



KILBIL ST. JOSEPH'S HIGH SCHOOL

BE A STREAM OF COMPASSION
X B
2020-21



Editorial Board



**Piyush
Amritkar**



Pari Vyas



**Tamanna
Dolui**

“When educating the minds of our youth, we must not forget to educate their hearts.”

It is a matter of great privilege and immense pleasure for me to be a part of the issue ‘STREAMS OF COMPASSION’. The present time is a time of great changes. In the education system too we see changes .The student today is an individual, is a real person with feelings of self-respect, sensitivity, responsibility and compassion. We need to recognize, appreciate, applaud and foster the fine blend of sensibilities in a child; hence, the aim at Kilbil St. Joseph’s High School is to nurture the talent of each and every star that comes to them.



**kshitij
Yawalkar**



**Vedshree
Sonawane**



**Aditya
Rahane**



Dear Parents, Teachers and students

“Good habits shape your future”

” So I am reminded of a little piece of wisdom from the life of Felice Leonardo “Leo Buscaglia” known as “Dr. Love”. There was a strange system in his family. At the end of each day, after everybody sat around the dining table, the father would ask each one, what they had learnt from the day. each one had to share something that they had learnt on that day and only then they could eat. So in case anyone of them in the family said, “No, today I learnt nothing”, it seems the father used to say, “Let everything remain on the table, come lets go and open the encyclopaedia. Let’s learn something and come back to the table and only then we shall eat.” Leo used to think that he was a cursed child of a bad father who did not allow him to enjoy his dinner and rather demanded that he would have to tell him

As life moved on, Leo became a motivational speaker and a professor in the department of Special Education at the University of Southern California. Today, when he listens to the standing ovation of lakhs of people for his excellent

^p

Keep learning something every moment. As infants, we're presented with a strange new world to discover. And with nothing else to do, we dive in head first, devoting all our time to learning how to use our five senses. At first we appear completely hopeless, not even realizing that our arms and legs are parts of our body. But soon enough, we start figuring some things out. Within a few months, we learn how to recognize faces better than a computer can. COVID 19 too taught us new learning. Right now, we see ourselves collectively facing this pandemic, a situation for which we had no experience and very little preparation. And, at this time when the whole world is battling against it, Kilbil St. Joseph has added another feather to its cap; the EMagazine, to provide a platform to our students to bring out their creative thoughts and expressions.

My hearty congratulations and appreciations to the Principal and the teachers for their untiring effort in moulding the young minds and bnging Kilbil St. Joseph to its zenith. I also extend my heartfelt gratitude to all the parents for their continued support to our Institution and its endeavours. Dear parents, you have, indeed, walked an extra mile to ensure that your children make the best use of their time. I pray that you and your children would enjoy the journey as you sail through this enchanted ocean of brilliance. I wish you all a happy and grace filled days ahead. May God Almighty keep us safe and health

Sr.Alice Antony

Manager

Kilbil St.Joseph's High School



Principal's Message

“As long as our ideas are expressed and thoughts kindled we can be sure of learning, as everything begins with an idea.”

**My dear Parents, Teachers and Students,
I was always attached to the thought Home is the first school and School is the second home. In fact, today it has come true.**

COVID 19 has altered our life including our school system, teachers, children and parents. Our homes have become school and parents have become teachers too. Unimaginable! Invariably it is happening. It's a fact we have to live with now whether we are rich or poor, far or near. E-learning has emerged as the best way of imparting education. It gives me great joy to meet you all through this e-magazine a great way to communicate and be creative. Enjoy our magazine as we move on with our lives. I thank all who contributed to this endeavor.

Be assured that the Management, teaching and non-teaching faculty of the school is working towards making this lockdown a meaningful and fruitful one. We will leave no stone unturned in educating our Kilbil family. I remain grateful to all the parents and well-wishers for your priceless support and cooperation at this moment. My sincere advice to all the students – Do not lose HOPE. Concentrate on the Silver lining amidst the thickest and Principal's Message darkest cloud at present times. We, at Kilbil St. Joseph's High School, hope to see you all soon – refreshed and rejuvenated.

**Till then SPARK A LIGHT –
ILUMINATE THE WORLD.**

Sr. Flora UMI

Principal

Kilbil St. Joseph's High School, Nashik

The Resilience of Kilbil

Every Academic year is closed with great contentment and satisfaction of having achieved all what we have planned and aimed at. But alas! the academic year 2019-2020 came to an abrupt and inconclusive grinding halt on the 16th of March 2020. The reason a tiny Corona Virus originated in Wuhan

China was transported to the entire world and finally came to pitch it's tent even in our beloved country India. Though all of us were hearing a lot about this pandemic and the havoc it makes in various parts of the globe, we were rather comfortable thinking that it is oceans away and we are perhaps immune to it. But it caught us almost unaware when various states of our nation began shutting down. Finally, all educational institutions were asked to shut down indefinitely by mid March. The nation went in to an unprecedented complete lock down for 21 days, 19 days, 20 days, etc and then the onus was passed on to each state and thereafter each district, panchayat, locality, etc. The nation began to open up little by little, sector by sector from August 2020.

