

St. Theresa's School- Kengeri

"GREEN IS GREAT - VEGETABLES DAY"

St. Theresa's School celebrated **Vegetables Day** with great excitement and joy. The event was organized to help children learn the importance of eating fresh vegetables and staying healthy. Students from the kindergarten came dressed as their favorite vegetables like carrots, tomatoes, and brinjals. The school was full of colors and happy faces!

It was a fun-filled learning day where children enjoyed and understood the value of healthy eating.

"We love our veggies, every day – they keep sickness far away!"



A Step Towards Student Leadership - Nomination Day

St. Theresa's School marked a significant day in its academic calendar with the successful conduct of **Nomination Day** for the upcoming **Investiture Ceremony 2025**. The atmosphere was filled with anticipation and excitement as students took the first step toward becoming the leader and role model.

The day began with a special assembly highlighting the importance of leadership, integrity, and teamwork. It was a moment of growth. Students reflected on their strengths, understood the value of democratic selection, and began their journey toward becoming responsible citizens.

St. Theresa's School is proud to watch students rise and shine as the true leaders of tomorrow.



Celebrating Freedom: Independence Day at St. Theresa's School"

"True freedom lies in education, respect, and responsibility. Let us always remember the value of our independence and work to build a better India."

St. Theresa's School celebrated the **79th Independence Day of India** with great pride, enthusiasm, and patriotism on **15th August..**

Students from different classes showcased their love for the nation through a variety of performances. There were **patriotic songs, dance performances, speeches**, which reminded everyone of the sacrifices made by our brave freedom fighters.

It was a day of joy, remembrance, and inspiration — a celebration that truly honored the spirit of a free and united India.





"Blooming Traditions: A Joyous Onam at St. Theresa's School

The spirit of Kerala came alive at **St. Theresa's School** as students and teachers came together to celebrate the vibrant festival of **Onam**. The school was adorned with beautiful **pookalam** - flower rangoli and decorations reflecting Kerala's rich culture.

The Onam celebration was a perfect blend of tradition, fun, and togetherness — truly a memorable day for the entire school.



Theresian Yogotsav 2025

St. Theresa's School proudly celebrated **International Yoga Day** with great enthusiasm and unity. The Theresians came together in the spirit of wellness to embrace the ancient practice of yoga under the theme *"Yoga for Wellness and Peace."*

The event began with a prayer and highlighting the importance of yoga in daily life. Guided by trained instructors, students performed various yoga asanas, breathing exercises, and meditation techniques with focus and discipline.

The event concluded with the theme to promote health, harmony, and inner peace. It was truly a day of mindfulness and unity, reflecting the values we cherish at St. Theresa's School.

