हें छोटे बच्चों से बहुत प्यार हैं । मैं उनके लाडले पोते में से एक हूँ ।

मेरे दादा जी बहुत प्यारे हैं। उनका कद बहुत लंबा हैं। उनका सीना चौड़ा हैं। छुट्टियों के दिनों में मुझे फल-फूल और पौधों के बारे में सिखाते हैं।

मेरे दादा जी बहुत प्यारे हैं। वह हर दिन सुबह मुझे बादाम खिलाते हैं। हमेशा मेरे साथ खेलते हैं। हर दिन मुझे नए-नए नमकीन चीज़े खिलाते हैं।

मैं अपने दादा जी से बहुत प्यार करता हूँ । और भगवान से प्रार्थना करता हूँ कि वो मेरे दादा जी को हमेशा सलामत रखें ।

#### कियान जूड रेगो 4 A



Johann Benson

3E



Maneeth B.

3E



Jaydon Keith. A

### ऑनलाइन शिक्षा का महत्व

आज के नए टेक्नोलॉजी के ज़माने में कई प्रकार की सुख-सुविधा आसानी से मिल जाती हैं और इस आपातकालीन स्थिति में ऑनलाइन शिक्षा बहुत काम आ रही है । इंटरनेट के ज़माने में सभी अपने-अपने घरों में आसानी से घर बैठे शिक्षा प्राप्त कर रहे हैं। कोविड-19 के कारण देश भर में लॉकडाउन की वजह से सभी विद्यालय और कॉलेज बंद पड़े हैं। बच्चों की पढ़ाई ऑनलाइन शिक्षा के द्वारा फिर से शुरू हो गई । जो अधूरी पढ़ाई रह गई थी शिक्षकों ने ऑनलाइन पढ़ाकर उसे पूरा किया । बच्चे निश्चित होकर अपने घर पर पढ़ाई कर पा रहे हैं। आज बच्चे सिर्फ भारत में ही नहीं बल्कि विदेशों में दी जाने वाली ज़रूरी शिक्षा हासिल कर लेते हैं। ऑनलाइन शिक्षा से सबसे अच्छा यह हुआ है कि वे लोग भी पढ़ाई कर पा रहे हैं जो घर के काम-काज में व्यस्त रहते हुए अपनी पढ़ाई पूरी नहीं कर पाए श्रेशनव कोठारी 6 D

#### नव भारत का निर्माण

भारत के लोकतंत्र पर क्यों अंधकार के बादल मंडरा रहे हैं? सूरज की रोशनी क्यों फूलों को खिलने से रोकती?

नव पीढी पर भाषा की पराधीनता का क्यों दबाव बनाया जा रहा?

पूछो, इन राजनेता और शिक्षाविदों से क्यों इन मासूमों को बिल का बकरा बनाया जा रहा है? जहाँ सबको अधिकार है स्वतंत्रता से जीने का, तो इन कोमल पौधों पर क्यों भाषा का बल थोपा जा

खेलने सीखने की उम्र में क्यों तोते की तरह रट्टा मराया जा रहा है?

इन कलियों को भाषा का भरपूर्ण पोषण मिलेगा तभी वह रंग-बिरंगे फूलों में खिलेगा ।

अन्याय मत करो, इन नन्हे नन्हे पर ।

विकसित होने दो विभिन्न भाषा के पर्यावरण में ।

जिससे नवभारत का निर्माण होगा ।

भ्रष्टाचारी, भूखमरी और गरीबी जैसी बीमारियों का इलाज होगा और विश्व में हमारे देश का सर्वोच्च स्थान होगा।

कांता परमार

रहा है?

अध्यापिका (हिंदी विभाग)

# एक नई सुबह

बहुत पढ़ लिया घर पर, बहुत खेल लिया छत पर। अब स्कूल जाने की आस है, कक्षा में टीचर और दोस्त खास हैं।

पक्षी की तरह खुले आसमान में जीना है, हर पल जो बीत गया उसे बटोर कर सीना है। टीचर का वो प्यार, टीचर की वह डाँट, चाहिए अब दोस्तों के हाथों में हाथ। आवाजों का वह शोर, हँसी की खिलखिलाहट गूँज उठेगी फिर से, आनंद और खुशी की मिलावट।

हर चेहरे पर होगी मुस्कान करते हैं हर डर को नाकाम। चलो एक नई सुबह को बनाकर देते हैं अपने भविष्य को आकार।

जियान शाह 5 E

## चिड़िया रानी

चिड़िया रानी, चिड़िया रानी
तुम हो पेड़ों की रानी ।
सुबह सवेरे उठ जाती हो
ना जाने क्या गाती हो ।
क्या तुम भी पढ़ने जाती हो?
या नौकरी करने जाती हो ।
शाम से पहले आती हो
बच्चों का दाना लाती हो ।
भर-भर चोंच खिलाती दाना
चूँ -चूँ चहक सुनाती हो ।

सैयद हैदर अब्बास 5 E

## गैजेट छोड़ो और रिश्तों से नाता जोड़ो

कोरोना महामारी में लॉकडाउन के कारण विद्यार्थी फोन, टैब, कंप्यूटर, लैपटॉप और आईपैड से अधिक प्रभावित हो चुके हैं। ऑनलाइन क्लास, ऑनलाइन पढ़ाई और ऑनलाइन गेम्स ने अलग ही दुनिया में पहुँचा दिया है। परिवार, दोस्तों और रिश्तेदारों से अलग कर दिया है। कुछ हद तक हमें यह रोकना होगा और हमारे अपने शुभचिंतकों के लिए समय निकालना होगा। तभी तो वापस रिश्ते कायम रह सकेंगे और आपस में प्रेम बढ़ सकेगा। ऑनलाइन क्लास और पढ़ाई तो अनिवार्य है लेकिन सबसे आवश्यक है कि, हमें अपने माता-पिता के साथ समय व्यतीत करना और उनके कामों में मदद भी करनी चाहिए। आरव आंचित्या

### ಗ್ರಾಮೀಣ ಸೊಗಡು

ನಾನು ಪ್ರತಿ ವರ್ಷ ಬೇಸಿಗೆಯ ರಜೆಗಾಗಿ ಕಾಯುತ್ತಾ ಇರುತ್ತೇನೆ. ಆ ರಜಾದಿನಗಳಲ್ಲಿ ನಾನು ನನ್ನ ಅಜ್ಜಿ-ತಾತನ ಜೊತೆಗೆ ಇರಲು ಹೋಗುತ್ತೇನೆ. ಅವರು ಕೋಲಾರದ ಒಂದು ಹಳ್ಳಿಯಲ್ಲಿದ್ದಾರೆ. ನನ್ನ ಕೆಲವು ಅನುಭವಗಳನ್ನು ನಿಮ್ಮೊಂದಿಗೆ ಹಂಚಿಕೊಳ್ಳಲು ಇಷ್ಟಪಡುತ್ತೇನೆ.

