



CAMPUS CHRONICLE

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FR. BENNY THOMAS. O PRAEM. MANAGER

As we enter the Season of joy, with the celebration of Christmas and New year I am filled with hope and gratitude to God almighty for this wonderful season. First and foremost, I wish you all a Happy Christmas and a prosperous New year.

Christmas and New year is not merely a religious festival rather it is a celebration of togetherness. We the St. Norbert family at T. Narasipura finds always in joy and happiness by loving, sharing and helping our resources with one another embodies the message that God became human to share our joy and to alleviate our sufferings. This powerful narration encourages us to reflect on our roles as a compassionate individuals in the community where we are. So this joyful occasion reminds us that even the smallest acts of kindness can create a ripples of joy and happiness.

In our school we strive to embody the spirit of Christmas

and new year. Our children, inspired by the values of love and charity, consistently find ways to support one another whether it's through sharing, helping in their studies, or participating in community activities by this students exemplify the spirit of togetherness and empathy, in their little ways, creating and nurturing an environment that spreads the fragrance joy not only within school campus but also to our families and the surroundings.

As we celebrate this festive season, I urge each members of our school community to spread this joy in every nook and corner of our lives. Together let's make this season a beautiful reminder of our shared humanity and let us embrace the gladness joy emanates from each other.

Wishing you all a blessed and joyful Christmas and cheerful New Year !!!

ARISE AND AWAKE : SR.SUMI ROSA. PRINCIPAL

The function of education is to teach a person to think deeply and think critically. The world of the 21st century is changing rapidly. It is a challenge for teachers to cope up with the changing world order and prepare their students for the future. Margaret Mead has rightly said that "Children should be taught how to think, not what to think".

As a principal, I have always emphasized on providing the best learning environment for our students, and I must say, it has been such a wonderful feeling to know the students excel in both academic and co-curricular activities. Our vision is to become an academic center of excellence. I hope the journey of our education continues to progress in the forthcoming session as well. Having said that, I would also like to stress on the fact that besides academics, our school gives equal emphasis on developing the co-scholastic side of the

students and one important medium to bring out the artistic talents of the students is through the school magazine. Our Campus Chronicle is a platform for all the budding artists, creative writers, young poets, painters etc to show case their talents. I would truly believe that this newsletter will help students to transform and bring out their best. Thus, it is the basis of our education here at St.Norbert that helps our students able to achieve their full potential academically. At the same time, we also want to truly educate, the graduates of St.Norbert School become well-rounded human beings, capable of making the most of what life has to offer for them. They are educated to accept this new challenges and made to become leaders of tomorrow.

I am indeed touched by the dedicated efforts shown by the editorial team, staff, parents and students for spending

their precious time to bring out this beautiful and informative Campus Chronicle. They have strived since the beginning of the year until now to plan, capture and review all the events and their mementos. Yes, it is hard work to organize this magazine in the printed format. Because of this, we are able to reminisce those memories and all its splendor by flipping the pages of the Chronicle. Kudos to everyone who put the Chronicle together !

Wishing you all Merry Christmas and a Happy New Year!!!!



As the year draws to a close, the air becomes crisp, homes are adorned with lights, and the world seems to pause for a moment to reflect. The "Season of Joy" is not just a phrase; it's a mind set, a celebration of connection, love, and renewal. While the holiday season can be different for everyone, it universally offers a chance to embrace what truly matters, whether through acts of kindness, family gatherings or the quiet moments of reflection.

The heart of the Season of Joy is togetherness. It's a time when family and friends come together to share meals, memories, and traditions. This sense of unity brings with it a deeper appreciation for the relationships that shape our lives by exchanging gifts and spending quality time with loved ones. These moments connect us on a level that day-to-day life often doesn't allow.

In many cultures, giving is not merely some thing material but about showing gratitude and appreciation. These acts remind us that joy comes from both receiving and offering love in its many forms. The simple act of giving, whether grand or small, can make all the difference in someone's life.

The Season of Joy is not just about external celebrations

but also about taking the time to look inward. It's a moment to reflect on personal growth, to acknowledge challenges, failures and to set intentions for the year ahead.

This season is also a time to appreciate the natural world around us. The changing of the seasons, the beauty of winter landscapes, and the peaceful stillness of nature serve as a gentle reminder that joy can be found in the quiet, tranquil moments of life.

The Season of Joy is not confined to a particular time or place. It's about embracing gratitude, kindness, love, and reflection throughout the year. While the trappings of the season are the lights, the gifts and the food may come and go, the true joy of this time lies in how we give and share it with others.

So, as we move through this season, let's remember that the true gift is not just in the presents we give and receive, but in the joy we cultivate together, in our hearts, and in the world around us.

EDITORIAL

Man's search for joy is an ending .The bliss that man enjoyed at the time of has been lost, at the moment when had sinned against God and gone astray from him. from there starts man's unending quest for the amending happiness. This last happiness can be attained when we lead a meaning full life doing something with passion and in love relationship with god. As we prepare to celebrate the most joyous festival of the season, Christmas and New year, et us make each moment of our life mesmerizing and joyful one.

