

DON BOSCO HIGH SCHOOL, PANJIM

RHAPSODY

MARCH 2020



Fun-tastic Juniors

ONE
INCREDIBLE
YEAR!

We've Got
It Covered!

Be Brave
Do What Is Right!
Our Thoughts, Our Deeds!

Creativity Is...
Intelligence Having Fun



FROM THE PRINCIPAL'S DESK..

Dear Readers,

Warm Greetings to all.

As the curtains drop on yet another exciting and power-packed **academic year 2019-2020**, I reminisce walking down the corridors of the school every day, I would hear the chatter of creative and eager minds, the shouts of excitement from the victorious sportsmen, the thumping of the dancers' feet, the sound of melodious voices harmonizing and sometimes just a noisy racket. **The perpetual energy, movement and enthusiasm** that permeated the atmosphere at Don Bosco High School would fill me with satisfaction as it resonated with life and potency.

The Theme for this academic year '**BE BRAVE – do what is right**' was aimed to develop the courageous personality among all at school, to be able to do what is honourable and true, to be able to run strong on integrity with a solid sense of ethics. It inspired our students to bravely intervene to prevent mistakes, and not mind being the whistleblower if it meant doing the right thing for the right reasons. It was heartening to see that most of the actions were in very close alignment with the values and sense of purpose wherein they stood up for what is right, were caring towards their companions and helped those in need especially the weaker ones. I appeal to all my students to treasure these humane capacities that you have acquired for they will groom you into a warm and more proficient human being. The world definitely needs brave '**courageous crusaders**' -- now more so than ever.

The year's journey that was laced beautifully with progression would not have been possible without our **dedicated teachers**. I am indebted to my diligent and talented staff that enabled the students entrusted in their care **to be brave, to aspire and discover**. I thank them for polishing the essential skills in the students in all spheres through Experiential Learning which was evident through the academic excellence, fitness, spiritual participation and sports distinction this year.

I extend my appreciation to you **dear parents** and **thank you** in all humility for your **generosity in time, talents and resources**. Thank you for constantly supporting us at every step, more so for trusting us that your child will be groomed here to become confident, articulate and an enlightened young citizen, ready to step into global society with dignity, honour and integrity.

I also express my best wishes to our SSC students to give it their best shot.

Over the **summer vacation** we will be working to put into place a smooth opening to the new session. I would like to wish you all the very best for the summer break. Use your time well, **get enrolled in a learning programme** or travel to a new place if you can. I look forward to welcoming you all back in June, refreshed, for what will be an exciting, new academic year.

Best regards,

Fr. Avin Carvalho, Sdb



Ms Muriel Proenca joined Don Bosco High School Panjim on 12th August 1994 as a young, enthusiastic and dynamic science teacher. Being very positive, creative and spiritual in her approach, she brings alive the concepts of science with practical applications. She is gentle yet firm, a teacher who commands respect from the student community and teaching fraternity alike, a teacher par excellence! While she strives for academic excellence among students, she lays great emphasis on their overall wellbeing. She doesn't shy away from walking that extra mile to instill values that will hold its stead. Teacher Muriel heads the Junior Red Cross Unit in the school and has been able to share and transfer her passion as a First Aider with the students. Teacher Muriel, as you cross this milestone, we thank you for the keen interest that you take in each one of us. We pray that the Almighty continues to bless you and your efforts most abundantly.



MEET OUR
JUBILARIAN:
MS MURIEL
PROENCA

FUN - TASTIC JUNIORS



"Counting up and taking off"
Winners of the Tables Competition.



"Soaring High."
kite flying activity.



"Chilling out at the Children's Park, Campal."



"Un-BEE-lievable spellers"



"Love- An art from the heart"
Valentine's Day card making activity.



"Faster-Higher-Stronger"
Pre- Primary Sports Day.



"A day of fun and entertainment." at Odxel.



"Power of good writing"
Handwriting Competition

LOOKING BACK: An Interview With Retiring Teacher – Ms Dulari Gharse

Ms Dulari Gharse, a gentle and patient educator has dedicated three decades of selfless service in the education and grooming of students entrusted to her care. With a calm, pleasant demeanour, she has always been a friend and guide to her colleagues. She is such a stellar educator that we sat down to learn more about her thoughts on education. You'll find the answers to our queries and more in the interview below.

