



Himalayan Echo

Vol: 119

NEPAL REGION NEWSLETTER November-December, 2025

From the Desk of the Regional Superior



Emmanuel – God With Us, We for Him Forever...

Christmas draws our hearts once again to the beautiful and profound truth of our faith: Emmanuel, God is with us. The Gospel of Matthew proclaims, "They shall name him Emmanuel," which means God is with us (Mt 1:23).

There is a story about Alexander the Great who once found a soldier sleeping while on duty. When he discovered the soldier bore his own name, he said, "Either change your behavior or change your name." The message was clear: a name carries responsibility. In the same way, if we claim that God is with us, our lives must reflect His presence. If God chooses to live with us, then we are called to be for Him forevermore. From the beginning, God has always desired closeness with His people. He journeyed with the Israelites in the desert, and at Christmas, He came even closer by becoming human in Jesus. God did not remain distant; He walked with us, shared our life, and continues to dwell among us.

For us, this is both grace and responsibility. We make Emmanuel visible in the world

through small yet powerful acts of love, patience, forgiveness, and compassion. Mary Ward understood this deeply. Rooted in Ignatian spirituality, she believed in living constantly in God's presence, allowing prayer and daily life to become one.

Emmanuel also reminds us that God dwells in others. When we recognize God in one another, our relationships become more reverent and life-giving.

This Christmas, may we renew our deepest commitment: because God is with us, we choose to be for Him - today and forever. May Emmanuel fill our hearts with hope and lead us to be bearers of His presence in our world.

– Sr. Vinita Mazhuvancherry

St. Mary's Convent, Jawalakhel

St. Mary's Community was blessed to celebrate the Merger of both CJ and IBVM branch with joy and gratitude on the 16th November. Priests and Religious from different parts of the Nepal Vicariate gathered in our school auditorium, and His Excellency Archbishop Leopoldo Girelli presided over the Holy Eucharist. The presence of our Sisters from the South Asian Province brought great joy to everyone.





The auditorium was filled with parishioners from different parishes in the valley, creating an atmosphere of togetherness and celebration. After Mass, the students presented an excellent cultural program highlighting the history of both CJ and IBVM and their merger, which was deeply meaningful and inspiring. A fellowship meal was served to all at the end giving everyone time to share and rejoice together.

St. Mary's Secondary School, Jawalakhel, actively participated in a series of joint school extracurricular activities during the months of November and December 2025. These events provided our students with valuable opportunities for experiential learning, community engagement, and friendly competition with peers from other institutions.

On November 11, 2025, members of our Social Service Club joined a Community Service Program organized by St. Xavier's School, Jawalakhel, at Junkiri Public School in Sankhu. This school, founded by Ms. Indira Ranamagar, offers cost-free education to the children of incarcerated parents. Our students' participation underscored our commitment to social responsibility and empathy.

A four-member team from our school took part in the SQC Hub Convention held at St. Xavier's School, Jawalakhel, on November 12, 2025. The theme of the program was "Building Resilient Minds for a Sustainable Future."

Our students actively joined all activities and learnt a lot from the panel discussion on problem-solving and SQC ideas. They also showed good teamwork and creativity in the art and collage making competition and also won prizes. Overall, the convention was a great learning experience and helped our students become more confident and responsible learners. Subsequently, on the 9th December 2025, nine of our students competed in the Joint School Cross-Country Marathon hosted by Kathmandu University High School (KUHS). We are proud to announce that our athletes secured the first, second, and third positions, demonstrating exceptional dedication and sportsmanship.

The St. Mary's Social Service Club organized a fundraising food festival in the school. The main aim of the program was to collect money for a good cause. The Teachers, staff, and students put up different food stalls. They sold snacks, sweets, and drinks.



The food was liked by many people, so many students and staff joined the event. The school community participated with great interest. Because of good teamwork and planning, a good amount of money was collected which will be used for a noble purpose. The food festival was successful. It taught students teamwork, planning, and social responsibility.

Furthermore, our students attended the Joint School Art Exhibition at St. Xavier's School, Jawalakhel, appreciating and drawing inspiration from the creative works of their peers.

