



The Shepherd's Monthly Newsletter *Voice*



GOOD SHEPHERD INTERNATIONAL SCHOOL

Good Shepherd Knowledge Village

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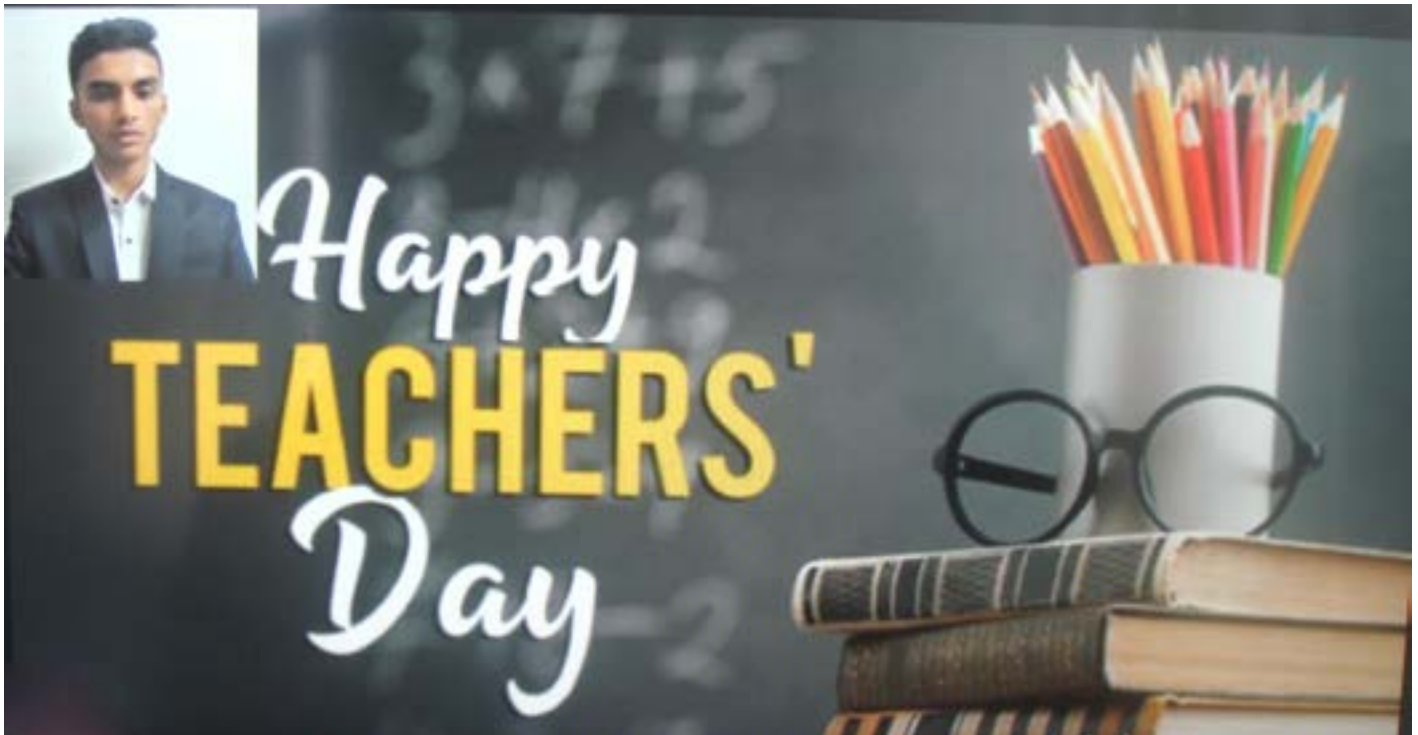
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Teachers' Day: Students Express their Gratitude to their Educators

"Good buildings don't make good schools, good teachers do."

- President Ram Nath Kovind



Teachers' Day programme in progress

India celebrates **Teachers' Day** in remembrance of **Dr Sarvepalli Radhakrishnan**, whose birth anniversary is on September 5. Dr Radhakrishnan was an Indian philosopher, statesman, academic, one of India's most distinguished twentieth-century scholars of comparative religion and philosophy. He served as the first vice-president and second president of India.

