

Reflections

Annual Magazine



St. Karen's Collegiate School
Jaitipur, Bihta, Patna

“We enable to see
the potential within”





St. Karen's Collegiate School

(Affiliated to CBSE, New Delhi, upto +2 level)

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MOTTO: Labour Reaps Reward



St. Catherine of Siena
Patron Saint of our School

“Nothing great
is ever achieved
without much
enduring.”

~St. Catherine of Siena

Vision

Our Vision at St. Karen's is to instill in our students a strong sense of self-belief and confidence and empower them to positively contribute to society and become active and responsible citizens of the country.



Mission

We strive to inculcate the basic human qualities such as respect, compassion, justice and integrity with a solid foundation of discipline and honesty that lead to a strong character.

Through our curriculum we endeavour to teach them 'Values that are Valued Forever' and to 'Shine to Outshine' with the true Karenite Spirit.

*I am a Karenite and
I behold this spirit forever.*

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Editorial

Dear Readers,

The famous saying, 'A pen is mightier than the sword' has been proven time and again. It is a bold step to pen down your thoughts, your beliefs and hope for people to perceive the message correctly. This year's edition of REFLECTIONS, is an ode to the voices seen, felt, and heard. At St. Karen's we believe, that the Child is our first priority, and their voices should be heard the loudest. It is their thoughts that will turn into actions in the future, making it the deciding force behind the society in which we will live. It is essential to realize that every voice counts, and for us it is of utmost importance to reflect on it and make it count.

"The way we experience the world around us is a direct reflection of the world within us." – Gabrielle Bernstein.

A school magazine plays a very important role as it gives the students their very own platform to express, as well as a place where their hard work is highlighted and appreciated. It is important to teach our children, that words, if used in the right manner, can make an impact. On flipping the pages, you will find Karenites with a difference. Karenites who dared to come forward to showcase their talent and the zeal to learn from the experiences provided to them. Within these pages we have captured these wonderful voices giving

words to their thoughts. It was a year brimming with achievements, events, activities and million moments that will forever stand as evidence of the marvelous potential and dedication of our St. Karen's Collegiate family.

We believe in instilling in our students the confidence to come forward as a responsible citizen with a purpose. We have incorporated activities that have helped our students in fulfilling the goals towards which the school is committed. The school has always taken a progressive approach to foster a positive self-image and develop self-esteem. We care about our students' mental health and have made a point it's not neglected; helping those who are struggling to get the right support. The progress made by them on a learning as well as interpersonal communication is commendable. It is high time to reflect what our children require and their capability. It is time to see the world through their lens and give their thoughts, words and aspirations the wings to soar high.

As you turn through the pages, going down the events of the past year, REFLECT: Have you found your voice? Have you made it stronger? But most essentially have you made it heard?

The effort behind the school magazine is to commend those voices that have been found and nourished and to be a light in the dark for those voices who still struggle to be discovered. All you need is the strength to reflect and express what is in your heart.

Because it is in the heart that we find hope, light and the will to go on.



Manisha Lall (Principal), Renu Jain, Angela Anthony (Chief Editor), Shubhra Nishant Singh, Jyoti Narayan, Joshline Augustine, Meenakshi Singh, Nishant Verma, Reshmi Sharma, Shruti Singh.

Dear Readers,

It's a matter of great joy for me to interact with you all through this new edition of 'Reflections'.

"When educating young minds, we must not forget to educate their hearts" – Dalai Lama

As we reflect back on the year gone by, it was a year full of challenges and a few breakthroughs as well, but it was undoubtedly a year of significant learning for all of us.

We started the year 2022 with a vision to instill values in our students along with self-discipline and right focus. In this day and age where competition, stress and insensitivity towards others are on the rise, one needs a rethink on how education can be used to bring about a change. Our vision was enabled by providing a classroom environment where our children could not only improve their skills through activities and interaction but also develop mutual respect for their classmates and elders. Their hard work, honesty and responsible behaviour were acknowledged and rewarded from time to time. We, at our school, have always strived to create an inclusive environment where everyone can learn to respect their differences. The learning landscape created with utmost love and care has helped the students in imbibing the values such as empathy, sense of fairness and integrity. As we progress on this path, I would like to commend all my teaching and non-teaching staff for taking each challenge as an opportunity and leaving no stone unturned to make our vision a reality.

While academic excellence is our major thrust, we also give emphasis on building characters. The students are given ample opportunities to discover, develop and become more focused on their goals. To accomplish this, our teachers are receiving training in innovative teaching techniques and methods, transforming classrooms into places for learning via play and exploration.

I would like to encourage all of my students to believe in themselves and always give it their all. I would also convey my most sincere gratitude to the parents for their constant support and encouragement at each step of our journey.

Best wishes!

Dr. Manisha Lall

Message from the Principal



An Interview with Honourable Big sir

Mr. D. P. Galstaun
(Director, St. Karen's School)



Aditi Dayal Std 9

Sir, you are an inspiration to everyone, your vision and hard work reflects in the success you have achieved. Tell us something about your journey so far.

I was a different boy. Leadership came natural to me. I assisted my mother in household work.

I was always ready to shoulder responsibilities and said I will do it.

I went to school in upper kg. That time LKG and UKG were mixed. I use to write on slate.

I was right through the monitor of my class. No one voted against me.

When I was in class 4, I used to mind the students of L.K.G - U.K.G and my principal who was a tall Englishman would walk past me, smile and wonder how could a child of class 4 hold 70 children in command without a teacher.

Responsibility upon responsibility started falling on me and I never said no to it. By the time I reached 7th standard. I was given the respect of a 10th std boy. I was a pet of the school and the badmash children used to be scared of me.

When we used to go for picnics, the money was deposited with me. So I used to come to Patna and see for the arrangements of sweets and other things.

Apoorva Shree Std 7 A

If the students are demotivated, what should they do to keep themselves motivated, because there is so much negativity around..?

The art of learning is the art of battling.

You all must learn to read motivational books. You don't need morals rather you need motivational books on personality development. You have to ask yourself why we are on this Earth. You all are so lucky that you are living in these times.

I have my own music gallery which includes songs from different genres both English and Hindi. I have a huge collection of novels and nowadays I read motivational novels. My students come to my house and take some books and they never want to give them back. All my books consist of my name and they treasure them like a momento.

I would laugh and communicate with God thinking that he did not have anybody else but me to give all the trouble. So I would ask him to give me the strength to believe.

Vithal Std 9

"As St. Karens is one of the most renowned schools in the field of education." Where do you see St. Karen's in future?

I am not interested where my students will go rather I am interested where my students will go. I want my teachers to understand that the sky's the limit. The question comes in who will take us there. Only two people can do it - Students and Teachers by a couple of qualities i.e Believe in yourself and Seize the opportunity.

Shital Std 9

What was your childhood like? Can you share any childhood memories which are dear to you?

My life has never been easy. As a child when my father died, I had a really difficult time. Life was quite challenging for me but when I went to school, it was totally different. There were so many responsibilities and so much recognition that made me feel important.

I was in charge of the study hall of my school. We had a massive study hall for 1000 students. I was in charge of the projector room where movies were shown. I was often called to the school office and told that we have got this plan, what do you have to say? I used to wonder sometimes if I would give very good advice. The important thing I had was I would never break a rule. My vision was very clear about it.

Mahi Std 8

Sir, what will be your message to the students?

Today I have achieved so much that I can surely lead a luxurious life but instead of that I am leading a simple life because I believe that my success should reflect in the progress of

my students who will keep me alive in their hearts and remember me. I want my students to always learn to achieve and lead an honest life and understand that what they need and make their life useful to other and serve others.

As children your minds are very observant. If you get a chance you will express yourself otherwise you will not express yourself. And if you keep it aside, it will affect your psyche and thoughts, making you feel that even if you do the best no one is going to appreciate you.

During this Corona time, my students used to call me to know if I am fine or would visit me. I would only say that don't worry, God is with me. It makes me feel fantastic when my students send their love and wishes. I always want to make them feel safe and understand that life may be difficult but when you overcome those difficulties, you realise that you always had those qualities hidden in you and that makes you feel great.

Aarushi Raj Std 8

What inspired you to become an educator?

One was my wife and the other was my friend who ran a hotel at that time. He had three children who were not doing well. So he asked me to step in and talk to them. I found that I was very good at it because of my

mode of explanation. I would take plenty of time to explain things and not rush it off. This helped them do tremendously well. That helped me realize that I could help my wife. You have to understand one thing that to create something you need two things in life, one is to create a new mind and another is physical. That is the way you will do it. The point is you can't just have a brain and let it be on your pillow. You have to use your sense and sensibility and get up and do it or try to do it. But if you just carry on a dream and just keep on thinking about it, it doesn't get you anywhere. You have to get to the practical part of it, just go and do it. That practical part of it is your Vision. First you are creating it. Your dream (which is a mental process) then the other part is the way you are executing it. So when it came to me, I had to give it a thought and I had to do it. It was challenging. So when my baby girl was born in 1964, I started the school in 1965 with a determination. It seemed like God framed it for me and he has played a vital role in my entire life by getting me through challenges and struggles that made me strong that I stopped looking at them as challenges. You have to get used to it and remember that success would never come to you on a plate. I would laugh and communicate with God thinking that he did not have anybody else but me to give all the trouble. So I would ask him to give me the strength to believe. I go to my prayer room and thank him.

Investiture Ceremony

"A leader is the one who knows the way, goes the way, shows the way."

St. Karen's Collegiate School, observed the 'Investiture Ceremony' for the session 2022-23 in the month of April. The 'Investiture Ceremony' is a solemn occasion where all the young students are prepared to don the mantle of leadership and discharge the responsibilities entrusted upon them by their Class teacher and school. Our school acknowledged the budding young leaders and reposed the trust in them. The occasion was graced by the benign presence of our Principal Dr. Manisha Lal and our school coordinator

Ms. Angela Anthony. The ceremony began with a welcoming address followed by pinning of the badges by our Principal and school coordinator. The council members administered the oath with a promise that they would carry out their duties with integrity, faith and excellence. At last our Principal motivated the students to strive harder with a unified zeal for the betterment of the institution. She also stressed on setting priorities and to maintain the discipline and decorum of the school.



COUNCIL MEMBERS (STD 1 TO 7)

CAPTAIN - PRANAV KUMAR (7C)
VICE CAPTAIN- RISHIKA RAJ (7A)

JUSTICE HOUSE

CAPTAIN - ONAM PRAGYA SHIROMANI (7A)
VICE CAPTAIN - PRANJAL KR. SINGH (6D)
DISCIPLINE INCHARGES - YASHFIN IQBAL (7E), SANGAM KUMAR (7F)

TRUTH HOUSE

CAPTAIN- SHRISHTI JHA (7E)
VICE CAPTAIN - ANSHIKA ROY (6B)
DISCIPLINE INCHARGES - ANUSHKA SINGH (7F), ABHIJIT JHA (7A)

FAITH HOUSE

CAPTAIN - VAIBHAV (7A)
VICE CAPTAIN - HARISH AKHTAR (7C)
DISCIPLINE INCHARGES - FIRDOUS RAZA (7F), PARUL (7B)

LOYALTY HOUSE

CAPTAIN- ANILA FATIMA (7B)
VICE CAPTAIN - SHAMBHAVI RAJ (6A)
DISCIPLINE INCHARGES- AMRIT SRIVASTAVA (7A), NYLA SINHA (7E)



COUNCIL MEMBERS (STD 8&9)

HEAD BOY-Abhiraj Bharti (9C)
HEAD GIRL-Shefali Shree (9A)
SPORTS CAPTAIN-Harshwardhan (9B)
SPORTS VICE CAPTAIN-Alishba Nasid (8D)
JUSTICE HOUSE
HOUSE CAPTAIN-Mansi Kashyap (9A)
HOUSE VICE CAPTAIN: Aditya Raj(8E)
Discipline Incharges:

1. Aayush (9A)
2. Katyayni Kriti (8A)

TRUTH HOUSE

HOUSE CAPTAIN: Zeyan Hossain (9B)
HOUSE VICE CAPTAIN: Kajal Chourasiya (8D)
Discipline Incharges:

1. Pragati (9C)
2. Piyush Kumar (8D)

FAITH HOUSE

HOUSE CAPTAIN: Kumar Harsh Raj Vardhan (9C)
HOUSE VICE CAPTAIN: Bushra Mariam (8C)
Discipline Incharges:

1. Isha kumari (9A)
2. Ishan (8A)

LOYALTY HOUSE

HOUSE CAPTAIN: Shivali Shree (9B)
HOUSE VICE CAPTAIN: Shubham Kumar (8D)
Discipline Incharges:

1. Abhinav Utkarsh (9D)
- Anwasha (8E)



CANTEEN DISCIPLINE INCHARGE

1. Faizan Ahmad (9D)
2. Tashya (9C)

ASSEMBLY INCHARGE

1. Utkarsha (9E)
2. Priyanshi Sinha (8E)

ENGLISH DEBATE INCHARGE

Priyanshu Kumar (9B)

HINDI DEBATE INCHARGE

Soumya Shree (9A)

ECO CLUB INCHARGE

Soumya Suman (9E)

ARTIST CLUB INCHARGE

Kumari Surbhi (9C)

DRAMA CLUB INCHARGE

Vitthal (9A)

Message from the Academic Coordinator

Angela Anthony



Greetings to all the fellow readers!

“We only think when confronted with a problem”, said John Dewey.

With this rapidly changing world where every day we come across a new addition in the challenges, we need to prepare our children daily to face these changes in life. The biggest tool that will help them to do so is EDUCATION. It is the most essential element in the process of change. Education changes lives. But I would like to stress the fact that it is the right type of education that facilitates change.

So, what is this right type of education? The right education is something when you can apply what you have learnt in reality. As we know, to grow a plant you need to nurture it, in the same way we must nurture the brain with education for it to grow. This is the most important step if we want to help our children to prepare them for the future. In today's world where we see a mad race of competitions to reach the finish line in first place, we need to understand that everyone might not be ready for the same kind of race. Every child is unique and has their own ways of learning. This is where we as parents or educators play the biggest role. It is essential to foster the mind of the children with experiences and not expectations. Children must learn certain things with experience and not just books. Hands on learning gives them a chance to explore their potential and understand the areas in which they need to work. Further, the students must be given a chance to apply their skills before they can feel satisfied with their knowledge.

Critical thinking is the need of the hour. We don't need a 'well-filled' mind but a 'well-formed' mind that reacts to unfamiliar facts and details that can actually synthesize information that it hasn't studied before. A mind that can react to the bigger examination called life, which doesn't only give the things you are prepared for; a mind that seeks original thinking. It is necessary to have a mind that doesn't only asks 'Why' but 'Why Not'.

Our future lies in the hands of these children, and theirs in ours. We need to trust the process but at the same time should not make it a process that is pressurizing and monotonous. It is only possible when everyone comes in collaboration to ignite this process. The strong collaboration between the school and the parents is the most essential adhesive that will keep this vision in place. We need to remember there is a difference between being educated and acting educated. Everyone can be educated in some way but if we don't act on it, it will serve no purpose.



CELEBRATIONS

Celebrations are a great time
to let go of yourself.



Ambedkar Jayanti



"Honoring a Legacy of Equality": Celebrating Dr. B. R. Ambedkar's 131st Birth Anniversary.

We celebrated the 131st birth anniversary of Dr. B. R. Ambedkar, also known as Baba Saheb, through book-mark making activity for Std 1, 2 and 3. A Quiz competition was conducted for Std 4-7 on the theme 'Know your Constitution' to raise awareness about Dr. Ambedkar's efforts and contributions to India, his work on the Indian Constitution and his role in promoting education for all, and a speech competition for Std 8 and 9 on the theme of "Constitutional Rights and Duties" to express their views on the topic. Our Principal was the Guest of Honour for the competition. She motivated the students to follow the values from the life of Dr. Ambedkar.

WINNERS

Std 5

- 1st Ayaan Shree (5G)
- 2nd Aahana(5A)
- 3rd Abhigyan (5D)

Std 6 & 7

1st-Group A : Harjot Singh (6A), Aliza Razi (6A), Sneha Patel (7A), Onam Pragya (7A)

2nd-Group B: Anshika Roy (6B), Harsh Raj (6B) Anila Fatima (7B), Absar Jawed (7B)

3rd - Group D: Rakshit Raj (6D), Ishan Thakur (6D), Aman Kr. Adarsh (7D), Nancy Raj (7D)



"Earth Day is a reminder that we share a responsibility to protect our planet." - Jacinda Ardern

The students of our school conducted various activities centered around the theme "Invest in our Planet." The students of Std 1, 2 and 3 took an initiative to save the Earth through "Best out of Waste" activity where they used old reusable materials.

The students from Std 4 to 7 conducted a special assembly on pollution, rising global temperatures, vanishing forests, water shortages, and presented ideas on how to preserve the planet. The sign board and poster making competitions were also conducted for Std 4-9 students.

A skit "Be the change to see the change" was presented by Std 9 students highlighting how one can take care of the planet. Our Principal Dr. Manisha Lall spoke about the responsibilities of students towards future generations and the importance of reducing carbon footprint. She also highlighted the nine R's for betterment of mother nature.



Earth Day



'Gratitude unlocks the fullness of life, it brings peace for today and creates vision for tomorrow.'

This quote reflects the spirit of the grand Feast Day celebrations held in our school.

With our hearts filled with felicity and gratitude we celebrated the best kind of offering, Thanksgiving, on the auspicious occasion of the Feast Day of our patron, Saint Catherine of Siena, our guardian angel and guide. Her ideals and principles are engraved in the hearts of every Karenite. The day began with the Mass celebrated by His Grace Reverend Archbishop William D'Souza SJ and Reverend Father Martin Anand who led us in prayer as we bowed before the Almighty in reverence to pay our gratitude for his guidance and blessings. The soulful songs and the prayer dances by the teachers added to the aura of divinity.

This day was momentous and special because after two long years of lockdown, the entire St. Karen's family was finally able to celebrate an event together as one big family. There were many cherished moments during the day like the acknowledgement of efforts in the form of awards, showcasing of the hidden talents by the teachers through their performances and laughing together after a long time.

The day was also a reminder of our strong will to overcome obstacles and of our faith in the Almighty that He is always with us.

Feast Day



Teachers' Testimonials

For Karenite Teachers' Achievement award on Feast Day



Receiving an award for me is always a special moment and a great feeling in itself. The award for 'Creativity and Initiative' has motivated me to put in my best efforts and further enhance my skills.

It is an honour to be a part of St. Karen's Collegiate School, and I feel proud to have a management that provides an environment which leads to creativity and productivity.

~ Sangeeta Kumari

I am grateful and thrilled to have received the award for 'Active Participation in School Events' from such a prestigious organization. This recognition of my hard work has boosted my confidence and will drive me towards even greater success in the future. I would like to express my thanks and humble gratitude to everyone who has been a part of my journey, including my seniors and colleagues, without whom events like this would not be possible.

~ Minakshi Singh



Getting appreciated for our work is a matter of pride and honour. It was a proud moment for me to receive the award for 'Active Participation in School Events' in the session 2022-23. It would not have been possible without the support of my mentors who have constantly motivated me to give my best efforts at work. This award has inspired me to be more dedicated and selfless in my work.

~ Reshmi Sharma



I was really happy and enthralled to receive the award for my 'Enthusiastic Support' in the school which proved that hardwork and dedication always lead to perfection. It made me really proud to share this moment with my colleagues and seniors who always guide and help me in my work and also my students. I was deeply honoured with this recognition.

