

ST. JOSEPH'S INDIAN HIGH SCHOOL



Spandana



THE GOLDEN PATH



UNIVERSAL APOSTOLIC PREFERENCES

2019 - 2029

Society of Jesus

To show the way to
God through the
Spiritual Exercises
and discernment.

To walk with the poor,
the outcasts of the
world, those whose
dignity has been
violated, in a mission
of reconciliation and
justice.

To accompany the
young in the
creation of a
hope-filled future.

To collaborate in the
care of our
Common Home.





Our Patron

Saint Joseph is a figure of the Gospels in the Holy Bible. He was from a royal lineage of King David yet SIMPLE. According to the Holy Scripture, Joseph was a JUST man. He was INNOCENT and PURE, as he was chosen to be the husband of Mary. He was GENTLE and TENDER, as one worthy to be named the foster father of Jesus. He was FAITHFUL and OBEDIENT to divine calls. He was a man of FAITH and PRAYER. He had a strong BELIEF that God loved him and cared for him. He believed that God communicated to him through dreams. The Gospels describe Joseph as a “tekton”; meaning “Carpenter” or “an artisan with wood in general or an artisan in iron or stone”. Hence St Joseph was SKILLFUL and HARDWORKING. He was a man WILLING TO TAKE RISKS. He took the risk of standing by Mary despite the odds he had to face. He was COMPASSIONATE and CARING. He cared for Mary and for Jesus.

St Joseph is often referred to as a MAN of SILENCE AND VIRTUE – a man whose silence speaks louder than words. Above all, St Joseph was a MAN OF FAITH AND HARDWORK.

It is for these virtues, the Institution has taken St Joseph to be its Patron; to guide us as we endeavour to form men and women for others. The Motto – 'Fide Et Labore' meaning 'FAITH AND TOIL' reflects the spirit of St Joseph

PRAYER

St Joseph, renowned offspring of David, spouse of the Mother of God, Chaste guardian of the Virgin, Foster Father of the Son of God, Diligent protector of Christ, Joseph most just and Joseph most faithful. Pray for us.

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Rector's Message



'The old man and the sea', short heroic novel by Ernest Hemingway published in 1952 is the story of an epic struggle between an old fisherman and the greatest catch of his life. The central character is an old Cuban fisherman named Santiago who has not caught a fish for 84 days. The family of his apprentice, Manolin has forced the boy to leave the old fisherman, though Manolin continues to support him with food and bait. Santiago is a mentor to the boy. Convinced that his luck must change, Santiago takes his skiff far out into the deep water where he soon hooks a giant marlin. With all his great experience and strength, he struggles with the fish for three days admiring his strength. He finally reels the Marlin in and lashes it to his boat. However, Santiago's exhausting effort goes for naught. Sharks are drawn to be tethered Marlin leaving behind only its skeleton. After returning to the harbor, the discouraged Santiago goes to his home to sleep. In the meantime others see the Skelton tied to his boat and are amazed. A concerned Manolin is relieved to find Santiago alive and the two agree to go fishing together.

The story 'the old man and the sea' tells us how perseverance and dignity for work can help one battle through struggles of life. The Story is apt and relevant and it best captures and reminiscences the tough yet joyful events of glorious 50 years of School's service to the humanity in the field of education. The School has kept the torch burning brightly through its motto faith and toil by imparting quality education. There is so much to celebrate and rejoice and record the success stories of forming young minds through building character who in turn have become compassionate, conscientious, committed, concerned and caring for the welfare of the society.

A quick glance through the magazine reveals a glorious chapter of dedication, devotion to duty, commitment and hard work, crossing every barrier on its way, triumphing over dark nights and desolate days the School has not lost its vigor and glory and still attracts hundreds of students to its portals every year.

A man continues to do whatever he must do to the best of his ability, no matter what tribulations befall him. Fired by the charism of its founder St. Ignatius of Loyola and the patron St. Joseph, the school has endeavored itself to march amidst troubled times of history and has taken giant steps to prepare men and women who can face the challenges of time.

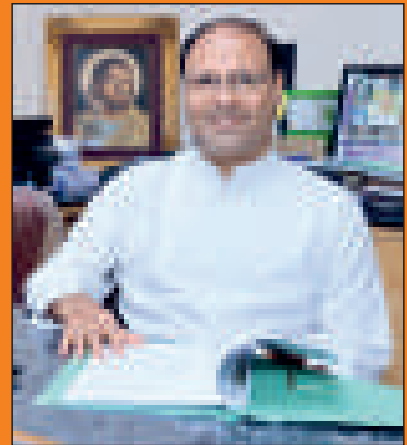
'It is not what you have lost, but what you left that counts'. The School looks forward to yet another milestone, with bright hope there is so much to achieve and accomplish.

I sincerely congratulate and thank the Principal Fr. Cyril Menezes and the Vice Principal Mrs. Savitha for their dynamic leadership and efficient administration along with the excellent staff members - teaching, administrative and the support staff. I congratulate Mrs Janet Fernandes, the coordinator of the magazine committee, the editorial team and the contributors for their excellent magazine with an inspiring theme.

I entrust the school and the entire fraternity to the loving care of our patron-St. Joseph.

Rev Fr Joseph D'souza
Rector

Principal's Note



A bell is not a bell 'til you ring it
A song is not a song 'til you sing it
Love in your heart is not put there to stay
Love is not love 'till you give it away. Oscar Hammerstein.

Whatsoever a man sows, that shall he also reap, says the Bible. The 'echo-effect' is a basic function of personality. No living person is reduced to being a passive sufferer of poor choice in a "past life" or of some deterministic luck or fate. A choice is clearly before us. All of us need to make conscious efforts to reach the target we set for ourselves. Hence sowing wisely is the need of the hour. SJHS team along with the parents and alumni made concerted efforts to realise the objectives that we set for the students to achieve. The efforts of sowing were done wisely as the labour of love. It was not just work, labour, and patience, but the proper motivation: 'faith, love, and hope.' We also sowed much. For, we reap in proportion to what we sow.

Education at the secondary level is a joint venture of teacher and parent. The magazine 'Spandana' presents to you the important events namely, academic, sports and co-curricular activities that have enlivened the campus. The association activities as well as extracurricular events, with the regular academics have kept the students and the staff on their toes. I feel proud to say that throughout this academic year we focussed on academic excellence, character formation and social concern. The outreach programmes have assisted the students to grow in concern and compassion for the less privileged of the society in order to build an egalitarian society.

Accompanying children and guiding them through the crucial phase of adolescence is a tough and challenging task. No one can deny the influence of media and technology on young minds at a very tender age. Hence, timely guidance by the parents and teachers, if necessary, by professional counsellors is obligatory. I thank the staff and parents who helped the management in fulfilling this vision and mission of the institution by providing personal care and attention to our students. I am sure the students gained confidence to face life and to develop into a person with a pleasing personality.

Like attracts like. Opposites attract opposites. In other words, you receive exactly what you give away, what you impart to others. It is like an echo, like the words you have shouted to a mountain coming back to you in the same precise order. So, if we want something, we must think positively about it, we must focus on the end result of what we wish to accomplish and we must act accordingly.

I wish that all of us are self-motivated and sharpen the tools of growth, namely, positive thinking, self-confidence, common sense and intuition, the use of our hidden talents and a desire to grow with change.

Rev Fr Cyril Menezes
Principal

*Make a beginning, discover yourself,
keep your goals growing and
keep discovering most and
more of the infinite possibilities...*



Editorial

'When your goals stop growing, you stop growing.' Thanks to the principal for setting a goal ahead of me to maximise my potential which made me feel more challenged. I also kept challenging the members of my team beyond their perceived limitations. As a leader my responsibility was not in pampering my team with my gentle womanliness but to leave them challenged with 'what more can I do?' and I'm glad and proud that they did 'more and most'!

In this edition we witness the reflection of the management, the ideas and thoughts of the principal, vice principal, achievements of the staff and creativity of the students put forth. This magazine is a result of the combined efforts of the Editorial Board. I take the opportunity to thank all the contributors, as their contribution is the reason that makes this magazine endearing with our readers. This herculean task of editing the school magazine would not have been possible without the sincere support of Mrs Josephine Flora, Mr Trueman, Mr Munishame Gowda and Mrs Shilpa, the members of the Editorial Board who sorted out the articles from the flood of articles, edited them and finally made a fair draft of them.

I wish to appreciate our budding authors, artists, and staff coordinators of various events, for the year 2022-23 and all who have volunteered to contribute to the success of the magazine.

It is a fine thing to have ability but the ability to discover ability in others is the true test. Thanks to Fr Cyril, the principal and Mrs Savitha, the vice principal for believing in our ability. I heartily wish all the readers my best wishes. I hope this souvenir will enjoy your critical acclaim. This edition is indeed a special one as it marks our golden jubilee year / 50th year of relocation. Let us rise with the hope of a better tomorrow that is free from disease and human suffering.

In this journey from June 2022 to April 2023, we have helped this edition to grow, and it has helped us grow, where we had mutually helped each other to become what we have become. There have been some priceless lessons learned too. All thanks to the almighty for his grace and being my utmost strength in this new yet fruitful journey.

Mrs Janet Jacintha Fernandes
Coordinator

Magazine Committee



I Row - Sitting from left : Mrs Janet Fernandes (Coordinator), Mrs Savitha C. (Vice-Principal), Rev Fr Joseph D'Souza SJ (Rector), Rev Fr Cyril Menezes SJ (Principal), Mrs Josephine Flora

II Row - Standing from left : Mr Munishame Gowda, Mrs Shilpa, Mr Trueman Cardoza

The Golden Path (1972-2023)

St Joseph's Indian High school. An institution that has churned out thousands of successful professionals and created better human beings since 1904. In the year 1971 - 72, the school set sail from Museum road to this very campus which was then called New fields. As we turn 50 here in this campus, we can't help but be overwhelmed as we look to turn the clock back and relive the journey. Relive each moment that moulded the character of the institution.

Fr. V. Farias an efficient and able administrator was the principal (1968-1973) when the school was shifted to its present magnificent location. In 1973 Fr. Denis Coelha took charge and continued the good work till 1978 when Fr. Sunith Prabhu was appointed as Principal. A sea change took place at the school. Vital elements like the school library, swimming pool, gymnasium, a new auditorium and SAI sports hostel were added to the schools infrastructure during his 10 years tenure. Computer education was also introduced. In 1988 Fr. Lawrence Pinto received the baton of principalship and followed his precursor by adding a new canteen and table tennis complex.

In the year 1991 Fr Victor D'Silva took charge as principal. A simple unassuming Jesuit who very well fulfilled the assigned responsibilities.

Fr Sunith Prabhu, began his second term as Principal in 1996. A remarkable person who continued to enable the institution to scale greater heights with his rich experience and foresight.

In the year 1999 Fr Melvin Pinto took over as principal. An excellent communicator and orator, he endeared himself to the staff, students and parents. During this period -

- Various clubs were launched in the school.
- Intramural cultural fest- Prerana was conducted for the first time.
- the centenary celebrations happened in a grand manner in the year 2004.
- The school was upgraded to the Pre-university level.

While looking for financial resources to expand the infrastructure, late Mrs. Vijayalakshmi Ekanandan stepped in. A teacher by profession w/o late Mr. Ekanandan Lt. Commander of Indian Navy, she made an overwhelming generous contribution of around one and a half crore rupees of her inherited property towards the project.



Mrs. Josephine Flora



Mrs. Janet Fernandes.

Fr. Louis D'souza was appointed as in-charge principal (for 6 months from Jan - 2003) in the absence of Fr. Melvin Pinto who had gone on Tertianship. He was a task master with a golden heart, a perfectionist who also inspired others to tread the same path.

Fr. Gilbert Saldanha assumed office as Principal in 2007. He was a strict disciplinarian with clear academic goals and expectations. It was in 2009, during his tenure, that co-education was introduced at the pre-university level giving a new dimension to the centennial all boys institution. The Alumni association was revived and a grand re-union of students, former principals and retired staff was organised.

Fr. Gerald Furtado was appointed as principal in 2015 - A calm and composed man who delegated the work to the right persons giving ample freedom to explore by themselves.

In the year 2017, Fr. Henry Saldanha took charge as principal. A deep thinker, ardent worker and fountainhead of illuminative ideas, his able administration and vision raised the institution to the next level.

2020 - An unforgettable year in the history of mankind due to Covid - 19.

Fr. Cyril Menezes held the reigns in 2020 - His sincere and systematic work with commitment and dedication continue to raise the standard of the school by leaps and bounds.

Our vision is to "Educate, Enlighten, and Empower" has been tested over the last 119 years, and has proved to be effective and successful time and again, accepted and appreciated by the community. The school which had a humble beginning in 2004, today has got more than 1000 students and 45 staff members on roll. As we complete 50 years of yeomen service, at the new campus what comes to my mind is that "Success comes to those who work hard and stays with those, who don't rest on the laurels of the past." We live today in a world that is so very different from the one we grew up in, the one we were educated in. The world today is changing at such an accelerated rate and we as educators need to pause and reflect on this entire system of Education. Are our schools well equipped to prepare our children to face the challenges that the future holds? Questions as such are the factors that motivate us to go through a continuous process of reflection and hence, we at SJHS work at implementing a well-balanced curriculum to ensure that the children who walk into the portals of our Schools will not just love their school years but truly be prepared to face life's challenges.

Aristotle once said, "Educating the mind without educating the heart is no education at all." Even as we impart education to match the advancement in technology and globalization, we march our children ahead with Josephite ethos of moral values and principles. We endeavour constantly to instil these qualities in our children to help them grow and develop into sensitive and responsible citizens of the future.

We fortunately have a committed and supportive management, dedicated staff, caring and co-operative parents, and undoubtedly generous and selfless alumni which blend harmoniously to create a child-centric school, at SJHS. ●

Teaching Staff



I Row From Top Left

Mr Srinivas Prasad, Mr Vinod Kumar J, Mr Trueman Cardoza G, Mr Jai Jagadish, Mr Amruthraj,
Mr Eranna D, Mr Munishame Gowda, Mr Vincent Paul T

II Row From Top Left

Mrs Supreetha Maria, Mrs Sagaya PK, Mrs Tejaswini Shetty, Mrs Brigit Sudha, Mrs Sujatha HM,
Ms Archana Rashmi, Mrs Shilpa, Mrs Roopakala, Mrs Reshma D'Souza, Ms Nirma D'Souza,
Mrs Lorraine Veona, Sr Jayamary, Mrs Rashmi JB

Sitting From Left

Dr. Anil Fernandes, Mrs Janet Fernandes (Coordinator), Mrs Elisabeth Jacob, Mrs Savitha C
(Vice-Principal), Rev Fr Joseph D'Souza SJ (Rector), Rev Fr Cyril Menezes SJ (Principal),
Rev Fr Bartholome SJ, Rev Fr Steevan Gonsalves SJ, Mrs Nola D'Lima,
Mrs Josephine Flora, Mr Ashok Patil

Teaching, Administrative & Support Staff



IV Row From Top Left

Mrs Supreetha Maria, Mrs Pramila, Mrs Sagaya PK,
Mrs Brigit Sudha, Mrs Josephine Flora, Mrs Sujatha HM,
Ms Archana Rashmi, Mrs Shilpa, Mrs Jyothis, Mrs Sunitha
D'Souza, Mrs Roopakala

Sitting From Left

Dr. Anil Fernandes, Mrs Janet Fernandes (Coordinator), Mrs
Elisabeth Jacob, Mrs Savitha C (Vice-Principal), Rev Fr Joseph
D'Souza SJ (Rector), Rev Fr Cyril Menezes SJ (Principal), Rev
Fr Bartholome SJ, Rev Fr Steevan Gonsalves SJ, Mrs Nola
D'Lima, Ms Geeta Prabhu, Mrs Pramila

I Row From Top Left

Mr Ashok Patil, Mr William Veigas

II Row From Top Left

Mr Manjunath Rao, Mr Manuel Fernandes, Mr Srinivas Prasad,
Mr Trueman Cardoza G, Mr Vinod Kumar J, Mr Jai Jagadish,
Mr Vincent Paul T, Mr Amruthraj, Mr Eranna D,
Mr Munishame Gowda, Mr Vinod

III Row From Top Left

Mrs Shwetha, Mrs Reshma D'Souza, Ms Nirma D'Souza,
Mrs Lorraine Veona, Sr Jayamary, Mrs Christina,
Mrs Jayarani, Mrs Rashmi JB

Administrative & Support Staff



I Row From Top Left - Mr Manuel Fernandes, Mr Manjunath Rao, Mr William Veigas, Mr Vinod
II Row From Top Left - Mrs Pramila, Mrs Shwetha, Mrs Christina, Mrs Sunitha D'Souza, Mrs Jyothi, Mrs Jayarani
Sitting From Left - Mrs Pramila, Mrs Savitha C (Vice-Principal), Rev Fr Joseph D'Souza SJ (Rector),
Rev Fr Cyril Menezes SJ (Principal), Ms Geeta Prabhu

Outgoing Students

CLASS X A



I Row From Top Left

Dinesh Sarki, Solomon, Pavan Kumar, Abhishek N, Akash GL, Preetham

II Row From Top Left

Arpith Daniyal, Bhimaraya H, Prabhulinga, Stephan Raj M, Pavan Kumar, Imanuel
Akshay F, Pruthvi Raj, Vimal Jayanth J, Anthony Chethan, Ashraf J Devlapur

Sitting From Left

Mrs Shilpa, Mrs Supreetha Maria, Ms Archana Rashmi, Mrs Rashmi JB, Mrs Reshma
D'Souza, Mr Munishame Gowda (Class Teacher), Rev Fr Cyril Menezes SJ (Principal),
Mrs Savitha C (Vice-Principal), Mr Srinivas Prasad, Mr Vincent Paul T,
Mr Trueman Cardoza G

Outgoing Students

CLASS X B



I Row From Top Left

Andrew Moses, Akshay V, Mohammed Esa, Siddanth Uthappa, Allen John, Mohammed Ali

II Row From Top Left

Shreyas, Vybhav Vinay Ram, Jeevan Gowda, Srikanth, Nithin E, Syed Adnan, Siddharth Vinayagan

III Row From Top Left

Shane Lionel Ward, Kushal Nanjappa, Nanje Gowda, Britto Joseph, Kush Kataria Jain, Dhananjaya, Tarun P, Tejas S, Sujay M, Adam Kumaresh, Rohith B

IV Row From Top Left

Akif Awaiz, Cidwin S, Jayanth P, Vijay Daniel, Sayid Muhammed Shamil, Syed Khabeel Salar, Chris Joshua, Yuvan Roy J L King, John Samuel, Tharun Immanuel, Hyder Ahmed, Adam Smith

V Row From Top Left

Anson Paul Lobo, Hrithik S, Varun Madappa, Mourya, Rio Kristen, Kevin Broshan, Jayden Jude, Vinay Kumar, Uday V, Anthony Solomon, Vinod Kumar, Harshavardhan

Sitting From Left

Mrs Lorraine Veona, Mrs Brigit Sudha, Mrs Sujatha HM, Mr Amruthraj (Class Teacher), Rev Fr Cyril Menezes SJ (Principal), Mrs Savitha C (Vice-Principal), Mr Eranna D, Mr Trueman Cardoza G, Mr Jai Jagadish

Outgoing Students

CLASS X C



I Row From Top Left

Nathan Rohit, Md Luqman, Syed Athiq, Yathin Kumar, Cletus Mathew,
Brian Alexander, Sri Paul Chandran, Md Adnaan Sharief

II Row From Top Left

Aarya Alexander, Madhusudhan, John Daniel, Preetham, Sampan Ganapathy, Adarsh Kumar,
Abdul Rehman, Syed Sabir, Huzaif Khan, Neel M Jain, Manas S, Dharshuvan H

III Row From Top Left

Calvyn Melchoir, Mokshith Raju, Aaron Isaac, Emmanuel Christie, Uthappa KS,
Chandan Surendar, Lijjeeth G, Ibad-Ur-Rehman, Adarsh AK, John Vinith Raj,

IV Row From Top Left

Rohit PM, Jeevan J, Bheemanna, Austin Saloman, Syed Furqaan, Keshav Murthy,
Sagar Singh, Nithesh C, Ronald Joshwa, Anush Andray, Ruban Felix

V Row From Top Left

Dicson MP, Hitesh Kumar, Hemanth S, Vaibhav, Savio R, Md Hussain Khan, Yatish, Akshay Maria,
Syed Jaffer, Md Affan, Dhanush R, Rohit Antony.

Sitting From Left

Mr Trueman Cardoza G, Mrs Josephine Flora, Mrs Elisabeth Jacob, Mrs Rashmi JB,
Mrs Savitha C (Vice-Principal), Rev Fr Cyril Menezes SJ (Principal), Mrs Janet J Fernandes
(Class Teacher), Mr Vincent Paul, Mr Ashok Patil, Mr Amruthraj, Dr. Anil Fernandes

Outgoing Students

CLASS X D



I Row From Top Left

Bhavan J, Jegin JB, Tony Williams, Dakshith, Syed Faraaz, Husaif, Sagar RV, Punith Raju

II Row From Top Left

**Md. Shahmeer, Rohit Kumar, Danish, Harshith M R, Chethan Kumar, Vijay Anand,
Deepak, Mithun, Nitesh, Jerome**

III Row From Top Left

**Pavan, Mudit Aaryan, Vruthun, Sri Sai, Vinay BR, Allen Agnel,
Manish, Perana, Vansh, Chinmay, Calvin**

IV Row From Top Left

**Akhilesh, Shiva Shankar, Shreyas, Roshan, Charan GN, Kushal, Joel,
Dhanush, Mano, Musaib, Sam David**

V Row From Top Left

Charan Babu, Lohith S, Jaden, Arul, Melwin, Vinuthan, Isaac, Dhruva, Likith, Nikhil

Sitting From Left

**Mrs Sagaya PK, Mrs Rashmi JB, Mrs Shilpa BG, Mrs Savitha C (Vice-Principal),
Rev Fr Cyril Menezes SJ (Principal), Dr. Anil Fernandes (Class Teacher),
Mr Eranna D, Mr Jai Jagadish, Mr Trueman Cardoza G, Mrs Janet J Fernandes.**

Outgoing Students

CLASS X E



I Row From Top Left

Jay A Jain, Hari Prasad V, Joy Sanjan P, Ankith Bhattra, Chethan Kumar B, Ali Mohammed Khan, Tauqeer Ahmed, Mohammed Rehan, Mohammed Fasih Ahmed, Tushar S Vaishnav

II Row From Top Left

Abdul Raheem, Vineeth Kumar S S, Jude Louis, Anthony Kenny, Joseph Prakash J, Alwin Emmanuel A, Prajwal M, Daksh Malviya, Mohammed Ibrahim, Harshvardhan Singh

III Row From Top Left

Dinesh S, Sanketh Reddy A, Tanish S, Allan Bruto M, Samarth P, Mohammed Afnan, Thomas G Daniel, Tharun Vijay V, Kenneth Joshua K, Marudhu Pandi A

IV Row From Top Left

Syed Rayhaan, Suman Mallik J, Syed Afaan Ali, Pranav M, Preetham M, Sam Snehan I, Sai Shashank H, Rahul A, Pravartharaju B K, Dixon S, Naveen R

V Row From Top Left

Deepak A, Kaushik S, Vinay Prasath G, Akshay Kumar R, Dhanunjaya S S, Alan D, Thapaswi Amrutha Rao B, Mohammed Ayaan Baig, Syed Ryan Pasha, Kathir Vikas B, Jeevan Ephraim, Raghavendra B

Sitting From Left

Mrs Janet J Fernandes, Mrs Lorraine Veona, Mrs Elisabeth Jacob, Mrs Josephine Flora (Class Teacher), Rev Fr Cyril Menezes SJ (Principal), Mrs Savitha C (Vice-Principal), Mr Srinivas Prasad, Mr Vincent Paul, Mr Ashok Patil, Mr Trueman Cardoza G

Outgoing Students

CLASS X F



I Row From Top Left

Riyan Aman Khan, Dipak Kumar, Muhammed Zubair K, Mohammed Kaif, Nikhil Singh, Steve Rohan A, Raveendhrah, Franklin Mae Richard, Fardeen Shaikh, Willy Royston A.

II Row From Top Left

Harsha Ganesh, Ramana R, Samanth Raju V, Mohammed Saifulla, Kethan S, Rithvik Gowda V, Shiva Subramanya, Praveen U, Kishor J, Sanjay M

III Row From Top Left

Milan Clinton, Mohammed Fawaaz, Akash Kumar, Nirmal J, Shashank Raj V, Bharghav Swaroop, Kishore A, Muhammed Zukhan, Brightson Gnanaraj, Noel Pandian, Ebenezer John Wesley

IV Row From Top Left

Varshith M, Mohammed Ismail, Tejas N, Kevin Kethan R, Jude Sanath M, Kishore V, Renith C Biju, Robin T Pereira, Nihal Ahmed, Shaezan Salman, Chethan S L

V Row From Top Left

Mohith Kumar B, Chiranjeevi L, Joseph Valentine N, Kuldeep Singh, Kenneth George, Sam Priyan M, Dennis Anthony M S, Abhishek Gnana Prakasham, Dhanush R, George Ashwin L, Tarun J

Sitting From Left

Dr. Anil Fernandes, Mr Jai Jagadish, Mrs Lorraine Veona, Mrs Sujatha HM, Mrs Reshma D'Souza (Class Teacher), Rev Fr Cyril Menezes SJ (Principal), Mrs Savitha C (Vice-Principal), Mr Munishame Gowda, Mr Srinivas Prasad, Mr Trueman Cardoza G

Class IX A



Class IX B



Class IX C



Class IX D



Class IX E



Class IX F



Class VIII A



Class VIII B



Class VIII C



Class VIII D



Class VIII E



Class VIII F



NCC Air Wing Troop



NCC Naval Wing



School Band



School Choir



Cricket U-16



Cricket U-14



Football Seniors



Football Juniors



ECO Club



Harmony Club



Hindustan Scouts



Hockey



Interact Club



Judo



Kabaddi



Shuttle Badminton



Volleyball



Swimming



Student Council with Leaders



Student Council With Representatives



Eucharistic Celebration

2022-23

Inaugural

The inaugural mass for the New Academic Year 2022-2023 with the Theme of the Mass as "Holy Spirit" was on Friday, May 20, 2022 at 2.30 PM.

During this mass we invoked special blessings from God for the success of the academic year. The holy mass was celebrated by Rev Fr Joseph Rodrigues SJ, Rector of St Joseph's Indian Institutions, Bengaluru. All the catholic students and staff members participated in this Holy Eucharistic celebration. ●



Thanks Giving

The Thanks giving mass for the Academic Year 2022-2023 was on Saturday, February 25th, 2022 at 8.40 AM.

During this mass we invoked special blessings from God for the class 10 students and thanked God for all the blessings received during this academic year. The holy mass was celebrated by Rev Dr Fr Roshan Castellano SJ, Professor, St Joseph's University, Bengaluru. All the catholic students and staff members participated in this Holy Eucharistic celebration. At the end the class 10 students were specially blessed by the Staff members and the main celebrant. ●



Sr Jaya Mary



Miss Nirma Dsouza

Staff Orientation Program 2022

Many Sparks, One Flame

St Joseph's Indian high school, Bengaluru in collaboration with SAMAGRA - St Joseph's Holistic Development and Wellness Center, organized a day's staff orientation programme in SAMAGRA, BJES Campus on 18th May 2022.

The Programme commenced with a Prayer service led by Dr Rekha seeking for special blessings on all the teachers for the new academic year. The teachers were invited to light a candle as a symbol of light to shine and spread the brightness in the lives of students.

The Programme continued at Loyola Hall. Mrs Nola D'Lima, compered the inaugural program, Rev Fr Brian Pereira SJ, Rector, Vice President of BJES and Director of SAMAGRA, Dr Rekha Assistant Director of SAMGRA, Rev Fr Cyril Menezes SJ, Principal of SJHS, Mrs Savitha, Vice Principal of SJHS were present on the dais and Mrs Lorraine welcomed the gathering.

The first session was conducted by Rev Fr Brian Pereira SJ about, The Modern teaching method in the Education system today. Fr Cyril Menezes SJ addressed the staff and thanked Fr Brian Pereira SJ and team for giving the opportunity to conduct the staff orientation in their campus.

The second session was taken over by Dr Rekha about Self-care and Accompaniment: the "two sides of the same coin". During the session a few group activities were conducted and their experiences were shared through a role play. After lunch break the teachers were rejuvenated with an action song taught by Mrs Lorraine and Ms Nirma Dsouza.

This was followed by a session by Dr Rekha who spoke on Counselling skills for the teachers who are Mentors to the students in the classroom and also taught a few exercises which help in relaxing the students and make classroom teaching more effective.

The final session was conducted by Fr Brian Pereira SJ on A, B, C, D as a Formula for teaching profession. The session concluded with a web net activity to connect teachers and then share their dream in order to promote SJHS Brand.

Mrs Josephine Flora proposed the Vote of Thanks. The entire programme was well coordinated by Ms Nirma Dsouza. ●



Ms Nirma Dsouza
Student Counsellor



Student Council Election 2022-23

The election for the student council was held on 11th June, 2022. The committee, under the guidance of the principal Rev. Fr. Cyril Menezes as the chief election commissioner, had taken all measures for the smooth conduct of the entire election process.

The classrooms were converted into voting booths which were well equipped with the materials required for systematic voting. It was well organized by the committee and the respective class teachers.

The efforts of the committee and the staff members in promoting students' democratic and social skills were very much appreciative.

After the completion of voting, the faculty and students gathered in the school quadrangle for counting and to announce the final result. The announcers enthusiastically engaged the students while counting took place. Sufficient information was given to the students about the election procedures by conducting quiz to the students.

The most awaited result was announced by the Principal.

Master Sam David and Master Madhusudan were elected as the SPL and DSPL respectively. They thanked the students and the faculty promising to work hard with faith and toil. ●



Mrs Savitha C
Coordinator



Leadership Training Programme for the members of the Student Council

Leadership Training Programme for the members of the Student Council was organized on 2nd July 2022, at St Joseph's College, Auditorium Loyola Hall.

