

# THEOPHILIAN

2025-26

# TRAILBLAZER

EDITION #03 ●

JULY

●

2025

## MONTHLY THEME

## THE STRENGTH OF PEACE



*"An eye for an eye will only make the whole world blind. Peace is the most powerful weapon of mankind."*

*- Mahatma Gandhi*

● DR. MAR THEOPHILUS SCHOOL ●

# ACTIVITIES

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## THINK BEFORE YOU EAT: EMPOWERING YOUTH THROUGH NUTRITIONAL LITERACY

As part of the Health and Wellness Month observed from 15<sup>th</sup> June to 15<sup>th</sup> July 2025, Dr. Mar Theophilus School organized a series of engaging and educational activities to promote nutritional awareness, diabetes prevention, and healthy lifestyle habits among students.

### 1) PowerPoint Presentation on Type 2 Diabetes Awareness

On 1st July 2025, students of Classes IX and X presented an informative PowerPoint presentation on Type 2 diabetes. The presentation aimed to raise awareness about the causes, symptoms, and growing prevalence of the disease among teenagers.

Through easy-to-understand visuals and real-life examples, the presentation emphasized the importance of early detection, balanced diet, physical activity, and lifestyle changes. A special segment explained prediabetes, the organs affected, and global vs. Indian trends using a comparative graph.

The presentation concluded with a motivational message:

“Healthy living is a journey, start yours today.”

[Watch the full PPT video here:](#)

[Click to watch on YouTube](#)



### 2) Activity on Reading Nutritional Labels

Students of Classes VI to IX participated in an interactive activity aimed at improving nutritional literacy. They were instructed to bring packaged food items from home—such as snacks, drinks, or ready-to-eat meals—and analyze nutritional labels.

Students focused on reading and interpreting:

Total fat, saturated fat, and trans

fat Sugar and sodium content

Protein and dietary fiber

Ingredient list

They then reflected on whether their chosen items were healthy, and whether they would continue eating them or look for alternatives. The activity encouraged mindful eating habits and a greater awareness of food choices.

Product	Per 100ml	Per 100g
Mirinda	25kcal	51
Energy	25kcal	51
Protein	0g	0.1g
Carbohydrates	6.5g	13.2g
Total Sugars	6.5g	13.2g
Total Fat	0g	0.1g
Saturated Fat	0g	0.1g
Trans Fat	0g	0.1g
Sodium	24mg	48mg

Per 100g	526
Energy	526
Protein	5.3
Carbohydrates	84.5
Total Sugars	48.9
Total Fat	23.4
Saturated Fat	14.6
Trans Fat	0.2
Sodium	205

Per 100g	465kcal
Energy	465kcal
Protein	3.4g
Carbohydrates	43.7g
Total Sugars	40.9g
Total Fat	24.9g
Saturated Fat	14.1g
Trans Fat	0.1g
Sodium	101mg

Per 100g	Per 100g
Energy	530kcal
Protein	1.9g
Carbohydrates	52.9g
Total Sugars	0.5g
Total Fat	33.9g
Saturated Fat	17.9g
Trans Fat	0.1g
Sodium	101mg

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## THINK BEFORE YOU EAT: EMPOWERING YOUTH THROUGH NUTRITIONAL LITERACY

### 3) Healthy Food Chart Distribution

To reinforce the learning and promote daily healthy habits, a "Healthy Food Chart" was distributed to students across all classes. The chart suggested nutritious meal options for each day of the week, including fruits, vegetables, whole grains, dairy alternatives, and hydration tips.

The purpose of this chart was to:

- Encourage students to incorporate balanced meals in their routine
- Support parents in planning healthier lunch boxes
- Promote consistency in smart eating habits throughout the month

Teachers explained the importance of each food group, and students were encouraged to follow the chart and share their progress weekly.

Through these integrated initiatives, the school aimed to cultivate a generation of students who are not just academically strong, but also health-conscious and responsible citizens. The response from students was enthusiastic, and the activities left a meaningful and lasting impact.

**Meal Chart from 23/06/25 to 28/06/25**

Day	Short break	Long break
Monday	Fresh pineapple cubes or any citrus fruit, makhana and oats upma	multigrain chapati, curd, ladyfinger vegetable and salad / uttapa with chutney
Tuesday	Chopped cucumber, walnuts, poha and pear	vegetable paratha, Mint and tomato chutney and beet root raita
Wednesday	Sprouts salad, apple and vegetable Daliya	Moong dal cheela and paneer curry / dahi, veg pulav and curd
Thursday	Chickpea salad, Pear and Sabudana khichdi	Idli and coconut chutney/lemon rice/Besan cheela
Friday	Sweet corn, Dragon fruit, Handful of nuts and vermicelli pulav	Roti/phulka/millet roti/millet dosa and black gram curry/chana curry
Saturday	Salad (carrot / cucumber /onion / tomato/ lettuce) and oats daliya	



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## 14 JULY – DRAMA FOR A CAUSE: STREET PLAY ON DIABETES AWARENESS BY CLASSES VIII & IX

On 14th July 2025, the students of Classes VIII and IX of Dr. Mar Theophilus School showcased an impactful street play on diabetes awareness as part of the school's health education initiative. The aim was to educate the audience about Type 1 and Type 2 diabetes through short, dramatized scenes based on real-life situations. The performance was creatively structured into a series of interconnected scenes, each focusing on a key aspect of diabetes—such as symptoms, risk factors, prevention, and lifestyle management. Delivered in Hindi, the presentation ensured the message was accessible and relatable to a wider audience.

The students effectively used emotion, simplicity, and everyday contexts to emphasize the importance of early detection, healthy eating habits, physical activity, and emotional well-being for diabetic individuals. Their engaging performances succeeded in encouraging the audience to adopt a healthier lifestyle and remain vigilant about the signs of diabetes.

The play concluded with a strong and memorable message:

"Healthy living, Happy life – Beat diabetes with every bite!"

The initiative was met with enthusiastic applause and appreciation, lauded for its creativity, clarity, and relevance. It not only raised awareness but also left a lasting impression, highlighting the power of student-led advocacy through the arts.



**STOP**  
**DIABETES**

📺 Watch the full performance here:

👉 [Click to watch on YouTube](#)



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## 18 JULY – A FLAVOURFUL FEAST : CELEBRATING MAHARASHTRIAN CUISINE WITH GRADES 1 & 2

Maharashtrian cuisine is a delightful journey of bold spices and diverse flavours, offering everything from the popular Vada Pav to the sweet Puran Poli.