ಹಳ್ಳಿ ಬದುಕು ನಗರ ಜೀವನಕ್ಕಿಂತ ತುಂಬಾ ವಿಭಿನ್ನವಾಗಿರುತ್ತದೆ. ನಾನು ಹಳ್ಳಿಗೆ ಹೋದಾಗ ಸೂರ್ಯೋದಯವನ್ನು ನೋಡಲು ಬೆಳಿಗ್ಗೆ ಬೇಗ ಏಳುತ್ತೇನೆ. ನಂತರ ನನ್ನ ಮಾವನೊಂದಿಗೆ ಹಸುಕರುಗಳನ್ನು ನೋಡಲು ಹೋಗುತ್ತೇನೆ. ಕರುಗಳ ಜೊತೆಗೆ ಆಟವಾಡುವುದು ನನಗೆ ತುಂಬಾ ಇಷ್ಟ. ಬಿಸಿ ಬಿಸಿ ತಾಜಾ ಹಾಲು ಕುಡಿದ ನಂತರ ನಾನು ಹೊಲದಲ್ಲಿರುವ ಬೆಳೆಗಳನ್ನು ನೋಡಲು ಹೋಗುತ್ತೇನೆ. ಅಲ್ಲಿ ರಾಗಿ, ಜೋಳ, ಅವರೆಕಾಯಿ ಮತ್ತು ಇತರ ಬೆಳೆಗಳನ್ನು ಬೆಳೆಯುತ್ತೇವೆ. ನನ್ನ ಮಚ್ಚಿನದು ಸೇವಂತಿಗೆ ಮತ್ತು ಚೆಂಡೂ ಹೂಗಳ ತೋಟ. ವಿವಿಧ ಬಣ್ಣದ ಹೂಗಳು ಕಣ್ಣುಗಳಿಗೆ ಸಂತೋಷವನ್ನು ನೀಡುತ್ತವೆ. ಸುತ್ತಲಿನ ಗಾಳಿಯು ಹೂಗಳ ಪರಿಮಳವನ್ನು ಹರಡುತ್ತದೆ.

ನಾನು ಅಲ್ಲಿ ಇದ್ದಾಗ ನನಗೆ ಫೋನ್ ಅಥವಾ ಆನ್ ಲೈನ್ ಆಟಗಳೊಂದಿಗೆ ಆಡಲು ಅನುಮತಿ ಇಲ್ಲ. ನನ್ನ ಕೆಲವು ಸ್ನೇಹಿತರೊಂದಿಗೆ ಲಗೋರಿ, ಗೋಲಿ, ಬುಗುರಿ ಆಟಗಳನ್ನು ಆಡುತ್ತೇನೆ. ನಾನು ಈ ಆಟಗಳನ್ನು ಆಡಲು ಇಷ್ಟಪಡುತ್ತೇನೆ. ಹಳ್ಳಿ ಮನೆಯಲ್ಲಿ ಅನೇಕ ಗುಬ್ಬಚ್ಚಿಗಳು ಮತ್ತು ಗಿಳಿಗಳು ಮನೆಯ ಒಳಗೆ ಹಾರಾಡುತ್ತವೆ. ಅವುಗಳ ಚಿಲಿಪಿಲಿ ಕೇಳಲು ತುಂಬಾ ಚೆನ್ನಾಗಿರುತ್ತದೆ. ಇಲ್ಲಿ ಬಹಳಷ್ಟು ಕೋತಿಗಳು ಇವೆ. ಆ ಕೋತಿಗಳು ಆಹಾರ ತೆಗೆದುಕೊಳ್ಳಲು ಬರುತ್ತಲೇ ಇರುತ್ತವೆ. ನಾನು ಅವುಗಳನ್ನು ಹೆದರಿಸಲು ಒಂದು ಕ್ಯಾಟಪುಲ್ಟ್ ಅನ್ನು ಬಳಸುತ್ತೇನೆ. ಸಂಜೆ ಹೊಲಗಳು ನಿಶ್ಯಬ್ದವಾಗಿರುವಾಗ ನಮ್ಮ ಹೊಲದ ಸುತ್ತಲೂ ನವಿಲುಗಳು ಆಹಾರ ಧಾನ್ಯಗಳನ್ನು ತಿನ್ನಲು ಬರುತ್ತವೆ. ಆ ನವಿಲುಗಳನ್ನು ನೋಡುವುದೇ ಒಂದು ಆನಂದ.

ನಮ್ಮ ಶಾಲೆಯ ಪ್ರಾಂಶುಪಾಲರಾದ ಫಾದರ್ ಸುನೀಲ್ ಫರ್ನಾಂಡಿಸ್ ರವರು ನಗರದ ಮಕ್ಕಳು ಮತ್ತು ಜನರಿಗೆ ಹಳ್ಳಿಯ ಬದುಕು, ಹಳ್ಳಿಯ ಸಂಸ್ಕೃತಿ, ಹಳ್ಳಿಯ ಪರಂಪರೆಯನ್ನು ಪರಿಚಯಿಸಲು ಸಂತ ಜೋಸೆಫ್ ಬಾಲಕರ ಪ್ರೌಢ ಶಾಲೆಯಲ್ಲಿ ಪ್ರಪ್ರಥಮ ಬಾರಿಗೆ ಗ್ರಾಮೀಣ ಉತ್ಸವವನ್ನ ಆಯೋಜಿಸಿದ್ದರು. ನಾನು ಅಲ್ಲಿ ಸೈಕಲ್ ಟೈಯರ್, ಪಗಾಡೆ ಮತ್ತು ಇತರ ಗ್ರಾಮೀಣ ಆಟಗಳನ್ನು ಆಡಿದೆ. ಜನಪದ ನೃತ್ಯಗಳಾದ ಡೊಳ್ಳು-ಕುಣಿತ, ಕಂಸಾಲೆ, ಹುಲಿವೇಶಾ, ಕೀಲು-ಕುದರೆ ನಾನು ಮೊದಲ ಬಾರಿ ನೋಡಿದೆ. ಅಲ್ಲಿ ನಡೆದ ಗ್ರಾಮೀಣ ಉತ್ಸವದಿಂದ ಅನೇಕರು ನಮ್ಮ ರಾಜ್ಯದ ಸಂಸ್ಕೃತಿಯನ್ನು ನೋಡಿ ಕಲಿತರು.

ಹಳ್ಳಿ ಜೀವನವನ್ನು ಆನಂದಿಸಿ. ಯಾವಾಗಲಾದರೂ ಅವಕಾಶ ಸಿಕ್ಕಿದಲ್ಲಿ ಬಿಡಬೇಡಿ. ಗ್ರಾಮೀಣ ಸೊಗಡನ್ನು ಅನುಭವಿಸಿ ಮತ್ತು ಆನಂದಿಸಿ. ಹಳ್ಳಿಗಳ ಪರಿಸರದಲ್ಲಿ ಉತ್ತಮ ಆಹಾರ, ನೀರು, ಶುದ್ಧ ಗಾಳಿ ಸಿಗುತ್ತದೆ. ಗ್ರಾಮಗಳು ಪ್ರಕೃತಿ. ಪ್ರಕೃತಿಯನ್ನು ಗೌರವಿಸುವುದು ರಕ್ಷಿಸುವುದು ನಮ್ಮ ಜವಾಬ್ದಾರಿ.

