

St Joseph's Convent School, Bathinda



PRISM

Volume 304

An insight into activities organised from January to June 2025
(Secondary and Senior Secondary Wing)





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From the PRINCIPAL'S DESK



Dear Parents

“In this life we cannot do great things. We can only do small things with great love.” - Mother Teresa

In her quote, Mother Teresa very powerfully captures important wisdom about how to approach life and schooling, to make it more fulfilling and significant. Teaching and learning offer us numerous opportunities to focus on a number of “small things” that culminate over the time to produce students who are prepared to do the “great things” of life.

We, at St Joseph’s Convent School, ensure high quality of education which motivates and empowers our students to be lifelong learners and the productive members of the society. At ‘SJCS’ education is not just the amount of information that is put into a child’s brain, our education system is the one that caters to the individual needs of our students. We are proud to place before you the growth of your wards with the continuous support of Management and dedicated staff.

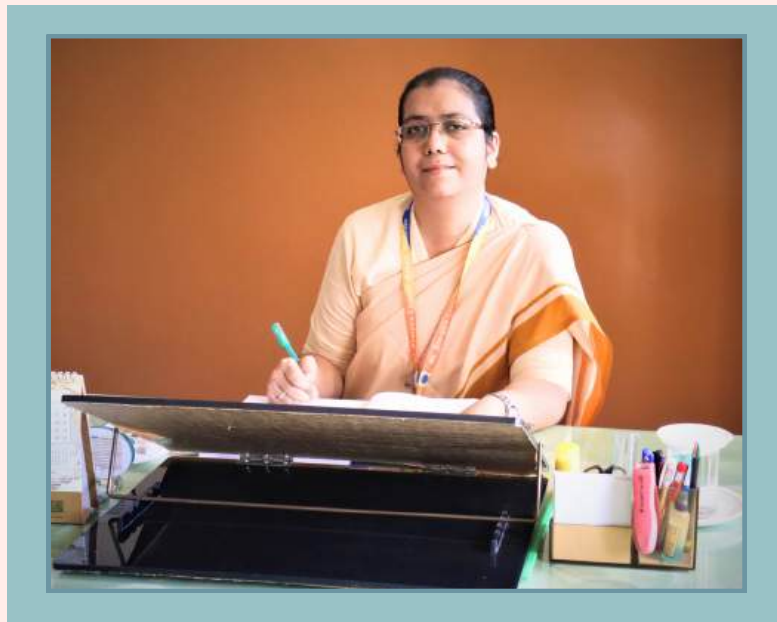
I am immensely grateful to you dear parents, teachers and all who give their constant support to the growth and development of our students.

Words of appreciation to Mrs Meesha Gupta for her tireless efforts in bringing out this e-newsletter.

Sr Ophilia Lobo
Principal



VICE PRINCIPAL'S MESSAGE



Dear Parents

Education is the most powerful and effective medium of social transformation and national integration. The St Joseph's Convent School, has made great contribution towards the accomplishment of this noble aim. Any educational institution stands for inculcating of education that is total and integral. The primary goal of an educational institution is the formation rather than academic studies and imparting information to the students.

Every student needs to be helped individually in his/her efforts in self-formation, to play one's role in life and to build a healthy society. This automatically leads to the progress of the persons, family society and nation. The end of education is to build character and to help to develop good citizens of tomorrow. Future of the nation depends on their knowledge, their character and their skills. Character building begins at home and continues in school.

Education is a joint venture and it calls for concerted efforts and active participation of all concerned – the parents, teachers, students, educational agency and the state. The school and the home, teachers and parents are equal partners in this endeavour. May we the parents, teachers and the citizens at large accept the challenges and let our educational effort fulfil our essential mission for the young ones and the nation.

Sr Navina
Vice Principal

EDITOR'S MESSAGE



Dear Readers

Welcome to Prism, a newsletter that captures the vibrant journey of the Josephite fraternity. This edition highlights the activities and achievements from January to June 2025. As we reach the halfway mark of the year, our enthusiastic and talented students have made remarkable progress through their active participation in a wide range of events.

There is still much more to explore and learn in the coming months, and we look forward to seeing our students continue their journey of growth and discovery.

