

Education | Sport | Awards | VOL. 01 (2025)



MARIAMPUR NEWSLETTER

April – September





FROM THE PRINCIPAL'S DESK

The Fruit Is Not Yours, Only the Action Is

कर्मण्येवाधिकारस्ते मा फलेषु कदाचन।
मा कर्मफलहेतुर्भूर्मा ते सङ्गोऽस्त्वकर्मणि॥ (2.47)

We often spend countless hours constructing futures that never arrive. Lot of planning, worrying, and carrying the heavy weight of results that are not yet ours. This habit of overthinking steals our peace and joy today and leaves us restless about a tomorrow that we are unable to control fully.

Lord Krishna, in the Bhagavad Gita, whispers a timeless truth: “You have the right to your actions, but never to the fruits of your actions.” The fruit is not ours; only the action is. This wisdom is both simple and liberating.

For students, it means:

- Do your best in studies without being consumed by fear of marks or comparisons.
- Focus on the process—reading attentively, listening actively, practicing honestly, learning with curiosity.
- Trust that sincere effort today will prepare you, for whatever tomorrow brings.

For parents, it means:

- Encourage your children to put in their best effort without burdening them with constant anxiety about results.
- Support the journey of education, not just the destination.
- Model calmness and balance, showing them that success is not in worrying, but in working with peace of mind and sincere effort.

Overthinking ties us to outcomes, beyond our control. But when we give ourselves fully, to the present moment—whether in study, work, or relationships—we cut that rope of overthinking. We act freely, joyfully, and effectively and we find the excelling result.

The secret is this that the present moment is enough. If we give our best to today, tomorrow will take care of itself. When we are responsible for today, our actions will bring wonderful results in the future, by the grace of God. Hence, challenge yourself to live now, not tomorrow or day after, which is not in our power.

Sr. Shiny Thomas

OFFICE ADMINISTRATOR'S MESSAGE

*Discipline is the bridge
between goals and
achievements and values are
the guiding light along that
journey.*



Sr. Litty

Discipline and strong values form the foundation of a student's success. At our school we emphasise the importance of punctuality, honesty, respect and responsibility in every day life. When students cultivate these qualities, they not only excel academically but also become compassionate and ethical individuals. Our aim is to guide students to develop self discipline and moral strength which will help them make the right choices in all aspects of life.

Alumni Spot Light

Our alumnae proves that dreams nurtured here
can shape the nation



SHRUTI SHARVAN

Civil Servant, UPSC CSE'23



SHWETA SAHU

Deputy Collector/SDM

Jhansi

Batch: 2010-11

Mariampur takes immense pride in nurturing
students who grow up to serve society with
dedication and excellence

EDITORIAL BOARD

"GREAT THINGS ARE DONE BY A SERIES OF SMALL THINGS BROUGHT TOGETHER".

-VINCENT VAN GOGH

Welcome to the biannual edition of Mariampur Newsletter -EXCELLENTIA - April-September 2025-26 truly dedicated to the abounding vitality and effervescence of the students of Mariampur school. As nothing substitutes the feel of pages being turned for enlightening bubbles of creativity and information, we are ready with new hopes and hues to unwrap the remarkable and precious moments of our school. The humble initiative is to allow children's minds to blossom naturally in the realms of imagination and experience in order to create a world of fascination and delightfulness through words and actions. We are excited to launch this edition that is backed by a stellar cast of experts who are ambassadors of quality and creativity.

'A lively expression of the children's expedition from the unplumbed to the ascertained'.

Ms. Caroline Dsouza
(Chief Editor)



"The whole purpose of education is to turn mirrors into windows."

Sydney J Harris

Like a garden in full bloom, this edition of our school's newsletter unfolds with colours of thoughts, fragrance of creativity and the soft rustle of young dreams taking flight.

Our students are not only learners of today but also the torchbearers of tomorrow. Their words, their art and their reflections echo a deeper truth; that education must inspire us to look beyond the immediate, to question with courage and to envision a world shaped by compassion, wisdom and innovation.

This newsletter is not just a testament to achievements, but a gentle call to each of us to nurture curiosity, embrace challenges and pursue excellence with humility and grace.

