



Himalayan Echo

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NEPAL REGION NEWSLETTER

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From the Desk of the Regional Superior

Education is constantly evolving, bringing both new opportunities and new challenges. As schools respond to changing policies and the growing needs of society, we are invited to learn, adapt, and move forward with hope. I am grateful for the commitment and creativity shown by our sisters, staff, students, and all those who work tirelessly to make all our CJ Schools in Nepal as places of learning, growth, and care.

Modern Education: Definition, Importance, Benefits & Challenges



Let us continue to strive for excellence by updating our knowledge, embracing new ideas and technologies with wisdom, and nurturing young minds with compassion and integrity. Quality education is not only about academic success but also about forming responsible, caring, and value-centred individuals who will contribute positively to society. Together, let us continue this mission with confidence, dedication, and trust in God's guiding presence. – *Sr. Vinita Mazhuvancherry*

Regional Events

The month of June was a time of various coming together in the Region.

The Superiors' Meeting was held on the 11th June. It was a time for the sisters to reflect on their responsibilities as community leaders and to discuss important guidelines and decisions for

the smooth running of their communities. The meeting also gave them an opportunity to share their experiences, concerns, and suggestions with one another. It was a meaningful time of learning, listening, and growing together.

The Principals' Meeting was held on the 14th June. The principals came together to discuss the day-to-day functioning of our schools, current educational challenges, and ways to strengthen our institutions. Important guidelines and decisions related to school administration were shared. Above all, the meeting provided a valuable space for the principals to interact, exchange ideas and support one another in their ministry.



Workshop on Emotional Hygiene: - The Superiors and Principals of the Region took part in a three-day workshop on Emotional Hygiene. The workshop was animated by Fr. Joe Kokandathil SDB from Bangalore Province. Through simple talks, group activities, therapy sessions and personal reflection, the participants were encouraged to understand their emotions, care for their inner well-being and grow as compassionate leaders.

The Junior Sisters' Meeting was also held for two days under the guidance of Sr. Karuna and Fr.

Joe Kokandathil SDB. In the words of Juniors:

We, the Junior Sisters, gathered at Godavari Community on 14th to 15 June 2026 for a two-day session on Emotional Hygiene. It was a wonderful opportunity for five of us to come together, learn, reflect, and share our experiences. Through the sessions, we understood the importance of caring for our emotional well-being and became more aware of our feelings, struggles, and the need for inner healing. We also learned that when we allow God to heal us, we can become instruments of healing and hope for others.

The programme included practical exercises on mindfulness, relaxation, and managing stress, which helped us discover simple ways to live with greater peace and balance. The time we spent together also strengthened our friendship and sisterhood. We returned to our communities with grateful hearts, carrying many valuable lessons that will help us in our personal life, community life, and mission. – *Sr. Sangita Hembrom*

These gatherings were more than meetings. They gave us the opportunity to meet one another, learn together, share our experiences and return to our communities and schools with renewed energy and hope. (*Compiled by Sr. Divya Kalamparambil*)

St. Mary's, Jawalakhel

On the 30th of May, members of our zone and neighbouring families prayed the Jericho Rosary, in our compound seeking the loving intercession of our Blessed Mother for their families, community, and the world.



The School Investiture Ceremony was held in the Mary Ward Auditorium, where the newly

elected student leaders were formally entrusted with their responsibilities and encouraged to lead with integrity, responsibility, and dedication. Our Teachers attended professional development workshops organized in collaboration with various educational institutions. The workshops provided valuable ideas for innovative teaching and the holistic development of students.

The Annual Award Ceremony was held to honour 34 students for their outstanding achievements for the academic year 2025-26. Sponsors presented the awards in the presence of parents, teachers, and students, while inspiring messages encouraged everyone to strive for excellence through hard work and perseverance.

The school celebrated outstanding success in sports as it secured 6 gold, 7 silver, and 1 bronze medal at the 16th Lalitpur Rashtrapati Running Shield 2083, finishing second overall. Suruchi Moktan (Class X) was honoured with the Best Athlete Trophy for her exceptional performance. Devanshi Joshi (Class VIII-B) created history by breaking a national swimming record, winning 15 gold medals, and being crowned Best Female Player in the 400-metre event at the 3rd Bagmati Province Sports Championship. Congratulations to our young champions!

