



MARIAN

E-NEWSLETTER

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St. Mary's Senior Secondary School

Pocket A2, Mayur Vihar Phase III, New Delhi - 110096

EDITORIAL



Dear Readers

Warm greetings to all!

We are extremely happy and proud to bring out this edition of our e-newsletter, E-Marian. It is a glorious year for our prestigious school, as we celebrate the twenty-fifth year of its establishment. It seems just yesterday when St. Mary's was started in the basement of Prabhu Prakash Church in Trilokpuri. And see, how tall it stands today, as one of the best schools in East Delhi. We thank the Lord Almighty for His countless blessings on each one of us during these years.

Under the guardianship of our school Management and Principal, Rev. Sr. Merlin C J, the young Marians would definitely move towards green pastures and take this institution to greater heights. They have already shown their grit and commitment during these tough and challenging times.

Thus, we are confident to march on, saluting the effort of the past, paving the way for the future, with a sense of purpose, reflective of a true Marian spirit.

I, on behalf of the editorial team, express our deep gratitude to Principal, Rev. Sr. Merlin C J and Headmistress, Rev. Sr. Poonam C J for their constant support and encouraging guidance that helped us to unlock the treasures of our imagination.

A school newsletter is itself an institution which prepares its contributors to actively participate in whatever is going on around them. They learn to express themselves confidently as their expression is given rightful exposure. **'Writing makes an exact man.'** And this is what our e-newsletter is all about!!

Happy Reading....

Ms. Sumedha Ailawadi
Editor

MESSAGE

I extend warm greetings to my dear students, parents, staff members and well-wishers. This is a very special year for our institution, St. Mary's, as it proudly celebrates the completion of 25 glorious years. With immense joy and reverence, the silver jubilee year was inaugurated on 25 September 2021. The Holy Mass was celebrated to seek Divine Grace on our school and thank the Lord Almighty for his immense kindness.

"The Lord will keep you from all harm

He will watch over your life;

The Lord will watch over your coming and going

Both now and forever more." - Psalm 121:7-8

Our humble endeavour at St. Mary's has been to encourage and prepare our students to face the challenges of life, boldly and wholeheartedly. Through a plethora of activities, every student is given the opportunity to nurture his talent, increase his knowledge, dream big and achieve big.

I congratulate the Principal, the Headmistress and the members of the editorial board for bringing out this edition of the newsletter. The school newsletter is an excellent forum for budding students to showcase their writing skills and to pen down a mosaic of thoughts. I am sure that in the years to come, our young Marians will blossom into vibrant and virtuous professionals and make us proud. Our blessings are always with them.

With Blessings

**Fr. Jose T J
Manager**



MESSAGE



The Academic Year 2021-22 is an eventful year, replete with the celebration of silver years for the Marian family. No doubt, the spirit of silver jubilee is on a lower tone as we are still gripped by the pandemic COVID 19. The visionary pioneers of the school have given wings to their dreams and from them emerged the great tree of knowledge, 'St. Mary's Senior Secondary School', in the year 1996. The silver jubilee year of St. Mary's was set in motion on 25th September 2021 with a Thanksgiving Eucharistic celebration, followed by a colourful opening ceremony. Together with the many activities that would follow throughout the year, it's a time for reflection and rejuvenation of hope for a wonderful future.

Martin Luther King Jr. once said, "If a man is called to be a street sweeper, he should sweep streets even as Michelangelo painted, or Beethoven composed music or Shakespeare wrote poetry. He should sweep streets

so well that all the hosts of heaven and earth will pause to say: Here lived a street sweeper who did his job well." As we look back in gratitude, we are indeed happy to pause and say that everyone associated with St. Mary's has played his part well in the evolution of this institution in his/her own marvellous ways. The fathers, sisters, teachers, students, parents, well-wishers and the support staff have become an integral part of St. Mary's by contributing to its growth uniquely. We, the present torch bearers of this great institution, take immense pride in saying that the resilience and commitment of our predecessors paved the way for building a community of life-long learners, with the motto- 'Competence for Commitment'. Our continued commitment to fostering resilience, perseverance, grit, empathy, and the ability to communicate effectively will undoubtedly help our students thrive academically, socially and emotionally as Marians.

Embracing the odds by widening our horizons and inflaming intellect is a continuous process in St. Mary's. Braving the winds of turmoil and despair created by the pandemic, together we have tried to sail through the tough times with resilience and perseverance. Despite the challenges we encounter, teaching and learning has been continuous and consistent. Our young students have settled into the rhythm of the online learning and I am constantly amazed at their enthusiasm and active participation in online lessons. We have supported our students' mental health and physical development throughout and have reached out to them with love and care.

On the silver year of our school, it's good to reflect and be grateful for our many achievements and successes and acknowledge everyone's flexibility, dedication and unwavering support in making each Marian a true gem to the society, being rooted in sound humanitarian values. It has always been the endeavour of the Management to constantly strive for academic excellence and foster a positive spirit and believe in partnership between students, parents, teachers and support staff, striving to create a milieu that sustains excellence.

It is with a deep sense of gratitude to God, St. Mary's family stands at the threshold of the completion of 25 glorious years and marching towards an eternal educational journey for all the generations to come. May this institution continue to soar higher and higher!

My special thanks to the editorial team for enthusiastically teaming up for 'Marian Newsletter Volume-3' and their effort has added flavour and creativity to this edition.

Best wishes and prayers

Sr. Merlin C J
Principal

MESSAGE

We Still Have A Choice

Dear parents, teachers and students, although in an unprecedented way, COVID 19 has deteriorated our economy, companies, businesses, job facilities, financial budgets, bringing masses below poverty line, on the other hand it has also destroyed our dreams, hopes and mental health, making us weak physically, mentally, and psychologically. Yet I have the audacity to say, **"We still have a choice." It's going to be hard to stand up and muster one's courage, but hard does not mean impossible.** The fact that we have the gift of life given by God while many have lost it, we still create our own heaven and hell within and around us. It's all in our mind and it all depends on the stuff we carry within. For we can give only what we have. People who wear a smile on their faces and portray confidence are having love, trust and faith within. They don't lack tragedies, misfortunes, dissatisfied and unhappy people around, yet they decide to choose the abundance, the wholeness and the blessings of God every moment.



Dear students, **"Choose you this day whom you will serve." (Josh 24:15)** Our future is shaped by the choices we make today. Our present is the reward of our choices of the past. In our present, we reap the harvest of the seed we have sown in the past. You can test yourself and see what choices you have made right from the beginning. If you're good at studies, it means that you have spent your quality time in learning. If you're entrenched in extra-curricular activities, it shows that you have practiced those. On the other hand, if you are susceptible to social media and computer games all the time, it's a clear indication to your wasting time in it and it needs to be kept at bay in order to avoid the looming problems. This pandemic has brought an added responsibility to the parents. You had to walk an extra mile for an all-round development of your child, and you still have to do so. You have to be on constant watch to monitor your child's classes and examinations.

So, let's enhance our present by making the right choices to think good and positive about oneself and others, choices to build the gap between our dreams and the crucial reality in front of us, choices to be sincere and true to ourselves, even if no one is watching us, and ultimately, let's choose to love by reaching out to others in service. As a result, let's try to grab the abundance of grace spread in God's creation, in the pure beauty of flora and fauna and in human beings, despite their faults and failures filling ourself and others with this abundance, wholeness and immensity of beauty within and without. Let's dream to kiss the unknown horizons, despite dark clouds and uncertainties of the present. **Let's cast our hope in the unconditional love of God and His plans for our prosperity and not for our disaster. Let's stand up and proclaim, "we still have a choice."**

Sr. Poonam C J
Headmistress

SILVER JUBILEE OF ST. MARY'S - CELEBRATING 25 GLORIOUS YEARS

"When we honour the past, we energise the future, and the present becomes a celebration."



With enormous blessings and prayers, our school celebrated the opening of its Silver Jubilee year on 25 September 2021. The school has had a blend of a glorious past and a harmonious present. In the last 25 years, St. Mary's has been enthusiastic to uphold a milieu with independent thinking, creativity, responsibility and a strong sense of moral integrity.

The occasion was graced with the presence of His Grace, Archbishop Most Rev. Anil J T Couto, Auxiliary Bishop Monsignor Most Rev. Deepak Valerian Tauro and our former Managers and

Principals along with other priests and sisters. The day began with a solemn Mass, thanking the Lord for all the blessings and love that He has bestowed on our institution.

Our Manager, Rev. Fr. Jose T J, Principal, Rev. Sr. Merlin C J and Headmistress, Rev. Sr. Poonam C J warmly welcomed all the dignitaries, who were presented with special mementoes of a shawl and a sapling each.

His Grace, Archbishop Anil J T Couto, inaugurated the jubilee year by unveiling the logo of the historic event. He congratulated the



Marian family for all their consistent efforts and hard work in taking the school to great heights during these glorious twenty five years. His Grace assured of his continuous support, prayers and love for this institution.

The brilliant amalgamation of drama, soulful music and well-coordinated dances by the young Marians and ex Marians mesmerised everyone. A well made power point presentation led everyone down the memory lane to relive the history of the school. It was a nostalgic moment to see how the school has grown over the years from a small

premises in the basement of Trilokpuri church to the flourishing infrastructure it is today.

As our school celebrates this milestone event, it continues to believe in the strength and capability of every child and promises to nurture every inquisitive mind that walks its ground. Through the hard work of its visionary Managers, Principals, endeavouring teachers, and relentless support staff, St. Mary's School is ready to take on new challenges, ensuring to provide an environment of continuous and constant education and learning that makes a difference.

THE EVOLUTION OF ST. MARY'S SCHOOL



The journey of a thousand miles begins with a single step That step was taken on the 15th of April, 1996 when St. Mary's School started in the basement of Prabhu Prakash Church, Trilokpuri with only 115 students and a staff of four. From the basement of Prabhu Prakash Church, St. Mary's moved to Mayur Vihar Phase III on 10th April, 1997. The foundation stone was laid by His Grace Most Rev. Alan de Lastic, the then Archbishop of Delhi, on 14th April, 1997- quite truly a red-letter day in the history of St. Mary's School.

It was the Archbishop's dream to have a school under the management of the Delhi Catholic Archdiocese in the Trans- Yamuna area to cater

to all sections of the society regardless of caste, creed or financial status.

The administration and working of the school were entrusted to the Sisters of the Congregation of Jesus, known as the C.J Sisters. The Sisters have worked with prudence and perseverance always following the vision of their foundress, Mother Mary Ward who has been their guiding light to "Do good and do it well, that is, to perform the work you have in hand carefully and perfectly."

The Sisters have worked hard to overcome difficulties, surmount obstacles and stick to ideals in order to bring about a holistic education to the young boys and girls entrusted to their care.

With each passing year, St. Mary's has grown



chalk and blackboard to smart boards, getting across to students digitally. The school has excelled in nurturing meritorious students who have brought laurels to the school not only in academics but also in sports, dance, music and art.

As we celebrate our Silver Jubilee, we have much to be proud of. Our students are well placed in society and have been successful in wide and varied professions. More importantly, their moral and spiritual formation has made them competent and committed human beings.

from strength to strength. From a tender fledgling it has become a Senior Secondary School with 2300 students and a staff of around 85 along with an efficient office staff and a strong support staff.

