



NAVA SPURTHI

Bangalore Region



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

Vol. XIV/ III

NEWSLETTER

OCTOBER – DECEMBER 2023

Maria Sadan Regional House, Bangalore

All of us in Maria Sadan were glad to have our golden jubilarians Srs. Clarita, Lynet (Patna) and Amala with us, for a couple of days. They were on their way to Mysore for the batch jubilee preparation.



Srs. Smitha and Nelcy attended the B.Ed. Graduation Ceremony of Sr. Sanjana of Delhi province on the 6th of November in Al-Ameen College, Bangalore.



All the five members of the community attended three days webinar on Mental Health and Wellness organized by CRI Women's cell. It was indeed a great opportunity for all of us to be aware of the need to care for our own personal health and well-being, to be better fit for the apostolate.

On the 2nd of December Srs. Smitha and Edwina attended the Christmas gathering organized at the Archbishop's House, Bangalore for the major superiors and superiors of various religious institutions. They were enriched by the experience sharing of Sr. Lalitha Thomas SJT who was a part of the synod in Rome from 4 to 9 October 2023.

Sr. Shradha along with COIN leadership attended five days Discerning Leadership Programme(DLP) at Ranchi. Around 35 major superiors and members from Leadership team of various congregations were present. It was a wonderful time to understand the nuances of Leadership. We were helped in discovering various leadership skills and Leadership styles.



Sr. Smitha and Nelcy took part in the Christmas celebration organized by the CRI of Richmond Town Zone, Bangalore. The students of Asha Deep (orphans) put up a mesmerizing Christmas program depicting the message of Christmas. They were given gifts in cash and kind, contributed by the various religious communities and institutions of the zone.



Sr. Remya from Delhi and Sr. Smitha attended the PTA meeting cum Christmas programme in Indian Institute of Spirituality, Bangalore, where Srs. Juliana and Monica (Juniors of Nepal & Delhi) are pursuing their Diploma course in Theology.

Sr. Shradha was happy to be a part of the province gathering of IBVM at Loreto House , Kolkata. It was a historical gathering attended by General leadership of CJ and IBVM along with COIN leadership. It witnessed the process of 'Becoming One' as a harmonious blend.



Mary Ward Illam, Mittapalli

Srs. Suma, Mercy and Auxilia went to Shillong to attend the ongoing formation program and came back refreshed on 18th October. On 7th November, Sr. Angeli along with Sr. Josita went to Chandigarh to attend the ongoing formation program. It was based on psycho - spiritual integration. They enjoyed each other's company and experienced the care and concern of one another.



Our gardener Biman joined us in the year 2000. He served us faithfully till he was no more able to continue due to fall as well as due to his ill health. We bade him farewell and send him with good feeling in his heart.

All of us attended the CRI Christmas gathering on the 17th of December. As per the request from the bishop to all the religious congregations to help the poor, we provided dresses for a few men and women.

To mark the celebration of 154th birth anniversary of Mahatma Gandhi, the man who spun the wheel of fortune, the members of our Alumni Association, students, sisters, and staff planted 126 saplings in the Aguthi forest on 2nd October.





The World Students' Day was celebrated on 15th October, on the birth anniversary of Dr. APJ Abdul Kalam, the 11th president of India. Students expressed their feelings for this great man through charts, speeches in Tamil and English describing not only the legacy he left

behind, but also his achievement in the betterment of the nation. The teachers and students paid their homage to him, by offering flowers to the photo of Dr. APJ Abdul Kalam. Various competitions like essay writing, poem writing, and pencil sketch of his portrait were held. The best five were sent to the DEO office at Krishna Giri.

On 16th October one day orientation programme was given by Dr. Balamurugan, a national motivational trainer, a man who inspires the younger generation and teaches them how to develop their personalities via his unmatched skills. Students appreciated the programme as it helped them to evaluate themselves to focus on positive personality, to avoid negative personality, to trust and to believe in their 'self'. Classes 9 to 12 students benefited from this programme.



74th Bharat scout foundation day was celebrated on 7th November. The school acknowledged the efforts of the movement, to spread its noble message in the school and across the state. We are highly impressed by its dedication to instil essential values like commitment, courtesy, cheerfulness and conviction in the young scouts and guides. The programme was conceptualized and executed under the able guidance of Mr. Dhanpal.



