



NAVA SPURTHI

Bangalore Region

" Be convinced that God will always give you what is best for you " - Ven. Mary Ward



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NEWSLETTER

JULY– SEPTEMBER 2025

MARIA SADAN REGIONAL HOUSE, BANGALORE

We are glad to have one more member added to the community, with the arrival of Sr. Elsy from Delhi Province for her Diploma Course in Monfort College, Bangalore. We warmly welcomed our new parish priest and the assistant by inviting them for a delicious meal with us on the 17th of August.



Sr. Shradha attended three days of Major Superiors' meeting 18 -20 August in Christ University, Bangalore organised by KRCR.

From 2nd to 4th August, the Regional Animators convened at De Nobili College, Pune for their annual meeting.

The first two days were deeply enriching, thanks to Sr. Anna Mary Thumma, a Charity Sister, who shared her personal journey and offered profound insights on becoming effective religious leaders and animators. The final day brought a refreshing change of pace, as the group enjoyed a leisurely outing amidst the scenic beauty of Khandala and Lonavala. The experience offered not only learning and reflection but also a wonderful pause from their busy routines. Each animator returned to their community with hearts full of gratitude and a renewed spirit.



From 15th to 17th August 2025, the region had the honour of hosting the concluding batch of the *Journeying Together* program at Perna Spirituality Centre, Bannerghatta. Sr. Sudha IBVM and Sr. Shradha CJ skilfully guided the participants through meaningful interactions, fostering deeper connections, heartfelt sharing, and open reflections on their, hopes, dreams and fears, as the much-anticipated Merger Celebrations draw near.



On the evening of 17th August, the Maria Sadan community joyfully welcomed back a house full of spiritually enriched individuals, returning after three transformative days together. Farewells were exchanged with the promise of reuniting soon as the cherished members of the wider CJ family.

We were blessed by the presence of several visitors to our house: Sr. Nelcy's mother and two nephews stayed with us for three days, bringing joy and warmth to all of us. Sr. Suma from Mittapally, Sr. Feby from Begur, Sr. Jasmine and Alphonsa belonging to the Congregation of Our Lady of Sorrows. We also had the pleasure of a brief visit from Sr. Pratima, who stopped by while recuperating from gallbladder stone surgery at her sister's home in Bangalore.

As the regional vocation promoter, Sr. Rupali dedicated much of her time over the past three months to travelling across various mission stations in Orissa and Maharashtra, working diligently to inspire new vocations to the CJ family.

The Region conducted a **training programme for teachers** from seven schools, with two participants from each institution. Over the first two days, Mrs. Kawaljeet Kaur inspired educators with Mary Ward Vales, Mary Ward Compass, to adopt a positive and innovative approach in their



teaching. On the third day, Fr. Bala Kiran SJ and Fr. Elvis Lewis SJ led sessions focusing on Ignatian ideals, depth conversations, authentic relationships, journey into self, examination of consciousness, and Ignatian

decision making process. The training highlighted the relational nature of human beings and the role of genuine dialogue in fostering growth.

All of us attended the novena Mass for 9 days in Shivajinagar St. Mary's Basilica, in preparation for the feast and helped in the parish activities. Sr. Nelcy joined the local CRI group for the **pilgrimage** to Our Lady of Rosary Church, Harobele on the 27th of September. It was indeed a time of spiritual enrichment seeking the intercession of Mother Mary in the jubilee year.



MARY WARD NIWAS, UMRALLA

Bishop Thomas D'Souza, the Bishop of Vasai, convened a meeting for the CRI, superiors, and sisters who were recently transferred to various communities in Vasai. He shared some insights and motivated the sisters to take a more active role in parish life. Together with Fr. Xavier, Sr. Angeli travelled to Sandor for a gathering of youth coordinators, where plans for the upcoming diocesan youth convention in Vasai were

discussed. Each parish held youth meetings to prepare for the event.

On 15th August, we marked three special occasions: Independence Day, the Feast of the **Assumption of Our Lady**, and the anniversary of the sodality group, which is very active in the parish. The ladies organised a cultural event and lunch, and our presence was greatly appreciated.



In anticipation of Mother Mary's birthday, the parish youth created a statue of Mary and decorated the altar beautifully. Thirteen villages participated in an eight-day novena, with various priests invited to celebrate Mass and preach during this period.

Sr. Cyrilla joined parishioners from several communities on a **pilgrimage to Mount Mary**, which proved to be a memorable experience.

The parish youth also led a **Taizé prayer service**, in which we participated. It was a deeply enriching experience for all involved.



JYOTHIRBHAVAN, THURUTHIPURAM

On 6th July, Bishop Rt. Rev. Dr. Ambrose Puthenveetil of Kottapuram convened a meeting with all diocesan superiors to learn about each institution's apostolate. The gathering was marked by mutual sharing and heartfelt appreciation for the mission work being carried out

This year Sr. Theresa was appointed as the animator of the K C Y M of our Parish. The **youth day** was celebrated on 13th July. Sr. Theresa along with the youth leaders hoisted the flag to inaugurate the function.



