



Nirmala

TIMES

2024-25



**NIRMALA CONVENT
SR. SEC. SCHOOL**

KATHGODAM (NAINITAL)



Annual Newsletter



From The Chief Editor's Pen...

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.

Dear Readers,

The academic session 2023-24 was filled with remarkable feats and cherished moments and the pages of this newsletter bear testimony to it, reflecting the amazing talent, creativity and zeal of Nirmalites. It is also a reflection of what Nirmala Family -the management, students, teachers and parents have achieved collectively, all working together towards a common vision - nurturing young minds and providing them with an enriching and supportive educational environment.

We, at Nirmala Convent, are committed to fostering educational excellence with emphasis on the spiritual, mental, moral, social & physical development of a child. For this is 'real education'. Education is not merely cramming up of information and getting grades, 'real education' is in fact what prepares you for life. It goes beyond grades. It is not solely about academic success; it's about shaping character, fostering compassion, and cultivating values that students carry with them when they step into the outside world.

In the words of John Dewey, American philosopher, psychologist and educational reformer - "Education is not preparation for life, education is life itself." True education changes you, empowers you, makes you a better person, to build a better life for yourself, society, nation and the world.

"Intelligence plus character-that is the goal of true education." – Martin Luther King Jr. Education is not merely the process of accumulation of knowledge but also involves the development of critical thinking, creativity and problem solving. A crucial part of education is social and moral development. We live in a technology driven modern society where the standards of living are high but there has been tremendous degradation in society, deterioration in morals and values and culture. In such a scenario, it is imperative that education focuses on the character development of an individual. Otherwise, the educated will remain illiterate.

It would not be wrong to say that education begins in the womb of the mother and continues till one is alive. It is not a 'crash course'. If we do not 'grow' as an individual, despite getting top grades – well that's not what education is all about. Children must learn beyond the pages of their textbooks. Be like a sponge, absorbing new things at every given opportunity. It is the daily progress that one needs to aim for. Everyday promising yourself to be a better version of yourself. Because you are preparing for LIFE.

Dear children, do not limit yourself to exams and grades. Have experiences in life – read, travel, meet people, interact, collaborate and broaden your horizons. Be active, set goals and go after them doggedly. Don't live aimlessly and with regrets. When you miss your goal despite honest efforts, don't lose heart. Sometimes we learn more from our failure than from our success. Remain focused and determined.

It has been a year of learning, growth, joy, and shared accomplishments. And as we embark on this new journey - academic session 2025-26, we are excited to witness the growth and development of our students. So let's join hands and continue to strive for excellence in all our endeavors.

Heartfelt thanks to the Management, the Principal, Ms. Bhawana Mehra, Cisofitcare team, teachers and students for their support and contribution in bringing out this edition of Nirmala Times.

Happy Reading!

Raksha Sirari

Chief Editor

The Manager Speaks...

" Education is not the learning of facts, but the training of the mind to think." - Albert Einstein.



My dear children, parents, and the staff of Nirmala School,

Being in any school is like being on a journey. As you continue on your journey of learning and growth at Nirmala, I wish to appreciate and congratulate you for the incredible progress you have made so far as sojourners.

Even as I congratulate you all, staff and parents, I also wish to caution you about something. As we navigate the ups and downs of life, it's easy to lose sight of what truly matters in life. We need to remember, as responsible members of our community, that we have a unique responsibility to shape the minds and hearts of our future leaders.

If you want to grow a good crop, you have to ensure that your neighbours also sow equally good seeds. It is simple common sense that tells you that you will otherwise get an underrated crop through cross-pollination because your neighbour has grown seeds of a lower quality. A smart farmer will ensure that his neighbours also grow excellent quality crops, or he will help them do it. In the same way, it should be our aim at Nirmala, to help all our students grow together, learning from one another and interrelated. To do that, it is necessary to help our children to become empathetic, helpful and concerned about their neighbours.

As the Manager of the school, let me assure you that we are committed to empowering our students to reach their full potential. But we can't do it alone. I urge each of you to take an active role in supporting one another, whether it's through a kind word, a helping hand, or a listening ear. Remember, every great achievement begins with a single step. Let's work together to create a culture of kindness, compassion, and excellence.

As the renowned poet, Maya Angelou, once said, "Do the best you can until you know better. Then when you know better, do better." Let's strive to do better, together.

Best Regards,

Sr. Rittie Michael
Manager



From The Principal's Desk

“Education is for improving the lives of others and for leaving your community and world better than you found it.” - Marian Wright Edelman.

Dear Students, Parents and Staff,

Any school worth the name exists as a lighthouse. It is a guidepost that shows the correct way to young people who wish to make something sensible out of their lives. It matters a lot, therefore, what kind of direction we wish to give to the learners who come to us with open minds and hearts.

It has been the sense of purpose of the administrative team of Nirmala School to make our school a beacon of hope for the young minds who come to us, requesting purposeful guidance in their search for meaning in life. So, what I have been personally trying to do is to help our young students focus their attention on growing up as well-integrated individuals, acquiring knowledge, gaining wisdom and becoming sensitive to the needs of their neighbours around. To our understanding, anyone who needs our help is our neighbour.

As I look back, I feel confident to state that we are progressing in the right direction, and we need to achieve a lot more. We have made serious strides. From academic achievements to extracurricular successes, our school community has truly shown its strength and resilience. However, we need to do more. Beyond bookish learning, leading to a collection of information and techniques, our students need to learn to understand themselves as interrelated beings, whose development can happen only when everyone learns together and rises together.

As we look to the future and journey on, I want to encourage every one of you to strive for this sort of greater excellence in all that you do. Whether it is in the classroom, on the playing field, or in your daily interactions with one another, remember that every moment is an opportunity to learn, to grow and to make a positive impact on everyone around us.

The great Buddhist monk Tich Nhat Hanh spoke of interbeing. Though it has a specific Buddhist connotation, I understand it to mean that everything, and in a way, everyone is interrelated. We need to help everyone to grow together. At Nirmala, we are committed to providing a supportive and inclusive environment that allows each student to thrive. It has also been my striving to make the overall ambience of the school more appealing and pleasant. However, we need your proactive assistance to make this vision a reality. Let us band up and toil together to fashion a counter-cultural community that is built on kindness, empathy, and a deep respect for one another that rises from the recognition that we are deeply intertwined.

As I conclude, I wish to thank you for being part of our school family. I am honoured to serve as your principal and look forward to seeing the amazing things we will achieve together.

