

St Joseph's Convent School, Bathinda



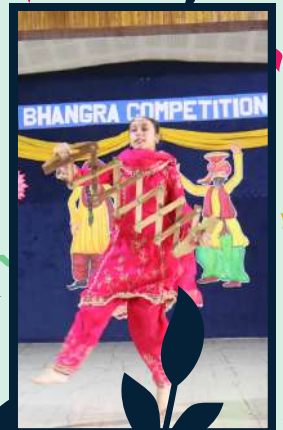
PRISM

Volume 204

January to June 2024

Secondary and

Senior Secondary Wing



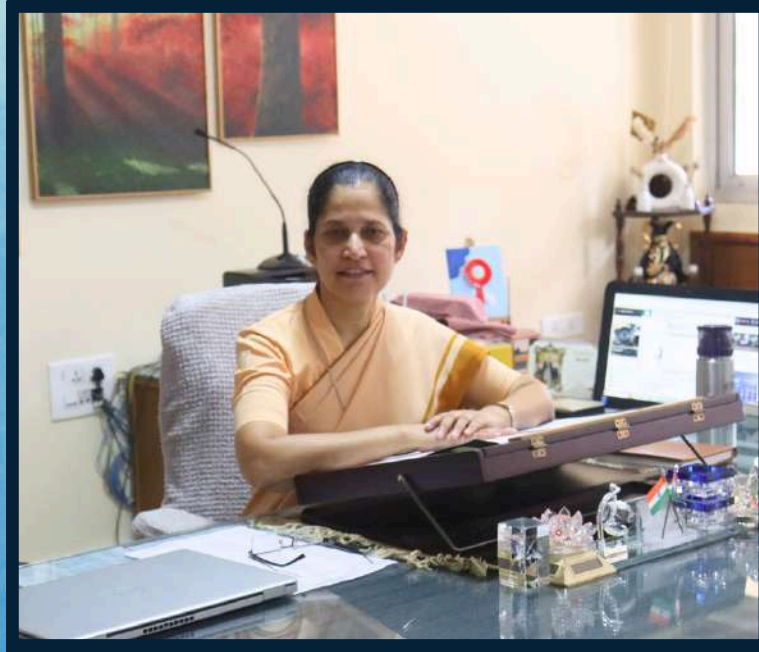
*The Tree of
Bethany Congregation*

Continues to thrive

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From the Principal's Desk



“Education brings about opportunity, and in turn inspiration” says Bill Frist.

This is a small effort dear parents to let you know what your child has been doing in school during the past months. I take pride in our children’s growth each day. Thank you for being the stronghold and pillar of strength for your children. We wish to appreciate your co-operation in all our endeavours to help your child grow, making use of all the opportunities provided in the Institution. May these experiences turn out to be the inspirations for the life ahead of them.

The transformative power of education does not end with formal schooling. Instead, it ignites a lifelong pursuit of learning. As we recognize that knowledge is boundless and ever-evolving, we embark on a journey of continuous growth. Lifelong learning enables us to adapt to a rapidly changing world, remain relevant in our fields, and contribute to our communities despite uncertainty. Embracing a growth mindset, we become empowered to overcome challenges and embrace new opportunities throughout our lives. Let us enable our children to be transformed transformers in the society.

I deeply appreciate the assiduity of Mrs Meesha Gupta towards this e- newsletter. May her zeal inspire each one of us.

Sr Ophilia Lobo
Principal

Message From Vice Principal



Education is not the filling of a pail, but the lighting of a fire.

School plays a crucial role in society by providing education and fostering the intellectual, social, emotional, and physical development of children and young adults. School activities encompass a wide range of extracurricular and academic pursuits designed to enrich students' educational experience. They provide opportunities for students to explore interests and discover talents.

I commend each student for their hard work and perseverance, and I extend my appreciation to our supportive parents and guardians, for their continued encouragement and guidance. As we move forward, let us maintain this positive momentum and continue to work together to support our students in reaching their full potential. Together, we will ensure a bright and successful future for all our students.

