
ST JOSEPH'S CONVENT SCHOOL, BATHINDA PRESENTS



PRISM

**Activities organised from October to December 2023
(KG and Primary Wing)**

www.stjosephsbathinda.org

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FROM THE PRINCIPAL'S DESK



Dear Parents

The Activity-based Learning philosophy is rooted in the idea that learning is best accomplished when it is inspired by the surrounding environment and motivated by optimal learning opportunities. An environment which encourages fearless exploration and the freedom to express oneself adds to the learning outcomes. Such an approach also helps students to express and embrace their curiosity. Once students become curious, they tend to explore and learn by themselves. We at St Joseph's give our best to the students and develop their potentiality to the fullest.

I congratulate Mrs Meesha Gupta who left no stone unturned to gather information about the activities conducted and designing the magazine meticulously. I thank her for taking the initiative to bring forth students' writing skills via this edition. Please enjoy and feel proud of your wards and their creativity and talents.

**Wish you a happy and prosperous New Year 2024.
God Bless!**

**Sr Ophilia Lobo
Principal**

WORDS OF WISDOM

The tiny tots in the kinder garten at St Joseph's Convent School are exposed to many activities on hand. These activities focus on the student, rather than the teacher. It engages children and gives them the tools to work things out for themselves. Children learn to be confident and it makes them feel that their contributions are important.

It also encourages kids to be creative in the way they express their knowledge and thinking. The activity-based learning method provides students with the opportunity to express what they have learnt through the act of doing as well as through the act of presenting verbally.

Sr Helima
KG Headmistress

"All of the top achievers I know are life-long learners. Looking for new skills, insights, and ideas. If they're not learning, they're not growing and not moving toward excellence." – Denis Waitley

The school management and the staff affirms the saying of Denis Waitley. Kaizen, a Japanese philosophy focuses on small improvements everyday. We at St Joseph's Convent School vision our children to learn by participating in activities, irrespective

of the outcome. Continuous learning accumulates to colossal development. The school provides numerous platforms to the students for exploring their skills and portraying their talent. We continue to march towards triumph while imparting value based education.

Sr Nancy
Primary Headmistress



EDITOR'S MESSAGE

Dear Readers

“Diligence, hard work, perseverance, excellence are the values that cause things to happen.”

St Joseph's Convent School, Bathinda functions as per the aforementioned values. The school administration curates its each activity to build a strong foundation of a child at his/her early stage of life.

The third edition of Prism offers a walk through the arcade of activities conducted from October to December 2023. The newsletter speaks volumes of



the students putting their best foot forward to bring out the best in themselves. These activities played a crucial role in unveiling their talents and in raising the bar of the institution. Prism is packed with diverse events that a reader may envisage the skills of the students and the staff sparkling in the sky like confetti.

To upscale writing skills of the Josephites, the school invited entries on creative writing from the students. The newsletter received exhilarating response from the students. Readers will irrefutably enjoy reading and praising the creative thought process of our budding writers.

May Lord Almighty keep us in the hollow of His hands so that we shall continue to strive for amelioration.

A Happy New Year to you!

**Meesha Gupta
Editor**

TRIBUTE



Late Mrs Rita Sharma

Wherever a beautiful soul has been; there has been a trail of memories...

Late Mrs Rita Sharma, one of the pioneers of our institution , left for her heavenly abode on 1 December 2023.

A teacher par excellence, Ma'am Rita was a glorious member of St Joseph's family who served the institution for 34 years.