Every milestone achieved by the school is not just a mark of progress but a celebration of the collective spirit of the management, staff and students. Our school has proudly added many feathers to its cap, reflecting both academic excellence and holistic development. These accomplishments stand as living proof that our school is not just an institution of learning but a cradle of talents, values and dreams. Each achievement inspires us to set higher goals and reminds us that with determination, teamwork and vision no submit is beyond reach.

Let us carry forward this legacy of excellence and continue to illuminate the path for generations to come.



Warm regards,
Taruna Yadav

BOARD TOPPERS 2024-25

Congratulations Class XII Toppers 2024-25



HARLEEN KAUR
HUMANITIES - 97.8%



JASMEET KAUR
COMMERCE - 97%



YUVIKA BHATIA
COMMERCE - 96.8%



AKRATI GUPTA
COMMERCE - 96.6%

Congratulations Class X Toppers 2024-25



SOUMYA KUMARI
98.6%



HIMANSHI SINGH
97.6%



ARSHPREET KAUR
97.4%



NAUSHEEN FATIMA
97.4%

Mariampur is proud to celebrate the outstanding achievements of the meritorious students of class XII and X (2024-25). These students have demonstrated exceptional academic performance dedication and perseverance throughout the academic year. It serves as an inspiration their peers.

MERITORIOUS STUDENTS



Akansha Srivastava (XII Sci),
Milpreet Kaur (XII Com),
Avantika Shukla (XII Sci)
scored

PERFECT
100

in the subject Typography
& Computer Applications

CHAMPIONS

ATHLETICS CHAMPIONS



EVERY ACCOMPLISHMENT STARTS WITH THE
DECISION TO TRY.

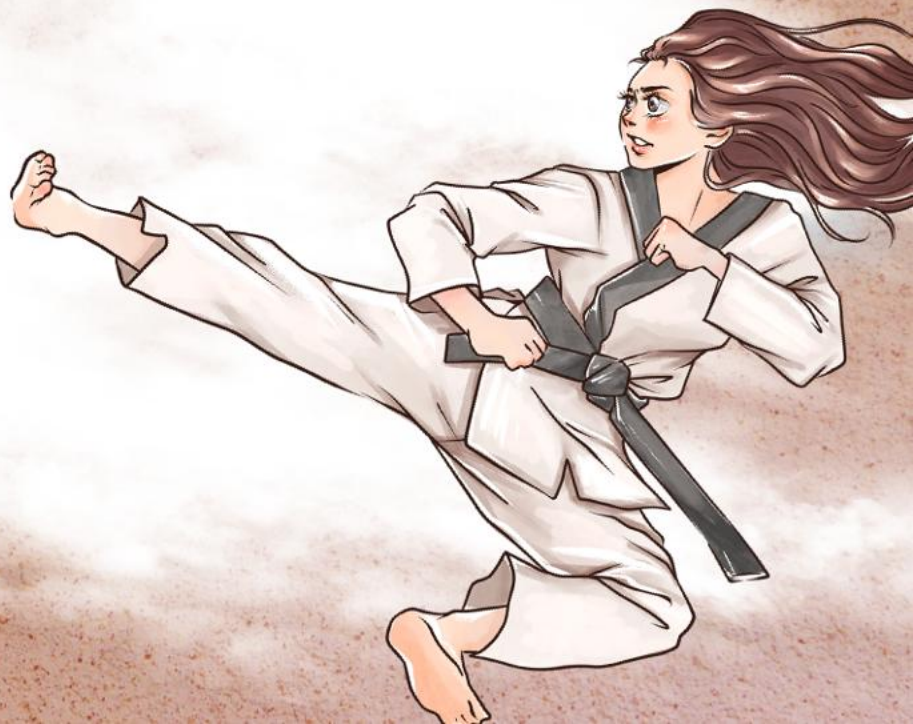
- Niyati Sharma - 7C (Gold & Silver)
- Anshika Singh - 6C (Silver)
- Adina Fatima - 7B (Bronze)



KSS TAEKWONDO



EVERY ACCOMPLISHMENT STARTS WITH THE
DECISION TO TRY.





VIDYARAMBH



A traditional Indian ritual performed to invoke auspiciousness & lay the foundation for a child's educational journey.

