

# SCRIBE

SEPTEMBER 2023

# PEACE



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PUBLISHED BY ST. JOSEPH'S HIGH SCHOOL, WADALA (FOR PRIVATE CIRCULATION ONLY)

**VOL. 9, NO. 1/ 2023**

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## Peace in these times.

*Imagine there's no countries, it isn't hard to do  
Nothing to kill or die for, and no religion, too  
Imagine all the people, living life in peace*

*You may say I'm a dreamer, but I'm not the only one  
I hope someday you'll join us, and the world will be as one*

These are the words of the great Beatle star John Lennon from the song, Imagine. Can we imagine this? No countries, no religion..... Very hard to imagine? But that is the situation in our world today.

Peace is defined as freedom from disturbance, or a state or period in which there is no war or a war has ended. Sadly, there is a war going on between Russia and Ukraine. Who is the guilty party is not important, but the loss of lives, property, destruction and most importantly the loss of PEACE. If there is no peace, there is no cultural growth, no political strength and most of all, no economic stability.

So who is to be blamed for this loss of peace? It is we, ourselves. Today when we look over our shoulders, there is violence and instability. So who is to bring peace to this world? We cannot expect others to sow the seeds of peace. Peace has to be brought by me, to start with. If all of us start transmitting peace, it would be great. But to transmit or sow peace, we need to possess peace within ourselves.

In our country, there is no peace anywhere. In our own homes, we are loggerheads with one another. In our areas, city, state and all over the country, all we see is violence, in the name of religion, caste or any reason. Why can't we have peace? Is bringing peace into our world so difficult?

A few simple steps to bring peace :

- a. Smile as often as you can
- b. Let us increase our level of tolerance.
- c. Patience is the key.
- d. Being selfless brings peace automatically, because when you are selfless, you don't expect anything.
- e. Love one another.
- f. Last but not the least.....PRAY.

“Never be in a hurry; do everything quietly and in a calm spirit. Do not lose your inner peace for anything whatsoever, even if your whole world seems upset.” —*Saint Francis de Sales*

**Fr James Nigrel**

**Rector and Manager**



When asked to define peace we normally equate it to Tolerance. Peace instead should be a promotion of differences.

The proverbial advice that 'Patience is a virtue has been part of the language since the Middle Ages, perhaps reinforced by the thought that 'Everything comes to him who waits.' In the seventeenth century, Jean de la Fontaine thought that, 'Patience and time do more than force and rage.'

There are also however a number of voices which, over the centuries, have seen a certain danger in being too ready to wait for what might be given. In Shakespeare's Twelfth Night, Viola's image of 'Patience on a monument, smiling at grief is hardly an encouraging one. The seventeenth-century playwright Philip Massinger referred to Patience, the beggar's virtue.

Edmund Burke warned that There is a limit at which forbearance ceases to be a virtue, a view neatly illustrated by Anthony Trollope: 'It is because we put up with bad things that hotel-keepers continue to give them to us.' By the beginning of the twentieth century Ambrose Bierce's Cynic's Word Book contained the entry, 'Patience. A minor form of despair, disguised as a virtue. The definition is in accord with a wry comment by the nineteenth-century novelist Samuel Butler. He reworked Goldsmith's 'Man wants but little here below, nor wants that little long' to "Man wants but little here below" but likes that little good - and not too long in coming.'

As Margaret Thatcher would say. "I am extraordinary patient, as long as I get my way in the end." We need to develop a voice for everyone and respect the views of everyone.



***Fr. Blaise Fernandes***  
***Principal***



## **The Importance of Peace**

When peace and harmony are maintained, things will continue to run smoothly without any delay. Moreover, it can be a savior for many who do not wish to engage in any disruptive activities or more. In other words, while war destroys and disrupts, peace builds and strengthens as well as restores.

Peace is a product of human rights, the more a society promotes, protects and fulfills the human rights of its people, the greater its chances for curbing violence and resolving conflicts peacefully.

Peace is the only religion for both man and the universe. In a peaceful environment all good things are possible, whereas in the absence of peace, we cannot achieve anything of a positive nature, either as individuals or as a community.

