




Mary - Seat of Wisdom

NUANCES 2024

Sophia High School

A close-up photograph of a person's arm and hand working on a pottery wheel. The person is wearing a white sock and a blue and white striped shirt. The hand is shaping a piece of light-colored clay as it rotates on the wheel. A metal bowl containing water is visible in the foreground. The background is dark and out of focus.

**You have the
your own dest
yourself and**



**power to shape
iny. Believe in
never give up.**

Message from the Provincial Superior

Congratulations to Sr. Alpana, Sisters, Staff, Students, Parents and every person involved in the creation of this year's school magazine – Nuances 2024. This magazine is a witness to the incredible talent, creativity, and dedication of everyone in the school. To the editorial team which has worked behind the scenes; your hard work, attention to detail, and collaborative spirit have brought this magazine to life. Congratulations on a job well done!

The year 2024 is a significant year for all the Sisters of Notre Dame in India as we celebrate 75 years of dedicated and committed life and service of Notre Dame Sisters and their collaborators in India. It is with immense joy, gratitude and pride that we leaf through the pages of history and witness the remarkable journey of the Sisters of Notre Dame in India. From humble beginnings, where six stout-hearted American Sisters heeded the call to serve the Lord and His people on Indian soil to today over 300 Sisters serving across diverse ministries in education, healthcare, pastoral work, social services and as advocates for the protection of environment and social justice impacting countless lives and leaving an indelible mark on the society.

While we are living in a world that has progressed in every sphere of life, we cannot deny the fact that we are surrounded by uncertainties, war, intolerance, fear and chaos BUT in the midst of all these, HOPE stands as a beacon of light, guiding us through the darkness and reminding us of the possibilities that lie ahead. It is a powerful force that goes beyond challenges, fuels resilience, and inspires us to believe in a better tomorrow. Today, I want to share a message of hope, one that can elevate our spirits and renew our collective faith in the future.

Hope is not merely a passive wish for things to improve; it is an active and dynamic force that empowers us to take steps towards positive change. It is the spark that ignites our dreams and the drive that keeps us moving forward even when the road is tough. When we embrace hope, we choose to see beyond the immediate obstacles and envision a future filled with potential and promise.

It is easy to feel overwhelmed and discouraged when faced with challenges. However, history has shown us that even in the darkest moments, hope has the power to transform lives and societies. From the struggles for civil rights and freedom to the advancements in science and technology, hope has been the cornerstone of progress and innovation. It is the unwavering belief that despite the challenges we face, we have the strength and the capability to overcome them.

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Hope is nurtured through our actions and our connections with others. It flourishes when we come together as a community, supporting and uplifting one another. When we reach out to help a neighbour, lend a listening ear, or stand up for justice, we are planting seeds of hope that can grow and flourish in the hearts of those around us.

Let us also remember that hope requires patience and perseverance. Change often takes time, and the journey may be fraught with setbacks. However, it is through our persistence and unwavering commitment to our goals that we bring about meaningful and lasting transformation. Every small step forward is a testament to the power of hope and the resilience of the human spirit. Let it inspire us to act with compassion, to seek justice, and to work tirelessly towards a better future. In doing so, we not only uplift ourselves but also those around us, creating a ripple effect that can bring about profound and positive change.

I congratulate Sophia High School staff and parents on this memorable journey of togetherness for three-quarters of a century. True to its motto, this Notre Dame owned institution has been a beacon of truth that reigns and love that unites universally. All this would not have been possible without the enduring love of God which has blessed us with the gift of dedicated staff and supportive parents.

Let us embrace hope in our hearts and in our actions, knowing that together, we can create a world where hope is not just a distant dream, but a lived reality for all. Let us move forward with flames of imaginative hope.

With enduring HOPE,

Sr. Mary Chetana, SND
Provincial Superior
Our Lady of the Visitation Province
Bangalore



Message from the Principal

Celebrating 75 Glorious Years: A Message of Gratitude

Dear Sophia Family,

Sophia High School commemorates with gratitude the landmark occasion of its Platinum Jubilee in 2023, and also for 75 years of spirited presence of the Sisters of Notre Dame in India, that has illuminated countless lives with dedication and commitment to serving in the divine name.

Transcending time, generations of students, teachers, staff, and parents have been inspired and blessed by the legacy of resilience, and service that has been woven into the very fabric of existence of the Sisters of Notre Dame and the entire Sophia Family.

On this journey, I thank you parents; the cornerstone of our success; the pillars of strength, for believing in our potential and entrusting their children to our care.

Dear benefactors, your kindness and generosity will forever be etched in our hearts. It has enabled us to pursue our dreams, ensuring that nothing stands in the way of our education.

I have the deepest appreciation for every member of the Sophia Family, past and present. Your dedication, passion, and unwavering commitment to excellence has helped build a community founded on the values of love, compassion, and integrity that has transformed lives and left a lasting impact.

Congratulations to the editorial team of staff and students for another interesting edition of 'Nuances' chronicling the past year's journey very efficiently and effectively. Our journey is far from over as we must continue to uphold the legacy of St. Madeleine Sophie Barat and St. Julie Billiart, whose vision and dedication continue to inspire us to dream, to dare, and to do justice with patient perseverance.

Here's to 75 years of light, love, and learning. May the spirit of the Sisters of Notre Dame continue to guide and illuminate our path with hope and inspiration.

***With gratitude and blessings,
Sr. Mary Alpana SND
Principal, Sophia High School***



Message from the Principal - Primary Section

Memories filled with gratitude!!! As we look back to the academic year 2023-24 we have vivid images of everyone working together and bringing greater achievements and glory in every activity of the school under the provident care and protection of God. Every student from the youngest to the oldest, every staff, every supporting staff played their role to the fullest. This makes us to sing the verse of Jim Reeves; "We thank Thee each morning for a new born day Where we may work the fields of new mown hay We thank Thee for the sunshine And the air that we breath Oh Lord we thank Thee" January 2024 brought us all to count all the landmark events and numberless blessings of Sophia High School since its inception in 1949 January 17th, as we celebrated the opening ceremony of the Platinum Jubilee on 18th January 2024. As we count every blessing our hearts are filled with memories and gratitude to God for His unconditional love and faithfulness. I wish everyone the abundant blessings of God.

Sr Mary Vishala, SND
Principal - Primary Section



Message from the Principal - Opportunity School

Embarking on a Heartwarming Journey:

Welcome to the empowering world of Sophia Opportunity School, where every day is filled with the magic of hope and the power of transformation. Since our founding in 1972, guided by the gentle vision of the Sisters of Notre Dame, we have committed ourselves wholeheartedly to uplifting our precious children with special needs.

As a teacher, mentor, and guardian of this cherished institution, I have had the profound privilege of witnessing the indomitable spirit and growth of our special students since 2009. Together, we have celebrated triumphant moments and confronted challenges with steadfast compassion and dedication. At the very heart of our mission lies a deep belief in inclusivity and the celebration of differences. We strive tirelessly with the combined efforts of our devoted team of special educators, therapists, and support staff, to create an environment where every child is accepted and can thrive and spread their wings to soar to new heights.

Yet, what sets us apart is the life-giving stories of our special children—stories infused with courage, hope, and determination. For example, consider the tale of a student with Down Syndrome, whose infectious joy and unyielding spirit have touched the lives of all who have crossed her path.

At the dawn of a new academic year, I extend a heartfelt invitation to all families seeking a nurturing and transformative home for their children to script tales of courage, hope, and boundless possibilities. I commend the editorial team and our staff for igniting precious memories with this magazine. May the grace of God continue to illuminate our path as we embrace each precious child and cultivate a community where love knows no bounds.

***With warm regards,
Sr. Madhuj, S.N.D.
Principal
Sophia Opportunity School***



Message from the Treasurer

As the treasurer of our beloved convent school, it is my honour to extend warm greetings to each member of our vibrant community through the pages of our school magazine.

I would like to express my gratitude for the unwavering support and trust placed in us. With diligence and responsibility, we have strived to uphold the values of integrity and stewardship. Throughout the academic year, we have foreseen enhancing educational experiences, maintaining infrastructure, and supporting extracurricular activities and holistic development.

I commend the magazine team for releasing yet another interesting edition of 'Nuances'.

May all endeavours be guided by grace and wisdom.

***Warm regards,
Sr. Pushpa SND
Treasurer***



Farewell

Farewell Sr. Divya, Sophia will miss you;
Welcome Sr. Pushpa





School Report

"Somewhere along the line you have to trust someone. You've just got to be clever enough to pick someone who's smart and wholesome and worthy--and then just listen to what they say."

-Dave Joyner

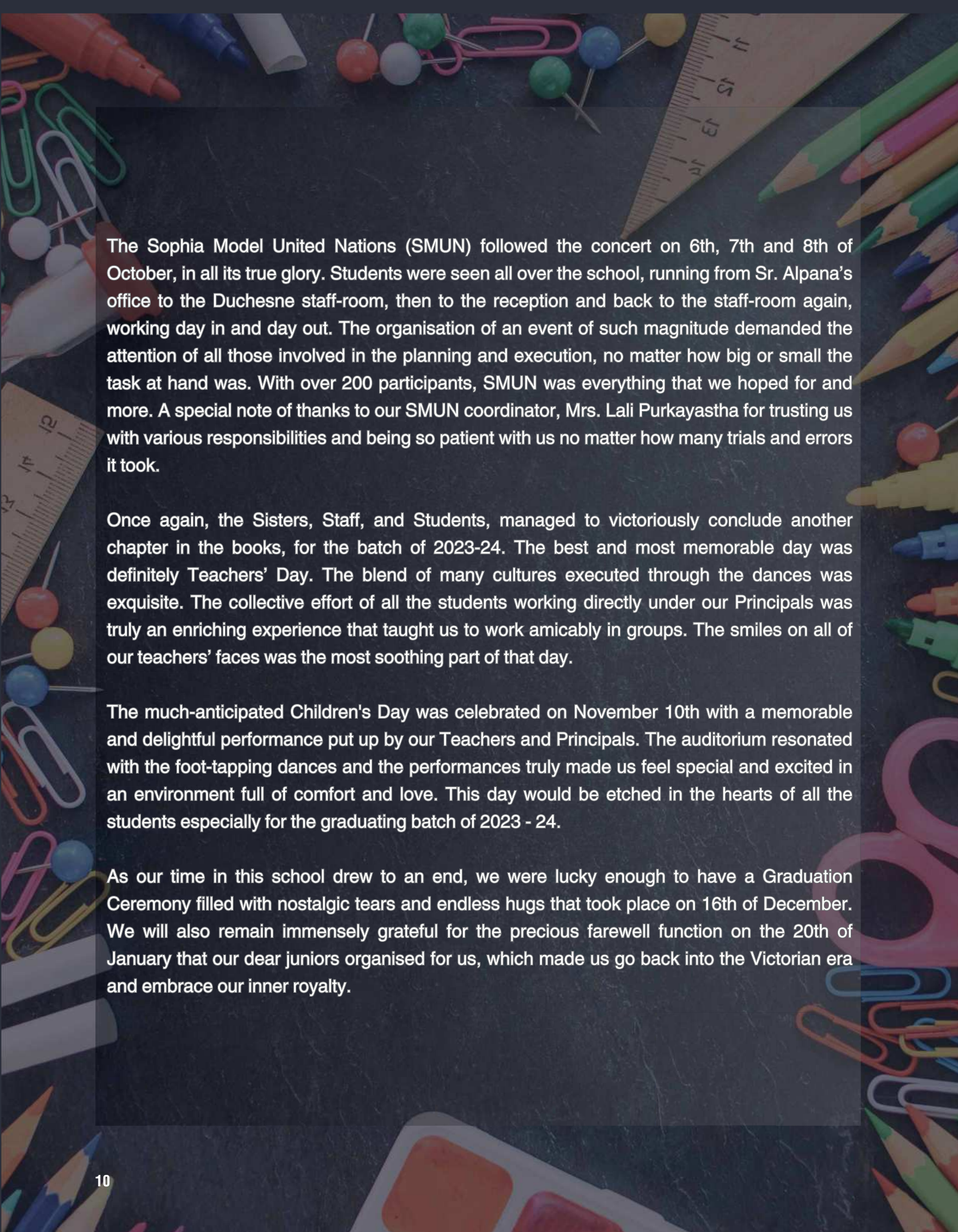
And that is exactly what we did at Sophia. After having spent close to 15 years in this prestigious institution, we are sure that no other place could have prepared us for what is in store for us out there, in the real world. You may walk into this school all confused but eventually with time you will meet a few of the most amazing people and they will help you through the most adverse situations. After all, who does not appreciate some moral support?

In the academic year 2023-2024, we as a student body have accomplished goals that we never fathomed for ourselves. It all started with the installation ceremony of the student council on 9th December, 2022. We started off our term with the Graduation of the batch of 2021-22. Students from the ISC block assisted as volunteers at this glorious ceremony. The following months brought with them so many memories without which, our last year in Sophia would not have felt like a fairy tale.

The four highly competitive houses were put to test from the very beginning of the year through multiple house matches and sports drills. The girls would show up as early as 6:30 a.m. and stay back as late as 5 p.m. just to support their housemates and thus propel their houses towards victory. Sports day in Sophia is definitely one for the history books.

The Mater musical, 'LA MADRIGAL', was definitely a prominent and marvellous achievement for the school. The students from grades 5-8, teachers from all buildings, Sr. Alpana, Sr. Vishala, Sr. Madhuja and all the Sisters of Notre Dame, worked day in and day out to ensure that this concert would be a grand success, and so it was.

All assemblies were flawlessly organised by the students and teachers of various buildings and thus, whether it was Independence day, Worker's day, Principals' day or even just a normal day, there was never a break in our celebrations or a lack of zeal to seize the day.



The Sophia Model United Nations (SMUN) followed the concert on 6th, 7th and 8th of October, in all its true glory. Students were seen all over the school, running from Sr. Alpana's office to the Duchesne staff-room, then to the reception and back to the staff-room again, working day in and day out. The organisation of an event of such magnitude demanded the attention of all those involved in the planning and execution, no matter how big or small the task at hand was. With over 200 participants, SMUN was everything that we hoped for and more. A special note of thanks to our SMUN coordinator, Mrs. Lali Purkayastha for trusting us with various responsibilities and being so patient with us no matter how many trials and errors it took.

Once again, the Sisters, Staff, and Students, managed to victoriously conclude another chapter in the books, for the batch of 2023-24. The best and most memorable day was definitely Teachers' Day. The blend of many cultures executed through the dances was exquisite. The collective effort of all the students working directly under our Principals was truly an enriching experience that taught us to work amicably in groups. The smiles on all of our teachers' faces was the most soothing part of that day.

The much-anticipated Children's Day was celebrated on November 10th with a memorable and delightful performance put up by our Teachers and Principals. The auditorium resonated with the foot-tapping dances and the performances truly made us feel special and excited in an environment full of comfort and love. This day would be etched in the hearts of all the students especially for the graduating batch of 2023 - 24.

As our time in this school drew to an end, we were lucky enough to have a Graduation Ceremony filled with nostalgic tears and endless hugs that took place on 16th of December. We will also remain immensely grateful for the precious farewell function on the 20th of January that our dear juniors organised for us, which made us go back into the Victorian era and embrace our inner royalty.

Overall, it did not matter whether you had been in Sophia for 15 years, 5 years, or even just 2 years, we can guarantee that along the way, you would have made friends and memories that will last a lifetime. We now embody principles that the world desperately needs and for this we are truly thankful. As we leave the hallowed portals of Sophia, we would like to thank our Principals, Sr. Alpana, Sr. Vishala, Sr. Madhuja, and all the Sisters, for always taking care of every single request made by the student council towards the betterment of our school year. We also thank the entire staff body, especially our Student Council Moderators, Mrs. Suman Muralidhar and Mrs. Janet Freeda, and also the members of the Staff Council, Mrs. Shobha Joshy and Mrs. Jibi Soji, for their constant support and guidance throughout our journey here.

A hearty congratulations to the new Head Girl, Nia Marie Motha, Assistant Head Girl, Esha Daniel and Prefect Isra Fathima. We wish them and their team all the luck for the upcoming year. As we bid adieu to our second home, we are grateful for all the opportunities, experiences and lessons that we have gained during our time here in Sophia. We think that there is one phrase that rings true while looking back over the years that we have had together which is, **“You can take the girl out of Sophia, but you cannot take Sophia out of the girl.”**

Head Girl - Isaiah Kaur John

Asst. Head Girl - Malka Biddappa

School Prefect - Hazel Joseph Kaliyadan



Sports Report

"Champions aren't made in the gyms. Champions are made from something they have deep inside them - **a desire, a dream, a vision.**"

-Muhammad Ali

From the very beginning, our Sophia girls aimed high by actively engaging in every sports practice that started immediately after the final exams. Sophiates enthusiastically engaged in learning the Aerobics and Mass Callisthenics with enthusiasm and tireless energy. On the days of the final matches and races each and every student worked tirelessly to earn points for her house and regardless of who won every player displayed true sportsmanship.

"Past, Present and Future", our sports day and the day we had tirelessly worked for had finally arrived. Sophia girls showed great enthusiasm and courage on the field as they fought for the victory of their house. The air was filled with healthy competition where teamwork and unity thrived over rivalry among houses which made the event enjoyable for all. Players of all houses received various awards in both inter-house athletic events. Every student and leader served their house to the best of their ability making it an unforgettable experience. Watching the houses cheer and rejoice brought joy and pride to all of our hearts.

We are grateful to our principal Sr. Alpana for giving us the opportunity to work together as a team and making Sports Day a memorable experience for everyone. Our heartfelt gratitude goes to our Physical Education department, Mr Mahesh, Mr Mahesha, Mr Satyanarayan P and Miss Anitha C who were there with us every step of the way, through thick and thin. We would also like to thank the house teachers for their unending support and guidance.

Special thanks to the ISC students for their hard work and collaboration. As another year passes, our hearts are filled with joy, pride and sorrow as we say our goodbyes. But, there's no such thing as an ending, just a new beginning.

We would like to wish the new sports captains, Inaayah Irfan and Charvi P.T the very best for the upcoming year.

Games Captain - Naisha Shetty

Assistant Games Captain - Siri N. Boggaram



Andersson

"Where there is unity, there is always victory." – Publilius Syrus

This year was nothing ordinary, from house matches, staying back, making banners to not giving up on Sports Day. Lessons were learnt, a family was made and a legacy was carried. The memories created will never be forgotten.

Thank you, Andersson House for bringing us out of our shell and giving out our best. We may not have won the House Cup but the way we strived for excellence and victory was phenomenal. Every member of the house was an important part and extremely essential. Our "fun" filled house meetings, motivational messages on the group, looking at the golden flag with pride and playing every sport will be etched in our minds. Your support and patience held us together. We are sure that the house won all the hearts with its grace, kindness, charm and loyalty.

Being leaders of the house, we made sure to inculcate in the members of the house values of sportsmanship, unity, selfless service and dedication. Lending a helping hand and feet in the case of learning aerobics displayed the cooperation and coordination of the house. Nothing could have been achieved without the endless cheering that showed admiration towards the house. At the end of sports day, we embraced our achievements and even though we lost, we had won, no tears were shed but instead a satisfied smile lingered on.

It was a great honour to have served this house with a heart filled with pride, diligence and gratitude. Thank you for giving us so much love and a lifetime worth of memories to look back on. We will miss the little kids calling us 'Didi', the tiring sports practice, the gold paint on our skirts and faces, and marching with resilience to every beat. Lots of love to our ISC girls who stood with us in everything that we did. Thank you, dear neutral captains, for watching us have petty arguments and putting up with us. Most of all, we are grateful to our house teachers and moderators who lit up that much needed fire within us and did not let it extinguish.

“The clock was ticking and time slipping away, fear penetrating through my skin made its way to my heart, I could feel my strength melting of my fingertips the last stop of sweat drifting off my nose, my lips flinched, nothing moved everything was in place as if heat froze the moment. The screams of our competitors were very loud but I could only hear the silence of my people. My people were wounded but when I saw them brush that dust off their scars, I knew that the candle was blown out because now we were about to light the forest and fire.”
- Haniah

To the future captains of Andersson House, carry forward the shining legacy and keep the torch of Andersson House burning bright regardless of the storms that come your way. To the house: keep your differences aside and move forward, give your best, set an example for the other houses and always remember that “We’re so GOLDEN.”

Rakshitha R: House Captain

Pooja Shetty: Asst. Captain

Haniah Aiman: Prefect



Barat

"Talent wins games, but teamwork and intelligence wins Championships." – Michael Jordan

We are always one decision away from changing our lives. As we stood up for elections, we were determined and clear in our goals- to serve the house which looked after us for 6 years. Leading this brave and courageous house was definitely the most wonderful experience we have ever had and we are sure that we have made them proud and much stronger than ever!

Our journey with the house had started long ago, but the meaning to this journey was added this year. It was at our very first house meeting that we understood the actual responsibility presented to us. The shine in their eyes and fire in their souls made us feel that we have to win no matter what, at least to see them smiling. As Captains, we had a difficult time. Late night working on banners, sleep deprived eyes leading the house next morning during sports practices, facing failures even when we gave all that we had, it was truly a tough time. In the long run, we carry forward the memories that we made on the way during those hard times rather than the struggles we had faced. The values learnt in this journey are truly remarkable. We learnt the importance of teamwork, friendship, team spirit, confidence, family support and definitely realised that we are not alone.

Sports Day this year was a Big Hit! From dreaming of leading the house when we were young to actually fulfilling this dream, it was a surreal experience. As always, Barat House marched forward as the red army fighting for the win which we truly deserved. The Cheerful Cuvilly, Marvellous Mater, Daring Duchesne and Inspiring ISC students gave in their best, more than what we had expected, for the win. The Lively Leans' students motivated us by their joyful spirit and sportsmanship. From cheering our lungs out to crying from our hearts, the time we had together, will be cherished forever. The rolling trophies lined in front of the house defined the true meaning of "Competition" which showed what we are capable of!

At the end of the day, we are left with memories and gratitude to God, our ever supporting teachers, families, maintenance staff and every member of the house. Within the blink of the eyes, we had already reached towards the last ever sports day we will ever have in our lives.

The graduating ISC batch of Barat House has been our storehouse of power and support. We knew that if we needed something, they are the ones to rely on. They are the ones who had our back at all times. We won all ISC games this year just because of the determination, practice and efforts put by them. They proved that this Sports Day would have not been possible without them.

“In our middle school chapter, we entered the arena of Barat, sorted into its crimson spirit that ignited our sportsmanship. From the starting lineup to victory cheers, we rallied together, a team that embraced challenges with the same enthusiasm we shared in moments of triumph. Barat's red hue not only adorned our uniforms but symbolized the passion and unity that made us the largest and strongest force on the playing field. Your past is in your head, your future is in your hands. Dear amazing housemates, as the time comes to bid adieu, my heart is a canvas painted with the hues of shared laughter, crazy banner preparation, and countless memories. Each one of you has added a unique stroke to this beautiful chapter of my life. Though the halls may echo with our cheers separately, the echoes of our bond will forever resonate. A heartfelt farewell to my dear Barat House members”

Anette Jeo: House Captain

N.V. Chandana: Asst. Captain

Shika Kiran: Prefect



Bennett

"Together we can do great things." – Mother Teresa

As the elected captains of Bennett House for the year 2023-24, we started off with great enthusiasm to uphold the legacy of our predecessors. Growing up in Bennett we have always been loved and never once felt uncomfortable. Bennett House truly feels like home. Nothing would ever compare the feeling we underwent during House meetings. It was a feeling that could be given to us only by these 400 students who sat in front of us and listened to us, followed our instructions, and stood by us through thick and thin. At the end of every meeting, we would cheer as loud as we could. That my friends was the sound of unity.

One of our fond memories that we will be taking away from this prestigious school is definitely the Sports Day. We worked hard tirelessly every day with our house members for Sports Day. We had staybacks at school when we practiced throwball, basketball, badminton, etc. These are the times that we will definitely miss. Every event leading up to Sports Day holds a special place in our hearts. This report would be incomplete if we did not mention the evenings we spent painting our banners and making our decor for Sports Day. The fun we had is ineffable. Leading a group of 400 students was definitely not easy but trust us when we tell you, we have no regrets. Together we created moments that weave a tapestry of memories.

It was an honour to lead this great house with wonderful talented people and to be able to represent the House for what it stands. We are truly grateful for every member of Bennett House and this memorable opportunity. As captains, we could not have asked for anything better. Continue to weave your steps towards victory Bennett.

Amisha: House Captain

Ragashree: Asst. Captain

Jiya Chhabria: Prefect



Julie

"Some people dream of success, while other people get up every morning and make it happen" – Wayne Huizenga

It is said that 'The future belongs to those who believe in the beauty of their dreams. This was the vision of Julie house. We were elected to lead the house, not knowing what was to come. With our heads held high, we took on the challenge of leading the house.

Our main goal was to create an unbreakable bond with the house, a safe space for everyone no matter the age or grade. A place where we celebrate not only our wins but our losses. This year, the high school section exhibited commendable traits of encouragement, sportsmanship, and the unwavering commitment to urging each other to try their best, even in the face of potential embarrassment.

Staying back after school for practices proved to be a rewarding experience. The dedicated group that stayed back every day not only made staybacks enjoyable by learning sports from scratch but also fostered a sense of camaraderie. This year, our athletes displayed remarkable sportsmanship and strength. From our basketball and throwball teams to our track and field athletes and tug-of-war team, everyone gave their utmost to secure medals, trophies, and valuable points for the house.

We united the house with new dances, songs, and cheers, and this collective effort resulted in our triumph, clinching the cheering cup. This year, our house introduced its first mascot – an alien which definitely added plus points for the cheering cup. Creating banners became a highlight for our house this year, revealing the artistic flair and humour of many. With Banners, props and posters distributed among the ISC students, the work got done efficiently. Everyone lent a helping hand especially the day before sports day in the basement, the vibes were off the charts- singing and dancing, everyone screaming their house cheers, glitter and paint on everyone and the tension of adding the finishing touches and putting up the banners makes that Friday evening unforgettable.

We express our heartfelt thanks to our dear teachers. You've been the anchor that has steadied us throughout this journey. A special note of thanks to our dedicated House Mistress, Ms Bhuvana, whose guidance and support has left an indelible mark on our collective journey. To the graduating batch of Class 10 and 12, your unwavering determination and support will forever be etched in our memories. Your legacy of inspiring teamwork and resilience will serve as a guiding light for our juniors, leaving a lasting impact. As we bid farewell to our cherished home, it has been an honour to lead this esteemed house. Thank you for the incredible journey and memories that will forever hold a special place in our hearts.

With hearts heavy yet filled with pride, we bid adieu to our tightly-knit house brimming with love, passion, dedication, and the relentless pursuit of victory. As we part ways, confident in the enduring spirit of our beloved home, we pass on the cherished satin green flag to our deserving successors Manya, Joanne and Chavi. We trust that they will carry forth the legacy, ensuring our house remains at the pinnacle of the scoreboard. May you always sing "We are the champions" no matter the result and we hope you carry the flag with pride, chanting the waving flag as you go.

Just like our motto this year, " VENI . VIDI . VICI." which means we came, we saw, we conquered- 382 dreamers with one goal, one vision- The overall championship. With our hearts filled with pride, we can tell you that we came, we saw and we definitely, Conquered.

Tara Leah Mark: House Captain

Mireille John: Asst. Captain

Shreya Hannah: Prefect



Basketball Report

"It's hard to beat a team that never gives up." – Babe Ruth

These words encapsulate the true spirit of sports in Sophia. Another year has gone by, and the Sophia basketball team has conquered it with utmost enthusiasm, dedication and hard work. The early morning practice sessions instilled a sense of team spirit and rigor within the team.

The team began their journey of the academic year 2023-2024 in July. They took part in The Council of Indian Certificate of Secondary Education (CISCE) Regional-Level Basketball Tournament. The senior team participated in the under-19 category and secured third place. Unfortunately, the junior team could not make it to the victory podium. Though it was a tough tournament we kept our heads held high and carried the lessons that we had learned.

Two of our players, Jiya Mehta and Nidhi Umesh were selected to represent Karnataka at the CISCE National-Level Basketball Tournament which was held at Thoothukudi (Tuticorin), Tamil Nadu. Nidhi also participated in the 38th Youth National Basketball Championship which was held in Puducherry. She took part in the under-19 and under-17 categories and was the top scorer.

The passion and determination of the girls were soaring sky-high as we were heading towards Bishop Cotton's High School to take part in the "Cottonian Shield" basketball tournament which was held in November. The team placed third. Although we were aiming for gold, we are proud to say that the match was hard fought and we held our own. We thank our coach Mr. Satyanarayan for his relentless effort and constant guidance. He has trained and motivated us even in our lowest moments. We are truly grateful for your never-ending support. We would also like to thank Sr. Alpana for always supporting us and making sure that we had whatever we needed.

Throughout the year the Sophia basketball team has showcased great skills and unity making them stronger with every step they take. Basketball has taught us about teamwork, strategies, perseverance, cooperation and a lot of other things as well. We hope to see our team bring more laurels to the school in the coming years!

