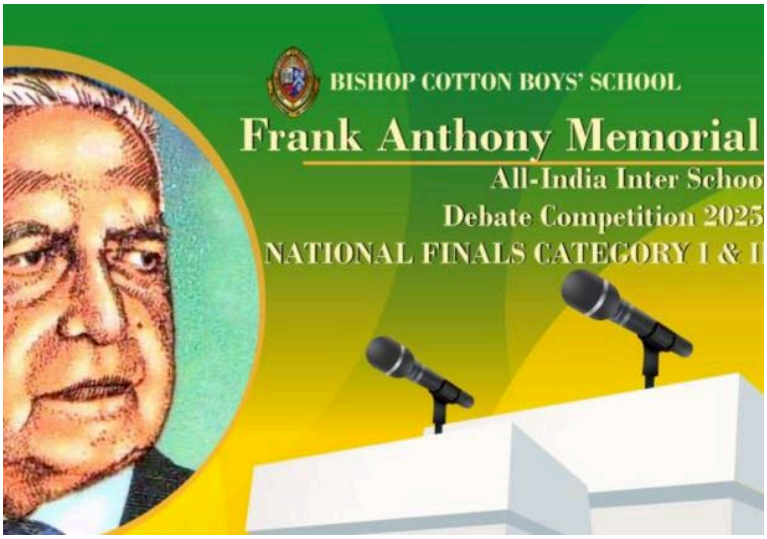
SEPTEMBER 2025

THE COTTONIAN POST

EDITION NO.12

National Finals - Frank Anthony Memorial Debate 2025

On the 25th of September 2025, Bishop Cotton Boys' School had the honour of hosting the National Finals of the Annual CISCE Frank Anthony Memorial All-India Inter-School Debate Competition (Category I & II), one of the most prestigious debating platforms in the country.Instituted in memory of Mr. Frank Anthony—Anglo-Indian leader, parliamentarian, member of the Indian Constituent Assembly, and visionary founder of the Council for the Indian School Certificate Examinations (CISCE)—the event continues to uphold his legacy of excellence in education and discourse.







With participation from over 700 ICSE and ISC schools across India, the competition involved rigorous zonal and regional rounds, culminating in 15 top institutions earning their place in the National Finals. The occasion was graced by Dr. Joseph Emmanuel, Chief Executive & Secretary of CISCE, as the Chief Guest. Rt. Rev. Dr. Vincent Vinod Kumar, Bishop of the Karnataka Central Diocese, invoked God's blessings to mark the commencement of the ceremony. Also in attendance were Rev. Christopher Samuel, Secretary of the CSI Karnataka Central Diocese; Rev. Christy Gnanadasan, Vice Chairman of the Board of Management; and Dr. Abraham Ebenezer, Convenor of the Education Committee, CSI KCD.

The Principal of Bishop Cotton Boys' School, Mr. Alistair R. A. Freese, extended a warm welcome to the gathering and felicitated the dignitaries in attendance. The debate proceedings were skillfully moderated by Mrs. Madhuri Nair Sanjeev, with Mrs. Sujin John serving as the meticulous timekeeper. The distinguished adjudicators included: Mr. Carlyle McFarland – English major, acclaimed orator, and former Principal of La Martiniere College for Boys, Lucknow; Mrs. Meera Isaacs – Recognised as one of India's top Principals, and former Principal of Cathedral and John Connon School, Mumbai; and Mr. Alistair Mario LaPorte – Prolific writer, Inspector of ICSE Examinations, and former Principal of Cambridge School.

This year's final topics, centered on Artificial Intelligence, were both timely and thought-provoking:

- Category I: Should there be limits on AI learning to preserve human curiosity and creativity?
- Category II: Is AI-integrated learning the future of education?

Both categories witnessed participants delivering compelling arguments, spirited rebuttals, and fresh perspectives. The audience was treated to a diverse array of viewpoints, reflecting the significance and complexity of these issues in our rapidly evolving digital age. Adding to the occasion, the prize distribution ceremony for the Albert Barrow Memorial All-India Inter-School Creative Writing Competition was also held. The three best essays in each category—Category I (Classes 11 & 12) and Category II (Classes 9 & 10)—were recognised with medals and cash prizes.