It is a question that we ask daily, how can we make our life a joys' one in the midst of perils and turmoil? this question always puzzles and worries every one of us, because we seek for joy without searching. In all our celebrations we squeeze joy out of it rather than Immersing ourselves in it. Therefore I would put forward three fundamental basics to make our lives a joyful one.

1. Trust in the providence of God : Joy is a gift given to everyone of us . If it is not used meaning fully it becomes a source of sorrow. It should not to be used as a pleasure seeking principle. Thus the real joy arises when we walk with god, think with God and work with God, so our search for joy should begin with the trust of providence in god rather than accelerating with the things of the world,

that are temporary and short lived.

2. Do the things with Passion :

Passion is something we create with in ourselves to attain our goals. Today this aspect of passion is missing in every activities of ours. It has become living for living doing for doing. Hence people struggle to find meaning and fulfilment in their existence. Hence whatever little you do with passion enhancing yourselves activity and alive, making joy as a passionate tendency in and around you.

3. Not succumb to failures : A Journey of success is an easy way to self-satisfaction and fulfilment but a real success comes when you follow the do or die attitude. A short time achievement can make one cowardice and self destructive. A history of victory often refers to the hardest root it has taken to shape it. Failures are not the end of life, but leads to glory and honor. Thinking beyond failures, leads one joyful and cheerful.

As we struggle to live and over come the short comings of our lives, let us make joy as a source of inspiration and a ladder to our lives.

A TEACHER WHO CHANGED MY LIFE : M.S. A SARAH GRACE

I had been a “not so-bright” student all my lower grades, but it was then during my high school I met such a teacher who profoundly changed my perspective on life! Ms. Irene, my high school Biology teacher was the person who made me realize my worth, my capacity and the true person in me.

The Biology classes of hers was always fun, she taught me beyond the text books. Her methodologies were always so practical that she made me fall in love with 'Biology'. She not only brought out a confident, enthusiastic learner in me but also a beautiful kind person. None except her accepted me, as I wasn't a bright kid.

It is very funny to recall one such experiment which my teacher performed in front of us, she showed us a mold on bread under a microscope. I was amazed and got so

curious that I wanted to see almost every tiny microscopic thing under a microscope. But she never put off that spark in me, she encouraged a little kid who is so excited to learn new things.

While other teachers discouraged and demotivated students (not all but few), Ms. Irene was my 'Golden Ticket' to believe and explore Science beyond textbooks. She experimentally taught Biology of Plants, like taking us to Botanical gardens, showing us tiny cells of plants and fungus etc.

Honestly! My love towards Science and Biology grew in multifold because of her. And also I'm forever grateful to her for making me a better person and lifting me up from kindness. So here's to the teacher who changed my life and gave me hopes to do always better.

शिक्षक जिस्ने मेरी जिंदगी बदल दी : M.R. MALLINATH

गुरु ब्रह्म, गुरुर्विष्णु, गुरुर्देवो महेश्वरः गुरु साक्षात् परब्रम्ह त्समै शी गुरुवे नमः। जैसे संस्कृति मे शिक्षक के प्रति एक उक्ति है। गुरु ही संसार में एक अग्रणी स्थान होता है। शिक्षक अमूर्त को मूर्ति बनाता है। इसलिए शिक्षक समाज मे विशेष स्थान पाया है। शिक्षक उस कुम्हार के सम्मान होता है , जो मिी के बर्तन बनाते समय उसे एक हाथ से संहालकर और दूसरे हाथ से आकार देता है । ठीक उसी प्रकार अनुशासन साथ हमें संस्कार देते है । शिक्ष के बिना बेहतर समाज की कल्पना भी नहीं कर सकती।

मेरे शैक्षणिक जीवन में मुझे दो उस्ताद मिले थे । उसे आज भी मैं शुकुरिय अदा करता हूं । मेरे प्रथमिक शैक्षणिक अवसर पर एक पिटी मास्टर रेवणसिद्धान्त सर थे । उन्होंने एक सर्वश्रेष्ठ अनुशासित, शिक्षक थे । व न केवल पिटी टिचर ही नहीं आपितू हमें अच्छा पाठ भी पढाते थे । पिटी सर से मैने जीवन में कैसे अनुशासन को पालन करना चाहिए और समस्याओं का समाधान कैसे करनी चाहिए । ये सब पिटी सर से सीख लिया हूं उसके साथ – साथ छात्रों के साथ कैसे रहना चाहिए ये सब पिटी सर से सीखा हूं । सर आप कहा भी रहें आपका आशिर्वाद मुझपर सदा रहने की कामना करता हूं ।

इसके बाद मुझे बि. एड. में प्राध्यापक मिस्टर चंद्रशेखर अडकी सर को भी मैं शुकुरिय अदाकरता हूं । बि. एड. ट्रेनिंग विद्यार्थियों को हिन्दी कैसे पढाने चाहिए । इस के बारे में संजाते थे । उन्होंने सदा हिन्दी पाठ पढाने से छात्र हमारे पठन को पसंद करते । तब हमारे टीचिंग में हम अच्छा उस्ताद अवश्य बनने का विश्वास भरते थे ।

