

**"Life is  
a succession of  
lessons which  
must be  
lived to be  
understood."**



**DON BOSCO**

**MATRIC. HR. SEC. SCHOOL  
EGMORE, CHENNAI.**

**2021 - 2022**



**Rev. Fr. L. John Bosco SDB**



*Thank You*

**Rev. Fr. K. M. Jose SDB**



*Have Faith in Mary Help Of All,  
and you will see what miracles are.*

*- St. John Bosco*

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# Editorial

One of the most famous quotes of St. John Bosco (referring to his boys) is “*I always try to win them over with love and kindness*” - this Vision has been the Mission of the Salesian Community. Having lost his father at a young age, St. John Bosco made it his life's mission to dedicate himself to the needs of young people in the streets of Turin, Italy, especially for the boys who did not have a father figure in their lives.

Don Bosco Egmore's education is centered on this vision fostered by St. John Bosco ensuring that all students are formed intellectually and compassionately. Over the years our Teaching Faculty has proved to be efficient in nurturing the young under our care to achieve their dreams. This is made possible by St. John Bosco's teaching of extending our faculty of thought outside the classroom.

The last few years have been extremely challenging for society, particularly in the school system where online learning became the norm. We were well equipped to match these demands by catering to online learning protocols and delivering the same quality of education through various tech channels without compromise. This adaptation gave the parents of our children a first-hand look into our online classrooms along with our strategic methods to meet the unique demands of online education.

Now, that the pandemic is behind us, our school has opened the gates to our students this past year with a fully functional education system with extracurricular activities to provide a holistic education. Our commitment to education rooted in love has been and will always be the cornerstone of our mission for many years to come. We are grateful and excited that you are a part of our journey this new year and we look forward to serving you through educational excellence.

Hail Don Bosco!

**Mr. Jerome Dominic**



**Fr. Mathias SDB**  
Principal



**Mr. S. Joseph**  
Asst. Headmaster



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## *Fr. Provincial's Message*

Dear Students, Staff, Parents, Past Pupils, Well-wishers and my dear Salesians,

It gives me immense joy to send you this message for the release of your Annual School Magazine at the end of the academic year 2021-22. Having experienced together anxiety and grief during the last two pandemic years, we are still grateful to the Almighty for the numerous graces and blessings we have received here in Don Bosco, Egmore.

St John Bosco is among those saints who, in the history of the Church, were totally committed to education as their mission. In the mind of Don Bosco this is intended to meet the needs of young people in their search for meaning and happiness. Here in DB Egmore, we know that education is not only a matter of instruction and the acquisition of skills, but that we are also concerned with the formation of intelligence, of freedom, of the capacity to love and to do good to others.

Kindness means a fundamental respect for the youngsters by which they feel they are loved. The first duty of an educator is to make the student feel loved. Education is possible only in an ambience of love. Reason consists essentially in disposing the students to obey not from fear or compulsion, but from persuasion. The rules for a good and orderly behaviour must be reasonable and simple; useful for living happy and holy lives; yet, most importantly, rules need to be clear, explained patiently and exemplified in practical and engaging ways. Religion addresses the spiritual development of the students. As the human nature is essentially religious, the strengthening of the will and of a solid moral character are very essential for the holistic growth of the student.

As we have seen above, here in Don Bosco Egmore, we seek to impart an education that aims to modify the nature of the *educand* and not merely to supply knowledge. In doing so, we seek to ensure that all our students will be able to face a future of social equity and environmental sustainability.

It is my wish and fervent prayer that every student will have **Respect** - for oneself, and others; **Understanding** - a commitment to learning and working well with others; **Affection** - care and love for each other and **Happiness** all through the ups and downs of life just as Don Bosco lived.

With every good wish,  
Yours truly in Don Bosco,

**Fr. K.M. Jose SDB**  
INM Provincial



## *Fr. Rector's Message*

Dear Teachers, Parents, Students,

Cordial Greetings from Don Bosco, Egmore, Chennai.

The world is slowly recovering from the effects of the onslaught let loose by a tiny virus, 500 times smaller than the diameter of a human hair - COVID-19. In the course of the last 24 months, this tiny monster brought the whole world to its knees, including the most powerful and prosperous countries in the world. According to the World Health Organization, this dreadful virus infected over 524 million people and took the lives of 15 million, across the world. Again, as per the WHO report, India has had the highest number of COVID-related deaths among all the countries - 48 lakhs. This number is, of course, strongly contested by the Government of India official version of the number of Covid-related deaths in India is a mere 5.2 lakhs.

While the worst and altogether irreparable loss inflicted on the world by the virus was the loss of so many lives, the pandemic wreaked havoc also on many other aspects of life. National economies were thrown out of gear; hundreds of millions lost their jobs, and millions of families were pushed into extreme poverty. Everywhere the worst affected were the poorest of the poor, those living on the margins of society, and those who have nothing to fall back upon. It also resulted in the largest disruption of education ever, despite online lessons and the best efforts of teachers and parents.

As always, when calamity strikes, the best in people and the best of people come to the fore. Various studies have shown that right through the pandemic people showed greater readiness to share and contribute to charity. The way people responded to the emergency was admirable; each one trying to do his or her best. We have seen great examples of human solidarity, sharing, generosity, and self-sacrifice. We saw the true frontline heroes - doctors, nurses, paramedics, and scores of others – risking their own lives to protect the lives of others. We saw individuals and communities, irrespective of caste, creed, or culture, coming forward to help whoever was in need.

“Work from home” became a popular catchword during the lockdown - but how many could do it? The farmer couldn't supply us vegetables by working from home; the truck driver couldn't transport food grains to the markets by working from home; the grocery shopkeeper couldn't work from home; the garbage removers couldn't work from home; the migrant workers couldn't even reach their homes! In short, those who did the most essential things for us, couldn't do it by “working from home”. They had to get out and risk their very lives, every single day. They are the real heroes who served us in those difficult days. They deserve our eternal gratitude.

We have many good lessons to learn from this pandemic. Let me point out just three:

- 1) We humans are fragile by ourselves. Our strength lies in being part of a community.
- 2) Technology is a wonderful gift, but it alone is insufficient. Friends and good relationships are more important.
- 3) Life is God's first gift to us - the gift that makes all other gifts possible. It is timebound. Let us appreciate it and use it to make a difference in the lives of others.

We believe the worst is over. Now it's time to look ahead. The lessons learned from the past should guide us on the road ahead. As we embark on a new academic year, let us bring to it our best efforts, turning obstacles into opportunities and adversities into advantages as Don Bosco used to exhort his teachers and students.

God Bless you and Stay Blessed!  
Yours in Don Bosco,

**Fr. (Dr.) Xavier Pakiam SDB**  
Rector & Correspondent



## *Fr. Principal's Message*

Dear Friends,

Education cannot be contained only to make citizenry, but beyond, that must handle the consciousness, free will, and aspirations of vastly diverse individuals of different regions, different social backgrounds, different linguistic origins, different cultures, and different values. The same should be reflected in any form of common system created in education, as education is not for the nation, but for the individuals of various social backgrounds. Don Bosco School is meant for imparting knowledge not only through academic books but, through various means of character and team building.

If there is no history, we will not know anything that has happened in the past. I really appreciate the dedication, commitment and willingness of our Teaching Faculty. It is our teachers who set the tone for our school's glorious past. And along with the teachers, I need to appreciate Fr. Miranda, the former Principal for captaining the entire team in the growth of the Institution and for the responsible growth of our school children. It's amazing to see the achievements of the year 2020 and 2021.

May our school grow strong in Academics, shine bright in co-curricular activities and stand tall as the best institution. May God bless all of us.

Yours in Don Bosco,  
**Fr. Mathias SDB**

## *Fr. Administrators' Message*



Dear Parents, Students, Friends and well-wishers,

It is indeed a delightful moment to wish everyone through these few lines as we complete two years through online mode of school education. The management went out of its way in facing the challenges of this new situation and cater to the students within the limited scope and offer the maximum. No one would have imagined that a virus-like Covid-19 would lead to complete lockdown and, thus altering the lifestyle of people and necessitating another perspective of what can be considered as the “new normal”. We cannot deny the fact that the entry and spread of Covid-19 virus, has left a deep scar in history and in our lives, resulting in loss of lives and livelihood.

Due to the pandemic, educational institutions were forced to adapt to online mode of schooling, which was a major shift and challenge to the educative community. Students struggled to obtain the gadgets required for online classes, while Teachers who were all experts in blackboard, chalks, books, and classroom teaching were urged to turn to the new digital teaching. The teachers, in spite of this unforeseen situation adapted to the new methods and handled them like professionals to support the students in the pandemic situation. Educated parents supported their children throughout the pandemic, on the other hand illiterate parents were feeling helpless due to their inability to assist their children in their new learning process.

Positively speaking, technology paved the way for the next level in education, thus helping the students and teachers to connect virtually through online classrooms, webinars, digital exams, and so on. Everything was happening for the well-being of the students so that they can stay safe at home without getting affected by the life-threatening virus. Though we were not ready for this drastic change, we had to go through this together and cope with the situation to carry on our life and work for the greater good.

Right now, the most challenging situation, as far as the education sector is concerned, are the following: First, our educational institutions, both private and public need to upgrade their technological infrastructure to cope with the current scenario in providing better possibilities with the help of digital and virtual education to every child in the coming decades, even if we were to face such adverse situations in the near future.

Secondly, COVID-19 has affected many sectors and school education has been one of the worst-affected among them. The dropout rate is at its peak that warn us about an impending educational crisis. Indian education system was always characterised by persistent issues of access, learning gaps, lack of infrastructure, routine syllabus, etc. Students were not attentive during online classes and were regularly absent. The pandemic has made it even worse. It is time to wake up and work



towards reducing this drop-out rate and increasing the learning capacity of the students to regularise school issues after a gap of two years. Thirdly, the shocking data on learning skills. During COVID-19, “90% of students have lost at least one language ability and 80% of students have lost at least one mathematical ability”. Students have lost their fundamental literacy and numeracy (FLN) during these two years. Expecting students to perform in their respective grades is meaningless and does not produce a positive result. Educational experts have come up with the suggestion to plan ‘Bridge Courses’ for the students before beginning the regular classes, so that they could get acquainted with the basics of language and mathematical abilities. Otherwise, we would be witnessing an incalculable learning-loss leading to poor performance of students in the successive years.

Fourthly, during the pandemic students have undergone unusual social and emotional conditions. In cities, students have been locked down against their instincts. An increase in screen time, lack of physical activity, lack of socialisation and addiction to social media have had a terrible impact on their physical and mental health. All these would lead to a negative impact on the mental health of the students, hence they need to be properly guided, counselled and motivated to move forward in the right direction as they come in contact with their peers. Students have not been able to socialise for two years as schools have been closed. Social Emotional Learning (SEL) should be fostered during their day-to-day teaching, for a period of 6 months for the students to regain their social and emotional normalcy. Now that the children are back to school and the regular life has resumed, the management along with the teaching fraternity has the aforesaid challenges to be encountered so as to make the teaching learning process effective for the students. I take this opportunity to express my sincere appreciation and thanks to the teaching faculty for the wonderful cooperation and support given to the management in adapting to the new normal though it costed them time, energy and finance. I am happy that the teachers had accepted the challenges and upgraded themselves to another level of teaching, which adds feather to their teaching career. May God bless the teachers for their dedicated service and may they continue their relentless service to the students in reaching greater heights. Wishing you all the best and assuring you of my prayers.

Yours truly,

**Fr. Michaelraj Lazar SDB**

Administrator & Vice Principal

## *Fr. Gerald Miranda's Message*



Thank you is the best prayer one can express. It is filled with extreme gratitude, humility, understanding and compassion.

My tenure at Don Bosco Egmore were moments filled with bliss from all the spheres -from the school curriculum to the extra-curricular activities. As I take leave, I thank the Almighty for being a ray of sunshine through my stay and for all the love shown towards me. The Salesian Community, The Rector, The Administrator and The Spiritual Director have been a strong source of support - encouraging, appreciating and supporting me in all my endeavours. My sincere appreciation goes to them.

At this juncture, I should take time to stop and immensely thank the Teaching Fraternity of DB Egmore who have made a remarkable difference in the lives of the students. Two strong pandemic years 2019 December - 2021 November had turned the tables of normal teaching learning scenario. Following the strict protocols from the Government, Teachers commenced the Online Teaching. Thanks to them for adapting to the situation by taking extra efforts to prepare meticulously for the class by conducting slip test and activities, thus giving the students an innovative teaching - learning platform. Teaching and learning became more enjoyable and learnable with the introduction of the smart boards in the classroom as both students and teachers engaged themselves in exploring new teaching and learning methods.

Thank you dear staff members for your matchless teaching, using the interactive panels and giving holistic development for the students. Gratitude is the memory of the heart. My words of thanks, I owe to my administrative staff for being my strength in order to have a smooth functioning of the school. The exams, nominal roll of students, checklist for practicals and Board exam was possible because of your ability to sail with me. Dear support staff, you are the backbone for the smooth functioning of the school - starting with cleanliness of the drive, the corridors and the class. You have given your best for the happy learning of the students. Continue your good work.

This pandemic has taught all of us lessons more than we can imagine. The world became still with everything under the sky because of a thick blanket of sorrow. With the mighty hands of the love of God, we were able to help people in many ways. DB Egmore family – The students, PTA & PPA extended their generosity by putting up COVID camp in our school premises and became COVID warriors for the patients affected by COVID. Almost 156 CORONA affected people were treated and cured. They left the campus with a smile of thanksgiving.

I am greatly indebted to all my benefactors and well-wishers who stood by me as a source of strength to carry out many works for the underprivileged and people who are downtrodden. I wish and pray that you continue to be generous and will be blessed with manifold blessings from our loving & wondrous God.

I feel happy to have been associated with this wonderful Salesian people and love to work for the greater glory of God. I would love to conclude with a quote

When life is sweet say  
Thank you & Celebrate.  
When life is bitter say  
Thank you & Grow.  
God Bless you all.

Yours in Christ  
**Fr. Gerald Miranda SDB**  
Former Principal



## *Asst. Headmaster's Message*

**Dear Readers,**

Aristotle once said, "Educating the mind without educating the heart is no education at all."

