

# IMMACULATE CONCEPTION CONVENT SCHOOL VINEET KHAND-6 GOMTI NAGAR LUCKNOW

AFFILIATED TO ICSE & ISC BOARD



## IMMACULATE WAVE A FORTNIGHT MAGAZINE



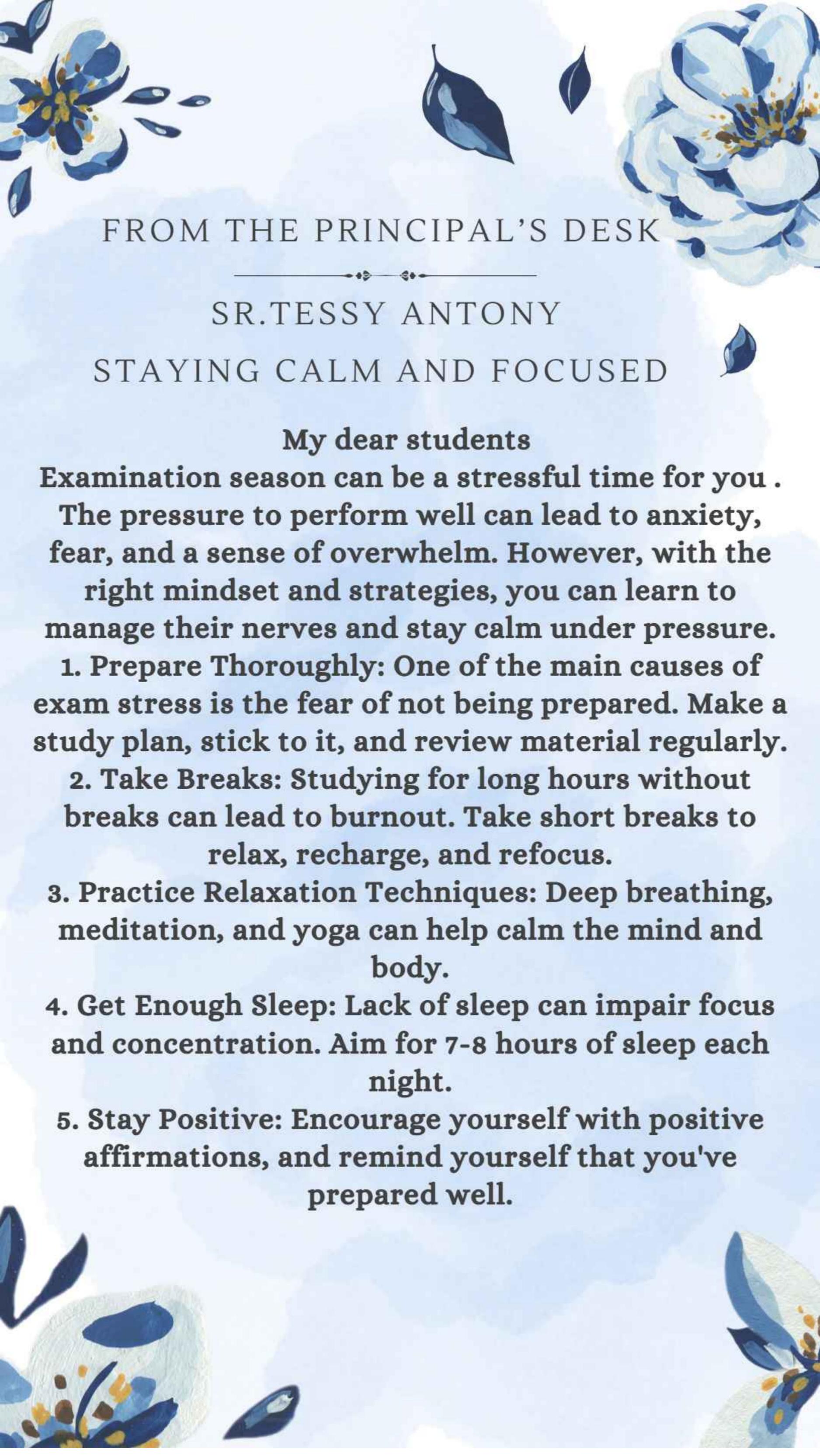
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FROM THE PRINCIPAL'S DESK