Today, the school can boast of a well-structured edifice set in lush green surroundings and a beautiful garden. The building has large, well-ventilated classrooms and is equipped with science and computer labs and a well-stocked library. The school has moved from the simple

Today, we stand proud as one of the best English medium schools in East Delhi. We salute the faith and fortitude of our pioneers and all those who have followed them. May we have the endurance and courage to go the extra mile and overcome all adversities.

As we look back on a journey well accomplished, let us also look forward to many more years of the great journey of St. Mary's." Tomorrow to fresh woods and pastures new....."

BOARD TOPPERS

YEAR 2020-2021

CONGRATULATIONS!

CLASS X



Aditya Kashyap
97.2%



Ashita Rawat
96%



Sandra Mathew
96%



Kriti Jadli
95.4%

CLASS XII COMMERCE STREAM



Tanuja Pandey
98.4%



Christeena Issac
97.4%



Elisha Thomas
96.4%

CLASS XII SCIENCE STREAM



Navya Bisht
97.4 %



Rashi Jha
96.8 %



Jerome Shijo
96.6%

INTERVIEW

MARIANS' SUCCESS STORY

ADITYA KASHYAP
Scored 97.2 percent in class X



Congratulations on your grand achievement. How do you feel as the topper of the school?

I am really very happy. It is one of the memories I will always cherish. It surely gives a feeling of pride and satisfaction after days of toil. I will try my best to stay consistent with my performance.

What is the secret behind your overwhelming success?

There is no special secret behind this. I just believed in myself and worked hard with all sincerity and effort. Also, it is because of the blessings and support of my parents and teachers.

Is there someone in specific you would like to credit for your achievement?

Firstly, it is great to be a part of the Marian family. This prestigious institution has nurtured me so well and helped me grow into a fully blossomed individual. I would like to thank the Principal and the teachers for their constant

guidance and support. I also thank my parents who believed in me and guided me at all times.

How do you think that the schooling at St. Mary's has contributed in shaping your personality?

I am so happy to say that I got many opportunities in St. Mary's to grow as a confident individual. These opportunities motivated me to consistently work hard and hone my skills.

What are the moral values you will carry with you as you move out of this institution?

My school taught me discipline, patience and righteousness. I will surely carry these values when I move out.

How did you manage your time between studies and fun?

I kept my time fixed for studies and fun so that my day had a balance of both of them.

What are your plans for the future?

I wish to get a good percentage in class 12 boards and work hard towards getting admission in a good college.

What advice would you give to the students preparing for the board exams?

I would like to advise my school mates to practice constantly and seek help from the teachers whenever needed. Also, to stay healthy and keep working hard.

INTERVIEW

NAVYA BISHT

Topped the Science stream with 97.4 percent in class XII



Congratulations on your grand achievement. How do you feel as the topper of the school?

Thank you. I feel extremely happy and blessed. It's something I cannot describe in words.

What is the secret behind your overwhelming success?

To be honest, there is no secret formula for success. It's just about how consistent and focused you can be towards your goal.

Is there someone in specific you would like to credit for your achievement?

There is no one in specific, but I would really like to credit my parents and teachers. It is their combined effort which is behind this achievement. They always supported and guided me and acted as major stress busters whenever I got tensed.

How do you think that the schooling at St. Mary's has contributed in shaping your personality?

Being a student of St. Mary's has indeed helped me a lot to become who I am today. I

learnt something new every day at school and I would really like to thank our Principal, Rev. Sr. Merlin who played a major role in shaping my personality and helped me bring out the confident, better version of myself.

What are the moral values you will carry with you as you move out of this institution?

Benevolence, truthfulness and compassion are a few of the countless values that I have learnt over the past 13 years of my school life and I will definitely carry them with me forever.

How did you manage your time between studies and fun?

According to me, when you really want to achieve something, you don't need to manage your time as it becomes a natural reflex for you to prioritise things accordingly. So, I gave more importance to studies and also made sure that I don't completely eliminate my hobbies.

What are your plans for the future?

I plan to join an esteemed medical college and become a doctor.

What advice would you give to the students preparing for the board exams?

I would like to share a quote with them. It says, "You need to be odd to be number 1". So, my advice would be to just believe in yourself and walk that extra mile. It will definitely pay off. Give it your best shot and don't stress too much about the outcome. All the Best!!

INTERVIEW

TANUJA PANDEY
Topped the
Commerce
stream with
98.4 percent



Congratulations on your grand achievement. How do you feel as the topper of the school?

Thank you. I feel really grateful that even during the times of uncertainty my hard work paid off. I genuinely feel blessed and so very happy.

What is the secret behind your overwhelming success?

I was determined to stay determined throughout my last academic year of schooling. I feel the core secret that I never really cared for the results, but believed in giving my hundred percent.

Is there someone in specific you would like to credit for your achievement?

I would credit this achievement to my parents who supported me economically, took care of me, provided all the resources I needed. I am grateful to our Principal, Rev. Sr. Merlin, who kept her blessing hand on me. I also thank all my dear teachers for being there for me

How do you think that the schooling at St. Mary's has contributed in shaping your personality?

St Mary's has given me abundant opportunities which helped me discover my talents and made me so confident.

What are the moral values you will carry with you as you move out of this institution?

I will be humble and compassionate throughout life, as taught by my teachers.

How did you manage your time between studies and fun?

I always divided the syllabus into small portions and set specific goals for every day. Once I accomplished them, I stopped studying, and if I could not achieve my goal that particular day, I avoided fun. To be very honest, my one-day goals used to be very short and I got ample time to have fun. I used to study for half an hour at one go and then take a break of 10 minutes and then come back to study again. This way, it was very easy.

What are your plans for the future?

In very comprehensive terms, I want to serve the under privileged class of our society.

What advice would you give to the students preparing for the board exams?

I would advise all the Marians to develop a habit of studying well in advance before the exams and not to think about the result. You just have to be consistent.

LAURELS AT INDIA SPELLING BEE 2020-21

Our school had the privilege to participate in the India Spelling Bee Competition 2020-21. The competition was held at three main levels- school level, regional level and national level for the students of classes I to IX in various groups. Participants were provided guide books for preparation. This year, due to the pandemic, the competition was held online.

The school level competition was held on 7 May 2021, in which 50 students from our school participated in different groups. Group 1 consisted of class I students, Group 2 had students of classes II and III, Group 3 consisted of students of classes IV and V, Group 4 had students of classes VI and VII and Group 5 had students from classes VIII and IX.

The winners of the various groups for the school level were-



Kartik Bisht
III-C



Aradhya Paliwal
IV- B



Aarifah Anwar
VII-B



Aryan Singh
VIII-A

All the school level participants were awarded certificate of participation and winners were awarded with medals of honour.

The regional level of ISB was held on 24 July 2021, in which sixteen students of our school participated, including the school level winners. The competition was tough as students had to compete with the various schools of Northern Region. Our school student-



Swastika Dash
VII-D

Swastika Dash of Class VII-D emerged as the first position winner of Group 4 Northern Region. It was a proud moment for all us. Our Principal, Rev. Sr. Merlin C J congratulated her and conveyed her blessings and prayers for the National Level.

Swastika Dash participated in the National Finale of ISB conducted on 15 August 2021. She could not secure among the top three positions, but the experience was enriching in itself. In her words, "India Spelling Bee contest has helped me enhance my vocabulary and spelling. It also has increased my confidence, which, I am sure will help me in the long run."

LAURELS AT MONTER ENSEMBLE 2021

Our students enthusiastically participated in the inter-school event organised by Sahodaya Sr. Sec. School in the month of September. It was an online event where students from classes VI-XII participated in various events and won laurels for the school and themselves. The following students won prizes in various events-



Akshara Ranjit
of VI B won the
3rd position in the
BEST OUT OF WASTE
COMPETITION



Jyotsana Nair
of VII A bagged the
2nd position in the
BEST OUT OF WASTE
COMPETITION



Vani Jeevandas
of VIII B was
awarded the
1st position in
MADHUBANI ART.



Shashank Singh
of X D won the
1st position in
HASYA KAVITA
COMPETITION



Adwitiya Ghosh Mondal
of XI B secured the
1st position in
vocal music competition
called CRESCENDO



Pratingya Rath
of XII B secured the
3rd position in
vocal music competition
called CRESCENDO



Our Principal,
Rev. Sr. Merlin C J
congratulated the
winners and wished
them good luck for
their future.

FOND FAREWELL AND HEARTY WELCOME !



REV. SR. ROSE C J



REV. SR. TOMSY C J

"Our memories of yesterday will last a lifetime. We'll take the best, forget the rest, and someday will find that these are the best of times."

On 24 July 2021, our school organized a virtual farewell programme to bid farewell to dear Rev. Sr. Rose C J after two years of service in St. Mary's, and to welcome Rev. Sr. Tomsy C J amidst us.

Sr Rose's tenure in our school extended from July 2019 to 24 July 2021. These years of her service are really memorable and will be cherished by her

students and her colleagues. To commemorate her selfless service, students of classes VII-X organized a virtual farewell programme. Through a prayer song and a prayer dance, the students thanked Lord Almighty for the gift of Sr. Rose in their lives. One of her students presented Sister with a beautiful portrait of hers. Intercessory prayers were offered for Rev. Sr. Rose, her family, C J congregation and the school. The farewell programme was followed by the welcoming of

Rev. Sr. Tomsy C J. On behalf of the school, a bouquet was presented to her virtually. Children expressed their joy at Sr. Tomsy's return to the institution by singing a welcome song. Our Principal, Rev. Sr. Merlin appreciated Rev. Sr. Rose for her dedication and conveyed her best wishes as Sr. Rose takes over as the Headmistress of St. Francis Convent School, Jhansi. Rev. Sr. Merlin joyfully welcomed Sr. Tomsy to the Marian family and sought God's abundant blessings upon both the sisters.

INVESTING LEADERS OF TOMORROW



“Leaders aren’t born, they are made. And they are made just like anything else, through hard work.”

The new student council of our school for the academic session 2021-22 was formally installed on 3 September 2021 on the virtual platform. The Chief Guest for the solemn occasion was Rev. Sr. Joseline C J, Principal of St. Mary's Sr. Sec. School, Jhajjar and former principal of our school.

The programme began by invoking God's blessings through a prayer dance. This was followed by a beautiful video presentation, wherein the student leaders were motivated to incorporate in them unique leadership qualities that are witnessed in the majestic eagle, to remain focused and never be afraid of challenges.

The official ceremony began when our Principal, Rev. Sr. Merlin C J announced the names of the new student council. In her address, Rev. Sr. Merlin congratulated the new leaders and asked them to work hard with diligence to keep up the name of the school. She said that our Lord Jesus Christ is one of those great leaders from whom students should learn leadership qualities.

This was followed by oath-taking ceremony where all the leaders promised to fulfil their responsibility faithfully and strive to keep up the good name of the school and to be true to its motto – 'Competence for Commitment'.

Speaking on the occasion, Chief Guest, Rev. Sr. Joseline C J asked the student leaders to be role models to the juniors by actively participating in all school programmes, by studying hard with utmost sincerity and shining in academics as well.

