

Sparkling Nirmalarians

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NIRMALA CONVENT SCHOOL, BULANDSHAHR

"But the wisdom that comes from heaven is first of all pure; then peace-loving, considerate, submissive, full of mercy and good fruit, impartial and sincere..." Bible

Generosity- A Profound Act of Kindness

"Gentleness, self-sacrifice and generosity are the exclusive possessions of an ideal human being. Let us try to teach generosity altruism"

Generosity is freely sharing what you have with others. It's being willing to offer money, help or time when it is needed. To be generous means giving something that is valuable to you without expectation of reward or return. Many traditions measure generosity not by the size of the gift, but by what it cost the giver. Generosity would also mean- Giving more than you can.

Sometimes generosity requires pushing past a feeling of reluctance because we all instinctively want to keep good things for ourselves. Even so, we can structure our lives in ways that make generosity more spontaneous and fun. When we intentionally 'live below our means' and avoid over commitment, we cultivate a sense of bounty or surplus that makes us want to share. When we give, we reap the pleasure of knowing we have made someone else's life a little happier.

It is also not about helping those less fortunate than us. It's about giving freely, without condition, without judgement and without need of explanation. The idea has been around for millennia. A generous individual will always have mercy for the poor and any other individual who suffers from any kind of disability. Being generous and kind encourages us to perceive others in a more positive and fosters a sense of community a feeling of inter connectedness. As a committed member of the great mission; I, Sr. Daisy hereby says that the joy of helping others is the utmost pleasure above all the materials we gather in this world. It is exceptionally true – "The more you give, the more you receive". Undoubtedly, even after devoting your entire treasure, you are the richest person because the blessing you get are invaluable and they cannot be matched with any happiness of this materialistic mundane.

Sr. Daisy
The Principal

SCHOOL ASSEMBLY AND ACTIVITIES

Class Assembly

On every working day from October to January 2019, the students of a class conducted morning assembly on some selected topic based on moral, ethical and social concepts. Through this, every child of the class got a chance to come before the mike with his/her G.K. Questions, Speech, News Headlines, Amazing Facts, Poems, Thought for the Day, etc. Also, their respective class teachers spoke on the topic concerned.



I say to you, love your enemies and pray for those who persecute you. (Mt 5:43)



Value Based Skits

During assembly, the students of Class IV – VIII presented value based skits with a different moral theme under the guidance of their respective class teachers on different dates. This inculcates values and ethical principles among the children.

Sanitation Day

During value education period or after the lunch break, the students were given class wise responsibility to clean the campus to mark the

sanitation day. They performed the task with full enthusiasm. It was implemented to fulfil the vision and mission of 'Clean India'.



PRAYERS



Inter-Religious Prayer

Inter-religious prayer meeting was conducted on 10 December 2018 in the school premises by teachers and students with an aim to spread the beautiful message of important principles under lying in religions.

USM Prayer

Every month USM PRAYER was conducted in Class VI-X. Students discussed five paths of Self- Transformation. They set their action plan and shared their related activities they performed for the welfare of the society and the Mother Earth. This prayer meeting was

always concluded with the collection of Literate-India contribution and Love-Offerings by the volunteer students. This keeps the students in touch with the society and our resources at large.

Assembly-Class X



It was a moment of mixed joy and sorrow when the students of Class-X conducted their last assembly on 6 February 2019. The students expressed their views in the form of poems, sing-song and speech. Sr. Principal also motivated the students. The whole school was awestruck at the views of the students. All the students of the school were encouraged and enlightened by the inspiring words of their seniors.

