

INKSPIRE INSIGHT

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



Message from Our Principal



As the final pages of this academic year gently turn, I find myself filled with immense gratitude and ardent admiration for each one of you, dear Members of the PTA.

Your unwavering support, tireless dedication, and boundless enthusiasm have been the quiet yet powerful force behind so many of our successes. You have worked shoulder to shoulder with us ensuring that every child's journey in our school is enriched with care, opportunity, and encouragement. From organising events like Phenomenon and the Josephite Run to supporting initiatives, like Outreach Programmes and Medical Health Check-Ups, your contributions have been nothing short of extraordinary.

In the words of Helen Keller, "Alone we can do so little; together we can do so much". Your spirit of collaboration is profoundly appreciated and with your concerted efforts, we have achieved much this past year. You have not only strengthened the bridge between school and home but have also nurtured a community rooted in trust, compassion, and shared purpose.

As we close the academic year 2025-26, we would like to acknowledge your invaluable support in enabling us to make our school community more vibrant and joyful.

May the coming days bring you rest, bliss, and the satisfaction of knowing that you have played a vital role in enabling us to shape young minds and build bright futures. Looking forward to collaborating with you again next year and taking SJBHS to further horizons, together.

Fr Norwin Pereira SJ
Principal



From the VP's Desk



As this academic year comes to a close, I look back with a deep sense of gratitude at the journey we have shared through the many PTA Activities. It has truly been a year of unlearning, learning, and discovering new possibilities together.

Through all that we have undertaken, one guiding thought kept our efforts aligned—the well-being of our children and the continued growth of our great institution, SJBHS.

The PTA Team has dedicated an enormous amount of time, energy, and commitment to organising a range of meaningful events such as the PTA Sports Day, Phenomenon, and the Josephite Run, to name a few, especially in the past few months. Beyond events, we have also focused on listening—listening to our children, parents, teachers, and staff—with the sincere intention of understanding, supporting, and contributing wherever we can.

The experiences and insights gained this year have inspired us to initiate new projects in the coming year—initiatives that we hope will positively impact many children and their families in the years ahead.

We remain grateful for your encouragement and look forward to your continued support as we move forward together. Wishing you all joyful and restful holidays.

Mr Biju Varghese
Vice President-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 Felsing
- Mr Shivaram laavu
- Ms Cynthia D'Almeida
- Ms Preethi Srivastva
- Mr Manjunath K
- Ms Navya K Shetty
- Dr Santosh Shetty
- Mr Joseph Jose
- Ms Divya Shetty
- Ms Sapna Bhandari
- Dr Maria V Christopher
- Ms Saba Tasneem Ali
- Ms Kaveri Thimmaiah
- Dr Raghunand Sindhe J
- Ms Payal Bardia
- Ms Monika Gupta
- Mr Frederick Bosco



From the Secretary's Desk

As we conclude this academic year, we gratefully acknowledge the collective efforts of our PTA in supporting school events, student initiatives, health programmes, and parent engagement activities.



The strong partnership between parents, teachers, and school leadership has made this year truly meaningful.

I would also like to extend sincere gratitude to our Principal, Fr Norwin Pereira, and the school management for their constant guidance, encouragement, and trust in the PTA.

A heartfelt thank you to every parent for your time, trust, and continued support.

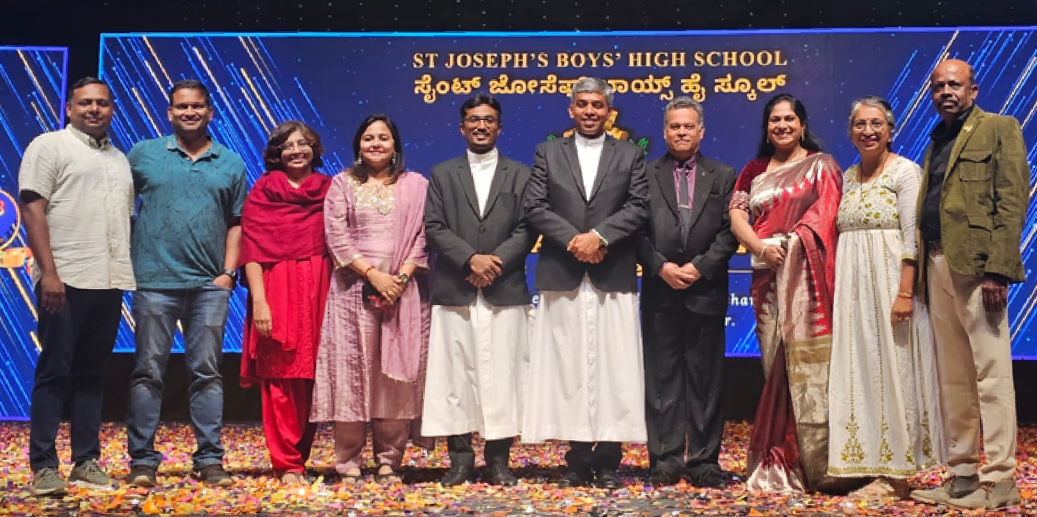
Together, we build a nurturing environment where every child feels confident and inspired to shine.

