



St. Ursula Girls' High School & Jr. College, Nagpur
E-Calendar
Session 2020-2021

“Sing to the Lord with grateful praise; make music to our God on the harp” (Psalm 147:7).

THE URSULA SPECTRUM

ARISE SHINE



“Leaps in Beats”

Foreword by Head of Department of PT

“शरीर परमेश्वर के पवित्र आत्मा का मंदिर है”.
रक्षा करें

Dear Friends,

Nature has made human in such a way that the more physical work, you become more energetic. Without physical activities you become lazy and inactive along with your work we must also enjoy in life and the best entertainment or refreshment for life is games and various sports competition. Sports and Games not only built our physical strength but also it makes us stress-free and energetic. Therefore, even in the times of difficulties, sorrows & sadness games can bring a change and lighten our hearts.

“शारीरिक श्रम को एक उद्देश्य से संबंधित कर देना ही व्यायाम है। व्यायाम को कर्तव्य भाव से जोड़ देना क्रीडा है और क्रीडा को नियमों से नियंत्रण कर देना ही खेल है ” खेल की परंपरा अति प्राचीन है। आज विभिन्न प्रकार के खेलों को संचालित किया जाता है। मर्दानगी खेल, सैनिक खेल, मेहनत के खेल, कौशल-खेल और दलीय खेल आदि प्रचलित है।

Our body is like a machine, without oiling a machine time to time it gets rusted and worn out. Similarly, exercises are like an oil giving flexibility to our body. It gives us energy and makes us healthy. We all know health is wealth, therefore for all round development games are a must. Our Principal Madam says, “Each student should play at least one game”. And the sports department takes steps for the same. Education is incomplete without sports. **“All Work and No Play makes jack a dull boy”**. A Big thanks to our Principal Madam for her motivation and it is because of her Ursula has been always bagging laurels, awards and positions in the field of sports and games.

जिस देश ने शारीरिक शिक्षा के महत्व को जान लिया है, और उसे महत्व दिया है, वो देश सदैव प्रगति पथ पर आगे रहा है। विद्यार्थी के सर्वांगपूर्ण विकास के लिए जो शिक्षा दी जाती है उससे बुद्धि, भावना, कुशलता एवं निरोगता का विकास हो। शारीरिक व्यायाम द्वारा स्वास्थ्य दोनों भी शरीर को तंदुरुस्त रख सकते हैं। और छात्रों में शारीरिक शिक्षा और स्वास्थ्य विषय की पर्याप्त क्षमताएँ निर्माण कर भारत को मजबूत और सुदृढ़ बनाए।

In this difficult time of today when the nation going through the horrible state of corona everywhere sickness, horror and death. We must keep ourselves protected; increase our immunity and exercise to stay safe and healthy. Exercises will definitely help to safeguard your health. Breathing exercises must be given priorities. Practice regular Pranayam, Anulom-Vilom, Brisk Walk & Yoga exercises can be very helpful. The department will send you time to time videos for your to learn exercises & exercise.

Once again thanks to the Management, Principal Madam, Admin and teachers from the Sports Department.

God bless you all. Stay Protected and Safe.



