

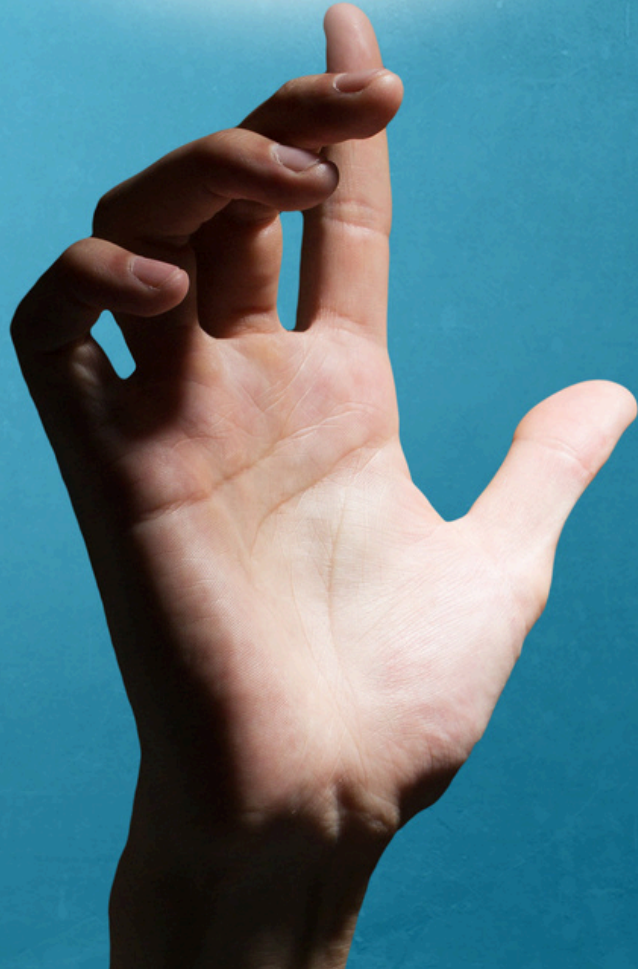
# J P I C

**2023 - 2024**

JUSTICE PEACE AND INTEGRITY OF CREATION



*Sisters of Notre Dame*  
*Our Lady of the Visitation Province*





**"Let us care for one another and let us be loving custodians of creation."**

**Pope Francis**

2nd Tweet  
as Pope



# *Sisters of Notre Dame*

General Chapter 2022

## *Vision Statement*

We are part of the great Notre Dame story  
of global sisterhood

The energy of the Holy Spirit fills us with  
imaginative hope and impels us to

dare to simply live

dream of a world without borders

do justice with patient perseverance.



## MESSAGE FROM PROVINCIAL SUPERIOR

Embracing Our Shared Responsibility: A Call to Environmental Consciousness!

In Pope Francis' latest encyclical, "Fratelli Tutti" echoing the timeless wisdom of St. Francis of Assisi's "Canticle of the Creatures" we find a renewed call to embrace justice, peace, and environmental stewardship as interconnected pillars of our collective responsibility. Through the lens of fraternity and social friendship, Pope Francis invites us to recognize the inherent dignity of every human being and the profound interconnectedness that binds us all.

In the Our Lady of the Visitation Province, the Sisters of Notre Dame and their collaborators have embraced this call with unwavering dedication. Together, they have embarked on a journey to cultivate a culture of fraternity and social solidarity, rooted in the principles of justice, peace, and the integrity of creation. Through educational initiatives, community outreach programmes, and advocacy efforts focused on environmental justice, they are empowering individuals to become catalysts for positive change in their communities and beyond.



*Sisters of Notre Dame*  
Our Lady of the Visitation Province

At the heart of this endeavour lies a profound recognition of the interconnectedness of all life and a commitment to nurturing a culture of encounter and dialogue. As Sr. Mary Ann, the Superior General of the Sisters of Notre Dame, eloquently articulates- “the Notre Dame story is a network of global sisterhood that cares for creation, its sustainability and for a mission impelled by the imaginative hope and energy of the Holy Spirit. This culture begins with our deep, personal encounter with our gracious God and ripples out to tender care for all our members and those we encounter in our daily lives and ministry.”

*[Congregational Plan 2023-28, Generalate, Rome, March 2023]*

I want to extend my heartfelt appreciation and congratulations to Sr. Mary Alpana, all the Sisters of Notre Dame and our collaborators for their unwavering commitment and dedication to advancing the cause of justice, peace, and environmental stewardship. Your tireless efforts and steadfast resolve inspire me and serve as a beacon of hope for a brighter future. Together, let us continue to walk hand in hand, empowered by fraternity and solidarity, as we strive to create a world where every voice is heard, every person is valued, and every corner of our planet is cherished and protected for generations to come.

**Sr. Mary Chetana, SND**  
***Provincial Superior***  
**Sisters of Notre Dame**  
**Visitation Province, Bangalore**

## MESSAGE FROM JPIC COORDINATOR

**May your love abound more and more in knowledge and depth of insight, so that you may be able to discern what is best and may be pure and blameless for the day of Christ, filled with the fruit of righteousness that comes through Jesus Christ—to the glory and praise of God.”**

*(Philippians 1:9-11, NIV)*

This report is a compilation showcasing the collective efforts of the Sisters of Notre Dame, Visitation Province, in their convents and schools championing the cause of JPIC - Justice, Peace, and Integrity of Creation. In a world marred by inequities, conflicts, and environmental degradation, our sisters of Notre Dame and our schools have come together to address these pressing issues and make a tangible difference in our communities and beyond.

As can be seen through a myriad social service activities, our sisters, candidates, students, teachers, and staff have demonstrated their unwavering commitment to promoting justice, fostering peace, and upholding the integrity of creation. From grassroots initiatives to global campaigns, each project reflects our shared values and determination to create a more just, peaceful and sustainable world for all.

Congratulations are due to all of the enterprising communities who have initiated new projects and have adopted creative ways and means to provide education to girls especially to those from the neglected strata of society. This report provides an overview of the diverse activities organised by Sisters of Notre Dame, Visitation Province, aimed at fostering holistic development, community engagement, and environmental stewardship among students and faculty.

**Sr. Mary Alpana, SND**  
**JPIC Coordinator**  
**Sisters of Notre Dame**  
**Visitation Province, Bangalore**



## PROVINCIAL HOUSE, BANGALORE

The synodal approach makes the Church walk forward in communion to pursue a common mission through the participation of each and every one of her members. The Mother of God is a model for all disciples and an icon of synodal life, reminding us of the universal call to listen attentively to God with an openness to the Holy Spirit. Mary and the Holy Spirit will help guide us along the path of discernment.



It was a blessed and historic moment for our Sisters in the Provincial House to welcome his Excellency Leopoldo Girelli, the Apostolic Nuncio of India and Nepal. He was accompanied by the Archbishop of Bangalore Rev. Dr. Peter Machado, Rev. Dr. Alex Vadakumthala, the Bishop of Kannur and Fr. Jerome, Archbishop's Secretary who paid a friendly visit to us. Having expressed his desire to visit the house which used to be the residence of Nuncio till 1948, the Nuncio was delighted to see the huge framed picture of the erstwhile 'White Bungalow' displayed at the stone stage, as a reminder of the jubilee legacy of Sophia. For the past 75 years in India the developmental and path breaking strides taken by SND to uphold the tenets of justice, peace and integrity of creation were commended. The Sisters were happy for the blessings and warm exchanges during this time.

