

IMMACULATE CONCEPTION CONVENT SCHOOL
VINEET KHAND-6,GOMTI NAGAR LUCKNOW
AFFILIATED TO ICSE & ISC BOARD



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Sr. Tessy Antony

From the Principal's desk

My dear students let me throw some light on you through this beautiful story.

Read it reflectively, reading is a good habit which makes the person different from the other.

THE STORY GOES LIKE THIS:

A young girl went to her mother and told her about the problems she was facing in life. She said she was tired of fighting and struggling and didn't know how to keep going.

The mother took her to the kitchen and filled three pots with water. She placed each pot on a burner, turned on the heat, and put a potato in one pot, an egg in the second, and coffee beans in the third.

After a while, she turned off the burners and fished out the potato, egg, and coffee beans, and asked her daughter to observe them carefully.

The potato was soft and had become very weak. The egg, which had been fragile, now had a hardened shell inside. But the coffee beans had transformed the water into a rich and aromatic coffee.

The mother then explained that each of these objects had faced the same adversity – boiling water. However, each of them had reacted differently.

The potato went in strong, firm, and hard, but in boiling water, it became soft and weak. The egg had been fragile and had a thin outer shell, but in boiling water, it had become hard inside.

The coffee beans, on the other hand, had changed the water and created something new.

The mother explained that we all face adversity, and how we react to it depends on us. We can either become weak, hard, or transform the situation into something positive.

The young woman realized that she had a choice – to be like a potato, an egg, or a coffee bean.

Now it's our choice... Think...

Stay safe

THANK YOU





FROM THE PEN OF SR.PREMA
(Vice-Principal)

Life is.....


Life is complicated


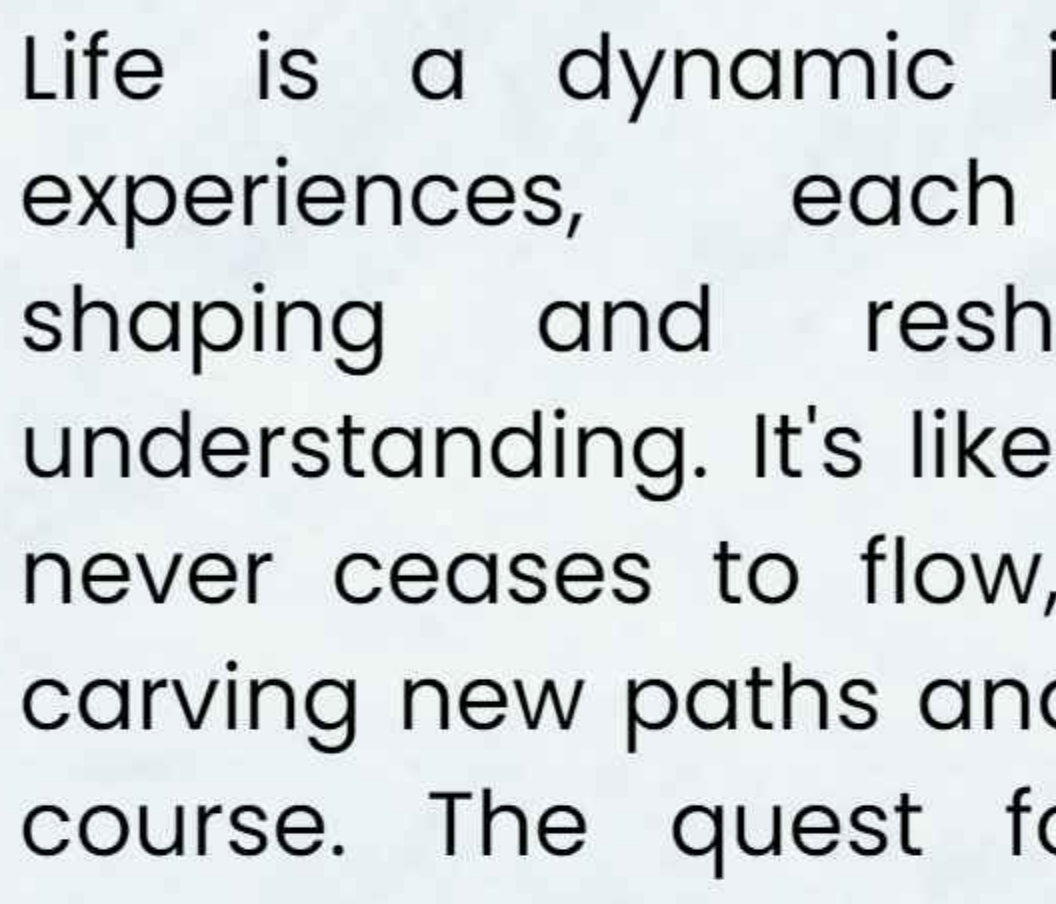
Don't try to find answers

Because




When you find the answers life changes the questions.