Sr Navina

Vice Principal

Editor's Message

Dear Readers

Welcome to the latest edition of Prism Volume 203 that embraces diverse activities at Secondary and Senior Secondary Wing of St Joseph's Convent School, Bathinda conducted from January to June 2024. This issue holds competitions, achievements, recreation activities, informative sessions for students, capacity building programmes for teachers and much more. Special story of school alumni, Hriday Kanodia, who reached Mt Everest Base Camp takes the spotlight in this edition.



The school continues to thrive by imparting competency based learning and education to the taught. The school administration and the faculty members aim to inculcate 21st century skills among the Josephites via myriad teaching methodologies, activities, verbal and non-verbal communication.

I express deepest gratitude to worthy Principal, Sr Ophilia for entrusting me with designing of the newsletters for the school.

I bring you content that reflects commitment of the institution towards transformative education. I hope you find this issue both enjoyable and thought-provoking.

Meesha Gupta
Editor and Designer



BLESSINGS OF THE LORD

We Begin In The Name Of God



A prayer service was organised at St Joseph's Convent School. Fr Amaro and Fr Charles facilitated God's blessings on the Josephite fraternity and the school building. Fr Amaro and Fr Charles sprinkled the holy water in the entire school campus. The enchantment of holy hymns made the atmosphere pious.





TALENT TANGENT

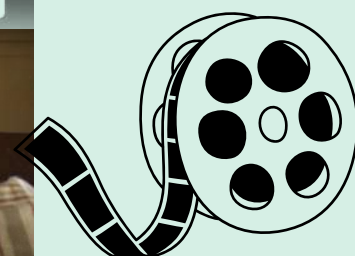


Drawing From Nature

Students of class XI Commercial Art were introduced to Live Drawing Session. The teacher taught and drew inspiration from nature. The activity induced better understanding of forms and tones.



Film Appreciation

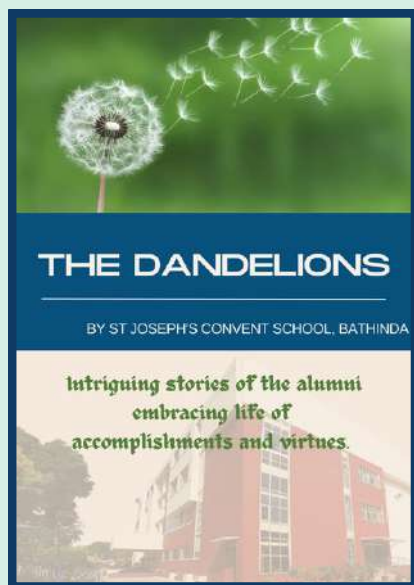


Cinema is an art form where all the arts collaborate in sublime form of storytelling. A film appreciation session was held for classes XI and XII. The session aimed at children to not only watch films but also to critically analyse and understand good films.



Launch of Newsletters

St Joseph's Convent School strives to attain new heights year after year. The school launched two newsletters catering the diverse functionalities of the school and achievements of its students.



The Dandelions: A brand new series of e-newsletter on success stories of the school alumni.



Zenith: The second edition of Zenith included the exemplary CBSE Board Examination result for the academic year 2023-24.

Visit www.stjosephsbathinda.org to view the vibrant and phenomenal newsletters of the school.

inspire



you can do
ANYTHING
you just have to be
DETERMINED



International Yoga Day



On the occasion of International Yoga Day, the NCC cadets (JD-20,JW -18 along with their CT0) of the school enthusiastically participated in a yoga event conducted on 21 June 2024 at Rajindra College, showcasing their commitment to physical fitness, mental well-being, and discipline. The event aimed to promote the benefits of yoga and in maintaining a healthy lifestyle.





COMPETITIONS

Bulletin Board

Students from classes VI to X participated in Interhouse Bulletin Board Competition based on the theme "Our Plant Our Health". The competition fostered camaraderie and creativity among students.



Heritage Quiz

Innovative and informative Heritage Quiz and Tambola was conducted for classes VI to X. The competition helped in sensitising the students to the cultural diversity and in raising awareness among them about the conservation and management of national heritage.





Bhangra Competition

To hone the dancing skills of the students, Inter House Bhangra Competition was organised for classes VI to X. The sole aim of this competition was to keep the youth rooted to their homeland and culture. Each contender infused passion and captivated the audience with its skills and creativity.