On 5 September 2020, the school organized a **Teachers' Day programme** in virtual mode due to the COVID-19 pandemic. Our students presented a series of activities in honour of, expressing gratitude to and in remembrance of their teachers and to share their love.



Master Pratham Hardik Chheda, FM-1A, delivering the prayer



Ms Angelinaashita Ashish Rajwadi, 9A, speaking on Teachers' Day



The School Captain, Master Devya Robin Goenka, IB-2C, addressing the students



The Principal, Mrs Sheila Alexander, speaking on the occasion

The programme commenced with a prayer offered by **Master Pratham Hardik Chheda**, FM-1A. **Ms Angelinaashita Ashish Rajwadi**, 9A, and the School Captain **Master Devya Robin Goenka**, IB-2C, then addressed the teachers and students. This was followed by a speech by the Principal, **Mrs Sheila Alexander**, who spoke about the significance of Teachers' Day. She congratulated, appreciated and acknowledged all the teachers for choosing this noble profession. She said that even in the time of COVID-19 pandemic, our teachers are maintaining the same relationship and connection with the students during remote learning and virtual hearing sessions.

The speech was followed by a cultural programme which included dance performances, songs and expressions of gratitude to the teachers. The girls of Grade 9 presented a dance. They danced to the tune of the song, *'In Your Hands'*, an all-time favourite song, for their teachers. Their performance was remarkably graceful and expressive. This was followed by the rendition of the song, *'Never Enough'*, by **Ms Sayesha Ghosh**, 8A. Girls of grade 11 then paid rich tribute to their teachers. **Ms Diyansha Magesh**, IB-1A, entertained the students by her powerful and energetic dance moves.

This was followed by the speeches of the Senior President and President of GSIS. The Senior President, **Mrs Elsamma Thomas**, stated that teaching is not a profession but it is a way of life. *"We are fortunate to have wonderful teachers who are always ready to help students when they are in need of any help"*, she said. The President, **Mr Jacob Thomas**, very fondly recollected his childhood days as a student at GSIS and thanked the teachers for the wonderful vocation that they have taken up in their lives. The programme concluded with the vote of thanks by **Master Rudra Dipak Vaghani** of FM-3C.



Girls of Grade 9 dancing to the tune of the song, 'In Your Hands'



The virtual Teachers' Day programme in progress



Ms Sayesha Ghosh, 8A, singing 'Never Enough'



Girls of Grade 11 paying tribute to their teachers



A dance presentation by Ms Diyansha Magesh, IB-1A



The Senior President, Mrs Elsamma Thomas, addressing the students and staff



Address by the President, Mr Jacob Thomas



Vote of Thanks by Master Rudra Dipak Vaghani, FM-3C

“We remain grateful to the hardworking teachers for their contribution to shaping minds and building our nation. On Teachers’ Day, we express gratitude to our teachers for their remarkable efforts. We pay tribute to Dr S Radhakrishnan on his Jayanti.”

- Mr Narendra Modi

Scholarship to Students for Academic Excellence

Every year the school awards ‘**Scholarship for Academic Excellence**’ to meritorious students of GSIS who have achieved excellent results in the board examinations. Students are selected based on their academic performance in board examinations held during the academic year 2019 – 2020. This award is an educational recognition given to students who top the ICSE and IGCSE board examinations and decide to continue in Grades 11 & 12 in Good Shepherd International School. The award is given to selected students throughout their enrolment in Grades 11 & 12 in Good Shepherd International School. The purpose of the award is to recognize student accomplishments and motivate them to try harder and work to excel.