Sr. Smitha Mathew

Principal

The Year At a Glance

'The old has gone. The new is here.' As we embark on a new academic journey 2025-26, we thank the Almighty for his numerous graces, for watching over us and for being our guiding light. With great hope and anticipation, we get ready to begin the new session and embrace the opportunities and challenges that lie ahead. So, it is opportune that with a deep sense of gratitude in our hearts, we reflect on the significant happenings and achievements of the year gone by.

Significant Events and Accomplishments of the Session 2024-25

A New Beginning

On April 1, the Principal, Rev. Sr. Smitha Mathew presided over the first staff meeting of the new academic session. Sr. Smitha welcomed the teachers and the new members of the staff - Ms. Neha Pant, Ms. Abhilasha Sah, Ms. Rebeka Chakaravorty and Ms. Surabhi Jordan. The new session commenced on April 3, with a special morning assembly. The Principal enthusiastically and warmly welcomed the students and teachers, wishing them God's abundant blessings. She motivated them to begin the new academic session with a positive mindset and set new academic and personal goals.

AISSE (Class X) & AISSCE (Class XII) RESULT The Toppers 2023-2024

Nirmalites came out with flying colours in the class X and XII board examination. The senior students brought laurels to the school by excelling in AISSE and AISSCE examinations.

AISSE Topper



Kavya Gururani
99.4%

AISSCE Toppers



Muskaan Jakhar
99.2% (Humanities)



Dhanishta Kandpal
97.2% (Science)



Sarthika Dumka
97.2% (Science)



Gaurav Joshi
96% (Commerce)

Celebrations & Functions

Vidyarambh Ceremony

The traditional 'Vidyarambh Ceremony', which marks the initiation of toddlers into the world of writing, was organised for the toddlers of Nursery and their parents on April 6. It was a moment of pride and joy as the toddlers began their journey of discovery and learning. The programme aimed at marking this significant day, welcoming the tiny tots and acquainting the parents with the rules and regulations of the school.

Investiture Ceremony

On April 26, in the solemn and formal Investiture Ceremony, the





new members of the School Cabinet were administered the oath of duty by the Principal. The school leaders vowed to perform their duties with honesty and integrity, uphold the ideals of the school and serve as role models for their peers.

Literary Association (L.A.) Inauguration

The Literary Association (L.A.) of the school aims to provide a platform for the students to showcase their talent and creativity. The Principal, Sr. Smitha Mathew, lit the lamp at the L.A. inauguration ceremony on April 2. In her inspiring address, she encouraged the students to participate enthusiastically in the L.A. activities and sharpen and hone their talent & skills. Diverse activities were conducted for the students throughout the year, allowing them to express themselves and build their confidence.

International Workers' Day

A special assembly was conducted to mark this significant day. The chachis and bhaiyas were honoured by the management, staff & students for their invaluable contribution and unwavering dedication to the smooth running of the school. To express their gratitude, students presented tokens of love to the supportive staff.

Happy Moments

On July 27, in a joyous birthday celebration, students and teachers came together to extend warm birthday greetings to the Principal, Sr. Smitha Mathew. They prayed for her happiness and good health. On this occasion, a special ceremony was organised to recognize and reward the students who achieved full attendance and academic excellence in their respective classes in the previous academic session. In her address to the students, Sr. Smitha stressed the need to stay motivated and encouraged the students to continue working hard.

Independence Day

With great national pride, the school celebrated Independence

Day, remembering with gratitude the sacrifices made by the patriots, that shaped our nation. Patriotic songs resonated in the environs of the Nirmala playground, setting the tone for the momentous day. The Chief Guest, Rev. Fr. Derick Pinto, Director Suchetna, hoisted the tricolour and took the salute of the house march past. A patriotic cultural programme ensued, highlighting the essence of the day. Through their presentations, infused with the spirit of patriotism, students expressed love for their motherland through songs, speeches, poetry and dance.



Academic Excellence

A grand felicitation ceremony, the first of its kind, was organised on August 31, to recognise and honour the meritorious students of class X (AISSE) and XII (AISSEE). A total of 121 students were felicitated on this special occasion (52 students of class XII and 69 students of class X). The Chief Guest, Shri. Tara Singh, the Block Education Officer of Haldwani, presented mementoes to the students who were accompanied by their proud parents. In his inspiring address to the students, he motivated them to remain focused and strive towards their goals with determination and passion. A beautiful welcome dance and scintillating musical presentations added sparkle to the event.





The Feast of Mother Brigida

A day of immense significance for Ursuline Sisters, the Feast of Mother Brigida, the Foundress of the Congregation of the Ursulines of Mary Immaculate, was celebrated in the school with great joy. Students and teachers came together to celebrate and honour the remarkable legacy of the Foundress, a beacon of compassion, dedication and faith. During the inspiring 'Mother Brigida Week', various activities were organised for the students like pencil sketching, essay writing, calligraphy, board decoration & drawing competition. The occasion provided the Sisters,



teachers and students with a wonderful opportunity to celebrate the school's legacy and the visionary spirit of the Foundress of the congregation of UMI.

Heartfelt Celebration

With gratitude in their hearts, students came together to celebrate Teachers' Day, which marks the birth anniversary of Dr. S Radhakrishnan - a great educationist and the second President of independent India. A delightful variety show was presented to honour, appreciate and acknowledge the efforts of teachers. Students of the senior section led the heartfelt celebration, showering love upon their teachers. To add a special touch to the day, the school Management organised a fun outing for the teachers to Masai Mara Water Park, Ramnagar.



Gandhi Jayanti & Lal Bahadur Shastri Jayanti

On October 2, a special prayer service was organised to commemorate the birth anniversary of Mahatma Gandhi and Lal Bahadur Shastri. Through thoughtful presentations, the school paid rich tributes to the great sons of the nation and reflected on their contributions to the nation.

Children's Day

A special assembly marked the beginning of Children's Day celebration in the school. To make the day special, the Management and staff organised a fancy fete for the students. The school buzzed with excitement as students enjoyed their special day with their friends. It was a joyful celebration filled with laughter and good cheer. The school playground transformed into a fun zone with attractive stalls of delicious treats and exciting games. The cheerful faces and radiant smiles of children reflected their happiness and excitement as they enjoyed their special day. To make the day special for the toddlers of nursery class, a fun outing was organised at Shyama Garden.

The Feast of the Immaculate Conception of Mother Mary

A special morning assembly was conducted by the students to commemorate the Feast of the Immaculate Conception of the Blessed Virgin Mary. The presence of Sisters of Nirmala Community made the day special. Tokens of love and gratitude were presented to the Sisters.