Rev Fr Arun D'souza SJ, Finance officer of St Joseph's College, Bengaluru. Rev Fr Maxim Dais SJ, State Advisor of AICUF, Karnataka, Sch. Reuell Paul, Resource Person of the Programme, Rev Fr Cyril Menezes SJ, Principal of SJHS, were present



on the dais. The Programme began with prayer led by Master Deon. Master Sam David welcomed the gathering. Rev Fr Maxim Dais, in his message, asked the students to become good leaders in the school and society. Rev. Fr Cyril Menezes SJ addressed the students and shared his view on the programme and gave a call to the students to become leaders who would inspire each other in the school. The dignitaries were thanked for their support and generosity towards our students. As a token of gratitude a memento was presented to the dignitaries.

The following topics were covered by the resource person, Sch. Reuell Paul SJ which included a number of activities.

5 C's of Leadership

- Code of conduct, profile of a Josephite.
- Mind Mapping
- Duty vs Responsibility
- Teamwork and Community building.
- Leadership behaviour (self-assessment)

All the students participated with great enthusiasm. The programme was coordinated by Ms Nirma Dsouza.



Ms Nirma Dsouza
Coordinator

Staff Jescol Training



JESCOL II - Staff training programme - ASHIRVAD



Jescol training I for the newly joined staff of Jesuit Institutions

Investiture Ceremony & Felicitation of the Silver Jubilarian 2022-23

Investiture ceremony was held on June 18, 2022 and the newly elected members were successfully inducted into the students' council. It was indeed a momentous occasion to celebrate the silver jubilee of Mrs. Janet J Fernandes, the faculty in English and Social Science. The Ceremony began with a prayer service and lighting the lamp with utmost faith and divinity.

Mr Srinivas warmly welcomed the gathering and Master Sam David introduced the silver jubilarian. The Principal along with the staff and students honoured Mrs. Janet on her successful completion of 25 years of fruitful service in the institution.

The grand honouring ceremony with dance and wishing song was a joyful atmosphere to the celebration.

The Jubilarian Mrs. Janet motivated the students to be an inspiration, rather than looking for one.

The grand march of House marshals along with the newly elected students' council captivated the audience.

The students' happiness knew no bounds when badges were pinned on the blazers of elected leaders by the Jubilarian, the Principal and the Vice Principal.

The principal, Rev. Fr. Cyril Menezes administered the oath to the newly elected students' council and congratulated them. He emphasized the significance of setting priorities and urged them to take responsibility with sincerity and commitment. The entire program was well organized and executed by the faculty and students. ●



Mrs Savitha C
Coordinator



Felicitation of Mrs. Janet .J.F



Educating the mind without educating the heart is no education at all said by Aristotle. A Blessed morning to the Blessed persons present here. I Sam David of class 10th D feel that it is a great honour and privilege to share my experience about our teacher Janet ma'am on behalf of all the students.

Teaching is the profession that creates all the professions and we are grateful that you ma'am have chosen to be a teacher and we are fortunate to be students under your umbrella of expertise.

Ma'am had joined this institution in the year 1997 and since then has strived hard and contributed a lot to this institution for the past 25 years

If the lady with the lamp is Florence Nightingale, then the lady with the fan is our Janet ma'am.

As a teacher of English and social science she has inspired hundreds of students as great teacher, counselor, a wonderful mentor, strict, stern and at the same time a kind hearted person.

One of the best things about ma'am is that she would not mince words but speak directly about any matter.

A teacher is the most influential person in students' life after their parents, Janet ma'am has influenced very many students tirelessly shaping their minds leading them through the right path, like a mother who cares for each child impartially. Known for her punctuality, ma'am creates the same urge in all of us.

She has been a pillar of strength to the institution loyal, dedicated, a committed teacher, colleague and a friend. She is a gifted person. With the many talents and abilities she has wonderfully compered many School programs and has been the coordinator of the Philately association for many years.

She has encouraged the students to become young Philatelists and organised special programs for the students .

Ma'am is the recipient of the mentoring teacher award in recognition of professional contribution towards academic excellence by Garden City College in the year 2012.

I want to steal everybody's attention for a moment. Like every other student even I had questioned my capability of being a leader and they kept revolving in my brain. With these questions in my head and the student Council nomination paper in my bag I went and stood before ma'am and expressed my doubt and ma'am said this statement, "you are born with leadership qualities, good in behaviour and you are a confident person, so go forth and enroll your name in the student Council". These words of encouragement is one of the reasons that I stand before you as a school pupil leader (SPL)

Teachers can change lives with the mix of chalk and challenges. Janet ma'am is just the right mix of both and we are blessed to be her students.

We extend our overwhelming gratitude to you ma'am for being not only a teacher but also an awakener.

I, on behalf of all the students, wish her all the very best for her future endeavours, good health, happiness and long years of fruitful and enlightening service to all the batches in the years to come.

We love you Ma'am
THANK YOU



Master Sam David

SPL - 2022-23

Students' Orientation Program & Retreat 2022-23

An orientation programme for class 10 students was conducted on 26th May 2022 in order to motivate them for the new academic year.

The Resource person, Fr Peter began the first session with an Ice-breaking activity which was followed by the introduction of the theme for the day 'LIKE A TREE GROW DOWN TO GROW UP TO BE A SHINING S.T.A.R.'. After the short break the students were engaged with the action song "Like a Tree Grow Down to grow up" conducted by Mr Kiran.

The remaining two sessions were spent in elaborating the word STAR thus helping the students to lead a meaningful life ahead. The letter 'S' - SELF-KNOWLEDGE, 'T' - TALENTS AND TIME, 'A' - AFFECTION and 'R' - REACH OUT. Later a Meditative activity with Question & answers was conducted in the concluding part.



The orientation programme for class 9 students was conducted on 27th May 2022 . Fr Robin C.S.S.R was the resource person for the day's programme. The first session was on the topic 'Who am I?' and the second on 'Goal Setting'. Some group activities were conducted. The final session of the day was on 'The Influence of social media'.

The orientation programme for class 8 students was conducted on 28th May 2022. The first session was on 'Time management', the second on 'Wheel of life / Personal Wellness/Attitude'. Third session of the day was on the theme "Seven Morning Habits/ S.M.A.R.T Goals. Final session was on Beliefs of Excellence/Activity/KAIZEN (SMALL CHANGES FOR BIG RESULTS).

Spiritual Orientation

A spiritual orientation for the Catholic students of 10th Standard was conducted on 26th May 2022 and for students of 9th Standard on 27th May 2022. It was led by Bro. T. K. George of Yesusparsha team. He spoke on the topic "Honour your parents". Bro. William D'Souza led the music ministry. Prolife Manjula Joy spoke on "Importance of prayer life and faith". The team also led the healing adoration and prayed for the students' future. Fr Cyril Menezes SJ celebrated the Holy Eucharist and blessed the students of class 10 while Fr Felix Anand SJ did so for the students of Class 9. ●

Ms Nirma Dsouza
Coordinator

ಭೀರಯೋಧ ಸಂತ ಇಗ್ನಾಸಿಯವರ ಜನ್ಮದಿನೋತ್ಸವದ ಆಚರಣೆಯ ವರದಿ 2022



ಸಂತ ಜೋಸೆಫರ ಇಂಡಿಯನ್ ಸಂಸ್ಥೆಯ ಸ್ಥಾಪಕರಾದ ಸಂತ ಇಗ್ನಾಸಿಯವರ ಜನ್ಮದಿನೋತ್ಸವವನ್ನು ಜುಲೈ 30ನೇ ತಾರೀಖು 2022 ರಂದು ಆಚರಿಸಲಾಯಿತು.

ನಮ್ಮ ಸಂಸ್ಥೆಯ ರೆಕ್ಟರ್ ವಂದನೀಯ ಸ್ವಾಮಿಗಳಾದ ಜೋಸೆಫ್ ಡಿಸೋಜಾ ಅವರು ಕಾರ್ಯಕ್ರಮದ ಮುಖ್ಯ ಅತಿಥಿಗಳಾಗಿದ್ದರು ಈ ಉತ್ಸವದ ದಿನದ ಮೊದಲು ನವೇನ ಪ್ರಾರ್ಥನೆಯನ್ನು ಒಂಬತ್ತು ದಿನಗಳವರೆಗೆ ನಡೆಸಿದವು .ಈ ಉತ್ಸವದ ಪ್ರತೀಕವಾಗಿ ಸಾಂಸ್ಕೃತಿಕ ಕಾರ್ಯಕ್ರಮವನ್ನು ನಿಯೋಜಿಸಿದ್ದೆವು. ಈ ಸಂದರ್ಭದಲ್ಲಿ ಸಂತ ಇಗ್ನಾಸಿಯವರ ಜೀವನ ಚರಿತ್ರೆಯ ಕುರಿತು ಸಾಕ್ಷ್ಯ ಚಿತ್ರವನ್ನು ಬಿತ್ತರಿಸಲಾಯಿತು.

ಸುಮಾರು ಇಪ್ಪತ್ತು ದಿನಗಳ ಮೊದಲೇ ಸಂತ ಇಗ್ನಾಸಿಯವರ ಜೀವನ ಚರಿತ್ರೆಯ ಕುರಿತಾದ ಮಾಹಿತಿಗಳನ್ನು, ಬಿಜಾಪುರದ ಟೈನ್ಸಿಂಗ್ ಕಾರ್ಯಕ್ರಮದ ವಿವರಣೆಯನ್ನು, ವಿಜ್ಞಾನಿಗಳಾಗಿ ಜೆಸ್ವಿಟ್ಸ್ ಅವರ ವಿಚಾರಗಳನ್ನು ಹಾಗೂ ಸಂತ ಜೋಸೆಫರ ಇಂಡಿಯನ್ ಪ್ರೌಢಶಾಲೆಯ ಬಗ್ಗೆ ಮಾಹಿತಿಗಳನ್ನು ಸಮಿತಿಯ ಸದಸ್ಯರು ಸಂಗ್ರಹಿಸಿ ಮುದ್ರಿಸಿದ ನಂತರ ಫೈಕ್ ಅನ್ನು ರಚಿಸಿ ಆಯಾ ತರಗತಿಯ ಮುಂಭಾಗದಲ್ಲಿ ಪ್ರದರ್ಶಿಸಿದ್ದೆವು. ಈ ಮಾಹಿತಿಗಳನ್ನು ಆಧರಿಸಿ ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ರಸಪ್ರಶ್ನಾ ಕಾರ್ಯಕ್ರಮವನ್ನು ಹಮ್ಮಿಕೊಳ್ಳಲಾಯಿತು.

ಜುಲೈ 30 ನೇ ತಾರೀಖು 2022ರಂದು ಮಹೋತ್ಸವದ ಬಲಿ ಪೂಜೆಯನ್ನು ಕ್ಯಾಥಲಿಕ್ ಪೋಷಕರಿಗೂ, ಶಿಕ್ಷಕ-ಶಿಕ್ಷಕೇತರ ಸಿಬ್ಬಂದಿ ವರ್ಗದವರಿಗೂ ಹಾಗೂ ವಿದ್ಯಾರ್ಥಿ ವೃಂದದವರಿಗೂ ಆಯೋಜಿಸಲಾಗಿತ್ತು. ಶಿವಮೊಗ್ಗ ಜಿಲ್ಲೆಯ ಬಿಷಪ್ ರಾದ ವಂದನೀಯ ಸ್ವಾಮಿಗಳಾದ ಫ್ರಾನ್ಸಿಸ್ ಸೆರಾವೋ ಅವರು ಮುಖ್ಯ ಯಾಜಕರಾಗಿ ಪೂಜೆಯನ್ನು ಅರ್ಪಿಸಿದರು.

ಸಂತ ಇಗ್ನಾಸಿಯವರ ಜನ್ಮದಿನೋತ್ಸವದ ಆಚರಣೆಯ ಅಂಗವಾಗಿ ನಮ್ಮ ಸಂಸ್ಥೆಯವರು ಸಿಬ್ಬಂದಿ ವರ್ಗದವರಿಗೂ ಹಾಗೂ ಅವರ ಕುಟುಂಬದ ಸದಸ್ಯರಿಗೂ ಅನೌಪಚಾರಿಕ ಸಭೆಯನ್ನು ಏರ್ಪಡಿಸಿದ್ದರು. ಈ ಕಾರ್ಯಕ್ರಮವು ಪ್ರಾರ್ಥನೆಯೊಂದಿಗೆ ಪ್ರಾರಂಭಗೊಂಡಿತು. ಈ ಸಂದರ್ಭದಲ್ಲಿ ಕರ್ನಾಟಕ ಪ್ರಾಂತೀಯ ಅಧ್ಯಕ್ಷರಾದ ವಂದನೀಯ ಸ್ವಾಮಿಗಳಾದ ಡಯಾನೇಷಿಯಸ್ ಡಿಸೋಜಾ ಅವರನ್ನು ಹಾಗೂ ಸಂಸ್ಥೆಯ ರೆಕ್ಟರ್ ವಂದನೀಯ ಸ್ವಾಮಿಗಳಾದ ಜೋಸೆಫ್ ಡಿಸೋಜಾ ಅವರನ್ನು ಸನ್ಮಾನಿಸಲಾಯಿತು.

ಈ ಸಂದರ್ಭದಲ್ಲಿ ಸಾಂಸ್ಕೃತಿಕ ಕಾರ್ಯಕ್ರಮಗಳನ್ನು ಹಾಗೂ ಮೋಜಿನ ಆಟಗಳನ್ನು ಆಯೋಜಿಸಲಾಗಿತ್ತು. ಈ ಮಹೋತ್ಸವವು ಅರ್ಥಪೂರ್ಣವಾಗಿದ್ದು ಔತಣಕೂಟದೊಂದಿಗೆ ಮುಕ್ತಾಯಗೊಂಡಿತು.



Harmony Club Inauguration

ಸಾಮರಸ್ಯ ಸಂಘ

ಸಂತ ಜೋಸೆಫರ ಇಂಡಿಯನ್ ಪ್ರೌಢಶಾಲೆಯಲ್ಲಿ ದಿನಾಂಕ 10.09.2022 ಶನಿವಾರದಂದು ಸಾಮರಸ್ಯ ಸಂಘದ ಉದ್ಘಾಟನಾ ಸಮಾರಂಭವನ್ನು ಆಚರಿಸಲಾಗಿತ್ತು.

ಈ ಉದ್ಘಾಟನಾ ಸಮಾರಂಭದಲ್ಲಿ ಫಾದರ್ ಸಿರಿಲ್ ಮೆನೇಜಸ್ ಎಸ್ ಜೆ ಪ್ರಾಂಶುಪಾಲರು, ಶ್ರೀಮತಿ ಸವಿತಾ ಉಪ ಪ್ರಾಂಶುಪಾಲರು, ಶ್ರೀಮತಿ ಲುಬುನ ಸಲ್ಮಾನ್ ಪಿಟಿಎ ಉಪಾಧ್ಯಕ್ಷರು ಹಾಗೂ ಮುಖ್ಯ ಅತಿಥಿಗಳಾದಂತಹ ಫಾದರ್ ರೆಕ್ಟರ್ ಜೋಸೆಫ್ ಡಿಸೋಜಾ ಎಸ್.ಜೆ., ಶ್ರೀ ಗೋಕುಲ್ ಮತ್ತು ಸುಲೇಮಾನ್ ಬಾನ್ ರವರು ಹಾಗೂ ಸಂಘದ ಸಂಯೋಜಕರಾದ ಜೈ ಜಗದೀಶ್ ರವರು ಉಪಸ್ಥಿತರಿದ್ದರು.

ಎಲ್ಲಾ ಗಣ್ಯರು ದೀಪವನ್ನು ಬೆಳಗುವ ಮೂಲಕ ಕಾರ್ಯಕ್ರಮವನ್ನು ಜಾಲನೆ ಮಾಡಲಾಯಿತು. ಮುಖ್ಯ ಅತಿಥಿಗಳಿಗೆ ಸನ್ಮಾನ ಕಾರ್ಯಕ್ರಮ ಹಮ್ಮಿಕೊಳ್ಳಲಾಯಿತು ಮನಮುಟ್ಟುವ ಭಾಷಣದಿಂದ ಬಂದಂತಹ ಮೂವರು ಅತಿಥಿಗಳು ವಿದ್ಯಾರ್ಥಿಗಳ ಗಮನ ಸೆಳೆದರು ಹಾಡು ಹಾಗೂ ನೃತ್ಯ ಸಂಯೋಜನೆಯೊಂದಿಗೆ ಸಾಮರಸ್ಯವನ್ನು ಸಾರಿ ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ಸಂತಸವನ್ನು ಉಂಟು ಮಾಡಿತು. ಸಾಮರಸ್ಯ ಸಂಘದ ಉದ್ಘಾಟನೆಯೊಂದಿಗೆ ಎಲ್ಲಾ ಮತಬಾಂಧವರು ಒಂದಾಗಿ ಸಾಮರಸ್ಯ ಹಾಗೂ ಸಹ ಸಹೋದರತ್ವದಿಂದ ಬಾಳಬೇಕೆಂಬ ಸಂದೇಶವನ್ನು ನಮ್ಮ ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ಹಾಗೂ ಸಮಾಜಕ್ಕೆ ನೀಡಿದಂತಾಯಿತು. ●



Welcome & Honouring of the new Rector



ಜೈ ಜಗದೀಶ್
ಸಂಯೋಜಕರು

Azadi Ki Amruth Mahotsav

Independence Day 2022

St. Joseph's Indian Institutions celebrated **75th year of Independence day** with all pomp and glory in the school Football ground with national theme 'Azadi ki Amruth Mahotsav.'

It was a joint venture of all the units of SJII. The celebration invoked the spirit of nationalism. Each cultural program was meaningful and evoked the sense of nationalism that was true to the core theme 'Azadi ki Amruth Mahotsav.'

Cmde. C.D. Balaji, alumnus of SJIHS, The President. Fr. Rector Joesph D'souza, the heads of all the institutions presided and the graced occasion.

The chief guest after receiving the honour addressed the gathering. He said, that the day reminds us of all the sacrifices that were made by our freedom fighters in order to set India free from the British rule. He recalled his student life as NCC cadet in the school and advised students to live up to the motto of the school "Fide Et labore". He was grateful to his alma mater and recalled his contributions to the nation as scientist and chairman of K Tech CoE A and D and as former director of ADA.

The student representative of PUC Ms Phalguni Prasad addressed the gathering about the significance of the day.

The Rector addressed the gathering and recalled the noble sacrifice of our freedom fighters and the precious value they have left behind. Prizes and certificates were awarded to the winners of the competitions conducted in the various units on the occasion.

CBSE students performed MIME, Primary school with Tableau and college students with patriotic song. The staff of the SJIHS evoked the sense of patriotic spirit with their splendid dance performance.



I thank all the coordinators of different units for their meticulous plan in making the program a grand successful.

Thank You



Mr. Srinivas Prasad
The Chief Coordinator

Prerana

Intramural Cultural Fest - 2022



Prerana the Intramural Cultural Fest was organized on 21st & 22nd July 2022. The inaugural programme was held at 9.00 am on 21st July. Rev Fr Joseph D'souza SJ, Rector St Joseph's Indian Institution, Bangalore, Rev Fr Cyril Menezes SJ, Principal St Joseph's Indian High School, Rev Fr Vijay Raju SJ, Director St Joseph's Community College, Bengaluru, Rev Fr Rohan D'Alimeda SJ, Principal St Joseph's School, CBSE. Mr Vinod Amruth Raj Principal, St Joseph's Indian composite PU College, Mrs Savitha C, Vice Principal, Ms Nirma D'souza, Coordinator of Prerana 2022, were present on the dais. The program commenced with prayer led by Sr. Jayamary and team, followed by lighting of the lamp by all the dignitaries and welcome address by Mrs Brigit.

Rev Fr Joseph D'souza, in his message encouraged the students to exhibit their talents. Ms Nirma D'souza, Coordinator, shared the significance of Prerana to the gathering. Rev Fr Cyril Menezes SJ invited the students to take active part in the competition and build on their hidden talents and Mr Srinivas Prasad proposed Vote of thanks.

After the inaugural Programme Mrs Flora explained the rules and regulation of various events



along with venues selected for various events. There were 7 competitions held in the morning session and 8 in the afternoon session.

The second day commenced with Novena prayer of St Ignatius of Loyola, offering flowers to the Potrait of St Ignatius. Novena Prayer service was conducted by Sr Jaymary & team. This was followed by Talents show competition for all the classes.

The Prerana-2022 Valedictory programme started at 1.30 PM. Mr Kiran Waugh, an Alumnus and Music director was the chief guest for the programme. The programme commenced by invoking God's blessing.



Mrs Flora welcomed the gathering and introduced the chief guest, Mr Kiran Waugh. Rev Fr Cyril Menezes SJ expressed his words of appreciation for the students and faculty members for the successful event. Overall Championship Trophies were distributed to the students by the guests.

Mr Kiran Waugh, addressed the students and shared his memories of Prerana during his school days and how it had helped him to succeed in his life. He also entertained the audience with a dance performance and song.

Ms Nirma Dsouza, Coordinator of Prerana-2022 presented the report of Prerana. This was followed by the cultural events.

Rev Fr Joseph D'souza SJ, Rector in his concluding message urged the students to continue progressing. He also appreciated the school for organizing the

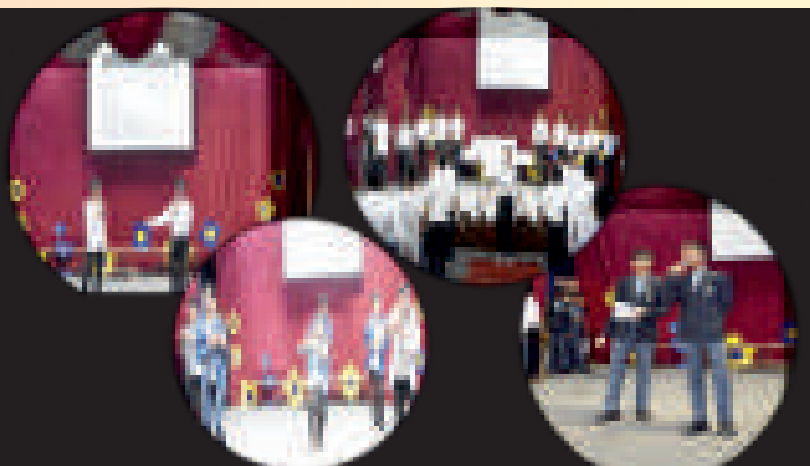


cultural fest which has helped the students to showcase their talents. Mr Eranna proposed the vote of thanks and Mr Kiran Waugh, Chief Guest declared Prerana-2022 Closed. ●



Ms Nirma Dsouza
Coordinator

Teachers' Day Celebration



Teachers can change lives with just the right mix of chalk and challenges.

Teachers Day was celebrated on 5th September in our school with pomp and grandeur. There was an unusual excitement in the school atmosphere which was quite contagious.

The entire program was well planned and organised by the student council members of SJHS.

The day began by welcoming the teachers at the school gate with a beautiful handmade quote by the students (cabin decoration, staff room decoration).

The teachers who were surprised to see the decorated staff room and cabins were escorted to the auditorium by the student council and NCC cadets. The Principal Rev. Fr. Cyril Menezes presided over the program which began with prayer followed by lighting of the lamp by the Principal, Vice principal, Mrs Nola D'lima, Mrs. Rani, Mrs. Pramila. A variety of cultural program with welcome dance, a comedy skit, dance, wishing song, a musical concert were performed as a sign of gratitude to the teachers.

The celebration also had a few games to make the child within come alive.

The Principal Rev. Fr. Cyril Menezes addressing the entire school urged the students to maintain the bequest of respecting teachers and lauded the entire staff for their exemplary contribution.

The Principal appreciated the sincere efforts of the student council for all the initiatives taken in organising teachers day.

Thus, the entire celebration paved a new hope for teachers to rejoice the journey as a teacher. ●



Mrs. Rashmi JB
Coordinator

163^{ನೇ} ಗಾಂಧಿ ಜಯಂತಿ ಆಚರಣೆಯ ವರದಿ

163ನೇ ಗಾಂಧಿ ಜಯಂತಿ ಆಚರಣೆಯನ್ನು ಅಕ್ಟೋಬರ್ ಎರಡರಂದು ನಮ್ಮ ಶಾಲೆಯಲ್ಲಿ ಆಚರಿಸಲಾಯಿತು. ಮುಖ್ಯ ಅತಿಥಿಯಾಗಿ ನಮ್ಮ ಶಾಲೆಯ ಉಪ ಪ್ರಾಂಶುಪಾಲರಾದ ಶ್ರೀಮತಿ ಸವಿತಾರವರು ಆಗಮಿಸಿದ್ದರು.

ಹೂವಿನ ಕುಂಡಗಳಿಂದ ಹಾಗೂ ಹೂವಿನಿಂದ ಗಾಂಧೀಜಿಯವರ ಚಿತ್ರಪಟವನ್ನು ಸಿಂಗರಿಸಿ ಅದಕ್ಕೊಂದು ಮೆರುಗನ್ನು ಶ್ರೀಯುತ ಅಮೃತ್ ಹಾಗೂ ತಂಡದವರು ತಂದುಕೊಟ್ಟಿದ್ದರು. ಶ್ರೀಮತಿ ಸವಿತಾರವರು ದೀಪ ಬೆಳಗಿಸಿ ಹೂವನ್ನು ಚಿತ್ರಪಟಕ್ಕೆ ಅರ್ಪಿಸುವುದರೊಂದಿಗೆ ಕಾರ್ಯಕ್ರಮವು ಆರಂಭಗೊಂಡಿತು.

ಕಾರ್ಯಕ್ರಮವನ್ನು ಮೊದಲಿಗೆ ಸರ್ವಧರ್ಮ ಪ್ರಾರ್ಥನೆಯೊಂದಿಗೆ ಆರಂಭಿಸಲಾಯಿತು. ಪ್ರಾರ್ಥನೆಯನ್ನು “ಹಾರ್ಮನಿ” ಸಂಘದ ಸದಸ್ಯರಾದ ಸಿಸ್ಟರ್ ಜಯ ಮೇರಿಯವರು ಮಕ್ಕಳ ಸಹಾಯದಿಂದ ನಡೆಸಿಕೊಟ್ಟರು. ನಂತರ ಶ್ರೀಯುತ ಅನಿಲ್‌ರವರ ನೇತೃತ್ವದಲ್ಲಿ ಭಜನೆಯನ್ನು ಆಯೋಜಿಸಲಾಗಿತ್ತು. ಕುಮಾರಿ ಗೀತಾರವರ ಸುಂದರ ಶಾರೀರ ಹಾಗೂ ಎಲ್ಲಾ ಶಿಕ್ಷಕ ವೃಂದದವರ ಸುಂದರ ಸುಮಧುರ ಕಂಠದಿಂದ ಗಾಂಧೀಜಿಯವರ ಕ್ರಿಯ ಭಜನೆಯಾದ “ರಘುಪತಿ ರಾಘವ ರಾಜಾರಾಮ” ಗಾಯನವನ್ನು ನಡೆಸಿಕೊಡಲಾಯಿತು. ಭಜನೆಯಲ್ಲಿ ಪಾಲ್ಗೊಂಡ ಎಲ್ಲಾ ಅಧ್ಯಾಪಕ ವೃಂದದವರಿಗೆ ಕಮಿಟಿಯ ಸದಸ್ಯರು ಚಿರಮುನಿಯಾಗಿದ್ದಾರೆ.

ಶ್ರೀಮತಿ ಸಗಯಾ ಮೇರಿಯವರು ಮಕ್ಕಳಿಗೆ ಗಾಂಧಿ ಜಯಂತಿ ಆಚರಣೆಯ ಮಹತ್ವದ ಬಗ್ಗೆ ತಿಳಿಸಿಕೊಟ್ಟರು. ನಂತರ ಗಾಂಧೀಜಿಯವರ ಕಿರುಪರಿಚಯದ ವಿಡಿಯೋವನ್ನು ಶ್ರೀಯುತ ಶ್ರೀನಿವಾಸ್ ಪ್ರಸಾದರ ನೇತೃತ್ವದಲ್ಲಿ ಶ್ರೀಮಾನ್ ಟ್ರೂಮನ್‌ರವರು ಪ್ರದರ್ಶಿಸಿದರು. ನಂತರ ಗಾಂಧೀಜಿಯವರ ಆದರ್ಶಗಳ ಬಗ್ಗೆ ಪರಿಚಯಿಸಿದ ಶ್ರೀಮತಿ ಸವಿತಾರವರು ಮಕ್ಕಳಿಗೆ ಕೆಲ ಹಿತನುಡಿಗಳನ್ನು ಹೇಳಿದರು- “Interact Club”ನ ಶ್ರೀಮತಿ ಲೋರೆನ್ ಹಾಗೂ “ಇಕೋ ಕ್ಲಬ್”ನ ಶ್ರೀಮತಿ ರಶ್ಮಿರವರ ಮಾರ್ಗದರ್ಶನದಲ್ಲಿ Interact Club”ನ ಮಕ್ಕಳು “ಅಂತರರಾಜ್ಯ”ವನ್ನು ಪ್ರತಿನಿಧಿಸುವ “ಫ್ಯಾಷನ್ ಶೋ” ಹಾಗೂ “ದೇಶಭಕ್ತಿ”ಯನ್ನು ಸಾರುವ “ನೃತ್ಯ”ವನ್ನು ಪ್ರದರ್ಶಿಸಿದರು.