~ Kumari Arti

It was an encouraging moment for me to receive the award for my 'Dedication and Sincerity' in the overall school activities and duties assigned to me. I was truly elated to receive this recognition bestowed on me by the management. I would like to thank my senior and colleagues for their constant support and encouragement.

~ Pallavi Sinha





It's great to be noticed and even better to be recognised. I thank everyone who have shown faith in me and bestowed me with the award for 'Innovative and Effective Teaching Methods'. This appreciation makes my efforts worthwhile. The Feast Day will always hold a special place in my heart as I felt cherished and honoured after receiving the award from some of the most inspiring people around, Big Ma'am and Big Sir. It feels truly amazing to have your dedication and hard work acknowledged.

~ Shubhra N. Singh

It was a dream come true experience when I was called to receive the Karenite Teacher's Achievement Award for 'Dedicated Consistent Service' in a glittering ceremony.

Words feel short when I remember those nostalgic moments. It was an ecstatic moment for getting recognised for all my hard work, dedication and loyalty.

~ Sunita R. Shah



It was a memorable moment for me when I received the award for Exemplary Online Teaching. It was a huge honour for me to receive this award from Big Ma'am and Big Sir. I was so overwhelmed and touched. I am deeply honoured and grateful to my superiors for this recognition of my work. They are like rungs of a ladder that helped me climb up in life. I would like to express my sincere thanks to them for making me believe in myself and my abilities. The journey of teaching online was not so easy. This journey has helped me learn many innovative ways of teaching. It was our respected Principal ma'am whose guidance has been with me in every step. Her appreciating words made me emotional on that momentous occasion. I am truly obliged for this great recognition and always pray to the Almighty to bless me with strength and abilities to serve our institution more sincerely.

~ Bishakha Samanta



AWARDS FOR PERFECT ATTENDANCE

The school acknowledges the arduous efforts of its teachers who extend their relentless contribution to the overall development of the school and the students making it not just a place to get education but a second home for them. Even the COVID situation could not fade away the dedicated efforts of these teachers who continued their conviction trying to make students efficient agents of change in the world. To appreciate their continued support and perseverance, the school awarded the following teachers in the session 2019-20, 2020-21 and 2021-22.

- | | | |
|------------------------------|-----------------------------------|-------------------------------|
| 1. RENU JAIN (2019-20) | 2. RESHMI SHARMA (2019-20) | 3. SANGEETA KUMARI (2019-20) |
| 4. ROSY SAH (2020-21) | 5. ARVIND KR. CHOUDHARY (2020-21) | 6. ANCHAL KR. SINGH (2020-21) |
| 7. PRADEEP KR. LAL (2020-21) | 8. SUNITA R. SHAH (2020-21) | 9. MINAKSHI SINGH (2020-21) |
| 10. SHILPI LATA (2020-21) | 11. JYOTI NARAYAN (2020-21) | |

Ms. Pallavi Sinha was conferred with the Perfect Attendance Award for 3 consecutive years- 2019-20, 2020-21 and 2021-22

BEST TEACHER'S AWARD by PATLIPUTRA SAHODAYA SCHOOL COMPLEX

Patliputra Sahodaya School Complex, Patna recognizes the exemplary efforts of teachers and works for improvement of their skills through various trainings.

It was a proud moment for all of us when two of our teachers were awarded with the BEST TEACHER AWARD on the occasion of Teachers' Day for their outstanding contribution in nurturing students by making teaching and learning more fun. The school congratulates them for their commendable achievements and hope they will continue their effortless services and also be an example and role model to others.



Receiving the award for best teacher is a true honour and a recognition of my hard work and dedication. It acknowledges the impact I have made on my students. This award serves as motivation to continue improving and providing the best education possible. It is also a testament to the importance of creating a positive and inclusive learning environment.

Being awarded as the Best Teacher by Patliputra Sahodaya School Complex, Patna is a proud moment that will be cherished for years to come.

~ Sanjana Shah

It was a proud moment in my career when I was awarded as Best Teacher by Patliputra Sahodaya School Complex. It was an exhilarating experience and made me realize that I should work harder and bring more laurels to my school.

With this award I shall strive to be more vibrant and positive with my students and my school fraternity.

~ Sunita R. Shah

Mother's Day



"A mother's love for her child is like nothing else in the world. It knows no law, no pity, it dates all things and crushes down remorselessly all that stands in its path." – Agatha Christie

- M - MAGICAL
- O - OUTSTANDING
- T - TREMENDOUS
- H - HELPFUL
- E - EXTRAORDINARY
- R - RELIABLE AND RICH WITH LOVE

Mother's day is celebrated on the second Sunday of May every year to honour the most selfless person in the world who starts loving her children even before they come into this world.

It is said that God can't be present everywhere so he created mothers. A mother is an epitome of love, who adds every colour to the life of her child as well as her family. She is a warrior who fights all the odds to make her child happy. She is the first teacher, guide, philosopher and friend to her children. We celebrate Mother's Day to express our love and gratitude for her.

This year the students of our school celebrated International Mother's Day with a special assembly spreading the message of love and respect for the wonderful mothers who make all the sacrifices for the happiness of their children.

The assembly began with a small speech by Sona Chaurasia of Std 4 followed by beautiful dance performances by the students of Std 1, 2 and 3 on the song 'Ungli Pakad Ke' and the students of Class 5 performed on the song 'O Maa Tera Haath'. Aditi Pathak of Std 5 recited a poem on Mother's love and the school choir presented a song 'My Beautiful Mom'.



Yoga Day

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

The word Yoga has been derived from the Sanskrit word 'Yuj' which means to unite or integrate. Yoga is an integral part of our culture that comprises of a set of physical, mental and spiritual exercises that strengthen the body, and creates a feeling of well-being. It steadies the emotions and encourages a caring concern for others.

To celebrate the International Yoga Day in our School, the students and teachers conducted a Yoga session where they showed various Yogasanas in the school assembly, motivating everybody to be a part of it. The students of Std 4 to 9 dressed up in their Yoga costumes and demonstrated various yoga postures and discussed about their benefits for the human body. On this occasion our Principal, Dr. Manisha Lall appreciated the students and teachers, encouraging them to adopt healthy living habits and make Yoga an important part of their daily lives.



LABOUR'S DAY

SUPPORT STAFF APPRECIATION DAY



"Alone we can do so little; together we can do so much."

On the International Labour Day, the students of St. Karen's Collegiate School organized a special assembly to acknowledge and appreciate the dedicated efforts of the support staff who work tirelessly to make the school environment comfortable and conducive for learning. The event began with a warm welcome by the anchors. Students of classes VI and VII performed a roleplay depicting the hard work and dedication of various workers. A poem was recited by Shristi Jha of Class VII. Our support staff members Sangita Devi and Dinesh Kumar were awarded the Best Support Staff recognition by the school. The Principal distributed gifts, cards, and sweets to all the support staff and expressed her gratitude for their constant support and efforts. The school choir rendered a beautiful song to show their respect and appreciation for the support staff. The students of Std 8 and 9 presented a skit on the dignity of labour. The event concluded with a note of gratitude by the Principal.

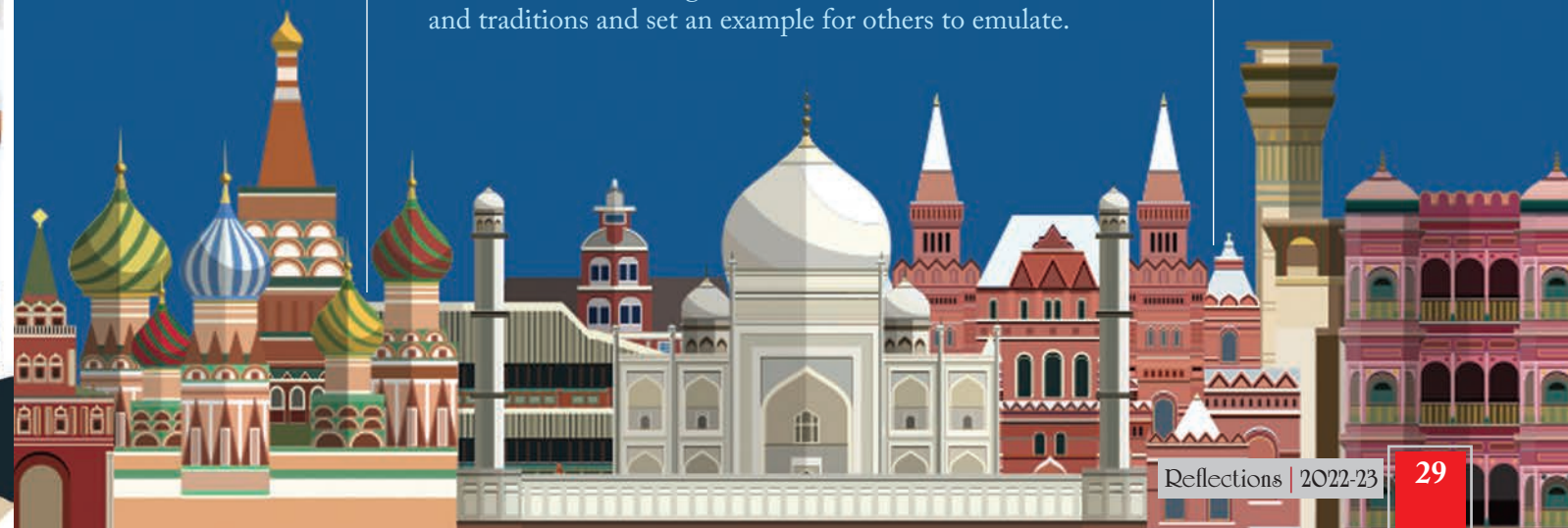


World Heritage Day

WORLD HERITAGE DAY SPECIAL ASSEMBLY:
CURATING THE HERITAGE THROUGH
CONSISTENT EFFORTS.

Every year the United Nations commemorates the World Heritage Day on April 18, to raise awareness amongst the citizens worldwide, about the importance of preserving and protecting our heritage sites. These heritage sites are a lineage that we have inherited from our ancestors and it is our responsibility to preserve them and recognize the efforts of the organizations working for it.

This year the theme was 'Heritage and Climate' and the students of Std VII C put up an informative and entertaining presentation on the importance of preserving the world heritage sites. The programme created an awareness among the students as they learned about the richness of our heritage and became aware of the practices which includes culture, tradition, clothing, flora, fauna and also historical monuments, that are passed down through the years, from one generation to the next. This special day also offered an opportunity to make them appreciate the diversity of the world's cultural heritage and the efforts that are required to protect and conserve it. Mannat Singh, Ishu Raj and Swarit Kumar shared interesting facts about some historical monuments of India followed by an informative speech by Pranav Kumar and Trisha Kumari on the occasion of World Heritage Day. The students also pledged to preserve their glorious culture and heritage. The school Principal, Dr. Manisha Lall, encouraged the students to celebrate their culture and traditions and set an example for others to emulate.



VAN MAHOTSAVA

A TREE FOR THE FUTURE

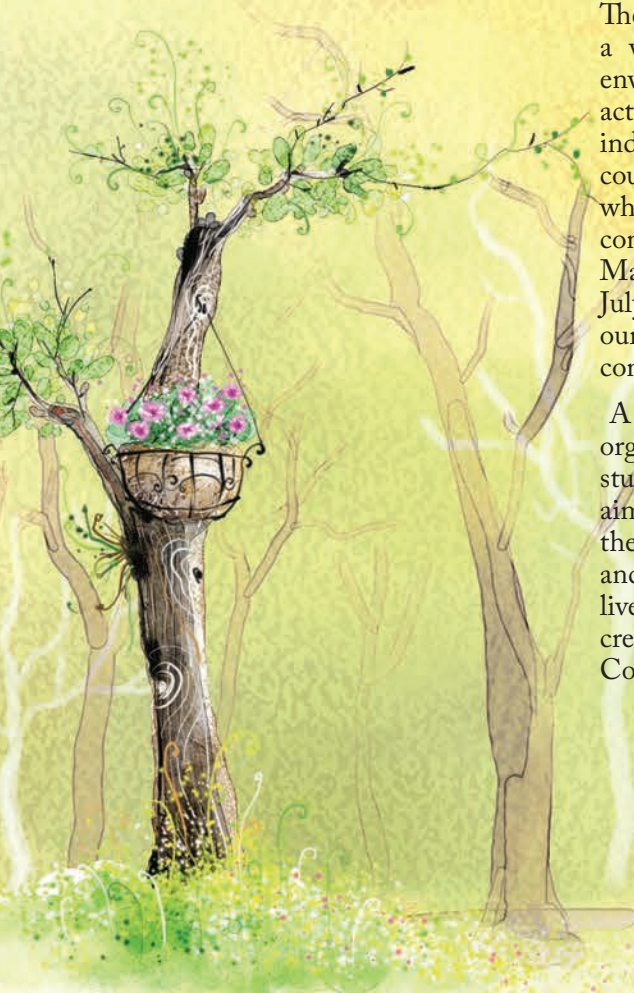
God has given the nature's treasure to humans in so many forms and trees are one such boon bestowed on mankind.

The students of our school took a vow to be the saviours of the environment from the selfish acts of the humans such as rapid industrialization of the cities, countries and the planet - Earth, which has given way to disastrous consequences. They celebrated Van Mahotsav week from 4th July to 8th July '22. As a part of the celebration, our school conducted a myriad of competitions for our students.

A 'Paper Bag' making activity was organized on 6th July 2022 for the students of std - 4 and 5 which aimed to acquaint the students with the importance of trees, forests, and other natural amenities in our lives. The celebration of this festival created an enthusiasm towards Conservation and afforestation.

The students of Std 6 participated in a Bulletin board decoration and speech activity in which they exhibited their creativity and shared the importance of Van Mahotsav, its brief history and tried to create an awareness among the peers for planting trees and keeping our planet healthy and green.

The students of Std VII participated in a 'Seed ball making' activity as an initiative towards a green environment. They prepared Seed Balls and distributed them among the students, teaching and non-teaching staff who acknowledged the preservation of the environment. The students of Class 8 and 9 presented a special assembly where they showcased the problems faced by mankind due to cutting down of forests through a Nukkad Natak and poems. The tiny tots of Std 1A, 1B, 2A, 2B and 3A participated in the Fancy Dress Competition- 'Trash to Treasure'.



STD 1-B (1) Sonakshi Sinha-1st (2) Anshu Ranjan-2nd (3) Shanvi Sinha-3rd

STD 2-B (1) Mohammad Ayan Ansari-1st (2) Shaurya Prakash-2nd (3) Afsheen Fatima-3rd

STD 3-A (1) Anushka Raj-1st (2) Saanvi Singh-2nd (3) Ruchika Singh-3rd





KARGIL VIJAY DIWAS

"Brave men rejoice in adversity, just as brave soldiers triumph in war."

'Kargil Vijay Diwas' is a symbol of extraordinary valour of the armed forces, and we citizens of India will always be indebted to the brave soldiers who laid down their lives to protect Our Motherland.

To commemorate India's victory, which was nearly a three-month-long battle on the icy heights of Kargil in Ladakh, the students and teachers of our school observed the Kargil Vijay Diwas on 26th July, 2022 with a special assembly. On this occasion, the students paid their homage by presenting a skit on the theme igniting a patriotic feeling amongst all present. The vibrant thematic dance performance won all the hearts. The participants amazed everyone with their confidence and charm. Their performance aroused the spirit of love and respect for the nation.



Har Ghar Tiranga- Azadi ka Amrit Mahotsav



The 76th Independence Day was celebrated on 15th August, 2022 with great fervour as we hoisted our national flag to mark the 75 glorious years of our independence. Every corner of the school was filled with dazzling tricolors reflecting the beauty of our national flag- Tiranga. This year's Independence day was more significant for all of us as we witnessed the glorious 75 years of our freedom, which filled our hearts with pride.

To make the occasion more special, a cultural event was organised by the students and teachers to spread the message of truth, honesty and pride in the culture and traditions of our country- India. The students of Class 8 & 9 presented a welcome dance on the song Vande Matram followed by a short presentation by the students of Class 9 on the Journey of Tiranga where they showed the evolution of our national flag over the years till it got into its final form as Tiranga. The poems by the students of Std 5 reflected the richness of our values and the strength shown by our freedom fighters to bring the country out of darkness. The rendition of the song 'Ae mere Vatanka logon' by the school choir brought the memories of our martyrs who sacrificed their lives for the country. The folk dance by students of Classes 4 to 7 gave us the message of unity in diversity. The students of Std 9 also presented a short skit on the contribution by various social reformers who brought major changes in the Indian society. The programme ended with a speech by our Principal ma'am.





Teacher's Day

"If you were successful, somebody along the line gave you some help. There was a great teacher somewhere in your life."

We all know that 5th of September commemorates every teacher in history and respects them.

The students of St. Karen's Collegiate School too took the opportunity to express their unwavering love and respect for the teachers.

To celebrate this occasion, students performed songs and plays acknowledging the contribution of their teachers. They also showed their affection to their favourite teachers in the form of cards, speeches and chocolates.

The teachers enjoyed and appreciated the programme. It concluded with the Principal's address. She extended her heartiest thanks to all students on behalf of the school staff. She also appreciated the efforts of school council members for their successful coordination.



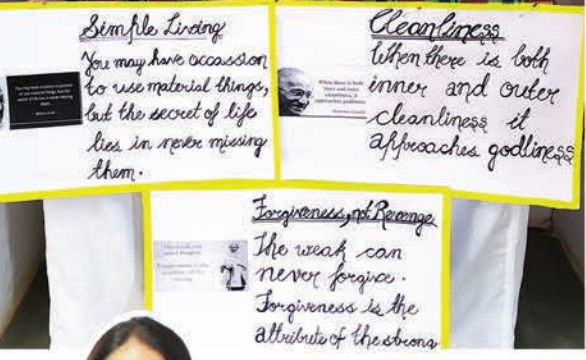
Children's Day, a special day for every student, knocked on the door once again on 14th November.

It was a sensational day as the innocence of childhood was celebrated with immense joy and enthusiasm. The day started with the Morning Prayer and the Principal's address to the students.

There were multifarious activities in the form of math.fun races for the tiny tots, magic show, musicals, movie show, medley of songs and humorous skits-all planned by the teachers for their beloved students.

Teachers organized several games to entertain the children and gave them gifts as a token of their love. After enjoying a fun-filled morning with their peers and teachers, students celebrated this day together with their classmates and made sweet memories that they would remember throughout the year.

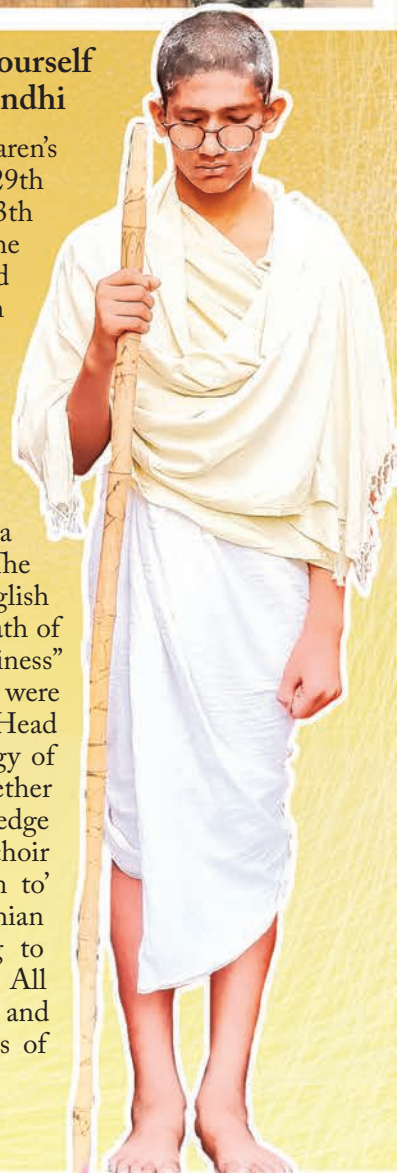
Fun treats, chocolates and cakes were given to the students as the festivity and laughter filled the air. The gleaming eyes and the charming smiles of the students reflected their joy and happiness.



