JPIC ANNUAL REPORT: 2024-2025

BANGALORE REGION

Message

The JPIC and the UN underscore the paramount importance of addressing the needs of the marginalized and the environmental challenges that threaten our planet. These issues are fundamental to the world in which we live and work, providing critical insights into the realities that impact us at every level.

In the Bangalore Region, the CJ sisters seamlessly integrate JPIC values into education through collaboration with educators, parents, and students. All initiatives foster awareness, cultivate skills, and promote actions aligned with JPIC principles. Schools have instituted comprehensive year-long action plans that encompass the UN's 17 Sustainable Development Goals, alongside the seventh goal of Laudato Si focused on Community Engagement and Water Management. These endeavors are propelled by the urgent cries of the Earth and the impoverished.

CJ schools aspire to inspire students and communities to assume responsibility for the protection of creation and the vulnerable. This journey commences with a recognition of our role in the ecological crisis and the embrace of ecological conversion—shifting from self-centeredness to a commitment to care for one another and our shared home. We are summoned to perceive the environment as a divine gift and to live with a spirit of gratitude and stewardship.

Words of Gratitude

Heartfelt gratitude is extended to Sr. Shradha CJ, our Regional Superior, for her steadfast support, as well as to the distinguished principals—Sr. Suma, Sr. Sherly, Sr. Rose Mary, Sr. Suchita, and Sr. Vidya—for their exemplary leadership. A special acknowledgment is due to the JPIC Moderators and the devoted educators across all six schools for their unwavering commitment to guiding students in embodying the JPIC mission.

— Sr. Sanjana CJ, JPIC/UN Representative

St. Mary's Convent School (ICSE), Begur, Bangalore

True progress commences when communities unite—not merely to articulate their thoughts, but to listen, learn, and take decisive action. With Community Engagement and Participatory Action as our guiding theme, the JPIC Club of St. Mary's Convent School, Begur, has embraced this year as a journey of solidarity, empathy, and substantive involvement. Inspired by the principles of Laudato Si', our initiatives were anchored in dialogue, collective responsibility, and a profound sense of shared duty. This ethos empowered our students to evolve into conscientious contributors, poised to address the needs of their surroundings.

- > The following action plan embodies this vision in practice:
- Plastic-Free Campus Foster a plastic-free environment through heightened awareness and stringent enforcement.

Green Campus – Augment green cover by planting and nurturing trees and flora.

- Eco-Friendly Birthday Celebrations- Inspire students to commemorate birthdays by sharing eco-friendly items in lieu of chocolates.
- **Establishment of St. Mary's Nursery** Initiate and sustain a nursery managed by students.
- Soil Conservation Awareness & Vermicomposting- Cultivate awareness regarding the preservation of precious soil and advocate for the creation of vermicompost at home and within the school. (To be disseminated on our YouTube channel.)
- Waste Segregation System Install and maintain three distinct dustbins in each classroom and staff room. (Students will receive accolades for exemplary maintenance.)
- Sustainable Transport Promote the utilization of public transport and encourage carpooling.
- Politeness Training- Conduct daily sessions to educate students on courteous and respectful communication.
- Say No to Junk Food Advocate for healthy eating habits among students.
- **Eco-Friendly Lunch ware** Encourage the adoption of steel lunch boxes and metal water bottles.
- **Workshops** Organize workshops addressing environmental, social, and ethical issues.
- **Fundraising Activities** Strategize and execute events to generate funds for community causes.
- Collaboration with SUPW- Integrate JPIC initiatives with the Socially Useful Productive Work (SUPW) curriculum.
- Community Surveys Conduct surveys and present findings through appropriate posters and visual aids.
- Social Awareness Campaigns Launch campaigns to disseminate awareness about pressing social issues.
- Alumni Outreach Program Engage alumni in outreach programs to inspire and bolster ongoing initiatives.

Paper Bag and Cloth Bag Making Activity

As part of our eco-awareness initiative, students ardently engaged in a creative bag-making endeavor. Employing discarded newspapers, they fashioned robust paper bags, while remnants of fabric waste were artfully transformed into exquisite, reusable cloth bags.