When did you start teaching, and what made you decide to become a teacher?

While I was studying, a friend of mine requested me to substitute her for 3 months. Eventually I taught in the same institution for four years. On 17th June 1991, I joined this Institution in the Primary Section which over the years has become my second home.

What are the strategies used by you to teach students entrusted to your care?

I rely a lot on dance, song and poetry to motivate the little ones to express without any inhibitions. To help children who are new to Konkani, I use Roman script.

What is your proudest moment in school?

When every student succeeds in life and carves a niche for himself.

What matters most to you in life?

It is important to give highest priority to noble thoughts and deeds.

Do you have any advice for a young teacher?

"Be Humane, Stay Positive". Students will not fail to respond to genuine concern and pure affection. Your message to the student community. Be focused, love what you do. Move with the times but be grounded on your principles.

What are your retirement plans?

I would like to complete my Theology. Besides that I would like to try my hand at tailoring and get my driving license.

We will miss you
and your tender ways
Teacher Dulari.

May God shower you with
His choicest blessings.





BE BRAVE, DO WHAT IS RIGHT.

Fransyl Gonsalves 1 A

'Do what is right not what is easy.'
'Helped a classmate when in need.'



Athan Coutinho 3 B

'To have the courage to accept your mistakes, by speaking the truth.'
'When other boys made fun of me, I did not feel ashamed for I knew speaking the truth is always the right thing.'



Reuben Kris Nair 4 A

'To do the right thing even when everyone discourages you.'
'When my friends told me not to befriend a boy in my class and speak bad about him. I was brave enough not to listen to them.'



Prathamesh Halarnekar 4 B

'Bravery is like a train. It has coaches like discipline and hard work, and to lead the engine one needs 'Self Confidence'.
'I was brave to help the students by inculcating self confidence in them.'



David D'Souza 5A

'Correct people politely when you know they are in the wrong.'
'I politely told a senior student not to play football on the newly renovated basketball court as it was told by our principal not to do so.'



Vivek Da Costa Frias 5 B

'Reach Out.'
'I helped an injured boy while we were playing.'



Manuel Dias 5D

'Do the right thing even when you know that no one is watching you'
'I encouraged myself to take part in competitions and face the crowd. It helped me to get over my stage fear.'



Benson Fernandes 6A

'Face the many challenges.'
'During recess, some boys got into a fight and injured a fellow student. I stopped them from fighting and immediately called for help.'



Jones Pires 6C

'Facing any challenge and taking up courage to discipline others'
'A fellow student's behaviour was not very appropriate. I gathered courage and took up the challenge to help him get on the right path. It did help.'



Olav do Rasario 7A

'Being fearless while standing up for the truth.'
'I stood up to a group of bullies. They apologized and never troubled anyone again.'



Type a message



OUR THOUGHTS, OUR DEEDS!



Jaden Gonsalves 7C

'To do what is right even if it costs you dearly'
'Many a times, my friends would tease me if I helped the weak students of my class. I paid no heed to it as I knew I was doing what was right.'



Lyndon Varghese 8A

'To help the weak and not support things that are wrong.'
'One day while playing in the oratory, a senior boy grabbed the racket from a smaller boy. My friends and I stopped the senior boy and asked him to use his own and wait for his chance.'



Macon Albuquerque 8C

'To stand up bravely and make the right decisions; to be able to say no to what is incorrect.'
'I mustered up courage and defended a boy who was falsely accused'.



Joshua Fernandes 8D

'Being brave means helping the weak and by all means standing up for what is right.'
'I intervened and curbed a squabble between one of my classmates and a new student who was always picked on.'



Jonah Balasubramanian 9A

'Be mentally and physically alert. Use presence of mind.'
'A little boy was beaten up after school. I comforted him and later on informed the concerned authorities who warned the bullies of dire consequences.'



