

"THE PULSE" OF PSC



ANNUAL MAGAZINE OF
PERPETUAL SUCCOUR CONVENT HIGH SCHOOL
NAVELIM, SALCETE - GOA
2021

PRINCIPAL'S PERCEPTION

Perpetual Succour Convent High School, Navelim welcomes you dear staff, students and parents to “The Pulse of PSC” for this academic year 2021-22

A school is a building, and within it is nurtured the future. All of you are a part of an institution which is continually striving towards excellence, effective leadership, a learner centric environment, on-campus discipline, and valuing cultural diversity. We have a vibrant and intelligent staff, co-operative and



caring parents, and our students are all-rounders, exhibiting strong moral values and principles. I am extremely happy and profoundly privileged to Head this institution.

Positive thoughts and prayer have been the best means available since the beginning of time to transform darkness to light. Spending time in prayer should be our priority. 2020 has been a year of change for the future of education. It brought new product technology and a new solution. For the past one year, our children are socially isolated, physically barricaded, psychologically strained, stressed morally, intellectually limited and academically impoverished. This disastrous pandemic has created a deep void and has brought about unavoidable changes in the life and career of children. Everything has become topsy-turvy and uncertain. But, we must remember that facing difficult situations makes us strong and self-confident. I am extremely proud of the SSC batch of 2020-2021. Despite the challenges, they brought laurels to the school with 100% results at the SSC Examination.

Last year was a paradigm shift from physical to virtual learning. Dear Parents, though the dark clouds of the pandemic loomed over us and we faced numerous challenges, we succeeded in building a bridge between online and offline education during the pandemic situation. We have tried our best to have a smooth transition from regular school to virtual learning. Education is the only tool to transform the world so, during this academic year we will have the five E's as our motto: Engage, Explore, Experience Express and Excel. To quote George Bernard Shaw, “What we want is to see the child in pursuit of knowledge, and not knowledge in pursuit of the child”.

Wishing all of you, God's abundant graces and guidance from our Patroness, Mother of Perpetual Succour. May you have a fruitful, creative, resourceful and a healthy academic year 2021-2022

God bless you

~ *Sr. Libia Fernandes*
(*Headmistress*)

EDITORIAL BOARD



From left to right:

Ms. Saviola Vaz, Ms. Shruti Athalye, Ms. Pratiksha Velip, Sr. Liberata Fernandes,
Ms. Sheila Fernandes, Sr. Anserine D'Souza and Ms. Priyanka Naik

VISION STATEMENT

Perpetual Succour Convent High School, managed by the Sisters of the Holy Family of Nazareth, animated and guided by the Spirit of the Holy Family and our founder Rev. Fr. Faustino De Souza, aims at integral formation and empowerment of the human person to be an asset to the society, through formation of character, quality education, competence and compassion to foster harmonious integration between religion and life, to understand the implications of economic policies and structures, political decisions and social dimensions.

EDITOR'S VOICE

Human existence is essentially a journey through a series of experiences derived by the comfort of touch. From the first reassuring touch of the mother's bosom as a new-born, to the reassuring grasp of parents while taking the first steps as a toddler, it is the human touch that acts as balm. Some remember a teacher's encouraging pat on the back, to speak up long after the event. A friend's arm around the shoulder is comforting and helps form a camaraderie of a lifetime.



Therefore the words physical distancing have been extremely difficult for us to come to terms with. The banter in the classrooms, the teeming playground and the refrain of, 'good morning teacher' is greatly missed.

In times like these, the annual school magazine -the Pulse of PSC, through its pages takes you straight to the hallways of PSC. It is truly the essence of our institution in a heartbeat. The Pulse of PSC is an amalgamation of the advice and blessings of our superiors, the guidance and knowledge of the teachers and the literary contributions of the little bards and writers of our institution.

As schools settled into the routine of online classes, our institution spearheaded by our very dynamic Headmistress Rev. Sr. Libia Fernades, through the inclusion of various activities tried to create a sense of amity and normalcy, despite the physical distancing norms. The school's YouTube channel provides a glimpse of the learning and teaching underway in an evolving educational system. The pupils were made a part of every event that was organised, every prayer that was said, every song that was sung and every dance step that was choreographed.

We might have advanced technologically but you will all agree when I say that online education robs us of the human touch that we all need. And therefore when we get back to normalcy we will be more thankful than we have ever been before for the blessings we failed to count.

The cover page by Sir George Gonsalves is a poignant painting that encapsulates the changing role of teachers and technologies amidst the COVID 19 pandemic. I'm extremely grateful to our Headmistress and the editorial team for their insight, input and industrious attitude.

The magazine will most definitely make you reminisce and miss the normal days of fun, teaching, and learning. Till then as you sit on the patio of your house or curled up on the sofa, enjoy this edition of the Pulse of PSC with your family, as we wait in hope and pray for God's grace to help us adjust the sails and move ahead in these tempestuous times.

Ms. Saviola Juvina Vaz
(Teacher)



Rev. Sr. LIBIA FERNANDES
PERPETUAL SUCCOUR CONVENT HIGH
SCHOOL WELCOMES YOU.

We are blessed to have a formidable visionary like you to guide us. Endowed with a strong sense of punctuality, discipline, and foresight, we couldn't have asked for a better person to lead us during these erratic and challenging times.

As you take over the reins of the institution, the management, staff and students invoke God's grace and choicest blessings upon you. With your dedication, wisdom and far-sightedness we are assured that you will lead the institution to greater heights.

SUPERIOR GENERAL'S SAGACITY

Greetings to you all!

I am sure that all of you are familiar with the story found in the gospel of St. Luke 24:13-35, "The walk to Emmaus". It is a story about a walk that comes from grief and trauma, from profound disappointment and sorrow. It is a story that starts with the slow steps of the depressed and cast down. But it ends with the excited running of the redeemed, and the joy of finding life transformed.



This story speaks to us especially in these Covid times when we feel that we are not on a positive journey forward, when normalcy, health and peace seem far away, and when we feel that we are simply retreating or walking slowly into a future that we dread or fear. This story speaks to those who might think they have no energy for anything at all, and whom God comes to meet as they struggle to put one foot in front of another. It is a story that is very honest about hopelessness and loss, but also about how God comes to find us and stays with us in those places. It shows how God walks beside us and can transform even the deepest bereavement and loss into a journey of hope. This is a story that invites those who are deep in fear, dread, uncertainty and sorrow to walk in hope again.

Many of us are grief-stricken, disappointed and defeated, in so many contexts and places. Grief drains us of energy. Once hope is gone, there seems little point in moving from one place to another. Every step seems like the most unappealing and uncomfortable effort. And yet we cannot rest where we are either. Anything is better than staying still, but every step is painful too.

In these pandemic times it is as though we are enduring something like grief. "We had hoped," people say, as they remember times when everything was normal, when people moved around freely and when schools were not online. "We had hoped" that schools would be open and there would be no restrictions. In many teachers and students, there is anguish and loss, a sense of being exiled from the places of learning and influence, and a sense of uncertainty about the future. This is a reality in our Goa context, and as I reflect on the fragility of our institutions, feelings of grief and defeat surge within me.

However, my dear teachers and students these times also offer hope for the future to those who think that hope belongs only in the past. This hope is centred on the fact that Jesus stays with us today and always. Like the disciples of Emmaus we have the courage to do the right thing and invite Jesus to stay with us and to help us stay for each other. We must not forget, even in the depths of our loss, dread and distress, the courtesies of hospitality and the central practices of faith, to welcome the stranger. May all of us be renewed in faith and hope, in the way that God wills. May the slow pace of uncertainty and grief be turned again to the dance of hope. May the painful walk of the bereaved become a journey toward peace. May the wounded feet of the troubled and traumatized find justice again.

With warm wishes and God's blessings.

*~ Sr. Berna Rodrigues, sfn
Superior General*

TEACHING AND TOUCHING LIVES

In order to be enlightened and empowered one needs to be in constant touch or interaction with the source by placing unreserved trust in its transforming power.

Likewise great outcomes are often experienced by individuals who place themselves in the presence of the living and eternal God, wherein God through Jesus Christ enters our life and establishes a profound and life giving relationship and makes us whole. This tangible encounter in turn awakens us to our consciousness as educators to be more loving, compassionate and self-sacrificing to walk that extra mile; to lead the students under our care from ignorance to the truth, from fear to freedom, from uncertainty to certitude and from despair to hope.



It is praise worthy to note that such a road less travelled is traversed by the dedicated staff of Perpetual Succour Convent High School with their creativity and expertise, under the leadership of the dynamic and energetic headmistress, Sr. Liberata Fernnades, sfn and manager Sr. Alda Rodrigues, sfn. They exude the fragrance of knowledge, skills and values to the students to become responsible, tolerant and respectful citizens of the nation.

The philanthropic attitude of the school community also stands out. Every act of kindness, whether it was reaching out to the unfortunate during the festival time or lending a helping hand when a village was submerged in calamity is something to be appreciated and emulated. It's a wonderful thing to be compassionate and optimistic as it keeps you resilient and hopeful.

May Our Mother of Perpetual Succour keep you under her protective mantle and may you continue to walk in the footsteps of our founder, Rev. Fr. Faustino De Souza. God bless you all!

*~ Sr. Alvita Gurjao, sfn
Former Superior General*

MANAGER'S MULLING

At the very outset, I would like to send you warm greetings. School is a place where we foster dreams, give direction to goals and nurture little children to blossom into young men and women of character and poise. Walking through the empty hallways, at a time of the year when they should have been abuzz, has been heart-breaking for me.

We are going through an unprecedented global predicament today. Our economy, our families, communities and our entire way of life are adversely affected by the scare of infection and contagion.

I especially want to congratulate and laud the SSC students who had to go through a lot of anxiety and stress, with the dates of the examination being postponed. No hard work and dedication ever goes in vain, as is evident in your great performance.

A word of appreciation for the parents and guardians of our students. You have watched over them, prayed for them and even stayed up all night. Your cooperation and understanding has been a matter of great strength and support to us.

Our talented and ever-willing –to- work staff, both teaching and non-teaching, have been showing their care and concern for the school and students. I would like to acknowledge their commitment and care for the institution. I appreciate the concern of the teachers for the students and their commitment to academics. They have been working tirelessly preparing notes and engaging online classes for the benefit of the students. I would also like to thank the clerical staff who have been lending their hand in crucial administrative duties by going beyond the call of duty to meet the deadlines. A word of gratitude for the support staff for keeping the campus clean and green.

I am grateful to our headmistress Santana Goes, for shaping the hearts and minds of the staff, students and parents alike to work as a team. As she begins a new phase in her life I implore Lord's Choicest blessings upon her.

I wish the current batch of the SSC students all the very best. Pray and keep working hard. Always remember that you are greater than the trials you have to face.

This is the moment we are called to be our best selves in tune with the vision and mission of the school and our Father Founder, to be men and women for and with others leading a life of patience, empathy and compassion. The virus has prompted all of us to gain a heightened self-awareness. I am sure all of us have been practising social distancing, physical distancing but we are together in spirit and our prayers. I believe that this is the best way to counter the pandemic.

As Edwin Louis Cole has rightly said, "God never ends anything on a negative; God always ends on a positive."



~ Sr. Alida Rodrigues, sfn
(Manager)

FROM THE TEACHERS' DESK



A Synergetic Student- Teacher Relationship.

Teaching is an instinctual art, mindful of potential, craving of realisation and initiates the learning process. It's the greatest art of optimism and assisting discovery.

In the process of teaching, I try to bring out the curiosity in each child making them active participants where he/she connects the will to know, with the will to become the best architect of one's life.

While awakening joyful learning through creative expression and the learning environment, students act as a source of inspiration to me every day. We constantly collaborate and learn from each other. The child's perspective of life through magnificent communicative skills encourages me to develop my skills further. It helps me to feel the strong desire to positively influence and educate them.

I feel that one of the major satisfactions of being a teacher is to enrich the students' life. I love teaching because every single day we make a difference in someone's life. The twinkle in the eyes of a student, when they have understood a concept is the greatest joy I experience. There is a sense of great satisfaction to nurture a child's competence in achieving optimal potential where their novelties can bloom.

Sharing their experiences gives vital life lessons. I always feel I learn from my students and cherish the feeling of the thrill of inspiration that comes from young minds that understand, reinvent and reconstruct everything they learn. As a lifelong learner through constant growing and evolving the dynamic approach towards the students, one engages in recognition and acceptance of one's self worth

Apart from curriculum and assessment, students build a meaningful understanding towards an ideal teacher. Students reconnect by their small deeds, loving gestures, sharing their experiences, acknowledge their feelings and show utmost interest in the task entrusted to them. It is truly a bliss to be amidst the students whose unconditional love keeps me going. It helps me to bring out the very best in them as well as myself. Indeed it is a special bond where a child wins your heart by their unique traits, loving and compassionate nature.

Together we build a comprehensive and productive community. So let continue to evolve and grow through this wonderful symbiotic relationship.



~ Ms. Vania Marissa Fernandes

Pros And Throes Of Online Teaching-learning

Being a teacher by profession
Clear was the vision
To stick to the challenge,
With every new change.



Teachers made a classroom
With the help of zoom.
Visiting every home,
With the help of chrome.

Things were are so messed-up,
Teachers- students fed up.
North to South, East to West
They were all put to test.



With students participation
Teachers' collaboration
Both did pass the test
As they gave their best.

Face to face interaction
Soon came to termination
Google link and phone call
That's how we managed it all

From classroom to class group
We were in a soup
From notes to voice note
That was the only antidote.

With parents co-operation
Students' co-ordination
Things were possible
Which earlier felt impossible.

With time things changed
Faith in humanity was regained,
With the help of the magic wand.
Yes. It's the student- teacher bond.

~ Ms. Cindia Oliveira

Tales Of A Traveller

If I told you happiness is a place, you would probably disagree. But in Bhutan it's possible. The phrase 'Gross National Happiness' was first coined by the 4th King of Bhutan, King Jigme Singye Wangchuck, in 1972 when he declared, "Gross National Happiness is more important than Gross Domestic Product." The concept implies that sustainable development should take a holistic approach towards notions of progress and give equal importance to non-economic aspects of wellbeing.



What really inspired me to travel to Bhutan was a Ted Talk video that I accidentally stumbled upon on YouTube. I was a little apprehensive at the beginning, but decided to take the call nevertheless. In Bhutan, the people were very hospitable and friendly. There is uniformity across the country; which can be seen in the similar architectural styles and a wide variety of people who take pride in wearing their traditional attire. Communication was easy as they understood English. I was able to learn a few words and communicate with the locals in their own language. They were delighted to know that we were from Goa and made sure our stay was a memorable one. There is a sense of inner peace that you will experience here and that radiates positivity in one's soul. From getting a glimpse into the breath taking view of the scenic beauty, to taking a walk on the long suspension bridge in Punakha, to viewing the largest statue of the Shakyamuni Buddha in the world and to attempting the fun trek to Tigers Nest. Bhutan is that little bundle of joy, one ought to explore.

The theme for the Extraordinary Missionary Month of October 2019 was '**Baptised and Sent**'. As part of the missionary month celebrations, the Diocesan Catechetical Center of Goa organised its annual mission tour to Daman, Dadar and Nagar Haveli from 26-29 October. Teacher Presscy and I were part of a group of twenty teachers led by Rev. Fr. Romeu Godinho, Director of DCC.

It was truly a faith enriching experience for all the teachers that were a part of it. It was an eye opener to the missionary work done by the priests, religious and the laity; who tirelessly work to spread the love of Christ and service towards the tribal community, who are now active parishioners in their own parishes. We were placed at different mission centres. The humble people there are so rooted in Christ and ever willing to render their service to the church. Some of them walk for an hour to get to church on Sundays. The people here are simple and down to earth. They cheerfully welcomed us into their homes, served us their local meal, taught us some of their dance steps and shared testimonies of their faith experience.

Each day was like expecting the unknown but creating unfathomable experiences. I was lucky to meet my school teacher who was part of our group. Besides, being able to make a few friends, it was a boon to have teacher Presscy along. We were privileged and blessed to be a part of the mission tour.

There is so much one can take back when you travel to new destination. Travel does bring about a change in perspective, and sometimes a challenge to oneself that change is possible. As a Linguaphile, I enjoyed learning and speaking Dzongkha the official language of Bhutan and Marathi that was spoken across parishes at Nagar Haveli. To conclude I would like to quote Danny Kay "To travel is to take a journey into yourself".

~ Ms. Carol Dias

Ringling In The Passion For Tennikoit

Stop waiting for things to happen. Go out and make them happen- Usain Bolt

I started my career in 2014 in this institute and I'm extremely grateful for all the opportunities I have got since then to enhance my abilities in every field. As a child I always wanted to learn more. Be it in studies or in games. In school I spent most of the time playing. Like every other student I too waited eagerly for the P.E period. My favourite games were kabaddi, tennikoit , kho-kho and badminton.

While I was pursuing my graduation, once again I wanted to get into sports. So under the guidance of our P.E. teacher, Sir Lobo, (Rosary College, Navelim) I stepped into the sports arena wherein he introduced me to this game of tennikoit, also called ring tennis. I got into the tennikoit team in college and from there I started my journey as a tennikoit player. After doing well in the inter-college level competitions, I joined the state tennikoit training camp. After days of training with endurance and wanting to do something more, I got selected in the Goa state level team.

I was very overwhelmed, as I was selected to participate as a national player for the Junior National Championship for the first time at Junagadh, Gujarat in the year 2007. I was pretty excited since it was my first national event and I was so honoured to represent my state. Being an avid foodie and traveller I thoroughly enjoyed the opportunity to sample the local cuisine and learn about the rich cultural heritage of Gujarat.

Soon I got selected in the west zone National Tennikoit Championship (2008) at the Pandit Jawaharlal Nehru Stadium, Fatorda, Margao Goa wherein team Goa bagged the second place. The moment was so memorable. In the same year, once again I represented Goa in Kochi, Kerala. After that I took a break for some time as I wanted to focus on my teaching career.

When I entered this school, the then Headmistress Rev. Sr. Santana Goes, gave me the opportunity to teach Tennikoit to the students. Since it was quite a long time since I had left the game, the rules and regulations had changed. To brush up my skills and knowledge about the game, I joined the camp again and with that came the opportunity to once again represent Goa again in October 2019 at Mata Sukhdev Public School, Nangli Poona, Delhi, followed by the 20th West Zone National at Rajkot Gujarat 2020 and our team bagged the second place. My love for sports has enabled me to visit different places and people, their cultures and ways of living.

