



THE JOSEPHITE

St. Joseph's Boys' High School Newsletter

October- December 2019

Volume 4 Issue 3

Principal's Message

As we lead up to the festival of Christmas and the rush of end-of-year plans, let us pause a moment and consider whether our lives are progressing harmoniously. Are our actions in harmony with our words and what can we do towards contributing to a harmonious existence with our fellowmen?

In the last few months we have had a Harmony week, celebrated Mahatma Gandhi's birthday - symbolic of peace, and participated in a number of outreach programmes and personality development initiatives. Together and individually, these have allowed us to reflect and consider our actions. Harmony around us will only be possible if we are at harmony within. Spiritual harmony - being at peace within - promotes a sense of peace and well-being all around us. Harmony is a word that is difficult to explain but easy to grasp. When we hear good music we comment on the pleasing harmony that brings a sense of peace. When we can talk together without resorting to harsh words, we experience harmony in society.

Let us then strive for harmony of mind, body and spirit. It is the need of the hour and we must all pay attention. I wish you all a harmonious new year!



Fr Sunil Cletus Fernandes SJ

Student Outreach

Classes 10 B&C visited the Samarthanam center for physically and mentally challenged children on 28 November as part of their Outreach Program. SJBHS believes that interaction with the underprivileged builds empathy. They visited the physiotherapy center and saw the equipment utilized by patients with disabilities, and were given a chance to empathize with the patients by using walking aids such as the wheelchair, artificial limbs etc. As a goodwill gesture many students bought a variety of plants and contributed to the cause of reaching out to the people with disabilities. Every student got to go home with pleasant memories and a sense of being grateful for all that they have in life.

Niharika J, XI

SJBHS MUN

The 7th edition of the SJBHS MUN saw over 338 excited students, each participating in any one of the 7 committees. We were honoured to have Mr Ariel Siedman as the Chief Guest for the opening ceremony who enlightened us about the different aspects of MUN such as diplomacy and listening skills. He enlightened us with the fact that listening to the opponent's point of view is the first step after which to diplomacy. Not only did the experience teach me to remain calm but also respect others' opinion and perspective both in the course of an argument as well as in life. This event helped boost my confidence level and made me comfortable around new people. It inspired me to work hard with determination and devotion. The MUN also gave me an insight into politics and aroused curiosity in me. Something that truly took me by surprise during this journey is how one's identity transcends geographical or political borders. It truly was a life enriching experience.



Niharika and Smruti, XII-B

Rajyotsava

This year the Karnataka Rajyotsava celebration was held on the 6th of November. We had the honour of having Fr Melvin Lobo as our chief guest accompanied by our Guest of Honour, Ms Renuka, Inspector of Cubbon Park Police Station. There were numerous competitions held, prizes for which were distributed on the day of the celebration. The school looked colourful with several Karnataka flags put up all over the school. Pictures of eminent people from the state were also put up. During the programme, we learnt about the culture of our state but also about the people who worked for it. The programme taught us that we should respect our state and its heritage. Like every programme in Joseph's, it instilled in us the qualities of respect and harmony.



Sarthak Modi, XII-B

Children's Day

The morning of the 14th of November 2019, opened with a beautiful song - a collaboration between our very own ISC coordinator Mr Robin Colaco and Mr Fabian White. Our Principal, Rev Fr Sunil Fernandes introduced us to the Love that God has for his children and the care that the institution provides us with. This was followed by a euphonious and heart-touching group song presented by the ICSE teachers which in turn was followed by an amazing blend of colours on the stage through a wonderful and invigorating group dance that included almost all our teachers, right from the office staff to our very own Principals. We students have never been more grateful to have been blessed with such enthusiastic and empathetic teachers who are a constant pillar of support for us.



Lalith Kumar, XII-B

Eucranium

The second edition of the intra school science fest Eucranium was held in the first week of November. The opening ceremony was attended by renowned scientists like Dr Roopa Nair, Dr Jyotinath Ganguly and Dr Madhavan who shared their life experiences and wisdom. Over 600 students auditioned for events ranging from quizzing and model making to debating and treasure hunt. Cryptic clues were cracked and tough quiz questions were decoded. This fest has taught the organizing committee a lot about sponsorships. It helped the students to overcome their stage fright and other fears. It has instilled confidence in the students to talk to new people.