जैसे शिक्षक और शिक्षण ये दोनों शक्ति एक सामान्य व्यक्ति का

भविष्य उज्ज्वल बना देती है । संसार का निर्मात्र गुरु ही माने जाते हैं । एक ओर संत कबीरदास ने अपने दोहे में इस प्रकार बताया है " गुरु गोविन्द दो उ खडे काके लागु पाय, बलि हारि गुरु आपने गोविन्द दियो बताया ॥ " तात्पर्य यह है कि गुरु और गोविन्द दोनों एक साथ मेरे सामने खडे होते हैं तो आप पहले गुरु को ही नमन करने का बात कहते हैं । क्यों कि गुरु ही सारी संसार का परिचय और भगवान का विधीर्ण का परिचय कराने वाल गुरु ही होने का बात बताया है। इस लिए गुरु एक मुंबत्ति के समान जैसे स्वयं जलकर दूसरों को प्रकाश देता है । शिक्षक एक माली के रूप में न केवल पौधे रूपी विध्यार्थियों को पोशित करता है, बल्कि उन्हें एक बेहतर मनुश्य के रूप में परिवर्तित कर, संस्कार रूपी पुष्प खिलाकर सद्गुणों की महक भी देता है ।

जैसे शिक्षक और शिक्षण ये दोनों शक्ति एक सामान्य व्यक्ति का भविष्य उज्ज्वल बना देती है । संसार का निर्मात्र गुरु ही माने जाते हैं । एक ओर संत कबीरदास ने अपने दोहे में इस प्रकार बताया है " गुरु गोविन्द दो उ खडे काके लागु पाय, बलि हारि गुरु आपने गोविन्द दियो बताया ॥ " तात्पर्य यह है कि गुरु और गोविन्द दोनों एक साथ मेरे सामने खडे होते हैं तो आप पहले गुरु को ही नमन करने का बात कहते हैं । क्यों कि गुरु ही सारी संसार का परिचय और भगवान का विधीर्ण का परिचय कराने वाल गुरु ही होने का बात बताया है। इस लिए गुरु एक मुंबत्ति के समान जैसे स्वयं जलकर दूसरों को प्रकाश देता है । शिक्षक एक माली के रूप में न केवल पौधे रूपी विध्यार्थियों को पोशित करता है, बल्कि उन्हें एक बेहतर मनुश्य के रूप में परिवर्तित कर, संस्कार रूपी पुष्प खिलाकर सद्गुणों की महक भी देता है ।

ನನ್ನ ಜೀವನವನ್ನು ಬದಲಾಯಿಸಿದ ಶಿಕ್ಷಕ : MS. PALLAVI R

ನನ್ನ ಪ್ರಕಾರ ಶಿಕ್ಷಕ ಎಂದರೆ ಶಿಸ್ತುಬದ್ಧವಾಗಿ ಕಲಿಸಿ, ಸರಿ ತಪ್ಪುಗಳನ್ನು ತಿಳಿಸಿ, ತಪ್ಪು ಮಾಡಿದ್ದಲ್ಲಿ ದಂಡಿಸಿ, ನಮ್ಮ ಜೀವನವನ್ನು ಕತ್ತಲೆಯಿಂದ ಬೆಳಕಿನೆಡೆಗೆ ಕರೆದೊಯ್ಯುವವರು ಶಿಕ್ಷಕರು. ವರ್ಣಮಾತ್ರಾಂ ಕಲಿಸಿದಾತಂ ಗುರು ಅಂದರೆ ಒಂದಕ್ಷರವನ್ನು ಕಲಿಸಿದವರು ಗುರು ಎಂದರ್ಥ. ಪ್ರತಿಯೊಬ್ಬರ ಜೀವನವನ್ನು ರೂಪಿಸುವವರು ಶಿಕ್ಷಕರು ಒಬ್ಬ ವ್ಯಕ್ತಿಯ ವ್ಯಕ್ತಿತ್ವವನ್ನು ಬದಲಿಸುವಂತಹ ಶಕ್ತಿಯನ್ನು ಹೊಂದಿರುತ್ತಾರೆ.

ಮುಂದೆ ಗುರಿ ಇರಬೇಕು ಹಿಂದೆ ಗುರು ಇರಬೇಕು. ಸಮಾಜದಲ್ಲಿ ವಿದ್ಯಾರ್ಥಿಯು ನಾನಾ ಬಗೆಯ ಆಕರ್ಷಣೆ ಮತ್ತು ಪ್ರಭಾವಗಳಿಗೆ ಒಳಗಾಗುವುದು ಸಹಜ ಇದರಿಂದ ಪ್ರತಿಯೊಬ್ಬ ವಿದ್ಯಾರ್ಥಿಗೂ ಒಂದಲ್ಲೊಂದು ಶಿಕ್ಷಕರು ಪ್ರಭಾವವನ್ನು ಬೀರಿರುತ್ತಾರೆ.