Age is no barrier. It's a limitation you put on your mind. Just believe in yourself. Even if you don't, pretend that you do and at some point you will.

~Ms. Sweeny Fernandes



Making melody 🎵

*My heart's like a flute and I want to play all day,
Jesus Christ is my music master.
Deep from my heart flows a simple melody:
Great is His love, love without end!*



It took me years to understand the emotion behind this hymn, and as I pen this down today, I realise that this one verse encapsulates my entire life. Music and I have a bond, a relationship that's grown and evolved over the years. From childhood sing-a-long songs to crooning in school bands, my school life has been quite a musical journey. School was the place I had my first encounter with music. However, when I was younger, I didn't have great love for music as I do now. From an early age of seven years I was a part of the church choir and am still privileged to be a part of it. I think this latter encounter gave me my lifelong love for music, particularly, sacred music. This is when I started experiencing a deeper connection.

So everything really flowed from these early experiences. Gradually I started to expand my taste and learn about different genres of music, but sacred music was always the closest to my heart because it brings a great amount of solemnity and reverence that other music does not. Once I hit my teenage years, sacred music became a part of my heart and gradually started to pierce my soul. It was divine providence that led me to become a teacher, and placed me in such a school where holistic development of a child is a priority. Perpetual Succour Convent High School is known for excelling in music and sports. As a teacher, I look at my students as emotional beings considering that every child requires an artistic outlet. For some of our students, music is the vehicle of expression. Along with my colleague, Sir. George Gonsalves, I began training the choral group of the school for various singing competitions, performing in an operetta, choir for Eucharistic celebrations, etc. All this is something I am very passionate about. I always wanted to see kids grow to love music, something that I personally love and would love to teach. I enjoy it more because it allows me to reminisce on memories from my childhood.

Music is often thought of as a way to foster individual expression. While it definitely does that, the ensemble experience can also effectively build teamwork. The 'Angelic Echoes' of PSC would agree with me on this. Students work together to create a cohesive, technically correct performance. Together, they form a community of like-minded individuals who can help each other reach their goal. Apart from this, many other academic subjects such as mathematics and science are subtly incorporated in learning music. Students learn to count, keep a steady rhythm, recognise patterns and understand scales. They also use elements of science to help them perceive what sounds good together and what doesn't. Research proves that music enhances language capabilities, improves memory, builds self-confidence, gives flight to kids' imagination and most importantly teaches self-discipline. Students involved in music learn to listen to others, sense emotion and react with greater depth and understanding. I often tell them, there's always something new to discover: the lyrics, the melody, the harmony, the rhythm – it all works together to communicate something. If you just open yourself up to it, you can fall in love with it!

I'm deeply convinced that music as much as it has transformative power, it also has a great expressive ability. It has the ability to express one's own feelings and has been a source of soothing calmness and a channel of excitement. My life without melodies and harmonies would be totally empty. The journey has been beautiful so far and I keep falling deeply in love with music with each passing day and my heart continues to make melody unto the Lord!

- Ms. Winnie Joanes

Fortifying Fragile Minds

The pandemic of Covid-19 has engulfed us leaving an indelible imprint upon each one of us. The words coronavirus, quarantine, mask, sanitizer, lockdown and social distancing have permeated every aspect of our lives. The economy has tumbled down, online work and the education system has changed. Our churches have fewer number of people now, but our faith still persists as we tune to the social media for the daily Mass and other prayers. Our schools and colleges have come to a halt with no students in the class, but hope comes through media with online classes.



They say this pandemic has been a blessing in disguise to the families as children and parents are under one roof interacting and sharing moments of togetherness with one another. For some parents it's the first time that they have time in abundance to know what their children are doing and learning. I remember a few days ago, I just called up a parent to enquire how the child has been doing. The mother seemed happy to be with the children all 24 hours, but at times got irritated with their pranks and behaviour. And then she said to me, "Sister, please take my child and keep with you. You can send her by evening."

With schools shut, some parents have a terrible time handling their children at home. They are exposed to their children's behaviour which they were not aware of when the child was at school. Children are very fragile and very sensitive. They pick up things in no time and now with so much of free time, with no friends, and no play, they have time for mischief and their naughtiness. In situations like these how does a parent raise an emotionally intelligent child? My question to parents is: "What's your job as a parent? How do you raise an emotionally intelligent child? Is there an answer to this? Yes, dear parent, there is an answer, 'love them'. They are your children and if you don't love them no one else will ever do. No matter what, if you have a loving nature as a parent, it's going to work a lot better.

Let me share a small anecdote with you. Little Johnny was an expert in firing bad words for every good word that his friends spoke. When he was questioned, he said, "I had been with my father for a party for the first time and saw that my father had put up an argument with the neighbour there and he used the same words that I said to my friend." He was not aware of what was good and bad. For the child party is a place to abuse people and put up a fight. The child hasn't learnt to hate people by himself, but from his parents. My question is what type of role models are we to our children?

The best way to raise an emotionally intelligent child is to be an emotionally loving parent. Show them the right way because when they see you doing all these things they learn. Sometimes kids don't hear what you are saying because what you are doing is so loud. So, get yourself in a place where you understand the principles. Be a positive person and choose love to be a decent human being.

To raise an emotionally intelligent child, it is necessary that you set up rules for your

child which will make them disciplined and more productive. Especially during this time of the pandemic set aside a time for study, games, sports, TV, prayer and sleep. Give them small responsibilities and appreciate them. Don't be those authoritarian parents who set up too stringent rules which not only causes stress to them but to you, too.

Maybe the list that I suggest could help you to raise your emotionally intelligent child and build up the family culture as well:

- 1) **Respect yourself and others:** It means treating people with kindness and not shouting and yelling but using kind language to address others, especially the older people. It simply means being nice. It means not back-talking, but treating others with compassion, kindness, forgiveness and accepting them.
- 2) **Respect Property:** Property here means the place where you are, it means taking care of the things that are entrusted to you, as a child see that the child takes care of the books, clothes, the things that are given to him or her. It means not to take other people's things or steal them or vandalize things or break them. If one respects property then it does create a culture of raising an emotionally intelligent child.
- 3) **Co-operate and Obey:** If the above two rules are dealt with properly then you have made it, but still cooperating and obeying is also very important. There is a difference between cooperating and obeying. It's for both parents and children. With whom should a child co-operate and obey? With anyone who is asking them to do what is right and reasonable. Reasonable means it's appropriate to the stage of development and context of asking. E.g. If the younger sister comes seeking help for Math then cooperating in helping her learn. This is correct. But if your friends say, "Today, let us bunk classes and go for a movie". This is not reasonable. So, the child should not cooperate in this wrong thing.



Children are very fragile and every age of development is an age of growth. The role of a parent is very important and that applies to the teachers as well, because the next parents are the teachers. Children are precious gems which need your 'loving touch' to shine brighter. The beginning of the academic year is the right time to make the tiny stars realize how precious they are and how well they can shine with the above three rules if practiced every day in their lives.

Sr. Sukuria Dias, sfn

Online School - The New Normal

Today, when we are facing very challenging situations in the wake of COVID 19 which has spread its wings worldwide, it has become very taxing for the educational institutes to keep the students busy in studies and connected to the school and teachers.

Since the education process is such which needs consistent work and connectivity, there stands no question of halting learning. With social distancing, lockdowns and school closures all across the globe, online learning has taken centre stage.



We are really fortunate that India has the capability to handle such load with high technological developments in the field of Ed-tech in recent times. Online education is not only ensuring constructive use of time but is also handling anxiety levels in such scary times.

Most of the schools in India are showing expertise to create remote learning opportunities and to provide students and their parents enough learning and emotional resources to keep them engaged. Academicians in the school are working relentlessly to ensure that no kid is left behind in these turbulent times.

Online learning does have its unique advantages. The biggest one being the flexibility that it offers. Students can study whenever and wherever they want to and can adjust their study schedules around existing responsibilities and commitments.

However, if you're not well-prepared, online education can present some unique challenges too. One of the biggest challenges is to maintain discipline. They need to reduce the possibility of distractions and to be able to manage their time effectively. Here are some ways online students can become self-motivated learners and make the most of the online learning environment:

Try to follow a routine

Just like traditional classrooms have 'Time-tables' that are adhered to, in order to make the most of an online learning environment, it is important that you stick to a schedule. This will bring about the discipline that is needed to sit down at a designated time each day and learn. Sometimes, you may even need to tell your siblings and others in the house that you are studying and would like not be disturbed! It is also true that following a routine like that of a regular day, does help to cope better with the ongoing uncertainty and ambiguity.

Follow instructions from your teachers

You will be given regular instructions by your teachers regarding the completion of your class work. Though not physically present, the teacher can constantly monitor your activity on the virtual classroom too. So be alert and follow all the instructions so as to ease your learning process.

Eliminate distractions

From Netflix and social media to friends requesting you to join online for a quick game, you'll face many distractions that can easily derail your studies. The thriving learners know how to lessen these distractions and set aside time to focus. Set up a workspace separate from distractions such as the phone or TV and then reward yourself with those things after you are

through with what needs to be done for the day. If you are still having trouble resisting the temptation to check your messages on the phone or to surf the web, try downloading a website blocker. It will help eliminate distractions by blocking the apps or websites that tend to compete for your attention.

Set goals

Set short-term and long-term goals and allow yourself to celebrate on completion of those goals by rewarding yourself with your favourite dessert or taking a short break to listen to your favourite song. Little things like these will help keep you motivated. Your goals can be linked to complete mastery of a topic or attempting a practice test. The idea is to keep learning and accomplishing things.

Enjoy the flexibility

Just as self-discipline is key to effective learning in an online environment, the importance of enjoying the flexibility that online learning provides, cannot be undermined. You now have the option of attending live classes from your favourite couch or bean bag, so why not grab it! Take small breaks to be with your pet or simply take a walk around the house, before you sit down to study again.

Communicate with teachers and fellow students

Do not shy away from using technology to connect with your friends and teachers online. Since the students have no face-to-face interaction with their online teachers, active and honest communication is most important. Feel free to use the online forums to share study tips, ask questions, and discuss study topics and clear doubts. You may even keep time to connect with your peers via video calls. The idea is to stay connected and technology helps do just that.

Eat well and sleep well

Staying at home amidst a nation-wide lockdown brought about by COVID-19 is bound to evoke several emotions - ranging from being bored and helpless to feeling tense and anxious. It is vital that we take care of ourselves well in these times. Remember to eat healthy and take

proper rest. A healthy body is our best bet right now. So, stay safe and stay healthy!

Share your resources

With increasing popularity of social media platforms, we have been used to sharing messages to our friends and peers. Now let's share our study resources with our friends so that the new form of learning will turn to be joyful learning.

Wish you all the very best in this new mode of learning with lots of challenges and opportunities to learn and explore. It's going to be tough but let's together take up the challenge and do our best!



~ Ms. Snehal Date

Juggling Between Work And Life

God has sent us in this world with an expiry date and as it is rightly said, “Time flies but the good news is that you are the pilot.” Time is the coin of your life. It is the only coin you have and only you can determine how it will be spent.

Work – life balance refers to the level of prioritization between personal and professional activities in an individual's life. It is the level to which activities related to their job are present in their homes. Previously it was difficult or impossible to take work home and there was a clear line between professional and personal matters. However now due to the presence of the internet, mobile technology and cloud-based software, it is much easier for employees to work from home thereby blurring the distinction between professional and personal life.



To ensure a good work-life balance we should make sure to allocate proper time to our health, hobbies and relationships besides our professional work. Maintaining proper work-life balance ensures personal growth, increases productivity, secures mental well-being and helps get a sound sleep. Work-life imbalance can cause health problems, conflicts of relationships, low performance and less self-care.

Invest in your work-life balance. Time with friends and family is as important as time at work. Never get so

busy making a living that you forget to make a life.

Work to live, don't live to work.

-Ms. Raiza Pereira

From Real To Virtual Teaching

In a flash, we moved from the real to the virtual world, from teaching in a classroom on to Zoom.

As the Covid-19 pandemic has taken the world by storm, technology has become the new normal. The education industry has also switched to the online mode of teaching and learning. Although it has been quite a challenging task yet it has opened to us opportunities to adopt technology as a means of teaching and communication, to get in touch with our students.

Use of various learning applications and educational sites online have helped the students too. Online learning was a difficult transition for students initially but it progressed well with the smooth flow of learning with interactive sessions, PowerPoint



presentations, videos and activities developing social skills as well.

Another challenge was to maintain the attention of the students throughout the live interactive sessions. However the social interaction of the children with their peers on screen kept them glued to the class.

The physical presence of the students is greatly missed. Their exuberant smiles, warm hugs and curious questions is something we

look forward to. The little time they spent with us during the Christmas celebrations is our most cherished memory of last year.

Like any other platform, online teaching too has its own pros and cons. It is up to every individual how to utilise an opportunity and take the best from it. Traditional methods of teaching are substituted and teachers have to upgrade with innovative ways to redefine learning in virtual space online.

~ Ms. Renny Fernandes

NSQF

Vocational Education Under The National Skill Qualification Framework



The **National Skills Qualifications Framework (NSQF)**, was notified by the then government on 27th December 2013, designed to enable the learner to acquire knowledge and skills which are required by the National Occupational Standards (NOS) to be able to perform a particular job role. It organises them as a series of qualifications across 10 levels—from level 1 to 10. Each level is defined by a set of level descriptors that describe in a subject/sector neutral way—what the holder of a qualification at a level should know and should be able to do. Each job role is pegged at a specific NSQF level based on the best fitment with level descriptors.

NSQF-based qualifications are being embedded in the formal education system at high school and higher education level, since 2012. Over 2,000 government schools across 10 states started offering NSQF-based vocational subjects from classes 9 to 12, as one of the subjects. The University Grants Commission (UGC) had started the Community College Scheme in 2013, which offers vocational diploma of one year and an advanced diploma of two years, aligned to NSQF. Further, the Bachelor of Vocation degree was started by UGC in 2014. The All India Council for Technical Education (AICTE) has also introduced the Community College Scheme. Certificate programmes offered by about 12,000 ITIs were aligned with NSQF. Several vocational education and training programmes offered under the schemes of central ministries such as rural development, urban development, labour ministry, tourism, tribal development, food processing, etc, are being aligned to NSQF.

Similarly, various state governments and their skill development missions have started aligning their offerings with NSQF. Over 170 training partners of NSDC across the country have been mandated to align their programmes, evaluation and certification with NSQF. NSQF also provides for recognition of prior learning, whereby skills and knowledge gained by individuals outside formal learning processes are assessed and granted recognition. Recognition of prior learning, in fact, has the potential to enable millions of experientially skilled to be able to derive appropriate economic and social benefits of their skills. NSQF would enable creating pathways for vertical and horizontal mobility of learners within the vocational domain and also across vocational and general education. The government and NSDC have been working towards establishing equivalences of NSQF-based qualifications with international qualifications, which could lead to skilled Indians taking up employment in those countries without or minimal additional training or certification.

Aligning diverse skilling mechanisms with the unified NSQF has started creating a skilling ecosystem, which, if implemented meticulously, can be transformative for

India. NSQF is turning into an anchoring point for the national priority of skill development for reaping the economic and social dividends of our youthful nation, by providing the skills which our youth, India and the world needs.

THE GOA SCENARIO

NSQF was introduced in Goa during the academic year 2014-15. Four sectors namely Automobile, IT/ITeS, Healthcare and Retail were introduced in 38 Government schools and 2086 students were enrolled in Level 1 (Std IX). 44 Instructors were appointed and 20 days training in topics such as communication skills, Work etiquettes, conduct of practical's, and effective teaching of the subject was provided to them. Three coordinators having vast experience of teaching in the Vocational stream were appointed for putting the programme on track. Equipment was supplied and installed in the labs created exclusively for NSQF. Prominent resource persons from the Industry paid visits to schools and guided the students in the practical aspects of the subject.

In the state of Goa NSQF has been implemented in Government as well as Government Aided High Schools and Higher Secondary schools. For the academic year 2019-20 the NSQF is operational in 77 Government Secondary Schools and 9 Government Higher Secondary Schools besides 12 Aided High Schools and 23 Aided Higher Secondary Schools.

NSQF Team (Goa)

NODAL OFFICER NSQF : Dr. S.S. Ghadi (Dy Director of Education –Goa)

State Coordinators: Mr. Bharat Naik, Mr. Nagendra Kore and Mr. John Silveira

-Mr. Alwin Noronha



Perpetual Succour convent High school, Navelim offers two NSQF vocational subjects (Electronics and Apparel) under Goa Samaghra Shiksha Abhiyan (NSQF).

वाचन

शिक्षणाक पिरायेचे बंधन ना. ताका कसलीच मर्यादा लागना. ताका कोणाच्यान खंयचेच फास्केंत बसोवंक जायना. म्हणूनच म्हणटा, जो वाचतलो तो जगतलो आनी जो जगतलो तो गिन्यानाची गुडी वयर उबारतलो. तन मन लावन वाचन करप, हया वाचनातल्यान मनशाच्या गिन्यानांत भर पडप, ताचे आचार विचारांत बदल जावप, एके भाशेकडच्यान दुसरे भाशेचे गिन्यान मेळोवप आनी मनीस हुशार जावप हीच तर खरी गिरेस्तकाय.



मनशान खूब वाचपाक जाय. म्हाका जायत्यो संवयो आसा म्हण सांगपी खूब मनीस आसात तांतूंत वाचन ही एक बरी संवय. ल्हानपणासावन जाका वाचनाची संवय लागता ताची ही संवय हया संवसारांत जिवीत आसा मेरेन उरता.देवळांत भितर सरतकच मनशाक जशी मनशांती मेळटा तशीच वाचनालयात भितर सरतकच मेळटा.

आयज मनशाची वाचन करपाची संवय सामकीच कमी जाला. जग खूब फुडें पावला. जायती दुसरी गिन्यान मेळोवपाची यंत्रणा आयल्यात पूण निमाणे पुस्तक वाचन म्हाका खूब बरे दिसता. पुस्तक म्हजो खरो इश्ट म्हणपाक म्हाका अभिमान दिसता. वाज आयलो, एकलोच पडलो,दुखी जालो, आता कितें करूं?,कोणाक सांगूं?,खंय वचूं? अशें प्रश्न उप्राशिल्ल्या खंयच्याय वेळार आमी वाचन करून आमचे तकलेवयलो ताण,वजें देवोवपाक शकता. जेवणाची रुच वाडोवपाक आमी जायत्यो दुस-यो वस्तू वापरून ते जेवण सुरबुस करून जेवतात तशेच दुस-या भाशेंतले साहित्य वाचून आमचेच गिन्यानांत आमी भर घालतात आनी जिणेंत सुरबुसाण हाडटात.