Investiture Ceremony



The day was marked as the Investiture Ceremony as the school firmly appointed the office bearers of session 2025-26. The day became all more special due to the inspiring presence of IPS Mr. Qasim Abedi, a decorated officer. Just like the courageous soldiers of our country, the new office bearer presented march past which was followed by the awaited ceremony of conferring the responsibilities and adornment for the important official purpose.

KSS Story Writing Competition

"Writing is the Painting of the Voice." - Voltaire



Mariampur hosted an exciting KSS Story Writing Competition providing the students a wonderful platform to showcase their imagination and expression the topic was given on the spot.

The event was judged by Dr. Dorothy Rai (Ex-Vice Principal, Christ Church College), Ms. Priyanka Sehgal (Principal, KDMA) & Ms. Neeta Pandey (Principal, Guru Nanak Public School)

Special Assemblies

A Stage for Every Voice



Indian values global outlook

Mariampur fraternity endeavours consistently to imbibe values through whatever means possible; organisation of Special Assemblies is one such way wherein the students learn the importance of Indian culture & values. Participation in the class presentation enables pupils to develop the moral values and aspirations of human spirit.



Every morning is an opportunity to boost inner strength and resilience.



Literary Activities



Every Child is gifted. They just unwrap their packages at Different Times.

Kaleidoscope of Activities



'We learn differently ! we learn by doing.'

Teachers' Orientation Sessions



When winds of change blow some people build walls and others build windmills.



Educational programmes and motivational workshops are timely organised for teachers to learn & get in and get involved into practical skills, techniques and ideas.

Orientation on Cyber Safety



"It takes 20 years to build a reputation & a few minutes of cyber incident to ruin it."

The students of classes 9 to 12 took part in a engaging & informative Cyber Awareness session led by Mr. Ankur. The session covered many aspects of social media, it's positive & adverse effects, tips for maintaining digital safety & also the risks associated with Cyber Threat.

Ek Ped Ma Ke Nam

Nature's beauty is our Duty. - A stride for cleaner & greener Nation.



As a part of CBSE's nationwide initiative, Mariampur actively participated in this meaningful campaign to promote environmental awareness.

Farewell to Our Coordinator Ms. Sangeeta Mehrotra



Mariampurians bid a heartfelt farewell to Ms. Sangeeta Mehrotra in a special assembly honouring her 30 years of dedicated service to the institution.

Bagless Day Activity



A Saturday filled with purpose is a weekend well spend.

Movies & Trips



Students of classes IX to XI enjoyed a thrilling & refreshing break from the routine with the much awaited day-out at adventure park in Lucknow.



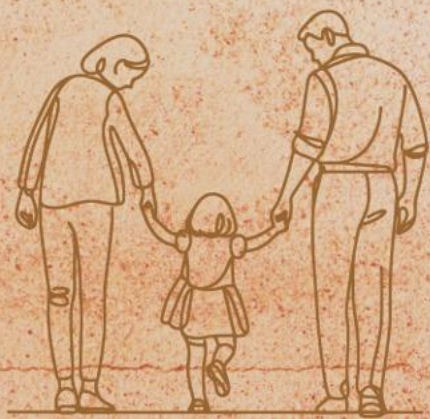
Students of classes III to VIII & XII were taken to PVR for a recreational outing as well as to enjoy cinematic experience outside the classroom.

A Day-out for Students



Parents' Counselling

To help our children thrive academically & emotionally, counselling sessions for parents were held in the school from 11 Aug to 25 Aug.