GANDHI JAYANTI

"The best way to find yourself is to lose yourself in the service of others." -Mahatma Gandhi

Gandhi Jayanti was celebrated at St. Karen's Collegiate School on 28th and 29th September to commemorate 153th birthday of Mahatma Gandhi. The school remembered the greatest motivator and independence campaigner of his times through various activities. They showcased different stages of Gandhiji's life and the various turning points of his struggle. The students presented the ideologies of Gandhiji and the thumb rules given by him. The senior students presented posters, describing the famous lines said by Gandhiji and a model to throw a glance at the various events of Gandhiji's life. The students beautifully delivered speeches in English and Hindi to remind everyone to follow the path of truth and non-violence. His "Mission of Cleanliness" was also explained to the little learners and they were motivated to keep the environment clean. The Head Boy urged the students to follow the ideology of CLEANLINESS given by Gandhiji and together with all the students and teachers took a pledge to say NO to single-use plastics. The school choir sang Gandhi's favourite bhajan 'Vaishnav Jan to' melodiously. A special speech with Gandhian quotes and messages brought the gathering to understand more about this iconic leader. All students were imbued with Gandhian values and thoughts and vowed to become good citizens of India and this World.



Diwali

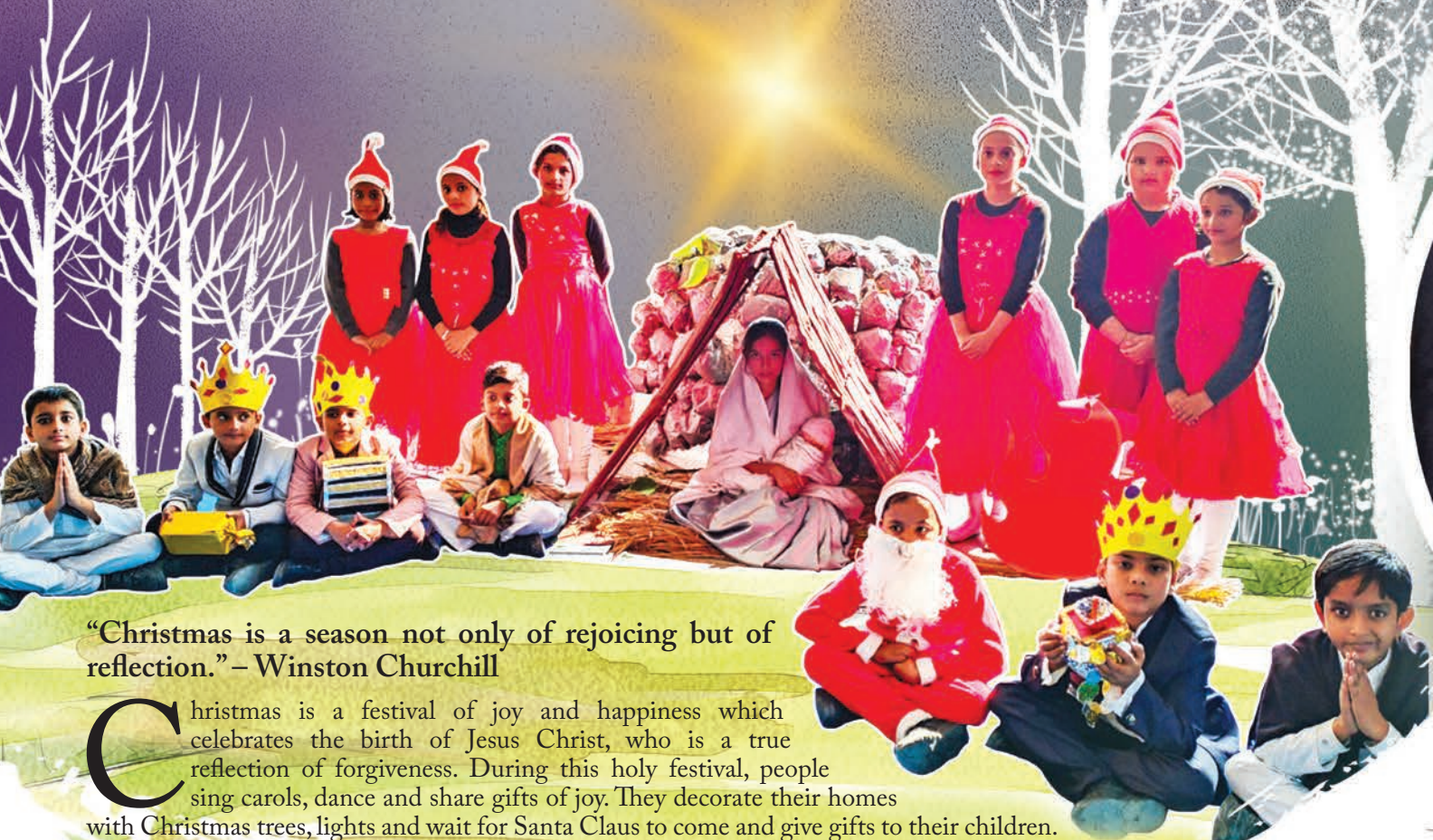
"Light the lamp of wisdom and dispel the darkness of ignorance."

Often referred to as the festival of lights, Diwali is a time when everyone gathers to share their own traditional stories and celebrate this festival. It represents the triumph of good over evil, light over darkness and wisdom over ignorance.

With the same enthusiasm as every year, the students of St. Karen's Collegiate School gave a splendid performance on this occasion. The special assembly started with a melodious 'Ramayan Bhajan' sung by the school choir and a performance by the tiny tots of Std. 1 and 2.

We all know the importance of family in the festival and with the same message, the students of Std. 8 and 9 performed a marvelous skit on "Tyoharon pe Parivar ki Ahmiyat" It was followed by a poem recited by Soumya Shree of 9C. Our Academic and Administrative Coordinator Thomas Matthew Sir encouraged and enlightened the students with his inspiring words which added to the grandeur of the event.





“Christmas is a season not only of rejoicing but of reflection.” – Winston Churchill

Christmas is a festival of joy and happiness which celebrates the birth of Jesus Christ, who is a true reflection of forgiveness. During this holy festival, people sing carols, dance and share gifts of joy. They decorate their homes with Christmas trees, lights and wait for Santa Claus to come and give gifts to their children.

This year we celebrated the spirit of Christmas through a special assembly by the students who presented a beautiful carol and gave a speech on the auspicious festival spreading the message of joy, hope, love and care for everyone. They also presented a Nativity scene recounting the birth of Jesus Christ. The children made sleighs using paper as craft activity organized by the Art teachers in association with Pidilite. They also decorated their classrooms and bulletin boards showing the colours of Christmas with lovely wishes for their friends and family to have a great time and year ahead.



The Spirit of Christmas



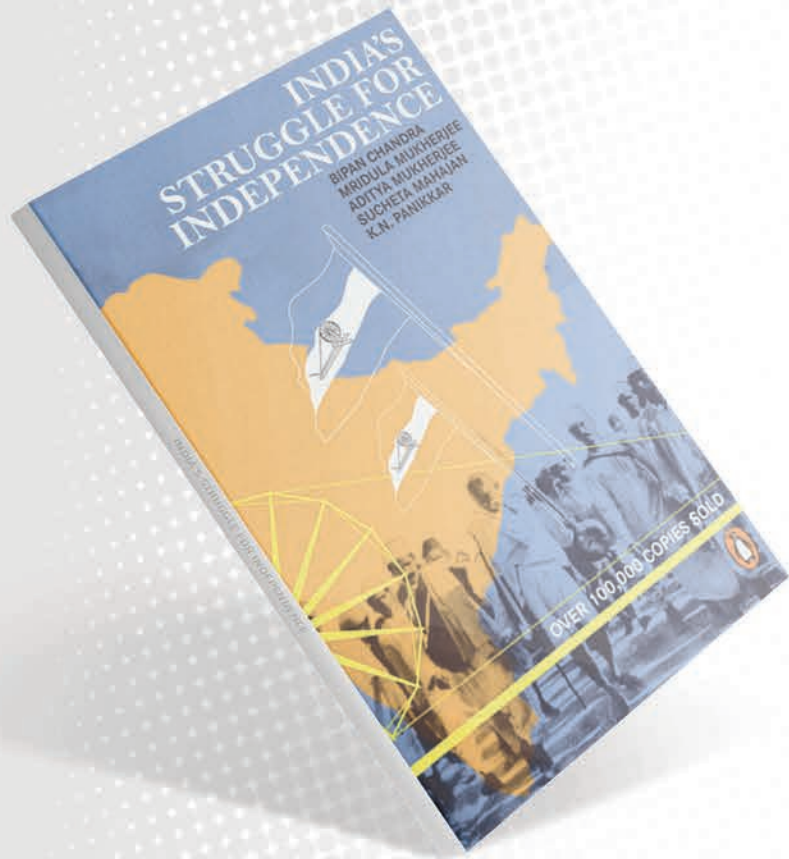
You shine
when you believe in
yourself



COMPETITIONS

Competitions teach us
to share team spirit with each other.

BOOK REVIEW



India's Struggle for Independence

Did you ever have a great desire to read through the history of your country?

Then I recommend that you satiate that desire by reading the book "India's Struggle for Independence".

This book portrays the cruelty of the British Raj and the tyranny of the British rulers. This book has over 600 pages filled with the real-life incidents that describe life under the foreign rule with utmost vividness. This book is written by Bipan S Chandra, one of the descendants of the very own people who suffered under the choices made by the rulers influenced with only profit incentive in mind. This book is highly praised from the academical point of view as well as it is a must read for the IAS aspirants. However, setting aside the pros we are left with the cons. This book is accused by many of being biased as it only shows the "Congress" as our true saviour and completely bashes the revolutionaries and their revolutionary ideas but this opinion varies from person to person as everyone has different levels of expertise and knowledge regarding this field. As for me, from an average 15-year-old's perspective, this book is perfect but I will mark it an 8 out of 10 book. The one thing missing from this book is paintings that can truly enhance the depth of the incidents. A painting can say 1000 words. Across history, we have seen many paintings that have depicted the lifestyle, struggle, pain, and love of people across cultures. If the writer included some of these breath-taking artworks in his book this book would have been a perfect 10 out of 10.

With all of this being said, I wholeheartedly recommend that this book should be included in your arsenal.

Priyanshu Kumar
IX-B

BOOK REVIEW COMPETITION OF STD 8 & 9



"Books are the quietest and most constant of friends; they are the most accessible and wisest of counselors, and the most patient of teachers."

- Charles William Eliot"

Reading plays a very significant role in providing an essential foundation for any individual who aspires to achieve exceptional success. Recognizing the importance of reading and to give a broad overview to the students, the English Department of St. Karen's Collegiate School, Bihta, organized a Book Review Competition for the students of Std VIII and Std IX in both Fiction and Non-Fiction categories.

A total of 20 students participated in the event. The competition was evaluated by Mr. Thomas Mathew, the Academic and Administrative Coordinator, and our Coordinator for Primary and Middle School, Ms. Angela Anthony. The event was also graced by the presence of Dr. Manisha Lall, Principal, and Ms. Shefali Shrivastava, Supervisor of Schools System who shared their valuable feedback and commended all the participants for their efforts. The winners and participants were awarded with certificates as a token of appreciation.



English Elocution Competition



“PUBLIC SPEAKING IS THE ART OF DILUTING A ONE MINUTE IDEA WITH ONE HOUR VOCABULARY”

Elocution is the art of public speaking that gives self-boost and confidence to speak in front of a large audience. In order to promote the oratory skills amongst students, an English Elocution competition was organized by St. Karen's School for the classes 3,4,5 & 8. The participants of classes 3,4,5 & 8 were given prescribed themes. The theme for class 3 was Books, for class 4 Funny Poems and for class 5 and 8 it was Patriotic Poems. The participants displayed their oratory skills by reciting some very interesting poetic verses composed by renowned poets. All the participants were praised by our Principal and the esteemed judges for creating a brilliant ambience and doing justice to the poems through their correct pronunciation, intonation and expression.



The winners of the competition were as follows:

RANK	NAME OF THE STUDENTS	CLASS
1st	Anushka Raj	3A
2nd	Ananya Kumari	3A
3rd	Inayatullah	3A
1st	Devansh Kumar	4C
2nd	Anshi Kumari	4D
3rd	Abbad Bin Tausif	4A
1st	Surya Pratap	5A
2nd	Anya Sharma	5B
3rd	Aditya Ranjan	5H
1st	Maria Jamil Ahmad	8D
2nd	Ayushi Anand	8C
3rd	Qudsiya	8E



Show & Tell Competition

“Tell me and I will forget
Show me and I will Remember
Involve me and I will Learn”
– Benjamin Franklin

Education is not just about knowing Hows and Whys of things, it's about exploring, expressing and understanding ourselves. It's creating joyous memories along the way of acquiring knowledge. One of the simple joys of childhood that many of us remember and children look forward to is show and tell. It's an activity for kids that comes with tons of learning benefits. It boosts self-esteem, helps develop confidence, sharpens speaking and other social skills, and opens the door for kids to interact openly with each other in the early school years. It even helps develop listening skills for those in the audience. For teachers, it's also a skillful way to find new ways to bond and connect with students and evaluate strengths or areas for improvement.

The young minds of Std. I presented their topic 'The Insect I Like Most' and the topic for Std. II was 'My Favourite Cartoon Character'. The themes stimulated their imagination and made the event fun filled as they shared their views using fantastic handmade props and toys. Some of them wore costumes too. It was really an exciting and enjoyable event. Our respected Principal Ma'am, encouraged and inspired our students and participants with her words.



हिन्दी भाषण प्रतियोगिता

“हिन्दी भारतीय संस्कृति की आत्मा है” –कमलापति त्रिपाठी

हिन्दी विभाग की शिक्षिकाओं द्वारा हिन्दी भाषण प्रतियोगिता का संचालन दो चरणों में किया गया। प्रथम चरण में दिनांक 6 अगस्त, 2022 को कक्षा-7 के विद्यार्थियों के द्वारा प्रस्तुति दी गई; जिसका विषय "हमारी सांस्कृतिक विरासत" थी। सभी प्रतिभागियों ने विभिन्न वेश-भूषा में अपनी प्रस्तुति दी। निर्णायिकाओं के रूप में रोजी साह महोदया एवं प्रमिला खालको महोदया थी, जिन्होंने सभी प्रतिभागियों की उनके अद्भुत प्रस्तुति के लिए प्रशंसा की। इस प्रतियोगिता की सम्मानित अतिथि आदरणीय प्रधानाचार्या महोदया श्रीमती मनीषा लाल एवं एंजेला महोदया थी। जिन्होंने सभी प्रतिभागियों को समाज एवं राष्ट्र के प्रति अधिक जिम्मेदारी निभाने हेतु प्रोत्साहित किया।

दूसरे चरण में हिन्दी भाषण प्रतियोगिता दिनांक 19 मई 2022 को कक्षा-9 के विद्यार्थियों द्वारा किया गया। सभी प्रतिभागियों द्वारा विभिन्न व्यक्तित्व के वेश-भूषा को धारण कर उनके विचारों को भाषण के द्वारा व्यक्त किया गया। इस प्रतियोगिता की सम्मानित अतिथि आदरणीय प्रधानाचार्या महोदया मनीषा लाल एवं शैक्षिक समन्वयक थॉमस महोदय थे। इस प्रतियोगिता में 11 प्रतिभागी थे, जिनकी प्रस्तुति सराहनीय थी।



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r`rh	mRd"lZ	IX-E
l kRouk	moZkh	IX-C



हिन्दी दोहे और संस्कृत श्लोक वाचन प्रतियोगिता

संस्कृतः भाषाणां जननी अस्ति।। अर्थात् 'संस्कृत भाषाओं की जननी है।'

“संस्कृत भाषा सम्पूर्ण भारते समानरूपेण अङ्गीकृता आदृता च अस्ति। अतः राष्ट्रियैय संस्थापनाय अद्भुतं सामर्थ्यम् आवहति। एतादृश्याः समृद्धायाः मातृभूतायाः संस्कृतभाषायाः संवर्धनाय अस्माभिः सर्वविधः प्रयासः कर्तव्यः।”

तात्पर्य यह है कि

“संस्कृत पूरे भारत में समान रूप से स्वीकृत और सम्मानित है। इसलिए इसमें राष्ट्रीय स्थापना की अद्भुत क्षमता है। हमें ऐसी समृद्ध मातृभाषा संस्कृत को बढ़ावा देने के लिए हर संभव प्रयास करना चाहिए।”

राष्ट्रीय स्थापना के प्रयास हेतु ही 18 अक्टूबर, 2022 को संत कैरेन्स कॉलेजिएट स्कूल परिसर में कक्षा 'अष्टम्' (8) के लिए 'संस्कृत श्लोक वाचन' का आयोजन किया गया। प्रतियोगिता की शुरुआत समूह गायन द्वारा 'सरस्वती वंदना' से हुई। 'संस्कृत श्लोक वाचन प्रतियोगिता' में कक्षा 'अष्टम्' (8) के विभिन्न वर्गों के छात्र-छात्राओं ने भाग लिया। छात्रों ने आकर्षक सामग्रियों के साथ दुर्गा स्तुति, शिव तांडव, भगवान कृष्ण के उपदेश और नीतिपरक श्लोकों आदि का प्रस्तुतिकरण बड़े ही रोमांचक ढंग से किए। साथ ही कक्षा नवम् (9) के विद्यार्थियों के लिए हिन्दी विभाग के द्वारा 'दोहा वाचन प्रतियोगिता' का भी आयोजन किया गया। प्रतियोगिता दो दलों 'अग्नि दल' (लड़कियाँ) और 'वायु दल' (लड़कों) के बीच थी। प्रतियोगिता जीतने के लिए दोनों दलों ने काफी जोश के साथ मुकाबला किया। मंच पर प्रदर्शन के जरिए आत्मविश्वास हासिल करने का यह उनके लिए एक शानदार अवसर था। हमारी प्रधानाचार्या महोदया डॉ. मनीषा लाल के प्रोत्साहन भरे शब्दों के साथ कार्यक्रम का समापन हुआ।



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प्रथम – आयुष कुमार अग्रवाल (VIII-C)

द्वितीय – शिवांशु राज (VII-B)

तृतीय – कुदसिया (VIII-E)

fglh nlgk okpu i fr; kxrk fot rk ny&&

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1. खुशी कुमारी (IX-B)

2. सुभांगी सिंह (IX-B)

3. अपराजिता सिंह (IX-A)

4. सृष्टि सिंह (IX-B)

5. अदिति गुप्ता (IX-E)

6. नैन्सी कुमारी (IX-C)

7. आस्था प्रकाश (IX-B)





हिन्दी कविता वाचन प्रतियोगिता

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[kp gh jkg cukuk l h[k yk
viusne ij dN djuk l h[k yk

मौखिक अभिव्यक्ति जीवन का अहम हिस्सा है। विद्यार्थी जीवन में कविता वाचन कला का अभ्यास ना केवल आत्मविश्वास में अभिवृद्धि करता है, वरन वाचन कौशल के स्तर को अच्छा बनाता है। इसी उद्देश्य को ध्यान में रखते हुए विद्यालय में समय-समय पर प्रतियोगिता कराई जाती है। जून 2022 को कक्षा चतुर्थ में कविता वाचन की गतिविधि करवाई गई, जिसका विषय था 'प्राकृति'। जिसमें बच्चों ने बड़े उत्साह और जोश से भाग लिया। साथ ही दिल में जूनून, आँखों में देशभक्ति की चमक रखते हुए जुलाई 2022 को कक्षा पंचम से अष्टम में कविता वाचन की प्रतियोगिता हुई। इसका विषय था 'आजादी का अमृत महोत्सव'। आजादी के 75वें वर्ष में हमें यह विशेष सौभाग्य प्राप्त हुआ कि हम आजादी का अमृत महोत्सव मना सके। भारत की 75वीं वर्षगांठ को बनाने का एक विशेष तरीका है। इस महोत्सव का उद्देश्य है कि भारत के स्वतंत्रता सेनानियों के बलिदानों और उपलब्धियों के बारे में आम लोगों को जागरूक कराना प्रतिभागियों द्वारा कविता की प्रस्तुति बड़े ही रोचक और आकर्षक ढंग से हुई। कार्यक्रम की शुरुआत छात्रों द्वारा बेहतरीन शायरी एवं बच्चों द्वारा गीत से की गई। शुरु से अंत तक बच्चों ने समां बांधे रखा। कार्यक्रम के अंत में हमारी प्रतिभाशाली, प्रवीण प्रधानाध्यापिका महोदया मनीषा लाल ने बच्चों को पुरस्कृत किया और अपने वचनों द्वारा बच्चों का मनोबल बढ़ाया और आगे बढ़ने के लिए प्रेरित किया। धन्यवाद!