Every day brings new tasks and fresh challenges. At St Joseph's Convent School, we embrace each challenge with a positive spirit, drawing strength from our faith and the power of prayer. Our students are nurtured to believe in God and the importance of spiritual grounding in their lives.

I sincerely thank our respected Principal, Sr Ophilia, for her guidance and encouragement in bringing this edition of Prism to life. Your vision has uplifted the school and helped Prism proudly enter its third year.

We hope this edition brings you joy with the highlights of our school's latest achievements and updates.

Meesha Gupta
Editor and Designer

SCHOOL MANAGEMENT



**From Left: Sr Preetiwanti Bodra (Office Incharge), Sr Helima (KG Headmistress),
Sr Ophilia Lobo (Principal), Sr Grace Maria (Manager),
Sr Navina Pinto (Vice Principal), Sr Elsie Vas (Primary Headmistress)**

IN CHARGE OF ACTIVITIES Session 2025-26



**Bottom Row: Sr Ophilia Lobo (Principal), Sr Navina Pinto (Vice Principal)
Top Row: Mrs Jenifer Tigga, Mrs Meesha Gupta, Mrs Jagdeep Dhir,
Mrs Mandeep Mahal, Ms Honhaar Sidhu**

BLESSINGS OF THE LORD

The school witnessed a solemn and heartfelt blessing ceremony. Fr Ivo and Fr Venetto moved throughout the campus, sprinkling holy water and offering prayers of protection, wisdom, and peace over the students and staff alike. Accompanying this sacred act, the school choir filled the corridors with melodious hymns. It left an indelible mark on all present.



PRAYER SERVICE

The school management and the staff gathered in solemn unity to offer a heartfelt Prayer Service in memory of Pope Francis. The service began with candle lighting. Selected readings from holy scriptures were shared to guide and draw everyone closer. Pope Francis' contributions to the church and humility were remembered. The service was further enriched by the singing of hymns. A final tribute was paid with the shower of flower petals, that symbolised respect, acknowledging the beauty and grace that he brought into our lives.



APTITUDE AVENUE

Story Telling

Class X students indulged in a fun and creative storytelling activity. Students were divided into ten groups. Each group fabricated a story and rehearsed it. The story was enacted by them in Raymond's Hall. Staff and students were mesmerised by the magic of storytelling.



Mission Triviaverse

Trivia stimulates mind and enhances memory. Mission Triviaverse was organised for classes VI and VII. There were six rounds of questions from various categories and after each round there were creative breaks to enhance their critical thinking and problem-solving skills.



NCC Enrollment

A new journey began for 53 students as they participated in enrolling themselves in NCC. The trials were meticulously overseen by Major Subedar Prem Chand, along with both Training JCOs – Ma'am Guara Devi and Sir Karin Thapa. The selection process was divided into three essential stages- fitness evaluation, personal interview and written test. Students put their best foot forward in clearing the tests.



World Environment Day



NCC Cadets joined hands in plantation drive held at Rajindra Hockey Stadium, Bathinda, to mark the occasion of World Environment Day. The cadets planted a wide variety of saplings, each symbolizing their commitment to a greener and more sustainable planet. The event reflected their dedication to environment conservation and their awareness of the urgent need to protect natural resources.

International Yoga Day



On 21st June, 20 Punjab BN NCC Bathinda organized International Yoga Day event at SSD Senior Secondary School, Bathinda. NCC cadets of our school participated in the event with full enthusiasm and positive energy. The cadets learned various yoga positions and understood the importance of yoga in keeping the body fit and the mind calm.

