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REMINISCE

A Monthly Newsletter
from Christ Cultural Department

EDITORIAL BOARD

Principal : Fr. Mathew Thomas CMI

Editor : Mm. Mahalaskhmi

Staff Secretary : Mm. Sharmila

Cultural Secretary : Mm. Valarmathi

From the Head Table

In my childhood days, I had heard a story about Olympian P T Usha, our superhero of that time, known as "queen of Indian track and field" or "Payyoli Express." She was studying in Providence Women's College, Kozhikode, belonging to Apostolic Carmelite Sisters. At that time, she was approached by a big Jewellery group to invite her to inaugurate their new showroom. She refused their request even knowing that they might avail her monetary benefits or other gifts items. Failing to convince her to come for the Inaugural function, they approached Sisters with the same request and the Sisters asked her to go and inaugurate the showroom. But, again she refused saying that she might lose one days practice and it would have an adverse effect on her total time of performance so far she achieved.



The secret of her success was her disciplined and regular practice. Her self-disciplined life brought many laurels to India. To win track and field records, she had to lose many things or had to say a big 'No' to many other opportunities. Andre Agassi, former world number one tennis player from America, and Olympic gold medallist says, "What makes something special is not just what you have to gain, but what you feel there is to lose."

English poet Robert Frost reminds us about the importance of a focused decision to achieve our goals in life through his famous poem titled 'Stopping by Woods on a Snowy Evening':

*The woods are lovely, dark and deep,
But I have promises to keep,
And miles to go before I sleep,
And miles to go before I sleep.*

The poet was arrested by the sheer beauty of the woods (sensuous enjoyment of the world). But, soon realising the fact that he has promises to keep, he decides to move on. Saint Paul says in his letter to Corinthians: "Do you not know that in a race the runners all compete, but only one receives the prize? Run in such a way that you may win it. Athletes exercise self-control in all things; . . . So I do not run aimlessly, nor do I box as though beating the air; but I punish my body and enslave it, so that . . . I myself should not be disqualified" (1 Corinthians 9:24 - 27).

It might be easy for someone to conquer the world, but, it is pick-and-shovel to conquer oneself or discipline one's own self or mind. If you could control your mind and thoughts through regular practice of self-discipline, it is more than conquering the world. In Indian philosophy it is said: बन्धुरात्मनात्मनस्तस्य येनात्मैवात्मना जतिः । अनात्मनस्तु शत्रुत्वे वर्ते तात्मेव शत्रुवत् ॥ - BG 6:6 (bandhur ātmāmanas tasya yenātmāvatmanā jitaḥ; anātmanas tu śhatrutve vartetātmaiva śhatru-vat). It means: 'For those who have conquered the mind, it is their friend. For those who have failed to do so, the mind works as an enemy.' Jesus, the Messiah, fasted forty days and forty nights (Mt 4:2). This helped him to gain the mental strength and to overcome the temptations that came across as obstacles in his way to Mount Calvary (Golgotha).

Being a student or taking up a particular way of life, one cannot but practice self-discipline in order to achieve the goals in our life. It may seem painful or hard in life to be a self-disciplined person. This is what, in the Epistle to the Hebrews, we read: "Now, discipline always seems painful rather than pleasant at the time, but later it yields the peaceful fruit of righteousness to those who have been trained by it" (Hebrews 12:11).

Fr. Dr. (Adv) Joy Arackal CMI
Correspondent

THEME **SELF-DISCIPLINE**

Christ Nagar, Senneerkuppam, Poonamallee,
Chennai - 600056, Ph: 044-26790693; 26790694

E-mail: christschool@gmail.com,

Web: www.christschool.co.in, www.facebook.com/christchennai



The book *Tools of Titans* by Tim Ferris features interviews with around 200 famous figures; one among them is Scott Adams; one of his favorite quotes is *"losers have goals and winners have systems."* Of course, goals we know, but systems mean what persistent abilities or relationships we must develop or what changes must be made in our behaviors, emotions, desires, daily routine, or impulses to achieve that goal. Systems are a lot like habits in that they represent things we do consistently to reach some goals. They are the manifestation of our values, beliefs and vision. For example, a runner might set the painfully ambitious goal of running a marathon in under three hours. He could create a system whereby he trains four to five times a week at specific times and logs the results of each session. Such an arrangement or system is called self-discipline. It is the distance between our dreams and reality; the bridge between us and our success. To adopt self-discipline, one must take action and make decisions regardless of the discomfort, difficulties, or obstacles that may come our way. As some of us think, being disciplined does not mean living a restrictive or limiting life. This does not mean that we have to give up everything we enjoy; we do need to give up something in order to accomplish something in life. Being disciplined means learning to focus on our goals, arranging our routine for that cause and persevere until we accomplish them.