- Shreya Hannah

Throwball Report

"The way a team plays as a whole determines its success." – Babe Ruth

These words capture the authentic essence of sports in Sophia. The academic year of 2023–2024 has been a very eventful one for the Sophia High School Throwball team. The team began their campaign with a tournament at Saint Francis Xavier's High School, which was held in July. The high school team placed second after putting up a resilient fight in the finals.

Our team further participated in the Karnataka ICSE Schools Association (KISA) Regional level Throw-ball tournament, which was held at Saint Dominic's School. Our team secured second place after a hard-fought battle in the finals.

Three of our players, Rayna D Nagpal, Shika Kiran and Shreya Hannah were selected to represent Karnataka at the CISCE National level tournament held at Tirupur, Tamil Nadu. The team consisted of the best players from the CISCE schools across the state. The players attended rigorous practice sessions at St. Francis Xavier's Girls High School, where they were trained to improve their skills and also work on their coordination and teamwork, both on and off the court.

The Karnataka team emerged victorious and secured first place, making the state proud. Shika Kiran was also selected to represent the CISCE Board at the School Games Federation of India (SGFI) tournament.

We would like to extend our heartfelt gratitude to Mr. Mahesha, the Sophia Throwball coach for training the players from being complete amateurs to becoming National level players. He instilled in us a passion for the game and made us realize that nothing beats discipline, hard work, and fair play. At times when the players were on the verge of giving up due to physical and academic strain and lack of self-belief, he always stood by us as a pillar of motivation, strength, and support. We would also like to thank Sr. Alpana for giving us the opportunity to participate in various tournaments across the country, showcasing our talents on court.

The Sophia Throwball team is known to be one of the best in Bengaluru, winning almost every tournament that we participate in, always making our school proud. Throwball will always be cherished in the hallowed portals of Sophia.

Shreya Hannah

Rayna D Nagpal

Swimming Report

"Excellence is the gradual result of always striving to do better."

– Pat Riley

My journey into swimming began as a natural extension of my deep-seated affinity for water and the ocean. Enrolling in swimming lessons provided me with the opportunity to harness my natural inclination and transform it into a skillset. As I honed my abilities and grew more proficient in the water, my passion for swimming blossomed, and I started swimming at the competitive level at the age of 12.

My first state medal was in 2019, when I got the opportunity to represent the state. I represented Karnataka at the South Zone Championship and CISCE at the SGFI Nationals. Currently, I am a State, South Zone and a National record holder. I was fortunate enough to represent India at the World School Games 2022, France. My first international exposure: full of new learnings, new friends from various countries and a completely different competition environment.

I further went on to represent India at the Asian Open Water Championship, Uzbekistan, the same year. Swimming a competition in the ocean was a completely new atmosphere altogether. My dream of swimming in the ocean finally came true amidst the marine life and the waves. Swimming without being able to see anything around with a mere sight on the marked ships and swimming around them was truly an adventure of its own.

Subsequently, I represented India at the Commonwealth Life Saving Championships, Canada. This event was truly one of a kind. I got the opportunity to combine my sport with a social cause.

Though the competition from all countries were fierce and the challenges were daunting, the experience of representing India instilled within me a profound sense of gratitude and humility. It was a testament to the resilience of the human spirit and the power of sport to transcend barriers, unite people, and inspire positive change.

To conclude, I would like to acknowledge the blessings and support that I received along the way from my Principal, Teachers, and my family. Without their constant guidance, coming this far would have only been a dream!

- Naisha Shetty



Athletics Report

"The only one who can tell you 'you can't win' is you and you don't have to listen." – Jessica Ennis Hill

The Sophia Athletics team had an outstanding season, driven by energy, enthusiasm, resilience, and commitment. The journey was more than just winning; it was about overcoming challenges and learning valuable lessons. Our athletes developed new strategies, sharpened their skills, and discovered the true meaning of teamwork and perseverance.

The CISCE Karnataka Regional Athletic Meet was held at Sri Jayaprakash Narayan Youth Centre on the 25th and 26th of August. The high school, middle school, and the ISC all participated, although the teams did not place in any of the events but it definitely proved to be a great lesson in understanding the competitiveness and dynamics of the sport. The middle school team which consisted of Rianti, Niharika, Mahika and Michelle faced tough competition in the relay event, yet they put in their best effort and delivered a strong performance, earning an impressive 4th place. Chavi S Choudhary of class 9 placed third in the 100mtr hurdles and triple jump. Shivaani had a tight race in the 800m event, finishing strong with a close fourth-place result.

BUDAA District Athletic Meet at Sree Kanteerava Stadium, in which Chavi S Choudhary bagged 2 silvers in U-16 category in the long jump and 80mtrs hurdles. She was also selected to represent Bangalore Urban in the National Inter District Junior Athletics Meet (NIDJAM) held at Ahmedabad where she placed in the top 12 hurdlers in the U16 category.

We are forever grateful to God for bestowing his benevolent and bountiful blessings upon all of us. We would like to thank our Principal Sr. Alpana for giving us countless opportunities and being a source of constant encouragement. We would like to thank our PE department – Mr Mahesh, Mr Satyanarayan, and especially Ms Anitha for training us and encouraging us even in our lowest moments.

- Naisha Shetty

Tennis Report

“Champions keep playing until they get it right.” - Billie Jean King

Sophia High School's tennis teams displayed exceptional talent and determination at the KISA Regional Tennis Tournament hosted at Sarala Birla Academy. Competing in the U17 team were Saanika, Adira, Sunaina, Bhavika and Kavana and in the U19 category were Umam, Rayna, Spoorthy and Niharika, we the school's athletes showcased remarkable skill and teamwork, ultimately securing gold in both divisions and earning the opportunity to represent our school at the national level.

The outstanding performance of both the U17 and U19 teams at the KISA Regionals Tennis Tournament earned us the prestigious opportunity to represent Karnataka at the national level. Selected to compete in the Nationals held in Kolkata. Saanika, Adira, Sunaina, Umam and Rayna from our school got selected for the nationals from our respective categories. In the U17 category, Sophia High School was represented by Saanika, Adira and Sunaina. Their spirited performance and teamwork were instrumental in earning recognition for our school. In the U19 category, Sophia High School's team, comprising Umam and Rayna, delivered a stellar performance. Their cohesive teamwork and unwavering determination propelled them to victory, clinching the silver medal and bringing pride to our school.

Sophia High School's triumph in the KISA Regionals and in the nationals, with victories in both the U17 and U19 categories, is a testament to the dedication, skill, and teamwork of its athletes. As we continue to pursue our passion for tennis, we serve as role models for our peers and inspire future generations of athletes at Sophia High School.

We are grateful to Mr. Mahesh for being there and supporting us throughout the tournament. We would also like to thank Sr. Alpana for giving us this wonderful opportunity to showcase our talents. We are ever so grateful to have given the school a good name and we surely will continue to keep getting more recognition in and outside our school.

- Saanika Belagode

Badminton Report

"To train hard is the best way to become the best version of yourself." – Chen Long

Badminton is a very popular sport in our country. This game teaches players about strength, agility, stamina, speed and a lot of other things. It is a very competitive sport with every player trying to be the best.

The academic year of 2023-2024 has been a very successful one for the Sophia Badminton team. We took part in The Council of Indian Certificate of Secondary Education (CISCE) Regional-Level Badminton Tournament which was held at Vishwa Vidyapeeth School.

The senior team took part in the under-19 girls' team event and secured third place. The junior team took part in the under-17 girls' team event and emerged victorious after defeating Vidya Shilp Academy in the finals.

Ashwaty Rachel and Yashika Shivaprakash also participated in the individual singles event and won gold and silver respectively. Both of them were selected to represent Karnataka at the CISCE National-Level Badminton Tournament.

We look at these achievements with great pride and look forward to the next year for more badminton glory for our students.

- Shreya Hannah



Sophia Basketball Team



Sophia Badminton Team



Lawn Tennis Team



Sophia Throwball Team



Sophia Badminton Team



Sophia Inter School Relay Team



Gymnastics - Ahisha Sathya



Badminton - Rujula Ramu



Fencing - Ruthu S Kiran



Sophia Table Tennis Team

Cultural Report

"We may have different religions, different languages, different coloured skin, but we all belong to one human race" – Kofi Annan

Sophia is known for inspiring students to achieve potential and personal goals through activities that are developmentally appropriate and individually paced. It provides a plethora of opportunities for each and every student to find their true calling.

On the 6th, 7th and 8th of October 2023, our school organised the Sophia Model United Nations (SMUN). Model United Nations (MUN) conferences provide students with an unparalleled opportunity to engage in diplomacy, negotiation, and critical thinking. As a part of the organising committee we worked alongside the rest of the team and inculcated the value of team spirit ultimately making the event a success.

Sophia makes it a point to organise events like Teachers' Day, Principals' Day, Workers' Day, etc. with great importance and enthusiasm. Cultural dances play a pivotal role in celebrating diversity and preserving cultural heritage within schools. From traditional folk dances to freestyle interpretations of various dance forms, these performances provided students with an avenue to express themselves creatively and connect with their cultural roots.

Inter School fests foster camaraderie among students and promote healthy competition. We were given the privilege of taking part in a couple of fests. On the 23rd and 24th of June, 2023, many of us students participated in the annual Science Fest Transcendence held at St Joseph's Boys High School. Participating in the event helped us explore the scientific developments in different fields of Science.

On the 4th and 5th of August, our school participated in the annual commerce fest - Plutus, held at Greenwood High School. This fest exposed students to meet the practical challenges in the current business scenario and developed self confidence and a proactive approach to business.

On the 25th and 26th of August we took part in the annual commerce fest Bifrost, organised at St Joseph's Boys High school. Many of us bagged prizes at our respective events, which was a thrilling and delightful experience.

In conclusion, Model United Nations (MUN), Inter-school fests, and vibrant cultural programs are integral components of school culture that promote global citizenship, foster intercultural understanding, and nurture students' personal and academic growth. By actively engaging in these activities, our school contributed to creating a more interconnected and harmonious world, where diversity is celebrated and dialogue is encouraged.

We would like to thank our Principals, Sr. Alpana, Sr. Vishala, and Sr. Madhuja for enabling us to perform our duty as Cultural Secretaries successfully. We would like to thank our beloved teachers of Sophia for understanding our every request and making each and every part of this experience a supportive and encouraging one. We would also like to wish our successors all the joy that the post brings and hope that every upcoming batch propels this institution towards prosperity.

Aadya Manoj Hospetimath: Cultural Secretary

Dhwani Jain: Cultural Secretary

Anushka Sanjay Varma: Assistant Cultural Secretary



Treasurer's Report

"When dark times lie ahead of us, there will be a time when we must choose between what is easy and what is right." – Albus Dumbledore

From the moment we first entered these halls as wide-eyed toddlers, we were embraced by a community dedicated to our growth and development. Sophia High School, true to its name, is the very abode of wisdom, it has not only provided us with academic excellence but has also fostered a sense of curiosity, resilience, and compassion.

Over the years, we have evolved from curious youngsters into poised young women, ready to take on the world. The transformative experiences within these walls have instilled in us the confidence to navigate challenges, pursue our passions, and advocate for ourselves and others. Our journey as members of the student council and serving as treasurers this past year has been deeply enriching. It is within this role that we have come to appreciate the importance of leadership and responsibility.

As we reflect on our tenure, we are overwhelmed with gratitude for the opportunity to serve our vibrant school community. Being entrusted with the financial stewardship of our beloved institution has been a journey of learning, excitement, and profound responsibility.

Transitioning into the role of treasurer was a thrilling adjustment. From navigating budget meetings to managing event finances, each task allowed us to embrace the exuberance of financial leadership. Balancing duties as a student and as a financial steward required dedication and organization, and we are grateful for the support and guidance from our fellow council leaders, faculty and administration throughout this journey.

Handling money is more than just numbers on a spreadsheet; it's about fostering trust and transparency within our community. It has taught us to manage funds effectively and cultivate a sense of discipline and responsibility. Learning from past council leaders and observing their dedication has inspired us to uphold the values of integrity and diligence.

In closing, we wish to express our sincere gratitude to Sr. Alpana and all the teachers, for having given us this amazing opportunity and their unwavering support during our tenure as treasurers.

In the realm of numbers and gold,
You stand, a steward bold,
Treasurer of our school, in stories untold.
Counting coins and dollars with precision,
Navigating budgets with ambition,
Guardian of funds, on a financial mission.
Balancing books, a task of might,
Ensuring resources shine bright,
For our school's future, ever in sight.
With courage and resolve, take my place,
In the world of finance, you embrace,
A leader entrusted, with steadfast grace.

On that note, we wish Saanvi and Sahithya the very best for all their future endeavours as treasurers.

Greeshma G: *Treasurer*

Harshi Sachin Rathod: *Treasurer*



Health and Hygiene Report

“You are the master of your mind, not the slave of it”

Health is both physical and mental which are interconnected with one another. The ebbs and flows of our emotional state can exert tangible impacts on our physical well-being, just as our physical health can profoundly influence our mental health. Hygiene on the other hand consists of cleanliness and sanitation and human need for comfort and safety. As Health and Hygiene Coordinators, we remained committed to fostering a healthy and safe environment within the school.

Embarking on the role of Health and Hygiene Coordinators has been a deeply enriching journey, filled with challenges, revelations, and profound moments of connection. We ensured that the washrooms were cleaned and had a daily supply of soap, sanitiser, and tissues. We also made sure that every week all the supplies and the workings of the washroom were proper. Such work goes unseen and seems disgusting to many people, but we took up this task with enthusiasm and continued our work. At times, we had to go around and inform the students on proper sanitary usage and basic hygiene. The results of our work and the improvement we saw when our own friends were ready to go to the washroom without any complaints, made us feel grateful and happy.

The heart behind the role transcended the mere compliance of health and hygiene standards. It was about nurturing a culture of care, compassion, and collective responsibility within the school. Being a Health and Hygiene Coordinator is not only about guaranteeing cleanliness and safety, but it is also the small task we took upon ourselves to see that the people around us were okay and healthy mentally.

Mental Health is a process and journey of understanding oneself, we hope that the students who came and talked to us felt open and comfortable in our presence and these moments of genuine human connection served as poignant reminders of why our work matters. As we reflect on our journey as Health and Hygiene Coordinators, we are filled with a profound sense of gratitude for the trust placed in us and the unwavering support of the school leaders, staff, and students. Looking ahead, our aspirations are fuelled by a vision of a school where health and hygiene are not just practices but deeply ingrained values that foster a culture of empathy, inclusivity, and holistic well-being. Always remember- even breathing is a sign of strength.

Tavleen Kaur Arora: Health and Hygiene Coordinator
Zoha Ahmed: Assistant Health and Hygiene Coordinator



Traffic Report

"You can't knock on opportunity's door and not be ready."

– Bruno Mars

What exactly does a Traffic Coordinator do? Well that's exactly what we asked ourselves when we were given this title. At first it seemed that we had only one job, managing the file of girls who were late for the assembly, which is also known as the infamous 'late file'. But that wasn't really the only job. We were also responsible for the discipline of our fellow students throughout the year which at first seemed nearly impossible as we had to cover the assemblies, phone room, auditorium and even the games field, but working together with the council made it possible.

Regardless of what title you have in the council, we all have one common goal. Making sure that we have a good year filled with activities while still maintaining discipline and a focus on studies. As traffic coordinators we organised traffic awareness programs where we covered the roads near our school and advocated important topics of Noise pollution and Safe driving. We had some of our NCC, PE and Interact students accompany us with beautiful posters and slogans. It felt good making a difference while having fun.

Only after being traffic coordinators did we realise that it was actually fun standing in the mornings, maintaining the late file, collecting and stamping diaries and making sure the same students weren't late everyday. It helped us understand how to fulfil certain responsibilities and how a job which may seem simple from afar is actually hard and complex.

We hope that we changed the perception of this title, because we can proudly say that it is a title with serious and similar responsibilities as each and every council role. The title matters less, what matters most is being part of the council, which in itself will change you for the better. However, being a traffic coordinator will make you learn to be punctual. That is for sure.

We would like to thank Ms. Suman and Ms. Janet, along with the other teachers of our school who were so understanding and helped us throughout our council term. We would especially like to thank Sr. Alpana for being our rock and guiding us through our whole school year. Finally we would like to thank God for giving us the opportunity to be part of the Student Council 2023-24. Best wishes to our successors, Prarthana, Esha and Fiza.

Vibha Londe: Traffic Coordinator
Trisha Lynnette: Traffic Coordinator
Aditi Nahar: Asst. Traffic Coordinator



Band Report

"It's more than just a Band."

The Sophia Brass Band captivates audiences with its vibrant, melodious and synchronised rhythms. The ensemble combines traditional brass instrumentation with contemporary flair, producing dynamic performances. The harmonious blend and energetic presence of the members of the band truly make Sports Day a memorable experience. We strongly believe that in the brass band, every instrument has its voice, but it's the harmony of all that creates the magic.

Sports Day is one of the most celebrated events in Sophia and the Brass Band is a major part of it. The field comes alive to the beats of the bass drum, the side drummers, flautists and brass instruments playing in sync made for the perfect round of march-past. The calming whistle of the flutes, the perfect bass of the drums, and the powerful tunes of the brass instruments, held the band together.

This year, the band formation for the display was a "Triangle." This formation symbolised "Fire" – the Creative Spirit of the Universe. Fire moves fast, penetrating everywhere and purifying everything it touches. Triangles also symbolise balance and harmony with each angle of the triangle representing each of the captains. The drum display includes tunes composed by each drum majorette over the years. This was an exuberant display of the talent of each member of the band, both past and present.

As captains, we truly had the most memorable time leading the Band. The stay-backs, practice sessions and banner-making created a bond among all of us that we will always cherish. From being a complete amateur, to putting in the effort and learning the instrument to perfecting it, it truly has been a wonderful journey with each member in the band.

We would like to thank everyone for their immense contribution towards making this journey an absolute success. We would like to extend our heartfelt gratitude to Mr. Anthony Maxwell, the Band Master for helping us train and coordinate the band for Sports Day, Republic Day and Independence Day. He has been a constant pillar of strength and guidance.

Last but not the least we would like to thank Sr. Alpana and the teachers incharge of the Band, Ms. Archana Bagri, Ms. Maria Precina and Ms. Geeta Suryanarayana for their immense support and help throughout this journey.

This experience of leading the Sophia Brass Band has been unparalleled. We wish the new captain Sai Nishta and her team the very best for the upcoming year. Together, we cultivated a culture of teamwork, dedication, and created unforgettable memories that will echo in our hearts forever.

Upasana Swaminathan: Band Captain

Yashvi Barlota: Asst. Band Captain

Rayna D Nagpal: Drum Majorette



Doctrine Report

"For nothing will be impossible with God." – Luke 1:37

Sophia High School focuses on spiritual righteousness and offers various doctrine programs for Catholic students throughout the year. In addition to academics and extracurricular activities, spiritual rejuvenation is essential for an individual's overall health. To promote this, the year began with a special day of reflection for all doctrine students to raise awareness of how one can devote oneself to God.

In June, an annual one-day Doctrine retreat was organized exclusively for students. The retreat was graced by the presence of Father Sandeep Menezes and the team along with Fr. Hadlee, who took time out of their busy schedule to provide the students with powerful messages. The retreat was divided into separate sessions for ISC students and middle school and high school students, where they discussed various topics such as life, school, work, and family. The ISC students had a special session with YOUCAT, where they were encouraged to share their testimonies and engage in group discussions. The interactive session helped the students to connect and share their experiences, which was informative and inspiring. The day ended with a healing adoration and a common Eucharistic Celebration, where all the students participated and received blessings to continue their journey with renewed energy and positivity. Overall, the retreat was a great success, providing students with an opportunity to learn and grow spiritually, while also connecting in a supportive and inclusive environment.

A well-planned, prayerful, pilgrimage, was arranged to St. Mary's Basilica, Shivajinagar for all ISC catholic students which was a spiritually satisfying experience.

The year finally drew to a close with a Christmas celebration wherein a mass was held and symbolically delicious plum cakes were distributed to all the doctrine students to the tunes of a dancing life-size Santa. Thus the doctrine activities for the year ended on a joyous note, with an atmosphere of celebration and the singing of carols.

Our sincere gratitude goes out to Sr Alpana, Sr Krupa, Sr Prathima, Sr Divya and all the Sisters of Notre Dame for their constant guidance and support. It was their ever-watchful eye and encouragement that helped us do better in all our activities. We would also especially like to thank Ms Natalia, Ms Smita and all the doctrine teachers who were always there for us in our times of doubt and we would like to mention here that without their expertise we would struggle to organize even a single mass. We wish Elsa Dk and Carol Biju the very best of luck for the coming year and hope that they may be fruitful in every task they undertake.

Genesis Ann Varghese: Doctrine Coordinator
Merlyn Nithya Leslie: Asst. Doctrine Coordinator



Editor's Report

"Words are powerful they have the ability to create a moment and the strength to destroy it" –Susan Gale

We felt privileged to have been given the task of compiling the school magazine for the year 2022-23 and to be chosen as the school editors for the academic year and as always with great power comes great responsibility. We had creative ideas for our magazine as we wanted it to be different and innovative. To summarise every event of the school over the span of a year along with the limitless talent and creativity of the students of Sophia, was indeed a daunting task. Our experiences and efforts towards the culmination of Nuances 2023 taught us patience, discipline and perseverance. We were able to see Sophia from a whole new perspective as we interacted with every department of the school. The magnitude of our work dawned upon us as we spent several hours proofreading articles, going through the countless works of art and selecting captivating templates and images for every page. We planned and set deadlines for ourselves, we figured out our strengths and weaknesses and learned to collaborate and encourage each other. The memories held in the pages were precious and there was a lot of thought that went into figuring out the perfect aesthetic for each page.

The rest of the year we worked tirelessly to put down the details of each event just as experienced by the students. From creating scripts for various events to coming up with ideas for the morning assembly, it has been nothing but an enriching experience.

We extend our sincere gratitude to Sr. Alpana, for having given us this incredible opportunity to document the first batch post COVID of Sophia High School. We are eternally grateful to Mrs. Alphonsa, Mrs. Anita Pereira, Mrs. Anitha Saldanha and Mr Titto Paul whose constant guidance and support aided us in this journey. Finally, we would like to heartily congratulate our successors, Sanaa, Nandita and Megan, on their successful completion of yet another distinctive edition of Nuances and are immensely proud of the same.

Rashmitha R: Editor

Aadhya Puttaraj: Editor

Clara George: Co-Editor





sophia CARES

Aloysia Report

"Everyone has a purpose in life and a unique talent to give to others. And when we blend this unique talent with service to others, we experience the ecstasy and exultation of own spirit, which is the ultimate goal of all goals."

Kallam Anji Reddy

The Aloysia Program for the academic year 2023-2024 exemplifies the spirit of service and community engagement that defines the ethos of our institution. Class XI student volunteers provide assistance to children from Angel's Home Orphanage by teaching them after school hours. The Inaugural event was an Art Workshop. Each group of volunteers conducted activities like palm printing to fluid art and finger painting, exploring diverse mediums, allowing the children to unleash their creativity while getting a sense of accomplishment.

A vibrant Children's Day event was organized, brimming with games and sports to delight the young participants. Volunteers set up prizes and coordinated with the Sports Department to facilitate engaging activities.

The generosity of the Aloysia community was manifested through thoughtful donations. The Sophia Interact Club, in collaboration with volunteers, gifted a Water Dispenser, stationery pouches, and snack boxes to the orphanage.

The enchanting Christmas carols, sung by Grade 11 students and dance performances of the Angel Orphanage children, set the stage for a memorable Aloysia Christmas evening. For a new year of optimism, renewal and hope new uniforms were distributed too.

The spirited end-of-year celebrations, characterized by Class 11 volunteers' enthusiastic participation, infused the Mater Foyer with cheer and vibrancy. Engaging activities such as Musical Chairs and Pinning the Donkey's Tail fostered camaraderie and unity among all students.

This year, through various initiatives of the volunteers who experienced personal growth, the Aloysia Program 2023-2024 exemplified the transformative power of service and compassion. Their dedication and altruism embody the values of empathy and social responsibility instilled by our institution, underscoring the profound impact of collective action in creating a more inclusive and compassionate society.

- Shaheena Begum Ahmed (Aloysia Coordinator)



sophia Outreach



Blood Donation Drive

On the occasion of India's 77th Independence Day, on August 15th, 2023, after the assembly and flag hoisting, Sophia High School organised a blood donation camp in the campus under Indian Red Cross, Karnataka.

The PTA took the lead with logistical support and the Sophia Interact Club was on hand to help from 9am to 12.30pm. The Principal Sr. Alpana, along with all other donors, were screened & given refreshments and a certificate after blood donation.

The school's contribution in collecting 70 units was recognised by the Red Cross Society with a certificate.



Interact Club Installation

"Alone we can do so little, together we can do so much" - Helen Keller

July 4th, 2023



32 Interactors & their President Mishka Bhandari were badged and installed by chief guest, Rtn. Shobha Murali, (DICC) and Guests of honour President, Rtn. Raja and Youth Services Director, Rtn. Sumit from Rotary Koramangala & Sophia Principals Sr. Alpana & Sr. Vishala.

The out going Interactors were awarded their service certificates.





Daan Utsav

September 26th - October 5th



“It’s not how much we give but how much love we put into giving.”

– Mother Theresa

The Sophia campus came alive with the whole school donating for Daan Utsav 2023 food donation. Students’ handheld grocery packets and parents’ online deliveries from 26th September to 5th October exceeded all expectations of generosity. While the support staff began with collection, storage and packing of the items the Interact students, the faculty and the management sisters also joined them later on to make food kits for timely distribution. Each Daan Utsav kit consists of 5 kg rice, & 1 kg each of Dal, Atta, Sugar & Oil.

An astounding total of 3000 kgs of food was distributed to the needy in various shelters for the orphans, the elderly, the destitute, the mentally and physically challenged. The distribution dates and places were as follows:

6/10/23 - Graveyard workers

7/10/23 - Kukki's Centre and Jerome Home for destitute widows

20/10 /23 - Snehadaan (centre for HIV affected children)

21/10/23 - Makkala Jeevodaya Orphanage, Little Buds Orphanage, Parvathi Charitable Trust- Old Age Home, Vidyagokula Charitable Trust (for destitute children), Adarane Charitable Trust Children Home (Jakkur), Aloysia Mane Foster Home Somanahalli, Sophia Maintenance staff

26/10/23 - Don Bosco, Children’s hostel Kollegal

27/10/23 - Angels Orphanage, Morning Star Ashram (Shelter for physically and Mentally handicapped), Akashaparavakal (Shelter for physically and Mentally handicapped), Jyothi Seva - School for blind children.

SCHOOL EVENTS



At our school, we're not just about textbooks and lectures; we're all about fostering a vibrant community and nurturing well-rounded individuals. Throughout the academic year, we host an array of exciting events that cater to diverse interests and talents. From spirited sports tournaments that ignite our competitive spirit to captivating cultural festivals that celebrate our rich diversity, there's something for everyone. Academic symposiums provide platforms for intellectual exchange, while creative showcases spotlight the artistic flair of our students. Whether it's a charity fundraiser, a science fair, or a theatrical production, each event is an opportunity for students to learn, grow, and create lasting memories together. Join us in embracing the spirit of camaraderie and exploration at our school's dynamic events!

Republic Day

"We are Indians, firstly and lastly." ~ B.R. Ambedkar
25th January, 2023.



Julie Day

"Oh! How good is the good God." ~ St. Julie Billiart
July 12th, 2023



Principals' Day

Charting Dreams, Crafting Excellence
October 13th, 2023.



Workers' Day

"Quiet Efforts Lasting Echoes"

"Quiet Efforts Lasting Echoes"

October 3rd, 2023.



Sophia Run

"Green Race For A Blue Planet"
July 8th, 2023.



Independence Day

"Land of Freedom, Home of the Brave!"

August 15th, 2023.



Teachers' Day

**Kintsugi: The art of mending broken pottery with gold;
symbolising the resilience and growth in a student-teacher bond.
September 5th, 2023.**



Sophia Model United Nations

October 6th, 7th and 8th, 2023

The 14th edition of the Sophia Model UN was hosted on the 6th, 7th and 8th of October. There were 147 delegates representing 7 committees. 8 prestigious schools from the city of Bangalore sent their Delegations to Sophia MUN. Individual delegates registered from different schools in the city. The committees with their agendas were:

1. AIPPM:

Bharatiya Nyaya Sanhita Bill, 2023

2. G20:

Promotion of investments in sustainable development in the context of globalisation and interdependence.

3. HRC:

Discussing the situation of migrants and refugees with special reference to the middle east in the postmodern world.

4. HCC:

Rise of The Cali Cartel

5. SC:

Addressing the Future Security Landscape - The invasion of Ukraine and Global Consequences.

6. UNODC:

Enhancing Discourse on Psychotropic Flora and Indigenous Traditions

7. NATO:

Discussing Afghan Sovereignty and Long-Term Stability: Balancing International Security Assistance with National Autonomy

Sophia emerged as the winning team with students from Std VIII performing exceedingly well. However being the host school the Rolling Trophy for the best delegation comprising 20 students was handed over to the next best Delegation representing Vidya Niketan School. They were presented with a cash award of Rs. 20,000, a rolling trophy, a certificate and a trophy to each delegate.

