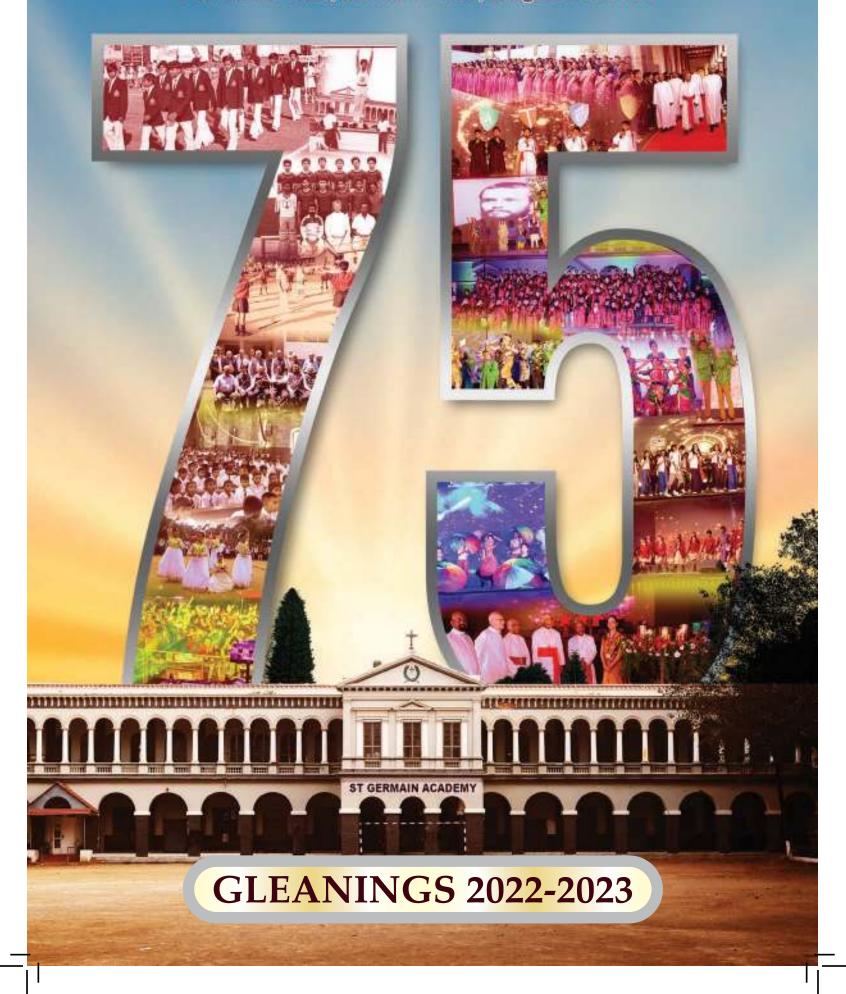
ST GERMAIN ACADEMY

Promenade Road, Cleveland Town, Bengaluru 560 005





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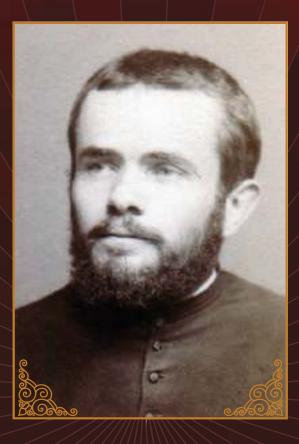
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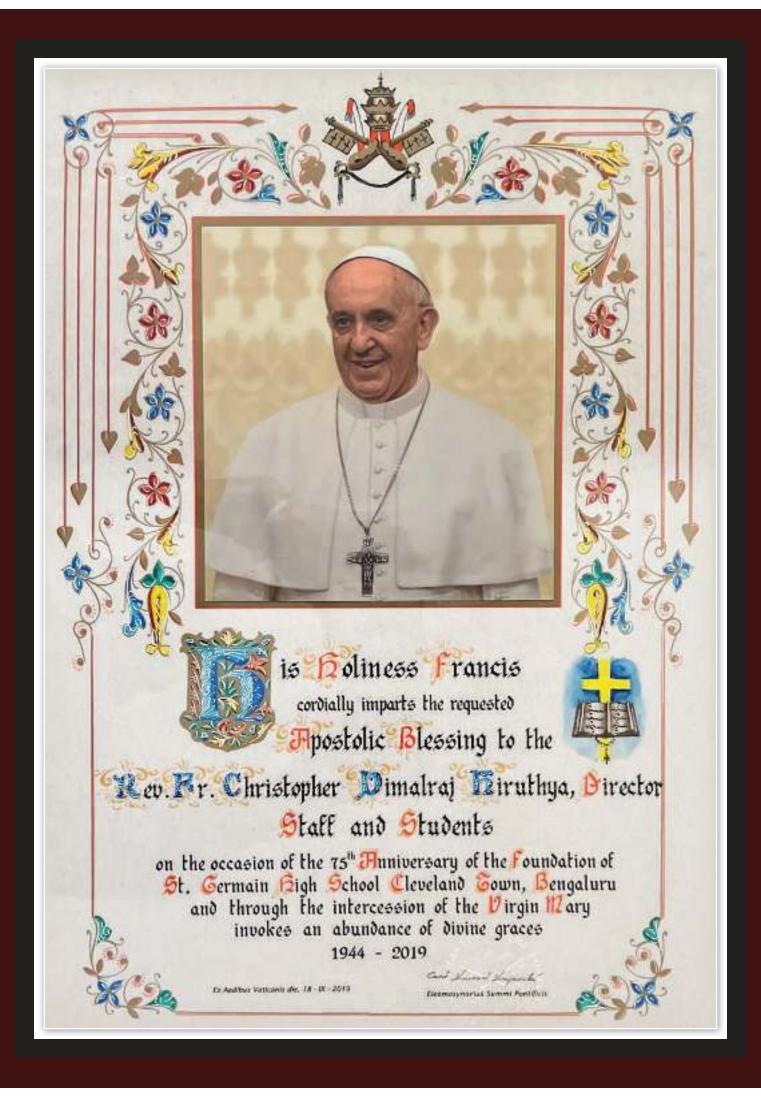


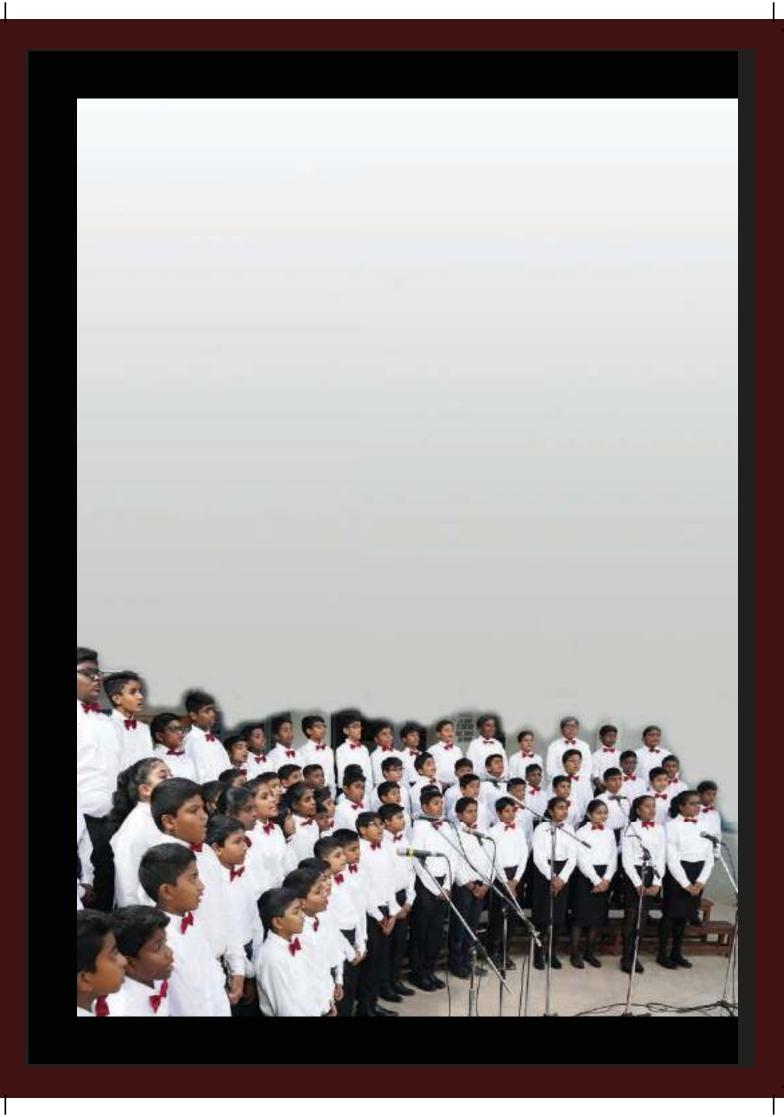


"The measure of greatness of a society is found in the way it treats those most in need, those who have nothing apart from poverty. The only war that we must all fight is the one against evil. To be saints is not a privilege for the few, but a vocation foreveryone. The love of God is not generic."

Pope Francis









Conference of Catholic Bishops of India

CCBI Centre, PB,No.8490, Hutchins Road 2nd Cross, Bangalore - 560 084, India.

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CCBI - 42/2023

MESSAGE

Dear Fr. Christopher,

I am indeed happy to write these few lines for the Souvenir being brought out to commemorate the Platinum Jubilee of the unique St. Germain Academy which you have been leading, so ably, for the last four years. This gives me a renewed opportunity to express my genuine happiness at having been personally present, last November, at the glittering closing celebrations of the Jubilee, which had to be kept in abeyance for three years, due to the unexpected appearance of the Covid-19 pandemic.

The three quarters of a century that St. Germain Academy has traversed since its foundation are filled with glorious pages written successively in letters of silver, gold, diamond and now platinum! Each of the Heads of this Institution down the years has significantly contributed to its steady growth from a fledgling boys' school to the giant Academy that it has become today. They were undoubtedly supported by a dedicated band of teaching and non-teaching Staff and also by the parents of the students, through many generations. Through these lines I would like to pay my sincere homage to all of them, but especially to the present Management and Staff of St. Germain Academy.

To all those, therefore, who have been involved in the life of St. Germain's, including the Students, present and past, I convey my cordial greetings and felicitations.

Rev. Dr. Christopher Vimalraj Hiruthya Director, St. Germain Academy,

Cleveland Town, Bangalore.

And while I invoke God's abundant blessings on each one of them, I pray that those who teach in this great educational institute may take this Jubilee as an opportunity to renew their pledge and redouble their efforts to help their young sisters and brothers to "awake into that haven of freedom where the mind is without fear and where the world will not be broken by narrow domestic walls" (cf. R. Tagore).

You have come a long way to "Triumph Through Trials." Keep up the great work! Archbishop's House, Panjim, Goa, April 28, 2023.

+ Silipe New Could Feet

Filipe Neri Cardinal Ferrão President, CCBI Archbishop of Goa and Daman

H.E. Filips Nerl Cardinal Ferrie Archoshop of Gos and Daman Archoshop's House, Allinto Panal - 403 001, Gos Tet: +91-832-2433600, 2433610 E-mail: archbegoa@gmail.com Most Rev. George Antonysamy Archbishop of Madras-Mylapore Archbishop's House, 41, Santhome High Road Chermal - 600 004 Tel: +91-44-24641102, 24640633 E-mail: abpromees@gmail.com Most Rev. Anil Joseph Thomas Costo Archibistop of Dehi Archibistop's House, 1, Ashok Place New Dehi - 110 001 Tat: +91-11-233K2058, 23346375 E-mait archibishopcolhi@gmail.com Fr. Stepher Alathar CCBI General Secretariat, PB.No.849 Hutchiro Road 2nd Cree Bangatore - 560 08 Tel.: 096861 10810, 094481 3151 E-mail: stepheralathara@gmail.oci





ARCHDIOCESE OF BANGALORE

Archbishop's House, No. 75 Miller's Road, Benson Town Post, Bengaluru-560 046 KARNATAKA, INDIA. Tel.: 91+ (080) 23330438 / 23330838 / 23339199

😝 🕜 Archdiocese of Bangalore 🔘 Bangalore Archdiocese

Most Rev. Peter Machado Archbishop of Bangalore

Ref. No.:

MESSAGE

My cordial salutation goes to St. Germain's Academy (A Unit of Archdiocesan Board of Education) on reaching memorable milestone of 75 years in the sphere of education. As Nelson Mandela says, "Education is the most powerful weapon we can use to change the world." In the past 75 years, St. Germain Academy has served society immeasurably by giving successive generations of students value-based education. It has always been a pioneer in promoting the ideals of freedom, democracy, secularism, and free expression in the formation of ideal citizens for this nation. It is to be underscored here that this prestigious St. Germain's Academy has produced stalwarts and eminent people who have attained great heights and become the agents of change in society.

Congregation for Catholic Education in Educating Today and Tomorrow: A Renewing Passion (Instrumentum laboris 7 April 2014) emphasized that Schools must become places where students learn how to live their lives in the pursuit of the common good understanding of the present time and preparing themselves for the future of society and mankind. Moreover, it highlighted the need to foster respect for ideas, openness to dialogue, and the ability to interact and work together in a spirit of freedom and care. St. Germain's has undoubtedly consistently made an effort to realize practically the vision of the universal Church.

As we recap this glorious milestone of 75 years in leaps and bounds, we recognize the guidance and protection of the Almighty God. The very motto of St. Germain is articulated. 'Ad Augusta per Angusta (Triumph through Trials.),' has been made concrete as a result of the MEP fathers who laid the foundation for this institution and later our Archdiocesan Fathers' commitment and passion in moulding the young minds in their brilliant intellectual pursuits. At this milestone, one must acknowledge the notable contribution and support of the ex-alumni, who continue to play an exceptional role in shaping the budding Germanites both in terms of academics and extracurricular activities. It is their contribution that leads towards a holistic education that shapes students to become a positive change in the society.

As we glory in the remarkable progress of St. Germain's Academy. May I congratulate the Director of St. Germain's Academy, Rev. Fr. Christopher Vimalraj, on his leadership and wish success as the Academy embarks on a new chapter of the Platinum Jubilee Year. The Archdiocese of Bangalore will always be proud of St. Germain's Academy, I impart God's blessings on the management, staff, students, and alumni of this prestigious institution.

Date: 28.11.2022

+ Peter Machado Archbishop of Bangalore

Our mission

St. Germain Academy is dedicated to providing a value-based academic environment designed to promote the total development of the child. We provide a holistic, educationally oriented approach to the spiritual, Physical, intellectual, creative and emotional growth of our students. We strive to promote peace and justice by adapting to change, accepting diversity, through service and through recognising the value and dignity of each individual.

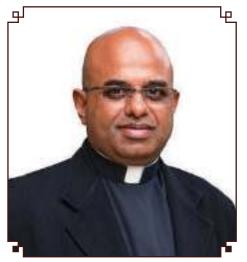
Our vision

The vision of St. Germain Academy is the development of the child through participation in various value-based activities. St. Germain Academy will provide superior academic preparation while promoting ongoing formation and growth of the next generation of leaders.

These future leaders will live the values taught here and meet their full potential as global citizens, in preparation for a life of service to humanity and society.

Director's Message

St. Germain High School celebrated its Platinum Jubilee in 2019 with a series of vibrant events. Among the highlights was GLORIEUX 2019, a spectacular festival featuring music, dance, delicious cuisine, and lively games. The President of the Archdiocesan Board of Education, His Grace Most Rev. Dr. Peter Machado, the Archbishop of Bangalore, inaugurated the Platinum Jubilee celebrations. However, the onset of the Covid-19 pandemic abruptly halted these festivities, temporarily casting a shadow over the jubilant atmosphere.



Fast forward to 2022, and the school grounds were once again abuzz with excitement as the scintillating Platinum Jubilee Sports Day unfolded, creating ripples in the city reminiscent of the floodlit sports during Fr. Mervyn Coelho's era. The carnivalesque ambiance at the Closing Ceremony, with His Eminence Most Rev. Filipe Neri Cardinal Ferrão as the Chief Guest, served as the grand finale for the Platinum Jubilee celebrations, bringing the curtains down on three years of commemoration.

As an alumnus of the school, composing this message evokes nostalgic memories while also highlighting the evolving and storied history of our Alma mater and her achievements. In 2018, when I assumed the role of Director, floodlit annual sports were reintroduced. Students are encouraged and provided with ample opportunities in various disciplines such as cricket,

hockey, football, basketball, boxing and martial arts under the careful guidance of renowned coaches and teachers. We offer a distinctive blend of opportunities in the realms of knowledge and enterprise by encouraging students to participate in debates, elocutions, quiz contests, and various cultural activities. With immense pride, we reinstated the National Cadet Corps (NCC).

If innovation and novel ideas are key to a bright future, then we can surely remain assured of our place under the pedagogic sun. The foundation of our students' success is based on the partnership among students, teachers, and parents. The staff provides a nurturing environment in which our young adolescents can learn and thrive.

Our academic results have been excellent, with seventy percent of our students consistently securing distinctions. On an average, about twenty students have achieved above ninety percent aggregate in the ICSE board exams. At St. Germain School, we endeavour to inspire and empower our students to meet the challenges of this competitive world.

Our teachers rose to the occasion, acquiring new skills to conduct online classes. Mrs. Miriam Angelo, Dean, and Mrs. Monica Anthony, Principal, have made significant contributions to keep the school growing and reaching new heights of excellence despite the challenges posed by the pandemic.

I place on record the gratitude owed to all the past Principals, members of staff, and students who have walked through these sacred portals. Their contribution and memory are permanently etched into the consciousness of the Academy, and I gratefully acknowledge their endeavours.

I want to thank Most Rev Dr. Peter Machado, Archbishop of Bangalore and President of the Archdiocesan Board of Education, for mentoring and guiding me, and, in particular, for his care for the poor. Finally, all that is good, all that is perfect, is given to us from above; it comes down from the Father of light. I want to thank God for these last seventy-five years St Germain High School furrowing in the field of education and shaping the lives of Germainites. Triumph through Trials!

Rev. Dr. Christopher Vimalraj Hiruthya Director, St. Germain Academy

ST. GERMAIN ACADEMY ANTHEM





Dean's Message

Celebrating the platinum jubilee of this great institution is definitely a proud moment. It is amazing to see the innumerable changes that the school has undergone over the years since its inception in the year 1944. Over the years St. Germain High school has been led and nurtured by a number of very able, efficient and dedicated Principals and Managers. The chool remains grateful to each one of them for their invaluable x`contribution to the success story of this institution.



Today it stands tall in the field of education as one of the most sought-after schools of Bangalore.

The platinum jubilee is a very important milestone in the history of an institution. It is a time for introspection, a time to remember the achievements of the school during these 75 years. It is also a time to plan and set new goals for us to achieve in the years ahead.

St. Germain School takes pride in having provided value based holistic education to batch after batch of students, moulding them and nurturing them to have confidence in themselves and become role models.

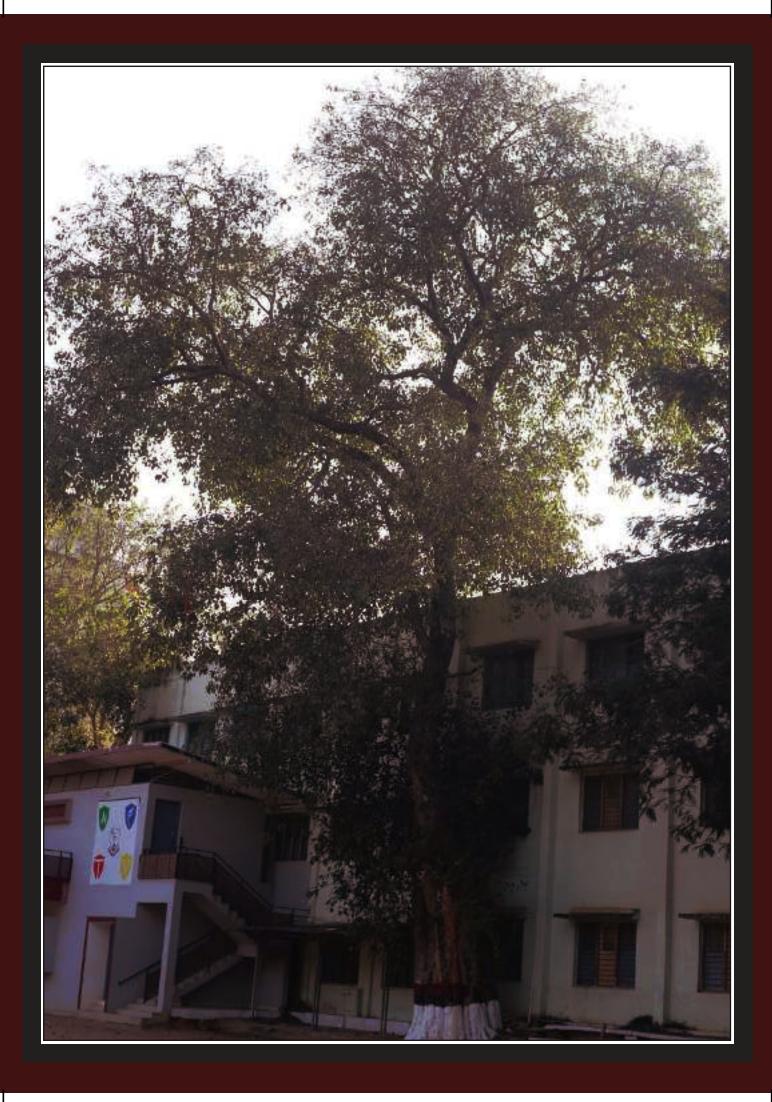
The school motto 'Triumph through trials' has richly guided the staff and students. Years of relentless hard work and dedication, has kept the flag of the school flying high.

St. Germain School with a strength of over two thousand students is forging ahead under the able and dynamic leadership of Rev. Dr. Christopher Vimal Raj H, Director of the Academy, the charismatic and committed Principal, Mrs. Monica Anthony, and the diligent and dedicated members of the teaching and non-teaching staff.

While thanking God for all the blessings He has showered on our Institution over these past 75 years, we pray that He might continue to guide us and bless us to reach greater heights, as we march forward, towards our next big milestone -The Centenary of our beloved school.

May God bless each one of us!

Mrs. Miriam Angelo



The Principal Speaks

On this memorable occasion, I thank God for the spectacular journey of our institution. I salute the Founding Fathers of this school and all the others who have been the pillars in creating a culture of excellence. St. Germain consistently remains the most sought-after institutions, the credit for which goes to the ABE, the fathers, teachers, alumni, staff and of course our precious students.



Through the years the school has grown in Stature and size. It has produced some exceptional alumni who have not only impacted the professional field but also made phenomenal contribution in various other aspects of their lives.

The last 75 years has seen St. Germain giving value based education to the several generations of students thus contributing to building a strong society and a stronger nation. Journalist, Sydney J Harris once wrote, "The whole purpose of education is to turn mirrors into windows."

I would like a generation of students who are willing to look out of the window and be the change makers, and play their part in addressing some of the persistent problems of our country and the world, like inequality, poverty, literacy, empowerment of women.

So, let's dream and dream big!! And make each one a reality.

God bless our school.

Mrs. Monica Anthony Principal



Editor's Message

"When we honour the past and embrace the future, then the present becomes a celebration."

It gives me immense pleasure to associate myself with this memorable occasion of the

Platinum Jubilee Celebration of St. Germain Academy.



It has been a spectacular journey for this great institution and I am glad to have the opportunity to express the collective appreciation of all well-wishers for this great school through this Souvenir 'GLEANINGS'.

At the outset I extend my warm wishes to each one of you, who have been part of the journey of St. Germain Academy.

I salute the founding fathers of the school and all those who nurtured it and gave it a culture of excellence.

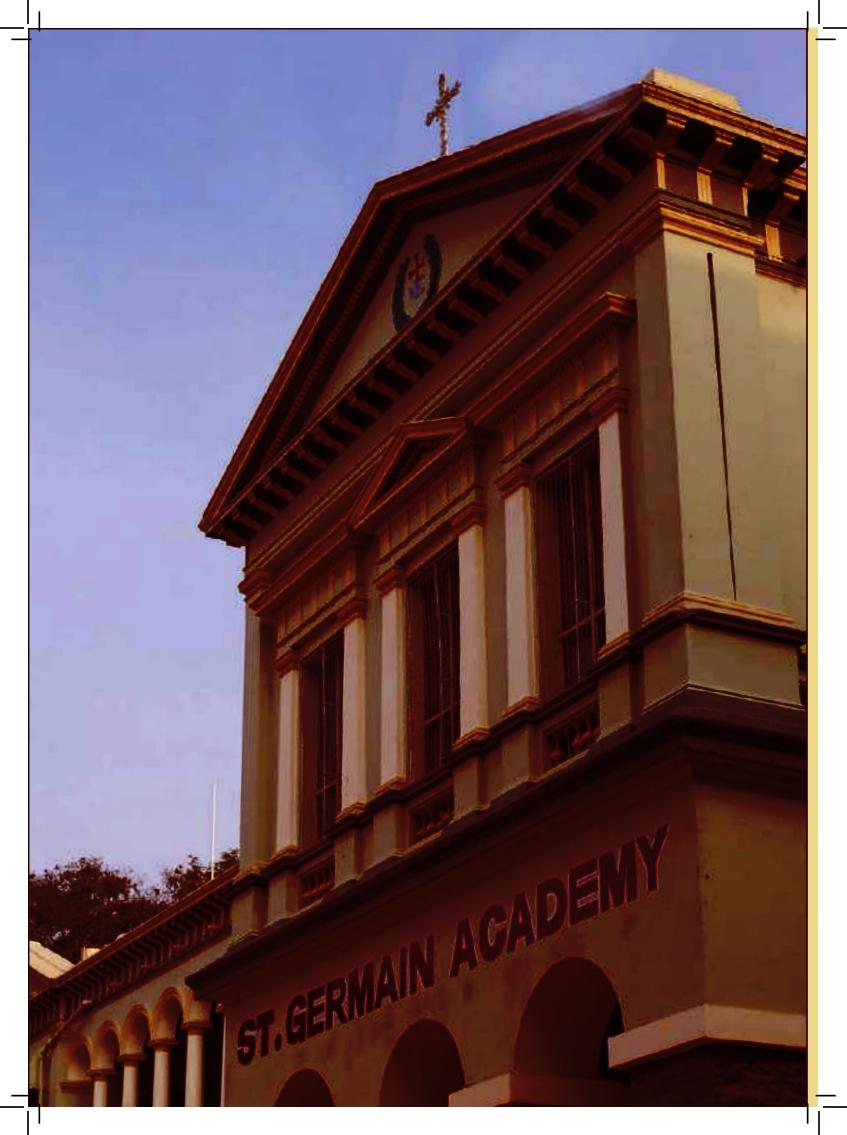
To become the master at any skill, the heart, mind and soul must work together in tandem. Producing this edition of 'GLEANINGS' has been an ultimate experience. Through this edition of 'GLEANINGS' we, the editorial team have delved into the sands of time and traced forgotten faces, names and memories of the school days.

