



NAVA VANI

A Quarterly Newsletter of AUXILIUM NAVAJEEVANA- A Home for girl children at risk

Volume - 3

Issue – 3 (Feb to May 2015)

(For Private Circulation only)

Editorial

Gratitude unlocks the fullness of life

"Gratitude is the key to opening all doors" are the words of Lailah Gifty Akita. Gratitude means thankfulness, counting one's blessings, noticing simple pleasures, and acknowledging everything that one receives. It is the state of being thankful and a mindful acknowledgment of all that we have been given. It is a reminder that one can always find reason to be glad. **"Let us be grateful to the people who make us happy; they are the charming gardeners who make our souls blossom"** says Marcel Proust. Gratitude means learning to live one's life as if everything were a miracle. It opens our hearts, encourages us to savor each gift that comes our way, and magically frees us from jealously guarding our possessions. It lets us celebrate today rather than waiting for the next level of accomplishment or wealth. Gratitude keeps us connected to our source of supply, or whatever we call energy, God, or the origination of everything. Gratitude also includes being grateful not only for what we have, but who we are, the opportunities that have come our way, and the skills and health we might enjoy. It includes our strengths and weaknesses, challenges and gifts and shifts our focus from what our life lacks to the abundance that is already present. Gratitude therefore takes nothing for granted, is never unresponsive, is constantly awakening to new wonder of the goodness of God. Indeed it does unlock the fullness of life.

"Research Shows that Gratitude Heightens Quality of Life". Accordingly Dr. Emmons' research shows that those who practice gratitude tend to be more creative, bounce back more quickly from adversity, have a stronger immune system, and have stronger social relationships than those who don't practice gratitude. When we focus on the abundance in our lives, we discover a greater capacity for generosity, cheerfulness, and contentment. **"Saying thank you-a simple thank you-leads people to view you as a warmer human being and consequently be more interested in socially engaging with you, continuing to get to know you, and to build a relationship with you,"** expresses Bartlett. Giving thanks makes people happier and more resilient, it strengthens relationships, it improves health, and it reduces stress. When we say **"I am Grateful"** we are showing a feeling of appreciation. The results of the study indicated that daily gratitude exercises resulted in higher reported levels of alertness, enthusiasm, determination, optimism, and energy. In addition, those in the gratitude group experienced less depression and stress, were more likely to help others, exercised more regularly, and made greater progress toward achieving personal goals. **"Thank you"** can be an incredibly powerful pair of words, especially if the person you're thanking really needs to hear them, or isn't expecting them. **"Gratitude should be spelt Greatitude because it is really a great attribute of a person"** teaches Colin Belyea.

"The thankful heart and a praying mind are the revealer of the secrets of beauty" says Toba Beta. Expressing gratitude is a rewarding habit that affirms the grace of the giver. **"For the grateful person knows that God is good, not by hearsay but by experience and that is what makes all the difference."** echoes Merton. To be grateful is to recognize the Love of God in everything He has given us and He has given us everything. Every breath we draw is a gift of His love, every moment of existence is a grace, for it brings with it immense graces from Him. **"Dare to Be When a new day begins, dare to smile gratefully reminds Steve Maraboli,** Genuine gratitude helps us to see the little things in life that are often overlooked, yet so precious." **"Cultivate the habit of being grateful for every good thing reminds — Emerson** **"When we give cheerfully and accept gratefully, everyone is blessed"** adds Maya Angelou. Albert Schweitzer echoes **"We often take for granted the very things that most deserve our gratitude."** At the conclusion of the academic year shall we say thanks to one and all remembering that **Gratitude unlocks the fullness of life?**

Sr. Jacintha Lobo, Editor – Nava Vani

AUXILIUM NAVAJEEVANA - CHAMRAJPET



Talent - Hunt - February 2015

"Gratitude is not only the greatest of virtues, but the parent of all others" is the saying of Cicero. To express solemn gratitude for all the God - given talents the whole month of

February was set aside to hunt the precious talents hidden within oneself. Accordingly variety of competitions were held in - Rangoli, Singing,

Essay Writing, Craft, Public Speaking, Quiz, Drawing and Story Telling. All the children participated in most of them and were delighted to discover their unique gifts and talents.



Bi -Centenary Celebration of the Birth of St. John Bosco - 03. 02.15

"That a man is successful who has lived well, laughed often, and loved much, who has gained the respect of the intelligent men and the love of children..... who looked for the best and gave the best he had" is the quotation of Robert Louis Stevenson.



