



ST. ANTHONY'S SR. SEC. SCHOOL

C-6, SDA, HAUZ KHAS, NEW DELHI - 110016



THE VERVE

NEWSLETTER

APRIL - SEPTEMBER 2024

ISSUE - 17

"Abandon yourself in the hands of Jesus and he will do what is best for your soul". - Mother Seraphina

From the Principal's Desk



“Education’s purpose is to replace an empty mind with an open one.” – Malcolm Forbes

Dear Parents/Guardians,

To navigate the digital landscape, I want to use this platform to address the growing concern of excessive digital technology use among our students. While technology offers immense benefits, unbalanced usage can have detrimental effects on mental and physical well-being, social skills, and academic performance of our students.

The Risks:

- Addiction
- Social isolation
- Cyberbullying
- Sleep deprivation
- Decreased attention span

Our Commitment:

We, at SAS, are dedicated to fostering responsible technology use. We

- integrate digital literacy into our curriculum
- try to monitor online activities
- encourage offline learning and activities
- provide options of offline resources for our students
- resolve to prioritize our emotional well-being
- cultivate a passion for reading

We Need Your Partnership:

To promote healthy technology habits, please consider

- setting screen time limits (e.g., 2 hours/day)
- designating device-free zones (e.g., dinner table, bedrooms)
- encouraging physical activity and outdoor play
- engaging in conversations about digital citizenship
- monitoring your child's online activities
- setting a good example with your own technology use

Tips for Parents:

- Create a Family Media Agreement
- Use parental controls and monitoring software
- Encourage educational apps and games
- Schedule device-free family time
- Discuss online safety and etiquette

In conclusion, as we strive to nurture responsible digital citizens, I urge you to join us in promoting healthy technology habits. Together, we can empower our students to harness the benefits of technology while minimizing its risks.

Best Regards
Principal

“Pray...for prayer can obtain even the impossible.”

-Mother Seraphina

APRIL

ORIENTATION PROGRAMME

"A JOURNEY OF A THOUSAND MILES BEGINS WITH A SINGLE STEP."

An orientation program for pre-primary students was held to familiarize the young learners and their parents with the school environment, policies, and educational philosophy, setting the stage for a seamless and informed transition into the school community.



ANNUAL SCHOOL BLESSINGS

3rd April

"I CAN DO ALL THIS THROUGH HIM WHO GIVES ME STRENGTH."
PHILIPPIANS 4:13.

The annual school blessing was organized to bestow blessings upon the students and faculty in the school premises, celebrating the spirit of renewal and hope.



CUET AWARENESS SEMINAR

4th April

"SUCCESS IS NOT FINAL, FAILURE IS NOT FATAL: IT IS THE COURAGE TO CONTINUE THAT COUNTS."

The CUET seminar was aimed at familiarizing students with the exam format, preparation strategies, and its significance for university admissions.



WORLD HEALTH DAY

"THE GREATEST WEALTH IS HEALTH."
- VIRGIL.

Our school celebrated World Health Day to foster healthy habits and advocate the well-being of students and staff.



"True humility will lead you to faith and faith will enable you to have the vision of God" - Mother Seraphina

The school hosted a vibrant Eid-ul-Fitr celebration, adorned with colourful decorations and cultural performances, fostering a joyous atmosphere of unity and togetherness among students and staff.



EID - UL - FITR

10th April

"YOU WILL NOT ATTAIN RIGHTEOUSNESS TILL YOU SPEND IN CHARITY OF THE THINGS YOU LOVE"

The De-Worming week was orchestrated to promote students' health by providing medication and raising awareness about the importance of hygiene and preventing parasitic infections.

De-Worming Week

23rd to 30th April

"PREVENTION IS THE KEY - ONE DEWORMING TABLET TODAY, A HEALTHIER TOMORROW"



The investiture ceremony of our school was a momentous occasion, filled with anticipation and pride. It marked the official induction of the new student leaders into their roles, recognizing their commitment to the school community.



INVESTITURE CEREMONY

23rd April

"WHEN THE WHOLE WORLD IS SILENT, EVEN ONE VOICE BECOMES POWERFUL."

Motivational Seminar

26th April

"THE MAN WHO DOES NOT READ BOOKS HAS NO ADVANTAGE OVER THE ONE WHO CANNOT READ THEM."
- MARK TWAIN.