Birthday Greetings

The birthday of the Manager of the school, Rev. Sr. Rittie, was celebrated with great joy by the staff on December 4.





Colours of the Rainbow

There was a vibrant display of the colours of the rainbow as young Nirmalites performed on the playground of Nirmala captivating the hearts of the audience at the annual sports day (Nursery-Class III). The programme commenced with the traditional lighting of the lamp by the Chief Guest, Rev. Fr. Royal Anthony, Education Secretary of Bareilly Diocese, Guests of Honour – Mr. Joginder Pal Singh Rautela, former Mayor of Haldwani & Rev. Sr. Celine Mathew, President, Nirmala Education Society. They were joined by the Manager of the school Rev. Sr. Rittie, the Principal Sr. Smitha Mathew and a special member of the audience. The guests then released balloons to commemorate the occasion. The programme commenced with a captivating welcome dance, followed by an array of interesting drills and fun races which delighted the audience. The Chief Guest, Fr. Royal Anthony addressed the audience, urging the parents to give quality time to their wards and see them bloom. The programme concluded with the medal ceremony.

Annual Athletic Meet

It was two days of thrills and cheers as the 37th annual athletic meet was organised on December 10 & 11. The Chief Guest Father



Elias Mark Dsouza, from Suchetna Social Service Society, Kathgodam, declared the meet open. Displaying true sportsmanship spirit, students participated in various athletic events with great enthusiasm. Priyadarshini house emerged victorious. The tug of war between students and teachers drew loud cheers. At the

closing ceremony, individual champions were felicitated and they took the lap of honour amidst great cheering.

Christmas Festivity

On December 23, Christmas was celebrated with great joy in the school. The festivities included carol singing and a beautiful Christmas programme presented by the students, conveying the



essence of Christmas – God's unending love for humanity. The Chief Guest- Father Areesh Stephen, from Suchetna Social Service Society, Kathgodam, graced the occasion and delivered a beautiful Christmas message, emphasizing the importance of love, kindness and compassion. Rev. Father encouraged the children to spread joy and happiness around them. Later, a Christmas celebration was organised for the staff.

Republic Day Celebration

With great pride and patriotic fervour, the school celebrated Republic Day. The celebration began with the unfurling of the national flag by the Chief Guest Parvesh Kumari, senior supportive staff and an invaluable member of Nirmala family. The Chief Guest took the salute of the impressive house march past. A cultural programme infused with the spirit of patriotism ensued. Ananya Johri (XII-A) & Jahnvi Tiwari, (XII-E) were awarded with 'General Proficiency Award' and 'Excellent Academic Record', respectively by Mr. Deepak Maheshwari, an alumnus of Nirmala School. Ms. Kiran Tiwari and Ms. Farah Diba, members of the teaching staff, were felicitated for achieving full attendance during the academic session 2024-25.



Warm Welcome

A special assembly was organised on July 10, to welcome the new office in-charge, Sr. Mamitha Paul.





Happy Birthday

On October 20, the members of the staff got together to celebrate the birthday of Sister Mamitha Paul, wishing her good health and happiness.

Valedictory Function

The Valedictory function marking the end of L.A. activities for the session 2024-25 was organised on February 8. The L.A. report for the session was presented by the L.A. Captain & Vice-Captain. A befitting programme marking the occasion was presented by the students. The Principal, Sr. Smitha Mathew and Sr. Mamitha Paul presented trophies to the winning houses.

Championship for house duties - Pataudi house

Championship for L.A. activities - Pataudi house

Championship for sports and team events - Priyadarshini house

Overall Championship - Pataudi house

Celebrating Diversity



Students conducted meaningful special assemblies to commemorate special occasions like Constitution Day, International Workers' Day, Feast of Mother Mary, Gandhi Jayanti, Sardar Vallabhbhai Patel Jayanti, Dusshera, Feast of Mother Brigida, Uttarakhand Sthapana Diwas, Samvidhan Diwas, Feast of the Immaculate Conception, Martyr's Day, etc., to name a few. The students highlighted the significance of these days through meaningful presentations, motivational thoughts & speeches, songs and dances.

25 Years of Religious Life

With great joy and enthusiasm, we Nirmalites celebrated the



Silver Jubilee of our dear Sr. Anjali Jacob, Provincial Treasurer, and thanked God for the innumerable blessings the Lord showered upon her during her 25 silver years as well as for her dedicated and committed services to the civil society and the family of the UMI during the same period.

International Women's Day

Sisters and Teachers came together to joyfully celebrate International Women's Day on March 8.

Farewells & Special Visits

Sweet Goodbye

With mixed emotions, the Management, staff & students bade farewell to the Vice-Principal, Sr. Joyce, office-in-charge, Sr. Suja, Mr. Mukesh Pant, Ms. Poonam Joshi, Ms. Sharda (hindi medium section) wishing them happiness and good health. Students and teachers expressed their love, affection and gratitude to Mr. Mukesh Pant and Ms. Poonam Joshi who retired after a long period of teaching service at the school. Ms. Yangchen, a member

of the teaching staff was also given a farewell on this day.

Celebrating 25 years of Dedicated Service

On the occasion of the silver jubilee of three members of Nirmala Family- Ms. Asha Lawrence, Ms. Meenakshi Bisht and Ms. Theresa Singh, the jubilarians were honoured for the dedicated services they have rendered to the school.

Heart full of memories

A special farewell programme was organised by the students of class XI on January 26, as they gave a warm and loving send-off to their seniors, the students of class XII. Filled with love and good



cheer, the variety show by the students of class XI made the day very special for their seniors. In a special prayer service, the Manager, Principal and teachers prayed for the well-being of the outgoing students and wished them well in their board examination and future pursuits. There were scenes of camaraderie and good cheer as students interacted with their friends, juniors and teachers. Mementoes were presented to the students as tokens of love and affection.

School Inspection

On November 27, there was great anticipation in the air and the school was abuzz with excitement as the management, staff & students welcomed the school inspection team comprising Rev. Sister Felicia, Provincial Secretary of Nirmala Province, Sister Anjali Jacob, Provincial Treasurer & Sister Rekha Punia, Principal, Ursuline Senior Secondary School, Greater Noida. As the inspectors meticulously evaluated the educational standards and practices of the school, the students and teachers put their best foot forward and impressed the inspection team. The experienced team shared valuable feedback and suggestions with the staff who in turn assured the inspection team of providing quality and holistic education to the students.