Mr. Indrajeet Kunwar

Sports Department



Mr. Indrajeet
Kunwar



Mrs. Mangala
Hazare



Mrs. Maushami
Jaiswal



Mr. Sudnyan
Khade

Foreword by Head of Department of Music

आज आपण २०२० या वर्षात कठीण परिस्थितीचा सामना करून २०२१ मधील अर्ध वर्ष पार पाडले आहे, आजचे जीवन हे आपल्या सर्वासाठी लाखमोलाचे ठरले आहे... वास्तविक पाहता असे दिसून येते की सर्वांच्या मनात एक प्रकारची भीती निर्माण झालेली आहे, आज काय व उद्या काय याची काही नेम नाही.... परंतु सकारात्मक विचार करणे अधिक गरजेचे आहे. आजच्या या कठीण प्रसंगी आपण सर्वांनी भयभीत न होता अधिक हिमतीने या काळाचा सामना करून यशस्वीरीत्या बाहेर पडायचे आहे. मुख्य मुद्द्यावर येणे म्हणजे संगीत आणि जीवन याचा काय संबंध याचा विचार जर आपण खोलवर जाऊन केला तर आपल्या लक्षात येईल की आपल्या अंगात, आपल्या नसानसात, आपल्या रंगारंगात संगीत भिन्नभिन्नलं आहे, आपल्या बोलण्यात आपल्या चालण्यात संगीत आहे, आपल्या अस्वस्थतेत, आपल्या आनंदात जल्लोषात संगीत आहे... रोजच्या धकाधकीच्या चिंतेच्या आयुष्यात चैतन्य आणण्याचे काम करते ते म्हणजे संगीत होय. जीवनात मानवाला मिळालेली उत्तम देणगी म्हणजे संगीत.... आजच्या दैनंदिन जीवनात संगीताचे स्थान किती महत्त्वाचे आहे हे आपल्याला पुढील मुद्द्यांच्या आधारे पाहता येईल -

१. उपासनेसाठी संगीत
 २. आरोग्य आणि संगीत
 ३. आनंद प्राप्तीसाठी संगीत
 ४. मनशांती साठी संगीत
 ५. एकाग्रता व स्मरणशक्तीसाठी संगीत
 ६. मनोरंजनासाठी संगीत
१. **उपासनेसाठी संगीत:** दैनंदिन जीवन जगत असताना जर प्रार्थना या संगीताच्या मदतीने गायल्या गेल्या तर आपल्याला योग्य परिणाम साधला जातो. चर्चमध्ये गायली जाणारी प्रार्थना असो, मशिदीत गायले जाणारे अजान असो, गुरुद्वारातील गुरुवाणी असो अथवा देवळातील भजन असो जेव्हा आपण या उपासनेला स्वरसाज चढवितो तेव्हाच आपल्याला त्या शक्तीची अनुभूती होते.
 २. **आरोग्य आणि संगीत:** वेगवेगळ्या अभ्यासानुसार संगीताचं सामर्थ्य समोर आले आहे. ताणतणाव कमी करण्यात संगीताची मोठी मदत होते. एका रिसर्चनुसार म्युझिक आपलं आरोग्य ठणठणीत राखण्यास काम करतं. म्युझिक आणि भावना यात एक वेगळंच आपुलकीचं नातं आहे. साइंटिफिक रिपोर्ट्स जर्नलमध्ये प्रकाशित झालेल्या एका अभ्यासानुसार, शास्त्रीय संगीत ऐकल्यानंतर हायपरटेन्शनच्या औषधाची मात्र गरज पूर्ण होते. अर्धोगवायू, कोमा अशा आजारांसाठी जर विशिष्ट राग संगीत ऐकवले तर रुग्ण लवकर बरे होतात. काही वैद्यकीय तपासण्या करताना शांत, मृदू, संथ संगीत ऐकवल्यास रुग्णाच्या मनातील चिंता, भीती व काळजी कमी होण्यास मदत होते.
 ३. **आनंद प्राप्तीसाठी संगीत:** टीव्हीवर, रेडिओवर किंवा रस्त्यात एखादे गाणे ऐकले की मन भूतकाळातील एखाद्या सुखद आठवणीपाशी पोहोचते आणि आपल्याला खूप आनंद होतो. प्रत्येकाची संगीताची आवड वेगळी जरी असली तरी हा अनुभव मात्र सर्वांनाच आहे.
 ४. **मनशांती साठी संगीत:** ताणतणाव - जेव्हा तुमचा मूड चांगला नसतोय, तेव्हा शांत म्युझिक ऐकावेसे वाटते. परंतु अशा वेळेस फास्ट बीट्स ऐकल्याने तुमचा मूड चांगला होऊ शकतो. अस्वस्थता - तुम्ही छोट्या छोट्या गोष्टीवर विचार करत असाल, तर म्युझिक तुम्हाला मदत करेल, आणि तुमचे मन शांत करेल.
 ५. **एकाग्रता व स्मरणशक्तीसाठी संगीत:** संगीतामुळे स्मरणशक्ती सुधारते. संशोधनात असे दिसून आले आहे की ताल आणि स्वरांचे पुनरावृत्ती करणारे घटक आपल्या मैदूत स्मृती वाढवण्यास मदत करतात. शिवाय रुग्णांची स्मरणशक्ती वाढते, मनातला गोंधळ कमी होतो आणि अधिक चांगले लक्ष केंद्रित करण्यास मदत होते.
 ६. **मनोरंजनासाठी संगीत:** अन्न, वस्त्र व निवारा या मानवाच्या मूलभूत गरजा असल्यातरी त्याला मनोरंजनाचीसुद्धा तेवढीच गरज असते.जेव्हा माणसाला कंटाळा येतो, थकवा येतो. अशा वेळी त्यांचा थकवा नाहीसा होऊन चैतन्य निर्माण होते. अशा वेळी संगीतामुळे त्याचे चांगले मनोरंजन होते व तो पुढील कामे व्यवस्थित करू शकतो. अशा प्रकारे मनोरंजनासाठीही संगीत उपयुक्त ठरते.

