



# NAVA VANI

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

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## Editorial

### WAKE UP THE WORLD

“Oh Wake up the World! And sleep no more. Oh Wake up the World to save your old friends from darkness and despair” is the melody of the people of goodwill. Nhat Hanh states “The real power of the Buddha was that he offered revolutionary teachings that resounded like a lion's roar, like a great rising tide, helping people to wake up”. Even the noble call of great leaders and luminaries down the centuries was “Wake Up Everybody”- wake up all the teachers, time to teach a new way, wake up all the doctors, make the old' people well, wake up all the builders, time to build a new land. “The world won't get no better, If we just let it be, We gotta change it, yeah, just you and me” – and this song continues on. However we need to realize that we are not in a race to win or to see who finishes the strongest, but need to stop for one second and ask ourselves - where are we going and what is the hurry? What are we doing and why? When we can answer these questions then humanity will finally wake up. In this process “Perseverance is a great element of success. If you only knock long enough and loud enough at the gate, you are sure to wake up somebody” reminds Henry Wadsworth Longfellow.

We as individuals need to wake up to grow in grace and wisdom. As Davis would share his plan of action “I'm always thinking about creating. My future starts when I wake up every morning... Every day I find something creative to do with my life”. In fact many people are creative and are striving to be happy and find a personal and collective state of joy and peace. When we face this enormous so-called challenge of becoming happier, we realize that there is no other form of growth than self-development, and that this journey is all about self-discovery. As the great Civil Rights leader, Martin Luther King Jr. once said, “Almost always, the creative dedicated minority has made the world better.” Thanks for your time and remember that to change the world you must first change yourself.

My simple recipe for a joyful day is this: Stop and wake up; Wake up to what? Wake up to **Surprise**. As long as nothing surprises us, we walk through life in a daze. We need to practice waking up to surprises and stop taking everything for granted. Hence we need to be **aware of opportunities, respond alertly and review regularly** to continue this process. Once we are in practice of being awake to surprises and being aware of the opportunities at hand, we will spontaneously be alert in our response. The more we practice awareness of the countless opportunities to simply enjoy, the easier it becomes to recognize difficult or painful experiences as opportunities, as gifts. **Can we glean some wisdom and insight from other luminaries and experts to wake up ourselves before waking up our world?**

## God Experience – 05.10.2014



**“Prayer needs no speech”**– M. Gandhi (Autobiography). During this month, Rev.Fr. Steven Sdb animated “a prayer moment - an hour with God” for the Rainbow children. He spoke to them on the importance of prayer and taught them to thank God for the daily favors received. They enjoyed this creative way of praying and also learnt a few action songs. Besides this, through small stories and anecdotes he reminded them to respect self and others, to be responsible in one's studies and help their friends whenever possible.

## Visit to the Blind School – 10.10.2014



**“Make a difference by a deed of kindness.”** 25 Rainbow Children along with five Staff decided to make a difference

in their lives by visiting a Blind School. Accordingly they went to 'Shree Ramana Maharishi Academy at J. P. Nagar where they were warmly welcomed by the children residing there. They had friendly interactions with the visually impaired children and began observing the variety of activities they were able to perform so beautifully - study, dance, drama, gardening, milking the cow, selling milk, cardboard box making; climbing the coconut tree and other works just like any other person. It was an inspiration for them to improve their ability and quality in whatever they do. “They made a difference in our lives by their kind welcome and sharing” echoed our children on their return.

## International Girl Child Day – 11.10.2014

**“Gratitude is the spontaneous leap of the heart to its source”** said Sr. Archana. With sentiments of gratitude for being born as a girl child all the children of ANC Rainbow Home gathered together to celebrate this special International Girl Child Day on October 11th. The programme started with a Prayer dance. Mrs. Poornima the State Co- ordinator of Rainbow Homes, Fr. Sony Mathew-



Bosco Director, Sr. Maria- Directress JJR Nagar, Mrs. Leela H.M. of G.K.M.P.School were the guests of the day. Mrs. Poornima explained the purpose of celebrating the International Girl Child Day. The rest of the Guests highlighted the rights of girl children in their messages. Thereafter the children presented a beautiful cultural programme to mark this great event and festal Tea Party was served for all.