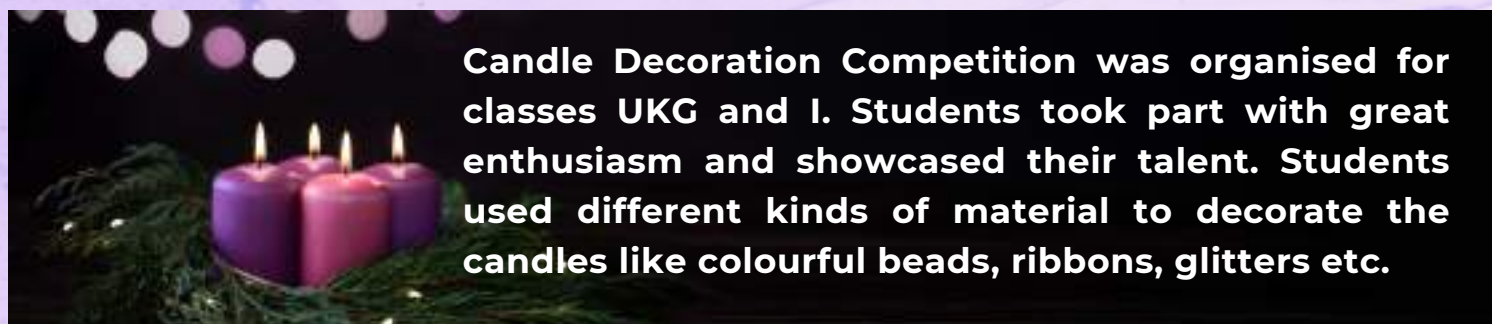
A wonderful colleague and an incredible employee. She had carved a special niche for herself in the heart of every student she had taught. She was a commandeer of magnetic personality which made her extremely popular among her co teachers. Cheerful, helpful and magnanimous at heart, she had an undying zeal to work selflessly for her institution.

Her long association with the Bethany sisters, has millions of beautiful memories which will always remain in the deepest recesses of their heart.

An ideal teacher, an ideal friend , an ideal mother and a pious soul, Ma'am Rita Sharma will always be remembered as a source of inspiration for many. St Joseph's family prays for the eternal peace of her soul.

CONTESTS

CANDLE DECORATION



STAR DECORATION



To bring out the creative side of students, Star Decoration Competition was conducted for class LKG. Tiny tots displayed their creativity by beautifully decorating the stars with glitters, bells, and other decorative materials.

CAROL SINGING

The participants of Carol Singing Competition put forth enthralling performance. The students sang a variety of Christmas carols, spreading the message of faith, happiness, and peace. The cheer of Christmas was celebrated with great vigour and zeal across the campus.



CAROL SINGING



Interclass Carol Singing Competition was organised for classes II to V. Students presented an array of performances that echoed the spirit of Christmas in the campus. Carol singing proved to be a wonderful way to spread festive cheer and sense of togetherness among Josephites.



SPECIAL ASSEMBLIES

INVESTITURE CEREMONY- II



The outgoing leaders of batch-I from KG and Primary Wing handed over the flags and sashes to the newly formed leaders as a mark of carrying forward the values of the school with great responsibility. Badges were pinned up on the young leaders to instil in them a sense of duty and pride. A group photograph of the leaders with Sisters completed the ceremony.



Sacrosanct ceremony
of
St Joseph's



CHILDREN'S DAY



Children's Day celebration was a jubilant affair filled with fun and frolic. The teachers orchestrated a stupendous show, showcasing their talents by dancing to popular Bollywood numbers. Laughter echoed in the corridors, and the vibrant atmosphere fostered a sense of camaraderie among students and teachers alike.



GURPURAB



In reverence to the first Guru of Sikhs, a prayer session and a soulful meditation was conducted along with divine Shabads which created an atmosphere of divinity and serenity in the whole campus. Karah Prasad was distributed to everyone in the school after the Ardaas.

CHRISTMAS

The kindergarten block was beautifully decorated with lights, bells and balloons for Christmas celebration. The programme featured prayer, dances and skit. The dazzling entry of Santa Claus made the children jump with joy.



FLAGSHIP EVENTS

ANNUAL FUNCTION

Infancia- The Colours of Childhood



The core of the Annual Function was the journey of a shy, introvert girl grappling with the challenges of a seemingly colourless and cold world, bereft of warmth and significance. Through various dance forms and skits woven together, the narrative skilfully depicted the challenges faced by children and the importance of understanding their perspectives.



SOLARIS SDG SUMMIT

Oratory Odyssey

Talent & Co.

Art Attack

The Rhetoric Rumble

The Great Debate

Moot Court

Model United Nations

A LAUNCHPAD TO BRILLIANCE

The school embarked on the journey to unveil talent of pupils from classes III-XII. Chief Guest Mr Raghavendra P. Tiwari, Vice Chancellor of Central University of Punjab, Bathinda; Principal Sister Ophilia Lobo along with other Sisters, flagged array of events which were administered for three days.

Over 800 participants from 10 schools presented their ideologies on ushering a credible present and sustainable future.