On 18th July 2025, the students of Grades 1 and 2 brought the vibrant essence of Maharashtra alive through a special culinary activity dedicated to Maharashtrian cuisine. The objective of this enriching event was to help children explore the traditional food culture of Maharashtra and develop an appreciation for its regional flavours.

The event was a true community effort, with teachers, students, and parents coming together to prepare and present a variety of authentic Maharashtrian delicacies. Some of the mouthwatering dishes showcased included:

Puran Poli, Bhaji, Shankarpali, Misal Pav, Tilachi Poli, Shrikhand, Poori, Laddu, Sabudana Khichdi and Vada, Modak, Bhakri with Thecha, Aluwadi, Kothimbir Vadi, Chakli, Vangi Bath, Vanga Bharit with Bhakri, Varan Bhat, Solkadhi, Thalipeeth, and many more.

Students enthusiastically participated, many of them tasting these traditional items for the first time. The joy on their faces was a testament to the success of the initiative.



The primary aim of this activity was to introduce students to the rich culinary heritage of Maharashtra, while fostering cultural awareness, appreciation, and respect for regional traditions. It also served to encourage healthy eating habits and an understanding of diverse flavours. The event was graced by Principal Mrs. Roshni George and Rev. Father John Mathai, who appreciated the students' enthusiastic participation and their openness to learning something new.

The Maharashtrian Cuisine Activity was a delightful and successful celebration of culture, taste, and togetherness—one that left a lasting impression on young minds and tastebuds alike.



***The creative invitation Card***



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## 18 JULY – A FLAVOURFUL FEAST: CELEBRATING MAHARASHTRIAN CUISINE WITH GRADES 1 & 2



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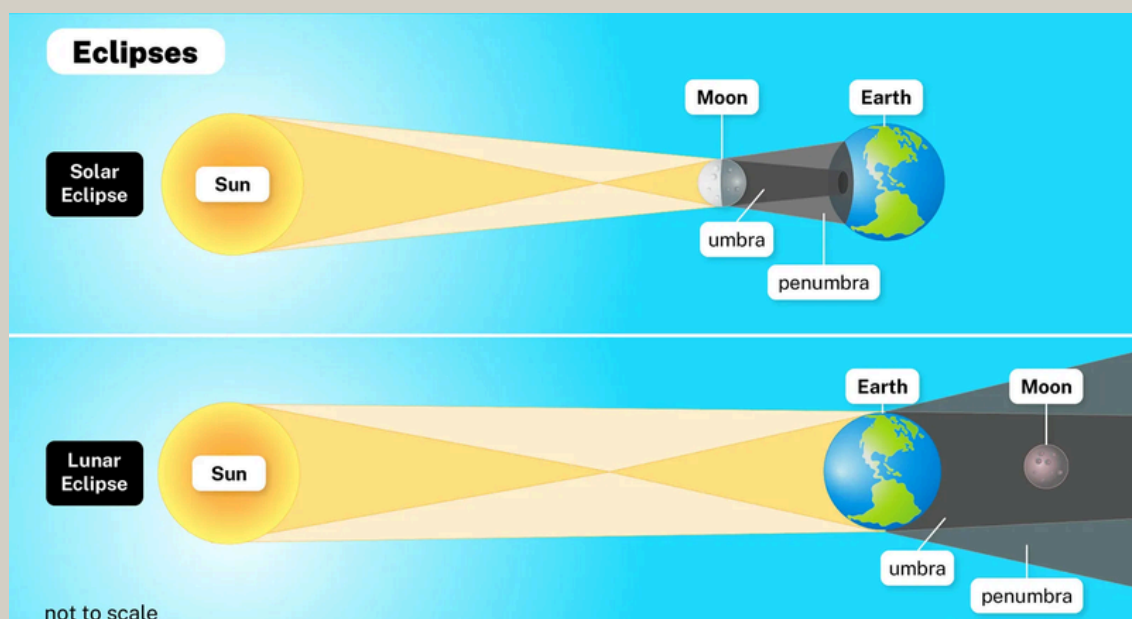
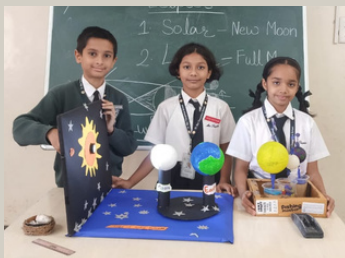
2025

## SHEDDING LIGHT ON SHADOWS: AN ECLIPSE PROJECT BY CLASS 5

Students of Class 5 presented an engaging and informative project on Solar and Lunar Eclipses, combining scientific understanding with creativity. This initiative was part of a project-based learning approach aimed at fostering curiosity, teamwork, and effective communication.

Through research, model-making, and visual presentations, students explored the causes, types, and effects of eclipses. They explained the celestial alignment involved in both solar and lunar eclipses, demonstrating their ability to grasp and articulate complex scientific concepts.

This activity not only deepened their knowledge of astronomy but also boosted their confidence in public speaking and collaborative work. The project was a testament to the students' enthusiasm, critical thinking, and teamwork – all key skills nurtured through hands-on learning experiences.





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## IGNITING YOUNG MINDS: SCHOOL JOINS NEC JUNIOR PROGRAMME BY IIT BOMBAY

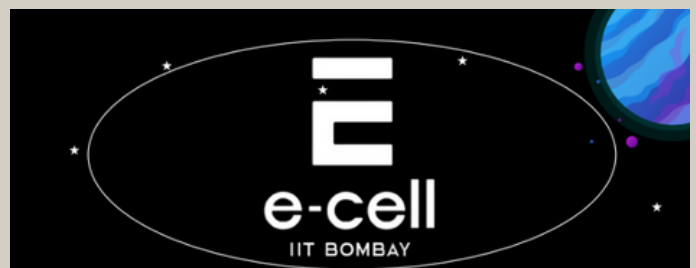
We are proud to announce that our school has officially registered for the National Entrepreneurship Challenge (NEC) Junior, an inspiring initiative by the Entrepreneurship Cell (E-Cell), IIT Bombay.