## Picnic to Innovative Film City – 18.10.2014



**“Happiness is a wondrous commodity, the more you give, the more you have”** says Voltaire. The long awaited dream of going to the Innovative Film City became a reality for the 65 Rainbow Children and 11 Staff. It was a moment of happiness expressed as the gala time of sightseeing, shouting, singing, dancing in the bus. Everybody experienced a pleasant and a calm environment all around. The Guide explained in detail all about the Innovative City .There were many things to learn for

one's life and education. The Children and the Staff played in the Park and the water pool, for hours and hours together and enjoyed to their heart's content. Then returned Home thanking God for His marvels.

## Festival of Lights....22.10.2014

**“Your light must shine in the sight of men”.** Matthew 5:16. Yes there were lights everywhere as Deepavali; the famous festival of India was celebrated on 22nd October at Kammanahalli. Sr. Leema narrated the significance of this festival and animated the girls to reflect on God as light and our responsibility to walk in His light. The Candles were lit as a symbol of inviting God to one's life .Thereafter all had special dinner with special Deepavali dishes.



## Life Skills Programme – 04.11.2014



**“ Life skills boost your capabilities and help you face life problems with ease and confidence.”** In order to boost the capabilities of children a session on Life Skill Programme was conducted on the theme ME AND MY FRIEND. Children were given exercises to go back to their past and recall any one incident that they would not like to share with anybody. They were given a mirror and a lighted candle with appropriate instructions. After 10 minutes of deep reflection they were able to identify a particular incident and deal with it accordingly. Most of the children shared their happiness after the exercise.





## Children's Day – 16.11.2014

**“Children are God's Apostles, sent forth, day by day, to preach love, and hope and peace” says James Russell Lowell.**

The children of all the Navajeevana Centers gathered together to celebrate the Children's Day cum Sharing Day. The programme commenced with a prayer song, thanking God for the precious gift of children. This was followed by a meaningful cultural programme by all the children. Sr. Jacintha Lobo welcomed the respected Chief Guest - Mr. Bhava, the ex- MLA and Mrs. Divya Narayana the District Child Protection Officer. The Kuthuvilakku was lit by all the Guests and a child representative. Mr. Bhava spoke on



Jawaharlal Nehru and the specialty of Children's Day. Mrs. Divya, spoke on Children's Rights, on initiatives to be taken against Human-trafficking, on child marriage. She interacted with the children. Kumari Amrutha Std.10th proposed the Vote of Thanks.



In the afternoon the Children enjoyed a lot with the tokens that were given to them. They participated in games, purchased what they wanted, yelled and shouted to their hearts' content. Their joy knew no bounds. The day was concluded with the inspiring message by Sr. Margaret who stressing on the Right to Education Act encouraged the children to study well, aim high and have great hope in life.

## Day spent with differently abled friends - 29.11.2014

All of us went to Guanellian fathers home to celebrate World differently abled day Geddhalahalli on November 29th. Our children performed a Punjabi dance on thanking God. The situations of the entire people with different abilities touched us a lot and encouraged us to do a lot more as we are blessed with many gifts. Deepa of X std says “I was moved when I saw them with physical and mental disabilities. I was happy to see the young volunteers helping them. I too need to be one of them because I don't lack anything”. Sravani of IX std says “though they have no physical health they try to do everything and I have everything and I take for granted. I need to learn to be grateful”



## Don Bosco Youth Fest at Lingarajapuram - 30.11.2014

**“Be a blessing unto your fellow beings”** was the watchword of Lord Buddha. To become a blessing to other young friends, 32 Kammanahalli girls took part in the Bangalore Zonal Don Bosco Youth Fest at Lingarajapuram. All the programmes - quiz, advertisements, skit, pick and speak etc. were centered on Don Bosco. Girls won first prize in quiz. Uma of II PUC said “I was happy to participate in the Youth Fest. I learned many things about Don Bosco. I am happy to be in the house of Don Bosco”. Valli of I PUC echoed “I am happy to be a child of Don Bosco. I learned many things from the youth of different places. I need to grow in my self-confidence to mix with young people of the world”.