Most of us are familiar with the term 'wheel alignment' if we have a motor vehicle at home. Why do we do that? The alignment of a vehicle's tires ensures that they meet the road at the

correct angle, that the wheels are pointed straight, and that the tires are centered in the wheel wells. It adjusts the angles of a vehicle's wheels to its original specifications for the best mileage, good road contact, longer tire life, and ultimately helps us reach our destination safely. We all have goals, but many of us fail to achieve them due to some poor alignments in our lives. Our lives should be aligned in a way that assists us in reaching our goals. It is said that *'you are what you eat'*. However, it is more accurate to say that you are what you 'decide' to eat (Craig D. Lounsbrough). Similarly, self-discipline lies in aligning our lives to accomplish some level of greatness or success. In this way, our personal lives are organized through constant alignment. This organized life is a disciplined one. It's not an easy process. It is difficult to achieve since it really requires one to battle with oneself in making the right choices. Success always comes from having self-discipline. The more motivated, disciplined and determined we are to reach our goals, the more success we will have. Theodore Roosevelt says, *"With self-discipline, almost anything is possible."*

Dear Christites, thousands of great people are before us. What made them stand out among the rest? No doubt, the disciplined life they lived. They were so disciplined in their emotions, desires, and behaviours. Nothing could shake them. So, personal discipline is the starting point. But it's a rock-solid foundation. Developing self-discipline requires time. It cannot take place overnight. Take it one step at a time and begin by deciding to go forward. It aligns our lives and the circumstances we live in, the people we meet, and the work we do. Finally, as our former President, Dr. APJ Abdul Kalam, says, *"Discipline decides the future of students who would contribute towards nation-building."* The fruit of self-discipline is transmitted to family, family to society and society to the entire nation. Thus, a person attains greatness in his life and contributes to nation-building. Remember, self-discipline is the beginning. And ask ourselves, 'Are we in alignment?'

Fr. Mathew Thomas CMI
Principal

Message of the STAFF SECRETARY

Self-discipline means having control over one's emotions and temptations. It enables us to take right decisions by aligning our thoughts, words, and actions to attain success. Self-discipline builds a pattern of qualities that directs a person to stay with a consistent work ethic and helps reach the goal. Self-discipline enhances self-esteem, creates good habits, and makes one more focused. Overall, we can see that self-discipline is the best discipline. So, make discipline a part of your life and achieve great success.

Mm. Sharmila G.



EDITORIAL

"All success begins with self-discipline; it starts with you."

Self-discipline is the only power that can keep you energized even in the toughest circumstances. By constant self-discipline and self-control, you can develop greatness of character. It is the mental state of commitment that will uplift you from good intention to good action. Be self-disciplined and conquer the mastery of your thoughts.

Mm. Mahalakshmi



TEACHER'S MESSAGE

"Self-discipline is the magic power that makes you virtually unstoppable."

Self-discipline is the bridge between goals defined and goals accomplished. It gives you inner strength and a way to control your actions, and reactions. Self-discipline is one of the most important and useful skills essential to achieve success and everyone should possess this quality. To achieve self-discipline is difficult, but to lead a healthy personal and professional life, self-discipline is necessary. You can achieve anything in life, if you stay positive and believe in yourself. So, remain positive. It is a prerequisite for inculcating self-discipline.

Mm. Jensi, Class Teacher, G2-A



PARENT'S MESSAGE

"All success begins with self-discipline. It starts with YOU." – Dwayne Johnson (aka The Rock)

From reading the above quote, you children must be thinking, "Oh! Is it another lecture?" I would love to say "no". But unfortunately, it is kind of a "yes." As a parent of a teenager myself, I understand how you children must be thinking. But still, I wish you would follow the below points to develop self-discipline for your blooming future.

Set your goals – Set a timeline for achieving a goal. This serves as a driving force and motivation to work hard.

Create a routine – I suggest you to list the tasks you need to accomplish in a given day in the order of their priority.