Gagan V R 7A



Aaron T Easaw 3 C

# ನನ್ನ ಕನಸಿನ ಜಗತ್ತು

ನನ್ನ ಕನಸಿನ ಜಗತ್ತು ಹೇಗಿರಬೇಕೆಂದರೆ ಅದು ಪ್ರೀತಿ, ಶಾಂತಿ, ದಯೆ ಮತ್ತು ಮಾನವೀಯತೆಯಿಂದ ತುಂಬಿರಬೇಕು. ಆ ಜಗತ್ತಿನಲ್ಲಿ ಯಾವುದೇ ಭಯೋತ್ಪಾದನೆ ಅಥವಾ ಯುದ್ಧಗಳು ಇರಬಾರದು. ದಯವೇ ಧರ್ಮದ ಮೂಲವಯ್ಯ ಎಂದು ಬಸವಣ್ಣನವರು ಹೇಳಿದ್ದಾರೆ. ಕೆಲವು ವರ್ಷಗಳ ಹಿಂದೆ ಪಾಕಿಸ್ತಾನಿನ ಶಾಲೆಯೊಂದರಲ್ಲಿ ಅನೇಕ ಮಕ್ಕಳನ್ನು ಮತ್ತು ಶಿಕ್ಷಕರನ್ನು ಭಯೋತ್ಪಾದಕರು ಕೊಂದರು ಮತ್ತು ಶ್ರೀಲಂಕಾದಲ್ಲಿನ ಚರ್ಚಿನಲ್ಲಿ ಪ್ರಾರ್ಥನೆ ಮಾಡಲು ಬಂದ ಭಕ್ತರನ್ನೂ ಕೊಂದರು . ದೇವರ ಮುಂದೆ ತಪ್ಪು ಮಾಡಲು ಹಿಂಜರಿಯಲಿಲ್ಲ . ನನ್ನ ಕನಸಿನ ಜಗತ್ತಿನಲ್ಲಿ ಯಾರು ಯಾರನ್ನು ಯಾವ ಕಾರಣಕ್ಕಾಗಿಯೂ ಹಿಂಸಿಸಬಾರದು . ಎಲ್ಲರೂ ಭಯವಿಲ್ಲದ ಜೀವನವನ್ನು ಶಾಂತಿಯುತವಾಗಿ ನಡೆಸಬೇಕು . ಅದಕ್ಕಾಗಿ ಎಲ್ಲರೂ ಅಹಿಂಸೆಯಂತಹ ಗಾಂಧಿವಾದಿ ತತ್ವಗಳನ್ನು ಅನುಸರಿಸಬೇಕು . ಹೇಗೆ ಈ ಮಹಾಮಾರಿ ಕೋವಿಡ್-19 ವಿರುದ್ಧ ಜಗತ್ತನ್ನು ಉಳಿಸಲು ಎಲ್ಲಾ ದೇಶಗಳು ತಮ್ಮ ಭಿನ್ನಾಭಿಪ್ರಾಯಗಳನ್ನು ಬಿಟ್ಟು ಒಟ್ಟಿಗೆ ಮಾನವಕುಲವನ್ನು ಉಳಿಸಲು ಪ್ರಯತ್ತಿಸುತ್ತಿದ್ದಾರೋ ಹಾಗೆ ನನ್ನ ಕನಸಿನ ಜಗತ್ತಿನಲ್ಲಿ ಮಾನವೀಯತೆಯೇ ಎಲ್ಲದಕ್ಕಿಂತ ಹೆಚ್ಚಾಗಿರಬೇಕು .

ನನ್ನ ಕನಸಿನ ಜಗತ್ತಿನಲ್ಲಿ ಬಡತನವೇ ಇರಬಾರದು . ಎಲ್ಲರಿಗೂ ಊಟ ,ಬಟ್ಟೆ, ಆಶ್ರಯ ಮತ್ತು ಔಷಧಿ ಸಿಗಬೇಕು . ಅದಕ್ಕಾಗಿ ಎಲ್ಲರಿಗೂ ಒಳ್ಳೆಯ ಶಿಕ್ಷಣ ಮತ್ತು ಕೆಲಸ ಸಿಗಬೇಕು ಮತ್ತು ನಾವು ಬಸವಣ್ಣನವರ ಕಾಯಕವೇ ಕೈಲಾಸ ಎಂಬ ತತ್ವವನ್ನು ಪಾಲಿಸಬೇಕು . ನಾವು ಕಷ್ಟಪಟ್ಟು ದುಡಿಯಬೇಕು . ಬೇರೆಯವರ ಹೆಣ್ಣು , ಹೊನ್ನು , ಮಣ್ಣಿಗಾಗಿ ಆಸೆ ಪಡಬಾರದು . ಆಗ ಜಗತ್ತಿನಲ್ಲಿ ಕಳ್ಳತನ ಭ್ರಷ್ಟಾಚಾರ ಮತ್ತು ಇತರ ಅಪರಾಧಗಳು ನಡೆಯುವುದೇ ಇಲ್ಲ .

"ಎಲ್ಲಿ ಸ್ತ್ರೀಯರನ್ನು ಗೌರವಿಸುತ್ತಾರೋ ಅಲ್ಲಿ ದೇವರು ವಾಸಿಸುತ್ತಾನೆ", ಎಂಬ ಸಂಸ್ಕೃತದ ಒಂದು ಹೇಳಿಕೆ ಇದೆ . ನನ್ನ ಕನಸಿನ ಜಗತ್ತಿನಲ್ಲಿ ಪುರುಷರು ಮತ್ತು ಮಹಿಳೆಯರನ್ನು ಸಮಾನವಾಗಿ ಪರಿಗಣಿಸಬೇಕು . ಹೆಣ್ಣುಮಕ್ಕಳನ್ನು ವರದಕ್ಷಿಣೆ , ಅತ್ಯಾಚಾರ ಯಾವುದೇ ಕಾರಣಕ್ಕಾಗಿ ಯೂ ಹಿಂಸಿಸಬಾರದು . ಅವರನ್ನು ಗೌರವದಿಂದ ಕಾಣಬೇಕು . ನನ್ನ ತಾಯಿಯು ಹೆಣ್ಣು , ನನ್ನ ತಂಗಿಯೂ ಹೆಣ್ಣು . ಹೆಣ್ಣು ಮಕ್ಕಳನ್ನು ರಕ್ಷಿಸುವ ಜವಾಬ್ದಾರಿ ನಮ್ಮದು

ನನ್ನ ಈ ಕನಸನ್ನು ನನಸು ಮಾಡುವುದಕ್ಕಾಗಿ ನಾನು ಮುಂದೆ ಭಾರತದ ಪ್ರಧಾನಮಂತ್ರಿಯಾಗಿ, ಸಂತ ಮದರ್ ತೆರೆಸ, ಮಹಾತ್ಮಗಾಂಧಿ, ಅಬ್ದುಲ್ ಕಲಾಂ ಅಂತಹ ಮಹಾನ್ ವ್ಯಕ್ತಿಗಳ ಹಾದಿಯಲ್ಲಿ ನಡೆದು ಮಾನವಕುಲದ ಸೇವೆಯನ್ನು ಮಾಡುತ್ತೇನೆ.