## Gratitude Day - 14.12.2014



**“Gratitude is the music of the heart”.** All the children and staff of Navajeevana participated in the annual feature of Thanksgiving Day. They expressed their gratitude to one and all through their dances, songs and skits. The life of Don Bosco was depicted in a picturesque way. At the conclusion of this great day all participated in the festal family meal.

## Christmas at Kammanahalli - 20.12.2014

**“The birthday of the Lord is the birthday of peace”-** said St. Leo the Great. The Christmas Celebration a celebration of peace commenced with a short prayer. The themes – Peace, Love and Joy were highlighted through a dance and a skit. Santa Claus distributed gifts to all. Sr. Jacintha concluded the programme with a message on Christmas. She exhorted everyone to love, share and care. Shalini of std. VIII said “I learnt that Christmas is a feast of love. Love everyone irrespective of caste, class, color and creed”.”



## We are a Family – 23.12.2014

**“A happy family is but an earlier heaven”** echoes John Bowring. On 23rd December the parents of ANC Family gathered for the meeting and the celebration of Christmas. Mr. Shivamallu, the C.W.C Member and Mrs. Poorinama, the State Co-ordinator were the resource persons. They spoke on the Goal of Education. The parents appreciated Mr. Shivamallu for his vibrant class which made them take more interest towards their children. Thereafter, they all



joined for the Christmas celebration - the birthday of Jesus, “Emmanuel –GOD with us”. The Children had prepared a small crib along with the staff and decorated the Rainbow home with balloons and tinsels. The cultural programme highlighted the Birth of Jesus. The final message was given by Rev Fr. Sony Mathew Sdb highlighting the special characteristics of Christmas.

## A day at Decathlon 26.12.2014

**“Put fiery enthusiasm in whatever you do”** reminds A.B.Zu Tavern. To awaken the fiery enthusiasm of Kammanahalli girls, Mr. Vinodh and his friend invited the girls for the sports competition on the occasion of the inauguration of their new ground on 26 December by Decathlon Anubhava an organization which supplies all the sports materials. 11 girls accompanied by Sr. Saleth took part in it. They had quiz on the sports items, played throw ball with another team and were happy as they won the second prize. The Sisters congratulated them.



## Pongal Celebration 14.01.2015

**“What marvels the Lord worked for us. Indeed we were glad.”** Psalm 126:3. The children of Chamrajpet shouted with joy as they held sugarcane in their hands to mark the festival of Pongal. They recalled the marvels of the Lord in His creation and for His unending bounty. They had a prayer session during which the hard work of the farmers was remembered and the significance of Pongal was explained. Thereafter all shared the family meal along with the specialities of this festival.



## Picnic - 19.01.2015

**“Enjoy the beauty of God's creation”** – invites Charles.S.D'Souza. The long awaited day dawned for the Children of Goripalya to enjoy the beauty of God's creation in the Deer Park. They played to their heart's content, had fun with each other, ate variety of food and eatables and finally participated in the Dance competition. On their return the winners were awarded prizes.



## Group Singing Competition-19.01.2015

**“Don't destroy your possibilities of growth and happiness”** warns Orison Swett Marden. In order to make the best use of the possibilities of growth and happiness, the children of Goripalya composed songs on St. John Bosco in their respective groups. They sang in groups and expressed their love and gratitude towards Don Bosco. The best groups were awarded prizes.



## Feast of Blessed Laura Vicuna - 22.01.2015

**“Death rather than sin”** – Laura Vicuna. On this joyous day the children of Chamrajpet remembered Blessed Laura Vicuna and her heroic sacrifice. During the prayer moment they thanked her for being such a great Role Model. The cultural programme consisted of a few incidents from her life. They also prayed for all the children of the world to become good and to enjoy their childhood.





## Orange day - 25.01.2015



On November 25th an inspiring introduction was given by Sr. Leema for the Orange Day which made everyone reflect upon the current situation in the world. It stated 'in place of commodities human beings are bought and sold'. Children were made to dress in orange and the prayer for the orange day was prayed together remembering our brothers and sisters who are victims of human trafficking.