Do meditation – Meditation is the best way to channel our energy in the right direction. So, take a break once in a while to breathe and to calm your mind.

Stay away from distractions – In this technology-driven world, no matter how determined we are to study, work or sleep on time, we tend to get distracted at the beep of our phone. Try to put your phone on silent mode, when you study or sleep.

Reward yourself – Reward yourself for every goal you achieve. This will motivate you to work harder to achieve more.

Have proper sleep – You can attain self-discipline only when you are well-rested. Try to maintain a good sleep pattern.

Stay positive – You can achieve anything in life if you stay positive and believe in yourself. So, think positive, talk positive and feel positive.

Good Luck!

Mrs. Vinya Veronica (Mother of Perlin Ashley Getsiya, G9- B)



ALUMNI TALK

Hello, this is A. Mashia Ann (Christ Alumni), proud to say that the days in Christ were very special for me and for each and every one who studied in Christ. Christ has changed me a lot; gave me many opportunities to uplift myself. My first performance in Christ was a welcome dance in the Investiture ceremony. Then I gave a speech about Kamaraj on Educational Development Day, my first Tamil speech. It gave me more confidence to perform on stage. I was not that good in Tamil, but my Tamil teacher, Mm. Apollonia encouraged me to do it. I was the School Cultural Secretary (2020-2021). My class teacher Mm. Sharmila motivated me a lot to stand for the post of Cultural Secretary. Overall, Christ gave me the best experience in my life.

A Mashia Ann (2019 – 2020)



NEW YEAR CELEBRATION

"Celebrate endings- for they precede new beginnings."

To celebrate the New Year of 2022, G10 and G2-B students organized a video tribute. There was a lot of joy and excitement as students welcomed the New Year. Students performed various programs like classical dances and resolutions to usher in the new year 2022. They compiled photos of diverse school events and presented them as a slideshow. The video evoked a sense of hope that everyone's life would be better in the new year. May all your hopes and dreams come true in this New Year 2022. Happy New Year!

FOUNDER'S DAY

"The humble man is the greatest among men." - St. Kuriakose Elias Chavara

Christ School celebrated its Founder's Day on 03 January 2022, organized by the students of G10-B and G2-C. The program began with a magnificent prayer song, along with a Tamil poem and thoughts about St. Kuriakose Elias Chavara. In honor of St. Chavara, an animation video was presented, and the program ended with a vote of thanks. The program was meant to highlight the value and sacrifice of St. Chavara, the igniter of education.





Be A Hero, Always say,
'I have no fear'
- Swami Vivekananda

NATIONAL YOUTH DAY

"Fill in the brain with high thoughts, highest ideals, place them day and night before you, and out of that will come your greatest work." - Swami Vivekananda

G10-A & G2-D students celebrated Youth Day on 12 January to showcase the potential and power of youth. The program began with a prayer song and a welcome address. An awesome video with dance, speech, and many other elements was shown for empowering people. The program was capped by our teacher's speech and thanks.

THIRUVALLUVAR DAY



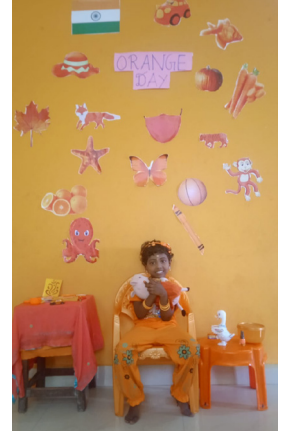
"Thiruvalluvar: The man who spread knowledge of life, the simplest way possible."

Thiruvalluvar day was celebrated on 13 January to honour the contributions of the great Tamil poet Thiruvalluvar. On this day, a Thirukkural competition was conducted for all grades from primary to high school. The teachers motivated the students with moral values from Thirukkural. The students participated enthusiastically and learned to live accordingly.

KGs ORANGE DAY

"Orange is the happiest colour."

The colour orange represents brightness, happiness, and a symbol of uplifting others. Our KG Department celebrated Orange day on 22 January. Our tiny tots actively and enthusiastically participated in it. There was speech recitation, and students displayed orange-colored objects. It was a wonderful learning experience for them. The virtual activities helped the children to sort and classify objects based on colors. All the blooming buds enjoyed the orange day with cheers.