The whole gathering rejoiced at the personality of St. John Bosco the father and the friend of the young who looked for the best in others and gave the best he had. As a mark of respect a grateful homage was paid to him through a well prepared cultural programme consisting of dances, songs, skit and jokes. The day ended with a festal dinner.



Annual School Day - BBMP High School -07 . 02 . 2015



"Acquire the grateful habit, learn to see how blest you are, How much there is to gladden life, how little life to mar... Be grateful that you can recall the joys that you have had" is the exhortation of Edgar Guest. On this memorable day the High School . Children began to recall the joys that they had during their academic year

and wholeheartedly participated in the cultural activities. They were glad to receive prizess - Anitha of Std.IX won I place in Shot Put. Sneha K. won medals, certificates in Kho Kho and Relay respectively and also first prizes in Recitation and Drawing.The Sisters and the Staff congratulatd them.



Neighbours' Day - 10 . 02 . 2015



"Love Thy neighbour as thyself." Neighbours are the members of our extended Family. We were very happy to have an informal Get to gether with all our neighbours which helped us to know

and appreciate each other better.They were given a tea party and a lively cutural praogramme .They in turn expressed their sentments of gratitude for being good neigbours to them.

Session on Life- Skills - 10.03.2015

"Gratitude is the fairest blossom which springs from the soul" is the expression of - Henry Ward Beecher. The Children expressed their gratitude to Miss. Vidhya of ANC Rainbow who had a session with them on life - skills.

It started with a name introduction game. The children enjoyed it as they put in their best energies. Later the group was divided into 6 teams and each team was provided with plenty of balloons. The facilitator did explain the importance of time & time management in their daily life. The students promised that hereafter they would make the best use of time allotted to them.



Ugadi Celebration



"Once you become oriented toward looking for things to be grateful for, you will find that you begin to appreciate simple pleasures and things that you previously took for

granted". The children celebrated the feast of Ugadi on 21st March. They went to the temple to implore God's blessings so that the New Year may be filled with joy and happiness. In the evening they had festal snacks which they themselves helped to prepare and enjoyed it to the full.

Parents' day

"Gratitude gets us in tune with the source of everything that comes into our life".

We celebrated the annual parents' day for which 40 parents were present. They had two games followed by a few cultural items. Sr. Jacintha spoke on the responsibility of the parents in the education of their children. All were happy with the annual day celebration. Together with their children they had snacks – a memorable moment indeed. Thereafter they took their children for summer holidays.



AUXILIUM NAVAJEEVANA – JJR NAGAR

ORANGE DAY

Human Trafficking - 25.02.2015

"Life is a gift and we have to save it". As usual we celebrated the orange day in a unique way. The children were motivated



to pray for the victims of Human Trafficking. Sr. Leena helped them to compose two songs on – Human Trafficking and learn them by heart as well. It was a touching experience.

Day with God - 02.02.2015

"Life is a wonderful gift from God" was the theme for the day. Life is meant to be enjoyed with its ups and downs joys and sorrows, happiness and difficulties. But we take it for granted. God has blessed us with so many gifts and talents we need to use them for a greater purpose taught Sr. Swarna as she spoke to them on this day.



Learning many trades like Don Bosco - 26.02.2015

"Through Gratitude all things are possible, remarkably, the more I show my appreciation, the more those gifts multiply. It seems as though I am looking through a whole new lens" says Michelle. In order to multiply their talents, Children decided to imitate St. John Bosco for a while, as they ventured into learning many things.

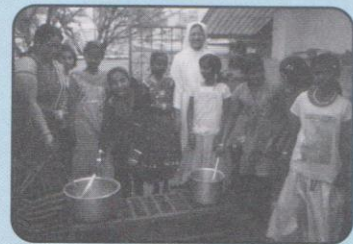


Hand Work

The children took keen interest in making various trinkets for themselves like chains, bracelets, anklets, hair bands etc.

Cooking

Mrs. Jayanthi came to teach cooking for the bigger children. This time they wanted chicken biriyani and all together they succeeded in learning and preparing it. The Sisters and the Teachers congratulated them.



Stitching

Can you imagine these children stitching their own costumes for the various stage programmes. Are they not looking so beautiful? When followed with patience many things can be achieved even from the small children.