Sr. Shradha visited the community on 14th July, followed by a visit from Education Coordinators Sisters Jessy, Damien, and Marisa on 27th July after their meeting. Sr. Theresa prepared children from the Gulf and U.K. for First Holy Communion in July.

On 22nd July the Parish had a prayerful function of placing the main door of the St. Antony's Shrine which is being renovated.

On 31st July, parishioners, including Srs. Imma and Theresa joined protest marches against the unjust arrest of two ASMI Sisters. Sr. Theresa joined the Puthenvelikara community on 9th August for a **pilgrimage to Mylapore**, where St. Thomas the Apostle was martyred.

Youth Outreach: On 19th July, parish youth visited John Paul Mercy Home in Thichur, engaging with 400 residents through service and joyful activities. Srs. Bernie and Theresa accompanied them.

The **Jubilee Cross** arrived at our parish church, from the neighbouring church, brought by boat to Tanion Kadave. Many parishioners, carrying brightly coloured umbrellas, lined up to welcome the Jubilee cross. It remained in our parish for a week, during which many people came to pray.



On 5th September, the community celebrated **Onam** with priests from parish, preparing a traditional feast that was warmly appreciated. The parish bid farewell to Fr. Nikhil George Muttikkal, the assistant

parish priest, on 14th September and welcomed Fr. Philip Tony Pinhero the next day.

Prior to the feast of St. Francis Assisi and our Blessed Mother our parish held its **annual retreat** from 15th to 18th September, featuring powerful preaching, Masses, blessings, and a moving barefoot procession to the cemetery for prayers and penance. Rev. Fr. Tony Kuzhippilil CSSR was the retreat preacher. Retreat days, two sisters came for counselling, and they stayed with us.



ST. MARY'S CONVENT, ALAKODE.

Sr. Shradha visited us at the beginning of July, where she was warmly welcomed and engaged in meaningful discussions with the teachers and co-workers. On **Doctors' Day**, 1st July, the community honoured nine former students who are now doctors. These alumni



were recognised and presented with mementos in appreciation of their service to society.



The doctors expressed their gratitude for being celebrated on this special occasion.

On 3rd July, the community and students commemorated the Feast of Sr. Thomasina and the

Feast of St. Thomas with a prayer service, a student-led cultural programme, and the symbolic gifting of plants. The celebrations included a Holy Eucharist by Rev. Fr. Sunny and concluded with a festive dinner, honouring the legacy of St. Thomas the Apostle.



We were happy to respond to the Jubilee Year in a

special way. As part of this, we made a **pilgrimage** to Mylapore, the place where St. Thomas the Apostle attained martyrdom.



On 10th August, we joyfully celebrated the Feast Day of Sr. Lawrentia. The day began with the Holy Eucharist offered by Rev. Fr. Sunny Punnur. This was followed by a festive dinner and a time of recreation organized in her honor.



On 15th July We visited Sr. Cynthia's house to offer our condolences on the demise of her mother. Our community is actively involved in **pastoral ministry**. We regularly conduct ward prayers and participate in various parish activities. Sr. Thomsina oversees the Naomi Group (widows' group in the parish), where she organizes monthly prayer services and talks with great dedication.



School Activities

The school campus was vibrant and full of life as we began various co-curricular activities such as dance, keyboard, chess, karate, Zumba, and more. These activities provide our students with opportunities for

creativity, discipline, and skill-building, thereby contributing to their all-round development. The KG Section Kids Fest began with a variety of delightful programmes, as teachers and parents took great initiative in preparing the little ones for performances such as dance and action songs. The event gave our youngest students an opportunity to overcome stage fear and gain confidence in public speaking. All winners were honoured with prizes, and it was heartening to see enthusiastic participation from a good number of children.

The Primary Section organised a Kids Fest featuring a variety of programmes such as cinematic dance, elocution, recitation, and folk dance. The event was inaugurated by Rev. Fr. Anthony Ponuur, the Parish Priest, who emphasised the significance of cultural activities in fostering the all-round development of students.



The Secondary Section organised their annual cultural fest, SPANDAN, which featured a diverse array of student performances and competitions over two days. The event was inaugurated by noted television personalities Km. Archana Kalyani and Thanmaya Sathyan, who energised the celebration with a dance performance. Students participated in activities

such as Bharatanatyam, folk dance, mono act, mimicry, extempore, and recitation, showcasing their talents and contributing to a lively and festive atmosphere on campus.