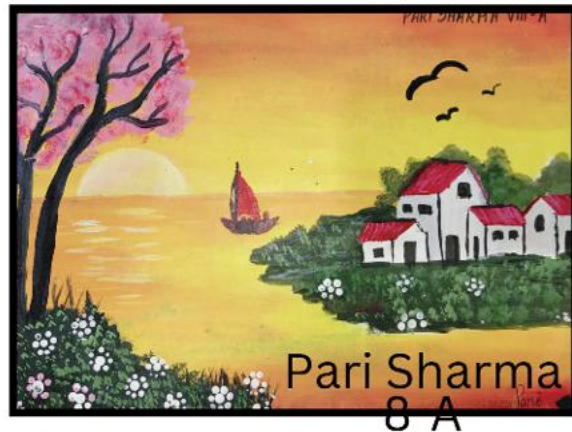
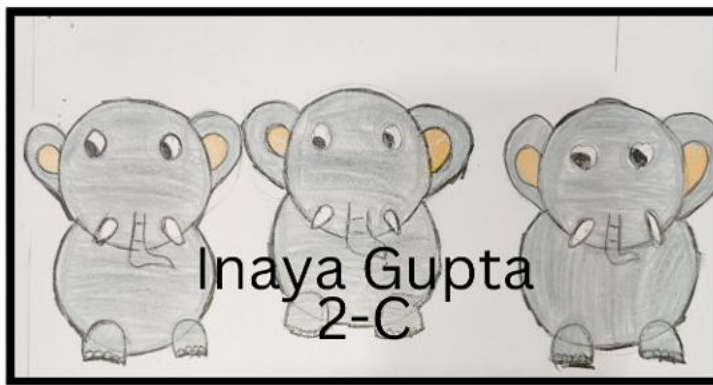
Creative Canvas

Art aesthetic refers to the artistic and creative aspects of work of Art including its beauty, style and emotional impact. An art worker's aesthetic can evoke emotions, spark imagination and create a connection with the viewer.

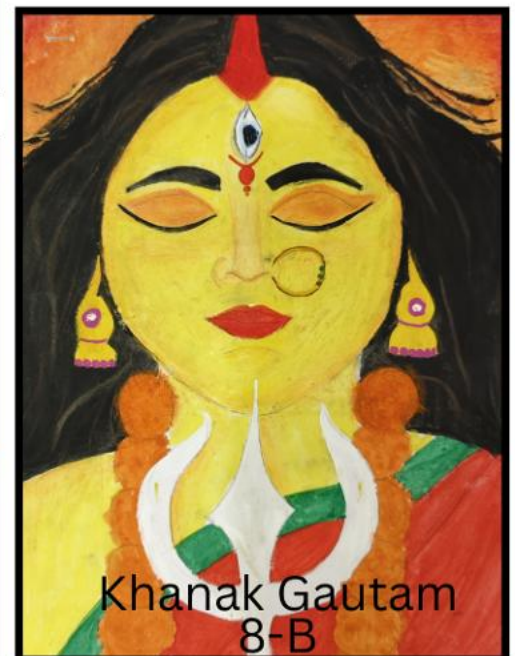


Ms. Dimple Kakkar
Art & Craft





Pictures Speak A Million Words



Splash of Festive Season



Celebrating festivals in school helps students understand the rich cultural & spiritual heritage of our nation. It teaches values such as unity, compassion & respect for different tradition.

Independence Day Celebration

The Preservation of Freedom is not the task of soldiers alone. The whole nation has to be strong. - Lal Bahadur Shastri

Our school proudly celebrated Independence Day with great enthusiasm & patriotic fervour. The proud parents of school topper Harleen Kaur (2024-25) graced the occasion as special guest of honour witnessing the recognition of academic excellence as meritorious students were awarded for their outstanding achievements. The celebration was further enlivened by a vibrant cultural programme reflecting the spirit of freedom.



Gandhi Jayanti



Feast of Mother Brigida Foundress of UMI





HAPPY Teachers' DAY



The teacher's day celebration was a heart warming & memorable event organized entirely by the students to express their gratitude & admiration for their beloved teachers.



A teacher writes his/her legacy not with ink but with the mind & hearts of the students they inspire.

Teachers' Day Out



To celebrate the invaluable contribution of the teachers, our principal Rev. Sr. Ranjana took the staff to Lucknow for an outing where they enjoyed some leisure time, clicking memorable pictures together along with sumptuous mouth watering delight.



Silver Jubilee
Celebration

CONGRATS
on your
milestone



The Management & Staff came together to celebrate the Silver Jubilee of four of our dedicated and respected teachers - Ms. Abha Pande, Ms. Anita Mishra, Ms. Anuradha Mehrotra & Ms. Honey Puri.

Annual Sports Day

1 2 3 4 5 6 7 8

The school ground came alive with excitement & enthusiasm on Annual Sports day held from 25-09-25 to 27-09-25. The event began by invoking God's blessings through a prayer dance and the ceremonial lighting of the torch symbolizing the spirit of unity & sportsmanship. The students showcased their talent in a variety of field events, team games and fun races filling the day with energy & friendly competition. Medals & certificates were awarded to the winners recognizing their hardwork & dedication.