दफरक ओपु इ फर; क्खरक दस फोट रक
दकक&N% 1/4 1/2

प्राप्त स्थान	नाम	वर्ग
प्रथम	रिया	VI-E
द्वितीय	1. श्यामा	VI-B
	2. अनिला फिरदौस	VI-C
तृतीय	अंश	VI-C

दफरक ओपु इ फर; क्खरक दस फोट रक
दकक&v"Ve~ 1/4 1/2

प्राप्त स्थान	नाम	वर्ग
प्रथम	रित प्रेरणा	VIII-C
द्वितीय	आयुष कुमार अग्रवाल	VIII-C
तृतीय	संस्कृति	VIII-E

दफरक ओपु इ फर; क्खरक दस
फोट रक&oxZprfZ(iv)

प्राप्त स्थान	नाम	वर्ग
प्रथम	सोना चौरसिया	IV-H
द्वितीय	वाणी	IV-A
तृतीय	आद्रया श्री	IV-D

दफरक ओपु इ फर; क्खरक दस
फोट रक d{k&i pe 1/4 1/2

प्राप्त स्थान	नाम	वर्ग
प्रथम	प्रगति कुमारी	V-F
द्वितीय	अभिज्ञान प्रकाश	V-D
तृतीय	कुमारी शिवानी	V-G



VISUAL STORY TELLING COMPETITION

“What do the storytellers do. They restore order and imagination to instill hope again and again”

Visual storytelling is a story told through a visual medium. It is a journey from classic, social, documentary to visual storytelling platform. The art of visual storytelling encompasses a wide range of possibilities where students can present stories through various mediums like dance, drama, puppet shows. This can also include photography, video or illustration, which is then enhanced by the use of music, sound or audio.

Visual story telling helps to build a strong foundation of speaking skills, visual, technological and media literacy.

In response to the new demands of the information age, our school organized a “Visual Storytelling Competition” on October 29, 2022 for the students of Std-6 and 7. The main focus was to enhance the public speaking and technical skills of the students. The young Karenites took up the challenge wholeheartedly and gave presentations on world's renowned English authors, showcasing their creative flow of thoughts, coherence of ideas, spontaneity and general knowledge.

The programme ended with an encouraging speech which was delivered by our Academic coordinator Angela Ma'am who appreciated all the participants for their matchless presentations and inspired them for upcoming activities.



**STD
V**

SPIN A YARN

“Stories restore imagination and instill hope again and again.”

Storytelling is a dynamic and creative approach to learning. It is an art that has mental, social and educational benefits on children. Since children are great fans of stories and love listening to it, so our school organised a "Spin A Yarn Competition" for the students of Std 5. The Competition was indeed joyful and distinct, engrossing several messages like "Honesty is the best policy," A Friend in need is a Friend indeed, etc. The students used effective body language, props, voice modulation which made the children among the audience wiggle and aroused their curiosity. The stories also helped to teach them important values in life such as kindness, friendship and honesty. Since story telling leaves



a deep impact and assist in instilling good values in our students, our school has made such competitions, an integral part of our co curricular activities. These competitions include verbal presentations that assist in developing great oral communication skills and also their listening skills.





STD VI & VII

STD IV & V



COMPUTER TRIVIA

Redefine your Cyber Skill

A computer based Quiz Competition 'COMPUTER TRIVIA' was organised for the students of Std 3, 4 and 5 on 2nd July, 2022 to kindle their knowledge about various computer facts and famous personalities who have contributed in the cyber world by developing various new features in the form of Apps, making our work easier. The Quiz was conducted in three rounds: verbal round, visual round and buzzer round.

The winners were

Class	First	Second	Third
Std 3	Amrit Ranjan	Anushka Raj	Ananya Kumari
Std 4	Shubham Kumar (4H)	Satyam Kumar (4F)	Harshit Raj (4E)
Std 5	Abhigyan Prakash (5D)	Satatyra Rai (5B)	Shreya Kumari (5C)

"PowerPoint Presentation on Important Apps"

The students of Std 6 and 7 participated in a Computer Activity "PowerPoint Presentation on Important Apps" on 18th May 2022. Students had created various innovative PowerPoint Presentations in the school's computer lab. All the participants had put their efforts and skills to create informative and attractive presentations. They used animation effects, transition effects and suitable designs to create their presentations. It was for the first time that our students participated in an activity like this. They performed enthusiastically putting their best foot forward.

STD IV & VII

INTER HOUSE PATRIOTIC SINGING

An Inter House Patriotic Singing Competition was conducted on 10th August 2022 to mark Azadi ka Amrit Mahotsav –celebrating 75 years of Independence of India. The programme was organized for the students in two categories- Std. 4 & 5, Std 6 & 7. The participants presented their beautiful rendition of the famous patriotic songs and expressed their love for the country. The judges for the day were Ms. Rosy Sah and Ms. Chavvi Parashar.

The winners of the competition were:

- Std 6 & 7 | 1st – Faith House | 2nd – Loyalty House | 3rd – Truth House
- Std 4 & 5 | 1st – Justice House | 2nd – Truth House | 3rd – Faith House



Maths Quiz Competition



STD VIII & IX

“MATHEMATICS is not about numbers, equations, computations and algorithms : it is about UNDERSTANDING” - William Paul Thurston

Quizzes enable the students to test their knowledge, abilities and skills and enhance their interests in a subject.

A Maths Quiz Competition was conducted by the teachers of Maths Department on 8th August 2022 for the students of Std 8 and 9. The students were divided into four groups Team Alpha, Team Beta, Team Gamma and Team Delta with four students in each group. The quiz comprised of various rounds such as Tic-Tic Out, Who Am I?, Buzzer Round and the Surprise Round where the students participated enthusiastically.

The winner of the quiz was Team Alpha and the participants were:

1. ABHIRAJ BHARTI, 9-C
2. SANKET VARDHAN, 9-B
3. YASH RAJ, 8-A
4. ANKITA CHAUDHARY, 8-D

The Maths Quiz for the students of Std 4 and 5 was conducted on 12th October, 2022. The quiz consisted of various rounds such as test your mental ability, problem solving, paper pen round and buzzer round.

Competitions like these motivate the students to learn new skills in the subject, be more focused in their attempt and develop clarity. Both the quizzes were conducted in the AV room and the questions were put on the screen for the participants.



The winners were:

STD-4

- 1st - SURAJ RAJ (4-A)
- 2nd - HARSHIT RAJ (4-E)
- 3rd - AFIF JAWED (4-C), SAKSHI SARASWATI (4-D)

STD-5

- 1st - ANAND KUMAR (5-F)
- 2nd - KRITIKA RAJ (5E)
- 3rd - TANNAY (5C)



STD IV & V





POSTER MAKING COMPETITION

“Liberty, when it begins to take root, is a plant of rapid growth.”

‘Azadi Ka Amrit Mahotsav’ was celebrated by St. Karen’s Collegiate School with great zeal and zest, on 13th August 2022. To commemorate 75 years of Independence, a poster making competition was organised by the teachers of Social Science Department for the classes 8&9. The theme of the competition was ‘The actions and stories of the unsung events of the freedom struggle of India’. The sparkling creative touch and collective efforts of the students resulted in fabulous posters on different topics given to each group. Students were appreciated by the esteemed judges for their efforts.

The Winners were as follows:

Std 8 - Group A (The Revolt of 1857)

Class - 8-A Participants: - Shama Fatima, Kriti Kumari, Muskan Kumari, Reba Khan, Priyanshi Kumari & Ishan Haider.

Std 9 - Group -D (Salt Satyagrah Movement in Bihar)

Class - 9-D Participants: - Faizan Ahmad, Anmol Singh, Mansi Priya, Ankit Kumar, Nishant Kumar & Manvi.



INTER HOUSE FOLK DANCE COMPETITION

Culture is the cumulative deposit of knowledge, experiences, beliefs and values which provide a strong base for the development of an individual. As we know a nation's way of life and ethnicity is something we identify with throughout our lives, therefore making the students aware and proud of our rich cultural heritage is an important part of education. India is one of the richest countries when it comes to cultural heritage. It has a wide variety of dances, both classical and folk, which reflect the diverse traditions of different regions of our country. Folk dances are an intrinsic part of our cultural heritage which has passed our traditions and values from one generation to another. To keep the students rooted to our culture we organised an Inter House Folk Dance Competition for the students of Std. 4 to 7. The competition showcased the cultural splendour of our country through a colourful presentation of folk dances of India, portraying the traditions of different regions. Each dance highlighted the folk culture and showcased the diversity of our nation. Dance forms presented were from different states like Lavani from Maharashtra, Ras Garba from Gujarat, thematic dance depicting the Chatt festival from Bihar and dances showing the birth of Krishna from UP. The Dance performed by the Faith House was adjudged the winner in the competition and the runners up were the Justice House and Truth House.





Mind Fest

Social Science Quiz Competition

WINNERS OF THE QUIZ COMPETITION

1st Prize- Charaka Group. (JUSTICE HOUSE)

Abhiraj Bharti (9C), Divya Dinkar (8A), Adarsh Choudhary (9A) and Ayushkumaryesh (8B)

2nd Prize - Aryabhatta Group (FAITH HOUSE)

Aarushi Raj (8B), Ehtesham Salim (9C), Kumari Saloni (9A) and Sanket Vardhan

3rd Prize -Kautilya Group (TRUTH HOUSE)

Priyanshi Sinha (8E), Devansh Harshwardhan (9A), Khushi Raj (9C) and Sansarkumar (9A)

"Uncovering the connections that shape our world."

The Social Science Department at St. Karen's Collegiate School organized a quiz competition on November 11th 2022 with the goal of promoting interest in social studies among students.

The competition was divided into four groups and 16 students were selected after two rounds of written and oral tests. A PowerPoint presentation was used to present the questions, and upon completion, medals and certificates of merit were awarded to the winners, and participation certificates were given to all participants.



Inter House Kho-Kho Competition

On November 11th and 12th, 2022, a two-day Inter House Kho-Kho Competition for girls and boys of Std 5 was held in our school. Kho-Kho a game of agility and strategy was played with great skill and enthusiasm by our students of Std.5. It was truly a delight to see them excited and happy while they worked together and showed excellent team work spirit. On the first day of the event semi-finals was conducted and on the second day the final match was held. The winners of the game were Truth House for Boys and Loyalty & Justice House for girls.



Winners Truth House (Boys) STD-5

1. Sahil Raj (5E)
2. Pawan Prakash (5E)
3. Utkarsh Raj (5C)
4. Dhruv Kumar Singh (5D)
5. Kabir Narayan (5A)
6. Prince Kumar (5A)
7. Aadarsh Kumar (5E)
8. Ansh Raj (5E)
9. Mohit Nandan (5E)
10. Saatatya Rai (5B)

Winners - Justice & Loyalty House (Girls) STD-5

1. Aradhaya Kumari (5H)
2. Shreya (5G)
3. Anushka Raj (5G)
4. Pihu Kumari (5H)
5. Priyanshi Kumari (5H)
6. Sweta Bharti (5B)
7. Paridhi (5C)
8. Noor Sarwar (5D)
9. Honey (5C)
10. Amisha Kumari (5G)



INTER HOUSE VOLLEYBALL & TUG OF WAR

Volleyball and Tug of War - testing strength and teamwork:

The Inter-House Volleyball Competition On December 15th, 2022, an inter-house volleyball competition was held at St. Karen's Collegiate School, Jaitipur branch. The competition was organized by the Physical Education department and was open to all students of 8th and 9th grade. Six players from each of the four houses participated in the match. The event began with a performance by the school choir, and was attended by the School Principal, Dr. Manisha Lall, and Academic and Administrative Coordinator, Thomas Mathew. The competition was held in a round-robin format. The school aims to foster a sense of community and build important life skills through these competitions in the future.

Volleyball (Boys)

- 1st-Yellow house
- 2nd - Red House
- 3rd - Blue House

Volleyball (Girls)

- 1st- Red House
- 2nd - Yellow house
- 3rd - Blue House

TUG OF WAR BOYS

- 1st-Green house
- 2nd - Red House
- 3rd - Blue House

GIRLS

- 1st- Blue house
- 2nd - Green House
- 3rd - Yellow House



Girls Inter-School Volleyball

On September 2nd 2022, the Girls Inter-School Volleyball Match was held at St. Karen's Secondary School on the occasion of National Sports Day. All branches of St. Karen's School were present to participate in the event. Before the match, the teams proudly marched in with the school flags and took the oath, symbolizing their commitment to the game. The match consisted of three sets, each set comprising 15 points. The players put in their best efforts; their hard work and dedication paid off as they emerged as the winners and secured the first position in volleyball. This victory was a testament to the team's perseverance, teamwork and sportsmanship.

They brought pride and joy to the school, and their achievements will be remembered for a long time to come.

Girls Inter School Volleyball

Participants:

- Janvi (Captain) 9E
- Namita 9E
- Drishna 9E
- Aliya 9A
- Shrishti Singh 9B
- Khushi 9B
- Aliza 9C
- Pari 8E
- Alishba 8D

CHESS TOURNAMENT

The Butterflies Academy organized MVP Chess tournament on 30th and 31st July. The event was filled with excitement and eagerness, and a few of our students performed exceptionally well, and secured top positions.

Swara Sinha of 8B won the 2nd prize in the under 13 category, Vaishnawi of Class 7 won the 3rd prize in the same category, and Aastha Prakash of 9B won the 3rd prize in the open category. Our school was crowned as the "Overall Champion," revealing another level of potential in our students.



Abra Ka Dabra

“Science is the poetry of reality.”

Science plays a vital role in a man's life. The applications of Science are noticed right from the time a person starts his day till he goes to sleep. We use many machines in our daily lives which work on the simple logic of science. Science and technology are so common in modern society that students increasingly need a sound education in science's core concepts, implications, and applications. Because evolution has and will keep up to present as a hypercritical foundation of the biomedical and life sciences, helping students learn about and understand the mechanisms, scientific evidence, and implications of evolution are fundamental to high-quality science education systems.

Keeping this in mind, our school organized “ABRA KA DABRA” to

show 'the logic behind the magic' on August 28th 2022 for the students of Std-6 and 7. The main reason behind organizing such science exhibitions or science fairs is to provide a platform for the students where they can implement the various scientific theories/methods through various projects/models. In other words, a science exhibition is a platform where students can showcase how much they have understood the different scientific theories through their projects/models. It also helps to build the ability for teamwork and cooperation among students. All the young scientists of our school transformed their ideas into projects/models; they showcased it in front of others and got acknowledgement which further raised their confidence. The students applied their classroom

knowledge in their exhibitions and developed the taste for experiential learning.

This event was blessed by our honorable Principal Ma'am and Coordinator Angela Ma'am. Ms. Moni Shruti of St. Karen's High School and our Principal Ma'am judged this “Inter House Science Competition”. As the exhibition started, various students presented their projects. Models of solar power energy, space satellites, hydroelectric generators, AC and DC motors, automatic transformers, and robots were built by the students. The judges appreciated all the participants and the teacher who showcased the power of science behind this magic.



INTER HOUSE CHESS COMPETITION

“Chess makes men wiser and clear-sighted.”

Chess originated at the end of sixth century in India. Chess was derived from the game of 'Chaturanga' before the 7th century. It is also called the gymnasium of the mind. "Building resilient students is not about teaching them how to become successful, it's about teaching them how to respond when they come across with any critical condition."

Keeping this aim in view, our school organised an Inter House Chess Competition which was held on 25th and 26th October 2022 for the students of Std 6 and 7. The main objective behind this competition was to enhance students' educational outcomes and foster their social development by introducing them to the game of chess in school. As the day of the Chess competition approached highly enthusiastic students were all geared up to beat their opponents in nail-biting matches. It was indeed quite heart-warming to see the children playing their moves like stalwarts with rapt concentration and collected positive demeanour. The students represented four different houses. This competition ended with the encouraging speech of our honorable Principal Ma'am. She also inspired the students for the upcoming sporting events.

STD-6 (25th July 2022)

Winners (Boys)

- 1st Place - Rudra Pratap Singh (Loyalty House 6-F)
- 2nd Place - Gaurav Ranjan (Truth House 6-F)
- 3rd Place - Umar Abdullah (Faith House 6-C)

Winners (Girls)

- 1st Place - Ayushi (Justice House 6-B)
- 2nd Place - Aanshika Shankar (Truth House 6-A)
- 3rd Place - Anshika Roy (Faith House 6-B)

STD-7 (26th July 2022)

Winners (Boys)

- 1st Place - Pranav Kumar (Truth House 7-C)
- 2nd Place - Ayman Adeeb (Justice House 7-C)
- 3rd Place - Arnav Prabhakar (Loyalty House 7-E)

Winners (Girls)

- 1st Place - Aditri Bhardwaj (Faith House 7-F)
- 2nd Place - Trisha Kumari (Justice House 7-C)
- 3rd Place - Vaishnavi Rani (Loyalty House 7-D)



An Intra-school Debate Competition was held on 17 October 2022 at St. Karen's Collegiate, Jaitipur for students of Std IX. The goal of the competition was to improve the public speaking skills of the students and teach them to express their thoughts and opinions clearly. The competition was held among 3 teams with 3 participants each, where they spoke eloquently on the given topic.

The competition was judged by Ms. Angela Anthony, Academic Coordinator and Mr. Indra Mohan, Senior Teacher from St. Karen's Secondary School. The event was attended by our School Principal, Dr. Manisha Lall, and academic and administrative coordinator Mr. Thomas Mathew.