A variety of competitions and events were organised to encourage creativity and holistic development among students. **Literary and drawing competitions** provided platforms for students to showcase their writing and artistic skills, with enthusiastic participation noted throughout. In the **Sahodaya Competitions**, students excelled in chess, with Master Danish of Class 12 winning the Individual Champion Trophy in Category 4 and participated in quizzes and digital events. Thirty students actively took part in the literary and drawing competitions, making it a memorable experience. The school also participated in the **All-Kerala Basketball Tournament**, achieving notable success: the Under-17 Girls' team won the championship, while other teams secured runner-up positions in various categories. Additionally, a **Fancy Dress Competition** for the KG



section saw about 100 students creatively dressing up according to themes like cartoon characters and environmental awareness, with winners receiving attractive prizes. These

events highlighted the students' talents, the dedication of teachers and parents, and the school's commitment to all-round development.

The school marked **Independence Day** by organizing house-wise competitions such as patriotic song and rangoli making, judged by external guests. A themed program with a speech, song, and video presentation was held before the competitions. On August 15th, Sr. Rosemary hoisted the national flag with participation from neighbouring students due to



the public holiday, and sweets were distributed to attendees.

On 27th August, the school celebrated **Onam** with great joy and enthusiasm. Students came dressed in colorful attire, and various competitions such as tug of war, *uriadi*, and class-wise games like musical chairs and bombing the city were organized. The

campus was vibrant and lively, filled with the joy and excitement of the students. Adding to the festive spirit, Class XI students performed traditional Onam dance, *Pulikali*, and *Onappattu*. The highlight of the celebration was the arrival of Maveli, which brought immense excitement to the students. The program concluded with the distribution of delicious *payasam* to everyone.

Five of our students, accompanied by a teacher and Sr. Rosemary, participated in the Regional Level **Mary Ward Fest**, a three-day program held at Puthenvelikara. Our students actively took part in the events, showcasing their talents while also experiencing personal growth. They gained valuable insights about the Mary Ward Compass and our congregation. The fest proved to be a fruitful and memorable experience for all participants. Teachers are the backbone of our school, playing a vital role in shaping the lives of students. We



celebrated **Teachers' Day** with much joy and gratitude. The celebration was organized by Class XI students, beginning with a warm welcome to teachers, greeting them with cards and a *tilak* on their foreheads. A meaningful prayer service was conducted to invoke God's blessings, followed by a colorful cultural program. Students from primary to secondary classes entertained their teachers with a variety of performances, making the day memorable. The celebration concluded with a sumptuous lunch and gifts for the teachers.

A **Parent-Teacher Meeting** was arranged to provide an opportunity for parents to receive feedback about their children's academic performance. Parents made good use of this chance to interact with teachers. A common meeting was also held in each class. A **career guidance** session was organized for Class XII students, with a resource person from Santa Monica Academy. The session focused on job opportunities abroad and the importance of English language proficiency. It was highly informative and beneficial for the students.

ST. MARY'S CONVENT, MULUND

Sr. Rosita Tirkey (IBVM) joined us to complete her social work project and stayed with the community here. Sr. Shradha completed her canonical visits in a prayerful and meaningful manner, also taking the opportunity to warmly meet Archbishop John Rodrigues, parish priest Fr. George Athaide, teachers, and support staff. The Regional Council meeting was held in Mulund and Srs. Edwina, Rosemary, and Nelcy joined us for the same. Sr. Smitha Muthu briefly visited Mumbai on her way back to Nepal after her home leave.



Srs. Basilia and Divya attended COIN- Loreto level the “Journeying Together” program in Bangalore, and returned with renewed enthusiasm and joy from their interactions with fellow participants.

The community set out on a **pilgrimage to three Jubilee Door churches in Mumbai**: Mount Mary Church in Bandra, Holy Name Church in Colaba, and St. Michael's Church in Mahim. The experience was deeply prayerful and spiritually uplifting.

ST. MARY'S CONVENT HIGH SCHOOL, MULUND

Guidance and Growth Sessions: With the implementation of NEP 2020, the textbooks and Assessment Pattern for Std. I have been revised. To explain these changes, a meeting was held with the parents of Std. I students. The parents attended in large numbers, and their doubts were clarified during the session.



A **meeting for the parents** of Classes IX and X was conducted to motivate them to support their wards in the upcoming examinations. The evaluation pattern was also explained to help parents better guide their children in their academic preparation.



During the **Open Day**, Sr. Sherly and Mrs. Arti Sharma conducted a live streaming session for parents. They provided an overview of the different school committees, including the Child Safety Committee, Sakhi Savitri Committee, School Management Committee, and Women's Grievance Redressal Committee. Parents were advised to install the Chirag App for student benefit and were sensitised to critical topics such as the POCSO Act,

e-Box, cyber security, and related safety protocols. The session concluded with general instructions for the parents.

An **orientation programme** for Pre-Primary parents, led by Dr. Shilpi Bhattacharya, provided effective parenting tips focused on understanding and nurturing young children. The session offered practical advice

on fostering positive habits, emotional security, and holistic development at home. Parents found the event informative and enriching, enhancing their ability to support their children's growth as primary educators.