This hands-on activity not only promoted recycling and creativity but also aligned with **SDG Goal 12: Responsible Consumption and Production**, encouraging students to reduce waste and adopt sustainable habits.

The event inspired everyone to say no to plastic and yes to mindful living – proving that small actions can lead to big changes for a greener tomorrow.

Plastic Bottle to Plant Pot Activity

In a visionary stride towards sustainability, students engaged in an eco-

conscious initiative where discarded plastic bottles were ingeniously repurposed into plant pots. With meticulous care and artistic flair, they skillfully cut, adorned, and filled the bottles with nutrient-rich soil to nurture saplings.

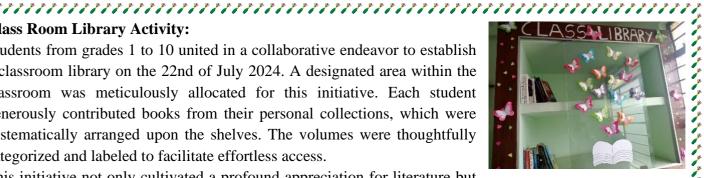
This environmentally conscious initiative not only mitigated plastic

waste but also fostered a profound appreciation for nature, underscoring the significance of re-purposing materials. The endeavor elegantly embodied the essence of environmental stewardship and afforded students a tangible experience in nurturing our planet.



Class Room Library Activity:

Students from grades 1 to 10 united in a collaborative endeavor to establish a classroom library on the 22nd of July 2024. A designated area within the classroom was meticulously allocated for this initiative. Each student generously contributed books from their personal collections, which were systematically arranged upon the shelves. The volumes were thoughtfully categorized and labeled to facilitate effortless access.



This initiative not only cultivated a profound appreciation for literature but

also imparted invaluable lessons on the significance of organization and collaboration. The classroom library has since evolved into a cherished and enriching cornerstone of their educational landscape.

JPIC and Friends of Mary Ward Inauguration



The inauguration of the JPIC and Friends of Mary Ward Club on 26th June 2024 was a vibrant celebration of leadership and personal development. The event commenced with a profound prayer service, succeeded by an engaging cultural program that

enriched the festivities. An alumni gathering was also convened, during which former students reaffirmed their dedication to responsibility and service.

Adding to the significance of the occasion, Sr. Japa and Sr. Alma inaugurated a collection of nursery plants, emblematic of new beginnings and a profound commitment to environmental stewardship. This initiative resonates with the United Nations Sustainable Development Goal 13: Climate Action, underscoring the critical importance of nurturing our planet and advancing sustainability.

During the program, the Principal, Sr. Sanjana, announced the animators for the respective clubs. Mrs. Tulasi Acharya was appointed as the JPIC animator for classes 1–5, while Mrs. Kavitha Kumari was designated for classes 6-10. Mrs. Mary Anitha was entrusted with the role of animator for the Friends of Mary Ward (FMW) for classes 6–10, and Mrs. Leena was assigned to FMW for classes 1–5.

The newly appointed leaders of the clubs were also announced. Deeksha and Mohammed Azar Sharieff were selected as the leaders for JPIC, while Joana Godad and Lekhana assumed leadership roles for FMW. These leaders pledged an oath to guide their fellow students with unwavering dedication, ensuring a profound commitment to values, leadership, and environmental stewardship.



The event successfully marked the beginning of another year of responsibility and service, inspiring students to uphold the ideals of justice, peace, and integrity while contributing to a sustainable future.

Dengue Fever Awareness Poster Making Activity: The Dengue Fever Awareness Poster Making initiative sought to enlighten students regarding etiology, manifestations, prophylaxis, and management of dengue fever, all while nurturing their creative talents. Students were provided with a comprehensive overview of how dengue is transmitted and the myriad of strategies to avert its spread. Subsequently, they crafted posters

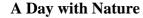
emblazoned with pivotal messages such as "Prevent Dengue – Maintain Clean Surroundings" and "Reject Stagnant Water."