हांवे वाचलें, तुवें वाचलें,आमी सगळ्यांनी वाचलें

वाचून वाचून वाचनाचे मोल आमकां कळलें.

आयज वाचलें, फाल्यां वाचलें सदांच आमी वाचलें

वाचून वाचून शिक्षणाचे मोल आमकां कळलें.

वाचन करून मेळिल्ल्या गिन्यानाचो हिशोब आमकां मेळ्ळो

जिणेंत उजवाड फांकोवपाचो दिवो आमकां मेळ्ळो.

प्रतिक्षा वेळिप

आयुष्य

आयुष्य हे खूप सुंदर आहे
ते आनंदाने जगायचे
समस्या खूप आहे त्यांना सामोर
जाऊन आयुष्य सुखकर करायचं



आयुष्य सुःख दुःखाने भरलेले आहे
त्यात नात्यांचा गोडवा मिसळावा
नात्यातील हा गोडवा
कुटूंबाच्या सहवासात मिळावा

आयुष्य खूप खडतर आहे
त्यात हार मानू नका
आयुष्य हे संधींन बनलेले आहे
ते सोडून जाऊ नका

आयुष्यातला प्रत्येक क्षण हा
अनमोल आहे तो जपून ठेवा
त्या अनमोल क्षणाच्या आठवणीत
आयुष्य सुखकर करा.

छात्र और नैतिकता

आजकल के बच्चों में एक बात ऐसी है जिसके प्रती ज्यादा ध्यान देने की जरूरत है – और वो है बच्चों में बढ़ता हुआ नैतिक मूल्यों का अभाव। इसके कारण अनेक हो सकते हैं। आजकल ज्यादातर माँ – बाप नौकरी के कारण घर में अपने बच्चों के साथ ज्यादा समय बिता नहीं पाते। दूसरी बात आजकल संयुक्त परिवार का अभाव। बच्चे अपने माँ – बाप के साथ – साथ दादा – दादी से भी अनेक अच्छी बातों का अनुकरण करते थे।



आजकल शिक्षकों को भी विद्यार्थियों को अच्छे नैतिक मूल्यों की मदद के लिए विशेष प्रयास करने चाहिए। बच्चे काफी चौकस होते हैं। जीवन में वे जो कुछ भी सीखते हैं, उनमें से अधिकांश अपने शिक्षकों, माता – पिता और बड़े भाई – बहनों को देखकर होता है। वे अपने बड़ों के कार्य करने के तरीके पर अधिक ध्यान देते हैं और जैसा वे करने का निर्देश देते हैं, वैसा ही करते हैं।

उदाहरण के लिए, यदि वे अपने बड़ों को सदा ही सच बोलते हुए देखते हैं, तो वे सच बोलने के लिए प्रेरित होंगे। दूसरी ओर, अगर उन्हें बार – बार सच बोलने के लिए कहा जाता है, लेकिन अपने बड़ों को झूठ बोलते हुए देखें, तो उन्हें भी झूठ बोलने का लालच होगा। इस प्रकार माता – पिता और शिक्षकों की जिम्मेदारी है कि वे अच्छे संस्कारों को प्रदर्शित करने के लिए ठीक से व्यवहार करें ताकि बच्चे समान रूप से विकसित हों। उन्हें छात्रों को विनम्र होने, दूसरों की मदद करने, सच बोलने, दयालु होने और आनंद के साथ जिम्मेदारियाँ निभाने के लिए प्रेरित करना चाहिए।

स्कूलों को भी नैतिक मूल्यों पर ध्यान देने के लिए अच्छी नैतिक कहानियों और पाठों के माध्यम से उन पर केवल व्याख्यान देने के बजाय ध्यान केंद्रित करना चाहिए। बुरी प्रथाओं और बुरी आदतों की निंदा की जानी चाहिए ताकि छात्र उनसे दूर रहें। छात्रों में अच्छे नैतिक मूल्यों को शामिल करना उतना ही महत्वपूर्ण है जितना कि उन्हें अन्य विषयों को पढ़ाना।

समय बदल रहा है और समय के साथ लोगों की मानसिकता बदल रही है। हालांकि समय के साथ चलना अच्छा है, लेकिन नैतिक मूल्यों से दूर जाना अच्छी बात नहीं है। आज की पिढी पहले की तरह नैतिक और नैतिक रूप से सही होने के बारे में जागरूक नहीं है। जीवन के प्रति उनका एक अलग दृष्टिकोण है। अपने लाभ के लिए झूठ बोलना, धूम्रपान करना, शराब पिना और ड्रग्स लेना इन दिनों एक आम दृश्य है। जब कि कुछ दशक पहले यह वर्जित माना जाता था, इन दिनों युवा बिना किसी अवरोध के उसी में शामिल होते हैं। इसमें से अधिकांश को पश्चिमी संस्कृति के प्रभाव के लिए जिम्मेदार ठहराया जाता है।

इसलिए आजकल के बच्चों को कल के सुदृढ नागरीक बनाने के लिए हम सब को वे कदम उठाने होंगे जिससे समाज परिवर्तन हो पायेगा। ये हमारी जिम्मेदारी है और उसे निभाना हमारा परम कर्तव्य है।

नयना देसाय

ENDINGS

AND

NEW BEGINNINGS



“For every goodbye, God provides a hello”

~ Donna Gable Hatch

2020 indeed has been a paradox, in more ways than one. While we said a tearful goodbye to our loving ex-headmistress Rev. Sr. Santana Goes, we extended a warm welcome to our vibrant new headmistress Rev. Sr. Libia Fernandes. And though these two formidable personalities are as different as thumbprints, they have left indelible imprints on the hearts and minds of those who they encountered. This section celebrates their uniqueness and the common goal of spreading the joy of Christ, improving the role of education and touching lives.

MOTHERLY AUTHORITY: SR. SANTANA GOES



I sit in restless anticipation as the fourth phase of the Covid-19 lockdown continues. I need to thread life's journey with an uncertainty that may last into 2024(courtesy-big brains from Harvard). As a teacher I am expected to equip myself for a virtual classroom; scepticism fills my mind, am I up to it? Will the silver streaks on my head permit me to shed the fog of ignorance to take on the challenge

of being just as effective a teacher as I was in the chalk-talk tradition of old?

These cynical confusing thoughts are broken thanks to a call from my headmistress, Sr. Santana who somehow has an uncanny sixth sense to call staff when they are in doubt or emotional-spiritual distress. My views are met with convincing words, a sharp reprimand that I could doubt my inherent abilities and a talk of encouragement.

As I disconnect, I can't help but think of the 6 years I have spent under the

motherly authority of dear Sr. Santana. Her term as a headmistress was built on the spiritual foundation of convince, reprimand and encourage (her staff, students and their parents). PSCHS community was her spiritual family. Her open-door policy permitted staff and students to walk in at any time, relate their difficulties and seek solutions, emotional comfort or intercessory prayer.

Every day spent in her care was fringed with learning, experimentation, discoveries, love for nature and laughter. She taught us to appreciate the small things in life, to soothe our angered nerves and tired eyes by popping into the chapel or just stopping to bask in the beauty of PSCHS's pride- the colourful sweet fragrant garden.

As a teacher I have experienced (and my colleagues will agree as well) her authority as a source of motivation. A competition, annual event, workshop, online training was met with great enthusiasm by her. If we looked downcast or overburdened, she never failed to convince us that the activity will bring about great personal learning, enhance our personality and will benefit our students. I will never forget the mega endeavours of PSCHS; the operetta 'The Wheel that Did Her Will' and 'Father Founder Film Festival'. Her hovering presence *encouraging* us to dream big, let a bigger collaboration of fellow colleagues-students and parents work together in order to achieve the biggest success on and off stage for PSCHS.

Her style of reprimanding a teacher, peon or student, always left me in awe. Correction fringed with spirituality was her forte. Sister never held grudges. Her chastisements would soon be forgotten by her. She would keep a clean slate after all she believed that forgiveness has to be accompanied by forgetfulness or you will turn into a vengeful bitter person.

Family matters first. Every slab of chocolate or box of laddoos, simply had to be shared with the staff, cabinet members or her SSC batch. Sr. allowed us to be a part of her biological family. Visits made by her family members were special to her as she would introduce us as, "...this is my teacher... I am blessed with good teachers." The way to a man's/woman's heart is through his/her stomach. She encouraged, fellowship meals in the staff and between students. She never failed to appreciate the culinary skills in her students and staff.

To Sister, PSCHS was an intercessory tower of prayer. Students and teachers freely approached her for prayer. Every assembly held minutes of intercession for the congregation, ex-students, parents and world occurrences. I distinctly remember the month of March, where she fervently began encouraging students and the staff to pray for a halt in the pandemic. Her passion for hymns stirred up the singers in the staff and among the student fraternity to experiment with new tunes and hymns for the assemblies, masses, and competitions; occasionally she would treat us to a favourite hymn.

PSCHS and all those who encountered Sr. Santana with her angelic smile will agree with me when I state that she was a pillar of humility. It's so very easy to attach yourself and misuse your power to demean your subordinates however the staff, students and parents of this institution never had to pay the price that authority brings along. A piece of paper must be picked, generosity must reach deserving places, and an injured teacher's bag must be carried. This school was blessed to have had such a down-

to-earth, unassuming person as a headmistress.

Much can be shared and written about Sr. Santana, but I know she would be furious with me for blowing a trumpet. PSCHS will surely miss her but the beauty of relationships is that with the help of technology it can last a life time. Today I bid farewell to a headmistress but instantaneously I bid welcome to a friend.



-Ms. Andrea Torcato D'Costa (Teacher)

LEAVING MILESTONES ON THE ROAD NOT TAKEN



On a bright sunny day, we enter the portals of Perpetual Succour Convent High School, in Navelim. There is an eerie silence, void of the shrieks of laughter, the good morning teacher chorus and a school ground which would otherwise be swarming with activity. The silent hallways make us aware of the dramatic change brought about by the pandemic in the interpersonal relationship between the teachers and students.

In this challenging environment Sr. Liberata Fernandes or Sr. Libia as she is fondly addressed, was transferred as Headmistress to Perpetual Succour Convent High School from St. Michael's Convent, Anjuna. Suddenly adapting to a new place, after having carved a niche for herself in Anjuna, built on a foundation of trust over a period of

12 years was not easy. But not being new to trials, this formidable visionary with a smiling countenance and childlike enthusiasm coupled with a strong sense of punctuality, discipline and foresight, took over the reins of leadership.

True to her vocation, she alludes all her endeavours and success to her maker. She firmly believes that the time one spends on bended knees helps us to rise above our

difficulties. Through her own example she has inculcated reliance on prayer in others. Her favourite parable is of the Good Samaritan, and she practices the virtues of compassion, empathy and philanthropy on a day-to-day basis. She is always ready to lend a sympathetic ear, a shoulder to cry on and a steering hand to guide her staff and students. When some of the staff members and pupils were ailing because of Covid 19, she made it a point to inquire about them and pray for them each day. A teary-eyed teacher on her return after overcoming Covid 19 narrated her experience and said, **“Sr. made it a point to call up even thrice a day praying with me over the phone. She has indeed been my pillar of support and prayer.”**

Absence makes the heart grow fonder, and even though she did not personally know the students, she wanted to make them feel loved while being separated from school due to the pandemic. So this Children's Day, the class teachers of PSC geared up to host a virtual party for their students. Creatively decorated classrooms, innovative games and moments of prayer and togetherness bridged the emotional and physical gap between the teachers and pupils. ***“It brought tears to my eyes to see how motivated each teacher was to think out of the box to make each child feel loved and special.”*** said a very emotional parent. ***“Seeing the dummy representation of each one of us in the classroom, made me realise how much our teachers miss us and it made us miss school even more.”***, said a bubbly brat from middle school.

This Christmas she donned the Santa look, with a mission to spread happiness. Her visits to the ex-teachers with her bag of goodies accompanied by the PSC nightingales (teachers) who serenaded them, made the ex-teachers reminisce about their good old days. Seeing some of their students, who are now teachers themselves in the same institution, brought a flood of memories and tears of joy. She also spread joy to the student community. ***“For the first time I knew the luxury of tasting butter made sweets. All the ingredients given by you sister made this the best Christmas ever!”*** This comment came from an economically backward parent. There is no greater sorrow than an untimely death and Sr. couldn't bear to see the tear streaked innocent faces of some students who had lost their loved ones. Her visit to each bereaved family was like a gift of hope and optimism to the mourning.

She is a passionate English and Social Science teacher with a streak of Einstein in her. She doesn't shy away from addressing socially relevant environmental issues. A stickler for cleanliness, even a bit of paper strewn about irks her. She has created a green space around the campus and this National Science Day she encouraged students to learn and practice organic farming at home.

Sr. Libia's infectious laughter and joie de vivre is contagious. She has a remarkable spirit of adventure that remains undiminished. As she walks ahead on her path signposted with her many milestones, with a smile she encapsulates her vision for the future by paraphrasing the lines of the great American poet Robert Frost, "The woods are lovely, dark and deep, but I have promises to keep. And miles to go before I sleep. And miles to go before I sleep."

~ Ms. Andrea D' Costa and Ms. Saviola Vaz

प्रेरणादायी व्यक्तिमत्व – सी. मार्गरेट

जल जाता है वह दिये की तरह
कई जीवन रोशन कर जाता है

कुछ इस तरह हर गुरु अपना फर्ज निभाता है

एक गुरु के रूप में आपके कार्यों को शब्दों में पिरोना बहुत ही मुश्किल हैं। आदर्श शिक्षिका, निर्मल और पवित्र मन की सेविका, सत्य सदाचार से ओत प्रोत, ज्ञान का भंडार, सबल, सशक्त, प्यार और ममता की मुरत, ऐसी हमारी सी. मार्गरेट। ऐसी बहुगुणी व्यक्ति का हमारे जीवन में होना, हमारा सौभाग्य है।

छात्रों के लिए तो आप हमेशा आदर्श शिक्षिका ही रहेगी। उनके प्रति सदैव आपका विनम्र भाव, ममता से भरा आपका हृदय, यहाँ पढ़नेवाले हर छात्र ने महसूस किया है। चाहे छात्र हो या छात्रा आपका उनको बेटा कहकर संबोधित करना अविस्मरणीय है। आपका यही एक शब्द अपनेपन की अनुभूति कराता है।

छात्रों को अपना बनाना,
प्यार से उनके जीवन को महकाना
हर छात्र को पसंद है आपका पढ़ाना
क्यों कि आप ही ने सिखाया है उन्हें
मेहनत से अपना जीवन सफल बनाना

साधारण छात्रों को पढ़ाना बहुत आसान है। किन्तु असाधारण छात्रों को बहुत मुश्किल। आपने ऐसी छात्रों की मुश्किलों को समझकर, अपने जिद और लगन से विशेष छात्रों के लिए अलग शाखा बनाकर उनका पढ़ना आसान बनाया। इसके लिए आपने जो कष्ट उठाए है, जिसप्रकार कार्य किया है, वह अत्यंत सराहनीय है। फलस्वरूप आपके यही छात्र अब आत्मविश्वास से आगे बढ़ सफलता प्राप्त कर रहे हैं। छात्रों को पढ़ाने में आपने हमेशा नए तकनीक का सहारा लेकर दृक श्राव्य माध्यम को ज्यादा महत्व दिया है। आपके इसी अलग अलग माध्यमों के कारण आप हमेशा छात्रों की चहेती बन गयी।

अपने सहकर्मियों के प्रति आपका व्यवहार हमेशा नम्रतापूर्ण रहा है, चाहे वो वरिष्ठ हो या कनिष्ठ हो, हर एक का मार्गदर्शन करना, अपना कार्य समाप्त कर दूसरों की सहायता करना, आपके व्यक्तित्व की खास बात है। समझना और समझाना यह गुण बहुत कम लोगों में पाये जाते है। आपकी सकारात्मक विचारधारा, प्रेरणादायी शब्द हमेशा मार्गदर्शक रहे हैं। हाँसते हाँसते हर चुनौती का सामना करना, और उस चुनौती में भी सीखना यही आपकी विशेषता रही है। आज के इस युग में समय का पाबंध्य होना बहुत ही जरूरी है। आपने इस बदलते युग को ध्यान में रखकर सदैव अपना कार्य किया है। कहा जाता है कि रिश्तों में प्यार की पूंजी लगाने से सबसे बेहतरीन ब्याज मिलता है। आशा है आपको वो ब्याज मिलता रहेगा। अंत में सिर्फ इतना ही कहना है

ना तारीफ की आस है, ना उपहार ना इनाम,
हर कोई सफल बने, खुश रहे, यही है आपके अरमान
सी. मार्गरेट आप जैसे व्यक्तित्व को मेरा

शतशः प्रणाम



प्रीती केरकर

THE RIPPLE EFFECT

Drop a pebble in the water: in a minute you forget,
But there's little waves a-flowing and there's ripples circling yet,
And those little waves a-flowing to a great big wave have grown;
You've disturbed a mighty river just by dropping in a stone.
For the thousands of pebbles you have dropped in the water,
the ripples are endless!
Your students will forever take a part of you into their futures
and your friends a part of you in our hearts



Teachers lead students into meaningful pathways in their lives. The ripples he/she creates through the students keep making waves. The same is true of our four valuable teachers who retired in 2020 -2021.

Teacher Vincentina D'Silva

Teacher Vincentina taught for almost 38 years in Perpetual Succour Convent High School imparting the right skills and knowledge. She consumed herself like a candle to show light to everyone in P.S. C. Her compassionate heart and friendly gesture played an important role in her life as a teacher. She was able to see each child's strengths and weaknesses and thus rendered her help in whatever way she could.

Her zest, generosity and a smiling countenance always put everyone at ease. And that is how everyone remembers her- a congenial, compassionate and enthusiastic teacher.

Teacher Eveta Pereira

Teacher Eveta is known for her prudence, repartee and impeccable dressing style. She imparted education to the tiny tots for 37 long years. She is a great teacher who became an inspiration to all in P.S.C. and played an essential role in everyone's life. She has moulded each student under her care with great love and ignited the spark of learning in them in the most perfect way. Her main task was not merely teaching but also preparing children for a better tomorrow.