Sr. Sherly familiarized the teachers with the **Mary Ward Compass**, elaborating on its eight markers. She shared meaningful insights on how these markers can effectively guide and enrich our everyday teaching and learning experiences.

Our Secondary staff member, Mrs. Shanti Gaunder, retired after rendering 35 years of dedicated service to the Institute as a Lab Assistant. A prayer service followed by an entertainment programme was organized to bid her a warm farewell.

The management graciously hosted lunch for all the staff. Mrs. Shanti attended the programme along with her family members.

Extra- Curricular activities

A variety of curricular and co-curricular activities were held with enthusiasm. Students from Nursery to Class X participated in competitions such as storytelling, fancy dress, elocution, recitation, singing etc., with winners being awarded prizes.



Interschool Competitions: Our students from both the Primary and Secondary Sections participated in many inter-school competitions hosted by various educational institutions and brought laurels to the school by securing several prizes.

Independence Day was celebrated in the school with fervour and patriotism. The programme included the flag

hoisting, a prayer service, enactments, patriotic songs and slogans, as well as a drill display.

Teachers' Day: After the Ganesh festival holiday, the students and teachers returned energized for the Teachers Day. It was celebrated by both Primary and secondary students with a lot of enthusiasm. Students



paid tribute to their teachers in a meaningful prayer service and entertained them with games and cultural programme. They were then served with a special lunch.



the eloquence and confidence of the participants while encouraging awareness about diverse career opportunities for women.

Literacy Week was observed by the students of the Secondary Section through an awareness rally and various competitions. As part of this initiative, 20 illiterate parents were identified and taught by their daughters. These parents later appeared for the literacy examination conducted by the Government of Maharashtra, for which our school also served as a centre.



Club activities : The Arts Club organized a variety of competitions, including Rangoli, Drawing, Best Out of Waste, and a Cultural Fashion Show. Every competition witnessed lively and enthusiastic participation from the students.

Science Club organised Science

Exhibition for the Secondary section. Students prepared a variety of innovative projects, creatively presenting the given theme. The exhibition showcased their scientific knowledge, problem-solving skills, and excellence in creativity, leaving everyone highly impressed.

Our **Eco Club Warriors** enthusiastically took part in various activities such as tree plantation, cleanliness drives, and awareness



campaigns on reducing plastic usage. An innovative initiative was the **donation of medicinal herbs by parents**, which not only enriched the school's herbal garden but also helped students learn about the uses and benefits of traditional plants. This initiative fostered collaboration between parents, students, and teachers in nurturing a greener campus. The Eco Club also proudly launched a heartfelt drive titled "**Ek Ped Maa Ke Naam**", where families came together to plant saplings in honour of their mothers. The initiative received an overwhelming response, with more than 500 students and their families participating in this meaningful act of love and environmental responsibility.

Picnic Tales- Laughter, Learning, and Leisure: Eight hundred and ninety students from the Secondary Section enjoyed a memorable excursion to Aqua Imagica, where they participated in fun-filled water rides and activities. The trip provided a welcome break from routine, encouraged bonding among students and teachers, and created cherished memories.



ST. MARY'S ICSE, MULUND

The month of July unfolded with a variety of enriching extra-curricular activities such as Table Tennis, Dance, Band, Abacus, Drawing, Chess, and Sports. These activities were warmly welcomed by parents, and most of the students eagerly participated in one or the other, thereby developing their talents and skills.

Students were also kept engaged with several competitions including Poster



Making, Colouring, Elocution, and Drawing. On the 25th and 26th of July, **Sr. Shradha, the Regional Superior**, met both the teaching and non-teaching staff of the school and conducted an interactive session with them. The meeting concluded with refreshments.

On the 31st of July, the **Mulund Police** conducted an awareness session for our students on *Good Touch and Bad Touch*. It brought valuable awareness to the children and was much appreciated.



The Independence Day was celebrated with great enthusiasm and patriotic spirit by both teachers and students. On 14th August, a well-organized prayer service was held, followed by the Patriotic Singing Competition among the four houses. On 15th August, Mr. Sam Jayaraj, the PTA Vice-



President, was the Chief Guest of the day's programme. All the students participated in a variety of displays and expressed their patriotism. The large turnout of parents was a testimony to their support and appreciation.

Teachers' Day was celebrated in our school with a meaningful prayer service and a delightful entertainment programme prepared by the students. The PTA also took an active role by organizing games for the teachers and felicitating them with a



token of appreciation. A sumptuous meal was served by the management on this special occasion.

Staff Upskilling : Mrs. Stacy and

Mrs. Ambli attended the Collaborator's Meeting in Bangalore and returned enriched by the valuable input sessions.



MARY WARD ILLAM, MITTAPALLI

On 3rd July we celebrated Sr. Mercy's Diamond Birthday. In the morning, we had a thanksgiving Eucharist for her, and we thanked God for the beautiful gift of Sr. Mercy to our community and school. The students conducted a meaningful prayer service thanking God for the person of Sr. Mercy and her dedicated service to the school community, and they too wished her.

