



**Editorial  
Diary  
Photos  
Report on Industrial Visit**



**8 Slogans on Say no to Plastic  
Students' Corner  
Articles  
Let's Ban Usage of Plastic**



**Seven Principles of Waste Management  
Poems  
A Historical Glance @ Nirmal Bethany  
Sports Achievements**

## PRINCIPAL'S MESSAGE

I am happy to present you the second volume of our school news bulletin, "Nirmal Herald", revealing the chronicle of our school that provides an insight into the ethos of our school and revels in capturing the exhilarating flashback of the events of the school, its illustrious journey marked with diligence and aspirations and the accolades earned in different fields during the academic year. Nirmal herald is a celebration that showcases and applauds the phenomenal journey of our mentors.



Through these bulletin, we are pleased to share with you the messages from the stalwarts of Nirmal family and luminaries from the field of education. You will also discover the wealth of contribution from students and the faculty in the form of interesting write-ups on "Say No to Plastic" and other materials. It also heralds a splendour of pictures and images with the pages that speaks volumes about the enriching events, activities and celebrations held in the precincts of Nirmal Bethany High School & Jr.College. Special appreciation to the assiduous team of teachers and students who have endeavoured to the hilt to the task at hand for the days to ensure that "Nirmal Herald" stays current and vibrant.

**Fr. Joseph Noble OIC**  
Principal

## FROM THE EDITORIAL DESK.....

With lots of joy and happiness, welcome all readers to the second edition of "Nirmal Herald" "Say no to Plastic" is the theme of this edition as plastic in any form or any quality is harmful to health. In a perfect world, we want to avoid exposure to all forms of plastic. Considering the plastic lurks in every nook and corner of our lives, banishing it completely seems unrealistic and impractical.

But we can start with more awareness about the little ways with which we can reduce our exposure to plastic. This can go a long way in reducing toxicity, hormonal imbalance, cancer, infertility, obesity and acidosis.

When we introduced the topic "Say no to plastic" to the students, they took it seriously; they suggested some practical and handy solutions through various articles and thought provoking drawings which shows that they are serious about protecting their environment, resources, rivers and seas. Let us say not to plastic, let us save our ecosystems.

Team work makes the Dream work"



**SUPER DANCER MAHARASHTRA:** Kadam Rutuja Maneesh, II-C, Participated in the Super Dancer Maharashtra on Sony Marathi TV show and was selected for the semi-final.



**MASTER BABAJI CHAVDHARE,** CLASS II-D, completed climbing on 78 forts at the age of seven. He is an active member of Adventure's Club and practicing rope climbing and rappelling regularly. He has climbed pinnacle, Yogesh Sulka having 130 feet height. The last recorded one, in 2018, is Bhiravgad (450 feet) & Aajobhagad (160 feet).



**MARATHI DAY CELEBRATION**

## CULTURAL ACTIVITIES REPORT, SEMESTER-II

The 2nd Semester witnessed a great variety of cultural activities organized by different sections. Such programme enriched the students extra-curricular activities and provided them with a large stage to show their talents as well as to improve their capabilities. As Bethanians are peace-lovers, we organized a grand celebration on Gandhi Jayanti on 2nd October 2018 along with plastic drive campaign which was an inspiration for others.

'Scibition 2K18', Annual Science Exhibition was held on 20th October 2018 in our school premises itself. The programme was inaugurated by launching the balloons by our chief guest, Mr. Thomson Varghese (Alumnus of Nirmal Bethany & Head of the department BBA, Indira

College, Pune). It was a platform for the students to showcase their hidden talents and creativity. In the exhibition, subject wise projects were arranged from Std IV - Std XII. Along with that, we had a yummy Food Fest and Games counters.

The Annual Sports Day 'Enthusia 2K18' was conducted in our school premises on 7th December 2018. The programme began with the welcome note by Principal, Rev. Fr. Joseph Noble OIC. It was followed by the presidential address given by Rev. Dr. Varghese Kaippanedukka OIC, the Director, Jnanodaya Bethany Educational Institutions, South Karnataka. Mr. Bhushan Ambadkar, the Founder and Director, Swami Vivekananda PVT. LTD inaugurated the event. The programme continued by the highlights of the day which included colourful dances and vibrant P.T displays from Std Jr. K.G - XII.

The month of December comes with good tidings since it's the time of Christmas and we Bethanians celebrated 'Gloria 2018' on 21st December in the presence of the honorable Chief Guest, Rev. Fr. Davis Tharakan (Parish Priest, St. Joseph's Syro-Malabar Church Akurdi). The programme continued with Nativity Tableau, message, skit, arrival of Santa Claus and melodious Carol singing competition. We warmly welcomed, the New Year 2019 with lots of pomp and vigour. Our students performed various enthusiastic programme on the same day.

On the occasion of Std XII Farewell, the Passing the Torch Ceremony was conducted on 19th January. The ceremony symbolized the passing of the tradition of knowledge. Later we had a vibrant farewell program (Aloha 2019) in the church auditorium which was indeed a heart touching one.

## THE BRIGHTER SIDE OF PLASTIC

Say No to Plastic is the theme of this issue. But why say No to plastic?

Plastic is one of the miraculous invention made by man, why I call it miraculous because it can't be destroyed easily. Things which can't be destroyed, can be re used again and again. In our day to day life there are so many things made up of plastic and in fact plastic has made our life easy. Imagine a tooth brush without plastic? But then why plastic is causing such a nuisance. Plastic is not a problem but our wrong habit of disposing it is a problem. Single used plastic is not handled properly after its use. The mineral water plastic bottle is thrown carelessly. Even if it goes to dustbin it is not disposed in a scientific way. It enters water bodies, contaminates it and finally reaches the ocean bed. Plastic has harmful chemicals which is the reason of death of many marine creatures. Turtles, fish consume plastic as food, which fills up their stomach and these poor creatures die due to starvation. Plastic definitely disturbs our ecosystem which leads to depletion of our natural resources.