Sophia Model United Nations

October 6th, 7th and 8th, 2023



Karnataka Rajyotsava

50 Glorious Years, “ಜಯ ಹೇ ಕರ್ನಾಟಕ ಮಾತೆ!”

November 1st, 2023



Children's Day

Young Minds Shaping Tomorrow With Values And Wisdom
November 10th, 2023.





Mrs. Nathalia Dsouza



YEOMAN YEARS OF SERVICE

SILVER JUBILEE



Mrs. Archna Bagri



DECEMBER 7TH, 2023



Mrs. Annette Aranha



Mrs. Venetia Joseph



Mrs. Malati Bhat



Mr. George J.P
(Retirement)



Christmas Celebration

**"No roof but the stars – empathy for the homeless."
December 19th, 2023.**



PTA Week



The Parent Teacher Association always stepped forward to organise an invigorating week of activities for all ages of Sophia students from 1st March 2024 to 7th March 2024 to ensure that students learnt new skills along with having fun.

1st March 2024 – Fevicryl Workshop & Magic Show - An enthusiastic team of Fevicryl volunteers conducted an art and craft workshop for the students. Under their guidance the students created some very interesting key chains, wall hangings and fridge magnets using unique art techniques. Renowned magician Nagendra Prasad conducted an entertaining magic show. He kept the students enthralled with his tricks and illusions and left them wonderstruck with his performance!

4th March 2024 – Musical Band Performance - One of Bangalore's best pop music bands 'Swaradi' put up a fantastic performance that kept everyone on their feet! The students enthusiastically sang along with each rendition of the band's songs adding to the energy in the auditorium.

5th March 2024 – Dance Workshop - The dance troupe from Xavier's Dance Studio organized a foot tapping and high energy packed dance session.

PTA Week

The students delved into the world of movement, expression and creativity as they explored different dance styles and techniques.

The 6th March 2024 – Drum Jam - A unique drum jam performance was delivered by Dr Shamrock - a gifted percussionist, sound healer and an international drummer. He uses African chanting, drums, percussions, djembes, Tibetan bowls, and other unusual musical instruments to promote unity through interactive drumming. The African chants and pounding beats had everyone clapping and dancing with abandon. It was a truly fascinating experience.

7th March 2024 - Tuckshop - A range of culinary delights were on sale at the Tuckshop with the longest queue at the potato twister stall! Students danced on the field as the music stall played track after track from the long list of song requests. The laughter, shared plates of delicious goodies and the sense of camaraderie among the students and staff was a heartwarming experience and a beautiful end to the PTA Week 2024.



Sophia Day

The Legacy Continues...
February 1st, 2024



Platinum Sophia Day

Notre Dame Day, celebrated on February 2nd every year, is a cherished occasion in Notre Dame schools throughout the world. Students paid homage to the rich history and impactful legacy of the Sisters of Notre Dame.

Sophia too celebrated the day amidst grandeur and grace on February 2, 2024. The festivities began with an engaging assembly, meticulously crafted by the teachers and enacted by the Cuvilly students, highlighting the timeline of the arrival of the Pioneering Sisters and their transformative contributions since the 1990s to the present era.

The heart of the assembly lay in a captivating skit, performed to perfection by the students, depicting the diverse ministries undertaken by the Sisters of Notre Dame. From pastoral care to education and healthcare initiatives, the skit vividly portrayed the unwavering dedication and selfless service of the Congregation of the Sisters of Notre Dame.

A momentous highlight of the celebration was the presence of Sister Aruna, esteemed chief guest for the occasion. Sister has been a former teacher of Sophia High School and has served the community in various capacities, bringing succour and relief to all who needed her care. Her presence added a profound depth to the event as she engaged the audience with her insightful reflections and personal anecdotes, reminiscing about the school's humble beginnings and its remarkable journey of growth.

As the celebrations drew to a close, the Sisters of the Notre Dame community were honoured with candles, symbolizing the commencement of the 75th year of their unwavering commitment and service to society. The flickering flames serve as a poignant reminder of the enduring compassion ignited by the Sisters of Notre Dame, impelled by the "Flame of Imaginative Hope."



Platinum Jubilee Eucharistic Celebration

January 18th, 2024



The Platinum Jubilee Eucharistic Celebration of Sophia High School on January 18, 2024, was a momentous occasion graced by the presence of Most Rev. Dr. Peter Machado, the Archbishop of Bangalore, and 15 con-celebrants. The atmosphere was filled with anticipation and reverence as students, staff, alumni, and distinguished guests gathered to commemorate this significant milestone in the school's history. Sr. Alpana, the principal, welcomed the esteemed guests and attendees, setting the tone for the auspicious event. Her introductory remarks highlighted the significance of the Platinum Jubilee and the role of the Eucharistic celebration in honouring the school's journey of excellence and service.

The ceremony commenced with a symbolic ritual of lighting the lamp, signifying the illumination of knowledge, truth, and divine blessings. Most Rev. Archbishop Peter Machado, accompanied by Sr. Chetana, the Provincial Superior and Mr. Cyril Pereira (PTA representative), kindled the lamp, invoking divine guidance and unity among the school community. Most Rev. Dr. Peter Machado delivered a poignant homily, reflecting on the school's legacy of education, faith, and service to society. His words of wisdom and encouragement resonated deeply with the audience, inspiring renewed commitment to the school's mission and values.

The offertory procession was a solemn moment of gratitude and dedication, as representatives presented an array of symbolic gifts to the altar. Among the offerings were potted plants bearing the Notre Dame's logo, candles symbolizing enlightenment, a model frame of the iconic White Bungalow representing the school's heritage, a globe signifying global outreach and diversity, symbolic items like helping hands and books, fresh fruits and bouquets symbolizing abundance and beauty, as well as sacred vessels including the ciborium and cruets with water and wine. Each gift symbolized an aspect of the school's mission and values, enriching the Eucharistic celebration with profound meaning and significance. Ms. Annette Aranha expressed heartfelt gratitude to Archbishop Peter Machado, the con-celebrants, organizers, volunteers, and all attendees for their invaluable contributions to the success of the Platinum Jubilee Eucharistic Celebration. Her words of appreciation conveyed the deep sense of unity, joy, and pride shared by everyone present. Following the solemn Eucharistic celebration, a festive brunch was provided for all attendees, fostering a sense of fellowship and camaraderie among students, staff, alumni, and guests.

The Platinum Jubilee Eucharistic Celebration was a profound and memorable tribute to Sophia High School's enduring legacy of excellence, faith, and service. It served as a moment of reflection, gratitude, and inspiration for the entire school community, reinforcing their commitment to uphold the values and ideals that have guided them for seventy-five remarkable years.

Platinum Jubilee Assembly

“Past Pillars, Future Skies, Sophia Shines At 75!”

January 19th, 2024



"For I know the plans I have for you, plans to prosper you and not to harm you, plans to give you hope and a future." – Jeremiah 29:11

19th January 2024

The Platinum Jubilee celebrations of Sophia High School, marking 75 glorious years of academic excellence, commenced with a sense of reverence and gratitude. The theme, "Milestones along the way. Past Pillars, Future Skies; Foundation to Infinity," set the tone for a day filled with nostalgia, celebration, and aspirations.

The event unfolded with the Welcome Address by the Head Girl, Nia Marie Motha, who eloquently articulated the pride and honour felt by every member of the Sophia High School community. The School Choir followed with a soul-stirring hymn that resonated through the hallowed corridors, echoing the sentiments of the occasion. The Felicitation of Dignitaries marked a moment of acknowledgment and gratitude towards the individuals who have been instrumental in shaping the school's journey. The atmosphere became charged with spiritual significance during the Bible Reading, accompanied by responses sung in harmony with the gathered assembly.

The programme then transitioned into a captivating presentation on the History and Important Milestones of Sophia. The narration, music, and miming brought to life the significant moments that have shaped the school's identity over the years, leaving the audience in awe. The Grand Dance that followed added a vibrant and energetic touch to the celebrations, captivating the audience with the youthful exuberance of the students. The crowd was then addressed by Sister Chetana, who shared inspiring words and insights, reaffirming the school's commitment to excellence.

One of the highlights of the day was the Unveiling of the Platinum Jubilee Logo. The emblem was inaugurated by Sister Mary Chetana, Sister Marina Joy, Sister Priscilla, Sister Alpana, Sister Vishala, and Sister Madhuja. The Opening of the Platinum Jubilee Year was marked by a declaration accompanied by music and fireworks, symbolizing the bright and dynamic future ahead.

An in-depth Explanation of the Logo by Ms. Lali followed, providing a deeper understanding of the symbolism behind the design and its connection to the school's values and aspirations. Sister Alpana then addressed the gathering, expressing gratitude for the journey thus far and emphasizing the continued commitment to holistic education. The event concluded with Nia's Small Conclusion, where she encapsulated the spirit of the Platinum Jubilee celebrations. A final hymn echoed through the premises, leaving everyone with a sense of fulfilment and pride.

The Sophia High School Platinum Jubilee Opening Assembly was a testament to the school's rich history, vibrant present, and promising future. As the school embarks on its 75th year, the celebrations have set the stage for a year-long journey of reflection, joy, and collective commitment to excellence in education.

Prize For Academic Excellence

2022 – 23

Std. XII

- 1. Notre Dame Rolling Trophy for Highest in English: 98** – PRASASTHI SANJANA
CHEKURI, AMITA S, SNIGDA BRIJESH
- 2. Excellence in English** – ANINDITA NAIR
- 3. Notre Dame Rolling Trophy for Highest in History: 98** – SANVI A PATIL, MARIA
SHREYADEVRAJ, VANISHA R BHONSLE, SAANVI SHANKAR K, JANE EULOIS A, BENECIA
ELIZABETH MATHEW
- 4. Excellence in History** – VANISHA R BHONSLE
- 5. Notre Dame Rolling Trophy for Highest in Political Science: 100** –
ANINDITA NAIR, EKTHA RAJU, VAISHNAVI RAMESH, MARIA SHREYADEVRAJ, RIDAH
ARHAM FATHIMA, VANISHA R BHONSLE, NORAH BIJU
- 6. Excellence in Political Science** – VANISHA R BHONSLE & MARIA SHREYA DEVRAJ
- 7. Notre Dame Rolling Trophy for Highest in Economics: 97** – MARIA SHREYA D
- 8. Excellence in Economics** – VIBHAVA J
- 9. Notre Dame Rolling Trophy for Highest in Accounts: 99** – VIBHAVA J
- 10. Excellence in Accounts** – VIBHAVA J
- 11. Notre Dame Rolling Trophy for Highest in Commerce: 98** – VIBHAVA J
- 12. Excellence in Commerce** – VIBHAVA J
- 13. Highest in Computer Science** – T. I. Joseph Memorial Rolling Trophy: 98 –
NATALIA
- 14. Excellence in Computer Science** – Pooja B. Mehta Rolling Trophy – JACQUELINE
LYNDA LEONARD
- 15. Notre Dame Rolling Trophy for Highest in Mathematics: 99** – SNIGDA BRIJESH
- 16. Excellence in Mathematics** – SNIGDA BRIJESH
- 17. Highest in Physics: 97** – SNIGDA BRIJESH, B KHYATI BHUPALAM
- 18. Excellence in Physics** – Aditi Varma Rolling Trophy – SNIGDA BRIJESH
- 19. Notre Dame Rolling Trophy for Highest in Chemistry: 97** – SNIGDA BRIJESH
- 20. Excellence in Chemistry** – SNIGDA BRIJESH
- 21. Notre Dame Rolling Trophy for Highest in Biology: 97** – SNIGDA BRIJESH, B
KHYATI BHUPALAM, BHUMIKA G
- 22. Excellence in Biology** – SNIGDA BRIJESH

- 23. Notre Dame Rolling Trophy for Highest in Psychology: 99 – B KHYATI BHUPALAM**
- 24. Excellence in Psychology – MARIA SHREYA DEVRAJ**
- 25. Highest in Physical Education: 100 – SUHANI K RAJPUT**
- 26. Excellence in Physical Education – Presented By Games Department- TANISHA JAIN**
- 27. Notre Dame Rolling Trophy for Highest in Optional English: 99 – ANINDITA NAIR**
- 28. Excellence in Optional English: Lakshmi Belavangala Rolling Trophy – ZAARA SALMAN**
- 29. Highest Marks in Art: 94 – NORAH BIJU, SAANVI SHANKAR K, AISHWARYA VIJAY KUMAR**
- 30. Highest in Doctrine – JUDITH PATRICIA FICKER**
- 31. PERFECT ATTENDANCE – CHAVI R PORWAL – XII COM, MARY SHARON S – XII ARTS**
- 32. HIGHEST IN ISC SCIENCE P.T.A. AWARD: 97.75% – SNIGDA BRIJESH**
- 33. 2ND HIGHEST IN ISC SCIENCE: 97.5 – B KHYATI BHUPALAM**
- 34. 3RD HIGHEST IN ISC SCIENCE: 96% – BHUMIKA G**
- 35. HIGHEST IN ISC COMMERCE P.T.A AWARD: 97.5% – VIBHAVA J**
- 36. 2ND HIGHEST IN ISC COMMERCE: 94.25% – SARISHA AVA P**
- 37. 3RD HIGHEST IN ISC COMMERCE: 93.25% – ASNA ZAINAB HAIDER**
- 38. HIGHEST IN ISC ARTS P.T.A. AWARD: 97.5% – ANINDITA NAIR**
- 39. 2ND HIGHEST IN ISC ARTS: 97% – VANISHA R BHONSLE, MARIA SHREYA DEVRAJ**
- 40. 3RD HIGHEST IN ISC ARTS: 96% – RIDAH ARHAM FATHIMA, BENECIA ELIZABETH MATHEW**

COVETED AWARDS

- 1. Best Sophia All Rounder – ATHMIKA C SREENIVAS**
- 2. Sophia Staff Service and Leadership Award – NIDHI RAJESH & TANISHA JAIN**
- 3. Best Sophia student – HELENA JOHN**
- 4. Principal's challenge Trophy for Outstanding Sophia Student – JOANNA JOSEPH**



Principal's challenge Trophy for Outstanding Sophia Student –
JOANNA JOSEPH



Highest in ISC Commerce P.T.A Award
97.5% – Vibhava J



Sophia Staff Service and Leadership Award – NIDHI RAJESH & TANISH JAIN



Highest in ISC Science P.T.A. Award
97.75% - Snigda Brijesh



2nd Highest in ISC Arts : 97% – Vanisha
R Bhonsle, Maria Shreya Devraj

Prize For Academic Excellence

2022 – 23

Std. X

- 1. Notre Dame Rolling Trophy for Highest marks in English: 99** – PRANEETHA SRIVATSA & RITVICA RAMESH
- 2. Excellence in English Sr. Mary Vaune** – DEEKSHA ARUN
- 3. Highest marks in Hindi: 97** – KRISHA SURANA, NANDIKA CHAHAR, RIDU RAJ SINGH
- 4. Excellence in Hindi Mrs. Shashi Sharma Rolling Trophy** – NANDIKA CHAHAR
- 5. Highest marks in Kannada: 99** – NIKITHA R
- 6. Excellence in Kannada** – SIRI Y DEEPAK
- 7. Notre Dame Rolling Trophy for Highest Marks in French: 99** – G SHIVANI SRI, DEEKSHA ARUN, ANOUSHKA ANNA JOHN, RITVICA RAMESH, AURELIA MUKHERJI
- 8. Excellence in French** – AURELIA MUKHERJI
- 9. Notre Dame Rolling Trophy for Highest marks in Mathematics: 100** – G K TEJHASWINI, NETAL A JAIN, SIMRAN GUPTA, DHRITHI R, ELIZABETH MARY MANUEL, KRITI SURANA, SIRI Y DEEPAK, SAMPRITI HALEGOUDA, SAMPREETI NANDY, AURELIA MUKHERJI, AKSHAYA GURUSWAMY, ADITHI CHANDRAKANTH TAGET
- 10. Highest marks in Science: 99** – ELIZABETH MARY MANUEL
- 11. Highest marks in Social Science: 100** – RHEA ROSA CYRIAC
- 12. Highest marks in Computer Applications: 100** – AURELIA MUKHERJI, G K TEJHASWINI, ANOUSHKA ANNA JOHN, ELIZABETH MARY MANUEL, DEEKSHA P, AARNA CHUGH
- 13. Highest marks in Economics Applications: 98** – DEEKSHA ARUN, NIA MARIE MOTHA, RITVICA RAMESH
- 14. Notre Dame Rolling Trophy for Highest marks in EVS: 98** – SAANCHI BELANI
- 15. Highest Marks in Art: 98** – ASTHA UTHAPPA, JOANNA LIEL MATHEW, ESHA DANIEL
- 16. Highest Marks in Physical Education- Presented by Batch of 1993 students**
100 – SIRI Y DEEPAK, UMAM AHMAD
- 17. Highest marks in Doctrine** – ANTHIKA CYBIL TIVONA IVRIA
- 18. Perfect Attendance:** BHOOMIKA TIKARE – X A, L FEONA – X A, ESHA DANIEL – X B, J CHHAVI AACHA – X D
- 19. Highest marks in ICSE P.T.A. Award: 99%** – ANOUSHKA ANNA JOHN
- 20. 2nd Highest Marks in ICSE: 98.8%** – AURELIA MUKHERJI, ELIZABETH MARY MANUEL, RITVICA RAMESH
- 21. 3rd Highest Marks in ICSE : 98.4%** – G K TEJHASWINI
- 22. Best Combination of Academics & Sports** – MADHU MOHAN HALASHETTI
- 23. Outstanding Sophia Student** – NIA MARIE MOTHA



**Highest marks in Computer Applications
100 – ELIZABETH MARY MANUEL,
ANOUSHKA ANNA JOHN, AURELIA
MUKHERJI, G K TEJHASWINI, DEEKSHA P**



**Outstanding Sophia Student
NIA MARIE MOTHA**



**Highest marks in Science : 99 -
ELIZABETH MARY MANUEL**



**Best Combination of Academics &
Sports – MADHU MOHAN HALASHETTI**



**Excellence in English Sr. Mary
Vaune – DEEKSHA ARUN**



**Highest marks in ICSE P.T.A. Award
99% – ANOUSHKA ANNA JOHN**

Julie Staff



Top Row (Left-Right): Mrs. Roshni Jose, Mrs. Neetha Lobo, Mrs. Angelina White, Mrs. Malati, Mrs. Sandya Rufus, Mrs. Maria Emerson, Mrs. Patricia Dcosta

Middle Row: Ms. Sharon Chang, Mrs. Fiona D'Roza, Mrs. Maria Sanjana, Mrs. Venetia Joseph, Mrs. Jaya D'Souza, Mrs. Annie Anupama, Mrs. Fiona Woodward

Seated Row: Mrs. Mary Bindu, Mrs. Sapna Gonsalves, Mrs. Aloisha, Mrs. Jenny, Mrs. Manjula Pinto, Mrs. Heather King-Lee, Sr. Vishala (Principal), Mrs. Tessy D'coutho, Mrs. Betty Thoppil, Mrs. Mohana Dorathy, Mrs. Geetha Das

Barat Staff



Top Row (Left - Right): Mrs. Deepa, Mrs. Shobha Lawrence, Mrs. Roopa, Mrs. Shanti, Mrs. Pushpalatha R M, Mrs. Sudha Jerome, Mrs. Hazel Richard, Mrs. Nisha De Souza

Middle Row: Mrs. Shaheena Begum, Mrs. Lalitha C V, Mrs. Subbhalakshmi Krishna, Mrs. Judith Crasta, Mrs. Florence, Mrs. Julie Benny, Mrs. Priya Jaikumar, Mrs. Preena Smitha, Mrs. Neetha Barboza

Seated Row: Mrs. Malathi Bhatt, Mrs. Maria Daisy Leo, Mrs. Vanaja N, Sr. Mary Vishala (Principal), Mrs. Madhusree Ghosh, Mrs. Amitha Nanjappa, Mr. John Samuel

Cuvilly Staff



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Middle Row: Mrs. Sophia Bell, Mrs. Smitha Huddar, Mrs. Sudha, Mrs. Evlin, Mrs. Rosemary, Mrs. Sandhya, Mrs. Rebecca J, Mrs. Priyanka Lal, Mrs. Sameena, Mrs. Arathi Aiyanna
Seated Row: Mrs. Prinita Kirti D'Mello, Mrs. Kavitha B K, Mrs. Lalitha R, Mrs. Maria Martins, Sr. Alpana (Principal), Mrs. Prithvi C Shastry, Mrs. Neelam Mor, Mrs. Mary Anita, Mrs. Elveera Carmina.

Mater Staff



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Seated Row: Mrs. Anitha Saldanha, Mrs. Geetha S, Mrs. Neha Bellare, Sr. Alpana (Principal), Mrs. Latha S, Mrs. Elizabeth Reddy, Mrs. Anita Pereira

Duchesne Staff



Top Row (L - R): Mr. S P Sathya Narayan, Mr. Mahesh Kumar, Mrs. Sherin Rose, Mrs. Janet Freeda, Mrs. Bhuvana Keerthivasan, Mrs. Jibi Soji, Mrs. Arnavaz Kapadia, Mrs. Alka Saksena, Mr. Umar Mukhtiyar

Middle Row: Ms. Anitha C, Mrs. Varima Chandok, Mrs. Maria Smita, Mrs. Chethana R K, Mrs. Sobha Joshy, Mrs. Rajalakshmi M S, Mrs. B K Sireesha, Mr. Titto Paul

Seated Row: Mrs. Minny Thomas, Mrs. Suman Muralidhar, Mrs Lali Purkayastha, Mrs. Annette Aranha, Sr. Alpana (Principal), Mrs. Archna Bagri, Mrs. Teresa Rodrigues, Mrs. Mani Rajam, Mrs. Suparna Mukherjee

ISC Staff



Top Row (L - R): Mr. Elton, Mrs. Janet Freeda, Mrs. Bhuvana Keerthivasan, Mrs. Jibi Soji, Mrs. Arnavaz Kapadia, Ms Annie Threasa

Middle Row: Mr. Titto Paul, Mrs. Sherin Rose, Mrs. Maria Smita, Mrs. Sobha Joshy, Mrs. Rajalakshmi M S, Mrs. B K Sireesha, Mr. Umar Mukhtiyar, Mr. S P Sathyanarayan

Seated Row: Ms. Anitha C, Mrs. Minny Thomas, Mrs Lali Purkayastha, Mrs. Annette Aranha, Sr. Alpana, Mrs. Varima Chandok, Mrs. Teresa Rodrigues, Mrs. Mani Rajam, Mr. Mahesh Kumar

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Sitting Row: Mr. George J.P, Mrs. Nathalia Sujatha Dsouza, Sr. M. Vishala, Sr. M. Alpana, Sr. M. Pushpa, Mrs. Thereza Tauro, Mrs. Christia Joseph

Leans Staff



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SOPHIA UPDATES



Career Guidance Session 2023-2024: Sophia High School conducted a comprehensive career guidance session in collaboration with Dr. Ali Khwaja and the proficient team from Banjara Academy. This enlightening session spanned two days, November 3rd and 4th, and was designed to benefit students in grades 8, 10, 11, and 12. Additionally, parents of students in grades 8 and 10 were also actively involved in the session.



CAREER GUIDANCE SESSION



LEGAL TALK

On the morning of October 16, 2023, Sophia High School had the privilege of hosting a captivating talk by Sri PP Hegde, a distinguished and renowned criminal lawyer in Karnataka. The topic of the talk was "Is Criminal Law in Favour of the Accused or the Victim?" The event, organized and arranged by the school's legal studies teacher, Mr. Nikhil was held at the Sophia High School Auditorium from 9:00 AM to 10:00 AM.

First Day Assembly

Theme – Put Your Armour On, Be Unstoppable.

As the new session 2023-24 began, the teachers put their heads together to coin a theme for the year. Considering the fact that Sophia High School is commencing the 75th year, a combination of old and new aspects needed to be rounded up to make the theme a memorable one. Thereby, taking a page out of history, we reflected on medieval knights and coined the theme.



FIRST DAY ASSEMBLY



HEART CARE AWARENESS

The session on Cardio-Pulmonary-Cerebral Resuscitation (CPCR) held at Sophia High School on October 18th, 2023 was an unforgettable and enlightening experience. Dr. Azam, a renowned Sr. Consultant Anaesthesiologist & Critical care Specialist, led the session with unparalleled expertise and enthusiasm.

Jacket Launch: "Fashion is not just about clothes; it's a statement of who we are. And with the new Sophia High School jacket, we make a bold statement of unity, pride, and style."

The much-awaited Sophia High School Jacket Launch was an event filled with excitement, pride, and anticipation. Held on the Duchesne Stone Stage, the event was attended by students, teachers, and staff alike, all eager to witness the unveiling of the stylish new jacket.



NEW JACKET UNVEILING



Rotary International Meet 4: Mental Health Poster contest, held on 17th March, 2024;

Sophia Interactors of class 7, created a beautiful poster and stood 6th out of 150 participating schools from all over the world (3rd place in Honourable mentions). Sophia Interactors Manya AK, class 10 and Saisha Chhabra, class 9 were inducted as Board members at the District Interact Board 3191 on Sept 16th, 2023.

Interactor Natalie Ann Pereira, class 7, attended the Ties NIE Journalism internship from April 1-12, 2024



Sophia Interact Club participated in AIKYAM- the annual District Interact Conference 2022-23, held on June 4th, 2023. Sophia School under Interact patron Sr. Alpana received an award for being one of the best Interact Clubs and Ms. Alphonsa, received the Interact Club Co-ordinator award from Rotary District 3190 for the second consecutive year in the District conference.





Julie

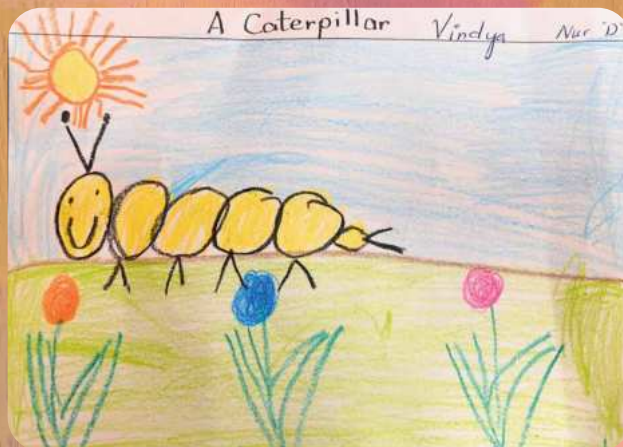
Artwork

"Art is the stored honey of the human soul."

– Theodore Dreiser



NAME: S.A Adona
Nursery 'A'



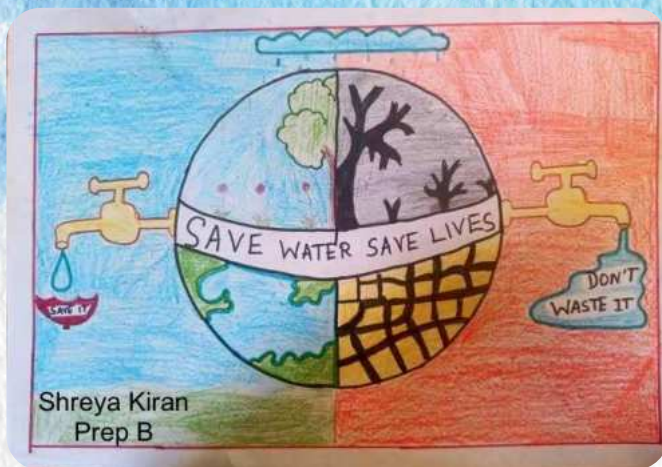
NAME: Vindya
Nursery 'D'



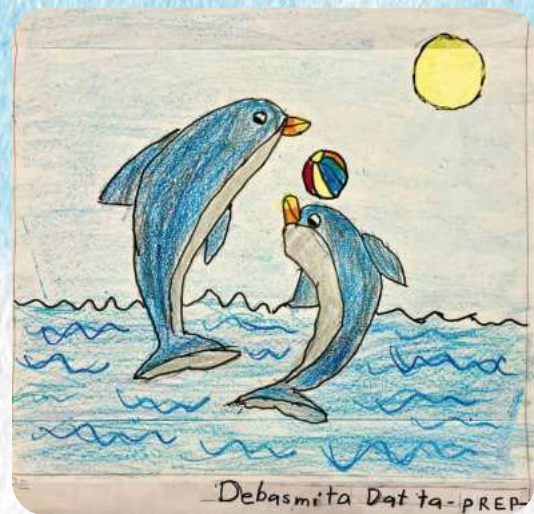
NAME: Ridhi M
Nursery 'D'



NAME: Avisha
Nursery 'D'



Shreya Kiran
Prep 'B'



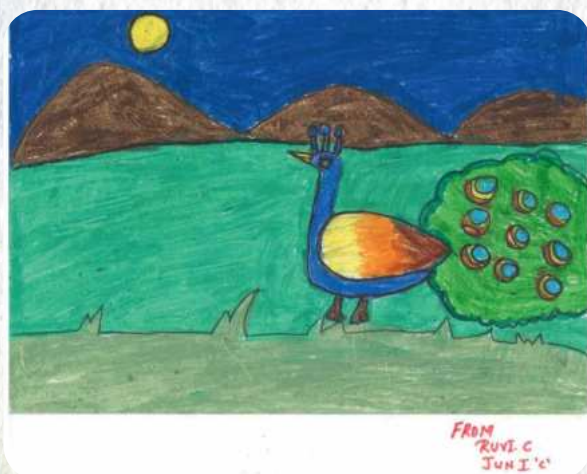
Debasmita Datta
Prep 'B'



Yviana Krial
Prep 'C'



Rachana
Prep 'C'



Ravi C
Jr 1. 'C'



Naomi
Std 1



Richelle Venisha
Jr 1. 'A'



P. Manvitha
Jr 1. 'C'



Garika S Shetty
Std 1 'B'



Isabel Joshua
Std 1 'A'

Poetry

NEW WORLD !!