Drawing from Nature

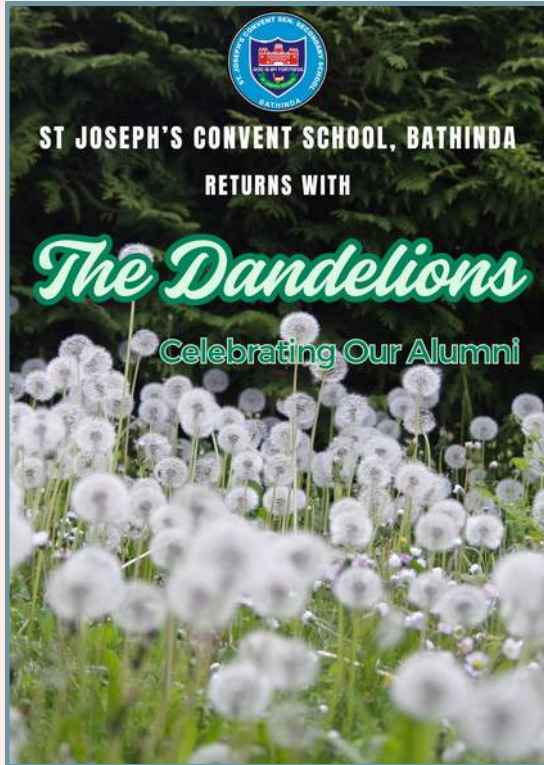


Stepping outside the classroom and into the lap of nature, Class XI Commercial Art students spent a vibrant session in the school garden, engaging in live nature study. Observing real plants, textures, and forms contributed in sharpening their observation skills, understanding proportions better, and in building a stronger foundation in drawing from life. These small steps will go a long way in shaping their artistic journey.

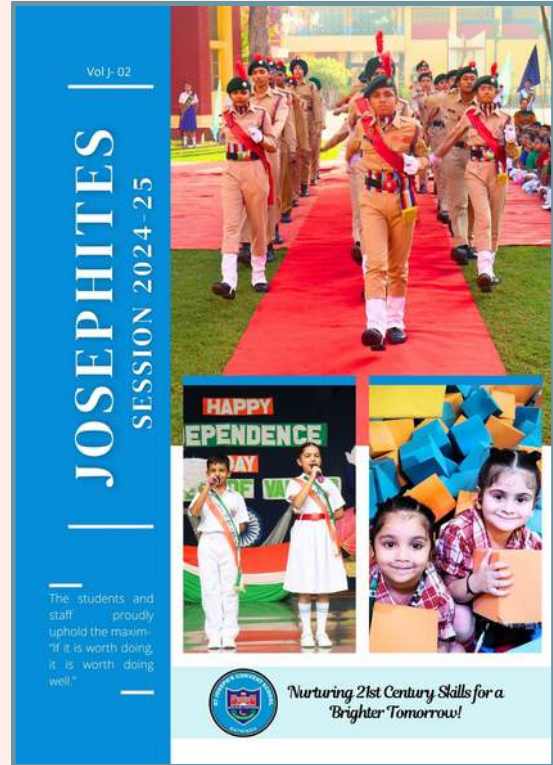


Launch of Newsletters

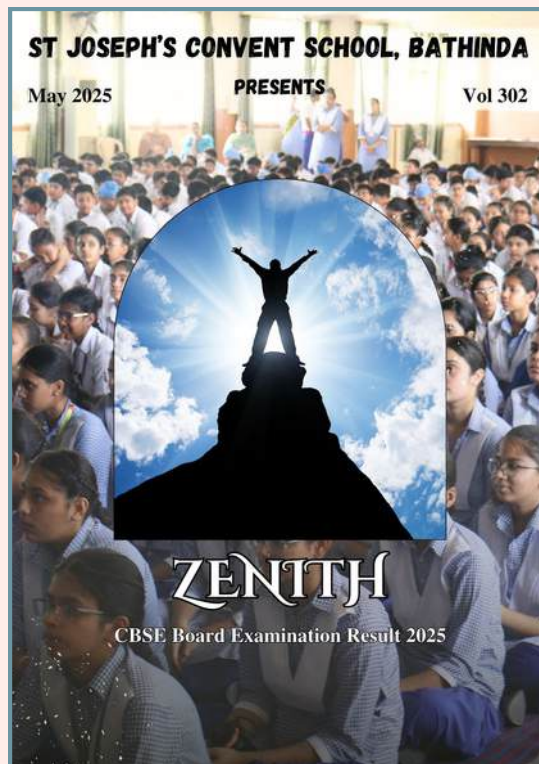
St Joseph's Convent School continues to reach new heights each year. As part of its ongoing growth, the school has launched three newsletters that highlight its diverse activities and celebrate the achievements of its students.