SPECIAL ASSEMBLIES

Lohri Celebration

Lohri was celebrated at school with enthusiasm and fervour. The Josephite fraternity gathered around the bonfire, dancing to the tune of Punjabi songs and singing the traditional 'lohri' songs.



Shubhamastu- Farewell to Class XII

"Shubhamastu", meaning "May Good Things Happen," encapsulated the spirit of farewell to our beloved students of class XII. The juniors showcased their kaleidoscope of talent through various performances dedicated to their seniors. The farewell party reached its pinnacle during the distribution of personalized mementos and yearbook. Principal Sr Ophilia urged the departing students to carry the values instilled within them into the broader world as each student will be reflecting his/her institution on a whole.





Gratitude Day

Gratitude Day was celebrated for the first time at St Joseph's. The programme was filled with appreciation and thankfulness to the Almighty for showering His bountiful blessings on the Josephite family for culminating the academic year 2023-24 with flying colours. School Manager Sr Grace Maria emphasised the importance of gratitude in shaping ones lives.





Institution Day



On the momentous occasion of Institution Day, Sr Erasma, the Provincial Superior of the Northern Province and Corporate Manager of BES along with Sr Arpan, the Assistant Provincial Superior were welcomed to the arena of St Joseph's Convent School with delightful hearts and radiant smiles. The students showcased their kinesthetic intelligence through enactment, exhilarating dances and euphonious musical compositions. Sr Erasma's message inspired every Josephite. The presence of respected Sisters aggrandized the celebration of Institution Day.





Installation Ceremony

The Installation Ceremony of the Student Council (High School) of the session 2024-2025 was administered with grand optics. The ceremony began with a prayer and concluded with a speech from Principal Sister Ophilia Lobo, motivating the new leaders. Each elected member of the council was sworn in. They pledged to uphold their duties with integrity and dedication.



Investiture Ceremony

The Investiture Ceremony for Middle School was a momentous occasion filled with pride and reverence. The outgoing student leaders passed the torch of responsibility to their successors. Through the administration of oath and the bestowing of badges of office, the newly appointed leaders pledged their commitment to uphold the values of institution.





Felicitation Ceremony

The spirit of achievement and excellence was in the air at St Joseph's Convent School as the Felicitation Ceremony brought together an atmosphere of celebration, gratitude, and pride. This momentous occasion was dedicated to honour the exceptional students from Classes X and XII who had excelled in Board Examination, setting new benchmarks for academic accomplishment. Students were awarded with trophies, certificates and word of appreciation by the School Manager Sr Grace Mara and Principal Sr Ophilia.





Appreciation Awards

The students of St Joseph's made a masterstroke through impeccable result in CBSE Board Examination. Behind the success of students, lies the immeasurable efforts of teachers. The faculty members were honoured with a certificate of appreciation for their students nailing perfect 100 marks in various subjects.





SOCIAL SCIENCE EXHIBITION



From intricate models depicting historical events to thought-provoking displays on contemporary societal issues, every exhibit offered a glimpse into the diverse realms of Social Science. The event fostered intellectual curiosity and critical thinking among participants and visiting parents alike, inspiring deeper exploration into the complexities of human societies. The exhibition served as a platform for enlightenment and inspiration.





EDUCATIONAL TRIPS

"Field trips provide authentic hands-on experiential learning opportunities where students can connect what they are learning in classroom in a real world context."

Classes IX and X- Factory visit to Verka. Amul and Steelbird Helmets in Chandigarh.

Classes VI and VII- Rail Coach Factory and Pushpa Gujral Science City, Kaputhala.



Road Trip!!





INFORMATIVE SESSIONS

Neophytes of Class XI



Orientation program was conducted to familiarise the students joining St Joseph's in class XI and their parents. The program contained dances, motivational skit and poetry by class XII students. The newcomers were given insight of the institution by Principal Sr Ophilia Lobo.

Fire Safety



As a part of Fire Safety Week, a fire drill was conducted in the school ground. Inspector (Fire) Sushil Kumar Suman, under the able guidance of Mrs Parveer Kaur, Deputy Commandant, CISF demonstrated various fire safety techniques with a zealous participation of the students.