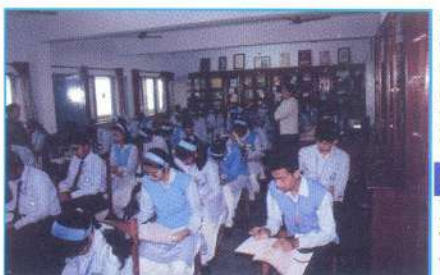
Prayer Meeting Class-X

The students of Class-X were called for the prayer meeting in the nursery wing hall. The prayer was conducted by Sr. Sara. Later, Sr. Daisy, the principal and the class teachers

of all three sections continued the meeting. Students received mementoes and a lighted candle, a symbol of transmitting knowledge from the teacher to its pupil. At last, a slip with a message on it was given to every student before leaving the campus.



OLYMPIADS



Apart from course content, our school focuses on the all-round development of the students. In collaboration with renowned foundations during the session 2018-19, it conducted a number of Olympiads on different dates such as International Silver Zone Olympiads (all subjects), NSO, Bharat Ko Jaano/Vigyaan Ko Jaano, Saviour Environment and many more. A good number of students participated in these olympiads. The winners were awarded with medals, certificates and cash prize of Rs. 5000.

COMPETITIONS

Inter-House

The students of the school are divided into four houses; Ashoka, Gandhi, Nehru and Tagore.

Inter-House competitions are conducted every year. From October to December 2018, the students of all four houses actively participated in Story Telling(English), Essay Writing, Poem Recitation(English and Hindi), Creative Writing, Drawing and Colouring, Show and Tell, Speech (English and Hindi), Solo Singing, Rakhi Making, Extempore(English and Hindi), Poster Making, Collage Making, Self-Composed Poem, Slogan Writing, Solo Dance, Debate(English and Hindi), Turn Coat, Duet Singing, Carol Singing, One Act Play, Kavi Sammelan, Book Mark Making, Rangoli, Salad Making, Instant Food Making, Spell Bee, etc. The winner students were commended by presenting certificates during the school assembly.



Where your treasure is, there your heart will also be. (Mt 6:21)

Inter-Section

Bulletin Board Decoration Competition on different topics (every month) was held in the school premises. The students of the winner class were given certificates in the school assembly.



Inter-Class

Especially for junior classes, various competitions were held, such as; News Reading, Turn-Coat, Collage Making, Singing, Extempore(English and Hindi), Essay Writing(English and Hindi), Fancy Dress, Creative Writing, English Rhymes, etc. Winners were awarded first, second and third prize. It develops competitive spirit among the students.

Inter-School

Competitions like; AD-MAD and Origami in Delhi, Debate (English and Hindi) in Renaissance School; BSR, Debate (Hindi) at Hindi Sahitya Parishad; BSR, Cultural Programme at Police Line; BSR, Classical Dance; DPS BSR, G.K. at Hindi Vikas Parishad; BSR, etc. were held for the students. A school level Painting Competition was held on 'Use Water with Care-Save Our Future Generation' organised by Ministry of Water Resources, River development and Ganga rejuvenation, Govt. of India on 1 October 2018.

On 23 December 2018, students participated in Drawing Competition held in Azad Public School, BSR.

Honest Club organised a drawing competition, in which the students of our school participated in group-I and group-II and got trophies and certificates of first, second and third prize.

The students won medals, certificates, mementoes, trophies, gifts and cash prize. These competitions bring out the best of the students' imagination and ability to analyse and evaluate their personal aptitude.



ENRICHMENT PROGRAMMES FOR STAFF, STUDENTS AND TEACHERS



Provincial Superior's Visit

On 13 November 2018, Rev. Sr. Joyce, the Provincial Superior of St. Francis Province, New Delhi was with us in our school. She enlightened the students and the teachers on self-discipline and character building with her inspiring words. Her presence was rejoiced by everyone in the school.

Orientation Programme

During session 2018-19, time to time the principal and the teachers motivated and guided the students through orientation programmes

conducted class wise. The teachers motivated the students to be self disciplined, honest, sincere, dedicated, career oriented, competitive, diligent, etc.



Sr. Principal's Counselling

On 5 and 6 December, Sr. Daisy encouraged and motivated the students of Class IX-X for their forth coming examination. Students were highly impressed by sister's speech.

