



# Himalayan Echo



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**NEPAL REGION NEWSLETTER**

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## From the Desk of the Regional Superior



“With real strength and courage do what is seen to be good in all circumstances in which we are placed, not letting ourselves be deterred from this good by any opposition.” *Ven. Mary Ward*

These words of Venerable Mary Ward remain strikingly relevant today. In recent weeks, we have seen priests and religious sisters falsely accused and even imprisoned. Such trials remind us of the growing hostility faced by those who dedicate themselves to God’s mission. Mary Ward, like many saints and martyrs before and after her, endured false charges and opposition but never ceased to do good. Her example invites us to anchor our lives in God’s fidelity, not in human approval.

When criticism or opposition arises, whether from society, politics, or even within our own communities, our call is to remain steadfast, united, and courageous. The Gospel cannot be silenced, and God’s work will not be stopped.

As you turn the pages of this edition of *The Himalayan Echo*, may these stories

strengthen your faith, encourage your mission, and remind you that together we are called to witness with courage and hope.

– Sr. Vinita Mazhuvanchery C.J

## Teachers' Day Celebrations across CJ Schools.

Teachers’ Day was celebrated with great joy and reverence across all CJ schools, with each campus adding its own unique touch to honour the dedication of educators. From heartfelt prayer services and vibrant cultural programs to dances, songs, and tokens of appreciation, the celebrations reflected the deep gratitude of students toward their mentors.



In Kathmandu, festivities included a solemn prayer, creative performances, and a special lunch hosted at Rambagh Mahal. Schools in Pokhara, Jhamsikhel, Lubhu, Gorkha,







and Biratnagar also marked the occasion with colourful programs, gifts, flowers, and meals, creating a spirit of warmth, joy, and togetherness. Across every celebration, the love and respect for teachers shone through, making the day truly memorable.

### Bonding Programmes: United in Heart and Mind for the Mission

The long-awaited Regional Bonding Programme finally became a reality, filling our hearts with gratitude and joy. It was held from 19th to 24th July at Good Will Resort in Chandragiri. Sisters from across the Region participated wholeheartedly in two batches, making the event truly meaningful.



We were blessed to have Fr. Brian Pereira, SJ, from the Karnataka Province, as our resource person. A veteran facilitator with a wealth of experience and creativity, Fr. Brian guided the sessions with great skill and depth. His presence was truly a gift for all of us.

The programme, centered on the theme "United in Heart and Mind for the Mission," provided a space for spiritual renewal, personal growth, and community bonding. Through engaging presentations,

personality assessments, group discussions, and interactive sharing, we were invited to discover our personal strengths as well as appreciate the gifts of others.

The days spent together were truly enriching, a time of reflection, laughter, and renewal. The programme helped us deepen our commitment to live united in heart and mind as we continue our shared mission.

– Sr. Prathibha Palissery

### Pilgrimage to Mary Ward's Places

From Nepal, Sr. Amrita, Mrs. Munu Mahat (teacher), and four students - Sargawi Parajuli, Athenea Maskey, Anu Tamang, and Nora Poudyal had the privilege of participating in the 5th International Mary Ward Meeting held in York, United Kingdom. This global event brought together 28 participants from Mary Ward schools across the world, creating a vibrant space for learning, sharing, and cultural exchange.



The highlight of the journey was visiting the sacred places associated with Venerable Mary Ward. Walking in her footsteps was a deeply moving and spiritually enriching experience that renewed the participants' commitment to her vision of faith, courage, and education for the empowerment of women.

This memorable programme was possible due to the extraordinary dedication of Mrs. Annette Hasaneder, who shouldered the enormous responsibility of organizing the entire event. Months of careful planning, coordination, and attention to detail ensured that everything from the sessions to the pilgrimage experiences ran seamlessly. It



was not an easy task but a labor of love that brought immense joy and spiritual renewal to all.

