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SFS Academy Tech Times

Digital Magazine 2022-23



“Education of the heart is the heart of education.”

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Principal

SFS Academy

Electronics City

Bangalore -100

"You learn to speak by speaking, to study by studying, to run by running, to work by working; and just so, you learn to love by loving. All those who think to learn in any other way deceive themselves."

-St. Francis de Sales

PRINCIPAL'S MESSAGE



“He will be the sure foundation for your times, a rich store of salvation and wisdom and knowledge; the fear of the Lord is the key to this treasure.” Isaiah 33:6

The greatest treasure in this world for the students is knowledge. We seek knowledge through learning. Learning is a journey that begins the very moment we step into this earth. Education helps us to have a better perception of the cosmic manifestations and thereby enables us to adapt and develop new perspectives for the growth of human civilization.

Books have always been a means of conveying the knowledge acquired by a generation to the future ones. **As John Ruskin has quoted, “I want to speak to you about the treasure hidden in books; and about the way we find them”.**

Books play an essential role in every student's life. They not only provide them with knowledge of the outside world but also enlighten their inner self thus transforming them into better individuals. Books also help in developing a student's reading, writing and speaking skills and boost their intellectual, emotional and spiritual quotient.

This monthly digital magazine, **‘SFS Academy Tech Times’** is a humble step to encourage the juvenile souls to metamorphose into blissful youths. Hope the students and the parent fraternity enjoy this initial footstep and extend their enthusiastic support so that it can have a more profound impact in the future.

Rev. Dr. P M Lawrence

Principal

SFS Academy



EDITORIAL BOARD



“The function of education is to teach one to think intensively and to think critically. Intelligence plus character – that is the goal of true education.” - Martin Luther King, Jr

Education is a process of aspiring for knowledge and bringing out our talents. The word ‘education’ means ‘to bring out hidden talents. This is a journey that inculcates only knowledge but also ensures holistic development. Intelligence and character building are the two sides of a coin in the learning process. To aspire for knowledge in this technical world is very easy and everyone could do this at their home. The important thing in our life as learners is that learning something with character formation is essential for us. Character formation and intelligence enhancement are simultaneous processes, especially helping in our future life. The need for this has been proved in our day-to-day life during this pandemic. It can be understood by our lifestyle which we lead after the pandemic. As teachers, the first and foremost problem that we have witnessed is the behavioural issues in the school.

This is the post-pandemic period and we can compare the retention of knowledge by the students after the offline and online classes. It raises a question among ourselves, i.e., Are we giving importance to character formation or intelligence enhancement? Even we have seen that students have changed their posture in the classroom; how to sit and how to talk with teachers, friends and the elders on the campus. It is the need of time that if we want to build a healthy society, we need to concentrate more on our character formation. This is also a very important thing to insist more on the morals and values of humankind. A complete education gives not only power of concentration, but worthy objectives upon which to concentrate. The broad education will, therefore, transmit to one not only the accumulated knowledge of the race but also the accumulated experience of social living. The function of education must bring a balanced form of development for the human race and society. It should teach with morals rather than reasons. As Swami Vivekananda quotes “We want that education by which character is formed, the strength of mind is increased, the intellect is expanded, and by which one can stand on one’s own feet.” Let us spread the love of humanity with the gift of God in the form of education.

Editorial Board:

**Ms. Sarika Mishra, Ms. Priya, Ms. Manisha, Ms. Poorna,
Ms. Priti. P, Ms. Zeenath, Ms. Rosamma James, Ms. Queen Mary**



A LETTER FROM THE LEADERSHIP



WHAT HAS COVID - 19 TAUGHT ME?

Education for every child in this universe is the fundamental right of a child born in this world. Learning is an important process for human beings. It starts from their birth, even from the mother's womb. We learn everything and cultivate a wonderful environment to live in this universe. Last two years, we all as students, have witnessed the effect of this pandemic on the learning process. Ever since India's first case in March 2020, there have been crores who have been infected by the virus. This COVID - 19 becomes a battle as well as an obstacle to our learning process.