## **WORLD EARTH DAY 2024 SISTERS OF NOTRE DAME BANGALORE**

World Earth Day was celebrated by the Sisters of Notre Dame in the Provincial House Community on April 22, 2024.

The glittering lights created a soothing ambience to participate in the prayer service created for this occasion. The Sisters were seated on the lawn to feel the gentle touch of the Earth Mother.

Certain rituals were performed to connect with Mother Earth.

1: Holy Water was sprinkled on all the Sisters to enjoy the freshness of the water to free us from all our negativity so that we “can walk on the wings of the wind.”

2: Sisters prayed the prayer of Commitment:  
“We commit ourselves to care for all the gifts of Creation,  
We commit ourselves to explore and understand environmental concerns,  
We commit to work with others for environmental justice,  
Come Holy Spirit; enkindle in us the fire of your love; Send your breath over the waters and we shall be re-created. And we shall renew the face of the Earth”

3: The globe was passed on from one sister to another to symbolically take personal responsibility to respect and protect Mother Earth.





The Earth is ultimately a common heritage, the fruits of which are for the benefit of all. God wills the interdependence of creatures. The sun and the moon, the cedar and the little flower, the eagle and the sparrow; no part of creation is self-sufficient. Creatures exist only in dependence on each other, to complete each other, in the service of each other.

*(Catechism of the Catholic Church, #340)*

We prayed for all God's creation:

✿ We pray for the waters of the rivers, that through God's grace we will fill them again with bountiful life.

✿ We pray for the soil of the earth, that through God's grace we will work for abundant harvests for all.

✿ We pray for the birds of the trees, that through God's grace we can offer them sheltering green leaves.

✿ We pray for all of this sacred Earth, that through God's grace and with God's help we will renew the music of creation's pulsating life.

**-Sr. Shobha SND**



## **SND Inaugural Programme for 75 years Jubilee Stewardship of the Earth**

Eco-consciousness and simple living are ways to nurture the environment and no one knows it better than the Sisters of Notre Dame. At the Provincial House they have planted a nourishing garden of vegetables as one of the inaugural programmes celebrating the platinum Jubilee, 75 years of stewardship of the Earth in addition to the pre-existing garden and tended to nature, understood the rhythm and patterns and vagaries of nature and reaped its benefits thus diving into ecological economics as well.



Ecological Education- **Response to the Cry of Mother Earth**



Ecological Economics- **Old Paper shredded for Reuse**



## Provincial House Kitchen Garden

“Embracing the art of cultivating our own sustenance is akin to forging our own prosperity...” as Ron Finley astutely observes. The endeavour embarked upon by the Sisters in the provincial house exemplifies a profound commitment to nurturing both the earth and the soul. Led by the indomitable Sr. Priscilla, whose stewardship sets a radiant example, the community thrives amidst verdant rows of vegetables, fruits, and the delicate beauty of orchids. Their collective efforts demonstrate that the bounty of the earth can be cherished and nurtured within the confines of even the smallest plot of land. Indeed, as the sisters extend their benevolent hands in harmonious unity, they weave a tapestry of sustainability, enriching not only their own lives but also the very fabric of the environment. In their noble pursuit, they echo the sentiment that the care of Mother Earth is not a distant aspiration but a tangible reality woven into the fabric of daily existence.



## JPIC programme for Junior Sisters : Caring for Creation

During the JPIC training session for juniors from May 3rd to May 31st, 2024, each of the 7 sisters and 3 candidates present at the Provincial House, Bangalore was entrusted with the mission to plant a sapling to create awareness and foster care for Mother Earth. They bonded with the task by studying the local plant species and factors conducive to the growth and care of these plants. They then planted various vegetable and flowering species and tended to them daily with water and love showing their care for creation.



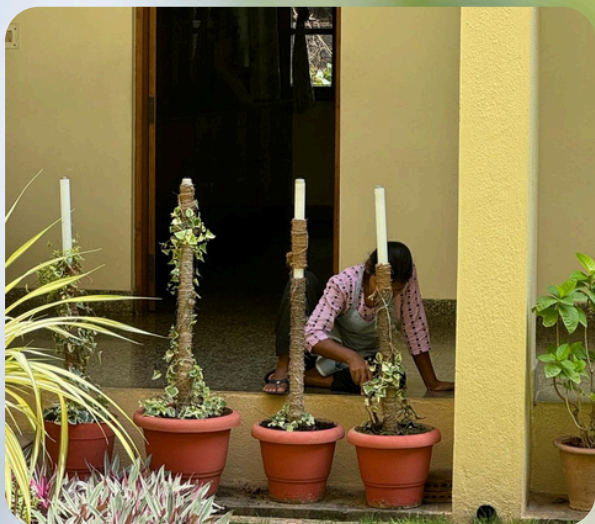
## Ecological Education

The junior sisters visited Bangalore Golf Club (BGC) to learn more about caring for creation. BGC, spanning over 58 acres of well-maintained lawns for golf, employs meticulous care in watering and trimming. They also use vermicomposting for waste management. The Environment Department provided the sisters with an enlightening session on various methods to maintain and protect our Mother Earth. It was a beautiful and informative experience.



## A Day to be with Mother Nature

The sisters dedicated extra care to the green gardens, spending time removing weeds and keeping the lawn neat. They also loosened the soil to keep the plants healthy.



## NOTRE DAME FORMATION HOUSE, MYSORE

Caring for Mother Earth is a vital endeavour, especially in today's context. At our Notre Dame Formation House, we, the sisters and candidates, dedicate an hour to tending our garden, cultivating vegetables, fruits, and flowers. Engaging in activities like digging, planting, watering, and weeding not only yields produce but also fosters a deep connection with the soil, plants, and trees. This aligns with Pope Francis' Laudato Si vision, emphasising the importance of protecting the Earth and its biodiversity.

In an extension of our Justice, Peace, and Integrity of Creation (JPIC) efforts, we contribute to Mission Sunday by hosting a plant sale. Months in advance, we nurture various plant varieties in pots and sell them on Mission Sunday, with the proceeds benefiting missions. This initiative not only supports missions but also serves as a tangible demonstration of our commitment to environmental care, inspiring parishioners to adopt similar practices in their homes.

Additionally, our ND Formation House actively supports the less fortunate through financial and material assistance. During Advent and Lent, we practise abstinence from certain foods, channelling the saved funds to help those in need. Recently, we generously assisted a former employee during his daughter's marriage. We also reach out to our neighbouring communities, specifically the terminally ill patients, providing them with essential food items. Our candidates actively contribute by spending two weeks caring for them, offering assistance with daily activities and fostering meaningful interactions.







We also reach out to our neighbouring communities, specifically the terminally ill patients, providing them with essential food items. Our candidates actively contribute by spending two weeks caring for them, offering assistance with daily activities and fostering meaningful interactions.

Through these initiatives, we strive to embody the values of care for the environment and compassion for those less fortunate, creating a positive impact within our community and beyond

**-Sr. Rosilin SND**

## NOTRE DAME SCHOOL, MYSORE

World Environment Day was celebrated on June 5th, 2023 on our college campus. The event provided a great platform to create environmental awareness amongst us. Principal sister Anjana addressed the gathering and emphasized the crucial role of the environment day and the need for conservation.

We planted 4 new saplings and watered them signifying the importance of sustainable development and conservation of nature and natural resources.

