



Himalayan Echo



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NEPAL REGION NEWSLETTER

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From the Desk of the Regional Superior



What a joy it is to witness the spirit of Mary Ward alive across our Region! From lively World Environment Day celebrations to student-led initiatives, from teacher formation programs to quiet acts of service, our schools and communities are filled with hope, creativity, and commitment.

This edition of Himalayan Echo is a beautiful collection of moments that reflect who we are and what we stand for. As you read on, you'll find stories of young hearts leading with courage, teachers growing with purpose, and communities shining with faith and action. Each story is a light, and together, they remind us: we are called to carry that light forward.

-Sr. Vinita Mazhuvanchery C.J.

COIN Juniors' Meet at St. Mary's, Kathmandu

The COIN (Conference of India and Nepal) Juniors' Meet was held at St. Mary's, Kathmandu, bringing together 20 Junior Sisters accompanied by their four Junior Directors.



The focus of the meet was on deepening one's call to religious life and growing in personal intimacy with Jesus through prayer. Fr. George's individual meetings with the Juniors offered much-needed direction, clarity, and encouragement. His gifted guidance helped the young sisters reflect more deeply on their vocation and renew their commitment to the path they have chosen. The gathering was a grace-filled time of prayer, sharing, and spiritual growth.

-Sr. Prathibha Palissery

FMW Teachers' Meet at Godavari

The National Friends of Mary Ward (FMW) Teachers' Meet was held at St. Xavier's, Godavari, bringing together FMW teachers from CJ schools across Nepal. The theme, "Apt Disposition for All Good Works," invited participants to reflect deeply on Mary Ward's vision and renew their commitment to forming students with integrity and love.

The meet began with a keynote address and orientation by Sr. Vinita CJ, setting the tone for two days of reflection, learning, and fellowship. The wellness sessions facilitated by the Art of Living Foundation team: Mrs. Meekha Mathema, Mr. Kavya Lamsal, and Miss Puja Ghimire. Their inputs on meditation, breathing techniques, and emotional resilience offered participants valuable tools for personal and professional well-being.



The meet concluded with a meaningful closing session, where souvenirs were presented to the resource persons and participants. Each teacher received a lamp symbolizing the light they are called to carry forward. In her closing message, Sr. Vinita expressed gratitude to all and formally declared the meet closed, encouraging everyone to walk in the light they have received.

-Sr. Amrita Francis (FMW coordinator)

St. Mary's, Biratnagar

The Pre-Graduation Ceremony for Class XII was meticulously conducted. In the presence of several academicians many students were awarded for their academic and non-academic achievements. Class XI students presented a vibrant cultural programme to entertain the parents and guests on the occasion.

The high school students, accompanied by a few teachers, visited Buddha Vihar and spent time interacting with the monks, who enlightened them on the importance of living a life of purity and service.



The student leaders for the new academic session were given an orientation to highlight their special responsibilities and duties for the year. The Investiture Ceremony was held in the presence of the entire school and the parents of the leaders. It was indeed a solemn moment as the leaders pledged their loyalty and love



Sr. Marilyn returned refreshed and rejuvenated with new ideas after attending the COIN Principals' Meet at Jeolikote. The school celebrated her birthday by felicitating her with flowers and cards. She enjoyed the short cultural programme organized by the students.



The PTI sessions were appreciated by both parents and teachers, who found them informative and helpful in addressing the modern challenges of parenting. Sr. Rufina, Mrs. Sushma Lawati, and our lawyer visited Dhankuta to request the Koshi Pradesh Education Board to issue a written confirmation that St. Mary's School, Biratnagar is registered under the St. Mary's Educational Society.

As all necessary documents were in order, the request was granted immediately.

Due to the rising temperatures, all schools in our zone were ordered to close for five days. However, this closure was short-lived as it rained on the first night itself, prompting students to return to school. We now experience occasional relief from the heat through intermittent showers.

The entire school community was shocked and saddened by the untimely death of our school photographer, Mr. Nabin Khanal, who passed away in a bike accident on the 9th June.

The visit of our Golden Jubilarians and the Juniors from the Indian provinces, who travelled to Kathmandu via Biratnagar, brought great joy. Their presence broke the monotony of routine life, as we were delighted to see both new faces and old

Our Chaplain, Fr. Andrew, is recuperating after his heart surgery, and Fr. Benjamin occasionally comes to offer Holy Mass. Sr. Rufina, along with Sr. Neena, visited the sick and ailing in Patna, Kanpur, and Allahabad.

-Sr. Margaret Mary, C.J.

