ST. PATRICK'S SCHOOL
ASANSOL



iMPRESSIONS 2026

2025 Year Report I Class Photos | Event Photos
Artworks | Articles

Presented by the Media Council 2026

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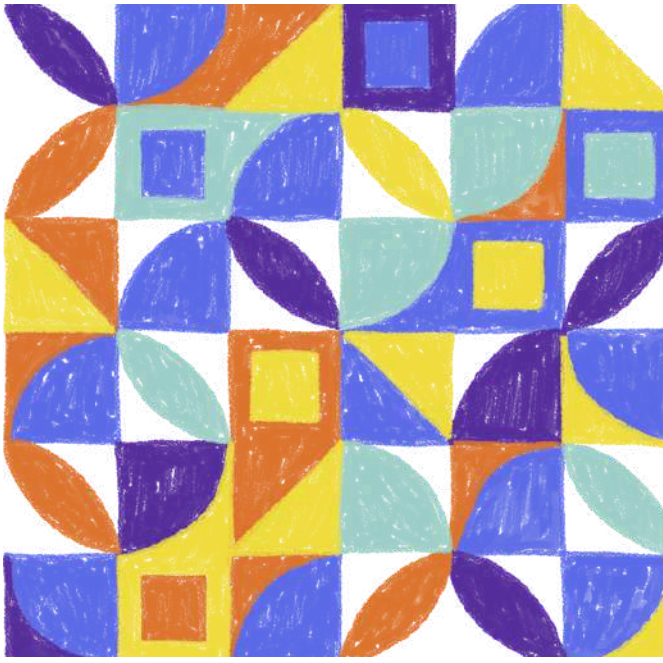
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FROM THE EDITOR'S DESK

"We know what we are, but know not what we may be."

— William Shakespeare, Hamlet



–Shankir Hazra
Member of Editorial Board

Life is, in many ways, a quiet journey of becoming—of discovering, through experience, who we are and who we may yet become. We begin with what we know, yet move constantly towards what we are yet to discover. Along the way, we are shaped by questions that challenge us, experiences that transform us, failures that teach us, and moments of joy that remain with us long after they have passed. For though moments are fleeting, some of them settle quietly within us, becoming memories that time cannot entirely erase. In this continuous unfolding of life, every experience leaves an impression.

It is with great pleasure that I welcome you to the sixth edition of Impressions, the e-magazine of St. Patrick's Higher Secondary School. More than a chronicle of events or a compilation of achievements, this edition reflects a year lived in its many colours—a year of learning, exploration, expression, and growth. Its pages bring together the diverse strands of school life: academic endeavour, co-curricular pursuits, performing arts, sports, heritage, health, and value education. At the heart of this journey are the values of Presence, Compassion, Liberation, and Resilience—to engage meaningfully with the world, to recognise the humanity we share, to transcend limitations through knowledge, imagination, empathy, and the courage to think freely, and to meet life's challenges with the strength to adapt, learn, and rise again. For education, in its truest form, is not merely the accumulation of information; it is the awakening of awareness, the refinement of character, and the gradual discovery of one's place in a world far greater than oneself.

Why Impressions?

Because nothing we experience passes through us without leaving a trace.

Impressions is more than a magazine; it is a reflection of our collective journey and a celebration of the many voices that shape our school community. It gathers the fleeting moments of the year and gives them a place to remain, allowing memories, achievements, ideas, and experiences to live beyond the moment in which they first occurred.

As you turn these pages, may you encounter familiar memories with renewed appreciation and discover unfamiliar stories with curiosity. May this edition invite you to pause, reflect, and recognise the extraordinary within the seemingly ordinary.

For we are shaped by the impressions we receive, even as we continually leave impressions of our own.

A HEARTFUL NOTE BY
Br Leonard Lobo



Dear Staff & Students of St. Patrick's,
At the very outset, I would like to acknowledge the wonderful work undertaken by the Principal and his Staff to ensure that their students in the new academic year 2026 -2027 would be in a position to fully utilize the amazing changes in the infrastructure and sporting facilities that have been designed to help them to develop their skills and individual gifts as they engage in the many activities that have been planned for them for the new academic year.

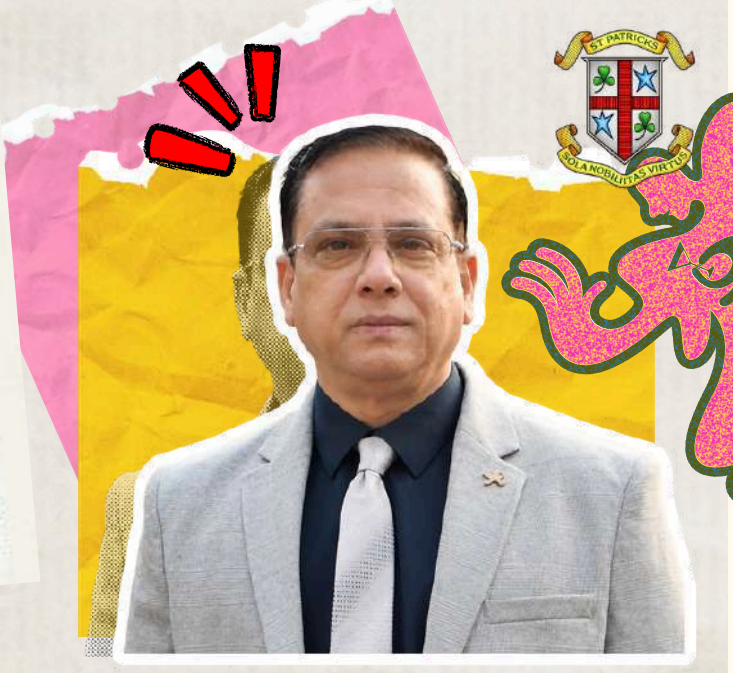
The completion of the Sacred Heart Wing, the introduction of Robotics, Pickle Ball, Yoga Asanas and modern Computer Laboratories so that the Patricians of the future will not only develop their many & varied gifts so as to adequately meet the challenges of the changing times that we live in

To think creatively and adequately communicate their thoughts and skills intelligently will be help them to manage daunting Changes, as they sometimes seem at the moment, both at the personal level and also as professionals. To equip them with mindset and competence, to successfully navigate the exciting challenges that the future holds out for us.

May the Spirit of Blessed Edmund Rice which is so vitally Alive today in All the School's Planning & Execution continue to energize & sustain All our Projects & Endeavours.
Br. L. D. Lobo

PRINCIPAL'S INTERVIEW

"Leading with Vision, Inspiring with Purpose"



What is the educational philosophy of St. Patrick's H.S. School, Asansol?

At St Patrick's H.S. School, Asansol, education is not merely the transmission of knowledge—it is the formation of character, conscience, and competence. Rooted in age old values of generosity, social responsibility, and respect for one another and the environment, the institution continues to stand as a beacon of holistic education.

As Edmund Rice aptly believed, *"Education is not just about imparting knowledge; it is about transforming lives."*

How is the school preparing students for competitive examinations?

In keeping with this vision, the school has initiated advanced Science and Mathematics classes for students of Classes XI and XII, enabling them to prepare for competitive examinations. Recognizing that preparation must begin early, foundation classes for students of Class IX have also been introduced—laying the groundwork for academic excellence and disciplined learning.

What initiatives support the overall development and well-being of students?

Equally significant is the school's commitment to the well-being of its students. Yoga has been introduced from Classes I to VI, nurturing both mental clarity and physical resilience from an early age.

The school offers a rich array of co-curricular activities, ensuring that talents beyond the classroom are discovered, nurtured, and celebrated.

How does the school support students who require additional academic assistance?

Regular remedial classes are conducted for students who require additional academic support. These sessions are designed to build confidence, strengthen foundational understanding, and provide personalised guidance. The aim is to ensure that every learner is supported effectively, and that no student is left behind or falls through the cracks.