Committed to ageless values of humility and compassion in character building, excellence in academics, high standards in sports and to a vision of India as a world leader, St Germain School is a firm anchor of faith in these changing times.

I wish to put on record my gratitude to our Director Rev. Dr. Christopher Vimal Raj H for reposing confidence, and guidance. I will always be grateful for the valuable assistance and cooperation of Mrs. Farhathunissa Ansari, Ms. Maria Aishwarya V, Ms. Jacqueline Elizabeth Joseph and Mr. Cyril Bosco of the editorial board who have worked with every device, font style and resolution to design this issue of 'GLEANINGS'.

Be prepared to be thrilled by the high action-packed experiences penned here, which will in synopsis, bring flashbacks of events and headlines of our alma mater.

Mrs. Mary A Aaron Editor





Team behind success story



Rev. Dr. Christopher Vimal Raj H .



Mrs. Miriam Angelo



Mrs. Monica Anthony



HM - Nursery School Mrs. Rosalind Beck Vieyra

Coordinators



Std IX-X Mrs. Deepa Joseph



Mrs. Maria Prathiba



Std. VII-VIII Mrs. Amala Sunitha



Std III-IV Mrs. Mary Alice Aaron



Std I-II Mrs. Kalayarasi F



Registrar Mr. Augustine Mahilange



Controller of Examination Mrs. Zareena Tabassum



IT In-Charge Mrs. Farhathunissa Ansari

Head of Department



HOD (English) Mrs. Mary Alice Aaron Mrs. Usha Tushir





HOD (Kannada)



HOD (Mathematics) Mr. Govinda G T B Mrs. Sharuleen Francis Mrs. Deepa Joseph



HOD (Physics)



HOD (Chemistry) -Mrs. Amala Sunitha



HOD (Biology) Mrs. Daisy Solomon



HOD (Comp. Application) Mrs. Farhathunnissa Ansari



HOD (Histrory _ Civics) Mr. Prasanna Babu



HOD (Geography) Mrs. Zareena Tabassum



HOD (Physical Education) Mrs. Subathra M

High School



Mrs. Deepa Joseph



Mrs. Farhathunissa Ansari



Mrs. Amala Sunitha



Mrs. Daisy Solomon



Mrs. Sharuleen Francis



Mrs. Maria Prathiba



Mrs. Usha Tushir



Mrs. Zareena Tabassum



Mr. Prasanna Babu



Mr. Augustine Mahilange



Mrs. Mercy Jane Francis



Ms. Hebziba Y



Mrs. Anitha R



Mr. Govinda G T B



Mrs. Mary Alice Aaron



Mrs. Subathra M



Mr. Gowtham Nayak



Ms. Jacqueline Elizabeth Joseph



Ms. Maria Aishwarya V



Mrs. Christal Daly G



Mr. Stephen S Pradeep



Mrs. Sheeba P M



Mr. Devaraj S



Mrs. Vimala Gabriel

Middle and Primary School



Mrs. Asha Rao



Mrs. Rajini Stephen



Mrs. Valerie Louis



Ms. Manjula D



Mrs. Cecilia Williams



Mrs. Jennifer D' Vaz



Mrs. Sarala James



Mrs. Nanda Hiremath



Mrs. Chandu K



Mrs. Daisy Shoba Rani



Mrs. Vijaya K



Mrs. Arogya Mary Anitha



Mrs. Annuncia Jaya Joseph



Mrs. Vimal G A



Mr. Joseph Allen



Mrs. Kalayarasi F



Mrs. Manju S



Mr. Thomas D' Souza



Mr. Nagaraju D



Mrs. Kavitha Prakash



Ms. Marience Francis Joseph



Bro. Vivek Damian Coutinho



Mrs. K V Shivashankari



Mrs. Sujatha M S



Mrs. Annie Yesudass



Mr. Shivaguru

Nursery



HM - Nursery School Mrs. Rosalind Beck Vieyra



Mrs. Clara Mary



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Mrs. Bernice



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Mr. Deepak Singh

History of the School

It was 75 years ago that St. Germain School was born at Promenade Road. The transition of our alma mater from a small collection of students in a few rooms to an institution with well over 2000 students today is awe-inspiring. It speaks of the commitment, dedication and steadfastness of the Fathers, teachers, students, staff and alumni over these long years.

The history of St. Germain School is an enthralling account replete with historical anecdotes, factual data, images, nostalgia and so much more that I am sure it will be read and reread many times.

Our significant march

Platinum Jubilee (1944-2019)

Turning over the pages of memory we view the jubilant moments of Our School and appreciate its nostalgic reminiscence.



The Archbishop, Thomas Pothacamury during his tenure felt the need to start catholic boys' educational institution, on this side of the town. Thus, St. Germain High School was founded in January 1944. The school was named after Rev. Fr. St Germain, a much-loved French priest.

Rev. Fr. St. Germain, besides having other duties, had secured and held to a remarkable degree, the affections of generations of school boys who had the good fortune to be coached and trained under him. Hence it was fitting that the new school be named after this remarkable priest, who was a model to school boys of that era.

Rev. Fr. Cyril Browne

January 1944 - March 1944

Rev. Fr, Cyril Browne was appointed the first Principal of St. Germain High School. He continued till March 1944 which was a short stint of just four months.

Rev Fr. P. Jacquemart

April 1944- May 1945

Rev Fr. P. Jacquemart took over for a year, during which he put in a lot of effort to mould this school.

Rev. Msgr. Patrick Aranjo

June 1945- May 1954



The man who nurtured St. Germain in its infancy stage was Rev. Msgr. Patrick Aranjo. He took charge of the school in June 1945 when it was just a year old.

The school acquired its recognition; its presence was felt in every sphere of life. He initiated a massive expansion program.

At this point in time the school was elevated to a High school. From then it has grown from strength to strength.

Rev. Msgr. Stanislaus Aranjo



June 1954- May 1968

Fr. Stanislaus Aranjo, the younger brother of Rev. Msgr. Patrick Aranjo took over as the Principal in June 1954.

During his tenure of 14 years the school made rapid strides not only on the academic side, but also in co-curricular activities such as Inter-School athletics, cricket, hockey and debate. The Aranjo brothers guided the destiny of St Germain's through a long period of 23 years, which is considered to be the GOLDEN ERA in the history of the school.

Rev. Fr. Benito De Souza



June 1968- May 1975

Rev. Fr. Benito De Souza was the Principal from June 1968 to May 1975, during which the school celebrated its Silver Jubilee.

Rev. Fr. Mervyn Coelho

June 1975- July 1981



He was a sports enthusiast and he encouraged students to excel in this direction. Fr. Mervyn Coelho made some novel and effective changes in the school building.

The students of St. Germain soon dominated the athletic and games arena of Bangalore and won every major tournament. He also saw the desire and the need for boarding facilities and a canteen for our day scholars.

Hence a beginning in a small way, was made by taking over the then existing boarding house, which was being managed in this school by the neighboring St. Aloysius school authorities for their pupils. In 1980 a Youth Hockey Hostel, sanctioned by the Karnataka State Youth Service was also attached for some time to our boarding.

Rev Fr. Hilary Pereira, S.J.

Nov 1981- May 1990



In November 1981, Rev Fr. Hilary Pereira, S. J. former Principal of St. Joseph's Boys High School was requested to take over as The Principal of St. Germain High School.

Under Fr. Hilary's dynamic leadership and guidance, the school saw the completion of the New Block at the rear of the school. It was during this period that St. Germain became known as one of the best educational institutions of Bangalore.

St Germain High School did not lag behind in making its mark in the field of education. In the year 1990, the school was permanently recognized by the Council for the Indian School Certificate Examination (ICSE), New Delhi.

Earlier students were also given the option of taking the SSLC examination but this practice was discontinued from June 1990, when the SSLC Board introduced the compulsory three language syllabus.



Rev Fr. Henry Menezes

June 1990- June 1998

In June 1990, the Principal ship changed hands and Rev Fr. Henry Menezes took over.

STD I was introduced; subsequently STD II was started the following year.

Earlier the school had classes ranging from STD III to X only.

Fr. Henry Menezes initiated construction of the Golden Jubilee Block which was completed in time for the Golden Jubilee celebrations.

Manager & Correspondent/Principal

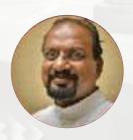


Rev. Fr. Jerome Rego

July 1998- May 1999

In June, there was a new management set up at St. Germain. Rev. Fr. Jerome Rego was appointed the Manager-Correspondent.

Rev. Fr. John Rose



June 1999- June 2005

In June 1999, Rev. Fr. John Rose replaced Rev. Fr. Jerome Rego.

Fr. John Rose, a man of vision and planning, made use of the vacant space in the Western corner of the premises to build a double storey complex to house the Centurion Bank Branch.

Rev. Fr. Jerome Rego

June 2005- June 2011



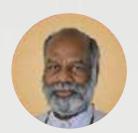
Rev. Fr. Jerome Rego returned back to St. Germain High School as the Principal for a period of June 2005- June 2011.

The school stood unique as far as hi- tech computer facilities were concerned. He was not only an eminent educationist, but also a visionary who was able to feel the pulse of the present and upcoming generation of students.

Director

Msgr. S. Jayanathan

June 2011- September 2018



Msgr. S. Jayanathan was appointed to St. Germain High School in June 2011.

During his tenure the school was converted to a Co-ed Institution.

The idea of bringing young impressionable minds under the umbrella of St Germain Institutions and for continuity, the management with the initiative and vision of Msgr. S. Jayanathan, started the LKG and UKG with modern infrastructure and the required teaching faculty and facilities.

In 2018, before Rev. Dr. Christopher Vimaraj took over in September 2018, the school acquired the status of ACADEMY.

Rev. Dr. Christopher Vimalraj Hiruthya

September 2018 - and pr esent Director



In September, 2018 Rev. Dr. Christopher Vimalraj Hiruthya was appointed as The Director of St Germain Academy. He took over from Msgr.S.Jayanathan.

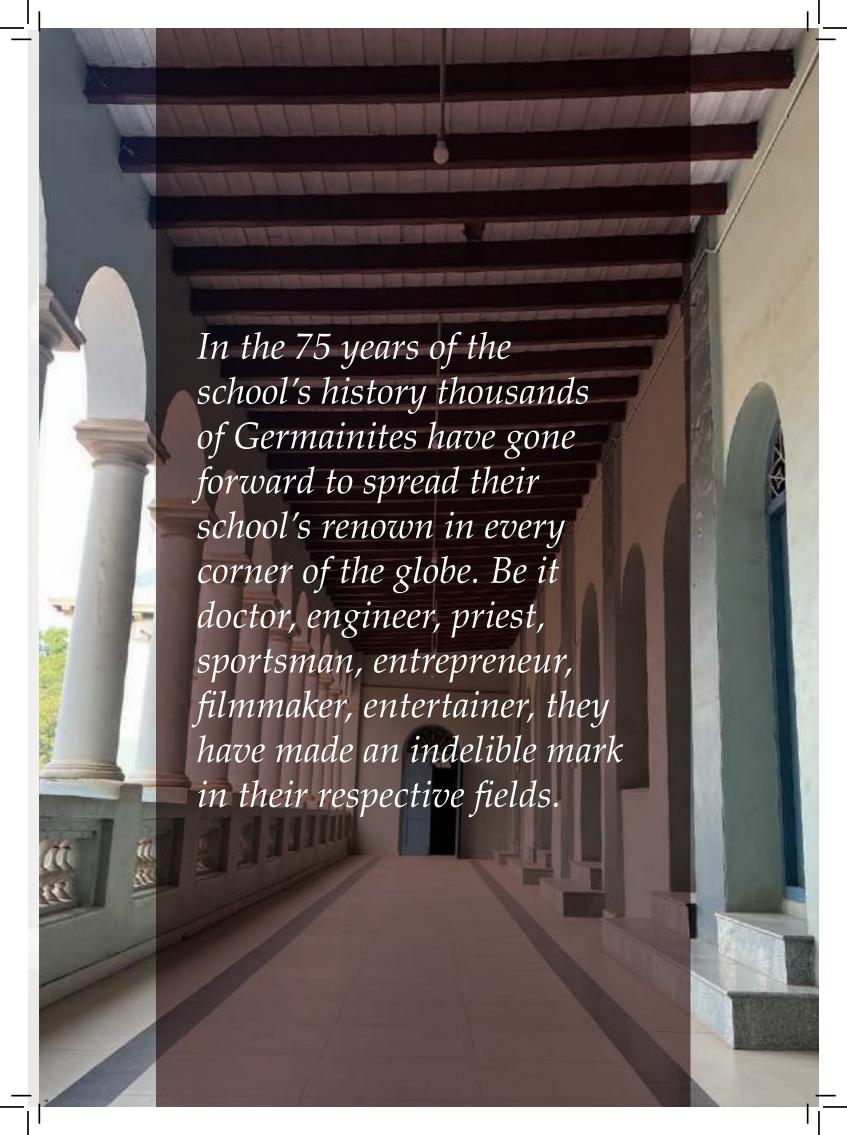
The year 2019 was a landmark in the history of St. Germain Academy, as we embarked on The Platinum Jubilee Year. But then, the pandemic cast a gloom over the world.

The management took numerous and timely steps to restore a sense of normalcy in the school that had been disrupted by the pandemic. The year 2021 was delightful as we welcomed students back to school after a period of 2 years. The students returned to school, bringing back with them their excitement and enthusiasm.

There was never a dull moment for the students during the pandemic, the online classes were conducted regularly and diligently by our teachers who adapted quickly to this method of virtual teaching.

The much-loved Khaki uniform was reintroduced.

NCC AIR WING is now part of the co curriculum.

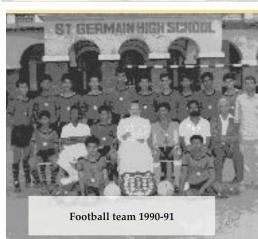


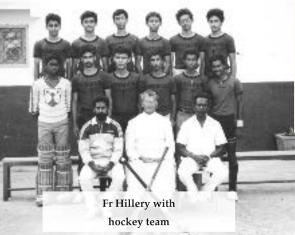
with Olympians 1981-82

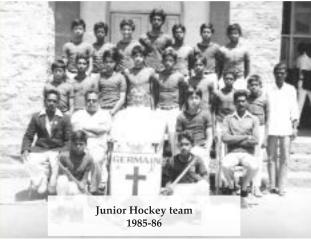






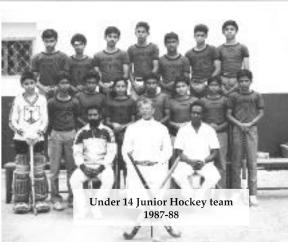


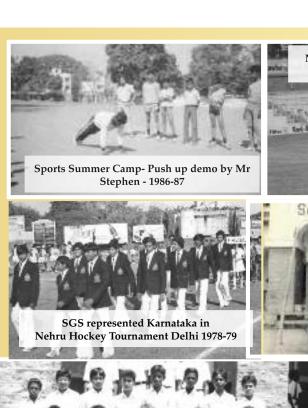


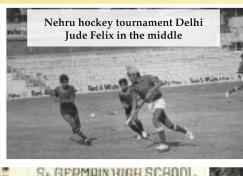


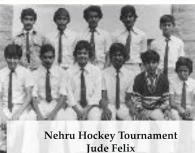










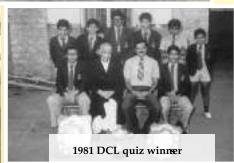


Jude Felix







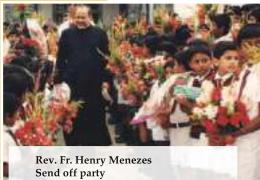


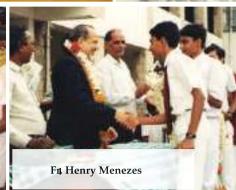














Fond Memories

My memories of my St. Germain school years are warm, and vivid. Those years in the 1960's, had a big influence on my character and personality, as well as laid the foundation for my medical profession, and career. The school had great teachers. The

Majority of them till my middle school were anglo Indians.

The high level of English expected of us by these teachers, helped me a great deal in my medical career. My ability to get a Post Graduate position in General Surgery, followed by Orthopaedic Surgery, both in major Jewish hospitals in New York, was because I answered difficult questions related to knowledge of English. Foreign doctors had to compete with the best American ones. Orthopaedic surgery was almost impossible to get. I owe this I feel, due to my excellent English teaching, and exposure to it at St. Germain.

The Biology teacher Mr Kailath recognised my interest in biology, and encouraged me. This helped me to choose a career in medicine. Mr Bruce Suares, our class teacher in high school, encouraged and persuaded me to study hard in my final year, and to excel in the public exam. An important event



that helped my leadership skills, and self-confidence occurred in my last year. Mr Leslie Brown, the sports master and NCC in charge, told me that for the NCC camp outside Bangalore, he would not be able to attend. He asked me if I could lead the St. Germains troop, as flight Sargant, in his place. It was the 3 rd year of my NCC, and was taken aback with the responsibility I would have to bear. It had never happened that a student would lead a troop, without the NCC master. I agreed. With the cooperation of the boys in the troop, we competed with other school troops, and did well. This boosted my self-confidence, and helped my leadership growth.

The school was very sports active, and I took part in most of them. I joined the school band in middle school. Then 4 of us decided to form a rock band called the Spartans. We played in Catholic club, restaurants on sundays, and weddings. I actually earned money on my own. This was a wonderful feeling. As a student of St. Johns Medical, I started a band, The Missing Links. Now since the last 22 years, I'm the leader and vocalist of the Jazz Revival, an 8 member Jazz and retro music band. A tribute to my school orchestra.

After schooling in St. Germain and PUC at St Joseph's, I did my MBBS at St. Johns. After initial training in Orthopaedic Surgery, I specialised in New York for Orthopaedics, and University of Oklahoma for Sports medicine, and joint replacement, and 10 years of practice in Oklahoma. A total of 16 years in the US. I returned to Bangalore in 1993 and started HOSMAT (hospital for Orthopaedics, Sports Medicine, Arthroplasty, and Trauma), on Magrath Road, and opened a 2nd Hosmat hospital recently at Hennur junction.

I have a lot to thank St. Germain for the excellent education and grooming me for my medical career, and becoming an entrepreneur. The school also stimulated my interest in music, which I am passionate about. I attend all the OBA's, and love and cherish my Alma Mater.

Dr Thomas Chandy

Director & Senior Consultant Arthritis & Joint Replacement

A Germainite Forever!

Everywhere we go.... People want to know.... Who we are.... So we tell them.... We are The Germainites.... Mighty Mighty Germainites.... Germainites are Dynamites! Germainites!

This did mean a lot when I got into St. Germain High School back in 1983 in the 5th Standard. But it now means something much bigger...... besides showing me a picture, which later in life you clearly understand, that it was "This School" that gave you that foundation to take your life further. The allround development in terms of academics, sport and cultural, all blended together so well, without putting you in a spot that would affect each of those aspects of school life, is what has made me thank the school today. The then Principal, the dedicated teachers (who were more like family) and the staff, made it a place we wanted to go every morning, much to the liking of our parents.



Years after school and going ahead with our own careers, at some point we all think back on our early years of growing up, and how we can give back to our Alma Mater with Gratitude. This made me also think of being a part of the process that could help me give back. So, the involvement with the Old Boys Association came as a golden opportunity for me.

We Germainites are across the globe, in every nook and corner, and I am proud to say, that, we have some great achievers in the fields of Sport, Medicine, Music, Film and so on.

In the recent past couple of years, in spite of the lockdown, it was heartening to see so many old students coming back through the events created by the Alumni Association, to gel together with their batchmates and schoolmates, and then talk about the nostalgia that is created because of these events in school.

You can never take the Germainite out of us for sure, and we all look forward to giving back to our wonderful school in whatever way possible.

Wishing the school all success and growth, especially post the Platinum Jubilee and onward to the next milestone.

With warm regards

Rohit Pereira

Batch of 1990 and President – Old Boys Association

"Go Hard or Go Home"

I always feel proud & blessed to be a 'GERMANITE'. I Studied in St. Germain High School from 1983 to 1990 and was always interested in RUNNING during school days. Those days Germain's had the best sprint runners, trust me among all schools in Bangalore, year after year St. Germain High School relay team both seniors and juniors struck GOLD in all inter school relay championships. I remember a few exceptional lightning fast sprinters, to name a few - Prabhu , Nevil .G. Thomas , Amrit .K. Raj , Carlisle Price ... the list doesn't ends . All these runners were trained and coached under Samraj Sir & Stephen Sir . Among these best runners never stood a chance during school days. At the age of 36 in 2009 after building my own house decided to achieve my school days dream, started to train for Marathons (Long Distance Running).



In the year 2010 was blessed to run in TCS World 10Kms Run in Bangalore, was able to complete 10kms in 52 mins , I was 37years old then . I have ran more than 50+ Marathons. On 25th September 2022 Our School OBA Day ran at Decathlon 10Kms Sarjapura and completed the run in 57mins. There is no Limits and age is just a number . Triumph Through Trials .

Subash Chandra Bose

Germainite 1983 - 90

A Germanite, an Officer and a Gentleman

In this phase of life when one is asked about the best years, one is bound to say, "my childhood". Childhood for most of us is friends from school as in these formative years one spends a great part of the day in School – 9 am to 4pm, a good 7 hours of their daily life is influenced by friends, teachers, peers, and the school environment. These are a great influencing factors which moulds the mind and character. It literally changes the adage - "show me your friend and I will tell you who you are" to "show me your school and I will tell you who you are". It is very rightly said that the frame of a child more so an individual is cast by the time he or she passes out of school. My memories of my school "1968 batch", St. Germain High School is so deeply etched in my mind so much so when spoken of it, reels back the best of times and the way we spent our life as a student and only too eager to open the nostalgic pandora's box of SGHS. St. Germain High School made a man of me to take



the smooth with the rough. So true to its motto "Ad Augusta, Per Angusta" (Triumph through Trials) SGHS gave me self-discipline and self-confidence; never to accept what is given to me but take what is good for me. It further drove me to never say no- "can't do it" to "can do it" though it may not always be easy.

SGHS has many a feather to its cap in achievements – in academics, sports & Drofession Wishing my ALMA MATER great success and glory always. I am sure it will grow to greater heights in future. Wishing the present and the past Germanites superlatives for the future growth and success – When the going gets tough, ONLY the tough get going. That's a Germanite "AN officer and a gentleman" always.

God bless St. Germain High School, today known by ST. GERMAIN ACADEMY.

Col. S. Kumar

Always a Germainite

BATCH OF 1968, 50th Anniversary celebration

The students who celebrated their last day of school in the year 1968 never imagined that they would once again meet up to celebrate the 50th anniversary of that day. This special event was held on 20th January 2019 at the school premises. Several ex-students and a few ex-teachers had the opportunity to meet together once again, after 50 years and they were felicitated by the current school principal Father Christopher Vimalraj, Vice Principal Ms Maria Brigs, the present staff and



the students. The Batch felicitated to the teachers who had moulded their future.

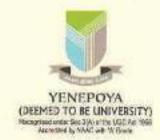
A reception was then held in the school quadrangle, This quadrangle had a special significance to all present as it was the place where practically our entire school years was spent.

At the end of the event, the signs of joy and satisfaction were evident on the faces of all present. Fifty years had passed but for sure every moment of this unique occasion served as a rewarding throwback. It managed to rekindle in the ex-students the gratitude and appreciation for the way the school had shaped their characters.

K.B.Belliappa

MOHAMMED FARHAAD YENEPOYA

Pro Chance for



10 November 22

Rev. Dr Christopher Vimalraj Hiruthya Director St Germain Academy Bangalore

Dear Rev. Fr.,

Warm Greetings and Congratulations on this landmark year as St Germain Academy is celebrating the Platinum Jubilee!

I am happy to have grown up and experienced St Germain High School, the wonderful teachers who taught us and helped us become what we are today.

Wishing the school the best in the future in touching lives and making a difference in facilitating learning and growth.

Thanks & regards,

Farhaad Yenepoya

University Road, Deralakatte, Mangalore - 575 018 larhaad@yenepoya.edu.in Tel.: +91 824 220 6000 Dear Rev. Father,

Warm greetings and hearty congratulations as St.Germain Academy celebrates the Platinum Jubilee Year! It is an exciting moment for all those who had the good fortune of studying in the Academy.

When I go down memory lane and think of the wonderful time I spent at the Academy, I can't thank my excellent teachers, my fellow students, the conducive learning atmosphere of the academy, all of which contributed to the Individual I am today. I am confident that this great Institution will groom its students to Triumph Through Trials and succeed both professionally & personally. I re-affirm my respect and admiration to my Alma Mater and wish the Academy all the best.



Yenepoya Ajmal

Managing Director, Unity Hospital
Managing Trustee, Unity Academy of Education
Managing Director, Cornerstone Construction

Nostalgia - Under the Peepal tree

Our batch was the first batch to study in St. Germain from the 1st to the 10th Standard. So I am basically a full bred Germainite. My favourite time while in school was the sweltering lunch break. It was a fairly long break from the stresses of studies and I got to play my favourite game Cricket. I usually had lunch at the school canteen but occasionally I used to bunk the canteen's lunch, for a friendly home cooked meal from some of my classmates. Under the majestic Peepal tree at Germain, we had a great place to bond before our all-important cricket matches. Strategies on how to get our arch rival lunchtime cricket team players OUT. What happened in class? A quick lunchtime meal discussion before the game.



The wicket was the majestic Peepal tree. A white chalk stolen from class was used for the rough markings of the stumps. It was always a dispute every time it hit close to the markings of the stumps on the huge bark of the tree. Mithun always played in the opposite team and he brought the bat, if he felt any kind of malpractice he usually would say 'You are cheating, it's my bat & I am leaving'. Then some compromise is worked out with Mithun to continue the game, also getting the bat to continue playing!