Together in Faith,

United in Endeavour!

Warm regards,

Ms Madhuri Suraparaju
Secretary-PTA



From the Editor's Desk

Dear Parents,

We are pleased to present the latest edition of our newsletter, highlighting key events and the dedicated contributions of the PTA Committee throughout the 2025–26 academic year.

A significant highlight was the PTA Sports Day, where parents and the teachers of SJBHS displayed exemplary sportsmanship and camaraderie. This was followed by Phenomenon, a vibrant celebration of food, music and games. Regrettably, the second day of the event was cancelled following the sad demise of Fr Swebert D'Silva and our support staff member, Mr Manoraj. We offer our heartfelt condolences and pray that their souls rest in peace.

Other noteworthy initiatives included the Outreach Programme for our Class 10 Students, fostering empathy and social responsibility, and the highly successful Josephite Run, organised in collaboration with the OBA. PTA Members also supported the Annual Health Check-up Camp, reaffirming our shared commitment to the well-being of the school community.

This issue further features guidance on parenting, career counselling and student welfare. These collective efforts have been possible due to the constant encouragement of Fr Norwin Pereira, the school leadership, and the unwavering dedication of our PTA Members. I also extend my sincere appreciation to the editorial team for their hard work in bringing this newsletter together.

We trust you will find this edition both informative and engaging. Happy reading!

Ms Preethi Srivastva



Dr Raghunand, Vinod, Preethi, Saba, Dr Maria, Biju



Madhuri



Frederick

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Condolence- Rev Fr Swebert D'Silva, SJ

Heartfelt condolences on the passing of Rev Fr Swebert D'Silva, SJ, a revered educationalist and Pro-Chancellor of St Joseph's University, Bangalore.

His vision, wisdom, and dedication to education inspired countless lives.

May his legacy continue to guide the institution he served so faithfully. May his soul rest in eternal peace.



Fr Swebert D'Silva, SJ
Pro-Chancellor of SJU

12 March, 1957 - 20 November, 2025





PTA Sports Day – A Celebration of Team Spirit

BY MS SAPNA BHANDARI

The PTA Sports Day at St Joseph’s Boys’ High School was held on 28 and 29 November 2025 with great enthusiasm and vibrant energy. Parents and members of the teaching staff came together for a friendly yet spirited series of competitions aimed at strengthening bonds while promoting sportsmanship, teamwork and healthy competition.

The two-day event featured exciting matches in badminton, basketball, cricket, table tennis and tug-of-war. Both teams displayed admirable coordination and determination throughout. The parents secured victories in badminton, cricket and table tennis, showcasing impressive skill and teamwork. The tug-of-war was one of the most energetic highlights, with the parents once again emerging victorious after a spirited contest.

The teachers’ team, however, demonstrated strong strategy and agility on the basketball court, winning their match with confidence.

Overall, the Sports Day was a resounding success. The cheers and encouragement from students added to the lively atmosphere, making the event a memorable celebration of unity, camaraderie and community spirit at St Joseph’s Boys’ High School.



EVENT PHENOMENON 2025

BY DR RAGHUNAND SINDHE J

The much-awaited event, Phenomenon electrified our school premises on 21st November 2025, leaving the entire community in awe. This vibrant festival — a fusion of music, dance and cultural expression — stood as a testament to the tireless efforts of the school and our Parent-Teacher Association (PTA).

The PTA played a pivotal role in making the event a grand success, working diligently behind the scenes to ensure that every detail was meticulously planned. From coordinating performances to managing logistics, their dedication was evident in every aspect of the programme.

The students were undoubtedly the stars of the show, showcasing their remarkable talent and enthusiasm. The energy was electric as they presented traditional dances, soulful melodies and contemporary performances. The audience was mesmerised by the diverse range of acts, and the joy in the atmosphere was truly palpable. It was a celebration of talent, creativity and community spirit that will remain etched in our memories for years to come.

The celebrations, however, were overshadowed by the sad demise of Fr Swebert D'Silva, SJ, Pro-Chancellor of SJU, and our support staff member, Mr Manoraj T. As a mark of respect to the departed souls, the event of the second day was called off. Nevertheless, the spirit and unity of St Joseph's Boys' High School remained strong, reflecting the values of compassion and solidarity that define our institution.

Condolence- Mr Manoraj T

Heartfelt condolences on the passing of Mr Manoraj T, a long-serving and dedicated member of the staff at St Joseph's Boys' High School, Bangalore.