Our school proudly hosted the Inter-School Speech Competition organised by Lalitpur Metropolitan City Ward No. 3, bringing together talented speakers from nine schools. Speaking confidently on topics such as heritage, environment, and artificial intelligence, our students delivered outstanding performances. Yogyata Aryal won First Place, while Denisha Chapagain shared Second Place with a participant from Rato Bangla School, bringing great pride and honour to the school.

We extend our prayerful wishes to Sr. Charlie, who has left for Bangalore to pursue a one-year Diploma in Spiritual Theology at the Indian Institute of Spirituality.

Our community was privileged to welcome Archbishop Victor Henry Thakur, Bishop Paul Simick, and other Church leaders who were



in Nepal for a three-day review and planning meeting on migrant pastoral care. Their gracious visit and fellowship brought joy and blessings to our community. -Sr. Divya Kalamparambil CJ

St. Mary's, Pokhara

The months of May and June were vibrant and enriching, marked by learning, creativity, and participation. The captains of various houses formally assumed their responsibilities through an Investiture Ceremony. There were variety of enriching competitions and activities for students which included choral recitation, inter-house and inter-school speech competitions, debates, drawing competitions, talent shows, and many other creative events. One particularly innovative competition involved creating PowerPoint



presentations to educate students about the seven provinces of Nepal and Nepal as a whole. Students researched and presented the lifestyle, culture, customs, and unique features of each



province.

For the first time, neighbouring schools came together under the umbrella of Pokhara Joint Schools and organized a dance competition based on the theme "Fairies and Cartoon Characters." The event was a platform for collaboration, creativity, and healthy interaction among schools. We also had the privilege of hosting SMS MUN, which brought together 180 students from ten different schools. Through this programme, students developed skills in debating, critical thinking, diplomacy, and collaboratively seeking solutions to global issues faced by different countries.

Teachers also benefited from professional development opportunities. Workshops were conducted on the newly introduced Continuous Assessment System, along with training sessions on becoming effective and updated educators capable of meeting the needs of today's generation.

We the sisters actively participated in the Family Rosary organized during the month of May. The religious communities of Pokhara came together for a one-day picnic to Changling Mission Station, and our community wholeheartedly participated in this joyful gathering. -Sr. Jessy Puliyanthuruthel CJ

Snehanjali, Godawari



The months of May and June brought many changes to the Godavari community. Every Sunday, the candidates participated in classes on hymns and phonetics conducted by Fr. Patrick Butia, S.J., who generously volunteered his time and expertise to guide our young candidates.

We bid farewell to Lalita Soren, one of our candidates, as she left for Allahabad to begin her Postulancy. While we were saddened to see her go, we were also filled with joy, knowing that she has taken the first step in her religious formation. We assure her of our prayers and wish her God's abundant blessings as she begins this new journey.



The candidates have been busy with their regular classes and community activities. Sr. Karuna accompanied the youth of Assumption Parish to the Galthung Mission in Melamchi for a mission exposure program. Since Galthung is a growing mission with only a small Catholic community, the experience gave the young people an opportunity to witness the realities of mission life and deepen their understanding of the Church's outreach in developing mission areas.



With the support of the Jesus Youth movement, Sr. Karuna and a few young people from Godavari Parish organized a one-day Youth Renewal Programme for the youth of the Kathmandu Valley. Around 80 young people from different parishes participated in the program. It was a deeply enriching experience, bringing the youth together for prayer, fellowship, and sharing. The

program encouraged them to deepen their faith and remain firmly rooted in Christ. -*Sr. Karuna Shrestha CJ*

St. Mary's, Gorkha

The month of May was dedicated to honoring Our Lady through the Holy Rosary, helping us grow in faith, love, and trust in God. The Investiture Ceremony for the academic year 2026–2027 was held in the school with great joy. The newly elected Student Council members were given their leadership responsibilities through the pinning of badges and the oath-taking ceremony.

