

HOLY CROSS SCHOOL, KUMARGHAT

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MY SCHOOL VOICE

*** Holy Cross School, Kumarghat, Quarterly School Newsletter. Issue - 4, Apr - Jun 2023 ***





**"Don't just count your blessings. Be the blessing other people count on.
More smiling, less worrying. More compassion, less judgment.
More blessed, less stressed. More love, less hate."**

 *Editor-in-Chief*

Ms. Lalnunsangi Lushai



Hello Everyone!

Holy Cross School Pabiacherra, Kumarghat, welcomes you to the 4th edition of its e-Newsletter 'The School Voice' with the theme **"Blessings and Challenges"**.

The beginning of the academic year is at its heart, a fantasy of newness and clean slates of the chance to do things differently and with more attention to purpose. In reality, it is also one of the most challenging times of the year for many teachers and students. With the commencement of the new academic session, new syllabus, new pattern of studies, new classes, new dreams, hopes, aspirations and events are also unfolding.

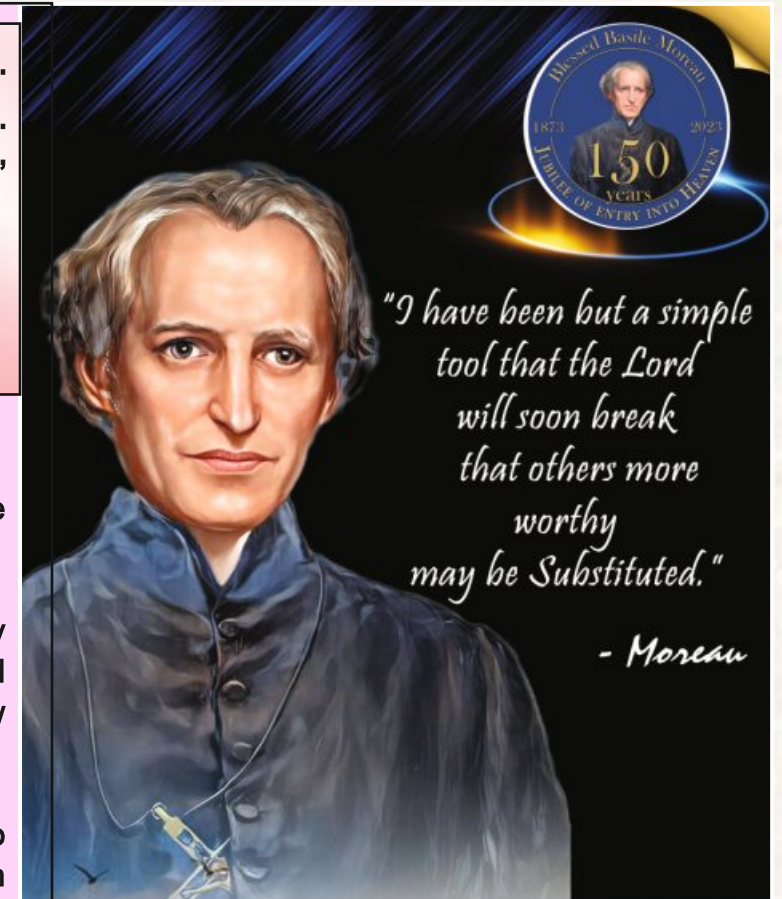
This newsletter is to be viewed as a launch pad for the children's creative urges to blossom naturally. This humble initiative is to set the budding minds free allowing them to roam free in the realm of imagination and experience to create a world of beauty in words.

In this edition, we bring forward the experiences of our students highlighting their blessings and the upcoming challenges that they will be facing during this new academic session. I am sure that the positive attitude, hard work, sustained efforts and innovative writings of our young buddies will surely stir the mind of the readers and take them to the world of unalloyed joy and pleasure.

I, as the chief editor, take this opportunity to thank all the teachers and students' contributors who have put in lots of efforts and spent their valuable time, as their contribution is the reason that makes this e-newsletter endearing with our readers. I also thank Fr. Lourdu for his selfless service and guidance to follow up the newsletter with innovative ideas and designs. I am also indebted to all those who have put in whole heart and mind with their beautiful write ups to make this edition successful.

Last but not the least, I hope going through this e-newsletter be as enjoyable for all the readers as it is for us bringing it to you all.

Happy Reading.....!



BLESSED BASILE MOREAU

(1799 - 1873)

FOUNDER OF THE CONGREGATION OF HOLY CROSS

CELEBRATING THE 150TH ANNIVERSARY

of his entry into eternal Life

JANUARY 20, 2023 - JUNE 7, 2024



Congregation of Holy Cross
Province of Northeast India





PRINCIPAL'S MESSAGE



Greetings to You!

As we have already stepped into the new academic year 2023-24, I see the God's guiding hand in every step we take in to the future. The cooperation of the Parents/Guardians, the hard work and commitment of the Teaching and Supporting Staffs, the guidance and the support of the SMC members and the well-wishers are blessings that fuels our educational journey.

As I pen my message with gratitude to God, I express my sincere thanks to Sr. Bernadette D' Costa FS, our previous Headmistress. She had been a great source of inspiration through her committed services and friendly nature. She gave her best either in academics or extra-curricular activities. As we thank and bade good bye to Sr. Bernadette D' Costa, we pray for success in her new appointment and for all the blessings she requires.

And it is a great joy for me to welcome Sr. Berthila Tuscano FS to our Holy Cross Family. Sr. Berthila Tuscano FS is appointed as a new headmistress of our school. She is bagged with lots of rich experiences in the field of education and she is generous and committed to share her expertise with us. Already she is excelling in her duty as headmistress and we thank God for her presence with us. As we wish Sr. Berthila Tuscano a happy stay with us, we too pray that the good Lord bless her to be joyful in her services at our Holy Cross School, Kumarghat.

My appreciation and gratitude to our Chief Editor Ms. Lalnunsangi Lushai for her tireless work in bringing out this edition of School Newsletter: My School Voice (April to June 2023). Thanks to all those who penned for this issue, reflecting on the Blessings and Challenges. It enriches me to read those beautiful, thought provoking, especially the personal sharing of the students. Our newsletter too gives the needed information to the readers of all the happenings that took place in those quarterly school days.

Our human tendency is that we want life to be easy and we try to avoid challenges. But our challenges can actually be or become a blessing. Challenges are often the path to great success and achievement. The challenge isn't really a roadblock. It's an opportunity. Our students have well reflected on it, in their writings and assuring us that they are on the right track in succeeding in Life. Let all those blessings and challenges make us better humans.

Best wishes to all!



In Jesus Christ

Fr. J. Sahaya Lourdu Raj CSC



Headmistress's Message

**Oh give thanks to the Lord, for He is good,
for his steadfast love endures forever!**

[Psalm 107:1]

It gives me immense pleasure to introduce myself as a new headmistress of Holy Cross School, Pabiacherra, Kumarghat. I feel very privilege to have appointed by my authority. Everyone has made me feel very welcome and I have enjoyed my first week at the school.