AUXILIUM NAVAJEEVANA – Kammanahalli

Neighbors and Benefactors day

"Gratitude is something of which none of us can give too much. For on the smiles, the thanks we give, our little gestures of appreciation, our neighbors build their philosophy of life." is the experience of - A. J. Cronin

The joyful Neighbors and Benefactors day was on celebrated on February 22nd. The programme began with lighting of the lamp. Sr. Lizzie was the chief guest for the day. Sr. Bridget welcomed the gathering and the Girls performed many cultural items - dances, songs and skit on Don Bosco. Dr. Balveena our benefactor shared her experience of Navajeevana and how she was inspired to help. There were 55 neighbors and benefactors present. Sr. Lizzie spoke on Don Bosco and thanked each one for their help and support.

Two girls expressed their sentiments of gratitude to all those who were present. All participated in the festal Tea party.



Animation on Life Skills

"Gratitude is a fruit of great cultivation; you do not find it among gross people" reminds Samuel Johnson. The Girls expressed their gratitude to Mr. Guru Prasad and his team of Mentors Together during the half day workshop on February 28th on life coping skills. The Girls were helped to know about themselves through a questionnaire. Pavithra says "this evaluation helped me to know my weaknesses and strengths and also inspired to use my energy for a better purpose."

Parents and Mentors day

"Truly appreciate those around you, and you'll soon find many others around you. Truly appreciate life, and you'll find that you have more of it." - This is the life- style of Ralph Marston .To appreciate truly

the Parents and the Mentors a day was set apart for which Mrs. Anitha Shivakumar, the Chair Person of Child Welfare Committee - 2, Fr. Balraj.J the Parish Priest of Pius X Church, Mr. Kulkarni Member of CWC- 1 and Sr. Jacintha our



animator were present. The programme commenced with the lighting of the lamp. The cultural events were performed well by the girls and even the International Women's day was remembered in a solemn manner. The Special Guests of the day spoke on the role of women and exhorted the Navajeevana Girls to become the valiant women of the Society. Sr. Jacintha spoke on Don Bosco as a mark of respect during this bi- centenary celebration. Uma of II PUC shared her seven years of experiences at Navajeevana as a home and a mother when she had lost her own mother and expressed her heartfelt gratitude towards all. The Mentors too shared their experiences of mentoring and the Parents were happy to witness a meaningful performance. All participated in the festal lunch.

Skit Competition

"We shall always treasure the wonderful times shared with amazing people" recalls Lailah Gifty Akita. The girls recalled the amazing personality of our founder and father Don Bosco on 29th January as each group prepared a skit for 3 minutes with introduction and conclusion for the skit competition. The Laura Group won the first prize and all congratulated them.

Essay Competition on Don Bosco

Train yourself never to put off the word or action for the expression of gratitude."- Albert Schweitzer. Training the girls in many skills especially that of improving in writing skill, an essay competition was organized on March 11th 2015. They could write anything on Don Bosco up to 300 to 350 words only. Shilpa of class 10th won 1st prize, Sapura of I PUC won the 2nd and Valli of 1st PUC won the 3rd prize respectively. The Sisters and Staff congratulated them. They were grateful for the opportunity offered.



Picnic to Snow City

"The thankful receiver bears a plentiful harvest."
- William Blake. The Girls sang the gratitude song as the Mentors together took all our girls in 2 batches on March 28 and April 15 to snow city for a day of outing. Sr. Bridget and Sr. Susie accompanied them. They played almost in the snow after which they proceeded to a painting museum. They were taken to a hotel for the meals and returned home happily enjoying the day.



Navajeevana wishes success to Miss Uma and Miss Mary Padmini at the completion of their 2nd PUC and special blessings of God Almighty as they are going to a new place for their higher education.



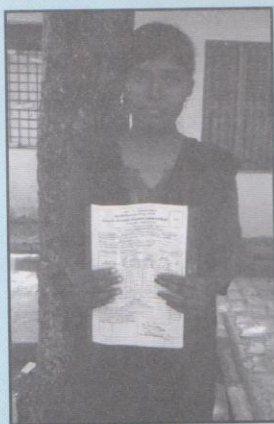
Congratulations to Miss Sapura of I PUC for scoring 82% in her annual exams.

Congratulations to 10th students for their results: Amrutha 69% scores the highest among all.