Staff Meeting

Every now and then staff members have been motivated and guided by the principal during the staff meetings. This helps the teachers to withstand the holistic approach to their position as a teacher.

Seminar for teachers on NLP

A seminar was conducted from 3-6 December 2018 in St. Anthony Sr. Sec. School, Faridabad on Attamamitra Neurolinguistic Programming by Fr. Toby on technique of self-improvement and throwing out the negativities from our life. Six teachers from the school attended the seminar. Later, the teachers who attended it told its gist to the whole staff.



Ask, and it will be given to you, search, and you will find, knock, and the door will be opened for you. (Mt 7:7)



Personality Development

A seminar for the students of Class-X was conducted on 29 December 2018 by Sir Anupam Sharma. He focused on career making and personality development. The students were greatly delighted by the teacher with his perspicuous demeanour.

Information Technology

Mr. Anupam Sharma, the resource person, along with Ms. Kanika Obediah conducted a seminar to recall and revive the mentors' knowledge through animated film-Train of Life, showing the journey of human beings in the world. Next part was the teachers' impact on the life of the students 'Never Stop Learning Because Life Never Stops Teaching'. Its second component was 'Information and Knowledge' about the use of technology(computer, mobile and social media). All the teachers were well informed with various features like; copy, saving files, transfer of messages and videos from mobile to computer, etc.



Capacity Building

On 9-10 January two teachers attended a seminar at D.P.S, BSR conducted by Ms. Deepti Sharma on the theme-Improvement In Teaching and Learning Process. The teachers who attended it, also conducted it in the school and enriched the teachers with their experience.

Motivational Programme

Sr. Daisy, the principal, along with the class teachers of Class-IX-A, B and C conducted a programme on 30 January 2019 based on forth coming exams, tips on time-management and instructions to follow in their coming life. Activities based on practical approach to learning were also conducted. It was a very informative and interactive session for the students.



SPORTS AND FITNESS

Inter School Basketball Tournament

IV Basketball Tournament was organised on 19 October 2018 in which eight teams participated and the final match was won by Santosh International School, BSR.

Sports Beyond School Boundaries

- Nitin Sharma of Class 10 won the Target Ball National Championship held at Hamirpur, Himachal, and was awarded with a trophy and a certificate.
- Ananya Raghuvanshi of Class VII-A secured third position and was awarded with a medal and trophy for Sub Junior Basketball Championship held at Kanpur by District Basketball Association.
- Aditya Singh of class IX got participation certificate in Youth Basketball Championship held in Meerut.
- Meerut Basketball Tournament was held from 1- 5 October 2018 in MPS, Meerut in which students of Class VIII, IX and X participated and they got participation certificate.
- Inter School Basketball Tournament was organised in Renaissance School on 10 and 11 October, 2018. Our school got participation certificate.
- II Inter School Basketball tournament was held in St Anthony Sec. School, Faridabad on 15 November, 2018. Our school was awarded with the participation certificates.
- On 2 December 2018 Basketball tournament was organised at J.P Vidya Mandir, Anoopshahr in which girls team got II position and silver medals, boys team got bronze medals and junior boys team got gold medals.



School Sports Events

Various sports events were conducted for the students from Class III-X in the school campus. There were different races for Class III-IV, Badminton and Tug-of-War for Class V and VI, Chess and Table Tennis for class VII, Volleyball, cricket and basketball for Class VIII. Volley ball, Basketball and Kho-Kho for Class IX and X. Medals and certificates were given to the winners in the month of December.

These sports activities give proper direction and prowess to develop skills in the areas of the students' selected sports according to their level. These students are awarded for their remarkable performance and sports achievements.

HEALTH AND HYGIENE

Vaccination Campaign

Rubella and Measles vaccination campaign was conducted on 29 November 2018 in which 1050 students were vaccinated from Class LKG-VIII.