Hearty Welcome

November 30, the day of the annual visit of Reverend Sister Celine Mathew, President of Nirmala Education Society, was a day of great joy and excitement. With beaming smiles, the teachers and students warmly welcomed the special guest. A special assembly was presented by the students in honour of Reverend Sister Celine, which was greatly appreciated by her. In her inspiring words, she acknowledged the collective efforts of the Management, staff and students and congratulated them for taking Nirmala School to great heights of educational excellence.

Glorious Victories & Special Achievements

Amidst the academic rigours, Nirmalites participated in various inter & intra-school activities, bringing laurels to the school. The achievements of students showcase their exceptional talent and prowess in different fields.



➤ St. Mother Teresa Memorial inter-school athletic meet was organised at St. Peter's Senior Secondary School Kiccha from November 9 to November 11, 2024.

- In the sub-junior category, Saransh Gunwant of class VII won the gold medal in the long jump and bronze in the relay race.
- In the junior category, Suryansh Bhagrari, X-D, won the gold medal in discus throw and silver in shotput. Anvesha Chaudhary, X-D, won the silver medal and Jigyasa Sharma, X-E, won the bronze in discus throw. Jigyasa Sharma won bronze in the relay race as well.
- In the senior category, Nitika Nayal, XII-D, won the silver medal in shotput. Divyanshi Rawat, XI-D won the silver medal in discus throw. Diya Gurung, XI-C got the silver medal in long jump. Niharika Bisht, XI-D, won the silver medal in 200m race and bronze in 100m race. Shivansh Rawat, XII-C, received the bronze medal in 1500m race and a bronze in 800m race.

➤ The junior boys' cricket team participated in the PSA under 14 cricket tournament organised by PSA at Arden Progressive School, Lamachaur, from December 16 to 23, 2024. The team emerged victorious in the final and lifted the winner's trophy. Hardikraj Singh Bisht was declared 'Man of the Match'. Samar Pratap Singh was named the best bowler and Naitik Danu was named the youngest cricketer.

➤ The school cricket team participated in the inter-school cricket tournament organised by Haldwani Colts Academy, at Haldwani Colts Ground, and emerged victorious.

➤ At the Inter-school Badminton Championship, organised by P.S.A, the junior boys team of Nirmala – Pratham Kuwarbi (VII-D) & Aarav Adhikari (VII-D) won the runner-up trophy.

➤ Sankalp Rakshit Newalia, XI-C, secured the second position in North Zone Karate Competition.

➤ Ananya Agarwal (VII-A) secured first place in the drawing competition organised by Amar Ujala.

➤ Rudransh Ahuja, XI-E and Vaishnavi Pandey, XI-E, secured first place in



the Bharat Ko Jano Competition which was held at St. Theresa Sr. Secondary School, Kathgodam and at Bharat ko Jano Prashanmanch, Rudrapur, they won the second place.

- Kavyanjali Basera, VII-E, secured 3rd place in the National Yogasana Sports Championship. She secured first place in the Artistic Yoga Contest held at Dikshant International School, Haldwani.
- Aradhya Joshi, IX-A, secured first place in Uttarakhand Schools Dance Competition (USDSC) district championship which saw 600 students taking part.
- Amar Ujala Little Master News Reading Competition: Students of classes VI-XII participated in a week-long news reading competition which aimed at promoting newspaper reading habits among children. Vatsal Suyal, IX-B, secured first place in the school.
- Students of classes VI-VIII participated in the Hindustan Olympiad.
- Yumi Chuphal, VII-E, won two silver and one bronze medal in freestyle, butterfly and breaststroke swimming contests held at Naldamyanti tal. In the same competition, Navya Sirola (VIII-A) won one silver and one gold medal.
- Bhavyam Singh Chuphal, VI-B, won the bronze medal in the National swimming contest. Vihan Singh Sirola (V-C), won two gold medals, one silver and one bronze medal, in the National swimming contest.
- In the 6th edition Inter-school Badminton Championship, organised by JPS Public School, Rudrapur, Aradhya Bisht, IX-C, secured first place and won two gold medals in the singles and doubles category (under-17). Mansi Pandey, IX-D, secured first place in doubles.
- Roshita Bhatt, IX-A, won two silver medals in the National Karate Championship, held in New Delhi.
- The melodious singing of the talented choir group of Nirjala helped the group to secure the second place at the block level Sanskrit Singing Competition amidst 25 schools of Haldwani. With this, they made it to the district level of the competition which was held at Har Govind Suyal School, Haldwani where the group secured the second place.
- Students participated in the Nukkad Natak competition organised by PSA at Imperium Sr. Sec. School, Daulatpur, Gaulapar and secured second place.
- The junior girls' basketball team won the runner-up trophy in

the district basketball association Nainital, Khel Foundation, held at Haldwani Stadium.

- The junior girls' basketball team participated in the 9th Uttarakhand State's Games 2024, organised by Uttarakhand Sports Association, at Gyandeep Global School, Bazpur and was the runner-up team. The senior boys' basketball team participated in the same event and secured the third place.
- The senior girls' basketball team secured first place in the interschool basketball tournament, held at Aryaman Vikram Birla Institute of Learning.
- At the SKM basketball championship, the senior girls' basketball team won the championship. Kavya Rawat of IX-B received the 'Most Valuable Player' award.
- Suyash Dhondiyal, X-A, secured second place in the Aspire Olympiad. For this excellent performance, he received a cash prize of Rs. 11,000/-.
- 10th International Humanity Award: Neil Adhikari, XII-B, topped the school in the senior category with All India Rank 164. In the junior category, Akshat Bhatt, V, was the topper with All India Rank 122.
- Kamakshi Dangwal, VII-C, won a gold medal in karate, U-12 girls (42 kg), at the Universal Challenger's Trophy, SIKAI All India Championship.
- Raghav Pant, II-A, emerged as the Champion, level 4, at the Regional Level Cognito Championship held in Haldwani in December. He secured second position in the same competition in Listening junior category. He got the second position at the National Level Cognito Abacus Championship level 2, held in Ghaziabad in the month of April, 2024.







➤ **Sports Champions:** Based on their fine performance in the 37th annual athletic meet, the individual sports championships were won by:

- Shivansh Rawat XII-C, Ashish Rawat XI-D, Suryansh Bhagrari X-D - **Senior boys' Champion**
- Diya Gurung – XI-C - **Senior girls' Champion**
- Parth Sati – VIII-C - **Junior boys' Champion**
- Sumati Bisht - VIII-B - **Junior girls' Champion**

➤ Toppers of AISSE and AISSCE were felicitated at 'Pratibha Samman Samaroh' organised by Pal College of Technology, Haldwani on July 27.

