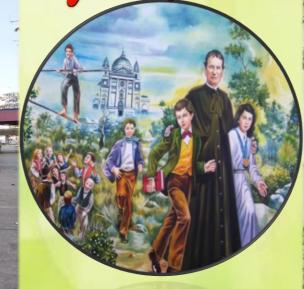


January 2021 – 2022 Year 2 : Issue no. 5

# Eco-Spirituality in Salesian Spirituality



# **PRINCIPAL'S MESSAGE**



My Dear Students, Parents and Teachers,

St. John Bosco, affectionately called Don Bosco, our Father and Founder, had a compassionate heart and a zeal to work with and serve the youth. His goal was to provide the young with a Holistic Education based on three pillars – Reason, Religion and Loving Kindness. The secret to the success of Don Bosco the educator, was his intense spirituality and practicality.

Eco - Spirituality and Salesian Spirituality are two sides of the same coin. Both find their history in the relationship between Spirituality and Environment. St. John Bosco committed his life not just to the upliftment and care for the young, but his system of education integrated a great deal of Eco - Spirituality which brings together Religion and Environment. This issue of our E-Magazine provides focus on how Spirituality and the Environment can contribute towards making a positive difference in our lives.

Nature has the uncanny ability to transform us from dull, stressed – out humans into more vibrant, energetic beings. When we are in touch with nature, we get in touch with our deeper selves. At a profound level, energy from nature – or the feelings it evokes in us – helps us to 'Transform' ourselves.

I take this opportunity to thank Mr. Ashok Kharvi and his team of domestic staff for the beautiful landscape gardening that provides a picturesque effect and a very soothing and relaxing environment in and around the school campus.

In order to achieve a just, sustainable and prosperous society, we need to commit ourselves towards promoting harmony with 'Nature and Nurturing Spirituality'. As we celebrate the feast of St. John Bosco, our spiritual guide, let us also turn towards nature to metamorphose into healthier and happier human beings.

Wishing each one of you a very Happy Feast of St. John Bosco our Patron. May God bless each one of you and your families.

Principal Fr. Anthony Fonseca



# **RECTOR'S MESSAGE**

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My Dear Readers,

There is a great deal of talk and endeavour to protect nature these days. I am extremely happy that our school has chosen the topic 'Eco – Spirituality' for this issue of the E – Magazine.

Nature is a part of God's creation and a very important part of our life indeed. We hear a lot about how important it is to protect and conserve nature, yet we don't seem to pay much attention to it. We are absolutely oblivious about our lack of communication with nature. Is it that we are too caught up with own

problems, our desires, our pleasures and our selfishness, that we don't find time to even look around ?

My dear readers, when you communicate with nature you will soon experience how wonderfully it can transform your life. Our communication with nature teaches us how to commune with our fellow human beings. The world today, to a great extent is lacking empathy and compassion, which is very important for a healthy, peaceful and harmonious society. The education we receive has no value unless it is used to bring peace, progress and prosperity to mankind.

Look at the birds, the animals, the flowers and butterflies, the forests and the rivers, the biotic and abiotic components in the environment all around us. They actually dwell in harmony with each other. We have much to learn from nature if want our lives to be h attention to it. We are absolutely oblivious about our lack of more meaningful. The earth provides food and many other things to us, similarly, we should sustain others by offering our love, compassion, companionship and cooperation. When we live like nature, it will exist in harmony with us and this will create healthier relationships with our fellow beings, making our environment a happier and beautiful place to live in.

May we all be inspired by Don Bosco, our Patron, whose mission was to impart an education that integrates spirituality and the environment to create better human beings.

God bless you and your families. Happy Feast of St. John Bosco to all.

Rector,

Fr. Dominic Martis

## **EDITORIAL TEAM MESSAGE**

#### Dear Readers,

The Editorial Team wishes each one of you a very prosperous, safe and happy new year. As we celebrate the feast of our Father and Founder St. John Bosco, on  $31^{st}$  January, we invoke his blessings upon each one of us to begin this new year with hope and strength to face new challenges.



Don Bosco introduced the Preventive System Of Education wherein Reason, Religion, and Loving Kindness were the major goals. As we impart education, we are constantly instilling the principles of Reason and Religion into the budding minds of our young learners. This issue of our E-Magazine - Eco-Spirituality, connects the science of Ecology with Spirituality and reflects on how Reason and Religion must go hand in hand in the shaping of a healthy and progressive society.

The world today is experiencing loss, suffering and unprecedented challenges as a result of Covid-19. While 'Prayer and Divine Intervention' is important, 'Taking Care of Ourselves' is of utmost importance. We all have to act decisively to protect our selves and Our Planet from both – Coronavirus and the existential Climatic Threat and Environmental Crisis that we all are well aware of.

We must begin by first taking care of the environment that is around us. We are fortunate and blessed to enjoy the benefits of fresh and pure air, along with the beauty of nature around us, here at Naigaon. Under the leadership and guidance of our Principal, an ardent lover of nature, today we experience and enjoy a significant change in our school environment as well.