Although the conditions are much more stable now, the past can't be forgotten. I was in grade VII then, writing my annual exams. We hadn't even completed two papers before everything was closed. I have seen historical feats such as the 10th board examination being cancelled, the students being promoted to the next grade without writing exams, and many more. A new education system was put up - online learning. Apps like Zoom, Google Meet and Microsoft Teams were used for this purpose. And it became a learning crisis all over the world. Is this pandemic trying to teach us something? Yes, because nature is our teacher. The pandemic was probably pointing towards what we have done to our mother nature. The learning process that happened during the pandemic is a lesson for every individual in this universe. From my experience of the global pandemic, I learned that a single virus could very well turn the whole world upside down, uproot families and take away the smiles from people's faces. Here's where we learn about our COVID - 19 warriors, the doctors, nurses and other health care workers who put their life at stake treating the COVID - 19 patients. My whole family tested positive but we were lucky to survive. However, it is hard to console the ones who have lost their parents and loved ones in this pandemic. We have to learn more from the present situation than from the classroom. As future leaders, we have to be vigilant to think more about the lesson taught by the pandemic. We may think everything has set back to normal, but the actual lesson we have learnt is that it's going to be a new normal. It will have a drastic change in the learning process and it should be an alarm that we have to give importance to our environment.

Suman Maity, X A

Head Boy



Teacher's Corner

STUDY SKILLS

“Don’t study hard. Study smart.” – Amy Lucas

In today’s smart and nerdy competitive world one ought to have proper study skills to survive. One of the keys for excelling in academics or reaching glorifying heights in life is by devising effective study skills. Now, what do you mean by study skills? In simple terms, they are the study strategies and planning done for an effective approach to the whole learning process. Students who possess an array of study skills would certainly improve their confidence, knowledge and morale. They become the masters of their lives.

Are you an active listener? Are you good at managing your stress and time? Do you have the habit of taking down notes? If yes, then you have already mastered it. You may be already following a timetable as a part of your preparations. But is it helping you out? The common mistake everyone makes while preparing is that, one would set apart the time only for study. It is important to include what you love the most in your timetable. So the timetable should also comprise of leisure, study, prayer, family time, etc. One must prepare a timetable that includes all the activities from the time one wakes up till they go to bed.

Each one of us is different and unique. We do differ with respect to our pace in comprehending and grasping new concepts. Hence, we must give an off-time (no work), so that we can rejuvenate ourselves. You can dedicate this no-work time to any extracurricular activities.

Some of the essential ‘To-do’ things that can be followed to empower your study skills are as follows:

- Choose an ideal place to study.
- Avoid using your bed as your study spot.
- Make sure that you sit comfortably while studying but not to an extent of dozing off.
- Always prefer a wooden chair so that you won’t experience a cosy effect.
- Follow your biological rhythms and eat nutritious food.
- Allow short breaks to boost your energy levels.
- Try experimenting different methods of learning and follow them.
- Always start with the easiest topic/chapter so that you feel encouraged.
- Skim through the topics whenever you get time.

Remember that, “Success doesn’t come from what you do occasionally; it comes from what you do consistently”. Have consistency in what you do and soar high in life.

Ms. Lisha Louis

HOD, Dept. of English

COUNSELLOR'S DESK

DOES YOUR ADOLESCENT NEED COUNSELLING?

Humans go through various stages to complete the journey of their life. One of the most complex stages is that of adolescence. This phase is described as the period between the ages of 13 and 19 years. It is considered to be the transitional stage from childhood to adulthood and plays an important role in the formation of a prosocial or an antisocial adult. Adolescents experience a lot of emotional highs and lows. They deal with hormonal changes, puberty, social and parental forces, school pressures, as well as unprecedented stresses concerning school, college, and career confusion. They may feel great at one point, but the next second, they feel depressed and gloomy. These kinds of extreme mood swings are frequent during adolescence.

Appallingly, all of these adolescent problems are multifarious and linked to one another. So, when they face issues related to self-esteem and body image, they may develop stress or eating disorders. They may also feel stressed when they experience peer pressure and competition at school, or when they're misunderstood and punished at home. In response to this stress, many of them may indulge in smoking or drinking behaviours. Some may even find relief in locking themselves up in their rooms, playing video games or being on social media platforms for the entire day, which can result in addiction. At such times, adolescents can quickly become targets of online predators and once, if poorly treated; they may also resort to more dangerous practices.