The Junior School Sports Day for classes 1 to 5 was held successfully with the theme, "Fitness, Fun and Fellowship". The chief guests were Mr. Prem Bahadur Bhattarai, CDO of Lalitpur District, and Mr. Sri Gopal Maharjan, Chairperson of Ward No. 3, Lalitpur. The Gymnastics show and the P.T. Display impressed the audience.



Two students participated in the Lalitpur Metropolitan City Inter-School Spelling Contest and one of them won the third prize. The contest tested spelling skills in both English and Nepali. Our school also received a token of appreciation from Lalitpur Metropolitan City. This achievement has made our school proud.

St. Mary's Secondary School successfully organized its annual School Mela with the theme "Celebrating 70 Years in Gratitude and Faith." The program celebrated the school's long journey and raised funds for a good cause. The Mela was inaugurated by our Regional Superior, Sr. Vinita CJ, along with sisters of the CJ community and the Principal, Sr. Deepa CJ. The school grounds were filled with fun games, food stalls, and activities. Students and visitors enjoyed games like Lucky Dip, face painting, and disco games. There were also many food items like momo, chicken dishes, ice cream, and soft drinks. The Mela received great support from the school community and successfully raised funds for charity. The program ended with prize distribution. The event was joyful, meaningful, and strengthened the bond among the school community.

Christmas was celebrated highlighting the birth of Jesus Christ, and the message of love, peace, and goodwill. Students presented a Nativity scene along with Christmas carols sharing a message of hope. Special guests from our neighboring places were invited to the celebration. Their presence added joy and happiness to the program. Sr. Rufina CJ, the manager of the school gave a short message; the message encouraged love, sharing, and kindness. The atmosphere was joyful and warm. The program ended with a feeling of unity and the true spirit of Christmas.

– Sr. Divya Kalamparambil

St. Mary's, Pokhara

The months of November and December were vibrant and enriching, marked by meaningful learning experiences, joyful gatherings, and strong community bonding.

One of the major highlights was the class-wise orientation programme for parents and students of Classes 1 to 12 on "The Impact of Social Media on Students: Parents' Role", facilitated by the school counsellor, Mr. Bikal Sherchan. The sessions were inspired by the book "Shamed, Shocked, Depressed" authored by Jyotsana Mohan Bhargava. Through engaging case studies and real-life student experiences, both parents and students participated actively, making the orientation insightful and relevant.



The orientation programme was followed by a delightful Starry Night for parents.

The evening included fun games, cultural entertainment presented by students, telescope viewing of the Moon and Saturn, and concluded with a serene moonlight dinner shared together.



Stepping away from the routines of daily life, students from various clubs—JPIC, FMW, Environment Club, LTS, and Scouts—participated in an overnight spiritual camp outside Pokhara. The camp offered a wholesome blend of yoga, meditation, motivational talks, and stress-free recreational activities, providing students with relaxation, reflection, and renewal.



Another much-awaited event on the school calendar was the SMS Fete, a vibrant celebration of teamwork, cooperation, creativity, and dedication involving teachers, students, support staff, and parents alike. The proceeds from this noble initiative will be utilized to extend support to the poor and needy through charitable outreach.



The community also joyfully celebrated the Merger of CJ-IBVM with the parish community. This was followed by another celebration with the religious sisters and priests of the West Zone. This occasion coincided with the CRN West Zone gathering. In the true spirit of togetherness, the Pokhara CRN communities came together once again to celebrate Christmas through confessions, a prayer service, gift exchange, and a shared meal. The community also joined the parish members in visiting homes for carol singing.

In addition, Sr. Jessy travelled to Jeevanjyoti School, Kohalpur, to organize and participate in the meeting of Superiors and Heads of Ministries, organised by the National CRN.

– Sr. Jessy Puliyanthuruthel C.J.

Snehanjali, Godawari

Godavari is in the grip of a severe cold, yet we find warmth and comfort in simple pleasures such as lingering over cups of hot tea and hot meals. The lovely sunlight often warms the candidates while they study, transforming quiet times into ones of tranquility and attention. Their days are filled with academic and personal assignments that keep them actively engaged.