## DIARY

### January 2019

- Jan-1 : New Year Celebration
- Jan-5 : Staff Picnic
- Jan-16 : Unit Test-II Begins for classes 1-IX
- Jan-18 : Passing the Torch Ceremony & Farewell to Class-XII
- Jan-19 : Nursery Online Admission
- Jan-26 : Republic Day Celebration

### February 2019

- Feb-6 : Farewell to Class-X
- Feb 7 : Open Day for Class-IX
- Feb-8 : Kids Arts Fest
- Feb-21 : HSC Board Exam Begins

### March 2019

- March-1 : SSC Board Exam Begins
- March-8 : Kids Fest & Graduation Ceremony
- March-11 : Semester-II Exam Begins for Class-IX
- March-25 : Semester-II Exam Begins for Class-XI
- March-27 : Semester-II Exam Begins for Classes 1-VIII

### April 2019

- April-26 : Staff Meet, Annual Evaluation (SEM-I & SEM-II) & School closes for Summer Vacation

### June 2019

- June-3 : School Re-opens for Classes IX, X & XII
- June-14 : Staff Retreat & Seminar @9.00am
- June -17 : School Reopens for Classes I-VIII
- June-18 : Inaugural Assembly of New Academic year by Class-XII
- June-19 : School Reopens for Jr.KG & Sr.Kg
- June-20 : Vidyarambh for Nursery 2019

As a part of patriotism we celebrated Republic day on 26th January. Rev. Fr. Saiju Kurian OIC hoisted the flag followed by National Anthem and March past which was carried out by our School Band headed by the student's council. The program ended with a patriotic song. On 11th February 2019 the Farewell was given to Std X. The students of Std IX entertained everyone with their mesmerizing dances, songs, rap and thought provoking skit. Later Rev. Fr. Joseph Noble OIC inspired the students by his speech and the programme ended with school Anthem and National Anthem. On 5th January 2019, a Teacher's Picnic was organized to Mounteria Resort, Karjat, Mumbai where all had the feel of being in the lap of nature and enjoyed the blissful natural beauty of the Landscape, along with adventurous sports activities. It was a time of oneness with the Nirmal family as all were free from their routine stressful schedule.

## LEADERS OF THE YEAR 2019 - 2020



**Kiran Ethape** XI Science (Dy. Head Girl)  
**Nisha Patil** XI Commerce (Head Girl)  
**Sujith Nair** XI Commerce (Head Boy)  
**Aftab Hawaldar** XI Science (Dy. Head Boy)

## ENTHUSIA 2018 (ANNUAL SPORTS DAY INAUGURAL CEREMONY)



## REPORT ON INDUSTRIAL VISIT

An Industrial visit to "Divine Tools Pvt. Ltd." MIDC Road, Bhosari, Pune was organized by the Junior College on Monday, 17 December 2018. 75 students from XI Commerce visited the company which has a turnover of 45 crore to interact with the manufacturing unit, to get information about the current market scenario and latest technologies. In this visit, students eagerly attended the interactive session conducted by higher official of the company.

In the morning at 11.30 a.m we visited the Divine tools company, Students were divided into groups of 25 and there was an interactive session by the production managers, Mr. Prem Kumar and Miss. Sayali. Then the CEO of the company Mr. David Kuriakodse conducted

a very informative session. He shared with students the importance of selecting their domain and area of interest. He informed about the areas of development in the current manufacturing industry. Also he gave a brief introduction of how plastic is used in the industrial process. They introduced various departments in the company like quality control, production, rejection and accounts session.

All students were satisfied. After the session the company provided snacks to the students. Our HOS Mrs. Celine Vincent thanked the CEO of the company Mr. David Kuriakodse and other officials for their hospitality and encouraging sessions. It was a very informative, interesting and successful visit.





**Owner & Publisher :** Nirmal Bethany High School & Jr. College  
**Chief Editor :** Rev. Fr. Joseph Noble OIC.  
**Sub-Editors :** Mrs. Neetu Varghese  
 Mrs. Indira Kalpund  
 Mrs. Leela Ravi  
**Advisory Board :** Rev. Fr. Saiju Kurian OIC  
 Rev. Fr. Robin Raj OIC  
 Mrs. Remy John  
 Mrs. Celine Vincent  
 Mrs. Revati Kadam  
**Nirmal Herald :** Pooja Subhash Kadam  
**Logo Designed by :** (XI - Commerce)  
**Layout & Printing :** Gopakumar, Akshara Print Craft, Pimpri ggopan09@gmail.com



### Say No To Plastic

If you want to make The earth fantastic Say no to plastic.....

To recycle or not to recycle, that is the question....  
 Just say to yourself, snap, stretch and spring  
 To answer the question this is the thing!  
 Test cups & trays and if they snap  
 Expanded polystyrene – they are scrap  
 To the grey bin they are bound  
 A solution to your quandary found!  
 For plastic wrapping when you're not sure  
 Apply the stretch test to know the score  
 If it stretches it will be seen  
 It is recyclable polythene

A plastic wrapper – light and bright  
 Grey bin? Green bin? Which is right???  
 Scrunch it up does it spring?  
 Yes, It's a grey bin thing!



X If it snaps or springs it's a No And into your grey bin it must go!  
 ✓ It stretches. It's a yes plastics sorted. No need to guess!

**Sanika Umesh Gome**  
Std. IX – B

### Club Inauguration



**BLESSING CEREMONY:** Rev. Dr. Varghese Kaippanedukka OIC (Director, Jnanodaya Bethany Educational Institutions, South Canara, Karnataka State) leads the blessing ceremony of Bethany Ashram Centenary School Block and Cafeteria.





