

Vignettes 2018-19

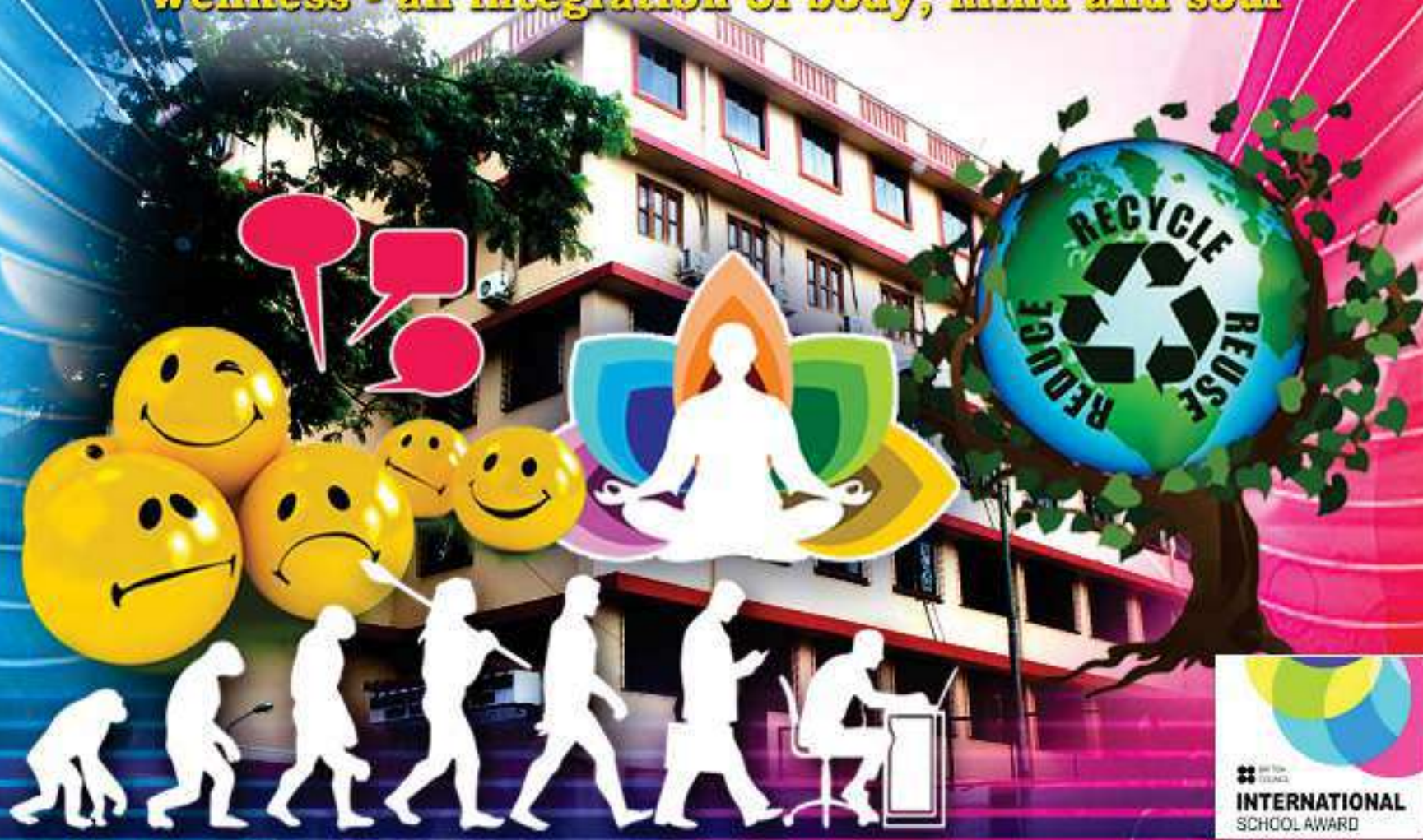


ST. FRANCIS SCHOOL (ICSE)

BORIVALI

Fitter... Healthier... Happier!

Wellness - an integration of body, mind and soul



Editorial:

Digitalization has touched every aspect of our lives and our Annual school publication 'Vignettes' too, has now become a 'screen ' experience this year. Moving from the print to the online version was a logical shift, given the ease of accessibility. The need to foster more eco-friendly options in every sphere was also another motivating force. As of now, this version of Vignettes is still in its budding stage but it holds a promise for greater innovation in the coming years.

Keeping with the theme of 'Wellness' which has been our focus during this academic year, health and well-being has been at the heart of our students literary thought too. Wellness is commonly considered as the 'absence of illness'. However current thinking on health and wellness would extend this to include optimum well being in various dimensions. It may be seen in care of our physical health, the nurturing of our relationships, changing of unhealthy patterns or even preserving this Blue Planet we love so dearly. The School Annual Day this year has already made us consider these various dimensions of health through well rounded stage performances. Our student writers and artists seek to express their thinking and creativity in this publication, with literary and artistic contributions on this topic of 'Wellness'.

So now you may 'scroll' (instead of 'flip'!!) through the pages to enjoy going through their expressions and let the images give you the opportunity to absorb the essence of this academic year at St. Francis School (ICSE).

Rev. Bro. Wilfred Monteiro

Vignettes.... glimpses of St. Francis School (ICSE)

Annual School Publication 2018-19

St. Francis School (ICSE), Mt. Painsur, Borivali (West), Mumbai-400103.

The name 'Vignettes' in this publication refers to a short description in the form of writing and images, that briefly captures life at St. Francis School (ICSE) in its various hues.



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BACK TO SCHOOL

9th June – Nursery, 13th June – Sr.K.G., 15th June – Jr.K.G.

In the second week of June school reopened for the Pre-primary section. An orientation was held for the parents on the first day of school. The parents accompanied their little champs to their respective classes. The teachers were eagerly awaiting their arrival. Together they began their day with a prayer. The teachers then introduced themselves. The teachers briefed the parents on a few important things which would help them all to work together and ensure another fruitful year.



FRIENDSHIP DAY CELEBRATION

Friendship Day was celebrated with great zeal and excitement in the Pre-Primary Section. The children brought cards which they exchanged in class with their friends. Their happy and delighted faces truly depicted the importance of friends.



FRIENDSHIP DAY



FRIENDSHIP DAY



FRIENDSHIP DAY



FRIENDSHIP DAY



FRIENDSHIP DAY



Independence Day Celebration

Pre-Primary Section

Independence Day was celebrated with great enthusiasm and patriotism on 14th August. The Sr.K.G. students put up a cultural programme on this day. The Jr.K.G. students witnessed the cultural programme which comprised dances, skits, songs and a fashion show. The Nursery students came to school dressed in Tricolour clothes to celebrate Independence Day.



Independence Day Celebration

Pre-Primary Section



Independence Day Celebration

Pre-Primary Section





Navrati Celebration

The children were dressed in colourful Navratri costumes. They enjoyed themselves and had a lot of fun dancing to garba songs.



Diwali Celebration

The children celebrated the Festival of Lights – 'Diwali' with great enthusiasm and joy. They enjoyed watching the programme put up by the Jr.K.G. Section.



Christmas Celebration

Christmas was celebrated with great faith and joy by the Pre – Primary Section children. The Nursery children had put up a programme wherein they danced, sang and enacted the Story of Christmas in a very beautiful way.





CLASS DAY

Class Day

The CLASS DAYS were celebrated with great pomp and splendour by the Pre-Primary Section. The relentless effort and hard work put in by the teachers was clearly visible through the various acts performed by the little ones. The children touched the hearts of everyone with their energetic, lively and dynamic performance.



Dazzling Daisies



Lovely Lilies



Twinkling Tulips



Vibrant Violets



PRE-PRIMARY SEMINAR

A seminar on Assessment in the Early Years was arranged for the Pre-Primary Section teachers. Ms. Neelu Kalro, Ms. Mansi Mehta and Ms. Bela Kotwani from Early Childhood Association shared their experience and views with the teachers.





Pre-Primary

Nursery Activities

ABC

Doodle Art Activity

The tiny tots of the Nursery Section had fun as they doodled and scribbled with crayons of all colours on the chart papers provided by their teachers. The class teachers cut those chart papers filled with adorable lines and squiggles, to make rainy creatures and characters of the story 'The Greedy Dog'. This activity is an important first step in their writing process.



Mask Day

The Nursery children learnt about domestic animals in a very interesting way. The children were asked to wear masks of domestic animals and speak a few sentences about them.



Paper Crumpling Activity

The Nursery children had lot of fun crumpling pieces of coloured paper and these were stuck on chart papers. This helped to develop their fine motor skills. The teachers artistically used the crumpled paper to make National Symbols i.e Flag, Tiger, Lotus and Peacock.



Finger Tip Printing

The Nursery children had immense pleasure dipping their little fingers in colourful paints. Their imprints were taken on paper which was later used by the teachers to make a creative AVIARY.



Solo Dance Competition

The Nursery children confidently showed their grooves and moves on their favourite dance numbers. This competition helped the children to showcase their talent and overcome their stage fear.



Lantern Making Activity

The children had an enjoyable experience while doing Vegetable Printing on chart papers. These chart papers were then used by the teachers to make decorative Diwali lanterns.



Birthday party (Conversation)

The Nursery teachers took great effort to decorate the A.V room with balloons and fancy streamers to create a birthday party scene. They wore birthday caps, sang the birthday song and cut a cake for this activity. This was to encourage the children to speak on their favourite topic.



Fancy Dress Competition

The Nursery children looked very adorable dressed as different vegetables. Each child spoke a few lines about the vegetable that they were dressed as. It was a fun way to learn about vegetables.



Show And Tell (Fruits)

The children brought fruits from home. They introduced the fruit they had brought and spoke a few lines about it.



Children's Day Take Away



The teachers helped the children to paint a smiley face on cloth bags. The children proudly took the cloth bags home. What an eco-friendly way to celebrate Children's Day!!!!!!



Christmas Mobiles

The children had lots of fun as they dipped old toothbrushes in paint and sprayed colours on chart papers. The children learnt the technique of spray painting. These colourful charts were used by the teachers to make Christmas Mobiles to decorate the corridor. The children proudly took the Christmas Mobiles home.



Show And Tell - Means Of Transport

The Nursery children confidently spoke about the toy vehicle they had brought to class. It helped the children improve their public speaking skills and to know more about the different means of transport.



Stay Healthy

The children were asked to bring placards on Healthy Food. They had to say a few lines about the pictures on the placards. It was a great a way to help children understand the importance of eating healthy food.



Colouring Competition

The colouring competition helped the Nursery children to improve their creativity, fine motor skills, eye hand co-ordination and colour awareness.



People who help us

A Role Play was done by the children of the Nursery Section. The children looked adorable dressed up as various Community Helpers. This activity helped to inculcate values like Dignity of Labour in the children.





Ear Bud Dabbing

The students of the Jr.K.G. section enjoyed themselves making dots with ear buds dipped in paint. The end result was a beautifully printed chart full of dots. The little ones proudly looked at their art work all through the year as their teachers had used these papers to make Birthday Charts



Fork Printing Activity

The Jr.K.G. children had a lot of fun while doing fork printing. They dipped their forks in various colours and put the imprints on chart papers. The teachers then displayed various rainy creatures using the chart papers.



Recitation Competition

The Jr. K.G. students enthusiastically participated in the Recitation Competition. The judges appreciated and applauded the performance of the participants and the children enjoyed the competition.



Palm Printing Activity

The children covered their palms with colours of our national flag. The teachers helped them to print the impressions of their palms on white chart paper. The children were delighted to see the prints of their little palms. These were carefully cut by the teachers and used to decorate the corridors for the Independence Day Celebration.



Bubble Wrap Printing

The children used bubble wrap dipped in paint to print on charts which were creatively cut into various aquatic animals by the teachers.



Clay Moulding Competition

The children made beautiful models using clay. This competition helped to improve their fine and gross motor skills.



Our Helpers Activity

The teachers had planned this activity to inculcate the value of 'Dignity of labour' in the children. The children spoke a few lines on the Community Helper they were dressed as.



Lantern Making

To celebrate 'Diwali'-the festival of lights, the children of Jr.K.G. brought decorative stickers from home and stuck them on the lanterns made by the teachers. The lanterns were displayed in the corridor.



Famous Cartoon Characters

The Jr.K.G. children looked very adorable dressed as different Cartoon characters .Each child spoke a few lines about the cartoon character they were dressed as. The children enjoyed themselves while dancing to the different Disney cartoon theme songs.



Famous Cartoon Characters



Solo Dance Competition

The Jr. K.G. children stunned the judges with their dance moves on various foot-tapping songs. The teachers were glad to see their confidence on stage. Their colourful costumes and cheerful smiles were a treat to watch.



Christmas Celebration



BOTTLE PRINTING

The teachers helped the children to take imprints of bottles dipped in paint, on chart papers. Tri colours namely orange, white and green were used for this activity. Kites were made using these papers for corridor decoration.



Handwriting Competition

This competition was an opportunity for Jr. KG. students to display their beautiful handwriting.



Seasons

The children were asked to bring various articles used by us during different seasons. They had to say a few lines on the article they had brought.





Environment Awareness Day



To nurture Environment Awareness in the students of the Sr. K.G. section, Environment Awareness Day was celebrated. A few students from each class were asked to prepare placards on topics like Save Water, Say no to plastic, Plant more Trees etc. and explain them to their friends. This activity helped to inculcate an attitude of caring and respect for our planet.



Solo Singing Competition

The Sr.K.G. students showcased their talent on this day. They sang in their melodious voices and amazed the judges. Participating in this competition helped the children to overcome their stage fear.



Drawing And Colouring Competition

The competition was held to enhance the fine motor skills of children. They drew and coloured beautiful pictures.



Lantern Making

The children were pleased to learn stencil printing while making the Diwali Lanterns. The children also decorated the lanterns with colourful stickers. The lanterns were displayed in the corridor.



Christmas Card Colouring

The Sr.K.G. children were very happy as they coloured their favourite Santa on the Christmas card provided by the teacher. They joyfully took the card home for their parents.



Solo Dance Competition

The students rocked the stage with their graceful dance moves. Their facial expression and colourful costumes were admirable.



My Favourite Book Day



Handwriting Competition

The Sr.K.G. children were asked to copy sentences from the blackboard neatly on a sheet of paper. The children who wrote neatly were given certificates for the same. Others were encouraged to improve their handwriting by their teacher.



Primary & Secondary

Activities



PRAYERFUL BEGINNING:

A new beginning filled with a new hope, new vigour, new expectations and new goals.... for the new academic year 2018–19.