The New World is Coming
The New World is coming
Please be ready
Please be ready
The sun is bright
The moon is bright
The earth is bright
The planets are bright
Do you want to see the plants???
Or, Don't want to see the plants.
You can do whatever you want
The new world is so bright
The sun , moon and plants are also bright
LA LA LA LA LA LA LA !!!!

~ AGHANYA .R.C
Std 1A

The Holiday Song

Sunday morning walk in the park.
Monday evening play on the beach.
Tuesday morning, take a swim in the pool.
Wednesday evening see the sun set.
Thursday morning see the sunrise.
Friday evening go out and shop.
Saturday all day lay and relax.
This is the way my holiday ends.

~ Bhriti K
Prep 'A'

Easter Bunny

"Easter Bunny, Easter Bunny,
Where are you?
Look! I see the Easter Bunny hiding behind
the door,
We run and run, but the Easter Bunny is too
fast,
But it leaves eggs for us yummy yummy eggs."

~ Margaret Xavier



Barat



Barat Installation

"If your actions inspire others to dream more, learn more, do more and become more, you are a leader."



Elocution and Spell Bee

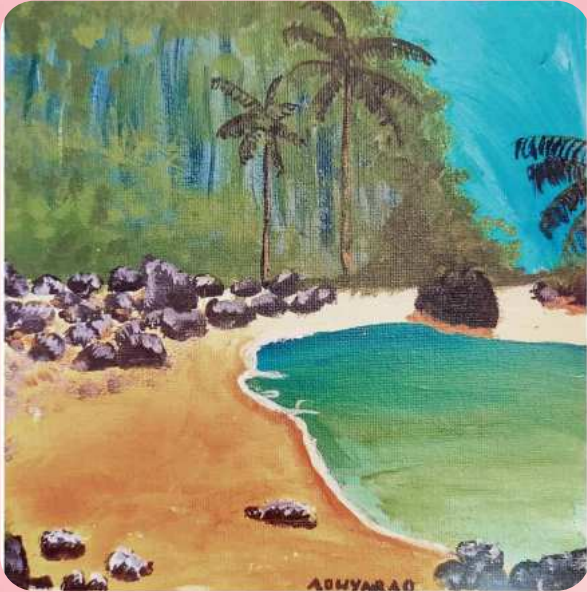


Sports Day





Artwork



Adhya A Rao (2D)



Dhruti V Rao (3C)



Janelle Mary Deosta (4C)



Diyana A Mehta (2D)





**Aizah Fathima
(2B)**



**Avira Manoj
(2D)**



**Kauasthami S
(3A)**



**Adhira S
(2A)**

Story Writing

The Mystery Door

One day, my parents and I went to the park. I raced with them and played. Then I got tired, so I thought that I should sit on the bench for a while. Just before I sat on the bench, a mysterious door appeared right in front of my eyes. I checked to see if anyone was looking; the park was empty, and my parents were on the phone. So, I carried my water bottle and went through the door. What did I see? A pink sky, flowers blooming from the ground. Then I found a type of system in the sky. It gave me a few things like a pair of binoculars, a shield, magical powers, and a unicorn to ride on. The system said, "To save the world, you'll need these things." I did not understand what it meant by "save the world" because it looked so peaceful there. Before I could ask for clarification, it vanished into thin air. Instead, I asked my unicorn. She said that the world isn't in danger now, but danger will come soon. So, I hopped on to my unicorn's back, and suddenly I started to ride it. I asked myself how I was able to ride a unicorn? My unicorn heard me and said, "Here, everyone below 20 years old can ride unicorns." We both were ready to fight. That's when I remembered that I loved watching unicorns all day, and when we were ready, I memorized all the villains in the videos. I also shared them with my unicorn in case they come. I told her their weaknesses and what they do. I was right, but she did not know how they looked. So, I told her which villain it was. First came Chrysalis with Cozy Glow. Luckily, all the changelings turned good before. With the pair of binoculars, we saw them before they came near. With the help of my powers, I called the changelings, and with my shield, I blocked Cozy Glow's powers. My unicorn and I defeated Cozy Glow alone, then we helped the changelings defeat Chrysalis by sharing love instead of taking it. After a long battle, we defeated the villains. I asked my unicorn, "Can you take me back home?" She said yes. Just before I left, I asked if I could visit again and again. She said yes, but you must only tell your family. Tell them not to tell anyone else. Then I walked with my water bottle through the door again and made my exit. My unicorn said some secret words, and the door closed. On the way back home, I told my parents everything. When I reached home, I told my grandparents. I wrote a letter to my unicorn. It said, "Dear unicorn, can you please tell me the secret words?" She replied, "Yes, they are open and close." Two weeks later, I asked my mother if I could go through the door again. She said yes, and then we had an adventure together again. Life went on like that, and we lived happily ever after.

Anjana Kasetti
Std 2 'A'



Story Writing

Be Good to Others

There was once a girl named Zoe. She was very rude and mean. Zoe had a friend named Chloe. Chloe was very kind and helpful. Even though they were good friends, Zoe sometimes got annoyed with Chloe because she would go out of her way to help others.

One day, Chloe invited Zoe for a sleepover. Zoe agreed to go for the sleepover but she was a little angry with Chloe. When Zoe rang the doorbell, Chloe opened the door with excitement. She gave Zoe a big hug when she entered!

Sometime later, they were having breakfast. After breakfast, they put on their school uniforms because it was a school day. In school, they had a surprise exam. Both of them were shocked. When they were writing the exam, Zoe was peeping into Chloe's paper. The teacher didn't notice that.

At recess time, Chloe and her classmates were playing "Ring-a-ring-o-roses" but Zoe was left all alone with nobody to play with. So, Chloe called Zoe to play. When they were playing, Zoe purposely pushed everyone down and everyone got hurt. Chloe got a deep cut and she started crying loudly. Zoe felt very bad that she had hurt Chloe. Then one boy came to help Chloe. That boy was actually Chloe's cousin. His name was Tom.

Tom took Chloe to the reception and dressed her wound with Dettol and cotton and a bandage. After that, Chloe felt much better. Chloe insisted that Tom should come to her house and Tom went with her and Zoe. The next day at school, Zoe felt very bad about what she had done. In the first period, she went to the front of the class and apologized to the whole class. From that day onwards, Zoe became very kindhearted and everyone became her friends.

Julia Anne Pereira

Std 3 'A'

POETRY

MY PET DOG

I have a pet dog, who is black as the night.
His fur is really black, but his teeth are pearly white.

Sometimes he's very naughty, and chews up all my
toys,
But all my friends like him,
All the girls and boys.

I take him for a walk, to the park every day,
He loves to pick up sticks,
And bark and jump & play.

I love him very much; he is my best friend,
I hope we are friends till the very end.

~ Anaaya Muthana
Std 3'D'

Princesses

All the Princesses around the world
How kind and lovely they are!
Sofia can make a quick idea!
Clever Rapunzel lives in a tower!
Poor Cinderella is not very sure!
Snow White with black hair is very fair.

All the Princesses around the world
How kind and lovely they are!

Elsa the queen of Snow,
Well snow is all she knows.

Bella though lives with a beast,
Knows how to stay calm at least!

Mulan who is a strong warrior,
Knows how to cross every barrier.

All the Princesses around the world
How kind and lovely they are!

There is so much to learn from everything we see.

Learning good or bad is up to me!

Do you want to learn good along with me?

C'mon, lets learn all the goodness from
the pretty Princesses we see!

~ Ishanvi C.V
Std 2'D'

The Seasons

The seasons are simply wonderful!

Oh, don't you agree?

I could gaze forever, as the summer sun
Adds a pinch of glitter to the sea.

Spring time is quite enjoyable

And I'm sure that you'll see why!

The air feels fresh, all the dew drops rest,
On forget-me-nots as blue as the sky.

We're in for a rainy July everyone!

That means that monsoon is here!

With the pitter-patter, thunder and lightning
all around,

I'm sure to be left trembling with fear.

Now moving on to autumn,

Well, there's quite a lot I can say!

With trees glowing in red and orange

It's certainly not your usual day.

Finally, its winter!

And the snow is oh so thick.

But on December 24th, I'll stay up till
midnight,

Because down through the chimney comes Old
Saint Nick!

Ah, the seasons ARE simply wonderful!

I'm sure that by now you agree.

But it's true I don't have a favourite,

I just love them all equally!

~ Kieara Nicole David
Std 4'A'

Articles

Save Water

Have you ever wondered how one would be living in a world without water? It is very difficult to imagine life without water. Before it is too late, let us follow some good methods to conserve water.

Conserving water is very essential during this pressing situation where we are experiencing climatic changes due to various undesired human activities. It has become necessary in all aspects due to reduction in natural resources along with the increasing population and their water usages. There are several ways mentioned below to conserve water.

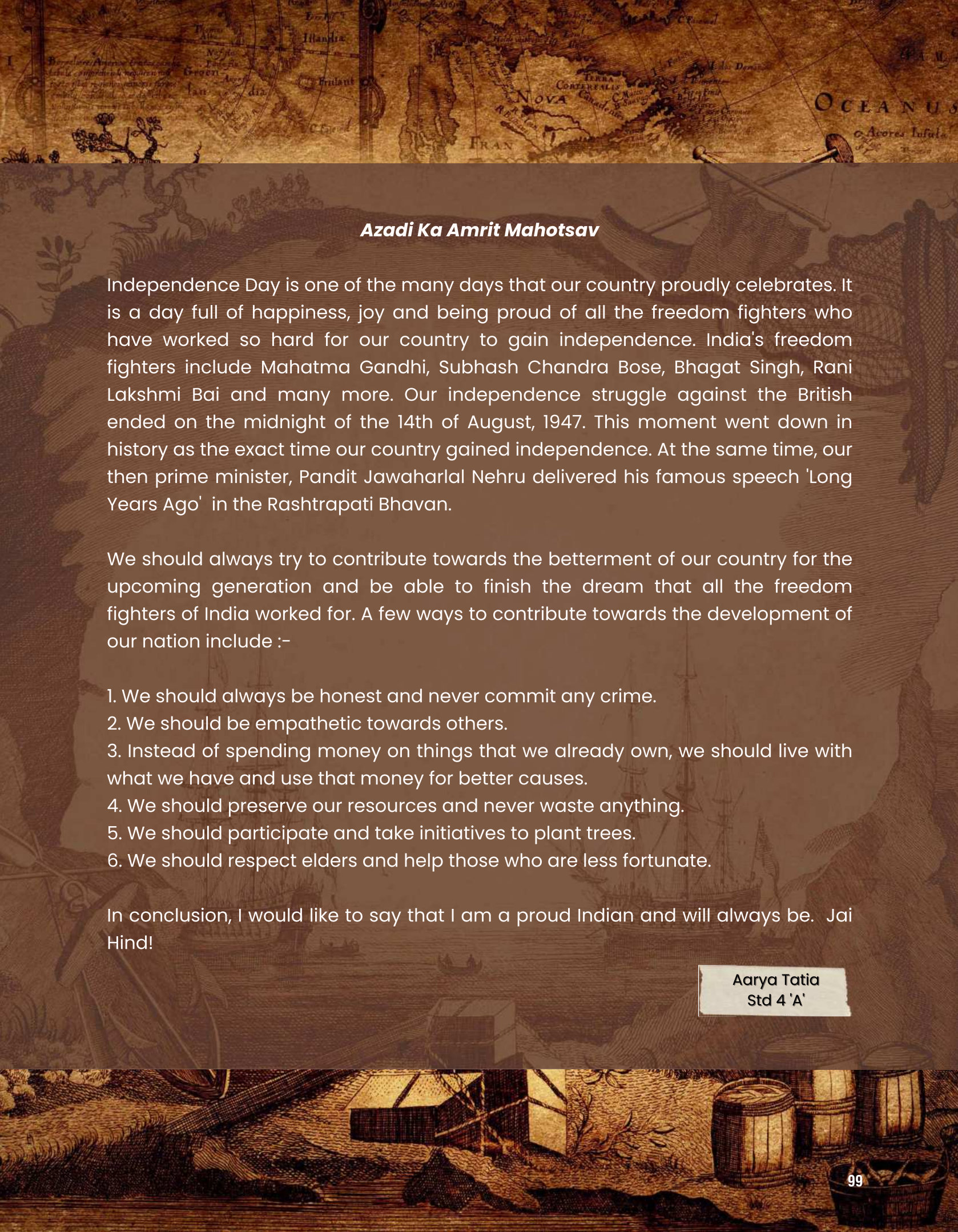
- Rainwater harvesting is the best way to conserve water. It is the simple technology used to conserve rainwater by collecting, storing, transferring and purifying rainwater that runs off from rooftops, parks, roads, open grounds, etc. for later use.

- Most of the houses use RO (Reverse Osmosis) water filtration system where wastage of water is abundant. This water can be stored and used for household cleaning purposes.

- Keeping the water taps closed when not in use.
- Check for the openings or leaks in water distribution pipes.
- Water recycling system to be installed in offices, apartments, hospitals etc.
- Required amount of water to be used while bathing, washing and cleaning clothes, utensils, etc.

Water is the most important resource which our Mother Earth has given to us. It is also essential for all the living species, plants and trees other than human beings. It is also important for the sustenance of biodiversity of our planet and for the food chain. It is the responsibility of every single person in this world to conserve water and save our planet from water scarcity.

Shravya Hegde
Std 4 'D'



Azadi Ka Amrit Mahotsav

Independence Day is one of the many days that our country proudly celebrates. It is a day full of happiness, joy and being proud of all the freedom fighters who have worked so hard for our country to gain independence. India's freedom fighters include Mahatma Gandhi, Subhash Chandra Bose, Bhagat Singh, Rani Lakshmi Bai and many more. Our independence struggle against the British ended on the midnight of the 14th of August, 1947. This moment went down in history as the exact time our country gained independence. At the same time, our then prime minister, Pandit Jawaharlal Nehru delivered his famous speech 'Long Years Ago' in the Rashtrapati Bhavan.

We should always try to contribute towards the betterment of our country for the upcoming generation and be able to finish the dream that all the freedom fighters of India worked for. A few ways to contribute towards the development of our nation include :-

1. We should always be honest and never commit any crime.
2. We should be empathetic towards others.
3. Instead of spending money on things that we already own, we should live with what we have and use that money for better causes.
4. We should preserve our resources and never waste anything.
5. We should participate and take initiatives to plant trees.
6. We should respect elders and help those who are less fortunate.

In conclusion, I would like to say that I am a proud Indian and will always be. Jai Hind!

Aarya Tatia
Std 4 'A'

What is Education?

Education is when a person enhances skills in learning.

A good education is important because it enables us to learn new things, and it improves our future as well. A person who is properly educated will have knowledge which helps them to get proper jobs. It also helps us to inculcate moral values which improves our behaviour and personality .

Education imparts us self-control which is very important personally and professionally, it teaches us different languages which makes us wiser.

Education helps us identify the difference between good and bad, it also leads us to the path of success. It also develops our thinking power.

To summarize, education plays a vital role in the growth of adolescents into good human beings which further leads to the creation of a better society.

Aadhya Hemanth
Std 4 'D'

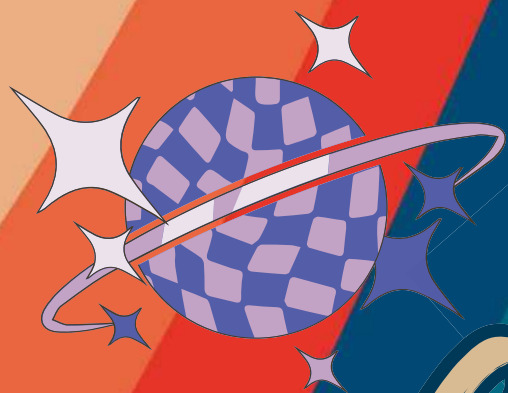
Say No To Plastic

We should "SAY NO TO PLASTIC", in any form, instead use paper bags or cloth bags, metal straws and bowls made up of leaves while we are outside or travelling, at least carry one of each with you wherever you go. This is one way to avoid plastic. This in turn helps us to keep the neighborhood green and clean.

We should start planting more plants and trees in and around our neighborhood. We should not allow the cutting of trees as they make our air clean and make our surroundings beautiful.

We should have separate bins for dry waste and wet waste in our homes and encourage everybody in our home to throw away the dry and wet waste accordingly. Let us not collect the garbage in dumps as flies and mosquitoes breed on the garbage dumps and cause diseases, instead we must dispose them everyday to the garbage collector.

Carol Juana
Std 3 'A'



CuMa

Robotics Lab

March 11th and 13th



LA MADRIGAL SYNOPSIS

Aug 11th, 12th, 13th

"LA MADRIGAL," STAGED BY SOPHIA HIGH SCHOOL, INSPIRED BY HEART WARMING STORIES OF FAMILIAL BONDS AROUND THE WORLD, DELVES INTO THE LIVES OF AN ENCHANTING FAMILY IN LA MADRIGAL, A QUAIN T LATIN AMERICAN TOWN.

THE TOWN, NESTLED IN THE SYLVAN SURROUNDINGS IS HOME TO A CLOSELY KNIT FAMILY SPANNING THREE GENERATIONS. EXTRAORDINARY GIFTS WERE BESTOWED UPON THEM BY A POWERFUL CANDLE. THESE GIFTS, HOWEVER, ELUDE THE GRASP OF THE PROTAGONIST, NORABEL, LEAVING HER FEELING LIKE AN OUTSIDER AMONG HER EXTRAORDINARY KIN.

NORABEL GRAPPLES WITH THE WEIGHT OF HER OWN PERCEIVED INADEQUACY. THE PRESSURE TO CONFORM AND FIT IN WITH HER GIFTED FAMILY BECOMES INCREASINGLY BURDENSOME, LEAVING HER YEARNING TO DISCOVER HER OWN PATH AND PURPOSE. IN HER QUEST NORABEL UNCOVERS A DISTRESSING TRUTH-THAT BOTH HER FAMILY AND THEIR CHERISHED HOME ARE IN DANGER.

DRIVEN BY AN INDOMITABLE SPIRIT, NORABEL EMBARKS ON AN EXTRAORDINARY JOURNEY TO SAVE HER LOVED ONES AND RESTORE THE HARMONY THAT ONCE THRIVED WITHIN THEIR COMMUNITY.

NORABEL DOES NOT DO IT ALONE. IN HER JOURNEY SHE ENCOUNTERS AN ARRAY OF VIBRANT CHARACTERS, EACH BRINGING THEIR OWN UNIQUE FLAIR TO THE STORY. THE DAZZLING SETS SEAMLESSLY TRANSITION QUAIN T HOMES TO LUSH FORESTS, ALL INFUSED WITH AN OTHERWORLDLY GLOW. THE CHOREOGRAPHY, AN EXQUISITE FUSION OF LATIN AMERICAN DANCE FORMS AND CONTEMPORARY MOVEMENT, MESMERIZES THE AUDIENCE, WEAVING AN INTRICATE TAPESTRY OF EMOTIONS AND CAPTIVATING STORYTELLING.

ACCOMPANIED BY A SPELLBINDING SCORE FILLED WITH LIVELY AND EMOTIVE SONGS, LA MADRIGAL IMMERSSES THE AUDIENCE IN THE CAPTIVATING FOLKLORE OF LATIN AMERICA. THE RICH MELODIES, COMBINED WITH THE STELLAR PERFORMANCES OF THE TALENTED CAST PROMISE TO EVOKE A RANGE OF EMOTIONS, FROM FOOT-TAPPING EXCITEMENT TO HEARTFELT INTROSPECTION, LEAVING NO SOUL UNTOUCHED BY THE MAGIC OF THIS EXTRAORDINARY TALE.

"I THINK IT'S TIME YOU LEARN YOU'RE MORE THAN JUST YOUR GIFT."

LA MADRIGAL ~ A 'MUS

A heart warming tale



SICAL EXTRAVAGANZA

le of a gifted family



Artwork



Keertana Ramesh
5 'A'



Merlyn Rachael
8 'B'



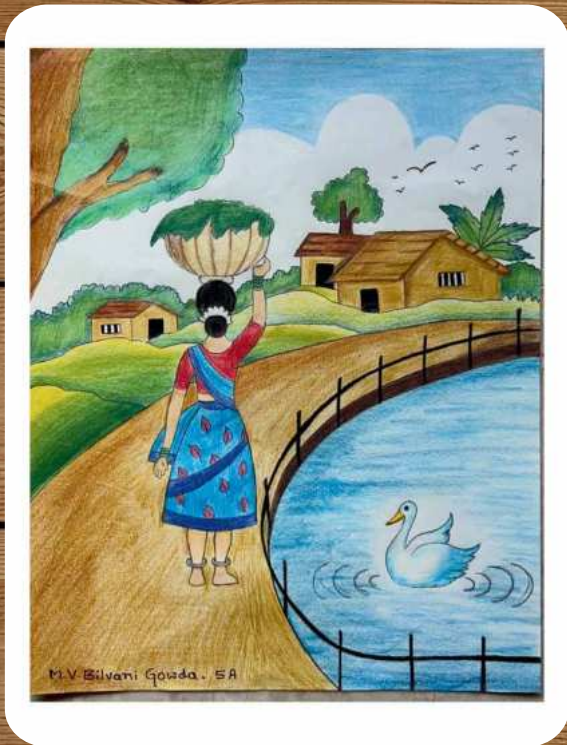
Natalie Ann Pereira
7 'C'



Aniksha Raj
8 'D'



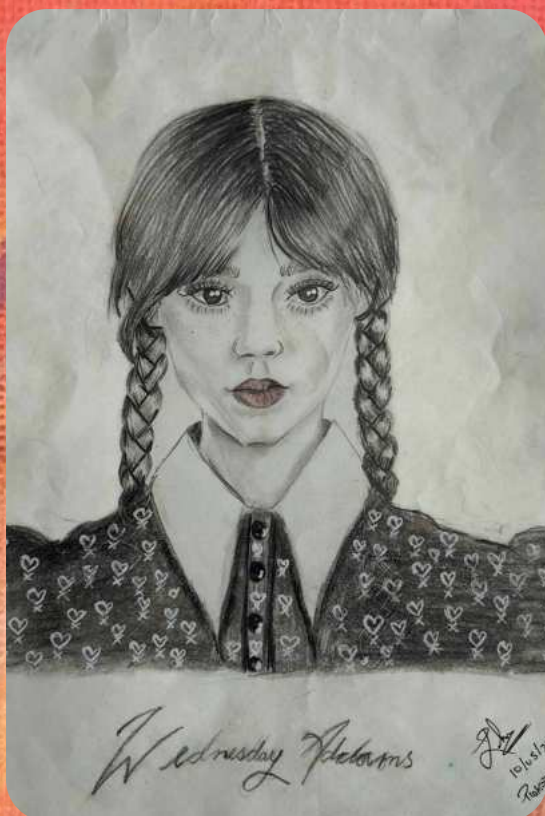
F Merilyn Siona
7 'A'



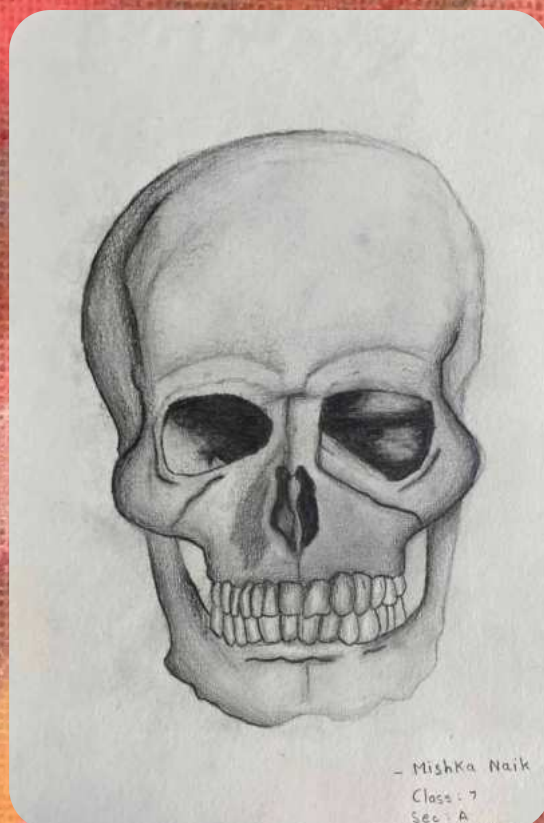
M V Bilvani Gowda
5 'A'



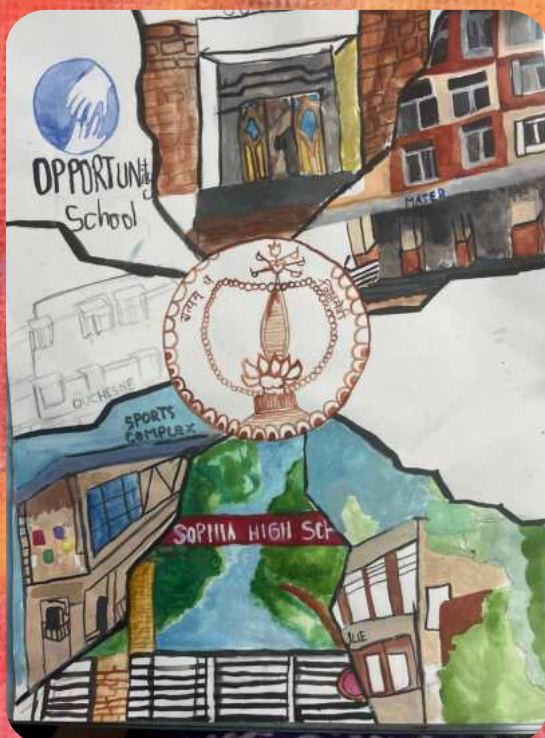
Shravya M Bhat
7 'B'



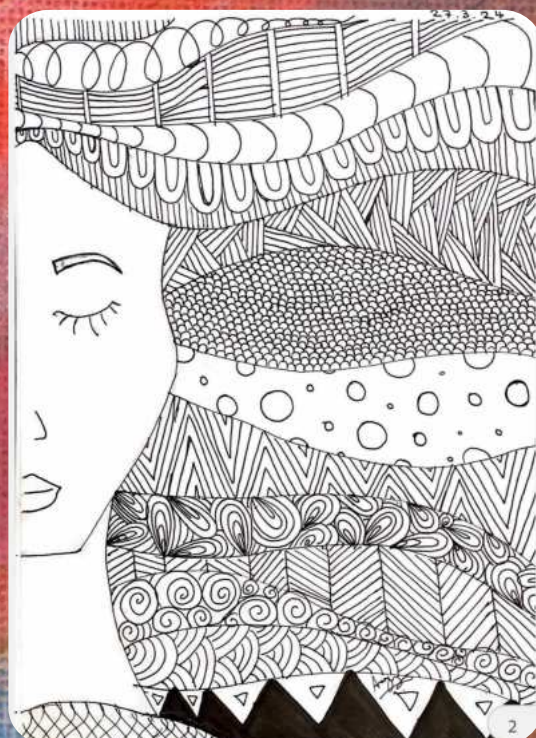
Plaksha R Nayak
8 'D'



Mishka Naik
7 'A'



Rabhya Kashyap
6 'B'



Anaaya Zimmy
7 'C'



S. A Maria Angela Amelia
6 'A'



Joanna Anson
6 'A'



Aadya Jha
5 'A'



Ahaana Srivastava
5 'C'

POETRY

Grace beyond Glamour

Her smile, a sunbeam to all;
Eyes that seek goodness in every soul.
Hair touched by children's innocent play;
Lips echo kindness in all they say.

Graceful figure, nurtured by compassion;
Poised with wisdom's seeds.

In her joyful expression,
Blooms the beauty of her kind deeds.