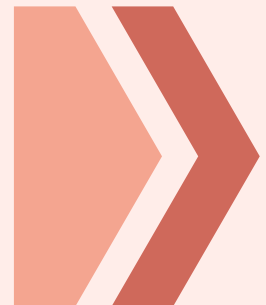
The Dandelions:
Success stories of alumni



Josephites:
School Yearbook (Printed Edition)



Zenith:
CBSE Board Examination Result





COMPETITIONS



Cook Without Fire



Inter class competition titled “Cook Without Fire” was organised for classes VI-IX and XII showcasing their creativity and culinary skills. Students prepared a variety of delicious and visually appealing dishes using fresh ingredients. From colorful fruit salads and sandwiches to refreshing mocktails and tasty delicacies, each dish reflected the children’s imagination and effort.



Poem Recitation

The school organised a vibrant Hindi poetry competition for the junior and senior houses, centered on the theme of patriotism. Each house presented heartfelt poems, reflecting national pride, unity, and the spirit of India. The atmosphere was filled with energy, and the performances were both inspiring and moving.



Talent Show

The much-awaited Intra-House Talent Show unfolded for junior and senior houses. A vibrant blend of enthusiasm, creativity, and youthful spirit painted memorable moments. The event served as a dynamic platform for our young learners to showcase their skills.



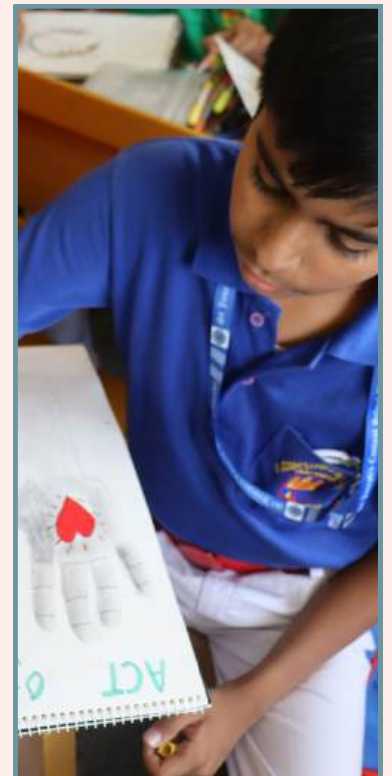
Poster Making



Creativity of young minds from classes VI to X bloomed vibrantly as they participated in Inter-Class Poster Making competition. The classrooms-turned-art-space buzzed with energy as students translated their thoughts onto paper. Each poster told its own story—of awareness, responsibility, and youthful optimism.



 **Theme**
VI and VII: Beat the Heat – Save Water This Summer.
VIII to X: Act of Kindness



Bulletin Board

Bulletin board competitions do more than just decorate walls—they spark collaboration, ignite creativity, and build a sense of ownership in our learning spaces. The Inter-House Bulletin Board Competition for junior and senior houses encouraged the students to think deeply about given theme. All the boards showcased the best ideas and the brightest efforts.

Themes

Gratitude Day

Reduce, Reuse, Recycle :Your Contribution Matters

Healthy Eating, Healthy Living



Sports



FOOTBALL



The school grounds buzzed with energy as the much-awaited Inter- House Football match for boys and Basketball match for girls unfolded. The event not only celebrated athletic prowess but also highlighted sportsmanship, unity, and house spirit. Teachers and students applauded the efforts and dedication of all participants.



BASKETBALL



Presenting

SVARON KE SANG

INTERSCHOOL
INSTRUMENTAL MUSIC COMPETITION

Organised for the first time



Svaron Ke Sang

The spirit of music filled the air as St Joseph's Convent School proudly hosted the Inter-School Instrumental Music Competition. The event brought together talented young musicians from eight different schools, each eager to showcase their passion, skill, and creativity through the universal language of music. Performances featured a range of instruments, the soulful sounds of the guitar to the dynamic energy of drums and the vibrant melodies of the keyboard. The music built a bridge between schools, students, and cultures; reminding everyone that art knows no boundaries.



Judges Mr Kapil Batra and Mr RK Bharadwaj with organisers Mrs Ashu Garg and Mrs Satwant Kaur Maan





SPECIAL ASSEMBLIES



Republic Day

The school celebrated Republic Day with great enthusiasm. The students of Class III presented a captivating street play, beautifully highlighting the key features of our Constitution. Their performance showcased the rights and duties enshrined in it, leaving the audience inspired.



