

# Chaitanya

A Newsletter  
Of Mushtifund Saunstha



MARCH 2024

## THOUGHT FOR THE DAY

“ Just one small positive thought in the morning can change your whole day.”

—Dalai Lama

## MAJOR EVENTS

05-03-2024 ALL GOA QUIZ COMPETITION

05-03-2024 MIME COMPETITION

07-03-2024 DENTAL CAMP

08-03-2024 SCIENCE DAY

09-03-2024 MATRUPOOJAN

09-03-2024 ART AND CRAFT EXHIBITION

12-03-2024 MASTER SWIMMER

14-03-2024 ASTRONOMY SESSION

15-03-2024 MENSTRUAL HYGIENE

09-03-2024 PRIZE DISTRIBUTION

## All Goa Quiz Competition Time

On the occasion of science day Shree Mahalasa Narayani Vidya Prasarak Mandal organised All Goa Quiz Competition at Mahalasa Narayani School Verna on 5th of March. Out of several schools as participants, our students Miss. Oorja Desai (std VIII) Master. Samarth Dubhashi (std VIII) of Mushtifund High School won third place.





## Mime Competition

On the occasion of science day Shree Mahalasa Narayani Vidya Prasarak Mandal organised All Goa MIME Competition at Mahalasa Narayani School Verna on 5th of March. Out of several schools as participants, Mushtifund High School bagged the second place.

## National Science Day -Vidnyanganga

On occasion of the national science day, students presented various working models and exhibits of science topics. All the students participated in this exhibition. Mr. Satish Nayak from Association of the Friends of Astronomy inaugurated the exhibition.



## Dental Camp

Shree Mahalaxmi Primary School Parents Teachers Association organized a "Dental Check Up Camp And Awareness" by Goa Dental College. This was conducted on the school premises. Students were educated about oral hygiene and dietary habits, neglecting which can lead to dental problems, bad breathe and soon.



## Girls U- 17 Handball Title

Mushtifund High School Cujira bagged Girls under 17 Handball title organised by Directorate of Sports on 5th of March at

Campal ground. Our school goal scorers were Sheza Naroo and Anshika N Sadhika. Our school has been selected for district level tournament.

## Matrupoojan

Saraswati pre-primary Vidyalaya conducted Matrupoojan on March 9th in order to instill moral values in the minds of children and to foster love and respect towards the “Mother” who has endured great pain to bring the child into this world. Members of Aasaram Bapu trust spoke about the importance of this day and the ritual to be done at home.



## Art and Craft Exhibition

Annual art and craft exhibition was held at Shree Mahalaxmi Primary School. Art and craft exhibits of our students from nursery to 4th std were kept on display. Renowned artist and art teacher Shree. Nagesh Sardesai, inaugurated this exhibition. This art exhibition also has a puppet show by the students which is loved by the audience.



## Master Swimmer

Student of Mushtifund High School Shamika Sachin Chipkar of std 7th participated in inter-school swimming championship organized by Ardee School Porvorim and won Gold medal in 50m breaststroke, bronze in 200m and 50m freestyle, Silver medal in 4×50m freestyle relay. Her relay partners being Nehal, Purvi and Arav.

## Astronomy Session

Students of Std. 4 visited the Panjim observatory in two batches on 13th and 14th of March. Slide show was conducted by Mr. Sumukh Kamat and sky observation session was conducted by Mr. Darshan Kholkar. Students observed the constellations, Jupiter and surface of the moon. A celestial experience!



## Bio-Wizard and Bio-Genius

Mushtifund HSSC participated in Bio-Wizard competition, organized by St. Xavier's College of Mapusa on Monday, 29th February. our HSSC students Ms Anuradha Pai XI Science Secured the first place in petri-pictor and Mast. Anmol Gaur and Mast. Karan Naik secured the third place in a Quiz "BIOGENIUSES".



## Menstrual Hygiene

Mushtifund High School on 14th of March organized an interactive session on adolescence named 'Lets talk on menstrual hygiene-

Jannani' which was initiated by Goa Samagra Shiksha. The talk was conducted by Dr Ameya Shankar Chari, Junior resident at Dept of Cardiology, GMC.

## Good Touch and Bad Touch

Mushtifund High School on 15th of March organized an interactive session on 'Good Touch and Bad Touch, Rights and abuse' by Shri Ashish Nagvekar, working for NGOs like CRG. He works with children helps them understand their rights as well as ability to identify appropriate touches.