Moses Sequeira 9B

'To be gentle at heart and be ready to help inspite of the circumstances'
'Reached out to a boy at games time who was down with nausea and was left alone by others as he had messed himself up'



Savio Carvalho 9C

'Speak up although there might be repercussions.'
'As a member of the Red Cross unit, I cautioned a group of people on the evils of smoking and eating gutka and paan although I was afraid to approach them. But fortunately they appreciated my concern.'



Herman Noronha 9D

'To be able to rise up inspite of temptations.'
'At the canteen, excess money was returned to me. Inspite of being tempted I returned it.'



Nishnant Kakodkar 10 B

'To be able to stand up against wrong even if it means going against your relative or loved ones.'
'I requested a relative not to smoke in our house, as we who were passive smokers, would be affected the most while it would destroy their health as well.'



Ronan Fernandes 10C

'It means that each one of us has a duty towards our fellow companions especially if they are lonely.'
'Inspite of being ridiculed, I along with some of my classmates made friends with one of our companions who was always neglected and ignored by all.'



Type a message



WE'VE GOT IT COVERED!



Brain Teaser Competition
10 Jan 2020.



Heritage Walk
25 Jan 2020.



Wipro Earthian Regional Award '19
Sustainability Education in Schools.
29 Jan 2020



State Champions in the U-17
Inter-School State Level
Basketball Tournament.
17 Feb 2020



Mental Math Quiz Competition
18 Feb 2020.



Investiture Ceremony 2020-21
19 Feb 2020.



Grooving to the beat
at break time.
29 Feb 2020



The Film-It Club core team
Photo Walk 29 Feb 2020.



Participants of the
'Innovative Minds -
Science Project Competition'
1 Mar 2020



Personality Development Sessions
conducted by Mr. Danny Demello,
founder of EduKamp.



Class Excursions
12 Feb 2020



The Rubik's Cube Challenge
15 Feb 2020.



Don Bosco bid farewell
to SSC students
22 Feb 2020.



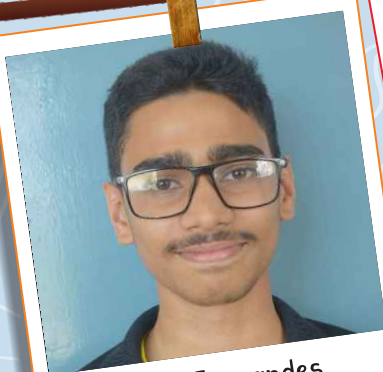
Where there is a will
there is a way.
DBHS Night School



One Nation Reading Together
24 Feb 2020.



Talk on First-Aid by
Jovito Lopes
3 Mar 2020.



Cyrus Fernandes,
1st place at Taluka Level,
Talent search Guitar
Org. by Dir. of Art & Culture,
Goa. 6 Mar 2020



Class Recollection
Reviewing the year gone by.
6 Mar 2020



IN OTHER WORDS



म्हजी आवय

म्हजी आवय म्हजी आवय
कितली वरी म्हजी आवय

वरें वरें जेवण करता
नवें नवें कपडें हाडटा

खेळ खेळपाक म्हाका शिकयता
अभ्यास करपाक म्हाका लायता.

दुयेंत पडल्यार वखद दिता
वरीं वरीं गितां गायता

वायट केल्यार तापयता
व-यो व-यो काणयों सांगता

म्हजी आवय म्हजी आवय
कितली वरी म्हजी आवय.



Roshan
Hembrom
V C

गरमी का मौसम

गरमी का मौसम जो आया
सूरज ने अपना रंग दिखलाया।
हवा चली है गरम - गरम,
पसीना बहाते चले हम।

आइस्क्रीमवाला ललचाता,
घंटी बजा बजाकर बुलाता।
तरबूज, आम आते सब ओर
ठंडा पानी ही भाता अब तो।

भावा ले जाते समुद्र किनारे
मस्त पानी में जाते हम सारे।
छुट्टी स्कूल की हुई जहाँ
नानी के घर को चले वहाँ।

दिन भर रहते घर पर हम
खेलते सब मिलकर लूडो केरम।



Roshan
Hembrom
V C

म्हजो भारत म्हान

सगळ्यां देशांचो इश्ट कसो
म्हजो भारत म्हान,
खंयचोय देश तो जांव
श्रिलंका नेपाल वा भुतान
मदत करपाक सदांच आमी
तयार. . . .