ನಮ್ಮ ಅಚ್ಚುಮೆಚ್ಚಿನ ಪ್ರಾಂಶುಪಾಲರಾದ ಫಾದರ್ ಸಿರಿಲ್‌ರವರ ಮಾರ್ಗದರ್ಶನದಲ್ಲಿ ಶ್ರೀಮತಿ ಸುಜಾತ, ಶ್ರೀಮತಿ ನೋಲ, ಶ್ರೀಯುತ ಅನಿಲ್ ಹಾಗೂ ಕುಮಾರಿ ಅರ್ಚನಾರವರಿಂದ ಸಭಾಂಗಣದಲ್ಲಿ ಆಯೋಜಿಸಲ್ಪಟ್ಟ “ಗಾಂಧಿ ಜಯಂತಿ” ಕಾರ್ಯಕ್ರಮವು ಒಂದು ಗಂಟೆಯ ಅವಧಿಯೊಳಗೆ ಪೂರ್ಣಗೊಂಡಿತು. ●



ಹೆಚ್.ಎಂ. ಸುಜಾತ
ಸಂಯೋಜಕಿ

Harmony Club ಸಾಮರಸ್ಯ ಸಂಘ

ಕೇದ್ ಮಿಲಾದ್ ಹಾಗೂ ದೀಪಾವಳಿ ಹಬ್ಬದ ಆಚರಣೆ

ಸಂತ ಜೋಸೆಫರಾ ಇಂಡಿಯನ್ ಪ್ರೌಢಶಾಲೆಯಲ್ಲಿ ದಿನಾಂಕ 21-10-22ರ ಶುಕ್ರವಾರದಂದು ಸಾಮರಸ್ಯ ಸಂಘದ ವತಿಯಿಂದ ಕೇದ್ ಮಿಲಾದ್ ಹಾಗೂ ದೀಪಾವಳಿ ಹಬ್ಬದ ಆಚರಣೆಯ ಕಾರ್ಯಕ್ರಮವನ್ನು ಹಮ್ಮಿಕೊಳ್ಳಲಾಯಿತು. ಈ ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ ಫಾದರ್ ಸಿರಿಯಲ್ ಮೆನೇಜರ್ ಎಸ್.ಜೆ. ಪ್ರಾಂಶುಪಾಲರು, ಶ್ರೀಮತಿ ಸವಿತಾ ಸಿ. ಉಪ ಪ್ರಾಂಶುಪಾಲರು, ಶ್ರೀಮತಿ ಲುಬ್ನಾ ಸಲ್ಮಾನ್ ಪಿಟಿಎ ಅಧ್ಯಕ್ಷರು ಹಾಗೂ ಪಿ.ಟಿ.ಎ. ಸದಸ್ಯರುಗಳಾದ ಮಹೇಶ್, ರಾಜ ಹಾಗೂ ಸಾಮರಸ್ಯ ಸಂಘದ ಸಂಯೋಜಕರಾದ ಜೈ ಜಗದೀಶ್‌ರವರು ಉಪಸ್ಥಿತರಿದ್ದರು. ಈ ವಿವಿಧ ಧಾರ್ಮಿಕ ಹಬ್ಬಗಳ ಆಚರಣೆಯಿಂದ ನಮ್ಮ ಸಮಾಜದಲ್ಲಿ ಎಲ್ಲಾ ಧರ್ಮಗಳು ಹಾಗೂ ಅವರ ಆಚರಣೆಗಳ ಮೇಲೆ ಗೌರವ ಹೆಚ್ಚಾಗುತ್ತದೆ ಹಾಗೂ ಸೋದರತ್ವ ಭಾವನೆ ಬೆಳೆಯಲು ಸಹಕಾರ ಹಾಗೂ ಉತ್ತೇಜನ ನೀಡಿದಂತಾಗುತ್ತದೆ. ಶ್ರೀಮತಿ ಸುಜಾತಾರವರ ಅಧ್ಯಕ್ಷತೆಯಲ್ಲಿ ಪ್ರಾರ್ಥನೆಯು ಅರ್ಥಪೂರ್ಣವಾಗಿ ನಡೆಯಿತು. ಸಿಸ್ಟರ್ ಜಯಮೇರಿ ಹಾಗೂ ಶ್ರೀಮತಿ ಶಿಲ್ಪಾರವರು ಪ್ರಾರ್ಥನೆ ನೆರವೇರಲು ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ತರಬೇತಿ ನೀಡಿದ್ದರು.

ಶ್ರೀ ಶ್ರೀನಿವಾಸ್ ಪ್ರಸಾದ್‌ರವರ ಅಧ್ಯಕ್ಷತೆಯಲ್ಲಿ ಶ್ರೀಮತಿ ಸಗಾಯ ಪ್ರೇಮ್‌ಕುಮಾರಿ ಹಾಗೂ ಶ್ರೀಮತಿ ಬ್ರಜತ್ ಸುಧಾರವರು ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ನಿರೂಪಣೆಯ ತರಬೇತಿಯನ್ನು ನೀಡಿದ್ದರು. ಸುಮಧುರವಾದ ಹಾಡಿನೊಂದಿಗೆ ನೃತ್ಯದ ಮೂಲಕ ಎಲ್ಲರನ್ನು ರಂಜಿಸಿದ ವಿದ್ಯಾರ್ಥಿಗಳನ್ನು ಶ್ರೀಮತಿ ಜಾನೆಟ್ ಫರ್ನಾಂಡಿಸ್ ಹಾಗೂ ಶ್ರೀಮತಿ ರೇಷ್ಮಾ ಡಿಸೋಜಾರವರು ಸುಂದರವಾಗಿ ತರಬೇತಿ ನೀಡಿದ್ದರು. ವಿಭಿನ್ನವಾದ ಧನ್ಯವಾದಗಳು ಸಲ್ಲಿಸಿದ ವಿದ್ಯಾರ್ಥಿಗಳನ್ನು ಶ್ರೀಮತಿ ಜೋಸೆಫ್ ಫ್ಲೋರಾ ತರಬೇತಿ ನೀಡಿದ್ದರು. ●



ಜೈ ಜಗದೀಶ್
ಸಂಯೋಜಕರು



Annual Athletic Meet- 2022-23



by announcing cash incentives to the sports persons who qualify at the National Level. The Sports day concluded on a solemn note with the lowering of the school flag and Beating the retreat administered by the captains. ●

The Annual Athletic Meet was held on 29th October, 2022. Being the first Sports meet conducted post pandemic, it added greater enthusiasm and excitement amidst the students. Some of the events were conducted prior to the Sports Day in order to provide the students with the opportunity to participate in many events.

Inauguration Ceremony

The inaugural ceremony was a grand event with Mr. Roy Nanjappa, an Alumnus from the batch of 1973 as our chief guest. He was a National Hockey player and the CEO of Life Coach company. He was welcomed by a large gathering of Alumni who took part in the March past along with the students. Mr. Roy Nanjappa spoke on the occasion about the importance of being a sports person and awarded the medals and certificates to the winners of the already completed events.



Closing Ceremony

The closing ceremony began with the colorful display by the students exhibiting their talent and coordination through the Aerobic dance.

Mr. C.J. Babu an Alumnus, CEO of White Gold and the president of the OBA of the SJIIAA graced the occasion and awarded the prizes and certificates to the overall champions. He also boosted the morale of the students



Mr. Vincent Paul T
Physical Education Teacher



Mr. Jai Jagadish
Physical Education Teacher

ಮಕ್ಕಳ ದಿನಾಚರಣೆಯ ವರದಿ-2022-23



ಮನೆಯ ಮೊದಲ ಪಾಠಶಾಲೆ, ಜನನಿ ತಾನೆ ಮೊದಲ ಗುರುವು,
ಮಕ್ಕಳೇ ದೇವರೆಂದರು ಅಧ್ಯರು.

ನಮ್ಮ ಶಾಲೆಯಲ್ಲಿ ಮಕ್ಕಳ ದಿನಾಚರಣೆಯನ್ನು ದಿನಾಂಕ 14-11-2022 ರಂದು ಅತ್ಯಂತ ಸಂಭ್ರಮದಿಂದ, ಸಡಗರದಿಂದ ಅರ್ಥಪೂರ್ಣವಾಗಿ ಆಚರಿಸಲಾಯಿತು. ಅಧ್ಯಾಪಕರು ಮಕ್ಕಳ ಭವಿಷ್ಯ ಉಜ್ವಲವಾಗಲಿ, ಬದುಕು ಬಂಗಾರವಾಗಲೆಂದು ಭಗವಂತನನ್ನು ಪ್ರಾರ್ಥಿಸಿದರು. ಶಾಲೆಯ ಮುಖ್ಯೋಪಾಧ್ಯಾಯರಾದ ವಂದನೀಯ ಫಾ. ಸಿರಿಲ್ ಮಿನಿಜಸ್ ರವರು ಮಕ್ಕಳಿಗೆ ಶುಭಾಶಯವನ್ನು ಕೋರುವುದರ ಜೊತೆಗೆ ಹಿತನುಡಿಗಳನ್ನು ಹೇಳಿದರು. ಶಿಕ್ಷಕರು ಸಾಂಸ್ಕೃತಿಕ ಕಾರ್ಯಕ್ರಮದ ಮೂಲಕ ಮಕ್ಕಳ ಮನಸ್ಸಿಗೆ ಮುದ ನೀಡಿದರು. ವರ್ಣಮಯವಾದ ನೃತ್ಯ, ವಾದ್ಯಗೋಷ್ಠಿ ಮತ್ತು ಹಾಸ್ಯ ನಾಟಕವು ಮಕ್ಕಳು ಸಂತಸದಿಂದ ಕುಣಿದಾಡುವಂತೆ ಮಾಡಿತು. ಸಾಹಿತ್ಯ, ಸಂಗೀತ ಹಾಗೂ ಮನಮೋಹಕವಾದ ನಾಟ್ಯ ಮಕ್ಕಳ ಮನಸ್ಸನ್ನು ಸೂರೆಗೊಂಡಿತ್ತು. ಶಾಲಾ ನಾಯಕನಾದ ಮಾಸ್ಟರ್ ಸ್ಯಾಮ್ ಡೇವಿಡ್ ತುಂಬು ಹೃದಯದಿಂದ, ಆತ್ಮೀಯವಾಗಿ ವಿಧೇಯತೆಯಿಂದ ಗುರುವೃಂದಕ್ಕೆ ಧನ್ಯವಾದಗಳನ್ನು ಸಮರ್ಪಿಸಿದನು. ಗುರುಗಳು ಹಾಗೂ ವಿದ್ಯಾರ್ಥಿಗಳ ನಡುವೆ ಕ್ರೀಡೆಯನ್ನು ಏರ್ಪಡಿಸಲಾಗಿತ್ತು. ಕ್ರೀಡೆಯಲ್ಲಿ ಪ್ರತಿಯೊಬ್ಬರೂ ಆಸಕ್ತಿಯಿಂದ ಭಾಗವಹಿಸಿದರು. ಕಾರ್ಯಕ್ರಮದ ಕೊನೆಯಲ್ಲಿ ಮಕ್ಕಳಿಗೆ ಸಿಹಿ ಹಂಚಲಾಯಿತು. ●



ಕಲರಣ್ಣ ಡಿ.
ಸಂಯೋಜಕರು



NCC REPORTS

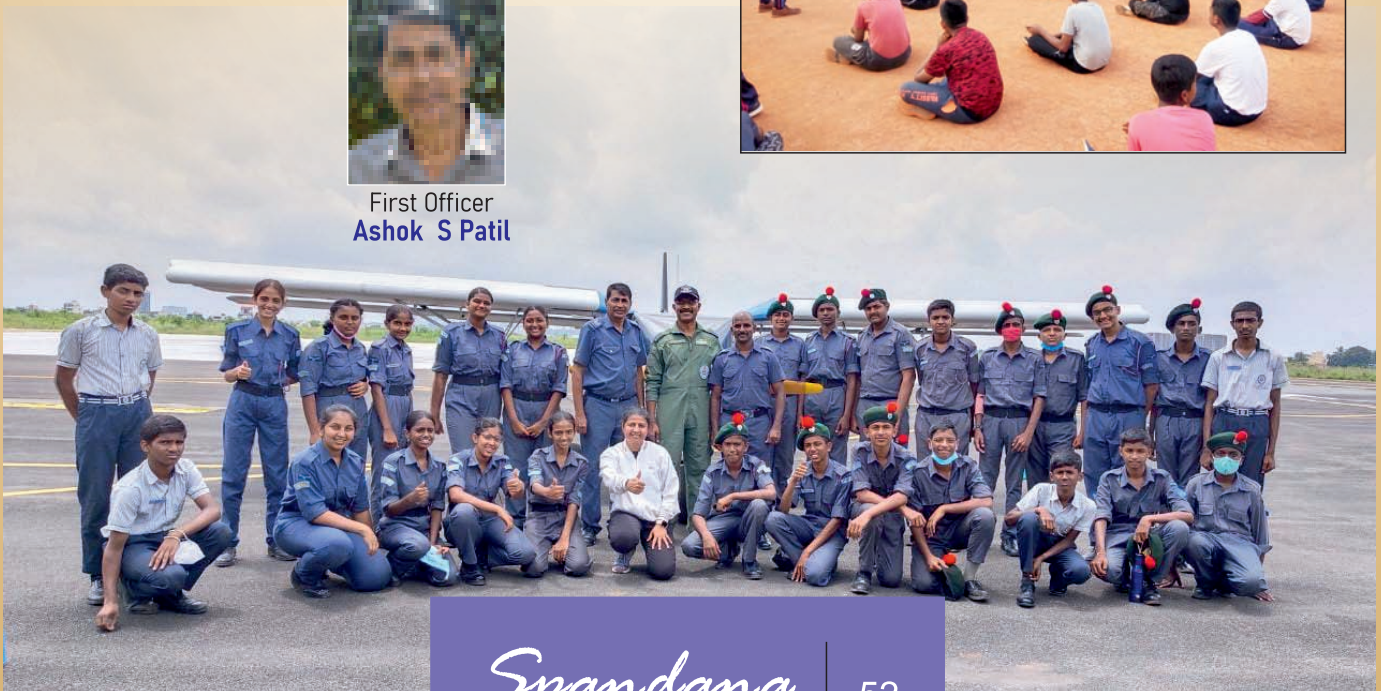
Air Wing 2022-23

With commendable discipline, Unity in Strength, Spirit of Duty and Loyalty, through regular Parade sessions and Training, programmes the NCC Air Wing Troop of our school keep their motto "TOUCHING THE SKY WITH GLORY" in flying colours. This troop though inaugurated a year back has been infused with the spirit of Discipline, service, hard work and responsibility to the enthusiastic cadets. The cadets are trained in General Science, Air Frame, Aero Engine, Airmanship, Aircraft Recognition, Principles of Flight, Aero Modeling, etc. Some of the activities that have brought appreciation during the year are as follows:

- ◆ 26 of our cadets took active part in the 10 days Combined Annual Training Camp held at Air Force Station Jalahalli, Bangalore.
- ◆ We take pride with the 10 cadets who were also selected to undergo a practical training experience in flying the aircraft.
- ◆ 2 cadets were also selected to undergo 10 days EBSB Camp at Ballari.
- ◆ 10 Cadets Attended Air Show and Exhibition. ●



First Officer
Ashok S Patil



Naval Wing 2022-23



National Cadet Corps in the school plays a pivotal role in shaping the character of students by infusing the values of patriotism, service, discipline and hard work. The Naval wing of NCC functioning in the school is Junior Division and junior Women cadets. Enrolled Cadets are given institutional training and can participate in adventure activities, community development programmes, national level and annual training camps, youth exchange programmes, sports and cultural activities. A company of 100 cadets has 33% seats are reserved for girls. It is a matter of pride and satisfaction that both boys and girl cadets show their enthusiasm by attending various camps like CATC, ATC, Sailing, RDC & NIC etc. During the CATC (combined annual training camp) cadets learn the benefit of foot drill, rifle drill, field and battle craft, weapon & obstacle training, map reading, firefighting, first aids, camp pitching, firing, mount climbing, and games

Cadets participated in ceremonial parades on Independence and Republic Day. Achievement





1. International Yoga Day
2. Swachh Bharath Abhiyan
3. Statue cleaning and Maintaining
4. AIDS Awareness Rally
5. Trekking camp
6. CATC Camp
7. Visit to the old age Home.
8. Republic Day celebration at school level
9. Independence Day celebration and
10. Riffle Firing.

Certificates were distributed to the cadets on the republic day.

NCC Unit observed the International Yoga Day on 21st of June adhering to the Yoga Protocol. The event concluded with a pledge to practice yoga for mental and Physical well being

The following Activities were conducted by the Naval NCC cadets of our school:



Dr. Anil Fernandes
Chief Officer



ಹಿಂದೂಸ್ಥಾನ್ ಸ್ಕೌಟ್ಸ್

ಶಿಬಿರದ ವರದಿ

ಸೆಂಟ್ ಜೋಸೆಫ್ಸ್ ಇಂಡಿಯನ್ ಹೈಸ್ಕೂಲ್ ಸಭಾಂಗಣದಲ್ಲಿ ದಿನಾಂಕ 15-09-2022 ರಿಂದ 17-9-22 ರವರೆಗೆ ಮೂರು ದಿನಗಳ ಪ್ರವೇಶಾರ್ಥಿ ಶಿಬಿರವನ್ನು ಆಯೋಜಿಸಲಾಗಿತ್ತು. 2022-23ರ ಶೈಕ್ಷಣಿಕ ವರ್ಷದಲ್ಲಿ ನೂತನವಾಗಿ ಹಿಂದೂಸ್ಥಾನ್ ಸ್ಕೌಟ್ಸ್ ಆರಂಭಗೊಂಡಿದ್ದು ನಮ್ಮ ಶಾಲೆಗೆ ಹೆಮ್ಮೆಯ ವಿಚಾರ. ಈ ಶಿಬಿರದಲ್ಲಿ ಪ್ರೌಢಶಾಲೆಯ 40 ವಿದ್ಯಾರ್ಥಿಗಳು ಭಾಗವಹಿಸಿದ್ದರು. ಸ್ಕೌಟ್ಸ್‌ನ ನುರಿತ ತರಬೇತಿದಾರರು ನಮ್ಮ ಮಕ್ಕಳಿಗೆ ಸ್ಕೌಟ್ಸ್‌ನ ಮಹತ್ವ ಮತ್ತು ಇದರ ಪ್ರಯೋಜನಗಳನ್ನು ವಿವರಿಸಿದರು. ಅನೇಕ ಚಟುವಟಿಕೆಗಳಲ್ಲಿ ಮಕ್ಕಳು ಉತ್ಸಾಹದಿಂದ ಪಾಲ್ಗೊಂಡಿದ್ದರು. ಶಿಬಿರದ ಕೊನೆಯ ಮುಕ್ತಾಯ ಸಮಾರಂಭದಲ್ಲಿ ಶಾಲೆಯ ಮುಖ್ಯೋಪಾಧ್ಯಾಯರು, ಉಪ ಮುಖ್ಯೋಪಾಧ್ಯಾಯರು, ಸ್ಕೌಟ್ಸ್‌ನ ಮುಖ್ಯಸ್ಥರು ಉಪಸ್ಥಿತರಿದ್ದರು. ಸಮಾರಂಭದ ಮುಖ್ಯ ಅತಿಥಿಗಳಾಗಿ ಭಾರತ ಅಂಧರ ಕ್ರಿಕೆಟ್ ತಂಡದ ನಾಯಕರಾದ ಪದ್ಮಶ್ರೀ ಪ್ರಶಸ್ತಿ ವಿಜೇತರಾದ ಶೇಖರ್ ನಾಯಕ್ ಆಗಮಿಸಿದ್ದರು. ಇವರ ಭಾಷಣದ ಮಾತುಗಳು ಎಲ್ಲರಿಗೂ ಪ್ರೇರಣೆಯನ್ನು ಉಂಟುಮಾಡಿದವು. ●



ಮುನಿಶಾಮೇಗೌಡ .ಕೆ
ಸಂಯೋಜಕರು

ANNUAL GENERAL BODY MEETING

PTA 2022 - A Report

The annual general body meeting was held on Saturday the 19th of November 2022 at 10.30am in St Joseph's Indian Primary school auditorium. The heads of the units from Primary school, High school and the PU College along with the PTA vice president accompanied Mrs. Janet Fernandes the Silver Jubilarian of the High School. They were escorted to the venue by Mr. Ashok Patil the AGM committee member.

The program began with the resolution read by Mrs. Sherlin the vice principal of the primary school. A prayerful beginning with the lighting of the lamp followed by the prayer service was conducted. Mr. Anil Fernandes welcomed the dignitaries and all the guests gathered. On behalf of the Finance officer Rev. Fr John Bosco SJ, the representatives from the various units presented the audited accounts for the financial year 2021-2022. The keynote address was rendered by Rev. Fr Cyril Menezes S.J the President of the PTA.

Mr. Harish, the secretary of the PTA from the PU College conducted the proceedings for co-opting the new PTA members. Mrs. Lubna Salman, the Vice President of the PTA addressed the gathering and thanked the heads of the various units by offering them a chocolate bouquet exclusively prepared by her.

Rev. Fr Joseph D'Souza S.J, the Rector of the institution awarded the cash prizes and certificates to the following toppers in the SSLC examination conducted in April/May 2022.

SL.No	Name of the Student	Class	Marks obtained	%
1.	Sanjay Kumar. V	10E	623 / 625	99.68%
2.	Ashwin R Fernandes	10C	622 / 625	99.52%
3.	Mateen Sharief	10B	619 / 625	99.04%
4.	Prajwal - Kan medium	10A	580 / 625	92.08%



Mrs. Janet Fernandes was honored by the dignitaries for her glorious completion of 25 years of service in the high school. Mrs. Janet shared her nostalgic memories of her journey along the silver path. The heartwarming musical rendition of the song by the members of the staff dedicated to the silver jubilarian was led by Mr. Amruthraj. Rev. Fr Joseph D'Souza the Rector of the institution shared his views on the occasion. The programme concluded with the vote of thanks by the primary school. ●



Mr. Vincent Paul
Coordinator

ಬೆಳ್ಳಿ ಹಬ್ಬವನ್ನು ಆಚರಿಸಿಕೊಳ್ಳುತ್ತಿರುವ ಶ್ರೀಮತಿ ಜಾನೆಟ್‌ರವರನ್ನು ಕುರಿತು ನನ್ನ ಮನದಾಳದ ನಲ್ಲುಡಿಗಳು

ವೇದಿಕೆಯಲ್ಲಿ ಆಸೀನರಾಗಿರುವ ಗಣ್ಯರೇ, ಪೋಷಕರೇ, ನನ್ನ ಆತ್ಮೀಯ ಸಹೋದ್ಯೋಗಿ ಬಂಧುಗಳೇ,

ಶ್ರೀಮತಿ ಜಾನೆಟ್ ಫರ್ನಾಂಡಿಸ್‌ರವರು ಸಂತ ಜೋಸೆಫರ ಇಂಡಿಯನ್ ಪ್ರೌಢಶಾಲೆಯ ನಭೋಮಂಡಲದಲ್ಲಿ ಸದಾ ಪ್ರಜ್ಞಾಪುಷ್ಪ, ಎಂದಿಗೂ ಕರಗದ ಪೂರ್ಣಚಂದ್ರ. ದಿನಕಳೆದಂತೆ ಎಲ್ಲರಿಗೂ ವಯಸ್ಸಾಗುವುದು ಸಹಜ. ಆದರೆ ಇವರ ವಿಚಾರದಲ್ಲಿ ಇದು ಅಪ್ಪಟ ಸುಳ್ಳು ಎಂದರೆ ತಪ್ಪಾಗಲಾರದು. ಇವರು ತಮ್ಮ 25 ವರ್ಷಗಳ ಸೇವಾ ಅವಧಿಯನ್ನು ಪೂರ್ಣಗೊಳಿಸಿ ಬೆಳ್ಳಿ ಮಹೋತ್ಸವವನ್ನು ಆಚರಿಸುತ್ತಿದ್ದಾರೆಂದರೆ ಎಲ್ಲರ ಹುಬ್ಬೇರುವುದು ಸಹಜ. ಬಹುಶಃ ಇವರ ಪರಿಶುದ್ಧವಾದ ಮನಸ್ಸು ಮತ್ತು ಶಿಸ್ತುಬದ್ಧ ಜೀವನ ಶೈಲಿಯೇ ಇವರ ವಯಸ್ಸಿನ ಗುಟ್ಟು ಇರಬೇಕೆಂಬುದು ನನ್ನ ಅಭಿಪ್ರಾಯ.

ಇವರ ರೂಪ ಸೌಂದರ್ಯಕ್ಕಿಂತಲೂ ಮಿಗಿಲಾಗಿ ಅವರ ಒಳ್ಳೆಯ ಗುಣ, ವ್ಯಕ್ತಿತ್ವ ಎಲ್ಲರನ್ನೂ ಆಕರ್ಷಿಸುವಂಥದ್ದು. ಒಮ್ಮೆ ಕಂಡರೆ ಸಾಕು ಮನಸ್ಸಿಗೆ ಅಚ್ಚು ಮೆಚ್ಚಾಗಿ ಅಚ್ಚುಕೆಯದೆ ಉಳಿಯುವ ವ್ಯಕ್ತಿತ್ವ ಇವರದು.

ನಾನು ಕಳೆದ ಸುಮಾರು 16 ವರ್ಷಗಳಿಂದ ಶ್ರೀಮತಿ ಜಾನೆಟ್ ಅವರನ್ನು ಕಾಣುತ್ತಿದ್ದು ಅವರ ರೂಪ ಮತ್ತು ನಡತೆಗಳೆಲ್ಲ ಎಳ್ಳಷ್ಟು ಬದಲಾವಣೆಯನ್ನು ಕಂಡಿಲ್ಲ. ಎಲ್ಲರೊಂದಿಗೆ ಪ್ರೀತಿ, ಸ್ನೇಹದಿಂದ ಬೆರೆತು ನಗು ಮೋಗದಿಂದ ಮಾತನಾಡುವ ಅಕ್ಕರೆಯ ನುಡಿಗಳು ನಮ್ಮ ಕಿವಿಗಳಿಗೆ ಇಂಪೆನಿಸುತ್ತವೆ. ಇದಕ್ಕಾಗಿಯೇ ಇವರೆಂದರೆ ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ಮಾತ್ರವಲ್ಲ, ಎಲ್ಲಾ ಸಹೋದ್ಯೋಗಿಗಳಿಗೂ ಅಚ್ಚು ಮೆಚ್ಚು

ನೇರ ನಡೆ, ನೇರ ನುಡಿ ಹೊಂದಿರುವ ನೇರ ವ್ಯಕ್ತಿತ್ವ ಇವರದ್ದು. ಕಿರಿಯ ಸಹೋದ್ಯೋಗಿಗಳಿಗೆ ಇವರು ನೀಡುವ ಪ್ರೋತ್ಸಾಹ, ಮಾರ್ಗದರ್ಶನ ಮತ್ತು ವಿದ್ಯಾರ್ಥಿಗಳನ್ನು ಆಕರ್ಷಿಸುವ ಇವರ ಬೋಧನಾ ಶೈಲಿ ಅವರ್ಣನೀಯ. ಶಿಸ್ತು, ತಾಳ್ಮೆ, ಕಠಿಣ ಪರಿಶ್ರಮ, ಪ್ರೀತಿ ವಾತ್ಸಲ್ಯ ಹೀಗೆ ಹತ್ತು ಹಲವು ಗುಣಗಳು ಇವರ ಸೌಂದರ್ಯಕ್ಕೆ ಅಭರಣಗಳಂತೆ ಶೋಭಿಸುತ್ತವೆ. ಅಲ್ಲದೆ ಇವರ ಸೌಂದರ್ಯವನ್ನು ಇಮ್ಮಡಿಗೊಳಿಸುತ್ತವೆ.



25 ವರ್ಷ ಪೂರೈಸಿ ಬೆಳ್ಳಿ ಹಬ್ಬವನ್ನು ಆಚರಿಸಿಕೊಳ್ಳುತ್ತಿರುವ ಈ ಬೆಳ್ಳಿ ಬೊಂಬೆಯ ಕಿರು ಪರಿಚಯವನ್ನು ನೋಡುವುದಾದರೆ, ಮಕ್ಕಳಲವ್ವ ಮನೆ ತುಂಬಾ ಎಂಬ ಮಾತನ್ನು ಮೈಗೂಡಿಸಿ ಕೊಂಡಿದ್ದ ಕಡಲ ತಡಿಯ ಮಂಗಳೂರಿನ ಆದರ್ಶ ದಂಪತಿಗಳಾದ ಸಂತನ್ ಜೋಸೆಫ್ ಫರ್ನಾಂಡಿಸ್ ಮತ್ತು ಜುಲಿಯಾನ್ ಪಿಂಟೋ ಅವರ ಹತ್ತನೆಯ ಮುದ್ದಿನ ಮಗಳಾಗಿ, ಎಲ್ಲರಿಗೂ ಅಕ್ಕರೆಯ ತಂಗಿಯಾಗಿ ಶ್ರೀಮತಿ ಜಾನೆಟ್ ಫರ್ನಾಂಡಿಸ್ ಅವರು 1971 ಏಪ್ರಿಲ್ 15 ರಂದು ಮಂಗಳೂರಿನಲ್ಲಿ ಜನಿಸಿದರು.

ಕೊನೆಯ ಮಗುವಾಗಿದ್ದರಿಂದ ಇವರಿಗೆ ತಂದೆ, ತಾಯಿಗಳ, ಅಣ್ಣ, ಅಕ್ಕಂದಿರ ಅಪಾರ ಪ್ರೀತಿ ಬಾಲ್ಯದಲ್ಲಿ ಲಭಿಸಿದವು. ಮಂಗಳೂರಿನ ಸೇಂಟ್ ಅಗೋರಿನ್ಸ್ ಶಾಲೆಯಲ್ಲಿ ಪ್ರಾಥಮಿಕ ಮತ್ತು ರಾಜೇಶ್ವರ್ ಶಾಲೆಯಲ್ಲಿ ಪ್ರೌಢಶಿಕ್ಷಣವನ್ನು ಮುಗಿಸಿ ಮುಂದಿನ ವಿದ್ಯಾಭ್ಯಾಸಕ್ಕಾಗಿ ಮಂಗಳೂರಿನ ಸೇಂಟ್ ಆಗ್ನೇಸ್ ಕಾಲೇಜಿಗೆ ಸೇರಿ ಇಲ್ಲಿ ತಮ್ಮ ಪದವಿ ಶಿಕ್ಷಣವನ್ನು ಮುಗಿಸಿದರು. ತರುವಾಯ ಮಂಗಳೂರಿನ ಸೇಂಟ್ ಆನ್ಸ್ ಕಾಲೇಜಿನಲ್ಲಿ ಬಿ.ಎಡ್ ಪದವಿಯನ್ನು, ಮೈಸೂರು ವಿಶ್ವವಿದ್ಯಾನಿಲಯದಿಂದ ಅರ್ಥಶಾಸ್ತ್ರ ವಿಷಯದಲ್ಲಿ ಸ್ನಾತಕೋತ್ತರ ಪದವಿ ಪಡೆದರು. ಉನ್ನತ ಶಿಕ್ಷಣದ ನಂತರ ಕಡಲತಡಿಯಿಂದ ಉದ್ಯಾನನಗರಿಗೆ ಆಗಮಿಸಿದ ಇವರು ಬೆಂಗಳೂರಿನ ದಾವಸ್ ಕಾಲೇಜಿನಲ್ಲಿ ಡಿಪ್ಲೊಮಾ ಇನ್ ಕೆರಿಯರ್ ಗೈಡೆನ್ಸ್ ವಿಷಯದಲ್ಲಿ ತರಬೇತಿ ಮುಗಿಸಿ ತಮ್ಮ ವೃತ್ತಿ ಜೀವನಕ್ಕೆ ಪಾದಾರ್ಪಣೆ ಮಾಡಿದರು.