Results of the Frank Anthony Debate Finals:

- Category I Winner: St. Xavier's Collegiate School, Kolkata
- Category II Winner: Seth Anandram Jaipuria School, Kanpur







"You don't win a debate by suppressing discussion; you win it with a better argument."

—FRANK ANTHONY

Prizes included cash awards of up to ₹5,000, along with shields, gold, silver and bronze medals, and merit certificates. The Vote of Thanks was proposed by Mr. Dhivyanathan, ISC Coordinator, who expressed gratitude to the dignitaries, judges, participants, and organisers for making the event a resounding success. The Frank Anthony Memorial All India Inter-School Debate 2025 went beyond examining the promises and perils of Artificial Intelligence. It captured the true spirit of debate—to dissent, to discuss, and to deliberate. The event concluded by leaving all present with thought-provoking insights and enduring lessons for life in our modern, AI-augmented world.

CISCE/FAM & ABM/2025-26/022 15th October 2025

The Principal

KA004
Bishop Cotton Boys' School
St. Mark's Road,
Bengaluru - 560 001
Karnataka

Dear Mr. Alistair R A Freese,

Sub: **Appreciation for hosting the National Finals of the Frank Anthony Memorial Debate and the Albert Barrow Creative Writing Competition 2025**

Thank you very much for organizing and conducting the **National Finals** of the **Frank Anthony Memorial All-India Inter-School Debate Competition** and the **Prize Distribution** of the **Albert Barrow Memorial All-India Inter-School Creative Writing Competition** for the Senior as well as the Junior Category, which was held in your school on **Thursday, 25th September 2025.**

The event was conducted wonderfully, and I am sure it was a source of great inspiration to the talented students who participated. Please convey our deepest gratitude to all the staff members involved, whose dedication and hard work ensured the smooth running of both the Debate and the Prize Distribution. Their commitment undoubtedly made it a truly memorable and enriching experience for both the participants and the audience.

On behalf of CISCE, I truly appreciate the time, effort, and warmth that went into making the event a success.

With kind regards,
Yours sincerely

Dr. Joseph Emmanuel
Chief Executive & Secretary

HINDI DIWAS CELEBRATION

The Hindi Diwas celebration was held with great enthusiasm in the Mini Auditorium, attended by students, staff, and esteemed guests including the School Treasurer, Vice Principal, and Chief Guest, Dr. Mythili Rao. The event opened with a joyful presentation of Hindi vowels by Kindergarten students, followed by compering by Daksh A. Singhvi and a choir performance of the School Song. Mrs. Roopa and Mr. Ganesh Babu led the Bible reading and prayer, respectively, and the dignitaries lit the ceremonial lamp to formally inaugurate the event.







The programme featured vibrant student performances, including a Vowel Dance by Junior I and a Dance Drama by Junior II. Speeches by debate winners Pranav Pirgal and Aryav Mehta added depth to the occasion.

Dr. Mythili Rao's keynote address was a highlight, where she emphasized Hindi's role in unifying the nation while appreciating the diversity of Indian languages. Mrs. Bandana Singh formally welcomed the Chief Guest, and the significance of Hindi Diwas was shared with the audience.

The event concluded with a Prize Distribution Ceremony recognising student achievements in handwriting, slogan writing, elocution, and debate. The Vice Principal, in his address, spoke about the ongoing importance of Hindi Diwas in promoting national unity. A Vote of Thanks was delivered by Mrs. Sunitha Sharma, and the celebration ended with the National Anthem. The event was a successful blend of learning, cultural expression, and heartfelt appreciation, thanks to the efforts of the Hindi Department.



"To have another language is to possess a second soul"

—CHARLEMAGNE

TEACHERS' DAY CELEBRATION 2025

Bishop Cotton Boys' School celebrated Teachers' Day on 4th September 2025 with great reverence and joy, honouring the dedication and selfless service of its educators. The theme, "Honouring the Light that Guides," captured the spirit of the day. The ceremony began on a solemn note with the School Song and the Founder's Hymn, beautifully performed by the Music Department.







The cultural programme, hosted by Daksh Jain and Ben Gary Leo, featured a series of engaging performances. Dances by Kindergarten, Middle School, and Senior School students energised the audience, while Junior I students presented a charming musical piece and Junior II performed an upbeat band number. A skit by Grade XI stood out with its touching message of gratitude toward teachers.