ಇದರ ಪ್ರಭಾವದಿಂದ ವಿದ್ಯಾರ್ಥಿಯ ಜೀವನವನ್ನು ರೂಪಿಸುವಂತಹ ಕಾರ್ಯಕ್ಕೆ ಮುನ್ನುಡಿಯಾಗುತ್ತದೆ. ಅದರಂತೆ ನನ್ನ ಜೀವನವದಲ್ಲಿಯೂ ಹಲವಾರು ಶಿಕ್ಷಕರು ಪ್ರಭಾವ ಬೀರಿದ್ದಾರೆ. ಶಾಲೆಯಿಂದ ಹಿಡಿದು ಕಾಲೇಜು ಹಂತದವರೆಗೂ ನನ್ನ ಜೀವನಕ್ಕೆ ಶಿಕ್ಷಕ ಎಂಬ ಮಹಾ ಶಕ್ತಿಯನ್ನು ವಿವಿಧ ಹಂತಗಳಲ್ಲಿ ಪ್ರತ್ಯಕ್ಷವಾಗಿಯು ಹಾಗೂ ಪರೋಕ್ಷವಾಗಿಯೂ ಸ್ಪೂರ್ತಿದಾಯಕವಾಗುವಂತೆ ಮಾಡಿದ್ದಾರೆ. ಬಹಳ ಮುಖ್ಯವಾಗಿ ನನ್ನ ಜೀವನವನ್ನು ಬದಲಾಯಿಸಿದ ಶಿಕ್ಷಕ ಎಂದರೆ ಕನ್ನಡ ಶಿಕ್ಷಕ ಇವರು ನಮ್ಮ ಶಾಲೆಯ ಕನ್ನಡ ಶಿಕ್ಷಕರಾಗಿದ್ದರೂ ಕೂಡ ಕ್ರೀಡೆಯಲ್ಲಿ ಹೆಚ್ಚು ಆಸಕ್ತಿಯನ್ನು ಹೊಂದಿದ್ದರು. ವಿದ್ಯಾರ್ಥಿಗಳ ಕಾಳಜಿ ಮತ್ತು ಮಕ್ಕಳಿಗೆ ಇಷ್ಟವಾದಂತಹ ಆಟಗಳನ್ನು ಗಮನಿಸುತ್ತಾ ಕ್ರೀಡೆಯಲ್ಲಿ ತರಬೇತಿಯನ್ನು ನೀಡುತ್ತಿದ್ದರು. ನಾನು ಎಂಟನೇ ತರಗತಿಯಲ್ಲಿ ಇದ್ದಾಗ ನನಗೆ ತುಂಬಾ ಇಷ್ಟವಾದ ಹೈಜಂಪ್, ಕಬ್ಬಡ್ಡಿ ಮತ್ತು ಖೋಖೋ ತರಬೇತಿಯನ್ನು ಕ್ರಮಬದ್ಧವಾಗಿ ಶಿಸ್ತಿನಿಂದ ಹೇಳಿಕೊಡುತ್ತಿದ್ದರು. ಇದರಿಂದ ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ಕ್ರೀಡೆಯಲ್ಲಿ ಹೆಚ್ಚು ಆಸಕ್ತಿ ಹೊಂದಿ ಕ್ರೀಡೆಗೆ ಹೆಚ್ಚಿನ ವಿದ್ಯಾರ್ಥಿಗಳು ಸೇರಲು ಆರಂಭಿಸಿದರು. ನಮ್ಮ ಕನ್ನಡ ಶಿಕ್ಷಕರು ಪ್ರತಿದಿನ ಪ್ರೇಯರ್ ಮತ್ತು ಬ್ಯಾಂಡ್ ಸೆಟ್, ಮಾಸ್ ಪಿಟಿ,

ಪ್ರತಿಯೊಂದನ್ನು ತುಂಬಾ ಅಚ್ಚುಕಟ್ಟಾಗಿ ಹೇಳಿಕೊಡುತ್ತಿದ್ದರು. ಇವರ ಶಿಸ್ತು, ಕ್ರಮಬದ್ಧತೆ, ಸಮಯ ಪಾಲನೆ ನನಗೆ ಆದರ್ಶವಾಗಿ ದೈಹಿಕ ಶಿಕ್ಷಣ ಶಿಕ್ಷಕಿ ಆಗಬೇಕೆಂದು ಆಸೆ ಇತ್ತು ಅವರಿಗೆ ಇದ್ದಂತಹ ಧೈರ್ಯ ಶಿಸ್ತು ಇವೆಲ್ಲವನ್ನೂ ನೋಡಿ ನನಗೆ ತುಂಬಾ ಖುಷಿಯಾಗುತ್ತಿತ್ತು.