The Head boy, Abin Soby thanked the school management, specially Rev. Sr. Merlin, for showing confidence in them and giving them the opportunity to be office bearers for the academic session. The programme ended with the school anthem. All the viewers stood in attention and respect during that time. We wish good luck to the new student council!

OFFICE BEARERS (2021-22)

Head Boy	Abin Soby XII-C
Head Girl	Tarana Upadhyay XII-D
Games Captain	Davis A Joseph XII-C
Editor	Anushka Bhatt XII-A
Agni House Captain	Daniel John XII-C
Amber House Captain	Unnati Srivastava XII-D
Prithvi House Captain	Khushi Sharma XII- B
Vaayu House Captain	Steve John XII-B

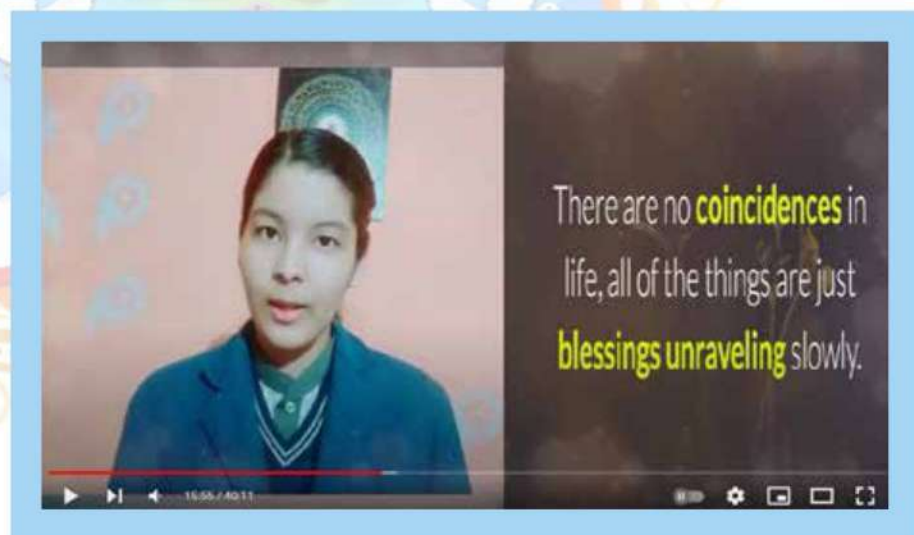


EXPRESSING GRATITUDE TO OUR ALMA MATER

‘Acknowledging the good that you already have in your life is the foundation for all abundance.’ Eckhart Tolle

The outgoing batch of class XII (session 2020-21) expressed their gratitude towards their alma mater through a beautiful and meaningful virtual assembly on 1 April 2021. They acknowledged the fact that they have flourished and blossomed in the garden of St. Mary's and were now prepared to step out into the world, to take on the challenges of the future with strength, wisdom and courage. The students thanked Lord Almighty for His abundant blessings on everyone during the tough times of the pandemic. They thanked the school management and the teachers for all their support and guidance.

Addressing the students, our Principal, Rev. Sr. Merlin C J conveyed her best wishes to them. She urged the outgoing batch to start each day with a grateful heart, practice kindness and end the day with a peaceful heart. Sister reminded them to be good human beings, filled with the virtues of kindness, generosity and love.



Our Journey through an Extraordinary Academic Year 2020.
A THANKSGIVING ASSEMBLY

A CALL TO RESTORE MOTHER EARTH



The Earth Day was celebrated in our school on 22 April 2021 on a virtual platform. An assembly was conducted by the students of class VIII A to bring around awareness about climate change and environment protection. The assembly began by gifting a sapling to our Principal, Rev. Sr. Merlin C J.

The students highlighted that human activities like air and water pollution, smog, acid rain, deforestation etc. are some of the major issues that man is facing as a challenge today. Through a melodious song, students emphasised on the need and importance of protecting Mother Earth. Various methods were suggested to protect our planet like REDUCE, REUSE, RECYCLE to conserve water, using long lasting light bulbs, planting trees, using more bicycles etc. Also, different ways leading to sustainable development were highlighted to bring more awareness among the students. The young Marians were asked to be more environment conscious. 'Protecting the environment will protect humanity' was the message given to them. The assembly concluded with a meaningful message by Rev. Sr. Rose C J. She laid stress on keeping the surroundings clean and to nurture the Earth for a better tomorrow. Sister encouraged everyone to consider it as their moral duty to 'restore the Earth'.

LABOUR DAY CELEBRATION



Despite the grim scenario of rising corona cases and lockdown, our school celebrated Labour Day on 1 May 2021 to acknowledge the dedicated service of our support staff to the institution. A virtual prayer assembly was presented by class X A on our Youtube channel - E – Marians.

Students expressed their gratitude to the support staff through a poem, speeches and a melodious song. Special prayer intentions were offered for the healing of people suffering during the pandemic. The Principal, Rev. Sr. Merlin C J thanked the support staff for their yeoman service. She appreciated their hardwork, sincerity and commitment towards the institution.

The support staff also thanked the Management, especially the school Principal, Rev. Sr. Merlin for bringing a cheer into their lives on this special day even during the difficult time.

THE POWER OF ROSARY

‘Whoever spreads the Rosary is saved’

-Blessed Bartolo Longo

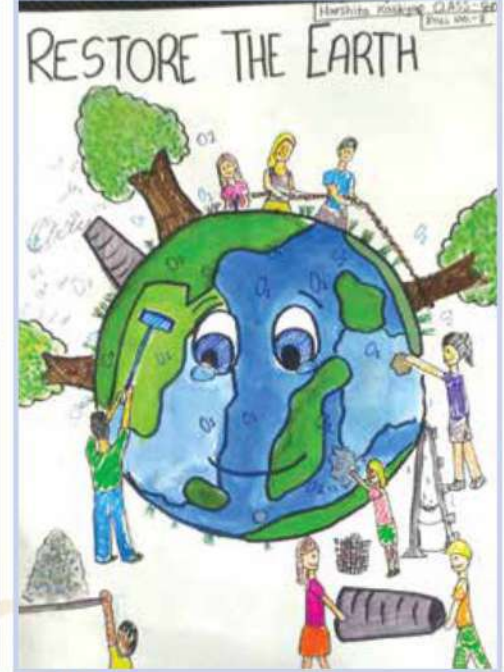
Rosary is a powerful weapon to put demons to flight. To conquer the widespread coronavirus pandemic, the prayer warriors at St. Mary's once again united themselves in reciting the Rosary and seeking divine mercy in the month of May, 2021.

Everyday, a few Catholic students and teachers devotedly joined hands to pray and recall the mighty power of our Lord. We believe that Rosary is the most efficacious means of evading the Corona virus and the world will be healed by calling out to Mother Mary.

The closing ceremony of the Rosary and the chain Rosary was organised on 31 May 2021, through a zoom meet. All the Catholic students from classes VI-XII and the teachers joined this virtual meet and recited the Rosary. Special intentions were prayed for all those who were facing trauma, those who were serious in hospitals and the frontline warriors. Prayers were also offered for those who had lost their dear ones, requesting Mother Mary to intercede continuously for each one.

The meeting ended with a beautiful hymn to Our Mother and a message by our Principal, Rev. Sr. Merlin C J. She advised everyone to recite the Rosary and be the prayer warriors for our Lord and to strengthen our belief in Mother Mary.

A STEP TOWARDS ECOSYSTEM RESTORATION



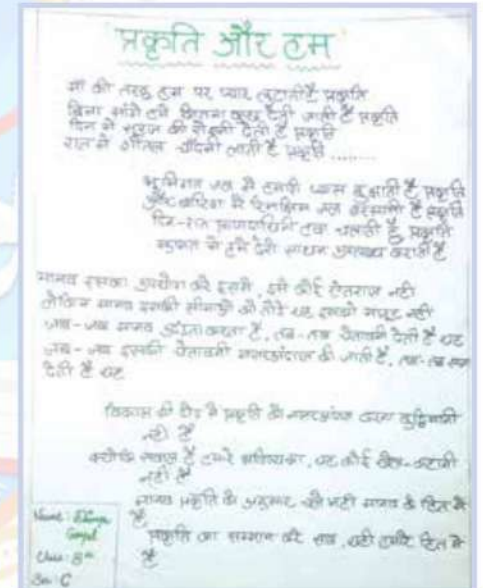
Every year, June 5th is set aside to raise awareness, reflect on accomplishments and renew our plan of action in overcoming the environmental challenges faced by our world today. In our school, we have left no stone unturned in imbibing the spirit of love and respect for our Mother Nature within each one of us.

This year too, our school, under the leadership and constant guidance of our dear Principal, Rev. Sr. Merlin C J, came together, united in spirit, to celebrate the vitality of the environment with the theme: Ecosystem Restoration. Although our beloved Marians were learning while away from school, it did not stop them from fully utilizing this beautiful opportunity to remember what nature has given to us.

A slew of online activities

was conducted, ranging from poetry to pledge writing, so that the need to make peace with nature blossoms in young minds. Apart from these, a few more unconventional activities like eco-auditing, turning shoe boxes into birdhouses, creating decorative items from coconut shells and empty cans, as well as gardening was taken up in keeping with the theme of Ecosystem Restoration.

Being close to nature has always been beneficial for the young as it has great therapeutic value. In fact, it is linked to less anxiety and lower stress levels. Children get to practice optimism which has been of great importance amidst the challenges one faces each day. Nature can generate a multitude of positive emotions, such as calmness, joy, creativity, and can aid in



improving concentration. This is exactly what we Marians have pledged for this year 2021-22: Hope and Optimism, which are direct consequences of being in proximity to nature.

"In every walk with nature one receives far more than he seeks."

-John Muir

EID-UL-ADHA CELEBRATION

Eid-ul-Adha was celebrated on 21 July 2021 in our school on the virtual platform. A special assembly was organized by students of class VIII B. Our Principal, Rev. Sr. Merlin C J wished everyone on the auspicious day and asked the students to spread the true message of Eid- which is to care for those in need and spread happiness.

A prayer dance was performed on the song- Lab pe aati hai dua ban ke tamanna meri..... Students also recited a poem and brought before everyone the difference between Eid-ul-Fitr and Eid-ul-Adha. They highlighted the essence of celebrating Eid-ul-Adha and wished everyone Eid Mubarak!



CELEBRATING MOTHER'S DAY

"A mother is one who can take the place of all others, but whose place no one else can take."

Mother's Day is a special day for all children and mothers, as it celebrates the bond of love and affection that is everlasting. Mothers are pillars of the family structure, who heal all wounds and make even the toughest things look so easy and beautiful.

To show our love and respect to our mothers,

the young and enthusiastic Marians from classes VI-XII celebrated this most special day with some fun activities at home. Cooking, painting, playing games, gardening, shaking a leg to some of their favourite numbers and even performing a duet with their mother were a few activities that students indulged in.



YOGA A WAY OF LIFE

Yoga is the journey of the self, through the self, to the self.....

It is a light, which once lit will never dim, the better your practice, the brighter the flame. Yoga plays a significant role during the world crisis of COVID-19 as it boosts our immunity and is known to cure respiratory disorders.

St. Mary's has always been in the forefront to ensure the best for the students. To stay strong in these tough times, it is even more important to build up our immunity within the four walls of our house. The school provides a holistic approach by keeping a healthy balance of mind and body on a regular basis. Meditation and breathing exercises are regularly taught.