Utilizing an array of artistic materials at their disposal, students ardently designed informative and visually captivating posters. This endeavor aligned with the Sustainable Development Goal 3: Good Health and Well-Being, accentuating the significance of disease prevention through the cultivation of



a pristine and health-conscious environment.





Our school orchestrated 'A Day with Nature' to cultivate environmental awareness among students. As part of this initiative, students brought saplings and pots from home, while the school generously provided soil for planting. With palpable enthusiasm, they diligently planted their saplings, nurtured them with water, and absorbed the significance of tending to a plant. Teachers adeptly guided the activity, elucidating the importance of

afforestation and its beneficial effects on the environment. The event culminated in a collective pledge to care for their plants and contribute to a more sustainable future. This initiative aligned with Sustainable Development Goal 15: Life on Land, by advocating for afforestation and environmental conservation.



Classroom Dustbin Decoration: As an integral component of our classroom cleanliness initiative, students adorned three dustbins to advocate for waste segregation and foster environmental consciousness.

Paper Waste Bin – Designated for recyclable paper materials

Plastic Waste Bin - Allocated for plastic wrappers and other non-biodegradable refuse

Wet Waste Bin - Intended for biodegradable waste such as food remnants

This initiative not only promoted systematic waste disposal and enhanced the overall cleanliness of the classroom but also cultivated a profound sense of responsibility among students. It aligned with Sustainable Development Goal 12: Responsible Consumption and Production, underscoring the importance of effective waste management and sustainability.

An Eye Camp:

An eye camp was orchestrated by JPIC in collaboration with Vasan Eye Care at our school. The medical team conducted comprehensive eye examinations for both students and faculty members. Following the assessments, they provided essential



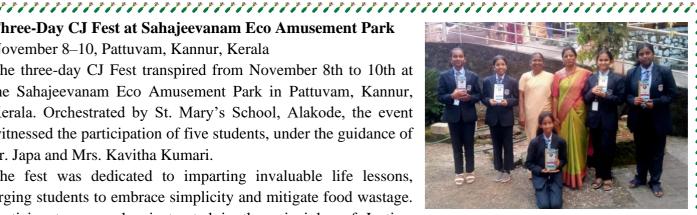
guidance and recommended that individuals requiring further evaluation seek consultations at the hospital for more in-depth assessments. The camp aimed to foster awareness regarding ocular health and ensure timely intervention for all.

Three-Day CJ Fest at Sahajeevanam Eco Amusement Park

November 8–10, Pattuvam, Kannur, Kerala

The three-day CJ Fest transpired from November 8th to 10th at the Sahajeevanam Eco Amusement Park in Pattuvam, Kannur, Kerala. Orchestrated by St. Mary's School, Alakode, the event witnessed the participation of five students, under the guidance of Sr. Japa and Mrs. Kavitha Kumari.

The fest was dedicated to imparting invaluable life lessons, urging students to embrace simplicity and mitigate food wastage. Participants were also instructed in the principles of Justice,





Peace, and Integrity of Creation (JPIC), alongside the core values of the Mary Ward Club. Amidst the tranquil natural surroundings, students gained insights into the significance of nature and conservation. Various interactive sessions facilitated the development of a profound sense of responsibility towards both the environment and society. Fr. Rajesh, a distinguished expert in student training, played a pivotal role in shaping their perspectives and steering them towards a valueoriented life.

AI, Art, and JPIC Food Fest

On 8th February, our school proudly hosted the AI, Art, and JPIC Food Fest, an event that seamlessly integrated technology, creativity, and sustainability. The Art section showcased an array of breathtaking paintings, intricate sketches, and innovative



crafts, illuminating the creativity and talent of our students.

The JPIC Food Fest championed sustainability through the presentation of organic, homemade delicacies, eco-friendly packaging, and a commitment to minimal waste.

This event cultivated entrepreneurship, fostered teamwork, and heightened awareness of hygiene, all while advocating for responsible culinary choices. It resonated with Sustainable Development Goal 12: **Responsible Consumption and Production**, promoting sustainable living and conscientious resource utilization.