One of the students delivered the speech about the importance of nature in this ever changing environment. She also pointed out that, as the world is facing more of climate change, we need to plant more plants to replenish the earth.

Thus the journey through the various projects and initiatives undertaken by our schools, illustrates the power of collaboration and the profound impact that can be achieved when we work together towards a common goal. From advocating for the rights of marginalised communities, to advocating for environmental stewardship, our compilation showcases the breadth and depth of our commitment to JPIC.

As we navigate the challenges of our time, this serves as a testament to the transformative power of education and collective action. Together, we can build a future where justice, peace, and the integrity of creation are not just ideals, but lived realities for all.

**-Sr. Anjana SND**



# SOCIAL OUTREACH MINISTRY, CHOODASANDRA

## Chintamani Sub-jail Visit

On October 30th, Sr. Jaisheela SND, joined Prison Ministry volunteers at the Chintamani Sub-jail with four priests, two ladies; where Fr. Alban delivered an inspiring talk and they organised games, distributed prizes, and provided inmates with towels, steel tiffins, and snacks; bringing joy to the inmates despite COVID restrictions.



## Central Jail Visit

On Good Friday, two priests and lay volunteers went to the men's section of the Central Jail and two Sisters and lay women volunteers went to the women's section to allow them to experience the service and express themselves by asking pardon and forgiveness and praying for their families.

## Celebrating Empowerment; Transforming Lives in Choodasandra

**Women Empowerment:** Working with women especially women from the weaker sections of society is a challenge which provides an opportunity to understand the struggles and pains they face in their family and society. Since June 2023 various villages and slums were visited to identify the possibilities and needs of the area. Most women were engaged in domestic work, and a scattered number were construction labourers. After three months, three Self-Help Groups (SHG) of 15-20 women in three villages, namely Rayasandra, Choodasandra and K.R. Nagar were formed. Awareness sessions on various topics were conducted. Our Parish Priest from our Lady of the Sacred Heart Church has been very supportive and has allowed us to use the Sub-Station Church Hall for all programs of these motivated women.



### The blessing of the Women's Program

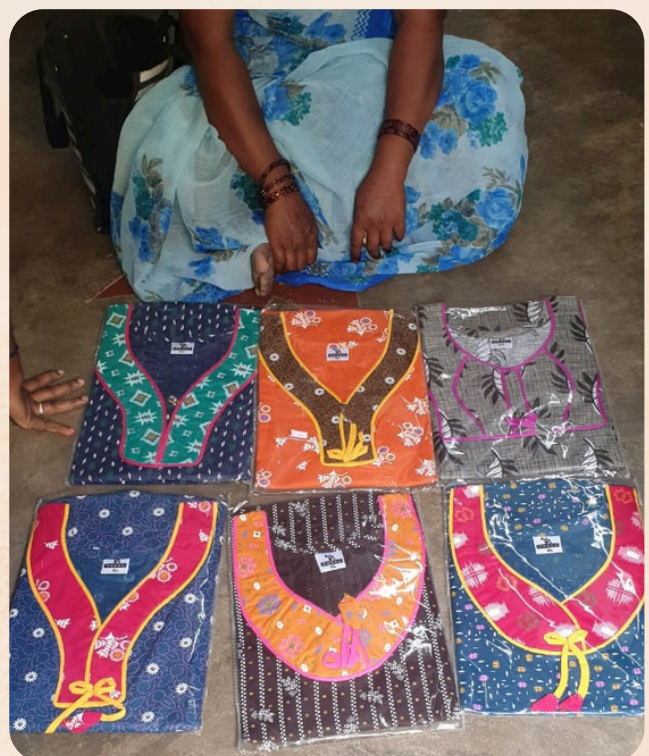
It was a day of great joy for all the sisters and Self Help Group women as the social action ministry was initiated in Choodasandra. Fr. Prasad, MSC, the assistant parish priest blessed and held a prayer service for the members and the social work ministry in the presence of Sr. Chetana our Provincial, Srs. Sujita, Priscila, Shruti, Pushpa, Shobha and Jyotsna and Sr. Rashmi.



At the women's cell in the parish, various issues affecting women and the girl child are discussed. A conflict-management program for couples was organised, also the first ever Grandparents Day was celebrated with a holy mass, followed by tea, snacks and fun games organised by the Women's Cell. A 9-day prayer campaign for Girl Child Day also culminated in a Holy Mass for the children in the parish.



The women were introduced to income generating activities like buying skirts and nighties in bulk from wholesale and selling it at the village. Some others have started chicken-rearing to sell and raise an income thus attempting to become economically self reliant.



The first women's day with the SHG women was held in Notre Dame School Hall, Choodasandra. The Panchayat Councillor Mr. Raghu and his wife, an ex-ward member were the chief guests. Srs. Abha, Sandhya, Sneha and Subala were also the special guests for the celebration. Sr. Jaisheela, guided and organised the prayer service and cultural programme for the women to showcase their talents in dancing and singing and a meaningful drama. The prize winners of the Rangoli competition and the 'bombing the city' games of SHG women were felicitated in the programme.

### Rangoli competition on the occasion of women's day.



### Spirit of Christmas; Funds for Cancer Patient

The first Christmas celebration of these 45-50 women gathered around the crib with SND sisters to celebrate with singing, dancing ended with gifts of provision packets for each member and received with gratitude. Moved by this generosity, they chose to donate Rs. 300 per person totalling Rs 16000/- to Manikandan, a boy with blood cancer. It was heart-warming to witness their sacrifice. Let's continue to be a beacon of goodness and see Jesus in all. God is good all the time and God is good to everyone. So be good to others and see Jesus in every person.



**- Sr. Jaisheela, SND  
Social Welfare Program**

# NOTRE DAME ACADEMY, CHOODASANDRA, BANGALORE

## NDA Aloysia Project Inauguration

On St. Julie's Feast Day, Sisters in Choodasandra (Sr. Abha, Sr. Sandhya, Sr. Sneha, Sr. Subala and Sr. Jaisheela) opened up the school premises to the poor slum children of that locality to study in this safe haven after regular school working hours. They are helped with their studies by NDA students and teachers and are also provided with nutritious food before going home.



Notre Dame Academy, Choodasandra, Bangalore organized an annual Collection Drive namely, **'From Me to You'** in the month of December. All the students from Nursery to Class XII were invited to bring specified items of food grains, pulses, sugar, cooking oil, beverages, stationery items, toiletries, detergents, blankets, bed linens, towels, baby products, sanitary pads and the like. In addition to our visits to the regular orphanages and old age homes, this year we visited new homes including the Women's section of the central jail and Three Homes Of Mother Theresa. We surveyed the Choodasandra slum and reached out to all of them. Our school bus drivers and bus aunties, our own construction workers and domestic workers were also the happy recipients of our 'Me to You' project.



*Some reviews as reported by students and staff*

### **Visit to ASHA BHAVAN Old Age Home**

Indeed, it was a day well spent with lots of good and cherished memories for the teachers and the students of Notre Dame Academy 2023-24 Batch of Grade VII. We spent more than an hour with the blessed elderly women at Asha Bhavan old age home just a few metres off the road from Carmelaram Railway Station, Sarjapur Road. We were truly touched by the warm welcome we received by Sr. Claire and all the 25 elderly women inmates who were living there as the world had denied them shelter, care and love but were now sharing their familial love with each other, catering to the needs of each other like one symbiotic system.