Life is complex and always changing. When you look for answers, new questions and challenges often arise. Instead of trying to find final answers, it might be better to accept and adapt to the constant changes and uncertainties. Embracing this approach can lead to greater flexibility and resilience, allowing you to navigate life's shifts with a more open and adaptable mindset.





Life is a dynamic interplay of experiences, each moment shaping and reshaping our understanding. It's like a river that never ceases to flow, continually carving new paths and altering its course. The quest for definitive answers can sometimes lead us into a cycle of perpetual seeking, where each resolved question unveils new layers of complexity. Instead of being consumed by the search for unchanging truths, it might be more fulfilling to engage with life's unpredictability, finding meaning in the journey rather than a final destination. Embracing this perspective allows us to appreciate the richness of each moment and to navigate the ever-shifting landscape of existence with a sense of curiosity and wonder.



THANK
YOU



MENTAL HEALTH

TAKING CARE OF YOUR MENTAL HEALTH

PRACTICAL TIPS FOR EVERYDAY WELL-BEING

JUST LIKE OUR BODIES NEED EXERCISE TO STAY HEALTHY, OUR MINDS NEED PRACTICE TO STAY MENTALLY FIT ! BEING MENTALLY FIT MEANS BEING ABLE TO HANDLE CHALLENGES, FEEL GOOD ABOUT OURSELVES, AND GET ALONG WITH OTHERS.

Here are some super cool ways to boost your mental fitness:

1. EXERCISE YOUR BRAIN: LEARN NEW THINGS, READ BOOKS, AND SOLVE PUZZLES TO KEEP YOUR BRAIN SHARP!
2. BE KIND TO YOURSELF: TREAT YOURSELF WITH KINDNESS, JUST LIKE YOU WOULD A BEST FRIEND. BE GENTLE, AND DON'T BE TOO HARD ON YOURSELF.
3. GET MOVING: RUN, JUMP, DANCE, OR PLAY SPORTS TO RELEASE HAPPY CHEMICALS IN YOUR BRAIN!
4. CONNECT WITH OTHERS: MAKE FRIENDS, TALK TO FAMILY, AND SHARE FEELINGS WITH PEOPLE YOU TRUST.
5. CHILL OUT: TAKE DEEP BREATHS, RELAX, AND DO THINGS THAT MAKE YOU FEEL CALM AND HAPPY.
6. GET ENOUGH SLEEP: REST YOUR BRAIN AND BODY WITH PLENTY OF SLEEP EACH NIGHT.
7. EAT BRAIN FOOD: FUEL YOUR BRAIN WITH HEALTHY FOODS LIKE FRUITS, VEGGIES, AND WHOLE GRAINS.

Remember, mental fitness is like a superpower!

- It helps you handle tough situations
- It makes you feel happy and confident
- It helps you make good choices

So, be a mental superhero and practice these tips every day!

JOSHUA
SINGHA

एक बार एक राजा के राज्य में भयंकर महामारी फैल गयी।
चारों ओर लोग मरने लगे।

राजा ने इसे रोकने के लिये बहुत सारे उपाय करवाये मगर
कुछ असर न हुआ और लोग लगातार मरते रहे।

दुखी राजा ईश्वर से प्रार्थना करने लगा।

तभी अचानक आकाशवाणी हुई।

आसमान से आवाज़ आयी कि हे राजा! तुम्हारी राजधानी के
बीचोबीच जो पुराना सूखा कुआँ है, अगर अमावस्या की रात को
राज्य के प्रत्येक घर से एक - एक बाल्टी दूध उस कुएं में डाला
जाये तो अगली ही सुबह ये महामारी समाप्त हो जायेगी और
लोगों का मरना बन्द हो जायेगा।

राजा ने तुरन्त ही पूरे राज्य में यह घोषणा करवा दी कि महामारी
से बचने के लिए अमावस्या की रात को हर घर से कुएं में एक-
एक बाल्टी दूध डाला जाना अनिवार्य है।