We, at St. Francis School (ICSE) embarked on our journey for the new academic year by calling upon the Lord for His divine guidance and placing all our expectations before Him, praying that His wisdom may guide us every step of the way.

On Friday, 15th June 2018, Fr. Robin Kinny from the I. C. Parish celebrated the Holy Eucharist at the Brother's Chapel. Through this celebration, he helped to prepare the students to be steadfast, strong, diligent and dedicated in whatever they undertake in the year to come. The non-Christian students began the academic year on a prayerful note too. They were engaged in prayer and meditation, invoking God to help them face new challenges and make use of the opportunities that the new school year will bring.



STUDENTS OBTAINING ABOVE 90 % IN THE I.C.S.E. EXAMINATION 2017 -18



MS. DHRUVI SANDEEP DESAI
1ST RANK 98.17%



MST. DYLAN ALEXANDER RODRIGUES
2ND RANK 97.17%



MS. DEBANGANA INDRANIL BANERJEE
3RD RANK 96.17%

SR. NO.	NAME OF THE STUDENT	PERCENTAGE OBTAINED
1	Ms. Dhruvi Sandeep Desai	98.17
2	Mst. Dylan Alexander Rodrigues	97.17
3	Ms. Debangana Indranil Banerjee	96.17
4	Ms. Hasti Pritu Panchal	95.50
5	Ms. Chetasvi Nilesh Patel	94.50
6	Ms. Khushi Vishnu Kabra	94.50
7	Mst. Sarthak Hemant Mirji	94.33
8	Mst. Karan Anil Kumar Sangya	93.67
9	Ms. Prathishta Pravin Shetty	92.83
10	Ms. Trisha Nitin Nagarkatte	92.83
11	Mst. Parth Bhavesh Mehta	92.67
12	Mst. Jash Chintan Bhatia	92.50
13	Mst. James Abraham	92.17
14	Ms. Janisa Rosy Joseph	91.67
15	Mst. Reagan Denver Caeiro	91.67
16	Ms. Divyata Pranav Shah	91.67
17	Ms. Gargi Mahesh Pawaskar	91.17
18	Ms. Kiara Melvin Xavier	90.50
19	Mst. Sean Valerian D'souza	90.00

Honouring our young achievers!

The outgoing students of Class 10 (batch of 2017 -18) who achieved 90% and above in the recent ICSE board examinations were felicitated for their remarkable achievement.

It was indeed a proud moment for our school as these toppers have raised the benchmark for excellence by their outstanding performance.



Preparing For The Board Exam



Class 10 Parent Child Seminar

The students and parents of Class 10 attended a session on 'Beating the Board exams to emerge as winners' on 4th July, 2018 conducted by renowned educationist, Dr. Elaine Charles. Dr. Charles made the students familiar with her magic mantra, 'I can, I will, I must' while giving them valuable tips related to planning their time, overcoming fatigue, increasing concentration and many other areas. Her talk inspired the students to put in their best efforts towards their upcoming ICSE Board examination. While the parents sat for the students' session, listening to the pointers being given, Dr. Charles kept a small capsule of the seminar exclusively for parents. Parents were reminded of their supportive role during this crucial year in their child's life.

CAREER GUIDANCE

...THE WAY TO SUCCESS



CLASS 8 SESSION ON VOCATIONAL GUIDANCE

Psychologist and Guidance Counsellor, Mr. Darryl D'souza from 'Chrysalis' the Vocational Guidance and Counselling organization, interacted with the parents and students of Class 8 on 6th October, 2018. He introduced the idea of aptitude, interest and personality testing as a means of zeroing in on subject choices for students. The parents queries were answered and details about the programme which was soon to be conducted in the school premises were provided. The students who availed of this programme attended a computerized vocational testing session in the following week. The test reports of the students were discussed with both parents and students in a one to one session with a guidance counsellor, to help understand which future directions were more suitable for the student.



INVESTITURE CEREMONY OF THE STUDENT COUNCIL 2018-19

The Investiture Ceremony for the year 2018-19 was held on 22nd June, 2018 in the school auditorium at 10:00 am. It was attended by our Principal, Rev. Bro. Wilfred Monteiro, Vice-Principal, Rev. Bro. Kyrbin Lyngdoh, the School Manager, Rev. Bro. K.C. Joseph, Supervisors, Co-ordinator, staff members and the students of Classes 8 and 9. The honourable Chief Guest for the day was Cdr. Robin Pereira.

The programme started with the lighting of the lamp followed by a prayer song by the students of Class 8. The Principal addressed the students with his inspiring words on leadership.

The outgoing Student Council and the teachers in charge of the Council handed over their badges and sashes to the Vice-Principal. The new Student Council and the Discipline in-charges were conferred with badges and sashes while the new teachers in charge were bestowed with new responsibilities. The Principal administered the oath of office to the members of the newly inducted student council.

The Chief Guest addressed the gathering and then released the Chronicle for the year 2017-18. The programme ended with a vote of thanks and the National Anthem.





वन
महोत्सव
सप्ताह

VAN MAHOTSAV

The festival of trees

Van mahotsav week was celebrated in the school from the 2nd to the 6th of July 2018, in order to foster awareness among students about the importance of trees in our surroundings. There were competitions and activities conducted throughout the week for all the students from classes 1 to 10.



वन
महोत्सव
सप्ताह

VAN MAHOTSAV

Monday, 2nd July 2018

Essay writing competition for class 8 on the topic
"Trees- our Lifeline"

Tuesday, 3rd July 2018

Colouring competition for classes 1 & 2 on the
topic "Each one plant one"

Wednesday, 4th July 2018

(1) Slogan writing competition for class 5 on the topic
"Conservation of wildlife"

(2) Collage making competition for classes 6 & 7 on the topic
"Conservation of wildlife"

Thursday, 5th July 2018

(1) Poster making competition for class 3

(2) Paper bag making competition for class 4 on the topic
"Conservation of wildlife"

Friday, 6th July 2018

"Gifting of saplings": The students of classes 9 & 10 gifted
saplings to the Principal in order to demonstrate their
responsibility towards protecting Mother Earth.



VAN MAHOTSAV

वन
महोत्सव
सप्ताह



STRENGTHENING OUR SKILLS

-Teacher Training Programmes

Seminar on Classroom management

In the morning of 8th June 2018, the teaching staff of St. Francis School (ICSE) attended a seminar on 'Classroom Management'. The proceedings were conducted by an eminent personality, Dr. S. Ignacimuthu (S.J.), the Director of the Entomology Research Institute, Chennai. His discourse presented the teachers with valuable lessons on human behaviour, student needs and a teacher's role in guiding students.

Lift Safety Workshop

The OTIS group conducted a training cum awareness workshop on lift safety on 9th February, 2019 for the Staff of the school. The workshop covered information on lift functioning, the correct way to use the lift, safety mechanisms available in case of an emergency and the steps to be followed when the lift stops with people inside. Questions were also addressed, helping to clarify doubts and promote better understanding of the lift facility and how to use it efficiently.



Dr. S. Ignacimuthu (S.J.)





Wellness through Yoga...

INTERNATIONAL YOGA DAY



The word Yoga comes from the Sanskrit root “Yuj” which means “to join.” Yoga is a science that teaches us the method of joining the individual soul and the Supreme Soul. The science of yoga has its origin thousands of years ago, long before the first religions or belief systems were born.

On the occasion of International Yoga Day on 21st June, 2019, our students were introduced to yogic practices like breathing techniques and asanas by volunteers from the Patanjali foundation. They also briefed them on the benefits of yoga for the mind and body.





Combining Education With Fun: **FIELD TRIPS**



Class 1 & 2 students visiting Zen Garden, Dahisar



A visit to Mongiland by Class 3 students: *Baking their cakes and them too!*



Understanding the story of milk - Class 4 students take a trip to Mahananda Dairy



Class 5 Field Trip



Learning about Pisciculture



A visit to a bottle gourd farm

Students take up the 'Swachh Bharat Abhiyan' at Vasai beach



Classes 6, 7, 8, 9 & 10 visit Forganic Farm , Khopoli



Pure untouched nature at its best!

Hindustan Aeronautics Limited (HAL), Nasik

Classes 9 & 10 visit the Aircraft and Aerospace Industry



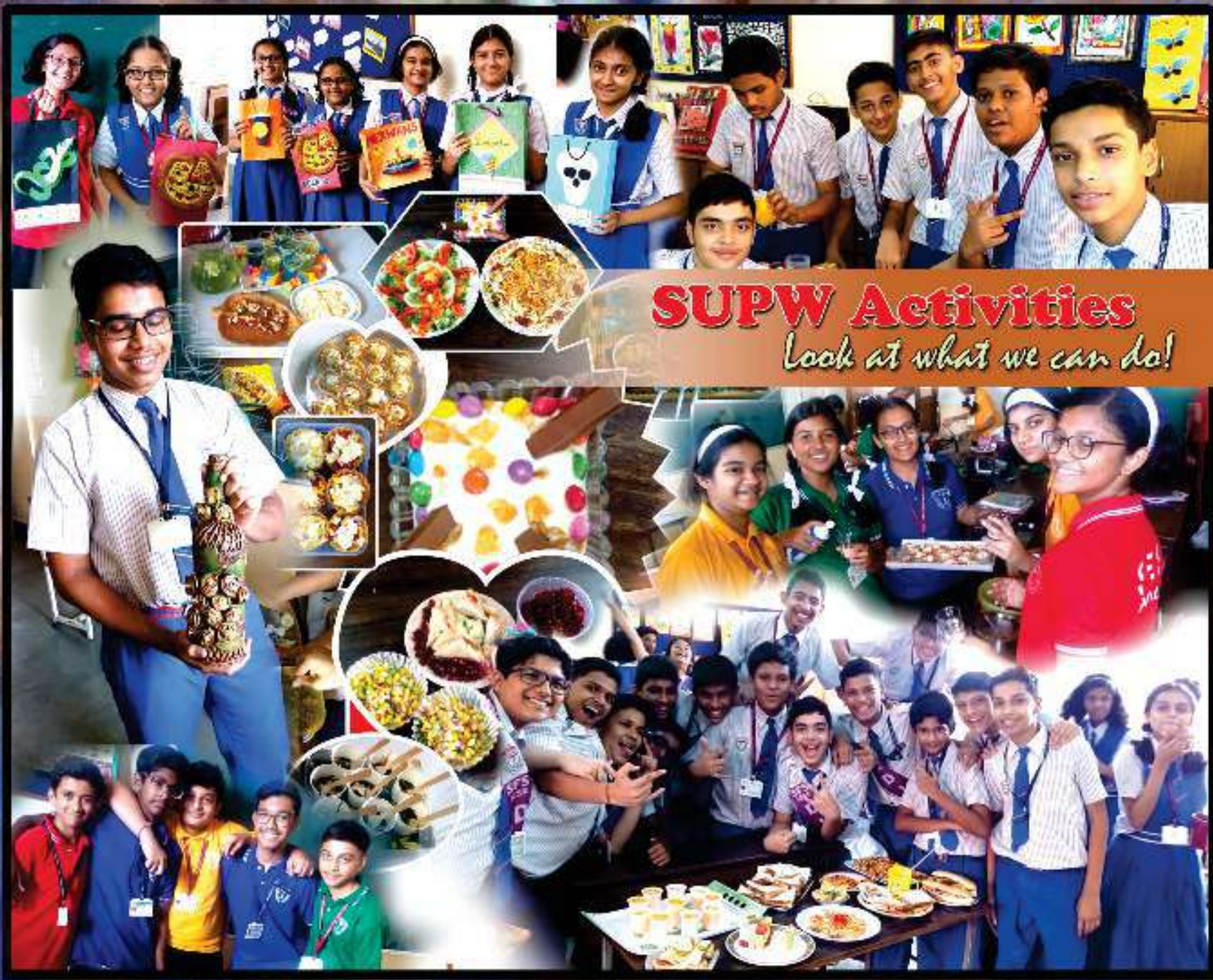
Socially Useful Productive Work: **Class 10 field trip**



SUPW field trip

In the butterfly park





SUPW Activities
Look at what we can do!

THE IMPACT OF MOBILE PHONES ON SOCIAL WELLNESS

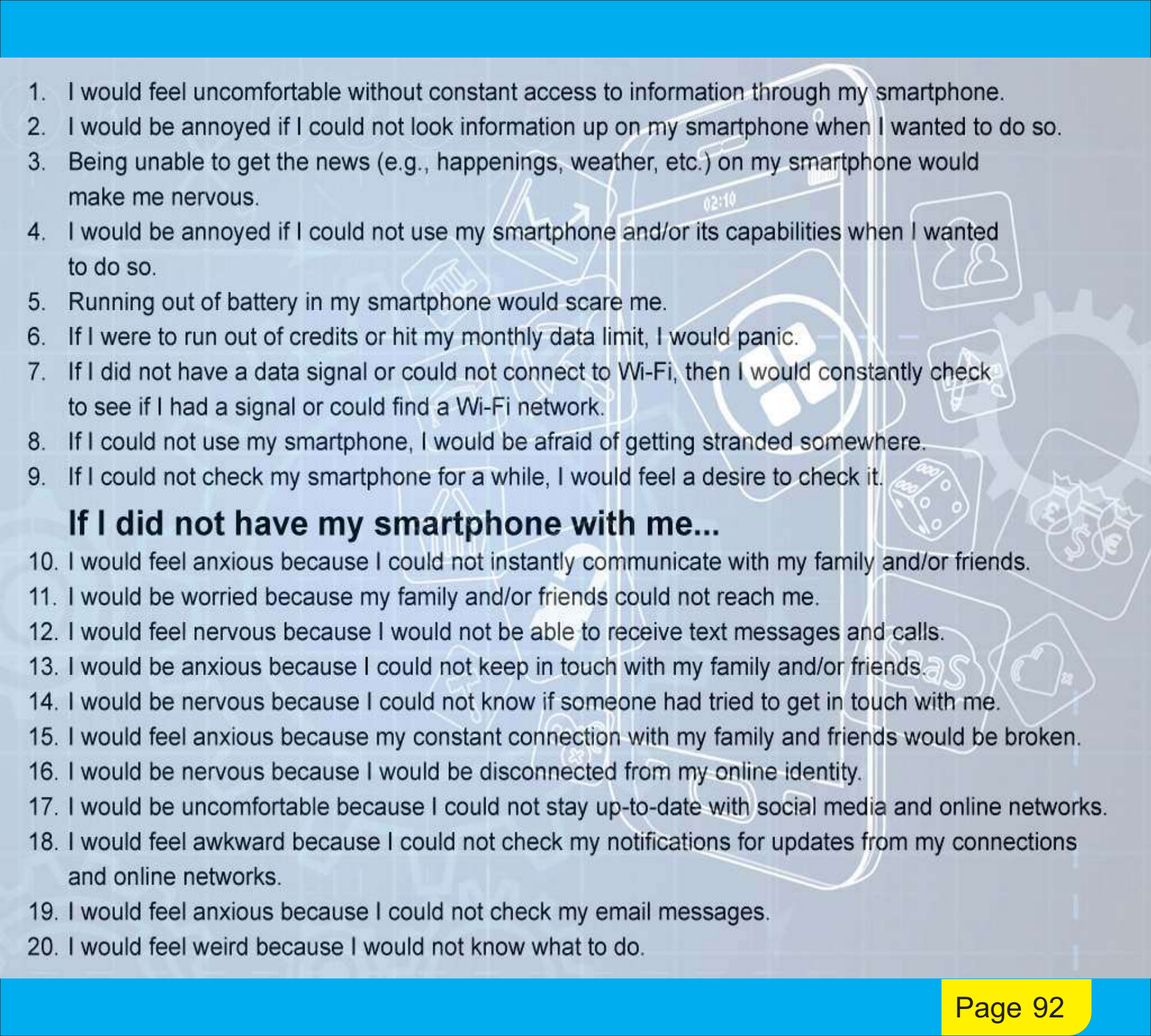
Social Wellness refers to one's ability to interact with people around them. It involves using good communication skills, having meaningful relationships, respecting yourself and others, and creating a support system that includes family members and friends.