As the Malay proverb says "A tree with strong roots can withstand storms" and so has my friendship with these lovely Germainite classmates that I made during those lunch breaks under the peepal tree. It has helped me navigate the storms of life. Never realised the standing companion that was there throughout my life in the form of this Peepal tree till my recent visit to school for the Germain OBA Day.

Antony Davis

An attitude of gratitude

JUDE FELIX'S LETTER TO SAMRAJ SIR

THANK YOU SIR!

Gratitude turns what we have into enough. Yes, this attitude of gratitude is a powerful feeling that made Samraj sir's life rich.

This little note of 'Thank you' is a treasure beyond measure for a teacher that gave his everything for his students and the school. It stirred joy and pleasure which is worth more than all the books on shelves beside his bed and he will forever treasure this note of gratitude.

My throughput award for 2020 was given to me by the spirits minister in the first week of Honomer 2021, it is also my accondinational award with the Arjana award in 1995.

I Had a picasani surprise from Sir Samraj, when he personally honoured me with a shawfamil a memento for my brendsharya award.

I put this felicitation of self by dir maj above the rimienal felicitation, whereas of praise and gratitude, for this gratitude and praise and gratitude for this gratitude and passion he seemed, to instit the foundation in me, which help a design he seemed, to instit the foundation in me, which help a design he seemed the national team for budueling years. And I am sure: made him proud by captaining the instantone team. Thirty two years of his hard work with set germals, with the his market produce of sections of that never give by attitude, have seen him produce outstanding attitute, and put the sared on the top.

Two longs in a period for land made St. Germain, reign Scarce is sporting power house and he is still the west popular teacher to this days

I am so rappy to have made now provid that I decided to post this on Facebook as a mark of Granthode and Respect for this washing here of our school.

I thank you sir from the bettern of my heart, and continue to look forward to our requise short interactions.

Ged Bless you

Yours, Jude Felix Sepastian.





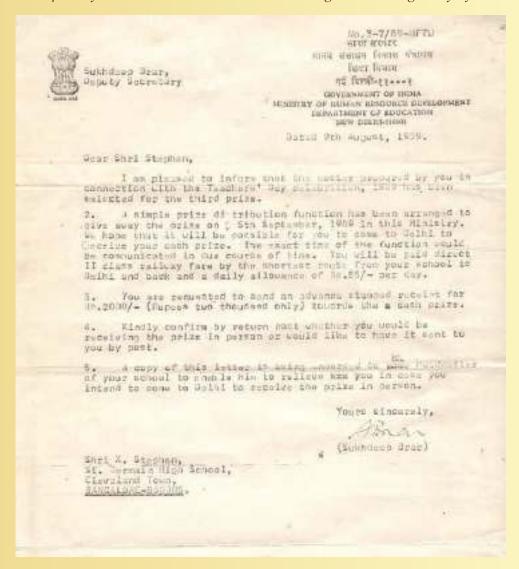


Mr. Stephen

A stalwart supporter of St. Germain School

Mr. Stephen a stalwart supporter of St. Germain School, states that he was pulled out of HAL by Fr. Mervyn Coelho, who saw his dynamic potential as a child sculpture and brought him to St Germain School. His contribution in the field of football brought laurels to the school. The school saw another dimension of his talent

He instilled the spirit of 'Do or Die' in his students which gave meaning and fulfilment to his life.





Alumni Achievement



The Illustrious Germainites

The core philosophy of St. Germain School has been a holistic education encompassing not just academics but co-curricular activities, sports & games.

Be it cricket, hockey or soccer, Germain students have made an indelible mark on the national and international scene.

Men in Blue

These Germainites will be eternally indebted to the founding fathers for their wisdom and foresight in providing a large playing field. As Bengaluru's concrete jungle gets more and more constrictive and children don't get space to swing their bats, the Germainites still have ample space to hit sixers.

After honing their skills at St. Germain School these lads went on to represent the state and then the crowning glory of representing the country.

Roger Binny

International Cricketer & BCCI President

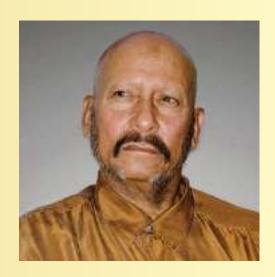
A Germanite who passed out in the year 1970 was a versatile allrounder. He represented the school in football and hockey. He also held a national record in Javelin throw. He proved his value to the Indian team in both Test cricket and the one-day game. Roger Binny made a significant contribution in the 1983 World Cup, scalping 18 wickets with an impressive strike rate of 29.3.



Syed Kirmani

Indian Cricketer – Wicketkeeper-batter

Syed Kirmani started playing cricket at the age of 11. The first time he started wicket-keeping was with a brick that acted as a glove. During the year 1965-66 he was the vice-captain of the Indian cricket team that went abroad to tour Australia as an Indian school. He too along side Roger Binny contributed to the historical World Cup win. He played a supporting role with Kapil Dev contributing 126 runs for the ninth wicket.



If cricket had made its mark in our school, then hockey too made an equally significant mark.



Jude Felix

Former Indian Hockey Captain

An Arjuna Award as a player and a Dronacharya Award as a coach is every sportsperson's dream and this reward, he owes to all the sacrifices he made throughout his life. Not ready to rest on his laurels yet he wants to set right the winning streak for his school and country,he is a regular face in the school. Always training the young boys of his school in his free time and contributing to society through the Jude Felix Hockey Academy (JFHA).

For so many who dream and write stories, only a few are able to bring those stories to the SILVERSCREEN. We must venerate THESE Germainites

Syed Sultan Ahmed

Film Producer

Syed Sultan Ahmed educated in St. Germain School is now a passionate educator himself, in his project called SCHOOL CINEMA. He has produced over 120 short films exclusively for education of children. These films are used as part of the school curriculum to teach Life Skills and Social Emotional Intelligence that is recommended by the NEP 2020. The students of St.Germain are proud and privileged to view a few of his films as part of 'Children's Day' celebration.



Vinay Rai

Indian Film Actor



It is said that reminiscence of the past should be done as long as it gives pleasure and happiness, and this is what exactly happened with Vinay Rai when he remembered his Alma Mater- St. Germain School. Unable to celebrate the Platinum Jubilee Closing Ceremony with us, he remembered with great fondness, gratitude-coupled with nostalgia as to how those wonderful years flew by. He is grateful to his parents for having chosen this school, which even after 75 years of its existence still stands rock-solid to its motto "Triumph Through Trials".

Kindergarten Corner

Education is not only about imbibing knowledge but it is equally important to instil in young impressionable minds a strong sense of social consciousness and responsibility to sensitize them to the needs of the larger community they belong to and to develop their hearts to feel, to love and to understand.

Our little tots are confident in spirit, infinite in resources and are always eager to learn. These Nursery children present a glimpse of colourful and foot tapping dances, songs and skits.







Young Achivers

We are proud of you!!! The brand ambassadors of our school.

Shareen Chengappa - as a child was very proactive and interested in all kinds of ART. Her interest and talent for music was recognized by her Grand-mother at the age of two. She started her actual journey of learning at the age of five. From then on, she has participated and won many singing competitions at the school level and at different zonal level too. She has secured Distinction in Carnatic Junior Level Examination. At the 'CADENCE', the interschool competitions too she has excelled.

Her greatest achievement as of now is her winning the Sony Multimedia "SUPER VOICE of INDIA 2020".



Kings of the Ring

The Blazing Blazer

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Sports teaches you perseverance, dedication, commitment, hard work, discipline, and consciousness about health. With this intention of giving an all-round development for their three boys, the parents started them with Taekwondo, the Korean martial art. After six years in Taekwondo their interest in Boxing, another martial art form took shape.

Isa, Yahya and Hamza have participated and won many Gold and Silver Medals. Their recent achievements are: Isa Khan won Gold Medal in the Mini Olympics 2022. Representing Karnataka in CISCE National Games 2022 Isa Khan won Silver Medal and Yahya Khan won Gold Medal. Yahya Khan also won the title "The Most Stylish Boxer" Award.

In Karnataka State Boxing Championship 2022.

Isa Khan and Yahya Khan won Gold Medals, while their youngest brother, Hamza Khan won Silver. Although they have bagged National and State level Championships and flaunt black belts in Taekwondo, family and friends believe that this is only the beginning of what they wish to see – the three brothers emerging as the "Kings of the Ring".







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The Blazing Blazer

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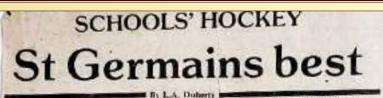
THE THEFS OF INDIA.

School reunion: Old boys look back at happy days



BENGALURU: They had grown up together on the same campus. And when they returned to their alma mater, St. Germain High School, on Sunday, it was time to soak in memories through the day.

About 600-odd alumni turned up for the annual general meeting of the Old Boys' Association of St. Germain High School, Promenade Road, Fraser Town. The day started with a holy mass, followed by hoisting the school flag and singing the anthem. Resolutions were passed and a new alumni team constituted. After hours of celebrations, the old boys concluded the day with a group photograph.



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Plantinum jubilee celebrations close with dazzling ceremony

here was a carmivalesque atmosphere at St Germain Academy grounds. A dazzling closing ceremony brought the curtain down on the high-octane Platinum jubilee celebration.

The euphoria which began in 2019 with 'Gloreiux', came to a

ST. GERMAIN ACADEMY

close, with the chief guest, Cardinal of Goa, Archbishop Filipe NeriFerrão doing the honours. His message was strong and powerful. Quoting Malala Yousafzai, One child, one teacher, one pen and one book can change the world', he said children are the most valu-

able resource.

The scripture readings from all religions, an invocation dance and the lighting of the lamp, set the tone of the evening.

The stage burst into life with the little ones breaking the silence of the evening with their colourful display. When the world was engulfed in the World War in 1944, here at Promenade Road the independence movement gathered momentum.

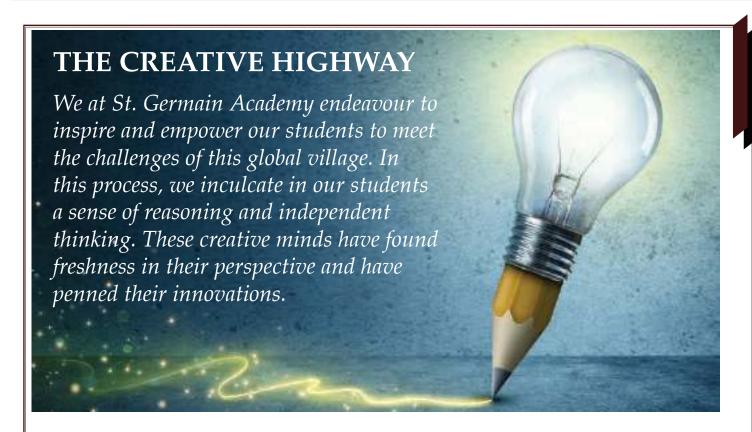
The Nostaigic Banyan Tree spoke of the rich history of the school and proved a spectacular finale to the special milestone of the school.

Lehra Do, Lehra Do Germainites! resonated as the stalwarts of the school set the Germain flag flying high.



Million dreams were dreamt. and million more dreams are being built at St Germain Academy.

The victory path we tread today is spearheaded by director Rev. Christopher Vimalraj.



THE POWER OF POSITIVE THINKING

"Experience is not what happens to you; it's what you do with what happens to you."

- Aldous Huxley

Oftentimes in life, we encounter various kinds of hardships or trials that we must brave; we experience feelings of defeat or hopelessness that tend to demoralize us and hinder our progress towards a goal that we wish to achieve. Quitting or giving up seems to be our foremost thought and grows more appealing with each adversity that comes our way.

During these moments, we ought to take a step back, take a deep breath and gain a positive outlook on our situation. Practicing the art of positive thinking is truly a unique experience in the sense that it promises a brighter future and a more optimistic view, despite any and all circumstances. It pushes us to do better and make the most of the situation we are in. It gives us the drive, zeal and motivation to see our work through with determination and persistence. It enables us to use hindsight and figure out what went wrong in order to do better in our future attempts and achieve success and fulfilment. Positive thinking helps not only us but those around us as well, acting as a beacon of

hope and perhaps inspiration, encouraging others to do their best too and achieve their hopes, dreams and aspirations.

As we brave the storms and turbulent waves of life, the power of positive thinking certainly should not be underestimated for it acts as a rainbow that shines through with promises of a better tomorrow and a hopeful future ahead which motivates us and gives us the strength to continue on our path with endurance and positivity.

Lucas Worth, Std-10



How will India look @ 100

Addressing the nation from the historic ramparts of Red Fort on the occasion of 75th Independence Day, Prime Minister of India called for moving India forward with five pledges to achieve the dreams of a developed nation by 2047.

As we enter the Amrit Kaal, we must resolve to fulfil the dreams of India's freedom fighters and work towards a 'Vikasit Bharat' i.e., Developed India and remove any vestiges of colonialism.

In these 75 years, we have achieved a lot.

What will the Indian economy look like in 2047, the 100th anniversary of independence? In terms of power parity, India is the third largest economy in the world. At market prices, we are the sixth largest, and should and will overtake the United Kingdom, the old colonial power, in the near future. According to the OECD calculations, we should be larger than the United States economy being $\#1\ @\ 100$

Will urban infrastructure, roads, sanitation, and public spaces finally become on par with developed economies? India's urban population has grown massively in recent years and now accounts for nearly 36% of the total population and is anticipated to reach 50% in the next 25 years.

This regular development is driven not only by immigration, but also by the enlargement of cities by absorbing the peripheral areas. In line with rapid urbanization, India's financial system is expected to grow to \$20 trillion by 2047. To accommodate this tremendous growth, the government is aiming for better infrastructure, smart cities, and housing for all in every nook and corner of the country, being #1 @ 100.

How can India's growing, fledgling population be a boom? Whether you are traveling by train or waiting for a plane at the airport, one thing we see everywhere is the growing crowd. This is a clear sign of our growing population. After China, we are the country with the second largest population. According to many reports, we will have overtaken China by 2025. And @ 100 we will also be #1 in aspects of population.

In summary, India @ 100 will be #1 in all aspects be it purchasing power parity, economy, infrastructure, smart cities, population and much more.

R. Vanya, Std-9

My Mother.... My Role Model

My mother is special. No one can love me like my mother. She is patient kind and gentle. She works very hard from morning to night for me and family. She helps me in my studies. She knows what I want, she knows my feelings. She always teaches me the importance of honesty and simplicity. My mother has sacrificed a lot for me. She is constantly worried about the health of the family. She always helps me to make the right choices. She is hardworking, supportive and kind in nature. For me, my mother is a source of strength and support. I love my mother very much.

My mom, my super model.

Mohammed Uzair Modi, Std-3



How I Balance Friends and Studies

"You will never find TIME for anything. If you want Time, you must make it"

- Charles Buxton

The incentivizing words of Charles Buxton resonates in my mind and I wish to put these words into action. Students often find themselves caught in a tussle between studies and friends. On the one hand there is fun to be had with buddies and on the other it is necessary to do well in academics. There is always uncertainty in the answer to the question – 'Should I spend more time with my Friends or on my Studies?'. Well, the finest answer to the question is to 'Balance Both'. Academics and Friends, both play an indispensable role in our life.

Education is the most powerful weapon which can be used to change the world. It is not only about imbibing knowledge, but it is also about instilling in the young impressionable mind a strong sense of social consciousness and to sensitize them to the needs of the larger community they belong to. Education is the key to success. Doing well in studies unambiguously means building a brighter future. Friends are also of considerable importance. Friendship is a state enduring affection and trust between friends. The crowning culmination of friendship is a celebration of life. Friendship plays a key role to socialize and to experience the ways of the world. An investment in friendship pays the best interest. Balancing these two gifts from GOD might be complicated. Spending a lot of time with friends appears to be detrimental to your academic performance. The veracious balance can be achieved by efficiently managing your time. Subsequently, we should organize our time skilfully and sunder it appropriately. So, learn to compartmentalize Friends and Studies. This is an important skill students need to develop.

It is essential that students study when required and socialize with friends as it promotes a sense of safety, belonging, security and helps them derive a sense of happiness. The supreme way to do this is to institute 'Combined Studies'. You can spend time with your companions and educate yourself at the same time. So, have common goals in your group. Encourage the spirit of achievement and prod all members in your group to success. When you collaborate and study, you get to acquire knowledge in a very productive way. Regular study habits motivate you to be more active in your quest for knowledge. However, you have to be knowledgeable and corroborate that you are not squandering time with your friends.

Another way to lead a balanced life is to 'Suitably Organize your Time'. Organizing time is a skill which has to be mastered. You can kick off by maintaining a time table which tallies with your life style. Consistently, make sure that your time table is functional, such that it provides memorable moments with your companions as well as helps to sharpen your brain. During examination, it is inflexible to impede friends and stay solitary engaged with books. The solution to the complication is to sacrifice your desire to have fun with friends. This might be excruciating, but it is short-termed. You can revert to having a good time with friends after the examination. Ultimately, you have to strengthen your brain and stay firm with your will power. You have to administer your emotions and desires, by executing the above-mentioned methods. In this manner one can lead a balanced life without any lament.

Victor Manoj. G. S. Std-9

With God...

With God, I find joy every day.

God's love for me is unconditional,

God is my hope, my strength and my protector,

God always helps me when I need him, I do not fear.

With God, I have learned to love, care and help people.

God showers His blessings on me always.

When I wake up every day, I thank God for giving me another the new day.

I am thankful to God for everything he has given me, my parents, my friends and most of all for keeping me healthy and happy.

I am safe with God.

Parikshith Ponnanna, Std-1

Tree, man's best friend.

It is correctly said that "when you plant a tree, you plant a life".

Trees are one of the greatest blessings for mankind from Mother Earth.

Trees have inherited this earth longer than humans.

We usually share everything with our friends, similarly, trees do the same. They give us their fruits, seeds, flowers and more.

They are responsible for protecting us under their shade.

Trees are our companions for life. They selflessly help us by giving us the oxygen on which we survive.

In addition to being useful for humans, trees are also a home for several birds and animals, which ultimately benefit humans as well. In other words, trees fulfil the role of a best friend in every human being's life irrespective of anything.

We as humans fail to understand and analyse the importance of trees in our lives.

Syed Aidan Ahmed, Std-2

Say "NO" to Bullying



Bullying means intentionally hurting someone either physically or emotionally. Today we are confronted with this major problem which is affecting both kids and adults.

BUT, why should we put up with a bully's behaviour! No one has the right to harm or abuse another. Bullying can be overcome by staying around with friends and avoid being alone, ignoring comments and funny looks and walking away. Be confident, don't let fear overtake you. If you feel bullied then speak to someone who you are close to or to your teacher or principal. You must remember that a bully is only as powerful as you allow him or her to be. So let us all join together and say NO TO BULLYING

Mohammed Ayan, Std-4

It's okay to be Average

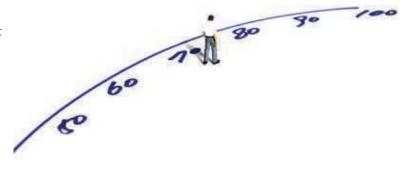
Average! It's a word that people often use to describe something as uninteresting, unimportant or unworthy. Is it really such a bad thing to be average? We all have strengths and weaknesses; we all work with different resources and capacities. As long as we accept ourselves and others as they are, then being average doesn't seem like such a bad thing after all.

I am not the most talented of people, but I am reasonably good at many different things, I'm happy with that. You don't have to be the best to be successful. We live in a society that seeks perfection, which is unrealistic. It's ok to be average because it doesn't mean you're bad. It means you're all right. It takes courage and self - compassion to accept the fact that you are average. This is what makes you human.

It's easy to get wrapped up in the rat race of society. We live in a world that is highly competitive. People are judged on the success rate not on their efforts and contribution. "The world needs more love, not competition" - Jim Valvano

It's okay to be average because you don't have to be the best at everything. A number of people who are good at one thing are mediocre at another. There's nothing wrong being Average.

If you think too much about yourself because you are not the best at everything, you may spend all your time feeling that you are a failure. This invariably leads to a lot of unnecessary stress and unhappiness.



Therefore, it is important to accept who you are, to be comfortable and content. Once you accept yourself as you are, it becomes easier to accept others as they are.

Not all of us can do great things, but we can definitely do small things in a great way.

Andrea Nila Velayutham, Std-5

St Germain School in my heart forever

Innumerable radiance ignites here. Countless are inspired here. A place composed of various unique and individualised talents and personalities. A place where we aren't segregated on the basis of caste and creed. A place we can call home.

This is the description of my school, St Germain. This school will permanently be etched in my memory. It isn't just a school to me; it is a time phase I wish would never end. The knowledge and values imparted to me will live on with me and see me through my future. A school that imbibes in me true character to reach the pinnacles of my goals. The numerous experiences and memories will be engraved in my heart forever. The time I spend with my friends will be cherished for a lifetime. My teachers have intensely contributed in constructing this place, a memorial residence of countless recollections. What I have learnt as a student from my teachers is that failures are the opportunity to begin again and that the roots of education are deep rooted and its fruits are rewarding. St. Germain School will remain in my heart forever.

Allena Javed, Std-6



Qualities of a good leader

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

The motivating words of John Maxwell, expresses a world of words and defines leadership. He has spoken like a true leader.

One of the important traits of a leader that fascinates me is to be sensitive to the needs of the team and see them through difficult times, ensuring no loss of motivation. I have always been fascinated by leadership. It must be because I grew up seeing my dad run his own business and leading his group. I admired my dad's leadership qualities, even before he could give any instructions to his employees, they knew what had to be done. He always led from the front; he encouraged his team to achieve the desired goals. All was not a bed of roses; my dad went through many obstacles. In a difficult situation I saw him ponder and question the situation and how he brought about a solution to the problem was amazing. My dad was an achiever, he shared a strong bond with his team and created a lasting impact on them. These myriad qualities I see in my dad a leader- team work, calm demeanor, selflessness and helpfulness.

My brother was also a leader in his own way. I learnt from him that a true visionary must not allow his emotions to get the better of him. He always believed that when the going gets tough,



the tough gets going. Leadership is a skill that not everyone is blessed with. It is a skill that allows an individual to lead people for the greater good of the society This is what I was able to perceive in my mother who was self-made entrepreneur. Her leadership style was strict and caring in cost but generous with people.

As I continue to be fascinated by leadership, I would like to associate myself with good leaders like Mahatma Gandhi, Nelson Mandela or Mother Teresa. I truly cherish and remember these great leaders. I only hope that one day, this fascination with leadership will eventually guide me to have a leader's heart and become a leader who can emulate, move mountains, break barriers and truly care for others. As I said before, the world needs good leaders, so why not be one?

Keerthana.S., Std-8

I Love Reading the Newspaper

Information is a vital aspect for any individual as we need to know about the world around us and the happenings around the globe. Newspaper is one of those important mediums through which we get various insights about the happenings around the globe. It provides us with information and knowledge of the country's economy, sports entertainment, and the world around us. Reading the newspaper widens our outlook and enriches our minds.

I personally love reading the newspaper every day because it gives me enormous wisdom and keeps me updated. I must confess that reading the newspaper has improved my writing skills to a great extent. I am proud to say that now I have a flair for the language. I



feel confident when speaking to others and I can converse with old and young on any topic. Also, information from newspaper has helped me to do my projects and assignments with so much ease.

The voice of: Keerthana, Michelle, Varsha & Vikrant., Std-7



स्वच्छता का महत्व

स्वच्छता का तात्पर्य है , अपने घर ,पर्यावरण और आसपास में साफ सफाई रखना 1 खुद को शारीरिक तौर पर साफ रखना 1 स्वच्छता जिंदगी में बहुत आवश्यक है 1 साफ-सफाई सिर्फ नहाने और हाथ धोने से नहीं होता है बल्कि आस-पड़ोस से लेकर ,मोहल्ले और शहर को साफ सुधरा रखना भी होता है 1 अगर मनुष्य स्वच्छता का हर रोज और हर समय पालन करता है ,तो वह विभिन्न प्रकार के बीमारियों से दूर रहता है 1 हर परिवार के प्रत्येक सदस्य को स्वच्छता के विषय में जागरूक करना अनिवार्य है 1 सबसे पहले बच्चों को स्वच्छता के बारे में समझाना होगा 1 वायू ,मिट्टी ,जल प्रदूषण को सिर्फ मनुष्य नियंत्रित कर सकता है 1

स्वच्छता एक अच्छी आदत है जो हम सभी के लिए बहुत जरूरी है 1अपने घर ,पालतू जानवर,अपने आस— पास,पर्यावरण,तालाब,नदी,स्कूल आदि सहित सबकी सफाई करते हैं 1 हमें सदैव साफ,स्वच्छ और अच्छे से कपड़े पहनना चाहिए 1स्वच्छता समाज में अच्छे व्यक्तित्व और प्रभाव को बनाने में मदद करता है ,क्योंकि स्वच्छता आपके अच्छे चरित्र को दिखाता है 1

स्वच्छता जीवन का एक महत्वपूर्ण अंग है 1सबसे महत्वपूर्ण बात माता—पिता और शिक्षकों को बचपन से ही बच्चों में इस आदत को बढ़ावा देना चाहिए ,ताकि व स्वच्छता के महत्व को समझ सके यह सार्वजनिक स्वच्छता या) व्यक्तिगत स्वच्छता से संबंधित हो सकता है 1

हम स्वच्छता को कई प्रकार से विभाजित कर सकते हैं जैसे-कपड़े की सफाई,घरों की सफाई,कार्यालय की सफाई,आसपास की सफाई,व्यक्ति की सफाई,सड़कों की सफाई,पर्यावरण की सफाई इत्यादि 1

भारत सरकार द्वारा स्वच्छता के लिए उठाए गए पहला कदम —स्वच्छ भारत अभियान 1 स्वच्छ भारत महात्मा गांधी का सपना था 1स्वच्छ भारत अभियान राष्ट्रव्यापी सफाई अभियान है 1 यह अभियान स्वच्छता के प्रति जागरूक करने के लिए भारत सरकार द्वारा बनाए जानेवाला बड़ा आंदोलन है 1

स्वच्छ भारत अभियान का आरंभ नई दिल्ली के राजघाट पर 2 अक्टूबर 2014 को भारत के प्रधानमंत्री श्री नरेंद्र मोदी जी ने किया था 1

हम सब मिलजुलकर अपने आसपास के वातावरण को स्वच्छ और साफ सुथरा रखना होगा तभी हमारा और हमारा देश का विकास होगा 1

AARON FRANCIS, 5td-7

पेड़ लगाओ | कविता]

धरतो की बस यही पुकार, पेड़ लगाओ बारंबार ।

आओ मिलकर कसम ये खाएं, अपनी धरती हरित बनाएं।

धरती पर हरियाली हो, जीवन में खुशहाली हो।

पेड़ धरती की शान है, जीवन की मुस्कान है।

पेड़ -पौधों को पानी दे, जीवन की यही निशानी दे।

आओ पेड़ लगाएं हम, पेड़ लगाकर जग महकाकर ।

जीवन सुखी बनाएं हम, आओ पेड़ लगाएं हम।

Jude Michael, Std-7



आत्मविश्वास

हमारे जीवन में आत्मविश्वास का बहुत महत्व है। आत्मविश्वास ज्ञान प्राप्त करने से बढ़ता है। इसे सफलता की कूंजी भी कहा जाता है। यह हमें किसी भी कार्य को करने के लिए ऊर्जा देता है। आत्मविश्वास का अर्थ सिर्फ खुद पर विश्वास करना है। आत्मविश्वासी व्यक्ति बिना किसी हर के सबकुछ करता है।

यह हमारे व्यक्ति को भी बनाता है। कभी—कभी असफलता हमारे आत्मविश्वास को कम कर देता है लेकिन हमें खुद पर विश्वास करना चाहिए। सभी को आत्मविश्वासी होना चाहिए। मुझमें भी आत्मविश्वास है, मैं अपने कार्य को निष्ठा पूर्वक करता हूँ।

ये आसमों छिन गया तो क्या?