आमच्या देशाक स्वच्छ करप
हेंच आमचें काम
स्वच्छ भारताचो आंदोलन
चलोवपी
म्हजो भारत म्हान. . . .

सिमाचेर वीर जवान
दितात आपलें प्राण
आनी आमी घरांत म्हणटात
जय जवान जय किसान
म्हजो भारत म्हान. . . .

Ananth Sharma
VII C

एक भारत श्रेष्ठ भारत

भारत एक ऐसा देश है जो विविधता में एकता का श्रेष्ठ उदाहरण है। हमारा देश दुनिया का सबसे अनोखा देश है। हमारे भारतवर्ष में कई तरह के लोग रहते हैं। हमारे देश के हर कोने में एक अलग संस्कृति, अलग भाषा, भिन्न-भिन्न प्रकार के खानपान तथा अलग-अलग तरह का रहन-सहन पाया जाता है। लेकिन हम सब को जो बांधे रखती है, वह हमारी एकता है। इस एकता को और मजबूत बनाने के लिए भारत सरकार ने 'एक भारत श्रेष्ठ भारत' जैसी एक अनोखी और प्रभावशाली योजना शुरू की है।

इस योजना का उद्देश्य है भारत की एकता और शांति को बढ़ावा देना है, भारत के अलग-अलग भागों में रहने वाले भारतीयों के बीच भाईचारे का संबंध स्थापित करना, विभिन्न कार्यक्रमों के आयोजन द्वारा लोकप्रिय बनाना है।

हम सब भारतीयों का यह कर्तव्य है कि इस योजना को सफल बनाने में सरकार की मदद करें और हमारे भारत देश को श्रेष्ठता के शिखर पर ले जाएं।



Aditya
Shivale
X D

Résolutions De Nouvelle Année

Les résolutions des Nouvelle Année sont faciles à faire mais difficiles à conserver. Si vous sentez que vous êtes le seul à ne pas respecter vos résolutions, vous ne l'êtes pas. La liste des résolutions de la nouvelle année est très longue. Si vous voulez vous préparer aux meilleures chances de succès commencez par ces conseils astucieux pour prendre de meilleures résolutions aux quelles vous pouvez réellement vous en tenir :

- Ø faites des résolutions plus petites... Ø soyez précis avec vos objectifs.
- Ø rendez vos résolutions publiques. Ø planifiez votre suivi..
- Ø vérifiez régulièrement avec vous-même. Ø notez vos objectifs.

Ces étapes fonctionnent vraiment.

Taresh
Mendes
IX C

A LEMBRANÇA DA MINHA ESCOLA

Não acredito que já estou ao fim da minha carreira nesta instituição. Ainda me lembro de ter entrado nessa escola como um pequeno rapaz e hoje com orgulho posso dizer que cresci no, um inteligente e disciplinado adolescente.

Sou grato aos meus professores e a todos os outros que me ajudaram a crescer na minha escola. A escola deu me muitas oportunidades no campo com os desportos e também em cantar para várias ocasiões, e por isso sou muito grato. Gostaria de desejar aos meus colegas as melhores para os exams que seguem do SSC, e sem esquecer os desafios que eles enfrentarão.

Dion
Nunes
X D



Brain Teasers

A man rode into town on Monday. He stayed for three nights and then left on Monday. How come?

(Ans) Monday is the name of his horse.



Art-Effects Extra ordinaire



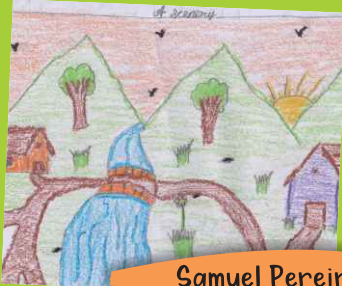
Hrehaan Sheikh
IB



Ojas Verekar
II B



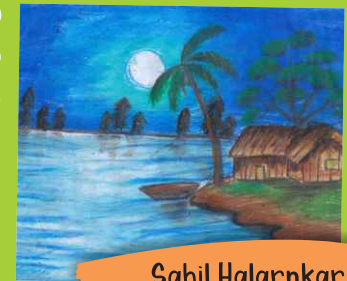
Shane Pereira
III B



Samuel Pereira
IV A



Rishab Karishetty
VI B



Sahil Halarankar
VII B



Selvin Gonsalves
VII B



Shelton Rodrigues
VIII D



Joshua D'Mello
IX A



Seymour Ferrao
X A



Lenny Froes
X A



CREATIVITY is...