Enroll in NCC



The school organised orientation session on the National Cadet Corps (NCC) for classes VII and VIII. Experienced NCC officer, Col. Antony Henry, shared insights into the various activities and training programs offered, ranging from drill to adventure and various camps. Students were enthralled by the avenues NCC opens for personal growth and community service as well as future prospects for job opportunities. The orientation culminated with an interactive Q & A session.



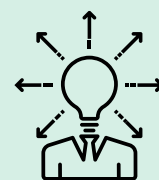
Cyber Security

To help the students understand cyber threats and its prevention, an awareness programme was conducted for classes VIII- X on Cyber Security. The resource person, an alumnus of BITS Pilani, Mr Mandeep Singh Cheema, a renowned figure in the realm of Big Data and AI, shared his expertise encompassing a broad spectrum of big data, machine learning and artificial intelligence. Students were briefed about cyber threats and enlightened about how they can take proactive measures to safeguard their personal information and digital assets.





Sex Education



A team of four doctors headed by Dr Tanveer Kaur Sidhu addressed the students of class VIII on Sex Education. The team emphasised on the physical and psychological changes that are experienced during the age of adolescence and the factors that influence them.



On the other hand, a separate awareness program was held for the girls of class VI on Sex Education in order to equip them with essential knowledge and promote a healthy understanding of sexuality and relationships.



Curbing Obesity



To ameliorate health and robustness in students, awareness sessions were organised for classes VI to X on the topic 'Obesity'. Faculty members of St Joseph's, Miss Navdeep, Mrs Meesha Gupta, Ms Mukta Jain and Mrs Smriti Brar maneuvered the sessions for different classes. The students were sensitised about the meaning of obesity, Body Mass Index, reasons for rising childhood obesity level and alarming health issues in children due to lack of physical activity.





Time to Elect



The students of classes XI and XII conducted an enlightening election awareness seminar emphasising the pivotal role elections play in the functioning of India's democracy. Attended by students from classes IX to XII, the seminar shed light on the electoral process, the significance of voting, and the impact of informed citizenry on governance. The seminar was both educational and engaging, fostering a deeper understanding of democratic principles among the attendees.

Dengue Awareness

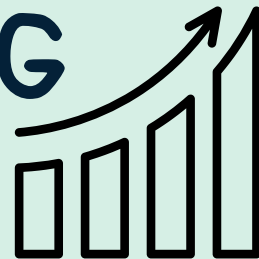


Awareness session was undertaken by healthcare professional Dr Usha, District Health Officer, and Dr Mayankjot, an epidemiologist, who highlighted the causes, symptoms, transmission, essential precautions and care tips related to dengue fever. The orientation proselytized a sense of responsibility among the students to promote a dengue free environment.



TEACHERS' UPSKILLING

Workshop on CBSE Exams



The workshop on modalities to conduct CBSE Examination, focusing on the evaluation of secondary and senior secondary examination was held via virtual mode. The webinar was conducted by Dr Sanyam Bhardwaj, CBSE Exam Controller. He stressed the need to be diligent and careful in invigilation and evaluation.



Annual Staff Conference

Ahead of the new academic year 2024-25, Annual Staff Conference was scheduled for 1 April 2024. A detailed session was led by the School Manager, Sr Grace Maria and Principal, Sr Ophilia. The conference recapitulated the achievements of the previous year and the strategies to be adopted in the coming session to attain excellence. A brief session on mindfulness was also organised to empower the staff with optimism.



Words of Wisdom by Sr Grace Maria



Award for Full Attendance



Session on Mindfulness



Welcome of New Staff



Highlights of 2023-24



Outlook Augmentation

Teachers' training Programme was convened by the school management as per the norms of CBSE. Dr Fr Shinoj Kizhakkemuriyil TOR, National President of All India Association of Catholic Schools, New Delhi was cordially invited to equip the faculty members with in depth cognizance about Psycho Spirituality and Interpersonal Relationships. Educators were acquainted with the knowledge to view situations from a different perspective, broaden their vision especially while dealing with young minds from disparate backgrounds.