Sai Eshan A.N. 7 B

# ಲಾಕ್ ಡೌನಿನ ಪ್ರಭಾವ ಶಾಪವೋ ? - ವರವೋ ?

ಕರೋನಾ ವೈರಸ್ ಅರ್ಥವ ಸಿಒವಿಐಡಿ – 19 ಸಾಂಕ್ರಾಮಿಕ ಅನಾರೋಗ್ಯ ಮತ್ತು ಆರ್ಥಿಕ ಬಿಕ್ಕಟ್ಟನ್ನು ಸೃಷ್ಟಿಸುವ ಮೂಲಕ ಜಗತ್ತನ್ನು ಸಂಪೂರ್ಣವಾಗಿ ಬೆಚ್ಚಿಬೀಳಿಸಿದೆ. ಕೊರೋನಾ ಸೊಂಕನ್ನು ತಡೆಗಟ್ಟಲು ದೇಶದ ಪ್ರಧಾನಿ ಲಾಕ್ ಡೌನ್ ಘೋಷಿಸಿದರು. ಈ ಸಾಂಕ್ರಾಮಿಕ ರೋಗವನ್ನು ಎದುರಿಸಲು ವಿಶ್ವದಾದ್ಯಂತ ವಿಜ್ಞಾನಿಗಳು ಮತ್ತು ವೈದ್ಯಕೀಯ ವೈದ್ಯರು ಔಷಧಿಗಳನ್ನು ಮತ್ತು ಲಸಿಕೆಗಳನ್ನು ತರಲು ಸಾಕಷ್ಟು ಸಂಶೋಧನೆಗಳು ನಡೆಸಿದ್ದಾರೆ.

ಕೆಲವು ಜನರು ಸಾಂಕ್ರಾಮಿಕ ರೋಗವನ್ನು ತಡೆಯಲು ಅಥವ ಬೇರೊಬ್ಬರಿಗೆ ಹರಡಬಾರದೆಂದು ಲಾಕ್ ಡೌನ್ ಅವಶ್ಯ ಎಂದರು ಮತ್ತು ಕೆಲವರು ಇದು ವ್ಯರ್ಥವೆಂದರು . ಇದು ಹೊಸ ಖಾಯಿಲೆ ಆದುದರಿಂದ ಯಾರಿಗೂ ಸರಿಯಾದ ಕ್ರಮ ಯಾವುದು ಎಂದು ತಿಳಿದಿರಲಿಲ್ಲಾ. ಲಾಕ್ ಡೌನ್ ನಿಂದ ಅದರದೇ ಆದ ಲಾಭ ಮತ್ತು ನಷ್ಟಗಳನ್ನು ಹೊಂದಿದೆ.

ಲಾಭಗಳು : ಮೊದಲನೆಯದಾಗಿ, ನಮ್ಮ ದೇಶದ ಜನ ಸಂಖ್ಯೆ ಹೆಚ್ಚಿರುವುದರಿಂದ ಈ ರೋಗವು ಬೇಗ ಹರಡದಂತೆ ಮಾಡಿತು. ಸರ್ಕಾರಕ್ಕೆ ಸಮಯ ಸಿಕ್ಕಿತು. ಕೇಸ್ ಗಳು ಹೆಚ್ಚಾಗುವ ಮುನ್ನ ಅವರು ತಮ್ಮ ಕಡೆ ಮಾಡಿಕೊಳ್ಳ ಬೇಕಾದ ವ್ಯವಸ್ಥೆಯನ್ನು ಮಾಡಿಕೊಂಡರು. ಮಕ್ಕಳಿಗೆ ಮತ್ತು ದೊಡ್ಡವರಿಗೆ ರಜೆ ಘೋಷಿಸಿದರು. ಖುಷಿ ಖುಷಿಯಾಗಿ ಎಲ್ಲರೂ ಆರಾಮವಾಗಿ ಇರಬಹುದೆಂದು ಸಂತೋಷ ಪಟ್ಟರು. ವಾಹನಗಳ ಬಳಕೆ ಕಡಿಮೆಯಾಯಿತು. ಇದರಿಂದ ಪರಿಸರ ಮಾಲಿನ್ಯ ಕಡಿಮೆಯಾಯಿತು, ಆಕಾಶದಲ್ಲಿ ನಕ್ಷತ್ರಗಳು ಕಾಣಿಸತೊಡಗಿದವು, ರಸ್ತೆಗಳು ಖಾಲಿ ಇದುದ್ದರಿಂದ ಪಕ್ಷಿ ಪ್ರಾಣೆಗಳು ರಸ್ತೆಗೆ ಬರತೊಡಗಿದವು. ಬೆಳಗಿನ ಪಕ್ಷಿಗಳ ಚಿಲಿಪಿಲಿ ನಾದವನ್ನು ನಾವು ಕೇಳಲು ಆರಂಭಿಸಿದವು. ಮನೆಯಲ್ಲಿ ಬಗೆಬಗೆಯ ತಿಂಡಿಗಳನ್ನು ಮಾಡಿ ಒಟ್ಟಾಗಿ ಕುಳಿತು ಆನಂದಿಸುವ ಅವಕಾಶ ದೊರೆಯಿತು. ದೇಹದ ತೂಕ ಹೆಚ್ಚಾಯಿತು. ವಾಹನಗಳ ಸಂಚಾರ ಕಡಿಮೆಯಾಗಿದ್ದರಿಂದ ಅಪಘಾತಗಳು ಮತ್ತು ಪ್ರಾಣಹಾನಿ ಕಡಿಮೆಯಾದವು. ಜನರ ಸಂಚಾರ ತೀರ ಕಡಿಮೆಯಾದ ಕಾರಣ ದರೋಡೆ, ಕಳ್ಳತನ , ಕೊಲೆ ಮುಂತಾದ ಅಪರಾಧಗಳು ಸಹ ಕಡಿಮೆಯಾದವು.

ನಷ್ಟಗಳು : ಆರ್ಥಿಕ ಬಿಕ್ಕಟ್ಟು ಮೊದಲ ಮತ್ತು ದೊಡ್ದ ಆತಂಕ ತಂದಿತು. ಬಡ ಜನರಿಗೆ ದಿನನಿತ್ಯ ತಮ್ಮ ಸಂಸಾರಕ್ಕೆ ಒಂದು ಹೊತ್ತು ಊಟ ಮಾಡಲು ತೊಂದರೆಯಾಯಿತು. ವೃದ್ಧರು ಗುಬ್ಬಚ್ಚಿಯು ಗೂಡು ಸೇರಿದಂತೆ ಮನೆಯಲ್ಲಿ ಕೂತರು. ತಮ್ಮ ಮಕ್ಕಳ ಹಾಗೂ ಮೊಮ್ಮಕ್ಕಳ್ಳನ್ನು ನೋಡಲು ಆಗದೇ ನಿರಾಸೆಗೊಂಡರು. ಅನೇಕರು ತಮ್ಮ ಕೆಲಸವನ್ನು ಕಳೆದುಕೊಂಡರು. ಬಹಳ ಜನರು ಊರು ಬಿಟ್ಟು ತಮ್ಮ ಹಳ್ಳಿಗಳತ್ತ ನಡೆದರು. ಕೆಲವರು ಪಟ್ಟಣದಲ್ಲಿ ಜೀವ ನಡೆಸಲಾಗದೆ ತಮ್ಮ ತವರೂರಿನತ್ತ ನಡೆದರು. ರೋಗವು ಎಲ್ಲೆಡೆ ಹಬ್ಬಿ ಎಲ್ಲರ ಬಲಿ ತೆಗೆದುಕೊಳ್ಳುತ್ತಿತ್ತು. ಸಾವಿನ ಸಂಖ್ಯೆ ಹೆಚ್ಚಾಗುತ್ತಾ ಜನರ ಮನದಲ್ಲಿ ಆತಂಕ ಹೆಚ್ಚಾಗುತಿತ್ತು. ದೇಶ ವಿದೇಶಗಳಲ್ಲಿ ಇದ್ದ ಜನರ ಗೋಳು ಹೇಳತೀರದು.