Theme Based Class Assembly: The school hosted a series of class assemblies, each focusing on values like unity, teamwork, and gratitude, honesty, environmental responsibility. These themes were conveyed through engaging performances, skits, and dances, making them both educational and entertaining. Some assemblies illustrated the power of



collaboration, such as "Together We Can Do," featuring pigeons escaping a bird catcher, and "Teamwork Makes the Dream Work," highlighting teamwork at home and school. Others emphasized gratitude, honesty, and social responsibility, encouraging students to appreciate family, teachers, and nature. Environmental consciousness was a key focus, with assemblies promoting sustainability, eco-friendly habits, and responsible waste disposal. The events were thoughtfully aligned with Sustainable Development Goals,

including SDG 16 (Peace & Justice), SDG 11 (Sustainable Communities), and SDG 13 (Climate Action), inspiring students to contribute to a better future.



Annual Day Programme: *Community Engagement & Participatory Action:* The Annual Day Programme was a spectacular celebration of unity and action under the theme "Community Engagement & Participatory Action." Students, teachers, and parents collaborated to showcase

how small, collective efforts can drive meaningful change. Through soulful songs, thought-provoking skits, dynamic dances, and heartfelt speeches, the performances highlighted the power of togetherness and social responsibility. A standout moment was the adaptation of Shakespeare's *King Lear*, which offered a profound reflection on the consequences of broken relationships and the need for empathy—perfectly complementing the theme.

More than just an event, the programme served as a powerful call to action, proving that when a community comes together with creativity and conscience, true transformation is within reach.

Community Reach Charity Program: As part of our unwavering dedication to social responsibility, our students engaged in the uplifting Community Reach Charity Program. Grocery items, generously donated by students, were meticulously assembled and distributed to those in need.

Students also visited a local elderly care facility, where they spent meaningful moments with the senior residents—listening to their narratives,

singing melodies, and sharing instances of joy. The warmth reflected in the residents' eyes and the gratitude evident in their smiles left an indelible impression on the students. Furthermore, the students extended their outreach to individuals experiencing homelessness, distributing grocery kits with compassion and care. For many, this was a profoundly emotional experience. Listening to tales of struggle and resilience broadened their understanding of a





reality that transcends the confines of textbooks. This engagement instilled in them the virtues of gratitude, empathy, and responsible citizenship. This significant outreach not only elicited smiles from numerous faces

but also inspired our students with the true essence of humanity—kindness, generosity, and the transformative power of connection. JPIC Annual General Meet IBVM/CJ JPIC, South Asia – 7th General Meet 2025: Sr. Sanjana, Ganavi (Class 9), and Keerthana (Class 8) attended 7th General Meet held at Loreto Convent, Asansol, West Bengal, on



the theme: "Fostering Inclusivity" from 16th to 18th January. The event witnessed the participation of schools from India and Nepal, offering a platform for students and teachers to engage in group discussions on gender equality, social issues, and environmental crises. The experience was truly enriching, fostering global perspectives and deeper understanding among the participants. The school also embraced eco-friendly celebrations, using paper-only decorations and promoting SDG 12: Responsible Consumption and Production. Birthday traditions were reimagined with sustainable gifting—students shared stationery and dried fruits instead of chocolates, fostering mindful consumption. Additionally, eco-conscious education was integrated into the curriculum, promoting SDG 4: Quality Education through interactive activities that linked sustainability to real-life applications. Reuse initiatives and long-term environmental commitments ensured continued responsibility, reinforcing a culture of sustainability among students. Through these initiatives, the school demonstrated a strong commitment to inclusivity, environmental

stewardship, and social impact.

Sr.Sanjana CJ, Mrs. Kavita Kumari & MS. Tulasi



Mary Ward English Medium School, Puthenvelikara, Kerala

To commemorate the day of the environment, we had a school assembly and Fr. Benny Chirammel, who was the guest, handed over a sapling to the students, which they planted. An awareness session on **anti-drug and narcotics** was conducted for classes 7 to 11 by K.G. Vijinath, Assistant Excise Officer. Additionally, a half-day orientation for classes 8 to 11 was led by Shine Sajive, a coach and counsellor.