ಕೆಲವು ದಿನಗಳ ನಂತರ ಒಲ್ಲದ ಮನಸ್ಸಿನ ವೃತ್ತಿಯನ್ನು ತೊರೆದು ನಂತರ ತಮ್ಮ ಮೆಚ್ಚಿನ ಶಿಕ್ಷಕ ವೃತ್ತಿಯನ್ನು ಆಯ್ಕೆ ಮಾಡಿಕೊಂಡು 1993-1996 ರವರೆಗೆ ಬೆಂಗಳೂರಿನ ಆರ್.ಟಿ. ನಗರದ ಫ್ಲಾರೆನ್ಸ್ ಶಾಲೆಯಲ್ಲಿ ಶಿಕ್ಷಕಿಯಾಗಿ ಮೂರು ವರ್ಷ ಕಾರ್ಯ ನಿರ್ವಹಿಸಿದರು. ವೃತ್ತಿ ಜೀವನದ ಮೊದಲ ವರ್ಷದಲ್ಲೆಯೇ ನಮ್ಮ ಪ್ರೀತಿಯ ಚಂದ್ರಮುಖಯಾದ ಶ್ರೀಮತಿ ಜಾನೆಟ್‌ರವರು ಶ್ರೀಯುತ ಕ್ಲೆಮೆಂಟ್ ಡಿಸೋಜಾರವರ ಪ್ರಾಣಸಹಿಯಾಗಿ ತಮ್ಮ ವೈವಾಹಿಕ ಬದುಕಿಗೆ ಕಾಲಟ್ಟದ್ದು ವಿಶೇಷ. 1997ರಲ್ಲಿ ಸೇಂಟ್ ಜೋಸೆಫ್ ಇಂಡಿಯನ್ ಪ್ರೌಢಶಾಲೆಗೆ ಆಗಮಿಸಿ ಸುದೀರ್ಘ 25 ವರ್ಷಗಳ ಸೇವೆಯನ್ನು ಸಲ್ಲಿಸಿರುತ್ತಾರೆ. ತಮ್ಮ ವೃತ್ತಿ ಜೀವನದಲ್ಲಿ ಸಹಸ್ರಾರು ವಿದ್ಯಾರ್ಥಿಗಳು

ಇವರಿಂದ ವಿದ್ಯೆಯನ್ನು ಪಡೆದು ಇಂದು ಸಮಾಜದಲ್ಲಿ ಅನೇಕ ಹುದ್ದೆಗಳನ್ನು ಅಲಂಕರಿಸಿರುವುದು ಶ್ಲಾಘನೀಯ.

ಈ ವಿಶೇಷ ಸಂದರ್ಭದಲ್ಲಿ ವಿದ್ಯಾರ್ಥಿಗಳ ಪರವಾಗಿ, ಹಿತೈಷಿಗಳ ಪರವಾಗಿ ಹಾಗೂ ಇಲ್ಲ ನೆರೆದಿರುವ ಎಲ್ಲರ ಪರವಾಗಿ ಮೊಗಜ್ಯಾ ಜಾನೆಟ್ ಮ್ಯಾಂ ತುಮ್ಮಾ ಪೊಂಜೀಸ್ ವರ್ಸಾಂಜ್ಯಾ ಜುಬ್ಲೆವಾ ಸಂದರ್ಭ ತುಮ್ಮಾ ಸರ್ವ್ ಬೊರೆಂ ಮಗ್ತಾ: ದೇವ್ ತುಮ್ಮಾ ಬೊರಿ ಬೊಲಾಯ್ಕ ಅನಿ ಲಾಂಬ್ ಆವ್ಕ್ ದೀಂವ್ ತುಮ್ಮೆ ಜೀವನ್ ಸುಖ ಜಾಂವ್ ಮುಣ್ ಮಗ್ತಾ: ●



ಮುನಿಶಾಮೇಗೌಡ .ಕೆ
ಶಿಕ್ಷಕರು

AN EXQUISITE RIDE

Life's journey is filled with roadblocks and achievements, but we must savour every bit.

Each of us on this beautiful planet is created by God to fulfil a particular role. Whatever I have achieved in these 25 years, is through God's help. He has showered his grace on me through some outstanding principals, colleagues, past and present students, understanding parents and the caring PTA executive members headed by the ever generous and gorgeous Mrs Lubna. And when I, pay my tribute to these fine people, I am merely praising his glory.

Good morning one and all present here. I am glad and proud to tell you that I was appointed in the year 1997 on May 28th by an efficacious principal Rev Fr Sunith Prabhu, my mentor, critic, constant motivator till date. And today I feel humbled to have been honoured by Rev Fr Joseph D'Souza our rector and Rev Fr Cyril Menezes the principal. Thank you Fr Cyril for your brotherly care, and unspoken support in the last 7 years.

My deepest gratitude to the other pillars of my strength, my former Rectors and Principals, for having given me opportunities to grow as an individual.

My sincere & deepest gratitude to Mr Munishame Gowda and Ms Geetha prabhu for their honest depiction. I am profoundly moved.

Now, where do I begin from? Today, when I look back, what I remember is my childhood days. There was a time in my life where I wanted to do nothing, no aims, no ambition. My idea of doing everything that I did was to explore life and spread joy.

I had an athletic childhood, so teaching never crossed my mind. Maths was something, which was never my forte, so took up arts. As I grew up, I developed interest towards psychology, wanted to understand people's passion, analyse people's mind. After having studied psychology for 5 years, I once again felt myself, on the crossroads. Though had a dream to pursue my studies in psychology, did nothing for months, yet was very happy, just being at home, with my parents. That was the most beautiful time of my life. But lord had different plans for me, and he answered the fervent prayers of my devout mother, thus landed up in Bangalore, where a new episode of my life emerged.

Dear audience, it's not important, where I was coming from, or how I lived my days in the past that matters, but what and how I perform today, with some challenging life experiences, matters.

Glad am I a proud Mangalorean, the youngest daughter of the wise farmers. If I have managed to stay/serve in one single institution for 25 years, it's all because of the strong ethics my parents have had instilled in me. And because of their sacrifices, today I am, what I am. Though they aren't physically present, I know I'm strong and safe every day because they intercede for me. May their souls rest in peace.

Life is spontaneous, it's not like you make plans, and it will always work out that way, for everyone. Honestly, balancing work both at school and home wasn't easy but I got accustomed to, as the years passed by. And today, when I look back, and think, if it wasn't tough, if there wasn't a challenge, then life wouldn't be exciting. It has been an uphill journey, but worth it. Thanks to the Jesuit management for having groomed me this far.

Is this milestone, a successful journey? To me, successful, is getting to the point, where you are comfortable with yourself, and the ability to learn, to say no, and not to feel guilty about it, is the greatest success that I have ever achieved in these 25 years.

The foundation of my happiness and well-being is knowing who I am, where I come from, and what I have come through, to get through. Am here to do my souls work, and see, how I can be, used in service. I know that Everybody cannot be famous, but everyone can be great, because, greatness is determined by, service.

An earnest request with all the parents, present here. It's natural to be anxious for your child to do well in test or exams. If your child gets good marks its good. But if he or she doesn't then please do not take their confidence from them. Exams are important, but they are not everything. Grades are good but don't use them to define your child. Its ok if they don't fare well because many of them, are cut out for, much bigger or different things than mere academics. Correct your child with care, spend time with them, make them feel loved, so that they don't go astray, and please teach them to respect elders.

And I am sure when we as mentors and you as parents help them become what they are capable of being, we can see our students and your children walk out of this portals not as educational monsters but as happy, confident, and morally upright persons with clarity to take the right action with the right mindset. Thank you all. May the Lord continue to bless our journey together. ●



Mrs Janet J Fernandes



Constitution Day

The constitution day was celebrated on 26th of November 2022 by the Electoral literacy club of SJHS. It began with the Prayer service by Mrs. Sagaya Prem Kumari.

The Principal Fr. Cyril Menezes administered the preamble of the Indian constitution to the students.

The charts of fundamental rights and fundamental duties were unveiled by Mrs. Savitha, the Vice Principal and School pupil leader Sam David respectively.

The Stage arrangements were well managed on the significance of the day.

The program was pleasantly compered by Mrs. Reshma.

Vote of thanks was proposed by Mrs. Janet.

The active role of the student council led to the success of the program. ●



Mr. Srinivas Prasad
Coordinator



Report on Scholarship

Mrs. Vijayalakshmi Ekanandan, a prominent benefactress of the school, provided the Ekanandan scholarship for the economically poor students of our school every year in honour of her late husband. She will always be remembered for her great sacrifice and generosity.

Mr. Neethi Prakasam, an alumni of St. Joseph's Indian High School, along with his wife Mrs. Prakasam. Offered Scholarships to the meritorious and economically poor students. Each year, students are sponsored for their studies by them. This year too Guests witnessed the distribution of scholarship at St. Joseph's Indian High School.



Thejaswini Shetty
Coordinator

Annual Day Celebration - 2022

The Annual day celebration of our school was held on 22nd December, 2022 in St. Joseph's Indian Primary School Auditorium. The Chief Guest Dr. Jayaprakash BEO of N3 Bangalore, the guest of honour Dr. Sandeep.S Cardiologist along with the heads of the units from Primary School, High school, the PU College, the Alumni and the PTA vice president were escorted by the Student council and the teachers.

The chief guest in his speech motivated the students by focusing on the theme of our Annual Day 'Unity in Diversity'. He honoured the Toppers of the SSLC examination held in the year 2021-22. Dr. Sandeep recalled his student life as alumnus and honoured the meritorious students. The Rector Rev. Fr Joseph D'Souza spoke on the occasion and appreciated the work of the staff members as a team under the leadership of Rev. Fr Cyril Menezes S.J and honoured the sports achievers.



The cultural programme began with students performing a beautiful contemporary dance. The Karavali Janapada folk dance mesmerized the audience. The angelic choir of the school sang beautiful melodies of the past and present, entertaining the crowd with various popular numbers. The students presented a skit 'The messiah with Love' in view of the Christmas season. A large group of students danced to the tunes of different states in our country depicting its traditions and cultures. In view of our school completing **fifty years in the present campus**, a video was presented to mark the golden jubilee. It encompassed a wide collection of photos and videos of the moments that moulded the character of our institution. The program concluded with the vote of thanks.



Mr. Amruthraj
Coordinator



Christmas Day CELEBRATION

*"Joy To the World the Savior Is Born,
Let Earth Receive Her King".*

Christmas brings good tidings every year to each one of us. This year on 22nd December 2022 Our School organized a program to celebrate Christmas. The celebration was held in the Picardo Hall all the students and faculty members were very excited and full of enthusiasm for the celebration.

The Program was organized by the members of the student council. It began with invoking God's blessing through a prayer. The significance of the day was creatively presented by the students through video presentation.

Rev Fr Steevan Gonsalves SJ delivered the Christmas message highlighting the love of God for all of us and that Christmas is about caring and loving one another and not just about gifting. The vibrant school choir through their carols made the celebration more joyful.

Finally, the Program concluded with vote of thanks, thanking all those who made the day very meaningful and special for all of us. ●



Sr Jayamary
Coordinator

Our school celebrated Republic Day with great eclat. The students took pride in glorifying and celebrating the spirit of unity. The programme began at 8 am. The chief guest for the day was Rev Fr Joseph D'souza, Rector, St. Josephs Indian Institutions. NCC cadets accorded the guard of honour to the dignitaries. The chief guest hoisted the National flag and addressed the students and urged them to do their best and feel proud to be an Indian. Students expressed their love for the motherland through the patriotic dance.

The school quadrangle reverberated with patriotic fervour and enthusiasm. It was followed by the prize distribution ceremony to the NCC cadets and concluded with vote of thanks by SPL Sam David. The students dispersed after receiving sweets with the image of the fluttering tricolor in their mind and heart. ●

Republic Day Celebration

26-01-2023



Dr. Anil Fernandes
Coordinator

Graduation CEREMONY

March 4, 2023

“BE A CHANNEL OF PEACE”

“LEARNING IS A TREASURE THAT WILL FOLLOW ITS OWNER EVERYWHERE”



St Joseph's Indian High School, Bengaluru organized the Graduation Ceremony on March 4, 2023. The school gave a warm and impressive Graduation Ceremony bidding adieu to the outgoing batch of the tenth standard students for the academic year 2022-23.

This special moment brought joy, triumph and commemorated the hard work put in by the students. It was a solemn occasion celebrated with merriment at the school premises. The parents and relatives of the successful graduates had come to rejoice in their joyous accomplishment.

The celebrations started with the chiming of the Church bell followed by the solemn Grand March in which the students and the dignitaries were ushered with the accompaniment of the Gregorian Chant. The



students walked down the red carpet not only to the soulful music of the Gregorian chant but also into history as another batch of enthusiastic, brilliant and talented teenagers who made their own special ways on the sands of time in St Joseph's Indian High School.

The Chief Guest for the occasion was Mr. Praveen Crasta, Alumnus, founder & CEO, Unified Intelligent Pvt Ltd. The Guest of honour was Mr. Babu C Joseph President of St Joseph's Indian Institutions Alumni/ae Association, President Rector of the Institution Rev. Fr. Joseph D'Souza SJ.

The function began with the Lighting of the lamp by the dignitaries, followed by peaceful and serene prayer service, with the reading of the different scriptures led by Mrs. Elizabeth Jacob and team, who invoked blessings and grace on all those gathered there.

The gathering was welcomed by the Vice Principal Mrs.Savitha. who also emphasized on the importance of celebrating the achievement through faith and toil. The



sharing of experience by Master Sam David, Master Sam Priyan and Master Preetham was heart touching. Mrs. Rajalakshmi mother of Siddharath Vingnan shared her pleasant experience on behalf of the parents.

The commencement message by the Head Master Fr. Cyril Menezes captivated and kept the audience engrossed. Speaking on the occasion, he emphasized on the importance of schooling, the values to carry forward in their life, to give importance to all religions, to equip themselves with adequate skills and knowledge to face the challenges and to excel in their career. He praised them for their hard work over the last three years.

The Chief Guest and the Guest of Honour were felicitated. Their words of appreciation, guidance and advise engulfed the students with strong hope. The Chief Guest speaking on the occasion shared the importance of friends, love and earning their own money.

Mr. John Jacob Joint Secretary of the Alumni Association, shared his reminiscence of school life and the joy of joining the association. He motivated the students to come back to school and be a part of the association. He shared the details about the help rendered by the Association to the deserving students through scholarships.

The Rector of the Institution spoke about the importance of spiritual life, the importance of God, and how they should be an example to others. He expected everyone to achieve pinnacle of success with positive framework of mind. He also blessed them by taking the lead in the Benediction.



The certificates and mementoes were awarded to the School Captains, 100 % attendance, sports achievers and for the best NCC cadets. The Best outgoing student for the year Master Mohammed Saifulla was appreciated and awarded with certificate and memento. All the students were presented with a customized memento.

The most significant part of the event was 'The flame of liberation' during which the students received the light of knowledge from the Head Master through their Class Teachers symbolically by lighting the candle.

Benediction was led by the Rector, Rev Fr Joseph D'Souza. The Head Master, Guests. staff members, parents and well-wishers blessed the students for their future endeavors. Indeed it was an impressive end to a splendid academic year, looking forward to new times ahead with lots of vivid memories from this delightful day.

The students singing the School Anthem for the last time was an emotional moment. The candle light procession was a delight to the eyes of the viewers. It was a moment that really added charm to the atmosphere with a sense of achievement. Students cherished the moments through the soul stirring Hymn- 'Carry Your Candle'.



Mrs Brigit Sudha
Coordinator

Institution Day

'There is no 'them' and 'us'. There is only us.'
Greg Boyle.

The feast of saint Joseph is observed on March 20th every year. This is an annual celebration in honor of saint Joseph, the patron of our institution. It is on this occasion that the Institution day is celebrated. It was the most awaited moment to meet all the staff members of other units of St. Joseph's Indian Institutions.

The day began with outdoor games namely throwball, scavenger hunt, and circuit run. Members of each unit looked colorful in their thematic attire and with the true spirit of sportsmanship competed with each other. The playground resounded with cheers of the spectators. The outdoor games were followed by the formal programme. It began with a prayer song, lighting of the lamp and continued with the inspirational talk by the resource person Mr. Suresh Kalburgi. His focus was to instill the habit of meditation in each and every person by taking up the path of self – realization in order to lead a healthier and happier life.



Highlight of the programme was the honoring of our super annuating staff members, Mrs. Nola D'lima, Teacher SJHIS, Mr. Sundar raj Support staff SJIPUC ,and felicitating the silver jubilarian Mrs. Janet Fernandes, teacher SJHIS during which the valuable contribution of each one of them to the Institution was shared. Celebration concluded with prize distribution and the power packed message of the Rector of our institution Rev. Fr. Joseph D'Souza.

The active involvement and participation of all the units of St. Joseph's Indian Institutions was delighting.



Mrs. Sagaya Prem Kumari
Coordinator

Felicitation

Legacy Cherished

"Life is not measured by the number of breaths we take but by the moments that take our breath away."

It is my privilege to speak about two persons Mrs Nola and Mrs Janet who have undoubtedly taken our breath away in the years that we have journeyed together.

Honorable dignitaries on the dais and my dear friends. Loved by students and respected by the faculty our dear teachers have marked a great journey in this institution.

As epitomes of simplicity, they have worked hard with devotion, praised for their selfless service, excellent nature and caring behaviour.

Mrs Nola D'lima the woman of grit, is the daughter of Mr Louis D'lima and Mrs Ileen Alva.

Raised at Kemmannu in Udupi district, her humble beginning enabled her to develop concern and love for the poor and needy. Her spirit of sportsmanship can be attributed to being in St Agnes College basketball team at Mangalore, which according to her were the best days of her life.

Married to Mr Jason D'Souza an Officer in the Merchant Navy who spent most of the time at sea, that is offshore, she practiced the lessons learnt from her mother to raise her sons Neil and Noel as a strict parent.

Father Melwin Pinto appointed her in the year 2003 as a teacher for Biology and English and also encouraged her to complete post graduation and thus she completed MSc in Biology. She remembers Fr Melwin as a person who understood the struggles and challenges of family life. Her Committed service

accomplished with dedication and hard work are truly valuable. The students enjoy her classes.

Mrs Nola has inspired the members of the Eco club as the teacher coordinator for the NGO- Development alternatives and also led the students of the club to Delhi to attend the National level workshop and also been a part of staff enrichment programs.

Mrs Nola is a smart lady with a cheerful demeanor. Ever patient, approachable and affectionate, her motherly approach has drawn the young staff members to look up to her as a mentor and guide. She has even inspired some of them to start riding the vehicle. She would also take time off to visit the sick and even take food when staff members are admitted in the hospital.

A Very friendly person that she is, Our journeys for staff picnics are made memorable by her jokes and songs. She is a thorough entertainer with a great sense of humour that rejuvenates all those who encounter her. She is someone who can accommodate herself amidst any age group. She lives up to the saying that. Age is just a number. She would involve herself actively in all the games, dance programs and can even turn the world upside down in her eyes. Are you wondering how? She can perform shirshasana with great ease. Normally they say people are naughty at 40 but Mrs Nola is naughty even at 60. That's Mrs. Nola for you.





Mrs. Janet Fernandes, the woman of substance. Teacher for English and Social science is the daughter of Mr. Santhan Fernandes and Juliana Fernandes. Mother of Adlin Kaushal and wife of Mr. Clement D'Souza, Dean, St Joseph's University.

True to her name, she is God's gracious gift to our institution, appointed by the wise and lofty principal, Fr. Sunith Prabhu in the year 1997.

Twenty six years ago, I saw her entering the staff room in the old building as a dainty lady with undaunted spirit. In those days the Graduation day was a prayer service conducted on the last working day for 10th standard students. It took the shape of a candle light procession with pledge and song when Fr Sunith placed his trust on the two of us to execute the ideas we carried from the respective schools we studied in, to conduct the ceremony. That was my first pleasant experience of working together with Mrs Janet. Her diligent style of working is inspirational and her loyalty to the institution is admirable. She has been joyfully shaping and influencing students through the last quarter of a century in a remarkable manner, instilling the Ignatian principles and values in the students she encounters. The students of Philately association have been guided by her as a Teacher-coordinator who regularly coordinates with concerned persons in the General Post office in organising exhibitions in the school.

Being a resourceful person Mrs. Janet was invited to judge the inter-school exhibition at Nirmala High school. She is also the recipient of the Mentoring teacher award in recognition of professional contribution towards academic excellence by Garden City group of institutions. She is a person who is careful not to mix personal life with profession. She is a friendly person who easily mingles with others. Seems to be stern on the outside but sensitive and soft within. Well known for her punctuality, she is also a perfectionist. A straight forward person who has the courage to say what she is convinced of. She is the treasure trove of illuminative ideas and creativity. Much admired by students and staff members for her systematic and disciplined ways. She is also the beholder of many art forms such as dancing, singing, poetry writing etc. Mrs. Janet is undoubtedly the fashionista of SJHS and she has many followers too. She has an amazing memory and I have been the victim of it whenever I have repeated draping the same saree of the previous week.

"Those who bring sunshine in the lives of others cannot keep it from themselves" Both of them Mrs.Nola and Mrs Janet practice the words of Jesus Christ, 'Let not your left hand know what your right hand is doing' They reach out to the needy in their own quite ways, be it students or staff members. Now if you are wondering how it is that I know about it, it's through the holy spirit dwelling in me.

Heartfelt congratulations dear teachers. We are proud of your accomplishments.

Your hard work, determination and perseverance serve as a testament to the power of education and the potential that lies within each and every one of us. Hearty congratulations also to Mr. Sunderaj whom I admire a lot for his hard work and commitment.

Thank you.



Mrs. Josephine C. Flora. A
Teacher

Theme: Effects Of War On Nature

Eco Club of St Joseph's Indian High School was inaugurated for the year 2022 on 7th June 2022 at 11:00 am in the auditorium.

The eventful and memorable proceedings were carried out by well-organized MC's – Master Chethan & Master Uday trained by Mrs. Sagaya.

This propitious occasion was honoured by the gracious presence of Mr. Achim Burkart (Consulate General of the Federal Republic of German) – the Chief Guest and Mr. Harsh Vardhan Umre (Additional Commissioner IRS Revenue Department)

The program began with lighting of the lamp by the dignitaries, followed by a meaningful invocation video prepared by Mr. Amruthraj, which was then followed by a welcome speech by Master Sam David – SPL. Mrs. Rashmi – the Eco Club coordinator briefed the students about the Significance of the Day and the impact of human activities on Nature.

Mr. Achim Burkart the Chief Guest along with Mr. Harsh Vardhan Umre, Principal, Vice Principal, Rev Fr. Felix Anand, Eco club coordinator and the President of the Eco Club Inaugurated the club officially by planting a sapling.

The Audience then stood up for the oath taking ceremony. It was truly a marvel to see everyone taking the oath with great hopes in their minds and pride in their hearts. President of the Eco Club – Master Chandan administered the Eco Club Oath. A documentary on the need for conserving our Biodiversity was screened for the audience by Mr. Praveen Dlima

Chief Guest addressed the students on the effects of 'War on Nature', the students listened to him with remarkable courtesy and rapt attention. The members



of the Eco Club presented a song, 'Heal the World' trained by Mrs. Lorraine which was delightful as their melodious voices pulled the heartstrings of the audience. The infotainment skit presented by the Eco club students added to delightful fiesta.

Principal Rev Fr.Cyril Menezes' address to the students left them pondering over his words that rekindled love and respect for the dying Earth. He also

reiterated the relevance of the World Environment Day 2022. He urged the audience to arise, awake and work together to save the Mother Earth.

The Technical team Mr.Trueman Cardoza and Mr. Praveen Dlima did an exceptional job of ensuring that the proceedings were smooth.

The program concluded with vote of thanks.

Swachhata Pakhwada

“Cleanliness is a state of purity, clarity and precision”



To recognise the vital role of the schools in spreading the awareness of cleanliness, SJHS campus observed 'Swachhata Pakhwada' week and conducted fortnightly activities from 7th September 2022 to 19th September 2022.

1. **Swachhata Shapath Day** – All took a pledge on cleanliness to promote the virtue of personal as well as social hygiene.





2. Awareness Day- An interactive talk session was organised which emphasised on the importance of cleanliness and also the importance of food and nutrition.

3. Green campus drive – Students were encouraged to plant saplings at homes and respective societies.

4. Participation Day – A gamut of activities including collage making, painting drawing was organised as a part of participation day.

5. Hand wash Day- A role play was performed by our students which was displayed on the smart board of every class highlighting the importance of keeping the hands clean.



6. Community outreach / Field work – In view of this, students were taken to cubbon park to clean the debris, where they performed Nukhhad Natak (Street Play) to sensitize the public about the importance of cleanliness.

The culmination of the events took place with the distribution of certificates and mementos to the winners.



Mrs. Rashmi JB
Coordinator

Interact Club Activities

June - September



The interact club in collaboration with the Rotary Club Orchards Bangalore hosted two mega events in St. Joseph's High School auditorium.

The first event was 'JAGRUTHI', Interact District Conference for the year 2021-22 on 11 June 2022. This was the first ever district conference conducted in the history of District 3190 where interact club of various schools participated. The event emphasised on the need to be a channel of hope to the downtrodden people of the society. The event was presided by Rtn Fazal Mahmood, District Governor, Itr. Jyosshika Lahari, District Interact representative, Rtn Savitha Suresh, District Youth Service Director.

The second event was the Independence Day Celebration conducted on 23 August 2022. The event was presided by Rtn Farooq E Azam, President, Rtn Prakash Kamath, Chairman and Rtn Sanjeeth Hegde, Secretary. Many enthusiastic Rotarians came forward to showcase their love for the country. The interact club members of our school were applauded for their hard work and selfless effort in making this event a grand success.

The board members of the club for the year 2022-23 were installed on 20th September 2022. The following are the elected members for the year 2022-23.



October - December



1. President - Chethan Kumar from X E
2. Vice President - Rohan Gangal from X B
3. Secretary - Chris Joshua from X B
4. Joint secretary - Sreevatsav from IX B
5. Treasurer - Mohammed Faizan from IX B
6. Sargent At Arms - Arvind Kumar from X B
7. Club Service Director - Pavan Kumar from class X D
8. Community Service Director- Syed Saad Mehdi from class IX F
9. International Service Director - Mohammed Hijam from class IX D
10. Youth Service Director - Christy G from class VIII B
11. Bulletin Editor - Dhruva Abhiraj from class X D
12. Vocational Service Director - Mohammed Ismail from class X F
13. Events Manager - Mohammed Ali from class X B

In October a combined celebration of Diwali and Eid – Milad was organised in association with the Harmony Club. Diya-making, greeting card making and lantern making competitions were conducted.

21st November to 26th November was a historic period in the pages of Interact Club 2022-23, as it was celebrated as the Interact Club Week. It was declared open by our Vice-Principal Mrs. Savitha. The entire week's assembly was conducted by the Interact Club. Thought provoking topics were chosen for the week in the assembly and emphasis was given to the following topics such as Peacebuilding and Conflict Prevention, Women and Child Literacy, Phone Addiction. Various charts were displayed which emphasised on the various topics chosen. Competitions such as Best out of waste and Drawing were also organised.

On the 23rd of November as a part of the Interact Club Week, we the Interact Club members conducted an assembly to spread awareness on phone addiction and its effects. The week also emphasised on giving to the needy. So during the week funds were raised to buy grocery for an AIDS infected and affected home called "Calvary Homes". Old newspapers and books, new stationaries and also bathing soaps were collected. It was great to see the amazing response by the students and parents in their contributions. Total collection including the dumb box was about 25,000 for the orphanage. The credit for the success of the week goes to every interact Club member who gave





Trueman. The purest form of love was experienced by all as the children played, danced and sang with them.

This programme was a huge success as the Interact Club's sole purpose of "serving the community" was achieved. All the programs were a huge success with the encouragement of Rev. Fr. Cyril Menezes and Mrs. Savitha, all the interact club members and the staff members. ●

their best in all the preparations and were on their toes throughout the week...

An outreach program was organised on the day 3rd of December to Calvary Homes. The members of the club were accompanied by the Principal Rev.Fr. Cyril Menezes and the Vice Principal Mrs.Savitha along with Mrs Sujatha, Mrs Shilpa, Mrs Roopakala, Mrs Supreetha and Mr



Mrs. Lorraine
Coordinator

Alumni Report



We are pleased to share the annual report of St Joseph's Indian Institutions Alumni/Ae Association (SJIIAA). This report provides a summary of events for the financial year 2021 – 2022 and 2022 - 2023 about the alumni engagement and the various programs of the association.

This alumni-run association teaches leadership by supporting alumni events, creating new traditions, keeping old traditions alive and a lifelong connection with the Alma mater.

Highlights for the financial year 2021-2022:

1. Formation of alumni association committee and office bearers – September 2021
2. Launch of formal website for Alumni Association – November 2021
3. Dedicated office for alumni association – January 2022

Highlights for the financial year 2022-2023:

1. Back to Joseph's Reunion in April 2022
2. Alumni initiative "Igniting Minds" in September 2022
3. Health camp organized by Dr Arun Kumar N batch of 1982 for the faculty of SJIHS and SJIPS in September 2022

4. Adhyapak health cards to all the Teaching and Non-teaching staff of SJIHS, SJIPS and SJIC PUC by Dr Sandeep S batch of 2004 in October 2022.
5. Alumni participation for SJIHS Sports day in October 2022 for the March Past and events.
6. Release of the SJIIAA Newsletter Volume I in October 2022
7. SJIHS Alumni Football runners up trophy in February 2023 – Team lead by Mr Daniel Christopher, Mr Dominic Vijay and Mr Muthukumaran
8. Release of the SJIIAA Newsletter Volume II in May 2023
9. Organized the annual alumni meet in May 2023.