Sr. Regina is steadily recovering after her fall, and we are delighted to welcome her back; her presence once again completes our community. We were



delighted to welcome Sr. Ganga into our community for a few days as she joined us to rest and rejuvenate after her examinations. Her presence brought with it moments of warm sharing, deeper mutual understanding, and the simple joy of exploring together the natural beauty that surrounds Godavari.



Sr. Sangita remains deeply committed, and we see her fully engaged in both her responsibilities and her studies. Sr. Karuna, too, remains actively engaged, devoting herself to her personal studies while faithfully accompanying the candidates and the youth of the parish. The young, in turn, eagerly look forward to their regular sessions, gathering with enthusiasm every Wednesday and Saturday, where learning, sharing, and joy come together.

– Sr. Karuna Shrestha C.J

St. Mary's, Gorkha

After a long holiday, our school reopened with great joy. The campus once again echoed with laughter and excitement of children returning to their classes and meeting friends.



During this time, Sr. Celine along with Srs. Rufina and Mariette had the privilege of

travelling to Spain to participate in the Merger celebration. It was a beautiful experience as she witnessed the spirit of togetherness and the oneness as the two branches merged as one. Sr. Celine continued her journey to Rome along with the other sisters of COIN provinces and had the opportunity to visit many important places in Rome.

Our community participated in the Merger celebrations at Pokhara hosted for the Priests and Religious of CRN West Zone. This celebration made known to many religious communities of our zone regarding the official merger that has taken place. It was indeed a joyful event.

On World AIDS Day, our school JPIC unit organized a meaningful awareness programme, led by the students of class 9. Their presentation helped the whole school reflect on compassion, responsibility, and care for those affected by HIV/AIDS.



The Teachers and Students' Units of FMW, visited a local orphanage named as Manasewa Ashram". They shared snacks, warm clothes, copies and other essentials. It was a touching experience that encouraged our students to practice kindness and service.



The community along with the teachers, and the students of class 10 enjoyed an educational tour to Ilam, in East Nepal. Their trip helped them to strengthen their bonds, broaden horizons, and create wonderful memories for all.



Christmas was joyfully celebrated at school with great enthusiasm and happiness. The children actively participated in the celebrations and enjoyed the festive spirit. As a sweet gesture, all the children were given a delicious piece of Christmas cake, which brought smiles to their faces.

The following day, the teachers and co-workers gathered for a Christmas party. The celebration was filled with joy, games, and fellowship. Teachers exchanged gifts with their Christmas friends and actively took part in fun games, making the occasion lively and memorable.

– Sr. Celine Arulandhu CJ

Mary Ward School, Jhamsikhel

Inspite of the cold increasing in November, the warm sunshine keeps us going. This year, the report card distribution was conducted differently. The Principal and the teachers had an effective meeting with the parents. The parents were satisfied to see the



results, and were eager to know about their child's weakness and capabilities. On the same day, handwork items prepared by the students were displayed on the report card distribution day. The work of the students was very much appreciated.

A very good lunch for our students was sponsored by the Principal of DAV School, Ms. Bhuvaneshwari. The students enjoyed the hot samosas, sandwiches, beaten rice and juice. Our generous benefactors who support us in our mission are in our prayers.



Our long standing desire of having a grotto in our compound was fulfilled with the help of eight generous benefactors who contributed a total sum of Rs. 2,75,000. The construction of the grotto is complete and we are waiting for the statue to be transported from India. Thanks to all those who helped us. May God bless them and their families.



The teachers and a few students of the British School visited our school with Santa surprising our students with wonderful Christmas gifts. It was a joyful celebration

with children singing carols. The children were happy and grateful to receive the gifts. The school too had a special day to celebrate Christmas with a prayer service, carol singing and the presentation of the Nativity Scene. The Principal, Sr. Asha gave a beautiful and meaningful Christmas message to the children and teachers. It was an exciting moment with singing and dancing that concluded with a special lunch for all. With this the school closed for winter holidays.



Sr. Asha accompanied Sr. Vinita to Bangladesh for the merger celebrations with the South Asian province. It was a great joy to attend the Eucharistic celebration with the parishioners with the Arch Bishop as the main celebrant. Sr. Asha also had the opportunity to attend the auspicious celebration of the Platinum Jubilee of St. Joseph Convent High School (Bihar Board, English Medium). The teachers and ex-student were delighted to meet Sr. Asha, their former Principal.