Mary Ward, Lubhu

The generous support of ASMAN (Alumni of St. Mary's) at the start of each academic year is a great help to our parents and students. Each student received a pair of uniforms, shoes, books, and stationery, an act much appreciated. Teachers and students prepared thank-you cards for individual sponsors



We warmly welcomed Sr. Amita, our new community member, to Mary Ward School, Lubhu. Sr. Edwina was away at Snehajali, giving classes to new candidates in Sr. Karuna's absence. She has since returned and resumed teaching at school.

Students of Classes VIII, IX, and X, guided by their teachers, organized a Science Exhibition, presenting excellent projects on various topics. The presence of parents encouraged the students and boosted their enthusiasm. Various inter-house and inter-class competitions were held to promote academic excellence. The Mental Maths Quiz and handwriting competitions in both English and Nepali, for Classes I to X, encouraged students to improve their skills.



As part of our core spiritual life, the community made a pilgrimage to seven churches and chapels in the valley, praying for our Congregation and the Becoming One programme.



A personality development programme for Classes VIII to X, led by the True Light Foundation of the Coptic Church under Fr. David's direction, was enriching and exciting. The foundation also gifted each student a pair of P.T. shoes, useful for our upcoming Sports Day.



We celebrated our Parish Feast, the Feast of the Sacred Heart, with a nine-day novena at the parish church, joined by our sisters and boarders. The beautifully decorated altar by Sr. Daisy, the concelebrated Mass presided over by the Nuncio, Archbishop Leopoldo Girelli, and the awarding of prizes during the cultural programme - many of which went to our boarders - made the occasion truly special. **-Sr. Mariette Pinto**

Snehanjali, Godavari

We joyfully welcomed Tanjina Snal, a candidate of our IBVM Sisters from Bangladesh. Currently, six girls from various regions of Nepal have joined us for a three-month stay to explore our way of life. These young girls are enthusiastic and show a positive attitude toward religious life. They remain engaged in various activities on weekends; they try their hand at cooking, visit and pray with Catholic families, and enjoy hiking around the Godavari hills.



We bade farewell to Lisa Tamang and Sakita Tamang, our candidates, as they left for further formation in Allahabad. Sr. Edwina was a great support to our community during her stay, assisting Sr. Karuna with classes. Thank you, Sister, for your generous help. We were also happy to welcome Sr. Sangita to our community.



-Sr. Karuna Shrestha, C.J.

Mary Ward, Sirsia

The month of May brought joy and abundant blessings as we offered Rosaries through the intercession of our Blessed Mother to her beloved Son. Each evening, the community gathered with the boarders in front of our grotto, prayerfully reciting the Rosary and singing appropriate hymns. We concluded the May devotions with a special gathering at the parish grotto, joining the parishioners in a candlelight procession and completing the Rosary together in the church.



We were especially blessed by the visit of Sr. Marilyn, our Golden Jubilarian, who came with her community to share her joy with us. She expressed her love by distributing packets of chicken pulao to the hostel girls and evening coaching students, much to their delight.



Sr. Antoinette had the privilege of attending the CJ-Loreto gathering in Nainital, where she experienced deep fellowship and spiritual renewal with many members of our CJ-Loreto family.

The early rains, though welcomed, posed challenges for the farmers, as they coincided with the harvesting and drying of maize. Our boarders generously offered their help during this busy time, showing solidarity and support to our community.



After an enriching Atmadarshan experience, Sr. Celine returned to the community refreshed and in good health. On June 10th, we bid her a heartfelt farewell as she left for her new mission in Gorkha. We continue to keep her in our prayers as she begins this new chapter of service. **-Sr. Jyoti, C.J.**

St. Mary's, Pokhara

The warmth and vibrancy of summer provided the perfect backdrop for an eventful May and June. These months were with energy, community spirit, and

meaningful activities that brought our school and its extended family together in inspiring ways.



We began on a high note by celebrating World Labour Day on May 1st, honouring the dedication of our support staff. The occasion featured a heartfelt and thought-provoking session on family life, facilitated by Ms. Neelam, one of our dedicated teachers. This was followed by fun games and a delicious meal.



We also hosted a special orientation for the parents of Classes I to X. The session was led by Dr. Rabin Katuwal, who emphasized the vital role of parents as their children's first and most influential teachers, guiding them with strong moral values and discipline at home.



A variety of inter-house, inter-class, and inter-school competitions enriched our school calendar. Events included singing, dancing, caricature, drawing, speech, elocution, handwriting, debate, and more. We are proud to share that our students excelled in many inter-school events, bringing home medals and trophies in recognition of their talents.



Evenings in May were marked by our community's participation in the parish Family Rosary, a cherished tradition that brought families together in faith and fellowship. Regular weekend house visits also continued as part of our ongoing outreach efforts.