**"You can be a winner all the time"** - say Gill Cox & Sheila Dainow. "Sr. Jacintha while inaugurating the sports day of Chamrajpet and ANC Rainbow encouraged the children saying you can be a winner all the time if you know how to take success and failure graciously. "Get focused and put in your best efforts" she exhorted. The children were happy to participate in variety of games conducted in honour of St. John Bosco. It was beautiful to see the big and small children participating as one group and playing together. The winners were awarded prizes.

## Games - 26.01.2015



## Republic day Celebration - 26.01.2015



All the Centers had Republic Day Celebration. However the Goripalya children had a special Kolata Dance to express their gratitude to the Country. After a meaningful prayer moment for the well being of all the citizens there was also a cultural moment to mark this day.



**Congratulations** to Amrutha, Anitha, Rekha, Monica for participating in the District level Sports at Kanteerava stadium and winning the prizes in Kabaddi, relay, 1500mts, 400 mts, 800 mts.

## Children's Corner



PAVITHRA K. 7th Std.

## ಶಾಲೆ

ಶಾಲೆಯನು ನಂಜ ನಾ ಶಾಲೆಯಿಂದ ಬದುಕೆನು  
ಶಾಲೆಯೇ ನನಗೆ ಹಣ್ಣು ಹೊನ್ನು! ಗೆಳೆಯ  
ಶಾಲೆಯೇ ಲೋಕದಲ್ಲಿ ಬೆಲೆಯುಳ್ಳದ್ದು  
ಕಲಿಕೆಯ ಹಾದಿಲ ಕಲ್ಲಲ್ಲ, ಸುಳ್ಳಲ್ಲ  
ಸಾಸಿವೆಯಷ್ಟು ಮೋಸವಿಲ್ಲ! ಶಾಲೆಲ  
ಕಂದಮ್ಮಗಳೇ ಕಲೆಯೋಣ ಬನ್ನಿ ಅಕ್ಷರವ

ನಂದಿನಿ, 9ನೇ ತರಗತಿ,

## ಪ್ರಕೃತಿ

ಚಿಗುರುವ ಲತೆ, ಅರಳುವ ಹೂವು ಇವುಗಳನ್ನು ನೋಡಿದರೆ  
ಮರೆಯುವುದು ನೋವು, ಆಗಸಕ್ಕೆ ಮುತ್ತಿಡುವಂತೆ ನಿಂತಿರುವ  
ಬೆಟ್ಟಗುಡ್ಡಗಳು, ಅದರಿಂದ ಹಲವು ಬರುವ ಸಿಹಿನೀರಿನ ಝರಿಗಳು,  
ಆಕಾಶದಲ್ಲಿ ಹಾರುವ ಹಕ್ಕಿಗಳ ಕಲರವ, ಹೋಲಿಸಲು ಸಾಧ್ಯವಿಲ್ಲ  
ಇವುಗಳ ಚಂದವ ಇವೆಲ್ಲವನ್ನೂ ಉಳಿಸಲು ಮುಂದಾದರೆ ನಾವು  
ಬರಲಾರದು ಈ ಸುಂದರ ಪ್ರಕೃತಿಗೆ ಸಾವು

ಸತ್ಯ, 9ನೇ ತರಗತಿ,

## ಕೊಕ್ಕರೆ ಅಕ್ಕನೊಂದಿಗೆ

ಕೊಕ್ಕರೆ ಅಕ್ಕಾ ಎಲ್ಲಿಗೆ ಹೊರಟೆ ಬಾನಿನ ಜೀವಿಲ?  
ಮಕ್ಕಳ ಜೊತೆಗೆ ಪಿಕ್‌ನಿಕ್ ಹೊರಟೆ ಬೆಳಕಿನ ಹಾದಿಲ!  
ಉದ್ದನೆ ಕೊಕ್ಕು ಕಡ್ಡಿ ಕಾಲು ಯಾಕಕ್ಕಾ ನಿನಗೆ?  
ಸದ್ದು ಮಾಡದೆ ಮೀನನ್ನು ಹಿಡಿದು ಗುಳುಂ ನುಂಗೋಕೆ!  
ಒಂಟಿಕಾಲಲ ನಿಂತು ಗಂಟೆಗಟ್ಟಲೆ ನಿಂತು ಏನು ಧ್ಯಾನ?  
ತುಂಟ ತಂಗಿ ಗುಟ್ಟು ಕೆದಕಿ ತೆಗೆಯಬೇಡ ಮೌನ  
ಬೆಳ್ಳಗೆ ಮಿಲಿ ಮಿರು ಹೊಳೆಯುವ ಬಣ್ಣ ಬಂದುದು ಎಲ್ಲಂದ  
ಒಳ್ಳೆಯ ನೀರು, ಒಳ್ಳೆಯ ಗಾಳಿ ಸೇವಿಸುವುದರಿಂದ  
ಕೊಕ್ಕರೆ ಅಕ್ಕಾ ನಮ್ಮ ಕೆರೆಗೆ  
ಬರುವುದು ಯಾವಾಗ?  
ಮಕ್ಕಳ ಶಾಲೆಗೆ ಬೇಸಿಗೆಗಾಗಿ ರಜೆಯನ್ನು ಕೊಟ್ಟಾಗ