School Activities:

'Safe guarding' week: In accordance with directives from the State Education Department, Safeguarding Week was observed in August with a range of engaging activities for students. The school hosted competitions such as essay writing, poetry composition, advertisement creation, and thematic seminars to raise awareness on the importance of safeguarding. A highlight of the week was the one-day seminar, in which Sir Arun Kumar actively participated, contributing valuable insights to the discussion. Several competitions were held at zonal and district level where our students took part and won many prizes.



dedicated to the nation and to Sr. Smitha on her Feast Day. This was followed by a vibrant cultural programme, which included patriotic songs, speeches, and an inter-house dance drama addressing current social challenges in India. The celebrations inspired a sense of national pride and unity as the contributions of freedom fighters were honoured, and the event concluded with the distribution of sweets to all present.

Anti-Drug committee President Sir Thirupathi and Child welfare Committee President Sir Arunkumar organized various programs for the students in the school to mark the importance of the day and to bring awareness.

On 15th August, the school commemorated the 79th Independence Day with a ceremonial flag hoisting led by our PTA President, Sir Thirumal. The Topaz house conducted an evocative prayer service



Sr. Suma, Mrs. Hemavathi and five students went to Kerala to join **the Mary Ward fest** Organized by Mary Ward School, Puthenvelikara. They had an enriched time over there. On 27th August our staff had an orientation programme with Sr. Shradha. She met the supportive staff as well where they could express their joys and sorrows with her.



Sir Madhaian participated in the 'Collaborator's Meeting' organized by the Bangalore program at Perana, Bangalore. He was enriched by the program.



On 5th September we acknowledged the great contribution of our staff to the mission. We are thankful to each of them. To appreciate them and their work the students conducted a meaningful prayer service for them followed by a verity entertainment programme.



ST. MARY'S CONVENT SCHOOL, BEGUR

Poem Recitation Competition: A Poem Recitation Competition was held for Classes 1 to 10 on 1st and 2nd July, based on the theme "*Good Health and Well-Being*" – Goal 3 of the Sustainable Development Goals (SDGs). Students presented insightful and thought-provoking poems and effectively advocated for health and wellness.



A Parent-Teacher Meeting for the 1st Unit Test was held on 9th August. On the same day, Mr. Nagaraju and Mr. Visuvanad, traffic personnel from Hulimavu, conducted a Traffic Awareness session for parents.



For the first time, a **Sapling Sale** was organized, initiated by Sr. Japa. Student volunteers enlightened parents on the importance of growing plants at home and successfully sold over 100 saplings. Parents appreciated and supported the school's environmental initiative.

Competitions & Achievements: TATA Essay Writing Competition was held for Classes 6 to 10 on the topic “*Atmanirbhar Bharat (Self-Reliant India)*”. Students expressed their responsibility towards building a stronger nation.



Third South India Open Karate Championship (24th August): 21 students from Classes 5 and 6

participated at MNR Convention Hall, Attibele, Bangalore. All participants won medals and trophies—8 secured first place, and the rest won 2nd and 3rd positions.



The school celebrated **Independence Day** on 15th August with patriotic fervour, featuring flag hoisting, a school band, a prayer service, and a march past. Key events included an inter-house competition for Classes 5 to 9 on “India – Then and Now,” and a Musical Drill by Classes 1 to 4, highlighting teamwork and India’s cultural heritage.

The Talent Fest, held on 25th and 26th August, was a vibrant two-day event for Classes 1 to 10, featuring participation from nearly 800 students. The festival comprised a diverse range of activities including Poetry Recitation, Rubik’s Cube, Solo Singing and Dancing, Memory Test, Detective Diary, Clay Modelling, Speech, various Art forms (such as Glass Painting, Cloth Painting, Best Out of Waste, Colouring), Handwriting, Spell Bee, Squid Hunt, One-Minute Cooking, Growing a Plant step-by-step, and Circuit Dash. The main objective of the fest was to nurture and showcase the hidden talents and creativity of the students, providing them with a platform to express themselves across multiple disciplines.

Annual Sports Day (29th & 30th August): A two-day Sports Day for Classes 1 to 10 featured house-wise semi-finals and an inauguration ceremony that honoured CISCE regional and national-level athletes. The event included team sports such as Kabaddi, Kho-Kho, Throwball, and Volleyball for both boys and girls, along with class-wise track and field competitions like Running Race, Shot Put, Javelin, Hurdles, Relay, and Discus Throw. Students displayed remarkable sportsmanship, physical fitness, and teamwork throughout the festivities.



Teachers’ Day was celebrated on the 6th of September by the entire SMC student body. Highlights included: Escorting teachers with **the school band** and **Scouts & Guides parade**, Traditional Aarthi, Devotional Prayer, Cultural Performances, Value-based Skit, Games, and Gifts.