There is a marvellous collection of about 80 to 100 different species of plants and herbs in our school campus. The beautifully arranged potted plants at the entrance, under the porch, at the lobby and at various places in and around the school campus, has certainly enhanced the look of the campus and contributed to a serene , soothing and beautiful environment at school. The beauty of our surroundings has the power to transform us from dull stressed out beings into more vibrant creatures. When you care for nature, you will be able to understand the Creator and be grateful for His Creation.

Let us then begin this New Year by nurturing the environment that we live in and keeping God at the centre, even as Science endeavours to create vaccines and new methods to combat the Covid-19 Virus.

God Bless each one of you with a Great year ahead !!!

Editor In Charge : Mrs. Dorothy Fernandes

Co – Editors : Tr. Rovina Tr. Ankita Tr. Annie Tr. Supriya Tr. Sneha Tr. Gail Tr. Ruth Tr. Shubhangi Layout & Data Processing : Tr. Dorothy W. Tr. Preeti

Cover Page Design : Tr. Dorothy W. Tr. Preeti



# ACTIVITIES

### FROM DECEMBER TO JANUARY

**ENVIRONMENTAL STUDIES ACTIVITY (PRE-PRIMARY SECTION)** Our tiny artists very enthusiastly participated in the drawing and colouring activity that focused on love and care for nature.

#### SR. KG.



AISHANI SANU

ARYA AMBRE

CHITRANI YADAV



## **SCIENCE ACTIVITY – (PRE-PRIMARY SECTION)**

#### Our little scientists performing various experiments.



Danika Mistry Jr kg - B



Vihana Bhagat Jr.kg - B





Celina Pillai Jr.kg - B



Yohaan kagda Jr.kg - B



Arshith Sharma Jr.kg -B





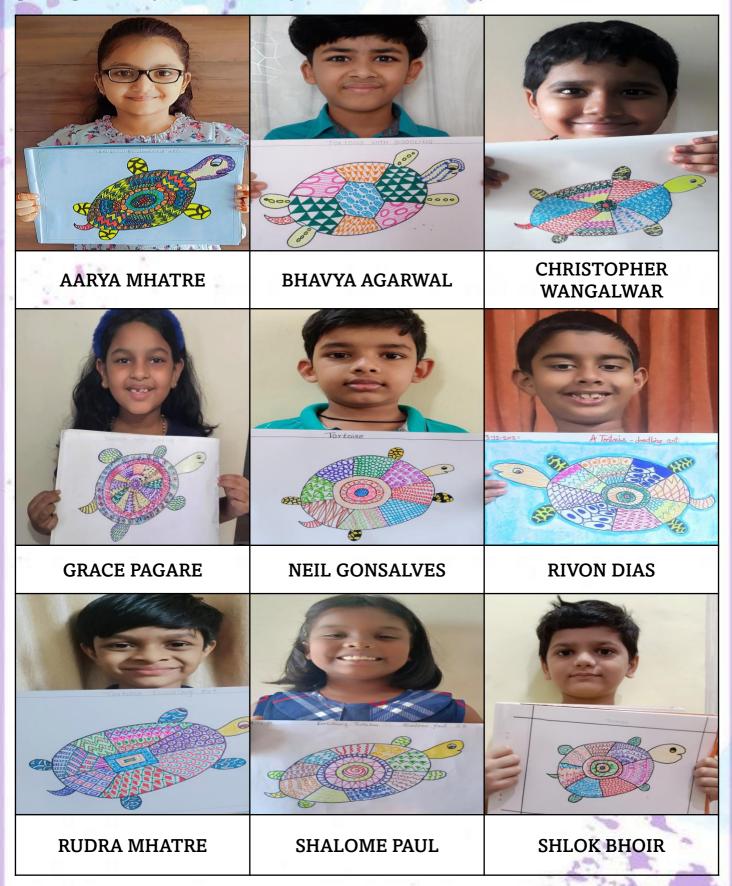
Atharva Mhatre Jr.kg - B

## SCIENCE ACTIVITY – (PRE-PRIMARY SECTION)



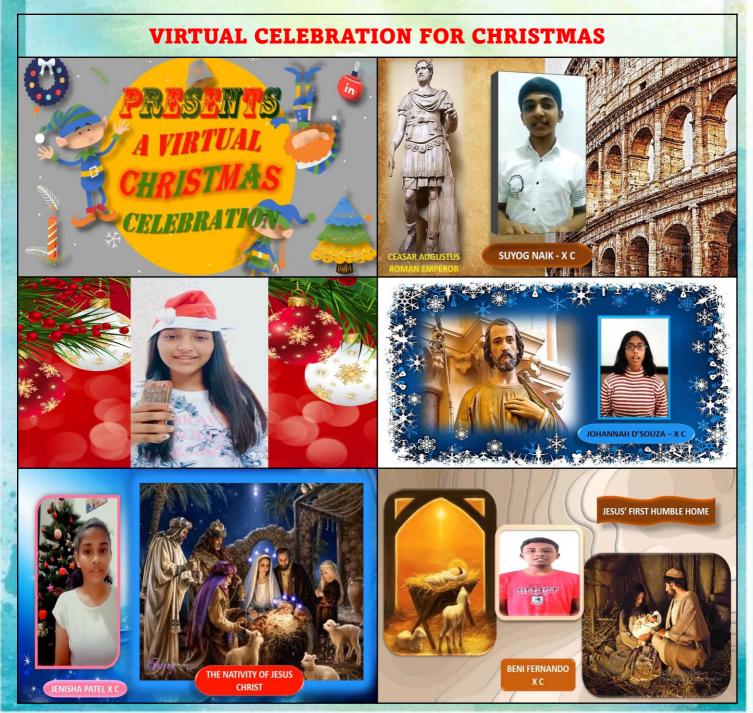
#### **DOODLING ACTIVITY - (PRIMARY SECTION)**