Cont.....

When the country went into a total lock down, we at Kilbil began to look for new vistas under the dynamic leadership of our principal Sr. Floropia to keep connected with our students, teachers and parents. Not even an iota of helplessness experienced at our end. Right away held the bull by its horns to harness and master the online literacy! As the usual 10th standard classes were on before the closure of the academic year and before the commencement of the new academic year the teachers had the opportunity to experiment their online efficiency right away and gain confidence. Almost throughout the summer vacation the management together with the staff was engaged in some or other form of online training and equipping themselves to grab the online opportunity as soon as the school reopens. Having girded with our loins, we did not shy away to reopen the school in the mid-June. Even after the reopening we continued with our online literacy from time to time, to update ourselves to fulfill the various exigencies of online teaching. My honest appreciation to the older folk to which I too am a part as we never kept ourselves aloof from this new challenge.

Nothing was missed out with the exception of the physical presence of one another.....The vacuum created by a condition like this was too deep and too wide to be filled in. Months on end we had not met each other. The children pined and the parents and the teachers groaned! An year long ordeal

Cont....

of a tiny Virus! The eager impatient long wait to see some gleaming light on the other end of the tunnel! Children of Kilbil from the tiny tots to the teenagers, you indeed are the buds and blossoms of Kilbil! We lack words to express how much you mean to us and how much we miss you! Your laughter and chatter! Your dashing and falling! Your bruising and yelling! Your romping and bumping! Your cheating and beating! Your fights and rights! Your complaints and witnesses! Your blames and claims! Your pulls and pushes! Your innocence and excesses! Your samples and examples! Your wonder and blunder! Your enquiries and discoveries! Your love and sacrifice! Your sharing and caring! Your smiles and hails! Your respect and reverence! Your ideas and innovations! Your originalities and creativities! Your highs and byes! were all missed out at Kilbil in this academic year! In spite of all these we are together virtually. We meet you regularly though not all of us. We do communicate with you from time to time. Time being we need to be content with it and try to make the best out of it.

Though we are on difficulties every side not crushed as the human spirit is much larger than all the problems around us. Let us be optimistic enough to tide over even the pandemic COVID-19 with the human and divine help. Keep the spirit high we are almost through the tunnel!

Sr. Alinda Jose UMI - Headmistress

Kilbil St. Joseph's Primary School, Nashik.



Stream of Compassion...

“Intelligence plus Character-that is the true goal of education” king Martin Luther Education is not just a way to accumulate knowledge, but it is the path to acquire knowledge and wisdom. The prime task for us here at Kilbil St.Joseph High School is to carve the minds of children into beautiful living sculptures of compassion, which is truly the king of all virtues. We are journeying on a path, traced out from the theme “Be a Stream of Compassion” We are in the midst of the chaos of pandemic and the attitudes of young people is caring and thinking only about themselves. They are more with technology then in human relationship. All they want is digital space and not human space for they live in a digital world of twitter, blog, whatapp, you tube, face book etc and this is the new challenge, a crisis of values which, in developed societies in particular, assumes the form, often exalted by the media.

A close-up photograph of a purple rose, with its petals showing a gradient from deep purple to a lighter, almost white, center. The rose is the central focus, with its intricate petal structure clearly visible. Overlaid on the rose is a block of white text, which is the primary content of the image. The text is a motivational message about compassion and its role in the world, delivered by Sr Sucorin.

The world today desperately needs human beings with a caring and loving heart. Misery, anxiety and challenges can be wiped away completely from the world only through compassion. The purpose of each one's life is to be happy and to make others happy. The life of truly happy and successful person teaches us that greatest happiness and tranquility comes from being Compassionate. So let's be compassionate by developing empathy and sensitivity towards all living beings and show regard for nature and environment. May every student who passes through the portals of this temple of knowledge, radiate the compassionate love and be the shining stars in the world. I take this opportunity to thank our staff parents and students for their constant support on this journey of being harbingers of Compassionate love

-Sr Sucorin

THE MAGICAL SPELL OF TEAM WORK

A famous personality said "An individual can win a game but teams win championships".

A team is a group of people aiming to achieve a common goal. In our everyday life we can see many examples teaching us the importance of team work.