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SR. TESSY ANTONY

STAYING CALM AND FOCUSED

**My dear students**

**Examination season can be a stressful time for you .**

**The pressure to perform well can lead to anxiety, fear, and a sense of overwhelm. However, with the right mindset and strategies, you can learn to manage their nerves and stay calm under pressure.**

**1. Prepare Thoroughly: One of the main causes of exam stress is the fear of not being prepared. Make a study plan, stick to it, and review material regularly.**

**2. Take Breaks: Studying for long hours without breaks can lead to burnout. Take short breaks to relax, recharge, and refocus.**

**3. Practice Relaxation Techniques: Deep breathing, meditation, and yoga can help calm the mind and body.**

**4. Get Enough Sleep: Lack of sleep can impair focus and concentration. Aim for 7-8 hours of sleep each night.**

**5. Stay Positive: Encourage yourself with positive affirmations, and remind yourself that you've prepared well.**

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- 6. Visualize Success:** Imagine yourself performing well in the exam, feeling confident and calm.
  - 7. Seek Support:** Talk to friends, family, or teachers about your concerns and feelings.
  - 8. Stay Present:** Focus on the present moment, rather than worrying about the future or past.
  - 9. Take Care of Your Physical Health:** Regular exercise, healthy eating, and staying hydrated can help reduce stress.
  - 10. Reframe Your Thinking:** View the exam as an opportunity to showcase your knowledge, rather than a source of stress.

By following these tips, you can learn to manage your exam stress, stay calm, and perform to the best of your abilities. Remember, it's normal to feel some level of stress, but with the right mindset and strategies, you can overcome it and achieve success.

Wish you good luck.

Stay safe

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# The Power of Trust: Unlocking Your Potential for a Brighter Future



As students, you are at a crucial stage in your life, shaping your future and laying the foundation for your success. Trust is an essential element in this journey, influencing your relationships, academic performance, and personal growth. In this article, we'll explore how trust can motivate and empower you to achieve your goals.

## Why Trust Matters

Trust is the spark that ignites:

1. **Self-confidence:** Trusting yourself helps overcome self-doubt and fear.
2. **Positive relationships:** Trusting others fosters strong bonds with family, friends, and mentors.
3. **Academic success:** Trusting your abilities boosts motivation and focus.
4. **Resilience:** Trust helps cope with challenges and setbacks.

## Benefits of Trust for Students

1. Improved mental health and well-being
2. Enhanced creativity and innovation
3. Increased self-discipline and responsibility
4. Better time management and goal-setting
5. Effective communication and collaboration
6. Greater adaptability and flexibility
7. Stronger self-advocacy and decision-making

## **Building Trust in Yourself**

1. Set achievable goals and celebrate successes
2. Practice self-reflection and self-compassion
3. Develop a growth mindset
4. Embrace challenges as learning opportunities
5. Surround yourself with positive influences

## **Cultivating Trust with Others**

1. Be open and honest in communication
2. Show empathy and understanding
3. Be reliable and dependable
4. Respect boundaries and diversity
5. Seek guidance from mentors and role models