आपणास जर यशस्वी जीवन जगायचे असेल व या परिस्थितीचा सामना करून पुढील आयुष्य आनंदात जगायचे असेल तर या सर्व सांगीतिक बाबींचा विचार करून आपले जीवन संगितमय करा.धन्यवाद!



Mrs. Anuja Mallewar

Staff Picnic



Farewell of Mr. Aditya Joseph

Mr. Aditya Joseph, the senior accountant of the school was given a grand farewell by the school management, Principal, staff and students in the month of February. He was felicitated with a memento and a token of love by the Principal for his 30 years of dedicated service to the institution. Some of the staff members shared their memories and views about the different aspects of his personality. The program was made special by the presence of his family who expressed their love towards him through their views, memories and a cherry on the cake were the special renditions by Pinkoo Joseph and Pratik Joseph, who are his nephews. The Principal too expressed her gratitude towards his diligent and dutiful services to the institution.



EVS Activity 1

Endangered Species Extinct Animals

The students were told to make collage of endangered species. The purpose of the activity was to bring awareness about the protection of endangered species as human beings depend on a healthy ecosystem and a healthy ecosystem depends on plants and animals as their foundation.

Following students participated:

- 1) Areeba Qureshi- 9th E
- 2) Vaibhavi Thakur-8th E
- 3) Nirmity Nagrare- 9th E
- 4) Himani Thool-9th F
- 5) Shruti Warthe-9th E
- 6) Sabiya Ansari-8th A.



In-charge teacher
Ms. Alina Jacob

Areeba Qureshi Class IX E



Himani Thool
Class IX F



Shruti Warthe Class IX



Sabiya Ansa
Class VIII A



EVS Activity 2

Compost bag

The students of sunshine enthusiastically collected waste from household and dead plant material from garden. They mixed all the waste with the soil to form high quality compost .The motive of the activity was to make them aware of the basic use of compost that helps in fertilizing soil and protect plants from various diseases. Students also displayed the uses of compost by making pictures and slogans.

1. Tripti Gangakachur
2. Priti Uikey
3. Vedanti Pendor
4. Kalpana Pradhan
5. Sakshi Gate
6. Sanjevani Uikey
7. Maithili Madavi
8. Dimple walke
9. Mayuri Khumbare
10. Leena Salame
11. Neha Salame



Teacher Incharge
Mrs. Smita Pawar



EVS Activity - Compost bag

ENVIRONMENT
CLUB
ACTIVITY

1. Name- Arya Wagh
2. Class- 7th A
3. Teacher- Mrs. Arti
Ma'am
4. Topic- Compost bag

Make a compost
bag the material is
used....
1. One sandwich
bag
2. Straw

1. Sandwich Bag Compost
Experiment

A simple activity that teaches little ones about the importance of composting. Why create more garbage when so much can be composted, added to your garden and actually help grow more food? It can be tough to teach kids about composting because it takes so long. This experiment takes place on a much smaller scale.