ನಂದಿನಿ, 7ನೇ ತರಗತಿ

# Children's Corner



## ಒಗಟುಗಳು

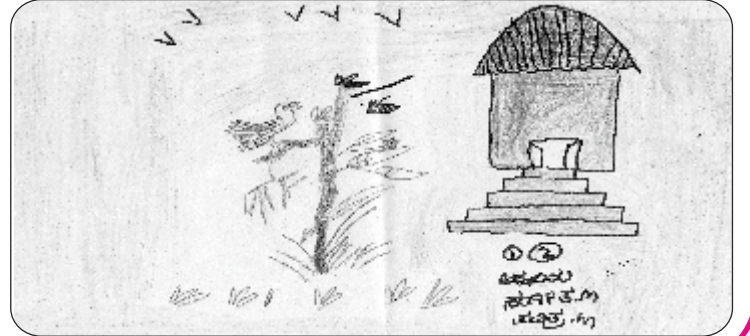
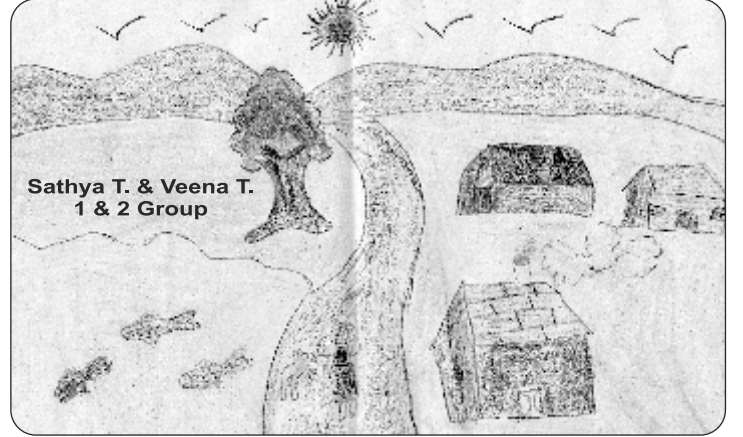
1. ಕತ್ತಿಗೆ ಹಲಯುವುದು, ಮತ್ತೆ ಹುಟ್ಟುವುದು, ಕಿತ್ತು  
ಜಸಾಡಲೂಬಹುದು ಮತ್ತೆ ನೆಡುವುದಕ್ಕಾಗದು - ತಲೆಗೂದಲು
2. ಮುದುಕಿಗೆ ಮೈಯೆಲ್ಲಾ ತೂತು - ದೋಸೆ
3. ಬಂಗಾದರ ಗಿಣಿ ಬಾಗಿಲುವ ಕಾಯುತ್ತೆ - ಜೀಗದ ಕೈ

ಅರುಣ, 6ನೇ ತರಗತಿ,

4. ತನ್ನನ್ನು ತಾನೇ ತಿಂದು ಮಾಯವಾಗುವವನ್ನು - ಮೇಣದ ಬತ್ತಿ
5. ಹಣ್ಣಾಗದ ಕಾಯಿ - ಉಪ್ಪಿನಕಾಯಿ
6. ಕಾಗರಿಂದ ಕಪ್ಪು, ಸುಣ್ಣಕ್ಕಿಂತ ಜಿಜಿ - ಕಣ್ಣು

ಶಶಿಕಲ,

7ನೇ ತರಗತಿ,



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