How is the school adapting to advancements in technology?

The school has introduced Robotics and Artificial Intelligence into its curriculum. This forward-looking initiative ensures that students are not passive consumers of technology but active creators and innovators.

THE SOCIAL JUSTICE WING

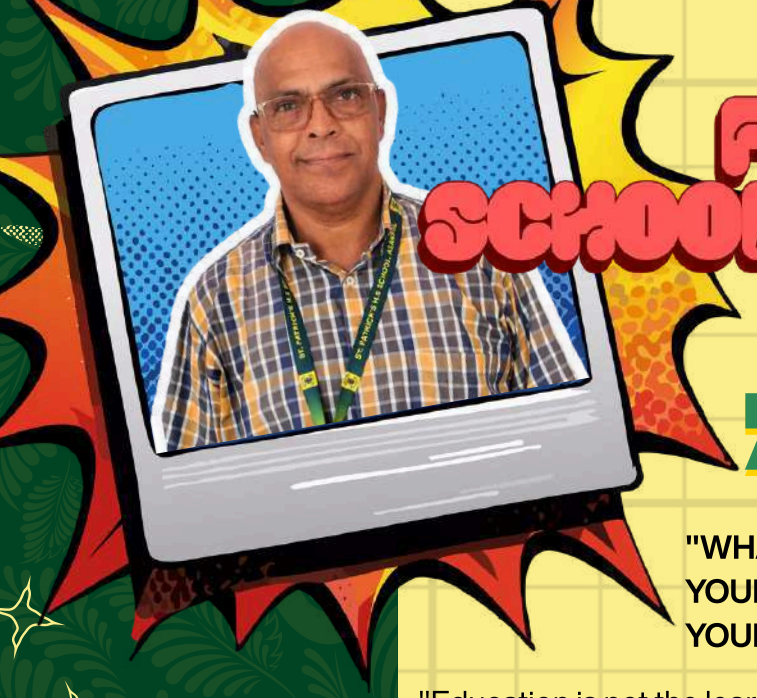
A defining feature of the institution is its unwavering commitment to justice and social consciousness. Through its Social Justice Wing, the school undertakes numerous initiatives in advocacy and awareness, sensitizing students to the realities of inequality and the responsibility they bear as agents of change. As Martin Luther King Jr. reminded us, "Injustice anywhere is a threat to justice everywhere."

This commitment finds meaningful expression in the school's outreach programme, Nai Disha. Through this initiative, students actively engage in supporting and uplifting those from less fortunate and marginalized sections of society.

What initiatives support the overall development and well-being of students?

The journey of St Patrick's H.S. School is thus one of continuity and change—where enduring values meet progressive practices. It is a place where young minds are not only prepared for examinations but are also shaped into compassionate, responsible, and forward-thinking individuals.

In the words of Nelson Mandela, *"Education is the most powerful weapon which you can use to change the world."* At St Patrick's, this belief is lived, every single day.



FROM THE MIDDLE SCHOOL COORDINATORS DESK

BUILDING CHARACTER ALONGSIDE KNOWLEDGE

"WHAT IS THE TRUE PURPOSE OF EDUCATION—TO FILL YOUNG MINDS WITH KNOWLEDGE OR TO SHAPE YOUNG HEARTS WITH VALUES?"

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

At our school, we believe that true education is not measured solely by academic excellence but by the character we build, the values we nurture, and the compassion we inspire in every child.

Education is not merely the pursuit of academic excellence; it is the journey of shaping responsible, compassionate, and confident individuals. While knowledge equips students with the skills to succeed in life, character gives them the wisdom to use those skills with integrity and purpose. True education, therefore, lies in building character alongside knowledge.

In today's rapidly changing world, academic success alone is not enough. The future belongs to individuals who possess not only knowledge but also compassion, integrity, adaptability, and a strong moral compass. These qualities empower students to make wise decisions, lead with confidence, and serve their communities with humility and commitment.

As we celebrate another year of learning and achievements through this school magazine, let us remember that every accomplishment becomes truly meaningful when guided by good character. May our students continue to pursue excellence with honesty, embrace challenges with courage, and use their knowledge to make a positive difference in the lives of others.

Together, let us continue our mission of educating minds, nurturing hearts, and shaping the leaders of tomorrow.

"Knowledge gives us the power to achieve, but character gives us the strength to lead with wisdom and compassion."

Wishing all Our students the very best for a bright future and a memorable journey in this esteem Institution.

God bless You All.
Middle School Coordinator
Mr. Stephen Carlton Lazarus.

FROM THE SENIOR SCHOOL COORDINATOR'S DESK

EVERY CHILD HAS A STORY WORTH CELEBRATING



There is something special about the beginning of every school day. The corridors fill with eager footsteps, cheerful greetings, and conversations that signal another day of learning and discovery. Yet beyond this familiar rhythm lies something even more meaningful—hundreds of unique stories unfolding, one child at a time.

Every student who walks through our gates brings a different journey. Some arrive with confidence, while others quietly gather the courage to face a new day. Some shine in academics, others on the sports field, through music, art, leadership, or simple acts of kindness. Each child has different strengths, different dreams, and different challenges. It is this diversity that makes our school community vibrant and complete.

In today's world, success is often measured by marks, medals, and achievements. While these milestones deserve recognition, they are only part of a child's story. Equally important are the quieter victories—the student who perseveres despite setbacks, the child who learns to believe in his or her own potential, the friend who chooses kindness over popularity, or the learner who discovers the confidence to ask a question for the first time.

These moments may never appear on a report card, but they are often the ones that shape character.

As educators, we are privileged to witness these transformations every day. We see fear giving way to confidence, hesitation turning into curiosity, and young minds learning not only to think but also to care. Growth is rarely dramatic. More often, it happens through small, consistent steps, encouraged by patient teachers, supportive parents, and a community that believes in every child.

At St. Patrick's Higher Secondary School, inspired by the vision of Blessed Edmund Rice, we believe that education is about far more than academic excellence. It is about forming compassionate hearts, curious minds, and responsible citizens. Through classroom learning, co-curricular opportunities, leadership experiences, and social justice initiatives, our students learn that success is not only about personal achievement but also about using their gifts to serve others.

To our parents, thank you for entrusting us with your children's dreams. Your partnership strengthens the values we strive to nurture every day.

To our teachers, thank you for recognising the potential in every learner, especially on the days when they struggle to see it themselves. Your encouragement often becomes the turning point in a child's journey.

To our teachers, thank you for recognising the potential in every learner, especially on the days when they struggle to see it themselves. Your encouragement often becomes the turning point in a child's journey.

And to our dear students, remember that your worth is never defined by a single examination or a list of achievements. Your perseverance, kindness, integrity, and willingness to keep learning are what truly shape the person you are becoming.

As we continue our journey together, may we celebrate not only excellence but also effort, not only success but also service, not only talent but also character. For these are the values that endure long after school years have passed.

Every child who walks through our gates has a story worth celebrating. May we continue to nurture those stories with hope, purpose, and compassion, so that each student discovers not only the joy of learning but also the courage to make a difference.

For in celebrating every child, we celebrate the true purpose of education.