AUXILIUM NAVAJEEVANA – RAINBOW

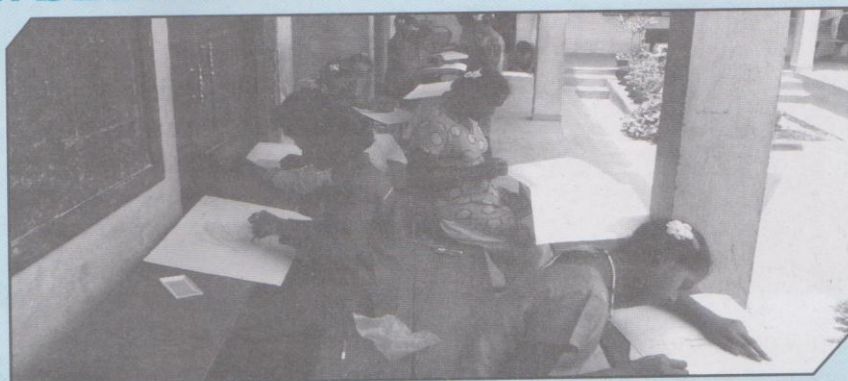
Success Story - Education



I am Amrutha, got 69% percentage in 10th examination. I am delighted to express my sentiments of joy and gratitude to everyone who were responsible for this success.

It was the wonderful moment that I would like to share with you all. I

stood first in the overall performance in our school and I was awarded a cash prize of Rs. 300/-. I was overjoyed to receive the prize from our area corporate. I am Divya.



Summer Camp-Extra Curricular activities

11th April 2015 the whole day was animated by Mr. Lokesh. He motivated the children in a creative way through stories and variety of activities. In the afternoon there was a session on story narration and mimicry. The children were provided with a chart paper and asked to draw a tree. On the branches they wrote their future goals. This was presented in the exhibition and children were asked to have a look at the goals of their friends as well.

Children's Participation and leadership

12th April 2015 children had the talents day. Group wise they went to the market to get things for the cooking competition and in the afternoon they prepared various dishes.



Besides this, there was also craft, solo singing and dance competitions as well. Children exhibited their multi- talents. We congratulated them.

13th and 14th April 2015 two days were animated by Mr. Santhosh. He animated the children through videos and energizers on leadership. With various stories and examples, he explained who is a leader, how the leader should behave with their subordinates and the qualities of a



energizers on leadership. With various stories and examples, he explained who is a leader, how the leader should behave with their subordinates and the qualities of a

good leader, management of time etc. He taught how to have a realistic goal, time management and the positive influences of Mass media in life.



16th April 2015 after a good preparation there was the camp fire after supper. Many guests joined us to mark this happy moment. Children on their own presented action songs, skit, fashion show, group dance etc Every one enjoyed to their heart's content.

17th April 2015 we concluded the summer camp. The



Special guests of the day were Mr. Vijayakumar – Member CWC – 1, Mr. Narashima from Educational Department and Mr. Ramchandra (H.M of Bennipet School). Mr.

Vijaykumar gave a speech addressing the children to think about their life. He narrated a beautiful story. With a grateful note the summer camp was concluded.

SURFING

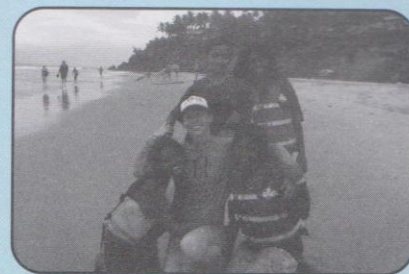


"Sky above our heads, sand beneath our feet life is good". On 18th evening 26 children along with 3 staff and a Sister started their journey to Kerala Auxilium Convent, Pallurthy. On 20th

April went to the resort at Varkala in Kerala for surfing. Mr. Jack and his team welcomed our children. There were 17 volunteers.

It was a first experience for some of our children and the staff. Every day the children enjoyed surfing and in the evening spent time in the swimming pool. They learnt how to surf in the sea shore. Daily with a prayer they started this programme. They had pleasant time in the water and in the dining table as well. The foreign Guides took great care of them. The Children in turn loved the surfing team very

much and expressed their gratitude through a meaningful cultural programme consisting of dance, drama, skit and song. They received T-shirts, chapels, hair bands, sun-glasses, bras light, chain and dollar, tooth brush, Colgate and play things from the Surfing Team.



Experiences of the children

My Name is Pavitra. I like Kerala Picnic. With Tanner uncle I enjoyed so much. He taught me how to swim and he played with me. Really he is a lovely uncle. Thanks uncle for your love.

"Auntie Shannon" We cannot forget her, Really we miss her a lot. Whenever we had health problem she took care for us. She put for us nail polish, mehndi and danced with us. We enjoyed so much.

Staff Picnic



Talkudu and Bhara Chukki in Mysore. All the staff participated in it with great joy. They rose very early to prepare the food and spent a good time in the vehicle dancing, singing and shouting to their hearts' content. They played in the water and enjoyed boating too. They felt so happy and lucky to visit this place.