Hannah Patrao and Niharika J, XII-B

Phenomenon

A happy crowd, successful events, flourishing stalls tight security and overall a successful fest is what the people came for and got to see. "PHENOMENON 2019" was exactly what it was meant to be, being the biggest cultural fest cum carnival in Bengaluru. The journey started back in the month of August, when we started taking the booking for the food stalls and started to place orders for the setting up of our game stalls. We certainly learnt a lot about how to talk to possible partners for the fest and how to close deals with them thus getting a good exposure of the real world. We will forever remain grateful to our school for giving us this opportunity.

Mohit S, XII-B

Teachers' Outreach

A group of 40 teachers led by Fr Alwyn D'Souza SJ, Administrator of the Primary School headed to St Joseph's PU College, Anekal on the 26th of October 2019.

With the festival of lights round the corner, the special assembly was based on the joyous celebration. The teachers sang a couple of hymns and presented a speech in English and Kannada to put forth the message that Deepavali is the festival of lights not crackers and hence the students should refrain from using fireworks. The teachers were then allotted to different classes to interact with the students - to encourage them to study, tell them the different ways of studying and help them to plan their future. All in all it was an eye opener and deeply fulfilling trip and we hope to make many more.

Niharika J, XII-B

Cadence

Our first-ever inter school music festival, Cadence, was celebrated on the 12th and 13th of November 2019. Students from all over the city came to share their gift of music through various competitions like Solo singing, Acapella in many languages.

Mr M R Jagadeesh, director of The Bangalore School of Music presided over the show as the Chief Guest. In his speech, he spoke about how music takes the role of peace keeper in the world. Our Principal, Fr Sunil Fernandes SJ, who is an avid admirer of music himself, spoke on the character-building aspect of music, and how it resolves differences and fills our heart with renewed hope for tomorrow. Music has all the power to heal the world, was his message. The ISC Choir opened the ceremony with a prayer song, followed by a performance by the ISC band with an English song.

Participating schools were Bangalore International School, NPS (Yelahanka), Christ Academy, Cluny Convent, St Germain's Boys' High School, St Francis Xavier Girl' High school and others. The overall winner's rolling trophy was awarded to St. Francis Xavier Girls' High School for Girls, Bengaluru for their outstanding performance in all the categories.



Deanne D'Lima, XII-B

The Feeling of Christmas

"It's already December!" I could not believe my eyes. Christmas was here and, in a moment, I forgot all my worries and anxiety. Never had I felt such ecstasy. With Christmas being right around the corner, our school too began its preparations. From beautifully bedecked Christmas trees to the numerous stars that lit up the sky, the spirit of this season could truly be felt all around us. A small program was organised on the 19th of December where the whole school celebrated the season as one big family.

During the celebration, our Principal mentioned that Christmas is beyond materialistic things like cribs, trees and gifts. He explained that God is the centre of this celebration and urged us to remember this.

To many of us Christmas may be limited to gifts and trees and decorations. However, it is a season filled with wonder, hope and nostalgia, emphasizing on the need to give without expecting anything in return. Christmas does not have to be limited to a particular month; it is a feeling, a way of life, a gift that has been given to us to share with those without it.



Anjali C, XII-B

Chilgala

Chilgala is an amalgam of activities which allows the students from LKG to Standard 4 to showcase their talents, understand their likes / dislikes and unwind from the daily routine of the classroom and also get over stage fright. On the 11th and 12th of November, the primary section organised various competitions - namely music (vocal or instrumental), fancy dress and solo dance. Origami and clay modeling as well as scrap books on a theme of their choice were part of the activities. Through this day, the children understand their interests, which in turn helps them to work on developing them. True to its name, Chilgala truly is a gala time for children.

Kesar Kohli, XII

Pre Primary Fun Days!

Sometimes all you need is to break the routines and have some fun!!

Fun days are those special and colourful days in Pre primary that happen once in every month.

These fun days are backed up with a lot of learning through videos on smart board, display props and some interesting facts from the students themselves. The purpose of fun days is not only to blend learning with fun but also to develop confidence in



Being Kind

Is the glass half full or half empty? This came up time and again during our discussions on perception. After much thought and exchange of ideas, XII-B as a class decided that the important thing is that the glass is refillable. Our newsletter shows how when we feel we have drained the last dregs and there is nothing left, we need to dig deeper. There are springs we did not know existed. We just have to find them. Our school motto Faith and Toil reminds us that hard work and a constant belief will fill our glasses to the brim and over. So be kind to yourselves and good to others.

Mrs Sheefa Matthews (Dept of English)

What was Happening?