WORKER'S DaY

2025

by St. Patrick's School Asansol

Heroes who are always behind the scenes













WORKERS SHOW

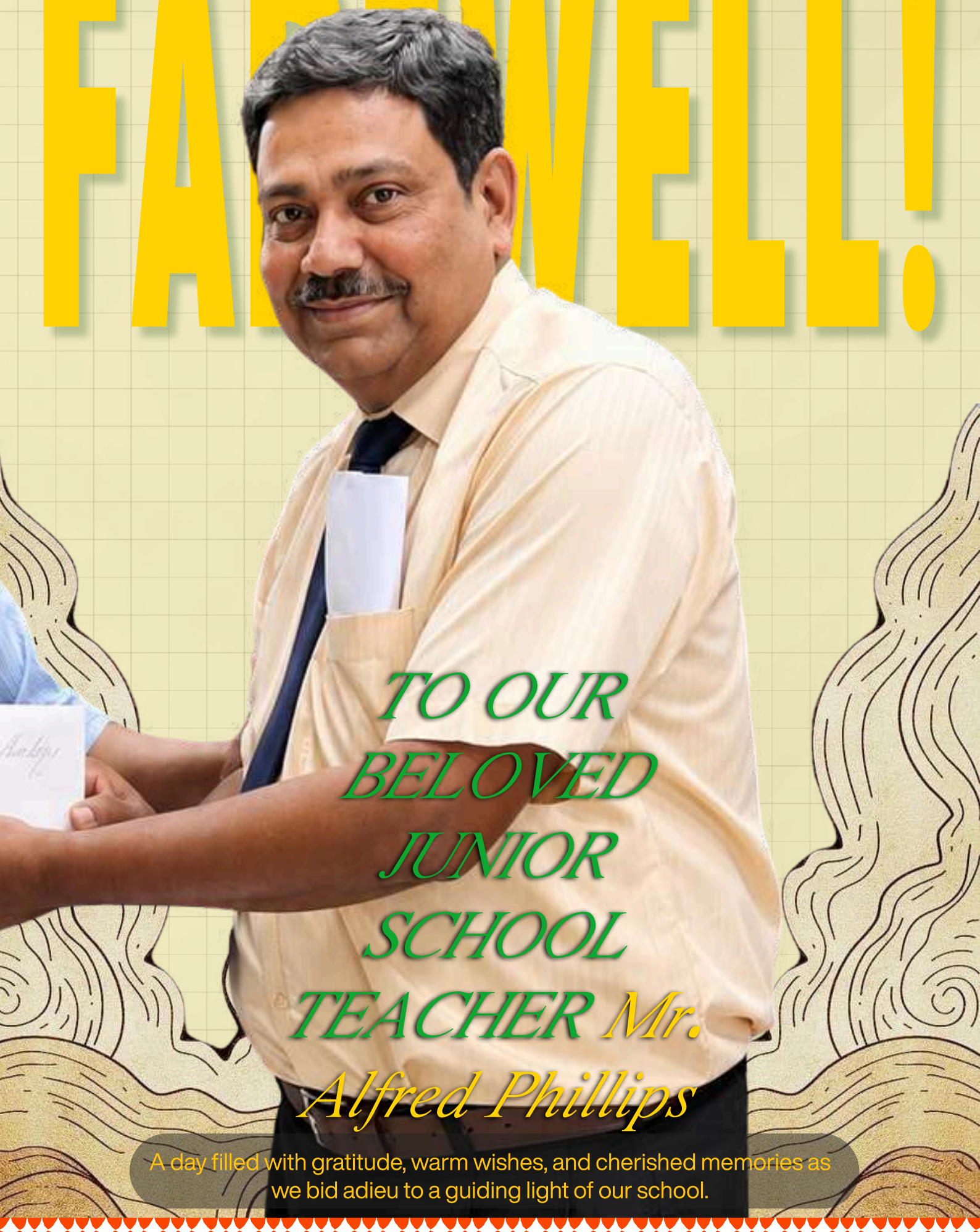
On 30th April, the atmosphere at St. Patrick's was filled with warmth and gratitude as the entire school community came together to honour the invaluable contributions of our Group D staff. Students from KG to Class 12 gathered for a special assembly that reflected deep respect for those who work tirelessly behind the scenes each day.

The programme featured heartfelt words, thoughtful verses delivered with sincerity, and spirited performances that expressed admiration in every gesture. One could feel the genuine affection in every line recited and every movement on stage.

Adding to the moment, some of our Alumni members joined in, presenting small tokens of appreciation and sharing words that spoke volumes about the lasting impact of these everyday heroes.

It was a simple yet meaningful celebration — a gesture of thanks that will be remembered far beyond the day.

FAREWELL!

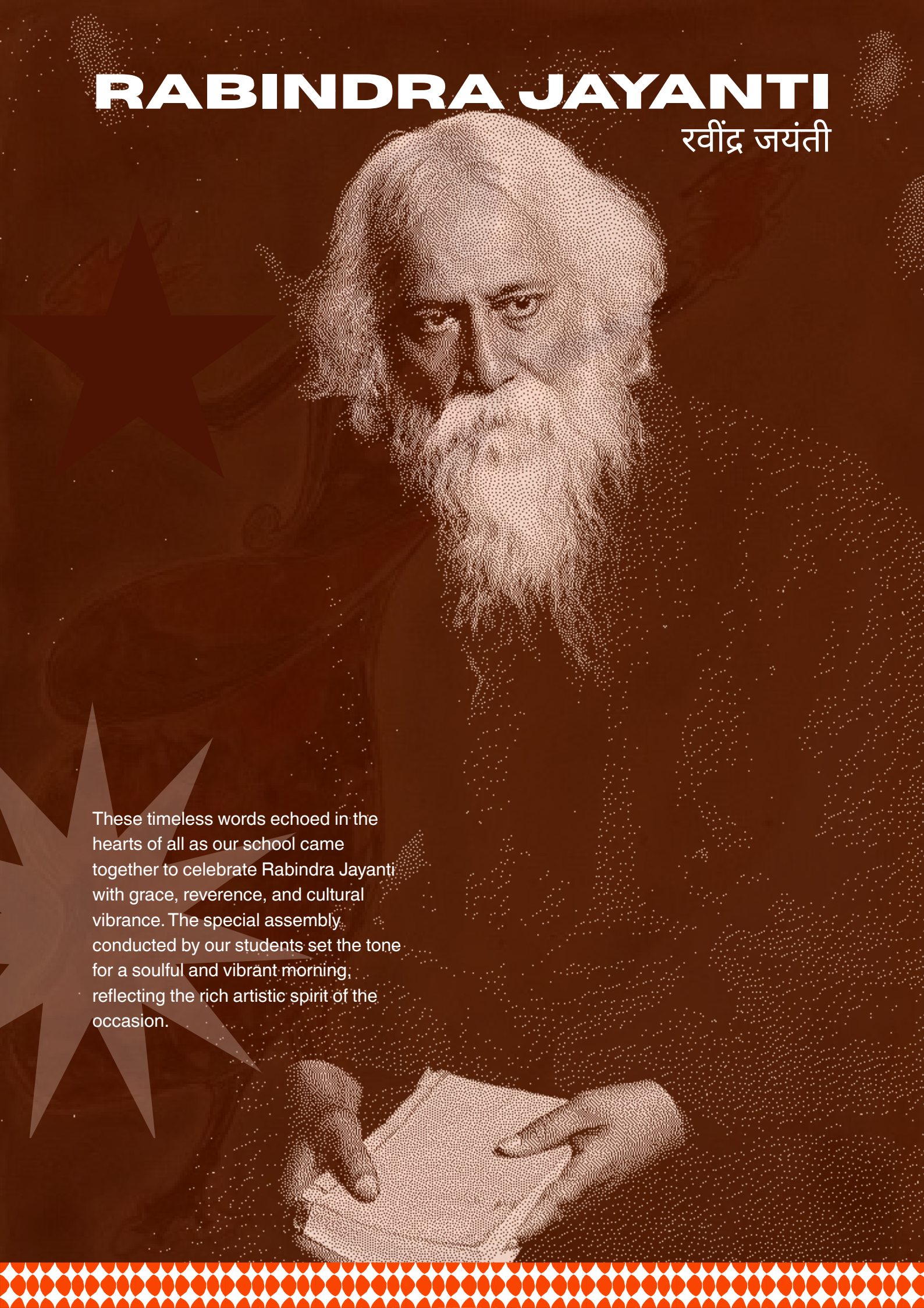


TO OUR BELOVED JUNIOR SCHOOL TEACHER Mr. Alfred Phillips

A day filled with gratitude, warm wishes, and cherished memories as we bid adieu to a guiding light of our school.