Outreach Programme: As part of our outreach programme, students contributed cleaning materials, bakery items, and grains. We visited two centers extending our

support to those in need. The experience brought joy and fulfillment to our students, reinforcing the values of compassion and service.

Participation in Panchayat Event – Garbage Free Panchayat Puthenvelikara: Our school participated in the Panchayat event of garbage free with a procession in the town, proudly presenting our school band. We were also honored with a certificate for maintaining a clean and eco-friendly campus.



We also were awarded with certificates for the green campus.

Contribution to Cancer Aid Society and Cancer Awareness: Our school contributed to the Cancer Aid conducted Society and sessions awareness for students on cancer prevention. sessions. Through these students became aware of



early detection, healthy lifestyles, and risk factors.

Participation in Human Chain for Munambam Land Protection: We participated in the human chain organized by the Diocese of Kottapuram to safeguard the Munambam land amidst the Waqf controversy, which has adversely impacted over 600 families, including both Christians and Hindus, who have suffered the loss of their lands and properties. By standing in solidarity with the community, we manifested our shared commitment to social responsibility. This event



underscored our collective strength, profound concern, and unwavering dedication to preserving the land.

ST. MARY'S CONVENT HIGH SCHOOL, MULUND WEST, MUMBAI

The academic year 2024–25 was marked by a vibrant tapestry of learning experiences, emphasizing **educational enrichment, skill development, community outreach**, and **environmental stewardship**. Through an engaging mix of curricular and co-curricular activities, students were nurtured not just as scholars, but as compassionate and conscientious global citizens.

Educational Week Celebrations: A week-long event dedicated to holistic education, featuring:

Foundational Literacy and Numeracy Day: Focused activities to strengthen core academic skills.

Skill Day: Hands-on creative workshops such as diya making and pot decoration.

Nutrition Day: Flame less cooking sessions promoting awareness of healthy eating habits.





Our school's Eco Club has taken a hands-on approach to environmental and social responsibility, creating meaningful changes through donation drives, water audits, and JPIC activities. It's incredible

to see students actively engaging with global concerns in ways that benefit communities and promote sustainability.

The Mahavachan Utsav sounds equally enriching—fostering a culture reading and literary appreciation is a powerful way to encourage thoughtful knowledge-sharing. reflection and Social media shares and peer-led discussions must have added an exciting layer of engagement, making literature more accessible and interactive.

Weekly **Enrichment:** Happy Saturdays & Bagless Days: The



Happy Saturday Activities introduced students to holistic wellness practices, including voga, pranavama, meditation, and mindfulness, fostering relaxation and self-awareness. Essential life skills training covered disaster management, financial literacy, and health and road safety protocols, equipping students with



practical knowledge for everyday situations.

Additionally, students engaged in problem-solving workshops and learned breath control techniques to enhance focus and resilience. Bagless Days provided hands-on learning experiences through vocational and experiential activities, such as educational excursions—highlighted by an engaging pet show at St. Pius X High School, which expanded students' understanding of the real world. These initiatives promote skill-building, well-being, and

interactive learning, ensuring students gain meaningful experiences beyond the classroom.

Gratitude Projects – Cultivating Heartfelt Appreciation

Gratitude Cards: Students expressed thanks through hand-made appreciation cards. Paper Bag Gratitude Tree: A creative and visual celebration of gratitude, with students crafting 3D trees adorned with paper leaves. Gratitude Pots & Plants: In celebration of the school's Golden Jubilee, students painted clay pots with Warli art and planted saplings—symbolizing growth and thankfulness.

Nature Walks & Environmental Immersion: In collaboration with

St. Mary's School, Alakode, students participated in a memorable nature-based experience.

Amidst serene landscapes and guided by mentors, they ;

- Engaged in nature walks and brain teasers themed around natural history
- Interacted with peers from different schools
- Reflected on nature's healing power and pledged to reduce digital screen time

"To walk in nature is to witness a thousand miracles."

This immersive exposure nurtured a lifelong bond with the environment and underscored the importance of ecological preservation.