These scholarships are awarded to our students by the **Good Shepherd International School** and the **Trust of the Old Shepherdians’ Association (OSA)**. The following two tables show the details of the scholarships awarded by Good Shepherd International School and the **Trust of the Old Shepherdians’ Association** for the academic year 2019 – 2020:

ICSE Science & Commerce

Name of student	Course	Board Examination results	Scholarship	
			GSIS	Trust of OSA
RISHIKA HEMANSHU SOPARIWALA	ICSE (Science)	Distinction 94.3%	2 lakhs	2 lakhs
LINGHA PRABHU	ICSE (Science)	Distinction 93.5%	2 lakhs	1.25 lakhs
AKSHITA MUTHUKUMAR	ICSE (Commerce)	Distinction 93.5%	2 lakhs	1.25 lakhs
Total			6 lakhs	4.5 lakhs

IGCSE Science & Commerce

Name of student	Course	Board Examination results	Scholarship	
			GSIS	Trust of OSA
RAVINA JAYWANT PATIL	IGCSE (Science)	Distinction 9A*'s	2 lakhs	2 lakhs
KANUPRIYA VINKLE CHAWLA	IGCSE (Science)	Distinction 9A*'s	2 lakhs	1 lakh
HARSHUL ASHISH AMIN	IGCSE (Science)	Distinction 9A*'s	-	1 lakh
NITYA NILESH DHANANI	IGCSE (Science)	Distinction 9A*'s	-	1 lakh
MEET DOBARIYA	IGCSE (Commerce)	Distinction 9A*'s	2 lakhs	1.5 lakhs
Total			6 lakhs	6.5 lakhs



*Rishika Hemanshu Sopariwala
(ICSE - Science)*



*Lingha Prabhu
(ICSE - Science)*



*Akshita Muthukumar
(ICSE - Commerce)*



Ravina Jaywant Patil
(IGCSE - Science)



Kanupriya Vinkle Chawla
(IGCSE - Science)



Harshul Ashish Amin
(IGCSE - Science)



Nitya Nilesh Dhanani
(IGCSE - Science)



Meet Dobariya
(IGCSE - Commerce)

Academic scholarships carry a significant level of honour and prestige. This initiative to provide merit scholarship in the form of financial aid encourages students who have demonstrated a high degree of scholastic aptitude and performance to continue their education at GSIS.

ELSAMMA THOMAS GOLD MEDALS – 2020



V P Laksith



R R Varshitha



Sriniketh Krishnan

In the board examinations held during academic year 2019- 2020, the following students achieved the top marks / grades in the board examinations of Grade 12 ISC (Science & Commerce) and IB Diploma Programme:

Topper of the ISC Science Group : V P LAKSITH (Distinction, 95.2%)

Topper of the ISC Commerce Group : R R VARSHITHA (Distinction, 96.6%)

Topper of the IB Diploma Programme : SRINIKETH KRISHNAN [43 points; five 7s & one 6]

They are the recipients of the **Elsamma Thomas Gold Medals** for achieving the highest scores.

Success is the result of hard work, perseverance, studying, sacrifice and love for what you are doing. Excellence is never an accident. It is the result of high intention, sincere effort, smart work, skillful execution and the vision to see obstacles as opportunities. All of us **congratulate** you for this excellent performance in the Grade 12 board examinations. Continue to achieve this kind of success. **Best wishes and good luck!**

“Quality is never an accident. It is always the result of intelligent effort.”

- John Ruskin

“It doesn't matter who you are or where you come from - if you put quality work out there, it will be appreciated.”

- Sharmeen Obaid-Chinoy

“Individual commitment to a group effort - that is what makes a team work, a company work, a society work, a civilization work.”

- Vince Lombardi

COVID 19 – Discernment not Dismay



Dr Vineeth Abraham Anchery MBBS, MS (ENT)

A newly discovered corona virus is responsible for the infectious disease called COVID – 19. These are a large family of viruses, including some that cause diseases ranging from common cold to those that cause major diseases like Severe Acute Respiratory Syndrome (SARS) and the Middle East Respiratory Syndrome (MERS).

Usually symptoms are limited to mild or moderate respiratory illness and patients recover uneventfully without any treatment. The elderly population, children, pregnant women and those with underlying comorbidities like cardiovascular disease, diabetes, chronic respiratory disease and cancer are more likely to develop serious illness.

It is very essential to have insight about the mode of transmission and how to stay safe. Protect yourself and others from infection by washing your hands or using an alcohol based rub frequently and not touching your face.