For over 30 years, he served the school with commitment and sincerity.

His presence will be deeply missed. May his soul rest in peace and his family find strength and comfort.




REST IN PEACE



Mr Manoraj T

17 OCTOBER, 1968 - 21 November, 2025

Your kindness, hard work and quiet presence touched the lives of everyone around you. You will be remembered with gratitude.

Student Outreach Programmes

BY MS PAYAL BARDIA

As part of the Outreach Programme, the students of Grade 10 stepped beyond their classrooms into spaces where real-life lessons unfold each day. Visits to various NGOs provided them with the opportunity to observe, interact and understand lives shaped by challenge and resilience, thereby, nurturing empathy and a deeper sense of social responsibility.

The Parent-Teacher Association (PTA) played an important role in preparing the students by briefing them on the vision and work of each organisation. Students also contributed donations, which were carefully collected, sorted and delivered to ensure thoughtful and respectful support.

During the visits, students engaged with individuals facing physical, emotional and social challenges. What left the strongest impression was not hardship, but the dignity, strength and quiet optimism reflected in everyday moments. Simple conversations, shared smiles and attentive listening fostered meaningful connections.

The experience encouraged reflection on gratitude, privilege and the importance of giving back. The students returned with broadened perspectives and compassionate hearts — a powerful reminder that education is not only about acquiring knowledge, but about learning to care.



Learning Beyond the Classroom



From Preparation to Performance: The SJBHS Josephite Run 2026

BY:

MR FREDERICK BOSCO

MS KAVERI THIMMAIAH

For any runner, the race is the reward, but the real work takes place during the gruelling months of training. The Josephite Run 2026 followed this very path. Long before the starting whistle on 18th January, a formidable coalition of the PTA, OBA and school staff embarked on a logistical endurance test with a singular focus: running for a cause.

Every registration supported underprivileged education and teacher welfare — a mission that fuelled our preparations and strengthened our resolve. Beginning in November, our own training took the form of a relentless pursuit of sponsors and vendors, along with the careful selection of medals and trophies worthy of the occasion.

The PTA undertook the most demanding leg of this journey: promotion. With the school calendar filled with examinations and numerous co-curricular commitments, capturing the attention of parents and students proved to be an uphill task. Our volunteers became a constant presence at the school gates, stationed there daily to personally distribute reminder slips. Vibrant cut-outs and banners transformed the school entrance into a lively photo opportunity, sparking enthusiasm among the children.

Our outreach extended well beyond the school premises. Nearby PU Colleges were engaged, and the India Running Portal was utilised to connect with the wider Bengaluru Running Community. By the time January arrived, the stage was firmly set.



ON YOUR MARKS, GET SET ...JOSEPHITE RUN!



The PTA's role then transitioned seamlessly from months of meticulous planning to efficient on-the-ground execution. For our dedicated volunteers, the day commenced at 4:30 a.m. The help desk was organised, trophies carefully arranged, stage supervision coordinated, timelines monitored, and breakfast preparations completed with precision.

As molten gold gradually spread across the inky blue sky, a steady stream of white and blue filled the school grounds. There was a gentle nip in the air; however, the palpable excitement and collective enthusiasm soon warmed runners and volunteers alike.

Participants across all age groups took to the road with remarkable spirit. Adding vibrant charm to the route were young runners dressed as fruits, vegetables, flowers and bees — and even a giraffe — all putting their hearts and 'soles' into reaching the finish line. At the culmination of their run, participants were warmly welcomed by PTA volunteers with medals, refreshments and resounding cheers. Trophies were presented to the fastest runners as well as to the best-dressed children in keeping with the 'Garden Dash' theme.

The gathering was further enthralled by an impressive speedcubing display by Tayyab Siraj, a talented student from our school. The event concluded on a warm and convivial note, with steaming beverages and a delicious serving of 'chow-chow bath', leaving the community already anticipating the next Josephite Run.



What began in December with a projected target of over 2,000 registrations culminated in a proud achievement, as we surpassed that goal. This success stands as a testament to collective effort, thoughtful planning and community spirit. Our heartfelt appreciation goes to the PTA, our sponsors and the entire school community for navigating every mile and bringing this event across the finish line together.



Annual Medical Check Up

BY MS CYNTHIA D'ALMEIDA

Annual health check-ups for Classes 1-9 were conducted over three days from 4th February to 6th February 2026 at the old refectory hall, in collaboration with St John Medical College, Bangalore and led by Dr Prateesh Kiran.

The camp included vision, dental, and growth screenings to foster student well-being and to identify early developmental barriers.

After obtaining their parents positive consent, the students queued up enthusiastically for the check ups. The PTA assisted in managing the flow of the curious and excited students.

These initiatives are vital for early detection of health issues, promoting healthy habits, and ensuring children thrive, physically and academically.