*There were days I didn't wish to go to bed,
my eyes all red,
What was happening? I did not know.*

*In the corner I lay,
there's nobody to say
"What was happening" I did not know.*

*There was nowhere to go,
Fighting this inner darkness,*

*My family decided to take charge,
rushed me into a hospital large.
What was happening? I did not know.*

*The doctor looked at me with a smile,
and examined me for a while,
What was happening? I did not know.*

*"Depression", the doctor finally told.
My mother went all cold.
What was happening? Now I know.
My mother then smiled soft and slow,
"Not so big a matter, let it go."*



P Chandana, XII-B

Letter to Humanity

Often it is said that happiness will find you. What people seem to forget is that sadness finds you just as fast like an unexpected visitor. The world today isn't as supportive of mental illness especially prevalent among teenagers as they should be. Anxiety, OCD, Depression, PTSD seem to be thrown as labels upon people without actually knowing the weight of its impact. There was a girl who almost took her life because people around her failed to hear her silent cry for help. People would laugh at her when she tried to talk to them about it. She was the finest example of an all-rounder and yet she called herself 'depressed'. What reasons did she have to call herself sad? How could she have anxiety when she delivered a speech with confidence or danced with grace on a stage?

They do not know that sadness seems to sneak up on you unexpectedly in the darkness. They do not know that sadness can sneak up on anybody. The girl was looking for someone to hear those words that were trying to force their way out. She wanted someone to understand that she was scared to cry it all out because every tear felt like acid burning her skin as it trickled down. She started to lose awareness of what was happening around her and the world passed by in blurs of color and sound. People would call her a 'freak' or an 'attention seeker' when she tried to talk about what she was feeling.

The pit of darkness in her heart grew bigger and bigger as each day went by. Each day made her more insecure, more anxious, with more and more walls caving in around her. When was it all going to get over? Her parents would laugh at her saying that it was just a little pressure from school. Even when she was the center of attention among her friends, she felt so lonely. She would find herself in crowded places just to ignore the chaos within. Days passed and she made up her mind to sail through the storm. She pushed herself to face every wave that tried to sink her ship. The journey went on and on and finally she saw a beautiful sunrise reflecting on still waters. She had won. She had conquered the storm. But she was weary and worn out. Yes, the power came from within her but an extra hand on deck would definitely have been more helpful.

If you're reading this now, I hope that this letter would help at least one individual in the future suffering from the trauma that the girl had to go through. Be kind to everyone for you actually have no idea about what they are going through. Sometimes all someone needs is an extra pair of ears to hear them out even if you cannot solve their problem. It's the thought to be there for somebody that makes all the difference.

Hannah Patrao, XII-B



Farewell Melancholy

I feel trapped. I do not know whether to run or to hide. This overwhelming sadness makes me tremble. What will they think of me? What if they laugh at my misery? What if they mock at my stupidity? I cannot ...I just cannot....I give up. Getting me out of this situation seems impossible.

I remember crawling into bed hiding myself and being afraid to wake up again. The thought of having to face everybody made me uneasy and I panicked. The doctor had given me antidepressants, none of which helped. I swallowed all of those colourful pills but nothing changed. This was merely due to the fact that I did not believe in myself and had lost all hope.

Today I realize that life teaches you many things. It taught me that this is just the beginning and only one percent of what is yet to come. Every man has a role to play and experience his own share of various emotions. Now it is your

choice to make- move on to the next chapter in life or get stuck waiting for the end without even trying.

There is a saying, “When God closes a door, he opens a window”. The thing that you do not know is that the window might be on the top floor with no fire escape. In that case, you may have to get creative. You may have to build your own ladder or you may have to ask for help. But know that there *is* a way out.

In the end, the power lies within you. You are the answer to all your questions. This world is not completely bad after all. There are things that make you pause whatever you are doing and take the time to smile and appreciate them. Take deep breaths and tell yourself “All is well” for time will heal all wounds. Family and friends are happy to be your guiding light when you walk across the dusty dark roads. Lastly, it is okay to make mistakes. Remember to rectify them and don’t be afraid to commit them again.

To have no regrets on your deathbed, get up and start fresh. Look at all the beauty in the world and the negative will slowly fade away.

Gunjan Khanted, XII-B

Striped

“Don’t judge a book by its cover.”

We have all heard this phrase time and again. As children, looks never seemed to matter to us. But as we grew up, we slowly forgot where our true beauty really lies. We now live in a world where one’s outward appearance is of vital importance. This toxic thought has driven us to feel insecure about ourselves and the way we look. Many people, especially the youth of today, feel the need to go an extra mile just to match up to the world’s beauty standards, forgetting that the differences we have are what make us special. I still remember the incident which taught me this important lesson. It so happened one day that I decided to wear shorts - an item of clothing that usually stays at the very back of my cupboard. The reason for this being that, my knees and thighs were stroked with prominent stretch marks. Wearing shorts meant showing the world that my legs were different and I was sure that I would be judged for it. But that day I was feeling rather venturesome so I thought to myself, why not? It wasn’t until I set foot outside my house that I felt extremely vulnerable and exposed. Every passing glance felt like laser beams, shooting me with cold looks of judgment.