"Alone we can do a little together we can do so much". The little ants cannot carry their own food for themselves but when all the ants come together they are able to feed themselves, the comb of Honey is also made by a group of honey bees which a single honey bee cannot do. So friends, being a part of team and working for it is very important.

We can also take example of the most popular and my favorite game Cricket!! . It is a team game. The bowlers, the batsmen, the all-rounders have to work collectively and they have equal importance in winning a game or a tournament. They all celebrate the win and share the loss together.

From my own personal experience Last year, I was selected to represent Maharashtra in the 65th National school games in the game of chess. I participated as a part of team Maharashtra. It was a wonderful experience for me. I made very good friends. We all were belonging to different parts of Maharashtra but still we were together supporting each other and we won a silver medal. The support which you get from your team boosts your confidence level. Being a part of team is itself an amazing feeling.

There are several benefits of a Team. It helps us to shape our personality in a good way. It helps to develop good communication skills, helps to build trust, increase our creativity and our confidence. Our team also becomes our strength.

- Siya kulkarni
X B

MINDFULNESS MEDITATION



Mindfulness meditation is increasingly incorporated into mental health interventions, and theoretical concepts associated with it have influenced basic research on psychopathology.

Here, we review the current understanding of mindfulness meditation through the lens of clinical neuroscience, outlining the core capacities targeted by mindfulness meditation and mapping them onto cognitive and affective constructs of the Research Domain Criteria matrix proposed by the National Institute of Mental Health.

We review efficacious applications of mindfulness meditation to specific domains of psychopathology including depression, anxiety, chronic pain, and substance abuse, as well as emerging efforts related to attention disorders, traumatic stress, dysregulated eating, and serious mental illness. Priorities for future research include pinpointing mechanisms, refining methodology, and improving implementation



Mindfulness meditation is a promising basis for interventions, with particular potential relevance to psychiatric comorbidity. The successes and challenges of mindfulness meditation research are instructive for broader interactions between contemplative traditions and clinical psychological science.

Now that your eyes are open, make the sun jealous with your burning passion to start the day. Make the sun jealous or stay in bed. Posttraumatic stress disorder (PTSD) and related syndromes are characterized by hyperactivation and context-insensitivity of negative affective systems, accompanied by avoidance of trauma-relevant stimuli. The cultivation of present-centered awareness in formal MM has the potential to improve the regulation of negative affective systems by modulating immediate emotional reactivity and facilitating exposure to unpleasant stimuli.

-Piyush Amritkar

X B

Compassion Towards Yourself

“Self compassion is simply giving the same kindness to ourselves that we would give to others.” The power of self compassion is something which creates a sense of self- worth because it leads people to genuinely care about their own well being. quietly said that “the people who engage in self compassion tend to have higher self –esteem. Self compassionate people surely allow themselves to feel bad about the mistakes and the failures they had in their lives , but they don’t allow the negative emotions to take over their minds and control them. Self compassionate people are well developed to motivate themselves during the ups and downs of their precious life journey. They try to work on their weakness, which they would surely try to turn it into their strength. As said above, self compassionate people don’t allow the negative emotions rule their minds. It encourage oneself to overcome all those failures which you have faced in your life.

those people don't waste time in thinking about the failures that happened in their past, but they are the ones who think that how they would like to see their life after 10 years and the ways to conquer it, to achieve it, to experience it. we need to have compassion for our inner critic . The golden rule of self compassion tells us that we should treat others as we would want them to treat us. Our inner voice plays a role of supportive friend when we ourselves notice our personal failings, we feel secure and see ourselves clearly and make needed changes. Lastly I would like to conclude by saying that, "Accept everything about yourself- I mean everything . You are you and that is the beginning and the end – no regrets"

-Aishwarya More
X B





Some Events Held in the Academic Year 2020-21



COMPASSION TOWARDS PLANTS

'IN THIS EARTH, IN THIS SOIL, IN THIS PURE FIELD, LET'S NOT PLANT ANY SEED OTHER THAN THE SEED OF LOVE AND COMPASSION'



We take plants entirely for granted, farming them for food and timber, cultivating selected garden plants for pleasure and chemically killing others ("weeds") that don't please our eye.

Plants are the one who give essential commodities and ask nothing in return. But due to overpopulation measures such as urbanization are taken due to which plants/trees which play an important role in the environment are being cut down. Each coin has two different sides i.e cutting down has both advantages and disadvantages. But disadvantage is more as compared to the advantage.

We can afford losing some lives rather than losing plants , as losing plants would affect the whole of humanity. And life would not be existing in the universe. For survival the main components required are oxygen, food and water. And the main source which supplies these are plants. So we should understand the importance and act accordingly. Also we should be merciful on plants as they live for us without any complaint.