I have been teaching for over 30 years but in the last 3 years, I have been working in St. Peter's College (Agra). I have taught in different schools and experienced different hardships and achievements. My different experiences made me to trust in God and oneself.

I am happy to be part of this school at Kumarghat as a headmistress and I am looking forward for your co-operation and support so that I will be able to do my best for the betterment of this institution.

My best wishes to all of you for this academic year 2023-24.

Sr. Berthila Tuscano F.S
Headmistress

*"When you focus
on being a blessing,
God makes sure
that you are always
blessed
in abundance."*





From
Manager's Desk
Fr. Lancy D'Souza CSC

**"Challenge and adversity are meant to help you know who you are.
Storms hit your weakness but unlock your true strength."**

- Roy T. Bennett



Dear Rev. Fr. Principal, Headmistress, Staff, Students, Parents/Guardians, Well Wishers of Holy Cross School, Kumarghat.

It is indeed my immense pride of exotic delight to convey my warm and prayerful greetings!



Many consider that challenges and difficulties as a bad omen or as a curse. No one wants to be faced with challenges in life. We all wish life could be nothing but smooth sailing. But none of us are immune from hardship or challenges. That is why it is important to learn how to transform our problems into blessings. And the only way to transform ourselves is to learn from them and become better human being. Thus, we need to remember that when we are facing challenges, God is looking to see how we will handle them. He wants to see how our characters are developing. And God wants to identify where we need to improve. Therefore, we should not be of the mindset that God has abandoned us but we should have an attitude that this suffering or challenge has come my way so as to make me better person. Therefore, I am reminded of the words of a wise elderly person who used to constantly utter to me that with sufferings comes blessings in abundance.

School, Teachers, Parents, Peers and the environment have an immense contribution and responsibility in shaping the child's personality. Today's world and the present trend focuses more on the desired result rather than life values. As a result, we see many young people are disoriented with their lives. This leads us to a series of questions: what is the role of the education sector? Is it only to impart knowledge? Or is it also the duty of education to impart knowledge with life values and help young minds so as to apply it in their day to day life situations?

Nothing is as challenging as taking care of a child. For children are on a constant quest. They need to be gradually taught and be trained to become responsible adults. The path to train them is challenging in the present context of internet, social media, etc. which influences them. Today's young people are not able to face challenges nor to face failures because they are struck with the virtual world. Hence, they do not know to face and resolve conflicts or differences, how to overcome frustrations or challenges. Therefore, children must be taught to recognize and create value in everything he does. They need to be taught to realize that the real world is different than the virtual world. They must be made to gradually realize from childhood that they can grow in character and maturity when they are faced with life's challenges. They need to come to a realization that life's challenges are indeed a blessing.

Therefore, dear staff and parents/guardians, it is our duty to instill in our children that life's challenges are indeed a blessing. It is our duty to help our children have an optimistic approach towards challenges. For with hardships and challenges comes blessings. Finally, as I conclude, I implore God's mighty blessings upon everyone and pray that the Almighty God continues to guide our school management, students, parents, staff and all those associated with this institution.

**Thank
you**



প্রয়াস ও প্রচেষ্টা

Sir. Tapan Ghosh
P.R.O



প্রথমেই ২০২২-২৩ইং শিক্ষাবর্ষের আমাদের স্কুলের মাধ্যমিক পরীক্ষায় যে সব ছাত্র-ছাত্রীরা উল্লেখযোগ্য ফল করেছে এবং স্কুলের সুনাম আশুন্ন রেখেছে এদের প্রত্যেককে উষ্ণ অভিনন্দন জ্ঞাপন করছি। তৎসঙ্গে অভিনন্দন জানাই স্কুলের শিক্ষক শিক্ষিকা ও প্রিন্সিপাল মহোদয় কে ছাত্র-ছাত্রীরা কঠোর নিষ্ঠার সহিত ও শিক্ষকদের সহযোগীতায় সুফল হল ২০২৩ ইং মধ্যমিক পরীক্ষার ফল।

মূলত : কুমারঘাট, হলিক্রস স্কুলের উদ্দেশ্যই হলো ছাত্র-ছাত্রীদের হৃদয়ে সুপ্ত বিষয়াদি বিভিন্ন শিখন প্রণালীর দ্বারা জোর করে বহি, প্রকাশ করা। যার ফলে উঠে আসছে মেধা, বোধশক্তি, ও ইচ্ছাশক্তি। **Peace-club, science club** ও বিভিন্ন বিভাগের নেতৃত্ব গড়ে উঠছে আমাদের স্কুলে যা অদূর ভবিষ্যতে দেশের এক অপরিহার্য উৎস, স্কুলে বিজ্ঞান প্রদর্শনী সদ্য হয়ে যাওয়া অনেক নতুন নতুন উদ্ভাবনী শক্তি ও বিজ্ঞান মনস্কতা ছাত্র-ছাত্রীদের মধ্যে গড়ে উঠছে যেটা সমাজে একটা ইতি বাচক দিক, **CBSE** আয়োজিত **YOGA** প্রতিযোগীতায় জাতীয় স্তরে আমাদের স্কুল বিরাট সাফল্য লাভ করে।

এছাড়া সংস্কৃতিক বিষয়ে, খেলা ধূলায় **Leadership** অর্জনে প্রশিক্ষন নেওয়া ইত্যাদি বিষয়ে ছাত্র-ছাত্রীগন ব্যাপক ভাবে অংশ গ্রহন করে নিজেদের কে সাফল্য পাওয়ার লক্ষে প্রতিনিয়ত এ উন্নতির দিকে এগিয়ে যাচ্ছে, জয়হোক, সাফল্য হোক এদের প্রত্যাশা।



নমস্কার



Feedback of a SMC Member



Mr. Roitua Darlong

Pride of my Beingness.



It was the feeling of profound excitement, the day I received an intimation in a brown envelope, written from Principal Holy cross School on it. It allured me irresistibly to open the quickest, that made me to learn I'm since then a part and parcel of this renowned and rising tower for Education institution. I consider myself truly honored for beholden me as an SMC member.

I, take this opportunity to congratulate to our respected principal and the entire teaching community for achieving par excellence in academic performances enabling the students pursuing in different professionals studies according to the need of the society, it's the very proof that they are inspired and prepared in their all round well-being.

I, as an SMC member tremendously pleased to see the school excelling with, a very similar way of this quotation put into practical that says; “Education is our passport to the future, for tomorrow belongs to the people, who prepared for it today”

I, wish and pray the school retains ever its prominence and stand as tower of learning in providing to the service of the society.

Blessings and Challenges

Reflection of the Students:



As the calendar turns another leaf, we bid farewell to the academic year 2022-23, a year that presented both blessings and trials for all the students. The journey of a student is often marked by moments of triumph and setbacks, which shape our path towards success. Reflecting on the blessings of the past year and anticipating the challenges of the year ahead, let us delve into the experiences of mine and the lessons we have learned along the way.