Art Integration

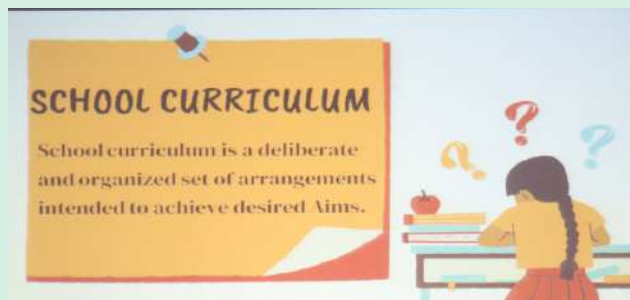
A one day Capacity Building workshop on 'Art Integration' was conducted by the staff members, Mrs Smriti Brar, Mrs Laxmi and Mr Banmeet Singh, who were previously trained through a CBSE workshop. Various forms of 'arts' were discussed and how those can be incorporated in the curriculum of each subject was the essence of the workshop. A questionnaire was given to each group, which was in turn filled by them. Teachers were segregated as per their subjects and activities were conducted. All the teachers participated whole heartedly in the activities and also executed their respective topics ingeniously and enthusiastically.





National Curriculum Framework

The National Curriculum Framework released by NCERT lays down significant reforms in the education system. The document containing over 600 pages were divided among various groups of teachers. Each group presented its topic before respected Sisters and faculty members. The workshop enlightened the educators to adopt teaching methodologies based on child's development from infancy to adolescence.





MASTER STROKE BY EX-JOSEPHITE

बुलंद हौसला • 17,598 फीट की ऊंचाई पर स्थित एवरेस्ट बेस कैंप पर पहुंचे, दून स्कूल के छात्र हैं बटिंडा के हृदय कनोडिया
छोटी उम्र बड़ा कदम...14 साल के हृदय ने किया एवरेस्ट फतह



एवरेस्ट बेस कैंप पर पहुंचे हृदय कनोडिया।

आकाश न्युज | बटिंडा

पश्चिमी कनाडा के हृदय कनोडिया ने 14 साल की उम्र में एवरेस्ट परत कर लिया है। वे 17,598 फीट की ऊंचाई पर स्थित एवरेस्ट बेस कैंप तक पहुंचने में सफल हुए। हृदय के पिता प्रमोद कनोडिया ने बताया कि बेटे हृदय ने 8,500 फीट की ऊंचाई पर स्थित लुक्ला नेचल से अपनी यात्रा शुरू की, जिसमें कई जंगल, नदियां और पर्वत थे। हृदय एवरेस्ट बेस कैंप तक पहुंचे, जिनमें अपने समूह के उन कुछ लोगों में से थे, जो 5,644 की ऊंचाई पर बसोपाया जा चुका है।
हृदय का यह विचार अचानक उभरा था, जिसमें उन्होंने -4 से -5 डिग्री सेल्सियस के बीच ठंडा

हृदय ने कहा कि इनने हिंदी की ट्रेनिंग और एक के बाद एक पहाड़ी पर चढ़ने के बाद, अतिरिक्त, पाठ छोड़ कर एवरेस्ट, जहाँ वो उपलब्धि के उल्लास के आनंद का मुकाबला कर रहा है।
एवरेस्ट बेस कैंप एक पर्वत और एडिटेडुड की तरह है। बेटे की इसे काने का प्रयास कर सकता है यदि उसके पास सही मशीनरियां हैं। हृदय कनोडिया यात्रा में दून स्कूल के लुक्ला से चढ़ाई कर रहे हैं और पहले बटिंडा के सेंट जोसेफ कनवेंट में चढ़ाई कर चुके हैं। हृदय ने कहा कि अपने स्कूल, फीटर, एक बसने, दोपहर सब का धन्यवाद करते हैं कि इन सब ने मुझे एवरेस्ट बेस कैंप चढ़ने का मौका दिया। हृदय

स्कूल में मिली ट्रेकिंग की ट्रेनिंग

हृदय ने एवरेस्ट परत के लिए 29 मई को ट्रेकिंग की शुरुआत की थी। उनकी यात्रा में 13 लोगों शामिल थे। हृदय का पिता ने बताया उनके बेटे को दून स्कूल में ही ट्रेकिंग की ट्रेनिंग करावाई जा चुकी है। क्योंकि एवरेस्ट में सबसे शुरू है। उस हाट रोड 25 से 30 मिनटों में ट्रेकिंग करने की ट्रेनिंग कराई गई।

की यह एकीकृत सभी इस उम्र के बच्चों के लिए प्रेरणा है।

Amidst the shadow of the towering presence of Mount Everest, our ex-student Hriday Kanodia scaled to the height of 17,598 feet to reach the base camp. Such a monumental feat which tests both physical endurance and mental pliability at such a young age of 14 is commendable and gives a euphoric sense of achievement. We wish him success in all his endeavours. May he scale many more peaks of success and keep the flag of his parents and our school high.