अमावस्या की रात जब लोगों को कुएं में दूध डालना था,
ठीक उसी रात राज्य में रहने वाली एक चालाक एवं कंजूस
बुढ़िया ने सोचा कि सारे लोग तो कुएं में दूध डालेंगे ही
इसलिए अगर मैं अकेली एक बाल्टी पानी डाल दूं तो किसी
को क्या पता चलेगा।

इसी विचार से उस कंजूस बुढ़िया ने रात में चुपचाप एक
बाल्टी पानी कुएं में डाल दिया।

अगले दिन जब सुबह हुई तो लोग, वैसे ही मर रहे थे। कुछ
भी नहीं बदला था क्योंकि महामारी समाप्त नहीं हुयी थी।



राजा ने जब कुएं के पास जाकर इसका कारण जानना चाहा तो उसने देखा कि सारा कुआँ पानी से भरा हुआ है। दूध की एक बूंद भी वहां नहीं थी।

राजा समझ गया कि इसी कारण से महामारी दूर नहीं हुई और लोग अभी भी मर रहे हैं।

दरअसल ऐसा इसलिये हुआ क्योंकि जो विचार उस बुढ़िया के मन में आया था, वही विचार पूरे राज्य के लोगों के मन में आ गया और किसी ने भी कुएं में दूध नहीं डाला।

शिक्षा.... जैसा इस कहानी में हुआ ठीक वैसा ही हमारे जीवन में भी होता है। जब भी कोई ऐसा बड़ा काम आता है जिसमें बहुत सारे लोगों की सहयोगिता की ज़रूरत होती है तो अक्सर हम अपनी जिम्मेदारियों से यह सोच कर पीछे हट जाते हैं कि कोई न कोई तो यह कार्य कर ही देगा और हमारी इसी सोच की वजह से स्थितियां वैसी की वैसी बनी रहती हैं। अगर हम दूसरों की परवाह किये बिना अपने हिस्से की जिम्मेदारी निभाने लग जायें तो हर समस्या का समाधान मुमकिन है।

चेतना सिंह





SKILL DEVELOPMENT IS FULL DEVELOPMENT


“Build your skills not your resume.” – Sheryl Sandberg

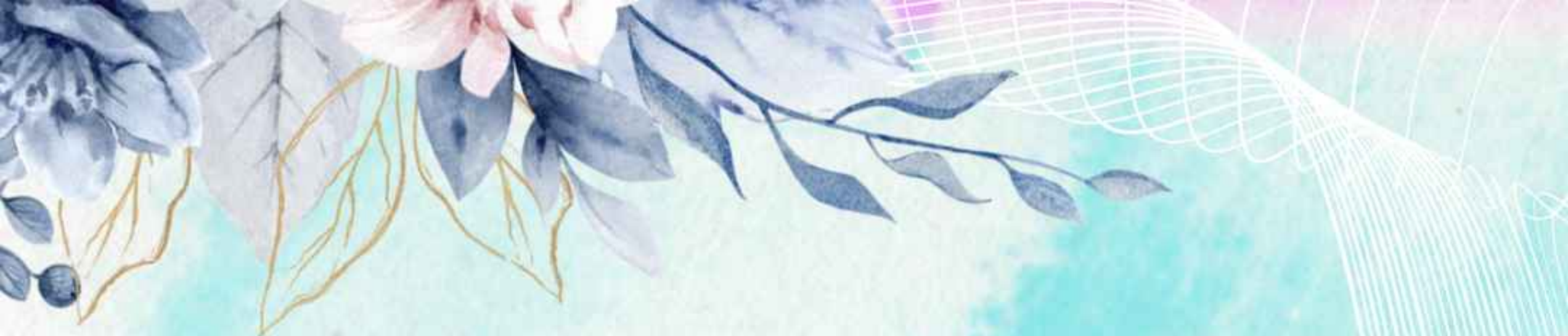
Skill development refers to the deliberate and continuous process of acquiring, enhancing and applying efforts that enable individuals to perform effectively in their personal and professional lives.

Skill development is important for individuals to adapt to the changing work environment, enhance their employability and achieve their career potential. It also plays an important role in supporting organizational success by fostering a skilled and competent work force.