In today's times, the entity with which we interact the most is our 'smart' phone. When does this interaction grow from frequent to excessive? Watch out for these warning signs:

- 1) Your phone is your 'Good Morning' and 'Good Night' companion, daily; which means it's the first thing you check every morning and last thing every night. It might not seem like a big deal. But imagine the consequences of a nightly half-hour sleep deficit compounding through the week! Chaos coming soon!
- 2) You constantly find yourself comparing with others. When you see the rosy, perfect content posted by friends and acquaintances on social media, feelings of envy and jealousy take over and you automatically try to outshine others. How much emotional drain!
- 3) No 'me' time to ponder over various things, to enjoy one's own company or even to get bored for that matter. One solution to kick boredom...just swipe! How boring!
- 4) What's the first thought that comes to mind when you realize you left your charger at home? Do you feel a rush of anxiety? You might have 'nomophobia'. This term, coined by Iowa State University researchers, is short for 'no mobile phone phobia'.

To check your level of 'Nomophobia' take this test: (Source: Huffingtonpost.in)

Rate each item on a scale of 1 ('completely disagree') to 7 ('strongly agree') and tally up your total score to find out. Be honest!

- 
1. I would feel uncomfortable without constant access to information through my smartphone.
 2. I would be annoyed if I could not look information up on my smartphone when I wanted to do so.
 3. Being unable to get the news (e.g., happenings, weather, etc.) on my smartphone would make me nervous.
 4. I would be annoyed if I could not use my smartphone and/or its capabilities when I wanted to do so.
 5. Running out of battery in my smartphone would scare me.
 6. If I were to run out of credits or hit my monthly data limit, I would panic.
 7. If I did not have a data signal or could not connect to Wi-Fi, then I would constantly check to see if I had a signal or could find a Wi-Fi network.
 8. If I could not use my smartphone, I would be afraid of getting stranded somewhere.
 9. If I could not check my smartphone for a while, I would feel a desire to check it.

If I did not have my smartphone with me...

10. I would feel anxious because I could not instantly communicate with my family and/or friends.
11. I would be worried because my family and/or friends could not reach me.
12. I would feel nervous because I would not be able to receive text messages and calls.
13. I would be anxious because I could not keep in touch with my family and/or friends.
14. I would be nervous because I could not know if someone had tried to get in touch with me.
15. I would feel anxious because my constant connection with my family and friends would be broken.
16. I would be nervous because I would be disconnected from my online identity.
17. I would be uncomfortable because I could not stay up-to-date with social media and online networks.
18. I would feel awkward because I could not check my notifications for updates from my connections and online networks.
19. I would feel anxious because I could not check my email messages.
20. I would feel weird because I would not know what to do.

HOW YOU SCORE:



20: Not at all nomophobic. You have a very healthy relationship with your device and have no problem being separated from it.

21-60: Mild nomophobia. You get a little antsy when you forget your phone at home for a day or get stuck somewhere without WiFi, but the anxiety isn't too overwhelming.

61-100: Moderate nomophobia. You're pretty attached to your device. You often check for updates while you're walking down the street or talking to a friend, and you often feel anxious when you're disconnected. Time for a digital detox?

101-120: Severe nomophobia. You can barely go for 60 seconds without checking your phone. It's the first thing you check in the morning and the last at night, and dominates most of your activities in-between. It might be time for a serious intervention.

So, what's your score?

If you find yourself in 'Moderate' or 'Severe' category, here are some useful tips for you:

- 1) Start by taking small baby steps. Keep your mobile phone in another room where it's not easy to reach.
- 2) Have 'mobile phone free' meetings with your friends where you all meet outdoors without the company of your mobile phones and enjoy each other's company instead.
- 3) Note down the time spent on the mobile phone, daily. Gradually and willingly reduce it by short periods. Reward yourself with your favourite treat on accomplishment of your goals.
- 4) Clear your phone of the unnecessary, time-wasting apps.
- 5) Finally, don't ever give your phone the authority to take charge of your life.

All the best to you to enjoy your newfound freedom!

ESHAAN RUPESH SAWANT
IX- LILIES

ALL WORK AND NO PLAY



Games and Sports are an integral part of a student's life. They are to the body what education is to the mind. They are an essential part of our lives.

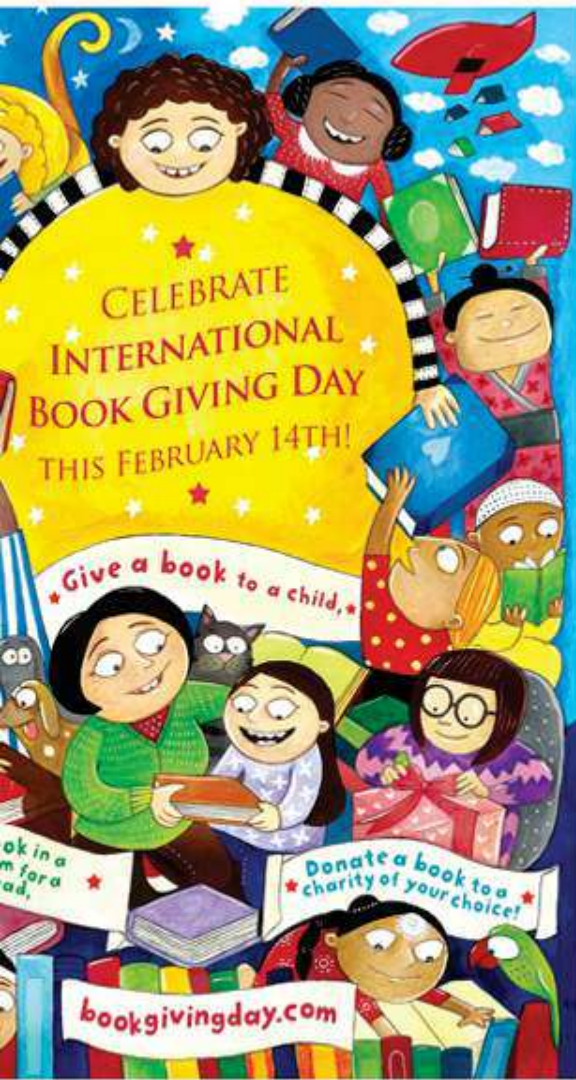
Our life is incomplete till the time we involve ourselves in a game or in a sport. Our beloved Father of the Nation, Mahatma Gandhi, lamented for not having given proper attention to games during his developmental years. Games make our body elastic and supple. They help us by providing both entertainment and relaxation. Games instil in us the true spirit of sportsmanship and team work. Games help us to accept defeat in the right way and teach us not to get bogged down in life.

They give us some moments to unwind and refresh our soul and mind. Work alone is not enough. It is rightly said 'A sound mind lives only in a sound body'. Our concentration improves much more when we relax and unwind our tired mind by playing some games. The output at such times is much more than when we are only working the whole day. A book worm who only buries his head in books the whole day may get good results but he might not be able to present himself well in a crowd.

There should be a right balance between games and studies. They should complement each other if we are to maintain a healthy lifestyle. I hope my dear reader friends will take a cue from this thought.

VEDIKA NAGARKATTE
VII DAISIES

BOOKS-OUR BEST FRIENDS



Feeling alone? Betrayed by friends? So, get into a friendship with books. Books are man's best friend. They neither complain nor demand. They will instead add something to your life and make you a successful person. They let you find the real meaning of life. "Books are the windows to the world." They will always teach you something good. Whether or not a person enjoys a book, depends on the attitude of the person – whether he is interested or not. If not, the book will always seem boring to the person. Nowadays you get all types of books- books for children, adults, teenagers, picture books, comics, encyclopaedias and so on. Walk into a well-stocked library and you will surely be amazed by the sheer volume of books. You may even find yourself drawn towards a particular book and develop an interest in it.

As a child, I did not like reading books. But, my father helped me develop an interest in books by not allowing me to watch television or use a mobile phone for entertainment. In fact, till today we don't have a television set in our house and we don't even feel the need for one. Just for a week, disconnect the cable connection and you will find books coming out from different corners of your house. So, go ahead, try this and read as many books as you can. Books will teach you many lessons in your life. For me, books are, and will always remain, my best friends.

SAADAGI MORE
VIII DAISIES

Chocolate Smoothie

(contributed by Prisha Ajmera, V Tulips)

Ingredients:

- ½ cup low-fat milk
- 2 tablespoons chocolate syrup
- 2 tablespoons peanut butter (creamy)
- 1 sliced banana (frozen or fresh)
- 1 cup (8 ounces low- fat yogurt)
- 3 almonds

Method:

Put all the ingredients in a blender and blend them until you get a smooth mixture.

Slice almonds and garnish on top and serve immediately.



Eating Healthy - Recipes for a healthier and happier you

We are happy to bring to you a few recipes contributed by our children that promise to not only help in building a healthier you, but also tingle your taste buds.

1. Moong Oat Pancakes (contributed by Darren D'souza, VI Daisies)

In keeping with the theme 'Health and Wellness', I would like to share with you a scrumptious and a nutritious snack that my favourite aunt, Tulip, who is also a well-known nutrition expert, shared with me.

Ingredients:

Dry roasted oats – 1 cup
Dry roasted whole moong – ½ cup
Dry roasted flax seeds- 2 tbsps

Method:

Cool the above ingredients after roasting
Blitz all to powder

Season with salt, cumin powder and a dash of chilli powder

Take 4 tablespoons of the above mix and add some water or curd to make a thick dosa-like batter.

Heat a tablespoon of oil in a non-stick pan, when it is medium hot, wipe off the oil with a kitchen tissue. Now use the pan to make saucer-sized dosas.

Serve with peanut chutney.

Enjoy!!



'FAMILY'



'Family', the most valuable word, consists of the most important people in our lives i.e. our parents, siblings and other relatives. The full form of 'FAMILY' is – 'Father And Mother, I Love You'. Nobody can live without a family. Some homeless people are the unluckiest to not have a family. The unity and togetherness of a family is required for the growth of a society. In fact, we Indians, coming from different backgrounds, culture, religions, languages and traditions, together form a large family. If the whole world together forms a family, there will be no wars and this will help to maintain international peace. So don't underestimate the role of a family. Love your family. It is all you truly have and all you will truly need.

SIDDHIKA SHRIYAN
VIII LILIES

Little Star

Little star, twinkling bright,
Shine and shimmer through the night.
From miles away, with your gleam;
Light hope in a wanderer's dream.

Little star, keep twinkling bright,
Forever and ever in the dreary night;
Gently scintillate in the dark,
And add your beauty to the melody of
the lark.

Little star keep twinkling bright,
Light up the sky with your pearly white;
Twinkle and twinkle with all your might,
And light a fairy's nightly flight.

Little star keep twinkling bright,
Swirling and dancing in the moonlight.
Like the tiny diamonds of the
firmament,
Just so everlasting and permanent!

Little star keep twinkling bright,
Up in the sky so boundless and infinite;
Guide the lost sailors to the north,
And right back home to the solid Earth!

Little star keep twinkling bright,
Like the earth's farthest kite;
Warm the cold universe with your heat,
Your most giving endeavour, most benevolent feat!

They say that in an older universe,
The story was completely the reverse.
That stars covered most of the night sky,
And yonder heavens up so high!
That dark patches were the rarest of sights,
And the nights were brighter than daylights!

So Little star keep twinkling bright,
In and out of my finite sight;
Stud the dark with your ethereal light,
Forever and ever in the darkest night.

Aditi Rao
IX Daisies

The Morning Breakfast

It's time
Downstairs, I have to go
For the ravishing breakfast
Which I love
Soft bread with melted cheese
Choco cornflakes in milk
Grilled toast with maple sauce
Oh! It's time for a feast
Every month of every year
Every day of every week
It is this breakfast that I love the
most
It is the only thing I seek

-Krupa Gandhi
V Tulips



MOTHER EARTH SPEAKS....

I am tired, exhausted, I feel so sick
The pain I'm going through is making me weak
I am the one that Humans call Home
I am Mother Earth, Who was once beautiful at birth

I drown in my sorrow...they call it floods
And when I wipe my tears....they call it drought
Humans think that it is Nature's reaction
Little do they know that is because of their actions

On me they build buildings and towers, I tremble with fear
Earthquakes and landslides, my death is surely near
Dear Humans please treat me like I am your own
Coz, if I get angry I'll react through tornadoes and storms

While natural disasters cause humans harm
Remember, I also nurture you with love so warm
So keep me in your loving care, just like I do to you
I am home to not just humans, but other creatures too



GWENELLE D'SILVA
V LILIES

A WISH

I wish to be a warrior,
but whom shall I fight for?
Oh yes! My Motherland
Take a dagger and cut the pollution
Take an arrow of greenery
and shoot around
to plant trees everywhere.

I wish to be a scientist
And invent potent devices
To bring peace to my Motherland
Eradicate pollution
And have joyful celebrations.

If only my dream for the future comes true
If only my prayer for our nation is heard
We will have a pollution-free Motherland.

MUSINGS

Patience for well being
Environment caring
Always positive
Curing cries of sorrow
Everywhere spreading
happiness

FEELINGS

Feelings are shared
Amazing together
Means a lot to me
I'm blessed
Love and laughter
Young by heart

DION COLACO
V LILIES

THE READING HABIT

There are many words that bring a smile to my face. One of these is the phrase Free Period. Do you know another thing that makes me smile?