**A HISTORICAL GLANCE @ NIRMAL BETHANY**

Nirmal Bethany High School & Jr College is managed by Bethany congregation, a religious community founded by Late Arch Bishop Mar Ivanios, 'Servant of God'. The school was started by Malankara Catholic Association Pune in 1987. Most.Rev.Dr.Thomas Mar Anthonios began the nursery School at Kalewadi in 1987. Within a few months time Rev. Fr. Ignatius Thangalathil OIC replaced by Rev Fr. Antony (Bp. Dr. Thomas Mar Anthonios) as the local manager. He was the first manager of the school. The school started with 13 students and Rev Sr. Sowmya SIC was the Principal. Late Rev. Fr. Varghese Elanjyil OIC was appointed as the local manager from 1989-1991 and Sr. Benjamin SIC was the Principal. Rev. Fr Zacharias Nantiyattu OIC took the charge as local manager in the year 1991 and in the year 1992 the MCA handed over its ownership to Bethany congregation. There were 200 students, 5 teachers and 1 peon. In 1993 Govt. of Maharashtra approved Primary section and in 1995 school upgraded to High school and also secured approval from Govt. of Maharashtra by the hard work of Fr. Zacharias Nantiyatt OIC. Sr. Maria Goretti SIC was the Principal from the year 1995 and Rev Dr. John Berchmans was the local manager. Gradually number of students increased and one new division introduced for LKG in same year. In 1998 Rev. Fr. Varghese Tharamuttom OIC was appointed as the Principal. During his tenure of one year, Rev. Fr. Geevarghese Kuttiyil OIC was the local manager (1998-2000) and Mrs. Joyce Sebastian was appointed as the Vice-Principal and Mrs. Reeny John as a Supervisor, to assist him in the daily affairs and discipline of the school. Rev. Fr. Thomas Chedyathu OIC was appointed as the Principal from the year 1999 - 2000. Rev. Fr. Antony Padipurackal OIC was the manager from the year 2000 and Rev. Fr. John Elavinakuzhiyil OIC was the Principal from 2000-2006. Rev. Fr. Jacob Oravackal was the Principal for Jr. college for one year. In 2002 Rev.Fr.Joel OIC was appointed as the Bursar for five months. Later, in November 2002, Rev.Fr.John Elavinakuzhiyil OIC was given the Bursarship along with his local manager post of the school. In the meanwhile, Rev Fr.Mathai Kadavil OIC was appointed as the administrator of the school for six months. From 2003-2005 Rev. Fr. Sathyan Thomas OIC took the charge as Bursar. In the month of May, 2005, Rev.Fr.John Elavinakuzhiyil OIC was given the Bursarship again along with his local manager post of the school. School was raised as Junior college and got approval from Govt. of Maharashtra in 2003. In the year of 2003-2004 total strength was students 802, 25 teaching staff and one division increased for pre-primary. By the year of 2002, the total strength became 1300 students, 36

teachers, 3 clerks and 3 peons. Rev. Fr. Benedict K. OIC was the Principal along with in-charge of the malankara parishes Kalewadi, dehuroad from 2006-2009. Rev. Fr. Joseph Noble OIC was the bursar for 2 years from 2006-2008 along with the charge of Khadki, Warje, Visranthawady and wadagoansery malankara parishes. During this time, Mrs. Celine Vincent was appointed as head of higher secondary section. We started distribution of School Uniforms in school premise itself in the same year. Total strength of school became 1500 students, 40 teachers and 8 peons. Rev. Fr. Sathyan Thomas OIC was appointed as the Principal for the year 2009-2010. Rev. Fr. Augustine OIC was the Principal for the year 2010-2011 and FR. Joseph Thomas OIC was the Bursar for two years (2009-2011). In the same year students increased to 1800 and added few staff. Rev. Fr. Joseph Thomas was the Principal from year 2011-13 and Rev.Fr. Mathew Modiyil OIC was the Manager. In the year of 2011-2012 the number of students had increased to 2000 and staff also had increased to 57 including teaching & non-teaching. Rev. Fr. Bijily Thomas OIC was the Principal from year 2013 and Rev. Dr. Varghese Thaikootathil OIC was the manager. In 2013-2014 after the retirement of Mrs. Joyce Sebastian ,Mrs Reeny John took the charge of Vice-Principal and Mrs Saly Shiji, as Supervisor. Strength of students had increased to 2500 and number of staff was 65. Mr. K. Mathew is appointed as new store in charge in the same year. Rev. Fr. Joseph Noble was appointed as the Principal from year 2015 and Rev Fr. Zacharias Nantiyattu OIC was the local manager for two years. Rev. Fr. Paul Naveen OIC was the Bursar for two years (2016-2018). Then Rev. Fr. Joseph Ancheril OIC took the charge as the local manager only for eight months. Due to his election as provincial procurator he was shifted to Bethany Navajyothy provincialate, Aluva. Rev.Fr.Joseph Noble OIC took the charge as the local manager from May, 2018 along with his principal post. Rev. Fr. Robin Ettithadathil OIC later appointed as the Bursar from 2018 along his parish ministry, kalewadi & dehuroad. As per the management decision Mrs. Revati Kadam took the charge as Supervisor for three years (2018-2021). One more division introduced in the year 2018-19 from Nursery to 4th std and students strength increased to 2954 and teachers staff increased to 81, 3 office staff and 1 counselor and currently 16 non-teaching staff members are working for housekeeping. (Including Bus Driver, Securities, peons) Nirmal Bethany High School and Jr. College completed 25 years of successful journey and hence silver jubilee was celebrated in the year 2013. SSC first batch was passed out in the year 1997-98 with 100% result which is still continuing. HSC first batch science as well as commerce was passed out in the year 2005 securing 100% result which is still maintained. School started with 13 students. Gradually the number of students increased and at present the students' strength is 2954 in this educational institute. In the forthcoming academic year 2019-20, we have increased on more division for Nursery (total Five) and the strength of the school will be 3050. For the effective teaching learning process we started E-learning in the year 2012. We introduced Audio Visual in 6 classrooms and gradually increased the number of Projectors. During the year 2016-18, Next Education Smart Classrooms were made available in entire classrooms. In the year 2017, we updated all details of students in the Divine Campus School management software and uploading all the academic details to the

parents and specially results. For the effective English communication skills the school management introduced ALDEC INDIA team for English coaching classes from Nursery to grade VIII in the year 2017. For healthy mind of the students and improve their concentration in studies a Counselor is also appointed for the school & college for the year 2018-19. School also encourages students by involving them in social welfare program every year. We collect commodities and offer to Orphanages or Old age homes. Students also show their concern and responsibility towards the society by giving financial help to the needy people as well as students. Management also helps the needy by offering fee concession. A remarkable beginning of a Communicative English program for Parents is introduced in the year 2018-19 to improve their English language skills. To enhance the creativity in students school publishes magazines and news bulletins on a regular basis. Every alternate year Annual Sports day and Annual Arts day are conducted. Every year management is arranging orientation seminars for improving the quality of teachers, students and parents with new technologies. **INFRASTRUCTURE:-** In the beginning, the school was functioning in a small thatched shed. In 1990 the ground floor of the present building was inaugurated and classes were shifted to the same. After the completion of the ground floor, we waited for a long time to go for further construction. But from 1998 the management completed the construction of the school building, inaugurated the first floor in 1998-1999, second floor in 2000-2001 and third floor in 2002. In the beginning, the higher secondary classes conducted in the same school building as gradually the number of divisions for both section increased. So in 2003 Rev. Fr. John Elavinakuzhiyil OIC was started construction for new building for the college.. In 2007 Rev. Fr. Benedict OIC, the Superior & Principal and Rev. Fr. Joseph Noble OIC the Bursar, completed the construction of higher secondary building and Bethany Ashram and both were blessed by Bp. Jacob Mar Barnabas, ETRI Apostolic Coordinator, on 14, Oct, 2008, along with school annual day celebrations. In the year 2018 a new school building block of 6000sqf was built as a centenary memorial of Bethany Ashram. A well furnished canteen was also made available in the same year for the teachers and students. In the academic year 2018-19 one extra division has been added from