The motivational seminar was held to stimulate the mindset of students to stay positive and work hard to reach their full potential.



"Intellectual development without the development of character will defeat the very end of education"-Mother Seraphina



Certificate of Appreciation



Investiture Ceremony

सृष्टि का नियम है बदलाव,
अप्रैल महीने का यही है मूल भाव ।
नए सत्र, नई उम्मीद की मशाल,
चलो स्कूल, पूछने नए सवाल ।

ज्ञान की अभिलाषा फिर खींच लाई,
नई हवा, नई ऋतु आई।
स्कूल के कॉरिडोर में फिर हलचल है छाई, अलग
ताजगी, कुछ उमंगे हर कतरे में समाई ।

प्रतिभा की किरणों की मधुमाया में
बैठी बोध वृक्ष की छाया में।
होंगे नए मंज़र, नए नज़ारे, मिलेगी नई मंज़िल हवा भी
गुनगुना रही है
देखो आया APRIL



Silver Zone and IOF Olympiad Winners



St. Francis' House Best House (2023-2024)



CUET Seminar



Release of The Verve, Issue- 16

MAY

IS THE MONTH OF EXPECTATION, THE MONTH OF WISHES, THE MONTH OF HOPE.

1st May



INSTITUTE DAY

Institute Day is a poignant occasion in our school community. Aiming to honour Mother Seraphina's legacy and commemorating her life. A series of heartfelt tributes and activities were performed by students under the aegis of the Seraphinian Cell.

6th May

CYBER SAFETY SEMINAR

The cyber safety seminar was organized for both students and staff. It focused upon the importance of protecting personal information online and recognizing potential digital threats.

8th May



POCSO AWARENESS SEMINAR

The POCSO seminar was a pivotal event aimed at educating students about child protection and safety through presentations and discussions.

Students gained insights into recognizing, preventing, and responding to abuse.



18th May



JAL SHAKTI ABHIYAN

This initiative was introduced with a strong commitment to conserve water resources and was inaugurated with a solemn pledge to safeguard our water resources through concentrated efforts.

13th May

SILVER JUBILEE CELEBRATION

Rev. Sister Jeslin and Rev. Sister Vandana celebrated 25 years of dedicated service to humanity. Their unwavering commitment and inspiring leadership have profoundly shaped our school community and enriched countless lives.

15th May



AU REVOIR RAJNI MA'AM

A special assembly was organised to bid farewell to our beloved Rajni Ma'am, whose dedication and passion made a profound impact on her students. It featured many events reflecting deep reverence and affection her students hold for her.



"Time is a coin with which one buys a paradise" - Mother Seraphina



INSTITUTE DAY
COMPETITIONS



मई में गर्मी की तपिश भी
मद्धम हो जाती है,
पूर्वी हवा कहानी जब नए
ढंग से सुनाती है।
आने वाली गर्मी की छुट्टियाँ
दूर खड़ी चिढ़ाती हैं,
हवा, मौसम ,रुत यह
मस्तानी
भी इंस्टीट्यूशन डे हमारे
साथ मनाती हैं।



EDUCATIONAL
SEMINARS

नए सत्र की पहली परीक्षा
की जोरों -शोरों से चलती
तैयारी
पूरे कैंपस में जब हँसी
गूँजती है हमारी,
तो महक कर बोल पड़ती है
फूलों की क्यारी
अब आई है MAY की
बारी।



INSTITUTE DAY-
PARAGRAPH WRITING



RANGOLI
COMPETITION



POCSO SEMINAR



INSTITUTE DAY

JULY

IS THE PEARL OF SUMMER,
SHINING WITH WARMTH AND
JOY.

1st July

PRE- PRIMARY
COORDINATOR :
NEW
BEGINNINGS



The management along with the principal and the teaching staff extended a heartfelt welcome to the new pre-primary coordinator, Mrs. Anita Cardoza.

5th July

CYBER
SECURITY
WORKSHOP



The cybersecurity workshop provided essential skills for online protection through interactive sessions. It raised awareness about cyber risks and empowered the school community to safeguard their digital presence.