ನಡೆ ಮುಂದೆ ನಡೆ ಮುಂದೆ ಗುರಿ ಮುಟ್ಟುವ ತನಕ ಎಂದು ಹೇಳಿ ನಾನು ಹತ್ತನೇ ತರಗತಿಯಲ್ಲಿ ಹೈಜಂಪ್, ಕಬ್ಬಡ್ಡಿ ಸ್ಪರ್ಧೆಯಲ್ಲಿ ಭಾಗವಹಿಸುವಂತೆ ಮಾಡಿದರು ಇದರಿಂದ ನಾನು ಜಿಲ್ಲಾ ಮಟ್ಟಕ್ಕೆ ಹೋಗಿ ಪ್ರಥಮ ಸ್ಥಾನ ಗಳಿಸಿದೆ ಇದು ನನಗೆ ಸಮಾಜದಲ್ಲಿ ಗುರುತಿಸಿಕೊಳ್ಳಲು ಅನುಕೂಲ ಮಾಡಿ ಕೊಟ್ಟರು. ಮತ್ತು ಈ ಸಾಧನೆಯಿಂದ ನನಗೆ ಕ್ರೀಡೆಯಲ್ಲಿ ಇನ್ನೂ ಹೆಚ್ಚು ಆಸಕ್ತಿ ಹೊಂದಿ ಈ ದಿನ ದೈಹಿಕ ಶಿಕ್ಷಣ ಶಿಕ್ಷಕಿ ಆಗಲು ಕಾರಣರಾದರು.

ನಡೆ ಮುಂದೆ ನಡೆ ಮುಂದೆ ಗುರಿ ಮುಟ್ಟುವ ತನಕ ಎಂದು ಹೇಳಿ ನಾನು ಹತ್ತನೇ ತರಗತಿಯಲ್ಲಿ ಹೈಜಂಪ್, ಕಬ್ಬಡ್ಡಿ ಸ್ಪರ್ಧೆಯಲ್ಲಿ ಭಾಗವಹಿಸುವಂತೆ ಮಾಡಿದರು ಇದರಿಂದ ನಾನು ಜಿಲ್ಲಾ ಮಟ್ಟಕ್ಕೆ ಹೋಗಿ ಪ್ರಥಮ ಸ್ಥಾನ ಗಳಿಸಿದೆ ಇದು ನನಗೆ ಸಮಾಜದಲ್ಲಿ ಗುರುತಿಸಿಕೊಳ್ಳಲು ಅನುಕೂಲ ಮಾಡಿ ಕೊಟ್ಟರು. ಮತ್ತು ಈ ಸಾಧನೆಯಿಂದ ನನಗೆ ಕ್ರೀಡೆಯಲ್ಲಿ ಇನ್ನೂ ಹೆಚ್ಚು ಆಸಕ್ತಿ ಹೊಂದಿ ಈ ದಿನ ದೈಹಿಕ ಶಿಕ್ಷಣ ಶಿಕ್ಷಕಿ ಆಗಲು ಕಾರಣರಾದರು. ಶಿಸ್ತು ಹಾಗೂ ಸಮಯ ಪಾಲನೆ, ಶ್ರಮ, ಗುರಿ ಇವೆಲ್ಲವನ್ನೂ ತುಂಬಾ ಚೆನ್ನಾಗಿ ಹೇಳಿಕೊಟ್ಟರು. ಈ ದಿನ ಅವರನ್ನು ನೆನಪಿಸಿಕೊಳ್ಳುತ್ತಾ ನನಗೆ ಆದರ್ಶ ವ್ಯಕ್ತಿಯಾಗಿ ಬೆಳೆಯಲು ಸಹಾಯ ಮಾಡಿದ ನನ್ನ ನೆಚ್ಚಿನ ಕನ್ನಡ ಗುರುವಿಗೆ ನಮನ ಸಲ್ಲಿಸುತ್ತೇನೆ.

ಗುರುದೇವೋಭವ ಗುರುಗಳು ನಮ್ಮ ಜೀವನದಲ್ಲಿ ಬೆಳಕಾಗಿ ಬಂದವರು, ಮತ್ತು ಬೆಳಕನ್ನು ನೀಡಿದವರು.



JOY AND CREATIVITY : SR. ESTHER

Joy is the purest form of energy that fuels the human soul. True joy is not merely the absence of pain or sadness but a celebration of life's beauty. It comes from moments that stir the heart, inspire the spirit, and remind us of our connection to the world around us. As Helen Keller said, "Joy is the holy fire that keeps our purpose warm and our intelligence a glow."

1. Understanding Joy : At its core, joy is a state of deep emotional well-being and contentment. Unlike fleeting happiness that arises from external circumstances, joy is a more profound and enduring emotion that stems from within. It is cultivated through gratitude, meaningful relationships, and a deep sense of purpose. Joy is the foundation of a fulfilling life because it connects us to the present moment, to our inner selves, and to others. The poet Kahlil Gibran said, "Your joy is your sorrow unmasked " This reminds us that joy often emerges from understanding and embracing life's complexities, including challenges and hardships. It is not a denial of struggles but a triumphant expression of the human spirit to rise above them.

2. Joy in Everyday Moments: Life offers countless opportunities to experience joy, if we remain open to it. It can be found in the simplest moments a child's laughter, a sunrise, a heartfelt conversation, or the scent of blooming flowers. However, to truly experience these moments, one must practice mindfulness, living fully in the present. "Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy." This wisdom highlights the reciprocal relationship between joy and action. By choosing positivity and expressing gratitude, we can create an environment where joy flourishes naturally.