Not Safe

In the playground at the back of my house there
has been some changes
They said, 'The climbing frame is not safe', so they
sawed it down.
They said, 'The paddling pool is not safe',
so they drained it dry.
They said, 'The see-saw is not safe',
so they took it away.
They said, 'The sand pit is not safe',
so they fenced it in.
They said, 'The playground is not safe',
so they locked it up.

Sawed down
Drained dry
Taken away
Fenced it
Locked up
How do you feel safe??



A Glimpse Around

One fine morning as I was
rushing to get to school,
something caught my eye. The
wall situated directly opposite

our main entrance had life infused into it, in bright hues of
vibrant colours.

On asking around, I discovered that this beautiful piece of
art was the work of a visiting artist Solomon Souza, the
grandson of the profound artist of Goan origin F.N. Souza
who was invited on the behest of the Government of Goa to
breathe life into many blank walls of buildings in and around
the city of Panjim and also in his village of origin- Saligao.

The art work depicted a
Kenyan born sprinter of
Goan origin Seraphino
Antao nicknamed 'The
Cheetah'. He was one of the
world's fastest men winning
a gold medal for Kenya
during the 1962 Common



Wealth games, marking a historical international first for
an Indian runner.

Let's strive to preserve and protect these wonderful art
installations and leave them as a legacy for posterity.

An Ode to "Her"

She needs your love
Not your hate
Treat her well
Before it is too late.

Give her the
support
And believe she can
Watch her work
wonders
With bare two hands

Give her wings
Let her soar high
She too has dreams
To live her life.

A Mother, a Sister
A Wife she is
Respect her well
That's her ultimate
bliss.

Students of
VII C

Life is like a roller-coaster. Our aspiration is the
power that drives it. Aspirations will define our
career which ultimately will determine our
happiness, status, our lifestyle and relationships.
Therefore it is so important to discern and
recognize an appropriate career path. From a
tender age we aspire to be different things.
Parents very often guide us on career choices
based on their experiences and expertise. While
keeping their advice in mind, eventually we ought to

Our Future
Depends On
Our
Aspirations!

Maldini A.
Pereira
IX D

pursue a career that we are insanely passionate about, something that challenges and excites us to
explore and discover our strengths.

Our future is generally decided by the aspirations we have. A life without aspirations or goals is a life
without direction. Achievement is largely the product of steadily raising one's level of aspiration. Within our dreams
and aspirations, we find our opportunities.

We have only one shot at life. If we are going to spend a large chunk of life at work, we better make sure that we enjoy
what we do. Mark Anthony aptly said, 'Do what you love and you will never work another day!'



Brain
Teasers

What unusual property do the words FLOUR, TERN, and THIRSTY have in common?

(Ans) Remove one letter from each word and they all spell a numeral.

INTELLIGENCE? HAVING FUN

With Gratitude

SSC Batch
2019-2020

It seems like only yesterday that we set foot on this campus and how the years have rolled by! It's that time of our lives where we leave our safe haven. We, the SSC students thank God for the blessing of this institution. Looking back we can proudly say that there couldn't have been a better school than Don Bosco High School, Panjim for us. We have learnt beyond boundaries, explored our strengths and worked on our limitations, created strong healthy bonds and built memories which will always be cherished. We came with small dreams but we leave with big ambitions and aspirations. All the remarkable things we have achieved in this school are no mere accident or coincidence. It is through perseverance and dedication of our parents, Principal, teachers, counsellors, support staff and the inspiration to learn from one other that has played a vital role in all our accomplishments whether academics or co-curricular activities. We surely have become better people. We remain indebted!



As we leave the portals of this school, we undoubtedly will be faced with challenges but we promise to give our best and continue to work with diligence, confidence and positivity. We step out of this institution with our heads held high, a clean heart and a bag overflowing with fond memories.