23rd July

Shiksha
Sapath Nipun
Pledge



We proudly took the Shiksha Sapath Nipun Pledge; an oath focused on reinforcing the commitment to quality education and holistic development for c

24th July

Career
Counselling
Sessions



Career counselling sessions for classes VIII-XII, led by experts, offered insights and direction, empowering students to make informed decisions about their future.

24th July

ANTI-
TOBACCO
CAMPAIGN



The anti-tobacco campaign educated students on the dangers of smoking through a compelling presentation. Backed by our proactive students, it reinforced our commitment to promoting a healthier, tobacco-free community.

“School is the place where each child has to be cared for, loved, understood, nurtured and guided in order to draw out her/his full potential.” - Mother Seraphina



International
Yoga Day



Trash to Fab



Show and Tell



Clay Modelling



Flameless Cooking



Folk Dance



Cartoon character
competition



Career Counselling
Sessions



Mathematics Activity

FILM NEGATIVE

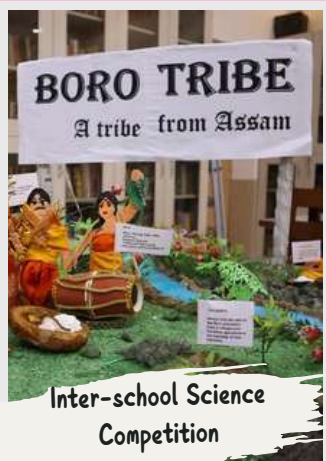
आया है माह जुलाई का।
गर्मी की छुट्टी बीत गई,
होती है अब हर बात नई,
खुल गए हमारे विद्यालय,
होता आरंभ पढ़ाई का।
आया है माह जुलाई का।
कक्षा में, प्रवेश मिला।
सबके ही मन का कमल खिला।
फिर से मिल गए सभी साथी,
कैसा आनंद बधाई का।
आया है माह जुलाई का।
है लिया खरीद नया बस्ता,
चाहे महँगा हो गया सस्ता।
कॉपियाँ, किताबें नई हुई,
होता है काम लिखाई का।
आया है माह जुलाई का।
पढ़ने-लिखने के दिन आए।
हम आगे ही बढ़ते जाएँ,
सिर झुक जाए कठिनाई का।
आया है माह JULY का।



Quilling Competition



English Recitation
Competition



Inter-school Science
Competition



Cybersecurity workshop



National Space Day

AUGUST

A MONTH TO TREASURE EVERY MOMENT AND MAKE LASTING MEMORIES.

ST. CLARE'S FEAST

9th August



St. Clare's Feast was a dynamic and joyous occasion, featuring impressive performances that left a lasting impression.

INDEPENDENCE DAY

14th August



Independence Day was a grand and patriotic celebration, exquisitely marking the nation's freedom. It evoked a deep sense of nationalism and united the entire school in an exhilarating experience.

Raksha Bandhan

16th August



The school celebrated Raksha Bandhan with Class 8C; capturing the festival's essence through a vibrant and engaging program, featuring skits, songs, and dances.

ART EXPO & FOOD FIESTA

17th August



Our school hosted an Art Expo and Food Fiesta, highlighting student creativity. The Art Expo displayed paintings, sketches, and sculptures, celebrating artistry while the Food Fiesta offered a variety of dishes, showcasing diversity.

JANMASHTAMI

22nd August



The Janmashtami celebration at our school, organized by Class 7A, was a vibrant and colourful event that swayed everyone with devotion as it marked the birth of Lord Krishna.

MOTHER PIA MEMORIALS

23rd August



The Mother Pia Memorial Inter-School Competitions, embraced the theme "Forests and Innovations: New Solutions for a Better World.". It featured an array of competitions; Kavita Gayan (nature-inspired poetry), Forestia Fusion (dance and music), Timber Tales (storytelling), and Flora Fantasia (monologues).