Blessings in 2022-23:

The year 2022 bestowed countless blessings upon all the students, providing us with opportunities for growth and self-discovery. Firstly, the advancements in educational technology offered candidates unprecedented access to resources and study materials. Online platforms and virtual classrooms became our guiding light, enabling us to connect with experienced educators and fellow candidates worldwide.

The support and encouragement from family, friends, and mentors played an integral role in our journey. These unwavering pillars of strength offered a sense of solace during times of doubt and instilled the belief that success was attainable. The blessings of love, understanding, and a nurturing environment allowed candidates to navigate the challenges with renewed determination.

In School, we had been given chances to inculcate our potential. Our second parents (teachers) played a remarkable role to enlighten us with a sense of what actually we are. We had been blessed with chances to excel our leadership skills, acknowledging our talents and guidance to be second to none will play a crucial role in shaping our professional destiny.

Challenges in 2023:

As the sun rises in the year 2023, we, the board exam candidates are bracing ourselves for a new set of challenges lying in wait. The foremost obstacle they will face is the pressure to perform at our best amidst the mounting expectations of ourselves, our loved ones and well wishers. The weight of responsibility can often feel overwhelming, but candidates must remind themselves that they are not defined solely by our exam results.

Time management will emerge as another challenge, as we strive to strike a balance between rigorous preparation and maintaining our mental and physical well-being. The ability to allocate time efficiently, priorities tasks, and avoid burnout will be key to sustaining our motivation and focus throughout the year.

As we bid adieu to the blessings of 2022 and gear up to face the challenges of 2023, they embark upon a journey that demands resilience, perseverance, and unwavering determination. With the blessings of our school authorities, teachers, parents and classmates, we hope to built a strong foundation to overcome our challenges and obstacles of expectations, time management, and unpredictable circumstances with unwavering grit.

I, Subhamit a board candidate has many challenges ahead. My greatest challenge is to score 100 % in the coming board exam. I have full confident in my teachers that they will support and guide me to overcome this great challenge and I too will put my full effort.

*From
Blessings to Challenges:
A Student's Journey*





NANDITA BARUA
CLASS X

Blessings and Challenges



Being a student is one of the biggest blessings in our life. Everyday we come to know something new, its either learning new things or learning to deal with different situations with ease. Every single day is a blessing even if it is the worst day of our life. As a student, everyday we see different people with different personalities in different places. Some of them are our friends, teachers, relatives and most of them are strangers. It is a kind of blessing that we meet different people, as it helps us to enhance and build a better version of us. In fact, our friends, teachers and all other people who stays beside us are a blessing to us. However, along with blessings, Challenges too come across our path. Students, specially face most of the challenges: being busy with their studies, getting involved in different academic activities, working hard for better grades and having problems in maintaining all the tasks. It is normal when we're having hard time because of pressure, tense and stress.

As a student myself, I would like to convey the fact that the starting of a new school year or an academic session is a whole package of blessings and new challenges. I too faced many challenges and under the guidance of my teachers, was able to point out the positive aspect throughout it. Thus, a big part of appreciation goes to my teachers who have extended their help to me in every possible way. They taught me how to be confident and to believe in myself. They are the greatest blessings in my life. My school too blessed me with various opportunities which ,in turn helped me to enhance my skills. I feel blessed to be part of such an organization where each and every members, i.e. all the teachers, principal, headmistress and other non-teaching staff as well, play an important role in the development of a student's mental as well as physical well- being. They uphold the success of a student and establish a better relationship and understanding among parents, teachers and students. I feel like, I am not going to school but to my second home, where I would be taken care by my second parents. It is such a blissful feeling that it can't be expressed in words.

My teachers has always encouraged me and pushed me forward whenever I felt like stepping back because of low confidence. I still remember the incident, where I was asked to participate in the dance competition for the upcoming cultural event. I was about to deny but my teachers exhorted me to take the challenge. And without thinking twice, I took up the challenge as I didn't want to break the faith, they had on me. I just wanted to stand up to the expectations of my teachers. I participated and I secured 2nd position in the dance competition. All my teachers and friends were overwhelmed. That day counts as one of the most memorable day in my life, not only for my achievement but also for being able to make my teachers proud of me. It was one of the greatest blessings I could ever receive as a student.

As for challenges, so now as a class 10 student the biggest challenge in front of me are the upcoming board exams. Everyone has so many expectations on me that I sometime feel like getting compressed under the pressure of expectations, i.e, expectations of society, relatives, successful siblings and cousins and so on. But I believe that with the blessings and efforts of my teachers and parents I'll surely do well in the board exam, just as the way I did in my ninth annual examination. Hence, with the support of my teachers and parents, I'll be looking forward to the challenges and hope for the best.



Ethan Lawmkima Darlong
CLASS VI

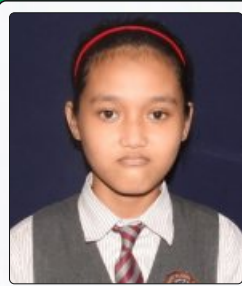
Blessings and Challenges:

**“Challenges
are blessings
in disguise”**



As a student, I received many blessings from God the Almighty. I am blessed with a beautiful family who cares and support me in my studies and other extracurricular activities. I am being blessed of going to reputed school i.e Holy Cross School Kumarghat, with an intellectual Principal and motivating teachers who nurture us into a good human being. We have good infrastructure and interesting rooms such as smart room, auditorium, computer lab and science laboratory for better enhancement of knowledge.

During the course of my upbringing, I also faced many difficulties and challenges as I felt hesitant to mingle with my classmates or clear my doubts with my teachers. I also had problems of time management, tension of attending school during the start of new academic sessions and concentrating on studies. However, through constant support from my parents and teachers I slowly overcame all my challenges and difficulties, learnt my lessons properly, followed a routine and did things in the right way. I thank God for all the abundant blessings and ask help to overcome all unforeseen challenges in life.



KRISHTINA CHAKMA
CLASS IX

Blessings and Challenges



Challenges are a part of life. We face different challenges at different points in life. While some people look at these challenges as an opportunity to learn something new others get disheartened and succumb to them. We learn many new things as we take on different challenges. These experiences make us a better person. We can overcome many challenges by setting goals. Goals give us the determination to achieve despite the hurdles.

Challenges are a blessing. When we are fighting with our back against the wall we will get creative, work on our mistakes and think of higher consciousness. If there are challenges in our life that means it is an opportunity to face it.

“Count your blessings.” Once we realize how valuable we are and how much we are going for, the smiles will return, the sun will break out, the music will play, and we finally be able to move forward the life that God intended for us with Grace, strength, courage, and confidence.

As a student of class-9, I will have to face many challenges in the coming year specially with the academic responsibility and the CBSE Syllabus which is completely new for me. The pattern of study is completely new and this is the biggest challenge that I am facing. But I have full confident that I will be able to face this challenge with utmost dedication, effort, and determination. Moreover, I have my principal, headmistress, teachers and friends whom I can rely on them and hope to be successful and overcome all obstacles.