It did not take much time for the students to get familiar and attached with the old women who reminded them of their own grandmothers. Empathising with them very soon the atmosphere became very emotional and everyone shed tears experiencing their love and care and listening to their real life stories of how they ended up in an old age. A Christmas programme was held to entertain them. After the group carol singing by the students, there was an open dance floor where some of the old women and students had a wonderful time dancing to the tunes of songs overcoming all linguistic barriers. The children also visited those who were bedridden and some who were unable to walk due to old age. Sr. Claire presented a small vote of thanks on behalf of Asha Bhavan inmates when it was time to bid goodbye.

This precious time spent with them, and experiencing their love and care, is etched forever in their hearts as the children learnt to be content with all they had and learnt to respect elders, and to provide care and love especially when they need it the most, in their old age.



## Visit to Central Jail

Having got the privilege to visit Parapanagara Central Jail along with our Sisters, and our Interact club teachers, under tight security, the mission was to bring the spirit of Christmas to those behind bars, especially the women prisoners and their young children. Some inmates joined the team and sang the carols wonderfully while some others kept crying which was heart-rending. The fulfilment derived from spreading light in unexpected places made this Christmas visit an experience that will be cherished by all involved.

At the special request of the Jail warden we were allowed to take with us only items like lingerie and sanitary pads for the women and clothes and stationery items for children. Babies and children below the age of six years were given a new set of clothes. We were able to reach out to 90 women and 12 children.



## Visit to Mentally Challenged Children's Home

8th Graders, the Interact club representatives and teachers from Notre Dame Academy embarked on a visit to a home for mentally challenged children 'SWANTHANA' as part of the community engagement initiative by Interact Club. The purpose of the visit was to promote empathy, understanding, and interaction between the students and children facing cognitive challenges.



The visit began with a brief orientation session at the school by the principal Sr. Sandhya, where the students and staff were provided with information on the purpose of the visit and what to expect there. During the visit, students sang carols and contributed a good amount of food supplies, and toiletries. Staff members and students observed the living conditions and daily routines of the children and gained insight into their individual challenges.

The visit to 'Swanthana' proved to be a valuable and enriching experience for Notre Dame Academy students. It not only deepened their understanding of cognitive challenges but also reinforced the importance of compassion, gratefulness and inclusivity within the school community. It was a heartening initiative by Interact Club that exemplified the school's commitment to fostering a compassionate and socially responsible student body. This engagement serves as a reminder of the positive impact that simple acts of kindness and understanding can have on the lives of those facing unique challenges.

**-Sr. Sandhya, SND**

## ◆ SND SOMANAHALLI COMMUNITY

Women from the Self Help Groups (SHGs) under Jagruthi Centre have displayed remarkable strength. Despite challenges, a commendable number of SHGs collaborated with the Jagruthi Centre, ensuring continuity in savings, bank transactions, and also seeing 36 young women graduate as skilled tailors from 3 Tailoring Centres in 2023.



A former student turned efficient teacher now manages a centre, overseeing the growth and accomplishment of her peers. In the computer courses introduced at the Jagruthi Centre 8 students completed Basics in computer, and four excelled in Basics and Tally ensuring employability and empowerment. Around 20 Jagruthi women actively participate in the Legion of Mary, engaging in weekly prayers and acts of mercy. By their participation in feasts dedicated to Mother Mary and prayers at every Catholic house in the parish, Jagruthi Women of Somanahalli, inspired by Mother Mary, embody resilience and empowerment.

### **The Aloysia Mane, Somanahalli**

For the children of foster home Aloysia Mane, education is not confined to the classroom but is seamlessly woven into the daily lives of these vibrant youngsters. Every two months, the children gather as two groups 'Asha Kiran' and 'Jyoti Kiran' for a Committee Meeting; and initiate discussions on areas for improvement openly sharing experiences and learnings. This ensures that children acknowledge mistakes and collaborate with each other. Moreover, with each child taking charge for a month, it nurtures in them qualities of leadership and responsibility. Experiential learning is acquired by practical activities like vegetable cutting, peeling, and washing dishes as well as reading, drawing, and colouring, making paper decorations, 'nimkees' and even rosaries. Acquiring life skills will leave a lasting impact on the children whose simplicity embodies blessings and lasting values.

**-Sr.Mary Rashmi, SND**



# NOTRE DAME SCHOOL, VASAI

## I. Culinary and Practical Learning Activities

Recipe Making Workshop: Students from various grades participated in a hands-on recipe making workshop aimed at enhancing their culinary skills and providing practical application of subjects like Mathematics, Science, Language, and Art. Through this activity, students learned about measurement, chemical reactions in cooking, and the integration of different disciplines.



## Movie Screening- "The Elephant Whisperers"

A screening of the movie served as an engaging classroom activity, deepening students' understanding and appreciation for animal communication and the intricacies of the animal kingdom. The film provided valuable insights into the natural world and sparked discussions on environmental conservation.

## II. Environmental Awareness Initiatives

Environment Day Celebrations: On June 20, various activities were conducted to commemorate Environment Day, including tree plantation, documentary screening, and poster making. Saplings of native species were planted to promote green spaces, while the documentary "Eating Our Way to Extinction" shed light on environmental challenges and solutions. Poster making allowed students to express their creativity while addressing issues such as climate change and wildlife conservation.



### ***Beach Clean-Up:***

Grade IX students, in collaboration with the NGO "Plastic Free Vasai", undertook a beach clean-up at Parulekar Beach. Equipped with gloves and trash bags, students diligently combed the beach for litter, fostering environmental awareness and community engagement. Discussions during the clean-up emphasized responsible waste disposal and sustainable practices.

### **III. Cultural and Spiritual Development Activities**

Rashtriya Ekta Divas Assembly: Students conducted an assembly on the theme "Unity in Diversity," showcasing India's cultural richness and emphasizing the importance of mutual respect and understanding across diverse communities. Through skits, speeches, and dance performances, students celebrated India's cultural diversity and pledged to strengthen the bond of unity.



**School Retreat:** Separate retreats were organised for high school and middle school students, focusing on personal and spiritual development. Guided meditation sessions, praise and worship and small group discussions facilitated self-discovery and emotional intelligence. Students expressed feeling rejuvenated and less stressed after the retreats, highlighting their positive impact on holistic well-being.

#### IV. Community Engagement and Christmas Celebration

*Notre Dame Associates Gathering:* The Notre Dame Associates gathered to celebrate Christmas and exchange gifts. Members shared about their outreach activities and planned further support for needy communities, demonstrating a spirit of generosity and compassion during the holiday season.

Thus the activities organised at Notre Dame School reflect a commitment to holistic education, community engagement, and environmental stewardship. By providing diverse learning experiences and opportunities for personal and spiritual growth, the school nurtures well-rounded individuals who are equipped to make positive contributions to society.

**-Sr. Mary Shylaja, SND**

## NOTRE DAME ACADEMY, THEEGARAJUPALLY

This year we engaged our students in planting, cleaning and making wealth out of waste. Students were eager to make their surroundings neat and clean and express their creative ideas to conserve nature through the exhibition of “wealth out of waste”. They also planted a vegetable garden and looked after it. Their enthusiasm in nurturing nature gives us hope for tomorrow. This hands-on approach enhances their ability to think critically and make decisions, as they are actively involved in maintaining and nurturing their surroundings.