Beyond academic achievements, it creates a person who can face the challenges of life with confidence and capability. When students engage in skill development activities, they harness their creative potential and nurture their talents. And broaden your horizons.

The process of skill development helps students progress beyond grades. It helps them harness their potential, develop real-life skills and prepare themselves to succeed in the career of their choice.





This holistic development contributes to adaptability, entrepreneurial problem solving abilities, self-confidence, life skills and academic success. As students embrace skill development, they prepare themselves to thrive in a competitive world where versatility and adaptability are highly valued.

Skills-based learning is used across many sectors and disciplines because of its proven benefits for flexibility and efficiency of the learner in any workplace.

Successfully using a skills-based approach to learning leads to personal and professional development that leads to long-term desired goals are achieved on time

Research shows that taking time every day to read with your children can significantly increase their reading ability in many areas, including reading comprehension, vocabulary skills, and physical activity.

A good way is to include physical activity in your daily routine. According to a research, children aged 6 to 17 years should do 60 minutes or more of physical activity daily.

“The future belongs to those who learn more skills and combine them in creative ways.” – Robert Greene.

Shubhra
SRIVASTAVA





My school Promise

EACH DAY I'LL DO MY BEST AND I WON'T
DO ANY LESS.

MY WORK WILL ALWAYS PLEASE ME AND
I WON'T ACCEPT A MESS.

I'LL COLOUR VERY CAREFULLY. MY
PRINTING WILL BE NEAT.

AND I WILL NOT BE HAPPY UNTIL MY
WORK IS ALL COMPLETE.

I'LL ALWAYS DO MY HOMEWORK, WITH
LEARNING AS MY QUEST.

I WON'T FORGET MY PROMISE TO
ALWAYS DO MY BEST!



DRISHTI JAISWAL

9 B





English Solo Singing Competition

"Harmony in Solo: English Singing Competition Held in the school"

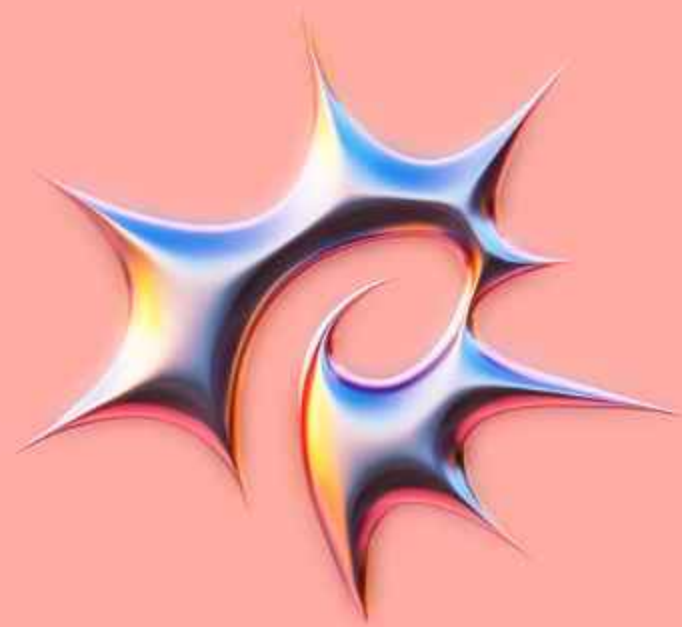
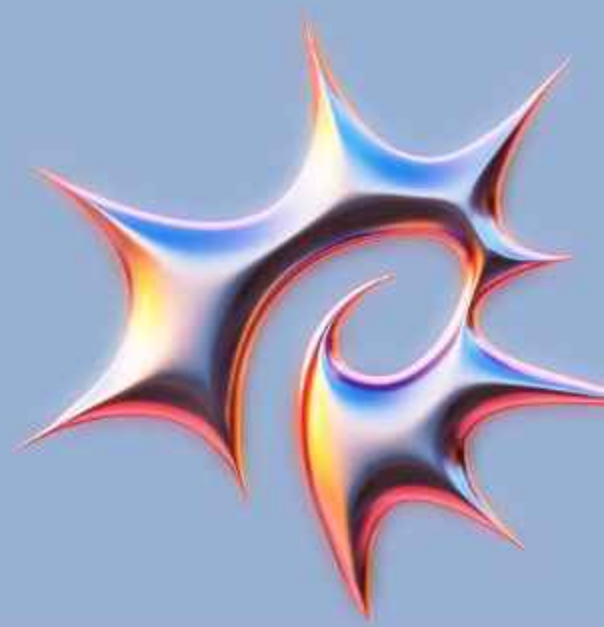
School was filled with the sweet sounds of music as students gathered for the highly anticipated English solo singing competition. , Showcased the vocal talents of students from various grades, each performing their favorite English songs.