नया ढूँढ लेगें

हम वो परिंदे नहीं,

जो उड़ना छोड़ देंगे।

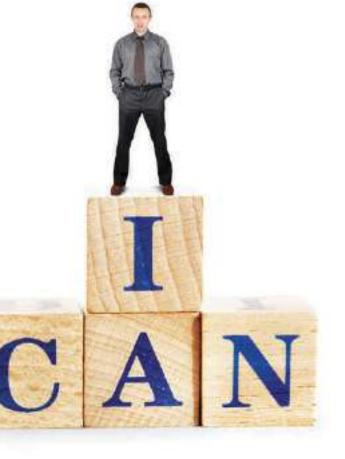
मत पूछ, हीसले हमारे,

आज कितने, विश्रब्द हैं,

एक नई शुरूआत,नया आरंभ तय है......

माना अभी हम निःशब्द है!

ये परावर छूट गया तो क्या? नया सागर ढूँढ़ लेंगे, हम वो करितयाँ नहीं जो, तैरना छोड़ देंगें। कदम बलते रहेंगें, परिस्थिति से परे, स्वयं पर हमें विश्वास है। Zubair Ansari, Std-6



जिद्द करो

जिंद करों कि दुनिया बदल जाए, जिंद हो ऐसी जो गलत को सही कर जाए, सहरा में नदियों बहने लगे, बंजर धरा भी हरी हो जाए।

जिइ हो हर भूखे को रोटी मिले, जिइ हो ऐसी जो रोते को हॅसा जाए। हौसला दो किसी की दूटती उम्मीदों को, हाथ दो किसी के थकते कदमों को।

जिद्द हो जो आंधी में दीया जला दे, जिद्द हो ऐसी जो रास्तों के लिए चट्टान हिजा दें। जिद्द हो की सत्य न छुपे कभी, जिद्द हो की सत्याग्रह न रूके कभी।

जिद्द हो हर जीत में बदल जाए, जिद्द हो कठिन सरल में बदल जाए। जिद्द करो की तारे घरती पर उत्तरने लगे, जिद्द करो कि कोई तुमसे प्यार करने लगे।

Nived Manoj, Std-5



सैनिक

हमारे सैनिक हमारी और हमारे देश की शान है। आज हम इन्ही के कारण बैन की नींद सोते हैं। सैनिक अपने परिवारों को छोड़कर अपने देश के इस बड़े परिवार की रक्षा करते हैं।

हमारे प्रिय सैनिक अपना आधा से ज्यादा जीवन अपने परिवार से दूर अपने देश की सुरक्षा में गुजार देते हैं। हमारे सैनिक बहुत बलवान और बिलशाली होते हैं।

हमारे सैनिक अपनी जान की परवाह करें बगैर दिन-रात , धूप-छाँव में सीमा पर खड़े हो कर हमारी सुरक्षा करते हैं, जो की बहुत कठिन है।

हमें हमारे सैनिकों का सम्मान करना चाहिए और हमें उनका धन्यवाद करमा चाहिए। हमें चाहिए कि हम उनकी सुरक्षा, सफलता एवं उनकी लम्बी आयु के लिए ईश्वर से सदैव प्रार्थना करें।

हमारे वीर सैनिकों के लिए कोटी-कोटी धन्यवाद और नमन।

जय हो हमारे वीर और बलिशाली जवान । घन्य है वह माँ जिसने ऐसे वीरों को जन्म दिया और घन्य है वह घरती जिसमें ऐसे वीरों का खून बहा!

Mohammed Nateeqh Saleem, Std-4



मां वो होती है

जिसमें ममता का निर्झर बहे, जो ऑचल से मुझे ढके, और खुद धूप सहे, जो मेरी एक पुकार पर दौड़ती ह, हॉ! मों वो होती है।

जिसकी थपिकयों में आज भी मेरी नींद समा जाए, जिसकी सीने की गरमाहट से मन फिर बच्चा हो जाए, भूख मुझे लगे तो वो तड़पती है, पेट मेरा भरे और वो तृप्त होती है, हाँ! माँ वो होती है।

जिसकी फटकार में फिक है, जिसकी बातों में मेरा जिक है, मेरी ठोकरों में उसकी आह होती हैं, मेरे दर्द में ऑखे जिसकी नम होती हैं, हॉ! मॉ वो होती हैं।

Irudaya Aaron, Std-3

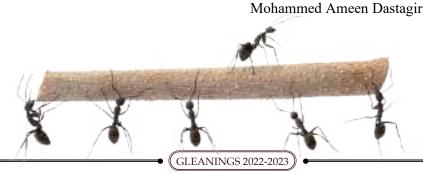


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एकता में बल है

एक होने के भाव को एकता कहा जाता है। एकता शिक्त का प्रतीक है। संसार में रहते हुए कोई भी व्यक्ति अकेले अपनी आवश्यकताओं की पूर्ति नहीं कर सकता। वह दूसरों के सहयोग से ही अपनी आवश्यकताओं को पूरा कर सकता है। एकता के बल पर ही अनेक राष्ट्रों का निर्माण हुआ है। जिस परिवार में एकता होती है, वहां सदा सुख समृद्धि एवं शांति रहती है। संपूर्ण सृष्टि का निर्माण भी पांच तत्वों से मिलकर हुआ है। अकेली पानी की बूंद का कोई महत्व नहीं परंतु जब ये मिलकर नदी का रूप धारण कर लेती है तो अपने प्रवाह में आने वाले बड़े से बड़े पेड़ों और शिलांओ को भी बहा ले जाती है। इसलिए हमें देश के हित के लिए भेदभाव को त्याग कर एकता से रहना चाहिए। एकजुट होकर रहने के लिए ही सभ्यता का निर्माण हुआ है। इतिहास साक्षी है कि स्वतंत्रता संग्राम या चीन-पाकिस्तान के आक्रमण के समय पूरा राष्ट्र कैसे एकजुट होकर देश की एकता और अखंडता को बचाने के लिए अपने प्राणों का उत्सर्ग करने को तत्पर हो गया था। एकता में शिक्त है, जिसके बिना कोई भी देश, समाज या संप्रदाय उन्नति नहीं कर सकता। एकता के अभाव के कारण ही हम लोग सैकड़ों वर्षों तक अंग्रेजों के गुलाम रहें। एकता का हमारे जीवन में बहुत महत्व है। छोटे -छोटे जीव जंतु भी अपनी एकता के बल पर अपने सभी कार्य पूर्ण कर लेते हैं। मधुमिक्खयां एकत्र होकर एक बहुत बड़े रस पिंड का निर्माण कर लेती हैं। एकता का महत्व इस एक कहानी के द्वारा अच्छी प्रकार से समझा जा सकता है।

किसी गांव में एक किसान रहता था। उसके चार पुत्र थे। किसान बहुत ही मेहनती था। यही कारण था कि उसके सभी पुत्र भी अपने हर काम को पूरी मेहनत और ईमानदारी से किया करते थे, लेकिन परेशानी यह थी कि किसान के सभी पुत्रों की आपस में बिल्कुल नहीं बनती थी। वे हमेशा आपस में लड़ते झगड़ते रहते थे 1 अपने पुत्रों के झगड़े को लेकर किसान बहुत परेशान रहता था किसान ने कई बार अपने पुत्रों को इस बात के लिए समझाने का प्रयास किया लेकिन उसकी बातों का चारों भाइयों पर कोई असर नहीं होता था । धीरे-धीरे किसान बुढा को चला लेकिन उसके पुत्रों के आपसी झगडों का सिलसिला खत्म होने का नाम ही नहीं ले रहा था 1) ऐसे में एक दिन किसान ने एक तरकीब निकाली और पुत्रों के झगड़े की इस आदत को दूर करने का मन बनाया। उसने अपने सभी पुत्रों को आवाज लगाई और अपने पास बुलाया। किसान की आवाज सुनते ही सभी पुत्र अपने पिता के पास पहुंच गए। उन्हें समझ नहीं आ रहा था कि उनके पिता ने सबको एक साथ क्यों बुलाया है । सभी ने पिता से उन्हें बुलाने का कारण पूछा। किसान बोला कि आज में तुम सभी को एक काम देने जा रहा हूं। मैं देखना चाहता हूं कि तुम में से कौन ऐसा है जो इस काम को बखुबी कर सकता है। सभी पुत्रों ने एक सुर में कहा कि पिताजी आप जो काम देना चाहते हैं, दीजिए। हम उसे पूरी मेहनत और ईमानदारी से करेंगे।। बच्चों के मुंह से यह बात सुनकर किसान ने अपने बड़े बेटे को कहा जाओ और बाहर से कुछ लकडियां उठा कर लाओ । किसान ने दूसरे बेटे से एक रस्सी लाने को कहा । पिता के बोलते ही बड़ा बेटा लकड़ियां लाने चला गया और दूसरा बेटा रस्सी लाने के लिए बाहर की ओर दौड़ा। थोड़ी देर बाद दोनों बेटे वापस आए और पिता को लकडियां और रस्सी दे दी। अब किसान ने बारी बारी से अपने चारों पुत्रों को लकड़ियों के इस गट्टर को तोड़ने के लिए कहा। किसान का कोई भी पुत्र बहुत कोशिश करने के बाद भी इस लकडियों के इस गद्रर को तोड नहीं पाया। तब किसान ने अपने पुत्रों को गद्रर को खोल कर इसकी लकडियों को अलग करने के लिए कहा। और एक बार फिर उसने अपने पुत्रों से कहा की एक एक लकड़ी को तोड़ने का प्रयास करो। चारों पुत्रों ने बड़ी ही आसानी से लकडियों को तोड दिया। अब किसान ने अपने पुत्रों को समझाया जब तक इन लकडियों की तरह साथ रहोगे तब तक कोई भी तुम्हें किसी तरह का नुकसान नहीं पहुंचा सकता। तुम लोग लड़ते झगड़ते रहोगे तो इन अकेली लकड़ियों की तरह आसानी से टूट जाओगे। किसान के पुत्र एकता की शक्ति को समझ चुके थे । अब वे समझ चुके थे कि हमारी ताकत एकता में निहित है। अतीत में भी कई कहानियों और साथ ही वास्तविक जीवन की घटनाओं ने भी एकता की शक्ति को साबित कर दिया है।



जीवन के प्रति सकारात्मक दृष्टिकोण

जीवन वह प्राकृतिक शक्ति है जो विश्व के हर प्राणी को भार हीन सिद्ध करती है। इसका दूसरा नाम निरंतर चलते रहना है। जीवन कर्म का पथ है और संघर्ष की लंबी साधना है। मन को कठोर बनाते हुए, तन की सहनशीलता के साथ कर्म करना ही आगे बढ़ना है। अपने अतीत को भूलाकर अपने वर्तमान पर ध्यान देना ही सच्चे अर्थों में जीवन में आगे बढ़ना है । कहा जाता है कि जहां तक रास्ता दिख रहा है वहां तक चलिए। आगे का रास्ता वहां पहुंचने के बाद दिखने लगेगा। जीवन में आगे बढ़ने के लिए सबसे ज्यादा महत्वपूर्ण है कि निरंतर परिवर्तन को स्वीकार करना। जीवन की जटिलताओं के साथ तालमेल बिठाने के लिए. जीवन में आगे बढ़ने के लिए धैर्य, मेहनत, आत्मविश्वास की आवश्यकता होती है। इसके लिए उच्च स्तर का लचीलापन और नम्रता की भावना की आवश्यकता है। यदि हमारा मन इसके अनुकूल है तो सीखने की हमारी क्षमता कई गुना बढ़ जाती है। इसलिए नवीन विचारों और बदलाव के लिए, उसे अपनाने के लिए हमें तैयार रहना चाहिए। दर्शन, कला, और विज्ञान वस्तुनिष्ठ हमारे मस्तिष्क के लिए मानसिक अवरोध की वस्तुएं न होकर तीन पहलू बन जाते हैं। ओपेरा विनफ्रे आज विश्व की एक प्रभावशाली व्यक्तित्व ही नहीं बल्कि एक प्रेरणा स्रोत है। जिन्होंने जीवन में आए बरे दौर, बदतर हालात, भटकाव और असफलता के बाद भी अपने जीवन में सकारात्मक परिवर्तन लाकर अपनी मेहनत और लगन से आज सफलता के शिखर तक पहुंची है। उनका कहना है कि किसी भी सपने को साकार करने के लिए उसकी सफलता पर ध्यान न देकर उसके महत्व पर ध्यान देना चाहिए 1 हमें अपनी उर्जा अतीत में झांकने में नहीं बल्कि इस बात पर ध्यान देने में लगानी चाहिए कि आगे क्या करना है। हमेशा जिज्ञासु रहे समस्या को कभी भी अपने ऊपर हावी नहीं होने देना चाहिए उसका सामना धैर्य व मुस्कुराहट के साथ करना चाहिए । जिंदगी में सभी आगे बढ़ना चाहते हैं इसके लिए कुछ चीजें छोड़ने को भी तैयार होना चाहिए। वर्तमान को आनंद उठाते हुए जीना चाहिए। जीवन का सबसे बड़ा तोहफा वर्तमान ही है। वर्तमान अच्छा है तो भविष्य अपने आप अच्छा हो जाएगा। अपने फैसले खुद ले और उन्हें पूरा करें। मुश्किलें हर इंसान के पास आती हैं। कोई भी मुश्किल हमारे हौसलों से बड़ी नहीं होती। अपनी गलतियों से सीखे, गलती होने पर स्वीकार करके आगे बढे । जीवन में आगे बढ़ने के लिए अपनी भावनाओं पर भी काबू रखना चाहिए। हमें अपना लक्ष्य निर्धारित करके और उस पर अटल रहकर अपने लक्ष्य की प्राप्ति के लिए मेहनत करनी चाहिए। हम जानते हैं कि दस -दस फीट के दस गड्ढे खोदने पर भी जमीन से पानी नहीं निकलता, उसके लिए हमें एक जगह पर ही गहरा गड्ढा खोजना पडता है। इसलिए असफलता के डर से लक्ष्य को बदलना नहीं चाहिए। दिमाग को शांत रखते हुए अपना काम करना चाहिए। बेवजह की बातों को सोच कर तनाव नहीं लेना चाहिए अपनी योजना के मुताबिक उस पर काम करें। अपनी रुचि का काम करें। योग्यता, योजना और बदलाव ये तीन आयाम अपने लक्ष्य को प्राप्त करने के लिए बहुत महत्वपूर्ण है समय के साथ बदलाव लाना भी जरूरी है। चुनौतियों से भी भागने की बजाय उनसे निपटने का रास्ता अपनाना चाहिए, क्योंकि हर काम में चुनौती आती हैं। जो लोग अपने अतीत में रहते हैं, वे दुखी और उदास रहते हैं। भविष्य की सोचते रहने वाले लोग चिंतित रहते हैं और वर्तमान में रहने वाले लोग शांत और खुश रहते हैं। तो आगे बढ़ने के लिए हमें अतीत से जुड़ी अप्रिय यादों को भूल कर ही हम जीवन के अग्रिम पथ पर अग्रसर हो सकते हैं। इसके लिए हमें सकारात्मक दृष्टिकोण को अपनाना होगा। स्वयं पर विश्वास रखते हुए मेहनत से आगे बढ़ना होगा। हर दिन कुछ नया सीखने की कला को अपने जीवन में प्रमुख स्थान देकर ही हम एक खुशहाल जीवन का आनंद ले सकते हैं। सकारात्मक सोच मनुष्य को सफलता की ओर ले जाती है, जो सोचता है कि वह चीजों को प्राप्त कर सकता है वही जीवन में सफलता प्राप्त करता है। जीवन के प्रति हमारा जैसा विचार या दृष्टिकोण होता है हम धीरे-धीरे वैसे ही बन जाते हैं। अगर हम हर छोटी बात को लेकर दुखी हो जाए तो हम बहुत उदास और अन्यमनस्क हो जाएंगे। हर छोटी या बडी आसान या जटिल समस्यां का हल होता है। हर भूलभूलैया से बाहर एक रास्ता होता है हमें बस वह रास्ता ढूंढना चाहिए। Zova Abdeen



ಧೈರ್ಯವೇ ಜೀವನದ ಭರವಸೆಯ ಆಧಾರ ಸ್ಥಂಭ!.

ಮನುಷ್ಯನ ವ್ಯಕ್ತಿತ್ವದ ಮೇಲೆ ಧೈರ್ಯದ ಪ್ರಭಾವ ಹೆಚ್ಚಾಗಿದೆ. ಜೀವನದ ಪ್ರತಿಯೊಂದು ಘಟನೆಯಲ್ಲೂ ಧೈರ್ಯವು ಮಹತ್ವಪೂರ್ಣವಾಗಿದೆ. ಸಮಸ್ಯೆಗಳು, ಅಪಾಯಗಳು ನಿವಾರಣೆಯಾಗಬೇಕಾದರೆ, ಧೈರ್ಯ ಬೇಕು. ಎಷ್ಟು ಧೈರ್ಯವಿರುತ್ತದೆಯೋ ಅಷ್ಟೇ ಸಫಲತೆಯನ್ನು ಹೊಂದುತ್ತಾರೆ. ಧೈರ್ಯವಿದ್ದಲ್ಲಿ ಚಟುವಟಿಕೆ ಇರುತ್ತದೆ. ಆದ್ದರಿಂದ ನಗು ನಗುತ್ತಾ ಆನಂದದಿಂದ ಇರುತ್ತಾರೆ. ಧೈರ್ಯವಿದ್ದಲ್ಲಿ ಸಮಸ್ಯೆಗಳಿದ್ದರೂ, ಸಮಸ್ಯೆಗಳೆಂದು ಕಾಣುವುದೇ ಇಲ್ಲ.

ಒಂದು ದಿನ ಈಜುಗಾರನೊಬ್ಬ ನದಿಯಲ್ಲಿ ಈಜುತ್ತಿದ್ದನು. ನದಿಯ ಮುಕ್ಕಾಲು ಭಾಗ ಈಜಿದ್ದನು. ಏನಾಯಿತೋ ಏನೋ? ತುಸು ಹಿಂತಿರುಗಿ ನೋಡಿದನು. ಇಷ್ಟು ದೂರ ಬಂದಿರುವೆನೇ ಎಂದು ದಿಗಿಲುಂಟಾಯಿತು. ಅಷ್ಟರಲ್ಲಿ ಅವನು ಮುಳುಗಿಯೇ ಹೋದನು. ಪಾರ್ವತಾರೋಹಿಗಳಿಗೆ ಬೆಟ್ಟವೇರಲು ಧೈರ್ಯವೇ ಅವರ ಬಂಡವಾಳ. ಅದರೊಡನೆ ಶಾಂತಿ, ಸಹನೆ, ತಾಳ್ಮೆ, ಶಕ್ತಿ, ಚೈತನ್ಯವೆಲ್ಲವೂ ಬೇಕು. ಆದರೆ ಅವೆಲ್ಲಕ್ಕಿಂತಲೂ ಮುಖ್ಯವಾಗಿ ಧೈರ್ಯ ಬೇಕು. ಧೈರ್ಯವಿಲ್ಲದವರು ಅರ್ಧದಿಂದಲೇ ಹಿಂತಿರುಗುತ್ತಾರೆ. ತೇನ್ಸಿಂಗ್ ಮತ್ತು ಹಿಲೇರಿ ಗೌರಿಶಂಕರ ಶಿಖರವನ್ನು ಮೊಟ್ಟ ಮೊದಲು ಏರಿದರು. ಆ ಉನ್ನತಿಯನ್ನು ಏರಲು ಕಾರಣವಾದುದು ಅವರ ಧೈರ್ಯವೇ ಸರಿ. ಶಾರೀರಿಕ ದೌರ್ಬಲ್ಯವಿದ್ದರೂ ಮಾನಸಿಕ ಧೈರ್ಯವೊಂದಿದ್ದರೆ, ಮನುಷ್ಯ ಏನನ್ನಾದರೂ ಸಾಧಿಸಬಹುದು.

ಅದೇ ರೀತಿ ಒಂದು ದಿನ ಪಾಲು ಬಂಡವಾಳ ಹಾಕಿ ಒಬ್ಬನು ವ್ಯಾಪಾರ – ವ್ಯವಹಾರ ನಡೆಸುತ್ತಿದ್ದನು. ಪಾಲುದಾರ ಮತ್ತು ಗುಮಾಸ್ತರಿಬ್ಬರೂ ಸುಳ್ಳು ಲೆಕ್ಕ ಬರೆದು ಮೋಸ ಮಾಡಿದರು. ಇದರಿಂದ ಇದ್ದುದನ್ನೆಲ್ಲಾ ಕಳೆದುಕೊಂಡು ಬಾಡಿಗೆ ಮನೆಯಲ್ಲಿ ವಾಸ ಮಾಡತೊಡಗಿದನು. ಆದರೆ ಧೈರ್ಯವನ್ನು ಕಳೆದುಕೊಳ್ಳಲಿಲ್ಲ. ಸಾಲ ಪಡೆದು ಅಲ್ಪ ಪ್ರಮಾಣದ ಬಂಡವಾಳ ಹೂಡಿ, ವ್ಯಾಪಾರವನ್ನು ಪ್ರಾರಂಭಿಸಿದನು. ಕೆಲವೇ ವರ್ಷಗಳಲ್ಲಿ ಹಿಂದೆ ಮಾಡುತ್ತಿದ್ದ ವ್ಯಾಪಾರವನ್ನು ಮೀರಿಸುವಂತೆ ವ್ಯಾಪಾರ ನಡೆಯಿತು. ಲಾಭವನ್ನೂ ಪಡೆಯತೊಡಗಿದನು. ಧೈರ್ಯದಿಂದ ಇದು ಸಾಧ್ಯವಾಯಿತು. ಧೈರ್ಯವೇ ಮನುಷ್ಯನನ್ನು ಕಾಪಾಡುತ್ತದೆ. ಇದೇ ಬಾಳಿನ ಚೈತನ್ಯ, ಯಶಸ್ಸಿನ ಗುಟ್ಟು, ಶಕ್ತಿ ಸಂವರ್ಧಕ. ಜೀವನದ ಸಫಲತೆಗೆ, ವ್ಯಕ್ತಿತ್ವವು ಸುಸಜ್ಜಿತವಾಗಿ ರೂಪುಗೊಳ್ಳುವುದಕ್ಕೆ, ಧೈರ್ಯವೇ ಮೂಲ ಕಾರಣ.

ಪ್ರತಿಯೊಬ್ಬ ಮನುಷ್ಯರಿಗೆ ಸಮಸ್ಯೆಗಳು ಬಂದಾಗ, ಸಹಜವಾಗಿ ಧೈರ್ಯವನ್ನು ಕಳೆದುಕೊಳ್ಳುತ್ತಾರೆ. ಧೈರ್ಯಗುಂದಿದಾಗ ಶಕ್ತಿ, ಚೈತನ್ಯಗಳಲ್ಲವೂ ಕುಂದಿ ಹೋಗುತ್ತವೆ. ಇದರಿಂದ ಹೆಜ್ಜೆ ಹೆಜ್ಜೆಗೂ ಸೋಲುಗಳಾಗುತ್ತವೆ. ಪ್ರತಿಯೊಂದು ಸಮಸ್ಯೆಗೂ ಪರಿಹಾರವಿದೆ. ನಾನಾ ತೆರನಾದ ಸಮಸ್ಯೆಗಳಿರುತ್ತವೆ. ಸಮಸ್ಯೆಗಳಿಗೆ ಕೊನೆ ಇದ್ದೇ ಇರುತ್ತದೆ. ಸಮಸ್ಯೆಗಳನ್ನು ದೊಡ್ಡದು ಮಾಡಿ ಹಾಳಾಗಬಾರದು. ಪ್ರತಿಯೊಬ್ಬರ ಒಳಗೂ ಅಪಾರವಾದ ಶಕ್ತಿ, ಚೈತನ್ಯ ಸಾಮರ್ಥ್ಯಗಳು ತುಂಬಿಕೊಂಡಿವೆ. 'ಈ ಸಮಸ್ಯೆಯನ್ನು ಗೆದ್ದೇ ಗೆಲ್ಲುತ್ತೇನೆ, ಗೆಲ್ಲದೇ ಇರಲು ಸಾಧ್ಯವಿಲ್ಲ' ಎಂಬ ಆತ್ಮ ವಿಶ್ವಾಸ ಹಾಗೂ ಭರವಸೆ ಇರಬೇಕು. ವರ್ತಮಾನವನ್ನು 'ಸರಿಯಾಗಿದೆ' ಎಂಬ ಭರವಸೆಯ ಆತ್ಮವಿಶ್ವಾಸ ಸ್ವೀಕರಿಸಿರಿ. ಭವಿಷ್ಯವನ್ನು

ಆಶಾಭಾವನೆಯಿಂದ, ಧೈರ್ಯ, ಸ್ಪೂರ್ತಿಯಿಂದ ಸ್ವೀಕರಿಸಿದರೆ ಜೀವನದಲ್ಲಿ ಗೆಲುವನ್ನು ಸಾಧಿಸುವುದು ಖಂಡಿತ. ಕಷ್ಟ – ಸುಖ, ಲಾಭ – ನಷ್ಟ, ಸೋಲು – ಗೆಲುವು, ನಿಂದೆ – ಸ್ತುತಿ, ಮಾನ – ಅಪಮಾನ ಇವೆಲ್ಲವುಗಳನ್ನೂ ಸಮದರ್ಶಿ ದೃಷ್ಟಿಯಿಂದ ತುಂಬು ಹೃದಯದಿಂದ ಸ್ವಾಗತಿಸಿದರೆ, ಜೀವನವು ಸುಂದರವಾಗಿರುತ್ತದೆ. ಧೈರ್ಯವೇ ಜೀವನದ ಭರವಸೆಯ ಆಧಾರ ಸ್ಥಂಭ!