The school celebrated International Yoga Day 2021 keeping to the theme for the year- 'Yoga from home and yoga with family'. Students of classes VI-XII participated in various activities on the digital platform on 21 and 22 June 2021. These two days

were celebrated by the students with great enthusiasm and vigour. Classes VI-IX demonstrated Surya Namaskar, yoga asanas, meditation, pranayama under the guidance of our physical education teachers. The importance of these exercises was explained simultaneously to the children and their parents. The excitement of the children was palpable on screen. For students of classes X and XII, two competitions - Yoga posture drawing and Yoga article writing were held respectively. For class XI, an enriching session on YOGA FOR HEALTHY LIVING was conducted. The session emphasised on the role of yoga on various aspects of personality development and fitness.

We would like to thank our Principal, Rev. Sr. Merlin C J for her great support and guidance to bring up the true essence of the day.

JUSTICE, PEACE AND INTEGRITY OF CREATION (JPIC) CLUB

The JPIC Club was inaugurated in our school on 29 July 2021 under the able guidance of our Principal, Rev. Sr. Merlin C J and our JPIC facilitator, Rev. Sr. Tomsy C J. The Club has twenty five students from different classes, guided by six teachers from the primary, the middle and the senior wing.

The teachers were trained and guided for the movement according to the guidelines given by Rev. Sr. Manjusha C J, Rev. Sr. Deepti C J and Rev. Sr. Neha C J. Rev. Sr. Merlin motivated the students to be a part of the movement and extended her full support in carrying out the movement.

The students were informed about the vision of the JPIC Movement i.e. 'All creation will be cared for' and its mission- 'Each one will bring awareness and inspire others to do so.' Students were made aware of the various SDG goals, especially, laying stress on Gender Equality and the importance to have Water Audits. They were introduced to 'Laudato Si' – to respond to the cry of Mother Earth. Students were also introduced to the JPIC prayer and song.

The school had been conducting various activities to protect our Earth and to help keep the environment clean and green even before the formation of this Club. Earth Day

was celebrated this year also with great enthusiasm. An assembly was conducted to bring around awareness among the students and various activities were also held.

As part of the activities of the Club, 'Human Trafficking Day' was observed on 30 July 2021. Students of the Club were asked to make posters with slogans. For the month of August, students were given an 'Upcycling' activity, where they were to find ways to reuse old things and create something new.

Teachers and students are all ready to put in their best and adopt JPIC as a way of life and also inspire others to do the same.

A SALUTE TO OUR MARTYRS

'For Your Tomorrow We Gave Our Today.'

The bravery, courage and spirit of the Indian armed forces inspires each and every citizen of our country. On 26 July 2021, the NCC cadets of our school paid a special tribute- a Shradhanjali, to commemorate the 22nd anniversary of the Indian Armed Forces' victory in the Kargil war.

The cadets sang a patriotic song to pay homage and respect to the brave martyrs. They also offered prayers for the heroes who had laid down their lives to stop infiltration from across the border. It was followed by a heartrending dance performance to pay tribute to the brave soldiers. One of the cadets also presented a beautiful poem on Kargil Diwas.

The programme ended with an inspiring speech from a senior teacher. In her address, she said that patriotism should be inculcated at school level to make sure that students become responsible citizens of tomorrow. We, at St.



Mary's, can proudly say that our young Marians are being moulded into patriotic citizens of India. By organizing such special programmes, we endeavour to spread the message that it is the duty of each one of us to remember the sacrifices made by our brave soldiers and help in bringing solidarity in our country. Jai Hind!

SPARKLING PATRIOTISM

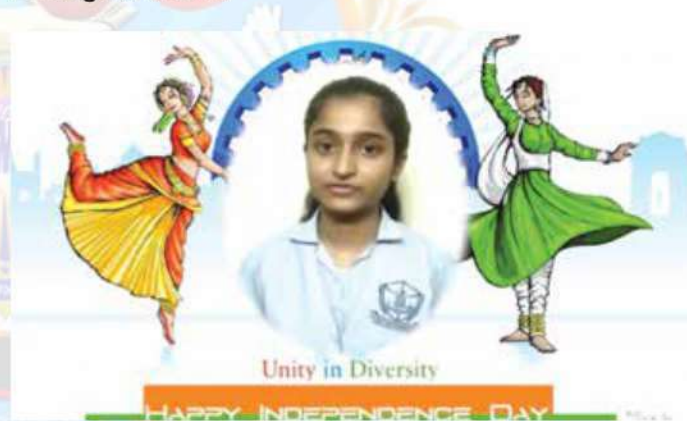
George Washington had a saying, "Liberty, when it begins to take root, is a plant of rapid growth." Liberty, Freedom and Integrity were the privileges showered upon us Indians when we became a free nation and the credit goes to the brave-hearts; the gallants- Our Freedom Fighters.

The proud Marians came together as one to celebrate this victory which India achieved 74 years back. This pandemic could not defer the celebrations as it was a day that marked the growth of India. Our Principal, Rev. Sr. Merlin C J, who believes in soaring higher, recognised the need for competitions amongst children to hone their skills. Therefore; she announced the online competitions through a live assembly as a part of Independence Day celebrations. This was to provide them with a platform to instil qualities like determination, zeal and a healthy competitive spirit.

Under the guidance of our honourable Principal and our Headmistress, Rev. Sr. Poonam C J, the students were able to put their best foot forward in various events like (patriotic) singing competition, English speech and even classical and folk dance competitions. Students also enthusiastically participated in the 'Azaadi ka Amrit Mahotsav'- a 'Rashtragaan' activity.

On 15 August 2021, a virtual live assembly was organised for the Marian family. In order to revive the patriotic fervour in us, our Manager, Rev. Fr. Jose T J unfurled the tricolour. This was followed by the National Anthem. He also gave an insightful speech and encouraged us to be instruments of strength for our country. Post this, our Principal announced the results of the various competitions and congratulated the winners and participants. She encouraged the students to be responsible citizens and contribute towards forging a better India.

Celebrations are very important to remind us of the past achievements. It is the essence of our lives which keeps us going. In these precarious times of pandemic, the virtual celebration of Independence Day sends out a strong message that although we are far, yet we are united in spirit. Our hearts are one with each Marian's loss, pain, suffering or success. Together, as a family, we can overcome these hard-times and build a stronger nation.





TEACHERS' DAY

'Guru Brahma Guru Vishnu, Guru Devo Maheshwaraha. Guru Saakshat Para Brahma, Tasmai Sree Gurave Namaha.'

A teacher is the eternal guru and guide. His firm and loving teachings have shaped generations from times immemorial. Teachers' Day in India is celebrated on 5th September to commemorate the birth anniversary of our second President, Dr. Sarvepalli Radhakrishnan, who was also a great teacher.

As the common adage goes, the future of a country lies in the hands of teachers, who as

mentors can mould students into future leaders and shape the destiny of India.

Our school celebrated Teachers' Day on the virtual platform. The students of class XII C conducted the assembly and prayed to the Lord Almighty to continue to shower His blessings on the school management and the teachers. The students entertained everyone with their mesmerising song and dance

performances.

Our Principal, Rev. Sr. Merlin C J wished the teachers on the special occasion and prayed for their good health and well-being. She appreciated the commitment, dedication and hard work of the teachers to reach out to the students during the pandemic. The staff and the teachers thanked the students and the management, very specially, Rev. Sr. Merlin for making their day special.

CLEANLINESS DRIVE FOR SWACHH BHARAT SWACHHTA PAKHWADA- 2021

'Cleanliness and order are not matters of instinct, they are matter of education, and like most great things you must cultivate a taste for them.'- Benjamin Disraeli

With the aim to make India clean, hygienic and healthy, Swachh Bharat Abhiyan was initiated by the Government of India in 2016. To make it a success at the ground level, the role of schools is very important as they can inculcate these habits in children. The present pandemic scenario has made this initiative not only necessary but challenging too.

Our school organized the Swachhta Pakhwada in the month of September 2021. The week long cleanliness drive started with an online pledge taken by the students of classes I- XII. The class teachers created awareness among the students about the need and importance of cleanliness in our lives. They highlighted the simple ways in which the surroundings can be kept clean and hygienic. Students were also encouraged to help parents in cleaning their houses and reaching out to the community to create awareness. Banners on Swachhta were displayed on the school Facebook page and website. A special online assembly was also organized by students of class VI D on the topic of 'Cleanliness and Hygiene' on the school's YouTube channel, E-Marians.





CULTURAL CLUBS

"Education is not the learning of facts, but the training of the mind to think."

- Albert Einstein

With the demand for advanced technology and education methods changing, children need to be engaged in almost all facets of learning. Under the able guidance and progressive leadership of our Principal, Rev. Sr. Merlin C J, students at St. Mary's are provided with diverse opportunities for their holistic development through different co curricular club activities. These clubs aim at nurturing inner talent and developing skills of our young Marians.

THE MEDIA CLUB encourages students who exhibit interest and talent in photography and filming. Students are given the opportunity to develop their skills through activities and competitions such as video editing, short film projects, photography etc.

THE LITERARY CLUB aims to inculcate among students a flair for the language and enhance their literary skills. The different activities encourage students to become good orators and display their intellectual, independent thinking skills and imbibe a sense of confidence.

THE JPIC (Justice, Peace and the Integrity of Creation) Club raises the social consciousness of the students, empowering students and teachers in their role as agents of social change. Students are involved in drives for reaching out to the poor and the needy, to come to a realization that the welfare of humankind requires all to contribute to the society, by helping and serving one's fellowmen.

THE ECO CLUB promotes sound environmental behaviour among the Marians. Activities like tree plantation, cleanliness drives are conducted to create a clean and green consciousness among students.

The students are motivated to create awareness among the local community through activities like poster making, slogan writing etc. so as to stop the wastage of water and other resources.

THE LTS CLUB (Leadership Training Service Club) focuses on developing leadership skills. The members of the student council work hand in hand with the teachers and the management in conducting various events in school which in turn provides them a great opportunity to gain transferable skills such as communication, teamwork, organization, problem solving and time management.

The school hopes that with this endeavour our students grow into healthy, well rounded adults, with a wide range of knowledge and experience, who are competent enough to work collaboratively with others successfully and gracefully.

‘SHARPENING THE SAW’



Our school management, especially our Principal, Rev. Sr. Merlin C J sincerely believes that in order to become a great teacher, one must go beyond the textbook and attend workshops and ongoing educational courses to truly master the practice. She has provided various platforms to teachers to sharpen their saw and become tech savvy and to equip themselves well for the online classes. During the past few months, several workshops were organized to guide the teachers as to how to integrate technology into the classroom and how to make it cross curricular. Let us take a look at the various online and offline workshops that were conducted....

Welcoming the New Session

Our Principal, Rev. Sr. Merlin C J welcomed the new session with a prayer and a hope that the pandemic would end soon and life will return to normalcy. Through her inspiring words, Rev. Sister motivated the teachers to take up the challenge to teach on the virtual platform with great zeal and technical proficiency. The names of the new in charges for various departments were announced. Rev. Sister also gave the new timetables to the teachers. She wished them good luck for the new academic year. The teachers thanked Sister for her support and guidance at all times.