INFORMATION ABOUT COMPOST

(Not to be confused with composting)

Compost (/kəmˈpəʊst/ or /kəmˈpəʊst/) is made by decomposing organic materials into simpler organic and inorganic compounds in a process called composting. This process recycles various organic materials otherwise regarded as waste products. A good compost is rich in plant nutrients and beneficial organisms.



The ingredients I have used :-

1. Flowers
2. Cow dung
3. Shredded egg carton
4. Dried tea leaves
5. Neem leaves
6. Stale food
7. Stale milk
8. Salt
9. Vegetables peel
10. Fruits peel
11. Paper towel
12. Ash of wood
13. Slaked lime



Put all the
ingredients
in a
Sandwich
bag

LIKE THIS, I PUT ALL INGREDIENTS IN
SANDWICH BAG WITH STRAW



Leave it for 10 days

Daily 10 days put a
5% of water in
compost

After 10 days



Now after 10
days my
compost is ready
👍👍
I will mix the
compost into the
soil.... ✨



Teacher In-charge
Mrs. Arti Kanojiya



EVS Activity 3 Nature Bugs

The students enthusiastically participated in nature bugs activity. They used different types and size of leaves & flowers and made beautiful colorful bugs. The purpose of the activity was to develop creativity in young minds .

Following student participated:

- 1 Qurrat Pathan
- 2 Vedshree Ingle
- 3 Pranita Bhoyar
- 4 Anshita Gupta
- 5 Dipti Rane
- 6 Puluk Rajpal
- 7 Anushka Rambade
- 8 Damini Birha
- 9 Tanvi Shende
- 10 Pooja Pathade



Sunshine

1. Prajakta Saryam
2. Sanjeevani Uikey
3. Arti Raut
4. Sneha Aahake
5. Vishaka Raut
6. Durgeshwari Kodape
7. Rajeshwari Koram
8. Laxmi Lataye
9. Megha Khandwaye
10. Vaishnavi. Kaurati
11. Sonam Parteti
12. Surbhi Tekam
13. Heena Sangsurwar
14. Nutan Nahamurte



Teacher Incharge
Mrs.Ciba Thorat



Teacher Incharge
Mrs.Smita Pawar

EVS Activity 4

Power-point Presentation

E.V.S. Power Point Presentation

TERRARIUM

From Class : 9th A

By : Qurrat Pathan
Pranita Bhojar
Anshita Gupta
Dipti Rane

Under the Guidance of Mrs. Shilpa Patil
Mam



Terrarium Made by: Qurrat Pathan
Pranita Bhojar



TERRARIUM MADE BY: Anshita Gupta
Dipti Rane



SOMETHING MORE ABOUT TERRARIUM :

- A **terrarium** is a transparent glass or plastic container with plants grown in it to make a miniature interior landscape. It is planted to look like a miniature garden or forest enclosed in its own little world.
- **Terrarium** has its own miniclimature. The container has just a small opening or sometimes even a lid to completely enclose the container. That makes a terrarium like a greenhouse.

INTRODUCTION

• A **terrarium** is like an aquarium, but for plants instead of fish.

• **Terrarium**, also called garden, wardian case, or vivarium, enclosed with glass sides, and sometimes a glass top, arranged for keeping plants or terrestrial or semi-terrestrial animals indoor. The purpose may be decoration scientific.



HOW TO BUILD A TERRARIUM:

1. Sand
2. Large stones
3. Small stones
4. Activated Charcoal
5. Sphagnum Moss
6. Soil
7. Plants + Ornaments



THANK YOU

For giving us this Wonderful
Opportunity
And for Watching Our **E.V.S** Power
Point
Presentation.