So being a responsible human being we should respect them, honor them and the most important thing we should save them. Rather than cutting them off we should plant them and secure our own future . If each one of us plants just one tree we can have ample of trees which would save our future generation and also us.

-Blaise Biju
X B

♥ Compassion towards Nature ♥



"Compassion is the wish to see others free from suffering."

Dalai Lama

Nature is a beautiful creation of god it is a precious gift to all of us living on earth. Compassion is deeply rooted in human nature; it has a biological basis in the brain and body. Human can communicate compassion through facial gesture and touch, and these displays of compassion can serve vital Social Function, Strongly suggesting an Evolutionary basis of Compassion.

"Create a ripple of kindness, Compassion and Acceptance to help make our world a better place to live in".

Heer pate
10th B
Roll no. 18

HUMAN LIFE: A PRECIOUS GIFT

LIFE IS A PRECIOUS GIFT . EACH MOMENT OF LIFE IS AN OPPORTUNITY FOR US, TO ACT TO DEVELOP AND EXPRESS OUR VIRTUES .

EVERY MOMENT UNLOCKS THE PATH TO US TO RECEIVE BLESSINGS .THIS IS THE TRUTH THAT LIFE GIVES US BOTH POSITIVE AND NEGATIVE SITUATION.

WHAT IS REALLY IMPORTANT IS HOW WE REACT.

LIFE IS A GIFT OF GOD IN THE FORM OF TRUST THAT WE WILL MAKE IT MEANINGFUL IN WHATEVER WE CAN WE ALL ARE UNIQUE INDIVIDUALS. NO ONE IS BORN LIKE YOU AND NO ONE WILL EVER BE, SO CHERISH YOUR INDIVIDUALITY.

MANY TIMES I COME ACROSS THE PEOPLE ACCUSING GOD OF THINGS THAT THEY DON'T HAVE. THEY ALWAYS CURSE THEIR LIFE.

BUT DO THEY REALISE THAT THIS LIFE ITSELF IS PRECIOUS???

IF WE MAKE IT WORTH LIVING AND WORK HARD TOWARDS POSITIVITY..

LIFE IS A JOURNEY,, NOT A DESTINATION

LIFE IS NOTHING BUT A JOURNEY WITH LESSONS, HARDSHIPS AND SPECIAL MOMENTS.

IT WILL ULTIMATELY LEAD US TO OUR DESTINATION.

WE SHOULD MAKE LIFE WORTHWHILE. IT SHOULD BE WITH THE LOVE OF OUR FAMILY AND FRIENDS THAT LIFE

LIFE CAN BE EVEN MORE BEAUTIFUL AND PURPOSEFUL BY DISCHARGING OUR DUTIES IN OUR FAMILY, AT WORK AND WORLD AT THE LARGE.



Compassion

We live in a world lacking compassion. The sad reality of humanity is that the vast majority of people ignore the Suffering of others. Perhaps many turn a blind eye for their own survival. Witnessing the suffering of another person can evoke raw emotion of fear or sadness or repulsion. Too often, people are detached or willfully blind. We often learn compassion only after we have suffered ourselves—perhaps experiencing sickness, accident, illness, job loss, marriage breakdown, death of a loved one, prejudice, discrimination, social scorn, bad luck. Why is compassion so important to humanity? Without it, we would descend into a state of war. The philosopher Thomas Hobbes once said, “Life is nasty, brutish, and short.” I tend to agree. He also said that without government, “The natural condition of man is a condition of war. Everyone against everyone else. The Dalai Lama stated it best: “Love and compassion are necessities, not luxuries. Without it humanity cannot survive.”

What is compassion?

It has two components. First, compassion means to put yourself in another person's shoes, and ask yourself the following: What if I were that person? How would I feel? So, compassion means to develop an awareness of the suffering in another person.

The 5 ways to show compassion are as follows:-

- 1.Challenge yourself to smile more.**
- 2.Open the door for someone .**
- 3.Motivate others.**
- 4.Practice acts of kindness.**
- 5.Make a use of words such as thank you and sorry.**

COMPASSION TOWARDS HOPE



Hope is an optimistic state of mind that is based on an expectation of positive outcomes with respect to events and circumstances in one's life or the world at large. As a verb, its definitions include: "expect with confidence" and "to cherish a desire with anticipation." Among its opposites are dejection, hopelessness, and despair.

Hope definition, the feeling that what is wanted can be had or that events will turn out for the best: to give up **hope**.

-Gurman Singh Saini

SELF COMPASSION

When we experience a setback at work, we tend to either become defensive and blame others, or berate ourselves. Neither response is helpful. Shirking responsibility by getting defensive may alleviate the sting of failure, but it comes at the expense of learning. Self-flagellation, on the other hand, may feel warranted in the moment, but it can lead to an inaccurately gloomy assessment of one's potential, which undermines personal development.