The session was a kaleidoscope of opinions, thoughts, ideas and perspectives that definitely enhanced the knowledge and understanding of the topic among students.

WINNERS

1st Prize - Category : FOR the Motion - Priyanshu Kumar, IX-B

2nd Prize - Category : AGAINST the Motion - Utkarsha, IX-E

STD IX



Intra-School Debate Competition

"Raising voices, shaping opinions: The Intra-School Debate Competition"



ACHIEVEMENTS

Great achievement always requires great sacrifice.

LITFEST 5

Unleashing Creativity, Igniting Passions

Litera Valley School organized a two-day extravaganza called LITFEST, which saw a participation of 800 students from 21 different schools in Patna. The event included 11 indoor activities and competitions held on November 18th and 19th, 2022.

The Chief Guest of the event was Mr. Shreevats Sanjay, Regional Director at Ministry of Tourism, Government of India.

Many students of our school participated and their creativity helped them outshine. Soumya Shree of IX 'C' got the 2nd Prize & Aarushi Raj of VIII 'B' got the 3rd Prize in the Hindi Story Writing Competition held during the event. In the Poster Making Competition, RushdaParwez of VIII 'D' got the 3rd Prize for her originality of expression and creativity.



Rushda Parwez (8D)



Soumya Shree (9C)



Aarushi Raj (8B)

Poster Making Competition, Litfest



I, Rushda Parwez, got a very thrilling opportunity to participate in Litfest organised by Litera Valley School. This event was a confluence of many competitions being organised to test different expertise of students. Several contests were held at the school, but I participated in the poster making competition themed 'Sandesh'. Different themes were allotted to different classes and the topic I got was 'stopping the dowry'. It is a common social evil and a sensitive topic so I got quite anxious but slowly I started to imagine what I wanted to convey through my poster and the message I wanted the people to

relate through my art. Gradually my imagination came to life in the form of a poster and within the half an hour limit I made a satisfactory poster.

There were many renowned artists who came as special guests and judges so I was really terrified whether they would appreciate my poster and whether I'll win? But to my surprise I got the 3rd prize, I was contented because my hard work paid off and overall, it was a very happy experience.

~ Rushda, 8D



Dr. (Fr.) JACOB MEMORIAL INTER SCHOOL ELOCUTION COMPETITION (2022)

"Express yourself, inspire others"

Students of classes 3, 4, 7 and 9 competed in the Dr. (Fr.) JACOB MEMORIAL INTER SCHOOL ELOCUTION COMPETITION, hosted by the St. Xavier's College of Education Alumni Association. Our students emerged victorious by winning prizes in all the four categories.

Group A - FIRST PRIZE - Anushka Raj - Std 3A

Group B - SECOND PRIZE - Devansh Kumar - Std 4C

Group C - FIRST PRIZE - Anila Fatima - Std 7B

Group D - FIRST PRIZE - Soumya Suman - Std 9E



Lions International Peace Poster-Making Competition

"Leading with compassion, creating a world of peace - The Lions International Peace Poster-Making Competition"

On November 8th, 2022, we organized the Lions International Peace Poster-Making Competition with the theme "LEAD WITH COMPASSION" for students of Std 5-7 in collaboration with the Lions Club of Patna Anthem. The students presented creative posters and the event was judged by Lions Clubs District Governor Mrs. Namrata Singh. Our Principal praised the students' efforts and thanked the organizers. The winners of the event were:

1st position - Vartika Bharti, 5D

2nd position - Bhargavi Srivastava, 7B

3rd position - Shambhavi, 6F

English and GK Olympiad



SOF International General Knowledge Olympiad (SOF IGKO) was conducted on 11th Oct 2022. Satvik Sanjay of 9B won medal of distinction.

SOF International English Olympiad (SOF IEO) was conducted on Tuesday, 1st Nov 2022. Swara Sinha of 8B and Utkarsha of 9E achieved highest marks in the class and won medal of excellence.



Rising to the top, one step at a time - our under 17 girls Table Tennis team"

Central Board of Secondary Education (CBSE) Physical Education and Sports organises a yearly inter school competition for all the clusters, Zonal and National level for the student of its Schools. Our students bagged the first runner up in CBSE CLUSTER III INTER SCHOOL TABLE TENNIS TOURNAMENT held from 25th to 27th November 2022. The team members were:

1. Piyushi Priya, 8C
2. Kajal Kumari, 8C
3. Qudsiya Fatima, 8E
4. Pari Kumari, 8E
5. Qudsiya Fatima (8E) won the silver medal in singles event and qualified for the Nationals.

CBSE CLUSTER III INTER SCHOOL TABLE TENNIS TOURNAMENT

Nishtha Aadya
&
Ehtesham Salim
-IX-C



'Humanti works'- INTER SCHOOL SOCIAL- SCIENCE COMPETITION

"Unleashing the power of humanity through competition"

A two-day Inter School Social Science Competition was held at Delhi Public School on 5th August 2022, where 20 schools from Patna participated.

The participants of the events captivated the gathering with their spectacular performances. The students bagged the first position in two events, Chitrakala and Model Making. The winners were awarded trophies, making them and their school proud.

Event 1 - CHITRAKALA - POSTER MAKING

Sanskriti - VIII-E (1st Position)

Event 2 - MODEL MAKING

Nishtha Aadya & Ehtesham Salim - IX-C (1st Position)

The event was an enriching learning experience for the students, providing them exposure and opportunities to showcase their talents.



The Annual Day of our school was a celebration of the light we all carry within us. It was a musical evening where the students enchanted the spectators with their vivid performance in the musicals - The Selfish Giant and Encanto. We witnessed the presence of a great personality amongst us; our Chief Guest, Padma Shri Sister Sudha Varghese, who is an inspiration for all of us and whose luminescence has transformed the lives of many girls in the state.

The programme started with a prayer dance asking God to enlighten us with his radiance.

The tiny tots of Std 1 to 4 looked adorable in their colourful costumes and captivated the audience with their spectacular performances in the musical - The Selfish Giant. They made us laugh, they made us sway to the tunes of their dances and held us spell bound with their enchanting performance. They portrayed the importance of friendship through their play and made us reflect on the joys of sharing.

The musical Encanto was another highlight of the day as the students dazzled everyone with their portrayal of different human emotions. It had a strong message which showed us the bond we share within our family and the realisation that everyone is unique and important in a family. The message conveyed through the programme sums up in the quote...

“Like thousands of candles can be lit from a single candle in the same way happiness increases by being shared”

So let us together take a pledge to be the light and spread the glow of the multifarious forms of light which we discover in the form of love, hope, care, friendship and self belief all around.



Illuminaire

'Lets together be the light'



SCIENCE EXHIBITION (SCIFARI-2022)

"Scifari: where curiosity leads to discovery"

St. Karen's Collegiate School organized a science exhibition called SCIFARI-2022 on November 29th, 2022. The exhibition was organized by the students from 8th and 9th grade, and was attended by parents of these students and the 7th grade students.

The event displayed various aspects of science, including physics, chemistry, and biology, as well as a science art gallery and game stalls.

The chief guest was Dr. Gopal Sharma, Scientist E & Joint Director, Zoological Survey of India, and the Guest of Honour was Mr. D. P. Galstaun, Director of St. Karen's Schools, Patna.

The Principal, Dr. Manisha Lall, emphasized the importance of curiosity and a scientific mindset in her welcome address. The exhibition provided students with an opportunity to demonstrate their innovative ideas and express their inner potential as scientists.





Meraki 2022

"Spring is in the air"



The word 'Meraki' means the essence of ourselves and implies to do something with one's soul, using creativity, effort and love. This year the students witnessed a new way to channelize their talents and creativity through the most awaited spring camp- Meraki 2022. The event was held from 7th March to 13th March, 2022 at St. Karen's Secondary School. It provided the students an opportunity to explore their interests in various areas such as sports, art & craft, 3D art, music and instrumental training and literary activities especially curated to develop team spirit and personality development among children. The special attractions this year were creative designing, self-defence and musical expression classes for the young talents.

"Creativity is intelligence having fun" ~ Albert Einstein

The students of Classes 6 to 8 of St. Karen's Schools got an opportunity to kindle their creative skills through the most awaited Spring Camp - Meraki 2023 held from 1st to 6th March 2023 at St. Karen's High School. The word 'Meraki' means the essence of ourselves and implies to do something with one's soul, using creativity, effort and love.

The event gave the students a chance to explore their talents and interests for their holistic development comprising of activities covering multiple areas such as sports, music, art & craft, outdoor activities, literary and multi skills. All the activities were designed keeping in mind the 21st Century Skills to help the children get the best experience of learning by doing.

The special attractions of the event were the Zumba, night camp, outing, pottery, storytelling through puppets and life skills training for the students.

Let's Swing into Spring MERAKI SPRING CAMP 2023





TESTIMONIES

My experience at Meraki 2023

Meraki was a much awaited and was truly an experience of a lifetime. It was a matter of great pleasure to be a part of it. My name is Alishba and I am a Karenite. Friends, just as spring always brings a new life and beauty to this world, in the same way Meraki 2023 provided us a wonderful platform to flourish our hidden talents for the all-round development. It has been an outstanding experience of back-to-back two Meraki spring camps. As far as my opinion is concerned, the matchless part of this spring camp is its integrity. How can I forget what Sharon Ma'am said, "Try to discover yourself, your talents, weaknesses and strengths." These words have created a sound impact on my way of thinking. For the very first time in my life, I realised that the most important person in your life is 'You.' When Sharon Ma'am shared her views with us, it changed my mindset. Throughout this camp I excelled a lot in my sporting skills. The way our respected teachers cared and trained us, I never felt that I was meeting these teachers for the very first time. They have not only taught us the sporting skills but also appreciated us for our performances. One moment that I recall was when I was struggling in volleyball and almost decided to give up. That was the time when the teachers encouraged and guided me about this game. This incident has taught me a life lesson that effort never dies. It was an experience of reflection, inspiration, and most of all self-belief. I will always be grateful for this and can't wait for more such experiences in the coming future.

~ Alishba, VIII-D



TESTIMONIES

It was Wednesday, the 1st of March when our Meraki spring camp started, the bomb of fun exploded and the journey of creation of memories began. Every day we had super energetic Zumba sessions which was a great way of starting our days of learning. As it is noticed that people feel nervous while addressing the audience or while speaking in public due to Public Speaking anxiety. Keeping this in mind, on the first day itself we learnt how to prepare ourselves for Public Speaking and Interviews. We also learnt the correct gestures and postures used in Public Speaking.

The second day was indeed a blast when we got the opportunity to meet RJ Shashi sir who taught us a lot from his real life story. He taught us to follow our passion and do what we love. Our group also presented a Nukkad Natak or street play on cleanliness. Through this we tried to bring awareness about cleanliness among people. It was highly appreciated by the audience.

On the third day we had a lot of fun while making puppets, showcasing them, creating our own stories and representing it in front of everybody. Later that day, we practiced our street play which was fabulous because our teachers were more like our friends than mentors. They taught us team spirit, sportsmanship and also motivated us.

The fourth day was surely a show stealer of the entire camp. We were so excited and cheerful to visit the zoological park. We came to know thousands of interesting facts about different types of animals. Our teachers also shared their experiences about the place. We made so many memories together.

Fifth day was fabulous as we learnt to advertise the products through enactment and also performed street play in front of all the Karenites and our dear teachers. But the night stay was like a cherry on the cake. We indulged ourselves in chit chat, shared lots of stories, moments and memories. It was indeed the best camp of my entire life.

~ Apurva Shree, VII-A

TESTIMONIES

A Wonderful Experience of Meraki-2023

The Spring Camp of 2023 with the added splendour of spring became the best spring camp ever. We did Zumba every day in the morning which boosted our energy level with high josh. I took part in the Literary and Multi skills group. By participating in this group, I enhanced my Public Speaking skill. I also learnt mic etiquettes. We also got a chance to meet RJ Shashi from Radio Mirchi and had an impactful interaction with him. He taught us that we must be passionate about our dreams because it makes our dreams a reality.

Our teachers also guided and encouraged us to accomplish the assigned tasks. Apart from this the Literary group also presented a meaningful Street Play called Nukkad Natak on Cleanliness. Through this play we created awareness among people to keep our neighbourhood, city, state and country clean. The highlights of Meraki this year were the outing and night camp. For outing we went to the Patna Botanical Garden and had a lot of fun there but the most interesting and enjoyable part was the night camp. It was for the first time that we stayed in the school for the whole night with our friends and teachers. We all had a great night. Overall, the camp was a wonderful experience I enjoyed a lot and will never forget this awesome camp.

~ Ekchha, VII-F





Empowering and enabling the educators

“There is in every child at every stage a new miracle of vigorous unfolding.” Erik Erikson (1902-1994)

Our team of learned teachers joined BCS TRAINING under the exceptional guidance of Ms. Salony Priya ma'am on 22nd July 2022 at the premises of St. Karen's Secondary School. The training consisted of 10 sessions which continued for several months and ended on 18th November 2022. The training included Class room discussions, Brain storming sessions, Concept building followed by written and practical exams.

Salony Ma'am made the teachers aware that they need to incorporate joy in their everyday life. Various concepts like Cognitive Behavioural Therapy, Carl Rogers Humanistic Approach, Understanding emotional equilibrium, aided in building insight as a Guidance Counsellor. She helped them to understand the Importance of holistic approach towards counselling and acquiring the skills of adapting, learning and coping. The teachers were retrained to generate positive emotions, engage the child in activities, help them to find meaning in life through support from significant relationships and recognize any kind of uniqueness or accomplishment of the child. The training was full of emotional journey edifying to sail through various challenges of life.

Overall the educators were empowered to address the emotional, social and behavioral needs of the students and to create a seamless and friendly environment to help each one of them with different approaches.

“It doesn't matter how slow you go, as long as you don't stop.”

Collegiate Counsellors

Seven teachers of St. Karen's Collegiate School, together with a group of diverse educators, embarked on a journey of honing their life skills in the guidance of the exuberant Saloni Priya for creating new perspective towards people around us. As educator it's imperative for us to create a safe learning environment for our students and this requires a deep insight into the various emotional needs of the younger generation, which is very complex in today's world. The journey began with apprehension and concluded in jubilation when we learnt from the experiences of an enigmatic mentor. The life experience of others and their ways of handling situations added to our knowledge bank.

It was a life changing experience for everyone and all benefitted from the course offered by Umeed. We started looking at things differently as emotions were better understood and also developed empathy for others. The Basic Counselling Skill course made us revisit our childhood as we faced new challenges everyday during the training sessions to sharpen our skill for impactful learning.

It was a memorable journey as all were motivated with a strong desire to help others and to assist students deal with the challenges of daily life and to take care of their mental well being became an attainable goal now. We are grateful that we got this opportunity which had a positive impact on all of us and which will definitely enable us to spread positivity all around.



FOOD FOR THOUGHT

(WORKSHOPS)

St. Karen's Collegiate School, Jaitipur organized a health talk for the students of class 9th on the topic 'Medical Nutrition Therapy for Teenagers' on 18th August, 2022. Medical Nutrition Therapy (MNT) is a key component of diabetes education and management. MNT is defined as a 'nutrition-based treatment provided by a registered dietitian nutritionist.' It includes a nutrition diagnosis as well as therapeutic and counseling services to help manage diabetes. The lecture was delivered by Dr. Sanjay Kumar Mishra, a renowned Chief dietician and HOD, Paras HMRI hospital, Patna. He conveyed that every person has a unique physiological make-up as well as nutritional requirements. Nutritional therapy uses nutrient intake and lifestyle changes to prevent and treat diseases like diabetes, heart disease, arthritis, depression, and obesity.

Dr. Manisha Lall, the Principal, in her welcome speech emphasized on the importance of better nutrition to keep the body healthy. Furthermore, Dr. Sanjay elaborated the role of different nutrients in growth, development and maintenance. He stressed on the fact that students should eat a balanced diet and focus more on eating regional food. He also mentioned that an adequate, well-balanced diet combined with regular physical activity is a cornerstone of good health. He concluded by saying that the diet is appropriate when the plate one eats is colourful which means all kinds of greens, fruits and body building food are on the plate. He also answered all the queries asked by the students. The session was concluded with a Vote of Thanks by Thomas Mathew, Coordinator of St. Karen's Collegiate School.

“HEALTH IS YOUR BIGGEST WEALTH”



Big Sir and his Teachings

The students of Std 9 were fortunate to have an enlightening session with the esteemed director of our school, whom we affectionately refer to as "Big Sir". He serves as a paragon of the adage "practice what you preach," imparting invaluable life skills such as career selection, self-esteem maintenance, avoiding procrastination, achieving mental stability, and preserving harmony within our school community. Utilising the medium of poetry, quotes, and recommended literature, he strives to instill a positive and forward-thinking outlook in us, banishing any lingering doubts that may cause undue stress. His words serve as a beacon of guidance when the future appears uncertain and the path forward obscured by darkness. He is the embodiment of "Labour Reaps Reward."



Vaccination Drive

At St. Karen's Collegiate School, we strive to give a safe environment to our students and staff by promoting health awareness camps. To protect our students and teachers who are vulnerable to the diseases, a COVID vaccination drive for the students of Std 6 to 9 and the teaching & non-teaching staff was organised on 8th and 11th July, 2022 in the school campus. Around 1100 students and 75 staff members participated in the event.

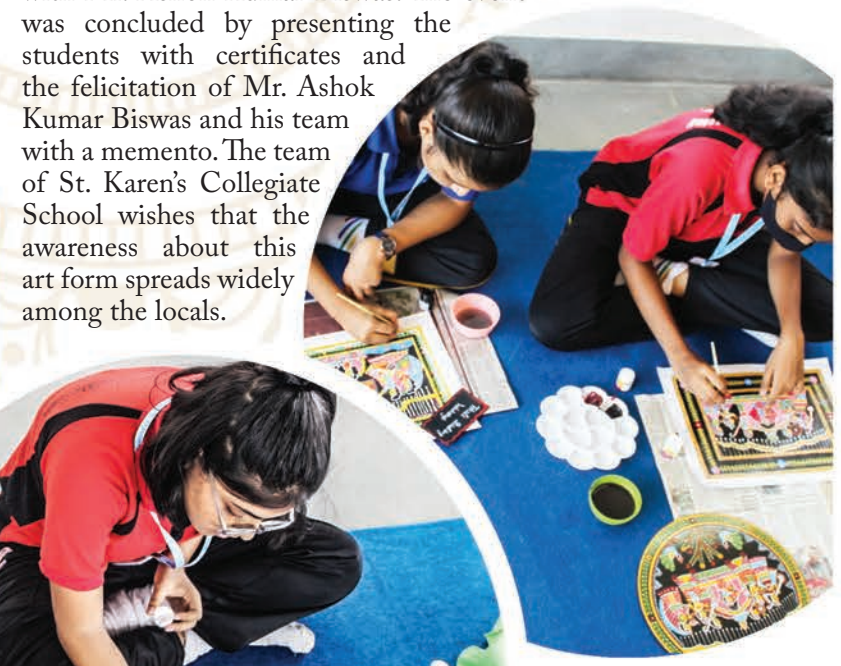


WORKSHOP ON *Tikuli Painting*

“Art is incomplete without artist.
Artist is incomplete without art.”