Workshop on Mental Health

It is universally agreed that there is a drastic change in the lifestyle of people over the past few years, causing a stressful life for parents as well as children.

To focus on this sensitive issue, a workshop on 'Mental Health' was conducted by the school counsellor, Ms. Parul Nautiyal on 30 March 2021. Emphasis was laid on the importance of the role played by the counsellor as well as the teachers in a school set up, especially when it comes to mental health issues of students.

A few concerns like reduced attention span, lack of motivation, over indulgence in junk food and being overtly brand conscious were focused upon. The reasons for these



issues and how to tackle them were discussed. The workshop also pondered on a few disorders that teachers need to be aware of. Learning disabilities, autism spectrum

disorder and attention deficit hyperactive disorder were covered in the session. This was followed by general strategies that teachers could adopt while teaching online or offline.

Blended Learning- the New Normal



Effective and accommodative educators are those who accept changes and move forward, no matter what challenges lie before them. An orientation programme was thus organized by the school management on 27 March 2021 on the topic 'Blended Learning.' The guest speaker was Rev. Fr. Stanley Kozhichira, President of SIGNIS, India.

Fr. Stanley informed the teachers how blended learning is becoming the new normal, keeping in mind the on- going pandemic. Father also discussed how passionate teaching can inspire students. Through different thinking strategies, teachers were made to understand the benefits of visible thinking. Teachers were enlightened with a few basic teaching tools that they could include in their online teaching.

Hope in Crisis-Role of Teachers

An exclusive webinar for all the Delhi Catholic Archdiocese (DCA) school teachers was organized on 9 June 2021 by Rev. Dr. Fr. Sabu Joseph, Chairman and Director of DCA schools. The topic was 'Hope in Crisis' and it aimed to emphasise the role of teachers during the ongoing pandemic.

The spokesperson, Ms. Tanushree Sangma, an Expressive Art Therapist, Fortis National Mental Health Programme, enriched the teachers with ways to overcome anxieties and worries and explained how teachers can help students to overcome the pandemic blues. She said that teachers have always played the role of leaders and with 'hope and positivity', they can be a beacon of light for their students.



Preparing Schools for Accreditation

An online workshop on 'Preparing Schools for Accreditation' was conducted by NABET (National Accreditation Board for Education) on 30 and 31 July 2021. The objective was to help schools implement the Accreditation Standard, to enable them to operate with increased effectiveness, consistency, efficiency and make a roadmap for accreditation.

The resource person, Ms. Sheela Ragavan, Educationist

and Trainer at Quality Council of India (QCI), focused on the three basic sections of the accreditation standard – School Governance, Education and Support Process, Performance Measurement and Improvement- and how they are interwoven to deliver quality education. The possible challenges in each of these domains, along with the plan of action to overcome them, was discussed. Advantages of

accreditation from the point of view of management, school, staff and students were explained. Every step of the entire accreditation process was taken up in detail in order to give clarity to schools as to how to go about it. The workshop was conducted in an interesting and effective manner, thereby creating awareness about the accreditation process, its advantages and its importance for a school.

CBSE Courses for Teachers (NISHTHA Training)

The secondary level teachers of our school are successfully doing the trainings in NISHTHA Modules, which are the online courses being conducted by the CBSE through the DIKSHA portal. NISHTHA is a capacity building programme for improving quality of school education through

integrated teacher training. Such courses are extremely beneficial for the teachers as they become alert and responsive to the social, emotional and psychological needs of students as first level counsellors. It also helps in the creation of an enabling and enriching inclusive classroom environment



Teachers' Training for Updation of New Features on MS Teams

Regular webinars were conducted during the year to familiarise the teachers with the new updates on MS Teams, the app on which our school conducts

online classes. This was very helpful as it facilitated the teachers to enhance their teaching skills on the virtual platform by using the new features.

E-Training for Smart Boards

A workshop was conducted for the teachers to learn the skills to use electronic smart boards that have been provided in all the classrooms. The school aims to provide teachers with the best of technology to create great impact on teaching-learning on the virtual platform. Experts from Promethean company, Mumbai were in school to provide the basic training to teachers to use the smart boards. They explained the various features and gave practice to the teachers.



TEACHERS' BLOG



Ms. Yasmeen Tabassum
TGT Social Science

Nature is Hope

God gives signs of hope through His each creation
He wants us to be hopeful in every situation.

Day after night and night after day
is a hope that universe never stops functioning any way.

I take my inspiration from these signs
to always stay happy and fine.

Every new bud I see is a promise of a beautiful flower tomorrow
and every new leaf brings freshness to end all my sorrows

Every drop of rain which falls from the sky
is a promise to bring forth a new life.

Whenever I see a bird flying, I feel secure
the one who is taking care of them will be taking care of me for sure.

As a human I do feel sad and depressed at times
But signs of god fill me with hope every time.



TEACHERS' BLOG

Staying Positive in Turbulent Times

Coronavirus changed the world as we knew it before 2020. The whole world came to a standstill. The limitations on our freedom were indeed taxing in one way or the other.

As hard and hopeless as it may seem, there is always light at the end of the tunnel. A rainbow in the sky continues to exude positivity that soon these tough times will get over.

Staying positive can help us to steer ahead and emerge as better human beings, those who are sensitive to the needs and wants of other fellow beings.

The historic win of Indian Olympic team will inspire a generation of Indians. The stupendous achievement will serve as a small reminder of joy at a time when the country is battling a raging COVID-19 pandemic.

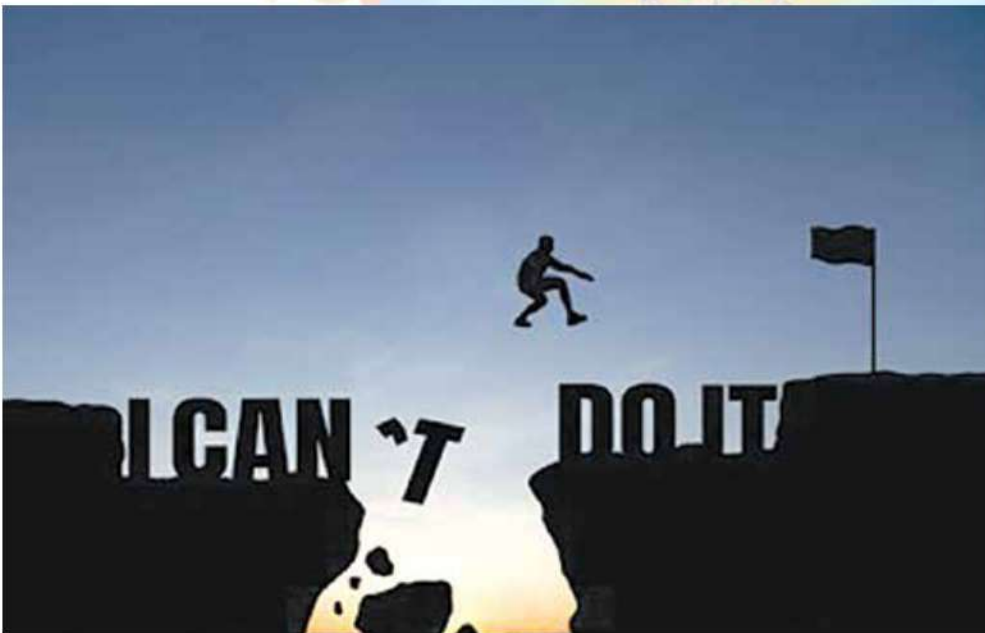
Hard times always result in growth. Let's nurture each other with health and love. The universe is asking us to adapt to new changes, acquire new skills, do meditation and indulge in selfcare habits.



Ms. Hashnu Nautiyal

PRT

**"All that we are is the
result of what we have
thought."
Buddha**



TEACHERS' BLOG



Mrs. Nishu Chhabra

PGT Biology

**"A smooth sea
never made a
great sailor."**

**"Hope is being able
to see that there is
light despite all of the
darkness."**

OPTIMISM- The Foundation of Courage and Progress

Life is a bag of challenges, and we always have the choice of either opening the bag or keeping it locked up. If we choose to open, we will eventually overcome the tough situation and will always be better prepared to tackle challenges head-on. However, a closed bag, a closed life will stifle us with negativity and depression.

We are currently facing one of the biggest challenges of our times. The pandemic has everybody running for covers, we are scared and are still seeking ways to fight the virus. But imagine if we all had let negative thoughts cloud our minds, scientists would not have been successful in developing vaccines, country would not have been running, and we would have been in a dire situation.

I recall an interesting incident I observed a few days back. I saw a kid playing in the park and he looked rather amused with something. Looking at him heightened my intrigue and I continued watching his made-up game. He made a small hillock of sand in front of a queue of ants. The ants were trying to climb it to reach the other side. The ants in their endeavour to climb, kept falling and this went on for a while until all the ants reached the other side. The game did not end here. The boy dug up a pit to see if the ants could cross it. The ants eventually did cross all the hurdles, but it took them numerous attempts and whole lot of time.

Witnessing the entire ordeal, I realised that if these tiny creatures with their limited abilities and strengths can decide not to give up, we human beings can at least try to find that inner strength and belief in ourselves. We are certainly blessed, and gifted beings and I truly believe if we realise our potential, the potential of not only our physical strength but our mental strength, we have the power to change ourselves and change the world.



TEACHERS' BLOG

Optimism is a state of mind where we are positive towards the future favourable outcomes to real life situations. 'Being optimistic' is the new mantra of this epoch. It would have been so sublime if every mortal being could choose their environment, all would have been optimists. But contrary to this, we are thrown into a world full of uncertainties, turmoil and ordeals. It may sound a bit depressing, but give it a thought-think for a moment about the socially, physically, mentally and emotionally deprived people. Why do we measure happiness in terms of worldly pleasures and material possession?

Life becomes much more uncomplicated when we flatten our egos and minimize our expectations. Even if life hurls us into adverse situations, have the optimism to catapult back to life. When we are in unpropitious circumstances, we just have to look down at the unfortunate lot suffering much more than us. Optimism is in understanding that everything is temporary, even our troubles. Optimism keeps us happy and only a happy person can be productive to self as well as to the society. Be happy and spread happiness.

लोकाः समस्ता सुखिनो भवन्तु



Ms. Nisha Ranjit

PRT

"Optimism is the faith that leads to achievement, nothing can be done without hope."

Helen Keller



PARENTS' CORNER

WHAT DO OUR PARENTS SAY?



We would like to present our appreciation and gratitude for St Mary's Sec School staff and management putting in so much effort during these hard times of Pandemic faculty has done a constant efforts to keep children (thematic) active and sincere towards their studies and extra curriculum activities. Teachers of St Mary's Sr. Sec. School are always there to help children in any way she can.

From - Parents of Aditya Bajaj
class - 8B
Kajal Bajaj

I will always be thankful to the school management, teachers and the government to take the initiative of conducting online classes during Covid time. The online classes were very helpful for my son. At the end I would like to say that these online classes have made my son more sincere and attentive.

Thank You
Alpna Sharma
Mother of Kabir Pandey
Class V A

My child has been attending this School since 2014. The teachers are really passionate and hardworking to bring the best out of the students. The School infrastructure and the Management is really wonderful. I am very fortunate and thankful that my child is a part of such prestigious School.