She always began her teaching with a prayer and taught her students to give first place to God. You could always see her in the school chapel and she encouraged her students as well to spend time in prayer. Tr. Eveta in every sense has fulfilled her duty of teaching and touching lives.

Teacher Jecima Fernandes

Teacher Jecima taught for 38 years with dedication. She had a unique way of supporting students' academic and social development. Her teachings are fondly remembered by her students. The students got tremendous encouragement to carry on with their educational journey in confidence with her smiling and caring nature. Soft spoken, kind and loving she touched the lives of students and staff alike.

Teacher Indira Makwana

The long 38 years of service rendered by Teacher Indira in Perpetual Succour Convent High School have been traversed with a great deal of discipline and time management. She was always willing to go above and beyond to impact the lives of her students. Over the years, she continued to positively embrace changes in teaching methods. It is an inspiration to consider how many generations she has imparted her teachings over the years.

Extremely down to earth and with child-like enthusiasm, she struck a chord with the entire school community. Her dedication, passion and love for her vocation is truly inspiring.

The true values that these teachers have imparted is a treasure that will forever remain in our hearts and undoubtedly they will be passed on to the next generation. They were there for us when we needed them. Leaders like them are not many in this generation. Their knowledge, vision and wisdom in turning this world into a place of hope and peace are of great importance to our generation.

We hope for their success in their new roles. May their lives be filled with lasting joy, peace and more adventures in the years to come.

*~ Ms. Sheila Fernandes
(Teacher)*

Quaran-times

The physical distancing norm might have restricted our access with the outer world, but it has given us the opportunity to get to know our family members better, to pray together, to play together and learn from each other. Every problem that we encounter on our life's journey isn't a loss. It teaches us to value the important things in life, it teaches us not to take life for granted and more importantly it teaches us to trust in God's plan to turn every obstacle into a beautiful opportunity.

The Quaran Times section enhanced pictographically, portrays how the students and parents of PSC spent their time when locked down.

Here are Mrs Sunita Dias's thoughts on the need for personal prayer and some soul searching. "Prayer is so imperative. Every day after rosary I make it a point to impart a value. I feel that we need to instill ideals and good habits in our children. This lockdown period helped me to impart to my children the need for personal prayer. I encourage them to self-evaluate every night and keep examining their souls. It is a sad reality that we live in a world which encourages us to thrive only for materialistic things. I believe that kids need to delve deeper into their souls to remain grounded."



Being a father is a gift to be received and given. Mr. Cladius Dias and his son Sherlock Dias amidst the crisis, found time to bond and do things together. Times were hard during the lockdown, for this family with a passion for farming. But learning new skills, really strengthened the roots of the relationship between this parent and child. Here Sherlock has shared a beautiful picture with his father on the farm.



The corona virus pandemic has made foodies wary of eating out. Dining in is the new dining out. And keeping up with the trends on Instagram has led to a rise in the number of amateur chefs. Indeed this phase can be termed as, 'The Era of

Epicurean Adventurers'. Debra of Class X has been cooking up a storm. When I messaged her asking for a picture of the delicacies she had prepared, my dear Betty Botter told me that she was preparing batter. Next on her list was the trending Dalgona coffee. I hope we





can all treat ourselves to the gastronomic delights which she is learning during the culinary classes that she's getting from her mother.

A sister is a gift to the heart and a friend to the spirit. We might fight with our siblings, but we sure can't live without them. Shreya is very fond of her baby sister and together they are like a house on fire. She loves to paint and dance. The circumstances might have hindered their going out to play but Shreya says that she loves teaching her sister to paint and at the same time polish her own art skills. Here's a lovely picture she shared of the two.

Hope everyone reading this utilised the lockdown period in a positive and constructive manner, just like these students and their family members.

~ Ms. Saviola Vaz

The pandemic struck people when they least expected it. And while the situation was tough they managed to pull through with the grace of God and by the love and concern of family and friends alike. Some of our teachers and support staff too had to go through the same peril. Here's how they fought the good fight.

God's Mercy And Favour In Times Of Peril

As someone has rightly said, "Life isn't about waiting for the storm to pass, it's about learning how to dance in the rain". For me this was just a quote like many others until I was struck by the Covid 19 virus. My whole perspective of looking at life changed.

On the morning of 26 April, as I woke up, I realised that I was having severe body ache. I ignored it thinking that it might be due to tiredness. The next day too I experienced the same symptom. This time as it was even more severe, I just thought of checking my temperature. Looking at the temperature I was totally traumatised as I had high fever. In those few minutes, thoughts about the safety of my family members started to bother me. I was especially worried about my son. I decided to go for a test and as expected I tested positive.

The only way to keep myself away from anxiety was spending time in prayer. I have a firm faith that whatever happens in life happens with GOD's wish and it is for my betterment. Holding firmly to this belief I decided to face this virus with a positive attitude. This gave me lot of courage to face the situation optimistically. I was emotionally touched to see the support, concern and help offered by my family members and friends. Those 17 days of my life taught me that I should be grateful to



God every day, for the gift of life. As life is full of uncertainties, I feel one should spend as much time as possible in prayers everyday so that we feel GOD's presence in our life always. As it is rightly said, "You can't change your situation, the only thing you can change is how you choose to deal with it". COVID 19 taught me that no matter what difficulties come in life, with positive attitude we can overcome it

– Ms. Maheshwari Naik

Finding the Calm in the Chaos

"Health is priceless. We never have a true idea of its value until we lose it". Remembering the days when my parents tested positive still brings fear within me. We wore masks, maintained social distance, used sanitizers and obeyed all the norms but the virus still got the better of us. When we got the report, I just tried keeping myself calm, trusting in the Lord, knowing that this too shall pass. It was a difficult phase where I didn't know what would happen in the next moment.

We started with all the medications prescribed by the doctors and surrendered everything in the hands of God. There was immense support from our family and friends that gave us courage and strength during the 17 quarantine days. I was very confident in the prayers that were offered to God by our loved ones and eventually all the prayers brought a new hope and light in my family. The road to recovery was not easy for my parents but it was the most faith enriching experience for our entire family.

- Ms. Abigail Alvares



प्रार्थनेचे बळ

मी रजनीकांत बिंधानी, मला कोविड झाला होता. मी 30 दिवसांसाठी क्वॉरंटाइन होतो. मलाच नव्हे तर माझ्या कुटुंबाला सुध्दा कोविडचा त्रास सहन करावा लागला. अशा ह्या कठिण काळात आमच्या शाळेच्या मुख्याध्यापिका माननीय सिस्टर लिबिया फर्नांडीस, सर जॉनतन, कृष्णा, जॉकिम ह्यांनी मला खूप मदत केली. तसेच शाळेचे इतर सदस्य यांनी माझ्यासाठी प्रार्थना केली.

ह्या कोविडच्या काळात मला असंख्य वेदना होत होत्या, लोकांच्या मृत्यूच्या बातम्या माझ्या कानावर पडत होत्या. माझ्या मनात नेहमी विचार येत होते की ह्या महामारीतून मी वाचू शकेन का? पण अस म्हणतात ना की प्रार्थनेत बळ असत आणि ह्याच बळामुळे मी कोरोनावर मात करू शकलो. देवाच्या आर्शिवादाने व आत्मविश्वासाने मी परत कामावर रूजू झालो. "एका हाताने ताळी वाजत नाही" माझ्यासाठी सर्वांनी प्रार्थना केल्या म्हणून मी सर्वांचा आभारी आहे. देवाचा आर्शिवाद नेहमी माझ्या व सर्वांच्या पाठीशी राहू दे हिच माझी प्रार्थना.



ALUMNI SPEAK



The School with a Different...PULSE

I can never forget what my alma mater has done. Wonderful memories flash through my mind as I walk down the memory lane and reminisce about the unforgettable experiences I had three decades back.

Today as I put down these few words I feel rejuvenated with a feeling of gratitude for my alma mater which stood tall in the pangs of birth and its growth to laurels and glory. Its goal and vision has always been to provide quality education to pupils from the rural as well as urban areas. My alma mater has always worked towards the upliftment of the poor. The children from Dramapur, Sirlim, Velim, Benaullim, Chinchinim, Cananguinim, Nuvem Cabe-de-Rama, Betul, so on, availed the services of this prestigious institution, plying daily or staying on rent. Definitely, no doubt it was all because it was 'a school with a difference'!!!



Yes, Perpetual Succour Convent High School, has always been known for discipline, academics and all round development. It has produced great doctors, scientists, priests, nuns, engineers, lawyers and the list can go on. It has provided and continues to provide not only to urban but for all learners success in education through various programmes. Even in these testing times of the pandemic, the students brought laurels through online education at the national and international level competitions.

Being a Perpetualite is an honour and I feel honoured to see that the school empowers students and encourages them to be proactive in varied events to exhibit their talents and abilities in different faculties and with various initiatives. The school offers overall development for the students. Student-centred curriculum that inspires passion for learning through competency based instruction and assessment. The different exhibitions instil research, investigation, which also engages students to explore. The promising staff members and a leader who leads the way needs to be applauded. The increasing number of students is a sign of growth and a benevolence of God!

"Honor lies in honest toil," says Grover Cleveland and "It is in the character of very few men to honour without envy a friend who has prospered," says Aeschylus. Both these sayings speak loud and clear, a lot about honouring the other or the deserving and the honoured. The school management of Perpetual Succour Convent High School, does not leave any stone unturned to deliver and honour those who need to be given their dues. I am one of the recipients of the Maria Afonso Konkani Puroskar from Thomas Stephens Konkani Kendr, Porvorim honoured on 20th February 2021, for my contribution in the field of Konkani writing and upholding the mother tongue. Acknowledging my contribution, the honour and privilege, I was felicitated by my alma mater, on 8th March 2021 at hands of Manager Sr. Alda Rodrigues and the Headmistress Sr. Liberata Fernandes. It was a proud moment, to stand before the august gathering of students and teachers, inspite of the pandemic and receive the honours. I felt extremely humbled by this kind gesture. Certainly, all for the greater glory God! I am grateful and implore God's blessings.

May, my alma mater continue to grow, excel, outshine and surpass all accolades and produce mature, disciplined, loyal, sincere, responsible and wise citizens who will render perpetual help/assistance to the needy under the patronage of our beloved Mother of Perpetual Succour.

~Sr. Molly Fernandes, sfn

MAKING SETBACKS STEPPING STONES TO SUCCESS

Sometimes life throws us a curve ball. Things don't always go the way we planned. In times like this all that matters is how we handle it and the person we become on the other side.

Lyndon Cardoso's dream of being an aviation engineer did not take flight, after a mishap in 2013. But he fought back against all odds, and rekindled his passion for football, winning laurels doing what he loves. This confabulation with the inspirational lad will surely teach us some important life lessons.



1. What are you currently doing?

I recently got my Bachelor's degree in Physical Education, and am on a lookout for a job. I also have a travel agency but due to the current pandemic situation, business is slow and job opportunities are scarce. As of now I have started the business of customised sports masks.

2. No one knows better than you, that fate can be fickle. How important is it to keep reinventing yourself?

The only thing constant in life is change. It was very important for me to reinvent myself and to adapt to change. The world waits for no one. I want to be someone and somewhere in life. Therefore reinventing myself and acclimatizing to all sorts of situations was important to become independent.

3. It's easy to lose faith in God when things don't go your way. How has your relationship with God changed after your accident?

My life after the incident has not been easy but my faith, hope and belief in God is unmoved and I still believe and hope that God has some plans for me and He works in His own mysterious ways. Like someone has rightly said, "It is unfair to judge God's love for us based on what we want Him to give us, rather than what He wants to give."

4. What or who has been your greatest strength and motivation?

My parents have been my greatest strength and motivation. From never leaving my side at the hospital to this day they have stayed resilient, which has also strengthened me, to remain firm. They have always told me that I will be able to do something, and this has motivated me and encouraged me. My cousins too have played an important role in

reassuring me all these years. This was important as I need time to time encouragement. I cannot forget my friends as well.

5. What is your favourite leisure time activity?

My favourite leisure time activity would be playing futsal or football. I also love going for fishing with my friends.

6. How has the mishap transformed you as a person?

I believe that harder the struggle, the more glorious the triumph. My mishaps have made me realise that anything is possible if we have the grit and determination.

7. How was your experience working as an intern at your alma mater?

It was a very remarkable and unforgettable experience. The day I addressed the students in the school hall is a moment I'll always cherish. It brought back so many memories from my school days. The love showered on me by the students and staff alike was humbling.

8. What is your advice to students and young people?

My advice to young people would be to never give up if life knocks you down. Always work hard and give your best. Grab every opportunity that comes your way. Always place your trust in God and surround yourself with people who motivate you to be the best version of yourself.

- *Ms. Saviola Vaz*



Emilina: An Inspiring Alumna

From being a wallflower (introvert) to making everyone go LOL and ROFL, this budding YouTuber has a whopping 34.1K subscribers hooked on to her YouTube channel- Only Emilina. In this short article she pens her memories about school and about pursuing her passion with persistence and perseverance.

From the first day of school to the last, our education is a major part of our life. A lot of times when the word “school” comes up, it is the mostly associated with academics. But school isn't just about a ton of books in the backpack. It's a place which equips us to backpack through life. Whoever said that school is our second home is absolutely right. In school we learn how to unlock our talent, meet some people we cherish for a lifetime and make lasting memories. This is where we meet our mentors



and teachers who influence us and have an enduring impact on us. They help us develop our skills to become a better version of ourselves.

I have always been this introverted kid, good in studies but I was never a person who would have the courage to participate in competitions, as much as I would want to do so. Later, with the coaching from my P.E Tr. Joaquina, I got an opportunity to develop my skills in hockey and football, and even got a chance to represent my state at the national level. But that was not the only talent I had. I could dance, sing, write scripts, act to an extent and mostly was complimented for my humor and goofy side. I was skinny and under confident and often even called names for that. As much as I would want to face the crowd and showcase my talent, I just couldn't. Then in the 7th standard Tr. Rochelle encouraged me to act by playing the fierce role of “Jhansi Ki Rani” for a fancy-dress competition. Of course, I was a deep rooted “Jhansi Ki Rani” at home. Aren't we all? But the thought of going on stage and facing the crowd petrified me. Eventually I did it with her support and got appreciated by many.

When you are in school most of your decisions are made by your parents in your good interest. At times they may fail to recognize that you are more talented in doing something else rather than just getting good grades. It might be difficult to put your point across to others, but never give up something that you like and have the passion and talent for. You never know what doors it can unlock for you.

As Chandler Bing from the famous sitcom, 'Friends' would say- “I use humour as a defence mechanism to hide my insecurities and sadness.” Being an introvert and lacking self-confidence, I tried to hide behind humour. And since I didn't socialize much, I utilised my time observing people. My sense of humour, coupled with creativity, observational skills, hard work and persistence, helped me discover my talent of being a YouTuber.

Today there are numerous competitions being organised in school for kids to showcase and explore their talent. My advice to the students are just two words; CARPE DIEM, which means seize the day. Just grab the opportunity. If it does not go well, at least you tried but if it does, it could do wonders to help you explore your talent. I am still learning, exploring and trying new things. Learning never stops. Believe in yourself and love what you do. That is the secret to everything. This might be the the most clichéd line you have heard but undoubtedly a very apt and potent one.

Ms. Emilina Rebello

Memorable Moments at PSC

Everytime I pass by my school, I get hit by nostalgic memories of my school days. It is something which I will always cherish throughout my life. I still remember very clearly Tr. Maureen. While in the 8th standard, she used to tell us that school memories are going to be one of the most cherished part of our lives. Well, I couldn't understand it at that time, but now , looking back at it , it's really a fact of life.

I have a lot of memories to pick from. Few of which I'll mention here:

Teacher Stella and Sir Laxman getting us ready for Sports days. Learning how to march in sync and the grand finale of the sports day was always very exciting. They used to set the bar so high that we were compelled to give our very best. Sir Roy's Signatures on my books, for giving the right answers and the tone in which he used to acknowledge the answers. The recess bell, when all of us used to run out and play ,go to the entrance gate to buy samosas and sweets(khot- khote).

I am currently working as the Director of Engineering (R&D) in NVIDIA Graphics Pvt. Ltd. mainly in the field of semiconductor engineering, managing projects across India/China/US and designing chips for driverless vehicles (running trained neural networks, in simple terms Artificial Intelligence SW).

My days in school have influenced me (consciously and subconsciously) in a lot more things, in the way I have grown up to be what I am today. Mainly, to respect everyone around me, as everyone contributes to us in some way or the other, to help us become a better person. That hard work always pays in the long run, was instilled in me by my teachers .Work hard and give your very best, rest all of it will fall in place by God's grace, this is something which I have always followed, be it in college, engineering , corporate or personal life. In general, I certainly feel that my school has set the base foundation for me to be a good human being and set up a platform for my future success.

When I see my children going to school it makes me so happy ,to see them live the similar memories that I had in my school and I also get to relive them looking from a different world as a parent.



*Mr. Dhiraj Kurade
Director of Engineering (R&D) in
NVIDIA Graphics Pvt. Ltd.*

Oh Happy Days!

One of my favourite things to reminisce is my school days, spent in Perpetual Succour Convent High School.

A proud pupil of this esteemed institution, I am reminded of nothing but fond memories and a heart that's forever grateful. It was the most cherished part of my life.

As I look at my class photograph, it breathes into me the nostalgic scent of all the tiny bits of fun that turned into a ball of amusement. But the fact that the ball rolled downhill just too quickly, somewhere saddens a part of me. That's memories! They are bound to be made and fade. As I write about my school my misty eyes remind me of all the wonderful days I had here.

Back then, the school offered boarding facilities for little girls and I was a part of this too. Growing independently, I believe that each and every experience only prepared me for what life has to offer. From having 'stomach aches' in the morning to waiting for the last bell to ring, the eight hours of school every day seemed like they'd never end, but they did.

Now that I think of school, I only remember the fun I had. Like sitting on the back bench to sleep during class and asking someone tall to 'cover' up. The last page of all books was our creative corner, we played tic-tac-toe, doodled and drew the first thing that came to mind, and the famous game – name, place, animal, thing etc. When a friend asks for a pen, you tell them 'sorry I have just one' because holding a pilot pen or Hero pen was a matter of brand -pride, refilling ink and cleaning the nib that's what taught us to be satisfied with little things in life and treasure what we have. I was always the girl who was immensely involved in a wide range of cultural activities, popular for my singing and acting performances. We always managed to win in any competition that we participated for as a school team, be it in multi-dimensional skits or singing.