1. Office Bearers and Committee Members:

The formation of the office bearers for 2021 to 2023 was announced on 4th day of September 2021 by the Director, Fr Cyril Menezes SJ. This committee has a scheduled bi-weekly meeting to meet all the priorities and developments of the association. Below mentioned are the current office bearers and members of the committee.

Rev. Fr. Cyril Menezes SJ – Director

Mr. Babu C J – President

Mr. Raji Koshy – Vice President

Mr. Ashwin. A – Jt. Secretary

Mr. John Jacob – Jt. Secretary

Mr. David Sagayaraj – Advisor

Dr. Arun Kumar – Executive Member

Mr. Rejy Kurian – Executive Member

Mr Vishal Pereira – Executive Member

Mr. Jewel John – Member

Ms. Jillian Burchett – Member

Ms. Arya Muralidharan – Member

Mr. Vincent Paul – Returning Officer

Ms. Apeksha Paul – School Staff Representative





2. Alumni Website:

The launch of our website for the Alumni/Ae Association of St Joseph's Indian Institutions has been effective to connect and communicate with the Alumnus of the institution. The alumnus of batch 1982 and the President of the Alumni Association Mr. Babu C J, has supported and funded this initiative to develop this website with the support of Alma Shines and the President has formally launched the website on 28 November 2021.

<https://alumni.sjiibangalore.com>

3. Alumni Office:

We are enormously grateful for the efforts put into making it a truly special and memorable occasion to have a dedicated office in the campus for the alumni association. The inauguration gave us an opportunity to come together as a community and celebrate hope for the future. We truly appreciate Mr. Babu C J, the Alumnus of 1982 Batch and President of the Alumni/Ae

Association for his service, kindness and compassion as the defining characteristics of being a Josephite.

4. Alumni Reunion – Back to Joseph's:

St Joseph's Indian Institutions Alumni/Ae Association organized a reunion "Back to Joseph's – Reunion 2022" event after a long break of almost 3 years due to the pandemic. The highlight of this reunion was a grand musical extravaganza in the presence of retired principals and teachers and felicitating retired teachers for shaping our future.

5. Igniting Minds

"Igniting Minds" is an enablement program in the form of Scholarships for the education and wellbeing of the students with no parents / single parents / economically poor families pursuing education.

Donors for Igniting Minds			
SI No	Donor	Batch	Amount
1	Dr Roy C J	1984	Rs 10,40,000/-
2	Shri Mohandas Pai T V	1972	Rs 10,00,000/-
3	Mr Babu C J	1982	Rs 5,00,000/-
4	Mr Bhaskar Raju	1985	Rs 3,00,000/-
5	Mr Vishal Pereira	2002	Rs 1,00,000/-
6	Mr Sanjay Maradi Subbaiah	1985	Rs 60,000/-
7	Mr Dhandayuthapany K S	1980	Rs 50,000/-
8	Mr Sreedhar Sambukumar	1983	Rs 44,500/-
9	Mr M S Balasubramanyam	1980	Rs 41,000/-
10	Mr Naveen Nanjappa	1985	Rs 20,000/-
11	Mr Srinivas Rao Makapati	1985	Rs 20,000/-
12	Mr Shodan Bhandary	1982	Rs 20,000/-
13	Mr Nagaraj	Leader Uniforms	Rs 71,000/-



This is a season of Golden Jubilee for St Joseph's Indian High School (SJHS) after shifting to this present campus in the year 1972. Hence, the Alumni Association joined hands with the management of the institution towards this very thoughtful initiative "Igniting Minds" during the month of September 2022 to support the education of the deserving students. The Alumni has joined hands together and committed ourselves to enrich the lives of the deserving children studying in our alma mater.

As a flagship project, through these contributions from the Alumni, 150 students were proud to receive the scholarship from the Primary School (SJIPS), High School (SJHS) and PU Composite College (SJIC PUC). We have utilized a total fund of Rs 21,16,000/- from the contributions towards students

scholarships. We are continuing our efforts to strengthen this initiative with the aim to support the underprivileged students in the upcoming years too.

5. Health Camp:

The health camp organized by the SJII Alumni/Ae Association under the leadership of Dr Arun Kumar N, Batch of 1982 will prove to be a milestone in ensuring good health for all the staff at SJII and would go a long way in improving the overall productivity and efficiency of the staff.



We appreciate the dedicated team of St. Martha's Hospital, Bengaluru led by Dr. Arun Kumar N, the alumnus of 1982 batch with free ECG and other health screening investigations. The team of St Martha's Hospital raised awareness of health issues and made sincere efforts to promote a healthier lifestyle for all staff. The camp provided a safe space to talk openly and honestly with trusted health professionals.

6. Adhyapak Health Cards:

The institution owes gratitude to Dr. Sandeep S, batch of 2003 and Consultant - Interventional Cardiology, Bangalore Baptist Hospital for being instrumental in providing Adhyapak Health Cards from to all the staff and their dependents to access premium healthcare

facilities at Bangalore Baptist Hospital at a concessional rate. The staff are grateful to Dr. Sandeep S for this initiative as it entitles them to a variety of cash benefits in times of physical distress due to sickness.

7. SJHS Sports Day:

On the 29th of October, 2022, St. Joseph's Indian High School (SJHS) hosted the Annual Sports Meet. It was a day filled with fervor and excitement experienced amidst thrills, and cheers. The sports meet was headed by Rev. Fr. Cyril Menezes SJ, the Principal of SJHS and Director of the Alumni Association. The Chief Guest for the day was Mr. Roy Nanjappa the Alumnus of batch 1972, CEO of Life Coach and National Hockey Player. The Alumni President Mr. Babu C J, the Alumnus of Batch 1982, Founder and Managing Director of White Gold presided over the event.

The traditional unfurling of the school flag and general salute followed by the School Anthem created a feeling of nostalgia among the members of Alumni. The sports meet continued with the Inter-House March Past by School Students, Scouts, NCC and the Alumni Members with the flag bearer Mr. Raji Koshy, Vice-President of SJIAA, and lead by Mr. Babu C J, President of SJIAA.

The alumni members relished their sports memories and created new memories while marching with glory and pride in the home ground.

8. The Germainite Cup

The St. Germain High School Old Boys Association presented "The Germainite Cup" on Saturday, 18th February 2023. The SJII Alumni Association (SJIAA) and the SJHS Football Team highly appreciates the St Germain's OBA, Mr Paul Danny, Tournament Director and Mr Rohit Pereira, President – OBA SGHS for organizing this Inter-Alumni 40+ Veterans Football Tournament 2023. We also express our sincerer gratitude to South United Football Club (SUFC), Referees and the support staff for orchestrating this tournament along with the OBA St Germain's High School.

The team of "Mighty Josephite's" put forward the big foot in the Finals against St Aloysius High School and we were proud to grab the "Runners Up" title in this tournament. The best player was awarded to Mr A Dennis Christopher from the Batch of 1991. The "Mighty Josephite's" walked with pride to the Alumni Office to handover the Runners Up trophy to be placed in the Alumni Office on 4th March 2023 in the presence of the Principal, Rev Fr Cyril Menezes S J, the President of the Association Mr Babu C J and the Alumni committee members.

With love and regards,

SJII Alumni/Ae Association (SJIAA)



Mr. John Jacob
Jt. Secretary



Inauguration of Health Unit



Mrs Swetha (Staff Nurse)

St Joseph's Indian Institutions Center for Social concern, Bengaluru, conducted Vision program in collaboration with Lions international- Dist 317F for SJHS students & Staff Members. The programme began with a Prayer and lighting of the lamp. The gathering was formally welcomed by Master Sam David, student of Class 10th D.

Mrs Saraswathi Ram, the zone chairperson, Lions international - Dist 317F addressed the gathering and shared about the importance of conducting the camp.

Rev Fr Joseph D'Souza the Rector of St. Joseph's Indian Institutions, Bengaluru, in his address appreciated the initiative taken to organize the camp. Rev Fr Steevan Gonsalves, Director of Center for Social Concern of SJII expressed the need for organizing the camp. Rev Fr Cyril Menezes SJ, Principal of SJHS, Mr Akash Suvarna the deputy chairperson of Vision and all the Presidents of various zones of the Lions club,

Eye Camp - 2022



Ms Shobha, President of Royal palace and team, Ms Saritha Raj, President of Birds Paradise and team, Mr Ashwin Bhuvu, President of Kumara park and team and Mr Hariharan, President of Anubhada and team were also present. Master Saifulla of Class 10th F proposed the vote of thanks. After the formal programme the Eye Checkup was conducted for all the students and staff members. ●



Ms Nirma Dsouza

Birthday Celebration

ರೆಕ್ಷರ್ ಫಾ. ಜೋಸೆಫ್ ಡಿಸೋಜರವರ ಹುಟ್ಟುಹಬ್ಬ



ಸಂಸ್ಥೆಯ ರೆಕ್ಷರ್ ಆದ ವಂದನೀಯ ಫಾ. ಜೋಸೆಫ್ ಡಿಸೋಜ ಅವರ ಹುಟ್ಟುಹಬ್ಬವನ್ನು ಆಗಸ್ಟ್ 4 ರಂದು ಶಾಲೆಯಲ್ಲಿ ಸಡಗರ ಸಂಭ್ರಮದಿಂದ ಆಚರಿಸಲಾಯಿತು. ಬೆಳಿಗ್ಗೆ ಶಾಲಾ ವಿದ್ಯಾರ್ಥಿ ಸಂಘದವರು ಆಯೋಜಿಸಿದ್ದರು. ವಿದ್ಯಾರ್ಥಿಗಳು ಫಾ. ರೆಕ್ಷರ್ ಅವರನ್ನು ವಿಶೇಷವಾಗಿ ಸ್ವಾಗತಿಸಿದರು. ಕೇಕ್ ಕತ್ತರಿಸಿ ಹಾಡು ಮತ್ತು ನೃತ್ಯದ ಮೂಲಕ ಎಲ್ಲರನ್ನ ರಂಜಿಸಿದರು. ಶಾಲಾ ಮುಖ್ಯೋಪಾಧ್ಯಾಯರಾದ ಫಾ. ಸಿರಿಲ್ ಮೆನೆಜಸ್ ರವರು ಹುಟ್ಟುಹಬ್ಬವನ್ನು ಆಚರಿಸಿಕೊಳ್ಳುತ್ತಿರುವ ಫಾ. ಜೋಸೆಫ್ ಡಿಸೋಜರವರ ವ್ಯಕ್ತಿತ್ವವನ್ನು ಕುರಿತು ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ತಿಳಿಸಿದರು. ವಿದ್ಯಾರ್ಥಿಗಳು, ಶಿಕ್ಷಕರು ಫಾದರ್ ರವರಿಗೆ ಕೈ ಕುಲುಕಿ ಶುಭಾಶಯಗಳನ್ನು ತಿಳಿಸಿದರು.

ಸಂಸ್ಥೆಯ ಎಲ್ಲಾ ಘಟಕದ ಸಿಬ್ಬಂದಿ ವರ್ಗದವರು ಮಧ್ಯಾಹ್ನ ಫಾ.ರೆಕ್ಷರ್ ರವರ ಹುಟ್ಟು ಹಬ್ಬವನ್ನು ಆಯೋಜಿಸಿದ್ದರು. ಪಿ.ಯು.ಸಿ ಘಟಕದವರು ಕಾರ್ಯಕ್ರಮದ ನಿರೂಪಣೆಯ ಹೊಣೆಯನ್ನು ಹೊತ್ತು ಅತ್ಯುತ್ತಮವಾಗಿ ಕಾರ್ಯಕ್ರಮವನ್ನು ನಿರ್ವಹಿಸಿಕೊಟ್ಟರು. ಪ್ರೌಢಶಾಲೆಯವರ ಪ್ರಾರ್ಥನೆ ಮತ್ತು ಸ್ವಾಗತ ವಿಶೇಷತೆಯಿಂದ ಕೂಡಿತ್ತು. ಈ ಸಂದರ್ಭದಲ್ಲಿ ಸಿ.ಬಿ.ಎಸ್.ಇ ಯವರ ಶಿಕ್ಷಕರ ನೃತ್ಯ ಪ್ರದರ್ಶನ ಎಲ್ಲರ ಮೆಚ್ಚುಗೆಗೆ ಪಾತ್ರವಾಯಿತು. ಫಾ.ರೆಕ್ಷರ್ ರವರು ತಮ್ಮ ತಮ್ಮ ಅನುಭವಗಳನ್ನು ಹಂಚಿಕೊಂಡು ಎಲ್ಲರಿಗೂ ವಂದನೆಗಳನ್ನು ತಿಳಿಸಿದರು. ●



Staff

ಫಾ. ಸಿರಿಲ್ ಮೆನೆಜಸ್‌ರವರ ಹುಟ್ಟುಹಬ್ಬ



ನಮ್ಮ ಶಾಲೆಯ ಅತ್ಯಂತ ದಕ್ಷ ಮತ್ತು ಪ್ರಾಮಾಣಿಕ, ಜೈತನ್ಯದ ಜಿಲುಮೆಯಾದ ನಮ್ಮ ಪ್ರೀತಿಯ ಮುಖ್ಯೋಪಾಧ್ಯಾಯರಾದ ಫಾ. ಸಿರಿಲ್ ಮೆನೆಜಸ್‌ರವರ ಹುಟ್ಟು ಹಬ್ಬವನ್ನು ದಿನಾಂಕ: 17.02.2023 ರಂದು ಶಾಲೆಯಲ್ಲಿ ಅದ್ದೂರಿಯಾಗಿ ಆಚರಿಸಲಾಯಿತು. ಬೆಳಿಗಿನ ಅವಧಿಯಲ್ಲಿ ವಿದ್ಯಾರ್ಥಿ ಸಂಘದ ವತಿಯಿಂದ ವಿಶೇಷವಾಗಿ ಹುಟ್ಟು ಹಬ್ಬದ ಆಚರಣೆಯನ್ನು ಆಯೋಜಿಸಿದ್ದು, ಸಂಸ್ಥೆಯ ರೆಕ್ಷರ್ ಆದ ಫಾ. ಜೋಸೆಫ್ ಡಿಸೋಜ ರವರು ಈ ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ ಉಪಸ್ಥಿತರಿದ್ದರು. ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ ಮಕ್ಕಳ ಹಾಡು ಮತ್ತು ನೃತ್ಯ ಎಲ್ಲರನ್ನು ಸಂತೋಷಗೊಳಿಸಿತು. ಫಾ. ರೆಕ್ಷರ್ ರವರು ಮುಖ್ಯೋಪಾಧ್ಯಾಯರ ವ್ಯಕ್ತಿತ್ವ ವನ್ನು ಕುರಿತು ಮಕ್ಕಳಿಗೆ ತಿಳಿಸಿದರು. ನಂತರ ಮಾತನಾಡಿದ ಫಾ. ಸಿರಿಲ್ ಮೆನೆಜಸ್ ಮಕ್ಕಳಿಗೆ ತಮ್ಮ ಬದುಕಿನ ವೈಯಕ್ತಿಕ ವಿಚಾರಗಳನ್ನು ಮಕ್ಕಳೊಂದಿಗೆ ಹಂಚಿಕೊಂಡರು. ಇವರ ಮಾತುಗಳು ಪ್ರತಿಯೊಬ್ಬ ವಿದ್ಯಾರ್ಥಿಯ ಹೃದಯವನ್ನು ಮುಟ್ಟಿದವು. ಕಾರ್ಯಕ್ರಮದ ಕೊನೆಯಲ್ಲಿ ಮಕ್ಕಳಿಗೆ ಸಿಹಿ ತಿಂಡಿಯನ್ನು ಹಂಚಲಾಯಿತು.

ಮಧ್ಯಾಹ್ನದ ಅವಧಿಯಲ್ಲಿ ಪ್ರೌಢಶಾಲಾ ಶಿಕ್ಷಕರ ವತಿಯಿಂದ ಸರಕವಾದ ಹುಟ್ಟು ಹಬ್ಬದ ಆಚರಣೆಯ ಕಾರ್ಯಕ್ರಮ ಆಯೋಜಿಸಲಾಗಿತ್ತು. ಸಂಸ್ಥೆಯ ರೆಕ್ಷರ್ ಆದ ಫಾ. ಜೋಸೆಫ್ ಡಿಸೋಜ ಮತ್ತು ಎಲ್ಲಾ ಘಟಕದ ಮುಖ್ಯಸ್ಥರು ಈ ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ ಉಪಸ್ಥಿತರಿದ್ದರು. ಕಾರ್ಯಕ್ರಮದ ನಿರೂಪಣೆಯನ್ನು ಶ್ರೀಮತಿ ಸಗಾಯ ಪ್ರೇಮ್‌ಕುಮಾರಿಯವರು ಅಚ್ಚುಕಟ್ಟಾಗಿ ನೆರವೇರಿಸಿ ಕೊಟ್ಟರು. ವಿಶೇಷವಾದ ಪ್ರಾರ್ಥನೆಯೊಂದಿಗೆ ಕಾರ್ಯಕ್ರಮ ಆರಂಭವಾಯಿತು. ಶ್ರೀ ಅಮೃತ್‌ರಾಜ್‌ರವರು ತಯಾರಿಸಿದ ಶುಭಾಶಯ ಗೀತೆಯ ವಿಡಿಯೋ ತುಣುಕು ಎಲ್ಲರನ್ನು ಆಕರ್ಷಿಸಿತು. ಹಾಗೆಯೇ ಶಿಕ್ಷಕರ ನೃತ್ಯವು ಎಲ್ಲರನ್ನು ರಂಜಿಸಿತು. ಶ್ರೀ ವಿನೆಂಟ್ ಫಾಲರ್‌ರವರು ಫಾ. ಸಿರಿಲ್ ರವರ ಕುರಿತು ಮಾತನಾಡಿದರು. ಇದರೊಂದಿಗೆ ಫಾ. ಸಿರಿಲ್‌ರವರ ಕುಟುಂಬದವರು ಕಳುಹಿಸಿದ ವಿಶೇಷ ಶುಭಾಶಯಗಳ ವಿಡಿಯೋ ತುಣುಕುಗಳು ಫಾ. ಸಿರಿಲ್ ರವರ ಆನಂದವನ್ನು ಇಮ್ಮಡಿಗೊಳಿಸಿತು. ಫಾ.ರೆಕ್ಷರ್ ರವರು ಮತ್ತು ಫಾ. ಸಿರಿಲ್‌ರವರ ಅನಿಸಿಕೆಯ ಮಾತುಗಳು ಮನ ಮುಟ್ಟುವಂತಿತ್ತು. ಶ್ರೀಮತಿ ಸವಿತಾ ರವರ ವಂದನಾರ್ಪಣೆಯೊಂದಿಗೆ ಕಾರ್ಯಕ್ರಮ ಮುಕ್ತಾಯವಾಯಿತು. ●



ಮುನಿಶಾಮೇಗೌಡ .ಕೆ
ಸಂಯೋಜಕರು

Bijapur Twinning Outreach 2022



An outreach programme at Bijapur was organized by the Eco club & Harmony Club from December 9th to 11th, 2022. 30 students, 3 staff members and a PTA member along with the Principal Fr. Cyril Menezes participated in it.

On the first day the students visited Loyola School. They were warmly welcomed to the school during the school assembly by the Principal Fr. Santosh Fernandes, staff and the students. Later that day, our students performed a street play, conducted interreligious prayer service, a group activity, an interactive session and drawing competition.

This was followed by social awareness session conducted by Fr. Teyol Machado. An awareness was created about the problems faced by the people of Bijapur and how the Centre for social work is involved in improving the lives of the people of the area. The students visited the slum during which, apart from interacting with the people of the slum, the students also performed a street play to create an awareness among the people on cleanliness. The students then visited Jumma Masjid and interacted with the local leaders.



On the second day ,Gol Gumbuz was visited and then all travelled to Sindigi ,to interact with the students and staff of Loyola CBSE School, followed by a visit to Shree Guru deva Ashram at Sindagi. Shri Gangadhara spoke to our students on importance of Harmony and human values. Later in the day, a village tuition center run by the Jesuits was visited an interaction with the students took place and a few games were conducted by our students, An action song was also taught.

On the third day the students visited St Ann's Church in Bijapur and participated in the Sunday liturgy. This was followed by visit to nearby historical places like the Ibrahim Rosa, Barakaman, etc. In the afternoon the visit to SJT Hospital and students interacted with the HIV infected and affected children and taught them few action songs. The students shared meals with them. This was followed by a visit to Shivagri temple. The programme conducted in the evening with the visit to the Sanidhya – home of the HIV Infected girls and interacted with them.

Around 8.30 pm the team left for Bangalore carrying loads of life experiences. ●



Ms Nirma Dsouza
Coordinator



World Mental Health Day Awareness

World Mental Health Day Awareness was observed on 15th October 2022. Students had the opportunity to participate in the drawing and poster making competition conducted to create awareness about the importance of Mental Health of all individuals.



A Good Mental Health Care Habits for Teenagers

Good mental health care habits are essential for teenagers to maintain a healthy and balanced lifestyle. With the increasing pressures of academic success, social life and family expectations, it is more important than ever for teenagers to prioritize their mental health. In this article, we will discuss ten good mental health care habits that teenagers can incorporate into their daily lives to promote positive mental health.

I Get Enough Sleep

Sleep is a vital component of good mental health. Teenagers should aim to get between 8-10 hours of sleep each night to ensure they are well-rested and ready to face the day. Lack of sleep can lead to increased stress, anxiety and depression, as well as difficulty concentrating and learning.

I Eat a Balanced Diet

Eating a healthy, balanced diet is essential for maintaining good mental health. Teenagers should aim to eat a variety of fruits, vegetables, lean proteins and whole grains to ensure they are getting all the nutrients they need. Eating a healthy diet can help improve mood, increase energy levels, and reduce the risk of developing mental health conditions such as depression.

I Exercise Regularly

Exercise is an excellent way to promote positive mental health. Teenagers should aim to engage in physical activity for at least 30 minutes each day, whether it be going for a walk, jog, or participating in a sport. Exercise releases endorphins, which are the body's natural mood boosters, and can help reduce stress and anxiety.

I Practice Mindfulness

Mindfulness is the practice of being present in the moment and paying attention to one's thoughts and feelings without judgment. Teenagers can practice mindfulness by taking a few minutes each day to sit quietly and focus on their breathing, or by participating in a mindfulness exercise such as yoga or meditation. Practicing mindfulness can help reduce stress, anxiety, and improve overall well-being.

I Connect with Friends and Family

Strong social connections are essential for good mental health. Teenagers should make time to connect with friends and family regularly whether it be in person or virtually. Social connections can provide a sense of support, belonging, and reduce feelings of isolation and loneliness.

I Limit Screen Time

Excessive screen time can have a negative impact on mental health, particularly for teenagers. Teenagers should aim to limit their screen time and take regular breaks from electronic devices. Excessive screen time has been linked to poor sleep, increased stress and anxiety and depression.

I Practice Self-Care

Self-care is an essential component of good mental health. Teenagers should prioritize taking care of themselves by engaging in activities they enjoy, such as reading, listening to music, or taking a relaxing bath. Engaging in self-care activities can help reduce stress and promote overall well-being.

I Seek Help When Needed

It is important for teenagers to know when to seek help if they are struggling with their mental health. Teenagers

should feel comfortable talking to a trusted adult, such as a parent or school counsellor, if they are experiencing symptoms of anxiety or depression. Seeking help early can prevent mental health issues from worsening.

I Manage Stress

Stress is a normal part of life, but excessive stress can have a negative impact on mental health. Teenagers should practice stress-management techniques, such as deep breathing or progressive muscle relaxation, to help manage stress and anxiety.

I Get Involved in the Community

Getting involved in the community can be an excellent way to promote good mental health. Teenagers can volunteer at local organizations, participate in community events, or join a club or group that aligns with their interests. Getting involved in the community can provide a sense of purpose, belonging, and reduce feeling of isolation.

A good mental health care habits are essential for teenagers to maintain a healthy and balanced lifestyle. ●

Social Media Addiction Among Teenagers

Social media addiction is a growing problem among teenagers. With the increasing popularity of social media platforms such as Instagram, Facebook, Twitter and TikTok, it is easy for teenagers to spend hours scrolling through their feeds, liking posts, and commenting on photos. However, social media addiction can have a negative impact on teenagers' mental health, relationships and academic performance. In this article, we will discuss the signs of social media addiction and provide guidance on how to overcome it.

Signs of Social Media Addictions

- I **Spending excessive amounts of time on social media:** Teenagers who spend several hours a day on social media, to the point where it interferes with their daily activities such as schoolwork or socializing, may have a social media addiction.
- I **Withdrawal symptoms when unable to access social media :** Teenagers who become anxious or irritable when they are unable to access social media may have a social media addiction.
- I **Obsessively checking social media :** Teenagers who feel the need to constantly check their social media accounts, even when there are no notifications or new posts, may have a social media addiction.
- I **Neglecting responsibilities :** Teenagers who neglect responsibilities such as schoolwork, chores, or socializing with friends and family in favor of spending time on social media may have a social media addiction.
- I **Using social media to cope with negative emotions :** Teenagers who use social media as a way to cope with negative emotions such as stress,

anxiety, or loneliness may have a social media addiction.

Guidance to Overcome Social Media Addiction

- I **Set boundaries :** Teenagers should set boundaries around their social media use, such as limiting the amount of time they spend on social media each day or turning off notification during certain times of the day.
- I **Find alternative activities :** Teenagers should find alternative activities to replace their social media use, such as reading a book, going for a walk, or spending time with friends and family.
- I **Prioritize self-care :** Teenagers should prioritize self-care activities such as exercise, meditation, or spending time in nature to reduce stress and promote positive mental health.
- I **Seek support :** Teenagers who are struggling with social media addiction should seek support from a trusted adult, such as a parent, teacher, or school counsellor.
- I **Take a break :** Teenagers who are struggling with social media addiction may benefit from taking a break from social media altogether, even if it is just for a few days.
- I **Create a support network :** Teenagers should create a support network of friends and family who can offer encouragement and accountability as they work to overcome social media addiction.

Social media addiction is a growing problem among teenagers. However, by recognizing the signs of social media addiction and following these guidelines, teenagers can take steps to overcome their addiction and promote positive mental health. It is important for parents and educators to also be aware of the dangers of social media addiction and provide support and guidance to who are struggling.

Obituary

Tribute to Mrs. Ekanandan

*"The life given to us by nature is short,
but the memory of a life well spent is eternal"*

Mrs. Ekanandan understood fully the gospel of love, she understood it with every fibre of her indomitable spirit and every ounce of energy of her frail body. She practiced it with all her heart and through the daily toil of her hands, crossing the frontiers of ethnic differences, she has taught us this lesson- "It is more blessed to give than to receive."

Mrs. Vijayalakshmi Ekanandan, our large hearted benefactress was born on 26th Nov 1928 in a town called Ranipait near Arcot in Tamilnadu, to Mr. Ramamurthy Mudaliyar and Ms. Manickamal. She was married to Mr. Ekanandan, Lt. commander in the Indian Navy. She completed her graduation in Science at the Presidency College, Chennai and was trained to be a teacher in 1952 at St. Christopher Teacher's College. Her days of trial began when her husband fell ill. It was during this period that Mrs. Ekanandan began her career as a teacher at Kendriya Vidyalaya, Bombay in 1965. Their married life of fourteen years was however brought to an end in 1968 when Mr. Ekanandan passed away due to heart ailment.

Nothing could deter Mrs. Ekanandan from living a meaningful contented and happy life. She then asked for a transfer to the Bangalore branch of Kendriya Vidyalaya at Jalahalli in Bangalore. A lady with a strong grit, she toiled for twenty two years quenching her thirst for knowledge and sharing it with her students.

Complacency was not her cup of tea. After retirement, Mrs. Ekanandan wanted to make good use of the property she had inherited and when she came to know that the management was raising funds to put up the new school building, she generously came forward to donate Rs. 1.2 crores to the school. As one takes a walk along the 'Ekanandan Block' in the school building one can see an encased sword belonging to Mrs. Ekanandan mounted on the wall with the beautiful Sanskrit words: 'Satyameva Jayate' embossed on the dedication plaque. This will ever remain a shrine to the love and generosity of Mrs. A.T. Ekanandan as it was shown to us at St. Joseph's Indian High School through the heart of his wife.



Mrs. Ekanandan later began the 'Ekanandan Memorial Charitable Fund' to help the students of our school and college coming from economically weaker sections. Mercy was the 'salt' which added flavor to her work, the 'light' shone in the darkness of many students.

Unfortunately on 20th November 2022 she was hospitalized for hip injury and did not survive long. She reached her heavenly abode on 4th February 2023. Her demise has been a bitter pill for all of us to swallow. Perhaps the greatest message she has given to the world is the value and dignity of human life. All human life is precious in whatever condition we find it, from the womb to the tomb. Our institution and every member associated with it, will even remain indebted to Mrs. Ekanandan.

May her soul Rest in Peace. ●



Mrs. Rashmi JB



Mr. Rashid has been largely responsible for producing several national level athletes, swimmers and hockey players during his 30 years of professional career at SJHS.