Recognised as Asia's largest student-run organisation promoting entrepreneurship, E-Cell IIT Bombay empowers young minds through innovative platforms. NEC Junior is designed to help schools establish their own E-Cells or Entrepreneurship Clubs, providing free mentorship, interactive workshops, and engaging activities aimed at fostering creativity, leadership, teamwork, and problem-solving skills among students – aligning closely with the goals of the National Education Policy (NEP) 2020.

Representing our school in this prestigious six-month programme are two dedicated teachers – Tr. Shreelaxmi Nath and Tr. Uma Mohanan – along with four promising student leaders:

- Mrunmayee Dange (Grade 9)
- Lakshya Gawas (Grade 8)
- Vedanti Rai (Grade 8)
- Virat Kumar (Grade 8)

This initiative marks a significant step towards nurturing an entrepreneurial mindset in our students and preparing them to become innovative leaders of tomorrow.



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## CRAFTED WITH LOVE: A TRIBUTE TO PARENTS

“Behind every young child who believes in themselves is a parent who believed first.”

To honour the unwavering love, care, and sacrifices of parents, Dr. Mar Theophilus School celebrated Parents’ Day with a creative and touching Card Making Activity. The event saw enthusiastic participation from students of Grade VII , who poured their hearts into crafting vibrant, imaginative, and deeply personal greeting cards. Using colourful papers, sketch pens, glitter, origami, and a wide array of craft supplies, the young learners created artistic masterpieces that reflected their gratitude and love for their parents.

Each card was a beautiful blend of thoughtful words, expressive art, and creativity. Some students penned poems, others drew heartfelt illustrations, and many shared messages thanking their parents for their endless support and affection. The classrooms buzzed with excitement as children worked with joy, pride, and sincerity. Teachers played a guiding role, helping students articulate their feelings and encouraging them to reflect on the important role their parents play in their lives. The activity not only sparked creativity but also served as a gentle reminder of the importance of expressing appreciation and love.

This heartfelt initiative was a perfect blend of emotion and expression. It nurtured emotional intelligence, creativity, and strengthened the bond between students and their families. As children carried home their handmade tokens of love, the spirit of Parents’ Day truly came alive — reminding us that sometimes, the simplest gestures are the most meaningful.



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## LASYA – A SYMPHONY OF CULTURE AND CREATIVITY

### ***Dr. Mar Theophilus School Cultural Fiesta 2025***

The month of July witnessed a delightful explosion of colour, rhythm, and expression as Dr. Mar Theophilus School hosted its much-anticipated cultural extravaganza – LASYA: DMTS Cultural Fiesta 2025. Designed to celebrate the performing arts and nurture students' creative potential, LASYA provided a vibrant stage for students from Grades VI to X to express themselves beyond the confines of the classroom.

A Glimpse into the Fiesta



### ***July, 2025 – Western Dance Competition***

The fiesta opened with a high-energy Western Dance Competition, where students grooved to contemporary beats with flair and finesse. From hip-hop to freestyle, the performances reflected discipline, creativity, and coordination.

### ***July, 2025 – Folk Dance Competition***

Traditional roots took center stage as students brought alive the rich cultural heritage of India through folk dances. The colourful costumes, regional music, and synchronized choreography transported the audience on a journey across the Indian heartland.



### ***28th July, 2025 – Debate Competition (IX)***

The academic spark ignited during the Debate Competition. With articulate voices and well-structured arguments, students impressed judges and peers alike, exploring topics of contemporary relevance. The event not only showcased public speaking skills but also promoted the spirit of healthy discourse.



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## LASYA – A SYMPHONY OF CULTURE AND CREATIVITY

### **30th July, 2025 – Street Play Competition (VI–VIII)**

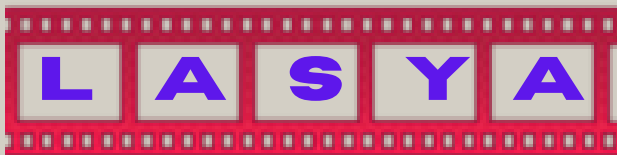
Social consciousness met theatrical flair during the Street Play Competition. Students used drama as a powerful tool to voice concerns on pressing societal issues. The message-driven performances left a lasting impact on the audience.



### **31st July, 2025 – Traditional Day**

The grand finale was marked by Traditional Day – a celebration of India's cultural mosaic. Dressed in vibrant ethnic attire, students showcased their heritage with pride. Cultural performances, traditional music, and folk games brought the eventful month to a joyful close.

LASYA 2025 was more than just a series of events – it was a celebration of identity, talent, and unity in diversity. It brought together students, teachers, and parents in a shared spirit of joy, learning, and collaboration. Dr. Mar Theophilus School continues to reaffirm its belief in holistic education, where every child gets the opportunity to shine both on stage and in life.



Please find below the links to the various competitions.



**[Lasya - Dr. Mar Theophilus Cultural Fest : Western Dance competition \(Classes VI to VIII\).](#)**

**[Lasya - Dr. Mar Theophilus Cultural Fest : Folk Dance Competition \(Classes IX-X\).](#)**

**[Lasya - Dr. Mar Theophilus Cultural Fest : Western Dance competition \(Classes III -V\).](#)**

**[Lasya - Dr. Mar Theophilus Cultural Fest : Folk Dance Competition \(Classes I-II\).](#)**

**[Lasya - Dr. Mar Theophilus Cultural Fest : Debate Competition \(Class IX\).](#)**

**[Lasya - Dr. Mar Theophilus Cultural Fest : Street Play Competition \(Classes VI-VIII\).](#)**

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## 29 JULY – मंच पर मुस्कान, मन में विचार

### हिंदी हास्य-व्यंग्य नाटिका प्रतियोगिता

डॉ. मार थियोफिलस विद्यालय में 29 जुलाई को कक्षा तीसरी से पंचमी तक के विद्यार्थियों के लिए एक रोचक, मनोरंजक और व्यंग्यात्मक अंतर-सदनीय हिंदी हास्य-व्यंग्य नाटिका प्रतियोगिता का आयोजन किया गया।

प्रतियोगिता में चारों सदनों—रेड, ब्लू, ग्रीन और येलो—ने उत्साहपूर्वक भाग लिया। विद्यार्थियों ने नाटकों के माध्यम से सामाजिक मुद्दों को हास्य और व्यंग्य के माध्यम से प्रस्तुत कर न केवल दर्शकों को हँसाया, बल्कि उन्हें सोचने पर भी मजबूर कर दिया। इस अवसर ने छात्रों की रचनात्मकता, संवाद अदायगी, अभिनय कौशल और टीम भावना को सशक्त रूप से उभारा।