School then was less burdensome than today. Having smaller classrooms, half-day school and more time to play, only meant growing to be emotionally intelligent and well-developed. The encouragement of our teachers, the company of our friends, the huge ground that we played around and the old age home residents. We would pick a conversation with the old-timers makes me realize that we indeed lived in good times.

I graduated and completed my Interior Designing. Little did I know, that teaching would be my vocation and I'm very proud to say that I'm a teacher. I personally thank my special teachers who had the charisma to positively impact me. Some of them would never say a word or rather teachers who never judged.

Now as adults, we always say, "We wish we could get back to the school days," but the sad part is that we cannot travel back in time.

The giddiness and the butterflies still take some shape and form in my stomach more frequently than I'd like to, but if my school days taught me anything critical, is the ability to tackle any situation life throws at me. As the sage once said "The size of your problems is nothing compared with your ability to solve them. Don't overestimate your problems, and underestimate yourself."

This is my journey in my school, hope you make a great one too.



Mrs. Rochelle D'Souza
Teacher at Don Bosco High School, Mumbai.

School: The Utopia of My Life

School days are always the best days of our life. They gift most of us with some unforgettable memories to cherish forever. The friends we made, the days we spent together, and the moments shared are priceless.

38 years ago, I joined PSC as a kindergartener, and from then on began my journey as a student in this esteemed institution. I wish to reiterate that these 12 years which I spent at PSC were exceptionally the best years of my life. As far as I remember, we were headed by our Sister Superior Sr. Jane and our headmistress Sr. Bernadine. They were the pillars of our school and with their intensive care for perfection and neatness, they systematized the school routine on disciplinarian grounds. And not forgetting our committed and efficient set of teachers who have contributed tremendously towards shaping our future. They moulded us by imparting their valuable knowledge and experience and helped us in developing our skills to the maximum. They also taught us important values, true virtues and self-discipline which established our inner strength and character and helped us build better relationships.

I also remember being a part of the school band for many years which was led by our efficient and robust teacher Mrs. Stella. Whether it was the band practice, physical training or training for various games, Stella Ma'am knew how to bring out the energy as well as the talent from her students and in the process bring name and fame to our school.

Growing and learning had been so much fun at PSC. I'm sure every person will have a unique experience and story to tell about his/her school life. A lot of things may have changed but for me this school will be always the utopia of my life. I feel privileged for having studied in this renowned school. I am and will always be a proud Perpetualite!!

~Mrs. Savitha D'Souza

Teacher at Indian School Al Wadi Al Kabir, Muscat

The Potion of Positivity.

“You can only see obstacles, when you take your eyes off the goal.” is a quote I live by.

My first life lessons in persistence and self-discipline came from the role I essayed as the Head Girl of my school and being on the school football and hockey team. I learned to use my time judiciously and gave enough time to studies while pursuing my other interests. My school has given me ample opportunities to explore my talent in every field. Be it public speaking, sports or art. And this has helped me to keep reinventing myself, learn new things and keep going despite the odds.

The year 2020 was a roller coaster for us all. It taught us to appreciate whatever we have and to love and value the ones around. COVID-19 left us all in anxiety and fear. People began to feel lonely and depressed as the lockdown was imposed. This was the stretch where



I decided to go LIVE on Instagram, just to spread positivity, laughter and make people smile. My LIVES are now called 'Friday Nights with Ann', which is a judgement free zone. I talk about topics like self-worth, acceptance, self-love, living and embracing life. I also have my own character called Jack (Jacque) and also go LIVE with others who have an inspiring story to tell or anybody doing something creative.

I began exploring digital painting and designing and also got the opportunity to learn acrylic painting. My venture, 'Annmade' is a local service dealing in handmade accessories.

I will continue spreading good vibes and the positive energy in me to others as it makes me happy seeing people smile. If 2020 has taught me anything that would be to do whatever you like and to live each day like it's your last.

Ms. Annette Da Costa

Music Is A Way Of Life

My friends from my alma mater remember me as this tall, lanky lad with a mop of curls. My image may defy what I say, but I loved my books as much as I loved participating in every cultural and sports activity. It was in school that I fell in love with the guitar and this love for music has only deepened with time.

Music for the soul and books for the mind. I have always believed in the power of education to change our life for the better. It is very important to have a goal and work towards it. With this thought firmly in mind I graduated from Don Bosco College of Engineering, in Computer Engineering and am currently pursuing Audio Engineering at AAT College, Mumbai.

I am very grateful for all that I have learned from my teachers. They have helped me to channelize my energy in the correct direction and have given me the moral values, needed to build good character.

Using my talents of a musician and a songwriter, I have released my original and also collaborated with many young artists across Goa. My video 'Listen' was well received on YouTube. I collaborated with my friend to write the lyrics of the song, 'Ek Katha' and arranged the music for the same. I play for the Don Bosco Youth and Carmel Youth choir. I'm also part of the Goychim Lahram Mando Group. I have also started teaching music on the WhiteHat Jr. platform, which is a multi-national company based in Mumbai. So I study for my degree in the morning and evening I teach music.

I have a very simple philosophy in life—Peace and Unity! I believe that all of us should reach out to others and spread happiness. Let your work be your prayer, offer it to the Lord and He will bless you. In my own simple ways through my art I try to spread joy and sensitise people on the things that really matter in life.

Mr. Zinho Fernandes



Dare To Dream

“Work and you'll get what you need; work harder and you'll get what you want.”- Prabakaran Thirumalai

When I came to know that I was the school topper of the SSC batch of 2020, I was elated. I've grown here in PSC, from a simple hard working lad to a more mature and ambitious lad. So let me take you through my journey in PSC with its ups and downs.

I joined the school as a fifth grade student. Since then, I've been a topper every year. As I was academically inclined, I participated in various competitive exams from time to time during my school career; for example Mathematics competitive test (MCT), Goa Talent Search Exam(GTSE), Science Talent Search Exam(STSE) etc.

I tasted failure and success at different levels. I would like to share with you my experience that I cherish the most and that is topping the prestigious Goa Talent Search Exam in the year 2020. When I answered this exam in grade 7, I couldn't make it to the merit list (which comprises of top 25 students across the state in each class).I was kind of disappointed and a tiny wish came into my mind to top the same exam in Class 8 or 9 or 10. I answered in Class 8, with much more preparation but still I couldn't make it to the merit list. It was frustrating but I still did not give up. There was a fire within me. I answered the same exam in class 9 and I finally made it to the merit list with a decent state rank of 13. I was happy and decided to make it to the top 5 the next year.

Class 10 was a roller coaster ride for me. I finished my preliminary examination of class 10 on a Saturday and the next Saturday was my Holy Confirmation in the church and the very next day was scheduled the Goa Talent Search Exam. Since I had only one week left for my preparation, I did not study any state board stuff and I kept myself fully focussed on GTSE. It was quite difficult, as I had school in the morning, catechism classes for confirmation in the evening and I had to prepare for GTSE in the night. It was very tiring and taxing. Somehow the week passed by and I received confirmation on Saturday. I successfully convinced my parents to call off the confirmation party which was arranged at night .The next day was the exam day. I was determined to make it to the top 5 rankers list. After answering the exam, I calculated my score to around 170 - 175 out of 200. I was satisfied, I knew this score was good enough for a top 5 finish. Eagerly waiting for the results, I started my board preparation.

After 2 weeks, I received my GTSE felicitation card. At the felicitation function, I learnt that I had topped the state .What a feeling ! It's difficult to express. Four years of hard work, commitment and perseverance had come to an end .This exam also helped me in my preparation for National Talent Search Exam (NTSE) stage 1; I excelled in the same with an impressive state rank 3.

My school has given me ample of opportunities to excel and explore my talents



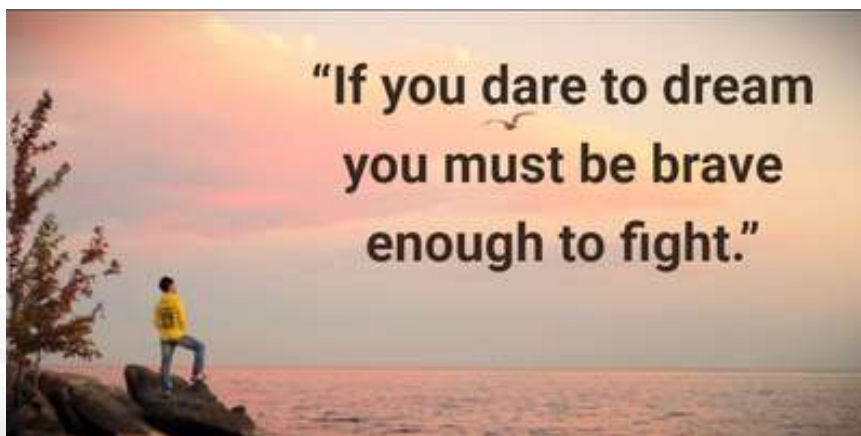
and abilities. The various competitions organized at the class level and the school level have helped me in my growth immensely. In the academic year 2019-2020, our school had organized an inter-school math quiz competition, namely “Mathlete” and I was a member of our school team and we, with our wit and grit grabbed the coveted trophy.

I believe in the power of God. I am thankful to my Almighty for my accomplishments and failures .My achievements ,my successes and my accomplishments are the ones that make me happy and proud .Whereas my mistakes ,my failures and setbacks make me strong and bold .My life's journey is beautiful and I won't be right if I only credit myself for that. I am ever grateful to my parents, grandparents, sister, relatives and friends for their guidance, cooperation and support. I'm equally grateful to the entire PSC family (my respected headmistresses Sr Alvita Gurjao, Sr Santana Goes and Sr Liberata Fernandes , all my loving teachers and all the other staff members) for being the beacon of light in my school career .

Finally, I would like to give all my juniors a piece of advice. Nowadays, if you want to be an IAS officer, an IPS officer, an engineer , a doctor , a manager and so on, you have to answer entrance exam. So answering competitive exams at an early age can go a long way in building a successful career in the future. When you answer competitive exams you get to know you're strong and weak areas. It also helps you to build conceptual gaps. In competitive exams, competition is fierce, syllabus is vast and a silly mistake in the paper could decrease your rank exponentially. Success rates are as low as 1 %. For example, in GTSE last year, more than 1250 students appeared in class 10 category and the merit list comprises of 25 students only. So mathematically, there is less than 2% chance, of you getting into the merit list . So, it is tough and when it comes to National Level Examination success rates are less than 1%. Obviously, this success cannot be achieved overnight. It takes months and even years to realise it. So, it's all about continued efforts, consistency, commitment, hard work, perseverance and dedication.

Set your mind on these important aspects of life to make wonders work in your life and turn your dreams into reality.

- Denham Jules Fernandes



THE SSC BATCH OF 2020 REMINISCE THEIR SCHOOL DAYS

“The secret of your success is found in your daily routine.” - John C Maxwell

Perpetual Succour Convent High School has played a major role in moulding me and making me what I am today. Being a sportswoman in itself is a challenge. I was given an opportunity to make my debut in the school football team which was a turning point in my sporting career. Attending practices regularly was another task. But I would attend all sports practices whenever informed. I started participating actively in all other sports activities. I was always motivated by my sports teachers. They kept telling me that I had the potential. Managing both academics as well as sports simultaneously needed time management. I am glad I was able to give my best in every way I could. The school hockey team always made sure we reach the state finals for which a lot of work and determination was put in by all the teammates.



I was humbled to know that I was given the responsibility of being the sports minister of the school during the year 2018-19 for our school. I wish to do better in academics as well as co-curricular activities in the future and would want to wish every student in PSC to work to their full potential and make everyone proud. I am grateful to every individual at PSC for giving the students a wide range of opportunities to showcase their talent, in every way possible.

- Darlene Fernandes

I have been the part of Perpetual Succour Convent High School for 6 years. I feel proud to call myself as a student of this institution. The days I spent in school are the best days of my life. I clearly remember my first day at school. I can still remember how warmly I was welcomed at school.



I got good learning experience, the self-confidence, motivation and the will to do the best from my teachers and groomed under the best company of my friends. My school life was filled with lots of excitement and love. It made me understand the value of time and became a wonderful chapter of my life.

I was blessed with good teachers, who supported me throughout my journey. They supported me in studies, sports and co-curricular activities. They helped me learn dedication and self-actualization. I have participated in many cultural programmes held at school, in all these activities I had great support from my teachers. They literally motivated me in all the things I did. The school has provided many opportunities for me to perform well in various activities.

Joining sports was the turning point of my school life. It made me physically fit and enthusiastic. I got immense support from my both the sports teachers.

I was elected in the School Cabinet, when I was in Std.9 and I became the captain of the Green house. During the election campaign, I experienced the love my schoolmates and teachers rendered to me.

I would like to thank all my teachers from the bottom of my heart. Thanks to our principal, Sr. Santana, who is a meticulous person, a person of great vision and a pillar of strength.

I would especially like to express my gratitude to my class teacher, who motivated me and

pushed me to achieve my best and for the immense support and co-operation in various activities. Thanks to all the teaching and non-teaching staff of the school who directly or indirectly helped me to recognize my uniqueness and individuality. They have made my school life with invaluable joys.

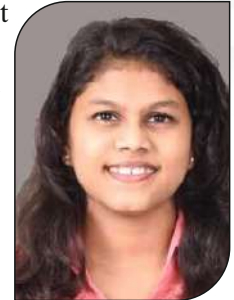
I will always be proud to call myself as a "PERPETUALITE "

- Kevin Alex Daniel

"Speech is power; speech is to persuade, to convert and to compel"

~ Ralph Waldo Emerson.

At PSC, the one thing I have noticed is the fact that every student has to speak on the microphone at least once in their journey in school. I can say this with utmost confidence that every child has recited the Memorare, read an article or a prayer during the assembly. I have seen the shaking hands of first timers and confident smirks of the experienced readers. I, myself have grown into a confident public speaker and for that I will forever be grateful to my school. After meticulous training and participating in numerous competitions, I learnt the art of public speaking and that has boosted my confidence level and helped me in personal development. In my 6 years spent here, I not only learnt something worthwhile but this school has sent me on a path to achieve my potential.



- Devonna Gomes

As I lift my head up and open my mouth, my voice escalates with every tune that comes out.



I have always had a great passion for singing, ever since I was young. The credit of all my achievements till date goes to my school for I have been blessed to have Teacher Winnie and Sir George who have been my vocal trainers throughout my school life and have also been my mentors and friends. They are an essential part of my life as a singer, and keep me motivated and moving towards new goals.

My teachers are always ready to help at any point whenever I need their help and advice. My school has given me a lot of opportunities where I could prove myself as a singer. I will always cherish each and every moment that I have had in my school. Nothing makes me happier than getting that experience and making myself more prepared to chase my bigger dream which is to become a famous singer.

Dinora Kenisha Barreto



हिम्मत – ए मरदा तो मदत – ए खुदा

कहते हैं कला अत्यंत कठिन है और उसका पुरस्कार नश्वर। मैं साहिल गोहेल अपने कला के बारे में कुछ बातें आपके सामने रख रहा हूँ। मेरी कला मेरा शौक है, या यूँ कहा जा सकता है कि मेरे शौक ने कला का रूप लिया है। मेरी यही कला अब मेरे कामयाबी कि सीढ़ी बन रही है।



जब मैं 8 साल का था, तब से मैंने अपनी कला – कौशलता शुरू की। इसका एक कारण है। और वह है मेरे स्वर्गीय पिताजी। वे खुद एक कलाकार थे। उनके काम को मैंने बचपन में देखा था, और उनसे प्रेरणा लेकर मैंने भी इसमें रुचि ली।

मेरी कला को प्रदर्शित करने का अवसर मुझे मेरे स्कूल में मिला। मैं अपने स्कूल में अलग अलग प्रतियोगिताओं में भाग लेता था और साथ ही साथ वार्षिक सम्मेलन और बाकी कार्यक्रमों में भी मेरी कला प्रदर्शित करता था। स्कूल में मिली सराहना और प्रशंसा ने मेरा हौसला बढ़ाया।

शिक्षण पुरा होने के बाद मैंने खुदका सजावट आयोजन व्यवसाय शुरू किया (*Dream Planners*) इन सब में मैंने बहुत सी कठिनाईयों का भी सामना किया है। मुझे वित्तीय सहायता नहीं थी, मैंने शून्य से शुरुवात की। काम में मदद के लिए कोई नहीं था। इस कला के प्रति मेरी निष्ठा को समझने वाला कोई नहीं था पर फिर भी मैंने हार नहीं मानी, हर मुसीबत का सामना किया और अपनी कला बरकरार रखी। सफल होने तक कोई मेरी इस कला को समझनेवाला नहीं था। मुझे बहुत दुख होता था, पर मैंने हिम्मत नहीं हारी। कहते हैं कि हिम्मत – ए मरदा तो मदत – ए खुदा। मेरा भगवान और भगवान समान मेरी माँ, इन दोनोंके आशीर्वाद से मैं आज सफल बना हूँ।

थर्मिकोल की नक्काशी (thermocolor carving), 3डी संरचना (3D Structure), फल और सब्जी की नक्काशी (Fruit and vegetable carving), रेखाचित्रण (sketching), कैनवास पेंटिंग और पोर्ट्रेट आदि मेरी कला – कौशलता है और मैं इनके जरिए कमाता हूँ। मैं फल और सब्जी की नक्काशी के लिए होटल से काम लेता हूँ। बनाई हुई पोर्ट्रेट और कैनवास पेंटिंग भी बेचता हूँ। इसके साथ शादी, जन्मदिन, गणेश उत्सव आदि कार्यक्रमों में सजावट का काम लेता हूँ।

जब किसी व्यक्ति के लिए अपनी भावनाओं को व्यक्त करना मुश्किल होता है, तो वह विशेष रूप से अपनी कला के माध्यम से इसे व्यक्त करने का चयन करता है। और मेरी कला ने ही मुझे आज जिंदा रखा है। मैं आप सभी से यह कहना चाहता हूँ कि परेशानियों से डर कर अगर पीछे हटे तो हम कुछ कर नहीं पाएंगे। जरूरत है धीरज और साहस की, और भगवान पर विश्वास की। सुख दुख तो जीवन का हिस्सा हैं।

मेरी सिर्फ एक ही तमन्ना है कि, जिस कला ने मुझे नाम दिया, पहचान दी, उस कला से के प्रति मैं ईमानदार रहूँ और उसके जरिये औरों के जीवन में खुशियाँ ला सकूँ। धन्यवाद।

साहिल गोहेल

शाळेंतल्यान जाल्लीं म्हज्या जिणेची सुरवात

शाळा हीं फकत ४ खांब्यांनी बांदिल्ली इमारत न्हय तर म्हज्या नांवाक एक वेगळीं वळख दिवपी एक सुवात आशिल्लीं. नावेलीच्या साश्टी वाठारांत पर्पेच्युअल सकर कोन्वेंट या शाळेंत हांव १२ वर्सा शिकिल्लें. त्या शाळेंत म्हजी म्हाकाच वळख करून दिल्लीं. म्हजी शाळा आनी म्हजें घर एकूच वाठारांत आशिल्ल्यान म्हाका म्हजें घर सासर आनी शाळा कुळार अशें सदांच दिसतालें. कित्याक म्हाका शाळेंत रावपाक खूब आवडटाले. ल्हान आसतना मम्मी म्हाका तापतयकच हांव तिका म्हण्टाले कि हांव म्हजें चादर आनी उशी घेवून शाळेंत वता रावपाक आनी तीं हें आयकना फुडें खूब हांसताली. म्हाका अजून याद आसा जेन्ना हांवें पयलींच फावटी शाळेंत ऍडमिशन घेतलें. तेन्ना म्हाका म्हजें नांव सुध्दा सारकें घेवपाक येना आशिल्लें. रानी कामत म्हणपाचें तें 'नाही' कामत म्हण्टाले आनी हीं म्हजी उतरां आयकून म्हजी मोगाळ प्रिंसिपल सिस्टर बर्नाडिन हांसताली. तीं म्हजेंर खूब माया करतालीं. म्हाकाय तीं खूब आवडटाली.