## **Overcoming Trust Barriers**

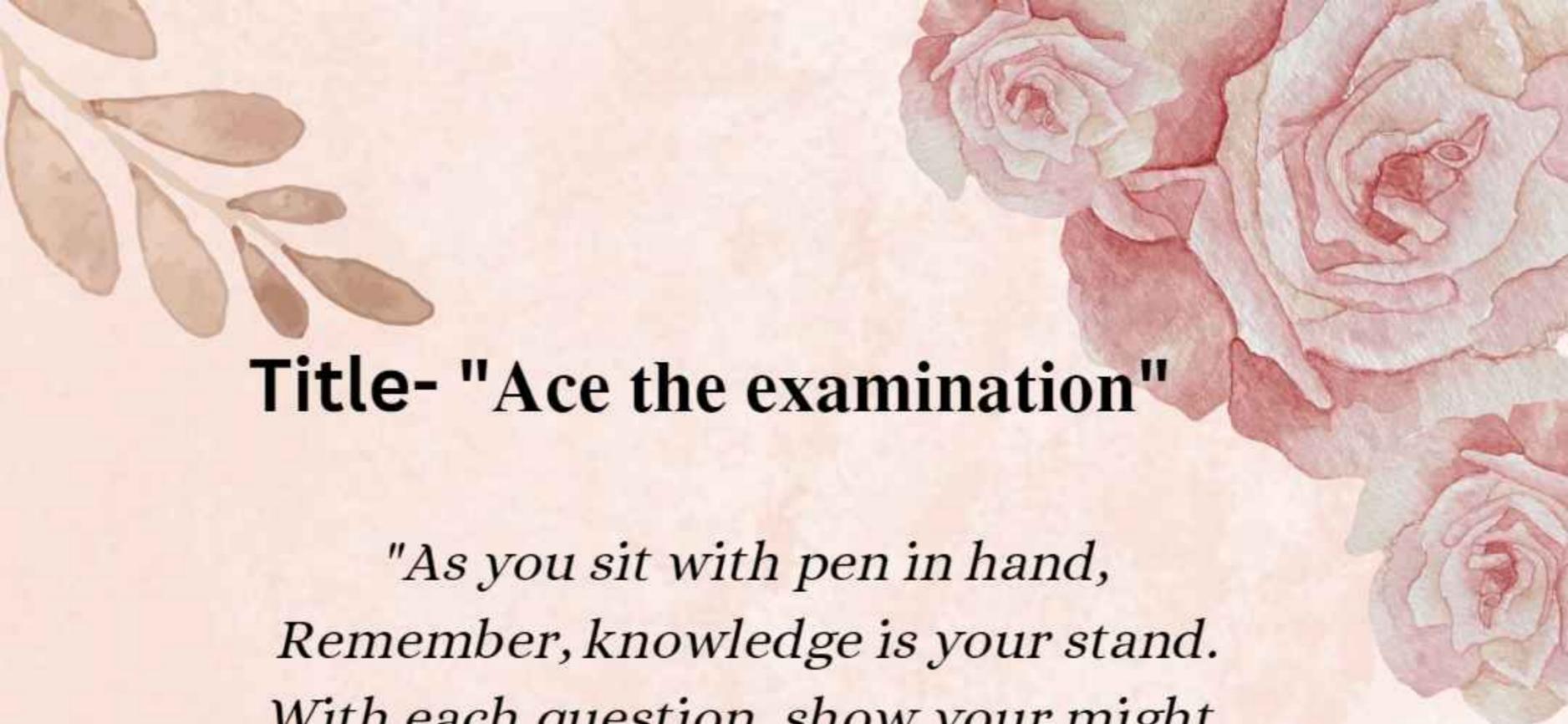
1. Forgive yourself and others
2. Address conflicts and misunderstandings
3. Focus on the present, not past mistakes
4. Practice mindfulness and self-care
5. Seek support from trusted individuals

## **Action Plan**

1. Identify areas where you need to build trust.
2. Set specific goals for self-improvement.
3. Surround yourself with positive influences.
4. Practice self-reflection and self-compassion.
5. Seek guidance from trusted mentors.

Trust is the key to unlocking your full potential. By cultivating trust in yourself and others, you'll overcome obstacles, achieve academic success, and build a brighter future. Remember, trust is a journey, not a destination.

***Joshua Singh***



**Title- "Ace the examination"**

*"As you sit with pen in hand,  
Remember, knowledge is your stand.  
With each question, show your might,  
And shine with all your light.*

*Don't let fear or doubt creep in,  
Believe in yourself, and you'll win.  
New words to learn, new skills to gain,  
Your future self will thank you again.*

*So take a breath, stay calm and bright,  
And ace this exam with all your might!"*

**Samiksha Singh**

**VII-A**



## Pot Decoration Competition

On the festive theme of 'Janmashtami,' a Pot Decoration Competition was organised for classes 1st to 5th. The competition boasted creative expression and freedom of ideas among the young minds as they strived to display their creativity through pots. The competition managed to gauge their knowledge and understanding of the Janmashtami.