Educating the heart refers to the importance of not only focusing on developing cognitive aspects but also the qualities that make us human and ultimately gives us meaning in our life.

Everyone is born with the urge to create. It is part of our programme of life. Whether we are parents trying to calm a crying baby or Teachers trying to encourage learning by raising a student's curiosity. All of us have dreams. We work to make the dreams come true.

Success today is often defined by the power of the wealth that one holds. Students are influenced by models like parents, other adults, peers and mass media, film, T.V , especially social media. Children spend more time with their peers and less time with adults.

With advancement of technology, man himself is becoming a machine . The reason behind this is, that he is spending more time with machines rather than with human beings. Emotions, values and manners are disappearing day by day.

In this context, teaching values in schools is becoming a real challenge for the teachers. The aim in our school is noble value exhortation which is from the core of the ancient educational system that produced great scientists, rulers , honest men and women, and above all a culture and civilization with which we have lost touch for some time. The end of education lies in transforming the individual and elevating him/her to an egoless state. The purpose of education is to strengthen the character in the present generation which is an answer to many of the problems that we face today. May the true education carry the message of serenity, humility and human compassion and wipe out the moral chaos prevailing in our society.

'God is great and highly to be praised for His greatness cannot be measured .' I thank God for all his abundant blessings and best wishes for the contribution to the noble task of educating the young. May God Bless Us.

**Mr. JOSEPH MARIA ANTOINE**

Asst. Headmaster

## *Parent Teacher Association*



*Dear Parents and Students of Don Bosco Egmore.*

*Greetings from PTA Team.*

It is a pleasure and I am delighted and privileged to write as PTA General Secretary.

Let me take this opportunity to thank the management of DB Egmore for giving me an opportunity to be a part of PTA as General Secretary and also play a major role in various ways for all our school activities.

Don Bosco Matriculation Hr. Sec. School is one of reputed schools in Chennai which has nurtured kids with excellent teaching in academics and also other club activities, cultural and sports, thus giving them a holistic development and teaches students how to overcome difficulties, build self confidence and leave the portals with bright colours. Many actors, politicians and cricketers have passed out of this school which gives us a proud feeling.

As the saying goes “Oxygen is to live ; Education is to survive”. We as a team are happy to have our children being educated in this prestigious school. It has been an honour to be a part of the School’s mega Event, the Sports Day, Annual Day and Teachers’ Day.

We had splendid performances & game shows on Teachers day at hotel Abu Sarovar Portico which was followed by lunch. Teachers enjoyed and appreciated it. We felicitated the Management, Teachers, Non-teaching staff and office staff. Kids gave a dance performance.

I also take this opportunity to thank Management, Teachers, Non-teaching staff, Trainers who are always ready to help & nurture kids in all ways they can. We are so blessed to be a part of this highly influential educational institution as an extended family.

Education is the key to unlock the doorway to your future. At last, I would like to conclude, I humbly request the parents through my article to please come forward and help out in school activities like Teachers day, Sports day, Annual day as it will in turn help our kids.

I would like to thank Management, Teachers, my 2020 - 2022 PTA team for all your support.

Pandemic had been a tough period for every individual, but it has made everyone strong and a better human being.

*Thanking You.*

Your Sincerely  
**NAZIA BANU**  
PTA General Secretary  
2019 - 2022



## *Dbppa Egmore: A Friend You Can Trust*

My dear fellow DB Egmore friends,

Greetings to you. It is a joy to meet you through this school magazine. I hope you have had a great year of fine health and learning. Trust you have done your exams to the best of your ability.

“Without confidence and love, there can be no true education” - St. John Bosco

The spirit of Don Bosco is still very much alive in all parts of the world and lives in us! Don Bosco taught us to be a better society through love and care for each other. The Don Bosco Past Pupils Association Egmore is always excited to participate with its Teachers, past pupil community and other institutions of Don Bosco to share and spread the universal and timeless message of faith, love, care, hope, unity and happiness to all sections of society.

Through a very challenging time due to the COVID pandemic in early 2021, DBPPA Egmore along with the school was prepared and ready to serve. Along with the approval and support of the Greater Chennai Corporation (GCC) and the Government of Tamil Nadu had set up a temporary 104 bed COVID Care Centre by converting the school building into a temporary COVID Centre. Treatment was provided free of cost to the patients. Past pupils of Don Bosco Egmore based in India and USA got together along with well-wishers (IDRF & CovidArmy4India) to support this project. Established doctors from the DB Egmore past pupil community volunteered their service at the COVID Centre. The facility was operational for a total of 40 days. The quality of care and treatment won all round praise and appreciation from both patients and the Government of Tamil Nadu who declared it as 'The Best Temporary COVID Care Centre in Chennai.'

DBPPA Egmore was also involved with a number of outreach activities like 'A Selvadoray Spoken English' program, 4 free COVID Vaccination Camps in association with the Greater Chennai Corporation, Pongal Outreach activity at Marialaya Broadway Children's Home, Diwali Lunch at St. Francis Xavier AIHSS Broadway, distribution of food packets to those affected by rains at Egmore, providing tarpaulin sheets to families of the Irular community at Thiruvallangadu, Christmas Dinner at DB Beatitudes Society Vyasarpadi, screening of the movie 'Valimai' at Ega Cinemas to children of the DB Beatitudes Society Vyasarpadi and Eid celebration of ice creams at Anjuman Boys Home.

We had also organized sports, social and fun activities. These included the popular Crocker World Cup, Football Cup, Basketball Cup, Badminton Cup, Tennis Ball Cricket Tournament, Pedal Punch Cycle Rally, premiere of the Hindi movie '83,' and the Family Carnival for good exercise, entertainment for the enjoyment of the past pupils community and their families.

Over the coming months, we plan to conduct a Quiz program for our students by a respected past pupil quizmaster, teachers and past pupils, a Table Tennis Tournament and a Global Reunion of past pupils overseas.

We look forward to your involvement, support and participation in our various upcoming events and activities. Do reach out to us if you need any help and we will try our best. We look forward to this journey and grow together as past pupils of Don Bosco Egmore. I wish you all success in your future endeavors. Hoping to meet you soon.

Best wishes.

**SUJIT THARAKAN**

President

Don Bosco Past Pupils Association (DBPPA) Egmore

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*Salesian Community*

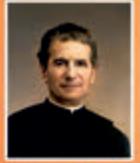


## *Teaching Fraternity*

**DON BOSCO MATRICULATION HR. SEC. SCHOOL**

**EGMORE, CHENNAI - 600 008**

**TEACHING COMMUNITY - 2022**



## *Support Staff*



# TOPPERS - 2021-2022

## 12 STD



Master Roshan Jamal A - 12A  
595/600



Master Sanjeev Kumar K R - 12D  
590/600



Master Shaun Allan H - 12B  
587/600

## 11 STD



Master Jeswin Pio A - 11B  
572/600



Master Jash Raj A - 11E  
559/600



Master Hitesh Bafna D - 11D  
587/600

## 10 STD



Master Thirumaran C - 10 D  
478/500



Master Samoel Claver Paul - 10 D  
472/500



Master Andrew Rohith - 10 B  
464/500



Master Deepak Anil - 10 C  
464/500



# A GLIMPSE OF

## 2021-2022

### JUNE

- 2<sup>nd</sup> Orientation for staff  
14<sup>th</sup> Inauguration of Online Classes  
26<sup>th</sup> POCSO guidelines for Safer Online Education

### JULY

- 15<sup>th</sup> Kalvi Valarchi Naal  
30<sup>th</sup> Investiture Ceremony  
30<sup>th</sup> SEPP - School Educative Pastoral Progressive Plan  
30<sup>th</sup> Farewell to the Retiring Staff

### AUGUST

- 14<sup>th</sup> Alpha Series - An Introduction and Demonstration  
15<sup>th</sup> Twin Feast - Independence Day and Feast of Assumption  
16<sup>th</sup> & 17<sup>th</sup> Inauguration of Online Catechism & Moral Science classes  
21<sup>st</sup> WEBINAR - Role of Educators in the Current scenario  
24<sup>th</sup> Recording Room Inauguration  
25<sup>th</sup> Election of New Office Bearers (PTA)  
26<sup>th</sup> Vaccination Camp

### SEPTEMBER

- 1<sup>st</sup> Inspection by the Education Dept - Thiru Anbil Magesh Poyyamozhi and Thiru Udhayanidhi Stalin (Inspected the classrooms in view of reopening of schools after COVID)  
3<sup>rd</sup> Teachers' Day Celebration - Management  
4<sup>th</sup> Teachers' Day Celebration - PTA  
16<sup>th</sup> Awareness Generation - Prevention and Control COVID 19 by Mr. Isaac Arul Kumar (Public Health Dept)  
17<sup>th</sup> Social Justice Day - In view of Periyar's service to the society  
19<sup>th</sup> Vaccination Day  
23<sup>rd</sup> Challenges and Opportunities - Press Institute of India  
25<sup>th</sup> Marian Pilgrimage - Divine Mercy Church in Kelambakkam  
29<sup>th</sup> & 30<sup>th</sup> WEBINAR - Parent Orientation - Guest of the Day - Dr. Jonas Richard - Topic : *Guidelines to live the new Normal way after COVID*

## OCTOBER

- 13<sup>th</sup> Silver Jubilee Celebration - Religious Profession of Rev. Fr. Michael Raj Lazar (Administrator and Vice Principal)
- 13<sup>th</sup> Birth Anniversary of Late. APJ Abdul Kalam - Elocution and Essay writing competition was conducted as per the instructions of the Educational Dept.
- 20<sup>th</sup> Tamil Ilakiya Mandra Vila
- 23<sup>rd</sup> Staff Benefit Fund - General Body Meeting
- 30<sup>th</sup> English and Foreign Literary Club Inauguration

## NOVEMBER

- 16<sup>th</sup> Childrens' Day Celebration
- 17<sup>th</sup> -20<sup>th</sup> Rendezvous

## DECEMBER

- 1<sup>st</sup> Vaccination camp
- 3<sup>rd</sup> Sharing and Caring during Christmas Season for the Irular Community at Chengalpet
- 4<sup>th</sup> Birthday Celebration of Rev.Fr.Rector
- 9<sup>th</sup> Provincial Visitation
- 10<sup>th</sup> Tribute to the departed souls (Army officials) who had lost their lives in the Helicopter crash
- 17<sup>th</sup> Annual Day
- 17<sup>th</sup> Parents' Day
- 20<sup>th</sup> Christmas Celebration (sharing and caring)
- 23<sup>rd</sup> Silver Jubilee Priestly Ordination of Rev. Fr. Gerald Miranda (Principal)

## JANUARY

- 10<sup>th</sup> Vaccination camp for std 10 and 12
- 26<sup>th</sup> Republic Day Celebration
- 31<sup>st</sup> Don Bosco Feast Online Celebration
- 31<sup>st</sup> 4<sup>th</sup> Feb Bible week

## FEBRUARY

- 1<sup>st</sup> School Reopens for std 6 -12 as per the directives of the Education Dept after COVID
- 9<sup>th</sup> Class Assembly - Stage performance on Monday and Wednesday (as per the regular routine after COVID)
- 28<sup>th</sup> DB MRF Tournament - 18<sup>th</sup> Series of the tournament

## MARCH

- 5<sup>th</sup> Grand Finale - DB MRF
- 8<sup>th</sup> International Science and Maths Exhibition held in Loyola College (Std 9 students and Science teachers attended the programme)
- 19<sup>th</sup> Silver Jubilee Celebration - Priestly ordination and Religious Profession of Rev.Fr.Gerald Miranda and Rev.Fr .Michael Raj Lazar ( the culmination)
- 23<sup>rd</sup> Awards presented to create awareness among students
- ♦ Transformers award
  - ♦ Classy awards
  - ♦ Don Bosco clean campus
  - ♦ Paradigmers award
- 24<sup>th</sup> & 25<sup>th</sup> Inter - School Culturals - “Revelation”

## APRIL

- 5<sup>th</sup> Easter Cantata
- 18<sup>th</sup> Inter House Football Match and Basket Ball (std 6 - 9)
- 21<sup>st</sup> Farewell for std 12
- 25<sup>th</sup> Science EXPO
- 28<sup>th</sup> Practical Examination for Std 10,11 and 12
- 28<sup>th</sup> Poster Making Competition
- 29<sup>th</sup> Class Picnic for std 6- std 9
- 30<sup>th</sup> Vaccination Camp

## MAY

- 5<sup>th</sup> Government Exams for Std 10,11 &12
- 5<sup>th</sup> Annual Examination (Std 6 - 9)

## *Caring For Children The DB Health Station's Journey*



The whole world was brought to a grinding halt and the entire human race was put through a litmus test by a miniscule virus ! Through the difficult times, Don Bosco, Egmore faced the unprecedented crisis with tenacity and zeal. As per government orders, when the school had to open at intermittent intervals, the nurses at the *DB School Health Station* played a very important role in screening the students and staff for COVID symptoms. When the school re-opened after a long recess in September 2021, an awareness programme was organized by the *DB Health Station* on COVID precautions. Dr. Madhu Purushothaman spoke to the students and answered questions on safe practices to be followed in the school setting.

The nurses at the DB Health Station – Mrs. V. Anitha Littisia and Mrs. M. Geetha – continued their work with vivacity during the academic year 2021-22, tending to injuries; managing fever, pain and other common ailments while providing comfort & relief to the children until they got to see their doctor.

An annual health check-up with the help of doctors from Mehta Children's Hospital and dental screening with the support of dentists from Divya's Oral Care was conducted from 17.08.2022 - 02.09.2022 for Higher Secondary Students and from 14.10.2022 - 21.10.2022 for Primary school students.

Emergency medical care with ambulance services was organized by the *DB School Health Station* with the support of Dr. Mehta's Children's Hospital during the Annual Sports Day on 29.07.2022 for the Primary School students and on 26.08.2022 for the Higher Secondary School students.

In tune with our strong conviction that the health of staff needs to be taken care of as well as the health of the children, the DB Health Station organized a health check-up for all the teaching and non-teaching staff on 3.03.2021.

As the DB Health Station continues its momentuous journey as a pioneer in school health, we have emerged stronger as we step forward into another year of safeguarding and protecting the health of students & staff at Don Bosco, Egmore.