Doodling is drawing or making random and spontaneous marks or images on paper. This activity stimulates the mind for ideas and helps kids to have a better memory. It helps them to de-stress and brightens their imagination. The students participated very enthusiastically in the Doodle Activity in their classrooms.



#### **CHRISTMAS DAY CELEBRATION**

Christmas, the festival of Joy, Peace , Sharing and Hope was celebrated on a virtual platform with great fervour and enthusiasm by all sections of the school. The students of Std IX C and X C , under the guidance of their class teachers recorded and presented a meaningful skit, combined with dance, carols and speeches, highlighting the significance of Christmas. The Rector, Fr. Dominic Martis and the Principal, Fr. Anthony Fonseca shared their message of 'Hope' and 'Good Will' to all. Class teachers from all sections of the school shared the video in their virtual classrooms. The day was made enjoyable and entertaining with virtual games and singing of Christmas carols. Competitions like Star making, Wreath making and Candle decoration were held. Students actively participated in the events and shared the images of the handiwork with their classmates.



## **SECONDARY SECTION**





CHRISTMAS MESSAGES FROM OUR VERY OWN STUDENTS OF IX C & X C

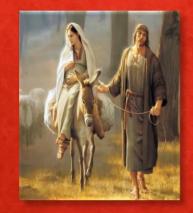






BHUMIT PATIL X C







MAHIMA SINGH X Cath



Balsam, Douglas, Fraser, and Noble are all types of what?