Vanya. R, Std-9

ನಮ್ಮಬೆಂಗಳೂರು[Our Bangalore]

ಇತಿಹಾಸ ಹಾಗೂ ಮಹತ್ವ:-

ಬೆಂಗಳೂರು ಕರ್ನಾಟಕ ರಾಜ್ಯದ ದೊಡ್ಡ ನಗರ ಮತ್ತು ರಾಜಧಾನಿಯಾಗಿದೆ. ಬೆಂಗಳೂರು ನಗರವು ಕ್ರಿ. ಶ.1537 ರಲ್ಲಿ ಯಲಹಂಕ ನಾಡಪ್ರಭು ಕೆಂಪೇಗೌಡರಿಂದ ನಿರ್ಮಾಣವಾಯಿತು. ಇದು ದಕ್ಷಿಣ ಪ್ರಸ್ಥಭೂಮಿಯ ಮೇಲಿದ್ದು ಕರ್ನಾಟಕದ ಆಗ್ನೇಯ ದಿಕ್ಕಿ ನಲ್ಲಿದೆ. ಭಾರತದ ಐದನೇ ದೊಡ್ಡ ಮಹಾನಗರವಾಗಿರುವ ಬೆಂಗಳೂರು ಅತೀ ಹೆಚ್ಚು ಜನಸಂಖ್ಯೆ ಹೊಂದಿರುವ ನಗರಗಳಲ್ಲಿ ಮೂರನೇ ಸ್ಥಾನದಲ್ಲಿದೆ. ಮತ್ತು ಜಗತ್ತಿನ ಮಾಹಿತಿ ತಂತ್ರಜ್ಞಾನ ಕ್ಷೇತ್ರಕ್ಕೆ ಮಹತ್ತರವಾದ ಕಾಣಿಕೆ ನೀಡುತ್ತಾ ಬಂದಿರುವ ಕಾರಣ ಬೆಂಗಳೂರು ವಿಶ್ವಾದ್ಯಂತ ಭಾರತದ ಸಿಲಿಕಾನ್ ವ್ಯಾಲಿ ಎಂದೇ ಪ್ರಸಿದ್ಧವಾಗಿದೆ. ಅದೇ ರೀತಿಯಿಂದ ಈ ನಗರವು ಸಮುದ್ರ ಮಟ್ಟದಿಂದ ಸುಮಾರು ಮೂರು ಸಾವಿರ ಅಡಿ [914.4 ಮೀ] ಗಳಿಗಿಂತ ಎತ್ತರದಲ್ಲಿರುವ ಬೆಂಗಳೂರು ನಗರವು ವರ್ಷವಿಡೀ ಉತ್ತಮವಾದ ವಾತಾವರಣವನ್ನು ಹೊಂದಿದೆ.

ಹೆಚ್ಚಿನ ಸಂಖ್ಯೆಯಲ್ಲಿ ಕೆರೆಗಳನ್ನು ಹೊಂದಿದ್ದು, ಕಬ್ಬನಪಾರ್ಕ್, ಲಾಲ್ಬಾಗ್ ಗಳಂತಹ ದೊಡ್ಡ ಉದ್ಯಾನವನಗಳನ್ನು ಹೊಂದಿರುವ ಈ ನಗರವು ಉದ್ಯಾನ ನಗರವೆಂದು ಕರೆಯುತ್ತಾರೆ. ಅಷ್ಟೇ ಅಲ್ಲದೆ ವಿಶ್ವ ಮಾಹಿತಿ ತಂತ್ರಜ್ಞಾನ ಕ್ಷೇತ್ರದ ಉದ್ಯಮಿಗಳ ಅಚ್ಚು ಮೆಚ್ಚಿನ ಹತ್ತು ನಗರಗಳಲ್ಲಿ ಬೆಂಗಳೂರು ಕೂಡ ಒಂದಾಗಿದೆ ಎಂದರೆ ತಪ್ಪಾಗಲಾರದು. ಕಾರಣವೇನೆಂದರೆ ಬಾಗ್ಮನೆಟೆಕ್ ಪಾರ್ಕ್, ಇನ್ಫೋಸಿಸ್, ಎಚ್.ಎ.ಎಲ್, ಬಿ.ಇ.ಎಲ್, ಬಿ.ಇ.ಎಮ್. ಎಲ್, ಎಚ್.ಎಮ್.ಟಿ, ಇಸ್ರೋ, ವಿಪ್ರೋ,ಮುಂತಾದವುಗಳು ತಮ್ಮ ಪ್ರಧಾನ ಕಛೇರಿಗಳನ್ನು ಇಲ್ಲಿ ತೆರೆದಿರುವುದರಿಂದ, ಬೆಂಗಳೂರು ನಗರವು ಒಂದುಉತ್ಪಾದನಾ ಕೇಂದ್ರವಾಗಿ ಬೆಳೆಯುತ್ತಿದೆ. ನಮ್ಮ ಬೆಂಗಳೂರು ನಗರವು ಯಾವುದೇ ಭಾರತೀಯ ನಗರಕ್ಕಿಂತ ಭಿನ್ನವಾಗಿದೆ. ಇದು ತನ್ನ ಪರಿಪೂರ್ಣ ವರ್ಷಪೂರ್ತಿ ಉತ್ತಮವಾದ ಹವಾಮಾನ ಮತ್ತು ಆಧುನಿಕ ಜೀವನಶೈಲಿಗೆ ಹೆಸರುವಾಸಿಯಾಗಿದೆ.

ಬೆಂಗಳೂರು ಅನಿಯಮಿತ ವ್ಯಾಪಾರ ಅವಕಾಶಗಳು, ಅಭಿವೃದ್ಧಿ ಹೊಂದುತ್ತಿರುವ ಸ್ವಾರ್ಟ್ – ಅಪ್ ಮತ್ತು ಉತ್ತಮವಾದ ವಾತಾವರಣವನ್ನು ಸಹ ಹೊಂದಿದೆ. ಅನೇಕ ಜನರು ಬೆಂಗಳೂರಿಗೆ ಬರಲು ಮೂಲ ಕಾರಣ ಮಿತಿಯಿಲ್ಲದ ಉದ್ಯೋಗ ಅವಕಾಶಗಳು, ವ್ಯಾಪಾರದ ಅವಕಾಶಗಳ ಕಾರಣವಾಗಿವೆ. ಈ ನಗರವು ಕೆಲವು ಉನ್ನತ



ಐ.ಟಿ ಬ್ರಾಂಡ್ಗಳ ಪ್ರಧಾನ ಕಛೇರಿಯಾಗಿದೆ. ಜನರನ್ನು ಕೈ ಬೀಸಿ ಕರೆಯುವ ಫಿನಿಕ್ಸ್ ಮಾಲ್, ದಿ. ಫೋರಂ, ಗರುಡಾ ಮಾಲ್, ಸೆಂಟ್ರಲ್ ಒರಾಯಾನ್ ಮಾಲ್, ಮಂತ್ರಿ ಮಾಲ್ ಗಳಲ್ಲಿ ದೇಶಿಯ ಹಾಗೂ ವಿದೇಶಿಯ ಉತ್ಪನ್ನಗಳು ಲಭ್ಯವಿದ್ದು ಪ್ರತಿಯೊಂದು ವಸ್ತುಗಳನ್ನು ಖರೀದಿಸಲು ಯೋಗ್ಯವಾದ ಸ್ಥಳಗಳಾಗಿವೆ, ಹಾಗೂ ನಮ್ಮ ಬೆಂಗಳೂರು ನಗರದಲ್ಲಿ ಹೆಸರುವಾಸಿಯಾಗಿರುವ ಎಂ. ಜಿ. ರಸ್ತೆಯ ಕಾವೇರಿ ಎಂಪೋರಿಯಂ, ದೇಶಿಯ ಉತ್ಪನ್ನಗಳಾದ ಚಂದನದ ಸಾಮಗ್ರಿಗಳು, ಜನಪ್ರಿಯವಾದ ಚೆನ್ನಪಟ್ಟಣದ ಕಟ್ಟಿಗೆಯ ಬೊಂಬೆಗಳನ್ನು ಖರೀದಿಸಲು ಉತ್ತಮ ಸ್ಥಳಗಳಾಗಿವೆ.

ನಮ್ಮ ಬೆಂಗಳೂರು ಪುರಾತನ ಕಾಲದಿಂದಲೂ ತನ್ನದೇ ಆದ ಐತಿಹಾಸಿಕ ಹಿನ್ನಲೆಯನ್ನು ಹೊಂದಿದೆ ರೆಡ್ಫೋರ್ಟ್ನ ಶಿವನ ವಿಗ್ರಹ, ಲಾಲ್ಬಾಗ್ ನ ಗಾಜಿನಮನೆ, ವಿಧಾನ ಸೌಧ, ವಿಕಾಸ ಸೌಧ, ಹಾಗೂ ಸರ್. ಎಮ್. ವಿಶ್ವೇಶ್ವರಯ್ಯನವರ ಮ್ಯೂಸಿಯಂ, ಅಂತಾರಾಷ್ಟ್ರೀಯ ವಿಮಾನ ನಿಲ್ದಾಣ, ರೈಲ್ವೆ ನಿಲ್ದಾಣ, ಮಹಾತ್ಮಾ ಗಾಂಧಿ ರಸ್ತೆ ಮತ್ತು ಮೆಜೆಸ್ಟಿಕ್ ಇವುಗಳು ಬೆಂಗಳೂರಿನ ಜನನಿಬಿಡ ರಸ್ತೆ ಎಂದು ಕರೆಯುತ್ತಾರೆ. ಅಷ್ಟೇ ಅಲ್ಲದೆ ವೆಂಕಟಪ್ಪ ಚಿತ್ರ ಕಲಾ ಪರಿಷತ್, ಭಾರತೀಯ ವಿದ್ಯಾ ಭವನ, ಭಾರತೀಯ ವಿಜ್ಞಾನ ಮಂದಿರ ಇವೆಲ್ಲವೂ ತಮ್ಮದೇ ಆದ ಮಹತ್ವವನ್ನು ಪಡೆದುಕೊಂಡಿವೆ.

ನಮ್ಮ ಬೆಂಗಳೂರು ನಗರದಲ್ಲಿ ಹಲವು ದೇಶ – ವಿದೇಶಗಳ ಸಂಸ್ಕೃತಿಗಳು ಕೂಡ ಮಿಲನಗೊಂಡಿವೆ. ಆದುದರಿಂದ ಇದು ಈ ಕಾಸ್ಕ್ಯೋಪಾಲಿಟನ್ ಸಿಟಿ ಎಂದು ಕರೆಯುತ್ತಾರೆ. ಅಲ್ಲದೆ ಇಲ್ಲಿನ ದೂರದರ್ಶನ ಹಾಗೂ ಆಕಾಶವಾಣಿ ಕೇಂದ್ರಗಳು ಹೆಸರುವಾಸಿಯಾಗಿವೆ, ದೇಶದ ಮೊದಲ ಖಾಸಗಿ ಎಫ್. ಎಮ್ ರೇಡಿಯೋ, ರೇಡಿಯೋ ಸಿಟಿ ಪ್ರಾರಂಭವಾದದ್ದು ನಮ್ಮ ಬೆಂಗಳೂರಿನಲ್ಲಿ ಎಂದು ಹೇಳಬಹುದು.

ನಮ್ಮ ಬೆಂಗಳೂರು ರಾಜ್ಯದಲ್ಲೇ ರಾಜಕೀಯ ಮತ್ತು ಸಾಂಸ್ಕೃತಿಕ ಪರಂಪರೆಯನ್ನು ಹೊಂದಿದೆ, ಇಲ್ಲಿ ಬಳಸುವ ಕನ್ನಡ ಭಾಷೆಗೆ ಸುಮಾರು ಎರಡು ಸಾವಿರ ವರ್ಷಗಳ ಇತಿಹಾಸವಿದೆ. ಇಲ್ಲಿನ ವಿಧಾನ ಸೌಧ ಮತ್ತು ವಿಕಾಸ ಸೌಧಗಳು ಆಡಳಿತದ ನಿರ್ವಹಣೆಯ ಕೇಂದ್ರಗಳಾಗಿವೆ. ಇಲ್ಲಿಯ ಆಡಳಿತ ಹಾಗೂ ಪ್ರಾದೇಶಿಕ ಭಾಷೆ ಕನ್ನಡ. ಈ ನಮ್ಮ ಕನ್ನಡ ಭಾಷೆಗೆ ತುಂಬ ಪ್ರಾಚೀನವಾದ ಇತಿಹಾಸವಿದೆ, ಅದೇ ರೀತಿಯಿಂದ ಕನ್ನಡ ಭಾಷೆಯಲ್ಲಿ ರಚನೆಗೊಂಡಿರುವ ಸಾಹಿತ್ಯಕ್ಕೆ 1200 ವರ್ಷಗಳ ಇತಿಹಾಸವಿದೆ. ಆಧುನಿಕ ವಿಶ್ವ ಸಾಹಿತ್ಯಕ್ಕೆ ಸರಿ ಸಮವಾಗಿದೆ. ರಾಷ್ಟ್ರಮಟ್ಟದಲ್ಲಿ ಕನ್ನಡ ಸಾಹಿತ್ಯ ಕ್ಷೇತ್ರಕ್ಕೆ ನೀಡುವ ಎಂಟು ಜ್ಞಾನಪೀಠ ಪ್ರಶಸ್ತಿಯನ್ನು ಎಂಟು ಬಾರಿ ಹಾಗೂ ಪ್ರತಿಷ್ಠಿತ ಸರಸ್ವತಿ ಸಮ್ಮಾನ್ ಪ್ರಶಸ್ತಿಯನ್ನು ಪಡೆದ ಹೆಗ್ಗಳಿಕೆಗೆ ಕನ್ನಡ ಸಾಹಿತ್ಯ ಪಾತ್ರವಾಗಿದೆ.

Shreya V, Std-10

ತರಗತಿಗಿಂತ ಕ್ರೀಡಾ ಕ್ಷೇತ್ರದಲ್ಲಿ ಹೆಚ್ಚು ಪಾಠಗಳನ್ನು ಕಲಿಯಲಾಗುತ್ತದೆ

ನಮ್ಮ ಜೀವನದಲ್ಲಿ ಆಟಗಳ ಪ್ರಾಮುಖ್ಯತೆಯನ್ನು ಕಡಿಮೆ ಅಂದಾಜು ಮಾಡಲಾಗುವುದಿಲ್ಲ ಏಕೆಂದರೆ ಅವುಗಳಿಲ್ಲದೆ ಒಬ್ಬ ವ್ಯಕ್ತಿಯು ದೇಹ ಮತ್ತು ಮನಸ್ಸನ್ನು ಸದೃಢವಾಗಿರುವುದು ಕಷ್ಟ.

ಮನರಂಜನೆಯನ್ನು ಒದಗಿಸುವುದರ ಜೊತೆಗೆ ವಿದ್ಯಾರ್ಥಿಗಳನ್ನು ದೈಹಿಕವಾಗಿ ಸದೃಢ ಮತ್ತು ಆರೋಗ್ಯವಂತರನ್ನಾಗಿ ಮಾಡುವುದರ ಜೊತೆಗೆ, ಆಟಗಳು ಪಾತ್ರ ನಿರ್ಮಾಣಕ್ಕೆ ಕೊಡುಗೆ ನೀಡುತ್ತವೆ. ತರಗತಿಗಿಂತ ಕ್ರೀಡಾ ಮೈದಾನದಲ್ಲಿ ಜೀವನದಲ್ಲಿ ಹೆಚ್ಚು ಪಾಠಗಳನ್ನು ಕಲಿಯಲಾಗುತ್ತದೆ ಕ್ರೀಡೆಯ ಬಗ್ಗೆ ಏಕೆ ತಲೆಕೆಡಿಸಿಕೊಳ್ಳುತ್ತೀರಿ ?

ಇದಕ್ಕೆ ಉತ್ತರವೆಂದರೆ ಶಿಸ್ತಿನ ಸ್ವಯಂ ಪ್ರೇರಣೆ ಮತ್ತು ಪ್ರಾಮಾಣಿಕತೆಯ ಈ ಮೂಲಭೂತ ಮೌಲ್ಯಗಳನ್ನು ತರಗತಿಯಲ್ಲಿ ಕಲಿಯಬಹುದಾದರೂ ಕ್ರೀಡಾ ಕ್ಷೇತ್ರವು ಈ ಮೌಲ್ಯಗಳನ್ನು ಕಾರ್ಯಗತಗೊಳಿಸಬಹುದಾದ ವೇದಿಕೆಯಾಗಿ ಹೊರಹೊಮ್ಮುತ್ತದೆ ಮತ್ತು ಅವುಗಳ ನೈಜ ಅರ್ಥವನ್ನು ಚೆನ್ನಾಗಿ ಅರ್ಥಮಾಡಿಕೊಳ್ಳಬಹುದು ಮತ್ತು ಆನಂದಿಸಬಹುದು

ಪ್ರತಿಯೊಂದು ಆಟದಲ್ಲಿ ನೈತಿಕತೆಯನ್ನು ಬಲಪಡಿಸುವ ಮೂಲಕ ವ್ಯಕ್ತಿತ್ವ ವಿಕಸನಕ್ಕೆ ಆಟಗಳು ಗಮನಾರ್ಹವಾಗಿ ಕೊಡುಗೆ ನೀಡುತ್ತವೆ ಮತ್ತು ಅನುಸರಿಸಬೇಕಾದ ಕೆಲವು ನಿಯಮಗಳಿವೆ ಮತ್ತು ಈ ನಿಯಮಗಳನ್ನು ಪ್ರಾಮಾಣಿಕವಾಗಿ ದೂರವಿಡುವ ಮೂಲಕ ಜನರು ಪ್ರಾಮಾಣಿಕತೆ ಸ್ವಯಂ ಶಿಸ್ತು ಮತ್ತು ವಿಧೇಯತೆಯಂತಹ ಸದ್ಗುಣಗಳನ್ನು ಮೈಗೂಡಿಸಿಕೊಳ್ಳಬಹುದು.

ಆಟಗಳಲ್ಲಿ ಗೆಲ್ಲುವ ಮತ್ತು ಸೋತ ಅನುಭವವು ಕ್ರೀಡಾ ಮನೋಭಾವದ ಉತ್ಸಾಹವನ್ನು ಉತ್ತೇಜಿಸುತ್ತದೆ, ಬುದ್ಧಿವಂತಿಕೆ ಮತ್ತು ಪ್ರಬುದ್ಧತೆಯ ಆಟಗಳು ಜೀವನದ ಸಮಸ್ಯೆಗಳನ್ನು ನಿಭಾಯಿಸಲು ಜನರಿಗೆ ಅರಿವು ಮಾಡಿಕೊಡುತ್ತದೆ. ಒಲಿಂಪಿಕ್ಸ್ ಧ್ಯೇಯವಾಕ್ಯದಲ್ಲಿ ಅಡಕವಾಗಿರುವ ಸತ್ಯವನ್ನು ಕಲಿಸುತ್ತದೆ, "ಆಟದಲ್ಲಿ ಪ್ರಮುಖ ವಿಷಯವೆಂದರೆ ಗೆಲ್ಲುವುದು ಅಥವಾ ಸೋಲುವುದು ಅಲ್ಲ, ಆದರೆ ಭಾಗವಹಿಸುವಿಕೆ".

ಈ ರೀತಿಯಾಗಿ ಆಟಗಳು ವಿದ್ಯಾರ್ಥಿಯರಲ್ಲಿ ತಾಳ್ಮ, ಏಕಾಗ್ರತೆ ಮತ್ತು ಪರಿಶ್ರಮದಂತಹ ಅನೇಕ ಸಕಾರಾತ್ಮಕ ಗುಣಗಳನ್ನು ಒದಗಿಸುತ್ತವೆ.

ಪ್ಲೇವಿಯಾ ಜೆರೋಮ್, Std-4

ಜಲ ಸಂರಕ್ಷಣೆ

ಎಲ್ಲಾ ಜೀವಿಗಳಿಗೆ ಅಗತ್ಯವಿರುವ ಮೂಲಭೂತ ನೈಸರ್ಗಿಕ ಸಂಪನ್ಮೂಲವೇ ಜಲ. ಎಲ್ಲಾ ಜೀವಿಗಳು ಆಹಾರ, ವಸತಿಅಥವಾ ಸೌಕರ್ಯದಿಂದ ವಂಚಿತವಾಗಬಹುದು. ಆದರೆ ಅವು ನೀರು ಅಂದರೆ ಜಲವಿಲ್ಲದೆ ಬದುಕಲು ಸಾಧ್ಯವಿಲ್ಲ. ಭೂಮಿಯ ಮತ್ತು ಮಾನವ ದೇಹದ ಹೆಚ್ಚಿನ ಭಾಗವು ನೀರಿನಿಂದ ಆವೃತವಾಗಿದೆ. ನೀರಿಲ್ಲದೆ ಯಾವುದೇ ರೀತಿಯ ಬದುಕುಳಿಯುವುದು

ಅಸಾಧ್ಯ ಮಳೆನೀರಿನ ಮೂಲವಾಗಿದ್ದು, ಕಾಲುವೆ,ನದಿ, ಭಾವಿ ಕೆರೆ,ಸಾಗರ,ಸಮುದ್ರ ಮುಂತಾದವುಗಳು ನೀರಿನ ಆಕರಗಳಾಗಿವೆ.

ಜನಸಂಖ್ಯೆಯ ಹೆಚ್ಚಳ, ಕೈಗಾರಿಕೆ ಮತ್ತು ಉನ್ನತ ಮಟ್ಟದ ಜೀವನ ಶೈಲಿಯಿಂದಾಗಿ ಜಲಮಾಲಿನ್ಯ ಮತ್ತು ಶುದ್ಧ ನೀರಿನ ಕೊರತೆ ಉಂಟಾಗುತ್ತಿದೆ.

ಜಲವನ್ನು ಸಂರಕ್ಷಿಸಲು ನಾವು ಸರಿಯಾದ ಕ್ರಮವನ್ನು ತೆಗೆದುಕೊಳ್ಳಬೇಕು.

ನೀರಿನ ಅಪವ್ಯಯವನ್ನು ತಪ್ಪಿಸುವುದು, ತ್ಯಾಜ್ಯ ನೀರನ್ನು ಮರುಬಳಕೆ ಮಾಡುವುದು, ನೀರಿನ ಸೋರಿಕೆಯನ್ನು ಪತ್ತೆ ಮಾಡಿ ಪರಿಹರಿಸುವುದು, ಮಳೆ ನೀರನ್ನು ಸಂಗ್ರಹಿಸುವ ವ್ಯವಸ್ಥೆ ಮಾಡುವುದು, ಹೀಗೆ ಮುಂತಾದ ಕ್ರಮಗಳನ್ನು ಕೈಗೊಳ್ಳುವುದರಿಂದ ಜಲವನ್ನು ನಾವು ಸಂರಕ್ಷಿಸಬಹುದು.

ಆಂಡ್ರಿಯ ನೀಲಾ ವೇಲಾಯುಧಂ, Std-5

ಜಂಕ್ ಫುಡ್

ನಮ್ಮಲ್ ಇತ್ತೀಚಿನ ದಿನಗಳಲ್ಲಿ ಬಳಕೆಗೆ ಬಂದಿರುವ ಕೆಲವುಆಹಾರಪದಾರ್ಥಗಳಾದ,ಪಿಜ್ಜಾಗಳು, ಬರ್ಗರ್, ಕೇಕುಗಳು, ಬಿಸ್ಕ ತ್ಗಳು, ಪಾಸ್ತಾ,ಸ್ಯಾಂಡ್ವಿಚ್, ಪಾನಿಯಗಳನ್ನು ಜಂಕ್ ಫುಡ್ ಎಂದು ಕರೆಯಲಾಗುತ್ತದೆ. ಈ ಎಲ್ಲಾಜಂಕ್ ಫುಡ್ ಗಳು ಸಾಮಾನ್ಯ ಪೌಷ್ಟಿಕ ಆಹಾರಗಳಿಗಿಂತ ರುಚಿಯಾಗಿರಲು ಮತ್ತು ಆಕರ್ಷಣೀಯವಾಗಿ ಕಾಣಲು ಅನೇಕ ರಾಸಾಯನಿಕ ಪದಾರ್ಥಗಳನ್ನು, ಕ್ಯಾಲೋರಿಗಳನ್ನು, ಬಣ್ಣಗಳನ್ನು, ಉಪ್ಪು,ಸಕ್ಕರೆ ಮತ್ತು ಕೊಬ್ಬಿನ ಅಂಶಗಳನ್ನು ಅತಿಯಾಗಿ ಬಳಸಲಾಗುತ್ತದೆ.

ಇವುಗಳನ್ನು ಸೇವಿಸುವುದರಿಂದ, ದೇಹದಲ್ಲಿ ಕೊಲೆಸ್ಟ್ರಾಲ್ ಅಂದರೆ ಕೊಬ್ಬಿನ ಮಟ್ಟವು ಹೆಚ್ಚುತ್ತದೆ. ಇದು ಬೊಜ್ಜಿಗೆ ಕಾರಣವಾಗುತ್ತದೆ. ಹಾರ್ಮೋನುಗಳ ಅಸಮತೋಲನ ಸಮಸ್ಯೆ, ಜೀರ್ಣಾಂಗದ ಸಮಸ್ಯೆ, ಸ್ಥೂಲಕಾಯತೆ, ಹೃದಯ ರಕ್ತನಾಳದ ಸಮಸ್ಯೆ, ಹೃದಯಾಘಾತ ಮುಂತಾದ ಅನೇಕ ಸಮಸ್ಯೆಗಳನ್ನು ಎದುರಿಸಬೇಕಾಗುತ್ತದೆ.