We have another exciting JPIC initiative which has helped us to utilise renewable energy in the most useful way. We, with the help of the congregation, have installed 21 solar panels to generate 7 Kb electricity. This has gained us uninterrupted electricity and reduced non-renewable energy consumption.

### Extending a helping hand in cleaning the compound



### Weeding the compound



## Solar Panels



## Exhibition: 'Wealth out of Waste'



-Sr. Nitisha, SND

## NOTRE DAME SCHOOL, DEOGARH, ODISHA

### " Off the Shelf "

Mobile phone addiction is a problem faced by every age group especially among the kids post COVID and with the rapid growth of technology. This distracts them from their studies. To bring awareness about reading books among children and parents, we put up a show named "OFF THE SHELF". The importance of reading books captivated every one's heart. Parents appreciated us for choosing such a theme to encourage children to read more books.





### Maximising Sustainability

Some of our students collected the phenyl containers from the school and were creative to turn them into flower pots. It beautified the school campus and was appreciated by all who walked into school.



### Prayer for Peace

As Pope Francis has asked the faithful to pray for peace in the month of October, a wonderful prayer service on 'Prayer for Peace' was organised. Children decorated the hall creating an atmosphere of sympathy and empathy towards the people of Ukraine and Russia, Palestine and Israel, for our own country India and for the broken families. It was as though the children had brought heaven down on Earth through their prayers for Peace. Everyone who was present experienced peace in their heart and carried these vibrations to many more different places making it a heart touching moment to all.



### **Cultivating Vegetables and Life Values**

Children at Devamata Hostel, Deogarh, Odisha, spend an hour in the farm every evening. They learn to grow vegetables in the organic method. They even take care of livestock like cows, goats and chickens. Reaping the harvest gives them a lot of satisfaction added to the benefit of long term joy and health. Through this they learn to stay close to Mother Earth.



**-Sr. Triveni, SND**

# SOPHIA HIGH SCHOOL, BANGALORE

## Ecological Spirituality- Interfaith Prayer gatherings, Seminars and Sessions

Prayers were held with staff of all religions and denominations for protection and self-reflection to create a safe and positive environment for mental health awareness amidst the community and society. Seminars were held on topics like *'Education Unplugged'*, *'Integration of Mission, Family and Prayer'*.

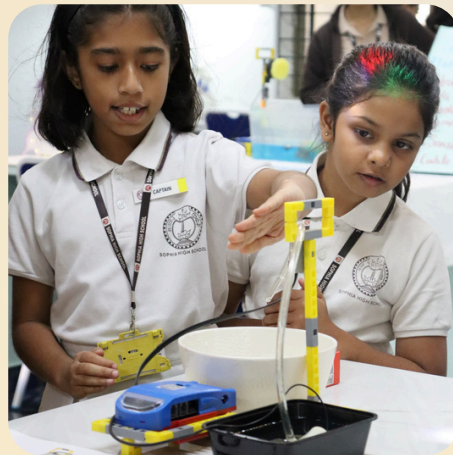


**Sisters of Notre Dame's support to those who perform 'care labour'**- lauding their 'Quiet efforts, Lasting echoes' with a special day of appreciation and gifting. The 50 plus maintenance staff of the school enjoyed a few games and received a warm bedspread among other token Christmas gifts to support equitable participation in festive cheer.



**Adoption of an Eco-Conscious Lifestyle:  
Innovations to save water; Conserve energy [Robotics & AI Exhibition]**

The Artificial Intelligence exhibition integrated technology for conservation of resources and taught student participants to collaborate with peers for optimum peaceful coexistence.



**Promoting Ecological Vocation** among the youth guided by eminent personalities.



## Sisters of Notre Dame Contributions to Mother Earth and Motherland India

### Platinum Jubilee year @75 years and counting:

The contributions of the Sisters of Notre Dame working in the Indian diaspora over the years in the field of service, medicine, safe ecological practices and girl child education was revisited by motivated students.



### Sophia High School @75- Response to the Cry of the Earth

On the occasion of India's 77th Independence Day, on August 15th, 2023, after the assembly and flag hoisting, Sophia management organised a blood donation camp in the campus under Indian Red Cross inspiring parents and well wishers to donate blood selflessly.



## Emphasis on Community involvement

Awareness to help Children in war-torn countries: A heartwarming play- "No Roof But The Stars" by the students featured perils of war and homelessness aimed at supporting children in war-torn countries by generating awareness and compassion for this global problem.



## Ecological Education Consciousness - Participatory Action

### 1. 'Green Race for a Blue Planet'

The annual fundraiser Sophia Road Race generated awareness about sustainability among staff, students, parents and the public along the 3.5 Km route around the school ultimately funding the needs of the underprivileged in society.



### 2. Vehicular Noise Pollution Awareness Campaign

Students from various departments took up the initiative to beat Vehicular Noise Pollution. They held handmade placards with awareness messages in the peak traffic hours at the busy traffic island outside their school. Principals- Sr. Alpana, Sr. Vishala, treasurers- Srs. Divya and Pushpa, along with Sophia teachers conducted it smoothly in the presence of public figures like the Assistant Commissioner of Police and Constables from the Traffic Central Sub Division, Bengaluru City. It gained traction on social media platforms too.



## Ecological Economics Awareness; International Diplomacy

### **Sophia Model United Nations**

This platform enabled students to boldly and empathetically discuss global issues like the situation of migrants and refugees with special reference to the Middle East in the postmodern world, invasion of Ukraine, indigenous traditions etc., to help shape virtuous leaders.



## Responding to the Cry of the Poor

### 1. Daan Utsav 2023 (Food Donation Drive)

The Sophia campus came alive with the whole school donating non-perishable food donations for Daan Utsav 2023. Students bringing in handheld grocery packets and parents' online deliveries exceeded all expectations of generosity.



The support staff, students, the faculty and the Sisters of Notre Dame joined hands to make food kits for timely distribution. Each Daan Utsav kit consists of 5 kgs rice, and 1 kg each of pulses, flour, sugar and oil.

A total of 3000 kgs of food items was distributed to the needy in various shelters for the orphans, the elderly, the destitute, the mentally and physically challenged. The distribution across deserving places were as follows:





Graveyard workers  
Kukki's Centre  
Jerome Home for destitute widows  
Snehadaan (centre for HIV affected children)  
Makkala Jeevodaya Orphanage  
Little Buds Orphanage  
Parvathi Charitable Trust (Old Age Home)  
Vidyagokula Charitable Trust (for destitute children)  
Adarane Charitable Trust Children Home (Jakkur)  
Aloysia Mane Foster Home, Somanahalli  
Sophia Maintenance Staff  
Don Bosco, Children's hostel Kollegal  
Angels Orphanage, Shivajinagar  
Morning Star Ashram (Shelter for physically and Mentally handicapped)  
Akashaparavakal (Shelter for physically and Mentally handicapped)  
Jyothi Seva - School for blind children.

## 2. Upholding the dignity of the poor and destitute

SND began a Warmth-Campaign and succeeded in involving students in the distribution of warm blankets amongst the destitute to beat the biting cold of Bangalore's cold months of December and January.



## Protecting the Protectors

In recognition of their tireless service, Sophia distributed quality helmets to 145 traffic policemen and policewomen of the Highgrounds traffic station. The students, staff and their Principals Sr. Alpana, Sr. Vishala and Sr. Madhuja helped to distribute the same.