Hand Washing Training

Hand Washing training was given by the doctors from J.P. Hospital, Chitta, BSR on 28 September 2018. The doctors demonstrated the way of hand washing in the school assembly which was followed by all students and the staff.

Health and Physical Education

During session 2018-19, Health and Physical Education has been introduced as one of the important components for the students in their

curriculum. The students of Class IX and X opted any game or sports of their interest such as; Athletics, Badminton, Basketball, Table-Tennis, Volleyball, Chess, Aerobics, Rope-Skipping and Cricket. They performed Yoga and Mass P.T. under the guidance of their instructor. Also, the major component of H.P.E. is 'SEWA', that comprised of various events such as debate, essay writing, rally, poster making, quiz, group discussion, etc. that were uploaded on CBSE website every month.

SOCIAL CONCERN



Flag Day

On account of Flag Day, the school collected Rs. 5000 and sent to National Foundation For Communal Harmony on 14 November 2018.

Divyam Balwadi Schools

Our Institution also runs two 'Divyam Balwadi' schools. Among them, one school is in Girdhari Nagar, near exhibition ground and another is run in the school campus, pre-primary wing

from 12 noon to 5p.m. These schools are meant for marginalised and less privileged, where they are not only given free education, but also; books, stationery and education through capable teachers by the school management. There are 248 students on roll in 2018-19. Time to time the sisters and the teachers visit these schools. Also, the school management, teachers and students visit these schools and generously contribute provisions, utensils and dresses to the children. This helps us to understand the needs of others; especially the poor and the destitute.

Support to Marginalised

On 6 February 2018, the school management-Sr. Joyce; the provincial, Sr. Lincy, Sr. Daisy, Sr. Maria, Sr. Pushpa, Sr. Leonarda, Sr. Sara in presence of some teachers and the students contributed and generously gifted 12 E-Rickshaws to the poor and under privileged people. It was a great work for the well being of the mankind done by the sisters. The members of every family of the receivers thanked and blessed the sisters and received their gift from Sr. Provincial.



ACHIEVEMENTS AND REWARDS

Students

On 17 October 2018, students of junior and senior levels in 'Bharat ko Jano and Vigyan ko Jano' got first, second and third prize in the form of certificates and trophies.

CELEBRATIONS

Annual Day

The 56th Annual day was celebrated on two different days i.e on 29 October 2018, 'Heal the World-Dance and Drama' for LKG to III. The chief guest for the function was Ms. Gunjan Singh, a teacher and writer and alumna 1987 batch. And on 30 October 2018, 'Aashayein; Youth-A Divine Hope' for IV-VIII in the school premises. The Chief Guest for the function was Dr. Kapil Singhal, M.D. Neurology and alumna 1993 batch, and the Guest of Honour was Dr. Gautam Lal, B.D.S and alumna 1998 batch. The themes of the programmes were – Live and let live and integrated India, which were presented in the form of value based skit and beautiful dances. The programmes were commended by all the guests present there.



Whoever welcomes you welcomes me, and whoever welcomes me welcomes the one who sent me. (Mt 10:40)

Armed Forces-Flag Day

This day was celebrated in the school premises on 7 December 2018. The programme was conducted by the students of Class VII. The students sang patriotic songs dedicated to Martyrs. The main aim of this celebration was to spread the message – 'We Must Respect our National Flag and The Freedom Fighters'.

Republic Day

This is one of the most important National Festival in the life of every Indian. Keeping its esteemed value and prominence; on 26 January 2019, the school celebrated 70th Republic Day with the spirit of patriotism and dedication. Ms. Nishi Sharma, along with Sr. Daisy hoisted The National Flag. March past was done by the students that was followed by cultural programmes conducted in the honour of this eventful day. Also, the students of Class VI and VII represented the school at Police Line in the cultural programme, where they received certificates, trophy and Rs 300/- as cash prize.