Be it maintaining school discipline, organising annual sports meet, taking sports teams across the country, he has always set a very high standard with his impeccable planning and execution. The name and fame of the school reached greater heights during his tenure. A workaholic, passionate sports teacher has left a legacy which is hard to follow. May his soul rest in peace. ●

Mrs. Janet Fernandes



Tribute to Mr. Rashid

ಶಾಲಾ ಸಿಬ್ಬಂದಿಯ ಪ್ರವಾಸದ ವರದಿ

“ಪ್ರವಾಸವು ಶಿಕ್ಷಣದ ಒಂದು ಭಾಗವಿದ್ದಂತೆ” ಎಂಬ ಕವಿ ಬೆಕನ್ ರವರ ಮಾತಿನಂತೆ ಸಂತ ಜೋಸೆಫರ ಇಂಡಿಯನ್ ಪ್ರೌಢಶಾಲೆಯ ಸಿಬ್ಬಂದಿ ವರ್ಗದವರಿಗೆ ಸಂಸ್ಥೆಯು ಪ್ರತಿ ಮೂರು ವರ್ಷಕ್ಕೊಮ್ಮೆ ಅಂತರ ರಾಜ್ಯ ಪ್ರವಾಸವನ್ನು ಏರ್ಪಡಿಸಲಾಗುವುದು. ಅದರಂತೆಯೇ 2022-23 ರ ಶೈಕ್ಷಣಿಕ ವರ್ಷದಲ್ಲಿ ದಸರಾ ರಜೆಯ ಸಂದರ್ಭದಲ್ಲಿ ದಿನಾಂಕ 6-10-2022 ರಿಂದ 10-10-2022 ರವರೆಗೆ ನಾಲ್ಕು ದಿನಗಳ ಗೋವಾ ಮತ್ತು ದಾಂಡೇಲ ಪ್ರವಾಸವನ್ನು ಕೈಗೊಳ್ಳಲಾಗಿತ್ತು. ನಿರಂತರ ಶೈಕ್ಷಣಿಕ ಚಟುವಟಿಕೆಗಳಿಂದ ಮಾನಸಿಕ ಒತ್ತಡದಲ್ಲಿದ್ದ ಬೋಧಕ ಮತ್ತು ಬೋಧಕೇತರ ವರ್ಗದವರಿಗೆ ಈ ಒತ್ತಡದಿಂದ ಹೊರ ಬರಲು ಈ ಪ್ರವಾಸ ಅತ್ಯಂತ ಅನುಕೂಲಕರವಾಗಿತ್ತು.

ಕಾಲೇಜು ಮತ್ತು ಪ್ರೌಢಶಾಲೆಯ 70 ಬೋಧಕ ಮತ್ತು ಬೋಧಕೇತರ ವರ್ಗದವರು ಈ ಪ್ರವಾಸದಲ್ಲಿ ಪಾಲ್ಗೊಂಡಿದ್ದರು. ದಿನಾಂಕ 6-10-22 ರಂದು ರೈಲಿನಲ್ಲಿ ಪ್ರಯಾಣವನ್ನು ಬೆಳಸಿ ಬೆಳಗ್ಗೆ ಗೋವಾ ತಲುಪಿದವು. ಗೋವಾದ ಪ್ರಮುಖ ಪ್ರವಾಸಿ ತಾಣಗಳು ಎಲ್ಲರಿಗೂ ಅಚ್ಚುಮೆಚ್ಚಾಗಿ ಆನಂದವನ್ನು ಉಂಟುಮಾಡಿತ್ತು. ಮರುದಿವಸ ಕರ್ನಾಟಕದ ರಮ್ಯ ರಮಣೀಯ ನಿಸರ್ಗ ಪ್ರದೇಶವಾದ ದಾಂಡೇಲಯಲ್ಲಿ ನಮ್ಮ ಪ್ರವಾಸವನ್ನು ಮುಂದುವರೆಸಲಾಯಿತು. ಇಲ್ಲಿನ ಕಾಳನದಿಯಲ್ಲಿನ ಅನೇಕ ಜಲಕ್ರೀಡೆಗಳು ಎಲ್ಲರ ಮನಸ್ಸಿನಲ್ಲಿ ಅವಿಸ್ಮರಣೀಯವಾದ ಅನುಭವಗಳನ್ನು ಉಂಟುಮಾಡಿತ್ತು. ಒಟ್ಟಿನಲ್ಲಿ ಈ ಪ್ರವಾಸವು ಎಲ್ಲರ ಮನಸ್ಸಿನಲ್ಲಿ ಸುಂದರವಾದ ನೆನಪುಗಳು ಸದಾ ಉಳಿಯುವಂತೆ ಮಾಡಿದೆ. ●



ಮುನಿಶಾಮೇಗೌಡ .ಕೆ
ಪ್ರವಾಸ ಸಮಿತಿಯ ಸಂಯೋಜಕರು



Men's Day



Women's Day



Students' Tour



Staff Outing



Commencement Speech by Students batch of 2022 -2023

"Instruction ends in school room, But education ends with life"

-Robert W. Tedrickson

It's a moment of excitement and anxiety at this stage of life. Each one sketching their own delicate records of adolescence. Graduation day is one of the most important milestones of Student life. It celebrates freedom earned with responsibility.

A Blessed evening to everyone present here. Respected Chief guest, Caring Principal, Loving Vice Principal, Motivating staff, Dear parents and fellow Josephites.

I, Master Sam David and I, Master Sam Priyan the proud Josephite graduates stand before you to share our momentous journey and experience here at SJHS.

We can say it without any doubt that SJHS has given us confidence and great opportunities.

"Every new beginning has an end and every end is a new beginning." It has been a relentless cycle in every aspect of life and life exhibits is no exception.

It is said that the journey of 1000 years begins with one step. The journey which began three years ago has been no less than a roller coaster ride. It marks the end of a phase, but the beginning of another chapter in our lives as graduating students. We entered this prestigious institution with nothing just as a boy, today we all stand here as men with confidence and ambition.

During the high school time, the momentum gathered for the final push. The year heralded a flood of change. The transformation of boys to men began. Leaders and class representatives were appointed and then the sea experience of the school began. It has been an honor being part of this journey and the one which has been imbued with confidence and a lot memories.

"A seed cannot nurture itself, It needs fertile soil and water." In my case, I was the seed and this school was the soil and the encouragement I received from all sides was the water and most of my teachers were my caring farmers.

As I passed through different stages in the high school, my teachers moulded me and gave me a basic shape as a potter moulds the pot. I have learnt how to

handle my situations well and holistically grow as a human being.

Our gratitude to you dear teachers for all that you have done which we will never forget. Our appreciation to you for all the time you have spent with us. Our love to you for your marvelous sense of humor. You have made us excel in life, academics and sports. Dear teachers you are the pillars of the shrine who have made us a cupola of faith, trust and confidence. You have been an immeasurable force pushing us towards success in the most gentle and compassionate way.

We stepped in to the school as nobody But we shall step out as somebody in the making. And all the glory goes to you my dear teachers. Words can barely describe the magic of achieving graduation. But thanks to the administrative and support staff who have made this academic year, a grand success. You have played a pivotal role in our lives, just like the northern star, constant and unforgettable by your motivating service and presence with us.

"At the end of the day, the most overwhelming key to a child's success is the positive involvement of parents"
- Jane D. Hull

Yes, dear parents, you have been a pillar of strength and support in our lives. Your love shown to us in every activity of ours is mesmerizing. We know that we have troubled you a lot. We have made you tired and tensed thinking of our well-being. But we are grateful that you are still cooperating and not giving-up on us. We know that we are not like the neighbours kids who topped the exam. But we promise you to try our level best and make you proud one day.

Our journey to the high school commenced in 2020. Those days were very eventful as we worked hard and played well. I was chosen as the class representative in 8th std. I knew it was not going to be easy because as the saying goes "To whom much is given, much is expected". The pressures were there but thanks to you all, the mantle of leadership bestowed on me was not too heavy to bear. The greatest joy I ever felt was wearing my school uniform and badge, it made me feel powerful, mature and independent just like a man getting ready to face the vicissitudes of life. We enjoyed the atmosphere of school so much that when the school bell rang for break, we rushed to play as if there was no tomorrow. We measured our time here using different scales. In the

beginning, we used class periods counting down the days to freedom. As we passed, we measured it in semesters and now we are prepared to take on the school name on our shoulders. The school has taught us many ethics and manners than its books. We were taught to enjoy winning and to learn from losing, always to be the core of spreading joy and happiness, to work only for the upliftment of the human race and most importantly to follow the school motto Faith and Toil. Today, we stand here as complete humans with manners and ethics and we are grateful for your contribution.

I count it a blessing to represent my school as the school pupil leader in Academic year 2022-23. Starting from the day of election with fear, receiving the badge with pride, wearing the coat with dignity, until date the school has taught me many ethics and values than mere books. As a school pupil leader, while taking the oath of office we had said faith and toil shall be our motto and we shall ever strive to live up to it. In the same manner, I started my journey as the SPL with faith and toil. I was able to put up many co-curricular activities and express myself and team in it. I felt that this will be a very vast journey, but it was a mixture of fun, joy, cooperation and dedication. Just as the saying goes "teamwork makes dream Work." I've also learned and experienced the importance of teamwork And sharing the great success together. From the day I began in this institution until today, I can't thank enough of how you all have played an important role in helping me stand where I am today. A big thanks to you all.

Memories of my time with friends and teachers would always linger on my heart. Yes, we will definitely be missing those days of admiring Ellen's beauty and getting lost in the treasure island, Kannada period where we were enlightened by the Vachanas of Basavanna, the hindi period where we had to recite asafalatha with the hope of safalatha.

And oops, the maths period where we were confused with trigonometry and triangles, science period where we combined oxidation with ohms law, the social period where we started the third world war among ourselves.

We will really miss those days of having the Divine breakfast or lunch during the first period, those lethargic days of sleeping in health unit for no reason, skipping classes in the name of choir and others clubs was just a glimpse of our time spent together at SJHS.

I don't know how much we would miss the school ground and corridors which were our paradise, the PT period where we all learnt the value of patience. The school auditorium was a place of wonder and admiration, where all witnessed the realistic stunts of our friends and the addressing of inspiring personalities which started the fireworks of our talent. The school's various fests and competitions have always remained as a fantasy. Life as a Josephite can never be OK or bad, It's always the best. Each one of us have gained something or the other.

Friends, as we walk out of this temple, the walls of the school bear the most important stories of our life. Today we all leave this place with a wealth of knowledge, pride in our chest, confidence in our heart. Today, with tears in our eyes, it feels like It was yesterday that we stepped into school. But, alas! the time has come to part our ways.

They say time and tide wait for none. We don't know what the future holds for us. But as we prepare to meet the uncertain future, always remember your destination, but never forget the place where you began.

No 23, Vittal mallaya road, will no longer be in our physical contact to share the love, joy, experience which grieves our heart, but are still clothed with solace and comfort.

We feel like parting from a mother who has cared for us over the years. But we should go on for only then we can spread the Essence of Saint Joseph throughout the world.

I wish the batch of 2023, may you find the moutain that is right for you, and most importantly enjoy the journey you are about to embark on.

'Josephite' is not a word, it's an emotion. We are indeed proud to say that we all are a part of this Jesuit feather.

Once a Josephite, always a Josephite.



Sam David
X 'D', School Pupil Leader



Sam Priyan
X 'F' Class Representative

ಕನ್ನಡ ಮಾಧ್ಯಮ ವಿದ್ಯಾರ್ಥಿಯ ಅನುಭವದ ಮಾತುಗಳು

ಎಲ್ಲರಿಗೂ ಶುಭ ಸಂಜೆಯ ನಮನಗಳು ಈ ಸುಂದರ ಸಂಜೆಯ ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ ಆಸೀನರಾಗಿರುವ ಎಲ್ಲಾ ಗಣ್ಯರಿಗೂ, ಗುರು, ಹಿರಿಯರಿಗೂ, ಪೋಷಕರಿಗೂ ಹಾಗೂ ನನ್ನ ಎಲ್ಲಾ ಸ್ನೇಹಿತರಿಗೂ ವಂದಿಸುತ್ತಾ, ಹತ್ತನೇ ತರಗತಿ ಕನ್ನಡ ಮಾಧ್ಯಮದ ವಿದ್ಯಾರ್ಥಿ ಪ್ರೀತಮ್ ಆದ ನಾನು ನಿಮ್ಮ ಮುಂದೆ ನನ್ನ ಶಾಲಾ ಜೀವನದ ಅನುಭವಗಳನ್ನು ಹಂಚಿಕೊಳ್ಳುತ್ತಿದ್ದೇನೆ.

ಈ ನಮ್ಮ ಶಾಲೆ ನಭೋ ಮಂಡಲದ ಧ್ರುವ ತಾರೆಯಂತೆ ಪ್ರಜ್ವಲಿಸುತ್ತಾ ತಲೆಯೆತ್ತಿ ನೋಡುವಷ್ಟು ಎತ್ತರಕ್ಕೆ ಬೆಳೆದು ನಿಂತಿದೆ. ಈ ಭವ್ಯ ವಿದ್ಯಾಸಂಸ್ಥೆಯಲ್ಲಿ ಲಕ್ಷಾಂತರ ವಿದ್ಯಾರ್ಥಿಗಳು ವಿದ್ಯೆಯನ್ನು ಪಡೆದು ವಿಶ್ವದಾದ್ಯಂತ ಶಾಲೆಯ ಕಂಪನ್ನು ಪಸರಿಸುತ್ತಿರುವುದು ಎಲ್ಲರಿಗೂ ಪ್ರೇರಣೆಯನ್ನು ನೀಡುವುದಾಗಿದೆ. ಇಂತಹ ಶಾಲೆಯಲ್ಲಿ ನಾವು ಶಿಕ್ಷಣವನ್ನು ಪಡೆಯುತ್ತಿರುವುದಕ್ಕೆ ನನಗೆ ಬಹಳ ಹೆಮ್ಮೆ ಎನಿಸಿದೆ. ಹಾಗೆಯೇ ನನ್ನ ಮೂರು ವರ್ಷಗಳ ಈ ಶಾಲೆಯ ಅನುಭವಗಳನ್ನು ನಿಮ್ಮೊಂದಿಗೆ ಹಂಚಿಕೊಳ್ಳುತ್ತಿರುವುದಕ್ಕೆ ಬಹಳ ಸಂತಸವಾಗುತ್ತಿದೆ. ಮನುಷ್ಯನ ಜೀವನದಲ್ಲಿ ಸದಾ ನೆನಪಿನಲ್ಲಿ ಉಳಿಯುವ ನೆನಪುಗಳೆಂದರೆ ಅದು ಶಾಲಾ ಜೀವನದ ನೆನಪುಗಳು ಮಾತ್ರ. ನಮ್ಮ ಶಾಲೆಯಲ್ಲಿ ಕನ್ನಡ ಮಾಧ್ಯಮದ ವಿಭಾಗವಿದೆ ಎಂದು ಎಷ್ಟೋ ಜನರಿಗೆ ತಿಳಿದಿರುವುದಿಲ್ಲ. ನನ್ನಂತಹ ಸಾವಿರಾರು ಬಡ ವಿದ್ಯಾರ್ಥಿಗಳು ಕನ್ನಡ ಮಾಧ್ಯಮದಲ್ಲಿ ಶಿಕ್ಷಣವನ್ನು ಪಡೆದು ಇಂದು ಸಮಾಜದಲ್ಲಿ ಉನ್ನತ ಸ್ಥಾನದಲ್ಲಿ ಇರುವುದು ಶ್ಲಾಘನೀಯ. ಇದಕ್ಕೆ ಪೂರಕವೆಂಬಂತೆ ಕರ್ನಾಟಕದ ವಿವಿಧ ಜಿಲ್ಲೆಗಳ ಬಡ ವಿದ್ಯಾರ್ಥಿಗಳನ್ನು ಕರೆತಂದು ಸಂತ ಲೂಯಿಸರ ವಸತಿ ನಿಲಯದಲ್ಲಿ ಆಶ್ರಯವನ್ನು ನೀಡಿ ಸಂಪೂರ್ಣ ಉಚಿತ ಶಿಕ್ಷಣವನ್ನು ನೀಡುತ್ತಿರುವುದು ನನ್ನಂತಹ ಎಷ್ಟೋ ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ಸಹಾಯ ಹಸ್ತ ಚಾಚಿದಂತೆ. ಈ ಶಾಲೆಯಲ್ಲಿ ಶಿಕ್ಷಣದ ಜೊತೆಗೆ ನೀಡುವ ಉತ್ತಮ ಮೌಲ್ಯಗಳು ನನ್ನ ಮುಂದಿನ ಬದುಕಿಗೆ ಬುನಾದಿಯಾಗಿದೆ. ಕನ್ನಡ ಮಾಧ್ಯಮದ ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ಇಲ್ಲಿನ ಶಿಕ್ಷಕರು ನೀಡುವ ಪ್ರೀತಿ, ಕಾಳಜಿ ನಮ್ಮ ತಂದೆ ತಾಯಿಗಳ ಪ್ರೀತಿಯನ್ನು ಮೀರಿಸುವಂತದ್ದಾಗಿದೆ ಅಂತಹ ಎಲ್ಲಾ ಗುರುಗಳಿಗೆ ನನ್ನ ಎಲ್ಲಾ ಸ್ನೇಹಿತರ ಪರವಾಗಿ ತಲೆಬಾಗಿ ನಮಿಸುತ್ತಿದ್ದೇನೆ.

ಮೊದಲು ನಾನು ಈ ಶಾಲೆಗೆ ಬಂದಾಗ ಇಲ್ಲಿನ ವಾಸ್ತವ ನನಗೆ ತಿಳಿದರಲ್ಲ. ಓದುವುದರಲ್ಲಿ ನನಗೆ ಆಸಕ್ತಿ ಇದ್ದರೂ ಗಣಿತ ಎಂದರೆ ನನಗೆ ತುಂಬಾ ಕಷ್ಟ ಎನಿಸಿತು. ಆದರೆ ನನ್ನ ಸಹಪಾಠಿಗಳು, ಶಿಕ್ಷಕರು ಸರಿಯಾದ ಮಾರ್ಗದಲ್ಲಿ ಕಲಿಸಿ ಒಳ್ಳೆಯ ಅಂಕಗಳನ್ನು ಗಳಿಸಲು ಪ್ರೇರೇಪಿಸಿದರು. ಕನ್ನಡ ಮಾಧ್ಯಮದ ಮಕ್ಕಳಾದ ನಾವು ಎಂದೂ ಯಾವ ವೇದಿಕೆಯ ಮೇಲೂ ಭಾಗವಹಿಸಿರಲಿಲ್ಲ. ಆದರೆ ಪ್ರೇರಣಾ



ಪ್ರೀತಮ್
10ನೇ ತರಗತಿ 'ಎ' ವಿಭಾಗ

ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ ನೃತ್ಯದ ಮೂಲಕ ಮನರಂಜನೆ ನೀಡಿ ಸಂತೋಷವಾಯಿತು. ಅಂತಹ ಅನುಭವವನ್ನು ನಮ್ಮ ಜೀವನದಲ್ಲಿ ಎಂದಿಗೂ ಮರೆಯಲಾರೆವು. ನಾವು ಓದುವುದರಲ್ಲಿ ಕಡಿಮೆ ಇದ್ದರೂ ಕೌಶಲ್ಯಗಳನ್ನು ಪ್ರದರ್ಶಿಸುವುದರಲ್ಲಿ ಕಡಿಮೆ ಇಲ್ಲವೆಂದು ಭಾವಿಸುತ್ತೇನೆ.

ಹಲವಾರು ವರ್ಷಗಳಿಂದ ಈ ಶಾಲೆಗೆ ಹಲವು ಮುಖ್ಯೋಪಾಧ್ಯಾಯರು ನಮ್ಮ ಶಾಲೆಗಾಗಿ ಶ್ರಮಿಸಿದ್ದಾರೆ.

ಅದೇ ರೀತಿ ನಮ್ಮ ಈಗಿನ ಮುಖ್ಯೋಪಾಧ್ಯಾಯರಾದಂತಹ ವಂದನೀಯ ಫಾ. ಸಿರಿಲ್ ಮೆನೆಜಿಸ್‌ರವರು ಸದಾ ಶ್ರಮದ ಅಭಿವೃದ್ಧಿಯನ್ನು ಈ ಶಾಲೆಗೆ ವಹಿಸಿದ್ದಾರೆ. ಶಿಕ್ಷಕ-ಶಿಕ್ಷಕಿಯರು ಭಾವನೆಗಳ ಚಿಲುಮೆಗಳಾಗಿ ಶಾಲೆಯ ಮಕ್ಕಳಿಗೆ ಸರಿಯಾದ ಮಾರ್ಗದ ಅಡಿಯಲ್ಲಿ ಕಲಿಸಿ ತಮ್ಮ ಸಂತೋಷವನ್ನು ಹಂಚಿ ತರಗತಿಗಳ ಸಮಯದಲ್ಲಿ ಜ್ಞಾನದ ಆಗರವನ್ನು ನಮ್ಮಲ್ಲಿ ಸುರಿಸಿ ನಮ್ಮನ್ನು ಪ್ರೇರೇಪಿಸಿದ್ದಾರೆ. ಅವರ ಉದಾರ ಪರಿಶ್ರಮವನ್ನು ಸ್ಮರಿಸುವುದು ನಮ್ಮ ಕರ್ತವ್ಯ. ಅಂದು ಗುರುಗಳು ಹೊತ್ತಿಸಿದ್ದು ಎಂದಿಗೂ ನಂದದ ಶಿಕ್ಷಣದ ನಂದಾದೀಪ. ಅದರ ಬೆಳಕಿನ ಹೊನಲು ಪ್ರಜ್ವಲಿಸುತ್ತಿರುತ್ತದೆ ನಿರಂತರ. ಇದೇ ರೀತಿಯಲ್ಲಿ ಈ ಶಾಲೆಯಲ್ಲಿ ಕಲಿತ ನಾವು ಎಂದಿಗೂ ಪ್ರಜ್ವಲಿಸುವುದನ್ನು ನಿಲ್ಲಿಸಬಾರದು. ಈ ಸಾಲುಗಳು ನಮ್ಮೆಲ್ಲರ ಜೀವನಕ್ಕಾಗಿಯೇ ಬರೆದಂತಿದೆ. “ನನ್ನೆಯದು ಇತಿಹಾಸ ಹೂತ ಹಣಗಳ ಕದಕಬೇಡ ನಾಳೆಯದ್ದು ಅಂತೆ ಕಂತೆಗಳ ಆಶಾಭಾವ ಭ್ರಮೆಯಲ್ಲಿ ಬೀಳಬೇಡ. ಸದ್ಯದಲ್ಲಿರುವ ಬದುಕನ್ನು ಬದುಕು ಅದರಿಂದ ದೊರಕುವ ಅನುಭವದಿಂದ ಬೆಳೆ” ಲಾಂಛನಲೋಕ ಈ ಮಾತುಗಳನ್ನು ಸೂತ್ರದ ಸಾಲುಗಳಿಗೆ ಅನುಮೋದನೆ ನೀಡುತ್ತದೆ.

Post is dead, Future is unborn
Live, live in the living Present
With God overhead and heart within.

ನಾವೆಲ್ಲರೂ ಸಾಧನೆಯ ನಕ್ಷತ್ರಗಳಾಗುವಂತೆ ಬಯಸುತ್ತಾ ನನ್ನ ಈ ಅನುಭವದ ಮಾತುಗಳನ್ನು ಮುಗಿಸುತ್ತೇನೆ ಧನ್ಯವಾದಗಳು. ●



Preethish VIII 'E'

The Poor Boy Cristiano

The boy in Madeira comes from a very poor family. His family name was Cristiano. His early life was filled with a lot of struggles. His father was a gardener, who was an alcoholic and in 2005 he died from 'Liver Failure'. His mother worked as a cook and a cleaning lady to provide for the family. He was brought up with nothing, he was very poor, he had no toys and no Christmas presents. Even though they were poor they stayed together and his parents would always make him forget about every struggle they went through and made him focus on becoming the best. This always brought a smile to his face. When he was eight years old, Cristiano began to play for Andorinha his first club, where his father worked as a kit man. Even in the early days, his talent was obvious and his work ethics were praiseworthy. At the age of 11, he caught the attention of the sporting club "Portugal". When he was growing up, everybody knew that he was talented. But they also said that he was very small and skinny, its true, he was skinny. He had no muscles. So he made a decision at the age of 11. He knew he had a lot of talent, but he decided that he was going to work harder than everybody. He started to work out. He got bigger and faster, he would walk the field and the people who used to whisper, "Yeah, But he's skinny, now they would be looking at him with awe. He was also popular with the students at school. But he was not so popular with teachers. Cristiano was expelled from school after throwing a chair at his teacher, whom he said had "Disrespected" him. One of the most difficult moments for Cristiano was having to leave Madeira to join the Lisbon Academy.

When Cristiano was playing for "Lisbon", at the age of 15, his career almost ended before it began. Cristiano was diagnosed with a heart condition. That unfortunately made his heart race even when he was not running or playing. He had a head surgery that

successfully fixed the problem. So, finally now he could run, practice and focus on the things that were important. In 2003, Cristiano signed a contract worth \$ 15 million and became the first Portuguese player to be part of the Manchester United. After he joined the team he secured himself and his future as a football star. Sir Alex Ferguson



insisted on giving him the No.7 Jersey. In 2009, when Cristiano made a move from Manchester united to Real Madrid, he became the most expensive footballer in history. In a transfer worth 94 Million Euros after nearly a decade, his career with Real Madrid ended. He then signed a 4 year contract with Juventus with a transfer worth 100 Million Euros. This transfer was the highest ever for a player who was 30 years old. Cristiano has won 27 Trophies in his career including 5 league titles, 5 European cups, and one European championship.

But he is like every human being who had to face difficulties, failures and disappointments. But his incredible capability to focus, work hard and build his skills everyday, made him who he is today. He always had a "Never give up attitude". It is my conviction that there are "No limits to learning" and that it never stops no matter what the age.

Moral : We don't have to tell our dreams, we have to show them, so remember, obstacales, failures and disappointments are good for us. They make you stronger. So what does "Never give up" really mean? It means believing in ourselves, whatever we do and what ever we face we have to believe in ourself.

From a very young age, Cristiano always believed in himself. He thought I am the best player in the world. And now he is known as Cristiano Ronaldo the best player in the world.●



Keshav Sathvik, VIII 'F'

Women's Empowerment

The term “Women empowerment” is used to support, inspire and honour women. Since the beginning of time, women have been deprived of their rights. They were restricted from basic rights as well. Women empowerment is the process of getting women out of this situation and giving them their rights and their place in society. It also means that they should be protected from any kind of violence. Women empowerment is a way to make a better and stronger society for women.

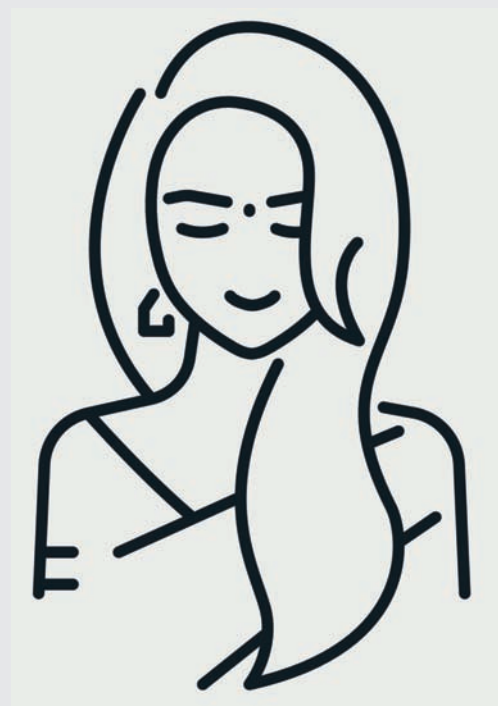
Women's empowerment in India

In the 20th century, women are getting their rights and proving their worth. Women like Kalpana Chawla, Saina Nehwal etc. are setting good examples for the women of India.

Way to empower women

There are many ways to empower women, one of which is education. Women empowerment is greatly aided by women's access to education. Education gives women confidence, knowledge and decision – making power. Government initiatives are also important to empower women in society.

The biggest hurdle to women empowerment is people's mentality. When people start thinking of women as equal to men, the word women empowerment will achieve its goal.



Quotes on women's empowerment

By standing up for equality, women have helped other women speak up and empowered them. There are many examples of prominent women who have spoken out about women's equality.

The women's empowerment principles

- Principle 1 : Create high level corporate leadership for gender equality
- Principle 2 : Promote education, training and professional development for women.
- Principle 3 : Champion equality through community initiatives and advocacy.
- Principle 4 : Measure and report publicly on progress to create gender equality. ●

India Darshan

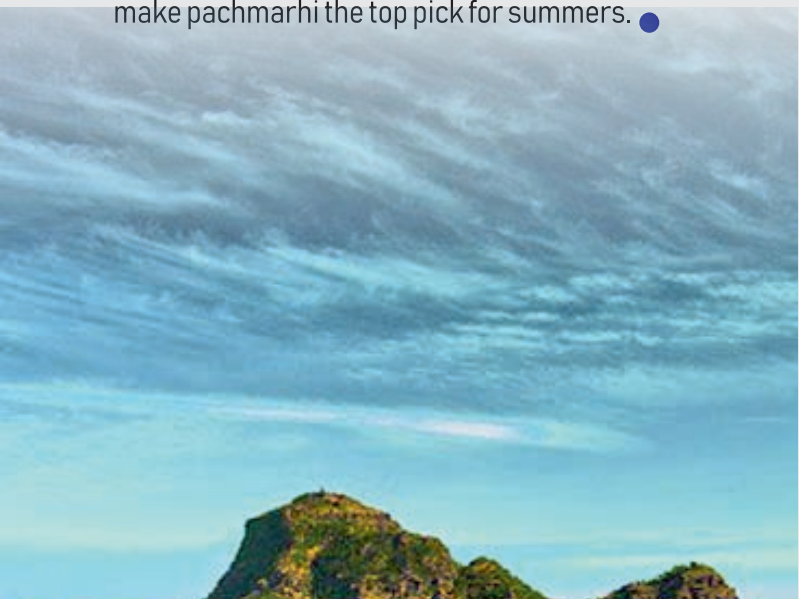
Pachmarhi, Madhya Pradesh

Yash .M VIII 'E'



The only hill station in Madhya Pradesh, Pachmarhi is often known as the queen of the Satpura ranges. It is flanked on all sides by the Majestic Satpura range and dotted with beautiful 10,000 year old Man-made cave shelters, dense Sal forests and bamboo thickets. Pachmarhi is situated at an altitude of 1,067 feet. Since Pachmarhi was discovered and developed in the modern times by captain James Forsyth of the British Army, this city houses charming churches built in colonial style architecture.