Saba Daniel
3/o Darius Saba
V - B.

A cleared and shared vision of the school.

St. Mary's Sr. Sec. School is one of the highly effective school in Delhi that achieves high standards regardless of gender, family background or socioeconomic status where learning is seen as the central purpose of the school and takes precedence over everything else. It places high priority on the early identification and remediation of gaps and difficulties in students learning.

Adv Hemangi Sarkar
M/o Shubh Sarkar
class - IV B.

Through this note, as a parent I would like to express my sincere gratitude and appreciation towards the sacrifice and support you have extended especially during the lockdown days. We understand the extra efforts you had to make, to cope up with the changed teaching style. I take a big bow in front of every teacher. You are all superb!

Thomas Roy
Father of Nataniel Jordan Thomas
Class - V.D

It's really getting difficult finding words to admire and appreciate the efforts and hardwork put in by all of the teachers and supporting staff members during the "Pandemic" while conducting smooth online classes and continued education of our kids.

Thanks and Regards,

VIRAT SHARMA

Unit

(Father of :- Suryansh Sharma)
X-A.

During the pandemic time, we would like to thank the entire school management especially Rev. Sr. Merlin and all the teachers for their efforts to conduct the online classes and collaborating with all the students and parents by creating whatsapp groups and organizing classes through MS Teams which was not easy for the teachers to cope up with the pandemic situation. So, we sincerely thank all the teachers and the school management for helping students to continue their education.

Sonal Nish Mother

Virat Nish

VI A

Online classes were very useful. Teachers took a lot of effort to make the students understand the topics. It was not an easy task to make them understand through online classes. Through power point presentations and shared videos, they succeeded in this to a great extent. Teachers used to make sure that each and every student is engaged by giving assignments and time to time activities.

Disha Jaison

Mother of Jee Francis Xavier (X-A)

I Thank all The Teachers. I really appreciate your effort to make my son study even in these kind of situation we are facing right now and she also study very peacefully. I personally very satisfied and happy with the Online lessons. I hope these classes will help students to get better results in these kind of situation.

Regards,

Prokirti Verma

(class 8A)

St Mary's School has always strived to instill discipline and excellence in students, both in academics and sports & extra-curricular activities. This is the main reason why it is considered to be one of the best schools in East Delhi. Also, during this pandemic period, the school has fulfilled its responsibility of imparting quality education through online classes to all the students.

I am pretty sure that each parent is excited and trusts this institution for the overall development of the children.

Regards,

Saty Jais

(J/o Rishi Jais)

I'm deeply grateful to the principal and teachers who made sure that the students are provided with the right kind of environment and made learning from home a wonderful experience. The interactive learning and various activities held in class help children socialize and feel like they're in class. The regular assignments and tests helped them be regular and serious about their studies as well. Your efforts are truly commendable.

Jai Prakash Ujjain

F/O Akshat Ujjain

XVII-A

St. Mary's Senior Secondary School, the power house of knowledge, stands tall among the educational institutions of Delhi. The school offers various activities to children for enhancing their sports, cultural and interpersonal skills. The competent and dedicated teachers is a great asset of St. Mary's. The school has been bringing out robust performance under the efficient and vibrant leadership of Sr. Merlin and her team members.

PRINCE JOSEPH, F/O SANDRA ROSA PRINCE - X-A



BRUSH STROKES



Vartika Purwar, KG-C



Joshua Joseph Sijo, KG-A



A Raviksha Catherine, KG-A



Avika Mittal, KG-A



Janvi, KG-C



Yuvika Purwar, KG-C



A Raviksha Catherine, KG-A



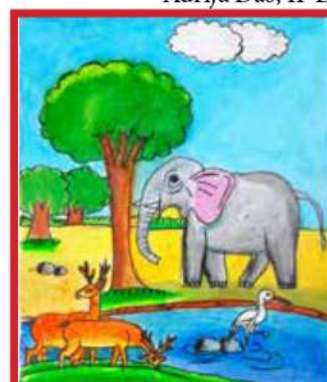
Adrija Das, II-D



Piyushi Aggarwal, KG-A



Aalia Juyal, III-B



Sapandan Maharana, III-B



Kaustubh Yadav, III-D



Ann Maria Johny, IV-A



Aryn Halder, IV-B



Ann Maria Johny, IV-A



Vaishnavi Bhagat, V-A



Samriddhi Saxena, V-D



Tannmay Gulati, V-C



Avi Bhadana, V-D



Aruna E Nair, VI-A



Ananya Mishra, VI-C



Ayush, VII-B



Siya Jain, VI-D



Samridhi Singh, VII-A



Parnvi Bhati, VII-C



Shorya Tiwari, VII-A



Keerthana Vinod, VII-B



Mayla Namal Khan, VII-C



Keerthana Vinod, VII-B



Keerthana Vinod, VII-B



Divya Goyal, VII-C



Fany Francin, VIII-A



Riddhi Jena, VIII-A



Mayla Namal Khan, VII-C



Rudrakshi Verma, VII-C



Kunjal Nirmal, X-C



Mansi Upreti, IX-C



Akshaj, VIII-A



Sreya.P.P, VIII-B



Shalini, VIII-B



Mukul Kumar, IX-A



Vandana Rana , IX-B

मुस्कुराहट

आज एक नई कविता सुनाते हैं,
चलो एक बार फिर से मुस्कुराते हैं।
मिलते हैं नई चुनौतियों से,
फिर से मुश्किलों को हराते हैं।
उड़ान भरते हैं नीले गगन में खुलकर पंखों को फैलाते हैं।
अब मुस्कुराएँगे हर हाल में, वक्त चाहे चले कठिन चाल
निराशा के दीप बुझाकर,
आशा के दीप जलाते हैं।
कभी रुकेंगे, कभी चलेंगे,
कभी गिरेंगे, कभी फिर से संभलेंगे
जीवन की हर पहेली को सुलझाएँगे,
मुस्कुराते चले जाएँगे।
मुश्किलें तो हर कोने में हैं,
मगर खुश रहने में क्या उलझन है? जो बीत गया है पल,
उसे जाने दो, नई किरणों के रंगों से सजाते हैं।
आज एक नई कविता सुनाते हैं,
चलो एक बार फिर से मुस्कुराते हैं।

कार्तिक बिष्ट

4 सी

प्रकृति - चमत्कारी औषधि

प्रकृति भगवान का एक अमूल्य वरदान है। यह हमारे जीवन का महत्वपूर्ण हिस्सा है। प्रकृति जीवन धारण करने के लिए सारी आवश्यकताओं को पूरा करती है। यह हमें जीवित रहने के लिए प्राणवायु, पीने के लिए पानी और भोजन देती है। यह हमें रोटी, कपड़ा, मकान देती है, जो मनुष्य की मुख्य जरूरतें हैं। पेड़-पौधे, पशु-पक्षी, नदी-झरने, फूल, रंग-बिरंगी तितलियाँ ये सब प्रकृति की ही देन तो हैं। सूरज, चाँद, सितारे, धरती, आकाश इनके तले ही तो जीवन फलता-फूलता है। ये सबके जीवन में खुशहाली भर देते हैं। प्रकृति का संतुलन बनाए रखना होगा। इसकी रक्षा करनी होगी तभी वह हमें अपनी संतान की तरह खुशहाल रख पाएगी। ये मानव जीवन के लिए एक चमत्कारी औषधि है।



स्पंदन महाराणा

4 बी

मुस्कान आशा की किरण

हर चेहरे की शान है
हमारी यह मुस्कान है।
आशाओं का वरदान है,
निराशा का रामबाण है।
बनाती हमें गुणवान,
हिम्मत नहीं हारने देती।
मुस्कान है बनाती हमें शक्तिमान
जिसके चेहरे पर मुस्कान है,
वही असली धनवान है।

प्रज्ज्वल पांडे

5 सी



आशा : उम्मीद की किरण

एक बार साइकिल चलाते हुए मेरी आँख में चोट लग गई। जिसके कारण से मेरी आँख और उसके आसपास का हिस्सा पूरी तरह से सूज गया और मुझे एक आँख से दिखना लगभग बंद हो गया। डॉक्टर ने मुझे कुछ समय आराम करने की सलाह दी तथा एक आँख पर पट्टी भी बाँध दी। कुछ दिनों के बाद मेरी वार्षिक परीक्षाएँ शुरू होने वाली थीं। मैं सोच रहा था कि इन परीक्षाओं की तैयारी कैसे करूँगा। तब मेरी माता जी एक आशा की किरण बनकर मेरे सामने आई और उन्होंने कहा कि चिंता मत करना मैं आपकी सारी परीक्षाओं की तैयारी करवा दूँगी और मेरा छोटा भाई आदित्य सदैव मेरे आसपास रहता। वह हमेशा मुझे खुश रखने की कोशिश करता। मैं कुछ दिनों के बाद पूर्णता स्वस्थ हो गया। मैंने अपनी परीक्षा भी अच्छी तरह से दे दी। उन परीक्षाओं में अच्छे अंक लेकर पास हुआ।

अर्णव शर्मा

5 सी

हँसना-सब बीमारियों की एक दवा

आज के इस मुश्किल भरे दौर में एक हँसी सारे तनाव को दूर कर देती है। एक मुस्कान से बड़ी-बड़ी समस्याओं का समाधान निकल जाता है। जब हम किसी मुस्कुराते हुए चेहरे को देखते हैं तो लगता है सब ठीक है परन्तु वही किसी गम्भीर या खामोश चेहरे को देखते ही चेहरे की हँसी-मुस्कान गायब हो जाती है। मुश्किलें तो जीवन का अंग हैं परन्तु हम उनका सामना हँस कर भी कर सकते हैं। हँसी-मुस्कुराहट ईश्वर की वो देन है जिस के आगे सब दवाइयाँ बेअसर हैं। अतः अपनी हँसी से दूसरों के भी दुःख दूर करें तथा स्वयं भी खुश रहें। यही जीवन का सार है।

स्पर्श मनोहर

5 अ



मस्ती भरा बचपन

हमारे जीवन का सबसे उत्तम और मस्ती भरा समय होता है—बचपन। बचपन में हमें किसी भी बात की कोई चिंता नहीं होती है। हमें केवल खाना—पीना, पढ़ना, खेलना आदि काम ही होते हैं। प्रतिदिन हम नए—नए रोचक कार्य सिखते हैं—साइकिल चलाना तैरना, पतंग उड़ाना, स्केटिंग करना और खूब खेलना। इन खेलों से मनोरंजन के साथ—साथ हमारा व्यायाम भी हो जाता है। प्रत्येक ऋतु के अपने खेल होते हैं। वो सर्दियों की मीठी—मीठी धूप में खेलना, बारिश में नहाना, कागज़ की नाव बनाना, मिट्टी के घरोंदे बनाना। काश ! ये बचपन का समय कभी न ख़त्म हो। ये हमारे जीवन का सबसे सुनहरा समय होता है। अतः इसे भरपूर जीना चाहिए।