SOCIAL SERVICE WEEK



St Joseph's focuses on educating young minds about the society they live in. In wake of uplifting the underprivileged, the school celebrated 'Social Service Week'. This cultivated values of fraternity and sensitivity among the children. The collected articles were later distributed in slum areas by the children.



C
H
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T
Y

Newspapers

Toiletries

Stationery

Dry eatables

Cloth pieces



EDUCATIONAL TRIP

VEGETABLE GARDEN

In order to instil the value of growing plants and to explain its importance, the students of LKG were taken on a field trip to the vegetable garden of the school campus. The little ones were shown different types of plants and were explained the various parts of plants and their uses. The children had an enriching learning experience.



FUN DAY



The Kindergarten Wing observed a two day Fun Day in the campus to pamper the little ones. The students were permitted to come in casual dress. The day was packed with exciting rides like duck ride train, Mickey Mouse jumping trampoline, zorbing etc. The day culminated wherein the children grooved to the latest music beats. The smiles on the students' faces were proof of the grand success of the day and set the pace for every school day to be as joyful as Fun Day.



BEYOND THE PREMISES



Pavni Bindal of class IV-D participated in U-10 Open Chess Tournament on 10 September 2023 and secured the second position. On 27 September 2023, she played U-14 Chess Tournament organised by Khedan Watan Punjab Diyan and bagged the third prize. Apart from chess, she took part in a diverse sport like Roller Skating and performed exceptionally well. District Roller Skating championship was held on 1 October 2023 organised by Dist Roller Skating Association Bathinda wherein Pavni played two matches. She secured second and third position respectively.

Another achievement was nailed by Sargun Kaur Mann of class III-D as she participated in 7th Dist. Roller Skating Championship 2023 on 1st October 2023 which was held at Rampura Phul wherein she won three silver medals. Both of them have made our school proud by performing commendably.



Dishita Garg and Saanvi Goyal of class IV-C won gold medals in Primary Block Games held at SPS School, Paras Ram Nagar, Bathinda.



Aashna Jindal (V-B) and Art teacher Ms Sheetal Nandan exhibited their paintings. They received trophy and a certificate.



ORIENTATION PROGRAMME

SEMINAR ON POCSO



A seminar on creating awareness about the Protection of Children from Sexual Offences (POCSO) Act was held. It proved to be a crucial initiative in fostering a safe and secure environment for students. The event focused on educating the educators about the legal framework and preventive measures outlined in the act. The resource person Advocate Sameer Singh, provided insights about the various sections and sub sections of the act in an easy and lucid manner.





Creative Writing

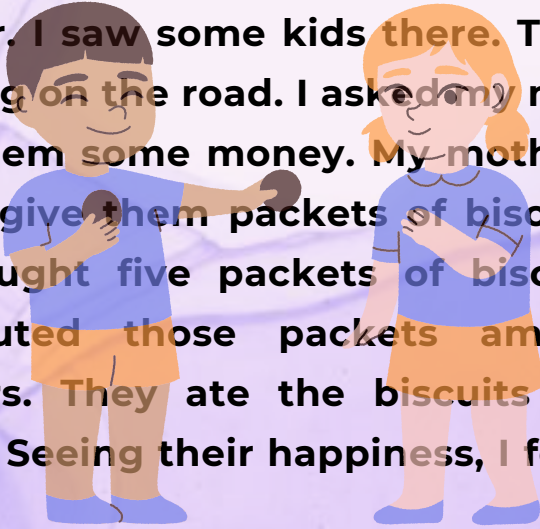
When thoughts become words...

MIRACLES HAPPEN



JOY OF SHARING

One day I went to the market with my mother. I saw some kids there. They were begging on the road. I asked my mother to give them some money. My mother asked me to give them packets of biscuit. Then we bought five packets of biscuits and distributed those packets among the beggars. They ate the biscuits and felt happy. Seeing their happiness, I felt happy too.



Moral- We should help others.



Himansh Goyal
II-A

MY FIRST EXPERIENCE OF BEING A CABINET MEMBER

It was a wonderful moment for me, when I was chosen as a Discipline Leader by my respected Sisters and teachers. I was happy and excited. On the day of the ceremony, all the Cabinet Members including me, were adorned with sashes. Sister Helima, our Headmistress, gave us our badge and congratulated us. It was a moment of great pleasure. This journey was full of new experiences. From that day, I learnt to balance my studies and duties. This has helped me to be a better leader day by day. Now I am looking forward to be a part of my School Cabinet in future too.



