

INKSPIRE INSIGHT

Official Newsletter of the PTA of St Joseph's Boys' High School



Message from Our Principal



The Parent-Teacher Association of St Joseph's Boys' High School, Bengaluru continues to be one of our strongest pillars — a dynamic bridge between home and school. Through constant collaboration and dialogue, the PTA nurtures the Josephite Spirit of Faith and Toil, enriching the school's mission of forming young men and women of competence, conscience, compassion and commitment.

This year, the PTA has been actively involved in student outreach programmes, fostering social concern and community engagement among our students. The Teachers' Day Celebration was a heartfelt expression of gratitude, and the Resilience Project, focusing on the holistic well-being of our boys and girls, aims to build integrated Josephites, strong in mind, body, and spirit.

I extend my deep appreciation to Mr Biju Varghese, Vice President, Ms Madhuri Suraparaju, Secretary, and the entire Executive Committee for their continued support and partnership. Together, we continue to strengthen the Josephite Community through trust, collaboration, and care.

Fr Norwin Pereira, SJ
Principal & President, PTA



From the VP's Desk

RESILIENCE is the buzzword at SJBHS PTA this year! Building on the strong foundation laid by our predecessors, our focus is to go beyond regular PTA activities and create programmes for children and staff that will stand the test of time and benefit generations to come.



We continue to strengthen and enhance PTA Initiatives such as Outreach, Teachers' Day, Meraki, Phenomenon, the Josephite Run, the Manvi Twinning Programme, and many more. Beyond these, we are working on Project Resilience, through which we are developing programmes, podcasts, and workshops to help build resilience in our children—an attribute that's often missing in today's generation. While preparing them to become globally competent individuals who can lead the world, we also aim to shape a generation that is socially committed to its fellow beings.

With strong support from the school management, staff, OBA, and the parent body, I am confident that we will continue to contribute meaningfully to the growth of this magnanimous institution in the years to come!

Biju Varghese
Vice President -PTA

From the Secretary's Desk

Dear Parents,

As we continue our journey through this exciting school year, it's inspiring to see the energy, creativity, and commitment that fill our school community each day. Together, we're building an environment where learning thrives and every child is encouraged to reach their fullest potential.

A heartfelt thank you to all our wonderful parents - your involvement, encouragement, and support truly make a difference. Whether you're helping with school activities, attending events, or cheering from home, your presence strengthens the bond that makes our community so special.

The PTA is looking forward to the months ahead, filled with meaningful initiatives and opportunities to connect. Let's continue building a school environment where every child feels confident, cared for, and inspired to shine! Together in Faith, United in Endeavour!

Madhuri Suraparaju
Secretary -PTA



PTA Committee 2025-26

- Rev Fr Norwin Pereira SJ- President
- Mr Biju Varghese- Vice President
- Ms Madhuri Suraparaju - Secretary
- Mr Brian McKertish - Vice Principal
- Rev Fr Paul Anand Prasad SJ- Primary Administrator
- Mr J Lawrence
- Mr Rajesh Menon
- Mr Vinodh Velayudhan
- Mr Mayur Bharath
- Mr Mark Allan Felsinger
- Mr Shivaram laavu
- Ms Cynthia D'Almeida
- Ms Preethi Srivastva
- Mr Manjunath K
- Ms Navya K Shetty
- Dr Santosh Shetty
- Mr Joseph Jose
- Ms Divvy Shetty
- Ms Sapna Bhandari
- Dr Maria V Christopher
- Ms Saba Tasneem Ali
- Ms Kaveri Thimmaiah
- Dr Raghunand Shinde J
- Ms Payal Bardia
- Ms Monika Gupta
- Mr Frederick Bosco

From the Editor's Desk

Dear Readers,

This edition of "INKSPIRE INSIGHT" of October 2025 marks a significant milestone in our collective journey, reflecting the dedication and collaborative spirit that define our school community. As the official voice of the SJBHS Parent-Teacher Association, this publication is a platform for transparent communication and shared purpose, connecting parents, faculty, and administration to support our students' academic and personal development.

Our focus this year has been on key initiatives that directly contribute to the school's mission, from enhancing educational resources to supporting extracurricular activities that foster holistic growth. The successful execution of these events is a direct result of the unwavering commitment of our volunteers and the strong partnership between the PTA and the school management.