PONGAL 2022

சங்கத்தமிழரின் திருநாளாம்

உழவனின் உன்னதத்திருநாளாம்

தமிழரின் பண்பாட்டு கலாச்சாரத்திருநாளாம்

இயற்கை அன்னைக்குப் பிறந்தநாளாம்"

தமிழர் மனங்குளிரும் தைப்பொங்கல் விழாவை மஞ்சள் கொத்தோடு, மாமரத்து இலையோடு, இஞ்சித்துண்டோடு, எழும்பூரும் கரும்போடு, வட்டப்பூதுப்பானைப் பொங்க 13.01.2022 அன்று மதிப்பிற்குரிய தாளாளர் அருட்தந்தை ஜாய் அரக்கல் மற்றும் மதிப்பிற்குரிய முதல்வர் அருட்தந்தை மாத்து தாமஸ் அவர்கள் தலைமையில் சிறப்பாக கொண்டாடப்பட்டது. இவ்விழாவில் அருட்சகோதரர்களும், ஆசிரியர்களும் கலந்துகொண்டு சிறப்பித்தனர். ஆசிரியர் ஜெனிபர் அவர்களின் சிலம்பாட்டமும் கிராமிய விளையாட்டுகளும் விழாவின் சிறப்பம்சமாக இடம்பெற்றன.

மாணவர்களின் கண்கவர் கலைநிகழ்ச்சிகள் மற்றும் சிறப்புவிருந்தினர் திருவாளர். தினகரன் அவர்களின் பொங்கல் சிறப்புரையுடன் கூடிய பண்பாட்டு கலாச்சாரப் பொங்கல் விழாவானது வலைஒளி (Youtube) தளத்திலும் ஒளிபரப்பப்பட்டு வெகுவிரைவாகக் கொண்டாடப்பட்டது.

Mm. Prema – Tamil Teacher



REPUBLIC DAY

"Be the Change you want to see in the world."

We celebrated the 73rd Republic Day of our nation with the staff and student cabinet members. Dr. Rally Roy (Department of Emergency Medicine, Madha Medical College), the chief guest, hoisted the National Flag and the teachers sang the Flag Song. The remainder of the program was held in the auditorium following the flag hoisting. It began with the Tamil Thai Vazhthu. The Correspondent, Rev. Dr. Joy Arackal CMI, gave the presidential address, which was followed by the chief guest's message for the day. A Tamil poem was recited by Mm. Prema and the message by Mm. Jayashree made the day brighter. The chief guest was honoured with a shawl and memento. The programme came to an end with the message of Fr. Principal, a vote of thanks by Mr. Nidhin and the National Anthem.

As part of the tribute, our school's G9-C and G3-A students prepared a colourful video that featured performances including Welcome Speech, Bharathiyarpattu, fancy-dressed as freedom fighters, dance, Teacher's message, and Vote of Thanks.



MARTYR'S DAY



"There is no greater sacrifice known to man than to lay down one's life in the defence of the nation."

Martyr's Day was celebrated virtually on 30 January 2022 by G9-B & G3-B students. Also known as Sarvodaya Day or Shaheed Diwas, the assassination of Mohandas Karamchand Gandhi, our father of the Nation, is remembered on this day. Gandhi led India's struggle for Independence that resulted in India gaining freedom from British rule on 15 August 1947. This was shown through various events. The programme began with a welcome address, a speech about freedom fighters, patriotic dance, and clippings to memorialize our freedom fighters and showering flowers to honor our patriots. Mm. Safina Begum delivered a wonderful message. The programme ended with a vote of thanks.

CIT CAREER GUIDANCE PROGRAMME



Chennai Institute of Technology (CIT) hosted a webinar session for students from G10 to G12 on 29 January 2022. The session began with a welcome address by a CIT faculty member, followed by the guest speaker Mr. Jayaprakash Gandhi, Career Consultant and Analyst.

The primary objective of the webinar was to expose students to evolving fields and horizons. He shared a wide range of opportunities for building up a successful career. He guided the students to select interesting subjects and focus on technology. The students gained a wide range of knowledge on proceeding with their future.

WORD POWER

Word Power prepared by Mahashree of G11-C

1. **Profusely** - to a great degree

The book is **profusely** illustrated with period photos.

2. **Reprimand** - rebuke

The golfer received a **reprimand** for a breach of rules.