➤ Navya Sirola, VIII-A, won the bronze medal in the 4x50m



freestyle swimming relay race organised by the Uttarakhand State Olympic Games at Gaulapar. She secured first position in modern pentathlon - state level.

- Gaurav Bisht, class X, was selected to be a part of the Uttarakhand junior boys football team. He played his first match in Nagaon district, Assam.
- Devansh Negi, VI-D, secured third place in the drawing competition organised by BSNL Haldwani, on the occasion of Hindi Diwas.
- Gargi Tiwari, XI-E, secured the second position in the Hindi speech competition held at Arunodaya Ashram, Haldwani.
- Diya Bhakt and Bhawana Soun of class XI-C cleared the first round of the 'Brainwave 2.0' online quiz competition and made it to the second round of the competition which was



held at Graphic Era Hill University, Haldwani.

- Diwakar Kandpal, IX-E, won a silver medal in the event artistic pair in the 4th Nainital District Yogasana Sports Championship 2024, in Nainital. He won a bronze medal (sub-junior boys) in the same event in the 5th Uttarakhand State Yogasana Sports Championship 2024, held in Rishikesh.

Shining Stars

- Divyanshi Pathak, XII-E, is a gifted singer. She passed the Sangeet Prabhakar Examination from Prayag Sangeet Samiti, Prayagraj (2023-24) and has brought laurels to the school in various solo and group singing competitions.
- A talented basketball player, Palak Rawat, XII-A, participated in the 74th Junior National Basketball Championship held at Emerald's Heights International School, Indore, Madhya Pradesh in May 2024. She is the captain of Nirmala Girls' basketball team.
- Aradhya Bisht, IX-C, is a budding badminton player who has won several badminton tournaments including Uttarakhand Open 2024 doubles title U-15 & U-17 and U-15 & U-17 runner-up, a gold medal at Khel Mahakumbh-2024, 6th Inter-School tournament U-17 singles and doubles to name a few. She has been selected for Padukone Academy for Higher Performance, Bangalore.
- Devansh Joshi, V-D, won the silver medal in Ju-Jitsu fighting Championship 2024 (category U-12 Boys). In 2024, he was awarded a scholarship of thirty-six thousand by the Uttarakhand State Government for securing a bronze medal in the National Ju-Jitsu Championship.

Workshops/Training Programmes

To keep abreast of the latest in the field of school education and to update their skills, teachers attended workshops and capacity-building programmes that were organised throughout the year:

- Mr. Kailash Joshi and Mr. Lokesh Bisht attended a seminar on 'Translating the vision of NEP and NCF in the curriculum' organised by IP Study in collaboration with PSA Haldwani, at Hotel Blue Sapphire Countryside, Rampur Road, Haldwani.
- A workshop on Career Guidance and Counselling was



conducted by CBSE at Doon Public School Haldwani. The workshop was attended by Ms. Smriti Loshali.

- Ms. Smriti Loshali attended a meeting organised by the District Magistrate of Haldwani and the District Social Welfare Officer related to the awareness program to be conducted in the schools by special educators and counsellors for the children with special needs (CWSN) and the updation of APAR ID.
- In July, a seminar was organised for the staff. The resource person Mr. Vipin Sharma conducted an interactive session with the teachers.
- Ms. Karuna Mishra and Ms. Rashmi Shah attended a seminar on 'The use of A.I. in classrooms' at BLM School, Haldwani.
- Mr. Kailash Joshi and Mr. Darshan Tripathi were appointed as observers to conduct NAS in G.P.S. Bhagwanpur, Bichala, Haldwani and Siddhanta Saraswati Academy, Lalkuan.

Other Significant Activities

- **Dental Health Checkup:** A free dental and health check-up was organised for the tiny tots of Nursery-class II. The camp was aimed at creating awareness among children about the importance of maintaining good oral hygiene and regular dental check-ups.
- **Parakh Rashtriya Sarvekshan (NAS-2024)** was conducted on December 4, for the students of class III. Thirty students participated in this survey mandated by the National Council of Educational Research and Training (NCERT) which covered subjects such as Language, Mathematics and Environmental Science.
- A fire safety demo was organised by the fire police department to create awareness and educate the students about avoiding and dealing with fire accidents, safety measures and the use of fire extinguishers.
- Students and teachers watched in rapt attention as Mr. Lucky Gupta, presented an engaging one-act show. Overwhelmed by the performance, students expressed their gratitude to

their parents and thanked Mr. Lucky effusively.

- A seminar was conducted by the Women Empowerment and Child Development Department, Nainital District. It focused on the critical issue of unsafe areas for girls highlighting the challenges they face and potential solutions. It aimed to raise awareness and promote collective action to ensure girls' safety and well-being.
- Students of class XII-B, went on a campus visit to Pantnagar University to get invaluable exposure to the academic environment of the prestigious institution.
- Career Launcher Institute organised a workshop in the school for the students of class XII, It aimed at helping students explore various career paths and making informed decisions about their future.



- A quiz competition was organised by DBS Global University, Dehradun, for the Humanities and Commerce students of class XII.
- **Vigilance Awareness Week** was observed in the school. Various activities were organised for the students.
- On the occasion of Earth day, 'environment soldiers' were appointed in classes VI-IX. The environment soldiers and students took a pledge to protect and preserve mother earth. They created awareness about water conservation and were involved in waste collection, cleanliness drive and tree plantation drives.





- Students along with their family members celebrated 'International Yoga Day' with great enthusiasm.
- Amidst great excitement, students welcomed 'Maui' – the vibrant mascot of the 38th National Games. Maui's visit ignited great excitement and enthusiasm among students and teachers.
- On February 14, students and teachers cheered excitedly to greet and welcome the Honorable Home Minister Shri Amit Shah, chief guest of the closing ceremony of the 38th national games, as his cavalcade passed in front of the school.
- To assess and enhance a student's academic proficiency to meet global standards, various Olympiads were conducted in which the students participated enthusiastically. Students also took part in various CBSE activities that were conducted throughout the year.
- Students of classes IX-XII, participated in 'Maa Tujhe Pranam'



rally organised by Amar Ujala on August 14. Donning the attire of great leaders of the Indian independence movement, the students of Nirmala showcased a symbolic tableau.



Outreach Activities

As part of the school's community outreach program, Nirmala family reached out to the underprivileged and needy.