Without inner peace we cannot achieve happiness, It is said that those who are peaceful in their minds are always happy and have no worries or anxiety. They live in harmony with their surroundings and themselves.

Peace itself is a very beautiful and a powerful word. Peace simply means being in a place, where no hatred exists and every corner is filled with love, care and respect; where conflicts are handled peacefully.

**“A Peaceful Mind is a very Powerful Mind”**

*Mrs. Shalini Crasta*  
*Primary Teacher*  
*Chief Editor*

## Everything Can Be Done Through Peace

When you do your work through peace, you will do perfect things. Also, you will think positively and have peaceful thoughts in your mind, start smiling, start thinking positively which will make your future bright. Human beings are the only ones who have found success in life. Peace is the way to live life in calmness. Peace gives positive thoughts, which makes our life more happier.



If everyone walks on the path of peace, they will move towards a positive and better life. Peace is the sign of goodness. The human beings of India should have peaceful thoughts towards each other.

If the mind is happy and calm, we will think all good thoughts. If you think good thoughts, your mind will always remain calm, because you have a calm nature.

Nobody gives happiness. We have to find happiness ourselves. If you change yourself, then others can start thinking the same way.

Peace is the only way in which everything is possible!

Sparsh Adhav  
Std. IV B

## **Peace Begins With A**



Smile is one of the simplest and powerful tool that creates and maintain peace in our lives. Smile can improve our physical and mental health. So to start a journey towards peace and balance , start with a smile!



Smile not only reduces stress but also has a number of other benefits. Smile is contagious , meaning that it spreads positive emotions to those around us. It can make us happy and peaceful, and even happier. It also has a socio-economical impact as happy people are more likely to be successful in

their careers. Smile helps us to build good relationships, self esteem and trust.

Here are some of the ways that you can create lasting habits for being happy and peaceful.

Practice healthy habits such as exercise, good balanced food , outings with friends makes us feel happy.

Make a good smile, be happy and peaceful in your life.

Riyansh Patil  
Std. IV A

## How Peace Can Be Achieved

Peace is possible if all people on Earth become indulgent towards each other and accept each other as equals. In addition, everyone's spiritual beliefs should be respected, whether they choose to believe in a higher power, or not. Believing in a higher power, in itself, does not guarantee peace. Peace is a state of harmony characterized by the lack of violent conflict and the freedom from fear of violence.



In international relations, peacetime is not only the absence of war but also the presence of positive and respectful cultural and economic relationships. Peace is vastly misinterpreted in today's world.

**Some People Believe that it is Best to Accept**



Shravan Prasade Std. V B

## Let Peace Rule the World



Peace! Peace is an internal action which indicates how to calm ourselves. Peace means to live in a society in harmony and to live without fear of anyone. The word peace is the concept of happiness, freedom and peace within and among all people. Peace is very important because without peace it is impossible for us to learn or to create something new. There are many ways



that we should follow to make our life peaceful. Smile at people no matter whether you know them or you don't. Once Mother Teresa said, "Peace begins with a smile". Enjoy what you have now, Enjoy every moment of your life. Thomas a Kempis once said, "First keep peace with yourself, then you can also bring peace to others". In order to form a good future, 'Let Peace Rule the World'.

Anup Jagtap - Std. V A

## Lose Yourself in the Nature and find Peace

We are stressed sometimes with our work pressure, daily different tasks which are coming as responsibilities shouldered on us. Sometimes we feel that we have to need a break. The best thing on the Planet is to just be with nature and enjoy her gift to us. Always understand her love and kindness. While learning to get back to nature is to align to our fundamental processes so as to experience is subject to our highest form of our human endeavors. We are away from the Natural being, many calling it "the wild" or Cruel Wild making the relationship adversarial resulting in a great number of unnecessary diseases and shortened lifespan. Seeing the World with our perception of what they truly are, by keeping our eyes unlocked and with proper mechanisms we can enjoy life to the fullest.

Adhithyan Senthil – Std. VI B



## PEACE

"When you do the right thing, you get the feeling of peace and serenity associated with it" - Roy T. Benett

Peace can be attained only if we live our lives selflessly and treat others with respect.