Joshua Darlong
CLASS V

Blessings and Challenges

Life is full of blessings and challenges. Every human being is bestowed with countless blessings and multiple challenges throughout our life. We are blessed with a life that we can spent well. We are blessed with family and friends and people around us. All these people give us great experiences that are good as well as bad ones. Not everyone comes to your life to bless you but some gives you challenges that you have to overcome.

We are blessed with good health and good life, good parent, family, friends and teachers. Our health is our greatest blessing. There is a saying that 'Health is Wealth'. We should try and practice living a healthy life so that we can become wealthy in life.

The family, friends and teachers are also our blessings. We cannot live alone so God gave us a great family and friends and people around us that help us in every way of our lives.

Everyday is a new day and a new challenge. We will always have problems and challenges in every stage of our lives. We are not to give up. Because losers give up and winner always get up again and fight everyday challenges.

So let us not forget our blessings and always face and fight our problems and challenges with prayers and confidence cause God helps those that helps themselves.



SHREYA NATH
CLASS X

Blessings and Challenges

Blessings are a salient and prominent part in our academic life. In many ways, 2022 was a blur, going by quickly with innumerable changes and transitions with the studying pattern, the start of a new class with new teachers offered many mental hardships but the blessings of my teachers and the immense warmth made me capable of surviving and also flourishing in my previous academic year.

I have had colossal opportunities as the ASPL of the school which turned out to be one of the biggest blessings for me to build my confidence in my academic year.

Now, as I have stepped into one of the most arduous and challenging academic phase of my life, I have confronted with many new challenges such as not having plenty of time for my self study with the burden of the vast syllabus and the increasing pressure for Board Exam. I'm facing the fear of Board Exam. As a board candidate student, this happens to be one of my greatest challenge for this year.

This particular year is the most talked about, most advised about which adds up to my stress levels. But the ample amount of blessings and encouragement by my teachers from the previous year and till now is helping me thrive and give my best to my life deciding academic class.





ISHITA DAS
CLASS X

Blessings and Challenges



Blessings are prominent parts of our academic life. They help us to keep going as well as thrive through obstacles in many ways. My previous year has been a total blur, with countless changes and transitions with the study pattern, a new beginning to a new class with new teachers offered many ups and downs but the blessings of my teachers and the unconditional affection made me capable of overcoming and blooming 9th grade with ease.

I have had enormous opportunities such as becoming a house captain of the school, which turned out to make me feel a sense of responsibility and helped me as a blessing to my academic life.

Now as I have stepped into one of the most challenging academic stage of my life, I have confronted with challenges such as having an acute problem in managing my time for my self-studies alongside with the burden of the gigantic syllabus and the fear to face the board examination is what haunts me.

This particular year is a year where I want to put my heart and soul in and strive hard to not let it be worthless. I believe that the blessings of my teachers and their support will help me to do well and cope up with the challenges in this academic session.



PRIYANGSHU DAS
CLASS IX

Blessings and Challenges



I am Priyanshu Das from class 9 and I am proud to be a part of Holy Cross School, Kumarghat. In my life, I have come across many blessings and face many challenges too, especially in the year 2022-23. During this year, I was blessed to participate in various competitions like Quiz competition, singing competition etc. And I have also won the prizes with my hard work. It was not an easy task. This good result was only because of my hard work and also help by my parents and teachers, who supported me whenever I needed them. I also scored good result in my annual examination too.

Now, I am in class 9, and I already got the chance as a member to join science club and also got the new style of educational ideas. In order to participate and carry out these responsibilities, I know that I have to face many challenges as I have to balance myself in carrying out my responsibilities and make sure that my study is also not disturbed and get a good result in class 9.

This is one of the biggest challenge for me. I hope that, I can give my level best to achieve these blessings that I received from my school by the blessings of God, parents, teachers and friends.



DEBASRAYA PAL
CLASS X

I am a student of Holy Cross school,
Which is very cool.
My teachers always help me,
Which is my success key.

Father Lourdu, the principal of our school,
Always encourages me,
Which makes my mind cool
For which he is our school's success key.

I got third prize in singing competition
Which made me, my teachers and my parents
happy.
They helped me to know my life's mission
And made my mind not to be snappy.

Now, I am in class ten (X),
Which is always encouraging me to move or whirl
like a fan

I have many challenges in this class,
And in this class my teacher guide me which are
surplus

One of my challenge is to get good marks in board
exam

And make my parents, teachers happy of me,
My teachers are helping me to crack my board exam
And to get all the beautiful colors in my life that I
want to see.



DEBASMITA DAS
CLASS X

Blessings and Challenges

I was the Red House Captain,
I did my best to lead,
I won the badminton double,
And the throw ball too, I'm pleased.

I got third place in dance competition
I taught my team to sing,
But we didn't win that prize,
I'm still glad we tried, that's the spirit.

Our principal, Fr. Lourdu Raj
He gave us gifts and praises,
For our hard work and dedication,
We were so happy with grace.

We had an exhibition,
In Science, Maths and S.St,
Our team came first in Maths,
We were so proud, we could've burst!

Now I'm in class-X,
I have my exam to face,
That's my greatest challenge!
I'm going to work hard,
And get good grades, that's my place.

I want to make my school proud,
And my family too,
I'm going to do my best,
And I know I'll succeed, that's true.





BIPASHA DEB

Felicitation Programme of Top Ten Scorers.



Greetings to all!

I am greatly honored to be given the chance to attend the felicitation program of the top ten scorers of the CBSE Board in our school. I would like to start by thanking Fr. Sahaya Lourdu Raj for organizing such a wonderful programme for all the outstanding students. I sincerely expressed my gratitude for the love, care, concern and felicitating us with certificates and also for the beautiful programme and refreshments. Next, I thank all my teachers who had always been there for us. Thank you for always guiding us and showing us the right path.

The past two years class IX and X had been quite tough but the teachers made it easier for us by always being there for advice and suggestions. Special thanks to Miss Sangi our class teacher and English teacher, Sir Biswajit our Science teacher, Sir Sourabh our Maths teacher, Miss Jeneth our Social Science teacher, Sir Tapan our Bengali and Social Science teacher, Sir M.D our IT teacher and Sir Sandeep our Physical Education teacher for always guiding us for the past two years. It is due to their help, guidance and support that today I am able to stand proudly with the highest percentage (94.4 %) in my school in the CBSE Board Exam 2023.

I am really overwhelmed and grateful towards my principal, all the teachers and all those who had helped and supported me to prepare well for the exams. I would also like to thank my parents for always supporting me. Thanks for always encouraging me to work hard to get desired result. As the saying goes 'Hard work is the key to Success' and that has made me to be what I am today due to my hard work.