Unfurling the Flag



The 76th Republic Day celebrations were held with great fervor and patriotism within the premises of the school. The ceremony commenced with the dignified unfurling of the national flag by the Principal, accompanied by the school staff. The event was a testament to the school's commitment to instilling values of nationalism and civic responsibility among its students.

Farewell

‘Dasvidaniya’ perfectly encapsulated the spirit of the farewell to the beloved class XII. The students adorned in their elegant attire, reflected on their transformative journey. A series of cultural performances added vibrancy and energy to the day. Principal Sr Ophilia urged the departing students to carry the values instilled within them into the broader world.



Investiture Ceremony



Senior House Council (Batch I)

An important occasion that exemplifies the qualities of responsibility and leadership is the Investiture ceremony. The ceremony for newly appointed Council Members (2025-2026) took place with glory. The ceremony officially appointed and inducted students into leadership positions. As the newly appointed members accepted their roles, they solemnly vowed to uphold the institution's core values, pledging to embody the true spirit of leadership and responsibility.



Middle School House Council (Batch I)

Gratitude Day

Gratitude for the incalculable blessings of Almighty on the Josephite family was expressed fervently by the students of class VII. Profound thanks was expressed to God for invigorating the Josephites to complete another session triumphantly. Chief Guests Sr Helen D' Costa and Sr Chantal were warmly welcomed. Their words filled hearts of the listeners with inspiration.



Institution Day



Students of class IX enthusiastically celebrated Institution Day with a vibrant program. The chief guest for the occasion was Mr Gurinder Pal Singh, Registrar, Maharaja Ranjit Singh University. The highlight was a captivating skit showcasing the school's glorious achievements over the years. Energetic dance performances reflected the school's diverse talents and cultural spirit. The celebration successfully highlighted the institution's legacy and the students' deep connection with their school.



Felicitation Ceremony



The Felicitation Ceremony for the merit holders of classes X and XII was held with great warmth. The event served as a tribute to the diligence, resilience, and achievements of the outgoing batch. The program featured a motivational song presented by teachers. The ceremony concluded on a hopeful note, as students received blessings for their future endeavours.

Appreciation Awards

The students of St. Joseph's delivered a masterstroke with their outstanding performance in the CBSE Board Examinations.

Behind their success were the unwavering efforts and dedication of the teachers. In recognition of this, faculty members were honoured with certificates of appreciation, as their students achieved a perfect score of 100 marks in their respective subjects.



EXHIBITIONS

Students showcased a display of innovative projects during Parent Teacher Meeting. The exhibitions left a lasting impression on the visiting parents, many of whom expressed pride and joy in seeing their children involved in such meaningful and skill-enhancing activities.



Artificial Intelligence Club



The Aerobics & Yoga Club

Culinary & Etiquette Club

ACADEMIC VISIT

Verka Milk Plant

An educational visit to the Verka Plant was arranged for the students of class XII (Commerce) as a part of CBSE requirement for Business Studies. Students observed the entire milk processing procedure, from collection and pasteurization to packaging. The staff explained quality control measures, hygiene standards, and modern machinery used in dairy production. They also learned about the importance of cold storage and supply chain management. The visit was highly informative, offering practical insights into the dairy industry.



LEARNING LOUNGE

Welcome of Class XI

The new batch of class XI was welcomed by the Principal Sr Ophilia and the School Manager Sr Grace Maria. The students were reminded of their immense potential and how the new session is a chance to leave behind old habits and start fresh. The session helped students reconnect with purpose, realign with the school's expectations, and reflect on past efforts.



New Guidelines

Principal Sr Ophilia explained the draft scheme for two examinations for Class X, as per NEP 2020. The importance of understanding the new examination pattern was discussed and students were encouraged to ask questions and seek clarification. The orientation aimed at familiarising students with the changes and help them to prepare for the upcoming examinations.