The theme of this year's children's day was **"For every child, every right"**. Teachers entertained the students with a colourful variety entertainment programme based on the theme of the day. The Principal Sr. Suma in her message reminded the students and teachers that Children's Day celebration is a reminder to nurture, guide and appreciate the incredible potential they bring it to the world. It's a day to acknowledge that every child is a unique universe of dreams and possibilities.



On 1st December we had the annual day celebration. The theme for the annual day ‘**One Earth, One Family, One future**’ was explicitly depicted all through the programme. The spectators highly appreciated it and remained till the end. At the end of the programme the honourable guest applauded the school for its all-round education given to the students and wished them a better future.



On 8th December JPIC students carried out the first point in the action plan, ‘keep the school campus clean and plastic free zone.’

On 22nd December the school had Christmas programme. A beautiful prayer assembly was conducted by Topaz house. Christmas messages were given by Sir Arun Kumar, Sr. Anjali, and student Evanjaline S. After the prayer service, all the employees of Mary Ward Matric.



Hr. Sec School were gathered in the library, and we had a short prayer service. Sr. Suma thanked the staff members for all their handsome service for the growth of the mission. After that all exchanged Christmas greetings and parted for Christmas vacation.



On the 23rd of December, Sr. Angeli along with Sr. Mercy and Japa conducted prayer service for our co-workers as well as conducted games, which they enjoyed well. Prizes were given to the winners and all of them received their Christmas gifts.



A few days back our district Krishna Giri was affected by flood and so our school decided to help the victims. Students, teachers, sisters, and parents volunteered for this noble cause. We collected clothes, articles for daily needs, dry food items

and toiletries and gave to the Nodal to distribute them to the victims on Friday 22 December.

Mary Ward Convent, Pizhaku

Month of October was the time of holy rosary praying through the intercession of our holy patroness. Students conducted holy rosary class wise and as a conclusion we had a rosary procession in the campus carrying the statue of Mother Mary interceding for the whole world.



Picnic for the students was another excitement of the month. Class X students had a trip to Coorg. They visited Calicut beach, golden temple, bamboo market and enjoyed in

Coorg adventure park with boating, kayaking, magic show etc. and came back after two days with happy memories.



The students of classes 7,8 & 9 had a day of outing to Idukki Ramakkalmedu. The students enjoyed the picturesque beauty of the surroundings. The high light of the day was off road Jeep trekking and DJ which was enjoyed by our students.

1st of November marked the celebration of Kerala Piravi. Students along with teachers arranged a colourful programme. On the same day we had a portable Planetarium show in the campus. Students were thrilled to watch the show. It was very informative and student friendly. Everyone in the campus had an opportunity to watch the show.



Our students participated in American flag association Rugby competition and our team won the second prize. Three of our students are selected from the team to the state team.



We, as a community attended the webinar on “Mental Health and well-being of Religious women” organized by National CRI. It was an inspiring one.



Children’s day was another exciting day for the students. Teachers along with sisters gave a surprise to our students with a colourful programme. During the prayer service of the day, we connected the life of students with a rainbow asking the Lord to bless them with colour and vigour. After an exciting programme the students were given jilebi.

Sports meet 2023 was inaugurated by our parish priest Rev. Fr. Joseph Thekkel. Our PTA executive members were the special guests of the opening ceremony.



The function began with a prayer song by the school choir followed by an opening dance and the finals of every event were conducted. March past, football and kabaddi were inter house

competitions filled with enthusiasm and energy. The sports meet came to an end with the prize distribution and honouring the sports champions.

Sr. Deepti went to our convent in Sikkim on 7th December to take class for the Tertians and came back before Christmas. On 9th December we attended the CRI recollection along with Carol singing competition at St. Alphonsa college, Pala.



School celebrated manager's day on 13th December. Our class 5 students along with their teachers prepared a meaningful day for Sr. Lucia with a prayer service highlighting the qualities of St. Lucy. Sister was wished by each class with a sapling.

Christmas 2023 was celebrated with lots of enjoyment and merriment in the campus. A musical drama explained the importance of the day. The arrival of Santa Claus brought a lot of happiness and enjoyment among the students. The principal made a Christmas prayer for all in the campus after which all were given a piece of cake. Students enjoyed thoroughly and thus the second term of the academic year came to an end and we closed the school for Christmas holidays.