"Embrace each day as a gift, and share your light with others" - Mother Seraphina



INDEPENDENCE DAY COMPETITION



PARENTS' TEACHER ASSOCIATION



त्योहारों के रंगों में रंगा यह मास ,
 राष्ट्रप्रेम और देशभक्ति का एहसास ।
 भाई - बहन के रिश्ते का अनूठा अंदाज,
 माखन - मिश्री की मिठास।

इन त्योहारों के अनुपम सौंदर्य का है यह
 सार,
 खुशियाँ संग बाँटने के विविध प्रकार।
 सेंट क्लेयर'स फीस्ट , जन्माष्टमी,
 रक्षाबंधन से गूँजे कैंपस में उत्सव की
 झंकार,
 प्रतिस्पर्धा और इंटर स्कूल कंपटीशन से
 आए हर कौशल में निखार ।

झूम उठते हैं सब जैसे ही कटे फसल,
 आपस में बाँट कर दुगुनी हो खुशियाँ,
 AUGUST का है यही मर्म असल।



CANCER AWARENESS SESSION



FANCY DRESS



TEACHERS' CBP WORKSHOP



JANAMASHTAMI CELEBRATION

SEPTEMBER

THE BRIDGE BETWEEN SUMMER'S WARMTH AND AUTUMN'S EMBRACE.

5th September

R

Teachers' Day was celebrated with great fervor. Students organized moving performances and insightful speeches to honour their teachers. The day was brimming with heartfelt appreciation as thoughtful cards and gifts were given in recognition of the teachers' unwavering dedication and inspiring guidance.



हिंदी दिवस

13 सितंबर को हमारे विद्यालय में हिंदी दिवस मनाया गया। इसमें छात्राओं ने हिंदी संस्कृति एवं उसके महत्त्व के बारे में बताया। कुछ छात्राओं ने अद्भुत नृत्य प्रस्तुत किया। कबीर के दोहों और रसखान के सवैयों का लयबद्ध गायन किया।



संस्कृत दिवस:

संस्कृतदिवसः छात्रैः अत्यन्तम् उत्साहपूर्वकं अमन्यत।
वैदिकभाषायाः संवर्धनाय छात्राः अतीव सुन्दररीत्या संस्कृतदिवस-विषये स्वस्वविचारान् प्रस्तुतवन्तः।
केचन छात्राः सुन्दरान् संस्कृतश्लोकान् गीत्वा श्रावितवन्तः, तेषां श्लोकानां हिन्द्यर्थमपि स्पष्टीकृतवन्तः।
संस्कृतदिवसस्य मुख्योद्देशः संस्कृतभाषायाः पुनरुत्थानाय लोकानां ध्यानं आकृष्टं भवति।



6th September

HOLY MASS

The Holy Mass conducted at school is a deeply meaningful spiritual assembly where students and staff come together to reflect, pray, and celebrate their faith.



Swachhata Pakhwada

Our school enthusiastically embraced Swachhata Pakhwada, integrating vibrant activities and campaigns that inspired students to actively participate in maintaining cleanliness, promoting environmental awareness, and fostering a lasting culture of hygiene and responsibility.

7th September

BOOK Fair

Our school recently hosted a vibrant and exciting book fair which brought together students, parents and teachers in a celebration of reading and literacy.



"Service to others is the highest form of love" - Mother Seraphina

Teachers' Day



UNDP Seminar



सितंबर में अध्यापकों से
मन के भाव कर पाते हैं अभिव्यक्त।
कभी गुरु, कभी मित्र, कभी नर्म,
कभी सख्त
इस दिन प्रकट करते हैं शिष्य,
मन में छिपा प्रेम और आभार।
देकर शिक्षा का वरदान दिया,
जीवन को नया आकार।
पत्रों पर मेहनत की लकीरें
फिर स्वतः खिंच जाती हैं,
जब बहती हवा आने वाली
परीक्षा की गाथाएँ सुनाती है।
बस कुछ दिन झोंक दे खुद को
परिश्रम की अग्नि में तू,
फिर सफलता की कहानी तेरी
सुनाएगा यह अंबर।
कुछ इस प्रकार से बीतता है
सेंट एंथोनी में SEPTEMBER



BOOK FAIR



HOLY MASS



Swachhata Pakhwada



St. Anthony's Sr. Sec. School
C-6 SDA Hauz Kh, New Delhi - 110016

BAGLESS DAYS



The National Education Policy (NEP) 2020 has introduced the innovative concept of "Bagless Days", an initiative aimed at transcending traditional textbook-centric education. These designated days offer students an opportunity to immerse themselves in an array of diverse and stimulating activities, including art, music, sports, and vocational training.