"Nothing is better than a picnic" echoes Zoey and Dschanel." An enjoyable picnic was arranged for all the Staff of Navajeevana on 3rd March 2015 to Gangana Chukki,

Ambedkar Jayanthi

Ambedkar Jayanthi: "Life should be great rather than long" said Ambedkar. As we remembered him on his birthday on 14th April some volunteers of



Karnataka State All Regional Association Committee arrived to be with the children. They inaugurated the programme and talked about Dr. B.R Ambedkar's contribution in the writing of the Constitution of India. They entertained the children with cultural items and distributed sweets as well.

Children's Corner

Golden Hints for Happy Life

- **Bloom**
Where you are planted
by making your life and
place a beautiful vegetable
and flower garden.
- **Be patient**
When things don't go according
to your ways of
thinking and acting.
- Limit yourself to needs and
donot go for wants.
- Let God dispose everything as he wills
- **Extra mile**
Don't loose any opportunity
that God in his goodness
gives you to serve.

SMILE

A smiling face is does not mean
There is no sorrow. It rather mean
That they have courage with it
so keep smile always !



Cute Thought

Coins always make sound
But the currency notes always silent
So when your value increases
Keep yourself calm and silent



Kavya A., 8th Std.

Life

Life is a cricket
Don't loose your wicket
Trip to get century
Never forget your boundry
Even if your run over
Never become mood out
Keep smiling

Deepa, 8th Std.

Experience

To understand something
You need knowledge
But to feel it
You need experience

Rajeshwari, 7th Std.

ಮನಸ್ಸು

ಮನವೇ ಕೊರಗದಿರು ನೋಡಿ ಈ ಮನವು
ತನು ಮನ ಧನವೆಂಬ ದ್ವೇಷದಿಂದಲ
ಮನ ಕುಸಿದು ಬೀಳುತ್ತಿಹುದು ಕಷ್ಟದಿ
ಈ ಬದುಕಿನ ಬವಣೆಯ ಪದೇ ಪದೇ ಸ್ವೀಕರಿಸಿ

ಐಶ್ವರ್ಯ
9ನೇ ತರಗತಿ

ಮೌಲ್ಯ

ಯುಗ ಯುಗಗಳೇ ಕಳೆದರೂ ಜಗದಿ
ನಾ ನೆಲೆಸುವೆ ಪ್ರೀತಿ ಪ್ರೇಮದಿಂದಲ
ಸಾರುವೆ ನಾ ಪ್ರೀತಿಯ ಮೌಲ್ಯವ ಕವನದಿ
ತೋರುವೆನು ನಾ ಶಾಂತಿ ಸ್ನೇಹದಿಂದಲ

ಜಾನ್ವಿ
8ನೇ ತರಗತಿ

ನಮ್ಮ ಆಲೋಚನೆಗಳೇ ನಮ್ಮನ್ನು ರೂಪಿಸುತ್ತವೆ
ಆದ್ದರಿಂದ ಏನನ್ನು ಯೋಚಿಸುತ್ತಿರೋ ಅದರ
ಬಗ್ಗೆ ಎಚ್ಚರದಿಂದ ಇರಿ

ಅನಿತ ಎಂ.,
10ನೇ ತರಗತಿ

ನುಡಿಗಳು

ಮನೆಯೇ ಮೊದಲ ಪಾಠಶಾಲೆ
ಜನನಿಯೇ ಮೊದಲ ಗುರುವು
ಜನನಿಯಿಂದ ಪಾಠ ಕಲಿತ
ಜನರೇ ಧನ್ಯರು

ನಂದಿನಿ
5ನೇ ತರಗತಿ

ತಿ

ಉಡುಗೊರೆ

ನಿಮ್ಮ ಬದುಕು ಸುಂದರವಾಗಿದ್ದರೆ
ಅದು ನಿಮ್ಮ ತಂದೆ ತಾಯಿ
ನಿಮ್ಮಗೆ ಕೊಟ್ಟ ಉಡುಗೊರೆ
ನೀವು ನಿಮ್ಮ ಬದುಕನ್ನು
ಸುಂದರವಾಗಿಟ್ಟುಕೊಂಡರೆ
ಅದು ನೀವು ನಿಮ್ಮ ತಂದೆ ತಾಯಿಗೆ
ನೀವು ಕೊಡುವ ಉಡುಗೊರೆ

ಅನಿತಾ ಎಂ.
10ನೇ ತರಗತಿ



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