To deal with failure, or due to peer pressure and the pressure to be 'cool', adolescents may resort to substance abuse or get into perilous relationships. Some may even end up engaging in delinquent activities. Then, it's needless to say that due to the vulnerability of this stage, adolescents need immense emotional support at home and school to protect them from indulging in at-risk behaviours.

The question of whether your adolescent is likely to engage in problem behaviours resurrects the debate of nature versus nurture. Herein, one aspect claims that genes and inherent traits are the most important in determining behaviour problems, while the other view emphasises the role of environmental factors such as unstable home, disregard, or absence of parental supervision, parenting style, sexual abuse or separation from peers and lack of education (Moffitt, 1993). It is commonly believed that students with deviant behaviours will outgrow them as time passes and become well-adjusted individuals. However, Patterson, Cipaldi & Bank (1991); Trembley (2000); Wahler & Dumas (1986) suggest that this does not stand true for students showcasing a regular pattern of behaviour problems.

A pattern of childhood behavioural problems is the best interpreter of misbehaviour in adolescence. According to Walker (2004), the most common behaviour pattern of students with emotional and behavioural problems are antisocial or externalising behaviours, characterised by moving out of place, shouting, talking without turn, troubling classmates, beating or quarrelling, ignoring the teacher or authority figures, being argumentative and dishonest, stealing, destructing property, not finishing homework, etc. Students with behavioural and emotional problems have too little social interface. They lack the social skills needed to make new acquaintances and frequently indulge in daydreaming and fantasising. Some are frightened



without appropriate reasons, repeatedly whine of illness and injury, and set off into a depression (Boyle, 2002).

To conclude, challenges faced by your adolescents are varied but interconnected in many cases. One problem leads to another and sometimes, it's not easy to get through these problems alone. So, if your adolescent is causing trouble at school or home or if he/she remains anxious or gloomy for an extended period, it indicates the need for guidance and counselling. At such a juncture, the counsellor can help your child identify the problem and the possible solutions to them. This clears the emotional chaos which clouds your adolescent's mind and aids them to work on their coping skills and enhance their communication skills. This boosts their self-esteem and promotes positive mental health.

Make sure to never trivialise your adolescent's concerns or shy away from encouraging them to seek help. Let's allow them to recover!

Note: Please contact the author for the article references.

**Ms. Christina Francis
Counsellor and Faculty**



STAFF ORIENTATION

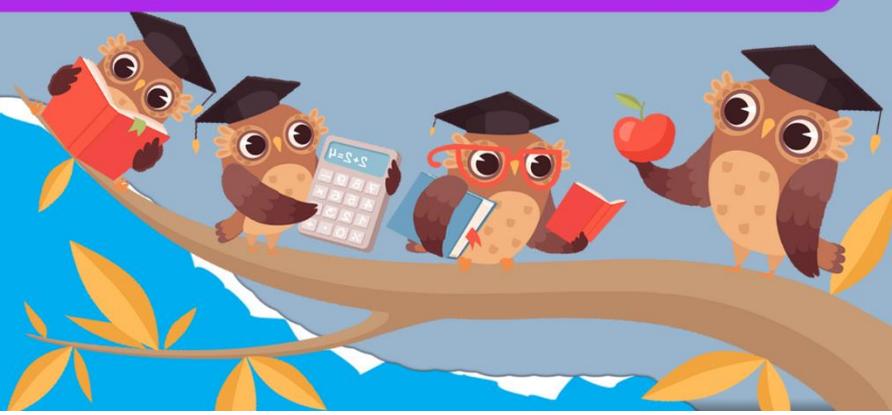
“Education is the passport to the future for tomorrow belongs to those who prepare for it today.” – Malcolm X

The staff orientation program (2022 – 23) started with meticulous planning by the principal and the academic coordinators of SFS Academy. The orientation was held for a week to prepare the educators for the forthcoming academic year, physically and mentally. With great zeal for the teaching-learning process, the orientation programme started on May 16, 2022. The HODs of various departments addressed the teachers on the academic roles of the educators in the classroom. Our principal, Rev Dr P M Lawrence, addressed the gathering and briefly discussed the rules and regulations for the academic year. Many seminars and training programmes were conducted during that week for making the teachers well equipped to handle the challenges in the field of education.