Nursery- 4th. Boys and girls toilets were renovated and some more new toilets were constructed and made available for them with modern amenities. The Computer program started in the school in the year 1998. The computer program in the school was given to St. Joseph's Institute of Technology (SJIT) on a contract basis. That contract is for four years. They provide the school with Computers and its regular servicing, teachers and monitoring the instructions. Two teachers were appointed from the above institute. They regularly organized a Computer day celebration where students exhibited their projects and other talents. In the year of 2011 we terminated contract with SJIT. We started our own Computer lab in the School with limited computers. In the year of 2015, a new Computer room was introduced for teachers too. In the year 2016 we introduced two well furnished Computer labs with projectors for secondary and higher secondary sessions separately with 70 Computers. The Library started in 1999. Later more books were added to the collection. The books include stories, text books of various kinds, other information books etc. The circulation of books among the students is working very efficiently. In 2017-2018 proper system made for library period for 5th to 8th for distributing the books. Student's records are maintained with Library cards. New software installed for maintenance of books and records. There are approximately 6000 books in the library. Books are categorized accordingly in the software enabling the students to have access to the modern research trends. As per the need increased in 2016 for higher secondary students a new library was installed and renovated all the labs with well furnished structure and apparatus for each subject like Biology, Chemistry and Physics. **SPORTSACHIEVEMENTS:-** We encourage our students in different sports. Many students from the year 2002 achieving success in Zilla Parishad, division, district, state, national and international levels. A fully fledged Band Troop also functioning in the school. Interested students in Basketball are given special coaching at school and Mr. Amar Kanade was appointed as the Basketball Coach. Interschool and intercollegiate competitions are regularly organized and Mar Ivanios Basketball Tournament is conducted once in every couple of years. World Record India Achievers in Reverse Skating held at Bangkok in 2017. The students from our school participated in the above event are Rohan Pawar, Vedant Pujari, Prithviraj Sagar and Lalit Khandalkar.

**SOME REMARKABLE ACHIEVEMENTS**

NAME	GAME	YEAR	WINNERS LEVEL
Renju Sunny	Chess	2001-2003	State & National
Sager Kamble	Swimming	2013-2014	State,National & International
Yash Mulik	Silambam	2015-2016	State & National
Sandeep Mane	Silambam	2014-2015	State & National
Mrunal Kulkarni	Silambam	2015-2016	State & National
Om Gaikwad	Sikai Marshal Art	2016-2017	State & National
Geetanjali Ranjuzare	Pistol Shooting & Rowing	2017-2018	State & National
School Team	Basketball	2017-18	Mar Ivanios State level
Ishan Pawar	Roller Skating	2017-2018	State,National & International



ALDEC DAY

**NO PLASTIC**

Plastics are thrown on the Land by its users but do they know that it never decomposes; It makes land unsuitable for further cultivation, In future, we'll land up in a desperate situation, Garbage is thrown on road in plastics Animals around apply a lot of tactics; They eat it for the nutritious wealth, And finally die with poor health...

**SAY NO PLASTIC**

Nature is given to man by God as a gift, Isn't his duty to preserve it with thrift? Plastics and paper Bags are given as a choice, One who chooses the latter is the wise.

Today's world demand fresh air in all the cases, But plastics when burnt, release harmful gases, Plastics gives birth to cancer and skin diseases Ban them or else we'll have to face the crisis



Revati Dhanaji Katkar  
Std. IX - B

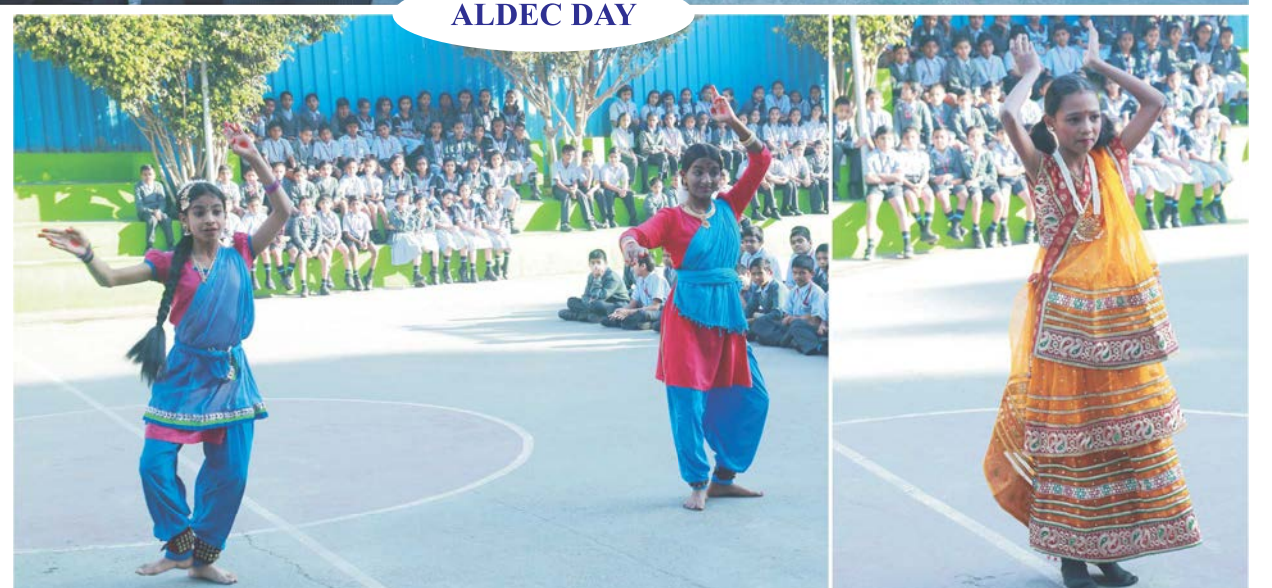
**EARTH: OUR LOVING MOTHER**

Mother earth speaking to all her children-

Oh dear!