Within these pages, we aim to provide you with meaningful updates, highlight student achievements, and offer valuable insights into the school's strategic direction. We believe that an informed and engaged community is essential for creating an environment where every child can thrive. We invite you to explore this issue and join us in our mission to make the 2025-26 academic year an impactful one for all.

Happy Reading!
Preethi Srivastva



Dr Raghunand, Vinod, Preeti, Saba, Dr Maria, Biju

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Madhuri



Payal

The Resilience Project: Building Strength Together

BY BIJU VARGHESE

The Resilience Project by PTA at St Joseph's Boys' High School, Bangalore, is designed to help students from Grades 1 to 12 to navigate the emotional and social challenges of growing up in today's fast-paced world.

It addresses key issues such as instant gratification, bullying, fear of missing out (FOMO), academic pressure, and the emotional impact of broken homes.

Through guided sessions, discussions, and real-life stories, students learn the values of patience, empathy, gratitude, and self-awareness.

The programme empowers them to handle stress, build supportive friendships, and develop a growth mindset.

By creating a safe and understanding environment, the Resilience Project equips students to manage setbacks with courage and compassion, laying the foundation for emotional well-being and responsible citizenship.

"Resilience is..."
the ability to manage stress and still function reasonably well and the ability to bounce back.





AGM

BY VINODH VELAYUDHAN

The Annual General Body Meeting of the Parent-Teacher Association was held on 25th June 2025 in the SJBHS Xavier Auditorium.

The programme began with a solemn invocation prayer and a graceful dance presentation by Guru Sunitha Nair. Following this, the gathering was warmly welcomed by the PTA Vice President, Mr Arvind Gowda.

A ceremonial lighting of the lamp was carried out by the dignitaries, marking the formal commencement of the event. This was followed by an inspiring address by our Principal and PTA President, Rev Fr Norwin Pereira SJ, who emphasised the importance and role of the PTA, describing it as a key pillar of support alongside the Old Boys' Association and the school management.

The statement of accounts for the previous year was presented by Mr Arvind Gowda. The report was received positively, and the resolution for its approval was passed unanimously by the general body.

The Principal also took the opportunity to felicitate with a certificate of appreciation and thank the outgoing PTA committee members, who were greeted with a loud round of applause from the audience.

The Chief Guest, Mr V. G. Kiran Kumar, a former PTA Vice President, delivered a thoughtful address highlighting the achievements of the PTA over the years and its significant contributions to the school's growth and development.

The event concluded with a vote of thanks delivered by Mr Biju Varghese, who expressed gratitude to all participating members and dignitaries. The meeting ended with the recitation of the National Anthem.



SJBHS Student Outreach Programmes

BY PAYAL BARDIA

Hearts that Learn, Hands that Serve

The Year 5 and Year 6 pupils recently stepped beyond their classrooms and into the heart of the community, visiting various institutions as part of an outreach programme aimed at nurturing empathy, awareness, and responsibility. The Parent-Teacher Association (PTA) supported the initiative by dividing the pupils into groups, briefing them on each organisation's mission, and sorting the donations they brought along. PTA members also accompanied the groups to ensure a smooth and meaningful experience.

Some pupils spent time with children facing learning and physical challenges, witnessing resilience in bright smiles and determined spirits. Others visited centres supporting individuals with disabilities, discovering how patience and encouragement foster dignity and confidence. Several groups met with elderly residents in care homes, offering companionship, listening to stories, and sharing warmth.

Across all visits, one message echoed clearly: kindness needs no language. Even the smallest gesture—a shared laugh, a gentle hand, or a moment of attention—left a lasting impact.

As they returned to school, the children carried with them a deeper sense of compassion and service—lessons that will guide them as thoughtful, caring citizens of tomorrow.



"Beyond classrooms, into lives, where lessons truly matter."



Student Outreach Programmes

DR RAGHUNAND SHINDE J

Our student outreach programmes for the 8th, 9th and the 11th grades were held on the 14th, 15th, and 24th of October 2025, respectively, it was a profoundly enriching experience. We visited Activity Centers for the elderly, adolescents, and individuals with physical and mental challenges.