As a thoughtful token of appreciation, 300 roses were presented to the teachers, symbolising the deep respect and affection the students hold for their mentors. This simple yet meaningful gesture added warmth to the celebration. In his address, Principal Mr. Alistair R. A. Freese commended the commitment of the teaching staff and encouraged students to uphold the values they are taught. The event concluded with the National Anthem played by the School Band, bringing to a close a day that beautifully celebrated the spirit of teaching and mentorship.



"I am indebted to my father for living, but to my teacher for living well." - ALEXANDER THE GREAT

MOUNTAINS & MEMORIES : TEACHERS' LADAKH GETAWAY

During the mid-term break, the teachers of Bishop Cotton Boys' School embarked on a rejuvenating trip to Leh-Ladakh. After a busy and fulfilling term, this getaway was the perfect opportunity to relax and recharge. Surrounded by stunning mountain landscapes, the trip offered a welcome break from routine and a chance to reconnect with nature and each other.





The natural beauty of Ladakh captivated everyone from the start. Crisp mountain air, snow-capped peaks, and vast desert plains created a breathtaking backdrop. Highlights included visiting tranquil monasteries, exploring rolling sand dunes, and soaking in soothing hot springs. One unforgettable moment was at Pangong Tso, where the shimmering lake appeared to change colours with the shifting daylight, leaving all mesmerized.

The trip not only offered stunning views but also strengthened bonds among the teachers through shared conversations and laughter, creating lasting memories beyond the school setting. Returning refreshed and energized, the staff is grateful to Principal Mr. Alistair R. A. Freese and the Board of Management for their steadfast support, which made this memorable and rejuvenating escape possible.



"The world is a book and those who do not travel read only one page." – SAINT AUGUSTINE

CISCE ZONE A - ATHLETICS MEET 2025

Bishop Cotton Boys' School were Crowned Overall Champions at CISCE Zone A Athletics Meet 2025 with 144 Points Bishop Cotton Boys' School hosted the CISCE Athletics Meet 2025), an event that witnessed spirited participation and exceptional performances across multiple age categories. In the Under-14 category,





The Cathedral High School emerged champions with 29 points, followed by Bishop Cotton Boys' School (22 points) in second place and St. Germain's High School (14 points) in third. The Under-17 category saw a nail-biting finish, with St. Germain's High School securing first place with 56 points, narrowly ahead of Bishop Cotton Boys' School with 55 points. The Frank Anthony Public School took third place with 14 points.

In the Under-19 category, Bishop Cotton Boys' School dominated, amassing 67 points to take first place. The Frank Anthony Public School came second with 35 points, while St. Joseph's Boys' High School secured third with 21 points. In the Overall Championship, Bishop Cotton Boys' School claimed the top honours with a commanding 144 points, followed by St. Germain's High School with 70 points and The Frank Anthony Public School with 49 points.





MUSICAL FIESTA

"LITTLE VOICES, BIG TUNES, ENDLESS JOY!"

The Upper Kindergarten celebrated the magic of sound and verse through a spectacular Musical Fiesta on 20th September, a programme designed to nurture a love for rhythm, rhyme, and artistic expression. This enchanting event highlighted the power of music and poetry in shaping young minds, building confidence, and fostering creativity.





Across nine spectacular sections of performance, each class graced the stage with delightful rhymes and melodious songs, drawing from an array of musical genres including hip-hop, disco, reggae, rock, country, pop, and gospel. Their clear voices, graceful movements, and spirited energy transformed the stage into a kaleidoscope of sound and colour, captivating
every heart in the audience.

The celebration began with a soul-stirring prayer by Rev. Rachel Sudarshan, setting a tone of gratitude and joy. Our Principal, Mr. Alistair R. A. Freese, welcomed the gathering and introduced our Chief Guest. We were honoured by the presence of Ms. Jean Ireland (Headmistress, The Frank Anthony Junior School), our Treasurer, Mr. P. Johnson, and our Board Member, Ms. Vinisha Nero, whose gracious presence added warmth and significance to the occasion.





For many of our young performers, this was their maiden appearance on stage, yet they sang and recited with remarkable poise and confidence, leaving parents beaming with pride and delight. The Rhyme and Rhythm showcase was not merely a performance but a celebration of learning, language, and music, reminding us all that childhood is best expressed through the beauty of song and verse. It was an evening that echoed with laughter, applause, and the joyful spirit of discovery.