Reading

(Now, take note here, no one likes reading a textbook which you then have to be able to recite verbatim.)

But I'm certain that everyone loves a good read. People have different preferences, some lean towards fiction, some towards comedy, some favour poetry and some love ancient literature and mythology. Some light up at the mention of comic books, while others can be found in the corner of a room, their noses buried in a book about space. Some (mostly adults, I've noticed) prefer romances and autobiographies (Yes, they are two distinctly different things).

The long and short of it all being, everyone loves reading. In my opinion, reading is an experience which takes you into another world. When there are times you need a break, times when you sit idle doing absolutely nothing, a book provides you with the best entertainment. A book contains scores of characters with their own distinct personalities. There are many characters to whom one can relate. Books show you that there is more to the world than just your tiny circle, and give you a sense of the universe. You must believe I'm exaggerating, but avid readers will back me up with no hesitation.

There are scientific reasons to read a book, too. Studies have shown that reading increases the ability of a person to memorize and learn pieces of text. So, the textbooks you are so reluctant to learn will be easier to memorize. To add to this, it also increases the intelligence quotient of a person.



A book creates individuals with the power to empathize. The growing argument about the lack of empathy in our generation has been a topic of debate for quite some time now. Parents worry that their children are not empathetic enough these days. Well, I've got for you the perfect solution. I'll say it slowly - Reading. A. Book. While reading a book you not only read a story but also read about a person's feelings, his responses to his environment, and other things that you wouldn't know just by looking at a person. A book strives to make its readers relate to it on a personal level. When we read a story, we begin to understand and feel for the characters in the book, this develops empathy in us and we slowly begin to feel for people in real life who undergo similar situations or hardships.

Reading is very relaxing. Yes, it's true! When a person reads he goes into a world of his own. He is lost to the world. He sees nothing, only reads. His shoulders relax. His tense body gradually relaxes too, until he no longer realizes why he had been so tensed.

Reading improves the vocabulary of a person. As students, we all covet a good vocabulary, especially as it helps us conquer our Language papers with ease.

Jackpot!

The question then arises: How do we cultivate the reading habit in children? The answer to this is simple: read to them from a very young age. My mother always read books out loud to me. In my opinion, we spent nearly six hours every day just reading! Reading books like Bubbles from a very tiny age revealed to me the joys of reading. Her persistence has made me the bookworm I am today. Once you start reading to them, you will begin to notice that your child begins picking up a book and reading it himself and you will then be rewarded with the fruits of the seeds you have sown

I sincerely hope that this article was inspiring and life changing. Good bye and Happy Reading!!!

Aditi Rao
IX Daisies



SELF RESPECT

S et goals
E xercise
L ove yourself
F ocus on fitness
R est and relax
E at right
S mile
P ortray positive
E njoy life
C are for others
T ell yourself you can do this

Rishit S Jathan
V Tulips



FOR THE LOVE OF TIFFIN - WAYS TO MAKE TIFFIN HEALTHY

Tiffin time – the most precious time awaited by students in a school to enjoy with friends and have their food. It is a time when friends in school get together and share their thoughts and feelings along with their food. But what about the food inside the tiffin box which is brought to school by students? Most of the students bring junk, packaged or readymade food which is not good for health.

The following are ideas and suggestions to make tiffin healthy.

- The school should give a diet plan to its students i.e. they should provide a list of healthy food options for students to choose from everyday.
- They should be given a day in the week when they can bring food items of their choice.
- Teachers should check tiffin-boxes regularly to ensure that students follow this time-table.
- It should be mandatory for the school canteen to have only healthy food items on the menu.

Paying heed to simple steps like the above will go a long way in ensuring that school students eat healthy while in school.



SIDDHIKA SHRIYAN
VIII TULIPS



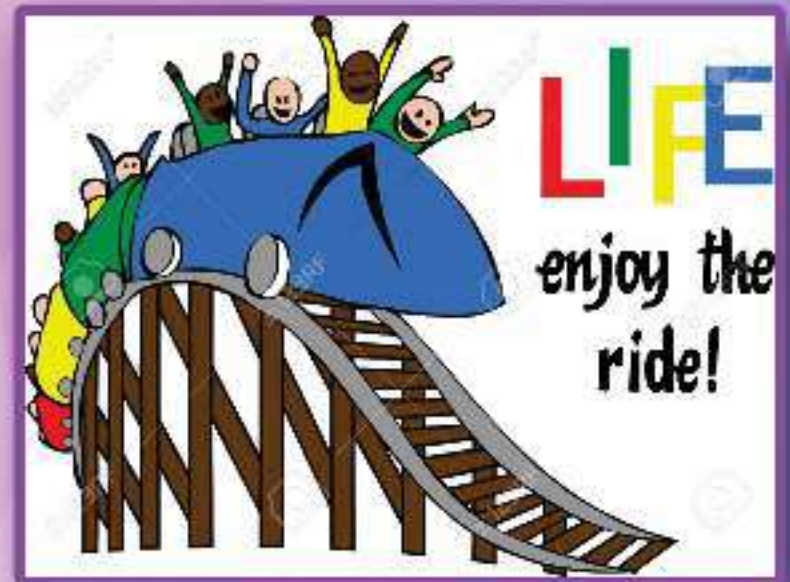
Without Downs, the Ups Would Mean Nothing

Life is full of Ups and Downs
With complex curves and simple rounds
While we find joy and happiness in the Ups
Through the downs we must hold ground

Lessons we learn in difficult times
Because life is just not about straight lines
We must fight out all our sorrows
And hope for better tomorrows

When in trouble inside us we must peep
To find the hidden strength lying deep
Our inner strength is precious as diamond and gold
Which in times of tests we need to unfold

We can choose to be happy or to be sad
Life can be difficult, it cannot be bad
Without your downs, the ups would mean nothing
So keep your smile on, life has a solution for everything



Mireille D'silva
VII Tulips

Becoming Instruments of Peace

Patron's Day.... 4th October, 2018

The Feast of our Patron Saint, St. Francis of Assisi, was marked by a Holy Mass celebrated on the 5th of October, 2018 in the Brother's Chapel. Students from Classes 3 to 10 attended the service. There was a special prayer dance performed by the students, to the hymn 'Aao Prabhu Ke Pass'. The main celebrant was Fr. Ryan Fernandes, the Parish Priest of Our Lady of Immaculate Conception Parish. He urged the students to let the values and ideals of our Patron Saint, St. Francis of Assisi guide them in all their endeavours. The students of Classes 1 and 2 were shown an animated story on the life of St. Francis of Assisi, helping them to know more about our Patron.



What is Spiritual Wellness?..... An Interview

An insight into the spiritual aspect of wellness as related by Rev. Bro. George Thottiyil, CMSF

What is Spiritual Wellness? What does it consist of?

Spiritual Wellness means holistic well-being, where a human is connected to his whole being, physical, mental and the inner being. This means a relationship, a connectedness to the supernatural super-ego with the whole of one's being.

Why is it important to man?

Humans cannot live as an island without this connectivity because they are made up of all these elements. Wholeness is attained by this and there can be no 'whole' without these other elements.

How can we individuals improve our spiritual wellness?

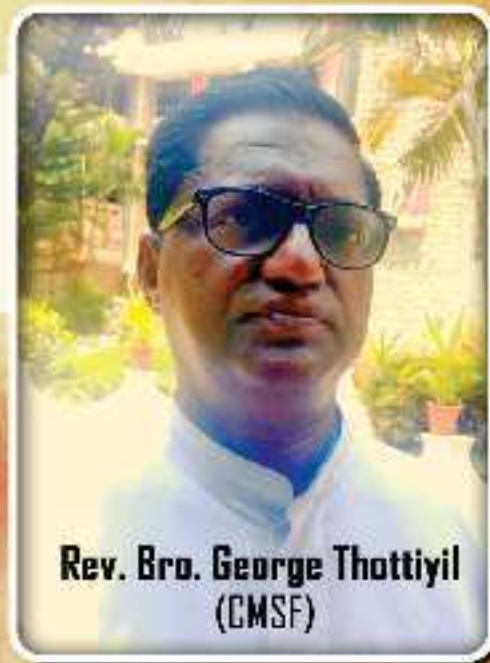
We, humans can improve our spiritual wellness by being in greater relationship with the other, rather than being self-centered. Greater inner awareness is the clue to this wellness process without this connectivity we are lonely.

Is there a difference between being spiritually well and being religious?

Being Spiritual and being religious are different. Being spiritual is being in a depth-relationship and being above oneself. But Religiosity often means some functions performed in a ritualistic way. Religiosity can be cult oriented but spirituality transcends this.

What are the signs of a spiritually well balanced person?

A spiritually well- balanced person will always be a balanced, serene and upright person maintaining equilibrium in all things. Always keeping to a value system inspite of himself. He will be always altruistic and other oriented.



**Rev. Bro. George Thottiyil
(CMSF)**

What role does spirituality play in a student's life?

Although students, may be quite young immature to realize spirituality in depth but they can follow the example of the teachers and peers who practice values and ethical standards. Being an exemplary student is spirituality.

Do you find any difference in the spiritual well-being across the world?

Spirituality or spiritual well-being is looked upon from different angles in different parts of the world, depending on the culture and habits of people. In India spirituality may mean austerity whereas in the western countries it may mean altruism. In Japan or China it may have other connotations.

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Is spirituality a process to be practiced in our daily life?

It is 'being' and 'a process.' One who is spiritually inclined progresses in his being and doing. It is a process as it is progressive and never at a full-stop: Any process always involves movement and dynamism.

Can spirituality play a role in secular education? If yes, then how?

Spirituality and the opposite secularism are different aspects of attitudes and perception. Though, they at times look diametrically opposed to each other their options may be similar. A spiritual person performs spiritual activities like helping the poor and marginalized with a divine motivation and a secular person will do such activities merely from a humanistic view point The end result is help for the vulnerable.

Secular education is mostly scientific and based on empirical sciences, whereas spirituality may not stand such tests. But most of the people know that something spiritual is operative in what happens in their lives. Even medical results in diagnosing some mental illnesses speak about the beyond. Spiritual persons seem to be better behaved, and more gentle. Hence, we may say that such persons influence others in a different way (educate) more than the secularists. Praying people seem to have progressed even in illness, more than others who have no faith in a Loving God. Ultimately we cannot sit in judgement, as to who is better or worse, but only mundane comparisons can be made.

Saluting the Nation.....

Following the tradition of celebrating Independence Day with patriotic fervour, this year too, our school celebrated the 72nd Independence Day on 15th August, 2018 with great enthusiasm. A joint programme with St. Francis D'Assisi School, held in their premises, commemorated the Independence of our country.

The programme began with the welcoming of the Chief Guest and the other guests of honour. This was followed by the hoisting of the National flag and the singing of the National anthem. A grand march-past which included a girls' contingent as well as a boys' contingent, from our school, added to the patriotic fervour.

The patriotic song 'Hind Desh ke Niwasi', sung by the students of class 6, reminded the audience of the basic character of our nation – Unity in Diversity. A speech on the significance of the day, by a student of D'Assisi School served as a reminder of the price at which our freedom was won.

The celebrations ended with a musical rendition of different patriotic songs by the school band.

We also took pride in celebrating the 70th Republic Day of our country on 26th January, 2019 along with the St. Francis D'Assisi School. The patriotic song 'Kadam Kadam badaye ja' sung melodiously by our school students and the lively marching of the Girls and Boys marching squad were the highlights of the day.



Celebrating The Joy Of Childhood

"Children are like buds in a garden and should be carefully and lovingly nurtured, as they are the future of the nation and the citizens of tomorrow." Pandit Jawaharlal Nehru

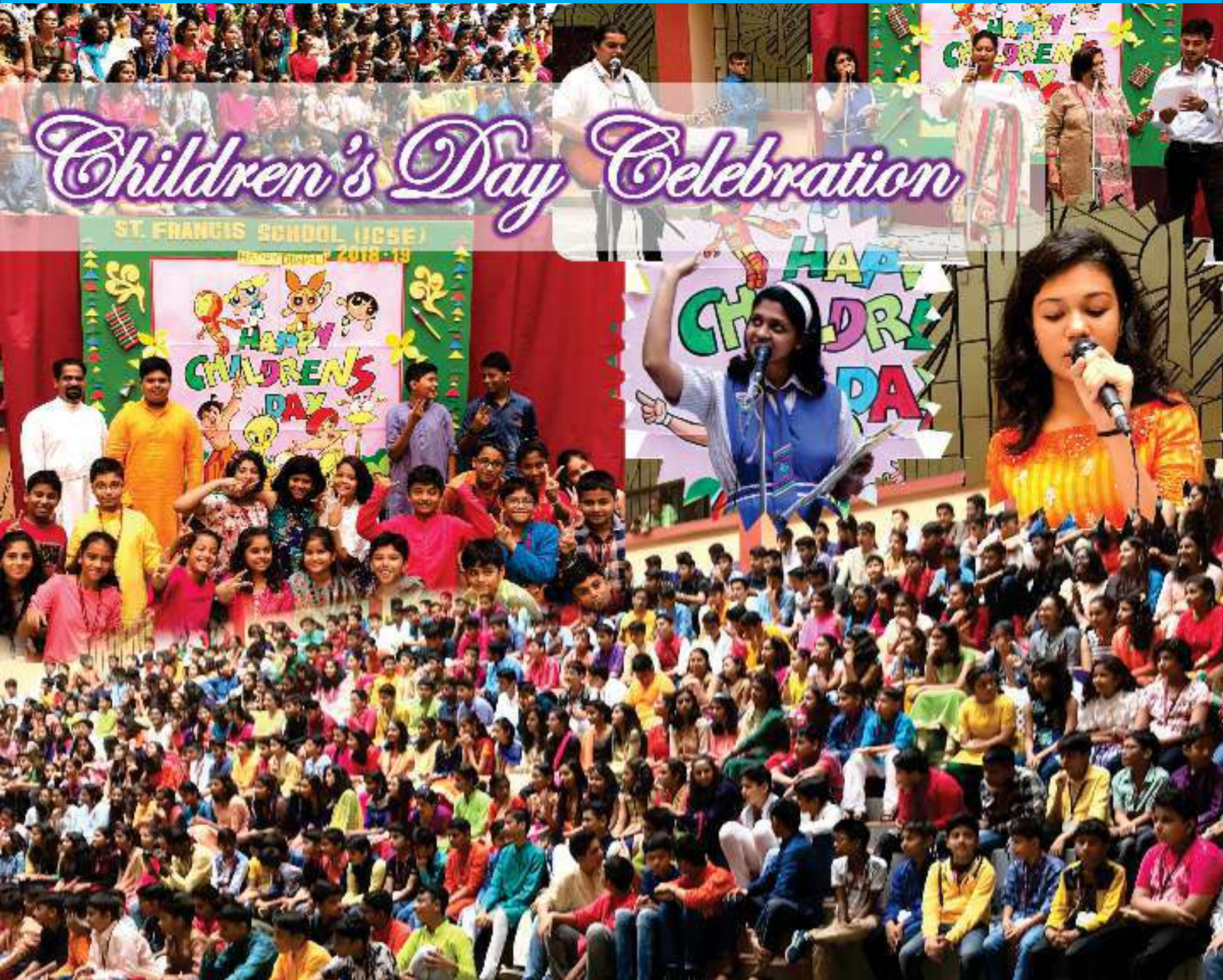
The students of St. Francis School (ICSE) were in for a special surprise on 2nd November, 2018. The teachers took the place of the students, conducting the morning assembly in just the way students do every day. The children were thrilled to see their teachers 'in uniform', playing the role of students. Teachers also performed a variety of songs to entertain the audience consisting of students from Classes 1 to 10. A box of special snacks for the children was distributed as well. How wonderful to see the broad smiles on the innocent faces of the children who bring smiles to all our days!