3. **Trajectory** - route

The cruise ship's **trajectory** will include overnight stops in Nassau and Freeport.

4. **Transitory** - temporary

The homeless people can only stay in the **transitory** shelter for a short period of time.

5. **Bequeath** - leave

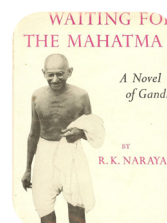
He **bequeathed** his art collection to the town.



SOUL READERS

Soul Readers by Vincy J of G12-B

Book: **Waiting for the Mahatma** - Written by RK Narayanan



1. Waiting for the Mahatma, R.K. Narayan's most political work, tells the story of Sriram, a young man in the fictional Indian town of Malgudi.
2. He hears Gandhi is visiting Malgudi and goes to hear him speak, where he meets Bharathi, a follower of Gandhi, and falls in love with her.
3. Gandhi is imprisoned for making a speech calling on Britain to leave India, which is now known as the "Quit India" statement.
4. Sriram meets Jagadish, a photographer determined to engage in anti-colonial and anti-British subterfuge.
5. At the end of this novel, he goes to meet his grandmother and is arrested there. Sriram dislikes prison life as he finds it oppressive and humiliating. The other inmates tease him for his reverence for Gandhi.
6. He hears news that India is independent and that Gandhi will be independent India's Emperor. Sriram is released.
7. Sriram goes in search of Bharati. They meet up in New Delhi and eventually agree to marry. The night before they planned to be wed, unfortunately, Gandhi is shot dead.

In this book, the author clearly illustrates the sacrifices and struggles that Mahatma Gandhi underwent for the freedom of our nation: he sacrificed his life, his education, and everything. The character of Sriram is intriguing, which, I am sure, will surely provoke the reader's mind to succeed in life when one does things with dedication and passion.

EVENT BUZZ

FEBRUARY 2022

Feb 4	: World Cancer Day	Feb 21	: Mother Language Day
Feb 8	: KGs National Kite Flying Day	Feb 27	: National Science Day
Feb 11	: National Inventors' Day	Feb 28	: Last date to apply for TC
Feb 20	: World Day of Social Justice		

HAPPY
Birthday

BIRTHDAYS - FEBRUARY 2022

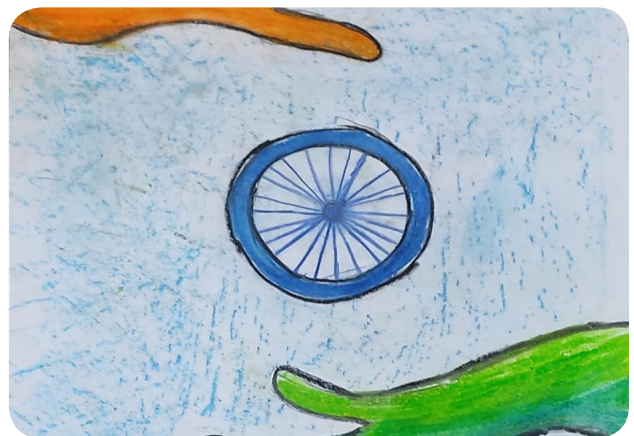
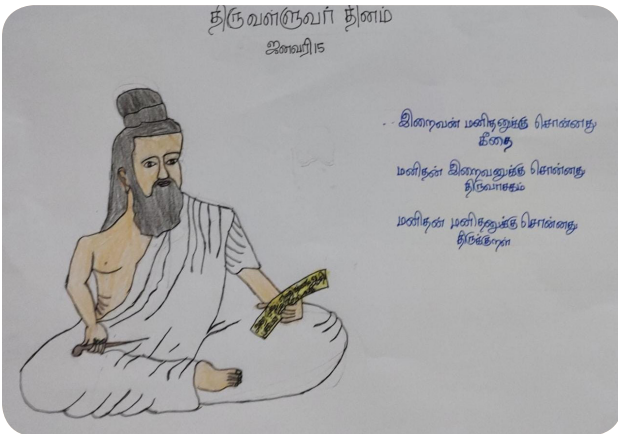
Feb 3: Mrs. Amudha (CT)

Feb 7: Mm. Saranya S

Feb 11: Mm. Kalaivani

Feb 13: Mm. Anitha Felix

Feb 24: Bro. Sebin



Pongal 2022





Republic Day



KGs Orange Day



New Year