BONDS, BEACHES, AND BLISS: A MEMORABLE MANGALORE RETREAT

A recreational trip to Mangalore was organized for 33 teachers by the school from 28th September to 2nd October 2025. The journey began with a prayer led by Mrs. Sara, seeking blessings for a safe and enjoyable trip. The team departed by bus at 10:00 a.m. and reached Dandeli by 10:00 p.m., where they were warmly welcomed at the Whistling Woodz Resort and treated to a delicious dinner.





The following day, the 29th of September, was spent entirely at the resort, which was beautifully located along the Kali River amidst lush green forests. Teachers participated enthusiastically in various activities, including white water rafting, kayaking, ziplining, and canoeing. The rafting experience stood out as the highlight of the day. The evening was filled with entertainment - lively music, group dances, ramp walks, and soulful singing performances, creating an atmosphere of joy and camaraderie.

On 30th September, the group traveled to Karwar, where they explored the Warship and Warplane Museum before a rejuvenating visit to the Karwar Beach. The journey continued to Gokarna Beach and Murdeshwar Temple, which is home to the world's second-tallest Shiva statue and a grand temple tower by the sea. The teachers reached Mangalore late at night and stayed at Hotel Goldfinch. The next day, they visited St. Mary's Island near Malpe in Udupi. Subsequently, they enjoyed a delightful seafood lunch at Thimmappa Restaurant.





On the 2nd of October, the group visited St. Aloysius Chapel, renowned for its beautiful Italian frescoes painted by Antonio Moscheni, and the Aloysius Museum, which housed rare artefacts, fossils, and vintage equipment. The team then returned to Bangalore, marking the end of a memorable trip. The staff is grateful to Mr. Francis for his excellent planning and coordination and to the Principal for arranging such a rejuvenating and enriching experience. The trip perfectly combined adventure, relaxation, and cultural exploration, leaving lasting memories for all the teachers.

BRIDGING CONTINENTS: US UNIVERSITY DELEGATES INSPIRE ACADEMIC AMBITIONS

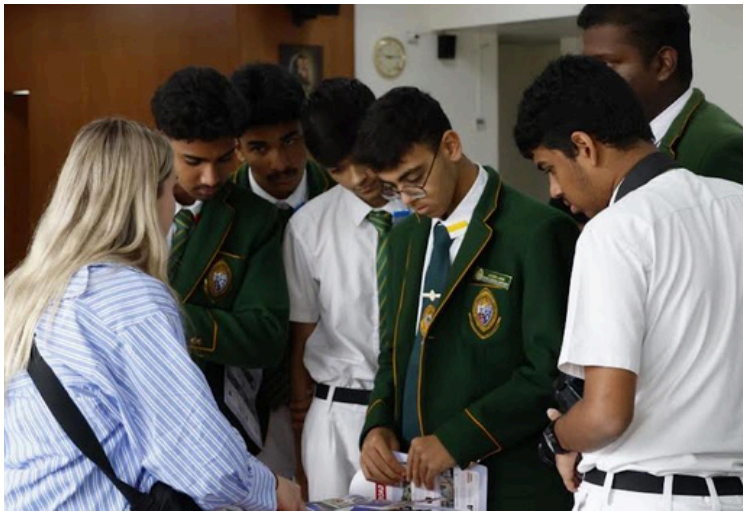
The students of Grade XII at Bishop Cotton Boys' School had the unique opportunity to attend an insightful Career Counselling Session hosted in collaboration with representatives from 13 prestigious universities across the United States. Held at the iconic Sesquicentennial Hall, the event aimed to broaden students' perspectives on international education and empower them to make informed decisions about their academic futures.





The Career Counselling Session for Grade XII students at Bishop Cotton Boys' School began with a Bible reading and prayer, followed by a warm welcome to delegates from 13 US universities. Mr. Rohit from UnivAssist delivered a keynote on the US education system, covering scholarships, internships, and the value of studying abroad. University representatives then presented their institutions, highlighting academic programmes and campus life. A key highlight was the interactive segment, where students engaged one-on-one with delegates, gaining valuable guidance on applications, eligibility, and global career pathways.