~ Soukhya R Nayak
VIII 'C'

Terms And Conditions

We want that picture perfect poem that slaps prose in the face
We want the style and the rhythm and the mellifluous grace
We don't want quirky little dashes in the middle of the line
We want a level of meticulous word crafting that just shines
Like a pearl in your cheesy seafood chowder, that's sublime
(Not belligerently messy- somewhat like the human psyche-
Nor half baked, or overstated, or remotely subversively
Nor as if you're calmly being embalmed in Southern Italy
Nor dreaming in a cabin someplace where they grow anemones)
God forbid your art gives out an alienating aura
Or scares away your grandma, who's both flora and fauna
It must be exquisite, from the left to the right
(And not written in Arabic, unless a sacred rite)
As if you were conducting with rigorous precision
Hands gracefully moving, like you're on a space mission
(Not, children, as if you were playing the theremin
But seasoning your lunch with cumin and cinnamon)
Responsibly, make all the right decisions
While floating on a cruise ship in the Caribbean
Nibbling on liver pate and crackers for dinner.
Thus, in conclusion, shatter all delusions
Of hiding in nonsense, to shield these perversions
From the public, those voracious hooligans
That crumple your soul more than nuclear fusion
And if we want to censor the fruits of your labour
We'll do it- democracy? We've never heard of her!
Terms and conditions and privacy notices
Please read them carefully, they unfold like crocuses
We'll make it confusing, because convolution
Is Darwin's new law for lawyer's evolution
On all of the subtext, your future depends
Unlucky poets will come to sad ends.



~ Rhea Elena Pinto
VII 'A'

The Roller coaster of Life

Filled with ups and downs,
The roller coaster of life goes on:
Each stage with its rights and wrongs
Each day a new song.



From a child to a teen-
The gap is huge
The syllabus gets tougher,
and our lives do too!

New challenges and a new phase
Life feels like a race,
too many dreams to chase,
Can we please get a break!

Sadness mistaken for anger,
At words that pierce like daggers
Been trying to reach the expectation;
but all it leads to is frustration.
All of it just too chaotic,
Yet my days feel robotic:
Everyday feels the same
Whom should we blame!

The ones who didn't know how to lie-
mastering the art of fake smiles;
What has it come to
When did we cross these miles.

Too many problems to solve,
too many situations to resolve

in times of need don't know who to call-
The ones we called friends
nothing but dead ends.

Too many problems to solve,
too many situations to resolve
in times of need don't know who to call-
The ones we called friends
nothing but dead ends.

Really don't know where I belong
Wish we had someone to expect something from,
but I guess it doesn't work that way-
we all have our own roles to play!

People trying to fit us into their molds of perfection:
Making us feel like a project,
Trying to figure out what's the best for us
and not what the world wants for us.

So, don't let it drag you down
Own it, it's your crown:
You have the pen
And life your paper,
You make your own destiny
Be your own narrator.

The wheel of time will turn:
each day something to learn
Learn from it and move on
For this time will be long gone.



~ Shreya Jain.
VII 'B'

The World , To an End?

Lush green fields,
A wonder
What it yields.

Trees that reach the sky ,
Among where the birds fly.

O this stars so high,
In the beautiful night sky.

What secrets might the universe hold?
What is waiting to unfold?

How I wish this never ended,
For this world, has been left untended.

With humans flourishing,
The world perishing.

But why,
Why must we look to our greed,
Killing breeds without need.
Cutting down every tree,
Mustn't we hold our creed?

With every second ticking by ,
We hide our strife in tides.

This world is slowly going to waste,
And I fear that I must haste,
That this world will come to an end ,
With nothing to comprehend.

But could there be a way ,
To fend out terrible end?

Could we lend Mother Nature a hand,
In protecting her land?

Perhaps we could fan the smoke and fumes,
Away from her sands.

It's not too late,
We can diminish our hate,
We can change our fate,
And not send Earth
To heaven's gate.

~ Rakshitha Janpredy
VII 'B'

The page features a decorative border on the left side composed of several pink roses in various stages of bloom, some with green leaves and buds. The background of the page is a light pink color. On the right side, there is a dark pink rectangular area containing the text. In the upper right corner of this dark area, there is a small, glowing white butterfly illustration.

Magical Music


In the early morning breeze
When the birds chirp on the trees,
It fills my heart with Harmony
That makes me sing a Symphony.

Music is amazing, and it's so much fun
I love playing Music, underneath the Sun.
The brightness of the sky, Up so high
That makes me fly, Heaven anigh.

As the Sun sets
And the birds return to their nest,
The Rhythm of their chirping sound
Makes me feel Spellbound.

Oh Music! You are so Melodious
Throughout the Day and Night,
You make me feel Glorious
As the Moon Shines Bright.

- Joanna Anson
VI 'A'



A Nature's Symphony

In nature's vast and wondrous domain,
A masterpiece of beauty we obtain.
From rolling hills to crystal streams,
Nature weaves her most enchanting dreams.

Beneath a sky of azure blue,
Fields of wildflowers burst into view.
Their vibrant petals sway and dance,
Inviting bees to join their trance.

The mighty trees, majestic and tall,
Stretch their branches, embracing all.
Leaves whisper secrets in the breeze,
A soothing melody that puts hearts at ease.

The sun emerges, a golden sphere,
Painting the world with warmth and cheer.
It's radiant rays, a gentle embrace,
Awakening life with tender grace.

In meadows green, where creatures roam,
Nature offers a place they call home.
A harmonious balance, delicate and true,
Each life intertwined, oh how wonderfully you grew.



~ Michelle Joy
VIII 'C'

Essay Writing

~ The effect of a good friend ~

*"True friends are like diamonds – bright, beautiful, valuable and always in style."
– Nicole Richie*

Friends are people who never leave your side, they will be with you to support you, guide you and show you unbounded happiness. Many friends are formed through close connections and relationships which are built over time through support, trust and love which are not easy to build up for some people.

Most of the time people often form friendships through similar likings in a topic in which they are fond of, i.e- People who have an interest for books will share a friendship in which they converse in their likings and share experiences. This helps many people to build friendships and increase mutual trust in each other. Oftentimes if people find themselves alone they tend to talk to others and learn about the topic of their interest and enter into a new experience which helps them to learn more and even share their thoughts and ideas in the topic.

When people find friends they will support them no matter what even through tough situations they will always be there for them, so an increased amount of trust grows between them. They will cultivate and nurture the friendship between you both just as a farmer does to his crops, he sows them with great care, and waits patiently for the crop to bud. Just as so, a friend does so with a growing friendship which is ready to blossom.

A good friend is like a needle in a haystack, they are rare to get to... but in the end finding one is like finding treasure on an isolated planet! But let me tell you, true friendship is the best kind of friendship to ever achieve. You know that feeling one often gets.. the feeling of love.. knowing how you are surrounded by a group of people who trust you, love you, respect your boundaries and increase your confidence, that is the feeling of having a good friend who is genuine with you.

When you know that your friends are the truest people...believe me, you will never regret your decision. Even till today I have never regretted my decision of making friends and believe me they have never left me behind in any situation, they trust me as much as I trust them and we have been friends for 3 years now. That is the effect my friends have left on me.

*~ Diya George
VII 'D'*

A Journey to Chikkamagalur

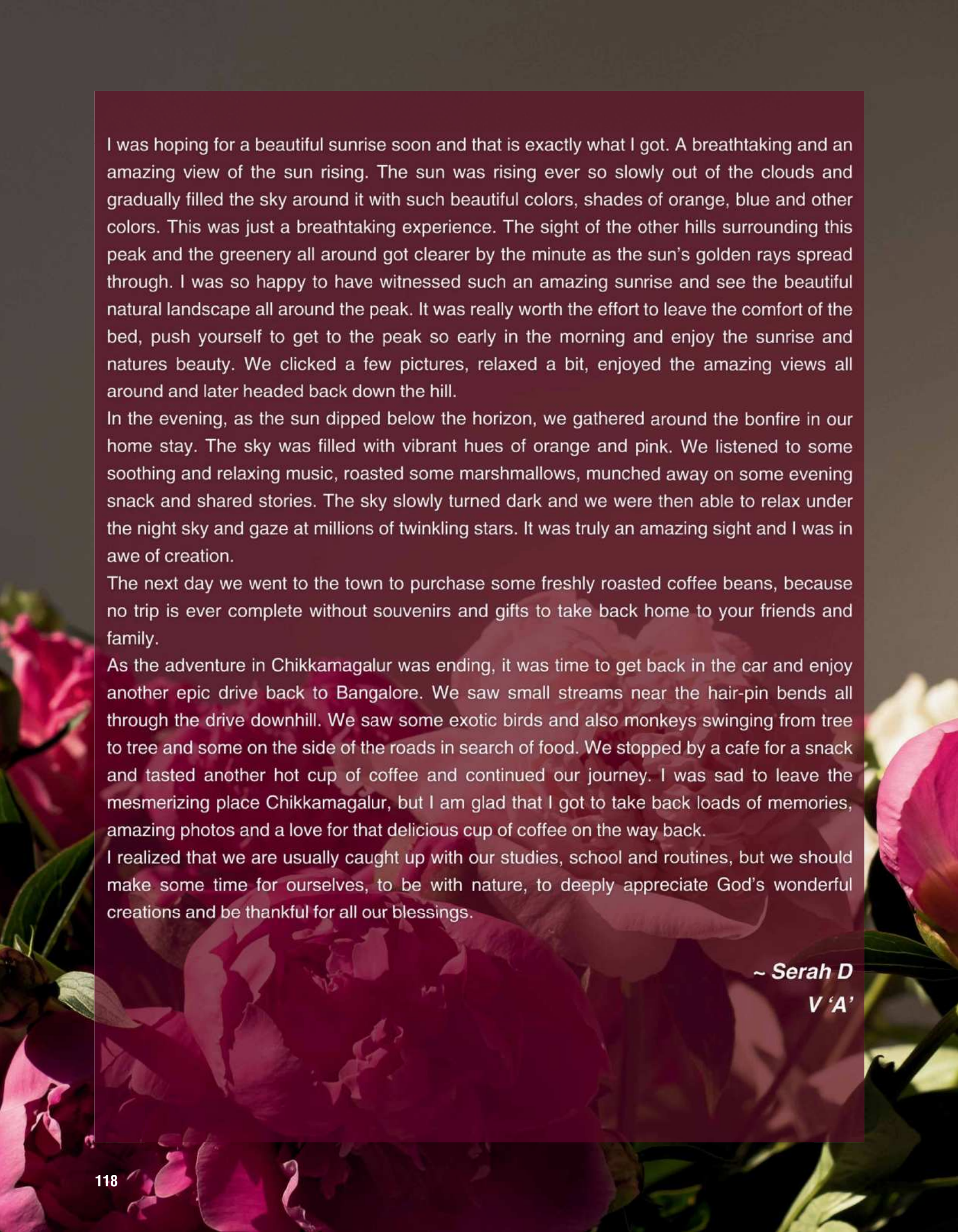
Hey there! Have you ever dreamt of escaping the city and getting away to a land of hills? Well, pack your bags because we are going on a journey to “The Coffee Capital of India.” It is a land filled with greenery, hills, plantations and of course coffee!

The journey started off in Bengaluru, the capital of Karnataka. We hopped into the car. As we drove away, we could slowly see the tall buildings and concrete houses gradually disappear and were replaced by farmlands filled with grass and other crops and also got a glimpse of few cattle grazing. The air turned cooler and cleaner with the occasional sweet scent of flowers. We had really good roads all through the journey with the occasional speed breakers at various locations. The smooth drive with very less traffic was such a delight. We had a beautiful sighting of some peacocks walking in the fields nearby as we drove past them. As we got closer to Chikkamagalur town, one of the things on my mind was, the aroma of freshly brewed coffee!

Chikkamagalur is known for its coffee plantations and its scenic beauty. So, once we reached Chikkamagalur, one of the first adventures was the walk through in a coffee plantation. The friendly plantation workers showed us how the coffee beans are grown, nurtured, harvested, dried, roasted, ground to a powder and finally transformed into the delicious cup of coffee that we sip on and enjoy every morning. We learnt about the different types of coffee beans, how they are roasted and the machines that are used to roast and grind them. Then, we got to sip on some freshly brewed coffee. Every sip was so refreshing and felt energizing.

The next day we went on something even more exciting – a trek to Karnataka’s highest peak, Mullayanagiri. I was really lazy to wake up so early and I’m sure one will want to sleep more on a vacation, especially so early in the morning. That’s exactly how I felt. I managed to somehow drag myself to the car and slept all the way till we reached the peak.

It was pitch dark outside and the wind was howling like crazy. It seemed like we had reached the place too early. It was about 500 steps or so from the parking spot to the top of the mountain peak. But the darkness, the chill wind and the winding and uneven steps going up to the peak, made it seem like one of the toughest 500 steps we had to take to reach the top. It seemed to be taking forever, while we moved slowly but surely one step at a time. With the help of a couple of flash lights and slow firm steps, we eventually made it to the peak. Once we reached the top, I started shivering as it was very cold. The wind was unrelenting and the hooded sweatshirt was not enough to keep me warm. Saw a glimpse of the dark blue sky and noticed a certain patch of sky was a shade of lighter blue where the sun was to rise. We had made it just on time.



I was hoping for a beautiful sunrise soon and that is exactly what I got. A breathtaking and an amazing view of the sun rising. The sun was rising ever so slowly out of the clouds and gradually filled the sky around it with such beautiful colors, shades of orange, blue and other colors. This was just a breathtaking experience. The sight of the other hills surrounding this peak and the greenery all around got clearer by the minute as the sun's golden rays spread through. I was so happy to have witnessed such an amazing sunrise and see the beautiful natural landscape all around the peak. It was really worth the effort to leave the comfort of the bed, push yourself to get to the peak so early in the morning and enjoy the sunrise and nature's beauty. We clicked a few pictures, relaxed a bit, enjoyed the amazing views all around and later headed back down the hill.

In the evening, as the sun dipped below the horizon, we gathered around the bonfire in our home stay. The sky was filled with vibrant hues of orange and pink. We listened to some soothing and relaxing music, roasted some marshmallows, munched away on some evening snack and shared stories. The sky slowly turned dark and we were then able to relax under the night sky and gaze at millions of twinkling stars. It was truly an amazing sight and I was in awe of creation.

The next day we went to the town to purchase some freshly roasted coffee beans, because no trip is ever complete without souvenirs and gifts to take back home to your friends and family.

As the adventure in Chikkamagalur was ending, it was time to get back in the car and enjoy another epic drive back to Bangalore. We saw small streams near the hair-pin bends all through the drive downhill. We saw some exotic birds and also monkeys swinging from tree to tree and some on the side of the roads in search of food. We stopped by a cafe for a snack and tasted another hot cup of coffee and continued our journey. I was sad to leave the mesmerizing place Chikkamagalur, but I am glad that I got to take back loads of memories, amazing photos and a love for that delicious cup of coffee on the way back.

I realized that we are usually caught up with our studies, school and routines, but we should make some time for ourselves, to be with nature, to deeply appreciate God's wonderful creations and be thankful for all our blessings.

~ Serah D
V 'A'

Story Writing

The Legacy Of Learning

In the heart of a bustling town stood an old oak tree, its branches reaching towards the sky like outstretched arms. Legends say that the tree was planted by the very first educators of the community, a symbol of growth, wisdom, and resilience.

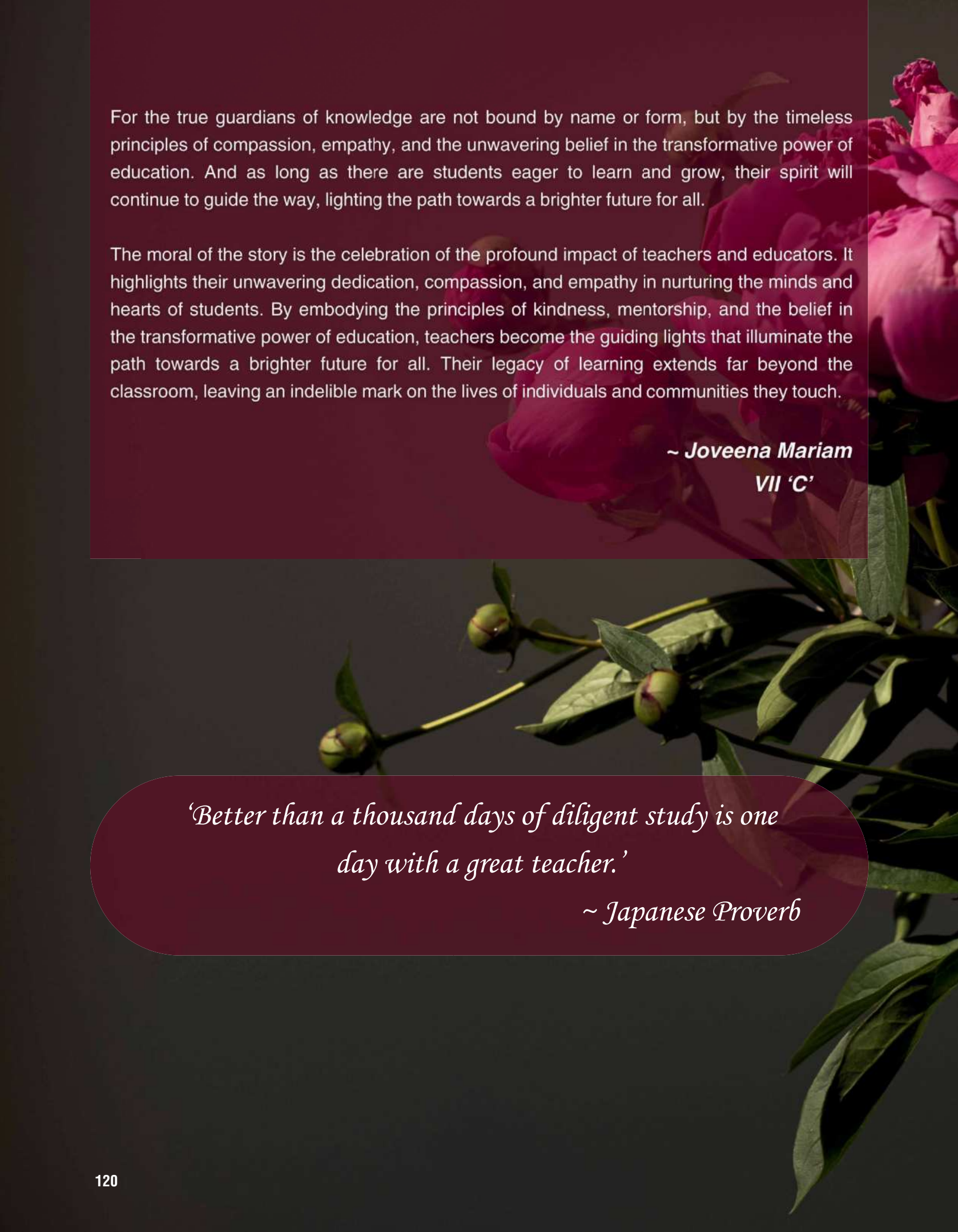
But the true guardians of knowledge weren't the tree itself, but rather the collective spirit of the teachers who dedicated their lives to shaping young minds. With their passion for learning and dedication to their students, they left an indelible mark on the fabric of the community.

Among them was a figure, a silent observer, who watched over the town's children with quiet reverence. This guardian of knowledge, though nameless and unseen, held a profound influence over the lives of those who crossed their path. In the local library, where the scent of old books mingled with the whispers of stories waiting to be told, the guardian of knowledge made their presence felt. They listened intently to the hopes and dreams of students, offering solace in times of need and encouragement in times of doubt.

One rainy afternoon, as students sought refuge from the storm in the library's cozy embrace, a young child sat alone in a corner, tears glistening in her eyes. Without a word, the guardian of knowledge approached, offering a gentle smile and a comforting presence. In that moment of shared silence, the child felt a sense of belonging, a reassurance that she was not alone in their struggles. With a gentle touch and a kind word, the guardian of knowledge sparked a flame of hope within her heart, igniting a passion for learning that would endure for years to come.

As the child grew and flourished, the memories of that rainy afternoon lingered like an echo of a distant melody. And though she may never know the true identity of the guardian of knowledge who touched her life so profoundly, the legacy lived on in the hearts and minds of those she inspired.

For the true guardians of knowledge are not bound by name or form, but by the timeless principles of compassion, empathy, and the unwavering belief in the transformative power of education. And as long as there are students eager to learn and grow, their spirit will continue to guide the way, lighting the path towards a brighter future for all.

A background image of pink peonies in bloom, with some buds visible in the lower half. The flowers are soft pink with multiple layers of petals. The buds are green with a hint of pink at the top.

For the true guardians of knowledge are not bound by name or form, but by the timeless principles of compassion, empathy, and the unwavering belief in the transformative power of education. And as long as there are students eager to learn and grow, their spirit will continue to guide the way, lighting the path towards a brighter future for all.

The moral of the story is the celebration of the profound impact of teachers and educators. It highlights their unwavering dedication, compassion, and empathy in nurturing the minds and hearts of students. By embodying the principles of kindness, mentorship, and the belief in the transformative power of education, teachers become the guiding lights that illuminate the path towards a brighter future for all. Their legacy of learning extends far beyond the classroom, leaving an indelible mark on the lives of individuals and communities they touch.

~ **Joveena Mariam**

VII 'C'

'Better than a thousand days of diligent study is one day with a great teacher.'

~ Japanese Proverb

A Day at the Blind School

The world we live in is a beautiful place, where both privileged and underprivileged live in harmony. The privileged help the ones who have been turned down from their necessities like food, shelter, clothing and education.

Recently, my school organized a visit to the Jyothi Seva Blind School and I was fortunate enough to be a part of it. Stepping into the world of the visually impaired was an eye-opening experience, where I was welcomed with warmth and love.

As I entered the school premises, I was immediately struck by the vibrant atmosphere. I was in shock after noticing how well the students cooperated with their teachers. It was fascinating to watch these children use different sources to read and write. One such writing system is Braille which has a series of raised dots which help blind people to read and write.

Two teachers taught us how blind students learn English and math. We were privileged to try our hand at Braille. The students entertained us with their singing. The whole room was filled with happiness and music as we captured the moment.

As we drew to the end of the visit, we realized even though the children were blind, they faced every obstacle with confidence and determination. These children had a big smile on their faces in spite of their situation. This encouraged us to be more optimistic and caring towards others.

I left the blind school with a heart full of appreciation for these visually impaired children. Their confidence and determination is an inspiration for us all. We should be thankful to God for the life he has blessed us with and should never take it for granted. We need to take an initiative to care for those who are in need because we, the children of today, are the heroes of tomorrow.

~ *Ellyn Kira Lobo*
V 'A'

7th Grade Excursion

On the 11th of January, 2024, the 7th graders, embarked on a gadget-free 2 day-one night trip to Mysore and Bandipur with great excitement in the air. The music in the bus added to the fun and frolic which began with our pre-breakfast snacking on the bus.

At the Nandini factory we were fascinated by big sterilizing machines, pouring, sachet sealing machines and cheese and ghee churning machines.

After an early check in and lunch at the hotel, we set out to Bandipur Tiger Reserve. From the special safari bus, we saw many animals like spotted deer, sambar deer, langur monkeys, kingfishers, serpent eagles, elephant herds, gaur bison, and more birds amidst the trees and foliage of the protected reserve which left us wondering at the beauty of mother nature. Some of us bought safari-themed handcrafted items from their handicraft shop outside.

Back at the hotel we danced with abandon at the DJ party exclusively arranged for us. Being the first overnight school trip for us made it more thrilling for us.

The next day, we went to the 12th century Shree Venugopala Swamy Temple, where we admired the magnificent, meticulously detailed stone architecture. Next at the tallest churches in Asia - the Cathedral of St. Joseph and St. Philomena, constructed in 1963, we were awestruck by the elegant, intricate structure and architecture. We also marveled at the renowned, centuries-old, Mysore Palace, with its grand, luxurious, elaborate architectural features which is nothing short of a cultural icon. The ethereal walk in India's longest underwater tunnel, at the Lokaranjan AquaWorld, an engineering marvel, with an up-close encounter of marine life in their habitats, was like a walk through the ocean.

Finally, we set off to make our journey back to Bangalore exhausted, but having made more memories from this wonderful trip than ever before.

- Natalie Ann Pereira 7C





Council Installation

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

—John C. Maxwell



9th Grade Excursion

"In Delhi, every corner has a story to tell." - Ruskin Bond.

The morning of 21st October 2023, saw the students of 9th standard officially setting out on their trip to Delhi and Agra.

The airport was filled with excited chatter, which was intensified by the lovely snacks provided to us. The students wore expressions of eager anticipation for travelling to Delhi and Agra during the Dussehra holidays and the teachers too had joined in on the palpable excitement.

The airplane steadily descended through the clouds offering a glimpse of a great cultural city below. As we made our way out of the airport, the undeniable thrill of entering a new city overwhelmed us. Following lunch at 'The Lemon Tree Premier', we headed towards the beautiful city of Agra. The bus ride in the company of our dear friends and teachers was unforgettable.

After checking into the incredible hotel- "Hotel Clarks - Shiraz, Agra", we quickly put on our party pants for the exhilarating DJ party that had been put together for us by the wonderful staff of the hotel.

The next day we left for the exquisite, pulchritudinous and magnificent wonder of the world, the mausoleum of Mumtaz Mahal - the Taj Mahal, at around 6 in the morning. We were truly enchanted upon seeing the gorgeous view of this beautiful monument as soon as we entered the first gate of the site.

Next we visited the Agra Fort which was a very artistic monument and ended the day's sightseeing by heading to Sikandra - The tombs of Akbar and his wife, Mariam. On the third day, we continued our journey to the Qutub Minar, which truly mesmerised us with its complexly beautiful architectural structure, followed by Humayun's tomb, where our guide explained the historical importance of the structure. After a quick lunch, we were off to the vast and assorted Sarojini Nagar for a shopping spree. Bargaining with our broken Hindi skills against the experienced salespersons, we definitely made some treasured memories.

Our journey to the India Gate and National War Memorial on the 4th day evoked the patriotism in all of us and we got to witness the rewards of the hard work and sacrifice of the warriors of our country. The day ended with yet another shopping spree at the extremely engaging Karol Bagh.

The Last day of our invigorating tour had arrived. We visited the Rashtrapati Bhavan and were well educated about the systemized administration of our government by the end of it as well as the history of the independence of our country when we went to the Rashtrapati Bhavan Museum. As our expedition drew to a close, we finally headed towards the airport and boarded our flights, but with deeper appreciation for the knowledge gained and the memories made on this trip. The journey back was filled with conversations and laughter but also with the longing for the captivating city we just left.

In conclusion, our excursion to Delhi was a resounding success. It provided students with a well rounded historical and cultural experience. It was the perfect transition to being a mature and independent human being. It not only enriched our understanding of our country but also encouraged our curiosity and sense of adventure. We are truly thankful to Sister Alpana for giving us this golden opportunity to explore new cities along with our friends. We are equally grateful towards our teachers for accompanying us, guiding us and keeping us safe throughout our trip. We would also like to thank our trip coordinators from "Supreme Universe International" for helping us with our general accommodations. We hope that more such opportunities and experiences will be offered to us in the future.

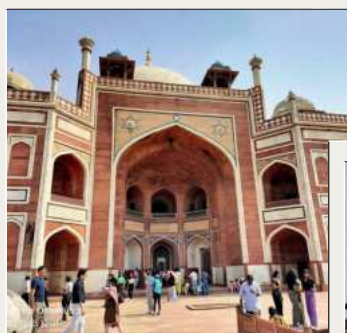
Written by-
Inaayah, Isra & Fiza



India Gate



Tomb of Akbar



Jama Masjid



Red Fort



National War Memorial



Qutub Minar



11th Grade Excursion

Kerala: God's Own Country An Excursion of Class XI to Thekkady and Kochi

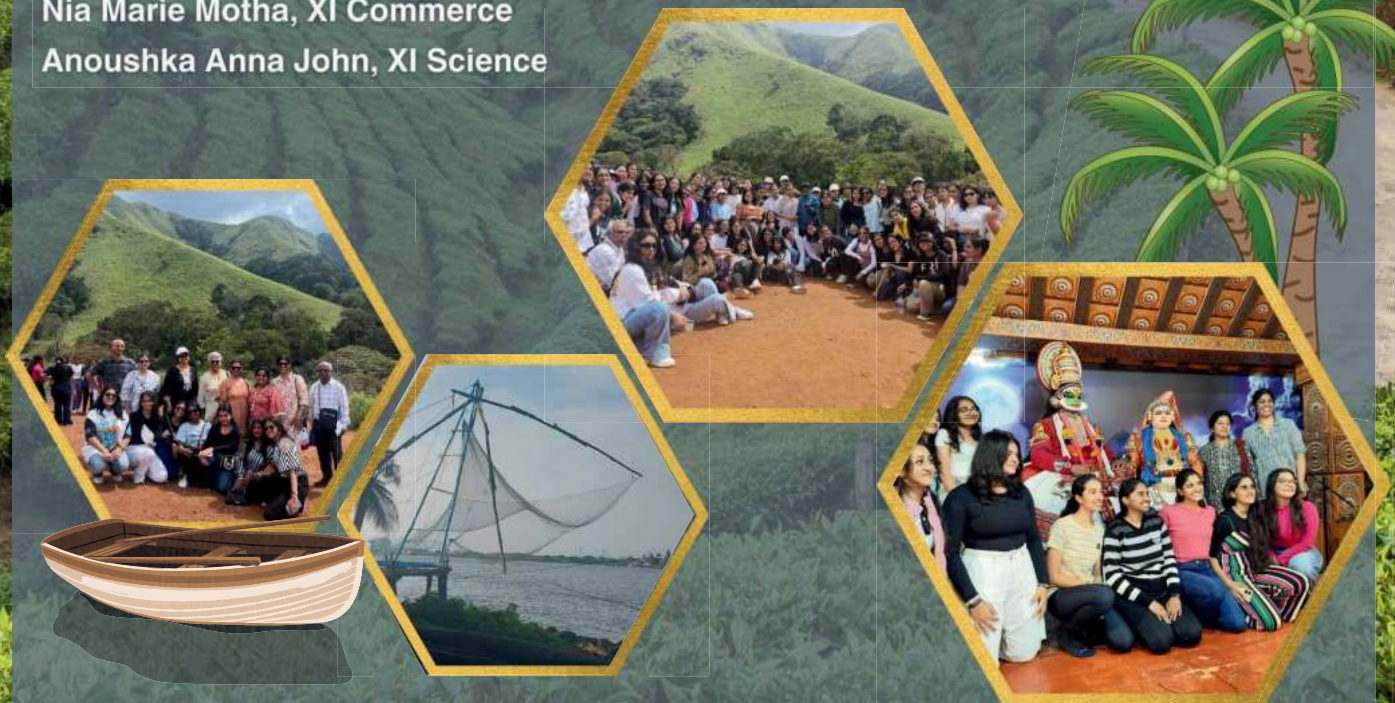
Standard XI's excursion to Kerala from 29th November to 3rd December 2023, is a story that will be told and retold ad nauseam. When thinking of Kerala, we envision lush paddy fields, swaying coconut trees, endless backwaters, and picturesque sunsets by the beach. If you ask us, the 11th grade, about Kerala, those images of our 5-day excursion flicker like a movie on a loop in our heads. Our journey commenced the moment we boarded the Kanyakumari Express bound for Ernakulam on November 29th after battling through a stressful week of exams. The railway station was banding with excitement as we awaited our well-deserved respite. The chilly winds of the night did not impede our indomitable spirits as we sang at the top of our voices and laughed till our stomachs hurt. On November 30th, Kerala's warm, humid air greeted us at 7 a.m. We flooded our Social media with one of the most scenic sunrises we have ever witnessed. We then boarded our buses which took us on the 3-hour journey to Thekkady. Our exhausted frames and sleep-deprived faces lit up as we ascended the Western Ghats, soaking in the beauty and verdure of Kerala.