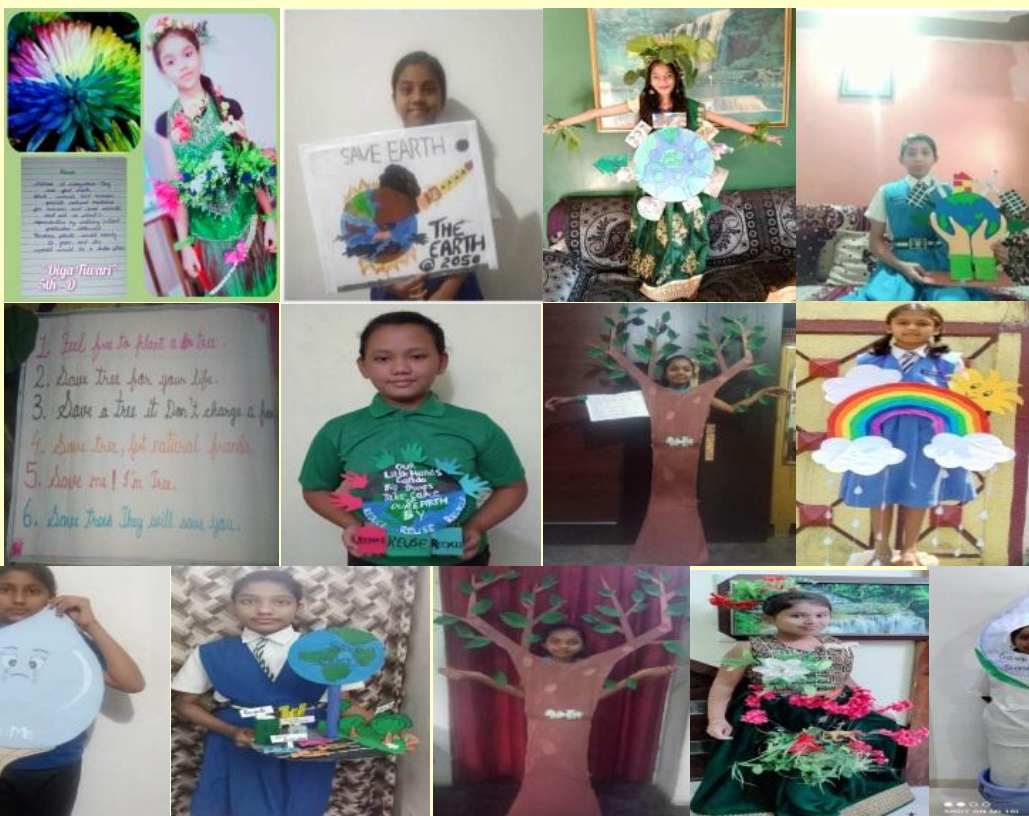
In-charge Teacher
Ms.Nidhi Bhandarkar

EVS Activity 6 Fancy Dress

The students were asked to dress up like anything related to nature. The activity was conducted to enhance the creativity and imagination of the students. The activity aroused interest among the students. The purpose of the activity was to bring awareness about "Nature" and how to protect it .

Following students participated:

- 1.Divya Tiwari
- 2.Kinjal BulKunde
- 3.Manjiri Parse
- 4.Ghanishtha Wankhede
- 5.Vaishnavi Neware
- 6.Anvesha Doke
7. Arushi Khobragade
- 8.Anushka Shende



In-charge teacher
Ms.Nidhi Bhandarkar



In-charge teacher
Mrs Malini Thorat



In-charge teacher
Mrs Shweta Jachak

Benefits of Environmental Education

BENEFITS OF ENVIRONMENTAL EDUCATION :

WHAT ARE THE BENEFITS OF ENVIRONMENTAL EDUCATION : Environment education helps us to explore the problems, the environment is facing and create awareness about those issues . A profound understanding of the environment will assist us in tackling these issues efficiently. Meanwhile , building strategies to boost and sustain nature is also a part of environmental education . Whether we bring nature into the classroom or take the students outside to learn , environmental education has many benefits for the younger generation that they live .

1) **Promoting Healthy Lifestyle :** Numerous problems such as obesity and anxiety do not allow students from getting out more frequently . The environment has a healing ability , and the environmental activities ensure that students make the best use of their time . This education in schools make students to go outside and become active . It also assists in addressing many health issues that students these days are going through .