Green Projects – Small Acts, Big Impact: Through project-based learning, students discovered how to be: Environment Protectors, Water Conservationists and Energy Savers. Hands-on activities included: Poster and slogan making on conservation and pollution, badge creation with ecofriendly messages and compost preparation using organic waste.





On World Water Day, students promoted the message: "Water is the most precious gift of Mother Nature. Every drop saved today secures tomorrow."

Our Pledge to the Planet: As young stewards of Earth, our students pledged: To spend more time in nature, to practice the 3 R's: *Reduce, Reuse, Recycle*, to volunteer and conserve resources and to value real-world connections over digital distractions. This year has been a celebration of **mind, heart, and environment**— a testimony to the school's commitment to nurturing not just learners, but **lifelong change makers**.

NIRMALA PUBLIC SCHOOL, PIZHAKU, KERALA

A Year of Impactful Initiatives: Justice, Peace, and Integrity of Creation in Action

The JPIC Club at **Nirmala Public School (NPS)** has once again exemplified its commitment to building a more just, peaceful, and sustainable world. Throughout the academic year, JPIC organized a variety of activities and awareness programs that brought the values of **Justice**, **Peace**, **and Integrity of Creation** to life. This year was particularly impactful, engaging students in meaningful discussions and empowering them to take proactive steps in promoting social and environmental responsibility. The club's vibrant initiatives have not only informed but inspired our school community to be conscious citizens and stewards of change.

World Environment Day: Small Steps, Big Change

I. Environment Day Assembly: The celebration began with a meaningful prayer service, setting a reverent tone for the day. Alphonsa Maria Jose delivered a

warm welcome, followed by a thought-provoking speech by Alphons Sabu, reminding all of the urgent need to protect our planet. A Malayalam poem, *Prakriti*, beautifully celebrated the harmony of nature, while a skit by Class 6 students highlighted the consequences of environmental neglect. Thoughtful placards carried by students reinforced messages of sustainability and care for creation.



II. Sapling Distribution: To make environmental action tangible, students brought and planted saplings in the school garden. This hands-on activity deepened their connection to nature and their sense of responsibility in protecting it.

III. Choral Recitation Competition: Voices for the Earth

Students from the LP, UP, and HS sections took part in a choral recitation competition centered on nature and sustainability. The performances showcased creativity, team spirit, and a genuine concern for the environment. Winners were recognized and awarded, motivating

continued engagement with ecological causes.

Anti-Narcotics Day: Choosing Life

On **June 26, 2024**, NPS marked Anti-Narcotics Day with a powerful program aimed at raising awareness about the dangers of drug use. Speeches by Serena Samgy and Diya Anish illuminated the physical, emotional, and societal harms of substance abuse. Creative expressions through a **poster-making competition** captured the call for a drug-free society. Students also participated in **role-play activities**, building



resilience and decision-making skills to counter peer pressure. The day concluded with a **pledge ceremony**, where students solemnly vowed to remain drug-free and advocate for healthy living.



Mary Ward Week: Living Her Legacy

The school honored **Mary Ward**, the visionary foundress of the Loreto Sisters, with a week-long celebration. Through **songs in English and Malayalam**, **daily skits**, and thoughtful reflections, students revisited the life and mission of this pioneering woman. Each activity emphasized her enduring values of **justice**, **sincerity**, **and freedom**, encouraging students to embody these principles in their daily lives. The week served as a spiritual and inspirational journey, reinforcing commitment to Mary Ward's legacy of faith and service.

World Water Day: Every Drop Counts

This year's **World Water Day** celebration was a dynamic and educational event, spotlighting the importance of water conservation:

Poster-Making & Essay Competitions helped students creatively express their understanding of water scarcity and solutions.

A Quiz Competition tested their knowledge on water facts and conservation practices.

A Water Pledge Ceremony united staff and students in a commitment to save water through daily actions. To translate awareness into impact, the school:

- Installed a rainwater harvesting system.
- Conducted a water audit to assess usage and promote efficiency.
- Launched a **cleanliness drive** to protect local water bodies.
- Organized **slogan rallies** and **awareness sessions**, extending the message to the wider community.

These combined efforts fostered a culture of sustainability and proactive environmental citizenship.