Beloved children, I'm your mother earth speaking to you all. Children, you all are using plastic, am I right? And after using plastic you dump it anywhere on me!! I can't decompose because it takes a long time for me to decompose one plastic. Child, you know this small plastic is causing me a lot of harm. It's polluting to your mother don't you think so? Can you see me dying? Child, this plastic is harming not only me but the entire human life, might be your brother, sister or friend. Child not for me but for your family and friends please stop this. You can replace it then why are you not? Child, think over it and stop doing it... I know child "you can and you will". Child you have to, it's your duty to reduce usage and make aware everyone not to use plastic. And I know if every one doing this, I will be free from plastic.

Priya Jayaprakash Giri  
Std. XI - B (Science)



**The Last straw**

In an effort to save our seas, we will no longer be giving straws with drinks and bags with take always. Straws and plastic bags are some of the leading causes of pollution in our oceans. Join us in putting an end to this. Drink without a straw and grab your take-away without Bags...

Neha S. Jaiswal  
Std. XI - Commerce





kids fest 2019

blocking the drainage systems. They would just gather at the sewage blocking the flow of water. When floods storm the cities, plastic bags were found to aggravate the disasters by locking up the flood waters. As the plastic bags take centuries to degenerate they slowly break into synthetic granules. The soil containing the carry bags would certainly be polluted. Besides, the granules would get mixed with ground water. The plants would grow on such land and the animals would feed on such plants.



Its damn easy to say no plastic bags. Keep a bag made out of jute or cotton with you. Don't insist for a plastic bag if you don't need one. If you have purchased a single commodity, carry it by hand. Don't throw away the old plastic bags carelessly. Whenever you wish to depend on a plastic bag, be aware of the fact that it would be for centuries together on the earth. So let's keep our earth clean.

Rohan Pawar  
Std. IX - B

**SEVEN PRINCIPLES OF SOLID WASTE MANAGEMENT AND PLASTIC WASTE**  
So friends there are total 7 ways to use plastic

- 1.Reuse**  
After use materials should be reused for some other proper purposes.
- 2.Refuse**  
Refuse to use articles made from non-degradable articles like plastic and thermocol
- 3.Recycle**  
Production of useful articles for eg. oil bottle etc.
- 4.Rethink**  
Rethinking our habits, activities and their consequences in connection with use of various articles of daily use
- 5.Reduce**  
Restrict the use of resources to avoid their wastage old materials should be reused.
- 6.Research**  
Conduct research related to reuse of materials that are out of use.
- 7.Regulation and public awareness**  
Follow the laws and rules related to waste management and motivate others to do the same.

Mrudula Temkar  
Std. IX - A

**“ACT NO PLASTIC”**

Our earth was so green and beautiful when it was given to us. Due to our actions it becomes worst what we have to do ?  
**Say No to Plastic ?**

Is there any use of saying it?  
We are hearing the same since 4 years and we are continuing with the same. There should be a change at least now. So stop saying no plastic but act towards no plastic since “ Action speaks louder than voice”  
It is the only one and best option to save our mother earth to bring back to its old stage

So lets work to fight against plastic  
Let it be our moto for the coming years  
Lets together work for a better world which is pollution and plastic free.

Come my dear friends  
Lets put our heart and soul and hold our hands  
Together to start doing and stop saying.

**Let's Act 'No Plastic'**

Bro. Ajil C. Shaji  
XI - B

**SAY NO TO PLASTIC BAGS**



The Usage of plastic bags has become a part of lifestyle in the 20thn century. People go empty handed to the shops and return with loads of plastic bags. The concerns of plastic bags towards the environment are too huge to ignore.

Plastic bags were mostly made of polyethylene which is made out of petroleum. If you find the words PE on any plastic bag, be sure that it was made out of polyethylene. Petroleum as we know is a limit natural resource, which can be exhausted if used irrationally. Moreover, Numerous Toxic chemicals were released while manufacturing the polyethylene. A plastic Bag once thrown on the ground takes centuries together to degenerate. Since most of the plastic bags we use are not biodegradable, they would just break into small pieces and will never completely decompose into the earth.

The plastic bags left as a garbage would severely affect the wild life. Stray dogs and cows would eat them along with the food left in them. Marine creatures would mistake them to be jelly fish and consume them. Even the sea birds and turtles also eat the pieces of plastic bags thinking them to be of some kind of prey. Such an intake is almost fatal to creatures either instantly or in the long run.  
The garbage of plastic bags is the main culprit for

**LET'S BAN USAGE OF PLASTIC**



Who had thought plastic would one day become such an unmanageable problem for the entire world? Plastic is problematic! Its use in almost everything has led to such humongous piles of in decomposable waste matter that it has created real hell of debris on land and in water. The water bodies and the aquatic flora and fauna have been affected the most.

A walk along any river, lake and beach is sufficient to know the consequences of this ubiquitous ugliness floating. According to Ocean Crusaders, an organization dedicated to fighting plastic pollution there were 5.25 trillion pieces of plastic debris in the ocean. According to the National Oceanographic and Atmospheric Administration plastic debris kills an estimated 100000 marine mammals annually, as well as millions of birds and fishes. Scientists in their recent research have found plastic to be much more toxic than previously expected. Plastic is making our environment highly toxic.

The need of the hour is to replace plastic with environmental friendly materials. All of us need to join our hands to fight this menace and preserve our beautiful environment. We must stop using plastic altogether. The Governments of various nations, including our Central Government have launched anti-plastic campaigns. We can join these campaigns by saying “NOT TO PLASTIC” Let's use eco-friendly materials such as paper jute, etc. and save our planet from the evil of plastic.

Rinu Reji George  
Std. IX - B



A day out for fun & play

**TEACHER'S PICNIC - 2019**





# Say No to Plastic

Why are Plastic Bags a Problem?



They are harmful to the environment.

- Takes 1000 years to decompose into smaller pieces, which seep down into the soil and release chemicals, which eventually reach the water supply.
- Kills animals in the water when they eat plastic bags thinking they are jellyfish
- Builds up in landfills
- Manufacturing of plastic bags is harmful to the environment because nonrenewable resources are used (petroleum and natural gas). The manufacturing process itself uses toxic chemicals, pollutes the atmosphere and consumes energy.
- The transportation of the billions of plastic bags produced annually means further energy consumption, largely in the form of more petroleum.
- Stores give out unlimited amounts of plastic bags for FREE even when the customer doesn't really need one
- Cost in terms of energy and manpower is greater than the value of the material produced

## SHOPPING CULTURE IN EARLIER DAYS

Before the advent of poly-bags, people did shop, buy things, bring eatables from the market, and did the same marketing as is done now. How did they do it? The raw material for the bag was decided by its usage. Cloth bags for lighter items, Gunny bags/Jute bags for voluminous and heavier goods. The cost did not justify use and discard attitude. These bags were washable and reusable



lasting for six months to a year.