2) **Much required Break From Routine :** When the school's major subject's curriculum is vital , sometimes getting away from the routine also helps the students to discover their love for nature. Environmental education is one of the best learning methods to make students get out of the classrooms and engage in hands - on activities. It makes the students feel active and lively and also caters as a fun break for students.

3) **Responsible Action Is Taken To Better The Environment :** Environmental education helps students understand how their decisions and actions change the environment , strengthens knowledge and skills needed to address complex environmental issues , and ways we can take action to keep our environment strong and sustainable for the future.

4) **Learning About Environmental Challenged :** Environmental education educated the younger minds about some of the suitable challenges that are susceptible to affect the environment . This later allows them an opportunity to contribute to the global efforts of protecting the environment . Environmental learning also prepares the students for future careers and prepares them with the required skills to become professionals in the future.

5) **Restoring The Environmental Balance :** Environmental education helps students to understand how their decisions and measures affect the environment , generates knowledge and the needed skills to address environmental issues alongside the actions one can take to protect the environment and make it strong and sustainable for the future.

6) **Environment As a career Prospect :** Environmental education prepares a student and encourages him/her to pursue the same as a career . Students can prepare themselves for a career that can comprise everything for making a nursery to water sampling to interview locals about disaster preparedness to meeting with lawmakers to influence policy or being an environment writer .



MRS SHILPA PATIL

Information about the Co-relation Between music and Nature

निसर्ग आणि संगीत : निसर्ग हा मानवाचा पहिला गुरु! चराचरामध्ये संगीत सामावलेले आहे. मानवाने आपल्या भावना व्यक्त करण्यासाठी निसर्गातल्या वेगवेगळ्या नादांचे अनुकरण केले. सकाळच्या प्रहरी सुटलेल्या गार वाऱ्याचे गुंजन, झऱ्याचा खळखळाट, पक्ष्यांचा किलबिलाट, विजांचा कडकडाट, ढगांचा गडगडाट, हृदयाची स्पंदने, नाडीचे ठोके यातून संगीताची अनुभूती येते. कदाचित यातूनच पुढे गायन, वादन व नृत्याची सुरुवात झाली असावी.

थोडक्यात संगीत हाच मानवी जीवनाचा आधार आहे. संगीत हे सागराप्रमाणे अथांग आहे. संगीत साधनेसाठी आयुष्य अपुरे पडेल. म्हणून या संगीताचा आनंद घेऊन आपले जीवन सुसह्य व आनंदी करूया.



Mrs. Anuja Mallewar

Art & Craft Activity Report

There is nothing more satisfying and fulfilling for children then to be able to express themselves openly and without judgment. The ability to be creative to create something expressing personal feeling and experience, can reflect and nature children's emotional health. creativity foster mental growth as well as by providing opportunities for trying out new ideas, and new way of thinking and problem solving during this pandemic make through online mode of teaching i.e., digitalization and we tried to make children motivate, learn new way of art and craft to creative art and craft aspire to develop aesthetic sense in our student and give them a platform where they were able to express themselves freely Throughout the year children were given several activities for art and craft Drawing and painting:-- students were given an opportunity to play and explore with colours mixing paint using different type of equipment as well as the free hand drawing and painting with brought to the children the topic given where fruit basket, kite flying ,cartoon, corona warriors, etc. craft:-- activities in craft class were designed according to the classes and the project was adjusted according to the skill making activity, paper bags ,greeting card, fruit salad decoration extra recycled art was also encourage in craft class creative activities are outlet of expansion that can help teachers learn more about what a child may be thinking of feeling creative activities help acknowledge and celebrate children's uniqueness and diversity and offer excellent opportunities to personalize teaching in order to focus on each child. art and craft as an integral part of the school curriculum at St. Ursula girls High school and junior college. Creative activities have helped a student develop patience and concentration and given opportunity for freedom of expression they play an important part in the children's learning process and contribute to the growth of balance individuals.