ಈ ಲಾಕ್ ಡೌನ್ ನಮಗೆ ವರವೂ ಅಲ್ಲ ಶಾಪವೂ ಅಲ್ಲ ಎಂಬುದೇ ನನ್ನ ಅಭಿಪ್ರಾಯ. ಇದರಿಂದ ನಮ್ಮ ಜೀವನ ಎಷ್ಟು ದುರ್ಬಲ ಎಂದು ತಿಳಿಯಿತು. ನಾವು ಎಷ್ಟೊಂದು ಕನಸುಗಳನ್ನು ಕಟ್ಟಿಕೊಂಡು, ನಾವೇ ದೊಡ್ಡವರು ಎಂದು ಗರ್ವದಿಂದ ಬೀಗುತ್ತಾಯಿದ್ದ ನಮಗೆ ಈ ಚಿಕ್ಕ ಕ್ರೀಮಿ ನಮ್ಮ ದರ್ಪವನ್ನೆಲ್ಲಾ ಮುರಿದು ಹಾಕಿದೆ. ನಮ್ಮ ಜೀವನ ನೀರಿನ ಮೇಲಿನ ಗುಳ್ಳೆಯೆಂಬ ಅರಿವು ಮೂಡಿಸಿದೆ.

SUMUKH SUBRAMANYA

5D

# <u>ನನ್ನ ಕನಸು</u>

ತತ್ತರಿಸುತಿದೆ ನನ್ನ ಭಾರತ ಕರೋನಾದ ಹಾವಳಿಗೆ, ಹೋರಾಡಬೇಕಿದೆ ಧೈರ್ಯದಿಂದ ನಾವೆಲ್ಲಾ ಒಟ್ಟಿಗೆ.

ಶಾಲೆಯ ದಾರಿ ಮರೆತು ಹೋಗಿದೆ, ಸ್ನೇಹಿತರ ಜೊತೆ ಆಟ ಪಾಠ ಎಲ್ಲಾ ಕನಸಿನ ಮಾತಾಗಿದೆ.

ಹೇಗಾದರೂ ಕರೋನವನ್ನು ಓಡಿಸುವ ಆಸೆ ನನಗೆ ಮನೆಯಲ್ಲೇ ಬಂಧಿಯಾಗಿರುವೆ ನಾನು, ಓಡಿಸುವುದಾದರೂ ಹೇಗೆ?

> ವಿಜ್ಞಾನಿ ನಾನಾದರೆ, ಕರೋನ ಲಸಿಕೆ ಕಂಡುಹಿಡಿಯುವೆ.

ಪ್ರಧಾನಿ ನಾನಾದರೆ, ಪ್ರತಿಯೊಬ್ಬರ ಮನೆ ಬಾಗಿಲಿಗೆ ಲಸಿಕೆ ಹೊಂದಿಸುವೆ.

> ವೈದ್ಯ ನಾನಾದರೆ, ಕರೋನ ಪೀಡಿತ ಜನರ ನೆರವಾಗುವೆ.

ಪೊಲೀಸ್ ನಾನಾದರೆ, ಕರೋನ ಕಟ್ಟುನಿಟ್ಟಿನ ನಿಯಮ ಜಾರಿಗೆ ತರುವೆ.

ಜಿನೀ ನಾನಾದರೆ, ಕರೋನವನ್ನು ಪ್ರಪಂಚದಿಂದಲೇ ನಾ ತೊಲಗಿಸುವೆ ಶಾಲೆಯ ಬಾಗಿಲು ತೆಗೆಸುವೆ ಹರುಷದಿ ಸ್ನೇಹಿತರೊಡನೆ ನಲಿ ನಲಿಯುವೆ.

**GOUTHAM SUMEDH M** 

6**A** 

# ನಾನು ಮತ್ತು ದೇವರ ತೋಟದ ಹೂಗಳು

ದೇವರು ಎಲ್ಲೆಡೆ ಇದ್ದಾನೆ. ಅವನು ಎಲ್ಲರಲ್ಲೂ ಇದ್ದಾನೆ. ಅದರಲ್ಲೂ ಅವನದೇ ಸ್ವರೂಪವಾದ ಮುಗ್ನವಾದ ಮಕ್ಕಳ ಮನಸ್ಸಿನಲ್ಲಿ ಅವನು ಇದ್ದಾನೆ. ಮಕ್ಕಳು ಆ ದೇವರ ತೋಟದ ಹೂಗಳು. ಅವನ ತೋಟದಲ್ಲಿ ಎಲ್ಲಾ ತರದ ಹೂಗಳಿವೆ. ಹಾಗೆಯೇ ನಮ್ಮ ಶಾಲೆಯಲ್ಲಿ ಎಲ್ಲಾ ತರಹದ ಮಕ್ಕಳು ಓದುತ್ತಿದ್ದಾರೆ. ಎಲ್ಲ ಮಕ್ಕಳಲ್ಲೂ ಒಂದಲ್ಲ ಒಂದು ವಿಶೇಷತೆಯಿದೆ. ಒಬ್ಬ ಚೆನ್ನಾಗಿ ಓದಿದರೆ,ಇನ್ನೊಬ್ಬ ಚನ್ನಾಗಿ ಆಡುತ್ತಾನೆ,ಒಬ್ಬ ಚೆನ್ನಾಗಿ ಮಾತನಾಡಿದರೆ ಇನ್ನೊಬ್ಬ ಚೆನ್ನಾಗಿ ಹಾಡುತ್ತಾನೆ. ಮಕ್ಕಳಿಗೆ ಪಾಠ ಹೇಳಿಕೊಡುವುದು, ಅವರ ಜೊತೆ ಸಮಯ ಕಳೆಯುವುದು ಒಂದು ರೀತಿಯಲ್ಲಿ ದೇವರ ಪೂಜೆ ಮಾಡಿದಂತೆನಿಸುತ್ತದೆ.

ಗುರು-ಶಿಷ್ಯರ ಸಂಬಂಧ ಎಲ್ಲಾ ಸಂಬಂಧಗಳಿಗಿಂತ ವಿಶೇಷವಾದುದು. ಹೂಗಳಿಗೆ ಪೋಷಣೆ ಮತ್ತು ನೀರು ಸರಿಯಾಗಿ ಸಿಗುವ ರೀತಿಯಲ್ಲಿ ಮಕ್ಕಳಿಗೆ ಶಿಕ್ಷಣ , ಪ್ರೋತ್ಸಾಹ ಮತ್ತು ಪ್ರೀತಿ ಗುರುವಿನಿಂದ ಸಿಕ್ಕಿದರೆ ಅವರು ಮುಂದೆ ಹೂವಿನಂತೆ ಹರಡಿ ದೇವರಪೂಜೆಗೆ ಸಲ್ಲುವಂತೆ ಈ ಮಕ್ಕಳು ದೊಡ್ಡವರಾದಮೇಲೆ ದೊಡ್ಡ ಸಾಧನೆ ಮಾಡಿ ಸಮಾಜಕ್ಕೆ ಒಳಿತನ್ನು ಮಾಡುತ್ತಾರೆ .