Children's Day Celebration

ST. FRANCIS SCHOOL (ICSE)

HANDS JOINED 2018-19



An Evening to Remember

Children's day Fun fair

The PTA continued the tradition of organizing an entertaining and enjoyable fun fair on the school bus ground for the students and their parents, this year too. The energetic members of the PTA worked hard to showcase the talents of our students through various stage performances. The delicious food and exciting games at the stalls made the evening of 3rd November, 2018 a truly happy family experience for all who attended. What better gift for our children than fond memories with their family and friends!



FUN FAIR



Diwali - The Festival Of Lights

The word Diwali is derived from the Sanskrit word Deepawali meaning 'rows of lighted lamps'. We, at school, brought in the festive season on the 2nd of November, 2018. The students came dressed up in traditional clothes and brought different kinds of sweets from home which they exchanged with their classmates and teachers, giving out the message of caring and sharing.

To commemorate this festival different competitions were organised for the students

Classes 1 to 5 had individual competitions which included -

Diya Decoration (Classes 1 & 2), Thali Decoration (Classes 3 & 4), Greeting Card Making (Class 5).

Classes 6 to 10 had class-wise house competitions which included -

Lantern Making (Class 6), Toran Making (Classes 7 & 8), Rangoli making competitions (Classes 9 & 10).

The students participated in the various competitions enthusiastically and won prizes for themselves and for their houses.

Students from Classes 6 to 10 also had a fun-filled dance session. After all, Diwali is a time to have fun with friends and family.





धरती माँ का बिगड़ा स्वास्थ्य

सोचा मैंने कल सुबह उठकर सूरज की
कोमल किरणों से अपने मन को नहलाऊँ ।

हरे – हरे पेड़ देखकर अपनी आँखों से चमकाऊँ ।

धरती माँ की विशाल छत को जी भरकर मन में समाऊँ ।

प्रकृति की इस अनोखी देन को सुबह स्वच्छ, सुंदर मैं पाऊँ ।

क्योंकि अब धरती माँ का स्वास्थ्य है बिगड़ा ????

दिन जैसे आगे बढ़ता, धरती माँ का रूप ही बदलता ।

सूरज की किरणें काले धुँए से लिपटकर हम तक आती,
हरे पेड़ मिट्टी की रजाई ओढ़कर सोते ।

धरती माँ की छत आसमान, प्रदूषण में टहलती दिखती ।

रात होने तक सारा नजारा ऐसा ही सजता रहता ।

नदियाँ, नाले और समुद्र भी स्वच्छ जल के लिए तरसते ।

धरती माँ के अंग –अंग से, तपते गोले है निकलते ।

क्या है यह सब ?????.

क्या है यह सब ?????.

हमने अपने स्वार्थ के लिए, धरती माँ का स्वास्थ्य बिगाड़ा,
माँ को चारों ओर से दूषित बनाकर स्वयं का जीवन आनंद से सँवारा ।

क्या हम यह भी नहीं जानते, माँ बीमार तो सारा संसार तहस – नहस है होता,
सजीव सृष्टि का अस्तित्व बिखर सा जाता ।

कब समझ आएगी हमको, हम अपने स्वार्थ के लिए बिगाड़ रहे हैं,
धरती माँ के स्वास्थ्य को ।

गार्गी जुन्नरकर
वी लिलिज़

नदी की आत्मकथा

सरसर का सस्वर करते हुए बहती हूँ। तेज प्रवाह में होने के कारण प्रवाहिनी भी हूँ। पहाड़ों की बर्फीली कंदरों पर सूर्य की तपीश से मेरा जन्म होता है और मैं चल पड़ती हूँ, संगीतमय ध्वनि के साथ। जल ही मेरा जीवन है, मेरी पहचान है। मेरे दोनों किनारे मेरा अंग है। मेरा काम व धर्म सब हैं, निरंतर बहना, जो साँसों की तरह सदैव बहता रहता है।

“मैदानों में आकर मैंने,
सेवा का संकल्प लिया,
और बना जैसे भी मुझसे,
मानव का उपकार किया।”

मैं हर किसी के लिए महत्त्व रखती हूँ। मानवता की निस्वार्थ सेवा ही मेरे जीवन का उद्देश्य है। जी हाँ मैं वहीं गंगा हूँ, जिसके जल का स्पर्श ही मनुष्य के लिए परम सौभाग्य की बात है। बड़ी – बड़ी सभ्यताओं और संस्कृतियों ने तो मेरे तट पर ही जन्म लिया है। गया, काशी, ग्वालियर तो मेरे कारण ही तीर्थ स्थल बन गए हैं। लेकिन मैं इनसानों की इतनी सेवा करती हूँ, फिर भी मनुष्य मुझे क्यों नुकसान पहुँचा रहे हैं। अगर मनुष्य मुझे स्वच्छ रखे तो मैं उन्हें कितनी सारी उपलब्धियाँ दिला सकती हूँ। इसलिए अब आप मनुष्यों का काम है, कि आप मुझे स्वस्थ और सुरक्षित रखें।

आपकी प्यारी नदी !

नेहा पाडगांवकर
८वीं ट्यूलिप

पहचान

क्या मनुष्य केवल शरीर है ?

या उससे भी अधिक है ?

मनुष्य ???...

संस्कारों और मूल्यों की,

साकार प्रतिकृति है ।

दिल और दिमाग से काम,

लेना उसकी प्रकृति है ।



यह सभी जीवों में बुद्धिमान है,

उसके कार्य ही उसकी पहचान है ।

आत्मविश्वास उसकी अमूल्य पूँजी है,

और मेहनत उसकी सफलता की कुँजी है ।



मनुष्य किसी अंतर को नहीं मानता,

तो किसी की नम आँखों से बहता है ।

वक्त पर कड़ाई से पेश आनेवाला,

किसी की दुरावस्था देखकर पिघलता है ।

हे मनुष्य, तुम बस इतना ही करना,

अपने मनुष्यत्व को इसी तरह बनाए रखना ।

तृषा कुमार

वी लिलिज़

स्वास्थ्य बनाओ

दौड़ो भागो स्वास्थ्य बनाओ,
जंक फूड को दूर भगाओ,
घर में खाओ, पौष्टिक खाओ,
पिज्जा, बर्गर को दूर भगाओ ।

सुबह उठो और दौड़ने जाओ,
आलस्य को तुम दूर भगाओ,
शरीर तुम तंदुरस्त बनाओ,
समोसा, कोला दूर हटाओ ।

साइकिल को खूब चलाया करो,
दौड़ के घर जाया करो,
लिफ्ट का करो कम इस्तेमाल,
वर्ना मोटापे से हो जाओगे बेहाल ।

पिज्जा, बर्गर, कोका – कोला,
को यदि सबने 'टाटा' बोला,
तो स्वास्थ्य होगा सबका अच्छा,
फिट होगा हर बूढ़ा – बच्चा ।

रात में जल्दी सोओ,
सुबह – सवेरे उठ जाओ,
पानी पीकर ब्रश करके तुम
दौड़ो – भागो, साइकिल चलाओ ।

घर का पौष्टिक खाना खाओ,
ताजी सब्जियाँ, फल ले आओ,
टी. वी. थोड़ा देखों तुम,
बैठ – बैठ मत मोटे हो जाओ ।



स्वास्थ्य बनाओ, स्वास्थ्य बनाओ !

ध्रुवराज सिंह राठौड़
७ वी डेजीज

स्वास्थ्य व जीवन

यह बहुत पुरानी बात है कि स्वस्थ शरीर में ही स्वस्थ मस्तिष्क का विकास होता है। अब प्रश्न उठता है कि हम किस शरीर को स्वस्थ कहेंगे तो विनोबा भावे ने कहा है कि जिसकी सभी इंद्रियाँ ठीक से काम कर रही हैं वह स्वस्थ है। इंद्रियाँ दो प्रकार की होती हैं –

१. कर्म इंद्रि :— इसके अंदर हाथ, पैर, मुँह, लिंग और गुदा। (यह पाँच है।)

२. ज्ञान इंद्रि :— इसके अंदर आँख, कान, नाक जीभ और चमड़ी। (यह पाँच है।)

इन्हें स्वस्थ रखने के लिए अच्छे खान – पान के साथ व्यायाम की भी आवश्यकता है। जो इस पर ध्यान देते हैं, वे कभी भी अपने को कमजोर और वृद्ध नहीं महसूस करते हैं। इसके विपरीत आलस शरीर को अस्वस्थ और रोगी बना देता है। इसलिए इसके बारे में समझकर जीवन जीने की आवश्यकता है। नहीं तो –

बिना विचारे जो करे,
सो पाछे पछताए,
काम विगारे आपनों,
जग में होत हँसाए।

इसीलिए कहा गया है कि स्वास्थ्य ही सबसे बड़ा धन है। बल्कि मैं तो कहूँगी कि स्वास्थ्य के बारे में धन से भी अधिक सावधान रहने की जरूरत है क्योंकि धन की कमी को पूरा किया जा सकता है पर स्वास्थ्य की कमी को नहीं। इसलिए स्वास्थ्य के बारे में सदा सावधान रहें।

किंबरली जोजफ

५वीं ट्यूलिप

स्वस्थ तन, स्वस्थ मन

“जल्दी सोना और सवेरे जागना मानव को स्वस्थ, संपन्न एवं बुद्धिमान बनाता है।” बंजमिन फ्रेंकलिन द्वारा दिए गए इस प्रसिद्ध सूत्र से भला कौन परिचित नहीं है। भारतीय शास्त्र भी ‘शरीरमाघं खलु धर्मसा धनम्’ अर्थात् ‘स्वस्थ शरीर ही धर्म का साधन है’, जैसे स्वस्थ वचनों से भरे पड़े हैं। भगवान बुद्ध ने कहा था – “हमारा कर्तव्य है कि हम अपने शरीर को स्वस्थ रखें अन्यथा हम अपने मन को सक्षम और शुद्ध नहीं रख पाएँगे।” आज की भाग – दौड़ भरी जिंदगी में इनसान को फुर्सत के दो पल भी नसीब नहीं हैं। वह हमेशा खुद को व्यस्त रखता है। इस व्यस्तता के कारण आज मानव शरीर तनाव, थकान, बीमारी इत्यादि का घर बनता जा रहा है। आज उसने हर प्रकार की सुख – सुविधाएँ तो अर्जित कर ली है, किंतु उसके सामने शारीरिक एवं मानसिक तौर पर स्वस्थ रहने की चुनौती आ खड़ी है।

व्यक्ति यदि स्वस्थ न रहे तो उसके लिए दुनिया की हर खुशी निरर्थक होती है। रूपों के ढेर पर बैठकर आदमी को तब तक ही आनंद मिल सकता है, जब तक वह शारीरिक रूप से स्वस्थ हो। स्वास्थ्य की परिभाषा के अंतर्गत केवल मानसिक रूप से स्वस्थ होना ही नहीं, बल्कि मानसिक रूप से स्वस्थ होना अनिवार्य है। अगर कोई मानसिक परेशानियों से जूझ रहा हो, तो भी उसे स्वस्थ नहीं कहा जा सकता। उसी व्यक्ति को स्वस्थ कहा जा सकता है, जो शारीरिक एवं मानसिक दोनों रूप से स्वस्थ हो। साइरस ने ठीक ही कहा है – “अच्छा स्वास्थ्य एवं अच्छी समझ जीवन के दो सर्वोत्तम वरदान हैं।”

व्यक्ति का शरीर एक यंत्र की तरह है। जिस तरह यंत्र को सुचारू रूप से चलाने के लिए उसमें तेल, ग्रीस आदि का प्रयोग किया जाता है, उसी प्रकार मनुष्य को अपने शरीर को क्रियाशील एवं अन्य विकारों से दूर रखने के लिए शारीरिक व्यायाम करना चाहिए। शिक्षा एवं मनोरंजन की दृष्टिकोण से भी व्यायाम का अत्यधिक महत्त्व है।

शरीर के स्वस्थ रहने पर ही व्यक्ति कोई बात सीख पाता है, अथवा खेल, नृत्य, संगीत एवं किसी प्रकार के प्रदर्शन का आनंद उठा पाता है। अस्वस्थ व्यक्ति के लिए मनोरंजन का कोई महत्त्व नहीं रह जाता। जॉन्सन ने कहा है – “उत्तम शरीर के बिना संसार का कोई भी आनंद प्राप्त नहीं किया जा सकता।”

व्यायाम करने से न केवल तनाव, थकान, बीमारी एवं समस्याओं का समाधान संभव है, बल्कि मन को शांति प्रदान करने में भी उसकी भूमिका अहम है। इस तरह, यह हमारे शारीरिक एवं मानसिक स्वास्थ्य के लिए लाभदायक है। विद्यार्थियों, शिक्षकों एवं शोधार्थियों के लिए व्यायाम विशेष रूप से लाभदायक है, क्योंकि यह उनके मानसिक स्वास्थ्य को बढ़ाने के साथ – साथ उनकी एकाग्रता को भी बढ़ाता है।

प्रियांश सक्सेना
८वीं लिलिज़

स्वास्थ्य का महत्त्व

आजकल हम देखते हैं कि बहुत सारे बच्चे बीमार पड़ते हैं। इसका मुख्य कारण बच्चों का खेलने के लिए उद्यान में, मैदान में आकर खेलने की संख्या बहुत कम हुई है। स्वास्थ्य विभाग द्वारा किए गए सर्वे से ये दिखाई देता है कि बहुत सारे बच्चें घर बैठे खेल खेलते हैं। संगणक, मोबाईल, वीडियो गेम इत्यादि खेलों पर ही लगे रहते हैं और इसलिए उनके स्वास्थ्य में विशेष बदलाव आया है।

सुनिता नाम की लड़की थी। एक दिन उसे खेलने के लिए उसकी सहेलियाँ बुलाने आईं। तब उसने उनको मना कर दिया, और मोबाईल दिखाकर कहा कि मैं इसपर खेल रही हूँ। खेल – खेलकर जीत गई। फिर उसने मोबाईल में फूटबॉल की मॅच खेली उस में भी वो जीत गई। फिर उसे भूख लगी और उसने माँ से खाने के लिए कुछ माँगा।

माँ ने कहा, “मोबाईल पर बहुत सारे खाने की चीजें दिखाई देती है, जैसे कि पाव – भाजी, सिझलर्स, बरगर, पिज्जा, ऐसी सभी चित्रों को देखकर तुम्हारा पेट भर जाएगा।”

तभी सुनिता ने अपनी माँ से कहा, “ये तो दिखावटी है, उससे पेट कैसे भरेगा ?”