3. Joy and Connection : Joy is deeply rooted in our relationships and connections. Human beings are inherently social creatures, and our sense of belonging plays a crucial role in our emotional well-being. Whether it's sharing a meal with loved ones, working collaboratively toward a common goal, or simply being in the presence of someone who cares, these connections are profound sources of joy. As Dalai Lama said, "Happiness is not something ready-made. It comes from your own actions." acts of kindness, compassion, and understanding not only uplift others but also create a ripple effect of joy in our own lives. In connecting with others, we find shared humanity, and this unity fosters a sense of joy that is both collective and deeply personal.

4. Joy Through Nature: Nature is one of the most profound sources of joy. The sound of waves crashing on the shore, the rustling of leaves in a forest, or the vastness of a starry sky can evoke a sense of wonder and peace. These experiences remind us of our connection to the earth and the universe. The English poet William Wordsworth aptly described this in

his lines, "A thing of beauty is a joy forever." By immersing ourselves in nature, we can recharge our spirits and reconnect with life's essential rhythms. Nature teaches us to slow down, breathe, and marvel at the world's intricate beauty.

5. The Role of Gratitude: Gratitude and joy are inseparable companions. When we acknowledge the blessings in our lives, no matter how small, we create space for joy to take root. Gratitude shifts our focus from what we lack to what we have, helping us find contentment even in challenging circumstances. Meister Eckhart once said, "If the only prayer you said was thank you, that would be enough." This simple yet profound statement underscores how gratitude cultivates a joyful heart. By practicing gratitude daily- whether through journaling, meditation, or verbal expression-we can amplify our capacity for joy.

6. Overcoming Obstacles to Joy: Life is not without its hardships, and joy can sometimes feel elusive during times of pain, loss, or uncertainty. However, it is in these moments that cultivating joy becomes most crucial.

7. Joy as a Journey: Joy is not a destination but a journey, a continuous process of discovery and growth. It requires conscious effort and a willingness to embrace life fully, with all its ups and downs. Cultivating joy is a lifelong practice, involving self-reflection, connection, and a commitment to living authentically. Brene Brown, a researcher on vulnerability and joy, wrote, "We cannot selectively numb emotions, when we numb the painful emotions, we also numb the positive emotions." This reminds us to embrace the full spectrum of human experience. By doing so, we open ourselves to greater joy and connection.

8. Bringing Joy into the World: One of the most rewarding ways to experience joy is by bringing it to others. Whether through acts of service, sharing our talents, or simply offering a kind word, we can contribute to the collective joy of humanity.

Conclusion: Joy is an integral part of the human experience, a force that connects us to ourselves, others, and the world. It is not something to chase but something to cultivate through gratitude, mindfulness, and meaningful connections. By embracing joy in all its forms, we can lead richer, more fulfilling lives and inspire others to do the same.

As we move through life, let us remember the words of Rumi: "When you do things from your soul, you feel a river moving in you, a joy." May we all strive to live with this river of joy flowing through us, enriching our lives and the lives of those around us.

STUDENTS CREATIVITY

JOY AS AN ENLIGHTENMENT

Joy is the gentle warmth that spreads through our being, illuminating every corner of our lives. It is the whispered promise of happiness, the gentle result of laughter, and the soft glow of contentment. Joy is the rainbow that bridges the gap between our dreams and reality, painting our world with vibrant hues of delight. Joy wears many faces, each one a unique reflection of the human experience. It is the infectious giggle of a child, the warm smile of a loved one, and the triumphant cry of achievement. Joy is the sweet serenade of music, the delicate dance of snowflakes, and the majestic roar of a waterfall. So, where does this radiant joy come from? It arises from the simplest of things. Bursts forth from the excitement of discovery, the thrill of adventure, and the satisfaction of a job well done.

Joy has the transformative power to turn our lives around. It can lift us out of the darkness of despair, heal the wounds of our past, and fill our heads with hope and promise. Joy can bring people together, forging bonds of love, compassion, and

understanding. So, how do we pursue this elusive joy?

We start by being present in the moment, letting go of our worries about the past or future. We cultivate gratitude, focusing on the good things in our lives. We nurture our relationships, investing in the people who bring us joy. The pursuit of joy is a journey, not a destination. It is a winding path that twists and turns, leading us to unexpected places of delight. We must be patient, trusting that joy will find us when we least expect it. May we never lose sight of the beauty and wonder of life, and may joy be our constant companion on this journey we call life. May we find joy in the stillness of the morning, the beauty of nature, and the kindness of strangers. May we be grateful for the little things, the big things, and everything in between, and may we always remember that joy is a choice, a decision to see the world through the eyes of wonder, to find the beauty in the brokenness, and to dance in the rain.

RISHIKA B - 7 C

JOY : THE UNIVERSAL LANGUAGE OF HAPPINESS

Joy is a fundamental human emotion that transcends cultures, ages, and backgrounds. It is a feeling of intense happiness, delight, and euphoria that can be experienced in various aspects of life. Joy is a universal language that speaks directly to our hearts, minds and souls. In this essay, we will explore the concept of joy, its importance in our lives and ways to cultivate and sustain it.