During Bagless Days, students participate in a range of engaging experiences—from hands-on workshops and flameless cooking to stirring storytelling sessions and interactive games. This strategic departure from conventional academic routines is designed to alleviate academic stress, encourage critical thinking, and promote a more comprehensive form of development. Bagless Days make learning not only more enjoyable but also profoundly enriching and multidimensional.



"When human beings will begin to love each other as brothers and sisters the world will be renewed." -Mother Seraphina

OUTREACH PROGRAMME



Our school successfully carried out Outreach Programme at Shanti Avedna, Leprosy Home, Dilshad Garden and Don Bosco Ashalayam aimed at fostering community engagement and supporting local initiatives. Through this program, students had the opportunity to be socially active, learn and contribute immensely to community service. The programme also assisted students in developing a sense of responsibility, empathy and leadership while contributing to the well-being of others.



“Be generous, grow in holiness and remember the favors the Lord has bestowed on you.” -Mother Seraphina

Creative Corner

WHISPERS OF THE NIGHT : A SEEKER'S QUEST

In the silence of nights, in the depths of the
mind,
Amidst the symphony of stars that softly sing,
It finds a voice in the silence, a sacred
offering.
For in the hush of night, where words may fail,
May the souls deepest longing find its holy
grail.
Oh fair moon, guide this seeker on its quest,
To unlock the secrets hidden, in the nights soft
crest.
For in the depths of silence where shadows
play,
Lies the wisdom, that illuminates the seekers'
way.

-Yoshita, 9th A

There Doesn't Have To Be A Reason To Love

The moon outshines all the stars
by shining so bright in the night sky;
yet the stars love the moon.
The clouds tend to cover up the sun;
yet the sun loves the clouds.
The butterflies lap up
all the juices from the flower;
yet the flowers love the butterflies.
Billions of people in the world;
Yet God never forgets any and loves all.
Don't always find a reason to love;
For there does not always have to be one.

-Harshita Choudhary, 11ARTS

CASTING OUT FEARS

In the morning's golden lights
Hope arises, shining bright
Each new day, a canvas clear
Brimming with dreams, casting
out fear.
With every step, a brighter view,
Optimism guides us through.
In the storm, a hidden gift,
In the darkness, spirits lift.
So walk with courage, face the
dream,
With every breath, a new song
drawn.

Yuvi Bhardwaj
9-B

Life Beyond Our Cosmos

These never-ending years of our life
Could barely be seconds in front of their
ever-lasting lives
This thoughtfully crafted universe that
seems to us infinite
Could just be a speck of dirt in front of
their unimaginable might
These gigantic animals on our planet
Could seem ant-sized in front of their
anatomy
Us, humans
Could seem non-existent to them
The life beyond our cosmic matter
Could perceive ours like we perceive the

life of a mayfly
-Akshita Gupta
XII-Commerce



मेरी आज़ादी

जब मैं चिड़िया की तरह उड़ती
जब मैं नींद की तरह बहती
तो क्यों मेरे सामने एक बाँध की तरह खड़े हो जाते?
क्यों मेरे सामने एक गुस्सैल बादल की तरह डट जाते ?
क्या मुझे उड़ने का हक नहीं ?
क्या मुझे बहने का हक नहीं?
जब लड़के शेफ और टेलर बन सकते हैं ,
तो लड़की भी तो पायलट और पुलिस बन सकती है।
जब झाँसी में गूँजती रानी की कहानी
तो क्यों नहीं गाँव की मुन्नी कर पाती अपनी मनमानी।
वक्त बदलने लगी है बेटियाँ
लोग कब अपनी सोच बदलेंगे?
आज सहने का नहीं बोलने का वक्त है ,
झुकने का नहीं उठने का वक्त है,
उड़ने और बहने का वक्त है
कुछ कर दिखाने का वक्त है।

- SAUMYA PRABHAKAR
VI - B

In the heart of India,
under the sun's bright
light, Where history
whispers and dreams
take flight, In the
heart of india, where
stories unfold , Where
tradition and
modernity wonderfully
mold.

-Pawni Arora
XI-Commerce

Stardust Voyage

In realms where stars are born
and die,
Where galaxies paint the cosmic
sky,
A journey whispers bold and
grand,
Through mysteries fast by fate's
command.
Across the void, through timeless
night,
Where planets dance in silent
night,
We soar on wings of stardust
bright,
Through nebulas aglow with
light.