ಕರೋನಾ ಮಹಾಮಾರಿಯ ಕಾರಣದಿಂದಾಗಿ ಒಂದು ವರ್ಷದಿಂದ ಶಾಲೆಗಳು ಮುಚ್ಚಿ ಆನ್ಲೈನ್ ತರಗತಿ ನಡೆಯುತ್ತಿದೆ. ಪಾಠಗಳ ನಡೆಯುತ್ತಿದ್ದರೂ ಒಂದು ರೀತಿಯಲ್ಲಿ ಬೇಸರವಾಗಿದೆ. ಇದೇ ಮೊದಲ ಬಾರಿಗೆ ಇಡೀ ವರ್ಷ ಮಕ್ಕಳು ಶಾಲೆಗೆ ಬರಲಿಲ್ಲ. ಶಾಲೆಯ ಎಲ್ಲಾ ಮೇಜು ಕುರ್ಚಿಗಳು ಖಾಲಿ. ಇಡೀ ಶಾಲೆಯ ಖಾಲಿ ಖಾಲಿ ಎನಿಸಿತು. ಮಕ್ಕಳ ಕೂಗಾಟ ಕಿರುಚಾಟ ವಿಲ್ಲ. ಮಕ್ಕಳನ್ನು ಚಿಕ್ಕ ಪರದೆ ಮೇಲೆ ಮಾತ್ರ ನೋಡುವಂತಾಯಿತು. ಶಾಲೆಯಲ್ಲಿ ನಿಶಬ್ಧತೆ ಆವರಿಸಿ ಜೀವನವೇ ಶೂನ್ಯ ವೆನ್ನಿಸಿತ್ತು. ಪಾಠಮಾಡುವಾಗ ಕೆಲವೊಮ್ಮೆ ಮಕ್ಕಳು ಮುಗ್ಧತೆಯಲ್ಲಿ ಜಗಳವಾಡುವುದು, ಒಬ್ಬರ ಮೇಲೆ ಒಬ್ಬರು ಚಾಡಿ ಹೇಳುವುದು ಆನಂತರ ಏನೂ ಆಗದಂತೆ ಮತ್ತೆ ಸ್ನೇಹಿತರಾಗುವುದು ಯಾವುದೂ ನಡೆಯಲಿಲ್ಲ .

ಮಕ್ಕಳಿಗೆ ಮುಖಾಮುಖಿ ಪಾಠ ಮಾಡಿದಾಗ ಅವರ ಮುಖದಿಂದಲೇ ಅವರಿಗೆ ಎಷ್ಟು ಪಾಠ ಅರ್ಥವಾಗಿದೆ ಎಂಬುದು ಗೊತ್ತಾಗುತ್ತದೆ. ಆಗ ಅವರಿಗೆ ಸಹಾಯ ಮಾಡಲು ಸುಲಭವಾಗುತ್ತದೆ. ಶಿಕ್ಷಕರು ವಿದ್ಯಾರ್ಥಿಗಳೊಂದಿಗೆ ಎದುರು-ಬದುರು ಸ್ಪಂದಿಸಿದಾಗ ಮಾತ್ರ ಮಗುವಿನ ಒಟ್ಟಾರೆ ಬೆಳವಣಿಗೆ ಸಾಧ್ಯವಾಗುತ್ತದೆ. ನಾನು ನನ್ನ ವಿದ್ಯಾರ್ಥಿಗಳನ್ನು ಮುಖಾಮುಖ ಭೇಟಿಯಾಗದೆ ಏನೋ ಕಳೆದುಕೊಂಡಂತೆ ಅನಿಸುತ್ತಿದೆ.

ಆಕಾಶದಲ್ಲಿ ಹಕ್ಕಿಗಳಂತೆ ಹಾರಬೇಕಾದ ಮಕ್ಕಳು ಮನೆಯಲ್ಲಿಯೇ ಇರಬೇಕಾದ ಪರಿಸ್ಥಿತಿಯನ್ನು ನೋಡಿ ನನಗೆ ಬಹಳ ಬೇಸರವಾಗುತ್ತಿದೆ. ನನಗೆ ವಿದ್ಯಾರ್ಥಿಗಳನ್ನು ನೋಡಬೇಕು ಎಂದು ಇಷ್ಟು ಅನಿಸುತ್ತಿರುವಾಗ, ಮಕ್ಕಳಿಗೆ ತಮ್ಮ ಶಾಲೆ, ಶಿಕ್ಷಕರು, ಸ್ನೇಹಿತರನ್ನು ನೋಡಬೇಕು ಎಂದು ಎಷ್ಟು ಅನಿಸಬಹುದು. ಆದಷ್ಟು ಬೇಗ ಈ ಮಹಾಮಾರಿಯು ತೊಲಗಿ, ಜನಜೀವನ ಮೊದಲಿನಂತೆ ಆಗಿ, ನನ್ನ ದೇವರ ತೋಟದ ಹೂಗಳನ್ನು ಮತ್ತೆ ಮುಖಾಮುಖಿ ಭೇಟಿಯಾಗಿ ಪಾಠ ಮಾಡುವಂತೆ ಆಗಲಿ ಹಾಗೂ ಮಕ್ಕಳ ಮಾತು ,ನಗು , ಆಟ-ಪಾಠ ಎಲ್ಲವನ್ನು ಮೊದಲಿನಂತೆ ನೋಡುವಂತಾಗಲಿ ಎಂದು ಪ್ರಾರ್ಥಿಸುತ್ತೇನೆ.

ಸದಾ ನಿಮ್ಮ ಹಿತವನ್ನೇ ಬಯಸುವ ನಿಮ್ಮ ಕನ್ನಡದ ಶಿಕ್ಷಕಿ ಮಂಜುಳಾ ಟಿ.ಎ

## Notre finale année en quarantaine

Je me souviens des jours, Quand nous dormions comme des ours. Notre temps ensemble me manque, Quand nous avions tant d'acrobates. Je n'aurais jamais pu savoir, Qu'il serait si difficile de le récupérer. L'année dernière est partie. Mais cette année corona a volé, Je suis maintenant assis chez moi, Pour Corona je vais faire ma prière, Je vois rarement les visages de mes amis, Je les oublie comme si j'étais amnésique, Je sais enfin ce que signifie l'école, C'était très volontaire, Je déteste le cours en ligne, Parce qu'il n'a pas de valeur, Maintenant je suis gonflé, Car je n'avais nulle part où aller.

RishabTarakesh 10D

### Un Hommage aux Médecins

Cette année, le monde a connu les pires moments en affrontant la pandémie de COVID-19. Le monde a vu des gens souffrir avec le virus mortel du COVID-19 qui a marché au-delà des frontières, irrésistiblement.

Dans cette période de douleur et d'anxiété, les prières du peuple ont été exaucées par Dieu à travers les médecins et les infirmières du monde entier. Les médecins et les infirmières du monde ont risqué leur vie en tant que guerriers de première ligne servant à sauver ces patients qui sont touché par le virus.

Ces guerriers courageux endurent de telles douleurs, jour et nuit pour servir l'humanité. À titre de reconnaissance à leur compassion de sauver l'humanité, nous saluons et rendons hommage à tous les médecins du monde entier qui combattent la pandémie.

S.Kevin Titus 9B

# Les avantages et les inconvénients de cours en ligne.

L'épidémie de coronavirus est devenue une pandémie. Il infecte de plus en plus de personnes chaque jour. Pour cette raison, nous devons suivre le cours en ligne.