We also express our heartfelt gratitude to Sr. Vinita, our Regional Superior, for giving this wonderful opportunity to our students and teacher to experience the richness of Mary Ward's legacy in her homeland.

– Sr. Amrita Francis

### St. Mary's, Pokhara

As the rains painted the world fresh and green, our school bloomed with energy and laughter, proving once again that the joy of learning shines brighter than the clouds above. This spirit carried our students through the months, whether it was in preparing seriously for the first term examinations or delighting in the many activities that filled campus life. After days of hard work and exams, everyone welcomed a short break that refreshed both body and mind.

Soon after the short break, students started gearing up for the much-awaited One-Act Play Festival. The self-written plays took on pressing contemporary issues such as artificial intelligence, bullying, and violence against women, bringing them alive powerfully on stage.



Students of Class XII warmly welcomed the new students of Class XI, with a special welcome programme, making them feel at home in their Marian family.

The FMW Unit hosted a joyful Grandparents' Day, filling the school with

the presence of our beloved grandparents. The LTS Club organized a vibrant Teej Celebration, welcoming members of Ama Samuhs (mothers' Society), mothers of LTS students, neighbourhood ladies, our teachers, and support staff, all joining together in festivity and fellowship.



Sr. Jessy participated in the COIN Education Coordinators' Meeting, and we were delighted to welcome Sr. Vinita among us for her visitation.

– Sr. Jessy Puliyanthuruthel

### St. Mary's, Jawalakhel

We rejoiced with Sr. Agnella, who gave thanks to God for 87 glorious years of life. Sr. Divya, after completing her B.Ed. in Sikkim, has rejoined the community and is now missioned as Plus Two in Charge. We heartily welcome her and wish her God's abundant blessings.

Our hearts were heavy as we stood by Mrs. Jyoti Rai, mourning the sudden loss of her husband, Mr. Rabin Keshav Rai, a former music teacher of St. Mary's, Jawalakhel. Mr. Rai, a gifted artist, had contributed many beautiful artworks to the school. During this difficult time, the community came together in prayer and support, surrounding Mrs. Jyoti Rai with care and compassion.

On 31st July, the community joined the Jesuit Fathers in a thanksgiving mass for the gift of St. Ignatius. With deep gratitude, we celebrated the entry of



our candidates, Liza Maya Tamang and Sakita Maya Tamang into Postulancy in Allahabad. May their journey be blessed.



The past month was a period of remarkable accomplishments for our students, who showcased exceptional talents across a spectrum of sporting and creative competitions, bringing great pride to our school community.

Our swimming team had an outstanding performance at GEMS School, securing an impressive total of nineteen medals across various events. Our students demonstrated strategic excellence at the Nepali Police School Chess Championship and were felicitated for their active and commendable participation.

We were proud to host the annual Joint School One-Act Play Festival. The event brought together some of the region's most talented young thespians for a day of performances centered on the theme of Social Awareness.

The plus two section held its investiture ceremony for the current academic session. The heart of the event was the Oath-Taking Ceremony. One by one, the newly appointed School Captains, vice-captains and House leaders stood tall before their peers, teachers and proud parents.

– Sr. Smitha Innaci Muthu

### **Mary Ward, Jhamsikhel**

Sponsors Day was organized by ASMAN at Mary Ward School, during which the sponsors were allowed to visit the children whom they sponsor. It was a chance for reunion for the Asmanites to meet each other and share food prepared by each one.

Five of the tailoring students received certificates after completing one year of training. The Guest of honour, Mr. Deepak Sherchan, distributed the certificates to the women, and he appreciated the hard work put into stitching the clothes. He also donated five new sewing machines and new cloth materials to the Tailoring Centre.



A workshop for parents, led by Fr. Boniface S.J., was conducted in a simple yet engaging manner. He highlighted children's strengths and shared creative strategies for guiding challenging students, fostering meaningful interaction with the parents.