## **Immaculate Fiesta**

**Immaculate Conception Convent School in Lucknow has been nurturing bright minds since 1999. This year marks the 25th anniversary of our school's establishment.**

**To commemorate this special milestone, Immaculate organised its first-ever Inter-School event called, “IMMACULATE FIESTA” which offered students numerous opportunities to display their talents across a variety of events. As this was our inaugural year hosting such an event, the support and collaboration of participant-schools was essential for its success.**

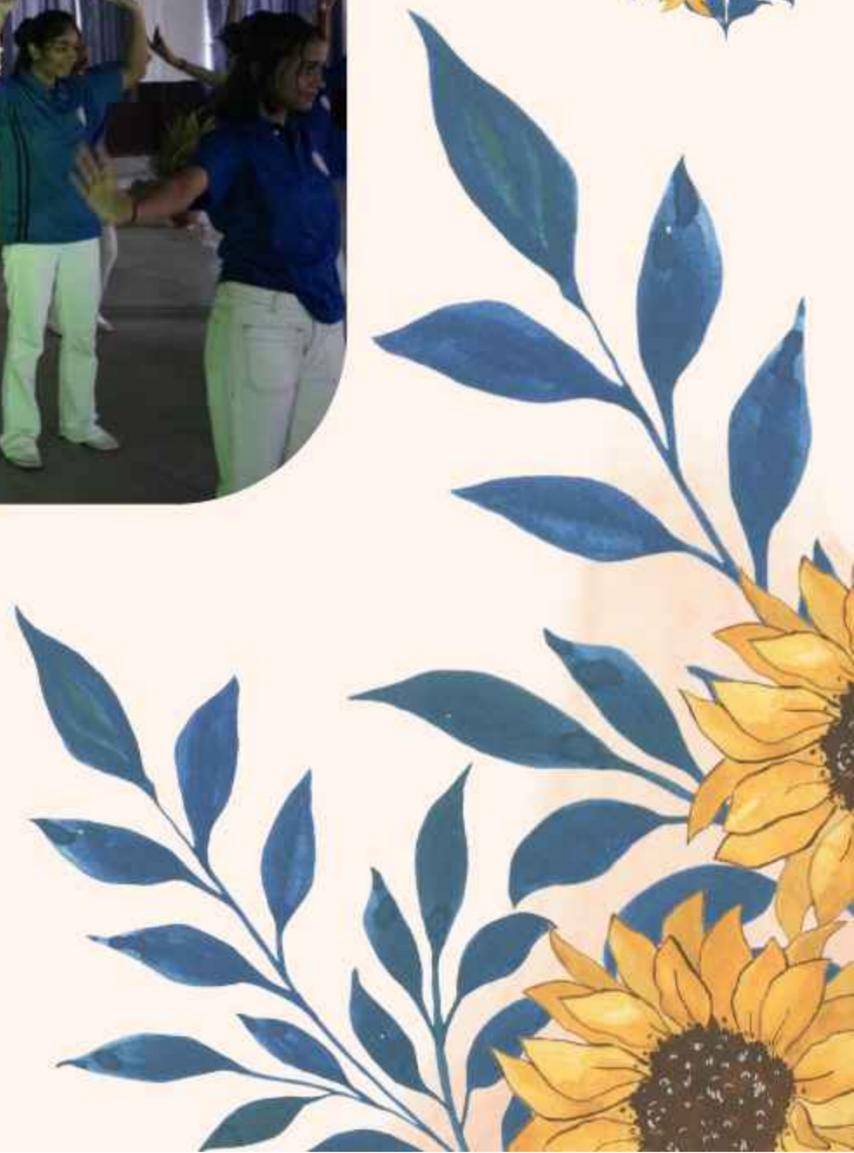
**IMMACULATE FIESTA aimed to provide a platform for young minds to showcase their talents, exchange ideas, and form lasting friendships. We believe that this event was vital in nurturing creativity, fostering teamwork, and promoting a spirit of healthy competition among students.**