## Helping with sustainable and eco-friendly Hygiene kits

Provincial Superior Sr. Chetana, Principals Sr. Alpana, Sr. Vishala, Sr. Madhuja joyfully distributed 220 eco-friendly hygiene kits of medicinal toothpaste, bamboo toothbrush, soap and cloth napkin among the staff and special students to mark **World Disability Awareness Day**.



## SND Community Engagement- Aloysia Program in Sophia

### Empowering Through Service:

It is the after-school programme where Class 11 girls volunteer to stay back after classes during the week to teach disadvantaged orphans from the Angel's Orphanage. As a testament to the spirit of compassion, a unique children's day programme was arranged for these children from Kindergarten to Class 10. The volunteer students organised several sporting events for them allowing them to showcase their sporting abilities and have a good time.



The volunteers along with dedicated Aloysia teachers, and the Sisters of Notre Dame, joined hands to bring the festive spirit of Christmas to the Angels Orphanage. They distributed uniforms which were sponsored by a kind donor and healthy treats from the management reflecting a sense of community in this event.

The volunteering students, principals Sr. Alpana, Sr. Madhuja, along with other dedicated sisters and teachers held a feast for bidding farewell as the children proudly displayed their talent, creativity, and sportsmanship to call the curtains at another academic year's conclusion carrying invaluable lessons that define the Aloysia experience.



## Education on Care of Earth or Ecology

### 1. **Swachatha Hi Sewa (To Clean is To Serve)**

Students organised a cleanliness awareness drive among their schoolmates on campus, to avoid littering food, wrappers and other items and to keep the school corridors and classrooms clean supporting the local civic body's call for 'Swachatha Hi Sewa'.



## 2. Sophia National Cadet Corps Trekking and Swachh Bharat Abhiyan (Clean India Campaign)

Our cadets embarked on an exciting trek to a hill called Hari-Hara Betta early in the morning. After a comprehensive briefing and a short skit emphasising the need to protect our precious nature they were provided with small fanny packs to collect waste, including plastic waste. Hence the students collected the discarded waste in the surrounding area and put it into the fanny packs and actively took part in the **Swachh Bharath Abhiyan** of our country. The summit was triumphantly scaled, and the descent commenced after a lunch break and a moment of reflection up in the mountains. This was a day filled with physical exertion, environmental stewardship, and personal responsibility.



## 3. Eco-Corner at Sophia

Senior students advocated the environmental cause and had a special counter for green flowering and medicinal plants and reusable plastic free bamboo bottles at their tuck shop generating a wave of interest in the impressionable minds of their juniors.



## Prani Thota Visit (Home for Rescue Animals)

This unique up-close interaction with rescued animals of varied species was life changing as it brought the humans closer to loving animals by watching them peacefully coexist with each other.



## A day well spent at SND's Adoption Home

The 8 minor foster girls staying here mingled with some 7th graders of Sophia and mutually enjoyed sharing a day together. The art work and peppy music curated by teachers added to the experience which was arranged by the Principal Sr. Alpana, Treasurer Sr. Pushpa and ND sisters at Somanahalli led by Sr. Rashmi.



A day of painting, singing, dancing and playing games ended with gifting. These new friends tied eco -friendly friendship bands to light up each others' lives and discovered the gift of self to make someone else's day better.



### Sophia's steps to greater Sustainability- WELLBEING OUT OF WASTE

Sophia Interact Club partnered with ITC's WOW initiative (Well-Being Out of Waste), and the principals Sr. Alpana SND and Sr.Vishala SND encouraged the entire school from Nursery to Std 12 to serve for the planet's well-being through the recycling of old note books, old textbooks, old newspaper, plastic bottles and cartons.



The Sisters of Notre Dame, Visitation Province, supported this endeavour since ITC is a carbon positive, water positive and solid waste recycling positive company. At the end of the academic year, students of all age groups with their parents weighed their recycling contribution and then proportionately exchanged it for new stationery and a certificate. Children are being encouraged to do waste segregation at source and bring all paper back to recyclers to reduce waste in landfills and to provide competitive raw materials to various industries to reduce the carbon footprint on our environment. The campus was abuzz with recycling champions of all ages showing a hopeful future with a collection of 12 tonnes of recycling contribution.



## Response to the Cry of the Poor

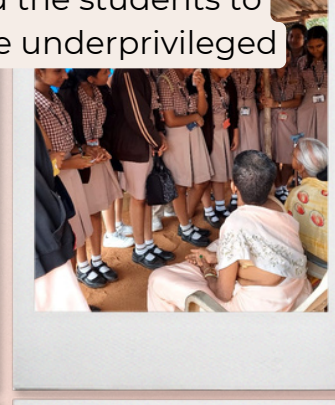
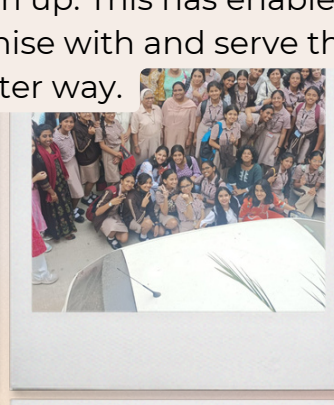
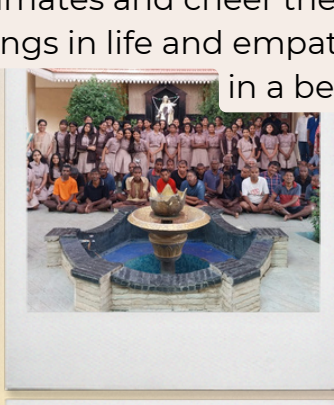
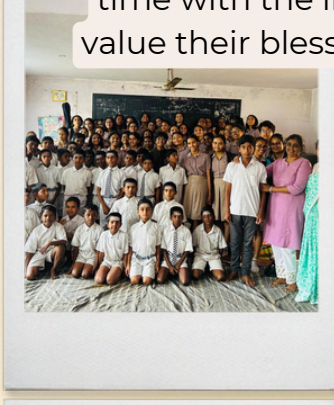
### 1. Outreach by Sophia students & staff

All the Sophia students from middle school to secondary school have been motivated by the Sisters of Notre Dame to fulfil their Outreach programmes with a visit to communities in need whether they are Old Age Homes, Orphanages, Destitute Homes or Care Centres for HIV patients and the Mentally or Physically Challenged in the city.





Each class, accompanied by two teachers, has visited the finalised venue in Bangalore on a fixed date in November and December of 2023; transported by the school, carrying the items as per their list of requirements and the facilitated budget by Sr. Alpana and Sr. Pushpa, in order to share some quality time with the inmates and cheer them up. This has enabled the students to value their blessings in life and empathise with and serve the underprivileged in a better way.



## 2. Ensuring members of the community have free access to pure drinking water



### Platinum Jubilee @75 : Truth Reigns, Love Unites

#### ***Milestones along the way.***

#### **Past Pillars, Future Skies; Foundation to Infinity for the Environment**

Marking Platinum Jubilee @75 years of Sophia High School was an occasion to reflect on the school's legacy of education, faith, service to society and ecological work, inspiring renewed commitment to the school's mission and values.



The logo of a tree is a symbolic reference to a sustainable vision and ecological resurgence for Sophia with an apt theme emphasising its rich history, vibrant present, and promising growing future.