ANUJIT DEBBARMA
CLASS IX

LEADERSHIP TRAINING



On 13th May 2023, a leadership training was organised by Fr. George Jacob, the secretary of Holy Cross Education Foundation. The training was held at Holy Cross School, Pabiacherra, Kumarghat. Students of Holy Cross School Kathalcherra, Bagbassa, Kumarghat, Panisagar and Chailenta participated in the said training. Fr. Jilson Tom, the principal of Holy Cross School, Agartala was the resource person of the day. The training was for the various elected leaders from the five mentioned schools.

There was a short welcoming and introduction program for the resource person. After that, we took group photo and then we all gathered at the ground. We were divided into four groups. After the group division, we did various activities conducted by Father Jilson. Through this activities, we came to know each other and learned about the importance of group work, After the activities we all had a small refreshment. Then, we gathered again in the hall and the session continued. The sessions were very beautifully carried out by Fr. Jilson Tom. He taught us about Leadership and also shared his experience with us. Sharp at 12:50 p.m, we had lunch and after lunch, we started our afternoon session,

In the afternoon session, Fr. Jilson taught us about interpersonal skills and about other leadership qualities. We also had some other activities which were really interesting and full of fun,

Lastly, at the end of the event, sharp at 4:30pm, Father George asked the feedback from all the leaders who were present in the ceremony about our experiences of the day.

On behalf of all the leaders, I got the opportunity to deliver the vote of thanks to everyone who were present there. It was through various activities and the fun we had, that we have really enjoyed and learned many new things that will be very helpful and be a powerful weapon to carry out our responsibilities in future as leaders.

I am very grateful to my principal, Fr. Sahaya Lourdu Raj and my teachers who appointed me as the SPL of the school and giving me this great chance of attending the leadership training and also thanks to Fr. George Jacob for organising such a wonderful training program for us. I am also very grateful to Fr. Jilson for the beautiful inputs on leadership skills and giving us awareness on the responsibilities of leaders. We hope many more programs of such type.



STAFF SPEAKS



**CBSE CLASS-X RESULT
(2022-23)**



SIR. SOURABH MAJUMDER



HOLY CROSS SCHOOL, PABIACHERRA, KUMARGHAT

RATIABARI, PABIACHERRA, KUMARGHAT, UNAKOTI, TRIPURA - 799264, CBSE Affiliation No. 2030027, Centre No.: 35401



Bipasha Deb
94.4%



Sweetie Deb
94%



Triporna Pal
92.4%



Moutrish Majumder
90.2%



Suman Das
89.8%



Sneha Banik
89.6%



Debopriya Pal
89.6%



Koushik Das
88.6%



Sammohita Das
88.6%



Debanjali Saha
87.8%



Bibek Ghosh
87.8%



Makshan Debbarma
87.2%



Saikat Das
87.2%



Dipak Debnath
85.2%



Congratulations!

To all our Dear Students

Gratitude to the School Administration, Staffs & Parents

100/100 Subject Scorer



Sweetie Deb

I.T
100/100

Top Ten Class X CBSE Scorers (2022-23) of Holy Cross School, Kumarghat.

CBSE Class-X result-2023 was declared by Central Board Of Secondary Education (CBSE) on 12th May 2023. A total of 73 Students have appeared from Holy Cross School Pabiacherra, Kumarghat for the CBSE 10th Exam-2023. Our students have achieved very good result. 99% candidates of our school passed in this said exam. Out of this, 31 students got more than 75% marks, 30 students got (60 -75)% marks , 11 students got (45-59)% marks. And 1 student got compartment. Students have worked hard for this result. Many Congratulations, best wishes and thanks to the students as well as their Parents for the excellent result. A felicitation program was held on 26th May 2023, to congratulate the Top Ten achievers of Class X (2022-23) and the SDM of Kumarghat, Shri Subrata Kumar Das did the honor of awarding and encouraging them.

School reopening and Orientation days



SIR. RINTU DAS

“Every sunset is an opportunity to reset. Every sunrise begins with new eyes.”

With the blessings of God, we began our new academic session 2023-2024 on the 2nd week of April. New Admissions were done after due selection test process. Parents with much co-operation and enthusiasm came to school to receive the text books and did other academic needs. This year we faced some problems due to delay in receiving the text book for some classes and that caused lots of inconveniences for the students and parents.

As per the guidance of the HCEF, new syllabus was worked upon. Academic Calander for 2023-24 was introduced to the students. All the respective class teachers divided the students into different sections. Sports and cultural committee did the house division of students after a lapse of 6 years so that the different co-curricular activities would run smoothly and have equal number of students. Our principal appointed different teachers in charges for different activities including the house in charges to facilitate the students.

Our regular session started from 17th April. We had three days of orientation for the students by introducing the school rules and regulations described in school dairy and the motivational talks to excel in their studies. We too had orientation session for the staff. We selected our school student's council members, different clubs' leaders according to their ability, discipline, punctuality and behavior. Students' council members as well as different clubs' leaders took their oath as a leader on 29th April 2023. We are geared to do our best in this coming academic year: 2023-24.



**The farewell ceremony
of
Sr. Bernadette D'Costa FS**



MS. LALRONGBAWLI DARLONG

The farewell of a well loved headmistress of our school was held on April 14th 2023 in an appropriate manner. The ceremony started at 9 am in the school auditorium. It began with lighting of the lamp and a prayer dance by class 2, 3 & 4 students. Thereafter Sr. Lahun, the supervisor of the school welcomed the gathering. Fr. Lancy, the secretary of the school gave a small token of love and bouquet of flowers and delivered a speech. Debashrya Pal a student of class 10 recited a poem written by herself to show her love and affection towards sister Bernadette. Subhamit Deb, the former SPL of the school delivered a speech by expressing his gratitude towards sister.

Sr. Bernadette delivered her speech describing her years of service at the institution. Her speech revealed her love and affection for the students as well as for the teachers. Then a folk dance was presented by class 5 students. The principal of the school Fr. Lourdu expressed his work experience with sister and also appreciated her and acknowledged all the services Sr. Bernadette has rendered for the school. Fr. Lourdu promised our prayers and wished Sr Bernadette to shine wherever she may be.

Last but not the least, the programme came to an end with Miss Gracy Barla proposing the vote of thanks.



Nursery Inauguration 2023



Ms. CHAWIMAWII DARLONG

Like every other year, this year also Holy Cross School, Kumarghat is blessed to have a total of 49 students who are admitted to class Nursery. It was the first day of the school life for them. They were excited to step in the school campus and so their parents too. Some came with school uniforms and some were with their colourful dresses. Some were excited and some were in wonder as they were entering to unknown place where in they will be spending important part of their school life.

The students were welcomed by our Principal Fr. Lourdu CSC at the co-triangle of the school entrance. Sir Kankan translated the words of Fr. Lourdu in Bengali. Our school Manager Fr. Lancy CSC added much joy by showing them his magical tricks that gave much sigh to us teachers as seeing new faces. Some students were in tears and some were ready to explore unknown world of learning with their elder companions of higher classes. The students of class – x presented a beautiful group dance which the students watched with much joy and happiness. The kids were also invited to dance along. The students had lots of fun as the higher class students danced with them. At the end of the welcoming programme the kids were gifted with a pencil and sweets by our honourable Principal. The gifts in their hands and smiles on their faces were ushered to class room for the activities of the day. Many of the students were given balloons and kids enjoyed themselves flying it high as they begin their school symbolizing that they are ready to fly high with colours in their lives where only sky can be the limits.