We were once again very glad to see Fr. David of the Coptic church with his team from Dubai and their motivational activity lessons teaching students to be kind, honest, forgiving, etc. We are grateful to all for their thoughtfulness towards Mary Ward School.

A vibrant group of 38 teachers and students from England visited our school and were warmly welcomed. Our students presented a colorful cultural program, after which the visitors toured the classes and enjoyed lively, heartwarming interactions with the children.





Sr. Jyothi was warmly welcomed at the school assembly with a welcome song by the students and good wishes from the teachers. We bade farewell to Ms. Kshitiz Shrestha, our UKG teacher, who left for work opportunities abroad. She had been dedicated to her work, and the little ones were very fond of her. We wish her God's abundant blessings, a bright future, and joyful days ahead.

We were delighted to welcome special guests from Japan, brought by Fr. Silas Bogati, the Apostolic Administrator of the Nepal Vicariate. The students of Class V conducted a heartfelt prayer service and presented a short cultural program, warmly engaging our visitors and making the occasion memorable.

– Sr. Asha Singh

### St. Mary's, Gorkha

The month of July began with focused study and preparation for the First Term Examination. After the exams, the school closed for the term break and reopened on July 23rd.

The festival of Teej was celebrated with great enthusiasm and cultural spirit at school. Dressed in vibrant red attire, students, teachers, and our non-teaching staff came together to enjoy traditional songs, dances, and festivities. The celebration highlighted the cultural significance of Teej, especially as a festival of joy, devotion, and sisterhood. It was a beautiful opportunity for everyone to connect with their roots and celebrate Nepalese traditions in a joyful and respectful environment.



We are happy to share that our garden, lovingly tended by Sr. Catherine, is now bearing plenty of fresh fruits and vegetables. Her dedication reflects the joy of hard work and love for nature. Anyone wishing to enjoy organic produce and fresh, green surroundings is most welcome to Gorkha.

– Sr. Amrita Francis

### Lubhu Mary Ward

A special and heartfelt assembly was held to bid farewell to Sr. Mariette, the Principal, as she takes on her new role as the Superior of the Community in Sircia. Her dedication, leadership, and lasting contributions will always be remembered and cherished at Mary Ward School, Lubhu. On July 1st, the school welcomed Sr. Amita as the new Principal.

As part of our ongoing commitment to environmental sustainability, the members of the JPIC Club, along with our teachers and sisters, planted herbal plants on the school premises. Fr. David and his team conducted an interactive Training Session for Classes V to VII, focusing on teamwork and skill development. The sessions were interactive and impactful, followed by a delicious meal that was served for all.

Following the completion of the first terminal examinations, students were granted a short-term break to relax and rejuvenate. Classes resumed on July 28, with students returning refreshed and enthusiastic to begin the next phase of the academic year with renewed focus and energy.

The school community and parish joyfully celebrated the birthday of Sr. Daisy marking the occasion with prayer and fellowship. Fr. Amrit Rai, SJ, conducted a motivational seminar for the students of Classes VIII to X, and later with the teaching staff. His inspiring message encouraged the students and the teachers to strive for personal growth and excellence. As part of our focus on developing



communication skills, the Global Shapers Kathmandu Hub conducted a seminar for Class IX students. The session greatly enhanced their speaking and writing skills.



The toppers of the first term examination were awarded for their academic excellence. Their dedication and achievements are an inspiration to the entire student body. English and Nepali Speech competitions, a debate competition and Choral Recitation etc. were conducted, highlighting students' public speaking skills and their fluency and expression in both languages. The winners were recognized for their outstanding performances.



Mary Ward School proudly celebrated the participation of three students of class IX in their first-ever Model United Nations (MUN), held at IB Genius World School, Lubhu. It was a significant



milestone that encouraged global thinking and diplomacy among our students.

The community spent a day in monthly recollection, guided by Sr. Shobha. We were happy to have Sr. Vinita, with us for the annual visitation.