के.जी १ आनी के.जी २ म्हाका म्हज्या टिचरीन वेगवेगळ्या प्रोग्रामात वांटो घेवपाक मुखार काडलें. म्हजी टिचर म्हाका मोगान तांबडो आपोल म्हणटाली कित्याक तर वोतान वा रागान म्हजें पोले तांबडे जातालें आनी हें याद करून हांव अजून हांसता. खरें तें दीस म्हज्या खातीर भांगराचे दीस आशिल्ले. मुखार प्रायमरीत टिचर म्हजेंर इतलो विश्वास करतालीं, कि तांच्यानी म्हाका क्लास मॉनिटर केलें आनी तेन्ना त्या टिचरीन म्हजेंर विश्वास दवरिल्लो तो आयज मेरेन म्हजी टिचरी म्हजेंर दवरतात. आनी म्हाकाच क्लास मॉनिटर करतात. म्हज्या टिचरीक खबर आशिल्लें कि म्हाका कितें सांगिल्ले काम हांव दिल्या टायमा पयलींच करतले आनी तोच स्वभाव म्हजो अजूनय आसा. म्हाका म्हज्या टिचरीची खूब याद येता. हांवें केन्नाय चूक केलर म्हाका आवय भशेन तापयताली, बापाय भशेन माया करतालीं आनी इश्टा भशेन सदांच हांव तें करपाक शकता म्हणून म्हाका मुखार सरपाक प्रेरणा दिताली. शाळा सोडून वतना काळीज भरून आयिल्लें.

प्रायमरीत म्हाका म्हजी ल्हान ल्हान चुको सुदारपाक संद दिल्ली म्हणून आयज हांव म्हज्या जिवितांत बरें कितें करता आनी करतले. मागीर सेकंडरी पावलें. थंय वातावरण वेगळेच आशिल्ले कित्याक थंय कोण कोणाचे फाटल्यान धावना कि हातून भाग घे तर तूं तातून भाग घे. पूण म्हजी प्रिंसिपल सीस्टर आल्विता तांचो स्वभाव खूब वेगळोच आशिल्लो. ती दर एका भुरग्यांक तांच्या आवडटें कलेंत वाड करपाक संद दितालीं. म्हजें आवडटें विषय सदांच हिंदी आनी कोंकणी आसतालें तर परिक्षेक निंबद बरोवपाक म्हाका सदांच बरें गुण मेळटालें आनी तेन्ना म्हज्या टिचरीन म्हाका म्हणलें कि हांव निंबद खूब बरें बरयता. आनी निंबद तांकां परत परत वाचपाक शे दिसता कित्याक हांव काल्पनीक

बरयनासतना सत्य घटनेचेर आदारीत बरयता आनी तेन्नाच्यान म्हज्या भितर बरोवपाची आवड निर्माण जालीं.तशेंच म्हाका वेगवेगळ्या विशयांची पुस्तकां वाचपाक आवडपाक लागले.परिक्षेच्या रिर्जल्टा वेळार दूसऱ्यांच्या आवय बापायक टिचरी व्हडयो व्हडयो कागाळी सांगताली.म्हणून हांव सदांच भिताले कि आयज म्हजें कितें सांगतली टिचर पूण सदां उलटे जातालें.

टिचर एक नजर म्हज्या शेळ्या तोंडार घालतालीं आनी हांसून मम्मीक म्हणटाली कितें भिता हें, कित्याक भिता गों म्हाका विचारताली आनी मम्मीक सांगताली कि हांव कांयच मस्ती पणा करना केन्ना तिच्या उतरां भायर वचना. हें आयकना फुडें म्हजें तें शेळ्ळे तोंड सामकें चकचकतालें.हावेंन खूब फावटी चित्रा काडपाच्या स्पर्धेत भाग घेतलो आनी म्हाका थंय पयलें इनाम फावो जालें.मुखार खेळांत भाग घेतलो आनी म्हज्या पि.टी टिचरीक म्हजेर विश्वास आशिल्लो तर तेन्ना म्हाका त्या खेळांत सुधदा यश मेळ्ळें.खूब फावटी खूबशे स्पर्धेत भाग घेवून वेगवेगळीं इनामां फावो जाल्लीं.कित्याक म्हज्या टिचरींन आनी म्हज्या प्रिंसिपलान सिस्टर सांताना तांकां म्हजेर खूब विश्वास आशिल्लो जितलो म्हाका म्हजेर नाशिल्ल्यी. म्हजी आवडटी टिचर प्रियांका तांचो विषय म्हाका तितलो आवडनासलो पूण म्हाका तीं एक मनीस म्हणून खूब आवडटाली आनी तिच्या खातीर म्हाका त्या विशयांत रूची येवपाक लागली.तीं सदांच म्हज्या बरोबर आशिल्लीं. म्हाका खंयच्याय विशयांत अडचण आयली जाल्यार तें कशें तरेन सोपें करून तें म्हाका तीं सदां सांगताली.तीं म्हाकाच न्ही तर सगळ्यांक आवडटाली.फकत त्या टिचरीच न्ही तर म्हज्या वांगडा आशिल्ल्या भुरग्यांनी सुधदा म्हजेर खूब विश्वास दाखयलो.म्हजेर सगळीं दोळे धापून विश्वास करता तें पळोवन म्हजें दोळे भरून आयलें .हो मोग खूब निसपाप आशिल्लो कसलोच स्वार्थ ना.त्या शाळेंन म्हजेर एक वेगळींच छाप सोडल्या अशें म्हणूक हरकत ना.या शाळेंन म्हाका केन्नाच धर्माच्या विरुध्द वसपाक शिकोवना.आमी सगळें सण मोगान मनयतात.या शाळेंत जाण्ट्यांक आदार दिवपाक आमकां शिकयलें.आमच्या शाळेंत ओल्ड एज हावज आसा थंय आमी परत परत वताली थंय आशिल्ल्या जाण्ट्यांक मेळपाक आनी तांचो आशिर्वाद घेवपाक.तांच्या बरोबर बसून दोन गोड उतरां उलोवपाक मेळ्ळ्यार आमच्या खातीर खूब व्हडले आशिल्ले.इतली वर्सा जावून सुधदा म्हाका म्हज्या टिचरींन सांगिल्ली एक एक उतर याद आसा.त्या शाळेंत म्हजो निमाणो दीस आशिल्लो धावी चें फेरवॅल आशिल्लें.सगळ्यांच्या दोळ्यांत दुकां आशिल्लीं पूण म्हाका दिसतालें कि म्हजें स्कूल म्हाका खूब लागीं आसा आनी हांव जाय तेन्ना टिचरींक मेळपाक येवपाक शकता.आयज हांव कॉलेजींत शिकता पूण सदां दिसता कि आमी शाळेंतूच बरीं आशिल्लीं.या शाळेन सदांच म्हाका कितें नवें करपाक प्रेरणा दिल्ल्या आनी अशीं गजाल आसा कि म्हज्या भितर आनी म्हज्या टिचरी भितर आयज सुधदा पयलीं इतलो मोग आसा.जेन्ना म्हज्या शाळेक म्हजी गरज पडटली तेन्ना हांव थंय आसतलें.

रानी कामत

ACTIVITIES GALORE AT PSC



SCIENCE SPARK 2021

“Science knows no country because knowledge belongs to humanity, and is the torch which illuminates the world. Science is the highest personification of the nation because that nation will remain the first which carries the furthest the works of thought and intelligence.” This quote of Louis Pasteur captures the essence of this year's National Science Day theme; Future of STI: Impacts on Education Skills and Work”. The theme highlights the future impact of Science, technology and Innovation in the field of education and work.



Catalysed and supported by the National Council for Science and Technology Communication (NCSTC), Government of India, New Delhi, in association with the Goa State Council for Science and Technology, Saligao, organised the anticipated National Science Day Programme, Science Spark 2021' on 15 February 2021.

The day began with the invigorating and soothing melody of the saxophone and



violin, played by the very talented students. “Our knowledge of God is made larger with every discovery we make about the world, –Joseph H. Taylor. Keeping this thought in mind God's wisdom and guidance was invoked through moments of prayer. This was followed by the lighting of the traditional lamp and paying a floral tribute to C. V. Raman. Perpetual Succour Convent has a tradition of designing an innovative scientific lamp, which is made by the budding scientists. The event was declared open using this specially designed lamp that worked on arduino technology and it highlighted the harmony of nature and technology. The mechanical logo designed as per this year's theme, also worked on the arduino technology to trigger its movement once an MCQ was answered through a mobile app.

Our visionary and vibrant headmistress, Rev. Sr. Liberata Fernandes, welcomed the dignitaries, students and special invitees with her words of insight. She also shared her



personal love for Science and willingness to undertake projects that would foster scientific temper and inculcate love for nature among the students. Our honourable Chief Guest, Mrs. Sylvia Fernandes, the Deputy Director of Education, Directorate of Education, Government of Goa, infused the gathering with positivity, through her engaging and inspiring speech.

The resource person for the day was Mr. Padmanabh R. Lotlikar, the Principal of Bhumika Private I.T. I., Arambol, Pernem, enthralled the audience with an array of magic tricks based on scientific principles. Mr.



Sanjeev Chodankar, Project Investigator and an official from the Goa State Council for Science and technology, Saligao was our special guest.

The highlight of the programme were the performances by the potential scientists of our institution.

The venue looked beautiful with aesthetically designed artefacts that highlighted the beauty of Science, adorning every nook and corner.

Many exciting competitions were held prior to the main event to unearth the scientific aptitude of the pupils. The winners of these competitions were awarded with trophies, prizes and certificates.

-Ms. Priyanka Naik

We welcomed our new headmistress
 Rev. Sr.Libia Fernandes.
 Without any delay she began
TRANSLATING HER VISION INTO REALITY!



**GOING GREEN
 VANAMAHOTSAV 2020**

JULY
GRANDPARENTS ALL IN SMILES



AUGUST
**INDEPENDENCE DAY AND GANESH CHATURTHI CELEBRATED WITH A
 LOT OF POMP AND GAITY**



**TEACHER'S DAY
 WITH A
 DIFFERENCE**



**MONSOON SHOWERS BROUGHT
 SEPTEMBER FLOWERS**



**NATIVITY OF OUR HEAVENLY MOTHER AND A
 TRIBUTE OF LOVE TO ALL OUR MOTHERS**





Headmistress' Birthday Celebrated With Great Splendour



OCTOBER - IGNITING THE FLAME OF PATRIOTISM (GANDHI JAYANTI AND EKTA DIWAS)



OBSERVED THE MONTH OF THE ROZARY WITH GREAT DEVOTION



NOVEMBER WAS HERE TO SPREAD GOOD CHEER!



FELICITATION OF SSC STUDENTS

THE DIWALIGUM
CHILDREN'S DAY
CELEBRATION...
COZ OUR STUDENTS
ARE SO SPECIAL TO US



FATHER FOUNDER
ALWAYS CLOSE TO OUR HEARTS



GLIMPSES OF GOA LIBERATION DAY



OH THE JOY OF CHRISTMAS!



SHARING OUR CHRISTMAS JOY WITH OUR
EX-TEACHERS



JANUARY
WELCOMING A NEW DAWN



PERPETUALITES PAST PUPILS' ASSOCIATION
ORGANISED THE 1ST ALL GOA 7-A-SIDE
FOOTBALL TOURNAMENT





**Republic Day
Celebration**
inspiring us to
**BE THE
CHANGE AND
LEAD THE
CHANGE**



FR. BRUNO INTERACTING WITH SSC STUDENTS ALONG WITH THEIR PARENTS



STAFF PICNIC - THE MUCH NEEDED BREAK !



**KONKANI DAY
CELEBRATING OUR MOTHER TONGUE**



**APRIL FOR APPRECIATION
STUDENTS AWARDED FOR GENERAL
PROFICIENCY**



**STUDENTS AND TEACHERS CONTEMPLATED ON
THE PASSION AND DEATH OF CHRIST DURING
THE ENTIRE SEASON OF LENT**



**SECOND INNINGS – BIDDING
ADIEU TO RETIRING TEACHERS**



DURING THIS YEAR, OUR STUDENTS WORKED HARD TO MAKE PSC PROUD DESPITE THE PANDEMIC!



TEACHERS TOO WALKED THE EXTRA MILE TO BRING GLORY TO OUR SCHOOL



MATHLETE 2021

The Indian writer and mental calculator, Shakuntala Devi, once quoted, “Without mathematics, there's nothing you can do. Everything around you is mathematics. Everything around you is numbers.”

Perpetual Succour Convent High School, Navelim in association with Goa State Council for Science and Technology, Saligao, Goa organized 'MATHLETE 2021' on 20 January, 2021 for all the students of the school, as a part of Math day celebration in our school. The event was catalyzed and supported by the National Council for Science and Technology Communication (NCSTC), DST, Government of India, New Delhi. The event aimed at bringing elements of fun, excitement and creativity through the spirit of competition in the subject of Mathematics.

The Chief Guest for the day was Mr Shailesh Zingde, Deputy Director of Education(South Education Zone) and guests of honour were Mr Shamsundar Naik and Ms Brenda Fernandes, Project Scientist (GSCST, Saligao-Goa).

We are happy that there was an overwhelming response from all the students to all the activities conducted at Mathlete 2021

The word Mathematics scares many a brave heart. But through our activities like Mathlete, we at PSC wish to portray a very strong message to one and all – Mathematics is indispensable but more so that Math can be great fun. After all life is a math equation. In order to gain the most, you have to know how to convert negatives into positives.

Ms. Sheila Fernandes



PUPILS' PEN



IS INTERNET HAVING DETRIMENTAL EFFECT ON INTELLIGENCE?

I was hooked on my phone when my mother said that the current generation includes just a bunch of dumb people with smart phones. Let me not lie. When I was handed this topic to write, I went to my sole friend in need. Well you guessed it right, it is the internet indeed.

But the teen rebel in me didn't want to let mum have the last word, so I decided to unleash the Shakespeare in me and let the creative juices flow without the aid of the internet.

Technology has unarguably created a huge impression on our lives. From exchanging information, getting assistance in research, administrative work and banking to other needs like entertainment, traveling and keeping abreast with all the developments in the world; technology has shaped our lives in an entirely different spectrum and one of the biggest tools which is being used for playing the role is the internet.

As a student I feel that technology in education, can be a life-changer. It can bring textbooks to life, can connect students to their peers in other parts of the world and bridge quality gaps. I won't argue that using the internet has provided us with newer things. However, the increasing dependence is silently taking a toll and it is alarming.

We urgently need to develop direct connections to the brain so that the internet can add to human intelligence rather than be in opposition. Many studies significantly show the internet affecting our intelligence as we use it on daily basis. Especially now during the pandemic when everyone is holed up at home most of the time, with less opportunities for real social interactions.

I would like to elucidate from a student's point of view. When a teacher gives any assignment or artwork, how many students actually put on their thinking caps? As a student I know that most of my classmates have the same matter. Even when it comes to artwork, where creativity and originality is needed, there is similarity between the artefacts made. It seems like we have lost the ability of making use of our own imagination with information from Instagram, Facebook, Pinterest and other apps being our solution. The internet, is changing the way we think – and not for the good. It has most definitely affected our higher order thinking. How then will the Einstein in us come alive when a certain Mark Zuckerberg has got a hold on our thought process?

Due to excessive use of the internet there is an increasing urge to socialize in the virtual world and avoid real social interactions. People are seeking validation from strangers online, where the number of likes and comments are used to decide their self-worth. The addiction to the virtual world of the social media is also adding to the decline in physical fitness, due to promotion of a sedentary lifestyle. The healthy practices of research, reading and playing outdoor games are taking a back seat slowly.

When we were told that then internet would open the doors to the world, we didn't realise that it would shut the doors to our imagination and intelligence. So look up from your phone. There are a lot of skills you still need to hone on your own. As Christian Lous Lange has rightly said, “Technology is a useful servant but a dangerous master”.



~ Britnie Fernandes (X B)

WASTE SEGREGATION: IS IT AN ANSWER TO THE GARBAGE PROBLEM?

I see the plastic strewn
Paper and glassware too
By me and by you
And I think to myself
What an awful world

My muse for inspiring the lyricist in me is the heap of garbage that greets me everyday as I tread the steps from my home to the city bus stop. Louis Armstrong would be disappointed with the caricature of his famous song “what a wonderful world,” but it is a fact that we have turned our world into a trash can.



We bin around 50 million tonnes of electrical waste globally every year. We throw away 7.2 million tonnes of food annually. Between 20% and 40% of fruit and vegetables are rejected by super-markets before they even hit the shelves. The number of disposable nappies each baby gets through weighs the same as a family car. Humans now buy a million plastic bottles a minute. The global waste statistics are staggering.