The event saw enthusiastic participation from students, who left with greater clarity, motivation, and confidence to pursue higher education overseas. The school community extends its sincere thanks to the leadership team for making this initiative possible, and to Mrs. Jerome Jaya Paul, Student Counsellor, for her unwavering commitment in organizing and executing this enriching programme.



"An investment in knowledge pays the best interest"

– BENJAMIN FRANKLIN

COTTONS SHINES AT CISCE NATIONAL SWIMMING CHAMPIONSHIP

The CISCE National Swimming Championship 2025, held from 29th to 31st August at the Padukone-Dravid Centre for Sports Excellence in Bengaluru, saw the Bishop Cotton Boys' School swimming team deliver a stellar performance. With standout individual and team efforts, the Cottonians earned a remarkable 22-medal tally — 18 Gold, 3 Silver, and 1 Bronze. Notable achievements included multiple golds by Prithviraj G. Menon (10-C), Krish S. (8-D), Sarvesh Raj K. (7-G), and Sai Ravindra V.V. (11-B), among others.







In addition to the medals, five Cottonians — Prithviraj, Aarav J., Krish, Sarvesh, and Sai Ravindra — have qualified to represent CISCE at the SGFI Nationals, marking a proud moment for the school. The school community extends sincere appreciation to coaches Mr. Louis Praveen C. and Mr. Unnikrishnan P.V. for their dedicated mentorship and expert training. Once again, Bishop Cottons made waves on the national stage, demonstrating excellence both in and out of the pool.

"You can't put a limit on anything. The more you dream, the farther you get." – MICHAEL PHELPS

UNDERSTANDING STRESS AND THE ADOLESCENT BRAIN: EXAM READINESS WORKSHOP

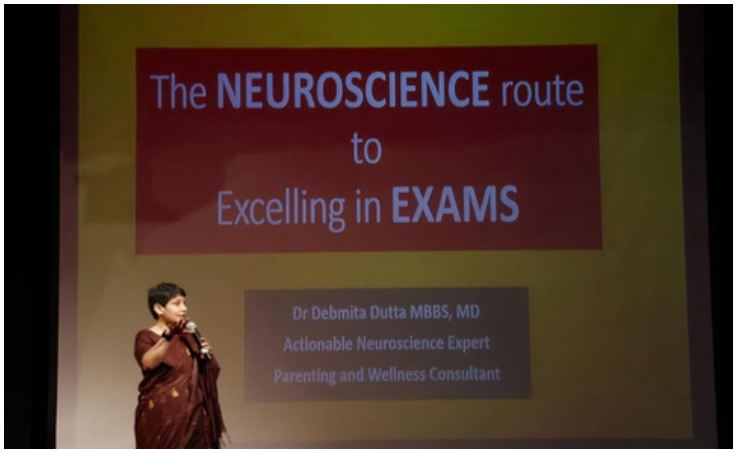
The students of Grades X and XII had the valuable opportunity to attend an insightful workshop on Stress Management and the Neuroscience of Examinations, conducted by the renowned parenting and wellness expert, Dr. Debmita Dutta. The session was designed to equip students with the knowledge and tools needed to manage exam-related stress and improve their mental well-being during this crucial academic phase.





Dr. Dutta's presentation was both informative and engaging, seamlessly blending humour, scientific insights, and relatable anecdotes. She addressed common challenges faced by adolescents, such as performance anxiety, peer pressure, and the overwhelming stress of exams. Through her explanation of the neurobiological processes that govern learning, memory, and emotional regulation, students gained a clearer understanding of how their brains respond to stress and how they can harness this knowledge to improve their performance.

A key highlight of the workshop was Dr. Dutta's practical advice on maintaining calm and focus during exams. She shared effective techniques to build resilience, enhance concentration, and manage anxiety, empowering students to approach their board examinations with greater confidence and composure.The session concluded with an interactive Q&A, where students openly expressed their concerns and sought personalized guidance. This valuable exchange allowed them to clarify doubts and reinforced strategies for balancing academic demands with emotional health.





We sincerely appreciate the Principal's visionary leadership and unwavering support in organizing this impactful workshop. The proactive efforts of the Student Counselling Department were instrumental in coordinating the event and ensuring that students benefited fully from this opportunity. Their dedication to fostering a supportive and nurturing environment continues to play a vital role in promoting the overall well-being and success of our students.
