Utkarsh Garg
II-D

SAVE WATER

Water is a precious gift of nature,
necessary for all creatures.
Plants, animals and humans have reasons,
to drink water in all seasons.
Polluted canals and dirty rivers
to see them, I get shivers!
Let's save water and become a hero,
without water, we all will be zero.



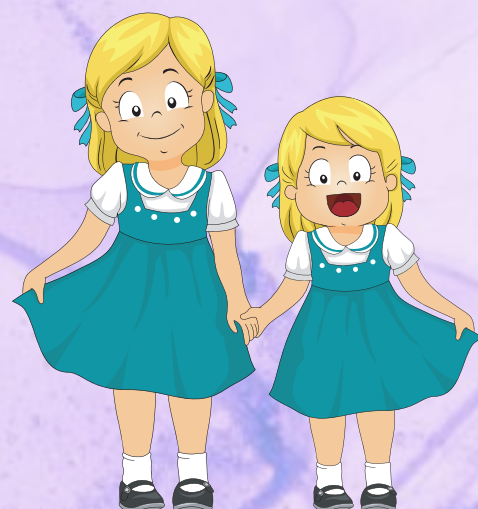
Saadat Singh
II-D

LITTLE SISTER

My sister is my best friend,
her love for me never comes to an end.
Sometimes she is angry and rude,
but without me she never eats her food.
My sister never lets me see TV screen,
but she is my princess queen.
We talk, play and sing song,
she is very tiny but still strong.
She is cute and so smart,
my baby sister is my sweetheart.
Lehar, my sister is small as a baby,
she will let me play with her toys maybe.
My little sister is always there when you
need her
she is the best sister ever.
I tell her when I am here you don't fear.
I love you so much Lehar, my teddy bear.



Bhavya
II-D



THE MAGIC OF KINDNESS

Once upon a time in a small town, there lived a little girl named Lily. Lily was known for her bright smile and kind heart. One sunny day, Lily and her friends decided to have a picnic in the park. As they reached the park, they noticed a stray puppy wandering around. The puppy looked lost and scared.

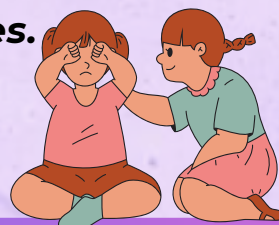
While some children hesitated, Lily stepped forward with a gentle smile. She approached the puppy slowly, offering her hand for it to sniff. Seeing Lily's kind demeanor, the puppy wagged its tail and allowed her to pet it. Lily noticed a collar around its neck and saw a phone number. Without hesitation, Lily called the number and spoke to the puppy's owner. It turned out the puppy, named Max, had wandered off from home. The owner was immensely grateful to Lily for finding and taking care of Max.

The other children were impressed by Lily's good behavior and kindness. From that day on, the children started helping each other, being kind to animals, and creating a town where everyone felt valued and respected. They realised that being kind not only made others happy but also created a positive and friendly community.



**Krishav Goyal
III-B**

Moral of the story: Being kind and helpful not only makes others happy but also enriches ourselves.



IF I COULD MAKE A WISH...

If I could make one wish, I would wish for a world filled with happiness and kindness. I want everyone to have friends to play with, families who love them, and lots of laughter every day. This way, everyone can be happy and share smiles together. That would be my special wish to make the world a wonderful place for everyone.



**Kyra
III-B**

LEMON AND SPOON RACE

Once upon a time, there was a competition in the park. All the street children participated in the competition. There were different types of activities like lemon and spoon race, dance and back race. A girl participated in lemon and spoon race and there were ten children in that race. The boys were leading the race and a girl was on the third position. However, the girl didn't give up and walked slowly and carefully. Both the boys tried to finish the race quickly and ran, but the lemon fell from their spoon. The girl continued to walk carefully and completed the race with lemon on her spoon and won the race.



**Yogita Mahajan
III-C**

Moral of the story: Slow and steady wins the race.



MIND POLLUTION

Pollution indeed blocks the way
to clear, dearly we have to pay
varied indeed the monsters play
to be vigilant all the way!

Air, water, soil we pollute
making global warmth resolute
bye to health and joy absolute
pity we accept and salute!

Far worse is our mind pollution
denies problems nice solution
fills the man's mind with all cobwebs
hard to clear with all world wide webs!