**Dr. Madhu Purushothaman, MBBS**  
American Board of Pediatrics (USA)  
Consultant Pediatrician & School Health Advisor  
Don Bosco, Egmore



## *Mental Health And Psychological Counseling*

“Every act of physical, psychological or moral disobedience of god's purpose is an act of wrong living and has its inevitable consequences” .---“Most illness do not, as generally thought, come like a bolt out of the blue. The ground is prepared for years, through faulty diets, intemperance, over work, and moral conflicts, slowly eroding the subject's vitality. And when at last the illness suddenly shows itself, it would be most superficial medicine which treated it without going back to its remote causes to all that I call “ personal problems” . -

Paul Turnier. M.D. (Norman Vincent Peale in his book Treasury of Courage and Confidence.)

“Mental Health is a state of successful performance of mental functions, resulting in productive activities, fulfilling relationships with other people, and the ability to adapt to change and cope with adversity” US report says.

The global community and the World Health Organization in particular urges each and every one to assimilate the meaning of the theme of this year on mental health day October 10<sup>th</sup> as “Mental Health and wellbeing for all - the global priority”. It is the concern and emergent call during this post Covid19 period more than ever that we must give equal importance to mental health as well as to our physical health for they depend on each other for the optimal actualization of a person.

Stigma and discrimination play a major role for the increase in the percentage of mental illness of people today in all walks of life. We must drive away the stigma and the myths about mental illness and the persons affected by mental illness.

“We envision a world in which mental health is valued , promoted and protected, where everyone has equal opportunity to enjoy mental health and to exercise their human rights; and where everyone can access the mental health care they need” WHO.

Characteristics of good Mental Health.

- ❖ Emotional Stability.
- ❖ Feeling Calm and able to manage my emotions.
- ❖ Resilience: The ability to cope with stress.
- ❖ Optimism: Feeling positive about your life and future.
- ❖ Self Esteem: Feeling positive about one self.

Signs and Symtoms of Mental illness.

- ❖ Feeling Sad or down for ten to fifteen days.
- ❖ Confused thinking or Reduced ability concern.
- ❖ Excessive fears or worries and fear or extreme feelings of guilt.
- ❖ Extreme mood changes of his highs and lows.
- ❖ Withdrawal from friends and activities.
- ❖ Significant tiredness, Low energy or problem sleeping.

PSYCHOLOGICAL COUNSELING; “It is an interpersonal and collaborative process by which one facilitates a growth or change in another by adopting certain attitudes and employing certain skills appropriate to the context”

Why should I go to a professional counsellor in school, why not I talk to my friend?

- a) To look at the problem objectively.
- b) It may be that my friend may be one of the contributors of the problem. Confidentiality is not possible in all circumstances.
- c) Knowledge about simple and chronic mental illness.

I take immense pleasure to be part of this esteemed institution having a mission to offer holistic growth and development to its members through psychological counseling services to address their psychological, emotional, social, spiritual, and scholastic needs of students and others.

**Mr. Joseph James**  
**Counsellor**



## 21<sup>st</sup> Century Life Skills

How you live your life counts on the way you nurture your **SELF**, you can become either a worthy or an unworthy person, **Choice is Yours!** This was taught to our dear students in Life Skills. Life skills period in school has always been a time to refresh young minds and the students were given the opportunity to go through a journey of Self Discovery to enhance their Thinking Skill, Social skills and of course their Emotional Skills.

To prepare Gen Z (born btw 1997- 2010) & Gen Alpha (2010-2020) to thrive in the global community of the 21st century, the National Education Association (NEA) has added along with the 3 R's (Reading, Writing, and Arithmetic) the 4 Cs: **Critical Thinking, Communication, Collaboration, and Creativity**. Dear students be assured that Don Bosco Egmore, has trained you, in not just these 4 Life Skills but other life-enhancing **Cs: Confidence, Cooperation, Caring and Compassion** combined with the epic Skill of **Empathy**, to understand others from their point of view.

21st century has witnessed an era of intense transformation in all areas, be it Education, Global trade and Economy, Technology, Culture, Arts or Social values . The covid-19 pandemic has also thrown up challenges both for the individual SELF and the world, as a whole, to cope up with its impacts. Hence a different **skill-set** is required that would enable the SELF to succeed in facing the challenges in real-life. These skills are addressed as 21st Century Skills and our students were taught the importance of these Skills. The “Four Cs” strengthen the Adolescents' ability to find their place **personally, socially and professionally in today's fast changing world**.

21st century skills broadly consist of three main skill sets or 3 Ls -,

- **Learning Skills:** skills required for the acquisition of new knowledge.
- **Literacy Skills:** skills that help in creating and gaining new knowledge through reading, media and digital resources.
- **Life Skills:** skills required for successfully leading everyday life.

To top it all our students are trained in **Emotional Intelligence** too! According to Travis Bradberry and Jean Greaves (2009) “Emotional intelligence is the ability to recognize and understand emotions in yourself and others, and your ability to use this awareness to manage your behaviour and relationships.” Based on Daniel Goleman 's model our students are taught the **5 aspects of E I – Self Awareness, Self Regulation., Social Skills Empathy and Motivation**. Every Life Skills period in school encourages interactive participation among students to discuss their day to day life experiences based on these topics and even during lockdown the sessions continued through online notes with proactive points to ponder. **Nothing happens to you; it happens for you! See the positive in every negative situation was the thought instilled in students**. Yes, they also learnt the key skill required for 21<sup>st</sup> century, **Resilience-** the ability to deal with life's setbacks and be aware of life situations, which encourages them to accept change as part of living, take decisive actions without giving excuses, nurture a positive view of Self by strengthening their own **Self Esteem** with hope and faith . Wishing you all great success in everything you choose to do ! God Bless your Endeavours!

**Mrs. Shobana Prabu**  
Life Skills Coordinator

# Achievements & Awards

## SPORTS & GAMES 2021 - 2022

Hitesh Bafna of Std. XI D Aquatic Champion, participated in the SGFI Swimming competition, conducted by the School Games Federation of India, and won the Bronze medal in the 100 mts Breast stroke.



He also won two silver and one Bronze medal in the 50, 100, 200 mts Breast stroke events in the Junior State Level Swimming competition respectively.



Rishan Ruskin of Std. XI-C a shooting champion has participated in the Open Nationals in Bhopal in 2021-2022.



He won the Silver medal in the 10 mts Pistol Shooting in the South Zone Shooting competition. He represented the State in the Shooting Competition held in Trivandrum, Kerala.

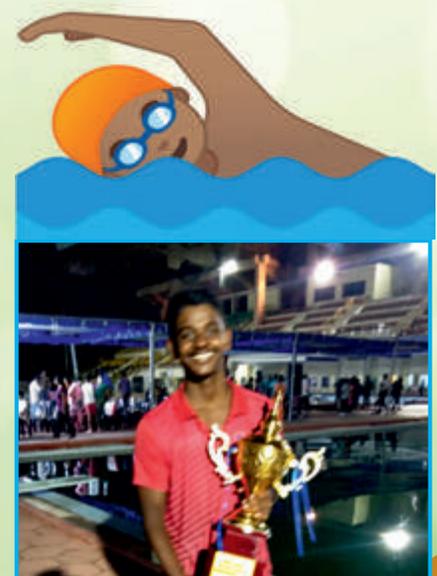


Mruthul of Std. X - A is an Aquatic Champion.

He participated in the Junior State Level Swimming competition held at Velachery, winning two gold, two silver and one bronze medal.



He also participated in the Senior State Swimming Competition held at Velachery and won the bronze medal in 800 mts freestyle.



# Silver JUBILARIANS

25 YEARS



The Silver Jubilarians,  
**Mr. Thomas Sundar** - HOD,  
Dept. of Science, **Mr. Jeeno  
Miranda** - HOD, Dept. of  
Social Science and  
**Mr. Ramesh**, Non - teaching  
staff were honoured and  
felicitated for their  
commendable service in  
educating the young.

SILVER JUBILEE

# Covid Care Centre



Don Bosco Egmore in collaboration with Greater Chennai Corporation opened the school for Covid Care Centre in the month of May and June 2021. 148 covid patients were treated by the doctors, nurses and other volunteers. The Don Bosco Past Pupils Association took over to cater to the needs of the patients.

# கல்வி வளர்ச்சி நாள்

The Tamil Dept. of the school inaugurated the Tamil Literary Association on 15th July 2021, on the eve of Kalvi Valarchi Naal and kamaraja's Birthday . The chief guest of the day was Rev Fr. Benadict Rajakumar SDB, (Trichy Salesian Media). The highlight of the programme was " Vanga Pesalam".



# Investiture Ceremony



The Investiture ceremony was held on 30<sup>th</sup> July 2021. The Chief Guest of the Day was Rev. Fr. Y. L. Irudayaraj SDB, Principal, St. Bedes A. I. H. S. School, Chennai. The chief guest presented the leaders with their Badges and led them in their oath taking of office.



# Investiture Ceremony



# Independence Day



## Feast of Assumption



Independence Day was celebrated in the school campus. The Guests of Honour were Dr. J. Kiran, Mrs. Indumathi (Nurse), Mr. Chandrasekar (frontline worker). They were felicitated for their services during COVID.

The chief guest of the day were retiring teachers Mrs. Annie Premkumar and Mrs. Maria. Holy Eucharistic celebration was held in the Rosario Auditorium for the Catholic Staff and students in view of the Feast of Assumption.

As a part of the inspection conducted by the Education Department, the Honourable Education Minister and Member of the Legislative – Thiru Anbil Magesh Poyyamozhi and Thiru Udhayanidhi Stalin inspected the classrooms at Don Bosco Egmore on 1<sup>st</sup> September, 2021 in view of the reopening of schools after COVID.



## VISIT OF THE HON'BLE MINISTER OF EDUCATION



The official youtube studio/Recording room of Don Bosco Egmore was blessed and inaugurated by Rev. Fr. Xavier Packia, Rector and Rev. Fr. Gerald Miranda, Principal on 24<sup>th</sup> August, 2021.



## Inauguration of YouTube Studio



# TEACHERS' DAY Celebrations



Teachers' Day was celebrated on 3<sup>rd</sup> September, 2021. The Guests of the Day were Mr. Jerome Dominic, Mrs. Sathya Priya, Mrs. Pettila Gani, Mrs. Emelda Terrance and Ms. Fabiola. The students welcomed the teachers in a remarkable manner and staged breathtaking performances. On 4<sup>th</sup> September, 2021, the PTA members felicitated the teachers and hosted a sumptuous lunch for the teachers to show their love and gratitude.

# தமிழ் இலக்கிய மன்றம்

On 20<sup>th</sup> October, 2021 Tamil Ilakiya Mandra Vizha—The Tamil Department of Don Bosco Egmore inaugurated the Tamil Literary club. Dr. Mrs. Prabavathy Ph.d, Asst. Professor, Avichi Arts and Science college was the Guest of Honour and many cultural events were presented.





The English and Foreign Language Literary Club was Inaugurated on 30<sup>th</sup> October, 2021 through Zoom meeting. The Guest of the Day was **Mrs. Kundhavi Dhinakaran** (French Teacher). There was a *mélange* of programmes exhibited by the students of 6 -12.

# ENGLISH & FOREIGN LITERARY ASSOCIATION





Children's Day celebration was held on 16<sup>th</sup> November, 2021. The Guests for the day were Student representatives from different classes, Master. Lalith Aravind (6-8), Master. Jeffery Antony Raphael (9 and 10), Master Aseer Joash (11 and 12). The Theme of the celebration was "Every child is a different kind of flower and altogether make a beautiful garden." Cultural Events were presented by the teachers.



# CHILDREN'S DAY





# RENDEZVOUS

The Annual Inter House Culturals “RENDEZ-VOUS” 2021 was conducted on the 17<sup>th</sup> and 20<sup>th</sup> November 2021. The Guest for the Inaugural Ceremony was Mr. Rio Raj Cine Actor and the Guest of honour was Mr. Vigenshwaran Cine Actor and Managing Director of Blacksheep. The overall championship was bagged by the Savio House.





# RENDEZVOUS

**DON BOSCO**  
MATRIC. HR. SEC. SCHOOL, EGMORE



# RENDEZVOUS

2021-2022 INTER-HOUSE CULTURALS





## PROVINCIAL VISITATION

Rev. Fr. K.M. Jose SDB, Provincial of the Chennai Province, visited Don Bosco Egmore on 9<sup>th</sup> December 2021. There was a combined staff meeting. Rev. Fr. Provincial shared his valuable thoughts with the staff. On October 10<sup>th</sup> the Provincial, Management, Staff and the students paid their homage to the army officials who lost their lives in an helicopter crash. Innumerable candles were lit as a mark of tribute and respect.



# PARENTS' DAY



Parents' Day was conducted on 17<sup>th</sup> December 2021. Chief Guest of the Day was Mrs. Uma Maheshwari IAS, (Secretary, Tamil Nadu Public Service Commission) awarded prizes to the Achievers of 2019 and 2020 batch. Cultural events were presented by the students on the theme "Covid A Boon Or A Bane".