– Sr. Asha C.J

St. Mary's, Biratnagar



The entire community waited in anticipation for the fulfillment of God's time – the Merger of the IBVM and the CJ-Mary Ward's two Institutes coming together, becoming one, journeying together and

being one in mind, heart and mission. All of us watched the great event on 4th November with grateful hearts, emotional and tearful eyes. We felt blessed to witness this event in the history and become part of it.

Two of us Srs. Margaret Mary and Marilyn travelled to Champasari (beyond Siliguri) to participate in the local celebrations of the Merger. Srs. Nancy and Margaret Mary joined the Nepal Region Merger celebrations in Kathmandu amidst great rejoicing. Locally we celebrated the Merger on 13th December and shared our joy with the Parish.

Sr. Polrani has extra tuition classes before her exams in December. Sr. Margaret Mary attended a workshop in Kolkotta on training the Trainees on Safe guarding. She was quite enlightened on the topic and found it useful in her mission. It was conducted by CRI women's wing for West Bengal zone. It is their target to conduct it all over India and create greater awareness among religious groups. The school greeted Sr. Margaret Mary on her birthday on 4th December.

The end of the year is always marked by a rush of activities. We held second term exams, report distribution and plunged deep into practice for our Annual Parents Day which was postponed due to Gen Z protests in September. It was held on 19th - juniors and 20th for seniors. Both days were very colourful and filled with joyful noise.



In all my years of school experiences, I had never witnessed parents filling the auditorium / hall / ground before the program

began. Wow ! Biratnagar is an exemption. To everyone's satisfaction it turned out to be a super mega show of students. There is no doubt our students and teachers work very hard to reach one of the mottos of the house team, "AIM HIGH' and in our Ignatian understanding ' always Magis".



Our few visitors during these months were, Fr. George Kalapura , Fr. Pius Perumana and the Provincial of the South Asain Province Sr. Monica Suchiang CJ along with Srs. Anita, Priyanka and Vibiyana and Sr. Asha from Jamshikhel on her way to Patna.



We were pleasantly surprised by the change in our parish. Our parish Priest Fr. Andrew Pradhan was transferred and Fr. Amrit Raj was welcomed as Parish Priest. He would also be the Principal of Don Bosco school (Nilgiri), Pokhariya. We have begun Carol Singing in our parish, going from house to house.

– Sr. Margaret Mary C.J

Mary Ward Convent, Lubhu

The school re-opened after the Tihar holidays with students returning to the campus, filling it once again with their usual laughter and energy. Sr. Shobha too returned refreshed and renewed after enjoying a restful time at home. Soon after re-opening, the school commenced the second-term examinations. The JPIC (Justice, Peace, and Integrity

of Creation) members continue to be active, regularly organizing meetings and school assemblies. The newly inducted members were formally welcomed by the Principal and presented with the badges.

On the last day of the month of the Rosary, the parishioners and the fathers gathered together in our convent chapel to pray the Rosary. The month-long devotion to the Rosary concluded with the Holy Mass celebrated by Fr. Silas, along with the other priests.

We celebrated the merger of CJ and IBVM on 8th November at our Sacred Heart Parish. The Eucharistic celebration began with a meaningful introduction by Sr. Shobha CJ, who clearly explained the significance and purpose of the merger. After the Holy Mass, refreshments were served to all. On 16th November, we were delighted to participate in the regional merger celebration held at St. Mary's, Jawalakhel.

On 22nd November, we celebrated the Feast of Christ the King with a solemn Holy Mass at Sacred Heart Parish, followed by a meaningful procession from the parish to Nepal Don Bosco School. The celebration concluded with snacks served to all.

The community had its monthly recollection led by Fr. Paul K. C. S.J who helped us to reflect on the theme "A Call to Holiness," emphasizing that a generous response to this call requires total surrender to Jesus. The recollection concluded with the Sacrament of Reconciliation.