RABINDRA JAYANTI

रवींद्र जयंती



These timeless words echoed in the hearts of all as our school came together to celebrate Rabindra Jayanti with grace, reverence, and cultural vibrance. The special assembly conducted by our students set the tone for a soulful and vibrant morning, reflecting the rich artistic spirit of the occasion.

RABINDRA GEET





RECITATION





RABINDRA NRITYA



THE CREW

INVESTITURE CEREMONY

Our young leaders









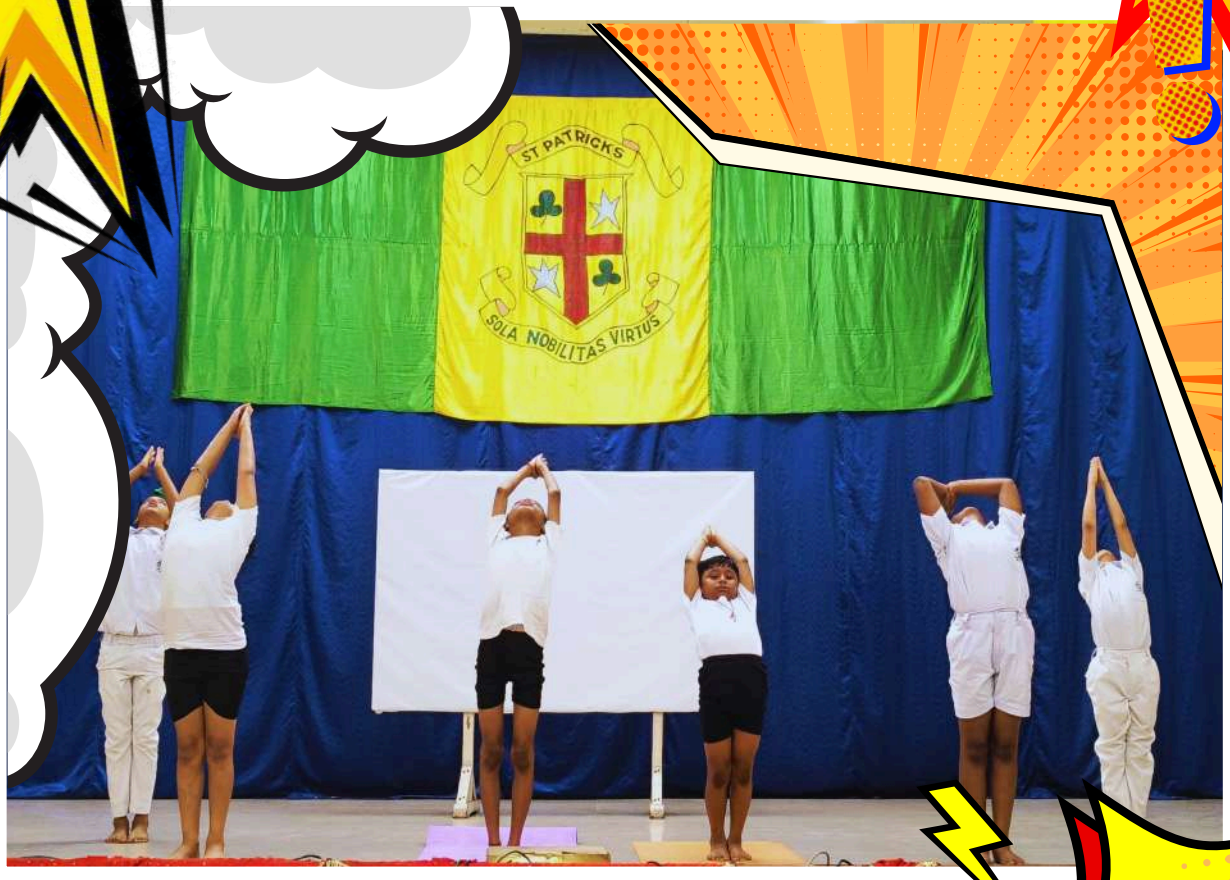
At St. Patrick's, leadership is more than a title—it is a call to serve with purpose, vision, and humility. The Investiture Ceremony for the academic session 2025–2026 marked a dignified transition of responsibility, as a new council of student leaders pledged their commitment before their peers, teachers, and proud parents.

INTERNATIONAL YOGA DAY



"Yoga is the journey of the self, through the self, to the self." — Bhagavad Gita





In honour of International Yoga Day, the students and staff of St. Patrick's Higher Secondary School, Asansol gathered for a special morning assembly dedicated to celebrating the ancient discipline of yoga—a timeless gift from India to the world

CISCE GAMES 2025

Hosted by St. Patrick's School
Asansol









GAMES AT THE EVENT







CCBI

* 2025 *

INTER-SCHOOL TOURNAMENT

THE CUP THAT COMMANDS THE CROWD

ACROSS THREE DAYS OF SPORT, THE CCBI BRINGS TOGETHER COMPETITION, CAMARADERIE, AND COUNTLESS MOMENTS OF GLORY. YET WHEN THE UNDER-17 FOOTBALLERS TAKE THE FIELD, THE ATMOSPHERE CHANGES. EYES TURN, VOICES RISE, AND THE FOUNDERS' CUP BECOMES THE PRIZE EVERYONE WANTS TO SEE LIFTED.



MORE THAN A TROPHY, IT IS THE CENTREPIECE OF CCBI'S MOST FIERCELY CONTESTED AND EXHILARATING BATTLE — WHERE YOUTHFUL AMBITION MEETS THE ROAR OF THE CROWD, AND CHAMPIONS ARE FORGED.



11'S AND 12'S CULTURAL DANCE



UNVEILING OF THE TROPHY

OPENING CEREMONY



HOISITNG OF THE SCHOOL FLAG



TEAM CAPTAINS

12/07/2026



11'S BOYS WESTERN DANCE

The opening ceremony, held on 12th July, reflected the spirit of unity and celebration. A graceful classical dance, an energetic English fusion performance, and a soulful choral presentation added colour and culture to the morning. The tournament was officially inaugurated by our Community Leader, **CL Brother Leonard Lobo**, whose words of encouragement inspired all present to strive for excellence with humility and heart.



CLOSING CEREMONY

The tournament saw enthusiastic participation from the following Christian Brothers' institutions: *St. Columba's School (New Delhi), St. Joseph's College (Kolkata), Goethals Memorial School (Kurseong), St. Edmund's School (Shillong), St. John's High School (Chandigarh), St. Vincent's High and Technical School (Asansol), St. Mary's High School and Orphanage (Kolkata), and St. Patrick's Higher Secondary School (Asansol)*. This year's tournament was truly special as, for the very first time and in keeping with the vision of our beloved founder, Blessed Edmund Rice, one of our teams comprised students of St Patrick's School Asansol and students of Nai Disha, our outreach programme.

The closing ceremony, held on 14th July, was a fitting end to three days of unforgettable competition. Presided over by **Brother Vinod Gabriel Thomas**, the ceremony acknowledged the remarkable talent and sportsmanship displayed by every team and extended gratitude to the participating schools for their enthusiastic involvement.



ST.JOHN'S CHANDIGARH - RUNNER'S UP (FOOTBALL)



ST. EDMUND'S SHILLONG - CHAMPIONS (FOOTBALL)



ST. PATRICKS'S H.S SCHOOL - CHAMPIONS (TABLE TENNIS)



TABLE TENNIS

Freedom is not just the gift we inherited from our heroes, but the responsibility we carry to build a nation worthy of their sacrifices. This Independence Day, let our actions speak louder than our words, and let our India shine brighter with every generation.