Annual Health Check-up: The Key to a Bright Future....



Parents' Section: Know Your Child

BY DR SANTOSH SHETTY

In business, KYC means Know Your Customer. In parenting, it must mean something far more meaningful — Know Your Child. Parenting is not about shaping a child into our image, but about understanding who they truly are and guiding them to become their best self.

Every child is born unique, with their own strengths, pace, temperament, and dreams. Some children question constantly; others observe quietly. Some create, some analyse, some lead, and some care deeply for others. Career guidance does not begin in the teenage years; it begins the moment parents notice what genuinely excites their child and nurtures it with patience and encouragement. Confidence grows when a child feels understood, not compared.

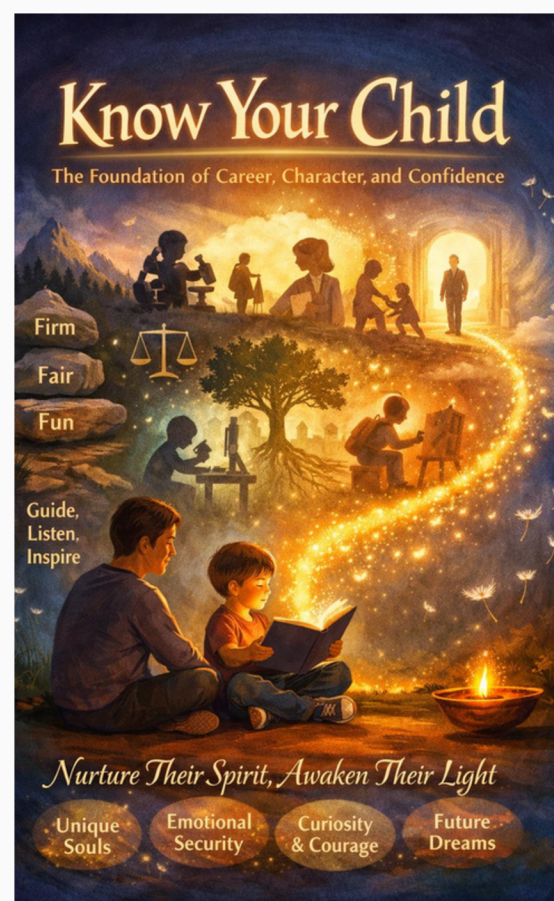
Children learn far more from our actions than from our words. They watch how we manage stress, handle disappointment, treat others, and use technology. If we want calm and disciplined children, we must practise calmness and discipline ourselves. In time, our behaviour becomes their inner voice.

Behaviour is often communication, not defiance. Behind distraction or frustration lies an unmet emotional need. When children feel safe, respected, and loved, they develop the courage to explore, learn, and persevere. Emotional security forms the foundation of both character and career.

Healthy parenting rests on three simple principles: be firm in setting clear boundaries, fair in correcting with dignity, and fun in creating a warm and joyful home.

In today's rapidly changing world, academic results alone are not enough. The future belongs to children who are curious, resilient, emotionally intelligent, and adaptable. Parents nurture these qualities by listening deeply, encouraging questions, and allowing children to learn through experience.

Parenting is not ownership — it is stewardship. When we truly understand our child, we give them more than direction; we give them belief in themselves, strength for life's challenges, and a steady inner light that will guide them wherever they go.



*The Greatest Gift
You Can Give*



NEWS UPDATE:

BY MS SABA TASNEEM ALI

Laying the Foundation for Inner Strength

The Resilience Project began with an introductory session by the Shloka Deviah Trust, whose work strongly resonates with our school's commitment to raising grounded and value-driven young people.

The session was not about grand ideas, but about real conversations — understanding emotions, building inner strength and learning how to adapt in a world that keeps changing. Students reflected on challenges they face, how they respond to setbacks and how self-awareness can shape better decisions. It was a meaningful starting point in helping them recognise that resilience is not something we are born with, but something we build over time.

Career Counselling and Guidance

To support students further, a structured career guidance programme was introduced. The aim was simple: to reduce confusion and bring clarity.

Students explored their strengths, interests and aptitudes, while also gaining exposure to subject combinations and emerging career options. Psychometric assessments were used as supportive tools — not to label students, but to give them a clearer understanding of their natural inclinations. The discussions that followed were reflective and practical, helping students connect who they are with where they want to go.

The focus throughout was on informed choice rather than pressure, and self-discovery rather than comparison.

Pep Talks on Life Skills – Looking Ahead

Building on this foundation, a series of interactive pep talks on life skills are planned for the coming year. Professionals from diverse fields will share practical insights on financial literacy, emotional well-being, communication and everyday life readiness.

The intention is not just to prepare students for examinations, but for life beyond school — to equip them with confidence, perspective and the ability to navigate the real world with maturity and balance.