## PLASTIC HAZARDS

The hazards plastics pose are numerous. The land gets littered by plastic bag garbage presenting an ugly and unhygienic scene. The "Throw away culture" results in these bags finding their way into the city drainage system, the resulting blockage causes inconvenience, difficult in maintaining the drainage with increased cost, creates unhygienic environment resulting in health hazard and spreading of water borne diseases. This littering also reduces rate of rain water percolating, resulting in lowering of already low water levels in our cities. The soil fertility deteriorates as the plastic bags



**PLASTIC BAGS LOOK LIKE JELLYFISH AND KILL TURTLES AND OTHER MARINE LIFE THAT EAT IT, MISTAKING THEM FOR JELLYFISH**

form part of manure remains in the soil for years.

Apart from causing soil pollution, sewage blockages, cattle and mainly marine creature's mistake plastic for food directly or indirectly, blocking digestion and

possibly causing starvation. About 44 percent of all seabirds eat plastic, apparently by mistake, sometimes with fatal effects. And 267 marine species are affected by plastic garbage—animals are known to swallow plastic bags, which resemble jellyfish in mid-ocean. Apparently according to one research plastics at oceans are actually degrading and releasing toxic chemicals and causing water pollution.

Is it not enough that we already burn tonnes of oil and destroy the delicate balance of nature; Is it not enough that our power hungry nature has pushed many a species to extinction? The excuse that the common man really



don't realize what he is doing to the Eco system is no longer acceptable. While a few of us burn ourselves day in and day out working to protect our fragile planet, the rest of us are happily dumping her with tonnes of garbage, and not just any garbage, the most toxic non-biodegradable, plastics. Let us be very clear here, we have only one earth and only one chance. The Earth will not take this hands down. She is raging, and when her rage will hit us with full force, there will be no light of the day for the human race anymore. Already the production of plastics uses up a lot of fossil fuels and is endangering marine life. And if the lay man does not wake from his long slumber of sweet dream and face the reality, I am afraid there is no help for the turtles and other marine birds that have been affected directly by plastic pollution.

It has been observed that the animals eating the bags sometimes die. Plastic goes into the ocean which is already a plastic infested body of water. Fish and other marine species in the water ways, misunderstanding

plastic garbage as food items swallow them and die.

## The various other alternatives:

1. Use biodegradable bags made from fabrics.
2. Ladies can fold a cotton bag or two in to their purses which can be used to quench their sudden urge for shopping.
3. Nylon bags can be used and reused several times.
4. Donate old news papers and magazines to small scale institutes that cut these old papers into paper bags and packets.
5. Use a wicker basket. (They can make a fashion statement today).
6. Educate the local retailers on the ill effects of use of plastics.
7. Insist your local retailers to use plastic bags of thicker variety if at all he has to use.
8. Offices can distribute canvas bags as New Year gifts instead of diaries and other sweet nothings.
9. Better still buy a folded shopping trolley. When you can buy a stroller for your new born this is not impossible you see.
10. The common man is already burdened with spiraling prices, so I don't wish to suggest to the government to impose a plast-tax. Mere ban will fail, as it has in the previous.



All we need to do is come back to the simpler lives we once lived. Break away from the habit of buying avoidable plastic bags. Carry a cloth/jute bag always. Bring awareness about the harmful effects of plastic to the people around you.

"Never doubt that a small group of thoughtful committed individuals can change the world; indeed, it is the only thing that ever has." - Margaret Mead



Change Begins with you  
Join Hands if you wish to be part of our Team and share your Ideas for a Better society

Indebted to: <http://ken-foundation.blogspot.com>

**Adarsh Sanjay Palve**  
Std. IX - B

## Passing The Torch Ceremony & Farewell to XII







Farewell to Class - XII

Republic Day 2019

PLASTIC - A DRASTIC ISSUE

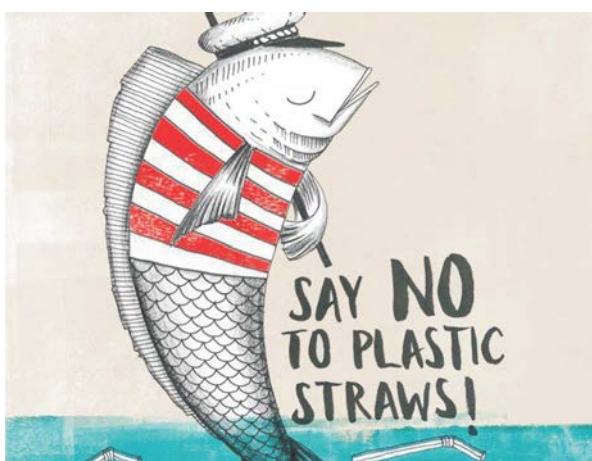


Plastic is one of the biggest problems of our earth. Plastic is very slow to degrade. Certain plastic bags take ten lakh years to degrade but Thermocol and Styrofoam cup need infinite duration to degrade, means they cannot be degraded. As plastic is slow to degrade therefore it causes soil pollution to reduce plastic waste, the best way is to recycle. Now a days plastic is used to make roads it doesn't cause harm to environment. And the roads made from plastic are Longly durable. Plastic should not be burned as it releases carbon dioxide in a large quantity in air. We should avoid using plastic bags instead of it we should use cloth bags. By taking these small measures we can defeat plastic.

Vedant Satish Shinde Std. IX - A

Do You Know ?

1. Plastic takes 1000 years break down to small toxic materials and dog up gutters and drains causing water and sewage to overflow and become the breeding grounds of germs and bacteria that cause disease.



2. Due to ingestion entanglement in plastic debris, over 270 species and 10000 whales, turtles, fish, seabirds and mammals have experienced impaired movements starvation or death.

3. 4% of world oil and gas production non-renewable resource is used as feedstock of plastic.

4. Colorants and pigments are industrial azodyes which are used to have bright colours to plastic. Carry bags are carcinogenic and likely to contaminate food stuff if packed in these carry bags.



