



Himalayan Echo



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NEPAL REGION NEWSLETTER

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St. Mary's, Kathmandu

Since 20th March the school has been closed due to the covid -19 lockdown. Luckily we had finished with the final exams for classes 1 to 9 and the teachers were also able to prepare the report cards. The results were declared through the school apps. Class 11 had to be abruptly stopped. For almost a month the whole campus was on a stand still.

The academic year was to begin in mid- April and there was no sign of schools re-opening soon. Due to this the school began with online home assignments for students of grades 2 to 10. Gradually after a few weeks we also began with virtual classes.

In spite of the lockdown the school had many activities. Our teachers took part in an online five days training programme during which they were taught how to conduct virtual classes through Google classrooms. In the beginning it was a bit difficult for the teachers but gradually they learnt to manage and were confident enough to conduct the classes. Some of our teachers took part in many webinars hosted by different colleges and institutions of India where they were informed about teaching and counselling skills during the pandemic period.



All the members of our community took part in a webinar conducted by Dr. Fr. James S.J. which was organized by Sr.Jessy for all the members of our Region to celebrate Environment Day. Fr. James our resource person, has done his doctoral studies in Bio-technology and with his knowledge and expertise dealt on many current topics such as the covid-19 Pandemic, natural calamities that are happening in different parts of the world such as the attack of locusts, floods etc, creating ecological awareness in our schools and at a global level etc. The webinar was very informative as well as inspiring.

Our students and teachers of the environment club of classes 6 to 10 joined the one week online programme conducted by our

IBVM sisters to celebrate the Laudato Si Week. It was an enriching experience for many. A few of the teachers also

joined in the UN 75 dialogue conversation with Sr. Smitha and Sr. Cynthia.

Some of our students took part in online inter school activities such as drawing, singing, music and essay writing, and won many prizes.

Environment Day was celebrated by our students. Our students of grades 8, 9 and 10 were invited to make power point presenta-

tions on the topic of Carbon Foot Print. Being at home they were encouraged to study and become aware of the environmental degradation.

A webinar was organized for all our school teachers on the topic "Post Corona Schooling –



Its challenges and difficulties". The resource person for the webinar was Fr. Sunny Jacob S.J. of Delhi (from the Jesuit Education Commission for South Asia). Fr. Sunny made the teachers aware of the challenges that the world faces today in the field of education during this time of Pandemic and how we must face it in the days to come with an uncertain future.

Lockdown has fattened our size as well as the community size as Mary Ward, Jhamsikhel community is merged with ours as long as the lockdown lasts and we are not able to open the school. The absence of students in school has turned every nook and corner of St. Mary's school to vegetable gardens under the farming skill of our young sisters. These vegetables will be shared with the needy. Believing that the greatest help we can give to our world today is remaining connected with them in our prayers, we have daily perpetual adoration.

– Sr. Mariette Pinto

Snehanjali, Godawari

Sr. Margaret Mary arrived in Snehanjali in May and has begun classes for the candidates and pre-postulants. All of us make sure that social distancing is kept and good care is taken to sanitize ourselves to meet the present conditions.

We were privileged to have visits from Srs. Jessy and Vinita. The season has blessed us with plenty of fruits and vegetables. We share them with our neighbors and friends as well. We were also delighted to have special tasty dishes at our table, lately. Thanks to Sr. Celine for sharing her culinary skills with us. Our candidates and pre-postulants have learnt to cook many new food items.



This year we had some unusual visitors: monkeys who were attracted by our vegetables and fruits. But Sr. Regina, the candidates and the workers never allowed the monkeys to have a peaceful grip of the fruits. Now, we have got a catapult to chase them; the monkeys run at the sight of it!

– Sr. Margaret Mary

St. Mary's, Gorkha

In May, the month of our Blessed Mother, we were mostly engaged in Marian Devotion. We gathered as a community every evening before the beautifully decorated statue of Our Lady, prayed the rosary and implored her intercession for the suffering world.



Heeding the call of Pope Francis, we made use of the occasion of the fifth anniversary of Laudato Si to reflect on our attitude not just towards the nature but also the poor around us. We feel blessed as we spend time laboring in the soil for our daily food. The fresh vegetables, the beautiful flowers and the colorful birds that we see every day give us a renewed spirit overall.

On 21st May Sr. Deepa left for Pokhara on transfer as the principal of St. Mary's School. We feel the absence of Sr. Deepa in the community. Our hearts are filled with gratitude for all the support, care and the selfless service she rendered to

the teachers and students in our school. May God bless you dear Sister in your new mission.

As June began, we were happy to make our triduum by listening to the inspiring talks of Fr. Joseph Edattu VC. On the occasion of the



World Environment Day on June 5th, we planted a tree each in our compound. The mother earth

continue to provide us with fresh vegetables and fruits every day and we are glad to share them with our teachers and co-workers. There is a lot of sharing and caring attitude that is being cultivated among our teachers, neighbors and co-workers as they show their concern for our well-being.