Il y a plusieurs avantages de cette pratique : l'éducation est apportée à nos maisons simples et efficacement. Ça donne beaucoup de temps libre car la duration de ce cours est courte, en conséquent il permet de s'enregistrer aux autres cours.

Il existe les inconvénients aussi : il manque à créer une bonne relation entre le professeur et les élèves. Il est aussi très difficile de compléter le programme parce que les cours en ligne sont très courts par rapport aux cours réguliers. En résultat de passer trop de temps devant les gadgets comme un ordinateur, un portable etc , on peut endommager les yeux et le cerveau.

Pourtant, il est très important de rester en sécurité pendant cette pandémie. Nous ne pouvons pas laisser le coronavirus gagner. Restez à la maison, restez en sécurité et étudiez bien!

Reehan Joseph Mathews 8A

## Le cours en ligne

Pendant ce temps difficile, il faut prendre mesures désespérées à assurer que l'éducation des étudiants ne s'arrête pas. Donc, le cours en ligne est introduit. Mais, le cours en ligne, contribue-t-il à l'éducation des étudiants ou contre? Le cours en ligne a quelques avantages Les étudiants n'ont pas besoin de se déplacer inutilement, on peut éviter la circulation, la pollution. Aussi, ils n'ont pas à transporter beaucoup de livres à l'école

En revanche, il y a les inconvénients aussi : c'est difficile à attirer l'attention des étudiants. A cause de la pire connectivité, les professeurs perdent leur fluidité d'enseignement et les étudiants manquent de parties importantes.

Le cours en ligne, est-il un remplacement pour de la classevirtuelle ? Certainement pas, maisà ce moment-là, il n'y a de choix, c'est un bon alternatif.

Keith James 9B

#### La petite créature

J'ai lu dans un livre de scientifique des pandémies comme la peste, la grippe et le choléra qui ont frappé la population humaine.

Cette petite créature nous interdit d'aller à l'école, au bureau, aux centres commerciaux, le théâtre et l'église. Enfermé à l'intérieur et peur de sortir. Le commerce et l'économie se sont effondrés. Voyage interdit et frontières fermées. Silence partout mais maintenant je peux entendre les oiseaux chanter et voir un ciel clair, le mode de vie a changé, les études en ligne, les achats en ligne, les divertissements en ligne, etc. Je me demande à quel point cette petite créature est forte! N'abandonnez pas l'espoir. Nous avons surmonté les pandémies et les guerres mondiales dans le passé. En restant hygiénique, en mangeant des aliments sains et en maintenant la distance sociale, on peut chasser ce petit démon qui s'appelle <Corona>.

Jaiden Dennis 10D

## La grande transformation

En décembre 2019 un nouveau virus appelé coronavirus est originaire de la ville de Wuhan en Chine. Après quelques mois le virus s'est propagé le monde entier. Pourcontrôler la propagation du virus, le gouvernement a imposé le confinement dans de nombreuses régions du monde par conséquent, la pollution a réduit.

A cause de ce virus, de nombreux événements sportifs et culturels avaient été annulés par conséquent on a commencé le télétravail et tant de personnes ont perdu leur emploi.Porter des masques et transporter des désinfectants tandis que en sortant est la nouvelle norme pour les gens.

De nombreux animaux retournent dans leurs habitats naturels qui étaient autrefois revendiqués par les humains.Le virus était le moyen de protection de mère nature.

Aston D'Souza 8 A

# Comment je passe ma dernière année d'école ?

Nous sommes tous touchés par la pandémie virale, mais pour nous qui étudions en classe 10, c'est encore plus épuisant. Nous devons nous asseoir devant nos ordinateurs portables pendant au moins 7 heures. C'est notre dernière année à l'école et j'ai hâte de participer à tant d'activités mais malheureusement toutes nos activités ont été ruinées. J'attendais vraiment avec impatience ma dernière année à représenter notre école pour le tournoi de hockey, mais je ne pense pas que cela se produira bientôt. Ce qui me dérange, c'est que je ne peux même pas voir mes amis et jouer avec eux. L'expérience scolaire n'a rien à voir avec la classe en ligne. Tout ce qu'on peut faire maintenant, c'est prier pour que tout redevienne normal.

Varun John Paul 10 E

#### L'amitié

Il y a toujours un moment dans la vie où nous nous sentons rejetés, abandonnés ou également confrontés à l'isolement. À ce stade, il n'y a rien de plus satisfaisant que de partager vos difficultés avec un ami. L'amitié elle-même n'est pas un nom mais aussi une endurance, c'est un lien entre les personnes que nous aimons, un lien qui ne peut jamais être rompu. La véritable amitié est ce qui nous donne une raison de rester forts dans la vie. Nous n'avons peut-être pas de famille, mais nous aurons toujours des amitiés. En période de difficulté, les amis tesoutiennent, en période d'ignorance, ils ne te rejettent pas. Dans notre vie, nous rencontrons beaucoup de gens, avec certains nous devenons amis et oublions avec le temps, mais comme il y avait peu d'amitié entre nous, nous pouvons perdre le contact avec eux mais ne jamais perdre leur mémoire. D'autres que nous rencontrons, nous partageons notre amour, notre affection et notre grand lien. Avoir une véritable amitié vous permet non seulement de vous sentir mieux, mais contribue également à maintenir le bonheur. En bref, l'amitié peut être définie comme le lien entre quelqu'un sur qui nous pouvons compter le plus.

"Parfois, vous ne saurez jamais la valeur de quelqu'un jusqu'à ce qu'il devienne un souvenir" -Dr. Seuss

Jaden Mathew Kumar 9B

#### La Technologie

La technologie est l'étude des outils et des techniques. Le terme désigne tout ce qui peut être dit àdifférentes périodes historiques sur l'état de l'art en termes d'outils et de Savoir-faire. Il comprend l'art, l'artisanat, les métiers, les sciences appliquées et les connaissances.

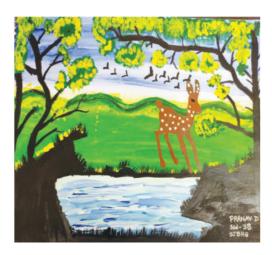
Bien que la technologie soit très utile, elle présente de nombreux inconvénients :

Le Réchauffement Climatique : L'industrialisation résultant de nouvelles technologies libère de nombreux gaz nocifs qui érodent la couche d'ozone. Cela a provoqué un changement des conditions météorologiques et une augmentation du nombre de maladies du mors.

La Pollution: Des technologies telles que l'invention de véhicules, la climatisation et d'autre gadgets avancés ont entraîné une pollution de l'air. L'avancement des choses qui nécessitent des combustibles fossiles réduit la quantité que nous avons et libère du dioxyde de carbone dans l'air s'il est brûlé.

La Perturbation de l'écologie : le défrichagedes terres où les animaux vivaient pour construire des usines et permettre à la pollution de contaminer les chaînes alimentaires peuvent grandement affecter les cycles naturels de l'environnement. Nous devons améliorer la technologie avec sagesse et nous assurer que le moins de dégâts possible atteignent la terre.