"The five S's of sports training are: stamina, speed, strength, skill, and spirit; but the greatest of these is spirit,"



Ink of Inspiration: Teachers speak

Message from School Counsellor

Dear Students,

Education is a noble journey that shapes not only the mind, but also the heart and spirit. Academic excellence is not measured by marks alone, but by the discipline to remain consistent, the curiosity to keep asking questions, and the perseverance to overcome challenges. Each lesson learnt, each effort made, brings you closer to becoming the best version of yourself.

There may be days when studies feel overwhelming or when success seems distant. In those moments, remember that true growth often comes through patience and persistence. Do not be discouraged by setbacks—they are stepping stones that strengthen your resolve. Strive diligently, but carry humility in success and resilience in difficulty, for these are the hallmarks of true excellence.

At the same time, nurture your overall well-being. A sharp mind flourishes best in a healthy body and a joyful spirit. Balance your academic pursuits with rest, prayerful reflection, and kindness towards yourself and others. Respect your teachers, uplift your peers, and cherish the values that guide you, for knowledge gains meaning only when lived with grace and character.

As you walk this path of learning, may you be filled with the courage to dream, the strength to persevere, and the wisdom to use your talents for the good of all. In doing so, you will not only excel in academics but also grow into individuals of depth, purpose, and light.

With encouragement and blessings,
Shifali Bhatia
School Counsellor



Failures that Changed Science

When we imagine science, we often think of brilliant discoveries, Nobel Prizes, and inventions that changed the world. What we don't usually see is the long trail of failed experiments, broken test tubes, rejected theories, and sleepless nights that came before the breakthrough. The truth is, science is built as much on failure as it is on success. In fact, without failure, there would be no discovery.

Thomas Edison is celebrated as the inventor of the electric bulb. But did you know he tested over 10,000 different materials for the filament before finding the right one? His persistence reminds us that each failure brings us closer to the answer, provided we don't give up.

Sir Isaac Newton, one of the greatest scientists of all time, was not always correct. Yet, his curiosity and "failed" pursuits shaped his thinking, and he went on to lay the foundations of modern physics. Failure didn't stop him; it sharpened his focus.

Marie Curie, the first woman to win a Nobel Prize, worked in a tiny shed under harsh conditions. Her experiments with radium and polonium often ended in disappointment. Her resilience in the face of repeated setbacks eventually gave the world the gift of radioactivity, which today powers medical treatments and energy research.

The Wright brothers, who gave us the airplane, faced countless crashes, literally. Each failed flight was studied, improved, and tested again. People mocked them, but instead of seeing crashes as disasters, they saw them as data. That mindset made human flight a reality.

Every wrong turn narrows down the path to what will eventually succeed. Failure teaches patience, builds resilience, and sharpens our methods.

As students, you may feel discouraged by low marks, tough concepts, or an exam that didn't go well. But remember: even the greatest scientists stood where you are now, facing setbacks, doubting themselves, but choosing to try again. What matters is not the failure itself, but what you do after it. Who knows? Maybe the next great discovery isn't waiting in a famous laboratory, but in the mind of one of you. And maybe the next scientist who turns failure into history... is the next you.

Preeti Bhatia
Chemistry Faculty



A VULNERABLE PATH : STUDENTHOOD

"काक चेष्टा बको ध्यानं, श्वान निद्रा तथैव च ।
अल्पहारी गृह त्यागी, विद्यार्थी पंच लक्षणं ॥"



Ms. Agnes Peter

Dear readers

This Sanskrit shloka says : All students should possess these five characteristic features, and qualities. That is:

first - kaak cheshta means :The efforts of a Crow.

Bako dhayanam means - The focus of a Crane.

shwan nidra - The alertness of a Dog.

Alpahari - Inputs we give to our senses.

Grih tyagi- Leave the home i.e. comfort zone.

Developing these qualities is not limited to only schools or college students, but in the quest of self-realization, all of us should foster these qualities.