The COVID-19 virus spreads primarily from an infected person, through aerosols generated while coughing, sneezing and even while speaking loudly. But there is the need for respiratory etiquette.

Wear a mask and most importantly avoid touching and adjusting the

mask once worn. Wash your hands or use alcohol based sanitizer to avoid carrying the virus from common contact points like chair backs, door handles etc. Maintain at least 1 meter distance between you and people coughing or sneezing. Avoid touching your face especially the mouth, nose and eyes. Cover your mouth and nose when coughing or sneezing. Stay at home if you feel unwell. Refrain from smoking. Practice physical distancing by avoiding unnecessary travel and large gatherings.

The most common symptoms are fever, dry cough, tiredness and the less common are aches and pains, sore throat, diarrhea, conjunctivitis, headache, loss of taste or smell, a rash on skin, or discoloration of fingers or toes. Most infected people will develop mild to moderate illness and recover without hospitalization. Serious symptoms include difficulty in breathing or shortness of breath, chest pain or pressure, loss of speech or movement. One needs to seek immediate medical attention if the symptoms are serious. It takes approximately 5–6 days from when someone is infected with the virus for symptoms to show, however it can go up to 14 days. A nasopharyngeal swab is collected to identify the presence of virus through RT-PCR test.

Presently we have no specific vaccines or treatments at our disposal. Ongoing clinical trials evaluating potential treatments are encouraging.

It is also time to think apart from all these: what more one can do to add more to life. This pandemic has forced many to work from home and sit more than usual which means it is hard for a lot of us to do the sort of exercise we normally do. Across all ages it has become important to be more physically active. It benefits both body and mind. It can reduce high blood pressure, help manage weight, reduce the risk of cardiac events, stroke and Diabetes mellitus. Physical activity improves balance which helps to prevent falls and injuries in elderly. Keeping your mind busy helps reducing the risk of depression, cognitive decline and delay the onset of dementia.

Staying fit is never possible without eating healthy. Eat a variety of food, including a mix of whole grains, fruits, and vegetables, with some foods from animal sources like meat, fish, eggs and milk. Cut back on salt by limiting it to not more than a teaspoon per day. Eat moderate amounts of fats, oils and limit sugars. Constantly remind yourself to stay hydrated. Alcohol is not part of a healthy diet and there is no safe level of alcohol consumption. It may even hamper taking sound decisions to protect yourself from contracting the disease. Quit smoking as smokers run a greater risk of worsening health because of impaired lung function in this COVID scenario.

Children share a major brunt of this pandemic by not being able to play outdoors and nationwide school closures. They feel isolated, anxious, bored and uncertain. Have we noticed fear and grief of containment engulfing them? Healthy parenting and introduction to creative content will certainly alleviate the fears and uncertainty in those tiny minds.

The fear of contracting the disease and the new world order of work from home and social distancing from family and colleagues have deprived our minds of peace. A large number of people fear unemployment than ever before. What better time to address mental health? There is a lot that you can do for yourself and for others. Apart from the things mentioned above, revisit and spend quality time on your interests and hobbies, catch enough sleep, ration your newsfeeds and screen time, speak to your family and loved ones. You may even volunteer to work alongside and support health workers. Let us not fear the rise in number of positive cases nor discriminate between those positive or negative and until the last positive case remains, our fight is far from over.

**Dr Vineeth Abraham Anchery, MBBS, MS (ENT),
Associate Professor, Department of ENT,
DM Wayanad Institute of Medical Sciences, Wayanad, Kerala**

“A little more persistence, a little more effort, and what seemed hopeless failure may turn to glorious success.”
- Elbert Hubbard

“A dream doesn't become reality through magic; it takes a lot of hard work.”
- Ozwald Boateng

“Even if you're on the right track, you'll get run over if you just sit there.”
- Will Rogers

“I hated every minute of training, but I said, 'Don't quit. Suffer now and live the rest of your life as a champion.’”
- Muhammad Ali

“Nothing is impossible, the word itself says ‘I'm possible!’”
- Audrey Hepburn