- Sr. Mamitha Paul, teachers and students visited Asha Deep Foundation, Moti Nagar, Haldwani. They spread good cheer, sang carols and distributed gifts to the inmates of the institute.
- Christmas was joyfully celebrated by Sisters and students of the Hindi Medium section. The students presented a beautiful Christmas programme and enjoyed snacks.
- On the occasion of Christmas, Sr. Mamitha, teachers and students visited NAB (National Association for Blind) School for the Visually Challenged, Gaulapar. The students presented gifts to the visually challenged students and also enjoyed their delightful performances.
- Students and teachers paid a visit to a nearby government school. They organised games and fun activities for the students and gifted them with cake and stationery.
- On the joyous occasion of Christmas, to spread good cheer, the Principal Sr. Smitha Mathew, hosted a special event, the first of its kind, for the labourers of the school's construction site. This was a way of expressing thanks and gratitude to the workers for their tireless efforts. The event comprised exciting games to provide entertainment and relaxation to the construction workers and a special lunch which added to the celebratory mood of the day.

Leisure Activities

- **Beat the Heat:** To keep the students engaged and happy during the summer, the school organised a summer camp for the students of pre-primary classes from May 8-10. The summer camp was filled with fun activities for the students





including aerobics, creative fun camp and sports camp. The camp also provided the students with a platform to explore and present their talent and creativity.

- **Bagless Days:** Throughout the year, bagless day activities were organised for the students of all classes. This brought extra joy in the classrooms and allowed the students to have fun, engage in different activities and express themselves.
- **Fun and frolic:** The students of classes XI & XII, along with



their teachers, went on an exciting outing to Masai Mara Water Park, Ramnagar. Students of classes IV-X, accompanied by the Principal and teachers, enjoyed an outing to Fun City amusement Park, Bareilly.

- **Magical Moments:** It was an exciting day as young Nirmalites of classes III to VI, accompanied by their teachers, enjoyed a magic show at Crystal Lawn, Rampur Road Haldwani.
- **38th National Games:** Students of classes VIII & IX, accompanied by a group of teachers, went to Indira Gandhi International Sports Stadium on February 7, to experience the sporting extravaganza. It was a wonderful and memorable experience for the students and teachers alike as they enjoyed the Football match between Delhi and Assam.



Annual examination for classes Nursery-XI began on February 08. AISSE & AISSCE commenced on February 15 and February 17 respectively.

On March 20, report cards were distributed to the students of Nursery-class V and the report card distribution of classes VI-VIII & XI took place on March 24. With this, the academic session 2024-25 came to an end.



Young Musings

Back Home

Oh! How I long
To come back home.
To touch the grass,
And be alone.
But not lonely!
Because I've always known
That in the cool moonlight
I wouldn't be left in vain or cold.



Far from the city,
Close to my green friends.
Leaving the turmoil,
Nearing the deodars.
Have I found my Innisfree?
I'm sure I have.
And I'll never be left in vain or cold,
In this place I call 'HOME'.



Pragya Pant, IX-D

Be Positive: The path to a happier life



In life, we cannot avoid challenges and obstacles. How we deal with them shapes our journey. Being positive is a way of life that promotes happiness and personal growth. A positive outlook can reduce stress, improve mental health and even enhance physical wellbeing. Studies have shown that optimistic individuals are more likely to achieve their goals and maintain fulfilling relationships. Practice gratitude daily and focus on what you have rather than what you lack. Surround yourself with supportive people and engage in activities that bring you joy. In our often- hectic life, cultivating a positive mindset can serve as a powerful tool for leading to a happier and more fulfilling life.

Gauransh Joshi, V-A

School's Out Forever

The time has come to bid farewell to school. And these words make perfect sense - *'when the time of freedom comes near, by then you will fall in love with the cage'.*



Nirmala Convent and me share a frenemy dynamic. This complex relationship started about a decade ago. And over the course of these 10 years I have made a good deal of friends and a considerable number of foes. If someone were to ask me right now - do I regret any of it? I would say no. I would show no remorse for any experience that I gained in school. I wouldn't change a thing. The only thing I regret, is me not coming to school more often.

You don't realize the value of something until it's gone.

My time in Nirmala convent is the epitome of an ideal school life; an experience which will never be forgotten.

I would constantly complain about having to attend school everyday, until it slowly started to fade away and eventually, became a thing of the past. Soon from Nirmalite, it will be EX-Nirmalite. To all the juniors reading this, here's a piece of advice from a senior who skipped school frequently; DON'T.

Live in the moment. Be present. And show empathy. Unfortunately, and fortunately, we don't look like what we're going through, and it is everybody's first time at life as well. Cut them some slack, and let the mistakes slide sometimes. Ignore the words of those who constantly have a reason to belittle you. Don't survive..... live.

'Miles away, and universes apart.

Facing the inevitable is INEVITABLY hard,

Because it's such a shame for us to part.'

A lot will happen throughout the many years of my life, but goodness gracious! What a difference these 10 years made!

Pratyaksha Joshi, XII-E

Whose fault?



A childhood memory,
A mother's gentle tone,
"Speak softly, wear proper clothes,
Don't laugh too loud and behave like a girl."
Fear crept in, as she grew older,
Too afraid to speak for her own self.
Whose fault is it?
The mother's fault, for speaking her choice?
Or society's fault for expectations so old?
Now she is unable to speak for herself,
But still she can rise,
and leave the silence behind.

Himani Sunal, VII-C

Teamwork



'Teamwork' means working together as a team to achieve a particular goal. A team with good coordination between the team members, always achieves its goal. Teamwork can be seen in a corporate company, in farming, sports and other environments around us. Even the animals and birds perform as a team to survive in this competitive world. Cheetahs hunt together, wild dogs stay together in a pack to avert danger, bees make a hive together and so on. It means that the success of a team depends on the performance of a team and its members are known as teammates. Hence, the contribution of each team member is extremely crucial for success of a team.

'Teamwork makes the dream work.'

Shreya Dani, VI-A

What Women Wanted



Long before your grandma was young
Women's freedom was a song not yet sung.
Men mostly said that women didn't get it
If you gave them a job they'd just forget it.
They said a women's job was cleaning a house
And staying quiet as mouse.
But women said – 'we want more',
We like our homes, but we want more than the chores.
We want the right to earn real pay,
We work just as hard as men each day.
And more than anything, please note,
We want to have the right to vote.
And after the marches and protests were done,
All of that is what they won.