**Our vision of IMMACULATE FIESTA as a melting pot of diverse talents, where students can learn from each other, grow together, and inspire one another to reach new heights was realised.**

**Together, we created an unforgettable experience that has surely left a lasting impact on all who participated. We thank you for your support in making this event a grand success.**









## FOLK SINGING COMPETITION: FIRMA

IMMACULATE FIESTA KICK STARTED WITH FIRMA, THE GROUP SINGING COMPETITION ON THE THEME: FOLK. PARTICIPANT-SCHOOLS INCLUDED: LORETTO, ST. FRANCIS, BHARTIYA VIDYA BHAWAN, MODERN ACADEMY, MT. CARMEL, JAGRAN PUBLIC SCHOOL, MT. FORT COLLEGE. EACH GROUP WAS TO SING IN HINDI LANGUAGE WITHIN THE TIME LIMIT OF 3-4 MINUTES. THE ESTEEMED JUDGES MARKED THE PERFORMANCES ON VOCAL QUALITY, EXPRESSION, EMOTION, STAGE PRESENCE AND OVERALL IMPACT.

*Music heals.*



FIRMA













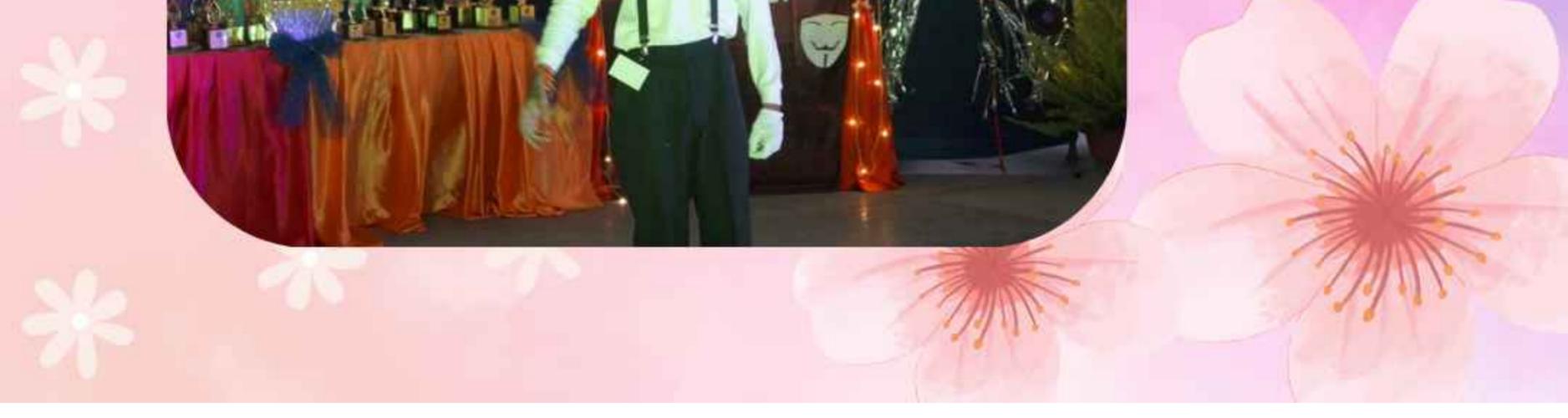


## **Mime competition: IL PANTOMIMO**

**On the insightful theme: ‘An invisible man spent a whole day without being noticed by the people,’ the following schools participated: Loretto, Jagran Public School and Mt. Carmel. 8 participants per school put up dazzling shows for ten minutes each. Props, makeup and costumes elevated the thematic expression. They were judged by Mr. Sunny, HR head, CA on the parameters of clarity, props, expression and overall impact.**