The cultural programme was vibrant and diverse, featuring a wide range of performances. Students presented graceful dances, soul-stirring songs, moving skits, and heartfelt poem recitations

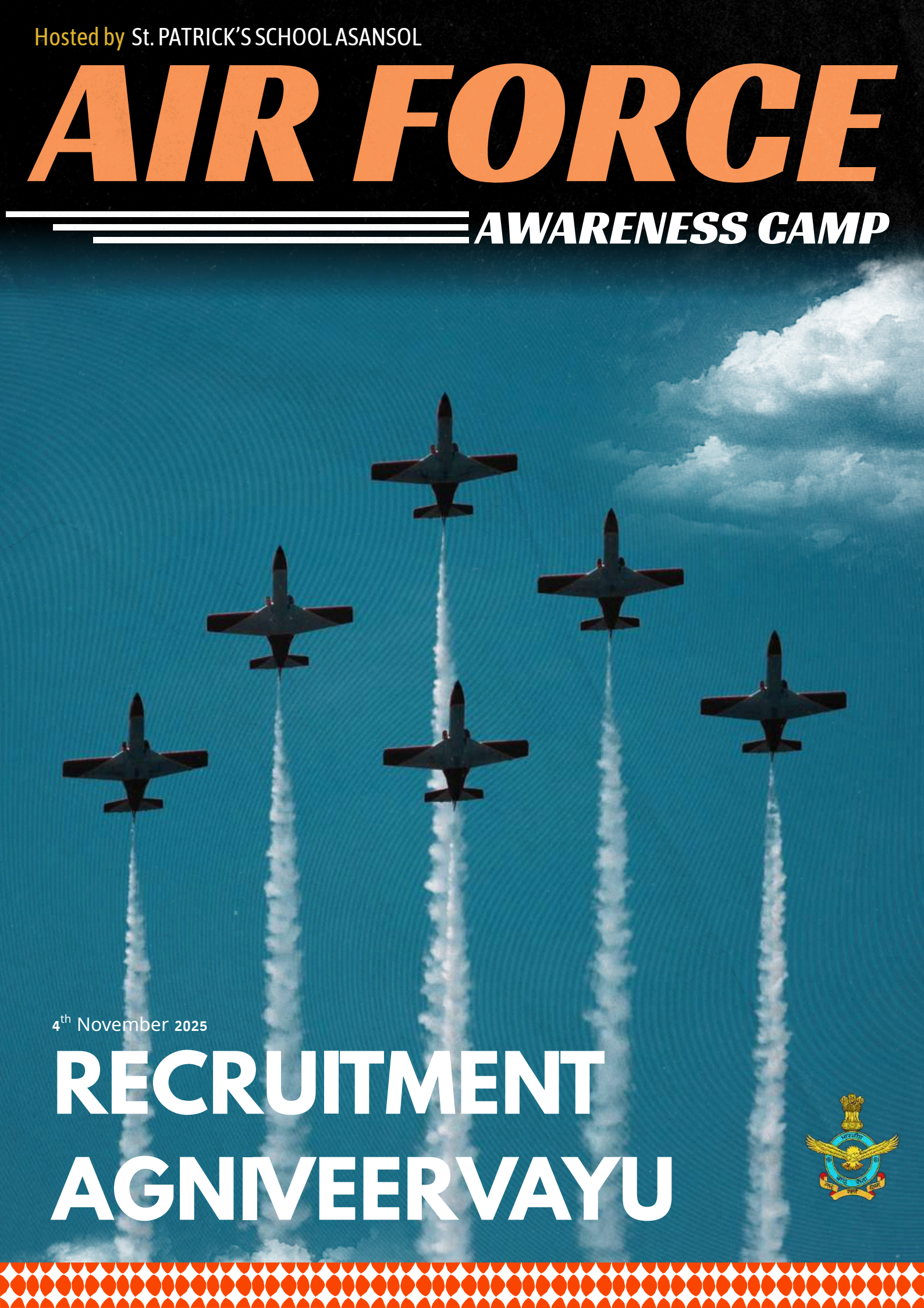


Our school celebrated Independence Day with great patriotic fervour through a special assembly that brought together students and teachers in a spirit of unity. The day began with the solemn hoisting of the national flag, followed by the National Anthem that echoed proudly across the campus.

Hosted by St. PATRICK'S SCHOOL ASANSOL

AIR FORCE

AWARENESS CAMP



4th November 2025

RECRUITMENT AGNIVEERVAYU

Soaring Beyond Limits

ARTICLE BY ADALIA MARY MANION

On November 4, St. Patrick's H.S. School hosted an enlightening workshop for the students of Classes 11 and 12. The session was conducted by two Indian Air Force officers — Sergeant Prasad CR and Corporal AS Rajawat (posted at Air Force Station Barrackpore – Balichowk region).

The workshop began with a short yet powerful video that gave students a glimpse into the life of an Air Force officer — from intense training and decision-making to technical handling of aircraft.

Once the video ended, Corporal Rajawat asked a simple yet electrifying question:
"Are you ready to fight?"
Immediately, the hall lit up with curiosity and excitement.

The officers then explained how the Air Force isn't just about flying planes — but also about discipline, service, skills, teamwork and constant self-improvement, the kind of exposure that helps shape personality and character. They spoke about the Agnipath scheme, the salary package, the certificates and skill training that young cadets receive. Students were especially amazed to learn about the perks — free accommodation, non-contributory life insurance of up to ₹48 lakhs, Leave Travel Concession, and generous leave benefits of 30 days along with sick leaves. They explained the selection process too — written exam, medical test, physical test, adaptability test — and also the various entry routes like UPSC, AFCAT, and NCC.

During the question – answer session, students raised praticals doubts — about job roles, degrees, technical duties and different SSB centres. The officers then shared their personal journeys — Sergeant Prasad's work on the medical side and Corporal Rajawat's role in the technical wing — helping students understand how diverse the Air Force truly is.



TRIUMPH IN CHANDIGARH



St. John's All India Debate 2025, held at St. John's High School, Chandigarh, witnessed an inspiring gathering of young minds from 12 schools across India.

We are immensely proud to announce that St. Patrick's Higher Secondary School, Asansol, represented by Mitrani Maji and Pratyush Ray Mishra, emerged as the champions.

Our brilliant students, Pratyush Ray Mishra and Mitrani Maji, displayed outstanding skill and confidence, making us all immensely proud.

The team was mentored by Ms Daljit Yadav.

Farewell To Ms Bhavna Pandit

The school bid a warm and heartfelt farewell to Ms. Bhavna Pandit, a beloved teacher whose presence has left a lasting impression on both students and colleagues. The farewell programme began with students expressing their gratitude through songs, poetry performances, and speeches that beautifully captured the affection and respect they hold for her. Many spoke of how her guidance, patience, and kindness had touched their lives, both in and beyond the classroom. Later in the day, teachers came together to share their own memories and experiences with Ms. Pandit. Their words reflected admiration for her dedication, her calm and cheerful nature, and her unwavering commitment to her work. Laughter, nostalgia, and emotion filled the air as everyone celebrated her contribution to the school community. The programme concluded with tokens of appreciation and warm wishes for her future. As Ms. Bhavna Pandit embarks on a new chapter, she leaves behind a legacy of love, sincerity, and inspiration that will be remembered fondly by all.