CPR

A comprehensive training session on Cardiopulmonary Resuscitation (CPR) and essential life-saving techniques was organised under the expert guidance of Dr Rimanshu Bansal and Mr Naresh Pathania for classes VIII to XII. Dr Rimanshu initiated the session by explaining the fundamental principles of CPR, stressing how timely action can often mean the difference between life and death in emergency situations. Mr Naresh demonstrated the correct techniques of chest compressions and rescue breathing. Using mannequins, he guided the participants through step-by-step procedures, encouraging hands-on practice. The orientation programme successfully sowed the seeds of awareness, responsibility, and readiness — qualities that extend beyond the classroom into everyday life.



Mental Well- Being



Class X students were privileged to interact with Dr Sapna Bhatti, AIIMS, Bathinda. The session centered around navigating the complexities of teenage life. Structured around the "Six Ps"— the talk emphasised tools that students can carry into their daily lives, both in school and beyond. She explored the Power of Prayer, the Power of Belief, the Power of Positive Thinking, the Power of Perseverance, the Power of Opportunity, the Power of Failure. . This session was more than a lecture—it was a meaningful conversation about the heart and mind.





FACULTY FORTIFICATION



Rejuvenation Week

The school hosted a week-long series of events for teachers. Fitness with yoga energized the teachers. A music and dance day featured performances by talented teachers. Finally, a sports activity day with tug-of-war, statue games, and musical chair brought out the competitive spirit. These events provided a much-needed break, fostering teamwork, bonding, and unforgettable memories among staff.



Staff Meeting



Annual Staff Meeting was held at the new meeting room in the basement. The session 2025-26 commenced with a comprehensive review of the various teaching methods by the School Manager Sr Grace Maria, who emphasised on the students as the primary focus of the learning process. This was followed by, a session with the Principal Sr Ophilia, who acknowledged the hard work and dedication of the teachers and all the members of the institution. Newly appointed staff was also warmly welcomed.



Hair Donation

An awareness session on hair donation for wig-making was conducted for the teachers of St Joseph's Convent School, led by Dr Sapna Bhatti, Oncologist at AIIMS, Bathinda. The session aimed to educate teachers on the importance of hair donation and how it can positively impact the individuals suffering from hair loss due to medical conditions such as cancer. She explained the minimum hair length required for donation and mentioned organizations that accept hair donations. Emphasizing the emotional and psychological benefits of receiving wigs, the session highlighted how such donations restore confidence and dignity in the patients.



Mental Health and Awareness

In a proactive initiative to strengthen the emotional resilience and professional wellness of educators, an orientation session on 'Mental Health and Wellness for Teachers' was conducted. The orientation was anchored by Mrs Gurmeet Kaur, Mrs Monisha Lorraine and Ms Honhaar Sidhu, around key themes derived from the CBSE Mental Health and Wellbeing Manual. The orientation marked a meaningful step towards embedding mental health into the core fabric of education. By focusing on teachers first, the programme reaffirmed that emotionally well educators are the foundation of emotionally intelligent schools.



CBSE Parenting Calendar

An orientation session was held to introduce the teaching staff to the CBSE Parenting Calendar, aiming to strengthen parent-school collaboration and promote holistic child development. The session was facilitated by Mrs Smriti Brar and Mr Banmeet Singh. Teachers were introduced to the purpose of the Parenting Calendar, which emphasizes building meaningful connections between home and school to support student well-being. Highlights from the CBSE Parent Survey were shared, shedding light on parental expectations and common concerns. Practical methods for incorporating parent-linked activities into regular teaching were discussed. The session provided valuable insights into aligning classroom efforts with parental involvement in a structured yet flexible way.



VICTORY VAULT

"You dreamed, you dared, and now you've done it. Your achievement isn't just personal—it's inspirational."



Arshia (VII-E) bagged the first position in Amateur under 2300 (Chess Championship).



Kanav Sharma (VIII-F) scored 100% (In both Level 1 and Level 2) in Abacus(Runners).



Onish Goyal (VI-B) secured the first position in Vidyarthi Vigyan Manthan Examination.



Abram Garg (VI-C) scored 100% in level 1 in ABACUS(Runners).



Anisha Goyal (VIII-F) received participation certificate in Poster Making Competition.