COLLAGE OF MEMORIES







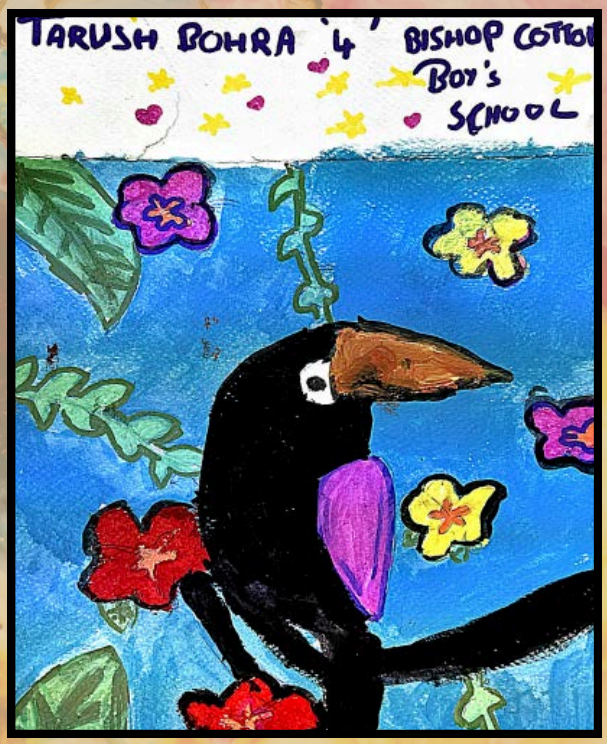

Works of Art



THE TEAM

ARJUN GUJJARI	**12-A**
BEN GARY LEO	**12-A**
DIKSHIT B	**12-A**
HARSH MAGESHKUMAR	**12-A**

EDITOR:
MRS. MADHURI NAIR SANJEEV



Poetry Section

THE ODOUR OF DEMISE

Once in a summer evening,
I was walking in a little step across
The shore of river Nile, a tender cool.
Breeze whipped through my body and
Made me tingle with excitement.

Far beside me the sun was taking off,
From the day and enrooting behind the mountains.
The west Cairo city appeared colourfully and,
I saw the moon playing with stars in the sky.

Suddenly an odour blended with air covered me,
And left after a while, that sudden flow of the
Strange odour made me leave, all excitement disappear,
and leaving me in a bitter experience.

The mysterious odour crossed over the river.
Which made me perplexed.
Again, it came and brought about as same as the past experience.
I was exhausted completely and then decided to
Recoup myself to stout in a firm.

After math I started inching forward as usual.
Unfortunately, a great storm over came from,
the mountain and swept me into the deep of the river.
In a little while I was brushed into the water twice,
and a powerful Whirl dragged me in to the depth of water.

I saw the face of terrible death; I thought very first.
To seek help from God, darkness covered my eyes.
God decided finally to help me in his way,
Suddenly I got hand held into a rock Somehow,
I reached the shore and walked unconsciously.

The leaves cast away trees shown a bit of sorrow on me.
Again, my conscious mind was haunted by the mysterious odour.
I felt like the mysterious odour might be a sign of death.

Suddenly a voice came through the wind saying
"Yes, it was the odour of demise
the scene of evening gradually getting into its darkness,
at that time a lightening flashed and disappeared in the sky.

PRABHAKAR-P
JUNIOR - II

ACHIEVEMENTS



CISCE KARNATAKA U-14 TEAM WON IN HARYANA, WITH MILIND AKASH'S TOP PERFORMANCE AND THREE COTTONIANS IN THE SQUAD.



R. MOHITH KUMARAN (XII 'D') WON GOLD FOR KARNATAKA AT THE CISCE NATIONAL BOXING TOURNAMENT AND WILL REPRESENT THE STATE AT THE SGFI NATIONALS.



DAN THOMAS MATHEW WON BRONZE IN BOYS U-19 3000M AT CISCE NATIONALS 2025, SHOWCASING TRUE COTTONIAN SPIRIT.



AT THE CISCE NATIONAL ATHLETICS MEET 2025, DAN THOMAS MATHEW, AHIL ALI, AND ANGU VIJAY WON MEDALS, THANKS TO COACHES MR. DEVARAJ D AND MR. SHIVAKUMAR K.