हास्य-नाट्य, बच्चों के सर्वांगीण विकास का एक प्रभावी माध्यम है। यह केवल मनोरंजन नहीं, बल्कि आत्मविश्वास, अभिव्यक्ति की स्वतंत्रता और सकारात्मक दृष्टिकोण विकसित करने का एक सशक्त साधन भी है।

इस प्रतियोगिता के निणायक मंडल में हिंदी विभाग की आदरणीय शिक्षिकाएं—श्रीमती चेतना दुबे और श्रीमती अर्चना मुन्नूस्वामी उपस्थित रहीं। निणायकों द्वारा प्रदर्शनों का मूल्यांकन अभिनय, संवाद, प्रस्तुति शैली और विषय वस्तु के अनुसार किया गया।

प्रतियोगिता के परिणाम इस प्रकार रहे:

- 1 प्रथम स्थान – ग्रीन सदन
- 2 द्वितीय स्थान – येलो सदन
- 3 तृतीय स्थान – रेड सदन

[Watch the full performance here:](#)

[Click to watch on YouTube](#)



कार्यक्रम को उपस्थित दर्शकों ने भरपूर सराहा और हर प्रस्तुति का स्वागत उत्साहपूर्ण तालियों से किया। कुल मिलाकर यह प्रतियोगिता अत्यंत सफल रही, जो विद्यार्थियों की प्रतिभा, परिश्रम और विद्यालय की बाल-संवर्धनशील सोच को प्रतिबिंबित करती है।





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## 30 JULY – ACTS OF KINDNESS, ECHOES OF COMPASSION

In a beautiful display of emotion and expression, students from the Drama Club took to the stage with a heartfelt skit titled "Kindness – A Silent Strength", leaving a lasting impact on the audience. Held in the school auditorium, the performance was not only artistically impressive but also morally uplifting.

The skit depicted everyday situations where small acts of kindness—standing up for a friend, helping someone in need, or simply listening with empathy—can create a ripple effect. Through expressive acting and moving narratives, the students conveyed how compassion can transform lives and build a more inclusive world.

What truly set the performance apart was the sincerity and conviction with which the students embodied their roles. A thoughtful blend of subtle humor and emotional depth made the message both engaging and powerful.

The primary aim of the skit was to instill the value of kindness, encouraging students to practice empathy and compassion in daily life. The audience, comprising students, teachers, and staff, responded with enthusiastic applause, clearly moved by the authenticity of the performance.

Overall, the skit was a resounding success—showcasing not only the dramatic talents of the students but also the school's commitment to nurturing values that build caring and responsible individuals.



# Drama Club

[Watch the full performance here:](#)  
[Click to watch on YouTube](#)



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## 03 JULY – ACADEMIC MILESTONE : 1ST UNIT TEST EXAMINATIONS 2025

The 1st Unit Test Examinations for all classes were conducted from 3rd to 10th July 2025 in a smooth and disciplined manner. Students from Pre School to Class X appeared for the exams across various subjects.

The tests aimed to assess students' understanding of the syllabus covered in the first quarter and to help them build exam readiness. All examination protocols were followed strictly, ensuring a fair and orderly environment.

The evaluation process is underway, and results will be shared with parents soon through class teachers.



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## 04 JULY – TOWARDS SAFER SCHOOL TRAVEL: PMC-SCHOOL TRANSPORT REVIEW MEETING

A Transport Committee Meeting was held on 04th July 2025, attended by officials from the Pune Municipal Corporation (PMC), school representatives, and transport vendors. The meeting focused on enhancing the safety, regulation, and efficiency of student transportation in the city.

### Key Discussions:

**Student Safety:** Mandatory installation of GPS, CCTV, speed governors, and fire extinguishers in all school vehicles.

**Driver Verification:** Police verification and training for all drivers and attendants.

**Vehicle Compliance:** Regular RTO fitness checks, maintenance, and insurance verification.

**Traffic Management:** Designated pick-up/drop zones to reduce congestion near schools.

**Monitoring:** Formation of school-level transport committees for daily oversight.

**Grievance Redressal:** Channels for parents and schools to report transport concerns.

### Key Outcomes:

PMC will conduct regular audits and surprise inspections.

Schools and vendors must submit updated records of vehicles and drivers promptly.





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## PARENT-TEACHER SYNERGY: EXECUTIVE COMMITTEE FORMATION 2025-26

The PTA Executive Committee Elections for the academic year 2025-26 were held on 9th July 2025 at the school premises. Parents, teachers, and school management came together to review past initiatives, discuss future goals, and elect new committee members. The newly elected team pledged to work in collaboration with the school to enhance student well-being, academic growth, and a positive learning environment.

The first meeting of the new committee took place on 16th July 2025, where key points were discussed, including strengthening parent-school collaboration and planning activities for the year ahead.

The session encouraged parental involvement and reaffirmed the school's commitment to transparent and inclusive communication. The PTA continues to serve as a strong link between home and school, fostering a shared vision for student success.



DR. MAR THEOPHILUS SCHOOL



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## 10 JULY – IN REVERENCE OF WISDOM: A TRIBUTE ON GURU PURNIMA

दिनांक 10 जुलाई 2025 को डा. मार थेओफिलस विद्यालय में गुरु पूर्णिमा का पावन पर्व श्रद्धा और उत्साह के साथ मनाया गया। इस अवसर पर कक्षा चौथी 'अ' की छात्रा तन्वी डाके ने एक भावनात्मक और प्रभावशाली भाषण प्रस्तुत किया।

अपने भाषण में तन्वी ने गुरु के महत्व को सुंदर और सरल भाषा में समझाया। उसने बताया कि गुरु अज्ञान के अंधकार को दूर कर ज्ञान का प्रकाश फैलाते हैं। उसने भारतीय संस्कृति में गुरु की भूमिका को उजागर करते हुए कहा कि गुरु न केवल पढ़ाते हैं, बल्कि जीवन जीने की कला भी सिखाते हैं। भाषण को प्रभावशाली बनाने हेतु तन्वी ने कुछ प्रसिद्ध दोहे भी प्रस्तुत किए, जैसे:

**"गुरु गोविंद दोऊ खड़े, काके लागूं पाया।**

**बलिहारी गुरु आपनो, गोविंद दियो बताया॥"**

इन दोहों का उसने सरल अर्थ भी बताया, जिससे सभी छात्र आसानी से समझ सकें। उसकी प्रस्तुति में आत्मविश्वास, भावनात्मकता और श्रद्धा स्पष्ट रूप से झलक रही थी।

तन्वी के भाषण ने सभी शिक्षकों, विद्यार्थियों और अभिभावकों को प्रभावित और प्रेरित किया।

इस प्रस्तुति ने गुरु-शिष्य परंपरा की गरिमा को सजीव कर दिया और सभी श्रोताओं के हृदय को छू लिया।



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## 11 JULY – THE PEN’S PRESTIGE: ALBERT BARROW CREATIVE WRITING COMPETITION 2025

Report on Albert Barrow Memorial Inter-School Creative Writing Competition 2025  
Venue: Dr. Mar Theophilus School, Pune | Date: 11th July 2025

The prestigious Albert Barrow Memorial Inter-School Creative Writing Competition 2025 was hosted by Dr. Mar Theophilus School on 11th July 2025, drawing participation from 16 reputable schools across Pune and its neighboring regions. The event, known for encouraging literary flair among students, was meticulously and systematically organized, reflecting the school's commitment to excellence.

The competition commenced with a warm welcome by Principal Mrs. Roshni George, who greeted the participating students and their accompanying teachers. She also gave a brief but inspiring introduction to the late Mr. Albert Barrow, whose contribution to education and literature continues to inspire young minds across the country.

The event was conducted under the supervision of Mrs. L. Vinita D'Cruz, Senior English Teacher from Mount Patrick Academy, who ensured the smooth execution of the competition in line with the Council's guidelines.

In accordance with the rules set by the Council for the Indian School Certificate Examinations (CISCE), participants are required to compete outside their own institutions. Hence, Mast. Rugved Mahurkar, the representative from Dr. Mar Theophilus School, participated in the same competition held at NL Dalmia School, Mumbai.

The event proved to be a successful celebration of creativity, language, and expression, providing a valuable platform for young writers to showcase their talent and passion for the written word.



DR. MAR THEOPHILUS SCHOOL



# EVENTS & CELEBRATIONS

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## 11 JULY – THE PEN'S PRESTIGE: ALBERT BARROW CREATIVE WRITING COMPETITION 2025



DR. MAR THEOPHILUS SCHOOL



# EVENTS & CELEBRATIONS

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## 15 JULY – SPEAKING MINDS: A SHOWCASE OF ORATORY EXCELLENCE

A Declamation Competition covering all categories was held on 15th July 2025 at Blue Ridge Public School & Junior College, Hinjawadi, Pune. The event brought together participants from various ICSE schools, showcasing their talent in the art of persuasive and expressive speech.

Vedant More, a student of Dr. Mar Theophilus School, represented the school in the Junior Category. He delivered his speech with great confidence, clarity, and expression, demonstrating commendable public speaking skills. His presentation reflected not only preparation and understanding of the topic but also an ability to connect with the audience.

The event began with the reporting of participants at 8:30 a.m. and proceeded with students delivering speeches on topics that were socially relevant and intellectually stimulating. The competition aimed to enhance students' oratory abilities, critical thinking, and self-confidence.

Vedant's performance was well-received and appreciated, marking a proud moment for the school.



● DR. MAR THEOPHILUS SCHOOL ●

# EVENTS & CELEBRATIONS

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## 16 JULY – BATTLE OF BRAINS AT AISM 2025

The AISM Quiz Competition was held on 16th July 2025 at Spicer Higher Secondary School of SDA, bringing together some of the brightest minds from various ICSE schools across the region. Representing Dr. Mar Theophilus School, Ashay Gaidhane and Ved Marathe from the senior section participated in the event with great enthusiasm and determination.

The competition tested students' knowledge across a wide spectrum of topics including current affairs, science, literature, sports, history, and general knowledge. The rounds were challenging and fast-paced, requiring quick thinking, teamwork, and presence of mind.

Ashay and Ved displayed commendable collaboration, quick recall, and confident answering throughout the competition. Their participation reflected not just academic strength but also the spirit of healthy competition and intellectual curiosity.

Events like the AISM Quiz encourage students to broaden their horizons and sharpen their minds – and our students rose to the occasion with grace and grit.



● DR. MAR THEOPHILUS SCHOOL ●

# SEMINARS & WORKSHOPS

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## 09 JULY – BEYOND PROTECTION: INSTILLING VALUES, ENSURING SAFETY

Dr. Mar Theophilus School recently participated in a thought-provoking and impactful webinar conducted by the Project CACA Foundation. The session, led by Miss Shivani and Miss Pavithra, was attended by teachers, administrative staff, and Class IV employees as part of the school's ongoing commitment to child safety and well-being.

Project CACA (Children Against Child Abuse) is a pioneering school-driven initiative that aims to instill a preventive, rights-based safety culture among children. The program integrates child rights education, moral development, and life skills into the school curriculum, promoting a safe, inclusive, and supportive environment for every learner.

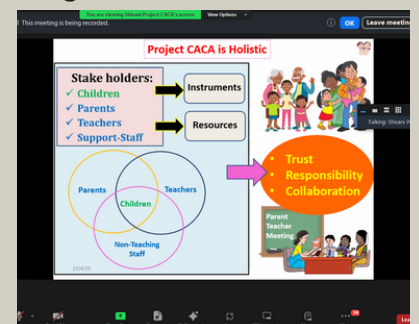
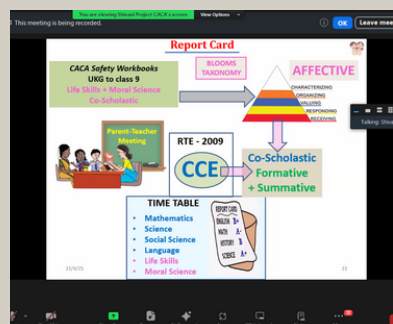
The webinar began with an introduction to Project CACA and its vision for empowering schools with a structured child safety framework. It focused on the four fundamental child rights — protection, participation, development, and education — and emphasized the school's role in upholding these rights in daily practices.

A compelling session on moral development helped educators understand the psychological stages children go through and how to nurture ethical thinking through regular classroom interactions. The importance of gender sensitivity and equality was also highlighted, encouraging the use of inclusive language and equitable classroom dynamics.