Prabhanjan Vaibhav Nalawade Std. IX - B



10 points on Plastic bags and its Harmful effects

1. Plastic bags are made up of non biodegradable materials.
2. Used widely in everyday life mostly for handling supplies from local stores.
3. Plastic bags have become an integral part of human habitation.
4. Every year 1 trillion plastic bags are consumed worldwide.
5. Billions of plastic bags end up as litter .
6. Only 1 bag in every 20 bags used gets recycled.
7. Dumping of plastic bags pose a threat to the environment.
8. Plastic bags can deplete marine life and damage the eco-system.
9. Plastic bags deplete our natural resources like farm produces and water.
10. Pose a threat of suffocation for the adolescent children.



Revati Dhanaji Katkar Std. IX - B



Club Inauguration Ceremony





CLUB ACTIVITY REPORT

CLUBS are the platforms to excel and discover student's unique talents through different activities like Dance, Skit, Exhibitions, Debates and awareness program on various current topics. Clubs act as a catalyst for them to increase their knowledge on various skills like leadership, decision making, stress management, how to overcome stage fear etc.

SOCIAL STUDIES CLUB initiated various programme like Speech on Kerala flood, and global warming. During exhibition they presented the differences between Ancient period, medieval period and Modern Period with charts and characters by the students. A Skit was presented on cultural depiction by classes V to IX and working Models were also prepared by classes V to IX

ECO CLUB made 'TREE PLANTATION DAY' a memorable one. In order to inculcate love for Mother Earth and educate students about the ways and means of preserving nature a Plantation Drive was conducted in the school premises. An awareness program was also conducted in different classes on save tree and save water. Through the programme they communicated the importance of saving trees and saving water in day today life. Trees improve air and water quality, help to keep our home and its surroundings cooler, reduce soil erosion and add values sometimes thousands of dollars worth to our home and neighbours. Handwriting Competition (Devnagari) was held for the students from classes VII-X. The winners were Aishwarya Aher (X-C), Megha Shinde (IX-C) & Trupti B. (VIII-B).

MARATHI CLUB held a Recitation competition for the classes from VII-X in December. In this competition Marathi poem was recited by students. A Marathi essay competition was organized for all the divisions from V-VIII. Marathi Day was celebrated on 27 with variety program. ENGLISH CLUB performed a skit on English Grammar to boost the student's confidence. Mathematics club also presented a skit on Arithmetic Operation. SCIENCE CLUB imparted scientific knowledge through conducting hands on experiments. All the club members will continue their unceasing efforts to mould the young minds into well balanced personalities through their future activities.

Avishkar 2018 (Arts Day Celebration)



Rev. Fr. Saiju Kurian OIC (The Rector, Minor Seminary, Kalewadi) inaugurates 'Avishkar 2018'

Avishkar Arts Day

OH! IT'S PLASTIC

See man its plastic Earth is converted from classic Inviting the peril toxic For the another great drastic

It will be a situation And must be beyond imagination That after years and years our nation Will be a station of caution

Plastic might be a friend in need But it won't be a friend in deed Every thing will be of your greed Finally you'll be unable to feed

Don't make the world pit But make the world fit Give the plastic a hit Dare to say no to it.

Roshan Thomas Samuel Std. XI - B (science)



Christmas Celebration



### NIRMAL BETHANY HIGH SCHOOL & JR.COLLEGE @ 2018 - 2019

NIRMAL BETHANY HIGH SCHOOL & JR.COLLEGE, a temple of learning with its uniqueness in quality education and discipline, is completing thirty glorious years in the field of education. It is the time to renew our commitment to provide our students with a quality learning experience which aims at holistic development in terms of academic proficiency, self-confidence, moral uprightness, civic sense and social commitment. We envision a student community empowered with faculties to excel in life and contribute positively to a rapidly changing global community.

The academic year began on June 11th, 2018, disclosing the spectacular achievements in the X & XII Board examinations. As keep on maintaining the tradition of 100%, our school presented 167 students for SSC in March 2018 and 192 for HSC Science and commerce students. The topper in SSC is Miss Mahaske Mayuri who secured 96.4%. We have total 30 students got 90% and above in SSC exams. In HSC science the top scorer is Master Nair Sooraj who secured 84% and in HSC commerce Miss Kumbhari Srushti, the top scorer, secured 83.4%. Today, we, Nirmal family, facilitated and honoured them. On behalf of all, I take this opportunity to congratulate them. The plus one batch, for science and commerce, was initiated to their regular classes on August 1st 2018. At present we, the Nirmalites, continue our journey by its brilliance and glory with the strength of 2954 students.

**WHAT MAKES NIRMAL BETHANY a UNIQUE one?** School Assemblies and its regular conduct, Value Education classes and its various practice sessions, the regular conduct of staff meet for sustaining the quality in the teaching and learning process, the constant support of P.T.A., the Remedial Coaching Classes to improve student's academic performance, regular Vedic mathematics training to learn mathematics easy, training for handwriting, regular conduct of Unit tests, monthly tests, terminal & semester assessments and tests, and pre-board examinations for furnishing the students with clarity of subjects and confidence to excel in their studies, organization of seminars on various topics, Instruction and invocation sessions as a preparation for initiating them to know themselves and their abilities through spiritual exhortations, Personality development programme and Counseling sessions for students, Parents and teachers, the regular conduct of Parents-teachers Meet as a space to evaluate the academic advancement of the students with individual care and attention, the system of Continuous and Comprehensive Evaluation enhances to develop the faculties of the child and makes learning a high-quality experience and a well organized mentor system to assure quality in discipline and assures the selfless service of students towards the school in sincerity, loyalty and integrity, participation in the state level arts and sports competitions, conduct of interschool competitions, well stocked library with SLIM library software, school management software in association with Swami Vivekananda PVT LTD, special English coaching classes in Association with ALDEC India, interactive e-smart classrooms in association with Next Education India PVT.LTD, well equipped and furnished labs. These are what Nirmal Bethany known as a unique learning centre for quality education.