The celebration concluded with a special lunch, reflecting the students' gratitude and appreciation for their teachers.

St. Mary's Day Celebration (8th September):

The school community came together to celebrate St. Mary's Day. Classes 10B and 8A led a devotional programme, reflecting on the blessings and guidance of Mother Mary and her apparitions across the world.



Social Awareness & UN Advocacy: Middle school students from Classes 6 and 7 conducted awareness programmes during the morning assembly through skits, slogans, and street plays on the following international days: World Population Day – 11th July, World Day Against Trafficking in Persons – 30th July, Hiroshima Day – 6th August, International Youth Day – 12th August and International Literacy Day – 8th September.

Class 10 students went on a two-day **educational picnic** to Kushalnagara (Coorg) and Mysore's GRS



Fantasy Park on 13th and 14th September. Accompanied by teachers and sisters, they visited the Golden Buddhist Temple, Kaveri Nisargadhama, Harangi Dam, Elephant Camp, attended a DJ Night, and enjoyed GRS Fantasy Park, making it a memorable and educational experience.



Primary Section Assemblies: Class 4 conducted theme-based assemblies under “*Good Health and Well-Being*”: **Class 4C:** Freedom from Addiction, **Class 4B:** Fighting Illness with a Fork and **Class 4A:** Traditional Indian Health Practices. Students gained awareness about maintaining physical and mental health through healthy habits, balanced nutrition, and traditional wellness practices.

CISCE Zonal-Level Sports Participation: Students participated enthusiastically in the CISCE Zonal-Level Sports events in July, excelling in athletics by winning the 3000m, long jump, high jump, and relay events. They also secured third place in discus throw, 3000m, and 1500m races. The school teams delivered notable performances in football, kabaddi, and volleyball, with the Under-17 boys and Under-19 girls finishing second in kabaddi and the Under-14 boys taking third place in volleyball.





CISCE Regional and National Sports Achievements:

Students from Classes 8 to 10 actively participated in the CISCE Regional-Level Sports, with notable selections for the National-Level in Kho-Kho and Volleyball. Shreyas (10B)

and Shreya (8B) were chosen for the National Kho-Kho team, while Stephen (10A) made it to the National Volleyball team. At the CISCE National-Level, Shreyas and Shreya both secured first place in Kho-Kho at Hyderabad and Kolkata respectively, and Stephen achieved second place in Volleyball at Ooty, Tamil Nadu. The school congratulates all its champions for their remarkable accomplishments.

Teachers' Regional Collaborators Meeting (11th–13th September): Mrs. Rose Beulah and Mrs. Leena Nancy attended a three-day teachers' workshop at Bangalore. The sessions, led by Sr. Shradha and Mrs. Kawaljeet Kaur, explored themes like *Mary Ward Compass*, her values, and the educator's role, Ignatian making choices, examination of consciousness etc. It was a valuable and enriching experience for the participants.

Mary Ward Fest (29th–31st August): Sr. Edwina and Mrs. Jyoti Lakshmi accompanied five students from Classes 7 & 8 to Kerala for the **Mary Ward Fest** in Puthenvelikara. Themed "*Empowering Minds and Enriching Lives*", the programme helped students build meaningful relationships, values, and confidence.



Teachers' Potluck Gathering (25th September): The staff enjoyed a joyful **Potluck Gathering**, where everyone contributed homemade dishes. It served as a moment of relaxation and togetherness, promoting bonding and appreciation among the faculty.

KG Corner: Kindergarten students actively participated in creative events every Saturday such as: **Fashion Show, Fancy Dress, Memory Test.**

Celebrations: Earth Day, Pink Day, Purple Day, Monsoon Day, Farm Fun – From Farm to Table, and EVS Activities. These activities helped the little ones explore, express, and discover their talents in a joyful environment guided by their teachers.



MARY WARD CONVENT, PIZHAKU

July was a time of visitation, meeting and celebration. Sr. Shradha arrived our house on 6th evening. She held meeting with the parish priest, teachers, non-teaching staff, supportive staff, school captains and various club leaders, house council besides the personal meeting with each sister.

The community had a pleasant outing with her to a beautiful place called 'Ilavizapunchira'. On the way back we stopped at the shrine of Divine Mercy and prayed together. We reached home after dinner out, ready for a good night's sleep.



School celebrated **St. Thomas day** highlighting the qualities of St. Thomas. Class VII students conducted a special prayer service and programme with colorful traditional dances from the time St. Thomas.

On the same day School had handwriting competitions of English and Malayalam. All the students from LKG to X participated in the competition. Sr. Semma attended animator's meeting at Pune. She also made her annual retreat at Christ Hall Calicut. We celebrated Srs.



Carina and Deepti's birthday on 11th and 21st July respectively. We had holy mass, conducted prayers and organized recreation for both separately. Both were away during the Onam holidays for their annual retreat at Kanjirappally. We joined the CMC sisters and the CSSR fathers respectively for their congregation feast.