ಈ ಸಮಸ್ಯೆಗಳಿಂದ ಹೊರಬರಬೇಕಾದರೆ ಮತ್ತು ಆರೋಗ್ಯವನ್ನು ಕಾಪಾಡಿಕೊಳ್ಳಬೇಕಾದರೆ, ನಾವು ಜಂಕ್ ಫುಡ್ ಸೇವಿಸುವುದನ್ನು ಕ್ರಮೇಣ ಕಡಿಮೆ ಮಾಡಬೇಕು. ಸಮತೋಲನ ಆಹಾರವನ್ನು ಸೇವಿಸಬೇಕು. ಮನೆಯ ಊಟವನ್ನು ಹೆಚ್ಚಾಗಿ ಸೇವಿಸಬೇಕು. ವ್ಯವಸ್ಥಿತ ವ್ಯಾಯಾಮವನ್ನು ಮಾಡಬೇಕು. ನಾಲಿಗೆಯ ರುಚಿಗಿಂತ ಆರೋಗ್ಯವೇ ಮುಖ್ಯ ಎಂದು ಯೋಚಿಸಬೇಕು.

ಪ್ರಜ್ವಲ್.ಎಸ್ ಗೌಡ, Std-6

ವಿದ್ಯಾರ್ಥಿಗಳಲ್ಲಿ ರಾಷ್ಟ್ರೀಯ ಭಾವೈಕ್ಯತೆ

ಭಾರತವು ಬಹುಭಾಷೆ, ಸಂಸ್ಕೃತಿ, ಅನೇಕ ವೇಷಭೂಷಣಗಳಿಂದ ಕೂಡಿದ ದೇಶ. ಬೇರೆ ಬೇರೆ ವರ್ಗಗಳಿಗೆ ಸೇರಿದ ಜನ ಇಲ್ಲಿ ಒಂದಾಗಿ ಸೇರಿ ಬಾಳುತ್ತಿದ್ದಾರೆ. ಇದು ವಿವಿಧತೆಯಲ್ಲಿ ಏಕತೆಯನ್ನು ಹೊಂದಿದ ದೇಶವಾಗಿದೆ. ನಮ್ಮ ರಾಷ್ಟ್ರೀಯ ಭಾವೈಕ್ಯತೆ ನಮ್ಮ ವಿಶ್ವ ಪರಿವಾರದ ಕಲ್ಪನೆಗೆ ಸಮವಾಗಿದೆ.

ಸರಳವಾಗಿ ಹೇಳುವುದಾದರೆ ಸಂಪೂರ್ಣ ರಾಷ್ಟ್ರವನ್ನು ಒಂದೆಂದು ತಿಳಿದಾಗ ಮಾತ್ರ ಇಲ್ಲಿನ ಧರ್ಮ, ಸಂಪ್ರದಾಯ ಹಾಗೂ ಭಾಷೆಗಳ ಬಗ್ಗೆ ಗೌರವ ಭಾವನೆ ಇರುತ್ತದೆ.ರಾಷ್ಟದ ಹಿತಕ್ಕಾಗಿ ವಿವಿಧತೆಯಲ್ಲಿ ಏಕತೆಯನ್ನು ತರಲು ಪ್ರಯತ್ನಿಸುವುದು ರಾಷ್ಟ್ರೀಯ ಭವೈಕ್ಯತೆ ಎನಿಸುತ್ತದೆ.

ರಾಷ್ಟ್ರೀಯ ಭಾವೈಕ್ಯತೆಯನ್ನು ಮುಂದಿನ ನಾಗರಿಕರಾದ ವಿದ್ಯಾರ್ಥಿಗಳಲ್ಲಿ ಮೂಡಿಸುವುದು ಅತ್ಯಾವಶಕ. ಏಕೆಂದರೆ ಅವರು ಮುಂದಿನ ಪ್ರಜೆಗಳು. ಅದೇರೀತಿ ಅಖಂಡ ಭಾರತವನ್ನು ಮುನ್ನೆಡೆಸುವ ರೂವಾರಿಗಳು. ಇವರ ಮೇಲೆಯೇ ಭಾರತದ ಭವಿಷ್ಯ ನಿಂತಿದೆ. ಶಾಲಾ ಕಾಲೇಜುಗಳಲ್ಲಿ ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ಭಾವೈಕ್ಯತೆಯ ಕುರಿತಾದ ಪಾಠಗಳನ್ನು ಬೋಧಿಸುವ ಅಧ್ಯಾಪಕರು ದೇಶಪ್ರೇಮ, ಕಾಳಜಿ ಹುಟ್ಟಿಸುವಂತಹ ಉದಾಹರಣೆಗಳನ್ನು ನೀಡುತ್ತಾ ರಾಷ್ಟ್ರೀಯ ಮನೋಭಾವನೆಯನ್ನು ಬೆಳೆಸುವ ಪ್ರಯತ್ನ ಮಾಡಬೇಕು. ದೇಶದ ವಿವಿಧ ಭಾಗಗಳಿಗೆ ಪ್ರವಾಸ ಏರ್ಪಡಿಸಿ, ದೇಶದ ಬೇರೆ ಬೇರೆ ಸಂಸ್ಕೃತಿಗಳ ಪರಿಚಯ ಮಾಡಿಸಿ, ವಿವಿಧ ಮಾಧ್ಯಮಗಳಿಂದ ರಾಷ್ಟ್ರದ ಐಕ್ಯತೆಯನ್ನು ಕುರಿತು ತಿಳುವಳಿಕೆ ನೀಡುವುದರಿಂದ ಅವರು ರಾಷ್ಟ್ರದ ಬಗ್ಗೆ ಆಧಾರದ ಭಾವನೆ ಹೊಂದಿ ಮುಂದೆ ದೇಶವನ್ನು ನಡೆಸುವ ಉತ್ತಮ ಶಕ್ತಿಯಾಗಿ ಪರಿವರ್ತನೆಯಾಗುತ್ತಾರೆ. ಇದು ದೇಶದ ಸಮೃದ್ಧಿಗೆ ತಳಹದಿಯಾಗುತ್ತದೆ. ಈ ನಿಟ್ಟಿನಲ್ಲಿ ಪ್ರತಿಯೊಬ್ಬರ ಶ್ರಮವೂ ಅಗತ್ಯ. ಅದಕ್ಕಾಗಿ ಶ್ರಮಿಸೋಣವೇ?

ಮೃಧುಲಾ. ಎಸ್. ಗೌಡ, Std-8



<u>ನಮ್ಮ ರಾಷ್ಟ್ರೀಯ ಲಾಂಛನಗಳು</u>

ಪ್ರತಿಯೊಂದು ರಾಷ್ಟ್ರವೂ ತನ್ನ ಅಸ್ತಿತ್ವವನ್ನು ಉಳಿಸಿಕೊಳ್ಳಲು ಬಯಸುತ್ತದೆ ಅದಕ್ಕಾಗಿಯೇ ತನ್ನದೇ ಆದ ದ್ವಜ, ಗೀತೆ, ಪ್ರಾಣಿ, ಪಕ್ಷಿ, ಕ್ರೀಡೆ, ಫಲ,ಪುಷ್ಪ,ವೃಕ್ಷ ಮುಂತಾದುವನ್ನು ವಿದ್ಯುಕ್ತವಾಗಿ ಗುರುತಿಸಿ ಪ್ರಚುರಪಡಿಸುತ್ತದೆ. ಇದರಂತೆಯೇ ಭಾರತದ ಗಣರಾಜ್ಯವು ಸಂವಿಧಾನಾತ್ಮಕವಾಗಿ ರಾಷ್ಟ್ರೀಯ ಲಾಂಛನಗಳನ್ನು ನಿರ್ಧರಿಸಿದೆ.

- 1. ಭಾರತದ ರಾಷ್ಟ್ರಧ್ವಜ;- ಕೇಸರಿ,ಬಿಳಿ, ಹಸಿರು ಬಣ್ಣಗಳ ತ್ರಿವರ್ಣ ಧ್ವಜವೇ ಭಾರತದ ರಾಷ್ಟ್ರಧ್ವಜ ವಾಗಿದೆ. ಕೇಸರಿ ಬಣ್ಣ ಸ್ಥೈರ್ಯ, ತ್ಯಾಗಗಳನ್ನು, ಬಿಳಿಯ ಬಣ್ಣ ಸತ್ಯ ಮತ್ತು ಶಾಂತಿಯನ್ನು, ಹಸಿರು ಬಣ್ಣ ಭರವಸೆ, ಶೌರ್ಯ, ಸಮೃದ್ಧಿಗಳನ್ನು ಸೂಚಿಸುತ್ತದೆ. ತ್ರಿವರ್ಣಧ್ವಜದ ಮಧ್ಯಭಾಗದಲ್ಲಿ ಅಶೋಕ ಚಕ್ರವಿದೆ.
- 2. ಭಾರತದ ರಾಷ್ಟ್ರಗೀತ:- ಗುರುದೇವ ರವೀಂದ್ರನಾಥ ಠಾಕೂರರು ಬಂಗಾಳಿಯಲ್ಲಿ ರಚಿಸಿದ" ಜನಗಣಮನ" ಎನ್ನುವ ದೀರ್ಘ ಕವಿತೆಯ ಕೆಲವು ಸಾಲುಗಳನ್ನು ನಮ್ಮ ರಾಷ್ಟ್ರಗೀತೆ ಎಂದು ಅಂಗೀಕರಿಸಲಾಗಿದೆ. ಬಂಕಿಮ ಚಂದ್ರ ಚಟರ್ಜಿ ಯವರ " ವಂದೇ ಮಾತರಂ " ಗೀತೆಯನ್ನು ಪ್ರಾರ್ಥನೆಯ ರೂಪದಲ್ಲಿ ರಾಷ್ಟ್ರಗೀತೆಯಾಗಿ ಒಪ್ಪಿಕೊಳ್ಳಲಾಗಿದೆ. ಈ ಗೀತೆಗಳನ್ನು ಹಾಡುವಾಗ ಸೂಕ್ತ ಗೌರವ ತೋರದಿದ್ದರೆ, ಅಡ್ಡಿಯನ್ನುಂಟು ಮಾಡಿದರೆ ಶಾಸನದ ಪ್ರಕಾರ ಶಿಕ್ಷಾರ್ಹ ಅಪರಾಧವೆನಿಸುತ್ತದೆ.
- 3. ರಾಷ್ಟ್ರ ಲಾಂಛನ:- ತ್ರಿವರ್ಣಧ್ವಜದ ಬಿಳಿಯ ಪಟ್ಟೆಯ ಮೇಲೆ ಕಡುನೀಲಿ ಬಣ್ಣದಲ್ಲಿರುವ ಅಶೋಕ ಚಕ್ರದ ಚಿನ್ಹೆಯೇ ಭಾರತದ ರಾಷ್ಟ್ರ ಲಾಂಛನ ವಾಗಿದೆ. ಈ ಅಶೋಕ ಚಕ್ರವನ್ನು" ಧರ್ಮಚಕ್ರ " ಎಂದು ಕರೆಯುತ್ತಾರೆ.
- 4. ರಾಷ್ಟ್ರ ಪ್ರಾಣಿ:- ಹುಲಿಯನ್ನು ರಾಷ್ಟ್ರ ಪ್ರಾಣಿ ಎಂದು ಅಂಗೀಕರಿಸ -ಲಾಗಿದೆ. ಅದನ್ನು ರಕ್ಷಿಸಲು, ಸಂತಾನವನ್ನು ಬೆಳೆಸಲು ಹಲವು ಯೋಜನೆಗಳನ್ನು ರೂಪಿಸಲಾಗಿದೆ.
- 5. ರಾಷ್ಟ್ರ ಪಕ್ಷಿ:- ತನ್ನ ಸೌಂದರ್ಯದಿಂದ ಕವಿ, ಕಲಾವಿದರಿಗೆ ಸ್ಪೂರ್ತಿನೀಡುವ ಗಂಡು ನವಿಲನ್ನು ರಾಷ್ಟ್ರ ಪಕ್ಷಿ ಎಂದು ಗುರುತಿಸಲಾಗಿದೆ.
- ವಿವಿಧ ವರ್ಣಗಳಿಂದ ಕೂಡಿದ ಆದರ ಕತ್ತು, ಶರೀರ ಮತ್ತು ರೆಕ್ಕೆಗಳು ಹಾಗೂ ಕಣ್ಣುಗಳುಳ್ಳ ನೀಳವಾದ ಗರಿಗಳು ಅತ್ಯಂತ ಆಕರ್ಷಕ. ಮೋಡ ಕವಿದಾಗ ಮಯೂರ ನೃತ್ಯ ಅತ್ಯದ್ಭುತ.

6. ರಾಷ್ಟ್ರೀಯ ಕ್ರೀಡೆ:- ಭಾರತದ ರಾಷ್ಟ್ರೀಯ ಕ್ರೀಡೆ ಹಾಕಿ. ತೀವ್ರವೇಗದ ರೋಮಾಂಚಕ ಆಟವಿದು. ಹಾಕಿಯ ದಂಡಗಳನ್ನು ಹಿಡಿದು ಚಂಡನ್ನು ಹಿಡಿತದಲ್ಲಿಟ್ಟುಕೊಂಡು ಎದುರಾಳಿಯ ಕೈ ತಪ್ಪಿಸಿ ಗೋಲ್ ಹೊಡೆಯುವುದು ಈ ಆಟದ ವೈಶಿಷ್ಟ್ಯ. ಪ್ರತಿ ತಂಡದಲ್ಲಿ 11 ಜನ ಆಟಗಾರ -ರಿರುತ್ತಾರೆ. ಆಟದ ಅವಧಿ 70 ನಿಮಿಷಗಳು.

7.ರಾಷ್ಟ್ರ ಫಲ:- ಅತ್ಯಂತ ರುಚಿಯಾದ, ಜನಪ್ರಿಯ ಫಲವಾದ ಮಾವಿನ ಹಣ್ಣನ್ನು ರಾಷ್ಟ್ರಫಲ ಎನ್ನಲಾಗಿದೆ.

- 8. ರಾಷ್ಟ್ರಪುಷ್ಪ:- ಕೆರೆ, ಕೊಳ್ಳಗಳಲ್ಲಿ ಬೆಳೆದು ಅರಳುವ ಕಮಲವೇ ನಮ್ಮ ರಾಷ್ಟ್ರೀಯ ಪುಷ್ಪ. ಇದಕ್ಕೆ ತಾವರೆ ಎನ್ನುವ ಹೆಸರು ಇದೆ. ಇದೊಂದು ಪವಿತ್ರ ಪುಷ್ಪವೆಂದು, ಲಕ್ಷ್ಮಿಯ ಅವಾಸಸ್ಥಾನವೆಂದು ಭಾರತೀಯರು ಭಾವಿಸುತ್ತಾರೆ.
- 9. ರಾಷ್ಟ್ರೀಯ ವೃಕ್ಷ:- ವಿಶಾಲವಾಗಿ, ಎತ್ತರವಾಗಿ, ಹರಡಿ ಬೆಳೆಯುವ, ಪ್ರಾಣಿ-ಪಕ್ಷಿಗಳಿಗೆ ಆಸರೆ ನೀಡುವ ಆಲದ ಮರವನ್ನು ನಮ್ಮ ರಾಷ್ಟ್ರೀಯ ವೃಕ್ಷ ವೆಂದು ಪರಿಗಣಿಸಲಾಗಿದೆ. ಇದು ಜನರಿಗೆ ನೆರಳನ್ನು ನೀಡುತ್ತದೆ. ಇದರ ಸೊಪ್ಪು ಆಡು, ಕುರಿ, ದನಕರುಗಳಿಗೆ ಒಳ್ಳೆಯ ಆಹಾರ ವೆನಿಸಿದೆ.

ನಮ್ಮ ರಾಷ್ಟ್ರೀಯ ಲಾಂಛನಗಳನ್ನು ಗುರುತಿಸಬೇಕು, ಗೌರವಿಸಬೇಕು, ಉಳಿಸಿ, ಬೆಳೆಸಲು ಪ್ರಯತ್ನಿಸಬೇಕು. ತಿಳಿಯದವರಿಗೆ ತಿಳಿಸಿ, ಅವುಗಳ ಹಿರಿಮೆಯನ್ನು ಅರಿಯುವಂತೆ ಮಾಡಬೇಕು.

Caralyn Sunil, Std-7



Qu'est ce que c'est la langue française. Son importance

La langue française est la langue raffinée et cultivée .C'est une langue majeure de la communication internationale dans le monde .

C'est important d'apprendre une langue étrangère ,surtout le français ,car cette langue attire toujours les gens.

La France est un pays qui attire des entrepreneurs, des chercheurs et les meilleurs étudiants étrangers .Cette langue est parlée par plus de 300 millions de locuteurs .

La langue française est la langue de grands philosophes comme (Descartes, Sartre ou Derrida) et de scientists de renom Pierre et Marie Curie, Louis Pasteur, Georges Charpak des écrivains comme victor Hugo. La Fontaine.

Le français n'est pas une langue difficile. De nombreuses méthodes existent pour apprendre le français en s'amusant dès le premières années à l'école . le français est aussi apprécié par des élèves parce que c'est une langue douce 'mélodieuse et romantique. C'est Une langue de communication 'internationale .C'est la langue étrangère la plus largement apprise après l'anglais .On apprend des milliers de choses comme la culture .la cuisine française, le fameux Tour du monde, le festival de Cannes, La mode, les voitures françaises, les étiquettes, et plusieurs d'autres choses très intéressants.

La Maîtrise de cette belle langue est un atout véritable, un plus -value professionnelle, que ce soit pour travailler au sein de nombreuses multinationales, d'Institution, européennes et francophones dans des secteurs d'activités variés (distribution.automobile, aéronautique) et aussi permettent à tisser des liens avec le premier réseau éducatif du monde, ou pour raisons d'obtenir le statut socio-économique.

Le français a bien pénétré en Inde. Quelques millions d'indiens ont une notion de la langue.

Comme étudiants de cette belle langue, à présent, nous les Germanistes ,la langue française nous intéresse beaucoup et aussi elle attire tous les gens surtout les parents. Celui qui choisit de l'apprendre ouvre une fenêtre sur un monde étonnant.

Certainement , il y a des obstacles ,comme on n'a pas suffisamment de livres et d'autres matériaux qui peuvent nous aider. Les professeurs font leurs mieux de faciliter les leçons de classe,les devoirs,les débats et les activités ,des projets orale et écrite qui sont nécessaire, parce que,en famille ,il est un enjeu majeur de la maîtriser.

Nous les étudiants nous pensons que les compétences particulières de l'apprentissage sont: écrire,parler,lire et écouter.

Parler français et la connaissance de cette langue est un plus indéniable ,Cela démarquera des autres candidats.

Nous tenons vivement à remercier notre professeur de français car sa classe et sa patience qu'elle fournisse nous plait beaucoup.

La langue française en Inde et son importanc e

Nous, les élèves de la classe 9 ème à Saint Germain sont très fiers de présenter nos opinions sur la langue française .

La langue française est notre deuxième langue qu'on apprend à l'école . La langue française est le choix le plus populaire parmi les étudiants indiens qui souhaitent une langue étrangère.

Ça fait 5 ans qu'on maîtrise cette langue internationale à l'école de Saint Germain .On aime bien cette langue, et on la trouve très chic. Ce n'est pas une langue complexe à maîtriser. Les raisons de commencer à apprendre le français en Inde sont énormes. Les étudiants indiens pourraient voyager en France et dans d'autres pays francophones.

La fascination de la langue française s'étend au-delà de l'esthétique distincte de la cuisine française, de l'histoire, des traditions de la culture, des arts de littérature , des lieux, des coutumes, l'hôtellerie , les voyages, les touristes, la traduction , les médias , et elle offre des tonnes de carrières. Elle ouvre des opportunités d'enseignements supérieures dans les écoles de commerce et les universités françaises .

Apprendre et parler la langue française augmente la personnalité d'un individu. On peut impressionner les autres et être le centre d'attraction. On découvre un nouvel aspect de la personnalité. Cette expérience va sans doute ajouter des éléments enrichissants et des souvenirs impérissables.

C'est aussi un excellent choix pour les étudiants qui envisagent d'aller en france.

Merci, De la part des élèves de la classe 9ème

ICE CREAM GRANDE

J'aime la glace et je la dévore comme un fou .La glace est mon truc favorie

C'est très bon .C'est sucré et c'est yummy .

La glace contient de la crème, du sucre, des pistaches, des amandes

J'aime bien un Brownie, ou un Cornet pistache. Je déteste la crème qui contient trop de vanille.

Je déteste les nourritures à base de lait sauf les glaces.

J'aime tellement les glaces que je suis même apparu dans une publicité où je fais la démonstration de savourer une glace.

C'est très plaisant de savourer la saveur fraîche et fruitée d'une glace

Les glaces sont composées d'eau, de protéines végétales, et de matière graisses.Les principaux glaces sur le marché sont Kwality Walls ,Vadilal.

Vous savez, les français consomment environ 363 millions de glaces par ans

Manger de la glace nous fournit des vitamines A, B6, B12, C, D et E

Les glaces peuvent devenir néfastes pour la santé, si on les consomment quotidiennement.

Merci

Bernard Aariyan Raj C., Std-7

Remembering Those Classmates Who Left Us far Too Soon – 1990 Batch

Anil Sequeira Jonathan Jaikumar

Afzal Baig Manish Shetty

AaronWatson Robert Kenny

Ajit Sandeep Paul Richard Fegan

Franklin Sanjay Jayaram

Grenville Francis Theodore Jones

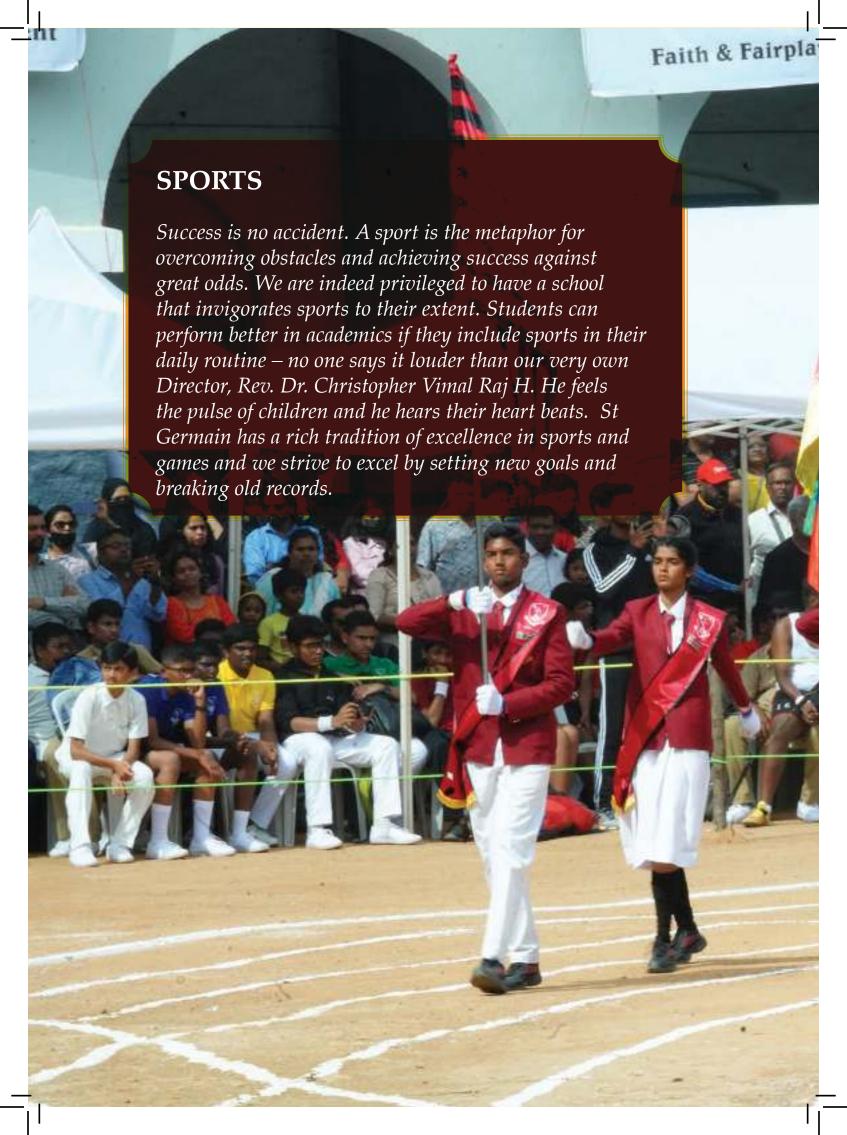
It happens all the time. Friends come in and go out of our lives but we've never had friends like the ones we had in our childhood. With each passing of a classmate, we are all reminded of how precious those years were, and how so many touched our lives as we proceeded along our individual journeys through childhood and adolescence.

RIP Loved Ones.