A Legacy of Learning and Action: From the Gandhi Jayanti celebration to awareness drives on health, hygiene, and civic responsibility, every JPIC activity this year has echoed a shared mission: to instill in students a deep sense of empathy, responsibility, and purpose.

The collective participation and enthusiasm from students, teachers, and parents have demonstrated that real change begins in our own communities. These programs were not just events—they were life lessons, nurturing a generation equipped to face global challenges with

nurturing a generation equipped to face global challenges with conviction and compassion.

With Gratitude and Hope We thank the school leadership and community for their unwavering support of JPIC initiatives. With hearts full of inspiration, we look ahead to the coming year, committed to justice, peace, and the care of creation.

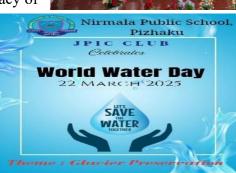
Principal: Sr. Suchitha, Moderator: Mrs. Mini Mathew JPIC Captain: Joann Alphonsa Augustine (IX), Vice-Captain: Alphonsa Maria Jose (IX)

Mary Ward Matric Hr. Sec. School, Mittapalli, Tamilnadu

"With justice, peace, and care for creation – we build a better world."

With the blessings of the Almighty and the enduring inspiration of Venerable Mary Ward, Mary Ward Matric Hr. Sec. School, Mittapalli continues its mission of nurturing young minds to become socially responsible and environmentally conscious citizens. Guided by the principles of Justice, Peace, and Integrity of Creation (JPIC), our school strives to expose students to diverse perspectives and meaningful actions that foster a liveable and sustainable future for all.







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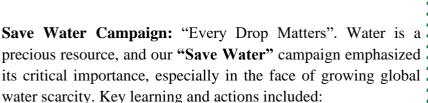
This year, our JPIC initiatives focused on key themes of environmental sustainability, compassion, and community engagement. Each activity aimed to instil in students a deep sense of responsibility for society and the planet.

A Plastic-Free School Zone: Building a Sustainable Culture. In our continued effort to create an environmentally responsible

campus, we launched the "Plastic-Free School Zone" initiative. Students were encouraged to:

- Use reusable water bottles
- Replace plastic with cloth bags, biodegradable cups, and metal or bamboo straws
- Avoid single-use plastics in school and at home

In partnership with the **Parent-Teacher Association (PTA)**, we extended this awareness to families, promoting plastic-free practices in daily life. Through education and conscious choices, our school community took collective steps toward reducing plastic waste and protecting both health and the environment.



Taking **shorter showers**

- **Turning off taps** while brushing or washing
- **Reporting and fixing leaks** to prevent wastage

Students actively participated in classroom discussions and practical demonstrations on water conservation. The campaign reinforced the message that even small changes can make a big difference, and that the responsibility to conserve water begins with each individual.

Visit to an Orphanage and Old Age Home: Compassion in Action One of the most heartfelt JPIC initiatives this year was the visit to a local orphanage and old age home.

Through this experience, students:

- Gained valuable insights into the lives of individuals facing challenging circumstances
- Learned the importance of empathy, compassion, and human connection

The visit deeply moved our students and inspired a greater appreciation for the values of kindness, respect, and social responsibility.

Sapling: Plant a Greening Our Campus

As part of our commitment to environmental stewardship, we organized a "Plant a Sapling" event on campus. Highlights of the initiative:







- JPIC members brought saplings from home.
- Students planted trees around the school grounds.
- Ongoing care responsibilities were assigned to instil **long-term engagement** with nature.

This hands-on activity allowed students to directly contribute to a greener environment while developing a lasting love for nature and ecological awareness.

Conclusion: A Commitment to Future Generations

At Mary Ward Matric Hr. Sec. School, we believe that **education is not only about academic achievement but also about shaping responsible and compassionate human beings**. Through our JPIC initiatives, we continue to build a school culture that champions **environmental consciousness, social justice, and peace**. We are proud of our students' active participation and look forward to expanding our efforts in the coming years. Together, we are nurturing a generation that will lead with awareness, kindness, and a strong commitment to creating a better world.