If controlling laughter in a silent classroom was the most challenging thing to do then, I now realize that controlling our tears as we bid goodbye to our Alma-Mater would be a million times harder. God bless and farewell.

My experience as a first aider at Don Bosco High School, Panjim was a pleasant learning journey. Here are a few things that I would like to share with you from my personal diary.

1. Gain as much knowledge as possible by attending workshops, training programmes, interacting with experts and reading.
2. Attain the highest level of sensitivity. Treat any injury or condition with utmost care and concern.
3. Learn to be reassuring and positive. The most intense pain can be alleviated with words of encouragement and comfort.
4. Be quick, prompt and purposeful. Try to learn the skill of using improvised methods in the absence of a first aid kit.
5. A first aider can provide care, prevent worsening but can never substitute a doctor, so never hesitate to call for medical help if required.

**Safety First,
Safety Always**

By
Muriel
Proenca



From The Counsellor's Desk IF YOU BELIEVE..... YOU CAN!

We're all part of this whole wide world that brings along with it a bag full of responsibilities, struggles, potentials, goals, hard work and much more. But do we really carry this bag as responsible citizens? Or are we content with what has been passed onto us by our ancestors and parents?

Well the only person who knows you best is YOURSELF, as you know your strengths and weaknesses, and you have the ability to maneuver your thoughts, actions, and feelings in the right direction. You are born to achieve and you are capable of much more than you may think. The most important is the feeling of wanting to achieve more or achieve higher. Here are a few principles that can guide you to achieve excellence:

- | | | |
|--------------------------------------|---------------------------------|------------------|
| 1. Have the hunger for excellence | 5. Go all out; Work really hard | 9. Never give up |
| 2. Believe that you can do it | 6. Learn from the best | |
| 3. Build concrete strategies & plans | 7. Focus your efforts | |
| 4. Do not limit yourself | 8. Be adaptable | |

Strive to be the best version of yourself!



A boy was rushed to the hospital emergency room. The ER doctor saw the boy and said, 'I cannot operate on this boy. He is my son.' But the doctor was not the boy's father. How could that be?

Ans) The doctor was his mom.

Brain Teasers

BEING HOLY THE DB WAY!

In Solitude with Our Maker!
The newly constructed Blessed
Sacrament Chapel at Don Bosco Panjim.



'Respect and Care for God in Humanity.'
Friends of Dominic Savio,



'Our Father and Our Founder'.
Feast Day - 31st January 2020



Community Prayer time



'Celestial Harmony.'
Our Choral Group.



'Our Vibrant Acolytes.'
Altar Servers of the Shrine of
Our Lady of Fatima,
Don Bosco, Panjim.

Make The Season Meaningful.

SLOW DOWN: set aside 10 minutes a day for silent prayer or meditation.

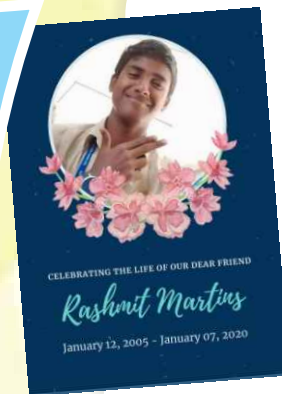
BE KIND: Go out of your way to do something nice for someone every day.

REACH OUT: Spend time with the old, the orphans and the marginalized.

PRAY: Especially for people you don't like and for people who don't like you.

TUNE OUT: Turn off the gadgets and spend quality time talking with family members and friends.

Memories Bring Back You....



I know you're up there
Looking down at all of us now
It feels so incomplete
Without you around.

Nothing seems the same
From the time you went
I wish you were here with us
To go forward hand in hand.

For the first time in forever
I really understand
How much you really mattered
And the true value of a friend.

Reagan Cardoso
9 A

BOSCO CAMP O MANIA



Where: Don Bosco Sulcorna
When: 1st - 3rd April 2020
Who: Boys from class VII - IX



Where: Don Bosco Panjim
When: 27th - 28th April 2020

For further details contact:- Fr. Avin Carvalho / Fr. Joel D'Souza / Br. Nigel Pinto