## Prize Distribution

The annual prize distribution for students excelling in different fields including music, speech, sports and others was held on 9th March at Mushtifund Auditorium. Chief guest at function was academic consultant Mr. Nitin Padte, Secretary of Mushtifund Saunsta Mr. Suhas Sardessai and Treasurer Mr. Dilip Dharwadkar.



## Collective Birthday

On the 28th of March Shree Mahalaxmi Pre-Primary celebrated collective birthdays of children in the school. Classrooms were decorated with balloons and bunting. Children celebrating birthdays came in party wear and cut a cake while their classmates sang the birthday song for them. They were given gifts and chocolates.

## Farewell To Helen Teacher

On 31st of March Mushtifund High School gave a farewell to Mrs. Maria Helen Martin who was assistant teacher since June 1995. She taught Social Science and English and was active in supporting co-curricular activities throughout the year. We wish her a peaceful and productive retired life.



## Convocation Day

As grade 4 students of Shree Saraswati Prathamik Vidyalaya prepare to transition to grade 5 of Mushtifund

High School, they were felicitated at a convocation ceremony held on the 31st of March. We wish them all the success as they change their medium and aim for higher goals. They have made us proud with their performance.



# Empowering Women Through Education

Aparna Chari

*Headmistress*

*Mushtifund High School*

Education is the most powerful weapon which can be used to change the world - Nelson Mandela

Education of women is very important for the development of a country. It is often believed that the girls who receive education are less likely to marry young and more likely to lead healthy and productive lives. A woman is the backbone of our families and communities. She plays different roles. She is a daughter, a sister, a friend, a wife, a mother. She is also a director and organizer, financial advisor, a manager, recreator and entrepreneur and so on. She balances her responsibilities at home as capably well as those at the workplace.

In the olden days, her role as a woman was restricted to taking care of her house, family and bringing up her children. Even in the 21st century many families feel reluctant to send girls to school. The social stigma of gender bias and inequality is changing rapidly and she is being able to pursue her dreams. Today she is independent socially, emotionally and also economically. She is most stable and progressive. There is no profession where women have not reached. In order to face the challenges of life, society must support her.

The society that gives equal opportunities to women is considered to be more stable. Educating a woman is the most important means of empowering her to make excellent decisions. Thus if you want to see a bright future for women in our country, education must be a priority.



## From the Desk of an Alumnus

Dr. Chitrlekha Nayak  
*MD Internal Medicine*  
*Healthway Hospital, Old Goa*

“प्रवर्तनीय सद्विद्या, भूवि यत् सुकृतम् महत्” Means propagating true education in the world is the noblest work of all. Hi I am Dr. Chitrlekha Nayak from Marcela and I work as a Senior Physician in Healthway Hospital, Old Goa. I passed my 10th in 2004 from Mushtifund High School and passed my 12th in 2006 and entered medical profession. And yes, I travelled 18 km. daily waking up at 5 A.M. just to be in this school from Marcela. It gives a whole nostalgic feeling when I write about my School and Higher Secondary School for this newsletter. It still reminds me of my school days 20 years ago and the way I am now. I am sure I would not be this Chitrlekha if I was not in Mushtifund Saunsta. I will be always in debt of the immense support, motivation and growth provided by teachers and management especially Suhas Sardessai Sir.

I still remember the days of learning in the premises of Mahalakshmi temple, the daily assembly in the hall on the fifth floor, the science lab. Saraswati Vandana at the start of the day a pure nostalgic feeling. It is with the right guidance, teaching and motivation, I had the guts not to take tuition classes neither during school days nor during higher secondary school days and I succeeded.

Vaachan Saadhana initiative to imbibe the habit of reading was an innovative technique devised by the Higher Secondary faculty during my time. I am happy to know that Vaachan Saadhana has grown to such an extent that a yearly magazine is published showcasing book reviews in different languages by student. The times have changed, the school premises have changed, I have grown as a doctor. Yet the strong foundation and principles of the Saunsta are same to give the students support to fly high. I was very lucky to have been a part of this school in this life. I would advise students to grab maximum knowledge while in school, avail all facilities, derive innovative ways of learning and help strengthen and build their overall development..