The three keys to peace are love, compassion and forgiveness

First and foremost, we have to be at peace within ourselves, then only can we transmit peace to others in our family and in our society.

Peace and harmony brings about stability, security, well being and happiness which will then transcend to bring about growth, development and prosperity.

Peace can be achieved through open communication, mutual respect and willingness to make adjustments and sacrifices keeping our pride and ego aside. Decisions made with peaceful mind and heart brings about fruitful results

The situation in Manipur and the war between Russia and Ukraine is a result of selfish and vested interests and unjust malpractices which is causing a devastating and horrific effect and destruction of life and property.

The discontent, discord and suffering which arises out of situations like these bring about disturbance and disharmony resulting in tragic and heart wrenching consequences.

Let us all therefore try to live a just and truthful life doing the right things so that we have a sense of fulfilment and contentment bringing about cheer, happiness and joy to others and spreading peace and positivity all around for the well being and betterment in our homes, society and in our country at large.

Mrs. Melissa Azaredo  
SETTS Teacher



## Peace Comes From Within

Peace is the absence of war, conflicts, disturbance, violence or hostility. Peace is when one's mind is quiet and satisfied. Everyone wants peace.

Peace comes from within. Peace comes from our heart and mind. We must love ourselves. Loving ourselves means looking after our physical, emotional, mental and spiritual health. If we love ourselves then only, we can love others. Peace is the result of love.

Daily life will not always be smooth. more negative things will happen; a positive attitude to go on. A calm anger, free ourselves from guilt,



Disappointments, failures, misunderstandings and we must be calm to handle the situation and take mind will make us think properly. We must avoid boost our self-esteem and practise forgiveness.

As a young boy, what can we do to little way, we can discern between right and wrong. With the fast pace of technology, we are free to access everything and anything on the internet. Too much exposure on YouTube videos can disturb our mind. No self-harm videos. No videos with street words, cursing words, offensive words and rude words. Those kinds of contents will corrupt our mind. We follow and subscribe to our favourite YouTubers, but we must keep in mind that they are for entertainment only. We find educational channels boring, but these will help us to gain more knowledge. We must guard our heart and mind to attain peace.

attain peace? In our own



A quote from Dalai Lama says, "Peace starts within each of us. When we have inner peace, we can be at peace with those around us." We are living in a peaceful community; despite our differences we respect each other and live in harmony because we have a sound mind and a loving heart. In the end, peace will make everyone happy.

Vighnesh Arolkar  
Std. VI A

## **How can I make peace with myself**

Today I will tell you how you can make peace with yourself

1. Just let go the past bad experience. Either in career or whatever just let it go future can still be changed.
2. Stop clicking selfies all the time, try to live in the real world.
3. Happy beings are the people who share happiness without anything in return. So try be happy & also try to keep others happy.
4. Spend time with yourself without caring about anything.
5. Better things happen with time ; so keep calm & everything will be alright.



Arnav Bhilare  
Std. VII B

## PEACE: The Essence of Life

Peace is the important step towards a better life. It brings calmness and happiness to everyone. When there are no disputes and conflicts, people can live together peacefully. You can feel peace just by imagining the world without disputes or conflicts. Peace unites us, no matter what our background, caste, religion or beliefs, and it helps us understand each other better.

To spread peace in the world, first we must learn to find it within ourselves. Being kind to others and resolving conflicts without hurting anyone are simple but important steps towards our goal. Everyone should learn to accept each others' differences and start making friends and not enemies. This will eventually lead us to a world filled with peace and happiness.

So let's value peace and work together to protect it. With peace, life becomes more beautiful and enjoyable for all of us. As peace is the first step towards a better future, filled with unity and togetherness.

Sachit Shetty  
Std. VII A



## Embracing Nature: A Pathway to Inner Peace



and a pathway to find serenity and inner peace. Nature has an intrinsic rhythm that echoes the rhythm of life itself. The gentle rustling of leaves, the soothing sound of flowing water, the chirping of birds, and the swaying of trees in the breeze create a symphony of peace. Nature allows us to let go of anxieties. Research has shown that spending time in nature profoundly impacts our physical and mental well-being.