The cool and calm environment all around the year make pachmarhi the top pick for summers. ●

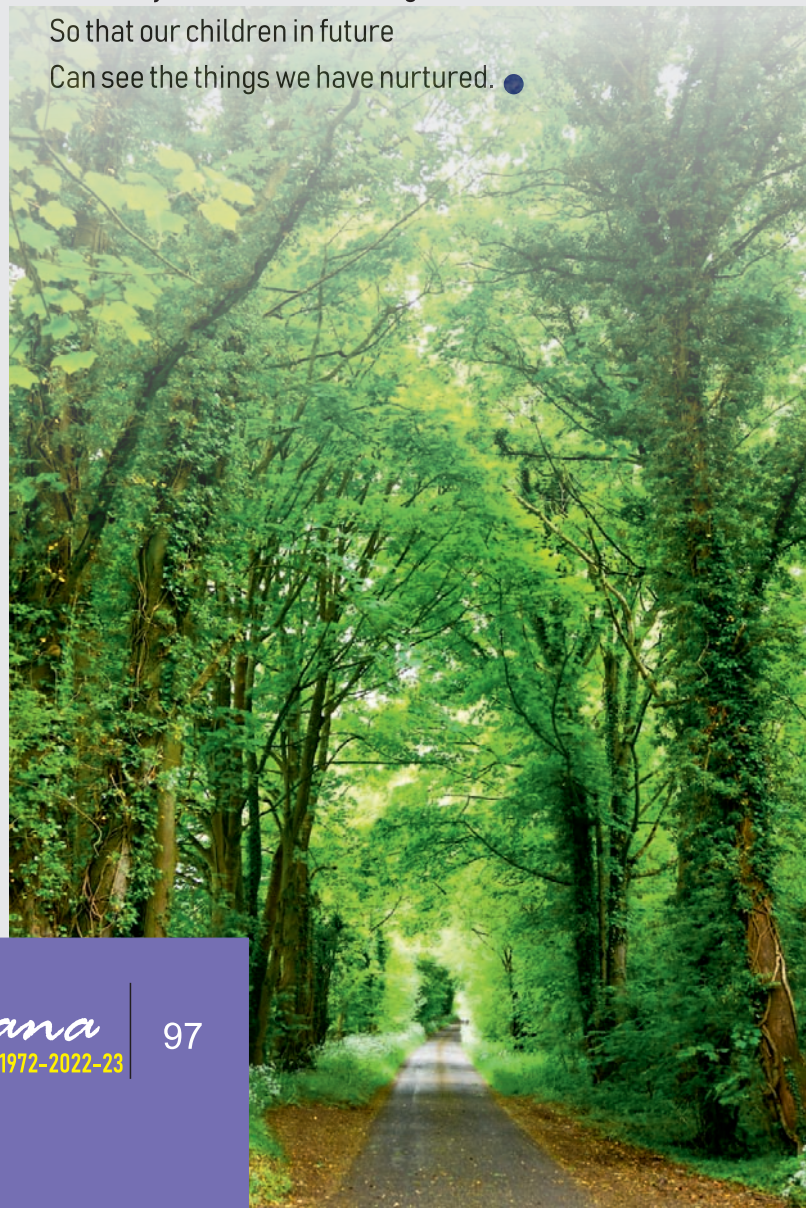


The wonder of Nature

Surya Bhuvan VIII 'F'

Nature! Nature! So lush and green
The wonder everyone has seen
So cool, so calm and full of life
Makes us forget all of our strife
Nature is full of trees
Fluttering and dancing in the breeze
Cut them down and construct towers
Wait for ages to get showers
The birds that soar high in the sky
Can we imitate them however hard we try
Learn to wonder and gape at things
And see the happiness it brings

Do what you can to save a wing
So that our children in future
Can see the things we have nurtured. ●



My Pet Cat

Wilson Elezar VIII 'F'



My cat name is pat
He is very fat
He loves to chase a rat
He hates to wear a hat

He loves to drink milk
He likes to play with silk
He hates to take a bath
And runs around the path

He listens to me when I talk
He follows me when I walk
He is very cute
And his dress to coat suit

His fur is fully white
He is very bright
I love my cat
I love my pat

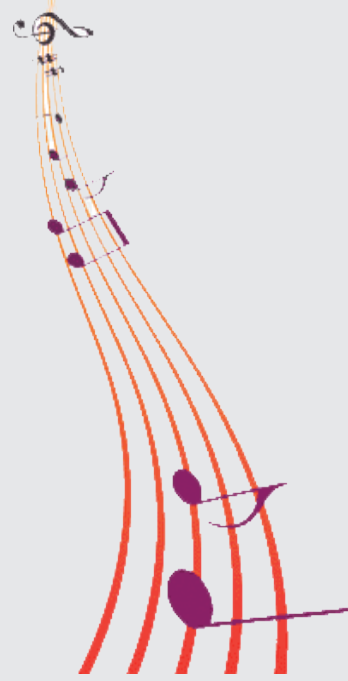
Music Mind

Wilson Elezar VIII 'F'

Music is in the hearts of all
It makes you fall
Different meanings
Lovely feelings

Makes you dance and
Sing everywhere
Tunes fill in the air
Like rock and pop
Won't make you stop

It is lovely to hear
Music is right
Inspiration !
Motivation !



ಅನುತ್ಥ

ನಿಜಲ್, ಲನೇ ತರಗತ 'ಎ' ವಿಭಾಗ



ಮೊದಲು ನುಡಿಯುವಾಗ ಅಮ್ಮ
ಅಟುವಾಗ ಅಮ್ಮ, ನಗುವಾಗ ಅಮ್ಮ
ನೋವಾದಾಗ ಅಮ್ಮ
ನಾವು ಎಲ್ಲೇ ಇದ್ದರೂ ತುಣಿಯ
ಅಂಚಿನಲ್ಲಿ ಬರುವ ಮೊದಲ ಪದವೇ ಅಮ್ಮ
ಯಾಕೆಂದರೆ ಅವಳಿಂದಲೇ ನನ್ನ ಜನ್ಮ



Prasad Kumar, IX 'D'

Sachin The God



Sachin Tendulkar, the captain of Indian cricket team and the God of cricket. One day as he was playing a match in Australia, he got injured at his elbow when he scored 27 runs. He was not able to lift his hand. He didn't play the upcoming matches. It seemed to everyone that Sachin's career got closed, His future looked bleak that our former captain, Kapil Dev also advised him saying "You can't play because this is a serious injury and it will affect your future". But Sachin didn't give up. He decided to get treated with physiotherapy. He got operated at his elbow and it was fine. The doctor gave suggestions to cure the injury and the exercise was to hit the ball with the hand which was not injured. He went to Chinnaswamy stadium at 6'o clock. He took a bucket of balls. He started hitting. A man cannot hit the ball for 10 minutes continuously. But Sachin started to hit at 6'o clock and concluded at 7'o clock, he used to hit the ball continuously for an hour. Again he would go to his room

at 8 am to eat his breakfast, change in to his jersey, comeback to ground. He would jog 21 rounds daily and people wondered at his dedication and hardwork. After he recovered he played a match in 2010 against South Africa. He scored a double hundred and set a benchmark in cricket. People were shocked to see his valiant comeback. After his innings while returning to the pavilion, Ravi Shashtri asked him "How are you feeling Sachin?". People said that your career got finished but you comeback what do you say about it?

Sachin said **"PEOPLE WILL THROW STONES AT YOU BUT YOU SHOULD KNOW HOW TO CHANGE THOSE STONES INTO MILE STONES"**

If Sachin can comeback, Anyone can comeback. Just remain dedicated and work hard.

"WHERE THERE IS A WILL, THERE IS A WAY" ●



Adhoksh A., IX 'C'

Cleanliness Drive in India



Cleanliness is a habit of maintaining our body, home and surroundings neat and clean. It is an essential quality required to live a healthy life. There is a famous proverb which says "Cleanliness is next to Godliness".

Cleanliness gives rise to a good character by keeping body, mind and soul clean and peaceful. Daily shower is very important for everyone to push ourselves healthy. Cleanliness prevents dangerous microbes, germs, mosquitoes etc.. In India cleanliness is a major issue because people do not have proper toilets, houses, hygiene and proper education about cleanliness and trucks are not dumping the garbage properly.

We, Indians need to take initiative in keeping our surroundings clean giving proper education about cleanliness and hygiene. ●



Syed Sufyan Zama IX 'E'

Lion

L - LONELY

I - INEVITABLE

O - OPTIMISTIC

N - NEVER GIVE UP

A LION, ...

He is the king of the jungle,
He is brave and courageous,
He always stays too serious,
Because, He is strong and can,
Kill you just by his toe
And he is everyone's foe.

He is the king, He is very strong
He is a Good predator as he,
Likes eating deers.
With this the ecological balance
is also being maintained.

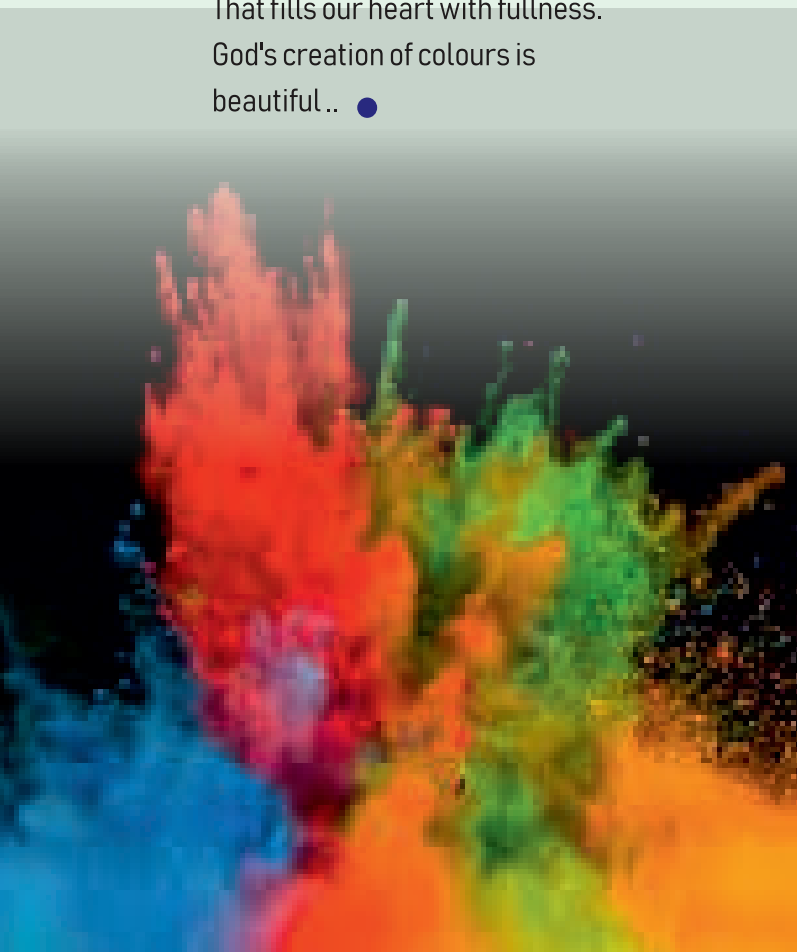
He is the king of the jungle,
He is brave and courageous,
He always stays too serious,
He is a great animal
I admire him, do you? ●



Hari Charan Tej .B

Colours

The blue ocean water
That fills our heart with joy
The green leaves of the nature,
That fills our mind with calmness
The light brown of the soil,
That fills our nose with country smell.
The pure white of the sky,
That fills our heart with fullness.
God's creation of colours is
beautiful.. ●



Kushal Reddy, IX 'C'

My School Uniform!

Every morning I have to wake up earlier than the clocks
And get ready by wearing the school dress and pulling
up the socks
As I have to reach the school on time
By walking down the lane singing the school rhyme.

Everyone in the school has to wear the same dress
And this idea makes me very distressed
Why can't we wear dress of our own choice?
This is a huge problem against which we
all should raise our voice.

I shared my problem with my teacher
and she told me that,
"It brings unity among all the children" ●





ಮೈಕಲ್, ೯ನೇ ತರಗತಿ 'ಎ' ವಿಭಾಗ

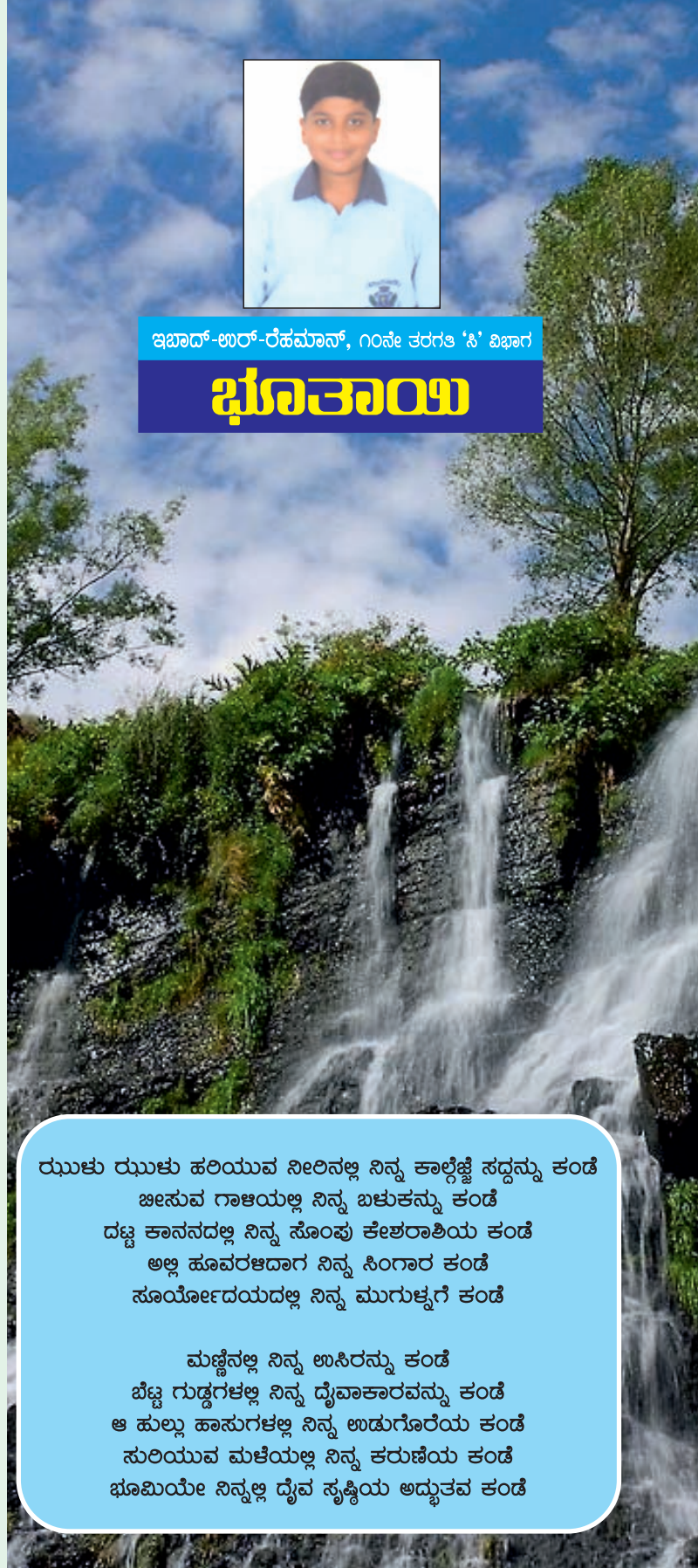
ನವಿಲು

ಪ್ರಕೃತಿಯ ಅಂದದಲಿ ಅದ್ದಿದ
 ಸುಂದರಿಯರಲ್ಲಿ ಸುಂದರಿ
 ಗರಿ ಜಿಜ್ಞಾಸುಕುಣಿವೆ ಅತಿ ಜೆಲುವೆ
 ಅದುವೇ ನಮ್ಮ ರಾಷ್ಟ್ರಪಕ್ಷಿ ನವಿಲು
 ನಿನ್ನ ಕುಣಿತ ಜಂದ
 ನಿನ್ನ ಕುಣಿತದ ತಾಳ ಜಂದ
 ನಿನ್ನ ಗರಿಗಳಿಗಿವೆ ಸೆತಿಯುವ ಸ್ವರ್ಶ
 ಅದು ನೋಡುಗರಿಗೆ ಹರ್ಷವೋ ಹರ್ಷ...



ಇಬಾದ್-ಉರ್-ರೆಹಮಾನ್, ೧೦ನೇ ತರಗತಿ 'ಸಿ' ವಿಭಾಗ

ಭೂತಾಯಿ



ಝುಟು ಝುಟು ಹರಿಯುವ ನೀರಿನಲ್ಲಿ ನಿನ್ನ ಕಾಲ್ಪೆಣ್ಣೆ ಸದ್ದನ್ನು ಕಂಡೆ
 ಜೀಸುವ ಗಾಳಿಯಲ್ಲಿ ನಿನ್ನ ಬಚುಕನ್ನು ಕಂಡೆ
 ದಟ್ಟ ಕಾನನದಲ್ಲಿ ನಿನ್ನ ಸೊಂಪು ಕೇಶರಾಶಿಯ ಕಂಡೆ
 ಅಲ್ಲಿ ಹೂವರಳಿದಾಗ ನಿನ್ನ ಸಿಂಗಾರ ಕಂಡೆ
 ಸೂರ್ಯೋದಯದಲ್ಲಿ ನಿನ್ನ ಮುಗುಳ್ಳಗೆ ಕಂಡೆ

ಮಣ್ಣಿನಲ್ಲಿ ನಿನ್ನ ಉಸಿರನ್ನು ಕಂಡೆ
 ಬೆಟ್ಟ ಗುಡ್ಡಗಳಲ್ಲಿ ನಿನ್ನ ದೈವಾಕಾರವನ್ನು ಕಂಡೆ
 ಆ ಹುಲ್ಲು ಹಾಸುಗಳಲ್ಲಿ ನಿನ್ನ ಉಡುಗೊರೆಯ ಕಂಡೆ
 ಸುರಿಯುವ ಮಳೆಯಲ್ಲಿ ನಿನ್ನ ಕರುಣೆಯ ಕಂಡೆ
 ಭೂಮಿಯೇ ನಿನ್ನಲ್ಲಿ ದೈವ ಸೃಷ್ಟಿಯ ಅದ್ಭುತವ ಕಂಡೆ

Graduation Day Speech

“School is a channel for values, Ethics and Support”.

A very good evening to all gathered, Respected Principal, Energetic Vice Principal, Caring Teachers, Supportive Parents and my Dear Friends,

I Sanketh of class X E deem it a great opportunity to express my feelings on my school which has awakened in me the feeling of pride and enthusiasm.

“School memories are like beautiful wall hangings, painted by our innocent childhood colours, bound by friendship, fight, love and tears”.

I have had a fabulous experience through the long journey in High School. Facing Ups and Downs, it has been a ride of roller coaster, giving me ample chances to prove myself.

It is very sad to know that the Graduation day is the last day of school but yet happy for being a part of the Josephite family. I know that you also are feeling sad, my dear friends, but a new beginning always starts with an end.

Class rooms have been our home when we came to school. Sheltering us from sun, wind and rain, it never made us homesick. The corridors were our playing grounds inside the campus. It was just like the balcony of our house. Memories we created are still seen in the quadrangle of the school, making it the most visited place.

But, I think we all should remember one thing:

“Memories can never be erased. It is memories that lasts with us our whole life”.

But for all this rigid foundation of ours, there has been an energetic and ever-enthusiastic supporter, i.e., none other than, the ever-hardworking Headmaster, Rev Fr Cyril Memezes who shaped our character just as steel when it is kept in fire.

Fr you have inspired us and are inspiring even today with your actions and deeds. Fr thank you for all that you have done to us to mould us into good and successful josephites, awakening the capabilities within us.

Likewise, our beloved Vice Principal, Savitha Ma'dam has worked intensely to make us dutiful and responsible.



Sanketh Reddy .A, X E

We are indeed grateful to you ma'am.

“The influence of great teachers can never be erased.”

“Teachers are the precious gems of the nation.”

Teachers are multitaskers. They are supporters, advisers, coaches, problem solvers, counselors etc. It does not go wrong if I tell that we are in debt to them for all that they have done to us.

Just as a mother with her bantlings, shepherd with his ewes, teachers have nourished us with their pure love and affection.

Dear teachers, thank you for making us aware of who we are. We will in turn, definitely be a source of help and remedy to people and situations around us.

As our school motto goes like this “FAITH AND TOIL”, let's have faith in ourselves and toil hard to meet our goals.

Being Josephites, we should extremely be proud of our school and the institution.

I don't like making anyone emotional, so I'll end with this quote:

“Truly great friends are hard to find, difficult to leave and impossible to forget.”

I wish everyone a best of luck for the upcoming Board exams. May God bless each everyone of us to do well.

“Once a Josephite, always a Josephite”

Thank you all ●



Chetan S.L, X 'F'

My Experience Being A Josephite

“After climbing a great hill, One can only find out that there are greater hills to climb” Quoting Nelson Mandela.

I Feel honoured to study in an amazing institution which has filled my life with fun and values for 6 years. I'm Chethan of XF in the academic year 2022-23.

I've been a Josephite for quite a long time now. Let me tell you that this journey has been surreal to the fact that I have met a lot of interesting and kind people. When we were juniors in high school, we dream about the occasion of graduation day but once you get there you want to relive and go back to every single memory we have made.

I am really grateful to all the astonishing teachers who have immensely worked hard just for our progress in life. Now here I will share the most meaningful values I have learnt from this temple of learning. I've learnt to take more risks, think positively about the lessons taught in the form of punishments and not to be afraid and face the major drawbacks which we are about to witness in the future. Lets not forget the little things we used to do for our own and other's smiles. As an outgoing student, I would like to look back at every single moment, every small memory I have made in this school. This long association with the institution will be missed.

Lastly, I would like to thank this institution for playing a great influencing role in my life. I could not have been the same person without this school. All I can say is a big 'Thank You' to this institution. ●





Sanketh Reddy .A, X E

Azadi Ka Amrit Mahotsav Me and My Freedom

Starting with, I am glad to celebrate this 75th independence day of India. Our country has also given freedom to its citizens. Some of them are as follows:

- ◆ The citizens of India are free from dictatorial government, i.e., we are not ruled by other countries.
- ◆ We are free to choose any religious belief that we want to.
- ◆ We can choose the lifestyle, the education where we want to continue at, the place we want to live at, etc.
- ◆ We are given the liberty to vote for the party of our choice.

Firstly, we should not misuse the freedom that we have received from our country. As we know, we are free from the British Monarch for 75 years. Now, we have our own political, social and economical system. Therefore, it becomes essential for us to follow the simple regulations that the country demands from us.

We are free to choose any religious belief that we want. But, we also should keep in mind that we have to respect other belief and not to have any hatred towards them. We also should be aware that place we live at the institution we study in, has also to its specific traditions. So, it becomes our sole responsibility to practice them and mainly not to see them low. We have to be apt while choosing our leader because he/she will be the one who will lead us and in turn make us progressive citizens.

“Freedom is meant to be used, not to be misused.”

We, the citizens of India should make India a better place to live.

Jai Hind ●



Ibad-Ur-Rehman, X 'C'

Friendship



The one who always remains with you whether it's your good time or bad time, the one who is not formally your family member but is not then a member of your family as well, the one whom you can trust like nobody else, is a friend and this relationship known as friendship. ●

One fine morning in the middle of a night,
Two dead boys woke up to fight.
Back to back they faced each other,
Drew out the swords and slashed each other.
A deaf policeman heard this noise,
And shot the two dead boys
If you don't believe my lies to be true,
Ask the blind man he saw it too

Ibad-Ur-Rehman, X 'C'



Yathin Kumar E, X 'C'

Going to end my Journey in High School

Four months left for class 10th Finale;
Heart beat increasing day by day...!

Fear of board exams on head,
That's why I can't eat properly,
Can't sleep on bed...!

Fear of future and life,
If I don't get a good job,
Then may be no good life..!

Four months left for class 10th Finale;
Heart beat increasing day by day...!

All the six subjects created head ache,
Hope, a bright future for every classmate
God will make ...!

Now a beautiful journey in school has
Come to an end,
Will miss my high school days,
Will miss my beautiful friends. ●



Kethan S, X 'F'

5 *Amazing facts about flowers!*



1. Black Rose, an extremely rare flower that is grown naturally only in the village of Halfeti in Turkey.
2. The juice from Bluebell, sunflower was used historically to make glue.
3. Before modern materials, sunflower stems were used to fill life jackets.
4. Several centuries ago in Holland, Tulips were more valuable than gold.
5. If you cut a rose stem 4 x vertically and soak each petel in a different coloured dye you get a rainbow rose because of the Fibonacci sequence. ●



J.J. Hemanth Kumar, VIII 'D'

इंसान



मंदिर में दाना खाकर चिड़िया
मस्जिद में पानी पीती है,
मैने सुना है राधा की चुनरी
कोई सलमा बेगम सीती है,
मुझे पता है मेरा राम और रहीम अच्छे दोस्त है।
औरों को दिखते होंगे हिंदू या मुसलमान
मुझे तो हर शख्स के भीतर इंसान दिखाई देता है। ●



Zayan Khan, VIII 'D'

माँ

माँ प्यार, तुम्हारा कैसा है?
सीधा -साधा भोला भाला,
मैं कितना भी बड़ा क्यों न हो जाऊँ “माँ!”
आज भी मैं आपका बच्चा हूँ.....
माँ की आँखों में करुणा की ज्योति है,
वो खुद ही सह लेती है सारा दर्द
जब मुसीबत आती है उसके अपनों पर
मौत से भी लड़ती है
कभी दुर्गा तो कभी चंडी बन जाति है,
जब उसके बच्चों की बात आती है,
माँ तो भगवान की छाया है।
माँ तो माँ होती है ●



Prasad, IX 'D'

भारतीय विज्ञान का ईश्वर



कलाम का जन्मस्थान रामेश्वर है
वह भारतीय विज्ञान का ईश्वर है।

कलाम भारत को विज्ञान के बारे में सिखाया
और भारत का गौरव बढ़ाया।

हर रोज़ उसकी रात सपनों से भरा हुआ था
वह युवाओं का प्रेरणा स्रोत था।

उसने वृक्षों को ज्यादा से ज्यादा रोपने के लिए कहा,
और भारत को प्रदूषण से बचाने के लिए कहा।

उसने हमें अपने भाषण के समुद्र में गिरा दिया,
और हमको जीवन का महत्व समझाकर परमेश्वर
के पास चला गया। ●

Syed Danish, IX 'D'

मेहनत



जो सच्ची मेहनत से पढ़ते हैं,
वही सफलता की सीढ़ी पहले चढ़ते हैं।

जो मेहनत पर भरोसा करता है,
वह किस्मत की बात कभी नहीं करता है?