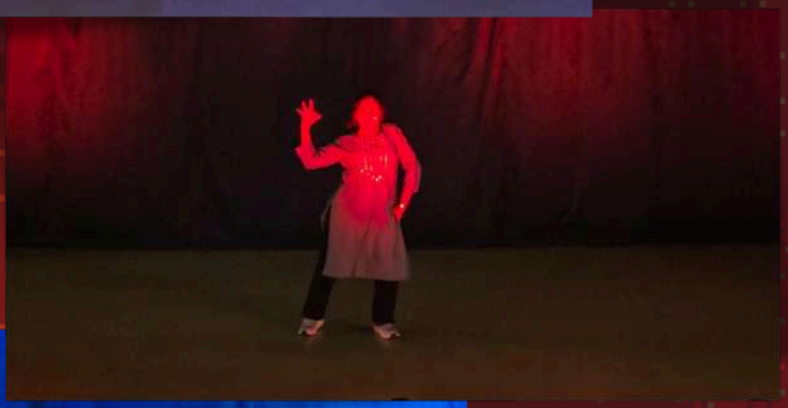



MEET
A St. Patrick's Event



SOLO

PERFORMANCES









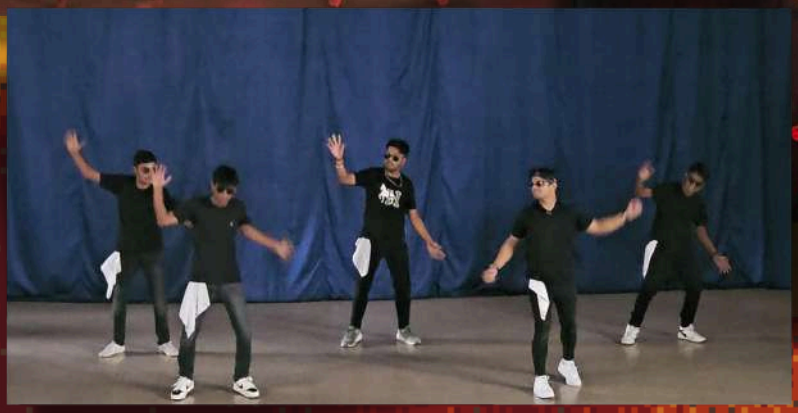
DUO

PERFORMANCES









GROUP

PERFORMANCES











STUDENT EXCHANGE EVENT

INDIA IMMERSION 2025

ST. PATRICK'S SCHOOL
ASANSOL

CULTURE IMMERSION

An essay by
SOUVIK KUMAR VISHWAKARMA

More than just a visit, it felt like a meaningful exchange of cultures, values, and friendships. Across these three days, I realised that even though our countries and lifestyles may be different, human connection and learning have no boundaries.

Students from St. Patrick's Higher Secondary School and St. Vincent's, along with a few teachers, accompanied them on a visit to a Gurudwara and a Hindu temple. This was one of the most special moments, because it allowed them to understand our religious diversity up close. They learned about Sikhism and Hinduism, including our traditions of prayer, respect, and worship. As the day progressed, our initial introductions slowly turned into real conversations. We spoke about everyday life, school routines, and the differences between India and Australia, and by the end of the day, it felt like we had known each other for much longer.

On the third day, students from St. Patrick's and St. Vincent's hosted a final celebration—a bonfire night at the St. Vincent's campus. It was like a joyful farewell and a symbol of the warmth we had built together. Everyone contributed food and drinks like a potluck, and we sang, danced, laughed, and created memories. As we exchanged contact information and said goodbye, I understood that this visit was not the end, but the beginning of lasting friendships and a broader outlook on life.

One of the most memorable moments this year was hosting our Australian exchange students. It was a wonderful opportunity to share India's rich culture, traditions, and hospitality while learning about theirs. From participating in school activities to experiencing local customs, the exchange created meaningful friendships and lasting memories, reminding us how cultural differences can bring people closer together.

On December 5, 2025, the senior students of St. Patrick's Higher Secondary School, Asansol, participated in a rally to commemorate World Disability Day. Held early in the morning, the rally brought together students and individuals with physical and intellectual disabilities to promote awareness, equality and inclusion.

WORLD DISABILITY DAY RALLY



The rally began at Asansol Club, where all participants gathered before walking together towards BNR. Carrying placards and raising slogans, we stood in solidarity with persons with disabilities. The experience reminded us that true inclusion means giving everyone equal dignity, opportunities and a place in society.

A WALK FOR INCLUSION



The event that truly reflected the spirit of St. Patrick's H.S. School, Asansol — where every child is encouraged, every effort is appreciated, and every success is celebrated.



SPORTS 25'

MARCH PAST

One of the most prestigious displays of the event. the synchrony with the beat of the drums is truly enthralling.

UNITY AND HARMONY

The day brings together young sportsmen to show their fierceness of spirit, skill and synergy. but most important of all, the display of unity is constant,



CONCERT

CULTURE
CULTURE
CULTURE

CELEBRATION
CELEBRATION
CELEBRATION

CONVIVIALITY
CONVIVIALITY
CONVIVIALITY


















DAY 2

CLASS PERFORMANCES WERE THE CREAM OF THE ANNUAL CONCERT 2025

DEC'25
ST. PATRICK'S SCHOOL ASANSOL






SHADOWS OF JUSTICE









DECEMBER 13TH

ST PATRICKS SCHOOL ASANSOL

SHADOWS OF JUSTICE EXPLORES JUSTICE, TRUTH, AND MORALITY, SHOWING HOW HIDDEN TRUTHS AND PERSONAL BELIEFS CAN SHAPE OUR UNDERSTANDING OF RIGHT AND WRONG.

THE PLAY



BY MRS. RINA DUTTA

December 2025 marked the juncture for the school where the curtains were set to be drawn on another calendar year. St. Patrick's Higher Secondary School, Asansol , moved on to sum up 2025 in a meaningful way with the Annual Concert for the Senior and Middle School.

Amidst the tapestry of vibrant class performances, the evening found its luminous heart in 'Shadows of Justice', a stirring play , woven from an original script, gently breathing the spirit of Shakespeare.

Shadows of Justice reflects St. Patrick's School's creative choice to rediscover Shakespeare through an original script that speaks of timeless human conflicts. The play weaves together three powerful narratives of Shakespeare ,exploring how justice is shaped and distorted by personal choices.

From Shylock's unyielding pursuit of justice to Brutus' painful sacrifice of friendship for honour and Macbeth's fatal surrender to ambition, each moment reveals the fragile line between principle and passion.

These images of the play capture the spirit, emotion and conviction with which Shadows of Justice came alive on stage, testifying the fact that classic voices can still find new meaning when told with courage and originality.
Today, as society continues to grapple with intolerance, betrayal and the lure of unchecked ambition, 'Shadows of Justice' stands as a reminder that justice without compassion becomes cruelty and ambition without conscience becomes destruction. The play invites us to rethink how our actions shape the world we live in.

This play was put together and staged in order to serve a powerful social message for our times, warning us of the cost of hatred, the burden of moral choices and the enduring need for empathy in the pursuit of justice.
There couldn't have been a more enriching experience.


St Patrick's School Asansol presents
SIEMPRE
a farewell

SOME ARTICLES FROM OUR SENIOR STUDENTS

Behind The glow

The city never sleeps.
All night, its windows glow
And I thought,
with so many awake,
surely no one could be alone.

I know every street by name.
I know who lives behind the glass,
what songs they love,
where they travel,
what makes them laugh.
I carry fragments of a thousand lives,
Yet my own grows distant.

Every day, someone shouts,
“Look at me. Look how happy I am.”
And I believe them.
Until happiness becomes a performance,
until smiling feels like homework,
and I cannot remember if my thoughts are my own
or just something I scrolled past at 2 a.m.
People know my face.
They know the version of me
that smiles at the right moments,
that speaks in quotes.