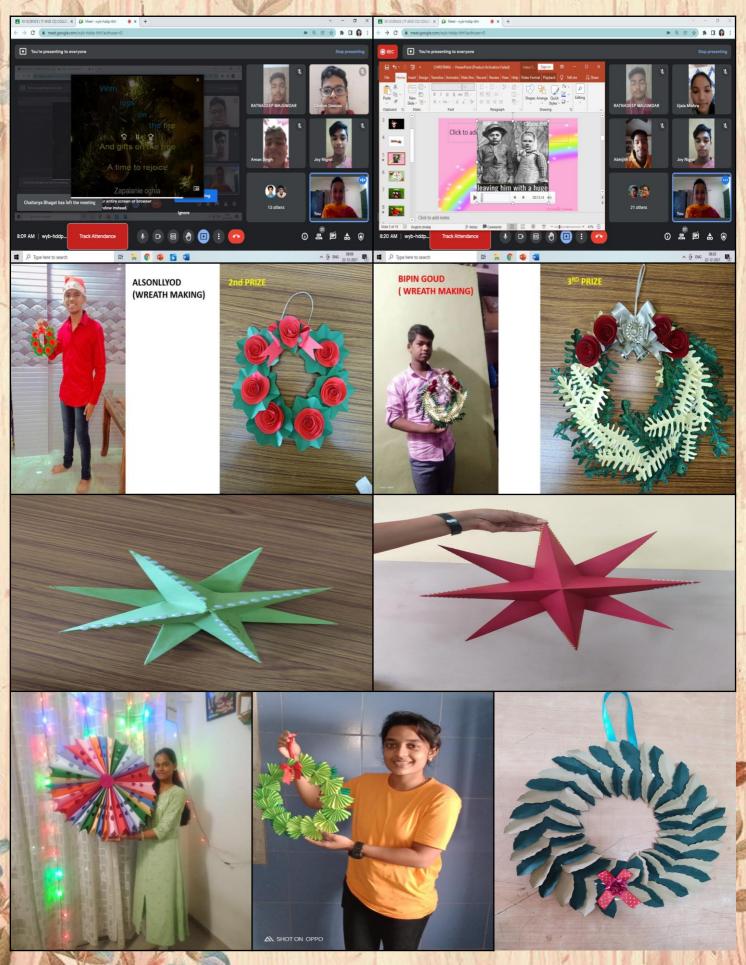
Reindeer names Shepherd names

Christmas tree names



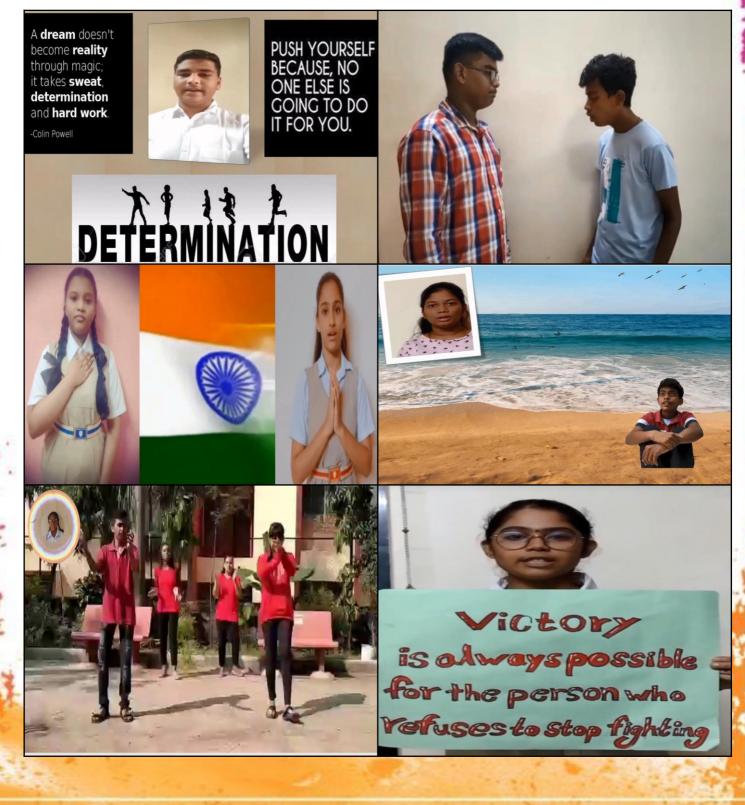


## COLLEGE SECTION CELEBRATION AND COMPETITIONS



#### **ASSEMBLY – (SECONDARY SECTION)**

This virtual assembly based on the theme 'Determination', was animated by the students of IX A & IX B under the guidance of their class teachers. The assembly commenced with the National Anthem followed by the pledge and prayer. Through skit, speech and dance students focussed on the theme, bringing to light that 'The Impossible can be made Possible' only through 'Determination'. The Principal addressed the students and enlightened them about the need to have a strong Will Power and Determination in order to climb the ladder of success.



#### **ECO-ACTIVITY (COLLEGE SECTION)**

To create an awareness about the need to protect and preserve the environment, an eco-friendly activity during the monsoons, was conducted for the students of XII Science. The students were told to make soil balls. These soil balls were not just made up of soil. It had a secret ingredient in it. The students added some sour lime seeds to it. Once the soil balls were made the students were told to throw them around in the garden or anywhere around in their vicinity. The rainy season, helped to nurture the growth of the seeds. Soon the seeds germinated and those soil balls gave rise to lime plants. The activity provided an opportunity for students to gain a hands-on experience of being close to nature and doing their bit for the environment.



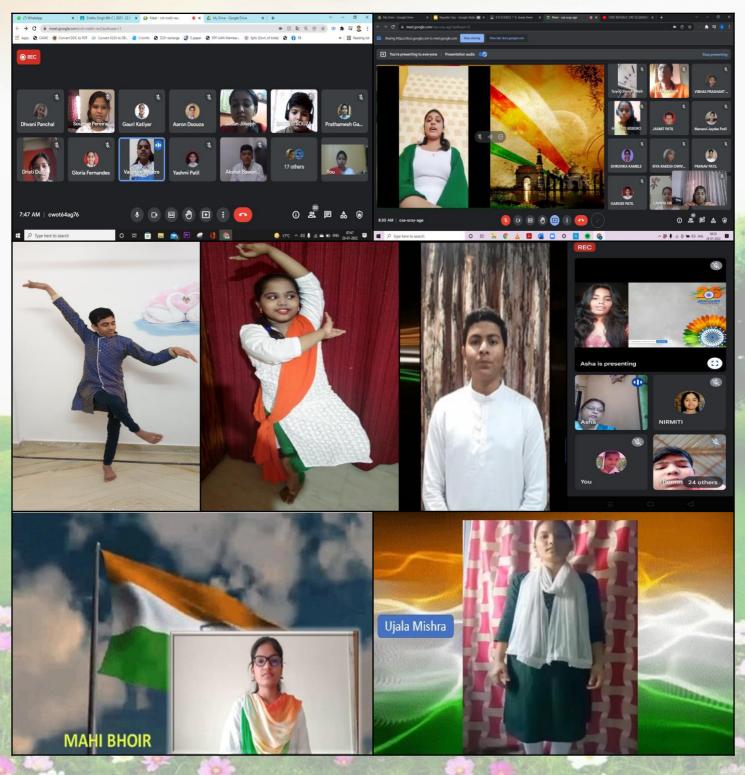
#### **SEMINAR FOR TEACHERS :**

No sooner the Christmas Vacation ended, than a seminar on 'Time Management' was organised for all teachers. The seminar was conducted for two days, on 3<sup>rd</sup> and 4<sup>th</sup> of January 2022, with the resource person being our very own Principal, Fr. Anthony Fonseca.