A major highlight of the session was the emphasis on the Ten Life Skills recommended by WHO — ranging from empathy and communication to critical thinking and emotional regulation. These were presented as foundational tools in helping children navigate real-life situations safely and confidently.

The webinar also introduced the CACA Workbooks — engaging, age-appropriate learning materials filled with real-life situations that prompt reflection, discussion, and awareness. These books not only address issues like personal safety and peer pressure but are also aligned with UNESCO's ten core values, making them valuable resources in shaping holistic learners.

The session concluded with renewed awareness and a shared vision: to nurture students not only academically, but also emotionally and socially — preparing them to lead safe, respectful, and responsible lives.



● DR. MAR THEOPHILUS SCHOOL ●



# SEMINARS & WORKSHOPS

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## 10 JULY – WALKING THE NOBLE PATH: LESSONS IN FORGIVENESS AND RIGHTEOUSNESS

A thought-provoking seminar on “The Noble Path – Forgiveness and Righteousness” was organized by the class teachers of Grades IX and X at Dr. Mar Theophilus School. The objective of the session was to encourage moral introspection and reinforce the importance of values like truth, compassion, and ethical decision-making in both personal and professional life.

The seminar opened with powerful presentations by faculty members who reflected on the life lessons of great personalities such as Mahatma Gandhi, Gautam Buddha, Mother Teresa, Shri Ramchandra, Dashrath Manjhi, and Justice H. R. Khanna. Each figure was highlighted for their unwavering commitment to righteousness, forgiveness, and inner strength in the face of adversity.

A short skit was presented, depicting classroom and societal situations where individuals had to choose between what was easy and what was right. This creative performance reinforced the importance of moral courage and integrity in everyday choices.

One of the most impactful parts of the session was a reflective “Soul Purification” activity, encouraging staff to explore their inner values and reaffirm their commitment to righteous living.

The seminar concluded with a heartfelt Vote of Thanks by Mrs. Snehal. The session served as a strong reminder of the role educators play not just as instructors, but as torchbearers of character and moral values in society.

# Righteousness



# F O R G I V E N E S S



● DR. MAR THEOPHILUS SCHOOL ●

# SEMINARS & WORKSHOPS

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## 09 & 10 JULY – AI MEETS EDUCATION: EMPOWERING EDUCATORS FOR THE DIGITAL AGE

Mode: Onsite

Venue: MA169, Wisdom World School, Pune, Maharashtra

Participants from Dr. Mar Theophilus School:

Rev. Fr. John Mathai

Mr. Jobin Jose

A two-day training programme titled "Technology and Digital Tools for Teaching-Learning" was held at Wisdom World School, Pune. Facilitated by a CISCE Empanelled Resource Person, the sessions aimed to empower educators with practical skills to integrate technology and AI tools into everyday teaching.

### **Highlights**

**Day 1** introduced participants to the role of Artificial Intelligence in education, showcasing tools like ChatGPT, Google Workspace, and Microsoft Teams. Educators engaged in hands-on activities, exploring AI platforms for student engagement and digital assessments.

**Day 2** focused on the ethical use of AI, designing tech-integrated lesson plans, and creating interactive content using tools such as Canva, Padlet, Nearpod, and Kahoot. The session ended with a Q&A and reflection round.

### **Key Takeaways**

Deeper understanding of AI-powered education

Practical exposure to digital teaching tools

Emphasis on personalized, tech-driven learning

Motivation to adopt future-ready pedagogical practices

The programme was a valuable step toward equipping educators for a digitally enriched, learner-centric future.



DR. MAR THEOPHILUS SCHOOL



# SEMINARS & WORKSHOPS

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## 14 JULY – SWEET TRUTHS UNCOVERED: A SEMINAR ON SUGAR AND HEALTH

On 15th July 2025, Dr. A.G. Unnikrishnan, renowned endocrinologist from Chellaram Hospital – Diabetes Care & Multispeciality, conducted an insightful seminar on **“Understanding Sugar and Health”** at Dr. Mar Theophilus School. The session shed light on the risks of excessive sugar consumption and the significance of adopting mindful and healthy lifestyle choices.

Students gained a holistic perspective that diabetes isn't just about sugar, but closely linked to our eating habits, physical activity, and stress management. The seminar empowered them with knowledge to take preventive steps confidently.

Key points discussed included:

- The alarming rise of diabetes among children due to poor lifestyle and genetics
- Sugar's role in energy production and the importance of moderation
- The value of a balanced, nutritious diet
- Encouragement to read food labels for informed eating
- Understanding the factors behind obesity
- The need to give mental health equal priority in today's world



The session was an eye-opener, inspiring students to make smarter, healthier life choices for long-term well-being.



DR. MAR THEOPHILUS SCHOOL

# SEMINARS & WORKSHOPS

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## 18 JULY – INNOVATIVE PATHWAYS IN EDUCATION : A TRAINING BY ADITYA BIRLA

On 18th July 2025, a focused training session was conducted for the Middle School teachers (Grades 4 to 7) of Dr. Mar Theophilus School by M/s. Aditya Birla Education Foundation. The session, held from 2:00 PM to 4:00 PM, was facilitated by the esteemed Ms. Bhavisha Hirani, an expert in modern pedagogical strategies.

The topic of the session was “Exploring Innovative Methods for Teaching, Learning and Assessment” — a timely and crucial theme as educators continually strive to adapt and enrich the classroom experience.

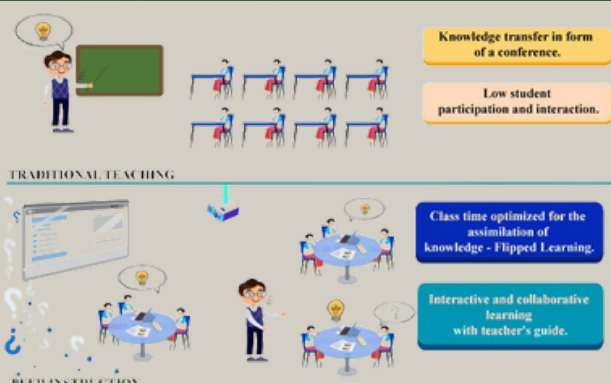
During the webinar, Ms. Hirani elaborated on dynamic and student-centric teaching approaches, interactive learning techniques, and more insightful ways to assess students’ understanding beyond traditional tests. Teachers were also introduced to tools that can foster creativity, engagement, and deeper thinking among students. The session was conducted via Zoom, providing an interactive platform for discussion, Q&A, and reflection. It proved to be both enriching and thought-provoking, equipping teachers with practical methods to enhance learning outcomes.