# PARENTS' DAY



# Christmas Celebration



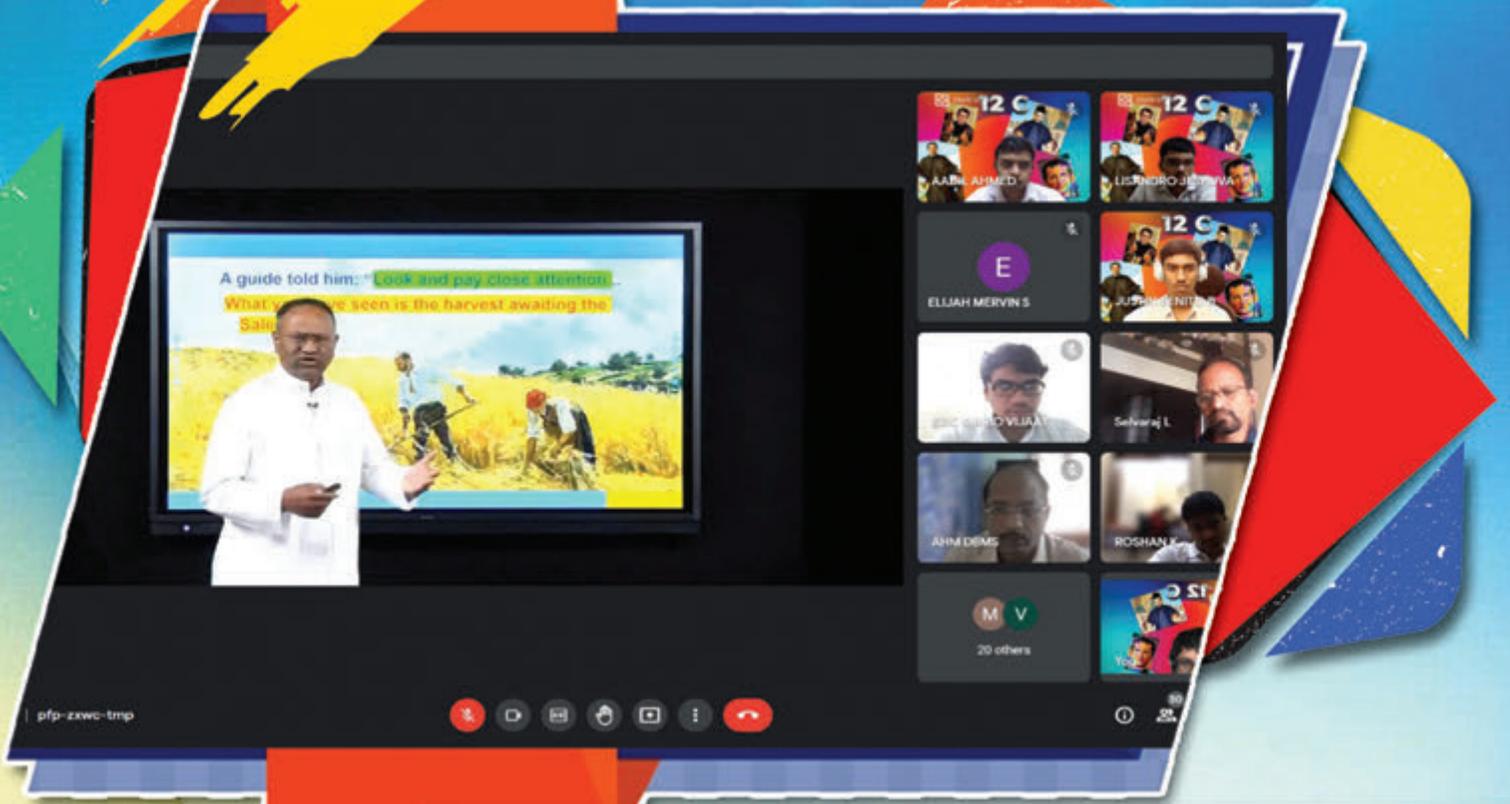
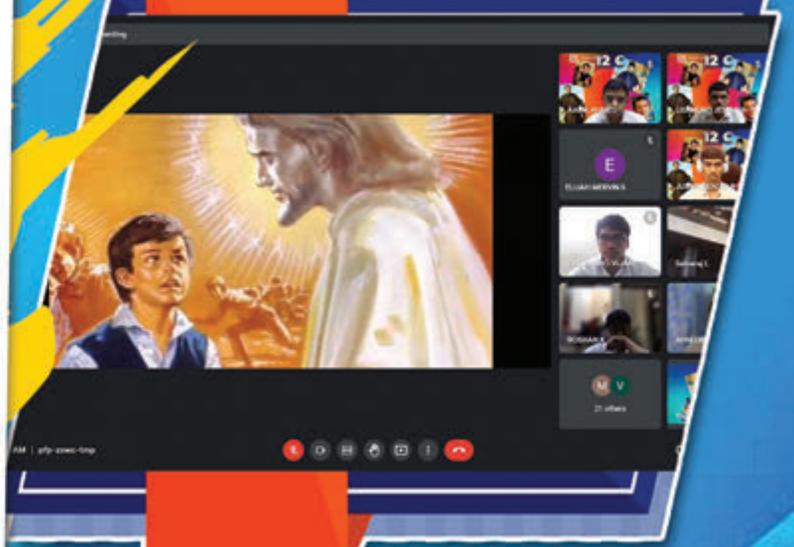
Christmas Celebration (Sharing and caring) was celebrated on 20<sup>th</sup> December, 2021. Sixty five families of Irular Community were the Chief Guests of the Day. They were presented with new Gift Hampers.



# Christmas Celebration



Don Bosco Feast was celebrated Online on 31<sup>st</sup> January, 2022 through Google Meet. Class Teachers presented a video for the students. Speech and quiz competitions were conducted online.



*Don Bosco Feast (Online) Celebration*



# DB - MRF

## CRICKET TOURNAMENT



18<sup>th</sup> Series of DB MRF Cricket Tournament - The prestigious Inter School DB MRF cricket festival was conducted on 28<sup>th</sup> February, 2022. Sixteen schools participated in the league matches and Don Bosco Egmore and Nellai Nadar qualified for the finals. The DB MRF Championship Trophy was lifted by Nellai Nadar Matriculation School.





# Silver Jubilee 25 YEARS



Silver Jubilee Celebration of  
the Priestly Ordination of  
**REV. FR. GERALD MIRANDA, SDB**



Silver Jubilee Celebration of  
the Religious Profession of  
**REV. FR. MICHAEL LAZAR, SDB**



SILVER JUBILEE



25  
YEARS



# SILVER JUBILEE



On 19<sup>th</sup> March, 2022 the Salesian staff and the students of Don Bosco family celebrated the Silver Jubilee of Rev. Fr. Gerald Miranda sdb (Priestly ordination) and Rev. Fr. Michael Raj Lazar sdb (Religious Profession). Salesians, Staff and the Students felicitated both the priests.

# REVELATION



The Annual Inter school cultural festival **Revelation '21** of DB Egmore was conducted on the 24<sup>th</sup> and 25<sup>th</sup> of March, 2022. The Chief Guest of the day was **Ms. Deepika**, DJ and Entrepreneur. **Mr. Vijay Sethupathi** and **Mr. Darbuka Siva** graced the day with their presence. Around twelve schools from the city participated. The Valedictory function was graced by **Mr. Ciby** (Big Boss Fame).





# REVELATION



# VALEDICTORY

## XII std



Farewell for Std 12 -- "Look back with smile and gratitude, Go forward with hope and courage" was the theme for the farewell. **Mr. Thomas Sundar**, HOD of Science Department gave a farewell speech representing the teachers Community. Rev. Fr. Rector and Correspondent blessed the students and gave his farewell message.



# science expo

Science Expo was conducted on 25<sup>th</sup> April 2021. The Chief guest Mr. Thomas Sundar spoke about Scientific Temper. The Guests of Honour were Mrs. Audrey Satur and Mr. George Paul. Master Yeshvanth and Master Ajmal gave an insight on the evolution of Science and its importance. Many exhibits were presented on that day.





# Class PICNIC

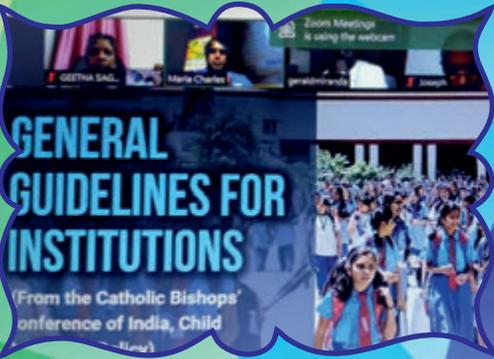
The students of classes 6 - 9 went for a one day trip to MGM on 29<sup>th</sup> April 2022. It was a memorable picnic for them.



*Other*

**IMPORTANT**

**EVENTS**



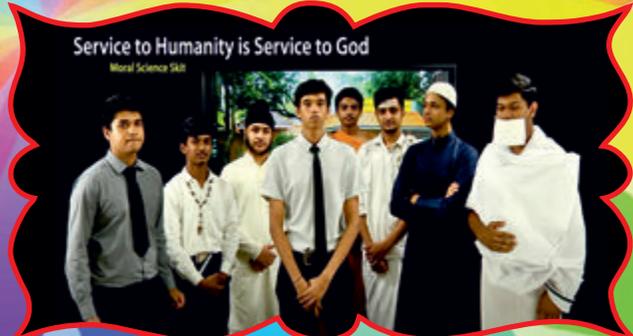
**POSCO - Webinar an Eye Opener**



**FAITH TRANSFORMATION - Alpha Series**



**Inculcate Faith in Young Minds - Inauguration of Catechism & Moral Science Class Online Session**



**Vaccine Drive - Reaching Out to the Society in the Don Bosco way**

*Other*

**IMPORTANT**

**EVENTS**



**Covid - 19 Do's and Don't's - Awareness Programme**



**Ideas of Periyar - Social Justice Day**

**Role of Parents in the Positive  
Development of Children**  
*(Prepare...Not Repair)*

**Dr Jonas Richard A**  
Counselling Psychologist & Life Skills Coach  
+91-9448532577



**The New Normal Way of Living -  
Parents Orientation Programme**



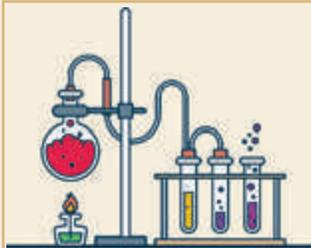
**Culmination of the Bible Week &  
Value Education Week**



**Emerging of Great Minds -  
International Science & Math Exhibition**



**Marian Pilgrimage - Divine Mercy Church at Kelambakkam**



# Where is Chemistry? What is the use of Chemistry?

When students raise the above questions, I used to interrogate where there is no chemistry and where is it not used? God is everywhere. “இறைவன் தூணிலும் இருக்கிறார், தூரும்பிலும் இருக்கிறார்”. In that way chemistry is also found everywhere. All living and non-living things consist of chemicals. Without chemistry we cannot live for more than few minutes. The oxygen we breathe, the water we drink, the food we eat whether it is veg or non-veg, the dress we wear and the shelter we live, all consists of chemicals.

Even a dust particle consists of number of atoms and molecules and even the microbes like bacteria, virus, everything consists of proteins, vitamins and every grain consists of carbohydrates and minerals. Chemistry is referred to as “Core Science”, since it provides a fundamental framework for understanding both basic and applied scientific disciplines. Chemistry, for example explains aspects of plant chemistry (Botany), the formation of igneous rocks (Geology), and how atmospheric ozone is formed and how environmental pollutants are degraded (Ecology), the property of lunar soil (Cosmo chemistry), and how to collect DNA evidence at a crime scene (Criminology or Forensics).

Chemistry is a discipline of science concerned with the study of matter, including its structure, composition and changes that occurs when it is exposed to various situations. As a result, it not only investigates the qualities of matter, but also how and why it changes.

**Chemistry in food:** Chemical molecules make up all food, which consists of carbohydrates, vitamins, lipids, proteins, minerals and fibers. **Chemistry in medicines:** All medicines that are used to treat diseases and to mitigate pain are extracted or synthesised from some kind of chemicals or combination of chemicals. Some important drugs are analgesics, tranquilizers, disinfectants, antibiotics, antiseptics etc. **Chemistry in Engineering:** Everything used in constructions consists of chemicals, for instance bricks, cement, pipelines, iron rods, paint, etc. So in every field of engineering, chemistry knowledge is important

**Chemicals as fuels:** The food we eat is used as fuel for our body and petrol, diesel, LPG, CNG, kerosene, oils, etc are used as fuels in all vehicles and industries. Electricity is produced from coal in thermal power plant and atomic power stations produce electricity by nuclear reactions.

**Chemistry in our day today life:** The paste, brush, soap, dress, all stationery items, footwears etc. Can you imagine a life without these products?

**Chemistry in modern world:** Any component used in every electronic device is a product of chemistry. Not just the electronic devices but also missiles, air-craft etc, are made up of chemical substances like metals, alloys and polymers. These are some examples for the uses of chemistry in every moment of life.

Untill you know chemistry it is a mystery, and when you know it, you can see that chemistry is seen everywhere and present in everything. So we must consider ourselves lucky to learn such an essential and interesting subject, so let us put our minds to it and learn chemistry.

**Mr. L. Selvaraj**  
HOD - Science Dept.

# அகமும் புறமும்

உயர்ந்த எண்ணங்கள்  
ஒங்கிய செயல்பாடுகள்  
உறுதியான கோட்பாடுகள்  
ஒப்பிலாப் பெருமைகள்  
நிகரிலா இன்பங்கள்  
நிலையான சொந்தங்கள்  
எங்கே? எங்கே?  
பேச்சில் தேனூறும்  
செயல்களில் கள்ளிப் பாலூறும்  
உலக இயல்பை எடுத்துரைத்தல்....  
சுயநலமாய்க் காட்சியளித்தல்.....  
சொல்வது ஒன்று; செய்வது ஒன்று;  
சொல்லில் உயர்வு; செயலில் தாழ்வு;  
அன்பைச் சொல்லி அக வாழ்வில் போலி...  
தர்மத்திற்கு முட்டுக்கட்டை அதர்மம்  
இரக்கமும் கொடையும் எடுத்துரைக்க மட்டுமே  
இன்பமான செயல்பாட்டில் அல்ல  
ஆன்மீகம் அன்று மக்களுக்காய்  
இன்று அற்ப சுகத்திற்காய்  
உள்ளொன்று வைத்துப் புறம்பொன்று பேசுவது  
தன்னலம் சூழ பவனி வருதல்  
உண்மையின் உறக்கமும் இங்கே!  
பொய்மையின் ஊர்வலமும் இங்கே!  
சிரித்த முகங்கள் சில இடங்களில்  
வெளுத்த முகங்கள் பல இடங்களில்  
புறத்தில் வலியவன் வாழ்கிறான்  
எளியவன் மாழ்கிறான்  
பாவத்தின் சம்பளம் மரணம்  
இது வேத வாழ்க்கை  
பாவத்தின் சம்பளம் சுகபோகம்  
இது உலக வாழ்க்கை  
அகத்திலும் புறத்திலும்  
உண்மை வாழ்க்கை உருவாகுமா?  
ஏற்றத்தாழ்வுகள் நீங்கி  
இதயங்கள் மகிழ்ச்சியடையுமா?  
எளியோர் வாழ்வில் ஏற்றம் எப்போது?  
காலமே பதில் சொல்.