On the second day, May 17, 2022, Rev Fr Rohan D Almeida SJ addressed the staff of SFS Public School, Kengeri, Shree Ananthnagar Vidyaniketan and SFS Academy and enlightened the gathering about the real essence of the New Education Policy 2020.



On the third day, May 18, 2022, subject-wise department meetings were conducted by the respective HODs for deciding upon the action plan and split up for the upcoming academic year. The subject teachers of various disciplines were instructed to adhere to the year plan for the smooth functioning of the school.



The highlight of the fourth day of the orientation programme was fruitful for the teaching faculty. On May 19, 2022, the management organized department-wise training sessions by eminent resource persons.

The following were the resource persons:



Dr. N B Suresh – He is the director of the Sports Authority of India and is presently a resource person at the Karnataka Police Academy, Mysore.



Mrs. Mary Ann Sebastian – She is a subject expert and HOD of the Dept. of English in the Amaatra Academy, Bengaluru.



Mr. Nawaz Ur Rahman – He is a creative consultant at Burq Business Solutions. He mentors and supports a team of graphic designers, artists and animators.



Mr. Chikka Devegowda - He is a member of Rajya Sarkara Pathya Pustaka Rachana Sannidhi at the Karnataka Textbook Society.



Mrs. Shika Mathur – She is the HOD of the Dept. of Hindi in Delhi Public School, East Bengaluru. She is also a resource person for CBSE.



Mr. Mrunal Shah – Play Ambassador/STEAM Enthusiasist, Lead LEGO Six Bricks and Makey Makey Trainer and Founder at Sunday Bricks.



Mrs. Vamsheepriya Amar – She is the principal of MVJ International School, Bengaluru. She is also a chairperson of the Bangalore Sahodaya Schools Complex association. She has 24 years of experience in the field of education.

The most awaited day of the orientation programme was May 20, 2022, when our principal, Rev Dr P M Lawrence motivated and encouraged the staff with his inspirational talk. He talked about the survival kit for everyday living which comprised of virtues and values that we can imbibe from a toothpick, rubber band, pencil, eraser, chewing gum, mint, band-aid and tea bag. Academic coordinators then had a session on the mission and vision of the SFS Group of Institutions. The last day of the orientation programme was held on May 21, 2022. Holy Mass was celebrated to invoke God's blessing on the institution before commencing the academic year.



**Mr. Rudresh Rajappa
HOD, Dept. of Science**

BIENVENIDO

“All children start their school careers with sparkling imaginations, fertile minds, and a willingness to take risks with what they think.” – Ken Robinson

This quote came true on the first day of the new academic year. Bienvenido 2022 – 23, the inauguration of the academic year was held on June 4, 2022. The programme started with the marching band of the school inviting the honourable chief guests of the day. The inauguration ceremony commenced with a prayer song. The event was presided over by the president of the function Rev Fr. Joshy Philip, MSFS, Manager, SFS Group of Institutions. With the beautiful words of welcome, the chief guest of the programme, Rev. Fr. Vinod Kannat, MSFS, Financial Administrator, SFS Group of Institutions, and the other dignitaries were welcomed with a bouquet. This was followed by the blessing of the school by Rev Fr Jabamalai, MSFS, Principal, SFS Public School, ICSE & ISC; Rev. Fr. Jijo Manjackal, MSFS, Principal, SFS Evening College; Rev. Fr. Dorai Swamy, MSFS, Assist. Parish Priest, SFS Church and Rev. Fr. Thonikuzhyil Robin, MSFS, Finance Administrator, SFS Degree College. A dance was performed by the students after the blessing. The chief guest and the president of the programme inspired the students with their valuable messages regarding the new academic year. Rev Dr. P M Lawrence, MSFS, Principal, SFS Academy, then addressed the gathering about the school's motto “Education of the heart is the heart of education” and introduced the new teaching and non-teaching staff. The guests were then thanked and presented with gifts by the principal. The programme ended with the National Anthem.