After a quick stop at our Hotel to freshen up, we proceeded to a Spice Garden where knowledgeable guides took us on a sensory journey through the vibrant world of spices and herbs, highlighting the significance of spices in Kerala's culture and cuisine, and explaining some of their medicinal properties and uses in Ayurveda. Next, we were taken for a Kathakali show - a traditional dance-drama that originated in Kerala. The expressive performances that combined vibrant costumes, elaborate makeup, and rhythmic movements intrigued us all. We concluded the long day with a show on Kalaripayattu, an ancient Indian martial art form with roots in Kerala. Practitioners, known as Kalari, combined their physical prowess and weaponry skills, leaving us spellbound. The following day began with a serene boating experience at Periyar National Park. Unable to peel our eyes off the breathtaking views, we finally understood the gravitas with which Kerala is called 'God's Own Country'. We then embarked on a thrilling Jeep Safari to explore the lush landscapes of Kerala. The tea plantations and rich flora of Kerala were a sight to behold, and every turn of the road treated us to more transcendent scenery. After a heavy lunch, we started on a five-hour bus journey to the commercial capital of Kerala, Kochi. After a good night's rest, day four started with a cruise departing from Kochi port. We passed several parts of Kerala, including the Kerala High Court and Willington Island, an artificial island off the coast. Lunch proceeded on the cruise while live music and a show by a skilled magician and mind-reader entertained us.

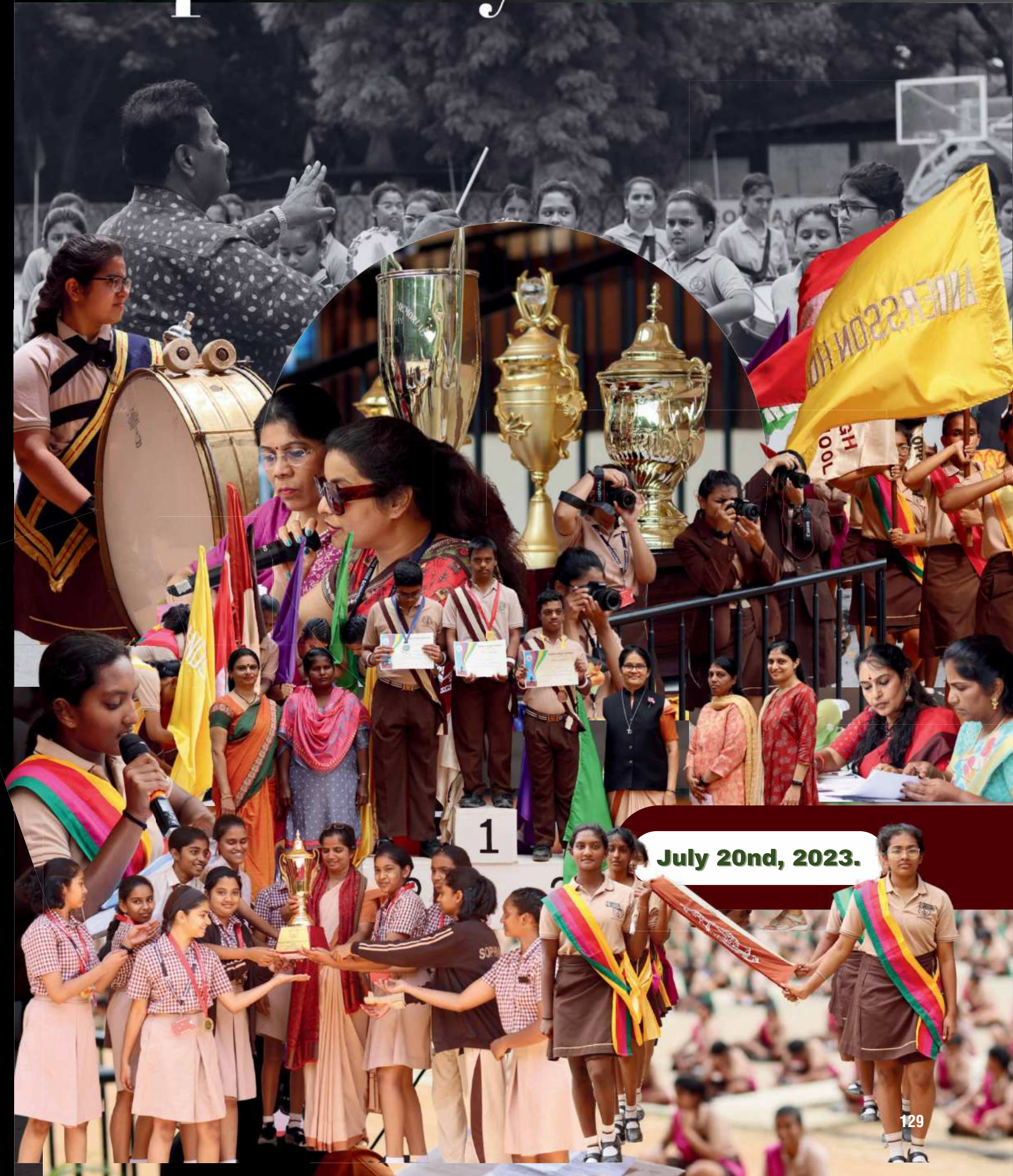
Post lunch, the cruise took us on a trip entering the Arabian Sea while we footed on the dance floor. On visiting the Mattancherry Palace, popularly known as the Dutch Palace, we saw Kerala murals depicting portraits and exhibits of the Rajas of Kochi, giving us the history of Kochin and Kerala. This was followed by a visit to the Paradesi Synagogue and Jew Town. After an hour of shopping among the vast choices of beautiful antique jewelry and clothing, we headed down to Vasco da Gama Square, where we observed the Chinese fishing nets. They were introduced in Kochi by Chinese explorer Zheng He from the court of the Kubla Khan.

Lastly, due to popular demand, we visited Ann's bakery, where students bought bags of Kerala's special banana chips to share part of their trips with their families and friends back in Bangalore. At 10:00 p.m., we arrived at the Ernakulam railway station, bag, and baggage, waiting for our train to pick us up after the marvelous adventure we had just finished. With that, we came to the end of our excursion. This trip was an enriching and unforgettable experience as a whole. As we explored the rich cultural heritage, historical landmarks, and vibrant atmosphere of this coastal city, we deepened our understanding of diverse traditions and forged stronger bonds within our school community. This trip would not have been possible without our fabulous teachers and hospitable tour guides. We would also like to thank Sister Alpana for arranging such a trip for the students of Class XI and The Almighty for keeping us safe throughout our journey. As we return to our daily routines, we carry with us the cultural richness and camaraderie fostered during our time in Kochi, ensuring that the impact of this educational adventure will resonate within us for years to come.

Nia Marie Motha, XI Commerce
Anoushka Anna John, XI Science



Sports Day Rehearsal



July 20nd, 2023.

“A champion is someone who gets up, even when he can’t.”
- Jack Dempsey





Sports Day



"Once a champion, always a champion." – Ferdinand Marcos
22nd July, 2023.



WITHOUT A BATTLE THERE IS NO VICTORY

A BATTLE THERE IS NO VICTORY ~ JOHN ARNOTT

~ JOHN ARNOTT | WITHOUT A BATTLE THERE IS NO



VICTORY ~ JOHN ARNOTT | WITHOUT



Graduation

"A journey of a thousand miles begins with a single step." – Sun Tzu
December 16th, 2023.





Head Girl's Valedictory Speech

"Our Lessons come from the journey, not the destination and how good your destination is, depends on the collation of these lessons learned."

"I deem it my honour to stand before you on our special day to deliver my Valedictory speech. With a heart overflowing with gratitude, I would like to say a thank you to our dear Principal, Sr. Alpana, for always being there for us. Your leadership inspires us everyday, you have made a positive impact on our lives and have created a nurturing environment for us. You have always been supportive, our pillar of strength- always responding to our cry for treats after every event-you have truly made our school experience memorable.



We have grown up in a safe haven nurtured by the Sisters especially Sr. Vishala, Sr. Madhuja, Sr Pushpa. You were like genies, providing everything with your gentle ways and comforting voice- making everyday smooth sailing for us.

To every single teacher that has made this institution what it is- the teachers of Julie, Barat, Cuvilly, Leans, Mater, Duchesne ,ISC and the administrative staff -thank you for moulding us into who we are today. We deeply appreciate the members of the PTA for supporting us at all times.

To all the hands that rocked the cradle and held us firm yet gently- our grandparents and parents thank you seems so inadequate but words are all we have! Our school is our home - and the credit goes to every member of the maintenance staff to make it the most attractive one for us.

As I stand before you addressing for the very last time I am over taken by a multitude of emotions. Our journey from Julie to the ISC will remain ingrained in us.

We wish our life could be "Supercalifragilisticexpialidocious" at all times. But reality does strike!

To my fellow graduates, it looks like we've finally made it.

I will never forget all the times we danced on the stone stage, all the house matches that made us look like four different cults ready for war, the friendships forged and everything that led to our last day will remain etched in our hearts forever.

A big thank you to my class of 12th commerce, you have managed to keep me sane. If I have survived this year it's because of all my friends from science and arts too-without you my school life would have been very uneventful. To my council, the amazing council of 2023-24. Thank You so much for always being there when I cried, for working with me, for cooperating with me and for keeping up with my Jakkur rants. My trusted commander, Malka, thank you for standing tall literally and otherwise!

Whether we've been here for 15 yrs, 8 yrs, 5 yrs or 2 yrs, I think all of us will agree when I say that it's going to be very hard to leave. Today as we stand here in our white and golden attire, our hair knotted in French braids, the Sophia trademark, ready to face the outside world, I can say that I see standing here the most stunning and attractive batch of 2023-'24. Congratulations to all of you, you have made it through covid, studies and acne!

Leaving school right now does not mean leaving everything behind, it means moving forward to a bigger place with the same people you love and adding a few more.

To the baby Council led by Head Girl elect Nia Motha - I wish you the best. Life is beautiful, just a little hard at times!

Adios amigos- I hope each of you is successful in whatever you do.

"If you believe you can move the highest mountains, cross the greatest oceans and walk across the waters just do it! So what if there are a few college applications on the way?"

Thank you.

Isaiah Kaur John



Principal's Address to the Graduates

Respected Chief Guest, Mr. Ravi Ghai, Sr. Chetana Provincial superior of the Visitation Province, the Sisters of Notre Dame present here, staff of Sophia, members of the PTA, parents, and, most importantly, our graduating young women of Sophia, it is my honour to extend heartfelt congratulations to the graduating batch of 2023-24 at Sophia High School. 'Life's melody is composed of unexpected notes and spontaneous harmonies. Embrace the symphony with resilience, for it is through these changes that we find our rhythm of growth and self-improvement.' The batch of 23-24 has created beautiful memories that we can cherish.



I would like to thank and congratulate the entire batch, especially the student council. Isaiah Kaur John, as a Head Girl, led her team with gentle and humane ways. A true leader, she proved that "Leadership is not about being in charge. It's about taking care of those in your charge." - Simon Sinek. Malkha Biddappa's role as Assistant Head Girl, emphasized the essence of leadership in nurturing and supporting others rather than just holding a position of authority. "The quality of your life is the quality of your relationships." - Tony Robbins.

Today, we celebrate the graduation of 331 incredible daughters. Dear parents, thank you for entrusting your daughters to Sophia. Congratulations as they graduate today! Dear girls, as you navigate through the complexities of life, remember this: "Being happy doesn't mean that everything is perfect. It means that you've decided to look beyond the imperfections."

I wish you the best for your forthcoming exams and I wish you the best in life. May God be with you wherever you go!

-Sr. Alpana SND
Principal, Sophia High School

Class 10 'A'

*"Education is the most powerful weapon
which you can use to change the world."*

~ Nelson Mandela



TOP ROW (Left to Right): Nidhi Umesh Babu, Pravenya S Prakaash, Agratha Bhargav, Adithri Rai, C Monitha, Nehal V Gandhi, Olivia Dominic, Alexandra Rachel Verdes, Diya Barboza, Bhoomi V Kiran, Mantra Singh, Arbia Kaunain.

SECOND ROW: Gunjan Pandya, H Ishana, Haniah Aiman, Trisha Surana, Adhya S, Shika Kiran, C Patricia Karen, Jiya Neeraj Chhabria, Deekshika A, Joshitha Sridharan, Thanishka C D, Linyesha Anil Kumar.

THIRD ROW: Rhea Rodrigues, Sunaina Patil, Abirami M S, Diya Balaji, Keerthi Kashyap V, K Bhargaveesonale, Manya A K, Talia Pereira, Archana Dube, Thejaswini A S, Saba Muskan, Jasmine P Shiju, Cheryl Charles.

FOURTH ROW: Zaneeta Jiji Stephan, Preeti P Nagpal, Disha S Rao, Daaniya Fathima, Aahana Srinivaas, Dhaksha S Gowda, Sahana Navaneetha, N A Maanya, Abitha Reddy, Clara George, Jahnvi Jayaram, Prarthana J.

BOTTOM ROW: Ankita Shekar, Alaina F, Mrs. Sherin Rose, Sr Alpana (Principal), Mrs Annette Aranha, Shivani Raghuram, H L Pujitha Rani.

Class 10 'B'

*"The only limit to our realisation of tomorrow
will be our doubts of today."*

~ Franklin D. Roosevelt



TOP ROW (Left to Right)- Yuti Narendranath, E Tiana Pam, Dyuthi Dushyanth, Nidhi A Jain, Tanya Raghuram, Samar Fatima, M Nisha Niranjana, Mischa Bernadette Cardoza, Hana Zubair Ahmed, Eshani Praveesh, Punyasha Sabut, Saanvi S, Tvisha Agrawal.

SECOND ROW: Srisha S Prasad, Seher Ansari, Reet B Jain, Preksha Jain, Saachi Raisonni, Harshi Sachin Rathod, K N Sirisha, Krithika Krishna, Tanana Sandarsh, Hazel Joseph Kaliyadan, Disha Raju Thakkar, Dhriti J Mithra.

THIRD ROW: Aditi Vijayakumar Majige, Sahana Rajendra Kumar, Johanna Joseph, Anagha S Shetty, Ramya Shree R, Karishma Pankaj, Trisha Rosanne Bartholomew, Adisha Shree Nandy, Ananya Raj Prabhu, Vanishree N.

BOTTOM ROW: Shikha Santosh Mamadapur, Charitha Venu, Charvi S, Dia Amit Shah, Sera Evangeline V, Dipti Raju Thakkar, Mansi B, Jiana Ashley, Amrutha Vijay, Avril Dianne Miranda, Yosha Mehta.

SEATED ROW: Mrs. Suparna Mukherjee, Sr Alpana(Principal), Mrs. Rajalakshmi M.S.

Class 10 'C'

"The beautiful thing about learning is that no one can take it away from you." ~ B. B. King



TOP ROW (Left to Right): Abirami Balasubramanian, Deeksha Jain, Aairah Suheb, Ananya Paramasivam, A Ishitha, Rihanna Maria Lobo, Jhanavi Karuna Karan, Siri N Boggaram, Zoha Ahmed, Anarghya Saadhvi, Adithi Y.

SECOND ROW: Aishwarya D P, Shreya Sudhir Kale, Dannika Chhetri, Sejal Manjunath, Martha Joseph Polackal, Mythri M Harish, Ashika H P, Riddhi Nitin Nichani, Manvitha Harikrishna, Anoushka Thomas.

THIRD ROW: Sadaf Fathima Hashmi, Thurel Umesh, Shriya Badrinath, Rachel Keerthana H, Poorvi S, Jia Mehta, Dhananya Kodkani, Nooril Huda, Amisha Mythri Raju, Aadya Pavana Ramesh.

FOURTH ROW: S Haripriya, Anhithi Chirayath, Aanya Chaitra Avinash, Sarah Paul, Yashvi Barlot, Aashe Bansali, Kriti Harish, S Rekha Chetty, Jaishnavi K.

BOTTOM ROW: Stephanie Mary Benson, Kanchan N Sonalae, Vibha R, Deeksha Angel Naidu, Mrs. Suparna Mekherjee, Sr Alpana (Principal), Mrs. Archana Bagri, Lauren Letitia Coelho, Katelyn Lourdes Fernando, Viya Omprakash, Liya Marie Emerson.

Class 10 'D'

"You don't have to be great to start, but you have to start to be great."

~Zig Ziglar



TOP ROW (Left to Right): Zahara Samiya, Sia Jinu, Trisha Lynnette Nathan, Aditi Praveen, Ashwaty Rachel Varghese, Shreya Hannah, Sriya Srivathsa, Anna Xavier, Riona Sharon Noronha, Anika Puthengady Raman.

SECOND ROW: Dhruti Prakash Patel, Aditi S, Jia Bhandari, Kshiti Vijayvikram, Shreya J, Anushka Sanjay Varma, Merlyn Nithya Leslie, Shriya S, Vrinda Yadav, Yukthashree V H, Vaishnavi Narayan.

THIRD ROW: Alicia Mary Biju, A Mihika Tak, Shivaani L Reddy, Parignya Shet, Dhriti N, N B Hasini, Nishka Chetan, Michelle Angel D, Aanya Samuel Prabhakar, A Sandria Maria, B Medha Reddy, Tanvi Rathore.

FOURTH ROW: Ganavi Priya S, Adriel Ajay Alfred, Samantha Miriam Cunningham, Anju L Narayan, Syeda Nusra Mariam, Anvi, Aditi Praveen Biradar, Teena J Gowda, Leona Nicole Dsilva, Madiha Fathima, Anika K V, R Greeshma Sulochana.

BOTTOM ROW: Rachel C S Varghese, Novyanna Martin, Mr. Umar, Sr Alpana (Principal), Mrs. G. Suman Muralidhar, Tessly Bobby, Deeksha Umashankar

Class 12 'Arts'

"In a world where you can be anything, be kind."

~ Jennifer Dukes Lee



TOP ROW (Left to right): Khankesha Tomar, Azwah Amin, Anette Jeo, Ojasvi P V, Annebelle V Mathew, Ann Maria Michael, Harini S, Priti Singh R, Stephanie Gurung.

SECOND ROW: Ananya Amit Raje, Yana Cauvery, Aadhya Puttaraj, Saanvi Sood, Greeshma G, Ahem Sood, Gnana V, Aanya Goswami, B Judah Sharon.

THIRD ROW: Rayona Jojan, Barira Ameen, Lakshita M N, Tara Leah Mark, Yukita Thangamma, Reya Bangera, Fiona Corera, Amrutha H U, Tavleen, Kaur Arora.

FOURTH ROW: Sindu S, Svastika Amarwanshi, Genesis Ann Varghese, Ujwala J Halashetti, Neha Sharon Joseph V K, Krishna A Reddy.

BOTTOM ROW: Ms. B K Sireesha, Sr Alpana (Principal), Mrs. Arnavaz K Kapadia.

Class 12 'Commerce'

"Learn from yesterday. Live for today. Hope for tomorrow."

~ Albert Einstein



TOP ROW (Left to Right): Alina Rose Anthony, Deeksha V, Erum Salmaan, Harshitha Jain, Sunaina Nair, Mahika Pradhan, Yukthi S Narayan, Priyanka Vasant, Anoushka Hariprakash, Ishita Jain, Poorvi J, Rashmitha R.

SECOND ROW: Deepa G, Maaria Hunain, Dhvani Jain, Pooja S Shetty, Rachel Patricia, Suhani Gala, Moaniss Fathima, Hiba Kamran, Maheen Haroon, Diaraa J, Aditi Nahar.

THIRD ROW: N V Chandana, Kesar A, Nitya Priya K S, Isha Manoj, Vibha V Londe, Rashmi V Jain, Mireille John, Isabel Monterio, Isaiah John, Naisha Shetty, Prerna F, Rayna Nagpal, Kamilah Urooj.

FOURTH ROW: Jahnvi Rungta, Natasha William, Aleeza Mujahid, Mahima Jain, Keerthi V, Hafsa Banu, Trisha N R, J Jenny Roshini, Krisha Nichaani.

BOTTOM ROW: Spoorthy Ashwin, Diya Mathew, Ms. Sireesha B K, Sr Alpana (Principal), Mrs. Arnavaz Kapadia, Ishu Surana, Sarvamayee Keerthivasan.

Class 12 'Science'

"The future belongs to those who believe in the beauty of their dreams."

~ Eleanor Roosevelt



TOP ROW (Left to Right): Rhea Gracy, Christina Ronald, Khushi Jain, Shraddha C S, Ria Misra, Ria Jagdev, Annaha Javeed Mir, Ananya Aravind, Malka Biddappa, Aadya Manoj H, Shefali Shah.

SECOND ROW: Vaishnavi R, Dhruti Jain, Greeshma Reddy, Zoe D Saldanha, Upasana Swaminathan, Sanjana P, Shamitha, Aditi M, Amena Ahmed, Caroline A John.

THIRD ROW: Joan Leo, Faiza, Meha T, Amisha, Rashi R, Rakshitha R, Gagana R K, Navya Shah, Nandika Nair, Saanvie Rao, Medha L, Aleesa S.

BOTTOM ROW: Vishnu Vallabha, Samiksha Das, Shivanjali, Raghashree, Janani N Tharkesh, Bharghavi V, Meghana V, Dhruti Jain, Sirisinchana Mahesh, Prisha K Jain.

SEATED ROW: Mrs. Mani Rajam, Sr Alpana(Principal of Sophia High School), Mrs. Jibi Soji.

Artwork



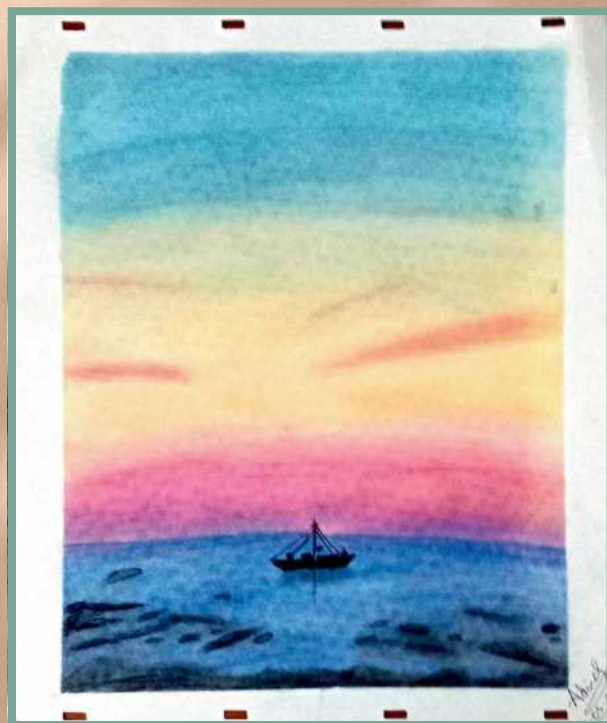
Navaneetha Srinivasulu
11th Arts



Indrakshi Bhattacharyya
9 B



Sahaana Navaneetha
10 A



Adriana Davids
11th Commerce



Aaiza Mariam
9 'A'



Pranamy K N
9 'B'



Nireeksha Niranjana
9 'B'



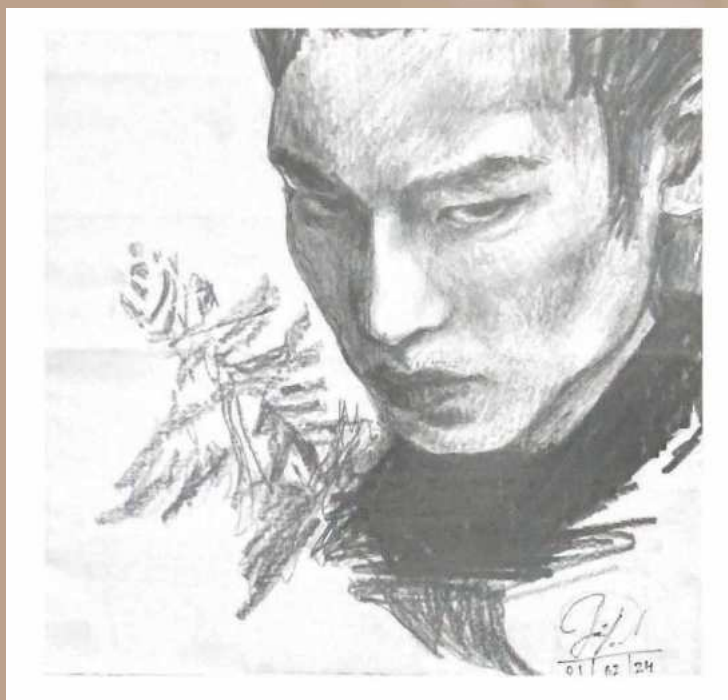
Srishti Sarkar
11th Arts



J Chhavi Aacha
11th Arts



Anushka Ghatak
11 Arts



Hitaishi Jain
9 'C'



Aditi Sinha
11th Science

Poetry

Name: Maria Neha

Class: 9 'A'

Poem: The Shadow

I used to be afraid of the dark
The nothingness embracing me
The coldness of being alone
I got used to that

The warmth from within
That from familiars
That was all I needed
And I got used to that


That's when I noticed that flame
In the distance, approaching me
Steady and bright yet subtle and calm
Vibrant and joyful yet caressing and warm

And when I noticed that flame
I was too scared to touch It
I was too accustomed to the cold
The warmth felt foreign to me

The curiosity within me
Wanted to touch It, feel It
And I knew I could do it
Do it in time, in time

The courage within me
Helped me touch It, feel It
And then I wished to keep It
Do that in time, in time

When It was close
How It flickered to my breaths
How It cackled joyfully
How It wavered to my touch



Then I heard footsteps, a shadow in the cold
Finding their way through the dark
Drawn to It like the beacon It was
Someone else was here

When It was really close
It wasn't hot, It was warm
It wasn't raging, It was calm
It wasn't harsh, It was subtle

The courage I never had
The passion I couldn't show
A contrasting impression, I felt
And I knew someone else was here

She was cautious at first
But evidently drawn to It
Maybe as much as I was
Maybe a bit more, who are we to say

She was very cautious at first
But took her time to get around
Fondling, stroking, she tried to tame It
And the brave soul she was than me, seemingly succeeded

Now the light shines as it ever did
Its warmth grazing on me like it ever did
And yet It feels foreign again
Maybe I should have stayed in the dark

Now the warmth was her's
And I could only behold
But then that beauty was mine to keep
I guess I should have stayed in the dark

Unseen Tide

Sometimes I drown, even in the air
but I find that rather unfair
because in that moment,
if I put my head into water
it won't let me breathe and be aware.

Sometimes I cry, even in times of joy
but I don't really see why
because if, at the time,
I am truly happy
why is my head so full of noise?

Sometimes I laugh, even when I don't mean it
just for others to see it
for I am afraid,
that if I don't
they might think I'm soulless and unlit.

But sometimes, I catch myself wondering
about this life, so alluring
all those unanswered doubts,
yet, my only question is
when will I stop drowning?