किस्मत मौका देती है
लेकिन मेहनत जीवन में रंग लाती है।

इतिहास लिखने के लिए कलम चाहिए,
उसको बयान करने के लिए हौसले की जरूरत है।

अपने आप पर भरोसा रखना,
जीत तुम्हारी होगी। ●



Vishal. G, IX 'C'

अच्छे और बुरे दोस्त

दोस्त क्यों चाहिए

दोस्त, एक-दूसरे को भावनात्मक सहायता प्रदान करने के लिए हैं। जब हम कमजोर महसूस करते हैं तब वे हमें शक्ति प्रदान करते हैं, पढ़ाई में हमारी सहायता करते हैं। मित्र हमारे जीवन का एक अनिवार्य हिस्सा है।

अच्छे दोस्त के गुण

- अच्छे दोस्त हमेशा हमारी भला चाहते हैं।
- अच्छे दोस्त हमेशा हमारे साथ रहते हैं।
- अच्छे दोस्त हमें सही मार्ग पर आगे बढ़ने की सलाह देते हैं।
- अगर हम गलत रास्ते में जा रहे तो वह हमें सही रास्ते में ले आते हैं।
- हमें कोई बुरा काम नहीं करने देते हैं।
- अच्छा दोस्त वही है जो उस समय आपका साथ दे जब पूरी दुनिया साथ छोड़ देती है।

बुरे दोस्त के गुण

- बुरे दोस्त हमारे सामने अच्छे रहते हैं लेकिन हमारे पीठ के पीछे हमारी बुराई करते हैं।
- बुरे दोस्त हमारी बुराई चाहते हैं, हमारी सफलता देखकर उनको जलन होती है।
- कुछ बुरे दोस्त हमें भी अपने जैसे बदनाम करने की कोशिश में रहते हैं।
- हमें उनकी बुरी बातों में फसाना चाहते हैं।
- बुरे दोस्त ना तो खुद आगे बढ़ते हैं और ना हमें आगे बढ़ने देते हैं।
- बुरे दोस्त एक दिखावा है जो तब तक चलता है जब तक उनका काम तुम से चल रहा होता है।
- उनका गुण हाथी के दांत खाने के और दिखाने के और जैसे होते हैं।



Uday Kumar E, IX 'C'

जीवन का महत्वपूर्ण पाठ

नमस्कार मेरे प्यारे दोस्तों मैं यहाँ आपको एक लेख प्रस्तुत करना चाहता हूँ जो जीवन के महत्वपूर्ण पाठों से संबंधित है। लेकिन मैं इसे एक पाठ की तरह प्रस्तुत नहीं कर रहा हूँ; बल्कि अपने जीवन पर नियंत्रण पाने की रणनीतियों की तरह प्रस्तुत कर रहा हूँ। तो आइए जानें इनमें से कुछ रणनीतियाँ -

कुछ रणनीतियाँ

- 1) अपने मन पर शासन करना सीखो। वरना यह आप पर शासन करने लगेगा।
- 2) सीमाएँ होना महत्वपूर्ण है।
- 3) अपने कम्फर्ट जोन से बाहर निकलें क्योंकि यह आपका सबसे बड़ा दुश्मन है।
- 4) आपका स्वास्थ्य आपकी सबसे मूल्यवान संपत्ति है।
- 5) अपने लक्ष्यों से विकर्षणों को पहचानो कि वे क्या हैं।
- 6) जब आपको कार्रवाई करनी चाहिए तो संकोच न करें।
- 7) आप अपने स्वयं के स्वर्ग या नरक के नियंत्रक हैं।
- 8) प्रगति करने का एकमात्र तरीका शुरुआत करना है।

इन पाठ या इन जीवन के रणनीतियों को अपनाकर हम अधिक सुखी और संतुष्ट जीवन जी सकते हैं। ●





Christo, IX 'C'

टीम वर्क



किसी लक्ष्य को प्राप्त करने के लिए मिलकर काम करना टीमवर्क कहलाता है। अकेले में हम कुछ ज्यादा काम नहीं कर सकते हैं, हम मिलकर काम करें तो ज्यादा काम कर सकते हैं।

टीम वर्क प्रेरणा, अधिक उत्पादन, बड़े लक्ष्य प्रदान करता है, कार्य को सरल बनाता है।

टीम के साथ एक दूसरे से सीखते हैं।

टीम वर्क आत्मविश्वास की भावना प्रदान करता है। इसीलिए हमें टीम वर्क पर ज्यादा ध्यान देना चाहिए। ●



Syed Sufyan Zama, IX 'E'

फ्रांस [यूरोपियन कॉन्टिनेंट]

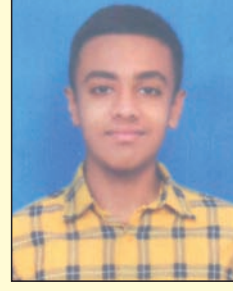
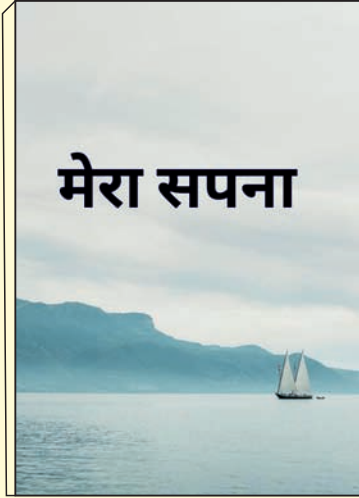
- § फ्रांस की सरहद जर्मनी, स्पेन, बेल्जियम, स्विट्जरलैंड और एंडोरा को छूती है।
- § फ्रांस यूरोप कॉन्टिनेंट में है, साउथ अमेरिका और ऑस्ट्रेलिया में भी।
- § साउथ अमेरिका में फ्रेंच गियाना और ऑस्ट्रेलिया में फ्रांस के एक हिस्से को न्यू केलेडोनिया के नाम से जाना जाता है।
- § फ्रांस की राजधानी का नाम है पैरिस।
- § एफिल टावर दुनिया के कुछ अजूबों में से एक है जो फ्रांस में है।
- § फ्रांस में फ्रेंच भाषा बोली जाती है।
- § फ्रांस में फ्रांक नाम की मुद्रा करेंसी का इस्तेमाल किया जाता है। ●





Mohammed Ibrahim, VIII 'D'

मेरा सपना



Vishruth, IX 'C'

धार्मिक सद्भाव



किसी ने सच कहा है "जब आप अपने डर के आगे अपने सपने को ज्यादा महत्व देंगे तो चमत्कार हो सकते हैं।

अब्दुल कलाम जी ने कहा है जो सोने के बाद आता है वह सच्चा सपना नहीं होता है।

जो हमको सोने नहीं देता वही सच्चा सपना है।

सपना देखना जरूरी है क्योंकि सपने का जीवन बिना रंगों की तस्वीर के जैसा होता है। हमारा सपना तभी सच होता है, जब हम मन से बड़े सपने देखते हैं। जब हम मन से सपने देखते हैं तभी हमें हासिल करने में सक्षम होंगे।

छात्रों का सपना है अच्छे अंक प्राप्त करना, अच्छे दोस्त बनाना, परिवार से सहयोग प्राप्त करना, जीवन में कुछ बड़ा काम करके दिखाना और कामयाबी हासिल करना।

दुसरों की तरह मैंने भी छोटी सी उम्र में अपना कैरियर विकास करने का सपना देखा है। मैं एक प्रसिद्ध लेखक बनने की आशा रखता हूँ और एक उपन्यास लिखकर उसे प्रकाशित करना चाहता हूँ। ●

इस दुनिया में कई प्रकार के धर्म और संप्रदाय हैं।

सभी धर्म का एक ही लक्ष्य है जो है इंसानियत की रक्षा और मनुष्य को एक अच्छे मार्ग पर चलना सिखाना।

पर आज धर्म के वजह से झगड़े हो रहे हैं।

धर्म के नाम पर युद्ध भी हो रहा है।

पर इससे कोई लाभ नहीं होगा। इससे सिर्फ दुश्मनी बढ़ेगी।

इसलिए अब हमें यह समझना होगा कि कोई भी धर्म हमें यह नहीं कहता है कि दूसरे धर्म की बुराई करो।

सभी धर्म हमें यह कहता है कि दूसरे धर्म का आदर करें पर उनकी बुराई नहीं। यदि हमें इस जगत में सुख और शांति चाहिए तो हमें धार्मिक सद्भाव का बढ़ावा करना होगा। ●



Dinesh Choudhary, IX 'E'

माता-पिता



- ★ इस दुनिया में दिखाई देने वाले भगवान है हमारे माता-पिता I
- ★ हमारे जिंदगी में भगवान् से मिलें अनमोल तोहफा है माता पिता I
- ★ अपने जीवन की खुशियों को त्याग करके हमारे जीवन में खुशियों को भरनेवाले है माता पिता |
- ★ हमारे सच्चे मित्र हैं हमारे माता-पिता ।
- ★ हमारे शिक्षक, मार्गदर्शक है हमारे माता-पिता |
- ★ माता-पिता भले ही अनपढ़ क्यों न हो लेकिन शिक्षा और संस्कार देने की जो क्षमता उनमें है, वो दुनिया के किसी स्कूल में नहीं मिलता है I
- ★ आपको कोई पूजा पाठ की जरूरत नहीं है अगर आपने माता-पिता की सेवा की हो। ●



Mohammed Taha, IX 'E'

शिक्षक



हमारे जीवन के पहले शिक्षक है हमारे माता-पिता ।
उनसे हमें मूलभूत शिक्षा मिलती है
उसके बाद हमें पढने के लिए हमारे माता-पिता
हमें विद्यालय में दाखिला कराते हैं ।
विद्यालय में बहुत सारे शिक्षक हमें पाठ पढाते हैं ।
लेकिन उनमें से कुछ शिक्षकों का स्थान हमारे जीवन
में बहुतमहत्व पूर्ण भूमिका निभाते हैं।
शिक्षक हमें शिक्षा देते हैं, जीवन में सफल होने में
मदद करते हैं, उन्हें हम कभी भूल नहीं सकते ।
शिक्षक का महत्व

1. "शिक्षक के बगैर आप सभ्य और समृद्ध समाज की कल्पना नहीं कर सकते" ।
2. "शिक्षक वह मार्गदर्शक हे जो जीवन के मार्ग को सुगम बनाते हैं" ।
3. "शिक्षक वह किसान है, जो दिमाग में ज्ञान के बीज बोता है" ।
4. "ज्ञान से बडा कोई दान नहिं, और गुरु से बडा कोई दानी नहीं" ।
5. "शिक्षक के प्रति समर्पण भाव ही आपकी सफलता का मार्ग प्रशस्त करता है" ।
6. "शिष्य की सफलता उसके गुरु की काबिलियत की परिचय देता है" ।
7. "आपके सफलता पर आपसे भी ज्यादा खुशी आपके माता-पिता और शिक्षक को ही मिलते है" । ●

Dhanjay N, X 'B'

शिक्षक - हमारे मार्गदर्शक



Priyobrata Majumder, IX 'B'

इसरो (ISRO)



- ★ शिक्षक वह होता है, जो अपने ज्ञान की ज्योति से हमें प्रकाशित करते हैं और हमारा मार्गदर्शन करते हैं।
- ★ माँ किसी भी व्यक्ति की पहला शिक्षक होती है, जो उसे चलना, बोलने जैसे मूलभूत आवश्यकताओं को सिखाती है।
- ★ शिक्षक के पेशे को सबसे अच्छे और आदर्श पेशे के रूप में माना जाता है।
- ★ यह छात्रों के जीवन को बनाने में निस्वार्थ सेवा से अपनी सेवा देते हैं।
- ★ शिक्षा की ओर महत्वपूर्ण जिम्मेदारी को निभाते हैं।
- ★ शिक्षक बच्चों को नेतृत्व का शिक्षा देते हैं और उन्हें काबिल बनाते हैं।
- ★ वह हमें जीवन के प्रति सकारात्मक नजरिया अपनाना सिखाते हैं।
- ★ हमें सदा ही अपने गुरु का आदर करना चाहिए।
- ★ सच्चे मायनों में गुरु का आदर तभी हो सकता है, जब हम उसके बताए गए मार्ग पर चलें। ●

- भारत सरकार के अंतरिक्ष विभाग के तहत अंतरिक्ष एजेंसी भारतीय अंतरिक्ष अनुसंधान संगठन (इसरो) है।
- इसरो का मुख्यालय भारत के कर्नाटक राज्य के बेंगलुरु शहर में है।
- जवाहरलाल नेहरू ने परमाणु ऊर्जा विभाग (DAE) के तहत 1912 में अंतरिक्ष अनुसंधान के लिए भारतीय राष्ट्रीय समिति (INCOSPAR) की स्थापना की।
- ISRO को पहले INCOSPAR के नाम से जाना जाता था।
- इसरो का मुख्य, लक्ष्य अंतरिक्ष प्रौद्योगिकी का विकास करना है।
- 51 विदेशी उपग्रहों को प्रक्षेपित करने के लिए इसरो के प्रक्षेपण यान का उपयोग किया गया है।
- ASLV इसरो द्वारा लॉन्च किया गया 5 चरण का ठोस प्रणविक रॉकेट था। ●



Syed Shujauddin, IX 'E'

चुटकुले

J.J. Hemanth Kumar, VIII 'D'



मास्टर: विदेश में 15 साल के बच्चे अपने पैरों पर खड़े हो जाते हैं।

चिट्टू: मास्टर जी हमारे देश में तो 1 साल का बच्चा भागने भी लगता है।



मज़ेदार हिंदी पहेलियों का संग्रह



1. एक फूल है जिसका रंग काला, हमेशा सर पर सुहाये। जब धूप में खिल जाता, लेकिन छाया वो मुरझाये। -

● छाता

2. मुझे कितना साफ करते जाओगे, उतना ही काला होते जाऊँगा।

● स्लेट

3. वो क्या है जिसे आप एक बार खाकर दोबारा नहीं खाना चाहते?

● धोखा

4. ऐसी कौन सी चीज है जो पानी पीते ही मर जाती है?

● प्यास

5. ऐसी कौन सी चीज है जिसमें फल, फूल और मिठाई तीनों हैं?

● गुलाबजामून

6. ऐसी कौन सी चीज है जो हमे जिंदगी में दो बार फ्री में मिलती है लेकिन तीसरे बार हमें पैसे देने पड़ते हैं?

● दांत

7. ऐसी कौन सी चीज है जो पढ़ने और लिखने दोनों में काम आती है, लेकिन वह पेन भी नहीं और कागज़ भी नहीं?

● चश्मा

8. ऐसी क्या चीज है जो बांटने पर बढ़ती जाती है?

● ज्ञान



Lav Katria, IX 'E'

बच्चा: पापा, एक छोटा सा गेट-टुगेदर रखा है स्कूल में।

पापा: अच्छ कौन -कौन आएगा ?

बच्चा: आप ; में और प्रधानाध्यापक।

* * *

पत्नी: मुझे खुश रखा करो , सारी टेंशन दूर हो जाएगी।

पति: जब - जब तू खुश हुई है, तब तब मेरी सैलरी महीने के 15 दिन में ही खत्म हुई है।

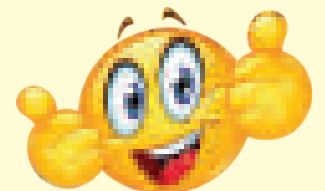
* * *

टीचर: चांद पर पहला कदम किसने रखा ?

पप्पू: नील आर्मस्ट्रांग ने।

टीचर: और दूसरा ?

पप्पू: दूसरा भी उसी ने रखा होगा , लंगड़ी टांग खेलने थोड़ा गया था वो।



Dhanjay N, 10B

कंजूस बाप (बेटे से): मेरी ख्वाहिश है कि तू बड़ा होकर वकील बने ।

बेटा : क्यों ?

कंजूस बाप : ताकि मेरे कोट तुम्हारे काम आ जाए ।

* * *

टीचर : इतने दिन कहां थे, स्कूल क्यों नहीं आए ?

गोलू : बड़े फ्लू हो गया था टीचर ।

टीचर : पर ए तो पक्षियों को होता है, इंसानों को नहीं ।

गोलू : इंसान समझा ही कहा आपने ...

रोज तो मुर्गा बना देती हो ॥

* * *

विज्ञान का शिक्षक: क्लास में सो रहे हो क्या ?

राजू : नहीं टीचर गुरुत्वाकर्षण के कारण सर नीचे झुक रहा है ।



Aiyman Khan, IX 'B'

बेटा : पिताजी आप बहुत किस्मत वाले हैं।

पिताजी : वह कैसे बेटा ?

बेटा : क्योंकि मैं फेल हो गया हूँ । आपको मेरे लिए नई किताबें नहीं खरीदनी पड़ेगी ।

* * *

साइंस टीचर: क्लास में सो रहे हो क्या ?

विद्यार्थी: नहीं टीचर ग्रेविटी से सर नीचे झुक रहा है ।

पति और पत्नी: हम पति-पत्नी रूसी भाषा सीखना चाहते हैं ।

* * *

टीचर: वह क्यों ?

पति और पत्नी : हमने एक रूसी बच्चा गोद लिया है हम चाहते हैं जब वह बोलने लगे उससे पहले हम रूसी भाषा सीख ले ।



Dhanush Kumar, IX 'E'

एन. सी. सी.

एनसीसी की शुरुआत सबसे पहले 1666 में जर्मनी में हुई थी । भारत में NCC का गठन 1948 के राष्ट्रीय कैडेट कोर अधिनियम के साथ किया गया था । इसे 15 जुलाई 1948 को उठाया गया था ।

NCC की उत्पत्ति का पता विश्वविद्यालय से लगाया जा सकता है । इस विधेयक को 16 अप्रैल 1948 को गवर्नर जनरल की स्वीकृति प्राप्त हुई, और राष्ट्रीय कैडेट कोर 1948 के संसद अधिनियम संख्या XXXI के एक अधिनियम द्वारा अस्तित्व में आया, जिस राष्ट्रीय कैडेट कोर नामित किया गया था ।

एनसीसी के प्रमुख को कहा जाता है - महा निर्देशक (DG) भारत के वर्तमान महा निर्देशक लेफ्टिनेंट जनरल गुरबीरपाल सिंह, AVSM, VSM और NCC को तीन (ताल सेना, नौसेना, वायु सेना) में विभाजित किया गया है, NCC को दो डिवीजन जूनियर डिवीजन (JD) और सीनियर डिवीजन (SD) के रूप में विभाजित किया गया है ।

एनसीसी में 3 सर्टिफिकेट होते हैं जिनमें पहला होता है A सर्टिफिकेट 2 साल का प्रशिक्षण हमें स्कूल में मिलता और बाद में हमें बी, सी सर्टिफिकेट मिलता है 3 साल की ट्रेनिंग खत्म करने के बाद कॉलेज में बी, सी सर्टिफिकेट मिलता है ।

इस 3 सर्टिफिकेट से हमें कई फायदे हैं हमें सरकारी नौकरी मिलती है और यहां तक कि हम अलग-अलग पहलुओं में भी हमें नौकरी मिल सकती है एनसीसी न केवल भारत में मौजूद है, यह अन्य 11 देशों एनसीसी में भी मौजूद है, जैसे शिविरों की संख्या एआईटीएससी, एटीवीएससी, एआईआरडीसी और वहां और भी बहुत कुछ है ।





Rizwan Alam, IX 'E'

तंबाकू दिवस



तंबाकू उत्पादन दुनियाभर में तेजी से बढ़ती कई गंभीर बीमारियों के प्रमुख कारण है। विशेषकर, स्वास्थ्य विशेषज्ञ धूम्रपान को सबसे खतरनाक मानते हैं। संयुक्त राज्य अमेरिका में प्रतिवर्ष 5 लाख से अधिक मौत के लिए धूम्रपान को जिम्मेदार माना गया है।

भारत के नजरिए से भी यह तेजी से बढ़ती समस्या है। तंबाकू कैंसर, फेफड़े की बीमारी, हृदय रोग और स्ट्रोक जैसी गंभीर बीमारियों का कारण बनते हैं। भारत में तंबाकू के सेवन के कारण हर साल प्रत्यक्ष-अप्रत्यक्ष रूप से लगभग 1.35 मिलियन मौत हो जाती हैं।

स्वास्थ्य विशेषज्ञों के मुताबिक पिछले कुछ दशकों में तंबाकू उत्पादों का सेवन काफी तेजी से बढ़ा है, जिसपर रोकलगाना बहुत आवश्यक है। इसी खतरे को ध्यान में रखते हुए हर साल 31 मई को दुनिया में तंबाकू दिवस [वर्ल्ड टोबैको डे] मनाया जाता है, जिसका उद्देश्य तंबाकू से होने वाले खतरों को लेकर लोगों को जागरूक करना है।

विशेषज्ञ धूम्रपान को एक बड़े स्वास्थ्य जोखिम के तौर पर देखते हैं। आइए जानते हैं कि तंबाकू उत्पादों, विशेषकर धूम्रपान के रूप में इनका सेवन करना किस तरह की गंभीर स्वास्थ्य जोखिमों का कारण बन सकता है?

धूम्रपान का सीधा असर शरीर के जिन अंगों पर होता है, फेफड़े उनमें से एक हैं। धूम्रपान से निकलने वाला धुंआ आपके फेफड़ों में मौजूद छोटे वायु थैली (एल्वियोली) को नुकसान पहुंचाता है जो फेफड़ों की बीमारी का कारण बन सकती है। धूम्रपान से होने वाली फेफड़ों की बीमारियों में सीओपीडी सबसे आम है। इतना ही नहीं फेफड़ों के कैंसर के ज्यादातर मामलों में धूम्रपान को ही प्रमुख कारण के रूप में देखा जाता है।

धूम्रपान कई प्रकार से शरीर को गंभीर नुकसान पहुंचाता है, इससे कार्डियोवस्कुलर सिस्टम को भी क्षति पहुंचने का खतरा रहता है। निकोटीन, रक्त वाहिकाओं में कसाव का कारण बनता है, जिससे रक्त का प्रवाह प्रभावित हो सकता है। इसके अलावा धूम्रपान रक्तचाप को भी बढ़ा देता है जिससे रक्त वाहिकाओं की दीवार कमजोर हो जाती है, रक्त के थक्के बढ़ने का भी खतरा रहता है। हृदय की सेहत के लिए धूम्रपान को गंभीर खतरे के तौर पर देखा

जाता है।

इसलिए हमें धूम्रपान नहीं करना चाहिए यह हमारे शरीर में रोग उत्पन्न करता है।

[संग्रह]



Syed



Vinayak K
VIII 'C'



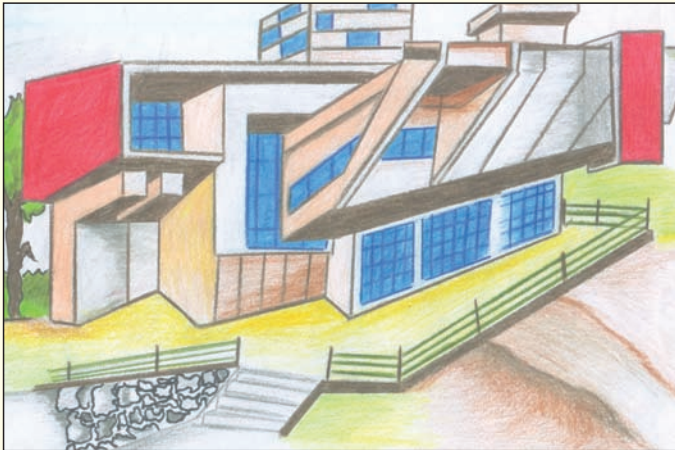
Nandish Peuma R.
VIII 'B'



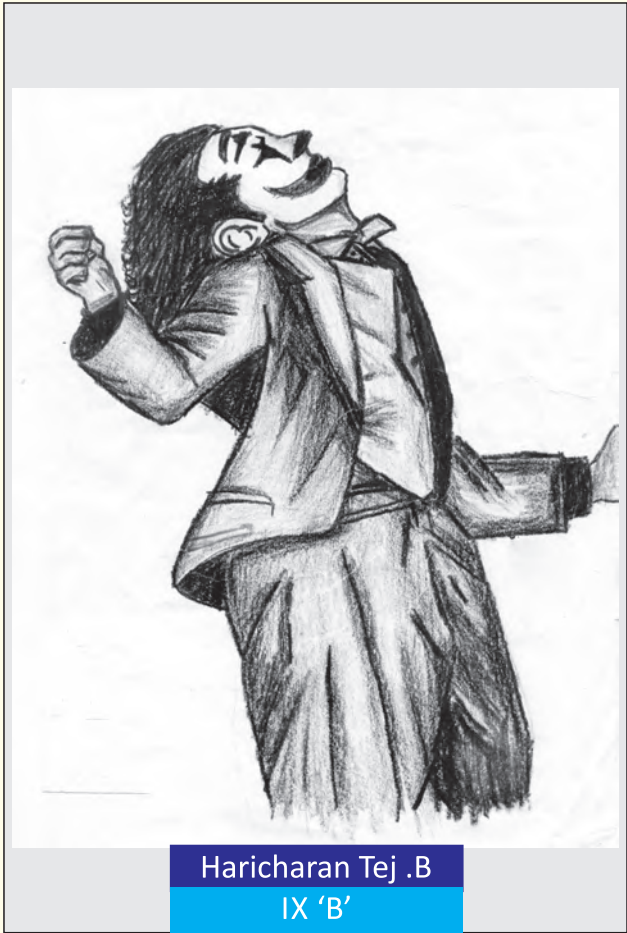
Nishanth .B
VIII 'F'



Sujal Merio Menezes
VIII 'D'



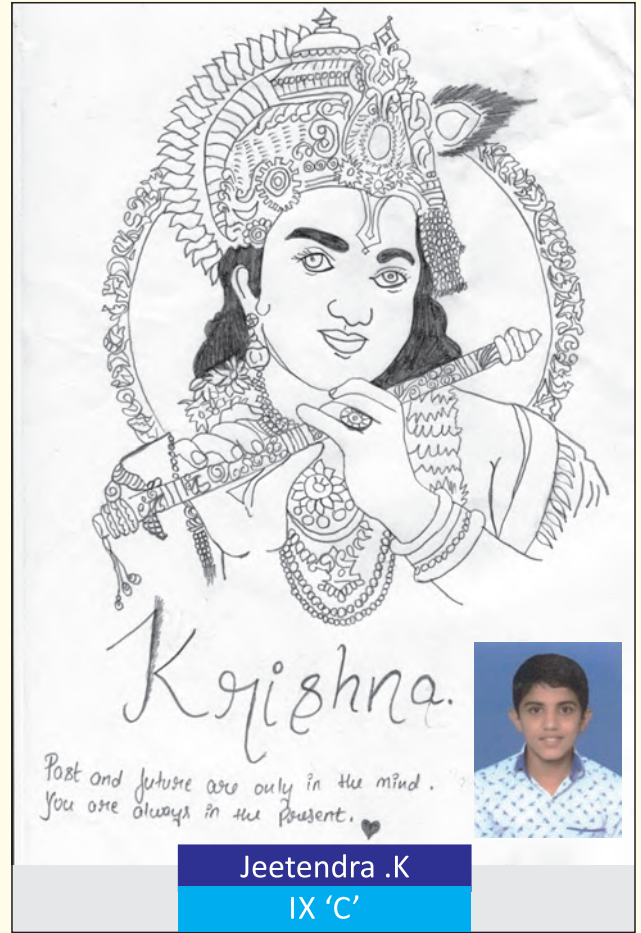
Praveen Kumar .K
VIII 'D'



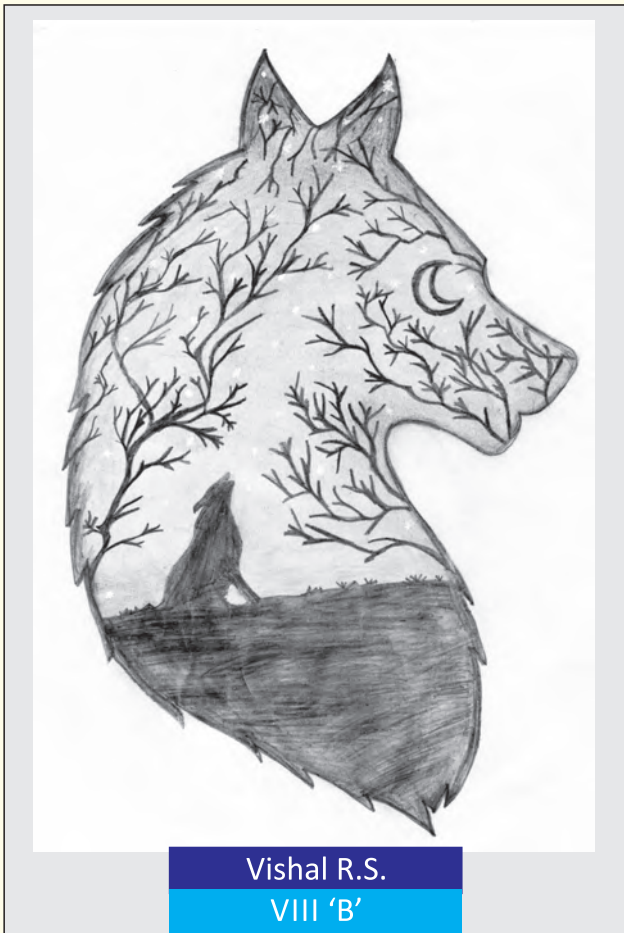
Haricharan Tej .B
IX 'B'



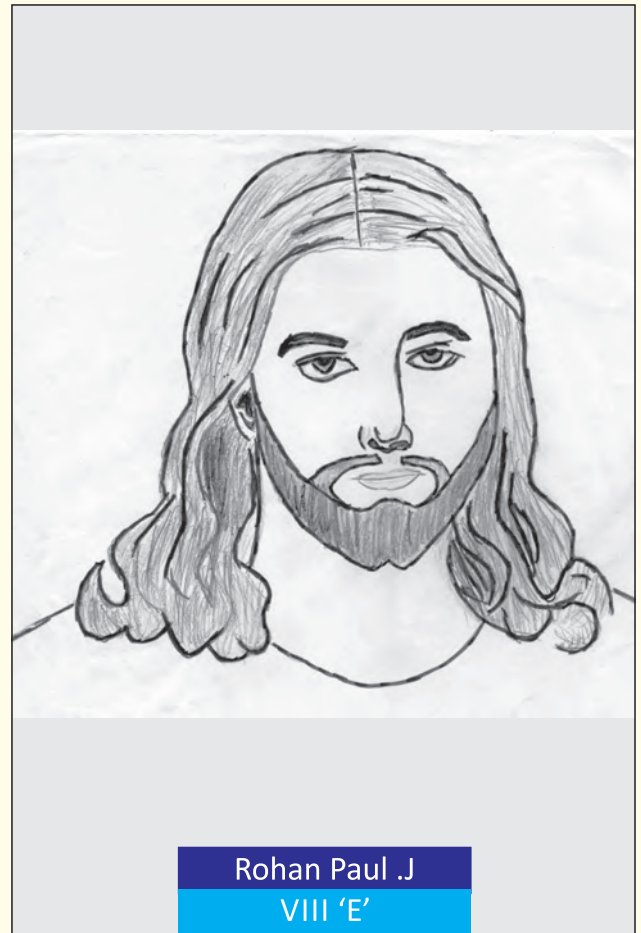
Nithin John .B
IX 'A'



Jeetendra .K
IX 'C'



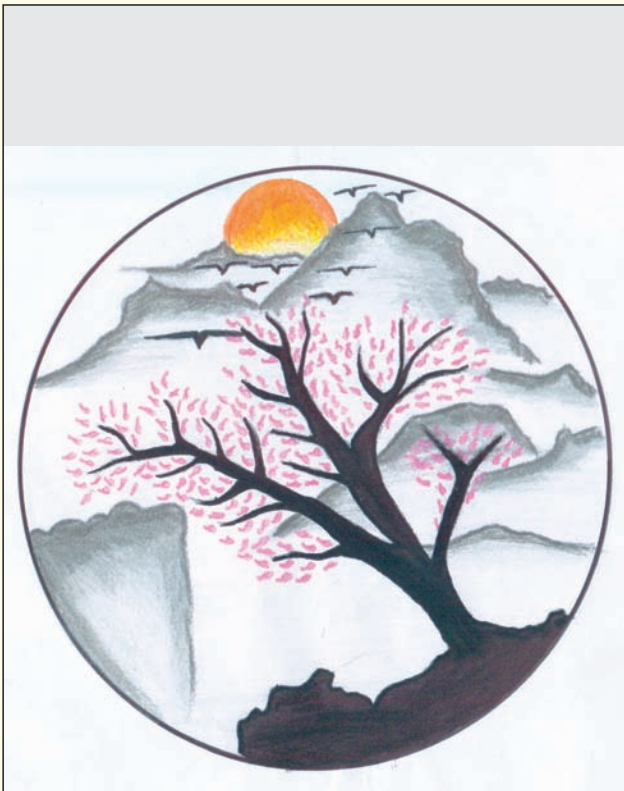
Vishal R.S.
VIII 'B'



Rohan Paul .J
VIII 'E'



N. Roystan Prince
VIII 'D'



Praveen Kumar .K
VIII 'D'



Rahul Das .M
IX 'C'



St. Joseph's Indian High School

23, Vittal Mallya Road, Bengaluru - 560 001

The School Anthem

Ring out the battle call of duty
Unfurl the flag of **Faith and Toil**
We deem our soul's eternal beauty
A life-long victor's worthy spoil.
A thousand such are proudly gone before us.
To win and spread our School's renown;
'tis ours to swell with our voices and chorus
And with our deeds enrich her crown

Chorus

Faith and Toil! Conquerless alliance
Wherein we clasp human hands unto Gods'!
In His control, find we true self-reliance;
My hand and God's - What'er the odds-
My hand and God's - What'er the odds-
My hand and God's
Evil's onset hold in defiance!

Spandana



St. Joseph's Indian Institutions

St. Joseph's School (CBSE)

St. Joseph's Indian Primary School

St. Joseph's Indian High School

St. Joseph's Indian Composite PU College

St. Joseph's Community College



St. Joseph's Indian High School

23, Vittal Mallya Road, Bengaluru - 560 001