The Principal very effectively explained how 'Time Management 'is the strategy of planning and controlling the amount of time an individual spends on specific tasks, in order to work more efficiently. Concepts of 'Multi-Tasking', Switch-Tasking', 'Mind Clearing', and more gave the teachers a clear understanding of how they should prioritise their tasks, focus on work and accomplish more within the available time.

#### **REPUBLIC DAY CELEBRATION:**

The school/college celebrated this monumental day with a spirit of great enthusiasm and patriotism. Due to the pandemic restrictions, the celebration was organised on both platforms – Online and Offline. The students of the college section recorded a short cultural program that included patriotic speeches, dances and songs along with video clips, giving us an insight into the past events and the history our nation. Each class teacher shared this recorded presentation along with their own preparations in the virtual classroom at the assembly conducted class wise. Various activities and competitions in art and craft were conducted for the students.



## **MASK MAKING ACTIVITY**



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#### **BLIND BELIEFS – SHUN THEM**



A superstition is a belief that is irrational, arising from ignorance, tradition or a misunderstanding of science. It causes a person to behave in a manner that is unreasonable or undesirable due to fear of the unknown or faith in magic. A superstitious person does not care about the impact of his or her unjustified or monstrous belief on others.

Let us take a look at some Blind Beliefs and the Scientific Reason behind certain Beliefs :-

- 1. <u>Not cutting nails and stitching clothes at night</u> This custom prevailed because in ancient times, there were no electric bulbs or tube lights and therefore people used to get themselves hurt in the dark.
- 2. <u>Not to wash or cut hair on certain days</u> Washing or cutting hair on certain days like on Tuesdays or Thursdays are considered to be bad luck by some even today. In reality there's absolutely no need to be afraid of bad luck as this was one of the water management practices followed during the olden days.
- 3. <u>Eating curd and sugar before heading out</u> Curd and sugar before stepping out of the house for something important is considered to be good luck. In reality the consumption of curd has a cooling effect on the stomach and when added with sugar provides instant glucose which enables a person to work more efficiently and with better focus.
- 4. <u>Lizard falling on a human is bad luck</u> It is said to be bad luck but the scientific reason behind this is that the lizard releases poisonous chemicals from its body in order to protect itself from enemies. If it falls on a human body or in food, it is bound to contaminate it. So, a bath is taken after it falls on someone.
- 5. <u>Bathe after attending a funeral ceremony</u> Bathing is necessary after attending a funeral ceremony as people connect it to something ominous. Today science and medicine has almost reached its peak. Our ancestors didn't have vaccinations against smallpox, hepatitis and other deadly diseases. So, when they came home after a funeral they first took a bath so as to prevent themselves from any infection from the dead body.
- 6. <u>Ghosts residing in peepal trees</u> This myth continues to prevail even today. But the scientific reason behind this is that the trees use carbon dioxide during the day and releases oxygen. But at night, it is the other way round. The trees use the oxygen and release carbon dioxide. So, when you sleep under the tree, the excess carbon dioxide level can make you feel heavy in the chest and suffocated which is associated with the feeling of being possessed by some spirits.
- 7. <u>Throwing coins in fountains and rivers bring good</u> Most currencies in ancient times were made of copper and by throwing copper coins into rivers, our forefathers apparently ensured that they were consuming pure water. Science has it that copper has antimicrobial property and it can kill 99.9% of infection-causing bacteria. However, today neither do we use copper coins nor do we drink water directly from the river. This belief has brought in more pollution than good luck.

From the above examples, it is clear that it is better if Faith and Reason join hands to reinvent Religion and bring out prescriptions for right living.







Annette . Rebeiro X - B

16

#### SCIENCE AND FAITH MUST CO-EXIST

If science and religion are properly understood, they cannot be in contradiction, because they concern different matters. They are like two different windows looking out into the world. Two different windows showing different aspects of life. Science concerns itself with aspects of the natural world – planets, how they rotate/revolve, composition of matter, atmosphere, living organisms etc. Religion concerns itself with the meaning and purpose of this universe – human life, relationship of humans with their Creator and with each other, moral values that govern and inspire human lives etc.

Science and religion do co-exist. Science and Religion are like oil and water. They can never mix. But they can co-exist. From religion comes a man's purpose; from science his power to achieve it.

Though religion and science are incompatible, they both offer explanations on why life and the universe exist. Science relies on evidence and testing, whereas religion is only supreme belief in the Creator. The fundamental difference is that religion is based on authority and science on observation and reason.

Science and Religion are based on human experience. Attempts to put Science and Religion against each other only create controversies. Hence, we can just let them co-exist.



Archita Singh

9 B

#### **SCIENCE AND FAITH**

Thank you god for everything, Thank you science for explaining.

Eclipses scared me lot, Science explained how it works about.

Black magic was in the air, Science cleared it with no care.

Don't speak bad, it comes back, Science showed the cosmos track.

Faith in God is still within me, So, science please forgive me.