This initiative is part of the school's ongoing commitment to professional development and academic excellence.



**ADITYA BIRLA™**  
**Education Academy**

*Engage. Evolve. Endeavour.*



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# SEMINARS & WORKSHOPS

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## 30 JULY – THREADS OF UNITY, WOVEN WITH CARE

The age-old proverb "United we stand, divided we fall" served as the central theme for a thought-provoking and engaging skit presented by the teachers of Nursery, LKG A, and LKG B on 30th July 2025 in the school auditorium. The performance celebrated the strength found in teamwork, collaboration, and unity.

Through a series of short, relatable acts, the skit brought to life everyday situations where unity plays a vital role. Each scene beautifully illustrated how standing together can help overcome challenges and build a sense of belonging and strength.

One of the standout elements of the event was the inclusion of games based on unity, which not only captivated the audience but also encouraged their active participation. These fun-filled, interactive moments emphasized the joy and success that come from working together.

The seminar effectively conveyed the principles, benefits, and real-life applications of unity, reminding everyone that in the fast-paced rhythm of daily life, being united adds meaning, support, and resilience.



DR. MAR THEOPHILUS SCHOOL

# SEMINARS & WORKSHOPS

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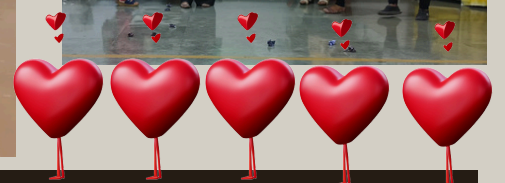
## 31 JULY – THE RADIANCE OF LOVE: A SKIT THAT TOUCHED HEARTS

Love is a universal language – one that transcends words and speaks through gestures, emotions, and connections. In a beautiful celebration of this timeless emotion, the teachers of LKG C, LKG D, and UKG came together to present a touching skit on the theme "Radiance of Love" at Mar Coorilos Hall on 31st July 2025.

The performance elegantly portrayed the many shades of love – from the innocent embrace of a child to the selfless devotion of parents, the quiet strength of friendship, and the compassion shown towards nature and animals. Each act served as a poignant reminder that love, in its purest form, illuminates lives and strengthens human bonds.

Drawing from real-life moments and heartfelt scenarios, the skit struck a perfect balance between emotion and joy. The underlying message was simple yet powerful: Love is not merely a feeling – it is a light that radiates through our everyday actions.

The event concluded with a meaningful reminder – in the hustle of modern life, it is the acts of love, kindness, and empathy that truly add warmth and purpose to our days.



● DR. MAR THEOPHILUS SCHOOL ●



# REWARDS & RECOGNITIONS

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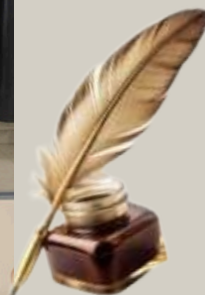
## WORDS THAT INSPIRE: OUR YOUNG WRITERS SHINE AT THE ZONAL LEVEL

We are thrilled to announce the outstanding achievements of our talented students at the Fr. George Hess Memorial Zonal Literary Competition, held on 25th July 2025 at Eden International School, Talegaon.

Vedanti Rai of Class VIII secured the Second Position in the Creative Writing Competition – Sub-Junior Category, impressing the judges with her vivid imagination and expressive writing. Her piece stood out for its originality, emotional depth, and thoughtful articulation. In the Junior Category, Priya Mourya made her mark by winning the Third Position, showcasing a remarkable flair for storytelling and language. Her composition reflected a mature perspective, creative structure, and engaging narrative – a true testament to her passion for the written word.

These accolades are a moment of great pride for Dr. Mar Theophilus School, highlighting the power of words and the excellence nurtured within our classrooms. The achievements of Vedanti and Priya are not just victories in a competition, but shining examples of how dedication, creativity, and encouragement can help young minds reach new heights.

Congratulations to both Vedanti and Priya for their literary brilliance and for making the school proud on such a prestigious platform!



DR. MAR THEOPHILUS SCHOOL

# REWARDS &

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## A VISIONARY LEADER IN EDUCATION: HONOURING DR. ROSHINI GEORGE

We are proud to share that Dr. Roshini George, Principal of Dr. Mar Theophilus School, Dhanori, Maharashtra, has been awarded the prestigious Visionary of Global Education Practices Award 2024–2025 by SpellBee International.

This esteemed recognition celebrates her transformative leadership and commitment to nurturing innovative educational practices. Under her guidance, classrooms have evolved into dynamic spaces of learning, becoming a launching pad for the aspirations of tomorrow's leaders.

The award commends her ability to inspire both educators and students, fostering a culture where brilliance is sparked, expectations are exceeded, and holistic growth is nurtured. Her contributions continue to shape a learning environment that supports academic excellence while emphasizing empathy, creativity, and forward-thinking.

We extend our heartfelt congratulations to Dr. Roshini George for this remarkable achievement and thank her for her unwavering dedication to educational excellence.



● DR. MAR THEOPHILUS SCHOOL ●



# SPORTS

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## 15 JULY – MAKING WAVES: OUR YOUNG SWIMMERS SHINE AT CISCE ZONAL MEET

The CISCE Zonal Swimming Competition was held on Tuesday, 15th July 2025 at the Divisional Sports Complex Swimming Pool, Shastri Nagar, Yerwada. The event witnessed enthusiastic participation from schools across the region, with young athletes competing in various swimming categories.

Three students from Dr. Mar Theophilus School participated in this prestigious competition:

- Indraneel Barge (Class VII)
- Ansh Chaure (Class VIII)
- Arjun Pethe (Class VI)

Among them, Indraneel Barge delivered an extraordinary performance, securing three gold medals in the following events:

- 50m Butterfly
- 50m Freestyle
- 100m Freestyle

His strength, technique, and dedication stood out, earning applause from the audience and judges alike. Ansh Chaure and Arjun Pethe also gave commendable performances and showcased promising talent for future competitions.

The school takes pride in the efforts and achievements of all three participants and applauds their sportsmanship and discipline. Their participation reflects the school's commitment to holistic development and excellence beyond academics.