"For I know the plans I have for you, plans to prosper you and not to harm you, plans to give you hope and a future." - Jeremiah 29:11

# SOPHIA OPPORTUNITY SCHOOL, BANGALORE

*There is a divine purpose behind everything!*

In a world filled with challenges, Sophia Opportunity School, which caters to the needs of special students, stands as a beacon of hope, nurturing values of **justice, peace, and the integrity of creation (JPIC)**.

The special school has embarked on a journey to transform not only the minds but also the hearts of its special students towards cultivating, "JUSTICE, PEACE and ENVIRONMENTAL STEWARDSHIP." At the heart of Sophia Opportunity School's ethos lies a deep reverence for creation as a gift from the divine.

With this belief as their guiding principle, the school set about on a mission to create a garden within its campus. This garden serves not only as a place of beauty but also as a tangible reminder of our interconnectedness with nature.



In their quest for JPIC, the school community has embraced the concept of reutilization and repurposing as a means to minimize environmental impact. From crafting woollen mats to creating pearl chains from unused jewellery, the school has demonstrated a commitment to mindful resource use and waste reduction.



In a heart-warming display of inclusivity and collaboration, special children at the school have actively participated in environmental initiatives. From transforming discarded bottles into flower vases to creating wall hangings from coloured paper, these students have not only reduced waste but also promoted a sense of community and environmental responsibility.



Through activities like cleaning and sweeping, the special students have exemplified their commitment to caring for their surroundings. Their actions serve as a powerful reminder of the importance of environmental stewardship and inspire others to follow suit.



The JPIC activities came to a full circle, with a recent outreach programme at Cluny Convent Orphanage.

At the orphanage the special students engaged in activities like envelope-making using old newspapers, sweeping, cleaning the garden and so forth. Their efforts not only benefited the orphanage but also served as a testament to the special school's dedication to creating a cleaner, greener world for all.



As we reflect on the initiatives undertaken by Sophia Opportunity School, we are reminded of the profound impact that small acts of kindness and environmental stewardship can have on our world. Let us join hands with them in caring for our common home, for the benefit of present and future generations.

Under the nurturing guidance of a dedicated Principal Sr.Mary Madhuja, S.N.D. and Staff (both teaching and non-teaching) the students at Sophia Opportunity School have blossomed into environmental agents and have exemplified their commitment to caring for their surroundings. Rightly concluding, Goodness is the only investment that never fails!

**-Mrs. Lizy Kuriakose and Mrs. Prema**



# NOTRE DAME SCHOOL, VETTIKUZHY

## Emphasis on participatory action in the Community by Care for Creation

“Together for Thrissur “ is an outreach project of Thrissur district in Kerala State, and our SND school is a part of it. The school has adopted five families in the neighbourhood and has been providing them with food items every month.



## Response to the cry of the earth and ecological education

Students have been taught how to nurture fertility in the soil to cultivate flowering plants in the common garden. Timely harvest of these flowers helped the students participate joyfully free of cost in the flower carpet tradition of the local Kerala festival ‘Onam’. The flower garden also helped to freshen the environment.



## Response to the Cry of the Poor

The school fraternity and the parent community have reached out financially and spiritually to a student who met with an accident thus sending out a message of collaborative effort for the betterment of fellow humans.



**-Sr. Julie, SND**

## SISTERS OF NOTRE DAME VETTIKUZHY CONVENT

### Spice Garden

We are blessed to have a variety of spices in the convent farm. The ecological economic path we focussed on was primarily on cultivating a vibrant convent flower garden, along with banana, ginger, turmeric plants, and nutmeg trees. We harvested ginger, turmeric, and bananas for household consumption throughout the year. Additionally, we sold nutmeg, turmeric, pepper, and tamarind.



The proceeds from these sales were utilised to assist less privileged members of society, particularly in meeting their hospital needs and medication expenses, especially for the terminally ill and cancer patients.

Responding to the call to care for both the earth and the poor, we are dedicated to maintaining the greenery of our environment. The sisters are actively involved in nurturing the convent farm and flower garden, resulting in a beautifully maintained campus garden. Our plants are diligently watered every other day, contributing to their healthy growth. Furthermore, we have also planted a significant number of arecanut plants in the farm.

**-Sr. Mercy George, SND**

## NOTRE DAME SCHOOL, IDICHAKKAPLAMOODU

### I. Planting vegetables and flowers in the campus

Grow bags and vegetable seedlings were provided by the panchayat. Students planted them. Students also brought varieties of flowering and ornamental plants and took care of them.



### II. Visit to Old age home

Students collected a lot of food items, lotions, clothes etc. and donated them to an old age home. A group of students, teachers and sisters also visited and spent meaningful time with them.





### III. Maintaining the school campus clean and plastic free.

Students and members of the staff collectively avoid bringing plastic bags to the school.



### IV. Socially productive work.

An exhibition was organized to showcase the talents of students in creating best out of the waste. The whole school participated in this activity.



### V. Special assemblies

Staff and students conducted creative morning assemblies on Environment Day, Earth Day, Hiroshima Day etc. to create awareness about our planet and the need to care for it.

Drawing and essay competitions were also conducted on these occasions.



## VI. Workshop on dental hygiene

A seminar was conducted on dental hygiene and free check up was provided for students.



## VII. Parent's Seminar

Seminar for high school parents on drug abuse by the Excise Department was organized.



## VIII. Awareness Activities

Students presented skits and mimes on social evils like the dowry system, deforestation, drug abuse etc.



-Sr. Tanuja, SND

# ASSISI ENGLISH MEDIUM HIGH SCHOOL, WARANGAL

1. Growing vegetables with organic fertilizers
2. Cleaning school premises
3. Growing oxygen producing plants

As part of JPIC programme Assisi English Medium High School, Warangal took keen interest in growing vegetables with organic fertilizer, cleaning school premises and growing oxygen producing plants. Students grew vegetables like brinjal, ladies finger, beans, tomatoes, chilli and bitter guard.

Br. Rohith guided the high school students to grow vegetables with organic fertilizers. Students learnt the need to consume home-grown vegetables.

An awareness programme was arranged for the students to know the importance of growing plants and vegetables.

Class VIII students took up the responsibility of growing oxygen producing plants in the school. We planted plants in pots and on land like areca palm, tulsi, and spider plants. We also hung a few pothos (money plant) on walls at the corridors.

Every week students were encouraged to clean the school premises. Under the guidance of class teachers, each class took turns in cleaning, weeding, segregating waste papers and plastics.

**-Sr. Saritha, SND**



## NOTRE DAME ACADEMY KULLANOOR, POCHAMPALLI

Spreading love, peace and justice to the universe is one of the graces we receive in giving and sharing. Reaching out to the needy and the poor in times of crisis brings solace to our souls and to others. We, the Notre Dame Academy, took steps to reach out to the needy and bring comfort and smile in our little ways.

Every year the Notre Dame Academy takes steps to reach out to the most deserving and needy in and around our society. We conducted a Food Fest to raise awareness to help the needy people in our locality very specially to our Night Security guard Mr. Dowlath who was struggling to complete the construction of his home.



It has been a joyful moment to all belonging to the Notre Dame Family, Pochampalli.