Mrs. Reena
Ravikumar



Teacher In-charge
Mrs. Yogita Awari

Art & Craft Activity {VII & VIII}

To enhance dexterity and agility of the children an interesting Activity was organized by Art and Craft Department of St. Ursula Girls High school. The topic for std VIII was Salad Decoration and for Std VII was Making Greeting Card. Students actively participated in the above said. The Activity was done under the able guidance of Principal Madam Mrs. Rachna Singh and HODs of Art and Craft Department Ms. Reena Kumar and Mrs. Dorothy Timothy.



Salad Decoration



Greeting Cards



In-charge teacher
Mrs Silvia Benjamin

May

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Important days in May

- **1st May- International labour day & Maharashtra Day**

This day is celebrated in India and throughout the world as labour day. Maharashtra Day, commonly known as Maharashtra Din is a state holiday in the Indian state of Maharashtra, commemorating the formation of the state of Maharashtra from the division of the Bombay State on 1 May 1960.

- **2nd May- World laughter day**

The first Sunday of May is celebrated as World Laughter Day.

- **4th May - International fire fighters day**

This day has been celebrated since 1999 to celebrate firefighters' contributions and how they help society and wildlife.

- **7th May- World athletics day**

This month's 7th day is celebrated as world athletics day to promote athletics among the young generation and encourage young talents.

- **9th May- Rabindra Jayanti**

The birth of Rabindranath Tagore is among the special days in May. Tagore, a Nobel laureate and one of the most notable authors and literary artists from India, is known for his songs, poems, dramas, and other humanitarian works.

- **9th May- Mother's day**

Each year, the second Sunday of May is celebrated as Mother's day. This year, Mother's Day falls on May 9. It is also included among the important days in May 2021.

- **26th May- Buddha Jayanti**

The birth of Lord Buddha is also among the auspicious days in May. Buddha Jayanti will be celebrated on 26th May this year. It is celebrated by Buddhists all over the world to mark his birthday.

ACTIVITIES TO BE DONE IN THE MONTH OF MAY**Activities Physical Education:**

- 1) **Zumba with my family** - Dance with your family to stay fit.
- 2) **Calming the mind** - Sit or lie down in a comfortable position in a quiet place. Put on some silent instrumental music or simply focus on your breathing and meditate. Take slow, deep breaths and relax. Do it every day.
- 3) **Little Elfs helping mummy** - Household chores help us stay fit and also burn calories like any other exercise. Choose any one physical task at home like sweeping, mopping, cleaning cobwebs, watering the plants, washing clothes or utensils. Perform either one or any number of tasks for this entire month.
- 4) **Yoga for a fit body and mind** - Perform minimum 10 Surya namaskars every day. Increase the number of repetitions as you get comfortable.
- 5) **Sports Quiz** - A quiz based on Worlds best athletes will be posted in the Google Classroom to mark "World Athletes Day".

Activities Music:

- 1) **Family Antakshari** - Enjoy an evening with your family playing the Antakshari with them. Click pictures of the same and post it in the class WhatsApp group.
- 2) **Karoke Night** - Shoot a video of a song where you are singing with either your Mummy/Papa/Grandma/Grandpa and post the video in your school WhatsApp group.
- 3) **Make your own Musical instruments** - Make a musical instruments with anything in your home. Post it's picture in your class WhatsApp group.
- 4) **Play a musical game** - Play games like musical chairs, tissue paper/newspaper dance, musical statue with your family and post pictures of the same in your class WhatsApp group.
- 5) **Music Trivia** - A quiz based on music will be posted in the google Classroom.
- 6) **Workshop on Vocal training** - A two day workshop will be held for all those interested in training their vocals. Day 1- classes 5th & 6th Day 2 - classes 7th, 8th & 9th.

**ST. URSULA GIRLS' HIGH SCHOOL & JUNIOR COLLEGE****Staff**

Civil Lines, Nagpur - 01. Tel. No. 2533884

YEAR 2020-21

Photo By, Anand Photographer - 9049027771

“Don’t you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself”. 1 Corinthians 6:19