St. Mary's Convent, Mulund

Our silver jubilarians Srs. Manisha, Soumya and Vijaya from Patna Province and Sr. Pratibha from Nepal Region visited us on 10th October on their way to Goa for the jubilee preparation. The community offered a holy mass in our chapel and joined them in thanksgiving for their 25years of dedicated service to the congregation. They proceeded to Goa along with Sr. Seema for the retreat.



The community had the annual retreat from 8th to 16 to November under the direction of Fr. Abhay Shirekar SJ. Sr. Cyrilla from Umralla and Sr. Rosita IBVM joined us for the retreat.



Gandhi Jayanti was celebrated by conducting prayer service and cleanliness drive. Collage and Charts were prepared depicting the message of keeping our environment and mother earth clean and healthy.



Our students of primary and secondary bagged prizes in T Ward inter school competitions.

Our secondary girls got second prize in district level Rugby match for the under seventeen categories. The students of secondary section, both junior and senior level stood first in the T Ward level science exhibition.

Dr. Abdul Kalam's Birthday was marked by celebrating Vachan

Prerana Diwas, where our students depicted the importance of reading books in their life.

Our school was selected for the SEAS examination, a survey of the central government, where 30 students each from our 3rd, 6th, and 9th std appeared for the same. After the first terminal examination, we had Diwali celebration with a meaningful prayer service during which our students took an oath to celebrate eco-friendly Diwali.

Nirbhaya Pathak of Mulund Police station conducted a "Jagruti Session" on "Harassment and Cybercrime" for the students of secondary section.

Children's Day was celebrated by the teachers with prayer service and colourful entertainment. Some of the parents were generous enough to distribute snacks to the students.



Our School hoisted the T ward interschool science quiz for secondary section where 32 schools participated. Secondary section had their fancy dress and mono act competition. Nature club students under the guidance of their teachers conducted anti-litter rally.

As the Christmas season was approaching tiny hands of primary section were busy decorating the campus with handmade eco-friendly Christmas decoration and gave the message of celebrating eco-friendly Christmas by avoiding plastic and thermocol. The campus looked very colourful. Christmas celebration was done for the entire school with prayer service, singing Christmas carols, exchanging gifts and of course, everyone's attraction was Santa clause.



St. Mary's ICSE School Mulund

Children's day was celebrated with great gusto by the teachers for their beloved students. Teachers presented dances, skits, action songs, magic show and conducted games to entertain the little ones.

Principal's Day was celebrated on 28th November where students showed their love and affection for their beloved principal Sr. Lima through a variety of performances.



The festival of **Christmas** was celebrated with much joy and jubilation on the 18th of December. Students along with their teachers decorated the school, conducted prayer service, sang beautiful carols, presented a skit, made Christmas trees, paper plates, snowman, and danced heartily with our

favourites Santa Claus.



Various Activities

- 1.Thali decoration
- 2.Toran making
- 3.Orange day



The glimpse of the third Annual Day on 23 December 2023



Mary Ward Niwas, Umralla

In the month of October every day the people gathered to recite the rosary in all the fourteen villages of the parish. We joined the prayer almost every day, in the close by villages.



Sr. Jyotsna attended a batchwise renewal program in Chandigarh from 10th to 15th November. She came back refreshed and rejuvenated. Sr. Cyrilla joined the Mulund Community for the retreat from 8th to 16th November.



On 19th November 26 children received the First Holy Communion in our parish. In Preparation for the feast of Christ the King thirteen hours of adoration of the Blessed Sacrament

was observed. On the feast of the Christ the King, we had the procession of the Blessed Sacrament and the first Holy Communicants on either side showered petals of flowers to the Eucharistic Lord. It became a joyful and memorable day for them.

This year we had a grand Christmas celebration after three years of gap. Sr. Jyotsna went to all the villages of the parish with the carol singers.



Jyothir Bhavan, Thuruthipuram

In October devotion to our blessed mother, we had ten days rosary in different grottoes of our parish. We led the rosary devotionally and meaningfully.

On the feast of St. Francis of Assisi, the patron of the parish, our parish priest arranged a program for all the priests and sisters of our parish and felicitated them. We had the lighting of the lamp, after which we were given a shawl and a memento.



On 14th November Sr. Theresa conducted one day program for the senior citizens of our parish. She took motivational classes for them, conducted games, and had dance programs to make them relax and energetic. On 3rd December as part of the year of the Eucharist, Thuruthipuram parish had thirteen hours of adoration, followed by Eucharistic celebration and procession.