**வின்சென்ட் பவுல் ராஜ்**  
தமிழ்த்துறை தலைவர்

## CONSEILS POUR PROTEGER LA NATURE

- Economiser l'eau
- Douche au lieu d'un bain
- Eteignez les lumieres
- Favorisez les energies renouvelables
- Reduire,recycler et reutiliser
- Consommer de maniere responsable
- Favorisez les transports publics
- Ne pas alterer les ecosystems
- Respecter la flore et n'arrachant pas de plantes



SATVIKK.G.SHYAAMM - - XII 'C'

### DEVINETTES:

- Je traverse les vitrines sans les casser , qui suis-je?
- Quelle est la femelle du hamster ?
- Qu ' est-ce qui tombe sans faire de bruit?
- Qué est-ce que rai ni pattes, ni yeux , ni mains, qui ne nage pas ,mais qui s'enfuit dès qu'on le touche?
- Je commence la nuit . Je finis le matin, et j'apparais 2 fois dans l'année. Qui suis-je?

Réponses:

1. Les rayons de soleil
2. Hamsterdame
3. La nuit
4. Le savon
5. La lettre N

### BLAGUES

- 1) La maîtresse dit à son élève :  
"Jules ! je t'ai dit de dessiner ton animal préféré ! Et tu n'as rien fait !"  
"Jules répond :-"  
Mais si, Madame ! J'ai dessiné mon chat noir en pleine nuit !"
- 2) La Maman de Tom.  
--Tom , où est la passoire?  
Tom--Je l'ai jetée pleine de trous!
- 3) La professeur à Tom:  
--Tom , cite moi deux pronoms  
--Qui , moi?  
-Très bien
- 4) Où dimanche vient – il avant jeudi?  
--Dans le dictionary.
- 5) Le client demande au serveur , en consultant la carte:  
– Que me recommandez-vous , en toute confiance?  
-Un autre restaurant!

NISHAANK. S - XII 'C'



## DO YOU KNOW ABOUT PARIS?

Paris est l'une des destinations les plus visitées au monde en raison de la combinaison d'une excellente cuisine, d'une culture intéressante et de nombreuses attractions à visiter.

La France est le plus grand pays d'Europe et est parfois appelée l'hexagone. Le français a été la langue officielle de l'Angleterre pendant environ 300 ans.

Avec 9,6 millions de visiteurs en 2019, le célèbre Louvre est le musée le plus visité au monde. Situé au cœur de Paris, le magnifique musée abrite environ 38,000 œuvres d'art et artefacts datant de la préhistoire. La France produit environ 1,7 million de tonnes de fromages par an dans environ 1 600 variétés. Merci de visiter Paris.

HANIF JAILANI - XII 'D'

# LIFE

Life may have difficulties,  
Face it with courage  
Life may have problems,  
Solve it logically  
Life may have thorns,  
Handle it carefully  
Life may have enemies,  
Defeat them intellectually  
Life is a dream,  
Chase it enthusiastically  
Life is love,  
Double the love affectionately  
Life is a beautiful journey with a short span  
Thank God with Gratitude.



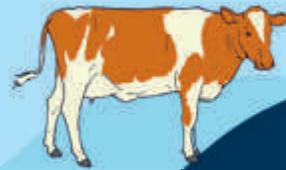
# THE ROAD OF LIFE

Has a bit of strife;  
This gives us a change to prove  
That we really improve;  
Sometimes we feel bad  
And sometimes even glad;  
You may go through  
some strife very bitter  
But remember it makes us better ;  
Whatever happens in life  
remember there is GOD  
Who is our guard;  
There will be a lot of strife  
But remember the LORD  
is the one who builds  
" The Road of life."

**A.R. ABDUL KAREEM THOUFIQ - 6 'A'**



1. Why did the frog take a car today  
**His car got road away**
2. What kind of shoes do burglars wear?  
**Sneakers**
3. Why did old man fall into the well?  
**Because he couldn't see that well**
4. Where do cows go on Fridays?  
**They go to moo-vies!**
5. What do frogs order from fast-food?  
**French fries**



**E. Austin - 6 'C'**

## WORLD'S RAREST FRUITS

Black Diamond apples are a rare variety from the family of Huanu apples (also known as the Chinese Red Delicious) The name is little misleading because they aren't exactly black, but rather a dark hue of purple



Snake fruit is a species of palm tree native of Java and Sumatra in Indonesia. It is cultivated in other regions of Indonesia as a food crop, and reportedly naturalized in Bali, Lombok Timor, Maluku, and Sulawesi.



Mangosteen, also known as the purple mangosteen, is a tropical evergreen tree with edible fruit native to tropical lands surrounding the Indian Ocean. Its origin is uncertain due to widespread prehistoric cultivation.



RICHARD LAWRENCE - VI 'B'

### நீ நியாகவே இரு...

உன்னை சிறந்தவன் என்று  
சொல்லும் போது  
மேன்மை பாராட்டாதே!  
நீ நியாகவே இரு.  
உன்னை புத்திசாலி  
என்று மானிடர்  
சொல்லும் போது  
பெருமை பாராட்டாதே!  
நீ நியாகவே இரு.  
அப்பொழுது இந்த  
உலகமே உன்னை  
திரும்பி பார்க்கும் - நீ யாரென்று  
அ.ர.அப்துல் கரீம் தெளபி.:  
ம் வகுப்பு 'அ' பிரிவு

# THE FASCINATING STORY OF INDIA'S RISE AS A NUCLEAR POWER

India was the first country outside permanent UNSC members to test a nuclear bomb. And it did this, despite the world's best efforts. Reports say the CIA murdered an Indian scientist to roadblock the nuclear journey. The UNITED STATES had even deployed a satellite over India to spy. So, work on the nuclear test was mostly done during the night and equipment would be returned to the original place in the morning to evade detection by the American satellites.

## India displayed excellence in espionage :

Code names were used. The Thermo nuclear device was placed in a shaft named "The White House". On 18<sup>th</sup> May, 1974 India took the world by surprise. It became a nuclear power. The operation was called "The smiling Buddha" The director of India's nuclear research institute Raja Ramana said to the then Prime Minister Indira Gandhi " Buddha has smiled".

A.J. Rodick - XII 'A'



Music a pleasant sound, a combination of Melodies and Harmony which soothes you. Music can soothe the Brokenhearted, Motivate an athlete Runner and many more people. Listening to music has shown improvement in memory functioning, increase rate of healing and more.

Music plays an integral and essential role in our life. Some of us listen to music during our study time and other moments. However everyone listens to music during their leisure time to get some relaxation and relief to their mind.

Z. Ajmal Ahamed - X 'C'

## SCIENCE FACTS

A teaspoonful of neutron star would weigh 6 billion tons.

Hawaii moves 7.5 cm closer to Alaska every year.

It takes 8 minutes, 19 seconds for light to travel from the Sun to the Earth.

Venus is the only planet to spin clockwise.

Polar bears actually have black skin.

Snowflakes can take an hour to fall from a cloud to the ground.

The top speed of a rain drop is around 18 mph.

Killer whales are actually dolphins.

Octopuses have three hearts, nine brains, and blue blood.

A medium -size cumulus cloud weighs about the same as 80 elephants.

S. Joel Christopher  
X 'C'



# TAKE TIME

Take time to live

It is the secret of success

Take time to think

It is the source of power

Take time to play

It is the secret of youth

Take time to read

It is the foundation of wisdom

Take time to be Friendly

It is the road to happiness

Take time to Laugh

It helps to lighten stress

Take time to Dream

It can show you the way

Take time to Love

It needs to be nurtured

Take time to Give

It is too short a day to be selfish



**K.P. Sri Charan - IX 'B'**

# I AM



I am the morning dew  
I am the tulip ; fresh and new,  
I am the brown in the sand  
And the little sparkles in your hand.

I am the words you sing  
And the glitter on your ring,  
With my strength you heal  
You hear, taste and feel

I am the one you can look up to  
When everyone else deserts you,  
I'll help you, what ever the odds  
Just know my name; I am GOD.

**S. Sachin - VIII 'D'**

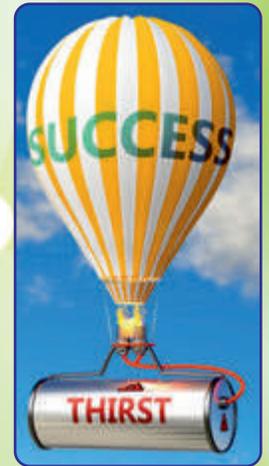
## THIRST OF SUCCESS

The ambitious ones are  
Pursuant to their goals  
No matter how  
Difficult it seems to be.  
They're the positive  
Minded souls  
And success with  
Goodness is all they  
Wish to see!

The envious will  
Destroy your flow  
And stop you grow  
A successful smile is  
what you've to show,  
You're adorable,  
let them know!  
Don't be the light  
That shines bright

Be the spark which  
Burns the glow light

Being so extraordinary  
and rare  
All the burden you bear  
Is n't unfair?  
To give up in despair!



R. Sanjay - XI 'A'

## 10 FACTS ABOUT THE UNIVERSE

1. Space is completely silent. There is no atmosphere in space.
2. The hottest planet in our Solar System is  $450^{\circ}\text{C}$
3. A full Nasa space suit costs \$ 12,000,00.
4. The Sun's mass takes up 99.86% of the solar system.
5. One million Earth's can fit inside the sun.
6. There are more trees on Earth than stars in Milky way.
7. The sunset on Mars appears blue.
8. There are more stars in the Universe than the sand grains on earth
9. One day in Venus is longer than one year.
10. There's planet made of diamonds twice the size of earth. The 55 Cancrie,  
is most likely covered in graphite & diamond.



A.J.Thomson - VIII 'B'

## RIDDLES

1. Why is the letter 'B' always Cool?
2. What can fly without wings?
3. The more you take, the more you leave behind?
4. What gets wetter, the more it dries?
5. Everyone has it but no one loses it?
6. Which Tree can be carried in hand?
7. Which dog has no tail?

Answers :

1. Because it is between A&C
2. Time
3. Footsteps
4. A Towel
5. A Shadow
6. Palm Tree
7. Hot Dog



Dhaval - VIII 'A'

## BOOST YOUR LUNG CAPACITY AND INCREASE YOUR OXYGEN LEVEL WITH THIS "STEP BREATHING"

Step Breathing: Breathing which is recommended to all beginners starting to practice Pranayama first. This very new breathing exercise is actually helpful to enhance your breathing capacity of the lungs. So this is called Step Breathing.

How to practice : First simply place both hands on the knees with hand in Chin Mudra. Choose the posture. You can always choose lotus (Padmasana) or half lotus or sukhasana – sit cross – legged. Your back straight and sit tall, close your eyes, just do it in a relaxed mindset and approach. Don't bite your teeth don't tense your neck or the shoulders, so first go with the long breath in, then completely breathe out.

First completely exhale, then try to inhale for five to eight times and with each inhalation, you are holding the breath, it's like pumping the air in the balloon with each small breath you hold the breath, inhale on top, inhale on top, again inhale on top until you reach the full capacity of the lung, the brim of our throat, when you feel like you have hit the last full breath, immediately slowly exhale. It may be five times or six or even up to eight it is up to you but try to keep the breaths equal. Don't judge quickly it is too easy, but it is challenging. If you can only do with three breaths for now, still okay, so don't worry about that you can't do five or six or eight or ten times. It is not about the rapid number. It's about how much equal breaths you take. Practice this daily morning. Afternoon and evening (3 times each session). Take deep breath one time, then completely breathe out after this practice.

**M.E. Shrinandan - 8 'A'**

## INTERESTING FACTS ABOUT ANIMALS

- Dolphins have a blow hole located at the top of their heads which they use to breathe.
- There are no male or female earthworms. All earthworms have both male and female parts – but it still takes two of them to reproduce.
- Camels can survive up to six months without water or food due to the fatty tissues stored in their humps.
- Tiger cubs stay with their mothers only till they reach two years of age.
- There are about 400 million + dogs in the entire world.
- A jaguar can see in the dark six times better than a human.
- Male elephants leave their herd when they reach 13 years of age, while females live in their herd for their entire lifetime.
- The whale shark can grow up to a massive length of 14 meters when fully developed.
- Humans share 98.8% of chimpanzee DNA. But even with DNA so similar, humans and chimps have around 35 million differences between them.
- A male giraffe fights using its neck, by swinging it from one side to the other.
- Emperor penguins can stay underwater for up to 27 minutes and dive as far as 500m deep.
- Lions are known to rest for around 20 hours a day.
- Star fish does not have a brain.



**Muhammed Saalik Nubaid - 8 'D'**

## HOW GERMANY WON COVID



Their stimulus plan was so good

If you are a citizen affected by Corona, you don't have to pay rent; they made it illegal to kick you out of your home if you cannot pay your rent back in 2022.

1. You don't have to pay taxes. Because of the pandemic everything you owe the government; you can pay next year instead. And if you're still struggling, Germany will give you 50,000,000,000 euros.
2. Grants: this is free money to help artists, entrepreneurs and freelancers survive the pandemic. And if you own a small business, you get help too!! The government will pay up to 70% of employee's salaries and give you up to 30,000 euros to survive the pandemic. This way, you don't have to fire your employees. And if you're a big businessman, the government will give you 600,000,000,000 euros in loan so that you can survive and keep your employees. All in all, Germany is spending 60% of its GDP to help the economy while other countries were spending 10 percent of their GDP.

All of this, they did in weeks; not months. This makes it the fastest recovery plan in the world and the most generous, and at the same time, COVID cases were dropping and Germany recorded one of the lowest fatality rates in the world.

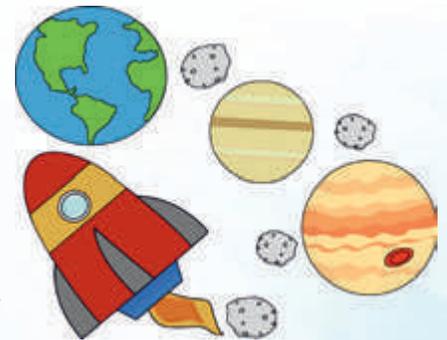
Most countries failed, because of slow governance. Even though China introduced commercial "instant" noodles and were boasting about instant industrial development, Germany never boasted but showed its "Instant" governance in an exemplary way.