Research shows that we should respond instead with self-compassion. People who do this tend to demonstrate three behaviors: First, they are kind rather than judgmental about their own failures and mistakes; second, they recognize that failures are a shared human experience; and third, they take a balanced approach to negative emotions when they stumble or fall short—they allow themselves to feel bad, but they don't let negative emotions take over.

Self-compassion boosts performance by triggering the “growth mindset”—the belief that improvement is achievable through dedication and hard work. It also helps us connect with a more authentic self.

COMPASSION TOWARDS PLANET EARTH

**A SINGLE ACT OF KINDNESS THROWS OUT ROOTS
IN ALL DIRECTIONS AND ROOTSSPRING UP AND
MAKENEW TREES**

**Showing compassion is one of the best ways to
make the world a better place.**

**It isn't always easy to have compassion for people,
if they've hurt you, don't see things the way you
do, or seem to cause many
of their own problems. It's also easy to forget
about certain people—people who live on the
street, people who don't have the
voice to speak out, and sometimes even ourselves.**

**I freely admit that my compassion levels plummet
in some of those cases, and I end up feeling
tremendous guilt when I realize
what a beast I've been. It's something I work at.**

**I think most of us could also put a little more
thought into showing compassion for animals and
the world around us. They are
just as worthy, and the act just as important and
rewarding.**

One should keep houseplants and gardens sufficiently hydrated anyway, but I understand what it's like to look out at your thirsty garden and think "I'll sort it out tomorrow." It's funny how tomorrow ends up turning into next week. Plants, like us, are living things that depend on water to survive. Imagine if you were feeling a bit on the dry side, wilting slightly, and you were denied a cool glass of water until a few days later. You'd probably be crawling on the ceiling by then. mpassion is like a muscle; the more you work it, the stronger it becomes. Here are a few ways simple ways to work that muscle and make the world a better place: Our world is crisscrossed with roads cutting through areas of land that were once barely populated by people.