Veehaan Puspala 9 - B

#### **OUR ENVIRONMENT**

The environment means the space or surroundings in which we live. The environment plays an important role in keeping living things healthy. It provides food, shelter, air and fulfills all human needs big or small. It is our duty to conserve natural resources and the existing natural environment and whenever possible help to repair damage and reverse trends. It is necessary to preserve the natural world and prevent it from collapsing.

We need to practice the 3R's—Reduce, Reuse, and Recycle—to protect our environment. We have to work towards the goal of a pollution-free environment. Small steps such as disposing of waste properly, conserving water, reducing the use of plastic, using public transport, and turning off lights when not in use can help us in moving towards a healthy environment. So let's all take a pledge to conserve our environment for the betterment of our society.





Neil Gonsalves ll B

#### NATURE – THE BEST GIFT

Nature is God's most precious gift to all of us. We must all protect and take care of our nature. There are thousands of different species of plants and animals all found in nature. There are living and non-living things found in nature. Both, living and non-living things from nature are important for our survival. We can see a lot of climatic changes everywhere in the world. These climate changes are affecting our life in a great way. There is misuse of natural resources and not everyone cares. If we continue to destroy nature and not care for it, we will soon see its harmful effects on the entire planet.

Have you ever noticed the beauty of nature around you? I love to be in nature. It makes me so happy and relaxed. Nature has the power to make us happy and keeps us away from stress . I have a few potted plants in my window and each time I see a flower bloom , I am filled with joy. Let us use this gift of God to make our lives happier and healthier.

Protect Nature and Be Blessed !!





#### **Our Environment—Protect and Conserve**

Environment is nature's gift that helps in nourishing life on the earth.

The environment plays an important role for all living things and it is our duty to care for it. The Earth is a home for different living species and we all are dependent on the environment for food, air, water, and other needs. Therefore, it is important for every individual to save and protect our environment.

I also have taken my little steps in conserving the environment. Some daily habits will contribute to saving and preserving natural resources. I keep the tap closed while brushing my teeth which avoids wastage of water. Instead of using plastic bags I have switched to paper bags. I insist that my parents should walk to the bazaar instead of taking the vehicle. This helps in reducing air pollution.

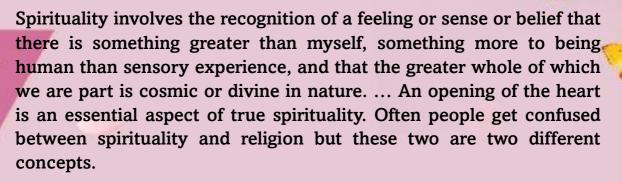
If everyone puts their effort in protecting and conserving the environment, we will soon have a pollution free environment. This will be the best gift which we can give to our coming generations.





Aarya Kunal Mhatre ll B

#### Spirituality with a Reason



Spirituality is linked to many important aspects of human functioning—spiritual people have positive relationships, high self-esteem, are optimistic, and have meaning and purpose in life.

Unlike religion, which one often has to believe on blind faith, most people who turn to spirituality have had some sort of experience that goes beyond what they can explain through mere logic. Spirituality is about experiencing the Divine directly, not reading about it or being told by someone else what it is.

In a nutshell, when you experience deeper realization in life and basic questions of life eg- why am I here? Congrats your already on a path of spirituality.

Beware of fanatic cults and beliefs that have no justification or reason to their brutal acts. Remember that man has two great Spiritual needs - one is for 'Forgiveness' the other is for 'Goodness'.



Roshan Shirdhankar X B





## **Nature: God's Nurturing Hand at Work**

Have you ever wondered why we humans are so naturally drawn towards nature? Scientists believe that since we are genetically programmed to find our survival from trees, plants, water, and other natural elements, we are absorbed by nature scenes and distracted from our pain and discomfort. This is why doctors believe that being surrounded by nature can reduce blood pressure, heart rate, and the production of stress hormones.

Exposure to nature – be it physically or even the sight of nature videos online could not only make you feel better physically, but it could contribute to your mental wellbeing. Nature is not just a feel-good factor. Research has proven that nature is directly proportional to mental health. This means that the more we are in nature, the more it reduces our anger, fear, and stress.

But shouldn't we as a school be most concerned about what benefits nature has on a person's cognitive development? Well, nature has got that covered too. In 2019, psychologists from the University of Chicago — Marc Berman and Kathryn Schertz, discovered that interacting with nature has cognitive benefits. Here is a gist of their findings:

Green spaces near schools promote cognitive development in children and green views near children's homes promote self-control behaviors. Experiments have found that being exposed to natural environments improves working memory, cognitive flexibility and attention control.

In short, exposure to nature is closely linked to our physical health, our mental well-being, our behavioral intelligence, and cognitive development. With all these advantages that are available at our disposal, must not we make the best and most use of the nature that God has so richly given us?

As we walk through the school gates today, a verdant vibe greets us. The lush landscape in all its goodness beckons us to still our hearts and minds, and rejuvenates our souls.



Tr. Annie Derin

**DODCOCO** 

#### Worship The Creator And You Will Worship Creation

How marvellous are the creations of the creator? The Universe, the galaxies, various forms of flora and fauna, the diversity amongst us. Isn't it amazing! It's the power of the unseen creator who makes it all happen.