With the initiative of the catechism teachers of Kurumbathuruthu, our neighboring parish, a program was arranged known as “**Loving Touch**” on 19th December. It was done as a part of the programs of the Eucharistic year. All the old and bedridden people of the parish were brought with the help of the catechism teachers. They had medical

checkup, confession, and Eucharistic celebration. Sr. Theresa was engaged in preparing the adults for baptism and marriage in the month of November. One was from Uttar Pradesh and the other from Kerala.

St. Mary's School, Alakode

2nd October Ghandi Jayanthi Day, served as a meaningful reminder of values inspired by Mahatma Ghandi. Students were also engaged in cleanliness drive.



In the month of October, we had ten days Rosary in our school, fostering spiritual growth. All our catholic students participated in it. Different classes took initiative in conducting the rosary.



Orientation programs were provided to classes IX to XII. The resources person for the day was Mr. Nandalala from Bangalore. He dealt with topics like study habits, memory techniques, goal setting and time management. Additionally, classes X and XII students were provided with career guidance including workshop mentorship program ensuring that the students are well prepared for diverse career paths. Remedial classes are given to weak students from 8.00.a.m to 8.45.a.m.on all the working days. These classes focus on academic reinforcement, individual support and the academic success.

Teachers were provided with orientation programs. Dr. Abdul Sathar and Dr. Joseph Thengumpalli C. M. I was the resource persons. They dealt with topics like, classroom management, happy classroom, National Education Policy etc. These sessions empowered our teachers both in knowledge and practical strategies for improving their teaching methods.



1st of November being the Kerala Piravi Day, our students exhibited the cultural heritage. The language club prepared a meaningful program and quiz competition based on Kerala culture and the winners were given prizes.

All our primary students including K G children were engaged in conducting organised morning prayer assembly. It boosted their confidence and enabled them to be fearless in facing audience and improved their speaking skills.

Our students demonstrated compassion by contributing funds for Mithun Raj's Kidney transplantation. He is from our neighbouring place.



November 14th being the children's day our teachers exhibited a wonderful program. On this day the commerce stream students organised a fest. It created an atmosphere of joy and excitement making our students feel cherished and special.

In state level Sahodaya competitions which was held in Sharadha Vidyalaya Kaladi, eleven students from our school showcased their talents and their remarkable achievements were acknowledged with A grades.



Another remarkable achievement was that our girls under nineteen, participated in National Level Basketball tournament in Little Flower School Varanasi.

The Commerce stream students visited Western India Plywood Limited, as part of their study gaining practical insights and enhancing their understanding of real-world applications in the field of commerce.



Our Inter House Sports Day buzzed with spirited house-wise competitions. From running race to long jump, shot put and relay, each house showcased enthusiasm fostering friendly rivalries. The event highlighted a vibrant display of teamwork and individual talents, creating an extra layer of excitement.



St. Mary's School celebrated its Annual Day on 22nd December. This year we had Annual P T Display. The chief guest of the day was Mr. Arun K Pavithran former student of SMC. Former national football player C. K. Vineeth added more flavour to our function with his presence. It was well appreciated by our parents and well-wishers. Annual Day celebrations ended with wishing all present there, with the wishes of Merry Christmas & New Year 2024.

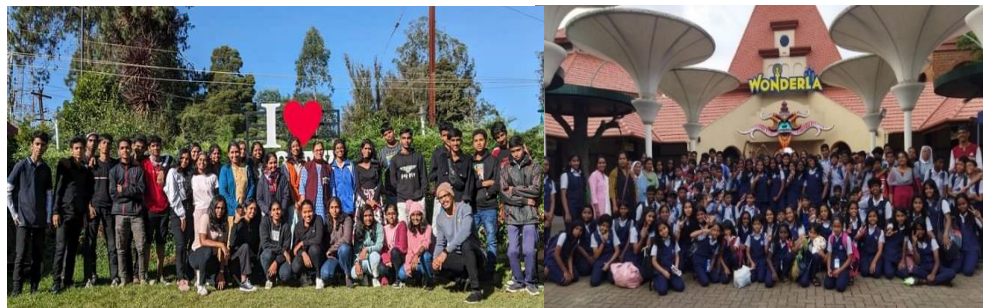
Srs. Basila, Thomasina & Christeen had their annual retreat in Fathima Retreat Centre Mangalore. They came back spiritually rejuvenated. From 1st of December onwards from our parish, the senior citizens spent their day in prayer in our chapel. They engaged themselves in praying rosaries, stations

of the cross, praise and worship etc. Our Srs. Gladys and Lawrentia joined them in their prayers, and we are strengthened by their prayers. As a part of the Christmas celebration, we had a prayer service for our co-workers. Soon after the prayer service we shared with them gifts, tea, and snacks.