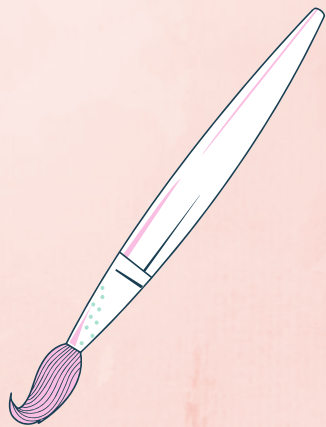
-Samruddhi Kute

G
O



G
R
E
E
N

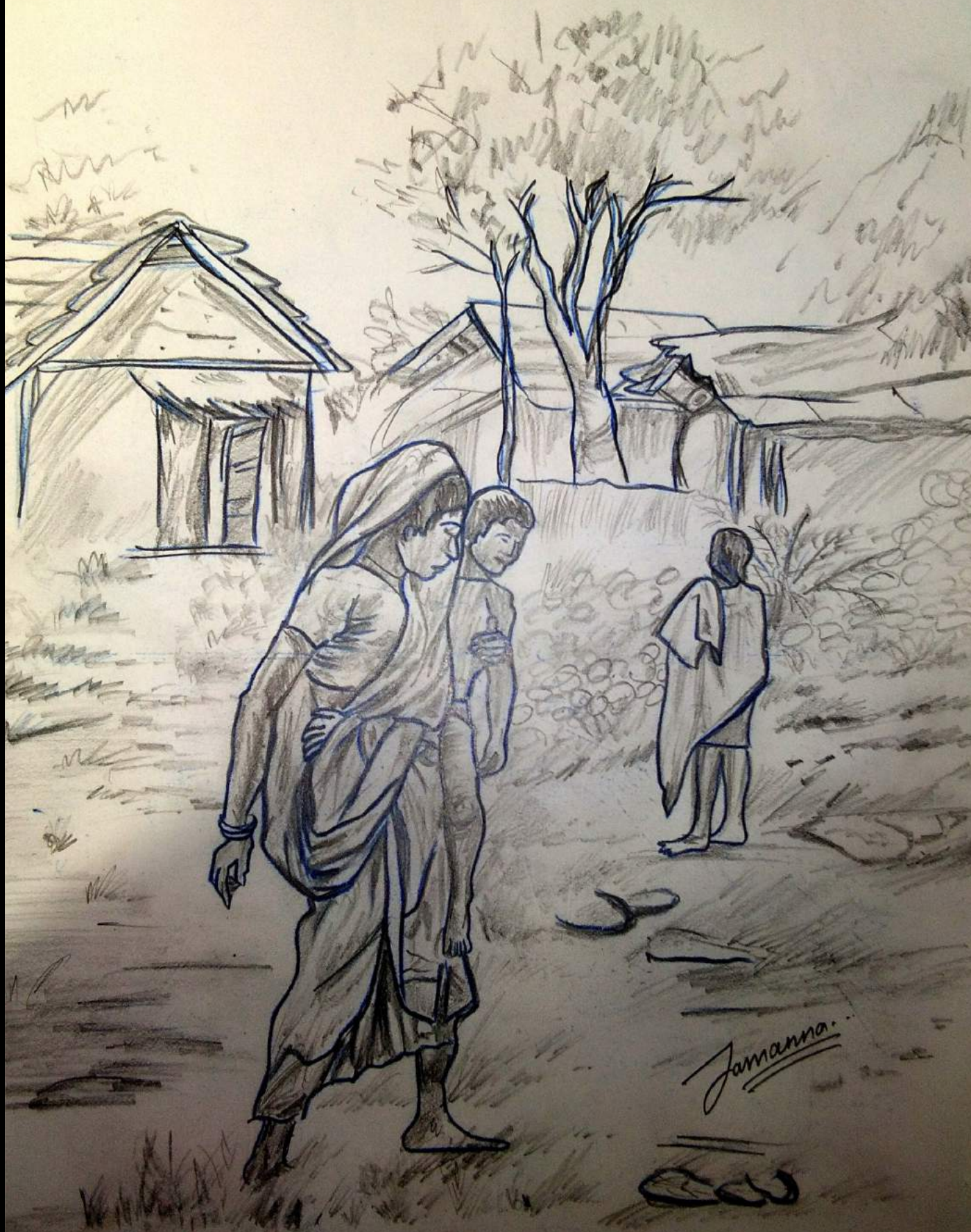


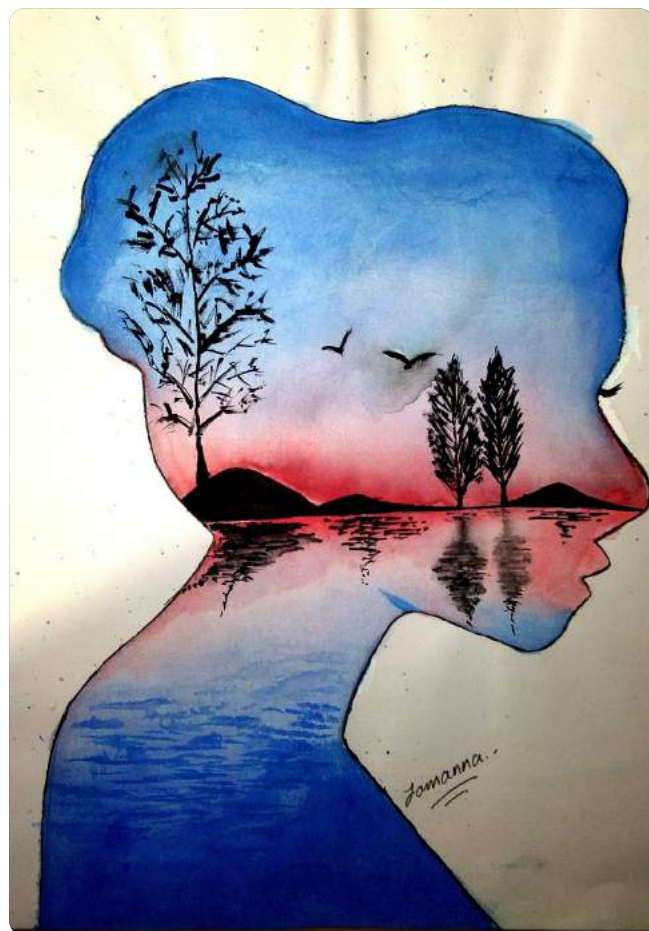


ART GALLERY



Sketches

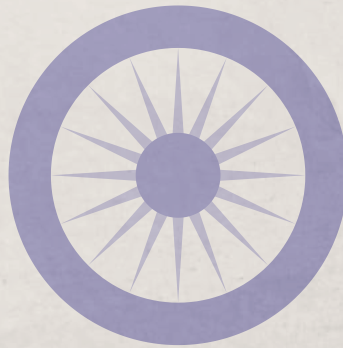






Independence Day For Class 10 B

In spite of having online celebration for Independence Day, Class 10 th B enthusiastically participated in celebration with energetic dances, playing various games etc.



All the students of Class 10 th B worked hard to make the celebration as good as it used to be in School. Even if it seemed to be impossible, it was not for 10 th B students.