If you pay attention now you'll nurture yourselves for the future benefit. For instance, when you are thirsty, you drink water . That time you don't think about other soft drinks or any substitute.

We have the same tempting outside. Do you know, now a days we see thousands of fancy items when we visit the stores like mr diy, store 99 or archies ... Sometimes we are tempted by the appearance not seeing the durability. We purchase and come home. After single use it breaks. Same is with us. The clear water we drink from a water bottle or glass, contains a small amount of germs which is not good for our health. So be careful because what you see is not always good for you. In a nutshell be careful and believe in clairvoyance. Hold your horses and analyse . Take a deep breath and proceed.

Love you and God bless you.

Exploring the Yoga and Mental Health Nexus

In today's world, many young minds silently struggle with the pressure to please others and seek constant validation. Social media, academic stress, and the fear of judgment often lead to anxiety, low self-worth, and emotional exhaustion. This constant chase for approval disconnects them from their inner peace and true identity. Yoga, however, offers a sacred space to pause, reflect, and heal. Through conscious breathing, meditation, and graceful postures, yoga harmonizes the mind, body, and spirit. It nurtures self-acceptance and quiets the noise of external expectations. By embracing yoga, young people can cultivate emotional resilience, inner clarity, and the strength to live with authenticity and self-love.

Seema Singh

सोशल मीडिया : अवसर और चुनौतियाँ

आज के सूचना-प्रौद्योगिकी युग में सोशल मीडिया संचार का सबसे प्रभावी माध्यम बन गया है। यह न केवल व्यक्तियों को आपस में जोड़ता है, बल्कि ज्ञान, विचार और संस्कृति के आदान-प्रदान का पुल भी है। शिक्षा, व्यापार, राजनीति, खेल और मनोरंजन—हर क्षेत्र में इसकी पहुँच ने एक नए दौर की शुरुआत की है। विद्यार्थियों के लिए यह मंच जानकारी प्राप्त करने, अपनी रचनात्मकता साझा करने और वैश्विक स्तर पर स्वयं को व्यक्त करने का अवसर प्रदान करता है।

परंतु इसका एक नकारात्मक पक्ष भी है। सोशल मीडिया पर फेक न्यूज़ और विवादास्पद सामग्री बड़ी तेजी से फैलती है, जिससे समाज में भ्रम, तनाव और असामाजिक प्रवृत्तियाँ बढ़ने लगती हैं। कभी-कभी यह लोगों के बीच वैमनस्य और असुरक्षा की भावना भी पैदा करती है।

इसलिए आवश्यक है कि हम सोशल मीडिया का उपयोग करते समय सजग और जिम्मेदार बनें। किसी भी सूचना को साझा करने से पहले उसकी सत्यता की जाँच करें तथा सकारात्मक और रचनात्मक विचारों को बढ़ावा दें। यदि इसका प्रयोग संतुलन और विवेक के साथ किया जाए, तो सोशल मीडिया समाज की प्रगति और मानवीय विकास का एक शक्तिशाली साधन सिद्ध हो सकता है।



संगीता मदान
हिन्दी विभाग

Alumini

My Alma Mater: A Mariampurian's Journey

"Some places do not just teach, they transform; they do not just instruct, they inspire." Mariampur Senior Secondary School has been one such place. It is more than an institution.

"Sometimes when you reconnect with the roots of your journey, it feels like magic." I want to share a small incident that still feels like destiny's gentle whisper. It was the very first day of our new Class 8, when our teacher asked each of us to write in our school diary the career we wished to pursue.

At that moment I was clueless. As fate would have it, we were seated in a Class 11 room, and my eyes fell on a bulletin board that had something written about Chartered Accountants. Without much thought, I stood up and said, "I want to become a CA." What seemed like a simple answer that day became the path of my life.

As I look back today, I see how the discipline taught in classrooms, the wisdom of teachers, the spirit of assemblies, and even the gentle guidance of our Moral Science lessons silently shaped my character.

I was blessed to be entrusted with roles like being part of the school cabinet and serving as an Ambassador of Peace. These experiences did not just give me recognition, but instilled humility, responsibility, and the courage to take initiative. Mariampur always reminded me that true excellence comes with balance – confidence with humility, knowledge with values.