Last but not the least our Principal thanked everyone present for the programme and those who arranged and made 26th of April 2023 a grand success.



CAPACITY BUILDING PROGRAMME



SIR MANMATT DATTA

CBSE organized a two day Capacity Building Programme on “Strengthening Assessment and Evaluation Practices” at Hindi Higher Secondary School, Agartala on 26th and 27th April 2023. The workshop was conducted by CBSE Master Trainers, Dr. Swapna Som and Mr. Swapan Mazumdar. The objective of the workshop was to provide a platform for the teachers to cope with the need of the hours and to upgrade their knowledge of assessment and evaluation process. Around 67 teachers from different schools across the state took part in the training programme with an aim to have a better understanding of the assessment system evolved and successfully implement them in the teaching – learning process. Teachers not only explored their knowledge of the system but were also able to clarify their doubts regarding the different terms and the basic aim of Assessment strategies.

Dr. Sapna very clearly said that teaching without assessment and evaluation is incomplete. As a result, teachers need to go beyond the books and evaluate the students according to their abilities. Madam Sapna very beautifully presented in the form of PPT the different assessment strategies for each subjects that could be used in the school. She also said that teachers should be good motivators for the students.

The second day of the workshop was more stimulating as different activities and group discussions opened new doors of learning for the teachers. Summative Assessments were discussed at length with its analysis, understanding of typology and how to design it. The resource persons Mr Swapan Mazumdar and Ms. Swapna Som guided the teachers in having clarity about the Co-Scholastic aspect too, along with the use of descriptors to assess a child's progress. After the two days workshop, administrators felicitated the teachers with certificates of participation.

I am glad to say that six teachers from our school also attended the training programme. It was a very good experience as the programme was based on assessment in different subjects. I take the opportunity to thank our principal Fr. Sahaya Lourdu Raj for giving us the opportunity to attend this programme and I hope that the teachers will make use of the leanings in their classroom teachings for the benefit and betterment of the students.



Investiture Ceremony



Ms. JENETH LALAWMPIUI SIAKENG

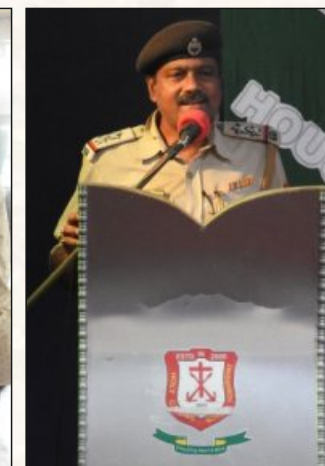
“Great things are achieved through great leadership and great leaders are achieved in a four walls of a classroom.”

The Investiture Ceremony of Holy Cross School Pabiacherra, Kumarghat was held on 29th April 2023 at our school auditorium. The ceremony began with lighting the lamp as it marks the beginning of auspiciousness.

The ceremony was held with zeal and enthusiasm. The chief guest of the ceremony, honorable Mr. B Chakraborty, Kumarghat PS, shared his thoughts and experiences in life and advised the students as to how one's own life experience, moral values, discipline in life can help to shape the future and become a good leader.

The elected SPL, ASPL and all the other leaders were introduced and they were conferred with badges by the honorary chief guest, honorable principal, sister and other senior teachers. Soon after that there was the oath taking by all the leaders.

The oath taking ceremony was led by Sir Francis Lushai. The student council pledge to work earnestly and uphold the honor and glory of the institution.



"The miracle is not that we do the work, but that we are happy to do it."

- Saint Mother Teresa

May Day, also called Workers' Day, is the day that commemorates the works, struggles and gains made by workers. It is observed on May 1st all over the world. Holy Cross School Kumarghat celebrated it, anticipating on 29th April 2023 in order to recognize and appreciate the invaluable contributions made by the supporting staff. Other than the Teaching Staff, we have non-teaching Staff comprising four Administrative Staff, four Office Staff and seven Supporting Staff working in our school. We had variety of cultural programs and games to express our gratitude to all the non-teaching staff.

Workers from Fatima Hostel and Parish Hostel too joined in this celebration. It was indeed an enjoyable event that we will ever cherish. Fr. Lancy D'Souza, the manager expressed his gratitude for the service that we are rendering to the growth of the institution. Fr. Lourdu, the Principal acknowledged the hard work and dedicated services of all our staff at our school. Gifts and prizes were given to them as a token of appreciation and love. The program ended with tiffin and joy of gratitude.



Workers Day
Celebration at
Holy Cross School, Kumarghat



Ms. SUKJAI KHRIAM

PEACE CLUB MEET



SIR. FRANCIS LUSHAI



PEACE CLUB District Project Consultant Madam Moumita Reang gave a short introduction about seven principles which are universally accepted as principles for peace promotion which contains highly nurtured values for peace in almost every corner of the world. She told the students these principles were very important and each one of them has the responsibility to spread awareness regarding this principles to the people they come across. The seven principles which she stressed to the students are- Spirituality, Dialogue, Voluntarism, Self-realization, Relationship, Non-violence and Reconciliation.

After a brief explanation on the above points, the consultant divided the members of the peace club into four groups for an activity where she asked each group to discuss and draw on any one of the above title. The students took active part in the session and brought out beautiful paintings of the different principles for peace promotion. I sincerely extend my gratitude to Madam Maumita for her visit to our school and organizing such a wonderful n meaning session for the promotion of peace. I, being the in charge of Peace Club, Holy Cross School, Kumarghat will put much effort to guide the students in spreading these principles of peace promotion.

**Visit of
Fr. George Jacob CSC,
the Secretary of HCEF.**



Ms. GRACY DARLONG

Education is the bedrock of a nation. It is through education that we help our children to realise their full potential, both as productive members of the economy and a responsible citizen.

Keeping this in mind, Fr. George Jacob CSC, the Secretary of Holy Cross Education Foundation visited our school on 4th April 2023. There was a short welcoming programme on his behalf in the school Hall. Students of classes VII to X were present for the short program.

After the program, Fr. George visited some of the class rooms and had a good interaction with the students. Fr. George asked questions based on the subjects that were taught during his visit and the students gave good responses. He was very happy with the students' interactions and appreciated them a lot.

Soon after, there was SMC Meeting where all the members were present. Principal, Fr. Lourdu introduced Fr. George to the gathering and his purpose of visit. He also gave a brief aims and objectives of the schools' new academic curriculum and responsibilities. A discussion on how to bring development and improvement in the school was done. Fr. George appreciated the school authorities and the teachers for very beautifully and whole heartedly taking care the school and catering to the needs of the students. He assured his full support and encouragement for the betterment of the school. The meeting came to an end with Sr. Lahun FS proposing the vote of thanks.