Tikuli Painting is a unique art form of Bihar, which has a very rich and deep traditional history. It is a combination of the traditions of Madhubani Art, Patna Kalam Art and a Japanese art technique of using enamel paints on timber. In today's world, this form of painting is used as a symbol of women empowerment. A workshop on Tikuli Painting was conducted at St. Karen's Collegiate School, Jaitipur, Bihta on 5th and 6th of July 2022 by the eminent artist and State Awardee

Mr. Ashok Kumar Biswas. The beautiful art of Tikuli painting would have passed into oblivion if not for the dedication and hard work of artist Ashok Kumar Biswas, who not only revived the art form but also made it a source of livelihood for more than 300 women he trained in the art. The workshop began with a short prayer and a welcome speech by the Principal, Dr. Manisha Lall. The students of Std 8 and 9 attended the workshop along with the Art teachers of St. Karen's Schools. The objective of this workshop was to acquaint the students with the knowledge of Tikuli Painting. The event was successful as it was relevant to the title and was well appreciated by the participants. After completion of this workshop, the students felt encouraged to explore about this further. It was a great honor for the students to learn and interact with Mr. Ashok Kumar Biswas. The event was concluded by presenting the students with certificates and the felicitation of Mr. Ashok Kumar Biswas and his team with a memento. The team of St. Karen's Collegiate School wishes that the awareness about this art form spreads widely among the locals.





SCHOOL AWARENESS PROGRAMME ON DRR- DISASTER RISK REDUCTION

"Don't leave any stone unturned to fight the impending disaster."

Our school organized a comprehensive Disaster Risk Reduction program to sensitize and educate students, teachers, and staff members on the importance of safety during times of crisis. The session was led by esteemed educators and trainers Mr. Christopher Clarence Bachmann, Dr. Shrvan Kr. Singh, Dr. Ajay Jha, and Mr. Pradeep Kumar. The workshop began with a warm welcome from the Principal, Dr. Manisha Lal, and featured interactive sessions and questionnaires for the students of Std 8 & 9 that aimed to identify and address causes and remedies for natural and man-made disasters.

The program covered a wide range of topics, including the importance of afforestation and plantation drives and the strategies to be employed during unexpected disaster situations. To engage the students and teachers, the program also included interactive games such as Longest Chain and Chinese Whisper, designed to demonstrate the importance of utilizing readily available resources during times of crisis. The event concluded with a discussion on the vital topic of road safety and the guidelines to be followed.



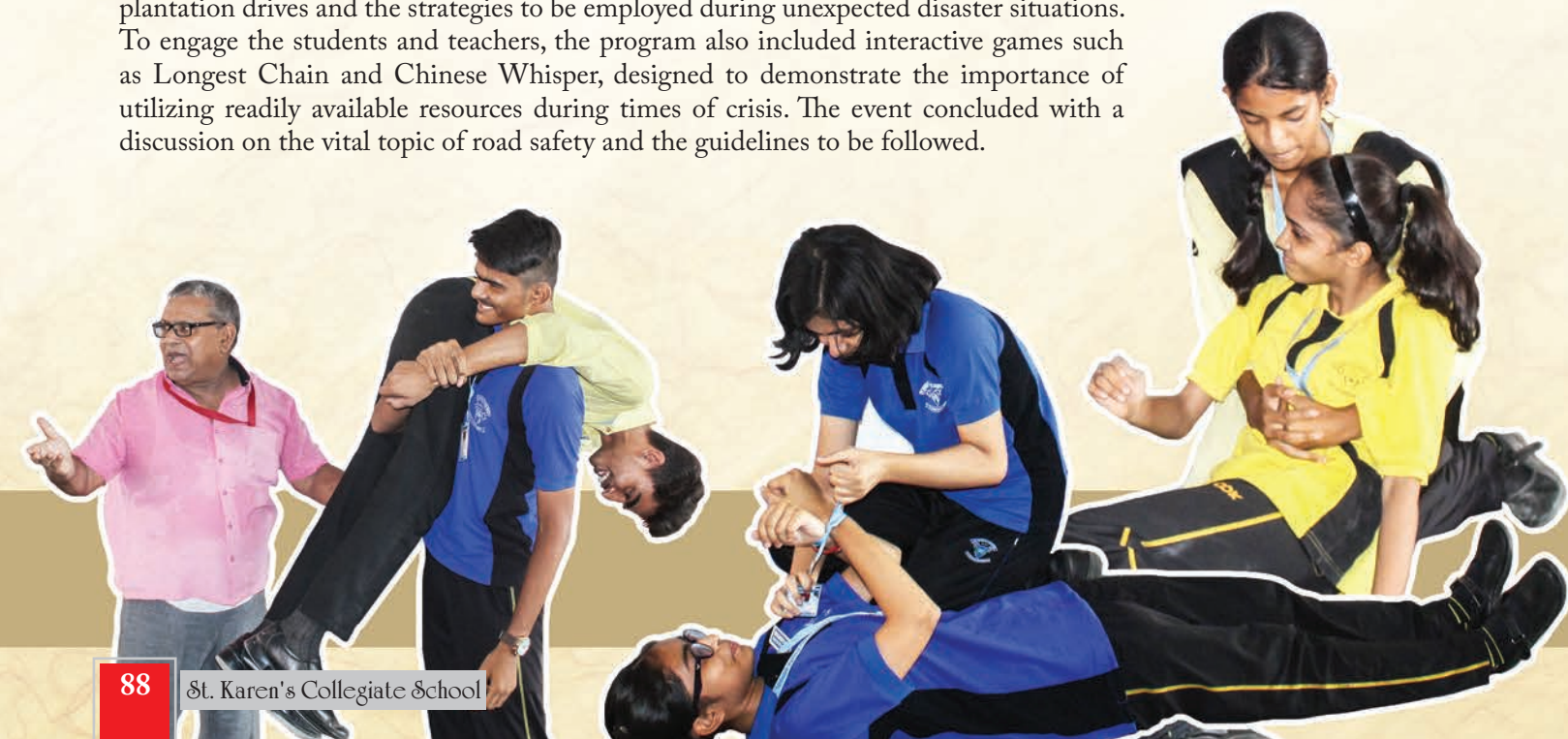
CAREER COUNSELLING MELA

"OPPORTUNITIES DON'T HAPPEN, YOU CREATE THEM"

In this fast-moving digital world, career counselling plays a significant role in shaping the career of an individual. It helps the students to identify and explore career options and helps them in making better decisions about their future. Proper and correct guidance helps a person in developing better strategies for achieving their goals.

For the welfare of the students, Radiant International School organised a "Career Counselling Mela" in its campus. Students from different schools of Patna were invited to get benefit from this opportunity. Our school, had also actively participated in this Career Counselling Mela to get the exposure and knowledge about the upcoming career opportunities. The 'Career Counselling Mela' had representatives from various reputed colleges, who were guiding the students about the career options in their field of interest, and the best way to pursue it. They got the information about various careers options such as Fashion designing, Engineering, Graphics Editing, Game Development, Finances, Account, Research Development, Robotics, Language development and many more. The students were provided with pamphlets of the various colleges from all over India and the courses provided in them.

It was an interactive and eye-opening session for our students who got wonderful ideas about the different career paths which they can follow after their schooling.





Priyanshu Kumar
IX-B

Have you ever felt what it's like to be outside of your comfort zone? Have you ever got an opportunity to experience something new? Well, this is what exactly happened with me when I went to Delhi Public School to be a part of an "Inter-School Social Science competition" in collaboration with Takshila known as Humaniti Works!

This was a big event as 19 reputed schools from entire Patna participated and our school was one of them. The participating schools sent their best students from grade 8 to 12. A team of 10 students of Grade 8 and 9 was also sent to represent our school. Each student participated in different events. This competition provided a wonderful platform for all the students to showcase their talent. Our mentors enlightened our path to success. We were not only guided but also motivated. 4th and 5th August were the days of reckoning.

I was blown away by the level of organisation and division of responsibilities among the students and the trust the teachers had put in their students. From running stalls to volunteering; everything was done by the students. They acted very professionally and the coordination among them was truly admirable.

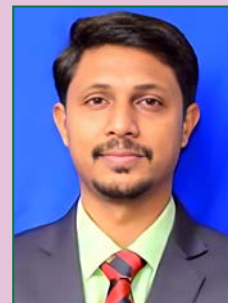
The highlights of the events included My Monument-my Pride, Meri Aawaz Suno-Speech competition and Poster Making competition for grades 6 to 8.

A Debate Competition, a Social Science quiz and a Science Model Making were organised for the 9th grade and above. It makes me proud to say that our school won the first prize in two categories. One was for Poster Making and the other for Science Model Making.

We were overwhelmed with the awesome environment of the competition. We felt driven, hyped and inspired. The saying "Don't be sorry, be better" fits in our situation. We, proud Karenites were filled with the spirit of competing and reaching new heights more than ever.

A Diary of a teacher counsellor

Group Counselling



Princemon Antony
Teacher



'Positivity'- it's a word that we often hear everyday in our life. It helps to accept change and to make positive changes in the lives of others around too.

Throughout my teaching career I tried my level best to make positive changes with my students and in my students. I often faced certain 'blank spots' or a 'pause' while dealing with students and their issues but then I got the opportunity to get trained in Basic Counselling Skills by Ms. Saloni Priya under the Umeed flagship. After the completion of the teacher counsellor training I became more organized, more systematic and more authentic in my approach. We started our session with group counselling and the voices of promise were heard in

the campus after the group counselling sessions. As time passed we were recognised as counsellors and students from all classes approached mostly with disciplinary issues in the beginning. We donned multiple roles, some like detectives, advisor, moral police etc. in dealing with student's disciplinary issues but now we are patiently listening to them, understanding their situations more and accepting them the way they are. Teachers get a kind of satisfaction and enjoyment after presenting a concept using different methods and then getting good feedback from students. Counsellors too get the same satisfaction when a student leaves the room with a happy face and determined soul. Happy faces can spread positive vibes in classroom, school and in society. The most precious change according to me is the change from a sad, gloomy, angry face to a smiling, happy face.



BUILDING EMOTIONAL AND MENTAL HEALTH

Swati Prerna
Teacher



“It doesn’t matter how slow you go, as long as you don’t stop.”

Confucius

In the 21st century we are all hustling and bustling in our lives. Everyone is getting ahead at a fast pace. We are conditioned by the experiences of life. It is a blank book filled with our choices, actions and experiences. It’s in our hands how we have to write this book. Our struggles, our happiness and our struggle for happiness influence our lives. The challenges of life either make us or break us. This affects our mental and physical health. Sometimes, we do consider the importance of our physical health by involving our body in some physical exercises. But, when it comes to our emotional and mental well-being, we least prioritise it. Mental health involves psychological, emotional and social well-being. Being vital to our lives, it controls our behaviour and actions and the latter is responsible for our all personal and professional growth. Being an educator, I often interact with children possessing distinct personalities which has been shaped because of varied social environment as well as

the environment in their homes. That’s why I often say “happy child projects a happy family “.

Sometimes their emotional health is affected due to different situations resulting in yelling and fighting, having low energy, isolating oneself from the people around us. This is the moment when they are subtly indirectly asking for our support. They may not be vocal but we ought to be receptive to them.

Sound mental and emotional health is not only essential for children but for adolescents and adults too. In my opinion, reading our religious scriptures could do miracles. Inculcating reading habits, practising yoga, developing skills, games, arts, music helps in strengthening our mental health. Also, connecting with the people through listening to their concerns without being judgemental and extending unconditional positive regard can help many people in coping with their issues and building a conducive environment to live.

So, let’s be kind and spread love; smile and be the reason for someone’s smile.



OUR LITTLE LIBRARY
Library created by the little ones!



The Love She Deserves



Aparna Shree
IV

On this special day we gift our moms,
Showing our love and affection, just to show off.
For the pains she bore, the taunts she tolerated,
But do we realize, that rest days all of us forget.

What about those days,
When it's not Mother's Day
We all act ungrateful,
Which is so unfair.
And highlight a Mother's role,
Which I feel should be bragged.

Let us all give
The love she deserves
With not something big
But a small gift of love.



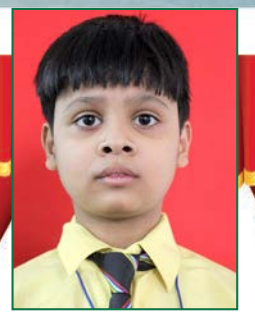
Alwira Intekhaab
IX-C

Power of Books

Books are a window to the world, possessing the ability to truly transform lives. Their power lies in the ability to turn a solitary act of reading into a shared vision of understanding. Knowledge may be the foundation of wisdom, but books offer the opportunity for true comprehension. The true strength of literature lies in its deep companionability.

As we delve into the pages, we learn not only from the words themselves, but also from the profound connection they offer to our own hearts and minds. Immersing oneself in literature allows for the easy connection of disparate ideas, leading to a newfound appreciation for opportunities and potential for value creation. However, it is important to approach books with caution, as the words within have the power to fundamentally alter our perspectives. Reading the experiences of others can serve as validation and inspiration for our own personal journeys.

I have always been advised that knowledge is power, and the key to acquiring it is through constant reading. A child who develops the habit of reading will undoubtedly become an adult who thinks deeply and critically. Everyone has the potential to be a reader, some just have yet to discover their favourite book.



Abbad Bin Tausif
IV-A

My Experience on Stage

I had recently participated in the Annual Function held in my school. It was the best experience I had on stage, because I love acting and I tried to give my best as always. I had participated in the play, 'The Selfish Giant' where I played the role of a boy. It was a wonderful experience with all my costars and teacher incharges. They guided us and kept us motivated. I was really excited throughout the show as our parents were spectators too. It was a delightful evening for me. I had a wonderful time and I enjoyed it thoroughly.

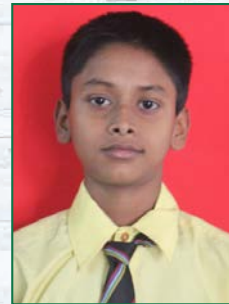
The Science of Living Beings

The cream we put on our skin
It is called lotion,
And when a living thing shows movement,
It is called locomotion.

Temple include bells,
Living things are made of cells.
People stand on junction,
Cell is the smallest unit of function.
I am not in a good mood,
Humans eat cooked food.
I have a car of Company Tata,
Plants breathe through stomata.
At the station found a coolie
Living things respond to stimuli.
In Hindi algae is called 'Kai',
Our poem is finished so bye.



Aarav Raj
VI-C



Niranjan Anand
VI-C

My inspiration for this story



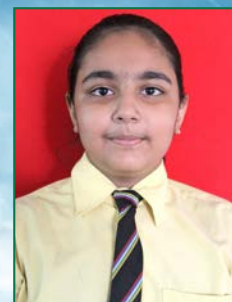
The weather outside was just like my mood that day, bright and sunny. I was in my village enjoying the fresh air. I was reading a book by Sudha Murthy (my favorite author) when a girl next door, Chandini came into our house with a box of sweets. As soon as she left, I grabbed my creative writing diary and a pen to write a short story. I am presenting my story. I hope you will enjoy reading it as much as I enjoyed writing it.

Brave Sudha

Once upon a time, there lived a village girl called Sudha. Since she lived in a village, she knew how to face all sorts of dangers. One day she got accepted into her dream university. So she packed her bags and left for the university. After a long and exhausting journey, she finally reached her destination. It was a magnificent building painted in blue and white colour. A large board pinned on the top said 'Everest University'. Sudha was amazed at the structure of the building and was glad to be there. But the next day, she met the bully of the university, Anamika. She came from a very rich family and always bullied everyone. When she discovered that Sudha was from a village, she started to bully her too. One day, Sudha was awoken by a blood-curling scream. She ran down the hall to find a rattlesnake circling Anamika. Thankfully, it was harmless. So, Sudha grabbed a stick from the ground and removed the snake. When she had released the snake back into the wild, she saw Anamika behind her, looking ashamed. Anamika apologized to Sudha and they became very good friends.

Moral: Treat everyone with politeness and kindness not because they're nice but because you are.

The Rainy Season



Aahana Pratap
V-A

The rainy season is what I awaited,
Because it is so green.
In this season I see,
Beautiful insects and radiant scenes.

The rainy season is what I awaited,
And it is what I love.
This beautiful rain is what,
I think is a blessing from above.
The rainy season is what I awaited,
I love it so much.
It is very soothing,
Like a mother's touch.
The rainy season is what I awaited,
But it will soon end.
I will be very sad,
And wish the rain could extend.

My Inspiration for this Poem

One evening, it started to rain heavily and my mother had just fried some fritters. It was the perfect weather to get lost in a book. So, I went to my bookshelf and grabbed a book. I didn't know why but something was just not clicking. It was then that I noticed a small diary of mine where I wrote stories and poems. I thought that if reading isn't clicking, maybe writing will. So, I took my diary and a pen and went to my balcony chair. And the lines kept coming to my mind automatically. As soon as I finished my poem, I knew my time was well-spent. I hope you will enjoy reading my poem as much as I enjoyed writing it.



Aditya Raj
VI-C

The Story behind the Names of Some Indian States

BIHAR - The state of Bihar got its name because it is the place where Gautam Buddha got enlightenment at Bodh Gaya. Lord Buddha and Mahavira set up an organization called Sangha for the monks and nuns. They built many rock cut monasteries called the Viharas, where monks and

nuns lived.

JHARKHAND- The word 'Jhar' means 'forest' and 'khand' means 'land'. In ancient India, in the Mahabharata, the region was called Kark Khand, due to location near Kark Rekha, i.e. Tropic of Cancer.

UTTAR PRADESH - During the Mughal period, its territory was divided under governors. History says Uttar Pradesh came into existence on 24 January 1950, when the governor-general of India passed United Provinces (Alteration of Name) order in 1950.

RAJASTHAN- Rajasthan literally means 'Land of Kings' and is a portmanteau of Sanskrit word 'Raja' means 'King' and Sthana means 'Land'. The oldest reference to Rajasthan is found in a stone inscription dated back to 625 CE.

PUNJAB - The name Punjab is made of two words Punj (five) and Aab (water), i.e. land of five rivers. These five rivers of Punjab are Satluj, Ravi, Beas, Chenab and Jhelum. Only Satluj, Beas and Ravi flow in India, other two rivers flow in Punjab situated in Pakistan.



The Magician



Pragati Kumari
V-F

One night I was watching a magic show on television and I was just stunned by the tricks used by the magician. After a while, I went back to sleep in my room. I was thinking about the show and then I dozed off. When I found myself awake, I was standing in front of that magician! Before I could think of anything, the magician said, "Abra Ka Dabr, Gili Gili Chhu! I can grant any one wish of you!" It seemed like a fairy tale to me. In that moment, I generally could have asked for becoming a billionaire or for infinite wishes. But I wanted to ask for something different, something insane. After a long pause, suddenly an idea flashed in my mind. But before I could ask anything, my alarm went off. Dang! It was a dream! I wish one day it could be true.



Pragati Kumari
V-F

Time Machine

I wish I had a Time Machine so that I could return to the past and could correct all the mistakes I've ever done. I wish I had a Time Machine so that I could go in the past and rearrange history. Sometimes, I wish to have a Time Machine to go back in my childhood and relive all the fond memories. If I had a Time Machine, I could change some things that have just happened. That's why I wish I could create a Time Machine right now!

Give your Best

I really don't feel confident
I think I'm gonna fail
All the answers that I learnt,
Are now completely erased.

I feel like crying,
And I dream of my result's email.
But my mom says to have faith,
And surely things will fall into place.

As there's always a silver ray,
And your hard work will always pay
May be, your today's sadness,
Will be your tomorrow's happiness,

May be your today's failure,
Will be your tomorrow's success.
So prepare well and give your best anyway,
And don't let the exam jitters pull you away.