-Sr. Jessy Puliyanthuruthel

Mary Ward, Jhamsikhel

With the completion of sponsorship work at the start of the academic year, students have now settled into regular classes. Two teachers attended a community conference organized by the British School, which also supports our students through collaborative learning sessions. Grade 4 students benefit from weekly one-hour joint classes that are enhancing their learning and confidence.



Fr. David of the Coptic Church, along with his vibrant international team of 29 members, conducted engaging sessions using a play-way method to teach moral values such as honesty, helpfulness, and unity. The puppet show was a highlight, and all students were treated to a delicious lunch and a small gift.

Two teachers participated in EMIS (Education Management and Information System) training organized by Lalitpur Municipality. The school was appreciated for its timely completion of related tasks.



Our students enjoyed a freshly prepared hygienic lunch sponsored by DAV School Principal, Mrs. Bhuwaneshwari Rao. Our prayers and gratitude go out to our generous benefactors.



-Sr. Asha Singh, C.J.

St. Mary's, Gorkha

On International Labour Day, the JPIC Students' Unit organized a special assembly to honour our supportive staff with heartfelt gestures of gratitude and small tokens of appreciation, recognizing their hard work and dedication.



The Investiture Ceremony was held with dignity and celebration. Newly elected Student Council members—including the Head Girl, Sports Captains, House Captains, and Prefects—were formally inducted and conferred with badges and sashes. They took the oath of office, pledging to serve the school with integrity and commitment. The event instilled a sense of pride and responsibility in the student body.



On May 15th, the new extension of our school building was blessed and inaugurated. Sr. Vinita C.J., our Regional Superior, and Mr. Deepak Sherchan, President of CBC Builders Co-operative, graced the occasion. Fr. Sunil Ekka blessed the building, followed by a ribbon-cutting by Sr. Vinita and formal inauguration by Mr. Sherchan, who also encouraged the students and promised scholarships for the top three SEE achievers.

A Nepali Choral Recitation for Classes VI to X showcased well-rehearsed performances marked by clarity, emotion, rhythm, and teamwork, celebrating both literary appreciation and artistic expression.

We bid farewell to Sr. Sangita C.J. with hearts full of gratitude. Her presence, whether in the classroom, chapel, or among staff and students, radiated kindness, wisdom, and calm. We pray that her new mission may bring her the same joy she gave us. We warmly welcomed Sr. Celine C.J. to our community and wish her every success and fulfilment in her new mission with us.

-Sr. Amrita Francis

St. Mary's, Jawalakhel

As April ended, our community experienced several transitions. Srs. Veena and Amita left for home visits, while Sr. Charlie travelled solidarity with the Universal Church, we joined the virtual final Eucharist of Pope Francis and joyfully welcomed Pope Leo XIV's first blessing.

The COIN Golden Jubilee of Srs. Melani, Elsa, Freda, and Brigit was a time of deep gratitude and joyful celebration. The sisters made their spiritual retreat at the serene Jesuit Ashram in Godavari, guided by Fr.

Lawrence Maniyar, SJ. The thanksgiving celebration was held at St. Mary's Region House, Jawalakhel, where Jesuit Fathers from St. Xavier's, the superiors of all CJ communities, and sisters from across the Kathmandu valley gathered in solidarity and joy. The occasion was marked by prayer, fellowship, and heartfelt appreciation for the fifty years of faithful and grace-filled service of our dear Jubilarians.



Sr. Deepa attended the COIN Principals' Meet in Nainital, and Sr. Vinita travelled to Kolkata for the historic Province Gathering of the Loreto Sisters.

We celebrated the Silver Jubilee of five Diocesan Fathers and hosted the COIN Golden Jubilarians,



whose retreat concluded with a grace-filled Thanksgiving Eucharist. Our community also participated in a virtual pilgrimage to East Timor.

We stood with grieving families, especially Sr. Nirmala MC, whose brother passed away, and Late Manisha Joshi was the beloved niece of Sr. Martina, who peacefully passed away on 12th June after a brave battle with cancer. Sr. Smitha also accompanied Sr. Polrani to Patna for Sr. Consolata's funeral.



On International Labour Day, the JPIC Club, under Sr. Smitha, Sr. Marisa, and Ms. Sammi Bhandari, honoured our support staff—Didis, security guards, and technicians, for their essential contribution. Each was presented with a khada, a plant, and a card. The JPIC President shared a moving reflection on the significance of the day.

World Music Day was joyfully celebrated at our school under the inspiring theme, “Healing Through Harmony.” The event featured soul-stirring performances by both the SMS Students’ Band and the SMS Teachers’ Band, creating a beautiful blend of talent across generations. The melodies resonated deeply with the audience, offering a truly soothing and therapeutic experience for all who attended.