After a short break of 15 minutes, Fr. George Jacob took a short orientation class for the teachers. He, with the help of a good PPT, brought to the awareness of the teachers about the present need of the students in the academic curriculum. He told the teachers that they need to adapt with the changes in the style of education and give their best for the betterment of the students. He also said that teachers need to update themselves to the new education policy in order to accompany students in their journey of education. He also talked about 4 Cs of 21st century skills. After the short session, Fr. George appreciated and thanked the teachers for their hard work and dedication rendered to the school and students. He advised and encourage the teachers to continue to give their best for the betterment of the school.

Last but not the least, Fr. Lourdu thanked Fr. George for his valuable presence and giving a good presentation on the 21st Century Skills of education for the teachers. Fr. Lourdu wished him good luck for his responsibilities as a secretary and assured him our prayers and support.



**One day
Science Seminar**



Ms. LALRINFELI KAIPENG

Science Seminar was held on 6th May 2023 at Andre Home, Agartala. Teachers from different schools of Holy Cross attended the training session. I am glad to say that 6 teachers from our school also were privileged to take part in the session. We were given a warm welcome by Fr. George Jacob, the secretary of Holy Cross Educational Foundation.

Right from the beginning, we were divided into different groups after which the session started by Sir Joyti. The resource person had taught us different activities like paper cutting, parachute making, hinge joint stethoscope for hearing heart beat, smart board and how to overcome the fear and uncertainties as a teacher.

The Science Seminar was excellent. We have gained more knowledge in activities based on study practical knowledge. It was very nice presentation done by the resource person. The class was very good and interesting that we didn't even have the time to feel bored. I feel really privileged to have attended the training session.



RABINDRA JAYANTI CELEBRATION



Ms. Herisha Lalfamkimi Lushai



Every year Holy Cross School, Pabiacherra, Kumarghat celebrates Rabindra Jayanti to pay homage to our great poet and writer Rabindra Nath Tagore. This year also on 10th May 2023, Tagore's 162nd birthday was celebrated in the school auditorium.

The Chief Guest of the day was Sri. Rabindra Sinha, a renowned retired govt. teacher. All the students from class-VII to class- X were present for the function. The programme started at 12:10 pm and lasted for an hour.

It began with a group song sung by the senior students followed by quiz competition which was open to all from the audience. In honor of the birth anniversary of Tagore, group song and group dance competition were organized by the cultural committee. All the four houses took part in the competition.

Students from classes IV to VI competed for the group dance and students from classes VII to IX competed for the group song according to Houses. It was indeed a wonderful experience for me to witness the various talents of the students.

Our Chief Guest Sri. Rabindra Sinha delivered a wonderful speech in which he mentioned about the various works of Tagore. Our Principal then presented the chief guest a bouquet of appreciation and thanked him for his presence to join us in the celebration of Tagore's Birth anniversary. He also thanked all the staff and students for their cooperation which made the event a successful one. Last but not the least the programme came to an end by singing the National Anthem.



**Report on
Parents - Teachers Meeting
2023-2024**



SIR KANKAN DAS

Parent-teacher meeting is one of the most important means of getting in touch with the parents and also parents come to know about their children's performance and behaviour in the school. As a result, every year at least 4 parents-teachers meeting is conducted in our school. This new academic session for parent-teacher meeting the dates were scheduled from 22-05-2023 to 25-05-2023 from 09:00 AM to 12:00 AM, which were conducted by class teachers and subject teachers on convenient dates and time. The event marked about 90% attendance from parents which was remarkable.

The main objective was to create a better environment where parents and teachers come together to discuss students' performance and various academic issues for the betterment of the students and school.

The following points were mostly highlighted during the meeting by the teachers:

1. It was brought to parents' attention about students' attendance in the school.
2. The Class teachers shared feedback of every student's academic performance along with the subject teachers.
3. Introduction of new subject i.e., Environmental Science in the syllabus from Class VI to Class VIII.
4. Every teacher reviewed the discipline of the students and shared their thoughts with the parents.
5. Online payment method of various academic fees was shared with the parents so that they deposit fees conveniently.
6. The class teachers encouraged the students' participation in various co-curricular activities so that students excel their self-confidence.

The Parents appreciated the smooth functioning of the school under the guidance of our principal. They also expressed gratitude for putting efforts by the teaching and non-teaching staffs.



inauguration of
Science club, Math club
& Eco club



SIR. APU KUMAR ROY

"Education is not preparation for life, education is life itself".



For a child, academic achievement can help to develop important life skills. Getting good grades in school can help the child develop important life skills, such as time management and organization. These skills will be useful to them later on in life, both in their personal lives and in their careers.

Our school also believes and works on the same path to enhance our children. During the academic year 2022-23, our students did an excellent performance in the CBSE Exam. 31 students came with distinction with 94.4% as the highest percentage. To honor and felicitate top 10 students, a felicitation program was held on 26th May 2023, where SDM of Kumarghat, Shri Subrata Kumar Das was the chief guest.

On the same day he inaugurated Science club, Math club, Eco club of Holy Cross School-Kumarghat and also motivated the students through his valuable speech. On that occasion he pinned up the batches to the clubs' representatives and also discussed about the various importance of clubs for the holistic development of a child.

The said programme came to an end by plantation of saplings by the chief guest and other important dignitaries.

Welcome To
Sr. Berthila Tuscano FS
(Our New Headmistress)



MS. MARIA KARMAKAR

It was an honour to welcome our new Headmistress Sr. Berthila Tuscano on 21st June 2023. We welcomed her during the morning assembly. All the classes of class 4 to class 10 students were present there. Our Principal Fr. Sahaya Lourdu Raj introduced her and welcomed her with a bouquet of flowers and Risha.

After the introduction and welcome, Sr. Berthila addressed the students and shared some of her long experiences in the field of education and her passion to teach the young ones in the school. She also expressed that she was very happy to come to Holy Cross School, Kumarghat and work for the wellbeing of the students. Though Sister has lots of experiences working in the school, she said that new place is always new, despite the experience. She asked for the help, support and cooperation of both the teachers and students to adapt to the new environment here in Kumarghat. She promised to do her best for the smooth functioning of the school and also render full support and help to the students and teachers.



Seminar of English Teachers:

ELT with NEP

&

Multidisciplinary Learning Seminar



Ms. MEERA SINHA

The seminar on English Language Teaching (ELT) with NEP and Multidisciplinary Learning aimed to enhance English teaching and adapt to the changing educational landscape. It brought together educators and professionals to discuss integrating NEP objectives and multidisciplinary learning. This report summarizes the seminar's key highlights, emphasizing its importance in promoting effective English teaching practices, aligning with NEP 2020 objectives, and enriching the curriculum through multidisciplinary education.