There was a little girl I befriended that day. She was bubbly and full of life, talking continuously about whatever was on her little mind. At one point, in this mostly one sided conversation, she stopped, pointed at my stretch marks and said, “What’s that?” I froze. I was hoping she wouldn’t notice the one thing I didn’t want to address. But I answered her quietly, bracing myself for what she was about to say next. She stayed quiet for a while and her face had an expression that I couldn’t quite read. She then looked up at me and smiled. “That’s so cool!” she said, “You’re like a tigress!” She paused and corrected herself, “A white tigress... and you were special enough to earn stripes.”

The moment she said this I was left shocked. What I found ugly and embarrassing, she found fascinating. It was then that I understood how differently she saw the world. To her it didn’t matter that I looked a little different. She saw it as a good thing. It made me realize that maybe I should see it as a good thing too. I believe that we all have something to learn from this little girl. Especially in this day and age where looking perfect has become our top priority. We must learn to love and accept our differences and not judge others for theirs. For if we did so the world would become a more beautiful place.

Deanne D’Lima, XII-B



Trendy Traditions?



Tradition is not the worship of ashes, but the preservation of fire' - Gustav Mahler.

Being a 160 year old school, St. Joseph's is all about tradition. Be it the club swinging or the chanting of house names, every event has a tradition attached to it. Some habits, although not traditions, have deep feelings attached to them. Albeit the lifting of the fascia during phenomenon is not an official tradition, students stay back for it.

When I first entered this school as an eleventh grader, I found the traditions confusing. The school I had studied in earlier was not much for traditions. When I saw the 10th graders practising club swinging, I did not understand how they found it so appealing. It was too monotonous for my liking. I was only looking at what they were doing, not the emotion attached to it. When I ask any old boy about this tradition, they always tell me that it was one of the most memorable parts of their school lives. This tradition has been performed for at least 100 years and every ICSE student waits for the day they can finally perform it. However, the most memorable part of this tradition is the practice under the supervision of Mr Shivprakash. Now as a 12th grader, I find it fascinating, and would love to learn it myself. Club swinging is not the only tradition that takes place during the sports day. After every sports day, some students lift the flag and take it around the school. They cheer for another sports day successfully completed. Then, they go on to acknowledge the teaching and non-teaching staff for all their efforts. This feeling of gratitude towards everyone is something about Josephs that has always and will always delight me.

Another tradition that pleasantly surprised me was the involvement of the OBA in school activities. Many institutions have alumni associations, but none work so actively with the school. The Blue and White Ball organized by the OBA really astonished me. I had never heard of such an event before, especially in India. Now that I know of it I would love to attend it. It brings about a feeling of joy and unity as different batches of our esteemed school come together to have an evening of pure nostalgia and joy. The OBA is a hundred years old and has so many old boys and girls in it. As an eleventh grader, I always wondered how the school found such highly qualified people to judge competitions or be a chief guest of events. I now know that they do not have to find people, as they have a pool of qualified people from their own alumni association. The old boys love coming back to their alma mater,

whether it is for sports day or for events. This enthusiasm has always warmed my heart.

As a fresher to this school, I never understood why the students called the teachers 'cher'. 'Cher' is the short form of teacher. It is school's unique and affectionate way of addressing their teachers. When I first heard it I thought it was the teacher's surname. Another friend of mine thought the teacher was asking us to call her sir! Now, it is a second nature for us to call our teachers 'Cher'.

Another tradition which I found unique was the celebration of different religions. The inter-religious prayer service enlightened me not only about other religions but also about my own religion. Harmony week brought about the much needed feeling of peace, cooperation and brotherhood.

Overall, my thoughts about the traditions of Joseph's have changed tremendously. Now, after comprehending the feelings of the old boys and being a part of this prestigious school, I understand and love all the traditions. I love how the traditions never break and how students keep adding to the old traditions. However, the most important tradition of Joseph's is the tradition of love.

Love for the school and all the people who are a part of the institution. And this tradition of love is the one I will carry with myself forever.



Kesar Kohli, XII-B

This newsletter is written and compiled by Class 12 B with the support and encouragement of our Principal Fr Sunil Fernandes and English teacher Mrs Sheefa Mathews.