माँ ने कहा, “मोबाईल पर खेल खेलना तुम्हें वास्तव लगता है, वैसे ही यह भी वास्तव ही समझ लो।”

सुनिता को अपनी भूल का एहसास हो गया। उसने माँ से कहा, “आज से मैं बाहर मैदान में सहेलियों के साथ खेलने जाऊँगी।” शाम को सुनिता अपनी सहेलियों के साथ खेलने गई। जब वह खेलकर घर वापस आई तो बहुत खुश थी। उसने माँ को धन्यवाद देते हुए कहा, “सच में मोबाईल या वीडियो गेम ये सब आभासात्मक हैं, ज्यादा मजा तो मैदान में खेलने पर ही आता है। आज मुझे बहुत ज्यादा खुशी मिली है, जिससे मेरी थकान पूरी तरह मिट गई है। आज मेरी आँखें भी नहीं दुख रही। आज मुझे पता चला खुली हवा में साँस लेना, खेलना और मित्र बनाना, जीवन सुख दायी और स्वास्थ्य बनाने की चाभी है।” अब सुनिता ने माँ को वचन दिया कि वो हमेशा स्वास्थ्यवर्धक जीवन जीने के लिए कभी दिखावटी खेल नहीं खेलेगी।

सभी बच्चों को इस तरह से मैदानों के खेलों को अपनाना चाहिए, जिससे वो लंबी उम्र एवं स्वास्थ्यवर्धक जीवन जी सकते हैं।

साराह जीम
५वी ट्यूलिप

SHOWCASING OUR TALENTS!



'Finding the right rhythm'
Solo Singing competition

'Spinning a yarn'
Story telling & Recitation competition



'Lend me your ears'
Elocution competition...



'Walking in their footsteps'
Fancy Dress competition

Finding the right rhythm..... solo singing competition

Music ignites all areas of child development: intellectual, social and emotional. It helps the body and the mind work together. Music is beneficial for children as it not only develops their aesthetic sense, but is also the key to creativity. It is one of the most beloved of human experiences and plays an important role in the education of a child by providing it an opportunity of self-expression. A 'Solo Singing Competition' was organized on 7th July, 2018 for Classes 1 to 5 in order to unearth the musical talent of our students and give them confidence of a stage performance.

The designated venues for the competition were filled with children brimming with enthusiasm to showcase their talent. The judges for the day were pleased with the immense talent they were presented with that day.



Finding the right rhythm..... solo singing competition



Finding the right rhythm..... solo singing competition



ELOCUTION COMPETITION



ENGLISH RECITATION AND STORY TELLING COMPETITION



THE ANNUAL SPORTS MEET 2018-19

On the 1st of December, 2018, the athletes of St. Francis School (ICSE) were all set to make new sporting records at the Annual Sports Meet of the school. The Chief Guest for the day was Lt. Col. Sundaresan R., a retired Indian Army Officer with a prestigious record to his credit. Awarded 'The Most Inspirational Runner of 2017' in Mumbai, Lt. Col. Sundaresan is not only a marathon runner but also a trainer.

The occasion was also graced with the presence of Rev. Bro. Arulanand, Section Incharge at St. Francis ITI, Rev. Bro. Kyrbinshan, Vice Principal of the Primary Section of St. Francis D'Assisi High School and Rev. Bro. Bartholomew from the Secondary section of St. Francis D'Assisi High School. Our School Manager, Rev. Bro. K. C. Joseph and Vice Principal, Rev. Bro. Augustus oversaw the arrangements for the day.



The athletes displayed their sporting talent and spirit of fair play while their school mates cheered them on. It was ultimately the **Fioretti House** which carried away the coveted trophy this year. The Best Athlete (male) was **Mst. Alex Joseph** and the Best Athlete (female) was **Ms. Pearl D'Souza**.





Competing, Learning, Growing.....

Sporting initiatives have been ongoing in our school and the students have been participating in various events this year.

The Boys Under 10 and Under 12 football teams have tested their skills during the interschool football matches held by the Mumbai School Sports Association (MSSA) at Azad Maidan in January 2019.

Our athletes were a part of the competitions held on the Mumbai University ground by the Association of ICSE schools in Maharashtra (AISM). By moving out into the sporting field and competing outside school, our students have been gaining valuable experience.





Karate Kids !.....

Intra school Karate Competition 2018-2019

It was the first time an Intra-school Karate competition was organized in school on the 13th of December 2018. The event was attended by our Principal, Rev. Bro. Wilfred Monteiro, our Supervisors and the parents and student participants from classes 3 to 7. The judges for the competition were renowned members of the Mumbai Karate Association.

The categories of the competition were Kata and Kumite for each class, and winners were declared for each category class wise. The judges appreciated the participants' efforts and the competition helped to motivate the students.



Fitter... Healthier... Happier!

ANNUAL DAY 2018-19

Wellness - an integration of body, mind and soul



'A picture can speak a thousand words' it is said and the images of the School Annual Day held on **12th January 2019** tell the story well enough. The theme of '**Health and Wellness**', explored five dimensions of physical, intellectual, emotional, social and environmental health. Short and meaningful skits, soulful singing, thrilling dances and an impressive mime performance mesmerized the audience from start to finish. The months of hard work and training turned the event into a magnificent and memorable one.

Our Chief Guest, **Rev. Bro. Jose Valliara**, the Superior General of the CMSF appreciated the innovative way of portraying the meaningful theme of 'Wellness', which he felt was very relevant in today's world. Our Guest of Honour was **Ms. Lena Moormann**, Asst. Teacher at Eberhard Ludwigs Gymnasium (EBELU), Stuttgart, Germany. Her experience as a Yoga teacher in EBELU helped her connect strongly with the theme of 'Wellness'.

Wellness - an integration of body, mind and soul
ANNUAL DAY 2018-19
Fitter... Healthier... Happier!



Wellness - an integration of body, mind and soul
ANNUAL DAY 2018-19
Fitter... Healthier... Happier!



Wellness - an integration of body, mind and soul

ANNUAL DAY 2018-19

Fitter... Healthier... Happier!



Wellness - an integration of body, mind and soul
ANNUAL DAY 2018-19
Fitter... Healthier... Happier!



Wellness - an integration of body, mind and soul
ANNUAL DAY 2018-19
Fitter... Healthier... Happier!



Wellness - an integration of body, mind and soul

ANNUAL DAY 2018-19

Fitter... Healthier... Happier!



The Miracle of Preventive Health

The Measles and Rubella Vaccination Campaign

“Imagine the action of a vaccine not just in terms of how it affects a single body, but also in terms of how it affects the collective body of a community.” — Eula Biss, author of ‘On Immunity’

A Vaccination drive was conducted in the school premises on 5th December, 2018 as a part of the Measles and Rubella Elimination Campaign launched by the Government of India, Ministry of Health and Welfare in partnership with UNICEF, WHO and Lions Club International. The Campaign aimed to benefit all children from the age of 9 months to 15 years. Our students from Nursery to class 10 were administered the vaccine, with due consent from their parents. The Drive was conducted with the help of the Staff from Brihanmumbai Municipal Corporation (BMC). The School management was pleased to know that the efforts of the school staff in planning the entire drive and executing it efficiently was well appreciated by many. With the co-operation of the parents, our school was successful in administering the vaccine to most of our students.



मराठी राजभाषा

गीत मराठ्यांचे श्रवणी मुखी असो ।
स्फूर्ति दीप्ति धृतिहि जेथ अंतरी ठसो ।
वचनि लेखनीहि मराठी गिरा दिसो ।
सतत महाराष्ट्र धर्म मर्म मनि वसो ।
देह पडो तत्कारणि ही असे स्पृहा ।
प्रिय अमुचा एक महाराष्ट्र देश हा ॥



धरतीमाता (मोठी आई)

जन्म नाही दिला तिने मला,
पण खरं प्रेम करते मी तिला,
तिची लीला अपरंपार,
कमी नाही तिचे उपकार ॥ १॥
तिच्या प्रेमाला बंधन नाही,
जे काढून टाकतं दुष्काळ,
अश्रु पडतात गालावरून,
इतकी तिची अस्वच्छता बघून ॥ २॥
माणूस ह्याचा पूर्ण दोषी
पण माहित नाही सहन ती करते कशी,
आता नाही रडून देणार तिला,
ही माझी शपथ तिला ॥ ३॥
अजून नाही कळलं कोण आहे ती?
ती आहे माझी प्रेमळ भारतमाता,
माझी धरतीमाता, माझी धरतीमाता ॥ ४॥

तनुश्री चक्रबोर्ती
७ वी, डेझीज



“सुदृढ शरीर हीच खरी संपत्ती” “HEALTH IS WEALTH”

परवाच घरी एक वाईट बातमी ऐकायला मिळाली. आमच्या ओळखीतील एक पंचवीशीतला तरुण हृदयाच्या झटक्याने मरण पावला. वय वर्षे पंचवीस •• खरे तर हे आयुष्य सुरु होण्याचे वय •• या वयात जग सोडून जाण हे विचारातच बसत नव्हते.

खरंच आजच्या धावपळीच्या युगात आपण सगळे यंत्र झालो आहोत. आपली माणसे, आपली तब्येत हे सगळं विसरून न जाणो कशाच्या मागे धावत आहोत. शरीरधर्म तर आपण पूर्णपणेच विसरलो आहोत. दिवसाला साधे एक किलोमीटर पण आपले चालणे होत नाही. मग बाकीचा व्यायाम तर दूरच राहिला. मग आपले शरीर आपल्याला कसे काय साथ देणार !

आजच्या ताणतणावाच्या युगात आपण आपल्या शरीराची आणि आपल्या फिटनेसची पण तेवढीच काळजी घेतली पाहिजे. रोज कमीतकमी पंधरा मिनिटे तरी हलका व्यायाम करावा. शक्य तेवढे आणि जमेल तेव्हा चालावे. चालणे हा तर फुकट उपलब्ध असलेला व्यायाम आहे. सकाळी न्याहारी करूनच बाहेर पडावे. बाहेरील उघडयावरचे अन्न खाऊ नये. ऋतुनुसार फळे सेवन करावे. रात्री हलका आहार करावा एवढे तर आपल्या हातात आहे. आपण तंदुरुस्त राहिलो तरच परिस्थितीचा सामना करू शकतो आणि इतरांनाही मदत करू शकतो. आपली तब्येत चांगली नसेल तर करोडो रुपये देखील “शून्य” आहेत.

मित्रांनो खरंच आहे • “सुदृढ शरीर हीच खरी संपत्ती”

पूर्वा रहाटे
९ वी. डेझीज



मैत्री



हरवलेले हे दिवस येतील का पुन्हा,
जगलो आज आणि उदया हाच दिवस जुना !!
नशिबानेच एकदा पुन्हा कुठेतरी भेटू,
आठवणीला एकदा एकत्र मिळून वेचु !!

पण तेव्हा सर्व काही बदलेलं असेल,
कोणीतरी बोलावतयं म्हणून भेट लवकर सुटेल !!

लांबपर्यंत चालणाऱ्या गप्पागोष्टी राहणार नाहीं,
आठवणींचा हा झरा मग त्या दिशेने वाहणार नाही !!
आज सोबत आहोत वाटेल तसं जगून घ्या,
जीवनभर पुरतील अशा आठवणीं जपून घ्या !!

क्रिशा शहा
८ वी. डेझीज



निसर्गाचे घटक

निसर्गाच्या घटकांमध्ये रंगून जावे,
या विशाल आभाळात मग्न होऊनी जावे,
या झऱ्यांमध्ये, सरितांमध्ये मनमिसळून जावे,
सर्व जगाला विसरून जावे,
निसर्गाचा घटक व्हावे.

मयूर होऊन थुईथुई नाचावे,
पक्षी होऊनी उंच उंच उडावे,
छोटेछोटे मासे होऊनी पाण्यात पोहावे,
वेगवेगळे प्राणी होऊनी वनात वावरावे
निसर्गाचा घटक व्हावे.

सूर्य होऊनी पहाटे, गगनावर उतरावे,
रात्री चंद्र होऊनी चादणांशी खेळावे,
मातितला कण होऊनी इकडेतिकडे फिरावे,
आकाशातला ढग होऊनी वान्यावर बसावे,
निसर्गाचा घटक व्हावे.

निसर्गाला आपले घटक सगेसोयरे,
आपण या निसर्गाचे लेकरे,
तर का देई निसर्गास कष्ट एवढे,
मग एकदा तर विचार करावे,
आपण निसर्गाचे घटक व्हावे.

अनीश चटर्जी
६ वी. ट्युलिप



प्रार्थना

दिनानाथा परमकृपाळा,
तूची अमुचा भाग्यविधाता... भाग्यविधाता
भाग्यविधाता

रात्रंदिन तू अमुचा पाठीराखा,
सुखदुःखातही तु अमुचा सखा,
घडवी सेवा नित्य तुझी रे,
करुणा भाकते देवा तुझी रे

दुबळ्या मनाची भीती घालवी देवा,
बाहूत आमुच्या शक्ती दयावी देवा
श्रध्दा अमुची दृढ करी रे
सदैव असू दे वरद तुझा रे.

नेहा पाडगांवकर
८ वी. ट्युलिप



स्वास्थ्य शरीर

चल रे दादा चल ग ताई
परिसर स्वच्छ ठेवू या
करून कचऱ्याचें व्यवस्थापन
शरीर स्वास्थ्य आपले राखू या.