The seminar took place on May 27th 2023, at Andre Home in Agartala, Tripura. Organized by Holy Cross Educational Foundation, it aimed to enhance English language instruction aligned with NEP objectives. Dr. Asher Jesudoss, an expert in ELT and NEP, delivered a captivating presentation, offering valuable insights and practical strategies for educators.

Approximately 50-60 participants attended the seminar, including educators, administrators, and professionals from different Holy Cross Schools all over Tripura. Interactive sessions showcased modern teaching methodologies, including Krashen's Hypothesis, mind teasers, word pronunciation exercises, phoneme

activities, and tongue twisters. These activities provided valuable learning experiences.

During the seminar, participants engaged in various activities to enhance their English teaching practices and language skills. These activities included familiarizing them with Krashen's Hypothesis, emphasizing the importance of comprehensible input in language acquisition, as well as mind teasers that challenged their critical thinking and problem-solving abilities. Additionally, participants practiced word pronunciation to improve language proficiency and focused on phonetics and intonation. They also explored the phonemes of the English language through interactive exercises and games to enhance their phonetic awareness and develop reasoning, problem-solving, and ideation skills. The tongue twister activity provided an opportunity to practice pronunciation, enunciation, and diction while fostering creativity, originality, and initiative in language learning. These activities collectively aimed to enhance participants' language skills, critical thinking, and problem-solving abilities, resulting in improved English teaching practices.



The seminar highlighted the importance of several key skills projected to be essential by 2025. These skills include analytical thinking and innovation, active learning and learning strategies, complex problem solving, critical thinking, creativity, originality, and initiative, leadership and social influence, technology use, monitoring, and control, technology design and programming, resilience, stress tolerance, and flexibility, and reasoning, problem solving, and ideation. Integrating these skills into educational curricula is crucial to prepare students for the rapidly evolving future.

During the seminar, the top 10 risks in educational planning were identified, focusing on their impact and severity over 2-year and 10-year periods. These risks include the cost of living crisis, natural disasters and extreme weather events, geoeconomic condonation, failure to mitigate climate changes, erosion of social cohesion and societal polarization, failure of climate-change adaptation, biodiversity loss and ecosystem collapse, large-scale involuntary migration. Addressing these risks is vital to create a conducive learning environment. Strategies should encompass climate change education, promoting social cohesion, enhancing disaster preparedness, integrating multidisciplinary approaches, and fostering resilience among students. Proactive measures can help education systems adapt to changing circumstances, provide inclusive learning environments, and equip students with the necessary skills to overcome future challenges.

The ELT with NEP & Multidisciplinary Learning seminar provided valuable insights into effective English language teaching techniques aligned with NEP, enhancing language skills, critical thinking, and problem-solving abilities. The discussion on the top 10 skills for 2025 emphasized their importance in preparing individuals for the future. The seminar served as a platform for sharing knowledge and best practices in English language teaching and multidisciplinary education, contributing to participants' professional development. By incorporating innovative teaching methodologies and multidisciplinary approaches, educators can effectively nurture these essential skills in students and create a conducive learning environment. We express sincere gratitude to the organizers, speaker, and participants for their valuable contributions, enriching the learning experience and positively impacting future English language teaching practices.



Painting Competition on Mother's Day.



SIR. LITAN KUMAR BISWAS

On 25th May, 2023 Reliance Trends, Kumarghat Branch organized a painting competition. The theme of the painting competition was "Mother's Day". In view of the request of the organizing committee and our school principal Fr. Lourdu's suggestion I, Sir Litan along with Miss Jaya attended the competition venue at 12:30 PM with 33 selected students from class III and IV of our school. All the participants expressed their thoughts beautifully on paper.

Prize Distribution Ceremony was organized at Reliance Trends, Kumarghat Branch on 3rd June 2023 at 6 PM. Prizes and certificates were awarded to the first, second and third place winners and certificates to all contestants. I am very proud to say that 3 of our students secured the 1st, 2nd and 3rd position. The school principal, headmistress, class teachers, cultural committee and all the teachers congratulated all the participants and specially congratulated Priyam Deb (Class - III B), Sreeja Datta (Class - IV B) and Kristi Debbarma (Class- IV A) for securing 1st, 2nd and 3rd positions in this competition.

"To the world, you are a mother. To our family, you are the world."



YOGA FOR STUDENTS



SIR. SANDIP SHIL

Young students have a lot of energy and full of life. Yoga can do tremendous influence on them. When these young students are made to practice certain yogic "asana", "pranayamas", "meditation" etc - they get into the habit of a disciplined system in their life. It brings them a balanced control of body and mind. It makes them aware of the greatness of life. Yoga helps inculcate a positive approach to life in young students. The practice of yoga by students make them not only control their mind, body and emotions but also improve their intelligence and other faculties of mind.

The word "Yoga" is derived from Sanskrit which means union or join. Yoga unites or integrates all the aspects of an individual- body, mind and spirit. Yoga is a science primarily aims at human development. It is nothing but a tool for self-discipline and of an integrated technology of self-culture and self-education. Human body, mind and thinking capacity as a whole is the greatest wonderful machine created by the Almighty God. And the ultimate goal of Yoga is to unite and introduce to the Almighty God for the salvation of every individual. People of any Faith can practice YOGA for disciplining themselves both in mind and body.

Yoga Asanas help us to purify and strengthen the body and control our mind. They promote muscles flexibility, bones and heart tissue strength, massage the internal organs and balance various internal glands. The most important yoga exercises are as Surya namaskar, Sarvangasana, Matsyasan, Halasana, Chakrasana, Bhujangasana, Shavasana etc. Surya namaskar - is one of the most important postures as it combines the benefit of physical exercises. It is the combinations of various asanas, that is, there are twelve spinal positions. ..It is a dynamic posture and can be repeated this as many time as possible .It increases the flexibility of body and improves the quality of circulation of blood.

However, in order to derive the maximum benefit of asanas, one should know the following:-

1. Asana should be performed in a slow and graceful manner without making any jerky and violent movements.
2. The mind should be kept in a calm and relax fashion.
3. The breath should be normal.
4. The best time for practice of yoga asanas is either in the morning or in the evening.
5. The place of practice must be clean, airy, even floor, free from noises etc.
6. A few general warming up exercises or Surya namaskar is needed before practice of asanas.
7. Suitable dress for the practice of Yoga asana is needed.
8. A set of asanas should be selected - it may be of 5 asanas- each asana 3 times daily.
9. At last, a guide is needed for novices/ new learners.



The most advantage of Yoga for the students is that they can practice inside the room and without any equipment for their physical fitness. Now-a-days, especially in the urban areas young students have very less physical work. As a result obesity, overweight, depression, unhealthy bad habits etc are found in them. They may practice yoga everyday in the morning and evening for one hour daily for their physical fitness. Though the practice of yoga is a personal matter for their personal development only but recently yoga has become a very popular as well as an international matter. 21st June is declared by UNO as International Yoga Day. Thus, yoga established in the world community as an important practical subject for the students.





THANK YOU!