Yash Saxena, VII-C

It starts 'Today'



Dear friends, do you have a dream?
Do you want your future to be bright and gleam?
So, make a start today,
And promise yourself that you will find the way.
Let's not worry 'bout how far is our aim,
Just work it out and start it today.
Distraction, Depression are going to be a part,
Don't lose heart.
Days and years pass away,
Always remember - no sweat no gain,
But if life's great, it's the biggest claim!

Samriddhi Saxena, IX-A

The Search Within

In dark we often wander, lost,
Unaware of the light within us,
A glance inside, reveals the truth,
Life's greatest plan.

You are not merely a name,
You are a being of infinite worth.
In every breath that you take,
Is the presence of the divine.

The transformation starts when you believe
In the magic your soul can weave.
Look inside, for there lie the answers
To questions that make you sigh.

For those who seek their worth outside,
Shall only find the fleeting tide.
Find yourself and you shall see,
Boundaries fade, and you'll be free.
In the mirror of your soul,
You'll find the future, present, and past.

Sarweshwar Joshi, VIII-E

GOSSIPING

'Gossip' – The dictionary defines it as 'a conversation about other people's private lives that might be unkind, disapproving or not true'. Everyone loves gossiping, not just teenaged girls. Aunties at kitty parties, relatives at wedding functions, employees at work, strangers at tea-stalls and even senior citizens- everyone loves to gossip.

Harmless gossip could be discussing politics, sports, fashion, clothes, movies, music etc. But what is really wrong is talking about someone's insecurities, looks, body shaming. It is low level talk aimed at attacking a person, being cruel and lowering the confidence of a person. The people who indulge in such talk are petty, insecure, insensitive, judgemental and hypocritical.

So, STOP and think twice the next time you find yourself gossiping about someone.

Himshikha, X-B



गुरु

गुरुवर आपको कोटि कोटि प्रणाम,
नमन करते हैं हम आपको बारंबार ।
सही गलत का बोध कराते,
सच्चाई की राह दिखाते ।
आपसे ही है जीवन आधार,
जिससे करते है हम प्यार अपार ।
आपके बिना है ज्ञान अधुरा,
आपसे ही होता है ज्ञान पूरा
गुरुवर आपको कोटि कोटि प्रणाम,
नमन करते हैं हम आपको बारंबार ।
डाँट-डाँट कर हमें समझाते,
सच्चाई की राह दिखाते ।
ज्ञान नहीं है बिना तुम्हारे,
तुमसे ही है जीवन में प्रकाश ।
गुरुवर आपको कोटि-कोटि प्रणाम,
तुम ही हो जीवन के कर्णधार ।



दीपेश भट्ट, कक्षा 9 (सी)

बदलती सूरत

बदल रही सूरत प्रकृति की,
जो कभी होती थी खुशहाल, बन रही है वो
विकराल

सर्दियों के मौसम में कितनी होती थी बरसात,
रहती थी जो पूरे दिन सात ।
ऊँची चोटियों पर होता था हिमपात,
सर्दियों की फसल होती थी खुशहाल,
हैरत है ! पहाड़ों पर है सुहानी धूप,
मैदानों में कोहरे का कोहराम !

अपनी जरूरतों को थोड़ा कम कर लिये होते,
तो पेड़ों की शाख से पत्ते यूँ जमीन पर न पड़े होते,
अगर शाख से पत्ते न झड़े होते तो हम यूँ रो न रहे होते,
धूप गुनगुनी लगी, हवा डराने लगी है,
बरसात पर पानी का रौद्र रूप डराने लगा है ।

खुलकर जीने दो बच्चे को, खिलौना न बने यह मोबाईल
जीवन जीने को लेकर बना है यह शब्द "लाइफ स्टाइल"
जैसा करोगे वैसा बनोगे, मत रोको आगे बढ़ती फाइल
जैसा तन वैसा मन बनेगा, नहीं है कार्टून में सच्ची स्माइल
छोड़ो कल की बातें आगे चलकर गलतियों को सुधारेंगे,
प्रकृति और दुनिया को उज्ज्वल बनाकर ही छोड़ेंगे ।



मनस्वी तिवारी, कक्षा-9 (बी)

ईश्वर का उपहार -बेटी

जैसे एक फूल खिलता है, ठीक ऐसे ही खिलती है बेटी,
शुद्धि का प्रतीक है बेटी, ईश्वर का उपहार ही तो है बेटी।
क्यों करते हैं लोग बेटियों की हत्या,
क्यों करते हैं कन्या भ्रूण हत्या,
बेटियाँ तो रचती हैं दुनिया,
सत्य का प्रतीक हैं बेटियाँ,
ईश्वर का उपहार ही तो है बेटियाँ।
माना जाता है बेटियों को दबाव और बोझ,
दिया जाता है उन्हें अथाह तनाव,
खुशी और उमंग को लाती हैं बेटियाँ,
हर्ष का प्रतीक है बेटियाँ, ईश्वर का उपहार ही तो है बेटियाँ।
क्यों कर दिया है उनको पराया,
और जन्म दिया जाता है दहेज को,
बेटियाँ तो अपनों का सहारा बनती हैं,
अपनापन का प्रतीक हैं बेटियाँ, ईश्वर का उपहार ही तो है बेटियाँ।
परंपराओं की जंजीरों से बंधी बेटियाँ,
फिर भी खिलती है फूलों की तरह,
ईश्वर द्वारा प्राप्त है उन्हें अनोखी शक्ति,
जिसका इस्तेमाल करती है वे अच्छी तरह,
सहनशीलता-आत्मविश्वास का मिश्रण हैं
बेटियाँ ईश्वर का उपहार है बेटियाँ।
फूल के समान है बेटी,
देवी सीता के समान है पवित्र,
दायित्व है हमारा उन्हें खुश रखना,
अगर होना है पापों से मुक्त, क्योंकि ईश्वर का उपहार ही तो हैं बेटियाँ



लक्ष्या जोशी, कक्षा-9 (बी)

सपनें

मेरा भी है एक सपना,
दुनिया में हो नाम अपना।
करूँ कुछ ऐसा काम,
बने मेरा देश महान,
दुनिया करे उसे प्रणाम।
भरूँ एक लंबी उड़ान,
चाहत है मेरी छूँ लूँ आसमान।
जीवन एक संघर्ष, पर संघर्ष ही है जीवन,
जिसे पार करके ही पूरे होते हर स्वप्न।
पूरे कर लूँ अपने सारे अरमान,
रोशन करूँ अपने माता पिता का नाम।



हितिक्षा नेगी, कक्षा-9 (बी)

वह भी एक समय था

पाँच साल बीत गए, कोरोना के बाद,
स्कूल खुले, खुशी छाई, उमंगों के साथ।
ऑनलाइन काक्षाओं की यादें अब धीमी -
धीमी-सी हो गई हैं,
वो बिस्तर पर करी पढ़ाई अब धुंधली - सी
हो गई है।



भूख लगती तो,
कक्षा में नाश्ता करते।
अध्यापिका के खौफ से,
कैमरा बंद करते।



वह भी एक समय था,
जब हर महीने लगता था, अब विद्यालय जाएँगे।
परंतु, यह महामारी दो साल की छुट्टी दे गई,
जो पलकें झपकाते, चली गई।

पूरा दिन, मोबाइल की रोशनी के सामने डूबा।
पूरी शाम, टी.वी. के सामने बीती,
जुकाम होते ही लगता था,
कहीं हमें तो कुछ नहीं हो गया!