~ Maira Ahmed
9 'D'



The Conflict of Intellect

My mind is a gate that never opens
But my pen is the key to it.
Paper is the path between the gate and I
And beyond that it is brightly lit.
My mind is a storm that never recovers
It's the rain in a windy place.
But some sunshine is what I look for
To get out of this slippery maze.

It's torn or burnt to pieces-
A puzzle that was never complete

The answer to my biggest questions
And the questions to my retreat.
It is a candle that burns so well
But a candle too has its limit,
This mind the branching tree
It grows but it's infinite.
Words can hurt as much as they heal
And I'm sure the mind has its role to play.
From the mouth that it comes from
To the one hearing the display.
My mind is the wind in motion
It's the dust and debris on land.
But as mighty as it may seem
It will never cease to expand.

~ Sahana Navaneetha
10 'A'

Daddy's Girl

I'm a daddy's girl through and through
It's no lie cause it's true.

Remember when I ran and hugged you?
When I came to bother and bug you?
The times I wept and cried
The tears that you dried?
Or when you read to me in bed
And kissed me good night on my head.

Remember when you carried me on your back?
Or when we snuck into the kitchen lust to snack?
Our trips to the park,
Where we made our mark? And felt the spark.
When you swung me so high
I felt like I could touch the sky!

Remember when I played with your hair
And you let me like you just didn't care.
Only for me to make little pony tails
Just for you to see them and go very pale.

Remember the times I cooked for you as chef,
With my little sweet kitchen set?
Or when I nursed you to bed
As doctor to patient
With my mini doctor set?

Remember our deep conversations,
Where I listened to you in admiration?

The random thoughts and talks we always engage in,
Even after teenage life just kicked in?

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Remember our deep conversations,
Where I listened to you in admiration?
The random thoughts and talks we always engage in,
Even after teenage life just kicked in?

The way we both communicate,
It's something I always appreciate.
The facts and thoughts we exchange,
Is something I never want to change.
From one empathetic person to another
Father to daughter
Our bond makes us stronger.

Life has many ups and downs
We've had them before and we still have them now
With more challenges to arrive
As life proceeds with time
I know it's worth living
With you by my side.
As I'm not perfect and neither are you
I know you'll always protect me,
And I'll always love you.

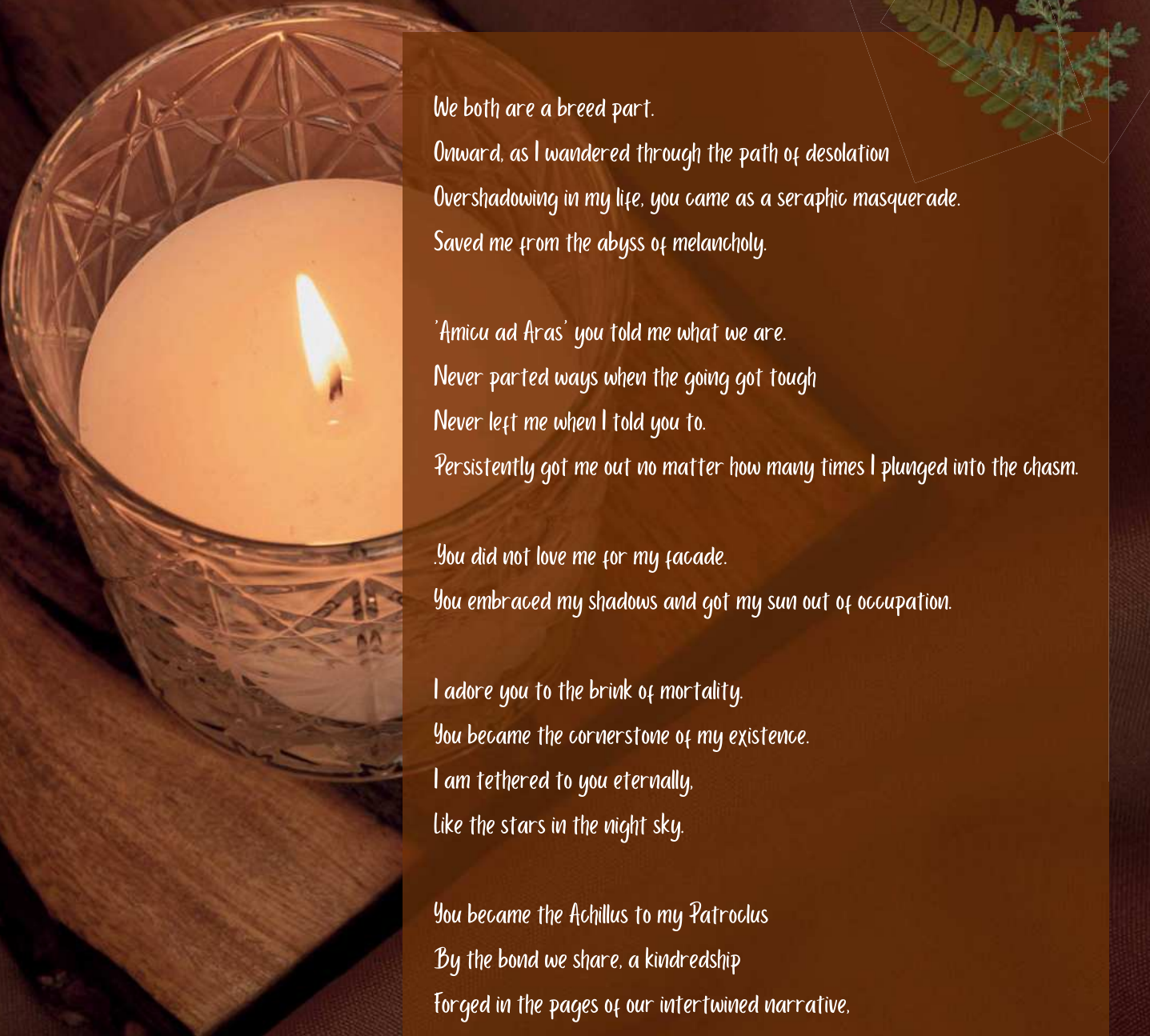
~ N. Parnika Krishna
9 'D'



Name: Neethi Athirupan

Class: 11th Science

Poem: My Soulmate



We both are a breed part.
Onward, as I wandered through the path of desolation
Overshadowing in my life, you came as a seraphic masquerade.
Saved me from the abyss of melancholy.

'Amicu ad Aras' you told me what we are.
Never parted ways when the going got tough
Never left me when I told you to.
Persistently got me out no matter how many times I plunged into the chasm.

You did not love me for my facade.
You embraced my shadows and got my sun out of occupation.

I adore you to the brink of mortality.
You became the cornerstone of my existence.
I am tethered to you eternally.
Like the stars in the night sky.

You became the Achilles to my Patroclus
By the bond we share, a kindredship
Forged in the pages of our intertwined narrative,
Transformed the very essence of my soul.

Now that you are my soulmate,
I face death without fear
For I know that even in death nothing can sever the bond that unites us.

Introducing - Beauty

Beauty is mud-caked hands,
An asymmetrical face;
Failed attempts at handstands,
An awkward embrace.
It's outdated clothes
And acne-prone skin -
Beauty is knowing
Imperfection is not a sin.

Beauty is laughing like a hyena,
Eating like a pig;
It's holding an apple core,
And looking for somewhere to dig.
It's dancing awfully,
And still being proud;
Beauty is this poem I'm writing right now.

Beauty is unkept promises
And disappointed eyes;
It's when you feel like something's hopeless,
But still give it another try.

It's painful arguments
And angry tears;
Beauty is extending a trembling hand
To greet all your fears.

Beauty is the comfort
You find in a friend;
It's the hoodies, the socks,
The books that you lend.
It's holding the power to break someone
But holding your tongue;
Beauty is leaving

Certain verses unsung,
Beauty resides in words,
In gestures, in thought;
She lies in everything cliché,
And in everything that's not.
She has no clear definition -
Pray you, remember this -
Beauty is never limited
To who you think she is.

~ Caroline Alaina John
12th Science

Name: Celesta Vioria B

Class: 11th Arts

Poem: Child of the Universe

I am a child of the universe,
Of the earth beneath my feet,
Of the stars that make me.

Of the skies that sway above me,
Of the rains that fall on me fondly,
Of the winds that caress me gently,
Of the trees that silently protect me.

Of the clouds that cheer for me,
Of the insects that keep me company,
Of the birds that visit me daily,
Of the animals that walk alongside me.

I am a child of this universe,

I would smile in the face of a tsunami,
Hum in the tremors of an earthquake,
Laugh in the winds of a tornado,
Sing at the sight of an asteroid.

For I know death means nothing more
Than returning to the universe
That created me.

Name: Deshana Jain

Class: 11th Commerce

Out of all the people, I thought at least you would stay,
But when I needed a helping hand your hand slipped away,
And now in the shadows of our past I try to find my way,
But how do I move forward when everything in love is on that ray?

Yet in the echoes of goodbyes and silence, hope remains,
What do I do with our memories it only brings me pain,
my every tear talks about you saying how pure love would sustain,
And now I shall walk away stopping myself from falling for you all over again.

Name: Tvisha Miriam Ajith

Class: 9 'D'

Poem: Amends or Coincidence?

So bitter became my heart
I cut people off, near or apart
Yes, I believed in love until now
For my own mates showed me how
Cruel the world was inside out.
No one can understand me
For that is what hinders inside me
My cross I carry
My sufferings I bury.
Some people survive chaos
And that is how they grow
But I thrive in chaos
because that is all I know.
But of course, there was a happy ending
She gave me her heart,
she just called it 'lending'
She stitched me part by part.
Did she change me?
Or did she just set me free?
My feet which were once standing on broken ground,
The love which was lost, has now been found.

Story Writing

An Unwelcome Visitor at Midnight

Christina Ronald, 12th Science

There comes a time in one's life when one really learns to appreciate and truly value one's friends.

However, tonight was not that time for me.

Every single one of my lovable sometimes. lovable idiots had decided that my house was the venue for our next movie night.

Carelessly tossed aside coats and shoes had overtaken the couches and even the floor.

Am I normally a person who would care?

Tonight, yes.

I had had a tremendously long day at work. and just wanted to come back home and sleep.

Thalia, Dan, Sydney, Cameron and Nick however, had different plans which I partially grumpily resigned myself to with a sigh.

When the doorbell rang at midnight, however, there was a surprised silence, the little mermaid paused on the screen.

As always, nobody moved a muscle and it was left to me to heave myself up and answer the door.

Standing there, outside my hall, was a cat.

To tell you I was surprised would be an understatement.

How would a cat even ring the doorbell?

Everything was made clear however, when a silhouette of a young woman standing in the shadows scared the living daylights out of me.

Cursing under my breath and stumbling back, I gave her a nervous smile.

"Are you okay?" I asked, hesitating.

"There was an accident," she rasped, "May I come in?"

Beaming at the woman, Nick shoved me out of the way and waved her in.

Everyone else exchanged wary glances, something about this entire situation seemed too ominous.

Come on Nick, I groaned internally, but plastered what I hoped was an assuring smile on my face.

"Accident?" I asked the woman, prompting her to explain further.

"Reville district." was all she said before lapsing into silence once more.

Everyone understood at once, seemingly even the cat who mewed in agreement

Fires there are really getting out of hand, I mused.

Understanding seemed to strike Nick and a small squeak of embarrassment left his mouth

"Loser." Sydney huffed at him in amusement.

"Oh, shut up." He grumbled back.

Returning to the matter at hand, I absentmindedly stroked the cat.

"I could arrange the guest bedroom," I thought aloud.

"There is really no need!" She said hurriedly cutting me off, almost seeming scared.

What?

I blinked at her in confusion.

"Lucy," she muttered under her breath.

Lucy? Who on earth was Lucy?

Cameron caught my eye and subtly shook his head.

"Or if you want, you could just hang out here with us." Thalia offered, hesitating.

Murmuring something else under her breath, she nodded and sat stiffly on the couch.

Even half an hour later, when we were comfortably laughing at Dan who had a popcorn bucket on his head, I still could not shake the feeling that I had made a huge mistake.

For when the morning came, there was only one heart still beating in the room.

Opening her eyes, the young woman sighed.

Reluctantly, she heaved herself off the comfortable couch and walked towards the door with the cat following along in tow.

Yawning and stretching, she stared at the wide, unmoving eyes and the blood that stained the white couch a ruby red.

Over time, she had learned to become unfazed by it all; as if it was the same as seeing a dead cockroach, there was nothing she could do about it.

Understanding, the cat followed her as she walked out of the door.

When it rained cats and dogs....

Aatmika Tobby, IX 'A'

It got cold really fast. I could hear the wind whistling and the pitter patter of the raindrops. They were getting louder and louder. That beautiful, calming, almost nostalgic scent of the mud mixing with the little droplets of rain, drifted into my nose. I looked out the window of the school bus, envying my fellow Bangaloreans who were sipping steaming hot chai and snacking on crispy fresh samosas. Some were fortunate enough to have carried umbrellas, others had to wait it out, because this unpredicted (as was Bangalore's weather always) downpour wasn't stopping any time soon. I heard a deafening thunderclap. This was followed by blinding streaks of lightning. I jumped in my seat, startled.

I was getting closer to home and that provided some comfort, but not for long. Before I knew it, there was a full blown traffic jam. I mean what was I expecting, travelling on a rainy day via Bangalore's roads, eh? Vehicles were packed in like sardines on the roads and horns were blaring all around, but to no avail, as usual. It cleared up in a little while, and I reached my stop. As I was running back home, with my dirty lunch-bag over my head, that was providing minimal protection against a cold, I stepped on something soft and squishy. My heart sank to the floor as I heard the most heart wrenching little squeals and I realized it was a black and white, spotted, fluffy little puppy. It had a small wound on its left ear and seemed hungry and tired, his little eyes looking deep into mine. I was so shaken first, and guilt ridden that I hadn't seen the little fur-ball that I almost broke down, forgetting all about the rain soaking me now.

How could I ignore this vulnerable, little soul? I decided to pick it up and take it home. But I'd have to hide it from my parents, because they'd never let me keep a dog in the house. So I picked up the little fluff ball, both of us dripping wet, as he curled up in my jacket pocket, wrapped in my big hanky, for now a bit more warm and cozy. When I reached my house, I ran up to my room (covering my jacket with my backpack), took out a big towel and dried him, then put him in a little cardboard box with a comfy blanket and an old teddy bear, and started gently dressing its wounds. My mom was already suspicious. "Woof!", and I coughed loudly to disguise the noise, playing some music from my laptop to drown out the barking! When I came down looking for hot milk, another "Yelp!" did me in! One more 'woof'; she was already taking the stairs two at a time... Spot was going all out now, and was clear he was not going to be discreet like I had whispered to him! The smell of my mum's aromatic chicken curry had wafted right in and he wanted in. My mum opened the door of my room, took one look into the box, and had a soul-melting meeting with Spot's puppy eyes, and she couldn't resist picking the little fellow up and snuggling him. Quick contracts were drawn up between us, how many times I needed to walk him, bathe him, where he would sleep, how many times I needed to give him food etc. While we took him downstairs to give him milk and feed him, she told me we could keep it as long as I was responsible and trained him well. I was overjoyed. That's the story of how Spot became a part of our family on that rainy, wet day.

My Trip to Switzerland

Naisha Chawda, IX 'B'

A landlocked country of towering mountains, deep Alpine lakes, grassy valleys dotted with neat farms and small villages, and thriving cities that blend the old and the new, Switzerland is the nexus of the diverse physical and cultural geography of western Europe, renowned for both its natural beauty and its way of life.

Switzerland is always the first on one's travel wishlist!

In the year 2023, I had an opportunity to visit this stunning country. It was breathtakingly beautiful. The scene of the Alps and glaciers were out of the world. I enjoyed cities like Lausanne, Bern, Zürich among others.

My visit to the Lindt Chocolate Museum was the best mention of the trip. The history and process of chocolate making were very well explained. I was also allowed to munch on their varieties of chocolates.

Getting around by all forms of transportation was extremely easy. The punctuality of the Swiss transport system was very helpful to me. The people are nice and polite, always ready to help.

The countryside and my travel in the trains were the most pleasant part of my journey. The landscape and the cattle grazing was a sight to behold.

I also got a chance to visit Evian, France, for a few hours. Evian has a water source, which is the cleanest and purest water in the world.

Being a vegetarian, I did struggle regarding food, but I could manage to find some on which I could survive.

The view of Jungfrau and Matterhorn left me awe-struck. I got a chance to play in the snow, although it was unbearably cold.

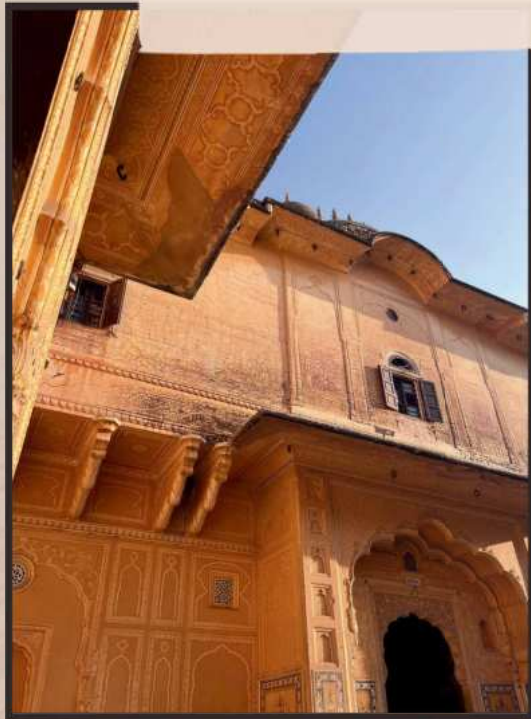
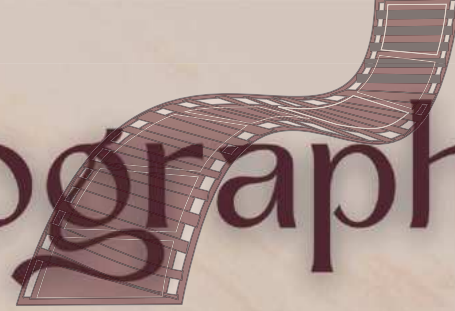
The Geneva lake spread across 600 Square kilometers and the Rhine falls added an additional happiness to my trip.

In a nutshell, my visit to Switzerland helped me see the secrets and beauties of nature. It helped me explore a new region of the world.





Photography



Saanvi Pramod
11th Arts



Svasthi N. Amaresh
10 D



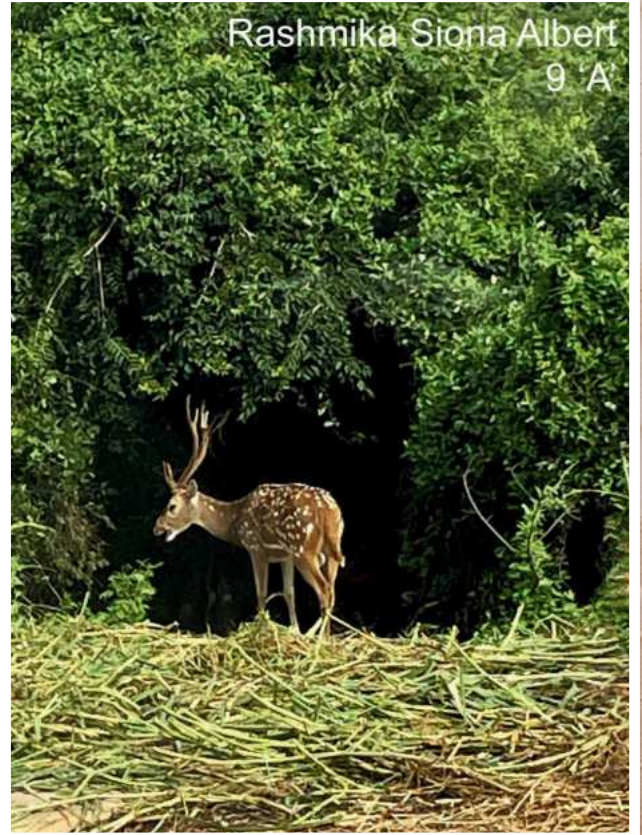
Vevina Nikita Pereira
9 D



Nandita Srisailam
11th Arts



Sahana Navaneetha
10 A



Rashmika Siona Albert
9 A



Naisha Chawda
9 B



Sanaa Maheen
11th Science

LEANS



Sports Day

July 20nd and October 20th



National Painting Competition

"Artistic Triumph: Differently-Abled Students Shine in National Painting Competition"

In the words of Pablo Picasso, "In every child is an artist, and in every artist, there's a child." This sentiment resonated deeply as the Karnataka State Council for Child Welfare recently organized a National Painting Competition exclusively for differently-abled children aged 5 to 18.

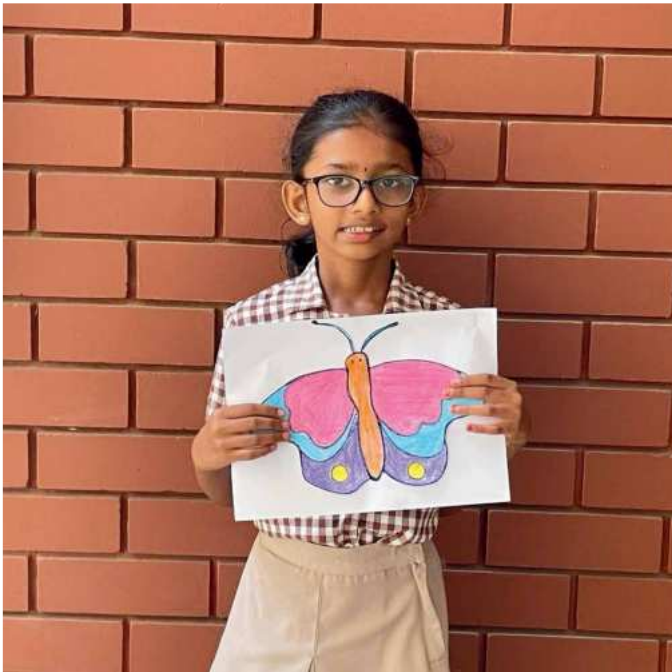
Our school eagerly embraced this opportunity for our students to showcase their artistic prowess and celebrate their unique talents. With great pride, we entered five remarkable students into the competition, each demonstrating exceptional creativity and dedication.

Against a backdrop of inclusivity and encouragement, our students enthusiastically participated, infusing their artworks with personal stories, emotions, and perspectives. Their paintings served as vibrant expressions of their inner worlds, transcending barriers and highlighting the beauty of diversity.

The event culminated in a heartwarming display of talent and resilience, with our students receiving participation certificates as tokens of recognition for their remarkable achievements. Beyond the accolades, this competition reinforced the importance of fostering a supportive environment where every child feels empowered to explore their creativity and express themselves freely.

As we reflect on this inspiring journey, we are reminded of the profound impact of nurturing artistic expression in all children, regardless of their abilities. Through initiatives like the National Painting Competition, we reaffirm our commitment to creating a more inclusive and compassionate society where every individual's talents are celebrated and cherished.

Let us continue to nurture the artist within each child and celebrate the boundless potential that lies within them.



Artwork



Mathew Daniel E.



Aiza Falak



Sai Sanjay M



Teshma B.



Aayat Sohail



HASINI SHIVANARAYAN
SOPHIA OPPORTUNITY SC

Hasini Shivanarayan



Likhith R
class - IV

Likhith R



Anas

Anas



Lady Bird

Srishti

Class V A Opportunity School

Srishti



Moksh A



Pratham



Krittika



Tanush



Picnic

Heartwarming Journey: On March 16th, 2024, we embarked on a journey to Lago Palm Resort, nestled an hour away from the school. The excursion wasn't just a getaway; it was a day filled with laughter and unforgettable experiences and memories.

As the sun peeked over the horizon, students, teachers, and support staff alike eagerly enjoyed a sumptuous breakfast spread, fueling themselves for the adventures ahead. With bellies full and spirits high, the students dashed off to engage in outdoor games, their enthusiasm spreading joy to all. But the highlight of the day? A joyous rain dance, where inhibitions melted away under the playful downpour, and laughter echoed across the resort. Drenched but very happy and excited, the students returned to feast on a hearty lunch, their smiles reflecting the pure bliss of the moment. Yet, the fun didn't end there. Indoor games and recreational activities awaited, fostering teamwork, creativity, and sheer delight. Teachers wholeheartedly joined in, their dedication amplifying the sense of unity and inclusion that permeated the day.

As the evening approached, they had snacks and were filled with gratitude. At 3:30 p.m., reluctantly bidding adieu to the surroundings, Sophia's students departed, their souls brimming with happiness and contentment. Returning to the school by 5:30 p.m., a collective sense of fulfillment enveloped the group, a testament to the power of community and the transformative impact of shared experiences. Gratitude overflowed towards the principal and all those involved in orchestrating this unforgettable day of joy and togetherness.

In the end, beyond the laughter and the games, Sophia Opportunity School's picnic was a reminder of the beauty found in embracing diversity, fostering inclusion, and celebrating the boundless potential of every individual, regardless of ability.





International Day of Persons with Disabilities

December 3rd, 2023

INSPIRE! IMPACT! INCLUDE!

"Diversity and inclusion are about giving value to every human being, regardless of our differences."

This year, on the International Day of Persons with Disabilities, Sophia Opportunity School organized a poignant prayer service under the theme, "Inspire, Impact, Include."

Our dear Principal, Sr. Madhuja, and the staff were elated to orchestrate a prayer service dedicated to our cherished children. Attended by the Sophia School Management, the Sisters of Notre Dame, and honored guest Mr. Zaki Khaleeli, it was a day where we expressed gratitude for the unique abilities bestowed upon each child in our care.

We celebrated the talents of every child, acknowledging these gifts as blessings from God. The event culminated with a heartfelt tribute—an award (rolling trophy), recognizing Mrs. Salome Mathew as the Most Impactful Special Educator of the Year. To add a touch of delight, the children were treated to tasty snacks, thoroughly relishing the special treats.



International
Day of
**Persons with
Disabilities**
3 DECEMBER





Kalangana



~ Celebrating Neurodiversity ~



ಕನ್ನಡ ಲೇಖನಗಳು

ಅಮ್ಮ

ಅಮ್ಮ ಎಷ್ಟು ವಿಶಿಷ್ಟ ಎಂದರೇ
ನಮಗೆ ಬರುವುದಿಲ್ಲ ಯಾವುದೇ ತೊಂದರೆ,
ಕಣ್ಣಿಗೆ ಕಾಣಿಸುವ ದೇವರು
ಜೀವಕ್ಕೆ - ಜೀವ ನೀಡುವ ಉಸಿರು,
ಅಡುಗೆ ಮನೆಯ ಯುವರಾಣಿ
ನಮ್ಮ, ಮನೆಯ ಮಹಾರಾಣಿ

~ ಕನಸು. ಎಸ್
6 'ಸಿ'

ಮುಂಜಾನೆದ್ದು ಕುಂಬಾರಣ್ಣ
ಮುಂಜಾನೆದ್ದು ಕುಂಬಾರಣ್ಣ
ಹಾಲು ಬಾಣಾಂಡಾನ
ಆರ್ಯಾ ಮಣ್ಣು ತುಳಿದಾನ
ಆರು ಆರ್ಯ ಮಣ್ಣು ತುಳಿಯೂತ ಮಾಡ್ಯಾನ.
ನಾರ್ಯರು ಬರುವಂತೆ ಐರಾಣಿ

ಒತ್ತವರೆದ್ದು ಕುಂಬಾರಣ್ಣ
ತುಪ್ಪ ಬಾನುಂಡಾನ
ಗಟ್ಟೀಸಿ ಮಣ್ಣು ತುಳಿದಾನ
ಗಟ್ಟೀಸಿ ಮಣ್ಣು ತುಳಿಯೂತ ಮಾಡ್ಯಾನ
ನಿದ್ರೆರು ಬರುವಂತೆ ಐರಾಣಿ

ಅಕ್ಕಿ ಲಿಟ್ಟು ನಾವು ತಕ್ಕೊಂಡು ತಂದೇವು
ಗಿಂಡೀಲಿ ತಂದಿವ್ವಿ ತಿಳಿತುಪ್ಪ
ಗಿಂಡೀಲಿ ತಂದಿವ್ವಿ ತಿಳಿದುಪ್ಪ ಕುಂಬಾರಣ್ಣ ಮಡದಿ ಕೊಡಗಾದ ಕೈಯಿಕ್ಕಿ
ಕುಡಿದಾ ಮ್ಯಾಲಿನಾ ಬರೆದಾಳ
ಕುಡಿದ ಮ್ಯಾಲಿನಾ ಬರೆದಾಳೆ ಕಲ್ಯಾಣದ
ಶರಣ ಬಸವನ ನಿಲಿಸ್ಸಾಳ

~ ಜಿಶ್ವಾ
5 'ಡಿ'

"ಅವಳಿ ಜವಳಿ" ಜೋಡಿ

ಗರ್ಭದಿ ನವಮಾಸ ಕಳೆದು
ಭುವಿಗೆ ಬಂದಿಳಿದ ನಾವು...

ಸೊಪಾಯ ಸ್ಕೂಲಿನ,
ಮಿಂಚುಳುಗಳಲ್ಲಿ ಎರಡಾದ ನಾವು...