Truly, Germany deserves respect!!! -

**A.J. Rodick - XI 'A'**

## SPACE

There is an asteroid that will come very close to the earth on 13<sup>th</sup> Friday, 2029. It's name is Apophis. Asteroids are rocks that circle the sun in space and sometimes come close to earth and even hit it. Most scientists believe one large asteroid, about six to twelve kilometres across, hit the earth and killed all the dinosaurs about 65 million years ago. Apophis is also big. Approximately 4.54 billion years in the past, a Mars - sized body slammed into the newly formed Earth, partly liquefying the floor and ejecting molten particles into space. This ejecta remained as a hoop around our planet for some months. Yuri Gagarin from the Soviet Union was the first human in space. His vehicle, Vostok-1 circled Earth at a speed of 27,400 kilometres per hour with the flight lasting 108 minutes. Vostok's re-entry to Earth was controlled by a computer. There are various dangerous things on the space. Such one is called the black hole. The black hole is a place in space where gravity pulls so much that even light can not get out, the gravity is so strong because matter has been squeezed into a tiny space. This can happen when a star is dying. Because no light can get out, people can't see black holes. Black holes can either be big or small. Scientists think the smallest black holes are as small as just one atom. These black holes are tiny but have the mass of the large mountain. NASA is using satellites and telescopes that are traveling in space to learn more about the black holes and other planets.



**C. Cyrus Beny - IX 'A'**

## VALUE OF TIME

Time and tide waits for None. As the world is moving in fast pace, nobody has time to waste. The clocks keep ticking off when time flies we cannot regain it. All of us have heard the popular fable "The Hare and the tortoise". This story perfectly suits this proverb. The story ends with the success of the tortoise winning the race but the hare cried after finishing the race. However, planning the time and executing the plan was done properly by the tortoise. Though he was very slow in running he proved himself successful by planning and executing his time wisely. Thus, this story gives a clear idea that the time given on this earth for us is limited and we have to use it in a productive way.



Syed Md Shaullah - 9 'D'

## CRUELTY TO ANIMALS

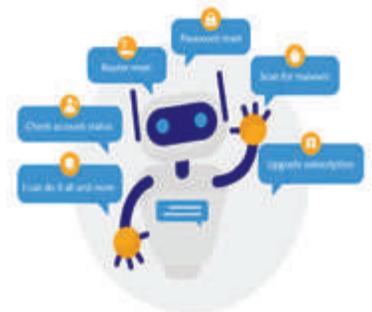
Cruelty to animals, also called animal abuse, animal neglect or animal cruelty is when a person harms or even kills an animal or a pet. Fine is laid in some countries and in more serious cases one can even go to jail for animal abuse. The animal could be stolen, or it could be the owner abusing it. In some ways it is by hunting and using the products from the animals for clothing, medicine, or even abuse them by locking them, keeping them tied to a chain, giving them little or no food or water, kicking or hurting them, yelling and scaring them or leaving them outside in the cold or hot weather for a long period of time. Some examples of animal cruelty are neglect, hoarding and physical abuse.



S. Adharsh - X 'A'

## CHATBOTS

A Chatbot is an AI programme that may assist customers by automating conversations and interacting with them via messaging platforms, websites, mobile apps, or the phone. Instead of scrolling and clicking to discover the information that customers and decision-makers are looking for, this program enables it's users to pinpoint their inquiries relevant answers. Traditional call channels, poor customer service, wait and drop periods are all eliminated with bots. It analyses a user's request or query first, then generates accurate response by using a generic and predetermined message, a text taken from a knowledge base that contains multiple answers, or a contextualized piece of information based on data provided by the user. Chatbots assist clients in obtaining a quick response to queries, resolving response to an inquiry, and locating a human customer care professional.



J.K. Louis - X 'C'

# THE SECOND EARTH

**Mars.** Not a day has gone by where scientists haven't tried to devise a plan to conquer the red planet. But how exactly do we go about it? That is literally a million dollar question. Companies like NASA and Pace have spent millions, if not billions of dollars trying to find ways to reach Mars and colonize it. First of all, how do we get there? Mars is nearly 225 million kilometers away from our home planet. Without current technology, it takes approximately 7 months to get to Mars. And how do we return? Unless you want to stay on Mars forever, we will need a rocket capable of returning home, which is not possible with our current technology. So, consider that we are able to effectively reach Mars and return home safely. Mars still has to be able to sustain life on its surface. The Martian atmosphere is very different from Earth and so we will not be able to survive without a body suit or a habitat. Water will also be an issue as it's not abundantly available like it is on Earth. Additionally, the soil on Mars is very difficult than on Earth, we will have to adopt our farming process to sustain ourselves on Mars. But the main factor that comes to plan the successful implementing to colonize Mars is the required funding and resources necessary from the mission. So in conclusion, the plan of conquering Mars is a dangerous and pain – stakingly difficult one. But will be able to do it? Only time can tell.



**C. Clifford Rosario - X 'A'**

## 15 AMAZING SCIENCE FACTS THAT ARE WEIRD, WILD, AND TRUE

- The human stomach can dissolve razor blades.
- Earth's oxygen is produced by the ocean.
- Animals use Earth's magnetic field for orientation.
- A cloud can weigh around a million pounds.
- Rats laugh when they're tickled.
- Hot water freezes faster than cold water.
- There is enough DNA in the average person's body to stretch from the Sun to Pluto and back – 17 times.
- There were roughly 2.5 billion T.rexes on Earth, but not all at the same time.
- Helium can work against gravity.
- Solar flares are incredibly powerful.
- The average human body carries ten times more bacterial cells than human cells.
- At over 2,000 kilometres long, The Great Barrier Reef is the largest living structure of the Earth.
- There are 8 times as many atoms in a teaspoonful of water as there are teaspoonfuls of water in the Atlantic Ocean.
- In an entire lifetime, the average person walks the equivalent of five times around the world.
- Grasshoppers have ears in their bellies.



**Shravank Suresh Kumar - VII 'C'**



## **TOUCH SCREEN CANNOT REPLACE THE TOUCH OF HUMAN BEINGS**

This is a true story based on Author Roshan's real life incidents. The author narrates his life events where his grand mom was happy when she saw him crawling, walking, and even talking very fluently in English at the age of 2. Soon after school he used to run to meet his grandmother who would have made special dishes for him. When the grandfather passed away, she felt very lonely but she derived a lot of love and attention from her grandson. The bond between the grandmother and grandson became stronger. There was mutual love and affection shared between them.



When the grandma received a new mobile smart phone, she was very excited to use it. Her grandson helped her to use it. She was amazed at the way her grandson was so knowledgeable about technology at such a young age. Later on, when Covid struck, the time spent with each other decreased as the boy's screen time increased due to online classes, watching YouTube and playing video games.

With all her special goodies, as usual the grandmother waited for the grandson but the grandson instead of talking to the grandmother was talking to the gadgets. The grandma who received solace from her grandchild, started to feel so lonely. The grandma, who was very proud about her grandchild's smartness in using the gadgets, felt that it drifted them apart. She continued to wait for her grandson with the same love and affection but the grandson had already moved far away. When he had to write an essay on grandparents' love, he realized that he was missing something in life. The gadget which was supposed to make his work easy, made his heart heavy.

"We need to use the gadgets and amuse our grandparents but in reality gadgets amuse and grandparents are used" was the lesson learnt by the author. The author missed the lovely days where he was longing to meet his grand mom at the end of school hours and how she used to wait for him as well.

Grandparents are treasures who pass on the tradition, values & their culture to the next generation. No gadgets could replace their presence and "the touch screen cannot replace the touch of human beings."

The author was one among the luckiest people who had the opportunity to live with his grandma. The grandmother was happy to get back her grandson. Now the story telling continued ever after.

**TRINITY ROSHAN JEROME - IX 'B'**

## RIDDLES

1. When is a door no longer a door? **When its ajar (a jar)**
2. What has four wheels and flies? **A garbage truck**
3. What can you put in a bucket to make its weight less? **A hole**
4. What has 13 hearts but no other organs? **A deck of cards**
5. Which king of ship has two mates but no captain? **A relationship**
6. What has many keys, but cannot open a single lock? **A Piano**
7. What is always found on the ground, but never gets dirty? **A shadow**
8. What five letter word is pronounced the same if you take away its last four letters? **Queue**
9. What do you throw out when you want to use it,  
but take in when you don't want it to be used? **An anchor**
10. What kind of tree can you carry in your hand? **Palm**
11. How do you make "one" disappear? **Add the letter 'G' and its gone.**
12. The more you take, the more you leave behind what are they? **Footsteps**
13. What loses its Head in the morning, and gets it Much at Night? **A pillow**



**K.V. Raanesh - X 'D'**

## THE LOVE FOR ENGLISH



Should I be surprised because I have been enthusiastically engrossed in something instead of someone for 5 years? It is no joke- 5 years?

It is called an anniversary, but for me, it is not a mere measurement of time expressed in days, hours, minutes and seconds. It is more than that. It is about a linguistic rediscovery of myself and carrying that new self on a journey filled with pleasant and delightful memories throughout that period. I was me, and there was this new linguistic version of me. It all began in 2017 when I was studying in V std. Academically speaking, I was never good at English and many students learn English only to have impressive scores in the academic report card. My English proficiency was very horrible before fifth grade. I had no fascination for English at all. But after 2017, my life changed in academics. I was very proficient in English and got good scores in my exams and English helped me a lot in my communication skills. The next thing I knew, I was in love with the language.

I was very much interested in developing the habit of using these little everyday expressions in my social life, and no wonder English became my darling language. Not many days back, I found out that while speaking my native language, Tamil, I was more concerned about whether I was inadvertently disrespecting the person I was talking to than trying to get my point across as effectually as possible. It was English language, I understood that helped me to get rid of certain hesitation. All I felt is that the language itself is beautiful and sound euphonic. I also had this feeling that English makes you benign, amiable and benevolent when you talk to people. Inevitably, I was more attracted towards English speakers, who exhibited body language more frequently while communicating and it is not a surprise why I have been madly in love with this language ever since.

**Jonathan Francis - X 'D'**

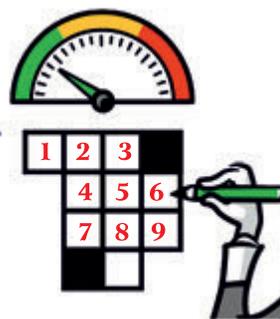
# CROSSWORD PUZZLE HISTORY

## ACROSS

- World war Era German submarines were called
- Name of the Atom bomb dropped in Nagasaki
- The home species that co-assisted with homo sapiens.
- The first emperor of Rome.
- The person referred to as the father of History
- Cyrus the Great belongs to

## DOWN

- One of the most important cities of the Indus valley civilization
- Thomas Edison's Rival - Hint: He was a serbian inventor.
- The military nobility and officers of medieval Japan were called
- The Peloponnesian war was fought between Sparta and...
- Portugal's first territorial possession in Asia
- The remains of the Mesopotamia civilization lies in present day



## Across

- U Boat
- Fatman
- Neanderthals
- Augustus
- Herodotus
- Persia

## Down

- Harappa
- Tesla
- Samurai
- Athens
- Goa
- Iraq

S. Joel Kevin Raj - X 'C'

## 7 WONDERS OF THE ANCIENT WORLD



The **Great Pyramid of Giza** is a massive building built by the Egyptians around 2584-2561 BC, as a Tomb of the fourth Dynasty Pharaoh, Khufu.

The **Hanging gardens of Babylon** was built around 600 BC by the Babylonian King Nebuchadnezzar II. But, it was destroyed around 1<sup>st</sup> century AD.

The **Statue of Zeus at Olympia** was a statue of the Greek god Zeus. It was built in 5<sup>th</sup> century BC by the Greeks. Alas, It was destroyed around 5<sup>th</sup> century AD But the reason behind it remains unknown. It is said to be sculpted by the great Greek sculptor Phidias.

The **Temple of Artemis at Ephesus** was a grand Temple built by Greeks. It was destroyed four centuries after it was built. Its remains are in the modern day Turkey.

The **Mausoleum at Halicarnassus** was built in 4<sup>th</sup> Century BC by Greek architects Satyros and Pythius of priene. It was destroyed in 15<sup>th</sup> century AD.

**Colossus of Rhodes**, the statue of Colossus was sculpted by Chares of Lindas in 280 BC. It was destroyed by an earth quake in Rhodes Island.

**Light house of Alexandria** was a light house built in Egypt during the reign of the Ptolemaic Kingdom in 280 BC. It is said to be destroyed in 1480 by an earth quake in Alexandria.

S.J. Kevin Joseph - IX 'E'

## ME & MY MOBILE !

**MY MOBILE!** this statement has become synonymous with ownership, pride, acquaintance and almost everything in today's life!

As a curious small boy, I started using my dad's mobile since 2018. Instantly, I was amazed by the magic it brought into my personal space. As a result, I started to interact with my mobile more and reduced to spend time with my parents. After school, I was with my mobile at least for 4 to 5 hours a day! Exciting cartoon videos, thrilling games and fun filled entertainment were all my obsessions.

Beginning of 2020, a year which none of us would forget in our lives, saw the biggest ever pandemic of Covid-19 spreading into all parts of the world. Affected by the unusual lockdown, my playtime at home was confined to my dad's mobile. Then came the first ever era of "online schooling" that was peculiar, new and exciting for all of us. Due to this, my time spent on mobile further increased.

A year later, during January 2021, I started having a kind of blurry vision and shared it with my parents. We consulted the ophthalmologist and I was diagnosed with what is called "Bilateral Blurring of Vision". Soon, it affected the way I responded to any conversation. Finally, after 3 days of hospitalization, my medical condition improved and I started feeling better.

Of late, I am just trying to understand what harm my mobile can do to me and they are terrifying. I would like to just share a few of the hazards I understood. They are:

- ♦ Primarily, mobile phones make us get addicted to using them
- ♦ The blue light rays and colour pigments emerging out of mobile display are very dangerous to our sensitive eyes.
- ♦ Invariably, we bend our neck down at approximately 60 degrees, which in a normal situation happens when a mass of about 50 kgs is placed on it. This strain affects our central nervous systems and causes huge damage to our brain, spine and hip.
- ♦ Researches say that it even affects our response level and can go to any extent where our writing speed gets slower.