Interacting with the specially-abled children was a humbling experience — their resilience and joy despite adversity left a lasting impression on all of us. The elderly residents' warmth and wisdom were equally inspiring and deeply moving.

This visit taught our students the true value of empathy, compassion, and kindness. It reinforced the belief that everyone deserves dignity, respect, and care. The programme beautifully emphasised the importance of inclusivity and social responsibility -values that form the foundation of our school community.

Our team was touched by the residents' enthusiasm and gratitude. We returned with a renewed sense of purpose, inspired to make a positive difference in our community. This experience has instilled in us a deeper understanding of the challenges faced by these individuals and the importance of lending a helping hand.

All of this would not have been possible without the unwavering support of the PTA members. A special note of thanks to Mr Vinod and Ms Payal for their meticulous planning and the dedicated efforts of the entire team that made this initiative a success.



*Lessons in Empathy
and Connection.....*



Teachers' Day : Tharangotsav

BY DR MARIA V CHRISTOPHER

The Teachers' Day Celebrations at SJBHS are more than just an event for us, parents. It is our way of telling our beloved teachers that we are grateful for their efforts all year round in grooming our children into exemplary global citizens of tomorrow.

This year's Teachers' Day Celebrations 'Tharangotsav' was held on 12th September 2025. It was an amalgamation of cultures culminating in a splash of colours, dance and music. The teachers made a grand entrance into Xavier's Auditorium to the music of the dhol. The celebrations started with an invocation prayer dance performance by Guru Sunitha Nair, followed by the Vice President of the PTA, Mr Biju Varghese welcoming the gathering. Our Principal, Fr Norwin Pereira SJ thanked the teaching and non-teaching staff to the thundering applause of everyone present.

This was followed by cake cutting, as we no celebration is complete without cake. The members of the PTA, then continued to entertain the teachers with their song and dance numbers. The retired teachers were felicitated for their influence on generations of Josephites. The event concluded with a heartfelt Vote of Thanks by the Secretary of the PTA, Ms Madhuri Suraparaj.

The event concluded but the celebrations continued at the Ritz Carlton Hotel where our Vice Principal, Mr Brian Mckertish led everyone in prayer at the start of the lunch. Delicious food, colourful photo booths, mehendi and bangle stalls added to the splendour of an afternoon celebrating our teachers.

Dr. Radhakrishnan said "The true teachers are those that help us think for ourselves". There are no better examples of such teachers than our very own and we are extremely grateful for their services in moulding our kids. Happy Teachers' Day!



Wellness: Growing Together as a School Community

BY SABA TASNEEM ALI

When we think of wellness in schools, our first thought is often about students. But wellness is like a circle — it includes parents, teachers, and children together. Each one's well-being affects the other.

For our students, wellness is not just about scoring marks. It's about feeling safe, happy, and confident. And this becomes possible when parents and teachers — the strongest influencers in their lives — are also taking care of themselves.

Parents today juggle many responsibilities. A little time for self-care, shared family moments, and positive communication goes a long way in creating a happy home environment for children. Teachers, too, play a very special role. They give their time, energy, and hearts to nurture young minds. Supporting their wellness — whether through encouragement, respect, or opportunities to grow — makes them stronger role models for our children.

Wellness is something we can only achieve together. A school community is at its best when students, parents, and teachers all feel balanced and valued. Let us remember: when we care for one another, we help every child flourish.

Three Simple Wellness Reminders for All of Us

- For a Balanced Mind-

Pause before you react — a deep breath can change the whole tone of a moment.

Take time to rest and recharge — even small breaks make a difference.

- For Meaningful Connections

Celebrate effort as much as achievement — it fosters resilience in children and adults alike.

Practise open, kind communication at home and in school.

- For Everyday Well-being

Keep a 'gratitude moment' at the dinner table or classroom — one good thing from the day.

Unplug for a while — digital rest is as vital as physical rest.

Celebrate small wins — it builds confidence and joy in daily life.

Wellness is not just an individual goal — it's something we grow together as a family and school.



*"Wellness is a cycle-
When parents and
teachers thrive, children
flourish."*

WELLNESS CYCLE