● DR. MAR THEOPHILUS SCHOOL ●

# SPORTS

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## 19 JULY – KICKS, COURAGE, AND GLORY: HOSTING THE CISCE KARATE ZONAL 2025

The CISCE Zonal (Zone-E) Karate Competition held on 19th July 2025 at Dr. Mar Theophilus School was a thrilling display of skill, discipline, and sportsmanship. With participation from 19 prominent schools and over 200 talented student athletes, the event served as a dynamic platform for showcasing martial arts excellence.

Amidst intense competition and high-energy performances, our school emerged as a dominant force, securing a remarkable total of 49 medals – a true testament to the hard work, commitment, and fighting spirit of our students.

### 🏆 Medal Tally:

- 🥇 23 Gold Medals – Reflecting mastery and unmatched performance
- 🥈 18 Silver Medals – Signifying strength and determination
- 🥉 8 Bronze Medals – Representing resilience and effort

But the achievements did not end there.

### ★ Trophy Triumphs:

Our school proudly lifted six prestigious trophies across various age categories:

- 🏆 Champion Trophies in the Under-14 Boys, Under-17 Boys, and Under-19 Boys categories
- 🏆 Champion Trophies in the Under-17 Girls and Under-19 Girls categories
- 🏆 Runner-Up Trophy in the Under-14 Girls category

This commendable performance brought immense pride and joy to the entire school community. The event not only showcased the physical prowess of our young athletes but also highlighted their dedication, discipline, and spirit of sportsmanship.

The karate team's success is the result of relentless training, focused guidance from coaches, and unwavering support from the school management and parents. It was indeed a proud moment when our school stood tall among the best, receiving accolades and admiration from all present.

Congratulations to all the participants and winners for their remarkable achievements. The school continues to encourage and nurture such talent, aiming to instill in students the values of perseverance, excellence, and teamwork.



● DR. MAR THEOPHILUS SCHOOL ●



# SPORTS

2025-26

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## 19 JULY – KICKS, COURAGE, AND GLORY: HOSTING THE CISCE KARATE ZONAL 2025



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DR. MAR THEOPHILUS SCHOOL



# SPORTS

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## 19 JULY – KICKS, COURAGE, AND GLORY: HOSTING THE CISCE KARATE ZONAL 2025



● DR. MAR THEOPHILUS SCHOOL ●



# SPORTS

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## SMASHING SUCCESS AT THE CISCE ZONAL BADMINTON COMPETITION

We are proud to share the enthusiastic participation and commendable performance of our students at the CISCE Zonal Badminton Competition held on 22nd and 23rd July 2025 at The Bishop's School, Camp, Pune.

On 22nd July, our Under-14 Boys and Girls teams displayed great sportsmanship and skill.

- In the Boys Doubles, Soumil Gupta and Shaurya Tulse advanced to the semi-finals, showcasing excellent coordination and determination on court.
- In the Girls Singles, Pratishtha Shriram fought her way to the quarter-finals, putting up a strong and spirited performance.

On 23rd July, our Under-17 Boys team took to the court with confidence and focus.

- In the Doubles, Parth Valekar and Vivaan Pandey reached the semi-finals, displaying great teamwork and resilience.
- In the Singles, Parth Valekar also competed fiercely, making it to the quarter-finals.

These achievements reflect not only the growing talent and commitment of our students but also the support and encouragement they receive from the school.

Congratulations to all our players for their spirited efforts and for representing Dr. Mar Theophilus School with pride!



● DR. MAR THEOPHILUS SCHOOL ●

# SPORTS

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## 29-30 JULY – CHASING VICTORY: DR. MAR THEOPHILUS SHINES AT CISCE ZONAL ATHLETICS MEET

The students of Dr. Mar Theophilus School displayed great enthusiasm and sporting spirit at the CISCE Zonal Athletics Competition, held on 29th and 30th July 2025 at the Pune University Campus. Competing against schools from across the region, our young athletes gave a stellar performance across various track and field events.

Participants:

- Ronak Sharma (Grade 10) – 800m Running & Long Jump
- Anusha Dinesh (Grade 7) – 200m Sprint & 600m Running
- Vedant Paithankar (Grade 7) – Shot Put & Discus Throw
- Sangram Nade (Grade 7) – Long Jump & 200m Running

Each participant demonstrated dedication, discipline, and determination on the field. From powerful throws and speedy sprints to graceful long jumps, the students gave it their all and represented the school with pride.

Though they missed podium finishes, the experience was enriching and motivational. The competition helped build confidence and encouraged a spirit of perseverance and teamwork among the participants.

We congratulate all four students for their commendable efforts and for upholding the values of sportsmanship and commitment.



# ATHLETICS™



● DR. MAR THEOPHILUS SCHOOL ●



# MILESTONES OF AWARENESS

2025-26

EDITION #03

JULY

2025

## KEY OBSERVANCES TO REMEMBER – JULY

Date	Day / Observance	Significance
July 1	National Doctor's Day (India)	Honors Dr. B.C. Roy and recognizes the contributions of doctors in society.
July 1	CA Day (India)	Commemorates the establishment of ICAI; celebrates Chartered Accountants.
July 1-7	Van Mahotsav	Tree Plantation Week promoting awareness on environment conservation.
July 1	Battle of Gettysburg Ends (1863)	End of a major battle in the American Civil War, turning point for the Union.
July 2	World UFO Day, World Tutors' Day	Encourages skywatching and curiosity; honors
July 3	International Plastic Bag Free Day	Promotes environmental protection by reducing plastic waste
July 4	USA Independence Day	Commemorates the adoption of the U.S. Declaration of Independence in 1776.
July 10	Guru Purnima	Celebrates teachers and spiritual gurus; day of gratitude and reverence.
July 10	Nikola Tesla's Birthday (1856)	Birth of a pioneering inventor and electrical engineer.
July 11	World Population Day	Highlights global population issues and the need for sustainable development.
July 16	First Atom Bomb Test - Trinity (1945)	First successful detonation of a nuclear weapon in New Mexico.
July 18	Nelson Mandela International Day	Honors the legacy of Mandela's leadership in peace and freedom.
July 20	First Moon Landing - Apollo 11 (1969)	Neil Armstrong becomes the first human to walk on the Moon.
July 26	Kargil Vijay Diwas (India)	Commemorates India's victory in the 1999 Kargil War; honors soldiers' bravery.
July 30	World Day Against Trafficking in Persons	Raises awareness about human trafficking and promotes victims' rights.