Arts and sports are held to inculcate a healthy competitive spirit and the activities under various Clubs make our school an excellent training ground for all. We conduct various competitions including cultural

depiction, debate, elocution, solo dance, solo singing, sand art, spell bee, fabric painting, mask making, fireless cooking, card making and fancy dress, during the year. St.Thomas Day, Bethany Day, Vidyaramph ceremony, Teachers' Day, Mar.Ivanios day, Independence Day with patriotic song contest, Onam, Diwali along with Mehandi, Rengoli, Dandia Dance Competitions, Christmas with Carol Singing Contest, and the Republic Day are celebrated with variety of programme. The Annual sports Meet and the arts Meet also are held simultaneously during the academic year. Seminars and Awareness sessions on how to cope up with adolescence and adulthood problems, health and hygiene, social media, free from exam stress and fear, sex education, moral values etc. are regularly conducted during the academic year.

Tours and Picnics are arranged in class wise for the students and teachers with a view to revitalize their hearts and minds and to get fresh experiences. In this academic year there were around 540 students attended the National Olympiad examinations. National Talents Search exams (NTSE) and Primary and secondary scholarship exams by Govt.of Maharashtra are also being conducted on various subjects.

The training for Karate, yoga, classical dance, instrumental music and vocal, volleyball, Basketball, kho-kho, classical dance, aerobics, skating, hockey, art and craft, are given prime importance in our school. Our students participating in the interschool, divisional, state level competitions. Scibition 2018, the annual science exhibition along with food fest, was conducted in October 2018 with new innovations, creations and skills in science, art and crafts, working models and theme based demonstrations. In the district level sports meet our students participated in various items. A very special appreciation for teachers, parents and students, we, Nirmal Bethanians, joined our hands together to save "Flood hit Kerala Protection Drive." We collected 2.5 lakhs for this noble cause. On behalf of all, I thank you all for the generous support extended towards this noble venture.

In brief, Nirmal Bethany high school and Jr.College is rated, recognized and ranked as an excellent learning centre for quality education in Pune along with its unique contributions to the entire society and the nation. In the forthcoming academic year, our institution also going to be a centre for coaching the meritorious students on engineering and medical entrance, national and international competitive entrance examinations. NIRMAL BETHANY ENGLISH ACADEMY, an Epitome of English Elegance, opened a new prospect for making our parents and students expertise in English communication. NIRMAL BETHANY ESCORT always stands as a help for financially backward children. I am proud to say, in PCMC, this is the first school installed complete Solar Project for its entire functioning in association with MSEB. NIRMAL BETHANY JR.COLLEGE advances with its excellent results (100%) in the last 15 years on science & commerce streams along with mathematics combinations. In the year 2020-2021 we start a new batch for Computer Science in the higher secondary level. NIRMAL BETHANY continuous its successful journey without compromising its mission and vision, ensuring quality education to all and renew its commitment to mould the future generations for the changing global world.

### 8 Slogans On Say No To Plastic

1. Plastic gives a helpful hand, but they are polluting our land
2. If you are 'Fantastic' then do something Drastic to cut the 'plastic'
3. Go green, Plastic is obscene!
4. Handle with care, plastic is everywhere
5. Don't be drastic say no to plastic
6. Do something drastic but reduce the use of plastic
7. Use paper bag reduce the use of plastic bag
8. Without plastic the world is like a diamond which shines everywhere.

Shravan S. Shidruk  
Std. VIII - C

### Use plastic less, less and less

Say No to Plastic  
Eggs come in cartons  
Milk in sachets  
Apples look too pretty  
Wearing not Jackets  
Walk inside any shopping mall  
You'll see these neatly stacked  
Waiting to be picked and bought  
All wrapped sapped and packed  
Stop this! that blocks the gutter  
Stop this! that makes the planet a mass  
Use just cloth and paper  
Use plastic less, less and less



Aditi S. Singh  
Std: XI commerce

bags or reusable cloth bags.

The government of India has also banned the use of plastic bags in many states, however the same has never been implemented properly. We must understand that these have been banned for our good. Every individual must take it as his responsibility to stop the use of these bags to make our environment cleaner.

The use of plastic bags must be banned throughout the world in order to make earth a better place to live. The task may not be very difficult, as these can easily be replaced by bags made of other materials.

Hanna Manoj  
Std. IX - B

### PTA EXECUTIVE BODY



### MARATHI DAY CELEBRATION



### SAY NO TO PLASTIC

They are bad, destructive, non-biodegradable and well, just not cool, plastic bags are to the environment what a frenemy is to you. It may look quite useful, but with time it will only harm you and make bad things happen to you, they are vindictive. Plastic bags, because of their non-biodegradable nature, have already cost us a lot – water logging during the rains, bad crops because of plastic in the soil, harms aquatic life and also reduces the production of coal and petroleum because it doesn't break down.

The environment needs natural space just like us to work properly because of the so called development and modernization, it is already on the verge of using its valance. There are not enough trees, villages are being

transformed into cities. The one thing that could help us in not to pollute the environment.

We want to tell the world that banning plastic is not a big deal, that life is not dependent on such a small thing. We want to make the rest of the country like Himachal Pradesh which is probably the only state which has successfully discontinued using plastic bags. And with so many substitutes already present in the market, why should we go behind a stupid thing like plastic anyway? Also not using plastic bags will go well for your pocket also. Many shopping outlets have started charging you for that extra poly bag, why waste even a buck on something that is not good?

Prajakta R. Jadhav  
Std. XI - B

### PLASTIC POLLUTION

Plastic pollution is the accumulation of plastic objects in the Earth's Environment that adversely affects, wildlife habitat and humans.

#### Two reasons for plastic pollution

1. Plastic is resistant to degradation
2. It is expensive and durable, hence usage is high.

#### Reduction efforts:

1. Plastic recycling.
  2. Use of reusable or biodegradable plastic.
  3. Incineration of 60% used plastic, to lessen the transmission of diseases
- Policies and agencies working under:
1. In January 2019 = "Global Alliance to end plastic waste" has been created.
  2. It aims at cleaning the environment from existing waste and increase recycling.
  3. U. S. Environmental protection agency that aims at maintaining clean environment.
  4. U. S. Food and Drug administration that checks the adverse effects of chemical toxins.
  5. Canadian Oceans Act of 1997 adopted for ocean management and mitigation of plastic pollution.

### "USE REUSABLE BAGS" TO CARRY GROCERIES INSTEAD OF PLASTIC BAGS



Upcoming important days to remember and help to change and make environment eco friendly : 2019

1. World Water Day - March 22nd
2. World Earth Day - April 22nd
3. World Environment Day - June 5th
4. World Ocean Day - June 8th

"Lets keep our environment clean and change our attitude and behavior to beat plastic pollution"

G. Seetha Ratnam  
HOD Science (Junior College Section)