Mary Ward Sadan, Puthenvelikara

In the past few months, Mary Ward community and school have been actively engaged in a variety of events and activities. A statue of Mother Mary was brought to every family in our parish, accompanied by communal prayers of the rosary in each unit. On the last day of the month, the statue was brought to our school and convent. In the evening, the entire parish community joyously joined us in procession to the church with the statue of Mother Mary. Mary Ward School enthusiastically celebrated the **Rosary Month in October**, honouring the Blessed Virgin Mary and fostering the deep spiritual practice of the Rosary. The entire school community actively participated in this meaningful observance. On October 2nd, **Gandhi Jayanti** was commemorated with enthusiasm. The occasion was marked by organizing essay writing, poem, and story writing competitions for the students, fostering creativity and reflection on the teachings of Mahatma Gandhi.

To cultivate a spirit of exploration and curiosity, the students of Class 10 were treated to an educational **trip** to Ooty. Simultaneously, students from Classes 5 to 9 enjoyed an exhilarating day at Wonderla. The children returned with a sense of fulfilment and gratitude for the opportunity to spend the day with friends, creating cherished memories.



The celebration of **Keralappiravi**, also known as Kerala Formation Day, took place on 1st of November. The event was organized to commemorate the formation of the state of Kerala and celebrate its rich cultural heritage.

Various cultural programs were organized by students of class 6, to showcase the diverse art forms, traditional dances, and music that are intrinsic to Kerala's cultural identity.

On November 13th, observed as **World Kindness Day**, the students and parents exhibited remarkable generosity by contributing food and stationary items. In line with this spirit, the students of class 9, accompanied by Sr. Vidya and teachers, visited Anugraha Sadan in Chalakkudy—a place dedicated to



the care of special children. Simultaneously, Class 6 students along with Sr. Theresa and teachers visited home for the aged for at Vadakkumpuram, extending their kindness to the elderly residents.



On Children's Day, teachers organized a special program and offered prayers for the children. Everyone enjoyed the festivities.

It is with a heavy heart that we report on the untimely demise of our esteemed former student, Ann Rifta, who tragically lost her life in the KUSAT stampede on 25th of November. She was an integral part of our academic community during her time here both in academics and extracurricular activities and sports.



Mary Ward School celebrated its much-anticipated **Annual Sports Day** in November with great enthusiasm and fervour. The event brought the students, and faculty together in a celebration of athletic prowess, teamwork, and sportsmanship.

Convention and Retreat: Some of us attended the convention in the neighbouring parish conducted by Bro. Sabu. Srs. Amala and Vidya attended the five days retreat in Anakara in Idukki district.



Every month, **Sayam Prabha**, a gathering for senior members of our parish, is conducted. Sister Georgia organized a few games for them and actively participated, bringing joy to the participants.



We regularly participate in the monthly **unit prayers** conducted in various families of the parish. This month, in the absence of the parish priest, Sr. Georgia led the prayer sessions and provided an insightful explanation of the Bible reading.



School Annual Day. We had our annual PT display on December 23rd. It was a privilege to have Fr. Shaijan Kalathil, Manager of Presentation College Puthenvelikara as our chief guest, and Mrs. Aiswarya Joy, a CRPF officer and our former student, as our Guest of Honour.

Christmas Celebration : We had a special prayer service organised for our supportive staff. After that we wished them Christmas and distributed gifts for them.



Shanti Sadan, Begur

‘Celebrate life in all its glory’: In the month of October and November, we had many celebrations of birthdays and feast days of the community members. We also joined with the Maria Sadan community to celebrate their special days too.