So let us journey, hand in
hand,
To distant worlds, Where
dreams expand
For in the cosmos' boundless
grace,
We find our home, Our time,
our place.

-Tanishka Sharma
X-C



LUMINARIES OF CBSE 2023-2024

CLASS X

CLASS TOPPER

Bhairvi Lohani
97.6 %



PERFECT SCORE ACHIEVERS

SOCIAL SCIENCE

Tanisha Sharma 100%
Bhairvi Lohani 100%
Yashasvi 100%

→ dream →
→ believe →
← hope ←



CLASS XII

CLASS TOPPERS

Science

Gayathri Ajith
96.6 %



Humanities

Tanish Mehlawat
95.8 %



Commerce

Nishtha Paharia
86.8 %



PERFECT SCORE ACHIEVERS

ENGLISH

Gayathri Ajith 100%

BIOLOGY

Mazia Khan 100%

“True strength lies in compassion and understanding.”

— Mother Seraphina

COMPETITIONS

Inter-School

<i>Organiser</i>	<i>Competition</i>	<i>Position</i>	<i>Participants</i>
AIR FORCE GOLDEN JUBILEE INSTITUTE, SUBROTO PARK	ENGLISH ELOCUTION	FIRST POSITION	JENNY J. CHERIAN XII ARTS
AIR FORCE GOLDEN JUBILEE INSTITUTE, SUBROTO PARK	SOCIAL VISIONARIES	FIRST POSITION	RUTUPARNA SWAIN 10 C SUHITA BANERJEE 10 A
APEEJAY SCHOOL, SAKET	MATHEMATIQUE LAMPE	THIRD POSITION	TEENA MARIA BONEY 10 A AMAANI QUTB 9 A
FATHER AGNEL SCHOOL, GAUTAM NAGAR	SPARK SCIENCE	THIRD POSITION	ACHSAH MARY ABRAHAM XI SCIENCE BETHANY JOSEPH XI SCIENCE
ARAVLI SCHOOL FARIDABAD	XANTHRONE MUN	HONOURABLE MENTION	TEENA MARIA BONEY XA HIBA FATIMA XA
APEEJAY SCHOOL, SAKET	MATHEMATICS EXTEMPORE	APPRECIATION CERTIFICATE	ARYA ASTHANA XII COM

Zonals

<i>Competition</i>	<i>Position</i>	<i>Participants</i>
SHOT PUT, JAVELIN THROW, DISCUS THROW	GOLD MEDAL	BRAHMISTHA KUNWAR
TABLE TENNIS ZONAL (JUNIOR)	GOLD MEDAL	SANSKRITI BAI SOYA, MAHIRA, MYSHA, AALIMAH AMAAN, ADITI MURMU
LONG JUMP	GOLD MEDAL	ANGELEENA P. BASIL

“Joy is found in giving and in serving others”

— Mother Seraphina

Peace Club Activities



The Peace Club's mindfulness activity, aimed at stress management, cultivated mental clarity and emotional balance, offering students tools to navigate life challenges with serenity. The Peace Pot decoration, a creative endeavor, symbolized personal growth and unity through art. Together, these activities emphasized the importance of mindful living and inner peace in handling stress.



Seraphinian Cell Activities

The Seraphinian Cell activities for 2024-2025 commenced with the Institute Week, marking the closing ceremony of 125th Anniversary of Clarist Franciscan Missionaries on May 1, 2024. An intra-class Appreciation Cards activity was conducted where students exchanged heartfelt Thank You messages, to acknowledge and express gratitude towards parents for their constant support and encouragement. Art and craft activities were organised to promote women empowerment, reflecting Venerable Mother Seraphina's mission.



Club Activities

At our school, we strive to provide a holistic education by nurturing the talents, creativity and awareness of our students through various club activities. We have an exciting array of clubs designed to engage students in meaningful extracurricular pursuits. Each club is designed to empower students by developing their talents, skills and sense of responsibility.



The spirit of humility is sweeter than honey, and whoever is fed by this sweetness produces fruit.
~St. Anthony of Padua

Compiled and Presented By :

Mathematics Department,
Hindi Department
and

Editorial Board:

Navami P. Vidhu, Arya Asthana

Aliza, Hiya Bhagat

Shreya S. Prabhakar, Suhita Banerjee