Ms. Sabna
HOD, Dept. of IT



BIENVENIDO



AZIONARE



“A leader is who knows the way and shows the way.” - John C. Maxwell

Azionare 2022 – 23, the investiture ceremony was held on June 11, 2022. The SFS Academy family elected and selected the members of the school cabinet a week before the ceremony.

The ceremony started with the marching band of the school inviting the prefects, the guest of honour and the chief guest for the day. This was a spectacular moment as it set the mood for the event. This was followed by the prayer song, welcome speech and the lighting of the lamp.

The chief guest was Mr Bijender Singh, Inspector and the guest of honour was Mr Prakash Belwal, Sub Inspector. Mr Prakash motivated the young leaders with his honest words. The badges and sashes were given to the members of the school cabinet by the chief guest and the guest of honour. It was a proud moment for all the parents to witness their wards being invested as they embarked on a new journey as leaders.

Our principal, Rev Dr P M Lawrence, imbibed the spirit of 'Soaring High' while administering the oath to the members of the school cabinet. He then congratulated the newly elected members and emphasised the significance of setting priorities, responsibilities and leadership qualities.

The mesmerising performances by the students of SFS Academy added the right amount of spice to the programme. The chief guest and the guest of honour were felicitated with mementoes and bouquets. The ceremony concluded with the School Anthem followed by the National Anthem.

**Ms. Reeta
Faculty, Dept. of Science**



FATHER'S DAY

The SFS Academy kindergarten celebrated Father's Day on June 17, 2022. The kindergarten students enthusiastically participated in the activities planned out for the day.

PRE KG: Students were given a 3D cut-out of the word DAD. They were asked to colour it with colours of their choice and decorate it with star stickers.

LKG: Students were given coloured sheets that were cut into particular shapes. They were asked to join the different shapes to make a superhero with the word "SUPER DAD" written on it.

UKG: Students were given a plain greeting card with a white tie on it. They were asked to do finger painting using their index finger with different colours on them. They were also asked to write "HAPPY FATHER'S DAY" on the greeting card.

All the crafts were sent home along with the students so that they could present them to their fathers. The families captured the beautiful moments and uploaded them to the students' Microsoft class teams.

Ms. Lavanya Shaji

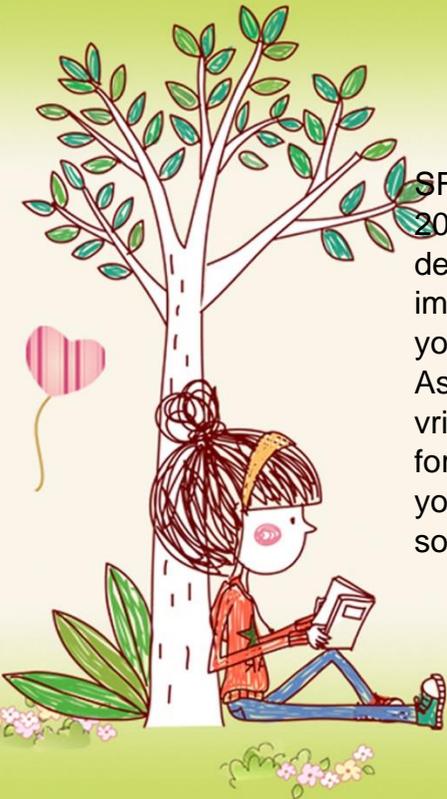
Facilitator, Kindergarten



Yoga for Humanity



SFS Academy celebrated International Yoga Day on 21st June, 2022 in the school campus for grade I to X. Physical education department conducted an awareness programme on the importance of yoga day and enlightened the students with some yoga postures in the programme. The boundless peace of doing the Asanas like Surya Namaskara, Balasana, vajrasana, padmasana, vrikshasana and many asanas with the theme of the year , 'Yoga for humanity', implied the students to know the importance of the yoga in our day today activity and practice it for the sound mind in a sound body.