During my CA journey, it was these lessons – of consistency, discipline, and inner strength – that became my guiding light. The concepts taught by my teachers, the values nurtured in school corridors, and the silent encouragement of this institution became the invisible support that carried me through challenges.

Gratitude To the Rev. Sisters who dedicated their lives to building ours and to the Teachers whose wisdom and patience shaped us – I owe you my deepest thanks.

A Journey Worth Remembering

As I sit down to write this, a wave of school memories floods my mind, bringing a wide smile to my face. I entered school as a shy, introvert child, hesitant to express myself. But by the time I left, I had grown into a confident individual, carrying with me dreams, & unforgettable memories. Mariampur taught me more than just academics – it instilled in me the value of punctuality, hard work, and consistency.

From being scolded to being praised, from a stubborn kid to a more grounded version of myself – I learned so much more than books could ever teach. Thank you dear sisters & teachers for guiding us, shaping us, and for always being there.



CA Bhawya Singh
2018-19



Shruti Seth
2019-20

A Journey Back to Where It All Began

As I pen down these thoughts for the alumni section, my heart is overwhelmed with nostalgia. The ringing of the morning bell, the soft whispers during morning assemblies, the daily prayers in the chapel, the excitement of annual functions, the chatter in the corridors, and the affectionate smiles of my teachers and sisters – it all feels like yesterday. For me, Mariampur was not just a school; it was home, it was family, and it was the foundation of everything I am today. Being a student of a school run by respected sisters has been one of the greatest blessings of my life. Their motherly love, gentle guidance, and unwavering care created an environment where every child felt safe, valued, and inspired. The values of humility, discipline, kindness, and faith that they instilled in us continue to guide me even today. I vividly remember an incident during one of Sister Principal's sessions. She once told us: "In life, you should know how to do everything – whether it's cooking, changing a tube light, fixing a car tyre, or managing your professional work. Never depend entirely on others for your basic needs." At that time, her words felt simple, almost casual. But today, as I stand in the middle of my professional journey as a Chartered Accountant, I realize the depth of her wisdom. I owe a deep debt of gratitude to my teachers, who were more than just educators. They taught me to aim high, to work hard, and to never give up on my dreams.



Jahnvi Dhawan
C.A.
2019-20

To all the current students, I want to say this: value every single moment here. These classrooms are not just teaching you subjects; they are shaping your future. Respect your teachers, participate in every opportunity, and absorb the values this beautiful institution imparts – they will stay with you forever. Thank you, dear school, respected sisters, and beloved teachers, for your blessings, your guidance, and the unconditional love that made me who I am today. "I came here as a child with dreams... and left with values, courage, and memories for a lifetime. I am, and will always be, a proud alumnus of Mariampur."

I'm truly happy and humbled to share with all of you how life has unfolded for me since the days I spent within the comforting walls of this school. Looking back, it's heart-warming to realize how the foundation built here – the values, discipline, and early encouragement – have played such a meaningful role in shaping who I am today.

Perhaps, one of the most cherished milestones in my life came in August 2024, when I published my first book titled 'You're the Supernova!' available on Amazon & Flipkart. Becoming an author was more than a goal – it was a soul-driven experience. The book is deeply personal, born from my reflections, struggles, and healing. It carries a powerful message close to my heart: no matter where you begin, or how uncertain your path may seem, you hold within you the light to shine – uniquely, unapologetically, and powerfully. The word "Supernova" represents that explosive strength within each of us, waiting to rise when we least expect it.

To all the young students reading this: trust your journey, even when it doesn't make sense. Keep learning, keep growing, and most importantly, keep believing in yourself.



Khushboo Panjwani
Business Woman
2014-15

CO-CURRICULAR ACTIVITIES: HOBBY CLASSES

Our school has introduced Hobby Classes to provide students with opportunities to explore their interest beyond academics.

TAEKWONDO helps the to students learn self-defence technique, improve flexibility & build strength & stamina.

ROBOTICS – The students explore the exciting world of technology & innovation through hands-on activities design , build & program robots.

FOOTTAPPERS- Music & movement enthusiasts groove at the dance floor with various dance styles.



SCHOOL E-MAGAZINE



ANNUAL



MARIAMPUR SR.SEC.SCHOOL

APRIL - OCTOBER 2025