Last month as I watched the sotsodo garbage dump blazing for days I thought to myself that that we truly live in a world of waste.

'A journey of a thousand miles begins with a single step, and in this fight against garbage, the first step is segregation-' I read this statement on the appeal to the citizens of Margao that was issued by the Margao Municipal Council. To make it more stringent the notice also advocated that unsegregated waste would not be picked up from 16th June 2019. And that brings me to the main query- Is segregation the answer to the garbage problem?

When household waste is not segregated the most common practice is to routinely empty the day's trash - from organics and recyclables combined into the green corporation bins commonly found on every street. After the waste pickers try to recover as much recyclable material as they can to sell for money, the trash is taken to landfills and dumped unscientifically. The toxic chemicals from hazardous waste seep into the ground over time and pollute the ground water supply.

Organic waste takes anywhere between 1-6 months to decompose, whereas the average PET bottle takes approximately 450 years to decompose and a glass bottle takes a million years to disintegrate.

The argument that segregation is the key for waste management was only strengthened with the release of the Swachh Survekshan results. Most of the cities in the country that are ensuring segregation of waste at source have been in the list of awardees. It is now well understood that segregation at source is at the heart of the waste management solution. It improves collection efficiency and leads to better efficiency in processing of waste and resource recovery.

Tirunelveli in Tamil Nadu is the first town in the country to practice 100% segregation of waste. Every home was sensitized about the need for waste segregation and a fine was charged on homes for non-segregated waste.

Indore and Bhopal have secured the first and second rank as India's cleanest cities for two consecutive years. Indore has achieved 100% source segregation not only in household but also in commercial spaces.

Closer home, Navelim Panchayat is a torch bearer for waste management in south Goa. Much of Navelim's success stems from the effective discrimination of the garbage segregation

message to its villages. The gram sabha platform is used to explain the benefits of segregation to people.

The garbage segregation message is percolating slowly and steadily across the village. Dream Acres cooperative housing society in the Dongorim ward of Navelim is a case in point. On the advice of a private waste management contractor they have constructed wet composting pits and have kept bins for dry waste.

Every single one of us has a role to play. The waste menace can be tackled only when the people and the government officials work together. Even in school when some of my classmates falter in using the right bin to dispose waste, I find it so surprising.

In conclusion I would like to say that the humongous garbage mantra can only be fought by applying the 'Divide and Conquer mantra.

- *Vanessa Dourado*

BEACON OF BEATITUDES

At noon time your father saw a shining star
On the day of your birth.
He knew the day wasn't far,
When you'd spread God's love on earth.

You wrote a profound letter to Mary
Dedicating your life entirely to her.
And to reveal God's glory
Ready for any pain you may encounter.

You led a life of hardship and simplicity
And were humble to the core.
Full of love, selflessness and humility
With a smile every cross you bore.

Born, baptised and died on a Friday
Aptly the Friday miracle worker you are.
Guide and bless us everyday
To receive our heavenly due.



-*Leona Louis (IX B)*

ST. JOSEPH VÁZ:

GOA'S HERO



Wow! It's a holiday on 16 Jan,
A day of pride for our Goan land.

God sent Goa a hero in 1851,
To Christopher and Maria a son.

The boy was baptised in John the Baptist church,
He was destined to pull people out of the devil's lurch.

A teacher, a worker and a priest,
Yet he considered himself to be the least.

For Sancoale youth he started a school,
But God took him to Ceylon to become His tool.

He worked hard to spread God's word,
Feeding only on canjee, rice and curd.

Padre Vaz was a disguise master,
Dodging the Sri-Lankan's kings disasters.

A beggar, a coolie, a bangle and bread seller,
Looking at him no one could be a teller.

The story of the rogue elephant is what I like best,
His love for God and his faith put to the test.

Snakes venom could not kill,
As he walked through forested hills.

He built churches, chapels, dispensaries, hospitals and schools,
Caring for the sick and saving souls from Satan's fiery pools.

A letter of bondage to Mary did he write,
Asking Her to pray for him in his earthly fight.

He started his spiritual journey roaming bare feet,
Dear Padre Vaz keep praying for us till in heaven we meet.



-Samuel D'Costa(IX C)

ONLINE EDUCATION

Coronavirus, an enemy untold.
You've put our lives on hold.
The worst of all pandemics.
You've affected our academics.

Where I once played candy crush,
Now for virtual classes I rush.
Our teachers are now seen,
Only on the mobile screen.



Oh! I so miss my school campus,
And commuting by the school bus.
The modern gadgets can't match,
The joys of playing catch.

With great hope in my heart
In online learning I play my part.
Praying the cases should rise not,
Because I miss school a lot.



~Dhriti Nilkund (VIII D)

IT'S A VIRTUAL WORLD

Access to school is a GMeet link.
Schools are closed.
Children are bored.
We've had too much to think.

Covid-19 forced us into online education.
I miss however the human touch.
Our teachers' care and attention so much.
For now, let's get through with dedication.

It is indeed online education,
Which has guided us all.
All through summer and fall,
As we await the virus eradication.

We now learn at home.
It helps keep fear at bay.
We've adopted a new way.
Now its Firefox and Chrome.

Our studies shouldn't suffer,
This our teachers made sure.
Discipline from us they adjure,
During each of our online encounter.



~ Lynsey Seren Coutinho (VIII A)

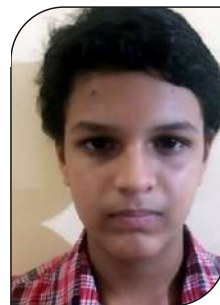
MY GRANDMOTHER

I have a grandmother
Who is so so pretty!
When I was little, I thought
That she'd be the one I'd marry.

I call her 'Other Mae'
Cause my brother named her so.
I love her so much
And no one could ever love her more.

Whenever I visit her,
Into her arms I hurry
She cooks lovely meals
And I just love her curry

Her heart for me, is full of love
Loving her back is my pleasure
A grandmother is God's precious gift
Everyone must cherish and treasure.



-Reyhan Nelson Dias (VII C)

GRANDPARENTS ARE GOD'S GIFT TO US

The love between a grandmother and granddaughter is forever. No one can replace this love. My grandma is very special to me and the time we spend together is always great. We play, sing and pray together with our family. We stay together but even if one day I am out of the house, she gets worried and waits patiently for me to return back.



She is our favourite member of the house. When I am sad or maybe do something wrong I always turn to her. Her stories about the saints or about good values are so interesting that I never feel bored or tired of it. She explains them so nicely that one will forget about everything and get transported in the magical world she creates through her words.

Yes, at times I do disobey her but I immediately ask for her forgiveness. There is so much more about my grandma which I can't write in words but I just want to tell her that you she is my best friend. May God bless her and keep her in good health and happiness.

- Anle Barbosa (VII B)

STRESS AND DEPRESSION A DREADFUL MELANCHOLY AMONG TEENAGERS

We, adolescents have a reputation for being more fragile, less resilient and more overwhelmed than our parents were, when they were growing up. Sometimes we're called spoiled or coddled. But a closer look paints a far more heartbreaking portrait of why young people are suffering. It's a phenomenon that cuts across all demographics—urban and rural alike. Being a teenager today is a draining full-time job that includes schoolwork, managing a social-media identity and fretting about a career choice, sexism, racism—and the list goes on.



Most kids use stress and depression as synonymous to each other. However let's not confuse stress with depression. Stress has a streak of motivation to push oneself to reach a goal or accomplish a task more efficiently. Whereas depression is a mood disorder that causes a persistent feeling of sadness and loss of interest. It affects how you feel, think and behave and can lead to a variety of emotional and physical problems. A clinically depressed teen may have trouble doing normal day-to-day activities, and sometimes may feel as if life isn't worth living.

To get a little numerical, according to W.H.O., one in every 4 teens in India between the age group of 13 to 16 is depressed. India has the highest suicide rate in South-East Asia. India accounts for 16% of the global burden of undetected and untreated depression.

The stormy teens are a period of developing social-emotional habits and interpersonal skills important for mental well-being. Some youth are at greater risk of mental health conditions due to their lack of access to quality support, chronic illness, autism, an intellectual disability, neurological conditions; pregnant minors, orphans; and adolescents from sexual backgrounds.

Times have drastically changed; teenagers today have shifted their admiration from spiritually virtuous individuals like Mother Teresa, Abdul Kalam and Gandhiji to silver-screen divas with their froth, frill, unrealistic living and tinsel sprinkled mojo. In their search for social acceptance and peer approval, youngsters try to meet unrealistic beauty standards, trying to become clones of their favourite movie stars or sports idols. This blurring line between real and virtual adds to their levels of stress and awkwardness. Add to that family neglect, abuse and discord. The stigma that comes with depression doesn't allow them to share their problems easily. Most importantly very few kids get the kind of coping skills they need to survive in chaotic times.

I end by encapsulating my emotional thoughts through verse:

Studying Hindi, English and French is surely fun

But let's also learn to decipher the language of life everyone

Arithmetic and Geometry is totally great
But let's also acquire what counts in life mate.
I agree when they say, computer skills are the need of the hour.
But let's also learn to alter, control and delete what our life does mar.
There's a lot going on in this teen head.
We need to take charge of it to move ahead.
Let's stop hiding the pain
And the silent tears that fall like rain.
No more self-hate
The imprisoning of our soul's fate.
Seek help, life is too short
Emotions and thoughts we need to sort.

- Ancio Keith D'Souza

म्हजो मामा

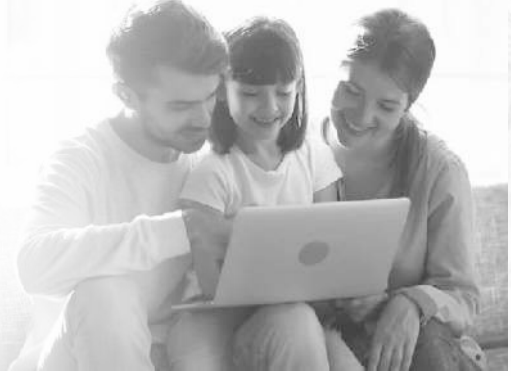
कावळो रडटा घरार बसून
सांगता आई बाबुल्याक
आयज येतलो मामा तुजो
बसून राव दारार
दोळ्यामुखार आयली बाबुल्याच्या
येदी मोटी पिशवी
पिशवी उगडून पळयत जाल्यार
मामाईची पोटली
पोटलेत खावपाक गोड गोड
लाडू, नेव-यो, पोळे गोड
मामाईच्या हातान केल्ल्या खाणाची
रुचच आगळी वेगळी
आयज म्हजो मामा येतलो
पोट भरून हांव खावपाक खातलो
व्हडवीक मामाची सदांच म्हाका
म्हजो मामा मायेचो म्हाका



मानवी गांवकर (IX D)

आवय बापायचो मोग

सकाळ सावन सांजेमेरेन
दीस रात न्हिद मेरेन
सांगात तांचो आसता
दर एक दिसा
मोगान अपुरबायेन
आमकां वाडयता.
दुयेंत जाल्यार
मायेमोगान सांबाळ करता
चूक केल्यार
तापोवणी दिवन
सारके मार्गार हाडटा
असली आमची आवय बापूय
सदांच आमकां राखता
तांका लागून
भुरगीं आमी
ल्हानाची व्हड जाता.



एनिसा पो (VIA)

ऑनलायन शिकप – शिक्षणाचें भविष्य आसूं येता?

'शिक्षण हें एक अशें मूल्य' जें मनशाच्या जिवितांत सदांकाळ थीर उरता. संवसारांत बदल हाडपाचें एक मोलादिक साधन म्हणल्यार 'शिक्षण'. विद्यार्थ्यांची परिपूर्ण घडण करपाची उजवाडाची मशाल म्हणल्यार 'शिक्षण'. एक उत्तम विद्यार्थी उत्तम नागरीक जाता. पूण आयच्या ह्या महामारीक लागून शिक्षणां मुखार एक व्हडली वणत उबी जाल्या, आनी आतां हें मोलादिक कार्य फुडें कशें व्हरप हो एक मोठो प्रस्नच उप्रासल्लो. हो प्रस्नचित्र उदगारचिन्नांत कसो बदलपाचो ह्या वाटेन सगळी धांवपळ सुरू जाल्या. तेन्ना सगळी धा हात पयस दवरपी वस्त तो म्हणल्यार मोबायल हो हातांचें एक बोटच कसो जावन उरला. शिक्षणीक क्षेत्रांतले सगळे वांगडी आतां नवीं गजाल आपणावपाक लागले तें म्हणल्यार ऑनलायन शिक्षण. शिक्षक वेगवेगळ्यो ऑनलायन शिक्षणीक पध्दती आपणावपाक लागले. दर एका विद्यार्थ्यांक शिक्षणच न्हय पूण जिविताची मुल्ल्याचे ज्ञान फावो करप, हें शिक्षकाचें पवित्र कार्य. इतलेंच न्हय पूण हीं मुल्ल्यां आपल्या जिवितांत कशी फळादीक करून घेवप, हाची जाणीव सुध्दा विद्यार्थ्यांक दिवप म्हत्वाचें जावन आसा. ऑनलायन शिक्षण हें सगळ्यांच्या



कुडीचो एक भाग जालो. मात फुडें एक प्रश्न सगळ्यांच्या मनांत खतखतपाक लागलो तो म्हणल्यार ऑनलायन शिकप – शिक्षणाचें भविष्य आसूं येता? ही ऑनलायन शिक्षणाची पध्दत महामारी उपरांत थांबतली? काय ती फुडें शिक्षणांत रूजून उरतली? हें सगळे चिंतूक लागले. विद्यार्थी – शिक्षक मॉबायल लॅपटॉपाच्या माध्यमांतल्यान एकामेका मुखार आसात खरीं, तरी पूण खूब पयस आशिल्ले वरी दिसता.

आयच्या ह्या महामारीक लागून सगळ्या संवसारांत जायतो बदल दिसून आयलो. बऱ्यो गजाली सोडात वायट चड प्रमाणांत स्पश्टपणान मुखार आयल्यो. सगळ्यांची आर्थीक परिस्थिती ह्या महामारीन सारकी हालोवन उडयली. आर्थीक स्थितीक लागून उप्रासल्या आडखळीक लागून फकत सामान्य मनशाचेर परिणाम जावंक ना पूण शिक्षणाच्या क्षेत्रांत पसून ताचो व्हडलो परिणाम दिसून आयलो. ऑनलायन शिक्षणाक लागून भुरग्यांक मॉबायल घेवप पुरो न्हय ताच्या वांगडा हॅन्डबेग कशें जाय पडटा तें नेटपॅक. ह्या सगळ्यांत खावपा जेवपाचो प्रश्न मदीं पडून कपलार हात मारून नशिबाक दोश दिवपाची पाळी आयली. तरी पूण आवय बापूय आपल्या पोटाक चिमटो काडून पोटाची चरी करून आपल्या भुरग्यांचो फुडार बरो जावचो म्हण वावूरतात. इतलें करून लेगीत ऑनलायन शिक्षण सगळ्यामेरेन पावोवपाचो उद्देश साकार जाला काय कितें हातूंत लक्ष दिवपाचें पडटलें. नेटवर्काच्या आडखळीक लागून गांवगिऱ्या वाठारांतल्या भुरग्यांक सारके त्रास जातात. ऑनलायन शिकप जावन भुरग्यांचो शिक्षणांतल्यान परिपूर्ण विकास जावपाक जाय आशिल्लो तो जावंक ना. जशें शाळेंत आसतना वेगवेगळ्यो कार्यावळींत भाग घेवपाक भुरग्यांक संद मेळटाली. भुरगो वायट मार्गार वता जाल्यार शिक्षक ताका बऱ्या रस्त्यार येवपाक उजवाडाची कीट जाताले. पूण हें सगळें आतां पळोवपाक कठीण जाता. दिसभर भुरगीं मोबायलाचेर शिक्षणाच्या नांवान आपल्याक जाय तें करतात आनी सगळे लोक ऑनलायन शिक्षणाक दोश दितात तेन्ना कोणाल्यो म्हशी आनी कोण काडटा उठावशी ही गत जाता.

मोबायल चड वापरून ताचो परिणाम भुरग्यांचेर जाता म्हण मोबायलाक म्हजें एक मागणें
मोबायल म्हज्या मामा
आनी हांव सांगता तुका
त्या भूग्याच्या भविष्याचेर
परिणाम करूं नाका
दिसभर मोबायल हातांत
कुडीचेर म्हज्या येता ताण
दोळे, तकली दुखता म्हजी
भलायकी म्हजी पिड्यार.

आतां बातम्यो, गजाली पळयत जाल्यार सगळे कडेन चर्चा दिसून येता त्यो म्हणल्यार फुडें मशीन मनशाचो जागो घेतलो काय? आनी अशें जाल्यार शिक्षकाची गरज नासून पूराय शिक्षणाची गरज मशीनांतल्यानूच भागतली काय? हें सगळ्यांच्या मनाचेर बसून उरलां. खंयच्याय वस्तूचें व्यसन लागतकीर बरी वस्तू पसून वायट जावन पडटा. काळाची गरज कशी आमी ऑनलायन शिक्षण वापरलां खरें पूण तें शिक्षणाचें भविष्य आसूं येता अशें म्हाका दिसना.

प्राप्ती राणे (XD)

आमचा पोस्टमन – आमचा कोविड योद्धा

हो, तुला आठवतोय का माझ्या लहानपणीचा भूतकाळ? ती मुलं, ते सवंगडी त्यांचा कलकलाट आणि तुझ्या भोवती नाचण्याचा तो आनंद. मामाच पत्र हरवल ते मला नाही सापडलं हे गाणं आणि बरच काही. तू इतरांसाठी असशील पोस्टमन पण माझ्यासाठी तू मामाच आहेस. बदलत्या काळाच्या चक्रात तू झुजतो आणि आम्ही ही. या चार ओळींच्या संदेशात ज्या केवळ एक सेकदांत सॅन्ड होतात त्यात तू नाही सापडत पण तू आजही तसाच आहेस. मी बदलली काळ बदलला पण तू नाही रे बदललास. तुझी वणवण नाही संपली. तुझा फिरण आजही तसच आहे. ऐकतोस ना हा भोवतालचा कलकलाट या धावण्या-या ऍम्बुलॅन्स, प्रेतांचे आकडे, स्मशानांत न मिळणारी जागा आणि अशा भयाण परिस्थितीत तू सोडल नाही तुझा फिरण, संपला नाही तुझ्या



हातातला पत्रांचा गड्डा. तुझी खाकी पॅन्ट शर्ट आणि सायकलच्या जागी मोटार इतकाच काय तो तुझ्यातला बदल.