The community went on a much awaited and desired **pilgrimage to Mylapore** praying through the intercession of St. Thomas. We thank Sr. Theresa who helped our community in our absence giving company to Sr. Gladys.

The Independence Day celebration at the school was marked by enthusiastic participation from students across all grades, ranging from kindergarten to high school. The event featured a variety of competitions and activities with a patriotic theme, including dance performances, speeches, singing patriotic songs, collage making, and dressing up as national symbols and freedom fighters. The flag hoisting ceremony, led by Sr. Carina, served as the focal point of the occasion, with the entire school community



coming together to sing the national anthem. The celebration fostered a strong sense of patriotism and national pride among the students, making it a memorable and meaningful day for all involved.



August 21st was a memorable and joyous day as it marked the golden birthday of Sr. Seema, the Manager. The celebration began with a Holy Mass celebrated by Rev. Fr. Jisoy, C.Ss.R., followed by a heartfelt welcome in which the children presented Sr. Seema with fifty golden roses.

The occasion featured a beautiful prayer service and a programme of gratitude and appreciation, during which the teachers and staff lovingly honoured Sr. Seema for her dedication and leadership. A special meal was shared among the teachers in the library, fostering warmth and togetherness. Sr. Seema expressed her heartfelt thanks for the thoughtful celebrations, which concluded with evening prayers and recreational activities, reflecting the affection and esteem she enjoys within the community.

Our students have made us proud by winning prizes in the CISCE Regional Level Athletic Meet! The achievements include Long Jump, Running Race and Kho-Kho. Our team performed exceptionally well, winning a prize. Our students excelled in the long jump event, showcasing impressive athletic skills. Heartfelt congratulations to all the students and coaches for their outstanding performance and teamwork. You've brought pride and honour to the school!



'Deepika' honoured our school for the 100% outstanding result for the 16 continuous years. Unaided Schools Protection Council awarded us for the committed years of shaping young minds. Congratulations to all of us.



The 2025 **Onam celebration** at the school, themed "Tharagam," was a vibrant and culturally rich event. Teachers and students donned traditional Kerala attire, contributing to the festive spirit. The programme featured traditional dances, songs, and speeches on the school grounds, highlighting the essence of Onam. A traditional Onam Sadhya was served, with payasam as a sweet treat for all. The festivities ended with the school closing for the Onam vacation, allowing everyone to enjoy the festival with their families. The celebration offered a meaningful



experience of Kerala's cultural heritage and traditions.

The **Teacher's Day** celebration at the school, themed "Teachers are the Lighthouse of the Society," was a memorable occasion. Students conveyed their appreciation through heartfelt songs, prayers, performances, and creative collages, all of which highlighted the significant role teachers play. The school management honoured the teachers by expressing gratitude, presenting tokens of appreciation, and hosting a special lunch. The event provided an opportunity for both students and management to thank the teachers for their unwavering dedication to nurturing and shaping young minds.



Sr. Suchita along with Mrs. Mini Rajesh and 5 students from our school participated in the **Mary Ward Fest 2025** at Mary Ward English medium school Puthenvelikara. This was an enriching



experience for the students, as they met peers from various CJ schools and took part in the sessions and sightseeing activities. Sr. Suchita also had a renewal programme at Pune along with her batch mates from other provinces as preparation for the silver jubilee.



Miss Alphonse B Kolath one of our class VIII students took part in a speech competition conducted by an NGO Orma. We represented our school and won the 2nd prize among the 1500. Congratulations dear Alphonse for your outstanding performance.

Mrs. Phinu and Mrs. Gincy from our school attended a 3-day 'Collaborators Workshop' in Bangalore, conducted by the Region. The workshop provided them with an opportunity to interact with teachers from other CJ schools, share experiences, and gain new insights. They returned with enriched experiences, cherished memories, and new ideas to enhance their teaching practices. Their participation will undoubtedly benefit our students and the



school community.

The cultural fest was a highlight of the school's events, showcasing the talents of our students in various activities. The event was a grand success, thanks to the meticulous planning of the cultural committee. The fest provided a platform for students to exhibit their skills in different areas,



making it a memorable experience for all participants. Kudos to the cultural committee and everyone involved for their hard work and dedication in making this event a success! We had number of visitors these days of our relatives and sisters from various provinces and regions. Our students are writing exams these days and busy with the classes as well.

MARY WARD SADAN, PUTHENVELIKARA

During this period, the community and school witnessed several enriching programs and events. From spiritual gatherings and academic activities to cultural celebrations and social outreach, each occasion reflected our commitment to the values of Maryfaith Ward and service. Here is a brief glimpse.



The COIN Education Coordinators Meeting was held at Puthenvelikara, and we were delighted to welcome them to our community. Sr. Georgia attended the Superiors' Meeting in Pune. Our community members also went on a pilgrimage to Mylapore, Chennai, which was a spiritually enriching experience.