1. The Experience of Joy

Joy is a complex and multifaceted emotion that can manifest in different ways. It can be a sudden, intense feeling of happiness, such as the joy of winning a prize or achieving a long-awaited goal. It can also be a deeper, more profound sense of contentment and fulfillment, such as the joy of being in a loving relationship or pursuing a passion. Joy can be triggered by various stimuli, including personal achievements, social connections, sensory experience and spiritual practices.

2. The Importance of joy.

Joy plays a vital role in our overall well-being and quality in life. It has a positive impact on our physical and mental health, relationships and productivity when we experience joy, our bodies release endorphin, which are natural painkillers that

promote feelings of happiness and relaxation. Joy also strengthens our immune system, reduces stress and anxiety, and improves our sleep quality.

Moreover, joy is contagious and can have a positive impact on those around us. When we express joy, we inspire others to do the same, creating a ripple effect of happiness and positivity. Fostering imagination and innovation leading to new ideas and opportunities.

Joy is a precious and essential emotion that enriches our lives and bring us closer to ourselves and others. By understanding the importance of Joy and incorporating strategies to cultivate it, we can experience more happiness, fulfilment, and purpose.

Remember, Joy is a choice and dedication, a practice that requires efforts and patience. By prioritizing joy, we can create a more joyful, compassionate and loving world. Joy is not just a feeling, but a way of being. It is a choice to approach life with optimism, gratitude and enthusiasm

SONIKA T G - 7C



JOY AND LIFE : KAVANASHREE V N - 7 C

Joy is a feeling of happiness and delight that arises from experiencing something pleasurable, fulfilling, or meaningful. Joy can be sparked by various things, such as spending time with loved ones, achieving personal goals, or simply appreciating the beauty of nature.

One of the most significant aspects of joy is its ability to bring people together. When we experience joy, we often want to share it with others, whether it's through laughter, storytelling, or celebration. This sharing of joy can strengthen relationships, build communities, and foster a sense of belonging. Research has shown that experiencing joy can reduce stress and anxiety, boost our immune system, and even increase our lifespan. When we feel joyful, we are more likely to engage in healthy behaviors, such as exercise and healthy eating, and to prioritize self-care and relaxation. In addition to its physical and social benefits, joy also has a profound spiritual dimension. When we experience joy, we may feel a sense of transcendence, wonder, or awe, which can

deepen our sense of meaning and purpose. However, joy is not always easy to come by, as many of us face challenges and difficulties in our lives that can make it hard to feel joyful. We may struggle with mental health issues, such as depression or anxiety, or face difficult circumstances, such as loss or trauma. In these situations, it can be hard to find joy, and we may feel like it's absent from our lives.

Despite these challenges, it's essential to remember that joy is always available to us. We don't have to wait for circumstances to change or for things to get better. We can cultivate joy in the present moment, no matter what's happening in our lives. This can involve practicing gratitude, reforming our thoughts, or engaging in activities that bring us pleasure and delight. Furthermore, joy is contagious. When we experience joy, it can spread to those around us, creating a ripple effect of happiness. This is why laughter and smiling are often referred to as "infectious" — they have the power to bring joy to others.

ESSENCE OF JOY : LAHARI HP. 8 B

Joy is a profound and universal emotion, often described as a deep sense of contentment and delight. Unlike fleeting moments of happiness, which are often tied to external events, joy is more enduring and springs from within. It is not merely a reaction to circumstances but a state that transcends the ups and downs of life. The beauty of joy lies in its simplicity. It can be found in small, everyday moments: the laughter of a child, the warmth of a loved one's hug, or the peaceful serenity of nature. It is an emotion that connects us to ourselves and to others, fostering gratitude and resilience. Joy is also deeply personal, shaped by individual values and experiences. For some, it may come from creative expression or pursuing passions, while for others, it might emerge from acts of kindness and service. Regardless of its source, joy often has a ripple effect. When shared, it multiplies, lifting

spirits and building a sense of community. In a fast-paced world filled with challenges, cultivating joy is a conscious practice. It requires mindfulness, the ability to savor the present, and an open heart. By seeking joy in both ordinary and extraordinary moments, we not only enrich our own lives but also inspire others to embrace its light. Joy is more than an emotion; it is a celebration of life's beauty and a testament to the human spirit's capacity for positivity and hope. "JOY IS THE LIGHT THAT SHINES EVEN IN DARKEST TIMES."