Finding moments of inner peace can be quite challenging in the hustle and bustle of our modern lives, where technology and daily responsibilities often engulf us. Yet, amid this chaos, there exists a haven of tranquillity that has been an unwavering source of solace for generations. Nature, with its awe-inspiring beauty and calming presence, offers us a pure portal to connect with our inner selves, providing a respite from the stresses of daily life



Rafan Shaikh  
Std. VIII A

## Love is the purest form of a soul at peace

The main concept of love is very crucial and important for everybody's life. Love is all about affection and care someone feels about another person. The word love is hard to define as it involves many emotions, but this is a strong feeling for everybody.

Love is an amazing feeling. An individual with a caring heart is consistently prepared to help other people with no desire. Love is the need of each person since the day of birth. Love associates the two souls everlastingly and makes the world a beautiful spot for them. Without a doubt, Love is divine.

Each religion in the World  
Indeed, the animal and birds  
the human. Love is not less



instructs us to cherish one another.  
are deserving of being cherished by  
than a blessing by God to us.



Arnav Ghatkamble  
Std. VIII B

### Mission For Peace Education

Today, in our world we are always arguing, and fighting and now, there are still wars taking place. I think it is about time we educate ourselves about peace, that is, 'Peace Education'. Peace education is the process of acquiring values, knowledge, attitudes, skills, and behaviours to live in harmony with oneself, others, and the natural environment.



Since the early 20th century, 'peace education' programs around the world have represented a spectrum of focal themes, including international understanding, environmental responsibility, communication skills, nonviolence, conflict resolution techniques, democracy, human rights awareness, tolerance of diversity, coexistence, and gender equality. Peace should be maintained between each other in all parts of the world whether it be in slums or posh regions.

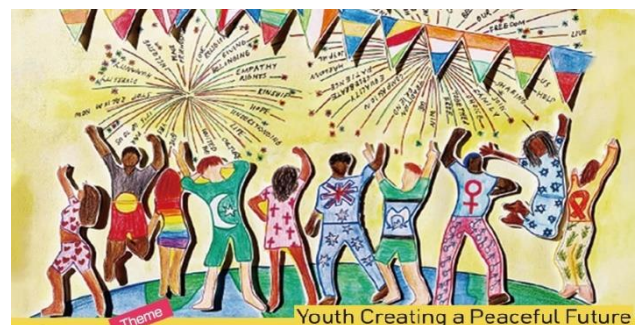
Peace is the need of the hour, if we don't maintain it everything that our human race has strived to achieve can begin to crumble apart, bit by bit. It's never too late to start educating ourselves on peace.

Mayank Patkar  
Std. IX B

### The role of youth in the peace process

First let us understand what peace means ??

Peace processes involve a series of negotiated steps to end wars and build sustainable peace. The U.S. Institute of Peace works with practitioners, diplomats and officials to understand how to effectively manage or facilitate such processes. Now let's understand how the youth play a major role in these peace processes.



The position that the youth possess in society has the potential of playing an important role in peace building.

It's the desire to strive for more, their willingness to be seen as responsible and capable, and the structural barriers to their social mobility. Independence from others and responsibility for others, such as taking care of a family or household, can be seen as defining markers of pre-requisites of social adulthood. They fight for an identity in society, equality, the homeless, bullying, unemployment, exploitation, poverty and other



problems which the world faces today. All of them hopes for a world full of opportunities, so great minds can conquer them and become better individuals.

Indian youth hold the key for the advancement of India and also for the entire world to an extent. The youth of today must be encouraged and given access to excellent health, training, and education if they are to be effective leaders, inventors, and innovators who can change the world. They have the ability to learn and adapt to the environment. Similarly, they are willing to learn and act on it as well to achieve their goals. Our youth can bring social reform and improvement in society.