To enhance students' memory, confidence, and language skills, Nepali and English Choral Recitation Competitions were organized on different days. The students participated enthusiastically and showed their talents through expressive and coordinated performances.

Our school compound continues to flourish with lush greenery, fresh vegetables, and a variety of fruits. The beauty and productivity of the garden reflect the hard work, dedication, and commitment of Sr. Catherine.



A Parent Orientation Program on "The Effect of Social Media, Mindful Meditation, and Good Parenting" was conducted with Mr. Bikal Prasad Sherchan, counsellor at St. Mary's School, Pokhara, as the resource person. - *Sr. Celine Arulanandu CJ*

Mary Ward, Jhamsikhel

Fr. Gregory SJ conducted a series of sessions for teachers on "Stress Management, Strength

Development, and Effective ways of supporting academically weak students”. He also conducted engaging sessions for Classes IV and V, where students actively participated in activities and learned to recognize their talents and abilities, helping them grow into better students and responsible persons.



Antardrishti, a legally registered organization working to eliminate child sexual abuse in Nepal, provided a meal for all the children, teachers, tailoring women, and co-workers..



The Mother Benigna Award was organized by ASMAN, where students were awarded in different categories such as Science, Mathematics, Nepali, English, overall improvement, sports, and benevolent attitude, which motivated them to work harder and do better. The day also marked Sponsorship Day, where sponsors visited their students, and the children expressed their gratitude towards them. The parents of the award winners were also present on this occasion. - *Sr: Asha Singh CJ*

St. Mary's, Biratnagar

May marked the arrival of our 70 new Class I students. Smart, cheerful, and confident, they settled into school life with ease, making their

first days a joyful experience. An orientation programme was held for the parents to introduce them to the school's vision, rules, and regulations, with special emphasis on the care, guidance, and mentoring provided for every child's growth and development.



We also visited our sisters in Dharan and spent some quality time together, sharing our joys, experiences, and concerns in a spirit of sisterhood and support.

The school decided to introduce a new software for the school administration to make ourselves smart and upgraded in the digital world. Mr. Kapil Dahal initiated it to the entire staff at first. Though many teachers found it quite tedious in the beginning Mr. Kapil was quite encouraging and took lot of care to teach every one.



The installation of the office bearers of the school took place in the presence of the entire High School and teachers and the parents of the candidates.

Srs. Neelu and Polrani visited one of the catholic ladies from Sirsia who was admitted in the hospital for Kidney dialysis and prayed over her. She has to have dialysis three times a week.

With the reopening of Sr. Polrani's College, one teacher's schedule changed, requiring her to leave home at 5.15 a.m. Sr. Marisa, our Regional

Treasurer, visited the school and community for the internal audit, shared valuable suggestions on account keeping, and also visited Sirsia to review the progress of the construction work.



The Annual Parent-Teacher Meetings began with Class X, and a grand Pre-Graduation and Farewell Programme for Class XII was organised in the style of a college graduation ceremony. The event, efficiently organized by the Class IX students, concluded with a dinner for the guests and students.

We were delighted to welcome Srs. Joyce and Andrea from Patna Province, whose visit gave us a wonderful opportunity to relive old memories and enjoy joyful moments together. We also celebrated Sr. Marilyn's birthday in the community and school with a Thanksgiving Mass offered by Fr. Benjamin Marandi, followed by a beautiful cultural programme, greetings from the school staff, and fellowship with the Sirsia community.

We had a good and meaningful farewell Mass for our Parish Priest, thanking him for all the shepherding he has done for the small flock of parishioners. Though he was sent to us for six months, he took care of the parish well and gave life to the small catholic community. He came to us regularly for Mass to the convent and was very concerned that we should have Mass even when he goes away.

Our Primary teachers had a whole day workshop on the new education policy of the Government on continuous assessment without examination. They were enlightened by the resource persons, given opportunities to clarify doubts and seek advice. -Sr. Margaret Mary Vettikappillil CJ

St. Mary's, Lubhu

The month of May began with the daily Rosary in our chapel with the hostel girls, followed by prayer at the grotto. A joyful milestone was reached when our school received official recognition as St. Mary's Secondary School and opened admissions for paying students in Class 1, with 23 students enrolled. Parent-teacher meetings for Classes VIII and X briefed parents on SEE and BLE preparations, extra classes, school meals, and the responsible use of smartphones and AI.