आज कोव्हीडाच्या काळांत माणूस माणसाला ओळखेना, ओळख दाखवेना आणि तू नुस्ता धांवतो आहेस. हया कोविडाच्या विखारी सापाच्या दंशाची तुला नाही का वाटत भिती त्याची? बघ ना. ऐकतोस ना? हे काय वय आहे का मरण्याच 27,33, आणि 37 अश्या वयांत मरण येतय तुला नाही वाटत भिती हयाची? मी तुझ्या पायाचा वेघ बघितला आणि चक्रावलेच. मी पाहिल आहे तुझ्यात मरणाला पायाखाली घेणारा माणूस. मी पाहिला आहे माणूसपणाला जागणारा माणूस. तुला दोस्त म्हणू की योद्धा म्हणू ? मनापासून खर सांगू तू योद्धास आहेस. बघ दोळयासमोर दिसणारे मरण सुध्दा तुला बघून कापते. कोवीड नावाच्या सैतानाशी लढणारा मैदानांत उतरणारा सैनीक. तू तुझा आत्मविश्वास घेवून चालणारा योद्धा तुझ्या घरातही आहेत नारे लहान मुलं, वयाची माणसं? त्यानाही त्रास होण्याची भिती असेल नारे तुला? तरी पण आपल्या कर्तव्याशी जागणारे तानाजी सारखे मर्दमराठे होवून कोवीडाशी

झुंज देताना किती विरत्व पाझरतय असेल ना तुझ्यात? मला ऐकू येतोय तुझ्यातला लढणा-या माणसाचा आवाज.

अरे! पण तुला एवढ सगळ जमत कसं? कोणत व्हिटामिन घेतल आहेस तू? कोवीड नावाच्या सैताना समोर तुझी मान बागवत नाही. अशक्त कधी होत नाही अरे योद्धा मामा मला तुझा पत्ता हवाय. मला तुला एकदा भेटायला हवाय. मला तुला भेटायच हाय भेटशील ना रे ? मला बघायच हाय तुझ्यातल धैर्य आणि कुवतपणा. तुझ्या समोर नतमस्तक होवून तेच धैर्य आणि कुवतपणा माझ्यात उतरवायचा आहे. मी शेवटी ईश्वराकडे एकच मागू इच्छिते आमच्यावर आलेल हे कोवीडच संकट लवकर संपूदे आणि तुला आमच्या योद्ध्याला दिर्घायुश्य लाभूदे.

अम्रिता वेर्णेकार (IX A)

LE MONDE EST BEAU

Le monde est beau,
Et toi aussi.

Mettons notre tristesse de côté,
Et portez un sourire tous les jours.

Le bonheur est la clé
Et tout le reste sera censé être.

Alors secouons-nous de nos cauchemars,
Et ouvre nos yeux sur les rêves merveilleux.

Faisons du monde un endroit meilleur,
Et restez toujours ensemble.

Le monde est beau,
Et toi aussi.



-Chryselle Movin Fernandes (X C)

MON ÉCOLE

Mon école s'appelle Perpetual Succour Convent High School. Elle est située à Navelim. Elle est grande et belle. La Directrice , Sr. Libia Fernandes gère notre école. Elle est très géniale et sympathique. Ici, les professeurs aident les élèves aux études, en sports et d'autres activités parascolaires.

Ils nous donnent des informations très utiles dans la vie quotidienne. Les étudiants sont très sportifs. Nous jouons le hockey, le foot, le badminton et les autres. Chaque étudiant a une chance de participer aux nombreuses activités organisées dans notre école.

On peut aussi voir un beau jardin avec de belles fleurs et une grande bibliothèque que je manque. Je suis heureuse de faire partie de notre école.



-Gevenchy Mercy Barreto (VIII A)

UNE PROMENADE DANS LA NATURE

Les fleurs s'épanouissent.
Les arbres se balancent.
Vous trouverez ces événements,
Seulement quand tu prends,
Une promenade dans la nature.

Les grillons chantent.
Les oiseaux dansent.
Les fourmis cherchent de la nourriture,
Et encore vous retrouverez ces événements
Seulement quand tu prends,
Une promenade dans la nature.

Vous tomberez frais.
Quand tu sens le parfum des fleurs,
Vous vous sentirez rafraîchi
Seulement quand tu prends
Une promenade dans la nature.



-Siya Dias (VIII C)

AMOUREUX

C'était un romantique désespéré,
Les gens l'appelaient pathétique.
Ses mots l'ont fait pleurer,
Mais il dit qu'ils l'ont fait remonter le moral.

Je vous assure que le défaut est sur les deux,
Comme elle a fermé les yeux sur son espoir;
Son cœur et son âme condamnent encore,
Le mal et l'agonie, il a décidé de faire face.

L'amour a rendu ses yeux aveugles,
C'est une vérité fabriquée de l'humanité.
La théorie du refus ;
Si vous acceptez, amusez-vous!

Rend notre vie défavorable,
Créer un océan qui plonge
Bonheur, amour, plaisir et joie,
Dans un vide de leurre.



-N. Shree Bavatharani (X B)

Shining Stars of PSC

SSC Toppers of 2020-2021



Rowena Fatima Falgiero
96.33%



Ngassa Silva
95%



Risha Rajendra Haldankar
94.83%



THE SSC STUDENTS OF THE 2021 BATCH UNBOX THEIR MEMORIES

SWEET MEMORIES THROUGH MY JOURNEY TO SUCCESS

My journey in this school started 12 years back in the year 2009. Entering as a bud that has now bloomed into a flower, my schooling years have been full of joy, wonderful memories and fabulous experiences. My teachers always supported and guided me. They have spent 12 years in nurturing me with moral values, knowledge and much more. The friendly and caring nature of the entire staff made my journey comfortable.



Here are some study tips which helped me better myself:-

- Pray to God before studying to help you to remember and understand the matter well.
- Pay full attention to when teachers are explaining and half your work is done.
- Read what was taught on the same day, never keep work pending.
- Math should be practiced every day.
- Study at least two subjects every day. One chapter per subject.
- Try to recollect all that you have learnt in the day before going to bed.

I am thankful to God for helping me and giving me a cool and calm mind to study. My success would have been difficult without my parents' support and guidance. My mother and sister always helped me with my studies. When I was in 4th standard, my mother casually said, "I have three children but none of you come first in the class." That day I assured my mother that from 5th standard I will top the class every year. By the grace of God and the intercession of mother Mary and my hardwork, I started working towards my goal. In order to achieve it I had to work hard a lot all through the years.

The best moment of my life was when I topped the school at the SSC exam this year. It was a proud moment for me. My message to all the juniors is that one should have an aim in life, pray to God to help you, stay focused, and work hard. And you will definitely achieve success.

I would like to thank my parents, headmistress, teachers and non-teaching staff for always encouraging and motivating me. I am proud to be a Perpetualite.

- Rowena Fatima Faleiro



Life is all about learning and school life is a foundation to face the challenges that the bigger school called 'WORLD' will offer us. I am so blessed to be a part of Perpetual Succour Convent High School. My school has changed a tiny toddler who knew nothing into a mature and responsible teenager.

'Learning is a treasure that will follow its owner everywhere'. My school has not only taught me about academics but also good virtues, hard work, friendships, leadership, competitions and sacrifices; overall, helping me to nurture my budding ideas. The teachers of this institution have been the guides and the guardians to guide me on the right path. Dear teachers, for all that you'll have done, for all you'll have taught me and for all that you'll have given to me, you'll are by far the best teachers. We children need teachers like you.

'From ABCs to red, white, blue,
From History and Math too,
All I want to say is a big thank you.'

Having studied for 11 years in this school and creating precious memories, it is really hard to say goodbye. But, as it is rightly said, "We never say goodbye to people we're going to meet again; we say see you soon". So, see you soon PSC! As I move ahead in life, no matter where I reach eventually, I shall fondly remember my school for having given me the platform to launch myself. May our school flag keep flying high, always.

-Risha Rajendra Haldankar



Hi there! There's a lot to tell and a little too... A few years and a thousand precious memories, all in a gist! From sports to annual day, everyday to a holiday, we all remember our school days, whether funny or silly...I grabbed all the opportunities that came my way, whether cultural, curricular or co- curricular. Taking part in activities always brought out the best in me and gave me experiences and skills which were beyond what I got from books. Even if I did any mistake, there would always be the kind and uplifting voices of the teachers guiding and supporting me. The picnics/ field trips were the best of all, with yummy snacks packed in colourful tiffin boxes, and friends by my side singing till we could whisper no more. The incessant knowledge and values given to us by our teachers have filled me with enough confidence to take on the challenges in life ahead. All in all, I am very grateful to my Alma Mater for encouraging me to spread my wings and grow as a unique individual.

**-Ebony
Esther Barreto**

I am astonished to see the transition in me from being naïve about English speaking to becoming a polished speaker. This transition was possible only because of my wonderful school. Our school provided us with ample opportunities to grow and shine. Teachers made sure that we did not miss any chance to show our talents. I always felt the extra care given to me whenever I participated in any event. The teachers boosted confidence in me by motivating and encouraging me to go up on stage and speak in the midst of a



hundreds of people. The absolute perfect advices have helped me grow to become a better public speaker. From assemblies to hosting events, it has been an incredible journey!

-Myphilia Vaz

Intelligence plus character is the goal of true education. School life prepares us to overcome challenges in future. I am blessed to be a part of this school. It is rightly said, "School life is the best time to gain knowledge and learn new skills". My teachers have put in immense efforts in giving me the best of education and inculcating good values in me. They motivated me to explore further and reach my potentials.

My school has a wide platform with ample of opportunities for every student. I made good use of all the opportunities that came my way. From class activities to inter-school competitions, I enjoyed the time spent in practice, perfection and performance. It was a wonderful experience to be a part of the school choir. Holding the responsibilities of a head girl gave me new experiences and the much needed confidence. This school has helped me to overcome failures and walk towards success. Also, I was able to explore my hidden talents. Right from studies to play, everything was fun. Friends are an amazing part of school life. I had some stupendous friends who helped me create more wonderful memories.

In these six years I have moved from a shy girl to the one who dared to take up challenges. My school has taught me to always highlight my strengths and work on my flaws

-Swelisha Cardoso



Your SMILE when you spoke comforted me
Your pat on the back motivated me each day
The LOVE in your voice made me feel special
And now it's my turn to say
Thank you teachers for teaching us

Thank you teachers for SHOWING ME KINDNESS
Thank you for TEACHING ME WITH LOVE
Thank you for teaching me VALUES FOR LIFE
Thank you for ENLIGHTENING A GOOD HUMAN BEING IN ME



*-
Mashvik Vaz*

RESOURCE ROOM - OUR HAPPY PLACE



*"It devastated us, to see that we couldn't cope
Until the day, we got to know there was some hope.
With smiles we started to hold on to the rope
Knowing that our lives too, has scope... "*



The journey of the special kids began in the Academic Resource Room about two years back. They enjoyed learning, made friends, cooked together and shared their prized moments with each other. They not only learnt writing and reading from the text, but also learnt lessons for life.

"I was always interested in cooking, but never knew it could be one of my school subjects" said the amateur chef Swetha. "All the teachers provided unconditional support and encouraged me to work hard for a better future", said sweet Swayz. "It was an amazing experience learning in the resource room. My friends and teachers were good to me and helped me with my difficulties", acknowledges Joslie.

"Learning has been a continuous process in my life. I learnt to read, write, to be disciplined, to cook delicious dishes and explore the world of computers", is what Moses had to say. Here's what the bratty Saifan had to say. "I have wonderful memories of this place. I learnt not only my lessons but also learnt other skills that will help me to live a good life"



"Choosing the vocational subjects provided me with career options" class topper, Phelan explains. "Teachers always treated us with love, care and extra attention", zesty



Zianne said. "The topics that were difficult were simplified by my teachers to help me to understand better", said Jos.

Faizan said that he has gained self-confidence and made improvements in learning with the extra attention that was provided by his teachers.



These kids expressed their gratitude towards their dynamic Headmistress, Sr. Libia Fernandes, Sr.Margaret Rodrigues and all their teachers for being concerned towards them even during these uncertain times.

According to them, the times they spent together with their teachers and friends in the hallways of PSC, will be their most treasured moments.

*Lots of love from:
The Happy Hearts (Academic Resource Room)*

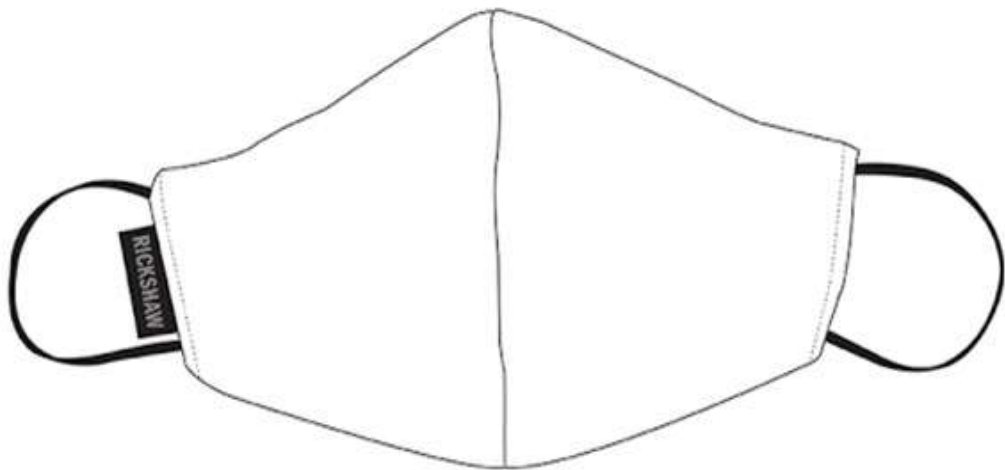


ACTIVITY CORNER

MASK ARTISANS

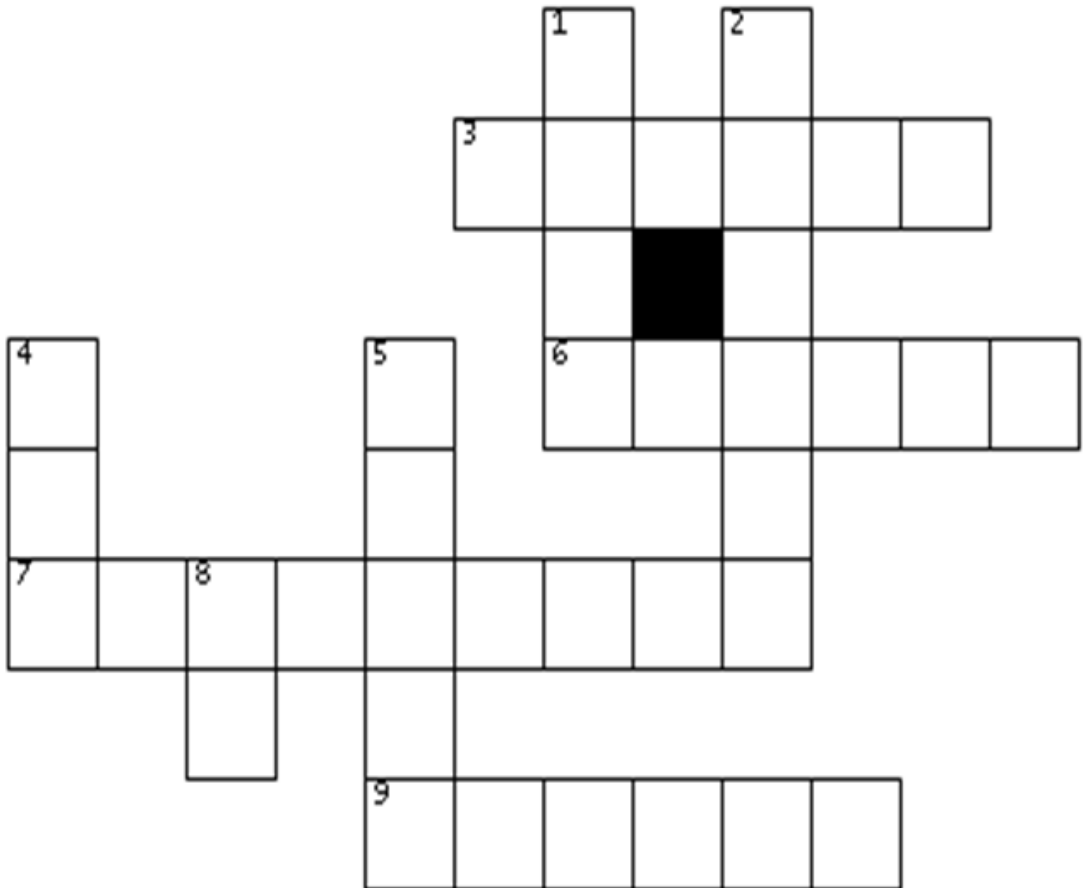
Today the mask has become a necessity with a fashion statement. Wearing masks with strong messages can help in sensitising people not just about the corona virus but many other social issues as well.

So here's an opportunity to do your bit to bring about a change. Sketch out some designs and patterns on the mask outline given below.



CROSSWORD PUZZLE

- ❖ Use the clues to fill in the words.
- ❖ Words can go across or down.
- ❖ Letters are shared when the words intersect.



ACROSS

3. Which National Park in Goa, is also recognized as Bhagwan Mahaveer Sanctuary?
6. Which country has developed the world's first floating nuclear plant?
7. Which country holds the record of the highest score in an ODI Cricket World Cup match?
9. Name the sport related to the 'Dhyan Chand Trophy'.

DOWN

1. How many rings are there in the Audi logo?
2. Name a clinical trial in which blood is transfused from recovered COVID-19 patients to a coronavirus patient who is in critical condition
4. In which state was India's first medical school setup to educate prospective doctors ?
5. In India, which month did the second phase of COVID-19 vaccination start?
8. Cristiano Ronaldo exclaims which word when celebrating a goal?



PTA EXECUTIVE COMMITTEE



Parents and teachers who work together are unstoppable!

PSC STAFF



Teamwork makes the dream work!