Apurva Shree
VII-A



Song of Digestion

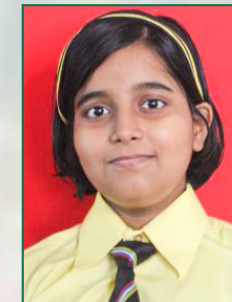
I ate my meal last night,
But I wonder if it has digested tight.
Will my dessert and my meal fight,
Or, they will adjust like two knights.

I ate my food in the buccal cavity,
I wonder if it will go against the gravity.
My teeth crushed the food heavily,
My tongue tasted the food so heavenly.

It went for a slide in the oesophagus,
Peristaltic movement in muscular wall.
Here and there it went in a J-shaped, bag like a ball,
The stomach had some gastric glands,
With shower of hydrochloric juices made the food bland.

The enzymes did the chemical digestion,
Then sent in to the small intestine for a session.
Bile juice made the food alkaline for digestion,
Pancreatic juice made a tension.

Oh my food you are really silly,
The surface area created by the villi,
Then egestion of undigested food is thrown,
Through the rectum of large intestine.
From large intestine to faces,
The food travelled in intestine,
Now, I'm getting hungry, let's get ready to dine.



Anushka Narayan
VII-E



The future which we have been always warned about is near and the rapid increase in the world's population is making sure that the sun will shine less brighter than it is today. The reason for this is the evident decline in the natural resources due to its excessive exploitation. The comforts of clean water, fresh air and the abundance of diverse flora and fauna, being enjoyed by the present generation will not be available to the future generations. In addition to this the constant and uncontrolled consumption of resources, renewable and non-renewable, will have an adverse effect on the life expectancy and health of the masses. There are countless factors at play which are constantly chipping away our environment and the Mother Earth is using her own weapon like volcanic eruptions, tsunamis and tornadoes to create balance in nature and to warn us of the damaging effects of continuous exploitation of resources. We need to make immediate changes in our life styles and start taking serious care of the environment. For the purpose of continuation of life we must adopt new ways and get rid of the old ones to save this planet of ours. Here, I would like to quote Robert Oppenheimer who said "Now I am become Death, the destroyer of worlds" after he successfully created Atom Bomb and realised that his creation will cause mass destruction in the future. His poignant remark reminds us that we are the creators of our own demise but we have the power to be our own light of hope as well. To sum up everything that has been stated so far, the world needs care and we must keep in mind that our habits that provoke us to hurt need to change.



Mansi Kashyap
IX-A



save Environment

for the Future Generation



Every country has its own language but because of our rich culture and its ability to adapt and assimilate, English has become an indispensable part of the Indian way of life. It is one of the official languages of India and is one of the most extensively used languages by over 50 countries of economic, political, and cultural importance in the world. It is said that English belongs to Indians more than it belongs to its native speakers. It is spoken by 1- 1.5 billion people in the Indian subcontinent. English has become an indispensable part of the Indian society as it has opened new avenues for us. I feel that English is not just a language but it's a skill. The fact that most Indians speak English makes it easier for them to get jobs in other English speaking countries and even pursue higher studies overseas. In a diverse country like India, English acts as the de facto common language of communication. According to experts, the global nature of business, coupled with the rapid advances being made in technology and the internet, has made English the most-important language of the future. Hence, if we want to improve opportunities available to the students then it is important that English should be taught in every school. English is easy to understand and is a widely used language all over the world. Moreover when we are well versed in English then only we'll be able to spread the richness of our culture and knowledge to a wider spectrum of people of the world.



Devansh Harshvardhan
IX-B

English: Its meaning for the Generation Z



इंसानियत

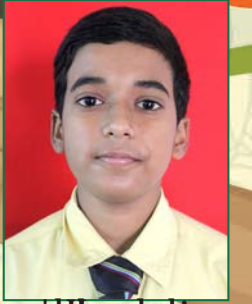
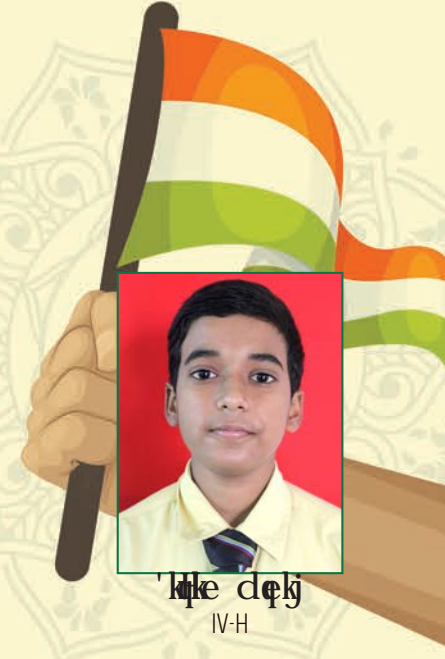


vák dękj
V-A

इंसानियत इंसान के अंदर की शान को बताता है। यह हमारी आत्मा की रोशनी है। इंसानियत निस्वार्थ होता है और इसका हृदय बहुत कोमल होता है। क्या अभी भी इंसानियत जिंदा है? हाँ अभी भी इंसानियत जिंदा है कुछ बातें जो हमें इंसानियत होने का परिचय देती हैं। जैसे हमेशा दूसरों की मदद करना, बड़ों का सम्मान करना, चाह कर भी किसी का बुरा नहीं सोच पाना, जानवरों के प्रति दयालु होना इत्यादि। हमारे अन्दर इंसानियत का होना बहुत अच्छी बात है। इसके बिना मनुष्य का जीवन व्यर्थ है। यह बहुत जरूरी है कि हम इस के अर्थ को समझे और समझाएँ। अभी भी समय है। हमें अंधेरे से जागना होगा और इंसानियत को जगाना होगा। वरना हमारे भीतर का शैतान हमें खा जाएगा। धन्यवाद!

भारत का संविधान

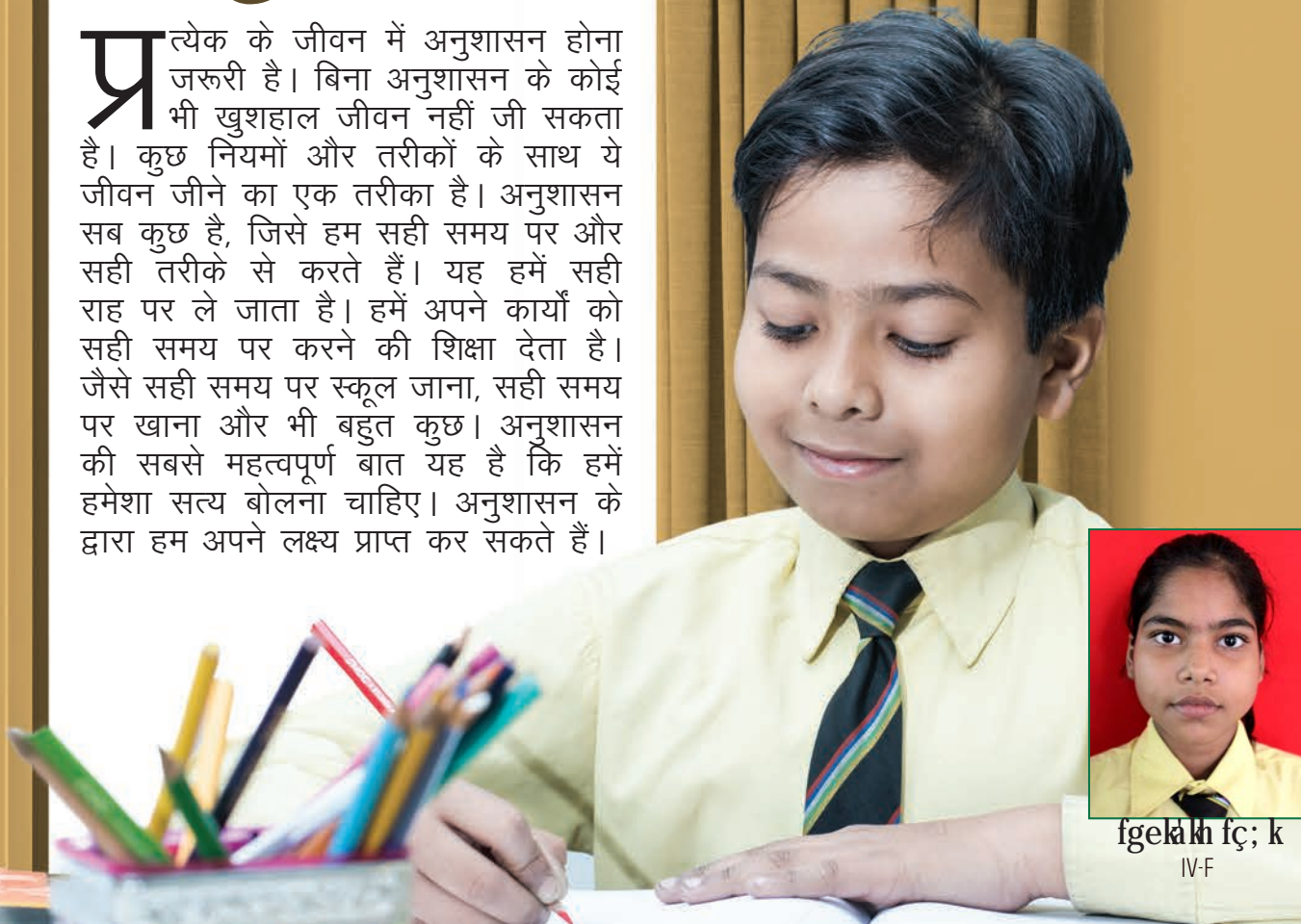
देश का कानून ही देश का 'संविधान' कहलाता है। इसे धर्मशास्त्र, विधिशास्त्र आदि नामों से जाना जाता है। हमारा संविधान 26 नवंबर 1949 को अंगीकृत कर लिया गया था और संपूर्ण भारत में 26 जनवरी 1950 से प्रभाव में आया। इसे पूर्णतः बनने में 2 साल, 11 महीने और 18 दिनों का वक्त लगा। भारतीय संविधान दुनिया का सबसे लंबा संविधान है। जिसमें डॉक्टर भीमराव अंबेडकर का बहुत बड़ा हाथ है। भारत का संविधान अपने नागरिकों को न्याय, समानता, स्वतंत्रता का आश्वासन देता है। जाति, धर्म, लिंग और जन्म स्थान के आधार पर बिना किसी भेदभाव के बंधुत्व को बढ़ावा देने में मदद करता है। संविधान के अंतिम पेज पर 'प्रेम बिहारी नारायण रायजादा और उनके दादा का नाम अंकित है।



vák dękj
IV-H

अनुशासन

प्रत्येक के जीवन में अनुशासन होना जरूरी है। बिना अनुशासन के कोई भी खुशहाल जीवन नहीं जी सकता है। कुछ नियमों और तरीकों के साथ ये जीवन जीने का एक तरीका है। अनुशासन सब कुछ है, जिसे हम सही समय पर और सही तरीके से करते हैं। यह हमें सही राह पर ले जाता है। हमें अपने कार्यों को सही समय पर करने की शिक्षा देता है। जैसे सही समय पर स्कूल जाना, सही समय पर खाना और भी बहुत कुछ। अनुशासन की सबसे महत्वपूर्ण बात यह है कि हमें हमेशा सत्य बोलना चाहिए। अनुशासन के द्वारा हम अपने लक्ष्य प्राप्त कर सकते हैं।



fgelkñ fç; k
IV-F

लड़कियों की शिक्षा



vfyt k jkt h
VI-A

- हम सभी के लिए बहुत ही ज्यादा महत्वपूर्ण हैं।
- लड़कियों के जीवन में शिक्षा एक अहम भूमिका निभाती हैं।
- शिक्षा लड़कियों के जीवन को एक नया रास्ता दिखाती हैं।
- एक लड़की अगर शिक्षित होती है तो पूरा एक परिवार शिक्षित होता है।
- एक शिक्षित लड़की देश के विकास में महत्वपूर्ण भूमिका निभा सकती है।
- एक शिक्षित लड़की अपने भविष्य को सही आकार देने में सक्षम है।
- लड़कियों को शिक्षित किए बिना एक उज्ज्वल देश नहीं बनाया जा सकता।



कोशिश करो, कोशिश करते रहो

कोशिश करो, कोशिश करते रहो,
क्या हुआ जो हार गए तो,
जीत के लिए प्रयास करो,
हारना एक सबक है,
कोशिश करो, कोशिश करते रहो,
क्या हुआ जो सफल ना हुए,
बीच रास्ते में ही लड़खड़ा गए,
फिर उठो और दिखाओ साहस,
अपने मन को दृढ़ करो,
जीतोगे, बस कोशिश करते रहो,
एक बार या हजार बार,
हार गए तो क्या हुआ
सुना है कोशिश करने वालों की हार नहीं होती,
तो चलो उठो, कोशिश करो और करते रहो,
मेहनत रंग लाती है,
हार में कोई अपमान नहीं,
माना कि हम नहीं जीते,
पर तुम अड़े रहो,
हौसलों को कर बुलंद,
कोशिश करो... .. ।



I E k Jh
IV-A

मेरी कक्षा

मेरी कक्षा चतुर्थ की छात्रा हूँ। मुझे मेरी कक्षा अच्छी लगती है। रोज विद्यालय आना और अपनी जगह पर बैठना मुझे अच्छा लगता है। मुझे अपनी कक्षा में आकर सुकून मिलता है। मेरी कक्षा मुझे सबसे अच्छी और सुन्दर लगती है। दरवाजे के पास कूड़ादान है। आगे मिस का टेबल और सामने की दीवार पर श्यामपट्ट है। दीवारों पर विभिन्न प्रकार के चित्र और चार्ट पेपर लगे हुए हैं। मेरी कक्षा हवादार है। अपने सहपाठियों के साथ टिफिन करना और अपनी बातें बताना अच्छा लगता है।



vifky'kk dqljh
IV-F

'गुदगुदी'

पापा — बेटे दिल लगाकर पढ़ा करो।
बेटा — पर पापा आप तो चश्मा लगा कर पढ़ते हैं।
अध्यापक — आनंद तुमने नक्शे में नदियाँ क्यों नहीं दिखाई?

आनंद — मुझे लगा नक्शा गिला ना हो जाए। एक आदमी तालाब में नहाने गया। वह सामने लिखा था बाएँ देखो। जब उसने बाएँ देखा तो लिखा था — पीछे देखो। जब उसने पीछे देखा तो लिखा था, यहाँ नहाने आए हो या इधर-उधर देखने।



vkian fl g
V-F



सफ़र जीत का



vfbrk oelZ
VI-A

सपने से होती शुरुआत,
अपनी मंजिल पाने की बात।
सामने मुसीबत की काली रात,
पर आशा की किरण तुम्हारे साथ।
पता है मुश्किल है हालात,
पर भगवान भी है तुम्हारे साथ।
मुसीबतें आएंगी अज्ञात,
पर जीत से होगी तुम्हारी मुलाकात।



vk qk dckj vxzky
VIII-C

जरा सोच-समझकर

लोग एक दूसरे से कहते हैं, जरा सोच-समझकर काम करना। यह एक मुहावरा हो गया है। इसे बार-बार सुनने पर ऐसा लगता है कि सोचना और समझना एक ही मानसिक क्रिया के दो पहलू हैं। हम सोचने की क्रिया के साथ समझने को भी लपेट लेते हैं लेकिन सयानों से पूछो तो वे कहते हैं – यह दो बिल्कुल अलग-अलग बातें हैं। इन दोनों में इतना-सा फर्क है जितना कि देखना और अँधेरे में टटोलने में होता है। सोचने में अनुमान होता है, तर्क होता है। फिर भी सही गलत का पता नहीं चलता। सोचने में प्रश्न पैदा होते हैं पर उत्तर नहीं मिलते। समझ के साथ कोई प्रश्न नहीं बल्कि उत्तर है क्योंकि समझ हृदय में पैदा होती है। जो मन में आए वही बोलने के बाद आदमी को वह सुनना पड़ता है जो उसे पसंद नहीं होता। बोलने और व्यवहार करने में चतुर बने। इसका तात्पर्य है कि हम कुछ कहते वक्त अपने शब्दों का चुनाव सोच समझकर करें। छोड़कर जाने वालों ने इतना तो जरूर सिखा दिया। आने वालों भरोसा जरा सोच-समझकर करना।



l \$ n uchly vkye
VIII-D

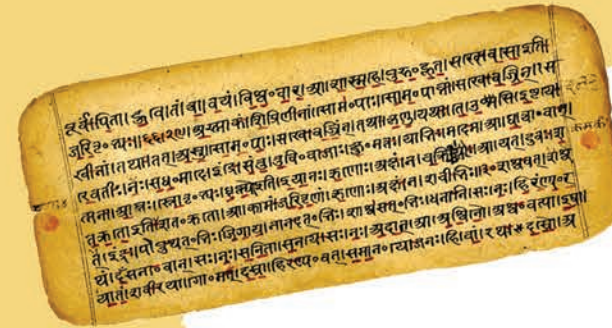


vkj lgh JhokLro
VIII A

मिट्टी मेरे बिहार की

क्षिति, जल, पावक, गगन और समीर के अतिरिक्त एक और तत्व है जो मनुष्य के व्यक्तित्व में महत्वपूर्ण भूमिका निभाता है- वो है 'मिट्टी' और जहाँ बात बिहार की ऐतिहासिक धरती की हो वहाँ तो मिट्टी के कण-कण में सौंधी खुशबू मिलती है जिसकी बात ही निराली है। बालपन से ही दादाजी से मैंने बिहार की महिमा सुनी है। चाहे बात यहाँ की अन्नपूर्णा माटी की हो, ज्ञान प्रदायिनी भूमि की हो या वीरों को पैदा करने वाली धरती माता की, हमारा बिहार ही अव्वल रहा है। गौतम बुद्ध और महावीर की इस कर्मभूमि पर पैर रखने के साथ ही मनुष्य सभ्यता के आगन की गर्मी को महसूस कर लेता है। छुटपन से ही आरा के वीर कुंवर सिंह की कहानियाँ इस तरह सुनी जैसे वो रोम - रोम में उतर गए हों। उनकी वीरता की रोमांचकता को देश का बच्चा-बच्चा जानता और मानता है। जब दादा राजेंद्र बाबू की बात करते हैं तो वो भाव - विह्वल हो उठते हैं। देश का पहला राष्ट्रपति जिसे बिहार की पावन धरती ने दिया, जो हर बिहारी के गर्व का विषय रहा है और आगे भी रहेगा।

जब-जब भारतीय स्वतंत्रता संघर्ष के महान आंदोलनों की बात होगी बिहार के 'जयप्रकाश नारायण', 'मज़हरूल हक', 'ब्रजकिशोर प्रसाद' जैसे अनगिनत नाम इस सूची में अनंत तक रहेंगे। अगर हम भारतीय संस्कृति की ऐतिहासिक झलक देखना चाहे तो पटना म्यूजियम में उपलब्ध मौर्य कला की कृतियाँ देख सकते हैं जो हर बिहारी के लिए गौरवपूर्ण हैं। बिहार की विभिन्न कलाएँ, चाहे वो 'टिकुली कला' हो या 'मधुबनी कला' इसकी गूँज आज विदेशों की धरती को भी सजाती हैं। इसका बड़ा प्रमाण जापान की ट्रेनों पर अंकित 'मधुबनी कला' का चित्रांकन है। साहित्य में आज भी बिहार का डंका बजता है। 'विद्यापति की कृतियाँ', 'फणीश्वर नाथ 'रेणु' की आंचलिकता, 'जयप्रकाश नारायण' की दूरदर्शिता, 'रामधारी सिंह दिनकर' की राष्ट्रभक्ति या 'भिखारी ठाकुर' की रचनाएँ आज भी भारतीय साहित्य की अप्रतिम पहचान हैं। जब आपकी जड़े इतनी अनमोल भूमि से जुड़ी हो तो कौन होगा जो इसके गौरव का हिस्सा बनने को लालायित नहीं होगा?