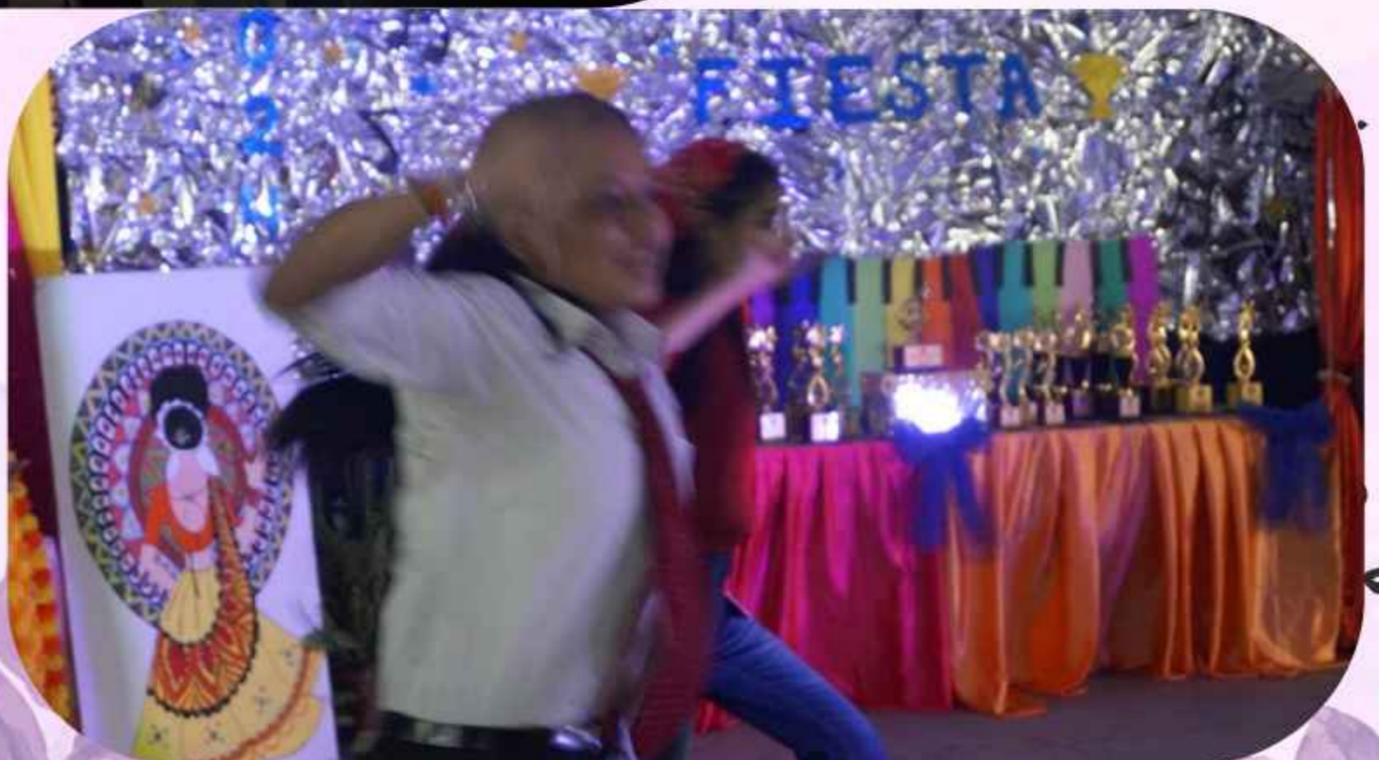
















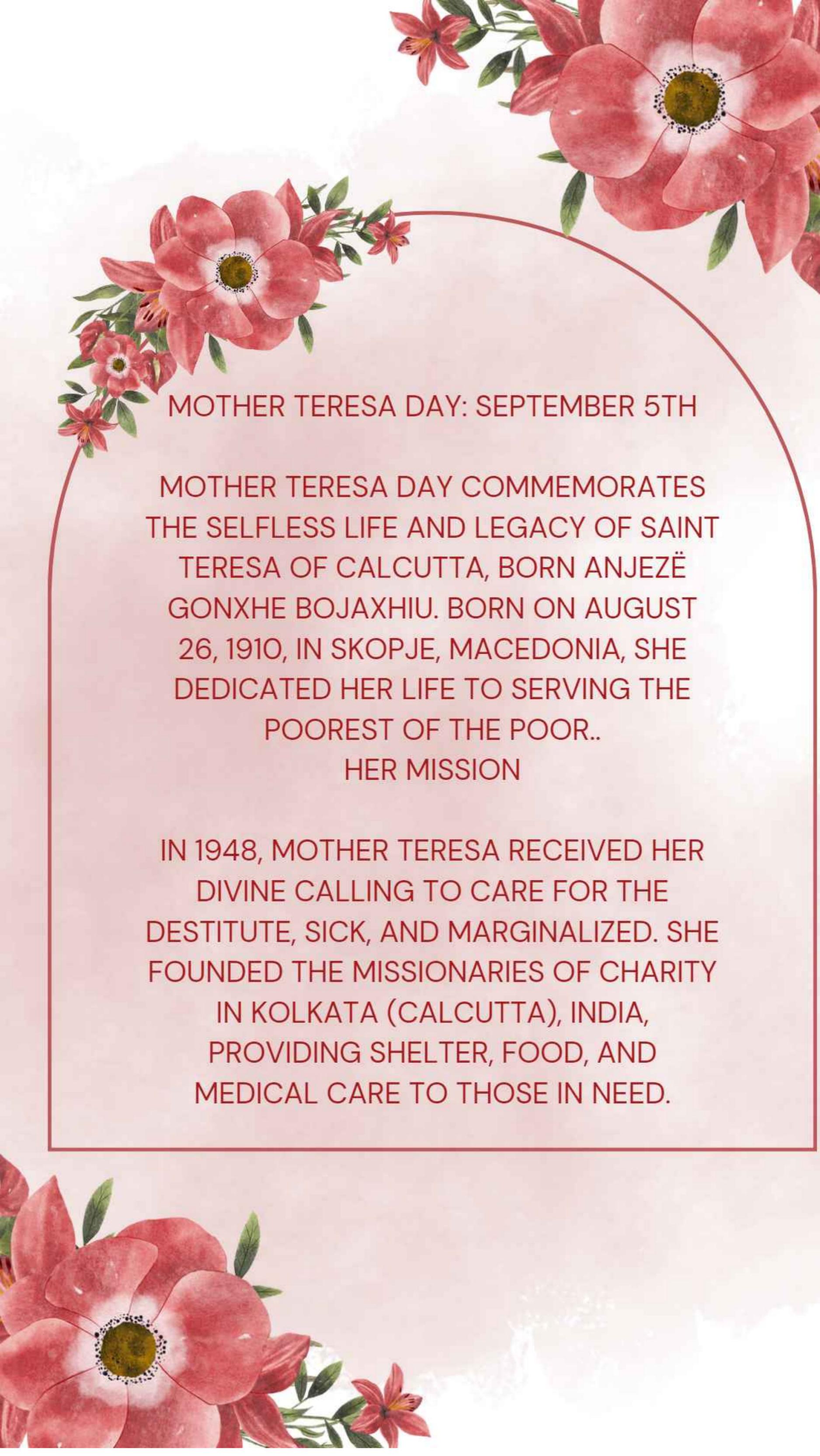












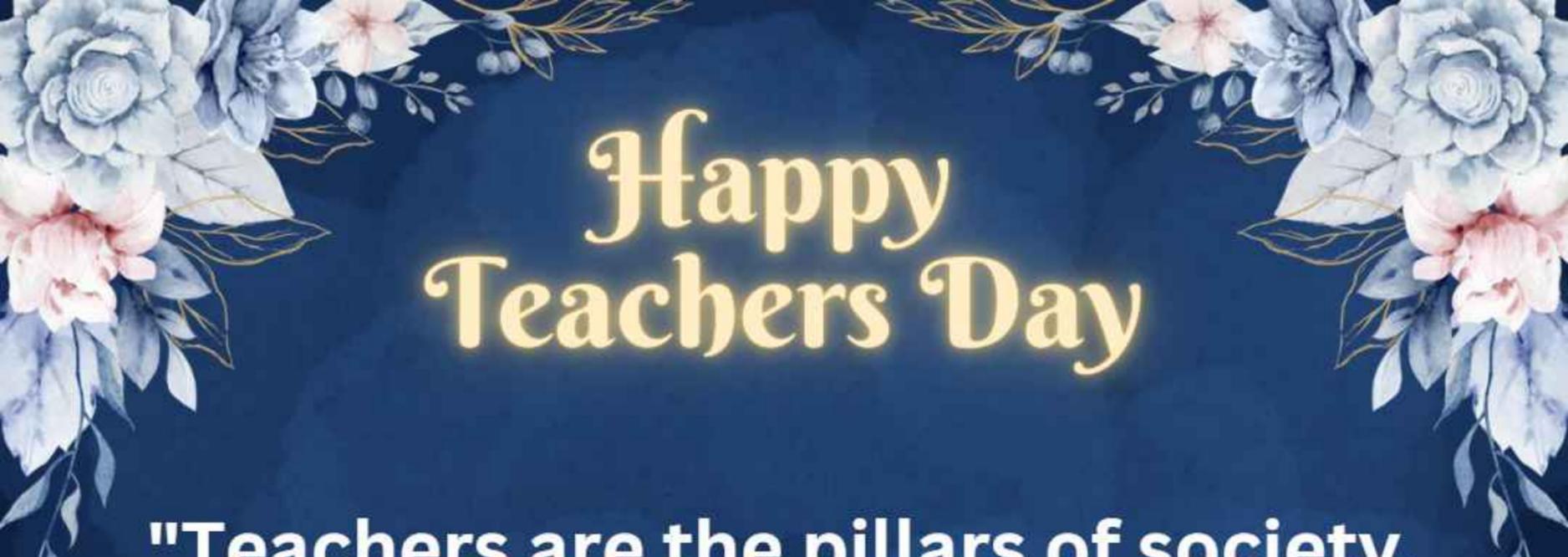
MOTHER TERESA DAY: SEPTEMBER 5TH

MOTHER TERESA DAY COMMEMORATES THE SELFLESS LIFE AND LEGACY OF SAINT TERESA OF CALCUTTA, BORN ANJEZË GONXHE BOJAXHIU. BORN ON AUGUST 26, 1910, IN SKOPJE, MACEDONIA, SHE DEDICATED HER LIFE TO SERVING THE POOREST OF THE POOR..

HER MISSION

IN 1948, MOTHER TERESA RECEIVED HER DIVINE CALLING TO CARE FOR THE DESTITUTE, SICK, AND MARGINALIZED. SHE FOUNDED THE MISSIONARIES OF CHARITY IN KOLKATA (CALCUTTA), INDIA, PROVIDING SHELTER, FOOD, AND MEDICAL CARE TO THOSE IN NEED.