**WAY TO M.T.
EVEREST B.C.**



LAUDABLE LANDMARKS

— “ —
Every champion was once a contender that
REFUSED TO GIVE UP!
— ” —



Himank Nevatia, Myra Kansal, Aradhya, Bareen Kaur and Chakshit Garg received mementos for putting up a Kids Talent Showcase Stall at the biggest Business Exhibition in Malwa Belt (PACE-EXPO).



Chakshit Garg was honoured for his creativity and innovation in the exhibition organised by BNI.



Zoraan Singh secured the second position in the Martial Arts Tournament.



Major Sergeant Jasmine bagged the first prize in 'All India Best Cadet Competition' (Event-Veerta the youth power of India).



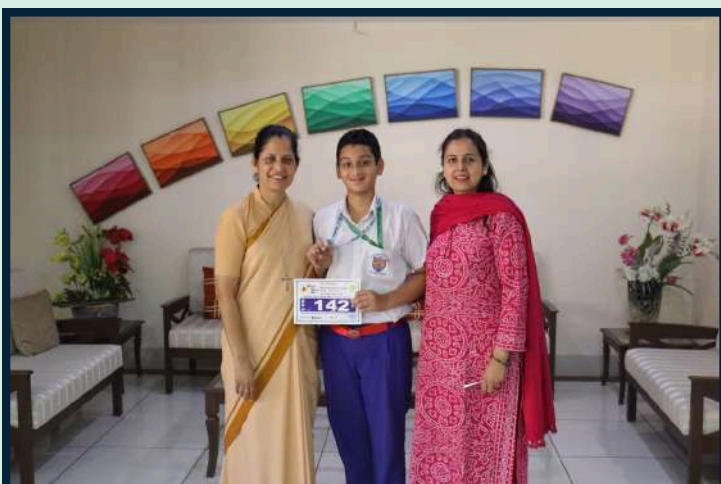
School Basketball Team (Girls) bagged the second position (U-14 category) in Fr. Anacleto Fernandes Rolling Trophy (Inter School Basketball Tournament).



Our students participated in 19th Sub Junior and 9th Cadet Punjab State Taekwondo Championship 2024. Gauraansh Shukla won gold medal, Jehnaaz Sidhu won Gold and bronze medal, Kudratleen won silver medal and Annika won gold medal.



Medhansh Goyal won Bronze medal in Punjab State Chess Championship 2024.



Arav Rana won bronze medal and a participation certificate in Stelco Half Marathon 2024.



Lakshit Singla secured the first rank (Level 2) in National Level Online Examination (Vidyarthi Vigyan Manthan 2023).



Annanya Goyal reaped the second position in U-17 Girls Chess Championship 2024-25.



Aivish and Evaan Singla participated in cancer awareness walkathon about early detection and prevention of cancer.



Kudrat Kaur won Special Mention Award at MUN Committee UNODC, held at Amity University.



Aishani Duseja bagged the first position in Bathinda District Chess Championship.



Unik Bindal got the first position at 15 Day Spring Camp organised by EFS Bathinda. He was honoured with a trophy, medal and certificate.



Aishani Duseja bagged the first position in Punjab State Chess Championship 2024-25 (U-II Category).



Kanwar Pratap Singh Chahal won Gold Medal in State Soft Tennis Championship.



Our school participated in World Scholars' Cup and has qualified for the global round. School bagged 64 medals (24 Gold Medals and 40 Silver Medals).



Students of High School participated in Nyay Nityam Law Fest 2024. Our school won the Best Delegation Award and many students won medals, trophies and cash prizes under various categories.

*"This is just a beginning of the academic year 2024-25.
The Josephites are armoured to conquer all challenges
and embrace triumph."*