संस्कृत भाषायाः मम जीवने महत्वम्

अहं देवभाषा संस्कृत भाषाम् स्मरामि यत् अस्माकं जीवने संस्कृत भाषाया का उपयोगिता महत्वम् च ? तदा मयि मनसि सहस्त्रः प्रश्नाः आगच्छन्ति। अहम् संस्कृत भाषाया कारणेन अस्मि। भारतस्य संस्कृति संस्कृत भाषा कारणेन अस्ति। संस्कृतम् मम सर्वम् ददाति। संस्कृत भाषा सामान्य भाषा नास्ति।

जनाः जानन्ति यत् संस्कृत भाषा देवभाषा अस्ति। परम् अहम् अनुभवामि यत् संस्कृत भाषा आधुनिक भाषा अस्ति। संस्कृत भाषा सर्वभाषाणां जननी अस्ति। अतः अन्ते अहम् वदामि यत् भारतीय संस्कृते आधारः संस्कृत भाषा अस्ति। कथ्यते च ----- "संस्कृतं विना नैव संस्कृतिः जयतु संस्कृतम्।"



100 x 100
VIII-B

मित्रता

यह सत्य है कि अनेक लोग हमारे संपर्क में आते हैं, जिनमें से कुछ लोगों के प्रति हम आकर्षित हो जाते हैं और वे भी हमारी ओर आकर्षित हो जाते हैं। फिर शुरू से आकार लेता है 'मित्रता का बंधन'। ऐसे मित्रों से ही हम अपने दुखों का विशेष रूप साझा करते हैं, अपनी खुशियाँ उनसे बाँटते हैं, वे हमारा मार्गदर्शन करते हैं और बिना किसी स्वार्थ के हमारे लिए त्याग भी करते हैं। मित्रता संवेदनशीलता का मूर्त रूप है। अच्छे निष्ठावान मित्र विकट परिस्थितियों में सदैव साथ रहते हैं। आँधी-तूफान में भी वही सहारे बनते हैं। मित्रता ईश्वर का अनमोल उपहार है। चरित्रवान मित्र का मिलना सौभाग्य है। आज भाग-दौड़ वाले तथा स्वार्थों से भरे जीवन में ऐसे सच्चे मित्र मिलना असंभव ही नहीं बल्कि दुर्लभ है। यदि हमें ऐसा दुर्लभ खजाना मिल जाए तो उसे सदैव अपने हृदय में रखना चाहिए। ऐसे मित्रों से हम सदैव सुरक्षित अनुभव करेंगे और जीवन का अनमोल आनंद प्राप्त करेंगे। ऐसे अनमोल मित्र को प्राप्त कर ईश्वर को धन्यवाद अवश्य देना चाहिए क्योंकि आज सच्चे मित्रों की विशेष आवश्यकता है परंतु सच्चे मित्र दुर्लभ है।



हिन्दी भाषण प्रतियोगिता

fgLhh foHkx

fgLhh Hkj rh; 1 L-fr dh vRk gS

- कमलापति त्रिपाठी

हिन्दी विभाग की शिक्षिकाओं द्वारा हिन्दी भाषण प्रतियोगिता का संचालन दो चरणों में किया गया। प्रथम चरण में दिनांक 6 अगस्त 2022 को कक्षा-7 के विद्यार्थियों के द्वारा प्रस्तुति दी गई: जिसका विषय "हमारी सांस्कृतिक विरासत" थी। सभी प्रतिभागियों ने विभिन्न वेश-भूषा में अपनी प्रस्तुति दी। निर्णायिकाओं के रूप में रोजी साह महोदया एवं प्रमिला खालको महोदया थी; जिन्होंने सभी प्रतिभागियों को उनके अद्भुत प्रस्तुति के लिए प्रशंसा की। इस प्रतियोगिता की सम्मानित अतिथि आदरणीय प्रधानाचार्या महोदया श्रीमती मनीषा लाल एवं एंजेला महोदया थी; जिन्होंने सभी प्रतिभागियों को समाज एवं राष्ट्र के प्रति अधिक जिम्मेदारी निभाने हेतु प्रोत्साहित किया।

दूसरे चरण में हिन्दी भाषण प्रतियोगिता दिनांक 19 मई 2022 को कक्षा-9 के विद्यार्थियों द्वारा किया गया। सभी प्रतिभागियों द्वारा विभिन्न व्यक्तित्व के वेश-भूषा को धारण कर उनके विचारों को भाषण के द्वारा व्यक्त किया गया। इस प्रतियोगिता की सम्मानित अतिथि आदरणीय प्रधानाचार्या महोदया श्रीमती मनीषा लाल एवं शैक्षिक समन्वयक थॉमस महोदय थे। इस प्रतियोगिता में 11 प्रतिभागी थे, जिनकी प्रस्तुति सराहनीय थी।

foT rkvk ds ulk

प्रथम	अनुष्का सिंह	7F
	त्रिशा	7C
द्वितीय	अनुष्का नारायण	7E
तृतीय	सृष्टि सान्या	7E
प्रथम	कुमारी सुरभि	9C
द्वितीय	अभिराज भारती	9C
तृतीय	उत्कर्ष	9E
सांत्वना	उर्वशी	9C

स्व प्रेरणा

जैसे हमारे शरीर को स्वस्थ रखने के लिए संतुलित आहार की आवश्यकता होती है उसी प्रकार हमारे दिमाग को स्वस्थ रखने के लिए हमें प्रेरणा की आवश्यकता होती है। जब भी हम कोई काम करते हैं और उसका परिणाम हमारी आशा के अनुरूप नहीं आता है तो हम निराश हो जाते हैं और कई नकारात्मक विचारों से हम घिर जाते हैं। ऐसी परिस्थिति में हमें अपने आपको स्व प्रेरित करने की आवश्यकता होती है। जिस कार्य में हम असफल हुए हैं उस काम को दोबारा पूरी मेहनत और लगन से करने का प्रयास करना चाहिए। हमें सफलता जरूर मिलेगी। जब एक छोटी-सी चींटी बार-बार असफल होने पर भी दीवाल पर चढ़ने का प्रयास करना नहीं छोड़ती तो हम क्यों असफल होने पर प्रयास करना छोड़ देते हैं। हर इंसान को असफलता का सामना करना पड़ता है लेकिन असफल होने के बाद भी जो अपना प्रयास जारी रखता है, अपने अंदर सकारात्मक विचार रखता, अच्छी पुस्तकों और लोगों की संगति रखता है वह जीवन में कभी असफल नहीं होता है। हमें हमेशा याद रखना चाहिए कि कोई भी समस्या हमारे जज्बे से बड़ी नहीं हो सकती। धन्यवाद!



- "Max ddky"
V-D



Art Gallery



ADITI, 8-B



KRISHANG KUNAL, 5-D



KRISHANG KUNAL, 5-D



KRISHANG KUNAL, 5-D



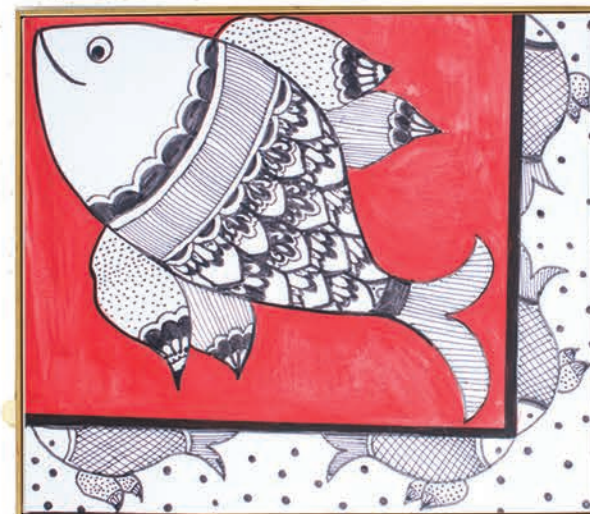
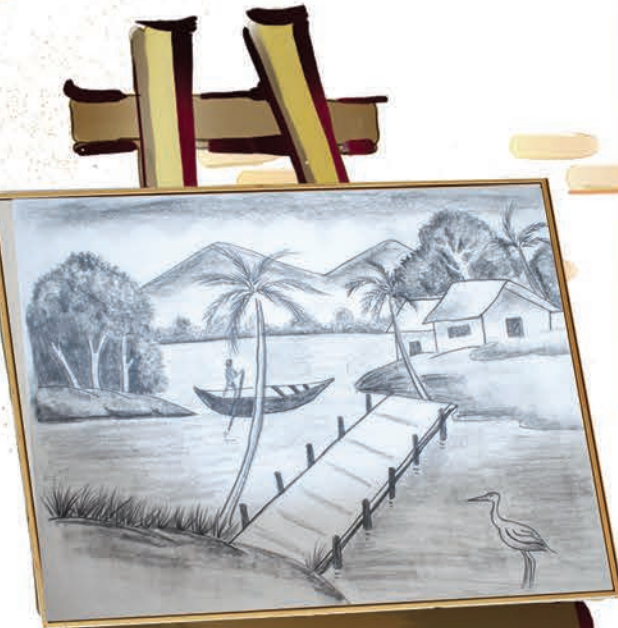
ANYA SHARMA, 4-D



KRISHANG KUNAL, 5-D



ARUSHI RAJ, 4-B



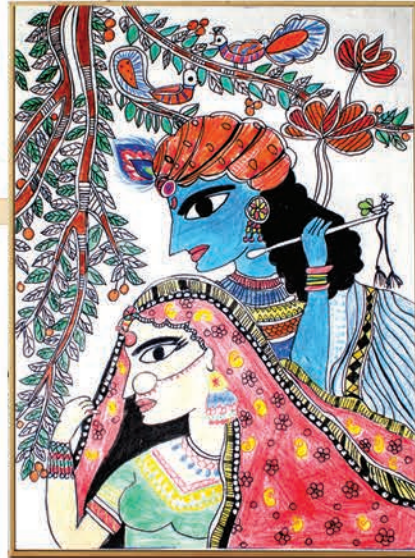
VARTIKA BHARTI, 5-D



Art Gallery



VARTIKA BHARTI, 5-D



SHIVALI SHREE, 8



VARTIKA BHARTI, 5-D



KRISHANG KUNAL, 5-D



KRISHANG KUNAL, 5-D



SAVMYA SHREE, 9



VARTIKA BHARTI, 5-D



KRISHANG KUNAL, 5-D



AALISHA, 4-B



SHREYANSH, 4-B



NAFISA IRSHAD, 4-B



ANYA SHARMA, 4-D



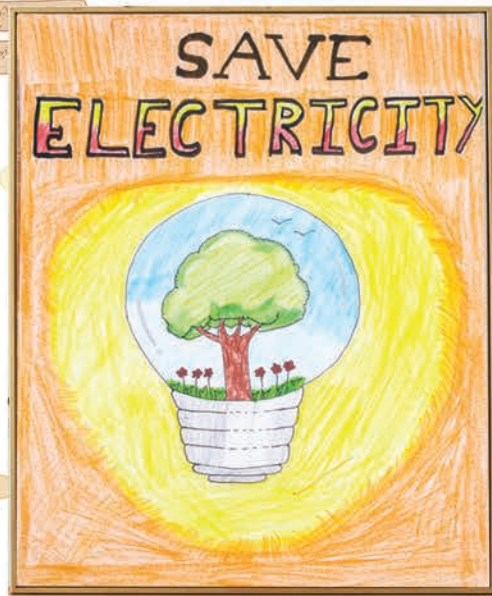
SHEFALI SHREE ROY, 9-A



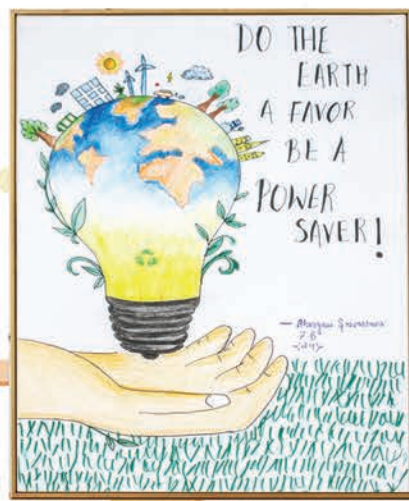
PRATIKSHA, 4-B



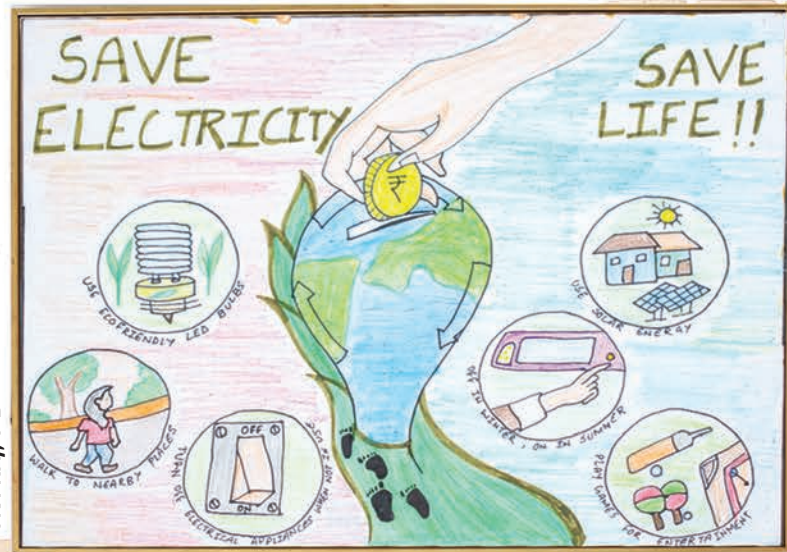
SAANCHI, 4



PALAK, 7-F

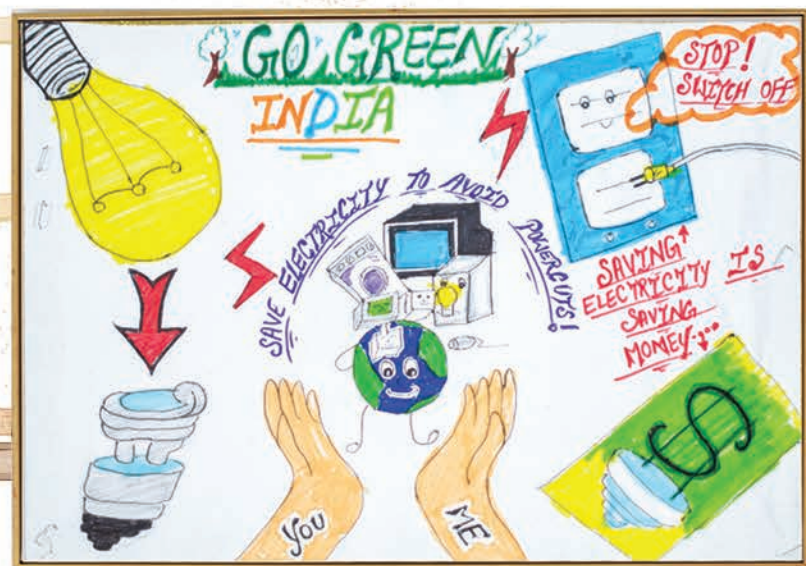


BHARGAVI SRIVASTAVA, 7-B



AVI RAI, 7-D

"Painting is one of the best form of self-expression." ~ Invajy



MD. SAMI ULLAH, 7-B



SWAPNIL, 7-F



SHIVANI, 7-D



BUSHRA MARIAM, 8-C



VARTIKA BHARTI, 5-D



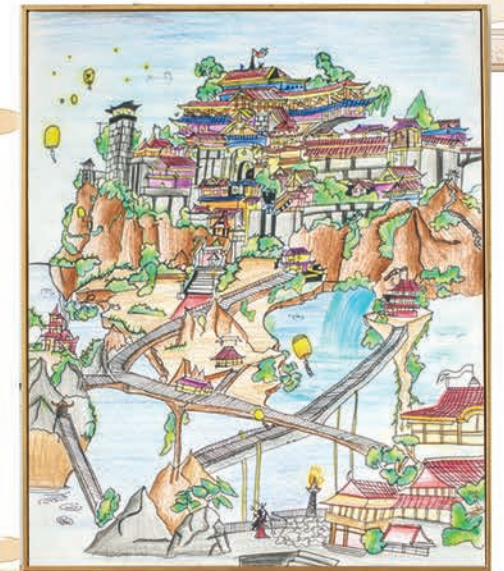
VARTIKA BHARTI, 5-D



KUMARI SWATHI, 9-C



VARTIKA BHARTI, 5-D



ABEHINAV KUMAR, 6-C



ALAYNA NAAZ, 7-F



PARI VISHWAKARMA, 7-F



**“Dream big, work hard,
stay focused,
and surround yourself
with good people.”**

Mentors of St. Karen's Collegiate School, Bihta



Group Photograph of Std. (1 to 9)
 (Sitting) : 1) Deepshikha 2) Roshan Fatma 3) Sunita Rakesh Shah 4) Sweeta Rani 5) Archita Lal 6) Renu Kumari 7) Shubhra Nishant Singh 8) Angela Anthony 9) Manisha Lal 10) Thomas Mathew 11) Sangeeta Kumari 12) Minakshi Singh 13) Renu Jain 14) Bishakha Samantha 15) Shilpi Lata 16) Som Abha Shukla 17) Indu Kumari 18) Anjali
 (Standing) : 1) Rashmi Singh 2) Jyoti Narayan 3) Shilpi Sitara Toppo 4) Swati Suman 5) Nancy Clara Rozario 6) Anuradha Gupta 7) Deepika Singh 8) Bhawini 9) Pallavi Sinha 10) Joshline Augustine 11) Akanksha Anubhuti 12) Puja Kumari 13) Sima Tigga 14) Sanjana Shah 15) Pratibha Nalini Sharma 16) Shrutu Singh 17) Jugnu Jain 18) Yama Sinha
 (Standing) : 1) Rohan Ranjit 2) Prince Mon Anthony 3) Rahul Kumar 4) Arvind Kr. Chaudhary 5) Vijeta Singh 6) Elsy Suren 7) Shahla Raza 8) Pramila Khalkho 9) Abhishekha Shalinee 10) Rosy Sah 11) Sunita Abraham 12) Kumari Arti 13) Chhavi Parashar 14) Prem Jyoti Rani 15) Rukhsar Parween 16) Avenbika Chaudhary 17) Abha Kumari 18) Reshmi Sharma
 (Standing) : 1) Sudhir Kumar Verma 2) Navdeep Kumar 3) Manish Sarvesh 4) Gaurav Daniel 5) Sandeep Anand 6) Shadab Alam 8) Anchal Kumar Singh 9) Suryadev Gupta 10) Pradeep Kumar Lal 11) Praveen Kumar 12) Md. Yousof 13) Ravi Kant 14) Nishant Verma

All relationship is a reflection of
your relationship with yourself.



St. Karen's Collegiate School

(Affiliated to CBSE, New Delhi, upto +2 Level)

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