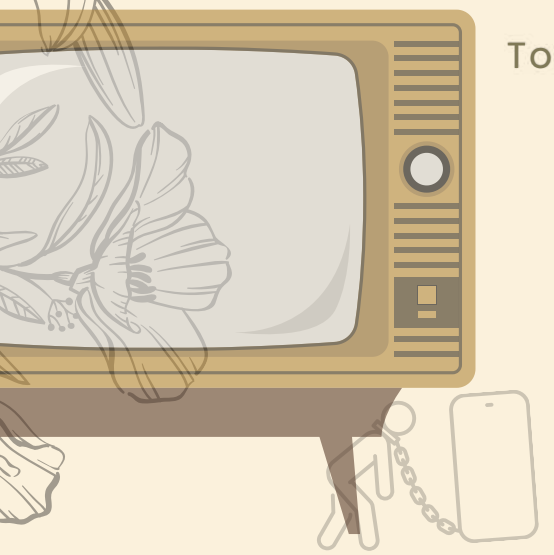
But the boy I had been–
the awkward one,
the foolish one,
the unfinished one–
grows harder to find.

Late at night,
when the screen becomes a mirror,
I do not find loneliness.
Loneliness would mean there was still someone there to miss.

Instead, I find a person
blurred by too many eyes,
shaped by too many voices.
The city never slept.
Its lights still glowed.
I knew everyone,
and somewhere along the way,
I forgot how to know myself.

-Ritiman Dutta
XII-A

BEYOND THE SCREEN

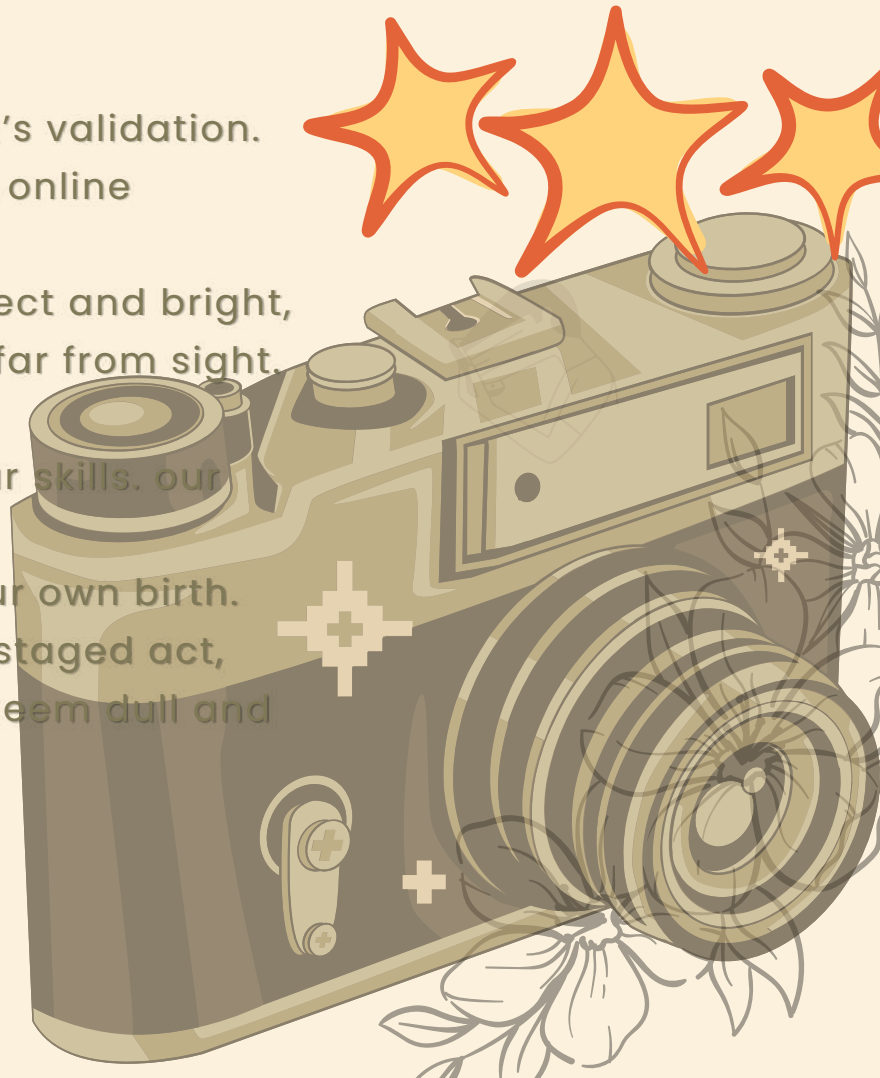


Social media came with a noble aim,
To bridge the distance and connect a name.
To share our thoughts, to learn and grow
And, let ideas across nations flow.

Yet. what was meant to unite mankind,
Is often misused and deceives our mind.
Hours disappear in endless reels,
Consumed by wants instead of needs.

How many seek the world's validation.
Measuring worth through online admiration?
They showcase lives perfect and bright,
While hiding their reality far from sight.

We question our looks. our skills. our worth,
Forgetting the value of our own birth.
Their edited images and staged act,
Can make our own lives seem dull and matte.



Family gatherings grow few and rare,
But online everyone claims to deeply care.
A text, a comment, an emoji sent,
Has replaced the warmth that visits once held.

The screen holds us captive, hour by hour,
Draining our focus, our time,. and power.
Tasks are delayed, and ambitions, they wait-
As procrastination becomes our only fate.

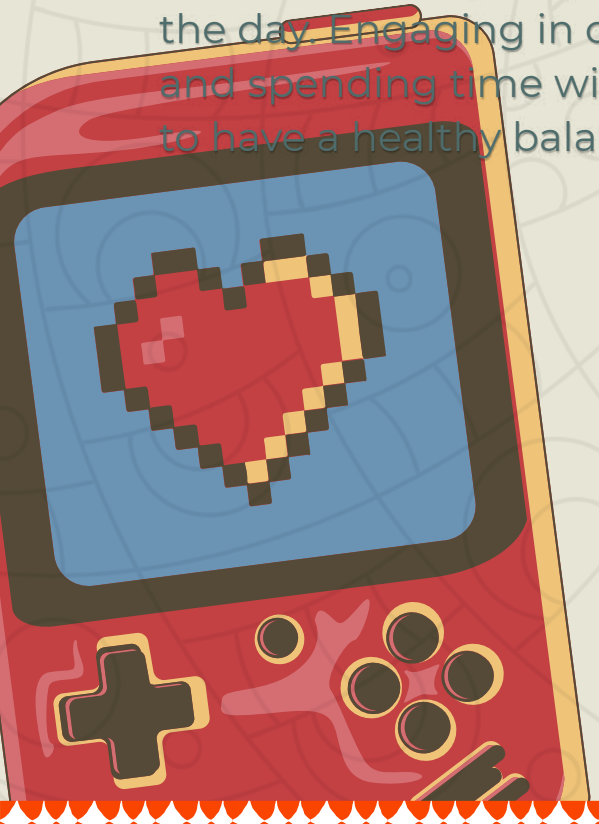
This habit often burdens the heart and mind,
Leaving stress and anxiety behind.
Though connected online from across the earth,
The majority still misses the mirth.

For beyond the screen, the world is bright,
Filled with laughter, love, and light.
Use technology, but don't forget-
Your worth is more than just the internet.

-Anvesha Jayswal
XI-A

SOCIAL MEDIA ADDICTION

In modern-day society, social media has become a very integral part of everyone's life. People have been able to connect across the globe, get news immediately and entertain themselves through the social media. But when one uses this means in excess, it becomes a dangerous addiction. A lot of people have become addicted to spending hours scrolling for different types of content, watching short form reels and trying to seek validation online. Spending too much time on these reels decreases one's attention span and releases dopamine, which makes people lose interest in things wanting focus. Spending hours disrupts sleep and causes stress. One may be discouraged from exercising and interacting with people directly. The best way to handle this situation isn't by shunning down social media, but using it mindfully. By setting specific time limits on our device, when the time is over, the phone or any device will lock the app for the day. Engaging in outdoor activities, reading good books and spending time with one's loved ones and family is a way to have a healthy balance and be away from addiction.