Yoga for Humanity



On June 21, 2022, International Yoga Day was celebrated at SFS Academy Kindergarten.

The essence of yoga is balance - not just balance within the body or that between the mind and the body, but also balance in the human relationship with the world. Yoga emphasizes the values of mindfulness, moderation, discipline and perseverance. In keeping with this spirit, the theme for this year's Yoga Day celebration was "Yoga for Humanity."

The welcome speech was given by Mrs Rachana. Ms Mala then talked about the importance and benefits of Yoga and demonstrated a few asanas like Tadasana, Ardha Kati Chakrasana, Baddha Konasana, Bhujangasana and Shavasana. Students performed these asanas along with the teachers with joy and enthusiasm.

Ms. Mala

Faculty, Dept. of Physical Education





ENVIRONMENT DAY

SFS Academy Kindergarten celebrated World Environment Day on Friday, June 24, 2022. The main objective of the celebration was to spread awareness about the need to protect mother earth from different types of pollution and the ways to make mother earth happy. The celebration began with a skit performance by the kindergarten teachers and the highlight of the celebration was the planting of a sapling in the school campus by the academic coordinators. Activities were also conducted in the classrooms. The following activities were planned for the day.

PRE KG – Students were asked to do fingerprinting on a tree template with green and brown colour paint.

LKG – An outline of a tree was given on a colouring sheet and the students were asked to colour it.

UKG – Green and brown colour crepe papers and sheets were provided to the students. They were asked to cut the crepe papers into pieces and stick them on the sheet to make a tree.

The celebration was a success as the kindergarten students and teachers participated with great enthusiasm. At the end of the celebration, all the students were given paper bags with the message of 3Rs, i.e., Reduce, Recycle and Reuse.

Ms. Veena Katti

Facilitator, Kindergarten



ENVIRONMENT DAY



Pantomime

The communicative English aims at developing the practical language communication skills needed for academic study and subsequent adult life of a student. As part of the curriculum, the students of Grade X A & B seized an opportunity to enact a role play based on the lesson "The Midnight Visitor" from the supplementary reader textbook Footprints. One of the students, Trisha C.R from X B quoted, "Visual learning is the most effective learning style that helps us to understand the concepts better. This role-play has not only helped us to comprehend the story better but also to have an analysis of the characters. Enacting the story was surely one of the most fulfilled ways of learning values from the story." Students of grade X experienced an innovative way of learning and thoroughly enjoyed the experiential learning.

Students of Grade X Sec A & B



STUDENTS' CORNER

TOMORROW LOOKS GOOD

EARTH, OUR ONLY HOME

Earth, our only home
A planet of blue!
And will soon be
A graveyard too!

Smoke and dust
Grows every day!
Global warming is
More than today!

No more smoke!
No more pollution!
Let us keep our only home safe
From evolution.

Plant a seed
Keep it safe!
To see how many
Lives you have saved!
'Let us not lose our only home
Save Earth, save humanity.

K. S. Vaishnavi, VII

JOY OF FAMILY

Families be together,
Happy forever.

It is true that,
Together is power.
When all are together,
There is a happiness shower.

It joins us together,
The true bonding.
The love of theirs,
Removes all wounding.

When we are together,
We all enjoy.

We dance and play,
That is called pure joy.

Families be together,
Happy forever.

Rithiga Rengarajan, V D

THE BEAUTY CONTESTS

A farmer was returning home after working in the fields when two ladies appeared before him. "I'm the goddess of wealth, the first lady said. "I'm the goddess of poverty," the second lady said. "What do you want?" the scared farmer asked them. "You must tell us who is the most beautiful amongst the two of us", the goddess of wealth said.

I'm in deep trouble, the farmer thought, I shall incur the anger of the other goddess no matter what I choose. I must think fast!

The farmer was a clever man. "You are more beautiful when you choose to enter a house," he said with folded hands to the goddess of wealth. He then turned to the goddess of poverty, bowed respectfully and said to her "But when you leave a house, it is you who is more beautiful."

Both the goddesses smiled with pleasure at the farmer, blessed him and disappeared. "Phew! That was a close call," the farmer said in relief and rushed home.