Two students from class IX participated in a Bird Identification Program at Ranibari Community Forest, guided by expert ornithologists. The experience offered valuable insights into biodiversity and deepened their appreciation of nature. Students from classes VI to X took part in a Drawing Competition on the theme “Apt Disposition for All Good Works,” displaying creativity and reflective thinking.



We hosted a Joint School Teachers’ Workshop on Social and Emotional Wellbeing, led by facilitators from the Transcultural Psychosocial Organization (TPO), offering valuable tools for healing and resilience.

At the Investiture Ceremony, newly elected student leaders received their badges and took their oaths, pledging to uphold school

values with integrity and dedication.



The school proudly held its Annual Award Ceremony, honouring 34 students for excellence in academics, character, service, sports, discipline, and the arts. The event began with a tribute to departed souls and celebrated the legacy of past students, teachers, and Sisters.

The Nepal CJ Superiors’ Meeting (25–26 May) focused on Synodal leadership, led by Fr. Amrit Rai, SJ. With pastoral depth, he guided reflection on land, finance, and leadership challenges. Through honest sharing and discernment, the sisters renewed their commitment to journey together in mission with unity and purpose.

–Sr. Smitha Innaci Muthu

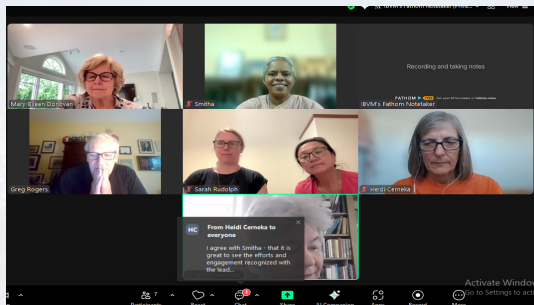


JPIC NEPAL

Mrs. Pratibha completed her two-year term as National JPIC Coordinator, handing over leadership to Miss Sammi Bhandari, the former Assistant Coordinator. Mr. Shyam Gurung has now stepped into the role of Assistant Coordinator. We thank Miss Pratibha for her passionate leadership and dedicated service, which laid a strong foundation for JPIC in Nepal.

In collaboration with the South Asia Loreto Care for the Earth Team, JPIC Nepal participated in the virtual launch of key environmental initiatives, reinforcing our shared commitment to ecological justice. Asmita Basnet, an alumna of St. Mary’s Biratnagar, continues her virtual internship with Janet.

To strengthen student engagement, a national webinar was organized for newly appointed JPIC leadership. Ruby and Asmita shared their inspiring experiences, and Janet concluded the session with motivating reflections that deeply impacted participants.



At the IBVM/CJ UN Advisory Board meeting, Sara was warmly welcomed as the new UN Representative. Sr. Sunita organized a webinar on Ecofeminist Spirituality, where Sr. Cecilia emphasized sacred oneness and women's compassion. Sammi Miss and Mr. Gurung also participated.

—Sr. Smitha Innaci Muthu

World Environment Day 2025 (Theme: "Ending Plastic Pollution")

On 5th June, CJ schools across Nepal united to celebrate World Environment Day, creatively embracing the theme "Beat Plastic Pollution" and honoring Mary Ward's spirit of ecological responsibility through collaboration, awareness, and care for creation.

Mary Ward, Lubhu began with a skit by JPIC students, followed by a lively procession and temple clean-up. Seniors repaired roads, while primary students cleaned the school campus, showing active environmental commitment.



St. Mary's, Pokhara held a vibrant tableau procession, spreading environmental awareness citywide, led by dedicated students and teachers.



At Mary Ward, Jhamsikhel, students engaged in environment-themed drawings and videos. The ASMAN-led Mother Benigna Memorial Award Ceremony featured a heartfelt prayer service, cultural programme, and prize distribution, making the event inspiring and memorable.

St. Mary's, Gorkha marked the day with speeches, poems, and a street play on plastic recycling. Saplings were planted and shared with local leaders, fostering community engagement in sustainability efforts.



At St. Mary's, Jawalakhel, the SMS Environment and FOZ Clubs stole the spotlight with powerful dance dramas on environmental threats. Chief Guest Mr. Indra Raj Bhattarai, FOZ Advisor, delivered a stirring address tracing the origins of World Environment Day and urging young people to lead the charge through initiatives like ECO (Environment Conservation Organization).



Across every CJ school, the spirited celebrations were not only acts of awareness but seeds of action, planted deep in the hearts of our students, ready to grow into a greener, more hopeful future. (Compiled report by Sr. Prathibha Palissery)

THANK YOU