Fear, anxiety, worries for ever
peace and poise, pleasure and joy never
life of self and all made poorer
worse indeed is mind pollution!

When polluted, knows no right or wrong
good or bad, I'll or well- vices throng
Sure only His grace and guidance help.
Pray to God,
seek HIS grace and speak with self!



Naksh Goyal
III-B

मन से करो

जो भी करो मन से करो
सामना उसका हल से करो!
जितनी मुश्किल राहों में
तुम कोशिश पूरी बल से करो!
ढलना है हर आकार में तुमको
तो तुलना खुद की जल से करो!
मेहनत के हाथों तेरी किस्मत
चिंता तुम ना बस फल की करो!
कल की छोड़ो कल, कल आए
जो करना है इस पल करो!
छु लोगे तुम ऊंचा आसमान भी
शुरुआत बस तुम तल से करो!
जो भी करो मन से करो
सामना उसका हल से करो!



ADVENTURES IN THE ANIMAL KINGDOM: Exploring the Wonders of Nature

Introduction:

Welcome to the exciting world of animals! In this article, I want to take you to the thrilling journey through the vast and diverse animal kingdom, discovering the incredible creatures that share our planet.



Aryansh Tayal
III-E

Section 1: Marvellous Mammals

Mammals are vertebrate animals characterised by features such as hair or fur, mammary glands, and a warm-blooded metabolism. They give birth to live young and typically nurse them with milk. Mammals are diverse, ranging from tiny shrews to massive whales. Humans, dogs, cats, and elephants are all mammals.

Section 2: Beautiful Birds

Take flight with our feathered friends. Birds are feathered, warm-blooded vertebrates known for their ability to fly. They lay eggs and have a beak, but not all birds can fly—examples include penguins and ostriches. With around 10,000 species, they display a wide range of sizes, colours, and adaptations to various environments.

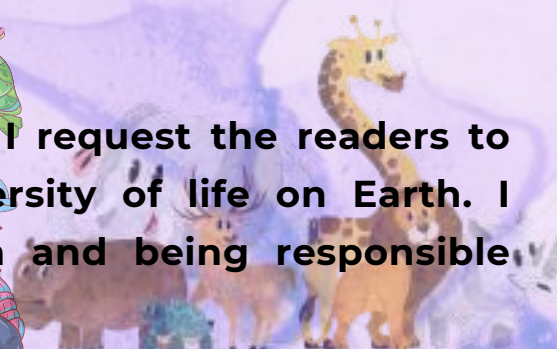


Section 3: Aquatic Adventures

Aquatic environments, including oceans, rivers, and lakes, host an incredible diversity of animal life, ranging from microscopic fishes to massive whales. Aquatic animals have evolved various adaptations for life in water.

Conclusion:

As our animal adventure comes to an end, I request the readers to appreciate and respect the incredible diversity of life on Earth. I emphasise the importance of conservation and being responsible stewards of our environment.



ANIMALS

Let's take a trip to the forest,
I'm sure it'll be one of the best.



You'll see monkeys on the trees,
But someone else lives there – Bees!

Then comes the bear who lives in a cave,
And the crocodile who loves to wave.

On trees you'll see some parrots eating
chillies,
In the pond you'll see frogs sitting on
water lilies.

The owl sleeps during the day and stays
awake at night,
When the peacock dances it is a beautiful
sight.

Watch the mighty elephants bathing on
the shore,
Topping it all with the king's ferocious
roar.

With this ends our trip to the forest,
Say, wasn't it one of the best?



Anant Singh Mann
III-E



GOD'S BEST GIFT

O Almighty, we are grateful for Thy greatest gift to us.

The gift of nature, priceless beauty spreads all over the universe.

Wherever our eyes go, we see Thy presence beyond imagination.

The trees, greeneries, animals, birds, rivers, oceans all cry and say, we are created by Him for the happiness of human beings.

God has put obligation on us to protect them for His happiness.



Krishav Mittal
IV-A

A GHOST IN THE SOCIETY

Once upon a time, there was a society named "Krishna Vatika". People lived there happily. But one day, a ghost entered in the society but nobody realised it.