We gather here, a class once more
To reminisce, of years before
Upon the days and joys we knew
Before our school – aged time was through
Yet, as we meet, with memories near
We think of those, always held dear –
Our friends and classmates, passed away
To be with God, every school day

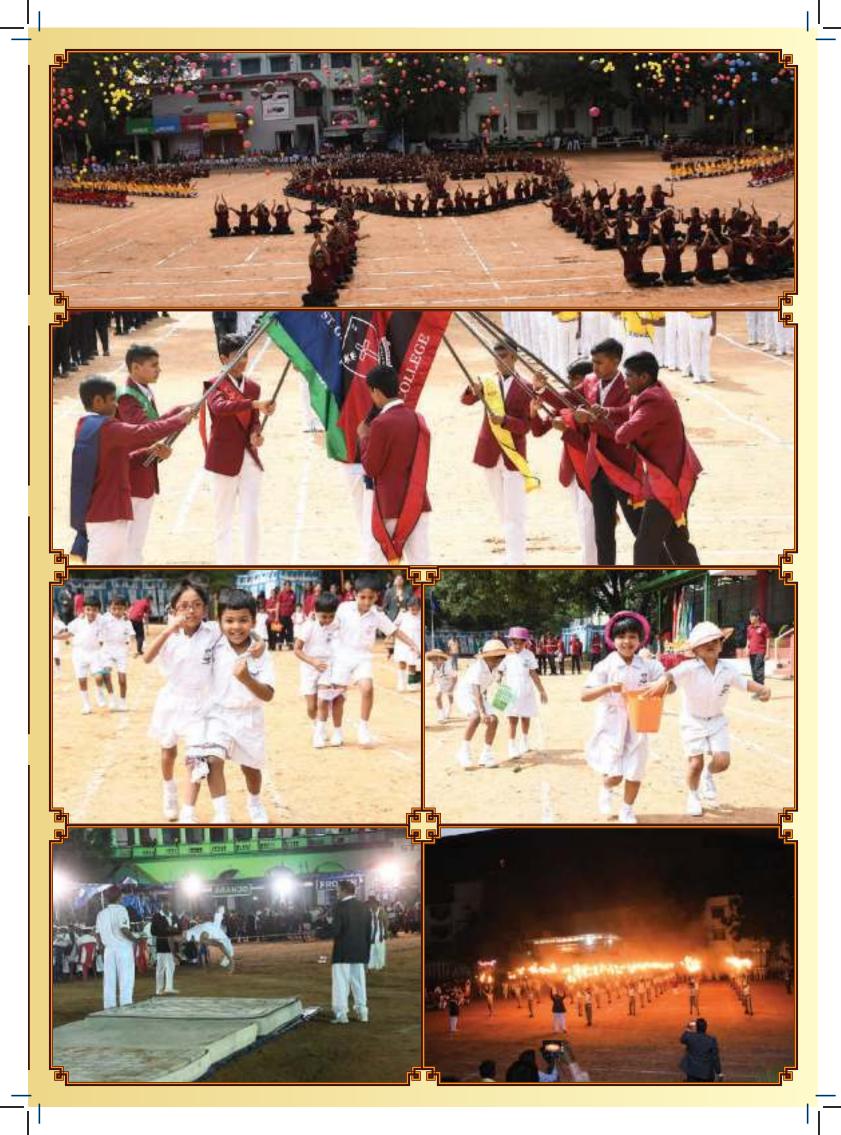
They sit at desks, resting on clouds
Surrounded by angelic crowds
Where they shall be forever more
The friends and schoolmates we adore
They'll be with us in every prayer
Until the day, we join them there
Within the walls of Heaven's class
Where friendships formed shall always last

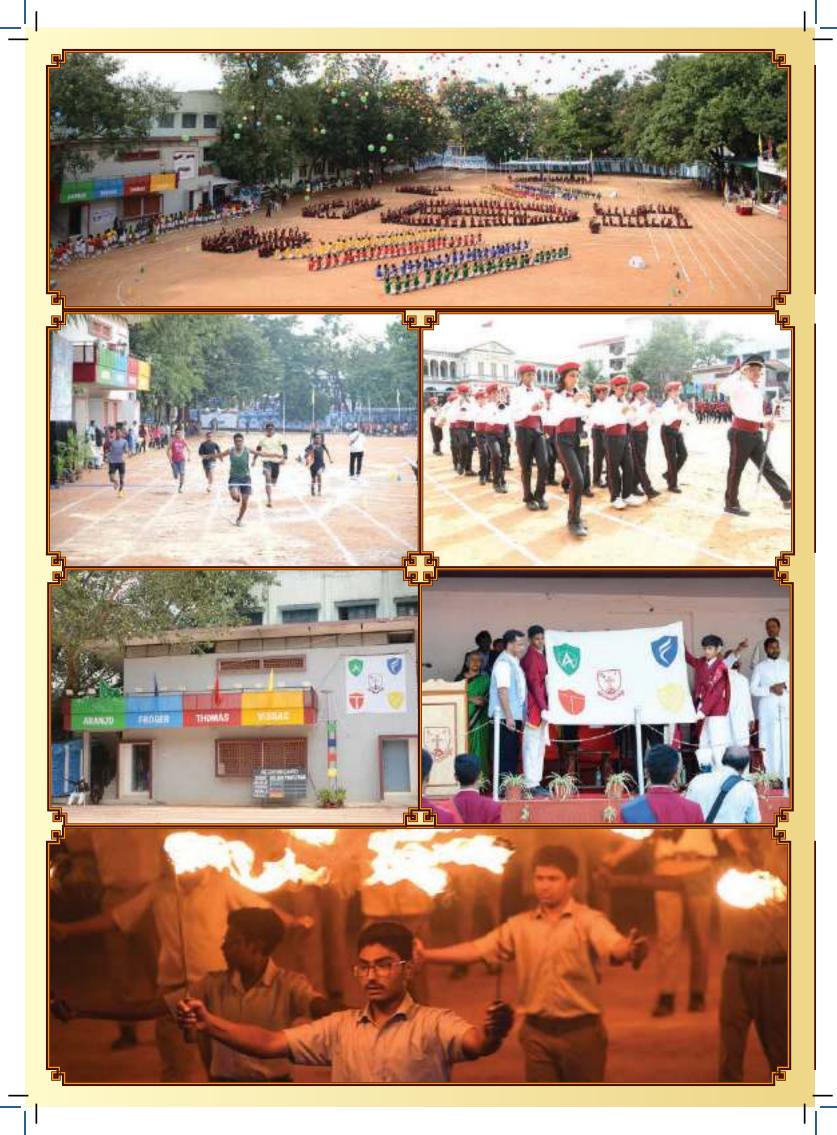
Until the hour, we join again
An empty chair, we will maintain
In honor of the life—long bond
We forged with those, now passes beyond
The friends with whom we learned life's truth
Whose bonds lasted far from our youth
And shall remain forever near
When we gather, year after year.















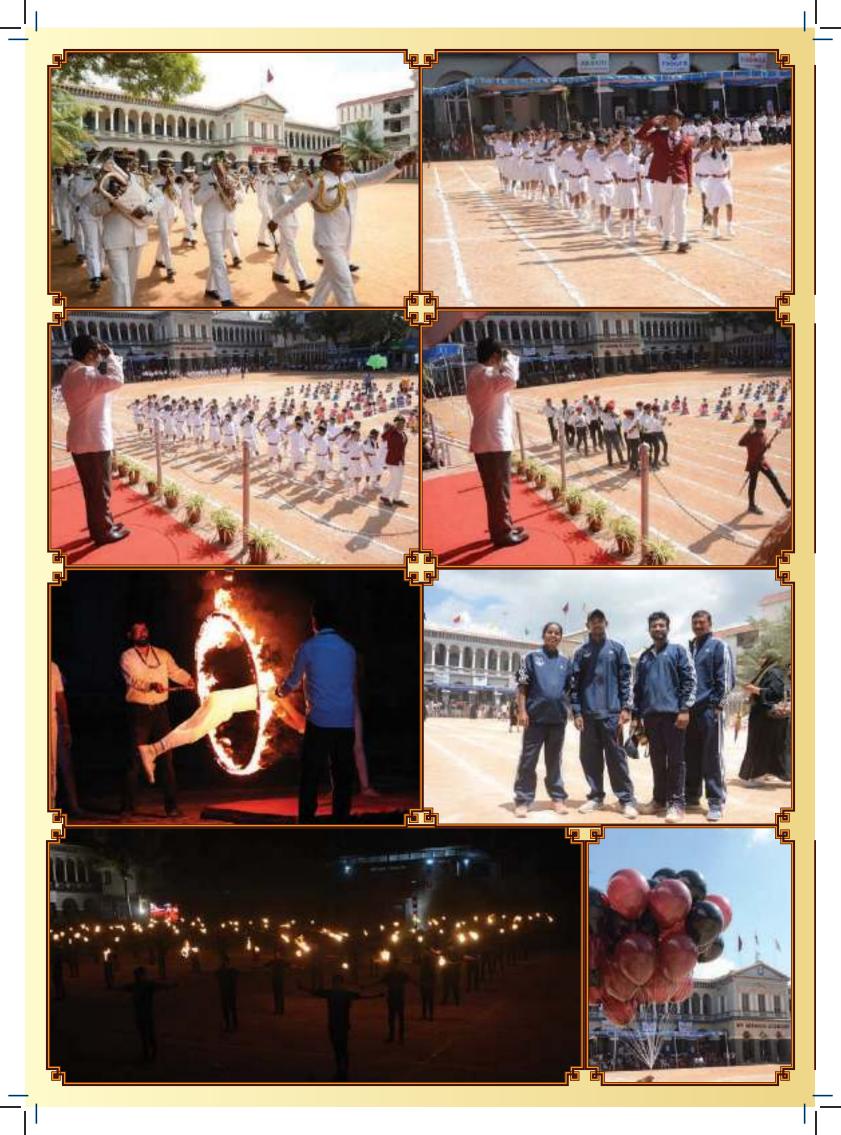


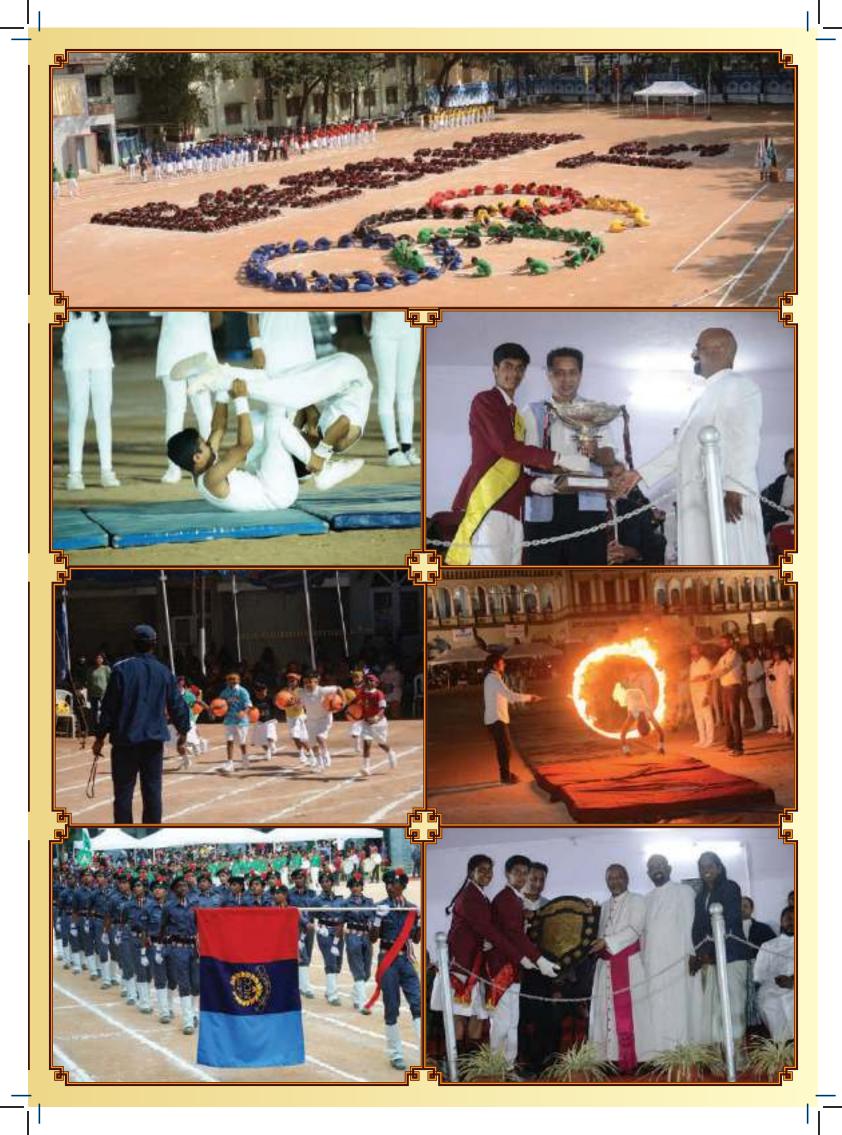


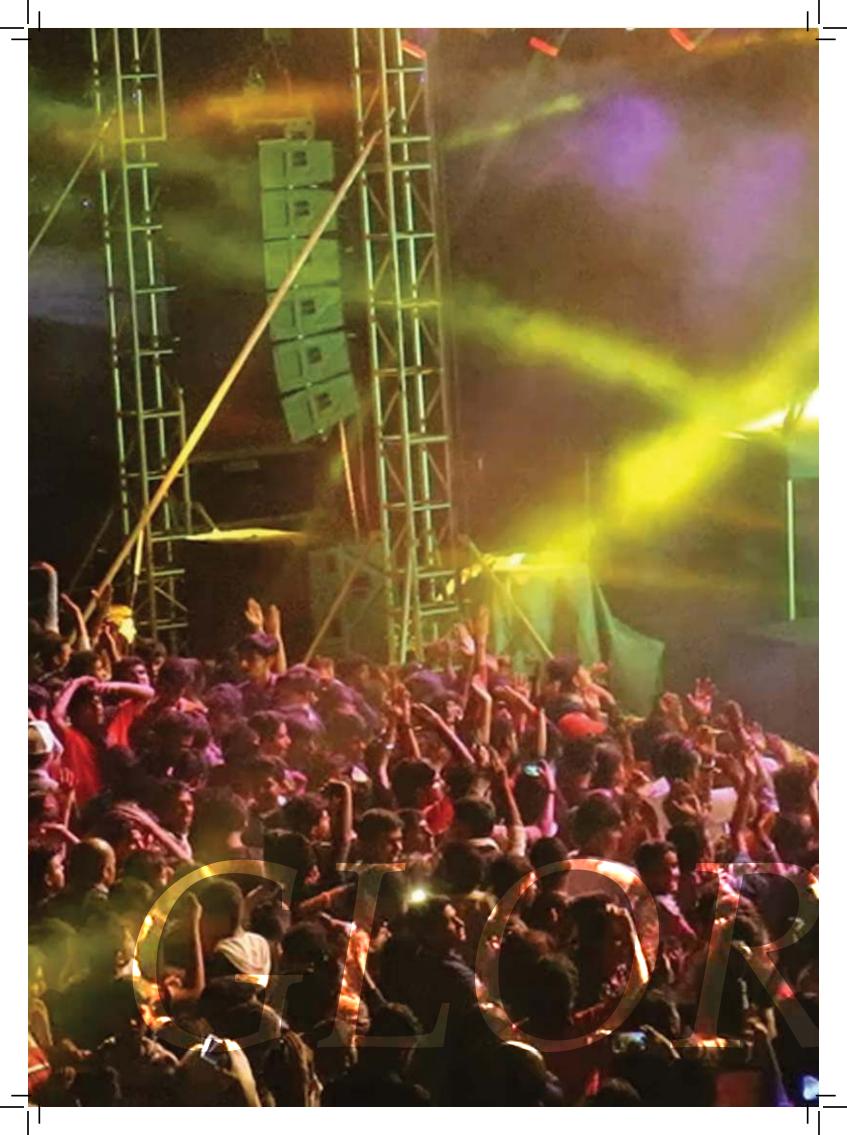


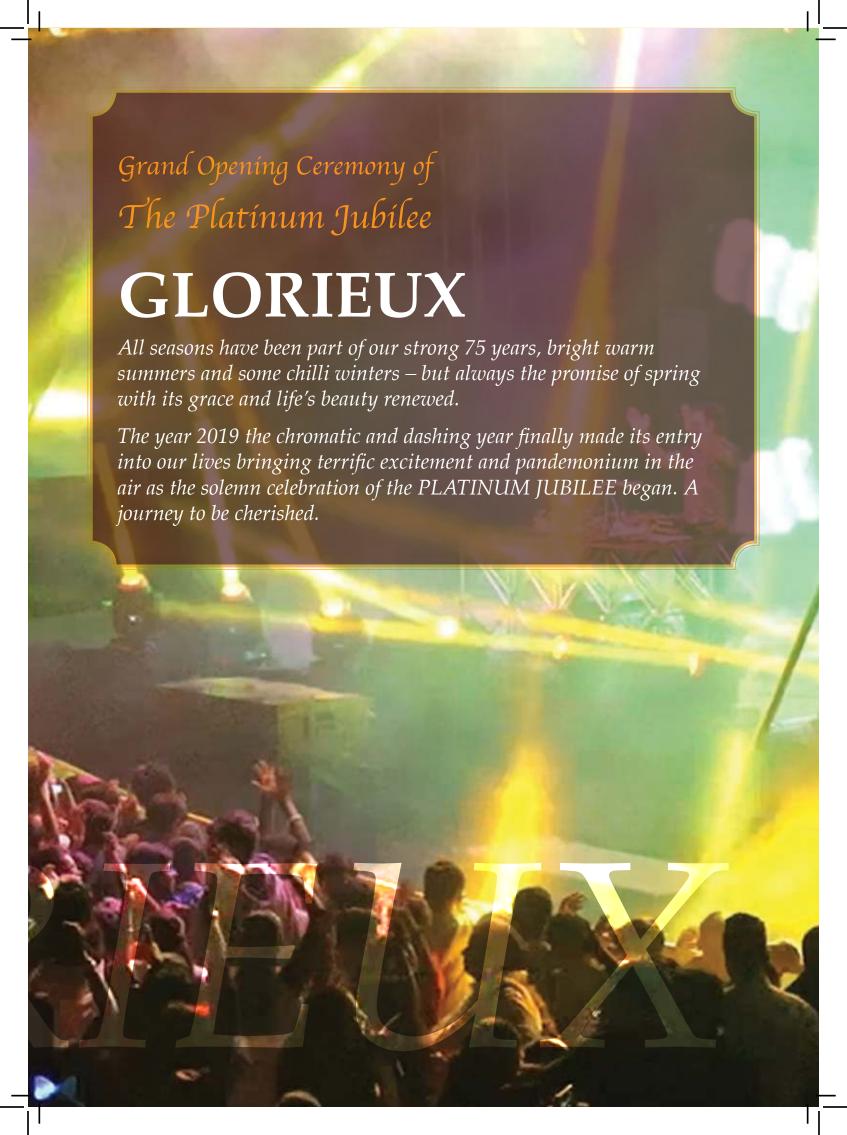




















The Resplendent Finale

Pragathi

St Germain through the years...

It was a carnivalesque atmosphere at the St. Germain School grounds. The dazzling closing ceremony brought the curtain down on the high-octane celebration of the Platinum jubilee.

The euphoria which began in 2019 with the 'GLOREIUX', came to a close, with the Chief Guest, Cardinal of Goa, Archbishop Filipe Neri Ferrão doing the honours. His message was strong and powerful. Quoting Malala Yousafzai, 'One child, one teacher, one pen and one book can change the world', he considered children the most valuable resource.

The solemn ceremony began with seeking God in all circumstances. The scripture readings from all religions, an invocation dance and the lighting of the lamp, set the tone of the evening.

The stage burst into life with the little ones breaking the silence of the evening with their colourful display. When the world was engulfed in the World War in 1944, here at Promenade Road the independence movement gathered momentum.

The Nostalgic Banyan Tree spoke of the rich history of the school which provided a spectacular finale to the special milestone of the school.

LEHRA DO, LEHRA DO GERMAINITES!!!! resonated as the stalwarts of the school set the Germain flag flying high.

Million dreams were dreamt, and million more dreams are being built at St. Germain Academy. The victory path we tread today is spearheaded by Our Director Rev. Dr. Christopher Vimalraj.



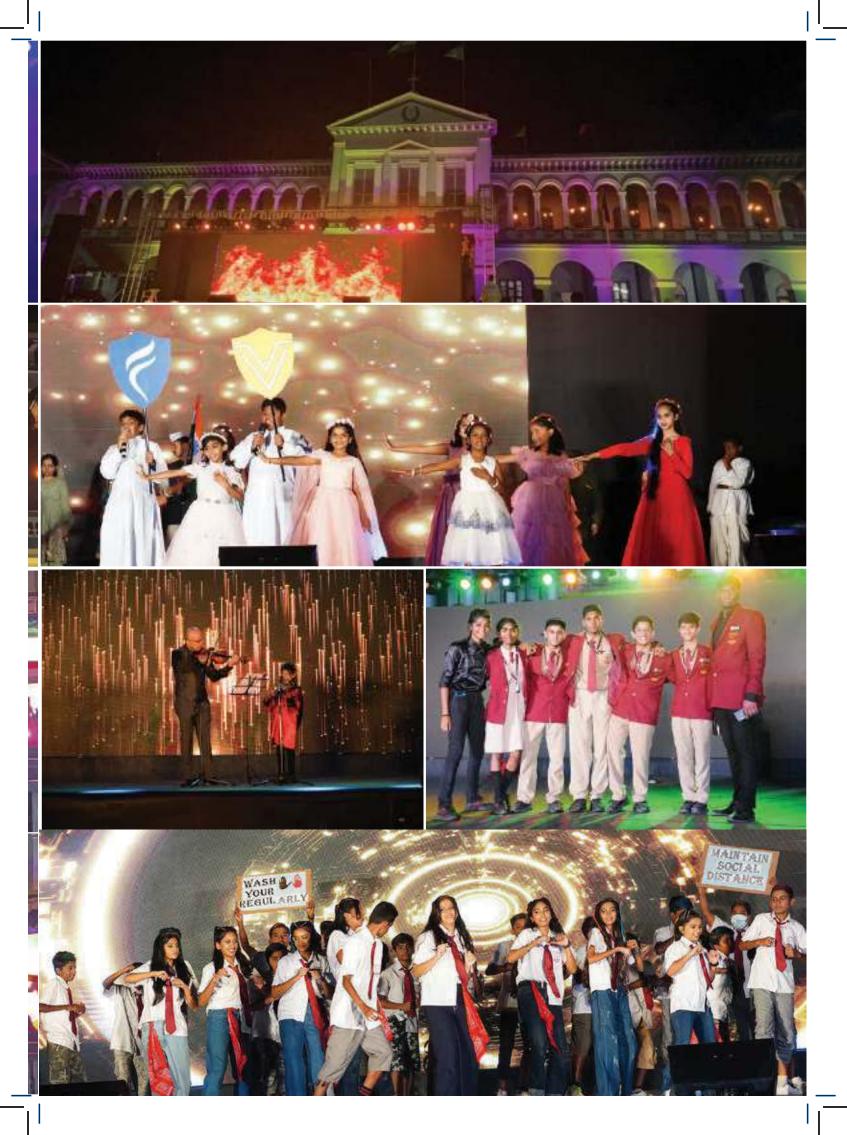










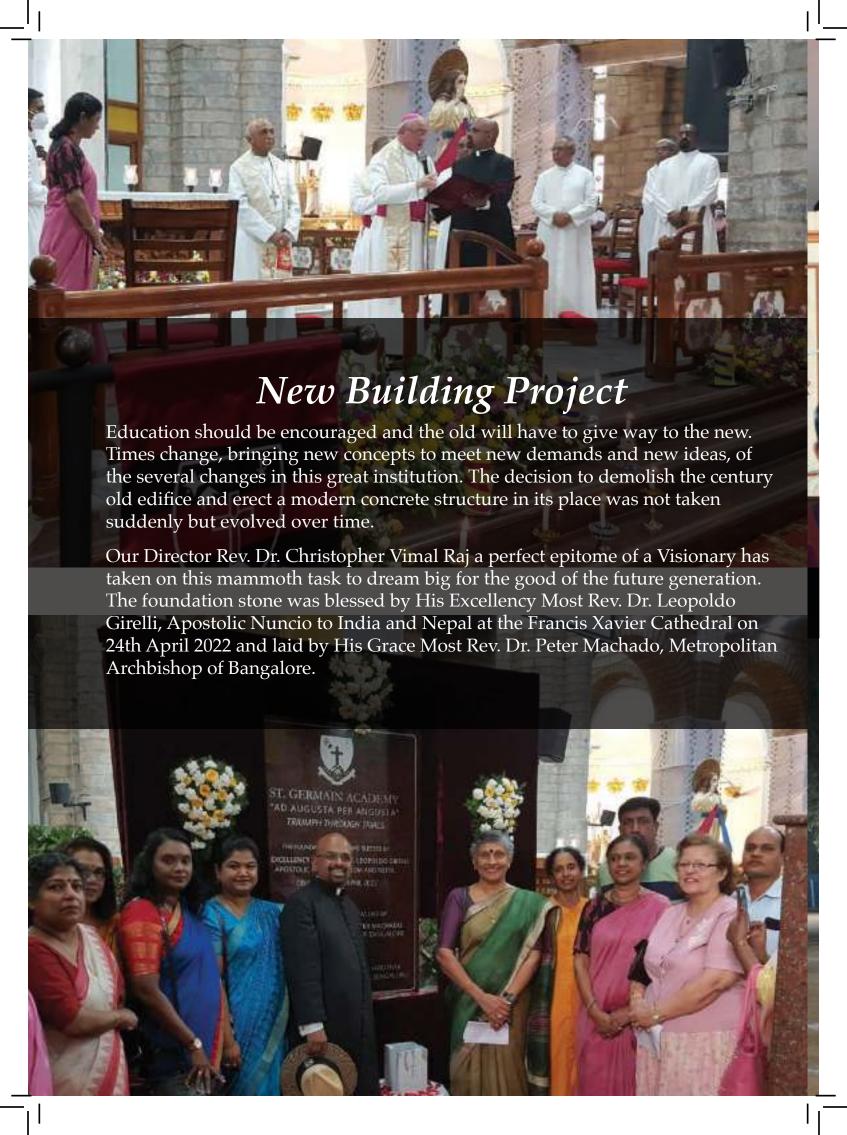














ARANJO HOUSE

"Adour and Achievement"

"Talent wins games but teamwork and intelligence win championships"

Standing for being adventurous and ambitious the house was named after the great Aranjo brothers Rev. Msgr. Pat Aranjo and Rev. Msgr Stan Aranjo., the founding Fathers of this institution. We the Aranjoites believe that success is not final and failure is not fatal, it's the courage to continue that counts. The academic year 2022-2023 was indeed adventurous and filled with obstacles for the Aranjo house. With the help and support of our house mentor and house mistress we have strived hard to overcome these obstacles and have sailed through the competitions.

Securing the 2nd place in the Inter-House Football tournament we began our new campaign. Having the best athletes in our house gave us a lot of advantage. We bagged 5 individual championship trophies in athletics. On the annual athletic meet we showcased our talents and proved that Aranjo house is no less than any other house. We secured the 1st place in the Inter-House Relay (Girls) and 3rd place in the Inter-House Relay (Boys). Though we did not win the overall championship, we won the hearts of many.