– Sr. Amita Valliyamthadahil

### St. Mary's, Biratnagar

We were deeply saddened by the sudden and untimely demise of Sayara Ghimire, a student of class ten, on 23rd July 2025. May her soul rest in peace.

The first Model United Nations (MUN) programme was held in our school on 5th to 6th July by Mr. Ishan Agrawal and his team. It was a unique platform for our senior students to engage in global issues and international relations. It fostered skills in public speaking, negotiation and teamwork, an experience the participants will carry with them far beyond the classroom. The event concluded with an award ceremony, celebrating outstanding students who demonstrated exceptional leadership and communication skills.



Basketball has been introduced for the senior students this year. Within a short time, our girls picked up the skills of the game and participated in the inter-school





basketball tournament. Though it was a tough match, we are happy that they played well.

– Sr. Nancy Edamanasseril

### Snehanjali, Godavari

Srs. Karuna and Charlie had a new experience in July when they headed to Nagaland for vocational fostering. Although it was a very long journey, they had the chance to meet many young aspiring girls.

After spending three months in Snehanjali, Tanjina from Bangladesh returned home to continue her formation. We pray for God's blessings upon her.



Sr. Sangita has joined our community, obtained her scooter license and is prepared to start her bachelor's degree at St. Xavier's Maitighar. Sr. Regina joyfully renders her spiritual accompaniment to members of the Legion of Mary in the Parish. Candidates are happy to visit families and pray for the people. This year, two of the six girls who attended the come-and-see program have joined us. We pray for all of our formees in various phases of formation as well as for good vocations.

– Sr. Karuna Shrestha

### Mary Ward, Sirsia

This monsoon season has brought abundant joy, freshness, and renewed life to our community. The gentle rains have transformed our surroundings into a lush panorama of greenery, especially the flourishing paddy fields we have lovingly

planted. Nature's beauty fills us with gratitude, reminding us of God's constant presence and providence.

With hearts full of gratitude, we remember Sr. Jyoti, our former superior, whose dedicated and selfless service has left a deep and lasting impact on our mission. Her compassionate leadership, quiet strength, and unwavering commitment have been a true blessing to our community. We remain ever thankful for the path she helped pave with so much love.

On the 7th of July, we experienced the moment of grace and joy as we celebrated the installation of our new superior, Sr. Mariette. The community welcomed her with open hearts, gratitude, and prayers. We thank God for her generous spirit and her willingness to embrace her new mission with faith and love.



In our Sirsia Parish, a vibrant youth animation programme was organized by the Salesian Fathers. Sr. Monica was invited to give a talk. She spoke on the topic, "Who Am I in Christ? Discovering Your True Identity through God's Eyes." The talk was inspirational and touched the hearts of many young people, helping them see their worth through the loving eyes of Christ.



Adding to our joy, we received a surprise visit from the Provincial of the Salesian Fathers. His warm and encouraging presence uplifted our hearts. He took time





to interact with our community and also spent meaningful moments with our hostel girls, leaving them inspired and joyful.

– Sr. Monica Hansda

### JPIC NEPAL

JPIC Nepal warmly welcomes Sr. Amrita as the new National Sister Coordinator. Mary Ward School, Lubhu, has initiated a Herbal Garden, promoting a greener and healthier environment. The call for submissions for the 13th Annual International Day of the Girl digital advocacy campaign is now open, with this year's theme: "We are here: Bold, Diverse, and Unstoppable, Demanding Change."



Last year, Ruby Thapalia represented our girls at the UN, and this year she continues her role as part of the planning committee, inspiring students to raise their voices for global concerns. Students from all our schools have contributed creative works for the campaign. Meanwhile, St. Mary's School, Jawalakhel, is preparing with enthusiasm for SMS MUN 2025, where students will engage as young diplomats, developing leadership and global awareness while advocating for peace, justice, and responsibility.

– Sr. Smitha Muthu



**THANK YOU**