जिया सिंह
4 बी

शिक्षक : छात्र की दृष्टि से

आप लोग कितनी मेहनत करते हैं हमारे लिए। हमारी शैतानियाँ भी झेलते हो सिर्फ हमें पढ़ाने के लिए, अभी डाँट लगाई और अगले ही पल गुस्सा गायब हो जाता है, और अब सोचता हूँ कि हम जैसी हरकतें करते हैं तो हम पर गुस्सा आना लाज़मी है। कभी कम मार्क्स आते हैं, मोटिवेट भी कितना सही करते हो आप आपके सपोर्ट की बिल्कुल भी कमी नहीं है, आपका कक्षा के बीच में अपने किस्से सुनाना मज़ाक वाली अपनी कुछ बातें बताना पढ़ाई के दौरान सच में मूड फ्रेश हो जाता है। हमें पता है आप उतनी भी स्ट्रिक्ट नहीं हो पर जो भी कहो अपने पेरेंट्स से ज़्यादा आप के सामने खुले हैं। आजकल ऑनलाइन क्लासेस में भी कितनी मस्ती करते हैं। आज मस्ती से थोड़ा हटकर सोचा आपको स्पेशल फील करवा दूँ। बस हमें ऐसे ही आगे समझाते रहना, थैंक यू फॉर एवरीथिंग मैम।

पांशुल गोयल

4 ए

मुस्कान

कभी किसी कोमल, प्यारे शिशु को देखकर, तो कभी अपने दोस्तों, परिवार के साथ बिताए लम्हों को याद करके, तो कभी अपने आसपास के मौसम का आनंद लेते हुए, चेहरे पर बिना प्रयत्न ही एक खूबसूरत सी मुस्कुराहट आ जाती है। जब दाँतों की दिखती है दमक, चेहरे की बढ़ जाती है चमक मुश्किलें आएगी, आती रहेंगी, पर मुस्कुराकर उनका सामना करने से आसान लगेगी।

जब खुशी के कुछ पल हमें अंदर से चहका देते हैं, तो हम क्यूँ अपनी खुशियों से दुश्मनी पाल लेते हैं। क्यूँ समझना जिंदगी को व्यर्थ, सबकी जिंदगी का होता है एक अर्थ

हो सकते हैं हम किसी की खुशी का कारण, हमारी मुश्किलों का भी जल्दी होगा निवारण। होठों के इस गोलाकार रूप को, जिसके बीच दाँत अपनी चमक बिखेरने आ जाते हैं।

इसे क्यूँ है छुपाना, हँसके जीना ही तो है जिंदगी का फसाना।

तेजस्विनी पाण्डेय,
9 बी





मेरी प्यारी हिंदी

संस्कृत की एक लाड़ली बेटी है यह हिंदी।
बहनों को साथ लेकर चलती है यह हिंदी।

सुंदर है, मनोरम है, मीठी है, सरल है,
ओजस्विनी है और अनूठी है यह हिंदी।

पाथेय है प्रवास में, परिचय का सूत्र है,
मैत्री को जोड़ने की सांकल है यह हिंदी।

पढ़ने व पढ़ाने में सहज है, यह सुगम है,
साहित्य का असीम सागर है यह हिंदी।

तुलसी, कबीर, मीरा ने इसमें ही लिखा है,
कभी सूर के सागर की गागर है यह हिंदी।

वागेश्वरी का माथे पर वरद हस्त है हिंदी,
निश्चय ही वंदनीय माँ-सम है यह हिंदी।

अंग्रेजी से भी इसका कोई बैर नहीं है।
उसको भी अपनेपन से लुभाती है यह हिंदी।

यूं तो देश में कई भाषाएँ और हैं पर।
राष्ट्र के माथे की बिंदी है यह हिंदी।

हिंदी दिवस की हार्दिक शुभकामनाएँ

श्रीजा चक्रवर्ती

9 डी



मस्ती भरा बचपन

ये बचपन मस्ती से भरा है,
खूब मज़ा इसमें हो रहा है।।
खेलो, कूदो, नाचो, गाओ,
जी भर कर सपने सजाओ।
मिलकर खूब धूम मचाओ,
बड़ों के प्रति सम्मान भी लाओ।।
पढ़ो, लिखो अच्छे बन जाओ
फिर अच्छे बच्चे कहलाओ।
चाहे कितने बड़े हो जाओ
कभी न बचपन भूल पाओ।।

सुरभि शिवहरे

3 बी

बचपन की मस्ती

आज ज़रा सोच को
अपनी भुलाते हैं !
ना तुम कुछ कहो
ना हम फरमाते हैं।
आँखें बंद करूँ मैं तुम्हारी,
चलो, बचपन का खेल
फिर से दोहराते हैं।
ना छल हो ना कोई छलावा
और ना कोई हमारे अलावा,
दुनियाँ की तहजीब भूलकर,
आज फिर शेर सा गुराते हैं।
मासूमियत भरा वो दिल लेकर,
जी-भर दौड़ लगाते हैं।
फिर से तुम छुप जाओ कहीं,
तुम्हें ढूँढ खिलखिलाते हैं,
भूल जाँ अब गिले-शिकवे,
मन को थोड़ा हलकाते हैं।
बचपन का वो प्यार हमारा,
चलो, फिर दिल में जगाते हैं
आओ, एक बार फिर से हम,
बचपन से इश्क लड़ाते हैं,
बचपन का इश्क निभाते हैं।

रिद्धि अग्रवाल

6 ए

हँसी - सबसे अच्छी दवा

हँसी जैसी दवा न कोई,
हँसी जैसा न कोई मरहम।
सारे दुख यूँ ही मिट जाते।
और, मिट जाता सारा गम।
जीवन हो जाता बिल्कुल आसान,
हौंसले को मिलता नया आसमान,
सफर में जब रहता,
हँसी का सामान।
आना-जाना जीवन की रीत,
कर ले तू एक हँसी से प्रीत,
हो जाएगा सब आसान,
जब गाएगा खुशी के गीत।
हँसी से बढ़कर न को।
ई साथी न कोई यार है,
बना लो हँसी को अपना,
बस यही जीवन का प्यार है।

सुरम्या रोचन कुशवाहा

9 बी



बचपन की खुशी

बचपन का ज़माना था,
जिस में खुशियों का खजाना था।
ना ही सुबह का कोई पता,
ना शाम का ठिकाना था।
पता सिर्फ इतना था कि
जब स्कूल से थक कर आते थे,
शाम को खेलने जाना ज़रूरी था।
क्यों हो गए इतने बड़े कि
बचपन छूट गया पीछे।
वह बचपन की खुशी तो अलग ही थी,
जब काम सिर्फ खाना-पीना,
खेलना और सो जाना था।

सानवी गुप्ता

6 सी

हँसी - सबसे अच्छी दवा

आज का जीवन बहुत जटिल, कठिन और तनावपूर्ण हो गया है। ऐसे में कोई होना चाहिए जो हमें हँसाता रहे। रोज़ हम अखबारों, टीवी और खबरों में देखते हैं कि कितने लोग रोज आत्महत्या कर लेते हैं। इससे पता चलता है कि आज का इंसान कितना कमज़ोर हो गया है कि हम छोटी-सी बात होने पर मौत को गले लगाने से नहीं झिझकते। ऐसा कदम व्यक्ति तभी उठाता है जब वह अंदर से बहुत निराश और टूट जाता है। उसके जीवन में मानो कोई खुशी ही शेष न रह गई हो। जो लोग अकसर हँसते रहते हैं, वह बड़ी से बड़ी समस्या का समाधान चुटकियों में हल कर लेते हैं। इसके विपरीत जो लोग अकसर गंभीर या खामोश रहते हैं, हँसी उनसे कोसों दूर रहती है, वह छोटी सी समस्या आने पर परेशान हो जाते हैं इसलिए दोस्तों, हँसना बहुत जरूरी है। सभी को खुश रहना चाहिए। आजकल टीवी में नए-नए कॉमेडी शो आ रहे हैं, जो हमें हँसाने का काम करते हैं। शाम को आदमी जब थका-मांदा घर आता है तो उसे ऐसे कॉमेडी शो बहुत राहत पहुँचाते हैं। जब हम किसी हँसते हुए व्यक्ति से मिलते हैं, तो मन प्रसन्न हो जाता है। हम समझ जाते हैं कि उसके जीवन में सब कुछ ठीक है। इसके विपरीत अगर ऐसे व्यक्ति से मिलते हैं जो गंभीर और उदास हो तो ऐसा लगता है कि उसका जीवन डगमगा रहा है ऐसे में हँसी दवा का काम करती है। एक कहावत भी है "लाफ्टर इज द बेस्ट मेडिसिन।"

तृषा
8 ए

मेरा बचपन

मेरा बचपन रंग - रंगीला
लगता मुझको बड़ा सुरीला।
तितली के पीछे दौड़ा मैं
मछलियों के संग तैरा मैं।
बचपन में की मस्ती खूब
शैतानियों की मची धूम
दादा का मैं सबसे प्यारा
दादी का मैं राजदुलारा।
मेरा मुखड़ा भोला-भाला
मेरा बचपन रंग-रंगीला।

कुशाग्र नेगी
2 डी



Mrs. Vinita Dubey
TGT Hindi

मेरा प्यारा बचपन

कितना भोला -अलबेला था अपना बचपन।
रंग बिरंगे सपनों से भरा,
मतवाला था अपना बचपन।

छोटी छोटी खाहिशें,
छोटे छोटे से अरमान लिए उड़ते रहते थे
यहाँ वहाँ।
न कोई चिंता, न कोई फ़िक्र,
मतवाला था अपना बचपन।

बात बात पर रूठजाना,
बात ही बात में मान जाना।
सब पर प्यार लुटाना,
किसी को रोते देख
खुद भी रो देना,
हँसते देख मुस्करा उठना,
अनोखा था अपना बचपन।

पल में लड़ना, दूजे ही पल मान जाना
रेत के घरोंदे बनाना,
और लात मार ठहाके लगाना
मतवाला था अपना बचपन।
हवा का झोंका बनकर,
कहाँ न जाने बचपन,
मेरा छूट गया।
एक बार जो छूटा, ढूँढा,
फिर न मिला कभी।

काश मिल जाता मुझे कहीं,
बातें अधूरी छूट गईं जो,
पूरी कर लेती जी भर सभी।
हवा का झोंका आँधी बनकर,
बचपन मेरा लौटा लाता।
झोली खुशियों से भर कर
इक बार पुनः मैं जी लेती।
सच में,
कितना भोला-अलबेला था
अपना बचपन।

विनीता दुबे
(संपादिका)



English Creative Writing

Mother Nature

O Mother Nature, you are so kind
Every creature on this planet is your child
Humans made an artificial life
By destroying the forests to improve their lives
And started enjoying the machine-made life
Suddenly the pandemic arrived
An invisible enemy made life difficult
And the world came to a screeching halt
When people were locked inside the houses
Then they realized the importance of mother nature
Only by boosting the immune system, humans can survive
Only with the help of nature, life can thrive
To save our future
We have to go close to nature
O Mother Nature, you are the best doctor
Without taking any fee, you are our cure
Kabir Pandey, V-A

Joyful Living

When I go to meet my friend or go out for a walk, soothing breeze and radiant sunset makes me feel good. Well, Corona virus could neither stop spring time nor could it stop me from enjoying nature. My joys are simple. Even a walk around the block can nourish my senses. The sight of blooming flowers, a cluster of clouds and the sound of birds singing calms my spirit. I am sure that we will defeat this pandemic and live a healthy, long life.
Aditya Prakash, III – D