पीछे से मम्मी बुलाती,
तो माइक बंद हो जाता था।

घूमते - घूमते कक्षा में उपस्थिति दिखती थी,
दोस्तों के साथ ऑनलाइन खेल खेलते थे,
जिससे आग-बबूला होकर मम्मी फोन ले जाती थी।
एक अनोखी कक्षा, एक अनोखा अनुभव,
वह भी एक समय था, जो बीत गया!



नंदिनी उप्रेती, कक्षा-9 (बी)

तैरते पत्थर

जब राम सेतु बन रहा था, सिर्फ राम नाम था हवा में
तब उड़ते - उड़ते समाचार आया पत्थरों की सभा में,
राजा पत्थर को खबर सुनाई,
जल में तैरे पत्थर राम-गड़े,
सुनकर खबर राजा ने व्यंग्य कसे बड़े-बड़े,
“क्या करती हैं ये मूर्ख शिलाएँ।”
क्यों हम पत्थरों का नाम डुबाएँ।।
अरे! शान है पाषाणों की पानी में समाना,
पर तैर रहे हैं पाषाण अब, कैसा नया जमाना।
मूर्ख हैं यह तैराक पत्थर, पर मैं ना इनके समान।
तैरूंगा नहीं संग इनके, डूबना मेरी शान।
एक कोयल बैठी डाल पे, सुनकर उसे बौखलाई,
श्री राम के कंधे पर स्थान लिया, और सारी बात बताई।
मुस्कुराए राम बोले मधु वाणी- “कोयल यह युग-युग की कहानी”
कोई करे संघर्ष जो धर्म के लिए,
तो कोई लालची, और अहंकारी उस पर हँसे।
कोई दे कुर्बानी धर्म के लिए,
तो दूजा कोई व्यंग्य कसे। डर तो कलयुग का है कोकिल,
कहीं मनुष्य ना बन जाएँ राजा पाषाण समान,
जो शहीदों और देशभक्तों को कहे मूर्ख, पर खुद हो लालची अरमान



सुयश ढोंडियाल, कक्षा -10 (ए)

ऐलान-ए युद्ध

परीक्षा अब सिर्फ परीक्षा नहीं,
यह युद्ध का ऐलान है।
स्पष्ट है ऐलान यह,
अब कौन इससे अनजान है?

जीतने का मंत्र अनुशासन,
कलम अपना हथियार है।
ज्ञान ही अमृत है और,
अज्ञानता ही हार है।

आखिरी हो युद्ध यह,
चाहे पहले ही बार हो।
भरोसा अब किस्मत पर,
कलम पर अब अपार हो।
घमंड हो तो काबिलियत पर,
न ही अहंकार हो।
मेहनत से जीतेंगे सभी,
अब हार अस्वीकार हो।
जीतना अनिवार्य हो,
पर जीत का ना भार हो।
जो जीत जीतेंगे हम तो,
गर्वित पूरा संसार हो,
और इस जीत के बाद भी,
यह जीत बरकरार हो।



जयति जोशी, कक्षा - 10 (सी)

Rest in God's Loving Care



Sr. Vianney, UMI
Former Manager
5 December 2024



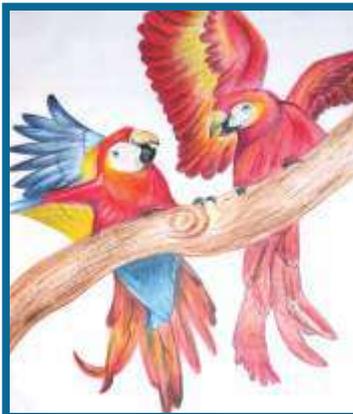
Priyanshi Pandey
Class X-C
30 July 2024



Mrs. Jirmina
24 July 2024

*Those who leave us for a while, Have only gone away. Out of a restless, careworn world, Into a brighter day.
- Helen Steiner Rice*

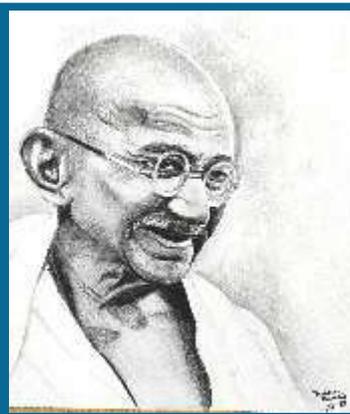
Every Child is an Artist



TAVISHI (VII D)



SWARANJALI NAINWAL (V D)



TANUSHKA PANDEY (XI A)



GARIMA RAWAT (VII D)



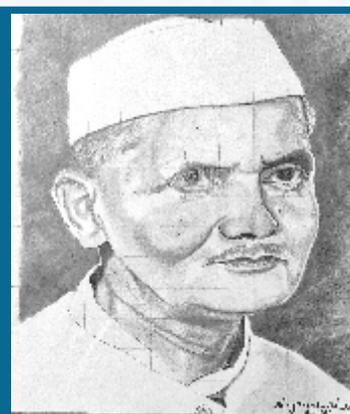
KAVYASH ANNA (VI E)



KANISHKA FARTIYAL (IX D)



GARIMA RAWAT (VII D)



DIVYANSH BISHT (XII A)



KEERTIKA VERMA (IX A)



KAVYASH ANNA (VI E)



ANAMIKA BISHT (XI E)



ANAMIKA BISHT (XI E)



PRATISHTHA NEGI (XI D)



DIVYANSHI (X A)



Nirmala Mentors (2024-25)



“True Education is that of the heart, without which there is no successful personality formation and maturity.” – Blessed Brigida Morello.

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