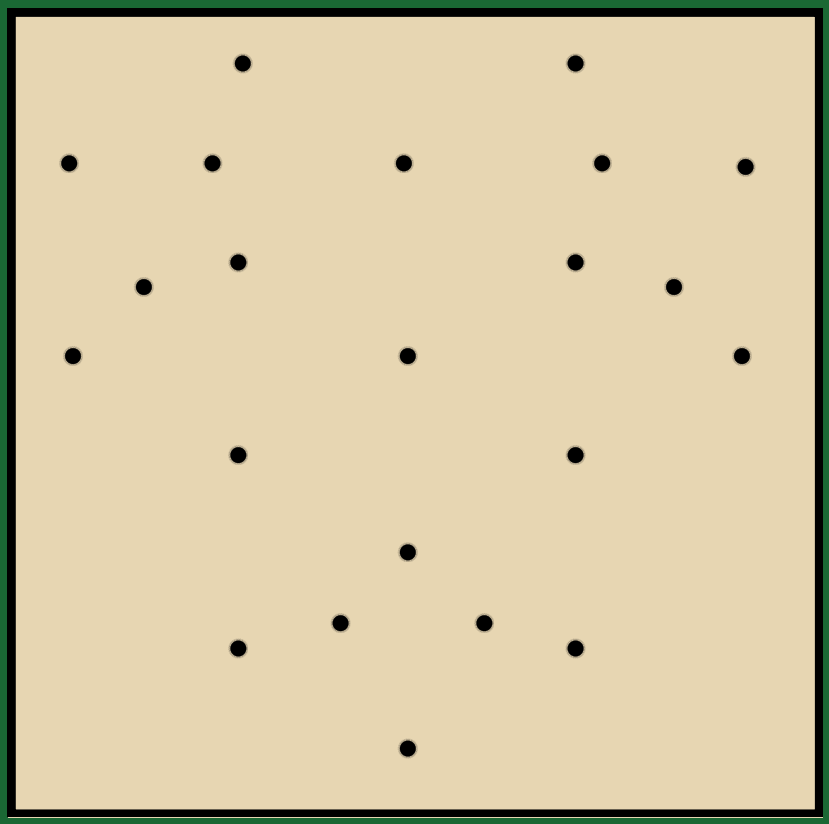


BISHOP COTTON BOYS' SCHOOL WON FIVE GOLDS AT THE 2025 INTER-SCHOOL SPORTS MEET WITH ATHLETES DHEERAJ, DANIEL, AKARSH, SANJAY, RISHIL, ISHAAN, COLIN, TAPAN, ARUN, ANGU VIJAY, MANEETH, AND PRAJWAL, GUIDED BY COACHES MR. DEVARAJ D AND MR. SHIVAKUMAR K.



COTTONIANS WON TWO GOLDS AT INTER-SCHOOL MEET 2025, WITH RELAY WINS BY KABIR, AARIV, YUGVEER, SAMUEL, DAKSH, THANVIK, AFZAN, AMIR, PRIYAV, VIAN, ADVIK, RICHARD, NATHAN, ZAIN, HRIDAY, AND SHEYAS — TRAINED BY MR. DEVARAJ D AND MR. SHIVAKUMAR K.

ACTIVITY CORNER



CONNECT THE DOTS

Unleash your imagination connect the dots in a unique and artistic way!
You can form patterns, shapes, animals, geometric designs, or anything that inspires you.
There's no single right way let your creativity flow and make your design stand out!

	7	5		9				6
	2	3		8			4	
8					3			1
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Fill the empty cells so that each row, each column, and each 3 × 3 box contains all digits from 1 to 9.
You cannot repeat any number in the same row, column, or 3 × 3 box.
Each row → contains 1–9 without repetition
Each column → contains 1–9 without repetition
Each 3×3 box → contains 1–9 without repetition

The student to submit the connected dots in the MOST CREATIVE way and solve SUDOKU at the reception will receive a prize from the Principal. Please write your name, class and section neatly on top of the page.

We the Cottonians,
We are all here,
We want to do yes,
Always our best.

Our motto is,
Nec Dextrorsum,
Nec Sinistrorsum,
Hip Hip Hurrah!!

BISHOP COTTON BOYS' SCHOOL
RESIDENCY ROAD, BANGALORE - 560025.
educom.bcbs@gmail.com

NEC DEXTRORSUM NEC SINISTRORSUM