Piyusha Gupta (X-A) participated in Open Mic soul expressions by JRC (Juju's Reader Club)



Raghav Goyal (IX-E) was recognised for publishing his own book on education titled 'The Mediocrity of Education System'. The book is divided into seven units, containing 23 Chapters and 216 pages. It is a thought provoking book.



Pavni Bindal (VI-D) participated in Vaisakhi run for kids by Skill Street.



Evaan Singla (VII-C) participated in 3rd Cancer Awareness Walkathon.



Nyonika Garg (VII-A), Dhruvin Garg (IV-A) and Saransh Gupta (VII-B) participated in Open Mic Soul Expression and workshops on Poetry and Creative Writing.



Khushal Garg (VIII-E) achieved the second position in District Kickboxing Championship.



Ishan Saxena (VI-D) won gold medal in 18th Sub Junior District Bathinda Wushu Championship (32 kg).



Nyonika Garg (VII-A) secured the third position in Poetry Recitation Competition held at Moti Ram Arya School, Chandigarh.



Hargun Kaur (VI-B) won the second position in Games Fair and Cultural program. She also won the second position and a cash prize of Rs 2100 in Open Badminton tournament (Bhalla Sports Academy). She stood fourth in Badminton Tournament (Fowl Play Badminton Academy).



Yaksh Sain (VIII-D) won consolation prize in Inter school Debate and Declamation competition held at DPS Bathinda.

Olympiads



Krishika Verma (VI-D) bagged the first position in Dance Competition.



Inayat (IX- F) brought laurels to the school by winning the first position thrice at District Level Lawn Tennis Tournament. Along with this, she qualified and participated in State Level Championship. She also attended International Lawn Tennis Training camp at Alpha Tennis Academy Bangkok during the summer vacation. Furthermore, she participated in ITF (International Tennis Federation) Junior World Tennis International Tournament at Bangkok.



Congratulations to the winners of SOF International Social Studies Olympiad (ISSO) and International Computer Science Olympiad (ICSO). Their dedication, analytical prowess, and profound understanding of the subjects have earned them prestigious accolades at various levels.



Twenty Josephites nailed Gold Medal of Excellence in International English Olympiad.

Olympiads



Gold medals of Excellence were awarded to 13 victorious students for their comprehensive knowledge in International General Knowledge Olympiad.



We celebrate the incredible achievements of Science Olympiad winners. Their passion for science, problem-solving skills, and dedication to excellence has earned them well-deserved recognition on this prestigious platform.



Mathematics Olympiad Winners – A Celebration of Academic Excellence. We are thrilled to honour the outstanding achievements of our Olympiad champions, who have demonstrated exceptional critical thinking skills, perseverance, and a true passion for Mathematics.

KEEP UP THE GOOD WORK

NCC Champions



Cadets Gurmehar Singh, Guruvanshpreet Singh, Aryan Singh and Saksham emerged as champions, securing prestigious gold medals in: - Tug of War - Firing. Their outstanding performance was showcased at the NCC ATC Camp, JNU Bhera (Shri Muktsar Sahib).



Saksham Singh (X-E) received Best Cadet award and a cash prize of Rs 3500 at CWS event.



NCC cadets led by Ms Teena proudly participated in the 76th Republic Day parade. Their exceptional performance earned them the prestigious Appreciation Certificate for the Best NCC Parade. Congratulations to the talented cadets: Saksham Singh, Gauraansh Shukla, Prabhnoor Kaur, Gurveen Kaur and Ishratveer Kaur. Their dedication and teamwork are an inspiration, reflecting the true spirit of patriotism and national pride.



Educators Excellence



Mrs Mukta Jain was recognised for various accomplishments.

- India Book of Records for writing all 18 chapters of The Bhagwad Gita in English poetry.
- International Book of Records for the longest streak of one poem a day for 105 days in succession.
- Bharat Pratibha Samman Council for contribution in the field of education.
- Rabindranath Tagore Hall of Fame Award for Excellent Author.
- Netaji Smriti Puruskar 2025 and Orient Book of World Records for 18 chapters of The Bhagwad Gita.
- Indian Education Awards 2025 for extraordinary teaching Acumen.



Mrs Navdeep Dhaliwal secured second position in the Bathinda Half Marathon 10 km run, showcasing her remarkable endurance and determination.