Joy of welcoming visitors: - *‘The ornament of a house is the friends who frequent it’.*

Sr. Jyotirmoyee (Patna Province) stayed with us as she was attending four days JAGO 23 – Jesus Youth National Conference at Christ University, Dharmaram along with Sr. Edwina. Mr. Marianus and his wife Cecilia paid us a short visit on 24th October. We were happy to have the visit of Sr. Mariella (Delhi Province) on her way back to Mysore on 1st November. Sr. Alma’s ex-student Swati along with her college-mate visited us on 20th December. On 27th December, we were happy to welcome our visitors from Mulund, Mr. Robinson and his wife Brigit.

Juniors’ Meet: - *‘Every day is a renewal, every morning the daily miracle. This joy you feel is life’.* Sr. Biyona left for Kolkata for a week to attend Juniors’ Programme. She returned rejuvenated and energized.

Bidding Farewell: - *“With every goodbye comes a new beginning and we can look forward to the possibilities that lie ahead. When we part ways, we can take comfort in knowing that life was good.”*

After having served us tirelessly and with love for two years, we bade farewell to Rekha our cook, on 19th December.

On 2nd October, the school paid tribute to Mahatma Gandhi, the father of our Nation on his birthday through an organized assembly and cleanliness drive.



We had the dual celebration of Dussehra and Deepawali celebration through a meaningful and creative prayer service and cultural programme. The



students pledged to celebrate an ecofriendly Deepawali.

The staff had a two-day picnic to Goa in the month of October, during the Dussehra vacation.

On 31st October we had the blessing of the new toilet block by Fr. Nitin Machado S.J. in

the presence of community members, staff, and students.



In the month of October, we had Rosary, imploring the blessings of our Blessed Mother. On 4th of November, Kannada Rajyotsava was celebrated in our school with great pomp and enthusiasm. It was the fiftieth year of the formation of the state of Karnataka.

On 10th November, Manager's Day was celebrated with a meaningful prayer assembly and cultural program. The students presented Sr. Edwina with handmade cards and creative and colorful bouquets and craft articles.



Children's Day was celebrated on 11th November by the staff with a prayer service, a creative and fun-filled entertainment program.

On 23rd November, we felicitated the students who had excelled in various competitions held in the school as well as in the inter-school



competitions during the academic year 2023-24. They were awarded medals, certificates and trophies.

Primary Section bagged the second position in the Inter-School Open Karate Championship held in Notre Dame Academy, on the same day.



We had a colorful, innovative, and creative **PT Display on 9th December**. It was the first time in the history of St. Mary's Convent ICSE School, Begur, having a PT display. The theme was based on Goal 3 of Laudate Si (ECOL-ECON). Nurture for our future, Divestment from fossil fuels, Save water, Save soil, Renewable Energy, Honeybee, Nature based dances, Traditional Ecological Knowledge, Yoga asana with music, were displayed through very



apt drills and movements. The School Band also showcased their talent in a musical display. The JPIC theme song sung by our students was displayed through a drill form. It was well appreciated by many.



On 20th December, a seminar on safety measures was conducted for the students of std 8th and 9th by Hullimav police personnel.



As a part of JPIC and Mary Ward Club activities and in preparation for Christmas, the members took the initiative in encouraging the students to be charitable towards the needy, by donating groceries, toilet articles, eatables and cash, which were enough to reach out to three places- Weaver's Colony, a Special School- St. Joseph Niwas, Chikkakamanahalli and Home for the Aged, run by the Little Sisters of the Poor.



Students had their Christmas celebration on 22nd December, with theme-based cultural program and prayer service, and the school closed for Christmas vacation. On 23rd December, the staff had a Christmas celebration with a prayer service, exchange of gifts with Christmas friends, followed by a sumptuous lunch. On the same day we shared the Joy of Christmas with our co-workers and construction site workers with a



prayer-service conducted by Sr. Sanjana followed by a tea party and distribution of a gift as a token of our gratitude and appreciation for their selfless service to us. On the eve of Christmas, we had a prayer, sang carols, and shared our joy with each other at the birth of our Lord.

Theme-based assemblies by Primary Section: Our Primary students conduct assemblies every week, based on the following themes: Sustainable production, sustainable lifestyle, Boycott plants which exploit the children, Plants our friends and many more.

KG Corner: - Our tiny tots celebrated Yellow Day by making colorful artistic articles based on the theme. Story-telling competition was conducted with morals for life. Literacy activity, EVS activity, Pick and Speak and rhymes competition were held to bring out the innumerable talents of the kids.



Nava Spurthi wishes all the readers Grace – filled and a Prosperous Year 2024