Nature – The Most Beautiful Gift of God

To walk in nature is to witness a thousand miracles. Nature is a powerful force when it comes to healing the mind, body and spirit. Spending mindful moments in nature helps us to reconnect with ourselves, our loved ones and the natural world around us. When we feel the wind on our skin, smell the rain, and sit under the shade of the trees, we are connecting to nature. Nature is a healer around the world. The more time we spend in nature, the more balanced we feel. Nature provides great stress relief, it boosts our mood and keeps us in the present, it energizes us, reduces anger and fear.
Shivam Gupta, IV-A

Laughter- A Medicine To All Ailments

Laughter is truly one of the best powerful medicines. It is good for our health. It makes us feel good and happy. A hearty laugh eases our stress and tension. Laughing with others is more powerful and positive than laughing alone. When I am with my family, grandparents, cousins, uncles and aunts, I laugh a lot and enjoy a lot. Mostly when I am with my aunt, I tickle my aunt and she tickles me too. We both laugh, thus the whole family laughs together.
So, stay happy and spread happiness.
Shagun Verma, II-C

Laughter- the Key to Good Health

Laughter is one of the best things that brings so much cheer to life. It is the best medicine for health and helps fight all ailments. It helps to feel good in any situation and makes our mood and surroundings joyful. Mine is a joyful family of five members. We support each other in difficult times and face difficulties with laughter. Laughter is good for our emotional and physical health. It heals our body and mind. A good laughter of a few minutes relaxes our muscles and increases the immune cells of the body. It helps us to remove negativity such as anger, stress, sadness and fear. It helps to improve our relationship with others. So we should include laughter in our day to day life.
Medhansh, III-C

English Creative Writing

Laughter Therapy

Laughing is a total body work out. It is actually one of the best medicines in the world. It binds people together.

In my house, my brother keeps on cracking jokes all day.

When our aunt comes to my house for a festival, my brother makes her laugh. Talking to family members and sharing jokes makes us laugh a lot. Laughing is an exercise. When you laugh, it releases endorphins. Thus, it helps in reducing pain and is the best way to solve problems. It is important to have a daily dose of laughter with family and friends.

Shiksha , V-D

Positive Thinking

The dictionary meaning of the word optimism is the availability of positive thoughts in its each and every activity one does every moment. This inner force of optimism always drives every human being towards leading a fuller and complete life. The person who is full of optimism is always a happier individual and motivates others to follow him. The optimistic person serves as an example for all his/her peers, both in his community either as a student or as a citizen. This virtue of optimism always breeds hope and no despair in one's life.

In the present scenario of pandemic COVID 19, the positive outlook towards life is relevant and essential for a good health.

Hence, there is a correlation between healthy and cheerful life and the concept of OPTIMISM.

Akshyani Sharma , IV- D

Stay Happy Stay Safe

Laughter is a medicine of all diseases. Many diseases are caused when we are sad or unhappy.

These days we have seen growth in the number of Laughter clubs where people of all age groups come together to laugh, in a colony park or ground no matter how old, young or small someone is.

When we laugh, many organs of our body get stimulated. The functioning of our heart gets better. The lungs can breathe deeper. There are many positive effects of laughing and that is the reason people join laughter clubs.

I think we should be happy always and should laugh to stay healthy.

Pranjana Saraswat , V-D

Smile Spreads Happiness

Smiling is a simple act that means so much to the person given but so little to the person giving it out. A smile is not just an expression of your joy, but it also helps to spread happiness. We should all smile more often because what sunshine is to flowers, 'smile' is to humanity. Smiling faces always bring happiness and spread love and peace in life. Here I am sharing my personal experience on this, how a little smile helps to bring happiness. One day, a lady came for begging with her two kids. I saw them and realized that the baby was very hungry and thirsty, so I called my mom to give them some food and clothes. My mother came out and gave them some food and clothes with a smiling face. Both the kids and their mom enjoyed the food and took the clothes. I felt that if we welcome people with a smiling face that has a magical effect on the life of the people. So, it's always a feeling of pleasure to be the reason for someone's happiness because a little smile can bring a ray of hope in the life of others.

Sahil Jena, IV B

English Creative Writing

Hope Never Dies

No water, far far away in desert sand
No sign of life but only bare land
It's the bluff of the eye, the water sight
There is nothing there that can cause
delight
But don't give up and don't dismiss
The change of finding a desert oasis.

Lead life with faith and hope
Only then you can with tensions cope
Think always tomorrow is shining
And that every cloud has a silver
lining!!

There is darkness all around
It's only silence, no sound
In the black it looks like
There won't be day but only night
But wait soon will come the sun's rays
As after the darkest of nights is the
brightest of days.

All doors are tightly locked
Can't be heard when knocked
Nowhere to go
Nowhere to run
Only despair and sorrow
Left for tomorrow
But don't let hope die
For it comes only when you try
One door does open when all are shut.
Divyesh S. Bisht, XII A

Let Your Light Shine

Sometimes people lose their faith in
life

They forget that they have to strive
Maybe it's easy to cut yourself with
a knife
Living a life, includes more cries.

They need to be often told
Human life has mysteries to unfold
Life is not a rosy picture always
Many a time problems come our way

It's okay not to be okay
You don't have to put yourself
always on a positive display.

If you want to cry, let the tears down
Don't swim in your tears and at last
drown
Get up and straighten up your spine
It's time to show who you really are
And let the people know that even
You have a shimmering shine
You are also loved by the Divine
Let your light shine!!!
Let your light shine!!!
Lara Sato, XI B

Optimism

Lightening shines
On dark cloud bearing rain
Optimism stores
Happiness to remove pain
Ray of hope it radiates
Guides to move on uncertain terrain.

Life is a journey not so smooth
Track is rough, tough with turns, twists
and booth
Confidence shattered, determination
shaken
Will power tottering, goal away taken
Nothing is clear, sometimes invisible
Still moved by drag of time like a bubble.

Optimism, a concept we find
The only solace in this state of mind
Hopes, aspirations, desires found intact
As we move on time's tract
Respiration, a sign of life with certainty
Optimism provides motivation for mo-
bility.

Optimism is a powerful virtue
Capable of converting negatives into
positive value
Blows away inertia, fatigue, and fatalism
Installs confidence and determination to
enhance enthusiasm
This is specific power of optimism
The world thrives on its spell of mesmer-
ism.

Pratingya Rath, XII-B

Optimism: The Need of the Times

Optimism is a trait that should become more common, judging by Winston Churchill's famous quote that "a pessimist sees the difficulty in every opportunity, an optimist sees the opportunity in every difficulty." This shows that having a positive mindset even in the face of adverse circumstances can work wonders.

Since the onset of COVID-19 pandemic, psychological well-being has become indispensable in the lives of people. Focusing on the bright side during these gloomy times is also essential as it enhances and hydrates us both physically and mentally. Science shows that people with an optimistic outlook have better cardiovascular health and a stronger immune system, experience less stress, earn a higher income and have more successful relationships. Thus, there should be no doubt whether being positive is worth it or not. Besides, exhibiting negative attitude is linked to a number of diseases of which common symptoms include head-ache, bodyache, fatigue, insomnia etc. As another popular saying goes, "a pessimist sees a dark tunnel whereas an optimist sees the light at the end of the tunnel."

Reiterating the things mentioned above, staying positive indeed gives great benefits to both our body and mind. It brings forth a creative ability which helps us to utilize our potential and stretch our horizons, enabling us to become the best version of ourselves and spread positive vibes all around. Therefore; stay positive, stay healthy!

Abin Soby, XII C

English Creative Writing

Every Cloud Has A Silver Lining

Dark and dreary are the clouds
and clouded is her mind with murky thoughts.
It seems like the clouds are gathering around her,
engulfed in darkness, her mind is a blur.

When she opens her mouth, smoke pours out.
She is filled with fear and with doubt.
Quivering lips, racing heart, overwhelming grief,
she is falling apart.

Lightning strikes
and the clouds are rumbling.
She feels so frightened,
her whole body is trembling.

"Just a little more time"
She tells herself
"Just a little more time and it'll all be fine."
These clouds can't confine me forever.
A little more time and I won't have to suffer."

She felt his arrival then
A silver lining
through the dusky clouds shining.
She saw the inky clouds turning crimson in brilliant
hues of red
making way for the sweet Sun.

He kisses her skin then
with his warmth and loving light
His arms, so tender and kind
make her feel blissfully alive.
Anushka Bhatt, XII-A

Thank You

Mask, gloves and a hazmat suit as a norm
Stood there looking nothing less than a warrior in uniform.
Hiding their tears, worries and scars
Serving humanity and raising all the bars.

Ready to help in all the possible ways they could
For a woman or a man, a teacher or a student, for everyone
they stood
And the lives, the many lives our heroes have saved
For every second, every hour they all have braved
People worked from home, got their vaccinations
Thanks to them we are back to offices, schools and stadiums.

But their stations they never left, our true saviours.
Grateful and indebted to our frontline warriors, working tire-
lessly without breaks and breathers
Risking their lives but not compromising procedures.
Our token of gratitude, love, care and respect, we show to you.
We all salute you.
Dear Frontline Warriors this one's just for you.
Is the world spinning too fast to forget their sacrifices???
Heli Anil Thomas, X B

In This Corner of the World Live Your Life Fully...

**There is only one corner of the universe you can be
certain of improving and that's your own self.**

-Aldous Huxley

During times of struggles, we look towards the things that
matter to us as a source of strength, hope and happiness...
whether it is spending time with family members or with
friends.

No matter how much the global circumstances
plaguing a household cause ruin and chaos, life goes
on. That's right, life always goes on. There are al-
ways things to be fixed, clothes to be washed, and food
to be cooked. That's why we must face each painstaking
day feeling blessed that there's still a roof over the
family's head.

The thing about life is that you only get one. No redos. No
reset button. No backspace. You have one life so you must
live it. Seize the day, do everything you want to do now.
Be reckless, do something that you are passionate about,
be happy and live your life so that on your death bed you
can say that you have no regrets. It is rightly said,
"Anywhere can be paradise, so long as you have the will to
live."

Aanya Singh, XII-A

OBITUARY

"Death leaves a heartache no one can heal, love leaves a memory no one can steal."



Ms. Teresa D'Costa

These words are so apt when we think of our dear teacher, Ms. Teresa D'Costa, who left this world for her heavenly journey on 22 April 2021. She was a caring friend, a hardworking and sincere colleague, a loving and affectionate teacher and a great human being. She will be missed by all of us. In her loving memory, an online memorial service was conducted. Prayers were offered for the departed soul and the bereaved family members.

In her short lifetime, Teresa Ma'am has left an indelible mark in the lives of innumerable people. Many have been inspired by her caring personality. She was like a loving mother to the many tiny tots who join school in KG.

People who depart from this earth never truly leave, for they are still alive in our hearts and minds, through us they live on.

Teresa Ma'am will always be remembered as a very beautiful, vivacious and talented young lady, who in her short lifetime, brightened up so many lives. Her sudden demise is a loss to the school and for each one of us. It has created a void that is very difficult to fill. Her memories will always be cherished.