The magic wand is in HIS hands. None has seen the creator but yet almost everyone believes in the supernatural power.

A famous hymn goes -

"Great indeed are your works, O Lord

Now and ever more.

The universe night and day,

Tells of all your glory."

Indeed! The creator needs to be praised for all HIS creation. The varied diversity on earth seen in everything around us is the creator's vision in action.

Let us be thankful for all the abundant blessings we have received from the Divine Power. Let us not take for granted the gifts He has bestowed upon us in the form of Nature. Protecting nature and caring for it is way of thanking God our Creator.

Spread the joy by worshiping the Creator and HIS Creation !!!



**Tr. Ruth Pereira** 

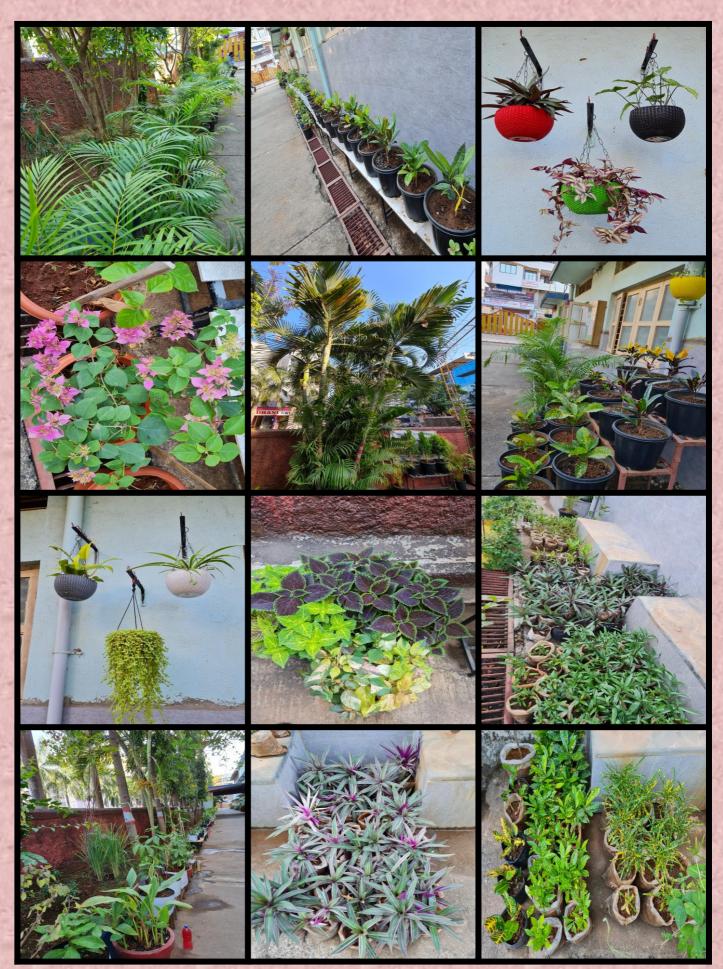


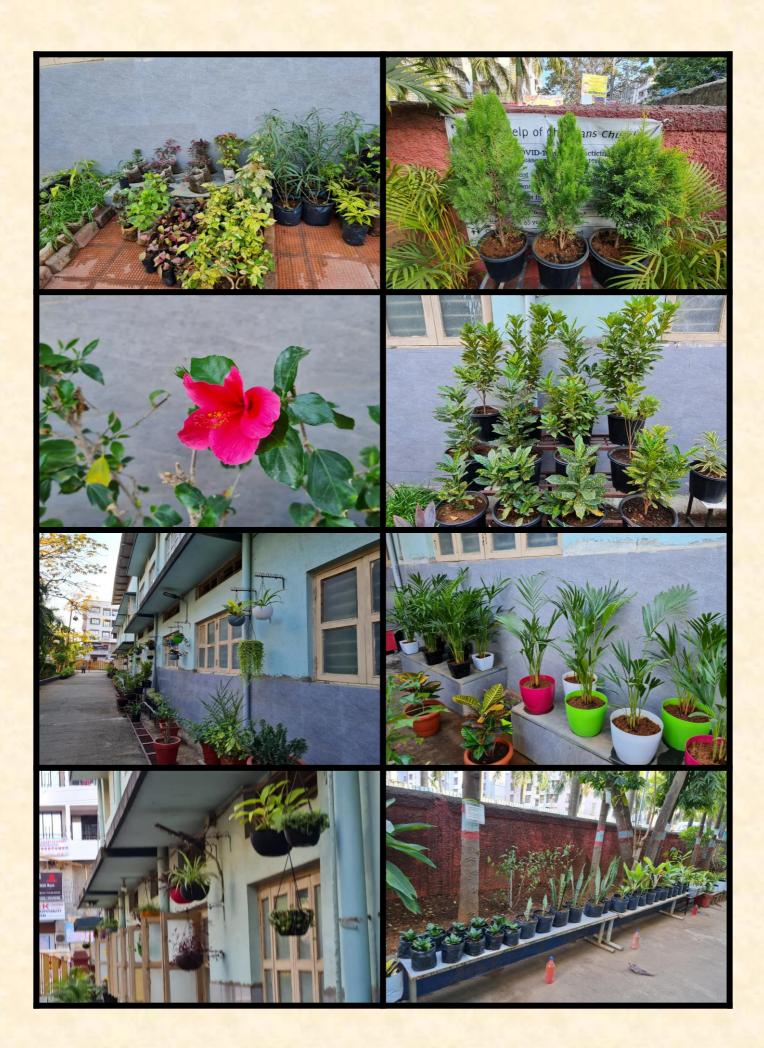
# Environmental Education

Environmental education offers an enriching way for both students and teachers to connect their appreciation of the natural world to academics. Using outdoor settings like the school ground or gardens and parks in the vicinity, the teachers teaching cocurricular activities encouraged students to care for and protect the environment. The activities conducted, were related to the environment and it inculcated values of respect and love for the environment. Valuable skills of Art, Craft, Yoga, and Karate were thus learnt and connected to conservation and protection of the environment.



# **OUR SCHOOL CAMPUS**







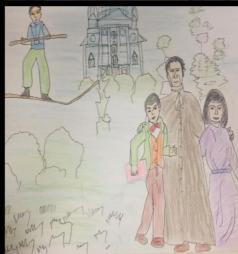




























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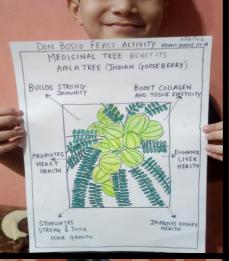


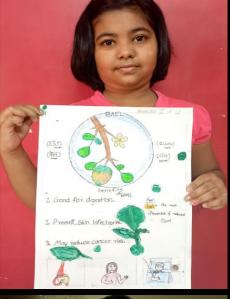




# **STD. III**





















Aloevera Jooks like a Cactus Plant Aloevera Is looded with h antibacterial Rope wies Aloevera gel is widd ely Used to Treat Skin and hair Problem S











apucine



# STD. IV

#### L. Homeschild Mill





















## (Exercising in Nature)













## (Performing the Asanas in Nature)





#### UJJAI RECHAK (PRANAYAMA) PUSHKAR PATIL - VI C

















## **AMAZING FACTS ON FLORA AND FAUNA**

- 1. An electric Eel is known to produce electricity sufficient enough to light up 10 electric bulbs.