ओला कचरा सुका कचरा
जागेवरच निचरा करू या
दुर्गंधी पासून रोगराई थांबवून
शरीर स्वास्थ्य आपले राखू या.

सांड पाण्याचा प्रवाह
नदीत जाण्या रोखू या
नदी नाले स्वच्छ करून
शरीर स्वास्थ्य आपले राखू या.

झाडे लावून झाडे वाढवून
कर्तव्य आपले बजावू या
वसुंधरेचे संगोपन करून
शरीर स्वास्थ्य आपले राखू या.

सानिया सावे
८ वी. लिलीज



The Magic of Christmas....' Tis the season to be jolly



The Season of love was celebrated with much joy and merriment in the school quadrangle on the 21st of December 2018. Colourful and creative Christmas symbols, contributed by every child of the school adorned the school premises, giving it a perfectly breathtaking look for the festive season. The children were lovingly rewarded for their fabulous efforts with chocolates by the Principal, Bro. Wilfred Monteiro. Christmas stars made by the students of Classes 8 and 9, as a part of the Inter House Star making competition held earlier that week, also decked the corridors and school entrance. A beautiful Christmas crib served as the backdrop for the Nativity enactment.

The Christmas story was portrayed through a musically enthralling skit performance with the theme 'O come let us adore Him'. The students of Classes 1 to 7 rendered various Christmas carols joyfully, as the audience watched the birth of Jesus unfold before them in the skit. Our Chief Guest for the programme was Rev. Fr. Ryan Fernandes, the Parish Priest of Our Lady of Immaculate Conception Church, Borivali (West). He gave us the Christmas message of love. He was accompanied by Rev. Fr. Anto Denish. Another esteemed guest for the day was Rev. Bro. Mathew Thekkemury, Asst. Superior General of the CMSF. Lively dances added a touch of cheer, and the coming of Santa Claus brought a smile on every child's face. The winner of the Inter House Star Making Competition was the Seraph house. As the students made their way home with a pack of traditional Christmas sweets given by the Principal, it was surely the start to a Merry Christmas season.

Christmas Celebrations



A Decade of Cultural exchange and friendship.....

The Indo German Student Exchange Program



The welcome of the students and accompanying faculty from Eberhard Ludwigs Gymnasium (EBELU), Stuttgart, Germany in St. Francis School (ICSE) on 3rd January, 2019 marked the 10th anniversary of the student exchange programme between our two schools. Our Principal, Rev. Bro. Wilfred Monteiro introduced a novel Workshop this year, for the visiting students and their Indian partner students from Class 8 with the aim of helping them get acquainted with each other. The Workshop was conducted by Ms. Rolin Furtado, a Corporate Soft Skills trainer and the Vice President of our PTA for this academic year. She was assisted by Ms. Maithili Ginde, our German language teacher at school.

The visiting German students then spent the next 12 days exploring Mumbai and even travelled to Goa for a short stay. At St. Francis School they were introduced to basics of the Hindi language and interacted with the students of Class 5, who have started learning the German language as a part of the curriculum this year. They also learned the delicate art of pearl necklace making and were shown how to make decorative hand designs with Mehendi. A special workshop on the Art of Warli helped them to delve into traditional Maharashtrian culture, and experiment using the Warli form in making creative art themselves. On the weekends, the visiting students stayed with the family of their Indian exchange partners, getting the opportunity to experience firsthand, life in a suburban Mumbai household. The parents of the Indian exchange students hosted a warm farewell for our visitors just prior to their departure. As the students prepared to catch their flight home, it was a teary eyed goodbye to their new friends in Mumbai, till they meet again in the month of May, when the Indian exchange students visit Stuttgart, Germany.



Welcoming our guests from EBELU



Exploring Indian culture





Celebrating 50 years of twin city partnership between Stuttgart and Mumbai & 10 years of School Exchange Programme: A Visit



It was an honour for St. Francis School (ICSE) to welcome a distinguished delegation on 30th January, 2019. The 15-member delegation consisted of many renowned visitors including Ms. Isabel Fezer, Deputy Mayor for Youth and Education Unit, Stuttgart, Germany, Ms. Karin Winkler, Head Teacher of EBELU, our exchange partner school at Stuttgart, Mr. Martin Armbruster from the Department of Economic Development, Mr. Robert Hammel from the International Relations Department and many other distinguished personalities. Gracing the occasion with his benign presence was Rev. Bro. Mathew Thekkamury, the Assistant Superior General of the CMSF.

The guests were extended a traditional Indian welcome, with 'haldi and kumkum', led in procession with the joyous jingling of the Maharashtrian lezim. The school band performance was the icing on the cake!

All the invitees were felicitated with tokens of affection. Importantly, the 'Bodo Aronai', a special scarf traditional to North-east Indian culture was presented to the guests as a gesture of respect and warmth. The students put up some wonderful performances, presenting the flavour of Indian culture. The guests who addressed the gathering emphasized the importance of collaboration and exchange of ideas and culture. It was a privilege to be a part of this experience of warm global ties.



All set to take flight.....

Farewell to our class 10 students (2018-19)

Our outgoing batch of Class 10 Franciscans, all ready to take flight, arrived in school for the farewell ceremony on 22nd January 2019. The Chief Guest of the day was Rev. Bro. Jose Valliara, the Superior General of the CMSF. The meaningful prayer service gave a spiritual grounding to the students who were preparing to write their final examinations in February 2019.

The Class 9 students put together a host of items to entertain their seniors. The power point presentation took them down memory lane as they had a glimpse of some of their favourite childhood moments in school. The Class teachers of Class 10 gave a fond description of each student as they came on stage to receive a memento and certificate, dressed in their graduation robe. Ms. Aastha Parulekar and Mst. Neil Jijo, representing the Class 10 students, struck an emotional chord when they shared some of their heartfelt memories of school life.

The Address by the Chief Guest motivated the students to stay true to the Franciscan values they have imbibed over their many years at St. Francis School (ICSE). He urged them to face challenges and disappointments with hope and fortitude, never forgetting their roots in this school.

The programme ended with the senior students symbolically passing the light of the school to their juniors, who have now taken on the mantle of the senior most class in school. Getting together for a meal was an apt ending for such a day.



All set to take flight.....

Farewell to our class 10 students (2018-19)



All set to take flight.....

Farewell to our class 10 students (2018-19)



All set to take flight.....

Farewell to our class 10 students (2018-19)



School Beats



One of the most significant contributions to our school in the year gone by was the formation of the school band, envisaged as well as made a reality by our school principal, Bro. Wilfred Monteiro. The school band was formed with students from classes 6 and 7. They were meticulously trained by Sir Francis Fernandes and Sir Anthony John in different wind and percussion instruments to play for different occasions in the school. Students rendering different instrumental pieces harmoniously, in elegant military style marching uniform, have added splendour to our school programmes.



OUR SCHOOL BAND



SHRADHANJALI.....

A heartfelt tribute to the Martyrs of Pulwama

The Management, Staff and students of St. Francis School (ICSE) gathered as a family on 18th February, 2019 to pay their respects to the selfless CRPF jawans, who were slain in the terrorist attack at Pulwama, Kashmir on 14th February, 2019. The heart wrenching story of the children who waited for the return of their father touched a chord with our young students, as they paid rapt attention, trying to understand the loss we had suffered as a nation. Even as the poem reflecting the brave sentiments of a soldier on the front was read out, many of us were struggling to hold back tears.

Each Class teacher, with a student representative, offered a rose and a candle in solemn procession as we prayed for our soldiers and our nation.....**Jai Hind.**



RESULTS OF THE EXTERNAL EXAMINATIONS

NATIONAL ASTRONOMY & SCIENCE OLYMPIAD 2018-2019



SR. NO	NAME	CLASS	DIV.	MEDALS
1	JHEEL PARESH KESHARYA	II	DA	GOLD - 1
2	NITYA NIRAJ SANGANEIRA	II	DA	GOLD - 1
3	SHANICE MIRANDA	II	DA	GOLD - 2
4	DONNAH DOMINIC	II	LI	GOLD - 2
5	VIZZMAYA JALAL	II	LI	GOLD - 2
6	DAVID VAZ	II	TU	GOLD - 1
7	FAIZAN FIROJ PATHAN	II	VIO	GOLD - 2
8	KSHITIJ SAMANT	II	VIO	GOLD - 2
9	SUNISHKA SHAH	II	VIO	GOLD - 2
10	VRAJ NILESH MANANI	II	VIO	GOLD - 1
11	AISHANI KALAVAR	III	DA	GOLD - 2
12	ALYSSA JACOB	III	DA	GOLD - 1
13	GAURI SANJAY SHINDE	III	TU	GOLD - 2
14	KIARA MIHIR SHAH	III	TU	GOLD - 2
15	NATHAN VICTOR DIAS	III	TU	GOLD - 2
16	PARTH PRASHANT AKERKAR	III	TU	GOLD - 2
17	EVANNA AMIT TYAGI	IV	DA	GOLD - 2
18	ATHARVA ASHUTOSH RANE	VI	DA	GOLD - 2
19	NOEL ANIL CHERIAN	VI	LI	GOLD - 2

NATIONAL COMPETITION 2018

NAME

BEST STUDENT AWARD 2018

VIHA P. JHAVERI (II)
AYESHA D'SOUZA (IV)
VARNIKA MAHESH BHAGAT (V)

KALA GAURAV AWARD 2018

MIHIKA A. DHURI (III)
ANEESH CHATTERJEE (VI)
KRIPA VAGHELA (VIII)

KALA RATNA AWARD 2018

JOSHUA PICARDO (II)
PRISHA S. AJMERA (V)
JIYA PAREKH (VIII)

VIDYA RATNA AWARD 2018

KRIPA VAGHELA (VIII)

STUDENTS ACHIEVING MERIT CERTIFICATE IN HOMI BHABA EXAMINATION 2018 -19

SR. NO.	NAME	CLASS	DIV
1	ATHARVA ASHUTOSH RANE	VI	DA
2	ALAN JEFFRY JACOB	VI	DA
3	DHANVIN UMED PENKAR	VI	DA
4	DHRUV JAYESH MARU	VI	TU
5	ANEESHCHATTERJEE	VI	TU

SILVERZONE INTERNATIONAL MATHS OLYMPIAD (IOM) 2018 -19



SR. NO	NAME	CLASS	DIV.	MEDALS
1	YEVHEN MARWIN COUTINHO	I	VIO	GOLD + WATCH
2	LAISHA ELTON QUADROS	I	VIO	SILVER
3	HRIDAY JAIMIN GANDHI	I	LI	BRONZE
4	FAIZAN PHIROJ PATHAN	II	VIO	GOLD
5	MAAHIR PRATIK MANIAR	II	LI	SILVER
6	DEVARSH KUNTESH RAVAL	II	VIO	BRONZE
7	RYAN BRIAN LOBO	III	LI	GOLD
8	ALYSSA JACOB	III	DA	SILVER
9	PARTH PRASHANT AKERKAR	III	TU	BRONZE
10	MEDHANSH RAHUL BINNANI	IV	DA	GOLD
11	DHAIRYA JAY SHAH	IV	DA	SILVER
12	ADITYA RAJKUMAR NAIDU	IV	TU	BRONZE
13	TRISHA CHANDRESH WAGHELA	V	TU	GOLD
14	JASH DEEPAK RAOTE	V	LI	SILVER
15	DION MARIO COLACO	V	LI	BRONZE
16	PEARL PRAVEEN D'SOUZA	VI	LI	GOLD
17	ATHARVA ASHUTOSH RANE	VI	DA	SILVER
18	ALAN JEFFRY JACOB	VI	DA	BRONZE
19	NINAD ABHIJEET MAHAJAN	VIII	LI	GOLD

SILVERZONE INTERNATIONAL SCIENCE OLYMPIAD (IOS)

SR. NO	NAME	CLASS	DIV.	MEDALS
1	YEVHEN MARWIN COUTINHO	I	VIO	GOLD
2	LAISHA ELTON QUADROS	I	VIO	SILVER
3	HRIDAY DHAVAL PAREKH	I	TU	BRONZE
4	FAIZAN PHIROJ PATHAN	II	VIO	GOLD
5	DEVARSH KUNTESH RAVAL	II	VIO	SILVER
6	ANAAYA MITESH DESAI	II	TU	BRONZE
7	AARYAN JOHNURIEL PEREIRA	III	LI	GOLD
8	PARTH PRASHANT AKERKAR	III	TU	SILVER
9	GIANNA DICKSON PEREIRA	III	TU	BRONZE
10	EVANNA AMIT TYAGI	IV	DA	GOLD
11	RYAN ROBIN THOMAS	IV	LI	SILVER
12	ANUSHREE CHIRAG KHAJANCHI	IV	DA	BRONZE
13	KAIRAV JIGNESH SHAH	V	DA	GOLD
14	DION MARIO COLACO	V	LI	SILVER
15	VIBHUTI DEVEN KHAKHAR	V	DA	BRONZE
16	PEARL PRAVEEN D'SOUZA	VI	LI	GOLD
17	ALAN JEFFRY JACOB	VI	DA	SILVER
18	ATHARVA ASHUTOSH RANE	VI	DA	BRONZE
19	JHANKRUTI RAGAV	VII	LI	GOLD
20	NISHTHA RAKESH SINGHANIA	VII	DA	SILVER
21	NINAD ABHIJEET MAHAJAN	VIII	DA	GOLD
22	ANVI PRAKASH MISTRY	VIII	TU	SILVER
23	PALAK NITIN KARIA	VIII	DA	BRONZE

SILVERZONE INTERNATIONAL ENGLISH OLYMPIAD (IOEL)

SR. NO	NAME	CLASS	DIV.	MEDALS
1	YEVHEN MARTIN COUTINHO	I	VIO	GOLD
2	SANCHIT SUNIL PATIL	I	LI	SILVER
3	LAISHA ELTON QUADROS	I	VIO	BRONZE
4	FAIZAN PHIROJ PATHAN	II	VIO	GOLD
5	SAANVI ANIL MALIWAL	II	TU	SILVER
6	DAVID VAZ	II	TU	BRONZE
7	ANOUSHKA VIKAS MORZARIA	III	TU	GOLD
8	AISHANI SHATRUGNA KALAWAR	III	DA	SILVER
9	SWARA MARUTI SANGLE	III	LI	BRONZE
10	RYAN ROBIN THOMAS	IV	LI	GOLD
11	DHAIRYA JAI SHAH	IV	DA	SILVER
12	TANISHKA NITIN GINDE	IV	LI	BRONZE
13	VIANCI ANAND RUMAO	V	LI	GOLD
14	KAIRAV JIGNESH SHAH	V	DA	SILVER
15	KRUPA KAUSHIK GANDHI	V	TU	BRONZE
16	PEARL PRAVEEN D'SOUZA	VI	LI	GOLD
17	ATHARVA ASHUTOSH RANE	VI	DA	SILVER
18	NOEL ANIL CHERIAN	VI	LI	BRONZE
19	NISHTHA RAKESH SINGHANIA	VII	DA	GOLD
20	AISHNI APRAMAY SHETTY	VII	LI	SILVER
21	NYSSA FERNANDEZ	VII	DA	BRONZE
22	NINAD ABHIJEET MAHAJAN	VIII	DA	GOLD
23	REEVE RONALD RODRIGUES	VIII	DA	SILVER
24	KRIPA SUNIL VAGHELA	VIII	TU	BRONZE

OUTSTANDING ACHIEVEMENTS... WELL DONE!