The school bid farewell to Sr. Daisy, who is missioned to Bangalore. The students organized a Thanksgiving prayer service and a meaningful program to express their gratitude for her contributions to the school. The parish community also honoured Sr. Daisy and Fr. Rubin SDB and appreciated their contribution to the parish community. We were happy to welcome Fr. Nijo SDB, the new vice-principal of Nepal Don Bosco.



Sr. Amita and two teachers attended a seminar at Nepal Don Bosco School, organized by the Municipality on the theme "Mental Health." Doctors from Kathmandu hospitals were the resource persons. The students of Classes VIII

and X students participated in a three-day Yoga, Meditation and Youth empowerment session conducted by Mrs. Mikha Mathema and Mr. Krishna Maharjan.

We were delighted to welcome Sr. Agnella's nephew and family, Sr. Andrea, Sr. Joyce from Patna, and Sr. Francis's grandnephew. We also had the joy of welcoming Sr. Vinita, the Regional Superior, along with her council members who came to have a meeting in our house.

We had our monthly recollection guided by Fr. Paul K.C. S.J. who spoke on the theme, Mother Mary, the Mother of the Universal Church. Our students had the honor of receiving the Mother Benigna Award from ASMAN. We thank God for His continued blessings and guidance throughout these months. -Sr. Amita Valliyamthadathil, CJ

Mary Ward, Sirsia

Work on the new building continues steadily and has now reached the painting stage. The ten new hostel children have settled in well and are happy in their new home. We were also blessed with a good maize harvest, completed with the help of our boarders and co-workers before the rains. The fields are now ready for paddy planting, and we look forward to a good monsoon. The season has also brought an abundant mango harvest, bringing much joy to the community and children.



During the whole month of May, the community prayed the Rosary each evening with the boarders at the grotto, and the parish celebrated the feast of Mary Help of Christians. Sr. Monica and Sr. Mariette continue their teaching ministry at the parish school, with Sr. Monica also coordinating the kindergarten section. We thank God for His

continued blessings and pray for a fruitful season ahead. -Sr. Mariette Pinto CJ

JPIC - Environment Day Celebration across CJ Schools in Nepal

Our CJ schools across Nepal celebrated World Environment Day with great enthusiasm, promoting care for creation through prayer, awareness, and action.



St. Mary's School, Kathmandu observed the week with the planting of 110 saplings, an awareness talk on Wild Nepal, a documentary on climate change, and a prayer service. St. Mary's School, Pokhara organized a plantation drive, donated flower pots to the local community, and distributed seed balls to teachers and co-workers. St. Mary's School, Biratnagar held a Green Rally, a street play, and a prayer service to spread awareness on pollution, deforestation, and waste management.

St. Mary's School, Gorkha marked the day with prayer, cultural programmes, and tree planting, while St. Mary's School, Lubhu conducted an awareness talk and plantation



activity to encourage environmental responsibility. Mary Ward School involved students in creative activities such as posters, skits, songs, dances, and poems on environmental conservation, and also declared the school a plastic-free zone.



In Snehajali, Godawri, we planted several trees in our compound to replace some of the old trees that had been cut down. This initiative reflected our commitment to caring for the environment and creating a greener community.



Through these meaningful initiatives, our schools renewed their commitment to protecting the environment and inspiring young people to become responsible stewards of God's creation.-
Sr. Amrita Francis, CJ

FMW - Nepal

Jawalakhel:-The first meeting of the academic year 2026 focused on planning the year's activities, including outreach programmes to Samantar School and HIV-positive children. Members also decided to meet in smaller groups to encourage greater participation and ended the meeting with a renewed commitment to serve in the spirit of Mary Ward.

Pokhara:- Members participated in an online session on "Mary Ward's Painted Life and Her Three Vows" led by Sr. Karuna CJ. The session deepened their understanding of Mary Ward's life and inspired them to live the values of obedience, chastity, and poverty with greater commitment.-
Mrs. Jaya Subba

Thank You