-Rudra Kedia
8-C

Social Media Addiction and Its Effect on Mental Health

Social media platforms are designed to capture and hold attention. Features like infinite scroll, push notifications, and algorithmically curated feeds tap into the same reward circuits in the brain that drive other compulsive behaviours. Every like, comment, or share delivers a small dopamine hit, conditioning users to keep returning for more. Over time this can develop into genuine addictive behaviour — loss of control over usage, irritability when access is restricted, and continued use despite knowing it causes harm.

The psychological effects of this are well documented. Constant exposure to curated, idealised versions of other people's lives fuels social comparison, leaving many users feeling inadequate about their own appearance, achievements, or relationships. This is especially damaging for teenagers and young adults, whose self-esteem and identity are still forming. Research has linked heavy social media use to higher rates of anxiety and depression, particularly among those who spend several hours a day on these platforms.

Sleep is another casualty. Late-night scrolling delays sleep onset and lowers sleep quality, partly due to blue light and partly because emotionally engaging content keeps the mind active when it should be winding down. Poor sleep then worsens mood and concentration, feeding back into greater reliance on social media — a difficult cycle to break.

Paradoxically, heavy use is also linked to greater loneliness. Passive scrolling displaces real face-to-face interaction, and shallow online engagement rarely substitutes for genuine emotional support. Younger users are also exposed to filtered, edited content that sets unrealistic beauty standards, which has been linked to body dissatisfaction and disordered eating.

Addressing this requires both personal and structural change. Setting screen time limits, turning off unnecessary notifications, and taking regular digital detoxes can help restore balance. At a wider level, platforms and regulators are under growing pressure to introduce real safeguards, such as age verification and usage limits for minors.

Ultimately, social media itself is not inherently harmful — it is the compulsive, unregulated use, shaped deliberately by addictive design choices, that drives most of the mental health fallout. Understanding this is the first step toward using these platforms with intention rather than being used by them.

-Saideep Chakrabarti
8-B

Mental Health Awareness

Mental health is just as important as physical health. It affects the way we think, feel, and deal with everyday situations. A healthy mind helps us learn better, make good decisions, and enjoy life.

Students often face stress because of studies, examinations, and expectations. At times, these pressures can make us feel worried, lonely, or overwhelmed. Mental health awareness teaches us that it is okay to talk about our feelings and seek help when it is needed.

Good habits such as regular exercise, proper sleep, healthy eating, and spending time with family and friends can improve our mental well-being. Taking breaks from screens and engaging in hobbies can also help us feel refreshed and positive.

We should support one another with kindness, understanding, and respect. A few caring words can bring hope to someone who is struggling. By spreading awareness and encouraging open conversations, we can create a happier and healthier environment for everyone.

A healthy society begins with healthy minds. Therefore, it is our responsibility to care for both our own well-being and that of others. By promoting understanding, compassion, and open communication, we can help create a world where everyone feels valued, supported, and hopeful about the future.



-Indranath Pramanik
8-B

Every Mind
has a story

Not every wound is seen by eyes,
Not every tear is shown.
Some battles quietly live within,
Where hearts must fight alone.

A smile may hide a storm of thoughts,
A laugh may cover pain.
Yet even after darkest nights,
The sunrise comes again.

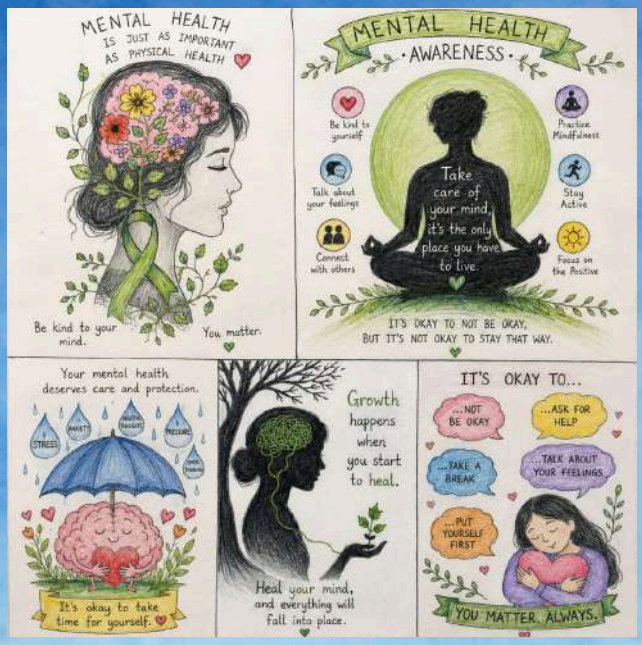
A word of care, a hand of hope,
Can light a fading flame.
For every mind has dreams to hold,
And every soul a name.

So let us choose to understand,
Not judge, ignore, or turn away.
For kindness planted in one heart,
May brighten someone's day.

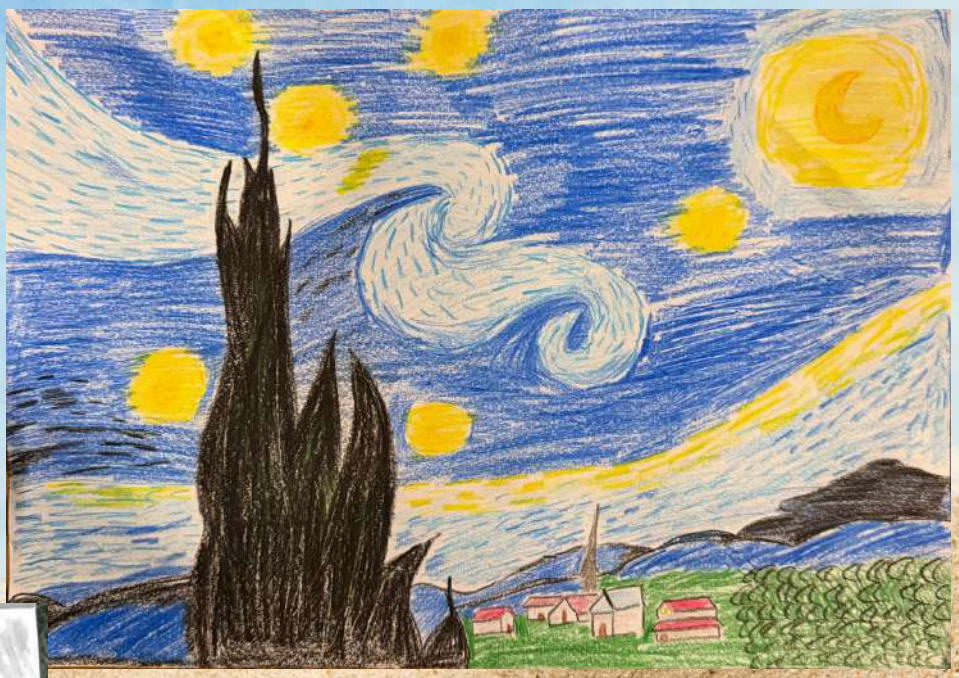
No voice is small, no life is less,
No struggle should be faced apart.
The greatest strength we truly have
Is helping one another start.

And when the world feels cold and vast, Remember this from the very start:
The strongest light is often found
Within a hopeful heart.

-Indranath Pramanik
8-B



-Indranath Pramanik
8-B



Anabia Sayeed-
XI-B



-Avvinab Roy
XI-B

CLASS PHOTOGRAPHS

2025



2025

CLASS 1

1-A



1-B



1-C



2025

CLASS 2

2-A



2-B



2-C



2025

CLASS 3

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CLASS 4

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CLASS 5

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CLASS 6

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CLASS 8

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CLASS 9

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CLASS 10

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2025

CLASS 11

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CLASS 12

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