In preparation for the **Feast of the Holy Cross**, the parish organized a three-day retreat. The arrival of the Jubilee Cross at our parish provided a special opportunity for prayer and spiritual renewal. Sr. Vidya attended the "Journeying Together" meeting in Bangalore .

KCSL students made the school proud by winning numerous prizes in various competitions such as storytelling and literary events.



Primary Investiture Ceremony: The primary section held its Investiture Ceremony to encourage leadership and responsibility among young students. Newly elected leaders received their sash and badge, pledging to uphold school values and inspire their peers with dedication. We celebrated the **feast of St. Thomas** with great devotion. The students conducted a meaningful assembly

depicting the life of St. Thomas and his visits to Kerala.

Cultural Fest The school celebrated its Cultural Fest with great enthusiasm through a two-day programme filled with competitions and group events. Vibrant performances highlighted creativity, while the fest fostered teamwork, confidence, and cultural appreciation among students.



Solidarity Rally for the Arrested Sisters: We, along with the Catholic churches of our panchayat—comprising ten parishes—participated in a rally to



express our solidarity with the two sisters who were arrested following allegations of religious conversion and human trafficking in Chhattisgarh. Sr. Vidya welcomed the gathering. We thank God that our unity in prayer and collective support helped in securing the sisters' early release.



The community went on a **pilgrimage to Mylapore**, Chennai, visiting the sacred places associated with St. Thomas, which was a deeply spiritual and enriching experience.

CJ Fest was held here in Puthenvelikara school for three days with the theme **"Empowering Minds, Enriching Lives."** All the schools of the Bangalore region participated, with six representatives from each school, including five students, sister

and a teacher. One and half day programme was enriched by resource persons Rev. Fr. Bijo Meprath, CSsR, HOD of Languages and Arts, Christ University, Bangalore, and Rev.



Fr. Jaise Kulathinkal, CSsR, youth coordinator of the Redemptorist Liguori Province, Kerala. It was an activity-based programme that kept the participants active and involved throughout. Sr. Suma guided the participants on the Mary Ward Compass. The final day concluded with an outing in Ernakulam, leaving all with cherished experiences.

Environmental Awareness Activity: As part of their project, the ISC students along with staff organized a beach-cleaning drive at the nearby shore. They collected the waste responsibly and handed it over to the *Haritha Karma Sena* of the local panchayath. The activity helped create awareness about environmental cleanliness and social responsibility among the students.



On 15th August, Sr. Georgia unfurled the national flag during the **Independence Day** celebration. The occasion was marked with patriotic spirit and enthusiasm. Various competitions were organized for the students, and a house-wise assembly was conducted to commemorate the day.

DCL Competition: Many students actively participated in the zonal level DCL competitions and showcased their talents and won many prizes.

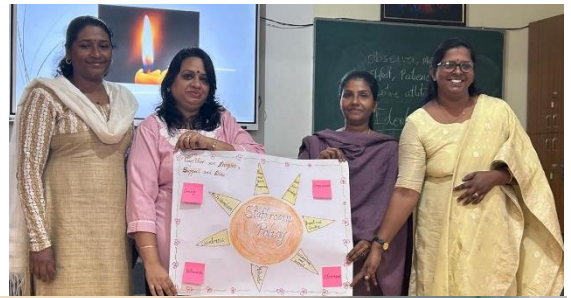


Collaborators Meeting: Teachers Mrs. Sourabhya and Mrs. Agnes attended the meeting held in Bangalore, gaining valuable insights and experiences.

Teachers Day Programme and Onam Celebration The students expressed their gratitude to the teachers by entertaining them with programs and offering prayers for them and their families. The school celebrated Onam with competitions and a festive lunch for all students and staff. The lunch was generously sponsored in loving memory of a late ex-student by his parents.

Unaided Schools Protection Council Meeting Sr. Vidya attended the Unaided Schools Protection Council Meeting held at Ernakulam.

A two-day **orientation and counselling program** was arranged for the students in the school. Conducted by Fr. Jinto CSsR and Fr. Jijo CSsR, it greatly helped them emotionally.



ASISC Competition: Our students enthusiastically participated in the ASISC Cultural Competitions and secured prizes. ISC students secured third prize for One Act Play.



We bid a heartfelt farewell to our beloved **Sr. Esther Mezhukanal CJ**, on 30th September 2025 whose simple, prayerful, and selfless life deeply touched everyone. Though her passing brought great sorrow, we are comforted by the faith that we have gained a heavenly intercessor. Dear Sr. Esther, we thank you for touching our lives by your simple but edifying life. You will continue to live in our hearts, and we shall ever cherish the memories of the days we spent with you. As we bid goodbye to you, we are strongly affirmed that we have a great intercessor in heaven. We pray that God may receive your soul into His loving arms and may you enjoy the heavenly bliss for all eternity. Good bye Sr. Esther.