– Sr. Divya
Kalamparambil

St. Mary's, Pokhara

The Covid-19 induced nation-wide lockdown didn't shut down our goodbyes and welcomes; we bid farewell to Sr. Margaret Mary and welcomed Sr. Deepa to the community in May. We thank you dear Sr. Margaret Mary for the generous life that you spent with us and keeping up the mission updated.

Sr. Deepa has already embraced her new mission with vigor. She had a staff meeting to prepare the teachers for online classes. Regular

Google Meet classes for classes 1-10 have begun.

Responding to the pandemic, we distributed food kits with rice, dal, cereals and wheat flower to one hundred families. The chairman of the ward was happy for the contribution made by us and sent us a letter of appreciation.

During the lockdown, Fr. Paul K C came over and had the Easter blessing of the house and school. We also celebrated the birthday and feast day of Sr. Asha and Sr. Clotilda, respectively; both were warmly wished by the co-workers.

Though the movements of human beings are restricted and the surroundings remain calm and quiet at this time, nature is very active: the snow-capped mountains gloriously wish us in the mornings; the flowers bloom and the plants produce hundred-fold.

-Sr. Deepa Olikunnel

Mary Ward, Lubhu

We joined the Catholics and Mary Ward Sisters of South Asia in marking the 5th anniversary of the publication of Pope Francis' encyclical Laudato Si from 16th to 24th May, for a more just and sustainable future. With the theme, 'Everything is Connected', we followed the direction of the Federation of Asian Bishop Conference (FABC) for prayer and reflection every day. The prayer started on 16th, with an examination of conscience based on the questions like How are we protectors of God's handiwork? Do we hear the cry of the earth and cry of the poor? Re-



flective rosaries and mercy rosaries were recited. Overall, the Laudato Si Week deepened our faith life and relationship with God. It has brought into us a growing sense of appreciation for God's creation and a responsibility to preserve it.

This year, due to corona virus we could not have our annual family rosaries in May. But on 31st, we invited a few Catholic families nearby to join us for Rosary in front of our Grotto. Social distancing was carefully observed.

Along with one of our teachers, we participated in the virtual meeting of UN75 dialogue 'Conversation' in order to mark the organization's 75th anniversary. The meeting was chaired by Sr. Cynthia CJ, a UN member and co-ordinated for Nepal by Sr. Smitha CJ; congratulations to our CJ sisters!



The Environment Day was celebrated in a small scale this year with the theme, 'Time for Nature'. We invited two of our teachers and five students for a small programme. We planted a few saplings and conducted the prayer sent by Sr. Smitha. The students also brought a few handicraft items made out of waste materials during the lockdown. The theme song of this year's Environment Day was heart-touching and deeply meaningful.



We had three Zoom meetings with Sr. Jessy, our Regional Superior with two different resource persons on the topics suitable for these unprecedented times. COVID-19 has enabled us to be virtual friendly. It was a joy and surprise to meet all our sisters online!

-Sr. Nancy Edamamasseril

St. Mary's, Biratnagar

Online classes are running in full swing for all the classes from 27th April. The students are quite eager and responsive as they are deprived of attending regular classes in the school. On a



weekly basis the staff is summoned to have Zoom meetings to evaluate the student participation in online classes. The teachers are quite satisfied with the online classes so far.



On 6th June, one of our teachers and a student of class XI attended the talk which was conducted by the CJ UN representative, Sr. Cynthia.

We went to Sirsia community loading our vehicle with some food-stuff; and for both the communities, it was a time for rejuvenation and relaxation. Both the communities had our triduum together from 22nd -24th June by Fr. Pius Perumana.

During supper these days, we are excited and look forward to listening to a story with some morals; on the following day we try to recapitulate it in order to sharpen our memory and often we are quite successful.

- Sr. Marilyn Murickal

Mary Ward, Sirsia

We responded to our Holy Father Francis' invitation to mark the Laudato Si Week by participating wholeheartedly in the online meetings on Laudato Si from 16th to 24th May. It helped us appreciate our planet, our Mother Earth and our common home. We have resolved to preserve it in ways we can for a better tomorrow. For a start, along with two of our co-workers, we have started working in our maze-fields. God has blessed our hard work and has given us abundant vegetables and fruits this time; we were happy to share them with our neighbours.

We are extremely grateful to God that we are able to share in the healing ministry of Jesus through our health clinic despite the lockdown.

Sr. Marina has begun her M. Ed. Course, online. We attended a few Zoom meetings organized by the Region and thus familiarized ourselves with online meetings. We joined the Biratnagar community for Triduum.

-Sr. Neelu Carmel