RELIGIOUS FESTIVALS

St. Francis Feast Day

The students of Class IX-B presented a meaningful short skit and beautiful dance performance representing the theme of the day. Sr. Sara gave an important message of love and brotherhood to the students. The students learnt to be compassionate and caring.

Diwali



This important festival of Hindus was celebrated on 5 November with great pomp and show. Class IV-A, B and C students performed a melodrama on the life of Lord Rama. Many dances and songs reflecting rich cultural heritage of India were performed by the students.

Guru Nanak Jayanti

Guru Nanak's Birthday was celebrated on 22 November by the students of Class II-A, B and C. A short and sweet programme showed the life

and teaching of Guru Nanak. During the celebration, the school premises echoed with the holy words of Gurubani.



Patroness Day

On 8 December 2018, the students of Class IV-A, B and C celebrated this day with mesmerising dance, speech, group-song and a small skit. Sr. Sara sermonised the students with the teaching of Mother Mary, the patroness.

Christmas

On the auspicious Christmas celebration Carol Singing Competition was conducted on 21 December. The students of Class 3 and 4

presented a beautiful skit and dressed themselves as Santa. The students presented beautiful dances and songs. Whole school was decorated with red and white balloons. The programme conducted by the students was enjoyed by all, which ended with the message of love, peace and brotherhood. Sr. Principal's inspiring words brought more enthusiasm among the students. It gave an immense pleasure to the



audience to witness this exhilarating event. After the celebration, the school management gifted woollen clothes, and the students also generously contributed (Rusk and Biscuits) to 'Balwadi' children.



A voice said from the cloud, "This is my son, whom I have chosen – listen to him!" (LK 9:35)

IMPORTANT DAYS

Children's Day

As a mark of Children's Day, 14 November 2018 was celebrated by the teachers with great enthusiasm. The teachers presented dance performance, songs, skit and speech. The students were highly delighted and were gifted chocolate. The students enjoyed the programme and thanked their teachers for their love and concern for them.



Constitution Day

On 26 November 2018 to mark the adoption of constitution, the day was celebrated in the school premises. The students read preamble, sang patriotic songs and oath was taken in the school assembly. This reminds the importance and meaning of constitution to the students.



IMPORTANT EVENTS

Our school recognises and accepts its responsibilities towards the society as a whole. Many events were organised to create awareness on various issues. Under this following programmes were conducted.

- An activity showing 'Mock Live Court' on 30 November was conducted by Class VIII students which proved to be informative and meaningful for the Nirmalarians.
- *Rashtriya Ekta Diwas* was celebrated on 31 October 2018 to commemorate the birth anniversary of Sardar Vallabh Bhai Patel.
- *Qaumi Ekta Week* was celebrated from 19-25 November 2018 to reinforce the spirit of communal harmony and national integration. Various programmes were organised; such as-skit, speech, inter-religious prayers, etc.
- On 30 January 2019, *Martyr's Day* was observed by keeping two minutes silence in the whole school to pay tribute to the Father of the Nation, Mahatma Gandhi.



BIDDING FAREWELL TO CLASS - X

On 7 February 2019, the students of Class -X were given farewell. 'Farewell' brings joy; as students move ahead for their career and further studies. On the other hand, they are sad because they are bound to leave their loving and caring teachers as well as the school boundaries. On this occasion Class IX students entertained the students with songs, dances, skits and many more programmes. At the end of the programme Sr. Principal motivated the students with her golden words and blessed all the students for their bright future.

Family Rules

1. Put the other person first.
2. Speak with love.
3. Tell the truth.
4. Mind your manners.
5. Make the right choice.
6. Be courageous.
7. Guard your heart.
8. Forgive freely.
9. Always do your best.
10. Be thankful.



"To enjoy good health, to bring true happiness to one's family, to bring peace to all, one must first discipline and control one's own mind. If a man can control his mind, he can find the way to enlightenment, and all wisdom and virtue will naturally come to him."

Nirmalarians at a Glance



Whatever you ask for in prayer with faith, you will receive;. (Mt 21:22)