

COMPASSION

If you want others to be happy practice compassion. If you want to be happy practice compassion said Dalai Lama in “Art of Happiness”. Compassion is to feel another’s suffering as your own. If they feel sad you feel the sadness. Just like you try to relieve your pain, you feel the tug to alleviate their pain too. This means that you are constantly experiencing your stress and also absorbing the pain of others. The acts of kindness and compassion can improve the well-being of people. It can help people come out of loneliness and stress, build a healthy relationship and improve their self-esteem. There are many ways to be kind and compassionate to someone. Sometimes your words can also heal people. So be caring and compassionate to people who care for you, so that you can make your relationship strong and loveable.

STAY POSITIVE

SPREAD POSITIVITY

ASHWATHI.R

XI – B1

114512

LA CHATELAINE JUNIOR COLLEGE, CHENNAI -87

COMPASSION

The definition of compassion is to have sympathetic pity and concern for the sufferings of the others. Compassion is a quality that the world needs in order to survive without heading in a direction of hate and war. Compassion is to have pity, love, mercy and sensitivity for others. Without compassion the people of the world would destroy each other.

“The purpose of human life is to serve and to show compassion and the will to help others”. This is a quote by Albert Schweitzer that in short sums up the purpose of human life.

M. SANJUSHREE

XI – B1

REPORT – VELLORE TOUR

We the students of class XI and XII were taken on a tour to visit a few sites in the district of Vellore. We started off at about 5 am in the morning from our school. We reached A2B restaurant at about 8 in the morning, where we had a delicious and fulfilling breakfast.

After this short break, we resumed our journey and headed to the golden temple. The temple was beautifully constructed in a star- shape. The water surrounding the temple gave a pleasant aura.

We were astonished to see Lord Ganesha made of 1700 kg silver and goddess Lakshmi Narayani made of 70 kg gold. We received our blessings and departed at about 1 in the afternoon. Then we stopped at Royal Grande Hotel to have our lunch.

We had an exquisite meal accompanied by music. After which, we headed to the Vellore Museum.

The museum housed several paintings, wooden carvings, swords and other historical artifacts. Again we headed to A2B to have snacks and refreshments. We started our journey back to school at 6pm. We were pleasantly surprised to have a bit of rain on the way back to school. It was a memory to cherish. We arrived at school at 9pm. This being the last year of schooling for class XII, this trip will be etched in our hearts forever.

RUTHIKA.S
XII- A
104015

LA CHATELAINE JUNIOR COLLEGE, CHENNAI -87

SINCERITY

Sincerity is a quality that spreads out from the depth of one's heart, encapsulating honesty, authenticity and genuine intentions. It is a guiding light that shapes our relationships, our choices and ultimately our character.

I am going to share a story. Once, there was a young woman named Emily who dreamt of becoming a renowned artist. Her passion for painting led her to create a beautiful masterpiece. However, the art industry was rife with pretentiousness and deceit. In a world of superficiality, Emily chose to remain true to herself. She stayed sincere to her art and never compromised her integrity. Eventually, her sincerity paid off and her work touched the hearts of many, bringing her success and fulfillment.

In the words of Mahatma Gandhi, "sincerity is the highest compliment you can pay". It is a reflection of our commitment to truth and authenticity. Sincerity creates a profound connection, allowing us to forge genuine relationships based on trust and understanding

MHALSA PADMAKUMAR

XI A

114840

LA CHATELAINE JUNIOR COLLEGE, CHENNAI -87

SELF- ESTEEM

What is self- esteem? Self-esteem is how one values and perceives oneself. It is the fundamental aspect of our identity and it is a life long journey of self-discovery, self-reflection, and personal growth. It is not about comparing ourselves with others but about embracing our unique identity and reward our accomplishments. Developing self-esteem can be done in many ways such as being kind to oneself practicing self-compassion, by cultivating a positive inner dialogue. Embracing self-esteem is not a luxury but a necessity to unlock one's true potential and to live life to the fullest. Humans are empathetic and, feeling emotion is what we do best. We are all worthy and capable and have the power to believe in ourselves.

ROSHAN THOMAS
XI C
103705

SELF-ESTEEM

What quality do you think has made me write this article. Yes, of course it is my self confidence and self-esteem that has made me to. Self-esteem is a person's sense of self-worth and confidence in his/her own abilities. It is considered to be the most important ingredient in one's personal development. Sometimes, do you all get some negative thoughts like " Am I ugly", " Am' I good", "Am I fat" in your mind so often that you start to believe that they are true and find yourself getting lost in the path of self-criticism! That's totally fine, just relax and think again and remind yourself that these are "just thoughts not facts". So start loving yourself because that's the first necessary step in developing you self-esteem. Failure is the first step of success and it doesn't make you feel grounded or weak. With confidence, you have won even before you have started! Life will knock you down more than you imagine, just don't knock yourself down.

A.K. APARNA

XI –B1

103635