We wish our successors all the very best, who will definitely make us proud in the future.

House Mentor: Mrs Usha Tushir

House Captain: Mohammed Ameen Dastagir

House Vie-captain: Kevin Thomas Job



FROGER HOUSE

"Faith and Fair Play"

The Froger House associated with the colour Blue which symbolises peace, tranquillity, harmony got its name from the much loved French Priest, Fr. Stanislaus

A busy and an activity-filled year indeed. We have taken success and failure in our stride with enthusiasm and goodwill..

The year did not yield much success, But the attitude to accept challenges, the spirit to excel and the determination to achieve definitely prevailed among the Frogerites. We started our year well by winning Gold in the interhouse football tournament.

The Annual Sports Meet results were excellent. We secured first place in the interhouse relay and second in the inter-house march past. We were content to be tied in second place in the overall points table in the 2022 Annual Athletic Sports Meet.

Vince Lombardi once said, "Winning is not everything but wanting to win is" the savoured taste of Victory created a thirst for more among us. Though we weren't able to win the overall house championship, we definitely were able to win the heart of all.

We extend our heartfelt gratitude to all our teachers, especially to our house mentor Mrs. Sharuleen and Mrs. Daisy Solomon. As we come to the end of the academic year, we are again filled with hope that the future captain and the vice- captain with the inspiration of the mentors, scale new heights and attain greater glory.

House Mentor: Mrs. Sharuleen Francis

House captain: Chenna Mahith

House Vice-captain: Pranav Rajan



THOMAS HOUSE

"Fast, Fair, Friendly, and Flaming"

THE colour red stands for Thomas House! The colour red which signifies love and vigour was named after the founding father and Archbishop of Bangalore Most. Rev. Thomas Pothacamury were the CHAMPS in the 2022 Annual Athletic Sports Meet.

Could not have been a prouder moment for the Thomasites. After a decade of toiling and sweating we finally won the overall Championship trophy on a very momentous occasion 'the Platinum Jubilee Annual Sports Meet'

The sports day began with Thomas House dominating the point table, but the real competition was yet to begin as all the track events were slated to decide the score and the champion. The fact that our competitors had the upper hand in all track events with the best athletes and most picked participants in all divisions, in their team, was in fact a foreboding sign. The day's high-octane course and the adrenaline rush between each track event, along with the constantly changing points table, kept everyone in the Thomas house and its supporters on the edge. Winning the inter-house 4x100 relay brought respite to our nervousness.



Finally, the long-awaited moment arrived, when Thomas House was declared The Best 'Inter-House Ceremonial March Past Contingent, The best 'Disciplined Team' and above all The Champion of the Year 2022. After ten years of hard work, a tremendous sense of pride was finally attained.

In accordance with our motto, "Fast, Fair, Friendly, and Flaming," the zeal and determination of the Thomasites shone through in every competition, allowing us to emerge victorious. We take this opportunity to wish the future Thomasites the very best and to keep the red flag flying high.

Thank our Mentors Ms. Hebziba & Mrs. Mary Aaron for leading us to victory

House Mentor: Ms. Hebziba Y

House captain: Rishith Thathvamase R B

House Vice-captain: Vanya R



VISSAC HOUSE

""Victorious and Virtuous"

VISSAC HOUSE SUMS IT UP! We believe that success needs integrity

As individuals we are like drops of water and grains of sand but as a team, we are the mighty ocean and the pleasant land. The Vissac house was named after Late Rev. Fr. Vissac who was instrumental in making the magnificent and glorious Heritage building of St. Germain a reality.

The academic year 2022-23 proved to be an extraordinary journey for the Vissacians. The golden, yellow colour of our house symbolising happiness, optimism, warmth and sunshine with the dash of team spirit has helped the tam members to stand united and strong. We constantly strived hard to be perfect, laying emphasis on discipline and hard work which inevitably opened the gates to Victory.

Sports and literary field witnessed the Vissacians putting their best foot forward and participating with enthusiasm. We had numerous individual victories in the track and field events, which certainly made our house proud. We would like to express our sincere gratitude towards our House mistress and all the teachers belonging to the house for their immense support, guidance and timely assistance which played a huge role in nudging us forward. We wish our future Captains and all the vissacians the very best for the forth coming year and wishing they live up to the motto 'Virtue and Victory'.

House Mentor: Mrs. Amala Sunitha

House Captain: Adithya V

House Vice-Captain: Victor Manoj G S



THE SILVER LINING, WE CANNOT SURPASS

The real heroes !!!!! they have planted seeds of knowledge that will last a lifetime. You can never show too much gratitude for those who have moulded so many lives. Very few people can do what they have done.

Their dedication to the school and to the children will always be cherished. Many of their achievements cannot be capsuled in this brief note. Yes truly acknowledge their passion & tenacity to this far.

Thank you for playing your part in creating perfection.

A special mention of a teacher who has been a real achiever.

Mrs Asha Rao, your contribution to this institution must be articulated. We look up to you in more ways than one. Embarking on a journey which began in the year 1982, you have spent the best part of your life creating all other professions. Forty years of dedicated service is commendable. We salute you on this great milestone.

25th anniversary

Teachers

Mrs. Asha Rao- 1982 - 2007

Mrs. Rita Fernandez - 1989 - 2014

Mrs. Sandra - 1990- 2015

Mrs. Rajini Stephen- 1991 - 2016

Mrs. Valerie Louis - 1993 - 2018

Ms. Maria Briggs - 1995- 2020

Mrs. Deepa Joseph - 1996-2021

Mrs. Farhathunnissa Ansari - 1997-2022

Mrs. Precilla Pais- 1997-2022

Support Staff

Mr. Chinnaiah - 1996-2021

Mr. Sagaya Raj - 1995 - 2020

Mr. Don Bosco S - 1987-2012



Mrs. Asha Rao



Mrs. Rita Fernandez



Mrs. Sandra Samson



Mrs. Rajini Stephen



Mrs. Valerie Louis



Ms. Maria Briggs



Mrs Deepa Joseph



Mrs. Farhathunnissa Ansar i



Mrs. Precilla Pais







Mr. Chinnaiah Mr. Sagaya Raj Mr. Don Bosco

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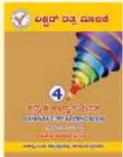








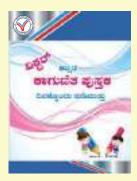
















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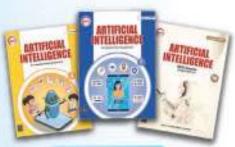


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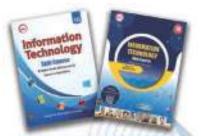




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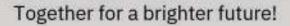
our Brands!





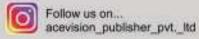








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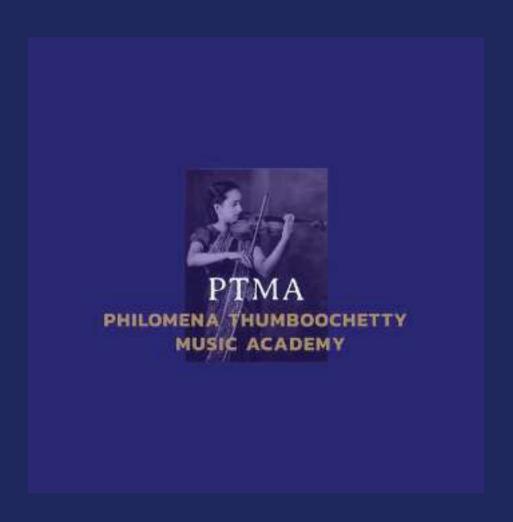


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Greetings!

Manycongratulations on all of your wonderful milestones and achievements over the decades. Many Congratulations on your Platinum Jubilee.

Wishing God's Blessings on St. Germain Academy.

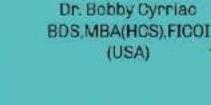
Wishing many more years of excellence and wisdom to all the Students.











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Prof. Satish Kumaran.P.

MDS(Hons), MFDSRCPS

(UK),MOMSRCPS(UK),FICOI(USA),

IBRA(Swi), FHNO, ASHNO

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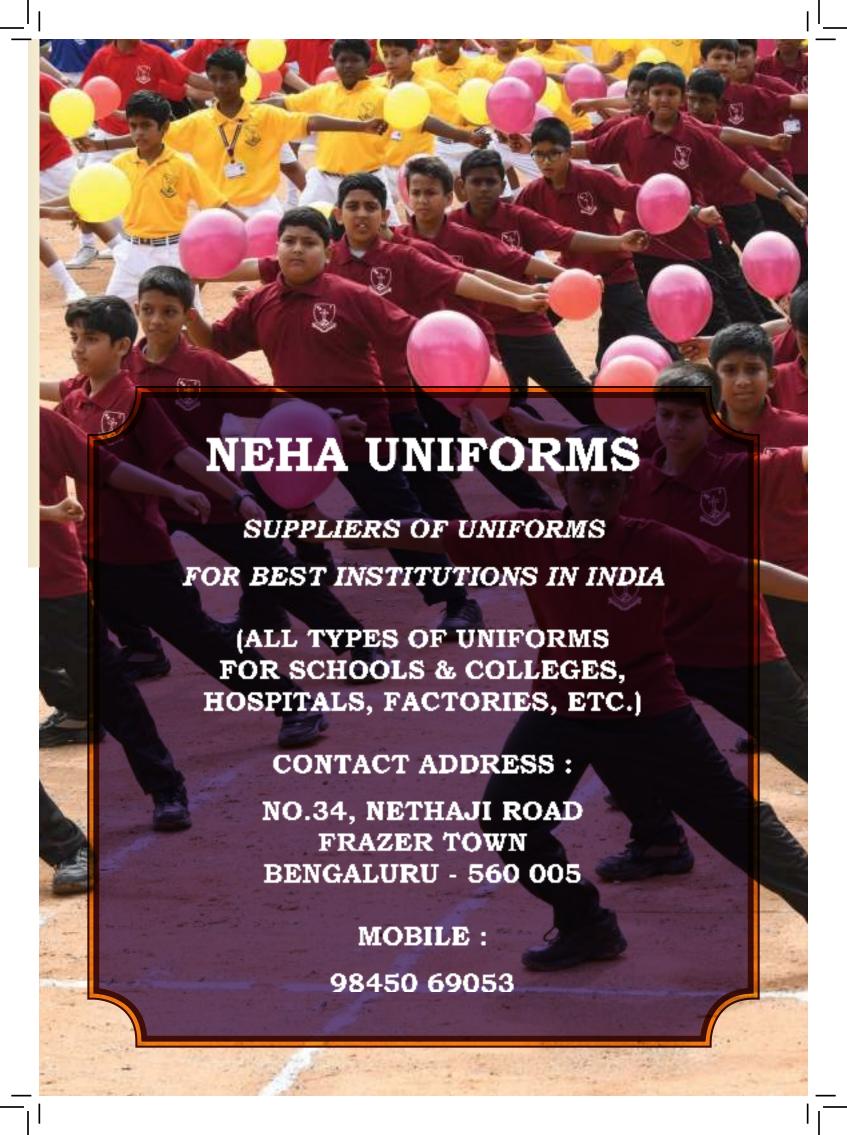
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Dear Germainites...

On the illustrious occasion of our Platinum Jubilee, the batch of 2010 -11 proudly wishes the students of Aranjo, Froger, Thomas and Vissac the very best in their endeavours.

As the legacy of 75 years has been founded on hard work and persistence, we urge you, Triumph Through Trials, every step of the way.

Whenever life knocks you down, just hum the following lines as reassurance

Firm in faith, bold of heart and strong...

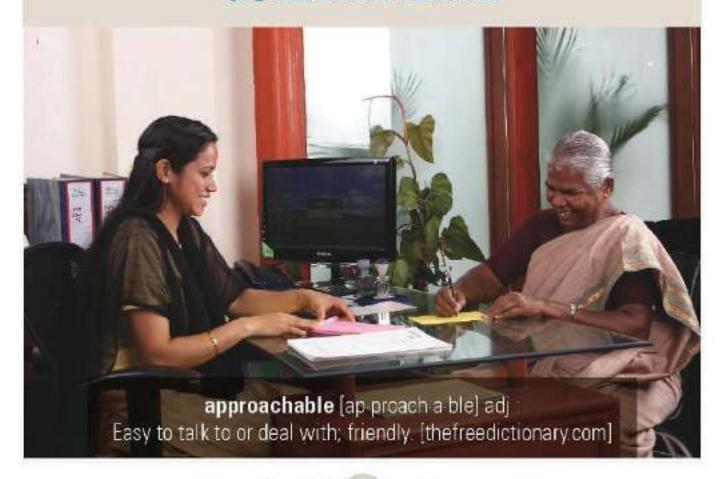
Gloria Dei Est Homo Totaliter Vivens

Best wishes from the Maroon n' Black Armada. Expect us

From Batch of 2011

- * Vigneshwaran N K * Anselm Joseph * Eric Gerald * Prasanna Vadanan *
 - * Antony Joseph Valiaveetil * Stephen S Pradeep * Mario D'Souza *

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Navaneetbam (Howewife, 73 years)



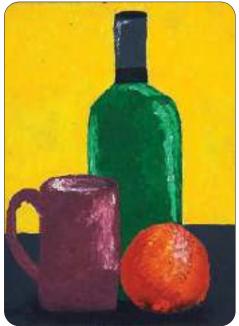
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Socially Useful Productive Work as part of the school curriculum, bridges the gap between education and life. The correlation of knowledge with craft is a perfect blend for self-productivity and self-employment.

Children besides learning are also enjoying this form of reduction. We have on display some chosen productive work of the students of Standard 9 and 10.



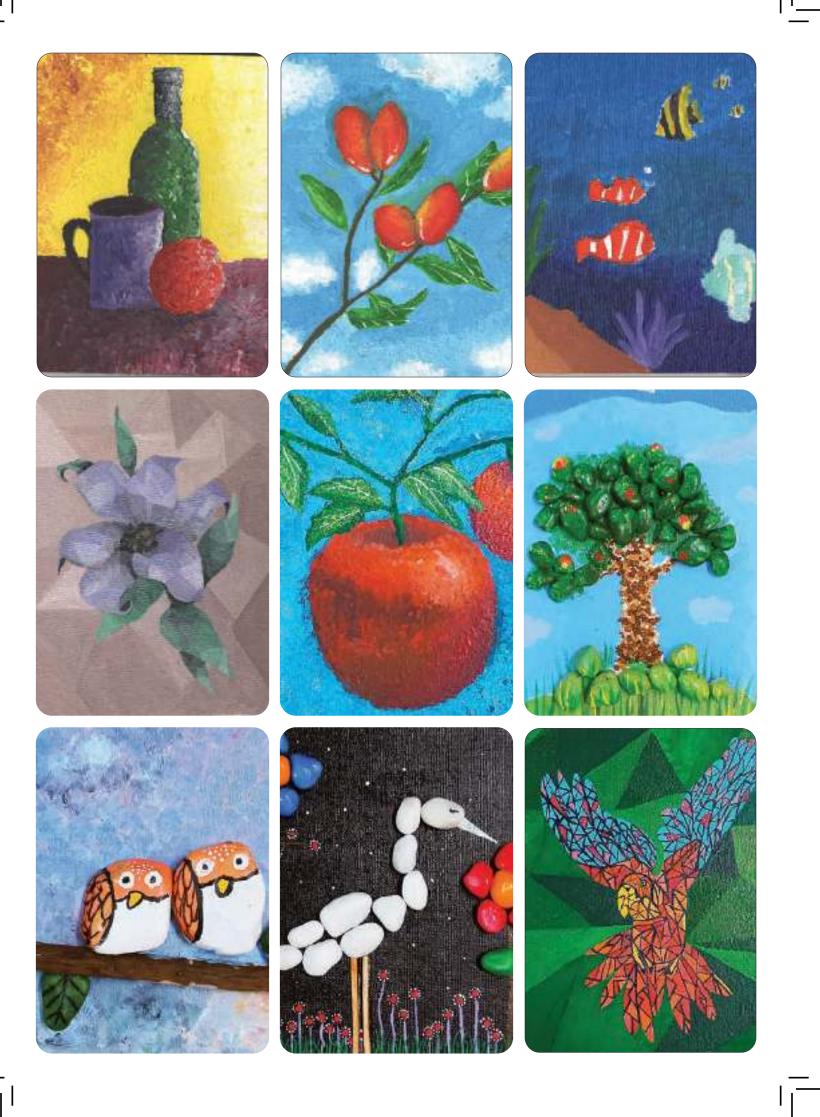














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Children, besides learning are also enjoying this form of reduction. We have on display some chosen productive work of our students...



Mohammed Moinuddin 9A



Nicholas



Pranit Amalan 7C



student



Syed Muhammad Amaan 2B



Tanushree Vijay 7B





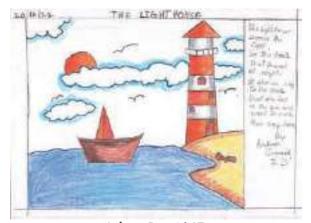




Zoya Abdeen 10 A



Varsha K 7B (2)



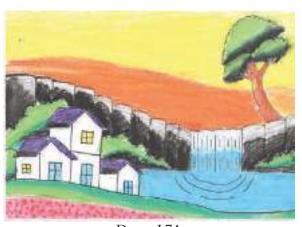
Arham Junaid 2D



Arnold Adriyan Raj 5B



Bernard Aariyan Raj 7C



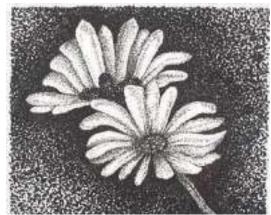
Durga J 7A



Gavin Xavier 2B



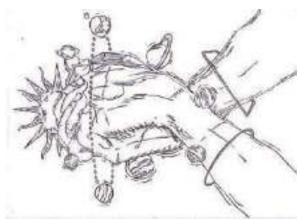
Hemashree 7C



Ishank Reddy 9C



Keerthana Shree 7A 2



Nicholas 1



Sahana V 8B

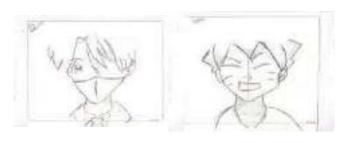


Izaan 2B



Muhammed Ali Hamza 2B





Addison 7C

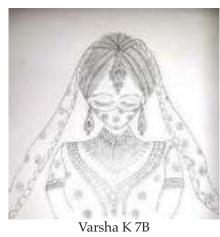


Tushar S 8B





Vanya R 9C





Yahya Khan 7C





Yuthi L V 8C



Yuven Samarath 2B



Aasiya Fathima 7C 1



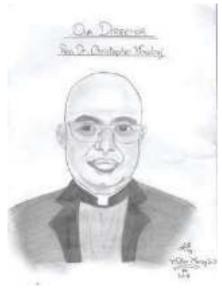
Andrew Victor Raj 2B



Arleen Anto S 10A (1)



Arleen Anto S 10A



Victor Manoj G S 9A



Darshan Sai 9B



Joanna Caroline 7C



Keerthana Shree 7A 1



Md.Farhan 8A





ACTIVITIES

























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EVENTS





























FESTIVALS Celebrated













NCC







10th Standard 2022-23 Batch







142











Valedictory Ceremony 2022-2023

The 17th of February 2023 saw 120 graduates proudly walk the way. A joyful climax of a journey that began 10 years ago.

The essence of the Valedictory Ceremony was beautifully reflected in the words 'Soar like an Eagle'. They will never know how far they can fly until they open their wings and soar.

An illustrious Germainite **Mr. Vikram Mathews – Director of CMC** Vellore was the chief guest of the evening. He spoke proudly of his Alma Mata through captured moments.

We were delighted to offer a hospitable welcome to our ABE President and Archbishop of Bangalore, His Grace **Most Rev. Dr. Peter Machado** who never misses an opportunity to patronize any occasion in the school.

Our Director **Rev. Dr. Christopher Vimalraj** and Principal **Mrs Monica Anthony** in their message to the out-going students, implored them to always see themselves as good ambassadors of this prestigious institution and never allow selfish interest to blemish the integrity they have nurtured over the years in school.

The Valedictorians sang of the time of their life they had in school, teachers reiterated – be strong and take courage, while their juniors hailed their seniors their 'Heroes' and revealed that St. Germain's raised them to a height where they will use the storms of life to reach unimaginable heights. A true Germainite - they will *TRIUMPH THROUGH TRIALS*.













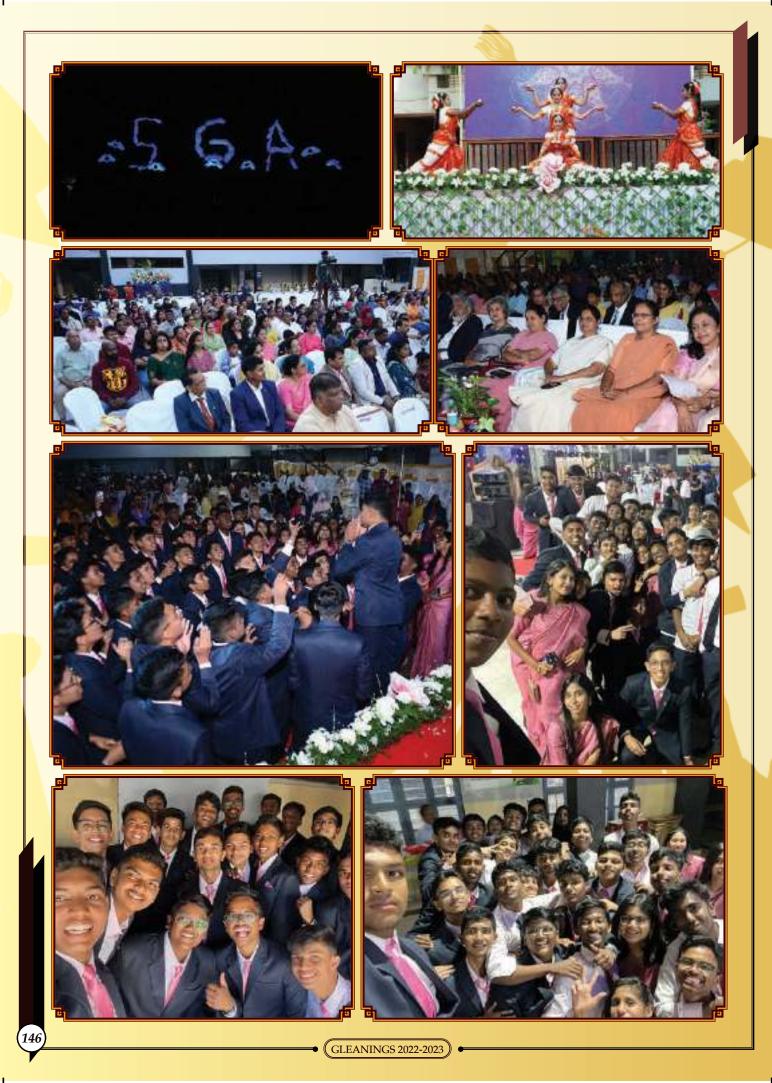


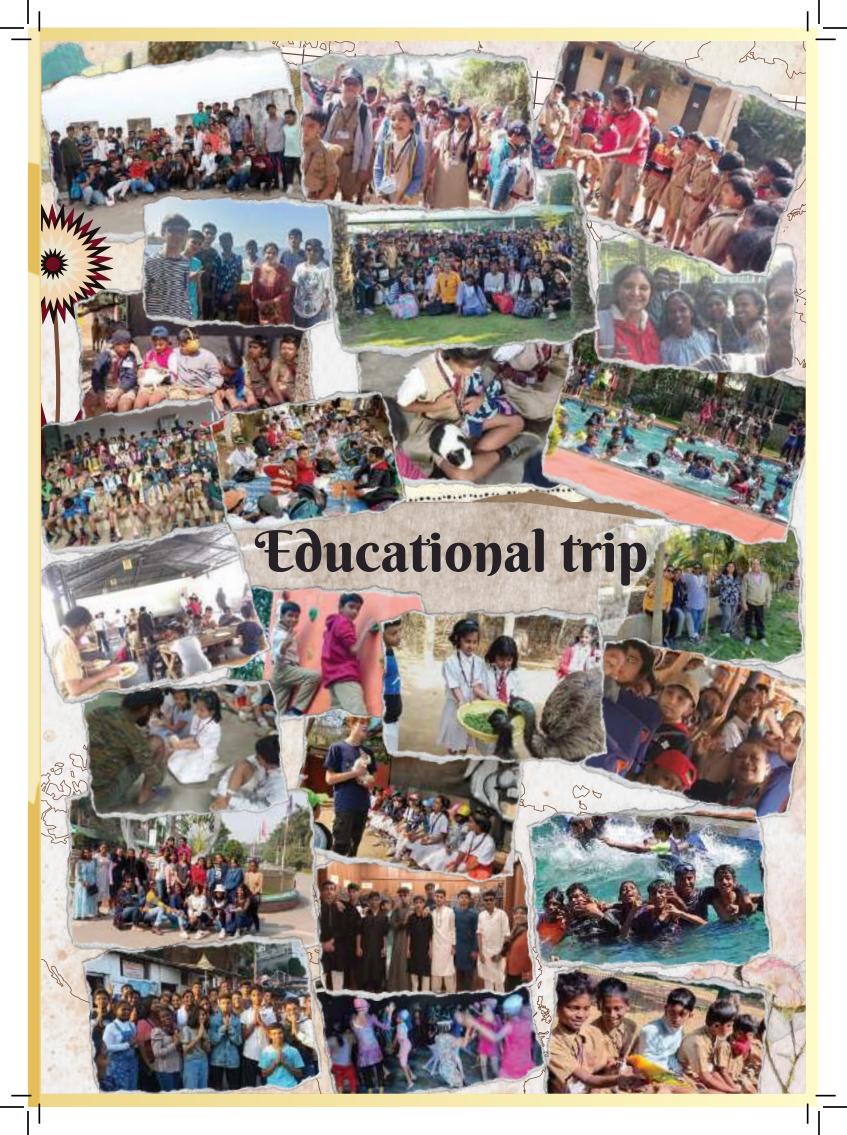














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Dear Team,

We thank the School and Management for supporting our Children Shareen Chengappa and DilipKumar in all there endeavor's.

We Congratulate and wish all the success to the Germain Family for bringing up such a wonderful program.

Regards, Chengappa B.U.





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