Due to heavy rainfall, Thoothukudi and Tirunelveli districts of Tamil Nadu State were affected by floods that resulted in casualties and damage. Consequently the Tamil Nadu State government raised a request with all the schools to raise funds for the affected. The school collected non-perishable food items like varieties of pulses, oil, sugar and rice with the students contributing donations of many sacks of rice, pulses, biscuits and sugar and oil for the flood victims. The management and staff worked happily and enthusiastically together to ensure safe packaging and labelling of items. Then they were freighted directly to the Krishnagiri District Collector office for timely relief.



Every year, NDA has been working hard and setting targets to reach out to different areas of the local region in our own way, sharing our bit into the raised hands of the needy. May the good God continue to journey with us.



-Sr. Abhilasha, SND

## NOTRE DAME ASSOCIATES OUTREACH

'Blessed to be a blessing' is a slogan the Notre Dame Associates live out as they witness the charism of God's goodness and provident care;

Over the years, the Notre Dame Associates have been outperforming themselves in reaching out to the marginalised and needy of our society. It is encouraging to see them come forward with enthusiasm to help in the distribution of goodies and snacks obtained through the Bangalore Food Bank. They reach far and wide to different corners of the city leaving no stone unturned to ensure the supplies reach a deserving destination within stipulated timelines. In many instances, they have been dispatched to out stations and out of Karnataka locations too.

On a monthly basis, they also procure groceries from internally generated or collected funds to meet basic needs of destitute homes scattered across the city. On these occasions they plan some games or activities and spend quality time with the inmates, bringing Jesus to them through their loving actions.



Presented below numerically is a bird's eye view of their charity in action :

2024 – So far, 32 outreaches

3 outreaches to destitute homes

29 outreaches - sending out consignments of biscuits, chocolates, health drinks, pasta, juices, etc. from premium brands like Cadburys, Hershey's, Mondelez, ITC etc.

The consignments are sent to various strata of people including old age homes, mentally challenged, orphanages, rescued girls and children, migrants from Manipur, sanitary and migrant construction workers, HIV and leprosy afflicted, rural study centres and communities, government aided schools, single parent children etc.



This group of committed members often squeeze out time from their busy schedules and step out of their comfort zones in order to serve continuously and effectively. This is a fulfilling gesture for the members and their children who are living out the Gospel values, which are often preached but not practised. They do feel enriched spiritually by the end of the day; as St Teresa of Kolkata would say 'If you love until it hurts there can be no more hurt, only more love'.

**-Sr. Rosilin, SND**



# NOTRE DAME ACADEMY, NTPC SOLAPUR

## Student-led Road-cleaning Drive as Part of Swachh Bharat Abhiyan

Imbibing our commitment to social responsibility and community engagement, a public road cleaning drive was organized. This initiative aimed to instill a sense of civic duty, community service and environmental stewardship among students making it Notre Dame Academy's contribution to the national mission of achieving a cleaner and healthier open defecation-free India. Student volunteers from various grades equipped with gloves, trash bags, and other cleaning materials could be seen working in teams to sweep the roads, pick up litter and clear debris. Collected waste was segregated and disposed off responsibly, adhering to proper waste management practices.



To build on the successful collaboration of students, teachers, and local residents, regular cleaning activities will be held in the community. Environmental education will be integrated into the curriculum to promote sustainable habits among students. Implementation of long-term solutions for waste management and sanitation will be looked into in collaboration with local authorities and organizations.





### **Meatless Day Celebration with Emphasis on Caring for Animals**

The special assembly on Meatless Day focussed on promoting ethical eating habits and compassionate living. Through thought-provoking presentations and discussions, students gained insights into the plight of animals raised for the unethical meat food industry and also the environmental, and health implications of meat consumption. Thus recognising the benefits of adopting a plant-based diet and vegetarianism in reducing animal suffering and promoting a more sustainable dietary habit, students and faculty members collectively pledged to abstain from consuming non-vegetarian food on Meatless Day. Informative videos, personal testimonies, and interactive discussions, also inspired students to advocate for the well-being of animals ,adopting empathy for all living beings in our daily lives and reaffirming our commitment to compassionate living within our school community.

### **Global Forgiveness Day**

The special assembly introduced the significance of Global Forgiveness Day, emphasising the essence of acceptance and compassion in fostering peace and harmony within our community and beyond. Students exchanged warm and kind-hearted greetings and were encouraged to reflect on the power of forgiveness and dialogues in resolving conflicts and building stronger relationships every day.



Each student tied a symbolic friendship band on their peer's wrist, expressing forgiveness and extending goodwill as a simple yet profound gesture of reconciliation, empathy and unity that transcends differences.

### **Annual Day Celebration with the Theme: Rhapsody of Colours - Environmental Protection**

The theme of environmental protection was intricately woven into every aspect of the Annual Day Celebration of the Primary Section to educate and inspire students to consciously become stewards of the environment from a tender age.

The venue was adorned with decorations of recycled materials and plant-based, eco-friendly sustainable elements. From lively skits and creative musical performances to informative presentations and speeches, the talented students expressed their love for nature, conveyed the message of conservation of natural resources to combat climate change.

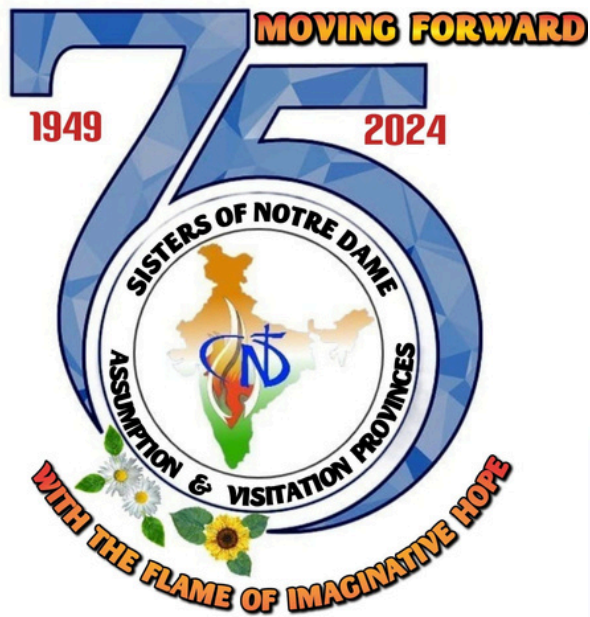
Additionally, hands-on learning experiences like nature walks, eco-friendly craft sessions were held for the students to learn about biodiversity, sustainable living practices, and ways to reduce their ecological footprint thus empowering them to take positive action towards a greener future.

Finally, parents, teachers, and community members were invited to collaborate in tree planting activities, fostering a sense of collective responsibility towards a more sustainable world for future generations. All the students have determinedly committed themselves to carry forward the spirit of environmental stewardship instilled in them during this memorable celebration.

**-Sr. Ranjana Joseph, SND**







### *Platinum Jubilee Symbols*

- ❖ **75** - embrace past joys and challenges with future hope and gratitude
- ❖ **Circle** - SND in India-unending dedicated, selfless service
- ❖ **Tri-coloured India** - vibrant, youthful, noble and ancient Motherland

**The flame of missionary zeal to serve the marginalised and embrace the signs of the times**

**The spiritual blue of water is for infinite serenity, loyalty, trust and understanding**

**Like Mother Julie our onward journey is of the sun seeking sunflower**

**Daisy-like humility, simplicity and charity embody our Foundresses  
Sr. Maria Aloysia and Sr. Maria Ignatia**

**Our six pioneers remain fresh as leaves in our consciousness**