# Happy Teachers Day

**"Teachers are the pillars of society, shaping minds and molding futures."**

**Teacher's Day honors the tireless efforts and dedication of educators who inspire, guide, and nurture young minds. This day commemorates the birth anniversary of Dr. Sarvepalli Radhakrishnan, India's former President and a renowned educator.**

**On Teacher's Day, we acknowledge the selfless dedication of educators who help us grow, learn, and thrive. Thank you, teachers, for being beacons of knowledge and guidance.**







# Id-e-Milad

Id-e-Milad is one of the much-awaited Muslim festivals. This festival brings happiness to the Muslim community.

The Muslims throughout the globe pay homage to Prophet Muhammad. On the festival day, they will wear the new clothes and will visit the nearest mosques to submit special prayers. Prophet Muhammad was born in Mecca, a city in Arabia. His teachings are believed to have been very valuable to the community. Muslims will organise meetings to recall and discuss the great teachings of Prophet Muhammad. Eid-e-Milad, also known as Mawlid al-Nabi, Muslims celebrates the birth of the Prophet Muhammad. It's a significant day for muslims and is celebrated with prayers and recitations of holy Qur'an and community gatherings. The Muslims all over the world celebrate this festival with great joy.



HAPPY EID -E-MILAD IN ADVANCE

Thank you



**STAY SAFE**

Immaculate Conception Convent School