Though we need to admit that the use of mobile phones are essential for effective communication yet I wanted to share my views which might be an eye-opener for my friends in realizing the hazards of being addictive users of mobile phones.

I, Rueben Raj, student of X A, would like to appeal to my fellow students that we should take a pledge to use our (parents') mobile phone only for communication purpose and spend our time with our family and play outdoor games to keep ourselves healthy.

Thank you all !



# INCLUSION OF LAW IN THE CURRICULUM - NEED OF THE HOUR

Students of a country are the most powerful and important resources for better deployment. Students create the future of a country. But sometimes students end up being exploited and denied off their rights. Inclusion of law is the best way to create awareness among students of their rights, to uphold it, redress it when violation occurs.

The mandatory inclusion of varied subjects in the curriculum has to have a definite objective of giving an option to the students to select his area to be pursued for higher studies and ultimate employment.

The inclusion of law in the curriculum would give a clear insight to the students to have definite and positive approach to the issues that are faced by the society, and consequent to which a number of problems would be solved.

At present, the students are awarded the four basic rights which are enshrined in the Indian Constitution. They are 1) Right to information (Article 19(1)(a)) 2) Right to Equality (Article 14) 3) Right to Education (Article 21(A)) and 4) Right to life. In case, law is included in school curriculum from primary or the higher secondary level, it will have a far-reaching positive impact in moulding the society with high degree of civic conscience.

Education, of course has to achieve a definite target and inculcate values among the students. Hence, I feel that an indepth study is to be conducted to understand the manner in which law is to be included in school syllabus.

**K. Susheel Dhanu - X 'D'**

## 10 AMAZING FACTS ABOUT OLYMPICS

1. The first Olympic Games took place in the 8<sup>th</sup> Century B.C, in Olympia, Greece.
2. Gold medals are mostly made of silver.
3. At least one of the Olympic Rings' Colours appear in every national flag.
4. The Olympics Games have been hosted by 23 different countries.
5. Women have been allowed to compete in the Olympics since 1900.
6. The youngest Olympian in the modern era was a Greek gymnast Dimitrios Loundras, who competed in the 1896 Athens Olympics at the age of 10.
7. Michael Fred Phelps is an American former competitive swimmer who had won the most Gold Medals
8. P.V. Sindhu is the youngest Indian to win an Olympic Medal
9. The modern Olympics have been hosted by 23 countries.
10. The Olympic Torch Relay is not an Ancient tradition.



## DO YOU KNOW!

- |                                 |                                |
|---------------------------------|--------------------------------|
| 1. Father of Airforce           | - Subroto Mukerjee             |
| 2. Father of Surgery            | - Sushruta Samhita             |
| 3. Father of Botany             | - Theophrastus                 |
| 4. Father of Pentium Chip       | - Vinod Dham                   |
| 5. Father of White Revolution   | - Vibhushan Dr Verghese Kurien |
| 6. Father of Missile Program    | - A. P. J. Abdul Kalam         |
| 7. Father of Modern Computer    | - Alan Turing                  |
| 8. Father of Relativity         | - Albert Einstein              |
| 9. Father of Anatomy            | - Andreas Vesalius             |
| 10. Father of Nuclear Chemistry | - Otto Hahn                    |



**G. Bennett Ignacio - X 'C'**

# CLIMATE CHANGE AND THE AWAITING APOCALYPSE

What is the world today? It is gradually and inexorably submerged under sea, not by a sudden fury of Nature but by the mindless actions of human being which they consider as a routine part of their lives.

Driving cars to and fro, visiting places of interest, flying from one part of the world to another and producing electricity by burning coal. What if these activities are causing the accumulation of carbon in the atmosphere to a level that the average temperature of earth rises two degrees above normal and starts to melt the Arctic and Antarctic ice and raises the water level of seas by a few feet?

The world will go under sea water just as we humans are able to only helplessly watch it. Climate action is an ongoing process, not an event, and it requires extraordinary collaboration. Action for Climate Empowerment (ACE) is a term adopted by the United Nations Framework Convention of Climate Change (UNFCCC) to denote work under Articles 6 of the Convention 1992 and Article 12 of the Paris Agreement.

The over-arching goal of ACE is to empower all members of society to engage in climate action, through education, training, public awareness, public participation, public access to information, and international cooperation on these issues. Implementation of all six focus areas is crucial to the global response to climate change. Everyone, especially the young, should understand and participate in the transition to a low-emission, climate-resilient world. Sustainable lifestyles, sustainable patterns of consumption and production, are fundamentals to reduce greenhouse emission.

The incoming COP 27 Presidency is committed to ensure a transparent and inclusive process in the lead-up to COP 27 to be convened in Sharm el-Sheikh, Egypt from 6<sup>th</sup> -18<sup>th</sup> November, 2022. COP 27 provides a critical opportunity for business and government leaders to double up on their climate goals, forge new collaborations, and achieve innovative solutions together. This year, COP 27 will focus particularly on strengthening, adaptation, resilience and mitigating emissions thereby facilitating a just transition through increased funding and collaborating for essential climate solutions.

The pressure on various governments which have only short term political compulsions have to be applied by the public who have the awareness of the imminent, clear and present danger. Fortunately, the students community of the world has become alert, assertive and exercising continuous pressure to the governments which prefer pretending than acting, to take effective, targeted and coordinated actions with the other countries in collaboration. That gives a glimmer of hope in a situation where the race against a calamity seems to be overtaken by the accumulated assaults on the environmental ecosystem by human beings. Let's put into action for climate empowerment.

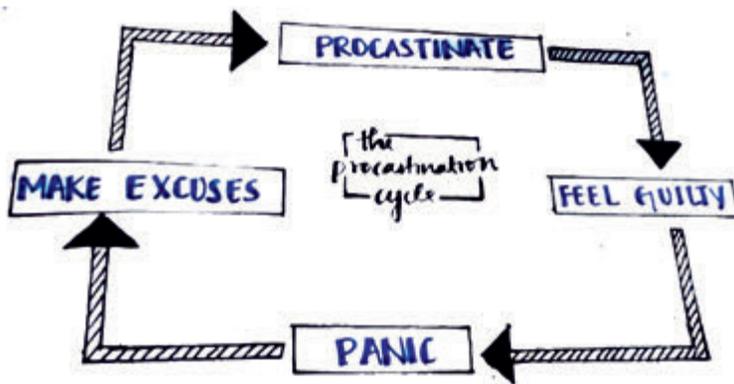


- Education
- Training
- Public Awareness
- Public Participation
- Public Access to Information
- International Cooperation

**I.A. Vibin - X 'D'**

# PROCASTINATION

The thief of time : Procrastination is the act of delaying or putting off tasks to the LAST MINUTE.



The Procrastination triggers #1 unwillingness



Physics? Don't talk about it and run my mood wow!



Soccer? I love it ! I'm in !

When you gotta do something you're interested in, will you post-pone? NO

## HOW CAN WE MAKE A BORING SUBJECT INTERESTING?

Solution Change the topic of the lesson into a question

Let's say, chapter - 1 kinematics

Ask yourself - What is kinematics?

Aspire yourself to know what it is

"Yearn to learn"

Love what you do and you'll do what you love

Yes, you can!



### #2 Fear

Sometimes those big important tasks are just too daunting, we don't even know where to begin and inevitably, we leave everything to the last possible moment.

How can we get through this?

Solution - **Break one big impossible task into many small achievable goals**

Instead of saying I have to complete this entire chapter today! Let's break the chapter into smaller parts and plan accordingly

Remember, when we fail to plan, we plan to fail.

Time	Topic
4-5	Part A
5-6	Part B

### # 3 Too - Confident

There's time, I'll do it later



The key cause is over confidence. We belittle the value of time. The Biggest mistake anyone could make in life is thinking that they have time.

Time is **FREE** but it is **PRICELESS**

You can't **OWN IT** but you can **USE IT**

You can't **KEEP IT** but you can **SPEND IT**

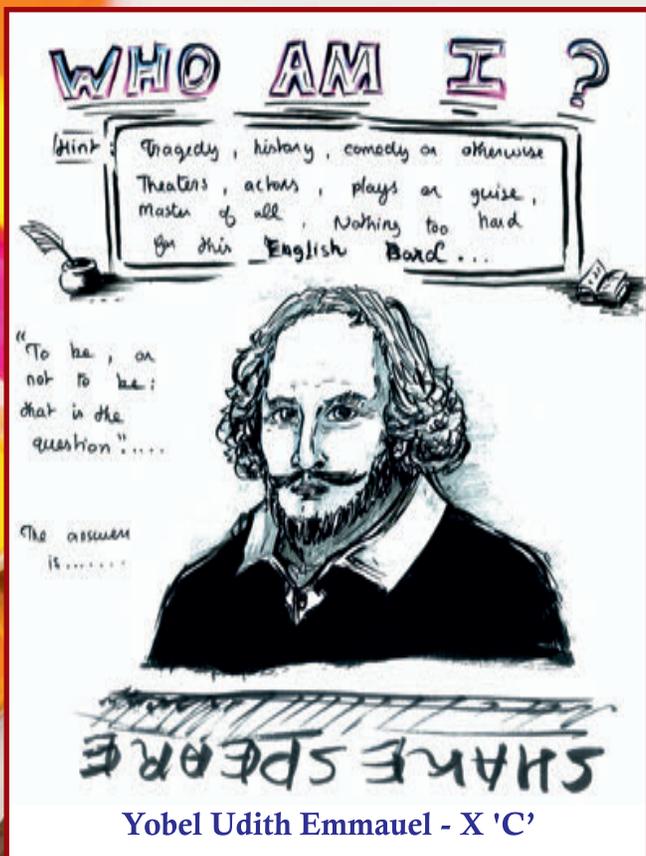
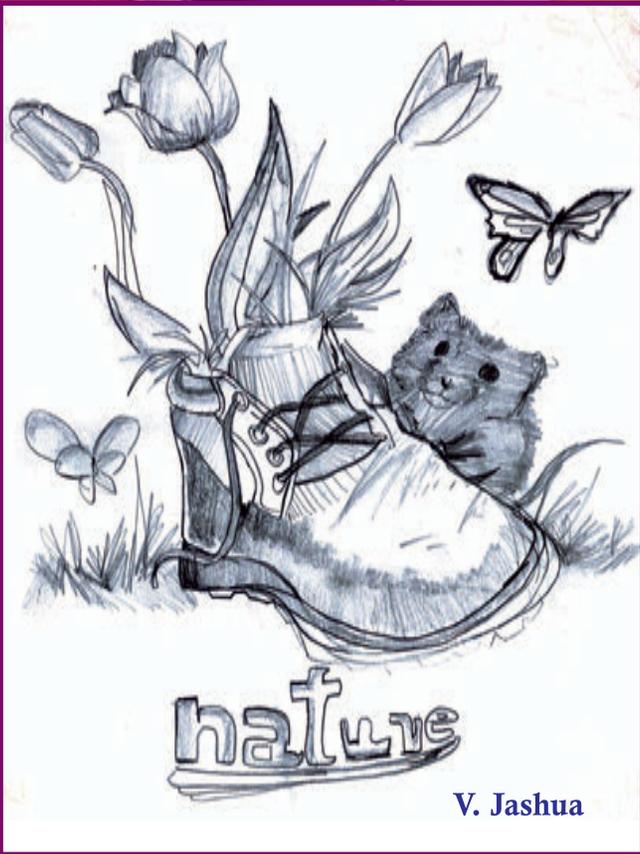
And **ONCE** it is **LOST**, you can **NEVER GET IT BACK**

I put the PRO in PROcastinate!

**SOLUTION : USE TIME PRODUCTIVELY**

**Boaz Matthew - IX 'C'**

# Drawing



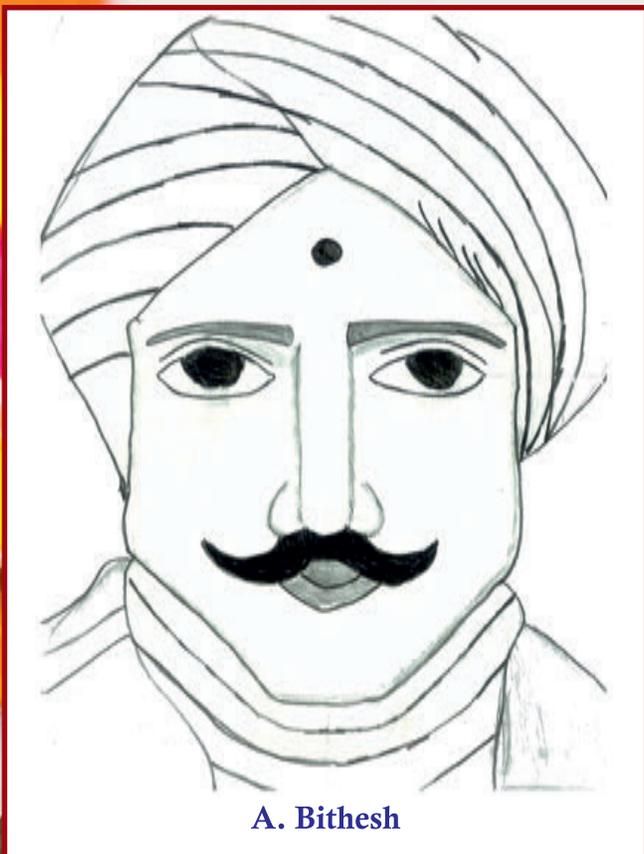
# Drawing



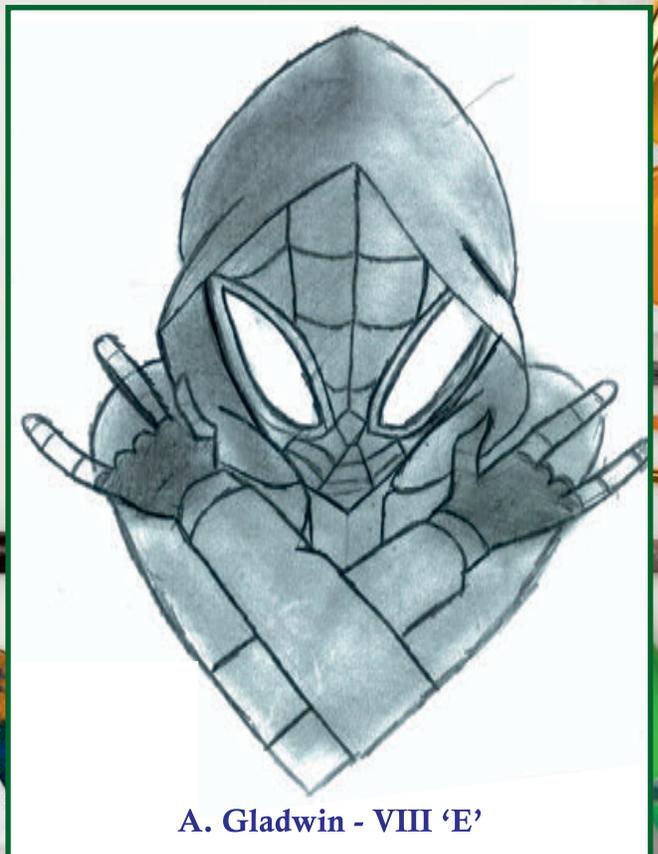
E. Austin - VI 'C'