#### Ethan D'Souza 9A



**Pranav. D** 3B

# Quelle est la différence entre la science et la religion?

Quelle est la différence entre la science et la religion? J'expliquerai par le biais d'une histoire. Il était une fois deux familles, la famille de science et la famille de religion qui ne se parlaient jamais. Un jour, Charles (le fils de la famille scientifique) est alléau supermarché et il a rencontré Louis (la famille religieuse). Louis lui a demandé: «Hé Charles, où vas-tu?». Charles lui a répondu: «Je vais là où le vent me mène». Louis était confus et il a clarifié avec son père la raison de sa réponse. Le lendemain, Charles allait au supermarché, Louis demandait à nouveau: «Où vas-tu?» et Charles a répondu: «Je vais là où mes jambes me mènent». Louis s'est de nouveau fâché et il a approché son père pour l'explication. Son père lui a expliqué : « C'est la différence entre la religion et la science. La religion reste avec leur tradition familiale tandis que la science change de jour en jour ».

#### Adonis David 6C

#### Les Festivals En Inde

L'inde est une terre de festivals. Voici une sélection de plus beaux festivals : Diwali, Holi, Eid, Guru Nanak Jayanti et Noël.

Diwali et Holi sont des festivals importants pour les hindous qui sont célébrées dans tout le pays.Diwali est la fête des lumières et Holi est la fête des couleurs.Eid est un festival islamique où il donne lieu à un immense festival de nourriture.Noël, c'est une fête célèbre par les chrétiens pour commémorer la naissance du Jésus Christ.

La fête nationale -L'indépendance, La République et Gandhi Jayanti.

Les festivals régionaux : Pongal, Onam et Lohri.

Les festivals apportent des moments de joie et de bonheur, en particulier quand on célèbre avec leurs familles.

#### Carlton Noronha 6B

#### **Alex**

C'était une froide nuit d'hiver.

Pierre et son père marchaient dans une rue. Tout à coup, il a commencé à pleuvoir. Ils se sont précipités vers un arbre à proximité pour s'abriter. Pierre a entendu un bruit. Le père de Pierre lui a dit « c'est un chien ». Il avait raison, c'était un petit chiot blanc et noir. Il avait perdu sa famille. Pierre voulait l'amenerchez lui, heureusement, son père a accepté.

Pierre l'a lavé et l'a nourri avec du pain et du lait. Pierre l'a aussi appelé « Alex ».

Après une année, Alex est devenu fort et grand. Il était très content avec sa nouvelle famille. Pierre l'adore beaucoup.

Rahul Malhotra 5C

#### La glace de chico (Chikoo ice cream)

Les Ingrédients

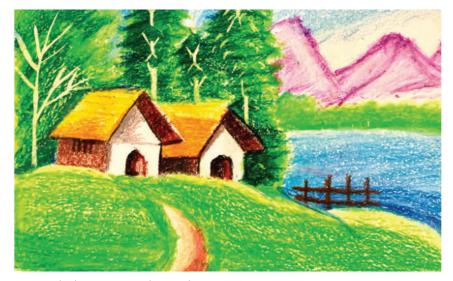
- 1) Chico de taille moyenne(pelée)
- 2) Deux cuillères à soupe de petits morceaux de chico.
- 3) 250ml de crème fraîche
- 4) tasse de lait concentré

La Préparation

- Mélangez les trois chicos pelés de taille moyenne
- 2) Prenez un bol, mettez-y 250ml de crème fraîche et mélangez pour 4 minutes.
- 3) Ajoutez tasse de lait concentré
- 5) Battez bien.
- 6) Ajoutez deux cuillères à soupe de Chico en morceaux.
- 7) Mettez dans un récipient et couvrez
- 8) Réfrigérez pour huit heures

Brendan Saldanha 5D

# La Sérénité



Art work done using oil pastels.

Rahul Malhotra 5C



 $\begin{array}{c} \textbf{SushanthC Vardhan} \\ \textbf{3D} \end{array}$ 



Muhammad Habib. 3 C



Krithen John Joseph Chella 4B



Ram Prakash 3E



Dhruv U Chikkamath



**Lohithaksh.N** 3C



Ethan Benjamin Fernandes 4D

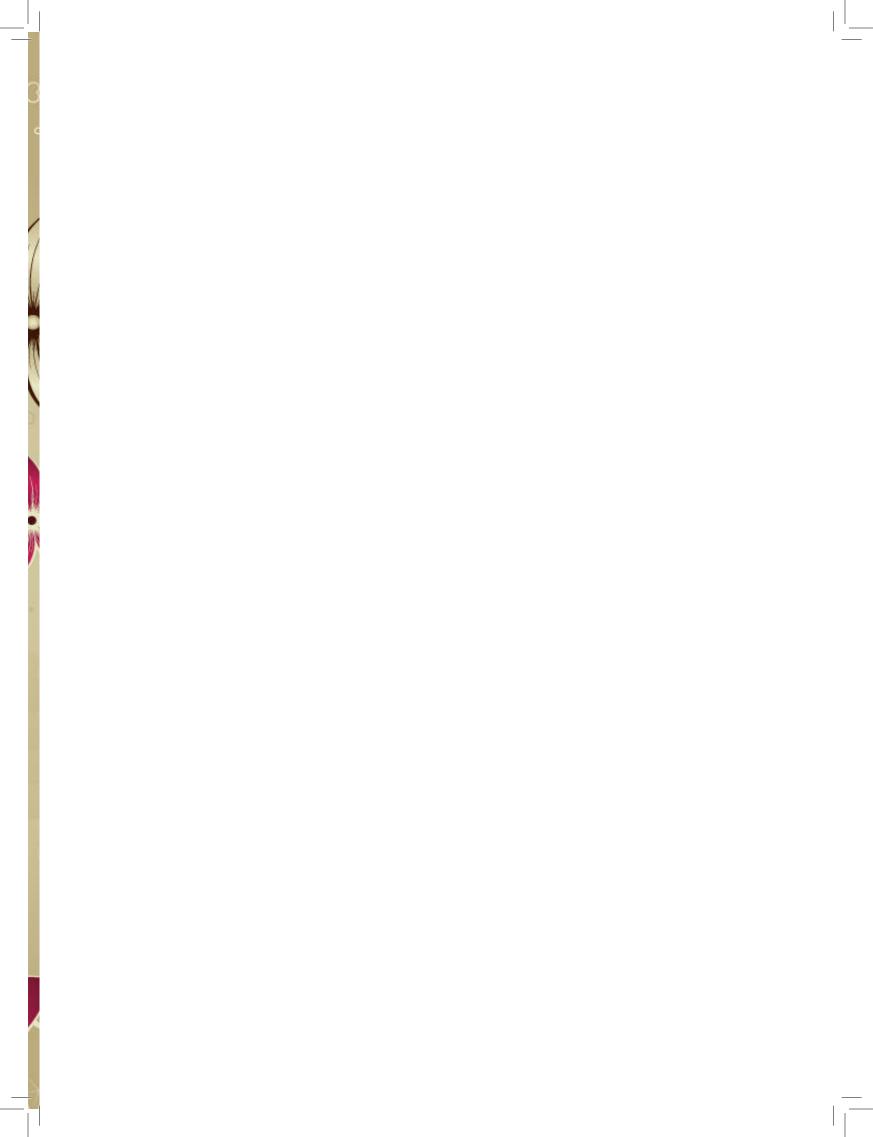


Shivank Narayan 3-C



Ankit Johann Tauro  $\ensuremath{\mathfrak{Z}}$   $\ensuremath{\mathbb{C}}$ 







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