“A Soldier Is Never Off-Duty”



“A Soldier Is Never Off-Duty”. This statement was a tag line of a famous Bollywood movie. But it comes true in the case of “Baba Harbhajan Singh”. You all may have heard about him before. But there are some beliefs and incidences related to him that you must know. This is the real story of the ‘Hero Of Nathula’. And there is a reason why everyone symbolizes him with that name. When it comes to the Indian Army there is nothing like false beliefs and superstitions. But the Indian army has to believe this special case. So, let’s start his story from the beginning. This is the real and very interesting story related to the Indian Army.

Harbhajan Singh was born on 30th August 1946, into a Sikh family in Sadrana village of district Gujarawala in Punjab. After completing preliminary education from the village school, completed matriculation from DAV at Patti, Punjab. Later he enrolled into the 23, Punjab Regiment on 9th Feb 1966. The Nathula Pass on the Indo-China border in the state of Sikkim is a strategically important location for the Indian Army. Blocked by snow in the winters, it is one of the four Border Personnel Meeting points for the Indian and Chinese armies.

. On 4th October 1968, while escorting a mule column from his battalion headquarters at Tukla to Deng Chukla, he slipped and fell into a fast flowing stream and got drowned. Army searched for his body for three days but didn't found it. There is a belief that he appeared in the dream of one of his colleagues from 23, Punjab and he himself helped the search party find his body. Later, his body was subsequently cremated with full military honors. He was accorded the status of a saint(Baba) by the Indian Army.

- Every year on 11 September, a jeep departs with his personal belongings to the nearest railway station, New Jalpaiguri, from where it is then sent by train to the village of Kuka, in the Kapurthala district of the Indian state of Punjab.

It is certainly a special case otherwise the Indian army hadn't promoted him from Sepoy to the rank of a captain. And his family wouldn't have got a salary every month. In the year 2005, he was scheduled to retire but it postponed till the year 2006 on the basis of his love for the duty.

“Let us show the same love towards Our Nation”

–Aditya Rahane

X B

Practicing compassion

Today's world is gloomily painted with instances of violence, hate and intolerance. Erroneously, at some point, things have gone off-course.

Organized faiths have not been able to steer us towards peaceful living. Divide and disconnect are only increasing. Experiencing compassion is rare today.

It is considered a trait of the week. Our priority for unrestrained development over empathetic considerations has created an unbridgeable abyss within and outside us. We have, thus, lost track of love and kindness that essentially bind us with our Inner Self and with others.

Add a little bit of body text Practicing compassion requires creating space within. But compassion and ego cannot coexist. Compassion powerfully connects us within and without, enabling us to view things holistically. As our perspective widens, it allows us to appreciate difficulties and miseries of others too.

Add a little bit of body textAs we become less hurtful and simultaneously heal ourselves of the wounds we usually attribute to others.

Add a little bit of body textOur minor incremental acts of empathy, consideration and kindness firmly entrench us in compassion. Heartfelt compassion crosses the barrier of mind and reaches the soul and is not retained merely as memory but as an impression on soul. So, the one who deeply experiences compassion often feels an impulse of expressing the same towards others. As humans, we have a responsibility to cultivate, practice and propagate compassion and ensure that it's practiced by our future generations too.

-Tamanna Dolui

X B

X B

Shining Stars



Independence Day Celebration

UNIVERSAL KNOWLEDGE

DID THE
UNIVERSE
HAVE A
BEGINNING?

WAS THE
UNIVERSE
ALREADY
EXISTING?

WHO IS THE
CREATOR?

IS THE
UNIVERSE
EXPANDING OR
CONTRACTING?

THE UNIVERSE DID HAVE A BEGINNING. IT'S ESTIMATED AGE IS AROUND 14 BILLION YEARS. OUR UNIVERSE BEGAN WITH AN EXPLOSION OF SPACE ITSELF - THE BIG BANG. STARTING FROM EXTREMELY HIGH DENSITY AND TEMPERATURE, SPACE EXPANDED, THE UNIVERSE COOLED, AND THE SIMPLEST ELEMENTS FORMED. GRAVITY GRADUALLY DREW MATTER TOGETHER TO FORM THE FIRST STARS AND THE FIRST GALAXIES. GALAXIES COLLECTED INTO GROUPS, CLUSTERS, AND SUPERCLUSTERS. SOME STARS DIED IN SUPERNOVA EXPLOSIONS, WHOSE CHEMICAL REMNANTS SEEDED NEW GENERATIONS OF STARS AND ENABLED THE FORMATION OF ROCKY PLANETS. ON AT LEAST ONE SUCH PLANET, LIFE EVOLVED TO CONSCIOUSNESS. THE UNIVERSE HAS CONTINUED TO EXPAND SINCE ITS BEGINNING.