Sarah Ann Mathew, VII D

CHRISTINA

There was a girl named Christina. She was extremely pretty and studied very well. She was studious in studies but arrogant in nature. She grew up to be the same person. When she grew up and became a young entrepreneur, she started her company. Her company used to cut a lot of trees, but she never cared about it. She just wanted to earn money.

Her parents were heartbroken by her rude behaviour, so they called her uncle who was a scientist. Her uncle asked her parents to send some photos of Christina, admitted to the hospital for taking treatment for her ill health. As her uncle told them, her parents did. The next day Christina's uncle called her and told her to meet him in his laboratory. She came and asked her uncle, "Why did you call me here, uncle?" Her uncle said, "I and my teammates have created a machine, which you may say is a time machine. This shows the future but as pictures. I want you to be the first one to try it." "Huh! Fine, but I can stay only for five minutes," said Christina. Then she stepped inside the machine. Her heart was broken after what she saw. In the first picture, she saw a doctor standing beside her parents' bed. So, this was not an ordinary bed, it was a hospital bed. The next picture showed that a lot of animals were dying and there is no oxygen left on earth. Then she saw the trees being cut down by her company. In the last picture, she saw herself bedridden and was horrified. She immediately left the laboratory and reached home to apologize to her parents.

The next day she implemented a new policy in her company, that if they cut a tree, they will plant a tree. Now she is leading a happy and peaceful life. The moral of the story is, to love everyone and everything because what you have now may not be there in future.

S. Rafaela Fernando, VII C



Hearty Welcome!

Our community of teacher continues to grow, but our mission statement always remains the same. We are here to serve, teach and help our students.

Hearty welcome to our new teachers!





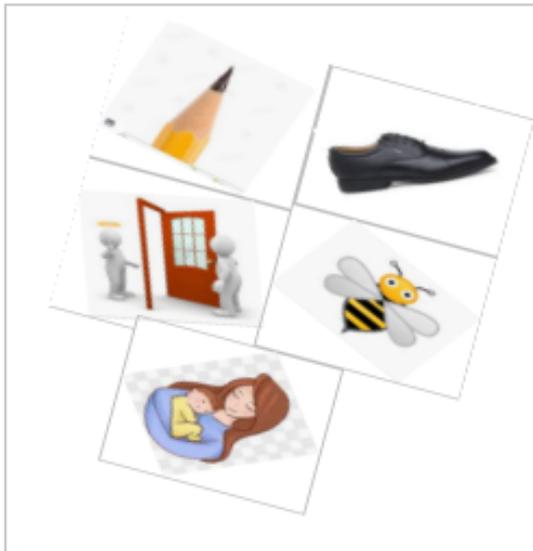
Commendation to our Principal

Congratulations to our dear Principal on becoming an Honorary Ph.D. holder! A dream becomes a goal when action is taken toward its achievement. After all the hard work that he has put in, he deserves what he has been awarded. He has proved again how dedicated and strong-willed he is. SFS Academy feels proud and wishes the principal, Rev. Dr. P M Lawrence, MSFS, on earning his honorary Doctorate in Education from the British National University of Queen Mary, UK. This is a great success for the entire family of SFS Academy.



THE CLEVER LETTERS

A. Find the words from the box as per the clues given. You can also find the extra words apart from clue words. (For grades I – V.)



S	h	a	r	p	l	g	m
t	o	f	e	a	k	n	o
o	t	i	g	u	e	s	t
p	d	l	u	m	l	h	h
m	a	l	l	g	r	o	e
m	e	f	a	t	h	e	r
y	y	t	r	a	i	n	d
e	e	b	e	s	u	o	h

B. An idiom is an expression whose meaning is different from the meanings of the individual words in it. Find the hidden idioms in this picture. One is done for you. (For grades VI – X.)



1. Red Herrings (Something that misleads or distracts).
2. Shoe's is on the other foot (Situation has changed to the opposite).
3. _____ bucket (to die).
4. _____ spoon
_____ (born into a rich family).
5. _____ (Someone who has a very important position).
6. _____ eggs

- (Don't risk everything with one idea or plan).
7. _____ (Time passes quickly).