An old man named, Aatmaram saw the shadow of that ghost and was scared. He called the whole society and told them about the ghost. Everyone decided to stay together till they found the ghost. While searching, Aatmaram saw the shadow again. Everyone was scared again except a man named 'Tukaram' who believed that there is nothing like a ghost, there is only God. To prove it, he called his friend who was a saint in the society. He performed some rituals and the ghost soon appeared in the society compound.

To everyone's surprise she was just a normal woman who was pretending to be a ghost making fun of everyone.

People heaved a sigh of relief and thanked the saint for the help.

Moral of the story: Believe in God.



Evaan Jindal
III-E

MEDITATION

Key to a happy and healthy life

I am writing this article because I wanted to shed light on the power of meditation. I read a book on meditation and self improvement. I was shocked to find out that Meditation plays an important role in moods that we experience. The book mainly revolves around the topic of Law of Vibration.

It mainly tells that our vibrations radiating from us influences how we feel and how others perceive us. The better our mood is, the higher the vibrations radiating from us and if we feel dull obviously it is because our body radiates bad vibes or low vibrations. So meditation gives us a higher vibration for a long term. So even if you meditate for 10 to 15 minutes in the month, you can see the changes in yourself. I also tried to meditate for a month and could see the effect. So firstly the question arises in our mind what is meditation the general opinion about meditation is to sit idle and do nothing, but it is wrong. The essence of meditation is to look through your mind and concentrate on your breathing. Apart from meditation, we can also practise yoga. If you meditate and practise yoga as well for as little as 10 to 15 minutes a day, you will see the positive changes in yourself.

I hope you learnt something new by reading this article. As we say knowledge increase by sharing, do share with others the effects of meditation.



Harleen Kaur Dhillon
V-A

WELCOME JANUARY



January is here, with a happy new year
It snows and is the coldest, in the whole world everywhere
Raise your voices, everyone singing
Happy Lohri, Happy Lohri
Then comes the Makar Sankranti
With lots of presents and delightful surprises
Wear yellow clothes, worship Goddess Sarswati
Say "Happy Basant Panchmi" while flying kites.
Heading South, make rangolies
Boil milk and rice, make pongal dishes
Let's dance together, wish each other a joyful Pongal.
Now take to the path of dharma, truth and justice
Freedom in mind, Faith in words
Pride in our heart, Memory in our soul
Let's salute the nation, Say Happy Republic day.



Vanshika
V-B

I AM AWARE OF MY RIGHTS

In the village of Kashipur, there was a man named Shanti Lal who was very rich. He owned many plots in the village. When farmers needed money, Shanti Lal would lend them a little money and make them put their thumb impressions on a paper. The poor farmers put their thumb impressions because they couldn't read or write. A farmer named Bhuvan borrowed two thousand rupees from Shanti Lal for his first daughter's wedding. But Shanti Lal added two more zeroes to two thousand and made it two lakhs. One day Shanti Lal came to meet Bhuvan. He said that you have borrowed my two lakh rupees. Give this amount back.

Or, let me marry your second daughter and I'll let you go. And then Bhuvan said, "But I have borrowed just two thousand rupees from you. I'll give that back to you as soon as possible. I don't want my daughter to get married now." Shanti Lal laughed and said, "Do you want to see the paper with your thumb impression? Don't you believe me when I say you have borrowed two lakh rupees?" Bhuvan started weeping. He did not know what to do. He told his daughter about Shanti Lal's wickedness. Bhuvan's daughter, Sunita was a clever girl. After listening this, she said to her father to go ahead and arrange this marriage. I will be happy with Shanti Lal. Next day, Sunita went to Shanti Lal and said I am happy to marry you. But before we get married, give my father the papers which says that he has borrowed two lakh rupees. Then Shanti Lal said "Sure, Sunita! I will give your father the papers this evening." During evening he visited Bhuvan's house and gave him the papers. On the day of wedding, Shanti Lal came to Bhuvan's house with a band. As soon as he got off his horse, a policeman stepped forward and arrested Shanti Lal. Then Shanti Lal got aggressive and said "How dare you arrest me!" I am the richest man in this village. I can take strict action against you. Then Policeman said you can't marry Sunita as she is only fourteen years old. A girl has to be of eighteen years old to get married. I can arrest you for this crime. Now, get into my van without saying another word. He arrested Shanti Lal and told Sunita that she was a clever and a brave girl as she came and asked for help at police station.



**Sachit
V-D**

Moral of the story: Every girl should be aware of her rights.