Vignesh Kadam  
Std. IX A



## ROLE OF UNITED NATIONS IN PEACE KEEPING MOVEMENTS

The United Nations, founded in 1945, is guided by the purpose of betterment of mankind. Peacekeeping by the United Nations is a role of the Department of Peace Organizations to help countries torn by conflict to create conditions for lasting peace. The objective of the UN is to settle international conflict peacefully. The UN appoints an intermediary acceptable to the nations involved in the conflict, use the legal procedure and appoint an arbitrator to solve the dispute and to take recourse to military means and ensure that conflict will not occur again. Today, human security has been threatened by terrorism, racist and religious conflict. United Nations Mission in South Sudan (UNMISS), United Nations Multidimensional Integrated Stabilization Mission (UNMISM), United Nations Interim Force in Lebanon (UNIFIL) are some of the peace making organisations of the UN. Through its guiding principles, adaptability, and collaboration with the regional partners, UN remains a crucial force for promoting international peace security.

Sumedh Gunjal  
Std. X A

## War and Peace in Modern Times: A Closer Look

As a 15-year-old student, I can't help but feel overwhelmed by the state of the world we live in today. There seems to be conflict and chaos everywhere. It's hard to imagine a world without war. I strongly believe that peace is possible, even today. It may require us to make difficult choices and come together as a global community. One important step towards achieving peace is to prioritize diplomacy and open communication between nations and advocate for non-violent conflict resolutions, instead of military action. Education and empathy are also crucial in building a more peaceful world. By learning about and understanding other cultures and perspectives, we can break down prejudices and work towards mutual respect and understanding. Ultimately, achieving peace in modern times is a collective effort that requires the participation and cooperation of individuals, communities, and governments. We must work towards the greater good and commit to peaceful coexistence for the wellbeing of our world and future generations.



Shashank Shrivastava  
Std. X B



## PEACE

Peace can be described as calmness, serenity and silence.

Peace means living our lives selflessly treating others with respect, sharing the extra that comes to us with others who have been short changed.

Peace is a stress-free state of serenity and calmness that comes when there's no fighting or war, everything coexisting in perfect harmony and freedom.

Peace is the path we take for bringing growth and prosperity to society.

The importance of peace for any society is obvious. Without peace no nation and no individual can move forward.

Only in a peaceful atmosphere mankind can secure greater heights.

Peace is not absence of conflict. It is the ability to handle conflict by peaceful means...Ronald Reagan.

Golden rule of peace is a universal principle that says, "treat others the way you want to be treated."



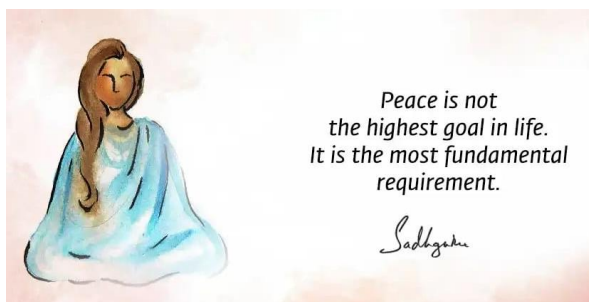
Mrs. Matilda Fernandes  
Head Teacher - Primary Section

### Peace of mind

#### **“ Peace comes from within .Do not seek it without.” Buddha**

From looking at and admiring a sunrise to romancing the moon, you might have come across events which made you say and caption like as "peaceful." Sitting by the beach to hear the silent noise of the sea waves, visiting a holy shrine to seek the calming vibe, or just tuning into your favourite song can give you that out-of-the-world feeling of relaxation and bliss. That's peace, we all seek for in this fast-faced busy life.

Don't you feel like running into an escape room when life offers stressful and challenging situations to you? You think to do so for experiencing peace, a feeling when you are worriless and free from disturbances. Also, peace comes from within more than searching it out from external sources. For instance, mediating with eyes closed and focusing one's mind on soothing music, can be a peace-giving moment. Peace of mind is the serenity of



thought and action. It is the synchrony of body, mind and soul. Peace of mind helps in maintaining healthy personal as well as professional relationship. It is important for good sound sleep thus boosting immunity. Mental peace improves concentration and we focus on the work at hand. Most importantly peace gives the courage and confidence for resilience. Peaceful mindset is important for decision making and overall mental health.

Mrs. B.Nagaprabha  
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ART







TODAY'S WORLD  
REQUIRE  
CHARGING OF  
PEACE.

ARNAV SALUNKHE  
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