The judges

were impressed by the students' confidence, pitch, and singing with the smiling face.

The event highlighted the students' passion for music and their dedication to honing their craft. It was a wonderful display of talent, and we look forward to many more musical events at our school.







ALL THE BEST CHILDREN
FOR THE NEXT TIME



Origami Competition

"Folding Creativity: Origami Competition Unfolds at Immaculate Conception Convent School"

The art of paper folding took center stage at our school as students gathered for the origami competition. The event showcased the creativity and skill of many participants, who transformed simple sheets of paper into intricate and beautiful designs.

Competitors were challenged to create various origami models, from traditional cranes and boats to complex animals and sculptures. Judges evaluated the entries based on accuracy, precision, and overall aesthetic appeal.

The competition demonstrated the participants' patience, attention to detail, and innovative thinking. It was a celebration of the ancient art of origami, and we look forward to many more creative events in upcoming days.



24/7/2024
T.S-35

Origami Competition

Class-IV-B





"Sowing Seeds for the Future: KG Children Celebrate Plantation Day"

The kindergarten section of buzzed with excitement as the tiny tots celebrated Plantation Day with great enthusiasm. The young learners gathered in the school garden, eager to get their hands dirty and connect with nature.

With the help of their teachers, the children planted saplings of various trees and flowers, learning about the importance of trees in our ecosystem. They watered and nurtured the plants, symbolizing their role as caretakers of the environment.

The event aimed to instill values of responsibility, compassion, and love for nature in the children. It was a fun-filled experience, with the kids singing songs and reciting poems related to trees and plants.

As they planted their saplings, the children made a promise to protect and preserve the environment for future generations. The event concluded with a sense of pride and accomplishment, as the young ones look forward to watching their plants grow.



GREEN DAY
PLANTATION DAY
ACTIVITY





"Kabaddi Frenzy: Classes 6-8 Clash in Thrilling Match"



The school playground witnessed a thrilling kabaddi match between students of classes 6, 7, and 8. The highly anticipated event saw teams from each grade competing against each other, showcasing their strength, speed, and strategy.

The match began with Class 6 setting the tone, displaying impressive raids and tackles. Class 7 retaliated with powerful blocks and swift escapes, while Class 8 demonstrated exceptional teamwork and coordination.

The audience cheered as the players clashed, their chants and shouts filling the air. The referees kept a close eye on the action, ensuring a fair and exciting game.

The kabaddi match highlighted the students' sportsmanship, discipline, and enthusiasm for the sport. Congratulations to all participants on a game well played!





Creative



English hand writing competition

"Beautiful Strokes: English Handwriting Competition"

The art of handwriting was on full display in our school as students participated in the English handwriting competition. The event aimed to promote neatness, legibility, and flair in writing. Students from various classes gathered, eager to showcase their handwriting skills. They were given a passage to write, and judges evaluated their work based on letter formation, spacing, size, and overall presentation.

The competition saw some amazing handwriting, with participants demonstrating their unique styles and flair.

The event encouraged students to take pride in their handwriting, recognizing its importance in communication and self-expression. Congratulations to all participants on their beautiful handwriting!



Cultural Diversity



On Saturday, a House-wise programme on Cultural Diversity was organised in which students from classes 6 to 8 performed mesmerizing dance and action. The theme was patriotism. Yellow House was declared the winner while Blue House bagged the second prize.



"Sunshine Spreads Smiles: Nursery Children Celebrated Yellow Day"

The nursery section was bathed in a warm, sunny hue as the tiny tots celebrated Yellow Day with immense enthusiasm. The young learners, dressed in bright yellow attire, gathered for a fun-filled morning of activities.

The children participated in various yellow-themed games, crafts, and songs, exploring the vibrant color's significance. They made yellow flowers, suns, and smiley faces, showcasing their creativity.

Yellow Day aimed to introduce the concept of colors to the nursery children, promoting sensory awareness and creativity. The event was a resounding success, filling the air with laughter and smiles. Congratulations to the little ones on their bright and cheerful celebration!















THANK YOU

Stay Safe