- 2. Dolphins sleep with only half of their brain and with one eye open so they can watch for predators and other threats.
- 3. A shrimp's heart is in its head.
- 4. Sea sponges have no head, mouth, eyes, bones, heart, lungs or brain yet they are alive.
- 5. The average wood-pecker is able to peck up to 20 pecks per second.
- 6. Saffron, the world's most expensive spice, comes from a type of crocus flower.
- Oak trees do not produce acorns until they are fifty years of age or older.
- 8. Skeleton flowers have such delicate petals that they become transparent when it rains.
- 9. Cosmos atrosanguineus, is a flower that smells like chocolate.
- 10. Dandelion are rich source of vitamin A & C, calcium, iron & potassium.



# **ANIMAL QUEST**

- Which sounds can mocking birds 1. mimic?
  - Cricket crimps a.
  - b. A car alarms
  - c. A mewing cat
  - d. All of the above
- 2. At about what age does a wild Galapagos tortoise reach adulthood?
  - a. 1 to 2 years
  - b. 20 to 40 years
  - c. 10 to 20 years
  - d. 2 to 10 years
- How does honeybees tell each 3. other where to find flowers?
  - a. With a honey trail
  - b. By buzzing
  - c. By dancing
  - d. With a map
- How soon after birth can baby 4. giraffes stand up?
  - a. 5 minutes
  - b. 30 minutes
  - c. 4 hours
  - d. 2 days
- 5. Which animal baby is called a joey?
  - a. Penguin
  - b. Koala bear
  - c. Elephant
  - d. Hamster



- 6. Which type of bear is the largest in the world?
  - a. Giant panda
  - b. Polar bear
  - c. Teddy bear
  - d. Kodiak bear
- 7. Cats can sleep upto hours a day.
  - a. 16
  - b. 3
  - c. 5
  - d. 1
- What is the first thing a Caterpillar 8. usually eats after its born?
  - a. Other bugs
  - b. Grass
  - c. Its own eggshell
  - d. Cheerio
- 9. Which bird can run more than 40 miles an hour (64 km/hr) making it the world's fastest running bird?
  - a. Ostrich
  - b. Penguin
  - c. Roadrunner
  - d. Kiwi
- 10. How many hearts does an octopus have?
  - a. 0
  - b. 1
  - c. 3 d. 9



τo) c. 3 9) a. an Ostrich 8) c. its own eggshell 7) a. 16 6) d. Kodiak bear 5) b. Koala bear 4) p. 30 min 3) c. by dancing 2) p. 20 to 40 years 1) d. all of the above **VISMER KEYS**