आनन्द का मौसम (कहानी) , MANYASHREE, 8 C

धान के लहलहाते खेतों में एक बार फरि से जीवन खलि उठा। सूरज की सुनहरी करिणों जैसे हर बालियों को चूमकर उन्हें अपनी कहानी सुनाने को कह रही थी। यह आनंद की मौसम था गाँव की मटिटी से जुड़ी खुराबू नई ऊर्जा और अनगिनी सपनों का समय।

गाँव का नाम सोनपुर था और वहाँ के किसान बड़े उत्साह से फसल कटाई की तैयारियों में जुटे थे। हर तरफ उत्सव जैसा माहौल था। लोग गीत गा रहे थे, और ढोलक की थाप पर बच्चे, बूढ़े और उसे नौजवान थरि रहे थे। यह मौसम उनके लिए किसी त्योहार से कम नहीं था।

सोनपुर का किसान रघुवारी इस बार कुछ ज्यादा ही खुश था। उसकी धान की फसल पछिले सालों की तुलना में अधिक लहलहा रही थी। उसकी बेटी परी की शादी अगले महीने तय हुई थी और उसे उम्मीद थी कि इस फसल से वह शादी का पूरा खर्च निकाल सकेगा। रघुवारी दिन-रात मेहनत करता था। खेत में धान की बालियों को देखते हुए उसकी आँखों में छमक और दिल में संतोष था।

पर कहानी में ट्विस्ट था। गाँव के पास की नदी, समिली जो हर साल किसानों के लिए वरदान बनती थी इस ज्यादा बारिश के कारण खतरे के नशान से ऊपर बह रही थी। गाँव चिंतित थे कि कहीं बाढ़ उनके लिए किसी सपनों पर पानी न फेर दें।

रघुवीर और गाँव वालों ने तयकियाकवि मलिकर को समय से पहले काट लगे। उन्होंने रात - दिन एक करके काम शुरू किया। महिलाओं ने खाना बनाया और खेतों में काम कर रहे पुरुषों के लिए खाना पहुँचाया। बच्चों ने भी अपना छोटा-सा योगदान दिया, कभी पानी देकर तो कभी उनके चेहरे पर मुस्कान लाए।

एक दिन ऐसा भी आया जब नदी का पानी गाँव के करीब पहुँचने लगा। किसानों ने एक दूसरे का हाथ थामकर फसल को बचाने का वादा किया। उन्होंने अपने जानवरों और फसल को सुरक्षित जगह पर ले जाने की तैयारी की।

आखिरकार उनकी मेहनत रंग लाई। बाढ़ के खतरे के बावजूद फसल का बड़ा हिससा बचा लिया गया। पूरे गाँव में खुशी की लहर दौड़ गई। रघुवीर की बेटी की शादी धूमधाम से हुई। इस बार आनंद का मौसम ना केवल फसल का बल्कि गाँव के एकजुट होने और साहस दिखाने का भी बन प्रतीक बन गया।

यह कहानी केवल रघुवीर की नहीं, बल्कि हर उस किसान की है जो धरती को माँ मानकर उससे जीवन के अनमोल उपहार को उपजाता है। आनंद का मौसम सिर्फ खेतों की हरियाली मेहनत का नहीं, बल्कि एकता और उम्मीद का त्योहार है।

कविता : KATHEJATHAL KUBRA 9 B

सर्दी आई, सर्दी आई,
आओ, ले लो गर्म रजाई।

कोट पहन लो टोपी ले लो
ऊनी कपड़ों की अब बारी आई ॥

गर्मी की जब धूप पड़ेगी,
पखा ले आएगी भाई।

लस्सी, शर्बत, आइसक्रीमके,
खूबमजेलेलेना भाई ॥

फरि जब आएगी बरसात,
छतरी लेकर जाना भाई,

सारा आँगन घुल जाएगा,
देखेंगे हरियाली छाई ॥

आनन्द का मौसम : T.M. BUSHAN , 8 C

एक खुशियों का मौसम है,
जिस में दिल खुश रहते हैं,
हर पल दिन खुशियाँ बरसाती है,
यह मौसम है खुशियों का संदेश लाता है।

इस मौसम में फूल खिलते हैं,
हरियाली और रंगीनियाँ छटिकती हैं,
पक्षियों की चहचहाहट यह मौसम
और हवा की अरसराहट,

सूरज की किरणें खुशियाँ लाती हैं,
फूलों की खुशबू दिल खुश होता है।
पक्षियों चहचहाहट से मन खुश होता है,
यह मौसम है खुशियों का अनुभव कराता है।

Photo Gallery



Visit to the excel public school for the water stem exhibition



Interschool Singing and quiz competition



Teachers' day celebration



Democracy Day



Mental health seminar





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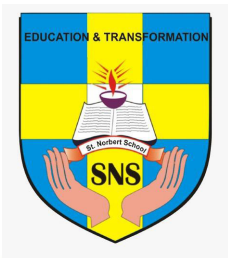


I met a Man named Joy
He was with his small family
Staying in a small hut
Having nothing of his own.

His face was radiant with joy
He was always making fun and laughing
Evening he climbs on a mountain with a pale face
Comes down with a spirit of unending joy.

He moves around with the crowd
Fulfilling all their needs
Pause, a while when time permits
Enter in the nervous of down trodden flocks

Joy, joy where do you come from?
I asked in secret, when he was quite
He told that he is from heaven
To make the world an eternal joy.



ST.NORBERT CBSC SCHOOL
Affiliation No- 831041
Chowhalli, T. Narasipura- 571124.