- There is a supermassive black hole at the heart of every galaxy
- The Universe has the same temperature everywhere
- 95% of the Universe is invisible
- Most of the stuff in the Universe has repulsive gravity(WHICH IS WHY THE UNIVERSE IS EXPANDING)
- It takes 225 million years for our Sun to travel round the galaxy.

- The most distant human-made object from Earth is the Voyager 1 spacecraft
- Our solar system's biggest mountain is on Mars(Olympus Mons)
- Neutron stars are the fastest spinning objects known in the universe. A spoonful of a neutron star weighs about a billion ton

ISHAN SRINIVAS

X-B

ROLL NO. 2

THANK YOU KILBIL...

It is rightly said that our school is our second home, well I totally agree with it. This is our last year in school now.

I would like to thank Kilbil St. Joseph's High School for giving me all the opportunities, life lessons and knowledge I needed. I had till date learnt a lot and these are indeed memorable days of my life.

Each person here had always been very understanding and kind. The Management, Principal, Staff and Supportive staff has always being working hand in hand with determination and persistence. They are my role models along with my parents. Every year, I enjoyed and learnt new life lessons as I faced challenges. I inculcated values like deep trust, encouragement, new opportunities, enormous support, care, proper knowledge and understanding and helped us find our room for improvement

To conclude, I would say-"THANK YOU KILBIL "for helping me build a strong foundation of myself which would keep helping me in future."

**-Vedashri Sonawane
X B**



MY PRECIOUS SCHOOL LIFE!!

Finally, the time has come .To wave a goodbye to the school forever! I would like to share my journey through the years in this institution. I am at a loss of words to express my emotions for my school. I have spent my entire childhood in the corridors of the places.

Well I remember the first day of my school when I entered the class with a question in my mind... what is going to happen now? Tears streaked down when our parents left us alone in this mysterious place and when I saw that many others just like me are sitting there..... That's where our school life started!

**We BEGAN AS
STRANGERS-
ENDED WITH MEMORIES....**

But, sadly, now very few days are left to step out from this temple of learning. We shall soon step out to face the world outside.

We have so many unforgettable memories of our school life! Right from enjoying with our friends, playing pranks and mischief, teasing and learning, all happened in this abode!

EACH MOMENT SPENT HERE WAS AMAZING!

Even though the online learning was a new ordeal for all of us. But unfortunately, being our last year of school, we couldn't enjoy much because of the pandemic. We all had made so many plans!

In this second home of our life, teachers have been like our mothers nurturing us, teaching us, scolding us. Sisters to guide us through the right path. Maushis to take care of us. Even though the online learning was a new ordeal for all of us. But unfortunately, being our last year of school, we couldn't enjoy much because of the pandemic. We all had made so many plans!

In this second home of our life, teachers have been like our mothers nurturing us, teaching us, scolding us. Sisters to guide us through the right path. Maushis to take care of us.

-Tamanna Dolui
X B

The Greatest Person in Your Life "Is YOU"

**Give to yourself ENTHUSIASTICALLY,
Treat yourself with GENEROSITY.
FORGIVE yourself completely.
Balance yourself HARMONIOUSLY
TRUST YOURSELF confidently and completely
You know what's right
And what's best FORYOU
Listen to your own small inner voice ;don't
ignore its
URGINGS.
Above all,love yourself WHOLEHEARTEDLY.....**

Std:X B



WISHING YOU A MERRY
CHRISTMAS!

From X B



**Think of YOURSELF
As an INNOVATOR in**

**Your own LIFE. You are a
human**

Being with as much HUMAN

**POTENTIALS are important to
the entire WORLD.**

But more importantly....

You are important to "YOU".

**-Tr. Esmie Almieda
IV A**

A TEACHER FOR ME...

**Teacher is a guide,
Whose heart is so wide.
Holding my finger everything
she taught,
Happiness in my life always she
brought.**

**Teacher is a backbone,
Path to success she shows.
In each confusion she supports;
And stands beside me like a strong fort
Teacher is a painter.
She filled my life with colours both darker and
fainter;
She taught me smile every time,
Even in dark times he made me shine.**

**Teacher is a mentor
She is the best potter.
Through every angle my life she shaped;
In worst situations, my hand she never left!**

**Teacher is a ray of hope,
She is my climbing rope. She trained me to soar
high,
But explained, “On failures you must not sigh.”**

**Teacher is a rainbow of my life's sky,
So beautiful and so high.
She worked hard upon me,
For each problem she is my answer key.**

**A word of ‘thank you’ I must say.
To all the teachers for their heart so huge,
To them I express my warm gratitude!**

PILLARS OF KILBIL

- X B