So Jheeran - VIII 'C'

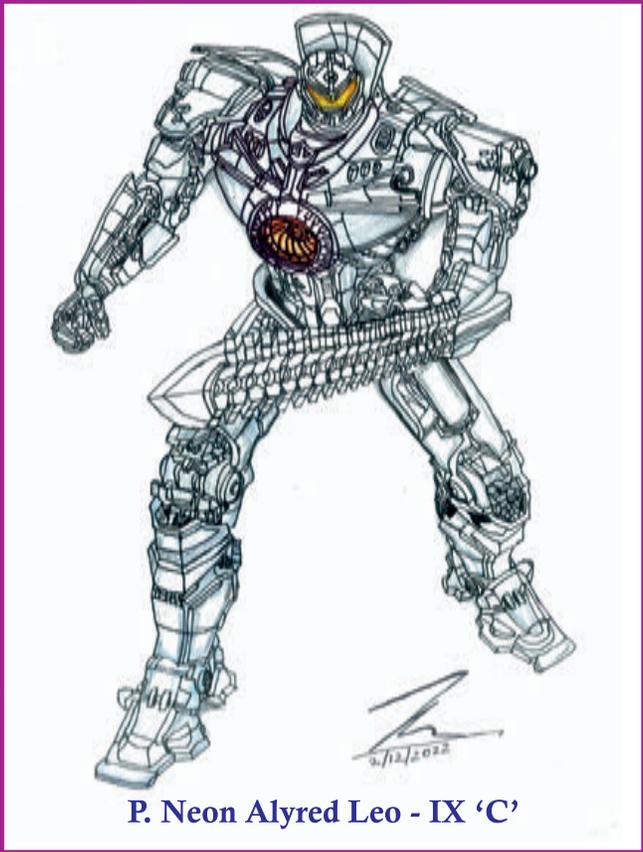


A. Bithesh



A. Gladwin - VIII 'E'

# Drawing



P. Neon Alyred Leo - IX 'C'



T.G. Pavanganesh - X 'D'

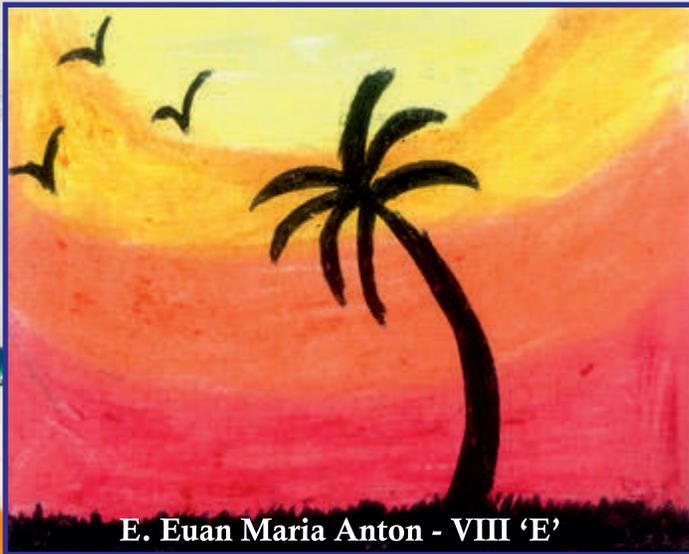


Judah Jaco - VIII 'E'

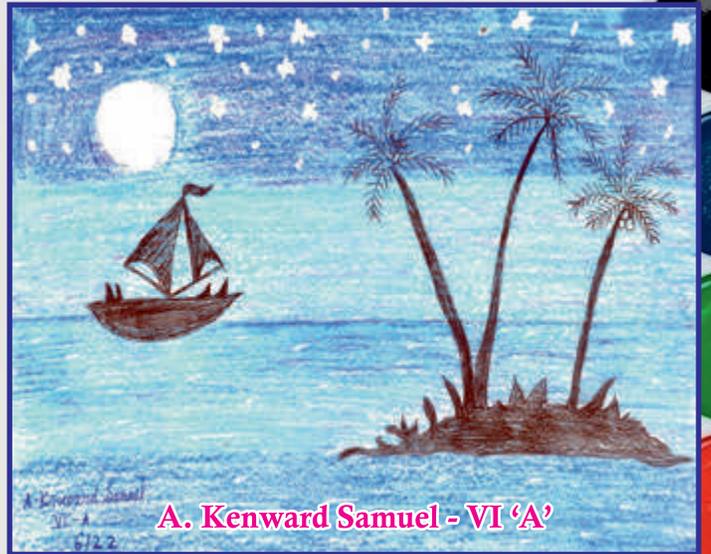


Nishant - IX 'C'

# Drawing



E. Euan Maria Anton - VIII 'E'



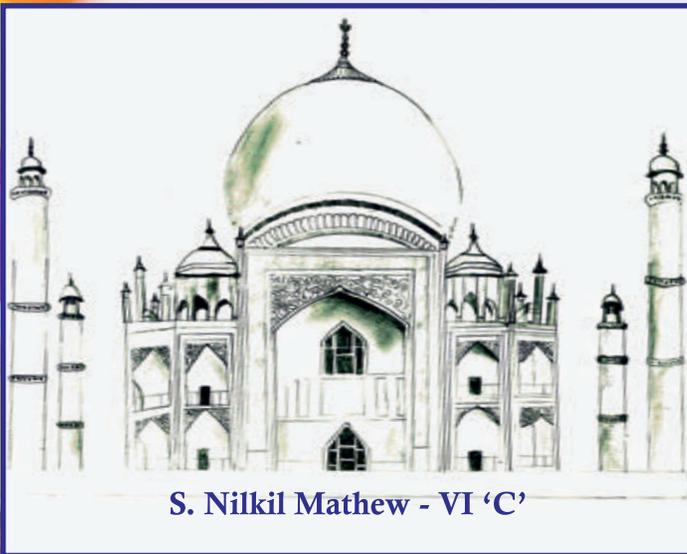
A. Kenward Samuel - VI 'A'



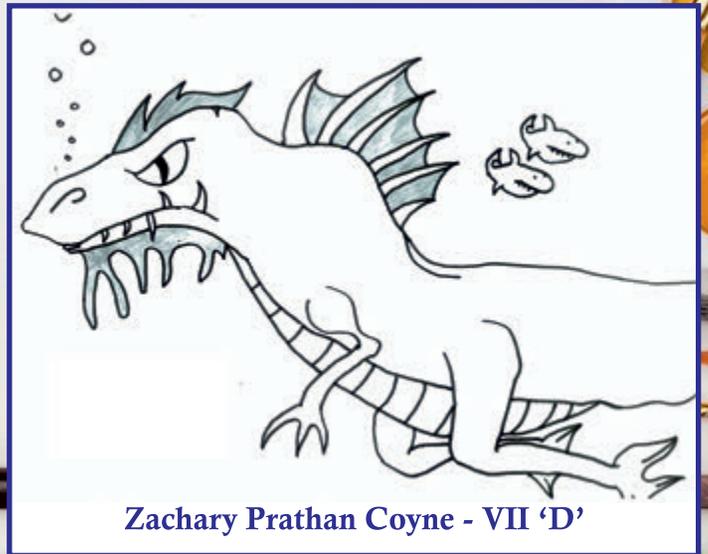
P. Levin Raj - VIII 'B'



# Drawing

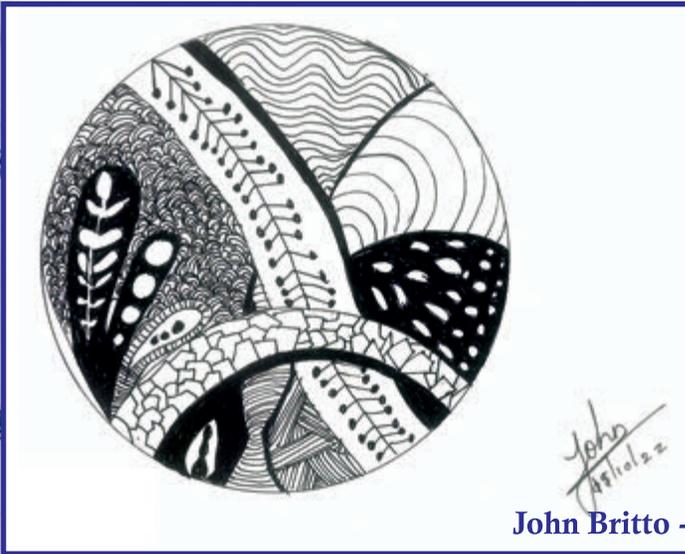


S. Nilkil Mathew - VI 'C'



Zachary Prathan Coyne - VII 'D'

# Drawing



John Britto - VII 'C'



M. Abdul Rahman - VIII 'E'



Adrian Miranda - xii 'D'

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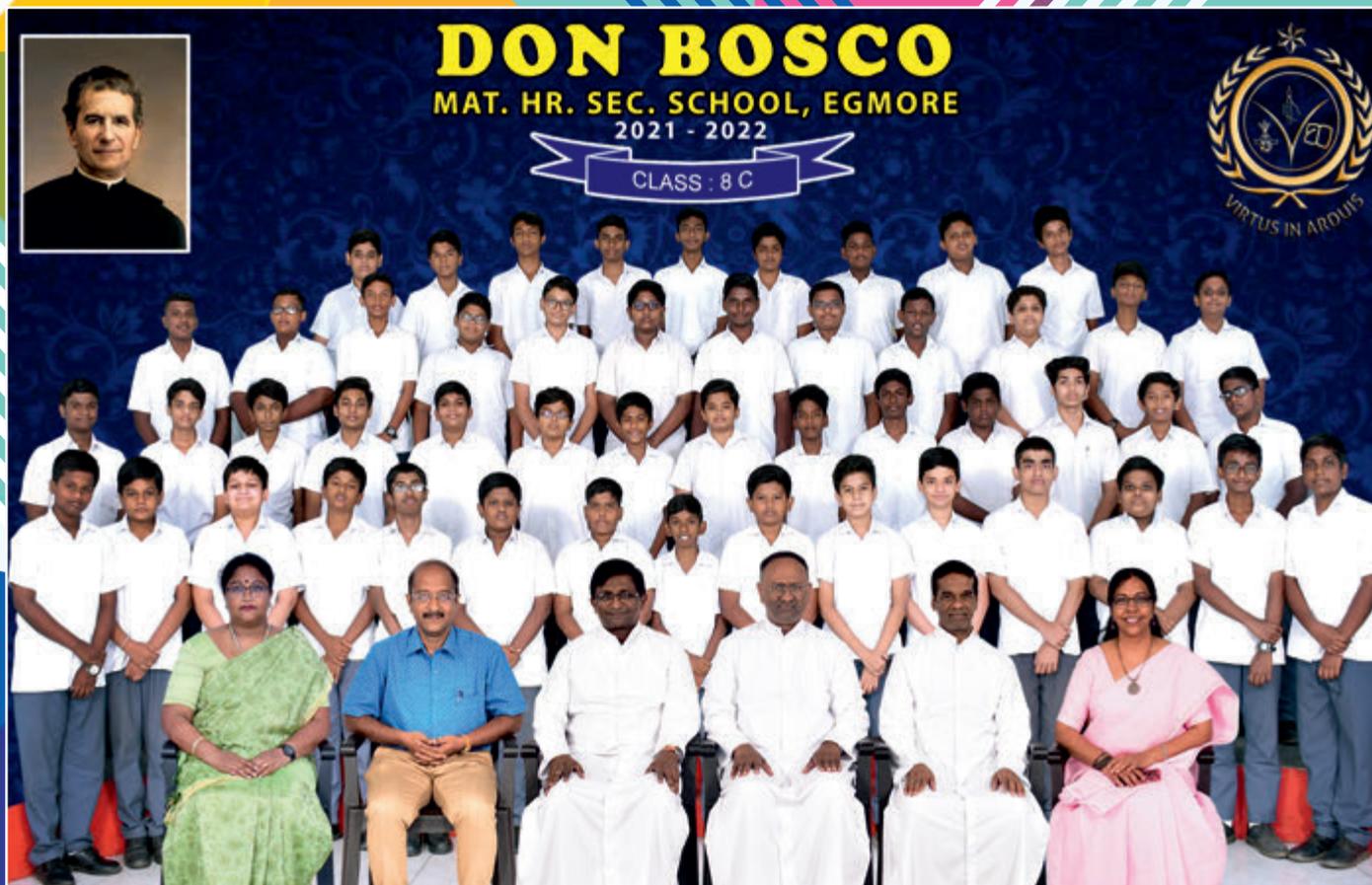
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2021 - 2022



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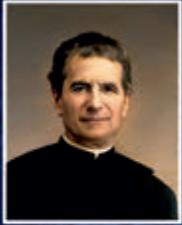
2021 - 2022



CLASS : 12C



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CLASS : 12D



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2021 - 2022



CLASS : 12E



**Rev. Fr. Mathias SDB**



*Thank You*

**Rev. Fr. Gerald Miranda SDB**



*Enjoy yourself  
as much as you like  
if only you keep from sin.  
John Bosco*

**Virtue Lies in Hardship**