NAME OF THE STUDENT	CLASS JR.	NAME OF THE EXAMINATION/COMPETITION	ACHIEVEMENT
SASHA CHAUDHARI	KG	4TH DANCE SKATE STATE CHAMPIONSHIP 2018-19	WINNER (U-6)
JHEEL KESHARIYA	2	8TH NATIONAL LEVEL NELTAS ECAT GRANDE FINALE 2018 -19	80%
KALP CHATURVEDI	2	12TH MAHARASHTRA STATE LEVEL ABACUS AND MENTAL ARITHMETIC COMPETITION	4TH POSITION
AADIT SHAH	3	STATE CHAMPIONSHIP OF MATHS STUDENT LEAGUE	3RD RANK
KOYAA PATEL	3	14TH MAHARASHTRA STATE LEVEL OPEN KARATE CHAMPIONSHIP 2019 (KAMBATTA CUP)	3RD POSITION (KATA)
MEDHANSH BINNANI	3	MATHS TALENT SEARCH EXAM (INDIAN INSTITUTE FOR STUDIES IN MATHEMATICS)	34TH NATIONAL RANK
YAKSHITH SHETTY	3	15TH STATE LEVEL UCMAS ABACUS & MENTAL ARITHMETIC COMPETITION	1ST RUNNER UP
PRISHA AJMERA	5	NATIONAL HANDWRITING COMPETITION 2018	EXCELLENCE
PEARL D'SOUZA	6	* MAHARASHTRA STATE SUB- JUNIOR ATHLETICS CHAMPIONSHIP 2019 - SHOT PUT	1ST
		* COUNCIL'S NATIONAL SPORTS & GAMES 2018- SHOT PUT	2ND
		*4TH FIVE DISTRICTS DISTRICTS OPEN TRACK	2ND

OUTSTANDING ACHIEVEMENTS... WELL DONE!

NAME OF THE STUDENT	CLASS	NAME OF THE EXAMINATION/ COMPETITION	ACHIEVEMENT
NIHAR ASHAR	6	4*SOFT INTERNATIONAL GK OLYMPIAD 2018	GOLD MEDAL
		6*10TH INTERNATIONAL ENGLISH OLYMPIAD	GOLD MEDAL
FRISTAL D'SOUZA	7	6*COUNCIL'S NATIONAL SPORTS & GAMES 2018	2ND
		DISCUS THROW	
		6* 4TH FIVE DISTRICTS OPEN TRACK AND FIELD CHAMPIONSHIP 2018	3RD
		DISCUS THROW	
ABHINAV LIGADI	8	INTERNATIONAL MATHEMATICS OLYMPIAD CONTEST (COUNCIL FOR ELEMENTARY EDUCATION)	GOLD MEDAL
SAADAGI MORE	8	COUNCIL'S NATIONAL SPORTS & GAMES 2019	3RD POSITION
		HIGH JUMP	



CREATIVE CREW

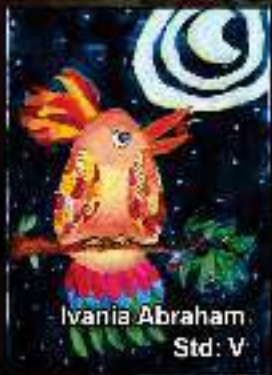
Art is a diverse range of human activities in creating visual, auditory or performing artifacts (artworks), expressing the author's imaginative, conceptual ideas, or technical skill, intended to be appreciated for their beauty or emotional power.



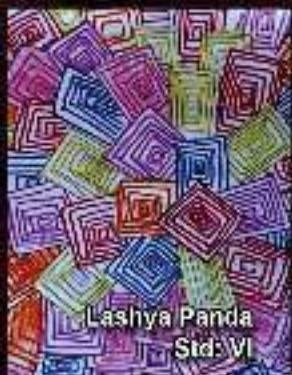
Vrishti Jain
Std: VI



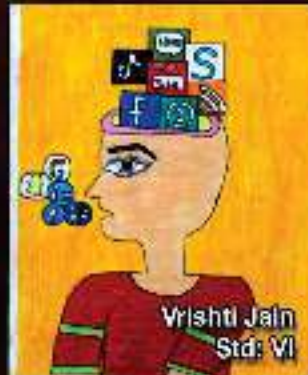
Sidhant Verma
Std: VI



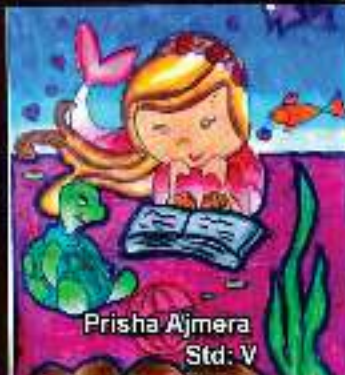
Ivania Abraham
Std: V



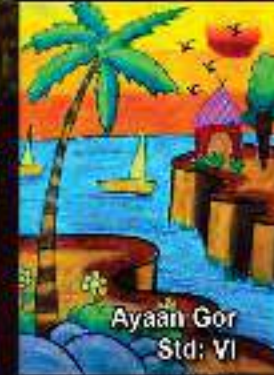
Lashya Panda
Std: VI



Vrishti Jain
Std: VI



Prisha Ajmera
Std: V



Ayaan Gor
Std: VI



Ivania Abraham
Std: V



Karn Sanghvi
Std: V



Puraav Sagar
Std: VI



Trisha Waghela
Std: V



Varnika Bhagat
Std: V



Bellini D'Souza
Std: V



Nidhisha Kotan
Std: V



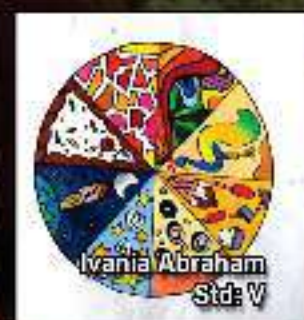
Nidhish Kotian
Std: V



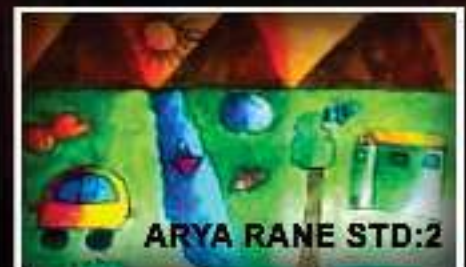
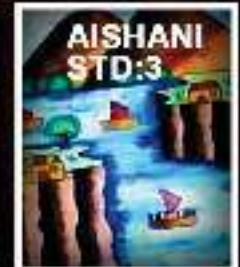
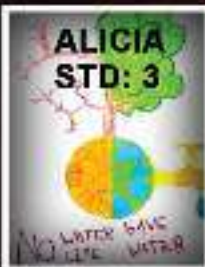
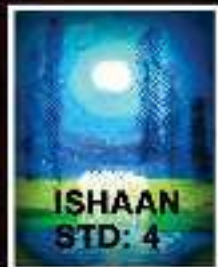
Vedant Ayangar
Std: VI

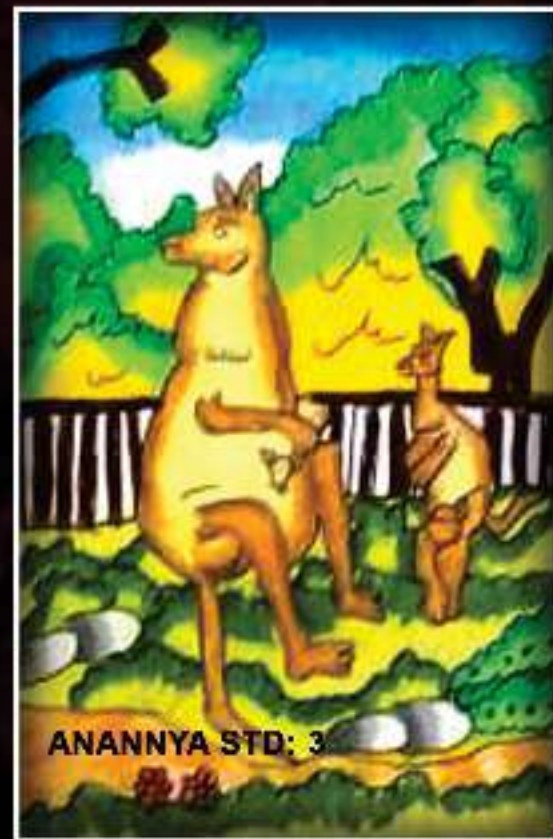
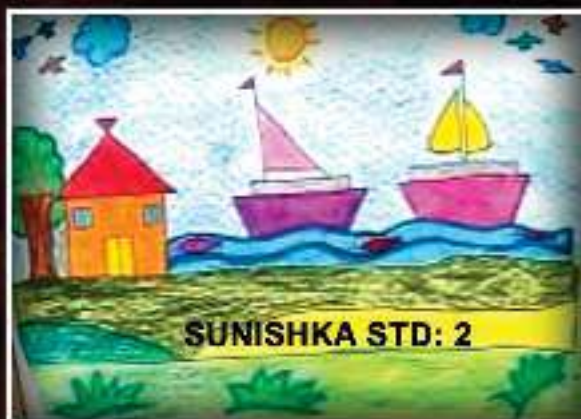
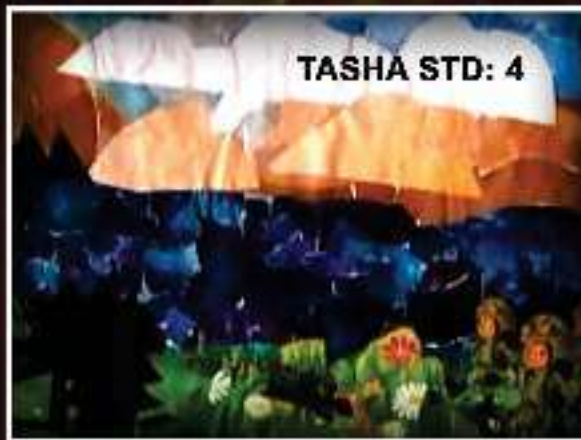


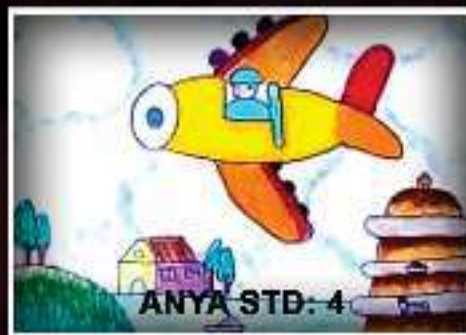
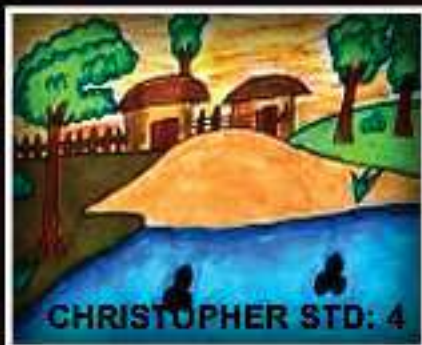
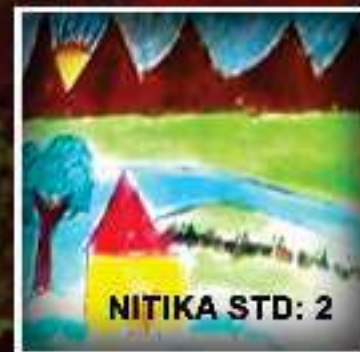
Astha Kumari
Std: V



Ivania Abraham
Std: V









Purayy Sagar
STD : VI



Tarun
STD : VIII



Ayaan Gor
STD : VI



Reena C
STD : V



Varnika Bhagat
STD : V



Craig Max
STD : V



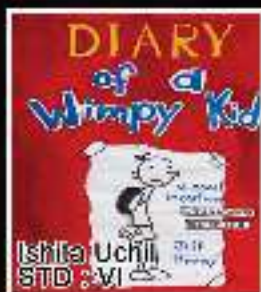
Samay
STD : VIII



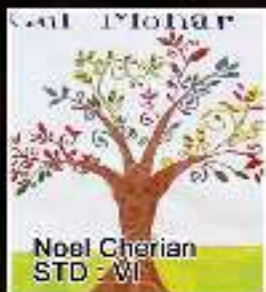
Ayaan Gor
STD : VI



Nidhish Kotian
STD : V



Ishita Uchil
STD : VI



Noel Cherian
STD : VI



Varnika Bhagat
STD : V



Prisha Ajmera
STD : V



Lashya Panda
STD : VI



Purayy Sagar
STD : VI



Jhvi Vakharia
STD : VIII



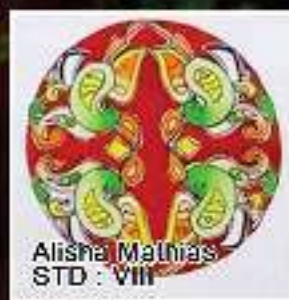
Trisahala Jain
STD : V



Ayush Behera
STD : VIII



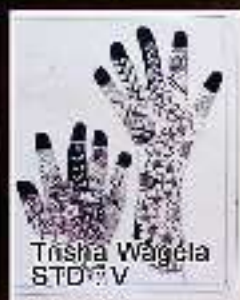
Palak Karia
STD : VIII



Alisha Mathias
STD : VIII



Shubh V. Marchant
STD : V



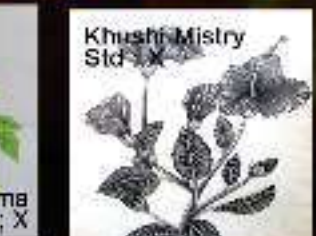
Trisha Wagela
STD : V



ART EXAM



ART WORK OF GROUP 3 STUDENTS (CLASS IX & X)





*Teaching
Staff*

*Ancillary
Staff*