"Do good and do it well." - Venerable Mary Ward

ST. MARY'S CONVENT SCHOOL, ALAKODE, KERALA

Nurturing Minds, Transforming Lives: Nestled in the serene town of Alakode, St. Mary's Convent School continues to be a beacon of educational excellence and social consciousness. With a deep-rooted commitment to the values of Justice, Peace, and Integrity of Creation (JPIC), the school empowers students, educators, and the wider community to be active participants in building a more compassionate, sustainable, and just world.

Environmental Initiatives: Towards a Greener Tomorrow

In alignment with JPIC's environmental mission, several impactful programs were organized to cultivate a sense of ecological responsibility:

- **Planting of Small Plants**: Students and staff planted saplings around the campus, contributing to a greener environment and instilling values of environmental stewardship.
- **Cleanliness Drive**: A school-wide initiative focused on cleaning the surroundings, encouraging students to take ownership of their environment and promoting hygiene awareness.

These actions not only beautified the school but also deepened environmental awareness and community involvement.

Eco-Friendly Tour to Sahajeevanaashram, Pattuvam: The JPIC team undertook an eco-friendly tour to Sahajeevanaashram, Pattuvam. The tour's objectives included:

- Understanding the importance of clean water and nature conservation
- Promoting a plastic-free lifestyle
- Gaining hands-on experience in sustainable living







The students were engaged with the activities guided nature walks and birdwatching, interactive environmental conservation sessions and discussions on waste reduction and eco-friendly alternatives. The experience profoundly impacted participants, reinforcing their commitment to environmental stewardship and inspiring them to lead by example.

Yoga Day Celebration: Promoting Holistic Well-being

As part of JPIC's wellness initiatives, **Yoga Day** was celebrated with enthusiastic participation from students and staff. Highlights: Guided yoga sessions focusing on breathing, flexibility, and mindfulness and discussions on yoga's role in physical and mental health. The event strengthened community bonds and encouraged a healthy lifestyle in line with JPIC's vision of holistic development.



Reading Day & Literacy Promotion: To celebrate the joy of reading and creativity, JPIC hosted a series of events for Reading Day:

Inauguration of "Shantiniketan"

Reading Corner: A welcoming space designed to encourage reading and reflection.

Launch of the Handwritten Magazine "Signature": A creative platform featuring stories, poems, and artwork by students. These efforts nurtured a

reading culture, fostered creativity, and supported literacy development. **Cyber Security Awareness Session:** A cyber security awareness class **educated students on the**

importance of digital safety.

Key lessons included:

- Recognizing cyber threats
- Safe online practices and password hygiene
- Avoiding scams and safeguarding personal information. This initiative empowered students to navigate the digital world responsibly and safely.

Nutri Fest: Celebrating Healthy Living: Nutri Fest was organized to

spread awareness about nutrition and healthy eating.

The event featured:

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- Food exhibitions and cooking competitions
- Expert talks on balanced diets
- Quizzes and interactive games. Participants learned the importance of nutritious eating, supporting JPIC's mission to promote well-being and sustainability.





Health Initiatives for Student Wellness: JPIC prioritized student health through various health-focused programs:

Mumps Vaccination Awareness Session

• Free Eye Check-ups to ensure early detection of vision issues These initiatives aimed at improving students' physical health and preventing illness through timely education and intervention.

Sustainable Living through Waste Material Projects: Encouraging

sustainable practices, JPIC led creative workshops on **repurposing waste into useful products**, including Bags from old clothes, pen holders from bottles, jewellery from waste paper and decorative crafts from recycled materials. This project emphasized recycling, creativity, and responsibility towards the planet.





Conclusion:

Through its diverse and impactful initiatives, the JPIC team at St. Mary's Convent School continues to nurture minds and transform lives. From environmental conservation and health awareness to digital safety, literacy, and sustainability, every activity reflects a deep commitment to building a just, peaceful, and responsible society.

JPIC's vision remains unwavering: to empower individuals, shape character, and inspire generations to live with integrity, compassion, and purpose.

"Do your Best and God will help."

Venerable Mary Ward