The birthday of Sr. Edwina was celebrated with the Holy Mass offered by Rev. Fr. Binu SDB. In the evening, the Sisters from St. Mary's, Jamshikhel, and Godavari joined us for tea, while the Don Bosco Fathers joined us for dinner, adding colour and joy to the celebration. The staff and students worked diligently to prepare for the PT Display and Annual Sports events held on the

6th December at Mary Ward School. The event was graced by the presence of our Chief Guests, Mrs. Laxmi Maharjan, The Deputy Mayor and Mr. Bisworaj



Shrestha, the Ward President, as the Guest of Honour. Fathers, Sisters, Principals, parents, the ASMAN President and the team were present on the occasion. The winners of the sports events were



awarded medals, and the SEE Topper of 2025, Anchita Sapkota, was honoured with a trophy. The programme was highly appreciated by all who attended it. A class-wise quiz competition was conducted for students of all classes in accordance with the prescribed syllabus. In order to observe the Universal Meditation Day, the school organized a 30-minute meditation session for all students, guided by Sir.Krishna, promoting mindfulness and inner peace. On the same day, Sr. Daisy left for her home leave.



The school joyfully celebrated Christmas. The programme began with the singing of carols, followed by a meaningful

Nativity play. We were delighted to have Fr. Binu SDB, the Principal of Nepal Don Bosco School, with us. In his speech, he appreciated the students and teachers for organising a meaningful Christmas celebration and, through his message, he reminded the students that Christmas is the celebration of the birth of Jesus, not merely the arrival of Santa Claus or the exchanging of gifts. This was followed by a short prayer service conducted for the staff by Sr. Amita. The programme concluded with a sumptuous Christmas lunch, which was enjoyed by the staff.

– Sr.Amita Valliyamthathil. C.J

Mary Ward Convent, Sircia

At the end of October, Sr. Mariette left for Kathmandu to join the merger celebrations at Spain. It was a beautiful experience for Sr. Mariette to witness a historical event of the Congregation and also to see the birth place of St. Ignatius as well as have a chance to visit Lourdes. She was also very fortunate to visit Mr. Micheal's home in Germany along with Sr. Rufina. Although, she fell sick in Germany due to the cold weather, she experienced the loving care and hospitality of Mr. Micheal and his family. She felt blessed to have visited Sr. France's house as well as her Parish church.



Around the same time, our cow delivered a male calf and we were blessed with a new member. After returning from Europe, Sr. Mariette got busy in the fields who were all ready for harvesting and threshing. We were blessed with a good crop of paddy this year and as a sign of gratitude we made an offering of sweet dishes made out of the newly boiled rice on the harvest festival day celebrated in our Parish. The fields are ploughed and new seedlings of maize, wheat and mustard are planted. Our vegetable garden looks green and fresh with a variety of winter vegetables.

We were happy to have our benefactors from Austria and Germany, Ms. Alexandria and her husband along with Ms. Juliana who stayed with us for two days and also visited the villages. Sr. Monica went to Kathmandu to participate



in the merger celebrations. This year Christ the King feast was celebrated in their own respective Parishes. The Eucharistic procession came to our convent and later proceeded to the Parish for Benediction. Our compound was beautifully decorated by our boarders and workers for the exposition. The community celebrated the merger celebrations at the Parish level. Sr. Monica gave an introduction in Santhali explaining the importance of the feast. Our boarders danced, welcoming the celebrants for mass. All were served snacks after the mass. In the evening, the Salesian community of our Parish joined us for supper. Sr. Monica participated in the CRN get-together at Sadakbari for the members of the East Zone. On the same day, Sr. Mariette

the East Zone. On the same day, Sr. Mariette and Antoinette went to Biratnagar to wish Sr. Margaret Mary on her birthday and enjoyed a good lunch with our sisters.

We were also happy to welcome Sr. Monica Suchiang, the Provincial of the South Asian Province along with three other sisters from Dharan and Siliguri Community.

This year, the hostel boys and girls had a common Christmas party after their examinations. Our boarders conducted the prayer service during which they mimed the nativity story. They enjoyed the Christmas gathering with games conducted by the fathers and sisters which was followed by a delicious supper. The community too then joined the fathers for a Christmas meal.



The students of the evening school around 70 of them had a Christmas get-together. All the children gathered around the crib for a short prayer followed by games and delicious snacks.

– Sr. Mariette Pinto C.J

THANK YOU