ನವ ವಸಂತಗಳ ನಡುವೆ
ಕಲಿಯುತ - ನಲಿಯುತ -ತೇಲುತಿರುವ ನಾವು...

ಮುಂಬರುವ ದಿನಗಳಲ್ಲಿ
ಜಗದ ಬಾನಲಿ...

ಮಿನುಗು ತಾರೆಗಳಾಗ ಬಯಸುವ
ಅವಳಿ ಗಳು ನಾವು...

~ ತಾನ್ವಿ - ತಾನ್ವ್ಯ 6 ' - 6'ಡಿ'





आई आई गर्मी की छुट्टी है आई

आई आई गर्मी की छुट्टी है आई
अपने संग खूब सारी खुशियां है लाई
नानी के घर जायेंगे
खूब बर्फ के गोले खाएंगे

नाना के कांधों पर बैठ के घूमेंगे
ढेर सारे आम पेड़ों से तोड़ेंगे
मामा के सँग बाजार जाएंगे
खूब खिलौने लायेंगे

मौसी को खूब नचाएंगे
दिन भर शोर मचाएंगे
आई आई गर्मी की छुट्टी है आई,
अपने संग खूब सारी खुशियां है लायी

~ अनायशा जैन
जूनियर 1 'डी'

दोस्ती: एक खूबसूरत एहसास

मेरे दोस्त बहुत प्यारे हैं।
रोऊँ तो डांटते हैं,
उदास रहूँ तो हँसाते हैं।
कभी कभी हँसो तो रुलाते भी हैं।
चाहे कितनी भी ग़लत हूँ साथ तो मेरा ही देते हैं।
परंतु जानती हूँ कि एक दिन ऐसा भी आएगा,
जब दोस्तों से मिलने के लिए तरस जाएँगे,
ओर आज बिताए पल मात्र यादें बन जाएँगीं,
एक दिन ऐसा भी आएगा
जब हर बात दोस्ती की याद दिलाएँगी,
और उन क्षणों के बारे में सोचते-सोचते रात हो जाएगी।
सोचती हूँ एक दिन ऐसा भी आएगा,
जब हमें “उन दिनों” को दोबारा जीने की इच्छा सताएगी।
इसीलिए कहते हैं वर्तमान में जियो,
हर पल को अपने दिल की दीवारों में खूबसूरती से सीजो।

~ भवी मुथा
9 'ए'

धर्म युद्ध

हर कोई धर्म अधर्म का पाठ सिखावे
पर धर्म का असली अर्थ कोई समझ न पावे ॥

सुन्दरता के पाश में फँसे महाराज शांतनु
सत्यवती बोली "वचन दो तो ब्याह करूँ" ।
पिता के दुख का कारण बनना न चाहे
गंगा तट पर जाकर भीषण प्रण लेवे
और देवव्रत से भीष्म कहलावे ॥

कुछ सालों बाद कुछ
दो कुरुवंशी जन्म लेवे
एक अंधा और एक अपने तेज से प्रकाशित
एक को सिंहासन से मोह और दूसरे को
सिंहासन के प्रति कर्तव्यपरायण की भावना होवे ॥

धृतराष्ट्र के दिन फिरे
"एक अन्धे को राज्य कैसे दिया जाए"
"पांडु का राज्य अभिषेक किया जाए"
एक दिन
पांडु के हाथ से हिरन की हत्या हुई
ऋषी ने उसे श्राप दिया
पांडु ने राज्य त्यागा
और धृतराष्ट्र को कार्यकारी राजा बनाया गया ॥

शकुनि अन्याय का बदला लेना चावे
गांधारी को अपने पुत्रों से मोह होने लगे
पांडवों और कौरवों के बीच शत्रुता पनपने लगे
और समय, समय घोर विनाश की ओर ले जाने लगे ॥

हस्तिनापुर का विभाजन धृतराष्ट्र को भयभीत, करे
स्वतंत्रता के नाम पर पांडवों को खांडवप्रस्त प्रदान करे
परंतु जब पांडवों ने इंद्रप्रस्थ की रचना की
तो दुर्योधन को ईर्ष्या होने लगी
जो उससे द्युत सभा का आयोजन करावे ॥

दुर्योधन की मती भ्रष्ट होने लगी
कुलवधु के वस्त्र हरण का आदेश दिया
समर्थ योधाओं ने मौण धारण किया
सती स्त्री ने गोविंद का आवाहन किया
लाज बचाते हुए गोविंद ने सभा को
भविष्य का विदवंस दिखा दिया ॥

पांडवों की ओर से
शांती दूत बने गोविंद
मूर्ख दुर्योधन ने
उन्हीं को बंधी बनाने का षडयंत्र रचा ॥

एक अहंकारी को दंड देने के लिए
एक स्त्री का प्रतिशोध लेने के लिए
समस्त आर्यावर्त में धर्म की स्थापना करने के लिए
गोविंद को युगो-युगो में एक बार होने वाला
महादेव के नृत्य तांडव जैसा विदवंसकारी
युद्ध रचना पडा
महाभारत रचना पडा ॥

~ गुंजन शर्मा
11 'सी'

आर्टिफिशियल इंटेलिजेंस

प्रस्तावना

आर्टिफिशियल इंटेलिजेंस कंप्यूटर का वह सिस्टम है, जो उन कार्यों को इंसानी बुद्धि की सहायता से कर सकता है, जिन्हें करने के लिए इंसान की आवश्यकता होती है। वह सभी काम करता है। आज के इस आधुनिक युग में एआई का इस्तेमाल करना बेहद सामान्य बात है। हम जिन भी उपकरणों का इस्तेमाल अपनी सुविधा के लिए कर रहे हैं, अब यह सब एआई के माध्यम से इस्तेमाल किए जा सकते हैं। आने वाले समय में एआई हमारे समय की काफी बचत करेगा। आर्टिफिशियल इंटेलिजेंस को इस तरह से बनाया गया है, कि यह कार्य करने से पहले स्वयं निर्णय लेने सक्षम होगा कि कार्य को करना सही रहेगा या नहीं। इसका मुख्य इस्तेमाल मशीन लर्निंग के लिए किया जाएगा।

आर्टिफिशियल इंटेलिजेंस की शुरुआत कब हुई?

आर्टिफिशियल इंटेलिजेंस याने की एआई की शुरुआत 1950 से हो गई थी, लेकिन इसकी असली अहमियत 1970 के दशक में लोगों को पता चली। एआई को बनाने की पहल सबसे पहले जापान ने की थी। 1981 में जापान में फिफ्थ जनरेशन नामक योजना की शुरुआत की गई। जापान के द्वारा शुरुआत करने के बाद अन्य देशों ने भी आर्टिफिशियल इंटेलिजेंस की महत्वता को समझते हुए उस पर काम करना शुरू किया। इसके बाद 1983 में कुछ निजी संस्थाओं ने मिलकर आर्टिफिशियल इंटेलिजेंस को लागू करने के लिए वेरी लार्ज स्केल इंटीग्रेटेड सर्किट का विकास करने के लिए माइक्रो इलेक्ट्रॉनिक्स एंड कंप्यूटर टेक्नोलॉजी की स्थापना की।

आर्टिफिशियल इंटेलिजेंस के उदाहरण

आज हम जितनी भी एडवांस टेक्नोलॉजी का इस्तेमाल कर रहे हैं, वह सब आर्टिफिशियल इंटेलिजेंस पर आधारित है। आर्टिफिशियल इंटेलिजेंस का इस्तेमाल हम अपने स्मार्टफोन में कई सारी एप्लीकेशंस के रूप में भी कर रहे हैं। इसके अलावा एआई का इस्तेमाल स्मार्ट कार, स्मार्ट होम, स्मार्ट फर्नीचर बनाने के लिए भी कर रहे हैं। किसी भी चीज को खोजने के लिए गूगल सर्च पर वॉइस सर्च के माध्यम एआई से किया जा रहा है। आर्टिफिशियल इंटेलिजेंस के उदाहरण इस प्रकार हैं:

गूगल मैप
टेस्ला मोटर्स
रोबोट
स्मार्ट मशीन

निष्कर्ष

आर्टिफिशियल इंटेलिजेंस पिछले कुछ सालों से चर्चा का विषय बना हुआ है। समय-समय पर वैज्ञानिक इसके अच्छे और बुरे परिणामों को लेकर विचार-विमर्श करते रहते हैं। आज दुनियां को बदलने में टेक्नोलॉजी एक अहम भूमिका निभा रही है। आर्टिफिशियल इंटेलिजेंस के आने के बाद वैज्ञानिक द्वारा इसके कई सारे फायदे बताए गए हैं, साथ में वैज्ञानिकों ने यह भी माना है, कि इसके आने के बाद नुकसान इंसानों का ही होगा। आर्टिफिशियल इंटेलिजेंस का निर्माण मशीनों को नियंत्रण करने के लिए किया गया है, लेकिन अगर मशीन स्वयं ही निर्णय लेने लगेगी तो उसे काबू कर पाना बेहद ही मुश्किल होगा।

~ चेहेल अब्रोल

8 'ए'

हमारे नेताजी

23 जनवरी को उस महान व्यक्ति की जयंती है जिसके आह्वान पर हजारों लोग आजादी की लड़ाई में कूद पड़े। जिसके जादुई और अद्भुत नेतृत्व कौशल ने भारतीय स्वतंत्र संग्राम में नई जान फूँकी। इस दिन स्वतंत्रता सेनानी नेताजी सुभाष चंद्र बोस की जयंती है। नेताजी की जीवनी, उनके क्रांतिकारी विचार और उनका कठोर त्याग व बलिदान के कारण ही आज भारत स्वतंत्र होकर इतनी ऊँचाइयों तक पहुँच रहा है। वर्ष 1919 में उन्होंने भारतीय सिविल सेवा (ICS) की परीक्षा पास की थी। हालांकि बाद में बोस ने सिविल सेवा से त्यागपत्र दे दिया।

आज़ाद हिंद फ़ौज या इंडियन नेशनल आर्मी ने भारत की आज़ादी में एक महत्वपूर्ण भूमिका निभाई थी। इस फ़ौज की स्थापना 1942 में भारत के एक क्रांतिकारी नेता 'रासबिहारी बोस' द्वारा टोक्यो (जापान) में की गयी थी और 21 अक्टूबर 1943 को इस फ़ौज का नेतृत्व 'सुभाष चंद्र बोस' को सौंप दिया गया। जब नेताजी ने इस फ़ौज की कमान संभाली, तब इसमें लगभग 45,000 सैनिक थे और सन 1944 तक आते-आते इस फ़ौज में सैनिकों की संख्या 85,000 हो गई थी।

इसी फ़ौज में एक महिला यूनिट भी शामिल थी, जिसकी कप्तान 'लक्ष्मी सहगल' थी। इस फ़ौज को जापान का काफी सहयोग मिला था। क्योंकि इस फ़ौज में ज्यादातर वही सैनिक शामिल थे, जिन्हें जापान ने बंदी बना लिया था, बाद में दूसरे देशों के सैनिक भी इससे जुड़ गए थे।

आजाद हिंद फ़ौज का प्रमुख उद्देश्य भारत की आज़ादी के लिए अंग्रेजों से लड़ना था। प्रासंगिक रूप से, आज़ादी की लड़ाई को आवश्यक गति प्रदान करने में इसने महत्वपूर्ण भूमिका निभाई थी। 30 दिसंबर 1943 में नेताजी सुभाष चंद्र बोस ने पोर्ट ब्लेयर में तिरंगा फहरा कर अंडमान और निकोबार द्वीप समूह को ब्रिटिश राज से मुक्त होने वाला पहला भारतीय क्षेत्र घोषित किया था।

21 अक्टूबर, 1943 को सुभाष चंद्र बोस ने सिंगापुर में आजाद हिंद (जिसे अरजी हुकुमत-ए-आज़ाद हिंद के रूप में भी जाना जाता है) की अनंतिम सरकार के गठन की घोषणा की, जिसमें वह स्वयं राज्य के प्रमुख, प्रधानमंत्री और युद्ध मंत्री थे। जिस सरकार का सुभाष चंद्र बोस नेतृत्व कर रहे थे उस सरकार को 12 देशों ने मान्यता दी। एक चटर्जी द्वारा वित्त मंत्रालय संभाल जा रहा था तथा लक्ष्मी स्वामीनाथन द्वारा महिला आयोग आदि।

अनंतिम सरकार ने न केवल बोस को जापानियों के साथ समान स्तर पर बातचीत करने में सक्षम बनाया, बल्कि इंडियन नेशनल आर्मी (INA) में शामिल होने और इसके समर्थन के लिये पूर्वी एशिया में भारतीयों को लामबंद करने में भी मदद की।

एक टपके के द्वारा यह माना जाता है कि उ सुभाष चंद्र बोस की आजाद हिंद फ़ौज की वजह से ही भारत को ब्रिटिश राज से छोड़ा आजादी मिली। उनकी जयंती 23 जनवरी को 'पराक्रम दिवस' के रूप में मनाई जाती है। ऐसे वीर पराक्रमियों को शत-शत नमन।

~ नाईशा चावड़ा
9 'बी'

Articles en français

Ma famille et moi

Je m'appelle Anaaya Zimmy. J'ai 13 ans. Je suis très intelligente, grande et amusante. J'étudie à sept, mais je vais en classe huit. J'aime mon école. Je me promène à l'école chaque matin. J'aime mes cours et mes amies à l'école. J'étudie à Sophia high school. Quand je m'ennuie, j'aime faire de l'art, cuisiner, jouer de la guitare, jouer au badminton ou écouter de la musique avec mes écouteurs. Chaque soir, je vais au complexe sportif jouer au badminton.

Mon père s'appelle Zimmy. Il est banquier. Il est très amusant, grand et sympathique. Il a 43 ans. Il aime jouer au foot, aux échecs et jouer de la guitare avec moi. Parfois, quand ma mère est très occupée, il cuisine aussi pour moi et mon frère.

Ma mère s'appelle Feblin. Elle a 41 ans. Elle est dentiste. Elle est très gentille, grande et jolie. Elle aime jouer du piano et chanter. Elle aime cuisiner avec moi aussi. Mon père et ma mère font partie d'un groupe avec leurs amis. Ils publient des vidéos de leurs chansons sur YouTube aussi.

Mon frère s'appelle Zion. Il est grand, très méchant, mais parfois il est gentil aussi. Il est très énervant mais il est sympathique aussi. Il aime jouer au foot avec mon père, chanter quand il prend une douche et cuisiner avec ma mère et moi. Il aime regarder la télé quand il est ennuyé aussi.

~ Anaaya Zimmy

7C

Ma Famille

Ma famille est mon monde. J'aime tellement ma famille que je vis dans un petit appartement avec ma famille. J'aime toujours grandir dans une grande famille commune. Nous célébrons toujours chaque personne de ma famille. Nous mangeons toujours de la nourriture ensemble sur la table à manger. Nous apprécions ensemble chaque festival et jouons ensemble.

~ Rachel Cecily Sebastian

7 A

L'été

C'est le dernier jour des examens, ça veut dire que les vacances d'été ont commencé! En rentrant chez moi, je pense à ce que je ferais pendant les vacances d'été.

Alors que la chaleur monte comme d'habitude à un point tel qu'on ne peut plus vivre sans ventilateur, mon corps devient fatigué et paresseux. Je n'ai pas du tout envie de faire quoi que ce soit. Le soleil brille dans le ciel, il n'y a pas un seul nuage à voir. De nouvelles feuilles sur les arbres du monde entier. À l'aube, les oiseaux gazouillent et chantent leurs chansons. la brise froide qui se déplace doucement à travers les arbres en secouant leurs feuilles. Les jours d'été deviennent de plus en plus chauds. Les enfants jouent malgré la chaleur et les inquiétudes de leurs mères. Faire des glaces maison avec nos amis et notre famille pour garder notre corps au frais, et jouer à des jeux de société à l'intérieur quand il fait trop chaud. Les fruits et les fleurs poussent sur les arbres. L'odeur des fleurs se déplace dans l'air. Mes amis et moi visitons les arbres avec les mains pleines de pierres pour abattre les mangues. À mesure que les jours rallongent, je sais que l'été a commencé en Inde.

~ Ann Serah Thomas

7A

Mes Professeurs

Mes professeurs sont pour moi une grande source de connaissance, de prospérité et d'illumination. Les enseignants sont la véritable lumière dans la vie de chacun car ils nous aident à tracer notre voie dans notre vie. Les enseignants sont une bénédiction offerte par Dieu dans nos vies, ils nous conduisent vers le succès. Nous pouvons les considérer comme les bâtisseurs de l'avenir éblouissant de notre nation grâce à l'éducation.

L'enseignant joue un rôle très essentiel dans le domaine de l'éducation, il nous apprend à être une personne de bonne moralité et de bonne conduite. Ils nous rendent excellents sur le plan académique et nous encouragent toujours à faire mieux dans notre vie. Les enseignants nous dotent de nombreuses connaissances, compétences et attitudes positives afin que nous ne puissions jamais nous sentir perdus et toujours avancer. Ils nous aident à être sûrs de nos objectifs éducatifs grâce à une vision et des idées claires. Sans enseignants dans notre vie, nous ne pouvons pas grandir mentalement, socialement et intellectuellement.

~ Joveena Marian

7 C



Mon voyage à Singapour

L'année dernière, en mai, j'ai fait un voyage à Singapour, avec ma famille. Nous avons atterri à l'aéroport de Changi. C'est un aéroport magnifique, avec un beau tourbillon de pluie, et il y a beaucoup de magasins pour acheter des cadeaux aussi.

J'ai visité beaucoup d'attractions comme << le Mandai Wildlife Reserve >> un zoo célèbre à Singapour, où j'ai vu beaucoup d'animaux. J'ai visité <<Universal Studios Singapore>>, un parc d'attractions avec plusieurs montagnes russes.

J'ai visité d'autres attractions aussi comme <<Gardens by The Bay>>, où j'ai vu beaucoup de fleurs intéressantes, et j'ai visité l'attraction célèbre de Singapour, le <<Merlion>>, un monument magnifique et un lieu important pour les touristes.

J'ai aussi visité <<Sentosa Island>> et j'ai mangé beaucoup de plats délicieux de diverses cuisines.

J'adore Singapour car c'est une belle ville et un pays magnifique pour les vacances.

~ **Natalie Ann Pereira**

7C



Un voyage au cœur de l'histoire : Ma visite au Taj Mahal

Le Taj Mahal est un bâtiment célèbre en Inde que tout le monde connaît. Il est situé à Agra, juste au bord de la rivière Yamuna. Les gens du monde entier le visitent parce que c'est tellement beau et spécial.

Mon excursion scolaire à Delhi était une aventure remplie d'émerveillement et d'excitation. Il a été décidé que nous visiterions le Taj Mahal situé à Agra. C'était une matinée ensoleillée lorsque mes amis et moi, nous avons commencé notre voyage à Agra. Quand nous sommes finalement arrivés, j'étais fascinée. Le Taj Mahal se dressait grand et beau sur le ciel bleu, son marbre blanc brillant au soleil. En entrant, nous avons vu le magnifique jardin entourant le Taj Mahal qui était rempli de jolies fleurs. Nous avons pris notre temps pour explorer le bâtiment et admirer les différents designs. Ensuite, nous avons exploré les bâtiments environnants et découvert l'histoire du Taj Mahal grâce à notre guide.

À la fin de la journée, nous avons dit au revoir au Taj Mahal, sachant que nous n'oublierons jamais cette expérience magique. Il était presque 20 heures lorsque nous avons atteint notre hôtel à Agra. Mon voyage au Taj Mahal était un merveilleux voyage rempli de beauté et de culture.

~ **Vinisha Shalom Jaikumar**

9 A

Le pays du bonheur

Dans le calme et la beauté du Bhoutan, mon voyage s'est déroulé en explorant la culture, l'histoire et la nature du pays. La meilleure partie était la randonnée au monastère de Tiger Nest, et admirer le travail artistique étonnant et détaillé.

Le point culminant de mon expédition a sans aucun doute été la randonnée fatigante mais fantastique vers l'emblématique monastère de Tiger Nest, perché précairement sur le bord d'une falaise. Alors que ma famille et moi remontions les sentiers sinueux, entourés par les forêts luxuriantes et les touches de couleur ajoutées par les drapeaux de prière bouddhistes flottant dans le vent, chaque pas nous rapproche du cœur spirituel du Bhoutan. La vue imprenable du monastère, perché sur le flanc d'une colline presque verticale. Prouvant être un témoignage de la puissance durable de la foi et de la dévotion du peuple.

Explorer les dzongs ou les anciennes forteresses-monastères qui parsèment le paysage bhoutanais, était un voyage d'apprentissage sur le riche patrimoine et l'artisanat. De l'exécution complexe de l'ancien Punakha Dzong à aux hauts murs du Paro Dzong, chaque forteresse a révélé une histoire de résilience, l'essence de l'architecture bhoutanaise. Nous avons également eu le privilège de pouvoir entendre le chant des moines bouddhistes lors de leur séance de prière ainsi que le battement des tambours spéciaux et le souffle des trompettes.

Enfin, j'ai trouvé les peintures classiques bhoutanaises ou « tankas » très intéressantes. Le long processus commence à partir de la préparation de la toile en coton ou en soie jusqu'à l'ajout de détails en utilisant des pierres précieuses et des métaux tels que l'or et l'argent. Ces peintures représentent principalement Bouddha et les autres dieux et saints vénérés par le peuple. Trouvés dans la plupart des maisons et tous les monastères et forteresses Tankas sont non seulement une vitrine de l'artisanat d'art, mais aussi une célébration et une méthode de préservation de la culture du pays.

En conclusion, mon voyage au Bhoutan a été un mélange captivant de beauté naturelle, de riches traditions et d'hospitalité chaleureuse, me laissant avec une profonde appréciation pour ce royaume remarquable. C'est bien le pays du bonheur.

~ Indrakshi Bhattacharya

9 B

Une expérience inoubliable

C'était une journée tout à fait normale pour moi, je faisais mes activités quotidiennes comme d'habitude lorsque ma mère s'est précipitée dans ma chambre avec enthousiasme. Bien sûr, j'étais curieux de savoir ce qui se passait, mais tout ce qu'elle m'a dit, c'est que je devais arrêter de faire ce que je faisais, me préparer et attendre dans la voiture. Je brûlais de curiosité de savoir ce qui se passait. Au bout d'un moment, ma mère et mon père sont montés dans la voiture, ont tourné les clés et sont partis. Il était environ 19 heures lorsque nous avons quitté notre maison. Je me suis assoupie sur la banquette arrière et je me suis réveillée quelques heures plus tard. Nous avons atteint notre destination vers 23 heures. J'étais très somnolent et un peu grincheux aussi. Qu'est-ce qui s'est passé? Je n'en avais aucune idée. Où allons-nous ? Aucune idée non plus. Mon père, ma mère et moi, nous sommes montés dans un téléphérique et nous sommes restés assis en silence pendant le reste du trajet. Après 15 minutes, nous avons atteint notre destination finale, le sommet d'une colline. Je n'étais pas trop excité par cela, d'ailleurs, j'étais assez ennuyé. 4 heures et 15 minutes rien que pour arriver au sommet d'une colline ? J'étais sur le point de leur faire part de mes inquiétudes concernant le temps que nous perdions juste pour arriver à une colline au hasard lorsque ma mère a dit "Regarde, chérie". J'allais protester mais pour une fois j'ai écouté. J'ai levé les yeux et j'ai vu le plus beau ciel nocturne rempli des étoiles et j'ai pu voir une trace de la Voie Lactée ! On ne voit jamais ça en ville ! Au début, j'étais réticent à l'idée de tout cela parce que je ne savais pas ce qui se passait, mais croyez-le ou non, je restais là pendant 3 heures entières, à regarder le ciel. Cette image ne m'a jamais quitté la tête et ne me quittera jamais, c'était vraiment une expérience inoubliable.

~ Rakshita Janpreddy

9B

Student Editorial

"Creativity is seeing what others see and thinking what no one else ever thought."

– Albert Einstein

As the vibrant hues of another academic year fade into the canvas of our memories, we, the editorial team of 2024, find ourselves reflecting on the incredible journey of crafting this year's edition of our beloved school magazine, NUANCES. It has been a journey filled with challenges, learning experiences, and above all, moments of sheer joy and pride. From the outset, the task of curating NUANCES 2024 was daunting yet exhilarating. As editors, our responsibilities extended far beyond mere selection; we were entrusted with the dedicated duty of capturing the essence of our school year within the pages of a single magazine. Each meeting, each brainstorming session, and each late-night editing spree brought us closer to this elusive goal. One of the most rewarding aspects of our editorial journey was the privilege of sifting through the treasure trove of submissions from our fellow students. The sheer talent and creativity displayed in every article, photograph, artwork, and story left us in awe. Choosing the best among them was a Herculean task, as each piece resonated with its own unique charm and significance. However, amidst the challenges, there was an undeniable sense of fulfillment in witnessing the magazine take shape, piece by piece. We explored unmapped editorial skills and refined our design sensibilities, and mastered the intricacies of layout and typography.

None of this would have been possible without the unwavering support and guidance of our esteemed staff editors, Mrs. Anita Pereira, Mrs. Anitha Saldanha, Mrs. Alphonsa and Mr. Titto Paul. Their expertise served as a beacon of light, guiding us through our journey. We also extend our heartfelt gratitude to our School Principal, Sr. Alpana, for entrusting us with the golden opportunity to immortalize the fleeting moments of this academic year within the pages of NUANCES 2024. As we bid farewell to yet another chapter in the annals of our school's history, let us celebrate the spirit of creativity, collaboration, camaraderie and cherish the memories encapsulated within the pages of NUANCES 2024. May it evoke laughter, tears, and a sense of nostalgia, allowing you to experience the journey anew. For in the end, it is not merely a magazine but a living testament to the vibrant collage of the academic year at Sophia High School.

Sanaa Maheen (XII Science): Editor

Nandita Srisailam (XII Arts): Editor

Megan Michael (X A): Co-Editor

Staff Editorial

Embarking on the journey through the pages of our school magazine, we are reminded of the essence of our school motto: Truth and Universal Love.

The magazine spotlights classrooms that serve as laboratories of truth and various other platforms encouraging curiosity, debate and knowledge, superior penmanship, superlative oratory activities and athletic prowess finally culminating in the year end innovative Artificial Intelligence and Robotics exhibitions.

There is an enlightening section dedicated to the outreach and JPIC participation by our school guided by Universal Love, the other pillar of our motto. The artful images of the recent family-oriented concert by our students transport us back to the days of practice with music and dance that entertained and left us with a harmonious connection of hearts and minds. Proof of the culture of inclusivity is in the snapshots from Sports Days and special assemblies which are never complete without the participation of students from the Sophia Opportunity School. The grand inauguration assembly of the Platinum Jubilee celebrations in 2024 comes with the uplifting motto 'Truth Reigns, Love Unites.'

We thank the various teachers from each building of the school who have painstakingly compiled and sent the students' creative work to be encapsulated within these pages. Our student editors Sanaa Maheen and Nanditha Srisailam from class 12 and Meghan Michael from class 10 have worked dexterously and creatively to bring out this issue of 'Nuances' and we thank them wholeheartedly. For the lovely pictures, we thank the Media department with Mr. Titto Paul at its helm, photographer Balu and GK Vale. The credits for trendy, timely design execution and smooth production of this edition of magazine goes to our Media faculty Mr. Titto Paul. We thank our printers Suprabha ColorGrafix Pvt. Ltd. for this print edition. We thank our Provincial Sr. Chetana and our Principals Sr. Alpana, Sr. Vishala and Sr. Madhujha for their constant backing, guidance and prayers.

Thanks and regards from the editorial staff to all readers,

Alphonsa M

Anita Pereira

Anitha Saldanha

A CALL FOR WORLD PEACE



May the risen Christ open a path of peace for the war-torn peoples of those regions. Let us not allow the current hostilities to continue to have grave repercussions on the civil population, by now at the limit of its endurance, and above all on the children. How much suffering we see in the eyes of the children: the children in those lands at war have forgotten how to smile! With those eyes, they ask us: Why? Why all this death? Why all this destruction? War is always an absurdity, war is always a defeat! Let us not yield to the logic of weapons and rearming.

Peace is never made with arms, but with outstretched hands and open hearts. May the Lord grant consolation to the victims of terrorism in all its forms. Let us pray for all those who have lost their lives and implore the repentance and conversion of the perpetrators of those crimes.

– Pope Francis



Truth And Universal Love

Love and Truth, Fair Gift Divine
Honour, Glory Praise be Thine:
Child-like hearts to God's own Heart
Fashioned by thy gentle art

Flame of Truth so strong and sure,
Make Thy children free and pure.
Flower of Love by silent Speech,
Gift of self unto us teach

Boundless, quenchless, deathless fire
Stronger than all men's desire,
Burn our souls with Truth's own flame,
Peace and joy shall be thy fame.

Show our mind and guide our will
Love's dear duties to fulfil:
To the needy, to the sad.
Help us bring Thy message glad.

God who art both, Love and Truth
Lead our footsteps, lead our youth:
Then within Thy Heart Divine,
Truth and Love shall intertwine.